



創古快訊 *Thrangu Newsletters* (2 /2013)

THRANGU DHARMA SOCIETY PETALING JAYA 八打靈創古佛教中心

29 Jalan 12/21A, 46200 Petaling Jaya, Selangor

Tel/Fax: 603-7958 8548, Tel: 603-7931 6199

Website: www.thrangumy.com, e-mail: contact@thrangumy.com

HAPPY WESAK CELEBRATION 歡慶衛塞節

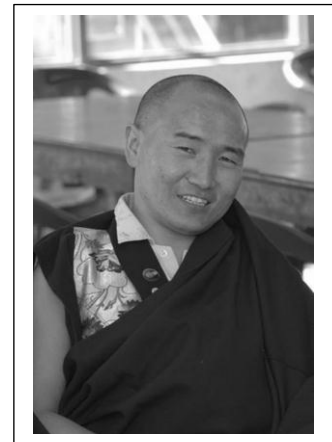
Venue: Thrangu Dharma Society Petaling Jaya
八达灵创古佛教中心

Date & Time: Friday 24 May 2013 @ 9.00 am
2013 年 5 月 24 日(星期五) 上午九时

Dear Dharma Brothers and Sisters,

Wesak refers to the full moon day of the month of Waishakha, which embraces a three fold commemoration – the day the Sakyamuni Buddha was born, the day he attained full enlightenment and the day on which he entered Mahaparinibbana.

We celebrate because we are very fortunate to have received the teachings of the Buddha. Although The Buddha is not with us but we have the Sangha like our residence monk Lama Lodro who transmits the Teachings to us.



This year we are fortunate to host Tulku Damcho Rinpoche who will be with us from 2 May to 13 May 2013 to conduct the following Puja at our centre. These activities will serve as a warming-up leading to the Wesak Day Celebration。

Date 日期	Time 時間	Puja 法會
4 May 2013 (Sat) 5 月 4 日 (星期六)	8:00pm ~ 10:00pm	Chenrezig Empowerment 四臂观世音菩萨灌顶
6 May 2013 (Mon) 5 月 6 日 (星期一)	8:00pm ~ 10:00pm	Green Tara Empowerment 绿度母灌顶
8 May 2013 (wed) 5 月 8 日 (星期三)	8:00pm ~ 10:00pm	The Four Dharmas of Gampopa Teaching “岡波巴四法” 开示
10-12 May 2013 (Fri to Sun) 5 月 10 日至 12 日 (星期五至星期日)	3.00pm to 5.30pm 8.00pm to 10.00 pm	Shel Nying Du Dok Puja - Heart Sutra (<i>Removing Negative Energies And Countering Paranormal Disturbances</i>) 『摄宁度络般若心经』降魔除障 法会
24 May 2013 (Fri) 5 月 24 日 (星期五)	9:00am ~2:00pm	Wesak Day Celebration 欢庆卫塞节

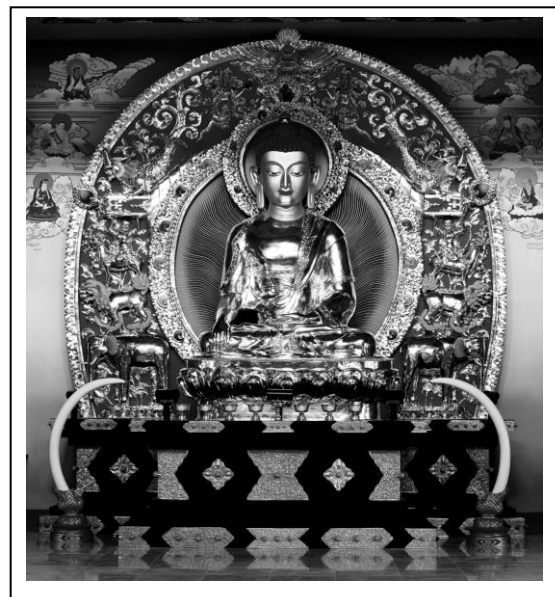
Wesak Day Celebration will be conducted by Lama Lodro. On this auspicious day, please come to our centre and create Good Karma. If you wish, you can also bring vegetarian food such as finger food and fruits to the center for sharing. You may not know the persons who ate your food but what is definite is that you have created good karma with them. You can also help to sponsor the Puja. The Sponsorship List is attached for your kind action.

3 DAYS SHEL NYING DU DOK PUJA (HEART SUTRA)

Removing Negative Energies And Countering Paranormal Disturbances

Tulku Damcho Rinpoche with his lamas and our resident lama, Lama Lodro will perform the puja called SHEL NYING DU DOK. This puja involves continuous chanting of the Heart Sutra which is the essence of Prajna Paramita Sutra.

The Heart Sutra or the Perfection of Wisdom Sutra, is one of the most well-known of Buddhist scriptures. It is rich in meaning and history as it contains the essential concepts of Buddhist beliefs and philosophies. Based on the Heart Sutra, this elaborate puja combines this powerful text with intricate rituals to clear strong negative influences, especially towards the supernatural. Extensive offerings and recitations are made throughout this puja, thus generating a tremendous amount of uplifting energy for all. It is also excellent to counter strong paranormal disturbances.



Benefits:

- Generates positive energy
- Removes paranormal disturbance
- Clears negative interference

For this puja, we have to bring:

1. a little of cut finger nails
2. some strands of your hair
3. small fabric (approx.. 2in X 2in) from your worn shirt or old T-shirt
4. a coin
5. small quantity of grains or biscuit

Sponsors for this puja are requested to put the items stated into a small “red packet” and hand it to the Center not later than 10 May 2013.

The nails, hairs and small fabric symbolise our obstacles and whatever bad karmic debts we have accumulated in the past and present life, because it has our energy in it. During the prayers, we will be given a small piece of dough. Rinpoche will instruct us to rub the dough on any part of our body (except the forehead) which is having pain, and visualise our problems and obstacles being absorbed into the dough. Then by blowing onto the dough, we visualise that our bad energy is purged out of us into the dough.

All these items, finger nails, hair, fabric, grains/biscuits and coins are then placed on the altar of Buddha Shakyamuni. Through the power and intricate rituals of Heart Sutra Sadhana conducted by the Rinpoche and the Lamas and also with the huge offerings of tormas, it will uplift our positive energy and clear strong negative influences, especially towards paranormal disturbances.

Wesak Day Celebration

On Wesak Day, the programme starts at **9.00am** and ends at **2.00pm**. We will have the following activities:

- Light Offerings and Flower Offerings
- Sang Puja (for increasing ones good fortune)
- Taking vegetarian vow
- Offering of Food to the Triple Gems
- Bathing of Buddha ceremony
- Blessings by Lama Lodro
- Vegetarian Lunch

These activities are prepared for the purpose of creating Good Karma. So please come to our center and join other fellow dharma friends in creating Good Karma.

MORE ACTIVITIES....

1) **Book Club**

Our Resident Lama, Lama Lodro will be conducting the discussion at the Centre on Khenchen Thrangu Rinpoche's books, e.g. The Four Noble Truths, The four Dharmas of Gampopa on every Sunday of the first and third week of the month from 11:30am to 1:30pm. It is beneficial to purchase and read the book assigned by Lama, which is also available online before the discussion.

2) **Releasing Of Lives**

Venue: The Lake at Mines, beside Mines Waterfront Business Park,
No. 3, Jalan Tasik, Mines Resort City, 43300 Selangor Darul Ehsan.

Date: 24 May (Wesak), 28 Jul (Sun), 29 Sep (Sun), 24 Nov (Sun)

Time: All the Releasing of Lives are at 12:00pm except Wesak Day which will be conducted at 4:00 pm. (Please gather at the centre first)

親愛的佛友們,

卫塞 (Wesak) 是沿自古印度阴历五月的名称「卫塞迦」 (Waisakha)。它是纪念伟大的佛陀，因为佛陀的降生、成道、涅槃都正好发生在卫塞迦的月圆日而得其名。

让我们怀着感恩的心情来欢庆这殊胜卫塞节。感恩是因为有幸得遇明师，得闻佛法。虽然佛陀已经没有在世，但是佛陀所宣示的佛法经由僧团，诸如我们的住持喇嘛洛卓借着像本中心这样的道场来弘扬佛法，延佛之法脉，续佛之慧命。

今年我们很高兴祖古丹珠仁波切将于 5 月 2 日至 5 月 12 日莅临本中心为我们举办一系列弘法活动(见第一页节目表)，包括 3 天『摄宁度络般若心经』降魔除障法会，作为欢庆卫塞节的暖身。

卫塞节的庆典将由本中心住持喇嘛洛卓主持。衷心希望您可以赞助这些法会，功德无量。请参考后页附上的赞助表格。

3 天『摄宁度络般若心经』降魔除障法会

化解冲煞之气, 禳解及回遮内外邪魔。

祖古丹珠仁波切和他的随从喇嘛以及本中心住持喇嘛洛卓将假本中心启建『摄宁度络般若心经』除障法会。『摄宁度络』是藏传佛教最殊胜之除障法。心经或般若波罗蜜心经是最有名的佛经之一。它是历史上传颂最广，富有佛教精髓和智慧的陀罗尼。这法会藉由修习心经仪轨，通过不停念颂经文，观想和供奉祀品而得到不可思议的加持力来禳解和迴遮冲煞邪魔。

法会的功德：

- 得不可思议的加持力，提升正能量
- 化解冲煞邪恶，除四魔及宿世业障
- 驱凶趋吉，事事顺逐。

有意参加法会的佛友们，请提供你的，

1. 小块手指甲
2. 几根头发
3. 从旧上衣剪下来的布块（约 2 寸 x 2 寸大小）
4. 一个铜钱
5. 少量稻谷或饼干



有意赞助者请将上述物品置入一个小红包于 5 月 10 日交到本中心。

手指甲, 头发和布块象征我们的障碍以及今生宿世积累的恶缘恶业，因为它含有我们的气息。在法会中，喇嘛会给每个人一块面团。依上师的指示把面团放在身上有病痛（除了额头以外）的部位揉搓，同时观想我们的苦难和障碍被吸入面团中。随着在它上面吹口气，体内晦气悉数排除于面团中。

这些装有手指甲，头发，布块，稻谷或饼干与铜钱的红包和面团将被放在释迦牟尼佛的法坛上，由上师与喇嘛们颂赞心经供养朵玛（食子）等仪轨为我们加持和消除业障。



欢庆卫塞节

祈願三期同一慶的衛塞節為大家帶來平安和快樂

在这个殊胜及累积福慧功德的好日子，请佛友们踴躍前來本中心参与浴佛法会。并请参阅以下的赞助表格，慷慨布施作为本中心的活动经费。此外，您也可以携带素食，如糕点，水果与佛友们共享。您也许不知道谁分享您的食物，但可以确定的是您已经与他们结下善缘。

卫塞节的节目，由早上 9.00 点开始至下午 2.00 点。我们有下列的活动，

- 供燈及献花
- 香供法會(加持个人事業進步生意興隆)
- 發願茹素
- 供養三寶
- 浴佛
- 喇嘛加持
- 素菜午餐招待

参加这个庆典活动可以让大家累积无量殊胜业报，希望佛友们都能踴躍前來本中心参加。

活动汇报

1) 书研会

本中心住持喇嘛洛卓将在每个月第一和第三周的周日开办书研会研讨堪千创古仁波切的著作，诸如四圣谛和冈波四法，时间由 11:30am 至 1:30pm。若能在书研会前先预购并阅读该书（或网上下载），定能对您颇有帮助。

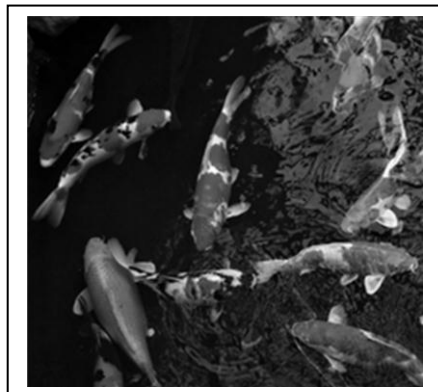
2) 放生

地点: 绿野仙踪大湖，绿野湖滨商业园（Mines Waterfront Business Park），

No. 3, Jalan Tasik, Mines Resort City, 43300 Selangor Darul Ehsan.

日期: 5月24日（卫塞节），7月28日（周日），9月29日（周日），11月24日（周日）

放生时间: 12:00pm 除了卫塞节在 4:00pm 外（请先在中心集合）



SPONSORSHIP FORM FOR WESAK CELEBRATION & PUJAS

卫塞节及法会赞助表格

Name 姓名				e-mail 電郵			
Tel. No. 電話				Mobile Tel. 行動電話			
Address 地址							
Postcode 郵區編號				Town 市			
				State 州			
ITEMS FOR SPONSORSHIP 赞助项目							
Item No. 项目	Description 说明			Item No. 项目	Description 说明		
1	Wesak Day Light Offering 卫塞节供燈 a. Individual/個人 : RM20 b. Family/闔家 : RM30 c. Company/商號 : RM50			4	Shel Nying Du Dok Puja - Heart Sutra <i>(Removing Negative Energies And Countering Paranormal Disturbances)</i> 【摄寧度络般若心經】降魔除障法会 每名 RM50 per name		
2	Wesak Day Sang Puja 卫塞节香供法會 每名 RM30 per name			5	TDSPJ Centre New Monastery Building Fund/新創古佛教中心建築基金 Any amount/隨喜		
3	Wesak Day Release of Lives 卫塞节放生 Any amount/隨喜			6	Offering of Food to Sangha Members/供養僧伽 Any amount/隨喜		
Item No. 项目	Name 姓名		Amount 款項	Item No. 项目	Name 姓名		Amount 款項
				Total 总共:		RM	

Kindly complete this form and return it with a crossed cheque/bank draft/money order/postal order made payable to THRANGU DHARMA SOCIETY PETALING JAYA on or **before** 10 May 2013 to the following address:

填妥上表后, 请把它连同注明收款人为: THRANGU DHARMA SOCIETY PETALING JAYA 的划线支票或汇票於 2013 年 5 月 10 日前寄至本会上述地址。

THRANGU DHARMA SOCIETY PETALING JAYA
 29 Jalan 12/21A,
 46200 Petaling Jaya, Selangor.