

Nalanda Bulletin

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For Non-Muslims Only

Community explores well-being at WACANA 2025

Over 650 members of the Buddhist community from Malaysia, Singapore, Indonesia and Thailand gathered for WACANA 2025 to explore contemporary approaches to community well-being that can be implemented in their organisations and daily life. With the presence and support of respected teachers, good spiritual friends and dedicated volunteers, it was a truly blessed day for all.

See pages 8 to 16 for report and photographs.





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Connecting with our historical roots

Study tour participants explore ancient Kedah's rich history with Gunung Jerai in the background – a landmark for early regional traders which brought cultural and religious transmission from India.

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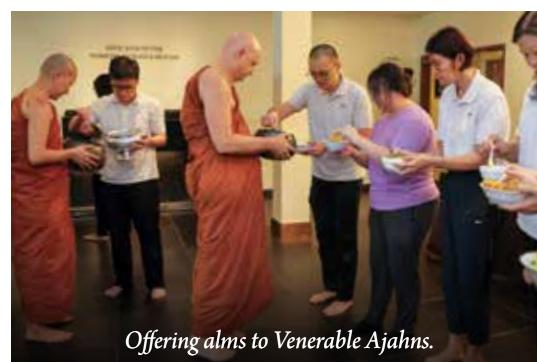
Hosting Ven. Ajahn Jayasāro at Nalanda Centre

18 – 19 December, Sri Serdang

Nalanda was honoured to host Ven. Ajahn Jayasāro and his *upatthaka* Ven. Ajahn Tul during their visit to Malaysia in conjunction with WACANA 2025. Leaders of Nalanda management and education teams had the opportunity to meet with Ven. Ajahn Jayasāro in a series of small-group sessions.

Discussions focussed on Dhamma practice, community development and organisational leadership. Ajahn Jayasāro offered invaluable guidance on applying Buddhist principles to governance, service and education.

We express our deepest appreciation to Venerable Ajahns for their presence and guidance to our community. *Sādhu.*



Offering alms to Venerable Ajahns.



Discussion with WACANA 2025 organisers.



Giving advice to Dhamma School facilitators.



Blessings for devotees
who offered the meal.



Leaders of Nalanda management
and educational divisions seeking advice.



Members going for 'pabbaja' (temporary ordination)
in Thailand seeking blessings and advice.



Joyfully receiving Ajahn Jayasāro
and Ajahn Tul at Nalanda Centre.



Ajahn Jayasāro shared a preview of his fascinating
script for a Buddhist Netflix series.



Scan the QR code on the left to watch Ajahn Jayasāro's talk on Nalanda's YouTube channel.



Dhamma Teaching by Ven. Ajahn Jayasāro

19 December, Sri Serdang

On the eve of WACANA 2025, Ven. Ajahn Jayasāro delivered a Dhamma teaching at Nalanda Centre on cultivating harmony in communal life.

He explained that the Buddha's teachings are grounded in direct observation of the human condition, and that wise conduct arises from understanding how things truly are. Emphasising *sīla* as the foundation of harmony, he highlighted restraint in action and speech as essential elements for trust, safety, and mutual respect within families and communities.

We thank Ajahn Jayasāro for his inspiring teaching in nurturing a harmonious Dhamma community. *Sādhu.*



The service commenced with evening chanting to calm and prepare the mind.



Bro. Tong Siong Yeow welcomed everyone and led the congregation to invite Ajahn Jayasāro for the Dhamma teaching.



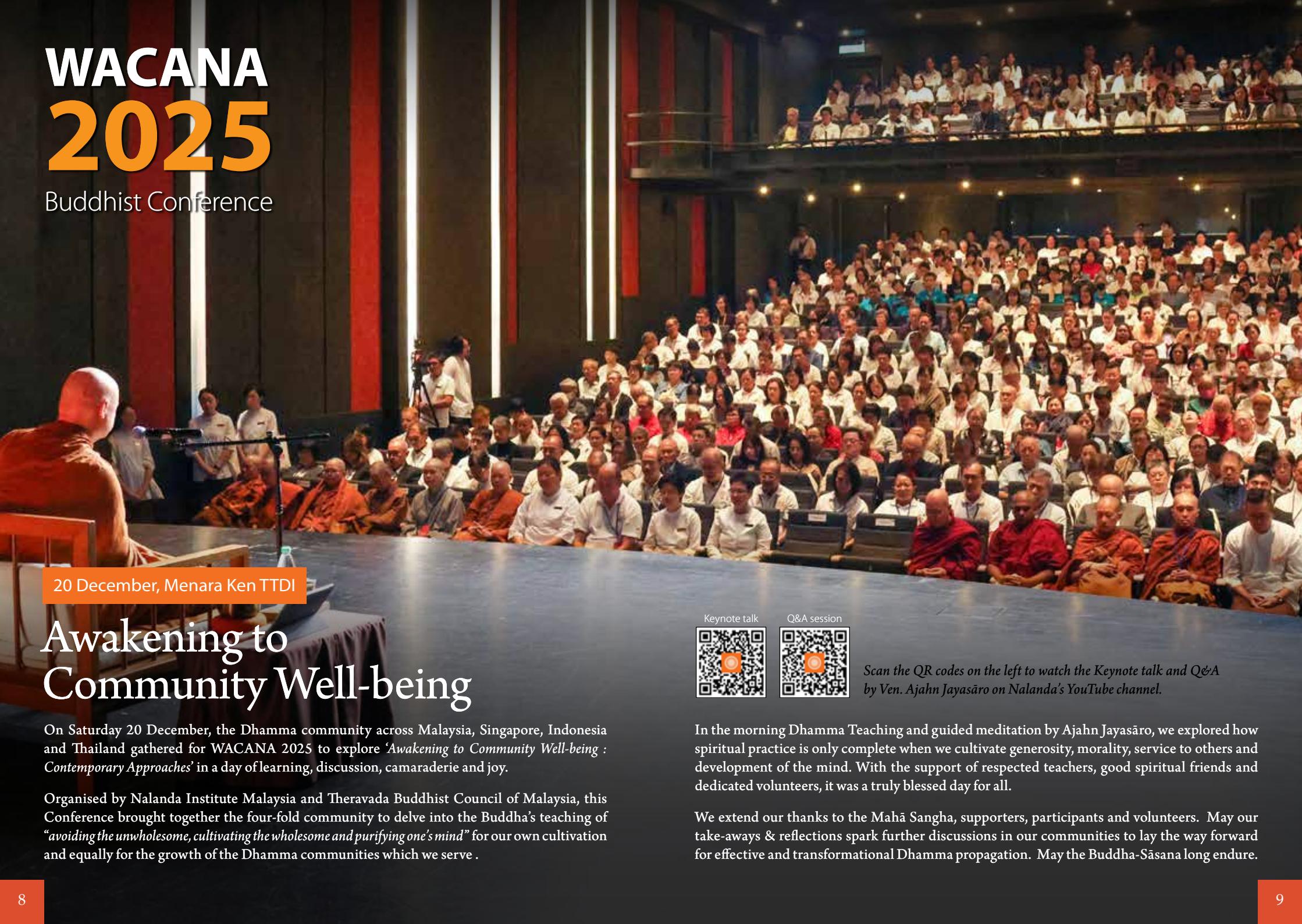
Many cherished the opportunity to seek advice from Ajahn in the Q&A session.



Ajahn advised us to not neglect our own spiritual welfare, as this will compromise our ability to help others in developing their well-being and happiness.

WACANA 2025

Buddhist Conference



Awakening to Community Well-being

On Saturday 20 December, the Dhamma community across Malaysia, Singapore, Indonesia and Thailand gathered for WACANA 2025 to explore 'Awakening to Community Well-being : Contemporary Approaches' in a day of learning, discussion, camaraderie and joy.

Organised by Nalanda Institute Malaysia and Theravada Buddhist Council of Malaysia, this Conference brought together the four-fold community to delve into the Buddha's teaching of "avoiding the unwholesome, cultivating the wholesome and purifying one's mind" for our own cultivation and equally for the growth of the Dhamma communities which we serve .

Keynote talk



Q&A session



Scan the QR codes on the left to watch the Keynote talk and Q&A by Ven. Ajahn Jayasāro on Nalanda's YouTube channel.

In the morning Dhamma Teaching and guided meditation by Ajahn Jayasāro, we explored how spiritual practice is only complete when we cultivate generosity, morality, service to others and development of the mind. With the support of respected teachers, good spiritual friends and dedicated volunteers, it was a truly blessed day for all.

We extend our thanks to the Mahā Sangha, supporters, participants and volunteers. May our take-aways & reflections spark further discussions in our communities to lay the way forward for effective and transformational Dhamma propagation. May the Buddha-Sāsana long endure.



2. Welcoming participants with warmth.

3. Officiating ceremony by Ven. B. Sri Saranankara, Ven. Ajahn Jayasāro, Ven. Dr. Dhammapala together with Achariya S. Vijaya and Achariya Tan Siang Chye.

4. Ajahn Jayasāro guided participants in meditation before the keynote talk.

5. Ven. Saranankara shared the importance of coming together in harmony for discussion.

6. Ven. Dr. Dhammapala shared that the diversity of Malaysian Buddhist communities can be like a beautiful tapestry, woven together to create a unique canvas.



8. Ach. Tan Siang Chye concluded the Conference by sharing his reflections from the discussions and the way forward.

9. Offering lunch dāna to Sangha members.

10. A touching tribute to the late Bro. Oh Kim Leng with a special production.

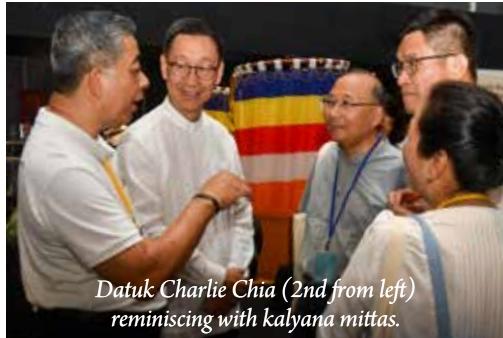
11. Nalanda Youths and Dhamma School students reciting the Opening Gatha and Closing Gatha with faith.

12. Making offerings to the Sangha members as a token of appreciation for their presence and fervent support.





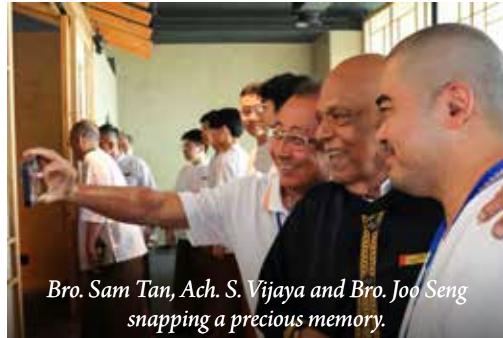
Welcoming Dato' Seri Kee Yong Wee, a long-time supporter of the Buddha-Sāsana.



Datuk Charlie Chia (2nd from left) reminiscing with kalyana mittas.



Sharing Dhamma publications freely to the community.



Bro. Sam Tan, Ach. S. Vijaya and Bro. Joo Seng snapping a precious memory.



Handful of Leaves, Singapore hosted a booth to introduce their initiatives.



Participants shared their experience and rejoice in personal interviews.



Sharing the development and progress of Wisdom Park.



Perusing through the specially created exhibits on Dhamma education.



Ven. Saranankara with friends from Ariya Vihara



Bro. Benny Liow (3rd from right) together with TBCM members.



A lot of loving-kindness from our friends from Singapore.



University Malaya Buddhist Society students glad to join and learn.



Friends from Seremban Sudhamma Buddhist Society led by President Dr. Oo.



Learning and exploring together with friends from Subang Jaya Buddhist Association



Leaders fondly welcoming Datuk Seri Dr. Victor Wee (middle).



We thank friends from Indonesia and Thailand for coming all the way to WACANA.

Forums share practical perspectives on Community Well-being



At WACANA 2025, the afternoon forums provided a platform for deeper exploration into how Buddhist outreach and education can remain relevant and responsive in today's diverse communities.

Four concurrent forums focussed on key demographic groups — families, youths, senior citizens, and Buddhist organisation volunteers. Through moderated discussions and shared reflections, speakers examined practical challenges, emerging needs, and tested approaches drawn from their work on the ground. Emphasis was placed on nurturing spiritual growth while remaining attentive to social, emotional, and organisational realities.

Participants engaged actively with the speakers, exchanging perspectives on family dynamics, youth engagement, ageing with dignity, and sustaining volunteer service.

The sessions highlighted the importance of adaptability, good spiritual friendship, and collaboration in strengthening Dhamma communities.

We thank the forum speakers and moderators for presenting their perspectives and addressing the questions from all participants. May the discussions lead to further progress in the Buddhist community.



Scan the QR code on the left to read the articles written by the forum speakers on their topics.



'Nurturing Dhamma as a Family' with Ven. Ayya Sumangalā and Sis. See Hui Shien (2nd from left).



Participants listen intently on the sharings to take back learnings which may benefit their community.



"Cultivating a Spiritually-rooted Youth Community" with Bro. Teo Heng Xuan and Bro. Yeo Disheng.



Participants sharing their experiences in facing challenges in Dhamma propagation.



Graceful Ageing on the Path of Dhamma with speakers Ven. Mahinda (pre-recorded), Bro. Wang Hwee Beng, Bro. Benny Liow and Ach. Tan Siang Chye (seated from left to right).



Volunteers : Serving Others, Awakening Ourselves with Ven. Chang Wei and Sis. Nandinī Tan (left).



Learning with an open heart as speakers share their organisation's tried and tested approaches.



**WACANA
2025**

Field Engagement Sessions

21 December, Sri Serdang

Discussions in WACANA 2025 Forums continued the next day with Field Engagement Sessions (FES) as follows :

Nalanda Centre hosted a dialogue with notable Youth Leaders on their experience leading Buddhist youth Dhamma groups.



Bro. Willing Chen, founding member of Widyodaya Buddhist Community inspired us with his journey.

Dharma Drum Mountain Malaysia hosted participants & shared volunteer development structure and training.



Ven. Chang Zao (常藻法师), Chief Monastic of Dharma Drum Mountain (DDM) Sangha Malaysia led the FES for participants to learn more about DDM's volunteer management and training structure.



Subang Jaya Buddhist Association hosted seniors to experience Fellowship of the Wise (FOW) activities and philosophy.

We wish participants much success as the dialogue continues in your communities to tailor the strategies and practices to enhance your Dhammaduta work.



Fellowship of the Wise (FOW), hosted the session at SJBA for participants



FOW members also presented performances based on their Active Ageing activities.

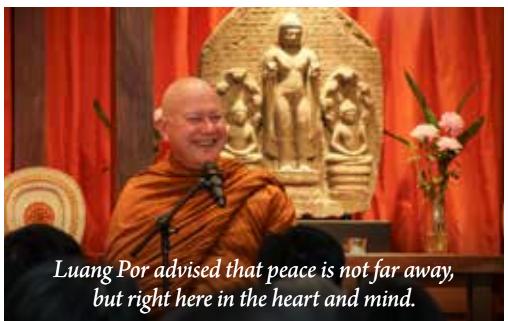


Finding peace amidst uncertainty with Ven. Luang Por Kalyano



Scan the QR code on the left to
watch Luang Por Kalyano's talk
on Nalanda's YouTube channel.

24 December, Sri Serdang



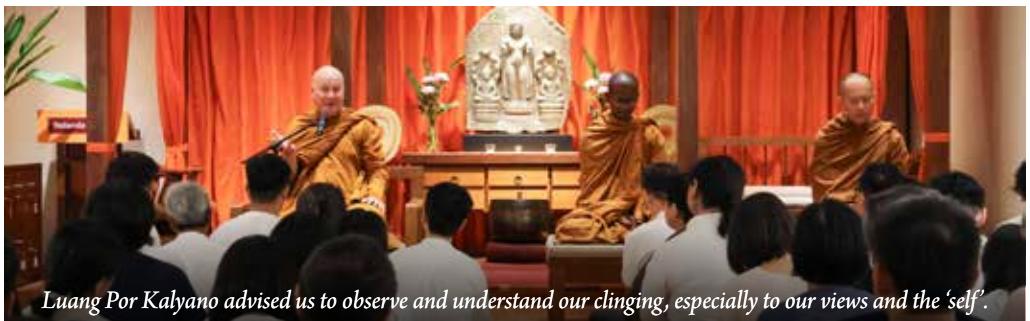
*Luang Por advised that peace is not far away,
but right here in the heart and mind.*



*Learning Dhamma is a joy with the guidance
of compassionate teachers and good friends.*



*Asking questions to better
understand the teachings.*



Luang Por Kalyano advised us to observe and understand our clinging, especially to our views and the 'self'.



Offering requisites on behalf of the Society.

Nalanda joyfully hosted Ven. Luang Por Kalyano at Nalanda Centre for a Dhamma teaching. Ajahn advised us to overcome 'dukkha' by starting with our own hearts. By cultivating qualities such as *mettā*, compassion, patience, and harmony, we can face challenges better and even gradually overcome the sufferings brought on by attachments.

He encouraged us to keep returning to Dhamma, listening, reflecting, and practising consistently. The path remains timeless and available here and now, leading towards peace and clarity.

We are grateful to Luang Por Kalyano for making time to visit and guide us. May Luang Por have good health and success in his Dhammaduta efforts.



Celebrating growth at Dhamma School Honours Day

31 December, Sri Serdang

Nalanda Dhamma School facilitators, students, and parents gathered for the annual School Appreciation and Honours Day, a time for everyone to reflect and rejoice in learning, personal growth and selfless service.

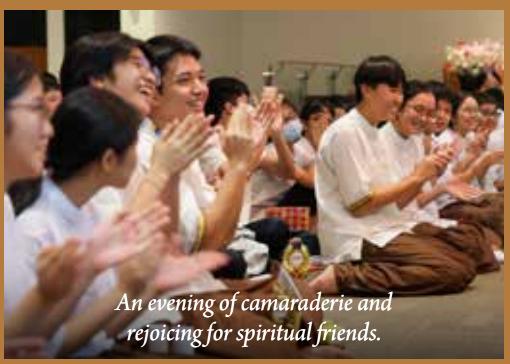
With an abundance of gratitude, students thanked their parents and facilitators for supporting them in Dhamma learning, whilst everyone celebrated the students progress and achievements.

We congratulate Nalanda Dhamma School for two decades of unrelenting efforts in educating many young Buddhists in the *Buddha-Dhamma*. May the School continue to grow Dhamma communities who are keen to learn, practise and serve. *Sadhu anumodāna!*



*Nalanda Dhamma School's 20th Anniversary
Celebrating 20 years of Performing the Miracle of Education*



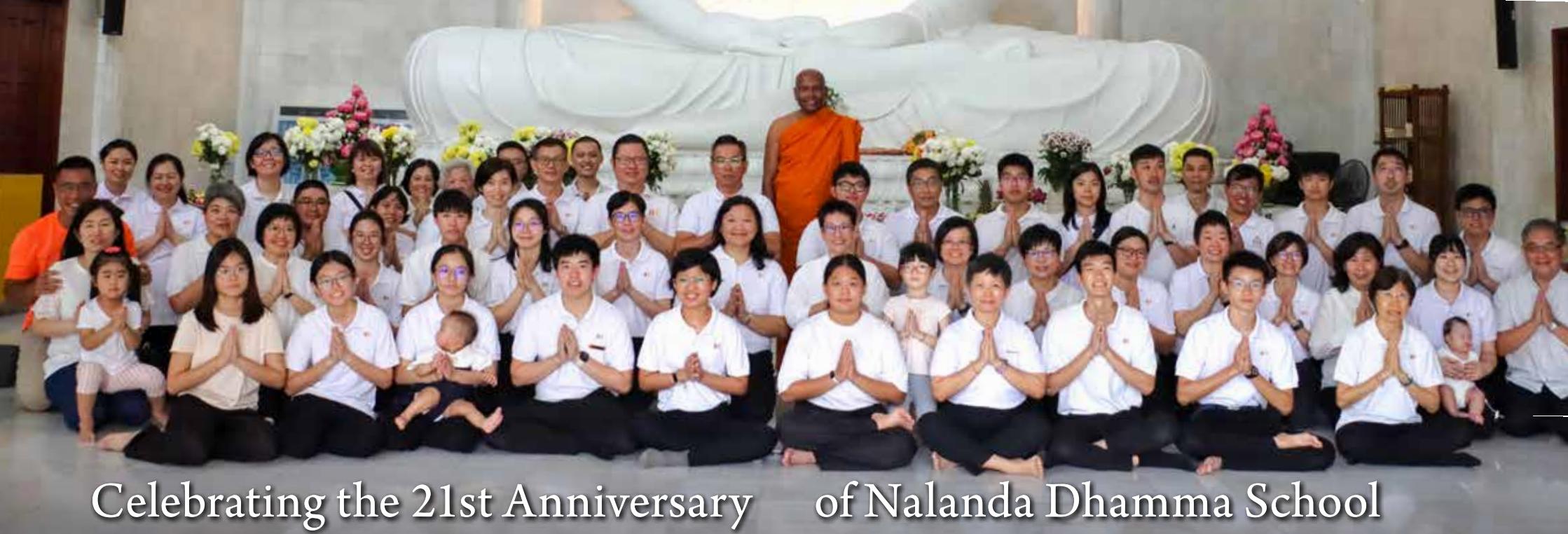


31 December, Sri Serdang

Nalanda members and devotees came together at Nalanda Centre in the last hour of 2025 to welcome the new 2026 year by calming down the mind.

Sis. Nandinī Tan led a reflection of the year passed and look forward to the new year. In quiet meditation, we welcomed the dawn of 2026 and together took refuge in the Buddha, Dhamma and Sangha. The congregation also recited the *Karaniya Mettā Sutta* to share thoughts of loving-kindness to all beings.

The new year also brings new hope and beginnings. May your renewed efforts to progress in Dhamma fulfill your noble aspirations. Happy New Year!



Celebrating the 21st Anniversary

of Nalanda Dhamma School

1 January 2026, Sentul

Nalanda Dhamma School marked its 21st anniversary by visiting and seeking advice from Nalanda's Spiritual Adviser, Ven. B. Sri Saranankara at Sri Lanka Buddhist Temple in Sentul.

Ven. Saranankara emphasised the importance of training our hearts and minds, and encouraged us to maintain our focus in nurturing wholesome characters.

We extend our deep appreciation to all past and present School Directors, facilitators, donors, supporters, and volunteers for supporting generations of Dhamma learning. May the miracle of education continue to guide the younger generation in finding deeper purpose in life. *Sādhu anumodāna.*



Ven. Saranankara advised that training of the heart takes much patience but reaps the most benefit.



Offering requisites to the Sangha on this joyous occasion on behalf of the Dhamma School.



Ven. Saranankara blessing the congregation on the occasion of the School's 21st Anniversary.



Ven. Saranankara sharing words of advice before the offering of the noon meal.



Respectfully offering food to the Sangha.



Dhamma School facilitators and student alumni joyful in commemorating the anniversary together.



Learning our true worth with Ven. Ajahn Jutindharo

2 January, Sri Serdang

Members and devotees welcomed Ajahn Jutindharo on his first visit to Nalanda Centre, and to learn from him in the evening Dhamma talk. Ajahn shared that our true worth goes beyond the worldly achievements and titles which seem so important. Our value lies in how we cultivate kindness, friendliness, and harmony in daily life.

He encouraged us to develop patience, compassion, and mindfulness so we can face the unexpected in a measured and harmless way. Ajahn also shared personal experiences that inspired us to persevere in meditation, whilst not holding on to expectations. We are grateful to Ajahn Jutindharo for his guidance and wish him good health and success in his noble endeavours. *Sādhu!*



Nalanda leaders shared about the educational programmes held at Wisdom Park for the community.



"We are fortunate to be in a safe environment and hence should learn and practice the profound Dhamma."



Devotees appreciate the many similes that Ajahn shared to relate the teachings to us.



Starting the new year with wholesome intentions

4 January, Sri Serdang

The first Sunday Morning Service of the new 2026 year was filled with apt reflections as members and devotees learned with Sis. Paruadi Ramasamy on "New Year, New Spirit".

To recharge our Dhamma practice, Sis. Paruadi advised us the congregation to work towards noble aspirations of wisdom (*paññā*), truthfulness (*sacca*), generosity (*cāga*) and inner peace (*upasama*).

If we need to get back on track, we can shift our attention to what we want to achieve, acknowledge thoughts & feelings, focus on journey not the goal and have much patience, determination & compassion. Let us be persistent as we gradually progress on the spiritual path.



Nalanda youths presented songs to appreciate the qualities of good friendship as we start the year.



Sis. Paruadi shared that we can gain confidence in our spiritual journey by making realistic resolutions.



Members and devotees expressing thanks to venerable monks.



Spirited Start at the year's first Nalanda Members' Day

11 January, Sri Serdang

Nalanda members from Serdang and Kuala Lumpur gathered at Nalanda Centre for the first Members' Day of the year. The monthly gathering focusses on the Direction, News, and Action (D.N.A.) of the Society.

Members reflected and rejoiced on the success of WACANA 2025, which was made possible through the efforts of over 150 members coming together in harmony. Looking ahead at upcoming Dhamma learning programmes for 2026 also set a positive and spirited tone for the year ahead.

Let us continue to move forward and upward together as a community!



Institute Director, Bro. Tan Siang Chye shared the many positive feedbacks from WACANA participants.



President Sis. Buddhini Tan shared the Society's direction and programmes in 2026.



Sis. Nandini Tan sharing updates on the latest developments of Wisdom Park Phase 2.



Nalanda Bujang Valley Heritage Team at the launching of a new handbook for tour guides.



Celebrating members' birthdays as they recollected their spiritual journey thus far with Nalanda.



New member Bro. Geh Jian Han started as a Dhamma School student and is now a facilitator.



First *Pindacāra* of 2026

3 & 17 January, K.L. & Serdang

The first monthly *Pindacāra* programmes of 2026 were held at Taman OUG & Happy Garden markets on 3 January, and at Pasar Basah Bazar Rakyat Seri Kembangan on 17 January.

The inspiring occasions were graced by Ven. Ayya Sanghamitta (in K.L.) and four Sangha members from Dhamma Earth led by Ven. U Paññasami (in Seri Kembangan), who walked peacefully and mindfully as the marketgoers flocked to make offerings with faith and joy.

Join us for *Pindacāra*, held every 1st Saturday at O.U.G. & Happy Garden and 3rd Saturday at Bazar Rakyat Seri Kembangan. *Sādhu anumodāna!*



Many market-goers look forward to this opportunity.



We rejoice in the sincere acts of giving by members of the community.



Ven. Ayya Sanghamitta on alms-round in Taman OUG and Happy Garden markets



Giving joyfully to venerable Sangha member.



Volunteers ready to engage market-goers to share about alms-round and how they can support.



Ven. Paññasami emphasised the importance of harmony among volunteers..



Paying our respect to the venerable Sangha members at Nalanda Centre.



Ven. Ayya Sanghamitta blessing the congregation back at NEO Centre Kuala Lumpur.



Free School starts new academic year

January, Sri Serdang

The 2026 academic year has commenced at Free School, with teachers and volunteers warmly welcoming students for the new academic year. Whilst many students were returning to continue with their learning here, we also received students who are new to Free School.

For 2026, Free School in Serdang is offering 16 classes for students in Standard 5 to Form 5, whilst Free School in Johor Jaya is offering 8 classes for students in Standard 5 to Form 2. Classes are run in low student to teacher ratio, to ensure that students get the help needed.

Seats are still available for some classes, and we encourage you to call Nalanda Centre to enquire. The class schedule is at www.nalanda.org.my/free-school/.



Classes commence with a mindfulness exercise to calm the mind and be better prepared to learn.



Teachers make much effort to guide the students according to their needs.



Principal Dr. Ng Chwee Fang and Coordinator Sis. Nandini Tan led the first Teachers Meeting in January.



Dhamma School begins joyfully

January | Sri Serdang, K.L., J.B.

The new Dhamma School year began on a wholesome note as Nalanda Dhamma School sessions commenced across Sri Serdang, Kuala Lumpur and Johor Bahru with a total of 214 students.



17 January – Students participating eagerly at Family Dhamma School J.B.



18 January – Family Dhamma School K.L. starts with much rejoice.



18 January – New parents learning joyfully at the Parents Induction Programme

The first session set a calm and purposeful tone for the year, reminding students that Dhamma learning is a gradual and meaningful process that supports character development, mindfulness, and wise living in daily life.

Whilst parents are enrolled as students of Family Dhamma Schools in K.L. and J.B., new parents of Junior & Teenage School joined the Parents Induction Programme (P.I.P.) at Nalanda Centre.

We wish the Schools a fruitful year of learning and Dhamma practice together.



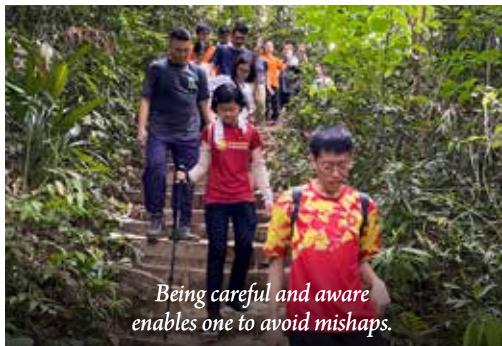
Youths strengthen fellowship at nature hike



Morning chanting to prepare for a mindful morning.



All in high spirits as they embark on the trail.



Being careful and aware enables one to avoid mishaps.



A wholesome and happy morning!



Being a part of a Dhamma community lends us much support in many aspects of our lives.



Bro. Yeo Disheng gave a sharing on spiritual friendship.

18 January, Petaling Jaya

On 18 January, Nalanda Youth Centre marked the new year with a refreshing pre-dawn hike at Bukit Gasing. The youths were guided by team leads through gentle trails and steeper climbs whilst encouraging them to hone mindfulness, care, and to look out for one another.

Bro. Yeo Disheng led the university students and young working adults to reflect on the qualities of good friendship, knowing the importance of *kalyana-mittas* as well as our own role and duty to be a good spiritual friend to others.

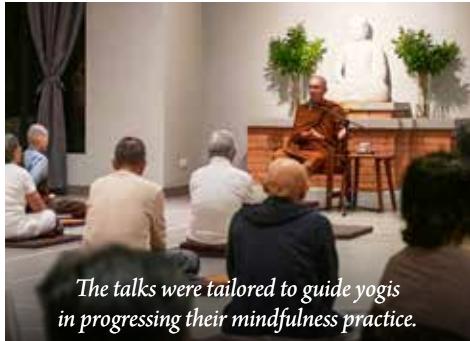
We rejoice in this meaningful start to the year and thank the organisers for creating a wholesome experience among spiritual friends. *Sādu!*



Meditation Retreat with Ven. Gavesi



Members welcome Ven. Gavesi back to Wisdom Park.



The talks were tailored to guide yogis in progressing their mindfulness practice.



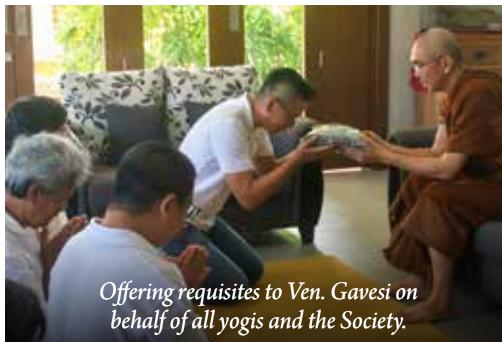
Yogis offering the noon meal to Ven. Gavesi with much respect and gratitude.



Sis. Nandini Tan gave a briefing to yogis at the start of the retreat.



Yogis persevered in their hourly sitting and walking sessions throughout the days.



Offering requisites to Ven. Gavesi on behalf of all yogis and the Society.

16 – 25 January, K.K.B

23 yogis undertook a 10-day Vipassanā retreat at Wisdom Park under the guidance of Venerable Gavesi. The teachings emphasised on sustained mindfulness through sitting and walking meditation sessions, supported by mindful awareness in daily activities and regular guidance as well as interviews.

Ven. Gavesi reminded participants that continuity of mindfulness is the foundation for understanding and overcoming 'dukkha', and guided them to have direct observation without conceptual thinking. We are grateful for his skilful guidance, and rejoice in the efforts of the yogis, organisers, and volunteers. *Sādhu anumodāna*.



Nalanda Dhamma School Stay-In



Chanting and meditation every morning and evening to cultivate calmness and faith



Group activities to foster fellowship and peer support.



Presenting their learnings on the grounds of Seri Negara.



Inspiring and insightful learning sessions.



Guided tour of the newly-opened Seri Negara on Malaysian history and heritage.



Preparing meals and doing chores together.

31 January – 2 February

The Nalanda Dhamma School Stay-In offered students an opportunity to experience Dhamma learning through shared living and daily practice. Beyond learning sessions, students took part in group activities, reflection sessions, outdoor learning, and shared responsibilities.

The programme emphasised mindfulness in daily life, cooperation, and care for others. Through guided activities and peer interaction, students strengthened friendships, developed confidence, and reflected on values such as discipline, respect, and responsibility within a supportive community setting.



An enriching Study Tour to Bujang Valley



Branch Chairperson Dr. Song welcoming participants to NEO Centre Sungai Petani.



Bro. Khaw Seng Giap explaining the significance of Candi Batu Pahat.



Visiting Ven. Thitavijjo in Chinaraj Cave Monastery in Simpang Pulai, Perak.



Saluting Candi Pengkalan Bujang, a Buddhist stupa dating back to 9th–10th century.



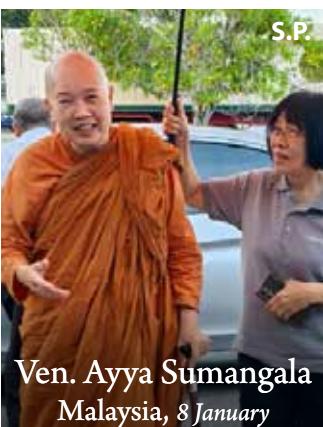
Bro. Yeo Disheng explaining the trade and economy of ancient Kedah that led to influx of Indian traders.

31 January – 2 February, Sungai Petani

Participants joined a study tour to the Bujang Valley to deepen their understanding of Malaysia's early history and Buddhist heritage. Guided visits to archaeological sites, museums, and heritage centres offered insights into the region's role as an important centre of trade, culture, and religious exchange.

The tour also included visits to monastic communities, allowing participants to reflect on the connection between historical heritage, Dhamma practice, and contemporary community life, as well as the importance of preserving these legacies for future generations.

Hosting Sangha Members at Nalanda



Upcoming Programmes

February – April 2026



| | | |
|---------|---|---|
| 04 | Dhamma Talk by Ven. Dr. S. Pemarathana | Nalanda Centre |
| 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 |
| 28 | 13th A.G.M. of Nalanda S.P. Branch | NEO Centre S.P. |
| 01 | 13th A.G.M. of Nalanda J.B. Branch | NEO Centre J.B. |
| 01 | Tea Offering Ceremony & Gratitude Day | Nalanda Centre |
| 03 | Magha Puja & Dhamma talk by Ven. Amarasiri | Nalanda Centre |
| 05 – 08 | Dhamma Camp with Ven. Amarasiri * | Wisdom Park |
| 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 |
| 14 | 13th A.G.M. of Nalanda K.L. Branch | NEO Centre K.L. |
| 18 | Nalanda Patron's Day | Nalanda Centre |
| 21 – 24 | Dhamma Retreat with Ven. Ajahn Visālo for Nalanda Members * | Wisdom Park |
| 25 & 29 | Dhamma talk by Ven. Ajahn Visālo | Nalanda Centre |
| 26 | Meditation & Dhamma talk by Ven. Ajahn Visālo | NEO Centre K.L. |
| 29 | 23rd A.G.M. of Nalanda Buddhist Society | Nalanda Centre |
| 03 – 05 | Undergraduate Stay-in Programme * | Wisdom Park |
| 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. & Happy Garden |
| 11 & 12 | Dhamma Workshop with Ven. Ajahn Kittisobhano * | Nalanda Centre |
| 18 | <i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Seri Kembangan Market | Nalanda Centre, Seri Kembangan Market |

* Registration is required.

Nalanda Buddhist Society wishes you and your loved ones
A happy and blessed New Year!

Please note that Nalanda Centre is closed from
14 to 21 February for the Lunar New Year.
The Centre will reopen as usual on 22 February.

Please note that there is no *Pindacāra* in
Seri Kembangan on 21 February & 21 March.



Dhamma Reflection

Listening to your own heart is really very interesting. This untrained heart races around following its own untrained habits. It jumps about excitedly, randomly, because it has never been trained. Therefore train your heart! Buddhist meditation is about the heart; to develop the heart or mind, to develop your own heart. This is very, very important. This training of the heart is the main emphasis. Buddhism is the religion of the heart. Only this!

You must take this untrained heart, the same as you would take a tree in its natural state in the forest, and train this natural heart so that it is more refined, so that it's more aware of itself and is more sensitive. Everything is in its natural state. When we understand nature, then we can change it, we can detach from it, we can let go of it. Then we won't suffer anymore.

– Ven. Ajahn Chah Subhaddo

Commemorating Ajahn Chah's 34th Memorial Day on 16 January 2026

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