

The Royal Academy
Weekly Newsletter

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Through the lens of 108

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108 Learning Cycle

Editorial Team

The 108 cycle is very important, not only to us as students. 108 learning experiences provide enough time to have learned more than before and is frequent enough to display what we have learned. We can also choose the medium through which we show our knowledge. The 108 cycle review creates a platform for us, the students to show to everyone what we learned in 108 learning experiences. Therefore it is a very important review of ourselves. The number 108 means a lot to us as Buddhists. 108 temples were built by Songtshen Gampo in one night to subdue a demon. Astronomically, there are 27 constellations in our galaxy with four directions each which results in 108. In Sanskrit there are 54 letters each comprising of a masculine energy (Shiva) and a feminine energy (Shakti). Therefore 54×2 is 108. The diameter of the Sun is 108 times more than the Earth. The rosaries that we use for our prayers have 108 beads with one bead to indicate the start and end of the prayer and is not included in the 108 beads.

Our team thanks Mister Tsbering Nidup for his inputs on the 108 cycle review

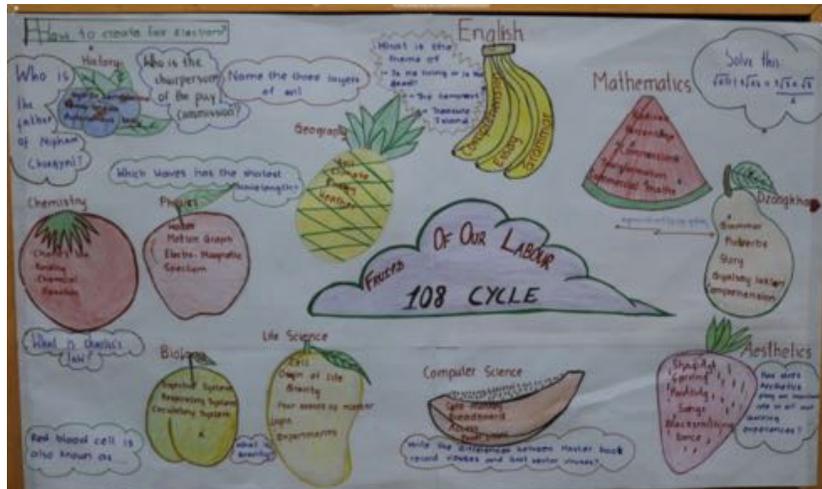
Here are a few examples of our expressions

Mr.Penjor's mentees



“Man versus nature”

-Madam Eugenie Sitling's mentees



“Our fruits of labour”

-Mr. Nima Tshering's mentees



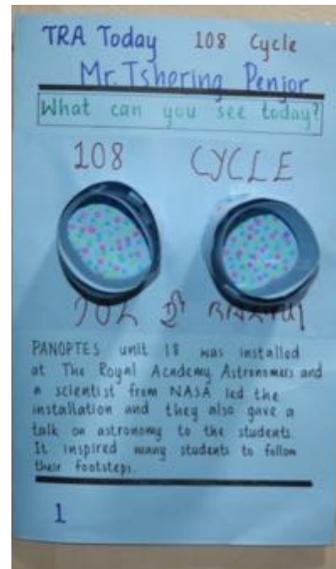
“Relation between digestive system and other domain areas”

-Madam Rema Vishwanath



“The PANOPTES is related to all five areas of development”

-Mr. Tshering Penjor



“Education is crucial”

Football

Sonam Chogyal & Jimi Pfinso (Grade IX)



Last Thursday the semi-final matchup between Mr. Tshering Penjor and Mr. Karma Samten's team took place. The two teams looked evenly matched. Mr. Karma Samten's team consisted of players like Mr. Sonam Peljor, Pem Tshering, Ugyen Tshering(P), Sangay Rinchen, Pema Rigzin, Pema Rinchen and Kinzang Dorji. Mr. Tshering Penjor's team consisted of Shacha, Susan, Jimi Pfinso, Tshendu Dorji, Doctor Wagner and Kunzang Thinley.

The match was very interesting. At the beginning of the match, Sangay Rinchen who was on Mr. Karma Samten and Mr. Sonam Peljor's team scored the first goal, within one minute with his powerful missile of a shot. Mr. Tshering Penjor's team was unlucky as Tshendu Dorji scored a dreadful own goal. After the third goal was scored by Mr. Karma Samten, Mr. Karma Tenzin the referee blew the whistle for half time. Still Mr. Tshering Penjor's team was not able to score a goal, but they were as brave as lions as they were trying their best.



In the second half, the score was already 3-0 and Mr. Tshering Penjor's team were slowly getting frustrated with themselves. Shacha scored an exquisite early goal in the beginning of the second half. The time ticked on, suddenly out of nowhere a crucial interception was made by Mr. Sonam Peljor and he took the ball and with a deadly body feint stunned Kunzang Thinley (the goal keeper) and scored the goal of the match.

We think that the referee did well and was fair to both teams and they were doing their best to be fair to both teams. At the end of the game all the players were satisfied with themselves as they gave 100% in the match. Tshewang Dorji, the key element of their team was absent, which was a major factor to Mr. Tshering Penjor's team losing the match.



Mr Powo Choying Dorji

Editorial Team



Q1 We have heard that you are an attendant of Dzongsar Jamyang Khyentse Rinpoche, how did you meet Dzongsar Jamyang Khyentse Rinpoche? Could you tell about his influence on you?

I met Rinpoche at the age of 9. He asked me about my ambition and I told him that I don't have one. So Rinpoche asked me, "Would you like to work for me?" I said, "Sure, why not" without giving it much thought or importance. On September 22, 2006, after my graduation, I got a mail from Rinpoche telling me to come to Bhir. I was reluctant at first but my parents kept on insisting saying that he is the Rinpoche. They said "Try for one month at least, since you have given your word." I told my parents that I would go if only they give me SLR camera and they did. One month became one year and I am still with him. Everything I am is because of him. From then on, I worked for the Rinpoche and what I am now is a reflection of his efforts. I became a film producer, writer, photographer and I got interested in Buddhist philosophy all because of him.

Q2 What kind of lifestyle do you prefer to have? Are you satisfied with your current lifestyle? What type of a lifestyle should we live?

I am satisfied with my current lifestyle. I have got two children. I am passionate and involved in my work. We need to understand that we should be content with whatever we are doing . Therefore, one should lead a life where there is presence of “Heart of contentment and mind of acceptance.”

Q3 We heard that you believe that everyone needs to have a spiritual belief of any sort to lead them and that you see the world through the lens of spirituality. As a photographer you view life through the lens of a camera. Which lens do you identify with and how do you identify with the lens ?

I believe in spirituality and it is not because I am a Buddhist. Across all the religions that I know of , there is none that teach people to do bad deeds. It is just misunderstandings that causes conflicts between people that believe in different religions. Once people see an ‘Us’ and ‘Them’ there is a difference and it causes problems. Which is why belief is so important. I am a photographer but I like to identify as a storyteller. All of my photos tell a story and my spiritual life is not separate from my personal life. They blend together.

Q4 You published a book of Master Xuanzang’s Journey to India, a Chinese Buddhist monk, scholar and traveller. Why were you intrigued by Master Xuanzang and why did you decide to publish a book about his journey to India ?

We take things for granted, we tend to forget our history which is very important for us. If we look at every religion we are able to see that they practise love and kindness, I have never seen any religion that tells us to practise hate towards one another. We are all humans who need love and kindness .What makes Buddhism different is that there is no such religious figure as a ‘god’. Buddha was just a human like everyone else and he was able to show us a way that even we too can reach enlightenment, he reached such a state in a human form. He was able to keep such a strong foundation and teach humans about the impermanence in life. What Master Xuanzang did was he recorded it, and he shared that strong base platform that Buddha has made for Buddhism. Otherwise people won’t know who Bhddha was .They might think he is from Africa just because he had big lips and curly hair.



Q5 In VICE magazine, (photo shown above) your photo of Dzongsar Jamyang Khyentse Rinpoche was chosen as one of the best photos of 2014. We read the poles being a doorway, the spiraling prayer flags and the Rinpoche with a camera. What was it that you wanted to show us with the picture ?

The photo actually has a story behind it. I am a storyteller telling my stories through photos, movies, and writing. At home in my house there was a body in the *Choesham* (altar) at home and when I asked my parents, they said it was Thugsey Dawa Gyeltshen and they always said he was our ancestor. They could not tell me anything more than that. On the mountain I asked Dzongsar Jamyang Khyentse Rinpoche if he knew about Thugsey Dawa Gyeltshen and he said that he was one of the sons of Terton Pema Lingpa. I said, “Am I his descendant ?” and he said “You are his great great great great great grandson”. Then learning about Terton Pema Lingpa became a more personal goal for me. Coming back to the picture, Dzongsar Jamyang Khyentse Rinpoche is a playful personality. In the photo you can see him filled with joy and it just feels so good. That is what I wanted to show in the photo.

Student Speak

Anonymous

“What should we do if we are not included or if we feel alienated in a group?”

“If this feeling arises, then that means you are not a productive person in the group.”

“But what if I am contributing a lot to the group?”

“Then you should not think negative thoughts which will lower your energy like alienation etc and just let it be.”

We want to publish your work!

Please deliver or email submissions to the Editing Team by Thursday evening at 5pm: Rema Vishwanath (rema.vishwanath@academy.bt), Sangay Choden D. (sangay.chodend2016@academy.bt), Jamyang Ugyen Tshomo (jamyang.utsbomo2016@academy.bt), Nendra Namgyel Wangchuk (nendra.nwangchuk2016@academy.bt), Jimmy Pelbar (jimmy.pelbar@academy.bt).