

VENERABLE NAMGYEL'S ONLINE SANGHA

One Year Anniversary COMPASSIONATE ACTION REPORT



VENERABLE NAMGYEL'S
ONLINE SANGHA ~ We Serve



Venerable Namgyel's Online Sangha is ONE YEAR OLD

Looking back to a year ago, only a few of us were involved in establishing the Online Dharma learning platform, with the motivation of giving more people access to Venerable Namgyel's spiritual guidance worldwide, without limits, without boundaries...

This also meant meeting the costs involved in the online platform maintenance, and all the expenses to provide a safe and quiet place for our Guru, for his retreat and to give teachings, guidance, etc. We didn't know if we could make it, however...

♥ *with much gratitude..*

**WE HAVE HAD YOUR
SUPPORTIVE COMPANY
ALONG THE PATH,**

and together manifested the
holy wishes!



WHERE WE STARTED OUR JOURNEY?



I have been asked many times about why I am not teaching around the world any more. I have macular degeneration, which means, gradually losing my eyesight. In addition there is arrhythmia which developed when travelling last year.

I served the FPMT to the best of my ability for nearly 35 years and am very happy that I was able to work for one of my Gurus. Now it is time to live quietly and benefit whichever way I can through the internet. Thank you to all the students who show such love and concern. Please don't be worried about my health. I am managing and it happens to the body as it ages.



With our Guru's holy wishes, Venerable Namgyel's Online Sangha was established to provide an online platform for people around the world to learn and practice Dharma without time and distance limitations...

OUR FOOTPRINTS IN THE PAST YEAR

4 Certificate Courses

- Total **77** sessions
- Over **80** hours of live teachings
- Venerable's profound and practical Dharma teachings
- Helping transform pain and suffering into wisdom and compassion



White Tara Practice



Medicine Buddha Practice

Dharma Group Practices

- Over **50** sessions of online practice
- Gathering the power internationally
- To pray together and make special, timely dedications for the world's difficulties

Secular Healing Practices

- Over **20** recorded videos
- Yoga, mindfulness meditation, energy healing
- To accommodate physical and mental healing needs



Guided Buddhist Meditation

- **45** meditation audios
- Launched “Buddhist Meditations with Venerable Namgyel” app in both Google and Apple Stores
- Analytical and concentration meditations, to contemplate Lamrim subjects and to develop focus



Buddhist Meditations with Venerable Namgyel

Venerable Namgyel Health & Fitness



Offers in-app purchases

This app is compatible with your device.

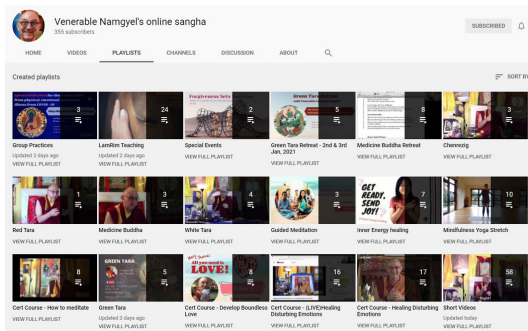
Add to Wishlist

Install



Media Library

- Over **100** teaching videos
- Virtual library to preserve Venerable's Dharma teachings
- Provides different languages in translation
- Free access at website and Youtube



Dharma Protection Wheel

- Total 9,000 pieces printed
- Nearly **7,000** pieces distributed worldwide
- Combination of mandala and text from ancient Buddhist texts
- Beneficial for all kinds of epidemics



Thanks to all of our donors, volunteers and students throughout the year supporting all of these amazing Dharma projects!



NEW SERVICES



Light Offerings

Light represents wisdom in Buddhism because light helps **remove confusion and misunderstanding**. By making light offerings, we are lighting the spiritual path to **attain wisdom** for ourselves and other beings when we make the wish to dispel the darkness of ignorance.

Request light offerings to create the karmic imprint of wisdom >>

<https://www.venerable-namgyel-online-sangha.com/light-offering>



Puja Request

A puja is a special ceremony in which prayers are offered to the Buddhas to request their blessings or invoke their help. It is good for **purifying obstacles** from past negative actions and **generating the merits** of our positive potential, so as to bring happiness and success in our good activities.

Request Puja or access Puja recordings >>

<https://www.venerable-namgyel-online-sangha.com/puja-introduction>



Extensive Group Practice

Group practice sessions are short but can create tremendous merit by practicing together. **Tara-Guru Puja practice** and **Green Tara practice** are newly added on the special dates of every Tibetan month, to pray and dedicate for the world.



Scholarship Program

We offer scholarship funds to sponsor and support those who need help. The scholarship provides **free membership** for monks, nuns, and laypeople who have a passion to learn Buddhism but have difficulties to donate.

STEPPING INTO 2ND YEAR

Let's nurture the virtuous seeds and grow together!

Tara House Project

"Tara House" is a long term project to develop a base that serves multiple purposes:
 >>>>>>>>>>>>>>>>



- Guru retreat house
- Base for online teachings
- Community temple
- Dharma activities

With collective effort from many parties, “Tara House” has carried out its mission since January as a place for Venerable’s living and online teachings.

Find more details and support further on this project:

<https://www.venerable-namgyel-online-sangha.com/tarahouse>

VIRTUAL RETREATS

Seven Medicine Buddhas Retreat
24th-25th April, 2021

Green Tara Retreat
24th-25th July, 2021

Healing Buddha Retreat
23rd-24th October, 2021

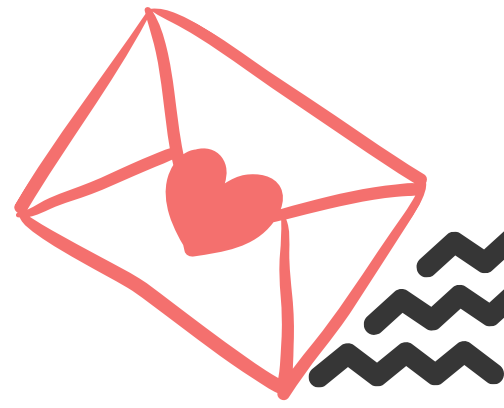
Registration required

“Virtual Retreat” provides a focused space for us to review and deepen our Dharma practices. We will launch 3 weekend online retreats in 2021, led by Venerable Namgyel.

Don't miss out! Mark the dates and register:

<https://www.venerable-namgyel-online-sangha.com/virtualretreat>

More projects and activities are coming. Stay tuned!



Dear Donors,

Thank you very much for your supportive company to walk with us during the past year. Without your monthly donations, we couldn't bring such positive changes to the world through this online platform.

To express our immense gratitude, we will continuously **pray and dedicate for your well-being and success on the special dates** (every 8th, 10th, 15th, 25th and 30th) of the Tibetan calendar. So your merits accumulated by practicing generosity continue to multiply.

May those who need Online Sangha find us and may we continue to benefit all sentient beings in many ways.

**Big Love,
Venerable Namgyel's Online Sangha**

