



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

RIGUL TRUST NEWSLETTER SPRING 2009

The 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"

Ringu Tulku is very grateful for all the generous donations, help and support being given to the health and education projects in Rigul, Kham, Tibet, Rinpoche's birthplace, and the exiled Tibetan settlement in a remote part of Dehra Dun, India

NEWS FROM RIGUL, KHAM, TIBET

Francois from Belgium visited Rigul last October and writes:

"The extension of the school is now finished. The two new rooms are now being used for classrooms (out of three classrooms). A former classroom is now being used as a dormitory for some children (about 12) coming from the villages of Kana and Api. I suggested to Riga to buy them some nice blankets and mats. I think that 10,000RMB would be enough to give them more comfort.

- They didn't hire Chinese language teachers yet. After talking with Riga and the teachers, we came to the conclusion that the best would be to hire two Chinese language teachers. They will probably be Tibetan. When they arrive, the older teacher (who cannot see nor hear very anymore) will leave the staff. The salary for each of these two teachers should be around 1200 RMB/month. These teachers would be a great improvement for the school standard.

- 68 kids are attending the classes among them 26 girls. They expect at least 8 new students after Losar. They think that the number of students should continue to increase in parallel with the increase of the price of food. On the other hand, when the shedra opens, some students will get admission to the shedra

- They asked to increase the salary of the teachers and cooks. All salaries went up since my first visit there, people working on construction sites now make 30 RMB/day in Rigul (was 15 RMB/day in 2004!) and 45 RMB/day on the roads near Shechen. It seems reasonable to increase the salary of the teacher so that they make as much as someone helping building a house. That would lead to 1000 RMB/month or a 100% increase. I know it seems a lot!

The average cost for the food for the last three month was 3000 RMB per month. So the

33,000 that were given are just good for a year if we take off the 30 days of holidays distributed during the year.

- There is a request to cover the school playground with concrete so it is less dirty. The estimate is around 100,000RMB. To me, this doesn't seem to be the highest priority.”

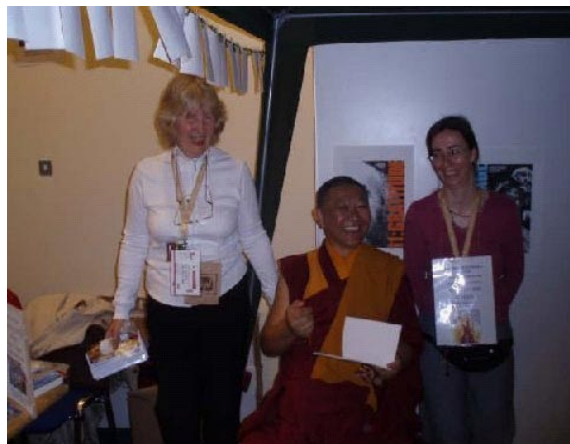
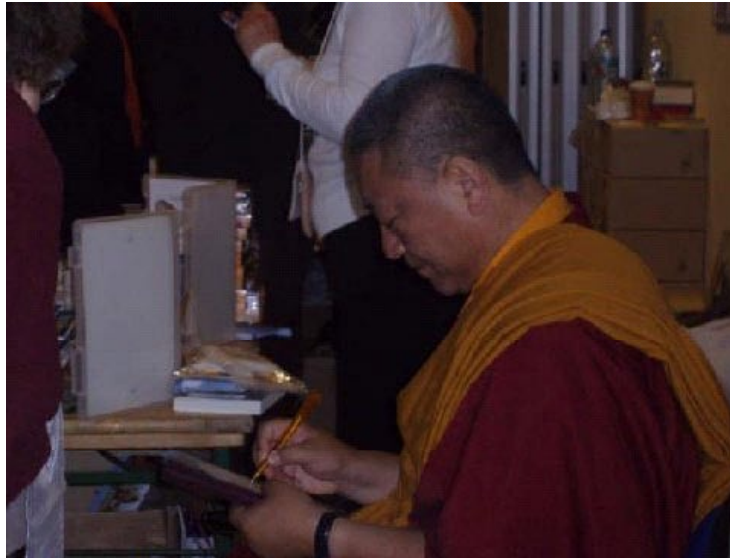


At school





Ringu Tulku Rinpoche promotes Rigul Trust with book signing at HHDL teachings



NEWS FROM the Tibetan Ling Gesar School Project in Dehra Dun, India

We have sent funds to start the building of 2 new classrooms and we have news from Dehra Dun through Ani Karma Tsultrim who writes on 16 March 09:

“ The Indian project DehraDun / Manduwala is going very well. They will just start with the new school building. Here from the last letter from Kunzang Dorje regarding our last transfer which included your 3.500 Euro donation for new building and also our support for the running school and health project.

Dear Ane Karma La,

Thank you very very much for the support for the school building and the health project. I would be talking with the settlement staff soon regarding the school building, and I think we would start the construction work only after the losar and the settlement puja which goes for two weeks.

Please do convey our thanks and best wishes to the sponsors (Rigul Trust) for the new school building and inform them that we would send all the expenses on the school building ..

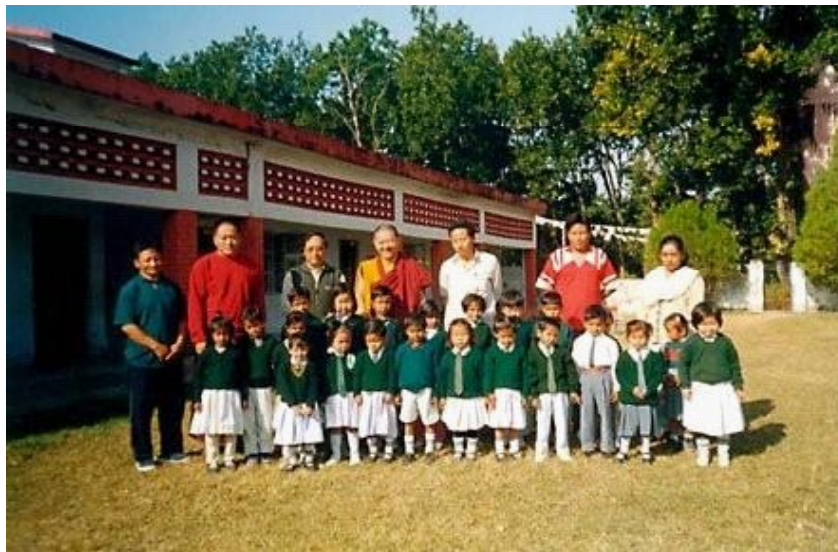
Once again thanks for all your support

Thanks – kunzang dorjee “

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.

Some of the school children at Manduwala school in Dehra Dun



Raising Awareness for Rigul Trust projects

Louise Marchant from the Buddhist Society writes:

"Many thanks for the flyers and for the lovely surprise of the protection cord - that's very kind of you. More flyers are in Oxford small cinemas, cafe's and restaurants, health food shops, libraries and similar places in Islington, Kensington and Chelsea.

There will be more places to follow as I visit those suitable and open to having publicity on display. My feeling is you never know who might be interested and be able to help"

Thank you so much Louise

If you feel that you could do a similar service like what Louise is doing and receive Rigul Trust flyers and distribute them in various venues please contact Margaret at info@rigultrust.org

Eco Age have very kindly offered to take Rigul Trust flyers for their shop in Chelsea Visit www.eco-age.com and their shop at Eco Age 213 Chiswick High Road Chiswick London W4 2DW - Opening time: Tue-Sat 10:00-6:00

Lewyn from Sheffield has very kindly publicised Rigul Trust online and writes:

The notice is online now for Rigul Trust at www.uksponsorship.com go to the webpage and then to 'other' then 'cause related' and then 'overseas'.

Here you will find some very nice photos of Rigul, taken by Francois from Belgium

Pema from Petersfield has produced some wonderful art work for the Rigul Trust flyers that we are circulating. We have excellent feedback as to the impact of the design and how the message portrayed touches people's hearts. There is a wealth of kindness and generosity that is given to our humanitarian projects in the field. The photo of the little girl brings an immediate smile to people's faces. Francois, who took the original photos took some of these flyers back to Tibet for the people in Rigul.

In the next Newsletter we will be introducing Rigul Trust's new project of supporting the growing of Himalayan medicinal plants in Sikkim.



Raising funds for Rigul Trust projects

Sheila from Southampton Quakers writes: "I like to give to the childrens' health and education projects through Rigul Trust as I know that all my money goes there and nothing is wasted on administration as all expenses are paid for by volunteers.

Southampton Quakers are very supportive of Rigul Trust

We have had several bring and buy sales and loads of help with finding things to resell at car boot sales!

So if you fancy a little clear out, recycling, environment friendly and raise funds for Rigul Trust

humanitarian projects then we will be only too pleased to say "THANK YOU!"

Anonymous Donors: we try to thank each donor personally with maybe a receipt, a photo and a protection cord, blessed by Ringu Tulku Rinpoche, but by the fact that some people donate online we cannot always say a personal thank you. We really appreciate your kindness and generosity and so a big thank you here!! If you wish to make yourself known please contact info@rigultrust.org

People from afar have joined in and helped from overseas, from France, Germany, Finland, Belgium, Italy, Spain, Portugal, Greece, Ireland, Thailand and India. If we are missing another country please let us know. We are truly grateful.

E-bay - Rigul Trust ebay charity account

Sue from Chichester writes: We started eBay sales in August of last year, things are going well and we have had some really positive feedback from buyers...

Recycling

Do look at our recycling page on www.rigultrust.org

We have our own e-bay charity shop, keep an eye on www.rigultrust.org

Shop on line at www.rigultrust.org

Stop Press - Ringu Tulku's Meditation Centre in Sikkim

If you would like to support Ringu Tulku's Meditation Centre in Sikkim, you are welcome to use Rigul Trust as a payment facility. For this, please contact our Treasurer, David, at info@rigultrust.org for further information. We need to keep our funding for humanitarian projects separate from helping with any funding of the Sikkim Meditation Centre.



Below, **Pat from Ireland** writes about Ringu Tulku's Meditation Centre in Sikkim:

Ringu Tulku's Meditaton Centre in Sikkim

Towards the end of last year, I had the great good fortune to spend time at the Bodhicharya Meditation Centre in Sikkim. This is a special place in one of the most beautiful countries in the world.

For the first few weeks I stayed at Hotel Pomra in Gangtok. Looking out the window in the early mornings, there was always this pregnant, imminent moment before Khanchenjunga emerged in first light, like just before a film fades up from black. It always seems new and radiant, as if the mountain itself is a source of light and you feel enlarged somehow, as if heart and mind expand just by looking.

You feel a great desire to set out at once.

Sometimes October fog obscured everything, but when it cleared you could see the Bodhicharya Meditaton Centre across the valley. It makes you think about the breadth of Rinpoche's activity. So many projects take years and years to come together. Only a few years ago the Meditation Centre was just a plan and now there it stands a living reality.

I had expected to drive right up to the Centre and was surprised when the car stopped at a bend in the road. A hidden track sloped down between fields and farmhouses. A winding path leads through a forest with mountains glimpsed through the trees. You reach a gate, go down a series of steps and a then white building appears in a open green clearing, surrounded by the deeper, darker green of the forest. It feels so settled in its landscape that it's hard to grasp that there was nothing there a few years ago and that all building materials had to be carried in by hand.

The Centre is both hidden away and open to the sky. Rinpoche designed it so that the rooms are like a sundial, each filled with sun for part of the day. From the roof, you can see the mountains rising towards the Tibetan border. Meditating in your room, you might hear distant sounds of Gangtok rush hour, or at night, the more primordial sound of jackals(?) howling as some of the long term Retreatants practice Chod in the Shrine Room.

You realize the extent to which you are being looked after, not only by Rinpoche's amazing generosity, but by the openness and acceptance of the long term Retreatants. How wonderful and unique that a place like this exists and can be visited. How, even though you don't see the Retreatants, you are held in the atmosphere of their practice and supported by its collective strength.

It was a perfect life. Meditating in the mornings and evenings and writing in the afternoons. There was time to allow questions to come up which might otherwise be pushed away or postponed. Time to have a more open, concentrated and relaxed and diligent relationship to practice.

Two friendly, self-contained dogs would visit around meal times. During the day, they slept in various doorways, following the sun round the building. A cat with a stiff leg canters ahead when you go to the kitchen to fill a thermos, less interested in you than in the blue and purple butterflies which rise up with every step you take.

It was heartbreaking to leave. I told myself that the only good thing about going was the prospect of being able to come back. But there's something else, I think. The Meditation Centre is not only a wonderful place to be in, but the memory of being there is charged with a kind of radiance which permeates and affects everyday life.

Pat Murphy.

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

If you no longer wish to receive the Rigul Trust Newsletter please contact info@rigultrust.org and write "Unsubscribe Newsletter" in the subject box.

Patron - Ringu Tulku Rinpoche

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