



大寶法王傳承中心
Karma Kagyu Lineage Centre
妙境佛學會
New Horizon Buddhist Association

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Special Announcement :

**H.H. 17th Karmapa Trinley Thaye Dorje will visit Hong Kong in Mar. & Apr. 2018
Will Conduct Kagyu Molam 、 4-armed Chenrezig Empowerment 、 Ching Ming Puja 、
Marine Life Release & Teaching
(Please read the attached programme)**

January & February Activities (Conducted by Chagmay Rinpoche)

1 & 31 Jan. : Gana Chara (Vegetarian day)

5 Jan. : 21 Jambhala Deities Puja

15 Jan. : Mahakala Tsog Puja

19 Jan. : Medicine Buddha Puja

**26 Jan. : Guru Rinpoche Puja
(Vegetarian day)**

**28 Jan. : Vajrasattva Retreat (Final)
(Vegetarian day)**

2 Feb. : 21 Jambhala Deities Puja

**13-15 Feb. : Green Tara/Simhamukha/Mahakala
Purification Puja**

16 Feb. : Chinese New Year Puja (16 Arhats)

18 Feb. : Long Life Initiation

23 Feb. : Medicine Buddha Puja

**25 Feb. : Guru Rinpoche Puja
(Vegetarian day)**

Preview – January 2018 Activities (Conducted by Chagmay Rinpoche)

1 Mar. : Gana Chara (Vegetarian day)

; 4 Mar. : 4-armed Chenrezig Retreat

15 Mar. : Mahakala Tsog Puja

; 26 Mar. : Guru Rinpoche Puja (Vegetarian day)

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Programme renewal : From January 2018 onwards , 21 Jambhala deities Puja ; Medicine Buddha Puja ; and Three Roots Practice will be held on Fridays each week.

Meditation classes will be held at 2 p.m. on every Sunday and Tibetan classes will be cancelled. (For details, please refer to the following timetable) · Please take this opportunity to participate!

***** Details of the other activities, please refer to the below time-table. ******

Bhutan Pilgrimage led by Chagmay Rinpoche : 25 May - 1/2 June, 2018 ;

Those who wish to join will have an option of a 7 or 8-night stay in Bhutan. Some highlights of the tour are: the newly constructed Bhudda Dordenma, Gantey Gumpa, above which black cranes have circumnavigated three times every single year without fail during their annual migration, and Mendegang, ancestral home of Chagmay Rinpoche, where Rinpoche will conduct a small puja and meditation practice. Please contact Ruby for more information: 61377383 / ruby_shiuss@yahoo.com

Please pay attention to the following :

- **5 Jan. : 21 Jambhala deities Puja ; 7:30pm**
- **19 Jan. : Medicine Buddha Puja ; 7:30pm**
- **28 Jan. : Vajrasattva Retreat (the last one) ; All Participants set fee : \$130 (lunch included)**

Since November 2014, Chamay Rinpoche led the disciples for recitation of the hundred-syllable mantra at Vajrasattva Retreat, with the goal of accumulating one million times. In November this year which is exactly three years since the first Retreat, with the participation and dedicated efforts from all of you, the goal of one million times is exceeded by 30000 and this result brought a successful conclusion. The upcoming Retreat is the last Vajrasattva retreat. Hope you will take this opportunity to participate!

- **7 、 14 & 21 Jan. : Self-visualization & Meditation ; 2pm**

The Third Karmapa once said: "the practice of 'tranquillity' was just like the earth, and the practice of 'insight' was like the sky or space."

A practitioner first needs to practice 'tranquillity', which is just as stationary as the earth, and is the basis upon which a practitioner can develop.

Then it will be easier to practice the concept of 'insight' without major obstacles. If you do not reach a firm 'tranquillity' state, you often need to depend on a few external conditions if you want to realize the concept of 'insight'. But these external conditions, like the blessings from gurus, knowing the approximate outline of Mahamudra with your own cleverness, or even just there is a glimpse of experience in the concept of meditation, etc, all will change as the karma changes, and it is hard to grasp. This is also because the mind is not firm enough.

Therefore, the obstacles of the afflictions are like wind. We can think of the concept of 'insight' as a fire, which is very, very easy to be extinguished by our past attachments and habits. Therefore, it is very important to purify our mind before practicing the 'insight', and practice the 'tranquillity' to prevent the mind from floating easily. According to many sadhanas, it seems that it takes a long time to practice 'tranquillity and insight'. In fact, the practice of 'tranquillity' is the mind practice that requires great concentration. Therefore, it must, of course, take a very long time.

- **Teachings : 3 、 10 、 17 & 24 Jan. Every Wednesday 7:30pm ; Subject : Samantabhadra**

February Activities :

**** Retreat activity is suspended in this month**

- **2 Feb. : 21 Jambhala deities Puja ; 7:30pm**
- **13-15 Feb. : Green Tara/Simhamukha/Mahakala Purification Puja**
- **16 Feb. : Chinese New Year Puja (16 Arhats)**

TIBETAN AND CHINESE NEW YEAR ACTIVITIES

<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>
13 & 14 Feb.	10:00 am 2:30 pm	Green Tara Puja Simhamukha(Shinjong Protector) Puja Mahakala Purification (Mantra)
	7:30pm	Mahakala Purification Puja
15 Feb.	10:00 am 2:30 pm	Green Tara Puja Simhamukha(Shinjong Protector) Puja Mahakala Purification Puja
16 Feb.	10:00 am	Chinese New Year Puja (16 Arhats Puja)

Before the end of the year (13-15 2018), Tibetans will hold Mahakala or Simhamukha pujas to purify the past year's negative karma and obstacles and invite good luck to the next. In both pujas, light offerings are made (7-colour lotus candles for blessings: set of 7 candles/ regular butter candles), and/or monetary donations for flowers and other offerings to pray for the growth of wisdom. If you wish to make a donation, please fill in the donation form on the bottom of p.6, and hand it in/ post/ fax it to New Horizon Buddhist Association.

In the morning of the first day of the Tibetan & Chinese New Year, 16 Feb., Chagmay Rinpoche along with lamas will lead the 16 Arhats puja, making offerings to the Three Jewels, HH Karmapa's body, speech & mind offerings, light and khatars offerings. Traditional Tibetan butter tea and rice will be served during the ceremony. It is said that where there are arhats, Buddhism will flourish, and there will be peace, stability and prosperity. May our New Year be blessed through dharma practice and good wishes for all sentient beings!

- **18 Feb. : Long Life Initiation ; 10:00 am**

Amitayus Buddha is the Buddha of Immeasurable life, merit and wisdom. By practicing Amitayus Buddha, we may cultivate those qualities, which are essential and beneficial to our spiritual growth.

We can also take this opportunity to dispel obstacles for ourselves and for others. By receiving the initiation, one makes a connection to the Amitayus Buddha, hence making practice more effective.

- **23 Feb. : Medicine Buddha Puja ; 7:30pm**
- **7、21 & 28 Feb. ; Every Wednesday 7:30pm : Visualization of 4-Armed Chenezig & Meditation**

January 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gana Chara 7:30pm (Vegetarian Day) 1	35 Buddha & Shakyamuni 7:30pm 2	Dharma Teaching 7:30pm 3		21 Jambhala deities Puja 7:30pm 4	5 6
Green Tara & Amitabha 10:00am Self Visualization & meditation 2:00pm 7		35 Buddha & Shakyamuni 7:30pm 8	Dharma Teaching 7:30pm 9		Recitation & Meditation of Three roots 7:30pm 10	11 12 13
Green Tara & Amitabha 10:00am Self Visualization & meditation 2:00pm 14	Mahakala Tsog Puja 7:30pm 15	35 Buddha & Shakyamuni 7:30pm 16	Dharma Teaching 7:30pm 17		Medicine Buddha Puja 7:30pm 18	19 20
Green Tara & Amitabha 10:00am Self Visualization & meditation 2:00pm 21		35 Buddha & Shakyamuni 7:30pm 22	Dharma Teaching 7:30pm 23		Guru Rinpoche 7:30pm (Vegetarian Day) 24	25 26 27
Vajrasattva Retreat 8:45am – 7:30pm (Vegetarian Day) 28		35 Buddha & Shakyamuni 7:30pm 29	Gana Chara 7:30pm (Vegetarian Day) 30			31

February 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					21 Jambhala deities Puja 7:30pm 1	2 3
Green Tara & Amitabha 10:00am Self Visualization & meditation 2:00pm 4		35 buddha & Shakyamuni 7:30pm 5	Visualization of 4-armed Chenezig & Meditation 7:30pm 6		Recitation & Meditation of Three roots 7:30pm 7	8 9 10
Green Tara & Amitabha 10:00am Self Visualization & meditation 2:00pm 11		Green Tara 10:00 am Simhamukha 2:30pm Mahakala Puja 7:30pm 12		Green Tara 10:00 am Simhamukha 2:30pm 13	Tibet & Chinese New Year Puja (16 Arahats) 10:00am (Three-roots suspended) 14	15 16 17
Long-Life Initiation 10:00am Green Tara & Amitabha suspended 18		35 buddha & Shakyamuni 7:30pm 19	Visualization of 4-armed Chenezig & Meditation 7:30pm 20		Medicine Buddha Puja 7:30pm 21	22 23 24
Green Tara & Amitabha 10:00am Guru Rinpoche Puja 2:30pm (Vegetarian day) 25		35 Buddha & Shakyamuni 7:30pm 26	Visualization of 4-armed Chenezig & Meditation 7:30pm 27			28

For the most update time-table, please visit : www.kagyunews.com.hk

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** The above donor's list is upon receipt before 12 Dec. **

Reply Form (Receipt for tax purpose will be given for donation above \$100)

21 Jambhala deities Puja – 5 Jan.				
Lamp Offering (7-days)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

Medicine Bhudda Puja – 19 Jan.				
Lamp Offering (7-days)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

Vajrasattva Retreat – 28 Jan.				
Name of participant			\$130 x _____ nos.	
Lamp Offering (7-days)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Eight Offerings	\$100 x _____ nos.	Food Offering	\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

21 Jambhala deities Puja – 2 Feb.				
Lamp Offering (7-days)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

Green Tara/Simhamukha/Mahakala Purification Puja – 13-15 Feb.				
Lamp Offering (7-coloured lotus candles:7candles/set)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

Tibet & Chinese New Year Puja (16 Arahats) – 16 Feb.				
Lamp Offering (7-coloured lotus candles:7candles/set)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

Long Life Initiation – 18 Feb.				
Lamp Offering (7-days)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

Medicine Bhudda Puja – 23 Feb.				
Lamp Offering (7-days)	\$300 x _____ nos.	Lamp Offering (3-days)	\$200 x _____ nos.	\$
Food Offering			\$100 x _____ nos.	\$
Flower Offering	\$ _____	Donation at your discretion	\$ _____	\$
*Total :				\$

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