

Nalanda Bulletin

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For Non-Muslims Only

Rallying together to support Holistic Education

Over the month of June and July, Nalanda members and volunteers across all ages have been working together to prepare for the upcoming Family Fun Fair. Pre-Fair sales have also been going strong over several weekends while various working teams and groups meet frequently and harmoniously to discuss and brainstorm ideas to ensure a smooth and joyful experience for visitors on 28 July.

See pages 34 to 35 for report and photographs of joyful preparations for the Fair.





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Nalanda Bulletin is also available for on-line reading at www.nalanda.org.my

Buddha Day Heritage Procession around Sri Serdang

A river of candle-lights formed as hundreds of devotees joined this centuries-old tradition.

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Celebrating 21st Anniversary on Nalanda Day

1 May, Sri Serdang

On 1 May, over 85 members gathered to celebrate the 21st Anniversary of Nalanda Buddhist Society. President Sis. Buddhini Tan thanked all members for their support, highlighting that the unity of members enabled the availing of more than 800 impactful Dhamma programmes over the past year.

We thank Nalanda's Spiritual Advisor, Ven. Sri Saranankara, Dhamma teachers, leaders, members, volunteers, donors, supporters and benefactors who have enabled us to celebrate 21 years of Holistic Education with joy and fulfilment.



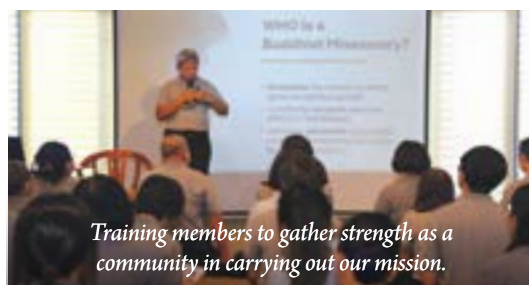
Nalanda President, Sis. Buddhini Tan shared the Society's plans for the year ahead.



Ach. S. Vijaya advised that inner discipline benefits our spiritual practice as well as our service.



Ach. Tan Siang Chye emphasised the importance of having clarity in our mission and objectives.



Training members to gather strength as a community in carrying out our mission.



Discussions on forward actions to enable shared ownership.



Nalanda Youth Centre also celebrated their 12th Anniversary.

A Fruitful & Peaceful Buddha Day Observance

21 – 26 May, Sri Serdang

Serenity and peace permeated throughout the Buddha Day Observance B.E. 2568, even with almost 3,000 people gathering at Nalanda Centre over 6 days to honour the Buddha. The series of educational programmes lined up explored the theme “Peace begins with Me,” including English and Mandarin talks, a forum for young working adults, a film screening with director’s sharing, and a meditation retreat

for students. There were also many opportunities for the community to perform wholesome deeds such as alms-round in Sri Serdang, Mass Food Offering, and a Blood Donation Drive.

The highlight of the observance was the Heritage Procession with the participation of over 1,500 devotees. In this endearing tradition, venerable monks from Sri Lanka and Thailand passed the flame from Nalanda Centre’s Sri Dhamma Hall to reach each and every devotee gathered. The congregation then walked with calmness and peace to the harmonious beating of drums and gongs while chanting the ‘*Jayamangalā Gāthā*’. The night ensued with performances by Dhamma School students and Youth Centre members, and was complete with a Dhamma teaching by Ven. Ajahn Dton Dhirapañño. It was truly a blessed Buddha Day Observance!

Wesak Theme B.E. 2568

Peace begins with Me



21 May

Buddha Day Eve
Dhamma talk by Sis. R. Paruadi.



22 May, 7 am

Pindacāra
Offering alms with devotion and faith.



9 am

Buddha Day Morning Service
Meditation to cultivate peace and serenity.



9.30 am

Buddha Day Morning Service
Sis. Buddhini delivered the Wesak message.



10 am

Buddha Day Morning Service
Dhamma talk by Bro. Tan Siang Chye.



10 am

Buddha Day Morning Service
Learning Dhamma with joy.



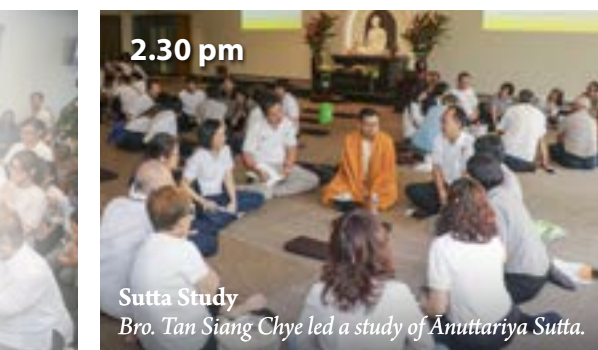
11 am

Buddha Jayanti Exhibition
Prepared by Dhamma School students.



12 pm

Lunch Dāna Offering –
Cultivating generosity and kindness.



2.30 pm

Sutta Study
Bro. Tan Siang Chye led a study of Ānuttariya Sutta.



5 pm

Mass Food Offering
Offering nutritious meals to all devotees.



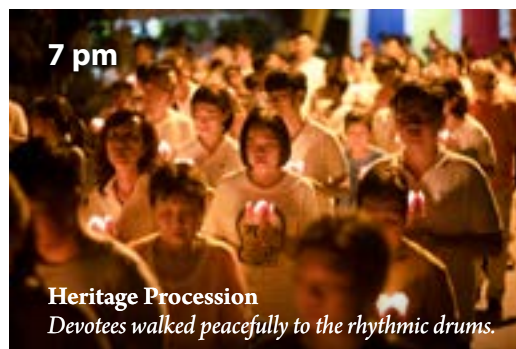
6 pm

Preparing for Heritage Procession
YB Yeo Bee Yin present to show her support.



7 pm

Heritage Procession
Passing of the flame from the altar to everyone present.



7 pm

Heritage Procession
Devotees walked peacefully to the rhythmic drums.



8.30 pm

Night of Togetherness in Dhamma
Performances by Dhamma School and Youths.



9 pm

Night of Togetherness in Dhamma
Dhamma teaching by Ven. Ajahn Dton.



10 pm

Night of Togetherness in Dhamma
Appreciation to all for a peaceful Wesak observance.

23 May



Forum for Young Working Adults – An insightful forum featuring seasoned professionals sharing their experiences in overcoming challenges and finding deeper purpose in their careers.

24 May



'Dhammayatra' Film Screening – Director Mr. Yang Wei Han shared his reflections from the production of this inspiring film.

25 May



Cultivation Day for Students – Ven. Ajahn Dton Dhirapaṇṇo guided 60 undergraduate students in cultivating mindfulness and meditation.

26 May



Blood Donation Drive – Working together with staff from Pusat Darah Negara to attend to 270 donors who turned up for this wholesome event.

Buddha Day in Kuala Lumpur

22 & 25 May, Kuala Lumpur

Members, devotees and students observed Buddha Day at Nalanda Education & Outreach Centre Kuala Lumpur by practising *dāna*, participating in learning programmes, and cultivating the mind.

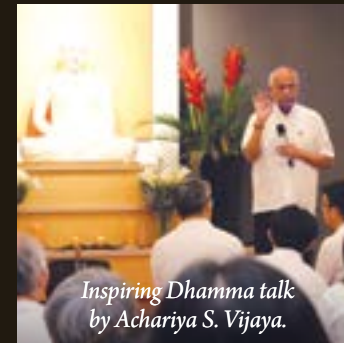
The observance culminated in a serene 'Peace Walk' around the vicinity of Happy Garden on 25 May.



Family Dhamma School students received advice from Ven. Dr. K. Gnanawimala Thera.



Lunch *dāna* offered by the congregation.



Inspiring Dhamma talk by Acharya S. Vijaya.



Keeping the mind calm and peaceful during the Walk.

Buddha Day in Johor Bahru & Sungai Petani Branches

21 – 22 May, J.B. & S.P.

Nalanda Branches in Johor Bahru and Sungai Petani observed Buddha Day concurrently by creating opportunities for the surrounding communities to ground their faith in the Three Jewels, learn the sublime Dhamma, and perform wholesome deeds. We rejoice in the coming together of all devotees on this auspicious occasion and extend our appreciation to those who have contributed selflessly.



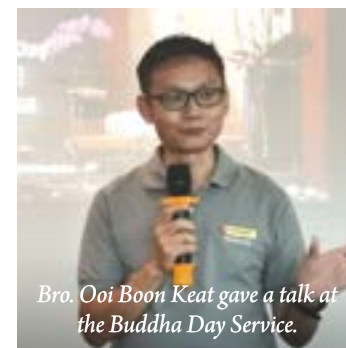
Devotees in J.B. took the Three Refuges & Five Precepts.



Ven. Anomadassi shared about the Buddha and his virtues.



Devotees congregated at NEO Centre Sungai Petani on the morning of Buddha Day to learn the Dhamma.



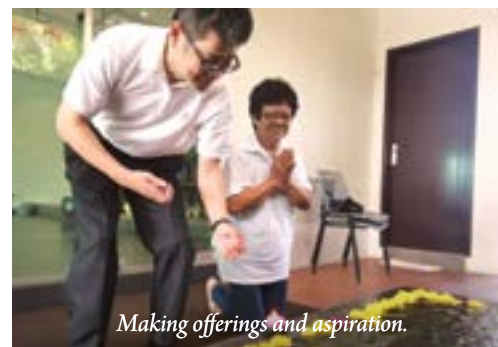
Bro. Ooi Boon Keat gave a talk at the Buddha Day Service.



Sis. Nandini Tan delivering a Dhamma talk.



A peaceful Heritage Procession through the streets.



Making offerings and aspiration.



Youths gathered to reflect on their learning.

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, the Buddha travelled for seven days from Bodhgaya to Sarnath, where He preached the *Dhammacakkappavattana Sutta* on the Asalha full-moon in July.

It is during this period that the Nalanda Gimhāna Retreat is observed. The retreat spans 6 June to 21 July this year and during this time, we commit ourselves to a period of relatively intensive Dhamma learning programme and group-practice.

Annual Gimhāna Retreat

6 June – 21 July, Serdang



Opportunities to serve and learn from Sangha members.



Spending Uposatha Days in group practice with meditation and Dhamma discussions.



Devotees also delved into the pronunciation and meaning behind the Pāli chanting.



Group meditation sessions to cultivate calmness and serenity.



Youth members also spearheaded daily cultivation and Dhamma reflections with a support group.



Devotees exploring the Graduated Discourse of the Buddha every Sunday.



Offering accumulated 'Rice of Merits' at Level 1 Shrine Hall from the daily practices.



Gimhāna card to encourage devotees in 'growing' wholesome habits with the 5 Daily Practices.



Hosting Singapore Buddhist Mission



Setting up linen for an upcoming retreat.



Helping out in the kitchen.



Bro. Yeo Disheng leading the Building Tour.

7 – 9 June, Serdang & KKB

Nalanda Youth members hosted 17 youths from Singapore Buddhist Mission (SBM) for an overseas service trip. SBM Youth is a fellowship of young Buddhists that focusses its activities on balancing spiritual pursuits with youthful living.

The group spent a day in selfless service at Wisdom Park planting trees and helping to prepare for an upcoming meditation retreat. The youths also joined the Youth Sunday Service at Nalanda Centre and reflected on their experiences.

We thank SBM Youth for visiting us and applaud their spirit of 'veyyāvacca' – service, a part of our spiritual cultivation to develop liberality and kindness while supporting the community.



Offering their service to prepare for a retreat.



Hustling to plant trees on a slope.



Dhamma reflection at Youth Sunday Service.



Dr. Chen Xing Wei brought the youths on tour of Wisdom Park.

Reunion Day for 2nd National Teachers' Camp

8 June, Kuala Kubu Bharu

Over 35 Dhamma School facilitators, Free School teachers and programme leads gathered for a Reunion Day after the National Teacher's Camp in March.

To much rejoice, Camp Master Sis. Lau Wei Nee shared training programmes initiated by Camp participants in their respective schools. The group then delved into enhancing their facilitation and communication skills.

We extend our thanks to the organisers, participants and volunteers for their commitment and active participation in this Reunion Day. May your missionary spirit in enabling the younger generation to learn and practise Dhamma continue to strengthen!



Sis. Wei Nee sharing the trainings that Camp participants initiated in their respective schools.



Bro. Ooi Boon Keat conducting the main session on skillful facilitation.



Sis. R. Paruadi led a learning session on effective communication.



Participants role-played on how they can apply skillful communication.



Teachers tested their facilitation skills with each other.



Deeper bonds of friendship formed.



Strong learning spirit at BPS 307 in Sri Serdang

8 June, Sri Serdang

BPS 307 – Certificate Course in Buddhist Studies commenced on 8 June with over 70 participants at Nalanda Centre. This 10-session programme introduces Dhamma learning in a structured, systematic and holistic manner.

The sessions incorporate group discussions and reflections so that participants can form spiritual friendships and a support system for their learning and practice. In August, they will embark on an Experiential Learning weekend at Wisdom Park.

We thank Nalanda Institute Malaysia for availing this avenue of Dhamma learning for more people to benefit from.



Institute alumni join the sessions to facilitate the discussions and reflections.



At every class, participants are given the opportunity to ask questions.



Meditation Retreat with Āyasmā Aggacitta

14 –17 June, KKB



Outdoor meditation in the mornings.



Interviews with retreatants.

From 14 to 17 June, Āyasmā Aggacitta conducted a meditation retreat for a social enterprise of mindfulness practitioners and facilitators. Over 40 retreatants and volunteers spent the holiday weekend in the quiet and serene educational campus, enveloped in Dhamma learning, practice and service.

With Āyasmā Aggacitta's close guidance, retreatants learned and experienced for themselves ways to develop mindfulness and awareness not just in this retreat, but also in their daily lives.

We rejoice in the ardent efforts of the group and Āyasmā Aggacitta's compassionate teachings and guidance.

16 June, Sri Serdang

On Sunday 16 June, Nalanda members welcomed leaders from five Buddhist societies in Sarawak for an exchange at Nalanda Centre. This visit was organised by YBAM (Young Buddhist Association Malaysia) Sarawak State Liaison Committee (马佛青砂拉越州联委会) and enabled everyone to make new acquaintances to learn from each other.

We thank the organisers as well as leaders from YBAM Sarawak, Kuching Tze Yin Buddhist Orthodox Association (古晋慈云佛教正信会), Kuching Buddhist Society (古晋佛教居士林), Sibü Buddhist Association (诗巫佛教会) and Kapit Buddhist Association (加帛佛教会) for visiting us, and establishing connections from across the South China Sea.



Visit by YBAM Sarawak leaders



Sis. Nandini Tan welcoming everyone to Nalanda Centre.



Bro. Charlie Teng led a tour for part of the group.



Sis. Livin Leow explained Nalanda's milestones.



Bro. Tay Boon Seng, from YBAM Sarawak SLC, introducing the visiting organisations and their leaders.



Sis. Buddhini Tan representing Nalanda in exchanging tokens of appreciations.



We thank our newly-acquainted Dhamma friends for coming to visit us at Nalanda!

Enriching Study Trip for Teenage Dhamma School



16 June, Kuala Lumpur

At the Main Shrine of Buddhist Mahā Vihāra.

50 facilitators and students from Nalanda Dhamma School embarked on a study trip to Buddhist Mahā Vihāra and Sin Sze Si Ya Temple Pioneers of Kuala Lumpur Museum, to deepen their understanding of Buddhist heritage and Kuala Lumpur's history.

At the Buddhist Mahā Vihāra, students toured the 130-year old temple, learning

about its history and architecture. Students also had the opportunity to make a meal offering to Sangha members.

Adjourning to Sin Sze Si Ya Temple Museum, the vibrant exhibition captivated students as they studied the temple's significance and the contributions of Chinese pioneers to the early development of Kuala Lumpur.



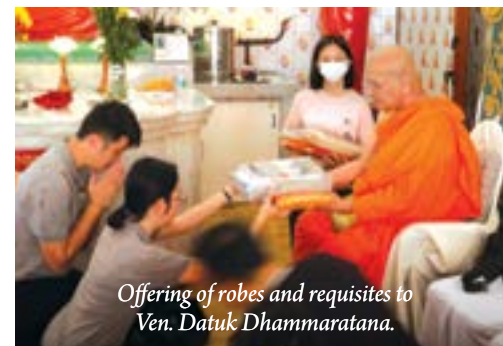
In the International Buddhist Pagoda.



Learning about the unique Sri Lankan elements in the Vihāra.



Enhancing knowledge at Sin Sze Si Ya Temple Museum.



Offering of robes and requisites to Ven. Datuk Dhammaratana.



Sis. See Hui Shien shared about history of Chinese Malaysians and how we can relate with gratitude.

Ven. Luang Por Amaro visits Nalanda & Wisdom Park

*We extend our heartfelt appreciation to Luang Por Amaro for visiting and guiding us in Dhamma.
May Luang Por be blessed with good health, happiness and peace.*

19 & 21 June, KKB & Sri Serdang



*Luang Por having a short discussion
with Nalanda members.*



*Luang Por toured Nalanda Centre
with Bro. Charlie Teng.*



*Full-house at Nalanda Centre as devotees
congregated to learn from a great teacher.*



*Sis. Nandini Tan bringing Luang Por
on tour of the campus grounds.*



*Luang Por signing his autograph on the books
from Pustaka Nalanda that he authored.*



*Devotees took the opportunity
to clarify their doubts.*

Nalanda was privileged to welcome and host Luang Por Amaro, the abbot of Amaravati Buddhist Monastery. In his Dhamma teaching, Luang Por advised the congregation on the distinction between the two kinds of happiness and the two kinds of love which one can experience.

Worldly happiness can bring instant gratification, but they are dependent on conditions that are always changing. True happiness is accompanied by the qualities of ease and peace, whilst unconditional love of *mettā* and *karunā* (loving-kindness and compassion) is benevolent and frees us from clinging.

We thank Luang Por for guiding us and wish Luang Por the highest of blessings.

22 June, Kuala Kubu Bharu

Over 30 students, parents and facilitators from Nalanda Junior Dhamma School had their first outing at Wisdom Park to cultivate family well-being and experience the joy of service.

In the cool morning, the group had planted 300 seedlings; for many, it was a novel experience and they were thrilled to touch the soil, observe nature and discover various insects. Facilitators also conducted a series of family-based learning activities that fostered stronger bonds between children and parents.

We look forward to future trips with our young Dhamma School students for more experiential learning.



Junior Dhamma School Family Outing to Wisdom Park



A fun day out for the family!



Building teamwork and communication.



Families gearing up to connect with nature.



Games to build family bonds and trust.



Students learned how to plant seedlings.



Parents helped with composting.



Nalanda Leaders attend A.G.M. of Theravāda Buddhist Council of Malaysia

22 June, Ara Damansara

The Theravāda Buddhist Council of Malaysia (TBCM) held its 13th Annual General Meeting with the participation of 27 member societies.

Representing Nalanda was Deputy President, Bro. Charlie Teng and Honorary Secretary, Sis. Livin Leow. The meeting deliberated the Council's past year activities, and its medium to longer term programmes.

Being election year, the EXCO for 2024 – 2026 was elected. The new EXCO consists of 12 members and is led by President Bro. Tan Leng Huat and Deputy President Bro. Wong Tin Song.

We extend our appreciation to the out-going EXCO and wish the new Committee a fruitful term.



Venerable members of the Sangha presided over the meeting of Buddhist leaders.



Seck Kia Eenh leaders Bro. Tan Kim See and Bro. Lee Yu Cheong visited Nalanda Centre after the A.G.M.



Joining the community to celebrate Kinrara Metta's 20th Anniversary

29 June, Kinrara

Nalanda leaders joined our *kalyana mittā* at Kinrara Metta Buddhist Society (KMBS) for their 20th Anniversary celebration. For the past two decades, KMBS has been providing a nurturing environment to learn and practice the Dhamma from young to old.

Our heartfelt congratulations to all leaders and members of KMBS on this milestone. We are deeply appreciative of our long-standing camaraderie and your support over the years. Let's continue in Buddhist missionary efforts for the endurance of the Buddha's dispensation.



Nalanda leaders offering alms-food at the Mahā Sanghika Dāna.

Training & Enhancement of Volunteers

June, Sri Serdang

After the bustling festivities of Buddha Day, Nalanda members and volunteers regrouped in the month of June to focus on enhancing their skills and mindset.

The trainings were largely coordinated by Training & Enhancement Centre which included workshops on facilitation,

hosting, programme planning, design and social media management.

Many also enrolled in the Institute's BPS307 course to enhance their knowledge whilst volunteers of Wisdom Park embarked on a horticultural course, Dhamma School students received esteemed drama coaching from Ach. S. Vijaya, and members went through a training on the Code of Conduct. *Kudos* to everyone's strong learning spirit!

1 June – Facilitation Workshop



3 June – Programme Planning Workshop



22 June – Horticulture & Landscaping Course for Wisdom Park volunteers



23 June – Drama Coaching with Ach. S. Vijaya



23 June – Host Training Workshop



30 June – Code of Conduct Training



Coming together to prepare for Family Fun Fair



Two rounds of energetic briefing sessions for all volunteers.



Volunteers packing and preparing items for pre-Fair sales over several weekends.



Community engagement at morning markets and shophouses around Sri Serdang and beyond.



Dhamma School students jumped on the bandwagon of pre-sales each weekend.



Youth Canopy volunteers gather for discussions and preparations.



Volunteers receiving delivery of goods.



Meetings of the working team to discuss preparations and support for each other.

July, Sri Serdang

The annual Family Fun Fair avails opportunities for all members and volunteers to work together in unity and upskill themselves.

Meeting often and in harmony, teams across the adults, youths and students groups are now effecting their plans and ready to welcome and serve members of the community.

We extend our gratitude to all members, supporters, sponsors, volunteers and devotees for coming together in support of this community event for Holistic Education. We look forward to welcoming you and your loved ones on Sunday 28 July at the Family Fun Fair (from 9am to 3pm). See you at Nalanda Centre!



UPM Buddhist Society gathers at Nalanda

March – June, Sri Serdang

Universiti Putra Malaysia Buddhist Society (PBUPM) members gather at Nalanda Centre at least once a month to conduct learning, meditation and fellowship sessions.

With a zeal to learn and enhance their understanding of Dhamma, PBUPM often invite monastic members to guide them. We rejoice in the efforts of the Committee to actively engage your fellow students and wish you smooth progress in your secular and spiritual studies.

**UPM is a public research university in Sri Serdang with over 20,000 students.*



Meditation sessions



Sangha members leading reflections.



Fellowship activities.



An exam blessing session.

On 1 July 2024, we commemorate 17 years of our journey together at Nalanda Institute Malaysia. I am filled with immense gratitude for everyone who has selflessly contributed to our activities over the past year. Your dedication and support have been instrumental in our achievements, particularly in the successful implementation of important experiential learning initiatives.

To our participants, thank you for embracing these new opportunities with enthusiasm. Your engagement and willingness to learn has been inspiring and I am confident that you will carry forward the wisdom and knowledge gained from these experiences into your future endeavours.

I also thank my wonderful team of committed colleagues at Nalanda Institute, and to the leaders of Nalanda Buddhist Society for their unwavering support, encouragement and camaraderie.

As we reflect on our accomplishments, I am always reminded of our oft-quoted motivations: “I wish not see the suffering of living beings and I wish not see the decline of the Buddha-Sāsana”. Let us together make a meaningful difference to our community and beyond.



17th Anniversary of Nalanda Institute

Message from Director
Ach. Tan Siang Chye



DHAMMA LIVING CAMP for young adults



NYC2451P

This uplifting and potentially life-changing camp is tailored for college students and young working adults between ages 18 and 30. Among the camp highlights are inspiring talks, tranquil meditation sessions and joyful fellowship activities. The fee per participant is RM80 inclusive of meals and learning materials. Accommodation is provided for free by Nalanda Buddhist Society. Any additional donation is welcome.

Registration closes on 30 August 2024.

Book your place now with the QR code on the left.

Nalanda

Upcoming Programmes July – September 2024

JUL



Dhamma Day

AUG



Memorial Day

SEPT



Dhamma-Living
Camp for Youths

01	Nalanda Institute's 17th Anniversary	Nalanda Centre
06	<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. & Happy Garden
06	A Day of Cultivation with Ajahn Narindo & Uposatha Evening Service	Nalanda Centre
09	Young Working Adults Monthly Gathering	Nalanda Book Café Community Centre
20	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
20	Dhamma Day – Asalha Full-moon Uposatha Service	Nalanda Centre
21	Dhammacakka Day & Lunch <i>Dāna</i>	Nalanda Centre
28	Family Fun Fair	Nalanda Centre
03	<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. & Happy Garden
13	Young Working Adults Monthly Gathering	Nalanda Book Café Community Centre
17	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
24 – 25	BPS307 Stay-in Programme *	Wisdom Park
25	Family Fun Fair in Johor Bahru	NEO Centre J.B.
31	18th K. Sri Dhammananda Memorial Day	Nalanda Centre
01	HCL001 Outing to Putrajaya Botanical Garden *	Putrajaya
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. & Happy Garden
10	Young Working Adults Monthly Gathering	Nalanda Book Café Community Centre
13 – 16	Dhamma-Living Camp for Young Adults *	Wisdom Park
10	KL Family Dhamma School Outing	Wisdom Park
21	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan	Nalanda Centre / Seri Kembangan Market
21	Learning Day for Nalanda Free School *	Wisdom Park
28	Ageing Workshop by Dr. Ng *	Nalanda Centre

* Registration is required.

Dhamma Reflection

Where in the world is the good person to be found? Ultimately, there is no such thing. But what does exist, without doubt, are moments of goodness – actions, words and trains of thought motivated by wholesome mental states. We might say then that a good person is one who consistently and reliably manifests goodness in body, speech and mind.

We don't have to try to be a good person, or to feel bad that we are not as good a person as we would like to be, or think we should be. We simply need to make the effort to manifest goodness as many times a day as we can. Then find joy in doing so. In this way we honour the Three Jewels, wherever we are and whatever task we are performing.

– Ven. Ajahn Jayasāro

'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.

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