

Lama Zopa Rinpoche's Vast Visions for FPMT

The following are quotes directly from Lama Zopa Rinpoche regarding Rinpoche's wishes for the future of the organization.

1. Lama Zopa Rinpoche's Comments May, 2007, Aptos, California

During a recent retreat in Aptos, at the beginning of a session, Lama Zopa Rinpoche had some ideas about the future of the FPMT organization. Rinpoche wrote these ideas down on a stack of very small colored post-it notes and then explained the details.

1) Since there is unbelievable benefit, such as liberating sentient beings, then I thought to build **100,000 stupas** (minimum size of 6 ft up to the size of the distance from the earth to the moon) in different parts of the world and for FPMT to do this as a whole.

Especially to build in countries where there are no holy objects and in countries where people have no opportunity to see holy objects. Just by seeing holy objects purifies the mind and one collects extensive merits.

[FPMT can] also can still build in countries where there are a lot of holy objects and monasteries like Nepal and India, but especially to build in countries where there are no holy objects.

It is very important every time a stupa is built that it has the four dharmakaya relic mantras inside, as well as Namgyalma mantra¹.

The plan is to build stupas all over the world, individual people or centers, no matter how many years one puts effort into building stupas, it's just one time, but the benefit that this gives to sentient beings every day in so many ways is unimaginable. For instance the wind touching the stupa that has the four dharmakaya relic mantras inside, when that wind touches sentient beings it liberates them, or dust that lands on the stupa then falls off and touches the earth, the earth is blessed, rain that touches the stupa and then flows into the ground purifies all sentient beings that come in contact with that ground including the worms. Even if someone sees the stupa from a distance, it purifies them and plants the seed of enlightenment. So this is unbelievable. Everyday the stupa liberates so many beings and brings them to enlightenment. So making the effort to build the stupa even after one dies, wherever you are in the six realms, still you are creating merit as the stupa continues to liberate so many sentient beings and bring them to enlightenment. Each stupa must have, as many as possible, the four dharmakaya relic mantras and also 100 stainless pinnacle mantras, if possible even more like 100,000.

2) For the whole organization to build **100,000 prayer wheels** in different parts of the world (minimum size 6 ft). The prayer wheels are a great blessing for each country.

¹ Rinpoche dictated more on these benefits which have been separated and are in the FPMT International Office stupa files.

The prayer wheels should have very beautiful painted roofs, like a house or temple over the prayer wheel with Tibetan or Chinese art. But not like Pizza Hut or Kentucky Fried Chicken house and not like a jail.

The reason to build as many as possible is because it is said by Kadampa geshe, in one of the *lojong* texts: If many people as a group kill an animal, then the negative karma is heavier. But if the animal is killed by one person, that person's negative karma is less powerful. If there are many people and as a group they kill the animal, then each person's negative karma is heavier.

So therefore, that is why in the texts it says: if you do prayers together as a group, then it is a hundred times more powerful than doing it alone in a room.

That is why I am suggesting when we build stupas etc., that as many people as possible participate. This can mean by funding or giving time. People can participate in different ways and in this way many people can be involved.

Now here if we do it as the whole organization, as a project, then if everybody offers \$10 or \$5 or even smaller. Thinking that you are contributing to the building of a stupa, in this way it becomes everyone's project. In this way the karma is very powerful if we do with many people, all together.

This is the same thing when building statues. If you do like this it's amazing, it can be funded quite easily. The idea is that the people think that this is also their project, and even if they only have \$10 to offer, everybody receives benefit.

It does not mean to build these in a certain time limit, I am just expressing here a general plan. There is no limit of time. I also don't mean for the centers to do this, I don't mean to be giving burden to the centers.

I would like this to go in *Mandala* magazine as my new news. We could put this in *Mandala* magazine two times a year. That would be very good way to let people know.

(Roger commented that the cost of building 100,000 stupas would cost about one billion dollars.)

You shouldn't think like that. There is no limit of time to build them. If you think of all the things that we have built and spent in the organization so far, if at the beginning you added it up, it would not have seemed possible. It doesn't help to think like that. It is better to rejoice!

A billion dollars is nothing when you compare to not being born in the lower realms, and to have a pure rebirth up to enlightenment. A million dollars, even a trillion dollars is nothing compared to the benefit. We are talking about liberation and enlightenment. It has no meaning when compared to the benefits, even the temporary benefits, of building a stupa.

We need to have an organizer for each project. We should set this up before we put it in *Mandala* magazine, so it is more professional.

The idea is to get as many people involved as possible. If you are personally going to build a one-storey stupa, you can't afford it alone, but if many people, help by offering \$100, \$10 or \$20, then they also become a part of the building. It is incredible. Even children can help, each child can donate \$1 or \$5.

This is a very good way of doing it. This way it benefits so many sentient beings, liberates and brings to enlightenment, including the insects, mosquitoes landing on the stupa or the worms on the ground, because the rain comes, touches the stupa and flows down on the ground and purifies the worms.

3) For the organization to build a **100 ft Kalachakra Stupa**, in the place where His Holiness gave the Kalachakra Initiation in 2006 (Armrvarti). I have been thinking about this for some time and recently I checked and it came out very, very good to prevent wars and violence. It came out very good as a method to bring peace in the world. So to build a large, beautiful Kalachakra Stupa.

Then when it's built we can invite His Holiness there to hold teachings and initiations. Then afterwards there will need to be some monks to stay there and to take care of it.

This stupa would be an antidote to war, a method to pacify wars, fighting in the country and even between each other. I think the state government might be very happy to know that.

I thought to check with the Tibetan Government to see what they think of the idea and also if they have some other idea or plan. Which is good to know.

4) For the organization to establish **100,000 recitations of 100 million Om Mani Padme Hum mantras**. This can be retreats of 100 million recitations, so 100,000 different retreats in different parts of the world and where it is happening, then for it to happen regularly, each year.

There are two ways to count this, one way is once it is established for it to happen regularly each year. Or it can happen in different places, one time and you count like that, maybe they are unable to do regularly but able to do one time or a few times.

So to establish this in different parts of the world such as Mongolia, Tibet, Nepal, Australia, China etc.

We should create a plan on how to lead the retreat of 100 million mani recitations: What practices to do, a plan on how to schedule the retreat, the whole structure. Once you have a structure then it is easy for people to lead the retreat.

Also you can make mani pills in the retreats.

During the retreat it is a great thing if you can also take the 8 Mahayana precepts during the retreat. You can have lunch and breakfast, but no dinner. People can take precepts for the whole time or every alternative week. So this depends on the different places. I think to combine these two is extremely great.

Then it would be very good if the retreats are sponsored by the organization. Sometimes it can also be sponsored privately, all the expenses. But the idea is to start as a project and then for the whole organization to sponsor. Or to sponsor the food or lodging. Like a center hosting, and making the retreat free for everyone. The idea is for it to be sponsored so people do not have to pay. Also if an individual person is doing 100 million mani recitations then also for the organization to sponsor the person.

There is one story about Geshe Thubten Sopa, he led a 100 million mani retreat in the monastery. I think he is regarded as an incarnate lama, this is not known in Sera, but actually he's an incarnate lama. The monastery in Ladakh respects and regards him as an incarnate lama.

What happened during the retreat is the mani pills multiplied and that inspired so many people to have faith and because of that there are now many monasteries in Ladakh that are doing 100 million mani retreats . So this is a great thing.

5) To **sponsor people doing 1000 nyung nä retreats** and then I think people who have completed 1,000 nyung näs in their life they should have a special title, something to do with Chenrezig.

Main thing is for the nyung näs to be sponsored by the organization. The idea is to start as a project and then for the whole organization to sponsor. Or to sponsor the food or lodging. This of course would depend on the fund how much to be given to each person, etc.

Maybe as well as a title they could be given something as a sign of appreciation when they complete the 1,000 nyung näs, something from the organization, maybe some money for a pilgrimage, or to attend teachings or for a retreat.

There was one high Lharampa Geshe from Drepung. He made a law in many big parts of Nepal not allowing people to hunt animals. He took teachings from Sakya, also practiced Vajrayogini. He did 100,000 tea offering to Dergyi. I had never heard of that, there might have been some obstacles to pacify. So this lama did 2,000 nyung näs and he had three or four disciples who did 3,000 nyung näs. And then 1,000 disciples who did 100 nyung näs.

6) **Establishing good quality monasteries and nunneries**, with good quality Sangha.

7) **Develop a retreat place**. A retreat place is not for gaining power like black magic, it's not for a honeymoon or holiday. Also it is not a place to be spaced out. The whole purpose is to subdue the mind and to actualize lam-rim up to enlightenment. It is a place to take a holiday from negative karma, a holiday from the three poisonous minds and from the self-cherishing thought, to take a holiday from the self-grasping of the person and phenomena, a holiday from the wrong concepts: non-devotional thought toward guru up to the subtle dual view of white, increasing, attainment.

So for the organization to provide good place for retreat. It is good to have some discussion with people who have done retreat, to see what is needed for a retreat place. People may have different ideas depending on what they need, but to make something more general, an outline, then if people in other countries want to also establish retreat places then it is very easy to follow the outlines, guidelines. This can help very much. But the idea is not to make it too difficult, just a general guideline.

The kind of retreats to do there are the *nyundros*, lam-rim and actualizing the Three Principals of the Path – these are the main ones, then second the two stages.

8) For the organization to **support the older students** who have worked so hard for the organization, who sacrificed their lives for the organization for 25 years or more, or also it can be for people who have offered 20 or 15 years. Those who need help for treatment or means for living. Need to think about how to help them, so they get something back from the organization. So the plan would be to help them for the rest of their life. If there is a lot of funds then we can give some money like for retirement. This needs to be discussed more. Maybe we could buy the funeral box for free (joke).

First start with the Sangha then the lay people, it also depends on how much funds we have.

9) For the organization to **sponsor a place where elderly people can retire** with many holy objects. If they want to do retreat (or not) at the end of their lives. So they can retire to a place that has many holy objects that will purify their mind and so they can collect extensive merit in the easiest way. Some place that is very serene, very peaceful for the mind. So that it is easy to collect merit and practice Dharma, develop devotion, compassion and have contentment and therefore quick enlightenment. This was one of the plans for Buddha Amitabha Pure Land in Washington.

This is just general for students. But sometimes can also be for people from outside the organization, they also might like to come there. They can build a house and plan for the future to be there.

Also the organization can build houses and then let the students who do 25 years of service retire there. Whether they come to do retreat or when it is near the end of their life, it can be where they stay. A place that provides a lot of benefit to their mind.

10) For the organization to **provide scholarships for students to study Buddhist philosophy**, based on the lam-rim and lojong. Academic studies with practice experience.

We already have been doing this with the *Masters Program* and *Basic Program*. So it means also to provide rooms for the students. But this depends on the center, as some centers have many rooms where they can stay and study. Also means sponsoring the student's expenses. So this one is happening but to continue and develop more.

11) Then for the organization **to develop Universal Education (UE) more and similar UE programs**. To develop better human beings, to have more beneficial life, bringing peace and happiness in the world to the sentient beings. To not become harmful to oneself and others.

12) To **develop different techniques for healing** to help others. So in this way making other lives much easier and happier.

13) To the **help young people**: LKPY is one thing, which has similar goal of UE involving meditation and consultation, and also helping, like with volunteer service, for that to be part of the practice. This brings immediate benefit, so we don't have to wait for many years, something immediate that you can offer to others.

14) **Start a drug rehabilitation project**, particularly a Buddhist drug rehabilitation. Another one can be universal (non-Buddhists). As the Christian drug rehabilitation already exists, so like that.

15) Then **social services to help elderly people**.

16) A **program to educate the parents** so they can have a good plan on how to bring up children. If it's a Buddhist family, then of course Buddhism is very clear, it has the most profound depth and methods and guidelines from Buddha's teachings. But if the family is not Buddhist then how to bring up in universal way.

So the parents themselves have to be educated before they try with their children. They need a clear plan. So not just to make children out of attachment, for their own comfort, for their own needs and desire. Like keeping a pet. If it is like this then later they will suffer so much, especially the children will

disappoint them, like when they try alcohol or engage in killing, stealing etc. Then the parents will suffer. It becomes like hell and then so many years that they sacrificed their life for their children, it will become a disappointment and meaningless, and also because all of it was done with attachment and non-virtuous thought it becomes negative karma. Because it was not done with a sincere heart, the pure mind, loving-kindness.

If the parents have good education on how to bring up children, maybe studying the advice in UE and of course if they have studied Buddhism well, then they will know how to do naturally. When you learn Buddhism you learn how to help people, how to guide them. You learn so you don't need separate education. The parents need to study UE (the heart of wisdom).

When the children are in kindergarten you advise them to not take drugs and alcohol. From there you start and keep reminding them. It doesn't mean just by that you will succeed, because there is still karma, so it's not completely in the hands of the parents. But parents can help by starting when they are very young.

Once you miss out guiding them in the beginning, then later when they are addicted then it is very difficult, no matter how much the parents are angry or disappointed, it is difficult when the mind or body gets habituated. So then it's very difficult. The easiest thing is at the very beginning, before they get addicted. At that time to put effort, then it's easier, to educate them how not to harm their own life or to harm other lives.

17) For the organization to **invite His Holiness to different parts of the world** and to arrange Dharma teachings, initiations, public talks as well as other things that help people in the world, like interfaith meetings, meetings with scientists, with youth, etc.

18) For the organization **to arrange talks with His Holiness and major religious leaders**. This is what Kyabje Rinpoche intended and what he very much hoped to accomplish. Especially with Muslims, and with many religious leaders in the world. The plan is to have this as a reoccurring event. So this is the big way.

Then to do this in a small way, for the centers to do this with religious leaders in their local community. The more that other religious people come to know about His Holiness and understand more and more, it is so effective and in this way it can help for world peace. In this way the organization becomes a tool for world peace.

19) For the organization **to support His Holiness, offer service to His Holiness**. The main thing is that this is the quickest and most vast way of benefiting sentient beings.

We are supporting His Holiness by helping the monasteries, by offering food and all the service to the monasteries, where they do most extensive learning of Buddhism. So this becomes service to His Holiness and to the Tibetan people.

The monasteries help to preserve the extensive depth of the Buddhist philosophy on the path to enlightenment. This is a very important service, anything that helps to spread the Buddha's teachings so it can exist for a long time.

This is also what all the centers do, by educating and practicing Tibetan Mahayana Buddhism. This is promoting Tibetan Buddhism, so this is service to His Holiness. So anyone who is working in the centers are actually offering service to His Holiness.

20) To **build Padmasambhava statues** around the world (at this stage no specific number).

21) To build **1,000 Maitreya statues** around the world, including the large Maitreya statues in Kushinagar and Bodhgaya.

22) **Animal blessings**: Many people don't come to centers to attend teachings, but have pets and would go to an event for the animals. For example Ven. Roger's mum doesn't come to the center, but when we had an animal blessing in Sydney a few years ago, this was the first event that she came to, with her dog. The animal blessing can be in a park where mantras are recited and the animals are circumambulated around holy objects on a table. The animals and the people hear the mantras, circumambulate the holy objects, also water can be blessed and given to the animals. The pets and the people get so much benefit from these events. This is a new thing that I would like to start. As much as possible for there to be animal blessing events when I visit the centers. The animal blessings can be in public places and children can come and people who are interested, who don't come to the center much, can come. There needs to be one table that is piled high with holy objects, specifically stupas with the four dharmakaya relic mantras, mantras can be chanted then blow on water, in this way blessing it and then sprinkled over the animals. There needs good advertising, if one is able to advertise then more people come.

23) The most beneficial thing to have peace and to stop the wars is the **recitation of the Golden Light Sutra**. This is the most beneficial thing to bring peace, everyone should try to do this, no matter how busy they are, even to recite one or two pages, even a few lines. When you read the *Golden Light Sutra* you also read the "mantra without attachment." This practice is within the text. The benefits of reciting just this mantra: Even all the material possessions, all the human wealth, especially all the wealth of the deva realms (asuras and suras) cannot compare to the value of this mantra. It is nothing compared to this mantra. You collect limitless skies of benefit and merit by even just reciting one word of this mantra. So by reciting the whole text is unbelievably beneficial, one collects extensive merit, liberates numberless sentient beings from the oceans of suffering and brings them to enlightenment.

Anybody who wants peace in the world should read the *Golden Light Sutra (Ser.ö dam.päi do wang.gyi gyälpo)*. This is a very important practice to stop violence and wars in the world. The *Golden Light Sutra* is one of the most beneficial ways to bring peace. This is something that everyone can do, no matter how busy you are, even if you can read one page a day, or a few lines and in this way you are continually reading the *Golden Light Sutra*.

The holy *Golden Light Sutra* is the king of the sutras. It is extremely powerful and fulfills all of one's wishes, as well as brings peace and happiness for all sentient beings, up to enlightenment. It is also extremely powerful for world peace, for your own protection and for the protection of the country and the world. Also, it has great healing power for people in the country.

Anyone who desires peace for themselves and for others then this is the spiritual, or Dharma, way to bring peace that doesn't require you to harm others, doesn't require you to criticize others or even to demonstrate against others, yet you can accomplish peace. Anyone can read this text, Buddhists and even non-Buddhists who desire world peace.

This also protects individuals and the country from what are labeled natural disasters of the wind element, fire element, earth element and water element such as earthquakes, floods, cyclones, fires, tornadoes, etc. They are not natural because they come from causes and conditions that make dangers happen. They come from past inner negative thoughts and actions of people, and external conditions.

The benefits of reading this sutra are immeasurable, it says that even if you offer numberless precious jewels, in the amount of atoms of the Pacific Ocean, to numberless Buddhas, to recite even just a few lines of the *Sutra of Golden Light*, one creates more merit than making these immeasurable offerings to the Buddha.

Reciting this sutra directs one's life toward enlightenment. There is so much merit created by reciting this sutra. Everything is taken care of, one's life becomes so easy, whatever one wishes for, one receives. This is because there is unbelievable purification and one collects extensive merit. This is how one liberates numberless sentient beings from the oceans of samsaric suffering and brings them to enlightenment.

So here, I would like to make this request with my two palms together, to please recite the *Sutra of Golden Light* for world peace as much as you can.

24) To **build prayer wheels under the different oceans** of the world, to bless all the sentient beings in the oceans.

So different people in the organization have different interests, some for holy objects, some for sponsoring Sangha, retreats, etc.

Scribed, arranged and very lightly edited by Ven. Holly Ansett, Aptos March, 2007. Additional information added July 2, 2007.

2. Lama Zopa Rinpoche's Comments April 9, 2002, CPMT Meeting Taos, New Mexico

The other day I did not mention what my desire is for the organization. This was the question asked in the first morning session.

- To benefit extensively other sentient beings offering various social services, such as to bring loving kindness and peace to youth using UE methods, religious interfaith activities, to bring peace and happiness and of course to extensively benefit others by spreading Dharma.

- For many people to do extensive learning of Buddhism, as well as to have many people doing extensive retreat in lam-rim and the tantric path in this lifetime and to preserve the Dharma by doing this.

- To preserve the Dharma by having people practicing vinaya, to have good quality Sangha (monks/nuns) living in the ordination and preserving the vinaya (the teachings of Buddha).

- To support the FPMT Sangha (monks/nuns) and the monasteries and nunneries.
- To offer service to His Holiness the Dalai Lama as much as possible and to be able to fulfill His Holiness's wishes.
- To continue service to the great Tibetan monasteries, which are places of extensive learning of Buddhism in this world. To continue to offer service for their education and learning Dharma and preserve and spread the Dharma.
- To build many holy objects everywhere, as many as possible. Making it so easy for sentient beings to purify their heavy negative karma and making it so easy for sentient beings to create extensive merit which makes it so easy to achieve the realizations of the path and so easy to achieve liberation and enlightenment.
- To be a better person so that we can offer better service to others.

The conclusion is for all the people to practice the lam-rim, which is the *heart of Dharma*. Especially to try to put all the effort to live with bodhichitta motivation, in particular to have kindness to others, which is the most essential practice. Aiming to have the realization of bodhichitta as our main goal, of course based on guru devotion.

Ha Ha Ha Ha

3. Lama Zopa Rinpoche's Comments October, 2006, FPMT Board of Directors Meeting in Portland, Oregon

The bottom line is to generate the good heart in as many sentient beings as possible.

- Dharma in the Heart
 - Education
 - Serving Sentient Beings
- For all of this we need money.

The highest priority for the organization is to serve His Holiness the Dalai Lama. Every time we serve His Holiness, make His Holiness happy, we are hugely successful.