# balticvisti la ma



Thousands gathered in the town hall square, Tallinn, Estonia to hear His Holiness speak.

In his second visit in ten years, His Holiness spent eight days in June visiting the Baltic Republics at the invitation of the universities of Tartu in Estonia, Vilnius in Lithuania and the Academy of Sciences in Riga, Latvia. His lectures and public talks were enthusiastically received. He also met with religious and political leaders in five cities, defining his main tasks as being the promotion of human values and better understanding among different religions, and his responsibility to speak on behalf of the Tibetan people's non-violent struggle for freedom.



## teachings in india

His Holiness fulfilled the late Khensur Dorje Tashi Rinpoche's request to teach on Tsong Khapa's Middle Stages of Path (*Lamrim Dring*) at Sera Je Monastery, South India, in July. Almost 7000 monks and nuns from all over India, as well as 200 foreigners, attended the twelve days of teaching and tantric empowerments.

His Holiness spoke out against sectarianism. "These days the Gelug/Nyingma relations in India are improving," he said, "but I must stress that sectarianism will only lead to a degeneration of the Dharma. We must appreciate each other's qualities." @

Over 7000 came to hear His Holiness teach and give empowerment at Sera Je Monastery, India.



December 1-8, 2001 - Rohatsu Temple Dedication Sesshin: An intensive traditional Zen training led by Joan Halifax Roshi and Enkyo O'Hara Sensei

**December 9-10, 2001 - Dogen Seminar:** Study of master Dogen's *Deep Ocean of Samadhi* fascicle with **Kazuaki Tanahashi Sensei**, worldreknowned calligrapher and translator of texts

December 21, 2001 - Winter Solstice Circle of the Way Temple Opening: Contact us for details

January 31-February 3, 2002 - Buddha and the Body: A yoga and meditation retreat with Joan Halifax Roshi and Tias Little, of Yogasource

March 12, 2002: Invocation to Compassion: Benefit for Upaya Social Action Programs with Ram Dass, Joan Halifax Roshi & friends

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Joan Halifax Roshi

### lama zopa rinpoche on CD

Music giant, EMI, has produced a 2CD set entitled Loving Kindness and Wisdom featuring internationally known singer, Faye Wong, and Lama Zopa Rinpoche. One CD is an Invocation to the 21 Taras and the other an Invocation to Maitreya. Additional prayers and mantras are on both CDs. The \$US25 package includes a booklet of all the prayers in Tibetan phonetics, in English and Chinese, plus a commentary given by Rinpoche in both English and Chinese. All proceeds will go towards Rinpoche's projects. Contact Ven. Tenzin Pemba at info@fpmtmba.org.hk @



Lama Zopa Rinpoche with Faye Wong

Ven. Roger Kunsa

### dharmakaya stupa consecrated in the U.S. rockies

### By Noa Jones

Catching the first glimpse of the Great Stupa of Dharmakaya Which Liberates Upon Seeing is a thrill. Airplanes over the Rocky Mountain Shambhala Center in the Northern Colorado Rockies change flight patterns to get a closer look at the \$2.7 million, 108-foot, state-of-the-art monument to a Tibetan master responsible for bringing Buddhism to millions of Westerners.

The consecration of the Great Stupa, which took 14 years to build, was a powerful 10-day practice retreat for thousands of people connected to the lineage of Vidyadhara Chogyam Trungpa Rinpoche.

Fourteen rinpoches and their entourages from four lineages came to Colorado for the occasion, including His Holiness Penor Rinpoche, Zurmang Ghawang Rinpoche, Dzongsar Khyentse Rinpoche, Dzigar Kongtrul Rinpoche, Sogen Rinpoche, and Gyatrul Rinpoche.

Since the consecration 50 to 100 people visit the Great Stupa daily. It is open to the public and tours are offered on weekends. Call RMSC at (970) 881 2184 x 223.



Dharmakaya Stupa

Photo: Jakob Leschly

# maitreya project holy object art program

### By Linda Gatter

Holy objects are an integral part of Maitreya Project's vision of making the causes of happiness and enlightenment automatically accessible to every visitor. According to Lama Zopa Rinpoche, "Due to the power of a holy object as soon as offerings, circumambulations and prostrations are done in conjunction with the holy object, they immediately become the cause of enlightenment."

Tony Simmons, Maitreya Project's artwork manager, is commissioning and managing the creation of 1.3 million pieces of holy art. Many of these images are repeated (for instance, there are 1 million small Maitreya images) so there are actually 600 completely different pieces. When asked about the challenges of his responsibilities, Tony said, "Buddhist images are not something which one can nip down to the corner shop for. A photo or drawing of the particular deity or other image must first be found, and then checked with a trusted Buddhist master to make sure the hand gestures, facial expressions and proportions are correct. Then an appropriate manufacturer must be found and the details carefully explained and all the while through production, the manufacturer's work must be checked."

Many of the statues for the shrine rooms at the upper throne level have been ordered and are in the process of being made in India, Nepal and Tibet.

Larsen and Toubro, one of India's leading construction companies and one of Maitreya Project's main construction engineers, is developing the methods for producing the 100,000 stupas needed.

# Annual Retreats

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# young and old

#### By Merry Colony

A series of children's booklets for use in schools, as aids for teachers, or by an adult wishing to help a child develop meditation experience, is being created by Sandy Smith. The first two are *Meditations for Children*, containing lively line drawings to accompany meditation instructions, and *Plays for Children*, which originated from Lama Zopa Rinpoche's wish to integrate curriculum that demonstrates ethics, compassion, wisdom, etc., in a participatory format.

Bev Gwyn of Vajrapani Institute has prepared a manual on how to set up and run a Buddhist summer camp for kids.

Version 2 of the Basic Program (BP) CD is out. This CD includes everything a center needs: guidelines, root texts in Tibetan, translations in English, contemporary commentaries by FPMT geshes as well as example quizzes and exams. Highlights include new translations of Tantric Grounds and Paths and Mind and Mental Factors.

The new standard FPMT introductory program (Discovering Buddhism: An FPMT Introductory Program of Buddhist Studies) will be taught in various FPMT centers from January 2002.

Two volumes of *Essential Buddhist Prayers*, an FPMT Prayer Book, are now in circulation, with Volume Three coming soon. These provide the majority of prayers and practices done within the centers in a standard format. Translations

### into seven other languages are currently underway.

Translation Projects: The Lamrim Chenmo translation into Chinese by Sherab Chen and Roy Li is almost complete. Volume One, which goes through the 'being of middle scope,' is now ready for publishing. The Sutra of Golden Light is currently being translated into Spanish by Ven. Champa Shenphen and a new Medicine Buddha retreat sadhana has been translated by Fabrizio Pallotti. Lama Zopa Rinpoche's translation of the long Hayagriva sadhana is now final.

For a full listing of all Education Department activities as well as prayers and practices visit www.fpmt.org/education or email materials@fpmt/org

### fulfilling our tantric potential

This final year of Chenrezig Institute's first round of the Buddhist Studies Program focuses on tantra. A four-week module on the lower tantras is followed by eight weeks on Highest Yoga Tantra and a six-week commentary on Yamantaka practice. The program is taught by Geshe Tashi Tsering, assisted by Ven. Antonio Satta.

For most participants the modules are full time – four days per week of teachings, tutorials and discussions, with study, revision and exam prep in the evenings and on weekends. "The material itself is complex, and its integration into our practices and daily lives confronting but fulfilling," organizer and participant Kathy Vichta said. Chenrezig's study program continues in March 2002 with a new round of subjects starting with Mind and Mental Factors. Contact education@chenrezig.com.au for more details.

# foundfion

Jamyang Buddhist Centre's second two-year Certificate Course in Basic Buddhist Studies taught by Geshe Tashi in London has finished. Geshe Tashi presented each graduate with a Kadampa stupa and a certificate, signed by Lama Zopa and himself. These things, he said, weren't important but they will be treasured as symbols of a course that for many people had become a central point of stability in their lives.

Students around Europe have begun the next two-year Foundation of Buddhist Thought course. The program will also be available as a correspondence course from January 2002. See www.jamyang.co.uk for more information. @



Geshe-la frequently used the analogy of the chocolate coin to describe the study of the two truths. By licking one side of the chocolate coin we eventually get through to the other. Similarly, by studying conventional truth we eventually arrive at an understanding of ultimate truth.

### lam rim radio

#### By Roy Harvey

Lam Rim Radio started with the wish to make Dharma teachings audibly available on the Internet. Through using software that can be downloaded free of charge, a "broadcaster" uses a broadband connect (such as DSL or a Cable Modem) to deliver (or "stream") digital recordings to any other PC connected to the Internet.

To date, we've provided thousands of hours of teachings to students across the



world. Teachings include His Holiness on the *Heart Sutra* (May 2001), Lama Zopa Rinpoche on the *Diamond Cutter Sutra* (July 2001), and Lama Thubten Yeshe on The Three Principles of the Path (October 1982). We are also providing teachings in Mandarin Chinese.

Listeners can connect to Lam Rim Radio using RealPlayer<sup>™</sup>, Microsoft Media Player<sup>™</sup>, or WinAmp<sup>™</sup>. Listeners have the option of downloading the teachings directly to their computers or portable MP3 devices. For more information see www.lamrim.com or email info@lamrim.com ●

Photo courtesy of the International Campaign for Tibel



### 2,000 monastic residences destroyed

Larung Gar, a sprawling monastic complex and nunnery in Serthar, Kardze prefecture, Sichuan, was established in 1980 by Khenpo Jigme Phuntsok, and housed an estimated 6-7,000 monks and nuns (including nearly 1000 Chinese students), according to London-based monitoring group, Tibet Information Network (TIN).

One of the most important centers of Tibetan Buddhism remaining in Tibet, Larung Gar was known for its strict focus on

the study of Buddhism and the practice of the Dharma. Abbot Khenpo Jigme, by avoiding all political controversy, had reportedly managed to maintain a harmonious relationship with the provincial and local

authorities, according to TIN.

In June this year, however, high-level officials from Beijing, and others arrived at Larung Gar to oversee a reduction of this population to 1,000 monks and 400 nuns, and to oversee the demolition of residential quarters, TIN said.

Chinese Buddhists were expelled first, followed by hundreds of Tibetan nuns. They were reportedly presented with documents to sign containing three points: a denunciation of the Dalai Lama, a commitment not to return, and a commitment to honor the guidelines and policy set by the

Chinese authorities. Many nuns reportedly left without signing the document.

Two thousand meditation huts have reportedly been destroyed by several hundred Chinese migrant workers. Armed police were spread throughout the monastic complex during the destruction.

Khenpo Jigme has been removed from the complex against his will and is being held at the military hospital in Barkham, according to sources in Tibet. His whereabouts had been unknown since mid-August following the crackdown.

His removal is not believed to be a formal detention yet but it has also been reported by several sources that he is not allowed to return to Larung Gar. Removing Khenpo Jigme was seen to be a key part of the crackdown.

For more information see TIN's website www.tibetinfo.net. Photos of Sertha, etc., can be viewed at: www.tibetinfo.net/report/trel/larung-gar-1.htm

# food for sangha

#### By Ven. Sarah Thresher

Ven. Choden Rinpoche's month-long talks

on Je Tsong Khapa's Great Stages of the Path to Enlightenment at Land of Medicine Buddha this summer were a feast of teachings, initiations, commentaries, pujas, rituals and even an ordination. He is one of those great masters who can explain anything with such depth, grace and fluidity that one can easily imagine Lama Tsong Khapa himself sitting there on the throne.

"This is food for sangha," Lama Zopa told me on several occasions talking about Choden Rinpoche's commentary to the Great Stages of the Path, "It gives so much inspiration to want to practice and to keep pure morality."



Photo: Ven. Jampa Ludrup



In one month Rinpoche covered just one tenth (36 pages) of the first of a threevolume translation of the Great Stages. (At this rate it would take at least 2 and a

half years' constant teaching to finish the text!). Each sentence and phrase was taught with such detail and elaboration as though we were being thoroughly prepared to transmit these teachings ourselves to others in the future.

Lama Zopa Rinpoche has invited Choden Rinpoche to return to LMB next year for two months to continue teaching the Great Stages of the Path. The teachings will be in a more intensive retreat situation and it is Lama Zopa's wish that as many sangha as possible, as well as lay-people, attend in order to maximise the benefit.

#### and the roof goes on

The new building for International Mahayana Institute monks studying at Sera Je Monastery, South India, boasts a new roof. Over 80 laborers specializing in the mixing and pouring of large amounts of concrete took nine hours to pour the first half of the roof. "Hard work Indian style, with no trucks delivering premixed concrete, and no concrete pumps or cranes to get it up to the roof," building manager Ven. Jampa Kaldan said.

### **Ultimate Healing:**

### The Power Of Compassion, Wisdom Publications 2001.

In Ultimate Healing, his first new book in 10 years, Lama Zopa Rinpoche, FPMT's spiritual director, suggests the cure for all forms of illness and disease: unqualified love in the form of compassion for all living beings - including oneself. Written with humility and kindness, Ultimate Healing is rich in wisdom and practical help for those in pain.

Ultimate Healing focuses the reader's heart on a spiritual cure, leading the mind to an understanding of life, death, impermanence and suffering. Part One includes stories of people who have recovered from disease through the practice of meditation, how to accept a life-threatening illness, and how to free other living beings from suffering. Part Two contains various meditations and healing practices, many of them translated or composed by Lama Zopa Rinpoche himself and described by the book's editor, Ailsa Cameron, as "a patient planting of real inner causes for health and happiness."

The book's printing is sponsored in part by Richard Gere and the Gere Foundation.

Taos Mountain Sangha Meditation Center Marcia Rose, guiding teacher. Ongoing classes and retreats using the practice of Insight Meditation in Taos, NM. Call (505) 737-2383 for schedule and information on special events.

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Maitreya and Lo Jong Retreat in South Florida December 14-16, 2001, with Geshe Konchog Kyab. Sponsored by Tubten Kunga Center at peaceful retreat center near Palm Beach. \$250 includes single room accommodations, all meals and retreat. Space limited. Call (954) 421-6224 or email: tubtenkunga@aol.com

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