



Nov 2025 Programme

Spiritual Director - H.E. 19th incarnation Lochen Tulku Rinpoche 承传上师第十九转世洛钦仁波切
Led by Geshe Dorje Tenzin. All are welcome to learn and practice from venerable monks of the Gelug Lineage. For any enquiries, contact Geshe Dorje at 67476650 / 83711554
由格西堪杰天晶及法师引导大众，学习与实践藏传格鲁派佛学，欢迎踊跃参加我们的法会与共修。询问电话67476650 / 83711554
No 24 Geylang Lor 29 #05-00 Leow Sih Association Building Singapore 388073.



Tel: 6747 6650



+65 8371 1554



www.norbucholingcentre.org



Norbu Choling Ncc



norbucholing@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Guru Puja / Tsog Offering 上师荟供 10:30am						Setrap Blessing for all born on Nov 1 Setrap Puja / Tosg Offering cum Nov Birthday Celebration Blessing 金甲衣护法荟供法会 暨 庆祝十一月生日祈福 7:30pm
2 Vajravidaran (Dorje Namjom) Cleansing Healing Puja 摧破金刚(多杰南炯)沐浴治愈法会 10:30am	3	(九月十五) 4 4hrs Auspicious 108 butter lights (\$35 - full day offering) 4小时吉祥108盏酥油灯 (35元-全天供养)	5	6	7	8 Medicine Buddha Puja 药师佛法会 7:30pm
9 Cittamani Tara Puja 如意珠度母共修 10:30am	10	Merit-Multiplying Day 11 Lhabab Duchon - 1000 Lights Offering Ceremony & 100,000 Recitations of the Shakyamuni Buddha Mantra (all day) 佛陀天降日 - 千盏供灯法会和念诵10万遍释 迦牟尼佛心咒 (全天) 7:30pm	12	13	14 Guru Puja / Tsog Offering 上师荟供 7:30pm	15 400 Offering Obstacle-clearing Puja - 四百攘灾法会 7:30pm
16 The Five Direction Dzambhala Milk Bath offerings cum Wealth < Increasing > Puja 五方财神奶浴供养 <增> 财法会 10:30am	17	18	19	(十月初一) 20 4hrs Auspicious 108 butter lights (\$35 - full day offering) 4小时吉祥108盏酥油灯 (35元-全天供养)	21	Wealth Vase Recharge 22 White Mahakala, Tshering Chenga & Zambala Wealth Vase Recharge 白玛哈嘎拉, 长寿五仙女和财神聚财法会 (Please bring your wealth vase to the center on Friday, November 21st, the day before the ceremony.) 请于仪式前一天(11月21日, 星期五) 将您的宝瓶带到中心。 7:30pm
23 Leng Chag Torma 还债食子法会 10:30am	24	25	26	27	28	29 Heart Sutra Puja - 观世音菩萨般若心经法会 (Those who wish to attend the Dharma Assembly are requested to bring a small piece of cut-off, unwashed clothing label. 凡欲参加法会者，请携带一小片剪下的未洗的衣服 标签。) 7:30pm

Auspicious 108 Lights Offering (\$35 per name or per family) *吉祥108灯供养*(每位姓名 或 合家 35元)

Offer 108 lights daily at our Centre for: (1) *Special Occasions*: Birthdays, anniversaries, and more, (2) *Auspicious Days*: 1st and 15th of the lunar month, (3) *Dedication for Deceased Loved Ones*: Accumulate merit and bring peace

本中心每日供养108灯，适用于：(1)*特殊场合*：生日、周年纪念日等，(2)*吉日*：农历初一和十五，(3)*追思已故亲人*：积德行善，祈求平安



Dec 2025 Programme

Spiritual Director - H.E. 19th incarnation Lochen Tulku Rinpoche 承传上师第十九转世洛钦仁波切

Led by Geshe Dorje Tenzin. All are welcome to learn and practice from venerable monks of the Gelug Lineage. For any enquiries, contact Geshe Dorje at 67476650 / 83711554
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 (十月十五)	5	6 Grand Puja (Day 1) Vajravardaran (Dorje Namjom) Cleansing Healing Puja 摧破金刚(多杰南炯)沐浴治愈大法会 10am -12pm Seven Protectors Blessings Grand Puja - 七大护法加持大法会 3pm - 5pm Mahakala 玛哈嘎拉, Kalarupa 降魔阎尊, Palden Lhamo 吉祥天母, Namtose 财宝天王, Begtse 大红司命主, Setrap 金甲衣护法 & Nesar 白毡神护法 Yamantaka Grand Fire Puja of <Power> 大威德金刚<怀>火供大法会 7pm - 9pm
7 Grand Puja (Day 2) The Grand Yamantaka Puja 大威德金刚大法会 10am -12pm Yamantaka Grand Healing Puja for Dispelling of Black Magic & Curses 大威德金刚禳解诅咒除降疗愈大法会 3pm -5pm Grand Green Tara Dispelling Negativity, Purifying Karma & Wish-Fulfilling Puja 绿度母消除障、净业及满愿大法会 7pm -8:30pm	8	9	10 H.E. Lochen Tulku H.E. Lochen Tulku Rinpoche's Birthday Celebration: Long Life Prayer & Sixteen Arhats Puja 欢庆洛钦祖古仁波切诞辰 : 长寿祈愿法会与十六罗 汉法会 7:30pm	11	12	13 Setrap Blessing for all born on Dec Setrap Puja / Tosg Offering cum Dec Birthday Celebration Blessing 金甲衣护法荟供法会 暨 庆祝十二月生日祈福 (The Dharma Assembly is open to all devotees, regardless of their birth month, and everyone can come to participate in the event and feel the compassion and blessings of the Dharma Protectors) (法会面向所有信徒们开放, 无论其出生月份为何, 皆 可前来共襄盛举, 感受护法们的慈悲与加持) 7:30pm
14 Merit-Multiplying Day Je Tsongkhapa Parinirvana, Guru-puja & Tsog-rituals: 1000 Lights Offering Ceremony, Guru- Puja and Tsog Rituals 宗喀巴大师的涅槃日与上师供及荟供法会: 千灯供养仪式、上师普迦和荟供仪式 10:30am	15	16	17	18	19	20 Ruel Recharge (十一初一) Yamantaka Ruel Recharge Puja - 大威德护轮加持法会。 *Please bring your Ruel to NCC the day before the puja. *敬请在法会前一天将您的护轮带到中心。 7:30pm
21 The Five Direction Dzambhala Milk Bath offerings cum Wealth < Increasing > Puja 五方财神奶浴供养 <增> 财法会 10:30am	22	23	24	25 Christmas Day 圣诞节	26	27 Heart Sutra Puja - 观世音菩萨般若心经法会 *Those who wish to attend the Dharma Assembly are requested to bring a small pc of cut-off, unwashed clothing label. *凡欲参加法会者, 请携带一小片剪下的未洗的衣服标签。 7:30pm
28 Cittamani Tara Puja 如意珠度母共修 10:30am	29 Guru Puja / Tsog Offering 上师荟供 7:30pm	30	31			



✨ Vajravidaran (Dorje Namjom) Cleansing Healing Grand Puja [Living only]

✨ 摧破金刚 (多杰南炯) 沐浴治愈大法会 [在世者]

📅 Day 1 – 6 December 2025, Saturday ⌚ 10:00 AM – 12:00 PM

📅 第一天 - 2025年12月6日 星期六 ⌚ 上午 10:00 - 12:00

Vajravidaran (Dorje Namjom) is a specialized cleansing deity in Vajrayana Buddhism, powerful for purifying body, speech, and mind from all forms of spiritual and material contamination.

This healing ritual:

- Cleanses impurities and dispels negative influences caused by natural imbalances, unfavorable stars, planetary positions, and environmental energies
- Establishes a diamond shield protection for future safety
- Activates the supreme power of Vajravidaran through mantra, mudra, and samadhi
- Generates mental, physical, and emotional well-being, harnessing positive energy and increasing faculties

The Vajra-Destroying Wine Purification Method:

- Eliminates sins, illnesses, demonic influence, untimely death, nightmares, curses, witchcraft, and other defilements
- Converts danger into safety and ensures smooth, peaceful living

Additional Benefits:

- Strengthened health and immunity
- Protection from external and internal obstacles
- Harmonious family and work environment

摧破金刚 (多杰南炯) 是金刚乘密宗专司净化的本尊，具有强大力量，可净化众生身、语、意的各种精神及物质污染。

此法会可：

- 清除杂质及由自然失衡、不利星宿、行星及环境能量造成的负面影响
- 形成金刚护盾以保护未来安全
- 通过咒语、手印及三摩地激活金刚无上力量
- 在精神、身体及情感上获得安宁与正能量，增强身心机能

酒净法功德：

- 消除罪障、疾病、恶灵、意外死亡、噩梦、诅咒、巫术及其他污染
- 将危险化为平安，确保生活顺利平安

额外利益：

- 强身健体，增强免疫
- 护佑家庭与工作环境和谐



✨ Seven Protectors Blessings Grand Puja [Living only] ✨ 七大护法加持大法会 [在世者]

(Mahakala, Kalarupa, Palden Lhamo, Namtose, Begtse, Setrap & Nesar)

(玛哈嘎拉, 降魔阎尊, 吉祥天母, 财宝天王, 大红司命主, 金甲衣护法 & 白毡神护法)

📅 Day 1 – 6 December 2025, Saturday, ⌚ 15:00 PM – 17:00 PM

📅 第一天 - 2025年12月6日 星期六, ⌚ 下午 15:00 - 17:00

Wrathful protectors (Dharmapalas) appear fierce, but their actions are guided by compassion. **They:**

- Protect practitioners from inner and outer obstacles
- Subdue negative karma and forces that hinder spiritual progress
- Instill clarity regarding the dangers of greed, hatred, and ignorance

Benefits of participation:

- Removes obstacles from career, business, and studies
- Safeguards family harmony and health
- Enhances success, auspicious conditions, and worldly and spiritual progress

愤怒相护法实则充满慈悲：

- 护佑修行者内外障碍
- 消解业障及阻碍修行的负面力量
- 提醒众生远离贪、嗔、痴三毒

法会利益：

- 事业、商业、学业顺利
- 家庭健康与和谐
- 获吉祥条件及世俗与法务双重成就





✨Yamantaka Grand Fire Puja of <Power> *[Living & Deceased]*

✨大威德金刚《怀》火供大法会 *[在世者及往生者]*

📅 Day 1 – 6 December 2025, Saturday, 🕒 19:00 PM – 21:00 PM

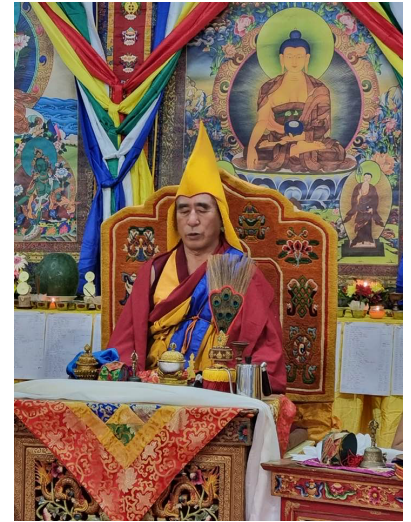
📅 第一天 - 2025年12月6日 星期六, 🕒 傍晚 19:00 - 21:00

Yamantaka, the wrathful manifestation of Manjushri, is invoked to:

- Attract worldly and spiritual qualities beneficial for oneself
- Subjugate harmful influences and obstacles to Dharma practice
- Magnetize health, wealth, wisdom, and favorable conditions for all sentient beings

Offerings and their benefits:

- Oil: Wealth and longevity
- Small sticks: Wisdom and success in studies
- Oats: Happiness and virtue
- Black sesame: Purifies negative deeds
- White sesame: Removes black magic
- Unhusked rice: Increases wealth
- White rice: Increases fortune and power
- Mustard seeds: Removes obstacles
- Wheat: Healing and lung protection
- Barley: Improves respiration
- Beans: Wisdom and health
- Long-life grass: Longevity
- Kusna grass: Purifies offerings



Benefits for deceased:

- Peaceful passing, favorable rebirth, and accumulation of merit

大威德金刚（文殊菩萨化身）在火供中：

- 吸引世俗及法道上有益的各类力量
- 镇伏障碍，助修行顺利
- 吸引世俗及法道上有益的各类力量

供品与功德利益：

- 油：财富与寿命
- 小木棍：智慧与学业成功
- 燕麦：安乐与善业
- 黑芝麻：净除恶业
- 白芝麻：消除邪术
- 稻米（未去壳）：增长财富
- 白米：增福、增权
- 芥子：驱除障碍
- 小麦：治肺及疾病
- 薏米：改善呼吸
- 豆类：智慧与健康
- 长寿草：延寿
- 吉祥草：净化供品与过失

往生者利益：

- 安乐往生、善道再生或净土转生





The Grand Yamantaka Puja *[Living & Deceased]*

大威德金刚大法会 *[在世者及往生者]*

Day 2 – 7 December 2025, Sunday, 10:00 AM – 12:00 PM

第二天 - 2025 年 12 月 7 日 星期日, 上午 10:00 - 12:00

Invokes Lord Yamantaka (Vajrabhairava), wrathful manifestation of Manjushri, to overcome ignorance, obstacles, and negativity.

Benefits:

For the Living:

- Removes ignorance, inner obstacles, and negative influences
- Grants wisdom, clarity, and protection
- Enhances spiritual progress, career, and personal growth
- Promotes peace, harmony, and good fortune

For the Deceased:

- Purifies karma and obstacles from past lives
- Assists in attaining Pure Land or higher rebirth
- Reduces suffering and accelerates spiritual liberation
- Brings merit to benefit departed loved ones



召请大威德金刚（文殊化身忿怒相），克服无明与障碍，护持修行顺利，增长智慧与福德。

功德利益：

在世者：

- 消除无明、内在障碍及负面干扰
- 增长智慧、清明心与保护力
- 促进修行、事业及个人成长
- 带来平安、和谐与吉祥

往生者：

- 净化业障及障碍
- 助往生净土或高层次善道
- 缓解痛苦，加速灵性解脱

Yamantaka Healing Puja for Dispelling Black Magic & Curses [Living only]

大威德金刚禳解诅咒除降大疗愈法会 [在世者]

Day 2 – 7 December 2025 Sunday, 15:00 PM – 17:00 PM

第二天 - 2025 年 12 月 7 日 星期日, 下午 15:00 - 17:00

This healing puja:

- Dispels curses, black magic, and harmful intentions
- Alleviates mental and physical afflictions caused by negative energies
- Uses six-color threads symbolically to free participants from illnesses and negative conditions

Benefits:

- Peace of mind, recovery from illness, and protection from harm
- Removes hidden or subtle negative influences affecting career, relationships, and well-being

此疗愈法会：

- 消除诅咒、降头及负面能量
- 缓解因负面能量导致的身体或心理不适
- 使用六色彩绳象征性束缚身体负面业障，并由法师剪断，代表净化障碍

法会利益：

- 心境平安、疾病康复、护佑生活
- 消除隐藏或潜在的负面影响





Grand Green Tara Puja for Purification & Wish-Fulfillment [Living only]

绿度母除障净业满愿大法会 [在世者]

17 Day 2 – 7 December 2025, Sunday, 19:00 PM – 20:30 PM
17 第二天 - 2025年12月7日 星期日, 傍晚 19:00 - 20:30

Green Tara embodies enlightened activity and swift compassionate action:

- Pacifies disruptions caused by harm-doers and negative forces
- Purifies karma and past misdeeds
- Creates conditions for peace, health, wealth, and family harmony

Special ritual instructions for participants:

- Bring a worn, unwashed shirt label (ritually discarded to remove obstacles)
- Bring a few coins and half-eaten biscuit for symbolic offerings

Benefits:

- Protection from calamities, illness, and misfortune
- Swift resolution of obstacles in business, studies, and spiritual practice

绿度母代表智慧与慈悲的迅速救度:

- 消除修行及生活中的各种障碍
- 清净业障, 消解恶缘与灾祸
- 为事业、修行及家庭带来吉祥顺遂

参与者须知:

- 携带穿过的未洗衣服标签 (法会中弃置以消障)
- 携带少量铜钱及半块饼干 (象征供养)

法会利益:

- 消灾延寿、病痛康复
- 事业、学业及家庭顺利
- 速解障碍, 身心安宁



🙏 Recommended Benefits to Visualize While Offering:

- World peace, harmony, and economic growth
- Successful careers and blooming businesses
- Family blessings, happiness, health, and longevity
- Removal of evil, sickness, obstacles, and curses
- Speedy recovery from illness and protection from harm
- Assistance from noble beings, deities, and guardian spirits
- Favorable rebirth for deceased, liberation, or attainment of pure lands.

🙏 供养时观想利益示例:

- 世界和平、经济繁荣
- 事业成功、商机广开
- 家庭幸福、健康长寿
- 消除恶业、疾病及障碍
- 快速康复与平安
- 十方善神护佑
- 往生亲友得善道或净土, 积累无量功德



Grand Obstacle-Clearing & Wish-Fulfilling 2-Day Pujas 2025



2025 年消灾解难成就吉祥福报大法会（两日法会）



Dates: 6–7 December 2025. 日期：2025 年 12 月 6 日至 7 日

Location: 24 Geylang Lorong 29, Gloor Floor Singapore 388073



Led by

Venerable **Khensur Tenzin Jinpa** and senior lamas from the **ancient Spiti “Key Monastery”, India**
(Established circa 1000 AD — one of the oldest monasteries in the Himalayas)

This is a **rare and auspicious opportunity** to participate in a series of powerful pujas to remove obstacles, purify negative karma, protect against harmful influences, and generate vast merit and blessings for yourself, your loved ones, and all sentient beings.



Participants may experience blessings such as:

- Physical, mental, and emotional purification and healing
- Removal of curses, black magic, illness, misfortune, and negative influences
- Enhanced wealth, prosperity, career success, and business growth
- Protection and blessings from noble beings, protective deities, and guardian spirits
- Harmonious family life, peace of mind, and improved relationships
- Accumulation of merit for deceased loved ones, aiding favorable rebirth or liberation



Registration Fees:

- **Full 2-Day Program:** \$30 per person
- **Selective Pujas:**
 - 🔥 *Fire Puja – \$15 (per name or per deceased name)*
 - 🌿 *Tara Obstacle-Clearing Grand Puja – \$15 (per name)*
 - 🌸 *Other Pujas – \$10 (per name) / Grand Yamantaka Puja - \$10 (per deceased name)*



主法上师:

尊贵的前任方丈仁增津巴尊者及 印度古老的 **斯比提"吉寺" (Spiti “Key Monastery”)** 高僧（建于约公元 1000 年，是喜马拉雅山脉最古老的寺院之一）

这是一场极为殊胜难得的法会，旨在：

消除障碍、净化业障、遣除不吉、增广福慧，并为自己、家人及一切有情众生祈求加持与功德。



参加法会可获益处包括:

- 身心灵的净化与疗愈
- 消除诅咒、黑法、病苦、不幸与负能量
- 增长财富、事业顺利、事业与生意兴隆
- 获得诸佛菩萨、护法神与善神的护佑与加持
- 家庭和乐、人缘圆满、内心安宁
- 为已故亲人积累功德，助其善趣往生或解脱



报名费用:

- **全程两日法会:** 每人 30 元
- **单项法会:**
 - 🔥 *火供法会 - 15 元 (每个姓名或往生者姓名)*
 - 🌿 *度母消障大法会 - 15 元 (每个姓名)*
 - 🌸 *其他法会 - 10 元 (每个姓名) / 大威德金刚法会 - 10 元 (往生者姓名)*