

Opening the *heart* for a more **Compassionate World**



Lama Zopa Rinpoche

Lama Zopa Rinpoche was born in Thami, Nepal, in 1946. At the age of three he was recognized as the reincarnation of the Lawudo Lama. From 1956 to 1959 he studied at Domo Monastery in Tibet. He then fled Chinese oppression in Tibet and continued his study and practice in Tibetan refugee camps in India, where he met Lama Yeshe (1935-1984), who became his principal teacher. In 1969 the Lamas began teaching Buddhism to Westerners at their Kopan Monastery, Kathmandu, Nepal, and in 1974 began traveling the world to spread the Dharma.

In 1975 they founded the FPMT, an international Buddhist organization that now numbers more than 130 centers and related activities in over 30 countries worldwide.

Lama Zopa Rinpoche will teach in English, Chinese speakers will need to bring FM receivers (Radio) with earphones to receive English translation.

ADMISSION FREE

APPOINTED TICKET OUTLETS
(ADMISSION STRICTLY BY TICKETS)

KL

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| 1. Lapis Lazuli Light | 03 - 7846 8468 |
| 2. Sin Chew Daily Main Office | 03 - 7965 8888 |
| 3. Sin Chew Daily KL Office | 03 - 2070 4526 |
| 4. Me Book Sdn.Bhd. | 03 - 2026 6266 |
| 5. Me Book Sdn.Bhd (Shaw Parade) | 03 - 2143 9190 |
| 6. Bodhi Book Centre | 03 - 2078 7185 |
| 7. White House Book Centre | 03 - 2072 7412 |
| 8. KL Commercial Book Co.(M) S/B | 03 - 2031 5368 |
| 9. Pusat Buku Manjusri | 03 - 2031 9473 |

Klang

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| Sin Chew Daily Klang Office | 03 - 3343 3833 |
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Seremban

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| Sin Chew Daily Seremban Office | 06 - 7619 800 |
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Melaka

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| Sin Chew Daily Melaka Office | 06 - 2845 088 |
| Robomatics (M) Sdn Bhd | 06 - 2848 148 |
| | 06 - 3344 833 |

Johor Bharu

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| Sin Chew Daily Johor Bharu Office | 07 - 3331 904 |
| Robomatics (M) Sdn Bhd | 07 - 2380 340 |

Kuantan

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| Sin Chew Daily Kuantan Office | 09 - 5179 711 |
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Penang

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| Sin Chew Daily Penang Office | 04 - 2226 666 |
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Perak

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| Sin Chew Daily Ipoh Office | 05 - 2088 888 |
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Singapore

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| Lapis Lazuli Light, Singapore | 65 - 6337 5183 |
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Venue : Malaysia International Exhibition and Convention Centre (MIECC)
Entire Upper Mezzanine, Level 2
Jalan Dulang, MINES Resort City, 43300 Seri Kembangan Selangor, Malaysia.

Language : Chinese / English
Lama Zopa Rinpoche will teach in English, participants requiring Chinese translation will need to bring their own FM receivers (Radio) with earphones.
Dr.Lai Chiu-Nan will speak in Chinese, participants requiring English translation need to bring their own FM receivers (Radio) with earphones.

Enquiries : Lapis Lazuli Light
G-G-8, Jalan PJU 1A/20E, Dataran Ara Damansara,
47301 Petaling Jaya, Selangor.
Tel : 03-7846 8468 Fax : 03-7846 8647
Email: lapisinfo@gmail.com

Remarks : 1. Participants must be aged 12 years and above.
2. No accompanying children allowed.
3. Accommodations and meals can be arranged for outstation participants.

Simultaneous translation provided

Lunch : Free of charge (Healthy vegetarian meal)
Only for those who are attending both the morning and afternoon sessions.
Lunch vouchers can be collected only at Lapis Lazuli Light.

June 11, 2010 (Fri)

10:00am - 12:00pm
**If life is like a dream...
How to change the dream**
Make use of the creative power of the mind
Talk by Dr. Lai Chiu nan

2:00pm 4:00pm
The joy of compassion
Living a wish-fulfilling and meaningful life
Talk by Lama Zopa Rinpoche

4:45pm 8:00pm
Avalokitesvara Initiation
(Thousand arms, Thousand eyes aspect)
(Organised by Lapis Lazuli Light)
by Lama Zopa Rinpoche

June 12, 2010 (Sat)

10:00am - 12:00pm
Heal trauma, release attachments
Connect to the wellspring of compassion and good fortune
Talk by Dr. Lai Chiu Nan

2:00pm 4:00pm
Change your mind, Change your life
Life with compassion
Talk by Lama Zopa Rinpoche

4:45pm 8:00pm
Avalokitesvara Initiation
(Thousand arms, Thousand eyes aspect)
(Organised by Lapis Lazuli Light)
by Lama Zopa Rinpoche

June 13, 2010 (Sun)

10:00am - 12:00pm
Healing and transformation with sound and colour
Talk by Dr. Lai Chiu Nan

2:00pm 4:00pm
Skillful ways to create positive and purify negative mind patterns
(Commentary on Avalokitesvara Practice)
Talk by Lama Zopa Rinpoche

4:45pm 8:00pm
Skillful ways to create positive and purify negative mind patterns
(Commentary on Avalokitesvara Practice)
Talk by Lama Zopa Rinpoche

June 14, 2010 (Mon)

10:00am - 12:00pm
Review, Questions and Answers
Talk by Dr. Lai Chiu Nan

2:00pm 4:00pm
Skillful ways to create positive and purify negative mind patterns
(Commentary on Avalokitesvara Practice)
(Only for those who are attending the Avalokitesvara Initiation)
(Organised by Lapis Lazuli Light)
Talk by Lama Zopa Rinpoche

4:45pm 8:00pm
Skillful ways to create positive and purify negative mind patterns
(Commentary on Avalokitesvara Practice)
(Only for those who are attending the Avalokitesvara Initiation)
(Organised by Lapis Lazuli Light)
by Lama Zopa Rinpoche

Dr. Lai Chiu Nan

Dr. Lai obtained her doctoral degree in Chemistry from the Massachusetts Institute of Technology. She then researched the prevention and cure for cancer in one of the top three ranking cancer hospitals in the U.S., M. D. Anderson Cancer Center, University of Texas for ten years. During this period, she realised the limitations of the modern Western medical approach to cancer. She resigned from her well-paid job to return to her Oriental roots in search of the meaning of life and the true principles of health.

Through years of study and research in the East-West models of healing, Dr. Lai realized that true well-being encompasses body, mind and spirit healing. This holistic principle was intrinsic to the Eastern philosophy of health but was gradually forgotten due to the influence of Western medicine.

Dr. Lai Chiu nan will speak in Chinese, English speakers will need to bring FM receivers (Radio) with earphones to receive English translation.