

Ti-Ratana

Newsletter



A DIGITAL Chinese New Year

**Intertwining
Nature & People**

A look into Chief Venerable's
vision of Ti-Ratana Sanctuary
Bentong

For Non-Muslims only

Jan - Feb 2021 Edition

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Article Contributions

Members are invited to contribute interesting articles to be published in this e-Bulletin. Kindly email your articles to admin@ti-ratana.org by 15 Mar 2021 for the Mar – Apr 2021 issue

Editorial Board

Chief Editor : Hoh Yoon Pok

A ***DIGITAL*** CHINESE NEW YEAR CELEBRATION

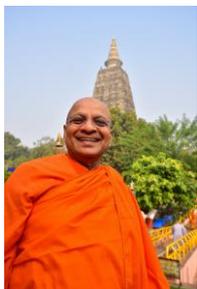


12 January 2021 is a date to remember because it was the 1st year that Ti-Ratana held a celebration on the 1st day of Chinese New Year via FB live streaming. It was also a first that we conducted a candle lighting ceremony and blessing services for our devotees without our devotees personally present at our shrine halls.

This was necessary to ensure the safety and health of our beloved devotees in this time where we are facing a Global Pandemic and we fully support our Government's effort to flatten the curve. In a way, we too are front-liners in this fight against the spread of COVID-19.

Special thanks to all the volunteers of Ti-Ratana Bangsar, Ti-Ratana Lumbini Garden Puchong, Ti-Ratana Vihara Klang and Ti-Ratana Sukha Dhamma School Cheras who worked hard before and during this Chinese New Year to ensure that our devotees could still receive their New Year blessings even though they could not be personally present at the various Buddhist Centres.

Intertwining Nature & People



**The Most Venerable
Datuk K. Sri
Dhammaratana**

A Sanctuary Like No Other

The blueprint for the Sanctuary had been floating vividly in my mind before I shared it with others:

a spiritual space for the Sangha — our fellow monks and nuns — and the Buddhist community at large. It was inevitable that, at some point in time, the Society must summon its courage and strength to move beyond its existing sphere of endeavors.

Together with a meditation hall, teaching venues, lodgings, monastery and nunnery, there is also a unique opportunity to “walk in the path of the Buddha” for Dhamma practitioners unable to embark on the pilgrimage to the Mahabodhi Temple (Great Awakening Temple) in Bihar, India.

“At the Ti-Ratana Sanctuary Bentong, aspiring pilgrims will experience the four major holy sites associated with the life of the Lord Buddha:

Lumbini: His place of birth
Bodh Gaya: His seat of enlightenment
Sarnath: where He preached His first sermon
Kushinagar: parinibbana or nirvana-after-death”

I believe retracing the Lord Buddha’s sacred journey will inspire people to follow in his footsteps; to live with a fearless heart and act in compassion.

The Sanctuary — presently in construction on a 23 acre site in the rolling hills of Bentong town — marks another milestone of the Ti-Ratana Group’s mission of building a happy and healthy society. But the road to laying the last brick is still far off.

Here, I wish to humbly appeal for your generous support and contributions to complete our Sanctuary.

In less than 12 months since the world was stricken by Covid-19, the devastating long-term effects are to everyone’s mental and spiritual health. Now, more than ever, we must answer the call to build a positive, tranquil and safe Sanctuary for a balanced society.

Today, there are calls for the Sangha to expand their traditional roles beyond the confines of the temple and monastery. I firmly believe the Sangha must evolve with the times and play a role in activities and services that are not normally and necessarily seen as religious in nature.

This was, and still is, the premise for the founding of the Ti-Ratana Welfare Society and its six community centres, Seniors’ Sanctuary, Orphanage, and countless volunteer programmes — a charity to shelter, educate and sustain the well-being of all who are in need.

The Sanctuary is an exemplary continuation of this journey.

I look forward and will cherish the day the Ti-Ratana Sanctuary Bentong opens its doors to welcome her first group of guests.

May you be well and happy.

- The Most Venerable Datuk K. Sri Dhammaratana

W(H)AT *will you find?*

Walking in the Path of the Buddha

Recreation of the 4 major holy sites throughout the Buddha's life – Lumbini, Bodh Gaya, Sarnath, Kushinagar – for those unable to make a pilgrimage to the sacred Mahabodhi Temple in Bihar, India. Through its symbolic architecture, landscape, statues, images, videos, and voice recordings, the wonder of Buddha's teachings comes to life for would-be pilgrims.



Multi-purpose Hall & Multiple Classrooms

With over 10,000 sqft of event and learning spaces, the Sanctuary will be fully equipped to train competent Dhamma teachers and new, dynamic Buddhist leaders. Sangha teachers – resident/ visiting monks and nuns as well as laypeople – facilitate classes for groups/ families or individuals from all levels of proficiency.

Male & Female Hostels

9,000 sqft of accommodations, including disable-friendly facilities. Accommodations range from bunk beds to private rooms for two. In future, solitary meditation practitioners will have the option of living in a kuti (meditation hut).



Authentic Vegetarianism

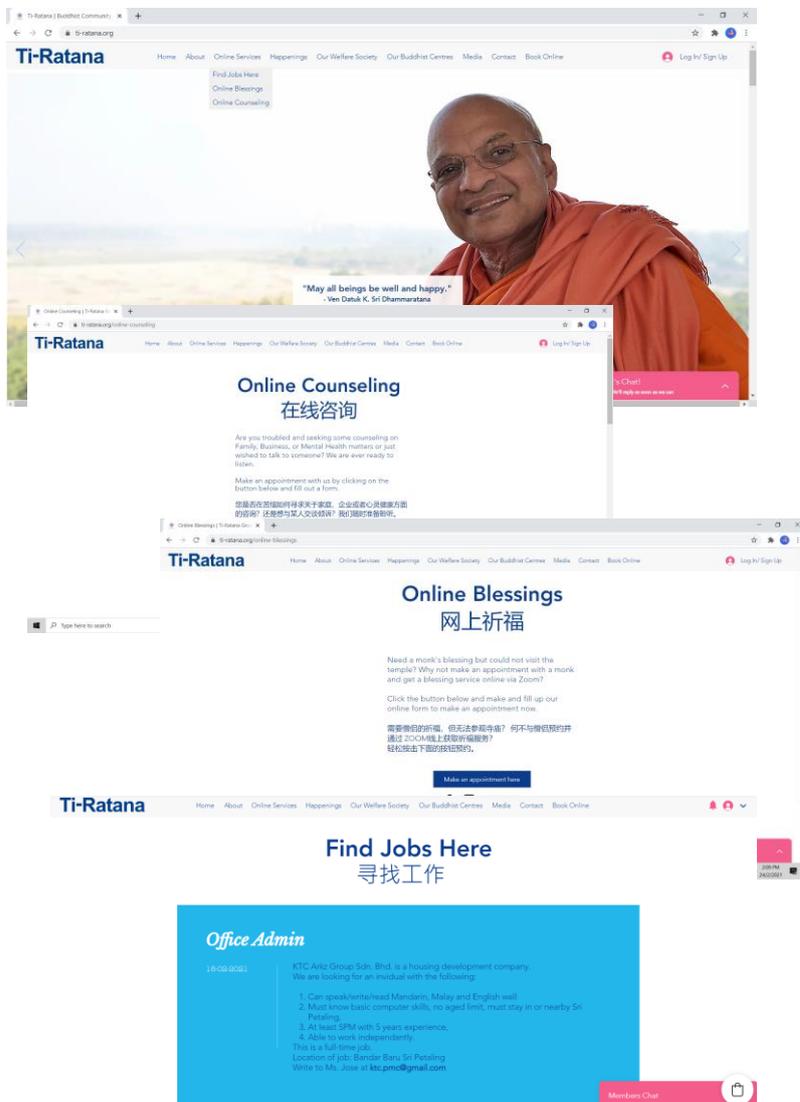
Kitchen and cafeteria for monks, nuns, meditators and visitors. Collections from this and all other activities at the Sanctuary will go towards sustaining the social projects under the Ti-Ratana Welfare Society.

Monastery & Nunnery

Envisioned as an important seat of Buddhist learning, the local community may engage with our monks and nuns in discourse to further understand Dhamma teachings under the guidance of senior monks. Celebrations such as Wesak and Kathina bring Buddhism to the community. Over time, the Sanctuary will also house a museum and library.



Our services are now **DIGITAL**



With the launching of Ti-Ratana's official website on January 2021, we have introduced 4 new services on the digital space to help our society in various ways. This was necessary during this time of pandemic where a new norm must be adopted to flatten the curve. Also due to the pandemic, many in our society have either lost their jobs or businesses suffered; and some even closed. Also, as a result of extended Movement Control Orders, many are at home are feeling depressed.

In normal circumstances, some who are feeling stressed might visit temples to seek counselling or blessings from monks. However, this is not possible due to the movement control. So the big question is, "WHERE ELSE COULD I SEEK HELP THEN"?

The answer to that, is to seek help online in the DIGITAL space. Therefore, Ti-Ratana has introduced this 4 new services with the purpose of helping the society in the following manner.

1. Get Re-hired

For those who lost their jobs and are looking to be rehired, we have introduced FIND JOBS HERE where our many followers who are business people and are looking to hire talents could post their job advertisement on our website for **FREE**. Those who are job hunting and are interested could directly write to the company.

Visit <https://www.ti-ratana.org/jobs>

2. Online Family & Mental Health Counselling

For some who are feeling depressed at home and wishes to talk to a Monk, our Bhante Hemaloka is ever ready to help. Just schedule a Zoom session with him via our website at

<https://www.ti-ratana.org/online-counseling>

3. Business Counselling

Exclusively for business leaders or owners whose business have suffered and needs someone to talk to, we have a very experience business mentor. For more information and to schedule a Zoom session visit

<https://www.ti-ratana.org/online-counseling>

4. Boost your confidence

Finally, we have also introduced Online 1-on-1 Blessings by our Monks to help those who are lacking in confidence. This is also conducted via a Zoom Meeting session. Just visit:

<https://www.ti-ratana.org/online-blessings>



Kamma & Rebirth

Is it a necessity in the practice of the Dhamma?

- by Hoh Yoon Pok

This topic of Kamma and Rebirth

has been taken as one of the most important factors in the practice of Buddhism by many followers but is it really?

Before we dwell on this topic, I'd like to first explain what Kamma and Rebirth mean, in accordance with my interpretation. Kamma is whatever actions taken as a result of an emotional reaction. It's when you hurt someone because you are angry, steal because you are greedy, sexual misconduct because you were sexually aroused, lie because you were scared.

Rebirth is a continuous process of being born after death and normally it is believed that it is caused by the accumulation of Karmic energy (i.e. energy created as a result of Kamma). Rebirth in the Buddhist world is different from Reincarnation or Transmigration as it does not involve an eternal soul that is transferred from one body to another. In the Buddha's teaching, there is no eternal soul. In fact, to the Buddha; the self as we know it is only an illusion or a mere concept that we create in the mind and we grew up with this misconception. Technically, Rebirth is then described as a reproduction of life from Karmic energy.

Many Buddhist believe that Kamma & Rebirth is the fundamental teaching of the Buddha. Some would say that if you do not believe in Kamma & Rebirth, then you are not a Buddhist. I beg to differ. In fact, there are a few instances where the Buddha discourages a person from such thoughts. This is evident in *Titthayatana Sutta* (Anguttara Nikaya 3.61) and *Culadukkhakkhandha Sutta* (Majjhima Nikaya 14), where you will find that the Buddha teaches not to be concerned about whether there is a past life nor what actions will form the fate of future lives but to practice for the liberation of the current life.

What is important to note is that Buddha's teachings have all been very practical and was never based on faith and belief. This means that unless you have personally experienced something, never take it as absolute truth even if it is expounded by the Buddha himself. This is clearly mentioned by the Buddha in *Kesamutti Sutta* (Anguttara Nikaya 3.65), "Please, Kālāmas, don't go by oral transmission, don't go by lineage, don't go by testament, don't go by canonical authority, don't rely on logic, don't rely on inference, don't go by reasoned contemplation, don't go by the acceptance of a view after consideration, don't go by the appearance of competence, and don't think 'The ascetic is our respected teacher.'"

Having said that, it is true that in certain suttas, the Buddha did mention about Kamma and Rebirth and how they work. Bear in mind, he has trained his mind to a very high level of development where he has the ability to see all that based on his own personal experience. Therefore, he and the other Arahants who have trained their mind to that level & have personally seen or experienced these phenomena, have the authority to describe or teach these subjects.

Facebook:

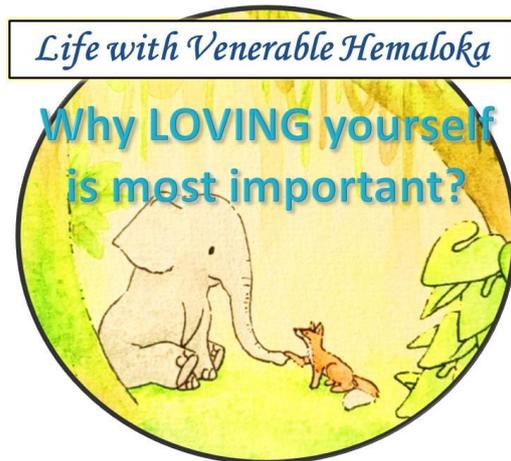
<https://www.facebook.com/trueawakeningmal/>

Instagram:

https://www.instagram.com/true_awakening/

Ti-Ratana

Activity Report



Ti-Ratana's YouTube Channels

In the month of January and February, Ti-Ratana introduced 2 new YouTube Channel to help our viewers live a wiser, happier and calmer life.

The first is a Mandarin language channel named **Peace of Mind** (心法自在), which is hosted by our Venerable Fa Zhi from Ti-Ratana Sukha Dhamma School Bukit Anggerik, Cheras. In her first debut video, she discussed how one can find calmness and peace in these troubling times of the pandemic from within. Watch the video at https://www.youtube.com/watch?v=bkp4RUEwH_o. In the discussion of her second & third video, Venerable Fa Zhi explains what's the significance of lighting candles and how we should practice the Dhamma during locked-down Chinese New Year.

Do subscribe to Venerable Fa Zhi's YouTube Channel.

The second YouTube channel that Ti-Ratana introduced is in English hosted by Venerable Hemaloka named **Life with Venerable Hemaloka**. In Venerable's debut production, he speaks about why loving oneself is most important.

You may find his video at <https://www.youtube.com/watch?v=xQvZbes-PuQ>.

Ti-Ratana Activity Report

Release of Life

“Life Release” is a traditional Buddhist practice of saving lives of beings that were destined for slaughter and also liberating beings from fear, harm & danger.

By practicing “Life Release”, One will generate good karma, because it is an act of Loving Kindness (Metta) and also Compassion (Karuna). At the same time, One also practice decreasing “Ignorance, Anger, Hatred, Delusion, Greed & Attachment”, which are the root of Suffering.

Manner of Releasing Lives

- The animals should be released into suitable & safer environments to assure the survival & freedom of those beings.
- The animals are only bought on the exact day, in avoiding hurting or bringing harm to them.

With these kind intention & manner, Ti-Ratana Vihara Klang arranged “Release of Life Program” on **26 February 2021**, celebrating Chap Goh Meh with all devotees in this meaningful act.

This event also includes the ceremony where devotees **shared the cultivated good deeds and merits with All Beings**, and with good wishes :

May all Beings be well & happy. May the Covid-19 pandemic be over soon. May all beings be free from harm & danger. May this year be a blessed year for everyone.

Sadhu! Sadhu! Sadhu!



Ti-Ratana Activity Report

Chinese New Year 2021 @ Ti-Ratana Lumbini Garden, Puchong



On the first day of Chinese New Year 2021, 12th February, we organized a Candle Lighting Ceremony at Ti-Ratana Lumbini Garden, Puchong. In compliance with the SOPs during that time, we ensured that all those present wore masks, had their temperature taken and practiced social distancing.

The ceremony was also streamed live on Facebook and YouTube for the comfort and convenience of those who did not or could not attend physically, as well as for the safety and wellbeing of high risk groups. Over a hundred devotees tuned in online on that day.



Our center was beautifully decorated with red lanterns all around the Bodhi Tree as well as our surroundings, interior and exterior.

Illuminating the shrine hall were hundreds of candle offerings reassembling pineapples and lotuses and saffron colored robe offerings, that were lined out on a table on the opposite side of the hall.

Venerable H. Hemaloka Thero recited multiple Suttas, Parittas and Verses for 30 minutes – and the ceremony concluded with Blessings given by him.

Keeping up with the times, as well as for safety's sake - to minimize contact, no recitation books were handed out to anyone present. Instead, the recitations were displayed on a LED Television.

Blessing strings were distributed, along with oranges and holy water - and all of them were packed in biodegradable plastic bags and blessed beforehand, to keep both the environment and devotees safe.



Ti-Ratana Activity Report

Ti-Ratana Food Cupboard



Ti-Ratana Food Cupboard was initially kick-started from our centre in Bangsar on 25 October 2020 as part of its “Loving Kindness to Society” project. The whole purpose of this project is to allow kind & generous donors from the public to sponsor into our foodbank and the needy could just take what is needed.

We hope to create an eco-system of kindness and generosity where the donor gives with an open heart for all without the need for recognition and the recipient could hopefully pay-it-forward with deeds of kindness to others.

The tag-line of this project is “GIVE WHAT YOU CAN, TAKE WHAT YOU NEED, A HAND YOU EXTEND, A MOUTH YOU COULD FEED.”



Due to the pandemic, however, the Food Cupboard team were concerned about possible cross infection of COVID-19 when recipients come personally to collect from our Food Cupboard. The team had to improvise the way the food necessities reach the intended recipients by pre-packing the groceries to family sized packages. These packages were then passed to the neighbourhood representative to be distributed to the families in need.

Today, Food Cupboard includes volunteer teams from Ti-Ratana Bangsar and Lumbini Garden Puchong and serves about 64 families monthly. More importantly, the team has worked hard to create awareness of Food Cupboard and rapidly grow its eco-system especially the food donor base; which previously were made up of only individuals. to organizations which includes Dancom TT&L Telecommunications (M) Sdn Bhd, Universal Technology Solutions Sdn Bhd and Julie’s Manufacturing Sdn Bhd.



Ti-Ratana Fundraiser for Animal Shelters

18 February 2021

In accordance to the teachings of our beloved teacher, The Lord Buddha, compassion should not be limited to only humankind but to all sentient being without exception. Animals included.

Animals especially stray dogs and cats are frequently neglected or abandoned in our community and they deserve better. On the 7th day of Chinese New Year which is also known in the Chinese community as “Humanity Day”, Ti-Ratana Taman Bukit Anggerik Community Centre held a fundraiser event in support of 5 animal shelters.

Bojjhanga Puja



Bojjhanga Puja is a chanting that recites the 7-factors of enlightenment. In the Samyutta Nikaya 46.14, 46.15 and 46.16, The Buddha recited and taught his ill-stricken disciples Maha Kassapa, Maha Mogallana and Maha Cunda, this 7-factors of enlightenment to inspire them to a quick recovery.

Venerable Saddha conducts Bojjhanga Puja for health and safety of our devotees at Ti-Ratana Vihara Klang; every Saturdays to Wednesdays.

To see Venerable Saddha’s chanting on FB live, follow us on:

<https://www.facebook.com/viharaklang.tiratana>.

Ti-Ratana Activity Report

Ti-Ratana meals on wheels



Ti-Ratana Meals-on-Wheels wheeled out to share, to give, to nurture, to care regardless of race, creed or religion.

Volunteers distribute food necessities monthly to homes and soup kitchen such as Little Sisters of the poor, Daughter of St. Paul, Assumption Church Soup Kitchen, Assunta Convent, Myanmar refugees Schools, Samaritan Hope Home and etc. The food necessities such as potatoes, onions, garlic and etc, were all donated by generous donors; such as Syarikat Ping Thye Trading Co. (PG) Sdn Bhd, and distributed by our very own Ti-Ratana Meals-on-Wheels truck.

Ti-Ratana Penchala Community Centre has been running this meaningful project for 2 years now with Ti-Ratana Bangsar as collection and distribution center.





Upcoming Activities

Centre	Date	Activity
Bangsar	14/3/2021	Recycling Day
		Food Cupboard Packing & Distribution
	28/3/2021	Qing Ming Puja & Prayers
	11/4/2021	Recycling Day
Klang	13/3/2021	New Moon Puja & Lunch Dana
	27/3/2021	Full Moon Puja & Lunch Dana
	28/3/2021	Guan Yin Birthday Celebration
	11/4/2021	Qing Ming Puja & Prayers
Lumbini Garden	4/4/2021	Qing Ming Puja & Prayers
	24/4/2021	IGCSE May / June Exam Blessing
Cheras	7/3/2021	Virtual SDS Dhamma Classes
	13/3/2021	New Moon Puja
	14/3/2021	Virtual SDS Dhamma Classes
	21/3/2021	Virtual SDS Dhamma Classes
	27/3/2021	Qing Ming Puja & Prayers, Full Moon Puja
	4/4/2021	Virtual SDS Dhamma Classes
	11/4/2021	Virtual SDS Dhamma Classes
	12/4/2021	New Moon Puja
	18/4/2021	Virtual SDS Dhamma Classes
	25/4/2021	Virtual SDS Dhamma Classes
	26/4/2021	Full Moon Puja