

AMRITA

RECEIVING THE PRECIOUS NECTAR




禮 Reverence

向我们内在的圣心致敬


Honouring The Precious
Divine Heart in All of Us




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智慧如珍

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Supporting Amrita!
感谢大家支持《法露》的出版！



**Cherished
Wisdom**

智慧如珍



Editor's Notes

编者的话

This year's theme, Reverence: Honouring the Precious Divine Heart in All of Us, was inspired from a deep reflection on Singha Rinpoche's teachings. He constantly reminds us that reverence is not just a value, but a way of being. To honour the divine heart in one another is to recognise and celebrate the sacred potential within each of us, which is the innate Buddhature that we all have to awaken.

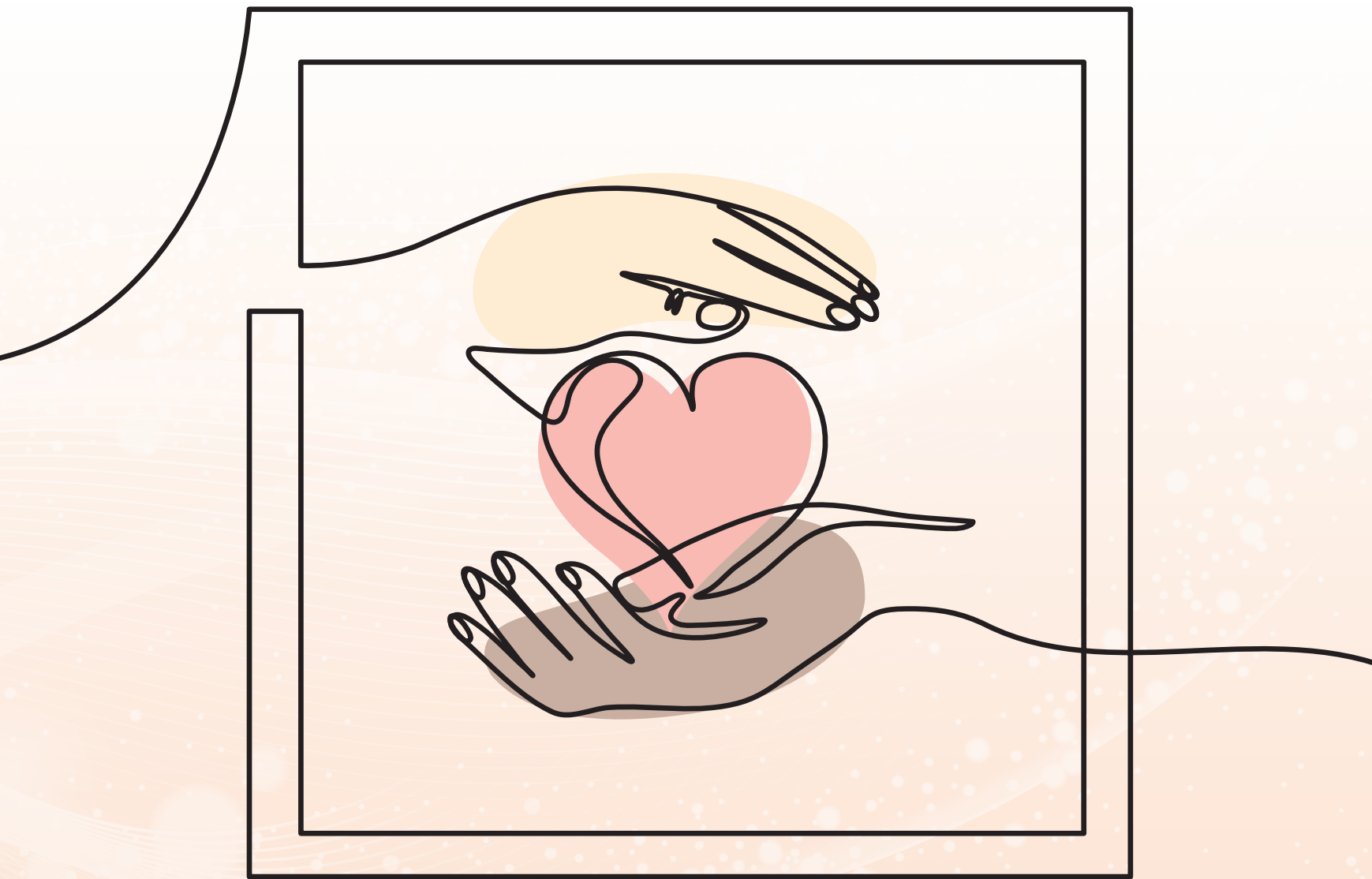
In this edition of Amrita, we shine a light on the quiet strength of reverence to better understand how it manifests in our actions. Reverence can be seen through the events we hold, the retreats we share, and the tireless fundraising efforts we undertake for future generations. None of this is easy. Yet, moved by a sincere reverence for the divine heart in all beings, we continue forward by being committed to making a meaningful impact on our community and the world.

May this issue of Amrita accompany you on a joyful journey through the memories of 2025, and may it inspire a deeper sense of purpose as we walk the path of awakening together.

今年的主题“禮：向我们内在的圣心致敬”，灵感启发于我们对鑫和仁波切教法的深刻思维与体悟。仁波切不断提醒我们，禮不仅是一种价值观，更是一种生活的方式。礼敬彼此的神圣之心，意味着我们要认可并赞颂每个人内在的殊胜潜能——那正静待被唤醒的与生俱来的佛性。

在本期《法露》中，我们聚焦于「禮」的内敛且深厚之力量，以更好地理解它如何在我们的行为中得到显现。「禮」贯穿于我们所举办的法会活动、共同参与的闭关修持，以及为造福后世而筹募善款的努力之中。这一切都并不容易。然而，正是出于对一切众生神圣之心的真诚礼敬，我们依然坚定前行，致力于为我们的社区与世界带来深远而有意义的影响。

愿本期《法露》伴您温暖重温 2025 年的美好时光，并愿书中的词句启发更深的领悟与使命感，伴我们在觉醒的道路上砥砺前行。



CEO's Message

总裁献词

Tashi Delek everyone!

This year has been filled with unforgettable moments of joy and fulfilment. Creative efforts, like the 3-day Vesak Festival in the heartlands, have helped us reach more community members and foster unity. Moving forward, we plan to hold Vesak celebrations in various heartland locations to bring our message of compassion closer to more friends and neighbours.

As I reflect on the dedication and selflessness of our Thekchen community, my heart overflows with gratitude and renewed purpose. The efforts each of you has made to serve others and create a lasting impact exemplify the true spirit of our organisation.

Building on last year's theme of Altruism, this year we embrace a new core value: Reverence. But what does reverence truly mean? It is more than mere politeness or formalities; it is a profound respect and honor that comes from the heart. Genuine reverence recognises the inherent worth in every person we meet and in every situation we encounter.

Every interaction, every moment, is a precious gift. In our community of Thekchen Choling, we see each individual as a teacher, and every encounter as an opportunity for growth. Reverence encourages us to approach each moment with deep respect, seeing it as an open opportunity for learning and reflection.

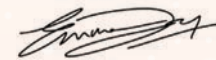
As Zen master Hakuin Ekaku so beautifully expressed, "All beings are Buddha by nature, just as ice is water. Apart from water, there is no ice; apart from beings, no Buddha." This reminds us that Buddha-nature is not something to be attained, but is already present within us and within all beings, hidden beneath layers of fear, ignorance, and attachment.

When ice melts, its true nature is revealed; likewise, when our delusions clear, our innate awakened mind shines through. This insight calls us to look beyond surface appearances and recognize the sacred potential within ourselves and others.

Reverence for others is rooted in spiritual recognition—honoring the Buddha within each individual. By practicing this, we foster peace within ourselves and contribute to a more harmonious world.

Let us continue to uphold this luminous spirit for ourselves and for others! May we continue to spread kindness and light, making a positive difference in our communities and beyond.

With heartfelt gratitude,



Emmeline Ang
Chief Executive Officer
Thekchen Choling Singapore



吉祥如意，大家好！

这一年充满了无数令人难忘与喜悦的时刻。例如在邻里举办的三天卫塞节庆典，透过创新的方式让我们触及到更广大的群众，凝聚社区的团结与向心力。展望未来，我们计划在各个邻里举办卫塞节庆典，并将慈悲的精神传递给更多的街坊朋友们。

当我回顾本寺信众的无私奉献，我的内心充满了重燃的使命感与感激之情。大家在创造长远影响与服务他人所付出的努力，正是本寺精神的真实写照。

延续去年的主题——「義」，今年我们将迎来全新的核心价值：「禮」。但，禮的真正涵义是什么呢？它不仅仅是表面上的礼貌或礼仪，而是一种源于内心的尊重与敬意，由衷地肯定我们所遇见的每个人、事、物都蕴含着其内在的价值。

每一次的互动与当下，都是一份珍贵的礼物。在大乘禅寺的大家庭中，我们视每一位成员为导师，将每一次的相遇看作为成长的契机。「禮」提醒我们以深切的敬意来迎接每一个当下，并把它视为学习与自省机缘。

正如日本禅师白隐慧鹤所言：“一切众生本即是佛，如冰即是水。离水无冰，离众生无佛。”这句话提醒我们，佛性并非向外所求，而是早已存在于我们自身及一切众生之中，只是被层层恐惧、无知与执着所覆盖。

当冰融化时，其真实本性即自然显现；同样，当我们的烦恼和迷惑消散时，内在的觉悟之心亦会显露出来。这份智慧提醒我们，不应只停留于表象，而应看见自身与他人内在的殊胜潜能。

我们对他人的敬意源自于自身的心灵认知——尊重每个人内在的佛性。实践这一点，不仅能在自身培养平静，同时也能为世界带来和谐。

让我们继续秉持这份光明普照的精神，既为自己，也为他人！愿我们持续传递善意与光明，在周遭社区乃至更广阔的世界中带来积极正面的影响。

致以真挚的感恩之心，

洪诗意

首席执行官
新加坡大乘禅寺

Rinpoche's Message

F.L.Y - First Love Yourself, Then Love Others

仁波切献词 F.L.Y - 爱他人前，先爱自己

Tashi Delek Dharma family and friends!

This year's Amrita message is a reminder of a young prince, Siddhartha, who had everything in the world, and yet found himself lost. Not because of poverty, but because of deep, inner suffering. What we would call today: depression.

Many people think Vesak is about light, joy, maybe chanting and making offerings. But what we are really doing is remembering someone who was deeply confused and depressed, who suffered, and who chose to wake up, not by chasing after happiness, but by stopping, observing, and understanding the mind.

You see, Prince Siddhartha was a very pampered prince, but not spoiled in the mind. He was calm, kind, and very disciplined. But his life was tightly controlled. Everything he had was what his father wanted him to have, and not what he wanted. Even when he left the palace, it was staged. The old, the sick, the dead were all removed from his sight. But still, one day, he saw reality. And that shock broke him. He went into what we would now call a mental breakdown.

Let's not sugarcoat things. We say he went into "deep thought," but in modern terms, that's depression. His life didn't feel like his own. Even marriage and entertainment were forced on him, just to distract him from thinking too much. But one day, after a party, he woke up and saw everyone passed out like corpses. That image hit him hard. He realised, this was not life.

So, what did he do? He ran away. His wife had just given birth, but he kissed his son goodbye, woke up his attendant, got on his horse, and left. Not because he didn't care, but because he needed to be free. To search.

And his journey was not glamorous. For six years, he tortured his body, because his teachers told him that pain and denial would overcome suffering. He didn't eat, didn't sleep. His body was so thin, if you poked his belly, your finger could come out the back. But still... no relief.

Then one day, everything changed. A young boy named Swastik offered him kusha grass to sit on. In India, that's the grass you use to sweep away dust and bad karma. And a woman named Sujata offered him milk rice. Just simple acts of kindness. After he accepted the food and rested, he made a vow. "Until I become enlightened, I will not get up."

That's when he woke up. Not because of torture, not because of rituals. But because of clarity. Inner serenity. He saw the truth of life, without superstition, without fear. He realised we are not slaves to the gods or our karma. No need to make sacrifices. No need to try and please some external being. All we need is to calm the mind. That is awakening. That is dharma.

That teaching was so radical, it shook society. In fact, it was why Buddhism eventually died out in India, because the Buddha was labelled a rebel, even a terrorist, because he challenged the

foundation of caste, of rituals, of power. He taught: you are not what you're born into. You can wake up. You can be free. And the change begins with you.

Awakening is not about becoming religious. Buddhism is not about blind belief — it is about seeing clearly. And most importantly: it is about taking responsibility for your own mind, your own heart, your own life.

Now let me share something very important with you. During a recent teaching, I asked everyone to think of three people to dedicate merits to during a prayer. Most people thought of their loved ones. But I asked, were you one of the three? Many said no. That's the problem.

You must love yourself first. F.L.Y. — First Love Yourself. If you don't love yourself, you can't love anybody else. And if you're always waiting for others to fill your heart, you will have a hole that never gets filled. Learn to give love to yourself. Then, you will have the strength to give to others. And that love will be real.

So my sincere wish for you: may you live in inner serenity. May you have peace. May you experience love, starting with yourself. Because when you awaken from within, that's when real change begins.

With Love and Prayers,

Singha Thekchen Namdrol Rinpoche

Founder and Spiritual Director of
Thekchen Choling Singapore

亲爱的法亲眷属们，吉祥如意！

我想以本期《法露》的这块园地，邀请大家一起回顾一位年轻王子——悉达多的故事。

他拥有世间一切，却依然感到空虚与迷惘。那并不是因为缺乏财富，而是源于内心深处的痛苦。若用今天的话来说，那就是抑郁。

许多人以为卫塞节只是关于供灯、庆祝、诵经、供养，但实际上，我们纪念的，是一位曾深陷迷惘与抑郁的人——他经历痛苦，却选择了趋向觉醒。他的醒悟，不是来自追逐世间的快乐，而是来自停下脚步，学会观察并理解自己的心。

悉达多太子虽然自幼备受呵护，但他的心性从未被宠坏，反而沉稳、善良而自律。然而，他的人生却被严密掌控：他所拥有的一切，都由他父亲所安排的，并非出于自己的选择。甚至在他每次离开王宫时，外面的所见所闻也是预先设定好的：衰老、疾病与死亡的景象也都刻意禁止出现在他的视线中。尽管如此，他最终还是在某一天亲见了真实世界的样貌，而那一刻的震撼使他陷入了我们今天所说的“精神崩溃”。

我们不必粉饰悉达多的过去。当时人们说他陷入了‘沉思’，但以现代的说法其实就是抑郁。他失去了自己生命的主导权，甚至连婚姻和娱乐都是被强加在他身上的，就只是为了使他分心，让他不再思索。但在某一次的宴会后，他醒来便看到所有人都醉倒在地，如同尸体一般。那一幕深深地震撼了他，并使他意识到：这并不是真正的人生。

于是，他做出了一个决定——离开。那时妻子刚生下孩子，他仍轻轻吻别儿子，唤醒侍从，策马远行。他离开，并不是因为不在乎，而是因为他必须去寻找答案，去寻找自由。

然而，他的旅程一点也不光鲜亮丽。六年的苦行中，他残酷折磨自己的身体，因为导师们告诉他，承受痛苦并克制念想能让自己超越一切的苦。他不吃、不睡，最后身体瘦弱到只剩皮包骨——据说将手指轻轻戳进他的肚皮，就能看到后背凸起。即使如此……他依旧没有获得任何的解脱。

有一天，一切都改变了。一位名叫吉祥童子的男孩献给他一些吉祥草让他安坐其上，之后又有另一位名叫苏嘉塔的女子供养了他一碗乳糜。虽然这些只是微小而朴素的善意举动，但在他接受食物并稍作休息之后，悉达多立下誓愿：“未觉悟前，我绝不起身。”那便是他证悟的时刻。觉醒并非因苦行而来，也非由仪式而得，而是源自于内心的清澈与宁静。他清楚地看见了生命的真相——没有迷信，没有恐惧。他体悟到：我们既不受制于诸天神祇，也不被业力所囚，无需杀生祭祀，也无需取悦任何的主宰。我们所需要的，只是让心安住，而那就是觉醒，那就是佛法。

这份教导如此激进，以至于震撼了整个社会。事实上，这也是佛教最终在印度衰落的原因之一。当时佛陀被贴上了“叛逆者”乃至“恐怖分子”等标签，因为他挑战了种姓制度、仪式体系与权力。他教导我们：你不是命运的囚徒。你可以觉醒，也可以获得自由。而真正的改变，始于你自己。



觉醒并非为了成为宗教徒。佛教不推崇盲目的信仰，而是关注于清楚明了地看见真相。最重要的是：它关乎承担责任，做自己思维、心灵与生命的主人。

现在让我和你分享一件非常重要的事情。在近期的开示中，我请大家在祈愿中想三个人，并将功德回向给他们。大多数人想到的都是自己所挚爱的人。之后，我接着问：你有没有把自己包括在这三个人当中呢？当时很多人回答没有，而这就是问题所在。

你必须要先爱自己。F.L.Y. —— First, Love Yourself（先爱自己）。如果你不爱自己，就无法真正去爱别人，而如果你总是等待他人来填满你的内心，你的心将永远有一个无法被填满的无底洞。学会给予自己爱，那么你就会拥有力量去给予他人，这样那份爱才会真实。

因此，我衷心祝愿你：愿你内心宁静、和平。愿你从自身开始，去感受爱，因为真正的改变，始于你内在的觉醒。

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

Our New Emblem, A Timeless Story

心印永恒：大乘禅寺新徽标



新加坡大乘禅寺 THEKCHEN CHOLING SINGAPORE

Every great journey begins with a symbol. One that speaks not just to the eyes, but to the heart.

As Thekchen Choling steps into a new chapter, we are honoured to unveil our new Hung logo, which is a creation born from the hands of the renowned Tashi Manno, a master whose art bridges two worlds: the sacred depth of ancient Tibetan and Mongolian script blending with the bold expression of modern design.

At the heart of this emblem lies the sacred syllable Hung, which is a single syllable carrying the uncomprehensible vastness of the awakened mind itself.

With this new emblem, the clarity and openness of the awakened mind take shape, with it being simple yet profound, ancient yet alive in the present moment. It is more than a logo, the very mirror of our spiritual essence and a beacon guiding humanity into the future.

宏图始初心，一象启新程。每一个伟大的愿景，皆有其独特的象征载体。它不止映入双眼，更深深印在心田。

随着大乘禅寺迈入新的篇章，我们欣然揭幕全新的「吽」徽标。此徽标由著名艺术家 **Tashi Manno** 精心创作——他以独特的笔触，将古老的藏文与蒙古文字之深意，融汇于现代设计的简约之中，展现出传统与当代的完美交融。

此标志的核心，是殊胜的种字「吽」，象征觉心的无尽广大，蕴含不可言说的甚深法义。

藉由这枚新徽标，觉性的澄明与开阔得以具象呈现——简洁而深邃，古老而新生。它不仅是一枚图腾，更是我们精神本质的映照，恰如一盏照亮前路的明灯。

Cherishing 25 Years of Togetherness in 2026

同心携手二十五：2026寺庆倒数在即



In 2026, Thekchen Choling joyfully marks a special milestone – our 25th Anniversary! For a quarter of a century, we have walked this path together, learning, growing, and sharing the light of the Buddhadharma. It has been 25 years of togetherness, of nurturing wisdom and compassion, supporting one another through life's ups and downs, and dedicating our hearts to benefit all beings.

Our theme, “Cherishing 25 Years of Togetherness,” reflects the very heart of our journey. Over the years, people from all walks of life, from the young to the old, new seekers and longtime practitioners, have come together as one community. These shared moments of laughter, learning, and friendship are what we now celebrate and honour.

To mark this meaningful milestone, 2026 will be filled with over 15 unique events to bring joy, inspiration, and connection to everyone. It will be a year-long journey honouring our shared path of spiritual growth, community bonds, and collective service in Thekchen Choling Singapore. Stay tuned to our social media for updates on these anniversary highlights!

As we look ahead, may we continue walking this path hand in hand, lighting the way for one another, and for all beings, with the warmth of the divine heart.

大乘禅寺将欣喜地迎来二十五周年的重大里程碑！在这二十五年里，我们携手同行，在佛法的光辉下共同学习、成长与分享；同时，这也标志了我们彼此相伴、共修智慧与慈悲的岁月；一起走过了互相扶持、同舟共济、以慈心利他的旅程。

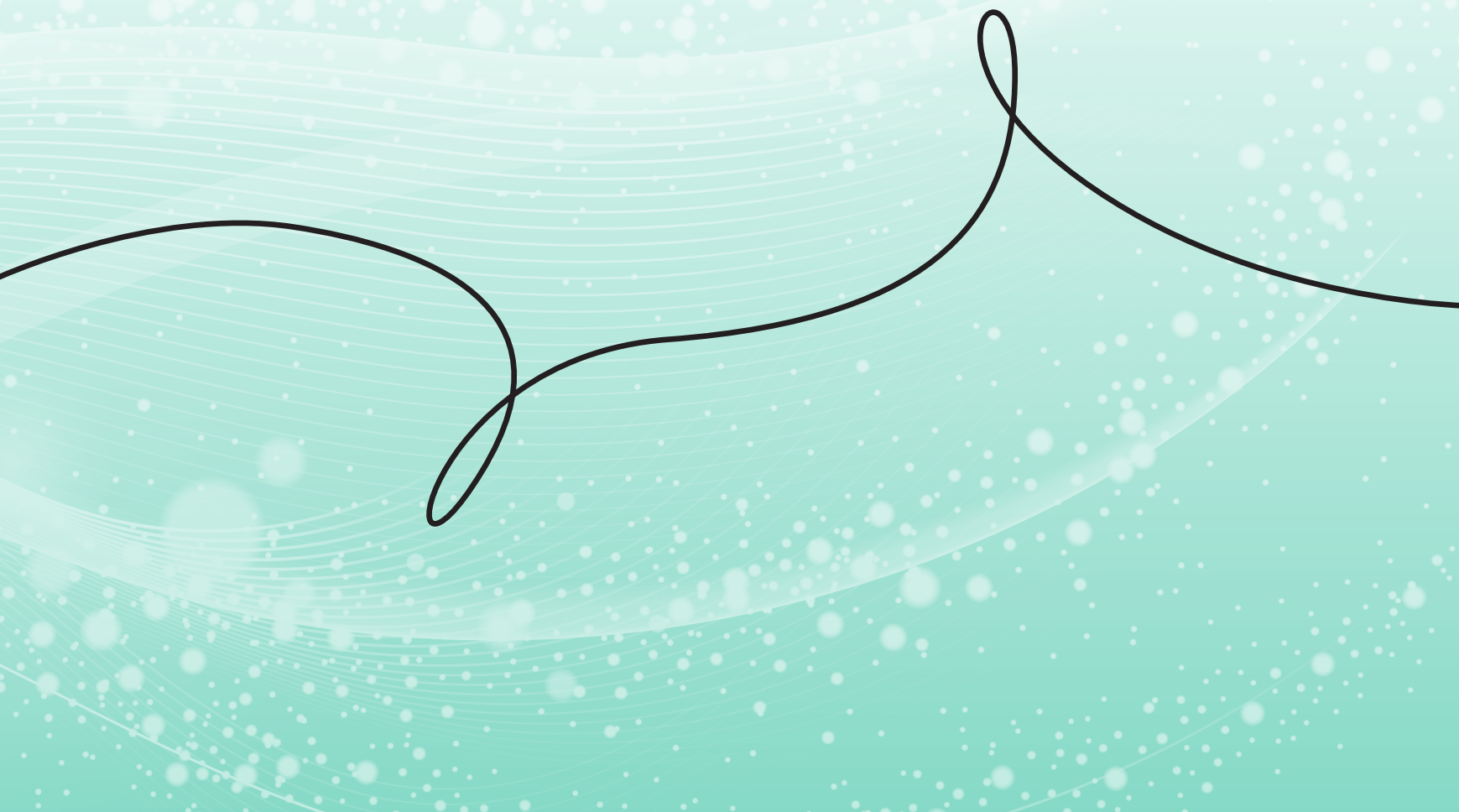
寺庆的主题“同心携手二十五”，正是我们一路走来的精神写照。多年以来，来自不同背景与年龄的信众，无论是初学者或是长期的修行者，都汇聚于此，成为本寺大家庭之一员。这些充满欢笑、学习与友情的点滴时刻，正是我们此次所要庆祝与珍惜的。

为了纪念这意义深远的里程碑，大乘禅寺将于2026年推逾15项特别活动，给大家带来欢喜、启发与连结。这一整年，将是一段共同庆祝心灵成长、社区情谊与集体奉献的旅程。请关注新加坡大乘禅寺的社交媒体平台，以获取寺庆活动的最新消息！

展望未来，愿我们继续携手前行，以慈心善意照亮彼此、温暖众生，让菩提心光辉长明。



International Footprints 世界足迹



Pilgrimage to the Abode of Manjushri

朝拜文殊道场五台山

From 3 to 15 June 2025, nearly eighty Dharma brothers and sisters from Thekchen Choling set out together on a sacred pilgrimage led by our beloved Guru, Singha Rinpoche. The journey brought everyone to Inner Mongolia, the holy mountains of Wutai Shan, and finally to the historic temples of Beijing. It was a precious time of prayers, practice, and blessings.

At Wutai Shan, the revered abode of Manjushri Bodhisattva, the group visited Qing Liang Temple and the famous cooling rock. There, under the guidance of Rinpoche, we were reminded of the power of humility and the importance of embracing both the strengths and weaknesses we see in others. With the auspicious month of Saka Dawa as the backdrop, the practices felt especially profound, as ancient temples echoed with the recitation of mantras and the collective devotion of many.

One of the highlights was the visit to the five peaks of Wutai Shan. Despite the crowds at the South Peak, everyone rejoiced at the chance to offer prayers before thousand-year-old images of Manjushri. On another peak, as mantras were chanted and the stupa circumambulated, a radiant solar rainbow appeared in the sky — a powerful sign of blessings that uplifted all hearts.

In Beijing, the pilgrimage continued with visits to Fayuan Temple, where offerings were made to the sacred Chenrezig rupa said to shed nectar from its eyes, and to Yonghe Temple, home to the majestic five-storey Maitreya Buddha. A sudden downpour at the temple was joyfully received as a shower of blessings.

This pilgrimage was more than a journey across lands; it was a journey of the heart. Through prayers, devotion, and the presence of the sangha, all returned with renewed faith and inspiration to walk the path of wisdom and compassion together.



2025年6月3日至15日，来自大乘禅寺的近八十位法友，在我们敬爱的上师鑫和仁波切的带领下，启程踏上了一段神圣的朝圣之旅。此次行程先后到达内蒙古、五台山圣地，最后抵达北京的历史名寺，是一次充满祈愿、修持与祝福的珍贵时光。

在五台山——文殊菩萨的道场，法友们参访了清凉寺及著名的清凉石。在仁波切的指导下，我们深刻体会到大度接纳他人优点与缺点，以及谦卑的重要性。朝圣之行正值萨嘎达瓦吉祥月，古老的寺院回响着咒语诵念与众人虔诚的心，修持显得格外殊胜深远。

朝圣行程的一大亮点，莫过于登临五台山的五大台顶圣迹。南台虽人潮涌动，但大家依然满怀欢喜，得以在千年文殊圣像前虔心供养。



祈愿。另一座台顶上，我们一同持咒、虔诚绕塔。法音回荡之际，天空忽然现出一道灿烂的日晕。彩虹绕日——这被视为殊胜的吉祥加持之兆，令所有人倍感振奋与欢喜。

北京的朝圣行程同样充满殊胜意义。法友们首先参访法源寺，恭敬礼拜传说中双眼滴下甘露的观音圣像；随后前往雍和宫，瞻仰庄严雄伟的五层楼高弥勒佛像。途中，寺院忽降骤雨，众人亦以喜悦心迎接，视为佛菩萨所赐的吉祥加持。

这趟朝圣不仅是跨越地域的旅程，更是一场内心的启航。于虔诚祈祷与僧众相伴之中，法友们皆收获焕然一新的信心与启发。愿我们继续携手并行，在智慧与慈悲的道路上稳步前行。

Singha Rinpoche Teaches in India

鑫和仁波切印度弘法之旅

In September 2025, Singha Rinpoche embarked on a Dharma teaching tour in India, speaking to students, professionals, doctors, and children and sharing timeless wisdom for modern living.

At KL University, Rinpoche conducted three sessions for over 3,600 students, encouraging them to find true success through mindfulness, gratitude, and responsibility. At Ramachandra College of Engineering, he inspired nearly 2,000 students to manage stress and connect with the heart, reminding them that being a beneficial person is more important than merely being a good one.

Rinpoche also visited a dental hospital with doctors and practitioners, teaching the value of each breath and the joy that even a simple smile can bring. At a yoga centre, he guided employees of public-listed companies to weave meditation into daily life. With business leaders and doctors, he spoke about gratitude being the true measure of success.

A particularly touching moment came at the Sri Krishna Chaitanya Vidya Vihar Children's Trust, where Rinpoche met 150 children at an orphanage. He offered blessings, meditation guidance, and gifts of school bags and Buddha cards, leaving the children radiant with joy.

In total, around 6000 people attended Rinpoche's teachings in India. His heartfelt message of impermanence, gratitude, and compassion planted seeds of wisdom in countless lives, reminding all that peace begins with each mindful breath.

May the wheel of Dharma continue to turn for all sentient beings, benefitting all until awakening!





仁波切亦莅临一所牙科医院，与医生及医护人员交流，开示如何于一呼一吸间体会生命的珍贵，并指出，一个真诚的微笑亦能为他人带来喜悦。在瑜伽中心，仁波切引导上市公司职员将禅修融入日常生活，并于与企业领袖及医学界人士的交流中分享，真正的成功在于懂得感恩。

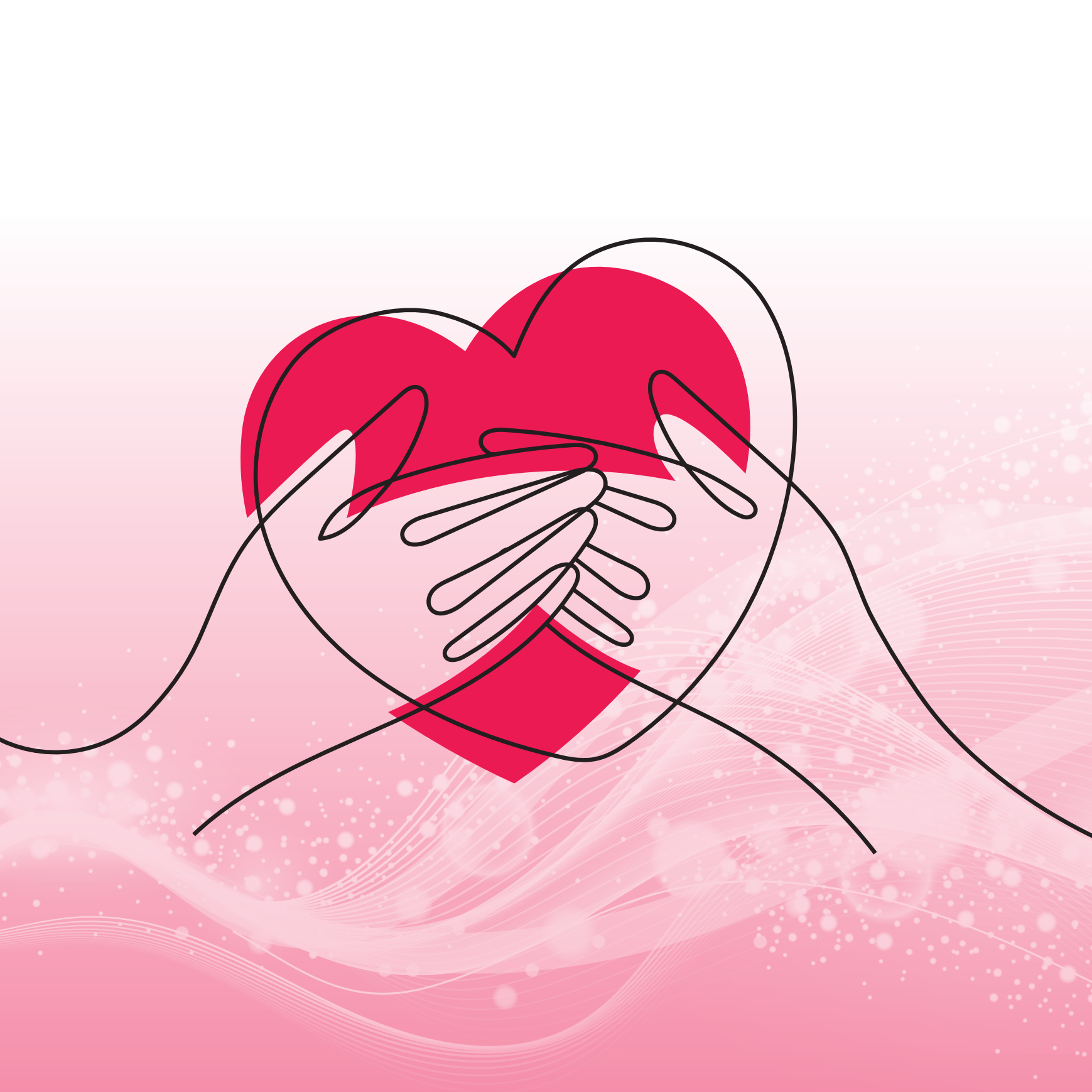
其间，仁波切探访了SKCV儿童基金会孤儿院，与150名孩童亲切互动，给予祝福与禅修指导，并赠送书包与佛卡结缘。孩子们面带笑容，洋溢着喜悦与温暖。

仁波切此次印度弘法之行，总共有约6000人前来聆听开示。仁波切对于无常、感恩与慈悲的开示，深深触动人心，同时也提醒大众以正念的呼吸安住当下，体悟和平与幸福的源泉。

愿佛日增辉，法轮常转，利益无边有情，直至究竟觉悟！

2025年9月，鑫和仁波切应邀前往印度展开弘法之旅，向学生、专业人士、医生及儿童等不同群体弘扬契合现代生活的佛法智慧。

在KL大学，仁波切为逾三千六百名学生主持三场讲座，勉励青年以正念、感恩与责任为修持之本，寻得身心与事业的真正成就。于Ramachandra工程学院，仁波切启发近两千名学生以平和的心态应对压力，学习慈悲与利他的精神，并强调：“成为一个有益于他人的人，比仅仅做一个好人更为重要。”



**Revering
the Divine Heart
in Togetherness**
共禮慈心



Chinese New Year Celebrations

大乘禅寺迎新春

Our Chinese New Year celebrations began with great enthusiasm as we welcomed the Year of the Wood Snake! This year, we had the honour of having H.E. Kyabje Jhado Rinpoche be part of our celebrations and his presence truly blessed the occasion. The festivities were filled with excitement, including vibrant performances by the lion dance troupes. One of the highlights was a lion dance performed in the unique Northern tradition, offering Rinpoche and all the devotees well-wishes for prosperity and longevity.

Throughout the celebrations, we participated in several meaningful prayers, such as the Prayers Before the 24 Heavenly Kings on Lord Indra's Birthday, as well as Wealth Bestowing Day of Yellow Dzambala. Along with the enlightening teachings from Singha Rinpoche, which helped guide us in shaping our path for the new year, we were also honored to have Feng Shui Master Sherwin Tng as a guest speaker. He shared his wisdom about the animal signs for the new year, offering insights into what the year ahead held for the 12 zodiac animals.

We are deeply thankful to everyone who made Thekchen Choling part of their celebrations and family traditions. May we continue to spread positivity and enrich the meaning of our Chinese New Year festivities!

我们满怀喜悦地迎接乙巳蛇年的到来，热烈展开农历新年的庆祝活动！今年，我们非常荣幸地邀请到尊贵的衲主查多仁波切亲临寺院，他的莅临为整个庆典注入了无上的加持与光辉。庆典现场气氛热烈，节目丰富多彩，其中最引人注目的，是别具一格的北狮表演，给仁波切及大众献上吉祥如意、福寿绵长的祝愿。

在欢庆之余，大众也参与了多场意义深远的祈福活动，包括帝释天尊诞辰的《礼敬二十四诸天》与《黄财神开库赐财日》等法会。在鑫和仁波切启迪人心的开示下，我们从中获得新一年的方向与力量。此外，我们也荣幸邀请到风水师唐健智担任特别嘉宾，为大家讲解新一年的生肖运势，分享十二生肖在来年可能迎来的机遇与挑战。

我们衷心感谢每一位将大乘禅寺春节活动纳入家庭新春计划的善信与朋友们。愿我们继续传播善念与正能量，让农历新年不仅充满欢喜，更富意义与祝福！





Qing Ming Festival & Ullambana Festival

清明法会与盂兰盛会



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 the 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 has highlights like the Ceremony of One Hundred Thousand Buddhas, performed by our Sangha in Tibetan. Furthermore, we made offering of meals and necessities to more than 200 Venerables. This includes His Holiness the 14th Dalai Lama,

Lineage Gurus, resident Sanghas of international Thekchen Choling Temples, Shelkar Cheode Ganden Legshedling (Nepal), Namgyal Jyangchub Choeling Monastery (Nepal), Chuwar Gadhen Drophen Ling Monastery (Nepal) on Buddha's Joyful Day.

For both festivals, one special addition was the new memorial tablet for animals, named Rainbow Bridge Memorial Tablet. Pet owners or animal lovers can dedicate merits to their dearly departed animals by offering this tablet. It was an addition that has touched and benefitted the lives of many.

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.





我们的信众们在清明法会和盂兰盛会期间聚集在一起，为我们已逝的亲人以及曾与我们结下因缘的众生祈愿，并回向给他们。

在清明法会期间，信众们有机会在本寺通过写牌位的方式，将爱与祈愿回向予逝世的至亲。本寺常住僧众们每日诵经祈福，并献上丰盛的饮食供养，祈愿亡灵疾速往生阿弥陀佛极乐净土。

今年盂兰盛会的亮点之一，是由僧众以藏文修持的《十万佛洪名大法会》。于佛欢喜日当天，我们更举行了大型供养仪式，向各寺院逾两百位僧众敬献膳食与日常供品。供养对象包括尊者第十四世达赖喇嘛、诸位传承上师、国际大乘禅寺常住僧众，以及协格尔寺、南嘉寺、曲瓦寺（尼泊尔）等的僧众。

本寺今年亦新增了《爱宠莲位》，让宠物主人与爱护动物的信众能够将功德回向予已逝的动物。此项增设深受大众感动与喜爱，亦让更多众生得以蒙受法益。

这些吉祥增福的法会活动，不仅延续了佛教的文化传统，也护持僧众修行，更以佛法的光辉利益我们已故的亲友与有情众生。



Vesak Prayer Festival

大乘卫塞祈愿大法会

This year's Vesak celebration was truly something special and spectacular! For the very first time, our temple brought the joyous three-day event to the heartlands, situating ourselves next to NEX mall in Serangoon. It was an incredible opportunity to connect with many new people and devotees, sharing the spirit of Vesak with the wider community.

A major highlight was the awe-inspiring Giant Wish-Fulfilling Shakyamuni Buddha Thangka, displayed in its full glory at a towering 4.5 storeys high, the first time it's been shown like this since 2017!

The celebration was filled with meaningful and memorable moments. One such event was the Wisdom Mind Illumination Walk, a serene and beautiful procession where sacred Dharma teachings circled the event grounds amidst a sea of lights. We also held a Vesak Day Prayer Ceremony, offering heartfelt prayers for inter-faith peace and global harmony.

Back by popular demand, our Animal Blessing Night returned for its fourth year — blessing over 1,000 beloved pets in a single evening with warmth, compassion, and love! The following days of the Vesak celebration still saw devotees coming with their pets, furry and non-furry. It was a deeply moving sight to see.

We are deeply grateful for the chance to come together as one community. Thank you to everyone who joined us in making this Vesak so meaningful. We can't wait to welcome you back to the temple and see you again at next year's Vesak celebrations!



今年的卫塞节庆祝活动格外盛大而特别！我们寺院首次将这场为期三天的欢庆活动带入社区，在实龙岗 NEX 商场旁举办。这次活动让我们有机会与更多新朋友和信众结缘，将卫塞节的喜悦与精神传递给更广大的群众。

本次庆典的最大亮点之一，是高达四层半楼高的《释迦牟尼佛如意大唐卡》庄严揭幕。这幅巨型唐卡自 2017 年以来首次完整展示，观其气势恢宏、妙相圆满，无不令人心生虔诚。

此外，整个庆典充满了温馨而难忘的时刻。其中的「迎请佛经亮心灯」仪式，气氛肃穆祥和——在如海灯盏的映照下，佛法光明闪耀全场，照亮众生的心田。卫塞节正日，我们也举行了卫塞节祈愿法会，虔诚祈祷各宗教之间共存吉祥、促进世界和平。

今年，广受欢迎的「护生祈福夜」也迎来了第四个年头。仅一晚间，僧众们就为超过一千只可爱的宠物洒下温暖、慈悲与爱的加持。在接下来的几天庆典中，仍有信众携带宠物前来参与礼佛，场面温馨感人。

我们深深感恩这次难得的因缘，让大家凝聚成一个充满温情的集体。感谢每一位参与者，让今年的卫塞节更加圆满、有意义。期待在明年的卫塞节庆典中，与大家再次相聚，共沐法喜！









Connect with Guru Rinpoche

与莲师相应



What a joyful and inspiring weekend it was at Thekchen Choling (Malaysia), Kota Tinggi! In conjunction with the celebration of His Holiness the Dalai Lama's 90th Birthday, we held a special two-day retreat – Connect with Guru Rinpoche. There was a palpable sense of excitement in the air, especially since it had been nearly six years since our last event in the serene setting of Kota Tinggi.

True to its name, the retreat offered a heartfelt and powerful opportunity to deepen our connection with Guru Rinpoche. Guided by Singha Rinpoche, we immersed ourselves in the recitation of Guru Rinpoche mantras and received precious teachings that sparked fresh insights and provided inspiration for our spiritual journey.

A particularly moving moment was the consecration of two giant mani wheels, held on the auspicious occasion of His Holiness the Dalai Lama's birthday. Together, we offered prayers for the long life, good health, and continued flourishing of the Dharma and the holy activities of our precious lineage Gurus — a truly blessed day filled with purpose and joy.

Thank you to everyone who made this retreat so special. We're already looking forward to coming together again for next year's Guru Rinpoche celebration. Until then, may our hearts stay connected in the Dharma!





在马来西亚哥打丁宜的大乘禅寺，我们度过了一个充满喜悦与启发的周末。为庆祝莲花生大士圣诞，我们举办了一场为期两天的特别闭关——「与莲师相应」。这是时隔近六年后，我们再次于哥打丁宜这片清净道场聚首，共修莲师法门，令人倍感欣喜。

正如闭关主题所示，这确是一场发自内心、充满力量的修持盛会，让大众得以更深入地与莲花生大士建立连结。在鑫和仁波切的亲自带领下，大众虔诚持诵莲师心咒，并聆听了珍贵的法教，使修行之路重新燃起智慧与信心的光芒。

其中一个令人深受感动的时刻，是在尊者第十四世达赖喇嘛尊者寿辰的吉祥日，仁波切为两座巨型转经轮举行了隆重的开光仪式。大众齐心祈愿尊者法体安康、长寿久住，祈愿佛法与珍贵传承师长的事业恒常兴盛，法轮永转不息——那一天，喜悦与感恩洋溢全场。

由衷感谢所有参与者让这次闭关修持如此殊胜圆满！我们已满怀期待，盼望明年再次相聚，共同欢庆莲师圣诞。在此之前，愿我们都能以法相系、以心相连，同行于觉醒之路。



Vaidurya Healing Festival

药师琉璃光胜会

Our theme this year is Universal Rejuvenation! In a world where natural disasters and conflicts continue to unfold, we decided to come together as one family to recite the compassionate prayers of Medicine Buddha. With open hearts, we sent love and healing vibrations for peace, harmony, and the universal rejuvenation of our planet.

In addition to the collective accumulation of 100,000 Seven Medicine Buddha Long Mantras, Medicine Buddha Fire Puja and Naga Puja were performed and dedicated by experienced monks at Shelkar Monastery.

As part of the festival, we also offered blessings to the oceans, nurturing harmony with the Nagas and with nature itself. Through these prayers and blessings, we pray that the world be uplifted with renewed vitality and hope.

We rejoice in the collective merits of everyone's heartfelt offerings, recitations, and prayers, for the benefit of the Nagas, Mother Nature, and all sentient beings. Together, may our aspirations bring light and healing to the world!

今年的主题是「大千世界焕新生」。当今世间天灾人祸接连不断，我们凝心聚愿，共同修持药师如来的慈悲法门，以虔诚的心传递爱与治愈的能量，祈愿世界和平共融、众生安乐、大地重现生机。

法会期间，我们号召信众共同累积 100,000 遍《药师七佛长咒》，并恭请尼泊尔协格尔寺的法师们修持《药师如来火供法会》及《龙王法会》。我们也出海为海洋祈福，祈愿人与龙族、人与自然之间得以和谐共生。愿藉由这一切祈愿与加持，世界得以振奋，焕发新的活力与希望。

我们随喜每一位善信的供养、持诵与祈祷所积聚的功德，愿将此功德回向龙族、大自然，以及一切有情众生。让我们携手同愿——愿治愈之光普照世间，福祉绵延无尽！





Maha-Cundi Drubchen

准提佛母大成就圣会

This year, the annual Cundi event takes on a brand new name, the Maha-Cundi Drubchen, to reflect a whole new approach and experience for all practitioner participants.

What does Maha-Cundi Drubchen mean?

The Sanskrit word Maha means great, while the Tibetan word Drubchen is the shortened form of 'drubpa chenpo'. A Drubchen is a great multi-day prayer accomplishment ceremony for a deity where their mantra is recited non-stop for the entire duration. The Maha-Cundi Drubchen thus is a great gathering of practitioners in an extensive group practice ceremony to fulfil samaya, request for an abundant dawn of blessings and accomplishments, and to request for divine direction from Maha-Cundi.

This year marks a clear departure from previous years, as it requires practitioners to commit to a full 3D2N retreat. Before the retreat, there was also a compulsory three-

day training session led by Singha Rinpoche so that practitioners could delve deeper into the teachings of Lhamo Cundi. The Cundi initiation was also a requirement for this sacred retreat. At the auspicious completion of this retreat, there was a fire puja done to purify any negativities or mistakes done throughout the retreat.

We rejoice in all the practitioners who have completed this highly sacred and auspicious retreat! May the fruits of this retreat quickly ripen to accomplish all virtuous wishes for all sentient beings on the path to awakening!





今年的年度准提法会以全新的名称——「准提佛母大成就圣会」举行，为所有修行者带来焕然一新的体验与修持方式。

「准提佛母大成就圣会」的意义是什么？

中文的法会名称其实翻译自 Maha-Cundi Drubchen。梵文中的 Maha 意为「伟大」，而藏文的 Drubchen 则是 drubpa chenpo（「伟大的修行成就」）的简称。所谓 Drubchen，是一种盛大的连续多日祈愿修法，其间不间断地持诵本尊心咒，专注修持直至法会圆满。因此，《准提佛母大成就圣会》是一场殊胜的集体修行聚会，让众修行者通过广大的共修来圆满三昧耶，祈请准提佛母降赐丰盛的加持与成就，慈悲地给予护佑与指引。

今年的圣会与以往有显著不同，参与者需全程投入三天两夜的密集修持。在正式念诵前，修行者还需参加由鑫和仁波切亲自主持的三场预备培训，以更深入地了解准提佛母的教法与修持要点。参加此次殊胜法会的前提之一，是必须已受准提灌顶。在圣会圆满之际，寺院亦举行了庄严的火供法会，以净化修持过程中所生的任何过失。

我们随喜所有圆满完成此次殊胜修持的参与者！愿此圣会所积聚的功德迅速成熟，令一切有情众生成就善愿，趋向圆满正觉之道！



Million Mani Night

百万观音心咒共修

To celebrate Guanyin Bodhisattva's birthday this year, Thekchen Choling held a simple but meaningful event — Million Mani Night. Geshe Jigme led the recitation of Om Mani Padme Hung and shared teachings to help us connect more deeply with the mantra.

Thanks to the collective effort of all participants, we accumulated over one million mantra recitations! We're grateful for the chance to come together, reflect, and create merits for ourselves and others.

We dedicate the merits of this practice to all sentient beings' awakening of reverence within, and to greater peace and harmony in the world.

为庆祝今年的观世音菩萨诞辰，大乘禅寺举办了一场简朴却意义深远的「百万观音心咒共修」。格西济美带领大众同声持诵「唵嘛呢叭咪吽」，并开示修持心咒的方法，引导大家更深切地与观音心咒相应。

在所有参与者的共同努力下，我们累计持诵超过一百万遍六字大明咒！感恩这次殊胜的因缘，让大众能聚集共同修持、静心思惟，为自己与他人累积无量的功德与祈愿。

我们将此次修持的功德回向一切有情众生，愿人人启发内在的觉性与恭敬之心，愿世界和谐安泰，慈悲光明长照人间。





Thekchen Choling Celebrates SG60!

大乘禅寺欢庆新加坡建国60周年!



This year, Singapore turns 60! At Thekchen Choling, we joined our nation in celebration by dedicating prayers, practices, and good wishes for the continued peace, prosperity, and harmony of our homeland.

On 9 August 2025, our temple family gathered for the Medicine Buddha Grand Puja for Our Nation, offering prayers of rejuvenation and blessings for our beloved country. We also came together for the Lhamo Cundi Sadhana Group Practice, dedicating

merits so that Singapore may continue to be a land of compassion, wisdom, and peace.

Because no birthday is complete without some fun, Team Thekchen put together a morning routine video right here at Thekchen Choling to say a big, bright "Happy Birthday, Singapore!"

We celebrated SG60 with gratitude and joy. May our nation continue to flourish and shine for many more years to come!



今年，新加坡迎来建国 60 周年！在新加坡大乘禅寺，我们与国家一同欢庆，以诵经、修持与祈愿，祝福我们的家园新加坡继续繁荣昌盛，和谐安乐。

2025 年 8 月 9 日，寺院大众齐聚一堂，并举行了《护国药师如来大法会》，为我们的国家祈求福祉与勃勃生机。我们也共同参与了《准提佛母共修》，回向功德，愿新加坡永远成为慈悲、智慧与和平的国土。

除此之外，生日当然少不了欢乐气氛的营造！因此大乘禅寺团队特别在寺院拍摄了一支短视频，满怀喜悦地向国家高声祝贺：“新加坡生日快乐！”

我们满怀感恩与喜悦庆贺 SG60。愿我们的国家继续光辉灿烂，迎接更美好的未来！



Awakening Our Inner Divinity

启蒙圣心

Dharma Junior

佛法儿童班

What a beautiful year it has been for Dharma Junior, filled with laughter, learning, and meaningful moments!

One of our most special memories was Camp Grateful Hearts in December 2024. With lots of guidance and love from teachers, the children camped under the stars, cooked their own meals, played joyfully with friends, and experienced the joy of independence. The highlight? A heartfelt gratitude tea ceremony for their parents.

In March this year, we were deeply honored to welcome H.E. Thubten Rigtsel Rinpoche, who shared a powerful teaching and blessing for all children and families. His reminder that “Teachers are also important because they provide us with education. Without education, we cannot achieve much in life,” touched everyone’s hearts.

佛法儿童班在这一年里度过了充满着欢笑、成长与深刻回忆的美好时光！

我们最难忘的回忆之一，是 2024 年 12 月的「感恩之心露营会」。在老师们满满的关爱与引导下，孩子们在星空下露营，自己动手煮饭，与朋友们快乐玩耍，体验独立自主的喜悦。而最感人的亮点，是一场献给父母的感恩茶会，满怀真挚与温情。

今年三月，我们非常荣幸地邀请到尊贵的图古滇津瑞瑟仁波切莅临本院。他为所有参与的孩子们与家庭带来了深刻的开示与加持。他慈悲地提醒我们：“老师也非常重要，因为他们给予我们教育。没有教育，我们在人生中将难以成就。”这一番话深深触动了在场的每一个人。



Here's a little highlight of what each class enjoyed this year:
让我们一起回顾各个班级在今年的美好时光吧!

Elliot Class (4-6 yrs): Learnt about Mother Green Tara as a protector and friend, learning her mantra and offering flowers with love.

意乐班 (4-6岁): 学习了绿度母作为守护者与朋友的慈悲形象, 学习她的心咒, 并怀着爱心献上花朵作为供养。



Manny Class (7-8 yrs): Went on a fun supermarket adventure — picking groceries, navigating aisles, and even doing self-checkout!

曼尼班 (7-8岁): 开启了一场超市小冒险 —— 精心选购杂货用品、熟练地穿梭在货架间, 还挑战了自助结账, 乐趣满满!



Risa Class (9-10 yrs): Celebrated their journey with a cozy potluck and sharing session on building harmonious families, joined by Singha Rinpoche and Sangyumla.

日萨班 (9-10岁): 举行了一场温馨的聚餐和交流会, 鑫和仁波切与桑雍南都拉姆也莅临现场, 与大家一起分享如何建立和谐的家庭。



Budhi Class (11-12 yrs): Explored the Power of Awareness — learning about self, social, and situational awareness during a thoughtful outing.

菩提班 (11-12岁): 透过一次开启思维大门的出游体验, 深入学习了自我觉察、人际关系中的觉察, 以及对环境情境的敏锐观察, 开启内在觉知之门。



We are so proud of every Dharma Junior child and grateful for a year full of love, growth, and connection. Here's to more joyful adventures next year!

我们发自内心, 为每一位佛法儿童班的孩子感到自豪。感恩这一年的滋养、成长与连结。让我们迎接来年更多喜悦而精彩的冒险旅程!

Youth Leagues

青少年联盟



Building on the momentum of last year's revamped SAIL programme, our youths have continued to take charge of their own journey — planning, creating, and leading their weekly activities. With the freedom to shape their sessions, they've found a platform to express themselves, make decisions, and grow into confident young leaders.

Some even stepped up to take the lead in organising activities, seizing the opportunity to guide their peers and discover what leadership means to them. Their enthusiasm and willingness to try has been truly inspiring!

One of the biggest highlights this year was Our Joyous Vesak — a proud moment for our youths. From conceptualising booth ideas such as sketching people's pets, to curating performances, they ran the show from start to finish. It was an empowering experience that showcased just how far they've come, and how much heart they bring to their work.

It's been an enriching, eye-opening journey for both the youths and facilitators, as they walk the path together, growing, learning, and shining at their own pace.

延续去年的全新 SAIL 课程计划，我们的青年们继续主导属于自己的修学旅程——自行策划、创作与带领每周活动。

透过自主安排课程，他们找到了一个能自由表达、学习决策的平台，并在过程中逐渐成长为自信的青年领袖。

其中一些青年更主动承担起领导角色，带领团队组织活动，借此机会引导同伴，也在实践中体会领导的真正意义。他们的热情、积极与勇于尝试的精神，令人由衷敬佩！

今年的一大亮点，是《欢喜同庆卫塞节》——我们青年们的骄傲时刻。从构思摊位创意（例如为公众的宠物绘制素描）到策划舞台表演，他们从头到尾全程主导。这不仅是一段充满力量的经历，也展现了他们的成长与蜕变，以及投入其中的真诚与热忱。

这是一段充实且启发人心的旅程，青年与导师们携手同行，在学习与成长的道路上，以自己的步伐绽放光芒。



Adult Courses

成人课程

We had an exciting year of adult courses that brought together many enthusiastic participants eager to deepen their practice and understanding. The highlights include 'Exploring Buddhism' courses, 'How to do Prostrations' class, 'Dorje Bell and Hand Mudra' classes, 'Introduction to Meditation', and a Mandarin course on the Six Paramitas.

A special highlight this year was the eight-week Solitary Hero Yamantaka Practice course by Geshe Jigme, specially designed for empowered practitioners. It offered an incredible opportunity for deeper study and connection with the practice.

We also attended a Chinese Chanting Instruments class at Thekchen Choling Malaysia, Kota Tinggi, where Singha Rinpoche led devotees in intensive training for the class. A group of our representatives also went to Thekchen Choling Melaka to conduct a Chinese Chanting Instruments class for the devotees over there. It was heartening to see devotees learning how to play instruments used in Chinese Chanting.

There was also a tea session with Geshe Kangyur held at Thekchen Choling Singapore, where students of Geshe Kangyur came together for Dharma sharing with Geshe Kangyur over tea.

We feel truly fortunate to have access to such valuable teachings and are looking forward to more inspiring courses in the coming year!





今年的成人课程可谓精彩纷呈，吸引了许多怀着热忱、渴望深入修学佛法的学员共同参与。课程内容丰富多元，包括广受欢迎的《探索佛教》系列、《如何做大礼拜》实修课、《金刚铃与手印》教学、《禅修入门》课程，以及为中文学员特别开设的《六度波罗蜜》课程。

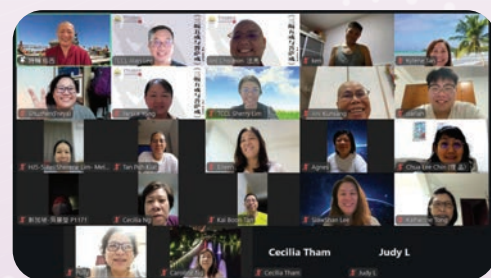
今年的特别亮点之一，是由格西济美主讲的八周《独勇大威德金刚修法》课程。本课程为已受灌顶的修行者特别设计，提供了一个深入学习与实修此殊胜密法的宝贵机缘。

此外，我们也欣喜地看到越来越多信众学习中文诵经中所使用的传统法器，为这一珍贵的修持文化注入新的生命与传承的力量。

我们也前往了哥打丁宜的马来西亚大乘禅寺参与了《法器持奏集训班》，在鑫和仁波切的带领下进行了密集的训练。同时，我们的法器班代表团也前往了马六甲大乘禅寺，带领当地的信众一起练习持奏法器。能够目见这么多信众们有心学习中文经赞念诵与法器，实在令人倍感欣慰。

此外，新加坡大乘禅寺还举办了一场与持称格西的茶会，让格西与本寺中文课程历届学生们聚在一起，在茶香中交流佛法心得。

我们由衷感恩诸位导师的慈悲教授，并期待来年能有更多启发心灵、转化生命的课程继续开办！



Visiting Masters 上师来访

This year, we were deeply blessed to have the venerable H.E. Kyabje Jhado Rinpoche grace us with his presence during our Chinese New Year celebrations. His visit was filled with countless auspicious activities, all aimed at benefiting not only the devoted practitioners, but all sentient beings. Throughout this precious time, Rinpoche bestowed transmissions and blessings, planting the seeds of awakening in our hearts and guiding us along the path to enlightenment.

We were also honoured by the visit of H.E. Thubten Rigsel Rinpoche at Thekchen Choling, the reincarnate of Khensur Rinpoche Lama Lhundrup who was one of Singha Rinpoche's root gurus in his previous life. It was a homecoming of sorts for Rigsel Rinpoche as he had visited Thekchen Choling Singapore at the current venue in his previous life. We joyfully welcomed him with a Tara puja, and

he was also the esteemed guest of honor at our Volunteer Appreciation event. It was a truly special occasion. Our Dharma Junior community was privileged to invite him for a heartfelt session of teaching and connection with both our teachers and children too. During this session, there were insightful questions such as, "How did you know you wanted to become a Rinpoche?" to which Rinpoche replied, "Past life connections," offering profound reflections on karma. We are deeply grateful for the wisdom and compassion shared by Rigsel Rinpoche.

With sincere gratitude, we offer our heartfelt prayers for the long and healthy lives of both H.E. Kyabje Jhado Rinpoche and H.E. Thubten Rigsel Rinpoche. May they continue to turn the wheel of Dharma for countless lifetimes, guiding and inspiring beings toward liberation and enlightenment.



今年，我们因缘具足，有幸在农历新年庆典期间迎来了尊贵的衲主查多仁波切（H.E. Kyabje Jhado Rinpoche）莅临本寺。仁波切此行期间举办了多场殊胜的活动，不仅利益虔诚的修行者，更普利一切有情众生。在这段珍贵的时光里，仁波切为大众亲传法教、赐予加持，将觉醒的种子植入我们心田，引导我们行走向修行成佛的道路。

无独有偶，本寺同样有幸迎来图敦瑞瑟仁波切（H.E. Thubten Rigsel Rinpoche）莅临大乘禅寺。瑞瑟仁波切的前世是堪苏仁波切喇嘛伦珠（Khensur Rinpoche Lama Lhundrup），即鑫和仁波切的根本上师之一。对于瑞瑟仁波切来说，此行宛如“回家探访”。因为他在前世时，曾到访过新加坡大乘禅寺目前的现址。我们以度母法会恭迎仁波切，并荣幸地邀请他担任「志工感恩之夜」的贵宾。这真是一次意义非凡的聚会。我们的“佛法儿童班”（Dharma Junior）也有幸邀请瑞瑟仁波切，与老师和孩子们进行了一场温暖而深刻的交流。在互动中，有孩子提问：“您是怎么知道自己想成为一位仁波切的呢？”仁波切答道：“前世的因缘。”这番回答让大家深刻体会到业果的奥妙。我们衷心感恩瑞瑟仁波切所分享的智慧与慈悲。

怀着诚挚的感恩之心，我们祈愿查多仁波切与瑞瑟仁波切长久住世、法体安康。愿他们生生世世于未来际转动法轮，恒常引领与启发有情众生走向解脱与觉悟之道。





Celebrating H.H. The 14th Dalai Lama's 90th Birthday @ Dharamsala, India

赴印度达兰萨拉敬贺尊者第十四世达赖喇嘛九十岁寿辰

On September 20, 2025, Thekchen Choling had the great honour of celebrating His Holiness the 14th Dalai Lama's 90th birthday at the Long Life Cultural Performance offered to him jointly by Buddhist communities from South East Asian Countries and Korea, held at the Main Tibetan Temple in Dharamsala, India.

Representing Thekchen Choling Singapore, Singha Rinpoche, and all Thekchen Choling's disciples, our Chief Operating Officer, Ms. Eileen Koh, joyfully offered a gold-leafed auspicious plaque inscribed with His Holiness's Long Life Prayer, together with a gold-gilded Rupa of Amitayus, the Buddha of Long Life and Vitality.

With deep and heartfelt devotion, we pray for His Holiness's long life, good health, and enlightened activities

that bring peace and benefit to all sentient beings. His Holiness is the embodiment of compassion and wisdom in our world, and may His Holiness live long and continue to turn the wheel of Dharma for the benefit of all sentient beings. Thekchen Choling's spiritual founder, Singha Rinpoche, is a devoted disciple of His Holiness and has received precious teachings directly from him. Inspired by this close spiritual connection, we uphold and preserve the lineage teachings of His Holiness with deep care and dedication.





2025年9月20日，大乘禅寺有幸出席于印度达兰萨拉举行的尊者第十四世达赖喇嘛九十寿辰长寿文化庆典。此庆典是由东南亚各国及韩国佛教徒社群联合呈献，以祈愿尊者圣寿长久、莲足永固。

谨代表新加坡大乘禅寺、鑫和仁波切与众弟子众，本寺首席运营官（COO）许爱玲女士于此大殿敬献贴金长寿祈愿牌一座，镌刻尊者长寿祈请文，并供养鎏金无量寿佛金身一尊，祝愿寿康永固。

我们以至诚恳切之心祈愿尊者长寿安康，

弘法善愿与佛行事业恒久不息，给世界带来祥和与安乐。尊者乃慈悲与智慧的圆满总集应化世间，愿尊者法体安健、长久住世、常转法轮，普利有情。

大乘禅寺之开山上师鑫和仁波切为尊者之虔诚弟子，曾于尊者处亲自领受珍贵教法。正是此殊胜难得之法缘，激励我们致力于持守并弘扬尊者的传承言教。

怀着感恩之心，我们愿继续弘扬佛陀正法之光，让慈悲与智慧的佛法精髓世代相续、普照人间！



Cultural Exchange

文化交流



Thekchen Choling is always excited to welcome cultural exchanges throughout the year, and 2025 has been no exception! We've had the joy of hosting friends from different groups and organisations, sharing our space, stories, and spirituality.

In March, Ani Chodron warmly guided a group of teachers and students from the School of the Arts (SOTA). During a lively session, the students explored the rich traditions of Vajrayana Buddhism — from performing prostrations and spinning the Mani wheel, to discovering the deeper meanings behind our holy statues. Then in April, our dharma brother Richard Pang welcomed diploma students from Mangala Vihara Buddhist Temple for a meaningful visit and insightful sharing.

One of the year's biggest highlights was taking part in the sixth edition

of the My Community Festival in August — a beloved island-wide heritage celebration that explores how Singapore's diverse communities experience life's milestones. We were thrilled to host one of the featured programmes at our temple on 17 August 2025, titled "Rebirth and Reincarnation in Tibetan Buddhism", with Ani Chodron as the key speaker and guide.

Across all these visits, our guests had the chance to learn more about our temple and the heart of Vajrayana Buddhism. With the help of our Sangha guides and dharma brothers, they also heard beautiful stories about the Buddhas as they explored the grounds.

We can't wait for more of these meaningful exchanges in the future — here's to learning, connecting, and growing together!



大乘禅寺一直积极推动文化交流，而 2025 年同样精彩纷呈！我们欣喜地迎接来自不同团体与组织的朋友们，在这片信仰与修行的空间里，分享彼此的故事与体验。

今年 3 月，法亮法师热情接待了来自新加坡艺术学院 (SOTA) 的一组师生。在这场充满活力的交流中，学生们亲身体验了金刚乘佛教的丰富传统——从俯身顶礼、转动经轮，到探寻佛像背后的深层意义。接着在 4 月，我们的法友庞方贵居士也热情迎接来自祝福寺专修文凭课程的学生，带领他们展开了一次富有意义的参访与佛法交流。

今年的一大亮点，是我们参与了第六届《My Community Festival》(我的社区节日)。

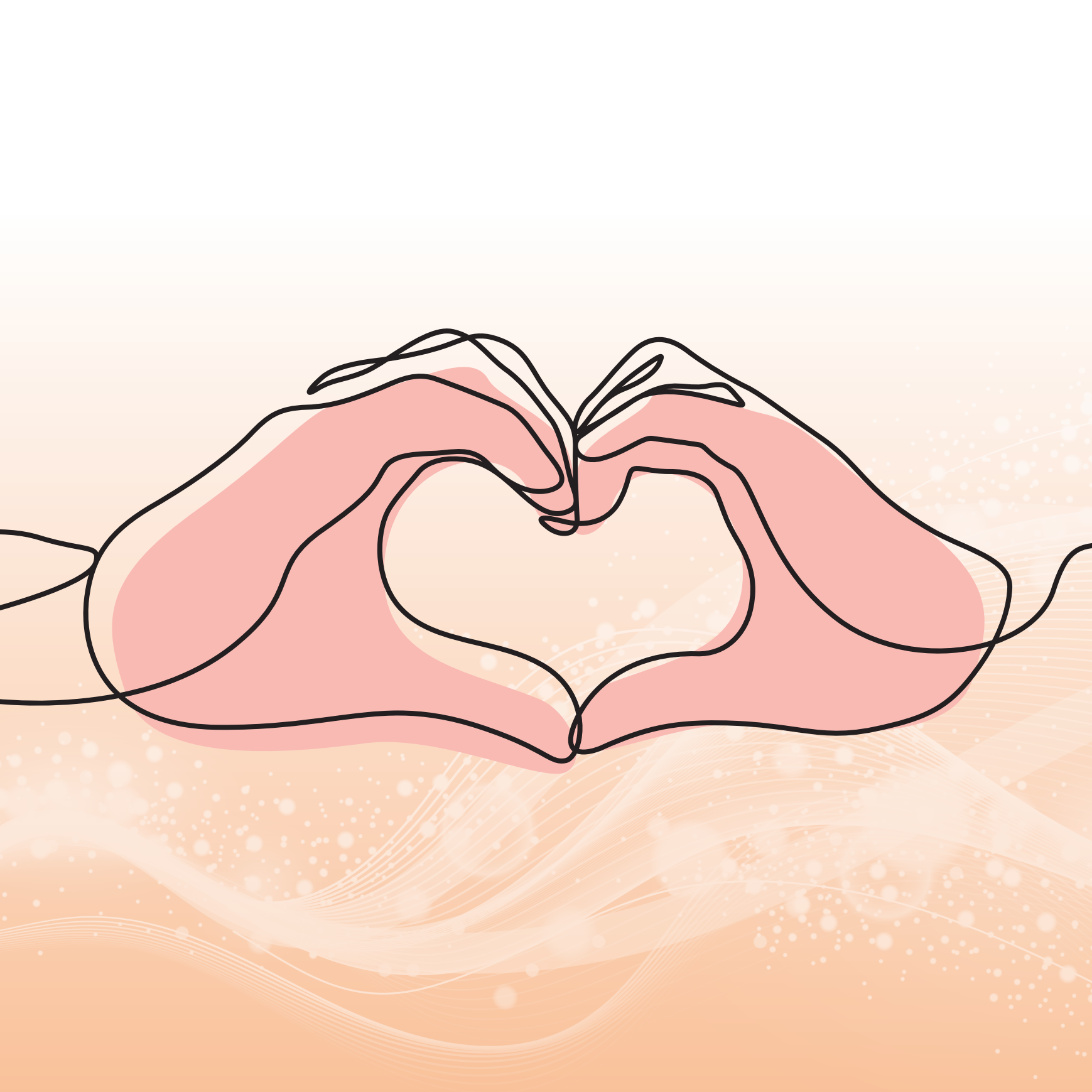


这项全岛性的文化活动旨在展现新加坡的多元社群如何庆祝人生的重要阶段。我们很荣幸于 8 月 17 日在寺院主办其中一场主题活动——《藏传佛教中的转世与轮回》，由法亮法师担任主讲并带领活动。

每一次参访，都让来宾更深入地了解大乘禅寺与金刚乘佛法的核心精神。在僧众与法友的引导下，大家聆听了许多关于诸佛菩萨的动人故事，并走访寺院各处，感受佛法的庄严与温暖。

我们期待未来能有更多这样充满意义的交流，一同学习、连接与成长！





Supporting All
with
Divine Hearts
慈心扶持



Supporting Communities

扶持有需要社群

Education and Community Support

We are dedicated to being a source of support for students, helping them build promising futures. We are also 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 43 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.

We also had the continued privilege of supporting students from the Singapore University of Technology and Design (SUTD) through the Thekchen Choling Singapore - SUTD Bursary Awards. Our commitment to empowering students from low-income families allows them to pursue their academic dreams, fueling their passions and equipping them with the skills to make a meaningful impact on society in the future. We rejoice in contributing to their educational journey and are truly delighted to be part of their success through these bursary awards!

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!



教育与社区关怀

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。我们也承诺于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43位不同种族与宗教背景的学生颁发了助学金。

我们也很荣幸能持续支持新加坡科技设计大学（SUTD）的学生，开设《新加坡大乘禅寺－SUTD助学金》为来自低收入家庭学子提供协助，扶持他们发挥学习潜能，勇敢追梦，并在未来以自身所学回馈社会。能在他们的求学旅程中给予陪伴，我们深感欢喜与感恩！

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新春度岁金和佳节礼包，分享新春喜悦。今年总共派发了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 Care. 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）造福人群的各项社会福利计划。



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 Riding for the Disabled Association of Singapore (RDA), Action for Singapore Dogs (ASD), 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，而我们也在此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，包括新加坡残疾人骑马协会协会（RDA）、新加坡爱狗协会（ASD）、国家公园局花园城市基金（GCF）以及聚友爱（GUI）。

Supporting Communities

扶持有需要社群

Dharma Sharing at Nursing Home

Supporting the community lies at the heart of our mission to benefit others. This year, we were especially joyful to continue to have our Sangha, staff, and volunteers visit the residents of NTUC Health Nursing Home (Chai Chee) for a series of meaningful engagements. Their warm reception during our previous visits inspired us to return more regularly, deepening the connection we share.

One particularly special visit was during Vesak, when we brought the celebrations to the residents. Together, we witnessed the unveiling of the Wish-Fulfilling Shakyamuni Buddha Thangka, offered the symbolic act of bathing Prince Siddhartha, and gifted LED lights that lit up not just their rooms, but their faces with radiant joy. It was a heartwarming day filled with smiles, gratitude, and quiet moments of reflection.

We rejoice in the opportunity to celebrate Vesak with them and are deeply grateful to be able to share the Dharma in such a personal and touching way. Many residents were visibly moved by the experience, and we, too, were deeply touched by their open hearts and warm spirits!

疗养院的佛法分享

关怀社区、利益众生，一直是我们弘法利生的核心使命。今年，我们的僧众、职员与义工们继续前往职总保健疗养院（菜市），与住民们展开一系列充满意义的交流与关怀。他们总是用温暖的笑容迎接我们，让我们也想一再回去，与他们多一点相伴、多一点连结。

其中一次特别的探访恰逢卫塞节，我们把庆祝活动带到了疗养院。当天，我们一同见证了「如意释迦牟尼佛唐卡」的揭幕，参与了象征性的浴佛仪式，并为住民们赠上了象征光明的LED灯——照亮的不仅是他们的房间，也点亮了他们的笑颜。

那一天，整个疗养院洋溢着温馨、感恩与宁静的喜悦。

能与长者们一同庆祝卫塞节，我们深感欢喜与感恩。以如此亲切、真挚的方式分享佛法，是一份殊胜的缘起。许多住民在活动中深受触动，而我们同样被他们的真诚与温暖深深感动。



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 to wards 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。我们随喜并感恩僧众们的努力！

Our Beneficiaries

受惠群体

Singapore 新加坡

Kampong Glam Community Club
甘榜格南民众俱乐部

Thekchen Choling Singapore
Education Bursary Awards 2025
新加坡大乘禅寺2025年度助学金

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

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

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

Cheng Hong Welfare Service Society
众弘福利协会

HCA Hospice Care
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

Ground-Up Initiative
聚友爱

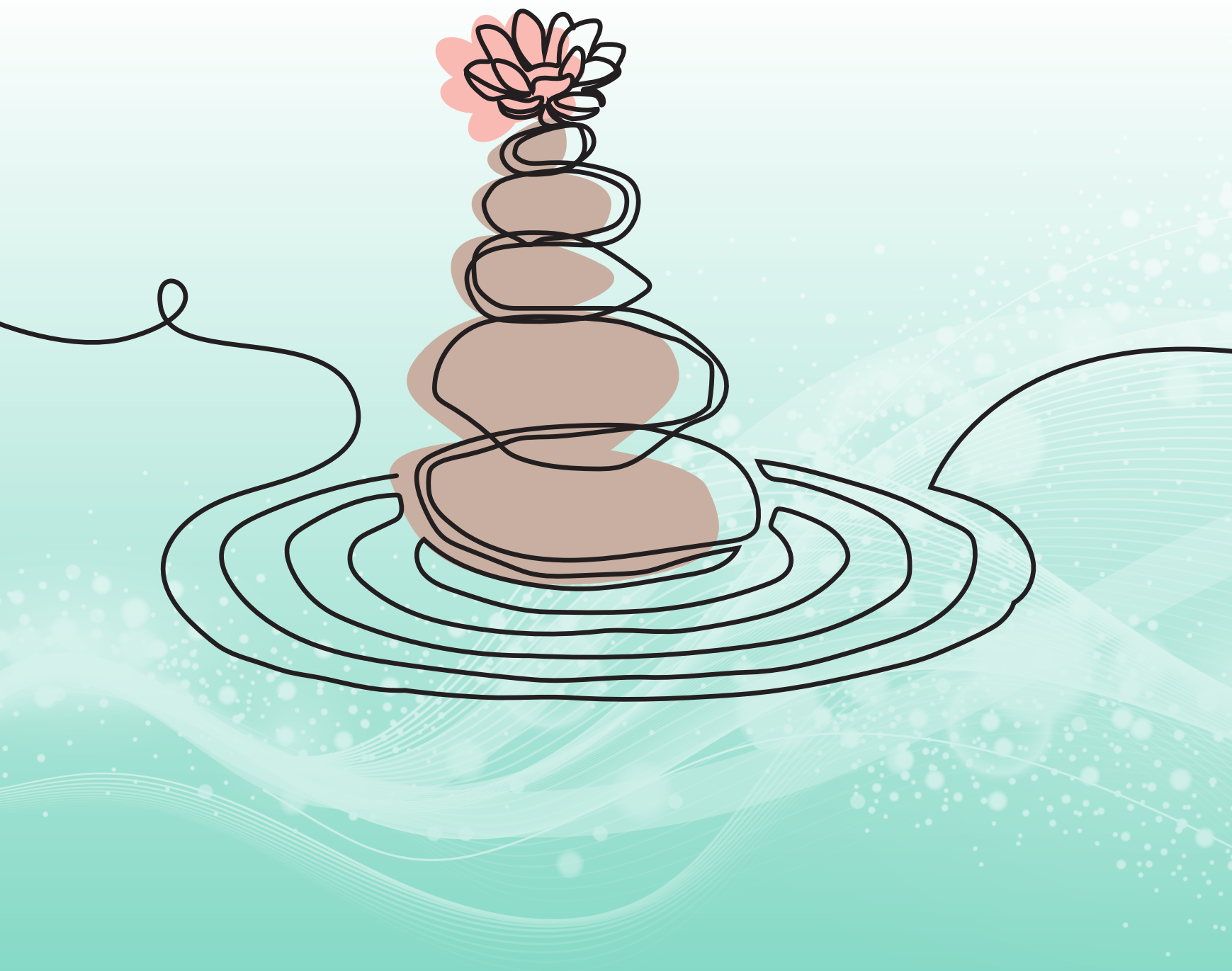
International 国际

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)

Sera Jey Tsawa Khangtsen (India)
色拉杰扎哇康村(印度)

Sri Krishna Chaitanya Vidya Vihar
Children's Trust (India)
斯里克里希纳柴坦尼亚智慧学苑
儿童基金会(印度)



Honouring
Our Pillars of
Strength
禮敬堅心同行者



Gratitude Towards Rinpoche

感恩鑫和仁波切



Singha Rinpoche taught us the core value of reverence in all his words and actions. He uplifts everyone around him no matter where he is, bringing light, kindness, warmth and wisdom in all he does, allowing us to truly experience what it's like to feel compassion and joy.

Through his skillful means and teachings, we learn to also revere the divine hearts of all those around us, cherishing one another's presence and connecting with love beyond just respect, but with a deep reverence that recognises one another's divine heart.

Words of thanks can never be enough to express our immense appreciation for Rinpoche's kindness and wisdom! 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.

Thank you Rinpoche, for always seeing us as future Buddhas, to see the Buddhanature within us and always guiding us to cultivate our virtuous qualities until enlightenment!

鑫和仁波切以一言一行教导我们「禮敬」的核心价值。无论身处何处，仁波切总能提携身边的人，带来光明、慈悲、温暖与智慧，让我们真切体会到何谓慈悲与喜乐的心。

透过仁波切的善巧方便与教诲，我们学会禮敬众生的圣心，珍惜彼此的存在。要用大爱去彼此相连，已超越世俗所认知的尊重，是以最深切的敬意，认识并礼敬每一个人的殊胜心。

言语难以表达我们对仁波切的无尽感恩与敬意。愿鑫和仁波切长寿安康，法轮常转，广利有情，引领我们修习正法，直至成就佛果。

感恩仁波切——感谢您始终视我们为未来佛，见到我们内在的佛性，并不断引导我们培养慈悲与智慧，直到圆满觉悟，成就菩提。

Gratitude Towards Sangha

感恩僧众



As Singha Rinpoche has taught, Buddha is like the doctor, the Dharma is the medicine, and the Sangha are the nurses. It is because of the Sangha's unwavering faith in the Buddhadharma that the temple is able to continuously uphold its values of altruism, reverence and love for all beings.

The Sangha continuously serves all beings day in and day out, attending to people's enquiries, some of which can be distressing to hear. They comfort those who need it with the medicine of the Dharma and give the antidote to our suffering while rejoicing in our success.

We are deeply grateful for the pillar of support that the Sangha continue to provide us! They are our lifelong, spiritual and virtuous friends that will be with us all the way until awakening!

正如鑫和仁波切所教导的那样，佛陀如同医生，佛法是良药，僧伽则是护士。正是因为僧众对佛法坚定不移的信心，寺院才能持续秉持利他、禮敬及爱待一切众生的价值观，广行善业。

僧众日复一日、不分昼夜地服务众生，回应人们的疑问，其中不乏令人心疼的故事。他们以佛法良药抚慰苦痛，以智慧甘露解除我们的烦恼，并在我们取得成就时随喜赞叹。

我们深切地感恩僧众一路以来给予的坚定支持！僧众是我们一生的良师益友与修行伙伴，将一路陪伴我们，直至觉悟。

Gratitude Towards Board Members and Staff

感恩董事会成员与全体员工

We are grateful for the board members and staff who always work with the motivation of benefitting all sentient beings! With deep reverence for the precious divine heart in everyone, the board members and staff work together as a team to continue Rinpoche's wish to guide all to Awakening.

It is because of this divine heart in all of us that we are able to become enlightened, and this faith in our growth is at the heart of the temple's mission — 'To connect all with divine hearts' — and vision — 'To empower all with meaningful lives'.

With foresight and care, they help shape the conditions for the Dharma to thrive — not for personal recognition, but out of love for the community and commitment to the path.

We see and honour the divine spark within each of them — their sacred intention, their courage to serve, and their faith in the transformative power of the Dharma. To our board and staff, we offer our deepest gratitude and reverence. Your work nurtures the roots of our spiritual home and supports the awakening of all who walk through its doors!





我们由衷感谢董事会成员与寺院全体员工，您始终怀着利益一切众生的愿心而努力工作。怀着对每个人内在圣心的深深敬意，董事会成员与员工齐心协力，持续实践仁波切的宏愿——引导众生走向觉醒之道。

正因为我们每个人心中皆具这份殊胜心，我们才能迈向成佛之路。而这种对人心成长与转化的信念，正是本寺使命「心系慈爱心」与愿景「携手创造有意义人生」的核心所在。您以远见与关怀，为佛法的弘扬与延续创造了良好的条件——不是为了个人的名誉，而是出于对大乘禅寺大家庭的热爱与对修行道的承诺。

我们礼敬并珍视您内在的神圣火花——那份殊胜的发心、为众生奉献的勇气，以及对佛法转化力量的深信。在此，我们向董事会成员与全体员工致以最深的感恩与敬意。您的努力滋养了我们的精神家园，并帮助每一位走入寺院的人，种下觉醒的缘起！



Gratitude Towards Volunteers

感恩志工朋友们



With heartfelt reverence, we thank each and every volunteer of Thekchen Choling. Your selfless service reflects the precious divine heart within you. You have a heart that chooses to serve, uplift, and honour the sacred in all beings.

Because of your dedication, teamwork, and kind smiles, the temple is able to carry out its many

meritorious activities smoothly and meaningfully. Your contributions create ripples of compassion, transforming lives and nurturing the spirit of our Thekchen Family.

Let us continue to walk this journey together, with reverence for the divine in ourselves and one another, for the benefit of all sentient beings, now and for generations to come.

我们怀着深深的敬意，感谢每一位大乘禅寺的志工。你们无私的奉献，展现了内在那颗珍贵而清净的心——那是一颗愿意服务、扶持，并尊重一切众生神圣本性的心。

正因为你们的投入、团队的协作，以及那份温暖的的笑容，寺院才能顺利而有意义地开展各项弘法利生的事业。你们的付出化作一圈圈慈悲的涟漪，悄然影响生命，滋养着我们大乘禅寺这个温馨的大家庭。

让我们继续携手同行，怀着对自己与彼此内在圣心的禮敬，为利益一切有情众生，无论今天、明天，乃至未来世代，共同前行。







Volunteer Appreciation

志工联谊

One Heartbeat, One Thekchen: A Night to Celebrate Our Volunteers

On 8 March 2025, Thekchen Choling Singapore came alive with joy, laughter, and heartfelt appreciation as we celebrated our annual Volunteer Appreciation Nite — a special evening dedicated to honoring the incredible individuals who give so much of their time, energy, and heart to serve the temple and community. We also celebrated the publication of our Volunteer Handbook for new volunteers to learn more about what it means to be of service at Thekchen Choling.

The night was filled with warmth, gratitude, and a deep sense of connection. We were especially blessed to be joined by H.E. Thubten Rigsel Rinpoche and Singha Rinpoche, whose presence added an extra touch of joy and inspiration to the evening.

Thekchen Choling shines today as a sanctuary of light, love, and compassion thanks to the tireless dedication of our volunteers. Their selfless service touches countless lives, helping us carry out our mission to benefit sentient beings and spread the Dharma. This night was our small way of saying thank you — for every moment, every gesture, and every act of kindness.

To all our volunteers, we hope you had a fantastic time celebrating your contributions and connecting with one another. May your spirit of generosity continue to illuminate the path for others, just as it lights the way for our temple community.

And to those who have yet to take that first step — we welcome you with open arms! Come be part of this vibrant, loving family.

同心同愿，大乘一家：志工感恩之夜

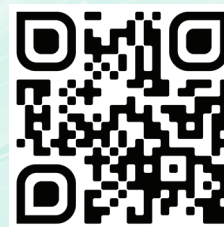
2025年3月8日，大乘禅寺洋溢着欢笑与感动的氛围，大家齐聚一堂，共同庆祝一年一度的「志工感恩之夜」——一个专属于我们敬爱志工们的特别夜晚，感谢他们无私奉献的时间、心力与热忱。当晚，我们也欣喜推出《志工手册》，为新加入的志工们提供指引，让他们更深入了解在大乘禅寺服务的意义与精神。

当晚，全场充满温馨、感恩与深深的连结之情。我们有幸迎来尊贵的图敦瑞瑟仁波切与鑫和仁波切莅临道场，他们的到来也为这场庆典更添欢喜与启发。

今日的大乘禅寺之所以能成为充满光明、慈悲与爱的道场，全赖志工们无私无畏的奉献。他们以行动触动人心，助我们弘扬佛法、利益众生。这一晚，是我们向每一位志工表达由衷谢意的时刻——感谢你们的每一份投入、微笑以及善行。

亲爱的志工们，愿你们在这场欢聚中感受到属于自己的喜悦与荣耀。愿你们的慷慨与善心继续照亮大乘禅寺的前路，也继续点亮他人的菩提道。

若您有意奉献但还未踏出第一步，我们诚挚地欢迎您加入这充满爱与活力的大家庭！



Scan this QR code to learn more about volunteering at Thekchen Choling!

请扫描下方二维码，了解更多关于大乘禅寺志工团队的资讯。



Volunteer Appreciation

志工联谊

Mid-Autumn Festival Celebration at Thekchen Choling

This year's Mid-Autumn Festival at Thekchen Choling was a heartwarming celebration of rejuvenation and reunion, a beautiful reminder that true healing begins when we reconnect with our inner Buddha nature and with one another.

As One Team Thekchen, our Dharma family came together in joy and harmony. Singha Rinpoche also shared an inspiring message on reunion and togetherness, lighting a butter lamp as everyone joined palms in prayer to wish for healing and unity for all beings around the world.

Our volunteers were delighted to receive small blessing cards. Heartfelt tokens of appreciation were presented to sponsors and volunteers who started their own initiative to fundraise for the temple's expansion project. Laughter and cheer filled the evening with games, songs, and the sharing of mooncakes — a celebration of reunion that truly embodied the warmth and spirit of togetherness!

大乘禅寺中秋节庆祝会

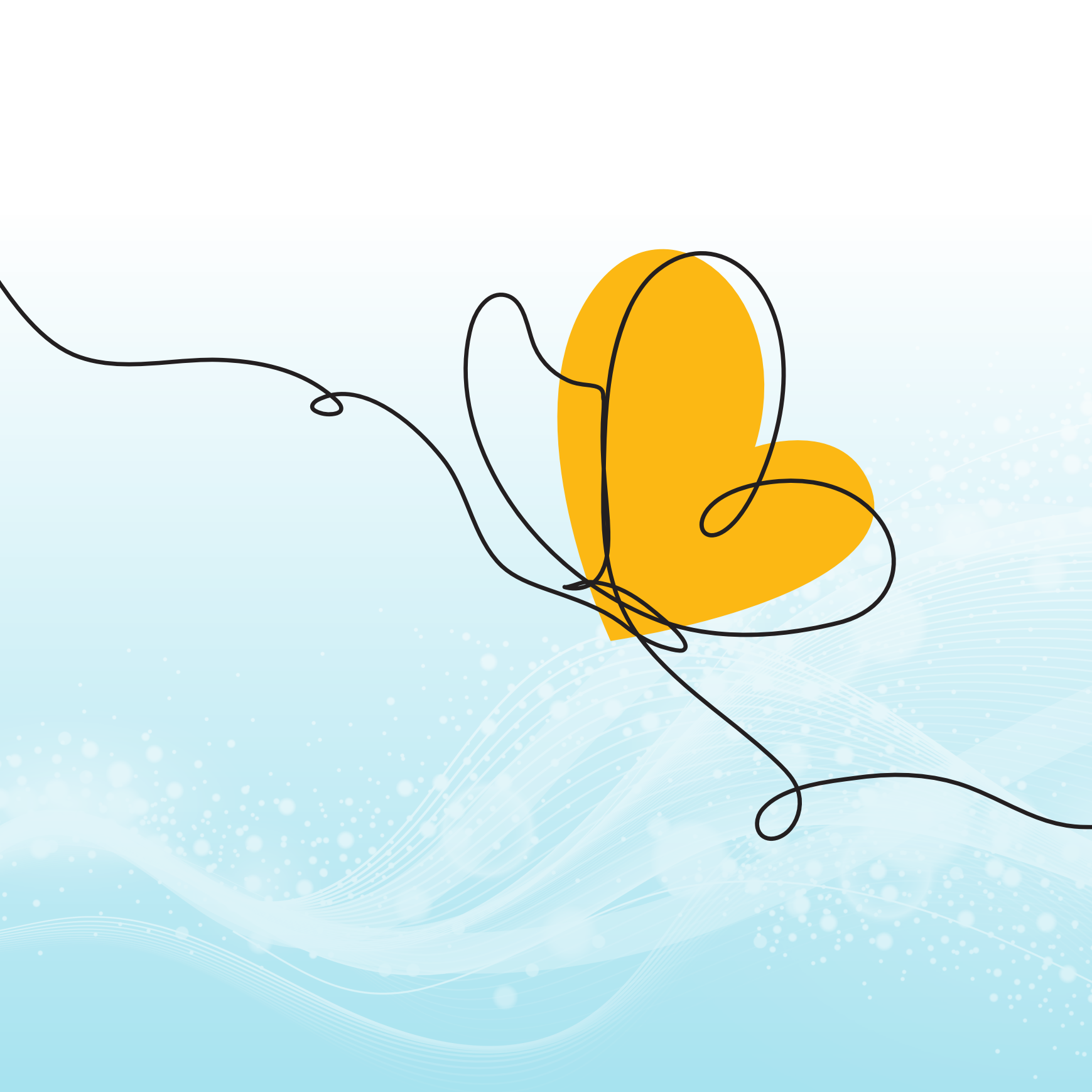
今年的大乘禅寺中秋庆典以「月焕新景·圆缘相聚」为主题，提醒我们唯有当重新连结内在的佛性，并与其他人心心相应时，真正的治愈才能开始。

当晚，「大乘团队」的法亲眷属们带着喜悦与祥和的心齐聚一堂。鑫和仁波切开示了关于团圆与同心的意义，并亲手点燃酥油灯，带领大众合十祈愿，祝愿世间一切众生皆得治愈、共创祥和。

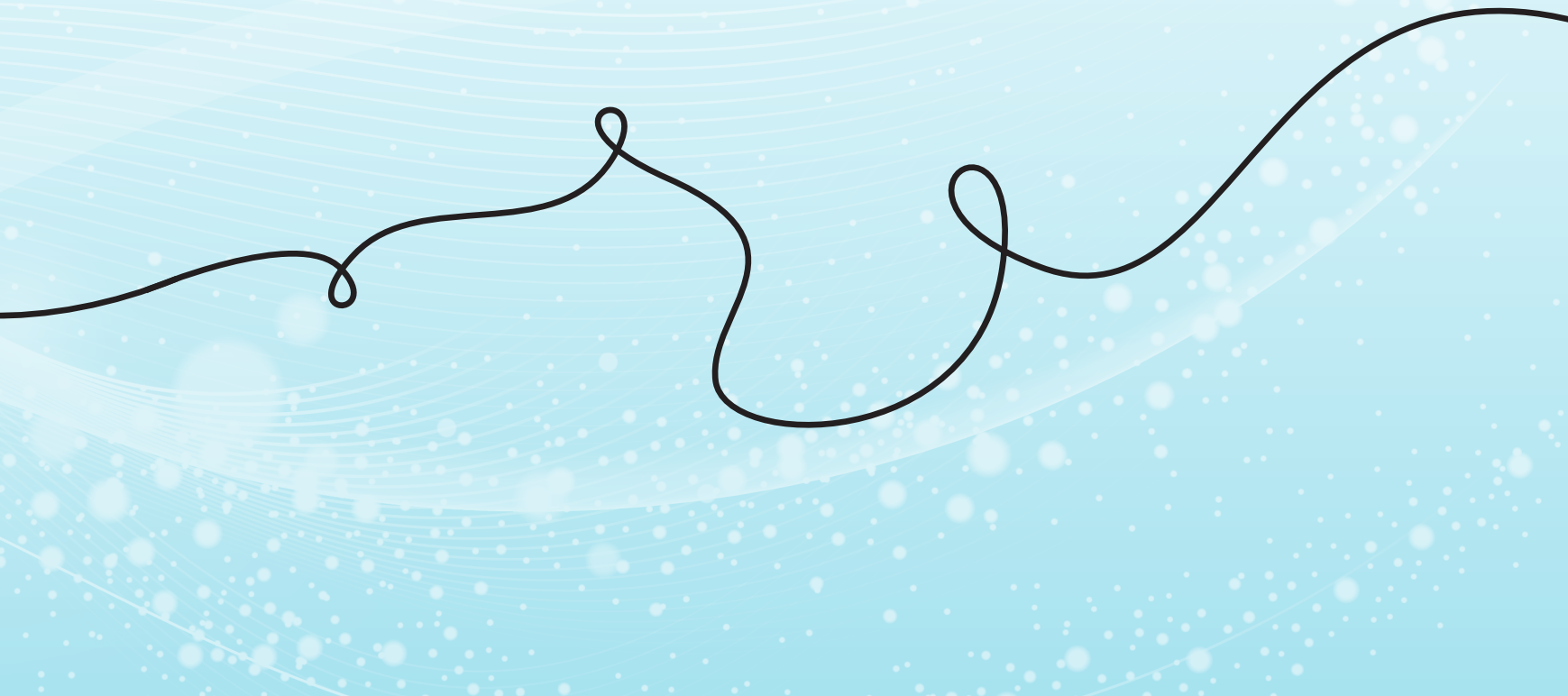
志工朋友们欢喜地领取了小小的祝福卡；寺院也向功德主及发起活动为寺院扩充筹款的热心志工致赠纪念礼，以表达深切的感恩。笑声与喜悦洋溢全场，大家同乐于游戏、歌唱与分享月饼——这是一场真正展现团圆温情与共融精神的庆祝会！







Transforming
with
Reverence
禮化人心



Chairman's Message: Reverence in 2025

主席献词: 2025年的敬禮



Tashi Delek,

2025 is a year of many events for us around the world. Some would have found it calming but most of us would have felt like we were riding a roller coaster.

Amongst all that is happening, I invite us all to pause—not in fear or fatigue, but in reverence. Reverence for the breath we take, the people we meet, the teachings we receive, and the sacred spaces we inhabit. In a world that often rushes forward, reverence reminds us to bow—not just to altars and deities, but to life itself.

In 2025, we continue to witness global unrest and personal struggles. Yet amid the chaos, there is a quiet force that sustains us: the reverence we hold for truth, compassion, and seeing the divine in each other. It is this deep respect that anchors Thekchen Choling's mission and spirit.

Thekchen Choling: A Living Mandala

Our temple is not merely a structure—it is a living mandala of devotion. Every chant, every offering, every act of service is a thread in this sacred tapestry. Reverence is what transforms routine into ritual, and presence into prayer. Whether we are sweeping the floor or teaching the Dharma, we do so with the same heart of devotion.

Guided by Wisdom

Singha Rinpoche continues to illuminate our path with teachings that are both profound and practical. His ability to distill the Dharma into everyday wisdom is a gift we hold in reverence. Emmeline's (our CEO) nurturing leadership brings the teachings into the hearts of our youth and working adults, reminding us that reverence is not passive—it is active, engaged, and alive.

Renewal with Purpose

As we move forward with the renewal of our temple structure, let us do so not just with ambition, but with reverence for those who came before us and those who will come after. This is our offering to future generations—a space where reverence can be felt, taught, and lived.

Gratitude as Reverence

To our volunteers, devotees, and Team Thekchen: your dedication is a living expression of reverence. Thank you for showing up with open hearts and willing hands. You remind us that reverence is not just a feeling—it is a choice, a practice, a way of being.

Let us all walk gently, speak kindly, and live reverently. Together, let us continue to serve with humility and devotion.

With deep respect,

Joanne Hau

Chairman
Thekchen Choling Singapore

吉祥如意！

2025年对我们而言，是全球多事的一年。有些时刻让人感到平静，但更多时候，我们仿佛正乘坐一趟跌宕起伏的过山车。

在这一切发生的同时，我邀请大家停下脚步——不是出于恐惧或疲惫，而是为了致「禮」。像是对我们所吸的空气、遇见的人、接受的教导，乃至所居住的空间表示敬意。在一个匆忙前行的世界里，敬意提醒我们保持谦卑地礼敬——不仅是对坛城或佛菩萨，而是对生命。

在2025年，我们目睹了全球的动荡，经历了个人的挣扎。然而，在混乱之中，有一种宁静的力量支撑着我们——那就是「禮」，对真理、对慈悲，以及在彼此中觉察的佛性怀着禮敬之意。正是这种深切的尊重，支撑着大乘禅寺的精神与使命。

大乘禅寺：一座活生生的坛城

我们的寺院不仅仅是一座建筑，它更是一座充满虔诚之心的坛城。每一次诵经、供养与善行服务，都是这神圣织锦中的一条线。禮敬之心能够给日常例行增添仪式感，将当下的存在化为祈愿。无论是扫地还是教授佛法，我们都以同样的虔诚态度去行事。

智慧引领

鑫和仁波切以甚深而贴近生活的教导持续照亮并引领着我们。他将佛法义理解析为日常智慧的能力，是我们心怀禮敬并珍视的礼物。与此同时，本寺首席执行官洪诗意以关怀育人的领导下，将法义带入青少年与在职成人的心中，提醒我们「禮」并非被动形态，而是活跃、积极且充满生命力的。

怀抱使命的重修

在我们持续推进重修寺院建筑的过程中，让我们不仅怀抱雄心着手执行，更以此献上对前贤与后学的真诚敬禮。此次重修，正是我们献给未来世代的珍贵礼物——一座能让人感受、学习并践行禮敬之意的清净道场。

以感恩之心禮敬

致我们的志工、信众与大乘团队。感谢你们以开阔的心参与无私奉献，你们的付出正是禮敬之意的体现。你们的存在提醒着我们，敬意不仅是一种感觉——它是一个选择、一门修持以及一种生活方式。

愿我们以温柔的步伐前行，善语相待，让禮敬之意成为生活的一部分。让我们继续以谦卑和奉献之心共同服务大众。

致最深敬意，
侯湘琪
主席
新加坡大乘禅寺

Our Ongoing Fundraising Efforts

筹款活动发展近况

Our temple expansion fundraising team has been working continuously and tirelessly, coming up with new ways to fundraise for the temple's A&A project. This Vesak, their idea of depicting how an accumulation of everyone's efforts in the form of a jigsaw wall was met with rousing success. Each "brick" donated was a piece of the jigsaw, and as donors stuck their brick onto the wall, they helped to reveal the complete picture of what Thekchen Choling Singapore's temple would look like after the A&A. It was a creative way to show how every person plays a part in the temple rebuilding project, working together hand-in-hand to leave a legacy for future generations. We are delighted to announce that our brick wall idea was completely filled up and all 1,300 bricks were offered!

Our Fundraising Dinner was also a success, with all the tables filled and all items on bid were successfully auctioned off! We are deeply grateful to all donors, sponsors, and offerors who made this event successful. The night was a great joy with emcee Liu Ling Ling taking the lead, performing songs for us and entertaining all guests with delightful humour. There were also singing performances by our volunteers and also a heartfelt sharing of the Heart Sutra by Liu Ling Ling herself.

As Singha Rinpoche said during his speech, Thekchen Choling belongs to the Buddhas. However much you can offer to the Buddha, Dharma and Sangha, will be greatly appreciated. All this money belongs to the Triple Gems. We are building this temple for the future generations, so that we can teach the Buddhadharma.

May the light of the Buddhadharma continue to live on for many generations to come!

大乘禅寺的扩充筹款团队一直以来不懈努力，持续策划并推动各项具有创意的筹款活动，为寺院的扩充与修缮计划（A&A 项目）募集善款。今年卫塞节期间，团队以「拼图墙」的概念展开募款，象征大众汇聚善愿、共修功德的圆满力量。每一块「砖」代表一份护持之心，当善信将砖片贴上墙面时，也共同拼出大乘禅寺扩建后的图像。此举寓意深远，因为每一位供养者皆是寺院重建的重要一环，携手同心，为后代延续法脉、留下永恒不灭的光辉。令人欣喜的是，这面拼图墙最终圆满完成，1,300块砖悉数供养成功，功德无量！

筹款晚宴亦圆满吉祥，场场满座，请标的珍贵法物也都找到了有缘的归属！衷心感谢所有善信、赞助者与供养者的慷慨护持，使此次活动得以顺利举行。晚宴现场洋溢着喜悦与温情，由主持人刘玲玲领衔主持，以歌声与幽默为晚会增添欢笑与乐趣，并真挚分享了《心经》带给她的亲身体悟。志工们的歌唱表演更深深打动了在场的每一位来宾，温暖人心。

正如鑫和仁波切在致辞中所言：

「大乘禅寺属于诸佛。无论您能为佛、法、僧三宝供养多少，皆功德无量。这些善款皆属三宝，我们所建的不仅是一座寺院，更是为后代建立弘扬佛法的道场。」

愿佛法之光绵延不息，世代相续，长照人间，普利有情！





Our Ongoing Fundraising Efforts

筹款活动发展近况





Serving with the Hearts of Reverence

A Conversation with Fiona and Chee Siong

以禮奉獻 — 与胡美文和翁纪雄的访谈

For this year's Amrita, we sat down with Dr Fiona Wu and Chee Siong to talk to them about their experiences in volunteering for the Temple Expansion Fundraising Team. We asked them about their motivations, their memorable moments, and the challenges they faced together as a team. Read to find out more about the hard work they have put in behind the scenes for our temple!



Q: What is your job scope in volunteering for the Temple Expansion?

A: We're part of the team in planning for the fundraising activities. Most of the time we're thinking of ideas as to what we can do to raise funds for the temple, and how to make the whole programme better. In every annual event organised by the temple, there is a fundraising component. So even though we are not directly involved in any event, we are actually volunteering for almost all temple events. Hence, we must think of different ways of raising funds, setting up the booths, and executing ideas.

We have fortnightly meetings, but when the event is nearer, then it's almost weekly.

Q: That's quite a lot of meetings! Is there anything you have to sacrifice in your life for this?

A: Sleep! Sometimes the meetings can go beyond 10pm, and the meetings are quite long, around 3 to 4 hours. The meetings happen on weekdays, but we have also met on weekends before, for the times when main team members cannot make it.

Q: Wow! What motivates you to do this? Why do you continue?

A: What keeps us going? The goal of it being done. We believe in the cause. We must get the temple A&A (Additions & Alterations) done. Otherwise, there's not enough space to accommodate everybody. Also, it's a good cause. We are inspired by Rinpoche's teachings, and we are also inspired by everybody's effort in the temple expansion mission about leaving a legacy. We also see how everybody is putting in a lot of effort for all the events. We want to give people a better place for the future.

We want to contribute to the temple in one way or another. We feel that the time and effort we put into this is more important than monetary contributions. If everybody does a little bit, then it will help. The team is also nice to work with. So, it's not only that the project is important, but the team members are also important to us. The cause and the community keep us going.

Rinpoche also said it's a legacy that has to be passed down. Not only for us, but for all sentient beings who need the temple and the Dharma. Also, we know this is in Rinpoche's heart that it's a very important project. We cannot ignore the aging temple structure, it needs to be done.

Q: What is it like during meetings?

A: It's very fun! We think of ideas together, brainstorm together, look at the budget, and make sure that we're generating donations. We look at the milestones which we need to hit and whether we hit it or not. The most important one now is the milestone for the tender process to begin.

Q: Were there any challenges that you had to face together as a team?

A: The sustaining part is the most challenging we would say. For example, during Vesak Day, we could get a lot of donations, but we don't know whether this can be sustained in the long run for all events because it depends on whether devotees will keep on donating to the temple.

What's important is number one, whether we hit the target. We are very practical people. Number two is whether the cost required for this A & A project will go up after we hit the target, to see if the goalpost will shift again. We don't want to spend extra money at the temporary premises for the rental fees, and so on.

Besides the targets, we enjoy coming up with creative ideas, and laugh together about the ideas. We don't want to make everybody bored with the same ideas. Everybody in the team is very receptive to ideas and we try to make things happen. We have to get more members of the general public to believe in our cause.

However, there are certain ideas that don't make it too. For some ideas the effort may be too much to execute. We have to balance it with the budget also. This is another obstacle we face – coming up with new and creative ideas to inspire more people to donate while keeping the budget in mind.

Q: Were there any memorable moments during this process?

A: Every event is very memorable. Before every event, we do our sums to see how close we are to hitting our target. When we hit the target, people get excited. Before we hit it, we worry if we can hit it. After we hit the target, we feel happy, because it shows that we've done our part.

A lot of things also Rinpoche guides us, so he helped us a lot. For example, the bidding items for the Fundraising Dinner auction were chosen by Rinpoche.

Q: What would you like to say to our readers?

A: Firstly, please support the TE! It's not just the TE team's project; it's the whole temple's project. We will use the temple together in the future. Also, our efforts have paid off. We are going to start the next phase of the project for the tender process very soon!

Secondly, we hope that more people can be part of the temple, especially young people. We want to build something for them, to leave behind for them. This way, they can know the preciousness of the Buddhadharma and how it can help them in times of need.

Thirdly, we hope to make it a much nicer place so that people can come in and enjoy it. Now, space can get very tight in the temple when they're lots of people and we must squeeze. So, when we have more space, we hope you will be able to feel how comfortable it will be.

Lastly, we should continue to help one another too as a form of personal practice. Our temple is cohesive, interpersonal relationships are good, and the community is welcoming. We hope to continue this for future generations to come!

Serving with the Hearts of Reverence

A Conversation with Fiona and Chee Siong

以禮奉獻 — 与胡美文和翁纪雄的访谈

在本期《法露》中，我们采访了夫妻档胡美文医生与翁纪雄，并且探索他们在寺院扩充筹款团队中担任志工的心路历程。他们谈及了自己的初心、难忘的时刻，以及团队所面对的各种挑战。透过这篇访谈，让我们更深入地体会他们在幕后为寺院所投入的坚持与努力！



问：在寺院扩充计划中，你们主要协助的工作内容包含了什么？

答：我们是活动策划团队的成员，主要负责构思如何为寺院筹集善款，并优化各项活动与执行流程。目前，寺院所有的常年法会都会结合扩建筹款的环节。虽然我们未必直接参与寺院任何一场法会的策划，但一年下来，几乎所有大型活动我们都会亲临现场协助。

我们的工作重点在于不断发想新的筹款方式与摊位设计，并亲自落实这些计划。团队通常每两周召开一次会议，而在法会活动临近时，则会改为每周召开会议。

问：为了参加这么多会议，你们生活中有什么需要牺牲的吗？

答：牺牲睡眠！有时候会议会开到晚上10点以后，而且时间都很长，每次大概三到四个小时。一般会议都会定在工作日举行，但如果主要成员无法出席，我们也会在周末开会。

问：是什么动力让你们坚持做这件事？为什么会一直继续下去呢？

答：我们坚持做这件事的原因是什么？就是把目标完成。我们相信这个使命，必须把寺院的增建与改建工程（A&A）完成，否则寺院空间不足，无法容纳大家。而且，这是一件很有意义的事情。我们从仁波切的教导中得到启发，也被大家为扩建寺院、实现使命所付出的努力所感染——这是一份利益世代传承。当我们看到每个人都在为各种法会活动尽心尽力，我们也希望能为未来留下一个更好的道场。

我们希望为寺院尽一份力。相比金钱布施，我们更看重自己投入的时间与心力。如果每个人都能出一点力，就会带来巨大的帮助。除此之外，团队合作的氛围也很契合，所以不仅是扩建工程本身很重要，团队成员对我们而言也非常重要，而正是这份使命感和群体的力量成为我们坚持下去的原因。

仁波切也曾说过，大乘禅寺这块瑰宝必须代代相传，不只是为了我们，而是为了所有需要寺院和佛法的有情众生。我们清楚这项工程在仁波切心中是多么的重要。因此，我们再也不能忽视寺院结构已逐渐老化的事实，这项扩充计划是我们必须完成的使命。

问：开会的时候是什么样的氛围呢？

答：很有趣！我们会集思广益，一起构思新点子，也会检视预算，确保活动能够带来善款。我们还会检查各阶段目标的进度，确认是否达标。目前最重要的目标，就是让招标程序顺利启动。

问：你们和团队曾经遇到过什么挑战呢？

答：我们觉得最大的挑战就是如何维持长期的捐款支持。比如在卫塞节的时候，我们能够筹集到很多善款，但不确定在长远来看，其他活动是否也能持续得到同样的效应，这取决于信众是否会持续不断地捐款护持寺院。

对我们来说，最重要的是：第一，我们是否能达到目标，因为我们是很务实的人。第二，在达标后，A & A 工程的所需费用会不会上涨，导致目标又被往后推移。我们不希望有过多的钱需要花在临时场地的租金方。

除了设定目标之外，我们也乐意与大家一起构思新点子，并在过程中开怀大笑。我们希望大家总是局限于固有想法而感到乏味。团队的每一位成员都乐于接受新的创意，而我们会尽力配合将其实践。同时，我们也需要争取让更多的普罗大众信任并支持寺院的使命。

当然，由于考量某些点子的执行难度、预算限制及所需耗费的精力，最终有些构想未能落实。这也成为我们面临的另一挑战——如何在预算允许的范围内持续提出新颖且富有创意的点子，以激发更多的人热心捐助。

问：在整个过程中，有没有特别值得回忆的时刻？

答：每次活动前，我们都会仔细核算进度，看看离目标还有多远。当达成目标时，大家都非常兴奋；在达标之前，我们也难免担心能否顺利完成。而当目标终于实现时，那份喜悦让我们觉得一切努力都值得。

许多时候，我们也从仁波切的指导中获益良多，他给予了我们很多帮助。例如，筹款晚宴拍卖的珍贵法物，便是由仁波切亲自挑选的。

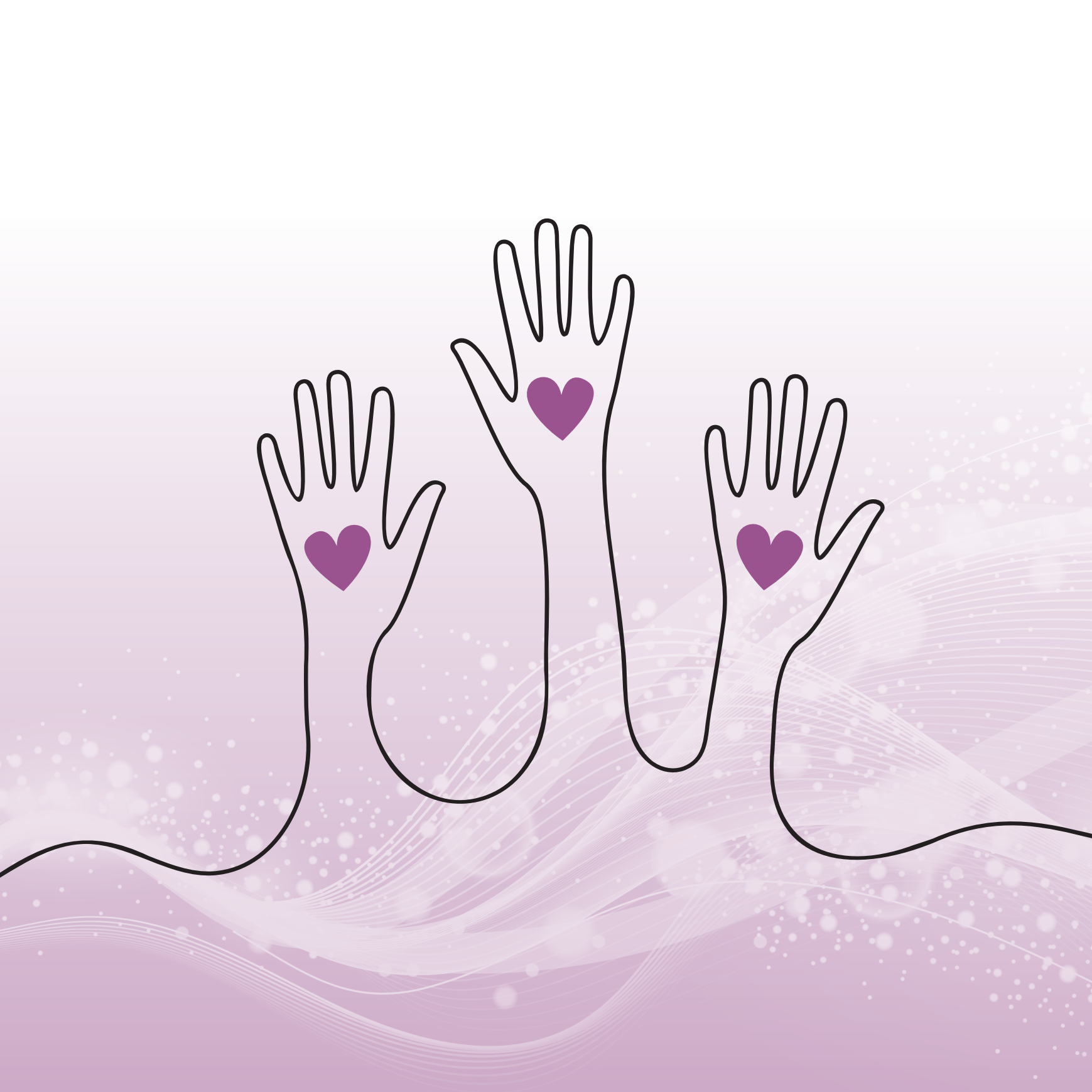
问：有什么话想对我们的读者说吗？

答：首先，请支持寺院扩充计划（TE）！这项计划的实现不仅是寺院扩充团队的目标，更是整个寺院的共同目标，因为我们在未来的日子里将共同使用这座寺院。此外，我们的这些日子来的努力已经开始看到成果，下一阶段的增建与改建工程（A&A）招标程序即将开始！

其次，我们希望有更多人能够与寺院结缘，尤其是年轻一代。我们希望为他们建立并传承这座珍贵的清净道场，让他们能体会佛法的珍贵，明白佛法如何在困难时给予力量与方向。

第三，我们希望将寺院建设得更加完善，让大家一进来就能感到宁静与喜悦。目前，当人潮增多时，寺院空间显得有限，大家时常需要彼此迁就，忍耐拥挤。未来有了更宽敞的环境，我们希望每个人都能感受到那份舒适与自在。

最后，我们也应将互相关怀视为修行的一部分。今天，我们欣喜地看到寺院社群充满凝聚力，大家相处融洽，信众之间友善而包容。我们希望这样的精神能得到继承与发扬，代代相传！



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!



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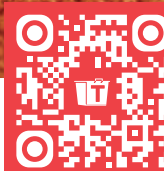
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Dedication

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，
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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