

Lama Zopa Rinpoche's Vast Visions for FPMT



The Great Stupa of Universal Compassion, Bendigo, Australia

Lama Zopa Rinpoche's Vast Visions



The Vast Visions - Accomplishing the wishes of the Guru

“By fulfilling the guru’s wishes for even one second, we collect all the merits of an eon in one second.”



Lama Zopa Rinpoche laid out his Vast Visions for FPMT in a clear way in 2007. Giving us this incredible opportunity to continue to fulfill his explicit wishes for many, many lifetimes.

The Vast Visions encompasses all the existing activities of FPMT now and into the future. Rinpoche has so kindly left us a clear road map to follow, that will bring benefit and success to the organization, by following the Gurus advice, creating causes to generate merit and to support and cultivate practitioners on the path to enlightenment.

The Vast Visions - Accomplishing the wishes of the Guru

“My desire for the organization is

- To offer service to His Holiness the Dalai Lama as much as possible and to be able to fulfill His Holiness's wishes. This is the highest priority for the organization, to serve His Holiness the Dalai Lama. Every time we serve His Holiness, make His Holiness happy, we are hugely successful.
- 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 living in ordination and preserving the vinaya – the teachings of Buddha.
- To support the FPMT sangha and the monasteries and nunneries.
- 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 benefit extensively other sentient beings by 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.
- 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 become a better person so that we can offer better service to others.”



The Vast Visions - Fulfilling the wishes of the Guru



His Holiness the Dalai Lama and Lama Zopa Rinpoche, Nov 2022

The Vast Visions fall into four main categories:

1. Offering Service to His Holiness the Dalai Lama
2. Holy Objects for World Peace
3. Supporting Practice and Realizations
4. Social Services

Offering Service to His Holiness the Dalai Lama

“For FPMT to offer service to His Holiness the Dalai Lama as much as possible and to be able to fulfill His Holiness’ wishes. This is the highest priority for the organization.”

Offering Service to His Holiness the Dalai Lama Vast Vision has two categories:

Supporting His Holiness' Projects

- By helping the monasteries such as by offering food etc. this becomes a service to His Holiness and to the Tibetan people, as the monasteries help preserve the extensive Buddhist philosophy.
- This is also what all the FPMT centers do, by offering education and by practicing Tibetan Mahayana Buddhism.
- Anyone who is working in the centers is offering service to His Holiness the Dalai Lama.

Sponsoring Public Talks

- For the organization to invite His Holiness to different parts of the world (can also mean online) and to arrange Dharma teachings, initiations, public talks, interfaith meetings and dialogues with local faith leaders, meetings with scientists and with youth, etc.



Holy Objects for World Peace

“My wish is for FPMT 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.”

The Holy Objects for World Peace Vast Vision has seven categories:

- 1. Creating 100,000 Stupas**
- 2. Creating 100,000 Prayer Wheels**
- 3. Building 1,000 Maitreya Statues**
- 4. Building many large Padmasambhava Statues**
- 5. Offering Buddha Statues to His Holiness the Dalai Lama continually**
- 6. Displaying Large Thangkas**
- 7. Continually creating Tara Thangkas for the success of FPMT**



Guru Rinpoche Thangka 75 feet (23 meters) high and 87 feet (27 meters) wide. Dec 2017

Holy Objects for World Peace – 100,000 Stupas

“Since there is unbelievable benefit, such as liberating sentient beings, I thought we should aim to build 100,000 stupas.”

Creating 100,000 Stupas

- Building or commissioning 100,000 stupas, in different parts of the world, and for the organization to do this as a whole.
- Minimum size of the stupas - one story (10ft/3 m), up to the distance from the earth to the moon
- Especially, to build in countries where there are no holy objects.
- Each stupa to have as many as possible of the Four Dharmakaya Relic mantras, 100,000 x Stainless Pinnacle mantra as well as many Namgyalma mantras inside.
- To date 57 stupas have been built – 99,943 to go.



Kurukulla Center – Kalachakra Stupa



Holy Objects for World Peace – 100,000 Prayer Wheels

“Simply touching a prayer wheel brings great purification of negative karma. Turning a prayer wheel containing 100 million OM MANI PADME HUM mantras accumulates the same merit as reciting that many mantras.”

Creating 100,000 Prayer Wheels

- Building or commissioning 100,000 prayer wheels, in different parts of the world, and for the organization to do this as a whole.
- Including prayer wheels under the ocean.
- To make the prayer wheels very beautiful.
- Minimum height of the prayer wheels - six feet (1.82m).
- To date 15 large prayer wheels have been built – 99,985 to go.



HE Ling Rinpoche at Vajrapani Institute Stupa, June 2024



Holy Objects for World Peace – 1,000 Maitreya Statues

“A special thing about contributing to Maitreya, whether it be money or time or energy, is that it makes a connection with Maitreya Buddha, and the result is that one becomes a direct disciple of Maitreya Buddha when Maitreya returns to manifest enlightenment as Shakyamuni Buddha did.”

1,000 Maitreya Statues

- Building or commissioning 1,000 large Maitreya statues around the world.
- Within the 1,000 statues, this includes the Maitreya statue being built in Kushinagar.
- Minimum height of the statues - six feet (1.82m).
- To date 26 Maitreya statues have been built – 974 to go.



Long Life puja offered to Lama Zopa Rinpoche, Maitreya Land, Bodhgaya India. Jan 2017

Holy Objects for World Peace – Padmasambhava Statues

“Building Padmasambhava statues will bring immeasurable benefit, peace, happiness, and freedom to the world. They will have immeasurable impact.”

Padmasambhava Statues for Peace

- Building or commissioning large Padmasambhava statues around the world.
- Minimum height of the statues - life size: six feet (1.82m).
- To date 27 statues have been built – one measuring 70 feet (21 meters) high.



Padmasambhava statue at Detong Ling, Australia. May 2015



Padmasambhava statue at Osel Ling, Span. May 2019



Holy Objects for World Peace – Buddhas for His Holiness

“The heart thing, the most important thing, is to do what pleases His Holiness the Dalai Lama, no matter how many other billions of things we do. That’s the key, the heart.”

Offering Buddha Statues to His Holiness the Dalai Lama continually

- We have offered 2000 statues to His Holiness the Dalai Lama.
- We will now offer 100 statues each year to His Holiness.
- Each statue is being created in Nepal, gold gilded, faces painted, filled with mantras and consecrated.



Some of the Buddha statues offered to His Holiness the Dalai Lama

Holy Objects for World Peace – Large Thangkas

“My wish is for the big centers in FPMT to have these large thangkas and in this is a way to leave imprints for all these people who see them, for enlightenment.”

Displaying Large Thangkas

- For centers to have large thangkas, associated with the center name (if appropriate).
- To display the thangkas once a year and make that day into a festival day. The festival days can also be based around large statue, if the center has a large statue.
- To arrange extensive offerings in front of the thangka on the festival day (flowers, water etc.).
- To offer the extensive practice –for example based on the booklet Rinpoche created: Amitabha Celebration text but change according to the specific Buddha, or a puja.
- To invite as many people as possible, especially those who do not normally visit the center.
- To offer dances and music in front of the thangka, as an offering to the Buddha, and for everyone to enjoy.



21 Tara Thangka size 49 ft × 30 ft (14.94 m × 9.14 m) displayed in Melbourne, Australia 2023

Holy Objects for World Peace – Tara Thangkas

“All the actions of the buddhas have manifested in this female aspect of buddha, Tara the Liberator, in order to help living beings to accomplish successfully both temporal and ultimate happiness.”

Tara Thangkas for the success of FPMT

- To have Tara thangkas continually being created/painted for the success and protection of FPMT.
- This is the first Tara thangka that has been created after Rinpoche requested this in September 2022.



Supporting Practice and Realizations

“Anybody who dedicates their life to achieving lam-rim realizations with the goal to liberate numberless beings from the oceans of samsaric suffering and to bring to enlightenment, this is what I regard as the most important thing in the world.”



Group photo at the end of the 100 Million Mani retreat, Kalmykia, Russia. Oct 2019

The Supporting Practice and Realizations Vast Vision has nine categories:

1. Supporting Monasteries and Nunneries
2. Retreat Centers to Develop Realizations
3. Develop Retirement Support for Long-time Ordained and Lay Students
4. 100,000 recitations of 100 Million Mani Retreats
5. 1,000 Nyung Na Retreats
6. Continually Offer Pujas for FPMT
7. Reciting the Sutra of Golden Light for World Peace
8. Writing the Prajnaparamita Sutra
9. Education Programs and Scholarships



Supporting Practice and Realizations – Supporting Monasteries and Nunneries

“To establishing good quality monasteries and nunneries, with good quality Sangha to preserve the Dharma by having people practicing vinaya. To provide support to the FPMT Sangha and the monasteries and nunneries.”

Supporting Monasteries and Nunneries

- Supporting Sangha is a high priority for FPMT and for over 40 years the organization has been offering support to monasteries and nunneries in Nepal, India, Mongolia and the rest of the World.
- Fourteen of FPMT’s centers have established monastic communities, nine of these are outside of Nepal and India.
- The Lama Yeshe Sangha Fund and Supporting Ordained Sangha Fund is generating the funds to offer grants to support sangha, helping to fulfill this vision.
- Long term support has been established for Sera Je Monastery with US\$5.2 million endowment and next year we will have offered a US\$2.1 million endowment for Gyudmed Monastery, the interest from these endowments covers all the food for the sangha.



Supporting Practice and Realizations – Retreat Centers

“We need to have more retreat places to study the path, we should have many around the world, so it is easy for people, and they don’t have to travel very far, and have full knowledge of how to build them, how to make them as perfect as possible for meditation.”

Retreat Centers to Develop Realizations

- Have more retreat places in different parts of the world.
- Organize retreat places for people who want to completely sacrifice their lives to actualize the lam-rim realizations and also shiné.
- Have a group of people there to meditate and gain realizations by actualizing the lam-rim in retreat. This is what is needed for the FPMT organization to develop for the benefit of sentient beings.
- To have some discussion with people who have done retreat, to see what is needed for a retreat place. Then to make a general outline.
- The kind of retreats to do are the nyundros, lam-rim and actualizing the Three Principals of the Path, these are the main ones, then secondary is the tantra two stages.



Lama Zopa Rinpoche at Buddha Amitabha Pure Land, USA. Sep 2008





Lama Zopa Rinpoche's Vast Visions

Supporting Practice and Realizations – Retirement Support

“Anybody who dedicates their life to achieving lam-rim realizations with the goal to liberate numberless beings from the oceans of samsaric suffering and to bring to enlightenment, this is what I regard as the most important thing in the world.”

Develop Retirement Support for Ordained and Lay Students

- For the organization to support the older students who have worked so hard for the organization, for example 25 years or more. To help for those who need help for treatment or means for living.
- 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 a retirement pension. Maybe we could offer the coffin for free (joke).
- To sponsor a retreat place where people can retire with many holy objects. If they want to do retreat (or not) at the end of their lives. They can retire to a place with many holy objects that will purify their minds and so they can collect extensive merit the easiest way.
- Some place very serene, very peaceful for the mind. So, it is easy to collect merit and practice dharma, develop devotion, compassion and have contentment and therefore quick enlightenment.
- First start with the Sangha then lay people.

Supporting Practice and Realizations – 100 Million Mani Retreats

“This is one of my dreams, to have this each year and for it to continue forever, even after I die, even after the people living now die. Those who are working, offering service now—to continue even after they die; to continue for as long as the country exists.”

100,000 recitations of 100 Million Mani Retreats

- For the organization to establish 100,000 recitations of 100 million Om Mani Padme Hum mantras. This can be retreats of 100 million recitations, in different parts of the world and for the retreats to happen regularly, each year.
- For the retreats to be sponsored by the organization.
- If an individual person is doing 100 million manis, then for the organization to sponsor the person.
- Create a plan on how to lead the retreat of 100 million mani recitations: what practices to do, 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.
- Chenrezig Institute, FPMT Mongolia, Tashi Chime Gatsal Nunnery in Nepal are doing 100 million Mani retreats annually.
- To date there have been 42 x 100 million Mani retreats offered, 99,999,958 Mani retreats to go.



Supporting Practice and Realizations – 1,000 Nyung Na Retreats

“Nyung Na does not just purify many eons of negative karma, especially developing compassion, which means bodhicitta, it makes us so much closer to enlightenment, so close to being able to enlighten all sentient beings, which is our ultimate goal in life. It also brings you closer to the Guru-Compassion Buddha.”



Ven.Charles, Valentino and participants of 108 Nyung Nas at Institut Vajra Yogini 2018

1,000 Nyung Na Retreats

- For FPMT to sponsor people who make a serious commitment in this life to practice such as doing 1,000 Nyung Nas, to sponsor, or to sponsor the food or lodging.
- People who have completed 1,000 Nyung Nas in their life should have a special title, something to do with Chenrezig.
- Ven.Charles has done between 2,000-3,000 Nyung Nas, Valentino over 1000 !
- Institut Vajra Yogini has completed 108 Nyung Na retreats each year, for fourteen years.

Supporting Practice and Realizations – Offering Pujas

“The merit that is created from all these pujas is also your merit. So, you can dedicate all these merits to having realizations and to achieve enlightenment.”

Continually Offer Pujas for FPMT

- “For the pujas go on forever, or for as long as these monasteries last. Even if one is in the hell realm, but the pujas are still going on, even when one is born as ant, crawling on the ground or on the trees, but the pujas are still going on in the human world, in the monasteries.
- I would like to continue, after I am dead, making the offerings to the stupas, Boudha stupa and Swayambunath, the statue in Tibet, Jowo and the Buddha statue in Bodhgaya, offering robes, offering gold, every month. So, for these to continue, even I’m dead, for these to be continued by the organization.”
- All the pujas have been all chosen by Lama Zopa Rinpoche, to benefit the organization and help to overcome obstacles, and collect merit.
- The pujas are offered on each Buddha Day when the merit is multiplied 100 million times and on other special days.
- The pujas are offered in Monasteries and Nunneries where the sangha are disciplines of His Holiness the Dalai Lama (pores of the same guru).
- Offering to the sangha in the pujas, helps to support them.



Rinpoche offering puja in Kopan Monastery, Nepal. March 2020

Supporting Practice and Realizations – Reciting the Sutra of Golden Light

“Reciting the Sutra of Golden Light 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.”

Reciting the Sutra of Golden Light for World Peace

- For FPMT to sponsor people to go to countries experiencing war or disasters, to read this sutra.
- Lama Zopa Rinpoche made a personal vow to preserve and propagate this sutra and gave the oral transmission over 20 times.
- It was Rinpoche’s wish to translate all three versions of the sutra from Tibetan and this is now underway, with the goal of making them available in as many languages as possible.
- To date there have been 56,339 recitations of the Golden Light Sutra in more than 90 countries.



Rinpoche offering the oral transmission of Golden Light Sutra.
Tushita, Delhi, India March 2018

Supporting Practice and Realizations – Writing the Prajnaparamita Sutra

“Even writing one letter or syllable from the Prajnaparamita, the benefits you receive are unbelievable, unbelievable, more than making skies of extensive offerings to all the buddhas for so many eons. The merits are far more greater than that.”

Writing the Prajnaparamita Sutra for as long as FPMT exists

- I want the writing of the Prajnaparamita Sutra to continue for as long as FPMT exists. Even when completing the twelve volumes of the sutra currently in process, then to start writing the sutra again, and for it to be continually written.
- For it to be written in the best handwriting, with gold ink, on rainbow archival paper.
- To have several monks [and nuns] at Kopan writing it out.
- My idea is even when I’m dead, for the work to be continued, the writing of the Prajnaparamita Sutra.
- This is being done to create cause to build the Maitreya Statue, but also for other projects in FPMT, to do that you need to create the cause, to create merit.
- When you build statues or stupas, even you are dead, you may be in hell, somewhere far away from this universe, but then the stupa or statue you build, it still benefits sentient beings, for as long as it exists, continuously life to life, anybody who sees, it brings them to enlightenment, from life to life wherever you are born it benefits sentient beings all the time, as long as it can last, however many years it lasts, hundred years. So, like that I thought to continue the gold writing.
- **Ven.Tsering has been writing the Prajnaparamita Sutra continually since 2002.**



Rinpoche writing the Prajnaparamita Sutra. 2021

Supporting Practice and Realizations –Education Programs & Scholarships

“The whole point of our FPMT education programs is not to produce 'sharp minds' but to 'subdue the mind.' Between an intelligent, sharp mind and a good heart, a good heart is the most important. Without a good heart it is only possible to become an arhat. Good heart means subduing the mind.”

Education Programs and Scholarships

- We should increase the number of centers offering Master Program and Basic Program.
- We should have more Buddhist Universities, like Maitripa College, and have in different parts of the world. Graduates from Maitripa can then teach in those different Universities.
- 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 need teachers who are not just teaching from texts, but teaching from some experience, then there is so much more benefit. By teaching from one's experience it brings deeper benefit. Then there is change and transformation of the mind.
- Scholarship - can also mean providing 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 students' expenses. This one is happening but to continue and develop more.

Lama Zopa Rinpoche's Vast Visions



Rinpoche with Basic Program and Master Program students from Istituto Lama Tzong Khapa, Italy. Nov 2017



Social Services

“My desire for the organization is for it to benefit extensively other sentient beings by offering various social services, such as those that bring loving kindness and peace to youth using Universal Education methods, religious interfaith activities which bring peace and happiness and extensively benefit others by spreading Dharma.”



Picnic for the elders from Paonta Cholsum Settlement, India, sponsored by FPMT. 2024

The Social Services Vast Vision has nine categories:

- Continue and Expand Universal Education Programs
- Healing Programs
- Projects to Help Young People
- Parenting Programs
- Substance Abuse Treatment Programs
- Social Services for the Elderly
- Centers to Host Interfaith Events
- Encourage Vegetarianism
- Animal Blessings



Social Services – Expand Universal Education Programs

“With an attitude of universal responsibility, from morning to night our actions become Dharma. They are virtuous, or positive, the unmistakable causes of happiness. Since everything—happiness and suffering—comes from our own mind, we have great freedom to stop suffering and to find happiness.”

Continue and Expand Universal Education Programs

- For the organization to develop Universal Education more and similar programs in order to develop better human beings, to have more beneficial lives, to bring peace and happiness in the world, to not become harmful to oneself and others.
- The Foundation for Developing Compassion and Wisdom offers a wide range of training, courses and resources to support you on every step of this journey towards a happier life.



The Chair of FDCW's Board of Trustees, Oi Loon Lee,
at Akshay School, Bodhgaya, India. Dec 2023

Social Services – Healing Programs

“Helping one patient by giving medicine or whatever comfort, physical or mental, that you can give; this becomes the best offering to all the numberless bodhisattvas and buddhas.”

Healing Programs

- For the organization to develop different techniques rooted in Dharma for healing, to help others, in this way, we are making others lives much easier and happier.
- Lama Zopa Rinpoche created many resources to help people, such as books on death and dying, on healing, Liberation cloth, Liberation box, mantras to listen to, practice advices for various illnesses, protections to sit under and had the plan to create a healing hut, that has protections all over the roof and then people can sit inside for healing.
- Several FPMT centers offer healing programs for the terminally ill and eight FPMT centers are now offering hospice programs.



Lama Zopa Rinpoche in Tibet, blessing sick person. June 2002

Social Services – Projects to Help Young People

“I started thinking of ways in which compassion could be regularly encouraged in young people, and it was then that I visualized LKPY—an organization that focuses on educating both the heart and the mind with peaceful ideals. I pictured this organization in many countries, especially those countries with a lot of violence, and understood that with a focus on compassion, we could help young people’s lives grow happier and more peaceful and assist them in finding true fulfillment through the education of a good heart.”

Projects to Help Young People

- For the organization to help young people through meditation and consultation, and also helping, like with volunteer service, and 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.
- Many FPMT centers offer programs for young people, such as family camps.
- There are several initiatives aimed at benefiting young people within FDCW, Tara Redwood School, Creating Compassionate Cultures, and other children’s programs at FPMT centers.



Rinpoche with the children and parents of Kadampa Center Family camp.
North Carolina, USA. Sep 2017



Social Services – Parenting Programs

“When you do Lama Chöpa and the lam-rim prayer, visualize your son next to you and request blessings of all the realizations, not only for yourself but also for him, as well as for all the sentient beings.”

Parenting Programs

- For parents to 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.
- Most important is how to educate children in compassion and kindness – and for the parents themselves to become models.
- We can make a guidebook for parents and organize and give lectures for parents.
- As His Holiness the Dalai Lama says, the future world depends on the young children now – so if you have children with good qualities, with basic education in being a good human being, if parents bring up children with these qualities, then the future world would have more peace.
- The parents themselves have to be educated before they try with their children. They need a clear plan.



Rinpoche gave a talk to the children and their parents in Munich, Germany. Nov 2018

Social Services – Substance Abuse and Social Services for the Elderly

“Buddhists shouldn’t just give the charity of food and shelter to the elderly. We have to offer Dharma to them as well. If you don’t do these things to help the elderly practice Dharma, it is no different than giving an animal food and shelter. You are giving material support, but for the mind—nothing.”

Substance Abuse Treatment Program

- For FPMT to start a drug rehabilitation project, particularly a Buddhist drug rehabilitation project similar to the Christian programs that already exist.
- Another one can be a universal (non-Buddhist) drug rehabilitation project.

Social Services for the Elderly

- For FPMT to offer social services to help the elderly.
- Many FPMT centers host programs for elderly members including Amitabha Buddhist Center in Singapore and Kurukulla Center in Boston.
- Through the Social Services Fund substantial support is been given to elderly homes for Tibetan refugees in India.



Lugsam Tibetan Settlement Old Age Home Bylakuppe, India. 2024

Social Services – Hosting Interfaith Events

“There are many religions in the world, such as Christianity, Hinduism, Islam, and so forth. These different religions are needed. It’s like having different clothes or different kinds of food in a restaurant; we need variety for different people. Christianity is needed for people who have the karma to devote themselves to Christianity and Hinduism is needed for those who have the karma to devote themselves to Hinduism and so forth. We must respect other religions ... because many people in the world need Christianity and the other religions for their happiness. Therefore, we must respect that.”

Centers Hosting Interfaith Events

- For the organization to arrange talks with many religious leaders in the world. 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.
- To arrange interfaith events with His Holiness the Dalai Lama. The more that other religious people come to know about His Holiness and understand more and more, it is so effective and can help for world peace. In this way the organization becomes a tool for world peace.



Rinpoche during the unveiling of the St Francis of Assisi statue in the Peace Park at the Great Stupa, Bendigo, Australia. May 2018

Social Services – Encourage Vegetarianism

“If fewer people eat meat, it means that fewer animals will suffer and have to be killed. Fewer people eating meat means less animal meat being sold in the shops. For everyone in the world to completely stop eating meat, hasn’t happened yet, because of the karma of sentient beings, but we can try, to have less consumption, we can try and that can happen.”

Encourage Vegetarianism

- When I was in the hospital, I saw a program about animals that were sold to be killed in other countries. I thought I don’t have power to stop all this killing, but what I can do is to try to inspire people to become vegetarian and since then whatever teaching I am giving, even if it is Tantra, I am trying to talk to people about becoming vegetarian, to avoid eating meat or to eat less meat so that there is less animals getting killed.
- I’m not saying that every person can’t eat meat, but I want encourage this.
- The reason is that the less people eat meat, the fewer animals will be killed and will have to suffer.
- Rinpoche has created a new vegetarian cookbook to inspire more people to enjoy and eat vegetarian food – soon to be published!



Rinpoche blessing 6 new goats that were purchased and saved from the butcher. Kopan Monastery, Nepal. May 2021

Social Services – Animal Blessings

“The best way to benefit animals is to take them around holy objects: statues, stupas and scriptures. In your garden or your house, the sitting room, wherever there is space, you should set up a nice table with another smaller table on top. Put many holy objects (statues, stupas, scriptures) on the tables. It’s good to fill up the table with many tsa-tsas, nicely arranged, not like putting garbage in a garbage can. This helps to purify the negative karma collected from beginningless rebirths and collects extensive merit. It plants the seed of enlightenment.”

Animal Blessings

- Many people don’t come to centers to attend teachings but have pets and would go to an event for their animals.
- 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.
- 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 4 Dharmakaya relic mantras, mantras can be chanted then blown on water, in this way blessing it and then sprinkled over the animals.
- There needs good advertising, so more people come.



The Vast Visions - Accomplishing the wishes of the Guru

“When you fulfill the guru’s wishes and advice, it is the same as doing many preliminary practices. Even if the work is very hard with many problems and difficulties, and you are bearing many hardships, you should know this is something to enjoy the most, because it contains many hundreds of prostration, many thousands of Vajrasattva mantras, mandala offerings, and so forth within the work. It is most amazing. It becomes the happiest thing in your life.”

In 2007 during the Board meeting Rinpoche gave extra details about his Vast Visions:

- The reason why Dharma centers are not listed in the Vast Visions is “because centers happen when there is karma, we can have centers in many different parts of the world gradually as we continue, but we don't need a particular plan. The centers naturally happen.”
- How to Prioritize the Vast Visions - “according to our capacity but try to do all at the same time.”
- How to integrate into FPMT – “One thing that's very important is during FPMT meetings, go through and introduce the visions and then remind the organization of the visions.
- Create materials that explains about the Visions and encourage people to be involved in them, it's part of their goal, how they can use their life to offer more extensive benefit to the world and sentient beings, There are many students - this helps their lives to become more meaningful. Some have the capacity to do this project, some have the capacity for others. Their whole goal is not only temporary but ultimate happiness - enlightenment.
- The visions are across all the FPMT. Explain this to every center, then people can choose which they like.
- Lay it out, the board and centers can just carry on, nobody's permanent - but once you lay it out, what's to be completed to benefit others, then as different people come, they can continue the activities already developed, and then these activities can develop from life to life. By educating, giving information, from their side people who think that they have the capacity can get involved. If it is laid out like a country's constitution, then the next generation carries it on, develops it, expands and carries it on.”



The Vast Visions - Accomplishing the wishes of the Guru



Rinpoche during the 1000-armed Chenrezig initiation in Elista, Russia offered to approximately 1000 people. Oct 2019

“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 bodhichitta as our main goal, of course based on guru devotion.

And the heart, the most important thing, is to do what pleases His Holiness the Dalai Lama – no matter how many other billions of things we do. That's the key, the heart.”



