



# Chokgyur Lingpa Foundation

## Annual Report 2011



Chokgyur Lingpa Foundation  
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## A MESSAGE FROM HIS EMINENCE KYABJE TSIKEY CHOKLING RINPOCHE AND KYABGÖN PHAKCHOK RINPOCHE



2011 was an exciting year filled with activities for our Foundation. Our humanitarian healthcare and education activities saw the start of our fledgling Tibetan Medicine Program and the expansion of our education partnership with Albukhary International University (AIU).

The Tibetan Medicine Program was started in order to provide opportunity for monastics as well as laypeople from remote villages to learn Tibetan medicine in order to improve the healthcare within the community. With the help of Albukhary Foundation in Malaysia, this year we helped thirteen more young students from Nepal, Bhutan and India to realise their dream of breaking the cycle of poverty through better education,

On the “dharma” front, the construction of Zangdok Palri is progressing, with the structural completion of the complex Nirmanakaya floor. At Riwoche monastery, the finishing touches to the monastery buildings are being put in place, creating a hugely improved environment for our young monks there. Our batch of about eighty monks in Chapagaon and Riwoche have now grown to over ninety monks, with the addition of fourteen young monks in Riwoche over the past year.

Our small Lhasay Lotsawa Translation and Publication team have now grown to include Mandarin, following our visit to Taiwan and Hong Kong in mid-2011. New publications in 2011 include the third volume of the Nine Yanas series, the Bodhisattvayana. We look forward to expanding our language coverage in 2012.

All of our dharma family are always in our prayers, and we hope that the resplendent blessings of the Dharma will continue to shower down on you on your path to enlightenment.

H.E. Tsikey Chokling Rinpoche

Kyabgön Phakchok Rinpoche



## OUR MISSION AND OBJECTIVES

The sole mission of the Chokgyur Lingpa Foundation is to benefit sentient beings and preserve the Buddha's sacred teachings.

Since the founding of the Foundation in 2006, each year we have been able to benefit thousands of sentient beings through a range of humanitarian projects dealing with healthcare and education. By funding the translation and publication of dharma texts, the production of genuine ritual items, and the development of young monks' monasteries, dharma and retreat centres we have also been able to contribute to the upholding and flourishing of the buddhadharma in this world.

These are all activities that we shall continue, develop, and expand each year, and while we rejoice in what we have been able to accomplish so far, our aspirations by no means stop there. These are all small, but significant beginnings, a foundation on which we hope to build and expand our activities for the benefit of others in a myriad of ways, through healthcare, education, and foremost the sacred buddhadharma.

Enlightened body, speech, mind, qualities, and activities are the five qualities of enlightenment, the fruition of the practice of the buddhadharma. Since the ultimate aim of all of the foundation's activities is none other than enlightenment, we have organised our different projects into these five categories.

***Vajra Body*** refers to all our building projects, such as Zangdok Palri, which are physical representations of enlightened form.

***Vajra Speech*** here refers to the printing, publication, and translation of dharma texts, the vehicle of the Buddha's enlightened speech.

***Vajra Mind*** here refers to dharma programs, practice and retreat centres, where the inner qualities of realisation are developed through study and meditation.

***Vajra Quality*** here refers to projects concerned with monastic and secular education, the means through which qualities are developed within us.

***Vajra Activity*** here refers to the different humanitarian projects undertaken for the benefit of sentient beings, such as those of Vajra Varahi Healthcare Clinic.



## HIGHLIGHTS OF H.E. KYABJE TSIKEY CHOKLING RINPOCHE'S ACTIVITIES IN 2011

This year, Rinpoche's travel schedule covered Hong Kong, Malaysia and Taiwan only. After his last trip to Hong Kong in 2009, this year Rinpoche returned there, accompanied by Phakchok Rinpoche. With a more extensive program in Hong Kong this year, Rinpoche gave three empowerments, including the *Sangtik Khorsum* (Triple Cycle of the Secret Bindu), as well as performed the *Gyapshi* (Four Hundred Offerings) Puja. Rinpoche also gave a restricted introductory teaching on Dzogchen at the Polytechnic University of Hong Kong. The organisers and the sangha in Hong Kong turned out in force, despite it being only Rinpoche's second official visit to Hong Kong. Outside the official program, Rinpoche also made visits to the Mahasandhi Great Perfection Centre in Wan Chai, where he blessed the accumulation of 100,000 feast offerings by the sangha there. Rinpoche also had time to visit the Buddha statue in Lantau Island, accompanied by both old and new acquaintances.

After Hong Kong, Rinpoche travelled south to Johor Bahru, Malaysia to give teachings to about three hundred participants in his second public Amitabha Phowa Retreat. This profound practice enables one to directly transfer our own consciousness at the point of death to Amitabha Buddha's Sukhavati, the Western Pure Land of Great Bliss. Rinpoche kindly bestowed the teachings to all the retreatants as well as joining them in each practice session. In only two and a half days, all the retreatants exhibited the external sign of accomplishment. This is a rare occurrence especially for such a large group.

Next, Rinpoche made his first ever visit to Taiwan, following in the footsteps of the late Tulku Urgyen Rinpoche who last visited Taiwan more than twenty years ago. This time, Rinpoche visited both Taipei, the capital as well as the port city of Kaohsiung to bestow the empowerment of *Sangtig Khorsum* as well as the oral transmission of the *Sangye Say Chig Gyud* (The Single Son of the Buddhas Tantra). The *Sangye Say Chig Gyud*, which is the representation of Dzogchen speech, is a tantra that spontaneously arose out of the wisdom mind of the primordial Buddha Samantabhadra. Thereafter, in his capacity as the Chairman of Rangjung Yeshe Institute, Rinpoche paid a visit to Fo Guang Shan Monastery or also known as Dharma Light Mountain, where Rinpoche had an opportunity to visit the grounds as well as exchange information with the Abbot of the monastery.

Returning to Kathmandu, Rinpoche's unceasing activities continued with the bestowing of the *Trinley Nyingpo* empowerment to our second batch of Sadhana Ritual Course participants in October, followed by the *Yudog Nyingtig* empowerment to over a hundred medical practitioners in November, as well as the triple empowerment of the Three Roots at the end of the Annual Seminar in Ka-Nying Shedrub Ling Monastery.



*Clockwise from the top : Chokling Rinpoche and Phakchok Rinpoche performing the Vajrak-  
ilaya Empowerment in Hong Kong;  
Chokling Rinpoche being greeted by Sang Sang Rinpoche at Taoyuan International Airport;  
Rinpoche bestowing the Sangtik Korsum empowerment;  
Rinpoche with the participants at the International Phowa Retreat in Johor Bahru;  
Rinpoche in Taiwan*

## HIGHLIGHTS FROM KYABGÖN PHAKCHOK RINPOCHE'S ACTIVITIES 2011

While 2011 saw a relatively relaxed travel schedule for Phakchok Rinpoche, Rinpoche still managed to cover five countries in two continents over a total of three months.

In his first tour for 2011, Phakchok Rinpoche travelled to Thailand for 10 days from 14 to 24 January. It was a highly successful tour, where Rinpoche met, taught and blessed close to 3,000 people in and around Bangkok. Besides being invited back to give teachings in Tawana Hotel, DMG and Siam Society, Rinpoche also expanded his teachings with visits to C.P.Tower, Buddhadasa Indapanno Archives, Nakorn Pathom, Mahidol University and Rajabhat University. For the first time as well, Rinpoche also conducted two simultaneous meditation retreats, one for beginners and one for more advanced meditators. Throughout his tour, Rinpoche emphasized on the need to learn and practice the true dharma without any sectarian bias to ensure the foundation for Buddhadharma remains solid, and not just surviving as a façade.

Next, Rinpoche made a brief stop in Malaysia in May 2011 to conduct a first ever joint dialogue session between the three major schools of Buddhism. Held at Nalanda Centre located on the outskirts of Kuala Lumpur, the three speakers spoke on the "Path to Liberation", giving viewpoints from the Theravada, Mahayana and Vajrayana perspectives respectively. Phakchok Rinpoche taught briefly on the Wisdom of Passing Sutra which covers the five notions or perceptions indispensable for traversing the path to liberation. The dialogue aims to strengthen the unity of the Buddha's

teachings, which is in danger of becoming divided in this age of strife and cynicism.



*Above : Phakchok Rinpoche with Ven. Raluwe Padmasiri and Ven. Shi Terk, the Theravada and Mahayana speakers at Nalanda centre*

In Rinpoche's first ever trip to Hong Kong, Rinpoche gave teachings in Karma Kagyu Centre, the public Southern Stadium as well as Polytechnic University of Hong Kong. Besides the Wisdom of Passing Sutra, Rinpoche also gave a brief two-hour teaching on the Intermediate State (*Bardo*) as well as a beautifully profound text by Vimalamitra, the Meaning of Non-Conceptual Meditation. Rinpoche also supported Chokling Rinpoche in the various pujas and empowerments performed islandwide. The turnout for each program ranged from a hundred and fifty to four hundred, and it was moving to see the various teams of organisers working smoothly together in order to make this pioneer trip a success.

Rinpoche then accompanied Chokling Rinpoche back to south Malaysia, where the second public Phowa retreat was con-



ducted. Here, Rinpoche acted as the English translator for Chokling Rinpoche, as well as giving extra teachings to the three-hundred strong retreatants. Rinpoche also personally went amongst the group to check for the external sign of Phowa accomplishment.



*Above : Phakchok Rinpoche checking a Phowa participant for the sign of accomplishment*

After this highly successful Phowa retreat, Phakchok Rinpoche and Chokling Rinpoche made their first ever trip to Taiwan, where both Rinpoches visited the Karma Kagyu centres in Taipei and Kaohsiung. In Kaohsiung, both Rinpoches also paid a visit to one of the largest Mahayana monasteries worldwide, Fo Guang Shan or Dharma Light Mountain. Here, Rinpoche exchanged information with the Abbot of Fo Guang Shan on the various dharma study programs available for monastics and lay practitioners. Rinpoche also had the opportunity to tour the vast grounds.

After this last stop in Asia, Rinpoche journeyed on to the USA in August to continue the third year of the Nine Yanas Retreat. This retreat covering the Bodhisattvayana, saw more than sixty participants attending. Rinpoche also gave various teachings to the burgeoning local sangha in Cooperstown and Oneonta.

Returning to Kathmandu, Rinpoche returned to teach during the Annual Seminar held at Ka-Nying Shedrub Ling Monastery in November. Teaching most afternoons during the ten-day seminar, Rinpoche gave all the participants highly applicable and concise summaries on various aspects of practice, including distinguishing dharma and non-dharma, qualities of a student and a teacher and so forth. The participants also had free-flowing questions and answers session with Rinpoche, providing a good opportunity for many to interact with Rinpoche closely.



*Above : Phakchok Rinpoche, animated while giving a talk in Taiwan*

*Below : Rinpoche in Rangjung Yeshe Gomde Cooperstown during the Nine Yanas Retreat*



## **VAJRA BODY : ZANGDOK PALRI SHRINE CONSTRUCTION**

Zangdok Palri, the Glorious Copper-Coloured Mountain, is the pure land of Guru Rinpoche, the great tantric master (the 'second Buddha' who was prophesied by Buddha Shakyamuni) who brought Vajrayana Buddhism to Tibet. Guru Rinpoche himself predicted that during this age of the five degenerations, there will be imbalance in the elements (wind, water, fire, earth and space). Guru Rinpoche himself recommended the construction of Zangdok Palri as one of the most profound ways to help counteract these terrible calamities. Therefore, such a construction is tremendously meritorious, as it creates perfect virtue and has vast benefits.

For the benefit for all sentient beings, the Dharma, and peace in these difficult times, we are building a Zangdok Palri Shrine as a replica of Guru Padmasambhava's pure land next to our monastery in Chapagaon. This shrine will consist of four floors. The first floor or Nirmanakaya Floor houses Guru Rinpoche; the second floor or Samboghakaya Floor houses Avalokiteshvara; and the third floor or Dharmakaya Floor houses Amitayus Buddha respectively. The ground floor will house a collection of rooms for use as central offices, multi-media library, storage, and utilities.

### **Summary of Previous Work**

Construction of Zangdok Palri at Vajravarahi was officially mobilized at the beginning of September 2009. By the end of December

2010, the foundation and the ground floor (including the covered mandala walkway) was completed. The Nirmanakaya floor was also partially completed, with only the columns and the brick walls up.

### **Summary of Work Completed in 2011**

In the year 2011 we completed the following major civil works:

- The Mandala's last eastern foundation with their footers, filler brick walls, shear walls and tie beams
- The remaining Mandala's staircases, roof beams and slab on the north and east faces
- The Nirmanakaya (Guru Rinpoche) floor, including the full size intricate archways in each cardinal direction, framework, reinforcements, electrical, and mechanical preparatory works
- Partial completion of the Sambhogakaya (Avalokiteshvara) floor, with the verandah roof beam and slab outstanding as at the end of December.

The following important ancillary tasks were also completed in 2011 for the benefit of the project: We built three temporary buildings: (i) an administrative office where the site, project, and consulting engineers can use and meet; (ii) an art studio where artists can work in peace and quiet on our specially commissioned sacred arts; and (iii) an extra living quarters to house the head

foreman-cum-technician and his family and our team of artists. At the end of November we commenced building a proper brick boundary wall starting on the west side of our property. Most importantly, under the guidance of experts, we helped build two properly scaled polystyrene foam samples of the first and second floor archways to gain insight into how to properly construct them.

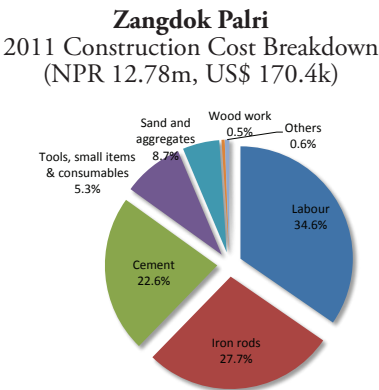
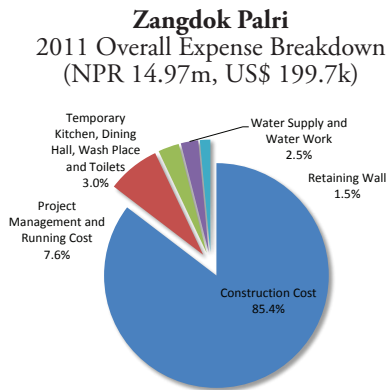
It is also hoped that by the end of the year 2012 we will have finished all the interior, exterior works, mechanical, electrical, plumbing, plastering, normal painting (without the extensive mural paintings), and flooring.

### Financials

In 2011, we spent another NPR 14.97 million (US\$ 199.7k), bringing the total project expenditure to NPR 49.97 million. Approximately 85% were spent on the construction, i.e. the materials (bricks, sand, cement and the like) as well as labour for the actual construction work.

### Acknowledgements

We gratefully acknowledge the generosity of benefactors, donors, devotees, and friends from all over the world and especially Malaysia, Singapore, Hong Kong and Taiwan. We rejoice in your vast merit for having made this precious connection with Zangdok Palri.



# ZANGDOK PALRI : TH



*Top left, centre and bottom right  
Overview of the site in January, j  
October 2011*



*Bottom : A rainbow appearing over the site  
Bottom right : Part of the intricate archway  
in each cardinal direction*





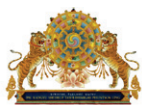
# THE YEAR IN PICTURES

July and end



*Above and right :  
Work on the first  
archway on the Nir-  
manakaya (Guru  
Rinpoche) floor*





## VAJRA BODY : RIWOCHÉ CONSTRUCTION PROJECT



The construction works at Pal Kadgyu Shedrup Tashi Dhargay Phuntsok Ling Monastery, located in Tinchuli near Boudhanath, was begun to spark the renewal and revival of the precious Taklung Kagyu lineage in Nepal. When Kyabgön Phakchok Rinpoche took over the monastery in 2003, the building was substantially incomplete and the monks' living conditions were poor. Upgrading and improvement works were begun and have been slowly progressing over the past few years. The two minor remaining works will be finished this coming year.

### **Completed Works:**

This year we completed all but two of the final works at the monastery:

- 1) Making additions and improvements to the drainage system to prevent the monsoon rainwater from damaging the boundary wall and main monastery building;
- 2) Installing an electricity backup system (in progress); and
- 3) Various small renovations in the main

shrine hall.

The remaining upcoming works are:  
1) Landscaping (in progress); and  
2) Finishing building the shrine in the uppermost shrine hall in the main monastery building (in progress)

We hope to be able to complete these by the end of 2012.

### **Financials**

Out of the total estimated project cost of NPRs 8.4 million (USD 116,666), works completed so far have come up to NPRs 8 million (USD 111,111), and remaining works require funds of NPRs 0.2 million (USD 2,778). We have managed to reduce the project cost by NPRs 0.2 million by finding a more cost-effective solution for the rainwater drainage.

As you have seen, these most recent works have made an enormous difference to the entire monastery and to the lives of the monks living within it. The monastery now has a solid infrastructure in terms of its wa-

ter supply, sewage and drainage systems, and rainwater management. Moreover, the monks now have beautiful bedrooms to live and study in, a clean dining hall, and equipped classrooms where they can continue their education and dharma practice and grow into their future role as true pillars of the buddhadharma.

In this way, all of your meritorious donations towards this worthwhile cause have made a

genuine contribution to the preservation of the precious Buddha, Dharma, and Sangha. We express our heartfelt thanks to all of the donors for their tireless generosity and support. The new rooms and facilities that are now built offer the young monks and also some international students the invaluable opportunity to pursue the path of dharma, and there can be no greater merit than this.

*Right and below : The monks' new dormitory, before and after upgrading works*



*Above and left : The monastery, before and after upgrading works*



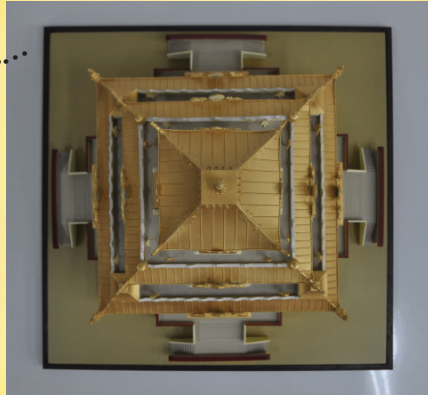
# SHARE OUR

## *Touching Hearts,*

Investing in your future Dharma teachers...



Building for peace...



Breaking the poverty cycle...



Every day at CGLF, we touch the world around us for the better through humanitarian projects or the promotion of Buddhism worldwide in many ways - volunteer time, donate directly to our efforts and make aspirations be fulfilled.

Some of the current volunteers are:

*Cook (for two monks)  
Landscaper/Gardener  
Professional typesetter  
Website designer and programmer*

Contact us at **office@cglf.org**

# DREAM....

## Changing Lives

Try our very best to change the better, be it through our through spreading authentic e. You can share our efforts through our virtual co-oper- ar cause or simply rejoice in erations that our dream will filled!

Volunteers jobs available :

6 months a year)

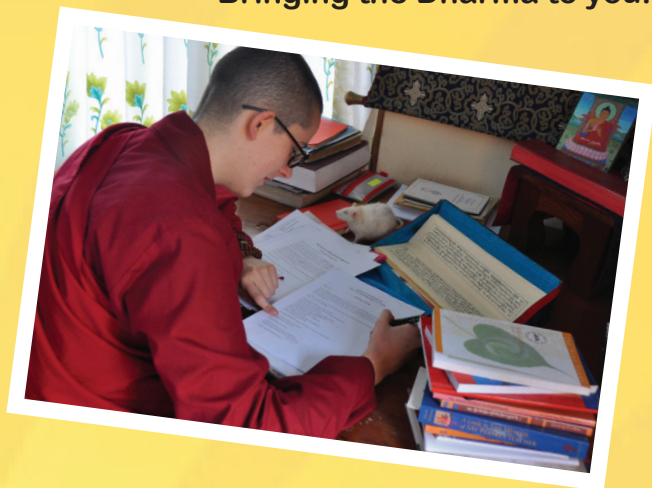
Teacher (for a month)

Writer (intermittent)

Programmer (intermittent)

[ce.nepal@cglf.org](mailto:ce.nepal@cglf.org)

**Bringing the Dharma to you...**



**Giving to the sick and needy...**



**Planting the seeds for self-sufficient healthcare**



## VAJRA SPEECH : TRANSLATIONS AND PUBLICATIONS

For the last months, Lhasey Lotsawas' small team of translators and editors have been focusing on preparing several translations and texts for Phakchok Rinpoche's activities in 2012 and 2013.

In April 2011, we funded the first ever Nepali translation of the Ngakso sadhana (Ocean of Amrita - A Tantric Text for Purification and Samaya Mending) from the Chokling Tersar. In July 2011, we printed the first edition of The Bodhisattvayana, the third in the series of books compiled for Phakchok Rinpoche's Nine Yanas teachings. We're also revising The Shravakayana and The Pratyekabuddhayana and aim for the new improved editions to be ready by 2013. Clarifying the Path, Volume 1 and The Amrita of the Essential Accomplishment, both of which were printed for the first time in 2010, are also being revised and several sadhanas and instructions from the Chokling Tersar and Taklung Kagyu are being translated anew.

We now also have a small team of translators and editors working very hard translating texts into Spanish, Polish, Nepali, and Mandarin. These translations will be of huge benefit to all the dharma students in Mexico, Poland, Nepal, and Malaysia, Singapore, Hong Kong, Taiwan and so on where Rinpoche travels and teaches each year.

New Translation & Publication Titles in 2011

- The Bodhisattvayana - A Collection of Teachings
- Several Chokling Tersar and Tak-

lung Kagyu sadhanas and liturgies

Upcoming Titles for 2012

- Clarifying the Path, Remembering the Masters of the Past, Volume Two
- Chokgyur Lingpa's Advice
- Key to Happiness and a Meaningful Life, by Phakchok Rinpoche
- A Collection of the Buddha's Sutras
- The Wisdom of Passing Sutra, translated into thirteen different languages
- Teachings on Jamgön Kongtrul the Great's Calling the Guru From Afar, by Kyabgön Phakchok Rinpoche, 2012

As well as other collections of teachings by great masters of the past, and practice and instruction manuals from the Chokling Tersar and Taklung Kagyu traditions.

For more information, please contact [lhaseylotsawa@cglf.org](mailto:lhaseylotsawa@cglf.org).

## Preserve and Propagate Teachings

Last but not least, several friends and students of Chokling Rinpoche and Phakchok Rinpoche in Poland, Canada, and Malaysia have very kindly offered to sponsor several of our translations. We are very grateful to them for their support. Although most of the translations are made by volunteers, we still need to cover the costs of inputting the Tibetan text that is printed alongside each of the translations, typesetting, and printing, so these donations are deeply appreciated.

The translation and publication of dharma texts ensures the preservation of precious teachings and is therefore an act of infinite merit. It is also taught that printing and distribution of dharma texts is especially effective to overcome our habitual ignorance. We need your help to ensure that the steady pipeline of translations and publications we envision becomes a reality. If you're interested in getting involved in Lhasey Lotsawa Translations & Publications, whether it be as a translator, editor, proofreader, transcriber, designer, or sponsor, please do get in touch with us at [lhaseylotsawa@cglf.org](mailto:lhaseylotsawa@cglf.org).



## VAJRA MIND : TRINLEY NYINGPO SADHANA RITUAL COURSE

This year we held our second Sadhana Ritual Course at Pal Kagyud Shedrup Tashi Dhargay Phuntsok Ling Monastery (aka Riwoche Monastery), Kathmandu, Nepal. The course focused on two of the most widely practiced sadhanas from the Chokling Tersar—Tukdrub Trinley Nyingpo (a Guru Rinpoche practice) and Zabtik Drolma (a Green Tara practice)—and was attended by fourteen participants from ten different countries.

Tsikey Chokling Rinpoche and Phakchok Rinpoche kindly bestowed on participants the empowerments and oral transmissions. They were then instructed by four of the senior monks from Ka-Nying Shedrub Ling monastery in Boudhanath: Lama Tsultrim Zangpo who taught the Trinley Nyingpo, Lama Tenpal Gyatso who taught Zabtik

Drolma, Sherab Puntsok who taught tor-ma-making, and Chopön Puchung who taught how to be the shrine master.

The schedule was intense—classes and practice sessions six days a week from 9am to 6pm with a short lunchbreak—but everyone really learnt a lot. Participants were also extremely fortunate to receive teachings and advice from Phakchok Rinpoche several times.

The course ended fittingly on November 17, which was Lhabab Duchen, one of the most important Buddhist festivals. Most participants attended the elaborate puja held at the monastery and during the lunch break Chokyi Nyima Rinpoche kindly gave them an audience and some final advice.



*Clockwise from above :*

*Phakchok Rinpoche explaining the Trinley Nyingpo empowerment to the participants;  
Lama Tsultrim Zangpo, with Ani Laura interpreting in class;  
Participants chanting the supplication prayers at the beginning of each class*





## VAJRA QUALITY : MONKS' WELFARE FUND

We currently house a total of eighty-six monks at the two monasteries of Pal Dongnak Nyida Zungdrel Mindrol Norbuling Monastery at Chapagaon and Pal Kagyud Shedrup Dhargay Tashi Phuntsok Ling Monastery (aka Riwoche monastery), as at 31 December 2011.

For the monastery at Chapagaon, this year has been a quiet one on the outside – the building of Zangdok Palri (The Glorious Copper-coloured Mountain) continues and the monks deal patiently with the upheaval to their monastery as piles of iron rods, bricks, cement and so on come and go. Piles of firewood are tended carefully as the shortage of cooking gas beings to make itself felt here in the Kathmandu valley.



There are currently 52 young monks and 6 senior monks Chapagaon Monastery. Tsultrim Rabtsel left to study Tibetan medicine (see report on page 29), and others have moved on as new monks arrive. Monks still sleep two or three to a bed and look forward greatly to the start of work on their new living and learning quarters.

The eight monks of first batch of Intermediate class to study Philosophy and advanced

Tibetan grammar have just completed their third year, where they studied the Way of the Bodhisattva, a famous text by Shantideva. Seven more in the second batch of Intermediate students have finished their first text, the Thirty-Seven Practices of Bodhisattva, along with daily meditation practice, both taught by Löpön Yeshe Phuntsok from Ka-Nying Shedrub Ling Monastery.



*Above : The older monks in Chapagaon receiving lessons in first aid from one of the volunteer practitioners at Vajra Varahi Healthcare*

A group of monks learnt first aid and resuscitation techniques with one of the clinic volunteers this Spring which is part of our continuous effort to equip them with life skills as well as Dharma practice and knowledge.

At Riwoche Monastery in Tinchuli, 2011 saw the intake of fourteen new young monks coming from a range of remote Nepalese villages. The new monks' quarters are now completely filled up and the new dining room and kitchen are being put to good use.

Lama Ngawang Tenpa, one of the mon-

astery's senior monks, is now serving as manager and has significantly improved the young monks' education: they now have a full day of study in written and spoken Tibetan, memorization of prayers, Nepalese, English, and Mathematics as well as ritual arts and puja every morning and evening. The monastery is upkept entirely by the young monks who take turns cleaning, looking after the water supply, helping the cook, and washing up. They now sit exams every three months with longer examinations at the end of each year. While the majority of the young monks are in Class 1 to 3 of the five-year elementary curriculum, several of the monks will soon be finishing Class 5 and moving on to further studies in Philosophy and ritual arts during 2012.

The monks' blog - [www.minimonksoft-hevalley.tumblr.com](http://www.minimonksoft-hevalley.tumblr.com) - is now written entirely by older monks of Chapagaon – with a bit of help on spelling and punctuation. It keeps readers up to date with the daily events of both Riwoche and Chapagaon Monasteries.



*Above : The young monks of Chapagaon performing prayers for their sponsors*

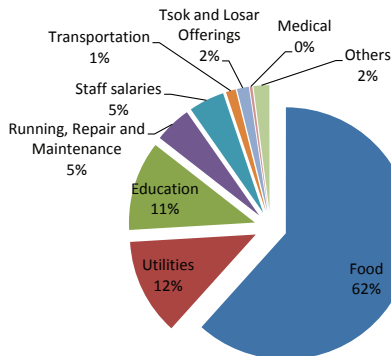


*Left : Ngawang Dorjee from Riwoche Monastery, happy in class*

## Finances

In 2011, we spent a total of NPR 2.91m (US\$38.8k) for the young monks of both monasteries. Despite inflation running

### Monks' Welfare Fund 2011 Expense Breakdown (NPR 2.91m, US\$ 38,859)



above 10% in Nepal, our cost per head per day only increased by 5% and we continue to be mindful of cost control.

The majority of our support continue to come from our long-time sponsors in Malaysia, but this year our sponsor base have expanded to include sponsors from Singapore, Thailand, Germany and Mexico.

## Our Future Plans

In line with Chokling Rinpoche and Phakchok Rinpoche's long-term efforts to preserve the Buddhisthharma, we will continue to increase our intake of young monks. As the Buddha himself said, the sangha are the foundation pillars of the Dharma. We are refining our master plans for both Chapagaon and Riwoche monasteries to fit new dormitories and classrooms for the monks, so that the current capacity can be increased to accommodate 150 monks in Chapagaon and 50 monks in Riwoche in the future.

In addition, with the older monks in Chapagaon poised to complete their Intermediate Level studies in 2014, we are planning for them to have a one-year Gap Study Program, before they proceed to enter the Buddhist philosophical monastic college (or known in Tibetan as shedra). In this Gap Study Program, we plan to educate them in different languages so that they can bring the Dharma effectively overseas, as well as formal management and leadership training.



## VAJRA QUALITY : EDUCATION SCHOLARSHIPS

This year, we were again fortunate enough to have the chance to help select students from Nepal, India, and Bhutan for Albukhary International University (AIU). AIU is a new university in Malaysia that is dedicated to sponsoring the studies of students from the poorest countries in the world with the aim that after finishing their studies they will then return to their countries fully equipped to serve their fellow citizens by sharing their knowledge and helping to improve the conditions there.

Seven students from Nepal, three from India, and three from Bhutan were admitted in 2011's September intake. For the next few months they'll be working hard to improve their English language skills during



*Above : Some of the students from Nepal, India and Bhutan that are studying in AIU*

the Foundation Studies programme before beginning their Bachelor studies next year.



"Before I came across this scholarship opportunity, I felt totally hopeless. I didn't see any light in my future. Now I have this scholarship I just can't believe it. It's such an amazing opportunity and I think it will definitely help us be able to develop our society in the future. I'm so grateful. Tertiary education in Nepal is very expensive and out of reach for my family, so if I hadn't been awarded this scholarship I would no other chance to pursue my studies in Nepal. I have four siblings and we are from Dolpo, a remote mountain region in Nepal. My aim is to come back after finishing my studies at AIU and help develop the education system in my area."

- Choesang Gurung, one of the Nepali students at AIU



## VAJRA ACTIVITY : VAJRA VARAHI HEALTHCARE CLINIC

2011 was marked for Vajra Varahi Healthcare (VVH) by an increase in our activities – patient treatments and training. VVH delivers healthcare from five traditions – Chinese, Tibetan, Ayurvedic, and Homoeopathic medicines, acupuncture and ophthalmology to patients from the Kathmandu Valley, alongside allopathic care for the monks of our monastery in Chapagaon and an annual dental / medical camp to more remote areas of Nepal. (see report on page 28)

### Clinical care

Our central clinic in Chapagaon continued to be busy this year. We open six days a week and see an average of 154 patients per week.

Our outreach acupuncture clinic in Godawari moved locations as patients improved and others from further away asked for our service. The community provides the space and chairs and we provide practitioners twice a week. We continue to go to Sipadol and Bhaktapur weekly as well.



The government health post in Champi asked VVH to deliver acupuncture at their clinic twice a week. Champi is half an hour



*Above : The healthpost at Champi, where we are providing outreach acupuncture treatment*

walk away ‘as the crow flies’, across the river and up the steep valley. It is fine if you are fit. For older, unwell and infirm patients the journey takes 3 hours and two buses. It makes sense for us to go to them – and the service has been full since we began.

This winter our partners the Acupuncture Relief Project (ARP) began a survey to measure patient outcomes from treatment. As well as the progress under treatment information gathered has included how far patients are prepared to travel to see us: a fair percentage travel for more than an hour each way and some for up to 3 hours each way. They come to receive treatment that helps and people who are willing to listen and explain the aetiology of their illness. More results from this survey will be available later in 2012.

### People

We welcomed two new clinic staff, Sushila Gurung as an interpreter and Smita Khadki as receptionist in 2011.

We were delighted when our homoeopathic practitioner Dr Sushil gained a scholarship

to study herbalism in Australia, although we are very sorry to bid him farewell. We welcome instead Dr Roj, also from Bhaktapur, who comes to Chapagaon every Sunday. He joins Dr Kumar (Ayurveda) and Dr Namgyal (Tibetan medicine) each week, when the clinic takes on quite a different 'flavour' for a day! Simon Johnson, visiting ophthalmologist, comes on a Sunday too for the five months he is in Nepal. He distributes reading glasses and detects cataracts and eye infections that, left untreated, can lead to blindness.

Our thanks must go to all our practitioners and the nineteen overseas volunteers who came to work and live at VVH during the year. Volunteers visited weekly or stayed from six to twenty two weeks in Chapagaon. They came from America, Canada, Mexico and the UK, and practiced massage, ophthalmology, acupuncture and Traditional Chinese Medicine, homoeopathy and helped operate VVH.

Our very special thanks to Marcella Lopez who stepped in to manage the clinic for three months. We miss her!

## Training and education



*Above : Our interpreters getting hands-on training from our partners, ARP*

Our acupuncture curriculum continued in earnest this winter with practical and theory classes of fifteen hours a week supplemented by home study. We are seeking accreditation for the training for our two students so that they may gain full licences to practice here in Nepal at the end of their studies. They can already deliver straightforward treatments to patients in between the arrivals of acupuncture practitioners.

We also had two months of massage and anatomy training for three staff during the summer, building on previous training and widening their skills. Interpreters undertook additional training in reproductive health: training that benefitted greatly from the overhead projector made available to us by CHANCE for Nepal. CHANCE have funded our Tibetan medicine pharmacy this year and contributed to our training resources too.



*Above : Joe, our volunteer massage therapist, giving one of our young monks a stretch*

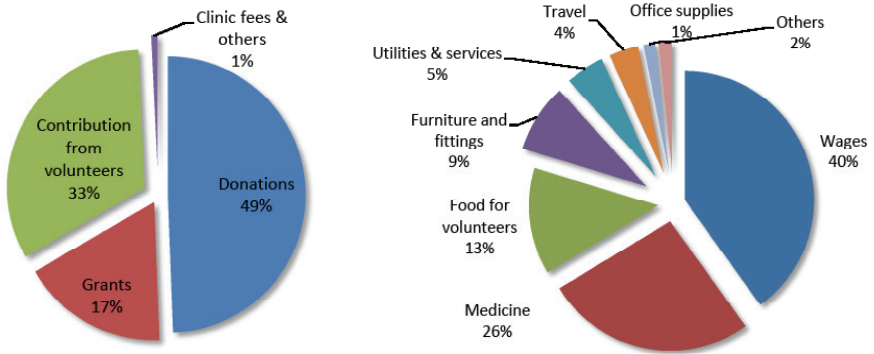
## Online

Vajra Varahi Healthcare has gone online this year with our new website – [vajravara-hihealthcare.org](http://vajravara-hihealthcare.org) and our Facebook page. Do join us to keep in touch with our work! We would like to thank Naya Cheung Rice for her work on the website.

## Finances

### Vajra Varahi Healthcare Clinic

2011 Cash Inflow (NPR1.744m, US\$ 23.3k) & Outflow (NPR 1.743m, US\$23.2k)



## Future

As our work broadens and deepens we have come to see gaps in provision for people here in Nepal. We have gained a lot of experience in treating stroke patients and those with Parkinsons disease. For the latter we will be starting Tai Chi and Qigong classes to improve balance and reduce tremors.

We would also like to set up a centre for the dialysis and stroke rehabilitation and training of new practitioners all under one roof in Boudhanath. Our plan is to get research under way into effective means of controlling diabetes using Tibetan, Homoeopathic or Ayurvedic medicine, alongside dialysis.

## Acknowledgement

With the support of generous donors, both groups and individuals, we are able to make a real difference to the lives of people not only here in Nepal and also elsewhere, as our volunteer practitioners take back lessons to their own practices back home.

### VVH in Figures

Total Treatments	7543
Acupuncture	5749
Tibetan Medicine	876
Homoeopathy	345
Ayurveda	222
Massage	351
Average monthly running costs	\$1,937
Average cost / treatment	\$3.08

## VAJRA ACTIVITY : DENTAL AND MEDICAL CAMP 2011

On November 20<sup>th</sup> 2011 a team of 20 doctors and dentists from Singapore and Malaysia and three Nepali practitioners loaded into six jeeps for the final 45 minute journey high up into the hills above Pokhara to Deupur village, returning to the site of an earlier dental camp held in 2008.

The steep, winding, unpaved road gave way to a spectacular view of Machupucchre and the Anapururna range. The steep but beautiful terrain accounts for the prevalence of knee pain among the 1,050 patients that were seen by the medical team in three days. Gastric problems, skin and eye infections, and back pain were common. A large hernia was identified and referred for treatment and two other patients enabled to attend hospitals in Kathmandu which deliver free surgery. Surprisingly the blood pressure and diabetes screening revealed little incidence in this active simple community.



*Above : Long but orderly queues managed by our volunteers*

The pharmacy was kept busy all day long, free medicines, vitamins and anti-worm medicine dispensed by two of volunteer Nepali nurses from the 20 –strong support



*Above : One of our dentists delivering treatment*

team. The dentists built up a fine collection of fillings and pulled teeth from the 400 plus patients that passed through their hands. Our support team provided excellent food and a camp fire each evening, complimenting the vast array of

stars we could see! Notwithstanding the long journey from Kathmandu and the privations of sleeping on floors, all the volunteers were all inspired to continue to put Rinpoche's wish of 'compassion into action' and are poised for next year's expedition.

We would like to thank all the doctors again for setting aside their time, energy and money to serve the people in Nepal. This year's camp was also made possible from the money raised from the Oktoberfest party organised by our supporters here in Kathmandu.



*Below : Our volunteer handing out reading glasses*



## **VAJRA ACTIVITY : TIBETAN MEDICINE TRAINING PROGRAM**

### **Background**

This program is part of our Foundation's ongoing efforts to enable communities to access affordable, effective healthcare, improving their overall standard of living. This program aims to provide training in Tibetan medicine to interested members of the ordained sangha as well as villagers from remote areas in Nepal who do not have access to quality healthcare treatment. For many villages in Nepal, that is the reality that they have to face daily, as the nearest healthpost may be days away.

With the backing of two kind sponsors from Malaysia and Germany, the Tibetan Medicine Training Program started on the auspicious Buddhist Festival of Lha Bab Duchen (17 November 2011), when Phakchok Rinpoche welcomed the first participants of this program, currently held in Riwoche Monastery in Tinchuli. In November 2011, the participants, together with a gathering of close to a hundred medical practitioners, received the the *Yudog Nyingtig* empowerment from H.E. Chokling Rinpoche.

### **Teacher and Students**

The teacher, Dr. Ugyen Kalsang is born and raised in Ladakh. He graduated from Ugyen Sorig Tsogpa Nee Changthang Medical College in Ladakh, and has practiced widely since then. Our first batch of students consist of six volunteers. Three are monks from Ka-Nying Shedrub Ling Monastery, our main monastery, and our branch monastery in Chapagaon. Three more volunteers are from the villages in the Nubri region, in the northern part of Nepal on the border with Tibet. The villages in this region are isolated

with no proper roads, and can only be accessed on foot.

### **The Program**

The program is estimated to run for seven years at the Riwoche Monastery in Tinchuli, Kathmandu, and the curriculum covers all aspects of Tibetan Medicine, including the making of Tibetan medicine. After undergoing this training program, the trained Tibetan doctors will then go on to serve the people at their respective monasteries and villagers, thus providing self-sustaining, continuing healthcare treatment to their respective communities.



*Dr. Ugyen Kalsang with the current batch of seven students in class*

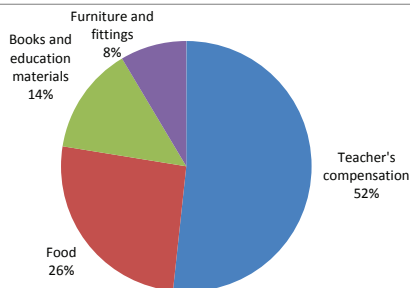
### **Finances**

The 2011 finances reflect only the first month-and-a-half of the program. The total annual cost is estimated to be NPR 600k or USD 8,000.

## Tibetan Medicine Training Program

17 Nov to 31 Dec 2011

(NPR 58k, USD 774)



## Future

We have already accepted one more student in early March 2012. In addition, we are looking to move the program to another location to cater to the longer-term needs of a secure, medicine-making laboratory and more classrooms. For more information and to find out how you can help, please email [gem.gan@cglf.org](mailto:gem.gan@cglf.org).



*Left: Phakchok Rinpoche with Dr. Urgyen Kalsang on the first day of the program*



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