



# FPMT ANNUAL REVIEW 2019

COMING TOGETHER TO PRACTICE DHARMA





MESSAGE FROM OUR SPIRITUAL DIRECTOR

# LAMA ZOPA RINPOCHE

*My most dear, most precious, most kind, wish-fulling ones,*

Billions of thanks for your kindness, for working for, volunteering at, and supporting in various ways FPMT centers, projects, and services. The main benefit of the centers is to offer Dharma teachings, teaching compassion; teaching from where suffering comes and from where happiness comes; teaching about karma, about how to stop negative karma and how to practice virtuous actions, which cause all the happiness up to enlightenment: the happiness of this life, the happiness of future lives, the ultimate happiness of liberation from samsara, and then the peerless happiness of enlightenment, which is everlasting happiness, with total cessation of the obscurations and completion of the realizations (*sang gye*). Achieving enlightenment is especially to liberate all the sentient beings from the oceans of samsaric suffering forever and lead them to peerless happiness, with cessation of the gross and subtle defilements and completion of the realizations. This is most important. This is what sentient beings need; this is their most important need.

So, now you understand how important it is to have a Dharma center, an FPMT center, which allows even one sentient being to achieve all this happiness up to enlightenment because of your help. You can see how that is most important.

Now you can see how that is of the utmost need for them. Now you can see how the benefits are limitless like the sky. Now you can feel that.

So, now, how do you run a center? It should be the same for any FPMT center, from the beginning up to now, from the beginning up to the end, until sentient beings achieve enlightenment.

It's opened for the basic lamrim. It's opened for those who want to abandon the causes of suffering and be free from the lower realms and who want to achieve higher happiness. And it is opened for those who want to be free from samsara and achieve the everlasting, ultimate happiness of liberation and for those who want to be free from the lower nirvana and achieve great liberation, or enlightenment. It is opened for everyone.

The other thing, of course, is to practice Mahayana thought transformation. You have to feel that the people coming to the center are so precious. You have to feel that, from each person coming to the center, you receive all your happiness from beginningless rebirths up to now and all your future happiness, including liberation and enlightenment. You have to think like that, feel like that, about everybody who comes to



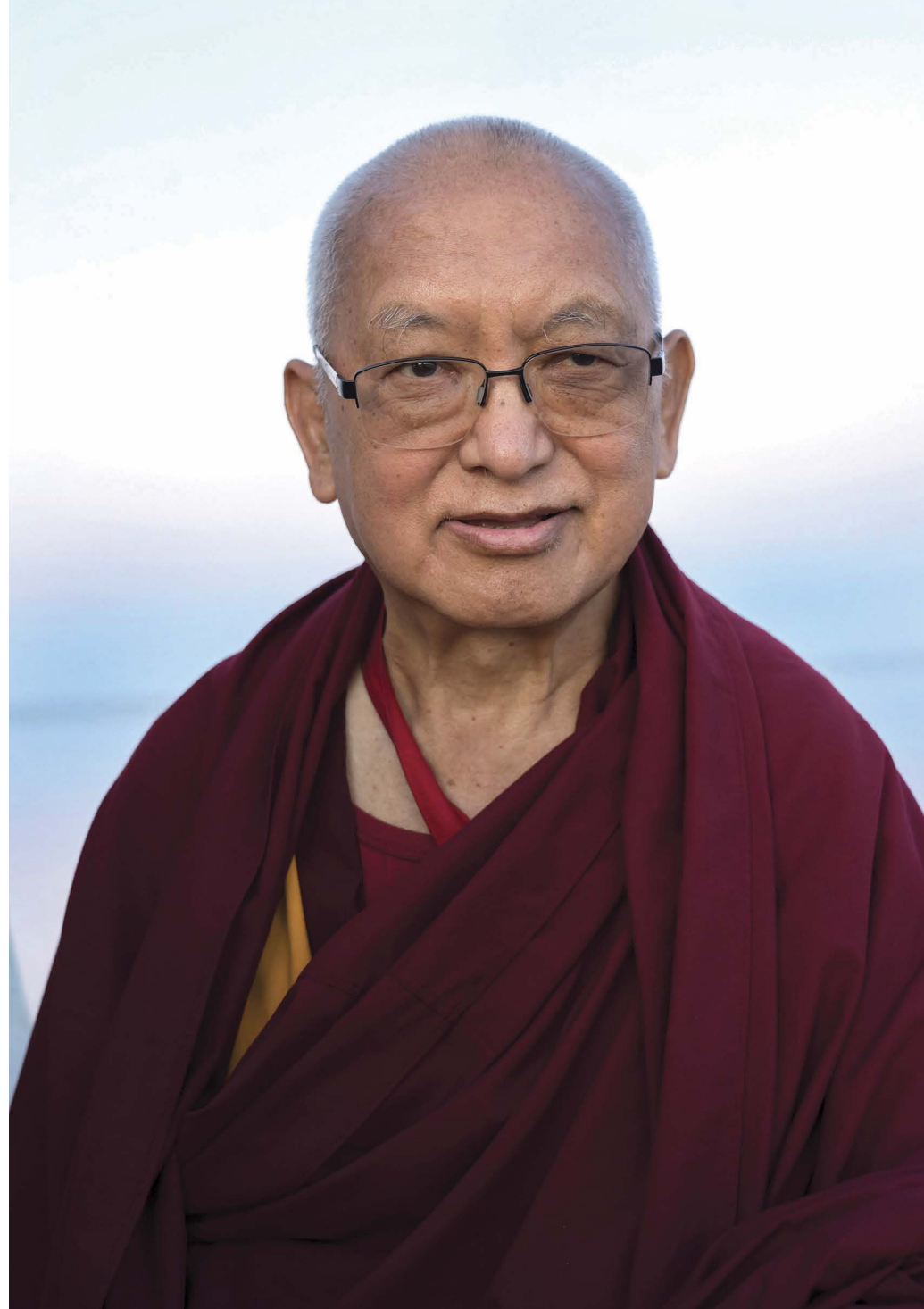
On the cover:  
Participants of the Vajrayogini retreat with Lama Zopa Rinpoche,  
Institut Vajra Yogini, France, May 2019. Photo by Ven. Lobsang Sherab.

Right:  
Lama Zopa Rinpoche on the Caspian Sea, Kalmykia, Russia,  
October 2019. Photo by Ven. Lobsang Sherab.

the center. You have to feel that each one is most kind, most precious, most dear, wish-fulfilling to you.

Then, of course, there are more things to think. Think about the evolution of your food, of how numberless sentient beings suffered and were killed for this food and of how many human beings created negative karma for this food. So, the comfort of your food, your survival, comes from the kindness of others. It is the same with the comfort of your shelter. Your survival also comes from the many sentient beings who were killed and the many sentient beings who underwent much hardship and created much negative karma to provide your shelter. It is the same again with clothing, especially if it comes from animal skins. Many animals suffered and died and many human beings created so much negative karma to provide your clothing. From that you got your pleasure and comfort; your pleasure and survival came from that, from the kindness of sentient beings.

Then, third, each sentient being has been your mother numberless times from beginningless rebirths and showed you kindness from beginningless rebirths. They gave you your body, particularly your human body, and then saved your life from hundreds of dangers every day. They bore so much hardship for you for so many years, from your conception and







His Holiness the Dalai Lama meeting with Lama Zopa Rinpoche, India, January 2020.  
Photo by Office of His Holiness the Dalai Lama.

from beginningless rebirths. They also gave you an education. So, all this is the kindness of being a mother. You have to feel that, at least the first one: how they are precious. Then, when you know all that, they are now so precious to you; they are most kind, most dear, most wish-fulfilling. Then, you see, your mind is so happy. You then have a smiling, happy face, and that makes them so happy. And then, also, rather than putting others down, you use respectful words when you talk to them. A respectful manner naturally comes. Then the mind. Respectful words are very much needed; you should talk very humbly. You should bring others up, not put them down.

So, this is how to run a center.

That's Dharma practice, Mahayana practice; that's *lojong*. That makes people so happy, so delighted, that they want to come again and again to the center.

With much love and prayers,

Lama Zopa Rinpoche



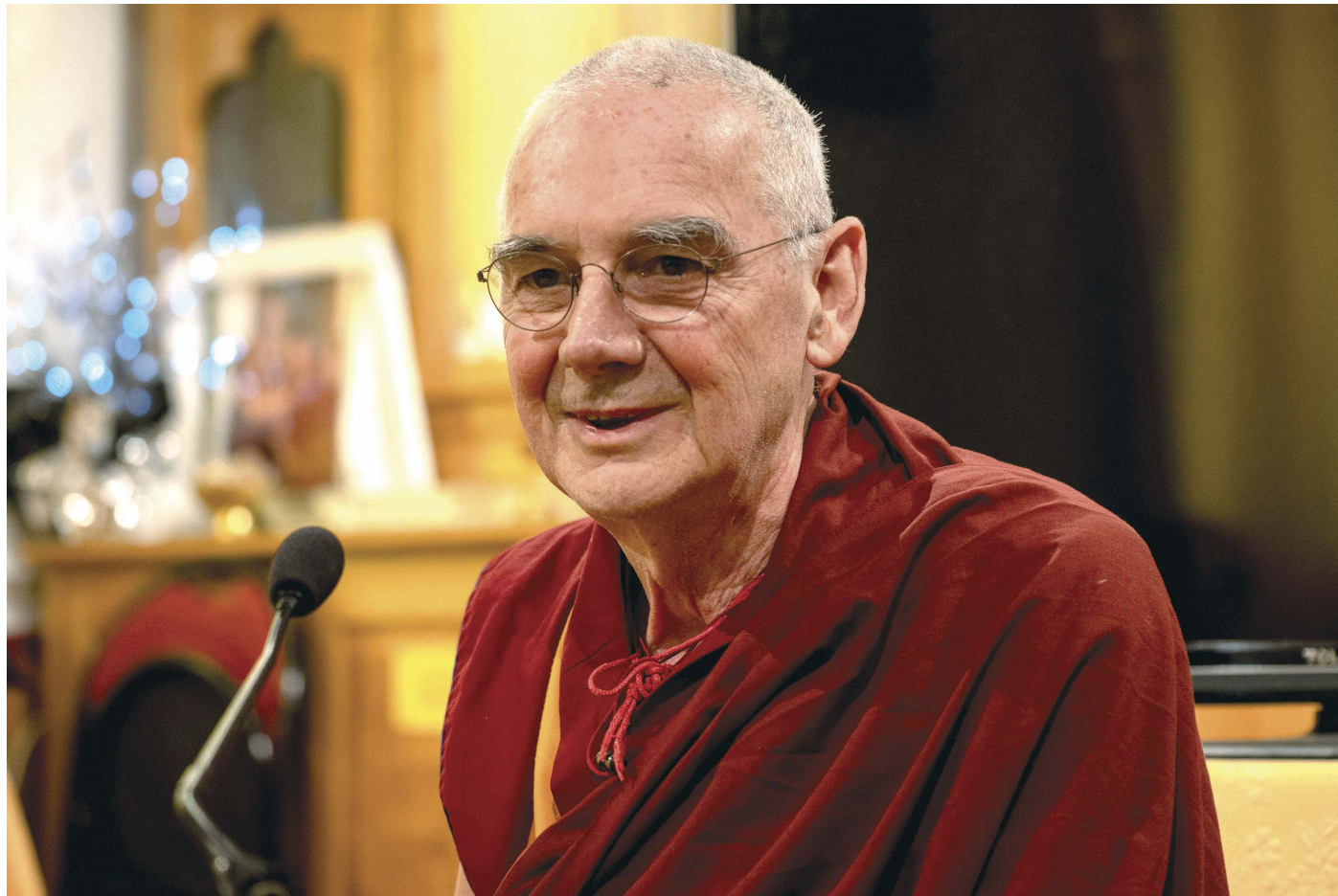
MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER

# VEN. ROGER KUNSANG

*Dear Friends,*

This past year has been challenging. (A sign of samsara is having problems.) And also this past year has been one of great opportunity (practice).

Rinpoche's health was good all through 2019. Rinpoche had regular medical and dental checks, though from his own side he showed little interest! It's been 9 years since Rinpoche had a stroke while giving a Yamantaka initiation in Australia. Since then, Rinpoche has been on the road all the time (without much help from his right side), constantly teaching in many ways and being a great threat to our self-cherishing minds. His compassion shows no mercy. It's not easy for self-cherishing to be in the presence of such compassion—it's life threatening!




Ven. Roger Kunsang giving a talk to volunteers of the Vajrayogini retreat, Institut Vajra Yogini, France, May 2019. Photo by Tsanka Petkova.









Rinpoche is constantly reminding us that in reality the source of our problems is inside of us. He so patiently explains how to deal with our own minds, bringing alive what the Buddha taught. Environmental issues and other world problems have their immediate causes, but the root is our own self grasping and self-cherishing mind. Rinpoche's only purpose is to make the teachings of the Buddha alive in our hearts and minds. Rinpoche's Office, International Office, exists to assist Rinpoche in that very purpose.

This Annual Review, I hope, will be a source of rejoicing for everyone. Please take a little time to browse and rejoice at what has been done this last year. Then take a little more time to remember all the activities of FPMT throughout the world—116 FPMT centers, projects, and services, and 49 study groups (probationary entities), in 40 countries—where so many friends are serving sentient beings, working hard, often with great self-sacrifice. This is the mandala of great compassion.

Some highlights of 2019 include Rinpoche leading retreat and giving commentary on Vajrayogini for one month in France at Institut Vajra Yogini. Many people attended from around the world, and it was so well hosted by Institut Vajra Yogini. Rinpoche said he would return soon to give the experiential commentary of Vajrayogini. While there Rinpoche visited and gave ordination at Nalanda Monastery.

Rinpoche then went to Latvia, his first visit, to teach at Ganden Buddhist Meditation Centre. Students attended the teaching from the FPMT centers in Stockholm and Finland, which are close by, across some very icy water.

Later in the year Rinpoche continued his *Lama Chopa* commentary at Amitabha Buddhist Centre in Singapore. He then traveled to Russia to lead the 100 million mani retreat in the Russian Republic of Kalmykia. This was the first time that retreat has been held in Kalmykia and Russia. It was very inspiring. People really enjoyed it. An average of nearly 1,000 people attended the retreat daily. Rinpoche is hoping that this will become a regular event in Kalmykia. At the end of the retreat Rinpoche was invited to bless the 40-foot (12.5-meter) tall Maitreya statue in Lagan on the coast of the Caspian Sea. After leaving Kalmykia, Rinpoche taught a weekend in Moscow. In both Elista, which is the capital of Kalmykia, and Moscow Rinpoche did a large blessing of animals. People brought their pets—so many different kinds, some very small and some very large!

To so many very kind and generous people who make all this possible, thank you!

roger kunsang

Ven. Holly Ansett, Ven. Roger Kunsang, Lama Zopa Rinpoche, and Ven. Lhundup Topgye walking to bless the ocean, Singapore, November 2019. Photo by Ven. Lobsang Sherab.





# WHO WE ARE AND WHAT WE DO

The Foundation for the Preservation of the Mahayana Tradition (FPMT) is devoted to preserving and spreading Mahayana Buddhism worldwide by creating opportunities to listen, reflect, meditate, practice, and actualize the unmistakable teachings of the Buddha, and based on that experience spread the Dharma to sentient beings. Every organization has its own distinctive culture, and in FPMT centers, projects, and services, reflected in policies, charitable giving, and educational programs, FPMT “Wisdom Culture” remains at the heart of all our activity. FPMT programs offer a comprehensive, experiential approach to study, practice, and service in the great educational tradition of Lama Tsongkhapa of Tibet as taught by Lama Yeshe and Lama Zopa Rinpoche.

FPMT Inc. is a non-profit Buddhist organization incorporated in the State of California, US. There are 116 FPMT centers, projects, and services, and 49 study groups (probationary entities) around the world that have entered into or are in the process of entering into affiliation agreements with FPMT Inc. Lama Zopa Rinpoche’s Office, or FPMT International Office, is based in Portland, Oregon, US, and provides the necessary framework for all FPMT activity; develops and delivers high quality education programs and materials; maintains several primary channels for communication; manages charitable projects key to FPMT’s mission; coordinates communication between Lama Zopa Rinpoche and the larger organization; and provides support to FPMT centers, projects, and services.



Lama Zopa Rinpoche  
with organizers and  
volunteers for  
Rinpoche’s teachings  
in Madrid, Spain,  
April 2019.  
Photo by Alexis  
Roitmann.



## MESSAGE FROM OUR

# BOARD OF DIRECTORS

In 2019 we expanded the FPMT Inc. Board with the recruitment of three new board directors: Ven. Lhundub Chodron, Peggy Bennington, and Debra Ladner. They were recruited for their connection to the Dharma, professional skills, knowledge of US charity law, and familiarity with the FPMT organization. As FPMT Inc. is incorporated in the United States we wanted to reinforce our skills and knowledge of legislation in that country. Two of the new trustees qualified as lawyers and the third is a professional accountant. All three of the new board members are women, and their appointments also improved the gender balance of the board.

A significant focus of work this year has been reviewing our procedures and responding to allegations of teacher misconduct. The board decided to get professional help from organizations who support charities with developing safeguarding and protection of vulnerable individuals.

International Office (IOF) commissioned thirtyone:eight, UK, to review safeguarding in FPMT centers. IOF briefed thirtyone:eight on the work that the organization has done on safeguarding in the network of 116 FPMT centers, projects, and services, and 49 study groups (probationary entities). The report gave several recommendations to develop more robust safeguarding as an organization, which we will be reviewing, and sharing, in 2020. For example:

- Develop safeguarding training in all levels of the organization
- Develop safer recruitment practices that specifically address safeguarding
- Improve the compliments and complaints procedures

We have also recruited FaithTrust Institute, US, to provide a fact-finding assessment in response to allegations about sexual misconduct by a teacher in FPMT centers. As of early March, this is in progress, and provides a confidential mailbox where anyone can report their concerns, and an opportunity to speak to independent professionals. Our work with FaithTrust Institute includes a training program for FPMT Inc. Board and staff. The training is providing us with a better understanding of how abuse by spiritual teachers has occurred in all the major religious traditions, including Buddhism. The training also addresses ways of maintaining a safe environment for everyone at centers including teachers, staff, students, and visitors.

We will be reviewing what we have learned, and discussing how best to implement the recommendations with staff in the FPMT organization in 2020.

While it has been a challenging year for many, I believe that this is an opportunity for us to develop as an organization. Our aim is to maintain a supportive space for all for teaching, studying, practicing, and serving.

With love and prayers,

Andrew Haynes,  
Chair of the Board of Directors, FPMT, Inc.

*The members of the board of directors of FPMT Inc. are Lama Zopa Rinpoche, Khen Rinpoche Geshe Chonyi, Geshe Thubten Sherab, Ven. Roger Kunsang, Ven. Lhundub Chodron, Peggy Bennington, Andrew Haynes, Rasmus Hougaard, and Debra Ladner.*



# LAMA ZOPA RINPOCHE UPDATE



Lama Zopa Rinpoche celebrating Losar (Tibetan New Year) at Kopan Monastery, Nepal, February 2019. Photo by Ven. Lobsang Sherab.

*Lama Zopa Rinpoche spent another year selflessly traveling the world, offering teachings and blessings to all those he came in contact with. In 2019, Rinpoche taught at several large events in Spain, France, Russia, and Singapore, as well as smaller ones in India, Nepal, Latvia, and the United States. Here are highlights of Rinpoche's activities in 2019.*

Rinpoche began 2019 in India, staying at **Root Institute** in Bodhgaya. During his visit Rinpoche would regularly go to Mahabodhi Stupa where

he would do circumambulations, recite prayers, make extensive offerings and dedications, and also give short teachings. Rinpoche also offered teachings and did practice in the gompas at Root Institute, including a Heruka Lama Chopa offering that lasted more than four hours. Rinpoche visited **MAITRI Charitable Trust's** stall in Bodhgaya on World Leprosy Day.

Rinpoche celebrated Losar (Tibetan New Year) in February at **Kopan Monastery** in Nepal. Later in the month, Rinpoche visited **Tushita Meditation Centre** in Dharmasala, India, and gave teachings.

In April, Rinpoche was offered a long life puja at Kopan Monastery. Rangjung Neljorma Khadro Namsel Drönme (Khadro-la) advised that a Sixteen Arhat Long Life Puja, with additional recitations of Tendrel Topa, would be beneficial for Lama Zopa Rinpoche's health and long life in 2019.

Rinpoche traveled to Madrid, Spain, in mid-April to confer the great initiation of the White Umbrella Deity (*Dukkar*). More than 550 students attended the event. And more than 100 volunteers from the FPMT centers in Spain that comprise **FPMT España** participated in organizing it. Rinpoche also visited **O.Sel.Ling Centro de Retiros, Nagarjuna C.E.T. Granada**, and **Centro La Sabiduría de Nagarjuna** while in Spain.

Beginning on May 10, Rinpoche taught at the five-week Vajrayogini Retreat at **Institut Vajra Vögini** (IVY) in the south of France. More than



450 people attended the first two weeks of the retreat, including about 50 ordained Sangha. And more than 250 students stayed for the entire retreat.

Gordon McDougall, a long-time student of Rinpoche and frequent editor of Rinpoche's books, attended the retreat and wrote about the event:

Amazing indeed were the fellow vajra brothers and sisters who shared the retreat—from the old guard who were there at the very beginning of FPMT, such as Ven. Karin Valham (who has transformed the lives of tens of thousands of people in her more than three decades of teaching at Kopan Monastery in Nepal), to many newer students. And they come from all over the world, a greater diversity of countries than I've seen at any Rinpoche event. There was a big contingency from Australasia and North America as well as the usual Europeans, but also many Chinese from South East Asia, Taiwan, and Mainland China, and places such as Mexico, Mongolia, Russia, Latvia, and ... the list goes on. Such a diverse group of people on one hand and so united in our love and devotion to Rinpoche on the other. It is truly inspiring to chat over a tea and discover the countless ways we are all working for Rinpoche and, because of that, for all beings.

While staying at IVY, Rinpoche also visited the nearby **Nalanda Monastery** and **Monastère Dorje Pamo**. The monasteries also hosted students attending the retreat.

After the Vajrayogini Retreat, Rinpoche visited Latvia, where he gave 4 days of teachings organized by **Ganden Buddhist Meditation Centre**, the FPMT Center in Riga.



Rinpoche at O.Sel.Ling Centros de Retiros, Spain, April 2019.  
Photo by Ven. Lobsang Sherab.







Left:

Tenzin Osel Hita and Lama Zopa Rinpoche, France, May 2019.  
Photo by Ven. Lobsang Sherab.

Amitabha Buddha Festival at Buddha Amitabha Pure Land,  
Washington, US, August 2019. Photo by Chris Majors.

In August, Lama Zopa Rinpoche attended the Amitabha Buddha Festival at **Buddha Amitabha Pure Land** (BAPL) in remote Washington State in the United States. Local Sangha as well as students from the nearby **Pamtingpa Center** in Tonasket joined with Rinpoche for the festival's prayers and practices.

In September, Lama Zopa Rinpoche spent 3 weeks teaching at **Amitabha Buddhist Centre** (ABC), the FPMT center in Singapore. Rinpoche gave general teachings as well as commentary on Lama Chopa. Students at ABC offered a long life puja to Rinpoche with Lama Chopa and the Sixteen Arhat Long Life Prayers. While staying at ABC, Rinpoche also attended the center's 30th anniversary celebration.

On September 30, Lama Zopa Rinpoche arrived in Elista, the capital city of the Russian Republic of Kalmykia, which is the only region in Europe where Buddhism is the primary religion. Rinpoche offered the 1,000-Armed Chenrezig initiation at the Golden Abode of Buddha Shakyamuni, which is the largest Buddhist temple in Europe. Approximately 1,000 people attended. This was followed by a two-week 100 million mani retreat with Rinpoche attended by 200 to 300 students.

Right:

Lama Zopa Rinpoche during visit to Maitreya Statue in Lagan, Kalmykia, Russia, October 2019. Photo by Ven. Lobsang Sherab.

Lama Zopa Rinpoche with ordained Sangha and lay students attending the Vajrayogini retreat at Institut Vajra Yogini, France, May 2019. Photo by Tsanka Petkova.





When Rinpoche first arrived in Russia, he attended an animal blessing day organized by students at **Ganden Tendar Ling**, the FPMT center in Moscow. About 700 people and pets came to the event with Rinpoche. Rinpoche did another animal blessing event while he was in Elista.

At the end of October, Rinpoche taught on “How to Develop Bodhichitta in the Modern World (a commentary on Khunu Lama Rinpoche’s *The Jewel Lamp: A Praise of Bodhichitta*).” The teaching, which was in Moscow, was organized by Ganden Tendar Ling.

Rinpoche returned to Kopan Monastery in November for the annual one-month lamrim meditation course, where Rinpoche taught in the newly rebuilt Chenrezig gomp. While Rinpoche was at Kopan, Sangha and visiting course students celebrated Rinpoche’s birthday on December 3. The day began with the monks and nuns from Kopan Monastery doing the 1,000 Offerings to Namgyalma puja. Then, outside in the courtyard, Rinpoche was offered a birthday cake along with a program of music, drama, and dance.

At the end of the year, Rinpoche went to South India to celebrate the 600th anniversary of the parinirvana of Lama Tsongkhapa with His Holiness the Dalai Lama.



Lama Zopa Rinpoche blessing a cat at an animal blessing organized by Ganden Tendar Ling, Moscow, Russia, September 2019. Photo by Ven. Lobsang Sherab.



Lama Zopa Rinpoche during 1,000-Armed Chenrezig initiation, Elista, Kalmykia, Russia, October 2019. Photo by Ven. Lobsang Sherab.



# FPMT CHARITABLE PROJECTS 2019

FPMT Charitable Projects offer support to beneficial initiatives such as: offering food to ordained Sangha; providing scholarships to study Buddhist philosophy; investing in the main and future teachers of the Lama Tsongkhapa tradition; offering grants for social services, including elderly homes, schools, hospitals, and monastic institutions; providing comprehensive Dharma programs; translating Dharma texts; sponsoring holy objects such as statues, stupas, and prayer wheels; protecting the environment from disasters; and liberating animals from untimely death.

## HIGHLIGHTS 2019

- The **Nepal Earthquake Support Fund**, which began following the devastating 2015 earthquake in Nepal, was closed this year after distributing US\$2,140,931 directly to those in need since this natural disaster.
- The **Holy Objects Fund** sponsored the creation of 1,000 statues of Shakyamuni Buddha, including gold gilding, filling, and consecrating, which will be offered to His Holiness the Dalai Lama at the request of Lama Zopa Rinpoche on behalf of the entire FPMT organization.
- The **Protecting the Environment and Living Beings Project** sponsors specific pujas and sutra recitations advised by Lama Zopa Rinpoche to pacify harm from the elements and protect those (humans, animals, insects) who have been affected, including economic loss. As this fund develops it will also offer sponsorship to centers and projects that may experience damage due to the elements (fire, floods, earthquakes, etc.).
- The **Social Services Fund** offers essential ongoing support to elderly homes in India caring for Tibetans of advanced age who have no other means of support. Offering these grants to elderly homes is one way to help repay the kindness and bravery of the Tibetan people. There are many Tibetan elders in the exile community who either have been rendered destitute or whose families are not capable of taking care of them. In 2019 US\$284,085 in grants was offered toward operating costs for 5 elderly homes that directly benefit 370 elders.
- **Helping disadvantaged children, particularly in India, Nepal, and Mongolia**, receive quality education is a high priority for the FPMT organization. By offering grants for food, teacher salaries, and operating costs to educational institutions in need, these schools can use their precious and scarce resources for continuing to develop and implement quality academic programs for the students. US\$157,408 was offered in grants to 5 schools this year.
- The **Supporting Ordained Sangha Fund** offers essential support to monasteries, nunneries, and individual monks and nuns around the world for food, accommodation, health care, education, and practice. This year, the fund offered US\$82,429 to benefit ordained Sangha. This support included covering daily meals for all the





Students of Sambhota Tibetan School Cauvery Valley Project, Bylakuppe, India, are supported by the Social Services Fund.



monks of Idgaa Choizinling Dratsang, Mongolia, as well as a grant for the expansion of the monastery; sponsoring the 19th 100 million mani retreat at Tashi Chime Gatsal Nunnery, Nepal; and offering daily food to the 62 monks of Zigar Thupten Shedrupling Institute, a Kagyu monastery located in Darjeeling, India; and many others. You can read about all of the 2019 disbursements of Charitable Projects on page 33.

FPMT Charitable Projects also invites you to rejoice in the incredible achievements of many other projects happening within the international FPMT organization. Of particular note:

- **MAITRI Charitable Trust** continues to offer support to those with leprosy and the extremely poor as well as help animals in Bodhgaya. For the 7th year in a row, the FPMT Social Services Fund has offered substantial grants to MAITRI in support of their incredible and compassionate work and service. In 2019 the fund offered US\$49,000.

- **Root Institute** in Bodhgaya continues with its social service initiatives: the **Maitreya School**, a free school benefiting impoverished children from neighboring villages, and **Shakyamuni Buddha Health Care Clinic**, a medical hub that offers help to those most in need in Bodhgaya and surrounding areas. For the past 7 years, the Social Services Fund has given substantial grants toward this beneficial work. In 2019 the fund offered US\$53,900.

- **Lamp of the Path**, part of **Ganden Do Ngag Shedrup Ling**, continues offering social services to some of the poor and homeless living in Ulaanbaatar, Mongolia, with a soup kitchen and free health care. Since 2012, the Social Services Fund has provided ongoing grants to enable these charitable activities. In 2019 the fund offered US\$29,400.



Residents of Doeguling Elderly Home, one of the homes supported by the Social Services Fund, Mundgod, India.

- Congratulations to the **Great Stupa of Universal Compassion** in Bendigo, Australia. After 16 years of construction, this project has now placed the final pieces on top of the stupa, thus completing the outside construction of this monumental building. This is an unprecedented achievement in holy object creation for the world and the FPMT organization.

All of this is made possible due to the kindness of so many who donate and work for these projects. Thank you.

[fpmt.org/projects/fpmt/](https://fpmt.org/projects/fpmt/)





# FPMT EDUCATION SERVICES

FPMT Education Services develops, reviews, and constantly improves a range of introductory to advanced Buddhist education programs available in FPMT centers and online; publishes practice materials in digital and hard copy formats; works with translators and editors to translate crucial texts; and oversees the registration process for and provides support to non-Tibetan teachers.

## HIGHLIGHTS 2019

### BRINGING AUTHENTIC DHARMA MATERIALS TO STUDENTS WORLDWIDE

FPMT Education Services spent 2019 translating, editing, and publishing a **collection of materials to support Vajrayogini practitioners**. In collaboration with Tibet House Germany, we completed *The Secret Advanced Practices of Vajrayogini*, the fourth and final volume of the FPMT's series of Vajrayogini practice manuals, an important milestone in the modern-day transmission of this cycle of teachings in the Gelug tradition. We also completed *The Quick Path to Great Bliss*, the long Vajrayogini sadhana; *A Clear Arrangement of the Abbreviated Way to Meditate on the Quick Path to Great Bliss*, the middle-length sadhana; *A Short Daily Practice of Venerable Vajrayogini Naro Khechari* and *Vajrayogini Short Sadhana*, two versions of the short sadhana; and *A Compilation of Tsog Offerings to Vajrayogini*. All of these texts were composed by Phabongkha Dechen Nyingpo.

We published ***Recognizing the False I***, written by Lama Zopa Rinpoche, a commentary on and set of meditation techniques for identifying the object to be refuted—what

Rinpoche calls “the false I”—during reflections on emptiness. The text was specifically composed for students engaging in the self-generation portion—often called “the ultimate deity”—of kriya yoga tantric practices, such as nyung nas. The meditations can also be used by students during retreats on the *Heart Sutra* or any other retreat focused on emptiness.

We completed ***Amitabha Celebration Text***, an extensive offering ceremony compiled by Lama Zopa Rinpoche that can be adapted for other deities, to benefit students at FPMT centers, projects, and services.

We made a webpage featuring a detailed outline of **Lama Zopa Rinpoche's advice for celebrating the 600th anniversary of Lama Tsongkhapa's parinirvana** available on FPMT.org. The outline, in addition to several accompanying translations, such as *Chintamani Rosary Spreading the Buddha's Teachings*, would not have been possible without the work of the IMI monks studying at Sera Je Monastic University.



In order to help students follow Lama Zopa Rinpoche's advice to write down certain citations and important points made during his teachings, we created **"Write It Down!" booklets** following three retreats held in 2019.

In response to the Foundation Store transitioning to a digital-only format (see page 27), we created a **new licensing policy** to offer FPMT centers, projects, and services the opportunity to print FPMT education materials locally, eliminating shipping costs and minimizing our negative impact on the natural environment.

We celebrated the **10th anniversary of our live transcription service of Lama Zopa Rinpoche's teaching events and retreats**, which offers people with difficulty hearing or understanding Rinpoche increased access to the Dharma. The live transcription was merged with livestream video for students unable to attend teachings in person.

Lama Zopa Rinpoche teaching at the Vajrayogini retreat, Institut Vajra Yogini, France, May 2019. Photo by Tsanka Petkova.





## EDUCATION PROGRAMS

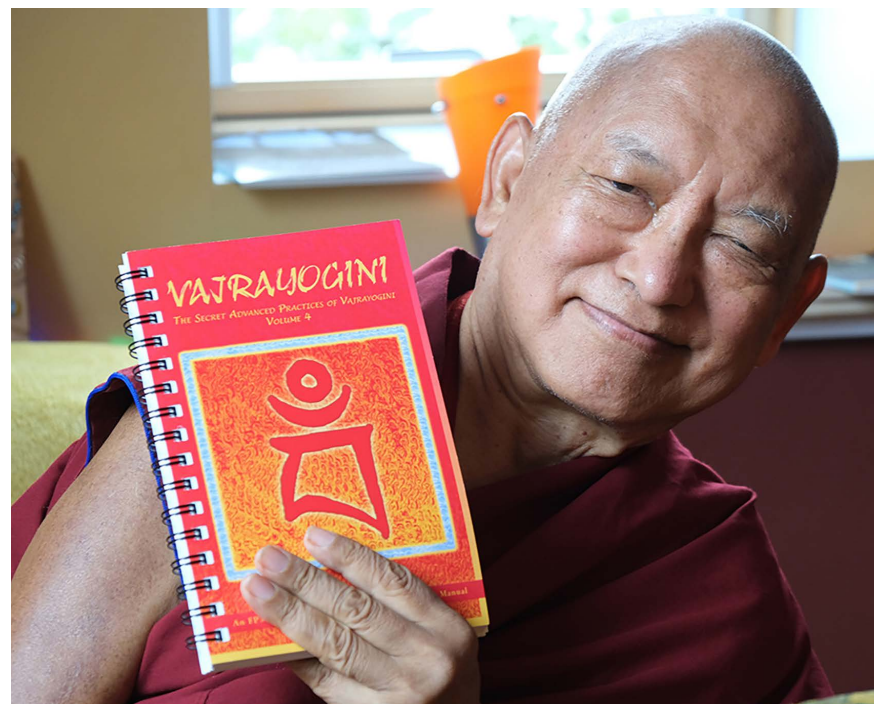
Our **coordinator for foundational-level FPMT education programs presented at the South East Asia Regional Meeting** held at Amitabha Buddhist Centre, Singapore, in September 2019. Directors and spiritual program coordinators present asked many questions and showed great interest in implementing more FPMT education programs in the future and in developing and improving those already offered.

**We awarded certificates of achievement to 15 students who successfully completed *Buddhist Meditation 101* and 7 who completed *Buddhism in a Nutshell*** through the FPMT Online Learning Center.

We completed a first draft of **new guidelines for centers and study groups to host *Discovering Buddhism*** and sent it to several teachers and centers for review. Two students completed *all* the requirements for *Discovering Buddhism* Online, including completing 100,000 prostrations and reciting 100,000 Vajrasattva mantras.

**We revised *Heart Advice for Death and Dying*** to make it possible to study all components of the course online and to make it more user-friendly and accessible from any digital device. We added new materials based on Lama Zopa Rinpoche's extensive advice found in *How to Enjoy Death: Preparing to Meet Life's Final Challenge without Fear*, such as a personalized Dharma will, to the course to help people plan for their own death and to better help the dying.

In 2019 centers made use of the new ***Basic Program (BP) review forum***, accessed through the FPMT Online Learning Center. The forum is moderated by Education Services' BP coordinator



Lama Zopa Rinpoche displaying *The Secret Advanced Practices of Vajrayogini*, Institut Vajra Yogini, France, May 2019.  
Photo by Ven. Roger Kunsang.

and helps make the three-month review and final exam, previously difficult for centers to implement, an easily facilitated and interactive process.

**All participating BP students from 4 centers passed their final exams:** 50 passed from Amitabha Buddhist Centre in Singapore; 8 from Jamyang Buddhist Centre London in the UK; 10 from Centro Tara Cittamani in Padova, Italy; and 5 from Institut Vajra Yogini in Marzens, France. Students' enjoyment of the review and final exam process exceeded their expectations and feedback from center staff was positive. Special thanks go to Ven. Dorje (Vincent Steffen) and Luca Morelli for their unfailing and much-needed assistance with the French and Italian *Basic Program* three-month reviews.



## TRANSLATIONS

Translation Services translated, edited, and reviewed many important texts. We completed ***Six-Session Guru Yoga***, a booklet that contains translations of three versions of the guru yoga practice that Phabongkha Dechen Nyingpo arranged together and briefly commented on. We also updated ***Vajra Armor Protection Wheel*** and ***The Meditation-Recitation of Black Manjushri***, which were created and compiled by Lama Zopa Rinpoche. We updated ***Eight Verses of Thought Transformation*** according to Lama Zopa Rinpoche's latest translation preferences.

We completed the translation of the ***Dashachakra Sutra*** and the **31-chapter version of the *Golden Light Sutra***. These texts are now ready for editing. The translation of the ***Ornament of the Essence*** is currently being reviewed and edited in preparation for eventual publication.

**We added a large collection of new mantras to our Mantra Database**, which helps us have consistent transliteration in our publications. The mantras added include those of all the main Gelug deities, those found in Vajrayogini practices, as well as many recommended by Lama Zopa Rinpoche. **Our Preferred Term Glossary grew to contain over 1,200 entries.** This

glossary is a dynamic document for FPMT translators that helps standardize the FPMT translation of technical Dharma vocabulary. We developed a **gender disclaimer** for inclusion in certain translations to help FPMT students understand the context in which older Buddhist texts were written and why they often use heavily gendered language that sometimes comes across as explicitly sexist or offensive to modern readers.

## TEACHERS

**We registered 8 foundational-level teachers and upgraded 1 teacher to in-depth level.** We made one provisional registration regular and finalized some permissions for offering refuge and bodhisattva vows.

The **FPMT Teacher Registration Committee drafted policy updates** to formalize how to deal with complaints about FPMT-registered teachers.

*FPMT Education Services would like to extend a huge thanks to all our online elders and assessors who skillfully respond to comments on the online forums and painstakingly review student assessments and points for reflection, providing the personal human touch that continues to make these online programs work so well.*

[fpmt.org/education](http://fpmt.org/education)

## QUOTES FROM STUDENTS USING THE FPMT ONLINE LEARNING CENTER:

"I really enjoyed the reflection points and getting feedback [in *Buddhist Meditation 101*]. ... This course has helped me get a better grip on my anxiety. It's also helped make me a better person. I am looking at things in a more positive and peaceful light. I'm judging less and letting more things 'be.' Overall, my quality of life is improving thanks to this wonderful course. Plus, it's benefited other people in my life, because I've found ways to share the wisdom. Thank you for having this course available online and for keeping it affordable!"

—GRADUATE OF *BUDDHIST MEDITATION 101* ONLINE

"[*Buddhism in a Nutshell* Online] has been a very worthwhile experience and has developed and strengthened my beliefs in the basics of Buddhism in the Mahayana tradition, including what it means to be a Buddhist. ... [The course has] a good balance of guided meditation and introductory analytical meditation. The feedback provided when undertaking self-reflection was very insightful and encouraging."

—GRADUATE OF *BUDDHISM IN A NUTSHELL* ONLINE

"I really enjoyed these well-thought-out and well-put-together modules. They were a nice mix of video, audio, and reading. The retreats with each module were really helpful and insightful."

—GRADUATE OF *DISCOVERING BUDDHISM*

"The [*Basic Program* review forum] questions are very useful in reviewing the various BP topics again. I have a clearer picture of what I have learned during the past few years."

—GRADUATE OF THE *BASIC PROGRAM*

"Physical disability and geographic separation make it really difficult for me to join in-person FPMT programs and retreats, so it is so great to have this online study. Thanks for all the kind support and encouragement."

—ONLINE LEARNING CENTER STUDENT





Directors, spiritual program coordinators, and board (executive committee) members from FPMT centers, projects, and services with Lama Zopa Rinpoche at the annual South East Asia Regional Meeting, Amitabha Buddhist Centre, Singapore, September 2019



# FPMT CENTER SERVICES

With the help of regional and national coordinators, Center Services assists FPMT centers, projects, services, and study groups—which are probationary centers, projects, and services—establish and sustain good governance structure to support the preservation of the Mahayana tradition now and into the future. We facilitate communication between Lama Zopa Rinpoche and FPMT centers, projects, and services; coordinate Rinpoche's teaching schedule; and facilitate the placement of resident geshe and teachers at centers.

## HIGHLIGHTS 2019

At the end of 2019, there were **165 centers, projects, services, and study groups in 40 countries worldwide** that are under the spiritual direction of Lama Zopa Rinpoche and FPMT International Office. This includes two new study groups. There were **41 FPMT resident geshe**s, one new in 2019, and **14 resident teachers**.

In order to support and connect the directors, board members, spiritual program coordinators, and study group coordinators of these FPMT entities, **3 regional and 7 national meetings** were held.

## FPMT SERVICE SEMINARS

**2 Foundation Service Seminars (FSS)** were hosted in 2 countries (Italy and Spain), graduating students from all over the world. Lara Gatto, FPMT Italy national coordinator, who organized the FSS in Italy, shared about the FSS:



Foundation Service Seminar, Istituto Lama Tzong  
Khapa, Pomaia, Italy, 2019

*"It has been a great experience for us! It is very useful for students to have a complete picture of what FPMT is. Some directors are already working to share their experience with board members and students in their centers. Quite immediately we all felt a strong sense of community and connection. This touched us a lot. We were given the tools to take space from the daily matters that usually overwhelm our minds. With that space, the results of our job easily appear and we felt a great JOY about serving Rinpoche."*

**"A Taste of the Foundation Service Seminar"** was given by Foundation Service Seminar registered facilitator, Wendy Ridley at Ganden Do Ngag Shedrup Ling in Ulaanbaatar, Mongolia. Ianzhina Bartanova, center director, shared about the Taste of FSS:

*"I think the Taste left very good imprints and planted the seeds for a full 5-day FSS retreat."*

[fpmt.org/centers](https://fpmt.org/centers)





# COMMUNICATIONS, ONLINE MEDIA, AND TECHNOLOGY

FPMT International Office is dedicated to bringing people the information they need to stay connected with Lama Zopa Rinpoche and the global FPMT community. We do this through a variety of communication channels and digital platforms that students can access while at home or out in the world.

## BRINGING RINPOCHE TO WHERE YOU LIVE!

We continued to offer timely online access to Lama Zopa Rinpoche's teachings through live video streaming and recorded video and audio.

- In 2019, FPMT International Office streamed more than 120 live webcasts from 7 different teaching events in Spain, France, Latvia, Singapore, Russia, and Nepal.
- During Rinpoche's teachings, centers received support to livestream in multiple languages, resulting in a total of 360 teachings translated into French, Spanish, Italian, German, and Chinese.
- 9,187 hours of live streaming video of Rinpoche teaching were seen on Facebook. And 3,100 hours of video were seen on FPMT's YouTube channel by nearly 8,900 viewers.

- Ven. Joan Nicell transcribed Lama Zopa Rinpoche's teachings live, assisted by on-site volunteer transcript checkers.
- The essence of Lama Zopa Rinpoche's teachings is continuously being captured in short videos excerpts. In 2019, we produced a total of 208 of these short videos in 6 languages.
- Unedited teaching transcripts, available on the Rinpoche Available Now pages, featured links to these short videos when possible.
- FPMT International Office continued archiving and organizing digital media into a digital assets management system. In 2019, nearly 3,000 new images and 120 videos were archived.

*Find complete video, transcripts, and MP3 audio from Rinpoche's teaching events:*

[fpmt.org/rinpochenow/](https://fpmt.org/rinpochenow/)





From Top: Ven. Paloma Alba interpreting during Lama Zopa Rinpoche's teachings in Madrid, Spain, April 2019. Photo by Harald Weichhart; Harald Weichhart with video equipment used to stream and record Rinpoche's teachings, Madrid, Spain, April 2019. Photo by Alexis Roitman.



## IMPROVING FPMT.ORG

International Office's website, FPMT.org, had more than 1.2 million unique page views in 2019. As digital technology evolves, we are continuing to improve our website's functionality and design. Here are a few highlights of that work:

- Converted all 275 of our website photo galleries to use the Photonic Photo Gallery plugin, which displays our galleries using a stylish mosaic layout. It features a slide-up caption while zooming into the pictures when hovering over them. Clicking a picture opens a lightbox slideshow.
- Redesigned the fpmt.org website to be full-screen width. With today's larger computer screens, a fixed-width design can have a lot of unused whitespace. The new design scales to any screen size, from smartphones to HD monitors, allowing us to fill some of that whitespace with larger photos and images. We also increased our font size and line spacing to be more current with today's web standards.
- Added DKIM and SPF records to our email domain so that email platforms know that our communications are authentic and signed. This means that our email campaigns will be recognized by email platforms as not being spam thereby increasing our communication audience.
- Set up segmentation for our FPMT News MailChimp campaigns. This will allow our subscribers to have a choice in how frequently they receive FPMT News. This in turn should help maintain our subscribers rather than lose them due to email burnout.



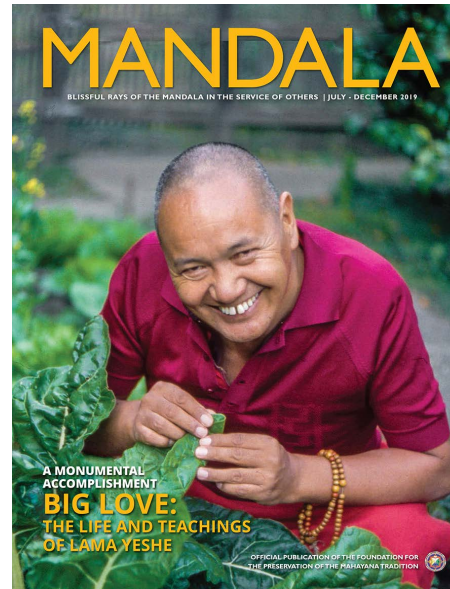
## KEEPING IN TOUCH

On a daily basis, International Office communicates with students around the world through several different communication channels.

- Our daily online blog, “FPMT News,” shared 257 news items and updates from FPMT centers, projects, and services; FPMT Education Services; FPMT Charitable Projects; and FPMT Center Services, as well as news and advice from Lama Zopa Rinpoche. The email digest of our blog reached more than 3,200 subscribers.
- Our monthly e-newsletter, the *FPMT e-News (International Office News)*, was sent to 36,900 recipients and included updates from FPMT International Office and the broader FPMT organization.
- 9 new photo galleries were added to FPMT.org, documenting Lama Zopa Rinpoche’s activities.
- Hundreds of thousands of people around the world connected with Rinpoche and FPMT through Facebook, Twitter, and Instagram.
- Our FPMT and CPMT egroups shared information with FPMT students and thousands of people working in service for the broader FPMT organization.

**Sign up to receive monthly and daily FPMT news:**  
[fpmt.org/receive-our-newsletters/](https://fpmt.org/receive-our-newsletters/)

## GOING IN-DEPTH



*Mandala* magazine shares long-form articles, interviews, and stories of interest to students of Dharma. In 2019, we published 7 online feature stories, covering activities in Australia, India, Nepal, and Mongolia. In addition, we published a print issue of *Mandala* magazine.

*Mandala* July-December 2019 featured the forthcoming biography of Lama Yeshe, who founded FPMT with Lama Zopa Rinpoche. *Big Love: The Life and Teachings of Lama Yeshe* is a monumental accomplishment—1,400 pages with more than 1,500 photos. (The biography is being published by the Lama Yeshe Wisdom Archive in March 2020.) Also in the issue, we shared an interview with Geshe

Ngawang Chokyi, who was among the first Tibetan nuns to be awarded the geshema degree and who also happens to be Lama Yeshe’s niece, and we celebrated the tremendous contributions of Lama Je Tsongkhapa, founder of the Gelug tradition. As always, we had new teachings from Lama Yeshe and Lama Zopa Rinpoche, plus additional stories, excerpts, and interviews meant to inspire and inform the FPMT community.

[fpmt.org/mandala/](https://fpmt.org/mandala/)

## PROTECTING OUR INFORMATION TECHNOLOGY INFRASTRUCTURE

Security, privacy, availability, reliability, performance, and customer service were the main priorities for IOF’s Information Technology Department in 2019. Significant time and effort were spent ensuring that our cloud infrastructure was secure and fully operational.

During the course of the year, there were no disruptions of services on the websites for International Office, the Foundation Store, and the Online Learning Center, as well as no interruptions to our major digital systems and IT infrastructure.



# FPMT FOUNDATION STORE

The Foundation Store is FPMT's online shop, carrying a vast selection of Buddhist study and practice materials in accordance with the lineage of our gurus. These items include homestudy programs, prayers and practices, materials for children, as well as other resources to support practitioners.

The purpose of the Foundation Store is not to create profits, but to serve practitioners. Proceeds from sales are carefully categorized and calculated to ensure that income from Dharma items is used to make more Dharma available and to further the charitable mission and projects of FPMT International Office. We carefully follow the Buddhist principles for the use of Dharma income and any payments for salaries or food expenses are excluded when calculating the net Dharma proceeds from the Foundation Store.

## 2019 HIGHLIGHTS:

As a result of an organization-wide strategic assessment, the store has transitioned from the physical distribution of Dharma and meditation supply items to digital-only distribution.

More than 5,500 unique customers placed a total of 10,900 orders in 2019. Customers ordered a total of 29,400 items. The majority of these items were downloaded for free.

Thanks to the FPMT Education Department and other publishers like Lama Yeshe Wisdom Archive and Wisdom Publications, customers received more than 18,600 digital books free of shipping costs.

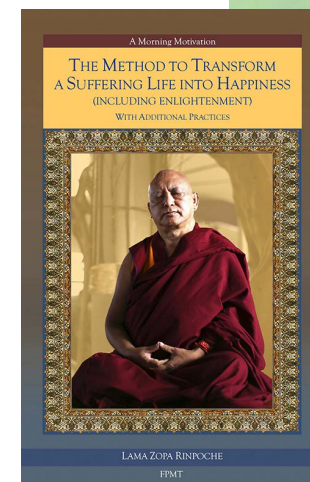
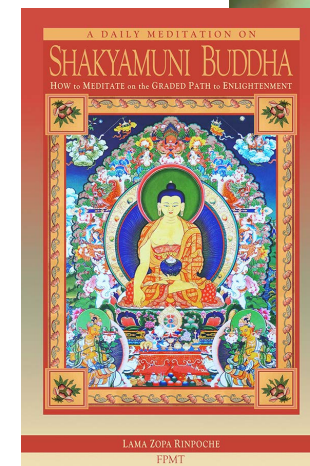


The store distributed 1,693 hard copy books, prayers, and practices; 16,500 digital PDFs and ebooks; 1,066 education programs; 2,217 audio and video items; 3,567 cards, posters, and calendars; and 3,816 holy objects and meditation accessories, including 1,274 ritual items, 662 prayer flags, 576 malas, and 686 pendants among other supplies.

Customers ordered 2,306 ebooks through Kindle, Smashwords, and Google Play, and 331,800 mantras and meditations were streamed.

The Foundation Store will continue to distribute new and existing FPMT Education programs and materials in digital format, such as PDFs, ebooks, and audio files. These will be available through our website and through third-party distributors such as Kindle, Apple, Google Music, and Spotify.

[shop.fpmt.org](http://shop.fpmt.org)



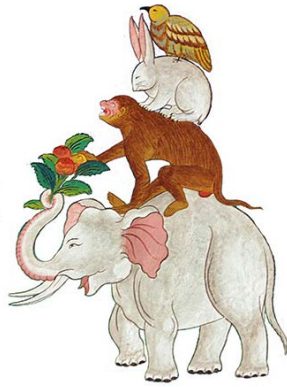


# FPMT DEVELOPMENT

FPMT Development serves the supporters of the FPMT mission and works to ensure that FPMT International Office activities and projects have the financial resources they need for success. This is accomplished by offering daily assistance to donors, providing channels to practice generosity, and inviting support to FPMT activities through annual giving campaigns.

Some of the programs and funds below are ways in which International Office raises resources for our work.

friends of  
*fpmt*



## FRIENDS OF FPMT

Our Friends of FPMT supporters continue to be the principal sustainers of our work at International Office. The program in turn offers complimentary access to online studies, downloadable education and practice materials, *Mandala* magazine, the Liberation Calendar, and more.

In 2019, we served 1,019 active Friends of FPMT supporters, who contributed US\$252,927.

## GIVE WHERE MOST NEEDED FUND

Donations given to this unrestricted fund can be disbursed for any activity that supports the FPMT mission, including start-up grants for new projects and fulfilling unexpected budget needs.

368 people contributed US\$58,300 in 2019.





## WORK A DAY FOR RINPOCHE

This annual campaign aims to raise resources for International Office and increase the recitation of the *Sutra of Golden Light* around the world, fostering immense merit and support for our operations.

411 “workers” made offerings to Work a Day for Rinpoche, raising US\$41,448 for the year.

There were also 110 *Sutra of Golden Light* recitations reported during the weeks of the campaign.

## THE INTERNATIONAL MERIT BOX PROJECT

The 18th year of the International Merit Box Project raised US\$36,100 from individuals and FPMT communities. The project in total has inspired over US\$1,082,755 in offerings since it began, and provided crucial resources to local FPMT centers, projects, services, and study groups with 287 grants.

For 2019, 21 grants totaling US\$36,100 were disbursed to help with building and land repairs, to bring the first set of the Kangyur and Tengyur to Mexico, offer retreat support for Sangha, sponsor translations, and more.

WORK A DAY   
for RINPOCHE



THE INTERNATIONAL  
MERIT BOX PROJECT

[fpmt.org/projects/office/](https://fpmt.org/projects/office/)



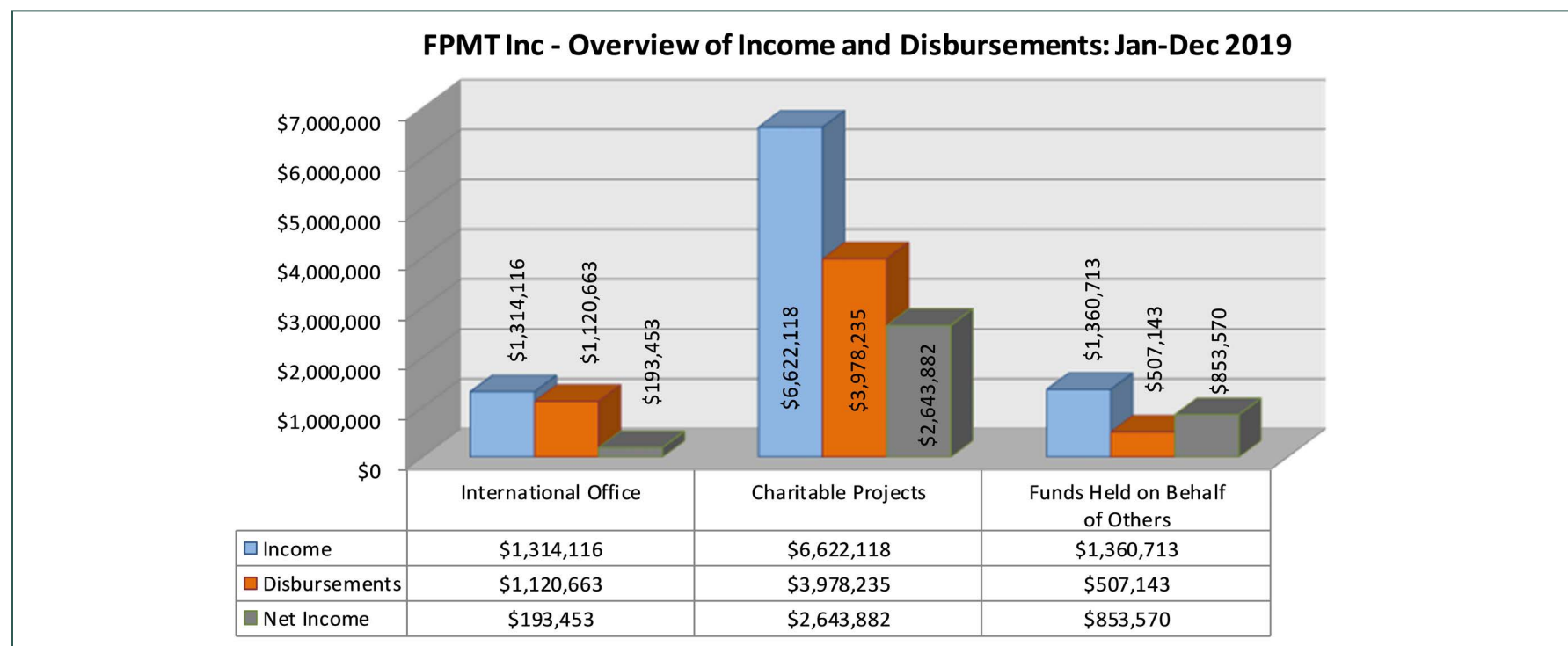
# FINANCES FISCAL YEAR 2019

FPMT International Office is responsible for managing and supervising the finances of the Foundation for the Preservation of the Mahayana Tradition, Inc. (FPMT, Inc.) as directed by its Board of Directors.<sup>1</sup> Finances are divided between general funds (unrestricted), and funds designated for specific charitable projects (restricted funds).<sup>2</sup>

In 2019, total unrestricted operating income for International Office was US\$1,314,116, and total operating expenses were US\$1,120,663 resulting in an operating surplus of US\$193,453.<sup>3</sup>

In 2019, the total restricted income for the Charitable Projects was US\$6,622,118 and the total disbursements and expenses for credit card and administration fees were US\$3,978,235.

FPMT also processes and manages funds on behalf of others and in 2019 these funds had income of US\$1,360,713 and disbursements of US\$507,143.



<sup>1</sup> Foundation for the Preservation of the Mahayana Tradition, Inc. (abbreviated as FPMT, Inc.) is the legal entity of FPMT International Office. The terms FPMT, Inc. and International Office are interchangeable. In practical terms, the International Office functions and serves as Lama Zopa Rinpoche's office, therefore the guidance of our Spiritual Director is implicit.

<sup>2</sup> Restricted funds include all the charitable projects of FPMT, Inc. as outlined on our website in addition to certain other charitable projects as directed by Lama Zopa Rinpoche and the Board of Directors.

<sup>3</sup> Operating expenses exclude depreciation of \$223,475 and unrealized gains on investments.



# UNRESTRICTED FUNDS INCOME AND EXPENSES – 2019

Unrestricted funds do not have any donor-imposed restrictions, and are used to fulfill the various activities and operations of International Office. The table and charts give a summary of income and expenses for 2019.

## Unrestricted Income and Expenses 2019

### Income Resources

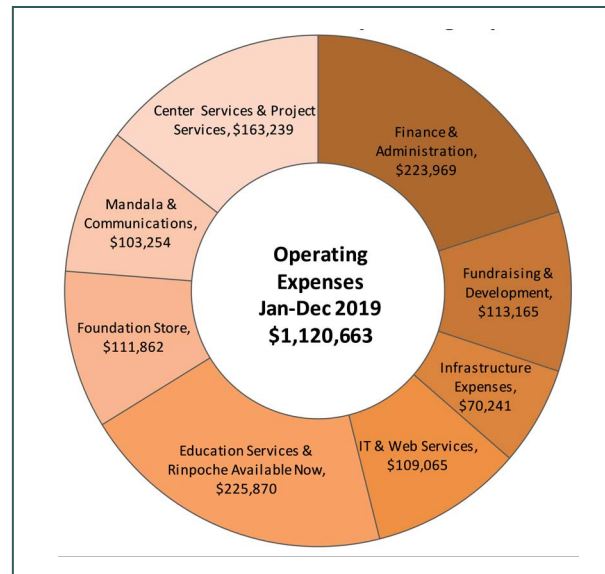
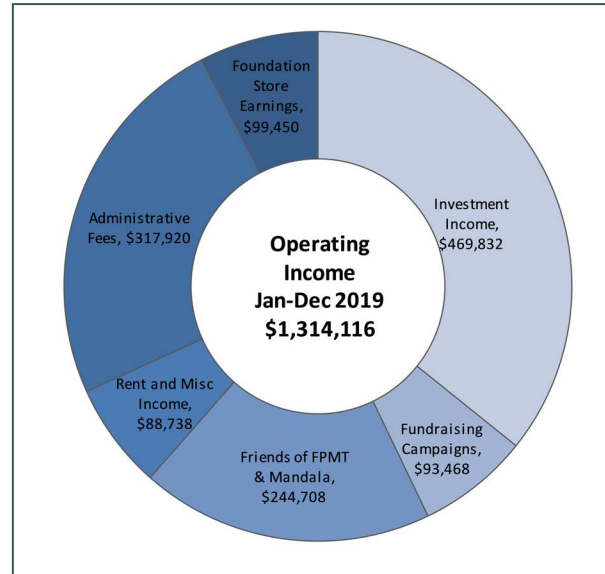
	US\$
Investment Income	\$469,832
Fundraising Campaigns	\$93,468
Friends of FPMT & Mandala	\$244,708
Rent and Misc Income	\$88,738
Administrative Fees	\$317,920
Foundation Store Earnings	\$99,450
<b>Operating Income</b>	<b>\$1,314,116</b>

### Resources Expended

	US\$
Finance & Administration	\$223,969
Fundraising & Development	\$113,165
Infrastructure Expenses	\$70,241
IT & Web Services	\$109,065
Education Services & RAN	\$225,870
Foundation Store	\$111,862
Mandala & Communications	\$103,254
Center Services & Project Services	\$163,239
<b>Operating Expenses</b>	<b>\$1,120,663</b>

### Net Operating Income 2019

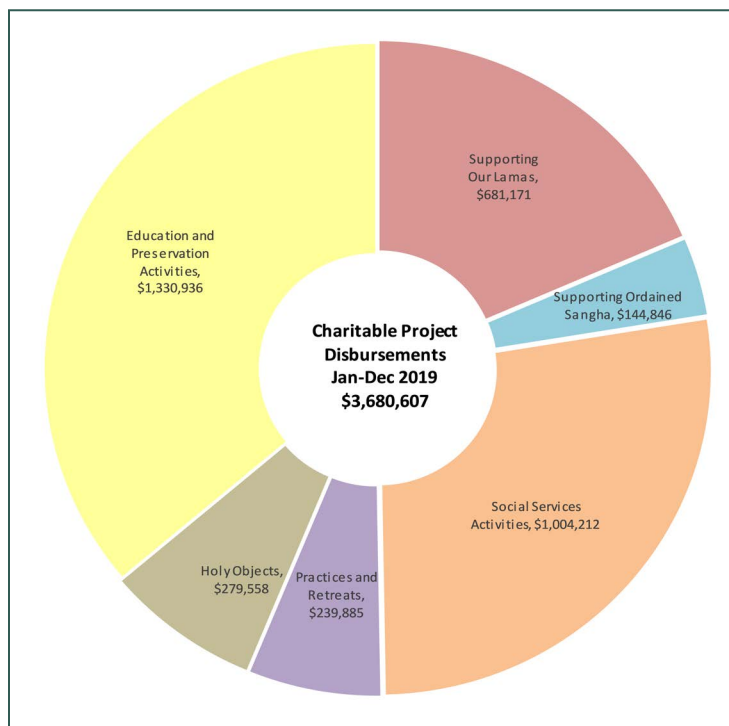
**\$193,453**





# CHARITABLE PROJECTS DISBURSEMENTS – 2019

The table and chart outline the direct grants of US\$3,680,607<sup>4</sup> during 2019 to FPMT's Charitable Projects.



\* Bodhichitta Fund disbursements include offerings to various monasteries and projects in India and Nepal of \$127,317, donations to FPMT centers and projects of \$247,722, offerings and sponsorship of holy objects of \$144,419, and sponsorship of Tibetan and Western Sangha, offering practices for the organization, and care of our Spiritual Director of \$123,574.

Charitable Projects Disbursements 2019	US\$
<b>Supporting Our Lamas</b>	<b>\$681,171</b>
Bodhichitta Fund	\$643,032
Big Love Fund	\$31,112
Long Life Puja Funds	\$7,027
<b>Supporting Ordained Sangha</b>	<b>\$144,846</b>
Supporting Ordained Sangha Fund	\$82,429
Lama Tsongkhapa Teachers Fund	\$61,065
Lama Yeshe Sangha Fund	\$1,352
<b>Social Services Activities</b>	<b>\$1,004,212</b>
Social Services Fund	\$563,120
Nepal Earthquake Support Fund	\$426,274
Animal Liberation Fund	\$14,818
<b>Supporting Practices and Retreats</b>	<b>\$239,885</b>
Practice and Retreat Fund	\$100,715
Buddha Amitabha Pure Land	\$6,065
Puja Fund	\$104,765
Prayers for Dead Fund	\$24,348
Other Retreat Sub-Funds	\$3,992
<b>Holy Objects</b>	<b>\$279,558</b>
Stupa Fund	\$45,948
Maitreya Project Funds	\$24,264
Offering one thousand Buddhas	\$101,371
Other Holy Objects Sub-Funds	\$107,975
<b>Education and Preservation Activities</b>	<b>\$1,330,936</b>
Education and Preservation Fund	\$1,226,624
Scholarships and Translations	\$20,320
Merit Box Fund	\$36,100
Other Education and Preservation Sub-Funds	\$47,892
<b>TOTAL DISBURSEMENTS</b>	<b>\$3,680,607</b>

<sup>4</sup> The disbursement figures do not include expenses for administration fees and credit card merchant fees and are inclusive of some interfund disbursements, which will be subject to audit adjustments during our annual independent financial review.



# FPMT INTERNATIONAL OFFICE STAFF



FPMT International Office is Lama Zopa Rinpoche's office.

## Executive

President/CEO,  
Ven. Roger Kunsang  
CFO and COO,  
Eamon Walsh  
CEO's Executive Assistant,  
Ven. Holly Ansett

## Finance & Administration

Director of Finance,  
Aruna Prakash  
Administrative Assistant,  
Samten Gorab

## FPMT Charitable Projects and Donor Services

Charitable Projects Coordinator,  
Ven. Holly Ansett  
Donor Services Coordinator,  
Justin Jenkins  
Charitable Projects Assistant,  
Carina Rumrill

## Center Services

Director, Claire Isitt

## Education Services

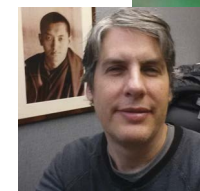
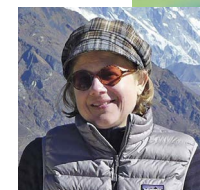
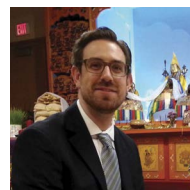
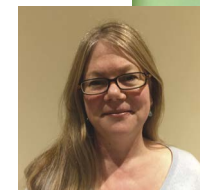
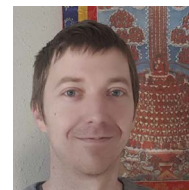
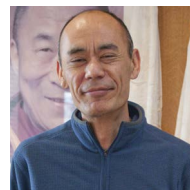
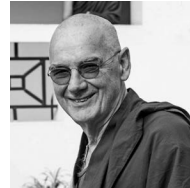
Director, Tom Truty  
Foundational Program Coordinator,  
Ven. Joan Nicell  
In-Depth Program Coordinator,  
Olga Planken  
Assistant Content Editor,  
Ven. Tenzin Tsomo  
Education Services Assistant,  
Michael Jolliffe  
Translation Coordinator, Joona Repo  
Education Distribution Coordinator,  
Diana Ospina

## Media, Communications, and Mandala Publications:

Managing Editor and Publisher,  
Laura Miller  
Assistant Editor, Nicole Parisi-Smith  
Advertising and Distribution,  
Justin Jenkins  
Web Development Manager,  
Adam Payne  
Media Resource Manager,  
Harald Weichhart

## Information Technology

IT Manager, Alfredo Piñeiro



Much gratitude and many thanks to Chuck Latimer, who started working for International Office in October 2005. Chuck served the office in many capacities, most recently as our building manager, and retired in October 2019. Also thank you to Eva Sippl, who worked as an our administrative assistant from September 2015 to July 2019.

# A BILLION, ZILLION TIMES THANKS!

Without all the FPMT centers, projects, services, teachers, students, volunteers, and benefactors who supported us in 2019, International Office would not have been able to continue our mission of preserving and spreading Mahayana Buddhism worldwide.

We cannot thank enough our generous 2019 volunteers, who gave their time and enthusiasm with sincere devotion: each of our wonderful Regional and National Coordinators—Ven. Paloma Alba, Paloma Fernandez Garcia, Rafael Ferrer, Selina Foong, Lara Gatto, Frances Howland, Francisco “Kiko” Llopis, Mauricio Roa Mackenzie, Drolkar McCallum, Brian Rae, Deepthy Shekhar, Jay Simpson, Peter Stickels, and Gilda Urbina; FPMT Service Seminar coordinator Amy Cayton; each Foundation Service Seminar registered facilitator; all of the Sangha offering service at Rinpoche’s houses, who make extensive prayers for the organization, animals, and for those who are sick and have passed away; the Sangha and students who make offerings at Kachoe Dechen Ling, Buddha Amitabha Pure Land, Kopan Monastery, Root Institute, Amitabha Buddhist Center, and Ganden Do Ngag Shedrup Ling; all of our excellent technical support, education program online elders, translators, transcript checkers, proof readers, photographers, illustrators, writers, and office helpers—Ven. Siliana Bosa, Ven. Ailsa Cameron, Ven. Steve Carlier, Ven. Thubten Choying (Sarah Brooks), Ven. Lobsang Déтчèn, Ven. Thubten Dechen, Ven. Dorje (Vincent Steffen), Ven. Losang Gyaltsen, Ven. Nangsel (Bernice McCombie), Ven. Sangye Khadro, Ven. Birgit Schweiberer, Ven. Fedor Stracke, Olivier Adam, TY Alexander, Beth Arnst, Elena Bartanova, Alexis Ben El Hadj, Robert Beer, Janny de Boer, Tim Buress, Claudia Czuba, Tania Duratovic, Kirsten Feed, Laura Haughey, Simon Houlton, Adele Hulse, Antoine Janssen, Bill Kane, Cynthia Karena, Kirsti Kilbane, Gavin Kilty, Pat Lee, Tatyana Ligostaeva, Matthew Lindén, Doris Low, Kendall Magnussen, Chris Majors, Drolkar McCallum, Kevin Middleton, David Monro, Ross Moore, Luca Morelli, Zarina Osmonalieva, Sharon Overbey, Francesca Paoletti, Tubten Pende, Viêt Pham, Jitka Pouzarová, Matthieu Pujol, Paolo Sala, Rhona Sayer, Piero Sirianni, Sandy Smith, Lynn Stevenson, Shahar Tene, Sze Gee Toh, Andy Weber, Aki Yeo; and many, many more!

## HOW TO GET INVOLVED

You can support our work by volunteering and attending teachings at your local FPMT center, making a contribution to our charitable projects, enrolling in our Friends of FPMT program, participating in one of our education programs, or offering your prayers and good wishes. Your support and kindness allow us to continue our work.

Dedications at the pujas sponsored by Lama Zopa Rinpoche at the great monasteries throughout the year are made especially for purifying obstacles and creating merit for Dharma activity to flourish in FPMT as well as for all students, supporters and FPMT friends who are ill or have died, and for all those who have worked tirelessly and sacrificed so much to benefit the organization in different ways.

*In 2020, may you have perfect happiness  
and be free from every suffering!*

FPMT INC. 1632 SE 11TH AVE. PORTLAND, OR 97214-4702 USA  
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