

Nalanda Bulletin

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For Non-Muslims Only

Buddha Relic welcomed at Nalanda Centre

Namo Tassa Bhagavato Arahato Samma-Sambuddhassa!

Homage to Him, the Blessed One, the Worthy One,
the Perfectly Enlightened One!

On 28 August, Nalanda Buddhist Society had the great honour
to be bequeathed with a Buddha Relic (Pāli, “*Śarīra*”)
— a single bone fragment of the Blessed Lord.

The Relic was previously under the custodianship of
the late Ven. K. Sri Dhammananda Nāyaka Thero and
Achariya Vijaya Samarawickrama for many decades.

Nalanda founder Bro. Tan led members and devotees in
welcoming the Relic with reverence and devotion. The
Buddha-Śarīra was placed in the Sumangala Room
to allow everyone to pay respects. Nalandians took
full use of the opportunity to recite *suttas* and
meditate in the presence of the Holy Relic.

The *Buddha-Śarīra* will lead a procession
on 31 August to mark the 10th
K. Sri Dhammananda
Memorial Day.



Nalanda Family Fun Fair

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Nalanda youths celebrating their successful outing at the "Family Fun Fair" on 31 July.

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The Dhamma-Living Camp was jointly organised and sponsored by Nalanda Buddhist Society (Youth Centre) and the Theravada Buddhist Council of Malaysia.



4 – 7 July

230 young Buddhists fully energised by the Dhamma at the inspiring "Dhamma-Living Camp for Young Adults".

A joyful & inspirational youth camp

For four days from 4th to 7th July, Chin Swee Caves Temple in Genting Highlands was rumbling with youthful energy as 230 young adults gathered there to attend the spirited and inspiring Dhamma-Living Camp.

Throughout the camp, there were insightful teachings by Nalanda founder Bro. Tan on what is the 'true potential' of human existence. The invaluable discussions and activities galvanized participants on a journey of self-discovery

for greater happiness, peace of mind, and wisdom. Carefully considering our needs, it takes only a little for the contented person to taste the joys of life.

We express our utmost gratitude to Bro. Tan, the camp organisers, sponsors, volunteers, and all participants for making this camp such a great learning experience for everyone. Thank you all for a truly life-changing event!

Read more about the camp in the following pages.



Remember Bro. Tan's progressive spiritual teachings every day?

Dhamma-Living Camp for Young Adults

Discovering our true potential



For four days at the camp, we listened, meditated, learned, shared our thoughts, sang, played, and bonded with new friends and old. It was undoubtedly a joyful and fruitful gathering for us!

Let us remind ourselves of the lessons we had there. Don't forget that our highest potential in life is not to earn huge sums of money or to hold high positions. Our true potential as humans is to attain happiness, peace, wisdom and liberation from suffering.



1. Sing along and get along – one enjoyable moment following another.

2. All things mindful – participants walk around with calmness and awareness. Truly, 'Mindfulness is the path to the deathless state'.

3. The human tangle – how easy it is to get into one, and how difficult to get out.



4. Group sharing – discussing and sharing our thoughts with caring group mates was a comforting experience for many of us.

5. See how motivated we were! – From desiring material excitement to finer and higher realisations of our true potentials, that is what we term the path of progress.

6. Last day of camp – public sharing time.



‘Thank you’ for a fabulous Family Fun Fair

The Nalanda ‘Family Fun Fair’ 2016 was successfully held on 31 July in perfect weather. The breezy day brought out sunny smiles on the faces of many stall operators and visitors to the Fair. Supporters were already streaming in even before the official opening at 9.00 am; and in just two hours, the number of visitors had surpassed 4,000 people. Stalls were enjoying brisk sales, which kept everyone busy but happy.

When the ‘Fun Fair’ concluded at 4pm, an estimated 10,200 people had visited the event, making it the biggest ever gathering of people in both Nalanda’s and Sri Serdang’s history.

We are honoured and also humbled by the presence of so many long-term supporters as well as the appearance of new ones. We are also touched by the fervent backing given by outstation devotees from Singapore, Kelantan, Kedah, Johor, and many other states, who traveled long distances just to participate in this fund-raiser.

Indeed, this overwhelming show of support from the community has energized Nalandians and boosted our spirits to continue serving the cause of Buddhist education. We thank our fantastic team of selfless organisers, stall operators and 300 volunteers – we couldn’t have done this without you!

Thank you all for your trust, faith, encouragement and unstinting contributions. We are eternally grateful for your immense kindness. Sadhu anumodana.



31 July

Nalandians show our deep appreciation to the community – Thank you all for your trust, faith, encouragement and unstinting contributions. We are eternally grateful.



Sis. Evelyn welcoming and thanking volunteers for coming to support the big event.



At 7.15am, Bro. Ajita (front left) led Nalandians and volunteers in morning chanting.



Our Singaporean friends with Bro. Tan and Acharya Tan Siang Chye.



Many stalls enjoyed brisk sales. Popular among visitors were the food counters, with queues throughout the day.



Held on a soccer field, children who came to the ‘Fun Fair’ could enjoy playing in a wide open space.



Sis. Evelyn, Bro. Vincent, and Bro. Tan taking turns to thank everyone who contributed to the successful ‘Fun Fair’.



22 June

Sayadawgyi spoke clearly about the purpose of 'Samatha bhāvanā' and 'Vipassana bhāvanā'

Teaching by Sayadaw Nyanapurnik

On Wednesday 22 June, Nalanda Centre was very honoured to host senior Nepalese prelate Sayadaw Nyanapurnik Nāyaka Thera to deliver a Dhamma talk. Sayadaw Nyanapurnik is also a Pāli scholar and *Vipassana* teacher who has been actively developing Theravada Buddhism in Nepal over four decades. Sayadawgyi was accompanied to Nalanda Centre by Malaysian bhikkhu Venerable Gavesi and two Nepali sayalays.

In his talk, Sayadaw Nyanapurnik first recited three verses from the *Dhammapada* connected to the development of mind and mental states. He then spoke about the purpose of '*Samatha bhāvanā*' – the development of mental calmness, and '*Vipassana bhāvanā*' – mental development through insight.

Sayadawgyi explained that it was through the three unwholesome roots of greed, hatred

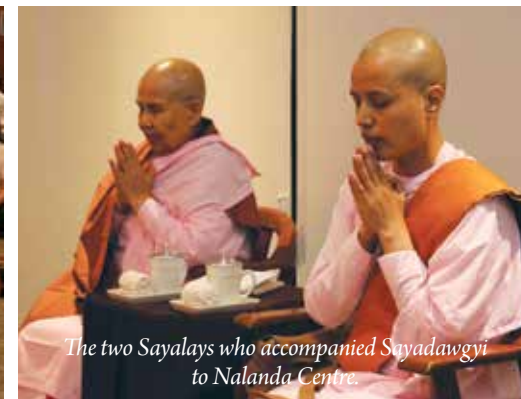
and delusion that other defilements arise to disturb our minds. That is why the Buddha taught that if we want to live peaceful, happy lives, we need to 'avoid evil, cultivate wholesome qualities, and cleanse our mind', because mind is indeed the forerunner of all states.

Sayadaw Nyanapurnik further added that it is through our practice, especially of insight meditation, that we can 'see' the material and mental aspects of our lives, and understand that all component things whether physical or mental are impermanent ('*Anicca*'), unsatisfactory ('*Dukkha*'), and non-self ('*Anatta*'). This is the path of purification – the way to develop "experienced wisdom".

We thank Sayadaw Nyanapurnik for his invaluable and profound teaching, especially during the middle of Nalanda's annual Gimhāna period which promotes intensive learning and cultivation.



The congregation meditating for 45 minutes before the Dhamma talk.



The two Sayalays who accompanied Sayadawgyi to Nalanda Centre.



The large congregation listening appreciatively to the Dhamma teaching.



Sayadaw Nyanapurnik sharing his thoughts and giving advice to Nalandians.

Dhamma talk by Ajahn Vajiro

On Saturday 25 June, Nalandians were fortunate to have Venerable Ajahn Vajiro leading our weekly meditation session and delivering a Dhamma talk.

Ajahn reminded us to live a life of wisdom by 'knowing' and 'upholding' the truth. He also urged Dhamma practitioners to constantly develop happiness independent of conditions by cultivating a sense of contentment.

When we reflect wisely on the lowest standards of living and understand our true basic necessities and be contented with it, then anything else becomes a bonus or blessings. Similarly, Ajahn Vajiro taught us to relate to our practice, our possessions, and our experiences the same way, so that our lives become a 'blessing' and not a 'curse'.

Ajahn Vajiro explained that by following the Noble Eightfold Path – cultivating 'bhāvanā' (meditation), and establishing 'Sammā-ditthi' (Right view) – we can be freed from greed, hatred, and delusion, just as others had successfully achieved before us.

Ajahn Vajiro is a senior Western disciple of the late Ajahn Chah, having received higher ordination in 1980 at Wat Nong Pah Pong, Thailand. He returned to England in 1984 to help in the establishment of Amaravati Buddhist Monastery. He later served in monasteries in the UK, New Zealand, and Australia. In 2010, Ajahn Vajiro was invited to establish a branch monastery in Portugal; and since 2012, he has been living and teaching Dhamma there.

We thank Ajahn Vajiro for his important and insightful teaching. Sadhu anumodana.

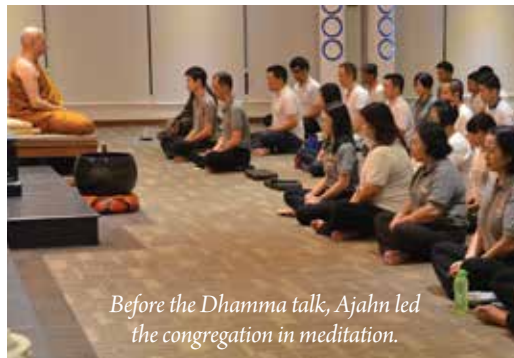


25 June

Ajahn Vajiro reminded everyone to live wisely so that our lives become a 'blessing' and not a 'curse'.



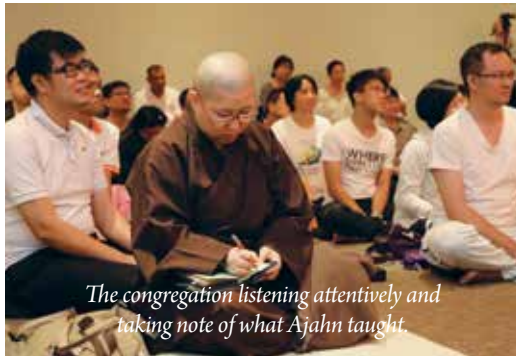
Ajahn Vajiro was warmly welcomed at Nalanda Centre upon his arrival.



Before the Dhamma talk, Ajahn led the congregation in meditation.



Ajahn urged practitioners to constantly develop happiness by cultivating a sense of contentment.



The congregation listening attentively and taking note of what Ajahn taught.



Devotees taking the opportunity to ask Ajahn questions about Dhamma and meditation.



Bro. Tan briefing Ajahn about plans to build 'Wisdom Park', who was happy to hear of this new development.



2 July

The eight venerable forest monks and lay supporters at the Dhamma Teaching Hall.

Thai forest monks visit Nalanda

On Saturday 2 July, Nalanda Centre was honoured by the presence of Luang Por Sophon, the Abbot of Wat Bueng Latthiwan, which is a branch monastery of Wat Nong Pah Pong in the Ajahn Chah Thai forest tradition.

As a bonus, Luang Por Sophon was accompanied by Luang Por Nusin Santajitto (Abbot of Wat Katthaliwan), Luang Por Siri, Ajahn Thinakorn, Ajahn Pramual, Phra Jirapat, Phra Somchay and several lay supporters from Thailand. The entourage was on a 2-week visit through several states in Malaysia.

The venerable monks were brought on a building tour and were visibly impressed by the serenity of the Centre. Luang Por Sophon remarked that the founders and supporters

of Nalanda have created a delightful place for people to learn and practise Dhamma; thus they have gained tremendous merits in doing so.

Luang Por Sophon gave an impromptu talk to Nalandians, where he spoke about the need to cultivate goodness and virtues, for that is the beginning of a spiritual life leading to deeper realisation. Though the talk was brief, it was nevertheless stirring as it came from a true Dhamma practitioner and a teacher of great repute.

We were extremely grateful for the presence of such wonderful teachers at Nalanda, and thank them for their guidance and encouragement. Nalandians look forward to having them back in Malaysia for more Dhamma lessons. *Namo Sanghaya!*



Luang Por Sophon gave an impromptu Dhamma talk to Nalandians.



8 July

The group of Kelantanese youths extended their stay in Selangor after participating in the Dhamma-Living Camp in order to visit Nalanda Centre.

Kelantanese youths visit Nalanda

During the July school holidays, a group of Kelantanese youths who had participated in the Dhamma-Living Camp for Young Adults extended their stay in Selangor so that they could visit Nalanda Centre. Having found much inspiration and joy after the camp, the group wished to visit Sri Serdang to continue their learning.

Director of Nalanda Dhamma School Sis. Sunanda warmly welcomed our friends and took them on a building tour, carefully explaining features that symbolise Buddhist teachings. After an enlightening tour, Nalandians and friends settled down for lunch with mindfulness.

The Kelantanese youths were fortunate to have a 'Dhamma-chat' with Bro. Tan to further consult and discuss with him on Buddhist

community development in Kelantan, as well as on their personal cultivation. Bro. Tan gave everyone uplifting advice and motivation to carry on with their practice and activities in Kelantan, so that more people will benefit from knowing the Dhamma.

Having spent a fruitful and inspiring week in the Klang Valley, our friends returned home with grateful hearts and renewed spirits. The visit also helped to foster deeper friendship and fellowship between Nalandian and Kelantanese youths.

This was evident when our friends came back on 31 July to offer their selfless service in Nalanda's Family Fun Fair! We thank our friends for their kind visit and kinship, and look forward to seeing them soon. Sadhu anumodana.



9 July

Friends and kinsmen from across the causeway honouring Nalanda Centre with their regular visits.

Friends from across the causeway

On Saturday 9 July, Nalanda Centre was honoured by the visit of 25 Singapore Buddhist Fellowship (BF) members and volunteers, led by its Deputy President Bro. Jerry Ong. Their visit was part of the regular exchanges between BF and Nalanda, to learn from each other in order to enhance both organisations.

Upon arrival, our BF friends were warmly welcomed by Nalanda President Sis. Evelyn, her deputy Bro. Charlie, and many other senior officers. After a tour of the Centre, everyone huddled in the Exhibition Room for a presentation on Nalanda's Volunteer Management System and "Dhamma Family" initiative.

There was active exchange of ideas on both areas, especially in the latter as BF has more

experience in running group-based learning.

On the following day, our Singaporean friends participated in the Sunday Service with a talk by Bro. Tan. It was followed by Dhamma discussions and a hearty vegetarian lunch. Their brief but fruitful visit concluded with the offering of dāna and warm words of encouragement for one another.

We thank our friends from Buddhist Fellowship for once again honouring Nalandians with their visit. Over the years, a close comradeship across the causeway has been forged by these pivotal visits, offering mutual support, respect and appreciation. Sadhu anumodana for the kindness and sincere affection molded by the Dhamma. We look forward to welcoming you back to Nalanda, soon.



17 July

Bro. Tan delivering a talk on the 'Five Aggregates of Clinging' to mark the occasion.

'Dhammacakka Day' Observance

On Sunday 17 July, Nalandians observed 'Dhammacakka Day' to commemorate the turning of the 'Wheel of Dhamma' 2600 years ago, when the Buddha expounded the '*Dhammacakkappavattana Sutta*' to his first five disciples at Isipatana near Benares.

Bro. Tan delivered an insightful Dhamma teaching on the 'Five Aggregates of Clinging' (*Pañcupādāna-khandhā*) to mark the occasion. He said that due to attachment to the five aggregates, worldlings experience different kinds of '*Dukkha*' (suffering). The cessation of suffering comes about when wisdom is applied, allowing us to see the true nature of mind and matter and thereafter abandon the clinging to Views (*Ditthi*) and to Self (*Atta*).

A big part of the ending of suffering comes from learning how to *let go*. This is achieved by the practice of mindfulness and wise discernment. Therefore, from moment-to-

moment, we must apply these two essential factors.

But *letting go* should not be confused with doing nothing. It means letting go of our defilements whether gross or subtle, such as anger, resentment, grudge, conceit or attachment to one's own views in dealing with people and matters arising; then ask ourselves, "Under such circumstances, what is the wisest response I can make?" And that includes the option of not taking any action there and then, but to let the tension of the hour pass before undertaking the right steps towards a more productive outcome.

'*Letting go*' also entails Right Effort of abandoning the arisen unwholesome thoughts, and to prevent unarisen unwholesome qualities from arising. A life of wisdom is one spent continually learning and reflecting on wholesome qualities. This provides the strength for our spiritual practice.



18 July

Achariya S. Vijaya giving a wonderful commentary on the Buddha's first sermon.

Asalha Full-moon – 'Dhamma Day'

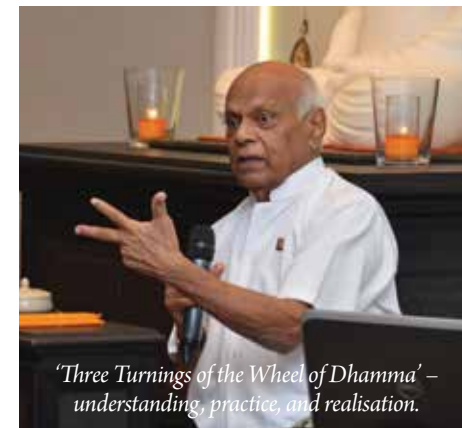
Monday 18 July was the Asalha Full-Moon Uposatha Day, whereupon this day 2600 years ago, the Buddha delivered the First Sermon on the 'Four Noble Truths' and the 'Noble Eightfold Path' to the world.

Following tradition, Nalanda founder Bro. Tan led the congregation in reciting the '*Dhammacakkappavattana Sutta*' – the 'Discourse on Turning the Wheel of Dhamma'. Chanted full of spiritual zeal and inspiration, the recitation stirred strong emotions of faith and devotion in all those present at Nalanda Centre that evening.

In honour of the occasion, Achariya S. Vijaya gave a Dhamma talk on the '*Twelve Aspects and Three Turnings*' of the Four Noble Truths. For each of the Noble Truths, the Three Turnings are: the understanding of that Truth; putting it into practice; and realisation of that Noble Truth with wisdom. When each of the '*Twelve Aspects*' has been completed, one

attains the highest bliss of *Nibbāna*.

To conclude the joyful evening, Bro. Tan announced that on 15 July 2016, the site of the ancient *Nalanda Mahavihara* in India had been declared a "World Heritage Site" by UNESCO. The congregation rejoiced in this good news, and also in the spiritual evening spent with wise and wholesome friends.



'Three Turnings of the Wheel of Dhamma' – understanding, practice, and realisation.



24 July

Well done, officers! The four newly-elected youth leaders of Nalanda.

Nalanda youths elect new leaders

On Sunday 24 July, young Nalandians came together for their General Meeting at the Youth Centre in Sri Serdang. The purpose of that meeting was to update members on the progress of Nalanda Youth Centre over the past year, and to discuss its future programmes. Another important agenda was the re-election of office-bearers for the next one-year term.

At the gathering, Youth Leader Bro. Disheng encouraged all members to enhance individual leadership ability and develop effective communication skills. He was happy to note that Nalandian youths are able to work seamlessly and harmoniously, resulting in successful programmes and activities in the past. On behalf of all youths, he also thanked the mentors, teachers, and all benefactors for their continuous support since the inception of Nalanda Youth Centre.

Nalanda Buddhist Society's Honorary Secretary Bro. Pee, and Board of

Management member Sis. Santi, represented the Society at the Youth Centre meeting. Bro. Pee candidly shared his experience in serving the community over the past decade. He advised the youths to treasure service opportunities that allow them to learn new skills and thereby grow themselves.

The election of new office-bearers was thereafter conducted with nomination and voting for each of the four positions available. The newly-elected officers of Nalanda Youth Centre were thereby produced through ballot; they are:

Youth Leader : Bro. Yeo Disheng

Deputy Youth Leader : Bro. Tai Wei Kit

Youth Secretary : Bro. Yeo LeiKen

Membership Officer : Sis. Juliana Ang

We congratulate the Youth officers on their election; may they lead Nalanda Youth Centre to greater heights in the coming term. Anumodana.



6 August

Achariya Tan Siang Chye elaborating on the 'Four Noble Truths' in the lecture.

Commencement of Buddhist Course

Nalanda Institute's 4-month BPS 304 Certificate in Buddhist Studies course commenced on Saturday, 6 August with the inaugural lecture on 'Four Noble Truths', delivered by Institute Director Achariya Tan Siang Chye.

Achariya started with the First Noble Truth of 'Dukkha', which means unsatisfactoriness, displeasure, discomfort, and such. Once we understand and accept it as part of life, our hearts and minds will open up to more learning, allowing us to investigate further the other Noble Truths.

This is the fourth time the BPS303/304 programme is offered by Nalanda Institute. It is very well-received with 75 participants signing up for the 10-session course, which explores basic Buddhist doctrines, devotional practice, and Buddhist scriptures through informative lectures and interactive discussions.

We rejoice in the participants' diligence and commitment in learning Buddha-Dhamma, which is a supreme blessing indeed! Sadhu.



Participants form groups to discuss their learning and reflections about the lecture.



This year's course attracted a significant number of young participants.



6 August

Two venerable monks kindly accepted our invitation to go on alms-round.

Pindacāra at Taman O.U.G. market

On Saturday 6 August, the Nalanda Kuala Lumpur Branch organised the monthly educational 'Pindacāra' (monks going on alms-round) at the Taman O.U.G. and Happy Garden morning markets.

Two venerable monks from Sentul Sri Lanka Buddhist Temple went on alms-round, allowing market-goers and devotees to offer food. As part of the effort to educate the public about this ancient tradition, Nalanda volunteers took the opportunity to engage with curious onlookers, explaining to them the purpose and value behind the practice.

The venerables and devotees later adjourned to Nalanda Education & Outreach Centre in Happy Garden, where Sis. Sunanda gave a Dhamma sharing about the proper way to offer *dāna*. She explained that in order for *dāna* to be performed wholesomely, both the giver and recipient have to maintain calmness, goodness, gladness, and mindfulness in the act of giving.

We thank the venerable monks for their compassion, and Sis. Sunanda for the Dhamma sharing. We also thank volunteers and

devotees who took part in this wholesome programme. May all beings share and rejoice in the merits accrued. Sadhu!



Offering lunch dāna at NEO Centre.



Devotees engaging in Dhamma discussion.



7 August

The twice-yearly Facilitators-Parents' Meeting was held at Nalanda Centre.

NDS Facilitators-Parents' Meeting

On Sunday 7 August, Nalanda Dhamma School (NDS) facilitators and parents came together at Nalanda Centre for a meeting to discuss students' learning progress. School Coordinators Sis. Hui Shien and Sis. Sugandha updated parents on the activities and programmes of the Teenage and Junior Dhamma Schools in Sri Serdang.

NDS Director Sis. Sunanda Ong emphasized the School objectives and encouraged parents to work hand-in-hand with facilitators for their children's development. Later, she chaired an open discussion where parents shared success stories and challenges faced throughout their children's transformation. Parents also provided constructive feedback and improvements for the School.

In the coming weeks, further interview sessions will be held between facilitators and parents to discuss individual student's progress.

The twice-yearly meetings between School officers and parents are important channels to understand and assist each student in his or her learning at Nalanda. We thank both

facilitators and parents for their continuous effort and support in realizing holistic education for our students. Anumodana.



Junior School coordinator Sis. Sugandha Ooi reporting on the learning programmes.



School parent Sis. Bee Poh sharing about the positive changes seen in her children.



6 August

Ven. Thipako and Ven. Foo accepting devotees' offering of lunch dāna.



11 August

Bro. Tan leading the meditation session at NEO Centre on 11 August.

Dāna at NEO Centre Sungai Petani

On Saturday 6 August, members of Nalanda Sungai Petani Branch invited Venerable Thipako and Venerable Foo from Sammāditthi Meditation Grove in Sungai Pasir for lunch dāna. The appreciation dāna was specifically to thank Ven. Thipako (“*Bhante Lim*”) for his kind and generous

support in the construction of Nalanda Outreach & Education Centre, located in Bandar Mutiara, Sungai Petani last year.

Ven. Thipako had also been invited to receive dāna at the old premises on 28 March last year, just before it was demolished for reconstruction into the present building. He expressed joy in seeing the completion of the new centre, and congratulated Nalandians on accomplishing the mission. He also offered his blessings and encouragement to carry on with the good work.

Donors and benefactors were also invited to the appreciation dāna, where a video was shown on the progress of construction from April to December 2015. First time visitors had a joyful guided tour of the 4,300sf centre which is equipped with a meditation hall, library, rooms and administrative office.



Visitors touring the Centre and its library.

Meditation class at NEO Centre KL

The Nalanda Education & Outreach (NEO) Centre in Happy Garden Kuala Lumpur was packed to the brim on 11 August as a new meditation class got underway. More than 50 meditators signed up for the class, which is the second to be held at the Nalanda branch centre following a successful one last year.

The 3-month course is led by Nalanda founder Bro. Tan and conducted in Mandarin. In the first session, Bro. Tan introduced everyone to the basics of “*Anāpānasati*” – mindfulness of breathing. He said that this meditation aims to calm the mind and sharpen one’s mindfulness. Bro. Tan also answered many questions raised by participants on practical matters such as postures, physical discomfort while meditating, and ways to overcome hindrances.

In the subsequent sessions, Bro. Tan will be introducing more theoretical and pragmatic aspects of Buddhist meditation, while gradually guiding everyone to sit for longer periods of time. We look forward to welcoming everyone back to the subsequent lessons. Sadhu!



Participants enjoying the session and teachings.



13 August

Sadhu to all participants, organisers and volunteers for devoting their entire day to wholesome activities.

‘Bhāvanā Day’ with Ven. Ayya Susīla

On 13 August, Venerable Ayya Susīla, an experienced meditation teacher who is a learned disciple of Pa Auk Sayadaw, returned to lead ‘Bhāvanā Day’ – a one-day meditation retreat at Nalanda Centre. The fruitful Saturday saw the gathering of 120 participants who were eager to learn Dhamma and cultivate their minds.

Ayya Susīla offered instructions to participants in practising ‘*Anāpānāsati*’ (mindfulness of breathing). Ayya also taught the basic method of walking meditation as well as the interesting practice of ‘mindfulness in eating’.

Ayya Susīla later gave an insightful Dhamma talk on the ‘Five Hindrances’ and how to

overcome each of them. This is important knowledge for meditators, so that they will be able to tackle difficulties in their practice when hindrances arise.

Ayya mentioned that having *Right View* is pivotal, as it is the basis for further spiritual cultivation. Therefore, if we want to cultivate ourselves well, we have to learn the Dhamma diligently.

In the ‘Question & Answer’ session, devotees had the opportunity to clarify doubts and perplexities about their practice. It was indeed an enlightening day for the participants; may they strive on diligently in the practice and never falter. Sadhu anumodana.



*Ayya Susīla giving instructions on how to practise ‘*Anāpānāsati*’ (mindfulness of breathing).*



Meditators mindfully watching their breath.



Participants clarifying points about the practice.

On Saturday 20 August, Nalanda members launched the 'Dhamma Family' programme for Nalandians based in the Klang Valley. The 'Dhamma Families' are small learning groups based at six localities – Sri Serdang, Seri Kembangan, Kajang, Bukit Jalil, Kuchai Lama, and Subang Jaya.

Nalanda founder Bro. Tan emphasized the importance of true and wise friends in the practice of Dhamma, echoing the Buddha's advice to Ven. Ānanda that 'admirable friendship forms the whole of holy life'.

Hence, the 'Dhamma Family' programme will be a valuable aid in achieving Nalanda's mission of effecting personal and social transformation based on the Buddha-Dhamma. Thus, the launching of this programme marks another important milestone in Nalanda's history!



20 August 'Dhamma Family' initiative for Nalandians



Nalandians welcoming a new member to the family.



Bro. Tan also spoke about Wisdom Park's development.



Sis. Paruadi is the training programme co-ordinator.



Bro. Tan explaining the meaning of Pāli names.



Sharing about recent developments in the Society and community.



Members of a 'Dhamma Family' gathering for the initial get-together.

A year since 'milestone decision'

It has been a year since the 'milestone decision' was made by Nalanda members to purchase a 26-acre parcel of land in Hulu Selangor to be developed into a Buddhist education hub. Nalandians who gathered for the General Meeting on 26 July 2015 voted unanimously to acquire the free-hold land for the well-being of many generations to come.

Since then, the conceptual plan for 'Wisdom Park'® was published on 8 August 2015. The 'Wisdom Park Development Committee' was subsequently formed in October 2015, which today comprises 16 members including professionals from many fields, 4 Nalanda members, and 5 representatives of the Buddhist community, so that the interests of the entire community will be covered.

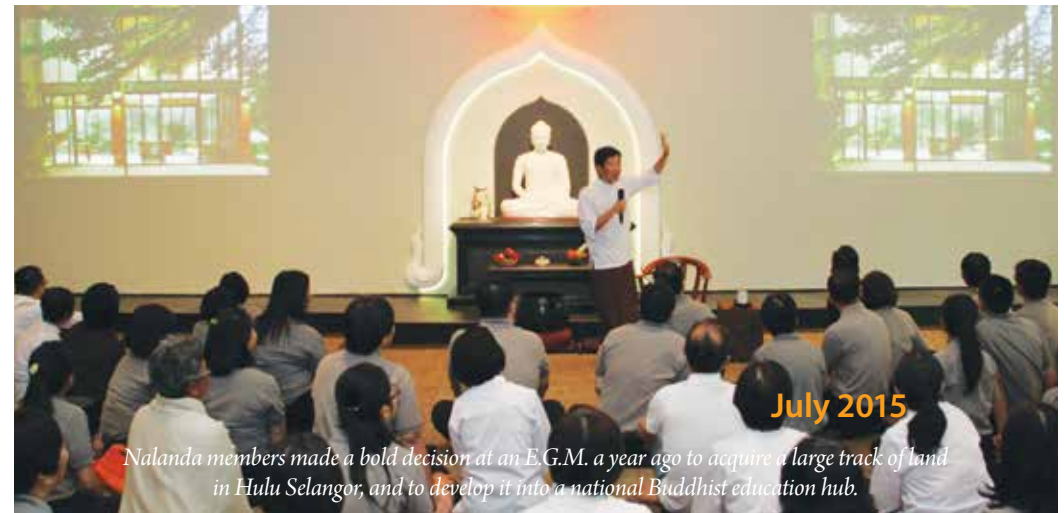
The Development Committee has since held 12 meetings and conducted several site visits to draw up the "Master Development Plan" for 'Wisdom Park'®. The initial phase of development is expected to start in early 2017.

The entire education hub will eventually encompass a national youth-training academy, teachers' training centre, Buddhist boarding school, meditation centre, national reference library, Buddhist museum, senior citizens' home, and residential units for Dhamma practitioners and long-term volunteers.

We are heartily looking forward to the next milestone, which is the ground-breaking ceremony for the first building at the Park. We also need a lot of blessings and material support from Buddhists all over the world. This bold but strategic project will not succeed without the backing and involvement of the larger community.

Please help us build this holistic educational facility for the welfare and spiritual advancement of the present and future generations. Thank you!

Find out more about the 'Wisdom Park'® project by visiting the link:
<http://www.nalanda.org.my/wisdompark/>
Wisdom Park Facebook page



July 2015

Nalanda members made a bold decision at an E.G.M. a year ago to acquire a large track of land in Hulu Selangor, and to develop it into a national Buddhist education hub.



September 2015

Over a period of 3 months, many well-received briefing sessions were organised for the local Buddhist community to explain the concept of Wisdom Park and to obtain feedback for the project.



August 2015

Fund-raising started on 9 August 2015 to garner donations to purchase the land for 'Wisdom Park'.



December 2015

Development Committee members conducted many site visits to draw up a "Master Development Plan" for Wisdom Park.

Proposed *K. Sri Dhammananda Centre* — Building for the future of our community

For more than a decade, Nalanda Dhamma School has been committed to providing holistic Buddhist education to students aged 10 to 17. Since its establishment in 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!



K. Sri Dhammananda Centenary

Venerable Dr. K. Sri Dhammananda Nayaka Thero (1918-2006) was one of the most respected modern-era Dhamma teachers in the world. 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.

K. Sri Dhammananda 10th Memorial Day

31 August 2016 marks a decade since the passing away of the Most Venerable Dr. K. Sri Dhammananda, the late Sanghanāyaka Thera of Malaysia. He was also the Spiritual Adviser to Nalanda Buddhist Society, and the teacher who gave our Society its name. Nalandians have been commemorating the teachings and lifetime contributions of the late Ven. K. Sri Dhammananda on 31 August annually since 2007, the first anniversary of his passing.

The late Venerable K. Sri Dhammananda continues to inspire many Buddhists even 10 years after his death. The large crowd that attended the memorial service held in his honour on 31 August was testimony to that.

Devotees who knew the late Venerable personally spoke of his wisdom, kindness, warmth, and wit in communicating with people. Devotees who had not met Ven. Dhammananda also spoke appreciatively about his teachings, which they gained from his books and recordings of Dhamma-talk.

Indeed, Ven. K. Sri Dhammananda was a rare gem who encapsulated many noble qualities of a '*kalyana-mitta*'. He was a wonderful teacher to us – sharing his vast knowledge in a patient, gradual, and understandable way. Let us joyfully dedicate the merits of our meritorious deeds to him – thank you, Bhante!

Nalanda Family Fun Fair 2016

家庭欢乐在 JB 筹款义卖会

Nalanda's Family Fun Fair is held in aid of our "Education & Development Fund". The proceeds will be channeled to support educational programmes of Nalanda Free School and Nalanda Dhamma School. Come enjoy a fun & meaningful day with family and friends while supporting a great cause. All are welcome!

家庭欢乐日主要目的是为了Nalanda教育及发展基金筹募。其款项将会用在推广Nalanda义校及佛学班的全面教育。

Sunday, 11 September 九月十一日, 星期日
8 am – 2 pm | NEO Centre, Taman Johor Jaya

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

Attractions 特备项目:

- ★ **Food, Beverages & Dried Food**
食品, 饮料及干粮
- ★ **Garments 服饰**
- ★ **Kitchenware 厨房用具**
- ★ **Bonsai & Plants 盆栽及园艺品**

Contact Persons 联络人:

Mr. Lim C. H. 016-771 9548
 Mdm. Alice Yap 012-720 0082
 NEO Centre Johor Bahru 07-350 3870

Nalanda Buddhist Society
 Johor Bahru Branch

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
 Facebook www.facebook.com/NeoCentre.JB



Upcoming Events September – November 2016

SEP



Family Fun Fair in Johor Bahru

03	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. market & Happy Garden
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
11	Nalanda Family Fun Fair in Johor Bahru 家庭欢乐日在 JB 筹款义卖会	NEO Centre JB
17	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
24	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre

OCT



Free School Appreciation & Honours Day

01	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. market & Happy Garden
08	Dhamma-Living Camp Participants' Reunion Day	Nalanda Centre
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
15	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
21	Nalanda Free School Appreciation & Honours Day	Nalanda Centre
22	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
27	Nalanda Free School Appreciation & Honours Day	NEO Centre JB

NOV



'Sangha Day' Robes Offering Ceremony

05	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. market & Happy Garden
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
06	* Sangha Day – 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 304 – Certificate in Buddhist Studies	Nalanda Centre
20	Nalanda Dhamma School Appreciation & Honours Day	NEO Centre JB

* Registration is required for these programmes / activities.

Special programme :

Exhibition - *Nine Buddhas of Nakhon Si Thammarat* 22 October – 6 November

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

Economic well-being & Career success

Many people commonly use material wealth to measure success, but we ought to be aware that there are other dimensions to consider. Besides working for material assets and money, there should also be personal fulfilment in our chosen career fields. Furthermore, being able to resolve conflicts and learning to deal with stress or challenges in the workplace makes work a more joyful experience. We can always be more skilful in tackling difficult situations.

Clearly, our economic well-being is intertwined with our career success. When we realise that economic well-being involves more than just material gains, we will work even more effectively and happily, therefore achieving self-fulfilling career success.

The Buddha encouraged His disciples to make their living in a way that does not cause harm to themselves and others, and which is ethical (*i.e.* Right Livelihood). Many think that it is necessary to put aside the question of morality when it comes to career advancements. No! We should see morality as a principle guide to our lives. If we find that the job just cannot be done without having to compromise morality, then perhaps we should consider another line of work. This is part of practising *integrity*.

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

Nalanda Contacts Please visit our website for directions to Nalanda.

Nalanda Buddhist Society Malaysia

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

Tel. No. +603-8938 1500 / 1501

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.