Looking Forward: The Next 30 Years

EXCERPTS FROM RINPOCHE’S ADDRESS TO THE KF BOARD OF DIRECTORS
June 16, 2015

The next 30 years are going to be crucial for the Buddhadharma. And therefore, by putting our energy and effort in over the next 30 years, we can help the longevity of the Buddhadharma.

We always think that for the Dharma to flourish and be alive, it has to be perfect, not stained. And for that, we need the lineage holders, we need the people who will take care of the Dharma. But more and more I think it’s not just lamas and rinpoches, it has always been both teachers and supporters. We tend to think that practicing the Dharma means becoming a monk or nun or spending time in the monastery or cave or spending a few hours in your shrine room—so-called practicing the dharma. But that is also not correct. Working for the dharma, if we do it with good intention and good view, is the way to help beings. We are not aiming for worldly gain, we are working for the survival of the dharma. Practicing is not necessarily just chanting or sitting straight, like meditation. Practicing can be practicing concern for the survival of the dharma by working for the dharma.

Here at Khyentse Foundation we like to push ourselves and think beyond one or two lineages, to go beyond Bhutan, beyond India, beyond Tibetan Buddhism. And I think that even if what we do is very little in many senses, it is probably at least a good example for future generations.

I see that many of you feel the same way, which I very much appreciate. I’m suggesting that we expand our activities. And I’m urging that while the older generation is still alive, the younger generation can also come in, and have their chance to make mistakes as they learn to lead. So that maybe in 30 years there will be people who can carry on, not acting out of poverty mentality, but practicing the dharma in a different way.
Buddha’s Wisdom for Everyone

REFLECTIONS FROM CANGIOLI CHE, EXECUTIVE DIRECTOR

It’s hard to believe that Khyentse Foundation is entering its fifteenth year of operation. We’ve grown and changed so much since we were founded in 2001, this is a good time to reflect on the impact of our activities and to explore opportunities and challenges to awaken Buddha’s wisdom in each and every one of us.

At our 2015 board meeting, we sought Rinpoche’s guidance for the future direction of Khyentse Foundation. He simply advised that we should continue to do what we have been doing. KF has already planted many important seeds, Rinpoche said, and we should just continue to provide favorable conditions for the Buddhadharma to flourish, in every possible way.

It is comforting to know that we are on the right track. And that every small step we take — sponsoring a teacher training in India, preserving a page of fragile palm leaf, studying with a Cambodian monk to study in Sri Lanka, or recognizing an undergraduate’s diligence—is a thread in the tapestry of a world alive with Buddha’s wisdom. As KF continues to grow and its activities expand in different directions in support of Buddhist study and practice, we know that we are touching the lives of thousands of people and helping them to open to the wisdom of the Buddha.

Even though most of our work is qualitative rather than quantitative, in 2015 we instituted impact measurement exercises to assess the full significance of a few major long-term projects, such as our support of the Tibetan Buddhist Resource Center (which passed with flying colors). On the other hand, we are encouraged by Rinpoche’s statement that if we can help just one person to become enlightened (and Rinpoche assured us that there will be at least one), then the collective effort of all our sponsors and volunteers is more than worthwhile.

With Rinpoche’s aspirations as our guiding light, we will continue to strengthen our efforts to make the most of opportunities to help the Buddha’s teachings to flourish, and for Buddha’s wisdom to be enjoyed by everyone.

Khyentse Foundation is an organization of offering. We depend on the generosity of our sponsors and on the efforts of our incredible corps of volunteers. Once again in 2015, our administration costs were a low 5.6% of expenditures (including direct donations to beneficiary activities).

Our Donors
• 1,426 donors
• From 44 countries
• 815 monthly donors
• 51 Patrons of Manjushri offered matching funds to double the monthly donations
• More than US$3 million offered in 2015

Our Volunteers
Based on an informal survey of KF volunteers, we estimate that more than 20,000 hours of work were offered last year. KF team members contribute a wealth of skills and expertise in diverse fields.
• 114 volunteers
• From 17 countries
• Over 20,000 hours of volunteer work offered
Khyentse Foundation’s multifaceted approach to building a patronage system effectively supports all traditions and lineages of Buddhist study and practice. Our support system serves the monastic, lay, and academic communities. Our many text initiatives and global projects have an impact across national boundaries that will resound for generations to come.

**MONASTICS**

We continued to support more than 2,000 monks and nuns, many in long-term retreat in Dzongsar Monastery, shedra (traditional institute), and retreat centers in Derge, China; Dzongsar Khyentse Chökyi Lodrö Institute (DKCLI) in India; and Chökyi Gyaltsö Institute (CGI) in Bhutan. The KF grants fully or partially subsidize food, medical care, administration, library, language courses, and other operational expenses.

The emphasis of KF support of these traditional shedras is threefold:

- To provide ongoing support for food and basic needs.
- To teach and implement modern budgeting, accounting, and record keeping.
- To augment traditional curricula on Buddhist studies with leadership development, teacher training, languages, computers, sociology, and other subjects to prepare the students, khenpos, and tulku’s to be Buddhist teachers and leaders for the 21st century.
Lay

Scholarships, Grants, and Awards

KF continues to award scholarships and grants to help people around the world pursue their Buddhist study and practice. The program has grown steadily every year, and in 2015 more than $250,000 in grants was awarded to individuals from North America, South America, Europe, Asia, India, and Australia. Grants and scholarships are given through a process of applications, direct initiatives, and partnerships. Our support is nonsectarian and global, for institutions and individuals worldwide.

KF scholarships, grants, and awards fall roughly into the following categories:

- Buddhist Studies Scholarships
- Individual Practice Grants
- Translation Studies Scholarships
- Grants for Educators (now in cooperation with the Hemera Foundation)
- KF awards include Awards for Academic Excellence in Buddhist Studies; Outstanding Translation; Outstanding PhD Dissertation in Buddhist Studies, Europe and Asia; and KF’s top honor, the Khyentse Fellowship.
- Ashoka Grants support projects and individuals who are working to increase Dharma activity around the world in creative and long-lasting ways. Examples include grants to projects that adopt Buddhist principles and approaches to help terminally ill patients and their families, and support for prisoners to reenter society and reduce recidivism.

Buddhist Education for Children

A recent initiative encouraged by Rinpoche explores education projects that connect children and youth with the Dharma and Buddhist values of nonviolence, compassion, and generosity, with a focus on interdependence. Based on a survey by the Education Steering Committee, Khyentse Foundation committed to:

- Set up a KF Education Award to support children’s books and projects
- Offer an Educator’s Retreat Grant (now in collaboration with the Hemera Foundation)
- Pilot a Dharma camp for kids
- Develop a networking website for educators
- Offer grants to selected education projects

At a gathering in Hong Kong on February 1, 2015, Venerable Professor Dhammajoti was awarded the KF Fellowship, the foundation’s top honor, with a $30,000 award to recognize his outstanding contribution to the Buddhadharma.

For a full list of monasteries and shedras, and a full list of scholarship, grant, and award recipients, see “Who We Supported in 2015” on page 9.
ACADEMIA

One of Khyentse Foundation’s primary objectives is to promote the academic study of Buddhism at the university level, from undergraduate awards to recognition of outstanding doctoral dissertations to visiting professorships to chairs of Buddhist studies at top universities around the world.

UNIVERSITY INITIATIVES

KF works with some of the world’s top academic institutions, offering targeted grants and scholarships and developing substantial partnerships. Today, 13 universities are receiving funds to support Buddhist studies programs, including full-time faculty positions, visiting professorships, research faculty, centers of Buddhist studies, and more.

As an example of our collaboration with partner universities, here are some of the foundation’s joint programs with the University of California at Berkeley:

- Professor Jacob Dalton teaches full time as the holder of the Khyentse Foundation Chair of Buddhist Studies.
- The annual Khyentse Lecture hosts celebrated scholars.
- Berkeley is KF’s host for tulku and khenpos who spend semesters there as visiting scholars.
- Professor Mark Blum, of the Department of East Asian Languages and Cultures at UC Berkeley, received the 2015 KF Prize for Outstanding Translation.
- The Berkeley Center for Buddhist Studies hosted a lecture by Dzongsar Khyentse Rinpoche in July 2015 on the controversial topic “Is There Buddhism Without Rebirth?”

As another example, the KF Centre for Buddhist Studies at Eötvös Loránd University in Budapest appointed a Khyentse Fellow, Zsoka Gelle, to teach Tibetan Buddhist studies and Tibetan literature. The university also organized a series of lectures by Buddhist scholars, including Klaus-Dieter Mathes, the head of the Tibetan and Buddhist Studies Department at the University of Vienna, another KF partner receiving support for their translation program.

AWARD FOR OUTSTANDING PHD DISSERTATION

In 2015, the award was given jointly to Dr. Jens Wilhelm Borgland for A Study of the Adhikaranavastu Vinaya and Dr. David Higgins for The Philosophical Foundations of Classical Dzogchen in Tibet.

AWARD FOR EXCELLENCE IN BUDDHIST STUDIES

University of British Columbia, Canada. Eiji Okawa, a PhD candidate in the Department of Asian Studies at UBC, is one of eight 2015 winners of the KF Award for Excellence in Buddhist Studies. Eiji is studying the relationships between the sacred landscape of a religious site and the social space that develops there.

University of Pennsylvania. Leopold Eisenlohr, recipient of a KF Award for Excellence, is a PhD student in the department of East Asian Languages and Civilizations. Leopold is working on the adaptation of Buddhist literary and philosophical forms to Islamic texts in Old Uyghur and Chinese.
CONTINUED SUPPORT FOR TBRC

Rinpoche and the board of directors renewed the foundation’s pledge to support the Tibetan Buddhist Resource Center beyond the original 10-year period, which ended in 2015. Between 1999 and 2014, TBRC scanned more than 18,000 volumes (9.5 million pages), continuously making them accessible in digital formats on and offline, and developed a robust model for preservation that can be replicated in any language for any topic.

TBRC has achieved the highest level of preservation of Tibetan texts. However, due to social, political, and environmental instability, other Buddhist traditions, especially the textual sources of Chinese, Pali, and Sanskrit, are seriously at risk, and the time in which they can be rescued is short. With support from KF and other like-minded organizations, TBRC is exploring the possibility of expanding its scope beyond Tibetan material, using its experience in digital preservation to ensure that all Buddhist texts can be made secure, searchable, and readily available.

TRANSLATIONS

It is Rinpoche’s aspiration that the Buddha’s teachings be translated into all of the world’s major languages and made available to all who wish to study the Dharma. In 2015, we continued to work on two major projects, the cross-translation of the Tibetan Kangyur and the Chinese Tripitaka. These two projects are designed to complement each other by filling in gaps in the canons in both languages. These ambitious and challenging projects will require perseverance and long-term commitment. Alak Zenkar Rinpoche continues to lead the Chinese-to-Tibetan project. The Tibetan-to-Chinese project is a collaboration between the foundation and Dharma Drum Institute of Liberal Arts of Taiwan.

Under the guidance of Khenpo Phuntshok Namgyal, KF grant recipient John Ning Qian Wu is translating into Chinese the most important works of Jamyang Khyentse Wangpo.
Khyentse Foundation is exploring opportunities to support and invigorate Dharma study and practice in countries such as India, Cambodia, China, Sri Lanka, Myanmar, Mongolia, and Bangladesh, where Buddhism was once a thriving tradition. KF often partners with established organizations and with individuals in those countries.

**REVITALIZING BUDDHIST TRADITIONS**

**INDIA**

KF is making special efforts to revive the Buddhist heritage in India, the land of the Buddha and the source of the great river of Buddhism. KF-India is developing the foundation’s support for new projects, including a new visiting professorship jointly established by KF and Savitribai Phule Pune University. The KF Visiting Professorship program will fund experts in Buddhist studies to teach and conduct research, and will allow the university to offer a more comprehensive program of Buddhist teachings and traditions.

**MONGOLIA**

The July, 2015 Mongolian Buddhist Women’s Conference brought together 300 Mongolian Buddhist women, both lay practitioners and nuns, who are active in their local communities, both rural and urban. Participants also included western women scholars and representatives of Dharma centers from many countries. The women shared their experiences, aspirations, and challenges, learned from each other, and established common goals and cooperation. A KF grant helped to cover travel assistance and stipends to women from rural areas who otherwise might not have been able to attend, as well as meals and rental of the conference space.

**CAMBODIA**

Khyentse Foundation Cambodian Buddhist Primary Schools. The addition of 5 new Buddhist Primary Schools in 2015 brings the number of centers that KF supports to 20. This means that KF is now supporting almost a third of the 63 centers in the province of Svey Rieng.

Below: Pune agreement signing. From left: Prof. M. Deokar, Prof. L. Deokar, Rinpoche, Raji Ramanan, Asha, and Dr. Badri (SI-India Board Member). Photo by James Hopkins.

Bottom: A studious young monk at a Buddhist Primary School in Cambodia. Photo by Glenn Fawcett.
Who We Supported in 2015

MONASTERIES AND SHERDAS
Chokyi Gyatso Institute, Bhutan
Dirru Monastery, Bir, India
Dirru Monastery, China
Dzongsar Khamje Institute, China
Dzongsar Khentse Chokyi Lodro Institute, India
Dzongsar Monastery, China
Dungtsher Ugyen Cheoling Shreda, Bhutan
International Buddhist Academy, Nepal
Lelung Monastery, India
Warnam Nunnery, China

ACADEMIC INSTITUTIONS
Dharma Drum Institute of Liberal Arts, Taiwan
Eotvos Lorand University, Hungary
Fa Guang Institute of Buddhist Studies, Taiwan
Hong Kong University, Hong Kong
Mahidol University, Thailand
National Taiwan University, Taiwan
Rangjung Yeshe Institute, Nepal
Rice University, USA
Pune University, India
University of California at Berkeley, USA
University of Edinburgh, Scotland
University of Hamburg, Germany
University of Vienna, Austria

ORGANIZATIONS, FOUNDATIONS, AND INDIVIDUALS
Alicja Zmigrodzka, Poland
Association Namthar, Switzerland
Buddha Outcast Social Society, India
Chung Rinpoché, Bhutan
Compassion Buddhist Institute, Bangladesh
Esukha, India
Fragile Palm Leaves Foundation, Thailand
Javandamba Khutugtu Buddhist Centre, Mongolia
John Ning Qiang Wu, China
King Gesar Team, USA
Mani Foundation, Poland
Martsang Kagyu London Centre, England
Meridian Trust, England
H.E. Nyagton Rinpoche, India
Mani Foundation, Poland
University of Vienna, Austria

SCHOLARSHIPS
Buddhist Studies Scholarships (Countries in parentheses indicate where the recipient is studying.)
Aggadhampa, India (Thailand)
Binod Aryal, Nepal (Nepal)
Kailash Baudhha, India (India)
Supanoo Bhikkhu (Gregory Lyon), USA (India)
Sainbileg Byambadorj, Mongolia (Korea)
Kunti Chapagai, Nepal (Nepal)
Neasad Dhar Choudrey, India (India)
Tomás Cullen, Chile (Germany)
Kathleen Dorce, Germany (USA)
Kabita Humagain, Nepal (Nepal)
Nisheeta Jagatiani, India (USA)
Katie Javenaud, England (England)
Dorjey Namgaj Jino, India (India)
Johanna Jorgensen, Sweden (Sweden)
Ilia Kiapranova, Ukraine (India)
Qingnian Li, China (England)
Ya-huei Liao, Taiwan (Taiwan)
La Thoa Marma, Bangladesh (Sri Lanka)
Mong Mong Pru Marma, Bangladesh (Sri Lanka)
Maria Maisova, Russia (India)
Bhikkhuni Medhawini, Sri Lanka (Thailand)
Rashid Miftiev, Russia (India)
Marie Isabel Muller, Germany (India)
Raktrul Ngawang (Pema Dorjee) (India)
Nguyen Kim Ngoc, Vietnam (Vietnam)
Jumie Pema, Vietnam (India)
Rev. Shain Dhamma Ratana, Bangladesh (Sri Lanka)
Eugenia Safelkina, Russia (Nepal)
Ven. Dharmapriya Sramon, Bangladesh (Sri Lanka)
Ven. Thalkote Sumiththa, Sri Lanka (Sri Lanka)
Maxim Voroshilov, Russia (Thailand)

Student Awards for Excellence in Buddhist Studies
Katheryn Boden, U. of California, Berkeley
Chris Clark, U. of Sydney, Australia
Leopold Eisenlohr, U. of Pennsylvania, USA
Jorg Heimbel, U. of Hamburg, Germany
Nathan Manirat, Chulalongkorn U., Bangkok, Thailand
Alan Wong Chiu Ming, U. of Hong Kong
Kuan-Ni Ni, National Chengchi U., Taiwan
Eij Okawa, U. of British Columbia, Canada
Ma Shengnan, Peking U., China
Xian-Yi Xie, National Chengchi U., Taiwan

Translation Award
Professor Mark Blum, U. of California, Berkeley

Dissertation Award
Dr. Jens Wilhelm Borgland, U. of Oslo, Norway
Dr. David Higgins, U. of Lausanne, Switzerland

Scholarships
Dr. David Higgins, U. of Lausanne, Switzerland
Dr. Jens Wilhelm Borgland, U. of Oslo, Norway

Retreat Grants
Paul Gerstmayr, Germany (England)
Ryan Lee, USA (USA)
Iremcynshyn Oleksandr, Ukraine (Thailand)

Translation Studies Scholarships
Catherine Dalton, U. of California, Berkeley
Ryan Damron, U. of California, Berkeley
Erdene Bataa Erdene-Ochir, U. of California, Santa Barbara

KEAP Scholarships for Cambodian Monks in Sri Lanka
Ven. Sem Chhungny, MA at U. of Peradeniya
Ven. Yorn Kosal, PhD at Kelaniya U.
Ven Lun Lay, Sanskrit Studies at U. of Sri Jayewardenepeura
Ven. Chhun Sophal, PhD at Kelaniya U.
Ven. Suy Sovann, PhD at Kelaniya U.
Ven. Dith Virak, PhD at U. of Peradeniya

Translation Studies Scholarships
Julio Crispin Martinz Borregon, Spain
Christian Chicorelli, USA
Jigme Choden, Bhutan
Lowell Cook, USA
Chloe Cramer, USA
Amaris Olguim, Rangjung Yeshe Institute
Gomde, California
John ‘Zim’ Pickens, U. of Calif., Berkeley
Alexandra Sukhanova, U. of Vienna
Peter Tongori, U. of Hamburg
Maria Vasyileva, Rangjung Yeshe Institute, Nepal

KEAP Scholarships for Cambodian Monks in Sri Lanka
Ven. Sem Chhungny, MA at U. of Peradeniya
Ven. Yorn Kosal, PhD at Kelaniya U.
Ven Lun Lay, Sanskrit Studies at U. of Sri Jayewardenepeura
Ven. Chhun Sophal, PhD at Kelaniya U.
Ven. Suy Sovann, PhD at Kelaniya U.
Ven. Dith Virak, PhD at U. of Peradeniya

Rangjung Yeshe Institute Scholarships
Julio Crispin Martinz Borregon, Spain
Christian Chicorelli, USA
Jigme Choden, Bhutan
Lowell Cook, USA
Chloe Cramer, USA
Andrea Mara Mota de Souza, Brazil
Lhkapa Dolma, Nepal
Chboloy Dorji, Bhutan

Mong Mong Pru Marma, Bangladesh (Sri Lanka)
Maria Maisova, Russia (India)
Bhikkhuni Medhawini, Sri Lanka (Thailand)
Rashid Miftiev, Russia (India)
Marie Isabel Muller, Germany (India)
Raktrul Ngawang (Pema Dorjee) (India)
Nguyen Kim Ngoc, Vietnam (Vietnam)
Jumie Pema, Vietnam (India)
Rev. Shain Dhamma Ratana, Bangladesh (Sri Lanka)
Eugenia Safelkina, Russia (Nepal)
Ven. Dharmapriya Sramon, Bangladesh (Sri Lanka)
Ven. Thalkote Sumiththa, Sri Lanka (Sri Lanka)
Maxim Voroshilov, Russia (Thailand)
Ven. Waidaza, Bangladesh (Sri Lanka)
Yeshe Wangmo (Wang Hui-Yang), Taiwan (India)
Ven. S Wansa, Bangladesh (Sri Lanka)

Khyentse Foundation 9
Financial Information

Note: The report of the Investment Committee is based on performance for the calendar year. The summarized financial position is based on the audited financial statements for KF’s fiscal year, July 1, 2014 through June 30, 2015.

INVESTMENT PORTFOLIO

The humdrum returns obscure meaningful fluctuations and widespread divergences that played out below the surface: 2015 was a year of disappointing growth, historically low rates, deflation, inequality, volatility, and lackluster returns. It was a massive roller coaster ride that left most returns in the negative, a year when nothing worked. Stocks, bonds, cash — all went nowhere. According to Bloomberg, it was the worst year for asset allocation in almost 80 years.

The year was full of event risks: the surprising abandonment of the currency peg by the Swiss National Bank; China’s devaluation of the yuan and the crash of the Chinese stock market; the terrorist attacks in Paris; the recession in much of the emerging market space; the unrelenting slide in oil prices; and the US Federal Reserve increasing rates for the first time in almost a decade.

In this convoluted year the KF portfolio was down 1%, largely due to currency devaluation in the fixed income portfolio and from equity losses, mostly in emerging market positions. The expense ratio continues to be low, at 0.36%. At year-end the total portfolio amounted to approximately $13.6 million.

The currency diversification that we have implemented for years, carrying about 28% of the fixed income portfolio in Canadian dollars (CAD) and Brazilian real (BRL), has negatively affected the returns, bringing the overall bond portfolio performance to -1%.

The equity portfolio returned -3.5% in 2015, in line with the MSCI World Index (Developed Markets), which was down 2.7%, and much better than the MSCI Emerging Market Index, which was down 17%. The options portfolio generated a positive return of 1%.

To read the full Investment Committee report, go to khyentsefoundation.org
## SUMMARY OF FINANCIAL POSITION

As of June 30, 2015, in US$

<table>
<thead>
<tr>
<th>BOARD DESIGNATED FUNDS</th>
<th>REVENUE 2014-15</th>
<th>EXPENSES 2014-15</th>
<th>Change in Net Assets</th>
</tr>
</thead>
<tbody>
<tr>
<td>13,962,684</td>
<td>2,371,609</td>
<td>1,431,443</td>
<td>940,166</td>
</tr>
</tbody>
</table>

Suress revenues over expenses, if any, are allocated as Board Designated Funds, identified and decided by Rinpoche and the board.

This summary is abstracted from financial statements audited by McDonald Jacobs, PC, Portland, OR, USA. The full audited report is available upon request.

### PROGRAM GRANTS

In 2014-2015, in US$

<table>
<thead>
<tr>
<th>MONASTICS</th>
<th>LAY</th>
<th>ACADEMIA</th>
<th>TEXTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traditional Shedras</td>
<td>Scholarships, Grants, Awards</td>
<td>Scholarships, Grants, Awards</td>
<td>Scholarships, Grants, Awards</td>
</tr>
<tr>
<td>Training and Development</td>
<td>Buddhist Education for Children</td>
<td>Ashoka Grants</td>
<td>Buddhist Education for Children</td>
</tr>
<tr>
<td>944,671</td>
<td>21,896</td>
<td>79,110</td>
<td>41,930</td>
</tr>
</tbody>
</table>

**TOTAL** 2,181,963

*Includes direct-to-beneficiary grants of $881,372.

In recent years there has been a growing trend of donors contributing directly to groups or projects that the foundation has designated for support. Although these direct sponsorships are inspired and coordinated by the foundation, they are not included in the audited financial statements abstracted here.

### BOARD-DESIGNATED FUNDS IN US$

As of June 30, 2015 | As of June 30, 2014
-------------------|-------------------|
Monastic Fund      | 5,000,000         | 5,000,000         |
Scholarship Fund   | 5,000,000         | 5,000,000         |
Academic/Education Fund | 2,900,000  | 2,000,000         |
Khenpo Kunga Wangchuk Fund | 480,000  | 300,000           |
Karma Yoga Fund    | 400,000           | 0                 |
TOTAL              | 13,780,000        | 12,300,000        |

### REVENUE IN US$

| Donations to KF USA | $2,274,442 | 2,293,094 |
| Direct Donations to Beneficiaries | $881,372 | 533,608 |
| Investment Income   | $97,167     | 904,893   |
| TOTAL               | $3,252,981  | 3,731,595 |
Greetings to all who are celebrating the Monkey New Year.

Let us trust the Buddha, Dharma, and Sangha, and let us trust the law of cause, condition, and effect. If we trust the Buddha, Dharma, and Sangha, we are still Buddhists even if we play mahjong, eat meat, drink alcohol, or chain smoke.

Let us be kind and considerate. Do we like other people to be kind to us? Well, other people also like us to be kind.

Let us be generous, not just with money or diamonds but with our time and space and information.

And let us always remember the Buddha’s words that samsaric endeavours never end and are mostly fruitless. So let us not stress out that everything needs to be completed. We never know what will happen the next hour. So let us make the most out of this hour and this moment. If we are having a cup of tea right now, let us have it as if it is the last one in this life.

Do we want to be rich? Then let us learn to be content.

Do we want to be elegant and beautiful? Then let us be polite, confident, and kind instead of thinking Versace and Dolce & Gabbana will do it for us.

Do we want other people to listen to us? Then let us try not to use harsh words, and let us always begin our conversation with a smile.

Do we want our next generation to be happy and successful? Then let us teach them a different meaning of ambition, wealth, and goals:

• Let us not spoil our kids, because if we do, they will grow up feeling so alienated and depressed.
• Let us not push them to grow up so fast.
• Let us not make our kids think that winning a competition is so important.
• Let us try to eat at home at least once a week.
• And let us not over-shop and fill our houses with things we will never use for years and eventually discard.

But most of all, let us parents do what we teach. We can't teach our kids to be polite, gentle, and likeable just with words. We have to be like that ourselves. Even seemingly minute things, like not talking loudly in public or on the phone and not jumping a queue, matter. Just as we don't want others to do those things, others also don't want us to do them.

And let us learn to do unplanned, spontaneous things at least for an hour or two once a week, because even planning a holiday ends up becoming a stressful chore rather than a real holiday.

Most importantly, let us remind ourselves not just to read these things, but to do them starting from Day One of the Monkey Year.

And every time we find ourselves doing one or more of these things, then let us reward ourselves by taking a short nap, listening to some music, reading one or two pages of a good book, and telling ourselves that with this stepping stone I will become a fearless servant of all sentient beings.