

2009 Dec. 12





The red-bricked Mayadevi Temple, Lumbini Park, Nepal

The pregnant Mayadevi was on the way to her maternal hometown when she went into labor at Lumbini Park. Grasping the branch of the Sal tree, she gave birth to Buddha Shakyamuni from her right armpit.

(Blessed Merits):

The term “Blessed Merits” is not only limited to wealth. Briefly, “Blessed Merits” can be generally classified into two categories: tangible and intangible blessed merits.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 十五 ○	2 十六	3 十七	4 十八	5 十九
6 二十	7 大雪	8 廿二	9 廿三	10 廿四	11 廿五	12 廿六
						
13 廿七	14 廿八	15 廿九	16 十一月 ●	17 初二	18 初三	19 初四
						
20 初五	21 初六	22 冬至	23 初八	24 初九	25 初十	26 十一
						
27 十二	28 十三	29 十四	30 十五 ○	31 十六		

In the case of tangible blessed merits · some examples include prosperous wealth, successful careers, stable occupations, dignified appearances, good health and longevity.

To cite some examples for intangible blessed merits, they include the capabilities that one possesses, great talents, a keen sense of creativity, a natural and relaxed sense of humour, professional knowledge, good interpersonal relationships, and supporting & favourable conditions (for example, as the laymen often says, “Being endowed with these intangible blessings is as if noble persons have offered help”).

2010 Jan. 1



A view of the main gate of Lumbini Park after the rain, the pilgrims fearlessly proceed towards the holy site along the muddy ground with a firm, steadfast pace.

(The Four Conditions of *Patience Paramitas*):

In order for a practitioner to perfect the complete cultivation of the Patience Paramita through the various real life encounters in life; the following four arising conditions must be mastered:

- (1) When one is confronted by hostility; these unfavourable & unpleasant situations can be treated as arising conditions to cultivate patience – this is known as ‘**augmenting conditions oppositely**’.
- (2) In terms of ‘**causal conditions closely**’, one constantly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 十七	2 十八
3 十九	4 二十	5 小寒	6 廿二	7 廿三	8 廿四	9 廿五
10 廿六	11 廿七	12 廿八	13 廿九	14 三十	15 十二月●	16 初二
17 初三	18 初四	19 初五	20 大寒	21 初七	22 初八	23 初九
24 初十	25 十一	26 十二	27 十三	28 十四	29 十五○	30 十六
31 十七						

reminds from within one’s mind that one should never develop aversion towards any external situations. Instead, one should always maintain mindfulness and the right views in handling these situations.

- (3) In situations when ‘**perceived objective conditions**’ arise; we should always adopt a grateful mindset when we encounter with our enemies or adverse situations.
- (4) Lastly, as for the case of ‘**uninterrupted occurring conditions continuously**’, we learn to accept every form of challenge tirelessly and without displeasure. Despite encountering with increasingly great setbacks, we should not be defeated by them. Instead, in the long run, we should persevere on with an ongoing effort to train our minds and practise patience to deal with every form of challenging situation or setback.



The Tourists and Rickshaw Cyclists, Lumbini Park.
Despite being strangers, their friendly smiles reflect purely kind intentions.

2010 Feb. 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 十八	2 十九	3 二十	4 立春	5 廿二	6 廿三
7 廿四	8 廿五	9 廿六	10 廿七	11 廿八	12 廿九	13 除夕
14 春節 ●	15 初二	16 初三	17 初四	18 雨水	19 初六	20 初七
21 初八	22 初九	23 初十	24 十一	25 十二	26 十三	27 十四
28 十五 ○						

2/14 (日) Chinese New Year & Tibetan New Year

(The Mind that is in accordance with Pure Dharma):












We need to constantly train our minds to transform complicated thoughts to stay in harmony with the pure Dharma.

To elaborate further, only through the practice and training in meditation; and after the mind remains tranquil, decisions that are made by the tranquil mind would be in more accordance with the pure Dharma.

2010 Mar. 3



Restoration of Mayadevi Temple, Lumbini Park.
As the water swayed in the breeze, the reflection of the white building began to dance along. In the midst of stillness and movement, arose the meditative minds of the pilgrims.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 十六	2 十七	3 十八	4 十九	5 二十	6 驚蟄
7 廿二	8 廿三	9 廿四	10 廿五	11 廿六	12 廿七	13 廿八
						
14 廿九	15 三十	16 二月 ●	17 初二	18 初三	19 初四	20 初五
 						
21 春分	22 初七	23 初八	24 初九	25 初十	26 十一	27 十二
		 				
28 十三	29 十四	30 十五 ○	31 十六			
		 				

(Skillful Use of the Mind):

Although being respectful and adornment towards the Three Jewels and all beings are great virtues, we should conscientiously learn to apply them appropriately. Additionally, we should be mindfully aware to prevent these virtues from becoming another strong attachment of ours.



The Lumbini Asoka Pillar, adjacent to Mayadevi Temple
 Pilgrims prostrated with great respect and seized every moment to accumulate merits and pray in order to purify their karmic obstacles.

2010 Apr. 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 十七	2 十八	3 十九
4 二十	5 清明	6 廿二	7 廿三	8 廿四	9 廿五	10 廿六
11 廿七	12 廿八	13 廿九	14 三月 ●	15 初二	16 初三	17 初四
18 初五	19 初六	20 穀雨	21 初八	22 初九	23 初十	24 十一
25 十二	26 十三	27 十四	28 十五 ○	29 十六	30 十七	

(Time is Indeed Every Moment of Our Lives):

Since we live in a fast-paced and tension-filled society that is overwhelmed by an explosive myriad of information; obviously, every individual should constantly learn to adjust and organize his time very well. In truth, time does not simply equate to the creation of wealth. Time is indeed every moment of our lives.



Sculpture of Buddha Shakyamuni at birth, World Peace Pagoda, Lumbini Park

When Buddha Shakyamuni was born, he walked seven steps and pointing his fingers towards the sky, he uttered, “From heaven to earth, Buddha himself is the most precious and honorable human being.”

2010 May 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 十八
2 十九	3 二十	4 廿一	5 立夏	6 廿三	7 廿四	8 廿五
9 廿六	10 廿七	11 廿八	12 廿九	13 三十	14 四月 ●	15 初二
16 初三	17 初四	18 初五	19 初六	20 初七	21 夏滿	22 初九
23 初十	24 十一	25 十二	26 十三	27 十四	28 十五 ○	29 十六
30 十七	31 十八					








(Adopting a Humble Mind):

The majority number of sufferings that afflict sentient beings are due to the deep attachment of their egos, not having the right and perfect views. Thus, sentient beings are being controlled and misguided by afflictions and errant habits which they had cumulatively acquired through the countless past eons. As practitioners of the Buddhist Dharma, we should adopt a humble mind in learning to listen and be receptive towards good suggestions that are sincerely offered from the perspective of the Pure Dharma.

2010 Jun 6



Dharma friends from various countries gather for a photo shot before the World Peace Pagoda.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 十九	2 二十	3 廿一	4 廿二	5 廿三
6 芒種	7 廿五	8 廿六	9 廿七	10 廿八	11 廿九	12 五月 ●
						
13 初二	14 初三	15 初四	16 初五	17 初六	18 初七	19 初八
20 初九	21 夏至	22 十一	23 十二	24 十三	25 十四	26 十五 ○
						
27 十六	28 十七	29 十八	30 十九			

(Bodhisattva Path – Deep Faith in the Law of Causality):

In walking the Bodhisattva path, the true Bodhisattva should generate vast and sincere vows from within his mind. Additionally, he should put forth these

vows into concrete actions. Furthermore, from the law of causality, he should put his full mind and effort into sowing kind deeds, developing favourable conditions. Within Mahayana Buddhism, this is the unique and superior characteristic that distinguishes a practising Bodhisattva who walks the Bodhisattva path.

2010 Jul. 7



Beside the World Peace Pagoda, within the Nipponzan Myohoji Temple, it houses two Buddhas which are seated side by side.

(Emanation of Buddha through Stabilizing & Deep Meditation):

Emanation of Buddha through stabilizing & deep meditation will be manifested as the following situations happened when:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 二十	2 廿一	3 廿二
4 廿三	5 廿四	6 廿五	7 小暑	8 廿七	9 廿八	10 廿九
11 三十	12 六月 ●	13 初二	14 初三	15 初四	16 初五	17 初六
18 初七	19 初八	20 初九	21 初十	22 十一	23 大暑	24 十三
25 十四	26 十五 ○	27 十六	28 十七	29 十八	30 十九	31 二十

- (1). Realization of *Prajna-paramitas* means that you have indeed realized your true Buddha nature
- (2). Chanting the Holy Name of a Buddha or a Mantra diligently day and night.
- (3). Making great vows and aspirations in order to focus and adhere to a particular sect of Buddhism as a guide in one's dharma practices, finally as the resulting in the stage where Buddha manifested.

2010 Aug. 8



During sunset, Dharma friends from various countries gather at Lumbini Park to take a group photo under the Bodhi tree.

(Cyclical Rebirth of Thoughts):

In the course of our daily lives, our minds continuously project wandering thoughts that encircle around: the different emotions we experience; when our self-centered habits present themselves; when we are being tempted by worldly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 廿一	2 廿二	3 廿三	4 廿四	5 廿五	6 廿六	7 立秋
8 廿八	9 廿九	10 七月 ●	11 初二	12 初三	13 初四	14 初五
15 初六	16 初七	17 初八	18 初九	19 初十	20 十一	21 十二
22 十三	23 處暑	24 十五 ○	25 十六	26 十七	27 十八	28 十九
29 二十	30 廿一	31 廿二				

fame and reputation; the different perceptions that our friends share with us; undergoing pressure in varying forms while we are at work, so on and so forth.

As a result, the wandering thoughts spiral repeatedly in a cycle around the many types of encounters within our lives. This is what is known as the cyclic rebirth of thoughts at every present, living moment.



Venerable Shinhong master led a group of Dharma friends of various nationalities in a prayer practice as they circumambulate the Stupa within the premises of the World Peace Pagoda.

(Mindfulness and Right Views):

When Bodhisattvas engage in the cultivation and practice of the *Six Paramitas*; firstly, we should conscientiously protect our present minds.

In the material world, we should start our practices by the normal minds, whether we learn the Buddhist

2010 Sep. 9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 廿三	2 廿四	3 廿五	4 廿六
5 廿七	6 廿八	7 廿九	8 八月白露 ●	9 初二	10 初三	11 初四
12 初五	13 初六	14 初七	15 初八	16 初九	17 初十	18 十一
19 十二	20 十三	21 十四	22 十五 ○	23 秋分	24 十七	25 十八
26 十九	27 二十	28 廿一	29 廿二	30 廿三		

Dharma by the sincere minds, or even after we had attained Buddhahood; we are still using the pure and natural mind as usual.

Therefore, in order to care for and protect our present minds, we can use the rope of Pure Dharma to restrain our wildly confused thoughts. Simultaneously, we learn to rest our thoughts and stay in harmony with Pure Dharma. In this way, we will gradually be able to allay our fears and enable the beneficial effects of accumulating merits to develop further.

2010 Oct. 10



In front of World Peace Pagoda, next to Nipponzan Myohoji, Venerable Shinhong led the devotees through a group practice in making great vows and dedication of merits. A dog, which was seemingly endowed with virtuous root of Dharma, joined in with the practice.

(The Four Powers of A Bodhisattva's Diligence):

The Bodhisattva should train his mind within the four powers of diligence.

(1). A Bodhisattva is extensively adorned when he aspires to perform great vows for benefiting all sentient beings by the pure

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 廿四	2 廿五
3 廿六	4 廿七	5 廿八	6 廿九	7 三十	8 九月寒露 ●	9 初二
10 初三	11 初四	12 初五	13 初六	14 初七	15 初八	16 初九
17 初十	18 十一	19 十二	20 十三	21 十四	22 十五 ○	23 霜降
24 十七	25 十八	26 十九	27 二十	28 廿一	29 廿二	30 廿三
31 廿四						

dharma – this is known as the 'Power of Great Aspirations'.

(2). In order to allow the mind to be mindful and rest in universal compassion, the Bodhisattva takes upon the cumulative tasks of learning the Buddhist dharma, developing the right views, realizing the inherent Buddha nature. This is known as the 'Power of Universal Compassion'.

(3). With a mind that aims to master the 'Power of Ultimate & Inherent Wisdom', Bodhisattvas need to continuously engage in wholesome deeds to develop virtuous roots for all sentient beings as well as for oneself over a long period of time.

(4). Only through 'the Power on the constant and conscientious efforts to engage in meritorious acts', the Bodhisattva would be able to truly teach and cultivate various beings. Therefore, the complete above four types of these powers will indeed bring the achievement of the Bodhisattva Path.

2010 Nov. 11



This torch of flames which symbolizes eternal peace and the river create a harmonious ambience. The lighted torch of flames is a prayer wish for environment which is the world as being free of disasters and troubles.

(Three Types of Habitual Tendencies):

Every individual will have habitual tendencies which one had accumulated over infinite eons. Habitual tendencies are habits that have developed into predispositions. There are generally divided into three types of habitual tendencies :

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 廿五	2 廿六	3 廿七	4 廿八	5 廿九	6 十月●
7 立冬	8 初三	9 初四	10 初五	11 初六	12 初七	13 初八
14 初九	15 初十	16 十一	17 十二	18 十三	19 十四	20 十五○
21 十六	22 小雪	23 十八	24 十九	25 二十	26 廿一	27 廿二
28 廿三	29 廿四	30 廿五				

- (1). The first type of habit is where the individual would personally realize that he has certain habits.
- (2). Others who may know of such habits when even the individual would personally be unaware of them.
- (3). There are some habits where both others and the individual are unaware of them in advance. The individual would only realize these hidden habits when the effect of karma allows them to surface.

2010 Dec. 12



Before saying goodbye, rickshaw cyclists joined us in the group photo and shouted “1,2,3, Yeah!”

(The Significance of Liberation and Protection of Lives):

It is very important to take note of the point that the complete attainment of merits in the liberation and protection of lives should be generated from within our minds that are motivated by compassion, undefiled intentions and wisdom.

How do we generate this mindset?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 廿六	2 廿七	3 廿八	4 廿九
5 三十	6 十一月 ●	7 大雪	8 初三	9 初四	10 初五	11 初六
12 初七	13 初八	14 初九	15 初十	16 十一	17 十二	18 十三
19 十四	20 十五 ○	21 十六	22 冬至	23 十八	24 十九	25 二十
26 廿一	27 廿二	28 廿三	29 廿四	30 廿五	31 廿六	

(1). Firstly, generate a pure motivation that one does not desire to gain any benefits or harbour any ulterior motives. The true act of liberating lives does not permit one to place an advance order for the lives that one wishes to set free.

(2). Secondly, generate a motivation that as the favourable conditioning causes arise, takes the appropriate actions.

During the process of releasing lives, it does not matter how many lives you liberate on this day. If you generate great compassion to liberate even one animal from the market, the merits that you had attained through the liberation of lives is wholly complete.

(3). Thirdly, the essential motivation behind the act of liberating lives is universal compassion. We need to contemplate on our acts in liberating lives: Are we really helping these animals by releasing them into an environment that is suitable for them to continue living in?

