



Compassionate Action Report

October – December 2021



VENERABLE NAMGYEL'S
ONLINE SANGHA ~ We Serve



Merry Christmas & Happy New Year!



This is a special time of year when minds turn towards great kindness and love to all beings; and it is also a great opportunity for us to **review the past year and rejoice for all the good work we have done.**

2021 has been a challenging year and so many people continue to suffer from covid, violence, natural disasters... **VNOS believes that the Buddhadharma provides the best means to ease the suffering and so, under Gen Namgyel-la's skilful guidance, we offer the Buddha's transformative methods for those in need.** Rejoice in all the online Dharma teachings and activities you helped extend out to people around the world!

Your heartfelt love and concern for all beings, your offerings and dedications coming from so many parts of the globe have touched us deeply. **We could not have offered so many Dharma teachings to benefit so many people without your generosity.** Sharing the same vision—to help others—we create strong connections and interdependence.

Together, we made 2021 a fruitful Dharma year.

Our heart-felt wishes go out to you & your family and friends for a healthy and peaceful Christmas.

**Yours in the Dharma,
Venerable Namgyel's Online Sangha**



The Fruitful Dharma Year of 2021

With the guidance of Gen Namgyel-la and with much kind support, VNOS achieved amazing results in spreading the Dharma in 2021:



Lam Rim Course

28 weeks / 40 hours



Two Refuge & Bodhisattva Vows Ceremonies



Buddhist Philosophy Course

8 weeks / 12 hours



4 Virtual Retreats

8 days / 32 hours



Meditation Programme

25 sessions / 12 hours



Group Practice

50 sessions / 25 hours



Library Resources

380 videos

140 audios

24 Dharma texts & documents

YouTube Channel

282 videos

Number of views: 11,474

Watch time: 2,228 hours



Praying for the students, benefactors and the world

- Countless light offering and pujas
- Special ceremonies on powerful days
- Offering to the Stupa project in Australia



Caring for people in great need

- Direct donations to monks and nuns specifically in several small monasteries and nunneries in Nepal that are in difficulty and without much other support.
- Gen-la's extensive personal guidance to many students in great need.





Feedback from the students

I am incredibly grateful to VNOS and all being offered. I **so enjoy the teachings and meditations**. Thank you Gen Namgyel-la and all who are assisting in being this **wonderful opportunity** to us.

Profound gratitude to Gen Namgyel-la for everything and to the volunteers & members who make VNOS possible!

I am **so lucky** to meet Gen Namgyel-la at this moment, with the Wi-Fi and Internet and Online Sangha, **making everything possible**. I treasure every teaching and group practice and join as most as I can.

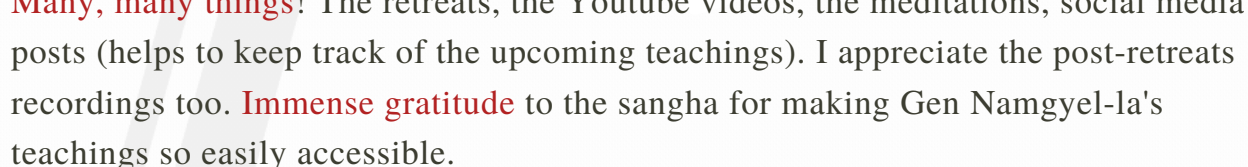
This is a **wonderful organisation** and the teachings by Genla are **transformative**.

Venerable Namgyel is one of the few human beings I have met that **truly embodies and lives** what it means to be **committed to the betterment of others**.

Thank you so much, Gen-la and VNOS Team for your online support; the tranquility meditation is a **lovely start to my day**.

I like the regular Lam Rim teachings by Gen Namgyel-la. They are like a **constant refreshing of the Dharma** and Dharma work (with small breakthroughs).

So far I have missed one session, however having the **videos to review and study is vital** for me. Thank you for your kindness and commitment to offer online Dharma studies. **Blessings and great peace.**



Many, many things! The retreats, the Youtube videos, the meditations, social media posts (helps to keep track of the upcoming teachings). I appreciate the post-retreats recordings too. **Immense gratitude** to the sangha for making Gen Namgyel-la's teachings so easily accessible.

We have received an outpouring of kind words from the students.
We are deeply touched and encouraged to keep up the good work
and reach out to more people!

Thank you **Gen Namgyel-la** for all you do in
so many ways! We wish Gen-la good health
and a long life. Please continue to teach and
guide us until enlightenment!



Thank you to our guest teacher **Geshe
Tenzin-la** for sharing precious knowledge
on Buddhist philosophy and psychology.



Thank You

with all our hearts

Christmas Gift to Share

We are so grateful for all your offerings and support! Here is a special gift VNOS would like to offer so that you can do something special for your friends - **give the gift of Dharma** at this special time of the year.

We would like to offer you a gift voucher which you can give to a friend and it will entitle them to **one month's free membership of VNOS**. They can scan the QR code on the **gift voucher below** to access the gift page.

We sincerely hope that you will like this Christmas gift and share the valuable Dharma with a friend.



Venerable Namgyel's
Online Sangha
We Serve

Christmas Gift Voucher



HERE IS A
GIFT OF DHARMA



To:

From:

*A
Holiday
Surprise!*

Scan the QR code to claim your one-month free membership with VNOS before **2 January 2022**





Thanks to all our Volunteers & Benefactors!

Thank you for all you give - your time, your effort, your financial support, your dedication and wishes to spread the Dharma to help all beings!

We truly appreciate and rejoice in your generosity in many ways. VNOS will continue to perform virtuous Dharma actions, and dedicate the merits for you during every group practice, light offering and puja.

Rejoice ♥



Merry Christmas

AND A HAPPY NEW YEAR

