

*An Offering to Our Most Precious and Kind Holy Guru  
Kyabjey Lama Zopa Rinpoche*



*An Offering of Potowa Center's Labor of Love and Wisdom  
A Celebration of Dharma in Action*

Potowa Center  
Feb 2010

## **An Offering to Our Most Precious and Kind Holy Guru**

**Homage to Kyabje Lama Zopa Rinpoche!**  
**Homage to Compassion!**  
**Homage to Wisdom!**

Reverently with bodies as numerous as all of the atoms in the world, we prostrate at the Holy Feet of our Most Incomparably Kind and Loving Venerable Guru, Kyabje Lama Zopa Rinpoche.

We make countless offerings, both actual and imagined, especially, our efforts in practicing Your precious teachings.

We sincerely confess all our negativities accumulated since beginningless time, committed under the power of klesha and karma.

And deeply rejoice in all Your vast and far-reaching holy activities for us sentient beings. We all thank you from the depth of our hearts for your infinite kindness and patience.

Oh please, Kindest Lama, Protector, stay please with us for countless zillion eons until samsara ends and may we never be separated from Your Guidance.

Please turn the incomparable Wheel of Dharma for us. We humbly request You to grant us teachings in Indonesia, in order to further propagate the Dharma to as many mother sentient beings as possible. There is a great need in Indonesia for these Holy Teachings.

We dedicate all our merits accumulated to the Great Enlightenment and beg You to hear our request.

### **Our Offering to Lama Zopa Rinpoche**

With much heartfelt devotion and gratitude, all of us students in Indonesia would like to present to You an offering of our Dharma activities. We would also like to offer whatever little benefits that sentient beings may have received from our efforts.

May this sincere offering please Your heart immensely, and please all the Gurus, Buddhas and Bodhisattvas of the three times and ten directions.

## ***Preamble***

From the four types of giving, i.e. giving material things, giving protection, giving love and giving Dharma, the highest gift, the ultimate gift, best gift of all, is the gift of Dharma knowledge-wisdom, which allows others to overcome negative, afflictive, limiting emotions and transform their minds on the path to develop the life-enriching qualities of compassion and wisdom to ultimately achieve their highest potential of spiritual awakening.

## ***A Joyful Labor of Love***

In the spirit of generosity, love, compassion and wisdom, we have joyfully exerted effort in serving and caring and loving others, and above all, sharing the Dharma with others, and establishing wisdom in our hearts, reflected in actions of body, speech and mind.

Following are the activities that we have tried to perform over the past years, characterized by much joy and compassion, mindful of doing these virtues with a higher goals and dedications:

### **1. Visiting Teachers**

One of the most important activities of Potowa Center is the provision Dharma teaching given by our most kind visiting Teachers, both lay and ordained, and conducting meditation retreats, teaching retreats, seminars, public teachings and so forth. Through the kindness and wisdom of our kind holy teachers, these Dharma teachings have had a profound transformative and life-changing effect on many, many sentient beings.

### **Choden Rinpoche's Visit to Indonesia**

On 30 December 2009 – 04 Jan 2010, we had the great good fortune to have Kyabje Choden Rinpoche visit Indonesia and bless and inspire us with a nectar shower of Dharma in Jambi and Jakarta. The teachings given included:

- Meaning of Refuge (in Jambi - Sumatra)
- Guru Puja (in Muara Jambi)
- The Seven Point Mind Training (in Jambi - Sumatra)
- The Four Tenets (Jakarta)
- Introduction to Tantra and Practicing Tantra in Daily Life (Jakarta)



Choden Rinpoche giving Lojong teachings in Dharmakirti Center, Sumatra



Choden Rinpoche examining the statue of Arya Prajnaparamita in Muara Jambi Museum



Students making offerings and receiving blessings from Choden Rinpoche in Jakarta

## **2. Providing and Organizing Retreats**

Potowa Center provides four types of regular retreats:

- Annual 7-10 days retreat
- Weekend Retreats and Satsangs
- Retreats for High-School
- Nyung Na Retreats

### ***Annual 7-10 days Retreats***

One of the most popular events of Potowa Centers is conducting the 7-10 days retreat in the beautiful retreat resort in Gunung Geulis outside Jakarta, which is typically attended by over 100 participants. It is due to the kindness of Upashaka Salim Lee that this event has been held every year since 2001.



The Annual 7-10 days retreat topics include:

- Lamrim
- Karma Course from Master Vasubandhu's Abhidharmakosha
- Lojong
- The Principal Ideas of Buddhism
- Cakraphala (The Wheel of Sharp Weapons)
- The King Of Prayers
- Going Thru the Life of Lord Buddha, etc.

### ***Weekend Retreats and Satsangs***

Another one of the popular events organized by Potowa Centers is providing weekend retreats. More than 20 such retreats have been held, with topics including:

- Master Shantideva's Patience Chapter
- The Eight Verses of Thought Transformation (Lojong Retreat Part 1)
- The Seven-Point Mind Training (Lojong Retreat Part 2)
- Lo-Rig
- Retreat on the Meditation on Four Keys: Finding the "I"
- Atisha's Pith Sayings
- Basics of Meditation
- Explanation of Shamatha
- Dharma Celebration Weekend Retreat on the Heart Sutra



### ***Retreats for High-School***

One of the most joyous and beneficial regular activities we members of Potowa Centers have conducted is organizing and providing Lamrim retreat for high-school students in Jakarta and out-side Jakarta, where the members of Potowa Center would take turns in sharing Dharma-Wisdom and experience, involving:

- Sharing Sessions on various Lamrim topics
- Meditations
- Taking the 8 Mahayana Precepts
- Performing various pujas, such as Tara Puja, Fire Puja, Vajrasattva, etc.
- Tong-Len
- Recitation of Sutras

Since we first conducted this kind of retreat in 2006, it has now become a tradition to provide retreats at once or twice a year. This has proved to be immensely beneficial to both the students and members; and literally life-changing for many. Every year around 45-70 students were participating.

Beside the retreats that are host by Potowa Center, the members of center are regularly invited to share the Dharma in the retreats host of Dharmasuci school.

In 2009, around 120 students were participating in the session of “Living Without Fear by Caring for Others and Observing an Ethical Way of Life.”



Active participation of High School Students during the retreat



Performing Fire Puja and smoke offering with students



## Nyung Na Retreats

After we conducted our first Nyung Na retreat in 2008 under the kind guidance of Venerable Dechen, we have made Nyung Na a regular part of our retreat events. Typically, Potowa Center now conducts 1-2 such retreats annually, the latest one was held on August 2009.



### **3. Weekly Dharma Discussion Groups**

It is the wish of Kyabje Lama Zopa Rinpoche and Lama Yeshe for centers to have a strong education program. Hence, this has become one of Potowa Center's main pillars: to provide a thorough, comprehensive and systematic weekly Buddhist education Dharma sharing program.

For the present, discussions are conducted on a weekly basis on the Lamrim and reviewing the teachings we have received and taking turns in sharing this precious Dharma knowledge-wisdom with others. Over a period of several years, we have gone through the great classic commentary, *Liberation in the Palm of Your Hand* by Pabongka Rinpoche, three times over and studied many other texts in great detail. The sequence of each sharing session is as follows:

- Preparatory Prayers
- Meditation
- Presentation of Dharma Material
- Formation of Groups and Discussions
- Summary and Conclusions
- Individual Sharing of Dharma experience
- Meditation and Dedication

The weekly topics are announced via SMS, on the website and in the bulletin, using catchy titles so people are interested to join.

#### ***Provision of Sunday Lamrim Class for High School Students***

In 2009, Potowa Center has also started to provide regular Sunday Lamrim classes for high school students.

#### ***Movie Night: Playing Dharma Video Teachings of Great Masters***

Om Salim has generously given us many videos and DVD's that we occasionally play using a projector. The Dharma videos we have played include:

- HH the Dalai Lama on Secular Meditation
- HH the Dalai Lama on The Four Noble Truths

#### ***Dharma Sharing After Attending Teachings***

Also for those joining teachings by HH the Dalai Lama, the teaching are subsequently shared with other friends. Such sharing includes among others as *Commentary on the Awakening Mind (Bodhicittavivarana)* and *Middling Stages of Meditation (Bhavanakrama)*, both are given by HH the Dalai Lama.

#### 4. Visiting Old-Homes - Taking Care of the Lonely & Sharing Happiness

Visiting Old-Homes with the purpose of giving love and care to the lonely and desperate, has been a routine activity of Potowa Center. Many old-homes in Indonesia not only need better facilities, but more importantly, need the gift of love and care. Potowa Center has organized many visits to old-homes, giving them loving company and heartfelt care. Our visits incorporate the following gifts:

##### Gift of Material needs:

- Giving thing they need for daily use, such as blankets, food, soap, etc.

##### Giving Love and Protection in various forms:

- Having singing sessions
- Performing various physical and mental games
- Giving hugs
- Listening to their life stories

##### Giving Dharma:

- Praying together
- Sharing together

In 2009, two of such visits were organized on May and August, to *Panti Werdha Kowani* and *Panti Bina Grahita Belahan Kasih*, both in Jakarta.



During a game in an old home



Sharing gift of daily necessities



Giving massage to the elderly

## 5. Other Social Activities

In addition to regularly organizing visits to old homes, Potowa Center also conducts visits to orphanages, hospitals, and crematoriums. Potowa Center also has “cook together” events to offer food for the poor and homeless, especially during Vesakh Day.



Cooking together



Packaging the food to be distributed to the poor and homeless



“Power of Kindness” Puppet Show in an orphanage for the mentally retarded



Orphans mesmerized by the puppet show

## 6. Animal Liberation

Since its early days, Potowa Center has regularly conducted animal liberations regularly every quarter, or as requested by members. We have always taken meticulous care that the purpose of the practice is well understood by providing detailed explanations, motivations, extensive prayers, mantra recitations, circumambulations around holy objects and dedications. We have also published a translated booklet regarding this practice.

So far, we have released in total hundreds of thousands of animals and endowed them with precious seeds of Dharma, so that in their future lives they will have the rare chance to be reborn in human form, and practice the Dharma, generate pure Bodhicitta, and finally attain Buddhahood for the benefit sentient beings. The animals are subsequently released in their proper habitat, with the seeds of enlightenment waiting to sprout into Bodhisattvahood and eventually Buddhahood.

In 2009, three such events were conducted, on 29 November, 4 October, and 21 May. We usually do an animal liberation on the Idul Adha, national day of animal sacrifice.



Circumambulation around relics, stupa, mantras and holy objects



Preparing the animals for release



Free in their proper habitat endowed with seeds of enlightenment waiting to sprout



## **7. Puja and Devotional Practices Division**

PC has conducted various kinds of pujas, prayers and sutra recitations, both on a routine basis as well as recitations as requested by Lama Zopa Rinpoche.

- Tara Puja
- Shakyamuni Buddha Puja
- Guru Puja
- Fire Puja
- Medicine Buddha Puja
- Prostration to the 35 Buddhas
- Vajrasattva Purification
- Diamond Cutter Sutra Recitation
- Sanghata Sutra Recitation
- Golden Light Sutra Recitation

### ***Potowa Center's Main Puja Practice: The Lama Chopa***

Since 2005, PC has consistently recited the Guru Puja on every second Sunday of the month, to plant the seeds of eventually receiving the commentary to this practice. Finally, our deep wish has come true, and now for the second time. In doing all the devotional practices, we have always emphasized the need to understand the meaning, and to go through the verses deeply and meditatively.

Pujas and prayers were also performed in hospitals in caring for the spiritual needs of the sick, the dying and in funerals.

Especially during Vesakh day (Sakadawa), and special days we perform "package full-day practices". A typical one day retreat would be the following such as:

- Shamatha Meditation
- Prostrations to the 35 Buddhas
- Catur Apramana Meditation
- Heart Sutra Recitation
- Puja Buddha Sakyamuni
- Discussion on Shunyata and other Dharma Topics



Medicine Buddha Puja



Medicine Buddha Puja

## 8. Translations of Texts & Dharma Materials

The translation Division represents one of the important cornerstones of Potowa Center. The translation team consists of a large number of translators, final editors and proof readers, getting many people involved to share the positive karma together. By making the precious Dharma texts and teachings available in Indonesian language, the teachings become accessible for more and more people, benefiting more and more sentient beings. These have mostly been printed for free distribution.

We are happy to announce our offering that so far we have translated a total of 3,450 pages of Dharma Materials (excluding transcriptions). Some of the texts have undergone up to three revised editions for highest accuracy.

The materials that we have translated and published are:

### Sutra

- Heart Sutra
- Vajra Cutter Sutra
- Sanghata Sutra
- Golden Light Sutra

### Books and Booklets:

- How to be Happy by Lama Zopa Rinpoche
- Make Your Mind An Ocean & Peaceful Stillness of the Silent Mind by Lama Yeshe
- The Attention Revolution by Alan B. Wallace
- The Four Powers
- Liberating Animals
- Direct and Unmistaken Method of Purifying and Protecting Yourself (the Eight Mahayana Precepts)

### Topical Texts:

- Trisarana Vow, Five Lay Vows, Ten Virtues and Ten Non-Virtues
- Dependent Arising: A Praise of the Buddha
- Lojong-Bodhisattvamanevali
- Lojong-Eight Verses of Mind Training by Geshe Langri Tangpa Dorje Sengye
- Lojong-Seven Point of Mind Training by Geshe Chekawa
- Lojong-Levelling Out All Conceptions by Suvarnavipa Dharmakirti
- Lojong-Root Lines of Mahayana Mind Training by Lama Atisha
- Lojong-The Wheel of Sharp Weapon (Cakrapala) by Dharmarakshita
- Exposition of Bodhicitta (Bodhicittavivarana) by Arya Nagarjuna
- Four Seals by His Holiness the Dalai Lama)

- Middling Stages of Meditation (Bhavanakrama) by Acharya Kamalashila
- The Four Immeasurable (Catur Apramana)
- The Three Principal Path by Lama Tsongkhapa
- The Nine Stages of Shamatha

Prayers and Practices:

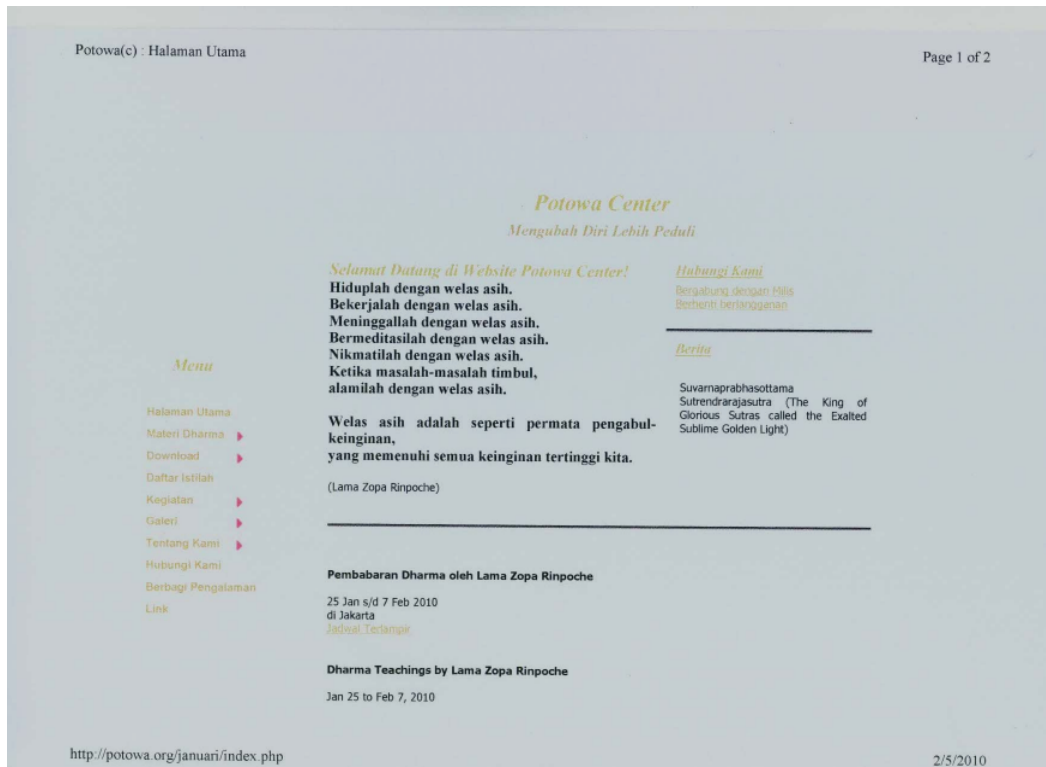
- Lama Chopa (Guru Puja)
- Shakyamuni Buddha Puja
- Medicine Buddha Puja
- Tara Puja
- Nyung Na Sadhana
- King of Prayers (Bhadracari Pranidhana)
- Calling the Guru from Afar
- The Foundation of All Good Qualities
- Prayers for the Flourishing of Je Tsongkhapa's Teachings
- Final Lam-Rim Prayers
- Prayers for Teaching Occasions, Dedication Prayers and Long Life Prayers
- The Dharani Called "Possesing the Limbs of All the Buddhas"
- A Short Sadhana of Shri Guhyasamaja (for the initiated)
- The Six-Session Guru Yoga (for the initiated)
- Praises and Supplication to the Gelukpa Mahamudra Lineage

On going translation:

- Lamp of the Path to Enlightenment (Verses) by Lama Atisha
- Guide to Bodhisattva's Way of Life
- The Sattipatthana Sutta
- Lamrim
- And many more ...

## 9. Potowa Center Website

As an offering to our teachers and sentient beings, Potowa Center has last year recently launched its website, called **potowa.org**, which is now fully operational.



The website features various translated texts, glossary, audio downloads, bulletins in pdf, PC's schedule of events, etc. The most number of sub-menu being clicked in descending order Gallery, Glossary, Dharma Materials, Dharma sharing and calendar of events. In term of countries, it is Indonesia, followed by Singapore, Australia, Malaysia, Canada and India.

## 10. Bulletin Publication

One of the ways that Potowa Center has shared the Dharma and reach out to others is by publishing a quarterly 8-page bulletin called DIPAMKARA for free distribution. Up to now, 13 editions have already been published and is becoming increasingly popular.

The bulletin features the following topics:

- As the main article, a translation of Lama Zopa's, Lama Yeshe's and Om Salim's teachings
- Inspirational Dharma sharing by students
- Past-life tales from the Jatakamala
- Biographies of Buddhist Lineage Masters
- Short excerpts for creating a happy life
- Calendar of Events



## 11. Jade Buddha Statue Tour

Potowa Center also offers a small replica of the Jade Buddha on a tour to various places in Jakarta and surroundings. It has brought incredible the devotional effect on many people.

The statue tour has again and again proven to bring happiness and devotion to those who see it, creating strong imprints in their minds for enlightenment. It has truly been most wonderful and inspiring to see how it has brought immediate beneficial effect on many people.

Modeled after the Buddha inside the Mahabodhi Stupa in Bodh Gaya, the Jade Buddha replica is carved from gemstone quality jade, and is about 45 cm high, and sits on intricately carved throne.



Lama Zopa Rinpoche's altar in Jakarta

One of the Potowa Center's members has witnessed how his parents who are not Buddhists, upon seeing the statue, instantly had devotion arising in their minds, and henceforth made daily offerings to the Buddha.

## **12. "Togetherness" – Dharma in family life "BERSAMA" – Berkeluarga dalam Dharma**

### ***Background***

This support group evolved as a 'self-help and common interests' community as many Potowa members are married, or getting married, and starting families of their own. It is a family-forum where married couples and families can discuss and share their experiences, to improve and spiritually enhance their marriage relationships, sharing their experience in applying and integrating Dharma in their marriages by providing support for each other.

The group was greatly inspired by the kindness and example of Om Salim Lee, who has exemplified how effective and successful a married life and family in Dharma could actually be.

## ***Purpose***

Firstly, it is acknowledged that for some that family lives provide better opportunity in helping its members to achieve the goal of this life and beyond by being together. Being married can enhance and strengthen one's commitment to make their lives meaningful and beneficial by achieving Awakening, to bring more benefit for others. By supporting each other and using one's family as a proof that unconditional loving kindness and compassion is possible, it then can be extended to include all beings. One can develop the necessary skills to become best of friends, creating perfect harmony in a relationship that is based on love, respect, care, responsibility, trust and wisdom; helping others and each other, and together effectively reach the ultimate goal of awakening.

## ***Activities***

The discussions cover many topics, ranging from the understanding of what true love is, respecting each other and respecting others, benefitting others, as well as the mundane challenges such as 'in-laws', disagreements, etc. Many participants have testified that the group has proven to be very helpful in improving the quality and depth of their relationship, effectively transforming their ordinary relationships into a much more fulfilling spiritual relationship. In many cases, discussing the spiritual dimension and Dharma has not only brought harmony into the relationship and among family members, but has even enriched it dramatically by taking it to a higher level.

It brings great joy to witness how participants are willing to open their hearts and as a result become more helpful to each other. Since the groups can clearly see the ever-changing nature of relationships and the feeling that "we are all in the same boat", this has allowed love, compassion and caring to emerge naturally and shine beautifully among the couples, and has shown to be contagious to others and particularly to other members of Potowa Center.

## **11. Muara Jambi Project**

One of Indonesia's ancient cultural heritages is the Muara Jambi temple. A 100 times large in area than India's renowned Nalanda University, Indonesia's archeologists are in debate regarding function of this ancient monument.

Based on extensive research, we will propose a new hypothesis: that Muara Jambi was an ancient great seat of learning, to register this marvelous university as a World Heritage, and make it known to Indonesia and to the whole world.

More to come .....



## Appendix – Teachings and Retreats

### 2001

- Heart Sutra and Pratitya Samutpada
- Lamrim Outline
- Weekend retreat on handling anger, based on Master Shantideva's Patience Chapter
- Retreat on The Eight Verses of Thought Transformation (Lojong Retreat Part 1)
- Talk on Overcoming Anger
- Death and Dying
- Diamond Cutter Sutra Commentary
- Dharma Sharing after holding Animal Liberation in Borobudur
- Foundation of All Good Qualities
- Lamrim Summary and Bodhisattva Vow
- The Meaning of Prayer
- Professionalism based on Buddhadharm

### 2002

- Public talk on How to Bring Love and Relationships into the Path
- Detailed Commentary on Master Vasubandhu's Abhidharmakosha
- Review Karma Course
- Review of Bodhipathapradipa taught by HH Dalai Lama XIV in Australia
- Lo-Rig
- Lojong Retreat Part 2

### 2003

- Lojong Retreat Part 3
- Weekend Retreat on the Meditation on Four Keys: Finding the "I"
- The Bodhisattva Vows
- Teaching on the Yoga Sutra
- One-day Workshop on conducting translation of sacred texts
- Teaching on Mahamudra
- Samyakhristi : Six Realistic World Views
- Sharing: Preparations for Retreat
- Lamrim Retreat

## 2004

- Sharing - Preparation for Holy Lama Zopa Rinpoche's visit
- Public Speaking: Making Life Meaningful & Happy
- Vajrasattva Initiation by Lama Zopa Rinpoche
- Bhaishajyaguru Buddha Initiation by Lama Zopa Rinpoche
- Food Offering & Offering to Pretas by Lama Zopa Rinpoche
- Sharing - Summary of Rinpoche's Visit
- Faith in the Possibility of Liberation
- Mahamudra in Daily Life
- Public Speaking: The potential & Function of Women in Dharma
- Sharing on Om Salim's Birthday
- Siddhantavyavasthapana : Emptiness in Four Schools
- Infinite Life
- Public Speaking: "Where will we go after this Life"
- One week Retreat: The Main Ideas of Buddhism
- Atisha's Pith Saying (Conclusion after Retreat)

## 2005

- CETANA - The Power to Create Your World
- CETANA and Deity Yoga
- Sharing Advice
- The Nature of the Mind
- Guru Puja Part 1
- Guru Puja Part 2
- The Basics of Meditation
- Guru Puja Part 3
- Guru and Meditation
- The Three Dharmas and Six Analogies
- Guru Puja Part 4
- Basic Human Values
- State of Radiance and Joy
- Panca Dhyani Buddha
- About Relics
- The Four Vajras of Tantric Presence, Song the of Four Mindfulnesses
- Transmission of Blessing the Speech
- Guru Puja Part 5
- Creating our life and our mind - Science and Buddhadharma
- Review of Public Speaking: Science dan Buddhadharma
- Advice Before Retreat
- Instruction for Retreat
- About Precepts

- Meditation on Six Anchors
- Reality is Not the Way You Think
- The King of Prayers
- Buddhahood
- The Guru
- Tonglen
- Tantric Meditation
- Bodhipaksadharmah (37 Aids to Enlightenment)
- Upaya dan Prajna
- Exchanging Oneself with Others
- Three Principal Paths
- Public Speaking: Wealth and Buddhadharma
- Creating Our World: Non Harmfulness
- Serving Others

## 2006

- Developing Clarity : Leadership & Decision Making - Using Ancient Wisdom in Modern Business
- Review of Developing Clarity: Leadership & Decision Making
- Vision and purpose of Translating Lamrim
- The Relationship between Four Noble Truths and Lamrim: Small Scope
- The Explanation of Gatha/Prayer in Guru Puja
- Public Teaching on Pancasila – The Five Lay Vows
- Riding the Emotions - the Method and Benefit
- The Meaning of Om Mani Padme Hum
- Retreat: Overcome Obstacles to Practice – How to Develop Mindfulness and Wisdom
- Lying Down Meditation - About Mind
- Sharing on Four Ways to Accumulate Merit
- Pancasila: The Basis of Society & Living in True Freedom
- Five Colors of Being Leaders
- Mind and Its Potentials
- Clear Light (Prabhasvara) & Deepest Awareness
- Lojong: Training the Mind, to Change the Point of View
- Levelling Out All Conceptions
- Bodhisattva's Jewel Garland (Bodhisattvamanevali)
- Root Text of Mahayana Mind Training
- Review: Lojong in Business
- About Compassion
- Cakraphala (The Wheel of Sharp Weapon)
- The Margas
- Meditation on Upeksha

- Subtle Body
- Meditation: Nine Round Exhalation
- The Four Fearlessness
- Hri dan Apatrapya
- Who Am I?
- The Perfections
- Anapanasati (Breathing meditation)
- Shamatha Meditation: Settling Mind in Its Natural State
- Explanation of Shamatha
- Discussions on Shamatha Meditation Retreat

## **2007**

- The Four Noble Truths
- An explanation on Meditation
- An explanation on Maitri (Loving-Kindness) and Meditation
- Bodhisattvacharyavatara on Meditation Chapter (Dhyana Paramita)
- The Margas
- Self Grasping & Self Cherishing
- Meditation on Compassion
- Summary of Dharma Teachings by HH. Dalai Lama XIV in Australia 2007
- Sanskrit Language Discussion
- Discussions about the Future of Potowa Center
- Dependent Designation
- Understand and Overcome Anger
- Here and Now
- The Mantra of Dependent Arising
- Review the Teachings of HH Dalai Lama in Dharamsala: Commentary on the Awakening Mind (Bodhicittavivarana) and Middling Stages of Meditation (Bhavanakrama)
- Business and Dharma – The Three Main Techniques
- Why need to be kind?
- Introduction about Nyung Na
- Buddhanature (Buddhagotra)
- Innate Good Qualities
- The Five Aggregates (Panca-skandha)
- About Marriage and the Power of Regret
- Handling Things that We Don't Like

## **2008**

- First Gatha of Mulamadhyamakakarika
- Public Teachings: How to Handle Emotions to Achieve Happiness

- Public Teaching: Principle Path to Happiness - Fundamental teachings of Buddha Dharma
- Picnic Teachings – Reviewing the Principle Path to Happiness
- Motivasi & Rataouille
- Dharma Celebration Weekend Retreat on the Heart Sutra
- The Healing Power of the Mind - Be your Own Therapist by Bhikshuni Dechen
- Bhikshuni Dechen's guidance in Nyung Na
- Public teachings "Dealing with Death & Dying-Living a meaningful Life" by Bhikshuni Dechen
- Public teaching: The Six Paramitas by Bhikshuni Dechen
- Explanation about Nyung Na Practice by Bhikshuni Dechen
- Bhikshuni Dechen's sharing on Lama Tsongkhapa's Prayer
- Family Meditation Retreat
- Bhavana
- Always Aware
- Aware and Experiencing

## **2009**

- Being Aware
- Yamantaka Initiation by Lama Zopa Rinpoche
- Lama Chopa Commentary by Lama Zopa Rinpoche
- Public Teachings: How to be Happy by Lama Zopa Rinpoche
- Public Teachings: Eight Verses of Mind Training by Lama Zopa Rinpoche
- Public Teachings: Overcome Anger by Lama Zopa Rinpoche
- Sadhana and Guru Yoga
- Three Roots of Tantra 1
- Om Salim sharing in Jambi and Palembang
- Three Roots of Tantra 2
- You are Your Own Master
- Going Thru The Life of Buddha (Teachings on Annual Retreat)

## ***DEDICATION***

May the Dharma activities of Potowa Center and all Dharma Centers help all beings to achieve the highest potential for the benefit of all sentient beings.

*Potowa Center, Feb 2010*