

Nalanda Bulletin

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For Non-Muslims Only

Gimhāna Retreat

7 weeks of focused learning and spiritual cultivation

5 June – 20 July 2016

For the fifth consecutive year, Nalanda observed our 7-week Gimhāna Retreat, which aims to promote one's spiritual growth and personal transformation effected through the Dhamma. During the retreat held from 5 June to 20 July, everyone was encouraged to commit to focused Dhamma learning and spiritual cultivation. Teachings and meditation sessions were arranged at Nalanda Centre every Wednesday, Sunday and on *Uposatha* (New-moon and Full-moon) Days.

The theme for this year's Gimhāna is '*A Life of Wisdom*'. Over the course of the retreat, this theme was further explained to induce a deeper understanding of its significance. By living a 'life of wisdom', we grow with grace and happiness, and lead more meaningful lives. It was most heartening to see many more devotees learning Dhamma at this year's Gimhāna Retreat compared to previous seasons. Sadhu anumodana!



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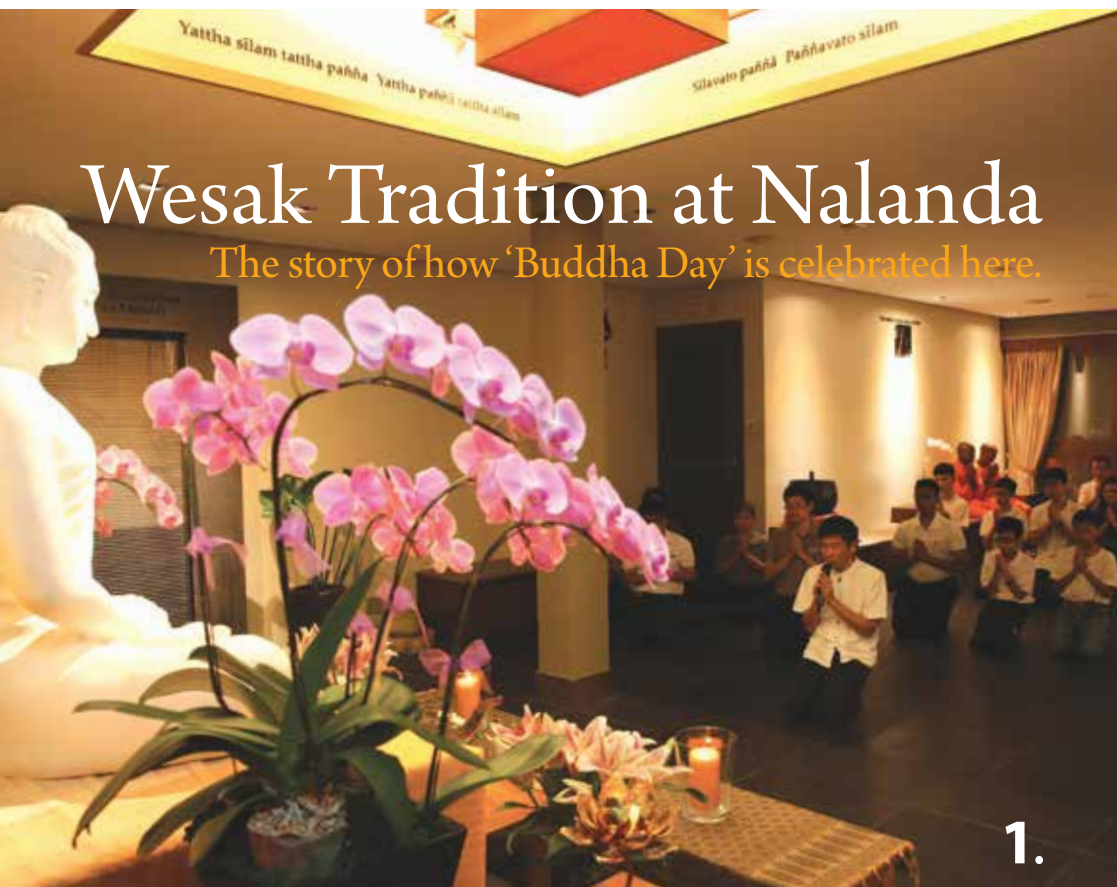
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Buddha Day Wesak Observance B.E. 2560

A Life of Wisdom See Pages 4 – 9

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Wesak Tradition at Nalanda

The story of how 'Buddha Day' is celebrated here.

1.



2.



3.



4.



5.

Commemorating 'Buddha Day'

Wesak Full-moon marks the anniversary of Buddha's Enlightenment twenty-six centuries ago. In the 1950s and 1960s, several international Buddhist conferences had recommended naming the occasion 'Buddha Day' to honour the Blessed One's Awakening. Hence, Nalanda Buddhist Society had been using the terms 'Buddha Day' and 'Wesak Day' interchangeably since 2003.

'Buddha Day' is the most important occasion for faithful devotees around the world; and so it is for Nalandians, too. We would like to share with you how this holy day is celebrated here – in this "Wesak Tradition at Nalanda" segment. The story of our 'Buddha Day' celebration is narrated by the photograph captions.

1. Starting the day spiritually – The first programme on 'Buddha Day' at Nalanda Centre is the early morning service beginning at 6.45am, with meditation and observance of 5 or 8 Precepts. The service is customarily held at the main Suvarnabhumi Shrine Hall on Level 1.

2. Delivering the Society's message – The theme for this year's Wesak celebration was "A Life of Wisdom". Usually, a senior member of the Board of Management will deliver the Society's message, which is an elaboration of the Wesak theme. On Wesak Eve, the 'Buddha Day' Message was delivered by Deputy President, Bro. Charlie Teng.

3. Wesak Eve Service – Devotees paying deep attention to the chanting of *Karaniya Metta Sutta*. Before that, there was the customary Wesak Eve Dhamma teaching delivered by Bro Tan.

4. Wesak Day joy – Devotees come in family groups or individually to honour the *Three Jewels* on 'Buddha Day'. Rituals are kept to a minimum at Nalanda Centre to avoid unnecessary distractions from the real meaning and significance of Wesak observance.

5. Blessings by Sangha members – Venerable monks reciting the verses of protection ('*Paritta*') as they bless the congregation.

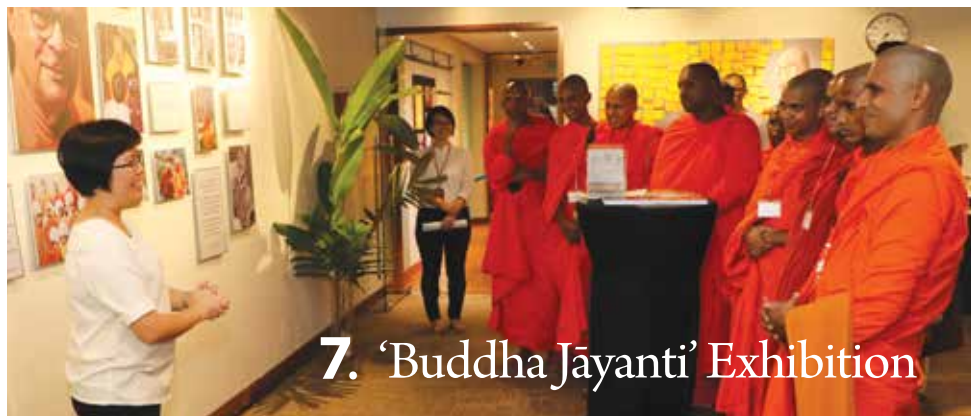


6. Pindacāra in Sri Serdang

6. *Alms-round on Wesak Day* – In the early morning on Wesak Day, the venerable monks are invited by devotees to go on alms-round. The 1.5 km long route passes in front of homes and shops in Taman Sri Serdang.

7. *Wesak Exhibition to inform and educate the public* – The ‘Buddha Jayanti’ exhibition is an important programme at Nalanda’s Wesak Observance, and it is usually held over 4 days. Nalanda Dhamma School organises this exhibition annually as a project for its students.

8. *Sutta Study & Meditation Session* – A very important programme at Nalanda on ‘Buddha Day’ is the sutta study and meditation session. The 2-hour programme often attracts a large number of participants, despite it being held in mid-afternoon. This year, Bro. Tan conducted the study session by discussing six discourses from the Anguttara Nikaya touching on the subject of “Wisdom” – which was the theme of Nalanda’s ‘Buddha Day’ observance.



7. ‘Buddha Jāyanti’ Exhibition



8. Living a ‘Life of Wisdom’

9. It has been a tradition for several years to offer simultaneous English and Mandarin talks at the ‘Buddha Day’ morning Service.

10. Meditation sessions are arranged throughout the day to calm and clear our minds, especially before Dhamma talks.

11. *Wesak Service* – The second service on ‘Buddha Day’ begins at 9.00 am in the Dhamma Teaching Hall. The service begins with offerings of lamp at the altar, symbolising our victory over ignorance.



9. Dhamma talk in Mandarin by Bro Yap.



10.



11.

Wesak Tradition at Nalanda

The story of how 'Buddha Day' is celebrated here.

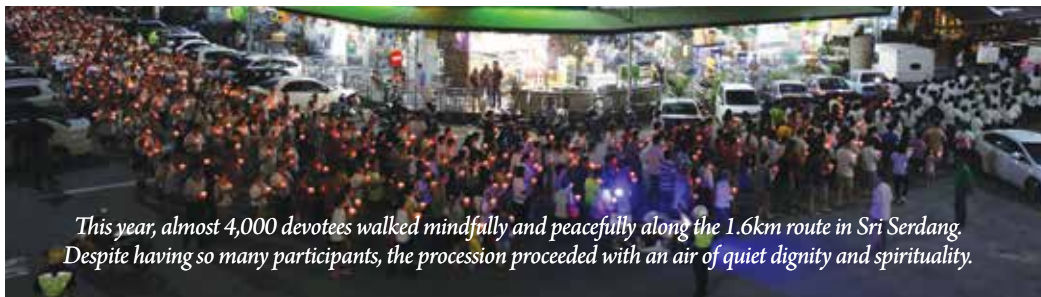


12. A truly unique Heritage Procession

The highlight of Nalanda's 'Buddha Day' programme is the *Buddha-Abhisekara*, a unique heritage procession where the *Buddharupam* is conveyed on a wooden sedan carried by 12 traditionally dressed devotees to the harmonious and rhythmic beat of drums and gongs. It is accompanied by colourful flags and parasols, with Nalanda Dhamma School students leading the chanting along the way.



Devotees of all ages follow the procession joyfully.



This year, almost 4,000 devotees walked mindfully and peacefully along the 1.6km route in Sri Serdang. Despite having so many participants, the procession proceeded with an air of quiet dignity and spirituality.

Spending the auspicious day with joy and meaning



13.



13. Mass Food Offering – Devotees offer food freely to all visitors as an act of merit and to cultivate generosity.



14.

14. Blood donation – Nalanda has been organizing blood donation drives for many years in conjunction with Wesak. There is an educational approach to it at Nalanda Centre, whereby donors are made to relax their bodies and minds, and to generate thoughts of loving-kindness while donating blood – with the sincere wish that their selfless act may save lives and contribute to the well-being of others.



15.

15. Rejoicing youths – Our dynamic youths put their talents to good use during the outdoor Wesak Evening performance following the heritage procession.



16.

16. Dhamma through drama – Nalanda youths also stage wonderful sketches with a moral theme every year. The drama is not just to entertain but to educate the community on Buddhist teachings through contemporary means. And even while rehearsing for the sketch, the youths are constantly reflecting on their message of Dhamma. Sadhu!



30 April – 1 May

Nalanda leaders from all branches and departments attended the conference held in Sri Serdang.

Meeting of hearts and minds

In conjunction with Nalanda Buddhist Society's 13th anniversary celebrations, Nalandian leaders from all branches and departments were invited to a special leadership conference on 30 April and 1 May. The leaders comprising elected office-bearers and appointed officers met at Nalanda Centre for two days to chart the Society's way forward.

Nalanda founder Bro. Tan opened the conference by stating how pivotal and essential good leadership is to the success of any organization, community, or even nation. He gave his definition of 'good leadership', and aptly pointed out that "leadership depends not on one's position, but rather on one's actions, conviction, and persuasions".

Besides Bro. Tan, other Nalandian leaders

also gave presentations during the conference. Among them were President Sis. Evelyn Chow; Director of Nalanda Institute Achariya Tan Siang Chye; and the Director of Pustaka Nalanda Bro. Ananda Fong.

The conference was full of spontaneous fun as Nalandian leaders, being close and comfortable with one another, readily broke into laughter at every funny moment! Mutual appreciation and sympathetic joy were evident among the leaders as they mingled happily within the Nalandian family.

On Sunday 1 May, Nalandians celebrate the Society's 13th anniversary, also known to us as 'Nalanda Day'. The day's programme started with breakfast dāna at 7am, followed by meditation and chanting at 9am.

In his Sunday talk, Nalanda founder Bro. Tan reminded Nalandians not to be self-congratulatory and overjoyed by our achievements over the years. Instead, we should remain humble and grateful for the supporting efforts and contributions of many people – known or unknown to us – who have enabled Nalanda to carry out our mission successfully.

In this context, Bro. Tan spoke on the simile from 'Maha Saropama Sutta' (Majjhima Nikaya 29), whereby a man in search of heartwood in the forest, came away with twigs, bark and sapwood thinking that those were actually heartwood. Those twigs, bark and sapwood would not be of any use to him.

In that discourse by the Buddha, the twigs, bark and sapwood represent honour, praise and recognition that can intoxicate one's mind and harm his practice. Similarly in our spiritual pursuit, we must not see

non-essentials things (such as honour and material gains) as essential, and essential things (virtue, peace and liberation) as non-essential.

Worldly gains, praise and fame will boost our ego and sense of 'self', which may cause us to do the 'right things' but for the wrong reasons. Hence we need to practise Dhamma and serve wholeheartedly not for recognition, but to cultivate generosity and compassion, without any expectations from others.

We thank Bro. Tan for his insightful sharing and reminder for all of us to stay focused on essential practice. We also take this opportunity to record our deep appreciation and gratitude to all supporters and benefactors who have helped Nalanda in so many ways to continue our educational mission for the past 13 years. Sadhu anumodana!

Ancient Gandhāri manuscripts exhibited in Malaysia

On Monday 2 May, Malaysian Buddhists had a rare glimpse of the Norwegian Schøyen collection of Gandhāri texts from Bamiyan. The world-famous collection was on a special exhibition tour of ASEAN countries, facilitated by the international affairs department of the Sangha Council of Thailand. The Malaysian leg was hosted at the Samadhi Vihāra in Shah Alam.

The Martin Schøyen Buddhist collection consists of manuscripts written on birch bark, palm leaves and copper. They are thought to have been found in the Bamiyan region of Afghanistan, and dated from the 2nd to the 8th century CE. In addition to texts in Gandhāri, the Schøyen collection also contains important early *sutras* in Sanskrit.

The Buddhist texts on display in Shah Alam included fragments of canonical *Suttas*, *Abhidharma* and *Vinaya*, thought to belong to the Dharmaguptaka School. Those Gandhāri language manuscripts were mostly written in Kharosthī script.

Nalanda founder Bro. Tan, Education Committee Chairman Achariya Vijaya and 16 other officers and members attended a ceremony to welcome the arrival of those precious Buddhist cultural relics at Samadhi Vihāra. The guest-of-honour at the function was Honorable Ong Kah Chuan, Malaysian Minister of International Trade. Also in attendance were Sangha members, Buddhist community leaders and a few hundred devotees.

The Bamiyan Gandhāri texts were exhibited for just two days in Malaysia (on 2 and 3 May) before being taken to Jakarta for the last leg of its ASEAN tour. We thank Ven. Mahinda Thera and the Buddhist Missionary Society of Malaysia (BMSM) for organizing the exhibition here for the benefit and joy of Malaysian Buddhists. Sadhu anumodana.



2 May

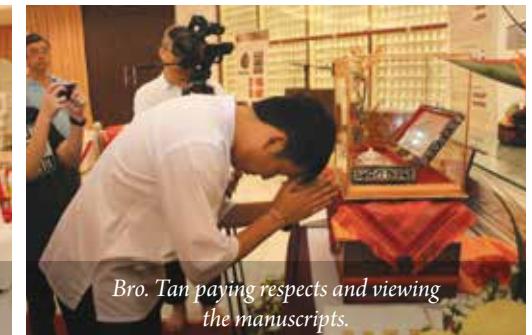
The manuscripts are considered very precious Buddhist cultural relics, and thus treated with utmost reverence and care.



Nalanda officers paying a courtesy call on Ven. Mahinda Thera, Abbot of Samadhi Vihāra.



The Nalanda delegation paying homage to the cultural relic.



Bro. Tan paying respects and viewing the manuscripts.



Bro. Tan, Sis. Evelyn, and Bro. Pee meeting with the organisers and volunteers of the exhibition.



Bro. Tan explaining to Nalanda officers about the origin and significance of the Bamiyan texts.



Nalandians spending time at the exposition looking at various displays and installations.



5 May

Dr. Basanta Bidari giving a lecture at Nalanda Centre on his recent discoveries in Kapilavatthu.

Every brick tells a story

In archaeology, every brick or stone seems to tell a story. And so it was when well-known Nepali archaeologist Dr. Basanta Bidari took to the podium and delivered a special lecture at Nalanda Centre on Thursday, 5 May. Dr. Basanta shared his discoveries in the last two years at the ancient site of *Kapilavatthu* – the hometown of Siddhatha Gotama, who later became the Buddha.

Dr. Basanta was the Chief Archaeologist of Lumbini Development Park, where he worked laboriously for more than three decades. His place in history was clinched in 1996 when he positively identified the marker stone that indicated the spot of Siddhatha Gotama's nativity.

Dr. Basanta showed many photographs of the location of *Kapilavatthu*. The 20-hectare site contained ruins and foundations of palaces, dwellings, shops, streets, and water

tanks. The compact city was surrounded by protective walls and a wide moat.

His enthusiasm and affable way of presenting the subject resonated with the audience. Nalanda founder Bro. Tan thanked Dr. Basanta for his informative lecture and promptly pointed out there is much for local academicians to learn in the disciplines of archaeology and history, which are far more established in Nepal and India compared to Malaysia.

Among those present at Dr. Basanta's lecture were the Chairman of Nalanda Education Committee Achariya Vijaya; Nalanda Institute Director Ach. Tan Siang Chye; Pustaka Nalanda Director Bro. Ananda Fong; local academicians, community leaders and devotees. We thank Dr. Basanta Bidari for his visit and wonderful talk at Nalanda Centre. Sadhu anumodana.



21 May

The simple book launching was performed by Ven. Dhammalankara, Ven. Samiddhi, Mr. Gobind Singh, Bro. Tan, and Nalanda President Sis. Evelyn.

Book launched in simple ceremony

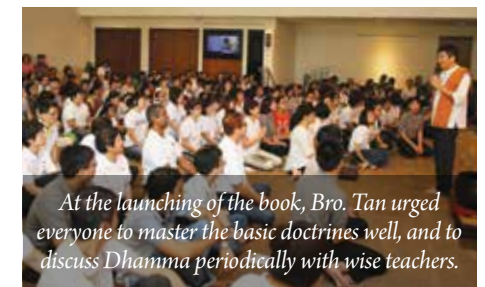
Wesak 'Buddha Day' on 21 May seemed the perfect day to launch the Malaysian edition of Venerable Ajahn Jayasaro's insightful book – "*Without & Within*" – at Nalanda Centre, Sri Serdang. The book was launched in a simple but meaningful ceremony by Venerable Dhammalankara, Venerable Samiddhi, and the Honorable Mr. Gobind Singh Deo, Member of Parliament for Puchong, who was Nalanda's Guest-of-honour for the 'Buddha Day' gathering.

The reprinting of 6,000 copies of this excellent book was jointly undertaken by Bandar Utama Buddhist Society (BUBS) and Nalanda Buddhist Society.

Nalanda has distributed many copies to Buddhist centres throughout Malaysia, as well as to overseas communities in Singapore, Indonesia, Australia, Sri Lanka and India.

We invite you to obtain copies of the book for yourself and friends, so that we can read about the basic teachings of Theravada Buddhism written in a clear, succinct style.

We are grateful to Ven. Ajahn Jayasaro and the book's original publishers in Thailand for allowing its reprint here. We would also like to thank all donors of the book for your generous support. Indeed, the gift of Dhamma excels all gifts! Sadhu anumodana.



At the launching of the book, Bro. Tan urged everyone to master the basic doctrines well, and to discuss Dhamma periodically with wise teachers.



7 May

The Seck Kia Eenh group came visiting the Klang Valley on a day trip.

Cheerful visitors from SKE Malacca

On Saturday 7 May, a large contingent of 55 members, volunteer teachers and Dhamma School students from Seck Kia Eenh (SKE) Temple (or formally known as Malacca Buddhist Association) came to Nalanda Centre for a visit. The group was on a one-day tour of several Buddhist centres in the Klang Valley, led by the temple's Deputy President, Associate Professor Tan Kim See.

The cheerful Malaccans arrived around 10 am and were warmly received by Nalanda President Sis. Evelyn and other officers. Nalandian hosts Bro. Tong and Sis. Nandini brought the teachers and students on a tour of the Centre, where interesting Buddhist stories were shared. The group later met with founder Bro. Tan, who gave a short but

inspiring talk to the visitors about different qualities and benefits of worldly education and Dhamma (spiritual) education. Bro. Tan Kim See later presented a donation to Nalanda on behalf of the visitors, which was gratefully accepted by Society President Sis. Evelyn. The Malaccans were later given an affectionate send-off by Nalandians, after extracting promises from our friends that they will be back to visit again, soon!

We thank the SKE group for paying us a kind visit, and for their support as well. A group of Nalandians later returned their visit to attend a workshop in Malacca the following month (*see pages 22 – 23*). May our spiritual friendship and camaraderie continue to grow and flourish! Sadhu.



7 May

The group of visitors from the Mahabodhi Society of India at Nalanda Centre.

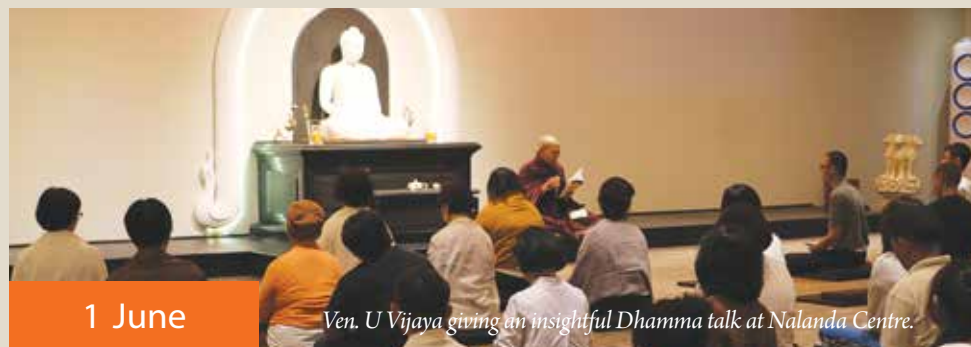
Indian Buddhists visit Nalanda

On Saturday 7 May, a group of visitors from the Mahabodhi Society of India (Hyderabad Branch) dropped in at Nalanda Centre for a familiarization tour. The group of a dozen elders was journeying through Malaysia and Indonesia. Upon arrival at Nalanda, they were warmly welcomed by Nalandian officers and brought on a guided building tour.

Nalanda founder Bro. Tan happily received the Mahabodhi group and briefed the visitors about Buddhism in Malaysia. He also noted that Andhra Pradesh in Southern India was a stronghold for both Mahayana and Theravada Buddhism in the first millennium CE, with Amaravati being an important centre for Buddhist studies, sculpture and

art. The visitors were clearly impressed with the detailing at Nalanda Centre, which reflected the best of Indian and Srivijayan Buddhist iconography and symbolism. They also took the opportunity to invite Bro. Tan to visit their mission in Hyderabad, to which he gladly promised to, one day.

We thank the Mahabodhi Society members and devotees for visiting us and for fostering this beautiful spiritual friendship between Indian and Malaysian Buddhist communities. Sadhu!



1 June

Ven. U Vijaya giving an insightful Dhamma talk at Nalanda Centre.

Developing Mindfulness and Virtue

On 1 June, we were blessed to have Ven. U Vijaya from Indonesia to lead the weekly meditation at Nalanda Centre, Sri Serdang. Ven. Vijaya explained that if we had faith in the Buddha, then we must be ready to walk the Path He taught, and practise the Dhamma well. We should strengthen our *Viriya* (Right Effort) and keep our *Sila* (virtue) intact.

In order to do that effectively, we must have a strong foundation in mindfulness (*Sati*) and tranquility (*Samadhi*) for wisdom to arise. We will then be able to see our defilements and abandon them, like the Buddha and all other *Arahants* did. We thank Ven. Vijaya for leading the meditation session and for his insightful Dhamma lesson. Sadhu!



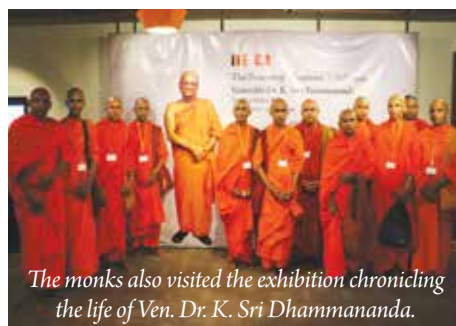
26 May

The group of scholar monks visited Nalanda as part of their study tour of Malaysia.

Visit by Sri Lankan scholar monks

On Thursday 26 May, a group of 13 young monks from Sri Lanka visited Nalanda Centre to learn about Buddhist educational work in Malaysia. These monks were among the best scholars in Pāli, Sanskrit and Sinhalese languages, having excelled in Sri Lankan national 'Pirivena' examinations and obtained the first places in those subjects. They were accorded a special visit to Malaysia courtesy of Venerable Sri Saranankara Nayaka Thero of Sentul Temple.

Nalanda officers briefed the scholar monks on the programmes offered by the Society, Institute and Dhamma School. The venerables were visibly joyful throughout their visit and expressed their admiration for the good work done in Malaysia. Before leaving, the monks offered blessings to Nalandians to carry on with our successful Dhammaduta initiatives.



The monks also visited the exhibition chronicling the life of Ven. Dr. K. Sri Dhammananda.



Bro. Tan briefing the venerables on educational programmes organised by Nalanda.



31 May

Free School students and teachers enjoying the great outdoors.

Students get to connect with Nature

On Tuesday 31 May, Nalanda Free School organised a delightful hiking trip for our secondary school students. The outing was led by the Free School Principal Sister Lee, with the assistance of 5 volunteer teachers. The aim of the outing was to provide students and teachers with opportunities to bond outside the classroom, and with team-building activities to help everyone understand the importance of cooperation and teamwork.

The group of 20 left from Nalanda Centre for a hilly nature trail in Seri Kembangan early in the morning. Everyone enjoyed getting close to Mother Nature, taking in the fresh air, and being introduced to the flora and fauna in the wooded surroundings in a

safe and healthy environment. They even collected rubbish along the path, leaving the trail litter-free for other nature lovers.

It was refreshing indeed to see youngsters enjoying themselves outdoors, without being obsessed with smart-phones and modern-day gadgets. Many thanks to the teachers, volunteers, and parents who made it possible for the students to go on this happy, healthy outing. Sadhu anumodana!



A quick nature lesson by Principal Sis. Lee on what a rubber tree looks like.



2 – 5 June

Wat Pothivihan is well-known for its 40-metre statue of a reclining Buddha – the longest in Southeast Asia.

Joyful learning for teenagers at camp

During the June school holidays, 10 Nalandians made the journey to Kelantan to help organise a Teenagers' Learning Camp at Wat Pracacinarum in Wakaf Bharu. 122 youths aged between 13 and 17 years from various parts of Kelantan participated in the four-day camp, from 2 to 5 June.

The main activities at the camp were Dhamma sharing sessions, meditation, and group activities that enhanced the students' learning and spiritual cultivation. Participants were also brought to visit the famous Wat Pothivihan to better understand Buddhist culture and heritage in the state.

Wat Pothivihan is located in the district of Tumpat. The Thai temple is one of 25 found across Kelantan, and is popular with both local and foreign visitors. It is well-known for its 40-metre statue of reclining Buddha – the longest of its kind in Southeast Asia. The devotees of this typical Thai temple are mainly ethnic Siamese.

While visiting the temple, the camp participants learned the meaning of some Buddhist symbols such as the Bodhi tree, Dhamma wheel, stupa, and Buddhist flag, as well as the different *mudras* (hand gestures) of the Buddha images. The facilitators also took the opportunity to educate them on the proper etiquette when visiting a Buddhist temple, such as the proper attire, cleanliness, mindfulness, and always cherishing and respecting the sanctity of every temple visit.

The camp ended with a touching and memorable appreciation ceremony, where the teenagers knelt before their parents, and bowed to them with reverence and gratitude, some doing this for the first time in their lives.

It was truly a happy and meaningful camp for many. We thank *Persatuan Meditasi Mettārama*, *Dhammarakkhita* and *Persatuan Peranakan Cina Kelantan* for their valuable contribution and cooperation in making the holiday camp a success. *Sadhu anumodana!*



Enjoying a special meditation session at the beach.



Participants get to know each other better during games.



Learning Dhamma with a positive and dynamic spirit.

SKE Buddhist Youth Leadership Workshop

From 3 to 5 June, eight Nalandians joined 120 youths from 10 other organisations to participate in the Seck Kia Eenh (SKE) Buddhist Youth Leadership Workshop in Malacca. The talks at this workshop were presented by notable luminaries of the Buddhist communities in Malaysia and Indonesia. Well-known speakers included Nalanda founder Bro. Tan, Achariya Vijaya, Datuk Charlie Chia, Dr. Punna Wong, Bro. Irvyn Wongso, Bro. Handaka and Mr. Bugs Tan. Venerable Aggacitta and Venerable Ayya Santinī were also present to guide the youths in meditation sessions and to give Dhamma teachings.

The workshop was an insightful journey for youths to share and discuss how they can galvanize their efforts in moving Buddhist institutions forward in modern times. We thank the organisers of this dynamic workshop for bringing Buddhist youth groups together to strategise and deliberate on the future of Buddhism in Malaysia.



3 – 5 June

Group photograph of organisers, Dhamma speakers and participants from 10 Buddhist Societies.



The 3-day workshop began with devotional offering to the Three Jewels.



The dynamic workshop gave participants opportunity to share their views.



Nalanda founder Bro. Tan was the first speaker, who began the workshop with an inspiring talk.



Participants also had the opportunity to offer Sanghika Dāna.

Journey into Kedah's past

During the recent school holidays, 75 Nalanda Dhamma School students from Sri Serdang and Johor Bahru were privileged to go on a study tour of Kedah's historical sites and learn about the state's amazing connection with early Buddhism, going back some 2,100 years!

The tour, which ran from 7 – 10 June, was led by Bro. Tan, an acknowledged expert on Buddhist history. Among the interesting places visited were Semeling Jetty Complex; Bujang Valley Archaeological Museum in Merbok; as well as Wat Nikrodharam and Rumah Merdeka in Alor Setar.

In Semeling, the students also visited the Mangrove Forest Museum to get a closer look at the mangrove ecosystem. On the long canopy walk built over the swamp, Bro. Tan gave an interesting, spontaneous illustration on how we can relate the Dhamma to our daily activities.

Indeed with his superb knowledge of local geography, Bro. Tan brought to life the history of Bujang Valley and the surrounding Kuala Muda District when he vividly described how ancient traders sailed from India across the Bay of Bengal and built settlements in Bujang Valley. Artefacts such as stone caskets with inscriptions, stone tablets, ceramics, metal tools and statuettes which were found at archaeological sites in the area are on display in the local museum. There are also numerous 'candi' which had been unearthed in the valley and relocated to the vicinity of the museum.

Another interesting destination was Wat Nikrodharam in Alor Setar. The trees which surround the temple make it a shady oasis in the city centre; it also



7 – 10 June

The students visited the famous Bujang Valley and were amazed to learn about Malaysia's rich and colourful history.

provides spiritual shelter to Buddhists from their worldly concerns. The architecture at Wat Nikrodharam is a quaint mixture of strong Thai elements and Chinese motifs. Both Theravada and Mahayana Buddhist traditions are cherished at the temple. While there, Bro. Tan shared the story of Vessantara Jataka and reminded students of the practice of non-attachment.

Lastly, the students visited Rumah Merdeka, home to Malaysia's first Prime Minister – the late Tunku Abdul Rahman. It houses a collection of the Tunku's mementos and is well maintained by the National Archives Department as a historical building.

The facilitators and students of Nalanda Dhamma School were grateful to Bro. Tan for sharing his great understanding and passion for history and cultural heritage with them. The journey had taken them back in time and given everyone deeper knowledge and appreciation of our local history and glorious past, which cannot be replicated in a classroom. Sadhu anumodana!



Teachers and students start every day with chanting and meditation.



Bro Tan giving an interesting illustration on how we can relate the Dhamma to our daily activities.



A lovely stream runs near the Archaeological Museum.



Sharing Dhamma at Rumah Merdeka.



Enjoying meals with kalyana-mitta.



Students happily doing chores together.



9 June

Geshe-la spoke about common misconceptions in Tibetan Buddhism.

Lecture by Ven. Geshe Dorji Damdul

On Thursday 9 June, Nalanda Centre was honoured to host Venerable Geshe Dorji Damdul for a special Dhamma Lecture on *“The essence of Tibetan Buddhism and its general misconceptions”*.

It was His Eminence’s first visit to Malaysia, which was coordinated by the Vajrayana Buddhist Council of Malaysia (VBCM). Besides Nalanda Centre, Geshe-la also gave lectures at the Buddhist Gem Fellowship and Universiti Malaya (hosted by the Young Buddhist Association of Malaysia) during his brief tour.

Geshe Dorji Damdul has been the official translator of His Holiness the 14th Dalai Lama since 2005. He completed his studies at the Institute of Buddhist Dialectics (IBD) in Dharamsala, the Drepung Monastic University, and Gyumey Tantric College.

He presently serves as the Director of Tibet House, the Cultural Centre of His Holiness the Dalai Lama, in New Delhi. Geshe-la gives lectures and leads philosophy classes and meditation retreats at Tibet House and Delhi University, but also travels widely to teach Buddhist philosophy and practice.

His Eminence’s lecture at Nalanda Centre attracted quite a number of attendees including several Tibetan monks and leaders of Vajrayana Buddhist Societies.

Before and after his lecture, Geshe-la had long conversations and exchange of ideas with Nalanda founder Bro. Tan on issues affecting Buddhism globally. It was a fruitful visit for Geshe-la and his followers to Malaysia, and we look forward to welcoming them back to Nalanda Centre again. Sadhu anumodana!



11 June

After each segment, participants gather in groups for focused discussion.

Reducing the effects of past kamma

On Saturday 11 June, Nalanda Centre hosted a one-day sutta study and meditation workshop facilitated by Āyasmā Aggacitta, with the subject *“How to diminish the effects of past kamma”*. Āyasmā Aggacitta shared on what the *Pāli* suttas actually said about the matter. The aim of the workshop was to help participants practise effectively to end suffering.

The workshop, which was attended by 100 participants, basically focused on three segments: (1) An excerpt from the *Pathamasañcetanika Sutta* (AN 10.217) to show the basic principle of *kamma* and the experiencing of its result; (2) The root sutta - *Lonakapalla Sutta* - which describes how the effects of bad past kamma are diminished; and (3) Cross-references with excerpts from several canonical sources where the terms “developed in body” and “developed in

mind” were used. Āyasmā Aggacitta pointed out that these two important terms were also found in the root sutta, but not explained in detail.

For this reason, he felt that it was crucial to investigate their occurrence and usage in other canonical sources to get a clearer idea of what they mean. Only then can the reliability of the explanations found in the commentaries be evaluated against what the canon said. Āyasmā Aggacitta said this was one of the primary purposes of the sutta study workshop.

Each section included a short meditation break, group discussion and presentation, as well as the facilitator’s summary and conclusion. We thank Āyasmā Aggacitta for conducting such an interesting workshop and for helping to strengthen our understanding of Dhamma practice.



19 June

Devotees listening attentively to Venerable Dhammavuddho's teaching.

Uposatha Day teaching by Venerable Dhammavuddho Thera

On Sunday 19 June, Nalanda was honoured by the presence of Venerable Dhammavuddho Māhathera, founder and abbot of Vihāra Buddha Gotama in Temoh, Perak, to give a talk on the 'Qualities of a Wise man'. His talk coincided with the third week of Nalanda's Gimhāna Retreat, and thus it was an inspiring sight to see the Dhamma Hall packed with devotees who came to listen to the venerable in person.

Venerable Dhammavuddho said that from the Buddhist point of view, a fool cannot tell who is wise or foolish. Whereas a wise person is able to differentiate the wise from the fool, because he knows the characters of the wise, something which the fool lacks. The wise are known through their noble thoughts, speech and conduct.

On the contrary, fools carry out evil deeds, speak unwholesomely, and maintain bad thoughts. They do not restrain themselves from the ten unwholesome deeds, *i.e.* the three harmful bodily actions of killing, stealing, and sexual misconduct; the four harmful verbal actions – lying, slanderous talk, vulgar speech, and idle gossip; and the three harmful thoughts of ill-will, covetousness, and cruelty.

The wise man who acts the opposite way with wholesome conduct will reap five benefits:- (1) He is happy here and now; (2) He has no remorse; (3) He is free from fear; (4) He has good rebirth; (5) If he comes back as human, he is born wealthy and lives a comfortable life. These benefits cannot be attained merely through vows, prayers, or wishful thinking.



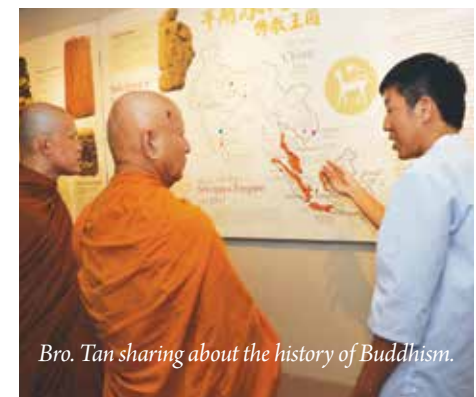
A devotee asking questions.



Devotees offering lunch to the venerables.

To gain wisdom, one needs to put in effort by (1) Associating with wise men; (2) Learning the true Dhamma; (3) Focused attention when practising Dhamma; and (4) Practise in accordance with the Dhamma.

Devotees had a joyful and enlightening time listening to the talk, and were grateful to Ven. Dhammavuddho for his kind sharing for the attainment of ultimate happiness. Sadhu!



Bro. Tan sharing about the history of Buddhism.

1 July

9th Anniversary Message

1 July 2016 marks the 9th anniversary of Nalanda Institute Malaysia. As the Director, I am proud of the milestones the Institute has achieved over the years. Nine years since our establishment in 2007, we have successfully provided quality Buddhist education to 10,800 participants, completely free of charge!

We are grateful for the support from Nalanda Buddhist Society's Board of Management and members. All the resources which we needed to run our programmes have been generously provided. With encouragement and spiritual support, the Institute team felt inspired and confident in organizing even more programmes for the community.

In the past one year, we broken new grounds in conducting the BPS 303 course for participants in Kelantan – by broadcasting live the classes run in Sri Serdang. We also ensured that learning was not compromised by sending officers to conduct several tutorials in Kota Bharu.

I am proud of the results achieved by our Kelantanese brothers and sisters, which more than matched those of participants from Kuala Lumpur. With this new experience, the Institute is now looking at efficient ways

to deliver our programmes simultaneously at various locations within the country, and in the future, even beyond our shores.

The Institute team has also been consciously strengthening efforts to offer more programmes for Chinese-speaking participants. We are happy to report that courses in Mandarin, though mainly at basic and intermediate levels, were well-received with more than two hundred participants completing them. Many thanks to our Mandarin-speaking lecturers involved! Going forward, Nalanda Institute recognizes multiple challenges in bringing Malaysian Buddhists into Buddha-Dhamma. One of the ways to address this issue is to enhance the quality, and increase the visibility of our programmes, in order to attract more participation from the community.

On this special occasion, I would like to thank my great team members for their energy and commitment in enabling Nalanda Institute to realise its goals for the year; and we look forward to offering higher levels of service to the community in future. Thank you and *Māha Sadhu!*

Tan Siang Chye

Director, Nalanda Institute Malaysia

BPS 304 Certificate in Buddhist Studies

Nalanda Institute Malaysia is offering a 10-session certificate course in Buddhist Studies commencing **6 August 2016**. This course consists of four modules which will be completed in a single 5-month semester. It will introduce Dhamma learning in a structured, systematic and holistic manner.

We invite you to attend a briefing session on the course to be held on **Saturday, 30 July, 2.30pm** at Nalanda Centre.

The closing date for registration is **31 July 2016**. You may register online through our website at <http://www.nalanda.org.my/institute/course-registration>

Classes will be held from 2.30pm to 6.00pm on these following Saturdays :

6, 13, 27 August | 3, 24 September | 8, 15, 22 October |
5, 19 November | 3 December 2016.

The four modules of the course are :

1. Basic Buddhist Doctrines
2. Buddhist Devotional Practice
3. Buddhist Text & Scriptures
4. Term Assignment & Evaluation

Nalanda

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Proposed *K. Sri Dhammananda Centre*

— Building for the future of our community

For more than a decade, Nalanda Dhamma School has won acclaim for our commitment to provide holistic Buddhist education to students aged 10 to 17. Since 2005, the School has been imparting knowledge, skills, and values necessary for success and happiness in life to an increasing number of students yearly.

Nalanda Dhamma School is looking to expand our capacity to continue providing quality Buddhist education effectively. We are planning to reconstruct the existing School premises at Nalanda House into a larger facility capable of accommodating 100 students. (The current carrying capacity is just for 40 students.) We also wish to offer students a more conducive environment for their study and practice of Dhamma. This will be of great benefit to our children, families, and the community for a long time to come.

The reconstructed building will be named the *K. Sri Dhammananda Centre* in honour of our late Spiritual Adviser, Venerable Dr. Kirinde Sri Dhammananda Nayaka Thero. The building is expected to be ready by March 2018, in time to celebrate the centenary of his birth.

We urge the whole community to help raise funds for this meritorious and vital project for the welfare of our present and future generations. Thank you!



Venerable Dr. K. Sri Dhammananda Nayaka Thero (1918-2006) was one of the most respected Dhamma teachers in the world. He was the Spiritual Adviser to Nalanda Buddhist Society. 2018 marks the centenary of his birth, with a year-long programme of Dhamma activities planned to celebrate his lifetime of contribution to Buddhist education.

Nalanda Family Fun Fair 2016

家庭欢乐日 筹款义卖会

Nalanda Family Fun Fair 2016 aims to raise funds for a new Dhamma learning facility – the *K. Sri Dhammananda Centre* in Sri Serdang. Once completed, the facility will provide opportunities for more children and teenagers to attend Dhamma School. We humbly invite you to be part of this important community project, and make a significant contribution to the development of holistic education! Thank you for your kind support.

2016年的Nalanda家庭欢乐日义卖会是为了筹募*K. Sri Dhammananda*佛学校的建设。这是一所为儿童及青少年提供佛学班的教育设施。我们欢迎您携带家人及亲友，踊跃支持这项意义深远的筹款义卖会。您的支持将成就社区的教育发展及福利。我们衷心感谢您！

Sunday, 31 July 2016

七月三十一日, 星期日

9 am – 4 pm | Nalanda Centre

Kindly obtain coupons from Nalanda Centre. Thank you for your support!
请到Nalanda教育中心获取固本, 谢谢您的支持!

Contacts 联络人

For more information on the Family Fun Fair, please contact Bro. Vincent Lee at 012-211 3907 or Sis. Giah Gik Choo at 013-269 0327.

Attractions 特备项目

- 🌟 Food & beverages 食品, 饮料及干粮
- 🌟 Handicrafts 手工艺品
- 🌟 Kitchenware 厨房用具
- 🌟 Garments 服饰
- 🌟 Stationery 文具
- 🌟 Plants 盆栽及园艺品
- 🌟 Performances 才艺表演
- 🌟 Games & Children's Corner 游戏及儿童天地

Ways you can help 我们欢迎您的参与

- 🌟 Setting up stalls 开设摊位及零售物品
- 🌟 Donations in cash or kind 捐助或赞助商品
- 🌟 Helping to sell coupons 销售固本
- 🌟 Serving as volunteers 加入义工阵团
- 🌟 Bring your family and friends to the Fun Fair 扶老携幼, 共襄盛举

Ven. K. Sri Dhammananda

10th Memorial Service

31 August 2016, Wednesday | 9 am – 12 pm

The Most Venerable Dr. K. Sri Dhammananda Nāyaka Thero was born on 18 March 1918 in southern Sri Lanka. At the age of twelve, he was ordained a *samanera* and given the name “Dhammananda” – meaning ‘one who experiences happiness through the Dhamma’. In 1940, Venerable Dhammananda undertook higher ordination and became a *bhikkhu*. He studied in various Buddhist institutions, including the prestigious *Vidyāṅkara Pirivena*, graduating at 26 with a Diploma in Linguistics and *Pāli Tipitaka*. In 1945, he furthered his studies at the Benares Hindu University under scholarship, graduating four years later with a Master of Arts in Indian Philosophy.

In 1952, Ven. Dhammananda was selected out of 400 monks in *Vidyāṅkara Pirivena* to serve in the Brickfields Buddhist Temple in then Malaya. He first set foot in Penang on 5 January that year, and henceforth has served the *Buddha-Sasana* energetically and untiringly, and in so doing, became the prominent figure and spokesperson for Buddhism in Malaysia.

Ven. Dhammananda gave numerous talks around the country, including reaching out to youths in colleges and universities. He wrote not just prolifically, but also argues rationally and effectively, on various topics of Buddhist practice, thus debunking myths and erroneous views on Buddhism. His talks and publications eventually reached a wide audience quite beyond our shores. His popular books have been translated into many languages, and in many places, became ‘must-read’ texts on Buddha’s teachings. His effort in Dhamma propagation bore greater fruits with the setting up of many Buddhist societies by inspired devotees and followers across the country.

Ven. Dhammananda was awarded honorary doctorates by several universities for his vast learning and scholarly interpretation of Buddhism. In 1965, he was appointed by the *Siam Māha Nikāya* of Sri Lanka as the *Sangha Nāyaka Thera* of Malaysia (and later of Singapore also). In 2003, his reverence agreed to our appointment of him as Nalanda Buddhist Society’s Spiritual Adviser. We are most grateful to him for naming our Society, and for his benevolent and wise guidance since our inception. Ven. Dhammananda breathed his last on 31 August 2006. Nalanda always dedicate merits from our numerous activities to him. *Sadhu, bhante!*



Upcoming Events July – September 2016

JUL

Dhamma
Living Camp for
Young Adults



01	Nalanda Institute’s 9th Anniversary	Nalanda Centre
02	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
04-07	* Dhamma-Living Camp for Young Adults “Discover your TRUE potential”	Chin Swee Caves Temple, Genting Highlands
16	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
17	<i>Dhammacakka Day</i> at Nalanda	Nalanda Centre
18	<i>Dhamma Day</i> – Asalha Full-moon Observance	Nalanda Centre
23	* Education & Career Workshop	Nalanda Centre
31	Nalanda Family Fun Fair 2016	Nalanda Centre

AUG



06	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
	* Commencement of BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
13	* Meditation Retreat with Ayya Susila	Nalanda Centre
20	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
27	* SPM Chemistry Pre-examination Seminar	Nalanda Centre
31	K. Sri Dhammananda Memorial Day	Nalanda Centre

SEP



03	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman OUG & Happy Garden	NEO Centre KL / Taman OUG market / Happy Garden
17	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market

* Registration is required for these programmes / activities.

Regular activities at Nalanda Centre include “Service Sunday” (every Sunday, 9am–12pm) and “Meditation & Dhamma Sharing” (Wednesdays, 8pm–10pm). For full details or updates on Nalanda’s many programmes, kindly visit our website at www.nalanda.org.my or facebook www.facebook.com/nalanda.org.my



Family well-being & domestic bliss

The Buddha often emphasized the value of family well-being. A happy family is an entity with a deep sense of identity and where the members consistently live by its core values. Insightful and farsighted core values tempered with wisdom will reduce conflict between family members and give flexibility and space vital for healthy individual growth.

Bonds are forged when family spends time playing and resting together. It is important to create a calm and harmonious environment at home through loving-kindness, sharing and caring, fulfilling one's duties in the household, and practising the Dhamma together. Families thrive on stability. Only when we have cultivated family well-being can there be domestic bliss.

Unity and harmony are the bases of family well-being. It is important to have mutual appreciation and non-strife, allowing us to blend 'like milk and water'. Accommodating the requests of family members with patience and endurance also promotes concord; and so is cooperating and assisting one another. For example, family members can work together in doing household chores and help each other without waiting to be asked. In having these qualities, the family can surely live in peace, harmony and inner satisfaction.

'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

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Tel. No. +603-8938 1500 / 1501

Website www.nalanda.org.my

E-mail info@nalanda.org.my

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

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

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 5.00pm;
and every Sunday from 2pm to 4pm.

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 : 9am to 3pm; Mondays to Wednesdays : 7pm to 10pm;
and on New-moon / Full-moon weekdays : 8pm to 10pm.

Nalanda Education & Outreach (NEO) Centre, Sungai Petani

210, Jalan Bandar Mutiara 2/2, Bandar Mutiara, 08000 Sungai Petani, Kedah.

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

NEO Centre SP is open on Fridays : 7pm to 9pm; and on Saturdays : 9am to 12pm.