

VENERABLE NAMGYEL'S ONLINE SANGHA

IMPACT REPORT

OCT - DEC 2020



VENERABLE NAMGYEL'S
ONLINE SANGHA - We Serve

XMAS GREETINGS



Merry Christmas!

Looking back over this year, what made you humbled and amazed?

I've been amazed seeing my students' patience and resilience over the year. This year was not easy, however because of our motivation to become better people, we fight with the difficulty, transform it into beneficial..., attend teachings, do meditation, hold up our Dharma practice.

Every time I see you in the Zoom room, I know you are here... it makes me happy.

I'm feeling humbled to see many Dharma students actualize their practice in many excellent ways. Some are providing medical care, various kinds of social support. Many volunteers make great efforts, give their time to make sure Online Sangha is a safe place for refuge.

Some people provide financial support so we can run this platform and we even funded enough seed money to turn our online platform into an actual to-be-finished retreat house! We are in pain and suffering, but we are trying our best to think beyond "me, me, me" and toward concerns about others and the Dharma, which is so beautiful.

Thank you very much. I rejoice in all of your virtuous deeds. Because of you, I will be here to serve until samsara ends.

Merry Christmas and Happy New Year!

Big love,

*Venerable
Namgyel*

VENERABLE NAMGYEL

Spiritual Guide





BREAKING NEWS!

We have successfully fundraised to buy a **retreat house in Australia**. This house will be the new residence of Venerable Namgyel to extend his Dharma activities to the local community, as well as provide retreat in future for international students. Deep thanks to all donors of Online Sangha and Venerable's kind students around the world. We especially thank the Hong Kong student group which contributed the biggest part of the seed fund.



- ✓ Retreat house for international students to continuously receive teachings from Venerable Namgyel
- ✓ Place for Online Sangha virtual teachings
- ✓ Community temple for people to pay visits, accumulate merit
- ✓ Venerable's retreat and living place
- ✓ Puja & light offering, pray for the world

For the next step, **we are planning to launch a worldwide fundraising campaign in Losar (Feb)** to finish the rest of the construction work as well as to build a wooden temple in the garden. Please save up for the donation, stay tuned! This will be an incredible opportunity to spread the Dharma. We look forward to seeing you in the retreat house too! This house is only the first step in our dream to provide facilities for students to receive the Dharma and meditate upon it.



WHAT ELSE HAPPENED IN OCT - DEC?



BUILDING A BEAUTIFUL FOUNDATION - LAMRIM COURSE

Venerable Namgyel, considered a Lamrim perfect holder as said by one of his Gurus, Lama Zopa Rinpoche, is teaching the Lamrim* deeply, bit by bit, on each topic... the course will span months and could be years... which is extremely rare and would be a precious resource for people now and in the future.

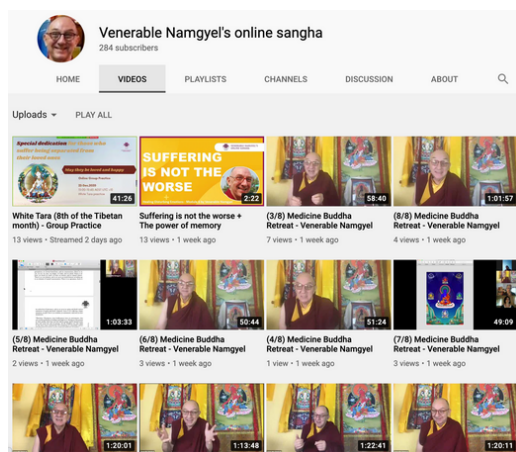
The phase 1 teaching lasted for 4 months from August to November 2020, that has reached over 2000 views. All teaching videos are held in the website library and are available to watch on Youtube now. **Venerable Namgyel will continue the Lamrim teachings in Feb 2021. Please do join!**

*Lamrim: The core and foundational teachings in the Gelug tradition of Tibetan Buddhism.

HEALING DISTURBING EMOTIONS RETREAT PACKAGES

Venerable Namgyel's special course 'Healing Disturbing Emotions' has been specially designed as an online year-end retreat program with different schedules provided.

People can join the online retreat for free during Nov to late Jan. If you have friends with emotional issues, please do let them know.



VARIOUS TEACHING VIDEOS RELEASED ON YOUTUBE CHANNEL

In order to benefit more people, we have reorganized all the teaching videos including Venerable Namgyel's previous teachings, healing practices and meditations, and they are now available on Youtube Channel for EVERYONE. Only the certificate course package is exclusive to our members.



Venerable Namgyel's online sangha 🔍

GOOD WORKS NEVER STOP!
WE CONTINUOUS
PROVIDE:

REGULAR ONLINE GROUP PRACTICE

White Tara and Medicine Buddha Group Practice are arranged on the special days of each Tibetan month to increase the power of practice. Zoom and Youtube livestream are provided to people from around the world to pray and dedicate together.



HEALING PRACTICE

More secular practices of yoga, energy healing, and meditation for youth and the young at heart, led by skilled students of Venerable Namgyel. All of the recordings are available on the website and Youtube.

DHARMA PROTECTION WHEEL

Continuous worldwide distribution of Tibetan mandala protection wheel for all kinds of epidemics, as of today more than 6000 pieces have been distributed freely.

A special gift of our gratitude New member privilege

From time to time people from around the world ask questions and advice from Venerable. We think it is important to make sure our members are being taken care of, especially providing the right support for their problems. Also, we found some of our members were going through a tough time but they had no idea our teacher could help! We feel sad for not being able to provide the help we could. Thus, we prepared a special guide for our members, about how to seek Venerable Namgyel's spiritual support.



《 Guide on seeking Venerable
Namgyel's Spiritual Advice 》



Guide on seeking Venerable Namgyel's Spiritual Advice

1) What kinds of obstacles for which you could especially seek advice:

- Questions or confusion about your Dharma practice/ spiritual practice
- Mental or physical sickness, dying and death
- (Suspected) spirit issues
- Feeling the need of support in life-changing moments
- Anything you are not sure - ask us!

2) How Venerable Namgyel could assist:

- Facilitate you to look at the problem from a Dharma perspective
- Suggest practices, could be Dharma practices or daily life habits
- Check divinations (Tibetan: Mo), receive advice from enlightened beings
- Arrange puja, light offerings and connect to any parties that could help you

3) How Online Sangha help you during the process:

- We have a member support team to read your question and communicate with Venerable
- We would explain the advice to you and provide support under Venerable's guidance
- We would arrange phone call or virtual meeting directly with Venerable if needed
- We would coordinate puja, light offering etc depending upon your needs

4) How to seek advice:

- Send your questions to us (venerableonlinesangha@gmail.com), attn to Member Support team, email title as <Advice Request from OS Member_NAME>
- For our quicker validation, please kindly use the email address or name which is the same as your membership info
- We will get back to you as soon as possible

Notes:

- Please kindly understand it's your personal choice to decide whether you would like to seek advice from your teacher. It also involves Venerable Namgyel's and our whole team's time and effort to help you. Karma wise, once you have made the decision, please kindly try your best to follow the advice, which we believe is the best for your long-term happiness or success.
- For some advice, for example puja and light offering which involves material costs and external parties, we would suggest an offering amount for your consideration, yet not compulsory.
- You are welcome to make a donation to Venerable anytime, we rejoice in your kind support to our Guru's Dharma activities and living.

