



創古快訊 *Thrangu Newsletters* (5 /2016)

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

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HAPPY WESAK CELEBRATION 歡慶衛塞節

Venue: Thrangu Dharma Society Petaling Jaya
八打靈創古佛教中心
Date & Time: 21 May 2016 (Sat) @ 9.00 am
2016年5月21日(星期六)上午九時

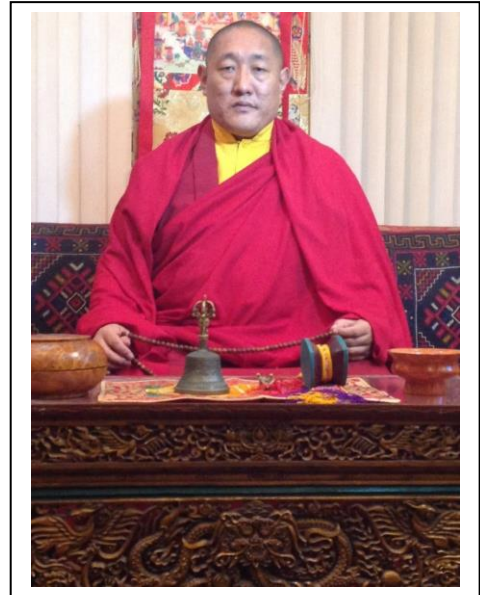
Dear Dharma Brothers and Sisters,

Mailing by Post: TDSPJ is working towards sending newsletters by emails and cut down posting by surface mail which is becoming more and more expensive and cumbersome these days. We hope you would help us to fulfil this task by giving your email address to the Resident Lama Lodro or David Lee.

This year Malaysian Buddhists will celebrate Wesak on 21 May 2016 (Sat). The V. V. Thrangu Rinpoche has assigned **Khenpo Karma Drodul Khenkardro** and Anila Ghale Tsultrim to assist our Resident Lama Lodro in conducting the Wesak celebration.

Khenpo will also conduct a **3-Day Heart Sutra Shernying Duldok Puja** from 27 to 29 May 2016 and give Dharma teachings. Please contact Lama Lodro (h/p: 012-2394666) and visit our website for details.

Wesak refers to the full moon day of the month of Waishakha, which embraces a threefold 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 so fortunate to have received the teachings of the Buddha. Although the Buddha is not with us but we have the Sangha like our resident monk Lama Lodro who transmits the Teachings to us. It is a very important occasion for all the devotees to get together and celebrate.



We have to be mindful of our action on this special day. According to Lama Lodro, the benefit of every good merit accumulated during this auspicious day will be multiplied by a million times, likewise with every bad deed. Therefore it is meritorious to do a **Release Lives** which will be carried out after 2.30pm on the day.

Wesak Day Celebration

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

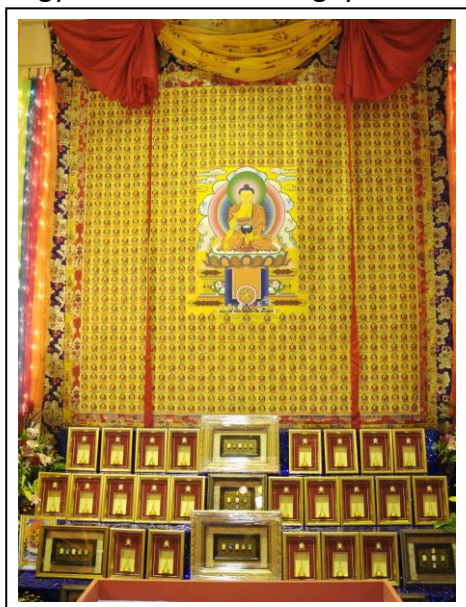
- Short Dharma teaching by resident monk Lama Lodro
- Buddha Sakyamuni Puja
- Light Offerings and Flower Offerings
- Taking refuge and vegetarian vow
- Offering of Food to the Triple Gems
- Bathing of Buddha ceremony
- Blessings by Lama and Khenpo
- Vegetarian Lunch

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.

Date 日期	Time 時間	Puja 法會
21 May 2016 (Sat) 5月21日(星期六)	9:00am~2:00pm	Wesak Day Celebration 欢庆卫塞节
	2:30pm~ 3:00pm	Meet at the center first before proceeding to venue for Release Lives 在中心聚集前往预定地点放生
27 May 2016 (Fri) to 29 May 2016 (Sun) 5月27日(星期五) 至 5月29日(星期日)	10:00am~11:30am 2:00pm~ 5:00pm	3-Day Heart Sutra Shernying Duldok Puja 三天般若心经禳解法会

RENEWAL OF TAKING VOWS ON THE NON-EATING OF MEAT

This practice was started 2007 following a statement by HH The 17th Karmapa at the 24th Annual Kagyu Monlam at Bodhgaya on 3rd January 2007 on eating of meat. (Please visit Karmapa's official website at www.kagyuoffice.org for details).



Those of us who have taken the vows in the previous years or anyone interested in joining us to renew the vows or to take the vows afresh can participate in the ceremony. This auspicious event will be administered by our resident Lama Lodro in the presence.

Vow: According to the 17th Karmapa, you may make a commitment on special days like the new moon or the full moon or on special Buddha days. You may choose to do it over a period of one week or one month or even more with an ultimate aim that you may one day become a full-fledged vegetarian. This commitment is left entirely up to you; however, a commitment must be made.

Merits : Lama Lodro advised, if one were to make a vow before the Buddhas & Bodhisattvas, the commitment generates great merits as oppose to a commitment not under vow. In the interim,

the vows given will be one year and to be reaffirmed on a yearly basis thereafter. Lama is NOT administering a lifelong perpetual vow.

RELEASE LIVES ON WESAK DAY

Time: 2:30pm

Venue: To be determine

Release Lives O.C.: Richard Lau: h/p 012-2119981

3-DAY SHERNYING DULDOK (HEART SUTRA) SPECIAL VAJRAYANA PUJA

This is a very special Vajrayana ceremony in which the monks will clap hands in the midst of chanting the auspicious Heart Sutra that helps participants to rid themselves of all the harmful forces and elements that have been influencing their life, their health and their activities. The ceremony will include the burning of a coin, some grains, some strands of hair and small piece of nail, and a small piece of fabric from a small cutting (2 in x 2 in) of old clothing (all packed in a small envelope) of the participants. The burning of these articles symbolizes the separation of the participants from those harmful forces and elements, thus empowering and refreshing the participants spiritually and mentally.

親愛的佛友們,

通过邮寄創古快訊：由于邮寄快訊已越来越昂贵和繁琐，創古中心将转向电子邮件发送快訊。我们希望你协助我们完成这项任务，把您的邮址发给喇嘛洛卓或 David 李。

今年马来西亚佛教徒将于 2016 年 5 月 21 日庆祝卫塞节。尊贵的创古仁波切已确认指派堪布腊度来协助喇嘛洛卓举行卫塞节庆祝活动。庆祝活动将随着下午 2 至 4 点 "放生" 活动而圆满结束。从 2016 年 5 月 27 至 29 日, 堪布将进行为期 3 天殊胜的金刚乘法会 [般若心经禳解法会]。接着下来的几个星期, 堪布也将举办一些弘法活动和佛法开示。欲知详情, 请联系喇嘛 (h/p: 012-2394666), 或进入我们的网站。

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藉本中心这样的道场来弘扬佛法, 延佛之法脉, 续佛之慧命。

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。

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,

- 喇嘛洛卓佛法开示

- 供燈及獻花
- 皈依及發願茹素
- 供養三寶
- 浴佛
- 喇嘛和堪布加持
- 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，希望佛友們都能踴躍前來本中心參加。

重新发愿茹素

发愿茹素的运动，是起於 2007 年。在卫塞节这一天，本中心响应第十七世噶玛巴法王在去年正月三日，第廿四屆噶举祈愿大法会上，針對素食的议题給予噶举僧俗弟子重要的谈话和指示。(详情请參閱噶玛巴法王官方网址 www.kagyuoffice.org.tw)

这几年发愿茹素的信众，如果想要继续茹素，或愿意开始茹素的信众，可以在卫塞节当天由喇嘛洛卓引领下发愿茹素。

发愿：根据法王的指示，弟子們可以渐进的方式茹素。例如逢初一、十五或佛教吉日；或每周数日；或每月多日。持之以恆渐进成為完全的素食者。弟子們可依本身的意願來进行。

发愿的功德：根据喇嘛洛卓的說明，在佛壇前发愿茹素是很殊勝的，其功德遠遠超越沒有发愿的茹素。惟在現階段，喇嘛並不打算引领弟子們发終身愿，而是以一年期续一年的渐进方式推行。



BATHING OF THE BUDDHA 浴佛讚

JITAR TAMPA TSAM GYI NI,	我今灌沐诸如來，
LHANAM KYINI TRU SOL TAR,	淨智庄严功德海，
LEAYI CHUNI DAKPA YI,	五濁眾生离尘垢，
SHIN DAGGYI KUTRU SOL.	同澄如來淨法身。

卫塞节放生

地点：待定

放生组长: Richard Lau : h/p 012-2119981

放生时间：请 2:30pm 先在中心集合。





3 天般若心經禳解殊胜的金刚乘法會

这是一项很殊胜的金刚乘法会。据藏汉字典云：“依靠唸诵经循声击掌以驱邪魔，禳解不祥的一种法会。”这法会将焚化参加者所送来的一些个人物品如一铜钱，谷类数粒，小片旧衣服(约 2 寸 x 2 寸大小)，小块指甲，几丝头发来驱逐邪魔（置于信封内）。

[SPONSORING 1000 TARA FOR THE NEW QINGHAI THRANGU MONASTERY](#)

It is the aspiration of the Chief Abbot of Qinghai Thrangu Monastery, the V.V. Lodro Nyima Rinpoche and our resident monk Lama Lodro to offer 1000 Tara images (statues) to one of the hall in the new monastery. The bronze images opened for sponsorship at RM400 per image is 250mm high with gold plating and painting in Tibetan tradition. A sticker bearing the name of the sponsor will be placed at the base of the image.

Dharma brothers and sisters, who wish to sponsor the images, please contact the OC brother Richard Lau by hp: [012-2119981](tel:012-2119981) or vide email: richard199@gmail.com. Or you may remit the money to a new dedicated bank account for this project: **THRANGU DHARMA SOCIETY PETALING JAYA** dedicated account at Affin Islamic Bank A/C No. 20-624-005918-1.

[赞助青海创古祖寺千尊绿度母宝相](#)

青海创古寺首席方丈洛卓尼玛仁波切和本中心住持喇嘛洛卓衷心祈愿能够在重建的青海创古祖寺其中的大厅供奉 1000 尊绿度母法相(雕像)。我们希望公开这个机会让佛友们有机会广结善缘赞助供奉绿度母。以藏族传统方式鎏金和描绘的黄铜法相高 250 毫米，其赞助费是每尊马币 400 元。赞助者的名字将被贴在莲座底下以祈请仟尊绿度母共同加持和护祐。



有意赞助度母法相的佛友们，请以电话 hp: 012-2119981 或电子邮件: richard199@gmail.com 联系筹委主席刘师兄。並把钱汇给为这个项目所设的专用银行帐户: **THRANGU DHARMA SOCIETY PETALING JAYA** Affin Islamic Bank A/C No. 20-624-005918-1