

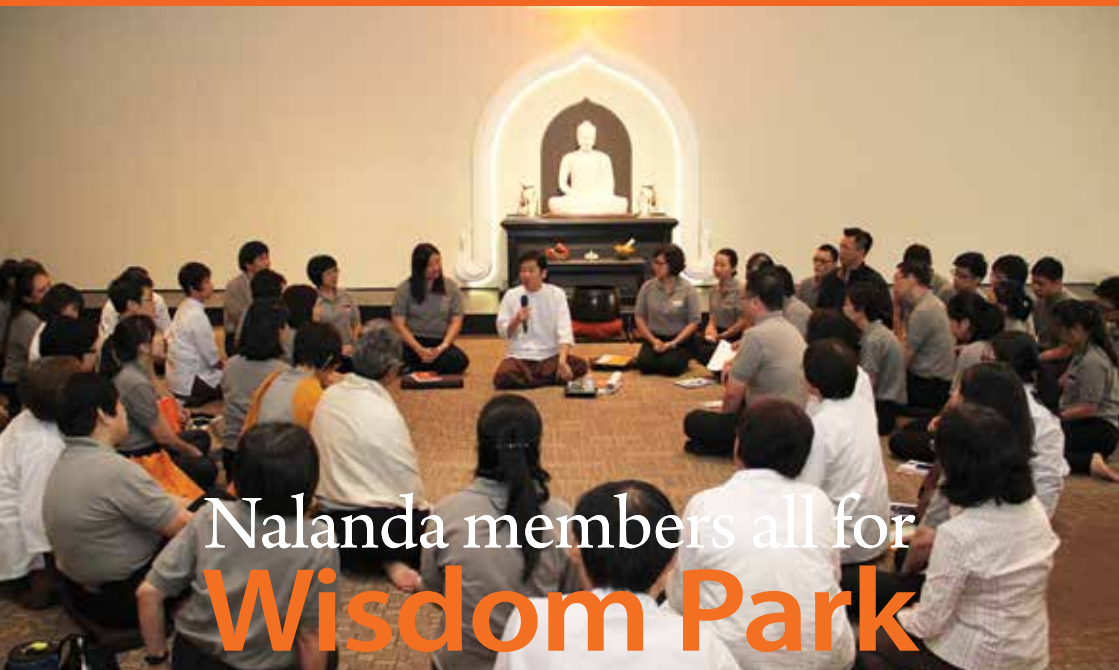
Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 29 | September 2015 | www.nalanda.org.my

For Non-Muslims Only



Nalanda members all for **Wisdom Park**

Since the 'Wisdom Park' project was mooted in July 2015, Nalanda members and devotees are all abuzz over this fantastic news for the entire community! The proposed integrated education park is regarded as a vital facility for the future growth of Malaysian Buddhism. In an Extraordinary General Meeting held on 26 July, Nalanda members voted unanimously to approve the purchase of the 26-acre freehold land in Selangor to build 'Wisdom Park'.

Nalanda Founder Bro. H S Tan outlined the proposed development plans for the education park, with the intention to construct well-equipped facilities to run programmes to produce future community leaders and competent lay teachers.

A 'Vision Plan' for Wisdom Park was published on 8 August outlining its multi-phased, 15-year development timeline. The plan will be refined through feedback from community leaders, educationists, town-planners, youths, and experts in various fields.

With good and adequate infrastructure to conduct leadership and teacher training, Dhamma education, and youth programmes, it is no wonder that many leaders are touting 'Wisdom Park' as the project that will galvanise, revitalise and rejuvenate the entire community, and herald a brighter future for Buddhism in Malaysia and beyond!

Contents

Issue No. 29 | September 2015

Nalanda Bulletin is also available for on-line reading at www.nalanda.org.my

Wisdom Park 智慧园

An integrated holistic educational facility for the community. 综合教育园林

4 – 5	‘Wisdom Park’ – An integrated holistic educational facility for the community
6	Youth ‘Cultivation Night’
7	BPS 303 Certificate in Buddhist Studies
8	Bodhi Heartz Youth Club members visit Nalanda
9	Nalanda Dhamma School – Facilitators-Parents’ Meeting
10	A spiritual and joyful ‘Dhamma Day’
11	Āsālha Full-moon Uposatha Service
12 – 13	Service Sunday with Ven. Chi Kwang Sunim
14 – 15	A fantastic ‘Family Fun Fair’ in Sri Serdang

16	Visit by Ven. Dr. Dhammapala and Hong Kong devotees
17	<i>Mangala Sutta</i> Commentarial Course for Nalanda youths
18 – 19	SPM Chemistry Examination Preparation Seminar
20 – 21	K. Sri Dhammananda Memorial Day
22	Dhamma Learning Retreat in Kedah
23	Visit to Nalanda Centre by Baha’i youths
24 – 25	Amazing ‘Family Fun Fair’ in Johor Bahru
26	Sungai Petani NEO Centre building progress
27	Upcoming events from September to October 2015
28	Nalanda’s Core Value – “Faith” Nalanda Contacts



Nalanda

Wisdom Park 智慧園

An integrated holistic educational facility for the community. 综合教育园林

Nalanda Buddhist Society was named after the famous *Nālandā Māhavihāra* of ancient India – the world's first 'university' built in the 5th Century CE. For nearly seven centuries, it attracted thousands of scholars from across Asia to study medicine, philosophy and religion at its illustrious faculties.

'Nalanda' means the 'giving of knowledge and wisdom.' Thus, it is apt that Nalanda Buddhist Society is today acknowledged as a leading Buddhist educational institution in Malaysia.

Nalanda is currently developing an integrated educational facility in Kuala Kubu Bharu, Selangor. The spacious 26-acre 'Wisdom Park' will be equipped with facilities for various training programmes aimed at transmitting knowledge, skills, values and culture. It will also have residential facilities for full-time Dhamma practitioners and long-term volunteers.

We humbly invite you to help in Nalanda's noble mission to provide proper and holistic Buddhist education, so that more people can benefit by learning to achieve well-being, joy and inner peace.

Anathapindika's great gift to perpetuity!

Anathapindika was a banker and merchant who lived at the time of Gotama Buddha. After hearing the Buddha's enlightening teachings, he was determined to establish a monastery for the Buddha so that more people will benefit from learning the Dhamma.

At a great cost, he laid pieces of gold coins on the ground of a lovely grove which belonged to Prince Jeta of Kosala, as payment for the purchase of that property. The land he donated was developed into the famed 'Jetavana Monastery' of Savatthi, where the Buddha often spent his time.

Today, you too can emulate Anathapindika's noble deed by donating land to build 'Wisdom Park'!

Please help us build Wisdom Park for the community

The size of Wisdom Park is 26 acres, or 1,136,560 square feet of free-hold land. We would like to humbly request you to help us build Wisdom Park for the benefit of the community! You may help this noble project by donating towards the land purchase at **RM 2.50** per square foot.

1. *Cash donation* may be remitted on-line to "Nalanda Buddhist Society", Maybank Berhad account 5121-4702-3622.
2. *Donation by cheque* – kindly address your cheque to payee : "Nalanda Buddhist Society".

Please give us a call at +603-8938-1500/1501 after making your donation so that we can send you an official receipt. Enquiries about the project can be made at Nalanda Office at the same telephone number above.

Thank you for your kind support, and best wishes to you and your loved ones from all of us at Nalanda.



4 July

Youth mentor Sis. Sunanda leading a discussion on the 'Ratthapāla Sutta' from the Majjhima Nikaya (MN. 82).

Youths organise 'Cultivation Night'

Instead of a night out on Saturdays, Nalandian youths choose to gather at their spiritual home – the *Nalanda Youth Centre* – a place dedicated to their spiritual cultivation.

Youth 'Cultivation Night' began on 4 July as an initiative by young Nalandians to deepen their Dhamma learning and enhance their practice. The 10-week programme serves as a platform for them to learn and practise the teachings of the Buddha with greater intensity. The sessions begin with 45 minutes of meditation, followed by *Sutta* discussions.

The youths were fortunate to have Sis. Sunanda Ong, the Director of Nalanda Dhamma School, to lead these discussions that focus on the essence and practicality of the *suttas*. The down-to-earth discussions were an effective way of learning

as our youths get to share their experiences and reflections which resonate with their peers.

With proper guidance from Sis. Sunanda, the programme is truly fruitful and beneficial for Nalandian youths. We thank Sis. Sunanda for her dedication in guiding and inspiring the younger generation. We also rejoice in the youths' zealous spirit in walking the path of Dhamma. Sadhu anumodana!

Youths meditating before the sutta discussion.



11 July

Achariya Vijaya capturing the attention of participants with his humorous sharing.

BPS 303 Certificate in Buddhist Studies

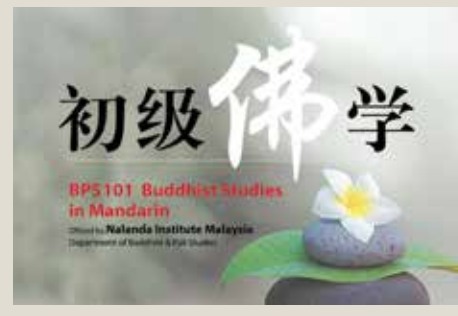
Nalanda Institute is offering a 10-session Certificate in Buddhist Studies course which started in July. The course is designed for beginners to learn and practise the Buddha-Dhamma in a gradual, systematic way. Besides participants from the Klang Valley, the course is also participated by enthusiastic devotees in Kelantan via live telecast.

The subjects of the course include Basic Buddhist Doctrines, Buddhist Devotional Practice, and Historical Development of Buddhism. Director of Nalanda Institute Achariya Tan Siang Chye and former Director Achariya S. Vijaya are the two main lecturers for the programme.

This programme spans over 5 months and will conclude in December with a convocation ceremony.

Announcement

Nalanda Institute is offering a basic Buddhist Studies course in Mandarin (BPS101) from 6 September to 25 October. Classes will be held over 8 consecutive Sundays, from 9am to 12pm. Interested candidates may register through e-mail at: institute@nalanda.org.my. Enquiries about the course can be made at Nalanda Office by calling 03-8938 1501.





18 July

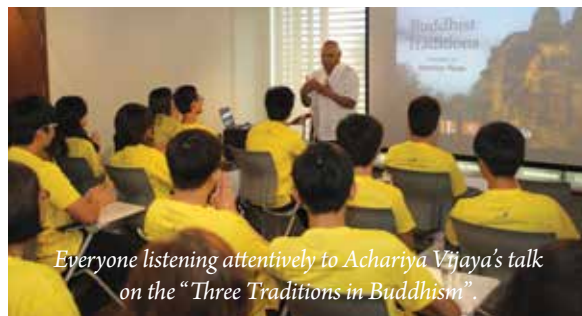
Bodhi Hartz Youth Club members in their bright yellow outfits with Nalanda youths and devotees.

Bodhi Hartz Youth Club members tour Nalanda Centre

On Saturday 18 July, 35 members of Bodhi Hartz Youth Club from Penang paid a visit to Nalanda Centre as part of their tour of Klang Valley. They were warmly welcomed and hosted by Director of Nalanda Centre and Nalandian youths.

The group was brought on a tour of the Centre and afterwards, Achariya Vijaya Samarawickrama gave them an interesting talk on the “Three Traditions in Buddhism”.

We thank our young friends from Penang for visiting Nalanda, and we look forward to seeing you again, soon!



Everyone listening attentively to Achariya Vijaya's talk on the “Three Traditions in Buddhism”.



Nalanda youth leader Bro. Disheng and youth officers building rapport with Bodhi Hartz Youth Club members.



19 July

Director of Nalanda Dhamma School Sis. Sunanda emphasizing the importance of inculcating faith in the Buddha-Dhamma in our children.

Nalanda Dhamma School Facilitators – Parents’ Meeting

On Sunday 19 July, Nalanda Dhamma School (NDS) facilitators and parents came together at Nalanda Centre for a meeting to get updates on students’ progress. School Director Sis. Sunanda Ong began the meeting by emphasizing the importance of inculcating faith (in the Buddha-Dhamma) in our children.

Sis. Hui Shien then updated parents on the activities and programmes at both the Teenage and Junior Dhamma Schools in Sri Serdang. She also shared the approaches and systems applied by the School, while encouraging parents to play a greater role in their children’s learning and holistic development. Later, one-to-one interview sessions were held between facilitators and parents. We thank both parties for actively working for our children’s brighter future.



Sis. Hui Shien elaborating on ‘Essential Education’ for children.



Parents expressing their appreciation.



26 July

Bro. Tan said that the Buddha taught the Dhamma without creating a religion or belief system.

A spiritual and joyful 'Dhamma Day'

On Sunday 26 July, devotees gathered at Nalanda Centre to observe 'Dhamma Day' spiritually. 'Dhamma Day' commemorates the preaching of Buddha's first discourse after His Enlightenment – the well-known '*Dhammacakkappavattana Sutta*' – where He taught His first five disciples the fundamental teachings of the 'Four Noble Truths'.

As the day signifies the preaching of Buddha's first discourse, Bro. Tan led devotees in reciting the famous '*Dhammacakkappavattana Sutta*'.

The large congregation that turned up for 'Dhamma Day' was inspired by Bro. Tan's talk. He elaborated that the Buddha taught the *Dhamma* without creating a religion or

belief system. Instead, we should approach the *Dhamma* as a system of education (*pariyatti*); and when undertaken as a practice, it becomes a system of cultivation (*patipatti*), leading to a state of realization (*pativedha*).

Bro. Tan urged devotees to closely investigate and understand the Four Noble Truths, to be diligent in cultivation in order to stop our aimless wandering in '*Samsara*', and to cross over to the 'other shore'.

It was indeed a spiritual and joyful 'Dhamma Day' which concluded with the offering of lunch *dāna* to venerable Sangha members, and thereafter lunch for all devotees. Sadhu anumodana!



30 July

Achariya Tan Siang Chye spoke about the reality of existence – the 'Four Noble Truths'.

Āsālha Full-moon Uposatha Service

On Thursday 30 July, the Āsālha Full-moon Uposatha Service was observed at Nalanda Centre with offerings to the 'Three Jewels' and recitation of the *Dhammacakkappavattana Sutta* – the Buddha's first discourse on 'Turning the Wheel of Dhamma'.

This special day commemorates the anniversary of three important occasions in the life of the Buddha – His Conception; Great Renunciation; and His first teaching after Enlightenment.

Director of Nalanda Institute, Achariya Tan Siang Chye, presented a Dhamma talk illustrating the significance of this special day. He elaborated on the reality of existence – the 'Four Noble Truths'.

He also quoted Dhammapada verse 182 for all to reflect upon: 'rare to be born as a human, rare is the opportune hearing of the sublime Dhamma, and rare is the appearance of Buddhas'. Hence we must treasure this opportunity to learn, practice and be liberated.



Devotees calming the mind during the Āsālha Day Service.



On Sunday 2 August, Ven. Chi Kwang Sunim gave an interesting talk on 'Spreading Dharma in the West – the Australian Experience', much to the delight of devotees. The venerable Mahayana bhikshuni shared her teaching experiences at various Buddhist Centres down-under. She also emphasised the importance of family bonding as parents are their children's first teachers. As children grow up, the close family relations and Dhamma guidance received from parents will shape them into functional, useful adults.

After the talk, devotees gladly offered lunch dāna to Ven. Chi Kwang. Thereafter, she was brought on a tour of Nalanda Centre. We thank Ven. Chi Kwang for her meaningful sharing and wish her much success in Dhamma propagation. Sadhu!





9 August

Joyful gathering of Buddhist youths – 'Thank you' for your active participation!

A fantastic 'Family Fun Fair'

Nalanda's 'Family Fun Fair' was joyfully held on Sunday, 9 August with a massive show of support from the community! Thousands of people had their fun day out with family and friends while supporting a noble cause at Nalanda Centre.

We wish to express our deepest gratitude to all sponsors, stall operators and visitors for supporting this annual fund-raising event. Your invaluable contributions have enabled Nalanda to continue providing holistic education to the community over

the years.

We also wish to thank all our hard-working volunteers and dynamic organisers who laboured for months to prepare for this big event. Your dedication and selfless spirit are simply amazing!

Let us all continue this wholesome culture of participating in meaningful community service, and improve upon our personal and social development.

Thank you everyone!



Nalanda Free School teachers and students all ready to serve visitors!



4 August

Group photograph of Ven. Dr. Dhammapala with Bro. Tan, Nalandians and devotees from Hong Kong.

Visit by Ven. Dr. Dhammapala

On Tuesday 4 August, Nalanda Centre welcomed the visit by Venerable Dr. Dhammapala and several devotees from Hong Kong. The venerable and devotees were warmly received by the Director of Nalanda Centre Sis. Nandini and Nalandian officers.

The visitors were brought on a tour of the Centre. Our friends from Hong Kong were impressed with the functionality and aesthetic design of the building. The group later met with Founder Bro. Tan and they discussed matters on spiritual cultivation in daily living, as well as the development of Buddhism in Hong Kong.

We thank Ven. Dr. Dhammapala and our new friends from Hong Kong for visiting Nalanda, and we wish them the best in their noble endeavours!



Sis. Nandini bringing the group on a tour of Nalanda Centre.



15 - 16 & 29 - 30 August

Bro. Tan shared many examples on how the Dhamma can be applied in our daily lives.

Mangala Sutta Commentarial Course

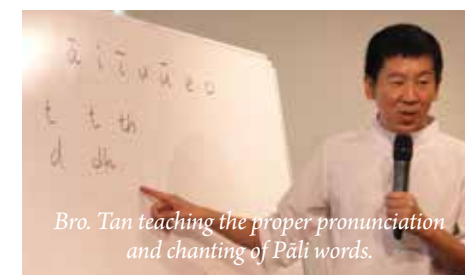
Nalanda Youth Centre recently organised a 4-session 'Mangala Sutta' Commentary Course on 15-16 and 29-30 August, fully taught by Nalanda Founder Bro. Tan. The purpose of this course was to improve Nalandian youths' Dhamma knowledge and practice.

'Mangala Sutta' was chosen as it forms the basis for Buddhist Education. Bro. Tan explained in detail the thirty-eight supreme blessings enumerated in the discourse. He shared many examples on how the Dhamma can be applied in our daily living so that we can lead a blessed and happy life.

Bro. Tan reiterated that blessings are gained through self-cultivation, and not through praying to certain deities or performing various meaningless rituals.

The youths were inspired by the practicality and timeless teachings of the Buddha. This beneficial course was also a timely reminder and inspiration for youths who will be going abroad soon for further studies.

We thank Bro. Tan for his insightful teachings and guidance. Nalandian youths can now continue their Dhamma learning and practice with better understanding and deeper spiritual appreciation. Sadhu anumodana.



Bro. Tan teaching the proper pronunciation and chanting of Pāli words.

Nalanda Free School News



15 August

'Thumbs-up' for a wonderful SPM Examination Preparation Seminar!



SPM Chemistry Examination Preparation Seminar

On Saturday 15 August, 180 students from three secondary schools in Seri Kembangan and Kajang attended an informative and inspiring SPM Chemistry Examination Preparation Seminar at Yu Hua Secondary School in Kajang. The full-day seminar was jointly organised by Nalanda Free School and SMJK Yu Hua to help fifth-form students prepare for the upcoming SPM examination.

We were honoured to have Ms. Khor Swee Moi, a dedicated volunteer teacher at Nalanda Free School and "Guru Cemerlang (Kimia)" to conduct this seminar.

Ms. Khor's unique approach and engaging teaching style spurred the participants' interest throughout the seminar. She also shared many useful tips with the students on how to tackle examination questions.

Nalanda Free School wishes to record our appreciation and thanks to our "Guru Cemerlang" Ms. Khor for conducting the talk, and to SMJK Yu Hua for co-organising such a beneficial seminar. At the end of the day, the students felt more motivated and confident in facing their big challenge ahead – the SPM examination this November!



Students working out the answers to the mock questions given.

K. Sri Dhammananda Memorial Day

On Monday 31 August, Nalandians and devotees congregated at Sri Serdang to commemorate the 9th anniversary of our late Spiritual Advisor Venerable Dr. Kirinde Sri Dhammananda's passing. As the day was also Malaysia's Independence Day, the National Anthem 'Negaraku' was played at an early-morning flag-raising ceremony.

The late venerable's robe was then ceremonially carried by the Society's President Sis. Evelyn Chow in a short procession from Nalanda House to Nalanda Centre, accompanied by Nalanda members and music by a student ensemble.

The programme continued with the placing of the late venerable's robe into its glass casing, followed by *pūja*, chanting and meditation. Nalanda Founder Bro. Tan was then invited to give a Dhamma talk. He shared some of his fondest memories as a student of the late venerable by recollecting his teacher's immense kindness, compassion, intellect and wit. The late venerable left behind a huge legacy of writing and Dhamma teachings which continue to benefit all of us today.

Bro. Tan also spoke about change, personal transformation, and spiritual growth. In advising everyone to move from our 'comfort zone' to 'growth zone', Bro. Tan used the analogy of an egg. If an egg were hit hard from the outside, it will break and life will be ended. However, if an egg were broken from the inside, a new life thus begins. Therefore, it is imperative that we 'break out' of our 'comfort zone' by facing the vicissitudes of life with courage, and move towards the 'growth zone'.

The Memorial Day observance ended peacefully with the toiling of bells at 12.30pm, followed by dedication of merits to the late venerable and all sentient beings. Sadhu!



31 August

The traditional and stately annual "Robes Procession" from Nalanda House to Nalanda Centre.



Bro. Tan gave an inspiring talk using the analogy of an egg.



Nalanda President Sis. Evelyn led the congregation in 'transference of merits' to conclude the Memorial Service.



Group photograph of participants with Bro. Tan at the "Dhamma Learning Retreat" in Gurun, Kedah.

Dhamma Learning Retreat in Kedah

On Friday 17 July, 40 '*kalyana mittā*' (spiritual friends) from Kedah had a meaningful day participating in a "Dhamma Learning Retreat" with Bro. Tan. In line with the theme of the retreat, "*Being a Good Practitioner and Good Friend*", Bro. Tan explained the meaning of 'Essential Education', the differences between 'Dhamma' and Buddhism, the characteristics of Buddha-Dhamma, the path of Buddhist practice i.e. '*Sīla, Samādhi, Paññā*', and how to cultivate oneself to become a better practitioner and friend.

Bro. Tan also quoted the '*Sussusa Sutta*' – "One who listens well" from the Anguttara Nikāya (AN 6.88). For a person to be able to understand Dhamma, he should have these six qualities when listening to the teaching: (1) he wishes to listen; (2) he pays close attention; (3) he sets his mind on understanding it; (4) he grasps the meaning correctly; (5) he discards what is worthless; and (6) he adopts a conviction that is in conformity with the teaching.

It was a rare opportunity to meet a good teacher, so the participants raised a number of questions to clear their doubts. Through his simple sharing, Bro. Tan motivated everyone to strive more diligently towards liberation.

At the end of the programme, Bro. Khaw Seng Giap presented a token of appreciation to Bro. Tan with gratitude and joy on behalf of all participants. The next Dhamma Retreat is scheduled for 31 October in Gurun, Kedah.



Everyone calming the mind with meditation guided by Bro. Tan.



A group photograph with our Baha'i friends.

Baha'i youths visit Nalanda Centre

On Saturday 22 August, a group of youths of the Baha'i faith visited Nalanda Centre for a cultural learning experience. They were warmly welcomed by Nalanda youths and Dhamma School facilitators.

Sis. Hui Shien gave a presentation on the topic "*What is Buddhism*" to the visitors. The Baha'i and Nalanda youths then had an interactive discussion about their respective beliefs and practices. The lively session fostered mutual understanding and respect. The visitors were later brought on a tour of Nalanda Centre, where Buddhist history and culture were introduced to them. Before departing, our Baha'i friends joined in for a meditation session.

Throughout the exchange, both groups were equally inspired by each other's sincerity and friendliness. We thank the Baha'i youths for visiting Nalanda. It was indeed a joyous meeting of new-found spiritual friends!



The lively discussion fostered mutual understanding and respect.



Youth leader Bro. Disheng introducing Buddhist history and culture to the Baha'i youths.

An amazing 'Family Fun Fair'

Nalanda's 'Family Fun Fair' in Johor Bahru held on 13 September was a great success! More than 2,000 people participated in the Fair, with many devotees visiting NEO Centre Johor Bahru for the first time.

We would like to thank all organisers, donors, stall operators, volunteers and visitors for a fantastic show of support towards the event. Your contributions and services go a long way to promote holistic education for the community.

We at Nalanda Johor Bahru Branch are grateful for your strong encouragement. May we continue to rejoice over our noble spirit and wholesome deeds in the months to come!



13 September

Joining hands and hearts – Nalandians from all over Malaysia helping out at the event in Johor Bahru



Friends from Singapore also came to volunteer and help out.



Deputy President Bro. Charlie sharing about the joy he gained through community service.



Nalanda youths performing during the Family Fun Fair.



The Fun Fair attracted more than 2,000 people from all walks of life to NEO Centre Johor Bahru.



Volunteers serving joyfully.



Johor Bahru Dhamma School students having a great time operating a few stalls.

News from Sungai Petani Branch



NEO Centre building progress

On Wednesday 16 September, Bro. Tan accompanied by several members of Sungai Petani Branch visited the proposed Nalanda Education & Outreach (NEO) Centre in Bandar Mutiara. Work on the Centre is progressing well with 65% of construction completed as of early September. Project manager and architect Bro. Fong reported that the Centre should be ready for use this December.

The 4,300-square feet Centre is located in the eastern suburb of Sungai Petani in Central Kedah, next to the town's Eastern By-pass. It's strategic location ensures quick and easy access from all parts of Kedah, Penang and Perlis. Thus, NEO Centre Sungai Petani has been earmarked to serve the education needs of the Buddhist community in the northern region.

A day earlier, the Branch Building Committee had a meeting to discuss the progress of the construction project. Branch Chairman Bro. Khaw Seng Giap, Deputy Chairman Bro. Teoh, and Building Committee members Bro. Fong and Mr. Khaw Kheng Hooi also conducted a site-visit to meet with various contractors. They discussed a few design details and finishes of the ground floor. It was a happy and fruitful meeting of hearts and minds as usual. *Sadhu anumodana* to the hard work put in by the Building Committee!

If you wish to support Dhamma propagation and contribute to the Sungai Petani Centre's building fund, kindly contact Nalanda at 03-8938-1500 for details. With your generous support, we look forward to the successful completion of the Centre later this year for the benefit of many more people! Thank you.

Upcoming Events September – October 2015

SEP

Study Tour to Borobudur



02-06	* Study tour to Borobudur, Indonesia	Central Java
05	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden	NEO Centre KL / Sri Petaling market / Happy Garden
06	* Commencement of BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
12	Emceeing Training Workshop	Nalanda Centre
13	Nalanda Family Fun Fair in Johor Bahru 家庭欢乐在JB 筹款义卖会	NEO Centre Johor Bahru
	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
19	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
	* BPS 303 – Certificate in Buddhist Studies	Nalanda Centre
20	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
22	Nalanda Free School learning trip	FRIM, Kuala Lumpur
26	Motivation talk for Dhamma School teachers	Buddhist Maha Vihara Kuala Lumpur
27	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
	Nalanda Members' Day in Serdang	Nalanda Centre

OCT

Pindacāra – Monks going on alms-round



03	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden	NEO Centre KL / Sri Petaling market / Happy Garden
	* BPS 303 – Certificate in Buddhist Studies	Nalanda Centre
04	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
11	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
17	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
	* BPS 303 – Certificate in Buddhist Studies	Nalanda Centre
	Nalanda Free School Honours & Appreciation Day	Nalanda Centre
18	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
25	* BPS 101 – Buddhist Studies in Mandarin	Nalanda Centre
31	* BPS 303 – Certificate in Buddhist Studies	Nalanda Centre

* Registration is required for these courses / programmes.

Nalanda's Core Value – Faith

Faith (in Pāli *saddha*) is the initial acceptance of the Buddha's teaching prior to realizing its truth for ourselves. It is not meant as dogmatic belief or blind faith. In the *Kalama Sutta*, the Buddha advised against accepting hearsay, tradition or mere logical reasoning as *truth*. Instead, we should apply our effort and moral judgment to act on things that are good and praised by the wise, which when undertaken, lead to benefit and happiness.

A practitioner, having learned the teachings of the Buddha and putting them into practice, develops right understanding, confidence and faith in the Dhamma. After taking refuge in the Buddha, Dhamma and Sangha with unwavering faith, one shall undertake to live a virtuous, fulfilling life, gradually freeing oneself from the defilements of greed, hatred and delusion.

What are our objectives in life?

As Buddhists, we strive to attain balance and happiness in our lives, as well as to help others achieve greater joy and success in their lives, by realising the **Six Well-beings**, namely :

1. **Physical well-being** and good health.
2. **Mental well-being** and joyful living.
3. **Family well-being** and domestic bliss.
4. **Economic well-being** and career success.
5. **Interpersonal well-being** and social harmony.
6. **Spiritual well-being** and inner peace.

'Like' our Facebook fanpage at www.facebook.com/nalanda.org.my to connect with Nalanda for more *Dhamma-rich* news, views and articles!

Nalanda Contacts Please visit our website for directions to Nalanda.

Nalanda Buddhist Society Malaysia

Nalanda Centre, 3357, Jalan 18/31, Taman Sri Serdang, 43300 Seri Kembangan, Selangor.

Tel. No. +603-8938 1500 / 1501 / 1502

E-mail info@nalanda.org.my

Website www.nalanda.org.my

Facebook www.facebook.com/nalanda.org.my

Nalanda Centre is open from Tuesdays to Sundays: 10 am to 10 pm, and on Mondays: 5 pm to 10 pm.

Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

524 A, 1st Floor, Jalan Riang 12, Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7971 7151

E-mail neo-kl@nalanda.org.my

NEO Centre KL is open every first Saturday of the month from 7.30 am to 5.00 pm, and every Sunday from 2.00 pm to 4.00 pm.

Nalanda Education & Outreach (NEO) Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya, 81100 Johor Bahru, Johor.

Tel. No. +607-350 3870

E-mail neo-jb@nalanda.org.my

NEO Centre JB is open on Sundays: 9 am to 3 pm, Mondays to Wednesdays: 7 pm to 10 pm, and on New-moon / Full-moon weekdays: 8 pm to 10 pm.