

# Nalanda Bulletin

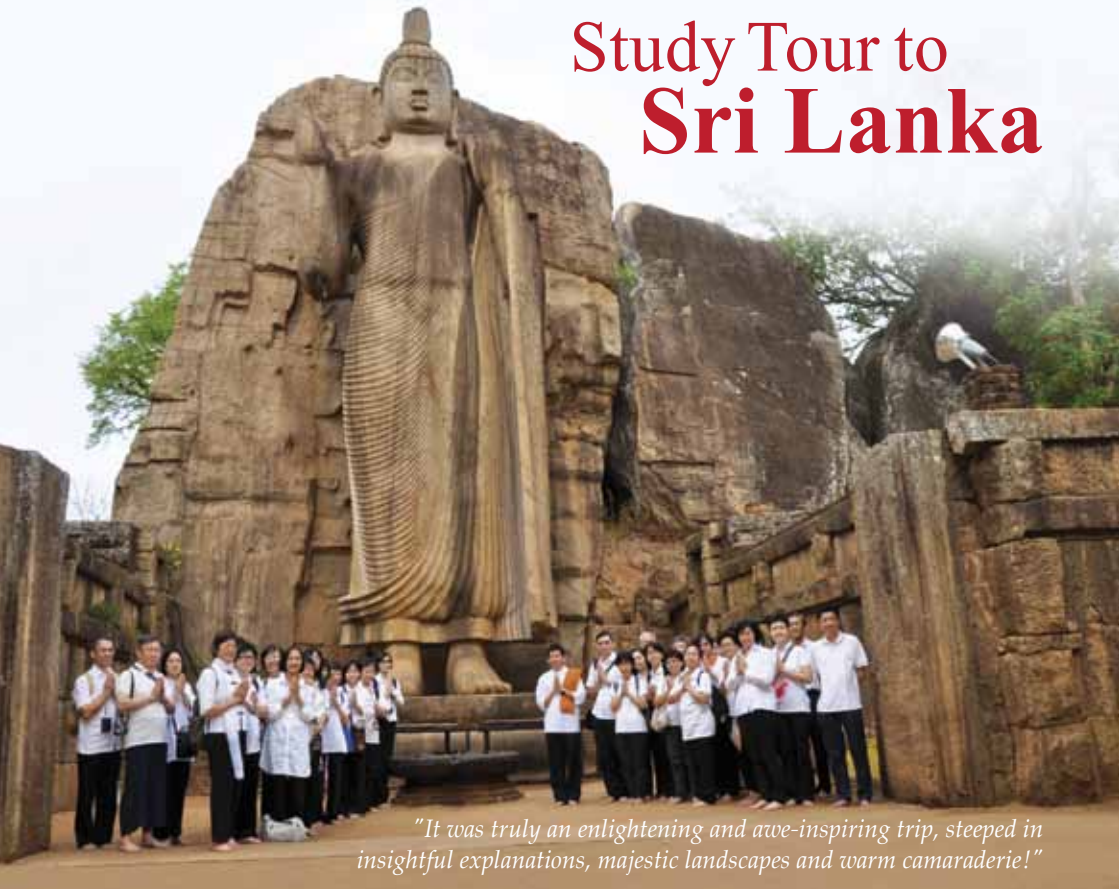
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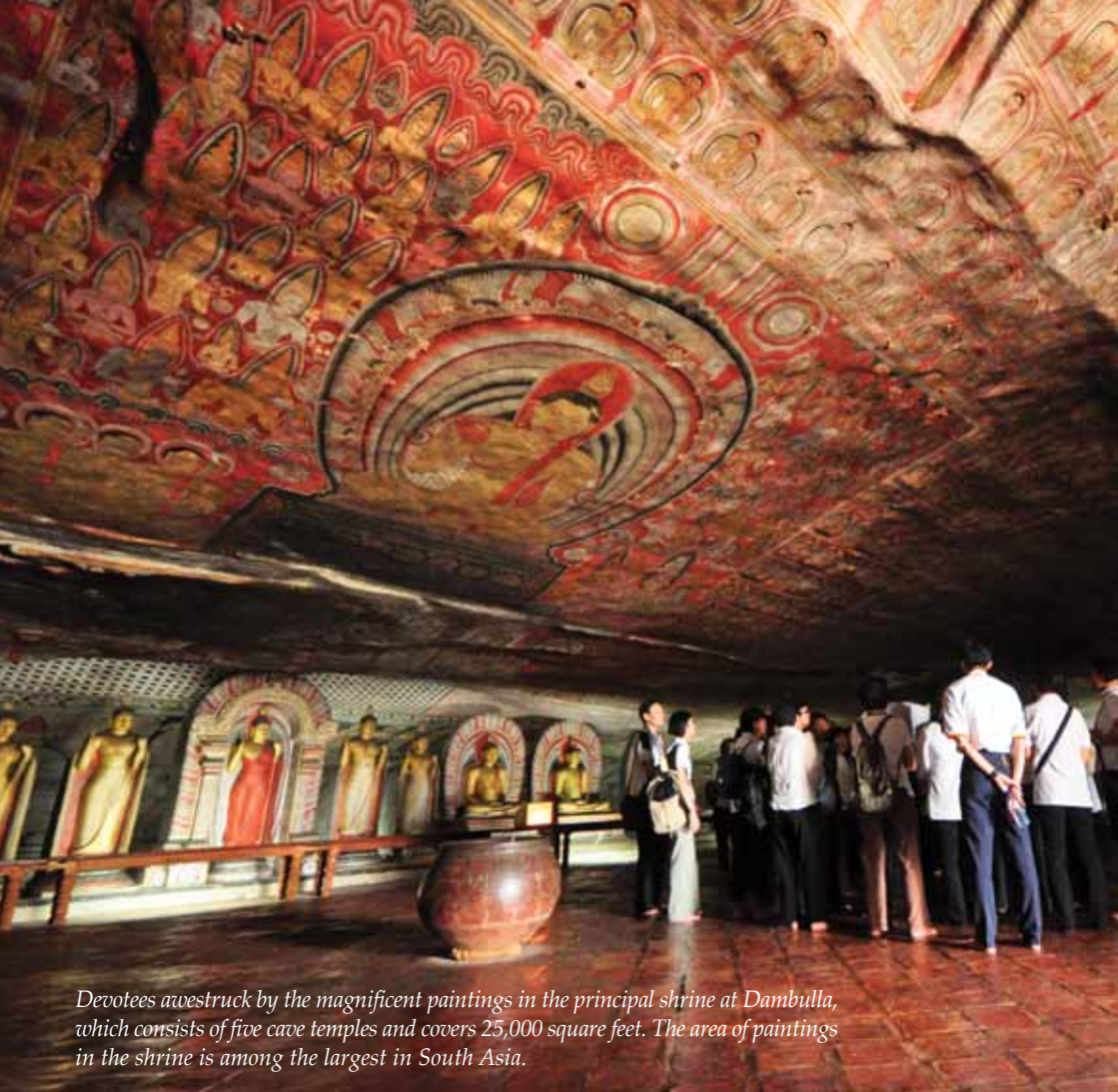
## Study Tour to Sri Lanka



*"It was truly an enlightening and awe-inspiring trip, steeped in insightful explanations, majestic landscapes and warm camaraderie!"*

"*Serendip*" is an ancient name for Sri Lanka; and indeed it was easy to experience serendipity at seemingly every turn in this beautiful country. The 40 participants of this 7-day Study Tour departed for the "resplendent, teardrop-shaped" island on 9 September with Bro. H S Tan as the tour leader.

Dressed in white, and with sincerity, devotion as well as keenness to learn, everyone was filled with a sense of awe, sobriety and gratitude on the visits to ancient temples and archaeological sites. Listening to the historical tales of how the Dhamma was brought to Sri Lanka and South-east Asia, and the hardships and sacrifices borne in order for the Dhamma to flourish and still benefit so many today, brought a greater appreciation for how blessed we are in this generation!



*Devotees awestruck by the magnificent paintings in the principal shrine at Dambulla, which consists of five cave temples and covers 25,000 square feet. The area of paintings in the shrine is among the largest in South Asia.*

It was an enlightening and awe-inspiring trip steeped in insightful explanations, majestic landscapes and warm camaraderie. The participants were deeply thankful to Bro. Tan for his leadership, teachings and care throughout the week.

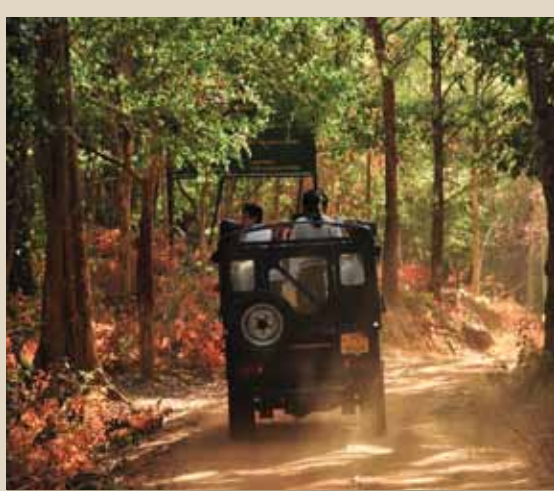
On the last evening of the tour, during a serendipitous sojourn at the beach, a breathtaking sunset prompted many expressions of glee. Then, while walking back towards the bus, everyone was showered with a blessing of light raindrops. And, lo and behold, a rainbow appeared in the sky right in front of us. Mother Nature has said it all. *Ayubowan!*

*The “Sri Maha Bodhi” was a sapling of the original Bodhi-tree in Bodhgaya, brought to Sri Lanka from India by Theri Sanghamitta.*





# Study Tour to Sri Lanka



*The bumpy but adventurous jeep ride through the forest to Ritigala, an ancient 2nd-Century BCE hermitage, was an exhilarating experience!*

*During the 1st Century BCE, erudite monks meticulously committed the Buddhist Scriptures (Tipitaka) to inscription here at Alu-viharaya.*



# Study Visit to Indonesia

26 – 30 October

On a special mission under the 'Nalanda Project' led by Bro. Tan Ho Soon, a team of Nalandians including all Division Heads and senior officers went on a 5-day study visit to interact with Buddhist establishment leaders in Jakarta, from 26 – 30 October 2012.

The Nalandian delegation had an interactive meeting session with leaders of Majelis Agama Buddha Theravada Indonesia (Magabudhi). Being a visionary organisation that trains lay *Dhammadutas* (propagators of the Dhamma), Nalandians took the opportunity to engage with their leaders to better understand the philosophy and systems of the organisation. Through the discussion and interaction, we learned about the growth and development of Theravada Buddhism in Indonesia.

We also made a trip to the Narada (Buddhist) School and met with its founders and school teachers. We later had a dialogue with PATRIA, the Theravada Buddhist Youth Federation of Indonesia. We were inspired by the unity and cooperation amongst Indonesian Buddhist youths, who despite coming from diverse regions of Indonesia, are successful in propagation programmes.



Bro. Tan led senior Nalandian officers on a tour of the National Museum in Jakarta.



*The Nalandian delegation met with the Panditas and national leadership of Magabudhi in Jakarta.*



*Participating in the opening ceremony of the Theravada National Training Centre outside Jakarta.*

Participating in several *pūja* conducted by local Buddhists in different centres, as well as observing the *Uposatha* full-moon *pūja* in Vihara Sanghamitta, Karawang on 29 October, we were impressed by the devotees' discipline and harmonious chanting throughout the various temples.

This trip opened up new avenues of collaboration between Indonesia and Malaysia in propagating the Dhamma. We valued the opportunity to get to know the Theravada Sangha and lay communities who have put in tremendous effort and hard work in uniting the Theravadin Buddhists in Indonesia. *Sadhu anumodana!*



# Pindacāra

1 September

*"The quality of happiness in our lives depends on the quality of our minds."*

- Bro. Tan

On 1 September, we organised the third monthly *pindacāra* (alms-round) at Taman OUG morning market. This time around, the public were much more aware of alms-giving; some had even prepared food in advance to offer to the monks. It was heart-warming to see that consistent efforts to organise this programme are leading to such positive responses from the public.

After the alms-round, devotees gathered at NEO Centre in Happy Garden for *pūja* and Dhamma teaching by Bro. Tan. He taught that when doing anything wholesome, we should accompany our action with mindful awareness, right understanding and a respectful attitude, so that it purifies our minds at the same time. When we make



offerings to monks during *pindacāra*, the joy can be enhanced if we have understood the significance and benefits of this meaningful activity.

In fact, before we do something, be it *dāna* or listening to Dhamma talk, we make an effort to maintain calmness throughout. This is also a way to purify our minds and enhance mindfulness.

The quality of happiness in our lives depends on the quality of our minds. Through gradual purification of our minds, we become 'independent in the Dhamma' and, finally, attain the bliss of *Nibbāna*.



# Biannual Gardening Day

15 September

A team of Nalandians filled with "We can!" spirit, has transformed *Taman Sari Nandanavana* and Nalanda House through their greening efforts during the Biannual Gardening Day on 15 September. Plants and flowers were trimmed, weeds and old leaves cleared, and new plants were added to give the gardens a fresh new look. This activity created an awareness of physical well-being and served as a reminder of how we should, and can, care for the environment we live in.



Subsequently the monthly *pindacāra* were organized on 6 October and 3 November.

Amidst the hustle and bustle of modern living, it is most joyful and inspiring to still be able to witness this ancient tradition of *pindacāra* being practiced, what more to participate in one! Do come and join us for this meritorious activity!



# The Musical Empress Wu

6 & 14 October

*"The dedication of 'part-time' Nalanda volunteers throughout the three-month project epitomised the Nalandian spirit of selfless service and unconditional giving."*

Three months ago, Nalandians undertook an ambitious and courageous fund-raising project by organising two out of the eighteen Dama Orchestra performances of *Empress Wu – The Musical*, staged at Kuala Lumpur Performing Arts Centre, as the initial outlay for staging the shows was considerable.

The objective of the fund-raising project was to support and finance Nalanda's aim of providing holistic education to achieve integral human development.

The Nalanda-organised performances on 6 and 14 October were staged to full houses and thus achieved our fund-raising targets commendably.

On reflection of the lessons learnt and observations made during the three months, the journey was in itself a very fulfilling and meaningful experience for all diligent Nalandians working in unison and joy, and with a deep sense of purpose and common objective. The passionate belief in, and commitment to Nalanda's noble mission was the cornerstone that galvanised Nalandians, young and old, to strive on and achieve milestone after milestone to raise needed funds through the shows. The dedication of 'part-time' volunteers in Nalanda throughout the three months epitomised the spirit of selfless service and unconditional giving.

No words of tribute to our volunteers can do justice to their distinguished effort, individual sacrifices, and *esprit de corps* demonstrated not only towards this project, but also towards each and every fellow Nalandian. That is the real meaning of successful cultivation and transformation!





# World Buddhist Conference

3 & 4 November

*"From attachment arises grief; from attachment arises fear. For one who is free from attachment, there is no grief, much less fear."*

- Dhammapada verse 214

On the 3 & 4 November, ten Nalandians participated in a fulfilling World Buddhist Conference with the theme "Transcending Negative Emotions – Creating Happiness and Well-being in Our Lives". It was an enriching experience listening to world-renowned speakers sharing their thoughts on cultivating positive emotions and achieving happiness.

Change comes from within. The same goes for transcending negative emotions such as fear and anxiety. The panel speakers



emphasised that 'Attitude is the key to everything'. Through good attitude and deliberate efforts in developing our minds, we experience positive emotions more often. These emotions increase our positive experiences through better perspectives and good relationship with ourselves and others.

Well-being cannot exist just in our heads. Well-being goes beyond feeling good; it is also about making the present moment meaningful. We need to have genuine intention and action in that direction. To this end, we were inspired to develop an altruistic attitude guided by loving-kindness, wisdom and wholesome principles.

It was indeed a joyful participation for us as we embrace learning and reflection, two Nalandian Core Values.

Nalanda welcomed a visit by national leaders of the Young Buddhist Association of Malaysia (YBAM) on 3 October. The delegation was warmly received by many Nalandians present. On behalf of Nalanda, Bro. H S Tan presented a donation to YBAM as a token of appreciation for their efforts over the past 40 years to propagate the Dhamma in Malaysia, for which all Malaysian Buddhists should be grateful.

In return, the President of YBAM, Bro. Goh Qing Song, praised Nalanda for its contribution to Buddhist education in the country. He said Nalanda was often cited as "*an exemplary organisation that is very focused in its work and consistently delivers quality programmes that benefited the Buddhist community nationwide*". Thank you for the honour of your visit!



## YBAM Leaders visit Nalanda for exchange

3 October

*Nalandians in a group photograph with visiting YBAM leaders.*

## Visit to Nalanda by Terengganu Devotees

2 November

*Devotees listening attentively to Bro. Tan's inspiring sharing.*



It was a privilege to play host to 38 devotees from Gandharama Vihara, Kuala Terengganu, on their visit to Nalanda Centre on 2 November. As they were guided on a tour of the building, the entourage was impressed by the serenity and peaceful ambience of the centre.

The tour was followed by a short talk by Nalanda Founder, Bro. H S Tan, on the importance of cultivating goodness, sincerity and truthfulness when practising the Dhamma. It was a fruitful evening shared with our new friends from the East Coast. Together, we rejoiced in the splendour of the Buddha's teachings, and the beauty of spiritual friendships.



Firefly Mission – 13 November

## Visit to Nalanda by Singapore Friends

On Deepavali Day, 13 November, Nalandians warmly welcomed members of Firefly Mission, who came for a visit from Singapore. The large group of 74 people was very happy to be guided on a tour of Nalanda Centre, with many admiring the Centre's unique Srivijayan interior design and its rich Buddhist symbolism.

Throughout the two-hour visit, the visitors and Nalandians enjoyed friendly interactions and got to know each other better. As Nalanda Founder, Bro. Tan Ho Soon, said jovially at the conclusion, *"In just two hours, we have already become a family!"* It was a wonderful meeting of kindred hearts; indeed, as Firefly Mission's motto states, *"...together we light up the world!"*



Buddhist Fellowship – 5 November

Nalanda welcomed a visit by the leaders of Singapore Buddhist Fellowship on 5 November. The delegation was impressed by the active Dhamma-work of the Society. They also showed great interest in learning and understanding Nalanda's leadership in propagating the Dhamma.



## Visit by friends from **Metta Lodge JB**

1 & 2 September

It was a delightful weekend spent with our Buddhist friends from Metta Lodge, Johor Bahru. With most of them being Sunday Dhamma School teachers, the main theme of the sharing session centered around the Nalanda Dharma School education model and how it works. There was a lively and dynamic interview session with students of Nalanda Dharma School and also fruitful discussions with our school facilitators. Indeed, "*the Heart of Education is Education of the Heart!*" rings so true!



On 9 November, Nalanda Dharma School also received 2 other group visits from :

- Dhamma School teacher and students of Dungun Buddhist Society, Terengganu.
- Dhamma School teachers and students of Gurun Buddhist Association, Kedah.

# Recharged and Poised for 2013!



13 – 15 November

As the end of the year approaches, a retreat was held from 13–15 November for Nalanda Dharma School facilitators. The aim of this annual retreat is for the School's facilitators to evaluate the progress of Nalanda Dharma School (NDS) in 2012, and to develop our plans for 2013.

During the 3-day-2-night stay in Sekinchan and Kuala Selangor, the team practised morning and evening meditation daily.

Through self and group reflections, and speaking heart-to-heart, the facilitators recalled personal experiences of their voluntary service at the School, and openly shared their aspirations. There were tears of pure joy, and many memorable, touching moments.

Strengthening team bonding and spirit of fellowship, there were fun photography sessions and visits to local attractions. The retreat was concluded fruitfully with everyone recharged, having greater clarity, and looking forward to a great year ahead!





*Nalanda Free School sincerely wishes all candidates the best in the upcoming SPM examination!*

# SPM Chemistry Exam Preparation Seminar

15 September

Nalanda Free School was privileged to have Ms. Khor Swee Moi, *Guru Cemerlang Kimia*, to conduct the SPM Chemistry Exam Preparation Seminar on 15 September for 54 students who hailed from various schools.

Ms. Khor's deep knowledge of the subject matter and experience in the examination requirements were clearly a boon for the students. With the objective of maximizing students' performance within the constraints of limited time left before the actual SPM examination, she endeavoured to improve the students' appreciation of various answering techniques through a series of exercises, presentations and group discussions for all three parts of the Chemistry paper.

It was equally encouraging to see the response of the students who were all eager to learn. The level of engagement was high during the seminar. Most students



found the seminar useful, and some pointed out that the advice given was timely for their on-going revision.

The seminar concluded with a resounding applause from the students in appreciation of the wonderful session conducted by Ms. Khor. Nalanda Free School sincerely wishes all candidates the best in the upcoming SPM examination!



# Nalanda Free School Honours & Appreciation Day

9 November

Established in June 2010, Nalanda Free School provides free academic tuition to needy Malaysian students aged 7 to 18. With 42 volunteer tutors and an enrolment of 460 students, the Free School operates 30 classes in 2012 – 6 days a week at both Nalanda Centre in Serdang and NEO Centre in Happy Garden, Kuala Lumpur.

Nalanda Free School's Honours & Appreciation Day on 9 November was a merry and joyous occasion. On this day, everyone came together to show their gratitude to the volunteer tutors, and to celebrate the students' success stories. Four categories of awards were presented to students – the "Full Attendance Award", "Best Student Award", "Most Improved Student Award", and the "Most Enthusiastic Learner Award". In total, 131 students were feted this year.



During the simple and meaningful ceremony, teachers and parents rejoiced in the children's growth and achievements. The students in turn were immensely grateful for the selfless service and nurturing care by our volunteer tutors. There were a few spontaneous and inspiring sharings by volunteer teachers and students. It was truly a happy and motivating celebration of success! Well done to all our students. And thank you, teachers – the jewels of Nalanda!



*Story-telling is an ancient folk-art which is still being practised in modern times. It has the power to delight, frighten, teach, inspire and motivate listeners. Skilfully done, story-telling is a powerful tool for education.*

7, 13 & 20 October

## Rekindling the Ancient Art of Story-telling

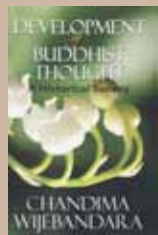
With the aim of developing and nurturing talents in public speaking, Pustaka Nalanda organised a series of 3 story-telling workshops on 7, 13 and 20 October. Participants were mainly from Nalanda Youth Centre and Nalanda Dharma School. The workshops were conducted by Mr. Vijaya Samarawickrama (fondly known as Uncle Vijaya), who holds an M.A. in Drama & Theatre from the University of Hawaii.

Laughter could be heard ringing from the Srivijaya Hall at Nalanda Centre when the participants observed the often hilarious demonstrations by Uncle Vijaya and watched with amusement the verbal and non-verbal expressions by other participants. It was a relaxing and fun-filled learning experience for all! Participants learnt presentation skills, enunciation techniques, and how to use their voice and body language to make stories come alive and captivate the audience.

The participants were divided into three groups, and each group was given a story to narrate. In this way, everyone had ample opportunity to practise what they learnt.

Motivated by the great potential in the participants and their eagerness to learn and participate in the workshop, Uncle Vijaya has agreed to conduct more workshops next year for the participants to learn additional skills!

We hope that this initiative will serve as an important bridging step to train more people to share the Dhamma, and become effective speakers and teachers.







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

To be launched on 6 January 2013

# Nalanda Youth Library

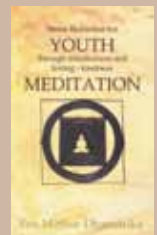
Nalanda Youth Library is part of Pustaka Nalanda which aims to provide learning resources to our youths. It will provide quality learning resources and materials to support educational programmes of Nalanda Dharma School, Nalanda Free School, and Nalanda Youth Centre. Thus the Library is an important facility for intellectual and skill development in youths. The Youth Library will be operated by volunteer librarians from Nalanda Dharma School and Nalanda Free School, under the guidance of experienced facilitators.

In order to prepare the Library for its establishment, we are adding and expanding our catalogue of reading materials. For its launching in January 2013, we hope to start with at least 500 titles.

Thus, we welcome your sponsorship of books suitable for youths, cash donations, or endowments to enhance our ever-expanding collection to fulfill the Library's noble objectives.

## Acknowledgement

Pustaka Nalanda would like to thank Mdm. Eng Lai Hiang for her valuable gift of numerous Buddhist books to our library. We would also like to thank Mr. Tee Kian, Mr. Scott Woo, Mr. Chong Voon Siong, Mr. Wong Tum Keong, and Mr. & Mrs. Koo Kee Peng for their generous gifts of books on Buddhist doctrines, history, meditation, and conference proceedings. *Anumodana!*



# 2013 Nalanda Free School Tuition Class Schedule

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

	Subject	Form / Standard	Day	Time
Secondary School	Chemistry	Form 5	Saturday	3.00pm – 4.30pm
	Additional Maths.	Form 5	Saturday	4.30 pm – 6.00 pm
	Physics	Form 4	Saturday	10.30 am – 12.00pm
	Biology	Form 4	Tuesday	8.00 pm – 9.30 pm
	Mathematics	Form 3	Thursday	8.00 pm – 9.30 pm
	Bahasa Malaysia	Form 2 & 3	Friday	8.00 pm – 9.30 pm
	Mathematics	Form 2	Saturday	10.30 am – 12.00pm
	Mandarin	Form 1 & 2	Wednesday	9.00 am – 10.30 am
	English	Form 1 & 2	Tuesday	8.00 pm – 9.30 pm
Primary School	Mandarin	Standard 5 & 6	Tuesday	8.00 pm – 9.30 pm
	English	Standard 5 & 6	Thursday	8.00 pm – 9.30 pm
	Science	Standard 5	Wednesday	8.00 pm – 9.30 pm
	Mandarin	Standard 4	Wednesday	8.00 pm – 9.30 pm
	Mathematics	Standard 4	Thursday	8.00 pm – 9.30 pm
	Bahasa Malaysia	Standard 4	Friday	8.00 pm – 9.30 pm
	Drawing	Standard 1 - 3	Wednesday	6.30 pm – 8.00 pm
	Drawing	Standard 1 - 3	Wednesday	8.00 pm – 9.30 pm

## Nalanda Education & Outreach (NEO) Centre

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

	Subject	Form/Standard	Day	Time
Secondary School	English	Form 3	Tuesday	8.00pm – 9.30pm
	English	Form 1 & 2	Tuesday	8.00pm – 9.30pm
	Mandarin	Form 1 & 2	Wednesday	8.00pm – 9.30pm
Primary School	Mandarin	Standard 5	Wednesday	8.00 pm – 9.30 pm
	English	Standard 5	Friday	8.00 pm – 9.30 pm
	English	Standard 6	Friday	8.00 pm – 9.30 pm

For more information on the above, please contact Sis. Nandini at 03-8938 1500/1501.

# Upcoming Events November 2012 – January 2013

NOV	13	Dhamma Teaching by Bro. Tan on selected Majjhima Nikaya suttas	Nalanda Centre
	17	LMS 274 – Social Action in Buddhism	Nalanda Centre
	20	Dhamma Teaching by Bro. Tan on selected Majjhima Nikaya suttas	Nalanda Centre
	24	Fellowship Undergraduate Night (F.U.N) 24-hour Metta Chanting	Nalanda Centre Samadhi Vihara, Shah Alam
	25	Nalanda Family Fun Fair 2012 Monthly Film Screening	Nalanda Centre Nalanda Centre
	27	Dhamma Teaching by Bro. Tan on selected Majjhima Nikaya suttas	Nalanda Centre
	28	Loving-kindness Meditation on Uposatha Day	Nalanda Centre
	DEC	01	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G. Story-telling Workshop
01 - 13		Pilgrimage to India & Nepal	India & Nepal
06 - 09		Nalanda Children's Learning Camp	Nalanda Centre
08		Fellowship Undergraduate Night (F.U.N)	Nalanda Centre
31		Nalanda Dharma School "School Honours Day" New Year reflection & blessing	Nalanda Centre
JAN	01	Nalanda Dharma School 8th Anniversary	Nalanda Centre Nalanda House
	05 - 06	Teacher's Training Programme - Workshop	Utama Bodhi Vihara, Bandar Utama
	05	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre/ O.U.G. Market
	06	New Year Sanghika Dana & Blessing Service	Nalanda Centre
	12	Wayang Kulit Learning Workshop	Nalanda Centre
	13	BPS 101 - General Buddhist Studies in Mandarin "Getting to know the Buddha" - Part 1	Nalanda Centre
	20	BPS 101 - General Buddhist Studies in Mandarin "Getting to know the Buddha" - Part 2	Nalanda Centre

The above only list major programmes and activities at Nalanda. Other regular activities are "Service Sunday" (Sundays, 9am–12pm) and Meditation (Wednesdays, 8.30–10.00pm). Nalanda Centre is open 6 days a week, (closed on Mondays) from 10am to 10pm. For full details or updates on Nalanda's activities, kindly log on to our website at [www.nalanda.org.my](http://www.nalanda.org.my) or facebook page at [www.facebook.com/nalanda.org.my](http://www.facebook.com/nalanda.org.my).

# Mental Well-being and Joyful Living

The nature of our mind is intrinsically bright. However, in everyday life, it is easy to become ensnared in worldly stress, worries and conflict. It is only when we are free of negative mental states such as anxiety, anger, frustration and sadness, that we can be joyful.

This involves taking time to think about the things that are wonderful in our lives. We have to open our minds to new ideas and experiences that will give clarity to our perception of the world around us. Learning to look at things from different angles, cultivating patience, and realising happiness for ourselves, an inner transformation gradually takes place within us.


In this way, we develop gratitude for the things that we used to take for granted, and learn to appreciate them more. For all that we have been blessed with, we are contented and peaceful. We are better-equipped to understand ourselves, and cope with difficult situations wisely.

This will help us to make better decisions, interact with others more effectively, and help us to improve the community that we live in, thus bringing about joyful living for all!

## What are our objectives in life?

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

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.

2600  
Years of  
Buddhism 

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## Nalanda Contacts Please visit our website for the map to Nalanda.

### Nalanda Buddhist Society

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Tel. No. +6 03-7971 7151  
E-mail [gembira@nalanda.org.my](mailto:gembira@nalanda.org.my)

Nalanda Centre is open daily from 10am to 10pm, except on Mondays.

Nalanda Institute, Nalanda Dharma School, and Nalanda Free School are based at Nalanda Centre, Serdang.