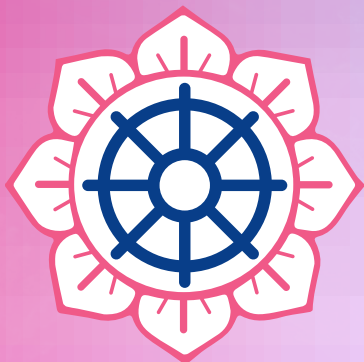


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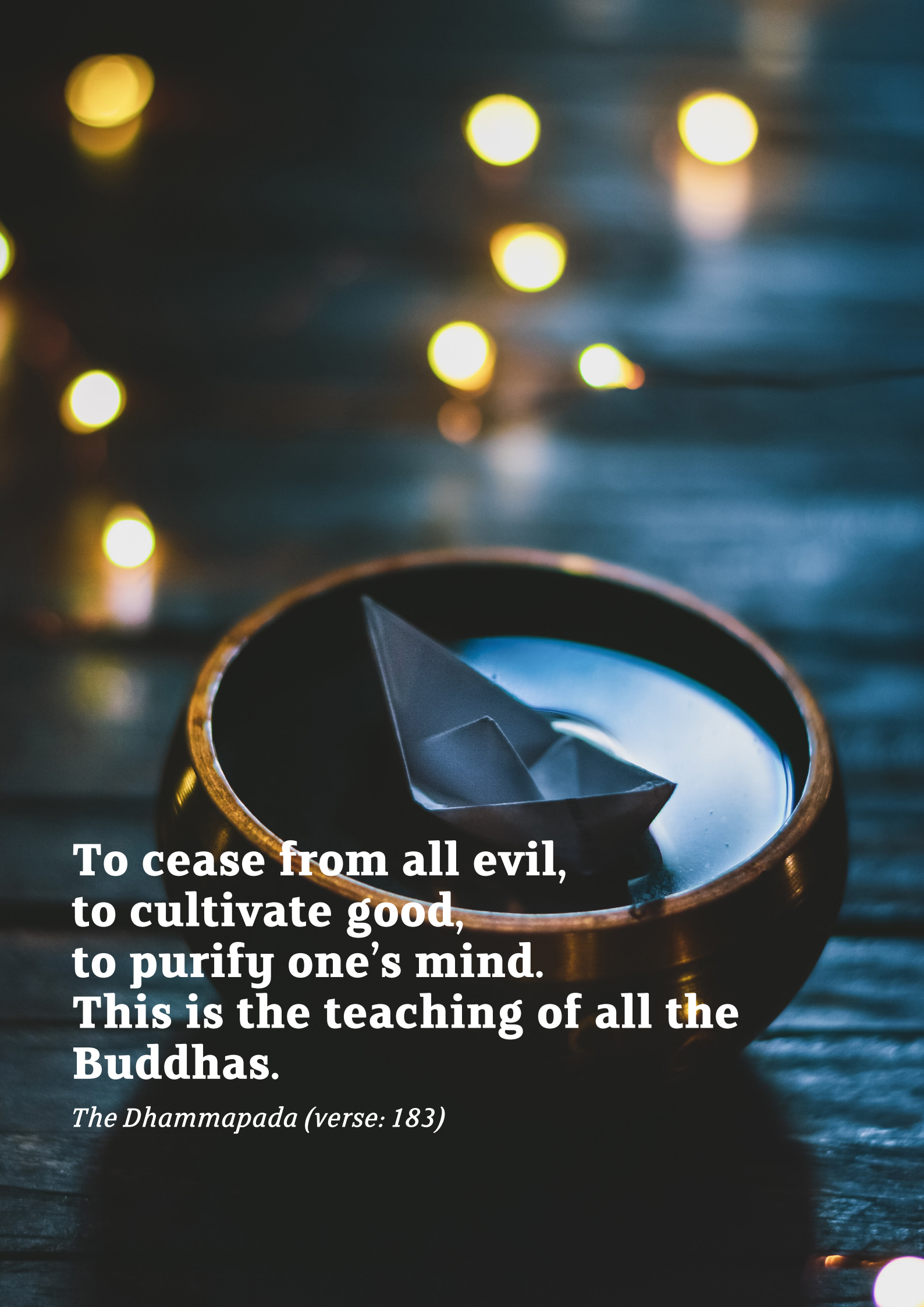
PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

# Ti-Ratana Buddhist Society Centres

隆雪三宝佛教会

A festival to commemorate the birth,  
enlightenment (Buddhahood) and  
death (Parinirvana) of Lord Buddha  
纪念伟大佛陀的诞生,证道及涅槃





**To cease from all evil,  
to cultivate good,  
to purify one's mind.  
This is the teaching of all the  
Buddhas.**

*The Dhammapada (verse: 183)*



## Message from The Most Venerable Datuk K. Sri Dhammaratana

### Wesak Day Celebration BE 2563

Dear Devotees,

The Wesak celebration, which is the day, the three most sacred activities of the Lord Buddha, namely, the birth of Siddhartha Gautama, Siddhartha Gautama's supreme attainment of Enlightenment and his Mahiparinibbana are being remembered, happens this year in light of the terrible COVID-19 pandemic.

We are facing difficult times. The Covid-19 pandemic is a tremendous challenge for Malaysia, for all people worldwide, and for our common home. Yet the crisis is an opportunity to start anew. This is an urgent and complex calamity that requires new solutions.

While other measures – such as adhering to social distancing recommendations and staying home if one feels ill – are important, it is also important for people to practise good cleanliness habits. Public hygiene, personal hygiene is our first defence. It is not just our defence against Covid-19 today, but against other breakouts that we cannot foresee in future.

We should also ensure that we prevent our fear of COVID-19 from infecting our mind. You should have Right Mindfulness and Right Concentration to prevent panic.

The Buddha's teaching which demonstrate a great vision of a superior religious sage and a humanitarian philosopher, has an eternal appeal to the human civilization. Right Effort, a Buddhist approach to emotions, especially to fear and anxiety, is to bring curiosity, respectful attention and gentleness to ourselves.

The Buddhist philosophical perspective provides us tools and techniques to wisely and precisely overcome risky issues in crisis situations. These tools can be applied as problem – solving techniques. Physical and mental well-being can help you to achieve happiness.

Buddhism offers man a simple moderate lifestyle eschewing both extremes of self-deprivation and self-indulgence. Satisfaction of basic human necessities, reduction of wants to the minimum, frugality, and contentment are important characteristics. Each man has to regulate his life on normal principles, exercise self-control in the enjoyment of senses, discharge his duties in various social roles, and conduct himself with wisdom and self-awareness in all activities. It is only when each man adopts a simple moderate lifestyle that mankind as a whole will stop polluting the environment. This seems to be the only way of overcoming the present eco-crisis and the

problem of alienation. With such a lifestyle, man will adopt a non-exploitative, non-aggressive, gentle attitude towards nature. He can then live in harmony with nature, utilizing its resources for the satisfaction of his basic needs. The Buddha's admonition is to utilize nature in the same way as a bee collects pollen from the flower, neither polluting its beauty nor depleting its fragrance. Just as the bee manufactures honey out of pollen, so man should be able to find happiness and fulfillment in life without harming the natural world in which he lives.

By looking inwards and by contemplating on the wisdom of the Buddha, we can find inner contentment and joy, which reduce the need for excessive consumption. By consuming less and being more mindful of our purchases, we can save and preserve our environment.

As a parallel to the above material emphasis in the society today, when it comes to health care in the world, the emphasis is on medical treatment, where the aspect of spiritual care is not seen as important, as it is not as tangible.

We as Buddhists must bring up the significance of spiritual care for aiding recovery after illness and to address not only the need of caring for the body, but also the mind. It has been shown in research, that faith and a calm, tranquil mind can aid in management of pain and blood pressure, as well as having other positive effects as a complement to a medical treatment.

As Buddhists, we can contribute with the profound knowledge of Buddha's teaching, called the science of mind. A better understanding of ourselves and of the cause and effect can bring more harmony and happiness in our lives. In any situation a positive and virtuous mind is of immense help.

I would like to take this opportunity to offer my sincere thanks to Buddhist Societies of all Buddhist traditions including Theravada, Mahayana and Vajrayana.

I wish you Happy Wesak and may the Noble Triple Gem bless each and everyone of you and your families.

The Most Ven. Datuk K. Sri Dhammaratana  
Chief High Priest of Malaysia and  
Founder & Advisor of Ti-Ratana Welfare Society &  
Ti-Ratana Buddhist Society



## ABOUT | Ti-RATANA VIHARA – KLANG

Ti-Ratana Vihara is a Theravada Buddhist Temple built by generous donors. It was consecrated on 22nd October 2017. Situated next to Pin Hwa II school at Taman Aman Perdana, Klang, it is part of the Ti-Ratana Family of Buddhist centres founded by Chief Reverend Datuk K. Sri Dhammaratana.

This modern and well-equipped temple features 3D sculptures of Lord Buddha, Buddha's chief disciples and devas in the main shrine hall. Among the facilities are the main shrine hall, meditation hall, accommodation for monks, Dhamma library, classrooms for Sunday Dhamma school and accommodation for yogis. It provides a conducive environment for Buddhists to learn and practise the Dhamma for spiritual development.

Ti-Ratana Vihara is managed by a management committee while spiritual guidance is led by the resident monk with strong support from Chief Reverend. At Ti-Ratana Vihara, devotees have ample opportunities to perform meritorious deeds such as offerings of breakfast / lunch dana, robes and allowable requisites.

Ti-Ratana Vihara organizes events such as Chinese New Year blessings, Wesak Day, Wesak Float

procession, Observance of Vassa, Kathina, Novitiate programme and meditation retreats. To enable devotees to acquire the true teachings of the Buddha, Ti-Ratana Vihara also regularly conducts Dhamma talks, Vipassana Meditation classes, Dhamma classes for children and introductory Buddhism for beginners. For more in-depth knowledge, we have Sutta Study. Visiting renowned speakers and lecturers complement the range and depth of the Dhamma knowledge offered to devotees of the Vihara. The temple also organizes community service and welfare programmes for the benefit of the local community.

### Contact Us NOW

 6018 382 3132

 tiratanavihara@gmail.com

 viharaklang.tiratana

**Ti-Ratana Vihara – Klang**  
Lot 57313, Persiaran Aman Perdana 2/KU5, Taman Aman Perdana, 41050 Klang, Selangor.

## OUR SERVICES

### Yearly Activities

- Chinese New Year Blessings for devotees, homes & offices
- Qing Ming event in remembrance of departed ancestors
- Wesak Day Celebrations & Float procession in Klang
- Observance of Vassa & Kathina Day
- Ulambana
- Novitiate Programme

### Regular Activities

- Chanting (Every New Moon & Full Moon)
- Breakfast & Lunch Dana (Every New & Full Moon)
- Sunday Dhamma Classes for Children (Every Sunday)
- Meditation Class (Every Thursday)
- Sutta Study (Twice a month)
- Yoga Class (Every Saturday)

### Other Activities

- Blessings by Sangha (New born babies & sick devotees)
- Offering of Robes & Requisites
- Dhamma Talks
- Introduction to Buddhism
- Pali Chanting Class
- Meditation Retreat
- Community Service Programmes
- Flower Arrangement
- Yoga Class
- Basket making from recycled materials
- Cooking Class



## ABOUT | Ti-RATANA BUDDHIST SOCIETY – BANGSAR

Ti-Ratana Buddhist Society, Bangsar (KL & Selangor HQ) is located right in the heart of Kuala Lumpur which is in Bangsar. The centre is strategically located within walking distance from Bangsar LRT station. There is also a convenient and ample parking space just next to the centre.

The centre opened its doors in the late 90s to serve its surrounding community. We function under the Ti-Ratana umbrella to serve the community as a non-profit and volunteer-driven centre. Through these activities and collaborations with other NGOs we hope to promote & propagate the Dhamma to the community.



## OUR SERVICES

### Recycling Day

Which is held every second Sunday of the month. This activity is to promote the awareness on the importance of caring for the environment and to leave a better world for our future generations. What is special about this activity is that we collaborate with Lions Club of Kuala Lumpur Seri Petaling and every month, collections of pre-loved clothing are distributed to the homeless and poor in Kuala Lumpur.

### Laughter Yoga

Sessions are conducted twice a month to promote healthy body and mind to the community. This activity is led by our member, Sister Jeanna Tan who has years of experience conducting Laughter Yoga at Taman Desa.

### Yoga for Everyone

Apart from Laughter Yoga, we also have Yoga for Everyone activity which is also held twice a month. Our Yoga instructor is Sister Yin.

### Garage Sales

Held 3 times a year in the months of April, August and December.

### Transference of Merits

To the dearly departed activity is organised twice a year with the first held in conjunction with the Chinese Ching Ming festival and the second during the Chinese Hungry Ghost Festival.

### Dhamma Sharing & Discussions

Each talk we have, featured a speaker

who gives a 60 minutes sharing or talk on a specific topic. All the talks are presented by professional speakers or monks and are practical.


### Blessing Services


Are provided to the devotees in conjunction with festive seasons as well as major exam period.


### Spreading Happiness on Festive Seasons

Activities are organised in collaboration with other NGOs to bring cheer & joy to the underprivileged. In 2019, Ti-Ratana Bangsar organised the Chinese Mid-Autumn Festival Celebration with the Children of Ti-Ratana Welfare Centre, a Deepavali Celebration with the residents of the Pangsapuri Seri Pahang and Christmas Celebration with all the residents of Ti-Ratana Welfare Centre.

### Contact Us NOW

 6012 327 6468 / 6012 238 6809

 603 2282 4800

 TiRatanaBangsar

**Ti-Ratana Buddhist Society – Bangsar**

No. 17, Lorong Maarof, 59000 Bangsar, Kuala Lumpur.

## ABOUT | Ti-RATANA COMMUNITY CENTRE – PENCHALA, PJ

Ti-Ratana Penchala Community Centre is an extended family member of the Ti-Ratana Buddhist Society, Malaysia. A community centre created for the betterment of lives in the spirit of compassion to both serve and care for those in need regardless of gender, age, race or creed.

In 2004, The Most Venerable Chief Dhammaratana initiated the formation of the Ti-Ratana Penchala Community Centre. After many years of hard work, from raising funds to construction, his vision became a reality in April 2009. Ti-Ratana Penchala Community Centre is a voluntary and non-profit organization that relies on generous contributions from individual contributors, organizations and volunteers.

Our mission & vision at Ti-Ratana Penchala Community Centre is to propagate the sublime Dhamma teaching of Lord Buddha.

## OUR SERVICES

Two core activities we organised at Ti-Ratana Penchala Community Centre are:

### Buddhist Activities


We organise Meditation Retreat, Alms Giving and Buddhist Studies.



### Outreach Activities

Our outreach activities are providing those in need of food, medicine and educational materials. The van visits areas hit by natural disasters to help feed victims and distribute clothing and other necessities. This programme is called **Meals on Wheels** Ti-Ratana. **Meals on Wheels** with its bright and attractive van whisk around here & there delivering food to make people happy! We not only bring food, but cheer and entertainment with a caring heart.

### Contact Us NOW

 603 7784 9002

 ti-ratana-penchala.com.my

 tiratana.penchala

**Ti-Ratana Community Centre – Penchala, PJ**

No. 21, Jalan Penchala, 46000 Petaling Jaya, Selangor.







We are located in close proximity with seven residential housing areas, morning wet market and Super Seven Supermarket. It's just around the block at Taman Anggerik.

Datuk K. Sri Dhammaratana was provided with a single storey building which was used as a squash court. Chief, recognised the rapid growth in the area and quickly converted the one storey building into two storeys with 12

## OUR SERVICES

**Sukha Dhamma School**  
**School hours:** Every Sunday, 9am – 12noon  
**Age group:** 4 till 18 years & Adults 19 years above  
**Medium of instruction:** English & Chinese



**YMBA (Colombo) Exam Class**  
 Every Sunday, 9am – 12noon

**Taekwondo Class (for children)**  
 Every Saturday, 2pm – 4pm

**Qigong Class (for adults)**  
 Every Sunday, 7.30am – 9am

**Children's Art Class**  
 Every Saturday, 10am – 12noon

**Adult Art Class**  
 Every Saturday, 2pm – 4pm

**Sukha Choir (for children & adults)**  
 Every Thursday, 7.30pm – 9.00pm  
**Venue:** Ti-Ratana Welfare Society

**Full Moon & New Moon Programmes**  
 Free vegetarian lunch is provided on Full Moon and New Moon days. This programme is co-ordinated by Ven Shi Fa Zhi from 11am till 1pm with chanting, lunch and dhamma sharing in Chinese.

**Chinese Dhamma Sharing**  
 Every Sunday, 10am – 12noon

## ABOUT | Ti-RATANA COMMUNITY CENTRE – ANGERIK CHERAS

classrooms, Puja Hall, dining hall, dry and wet kitchen, pantry and state of art restroom cubicles.

In January 2013, Sukha Dhamma School (SDS) commenced dhamma classes in English at the Centre. Students aged 4 to 18 years were accepted to the school and adult classes also commenced simultaneously to encourage parents and well wishers to study dhamma. In 2015, SDS opened its doors to teach dhamma in Chinese as the community was predominantly Chinese educated. In 2020, SDS will be the official examination centre for the YMBA Colombo exam in Malaysia.

Sukha Dhamma School introduced teachings and practices of Buddhist tradition, value-based knowledge of the triple gem through various programmes: experiential learning, indoor/outdoor activities, hymn singing, art and craft, mindful workshops, meditation sessions, holiday camps, Chinese New Year celebrations, Wesak Programmes, Parents Day, Recycling projects, Robe Offering, Prize Giving and Appreciation Day to honour students, staff, parents and donors. SDS inculcates life-long learning and assist students to develop moral discipline, good study habits and practise loving kindness.



Ven. Datuk K. Sri Dhammaratana as spiritual founder and advisor; Ven. H. Hemaloka resident spiritual advisor; Ti-Ratana parent body members; SDS staffs and parents work together and are committed to the philosophy that *"It takes a whole community to raise a child"*.

### Contact Us NOW

6012 217 3310 / 6012 321 8006

sukhadhammaschool

**Ti-Ratana Community Centre – Taman Bukit Anggerik, Cheras**  
 Jalan 5/154, Taman Bukit Anggerik, Cheras, Kuala Lumpur.



## ABOUT | Ti-RATANA BUDDHIST SOCIETY – LUMBINI GARDEN, PUCHONG

Ti-Ratana Lumbini Garden is a premier Buddhist Community Centre in the heart of Bandar Puteri, Puchong, Selangor, Malaysia. Located in a strategic location next to the Taman Perindustrian LRT station (PH16), we are highly accessible from major cities and towns in Klang Valley.

Ti-Ratana Lumbini Garden, a member of the Ti-Ratana Buddhist Society was officially opened on the 24th of February 2008 by the Most Ven Datuk K Sri Dhammaratana, Chief High Priest of Malaysia who is also its Spiritual Advisor with a good intention and a compassionate heart. In 2012, we moved to our current location, a few blocks away, to accommodate the ever-growing size of devotees.

Located at Bandar Puteri Puchong, Lumbini Garden aims to educate and provide services to the local community based on the teachings of the Buddha. Lumbini Garden functions under the Ti-Ratana umbrella as a non-profit and volunteer-driven centre funded by generous contributions of individuals and organisations.

## OUR SERVICES

### Sunday Dhamma School

Sunday Dhamma School of Ti-Ratana Lumbini Garden reaches out to the communities such as children, youths and adults who have a passion to learn the teachings of the Buddha and Malaysian Buddhist culture. It provides a comprehensive knowledge of Buddhism encouraging students to develop spiritual friendships and showing the way to follow the noble eight-fold path.

### Yoga, Art and Calligraphy

On a weekly basis, activities such as Yoga, Chinese Art and Calligraphy are conducted. Our Chinese Art and Calligraphy have been exhibited in collaboration with Wesak Day celebration 2018, and was met with a great response from the audience. Ti-Ratana Lumbini Garden's Yoga Class is a relaxing and healthy experience for all.

### Puja and Sutta Recitation

Puja and Sutta recitation are conducted by resident monk on New Moon and Full Moon days and on Sunday mornings as well. Special Prayers are also conducted on occasions such as Qing Ming, Ulambama (Seventh month) and Vassa period. In addition, devotees can come for birthday celebration and other auspicious events to do prayers. After every Puja, a 5 minute meditation session is held, with emphasis on Metta.

### Annual Celebrations

Annually, we organise various cultural and religious events, such as Chinese New Year, Wesak and Kathina. Each year, over 800 – 1000 devotees follow our huge Wesak float procession around Bandar Puteri, Puchong and the floats never fail to attract attention, drawing in people to join in the parade.

### Contact Us NOW

6012 280 8092/6017 363 5135/  
6011 3534 7910

603 8051 6630

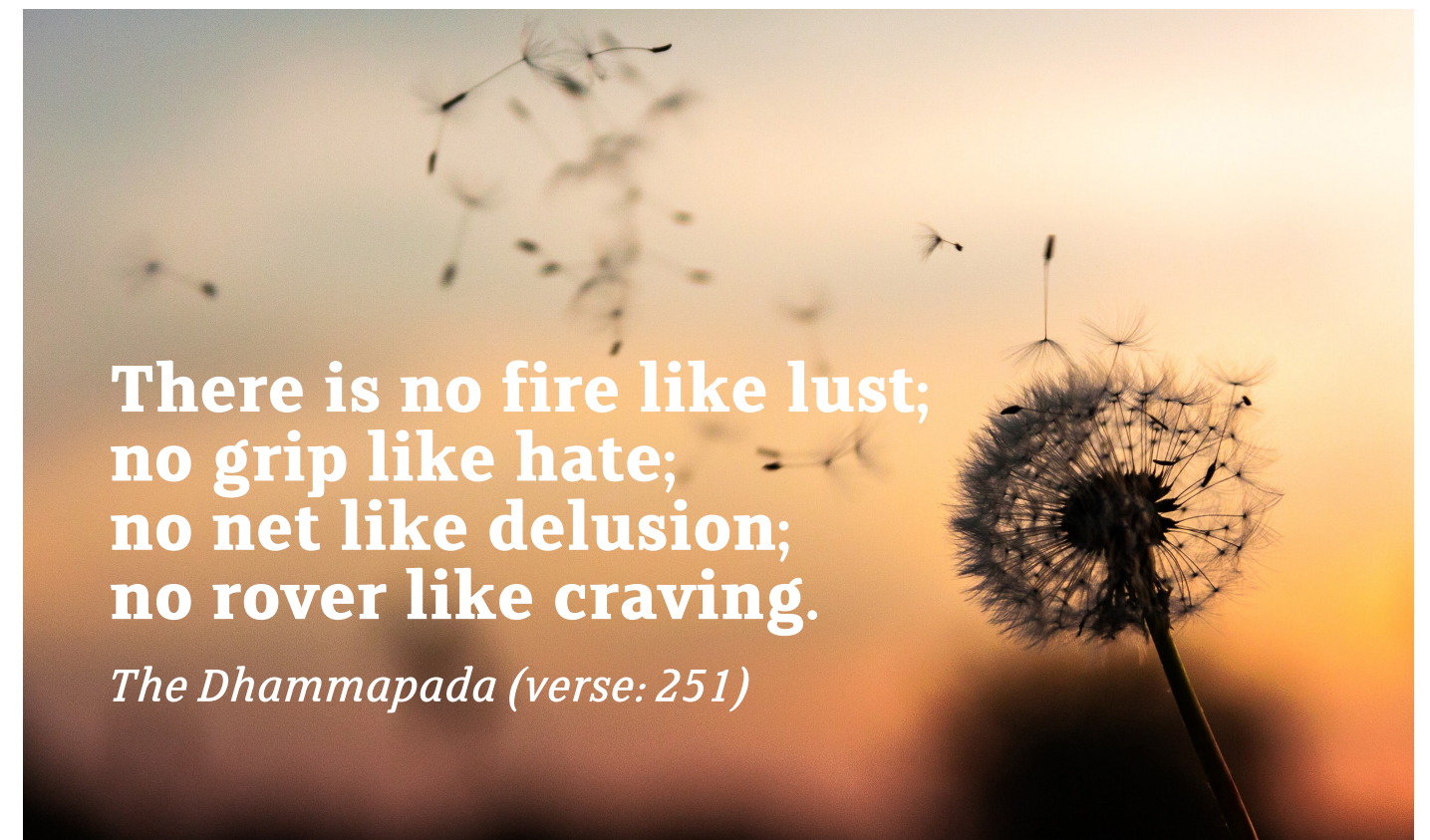
office@trlgpuchong.org

trlgpuchong.org

Tiratana.LumbiniGarden

**Ti-Ratana Buddhist Society – Lumbini Garden, Puchong**

No. 36 & 38, Jalan Puteri 4/2, Bandar Puteri, 47100 Puchong, Selangor.





# SIGNIFICANCE OF WESAK DAY

Wesak day commemorates the birth, enlightenment and death of our great teacher, the Buddha. It is usually celebrated on the first full moon day in May based on the lunar calendar, but may fall on different days in different countries due to local lunar observance. It is the most important day and a sacred festival for Buddhists all over the world. His birth is celebrated; as if He was not born He would not have left us his important teachings. Everyone is born but thereafter how you lead your life depends entirely on you.

During His lifetime it was all spent on learning and on His enlightenment, The Buddha was able to spread his teachings and open a path for mankind to move forward from a world of superstition, paganism, fear and hatred to a life of happiness and love. A person's destiny does not depend on the will of an Almighty being but falls entirely on the follower's hands. His universal message of understanding the 4 Noble Truths and the adherence to the 8 Precepts and its beliefs allowed followers to attain the end of suffering and nirvana. These Buddhist beliefs and teachings have endured for over 2600 years and will remain relevant in these troubled times for the next 2600 years.

Buddha passed away at the age of 80 and it shows that no matter who you are, death is inevitable. It emphasizes the impermanence of life and in His own words "Life is uncertain but death is certain". We rejoice that on his passing away, it is the end of all His sufferings and He has now reached a state of Nirvana.

During this important day of Wesak, it allows the individual to re-affirm their faith in the teachings of the Buddha. Though the precepts are already observed daily, it is important to remind ourselves that, killing, stealing, sexual misconduct, lying and taking intoxicants must not be even thought of. Each of us must also refrain from making judgment of other people and talking bad about them.

On Wesak day, most Buddhists will visit a temple so

that they can get blessings and prayers from the Sangha. It is a day of quiet contemplation, meditation and prayers. Compassion and loving kindness can be demonstrated by doing Dana, such as donating robes to the Sangha or offering them food and necessities. Some Buddhists also donate cash or in kind to charitable organisations for the underprivileged, orphanages and the poor. It enables us to express our gratitude and happiness that we are in a position to share what we have with the less fortunate.

Lighting a candle symbolizes the end of darkness and lights the way to enlightenment. The candle is usually made into the shape of a lotus flower. The lotus flower is very symbolic, as it has been told that when the Buddha was born he took seven steps and on each step a lotus flower bloomed. The lotus flower naturally grows in murky water but the bloom is very beautiful and pure. The cessation of self indulgence towards the road to enlightenment will also allow a person's life to bloom in spite of living in a challenging world.

Abstinence from meat and eating vegetarian food on Wesak day is also to re-affirm the precept of not killing a living being. Of course, being a lifelong vegetarian would be even better as it is also good for one's health. The bathing of a Buddha statue signifies the washing away of our bad karma and purifying our minds from any hatred and ignorance.

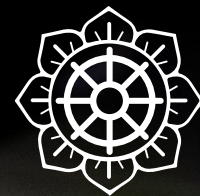
Wesak Day usually ends by holding a float procession. The occasion allows Buddhists to gather together to show their solidarity and appreciate the teachings of the Buddha.

Buddhism today stays as relevant as when it was preached 2600 years ago. No matter the length and depth of scientific discovery and knowledge, the emphasis on freedom of thoughts, to purify one's mind and to have compassion, loving kindness and happiness are virtues that humanity strives for. The world today needs the end of killing, ultimate peace, tolerance and happiness for all humanity.





# Happy Wesak



PERSATUAN BUDDHA TI-RATANA  
KUALA LUMPUR & SELANGOR

To all our Buddhist friends. We wish you a blessed day filled with peace, love and joy as you celebrate this auspicious day with your loved ones.

*from*

**The Management of Ti-Ratana Buddhist Society**

