



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

香港柴灣利眾街 24 號東貿廣場 16 樓 D-E 室
Flat D-E, 16/F, E-Trade Plaza, 24 Lee Chung Street, Chai Wan, H.K.
電郵地址 (email) : bodhipath@kagyunews.com.hk

電話 (Tel) : 2802 6767 傳真 (Fax) : 2986 3908
網址 (web page) : <http://www.kagyunews.com.hk>

Special Announcement :

H.H. 17th Karmapa Trinley Thaye Dorje will visit Hong Kong in Mar. & Apr. 2018

Will Conduct Kagyu Molam 、 Empowerment 、 Ching Ming Puja 、 Marine Life Release & Teaching

Details of the programme will be announced later.

September & October Activities (conducted by Chagmay Rinpoche)

2-4 Sept. : Amitabha Ullambana Puja	5 Oct. : Gana Chakra (Vegetarian day)
6 Sept. : Gana Chakra (Vegetarian day)	15 Oct. : Marine Life Release
10 Sept. : Medicine Buddha Puja	18 Oct. : Mahakala Tsog Puja
19 Sept. : Mahakala Tsog Puja	22 Oct. : Vajrasattva Retreat (Vegetarian day)
24 Sept. : Vajrasattva Retreat (Vegetarian day)	25 Oct. : 21 Jambhala Puja
30 Sept. : Guru Rinpoche Puja (Vegetarian day)	30 Oct. : Guru Rinpoche Puja (Vegetarian day)

Preview –November Activities (conducted by Chagmay Rinpoche)

4 Nov. : Gana Chakra (Vegetarian day) ; 5 Nov. : Heart Sutra ; 12 Nov. : Medicine Buddha Puja
17 Nov. : Mahakala Tsog Puja ; 19 Nov. : Vajrasattva Retreat (Vegetarian day)
28 Nov. : Guru Rinpoche Puja (Vegetarian day)

I wish to sponsor :

<input type="checkbox"/> Centre operation		<input type="checkbox"/> Printing dharma books		<input type="checkbox"/> Education of lamas		<input type="checkbox"/> Offerings		<input type="checkbox"/> Life release		<input type="checkbox"/> Others	
Amount :			Cheque No. : (Pls write cheque payable to "New Horizon Buddhist Association Ltd.)								
Name :			Telephone :			email :					
Address :											
Method of payment (please select):											
<input type="checkbox"/> Cash		To be paid in person at the centre									
<input type="checkbox"/> Cheque		Please mail the cheque and the reply slip back to the center.									
<input type="checkbox"/> Transfer to bank		HongKong Bank A/C: 004-601-024367-001. Please fax payment and reply slips to the center at 2986 3908									
<input type="checkbox"/> Receipt required		For contributions above \$100, you can obtain a tax deductible receipt									

Details of the Activities, please refer to p.3 time-table

Please pay attention to the following :

2-4 Sept. : Amitabha Ullambana Puja

Puja Programme *

Date	Time	Activities
2 Sept. (Sat.)	2:30 pm – 4:00pm	Group practice of Amitabha
	4:30 pm – 6:00pm	Group practice of Mahakala
3 Sept. (Sun)	10:00am – 12:00pm	Group practice of Amitabha
	2:00pm – 3:30pm	Group practice of Amitabha
	4:00pm – 5:30pm	Group practice of Mahakala
4 Sept. (Mon.)	2:00pm – 3:30pm	Group practice of Amitabha
	4:00pm – 6:00pm	Amitabha Puja for deceased beloved & Group practice of Mahakala.

10 Sept. : 10:00am Green Tara Practice & Medicine Buddha Puja

24 Sept. : Vajrasattva Retreat (reciting 100-syllable mantra) at 8:45am;

All Participants set fee : \$130 (lunch included)

Dharma Teaching : 13 & 20 Sept. Every Wednesday at 7:30pm

Subject : Dharma Talks

.....

15 Oct. : Marine Life Release (Prayer for the swift return of Sharmapa)

Time : 2:30pm

Gathering place : North Point Public Pier

Fee : \$80 per person ; Naga Vase : \$800 per person

22 Oct. : Vajrasattva Retreat (reciting 100-syllable mantra) at 8:45am;

All Participants set fee : \$130 (lunch included)

25 Oct. : 21 Jambhala Puja

**** Dharma Teaching in this month is suspended**

September 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Recitation & Meditation of Three Roots 7:30pm	Amitabha Ullambana Puja 2:30pm
					1	2
Amitabha Ullambana Puja 10:00pm / 2:00pm	2:00pm	35 Buddha & Shakyamuni 7:30pm	Gana Chara 7:30pm (Vegetarian Day)		Recitation & Meditation of Three Roots 7:30pm	
3	4	5	6	7	8	9
Green Tara & Medicine Buddha Puja 10:00am		35 Buddha & Shakyamuni 7:30pm	Dharma Teaching 7:30pm		Recitation & Meditation of Three roots 7:30pm	
Tibetan Language Class 2:30pm						
10	11	12	13	14	15	16
Green Tara & Amitabha 10:00 pm		Mahakala Tsog Puja 7:30pm	Dharma Teaching 7:30pm		Recitation & Meditation of Three roots 7:30pm	
Tibetan Language Class 2:30pm						
17	18	19	20	21	22	23
Vajrasattva Retreat 8:45am – 7:30pm (Vegetarian Day)		35 Buddha & Shakyamuni 7:30pm	Dharma Teaching (Suspended)		Recitation & Meditation of Three roots 7:30pm	Guru Rinpoche 2:30pm (Vegetarian Day)
24	25	26	27	28	29	30

October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green Tara & Amitabha 10:00am		35 Buddha & Shakyamuni 7:30pm	Dharma Teaching (Suspended)	Gana Charra 7:30pm	Recitation & Meditation of Three Roots 7:30pm	
1	2	3	4	5	6	7
Green Tara & Amitabha 10:00am		35 Buddha & Shakyamuni 7:30pm	Dharma Teaching (Suspended)		Recitation & Meditation of Three Roots 7:30pm	
8	9	10	11	12	13	14
Green Tara & Amitabha 10:00pm		35 Buddha & Shakyamuni 7:30pm	Mahakala Tsog Puja 7:30pm		Recitation & Meditation of Three Roots 7:30pm	
Life Release (Vegetarian Day) 2:30pm						
15	16	17	18	19	20	21
Vajrasattva Retreat 8:45am – 7:30pm (Vegetarian Day)		35 Buddha & Shakyamuni 7:30pm	21 Jambalah Puja 7:30pm		Recitation & Meditation of Three roots 7:30pm	
22	23	24	25	26	27	28
Green Tara & Amitabha 10:00am	Guru Rinpoche 7:30pm (Vegetarian Day)	35 Buddha & Shakyamuni 7:30pm				
Tibetan Language Class 2:30pm						
29	30	31				

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

☞ List of Donors ☜

Operations

Lai Sing Yum · AL Insurance Consultants Ltd. · Chan Lai Chun · Selina Cheng Sau Chun · Cheung Chi Hing · Chin Ping Wing · Eliza Fok · Ho Chui Yuk · Kwan Mei Wan · May Lam Kit Man · Leung Hing Yeung · Celina Liu · See Kiang Optical Mfy. Co. Ltd. · Shum Yuk Lung · Wu Wai Man · Yuen Yee Wan · Lai Suk Yi Evelyn · Melody Wan · Margaret Tse · Amy Chow · Vivien Shiu Yin Yu · Choi Hau Ming · 黎保宜 · 劉楚瑜 · 周有嬌 · 鄭濟元 · 利金海 · 陳錦芳 · 溫姜釗傑 · 張姜釗文 · 馮劉妹 · 溫永力

Offerings

Lai Sing Yum · AL Insurance Consultants Ltd. · Melody Wan · Margaret Tse · Amy Chow · Vivien Shiu Yin Yu · Manle · Wong Wai Han Alice · Wong Kit · 黎保宜 · 梁潤添 · 梁潤寶 · 何耀豪 · 何耀駿 · 何靄琪 · 何沛謙 · 黃瑋鏗 · 莊志文 · 溫永力 · 黃啓剛 · 黃俊龍 · 黃俊健 · 黃俊強 · 黃鐸傑 · 陳潮蓮 · 徐靜珠 · 周有嬌 · 鄭濟元 · 利金海 · 陳錦芳 · 溫姜釗傑 · 張姜釗文 · 馮劉妹

Others

Li Pak Kwong

Life Release

Shamarpa · Lai Sing Yum · Melody Wan · Margaret Tse · Amy Chow · Vivien Shiu Yin Yu · Butt Yuen Ling · Susanne Ma Family & Acl Seatineut Beings 6 Realms. · Wong Kit · 黎保宜 · 梁有 · 周詠欣合家 · 譚月養合家 · 潘意明 · 鄧曉宜合家 · 李月華 · 畢有森合家 · 陳少英 · 麥志明 · 畢婉賢 · 畢浩然 · 畢東雄合家 · 李楚文 · 洗珠 · 許汝波 · 洗澤合家 · 洗碧珊 · 溫永力

Printing

Lai Sing Yum · AL Insurance Consultants Ltd. · Melody Wan · Margaret Tse · Amy Chow · Vivien Shiu Yin Yu · 黎保宜 · 溫永力 · 周有嬌 · 鄭濟元 · 利金海 · 陳錦芳 · 溫姜釗傑 · 張姜釗文 · 馮劉妹

Operations of Lamas

Lai Sing Yum · AL Insurance Consultants Ltd. · Melody Wan · Margaret Tse · Amy Chow · Vivien Shiu Yin Yu · 黎保宜 · 溫永力 · 周有嬌 · 鄭濟元 · 利金海 · 陳錦芳 · 溫姜釗傑 · 張姜釗文 · 馮劉妹

** The above donor's list is upon receipt before 15 February **

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

Amitabha Ullambana Puja : 2-4 Sept.		
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 \$ _____	\$
Name:		
Prayer for Accumulation of Merits and Wisdom	\$500 x _____ nos.	\$
Name:		
Prayer for Accumulation of Merits and Wisdom	\$100 x _____ nos.	\$
Name:		
Blessing for the Deceased (please fill in the attached proforma)	\$500 x _____ nos.	\$
Name:		
Blessing for the Deceased ((please fill in the attached proforma)	\$100 x _____ nos.	\$

Medicine Bhudda Puja – 10 Sept.		
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 – 24 Sept.		
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 :		\$

Please mail the cheque or fax the pay-in slip with reply form back to center. Fax : 2986 3908		
Cheques payable to “New Horizon Buddhist Association Ltd.” HSBC A/C No. 004-601-024367-001		
Name:	Tel:	
Address:		
Email:		
Cheque No.:	Bank:	Total:

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

Marine Life Release : 15 Oct.		
Ferry Ticket	\$80 x _____ nos.	\$
Naga Vase	\$800 x _____ nos.	
Donation at your discretion		\$
*Total :		\$

Vajrasattva Retreat – 22 Oct.		
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 Puja – 10 Sept.		
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 :		\$

Please mail the cheque or fax the pay-in slip with reply form back to center. Fax : 2986 3908		
Cheques payable to “New Horizon Buddhist Association Ltd.” HSBC A/C No. 004-601-024367-001		
Name:	Tel:	
Address:		
Email:		
Cheque No.:	Bank:	Total:

HAPPINESS : FROM H.H. 17th Karmapa Trinley Thaye Dorje

1. **How much do we really know about happiness?**

From a Buddhist perspective, all sentient beings, including animals, seek happiness. We have a subconscious instinct to seek happiness - even though many of us don't have a clear idea what it is, or how to achieve it.

From a Buddhist perspective, there are two types of happiness: Emotional Happiness and Timeless Happiness. Emotional Happiness could be described as seeking relief from the cold, or searching for sources of earning, position, or status. Although there is nothing wrong with this type of 'worldly' happiness, when we reflect on it, we might understand that all of these examples, by their very nature, are temporary. Emotional Happiness does not last. Therefore, Timeless Happiness becomes something very important to seek.

2. **Timeless Happiness**

Timeless Happiness is gained from understanding our own inherent qualities, such as compassion and loving kindness, and gaining wisdom about our true nature. When we reflect on the nature of this type of happiness, we find something unchanging, permanent - and therefore worthwhile to seek

We might find ourselves confused about 'Timeless Happiness.' We are, after all, so closely connected to Emotional Happiness, and get an instant reward from it every day. Timeless Happiness might sound noble, even wonderful, but is it visible, attainable in everyday life? Actually, yes.

3. **Happiness in Family**

My late grandmother led a very simple life, as a mother to my father. But the way she lived her life is something that will stay with me always, and is perhaps my greatest personal example of Timeless Happiness.

Without having particular responsibilities that one might consider 'amazing' or 'newsworthy' - but simply by being a mother, just practicing loving kindness, and other basic qualities of life, and of herself - what I witnessed is that no matter who approached her, no matter what kind of situations she was in, she had an unaltered attitude towards life. Whomever she met, she had the attitude of kindness and care - just like a mother. Visibly, you could see it, verbally, you could hear it. All of her words were extremely warm and gentle. And of course, all of these qualities stemmed from her own consciousness.

As Karmapa, I of course lead my life as a spiritual practitioner, but I learn so much from the way she carried herself, the way she carried her attitude to life. This memory for me is very precious because it helps remind me that Timeless Happiness is visible and evident in all of us. The happiness we are seeking is already here. So this example always helps me, always puts a smile on my face, and in my heart.

4. **Buddha and Happiness**

I am sure that every one of you have similar experiences, memories, that you can recall. From a Buddhist perspective, it is said that the potential, the seed and the quality of true happiness or enlightenment, are all there within every sentient being's centre.

Therefore, it is important not to consider Timeless Happiness as something that is distant or unattainable, or something to be celebrated on special occasions, and put on the shelf for the rest of the year. Instead, Timeless Happiness is something that we can really get involved in, take part in, no matter what type of life we are living, no matter what type of conditions we might have. But first we have to notice it.

The benefit from taking the first step of achieving Timeless Happiness is captured in the word 'timeless' itself. From a Buddhist perspective, the benefits are noble, decent and virtuous from the very beginning. It is noble, decent and virtuous in the middle. And it is noble, decent and virtuous at the end as well - not just in this life, not just later on, but until the end, until we have given full rise, full realisation to Timeless Happiness.

From a Buddhist viewpoint, the best example of this unchanging happiness would be none other than Buddha himself. Buddha means 'Enlightened Being' - a fully awakened being. Now if we reflect on the way he sought and ultimately achieved Timeless Happiness, it is the same as we are doing today: reflecting on and examining the causes and conditions of happiness.

5. **The Happiness Exam**

The only way in which we can truly examine happiness, is by looking deep into ourselves: our way of being; the way we carry ourselves; our everyday behaviour and habits. By doing so, it helps us understand more about ourselves. If we understand more about ourselves, we understand more about others. All of us have the basic qualities to attain happiness, we all share the potential - simply because we all have consciousness. We all have the same wish and aspirations, as we are all searching for happiness.

If you look at Buddha's life story, it is clear that he could have had, and indeed he did have, everything he could wish for from worldly life. But after examining it, he could see that - no matter how pleasant or satisfactory a feeling or situation he was experiencing - these were all temporary. He saw that it was not the ultimate goal or priority to attain this type of experience, what we are calling Emotional Happiness.

Therefore, he left that life in search of something that is lasting, something that is unchangeable. This is what students of Buddha's way and path are practicing: the practice of Timeless Happiness.

Having said all of this, to seek happiness, do we need to suddenly change the way we live? Do we need to renounce and abandon things from our lives? We may naturally have these kind of questions and doubts. I would say that it is all about the attitude - how we want to live our lives. It all depends on our priority, our ultimate goal. If our priority is to seek Timeless Happiness, the first thing we must do is reflect.

6. **Five minutes a day**

It is beneficial to reflect every day on what we are really seeking, the conditions that we have been gathering, and the methods that we have been applying. There is no harm in taking a little time every day from our schedules. We can start by taking just five minutes a day - it's not much - and the practice itself doesn't need to involve intensive methods or rigorous procedures. All we need to do is sit, or stand in a place where we feel comfortable, quiet and peaceful.

Then, simply meditate and reflect, with a calm state of mind and body. Reflect on the past 24 hours - nothing more - reflect on exactly what has happened. Do this in an unemotional way, without judgment. By doing so, there is so much benefit. You will understand more about yourself, the various interesting aspects of your life. Not only will this help your memory, gain clarity, but it can truly help you understand yourself, and the true nature of happiness.

I encourage all of you to try this. I follow this practice as much as I can, and it definitely brings a lot of benefit. It helps me to understand exactly where I am, what I have experienced in the past, and by doing so it also helps me understand what may happen, the possibilities. In this way, this simple practice can help us understand the past, the present and the future. We feel confident, and can gain an insight into happiness.

I hope this is beneficial to all of you. I offer my aspirations and prayers that we all are able to achieve Timeless Happiness. I pray that we will all gain clarity, and that we will all find the conditions to appreciate the connection that we have. I pray that we cultivate the conditions to realise the potential that we have, the bond that we all share such as the bond of family, the bond of friends. And I pray that this will grow not just Emotional Happiness, but Timeless Happiness in our world.