

# AMRITA

RECEIVING THE PRECIOUS NECTAR





*Altruism - Serving with Bodhicitta from Generation to Generation*  
義：让菩提利他心世代延续



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感谢大家支持《法露》的出版!



# *Altruistic Insights*

秉義而言



## Editors' Notes 编者的话

This year's theme on "Altruism - Serving with Bodhicitta from Generation to Generation" has been carefully selected to highlight one of the core values of Thekchen Choling. Altruism – to be selfless in serving all beings with compassion and wisdom – is not an easy value to uphold. However, Thekchen Choling's community has exhibited this value endlessly throughout the years, with this year being no exception.

There were many events and activities that required the selfless dedication of many volunteers, staff, and Sangha, following the vision and mission of Thekchen Choling's wish to empower all with meaningful lives and to connect all with divine hearts. It has been a joy to write out the various impacts that the temple has made this past year, and to honour some of our volunteers' voices that have shaped the temple to what it is today.

We are grateful to be able to serve all sentient beings and to follow in the Buddha's footsteps on the path to awakening. Thank you for being here with us, supporting us, and encouraging one another through the inevitable ups and downs. We hope you enjoy flipping through the memories of this year's Amrita, and see you again for next year's edition!

As always, we would like to thank the following people who have made Amrita 2024 possible. Without whom, this yearbook would not have come into fruition:

Translators: Felicia Wong, Neo Mui Hwa

Editors: Wong Wai Foong, Leong Jia En, Alexandra Pang,





今年的主题“義：让菩提利他心世代延续”，是经过深刻考虑后所决定的，以阐扬大乘禅寺其中一项核心价值的精神内涵。所谓【義】即慈悲与智慧双运，并无私地服务所有众生。要长期实践这样的精神绝非易事。然而，在我们所共同走过的岁月里，大乘禅寺社群锲而不舍地展现出【義】的精神面貌，今年也不例外。

一年到头，有许多的法会与活动需要许多的志愿者、工作人员以及僧众的无私奉献，他们秉持大乘禅寺的愿景和使命，致力与每个人心系慈爱，携手创造有意义的人生。在撰写这一年里寺院所带来的各种积极影响力时，我们感到无比的喜悦；在采访志工朋友们的过程中，他们的奉献精神也让我们肃然起敬。

我们感恩能够服务所有众生，并追随佛陀的足迹走向正觉之路。感谢您一路陪伴、一路支持，并在人生的起伏中互相鼓励。希望您愉悦地翻阅今年的《法露》重温美好回忆，并期待在明年的版面上再次与您相见！

一如既往，我们想感谢所有促成《法露年刊2024》诞生的人。没有他们的努力，这本年刊将无法实现：

翻译：黄筵鈞、梁美华

编辑：黄伟锋、梁嘉恩、庞艳凤

# CEO's Message: Altruism As Foundation of Thekchen Choling

## 总裁献词：【義】是大乘禅寺的根基

Tashi Delek everyone!

As I reflect on the events of this past year, 2024, my heart swells with gratitude and joy. It has been a year filled with purpose and profound meaning. Our Thekchen family has poured their hearts into our activities and events, working tirelessly and selflessly to serve others with love.

This year, we embrace the beautiful theme of "Altruism – Serving with Bodhicitta from Generation to Generation." Altruism is not just a value; it is the very foundation of Thekchen Choling. It serves as a constant reminder of our commitment to Bodhicitta – the compassionate wish to alleviate the suffering of all sentient beings.

Buddha taught us that nurturing a heart filled with Bodhicitta is the key to enlightenment. Our Thekchen family – each member of the Sangha, every staff person, and all our dedicated volunteers – embodies this altruistic spirit, a legacy that has been lovingly passed down through the generations. Through this spirit, we have the privilege of serving others with compassion and kindness. The love of the Buddha shines through all we do, guiding our actions and intentions to uplift and benefit all beings.

Our temple stands as a beacon of hope and service within our community. It has become a sanctuary where we practice altruism, a place where we gather for pujas, prayers, and teachings that

nurture our souls and inspire our hearts. This sacred space not only honors the teachings of the Buddha but also serves as a bridge between generations, allowing the light of wisdom to illuminate the paths of countless beings now and in the future.

Thekchen Choling is more than just a temple; it is a home for many, a place of refuge for one's spiritual practice and devotion. Let us unite our efforts to rebuild our temple, ensuring it continues to be a source of love and light for generations yet to come. Together, let us amplify the heart of altruism, allowing its echoes to resonate for decades, bringing endless benefit to all beings.

I am reminded of a powerful quote from Mother Teresa:

"If we pray, we will believe;  
If we believe, we will love;  
If we love, we will serve."

These words encapsulate the essence of our journey. Our prayers cultivate our belief, and from that belief blossoms a profound love for all beings. This selfless love compels us to serve with compassion. Yet, we must remember that without faith in our Gurus and the Triple Gem, our path may become clouded with obstacles. That's why it is essential to keep our faith alive through prayer, for the temple is vital to our spiritual well-being.

Let us come together to breathe life into Buddha's teachings, to spread kindness



and wisdom through our every action. Together, we can create a legacy of altruism that will inspire generations to come.

Thank you for being part of this beautiful journey. Let us carry the light of compassion in our hearts and share it with the world.

With heartfelt gratitude,

**Emmeline Ang**  
Chief Executive Officer  
Thekchen Choling Singapore



扎西德勒，大家好！

回顾2024年的点滴，我的心中充满了感激与喜悦。这是充满目标与意义的一年，我们的大乘家庭全心投入各种活动与法会，不辞辛劳、无私奉献，以爱心服务他人。

今年，我们迎来了一个美好的主题——“義：让菩提利他心世代延续”。“義”所体现的不仅是一种价值观，更是大乘禅寺实践利他的根基，传达了我们对菩提心——愿度一切众生离苦的慈悲愿望——的坚定承诺。

佛陀教导我们，培养一颗充满菩提愿的无上善心是通往觉悟的关键。我们的大乘家庭——每位僧众、工作人员、还有热心的志工们——无不焕发利他精神的光辉。这颗利他心是世代传承的珍贵精神遗产，而我们正有幸地继承并将之付诸于行动，以慈悲大爱去服务他人。佛陀的慈爱之光指引着我们的一切善行，让我们以至善的动机与行为去扶持众生，利益众生。

我们的寺院俨然是一座灯塔，给社区带来光明、希望与福祉。寺院是我们修持利他心的实践据点，也是我们齐聚一堂参与法会祈愿，听闻佛法的圣所。其各项活动既滋养了我们的心灵，也开启了我们的觉性。这座庄严的道场在弘扬佛陀教法的同时，更作为连接世代的桥梁让智慧之光继续传递，由现在至未来给无数的众生指引迷途。

大乘禅寺是一座寺院，也是许多人的心灵家园。因为，这里是一个能让人心发虔诚、静心修持的皈依处。让我们齐心协力重

修寺院，确保它能继续成为世世代代传递爱与光明的源泉。一起让利他之心的大義洪钟响彻未来，播世代，让法音宣流遍及一切有情，带来无边利益。

我想起了特蕾莎修女的一句极具力量的名言：

“如果我们祈祷，我们就会相信；  
如果我们相信，我们就会有爱；  
如果我们有爱，我们就会去服务。”

这些金玉良言正是我们修行旅程的精髓所在。我们透过祈愿培育自身的信念，而信念又孕育出对众生的深厚慈爱。这种无私的爱促使我们以慈悲之心去服务他人。然而，我们要谨记，若缺失对上师和三宝的信心，前方的道路可能会被障碍蒙蔽，让我们陷入一片迷茫。因此，我们必定要坚持藉由祈愿来维护自身的信念，而寺院的存在对我们的的心灵成长至关重要。

让我们齐心协力，给佛陀的教义赋予生命，用每一个行动去传播善心与智慧，共同缔造利他心的珍贵遗产，让其世代延续，激励后世之人。

感谢您成为这段美丽旅程的一员。让我们以慈悲心灯，遍照世界寰宇。

怀着真挚的感恩之心，

**洪诗意**  
首席执行官  
新加坡大乘禅寺

# Rinpoche's Message: Love. Reverence. Altruism.

## 鑫和仁波切献词：情. 禮. 義.

Dear Dharma family and friends,

Another year has passed. If you have not yet had the chance to spend it meaningfully benefitting others, this is a good chance to remind ourselves of the core values of Thekchen Choling – Love, Reverence, and Altruism.

**Love:** This love we have is beyond self.

**Reverence:** I pay reverence to the divine in you. (We pay reverence to the divine in every individual.)

**Altruism:** Service to all beings so they can feel they are being seen.

These three values, when combined, give us the heart of Bodhicitta, the spirit of awakening. What is the spirit of awakening? It means to want to have the clarity and awareness of Enlightenment.

It is thus important to ask ourselves, how are we benefitting all sentient beings? Many of us are very knowledgeable about the Dharma, have done many pujas, prayers, and retreats that can so called benefit others. But the question is: how do we know we have actually benefitted them?

You may be very willing to benefit other beings but it's very "private limited", i.e. it's not free for all. There is this boundary we draw that tells others that "I'm only comfortable with this". Fundamentally, this is not wrong because it will keep you sane. However, there's something wrong with this too. What is it? Honestly, it comes from upgrading

ourselves. Many of us are not interested. We are interested in learning the Dharma but not upgrading our skills, our methods, our understanding of other people's needs and viewpoints. Simply by being resistant to upgrading and resistant to change, we are already very "private limited" in helping others. This is what screws us all as Buddhists.

It is important to ask ourselves, how do we practice towards Enlightenment in this modern day, time, and age?

My honest answer to all of us is this: you really need to upgrade yourself. Upgrade the skill of learning, teaching, understanding others, and understanding yourself.

If not, you'll just be going through the motion of teaching the Dharma or following your own beliefs of propagating Buddhism. Go for training to upgrade yourself. Why? Because when you go for courses to learn new things, you're actually making new friends who want to upgrade and update themselves.

So, when you say you want to benefit others, it's not about your knowledge or experience. At the end of the day, do you have the skills or capabilities for them to connect with you in new and beneficial ways?

Your mobile phone needs regular updates. Then why can't we have regular updates too? We're using smartphones but we have a 'dumbphone' mentality.



We update our phones so that we can use them without any problems. Similarly, we should allow ourselves to be well-utilised by all sentient beings, so we should all be supportive of one another as we upgrade ourselves, isn't it?

Let's start by giving not just things, but giving up our pride, our attitude, our thoughts and fears to upgrade ourselves and to benefit more beings!

With Love and Prayers,

**Singha Thekchen Namdrol Rinpoche**  
Spiritual Director of Thekchen Choling  
Singapore

亲爱的佛法家人和朋友们：

又一年过去了。如果您还未有机会把今年的时光善用于造福他人，那我们正好可以借此良机来提醒自己关于大乘禅寺的核心价值观——情·禮·義。

**情**：我们的爱，是超越自我的爱。

**禮**：我向您内在的圣性致以敬意。

**義**：为众生服务，让他们感觉自己被看到。

若把这三种价值观结合在一起，就是殊胜的菩提心，即觉醒的精神。什么是觉醒的精神？它的意思是想要修得具有正等正觉特质的清晰思维与觉知。

因此，重要的是要问自己，我们要如何去利益一切众生？我们之中的许多人，对各种佛法知识点了如指掌，还做过许多法会、祈愿与闭关，可以所谓的“利益他人”。但问题是：我们怎么知道自己确实实地使他人受益了呢？

你可能很乐意去造福利益其他众生，但规模和“有限公司”一样是有局限性的，而且，并非对所有人都这么乐意想去造福利益。我们会划定界限，仿佛是要告诉其他人“我的接受程度就只能到这里”。基本上，这样做并没有什么不妥，毕竟这是在我们精神所能承受的范围里去做，避免将自己搞得焦头烂额。然而，这样做也有问题，那问题出在哪里？

老实说，问题出在我们对自己提升的态度。说到自我提升，许多人都不怎么感兴趣。我们有兴趣学习佛法，但不屑于提升我们的技能、我们的方法，及我们对他人的需求和观点的了解程度。正是这种拒绝提升和拒绝改变的态度，形成了自我局限的绊脚石，让我们在实践中这方面沦为“有限公司”。这是我们

佛教徒所犯的毁灭性错误。

我们要问自己这个重要的问题，在当今时代，我们要如何修行成佛？

我给予大家的真实答案是：你必须提升自己。提升学习技能、教学技能，还有了解他人和了解自己的技能。

否则，你只是在形式上传授佛法，或只是在遵循你个人对弘扬佛教所抱持的理念而已。多去参加培训来提升自己。这是为什么呢？是因为当你去参加课程学习新事物时，你实际上也会结识想要自我提升、与时俱进的新朋友。

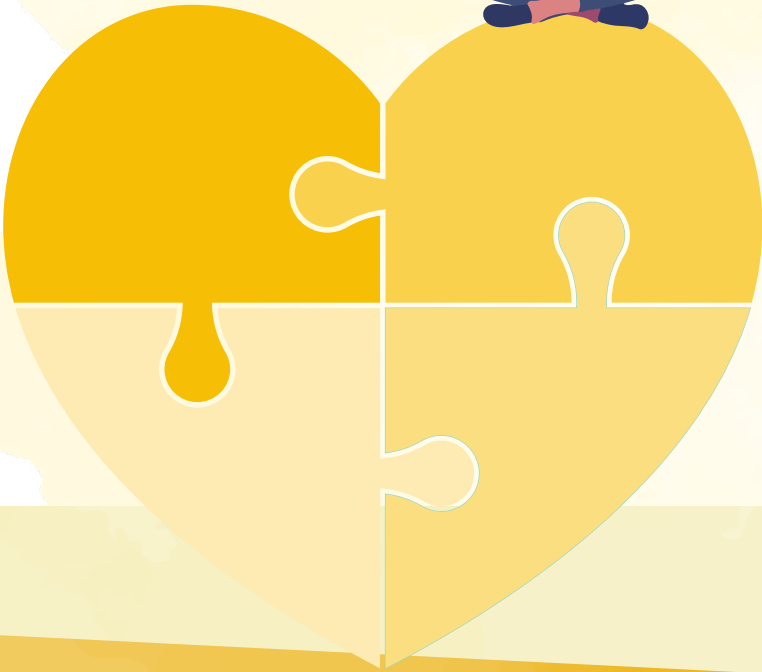
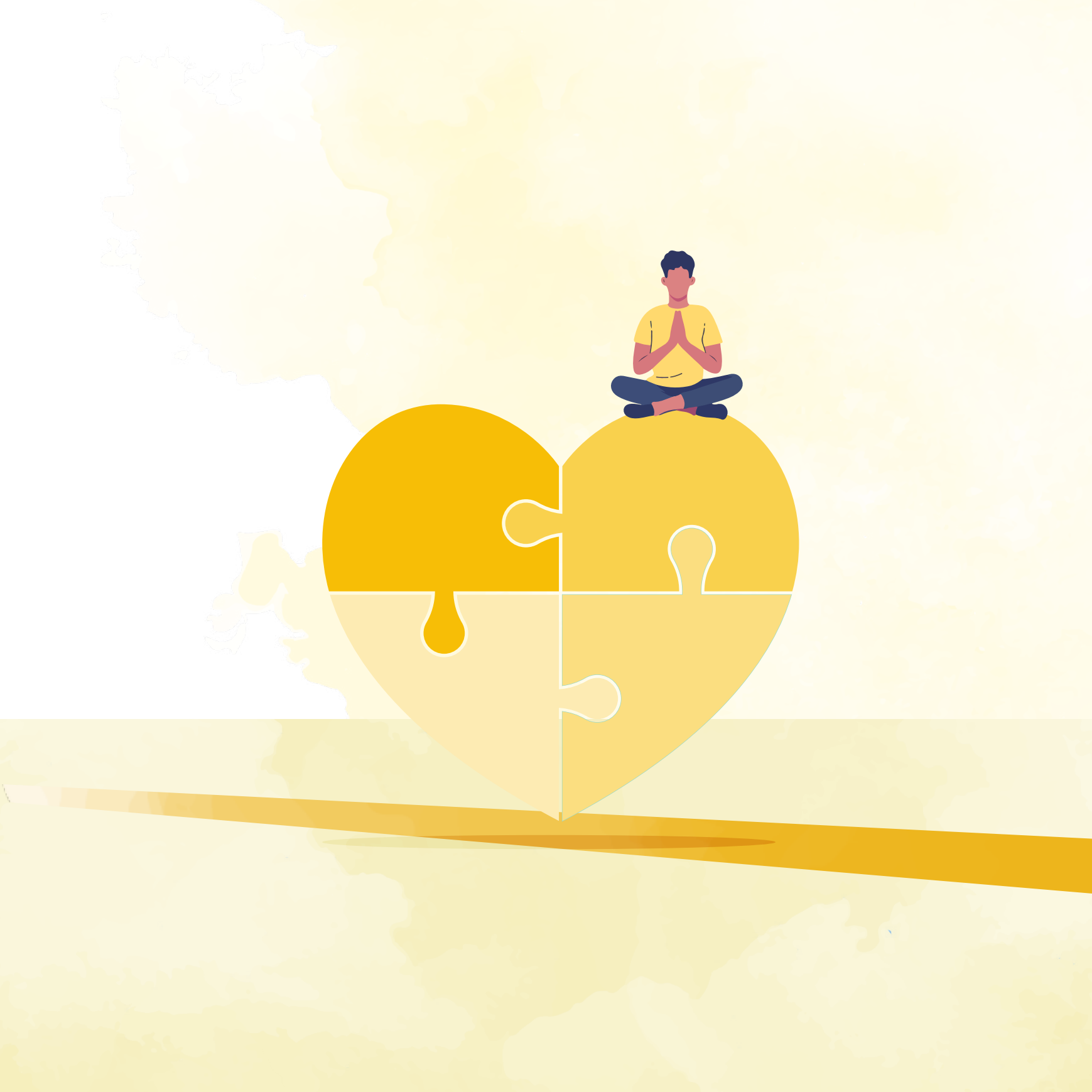
所以，当你说你想要利益他人时，这与你的知识或经验无关。归根结底，你是否有能力或技能让他们以更新、更具利益的方式与你联结？

你的手机需要定期更新。那我们为什么不能也设定时间来进行自我更新呢？我们使用着智能手机，却持有似“笨蛋手机”的心态。我们更新手机，是为了可以毫无障碍地使用它们。同样地，我们应该让自己能够被一切众生所善用，这就是为什么我们在提升自己的过程中都应该互相扶持，不是吗？

让我们从布施开始，但不是从施舍物资做起，而是从舍弃我们的骄傲、我们的态度、我们的思想和恐惧开始做起，来提升我们自己，利益更多的众生！

致爱与祈愿，

**鑫和大乘南都仁波切**  
住持上师  
新加坡大乘禅寺



# Acts of Altruism

修行真義



# Chinese New Year Celebrations

## 大乘禅寺迎新春



我们在热闹欢腾的春节庆祝活动中迎接甲辰龙年的到来！今年的庆祝活动除了舞狮队所展现的精湛技艺外，还有华族戏曲团所呈现的《八仙贺寿》的片段，向仁波切与信众送上繁荣昌盛、长寿安康的美好祝福。在场众人的脸上都洋溢着喜悦的笑容。

春节期间，寺院还举办了多项祈福法会，其中包括了在帝释天尊的诞辰日礼敬二十四诸天等。重要的是，我们也在鑫和仁波切珍贵的开示教导下，为新的一年拟定了明确的学佛修法方向。除此之外，我们也邀请了特别嘉宾，风水师唐健智与我们分享了各个生肖的重点信息。

我们感谢大家举家前来大乘禅寺欢度新春。让我们继续为农历新年的节日传统创造意义，散播正能量！

Our Chinese New Year Celebrations kicked off in high spirits as we ushered in the year of the Wood Dragon! Everyone was filled with joy as we celebrated with performances by the lion dancers and Chinese opera troupe that presented an excerpt from the 'Eight Immortals' to send Rinpoche and devotees well wishes of prosperity and longevity.

There were also many prayers conducted, such as the Prayers Before the 24 Heavenly Kings on Lord Indra's Birthday. Amidst the teachings by Singha Rinpoche to help us set our direction in terms of our Dharma practice for the new year, we also had a guest speaker, Feng Shui Master Sherwin Tng, to come share his insights on all the animal signs for the new year.

We are grateful to everyone for embracing Thekchen Choling as part of your festivities and family tradition. May we continue to spread positivity and imbue meaning to our Lunar New Year Celebrations!





# Qing Ming Festival & Ullambana Festival

## 清明法会与盂兰盛会



清明节与盂兰盆节期间，各界信众都聚集在大乘禅寺，为先人故友及一切有情众祈福。

清明节期间，信众们可通过寺院安排为先人写功德牌位送上祈愿。寺院僧众每日奉献斋食、诵经回向已故者迅速往生佛净土，常得自在。

本寺盂兰盛会的亮点之一，就是恭请僧众以藏文念诵《十万佛洪名藏经》。今年，我们也第一次请僧修持《普明大日如来大法会》。此外，我们在佛欢喜日，向新加坡大乘禅寺、及位于尼泊尔的协格尔寺、南嘉寺与曲瓦寺的200多位大德僧众，供养了膳食与日用品等。

举行这些积德造福的活动，不仅是在保留文化传统，还能护持僧众们的修持，让我们的已故至亲皆能获得佛法的利益







Our devotees came together during the Qing Ming and Ullambana Festival to dedicate prayers to our dearly departed loved ones and those who are karmically linked to us.

During the Qing Ming Festival, devotees had the opportunity to send love and prayers through dedication tablets placed in our temple bearing the names of the departed. Our resident Sanghas conducted extensive daily prayers and made bountiful food offerings, praying for their swift rebirth in Amitabha's Pureland.

Our Ullambana Festival also had its highlights with the Recitation of One Hundred Thousand Buddha Names Sutra, performed by our Sangha in Tibetan. It was our very first time conducting the specially commissioned The Vairocana Dawning of Blessings Puja. Furthermore, we made offering of meals and necessities to more than 200 Venerables from Thekchen Choling Singapore, Shelkar Cheode Ganden Legshedling (Nepal), Namgyal Jyangchub Choeling Monastery (Nepal), and Chuwar Gadhen Drophen Ling Monastery (Nepal) on Buddha's Joyful Day.

These meritorious activities allow us to preserve our cultural traditions and support the Sangha community, while benefiting our dearly departed loved ones with the essence of Dharma.



# Vesak Prayer Festival

## 大乘卫塞祈愿大法



Our Vesak Prayer Festival this year had many highlights, with our Animal Blessing Night happening once again for the third time! We also brought back an activity that hasn't happened for many years -- Journey with Buddha! Devotees came together for a bonding session while blessing the whole island of Singapore for a day with our Shakyamuni Buddha Rupa. We even connected with Tao Bu Keng Temple during the blessing tour!

The Vesak Day Family carnival was also bustling with crowds of people in high spirits as we celebrated Buddha's universal love for all beings. There was the iconic annual unveiling of our wish-fulfilling Shakyamuni Buddha thangka, which awed our spectators. It is also a reminder of the overflowing and boundless love that Buddha has for all beings for he - as Prince Siddhartha - relinquished his kingdom to seek the path of liberation so that he might teach us how to awaken our own Buddha nature.

今年的卫塞节有众多精彩亮点，而我们的护生祈福夜已连办至第三届！此外，一项多年未见的活动也于今年重磅回归——与佛同行！信众们集聚在一起，展开慈爱、友谊与祝福之旅。大家随着释迦牟尼佛金身与圣舍利乘坐游行花车环绕岛国，遍照加持。途中，我们还与蔡厝港斗母宫结缘！

卫塞节家庭嘉年华也热闹非凡，人潮涌动，欢庆佛陀对一切众生的广大慈爱。一年一度的经典项目，释迦牟尼佛如意大唐卡揭幕典礼，令所有在场的参与者惊叹不已。唐卡揭幕的时刻，也提醒我们要忆念佛陀对一切众生量无边的大爱。曾为悉达多太子的他，愿意放弃即将继承的王位，去寻求人生的解脱之道，并把自己所体悟的真理传授给世人，教导我们如何唤醒自身的佛性。



# A Date with Guru Rinpoche

## 与莲师有约



今年，莲师法会在筹划时所拟定的新方向，就是能够让更多人认识莲花生大士，并与他结缘。为此，法会被重新定名为《与莲师有约》。

在鑫和仁波切的带领下，我们通过法会修持与莲花生大士更加亲近、更加相应，就连我们所献上的供品，从鲜花到芳香的精油，全都不亚于与爱人约会时所呈现的仪式感！

当我们聆听鑫和仁波切随堂的讲解与引导，以及念诵祈请文和咒语时，全场的能量令人震慑、令人感动。感恩我们有此机会藉由闻法修持，对莲师法门生起坚固的信心，并在通往觉醒的修行道上，亲蒙鑫和仁波切的加持祝福。



This year's Guru Bumtsok Ceremony was given a new direction so as to connect Guru Rinpoche with more people, and to build deeper connections with him. Thus, it was rebranded as 'A Date with Guru Rinpoche'.

Led by Singha Rinpoche, we forged an intimate and passionate connection with Guru Rinpoche. We made offerings, from flowers to fragrant essential oils, all part of the rituals akin to going on a date with someone!

As we listened to Singha Rinpoche's teachings and recited prayers and mantras, the energy in the room was electrifying and deeply moving. We are immensely grateful for this opportunity to deepen our spiritual connection to Guru Rinpoche and gain the blessings of Guru Rinpoche on our path to awakening.





# Vaidurya Healing Festival

## 药师琉璃光胜会



今年药师胜会重点是利益龙族。因此，我们制作并献供了龙王药袋。此龙王药袋除了可以治愈龙族外，也能改善我们与大自然的微妙关系，并累积福德。胜会期间，我们还举办了由鑫和仁波切以英语带领修持的《殊胜龙王法会》，以及由僧众带领我们于海域进行的海洋祈福活动，向龙族献供祈愿。有别与往年，我们还以中文赞诵殊胜的《佛说海龙王经》利益众生，祈愿众生觉醒。

我们随喜透过筹备供品至念诵祈福所积累的无边胜福，给龙族众生、大地之母与一切有情带来福祉！





This year, our highlights revolve around benefitting the Nagas. We made and offered Naga Healing Bags to benefit the Nagas, improve our delicate relationship with nature, and for the accumulation of merits. We also had a special Naga Puja led by Singha Rinpoche in English, and a Blessing the Ocean activity which had devotees going to the seaside to pray and make offerings to the Nagas along with our Sangha members. In addition, we had a unique Sutra recitation on the Naga King Sagara Sutra in Chinese for the benefit of all beings and their awakening.

We rejoice in all the merits accumulated in the preparation of offerings, the recitations and prayers, and the benefit of Nagas, Mother Nature, and all beings!



# Grand Sanctification Ceremony of Cundi

## 最胜准提吉祥成就法会

Our Cundi Ceremony this year welcomed a new rupa from India! Led by Singha Rinpoche, we had a Maha-Cundi Invocation and Consecration Grand Ceremony for the new Cundi rupa. There was a huge turnout and great blessings for everyone who attended.

This year's Grand Sanctification Ceremony of Cundi also lasted for 3 days and 2 nights, from 18-20 October 2024. Each time slot was 2.5 hours, and the recitations were continuous, lasting day and night over the 3 days. A Vietnamese recitation session was added on one of the days, which is a new highlight of the event as it has never been done before!

We rejoice in the Lhamo Cundi practice being held in not just English, but also in Mandarin and Vietnamese for certain sessions. This move allows for more friends from all over the world to join us in the accumulation of prayers for the purpose of our own awakening and dedication of prayers for the good of the world.





今年的准提法会中，我们迎来了一尊来自印度的新塑准提佛母金身！在鑫和仁波切的带领下，我们为这尊准提金身举行了大准提开光大典。当天，大乘禅寺大殿里座无虚席，前来观礼的信众皆蒙准提佛母慈光加持，法喜充满。

今年的最胜准提吉祥成就法会依然是以三天两夜的形式举行，从2024年10月18日开始至20日圆满。仪轨修持每个时段长2.5小时，以接力的方式进行，日以继夜，连续不断。其中的一天，还增设了以越南语念诵的仪轨修持，这是历届准提胜会前所未有的新亮点！

我们随喜准提修持现在不仅可以英语进行念诵，也可以在特定时段以中文及越南语进行修持。这项举措，能让更多来自世界各地的法友与我们同心祈愿，趋向觉醒、造福世界。



# Million Mani Night

## 百万观音心咒共修



This year, to celebrate Guanyin Bodhisattva's birthday and Enlightenment Day, Thekchen Choling held a new mini event on both days -- Million Mani Night! Singha Rinpoche led the recitation of Om Mani Padme Hung and gave teachings to deepen our connection and understanding of the mantra.

There was a huge turnout for both days and we witnessed many heartfelt recitations of the mantra. On each of these two occasions, our recitation count went over 1 million collectively! We are blessed and thankful for this opportunity to create vast merits for ourselves and for others. We dedicate the merits of the recitation to sentient beings of the six realms, and to world peace and harmony.

今年，为庆祝观音菩萨的诞辰与成道日，大乘禅寺在这两天举办了新的迷你活动——《百万观音心咒共修》！鑫和仁波切带领我们念诵“唵嘛呢叭咪吽”，并给予开示以加深我们与心咒的相应和理解。这两天的出席人数非常多，我们也目睹了许多同修心发虔诚地修持观音心咒。在这两天，我们每一场的持咒总数突破了100万遍！我们很幸运并感谢有这个机会为自己与他人累积了广大的功德。我们谨将此念诵功德回向六道有情众生，再祈世界和平安泰。





# Teaching with Altruism

佛法義趣



# Dharma Junior

## 佛法儿童班

Our Dharma Junior classes are filled with fun, love, connections and growth. The lessons are based on the four core values: Learning through Play, Having Friendships, Being Generous and Virtuous Friends Forever.

Here are some highlights of what the four classes have done this year:

Elliot class (4-6): To celebrate Mother's Day, Elliot class did a mini "me" to showcase their creative craft ideas for their parents.

Manny class (7-8): The children brought to life the story of the Four Friends via props that they crafted themselves!

Risa class (9-12): Together, Risa children co-authored a Kindness Inspiration Book that they wrote over three lessons featuring stories on kindness.

Bodhi class (11-12): Children learnt about Vipassana walking meditation and had a go at it. This helped them be more aware of themselves as they walked, and they felt a sense of calmness after the activity.

It has been a fulfilling and meaningful year with all the Dharma Junior children! We look forward to many more smiles and fun activities next year!



我们的佛法儿童班充满了乐趣、友爱、连结与成长。学习活动是基于这四个核心价值观而设计的：通过游戏学习、拥有友谊、慷慨心怀及成为永 的善友。

以下是四个班级今年的一些亮点学习活动

依礼班（4至6岁）

为了庆祝母亲节，依礼班制作了一个迷你“我”，向父母展示他们的手作创意。

曼尼班（7至8岁）

曼尼班的孩子们亲手制作道具，并使用它来生动地演绎《和睦四瑞》的故事！

日萨班（9至10岁）

日萨班的孩子们利用三堂课的时间，共同创作了一本《启迪善良书》，收录有关爱心善良的故事。

菩提班（11至12岁）

孩子们学习并尝试了内观行禅。这不但能帮助他们在行走时更加的自觉，而且在活动过后他们还感到了一丝的平静。

对于所有佛法儿童班的同学们来说，这是充实而有意义的一年！我们期待明年继续与孩子们在欢声笑语中进行更多有趣的活动！



# Youth Leagues

## 青少年联盟



A revamped SAIL programme has been launched to capture more of our youths' diverse interests while nurturing their sense of ownership and empowerment within them.

This term, the youths of LEAGUES have been given the freedom to design their own activities and lead their own interests, all within the parameters that have been set for them. Some activities they planned included a hike up to the summit of Bukit Timah Hill, a beach activity, and volunteering at ACRES.

It has been an enriching and eye-opening journey for both the youths and the facilitators as they navigate their growth and development at their own pace.

"I am so grateful my parents signed me up for Youths as we (the youths) were given many opportunities to build relationships, leadership and our values with many activities our facilitators planned. I want to give them a big-shout and thanks for helping me find myself and what kind of person I want to be through the lessons." Allysa Lim, Youth Participant

"This new format is an exciting one! We facils get to see a different side of the youths! It's very encouraging to see them be fully participative and take ownership of the activities, even going so far as to step up and take the lead, regardless of how old or how long they have been part of the youth group. The difference in age is also certainly not a hinderance for them socially as they get along well with one another. This format also challenges us facils in our growth and development as facilitators in guiding the youths during the planning and execution of the activities." Alexandra Pang, Youth Facilitator





一项改进后的 SAIL 计划已经启动，旨在于更好地接纳时下年轻人的多元兴趣，同时培养他们的主人翁意识与赋权意识。

这个学期，青少年联盟的盟友们可以自由发挥，在锁定目标的范围之内，为自己策划学习活动及发展兴趣爱好。他们所策划的活动包括了徒步登上武吉知马山顶、沙滩活动以及到动物拯救中心 ACRES 参加当志工。

对于青少年和导师们来说，这是一个富有意义且开拓视野的学习过程。因为，这些活动都是按照他们各自的成长与发展步伐来逐步策划并实现的。

青少年活动的参与者 林钰涵表示：“我非常感谢我的父母为我报名参加佛法青年的活动，因为我们（青少年）有很多机会通过导师们所规划的活动中来建立关系、领导力与价值观。我想向他们大声呼喊，感谢他们通过这些活动帮助我更了解自己，及我想成为什么样的人。”

“这种新形式令人振奋！参与的导师们从中看到了这群青年的另一面！他们全情参与并愿意承担责任要把活动搞好，甚至挺身而出带领自己的团队。无论他们年龄多大或加入青年团多久，我们都看到他们各自的成长。年龄的差距并没有成为他们社交的障碍，因为他们彼此都相处得很好。由于我们得在活动的策划与执行过程中引导这群年轻人，所以青年活动的转型对导师们来说也是一项带来成长与发展的挑战。” 庞艳凤，佛法青年导师。

# Youth Leagues

## 青少年联盟





# Adult Courses

## 成人课程



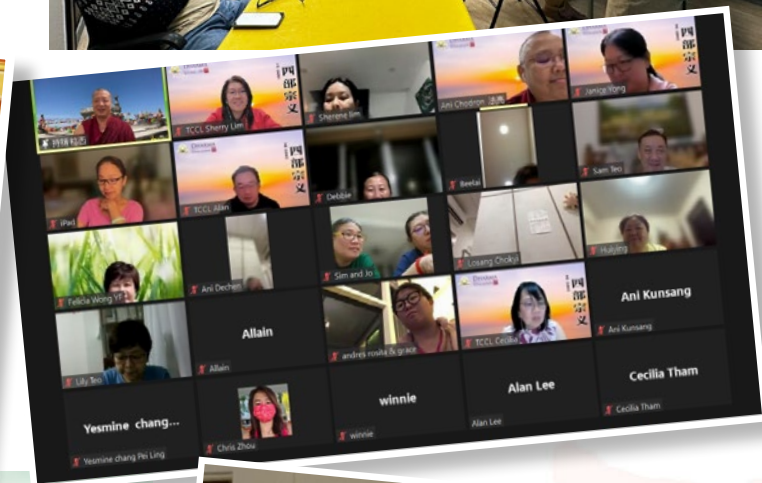
We conducted a variety of adult courses this year that benefitted many participants. This includes English medium courses such as Exploring Buddhism courses, Dorje Bell and Hand Mudra classes, Introduction to Meditation class, Noble Silence Retreat, as well as courses in Mandarin on Four Tenets and Samatha Meditation. We had devotees come to learn how to play instruments for Chinese Chanting too!

There were also guest teachers such as Venerable Geshe Tashi and Venerable Steve Carlier who gave us enlightening talks on various Dharma topics. We are very fortunate and blessed to have these teachings and classes and look forward to more in the future!

今年，我们举办了多项中英佛法成人课程，让许多参与的同修们受益良多。这些课程包括了中文授课的四部宗义以及奢摩他禅修课，还有英文授课的探索佛教、金刚铃与手印、禅修入门、静心静修闭关等。当中，我们还再次开办了中文念诵法器共修班，让有兴趣学习持奏法器与赞诵的同修们一同参与学习！

除此之外，我们很荣幸地迎来了尊贵的格西达喜、Steve Carlier 法师，就各种佛法课题，给我们进行特别的佛法开示。

感恩导师们给予我们这些珍贵的佛法传授，期待未来有更多的佛法学习活动与课程！



# Visiting Masters

## 到访大德



### Precious Visit by H.E. Jhado Rinpoche

We are deeply thankful for the visit by H.E. Kyabje Jhado Rinpoche over the Chinese and Tibetan New Year period. Jhado Rinpoche is the former abbot of Namgyal Monastery (India) and is one of the main Gurus of Singha Rinpoche.

During the visit, Jhado Rinpoche blessed us with pujas during Wealth Deities Special Day (Pushya Day) and conferred precious transmissions.

We are grateful for Jhado Rinpoche's kind guidance and immense compassion. We also deeply cherish the time spent together and look forward to many more of such visits!

### 尊贵的查多仁波切光驾本寺

由衷感恩尊贵的衲主查多仁波切于藏历新年与农历新年期间的特别造访。主查多仁波切是印度尊胜寺的退居方丈，也是鑫和仁波切的主要上师之一。

来访期间恰逢【财神圣众吉祥日】（或称聚财祥日），查多仁波切亲自为我们主持了几场密修法会，并赐予珍贵的传法传承。

我们非常珍惜与查多仁波切相聚的宝贵时光，亦非常感激他所给予的慈悲指导与加持。祈请仁波切常来大乘禅寺传授佛法！





# Cultural Exchange

## 文化交流



大乘禅寺全年欢迎文化交流！今年，我们很高兴地接待了来自不同团体和组织的朋友们。

卫塞吉祥月期间，在法亮法师、法乐法师与资深的庞贵方师兄的带领下，我们接待了三批来访的团体，美国妇女协会、德国协会及德国学校的会员与学生到本寺做客。张颢议师兄也在四月份接待了一组来自祝福寺的佛友造访，它们均是佛学文凭课程的学员。除此之外，三月份的一个早上，法乐法师接待了来自竹林寺福慧教育中心的师生们到访。

希望所有到访的团体能通过这些友好的参访，更了解本寺及金刚乘的修持。导览的法师与师兄们也在这些短暂而亲切的交流中，分享了有关诸佛菩萨的故事。

我们期待更多类似的文化交流！







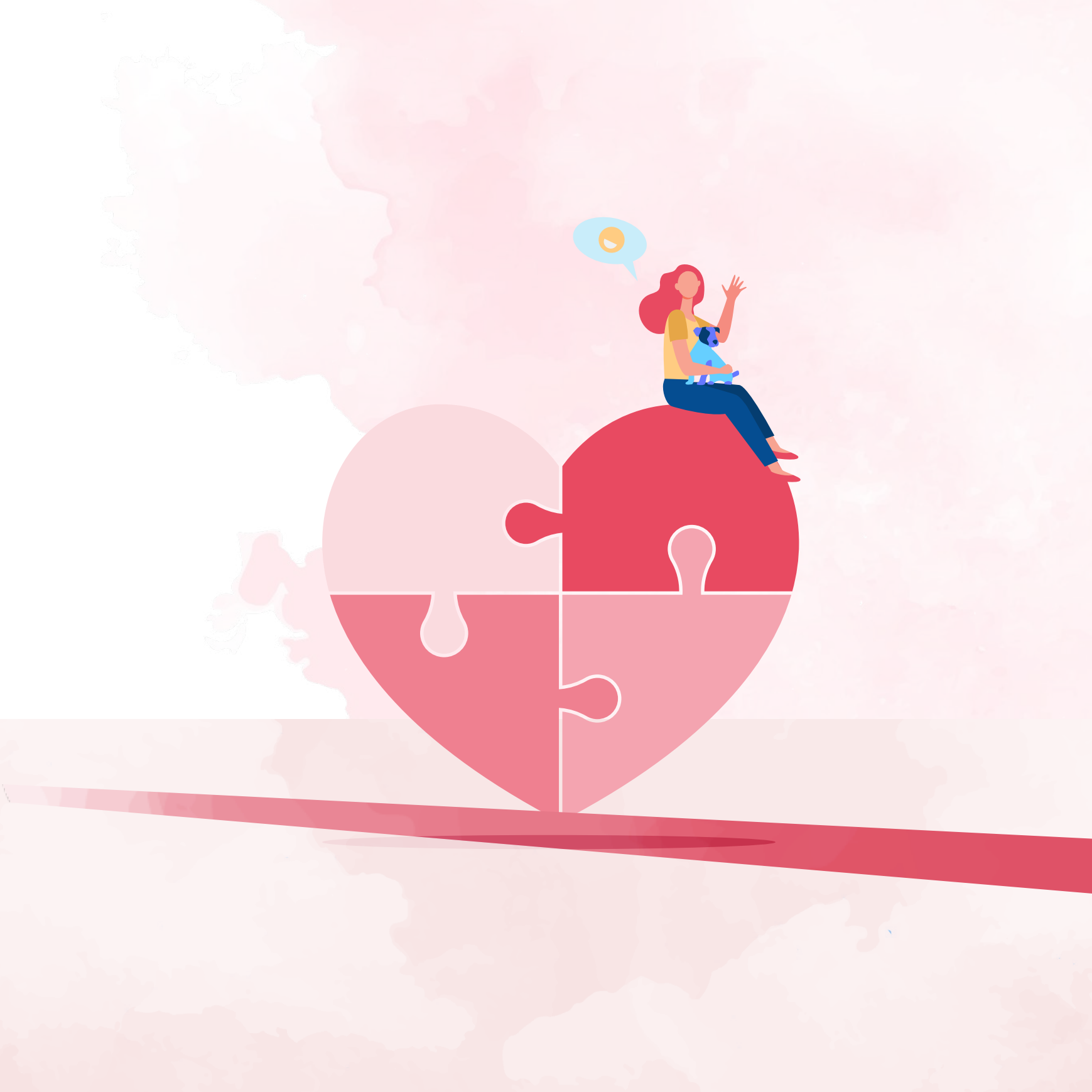
Thekchen Choling welcomes cultural exchanges all year round! This year, we were happy to host friends from various groups and organisations.

In the month of Vesak, Ani Chodron, Ani Dechen and senior dharma brother Richard Pang were guides for three groups of visitors, welcoming our friends from the American Women's Association, the German Association and the students from German School. We had dharma brother Keith Cheung guiding a class of diploma students from Mangala Vihara Buddhist Temple too in the month of April. Ani Dechen also led students and teachers from Zu Lin Temple one morning in March!

All groups learnt more about our temple and Vajrayana Buddhism as they toured the grounds. Our Sangha guides and dharma brothers also shared stories about the various Buddhas during their visit.

We look forward to more of these cultural exchanges to come!





# *Giving with Altruism*

慷慨義施



# Supporting Communities

## 支持社群

We are dedicated to being a source of support for students, helping them build promising futures. Furthermore, we are committed to providing essential resources to families in need, to alleviate their financial burden. Our goal is to strengthen community ties and promote a nurturing environment for all. This year, we gave out Bursary Awards to 51 students of various races and religions through the Thekchen Choling Singapore Education Bursary Awards this year, with the support of the Kampong Glam Grassroots Organisations. Other projects we helmed this year include sharing festive joy with our elderly residents with Hong Bao and goodie bag distribution in January. 1000 pax of Hong Baos and goodie bags were given out. We would like to extend our heartfelt appreciation to all who contributed to these causes!



我们致力于在莘莘学子的求学道路上提供扶持，助他们创造更美好的前途。我们也承诺为有需要的家庭提供必要的资源，减轻他们的生活负担。我们的目标是加强社区纽带，营造一个关爱互助的环境。今年，我们在甘榜格南基层组织的支持下，通过大乘禅寺教育助学金项目，向51位不同种族和宗教背景的学生颁发了助学金。此外，我们今年还参与了一些其他项目，包括在一月份为年长居民派发红包和礼包，分享节日的喜悦。这次总共派发了1000份红包和礼包。我们衷心感谢所有为这些项目做出贡献的善心人士！

## Medical Care and Peaceful Passing

This year, we continued extending our support to various organisations for its health programmes, including Metta Welfare Association Medical Care, and HCA Hospice. Besides medical care, Thekchen Choling also places great importance on people having a dignified passing during their end-of-life memorial services. We continued to raise funds for donations towards Cheng Hong Welfare Service Society, which supports the needy and elderly by befriending them, providing emotional support and fulfilling their wishes for funeral and bereavement services regardless of race or religion. Likewise, we extend our support towards the organisation, Poh Teck Tung Foundation (Thailand), for their services to benefit society.

## 支持医疗与善终

今年，我们继续支持多个组织的医疗计划，包括慈光福利协会的医疗服务，HCA慈怀护理等。大乘禅寺也愿意帮助人们依据自己的意愿，得到妥善的后事安排。我们持续为众弘福利协会筹集善款，扶持机构继续给年长者及有需要群体提供陪伴与情感支持，不分种族与宗教，实现他们对葬礼及后事服务的心愿。同样地，我们也支持华侨报德善堂（泰国）造福人群的各种社会福利计划。



## Animal & Environmental Initiatives

Thekchen Choling's popular Animal Blessing Night was back once again this year, and with our Animal Welfare Fund raised during this event, we also extended support and donations towards multiple animal and environmental organisations, such as Action for Singapore Dogs (ASD), Nature Society (Singapore), Riding for the Disabled Association of Singapore (RDA), Animal Concerns Research and Education Society (ACRES), National Parks Board Garden City Fund and Ground-Up Initiative (GUI).

## 护生与环境倡议

大乘禅寺备受欢迎的【护生祈福夜】今年再次回归，而我们也在活动中为本寺护生基金筹集善款，向多个动物福利与环境组织提供支持及捐赠，包括新加坡爱狗协会（ASD）、新加坡自然协会（NSS）、新加坡残疾人骑马协会协会（RDA）、关爱动物研究协会（ACRES）、国家公园局花园城市基金（GCF）以及聚友爱（GUI）。

# Supporting Communities

## 支持社群

### 疗养院的佛法分享

今年，我们的僧众和工作人员前往职总保健合作社属下的疗养院（菜市）三次，与那里的佛教住民分享佛法。我们以佛法搭建心灵的桥梁，用简而易懂的佛理与念诵触动他们的心，引导他们与佛菩萨相连。许多住民在佛法中找到慰藉，有些人甚至感动落泪。我们非常感恩有这样的机缘与这些长者心连心地交流！



### Dharma Sharing at Nursing Home

Our Sangha and staff went to NTUC Health Nursing Home (Chai Chee) thrice this year to share about the Dharma with some of the residents who are Buddhists. We connected with them through the Dharma, touching their hearts and guiding them to connect with the Buddhas and Bodhisattvas through bite sized teachings and recitations. They found solace in Buddha and the Dharma, and some were moved to tears during the session. We are grateful for this precious heart to heart connection with the elderly!



### Dharma Preservation Efforts

Dharma Preservation is a key part of Thekchen Choling's purpose to ensure the continuation of Buddha's legacy for all of us. This year, Thekchen Choling has raised funds for donations towards Sera Jey Tsawa Khangtsen and the Nepal Buddhist Gelug Association. This is to support their operations in their efforts to preserve and propagate the Dharma for all beings. We rejoice and are grateful for their efforts!

### 护持佛法的传承

为了确保佛法得以延续，惠及所有众生，继承与发扬佛陀教法是大乘禅寺坚守的承诺。今年，大乘禅寺筹集了善款，捐赠护持色拉寺扎瓦康村与尼泊尔佛教格鲁协会的运作，让他们能够继续为一切众生传承与弘扬佛法。我们随喜并感恩他们的努力！

# Our Beneficiaries

## 受惠群体

### Singapore 新加坡

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**Kampong Glam Community Club**  
甘榜格南民众俱乐部

**Thekchen Choling Singapore Education Bursary Awards 2024**  
新加坡大乘禅寺2024年度助学金

**Action for Singapore Dogs (ASD)**  
新加坡爱狗协会

**Natural Society (Singapore)**  
新加坡自然协会

**Riding for the Disabled Association of Singapore (RDA)**  
新加坡残疾人骑马协会

**Animal Concerns Research and Education Society (ACRES)**  
关爱动物研究协会

**National Parks Board Garden City Fund**  
新加坡国家公园局 - 花园城市基金

**Singapore Red Cross Society**  
新加坡红十字会

**Kwong Wai Shiu Hospital**  
广惠肇留医院

**Geylang East Home for the Aged**  
芽笼东老人之家

**Cheng Hong Welfare Service Society**  
众弘福利协会

**HCA Hospice**  
HCA慈怀护理

**Singapore Cancer Society Hospice Care**  
新加坡防癌协会慈怀护理

**Metta Welfare Association Medical Care**  
慈光福利协会医疗服务

**Metta Hospice Care**  
慈光福利协会安宁居家护理中心

**Singapore University of Technology and Design (SUTD)**  
新加坡科技设计大学

**YYD Education Centre**  
雲陰殿教育中心

**Nam Hong Welfare Society - Afterlife Care**  
南凤福利协会-后事服务

**Manual Therapists Association**  
徒手治疗师协会

**Ground-Up Initiative**  
聚友爱

### International 国际

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**Sera Jey Tsawa Khangtsen**  
色拉杰扎哇康村

**Nepal Buddhist Gelug Association**  
尼泊尔格鲁佛教协会

**Poh Teck Tung Foundation (Thailand)**  
华侨报德善堂(泰国)





# The Altruistic Heart

至心至義



# Gratitude Towards Rinpoche

## 感恩仁波切

### Gratitude to Singha Rinpoche

The person who lives and breathes our core value of altruism the most is Singha Rinpoche, our Guru and founder of Thekchen Choling. Altruism – to serve all with Bodhicitta – is not an easy feat.

Singha Rinpoche's Dharma teachings and selfless actions have touched many people's lives. The disciples of Thekchen Choling are greatly blessed to have a Guru, someone who is a precious guide on the path of Enlightenment. He radiates kindness and compassion, is a caring father, and is also a wise spiritual guide who is always with us no matter how difficult the circumstances may be.

The love he has for all of us is as limitless as the sky and as deep as the oceans. His wisdom cleaves the delusions that cloud our minds so that we might have clarity, planting the seed of Bodhicitta deep within us. Through him, we are inspired to understand ourselves better, to have greater self-awareness, and to lead a purposeful life that benefits others!

Words of thanks can never be enough to express our immense appreciation for your selflessness! May Singha Rinpoche lead a long and healthy life so that he might continuously turn the Dharma wheel for all beings and guide us until we become Enlightened!

### 感恩鑫和仁波切

我们的上师、也是大乘禅寺的创始人鑫和仁波切，是我们心目中最能体现核心价值观【義】的人。【義】即以菩提心服务一切众生，而要做到这点并非易事。

鑫和仁波切的法教和无私行动，触动了无数人的心灵。大乘禅寺的弟子们深感幸运，拥有这样一位珍贵的上师，在觉悟之道上引领我们前行。他焕发着仁慈与悲悯，既是关爱我们的慈父，也是智慧的修行导师，无论遇到多大的困难，他总是与我们同在。

他对我们的爱广如天际，深如大海。他以智慧言教破除遮蔽我们心灵的迷障，使我们见真实相，令菩提心的种子深深植入心田。在上师的教化与启发下，我们对自我有了更深的了解，也更能够提起正念与觉知，活出更有意义的，自利利他的人生！

言语的感谢永 无法充分表达我们对您无私奉献的深深感激！愿鑫和仁波切健康长寿，以继续为我等有情转法轮，直到所有众生成就觉悟！



# Gratitude Towards Sangha

## 感恩僧众



### Gratitude to Sangha

Our Sangha members have been serving all sentient beings continuously, day in day out. Other than performing prayers and rituals, they also connect, guide and readily support anyone who comes to our temple. Their selfless devotion to renounce worldly concerns and to dedicate their lives to the Dharma and serving all beings is altruism at its finest. Through their efforts, the flourishing of the temple's activities and the Dharma can happen. We are deeply grateful for the pillar of support that the Sangha has provided us! They are our lifelong, spiritual and virtuous friends that will be with us all the way until awakening!

### 感恩僧众

我们的僧众们日日夜夜持续不断地为所有众生服务。他们除了日常的诵经并修持各种仪轨，还藉由连结、给予指引，随时准备扶持任何造访本寺的人。他们发愿出离世俗的一切，将毕生奉献佛法和服务众生，这即是利他義行的极致体现。正是通过他们的努力，寺院的活动及佛法的传承才能得以蓬勃发展。我们深深地感激僧众成为我们的支柱，给予坚定的支持！僧众作为我们此生修持的同行善友，将一路伴随着我们，直到圆成佛道之时！

# Gratitude Towards Board Members and Staff

## 感恩董事与工作人员



A heartfelt thank you to our board members and staff who always work with the motivation of Bodhicitta, to serve all sentient beings in all activities and events. They truly embody altruism in their actions and dedication in the preservation and propagation of Dharma.

Our board members and staff form the backbone of the temple's activities, with our board members holding up the core values, vision and mission of the temple as they advise us with their wisdom. It is with their altruistic heart and motivation that we are able to have the temple where it is today and for the future - serving all from generation to generation.

Our staff are the invisible warriors behind the scenes, working on new ideas, projects, and events for the betterment of the temple and all sentient beings. We are grateful to both board members and staff for their heart of altruism, innovation, dedication and devotion!

衷心感谢我们的董事会成员与寺院工作人员，他们全然以菩提心为动力，在所有活动与常年法会中服务所有众生。在继承与弘扬佛法的过程中，他们真正体现了利乐他人的无私义行与奉献精神。

我们的董事会成员与工作人员是寺院活动的支柱。董事会成员为我们提供睿智的建议，维护本寺的核心价值观、愿景与使命。有赖于他们至善的利他心，我们的寺院才得以发展到今日的规模，并放眼未来继续扶持世世代代的人们。

我们的工作人员是幕后的隐形战士。他们为寺院及所有众生的利益与进步，提出新的想法，推进新的项目，并组织新的活动。谨此，我们向董事会成员寺院工作人员的利他之心、创新之心、奉献之心与虔诚之心深表感激！



# Gratitude Towards Volunteers

## 感恩志工团队



### 感恩志工团队

所有大乘禅寺的新进与资深志工们，我们由衷地感谢您！我们珍惜且感激您的奉献与努力。您以一片热忱和秉持利他的服务精神，将佛法付诸于行动。幸好有您的持续支持、团队合作和温暖的笑容，让我们成功地举行了这么多具有功德利益的活动！大乘禅寺的弘法利生事业，有赖于志工团队这个大家庭乐于共同协作以成就大愿的善心。您为了众生的利益，贡献了自己的时间和精力，一次又一次地造福生命、转化人生。让我们继续携手合作，为了未来的世世代代的福祉而努力！





## Gratitude to Volunteers

To all the volunteers of Thekchen Choling, new and old, we sincerely thank you from the bottom of our hearts! We love and appreciate your dedication and efforts. You put the Dharma into action by serving all with an enthusiastic, altruistic spirit. It is with your continuous support, teamwork and kind smiles that we are able to run so many meritorious activities successfully! Thekchen Choling's efforts to benefit all sentient beings come from your kind actions to work together as one Thekchen Family. You have contributed your time and energy for the benefit of all sentient beings and transformed many lives together, one at a time. Let us continue to work together as a team, for the benefit of many future generations to come!



# Devotee Services Team & Volunteers

## 信众服务部与志工们



### Joyous Bonding with Devotee Service Team & Volunteers

Excitement and anticipation filled the air as our Devotee Services Team & Volunteers gathered for the “We Love Our Volunteers” Celebration event at SOCIOQ@Besar on July 27. Right from the start, the sense of camaraderie and appreciation was palpable, as old friends reconnected and warmly welcomed new faces into our Thekchen family.

It was a day packed with fun workshops, heartfelt sharing, insightful reports, and a yummy feast! Loud cheers could be heard all around as our amazing volunteers received handmade gratitude cards and blessed stones — a little thank you gift for their unwavering dedication and selfless service to our community. This team gathering was a beautiful reminder of the strength and light our volunteers bring to our temple and the meaningful impact Team Thekchen can achieve when we come together with open hearts and a shared vision for the future. We are excited for more team events. Here’s to a future bright with love and light!



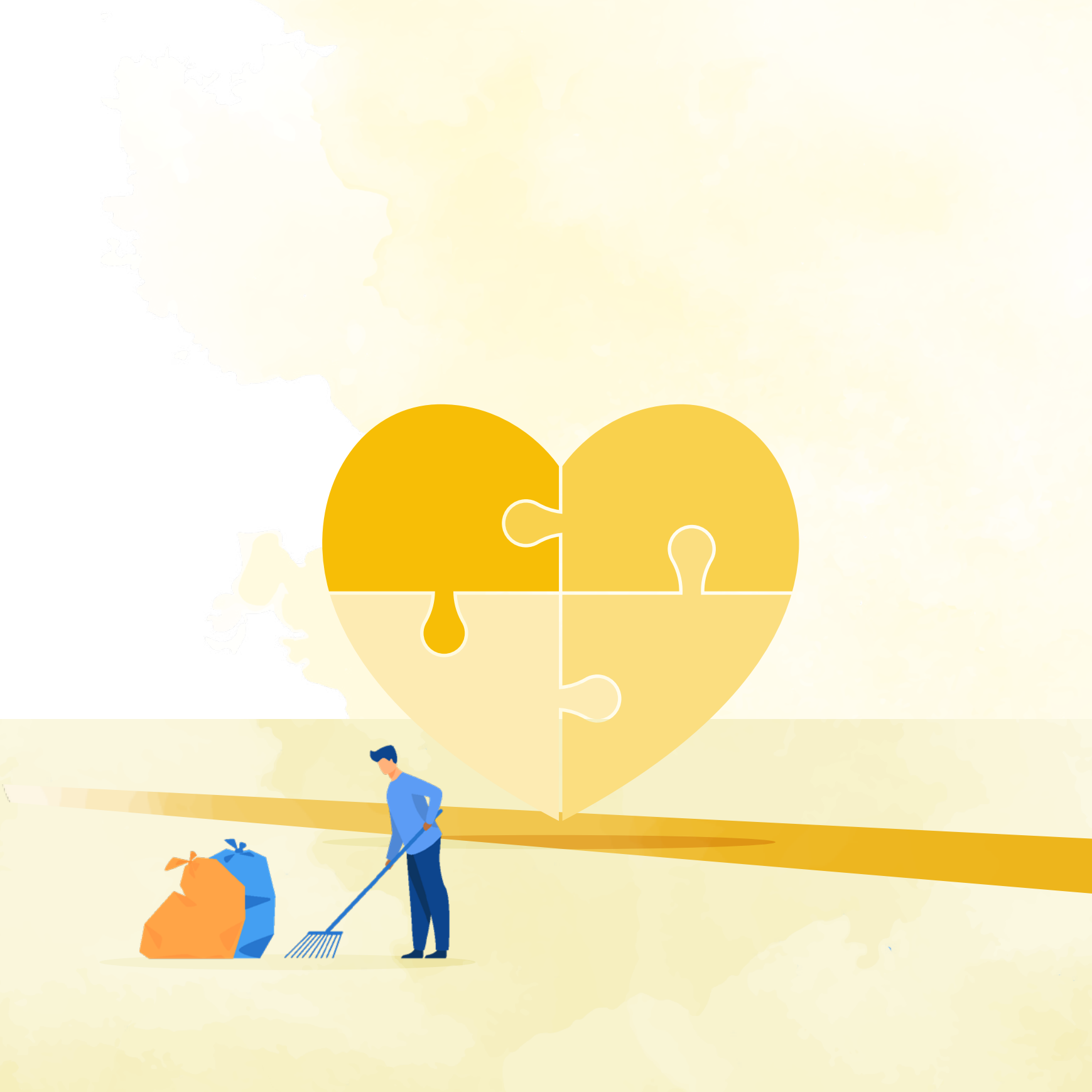


## 信众服务部与志工们的欢乐团建

在兴奋与期待的气氛中，本寺信众服务部与志工朋友们于7月27日齐聚于SOCIOQ@Besar，参与了“我们爱志工”的团建庆祝活动。活动一开始，团队成员们之间的团队精神与深厚感情已充分地流露出来。老朋友们温馨聚首，新面孔们也在热情的欢迎中融入我们的大乘家庭。

当天，大家一同参与了有趣的工作坊、真挚的分享、信息量高的汇报以及美食共享，度过了精彩而充实的一天！当我们优秀的志工们亲手接过了手制卡片与祝福石的那一刻，四周响起了热烈的欢呼声，向他们锲而不舍无私奉献的精神致敬。这次的团建活动再次提醒我们，志工团队是为寺院带来力量与光明的动力源泉。当我们带着开放的心态与共同的愿景走到一起时，能够让大乘团队实现的更多，带来更为深远的影响。我们期待更多的团建活动，为爱与光明欢呼！





# Volunteering with Altruism

義不容辭



# Heartfelt Sharing: Volunteering is Meaningful

## 真心分享：志愿服务有情義

### Special Interview with Evina

Evina Chen has been a volunteer at Thekchen Choling since 2010, for 14 years now. She has volunteered for many roles at the temple, including the front desk, various events, Dharma Junior, and the most recent one, which is Youth. She has been volunteering with Youth for eight years now, and has gone through a journey of growth.

Q: Out of all the various roles you have helped out with, it seems like you have been with the youth group for the longest. Can you share how your volunteering experience was like there?

A: I find working with youths to be more complex compared to children. However, I also realised that being with the youth group was a good opportunity to give back to the temple through volunteering, which is why I stayed on for so long.

Q: What were some challenges you faced while volunteering with the youth group?

A: It was difficult to connect with the youths and build a good rapport with them, but slowly, after I changed my approach and came from a different angle, I was able to connect with them better. What I did was to let go of all my expectations of managing them and began to understand where they are coming from. With time, it became easier to talk to them, and to find the balance between being firm and fun.

Q: It certainly sounds like you gained valuable insights. So how is volunteering meaningful for you?

A: I find growth to be a meaningful part of volunteering, and I feel like it was an opportunity that has benefited me too. Volunteering isn't only helping others, really. It is also meaningful to form new friendships and to reconnect with friends along the way. Furthermore, volunteering at Thekchen Choling is a precious opportunity to learn and practise the Dharma in an experiential way [through interacting with others while being mindful of one's own thoughts and actions!]

Q: Since there are so many benefits to volunteering, what would you say to those who are hesitant about it?

A: I understand that sometimes one may feel hesitant because it is a new social setting. However, Thekchen Choling is a safe community that respects diversity. All of us, including myself, are still learning to open our hearts more so as to build meaningful connections with others. So, let's not be too hard ourselves. Just come to the temple with an open and relaxed mind. Who knows? This could be your next personal growth journey, and the temple becomes like your second home like it is for me and for many others too, I'm sure.



**Evina Chen, 33**  
Sustainability Specialist

## 与陈玉芬的特别专访

陈玉芬自 2010 年以来一直是大乘禅寺的志工，至今已有 14 年了。她在寺院里曾经服务于许多志工的岗位，包括寺院接待处、各种法会、佛法儿童班等，而最近期的岗位是佛法青年班。时光飞逝，她已经在青年班已志愿服务了8年，而这段历程也让她成长了许多

问：在寺院里的各种志愿岗位中，你在青年班里服务的时间似乎是最长的。你能否分享在青年班里担任志工的体验？

答：我觉得，与我在佛法儿童班的经历相比，接触并引导青少年需要涉及并考虑到更多的方方面面。然而，我也意识到，成为青年班的志工是让我能够回馈寺院的好机会，这也是我坚持了这么久的原因。

问：你在为青年班志愿服务时，曾遇到过哪些挑战呢？

答：接触青少年，与他们建立关系并融洽相处，实在不容易。在这个过程中，我逐渐调整了自己的方法，并以不同的角度一再尝试后，我现在已能更好地与他们沟通。我所做的是，放下想要管控他们的所有期望，开始试着多去了解他们的立场。经过一段时间，与他们交谈变得更加容易，也更能掌握好对话氛围，在认真严肃与轻松有趣之间的找到平衡点。

问：听起来你确实获得了宝贵的心得体会。那么，当志工对你来说有什么意义呢？

答：我认为成为志工的意义在于获得心智成长，我觉得这是让我在利益他人的同时也从中获益的机会。志愿服务的好处不仅限于能够帮助别人，真的。另外，能够在这个过程中结识新朋友，并与老朋友联络感情，也让我觉得成为志工具有意义。重要的是，在大乘禅寺当志工是一个宝贵的机会，让我可以在与他人的互动的同时，修习自己在思想和行为上的觉知，从而以体验的方式学习并实践佛法。

问：既然当志工有这么多好处，你会对那些想要尝试却犹豫不决的人们说些什么呢？

答：我理解有时人们会犹豫是否真的要当志工，因为这是在踏入一个新的社交环境。然而，大乘禅寺是一个尊重多样性的安全社区。每一个人，包括我在内，都在学习如何更加敞开心怀，去与他人建立有意义的联系。所以，你不需要对自己太苛刻，只要带着开放的心态，放松的心情到寺院来。说不定，你将解锁个人成长的新篇章。而且我肯定，就像我与其他志工们一样，寺院也将犹如你的第二个家。

陈玉芬, 33岁  
永续发展专员

# Heartfelt Sharing: Volunteering is Meaningful

## 真心分享：志愿服务有情義

### Special Interview with Hong Li

Q: What were your volunteering experiences with the temple like? Is there any difference from then to now?

A: In the past, I used to be a volunteer of the Ullambana Festival, helping out with the preparation work since Bukit Timah days. I would help to set up the tables including the table skirtings, and so on. Over the years, the Ullambana Festival set up has changed a lot. It's a lot simpler now and it is held in the temple grounds instead of a vast open field back when our temple was at the foot of Bukit Timah Hill. I also used to play the hezi and dangzi for the Ullambana Festival Chinese Sutra recitation back then too. During the recent Guru Rinpoche retreat, I helped to play the Tibetan longhorn as part of the music offering team.

Q: Why did you decide to do volunteering work with the temple?

A: It is a way for me to express my thanks to my Guru – Singha Rinpoche – for his loving-kindness. It is important to seize the opportunities to volunteer so that it is a meaningful experience for oneself. For me, through offering my service and time to the temple, I feel contented and happy.

Q: After so many years of volunteering, do you encounter any challenges while offering your service to the temple?

A: Actually, I would say that I don't encounter obstacles during volunteering, as I believe obstacles are usually a result of someone who is hesitant to do volunteering work. If you are doing it out of your own will, you will not encounter obstacles.

Q: As someone who has spent so many years with Singha Rinpoche and Thekchen Choling Singapore, what would you say to a person who is hesitant about volunteering due to fear of encountering difficulties?

A: You should [think of it as] offer your body, speech, and mind, to Guru, Buddha, Dharma and Sangha during volunteering work. It will help a lot in terms of removing obstacles.

Even if a person does not have money, by offering time and service to Guru, Buddha, Dharma and Sangha, it helps a lot in benefitting others and oneself. There is no harm in trying, and it can be fun. You can feel it when you like it. I feel happy with the right motivation and will do whatever I can to help.

I can suggest people trying to do volunteer work and offer service as a form of expressing our gratitude. Volunteer work to the Guru, Buddha, Dharma, and Sangha. Jiayou to those who wants to do volunteer work!



**Lum Hong Li, 52**  
Technician

## 与林宏立的特别专访

问：您在寺院里当志工的体验是怎样的？过去与现在有什么不同？

答：以前，我曾担任盂兰盛会的志工。当时寺院设在武吉知马，我从那时候开始参与盂兰盆会的筹备工作。我会帮忙设置供桌，包括布置桌裙桌围等。这些年以来，盂兰盆会的法会布置改变了许多。现在的布置整体来说已较为简单，因为法会活动就集中在寺院里进行，而不是像以往寺院设在武吉知马山脚时，需要在宽敞的空地上举行法会。我当时还在盂兰盆会的华语诵经仪式中持奏钹子和铛子。

在近期举行的莲花生大士法会中，我也作为法乐供养组的一员，参与了藏族大法号的吹奏。

问：是什么让您发心要在寺院做志愿工作？

答：这是我对我的上师——鑫和仁波切——表达的感恩之情的一种方式。我们要把握任何志愿服务的机会，让自己有一个具有意义的体验，这是很重要的。对我来说，能为寺院奉献自己的服务与时间，我感到满足和快乐。

问：做了这么多年的志工，您在服务寺院时是否曾经遇到任何挑战？

答：其实，我想说我在志愿服务的过程中并没有遇到过障碍。我相信如果出现障碍的话，通常是因为当事人对做志愿工作三心二意而造成的。如果你是出于自己的意愿去做，那就不会遇到障碍。

问：您跟随了鑫和仁波切那么久，并在新加坡大乘禅寺修学了这么多年，你会对那些因为害怕遇到困难而对志愿工作犹豫不决的人说些什么？

答：你应该把志愿工作视为对上师、佛、法、僧的身、口、意的奉献。这会对你在去除障碍方面非常有帮助。

即使一个人没有什么钱，还是可以透过为上师、佛、法、僧贡献自己的时间与服务，在造福他人和造福自己方面实践所学。尝试一下没有坏处，而且还可能从中得到许多乐趣。当你心生欢喜，你会知道的。我带着善的发心而感到快乐，然后尽力去做我能够帮得上忙的事。

我建议人们在当志工时，把奉献服务当作是表达感恩之情的一种方式，为上师、佛、法、僧众而参与志愿工作。我为那些想当志工的人鼓励加油！

林宏立, 52岁  
技术员





# *Transforming with Altruism*

依義转化



# Chairman's Message: Together, We Can Make A Difference

## 主席献词：携手并进，我们必有所作为

### Reflecting on 2024

As we reflect on the year 2024, we are reminded of the profound challenges that continue to shape our world. The anger, war, and suffering in regions such as Israel, Palestine, Lebanon, Iran, Ukraine, and Russia have left deep scars. The perpetual suffering in these war-torn countries is a stark reminder of the fragility of peace and the resilience of the human spirit. This suffering is not distant; it happens around us every day.

In contrast, in relatively peaceful places, there is a noticeable shift towards reliance on technology for entertainment and day-to-day activities. However, this widespread screen time has created a gap between one another, a gap that is filled with silence. People find it increasingly awkward to engage and understand one another, preferring to text rather than speak. This reality presents us with multiple challenges, urging us to wake up and ask ourselves: what do we really need?

### Peace of Mind

Buddha has explained plainly and clearly the Four Noble Truths, guiding us towards understanding the nature of suffering and the path to peace. Each lifetime is a

journey, a choice we must make to wake up to the truth of Samsara. When and how will we be able to have peace of mind in the midst of chaos? Can we achieve it alone?

### Thekchen Choling: The Vessel

I see Thekchen Choling evolving and continuing to grow, serving humanity and reminding everyone that they are not alone. Our team at Thekchen Choling relentlessly creates activities, season after season, to reach out, engage, and convey the message that we can choose to be different by connecting with our hearts.

Singha Rinpoche, with his skillful means, breaks down Buddha's teachings into digestible bite-sized pieces, like vitamins for the soul on the journey to awakening. Khandro Namdrol Lhamo modernises our approach, relating to children, youth, and her workforce, making our teachings relevant to the needs of people in this era. This is why Thekchen Choling must continue in our community, for the love of humanity.

### Renewing Our Temple Structure

Thekchen Choling is the community's connection point. We are embarking on a multi-year project to renew our structure,



providing a safe and broader area to serve our devotees and friends. This is a critical juncture for the current board of committee and staff, as we strive to create a safe home for future generations and ensure the Buddhadharma can continue to flourish and serve the needs of humanity.

### Thankful

You are not alone; we are not alone. We

are here because of you! I would like to thank Team Thekchen, our devotees, and especially the volunteers who put their hearts into planning and delivering joyful experiences to many.

Team Thekchen's work manifests the truth that we all have a choice. Choose to be happy. Choose peace of mind. It all starts with us. Thank you for being part of this journey. Together, we can make a difference.

Warm regards,

**Joanne Hau**  
Chairman  
Thekchen Choling Singapore

## 回顾 2024 年

当我们回顾 2024 年时，我们必然会想起持续在重塑着这个世界的各种艰难挑战。以色列、巴勒斯坦、黎巴嫩、伊朗、乌克兰和俄罗斯等地区的仇恨、战争与苦难留下了深深的伤痕。这些饱受战火蹂躏的国家所遭受的长期苦难，清楚地提醒我们和平的脆弱和人类精神的韧性。这些人间疾苦离我们并不遥远；它每天都在我们的周围发生着。

相比之下，在相对和平的地方，人们的娱乐方式与日常活动已愈趋依赖现代科技。然而，这种普遍增长的屏幕时间在人与人之间形成了无形的鸿沟，一种充斥着沉默的鸿沟。人们觉得，彼此之间的交流与理解已变得越来越尴尬，因而更喜欢发短信而不是说话交谈。这样的现实确实给我们带来了多重挑战，促使我们警醒并扪心自问：我们真正需要的是什么？

## 内心宁静

佛陀清楚地解释了四圣谛，引导我们了解痛苦的本质与通往内心宁静的道路。我们的每一世的人生，都是一段旅程。我们必须选择要从中觉醒，才能够了悟轮回的真相。要何时及如何才能在纷乱之中获得内心的宁静？我们能独自实现吗？

## 大乘禅寺：承法之器

我看到大乘禅寺不断地发展并继续成长，为大众服务，提醒每个人他们并不孤单。大乘禅寺的团队一季又一季，坚持不懈地开展各项活动，面向大众，与人连结，来传达我们是可以通过心与心相连，来选择做一个与众不同的人。

鑫和仁波切以他的善巧方式，将佛陀言教分解成让大家易于消化的片段，就像走在觉醒的道路上，吸取有益心灵的维他命一样。桑雍南都

拉姆也以与时俱进的方式，与儿童、青年以及工作团队连结，让佛法教义对接现代人的生活需求。这就是为什么，秉持着对全人类的博爱，大乘禅寺必须继续在我们的社区里发挥积极正面的影响力。

## 重修寺院

大乘禅寺是社区的连结点。目前，我们正着手展开一项多年期的项目，来重修我们的寺院建筑结构，给信众朋友们提供一个安全和更宽敞的活动空间。对于现任的董事会与工作人员来说，这是一个关键的时刻。因为，我们正积极地给未来世代创造一个安定的家园，以确保佛法能够继续蓬勃发展，继续利益一切众生。

## 心怀感恩

你并不孤单；我们并不孤单。我们是因你而存在的！我要感谢大乘团队、我们的信众，特别是那些全心投入策划，把欣喜的体验带给大家的志工朋友们。

大乘团队的工作所显化的真理是，我们每个人都有选择的权力。选择快乐，选择内心宁静。这一切都从我们开始。感谢您在这旅途中一路同行。只要齐心协力，我们必有所作为。

致暖心问候，

**侯湘琪**  
主席  
新加坡大乘禅寺

# Our Ongoing Efforts

## 坚持不懈

### Our Ongoing Fundraising Efforts

We are very excited about Urban Redevelopment Authority (URA) approving our plans for the construction of the temple expansion project!

Our Temple Expansion Fundraising Team has been hard at work coming up with new and innovative ideas to raise funds and leave a legacy for the next generation. Some ideas included:

- The Wheel of Fortune during Chinese New Year, where people could spin the wheel and gain prizes while learning about the Temple Expansion plan.
- The Vesak Day brick wall, where people could donate to offer bricks and have their names and wishes written on a wishing card for merit dedication.
- Temple Expansion offering envelopes were available during Qing Ming & Ullambana Festival where people could make merit in the name of their loved ones, including the departed.

Last but not least was the Temple Expansion Fundraising Dinner, the biggest fundraising event of the year! This dinner was held at SAFRA Toa Payoh, with an auction segment to raise funds as well as entertainment from Xixi Lim and Yan Wei Xiao Er. There was a lot of fun, joy, laughter and strengthening of friendships and dharma family ties at the dinner!

We look forward to everyone's continued support to ensure that the temple expansion project will be a rousing success!



我们非常高兴能获得市区重建局（URA）的批准，让我们进行寺院扩充项目的建设计划！

这一年来，寺院扩充筹款团队积极地推出各项新颖的创意点子为重修工程募捐，尽其所能为后世留下珍贵的佛法遗产。这些创新构思就包括了：

- 农历新年期间的幸运转盘活动 - 大家可以在了解寺院扩充计划的同时，转动转盘赢取奖品。
- 卫塞节的善心砖墙 - 人们可以通过乐捐供养砖块，然后在许愿卡填上名字与祝愿作为回向。
- 护持重修增福信封 - 清明法会和孟兰盛会期间推出的供养增福信封，让信众以现世或已故亲友的名字护持寺院重修，为他们广种福田。

最让大家津津乐道的，当属寺院的扩充筹款晚宴，这也是本年度最大的筹款活动！今年的晚宴于大巴窑的战备军协俱乐部举行。除了有林茜茜和彦维小二的精彩娱乐表演外，筹款团队还设了请标福物的环节为寺院重修筹集善款。现场的欢声笑语与如雷的掌声不仅给晚会增添了欢乐愉快的气氛，更增进了我们这个佛法大家庭的情谊与凝聚力！

我们希望大众继续踊跃支持寺院扩充计划，齐心造就寺院重修工程的圆满成功！



# Our Ongoing Efforts

坚持不懈





# Our Ongoing Efforts

坚持不懈







# 重修禪寺

## Temple Expansion Project

福德回向予 (Name / 姓名) -----  
Merits Dedicated to

Wishes 愿 -----



Thekchen Choling Singapore



見証

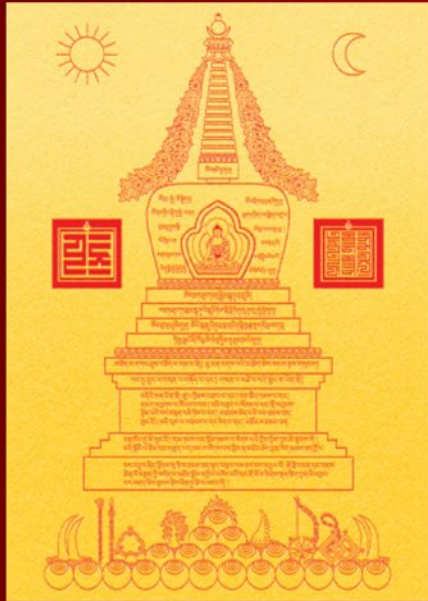
# 大乘禪寺 籌募重修

EXPANDING WITH A MISSION



**Join us to leave a legacy for our next generation  
by donating with a purpose!**

- Preserving and Propagating the Buddha Dharma
- Consecration and Preservation of Holy Objects
- Favourable and Auspicious Rebirths
- Magnetising and Benefiting Others
- Venerating the Holy Objects
- Temple Preservation
- Collective Merit



## Atisha Stupa Plaque 阿底峡尊者舍利塔牌

The Stupa represents great purification for individuals and helps them with move forward in life with strong positive blessings.

This Atisha Stupa will be placed on the Temple Building Roof as per illustration.



阿底峡尊者舍利塔牌由鑫和仁波切设计，师公查多仁波切审，能给供养者的生命带来极大的净化，造就雄厚的福德加持。

此塔牌将按图示安置在寺院建筑的顶上。

每件 Per Piece: S\$1,288



**Bricks 砖块**

S\$500



**Cement 洋灰**

S\$300



**Sand 沙土**

S\$300

## 筹募重修

### FUNDRAISING

for Temple Expansion

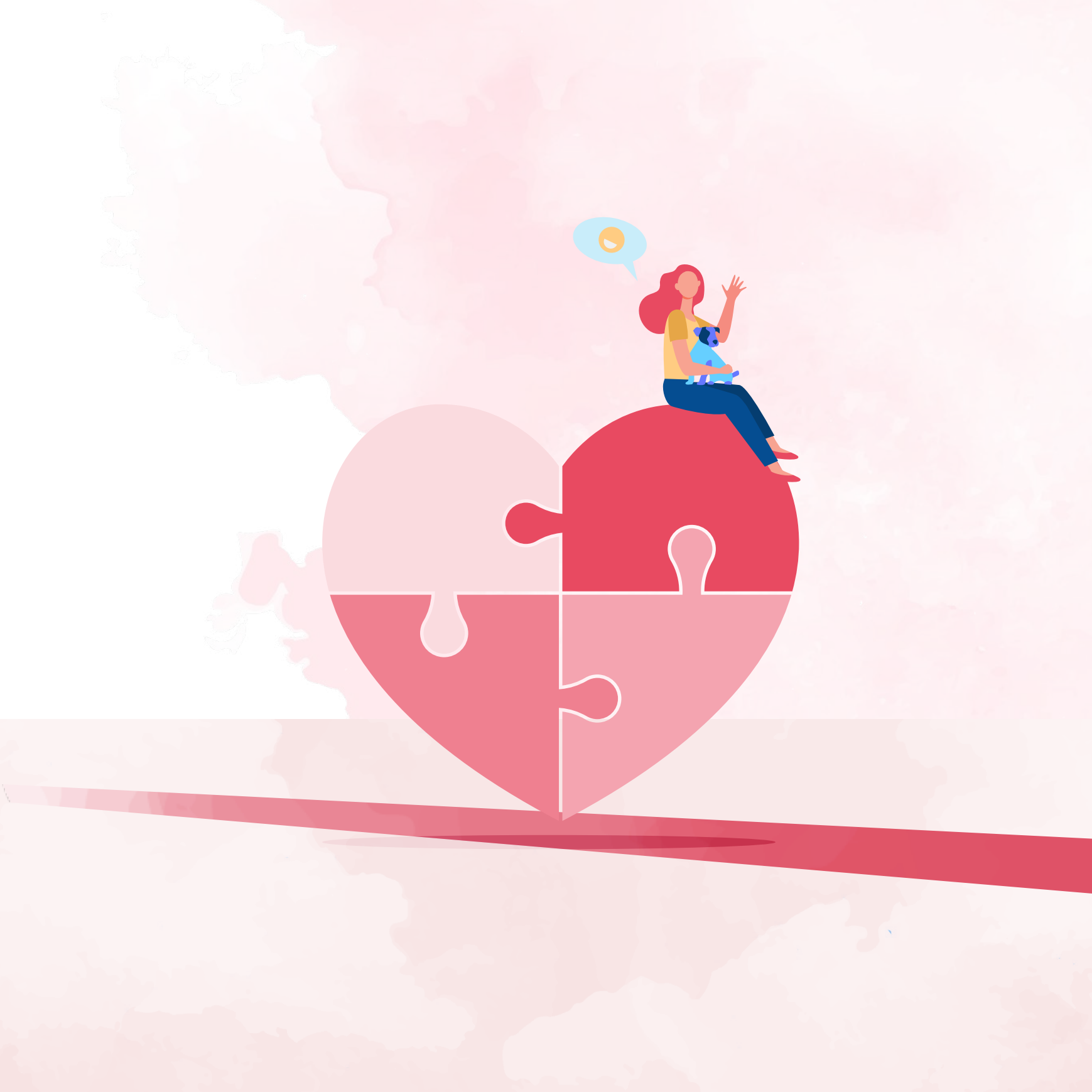


SCAN TO KNOW MORE

请扫码了解更多

We sincerely invite you to make a contribution in support of our A&A project.  
恳请您发心捐助，一同护持这项重修计划。

For enquiries, please contact Ng Yi Zhen 若您有任何疑问，请与黄意珍接洽  
6466 3720 / 8181 3720 | yizhen.ng@theKchenCholing.org



# Acknowledgements

鸣谢




*Thank You for Supporting Amrita!*

感谢大家支持《法露》的出版!

We would like to extend our gratitude and appreciation to our sponsors for this year's Amrita. Without your support, this publication would not have been possible!

谨在此向今年护持《法露》的功德主致敬感恩。承蒙您的倾力支持，此书方得以成功出版！



NATURAL CRYSTALS | MINERALS  
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# Dedication

May the Precious Bodhi Mind  
Not Yet Born Arise and Grow  
May that Born have no decline  
But increase forever more!

As long as space remains,  
As long as sentient beings remain,  
So do I remain  
To dispel the misery of the world.

May anyone who sees, hears or touches this magazine be free of all suffering and immediately receives the amrita of the great bliss of awakening!

## 回向

菩提心妙宝，未生者当生，  
已生勿退失，展转益增长。

乃至有虚空，以及众生住，  
愿吾住世间，尽除众生苦。

惟愿此书见闻者，乃至触及面底页，  
顷刻解脱诸恼苦，大乐法露降加持！

*May all beings unceasingly  
hear the sound of Dharma  
from the birds, from every tree,  
from the rays of light, and from the sky.  
- Shantideva*

愿诸有情众，相续恒听闻，  
鸟树虚空明，所出妙法音。  
- 寂天菩萨