

Tusita

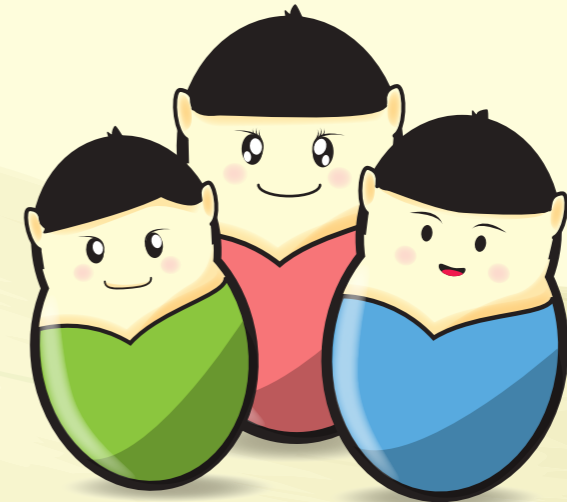
FOUNDATION
兜率天基金会

普度苦难，献出真惠
LIBERATE SUFFERING AND SHOWER TRUE WELFARE



一个为弱势，不幸群体
及周边社区而设的福利计划

*A welfare project for the despondent
the disadvantaged and their
surrounding community*



BACKGROUND

On July 26, 2014, Tusita Youth group organized a visit to Cheshire Home, a Catholic-nun-led physically challenged home. The experience touched the heart strings of Venerable Mangala, making him recall a long embedded vow not to forget the needy should the opportunity to help arise. Thus is Tusita Foundation born—a project to bring warmth and sunshine into the hearts of the despondent, the disadvantaged and their surrounding community.

See Appendix A for the full story.

TUSITA FOUNDATION

Malaysia Dhamma Society initiates the establishment of Tusita Foundation. This foundation is conceived in the hopes of

- helping the despondent come to peaceful acceptance of their situation and find the silver lining in every moment of their life.
- helping the disadvantaged help themselves and inspire others, and equally important.
- nurturing a caring society starting from its volunteers.

MALAYSIA DHAMMA SOCIETY

Malaysia Dhamma Society currently oversees Tusita Hermitage, a Buddhist Theravadian meditation centre established in July 2008. Malaysia Dhamma Society started in 1997 as Kuching Bhagavan Buddhist Society (KBBS). The congregation now has more than thirty monks and nuns while visiting meditators number twenty to fifty on average.

See Appendix B for the organization structure.

TUSITA VILLAGE

Tusita Foundation will be physically established as Tusita village, envisioned to eventually cover an area of 80 acres of land surrounding the current Tusita Hermitage meditation centre. Besides buildings to house and train the disadvantaged, we hope the village will eventually contain sports and recreational facilities open for public use and able to support aspiring Paralympics athletes.

See Appendix C for an impression map of the village.

TUSITA HERMITAGE

Tusita Hermitage is located at the outskirts of Matang, a short 30 minutes' drive from the Kuching Airport in Sarawak, Malaysia. It currently houses a male meditation hall (Tusita 2), a female meditation hall (Tusita 1) and a youth activity center (Tusita 3).

VISION, MISSION AND VALUES

VISION

We want to see

1. Disadvantaged people and volunteers inspire and lead others by their examples, accomplishment and works, presenting the possibilities in life.
2. The disadvantaged help others in the same predicament and make contributions to the society at large.
3. The despondent find solace in a peaceful sanctuary. [*The goal must be clear: The best possible end-of-life experience for the dying and their families.*]
4. Stakeholders* coexist with patience and joy in a harmonious, respectful environment.
5. A team of compassionate volunteers steep in spiritual qualities / the Dhamma.

MISSION

We work to achieve this vision by making it our mission to

1. Discover and develop the potential of the disadvantaged.
2. Equip the disadvantaged with customized resources that can help increase their competency in providing services to all stakeholders.
3. Equip the despondent with emotional support to manage their sense of helplessness.
4. Provide a peaceful living environment where occupants and visitors conduct themselves, at a minimum, according to the principles of non-killing, non-stealing, celibacy, truthfulness and non-substance abuse while in residency.
5. Inculcate the virtues of kind-heartedness, sincerity, compassion and selflessness in volunteers while serving.

VALUES

We are committed to

1. Social harmony - through manifestation of the noble qualities of love and compassion which transcend the superficial differences of ethnic, religion and fortune. We will help the disadvantaged and despondent regardless of these differences.
2. Conquer human weaknesses and rekindle faith in human goodness - through the promotion of selfless love, true generosity and humanity. We will overcome selfishness and cruelty by giving everyone a chance to sincerely serve others.
3. Environment preservation- to incur minimal environmental impact when undertaking area development

* *Stakeholders: The physically challenged, the aged, near-death patients and their family members, the supporting community (volunteers and welfare service workers), organization partners and the surrounding local community are considered stakeholders of the project.*

STRATEGY

This project will be executed in chapters.

- Chapter 1 involves the setup of a development centre for the physically challenged. We will start from a small group with minor disabilities to be expanded to integrate those more severely debilitated.
- Chapter 2 will cater to the sick with a death-bed hospice providing care for the most severely sick patients and helping them emotionally through to their very last moments.
- Chapter 3 is aimed at expanding the current capacity to accommodate the aged.
- Chapter 4 will focus on at-risk youths and orphans.

ORGANIZATIONAL/LEGAL

Establishment of the Tusita Foundation under the initiative of Malaysia Dhamma Society (MDS)

MDS support towards Tusita Foundation is expected to be approved by the MDS Extraordinary General Meeting on 23 November 2014 and will be submitted to the Registrar of Company for approval.

The Tusita Foundation Board of Directors and organization structure is expected to be finalised by 1 January 2015.

FOUNDATIONAL

Kick off meeting in Nepal

The kick off meeting is intended for all interested parties including committee members, potential volunteers (both working locally and from abroad) and fundraisers. Strategic milestones are to be set at the meeting. Details are as below:

- Date: 13-16 December 2014
- Location: Annapurna Base Camp (ABC)
- Eligibility: 18 years old and above, tolerant of cold and high altitude, regardless of nationality, passionate about and dedicated in helping others.

DEVELOPMENTAL/OPERATIONAL

Chapter 1 - For the Physically Challenged



We seek to support the development of the physically challenged

- In the areas of: education, arts and craft, technical skills, entrepreneurship and sports.
- By means of: training, exposure, providing equipment and facilities.
- Allowing them to exhibit their talents through: public speaking, artistic pieces, performances, music, online businesses and sports competition.



TRAINING

Until the physically challenged are able to train themselves, they will undergo training/courses conducted either by hired or voluntary professionals in their field of expertise. We are looking forward to partnerships with other physically challenged centres who may have trained personnel willing to share their experiences.



EXPOSURE

Where circumstances permit, the physically challenged may have the opportunity to participate in exchange programmes with overseas physically challenged centres for more suitable training facilities/ specialised training programs and exposure.



EQUIPMENT

To enable the disabled, available everyday equipment may be modified by volunteers or capable/interested physically challenged people. These may be for individual use or in-cooperation with people of different [dis]abilities. For example, a chopping board modified for use by an arm-amputee or a belt created to make it possible for someone without arms to work with a wheelchair-bound person to mop the floor.

Besides equipping the physiotherapy room with western medical equipment, alternative traditional therapy methods may also be employed for the benefit of the physically challenged.



FACILITIES

The development centre will be wheelchair accessible. The second floor is reserved mainly for the service community with a gathering hall that is partitionable for various classes. The physically challenged may use this larger gathering hall as and when the need arises. The first floor will be where the physically challenged perform most of their daily activities.

See Appendix D for an impression of the development centre's layout.



Chapter 2- For the Sick

The need for high quality hospice care is severely lacking in Malaysia. We seek to support the sick physically and emotionally through physical and verbal interaction including counselling and therapy, medical resources, equipment and facilities and professional nursing care.

PHYSICAL AND VERBAL INTERACTION INCLUDING COUNSELLING AND THERAPY

Understanding that there is little we can do in terms of patients' condition, we want to keep patients in the best of emotional states and give them a dignified death. Where patients are undergoing depression or wish to consult in decision-making, we wish to have voluntary professional counsellors at hand to help.

MEDICAL RESOURCES, EQUIPMENT AND FACILITIES

We seek to provide reasonable medical support to ensure that they experience the least amount of pains possible given the circumstance.

PROFESSIONAL NURSING CARE

Qualified professional nurses will be employed for the care of the patients.

Chapters 3 & 4 - For the Aged, At-Risk Youths and Orphans

Tusita Hermitage currently has four elderly staying in. Chapter 3 is the extension of our available experience to help the aged on a larger scale in this Project.

Chapter 4 on at-risk youths and orphans will require more research with regards the target group before any plans for the executional stages can be performed.

FUNDRAISING

Chapter 1- For the Physically Challenged

Adopt-A-Home Programme

Plans are underway for a number of homes to be made available for adoption by individuals or corporates. Homes are allocated for use by the physically challenged on exchange programmes and visiting volunteers. Any person (including adoptees) providing some form of voluntary service to the development centre is considered a visiting volunteer.



- Adopt a Visiting Home for the Service Community
- Adopt a Resident Home for the Family of the Physically Challenged

According to the wishes of the adoptee, these homes may be designated as Visiting Homes or Resident Homes. Visiting Homes will remain open to the respective adoptee and their family, friends or staff at any time that they choose to serve and require temporary accommodation unless special circumstances do not permit. Resident Homes remain as Visiting Homes until converted into a permanent home for physically challenged persons with dependents should the need arise. In any case, adoptees of Resident Homes can still stay at any other available Visiting Homes or accommodation.

Funds from this programme will be channelled to finance land acquisition and building construction.

Lease of Facilities

When not in use by the physically challenged or its supporting community, halls and classrooms can be made available for presentations, meetings, exhibitions, team-building and training sessions on a one-off-basis by corporates or corporate adoptees. Applications are subject to approval in consideration of ensuring a comfortable living environment for occupants of the development centre. Accommodations are not for lease but may be freely available to participants as visiting volunteers. We encourage any lessee requiring accommodation to incorporate an element of voluntary service into their programme. Catering service is available at request but we suggest a dine-in and get-to-know session with the physically challenged.

Funds from this programme will go to finance the operation needs of the development centre.

Chapters 2, 3 and 4- For the Sick, the Aged, At-Risk Youths and Orphans

There are no specific fundraising plans for these chapters. The development centre will serve as a springboard for these chapters and are included here for the purposes of raising awareness.

The chapter for the physically challenged will be executed in three phases. Funds from the Adopt-A-Home Programme is expected to cover fully the cost incurred in Phase 1 and partially in Phase 2.

- Phase 1 will focus on fundraising, land acquisition, topographical survey, building plan and design.
 - Expected Funds from Adopt-A-Home Programme: RM 8 million
 - Estimated Cost for Phase 1 (Chapter 1): RM 5.5 million
- Phase 2 will see to construction works, employment of social workers and the first intake of residents.
 - Estimated Cost for Phase 2 (Chapter 1): RM 3.5 million
- Phase 3 will be intake of additional residents.
 - Estimated Cost for Phase 3 (Chapter 1): RM 2.5 million

* See Appendix E for details.

There are no detailed cost estimation for subsequent chapters but we anticipate Phase 1 of Chapter 2 (for the sick) and Chapter 3 (for the aged) to start in tandem with Phase 3 of Chapter 1.

- Estimated Cost for Phase 1 (Chapter 2): RM 8 million
- Estimated Cost for Phase 1 (Chapter 3): RM 6 million

The estimated total cost for Tusita Foundation up to Phase 1 of Chapter 3 stands at RM 25.5 million.

HOW CAN YOU PARTICIPATE TO HELP THE PHYSICALLY CHALLENGED?

VOLUNTOURISM

Come for a wholesome holiday as an individual family or a corporate.



We promote simple living. Service volunteers can choose to stay on the first floor bedrooms of the development centre or the Visiting Homes as available. We encourage you to Adopt-A-Home in Tusita village. There are no televisions but everyone can have some good, old fun with some borrowed board games.

Every breakfast and lunch is potluck style at the meditation centre. You can choose to bring a dish and share your culinary skills there. Besides the large variety of fruits brought in by generous local donors, you may have the chance to taste the occasional exotic fruit that they bring. There are durian trees on the Tusita Hermitage grounds, so they come in abundantly at lunch when these fruits are in season. There is always some assortment of home-grown organic fruits and vegetables. Or join in the cooking and then have your meal with the physically challenged while helping to feed them.



Be close to nature again!
Breathe in the fresh air of Tusita village



Stare at starry open night sky.



Stroll at nearby plantations. There are plenty of hiking trails to explore in the surrounding area.



Bird watching and photography amateurs will delight in the varieties of semi-wildlife creatures lurking around. There are animal release activities on most Sundays either within the Tusita Hermitage grounds or in the nearby rivers. These creatures about to be turned into food or traditional medicine are saved from the brinks of death when our volunteer scouts the market and buys them off weekly.



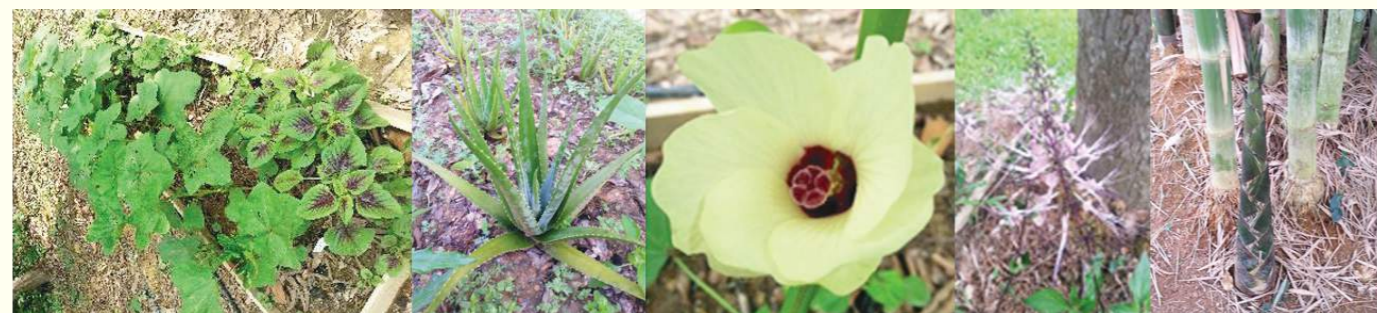
Watch the koi fishes swimming leisurely in their ponds. If you see a tiny twinkling, blinking, floating light at night, you have stumbled upon a firefly dancing in the dark. Stick insects are a common sight. A variety of bird calls can be heard at different hours of the day. Let the symphony of crickets lull you to sleep.



Borrow a bicycle and ride off to nearby Matang Falls. You can take a dip there and enjoy a picnic before making your trip back. Or make a short excursion to hike Mount Gading, an hour's drive away.



Get your hands dirty with some gardening or fruit harvesting. If you have green fingers, this is probably where you would like to help out most. The technically-inclined can give a hand at modifying/repairing equipment for the physically challenged or participate suitably in any ongoing building works. Share your knowledge and expertise with a physically challenged person of the same passion, be it art, design, language or music.



There are also annual gatherings and outings. Help care for the physically challenged and bring them along for Tusita Hermitage's beach meetings, movie outings, youth campfire nights, mooncake festival celebration or work-out workshops. You may choose to time your visit with these activities and have fun while volunteering.

CORPORATE

Hold a 3-days-2-night team-bonding cum training/meeting session. Be it a six sigma training, teambuilding session, personality assessment review or safety and technical courses, consider giving interested physically challenged persons a chance to participate.

If your company would like to sponsor products that can be useful to the physically challenged or the development, give us a call.

THE PHYSICALLY CHALLENGED

Come forward if you have any ideas on how to develop yourself in any area of interest or enhance further your area of expertise. We will see how we can help you and/or others like you. All the better if you already have the knowledge/ qualification and would like to help others. If you are into teaching or the arts but lack the space to hold classes/courses and exhibitions, discuss with us and we may be able to provide you a suitable venue. If you already own a business, come visit us and drop a name card, we would like to connect you to other physically challenged persons and possibly collaborate on special works.

Where possible, we give priority to the employment of the physically challenged and sole breadwinner of families with a physically challenged member as welfare service workers. If you are physically challenged and the sole breadwinner with dependents, see if there are any Resident Homes available and you may be able to live with us.

OTHER PHYSICALLY CHALLENGED CENTRES

Lend us a hand by sharing your experiences and know-how with us. If you have any extraneous equipment or vehicle, we would be happy to consider them for our use. If there are people willing and able to help train other physically challenged persons, please connect us to them. If you are interested to be part of the international exchange programme, we are happy to explore the options with you.

CONTACT US

You are most welcome to tell us how you would like to participate or can contribute in this project. If you would like further information, please feel free to contact us.

Contact Person : Ms Chan Tyng Tyng
Mobile : +6016-7723 889
E-mail : tusitafoundation@gmail.com
Subject : **with the Subject header: Tusita Foundation**
Website : www.tusitainternational.net

In terms of contributions and donations to Tusita Foundation, below are the various ways of contributions methods:

1. Filling up Sayang Foundation donation pledge form. The pledge amount will only be submitted to Sayang Foundation after its formal establishment.

Contact Person : Cindy Winnie Tan
Mobile : +6011-3186 3282
E-mail : tusitafoundation@gmail.com
Subject : **with the Subject header : Tusita Foundation - Commitment**
Website : www.tusitainternational.net

2. Cash or Cheque donations

Contact Person : Bong Tze Moi
Mobile : +6012-886 7353
E-mail : tusitafoundation@gmail.com
Subject : **with the Subject header : Tusita Foundation - Cash and cheque**
Website : www.tusitainternational.net

Appendix (A)- Full story on how Tusita Foundation started

The memory of my visit to Cheshire Home last Saturday appears in my mind. However, there's no tears this time. It only triggers off the aspiration that has been embedded in my heart 28 years ago.

I was 18 years old then. It was my first time leading a Buddhist youth group from the Malacca Buddhist Fellowship to visit a special needs centre at Tanjong Bidara, Malacca. The image of the children's deformity and disfigured limbs and bodies made my heart bleed. For several times, I had to fight back tears when we went up to hold these children's hand and interact with them. Most of the residents in this centre were bedridden and only a handful of them were on wheelchair. However, we could still see joy in some of these children's faces when they came to welcome us.

Two hours later, when it's time to say goodbye and the look of unwillingness to part with us spread across their faces, I heard an inner voice within me said "Giin Jou, don't forget these children. You must do something for them!"

I visited them another time with my friends but on my third visit, that place had been demolished. There were only debris left. No sign of those children at all.

Later, when I entered university I was busy with studies, relationship and activities and those kids never once crossed my mind again. After graduation, I became a Dhamma worker and subsequently ordained as a monk. Time flies, 28 years has passed me by. For the past 28 years, I have never set foot into another special needs centre. But during my wandering years as a monk in India, I often came across disabled people at the beach, in the city, on the streets and at train stations... Every time when I see them, a sense of desolation washed over me.

Until last Saturday...

Initially, I was really reluctant to visit Cheshire Home because after so many years, I could finally have my self-retreat but due to my promise to Tusita's Youth President, Tyng Tyng to visit the centre together with them this year, I eventually relented.

It has been a long time, my dear friend! Initially I felt a bit awkward because it has been a long time since I last interacted with special needs people. When I came face to face with a wheel chaired child, I patted on her shoulder lightly and just when I wanted to get closer to her, Bhante Buddharakkhita gently reminded me that : "Bhante, she's a girl!" "Ah", I exclaimed. When I look at her carefully, "Ah indeed, she is a girl!"

After my carelessness, I became more cautious.

I entered the male dormitory and socialised with the male residents.

The thing that shocked me the most was this 44 year old resident, who spoke fluently but looked anorexic. I was curious how he could decline to such a state. I found out that he was a healthy man until 25 years old and he was even once a construction worker. At 25 years old, he was suddenly inflicted by this dreadful muscular dystrophy disease, and his life changed dramatically.

He felt safe and contented staying here and he was well taken care of. I asked him whether he is lacking in anything, he answered no.

Finally, we gathered at the hall with those residents on wheel chaired and Tyng Tyng invited me to give them a brief talk.

Looking at them, I wasn't sure whether to speak in English, Mandarin or Bahasa Malaysia. Eventually, I settled to greet them with Bahasa Malaysia and converse with them in a mixture of English and Mandarin.

Cheshire Home accepts any special needs people regardless of their race and religion.

According to our host, Sister Phyllis, they welcome people from different religion to come and take care of them. She also said that Tzu Chi Foundation will visit them twice a year and donate funds and goods to them.

After hearing Sister Phyllis introduction and information on Cheshire Home, my inner voice once again appeared "Don't forget them!"

Looking at these needy children.... listening to the voice of the compassionate Sister.... recalling the aspiration I made 28 years ago , a wave of warmth swept over me.

Thank you! Thank you so much for reviving the humanity and altruistic strength in me.

People, especially capable people cannot just live for themselves!

Your little bit of time and love can alleviate the inner strength of those who are in hardship. What is such a small sacrifice?

"Sister, what is your role here?" I asked Sister Phyllis.

"Love, they need love," answered the Sister gently.

I'm touched...

What a magnanimous heart!

What a sacred responsibility!

Such a touching and sublime mission!

Her role is to show compassion!

"Our training is to accept any responsibilities given by our superior and to serve unconditionally," said the Sister. Through her conversation, I noticed that she has accepted her fate gracefully and there were no grievances at all.

She has been a Catholic nun for 14 years and after 9 years of training, she started serving.

A magnanimous and sacred heart emerged among those who are in hardship.

Those children who went to the Cheshire Home with me are too pampered. They come from very blessed families. Some distribute candies to the needy, some pushing their wheelchair, some even tried communicating with them. They all felt very awkward because it was their first time. Some even felt uneasy. Some children who are used to mixing around with healthy and active children only couldn't stand facing the unfortunate ones.

On the way back, I was contemplating.

Our Tusita Hermitage is lacking in the Dhamma of giving the children opportunity to serve the needy: Reach out and give your love to the needy. Care for them first.

The children understand what is 'loving kindness, compassion, joy and equanimity', they are familiar with the ten paramis. They know how to quote the dependent of origination! When facing people who are in hardship, they know how to show concern by giving candies and pushing their wheelchair: but when it comes to caring, they have no idea how to approach!

Education cannot be established like an Ivory Tower.

Education must be practical!

Dhamma should be practical and applicable!

When facing hardship, can we really let go of ourselves, our pride and ego to care for others? Our children's nature are very good and kind. What they need is a conducive environment for them to practice.

Bring the truth of life to our hermitage!

Those who lead a pampered life need people like you who lives in hardship to educate them on the realities of life: You are the reminder of suffering, and the source for love.

Bring the reality of life's suffering to the hermitage!

Let these children in the Dhamma who are practicing the path cultivate their compassion and loving kindness in an environment that is filled with true affliction.

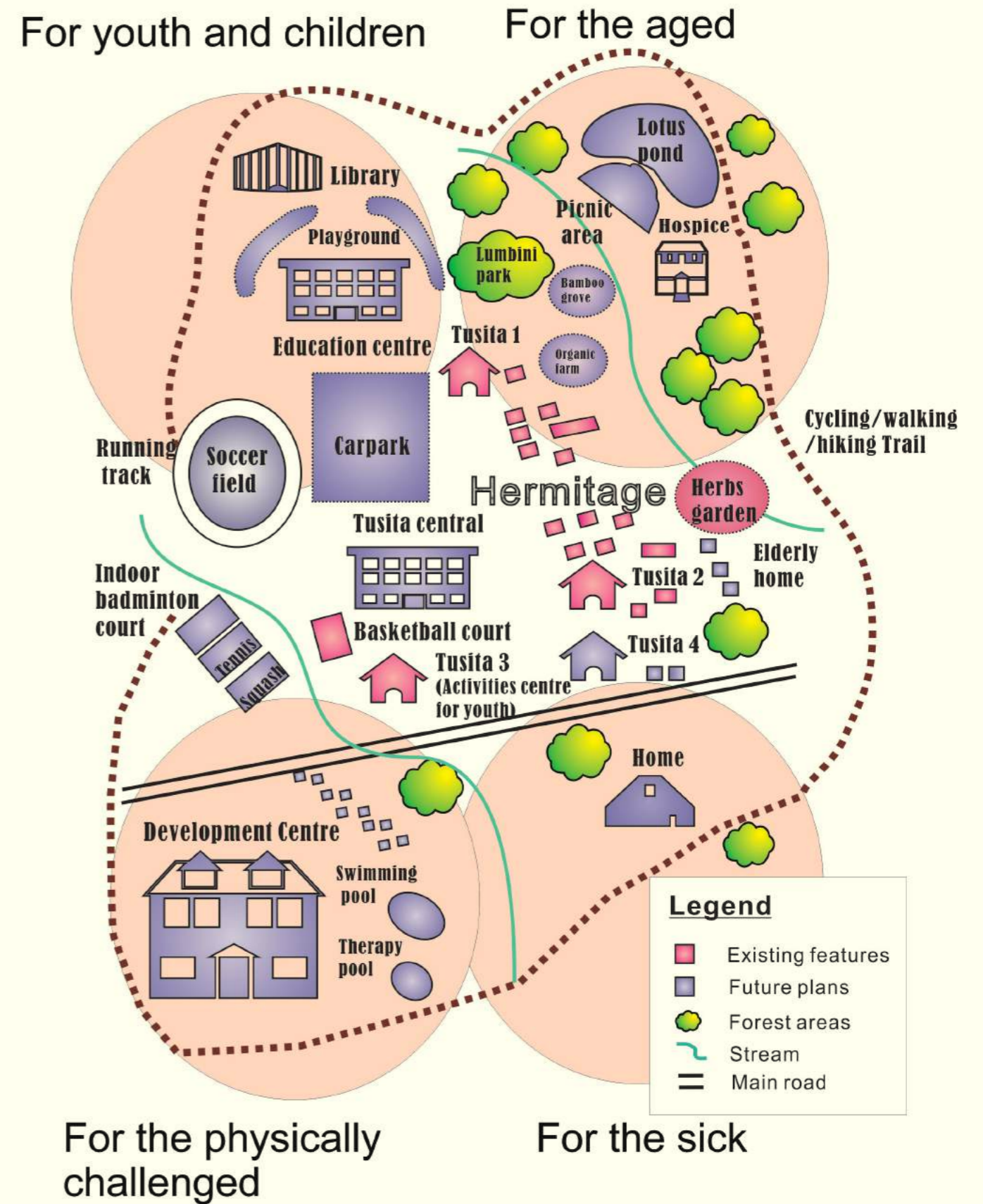
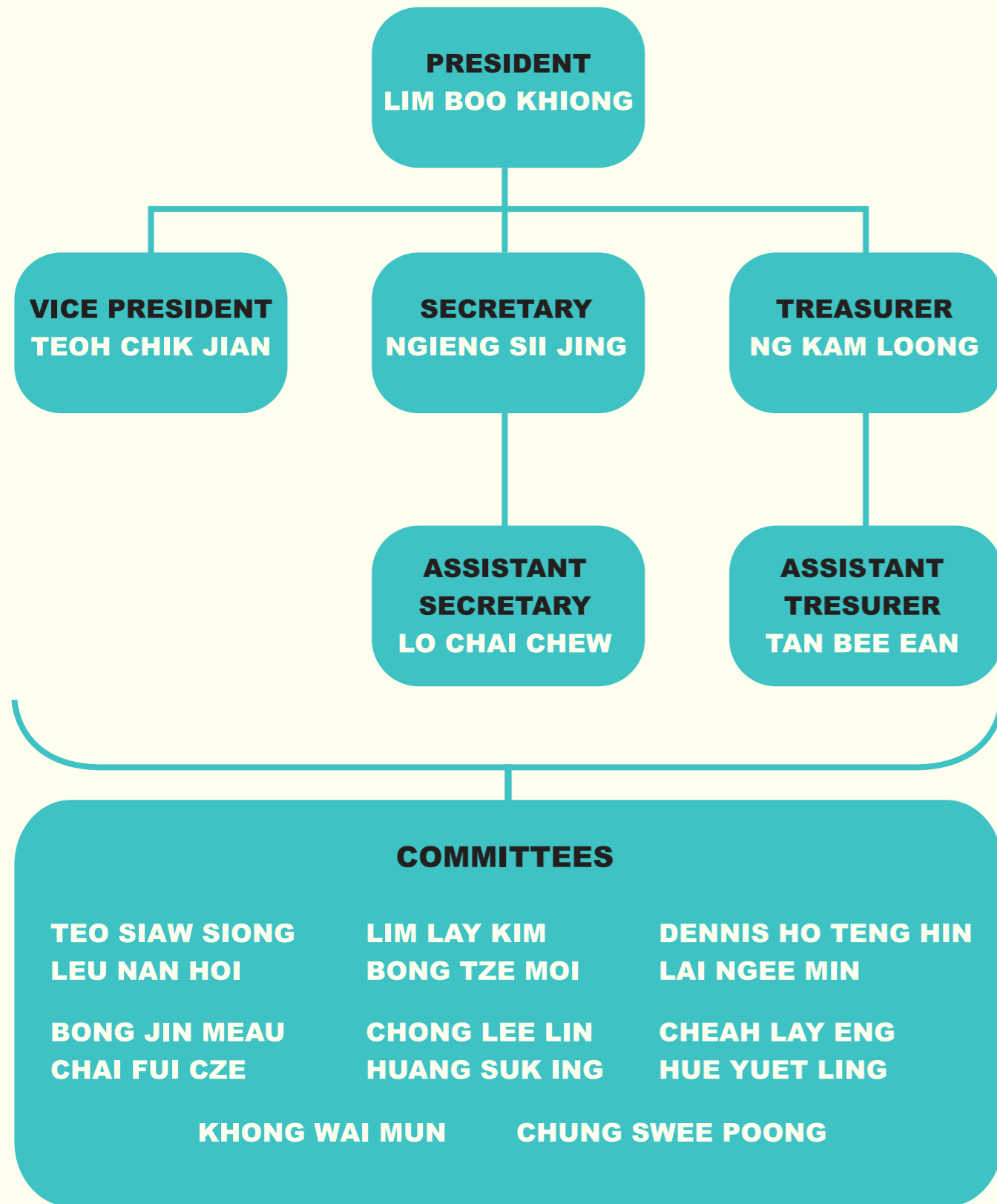
Bring those who are suffering into our hermitage!

Let us care for you with love, and also allow us to learn gratitude and appreciation from you.

After 28 years...

When Bhante Mangala reminisce over Giin Jou's past aspiration, a thought came through. Why don't we join hands and set up something that have mutual benefits to all of us and to those in affliction. We also hope those who are learning the Dhamma can see the truth in life: Established a Centre for the Physically Challenged at a Buddhist Sanctuary ----- Tusita Hermitage!

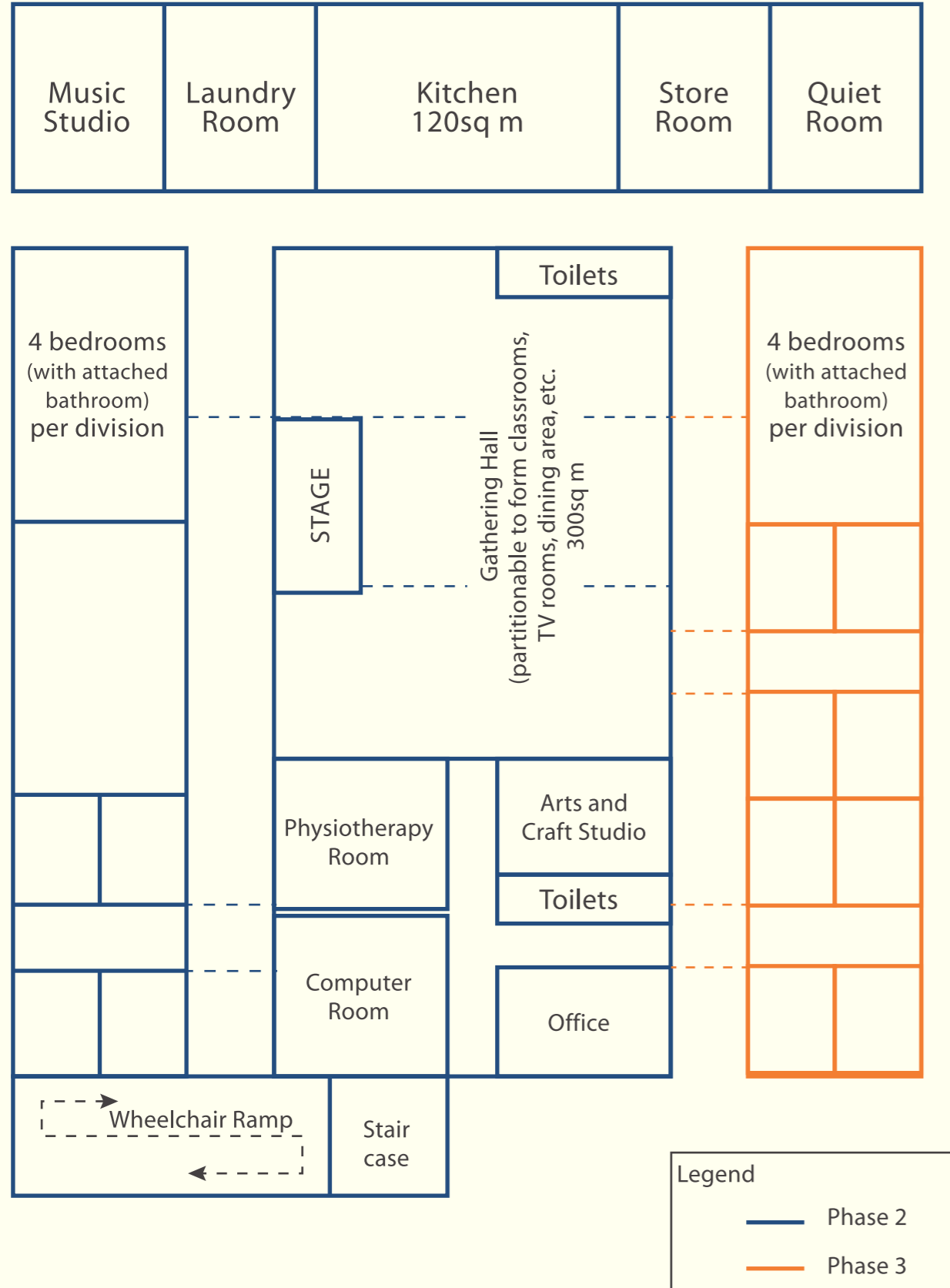
Dear Friends! Would you like to join us in making this aspiration possible? Take your first step, Reach out with love! Join us in reaching out to these underprivileged folks!



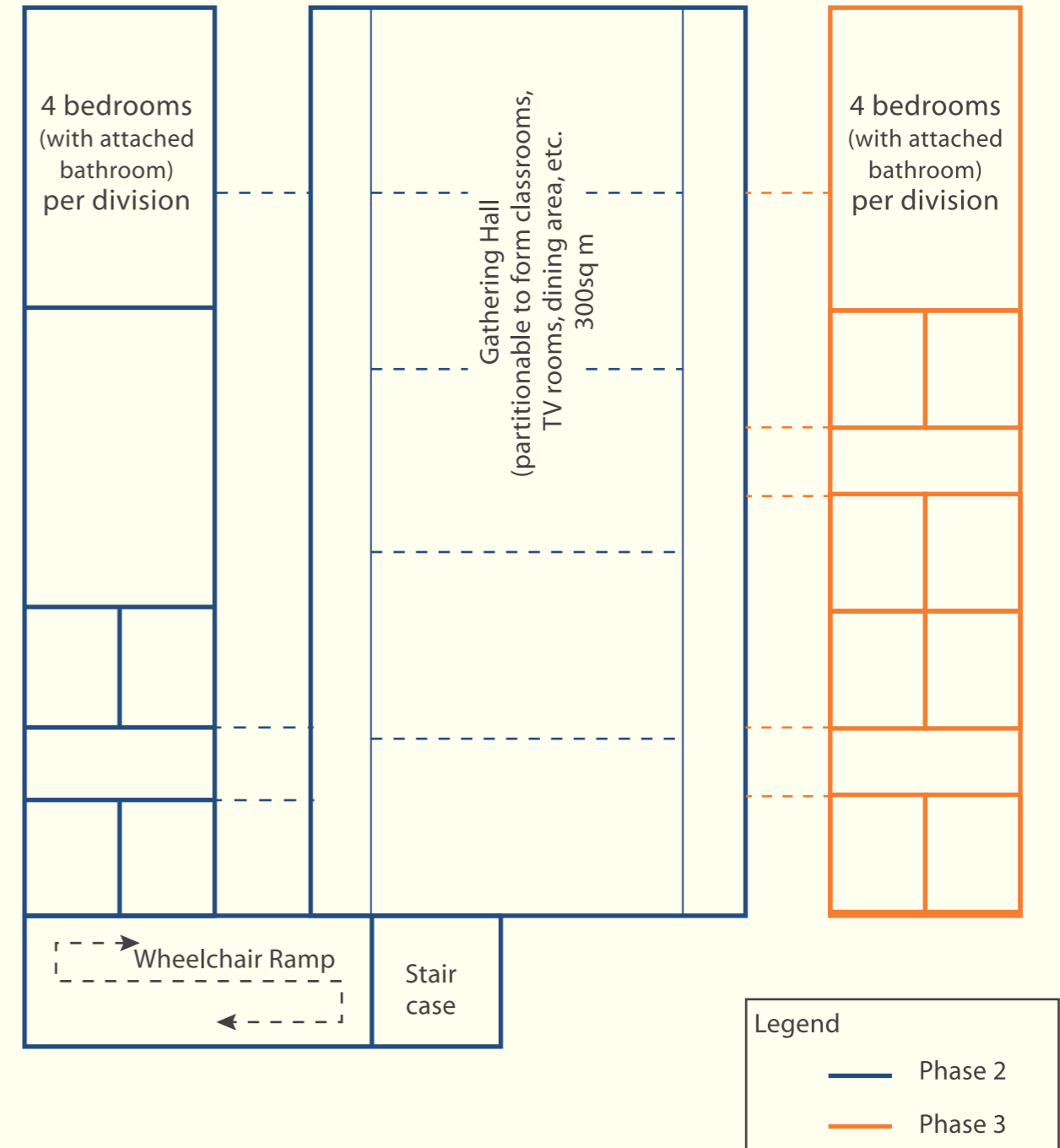
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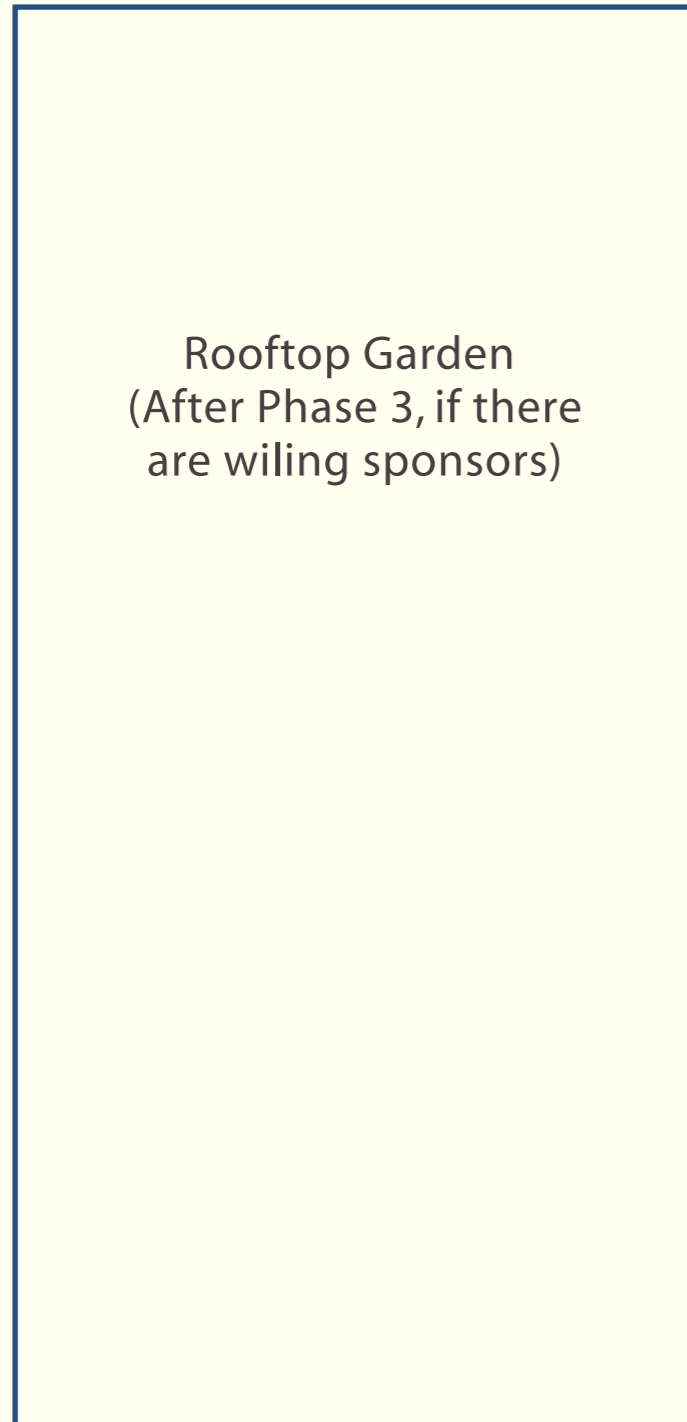
Appendix D- Impression of Building Layout for the Development Centre for the Physically Challenged

Ground Floor plan



First Floor Plan





Appendix (E) - Budget calculation for Chapter 1

Phase 1

Targeted Incoming Funds

Visiting and Resident Homes	10 x RM 800,000	RM 8 million
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Estimated Cost for Phase 1

Land Acquisition:	RM 2.5 million
Survey and Design of Homes:	RM 150,000
Construction of Homes (x10) :	RM 2.5 million
Survey and Design of Development Centre	RM 500,000
Phase 1 total	RM 5.65 million

Phase 2

Estimated Construction Cost

Main Building, Kitchen and first block of accommodation construction including facilities	RM 3 million
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Estimated Operational Cost

3 social workers: 10 physically challenged residents

Monthly basis

Manpower :	3 persons x RM 1,500	RM 4,500
Maintenance :		RM 3,000
Food:	30 days x RM 200	RM 6,000
Monthly total :		RM 13,500

Annual basis (x2)

2 years total :	24 months x RM 13,500	RM 324,000
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Estimated Cost for Phase 2

Phase 2 total	RM 3.3 million
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Phase 3

Estimated Construction Cost

Remaining Building Expansion and Facilities :	RM 2 million
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Estimated Operational Cost

10 social workers: 30 physically challenged residents

Monthly basis

Manpower :	10 persons x RM 1,500	RM 15,000
Maintenance :		RM 3,000
Food:	30 days x RM 600	RM 18,000
Monthly total :		RM 36,000

Annual basis

Annual total :	12 months x RM 36,000	RM 432,000
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Estimated Cost for Phase 3

Phase 3 total	RM 2.4 million
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