



100% of all donations received will go to fund activities in the field
100% of expenses met by volunteers

Our objectives written into the Charity Commission Governing Document are:

"The relief of poverty and financial hardship, the advancement of education, the advancement of religion, the relief of sickness, the preservation and protection of good health, in particular but not exclusively in Rigul, Kham, Tibet as the trustees may decide"

RIGUL TRUST NEWSLETTER AUTUMN 2009

News about Helping Rigul, Kham, Tibet

Thank you so much for all of your very generous donations

In May 2009 we were able to send funds for:

- ❖ The Health Clinic, Dr Chuga: his assistant , Karma Tsisha: Ani Choden, the nurse: and advanced running costs of the clinic
- ❖ Food for 2 hot meals a day, at school, for every day of the year, for approximately 60 children
- ❖ Salaries for 5 teachers, 3 cooks, blankets for a dormitory for 12 children and cement carpeting for the school playground.



News from Rigul, Kham, Tibet

On 28.08.09 Ringu Tulku received the following news from Rigul:

"I received a phone call today from Khenpo Wangpel of Rigul Monastery. The Shedra of Rigul has now started. There was a big inauguration with Dulmo Choje Rinpoche as the Chief Guest. Over 800 monks and nuns attended the opening ceremony including high Rinpoches, Khenpos and Lamas. Thousands of people came for the teachings and blessings. The shedra buildings are complete with a hall which can accommodate around 1500 people. The old Temple is also fully renovated and both were inaugurated and blessed.

Khenpo Zopa will be the main Khenpo who is a learned Geshe from Kirti Monastery. The Shedra started with 54 students. They have constituted a Shedra Committee with 15 monks. There will be a common kitchen and all students will be offered free food, lodging and education. They have started a shop to help finance the Shedra. This is fulfilling one of my dreams for a long time. We will soon receive some photos from Karsing and Lama Desing. Lama Desing is an old monk of Rigul Monastery who lives in Dehradun and Karsing is my uncle who were visiting Rigul at that time. Hope they can come back safely.

The school and Clinic are both running very well. 14 students from the school joined the Shedra. Of 54 students, 32 are from Rigul Monastery and the rest are from nearby monasteries including the Sakya Monastery across from Rigul."

*I send my best wishes and love and prayers,
RT*

If you would like to make an offering for the monks, the students and the monastery to commemorate this auspicious occasion please feel free to make a payment through Rigul Trust. For this please contact David, the treasurer, at info@rigultrust.org

News from Dehra Dun

We have now sent the funds to complete the building of 2 new classrooms at the Ling Gesar School, Manduwala, Dehra Dun

This school is not only for the Tibetan refugees but caters for all the Indian children in the surrounding poor villages. It was set up 20 years ago and before 2003 was near to closure due to lack of funds. Since 2003 a charitable trust in Germany has been set up under the guidance of Ringu Tulku: Bodhicharya Huttenried - Dharma-Tor Charitable Trust, Germany.

To help maintain and improve the education and health facilities, Ringu Tulku Rinpoche has also asked Rigul Trust, with its UK charity registration status, to help fund these projects.

News from Sikkim

We are supporting a pilot project for growing medicinal plants in Sikkim meditation centre. We have sent some funds to pay for tilling the land and planting 3 medicinal plants Ruta, Titta and Manu as an experiment to grow Tibetan medicinal plants.



Rahima, from Ireland is working hard in Sikkim with this project.

On 15th September Ringu Tulku writes:

“The good news is that the Indian Cabinet yesterday approved the recognition of Sowa Rigpa as one of India’s Medical Traditions. It is described as a Buddhist Medical System.”

Love,

RT.....

Raising Awareness and Funds and having fun

News from Chichester May 15 to 18th 2009

RIGUL TRUST’S FIRST BIRTHDAY MAY 16TH 2009

When Rinpoche came to Sussex in May, we were so pleased that we were able to join with the wider group from Southampton, Sussex, London, Somerset and many other places to celebrate Rigul Trust's 1st Birthday

David and Sue set up a photo presentation that Rinpoche kindly gave us his own commentary about Tibet, Sue was the in-house photographer, Jo made a huge Birthday Cake, and Jude videod the presentation

Claire, Julie and Ilse ran the second hand bookstall, the plant stall and the raffle with all proceeds going to Rigul Trust, Margaret came up with the idea of a food mandala, Meriel, Maggie and lots of us helped set up the food mandala and organise the party. Pam made her tasty apple cake and lots of us offered yummy food for the food mandala



News from Ireland - Dublin May 2009

Pat Little from Arklow writes:

The visit of Ringu Tulku was of course the highlight of the last few months here at

Bodhicharya Ireland. We were also delighted to welcome Margaret Richardson and her team from Rigul Trust, who had brought a variety of display material and books, photos of thangkas, liturgical objects such as malas etc. for sale to a genuinely interested public. We were able to contribute organically grown plants for sale, our combined efforts generating in total €397, every cent of which goes to Rigul Trust projects in the field. May they flourish as embodiments of Rinpoche's spirit of wisdom and compassion

These attractive cards were on sale at Rinpoche's teachings in Dublin, 100% of the proceeds go to fund Rigul Trust projects in the field

Generously sponsored by the O'Brien Family and printed by Wood Printcraft. Dublin.

1. Shrine room decoration, Sherab Ling Monastery Himachal Pradesh.
2. Blue doorway. Sarnath. Indi
3. Nizam-ud-din's Shrine. Old Delhi, India
4. Green doorway. Sarnath, India.



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Annie Dibble from Ireland and Francois Henrard from Belgium kindly post news about Rigul and Rigul Trust on their respective blogspots, ie <http://bodhicharyaireland.blogspot.com/> <http://ringutulku.wordpress.com/>

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News from Edinburgh: Albert Harris writes:

The Edinburgh group have recently raised £500 for the **Rigul Trust**. A good time was had by all at the barbeque from which we raised £255. Then there was the car boot sale at Greenside in Edinburgh. That brought in another £47. Albert and Fulmaya filled a flagon jar with the odd pennies and from that there was a total of £81. A further £25 was added from the donation towards photographs of Ringu Tulku Rinpoche with the long-life prayer kindly provided by Margaret Richardson. The rest was made up by individual donations from friends and family.

We wish **Rigul Trust** all the best and encourage others to take the initiative and raise more funds for the good work being carried out in Tibet and Dehradun.



Angus and Carol Ogilvie at the barbecue



Albert and Fulmaya Harris handing over the cheque for £500 to Margaret Richardson, a Trustee of Rigul Trust with Ringu Tulku's blessing

Rachel Moffitt from Exeter writes:

For a few months now Ringu Tulku's children's book, "The Boy Who Had a Dream," has been available through Amazon UK and is being sold on behalf of Rigul Trust - all the money I receive from sales goes to the Trust. Look out for the seller 'Lotus Lines' - that's the seller to select. The book can be posted all over the world. I am also selling books on behalf of Bodhicharya Publications.

Sue Forsyth from Goodwood writes:

Facilitating Rigul Trust eBay sales has been a great gift, it's a constant reminder of the generosity of human beings and it has been a privilege to have contact with those who donate and those who buy. If you have anything that you think would be useful, please email me at sueforsyth@btinternet.com. You name it, someone will want to buy it :o)

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CDs/DVDs of Ringu Tulku's London Teachings

Bernie Hartley from Reigate writes

Dear Friends,

Ringu Tulku's London Teachings 2009 are now available on CD and DVD.

Rinpoche gave a public talk on Meditation and teachings on Mahamudra and Dzogchen. The Mahamudra and Dzogchen teachings are the first part of a commentary on 'The Quintessence of the Union of Mahamudra and Dzokchen: The Practical Instructions of the Noble Great Compassionate One Chenrezik' by Karma Chakme Rinpoche.

. Contact Bernie at dharmaconviviium@yahoo.co.uk for order forms and previous London Teachings by Ringu Tulku

Also visit www.rigultrust.org click on Shop and this will lead you to a listing of some of Ringu Tulku's London teachings on CD/DVDs from the London teachings

Due to the generosity of a kind sponsor the Cd's have been professionally made. 100% of your money for these and the DVD's will go to sponsor Rigul Trust's projects in Tibet and India - see: www.rigultrust.com - Rinpoche's charity.

Best Wishes

Bernie

for Rigul Trust and Bodhicharya London

Dr Ken Burch from Thame, Oxfordshire writes:

Retirement was never going to be easy for me after 34 years in the same General Practice in Oxfordshire. Saying goodbye doesn't come naturally but as for being attached...

Perhaps the thing I dreaded most was what to do with the farewell gifts. The patients I have known for so many years are always generous at Christmas. The book tokens are fantastic but what can you do with 37 bottles of sherry!

Then I had a blinding flash of inspiration for probably the first time in my life. Why not ask patients and colleagues who wanted to celebrate my retirement with a gift to donate money to my favourite charities instead.

Like many people in this world I owe a debt of gratitude to Ringu Tulku and by supporting the Rigul Trust perhaps I can pass on a portion of my miniscule merit to him. In this way we all win - the patients get to give me a present, I'm let off the hook and the folk at the Rigul project benefit. Sadly not every patient listened so I still have 17 bottles of sherry to find a home for!

Lama Sherab has kindly put a link on www.dharmadata.org website to Rigul Trust

Hi again! Here it is;

http://www.dharmadata.org/index.php?option=com_weblinks&catid=13&Itemid=111

With love, Lama Sherab

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Be a Friend of Rigul Trust today

There are lots of fun and interesting ways to raise much needed funds for Rigul Trust welfare projects whilst you shop - here are some ideas for shopping for you or a friend.....
NEW ADDITION! Buy DVD's and audio CD recordings of Buddhist teachings given by Tibetan Buddhist Lama Ringu Tulku Rinpoche:

pdf list & ordering info.....[Ringu Tulku Teachings 2009](#)

pdf list & ordering info.....[Full List of Available Teachings by Ringu Tulku](#)

Purchase a beautiful paperback graphic novel Tibetan folk tale told by Ringu Tulku Rinpoche called '[The Boy Who Had a Dream](#)'

Purchase a [DVD of a Buddhist Pilgrimage](#) to India and Nepal with Ringu Tulku, visiting sacred sites in this grand tour. Buy on-line and securely pay with PayPal

[Ebay for charity](#) for Rigul Trust - sell your unwanted treasures for Rigul projects and raise funds for our welfare projects for poor Tibetans

[Easysearch](#) - browse on-line and raise money for Rigul projects. You'll raise funds for your chosen cause with every search you make. By making just 10 searches a day with easysearch instead of Google or [any](#) other search engine you can raise around £20 a year for Rigul Trust poverty relief and welfare projects, just through your normal Web searching

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Please let us have: any news, views, tips, suggestions, activities that you may be able to do/help with to benefit Rigul Trust projects in the field

Contact info@rigultrust.org : and please write "Newsletter" in the subject box
Tel: Margaret 023 8046 2926

With Very Best Wishes to Everyone
Margaret Richardson and the Team

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