



Venerable Namgyel's
Online Sangha
We Serve



Compassionate Action Report

July - September 2021



In this impermanent samsara,
Venerable Namgyel's Online Sangha
is striving to provide various Dharma
teachings to help free sentient beings from samsaric
suffering and guide people continuously on the enlightenment path.

Looking back over the past few months, we see that there were some
difficulties we all experienced and, with Gen Namgyel-la's guidance and
our lojong practice, we transformed the obstacles into beneficial
conditions. Great thanks for the support of all our donors: we can **walk
together through difficulties and show a strong interdependence.**

Special thanks for all your prayers and dedications when Gen Namgyel-la
manifested health obstacles. We felt a very powerful connection with you,
praying for the long life of our spiritual guide to continuously lead us
along the path to enlightenment.

Meanwhile, Gen Namgyel-la made extensive light offerings to pray for
the success and well-being of all our donors. And you are always on our
dedication list after each group practice session.

**It shows we are interdependent and provide strong support to each other
along the path. With a shared motivation and destination, may we never
lack spiritual teachers and sangha on our path to enlightenment!**



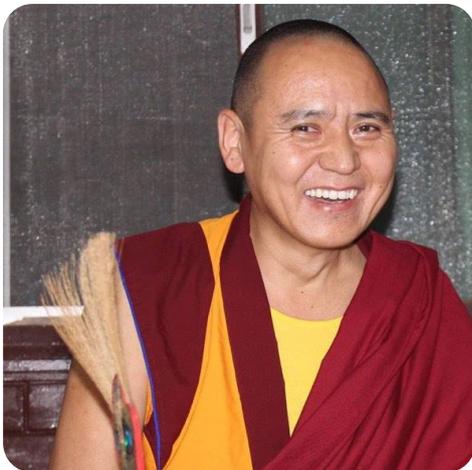
ENLIGHTENMENT

VNOS is striving to provide a variety of Dharma teachings in order to suit different minds. Understanding that each individual will be at a different stage on their Dharma path, we identified the different needs and made some breakthroughs.



NEW COURSE - to go deeper into Dharma study

Master Class: Buddhist Philosophy & Psychology, Lorig: Mind and Mental Factors



Geshe Tenzin-la

Gen Namgyel-la has arranged to have a geshe with the Lharampa degree from Sera Jey Monastic University teach a new course for VNOS. It is very rare to have a knowledgeable geshe to teach this profound subject in English. We rejoice for such a precious opportunity for our students to nurture and develop their minds more fully.

"What the students are studying is not to be debated or meditated upon; it is something to learn. For instance, if you want to learn mathematics, you start with 2 plus 2 equals four, this is the equation, so LORIG is the formula or equation by which you understand Buddha Mind. They are definitions given by a perfect Buddha Mind so that we ordinary sentient beings can understand the framework upon which Buddhist Psychology/Philosophy is built."

- Words by our spiritual guide Gen Namgyel-la

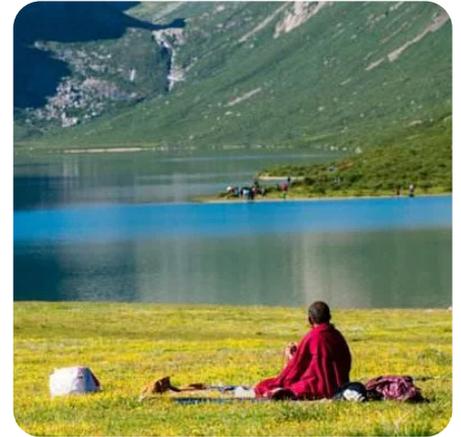




NEW MEDITATION Programme – to understand ourselves and transform from within

Tranquility–Special Insight Meditation Programme

Gen Namgyel-la often says that changes can only be made from within. Out of Genla’s great compassion to help students understand and transform themselves, Genla will be directly leading a two-month tranquility meditation programme from October to November 2021, three times each week. By developing a regular meditation habit, students can become more aware, gain special insight and actualise inner perfection.



This program is for members only, to repay your kindness.



Unfold Your Special Gift

We are so grateful to have you as our donor supporting our work! **We are inviting you to enjoy the precious meditation programme described above, as Dharma is the best thing to offer.** So that you can build up your own meditation habit through regular practice in your daily life.

Details: <https://www.venerable-namgyel-online-sangha.com/tranquility>
(members only)

If you have difficulties logging into the page, please contact our member support: Jamie @ ngaikk237@gmail.com

Wishing you a more peaceful and happier life.



Multimedia Library Newly Launched! - Preserving Dharma & facilitating Dharma learning

We understand it's important to facilitate people to learn at their own pace, and there are lots of valuable recordings of teachings & meditations given by Gen Namgyel-la over the years and decades. Recently we have restructured our library to make it more user-friendly. You can navigate the library and find what you need in different categories. Visit our new library: <https://www.venerable-namgyel-online-sangha.com/media-library>

					
Teachings Videos & Audios	Dharma & Secular Meditations	Deity Practices with Sadhanas	Courses	Texts & Documents	Body & Healing
All teachings videos & audios	All meditation recordings	Audio/ video & texts for deity practices	Audio/Video & texts for all courses	All texts & documents	Healing Videos
Click >>	Click >>				

Because of your support, we can not only provide these amazing Dharma teaching services to meet different students' needs, but also make offerings to support other auspicious Dharma projects.



Offering to a Stupa Project in Australia

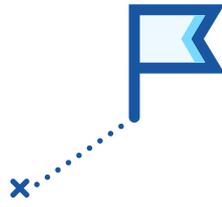


Gen Namgyel-la, on behalf of VNOS, pledged a generous donation in support of building an auspicious Stupa in Australia. We are so blessed that our name 'Venerable Namgyel Online Sangha' was placed inside the stupa, with the dedication and merits for all the VNOS donors and students.



VNOS sponsored many extensive pujas in monasteries and nunneries in Nepal - to multiply merits for all our donors, volunteers and students.





Enlightenment

**Thanks to all of our donors, volunteers and students
for supporting these amazing Dharma works.
May you gain enlightenment without delay!**



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