

# Nalanda Bulletin

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For Non-Muslims Only

## Best wishes for 2016

On 31 December 2015, more than 200 Nalandians assembled for midnight chanting and a Dhamma sharing by Bro. Tan, where he explained the meaning of the Buddhist maxim, “*Ye dhamma hetuppabhava...*”. It was a wonderful gathering to ‘calm down’ (rather than ‘counting down’) to the New Year, and a great way to begin 2016 – full of spirit and spirituality.

Nalanda Buddhist Society would like to record our deepest appreciation to our members, benefactors, volunteers and supporters who have journeyed with us over the past 12 years in providing quality Buddhist education.

We wish everyone a successful and blessed 2016! Let us strive on mindfully and diligently in our Dhamma learning and practice in the months ahead.

*Bhavatu Sabba Mangalam –*

May you enjoy good health, happiness, peace and spiritual progress!



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Nalanda Bulletin is also available  
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# NEO Centre Sungai Petani officialiated

On Friday, 25 December 2015, the Nalanda Education & Outreach (NEO) Centre in Sungai Petani was officialiated by Ven. B. Sri Saranankara Nāyaka Thero. The simple but meaningful ceremony was attended by Nalanda members from all over the country.

The programme started at 9.00am with meditation, offerings to the *Three Jewels*, and chanting led by Ven. Sri Saranankara. Following that, there were touching and inspiring sharings by Nalanda founder Bro. Tan, Nalanda President Sis. Evelyn, and Chairman of Sungai Petani Branch Bro. Khaw, among others. The congregation then acknowledged the contributions of Building Committee members, contractors, donors, volunteers and well-wishers. No one was left out of our appreciative thoughts.

Ven. Sri Saranankara was invited to unveil a special plaque marking the officiating ceremony, and to receive our offering of lunch dāna. As it was also an Uposatha Full-moon day, many devotees marked the special occasion by observing the *Eight Precepts*.

The opening of NEO Centre in Sungai Petani marks a new chapter in the promotion of Buddhist education in Kedah. As an introduction to the community, NEO Centre will be hosting a series of "Open Days" and Dhamma talks for the public in the months ahead.

Nalanda Buddhist Society records our deepest appreciation and gratitude to all benefactors, sponsors, contractors and everyone connected to the successful completion and opening of NEO Centre Sungai Petani. May you rejoice therein, and receive the abundant blessings of Dhamma! Sadhu anumodana.



25 December

*Simple tug of the string (of attachment) releases the 'tangle', thus marking the opening of NEO Centre.*



*Members of the Building Committee acknowledged by fellow Nalandians for their contributions.*



*Ven. Saranankara unveiling a special plaque marking the officiating of NEO Centre.*



*Bro. Tan representing Nalandians in thanking Ven. Saranankara for his kind presence in Kedah to officiate NEO Centre.*



*Ven. Sri Saranankara accepting the offering of lunch dāna.*





*The 'spirited' and spiritual Nalanda family at the newly opened NEO Centre Sungai Petani.*

## Members' Convention concluded in high spirits!

The 4th National Nalanda Members' Convention was held from 24 to 27 December 2015 in Sungai Petani, Kedah. Nalanda members from all over Malaysia felt the joy and camaraderie of being with our '*kalyana mittā*' and having fruitful discussions.

We are grateful to the members of Nalanda Sungai Petani Branch for hosting this successful Convention at their newly launched NEO Centre. We wish to thank the organising committee, teachers, benefactors and volunteers for all their contributions. Let us move forward and upward, together!



*The joyful convention begun with peaceful meditation.*



*Group members enjoying cheerful discussions.*



*Dhamma School students presenting their views creatively through drama.*



*Nalandians enjoying a 'Dhamma Chat' with Achariyas.*





10 November

Bro. Tan giving a Dhamma talk to visiting Firefly Mission members.

## Firefly Mission visits Nalanda Centre

On 10 November, Nalandians were delighted to welcome 38 members of the Firefly Mission from Singapore, led by its President, Dr. Ng Yee Kong. They were returning from their annual trip to Sasanārakkha Buddhist Sanctuary in Taiping for the 'Kathina' celebrations there. They had picked an auspicious day to visit as it was also *Deepavali*.

Nalanda founder Bro. Tan gave a talk in conjunction with their visit. He remarked that it is always an honour to host members of Firefly Mission as "they are

the epitome of compassion and a beacon of kindness for the countless people they have helped across the region".

After the Dhamma talk, Nalandians and our Singaporean friends took the opportunity to catch up on their recent activities. There was real warmth of kinship and camaraderie in their greetings and exchanges. We thank Firefly Mission for visiting Nalanda and for their generous support and encouragement to the 'Wisdom Park' project. We look forward to seeing everyone again soon!



Group photograph of members of Firefly Mission and Nalandians.



12 November

Nottingham University Buddhist Society celebrates its 6th anniversary.

## Nottingham University workshop

On Thursday 12 November, Nalanda Dhamma School Director Sis. Sunanda Ong conducted a workshop for members of Nottingham University Buddhist Society in conjunction with the society's 6th anniversary.

Sis. Sunanda spoke about positive transformation, highlighting the fact that true transformation can only come about when 'education is accompanied by cultivation'. She impressed upon the students the importance of putting their

Dhamma knowledge into practice if they wanted to see tangible results in their lives. She also explained the basic tenets of suffering, as well as wholesome and unwholesome deeds in daily life.

The students later discussed the salient characteristics of Dhamma based on several case studies. The night ended with a cheerful 'birthday' celebration for the society. We would like to thank the students for their participation and wish them a 'Happy 6th Anniversary'! Do keep up your good work.



Sis. Sunanda celebrating the society's anniversary at Nottingham University Semenyih Campus.





15 November

Young and old came to support the monastic community on 'Sangha Day'.

## 'Sangha Day' celebrated with joy

'Sangha Day' which was observed at Nalanda Centre on 15 November was a joyous occasion and celebrated with much gratitude and reverence for monks and nuns who played a pivotal role in the preservation of Buddha-Sāsana. Nalanda founder Bro. Tan said in his talk, "Today we have the Buddha's teachings because it has been passed down through generations of monks, nuns and lay people, and for that we are forever grateful."

Bro. Tan explained that in very broad terms, 'Sangha' means a community of monks, nuns, and laity; but in the *Vināya*,

it specifically refers to the community of properly-ordained monks and nuns. The Buddha had allowed four monks to represent the whole monastic community in certain circumstances, and hence offerings to four monks may be deemed 'Sanghikadāna' – offerings made to the entire *Sangha*.

After the Dhamma talk, many devotees came forth to offer robes and requisites to the four venerables who were at Nalanda Centre for 'Sangha Day' celebrations. We thank the venerables for their presence, and generous devotees for their active participation.



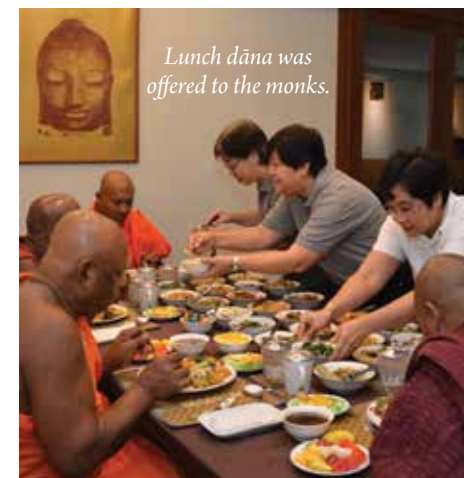
Bro. Tan giving an insightful Dhamma talk on the important occasion.



The venerable monks gave their blessings at the conclusion of the ceremony.

As part of our effort to support the Sangha and strengthen the Buddha-Sāsana, a parcel of land has been set aside at *Wisdom Park* to build a monastery in the future. That portion of land is located at the far end of the park, suitably secluded, and surrounded by forest reserve with a lovely stream flowing through.

For more information on *Wisdom Park*, you can visit a Facebook page specially dedicated to it : [www.facebook.com/wisdompark.malaysia/](https://www.facebook.com/wisdompark.malaysia/). 'Like' the page to give your encouragement to the *Wisdom Park* project! Thank you.



Lunch dāna was offered to the monks.





15 November

*PBUPM members with Director of Nalanda Centre, Sis. Nandini.*

## UPM Buddhist Society workshop

On Sunday 15 November, Persatuan Buddhist Universiti Putra Malaysia (PBUPM) organised a one-day facilitators' training workshop at Nalanda Centre, Sri Serdang. It was conducted by UTAR lecturer Bro. Ananda Lee. The aim of the workshop was to train facilitators for PBUPM's 'Annual

Buddhist Camp' to be held in January 2016, at Bodhi Park, Shah Alam.

Nalanda Centre is happy to accommodate PBUPM members and welcome their use of our facilities for Buddhist activities. We wish them success in their upcoming camp. Sadhu anumodana!



21 November

*Ulu Tiram Buddhist Association Dhamma School teachers and students.*

## Ulu Tiram students visit Nalanda

On Saturday 21 November, a group of 30 Dhamma School students and six teachers from Ulu Tiram Buddhist Association in Johor visited Nalanda Centre. They had been planning the study trip for a few months and was looking forward to their visit.

Nalanda officers gave the teachers and students

a warm welcome and brought them on an educational tour of the Centre, where they learned about Buddhist history and culture.

The visitors were hosted to lunch before they embarked on their journey home. We thank our guests for visiting Nalanda, and we look forward to meeting them again!



1 – 3 December

*Nalanda Dhamma School teachers, students and camp participants.*

## Children learn to 'Always be Caring'

Nalanda's Children Learning Camp for 9 to 12 year-olds was held at Nalanda Centre from 1 – 3 December. It was organised by Nalanda Dhamma School facilitators and assisted by senior students. The holiday camp, with the theme 'Always be Caring', was attended by 75 children.

The camp's programme included meditation, Dhamma sharing, educational games and learning-centred activities. The children also had lots of fun at an interactive session with Venerable Sanghasena of India.

All the activities were geared towards teaching children to be caring and developing respect for each other. The participants soon bonded and became good friends in a fun and happy environment. When the camp ended, many were reluctant to say good-bye to their new buddies.

We thank Nalanda Dhamma School for their superb organisation of the camp. We also thank the children and their parents for their support, and we hope to see them again in next year's camp!





4 – 6 December

Participants, facilitators and volunteers camped for 3 days in Kluang.

## Teenagers Dhamma Camp in Johor

After the success of the Children's Learning Camp at Nalanda Centre Sri Serdang from 1 – 3 December, there was no time for the Nalanda Dhamma School team to rest on their laurels as they whizzed off to Johor to conduct the teenagers' camp at Puzhao Buddhist Vihara in Kluang.

The holiday camp, which was held from 4 – 6 December, was a rewarding collaboration between the Dhamma School and Nalanda Johor Bahru Branch. The theme of the camp was *'Love and Respect'*, and it was attended by 88 students aged 13 to 17 years old.

The camp's programme included Dhamma-

learning, meditation and outdoor activities. The dedicated organising team created a safe environment which was conducive for learning and wholesome fun. As a result, the "campers" had a great time and came away with happy memories and made many good friends.

We thank Nalanda members in Johor, Dhamma School facilitators, senior students, and volunteers for their tireless effort in organising holiday camps for the benefit of many young participants. Their dedication has enabled more people to get to know the sublime beauty of Buddha-Dhamma.



8 – 10 December

Colourfully-dressed camp organisers and participants in Tumpat.

## 'Cermin Hati' holiday camp

Nalanda Dhamma School (NDS) conducted its third holiday camp for teenagers on 8 – 10 December at Wat Sukhontharam, Tumpat in Kelantan. It was a joint effort with Persatuan Meditasi Mettārama, Dhammārakkhita group, and Persatuan Peranakan Cina Kelantan (PPCK).

100 students attended the camp which was themed *'Cermin Hati'* ('Mirror of the Heart'). The camp truly reflected the spirit of goodwill and *"kalyana-mittatā"* (spiritual friendship) among the campers and organisers. Besides Dhamma learning, meditation, and outdoor games, the other highlights of the programme

were a campfire and tea ceremony for the campers to practise humility and honour their parents.

Kudos to the Nalanda Dhamma School facilitators and senior students for their splendid effort in organising the camp, and for carrying out *Dhammaduta* work in Kelantan, which they have done admirably for the past few years.

We would like to thank Persatuan Meditasi Mettārama, Dhammārakkhita, and Persatuan Peranakan Cina Kelantan for their invaluable contribution and cooperation in making the camp a great success. Sadhu anumodana!

## Learning about 'Wise Reflection'



15 – 17 December

Group photograph of the camp organisers and young participants.

From 15 – 17 December, Nalanda Dhamma School organised another wonderful camp for 68 youngsters ranging from 13 to 16 years old at Nalanda Centre, Sri Serdang. This was the fourth and final learning camp for the year-end school holidays in 2015.

The organisers had arranged a series of educational and fun activities with the aim of training teenagers to reflect wisely, and cultivate the wholesome daily habit of chanting, meditation and reading Dhamma books.

The team-based activities enabled participants to foster fellowship and enhance their communication skills. The organisers themselves also had enriching experiences which enhanced their management and leadership skills.

It was indeed a joyful and well-spent holiday for everyone who participated in this learning camp! Thank you for your participation, and especially to the organisers and facilitators for your amazing effort. Sadhu anumodana!





# Nalanda 'Education Day'

11 December

*Nalanda 'Education Day' is a celebration of Buddhist education. It is observed on 11 December annually.*

Every year, 'Nalanda Education Day' is celebrated around 11 December with a series of Dhamma programmes for adults, teenagers, and children. This date marks the anniversary of the launching of Nalanda's "Education Philosophy" – which calls for a holistic approach in education, balancing and combining knowledge, skills, values and culture, hence leading to integral development of people.

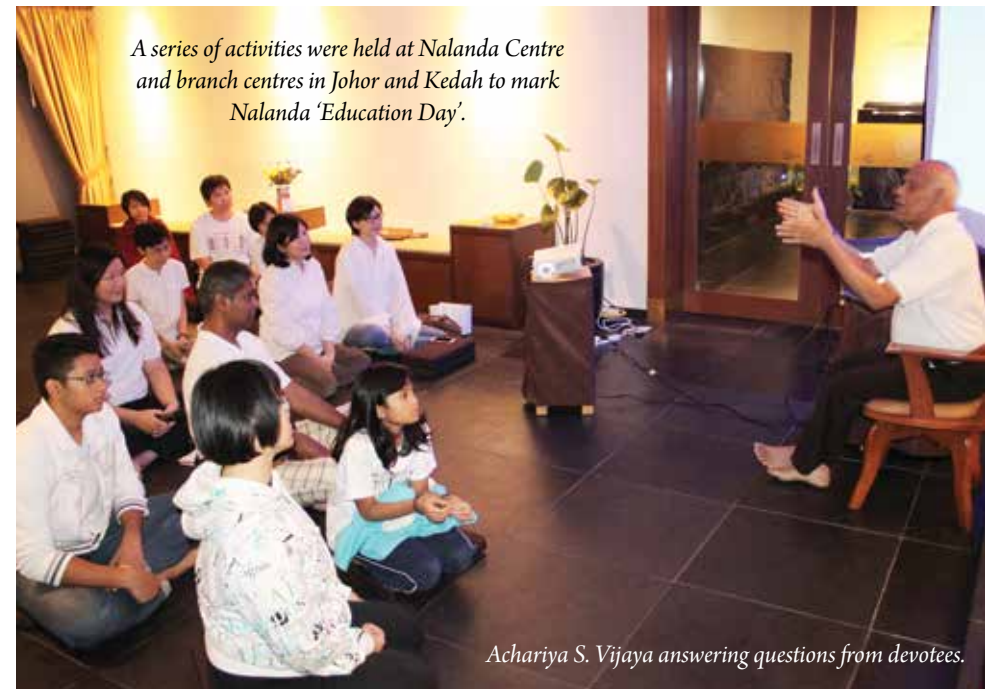
This year's 'Education Day' was celebrated with events at Nalanda Centre Sri Serdang, NEO Centre Johor Bahru, and NEO Centre Sungai Petani – our latest training facility located in Kedah.

In the evening, the Chairman of Nalanda Education Team, Achariya Vijaya Samarawickrama, gave a Dhamma talk at Nalanda Centre. Achariya Vijaya's talk was on the 'Noble Eightfold Path – the Way to Wisdom'.

He said we had two choices: we could either choose the 'Right Path' which led to wisdom and happiness, or the wrong one which led to ignorance and suffering.

Achariya Vijaya's talk is a timely reminder on 'Education Day' for us to reflect on the Buddha's discourse delivered to His first five disciples two months after His Enlightenment. The Blessed One taught them to practise the 'Middle Path' which led to peace, higher wisdom, Enlightenment, and *Nibbāna*.

We take this opportunity to thank all our Dhamma teachers and spiritual guides for leading us on this path of spirituality. We owe them a huge debt of gratitude for their compassionate teachings and guidance over the years. Let us wish our teachers peace, happiness, and success in their noble pursuits! *Sukhihontu*.



*A series of activities were held at Nalanda Centre and branch centres in Johor and Kedah to mark Nalanda 'Education Day'.*

*Achariya S. Vijaya answering questions from devotees.*



# NEO Centre Sungai Petani inaugurated

The Nalanda Education & Outreach (NEO) Centre in Sungai Petani, Kedah, was inaugurated on 11 December with a simple yet meaningful ceremony. Inaugurating the Centre means dedicating it as a Buddhist educational facility. The choice of 11 December was significant as it was an Uposatha new-moon day as well as Nalanda's 'Education Day'.

In the morning, Nalanda members from Kedah Branch gathered at NEO Centre for *pūja* and chanting. They were joined by Nalandians from Serdang and Kuala Lumpur. Thereafter, Bro. Tan gave a talk on what Buddhist education means, how it is different from secular education, and what it aims to achieve. It was truly an enlightening sharing on the philosophy of Buddha-Dhamma.

To mark the occasion, two trees were ceremoniously planted beside the Centre. The tree-planting was performed by representatives of Nalanda Board and EXCO, Branch leaders, members and all devotees present. Bro. Tan said that the two trees symbolize '*Sila*' (integrity) and '*Pañña*' (wisdom), which were declared by the Buddha as "qualities which uphold the world". Both integrity and wisdom are also the objectives of Buddhist education.

Nalandians and devotees were overjoyed by having the new Centre and insights gained through participating in this momentous event!



*The inauguration of NEO Centre Sungai Petani was marked by a meaningful tree-planting ceremony, presided over by Nalanda founder Bro. Tan.*



*Nalanda Board member Bro. Louis Chan planting the tree at NEO Centre.*



*Bro. Tan sharing about the meaning and objectives of Buddhist education.*



# Nalanda Youths 'fuelled up' for 2016!

11 – 13 December

Nalanda Youth Centre officers went to NEO Centre Johor Bahru to recharge, re-energise, and align their direction and plans for the coming year at their annual 'Fuel-up' Camp from 11 to 13 December 2015.

The young Nalandians also took the opportunity to visit our friends at Buddhist Fellowship (BF) Singapore and participated in their weekly gathering. After which, they were treated to a wonderful outing to 'Gardens by the Bay'.

We would like to thank Nalandians in Johor and our friends in BF Singapore for their warm and gracious hospitality in receiving our youths.

It was indeed an energizing camp, and the officers were highly motivated to lead the Youth Centre forward!



*Nalanda Youth Centre officers enjoying their 'Fuel-up' Camp in Johor Bahru and Singapore.*



*Group photograph with Nalanda Johor Bahru Branch officers and members.*



*Visit to Buddhist Fellowship Singapore and joining their youths in the Saturday evening service.*



# Nalanda Institute Convocation 2015



Sis. Suh Chuen receiving a prize for the Best Overall Student in the BPS 303 Certificate in Buddhist Studies from Bro. Tan.

On 19 December, students of BPS 303 – Certificate in Buddhist Studies, gathered at Nalanda Centre for their graduation ceremony. Also present were students of BPS 101 – Buddhist Studies in Mandarin, who were there to rejoice and strengthen the bonds of *kalyana-mittatā* (spiritual friendship) forged over the course of their studies.

The occasion was a culmination of their dedication, hard work and effort over the five months of learning together. As a mark of gratitude, the graduates chanted the ‘*Karaniya Mettā Sutta*’ to bless everyone present.

Director of Nalanda Institute Achariya Tan Siang Chye gave an impactful speech, quoting Einstein in saying, “Education is what remains after one has forgotten everything

learnt in school.” Graduates were reminded to continue with their Dhamma learning as Achariya Vijaya too, drove home the point of keeping up with the principle of *pariyati*, *patipatti* and *pativedha*.

Meanwhile, Nalanda Institute’s Director Emeritus Achariya Tan Ho Soon urged graduates to view their graduation as the beginning and not the end of their Dhamma learning. We rejoice in the course participants’ achievements. May they be resolute in their continuous quest to learn Dhamma.

We would like to record our deep appreciation to all Dhamma teachers, benefactors, supporters and volunteers who have contributed to these two beneficial and inspiring study programmes. Sadhu!



Convocation group photograph of Achariya Tan Ho Soon, Achariya Vijaya Samarawickrama, Achariya Tan Siang Chye, and participants of BPS 303 – Certificate in Buddhist Studies.

## Interview with an inspiring graduate

“Age is no Barrier to learning!”

— Mr. Lee Chong Yong

Nalanda Institute graduate interviewed by Sis. Lim Kah Hong



We often hear senior citizens use “old age” as an excuse not to exercise, learn new things, and even to carry out simple tasks. By labelling themselves as “too old”, they miss out on a lot of opportunities, because in reality age is not the barrier, but the *mind* is!

Bro. Lee Chong Yong, a sprightly 64-year-old who hails from Terengganu, certainly lives by the maxim: ‘Age is no barrier to learning’.

Bro. Lee has been a Buddhist for the past 20 years. Three years ago, he was introduced to Mettārama Meditation Centre in Kota Bharu. Once, while he was there, he heard Bro. Tan give an inspiring Dhamma talk and became determined to know more about the Dhamma, and also Nalanda.

Bro. Lee duly registered for the BPS 303 – Certificate in Buddhist Studies last year. Amazingly, he drove from Terengganu to Mettārama Kota Bharu, a 3-hour journey one way, just to attend the lectures which were broadcasted live from Nalanda Centre, Sri Serdang! His diligence and commitment paid off when he successfully completed the 5-month course.

Bro. Lee has inspired many Nalandians with his determination and perseverance. He has not let age and distance stand in his way of learning Dhamma and achieving new goals. Bro. Lee, you are indeed an inspiration to all of us! Congratulations and anumodana on your success.



Convocation photograph of lecturers and participants of BPS 101 – Buddhist Studies in Mandarin.





31 December

*Dhamma School facilitators and students celebrating another successful year.*

## Nalanda Dhamma School Appreciation & Honours Day

On the last day of 2015, Nalanda Dhamma School facilitators, students and their parents, volunteers, and guests gathered at Nalanda Centre for School Appreciation & Honours Day 2015. This is one of the most important events in the school's calendar as it is a day for all to reflect and rejoice in their efforts and commitment to learning throughout the year.

The evening began with a procession of students and facilitators accompanied by the toiling of bells and rhythmic beating of drums. The evening's programme included several performances by the facilitators and students. Nalanda founder, Bro. Tan, expressed his joy in seeing the development of the School which has grown from strength

to strength over the years. Dhamma School Director Sis. Sunanda Ong also reminded students to take learning seriously and not to take the opportunities to learn for granted.

Among the highlights of the evening was the Awards Ceremony where certificates, medals and prizes were presented to students in recognition of their achievements. This year, the *Dhammavijaya* Challenge Trophy was won by students of *Naga House*. It was indeed an evening of joy and laughter at this big 'family' reunion.

We congratulate Nalanda Dhamma School for 11 years of success in spreading the Buddha-Dhamma. May the School fraternity continue to grow in love and strength for many more years to come.



*Nalandians are in high spirits after listening to an inspiring message by Bro. Tan.*



*Students receiving certificates from facilitators.*



*Facilitators singing happily to entertain the crowd.*



*Dhammavijaya Challenge Trophy went to Naga House.*





3 & 25 January 2016

*The Committee had a good discussion at the meeting where everyone offered their views.*

## 4th and 5th meetings of Wisdom Park Development Committee

On Sunday 3 January, the Wisdom Park Development Committee met for the fourth time to draft the master plan for the would-be education hub. The engineering team presented their recommendations for earth works and roads based on the terrain and proposed land use.

The architectural team also presented the layout and design of buildings for the first phase of construction, scheduled to take

place from 2018 to 2020. The Committee had a good discussion on the plan where everyone offered their views with respect and much encouragement for one another.

The Committee's fifth meeting was held on 25 January to discuss water supply, drainage, and landscaping for the park. With every fruitful discussion, we are inching closer to the groundbreaking of 'Wisdom Park' and the start of its physical construction. Sadhu!



*The architectural team presenting the proposed first phase of construction at the meeting.*



# Honouring an illustrious Missionary monk

Dozens of devotees came to offer lunch dāna at Nalanda Centre on 15 January in honour of Ven. Sri Pandita Henepola Gunaratana Nāyaka Thero on the 61st anniversary of him becoming a 'Dhammaduta' (missionary monk). In 1955, then 27 year-old Ven. Gunaratana left Sri Lanka on his first posting to serve the Buddhist community among the 'untouchables' in India.

In 1958, at the invitation of the late Ven. K. Sri Dhammananda Nāyaka Thero, Ven. Gunaratana came to Malaysia and assisted in Dhamma teaching at the Brickfields Buddhist Vihāra. After a decade in Kuala Lumpur, Ven. Gunaratana left for the United States in 1968 at the invitation of Washington Buddhist Vihāra to become a resident teacher there.

In the United States, Ven. Gunaratana completed his tertiary studies and earned a Ph.D from the American University. In 1985, he established Bhāvanā Society which has become a renowned Dhamma centre under his leadership.

Ven. Gunaratana's rare combination of Dhamma scholarship and meditation practice made him a highly-respected teacher. He was invited to many countries in the Americas, Europe, Asia, and Australasia to teach Dhamma. He also authored several best-selling books such as 'Mindfulness in Plain English', and 'The Path of Serenity and Insight'. Ven. Gunaratana's humble, jovial, and friendly personality also endeared him to many Americans and Asians of all ethnicities. His students and devotees affectionately address him as 'Bhante G'.

On this anniversary of Ven. Gunaratana becoming an illustrious 'Dhammaduta' he is today, let us honour him with loving-kindness and gratitude for being a modern torch-bearer of Dhamma! We wish 'Bhante G' good health, comfort, peace and success in all his noble endeavours. Sadhu, Bhante!



15 January

Devotees came to honour Ven. Gunaratana on the 61st anniversary of his missionary work.



Ven. Gunaratana giving Dhamma teaching at Nalanda Centre.



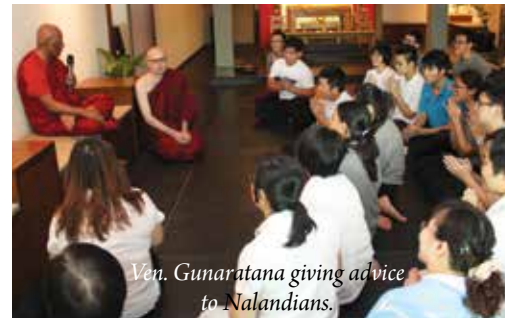
Ven. Gunaratana and Ven. Mangala receiving alms from devotees at Nalanda Centre.



Devotees sit mindfully in meditation before the formal offering of food to Sangha members.



Ven. Gunaratana's warm personality endears him to many devotees.



Ven. Gunaratana giving advice to Nalandians.



Nalandians show appreciation towards Bhante's encouraging words.



# Sangha members visit Nalanda



Ven. Alokavamsa, *Indonesia/Myanmar*  
3 – 7 November 2015



Ven. Aggacitta, *Malaysia*  
4 November 2015



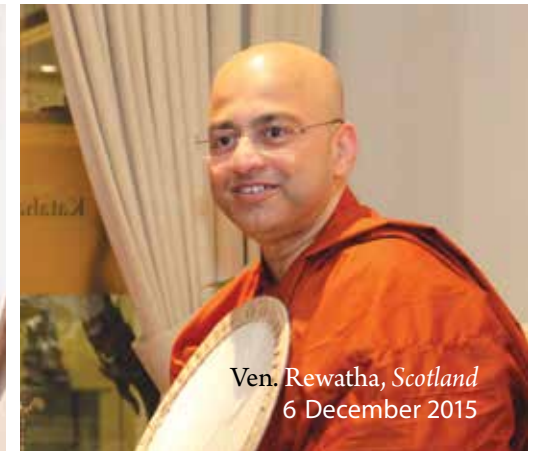
Ven. Thich Phuoc Can (left), Ven. Thich Thai Hoa (centre) and Ven. Thich Tu Niem (right),  
*Vietnam* | 8 November 2015



Ven. Wen Tong 文通法師 (left), Ven. Zhang Deng 章灯法師 (2nd left),  
*Malaysia* | 23 November 2015



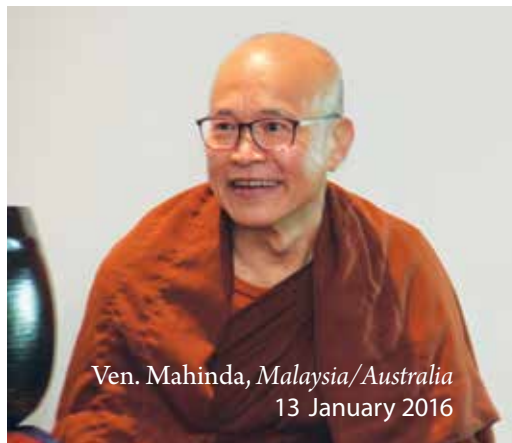
Ven. Sanghasena, *India*  
30 November – 2 December 2015



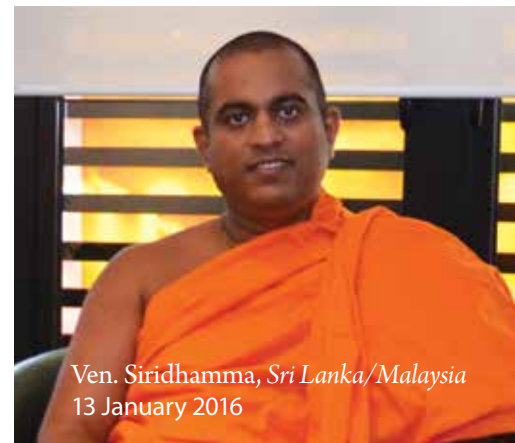
Ven. Rewatha, *Scotland*  
6 December 2015



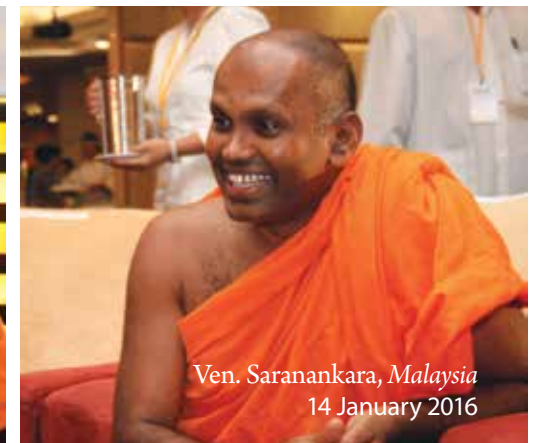
Ven. Sumangalā, *Malaysia*  
3 January 2016



Ven. Mahinda, *Malaysia/Australia*  
13 January 2016



Ven. Siridhamma, *Sri Lanka/Malaysia*  
13 January 2016



Ven. Saranankara, *Malaysia*  
14 January 2016





*Andrew and Benjamin bidding farewell to Nalandians after their two-week stint at Nalanda.*

## American youths volunteer at Nalanda

Nalanda Centre was peppered with an international flavour when American youths Andrew and Benjamin, spent two weeks volunteering here from 7 to 22 January. Andrew and Benjamin coincidentally met Nalanda founder Bro. Tan when they were in India, and was inspired by his humble and wise presence. After that encounter, both of them were driven to see Bro. Tan's wisdom being put into action by visiting Nalanda and the community of Nalandians.

Andrew and Benjamin were warmly received by Nalandians as part of our family. Both youths participated in Nalanda's activities such as the One-day Meditation Retreat for young adults, and alms-offering programme. As it was their first visit to Malaysia, Nalanda youths brought them to various places in Kuala Lumpur, Malacca and Johor Bahru to experience our country's diverse culture and heritage.

Throughout their stay at Nalanda, they were inspired to see the joy of service so

entrenched among Nalandians in their daily practice. Observing that Nalandians live a purposeful life devoted to the well-being of others, they said that simply being in the presence of such a vibrant community is a joyful and humbling experience.

Nalandians were glad to have Andrew and Benjamin with us. We wish them good progress in their spiritual path and discover much peace and happiness in life!



*Benjamin (centre) and Andrew offering alms.*

## Exemplary Nalandians in 2015

Every year, Nalanda members recognise and pay tribute to fellow Nalandians for showing exemplary qualities or rendering remarkable services to the community. After a round of voting, the following 7 members were acknowledged for their outstanding character worthy of respect and emulation. Thank you for being our role models!

"Nalanda is a place with true Dhamma, true friends and good teachers. I am grateful to be a volunteer here, and at the same time, be able to practise to become a better person."

Sis. May Wong Fong Mui, Nalanda Buddhist Society



"Nalanda provides a vast platform for learning Dhamma and skills based on Buddhist principles. We have to take the initiative and grab the opportunities to learn with an open and inquisitive mind."

Bro. Tong Siong Yeow, Nalanda Institute Malaysia



"Be grateful for the opportunity to learn and to serve; be courageous; have faith and just do it!"

Sis. Chan Mei Yee, Nalanda Buddhist Society



"At Nalanda, we don't aim for recognition, but rather we let our actions speak for themselves. Thus we measure ourselves based on the improvement and development of our own practice and conduct."

Sis. Sandy Lim Wan Phai, Nalanda Institute Malaysia



"Nalanda provides us with a good platform to learn Dhamma and gives us the opportunity to render our services. We hope for more people to benefit from the Buddha-Dhamma and achieve the six well-beings in their lives."

Sis. See Hui Shien, Nalanda Dhamma School



"The journey of a Nalandian is one of inspiration and transformation. Truthfulness, sincerity and love for each other give us the strength and courage to stand up again and again when we falter, and to travel further than we ever imagined possible."

Sis. Sadhika Tan Ee Yean, Nalanda Dhamma School



"Commitment to Dhamma practice is essential to one's spiritual growth. This has to be coupled with a humble learning spirit and selfless service. In the process, we are actually the ones who gain and grow the most, while benefiting many others along the way."

Ajita Lim, Nalanda Youth Centre





# Wisdom Park 智慧园

Building an integrated holistic education facility for the community. 综合教育园林

## Act now for a brighter future!

Nalanda Buddhist Society is currently developing 'Wisdom Park', an integrated educational facility located in Kuala Kubu Bharu, Selangor. The spacious, 26-acre educational hub will be well equipped to provide excellent training programmes aimed at transmitting Buddhist knowledge, skills, values and culture for all to benefit.

We humbly invite you to participate and share in this noble mission to provide holistic Buddhist education which will enable countless people to experience joy and inner peace through the learning of Dhamma. Be part of this worthy cause by donating towards the land purchase at RM2.50 per square foot.

We thank you for your kind support in creating a better and brighter future for the community.

Donations of any amount may be banked into Maybank account 5121-4702-3622 in benefit of "Nalanda Buddhist Society".

Let us build 'Wisdom Park' together!

## 今日的奉献一成就明日的美好!

Nalanda 佛教会目前正在雪兰莪新古毛开辟一所综合教育设施, 名为“智慧园”。这个占地 26 英亩的中心将开展各类训练计划, 以传播佛教知识、技能、价值观及文化为主要宗旨。

我们借此恳请您携手推动这项计划, 广传这项讯息, 以助我们一臂之力, 传播正法和全方位佛陀教育, 造福广大群众, 为众生带来喜乐。

本会感恩您慷慨解囊, 与我们携手打造美好的未来。您可以随喜捐献任何数目, 以线上汇款致 "Nalanda Buddhist Society", Maybank 户口号码: 5121-4702-3622

让我们一起来成就《智慧园》吧! 感恩万分。

# Upcoming Events January – March 2016

## JAN



Ven. Henepola Gunaratana

|       |  |  |
|-------|--|--|
| 02    | <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 |
| 03    | New Year <i>Dāna</i> and Dhamma Talk by Ven. Bhikkhuni Sumangala                                     | Nalanda Centre                                     |
| 09    | <i>Dhamma in Youth</i> - Meditation Retreat  | Nalanda Centre                                     |
| 10-15 | Hosting Ven. Henepola Gunaratana of U.S.A.   | Nalanda Centre                                     |
| 10    | Members' Day   | Nalanda Centre                                     |
| 16    | <i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan              | Nalanda Centre / Seri Kembangan market             |

## FEB

|    |  |  |
|----|--|--|
| 20 | <i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden | Nalanda Centre / Seri Kembangan market |
| 21 | Nalanda Dhamma School 'Tea Ceremony'   | Nalanda Centre                         |

## MAR



Nalanda Patron's Day

|       |  |  |
|-------|--|--|
| 02    | <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 |
| 13    | 13th Annual General Meeting of Nalanda Buddhist Society  | Nalanda Centre                                     |
| 18    | Nalanda Patron's Day   | Nalanda Centre                                     |
| 18-20 | Dhamma Living Camp 2016<br><i>* Registration is required for this programme.</i>                     | Chin Swee Caves Temple, Genting Highlands          |
| 19    | <i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan              | Nalanda Centre / Seri Kembangan market             |

Nalanda Buddhist Society wishes you and your loved ones

## A happy and blessed New Year!

祝愿您及亲人吉祥如意, 福寿康宁!

Please note that Nalanda Centre is closed from 5 – 12 February for the Lunar New Year. The Centre will reopen as usual on 13 February.



# Nalanda's Core Value – Reflection

'Reflection' means to live mindfully and purposefully with the goal of liberation from afflictions. Daily reflection is helpful for a practitioner to check the condition of one's own mind as well as to identify areas that need improvement. Reflection can be done in a quiet and secluded place. One needs to be honest and objective enough when doing reflection, so that the results from the assessment will be helpful to improve upon ourselves.

One should reflect whether one has committed any action, speech, or thought that has led to the affliction of oneself, to others, or to both. One should also carry out daily contemplation and recollection, such as on loving-kindness and impermanence.

## What are our objectives in life?

As Buddhists, we strive to attain balance and happiness in our lives, as well as to help other people 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](http://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](mailto:info@nalanda.org.my)

Website [www.nalanda.org.my](http://www.nalanda.org.my)

Facebook [www.facebook.com/nalanda.org.my](http://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](mailto: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](mailto: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.