

# Nalanda Bulletin™

Published by Nalanda Buddhist Society

Issue No. 9 | May 2012 | [www.nalanda.org.my](http://www.nalanda.org.my)



## Happy Wesak!

Buddhist Era 2556

Wesak Theme

Being Well  
begins with Me!

圆满人生从自我起航

Special Wesak Edition

Wesak Theme

# Being Well begins with Me!

Nalanda President's Wesak Message B. E. 2556



Dear Friends,

Namo Buddhaya!

Wesak Day commemorates the birth, enlightenment, and passing away of Lord Buddha. Let us observe this occasion mindfully, peacefully, with full gratitude and respect for our great Teacher. It is also a time for us to reflect on the sublime goodness of the Buddha and his teaching.

Here at Nalanda, we advocate the spirit of giving and caring to honour the Buddha's message of love and peace. We encourage all devotees, friends and the general public to give selflessly through activities such as Blood Donation, Mass Food Offering, Alms Giving, and Transference of Merits to all beings.

This kind of activities augment well for the fostering of unity, peace and understanding, as devotees come together to work harmoniously for the welfare of many. Thus, Wesak also becomes an occasion to reach out and unite the Buddhist community in the spirit of compassion.

The theme for this year is "Being Well Begins with Me!" Taking care of our personal health is a powerful first step towards mental and emotional health. The mind and the body are closely linked. When we improve our physical health, we will automatically experience greater mental and emotional well-being.

Many people seek 'happiness' from outside sources instead of looking within themselves. They drink, gamble and smoke under the illusion that they are enjoying 'happiness' which can overcome their miseries. These health-damaging indulgences do not bring relaxation and serenity but make us slaves to our senses, and drive us ever deeper into the chasm of ill health. We should instead learn to control our own mind, as a developed and cultured mind enables us to abandon unwholesome ways and cultivate wholesome lifestyles.

The Buddha says, "No enemy can harm one as much as one's unwholesome thoughts." When we control and purify our mind, we can overcome such negative thoughts and achieve happiness and inner peace. A healthy mind is capable of harnessing great power and gives us the solace we so desperately need. Achieving inner peace and happiness also enables us to serve others better. If we radiate loving-kindness and understanding towards others, the world will be filled with peace, harmony and tranquility. Let us reach beyond ourselves and cultivate peace, unity, and a community spirit so highly praised by the Buddha.

On behalf of the Management of Nalanda Buddhist Society, I would like to extend our invitation and welcome to everyone to participate in Nalanda's wholesome programmes during the Wesak period. May you be well and happy always.

Happy Wesak!

Bro. Lee Kong Foo, President

2600

Years of  
**Buddhism**  
2011-2012



## “Fly our Buddhist Flag” Campaign





*When we gaze at the Buddhist Flag, we see a potent symbol of faith, global unity and world peace. The colours of the flag exemplify the Buddhist ideal of harmony among all nationalities and beliefs, and the universally-accepted, all-encompassing truth of Dhamma.*


Nalanda Buddhist Society is celebrating the 2,600th Anniversary of Buddhism in 2011-2012 with several programmes, one of which is “Fly our Buddhist Flag” campaign. The International Buddhist Flag was adopted as the universal symbol of Buddhist faith in the 1950s. It is often raised only during Wesak Day, and even then, almost exclusively at Buddhist temples and societies. Our campaign is aimed at educating the community on the meaning and symbolism of the flag, and to get Buddhists to display the flag even at home on important Buddhist festivities.


To facilitate that, Nalanda published an informative leaflet on the history and meaning of the Buddhist Flag for free public distribution. Nalanda has also prepared 1,000 pieces of high-quality, made-in-Malaysia Buddhist flags which the public can purchase and display at home. The 90 x 60cm flags can be purchased from Nalanda Centre in Sri Serdang or Nalanda Book Café in Sri Petaling.


The design of the standard Buddhist flag comprises six vertical coloured stripes of equal width - blue, yellow, red, white, orange, and a combination of the five colours as the sixth. For graphical reasons, the sixth stripe is shown as five horizontal bars comprising the other colours. These six coloured rays were said to have emanated from the Buddha when He attained Enlightenment. Each of these colours represents a particular salient quality of Buddhism.


 Blue (*Nīla*) symbolizes the quality of peace, unconditional loving-kindness (*mettā*) and compassion (*karunā*). The Buddha realized the Truth not only for His own liberation but also out of compassion for all beings.

 Yellow (*Pīta*) symbolizes the Middle-Path that avoids the futility of self-indulgence and self-mortification.

 Red (*Lohitaka*) symbolizes the blessings of living by the principles of Dhamma. We obtain the blessings of generosity, virtue, fortitude and wisdom by practising Dhamma.

 White (*Odāta*) symbolizes the purity of Buddha’s Teaching. The Blessed One’s Dhamma is timeless, perfect and complete. He taught beings the proven and infallible way to achieve liberation from suffering.

 Orange (*Manjettha*) symbolizes the Wisdom of Buddha’s Teachings. With proper learning, practice and realization of Dhamma, we attain deep insights and wisdom that are profound, life-changing and liberating.

 “Resplendent glory” (*Pabhassara*) represents the successful culmination of our practice as a Buddhist, attaining liberation from all afflictions and suffering!



# Happenings

Recent Events at Nalanda

## Children's Learning Camp 12 – 14 March 2012

Being “farmer-for-a-day” was a humbling yet invigorating experience for some 46 children aged 9 to 12 during an outing organized by Nalanda Dharma School, which was part of a 3-day children’s learning camp.

As they toiled in the green open fields, planting seedlings and then harvesting other crops, the eager participants learnt hands-on the life-filling values of gratitude and appreciation to all.

“Thank you”, “Please” and “Sorry” were oft-heard expressions and the participants were encouraged to say these magic words throughout the camp. The games that were planned in accordance with the camp’s objective gave a big impact to our young participants, signifying another highly successful camp as the children went home with sweet memories in their minds, and joy in their tender hearts.



## Teenagers' Learning Camp 15 – 18 March 2012

Aimed at imparting a joyful learning spirit in teenagers as well as strengthening their desire to seek knowledge, a 4-day 3-night camp themed “Joy of Learning” was held during the school holidays in Nalanda Centre. A myriad of activities such as challenging station games, mind-blowing ‘detective hunt’, captivating dharma talks and group discussions had successfully fired up their enthusiasm to learn more!

These activities also allowed the youngsters to build comradeship, and enhance communication as well as leadership skills. During a surprise game named “Awakening”, participants had to leave their cozy sleeping bags involuntarily, overcome their inner fear and pass through numerous obstacles, blindfolded! At dawn, they braved through the challenges with unyielding courage, reflecting their boldness in facing uncertainties in real life.

A trip to Petrosains Museum was another highlight of the camp. The hands-on approach adopted by Petrosains put emphasis on science and technology, equipping our participants with valuable knowledge of the petroleum industry. A series of performances marked the end of this joyous transformative camp.





## Satipaṭṭhāna Sutta Course Part 2

24 – 25 March 2012

Nalanda Institute welcomed the return of Venerable Aggacitta together with Ven. Balacitta, Ven. U Vijaya, and 95 diligent yogis, for Part Two of the Satipatthana Sutta Study with Meditation Workshop on 24 and 25 March.

In those two days, Venerable Aggacitta covered the “Contemplation on the Dhammas” (*Dhammānupassanā*), which includes sections on the Five Mental Hindrances, the Five Aggregates, the Six Sense Bases, the Seven Awakening Factors and the Four Noble Truths. During group discussions, to the delight of the participants, the venerables joined in to share their knowledge of the sutta.

Besides giving clear commentaries on the sutta, Ven. Aggacitta also compared the teachings on Satipaṭṭhāna in seven major texts from different Buddhist Schools. There were ‘Question and Answer’ sessions and sharing of participants’ insights gained from the understanding and practice of Satipatthana.

The Workshop concluded well with participants’ joyful expressions and increased faith in the practice. We congratulate and rejoice with every participant in completing the Satipatthana Sutta Workshops. May you continue to strive, learn and practise diligently towards liberation. *Sādhū Anumodana!*





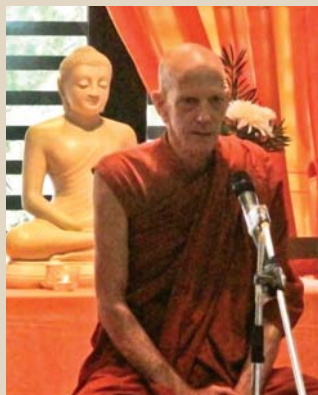
## Meditation Retreat

guided by Ayya Susīla 7 – 8 April 2012

Garbed in saffron robes, with head cleanly shaven and a gentle smile on her lips, Ayya Susīla casts a picture of quiet beatitude that exudes great inspiration to the 35 participants sitting in meditation with her during the 2-day, 1-night meditation retreat at Nalanda Centre.

Held over the Easter weekend of 7-8 April, from 9am till 6pm the following day, the retreat aimed at promoting mental well-being greatly benefited the participants who observed 8 precepts throughout, and learnt about *Anapanasati* (meditation on breathing) on the first day, and *Vipassana* (insight meditation) the next day.

Despite experiencing a few hours of electricity supply disruption on the first day, the yogis carried on meditating diligently, their hearts still, unfazed by the unexpected change in the environment. During interview sessions, they had their doubts clarified by Ayya, who motivated them to happily put more effort into their practice in daily life.



**Great news!** The next retreat at Nalanda :

## Bhāvanā Retreat

7-Day, 6-Night Meditation Retreat at Nalanda Centre  
Led by Venerable Yogacara Rahula (USA)

Start Date : 3 June 2012, Sunday, 2pm

End Date : 9 June 2012, Saturday, 5pm

Everyone is welcome to join this retreat and be guided by Venerable Yogacara Rahula on how to practise meditation. To register, please e-mail your full name, gender, mailing address and handphone number to [bhavana@nalanda.org.my](mailto:bhavana@nalanda.org.my)



## Meet-the-Author Session 11 March 2012

### An Interactive Discussion with Dr. David R. Loy, author of *“The Great Awakening - A Buddhist Social Theory”*

Dr. Loy began his sharing by saying that the Buddha was a great social revolutionary who advocated egalitarianism during His time in India. Regardless of caste or social status, once ordained and entered the Sangha community, one shed his/her identity and strives only for enlightenment from cycles of birth and death. To the people of India at that time, it was such a revolutionary movement and a great social awakening.

Can that miracle of social awakening happen in today’s society? It is indeed a deep, thought-provoking question with no simple answer(s).

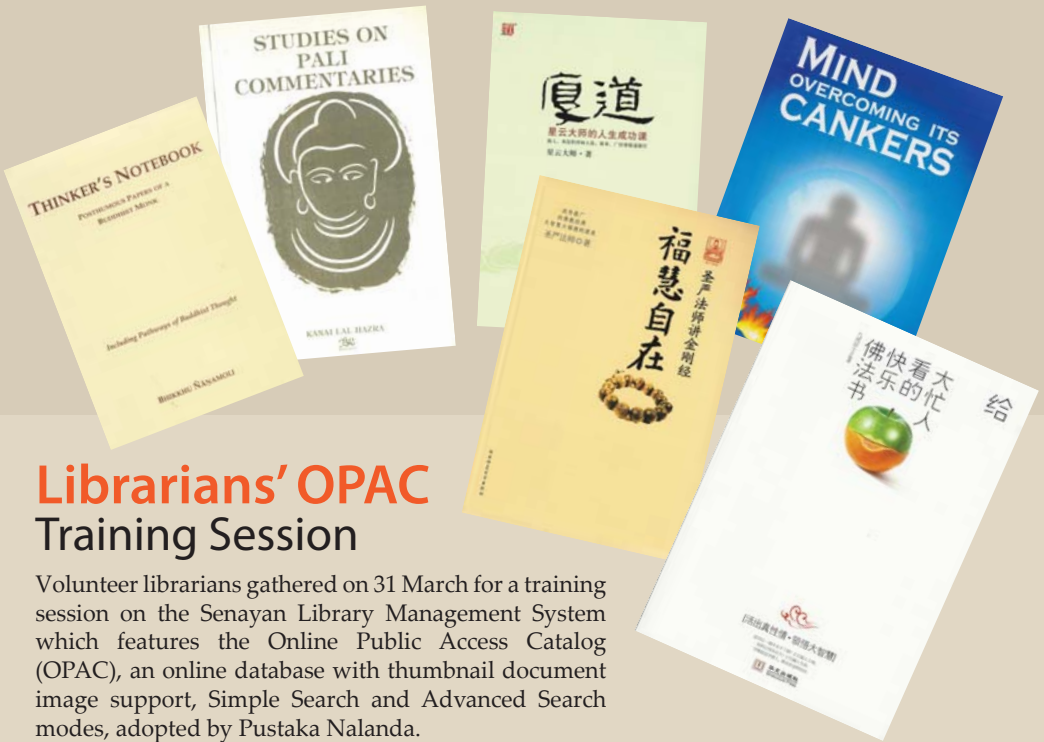
Dr. Loy shared with us how the three evil roots of greed, hatred and delusion are institutionalized, and gave examples of how big institutions and corporations are motivated by the three evil roots, and hence nurture consumerism. Questions asked from the audience ranged from personal practice to collective effort to combat unhealthy social influences. The session was interactive, and the participants learnt and gained much from the sharing by Dr. Loy.



## Gardening Day 1 April 2012

With Wesak fast approaching, we came together on the first day of April to spruce up and beautify our *Nandanavana* (the Garden of Joyful Delight). There were smiling faces and the positive energy was high as the team worked together in tune with nature.





## Librarians' OPAC Training Session

Volunteer librarians gathered on 31 March for a training session on the Senayan Library Management System which features the Online Public Access Catalog (OPAC), an online database with thumbnail document image support, Simple Search and Advanced Search modes, adopted by Pustaka Nalanda.

During the training session, the librarians learnt many features available in the system such as bibliography database management, circulation, membership, and many more that automate various library tasks.

As of 30 April, there are more than 3,000 publication titles available at Pustaka Nalanda, excluding CDs and multimedia items. The Tipiṭaka and reading materials are available in many languages, too. You are welcome to visit our Online Public Access Catalog (OPAC) at <http://nalanda.org.my/pustaka> and look up our catalogue of books and other references.

## Acknowledgement

*Pustaka Nalanda would like to thank Mr Benny Liow Woon Khin for his generous gift of reference books to our Library. We would also like to thank Mr. A K Lee & family, Sis. Lim Eng Bee, Mr. Y M Liew & family, Sis. Sugandha Ooi, and Sis. Samantha Sam for their sponsorships of Buddhist books which added to our library catalogue.*

*Sādhu Anumodana!*



## Nalanda hosts Theravada Council Meeting

Nalanda was honoured to play host to the final meeting of the Theravada Council's Constitutional Drafting Committee on Saturday, 24 March 2012. Attending the meeting were Ven. Sri Saranankara Nayaka Thero, Ven. Aggacitta Maha Thero, and Ven. Dhammavuddho Maha Thero, together with Chairmen of the Pro-tem and Constitutional Drafting Committees, their secretaries and committee members.

The Theravada Buddhist Council of Malaysia (TBCM) will act as an umbrella body that unites and advocates the general interests of Theravada Buddhist associations throughout the country. TBCM has so far received enthusiastic support from many societies. A Pro-tem Committee comprising Buddhist leaders from several states was also appointed at a meeting on 11 February to spearhead the registration of the Council.

Nalanda's President Bro. Lee Kong Foo and Vice President Bro. Lee Teck Beng represented the Society in that formalization meeting held in Sentul, Kuala Lumpur.



## Learning about Wesak

28 April 2012

With one week to go before Wesak Day, Nalanda Institute organized a 3-hour course on the "True Significance of Wesak". The Institute's Director Mr Vijaya Samarawickrama delivered an inspiring lecture on the topic, much to the delight of all participants.

# Nalanda Free School classes start at NEO@Happy Garden

A sense of great privilege and tranquillity pervades NEO@Happy Garden as Nalanda Free School kick-starts here. The first of 6 classes was launched on 6 April, with lessons held in the evenings on weekdays.

At the start of the class, students were introduced to mindfulness of breathing. Teachers and students sit for 5 minutes, mindfully observing their breath. The mood was one of peace and calm for everyone, setting the mind at ease for better concentration in the lessons.

In the first week of class, students would also go through an Orientation Programme at NEO, including learning how to greet and thank their teachers, and behaving mindfully at the Centre.

Students and teachers are able to quickly build rapport amidst the cosy atmosphere at NEO as the classes are small, yet the Centre is spacious, making it more conducive for students to learn comfortably and approach their teachers with ease.



	Subject	Form/Standard	Day	Time
Secondary School	Mandarin	Form 3	Wednesdays	8.00 pm – 9.30 pm
	English	Form 1 & 2	Wednesdays	8.00 pm – 9.30 pm
	English	Form 3	Tuesdays	8.00 pm – 9.30 pm
Primary School	Mandarin	Standard 4	Fridays	8.00 pm – 9.30 pm
	Mandarin	Standard 5	Tuesdays	2.00 pm – 3.30 pm
	English	Standard 5	Fridays	8.00 pm – 9.30 pm

## Nalanda Education & Outreach (NEO) Centre

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

We are currently recruiting facilitators and helpers to assist us in managing and operating the Free School in Nalanda Centre and NEO Centre. Please enquire about community service opportunities available at Nalanda by contacting Sis. Nandini Tan at 03-8938 1500 / 8938 1501. Thank you, volunteers!

## MONTHLY FILM SCREENING

4TH SUNDAY OF EVERY MONTH  
1.00 PM - 2.00 PM

Starting from July 2012, Pustaka Nalanda will be hosting monthly screenings of a documentary or movie that is related to Buddhism. This is a good opportunity to widen our Dhamma knowledge and exposure through audio-visual means, which can be very refreshing and invigorating.

Watching it on screen serves to improve our capacity to remember as our sight, hearing, and emotions are all being engaged at the same time.

So let's come and  
watch a film together!



## MEET-THE-AUTHOR

7 JULY 2012 | 3.00 PM - 4.30 PM

As a Buddhist practitioner, Lim Ai Lin shares her experience in fighting cancer. She also recounts her experience in nursing her mother who suffered from a stroke and how she prepared her father's funeral in the Buddhist way. With faith in and guidance from the Triple Gem, she faced those challenges courageously, and helps people around her.

林艾霖，一名虔诚的佛教徒写下她如何坚强面对子宫癌的抗病经过。她也分享如何坚韧地照顾中风的母亲，及为去世的父亲办佛化葬礼。这本书也记载着她当义工辅导员的一些感动辅导个案。转一念，烦恼尽处是菩提。林艾霖，凭着对三宝的信念，坚强地与癌细胞抗战并跨越人生无数的挑战。她在这几十年的岁月，自助助人，生命活得很精彩。



# Upcoming Events April– July 2012

## APR



*Piṇḍacāra*

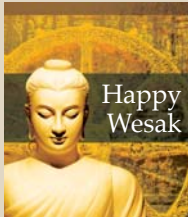
14 Nalanda Institute Course LMS 275 *Effective Management of Human Capital in Buddhist Organisations* Nalanda Centre

21 Nalanda Free School English Language Learning Workshop ( II ) for Secondary School Students Nalanda Centre

28 *Piṇḍacāra* – Alms-round by Saṅgha members at the morning market in Happy Garden next to NEO Centre. NEO Centre

28 BPS 068 “*True Significance of WESAK*” Nalanda Centre

## MAY



Happy Wesak

01 Nalanda’s 9th Anniversary Celebration Launching of Nalanda’s new website, uniform, and “*Nalanda-Macro*” Nalanda Centre

04–06 Wesak Observance 2012 (B.E. 2556) Theme - “*Being Well begins with Me!*” Nalanda Centre & NEO Centre

16 Nalanda Free School Teachers’ Day Celebration Nalanda Centre

19 LMS 276 Leadership Effectiveness (Part 1) *Profile of an Effective Buddhist Leader* Nalanda Centre

## JUNE



*Yoo Lee*

02 *Piṇḍacāra* – Alms-round by Saṅgha members at the morning market in Taman OUG NEO Centre

03 Meet-the-Author Session: Mr. S. Vijaya “*A Buddhist Reflects on Rewarding Children*” Nalanda Centre

03–09 Bhavana Retreat Led by Venerable Yogacara Rahula Nalanda Centre

16 LMS 277 Leadership Effectiveness (Part 2) *Leadership Styles that Create a Dhamma-Centric Climate* Nalanda Centre

22 LMS 278 Leadership Effectiveness (Part 3) *Managing Effective Relationship with EQ* Nalanda Centre

23 Charity Performance “*Yao Lee - the Legendary Rose Musical*” KLPac, Sentul, Kuala Lumpur

## JULY

01 Nalanda Institute’s 5th Anniversary Dhammacakka Day at Nalanda Nalanda Centre

6 – 10 5-day Study Tour to Borobudur & Yogyakarta Indonesia

Regular activities at Nalanda Centre include “*Service Sunday*” (Sundays, 9am–12pm) and Meditation (Tuesdays, 8.30–9.30pm). For full details or updates on activities, kindly log on to our website at [www.nalanda.org.my](http://www.nalanda.org.my)



## 7-week Intensive Dhamma Retreat for Nalandians

### Nalanda Gimhāna Dhamma-Paṭipatti Pūja

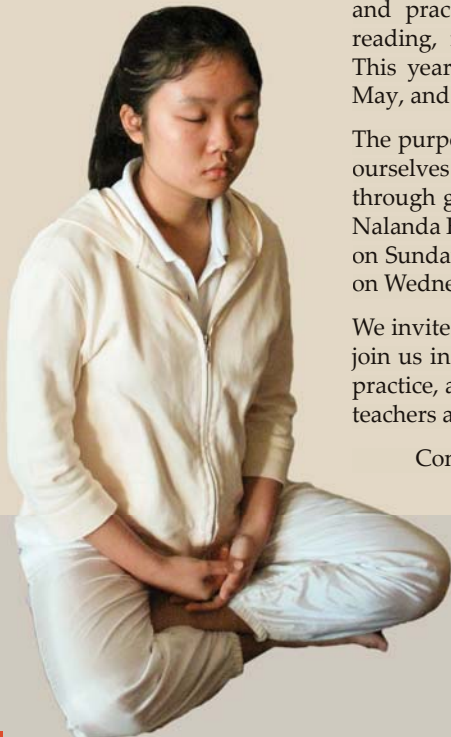
Every year, between Wesak Day (in May) and Asalha Day (in July), Nalandian members and devotees will observe a period of relatively intensive Dhamma learning programme and practice. The programme includes daily chanting, reading, meditation, reflection, and spiritual affirmation. This year, our *Gimhāna* Retreat will begin on Sunday, 20 May, and end on Tuesday, 3 July, the Asalha full-moon day.

The purpose of the Retreat is for Nalandians to understand ourselves better, and to know the Dhamma more intimately through guided, gradual, communal and personal practice. Nalanda Founder Bro. HS Tan will be giving special lectures on Sundays and leading the communal meditation sessions on Wednesdays during that period.

We invite all Nalanda members, volunteers and devotees to join us in this wholesome period of Dhamma learning and practice, and be truly inspired in the company of wonderful teachers and spiritual companions.

Come and experience the joy of Dhamma! *Ehipassiko!*

*For Nalandians who are outstation or overseas, do join our family during this period of spiritual practice. Wherever you are, you can still participate meaningfully through corresponding with Nalandians back home. We shall also post Bro. Tan's sharings on the website for your convenience, so that you'll not miss the teachings! Strive on diligently!*



# Interviews with Nalandians Down-Under!



Being a Nalandian has made me realize that the goal of life is to develop spiritual perfection. The experience has also changed the way I perceive things. With the understanding that we create our own world and that life is impermanent, I have been able to embrace changes in life much better.

Low Lee Yean, Melbourne, Victoria, Australia

Being a Nalandian is about the way of life I live, and how I carry myself in society. With the knowledge I've learned, I am able to deal with many problems in life. Therefore, being a Nalandian was the luckiest experience for me!

K'ng Zhi Xuan, Sydney, New South Wales



When you're alone overseas, and everything around you is different, being a Nalandian is a great benefit. The strong mental build-up and positive attitude enable me to understand the people around me better, and most importantly restrain me from falling into bad company and staying with the good.

Ee Shu Yin, Adelaide, South Australia

Being a Nalandian has changed the way I live. It has provided me the opportunities to learn, grow and practise Buddhism in modern society. I have been able to cultivate loving-kindness, gratitude and compassion, as well as obtain essential knowledge and skills in life. Being a Nalandian has refined the way I lead my life.

Yee Shien Jean, Melbourne, Victoria



A Nalandian is part of a strong supportive community and is never forgotten regardless of where he or she is. A Nalandian will always have a place to turn to for support and warmth, at any time or place. A Nalandian will also recognize that all our love and warmth are unconditionally given!

Ooi Quan Yi, Melbourne, Victoria

### What are our objectives in life?

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

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

2600  
Years of  
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### What does it mean to be Nalandians?

Being Nalanda members, devotees and volunteers, we believe in :

1. *Compassion* – Being kind and supportive of others in our thoughts, speech and conduct.
2. *Courage* – Being strong and determined in the face of adversities and challenges in life.
3. *Respect* – Being respectful of our elders, teachers, fellow practitioners, and all sentient beings.
4. *Integrity* – Living by righteous means, principles and values.
5. *Service* – Living not just for ourselves, but for the welfare of others as well.
6. *Faith* – Having right understanding and deep confidence in the Buddha-Dhamma.
7. *Learning* – Continuous learning and improvement as an individual and as a community.
8. *Reflection* – Living mindfully and purposefully towards liberation from afflictions.

## Nalanda Contacts

Please visit our website for the map to Nalanda.

### Nalanda Buddhist Society

3357, Jalan 18/31, Taman Sri Serdang,  
43300 Seri Kembangan, Selangor, Malaysia.

Tel. No. +603-8938 1500 / 8938 1501  
Fax No. +603-8938 1502 / 8948 8055  
E-mail [info@nalanda.org.my](mailto:info@nalanda.org.my)  
Website [www.nalanda.org.my](http://www.nalanda.org.my)

### Nalanda Education & Outreach (NEO) Centre

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

Tel. No. +603-7971 7151  
E-mail [gembira@nalanda.org.my](mailto:gembira@nalanda.org.my)

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

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