

Nalanda Bulletin

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Dhamma School Facilitators' Retreat

From 7th to 10th November, facilitators from Nalanda Dhamma School (NDS) gathered at Mangala Lodge, Kampar, to attend a 4-day teachers' retreat. The annual retreat was fun yet full of learning; it was a time to review the School's progress as well as to chart its course for the coming year. Several teachers from Kelantan, who are members of the *Dhammarakkhitta* group, also joined their Nalanda counterparts at the retreat.

There was a wide range of activities held, such as team-building games, hiking, visits to places of interest, and training sessions to remind our facilitators of the high standards of education service, morality and personal integrity they are expected to uphold.

Team spirit among the facilitators was high as they shared their experiences and exchanged ideas on how everyone can help improve the School's performance. NDS Director Sis. Sunandā conducted several training sessions; she stressed that the ability to listen attentively and speak well are crucial for an effective facilitator.

The facilitators had the opportunity to visit Universiti Tunku Abdul Rahman (UTAR) campus known for its lovely architecture. They were pleased to meet up with UTAR Buddhist Society members there.

At the end of the retreat, the facilitators were fully energised and committed to serve and contribute towards Buddhist education. Everyone is looking forward to another exciting year ahead!



Contents

Issue No. 30 | November 2015

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Gratitude to our teachers

Commemorating Venerable K. Anuruddha Nāyaka Thero & Acharya S. N. Goenka

- | | | | |
|-------|--|---------|--|
| 1 | Fruitful retreat in Kampar for Dhamma School facilitators | 17 | Packing food for the hungry and destitute |
| 4 | Ayya Susilā visits Nalanda Centre | 18 – 19 | Member of Parliament and State Assemblyman visit Nalanda |
| 5 | Visit by Venerable Bhikkhunis | 20 | Dr. B. R. Ambedkar Commemoration Day |
| 6 | Workshop for Nalanda <i>Emcees</i> | 21 | Guided meditation with Ven. Asabhadāra |
| 7 | Serdang Buddhist Association's new building inaugurated | 22 – 23 | Nalanda Free School celebrates <i>Appreciation & Honours Day</i> |
| 8 – 9 | Briefing sessions on 'Wisdom Park' for Buddhist leaders | 24 | S.P.M. candidates get morale boost |
| 10 | Indonesian <i>Nusantara</i> youths camp at Nalanda Centre | 25 | Visit by Appamādhaviharī Committee Members from Penang |
| 11 | Appreciation dinner for donors and volunteers in Johor Bahru | 26 | Dhamma Retreat in Gurun, Kedah |
| 12 | Motivational talk at Buddhist Māha Vihāra, Kuala Lumpur | 27 | Almost complete! NEO Centre Sungai Petani opens in a month |
| 13 | Gratitude to our Dhamma teachers | 28 – 29 | 'Wisdom Park' land fully paid |
| 14 | Nalandians meet on Mid-Autumn Festival day | 30 | Course participants impress with their presentations |
| 15 | Buddhist Fellowship Singapore Exco visits Nalanda | 31 | Upcoming events in November & December 2015 |
| 16 | Nalandians attend youth seminar | 32 | Nalanda's Core Value – " <i>Learning</i> " Nalanda Contacts |



6 & 9 September

Group photograph of Ayya Susilā with Nalandians.

Nalanda welcomes Ayya Susilā

On Sunday 6 September, Nalanda Centre welcomed the visit by Venerable Ayya Susilā, founder of Appamādhaviharī Meditation Centre in Penang. Ayya Susilā, who was on a short trip to Kuala Lumpur, specially made time to visit the recently-completed Nalanda annex building, accompanied by a few of her devotees.

Ayya Susilā and her devotees were warmly welcomed by Nalanda President Sis. Evelyn, Director of Nalanda Centre Sis. Nandinī, and other Nalandian officers. The visitors were brought around for a meaningful building tour. Ayya Susilā was delighted by the informative tour and the intricate details put into the interior design of the building.

Nalandians took the opportunity to invite Ayya Susilā to lead the weekly group meditation and Dhamma discussion on 9 September. Many meditators eagerly

turned up to learn from Ayya's vast experience and knowledge in the field.

Ayya Susilā started the session by explaining the two main methods of meditation – concentration meditation and insight meditation. Ayya then guided meditators to practise 'ānāpānasati' (mindfulness of the in-breath and out-breath). She further explained that when there is no 'kilesā' (defilements) entering the mind through the practice of 'ānāpānasati', the mind is purified at that moment, bringing peace and happiness.

After the meditation session, practitioners took the opportunity to clarify doubts in their daily practice with Ayya Susilā in an interactive and interesting Q&A session. We are very grateful to Ayya Susilā for her wonderful guidance and we wish her much success in her 'Dhammaduta' (missionary) work. Sadhu!



12 September

Sis. Nandinī leading the venerable bhikkhunis on a building tour.

Visit by Venerable Bhikkhunis

On Wednesday 16 September, Venerable Bhikkhuni Anulā, Bhikkhuni Medhā and Bhikkhuni Sumangalā visited Nalanda Centre accompanied by Sis. Tan Yee Yong. The Director of Nalanda Centre Sis. Nandinī and Director of Dhamma School Sis. Sunandā warmly welcomed the venerable nuns. Sis. Nandinī brought the venerables on a brief tour of Nalanda Centre and Youth Centre.

The venerable nuns were pleased with the lovely design and peaceful ambience of Nalanda Centre, which is truly conducive for meditation and education. We thank the venerables for their kind visit and wish them the best of health and success in their noble pursuits. We also thank Sis. Tan Yee Yong for organising and facilitating the visit. Sadhu anumodana!



The venerable bhikkhunis, Sis. Tan Yee Yong (left), and Nalandians at Level 1.



12 September

Bro. Tong sharing useful techniques for overcoming stage fright and for effective delivery.

Workshop for Nalanda Emcees

On Saturday 12 September, Nalanda Institute organised an emceeing workshop themed *"Inspire Your Audience"*. The fruitful workshop was designed to train in-house emcees to host various Nalanda programmes and activities with poise, confidence and effectiveness. The facilitators – Sis. Sadhikā Tan and Bro. Tong – shared many useful techniques including ways to overcome stage fright, effective delivery, as well as organising and preparing the presentation.

Participants of the emceeing workshop were made to understand their roles as the hosts of programmes, and the necessary preparation for events they anchor. Nalanda founder Bro. Tan also gave a short sharing at the workshop where he emphasised the need for effective communication skills. Emcees at Nalanda play a larger role than just being announcers. They should add value to their pivotal roles by being examplers for Buddhist culture, and thus inspiring others to learn Dhamma.



Sis. Sadhikā sharing useful tips in organising and preparing presentations.



16 September

Unveiling the signboard by Ven. B. Sri Saranankara and Ven. Datuk K. Sri Dhammaratana.

Serdang B. A. inaugurates new centre

On Wednesday 16 September, Nalanda President Sis. Evelyn Chow, Deputy President Bro. Charlie Teng, Director of Nalanda Centre Sis. Nandinī, Youth Leader Bro. Disheng and officer Sis. Chooi were invited to witness the inauguration ceremony of the new Serdang Buddhist Association building.

The new premises was launched in a glittering ceremony graced by the presence of many Sangha members from locally and abroad. Also at the opening were

the Member of Parliament for Serdang, State Assemblyman for Seri Kembangan, representatives of Buddhist organisations and community leaders. The officiating ceremony concluded with *Sanghika Dāna* for the venerable monks and nuns.

We congratulate Serdang Buddhist Association on the opening of their new centre in Seri Kembangan! May they continue to progress and serve the community well. Sadhu anumodana!



Participants having a discussion.



Group presentation at the workshop.

Briefing sessions for Buddhist Leaders

Nalanda recently organised a series of briefing on the 'Wisdom Park' project for venerable *Sangha* members, Buddhist community leaders, Dhamma speakers, and Nalanda benefactors. Nalanda founder Bro. Tan gave detailed introduction to the objectives of 'Wisdom Park' and its proposed development plan.

Bro. Tan highlighted the need for properly trained lay Dhamma teachers and competent Buddhist leaders in order to have effective Buddhist education and propagation. These are the main objectives of establishing 'Wisdom Park'.

Many leaders who attended the briefings expressed their strong support for this timely initiative that will act as a catalyst for the growth of Buddhism in Malaysia and beyond. Nalanda deeply appreciates our community leaders for their invaluable inputs and encouragement.

The first phase of the project is expected to begin in two years. We look forward to implementing the project successfully in due time!



20 September
& 11 October

Buddhist community leaders came together to support the 'Wisdom Park' project.



The first briefing session on 'Wisdom Park' was held on 20 September.



The second briefing session was held on 11 October.



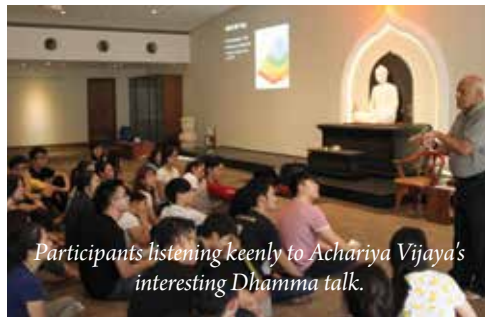
Participants of the annual Nusantara Buddhist Youth camp having a photograph with Bro. Tan.

Indonesian youths camp at Nalanda

From 24 to 26 September, the Nusantara Buddhist Youth (also known as 'Tarabuddy') group held its 3-day annual camp at Nalanda Centre, Sri Serdang. The participants consisted of Indonesian college students studying in Malaysia, aged between 18 and 21 years old. The theme of the camp was "It all starts from Me".

Nalanda founder Bro. Tan, Achariya Vijaya Samarawickrama (Chairman of Nalanda Education Team), and Sis. Paruadi (Nalanda Training Manager) were invited to give Dhamma talks to the youths.

It was a great pleasure having the campers around as they brought a buzz to Nalanda with their dynamic activities and chattering in Bahasa Indonesia. We look forward to having them back in Sri Serdang, soon!



Participants listening keenly to Achariya Vijaya's interesting Dhamma talk.



The youths respond enthusiastically during the Q&A session with Sis. Paruadi.



Organising Chairman Bro. David Yap welcoming volunteers and stall operators to the appreciation dinner.

Appreciation dinner for volunteers

On Saturday 26 September, volunteers and stall operators of the recent 'Nalanda Family Fun Fair' in Johor Bahru were invited to an appreciation dinner to thank them for their contribution towards the success of the event. The date was also chosen in conjunction with the Mid-Autumn Festival celebration.

In his welcoming remarks, Branch Chairman Bro. David Yap expressed his deep appreciation for the continuous support of the volunteers and benefactors for Nalanda Johor Bahru.

Several interesting activities, including musical performances and a 'lantern riddles' game, were organised by Nalanda Dhamma School students to entertain the crowd.

Volunteers were also invited to share their

experiences of the 'Family Fun Fair', and many had amusing and inspiring personal stories to tell.

We thank everyone for their contributions to the first-ever 'Nalanda Family Fun Fair' in Johor Bahru. Their generosity will go a long way towards providing holistic education and benefit many more people in future. Sadhu anumodana!



Anumodana to the dynamic Dhamma School students for making the event so joyous!



26 September

Bro. Tan inspiring BISDS staff members to become better volunteers and educators.

Motivational talk at the Māha Vihāra

On Saturday 26 September, Nalanda Buddhist Society founder Bro. Tan was invited to give two motivational talks to the staff of Buddhist Institute Sunday Dhamma School (BISDS) at the Buddhist Māha Vihāra, Brickfields, Kuala Lumpur. The talks were attended by 45 BISDS staff members, as well as six facilitators and four students from Nalanda Dhamma School (NDS).

Bro. Tan spoke on the “Qualities of a Buddhist Volunteer” and the “Joy of Sharing Dhamma”. First and foremost, he said Buddhist volunteers need to maintain a positive mental attitude and continuously cultivate wholesome thoughts. After which, volunteers have to gradually learn about their areas of responsibility, ethics and etiquette of volunteering. Bro. Tan’s two inspiring talks gave the participants a boost in confidence to carry out their roles more effectively as volunteers and educators.

Meanwhile, NDS Director Sis. Sunandā Ong gave a presentation on the system of education applied at Nalanda. She gave examples of the positive impact it has had on Nalanda students, some of whom were there to give their testimonials and to share their personal stories. Following that, participants had a fruitful Question & Answer session with both Bro. Tan and Sis. Sunandā.

We would like to thank the Principal of BISDS, Ven. K. Siridhamma Thero, for kindly inviting Nalanda Dhamma School to share our experience with his volunteers at the Buddhist Māha Vihāra. Ven. Siridhamma also wished that more such forums and talks can be organised for Buddhist teachers next year. Through such frequent exchange of ideas, we hope that Theravada Buddhist organisations can upgrade the quality of education provided at our Dhamma Schools.



27 September

Nalandians pay tribute to our late teachers Venerable K. Anuruddha and Acharya S. N. Goenka.

Gratitude to our Dhamma teachers

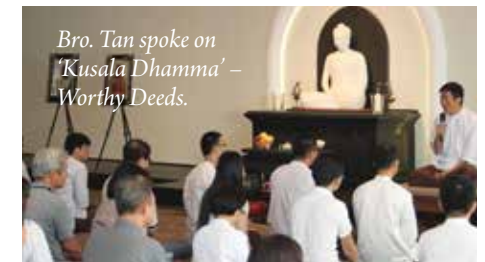
On Sunday 27 September, a memorial service was held in honour of two illustrious teachers – Venerable Dr. Kakkapalliye Anuruddha, a foremost and distinguished scholar in the Pāli language; and Acharya Satya Narayan Goenka, a prodigious teacher who taught millions of practitioners the technique and bliss of *Vipassāna* Meditation. Both great men passed away on the same day, 29 September 2013; their likes will rarely be seen again.

Following the tributes, Nalanda founder Bro. Tan gave a pertinent lesson on *Kusala Dhamma*, taken from AN. 4.61, where the Buddha taught Anathapindika about worthy deeds.

Bro. Tan also reminded devotees that Dhamma ‘practice’ is the gradual, systematic and progressive purification of morality; purification of mind and mental states; and purification of views.

The Path of Practice requires the training, cultivation, and development of the mind, and to do these, one has to have 1. training in being mindful; 2. training in awareness; 3. training in having fewness of desires; 4. training in wholesomeness; 5. training in calmness; 6. training in non-diffusion; 7. training in concentration; and 8. accomplishment in wisdom.

The memorial service concluded with dedication of merits to both teachers and to all sentient beings. We are thankful to our spiritual teachers who inspire us to continue with Dhamma practice. Sadhu!



Bro. Tan spoke on ‘Kusala Dhamma’ – Worthy Deeds.



27 September

Sis. Evelyn likens the Members' Day gathering to a family reunion, as it fell on Mid-Autumn Festival day.

Nalandians meet on festive day

On Sunday 27 September, Nalandians in the Klang Valley gathered in Sri Serdang for our monthly Members' Day. As it fell on Mid-Autumn Festival day, Nalanda Buddhist Society President Sis. Evelyn Chow likened the gathering to a 'family reunion', remarking that unity and harmony are values highly regarded in Buddhism.

Society founder Bro. Tan was invited to address Nalandians. He updated members on the 'Wisdom Park' project, saying that there is an urgent need for such facilities to serve the future educational demands of the community.

A big 'Thank You' to all members for coming together in 'Samaggi', practising Dhamma mindfully, and serving the community as one big family! Sadhu anumodana.



Bro. Tan sharing his thoughts with members.



Nalandians taking turns to share their views.



4 October

Nalandians pose with Buddhist Fellowship Singapore Exco members. The visit has brought members of the two societies closer than ever.

BF Singapore Exco visits Nalanda

On Sunday 4 October, 28 Singapore Buddhist Fellowship (BF) members, mainly comprising the newly-elected Executive Committee led by its President Bro. Wilson Ang, made a special visit to Nalanda Centre in Sri Serdang. They were warmly welcomed by Nalandian officers.

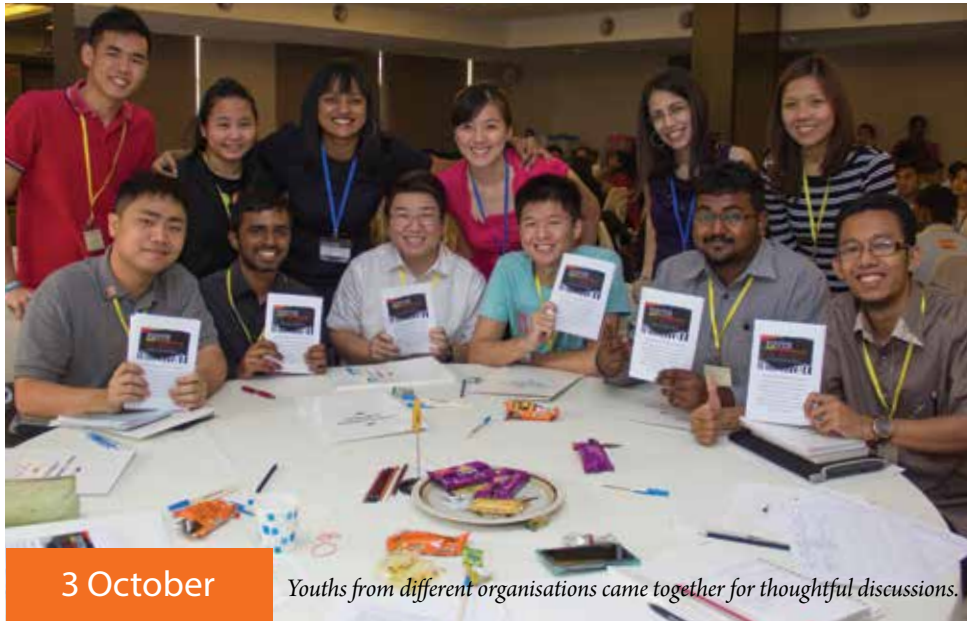
After attending the 'Service Sunday' and Dhamma talk by Achariya Vijaya, the BF Singapore Exco members had a fruitful exchange of ideas with Bro. Tan and Nalanda leaders. They were also brought on a tour of the Centre before heading back to Singapore later in the afternoon.

BF Singapore is an established organisation running two centres with a few thousand members. It has been organising numerous Dhamma activities in the island republic for almost three decades.

The visit has strengthened the bond between members of our two societies and paved the way for greater cooperation in spreading the Dhamma regionally. Nalandians were happy to meet with our 'old friends', as well as with newly-made ones from BF Singapore. We hope to welcome everyone back to Nalanda Centre, soon.



Bro. Tan presenting a painting to BF President Bro. Wilson Ang (right).



3 October

Youths from different organisations came together for thoughtful discussions.

Nalandians attend youth seminar

On 3 October, three Nalandian youths – Bro. Disheng, Ajit, and Lee Kern – attended a community-building seminar organised by the Bahá'í community. The focus of the roundtable discussion was youth leadership and community service.

Participants from various organisations gave constructive views on how best to build a better community for future generations. The youths were asked what they perceived were their main challenges, and what measures they could take to overcome them. They were also asked to think about how to use their strengths to benefit the community.

It was heartening to see that the participants were unanimous in wanting to contribute their services towards a better world. We thank the organisers for inviting Nalandian youths to the thought-provoking seminar.



Bro. Lee Kern (left) and Bro. Ajit were invited to offer blessings at the commencement of the event.



Bro. Disheng in a roundtable discussion.



10 October

The Nalanda Team do their bit to combat world hunger.

Packing food for the destitute

On Saturday 10 October, a team of 20 Nalandian youths led by Bro. Disheng participated in a meal-packaging event at Berjaya Times Square, Kuala Lumpur. It was hosted and organised by Berjaya Youth, in collaboration with 'Stop Hunger Now', a non-profit organisation based in the United States which aims to end world hunger by operating international food-relief.

One hundred thousand packages comprising rice, soy, dried vegetables and vitamins were packed and sent to the Malaysian Red Crescent Society for distribution to impoverished people in Malaysia and other parts of Southeast Asia.

Nalandian youths were grateful for the opportunity to contribute towards this effort to eradicate world hunger. Well done everyone! Sadhu anumodana.



Bro. Disheng (right) receiving a certificate of appreciation from the organisers.



Nalandian youths filling up bags with nutritious food.



11 October

YB Gobind Singh Deo and YB Ng Sze Han received by Nalanda officers.

Member of Parliament and State Assemblyman visit Nalanda

On Sunday 11 October, Nalanda Centre had the honour of welcoming our Member of Parliament for Puchong, Yang Berhormat Mr. Gobind Singh Deo, and Selangor State Assemblyman for Kinrara, Yang Berhormat Mr. Ng Sze Han, for an official visit. The Yang Berhormats' entourage was given a warm welcome by Nalanda members while touring the Centre.

The Yang Berhormats also took time to meet with Nalanda youths to give them words of encouragement. They said that today's youths are the future of our country; therefore it is vital that youths are learned, dynamic, civic conscious and patriotic.

Both Yang Berhormats expressed their amazement and appreciation for what Nalanda has been doing over the past 12 years – providing quality, holistic education to the community. In particular, the discipline and positive-learning spirit shown by the Nalanda youths and Dhamma School students impressed them most.

The visitors later met with Founder Bro. Tan, and had a fruitful hour-long dialogue with Nalanda leaders. We thank YB Mr. Gobind Singh Deo and YB Mr. Ng Sze Han for their visit and encouragement. We look forward to welcoming them to Nalanda for future programmes.



Bro. Tan pointing out that Buddhism in essence is a comprehensive education system which aims to impart Right Views, values and wisdom.



YB Gobind Singh having a good time speaking with Nalanda youths.



The YBs impressing upon the young students the importance of education and good values.



18 October

Bro. Ananda sharing about the life and tribulations of Dr. Ambedkar.

Commemorating Dr. B. R. Ambedkar

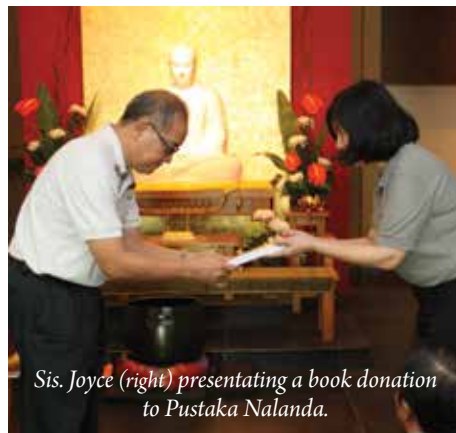
On Sunday 18 October, Nalandians honoured Dr. B. R. Ambedkar for his humanitarian work and contribution to Buddhism in India.

His conversion to Buddhism, together with 300,000 of his followers on 14 October 1956 during an event at Nagpur sparked a revival of Buddhism in India not seen in 900 years! He is best remembered for his fight against social injustice suffered by the Dalits (“untouchables”) and other socially oppressed castes of India.

The Director of Pustaka Nalanda Bro. Ananda Fong showed a short film on the history and achievements of Dr. Ambedkar.

Besides being a social reformer and Buddhist leader, Dr. Ambedkar was India’s first Law Minister and the principal architect of the Indian Constitution.

Dr. Ambedkar had said: “*The fundamental principle of Buddhism is equality. There was only one man who raised his voice against separatism and untouchability, and that was Lord Buddha.*” Dr. Ambedkar’s seminal book ‘*The Buddha and His Dhamma*’ is available at Nalanda Library for reading.



Sis. Joyce (right) presentating a book donation to Pustaka Nalanda.



21 October

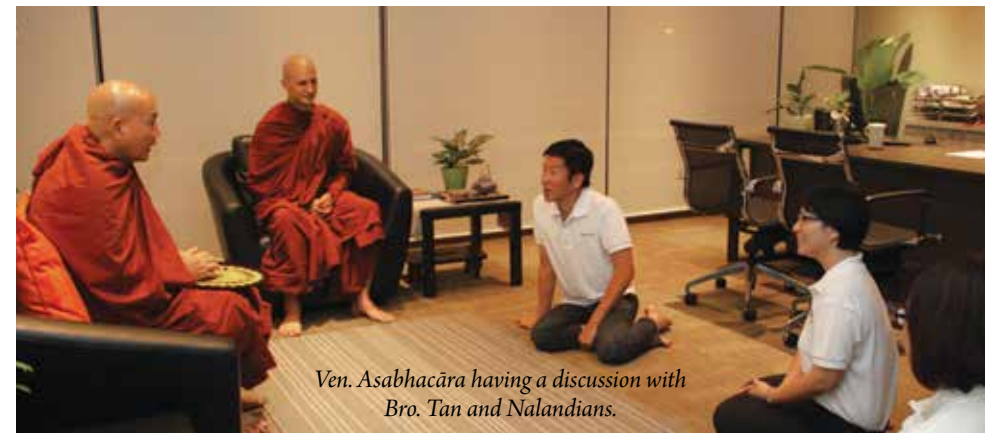
Ven. Sayadaw Asabhacāra teaching meditation at Nalanda Centre.

Meditation guided by Ven. Asabhacāra

On Wednesday 21 October, Ven. Asabhacāra was invited to give a guided meditation and dhamma sharing session at Nalanda Centre, where he encouraged devotees to meditate diligently and maintain mindfulness in their daily activities. Ven. Asabhacāra received his higher ordination in 1974 and is

currently the Abbot of Mangalārama Vihāra in Silver Spring, U.S.A.

Devotees took the opportunity to clarify doubts on their practice during the Question & Answer session. We thank Ven. Asabhacāra for his guidance and words of encouragement. Sadhu anumodana.



Ven. Asabhacāra having a discussion with Bro. Tan and Nalandians.



24 October

A happy and celebratory gathering at Nalanda Free School Appreciation & Honours Day 2015.

Nalanda Free School celebrates *Appreciation & Honours Day*

On Saturday 24 October, Nalanda Free School students, parents and volunteer teachers packed the Dhamma Teaching Hall on Level 4 of Nalanda Centre to attend the school's 2015 *Appreciation & Honours Day*. This is a special occasion to thank the volunteer teachers for their dedication and hard work throughout the year to help our students achieve academic success.

Among the highlights of the evening programme was a lovely play staged by the students. Teachers too shared inspiring stories of their experience as volunteers at Nalanda Free School.

After careful evaluation, students from each class were chosen to receive four categories of awards – “*Best Student Award*”, the “*Most-Improved Student Award*”, the “*Most Enthusiastic Learner Award*”, and the “*Full Attendance Award*”.

Congratulations to the students who have studied hard and done well in school. We take this opportunity to thank our volunteer teachers once again for their noble effort and selfless commitment to serve the community. We would also like to thank the parents for their trust and support for the school. Sadhu anumodana.

“The purpose of education is not to gain knowledge, but to enable wisdom.” – Bro. Tan, Nalanda founder.



A quiet moment to calm their minds before the programme starts.



Students writing notes of appreciation to their parents and teachers.



Students are grateful to their parents for their love and support.



Sis. Nandini expressing her appreciation to all the teachers and volunteers.



24 October

Dhamma School facilitators have the students' well-being at heart.

S.P.M. candidates get morale boost

It's that time of year again, when thousands of students will be sitting for the SPM (*Sijil Pelajaran Malaysia*) examination. To give moral support to Nalanda Dhamma School (NDS) students who are facing the exams, NDS officers organised a get-together on Saturday, 24 October to motivate and boost the confidence of the candidates, as well as foster the spirit of '*kalyāna mittatā*' between NDS students and their seniors in Nalanda Youth Centre.

The programme kicked off with a simple dinner followed by a delightful puppet show performed by NDS student officers. The evening was further enlivened with games reflecting good moral values.

Three ex-SPM candidates shared their examination experiences with the students and gave them practical tips and some timely advice.

The Director of Nalanda Dhamma School Sis. Sunandā was invited to give a sharing on '*Achieving a well-balanced and happy life*'. The session ended on a high note with group reflection and blessings.

We wish all SPM candidates the very best in their exams. *Bhavatu Sabba Mangalam!*



SPM candidates giving each other moral support.



31 October

Appamādhavihari Meditation Centre committee members from Penang and Nalandians form a special bond of friendship after the visit.

Visit by Appamādhavihari Committee

On Saturday 31 October, Ven. Ayya Susilā and Appamādhavihari Meditation Centre Committee Members from Penang visited Nalanda Centre on a familiarisation tour. They were warmly greeted by Nalandians who made them welcome, and gladly showed them around the Centre.

Ayya Susilā and the visitors then met with senior Nalanda officers for a genial discussion on the Society's operations and educational activities.

The following day, the visitors attended Service Sunday where Ayya Susilā gave a Dhamma talk on mindfulness and meditation, and opened the floor to questions. The audience responded enthusiastically and made many interesting queries on daily practice.

Lunch dāna was offered to Ayya Susilā and many devotees availed themselves in this

meritorious deed.

The visit has strengthened the relationship and cooperation between Appamādhavihari and Nalanda. We thank Ayya Susilā and her Committee Members for visiting, and look forward to hosting them again soon. *Sadhu anumodana!*



Sis. Buddhini leading our guests on a tour.



The Dhamma sessions were dynamic with plenty of interaction between participants.

31 October

Dhamma Retreat in Gurun, Kedah

On Saturday 31 October, Bro. Tan conducted a Dhamma Learning Retreat organised by the Nalanda Sungai Petani Branch at Gurun Buddhist Association.

The one-day retreat was attended by 72 participants. Bro. Tan spoke about 'citta' (the mind) and 'Dhamma' (the Way). He said that when we understand 'citta', we can comprehend how we operate as human beings. Thereafter, knowing the *Dhamma* will prevent us from doing wrong, and motivate us to do what is right.

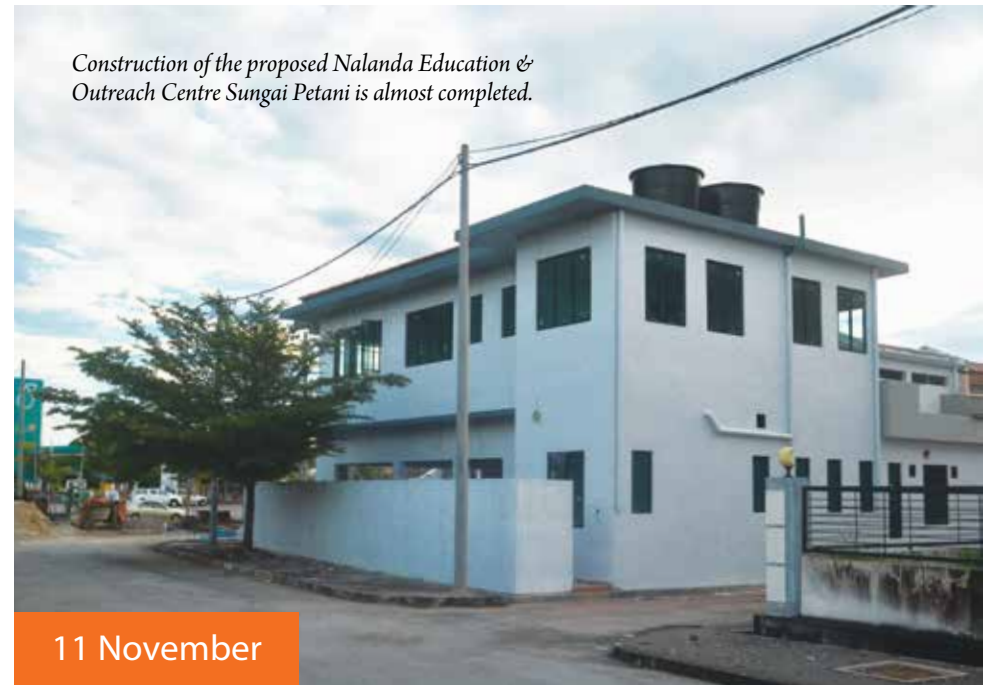
Bro. Tan also explained the eight causes and conditions for wisdom to arise, which are fundamental to the spiritual life. Referring to Dhamma practice, he reminded participants that, "We do not do things because they are easy to do; we do them because they are important, even if they seem difficult to do."

Besides Dhamma teachings, the day's programme included meditation, chanting, and group discussions.

The participants were grateful to Bro. Tan for conducting the retreat and for the invaluable lessons they had learned. Sadhu anumodana.



Participants were eager to ask questions and learn more.



Construction of the proposed Nalanda Education & Outreach Centre Sungai Petani is almost completed.

11 November

Just another month to completion!

Construction of NEO Centre Sungai Petani in Bandar Mutiara is entering its last phase. To date, more than 82% of scheduled work has been completed. The remaining works include the installation of lights, electrical equipment and air-conditioners, built-in furniture, painting and interior decorations.

The Centre is on schedule for its officiating ceremony in December. Nalanda members are expected to converge in Sungai Petani for the joyous occasion to witness yet another milestone for Buddhist education in Malaysia – the launching of this latest facility for Dhamma-learning. Henceforth, it is expected to play a pivotal role in facilitating Buddhist education in the Northern Region.

The 4,310-square feet Centre will feature a Dhamma Teaching & Meditation Hall, a reference library, rooms for visiting

monks and teachers, management office, meeting room and kitchen. The fully-equipped facility is projected to cost around RM750,000.

Nalanda Sungai Petani Branch would like to appeal for your generous help to contribute towards the estimated RM130,000 shortfall in our building fund. You may transfer your donation to "Nalanda Buddhist Society Malaysia (SP)", Maybank account: 5521-0761-5249. After which, please contact us for the issuance of donation receipts.

For more information, please contact Branch officers Bro. Khaw (012-555-8529) in Sungai Petani, Bro. Teoh (012-495-0507) in Alor Setar, or call Nalanda Office at 03-8938-1500. Thank you for your kind support! We rejoice over your good deeds, and wish you success in your noble endeavours.



11 November

Panoramic view from the site of 'Wisdom Park'.

Get more updates on 'Wisdom Park' on :
www.facebook.com/wisdompark.malaysia/

The surrounding lush greenery and verdant undulating hills create a serene and scenic sight.

Wisdom Park land fully paid!

We are pleased to inform that the land for 'Wisdom Park' was fully paid up on 11 November! The 'Sales & Purchase Agreement' for the land, which was signed on 11 August, required the buyer to pay up within 3 months.

Nalanda Buddhist Society is most grateful for the generous contributions and soft loans from devotees, members, and Buddhist organisations in Malaysia and from overseas that enabled us to raise just enough funds to settle the payment.

We shall continue with fund-raising to repay the soft loans extended to us by kind individuals and Buddhist societies over the

next 12 months. Funds are also needed to build Phase 1 of 'Wisdom Park' scheduled to begin in two years.

On 10 November, we launched a new Facebook page for 'Wisdom Park' to facilitate the communication of news about its progress and proposed development. We invite you to visit and 'Like' the page at <https://www.facebook.com/wisdompark.malaysia/>

Thank you very much for all your support, blessings, and contributions toward this noble project! Let us continue our efforts to ensure the successful development of 'Wisdom Park' for the benefit of many!



A lovely stream that flows in front of 'Wisdom Park' provides a calming focal point as one arrives.



31 October

A group from Kelantan brought along their own 'props' to give their presentation greater impact.

Course participants impress with cheerful presentations

Saturday 31 October was Group Assignment Presentation Day for participants of BPS 303 – Buddhist Studies course. It was the 'grand finale' to a 10-session course which began on 4 July.

Participants were divided into 11 groups and they had two options to choose from: (1) to conduct a survey to find out how much Buddhists themselves understood Buddhism; or (2) to take part in an activity which reflected the 'Ten Wholesome Deeds'.

The students had been preparing for their assignments for two months and were raring to go. The four groups from Kelantan were the first to take centre stage. Everyone was in high spirits and they were keen to impress their lecturers – Achariya S. Vijaya, Achariya

Tan Siang Chye, and Bro. Ananda Fong. One of the groups certainly did when its members recited Dhamma verses in Pāli, while another even brought along their own 'props' for greater impact.

The hall was filled with mirth as everyone learnt valuable lessons from each other's presentation. It was heartwarming to see the participants exchanging words of encouragement and giving each other moral support. The lecturers too were happy and duly impressed by the presentations which they say have gotten better over the years.

Congratulations to BPS 303 class of 2015! May they continue to learn the sublime Dhamma and receive its guidance and blessings. Sadhu!

Upcoming Events November – December 2015

NOV



Sangha Day

03-07	Hosting Ven. Alokavamsa of Indonesia	Nalanda Centre
07	<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
07-10	Nalanda Dhamma School Facilitators' Annual Retreat	Kampar, Perak
15	<i>Sangha Day</i> – Robes Offering Ceremony	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 Examination	Nalanda Centre

DEC



Learning Camps

01-02	Hosting Ven. Sanghasena of Ladakh, India	Nalanda Centre
01-03	* Children's Learning Camp 'Always Be Caring!'	Nalanda Centre
04-06	* Teenagers' Learning Camp 'Love & Respect'	Puzhao Buddhist Vihara, Kluang, Johor
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
08-10	* Teenagers' Learning Camp 'Cermin Hati'	Wat Sukhontharam, Tumpat, Kelantan
12	* BPS 303 – Certificate in Buddhist Studies Convocation Ceremony	Mettarama Meditation Centre, Kota Bharu
13	* MINDFULGym Workshop by Dr. Phang Cheng Kar	Nalanda Centre
15-17	* Teenagers' Learning Camp 'Wise Reflection'	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 Convocation Ceremony	Nalanda Centre
	* BPS 101 – Buddhist Studies in Mandarin Participants' Gathering	Nalanda Centre
24-27	* 4th National Members' Convention	NEO Centre, Sg. Petani
31	Nalanda Dhamma School Honours Day	Nalanda Centre

* Registration is required for these courses / programmes.

Nalanda's Core Value – *Learning*

'*Learning*' does not simply mean reading many books and acquiring theoretical knowledge. A good Dhamma practitioner takes everything in life as an opportunity for education. The will to learn is an indispensable quality. Only by putting in great effort and determination to widen and deepen our knowledge and skills, and never giving up, can we acquire mastery over the practice.

When we take a conscious effort to learn, this quality will register in our minds, soon making it a natural reflex to us. Through listening to talks, having discussions, reading the Buddha's discourses, daily reflection and contemplation, as well as relating everything in our lives to *Dhamma*, we can potentially gain much insight and spiritual growth.

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.

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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.

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.