



Sachen Foundation  
**Annual Report**  
2023



*Sustaining Wisdom,  
Nurturing Tradition*



# Message from the President

*Silvia Yueh*

I hope everyone reading the annual report is doing well and finding a sense of normalcy in life. At Satchen Foundation, staying committed to our long-term goals, while navigating the ups and downs of worldly and investment market conditions, has helped us remain focused and grounded. We are incredibly grateful for the support and stability provided by our recurring donors, as well as the dedication of our selfless board and team members. This support allows us to stay true to our mission of supporting the monastic education of monks and nuns, developing Dharma curricula and educational materials for lay practitioners, and preserving Buddha's teachings through archiving, publishing, and translation.



We have observed a significant shift in how people work, receive teachings, and conduct their daily lives, during and after the pandemic. Technology is advancing rapidly, especially with the development of AI, leading to an abundance of information available at our fingertips. However, the rise of social media and the demand for greater efficiency and productivity in our technology-driven world has resulted in increased mental distractions and stress. A large-scale study conducted by researchers from Harvard Medical School and the University of Queensland shed light on a major global health problem: half of the world's population will experience a mental health disorder in their lifetime. I have witnessed the toll this has taken on the young people I encounter. According to the World Health Organization, there is a global mental health crisis, with about 15% of adolescents experiencing a mental health condition. The National Institute of Health recognizes youth mental health as a priority issue. At Sachen Foundation, we are exploring ways to make our Children's Dharma Curriculum more relevant, providing young people with mind-training tools to navigate the challenges of a rapidly changing environment.

On September 21, 2024, the Sachen Foundation launched its Abhidharma program online. Abhidharma is the first year of the DharmaChakra program, a five-year Buddhist text-based curriculum for lay practitioners. The teachings are being offered by His Holiness the 42nd Sakya Trizin, one of the most renowned and respected masters of Tibetan Buddhism. The extensive teachings of Abhidharma and Buddhist psychology provide a path to a clearer and deeper understanding of the nature of reality, bringing us closer to understanding our minds and freeing ourselves from suffering.

We continue to encourage people to consider planned and legacy giving by including the Sachen Foundation in their financial and estate planning. For more information, please email [donations@sachenfoundation.org](mailto:donations@sachenfoundation.org).

Thank you once again for your continuous support and encouragement. Best wishes to you all for a year filled with good health and auspiciousness.

With gratitude,

Silvia Yueh



# Monastic Support

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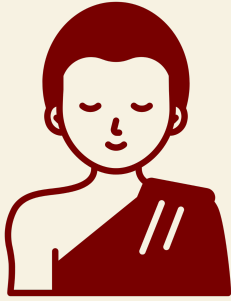
Monastics dedicate their entire lives to embodying and preserving the profound teachings of Lord Buddha, engaging in rigorous study, deep contemplation, and meditation. Through their disciplined practice, they strive to attain spiritual insight and wisdom, not only for their own enlightenment but also for the benefit of others. Beyond their individual pursuit of awakening, the monastic community serves as a cornerstone for both the lay Buddhist community and the general public. They offer invaluable services such as providing teachings, transmitting sacred knowledge, conducting rituals, and offering spiritual guidance and counsel in times of need. These roles ensure that Buddhist wisdom and traditions remain accessible to all.



Recognizing the importance of sustaining this vital tradition, the Sachen Foundation is committed to supporting the ongoing education of monks and nuns. By investing in their yearly education, the Foundation ensures the preservation and continuity of monasticism, empowering these dedicated individuals to continue their spiritual practice and service to the world. This support not only safeguards the future of the monastic community but also contributes to the flourishing of Buddhist teachings for future generations.



## Monastic Support Highlights



2,179

monks with religious & secular educational support.

313

nuns with modern & traditional educational support to help in their Dharma studies & practice.

\$387,611

to support the education and well-being of the Sangha.

*\*Cumulative per annum (2018-2023)*

## Institutional Support

In 2023, Sachen Foundation awarded \$94,100 in education grants to five monastic institutions—**Sakya Centre, Sakya Nunnery, Kalimpong Sakya Monastery, Pema Ts'al Sakya Monastic Institute, and Bajrayogini Meditation Center**—399 monks and 123 nuns benefitted from the grants.





The grants played a crucial role in securing the long-term financial stability of these monastic institutions. By providing essential funding, they enabled the institutions to retain qualified, full-time teachers, ensuring a consistent level of education and spiritual guidance for the students. Additionally, the grants supported the organization’s day-to-day operations, from administrative tasks to facility maintenance, helping to create a stable and nurturing environment. Perhaps most importantly, the funding contributed to the holistic well-being of the students—both physically and mentally—allowing them to focus fully on their studies and spiritual growth without the distractions of financial or logistical concerns. This comprehensive support system fostered an atmosphere conducive to academic excellence and personal development.





# Education & Publication

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To cultivate and inspire the next generation of Buddhists, it is essential to provide children with a strong foundation in basic Buddhist education. The Sachen Foundation plays a pivotal role in this mission by supporting the development of comprehensive children's curricula and lesson plans. These educational resources are designed to be utilized by Buddhist centers, schools, and parents, ensuring that young learners have access to age-appropriate teachings that nurture their understanding of Buddhism's core principles and values. By fostering early engagement, the Foundation helps lay the groundwork for lifelong spiritual growth and practice.

In addition to supporting youth education, the Sachen Foundation is equally committed to advancing the study and practice of Buddhism among lay adult students and practitioners. To further this goal, the Foundation offers scholarships to translators, retreatants, and students pursuing advanced Buddhist studies. These scholarships provide crucial financial assistance to individuals dedicated to deepening their knowledge and practice, whether through translating sacred texts, undertaking long-term retreats, or engaging in scholarly research. Through these initiatives, the Sachen Foundation ensures that the richness of Buddhist teachings continues to thrive across all generations and levels of study.

## Education & Publication Highlights



58

Publications and/or articles sponsored, printed, and/or published.

54

teachings, lectures, & study courses are published online.

\$696,754

to support Dharma publications & education.

*\*Cumulative per annum (2018-2023)*



## Young Adult Buddhist Education

**Barre Center for Buddhist Studies** aims to offer young adults an opportunity to deepen their practice and understanding and, drawing on Buddhist traditions, discern a trajectory for living virtuously and skillfully in a world with many needs.

Every year, the Barre Center for Buddhist Studies has an annual meditation retreat called “Touching the Earth,” which provides a rare opportunity for young adults (aged 18-25) to significantly deepen their meditation practice and cultivate a Buddhist orientation to contemporary challenges.

Located on a secluded Vermont farm, this small learning community explores Buddhist understandings of dependent origination for three weeks through the fields of permaculture, ecology, living systems theory, eco-psychology, social justice, and climate studies. Because the program is centered on the bodhisattva ideal of cultivating the self in the service of others, participants develop a sense of how their lives might unfold in a way that encourages wisdom and compassion.



The retreat gives young people an embodied, lived experience of deep meditation, deep connection with others in an open and vulnerable context of saṅgha/spiritual friendship, and a sense that life can be meaningful even, or perhaps precisely because, there is a world in crisis. In this sense, it promotes the Dharma for young people living in a very challenging world.

*“Thanks to the support, love, and feedback from the community, I gained more strength in believing in my potential to share my practice and lead meditations in the future. I will bring the intention to be mindful, the capacity to care, and the interest in beings (both human and non-human) to the world.”*

*— From a participant in the 2023 retreat*

The Sachen Foundation’s 2023 grant allowed Barre Center to accept 14 students regardless of financial means and 3 assistants who had been participants in 2021 or 2022, benefited from leading some activities and supporting the faculty. As such, a more diverse group of young people had the opportunity to engage deeply with Buddhist teachings and practices that speak to the contemporary world. Meanwhile, because this program is so rich, and so deeply beneficial to participants, it also benefits the faculty who enthusiastically bring elements of this holistic and immersive model of practice into other teaching contexts.

## Children’s Dharma Education Curriculum

The **Children’s Dharma Education Curriculum** by Sachen Foundation was officially launched in 2021. Currently, ninety people have signed up to use the 5-8-year-old curriculum on teachable.com and have been using this program for Children's Dharma

education. The team continues promoting the current 5–8-year-old curriculum and gathers feedback on what has been done.

The next step is to move onto the 9-11 year old Dharma education curriculum. Much of this work has already been completed by Tashi Haig, and we will incorporate feedback into further development.

## Dharmachakra: Dharma Education for Lay Practitioners

Led by Khenpo Rinchen Gyaltzen, the **Dharmachakra** team is planning a 5-year program running from 2024 to 2028, of classical Buddhist texts taught by His Holiness, i.e. *Abhidharma*, *Bodhisattvacharyavatara*, *Madhyamaka*, and *Uttaratantra*. This program will be available online and in person in Spain. His Holiness will teach in English directly and then be translated into other languages and posted online. The first-year Abhidharma online course consists of 22 lessons, and each lesson is in English, Spanish, and Chinese subtitles. The enrollment opened on May 23, 2024, and the course began on September 21, 2024, with one lesson per week.



# Archiving & Translation

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## Archiving & Translation Highlights



200+

unique Mahayana texts published on the website of  
Sachen Archives.

800+

Vajrayana sadhanas and commentarial texts cataloged.

\$90,339

to support translating, archiving, and preserving the  
precious Buddhadharma.

*\*Cumulative per annum (2018-2023)*

## Archiving

The Sachen Foundation is proud to support the Sakya Tradition for a fourth consecutive year. Its mission is to archive and preserve the teachings of the Sakya lineage, concentrating on collecting them in audio, video, and written formats in multiple languages, digitizing cassettes and video tapes, and developing a comprehensive online catalog. In 2023, efforts were also made to publicize the e-library and its application, sharing them in pictorial and video formats, as well as a Dharma comic series.

As of February 25, 2024, the e-library has archived 90 teachings in various formats, including audio, video, and text. Of these, 56 have been transcribed, edited, and published in English. Additionally, translations from English have been made into Chinese, Spanish, Romanian, Italian, Portuguese, German, Thai, and French.





they clear away doubt, enhance our learning, and improve our practice. This particular void in the current translation, publication, and scholarship of these texts propels us into action.

**The Sachen Archives** is committed to helping connect practitioners and students with Sakya-affiliated resources and the translated prayers, texts, etc. associated with our lineage. The efforts of the Sachen Archive Initiative are dedicated to preserving and making accessible these precious resources through both traditional and modern mediums.

In 2023, the Sachen Archive Initiative (SAI) rebranded as The Sachen Archives (SAS) to better reflect our growing maturity as an archival and translating house for Sakya texts and resources. Our team continued building upon its multi-year Phase-2 initiative, which entails the commissioning of previous untranslated liturgical texts, paramitayana rituals, etc., associated with the Sakya tradition. During the annual year, we published several original translations. We oversaw the editing of several more, as well as published *A Collection of Prayers for the Health & Longevity of His Holiness*, the 41st Sakya Gongma Trichen Rinpoche, in honor of his auspicious 80th birthday. We have also completed our long-awaited liturgical book, *A Simple & Complete Collection of Liturgical Texts from the Glorious Sakya Tradition*, which we anticipate publishing in 2025. Furthermore, we have lined up several projects that we hope to share with you in the future, along with a newly improved website.

You may explore the archive and resources at the [Sachen Archives](#), and don't forget to [sign-up for our newsletter](#) to keep informed of new translations and publications coming soon.

## Translations

The Amazing Treasury Translation Project completed the translation of Volume 1 (321 pages of the 667 total) of the 17th-century Tibetan text, *The Amazing Precious Treasury Fulfilling all Wishes*, by Jamgön Amé Zhab Nakwang Kunga Sönam (1597-1660). This

important text describes major religious and intellectual movements that helped shape not only the Sakya lineage but also Tibetan Buddhism in general. The first volume also includes illustrations of Sakya lineage masters, especially commissioned for this project. These were hand-drawn based on murals at Sakya Monastery and instructions from a rare text provided by HH the Sakya Trichen Rinpoche. The translators presented an early copy of Volume 1 to His Holiness the Sakya Gongma Trichen Rinpoche, during the 2023 Annual North American Sakya Monlam in Toronto. The first volume is now available from [Wisdom Publications](#).

In 2023, Sachen Foundation sponsored the translation of Volume 2 (346 pages out of 667 total), which is scheduled to be completed in 2024 and submitted to Wisdom Publication. We hope the English translation of this profound text will benefit all sentient beings and contribute to the flourishing of the Dharma, particularly the spread of the great Sakya lineage.

In addition, Sachen Archives has engaged in the in-house publications and or translations of the following texts. As for those yet to be published, they are scheduled for release in the year 2025:

- The Dharani of Maitreya's Sacred Pledge with Verses of Aspiration
- Praise to the Omniscient Rongtön
- A Prayer of Aspiration to Jamgön Sakya Paṇḍita
- A Praise of Mañjuvajra
- A Shower of Blessings
- A Collection of Dharanis: Medicine Buddha; Kurukullā; Mārīcī; Parṇaśavarī; Ārya Mahāpratisarā
- The Dharanis of the Three Long Life Deities Together with Praise and Supplication
- A Supplication to Tsarchen Losal Gyatso Based on the Master's Life
- In Praise of Tārā
- Sakya Paṇḍita's All Sublime Qualities
- A Melodious Song for Achieving Eternal Life—A Long Life prayer for Tharig Rinpoche
- Words of Wondrous Aspiration by Gorampa Sonam Senge
- A Guru Yoga Known as: A Shower of Rain of All Desired Attainments
- A Three-part Torma Offering Which is Essential for the Three Lower Tantras by Ngorchen Kunga Zangpo
- Offerings of Dedication Together with an Explanation by Sakya Pandita

- Revision of the “Preliminary Torma Offering” from *The Clear Mirror: A Direct Path to Achieve Kechari: A Complete Manual for Recitation of the Grand Ritual for Self-Admission into the Sindūra Maṇḍala of Holy Vajrayoginī*



# Investment & Financials

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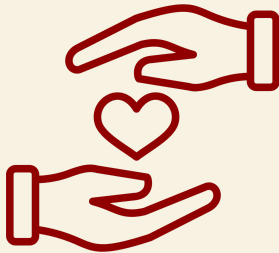


Staying on course and committed to the long-term investment goal in chaotic and uncertain times seems to have paid off for Sachen Foundation in 2023. Thanks to the selfless and committed generous donors and team members, we continue our work in supporting Monastic Dharma Education, developing Lay practitioners and Children's Curriculum, and Translating and Archiving to preserve Buddha's teachings and Sakya Tradition.

## Contributions

Sachen Foundation saw a 15% increase in the total number of donors from 16 countries and a stable yet slight decrease in total dollar donations compared to 2022. In addition, the foundation's returning donor rate increased by 6% to 86% of our donors classified as annual recurring. The Foundation is deeply grateful for the consistent generosity, encouragement, and diversity of our donors around the world.

### Donation & Financial Highlights



**\$31**

the average 2023 charitable giving amount per donation.

**91.3%**

program efficiency ~ 91¢ of every dollar goes to our charitable programs in 2023.

**\$1,301,240**

of donations have been distributed to benefit the flourishing of the Buddhadharmā.

*\*Distributed funds are cumulative (2018-2023)*

## Investment Summary

The main story in 2023 was the reversal of fortunes seen in both the stock and bond markets. After a down year in 2022, we witnessed a roller coaster of a year in 2023, which ended with an incredible rally during the fourth quarter. The year began with recession fears but 2023 shaped up to be a very good year for the U.S. economy. Cooling inflation, a still robust labor market, continued economic growth and a much-awaited pivot in the Federal Reserve's policy on interest rates drove the S&P 500 index to recorded levels in December 2023. Global equity markets increased sharply in 2023, with 22% growth, led by a 26% return on the S&P 500 index. With cooling inflation, investors began anticipating a lower path of future interest rates, resulting in a rally in bonds. The US bond market increased by 5%.

The Foundation's investment portfolio increased from \$2.1 million at the beginning of the year to \$2.4 million at December 31, 2023. The total portfolio's return, net of fees, was 16% in 2023, with an asset allocation of 49% in equities, 47% in fixed income, and 4% in cash. The Foundation's equity portfolio returned 29%, outperforming the S&P 500 index, which returned 26%. Fixed income portfolio returned 7%, outperforming the benchmark US bond index, which had a return of 5%.

The strong rebound in the portfolio in 2023 after a bear market in 2022 demonstrates the power of "staying the course." It showcases how investing in a diversified portfolio and sticking with long-term targeted allocation can help speed recovery. The investment committee continues to pursue this strategy with the help of our investment advisor.

## Financial Review & Grantee Audits

In line with the Board's commitment towards transparency, an independent financial review was conducted by Smith, Schafer & Associates, Ltd for the 2023 fiscal year. Per the reviews, the accountants concluded that they "are not aware of any material modifications that should be made to the accompanying financial statements in order for



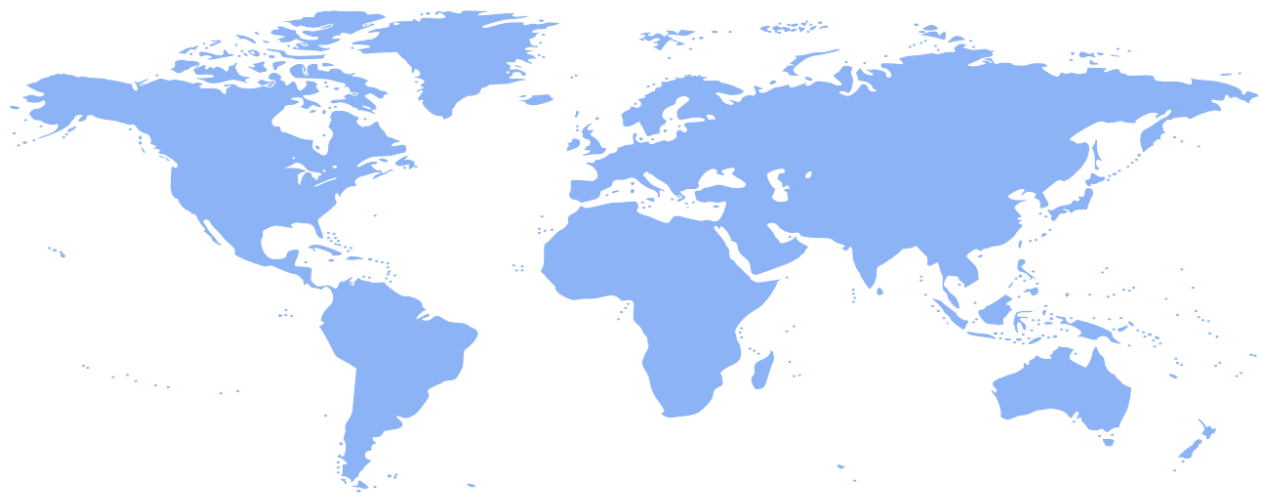
them to be in accordance with accounting principles generally accepted in the United States of America."

In addition, the grant committee subjected each grantee to an internal audit and review to ensure proper expenditure of the funds received.

The trust of our donors is the cornerstone of the Sachen Foundation's belief in financial transparency and accountability. The work committed behind the scenes ensures the foundation's financial health and integrity. To that end, we will continue honoring our fiduciary responsibility and diligent efforts in ensuring the foundation's financial success.

## Sources of Financial Support

Sachen Foundation operating funds originate from two revenue streams: contributions by donors and investment income. Total contributions and investment income for calendar year 2023 were \$423,935, including \$343,851 from unrealized gain from the investment as of December 31, 2023. Total expenditures, including grants to charities, were \$147,785. Net assets as of December 31, 2023, were \$2,530,088.



### **Calendar Year 2023**

**Net Assets:** **\$2,530,088**

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#### **Support**

Contributions \$80,084

Investments \$343,851

**Total: 423,935**

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#### **Contributions**

NPO & CF \$21,773 27%

Bus. & Ind. \$58,311 73%

**Total: \$80,084**

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#### **Functional Expenses**

Programmatic \$134,896 91%

G&A \$12,323 8%

Fundraising \$566 <1%

**Total: \$147,785**

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*\*For the complete audited financial statements of the Sachen Foundation please contact [info@sachenfoundation.org](mailto:info@sachenfoundation.org).*

# Sachen Foundation Team

## **Spiritual Teacher Directors**

His Holiness the 42nd Sakya Trizin  
*Chairman*

## **Non-Teacher Directors**

Silvia Yueh  
*President and Acting Treasurer*

Jia-Jing, Lee  
*Board Member*

Jay Goldberg  
*Vice President*

Khenpo Rinchen Gyaltzen  
*Board Member*

Judy Ma  
*Secretary*

Sissy Pi  
*Board Member*

Ani Wangmo  
*Board Member*

Stephanie Tan  
*Board Member*

Connie Kassor  
*Board Member*

Xiaoyang (Mandy) Su  
*Board Member*

Jamyang Losel  
*Board Member*

## **OPERATIONS**

### **Grants Committee**

His Holiness the 42nd Sakya Trizin, *Chair*  
Connie Kassor  
Judy Ma  
Silvia Yueh  
Thuong Ryan

### **Finance Planning and Investment Committee**

Silvia Yueh, *Chair*  
Stephanie Tan  
Sissy Pi  
Thuong Ryan

## **Donors Relation Committee**

Sissy Pi, *Chair*  
Jay Goldberg  
Ani Wangmo

## **Communications Committee**

Xiaoyang (Mandy) Su, *Chair*  
Jamyang Losel  
Linda Yeh

## **PROGRAM TEAMS**

### **Sachen Archive Initiative**

Jamyang Losel, *Chair*  
Alvaro Pereto

### **Children Dharma Education Curriculum**

Connie Kassor, *Chair*  
Christa Tinari  
Sam Ryan  
Emily Yueh  
Kate Thomas

### **“Dharmachakra” Team**

Khenpo Rinchen Gyaltzen, *Chair*  
Jia-Jing Lee  
Jamie Wong



# About Sachen Foundation

## **Our Mission**

Preserving the Lord Buddha’s Teachings through Studies, Practice & Education.

## **Our Vision**

Guided by the belief that every human life is precious with unlimited potential, Sachen Foundation works to support the collective aspirations of our spiritual teachers and generous donors, to help transform lives and communities through Dharma education and publication.

## **Connect with us**

To learn more or to find out how you can support Sachen Foundation, please visit [SachenFoundation.org](http://SachenFoundation.org), follow us on Facebook at [facebook.com/SachenFoundation](https://facebook.com/SachenFoundation), Instagram at [@Sachen\\_Foundation](https://@Sachen_Foundation), or email us at [info@sachenfoundation.org](mailto:info@sachenfoundation.org).

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This report is produced by the Sachen Foundation Communication Committee with special assistance from Silvia Yueh, Judy Ma, and Stephanie Tan.

## **Photography Credits**

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