

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 41 | September 2017 | www.nalanda.org.my

For Non-Muslims Only

Inspiring Conference

On Saturday 1 July, Nalanda Institute and the Theravāda Buddhist Council of Malaysia jointly organised the successful and inspiring WACANA 2017 Buddhist Conference. The dynamic Conference saw a gathering of over 600 Buddhist leaders and activists with a singular goal of addressing “*The Buddha Word – Discovering the Essential*”. Given the rise in misleading teachings and ‘pseudo-Buddhism’ nowadays, it aimed to clarify the confusion about Dhamma doctrine and practice among the Theravādin community in Malaysia.

Please see pages 4 – 7 for report and photographs.





WACANA 2017 Buddhist Conference

The Buddha-Word – Discovering the Essential

See pages 4 – 7

1	An inspiring community gathering
4 – 7	Reports from WACANA 2017 Conference
8 – 11	Nalanda Awards and recipients
12 – 13	Dhamma Forum celebrating 10th anniversary of Nalanda Institute
14	Visit by Ven. Dr. S. Pamarathana from Pittsburgh
15	Selangor Buddhist Development Council officers visit Nalanda
16 – 17	'Dhamma Day' B.E. 2561
18 – 19	'Dhammacakka Day' at Nalanda Centre
20	Nalandians gearing up for 'Family Fun Fair' in August

21	Pindacāra in Seri Kembangan market
22 – 23	Bro. Tan's July Dhammaduta tour to Jakarta
24 – 25	One-day training for regular volunteers
26	New books recently published by Nalanda
27	Meditation course at NEO Centre Johor Bahru
28	'Wisdom Park' Update
29	'K. Sri Dhammananda Centre' Project Update
30	'Sangha Day' scheduled on 12 & 19 November
31	Upcoming events from September till December 2017
32	<i>Our Six Well-beings in Life</i> Nalanda Contacts

Uplifting spirit at WACANA 2017

The recent WACANA 2017 Conference featured an illustrious panel of speakers, including leading figures of the monastic and lay communities. Giving the keynote presentations were Achariya Vijaya Samarawickrama, Ven. Dhammavuddho, and Ven. Aggacitta, who unanimously urged Buddhist leaders and Dhamma propagators to take concrete actions to educate people on the essential *Buddha-Word*. Essential Buddhism, or *Dhamma*, is what people need to solve the problems of suffering in life.

Following tradition, the 'Nalanda Awards' were also presented at WACANA to acknowledge the invaluable service and contributions to the Buddha-Sāsana by exemplary Dhamma workers. After the awards ceremony, Conference participants proceeded to one of five forums which were platforms for concerned Buddhists to voice their views and propose resolutions. The forums saw vibrant discussions on pertinent topics concerning the state of Buddhism in Malaysia and progress of the community.

The chairpersons of each forum then shared their group discussions with the general Conference, eliciting much laughter at times with their humorous takes on the state of affairs nowadays. Nalanda founder Bro. Tan then gave insightful closing remarks, speaking on '*The Way Forward*'. He said that at this Conference, many people have stood up to make statements; and now it is time for us to stand up to make a difference! He urged every monk and lay person to do this in our individual capacities by being good practitioners and good friends to others, so that we can inspire more people



1 July

The team of organisers and volunteers who made the Conference a success. Well done to everyone!

to learn and understand the *Buddha-Word*. As a community, we must continue to serve the Buddha-Sāsana with a positive mental attitude, emboldened by faith, hope, and compassion.

The organisers of WACANA 2017 would like to thank all distinguished speakers, moderators, sponsors, participants, and volunteers for making it possible for Nalanda Institute to organise this large and fruitful gathering of concerned Buddhists.

Let us continue to learn, practise, and realise the wisdom of Buddha-Dhamma; and in the spirit of WACANA, let us work in concerted efforts as *one* community to preserve and propagate the authentic *Buddha-Word* for the welfare and happiness of the multitude!



Ven. Aggacitta officiating the opening of WACANA 2017.



Ven. Dhammavuddho giving his keynote presentation.



The complete past and current (those holding citations) living recipients of Nalanda Awards.



1.



2.



7.



8.



3.

1. Welcoming Conference participants at the registration counter early in the morning.

2. Ven. Dhammavuddho leading the congregation in the opening salutation.

3. Achariya S. Vijaya highlighted that losing sight of the primary goal of ending suffering leads to non-essential concerns.

4. Dr. Phang Cheng Kar expressing his appreciation and gratitude after receiving the Nalanda Award 2017 for Social Action & Responsibility.

5. Joyful interaction between participants after the lunch-break.

6. Participants browsing at the free distribution counter during tea-breaks.

7. Sis. Paruadi chairing Forum 2 – *Attracting People to the Temple*.

8. Ven. Saranankara sharing his views at Forum 4 – *Empowering the Next Generation*.

9. Bro. Kek Seng Bee and Sis. Koh Kai Xin summarizing the discussions of Forum 4 on empowering our youths.

10. Bro. Tan concluding this year's WACANA with much appreciation and gratitude to everyone involved.

11. Ven. Saranankara leading the transference of merits at the end of the day.

12. WACANA 2017 Chairman, Achariya Tan Siang Chye, symbolically hitting the gong to conclude the Conference.



9.



4.



10.



5.



6.



11.



12.

'Sri Paṇḍita Award'

The Sri Paṇḍita Award is the highest honour bestowed by Nalanda Institute. It was only awarded once on 13 December 2009 to the Most Venerable Sri Paṇḍita Dr. Henepola Gunaratana Nāyaka Thera in recognition of his life-long achievement and dedication to Dhammaduta work.

Being a deeply spiritual person and truth-seeker with noble qualities, Ven. Dr. Gunaratana contributed immensely to the propagation of Buddhism throughout the world, particularly in the United States of America.

Ven. Gunaratana is widely recognized as a learned scholar, conversant in the Pāli scriptures and commentaries. He had received many prestigious awards given by religious institutions and the governments of Sri Lanka and Myanmar.



Ven. Dr. Henepola Gunaratana
Sri Paṇḍita Award 2009



Mr. Vijaya
Samarawickrama
Nalanda Award 2012
in Dhammaduta



The Late Mr.
Tan Teik Beng
Nalanda Award 2009
in Dhammaduta



Datuk Seri Dr.
Victor Wee
Nalanda Award 2008
in Dhammaduta



Mr. Benny Liow
Nalanda Award 2007
in Dhammaduta &
Publications



Mr. Lim Chin Kah
Nalanda Award 2007
in Media & Broadcasting



The Late Mdm. Tan Guat Gnoh
Nalanda Award 2007
in Social Action & Responsibility



Mr. Chim Siew Choon
Nalanda Award 2008
in Leadership Integrity



the 2017 Nalanda Award

for Dhammaduta



Presented on 1 July 2017 to

Dr. Wong Yin Onn

for Exemplary & Meritorious Services
to the Buddha-Sāsana

Nalanda Institute Malaysia presented Dr. Punna Wong Yin Onn the '2017 Nalanda Award for Dhammaduta' in recognition of his contribution to Dhamma propagation.

Dr. Wong started serving the Buddha-Sāsana actively in the year 2000. Since 2004, he has been leading weekly Dhamma-sharing sessions at Mettā Lodge Buddhist Society in Johor Bahru. In 2016, he published a book titled "Walking in the Buddha's Footprint, 100 Reflective Essays", a collection of Dhamma lessons and experience he encountered in the past two decades.

Over the years, Dr. Punna Wong has left his own footprints not just in Malaysia, but also in Singapore, Indonesia, Thailand, Vietnam, and the Philippines, guided by a mission to propagate the Dhamma especially to youths by allowing them a glimpse of essential Buddhism. In this respect, he encouraged his medical students to set up the Clinical School Buddhist Society which today actively shares the Dhamma with new and senior undergraduates alike.

We salute the selfless contributions of Dr. Wong Yin Onn over the past 17 years, and also rejoice in his achievements in bringing the Buddha-Dhamma closer to the community, especially in Johor Bahru. May he and his family be blessed with good health and energy to continue serving the Buddha-Sāsana for many decades to come. Sādhū ānumodanā!

“Here lies the testimony to what the initiative, effort and perseverance of an individual can do for the good of the many. If one has the conviction, being 'one' is never a handicap. An inspired individual never fails to inspire others...”

– Dr. Tan Ho Soon Founding Director of Nalanda Institute Malaysia; statement in December 2007.

the 2017 Nalanda Award

for **Leadership Integrity**



Presented on 1 July 2017 to

Datuk Charlie Chia

for Exemplary & Meritorious Services
to the Buddha-Sāsana

Nalanda Institute Malaysia presented Datuk Charlie Chia the '2017 Nalanda Award for Leadership Integrity' in recognition of his vital role in the formation and development of Buddhist organisations in the 1970's and 80's, including the Buddhist Missionary Society Youth Section, the Buddhist Society of Universiti Teknologi Malaysia, Kota Tinggi Buddhist Society, Mettā Lodge Johor Bahru, and Kuantan Buddhist Association.

In addition, Datuk Charlie was a pioneer member of Buddhist Gem Fellowship, and a former President of Bandar Utama Buddhist Society. He is also a key figure in supporting the development of Mahābodhi International Meditation Centre in Ladakh, India.

Datuk Charlie is an experienced speaker who has inspired many people with his logical and practical way of presenting the Dhamma. All these achievements demonstrate his hard work, good planning, and most importantly, the element of integral leadership. Without sound leadership, not much can be accomplished even with the best ideas, intentions, and available resources.

We therefore salute the achievements of Datuk Charlie Chia, and compliment his noble services rendered to the Malaysian Buddhist community as well as to Mahābodhi Ladakh, for the past three decades. We record our appreciation to him and his family for their sacrifices all these years. Very often, words of thanks may have been left unsaid, but your kind deeds and noble services have not gone unnoticed. Sādhū ānumodanā!

the 2017 Nalanda Award

for **Social Action & Responsibility**



Presented on 1 July 2017 to

Dr. Phang Cheng Kar

for Exemplary & Meritorious Services
to the Buddha-Sāsana

Dr. Phang Cheng Kar was presented the '2017 Nalanda Award for Social Action & Responsibility' in recognition of his efforts in incorporating basic Buddhist values in his psychiatric and medical practice. Dr. Phang is a consultant psychiatrist and mindfulness-based therapist who created MINDFULGym, the first structured mindfulness-based programme for stress reduction and wellness in Malaysia.

The MINDFULGym programme is supported by the Malaysian Ministry of Health, with supporting research carried out by local universities. Dr. Phang is also the founding President of Kuala Lumpur Buddhist Mental Health Association, and the Association for Mindfulness Practice & Research.

Many people have benefitted from the talks and workshops related to mindfulness and mental health conducted by Dr. Phang over the past 15 years, most of which were offered free to the community. His books and compact discs have created more awareness and helped to reduce the stigma on people with mental illness. This resulted in more people with mental problems coming forward to receive treatment.

With his medical and psychiatric background, Dr. Phang has been able to skillfully guide Buddhists with mental problems in their meditation practice, too. We rejoice over Dr. Phang's efforts in bringing wellness and happiness to society. May he be blessed with good health and energy to continue with this noble mission. Sādhū ānumodanā!

Dhamma Forum to celebrate Nalanda Institute's 10th anniversary

On Sunday 2 July, a special Dhamma Forum was organised to commemorate the 10th anniversary of Nalanda Institute Malaysia.

The Dhamma teaching hall was filled with local devotees and overseas friends. The forum provided an invaluable opportunity to learn from the panel of seven experienced and distinguished Dhamma speakers. There were many thought-provoking questions as earnest devotees seek clarification regarding spiritual practice.

It was inspiring to hear personal anecdotes from the panelists on their own spiritual journeys and Dhamma work. The forum itself was a rare fruitful gathering for the Buddhist community, which augurs well for the growth of Buddha-Sāsana in Malaysia. May we progress as a united community for the benefit of many. Sādhū ānumodānā!



2 July

Bro. Tan acknowledging and thanking all the Dhamma speakers who took part in the forum including Achariya S. Vijaya, Dr. Victor Wee, Datuk Charlie Chia, Tan Siang Chye, Ananda Fong, and Sis. Paruadi.



Beginning the day with mindful meditation.



Devotees asked many thought-provoking questions.



Speakers clarifying doubts and sharing their experiences.



Overseas friends were invited to give short speeches.



Officers from Pemuda Theravada Indonesia (Patria) sharing their Dhamma work with Nalandians.



Bro. Vincent Lee (left) and Sis. Nandini hosting friends from Singapore Buddhist Fellowship.



Group photograph with our Indonesian and Singaporean brothers and sisters after the forum.



23 June

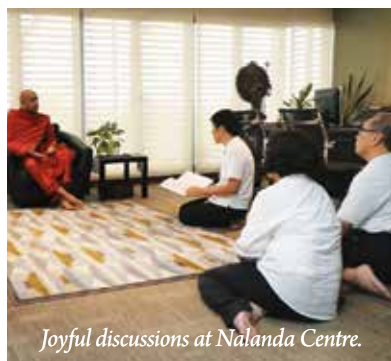
Bro. Tan and Nalandian officers welcoming Ven. Dr. Pemarathana.

Visit by Ven. Dr. S. Pemarathana

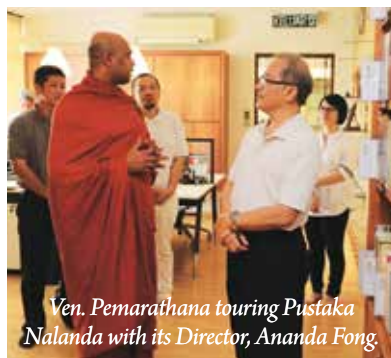
On Friday 23 June, Nalanda Centre was honoured to receive Venerable Dr. S. Pemarathana, the abbot of Pittsburgh Buddhist Center in the U.S.A. It was the venerable's first visit to Sri Serdang, and he was warmly and respectfully welcomed by Nalanda officers and members.

Ven. Pemarathana was brought on a tour of the Centre by host Bro. Vincent Lee. He was very impressed and happy to see the progress of Nalanda and its focus on holistic education and cultivation, remarking that he had always looked forward to witness a centre dedicated to Dhamma education.

Ven. Pemarathana later held a meeting with Nalanda founder Bro. Tan. The venerable mentioned that he would bring back some of the ideas he got from Nalanda and implement them in Pittsburgh Buddhist Center. We would like to thank Ven. Pemarathana for his kind visit and encouragement for our educational mission. We hope to receive the venerable back to Serdang on his next visit to Malaysia. Sādhū!



Joyful discussions at Nalanda Centre.



Ven. Pemarathana touring Pustaka Nalanda with its Director, Ananda Fong.



6 July

Bro Cedric (left) and Bro. Loka (second from left) in discussion with Bro Tan.

SBDC officers visit Nalanda

On Thursday 6 July, the President of Selangor Buddhist Development Council Bro. Loka Ng, accompanied by Bro. Cedric Tan, paid a visit to Sri Serdang to discuss preparations for the upcoming National Conference on Buddhist Civilisation with Bro Tan.

The Conference will be held from 15 to 17 September 2017 at Cinta Sayang Resort in Sungai Petani, Kedah. Bro. Loka consulted Bro. Tan on the proposed programme and logistical matters. Among the highlight of the Conference is a visit to Bujang Valley to be led by Bro. Tan personally.

Their discussion touched on the importance of accurately recounting the Buddhist history of Malaysia so that community leaders and Dhamma School teachers are able to inform future generations of our rich local Buddhist heritage. We applaud Selangor Buddhist Development Council for this crucial and timely initiative. Sādhū ānumodanā!



Bro. Tan will also speak at the upcoming National Conference on Buddhist Civilisation.



A segment of the 3-day Conference will be hosted at NEO Centre Sungai Petani.



8 July

Achariya Tan Siang Chye giving a Dhamma talk in conjunction with Dhamma Day.

‘Dhamma Day’ B.E. 2561

On Saturday 8 July, Nalanda marked the annual ‘Dhamma Day’, which fell on the full-moon of *Asalha* month. Nalanda Institute Director Achariya Tan Siang Chye gave a talk on the significance of ‘Dhamma Day’. It is one of the most important observance days for Buddhists as it commemorates the first preaching of Dhamma after the Buddha’s Enlightenment.

The ‘*Dhammacakkappavattana Sutta*’ was given to the five ascetics who accompanied the Buddha before His Enlightenment. He taught them the Four Noble Truths to understand the realities of life and achieve Awakening. With deep insight, one can fully understand *Dukkha* (unsatisfactoriness), abandon the causes of *Dukkha*, realise the cessation of *Dukkha*, and fully develop the Noble Eightfold Path.

The Four Noble Truths are also found in *Maha Satipatthana Sutta*, where monks were taught to contemplate on their mental manifestations. A monk with wisdom knows: “*This is suffering, the origin of suffering, the cessation of suffering, and the path leading to cessation of suffering*”. By establishing mindfulness, he lives unfettered and clings to nothing in the world.

As Dhamma practitioners, we acknowledge forms of *Dukkha* and their underlying causes. With proper understanding of the Four Noble Truths, we are able to let go of craving, thus overcoming *Dukkha*. After the talk, Bro. Tan led everyone in reciting the ‘*Dhammacakkappavattana Sutta*’ in Pāli, which is an endearing tradition on ‘Dhamma Day’. The congregation also dedicated merits to Sangha members at the start of their annual *Rains Retreat*. Sadhu!



Bro. Tan leading the congregation in chanting the *Dhammacakkappavattana Sutta*.



Bro. Tan explaining the significance of *Asalha* full-moon pūja.

Celebrating the 'Turning of Dhamma Wheel'

'Dhammacakka Day' is an annual observance day at Nalanda where we commemorate the preaching of the first discourse by the Buddha after His Enlightenment – the '*Dhammacakkappavattana Sutta*'. Falling on 9 July, it also marked the conclusion of the annual 6-week Gimhāna Retreat observed by Nalandians. We were fortunate to have Bro. Tan deliver the concluding teachings of this year's Gimhāna Retreat followed by a study of the '*Dhammacakkappavattana Sutta*'.

'*Dhammacakkappavattana Sutta*' means the sermon which set in motion the wheel of Dhamma. In this discourse, the Buddha points out the Four Noble Truths of suffering, its cause, its end, and the way to its ending, which is the Noble Eightfold Path. All beings experience various degrees of unhappiness. However, unlike other beings, humans have the ability to make sense of why we suffer and to cultivate factors that free us from this suffering.

Driven by ignorance and craving, we wander through *Samsara* life after life not realising that chasing success and material gains are only temporary reliefs, not the cure for unhappiness and insecurity. It is through realising the Four Noble Truths and the Noble Eightfold Path that leads us to liberation.

We would like to express our gratitude to Bro. Tan for delivering these timeless and essential teachings of the Buddha. May we progress in our practice until we attain the bliss of *Nibbāna*.



9 July

Bro. Tan clearly explaining the Four Noble Truths and Noble Eightfold Path as expounded by the Buddha in the much-celebrated '*Dhammacakkappavattana Sutta*'.



Offerings to the Three Jewels and all our teachers past and present.



Paying homage to our Dhamma teachers in the Nalandian tradition of '*Acharyabhivadhana*'.



Learning the '*Dhammacakkappavattana Sutta*' in Mandarin with Bro. Ooi Boon Keat.



A warm welcome for Ven. Sri Saranankara by Nalanda Dhamma School students.



Sanghika dāna was offered to mark the occasion when monks begin their annual Rains Retreat.



Nalanda officers updating Ven. Saranankara on recent programmes at the Society.



9 July

Nalanda Youth Centre and several Buddhist societies from local universities will be operating stalls at the upcoming Fun Fair.

Gearing up to 'Family Fun Fair'

It's that time of the year again – Nalanda's popular 'Family Fun Fair' will be held again on Sunday, 20 August! Throughout June and July, the dedicated organising team gathered frequently in high spirits to discuss preparations for one of Nalanda's largest annual events.

With buzzing enthusiasm, Nalandians have started Pre-sales of a great variety of food, household merchandise, clothes and utensils since early July.

This year's 'Family Fun Fair' 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. Construction of the 4,500 square feet centre is expected to begin in September 2017, and completed 12 months later. It is estimated to cost RM1.25 million.

We invite you to come and lend your valuable support for this fund-raising effort towards a noble cause. Like a seed that eventually grows into a tree that shades those of future generations, your contribution will benefit innumerable people in the community for a long time to come.

We at Nalanda look forward to welcome an estimated 10,000 visitors to Sri Serdang for the coming Fun Fair. We hope to see you there too!



Kicking off pre-sales in early July with a food truck serving nutritious sandwiches.



15 July

"Giving is an adornment for the mind, a support for the mind".
Devotees in Seri Kembangan offering food to venerable monks respectfully.

Pindacāra in Seri Kembangan

On Saturday 15 July, Nalandians gathered with much enthusiasm for the monthly 'Pindacāra' programme at Jalan Besar morning market in Seri Kembangan. The educational programme aims to inform the public on proper ways to support the Buddhist monastic order. Market-goers once again had the opportunity to offer food to venerable monks from the Sri Lanka Buddhist Temple in Sentul.

Volunteers actively went around the market explaining to curious on-lookers about the wholesome practice of alms-giving. Due to frequent public engagement, this wonderful monthly programme has been well-received by the local community in Seri Kembangan.

Nalanda founder Bro. Tan recently taught Nalandians about alms-giving. The first precept in Buddhism dissuades us from killing, to preserve life and cultivate compassion for all beings. Consequently, a

central practice in Buddhism is the giving of food, which is required to sustain life.

There are three levels of sharing our food with others. At the lowest level is 'feeding': such as giving food to animals and thus may not be done with respect and love for the recipients. The second level is 'giving': where we share a part of our food with those we care about. The highest order of giving is 'offering', where we give selflessly to another with compassion and reverence. It is of great merit for us to offer to monastics, parents, teachers, and good Dhamma practitioners. Let us therefore continue our wholesome practice of generous giving with *Right Understanding*.

Visit Nalanda's website to check out our next alms-round programme. If you wish to be informed of our activities by weekly e-mail, kindly write to us at info@nalanda.org.my. Also, 'Like' and follow us on Facebook.

In mid-July, Bro. Tan embarked on another Dhammaduta tour to Jakarta at the invitation of Buddhist Fellowship Indonesia (BFI). The highlight of the tour was a public forum on 15 July where Bro. Tan gave an elaborate exposition on living a successful and fulfilling life according to Dhamma. The audience paid rapt attention to the 2-hour talk covering the *Six Well-beings*.

On 16 July, Bro. Tan led a one-day mindfulness practice at BFI House in Kelapa Gading. Besides sitting sessions, he also answered questions on meditation, especially on the four foundations of mindfulness.

We thank BFI for hosting Bro. Tan on this delightful Dhammaduta tour, which also strengthened the bonds of spiritual friendship between Indonesian and Malaysian Buddhist communities. Sādhū ānumodanā!



Dhammaduta tour to Jakarta



Bro. Tan giving an elaborate exposition on living a happy, fulfilling life according to Dhamma.



The audience listening attentively to the 2-hour talk on achieving Six Well-beings in life (see Page 32).



Bro. Tan guiding meditators in the one-day mindfulness practice at Buddhist Fellowship Indonesia.



Conclusion of the one-day meditation practice on 16 July.



29 July

The first batch of regular volunteers who took part in the Induction Programme on 29 July.

One-day training for volunteers

The Nalanda Volunteer Centre (VC) was formally established on 1 May 2017 with the objective of engaging and growing our volunteer force. A ‘Volunteer Induction Programme’ was organised on 29 July for regular volunteers to strengthen the spirit and culture of community service.

During the day-long programme, the Director of Volunteer Centre Sis. Buddhini and Director of Training Sis. Paruadi took turns to present volunteer guidelines and facilitate group discussions. Volunteers were able to learn more about their areas of service and foster closer bonds with fellow volunteers.

In alignment with Nalanda’s mission of ‘Holistic Education for Integral Human

Development’, one’s cultivation and achievement of overall well-being is the epitome of successful transformation. Having internalised the Eight Core Values and attained balance and happiness in their lives, Nalanda volunteers can then strive to help others achieve similar success.



Learning from each other’s volunteer experience.



The Directors of Volunteer Centre and Training Centre taking turns to inspire our regular volunteers.



An enjoyable role play to stress on the importance of having the right service attitude.



May – July

Datuk Seri Dr. Victor Wee was invited to unveil the new release of *"Nibbana for Everyone"*, authored by the late Ajahn Buddhadasa.

New books recently published

Nalanda Buddhist Society has recently printed 30,000 copies of the late Ajahn Buddhadasa's booklets, namely *"Nibbana for Everyone"*, *"Kamma in Buddhism"*, *"Living in the Present"*, and *"Getting Started in Mindfulness with Breathing"* for free distribution throughout Malaysia.

In addition, Nalanda Institute also published *"The Buddha-Word: Discovering the Essential"* – for WACANA 2017 Buddhist Conference held on 1 July.

Nalanda would like to thank all generous devotees who sponsored these books. We rejoice over your wholesome and meritorious deed in making these books available for the public to learn Buddha-Dhamma.

We are grateful to the original publishers of Ajahn Buddhadasa's booklets in Thailand

and the United States of America for allowing their reprinting here. We are also thankful to Pustaka Nalanda, the WACANA Editorial team, and the local printers for their effort to edit and publish the books. Sādhū ānumodanā!



New publications in July 2017.



5 April – 19 July

Bro. Tan occasionally led the meditation sessions in person, followed by Q&A on Dhamma practice.

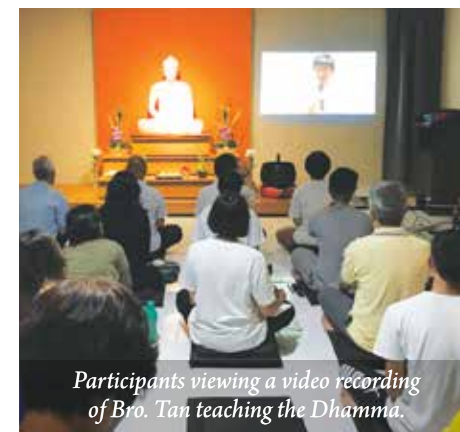
Meditation course in Johor Bahru

With growing interest in meditation and spiritual cultivation, Nalanda Education & Outreach (NEO) Centre in Johor Bahru started a 3-month meditation course in April. Sessions were held every Wednesday evening, serving as a platform for communal learning and practice.

The course organisers were pleasantly surprised by the wonderful response from the community. Starting with just a dozen people in April, participation had grown steadily to reach 50 meditators by July!

Besides learning from video recordings, Bro. Tan also periodically travelled to Johor Bahru to guide the meditators in person, providing them with practical advice and strengthening their confidence in meditation.

Bro. Tan also praised the discipline and determination which he observed among the practitioners. We rejoice over the wholesome efforts of our friends at NEO Centre Johor Bahru. May everyone continue to progress in this noble path of Dhamma.



Participants viewing a video recording of Bro. Tan teaching the Dhamma.

Wisdom Park Updates

– *An integrated holistic educational facility for the community*

After 18 months of meticulous planning and hard work, the Wisdom Park Development Committee is ready to embark on physical construction of the education hub. Approval from local authorities for 'Building 01' under Phase 1-A has finally been obtained in August 2017.

This inaugural building at 'Wisdom Park' will have a multi-purpose hall for 200 people, kitchen and dining facilities, 6 bedrooms/dormitories of various capacities, washrooms, storage rooms, and courtyards for outdoor activities. The target commencement date for construction is January 2018, with completion targeted in October 2019.

The first building at 'Wisdom Park' serves 3 important functions : (it will provide)

1. A facility for Dhamma activities and training programmes for Buddhist leaders and Dhamma teachers;
2. Accommodation for short stays to medium-term lodging; and
3. A conducive environment surrounded by greenery for the Buddhist community to come together for bonding, Dhamma learning, and spiritual cultivation.

Let us help make 'Wisdom Park' a reality, and create an iconic centre of Buddhist learning, cultivation and practice here in Malaysia!



Above: Architect's impressions of Building 01 at 'Wisdom Park'.

K. Sri Dhammananda Centre Updates

– *Building for the future generations of Buddhist leaders*

After 12 years of service as the base for our Dhamma School (since January 2005), Nalanda House will soon be demolished and rebuilt as the 'K. Sri Dhammananda Centre' to cater for future expansion of the School.

The new facility will be able to comfortably accommodate 120 students (compared to just 40 currently at Nalanda House). In terms of size, it will be expanded from 1,035 square feet to 4,500 square feet, a four-fold increase.

We will be having a memorial service for our late spiritual adviser, Venerable Dr. Kirinde Sri Dhammananda Nayaka Thero, on 31 August 2017. This will be the last event to be held at Nalanda House. Thereafter, Nalanda House will be handed over to the contractors on 1 September for reconstruction.

There are ample fond memories of Nalanda House as many of our current youths started their Dhamma learning here. It has produced many good young leaders in the span of 12 years under the tutelage of Nalanda Dhamma School facilitators.

The construction of 'K. Sri Dhammananda Centre' is expected to be completed in September 2018. We urge the community to help us raise funds for this vital project for the welfare of our present and future generations. While this meritorious project is in progress, let us all generate good thoughts that the construction will progress smoothly, safely, and completed on time. Thank you!



Robes & Requisites Offering on

Sangha Day

僧团日

Nalanda Education
& Outreach Centre
Happy Garden, K.L.

Sunday, 12 November
9 am – 12 pm

Nalanda Centre Sri Serdang

Sunday, 19 November
9 am – 12 pm

Upcoming Events September – December 2017

SEP



Dhamma-Living
Camp for Youths

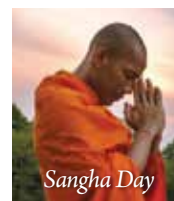
01-04	* Dhamma-Living Camp for Young Adults Theme : "Ignite the light within"	Kinrara Resort, Puchong, Selangor
02	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K.L. / Taman O.U.G. market & Happy Garden
16	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan Nalanda Family Fun Fair in Johor Bahru 家庭欢乐日在 JB 筹款义卖会	Nalanda Centre / Seri Kembangan market NEO Centre J.B.
21-24	* National Camp for Dhamma School Teachers Theme : "Good educators & Great education"	Kinrara Resort, Puchong, Selangor

OCT



07	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K.L. / Taman O.U.G. market & Happy Garden
21	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan markets
28	Nalanda Free School Appreciation & Honours Day	Nalanda Centre

NOV



Sangha Day

04	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K.L. / Taman O.U.G. market & Happy Garden
12	* Sangha Day – Robes Offering Ceremony	NEO Centre K.L.
18	<i>Pindacāra</i> – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
19	* Sangha Day – Robes Offering Ceremony	Nalanda Centre
21	* 14-day Dhammayatra to India for Buddhist youths	India & Nepal

DEC



Learning camps

01-04	* Children's Learning Camp	Nalanda Centre
08-11	* Kelantan Teenagers' Learning Camp	Kota Bharu, Kelantan
11	Nalanda Education Day	Nalanda Centre
15-18	* Johor Teenagers' Learning Camp	Johor Bahru
31	Nalanda Dhamma School Appreciation & Honours Day	Nalanda Centre

* Registration is required for these programmes / activities.

Weekly activities at Nalanda Centre include "Sunday Service" (Sundays, 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

Six Well-beings in life

Nalandians strive to attain balance and happiness in our lives, as well as to help other people achieve greater joy and success in their lives, by realising the *Six Well-beings*, namely :

1. **Physical** well-being and good health.
2. **Mental** well-being and joyful living.
3. **Family** well-being and domestic bliss.
4. **Economic** well-being and career success.
5. **Interpersonal** well-being and social harmony.
6. **Spiritual** well-being and inner peace.

‘Like’ our Facebook fanpage at www.facebook.com/nalanda.org.my 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 daily from 10.00am to 10.00pm. For visits, kindly call to make appointments.

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

Facebook www.facebook.com/NeoCentre.KL

NEO Centre KL is open every first Saturday of the month from 7.30am to 5.00pm;
Mondays to Thursdays : 8.00pm to 10.00pm; and every Sunday from 2.00pm to 4.00pm.

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

NEO Centre JB is open on Sundays : 8.30am to 11.30am; Mondays to Wednesdays : 8.00pm to 10.00pm;
and on New-moon / Full-moon weekdays : 8.00pm to 10.00pm.

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

Facebook www.facebook.com/NeoCentre.SP

NEO Centre SP is open on Fridays : 7.30pm to 9.30pm; and on Saturdays : 9.30am to 12.00pm.