

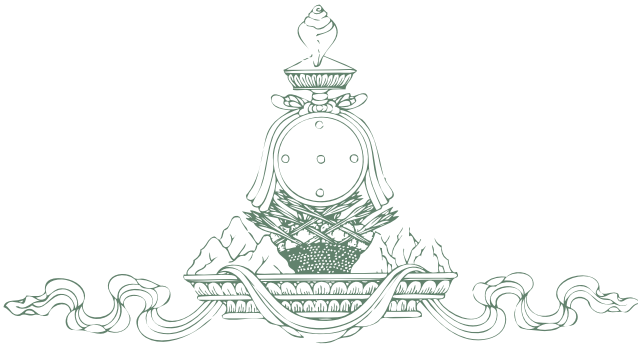
**Compassion and Wisdom in Action:
The Manifestation of Enlightened
Activities of A Perfect Guru**

Compiled by
Ven.Thubten Osel
Edited by
Ven.Thubten Munsel

*Short stories and anecdotes of the Tibetan Buddhist Master,
Kyabje Lama Zopa Rinpoche, and how He works day and night,
without stopping, for the benefit of all sentient beings.*



Compassion and Wisdom in Action:
**The Manifestation of Enlightened
Activities of A Perfect Guru**



Compiled by
Ven.Thubten Osel
Edited by
Ven.Thubten Munsel

First published in June 2010
3000 copies for free distribution



Front cover photo from FPMT website
Layout designed by Juliet & Yin Peng
Published in Malaysia
Printed by Print ETC Sdn Bhd, Butterworth, Penang

For internal circulation only

May the glorious Guru's life
be long and stable,
May all beings equaling the extent of
space have happiness,
May I and others without exception
accumulate merit and purify negativities,
And may we be blessed to quickly achieve
the ultimate enlightenment.





INTRODUCTION

For many years now, I've had the incredible opportunity to serve in FPMT Centers in Malaysia. One of the challenges I've had to deal with at the centers is how to go about giving an introduction to newcomers about the founder and spiritual director of FPMT, Kyabje Lama Zopa Rinpoche. My biggest problem is, I never know where to start! I feel there are just too many good things to say about Rinpoche. Where do I begin, so that people might feel inspired once they've heard about Rinpoche's holy activities of benefitting sentient beings all over the world.

In recent years, on a number of occasions, I've had the incredible good fortune to personally serve Rinpoche when He's been at the centers. I've been able to watch Rinpoche going about His holy activities in daily life, non-stop, doing everything only for the benefit of others. The exhaustion that I and others who serve Rinpoche might feel, from time to time, just trying to keep up with Him, wouldn't be as meaningful without Rinpoche's presence.

The creation of this book is solely to share with others the bits and pieces of inspiring, amazing stories in the life of our precious Guru, Kyabje Lama Zopa Rinpoche. Many of these stories have come from my own experiences, some have been told to me by friends, some have been extracted from the FPMT Website, including some of the centers listed there, and finally, those which I have found in Rinpoche's teaching books, published by Lama Yeshe Wisdom Archives.

I sincerely thank Venerable Munsel for accepting to help me edit my rough draft, and for offering me advice in my humble attempt to turn this small task I've set out to do, into a more perfect offering to my Guru. My thanks to Juliet, Yin Peng and Cheng Hui for helping in the graphic design and printing. And definitely a big thanks to the FPMT Organization and all the centers, including all friends and members who have shared your stories with me. Without the effort and kindness from everyone, the accomplishment of this humble undertaking would not have been possible.

I would like to thank my parents, themselves Buddhist practitioners, for giving me this precious human rebirth, and for allowing me to fulfill my wish to become a nun at a very young age, and to my sister, Ven. Thubten Dechen, for being a true Dharma sister to me, and to my brother, Derrick, and Nelly, for always being there for our family.

Lastly, my deepest, boundless, and sincere gratitude goes to the most perfect Guru, Kyabje Lama Zopa Rinpoche. It is only through His kindness and compassion, and presence in the world, that we are able to listen, reflect, and meditate on the holy Buddhadharma, which is the only cure to remove, forever, the afflictions and darkness of ignorance in our minds.

To our Virtuous Friend, please guide us, from life to life, across the boundless sea of suffering, until we reach the other shore, peerless full enlightenment, so that, like you, we can work perfectly for the benefit of all our kind mother sentient beings.

I make these heartfelt requests, not just for myself, but for so many others: Please Rinpoche, our most perfect Guru, live a very long and healthy life. We depend so strongly on the Guru's physical existence in the world, to continue to inspire, and set an example for us on our path to enlightenment. We have so much to learn from you, the perfect Guru! So please, please, please live long!

With palms together,
Thubten Osel



Ven Thubten Osel on the right together with
Ven Thubten Dechen and Kyabje Lama Zopa Rinpoche



MESSAGE FROM THE EDITOR



I first met Venerable Thubten Osel when she was a young girl, in the mid-1980's. Her parents had brought her, from Malaysia, to attend school in a Buddhist community in California, where I, myself, was living, having already taken full ordination there. Because I was teaching in the girls school, as well as working in our immigration department, I was called in to meet Ven. Osel, Ven. Dechen, and their parents, to discuss their education and living arrangements in the nunnery there.

It wasn't too long before Ven. Osel, who at that time was around 12 years old, made up her mind that she wanted to take novice vows, along with her sister, Ven. Thubten Dechen. With our Abbot's permission, and her parents' approval, I watched as she had her head shaved and donned the robes of a Buddhist nun, along with her sister.

After our precious Abbot passed away, I made up my mind to leave the nunnery, and to follow Kyabje Lama Zopa Rinpoche. I had been rooming with a Taiwan nun for a number of months who was visiting at our nunnery. She was a disciple of Rinpoche's. On her altar, she had pictures of Rinpoche, so needless to say, I was able to "see" Him everyday, albeit, through pictures. After she left the nunnery to go live at Shine Land, I decided to write to Rinpoche to see if He could offer me advice on my practices, and what I should do. I was surprised to hear back from Rinpoche; I kept thinking to myself, here I am, this tiny little ant, this nobody, and yet, Rinpoche has taken His time to write to me. This happened several times before I actually met Him.

As things turned out, I heard that Rinpoche was coming to the Land of Medicine Buddha, late in December of 1996. It's not easy to meet the Virtuous Friend. The week before Rinpoche arrived, I came down with the Hong Kong flu, which lasted for five weeks. I was so sick, and my body was in such incredible pain, that I honestly thought I was going to die. However, I knew that I had to go and meet Rinpoche, and if I died doing that, it didn't matter. I asked Ven. Osel to accompany me to LMB. As she didn't drive at that time, I had to do all the driving, which took three hours, and I was only in my first week of the flu.

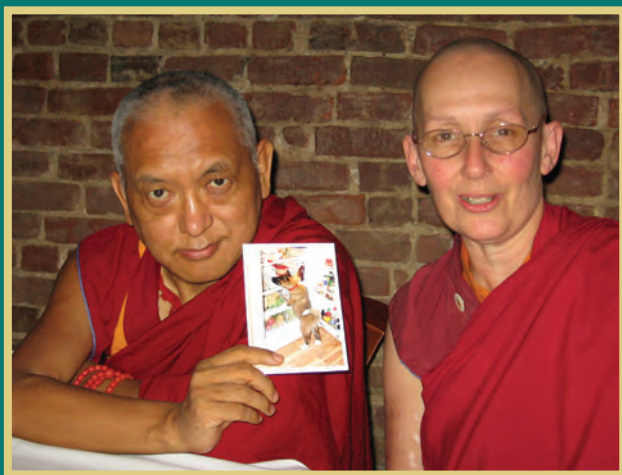
After a bit of rest in one of the rooms there, we went to the Gompa to wait for Rinpoche's arrival. I was so incredibly sick, that I thought I would just pass out on the floor, but I remained standing, anxiously awaiting for Rinpoche to come to the Gompa. When He finally arrived, and I saw Him enter into the Gompa, greeting the students who were lined up, I just broke down and cried. At that moment, I KNEW in my heart, that Rinpoche was my Guru; there were no doubts in my mind. As it turned out, Rinpoche sat directly across from where I was sitting. After Rinpoche's "chat" as He called it, Ven. Osel and myself went up to offer katas to Rinpoche and receive His holy blessings.

I introduced myself, and Rinpoche smiled and asked me how things were in the nunnery. He knew who I was. I was so sick, I could barely talk, I had to answer Rinpoche by shaking my head yes or no. Then Rinpoche smiled and said that previously, we had been corresponding through letters, and now I was meeting Him there, at LMB. And He threw back His head, clapped His hands and laughed and laughed. I was totally blown away. We stayed in the area, following Rinpoche around that weekend. By the time we would return to the nunnery, Rinpoche had given me a list of preliminary practices to do, and had advised me to do retreat. My life was about to take another turn in ways I could never dreamed of.



Over these years, I've had the incredible opportunity to live and serve Rinpoche in His retreat homes in California and in Washington. When Ven. Osel asked if I would help with the editing of this book, I was more than happy to help out. She's right: there's too many good things to say about Rinpoche. This small book is just offering up a window into the incredible, day-in-the-life activities of a living Tibetan Buddhist Master.

It's said that a human life is difficult to obtain, the Buddhadharma is difficult to hear, and to meet the Mahayana Virtuous Friend is even more difficult. I hope that everyone who reads this book will rejoice in their incredible good fortune, their merits, just to be able to see a picture of Kyabje Lama Zopa Rinpoche, not to mention hearing about His incredible holy deeds to extensively benefit all sentient beings. Although the sea of suffering is boundless, we can reach the other shore of enlightenment, by relying on the Mahayana Virtuous Friend.



Bhikshuni Thubten Munsel
April, 2010
Portland, Oregon, USA



Kyabje Lama Zopa Rinpoche





Kyabje Lama Zopa Rinpoche

The perfect guru, who is the embodiment of great loving kindness, adorned with flawless wisdom, and perfect skillful means, who does the right things, at the right time, to the right person. Although thousands of students follow in the footsteps of the perfect guru, it seems impossible that any one of them can keep up with His pace. For 24 hours, in a day's time, is still insufficient time for Him to carry out His work, solely for the benefit of sentient beings.

And it doesn't stop there. This doesn't just go on for one year, or two years, but His whole life is dedicated for the sole purpose of working for sentient beings, preserving the pure, authentic Buddhadharma, and to bring to enlightenment, numberless, pitiful sentient beings.





Kyabje Lama Zopa Rinpoche

A perfect guru, who can help to cure the terminally ill, help save His students' lives, and prays that disasters won't arise around the world, and who makes what seems impossible to us, to become possible. And yet, the perfect guru remains humble while carrying out His holy deeds, without pretense, without guile, and always showing gratitude whenever someone makes just a small offering to Him.

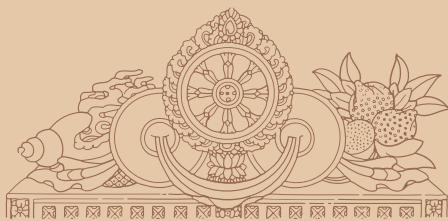




A perfect guru never turns away someone who comes to ask for His help. He will do whatever it is in His power to help others.

Although there are hundreds of projects going on within the Organization, which means that there will be more requests for advice from the centers and the students, more problems to be solved, yet, the perfect guru never loses His patience in helping to resolve their problems. And He does so with great kindness, compassion, and wisdom, as well as lifting up their spirits with laughter.



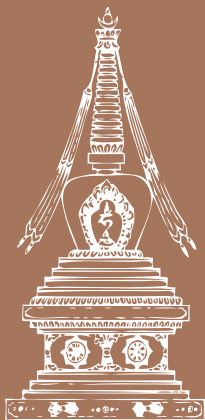


The kindest parent to all His children, the most sympathetic doctor to all His patients, the most skillful teacher to all His students, the most compassionate guru to all His disciples, the sole refuge of all sentient beings, the wish-fulfilling jewel.....words cannot express the perfect qualities of our most precious holy guru – *Kyabje Lama Zopa Rinpoche.*

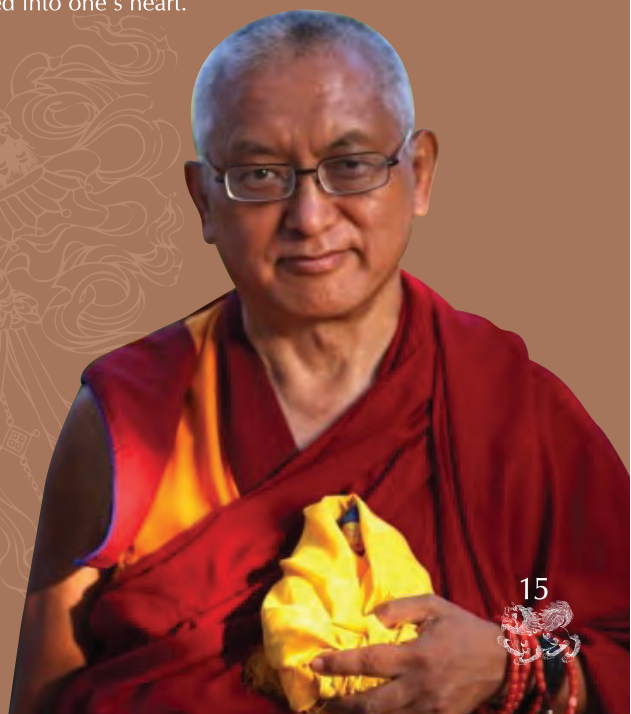




Kyalje Lama Zopa Rinpoche



Being together with Rinpoche, time exists, yet doesn't seem to exist; daytime and nighttime seem to merge together. And the same goes for breakfast, lunch, dinner and sleep: they happen when they happen, it doesn't seem to matter anymore. While all these daily routines, which for Rinpoche might be "regular," might, at first seem "irregular," for those serving Him, yet, once someone gets into the routine of being around and serving Rinpoche, pure joy starts to take over one's mind, for the blessings of the guru have entered into one's heart.







Kyabje Lama Zopa Rinpoche

As dawn begins to approach in the wee hours of the morning, after long hours of teachings have come to an end, as we look around, most people are yawning, their eyelids heavy, looking forward to falling asleep as soon as they reach home.

And yet, when Rinpoche goes back to His room, without wasting any time, He personally goes around lighting the candles and making extensive offerings, while the Gyaling music offering plays in the background. Then, sitting upright on His bed, He begins His morning meditation and prayers.





Kyabje Lama Zopa Rinpoche



Sometimes there will be a stack of letters from all over the world for Rinpoche to read. Once I mentioned that maybe they had been “sitting” for too long, many months, waiting to be answered by Rinpoche. However, Rinpoche simply smiled and said, “It is not too long. There were letters which were sent to me over a year ago, that I just replied back to.”

Assisting in scribing a letter can be fun, yet it’s possible to feel anxiety. That’s because you have to pay close attention and listen very carefully to Rinpoche since He doesn’t usually repeat Himself, even if we’ve missed out on any long sentences.

In order to make sure I don’t miss out on writing down any of Rinpoche’s words, I use a high quality tape recorder, which is very effective in picking up Rinpoche’s soft voice.





Kyabje Lama Zopa Rinpoche



Many people wonder if it's true that Rinpoche doesn't sleep, at all. While He appears to be dozing off in the middle of dictating a letter, in the middle of the night to one of His students, yet, a slight sound, such as a needle

dropping on the floor, immediately wakes Him up.

And the incredible thing is, once Rinpoche wakes up from dozing off, He remembers very clearly where He left off in the dictation. Sometimes Rinpoche will have us read back the dictation, to see if it has been correctly written down or not. And sometimes Rinpoche will repeat the exact same words that He might have used hours ago!





Kyabje Lama Zopa Rinpoche



Rinpoche has a collection of beautiful cards that He takes with Him, as He travels around the world. On the cards are pictures of Buddhist statues, stupas, holy objects, beautiful flowers, cute puppies and kittens, birds, fishes, scenery, and many more. Rinpoche often adds His personal touch by writing mantras, or drawing pictures on the cards that He sends to people. Sometimes Rinpoche will even include blessed flowers from His altars, as gifts.

And the most beautiful work of art is Rinpoche's trademark signature, which in itself, is the most perfect piece of artwork. It's very rare that Rinpoche will send only one card to His students, even if the message happens to be short. This is because Rinpoche's heart is filled with love for everyone, and He doesn't wish to keep anything for Himself.







There's never a moment when Rinpoche doesn't think about His students, which is why preparing gifts for them has also become a part of Rinpoche's regular activities. Inside Rinpoche's pencil bag, there are assorted colored pens which He uses to write out mantras and Dharma phrases on stuffed toys, colored paper, golf caps, hand fans, photos, books, and many more surprise gifts.



When Rinpoche isn't dictating letters or preparing gifts in the middle of the night, He will ask His attendant to prepare the tea offering so that He can do the protector prayers followed by the Six Session Guru Yoga, which often lasts until sunrise.

On special days, as the need arises, Rinpoche will gather Sangha members together to do group prayers, once His late night teachings are finished. Naturally, these prayer sessions are always open to lay students, as well, who don't mind going with less sleep!





A puja which might normally take someone two hours to complete, will often turn into many more hours than that when Rinpoche is doing it. That is because Rinpoche doesn't just simply recite the words in the text. Rather, Rinpoche spends a lot of time with us guiding us through the meditations, explaining the meaning of the text, and going over the visualizations in order that we can understand better the meaning behind the sadhana. By making the practice more perfect, we can actually accumulate more merit, and then dedicate that merit to ALL sentient beings.

Rinpoche once commented, "We dedicate merit to ALL sentient beings, but our merit is so little...." Which is why we need to try to accumulate as much merit as possible.

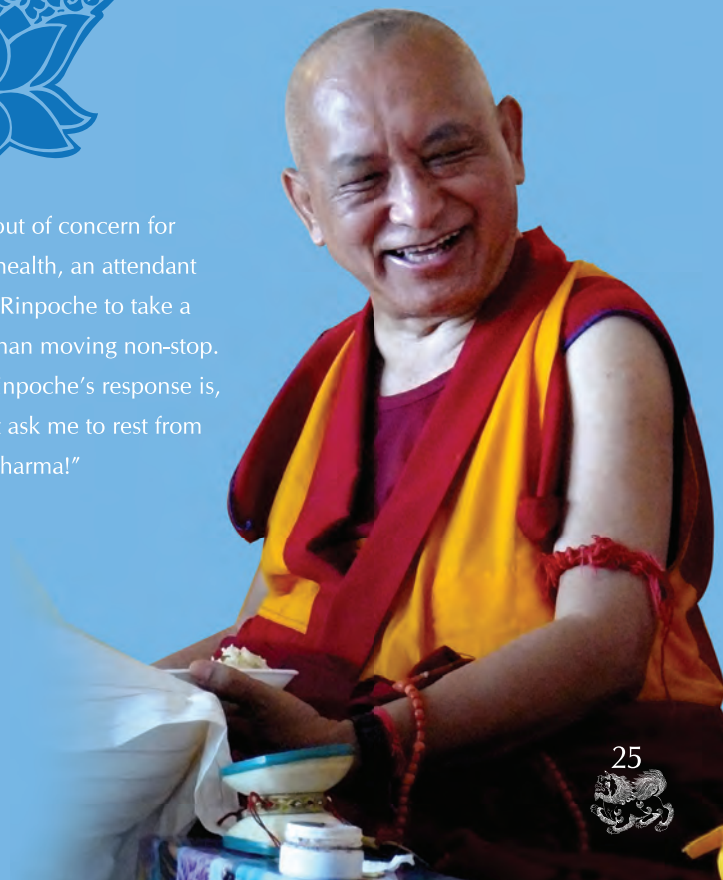




Kyabje Lama Zopa Rinpoche

There are also times, during emergency cases, when Rinpoche will ask His attendant to prepare tormas in the middle of the night, so that He can do pujas and make dedications for sick or dying students.

Sometimes out of concern for Rinpoche's health, an attendant will request Rinpoche to take a rest, rather than moving non-stop. However, Rinpoche's response is, "You cannot ask me to rest from practicing Dharma!"





Kyalje Lama Zopa Rinpoche

Rinpoche keeps silence when doing His morning prayers, and doesn't speak to anyone during that time. Even while chanting and accumulating mantras, Rinpoche will occasionally blow into many bottles of drinking water, or on colored mantra strings which are in His room, so that they become completely blessed. Thereafter, Rinpoche will give that water to people who are sick, to help cure their illnesses, or even pour it into the ocean, or other bodies of water, so that even the animals in the water can be purified of their negative karma. And the blessed strings will be given to people to wear for protection.



just understanding
meditation
on words.
of Buddha's
is not enough.

So Chewing
is the ^{special} key
of compassion
So one needs
to practice
the meditation
with ^{the} devotion
of a deity.



Kyalje Lama Zopa Rinpoche

In the morning, since Rinpoche keeps silence, He communicates by writing on paper. Sometimes He will write out a creative menu for His attendant, who then has to use that to figure out how to prepare a creative breakfast. Sometimes He will send a message to ask one of His attendants to go shopping for medicine for a sick student. Sometimes He will write a message to be added into the content of a letter which He dictated the night before. And every time, the attendants have to read Rinpoche's writing carefully, as Rinpoche's calligraphy is beyond conventional art.

more blessing
of Guru receive
to your heart
that you'll
be looking
Buddha's

to actualize
Buddha's
you need to recall
blessing of
special blessing
of compassion
to your heart.

Of course
the most
important
is to have
devotion
stronger
step

Power of white
seed power
of motivation
(devotion)
beneficial

also might be
very useful
to practice
all the practices
in 5 parts



Once Rinpoche starts His daily practices on the Dzambala water offering, and the preta offering, the attendants then have a vague idea of how Rinpoche's program will be for the rest of that day. It is quite consistent that lunch will be served right after the water offering. Even though the cook tries very hard to

serve the food hot to Rinpoche, yet, oftentimes, it has to be reheated for Him. This is because it is customary for Rinpoche to make extensive offerings of the food to all the past, present, and future Buddha, Dharma, Sangha, statues, stupas, and scriptures residing in the ten directions, as well as making charity to all sentient beings in the six realms and intermediate state. And finally, to seal the merit by dedicating it in emptiness, that is: the one making the offering, the one receiving the offering, and the offering itself are completely empty of any inherent existence.





Kyabje Lama Zopa Rinpoche

Once, when Rinpoche was travelling on a short distance flight, He was served a meal on the plane. As usual, before eating the food, Rinpoche did the extensive food offering. By the time the air hostess came around to collect the empty trays, Rinpoche still had not begun His meal; He was still making the food offering! The air hostess requested to remove Rinpoche's tray several times, in order to prepare for landing, but was asked to leave the tray by Ven. Roger, Rinpoche's attendant.

At last, when the plane was just about getting ready to land, and the air hostess insisted on removing the food tray, the



attendant again reminded Rinpoche to please eat the food, as time was running short. However, Rinpoche smiled and said "They can take the food away, because I have already made the most out of it!" This just goes to show that for Rinpoche, it is more important in offering up the food, rather than eating the food itself!





Kyabje Lama Zopa Rinpoche

When it comes to Rinpoche, there's a huge difference between simply making an offering, and then making an extensive offering. Making extensive offerings is not just about doubling or tripling the amount of offerings one is making. Rather, making extensive offerings, with one's whole heart, each offering can multiply and become thousands or a hundred thousand times more, becoming limitless clouds of Samantabhadra offerings!





And the offerings that Rinpoche and we, ourselves, can make, are not just the ones offered and arranged in front of us. But, they also include all the offerings arranged in all the FPMT Centers around the world, and in all the students' homes, including all those offerings made through mental visualization!

In brief, once the offerings are blessed, and the multiplying mantras have been recited, we first make charity to all the numberless six realm sentient beings, and those in the intermediate state. Then, together, or on behalf of all those beings, we offer to the numberless past, present, and future Buddhas, bodhisattvas, and holy beings—including our gurus—and all the numberless statues, stupas, and scriptures throughout the ten directions. Rinpoche will often spend hours making extensive offerings on behalf of all sentient beings, every day.





Kyabje Lama Zopa Rinpoche

Some people become impatient sitting through many hours of extensive offering prayers. Probably they don't understand the relative ease entailed in making these offerings through visualizations, when compared to actually making various kinds of offerings, one by one.

Rinpoche has numerous projects which include making offerings, and giving charity to those who are in need of it.

For example, Rinpoche makes offerings of three meals a day to 2,600 monks in Sera Je Monastery in South India. Just imagine, if a meal costs one dollar per monk, then the cost for offering meals to 2,600 monks per day will be at least two thousand six hundred dollars! And Rinpoche is offering them three meals a day, 365 days throughout the year! Rinpoche began this project a number of years ago, and has advised that it continues, and not stop.

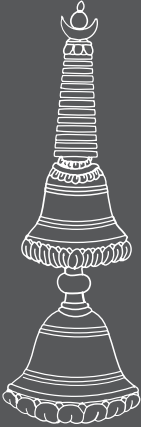


 *Kyabje Lama Zopa Rinpoche*



Apart from the Sera Je Food Fund Project, Rinpoche continues to sponsor various Buddhist teachings, and prayer festivals given by His gurus in the Himalayan regions, as well as all over the world. Whenever there is a gathering of Sangha members, Rinpoche always finds time to invite the Sangha to have their meals together with Him. Many times Rinpoche will invite the laity to join in the meals, as well. This goes to show Rinpoche's big and generous heart in making offerings.





When Rinpoche makes charity to beggars on the street, in places like India and Nepal, sometimes the attendant will forget to bring along with him the local currency, in loose change, or run out of change in his pocket. When that happens, without hesitating for even a second, Rinpoche will offer up the loose change that He has carried with Him.



 *Kyalje Lama Zopa Rinpoche*

When a student presented a very expensive Rolex watch as a gift to Rinpoche, Rinpoche accepted the gift, so that the student could accumulate merit. However, immediately after dedicating the merit for that student, Rinpoche then presented that gift to the next person waiting in line to receive blessings from Him. As one student observed: Rinpoche will receive a gift in one hand, and then immediately give it away in another hand!





Kyabje Lama Zopa Rinpoche

Rinpoche will often receive floral bouquets upon His arrival at the airport. And even though there might be hundreds of people standing in line with their long katas, eagerly awaiting to greet Rinpoche, He will still make a point to stop, and offer up those flowers to the Triple Jewel on behalf of that person, so that he or she can create extensive merit. Only then will Rinpoche continue through the queue.

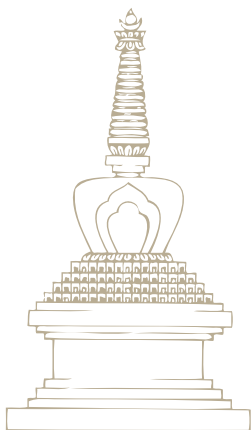




Kyalje Lama Zopa Rinpoche



Everyone waiting in line to greet Rinpoche will have a different experience. "How was your exam result?" Rinpoche asked one young man who had met Rinpoche several years before, and who had requested Rinpoche's blessings, at that time, to help him pass an important exam. The young man just couldn't believe it, that after several years since their first meeting, Rinpoche not only remembered him, but also remembered about his exam!





Kyabje Lama Zopa Rinpoche



It's quite common for people who have that rare, single moment to meet Rinpoche face-to-face, to request Rinpoche's help in blessing and praying for their families, relatives, or friends who have sicknesses, business problems, relationship problems, all sorts of problems that we encounter in the world. And due to His great love and compassion, Rinpoche will never turn them away.





Kyabje Lama Zopa Rinpoche



In a small Chinese town, there was a family whose child was experiencing a rare, incurable disease. Rather than giving up, the parents continuously sought help from mediums, religious people, and also tried other healing methods.

Once, when they came to a temple seeking the medium for help, the medium told them to go seek help from Kyabje Lama Zopa Rinpoche.

When Rinpoche eventually came to this Chinese town, after a long period of time had passed, the parents immediately begged Rinpoche to help their child. Again, out of great love and compassion, Rinpoche spent long hours doing prayers on behalf of their child.

In the beginning, when they first met, Rinpoche told the parents, "That Rinpoche, whom the medium mentioned, hasn't come!"



 *Kyalje Lama Zopa Rinpoche*



When a long time student approached Rinpoche for help with his family's financial problems, Rinpoche said He would try, and did a divination for him, to see what should be done.

However, as things turned out, that student's family lost lots of money, millions and millions of dollars. Although this student's family was, at first, unhappy with Rinpoche, because His decision had effected their entire family business, nonetheless, this student's guru devotion became stronger, and his



renunciation to samsara got stronger, because he understood that it wasn't the fault of Rinpoche, but due to his own family's karmic result.

Probably that is how Rinpoche guides His students along the path, because Rinpoche has often taught, "The most important success is that which brings realizations, happiness and enlightenment!"





Once when a hurricane was about to hit Florida, and a student pleaded with Rinpoche for help, Rinpoche did a tea offering prayer, commenting that it didn't have much power, but He would try. Although the hurricane was heading directly towards Florida, yet, suddenly, it went around it.

On another two occasions when Rinpoche performed the tea offering prayer to stop the rain, when the sun finally came out, Rinpoche said, "It could be a coincidence, and not because I did my prayers. Of course, it's based on karma, but it could also have been a coincidence."





Every action that Rinpoche does, every word Rinpoche speaks, and every thought Rinpoche has is never apart from His wish to bring to enlightenment each and every single sentient being, including the tiniest ants and mosquitoes.

During a prayer ceremony with several great abbots and prominent Rinpoches from different monasteries, Rinpoche saw an ant crawling across the floor in front of Him. Without the slightest hesitation or delay, Rinpoche immediately bent down, and using the palms of His hands, tried to bring the ant closer to Him, in order to plant a cause for its enlightenment, by hearing Rinpoche's prayers.





Kyalje Lama Zopa Rinpoche

A student's life underwent a drastic change after meeting Rinpoche, attending His teachings, and then doing a retreat with Him. Just before she packed up to return to her own country, after the retreat, Rinpoche made sure she heard His specific advice, which was, "Do not get angry, no matter what circumstances happen to you."

After a few months, this student came to thank Rinpoche, profusely, for His very exacting advice. She explained to Rinpoche that if she hadn't received it, she felt she would have gone completely insane in dealing with some drastic changes that took place in her life. To which Rinpoche simply replied, "I didn't know that when I gave you the advice."





Kyabje Lama Zopa Rinpoche



When a student complained about mosquito bites, Rinpoche advised “You should not kill mosquitoes at all. Your body is so big, and they are so tiny. What if their bodies were big and yours was tiny, and you came to bite them and drink a little of their blood because you were hungry, and then they killed you? Even though you only needed a small amount of blood to eat and drink, but instead they kill you. How does this look to you? This is exactly the same situation.”

Only such a kind and compassionate enlightened Guru would speak up on behalf of even the tiniest mosquitoes. For He prays that all sentient beings will only experience happiness, and be free of even the slightest suffering.





Kyabje Lama Zopa Rinpoche

As Rinpoche's attendant said, "It doesn't matter how busy things get. If a sentient being appears in front of Rinpoche, He always stops what He's doing, and has all the time in the world for that being, because Rinpoche only thinks of the being who's right there in front of Him."

Although walking from the Gompa to the car might only be some 20 yards away, yet it can take Rinpoche several hours to walk that short distance. That's because Rinpoche never lets a single tiny being, whether it's an insect, a worm, or an ant pass by, without stopping to say a prayer to benefit them.





Kyabje Lama Zopa Rinpoche

Rinpoche really cares for and loves animals. Even when Rinpoche is watching the Animal Planet station on T.V., as soon as they show the lions stalking their prey, and they're just about to rip open the necks of the deer, Rinpoche will immediately change the channel. Due to His overwhelming compassion, He just can't bear to watch the animals killing one another.

Although Rinpoche tries to watch the Animal Planet channel, He can't quite do it, because the animal world seems to be all about animals preying on each other, and eating each other in the most horrific ways.





Kyalje Lama Zopa Rinpoche

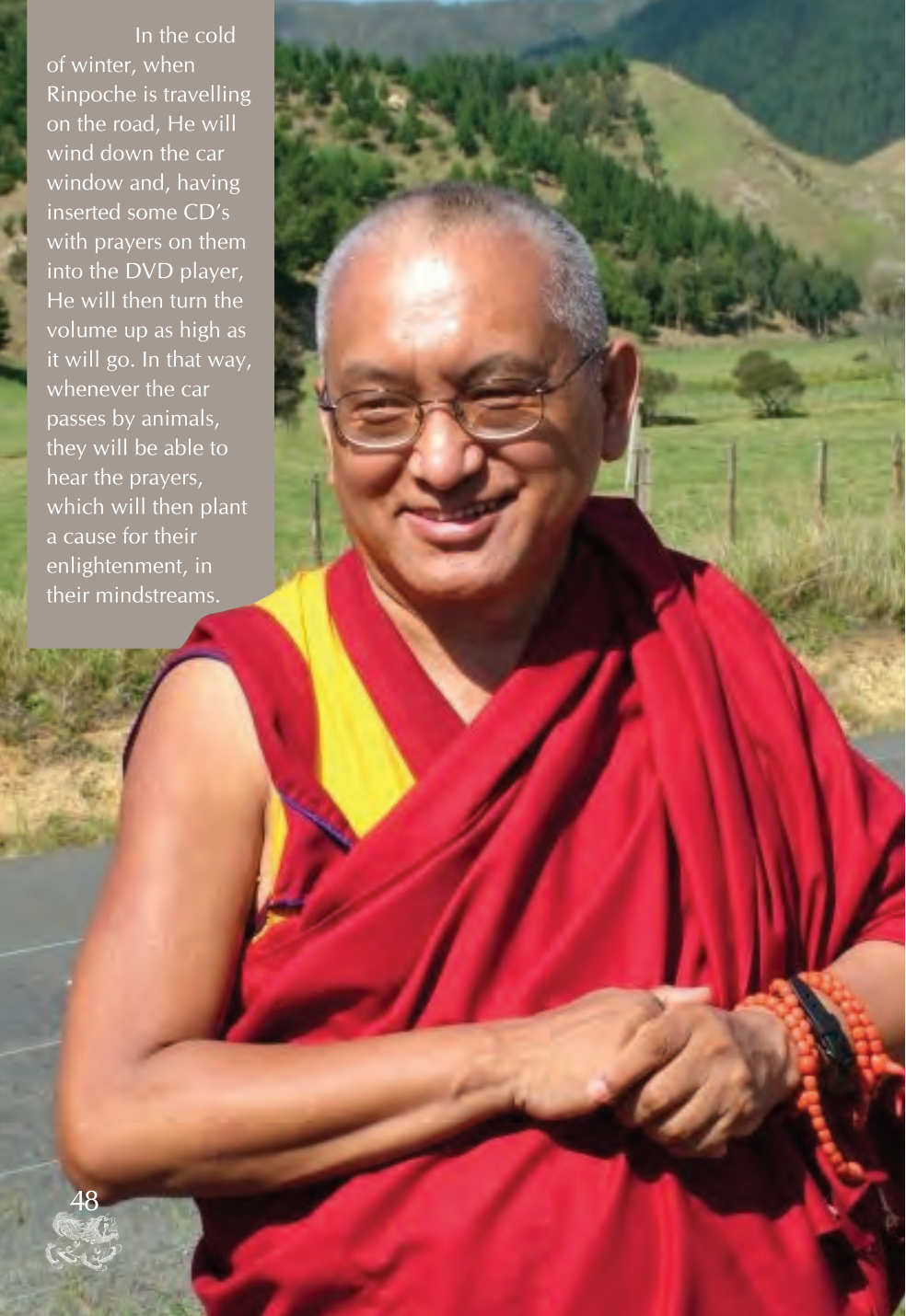
Rinpoche's concern for animals is not limited to their present life. He's concerned even more about the future lives of those animals. This is because Rinpoche is not just working for the temporary relief of those animals' suffering, but for their ultimate liberation from the whole cycle of samsaric suffering, as well as their attainment of everlasting peace and happiness – peerless full enlightenment.

Rinpoche even built a stupa for His dog, Om Mani Padme Hung, at His retreat house in California, so that Mani could go around it and purify her karmic obstacles. Once when Rinpoche was out of the country, He called His house around 1:30 a.m., and had one of the nuns there hold the phone up to Mani's ears. Rinpoche then chanted various mantras and prayers for Mani. Om Mani Padme Hung, who has now passed away, was said to be a student of Rinpoche's in a previous life, but this life she was born as a dog.

Once, in Taiwan, a few dogs belonging to Rinpoche's Center were lost. But when Rinpoche came to visit the Center, the dogs returned. Rinpoche mentioned that they were His students before, in past lives.



In the cold of winter, when Rinpoche is travelling on the road, He will wind down the car window and, having inserted some CD's with prayers on them into the DVD player, He will then turn the volume up as high as it will go. In that way, whenever the car passes by animals, they will be able to hear the prayers, which will then plant a cause for their enlightenment, in their mindstreams.





Kyabje Lama Zopa Rinpoche

Rinpoche has personally written out holy mantras, which have been scanned, turned into car “stickers,” and placed all around Rinpoche’s car. Unfortunately, when Rinpoche is travelling by car, oftentimes insects or animals will hit the car and die. But since there are holy mantras and holy deity pictures all over the car, those insects, and animals will be able to purify their negative karma, and be able to take a higher rebirth in their next life.

Rinpoche also writes holy mantras on baseball caps, so that whoever wears it, will purify their negative karma. Rinpoche has several “mantra boards” with holy mantras written out on them. Oftentimes, when Rinpoche is in California, His students will rent a boat, and these mantra boards will hang off the back of the boat, by ropes, so that they lay flat on the water. As these mantra boards are being pulled through the water by the boat, they bless the water. In this way, all the sentient beings living in the ocean receive great benefit, and blessings.

Rinpoche also writes mantras on goat horns, tortoise shells, and bird houses to make sure these animals are safe and receive benefit. Rinpoche enjoys writing mantras on rocks, stones, and crystals, so that whoever sees them, remembers them, touches them, or thinks of them, will purify their negative karma, and feel inspired to practice Dharma.





Kyabje Lama Zopa Rinpoche



Rinpoche writes mantras and wishes on balloons, and then releases them into the sky. When the balloons fly far away into the deep blue sky, and disappear from our sight, let us all pray that, due to these good causes and conditions, and due to the power of dependent arising, that all of Rinpoche's holy wishes will be fulfilled without delay of even a second!





Kyabje Lama Zopa Rinpoche

Rinpoche has designed special “animal liberation tools” made out of cardboard, which have mantras written all over them, and are designed to safely scoop up small insects, and then easily release them where they won’t get killed.



When small animals and insects come to Rinpoche, He will definitely chant mantras and prayers for them so that they can hear, and get the benefit. And He will bless the animals, by blowing on them after reciting those prayers.

Rinpoche will then carry them in His own hands, or in the animal liberation tools He designed, or in paper cups, and circumambulate stupas or prayer wheels, to help purify their negative karma, and plant causes of enlightenment for them.

For larger animals such as goats and cows, without exception, Rinpoche will spend time doing prayers for them to hear. Again, this helps to purify their negative karma, and plants causes of enlightenment in their mental continuums. Also, Rinpoche has commissioned the building of stupas and holy objects for these animals to circumambulate. And this is how the Animal Sanctuary Project was born!



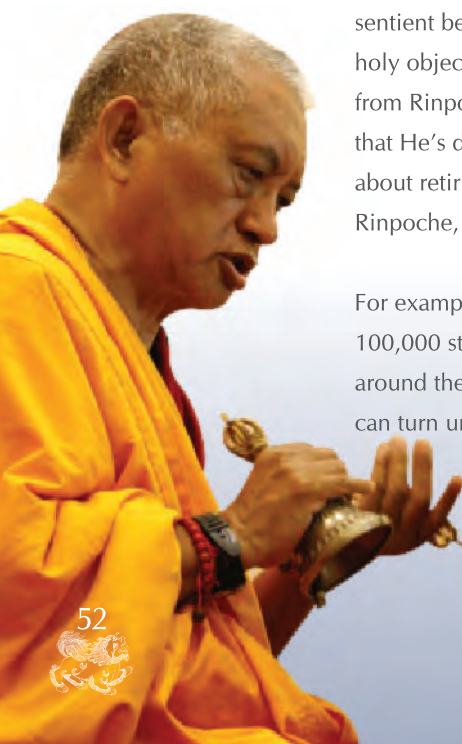


From time to time, as conditions present themselves, Rinpoche will advise His students, or the FPMT Centers, to build holy stupas or prayer wheels, thus creating vast amounts of merit, not only for people who are involved in these projects, but for anyone who actually sees these holy objects.

Besides creating incredible merit, another reason for building these holy objects is that the power of the object, itself, can send out incredible energy of peace and loving kindness, which is so much needed in today's world.

Even though one might think that Rinpoche has already provided so much incredible benefit to sentient beings throughout the world, building holy objects, teaching Dharma, and so forth, yet, from Rinpoche's side, it never occurs to Him that He's done enough. Although we might think about retiring from our jobs, one day, for Rinpoche, His work is never finished.

For example, Rinpoche's vision is to build 100,000 stupas and 100,000 prayer wheels around the world, including prayer wheels that can turn under the ocean!





Kyabje Lama Zopa Rinpoche

The increasing number of projects, Dharma centers, and students around the world have become a condition for Rinpoche to become a seasoned traveler. Yet Rinpoche's travel arrangements can change at any time.

Rinpoche was supposed to fly to India one night, from California. His suitcases had been packed, and were loaded into the car. Then, a few hours before Rinpoche was to leave for the airport, a laywoman who was working in the FPMT Organization, came over to the house. She was having some obstacles and needed to talk with Rinpoche. Well, time went by, and it was time to make the two hour drive to the airport. But Rinpoche wasn't paying attention to the trip. He was totally focused on helping this laywoman.

From time-to-time, Venerable Roger would come into the living room where they were seated, and quietly ask Rinpoche if He was ready to go to the airport. But Rinpoche said nothing, and dutifully, Venerable Roger would quietly walk away, leaving them to talk.

Venerable Roger made one last attempt to request Rinpoche to leave for the airport. Speaking very quietly to Rinpoche, he said something like, "Would Rinpoche like to go to India tonight?" When he realized that Rinpoche was actually about to do some puja for this laywoman in order to help remove her obstacles, Venerable Roger then went out to the car, brought in just a few suitcases, and proceeded to cancel their flight, and rebook it for the following day.

Although Rinpoche is here on this earth to benefit all sentient beings, He still does it: one at a time.





Kyabje Lama Zopa Rinpoche

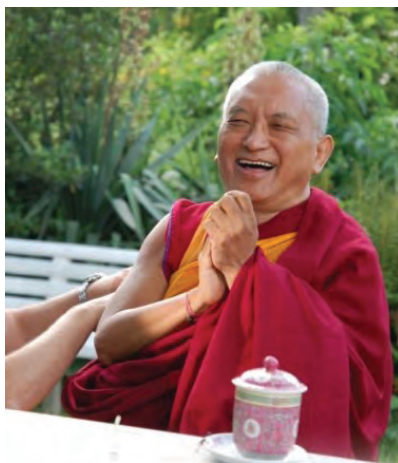


Whenever Rinpoche travels, especially to countries overseas, Rinpoche always carries with Him a prayer wheel, holy relics, many Tibetan prayer texts, and tons of holy objects. However, Rinpoche doesn't mind paying the excess fee for His overweight luggage at the airport, in order to bring these holy items along with Him. Because, just like a doctor, who carries his medical bag with him whenever he goes

out to treat his patients, so too, does Rinpoche take along with Him these holy texts, and objects that He needs to help treat the afflictions of sentient beings.

And even though a student of Rinpoche offered to scan all of the Tibetan texts that He uses into a computer, in order to make it easier for Rinpoche and His entourage to carry around, yet it seems that Rinpoche prefers to take His seven big suitcases wherever He travels!





Can we call it a coincidence, or could it be due to Rinpoche's enlightened mind and unbelievable kindness, that He would just happen to meet up with His students in the middle of the highway, who were travelling from Bodhgaya to Varanasi in India, and then would make the time to stop, and have tea with them?

It just so happened, that a small group of Rinpoche's students began their six to seven hours' journey, by car, from Varanasi to Bodhgaya, while Rinpoche left Bodhgaya to Varanasi much later that day.

They hadn't planned ahead of time to meet up with Rinpoche at the crossroad, where there was a small coffee shop. And yet, when they stopped to rest, and have a tea break, they couldn't believe it when they saw Rinpoche getting out from His car, and walking straight towards the small coffee shop to join them!

Later on they found out that Rinpoche had insisted that the driver make a U-turn in the road, and head back to this small coffee shop for His washroom break!





Kyabje Lama Zopa Rinpoche

Rinpoche will start His teaching, puja, initiation or any program when the time is just right. And it is Rinpoche's practice to end the program by leading everyone in extensive dedications.



One time during the dedications, Rinpoche added, "Please pray, while you're not asleep, to have lots of sleep!" And also, "While you always pray to have the right conditions to practice Dharma, you do have the right conditions, but you don't practice!" and then He laughed and laughed.



Once when Rinpoche had finished His evening program very early in the morning, at the break of dawn, He ended with the words, "For those of you who are still not dreaming, you can leave!"





Rinpoche is well known for His teachings, that usually go on until the wee hours of the morning. And yet, when the teachings end, Rinpoche has as much energy as He did when He started them!

Rinpoche is able to answer the questions in each of the students' minds, and can clear away any doubts they might have, with a single voice, and a single holy Dharma that fits perfectly according to their individual capacities.

When Rinpoche appears to be getting carried away while telling a long story, and seems to be getting lost on the point that He was trying to make, could it be the case that Rinpoche is checking on which students are paying more attention, and are concentrating more on the teaching?

Just by attending long hours of teaching sessions with Rinpoche, if we can maintain a positive, clear, open mind, and listen to His teaching attentively, without worrying about getting hungry, or thirsty, or needing a break to run out to the washroom, we are practicing the Six Perfections of the



bodhisattva path of generosity, morality, patience, enthusiasm, concentration and wisdom, which will definitely bring us closer to enlightenment.





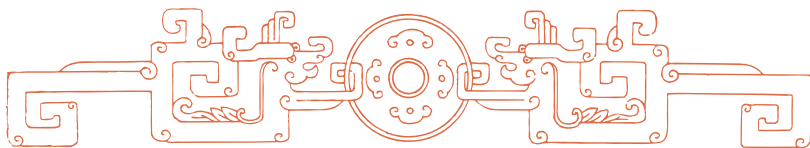


Kyabje Lama Zopa Rinpoche

Many people complain about Rinpoche's coughing during His teachings. They seem to hear only His coughing, the entire time, and are unable to hear a word of what Rinpoche says. Later on, these same people will offer up different cough medicines, or throat lozenges to help Rinpoche clear His throat, as if Rinpoche was the one who was having the problem!

On the other hand, there are first timers who listen to Rinpoche's teaching, and immediately find that it clicks in their minds, and moves their hearts. They enjoy the teachings as if they had eaten a delicious meal. They feel that only the Dharma that comes from Rinpoche makes so much sense to them, while other teachers who might teach on the same topic, they find their style dry and tasteless.





Kyalje Lama Zopa Rinpoche

One time, a student's father was on his death bed, hooked up to a life support machine. The doctor had obtained consent from his family members to remove him from life support, and send him back home to live out the final journey of his life.

The student was in a state of complete loss, and was feeling anxious, yet had the good karma to meet up with Rinpoche, and beg Rinpoche for help.

Rinpoche then gave her a relic pill to put inside her father's mouth, and said he would wake up in five days' time. The student then rushed to the hospital, and stopped the doctor and family from taking him off the life support machine, and to follow Rinpoche's advice accordingly.

Until today, her father is still alive. And to the doctor and family's surprise, the father really woke up on the fifth day after the relic pill was put into his mouth.





Kyalje Lama Zopa Rinpoche



Sometimes, students get discouraged when there is almost no chance to spend personal time with Rinpoche, or Rinpoche hardly comes to their center, or they think that Rinpoche has forgotten them because Rinpoche has so many projects, centers and students around the world to take care of. Yet, there are students who have found answers in their lives through reading Rinpoche's teachings in books, on the website or in emails.

And there are students who dream of Rinpoche sending messages to them. For example, there is a student who found her lost earring, and the remote control for her house gate after calling out Rinpoche's name for help, because she was so worried that her husband would scold her if he knew that she had lost it!





Kyabje Lama Zopa Rinpoche

When students write letters to Rinpoche asking about practices, or a personal deity that will help them to achieve realizations and enlightenment in the quickest way, Rinpoche's answer to these letters often involves doing various practices, many thousands, or hundreds of thousands of times.

It is very seldom that the number to complete, for each practice, is below a hundred thousand. After calculating how long it could take to complete just one practice, not to mention more than that, one doesn't really have a choice, but to make strong prayers to take on a precious human rebirth in one's next life, so that one can continue with one's practices on the path to enlightenment.

However, we shouldn't feel discouraged, or procrastinate, and put off doing these practices. Rather, by reflecting on the rarity of our precious human rebirth, we should do what we can in this lifetime, while we can, with a mind filled with joy in Dharma practice.





When Rinpoche gives advice on personal practices to His students, some of them become overly excited, and exert great effort to complete them as fast as possible. And when they're done, they feel extremely pleased with themselves, and can't wait to report to Rinpoche on their quick accomplishment.

Yet, when Rinpoche checks on the *quality* of their practice, some of them are told that they have to redo their practice over again, while others might end up doing double or triple the amount of the practice they just finished! From this, it's apparent that from Rinpoche's side, the quality of the practice carries more weight than the quantity, itself.







Kyalje Lama Gopa Rinpoche

Occasionally, when students get over the initial shock of the huge amount of practices they have been advised to do, there are some who will try to negotiate with Rinpoche on the numbers or the amount of each practice. They complain, and bring up all kinds of reasons why they can't find the time to do them. And this happens even when the students, from their sides, have asked Rinpoche for personal practices! However, Rinpoche knows what's best for us. He knows what we have to do to tame our egotistical minds, and to purify our negative karma, and create merit. So rather than giving in to their demands, Rinpoche will often increase the practices He's already given them.





Kyabje Lama Zopa Rinpoche



Rinpoche is known for His excellent and pure practice of guru devotion, which one can see as Rinpoche devotes Himself to His many gurus. Rinpoche is a perfect example of how to correctly devote oneself to the Virtuous Friend, one which we can follow and emulate.

Recently, a photo was sent to Rinpoche, on the computer, of one of His gurus who had reincarnated, and had recently been discovered. Rinpoche immediately made prostrations, and offered up a mandala to His guru's photo, right there, in front of the computer!

Despite having over a thousand students, and hundreds of centers and projects around the world, whenever Rinpoche is in front of His gurus, He is always very humble, polite, speaks in a soft voice, and will bend down His body as a gesture of respect, as well as always offering the very best and most expensive offerings to them.





Kyalje Lama Zopa Rinpoche

Because Rinpoche has such incredible great kindness, compassion and bodhicitta for us sentient beings, He emphasizes that we can plant a cause for enlightenment just by seeing a photo, or statue of a Buddha, not to mention making an offering of a single flower, or a grain of rice to the holy objects.

Rinpoche's retreat house in California is completely filled with holy objects and offerings. There are over 300 water bowls, big and small, thousands of light offerings, and a garden filled with beautiful flowers. And not only in California, but wherever Rinpoche goes, it is customary for Him to always display holy objects and pictures, and to arrange and make extensive offerings. Rinpoche has said that everyone can visualize the offerings that He makes in His homes, as well as the offerings in all of the FPMT gompas, and offerings that people make in their own homes. The purpose is for us sentient beings to plant many causes for enlightenment, and to accumulate extensive merit.





Rinpoche goes shopping! When Rinpoche goes to the market, or mall, or a small shop, people seem to warm up to Rinpoche, showing smiling faces, and treating him with respect.

You never can tell what Rinpoche wants to go shopping for. But when He does go shopping, it's rare that Rinpoche is shopping for Himself. Rinpoche is always looking for gifts for others, whether He's at the airport, or inside a mall, Rinpoche finds great joy in personally selecting gifts for others.

Whenever Rinpoche sees a seafood section, in the supermarket, He will stop there and chant mantras to bless the live fish, shrimp, crabs or any other sea animals that are being sold there.

And in restaurants that display live fish, crabs, or lobsters in tanks for their customers to select and order for their meal, Rinpoche will try to buy as many of them as possible. Then He will bless them, and liberate them.

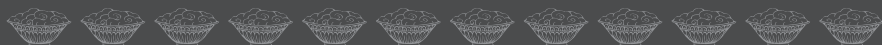






Kyabje Lama Zopa Rinpoche

One time when Rinpoche and His attendant needed a cab to go somewhere, they stood on opposite sides of the street, each trying to hail a cab. While the attendant wasn't having any success, not only was Rinpoche successful in getting cabs, but the attendant saw that Rinpoche was giving them to the other people who were waiting for them!

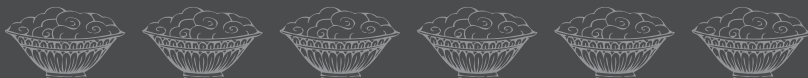


Kyabje Lama Zopa Rinpoche

A pregnant mother, her husband, and their young child were searching for Rinpoche's center during His short stay in Malaysia.



Using a map, they finally reached the area where the Center is located. However, they weren't sure if that building was the Center, or not. A young man, who was waiting at the gate outside the Center, approached them, and asked if they were looking for Rinpoche's Center, because Rinpoche had sent him to wait at the Center gate for "a pregnant mother who was coming from Penang!"





Kyabje Lama Zopa Rinpoche

Rinpoche watches over us like a mother cares for her only child. Many times we think that He doesn't know what is happening. Yet, when it is the right time, Rinpoche will call or send us messages.

Once, a student wanted to write a very personal letter to Rinpoche, yet wasn't sure how to go about doing it. After procrastinating for quite some time, she finally decided to just write it, without worrying so much. As things turned out, right at that moment when she started writing, Rinpoche phoned her!





Kyabje Lama Zopa Rinpoche

Another time, when a student finally got some time for much needed sleep, after doing some work for Rinpoche, upon waking up, and thinking about spending just a few more minutes in bed relaxing, low and behold, Rinpoche called and started giving her a list of work to do. It's as though Rinpoche knew exactly when she had woken up, and was getting her back to her Dharma work, so she didn't have time to be lazy.



Kyabje Lama Zopa Rinpoche

When a newly pregnant mother requested Rinpoche to give a name for her baby without knowing whether it would be a boy or a girl, Rinpoche thought for a while, gave her a name, and said, "We will see." Sure enough, Rinpoche wasn't wrong, because the name He gave worked perfectly for a boy or a girl.





Kyabje Lama Zopa Rinpoche

One time, Rinpoche advised a student to go to the United States for a CPMT meeting. Although there was difficulty in applying for a visa to enter into the United States, nonetheless, with complete faith in Rinpoche's advice, she proceeded to book her reservation, and pay for her air ticket, while she was applying for her US Visa, going through an interview, and waiting for the US Embassy's reply.

Right up until the day of her departure, she still hadn't received a response from the US Embassy about her visa. Her suitcase was packed, and she had her ticket in her hand, all ready to go. However, just when she thought that she'd have to throw away her ticket, and cancel her plans, just a few hours before check-in time at the airport, she finally received a call from the US Embassy, saying that they had granted her a 10 year visa!

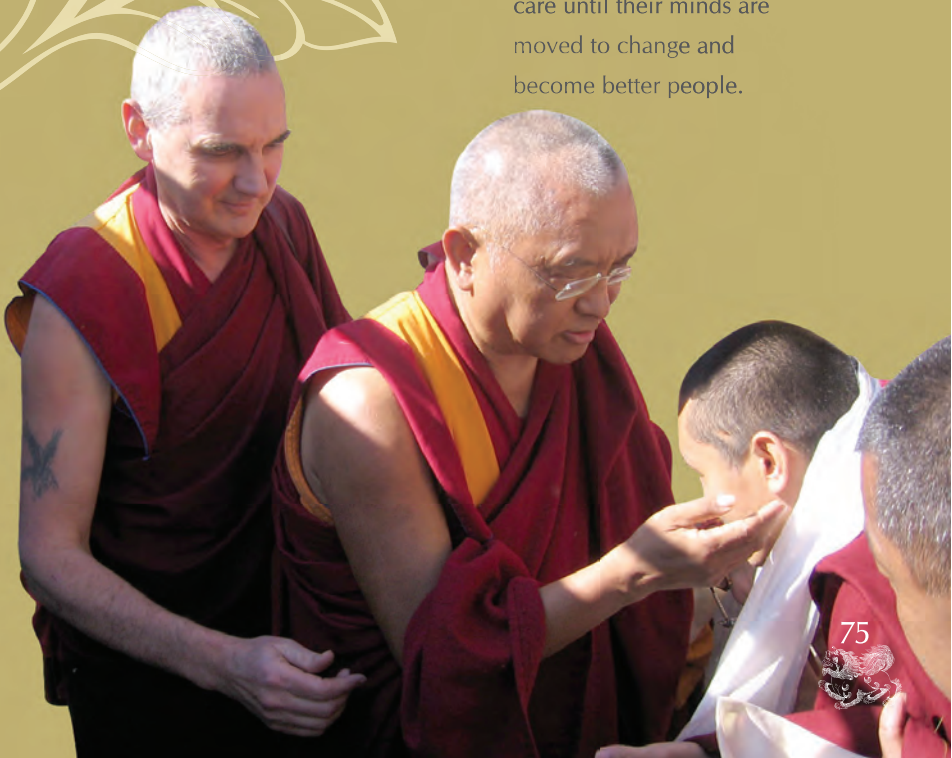
Another time, Rinpoche advised her to go to South India for a teaching. This advice came in at the last minute, leaving her very little time to prepare for a visa, and re-arrange her personal schedule. Yet, with a simple mind to follow Rinpoche's advice, she again obtained her visa, this time to India, just a few hours before the plane took off!

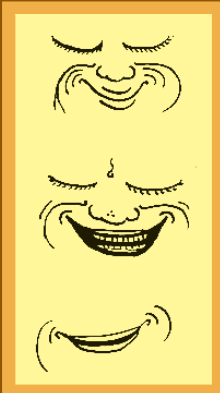




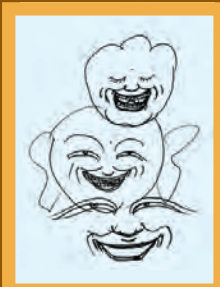
Kyabje Lama Zopa Rinpoche

No matter how difficult, stubborn, or problematic people might be, rather than keeping them at a distance, Rinpoche will spend even more time and energy with them, without complaining or feeling tired. He will show them loving kindness, compassion, and care until their minds are moved to change and become better people.

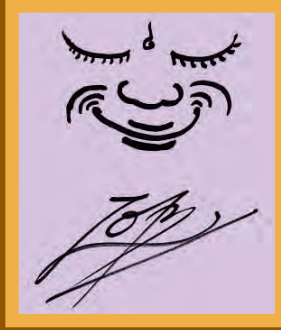




Three vertical columns of Odia characters on a pink background. The characters are stylized and arranged in a grid-like pattern.



A large, stylized Odia character 'କା' (Ka) in red, with a signature 'with Love in Odia' and 'ଶ୍ରୀ ୨୦୧୦' at the bottom, on a light blue background.





Kyabje Lama Zopa Rinpoche

In the Sherpa village of Solu Khumbu in Nepal, potatoes are a big part of a typical Sherpa's diet. And Rinpoche is a big fan of potatoes! Once, when Rinpoche ordered a potato dish in a restaurant, He couldn't wait to ask His attendant to take a photo of it, after He had created some design on the table with the potatoes!



Kyabje Lama Zopa Rinpoche

Rinpoche is a master of creativity, which opens up many channels for talented people to feel connected or closer to Him. For example, Rinpoche cooks! He has His own collection of delicious recipes which He's given Dharma names to.

Rinpoche enjoys watching theatrical Dharma shows and films, for example, the 21 Tara Dance, and the life story of Shakyamuni Buddha. He will also comment on how to modify the costumes, how to act, how to dance, and how the set should be decorated. Not only is Rinpoche very precise, but He is also a perfectionist!

And Rinpoche is an artist! For example, He might draw a picture of a yak, which will then become a "Certificate" for a student who makes delicious tea for Him. Rinpoche also draws beautiful pictures of deities, as well as many other holy objects. And what people have come to love is Rinpoche's "signature drawing," which is the cute smiley emoticons, that always go with His signature!





Kyabje Lama Zopa Rinpoche



Once when one of the attendants in California was going outside with Rinpoche to assist Him with the water and preta offerings, she tried to get Rinpoche to put on His sweater, because it was cold outside. But Rinpoche didn't want to wear it. He turned and said: "Do you think the holy body gets cold!" He then smiled and put on the sweater, knowing it would make her feel better.





Kyabje Lama Zopa Rinpoche

The precious Guru's compassion is boundless. During the Kopan course, a student found a small, injured bird lying on the ground. She then handed this bird to a nun who was there, and asked her if she could ask Rinpoche to bless it, for it looked like it was about to die. When Rinpoche came out of the gompa, He immediately walked up to this nun, who was holding the tiny bird in her hands, and began to recite mantras, while simultaneously blowing on the bird. Rinpoche then took some water and sprinkled it over the tiny bird. Within a few minutes, the bird began flapping its wings; it was coming back to life! Rinpoche continued to pray for this tiny bird until it looked stabilized. Rinpoche then asked one of His attendants to take this bird back to His living quarters so He could continue looking after it.





One time, one of the nuns living in Rinpoche's retreat house in California, who made water bowl offerings there, was experiencing excruciating lower back pain for many, many weeks. Although she was in physical pain, from her own side she continued to empty out the hundreds of water bowls, and fill them up again out of great devotion to her Guru. Rinpoche noticed that she was in pain, and seeing that she still went about her work in His home, called her over from her work, and began to chant mantras while placing one of His hands on the area of pain on her body. The nun began feeling the pain going away instantly. About five minutes later Rinpoche asked her, "How much pain is gone?" She thought, and said, "95%" ! Rinpoche smiled.





Kyalje Lama Zopa Rinpoche

A devoted laywoman, who used to live in California, had a life-threatening illness which went on for a number of years. She was in and out of the hospitals, and was always in a lot of pain. One time, Rinpoche went to visit her in the hospital, along with a monk and nun who lived in His retreat home. Rinpoche sat down by the side of



her bed and began chanting powerful mantras for her. Within minutes, her pain began to decrease and then went away. This was a cause for Rinpoche to then record those mantras for pain which are now available through the FPMT Foundation Store. Although her pain came and went for many years,

she always remembered Rinpoche's advice to listen to the CD's that He made, chanting the mantras to remove pain.





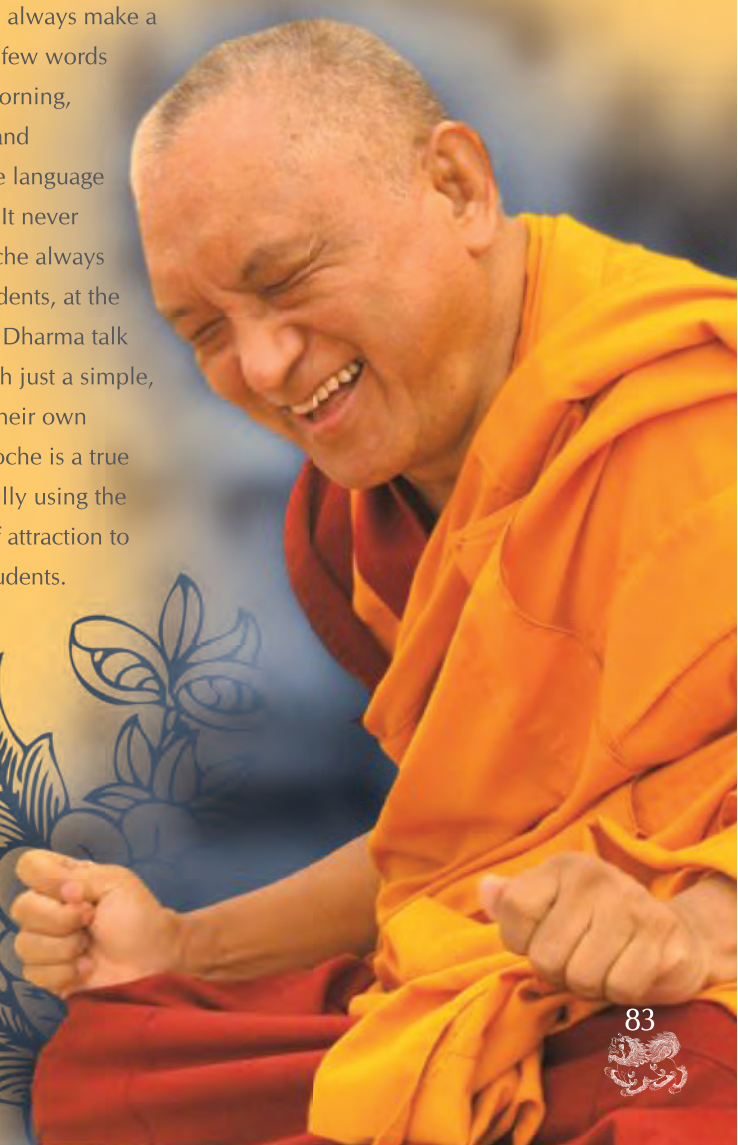
Kyabje Lama Zopa Rinpoche

A former neighbor of Rinpoche's, in California, had a big shaggy, sheep dog. One time, about two weeks before Rinpoche was about to return to California, from overseas, this dog made a point to come over to Rinpoche's house each evening, at a very specific time. This was no easy feat, because by the time this dog came over to the house, the gate was shut. This meant she had to squeeze her body through a very narrow point on the gate, in order to get onto the property. But persist she did, night after night. And not only did she come onto the property, but she would run up the outside steps to the second floor landing, and sit right in front of Rinpoche's door. One morning, one of the nuns discovered her inside Rinpoche's house, all curled up in the small hallway outside of Rinpoche's meditation room. She really wanted to see Rinpoche!





Whenever Rinpoche is travelling to countries where the native language is not English, He will always make a point to learn a few words such as good morning, good evening, and thank you in the language of that country. It never fails that Rinpoche always delights His students, at the conclusion of a Dharma talk or practice, with just a simple, good night, in their own language. Rinpoche is a true Master, in skilfully using the four methods of attraction to gather in His students.





Kyabje Lama Zopa Rinpoche

On a few occasions, while driving back, late at night, to Rinpoche's retreat house from Vajrapani Institute in California, Rinpoche would see deer, which had already been killed by other passing cars, and were lying dead in the road. Rinpoche would then ask the driver to stop the car, and pull it off to the side of the main road, so that He could recite mantras for the deer, and pray for their good rebirth. Sometimes someone would pick up the dead deer in their zen, and carry it off the road for Rinpoche to bless.





Kyabje Lama Zopa Rinpoche

A family from Las Vegas, who has hosted the Relic Tour there in the past, drove all the way to Pasadena, California to attend a public talk by His Holiness the Dalai Lama. When they heard that Rinpoche would also be attending the talks there, they were hoping that there might be an opportunity to request an appointment with Him.

Although hundreds of people were there in Pasadena to attend His Holiness's talks, yet, after the public talk was over, this family had the incredible conditions to accidentally run into Rinpoche at a local Starbucks! This goes to show that when one prays to Rinpoche with a sincere heart, like a wish-fulfilling jewel, Rinpoche will make all their wishes come true.



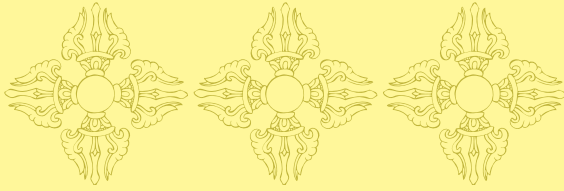




Kyabje Lama Zopa Rinpoche

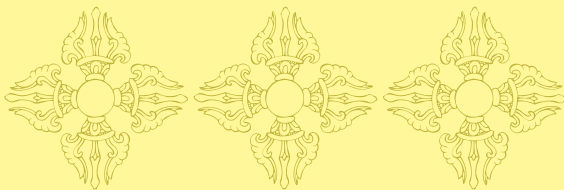
There is no doubt that the precious, perfect guru is a very special holy being, who out of great kindness and compassion, has returned to this world, in order to guide us on the path to enlightenment. From our side, it's important to rejoice in our own three time merits, that have ripened in this life to be able to meet Rinpoche. And, it's equally important that we continue to create merit, and dedicate it, so that we will be able to continue to meet, and be guided by our precious guru, not just in this life, but in all future lives.





***Long Life Prayer for
Kyabje Lama Zopa Rinpoche***

You who uphold the Subduer's moral way,
who serve as the bountiful bearer-of-all,
Sustaining, preserving, and spreading
Manjunath's victorious doctrine;
Who masterfully accomplish magnificent
prayers honoring the Three Jewels:
Savior of myself and others, your disciples,
please, please live long!



Care of Dharma Materials



The Buddhadharma is the true source of happiness for all sentient beings. Dharma texts teach us how to put the teachings into practice, as well as how to integrate them into our everyday lives, so that we can obtain not just short-term happiness, but ultimate happiness: peerless full enlightenment, for the benefit of all sentient beings.

Therefore, anything containing Dharma teachings, the names of our teachers, or holy images is more precious than ordinary material objects, and should be treated with respect.

To avoid creating the karma of not meeting the Dharma again in future lives, please do not put Dharma books (or other holy objects) on the floor, or underneath worldly books and objects, and do not step over or sit on them, or use them for mundane purposes such as reading them in the toilet, or propping up wobbly tables.

They should be kept in a clean, high place, separate from worldly writings, and wrapped in cloth when being carried around. These are but a few considerations.

Also, Dharma material should not be disposed of in the rubbish, or recycled with ordinary paper. It's okay to share your Dharma texts with those people who share a respect for the Dharma.





Contact Information:

For more information about Kyabje Lama Zopa Rinpoche, and the FPMT Organization, please go to: www.fpmt.org





Kyabje Lama Thubten Zopa Rinpoche was born in Thangme, Nepal, in 1945. At the age of three He was recognized as the reincarnation of the Lawudo Lama. From 1956 to 1959 He studied at Domo Monastery in Tibet. He then fled Chinese oppression in Tibet, and continued His study and practice in Tibetan refugee camps in India, where He met Lama Yeshe (1935-1984), who became His principal teacher. In 1969, the Lamas began teaching Buddhism to Westerners at their Kopan Monastery, Kathmandu, Nepal, and in 1974, began traveling the world to spread the Dharma. In 1975, they founded the FPMT, an international Buddhist organization that now numbers more than 160 centers, and related activities in over 30 countries worldwide.

