

# Nalanda Bulletin

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For Non-Muslims Only

## Community comes together for good cause

Every Sunday, dozens of youths congregate at Nalanda Centre to learn Dhamma and render services in various programmes. From conducting camps to coordinating Free School classes, and from running weekly Youth Sunday Service to planting trees, we witness how the Dhamma inspires so many young people to contribute selflessly to the good of the community, bringing about positive spirit and brightening the future of Buddhism in Malaysia and beyond.



*Beaming joy on the faces of Nalanda Youths as they work hard together to prepare items for sale at the annual Family Fun Fair.*





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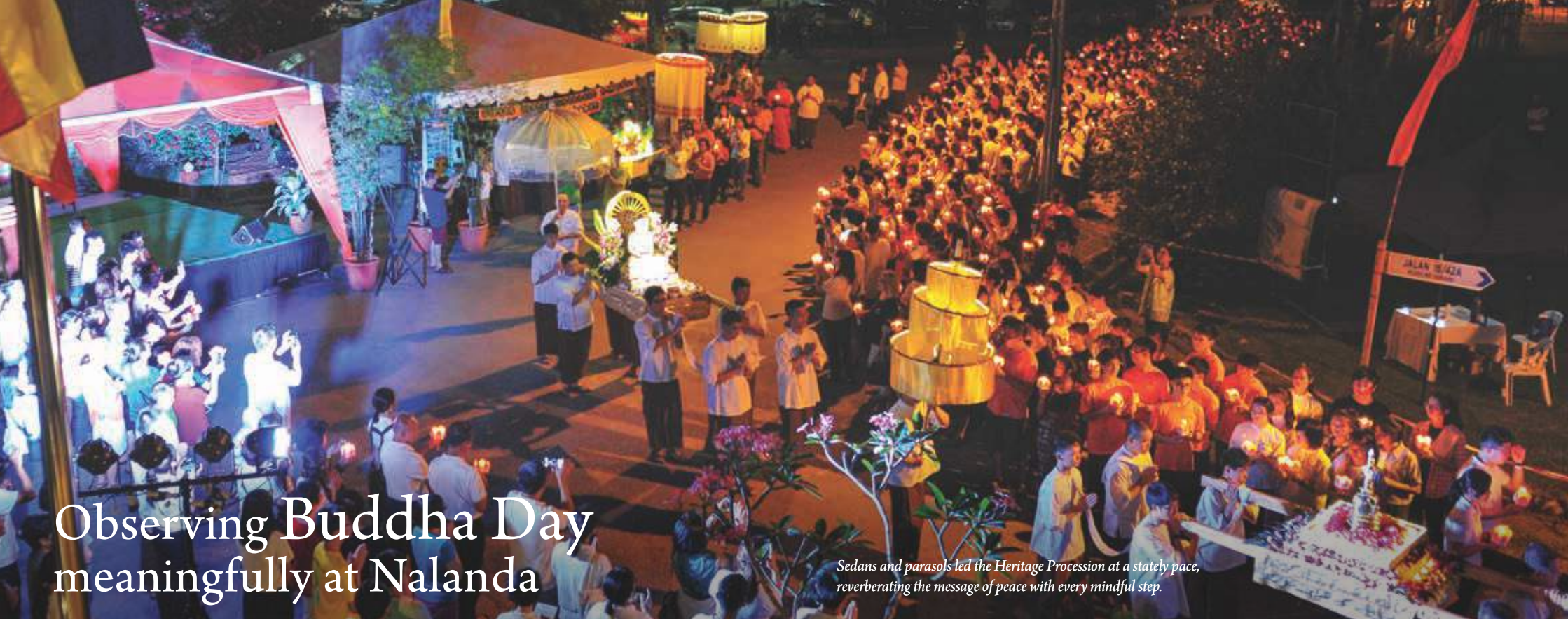
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Buddha Day Heritage Procession around Sri Serdang :

*A river of candle-lights formed as thousands of devotees congregated for the Heritage Procession.*

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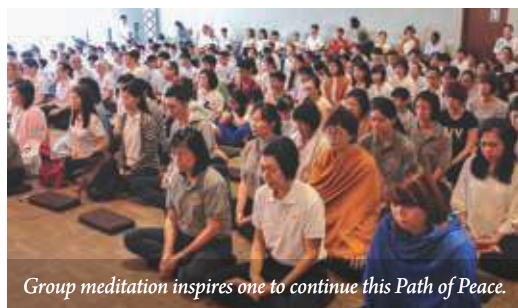


# Observing Buddha Day meaningfully at Nalanda

*Sedans and parasols led the Heritage Procession at a stately pace, reverberating the message of peace with every mindful step.*



*Hon. Minister Mr. Gobind Singh making offerings at Nalanda.*



*Group meditation inspires one to continue this Path of Peace.*



*Three generations in a family offering flowers at the altar.*

11 to 19 May, Sri Serdang

The Full-moon day of *Vesakhā* month is the most significant occasion for Buddhists worldwide as it commemorates the Buddha's Enlightenment 26 centuries ago, after which He spent 45 years teaching Dhamma out of compassion for all beings. With deep reverence for our Great Teacher and His teachings, the day was observed at Nalanda Centre by learning, practising and reflecting upon the Dhamma.

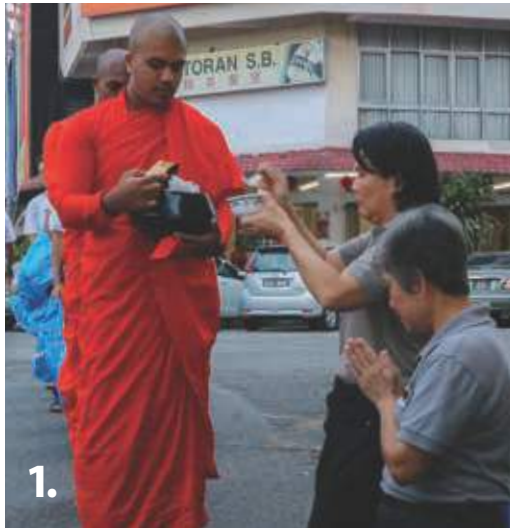
Many educational and devotional programmes were organised from 11 to 19 May with the theme "*Living Compassionately towards Peace & Harmony*". Nalanda founder Bro. Tan said that a community thrives because there

is compassion for one another amongst its members. This virtuous state of mind brings out the best in people, enabling them to feel uplifted and connected. Hence, compassion brings peace into our hearts and harmony into our lives.

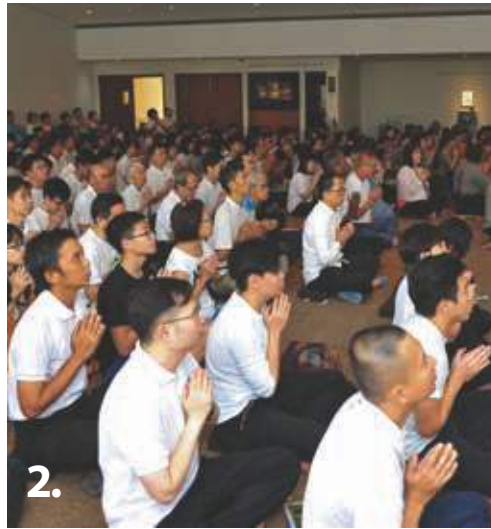
The week-long observance peaked with the Heritage Procession, led by the Buddha's Sacred Relic. It was an inspiring sight as thousands of people holding candle-lights walked calmly and peacefully to the rhythmic beating of drums and gongs, following devotees who carried colourful flags and parasols.

We are grateful to all teachers, volunteers and devotees for their support and contributions in making this *Buddha Day* observance a peaceful and harmonious one.





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3.

1. *Pindacāra* – The community around Sri Serdang offering alms to Sangha members with devotion and faith on *Buddha Day*.

2. *Starting the day spiritually* – Devotees congregate to meditate, observe the 5 or 8 precepts, and to learn the Dhamma.

3. *Sutta Study* – Bro. Tan explaining several discourses of the Buddha to help devotees understand what it means to live compassionately towards peace and harmony.

4. *Mandarin talk* – Bro. Yap leading the Mandarin group in exploring the Wesak theme.



4.



5.



7.



8.



6.

5. *Buddha Jayanti Exhibition* – Dhamma School students produced paintings and interactive corners to connect visitors to the quality of compassion.

6. *Worshipping the Buddha Relic* – Visitors took the opportunity to worship the Buddha Relic with reverence and devotion.

7. *Mass Food Offering* – Volunteers offering food to all visitors as a cultivation of generosity, humility, and selflessness.

8. *Dhamma through drama* – Dhamma School students and youths bringing to life the Buddha's message of peace and harmony.

9. *Heritage Procession* – Devotees walking calmly and peacefully to the rhythmic beating of drums and gongs, as volunteers carried colourful flags and parasols to commemorate *Buddha Day*.

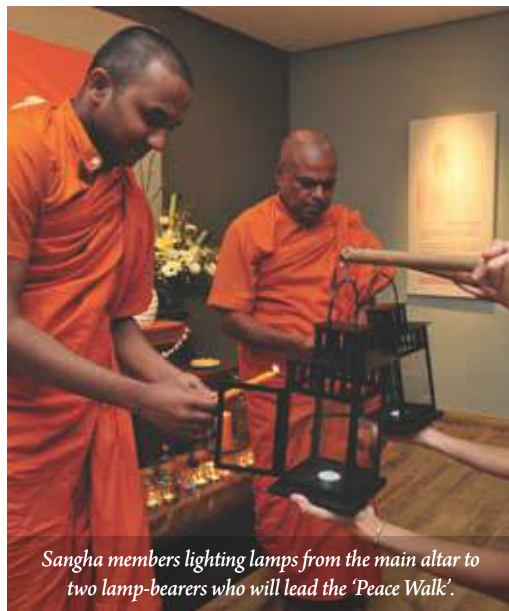


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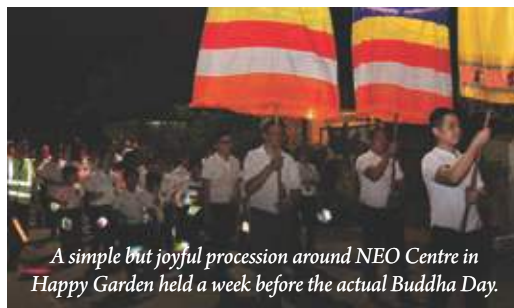
## *'Peace Walk'* in Kuala Lumpur



*Sangha members lighting lamps from the main altar to two lamp-bearers who will lead the 'Peace Walk'.*



*"The Dhamma uplifts, comforts, and enables us to experience peace, contentment and find meaning in life." – Bro Tan.*



*A simple but joyful procession around NEO Centre in Happy Garden held a week before the actual Buddha Day.*

### 12 May, Kuala Lumpur

On Sunday 12 May, Nalanda Kuala Lumpur Branch held a *'Peace Walk'* around Happy Garden to commemorate *Buddha Day*. Earlier in the evening, a simple dinner was hosted for the local community with devotees offering food out of generosity.

The evening service started with meditation, offerings and chanting, followed by a Dhamma teaching by Nalanda founder Bro Tan. He reminded us as we celebrate the Buddha's Enlightenment, to also celebrate His Teachings by practising it. The Dhamma enables one to develop compassion and wisdom, thus bringing happiness and concord to the society.

Compassion is a common quality in mothers, who are custodians of family traditions and spirituality. Those who learn and realise the Dhamma will develop deeper characteristics of loving-kindness and greater compassion to become pillars of peace and harmony in the family.

As the moon rose higher into the night, the *'Peace Walk'* commenced in earnest with over 300 devotees walking in line calmly and mindfully. Everyone rejoiced in the harmony and devotion of the procession as the community around the Centre came out to show their support.

We thank all organisers, donors, devotees and volunteers for their support towards this well-organised spiritual event. *Sādhu!*





# Buddha Day in Johor Bahru

18 – 19 May, Johor Bahru



The community offering alms to the Sangha with devotion and reverence.



Devotees congregated to celebrate Buddha Day meaningfully by meditating and observing 5 and 8 precepts.



Bro. Ooi Boon Keat giving a Dhamma talk on living compassionately towards peace and harmony.

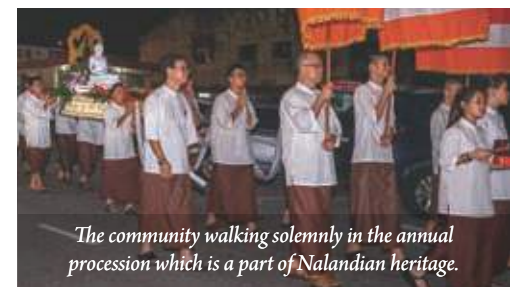
‘Buddha Day’ was celebrated meaningfully at Nalanda Johor Bahru Branch with various educational and devotional programmes organised for the local community.

At the break of dawn, devotees started the auspicious day with ‘Pindacāra’ (alms-round) and devoutly offered *dāna* to Sangha members. Nalandians also immersed themselves with chanting, observing the 5 or 8 precepts, practising meditation, and learning from a Dhamma talk by guest speaker, Bro. Ooi Boon Keat.

Our deep appreciation to all benefactors and volunteers for their kind support and participation to make this *Buddha Day* a peaceful and meaningful celebration for everyone. *Sādhū!*



Y.B. Liow Cai Tung lent support to our Buddha Day Observance in Johor Bahru.



The community walking solemnly in the annual procession which is a part of Nalandian heritage.





# Buddha Day in Sungai Petani

*Nalanda members and devotees gather on the eve of Buddha Day to recite scriptures and practise meditation.*

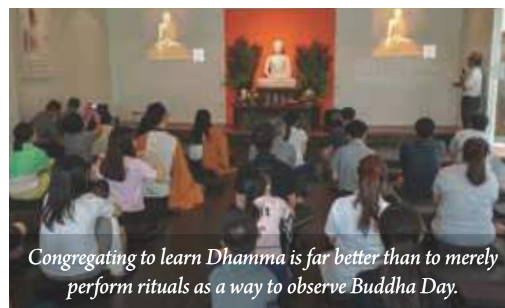
18 – 19 May, Sungai Petani

On 18 and 19 May, Nalanda Sungai Petani Branch observed *Buddha Day* with devotion and serenity as devotees participated in a series of spiritual programmes including chanting, meditation and Dhamma talks.

In his talk, Bro. Ananda Fong referred to the *Pabbatūpama Sutta*, Discourse on the Simile of the Mountain (SN3.25) where the Buddha spoke on the importance of right conduct, skilful and meritorious deeds, because we are all subject to ageing and death. Just as the supply of rice is replenished through continuous planting and harvesting, so too it is important for us to constantly cultivate virtues and perform meritorious deeds in



*Director of Pustaka Nalanda Bro. Ananda Fong sharing Dhamma based on excerpts from the suttas.*



*Congregating to learn Dhamma is far better than to merely perform rituals as a way to observe Buddha Day.*



*Making offering to the Three Jewels as an act of reverence and gratitude for the noble teachings.*



*Members raising questions and seeking clarifications to better understand the Dhamma.*

order to support our Dhamma practice.

A wise person who cultivates wholesomeness in thoughts, speech and actions, experiences peace within oneself and harmony with others. For example, developing compassion helps us increase our appreciation and concern for others, which leads to a more caring and connected community.

On this occasion, we remind ourselves to perform wholesome deeds diligently and to overcome defilements as we walk on this path towards liberation from the causes of suffering. We thank everyone for their support and contributions which enable the community to better understand the Dhamma and strengthen our faith in the company of *kalyana mittā* (spiritual friends).





# First Sanghika Dāna at Wisdom Park



6 June, Hulu Selangor



*Nalandians and devotees offering Sanghika Dāna joyfully at the new dining hall of Guest Lodge 1.*



*Ven. Saranankara rejoicing and wishing for the continued progress of Wisdom Park on his first visit to the campus.*



*The 'Asokan Pillar' replica was unveiled as the centrepiece at the main courtyard in a simple yet meaningful ceremony.*

On 6 June, Nalandians congregated at Wisdom Park to welcome venerable monks and nuns representing the Mahā Sangha to the first Sanghika Dāna held there. Ven. B. Sri Saranankara Nāyaka Thero who was present advised us to be consistent in living a Buddhist way of life to enhance our spiritual well-being. If we were to focus only on material comforts and neglect spiritual development, we may not be able to tolerate

even the slightest adversity and difficulty.

**I**n Nalandian tradition, all the rooms at the new building were first offered to be used by Sangha members. The four-fold assembly then unveiled a replica of the ancient "Asokan Pillar", and rejoiced in this meaningful milestone in the annals of Nalanda. We thank all benefactors of Wisdom Park for contributing to this noble project. *Sādhū!*



*Joy emanated from the faces of volunteer gardeners, even under the hot sun.*



*Volunteers working in concord to prepare for the Sanghika Dāna and communal lunch for devotees.*





## Wisdom Park Phase 1B & 1C making good progress

*Buildings 03 & 04 – two adjoining Guest Lodges – are sited next to the completed Building 01 on the left.*

15 July, Hulu Selangor

Phase 1B and 1C construction of Wisdom Park is progressing well with the completion of piling and foundation work for Building 02 – Administrative Centre, as well as Buildings 03 & 04 – two adjoining Guest Lodges. Construction of these 3 buildings, totalling 30,650 square feet, started in February 2019 and should be completed by April 2020.

The grounds at Wisdom Park is also thriving with 607 newly-planted local trees. Donors and volunteers who have contributed selflessly to rejuvenate the eco-system there should truly rejoice that future generations will benefit from their efforts today.

### Sponsorship of RM100/Square foot

The progress of Wisdom Park depends on the continued support of the community. We invite you to participate in building this important facility by sponsoring its construction cost at RM100 per square foot. Donations can be made at Nalanda Centre Sri Serdang, or via bank transfer to:

**“Nalanda Buddhist Society”**

Maybank account number : 5121-4702-3622

Learn more about this noble project to train future Dhamma teachers and leaders in order to create a wiser and better society. Visit [www.wisdompark.org](http://www.wisdompark.org) for information and latest updates on the project. Thank you for your generous support!



*Preparing the foundation for Buildings 03 and 04.*



*The upper floor of the Administrative Centre is being cast.*





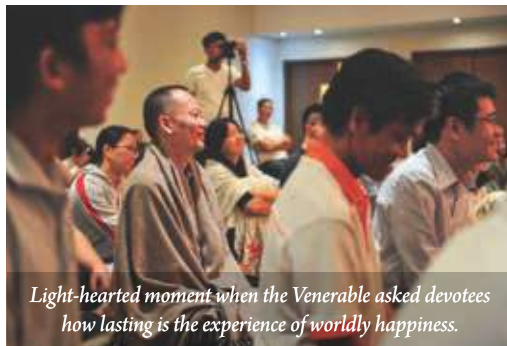
## Dhamma talk by Bhikkhu Alokavamsa

22 May, Sri Serdang

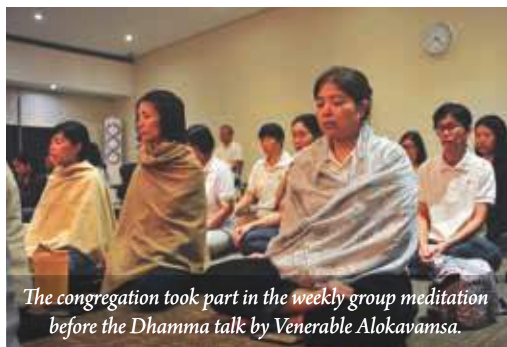
On Wednesday 22 May, Nalanda Centre was honoured to host Ven. Alokavamsa from Indonesia for a Dhamma talk during his transit in Kuala Lumpur. Venerable talked about the pursuit of two types of happiness – “delusional happiness” and “real happiness”.

“Delusional happiness” arises when we satisfy worldly desires born from greed and ignorance. This happiness is short-lived and will often lead to dissatisfaction and more craving. On the other hand, “real happiness” arises from the realisation of Dhamma which leads to happiness now and hereafter. By performing wholesome deeds such as *dāna* (generosity), *sīla* (morality) and *bhāvanā* (mental cultivation), we will experience deeper joy and satisfaction, which can also support us on our path to liberation.

We thank Ven. Alokavamsa for his important teaching. May he be healthy and peaceful!



*Light-hearted moment when the Venerable asked devotees how lasting is the experience of worldly happiness.*



*The congregation took part in the weekly group meditation before the Dhamma talk by Venerable Alokavamsa.*



## Gimhāna Retreat

2 June – 17 July  
Buddhavas 2563

## Dhamma talk by Ven. Dr. Pamaratana

12 June, Sri Serdang



*Venerable said that cultivating mental well-being takes a lot of effort but the benefits are immeasurable.*



*Devotees took the opportunity to clarify how they can overcome challenges faced in mundane life.*

On Wednesday 12 June, Ven. Dr. S. Pamaratana, Abbot of Pittsburgh Buddhist Centre, U.S.A., delivered a Dhamma talk on how to cultivate mental well-being. In the talk, he shared five skilful techniques taught by the Buddha to remove unwholesome thoughts: (1) replace them with wholesome thoughts; (2) reflect on the consequences of being unwholesome; (3) disregard the unwholesome thoughts; (4) to contemplate causes and conditions; and (5) to crush the unwholesome thoughts with our will.

We should also train our minds to dwell upon the Four Divine Abidings (*brahma-vihāra*). To progress in our practice, we must accept that everyone has imperfections, and hence be more forgiving of ourselves and others.

We thank Venerable Pamaratana for visiting Nalanda and for sharing the Dhamma with us. We wish him good health, peace, success, and much happiness.





# Mettā Sutta Retreat in Kundasang, Sabah



Bro. Tan explaining the meaning of every word, and the Dhamma behind each Pāli verse of the Mettā Sutta.



Participants started and ended each day with group sitting to calm the mind and develop mettā in their hearts.



Learning sessions were very interactive with opportunities for participants to clarify doubts and to give comments.

14 – 16 June, Sabah

From 14 to 16 June, 33 participants gathered at Mitraville Meditation Centre in Kundasang, Sabah, for Sutta-Learning Retreat conducted by Nalanda founder Bro Tan. The participants came from several local Buddhist societies to learn the popular *Karaṇīya Mettā Sutta* (Sutta Nipata 1.8) to deepen their understanding of each Pāli verse for spiritual growth.

The Buddha first expounded this *sutta* to 500 monks for their protection when they went into the forest to practise meditation. Bro. Tan explained how the *sutta* expands on establishing a foundation of virtuous qualities before one is able to develop a sense of friendliness and goodwill towards others.

When we develop this mental state of *mettā*, we maintain boundless goodwill towards all beings regardless of who they are.

For one who wants to cultivate *mettā*, he will benefit from observing the Five Precepts to ground him in morality and help in purifying his mind. This skilful state allows one to overcome the poisons of aversion and anger, which if left unchecked, will lead him to more unwholesome thoughts, speech and actions. Bro. Tan also explained the eleven benefits of *mettā* including feeling serene, as recorded in the Anguttara Nikaya 11.16.

We record our appreciation to Aloka House Sabah for organising and graciously hosting this retreat. We wish our Sabahan Dhamma friends well and happy; may they continue to practise to gain joyful peace.





# Fruitful Meditation Retreat conducted by Venerable Bhikkhu Gavesi

## Gimhāna Retreat

2 June – 17 July  
Buddhavasse 2563

19 – 23 June, Sri Serdang

Beginning 19 June, Venerable Gavesi conducted a 5-day beginners' retreat for 25 meditators at K. Sri Dhammananda Centre. With clear initial instructions from the teacher, participants started their sitting and walking meditation to hone mindfulness and concentration skills.

In his daily interviews, Venerable Gavesi gave advice and encouragement to help participants overcome discomfort and difficulties. In the evening talks, he provided further explanations and instructions to dispel any misconceptions or confusion about Dhamma. We are thankful to Venerable Gavesi for enabling beginners to start this wholesome practice with proper understanding. *Sādhū ānumodāna!*



Venerable Gavesi giving initial instruction to meditators.



Yogis alternated between sitting and walking sessions, meditating for more than 9 hours daily.



In the final session of the retreat, meditators expressed joy and satisfaction in noticing progress in their practice.



Venerable Gavesi gave public talks each evening where he answered questions on Dhamma and meditation.



## Gimhāna Retreat

2 June – 17 July

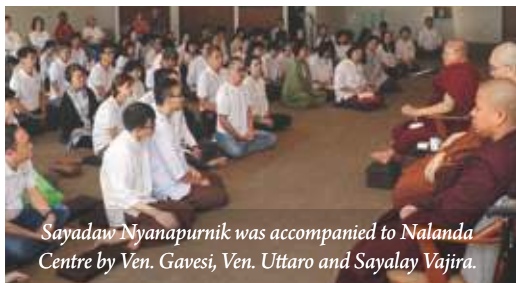
Buddhavasse 2563

### Dhamma talk by Venerable Sayadaw Nyanapurnik

30 June, Sri Serdang



Achariya Tan Siang Chye leading the congregation in making offerings to the Three Jewels.



Sayadaw Nyanapurnik was accompanied to Nalanda Centre by Ven. Gavesi, Ven. Uttaro and Sayalay Vajira.



Sayadaw advised us to strengthen the “Five Powers” of faith, effort, mindfulness, concentration, and wisdom.

On 30 June, Nalandians were honoured to welcome Sayadaw Nyanapurnik, Sanghanayaka of Nepal, back to Nalanda Centre for Dhamma teaching in conjunction with Nalanda Institute’s 12th anniversary.

Sayadaw advised us to use our intellect to discern the wholesome from unwholesome, and purify our mental states. When we cultivate *sīla* (morality), we have a strong

foundation upon which to develop *samādhi* (concentration). Only then can *pañña* (wisdom) arise to eradicate defilements with Right Effort. Sayadaw also reinforced the importance of associating with wise teachers and spiritual friends.

We are grateful to Sayadaw Nyanapurnik for the timely advice for our progress. We wish Sayadaw well and healthy always!



Devotees offering lunch to Sayadaw and venerable monks with much devotion and reverence.



Sayadaw encouraging both old and young to learn the Dhamma well and practise it in daily life.



# Fruitful observance of Gimhāna Retreat

2 June – 17 July, Sri Serdang

For seven weeks after the Buddha's Enlightenment on Wesak full-moon in May, He contemplated on the Dhamma with His perfectly clear faculty of comprehension. Then, He travelled for seven days from Uruvela to Sarnath where He preached the *Dhammacakkappavattana Sutta* on Asalha Day, the full-moon in July. It is during this period that Nalanda members observe the Gimhāna Retreat annually with relatively intensive Dhamma learning and practice at Nalanda Centre. Sunday mornings and Wednesday evenings were dedicated to both communal and personal practice such as chanting, meditation, listening to Dhamma teachings, studying the scriptures, performing acts of generosity, and daily reflection.

A new addition to the Gimhāna Retreat this year was the weekly handouts that directed devotees towards developing certain qualities. These practical "tasks" were: (1) donating towards a wholesome cause; (2) not complaining about anything throughout the day; (3) expressing gratitude to someone; (4) refraining from unwholesome speech; (5) maintaining serenity in all situations; (6) forgiving someone deeply; and (7) developing *mettā* towards the people and beings around us.

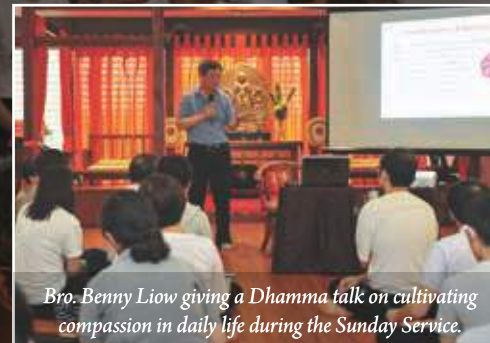
We are grateful to all Dhamma teachers who inspired the community with their simple and pragmatic teachings. We also thank all devotees for supporting the programmes and providing spiritual friendship to motivate each other in our Dhamma cultivation. *Sādhū ānumodāna!*



Reaffirming our faith in the *Three Jewels* and observing precepts during communal chanting.



Devotees had many opportunities to meet with wise teachers and to be inspired by their teachings.



Bro. Benny Liow giving a Dhamma talk on cultivating compassion in daily life during the Sunday Service.



Every Sunday, Mandarin talks were conducted concurrently with English talks and the Youth Service.



Devotees formed groups after the Sunday talks to discuss and reflect on what they have learnt.



The Gimhāna Retreat saw many people putting earnest effort in meditation practice.



"Opportune hearing of the Dhamma; this is Blessing Supreme." – the *Mangala Sutta*.



Bro. Tan Siang Chye sharing on how to overcome one's hindrances during the weekly Wednesday talk.





## Joyful preparations for Family Fun Fair

*Members, volunteers, youths, and Dhamma School students meet and work in unity and harmony for Nalanda's largest annual community event.*

### July, Sri Serdang

Nalanda 'Family Fun Fair' is back this July! Every year, this popular event unites the entire community in supporting the mission of holistic education. Funds raised will be used for the construction of 'Wisdom Park' – an educational facility to train competent Dhamma teachers and leaders, and to expand the operations of Nalanda Institute, Dhamma School and Free School.

Inspired by the opportunity to do good, members, volunteers, youths, and Dhamma School students stepped forward in high spirits to offer much time and effort to plan and prepare for the event.

We look forward to welcoming you and your loved ones at the 'Family Fun Fair' on Sunday, 28 July. All are welcome!



*Dhamma School students learned how to grow plants to be sold at the Family Fun Fair.*



*Creating opportunities for volunteers to work together joyfully is part of the objective of Nalanda Family Fun Fair.*



*Members deliver food and supplies to charitable homes, on behalf of sponsors who donated "Care Bags".*



*Dhamma School students designed "Care Bags" to be distributed to charitable homes.*



*Food-truck vendors making their contributions by offering their fares on weekends in the Fun Fair pre-sales.*



*Nalanda Family Fun Fair reaches out to charity homes in the Klang Valley annually to supply them with necessities.*





## Dhamma Family leaders' training initiated in Johor Bahru

22 June, Johor Bahru

On Saturday 22 June, Nalanda Johor Bahru Branch held its first Dhamma Family Leaders' Training session for 18 members, getting ready for the formation of Dhamma Families in Johor Bahru later this year.

Trainees learned and discussed the Buddha's teachings to strengthen their practice. They were also trained in communication and facilitation skills, group dynamics, and the Nalanda Education Model. The leaders will facilitate Dhamma Family gatherings in future to enable deeper learning and personal transformation.

Facilitating the training in Johor Bahru Branch were Nalanda Training & Enhancement Centre Director Sis. Paruadi, assisted by Sis. Lim Kah Hong.



*Sis. Kah Hong from the Training & Enhancement Centre conducting a session of the Family Leaders' training.*



*Several practice sessions were held for trainees to facilitate discussions and to receive feedback from other participants.*



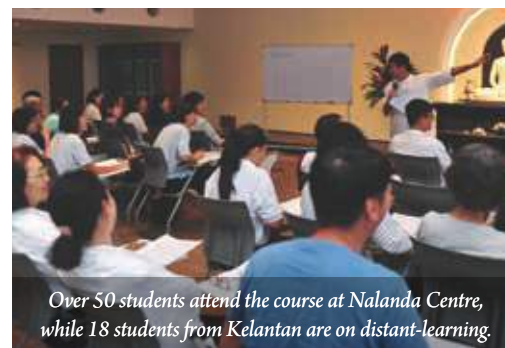
## BPS 403 – Higher Certificate in Buddhist Studies commences

6 July, Sri Serdang

On Saturday 6 July, the first session of Nalanda Institute's BPS403 – Higher Certificate in Buddhist Studies, commenced with 68 registered students. Last offered in 2014, the course spans 5 months and will cover six modules including Buddhist scriptures & doctrines, history, humanity & sociology, polity & economics, and Buddhist arts & culture.

In his opening remarks, Director of Nalanda Institute Acharya Tan Siang Chye encouraged students to adopt a scholarly spirit in their learning. Nalanda founder Acharya Tan Ho Soon delivered the first lecture, introducing the Buddha's essential teachings according to the Pāli scriptures.

We wish our BPS 403 students joyful learning and unhindered progress in their course.



*Over 50 students attend the course at Nalanda Centre, while 18 students from Kelantan are on distant-learning.*



*Students diligently taking notes and enjoying the humour infused into the lecture.*



# 12th Anniversary of Nalanda Institute

Message from the Director  
Tan Siang Chye

1 July 2019 marks the 12th Anniversary of Nalanda Institute Malaysia. Since its inception in 2007, the Institute has been offering hundreds of Buddhist courses, scriptural studies, forums, pilgrimages and study tours both locally and abroad, as well as providing leadership and management training. Its holistic and structured learning programmes have benefitted over 13,500 participants throughout Malaysia and in neighbouring countries.

We express our deepest gratitude to the Directors and officers of Nalanda Institute past and present who have worked tirelessly and selflessly to provide the community with systematic and holistic Dhamma teachings. We are also heartened by the enthusiastic learning spirit of course participants over the years. Much appreciation towards the benefactors and volunteers of Nalanda Institute for your faith and support in helping us deliver our programmes for the benefit of the community.

We share the merits accrued through organising our educational programmes with our teachers, officers, benefactors, supporters, and volunteers for your well-being, happiness and success. May everyone be blessed with the right conditions for the practice of Dhamma and the attainment of *Nibbāna*. *Sādhū!*

## DHAMMA LIVING CAMP for young adults

### Discover the Blessings in Life

Nalanda Youth Centre joyfully presents the  
4th Dhamma-Living Camp for young adults aged 18 to 30.

Come discover your myriad blessings in life and  
live up to your true potential for happiness and success.

6 – 9 September 2019

Nalanda Centre, Sri Serdang

Register now at [nalanda.org.my](http://nalanda.org.my)





# NALANDA FAMILY FUN FAIR 2019

## 家庭欢乐在 JB 筹款义卖会

Sunday, 15 September 九月十五日, 星期日  
8 am – 2 pm | NEO Centre, Taman Johor Jaya

Fund-raising to support the 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 义学校及佛学班的全面教育。

Kindly obtain coupons from NEO Centre Johor Bahru. Thank you for your support!  
请到新山 Nalanda 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:

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

### Nalanda Buddhist Society Johor Bahru Branch

NEO Centre, Taman Johor Jaya  
30, Jalan Dedap 26, Taman Johor Jaya,  
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Tel. no. +607-350 3870  
E-mail neo-jb@nalanda.org.my  
Facebook www.facebook.com/NeoCentre.JB

## Upcoming Programmes July – September 2019

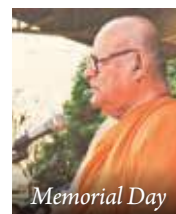
### JULY



Family Fun Fair

01	Nalanda Institute's 12th Anniversary	Nalanda Centre
03	New-moon Uposatha Service	Nalanda Centre
06	Pindacāra – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
14	Dhammacakka Day at Nalanda	Nalanda Centre
17	Dhamma Day – Asalha Full-moon Uposatha Day	Nalanda Centre
20	Pindacāra – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
28	Nalanda Family Fun Fair 2019	Nalanda Centre

### AUG



Memorial Day

01	New-moon Uposatha Service	Nalanda Centre
03	Pindacāra – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
15	Full-moon Uposatha Service	Nalanda Centre
17	Pindacāra – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
30	New-moon Uposatha Service	Nalanda Centre
31	13th K. Sri Dhammananda Memorial Day	Nalanda Centre

### SEPT



Dhamma-Living Camp for Youths

07	Pindacāra – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre K. L. / Taman O.U.G. & Happy Garden
06-09	* Dhamma-Living Camp for Young Adults	Nalanda Centre
13	Full-moon Uposatha Service	Nalanda Centre
15	Nalanda Family Fun Fair in Johor Bahru	NEO Centre J.B.
21	Pindacāra – Alms-round by Sangha members in Seri Kembangan	Nalanda Centre / Seri Kembangan market
29	New-moon Uposatha Service	Nalanda Centre

### Special events:

\* Registration is required.

- \* Study Tour to Ladakh, India – 23 August to 2 September
- K. Sri Dhammananda Memorial Day – 31 August
- \* Dhamma-Living Camp for Young Adults – 6 to 9 September
- \* Study Tour to Bujang Valley, Kedah – 14 to 16 September

Weekly activities at Nalanda Centre include “Sunday Service” (Sundays, 9 am – 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](http://www.nalanda.org.my) or Facebook [www.facebook.com/nalanda.org.my](https://www.facebook.com/nalanda.org.my)





# Dhamma Reflection

People through the ages and around the world are constantly searching – for safety, comfort, happiness, and satisfaction – the way worldly people do that is by looking for sensual enjoyment. This kind of search is termed an ‘ignoble’ one, as it does not lead to nobility of character, insight, wisdom and liberation. On the contrary, ‘noble search’ is the quest for truth about life and knowing about the nature of existence. It leads one to the practice of Dhamma, improving one’s character, and becoming a better overall person. During this ‘Dhamma Day’ Observance, let us closely investigate and understand the Four Noble Truths, and be diligent in our cultivation in order to finally stop wandering (in ‘*Samsāra*’) and cross over to the other shore.

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

## Nalanda Contacts Please visit our website for directions to Nalanda.

### Nalanda Buddhist Society Malaysia

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E-mail [info@nalanda.org.my](mailto:info@nalanda.org.my)

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

Nalanda Centre is open daily from 9.00am 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](mailto:neo-kl@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.KL](http://www.facebook.com/NeoCentre.KL)

NEO Centre KL is open every first Saturday of the month from 7.30am to 5.00pm;  
Tuesdays 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.

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E-mail [neo-jb@nalanda.org.my](mailto:neo-jb@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.JB](http://www.facebook.com/NeoCentre.JB)

NEO Centre JB is open on Sundays : 8.30am to 12.00pm; Mondays to Wednesdays : 7.30pm 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](mailto:neo-sp@nalanda.org.my)

Facebook [www.facebook.com/NeoCentre.SP](http://www.facebook.com/NeoCentre.SP)

NEO Centre SP is open on Fridays : 7.30pm to 9.30pm; and on Saturdays : 9.00am to 12.00pm.