



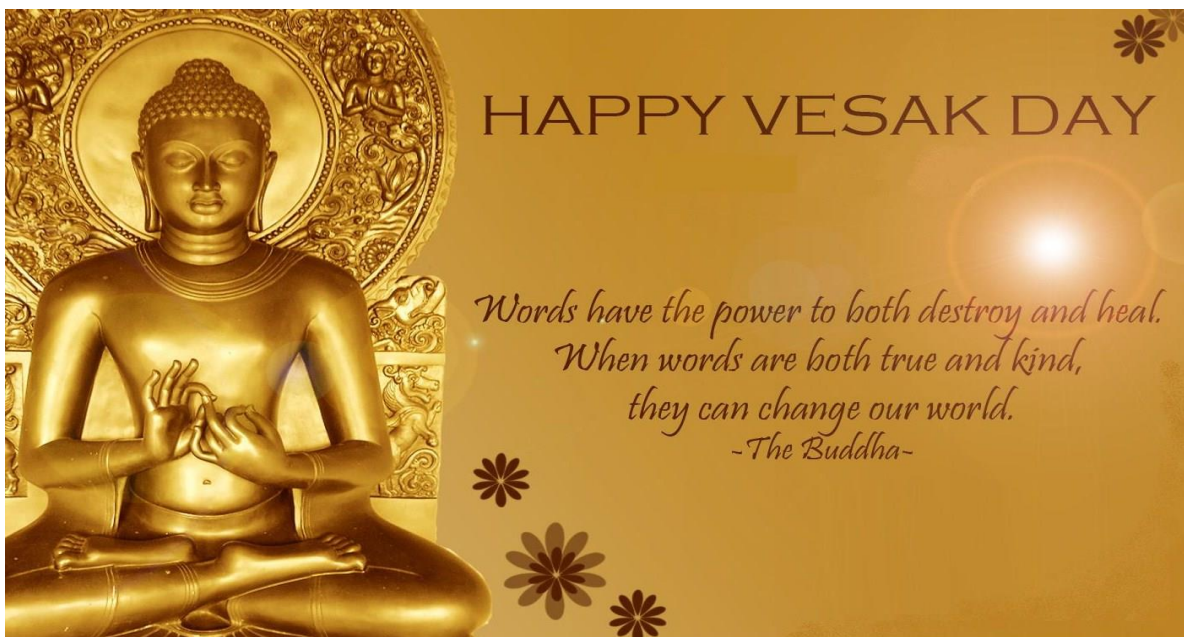
創古快訊 *Thragu Newsletters* (5 /2017)

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: Thragu Dharma Society Petaling Jaya
八打靈創古佛教中心
Date & Time: 10 May 2017 (Wed) @ 9.00 am
2017年5月10日(星期三) 上午九時



Dear Dharma Brothers and Sisters,

This year Malaysian Buddhists will celebrate Wesak on 10 May 2017 (Wed), our Resident monk Lama Lodro will conduct the Wesak celebration.

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.

A **2-Day Heart Sutra Shernying Duldok Puja followed by a 1-Day 400 offerings (Gya-shi) puja** will be conducted by Lama Lodro and monks from 26 to 28 May 2017. Please contact Lama Lodro (h/p: 018-2051962) for details.

Kagyü Monlam 2019 in Bodhgaya, India – the Karma Kagyü Centers in Malaysia are entrusted by the Karmapa office to sponsor the Bodhgaya Kagyü Monlam 2019, we will included that as one of the our sponsorship items from now on, so that the Kagyü Kagyü lineage followers are fully aware of this noble course in support of HH Karmapa activities.

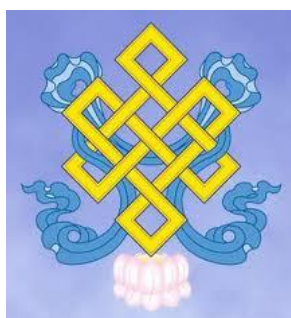
WESAK DAY CELEBRATION

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
- Vegetarian Lunch
- Release lives (2.30pm to 4:00pm)

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
10 May 2017 (Wed) 5月10日(星期三)	9:00am ~ 2:00pm	Wesak Day Celebration 欢庆卫塞节
	2:30pm ~ 3:00pm	Meet at the center first before proceed to venue for Release Lives 在中心聚集前往预定地点放生
26 May 2017 (Fri) to 27 May 2017 (Sat) 5月26日(星期五) 至 5月27日(星期六)	10:00am ~ 11:30am 2:00pm ~ 5:00pm	2-Day Heart Sutra Shernying Duldok Puja 两天般若心经禳解法会
28 May 2017 (Sun) 5月28日(星期日)	10:00am ~ 11:30am 2:00pm ~ 5:00pm	Four Hundred Offerings (Gya-shi) Puja 四百供养禳解“嘉西”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.

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 & the 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 to 4:00pm, please gather and proceed from center at 2:30pm.
- Venue: The Mine Life Release Center
Jalan Tasik, Sri Kembangan
Off Lebu Sungei Besi,
43300 Selangor.
(Next to the Mines Waterfront Business Development Park)
Search for "Restoran William Crab" on Google Map
- Contacts: Richard Lau: h/p 012-2119981, Jaslyn: 013-440 0111

2-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.

FOUR HUNDRED OFFERINGS (GYA-SHI) PUJA

Gyashi Puja means 400 offerings puja to pacify the 4 MARAS. All the obstacles that we had experienced were caused by them. These are Mara of the son of god, Mara of defilement, Mara of death and Mara of form which are represented by white, red, black and yellow color respectively. They symbolize the 4 types of obscurations.

Through making offerings of 100 lamps, 100 tsa tsa (stamped clay votive images), 100 tormas and 100 human effigies (made of dough), one would have pacified the 4 MARAS where one can be freed of the obscuration of knowledge, the five poisons, obscurations of karmic causes and the obscuration of habitual tendencies respectively.

🙏👍 **Benefits:** The sutra and tantra have mentioned that when one performs the Gyashi practice, it will increase one's lifespan and merits and purify one's defilement and sufferings. This practice is performed when a person is severely sick, has a bad dream, encountering bad omen or misfortune and anticipating bad omen through prediction.



親愛的佛友們，

今年马来西亚佛教徒将于 2017 年 5 月 10 日庆祝卫塞节。喇嘛洛卓将主持卫塞节庆祝活动。庆祝活动将始于上午 9.00 点，随着下午 2.30 至 4.00 点 "放生" 活动而圆满结束。从 2017 年 5 月 26 至 28 日，喇嘛洛卓将启建为期 3 天殊胜的金刚乘法会，即〈般若心经禳解法会〉和〈四百供养禳解法会〉。欲知详情，请联系喇嘛 (h/p: 018-2051962)，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。

2019 年印度菩提伽也噶举满临祈愿大法会 - 马来西亚噶举佛教中心受噶玛巴办公室委托负责赞助 2019 年菩提伽也噶举满临祈愿大法会。作为马来西亚噶举佛教中心的一份子，我们也积极响应该筹款活动。因此从现在起，我们将把项筹款作为我们日后赞助项目之一。也借此唤起噶举派的追随者充分意识到这一崇高的使命，以实质的行动支持噶玛巴大法王的弘法活动。

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參與浴佛法會。并請參閱以下的贊助表格，慷慨布施作為本中心的活動經費。

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
- 供燈及献花
- 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
- 放生 (下午 2 点半至 4 点)



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来本中心参加。

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，第廿四届噶举祈愿大法会上，针对素食的议题给予噶举僧俗弟子重要的谈话和指示。(详情请参阅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，弟子们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。持之以恆渐进成为完全的素食者。弟子们可依本身的意愿来进行。

发愿的功德：根据喇嘛洛卓的说明，在佛坛前发愿茹素是很殊胜的，其功德远远超越没有发愿的茹素。惟在现阶段，喇嘛并不打算引领弟子们发终身愿，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,	我今灌沐诸如来，
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.	同澄如来淨法身。

卫塞节放生

放生时间:	下午 2:30 至 4:00 (2:30pm 在中心集合前去)
地点:	The Mine Life Release Center Jalan Tasik, Sri Kembangan Off Lebu Sungei Besi, 43300 Selangor. (Next to the Mines Waterfront Business Development Park) Search for "Restoran William Crab" on Google Map
联络:	Richard Lau: h/p 012-2119981, Jaslyn: 013-440 0111

2 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：“依靠唵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)。焚烧这些物品象征着参加者避凶就吉,从而使参加者的心灵和精神得到提升。

四百供养禳解法会“嘉西”法会

“嘉西”(藏音)法会意即四百供养禳解法会，用以净化四魔。我们所经历的一切障碍都是此四魔所造。它们是天子魔，烦恼魔，死魔和蕴魔，个别以白，红，黑和黄色作为代表。它们表征着四种障碍。

通过供养一百盏灯将平息天子魔和净化所知障；同样的，供养一百个察察(tsa tsa)可平息烦恼魔和净化五毒之障碍；供养一百个朵马(食子)可平息死魔及净化业因；供养一百个人身形像则可平息蕴魔和净化业习之障碍。

🙏功德：经典及密续皆有讲述修持四百供养者将增长其寿命及功德，并可净化烦恼和痛苦。当有人患有重病，做恶梦，凶兆显现或遇不幸事故及通过预测得知将有凶兆时，即修此法以平息灾祸。



400 Offerings Gya-Shi Puja

