



Buddhist Center of
White Mahakala
FPMT Study Group

“Land of the White Stupa”

A VISION FOR THE FUTURE



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I. WHO WE ARE

Since December 2017 the “Center of White Mahakala – FPMT Study group” (CBWM) has been providing an oasis in the city of Cluj-Napoca offering classes of Buddhist philosophy, meditation, mindfulness, as well as visits by many great teachers from the world.

With the contribution of about 20 teachers and facilitators, 30 members and 20 volunteers, CBWM organized more than 400 events: 25 courses, 28 teacher’s visits and many other events. Our cosy space is located right in the city of Cluj Napoca offering a small Buddhist library with free access for all our visitors.



IN NUMBERS

28

SPECIAL DHARMA EVENTS

Visits by buddhist monks & nuns
and non-Sangha teachers

25

DHARMA COURSES

Buddhism in a Nutshell,
Discovering Buddhism etc.

30

DISCUSSION GROUPS

on buddhist topics

29

BUDDHIST EVENTS

Pujas, stupa workshops,
ritual training

27

COMMUNITY EVENTS

book launches, movie nights,
charity events

117

BUDDHIST MEDITATION AND MINDFULNESS SESSIONS

64

YOGA SESSIONS

32

NON-BUDDHIST EVENTS

wuji, qigong, reiki,
art classes

405

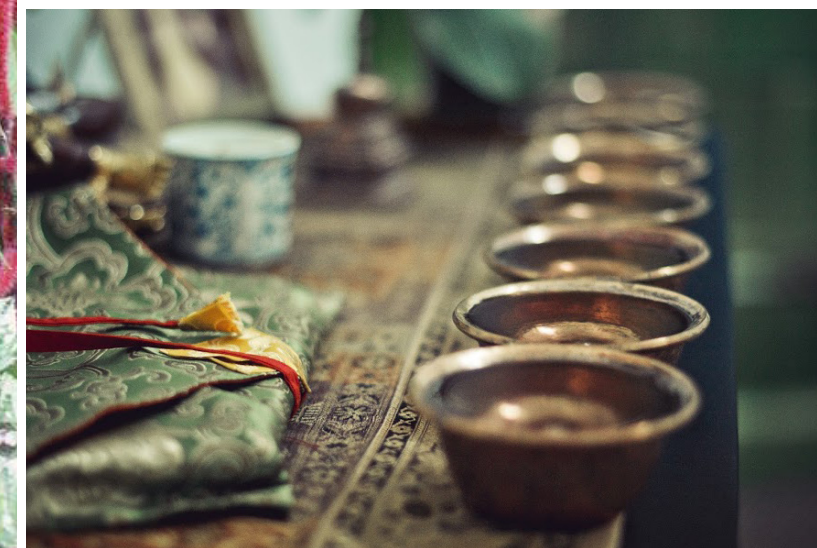
TOTAL EVENTS since november 2017



Our group is promoting and supporting ethical, philosophical and psychological Buddhist principles; providing opportunities for spiritual education based on authentic Buddhist teachings; implementing and supporting activities regarding community, social and environmental development. We are affiliated with the "Foundation for the Preservation of the Mahayana Tradition" (FPMT), an organization patronized by His Holiness the Dalai Lama and founded by Lama Thubten Yeshe & our Spiritual Director, Lama Zopa Rinpoche.

WHAT WE ARE INSPIRED BY?

- The heart of our activities is the Dharma
- We promote ethical behavior and the development of a culture of compassion
- we promote interreligious dialogue and the dialogue between science and spirituality
- We promote a holistic way of life
- We are an example for a meaningful life in a non-profit way
- We promote Buddhism in Cluj & Romania through cooperation with other Buddhist groups



OUR VISION FOR SPIRITUAL GROWTH

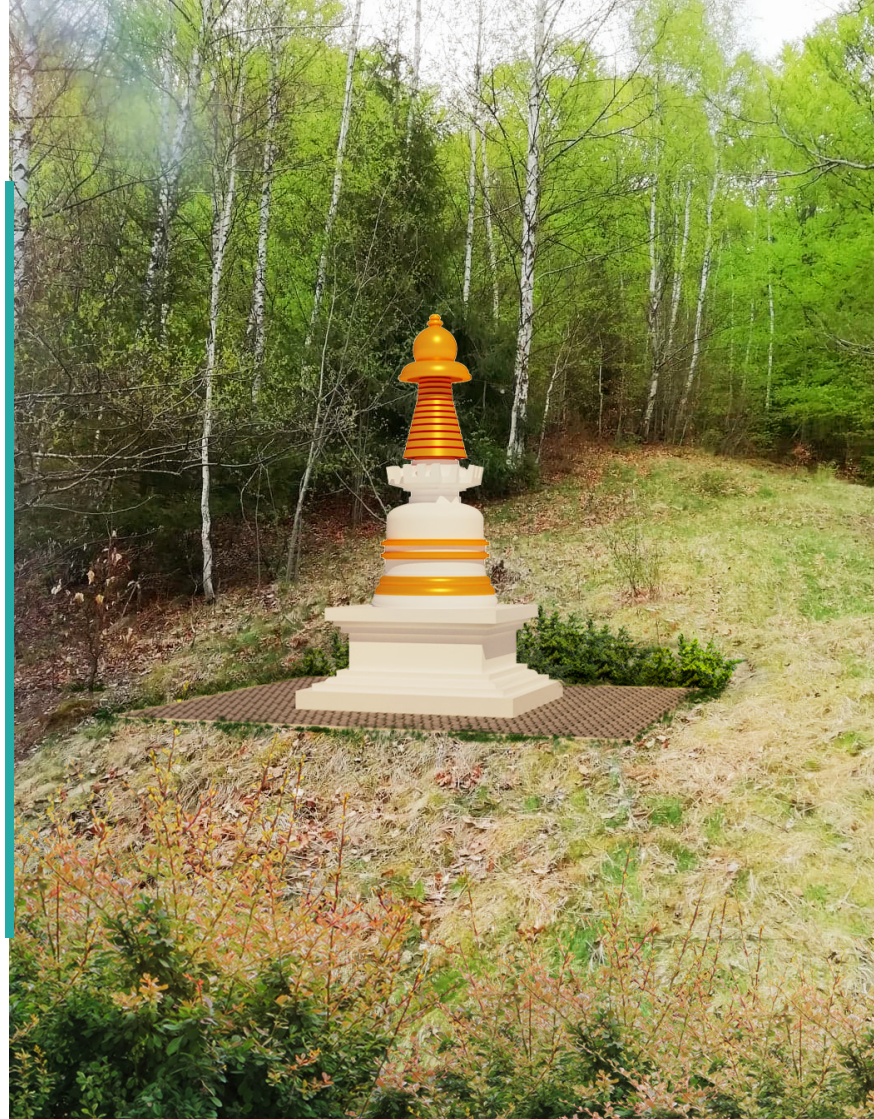
- Study programs: Buddhism in a Nutshell, Discovering Buddhism
- Retreats for intensive spiritual practice
- A publishing/translation project
- Development of alternative ethical learning and concepts of living
- Joint projects with universities, schools and kindergartens
- Dialogues between science and spirituality
- Social commitment, neighbourly help
- Promotion of art and culture
- Holistic forms of therapy and living
- Yoga, Mindfulness & Tai Chi seminars
- Children and adult camps
- Promotion of vegetarian & vegan eating
- Animal care programs



II. LAND OF THE WHITE STUPA

our project for a Retreat Center

Building a Retreat Center was the initial plan we had for providing a Dharma education in Romania. We started with developing a City Center first and we feel the time is now ready for implementing our initial idea as Buddhism proved its usefulness in nowadays Romania and other Dharma groups are slowly emerging.



Despite the fact that we're facing more uncertain times than ever, we feel that we need to deepen our vision as part of the efforts we make for offering an alternative to the societal and institutional pressures, the lack of freedom, the materialistic and individualistic tendencies more and more at work in our current times. A Retreat Center in the countryside offers a protected environment conducive to a spiritual way of life overcoming the limitations imposed by the city life. If you feel you share this vision, your help and involvement is much appreciated.



VISION

By promoting a holistic way of life, the LAND OF THE WHITE STUPA will offer ways for deepening spiritual practice and bring more peace, balance and happiness not only to our own minds, but also to our immediate environment and ultimately to all universal beings. It will offer a safe place/environment from which a culture of universal ethics, compassion and wisdom in the individual and the society can flourish and grow.



WHY?

- Because we need a way of life rooted in spirituality, ethics and nature
- Because we need to take responsibility in our own hands
- Because we ourselves need to create our own freedom

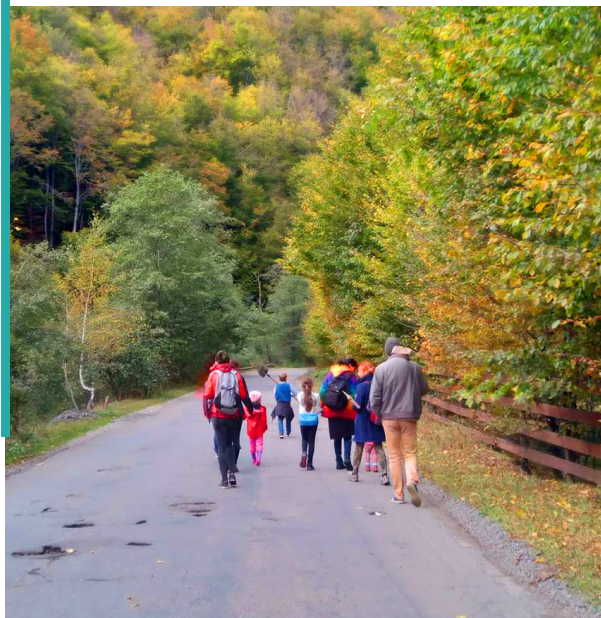


WHAT WE WILL BUILD

A Retreat Center in the countryside consisting of a Stupa and two Retreat cabins.

WHAT WE WILL ACTUALLY BUILD

- A community to belong to
- A protective environment conducive to spirituality
- A key resource for developing our Center and for promoting Buddhism in Romania



III. The current state of the project and what is still to be done

THINK BIG!

With the idea of "Think big" we follow Lama Yeshe and Lama Zopa Rinpoche's vast vision of offering access to Higher Education, creating Holy Objects for World Peace, Supporting Practice and Realizations and offering Social Services. We designed the LAND OF THE WHITE STUPA according to our ideas but taking into account the wishes of our teachers.

Our project consists of: building the first Stupa in Transilvania on a piece of land in Tranișu, Apuseni mountains. Two cabins will serve the Stupa as retreat facilities for our Center.

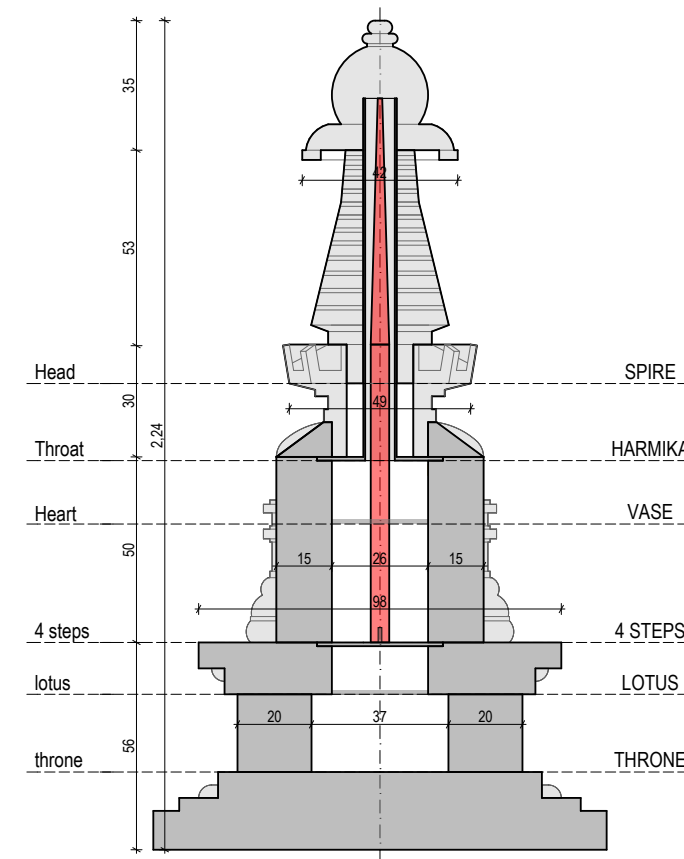


THE STUPA

Our spiritual director Lama Zopa Rinpoche advised us to build a Kadampa Stupa. The stupa will be 2,24m high and placed on the highest spot of the land “in order to purify the whole area due to the power of its ingredients and its blessings”.

As a sacred object, the Stupa will mark the land as a spiritual place, contributing to peace on Earth, creating positivity, fighting against diseases, spreading the Dharma, fulfilling Rinpoche’s vision and creating collective merit.

whitemahakala.ro/project/prima-stupa-din-transilvania



Building or sponsoring a stupa is a very powerful way to accumulate merit and purify negative karma. Holy objects bless the land and plant the seed for enlightenment. Every time beings see holy objects, their minds are purified. Just by seeing a statue of Buddha or a Stupa, you collect numberless merits. In addition, if you make offerings, you collect much, much more merit.

“The main purpose of building stupas is to make the lives of all beings, young and old, meaningful. Just by coming to a stupa place beings will receive an education in order to develop a good heart, compassion and loving kindness, tolerance, patience – all these most precious human qualities of the mind. And inspiration! This is about peace – for the individual beings who come to see it, for the whole country, and for the entire world – for all sentient beings. I see the creation of stupas as being of incalculable benefit for countless sentient beings, especially for their mind streams. If one transforms or develops the mind, then all problems and suffering are transformed or ceased, because the mind is the creator of all one’s happiness and suffering.”

Lama Zopa Rinpoche



COSTS

- The total costs are 6000 € including the creation of its ingredients, the organized visits of teachers & stupa builders and the consecration ceremonies

TIMEFRAME

- Creating the ingredients: until April 2021
- Building site and consecration: May – June 2021

RESULTS SO FAR

- 5000 € raised from 60 donors, grants from the FPMT & Center’s contribution
- 14 people involved in creating the ingredients: rolling mantras, making tsa tsas etc. This work is guided by Stupa Onlus Italy with many thanks to Rosario Rizzi: www.stupa-onlus.org

STILL TO BE DONE

- Raising 1000 € more
- Creating the needed ingredients: mantra rolls, tsa tsas & building the stupa

THE RETREAT CABINS

- The land is 80 km away from Cluj-Napoca and Oradea, bordering the Natural park of the Apuseni Mountains. It's easily accessible by car and 10 km away from the nearest train station
- The cabins were designed taking into consideration Feng Shui principles and the surrounding landscape. In order to provide the needed protection and privacy, the Stupa will be placed on the highest part of the land facing the entrance door of the main cabin and the land enclosed
- The Big Cabin has a 45 seats meditation hall & rooms for accommodating 30 people and the Small Cabin will serve teachers and carers

whitemahakala.ro/project/centru-de-retragere-in-muntii-apuseni



COSTS

- The total costs for the cabins is 110 000 €

TIMEFRAME

We are considering 2 construction phases:

- Phase 1 – 2020 – 2022: Building the Small Cabin
- Phase 2 – 2022 – 2025: Building the Big Cabin

RESULTS SO FAR

- Buildings were designed and the Construction Permit obtained in February 2020
(it has a validity of maximum of 5 years starting with March 2020)

STILL TO BE DONE

- Raising 110 000 € more
- Phasing & building the two cabins



IV. How to get involved

ACTIVE PARTICIPATION

- Join our team and be an organizer, advertiser or fundraiser
- Engage in the construction work

FINANCIAL DONATIONS

- Consider making a one-off donation or a monthly amount via our fundraising page
- Join our MALA-OF MERIT as one of the 108 supporters of our project. The entry point in the Mala is 1 donation unit = 10 €. The order of the mala beads is established by the number of donated units. Pledge a donation of 108 units (large mala) or 21 units (small mala) over 1-5 years.
- You can donate online directly on our website by following the link below. Please specify the purpose of your donation in the details of your payment.

whitemahakala.ro/implicare/doneaza



SPREAD THE WORD

- Make this new vision known to as many people as possible by passing on this document and giving them the information

MAKE MERIT

- Help us accumulate 300 000 Tara Mantras

(RECITE TARA'S MANTRA: OM TARE TUTTARE TURE SVAHA)

- Join us for our monthly Tara Puja, and recite the mantra and praises together!

🔗 Register here: <https://forms.gle/Cjy2kizjakd45G16>

- Help us accumulate 200 000 Medicine Buddha Mantras (RECITE: TA YA TA / OM BEKANZAY BEKANZAY MAHA BEKANZAY BEKANZAY / RADZA SAMUDGATAY SOHA)

🔗 Register here: <https://forms.gle/2Trn594KpxouzoNA>

- Join us for our monthly Medicine Buddha Puja and recite the mantra together!

- Help us accumulate 100 000 White Mahakala Mantras

(RECITE: OM GURU MAHAKALA HARI NI SA SIDDHI DZA)

🔗 Register here: <https://forms.gle/A6P4WRa4n48BkUMD8>

- Help us create the needed ingredients for the stupa (25 000 mantra rolls & 200 tsa tsas)

- After reciting the mantras and creating the holy objects please
DEDICATE: „May I become enlightened for all sentient beings,
and may CBWM soon build the Stupa and the Retreat Center.”



V. Benefits of making our vision a reality

- You'll be helping support the work of HH Dalai Lama, Lama Zopa Rinpoche, FPMT and Mahayana Buddhism throughout Cluj and Romania
- By helping us find a new home, you'll be creating skies of good karma which in turn brings happiness and success on your own path



ALL DONORS

will receive a stupa postcard

1 UNIT DONORS (10€)

receive a donation certificate and join the Mala of Merit

2 UNIT DONORS (20€)

receive an extra booklet with teachings of Ven. Robina Courtin

4 UNIT DONORS (40€)

receive an extra Tara, Chenrezig, Namgyalma, or Maytreya TsaTsa

21 UNIT DONORS (SMALL MALA)

will receive an extra blessed mala

108 UNIT DONORS (BIG MALA)

will receive an extra blessed Small Kadampa Stupa

DHARMA SUPPORTERS

RAFTER SUPPORTER

By donating 500 € or more you sponsor a rafter and your name can be engraved on it

PILLAR SUPPORTER

By donating 1000 € or more you sponsor a pillar and your name can be engraved on it

BEAM SUPPORTER

By donating 2000 € or more you sponsor a beam and your name can be engraved on it

FOUNDATION STONE DONOR

By donating 5000 € or more will receive life-time free access to our classes and their names engraved on the FOUNDATION of the building.

More information about our project and the ways you can help:

whitemahakala.ro/implicare/proiecte



VI. TESTIMONIALS

about the CBWM Center



RUXANDRA CRISTEA

participant

"The Buddhist Center White Mahakala Cluj is a stepping stone in the path to the search of humanity. Is a reaffirmation and a growth of the true values."



ANCA BOC

organizer

"A reminder that we are connected with those around us, that we have the same sufferings and we want to put an end to them... a family that accepts itself as it is. A support for access to quality information."



CRISTINA URS

facilitator

"I see the future Retreat Center as a place close to Cluj where I can participate at retreats (for one or two weeks) without travelling thousands of kilometers in order to join this kind of programs/events. In this place I would like to practice meditation in group, to study the buddhist philosophy and to have the opportunity to share the knowledge with other people."



ANAMARIA TATU

participant

"My first contact with Buddhism was in January 2020 when I first went to the Buddhist Center in Cluj. I am really glad I did so... I discovered a couple of essential ideas, concepts and 'life philosophies' to be integrated in my day by day life. So simple and so revealing..."



DOINA GRIGORAS

Compassion Wisdom Flower FPMT Study Group
projects coordinator, Bucharest

"For me retreats are very important because I know time spent with your own mind is essential, and that should be done in a safe environment, with people that you feel comfortable with, so that you can internalize certain processes of the mind. For me, retreat centers act like community centers, allowing members to be themselves or manifest behaviors and actions that they would otherwise fear or be reluctant to manifest. Moreover, they often set an example of healthy living in all respects. I am grateful and delighted this project is taking shape in Romania and I intend to be one of its greatest supporters... "



MARIUS MICU

Group Coordinator of CBWM FPMT Study
Group, Cluj-Napoca

"The Stupa is a monument representing peace, harmony, and love. It symbolises the essence of the five elements and the qualities of the awakened mind with its unlimited compassion and most profound wisdom. It contains numerous texts of buddhist teachings and prayers, and it is built to help maintain world peace. The stupa on the grounds of the Center of White Mahakala Study Group will promote outer balance, inner peace, and all encompassing love. Our main aim is to build the first Stupa in Transylvania together with nearby retreat facilities. This will be a place for promoting harmony, peace and spiritual activities, bringing great benefits to many sentient beings and to those who are able to contribute in any way to its construction."



DR. ANNE PLESUVESECU

Compassion Wisdom Flower FPMT
Study Group coordinator, Bucharest

"The project developed by our colleagues in Cluj is overwhelmingly beautiful and we are thrilled to be able to support it and actively contribute to its coming to fruition. For me, on a personal level, a retreat is an excellent space where one can develop hers/his mind and where I have no excuse for not practicing every day. Just as well, it means time spent with myself in order to become a better human being, more understanding and compassionate with the human beings around me."



"The greatest problems of humanity are psychological, not material. From birth to death, people are continually under the control of their mental sufferings."

Lama Zopa
Rinpoche



"Be wise. Treat yourself, your mind, sympathetically, with loving kindness. If you are gentle with yourself, you will become gentle with others."

Lama Thubten
Yeshe



"Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. From the least to the most important event, the affection and respect of others are vital for our happiness."

His Holiness the
Dalai Lama

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