

# 1000-armed Chenrezig Grand Puja with Empowerment

Green  
Tara Fire  
Puja



Teachings  
on  
Meditation

By H.E. 12<sup>th</sup> Zurmang Gharwang Rinpoche

**DATE**  
15<sup>th</sup> June 2019 (Saturday)  
16<sup>th</sup> June 2019 (Sunday)

**VENUE**  
Singapore Futsing Assn Hall,  
Futsing Building  
(opp. Jalan Besar Football Stadium)  
2, Allenby Road  
Singapore 209973

NEAREST MRT: Lavender Station  
BUSES: 23, 64, 65, 66, 67, 130, 139, 147

ALL ARE WELCOME \* ADMISSION IS FREE



**ORGANISER**  
Zurmang Kagyu Buddhist Centre  
301 Guillemard Road, Singapore 399740  
Tel. 67440198

## 2019 June program

SATURDAY, 15 JUNE

10am to 12noon

~ Thousand-armed Chenrezig Puja

3pm to 5pm

~ Introduction to Meditation with explanation on Why meditate; How to meditate and Actual meditation (stage 1)

7:30pm to 9:30pm

~ Green Tara Fire Puja  
Practice with right motivation can help to remove obstacles so that our life span and wealth will increase and bring improvements to our health.

SUNDAY, 16 JUNE

10am to 12noon

~ Chang Chog Puja / Auspicious Prayers

3pm to 5pm

~ Introduction to Meditation with explanation on Why meditate; How to meditate and Actual meditation (stage 2)

6:30pm to 9:30pm

~ 1000 Armed Chenrezig Empowerment /  
Mandala Offering / Refuge Taking Ceremony /  
Marmi Monlam Prayers

For more details, please refer to:  
Website: [www.zurmangkagyud.org](http://www.zurmangkagyud.org)  
Enquiries: 96724706, 91890859, 97451946, 96392215  
FB page name is Zurmang Kagyu Buddhist Centre Singapore



Additional Precious Teachings  
after the Grand Puja in ZKBC,  
301 Guillemard Road, Singapore 399740 on:

18<sup>th</sup> June, Tues ~ 7pm to 9pm

**Mahamudra Teachings** (restricted to only students who have completed the minimum Ngondro requirements of any traditions)

**Audience sessions in ZKBC,**  
you may call 67440198 to check if Rinpoche  
is available if the below schedule is  
not convenient to you:

17<sup>th</sup> June, Mon ~ 4pm to 9pm

19<sup>th</sup> June, Wed ~ 4pm to 9pm

20<sup>th</sup> June, Thurs ~ 4pm to 9pm

## Benefits of Reciting Dharani of the Avalokiteshvara (Chenrezig) with Eleven Faces ~

This was mentioned by 110 million Buddhas. By reciting this, one will not have illnesses and will be embraced by the compassion of the Sugatas.

One will obtain wealth and pacify enemies; Epidemics, war, poison made of minerals, poison from mixed substances will not hurt one.

One will not experience untimely death by drowning and so forth. At the time of death, one will see the Sugata and not feel any fear or terror.

One will not fall into the lower realms and will be born in the Land of Great Bliss. By reciting this once, the four root downfalls and the five inexpiable deeds will be purified. If one recites this 7 times and blows on a victim, epidemics and illnesses will be pacified. So it has been said. (from The Path of Great Liberation).



Please do not miss the Sunday programme as Rinpoche will be giving each participant a very special gift of blessing.

# 千手千眼观音大法会

绿度母  
火供



禅修  
教授

由尊贵的十二世苏曼噶旺仁波切主持

## 法会日期

2019年6月15日(星期六)  
2019年6月16日(星期天)

## 法会地点

新加坡福清会馆大厅  
(惹兰勿刹体育场对面)  
**2, Allenby Road**  
**Singapore 209973**

附近地铁站: 劳民达地铁站  
巴士: 23, 64, 65, 66, 67, 130, 139, 147

欢迎参与 \* 入场免费



举办单位  
苏曼迦举佛教中心  
301 Guillemard Road, Singapore 399740  
Tel. 67440198

## 2019年6月法会活动时间表

6月15日 星期六

早上10点到中午12点  
~ 千手千眼观音法会

下午3点到5点  
~ 教授禅修并讲解为什么禅修,  
如何禅修, 以及实练禅修 (第一段)

下午7点30分到9点30分  
~ 绿度母火供法会  
以我们正确的观念能帮助消除障碍, 增长  
我们的寿命和财富, 同时增进健康。

6月16日 星期天

早上10点到中午12点  
~ 超度与祈福法会

下午3点到5点  
~ 教授禅修并讲解为什么禅修,  
如何禅修, 以及实练禅修 (第二段)

下午6点30分到9点30分  
~ 千手千眼观世音菩萨灌顶/曼陀罗供养/  
皈依仪式/玛密蒙兰祈愿法会

欲知更多详情, 请访问  
网址: [www.zurmangagyud.org](http://www.zurmangagyud.org)  
询问: 96724706, 91890859, 97451946, 96392215  
面簿 Zurmang Kagyu Buddhist Centre Singapore



法会后另加的珍贵教授,  
在苏曼迦举佛教中心

301 Guillemard Road, Singapore 399740

6月18日 星期二 ~ 7pm to 9pm

大手印法门 (仅限于已经成功完成了任何  
传承之四加行修持的弟子参与)

在苏曼迦举佛教中心咨询  
仁波切的时间段为,

如果以下的时间段不适合, 请拨 6744 0198  
联络中心ZKBC行政管理员, 以询问是否能与  
仁波切有另外的时间安排。

6月17日 星期一 ~ 4pm to 9pm

6月19日 星期三 ~ 4pm to 9pm

6月20日 星期四 ~ 4pm to 9pm

## 《十一面观世音神咒陀罗尼经》

十一亿诸佛所宣说, 修持此心咒能消除一切  
病苦, 获得十方诸佛慈悲护念。

其人亦得财宝衣食受用无尽, 能平息  
怨敌, 刀兵水火不能伤, 不受蛊毒鬼魅  
而所害, 亦不遭灾害横死, 能止一切不  
吉祥故。

此人临命终时, 诸佛来接引, 令其心无  
恐惧。不会投生下三道, 将会往生无量  
光阿弥陀佛净土。若犯四根本重罪及五  
无间业者, 能以寂静心诵此神咒一遍,  
既能净除罪业。又或口诵七遍, 对病  
者吹气一口, 能消除一切瘟疫病苦。  
(摘要自大解脱之路)



请不要错过星期天的灌顶, 仁波切会赐予  
参与者特别加持礼物。