

# Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 10 | July 2012 | [www.nalanda.org.my](http://www.nalanda.org.my)

For Non-Muslims Only



## Nalanda Gimhana Retreat 20 May – 3 July


**T**ranquility permeated the Shrine Hall as devotees sat in silent meditation, calming the mind, absorbing the surrounding aura of peace. It was the start of Nalanda's Annual *Gimhana Dhamma Retreat*. (*Gimhana*, in Pāli, means "summer" or "hot season".)

For seven weeks after the Buddha's Enlightenment, He contemplated on the Dhamma with His perfectly clear faculty of comprehension. Then, He travelled for seven days from Bodhgaya to Sarnath, where He preached the First Sermon (*Dhammacakkappavattana Sutta*) to the five ascetics in the deer park on Asalha Day, two full moons after His Enlightenment. So it is for seven weeks after Wesak Day that Nalandians are coming together to "*mengenali diri*" – know ourselves, and "*mendalami Dharma*" – deepen our understanding of the Dhamma, with the retreat culminating on 3 July, the Asalha Full-moon day.

Nalanda Founder, Bro. H S Tan, has been giving special lectures on Sundays and leading communal meditation sessions on Wednesdays during this period. The key message this year is to "evolve spiritually" and transform from an ordinary person (*anariya*) to a Noble One (*ariya*) through holistic education and cultivation. The Shrine Hall has been packed every session as inspired Nalandians come to know ourselves and understand the Dhamma better, and to be motivated to continue our transformation and 'evolution'!

# Happenings

## Recent Events at Nalanda



**Wesak Observance** B.E. 2556 4 – 6 May 2012

This Year's Wesak Theme **Being Well begins with Me!**

**W**esak at Nalanda was observed with a meaningful programme from 4 to 6 May. This year saw a record turnout of more than 2,000 visitors over the weekend. Everyone came together with strong devotional spirit and added meaning to our celebration. The activities and events steered all of us towards the cultivation of loving-kindness, generosity and peace.

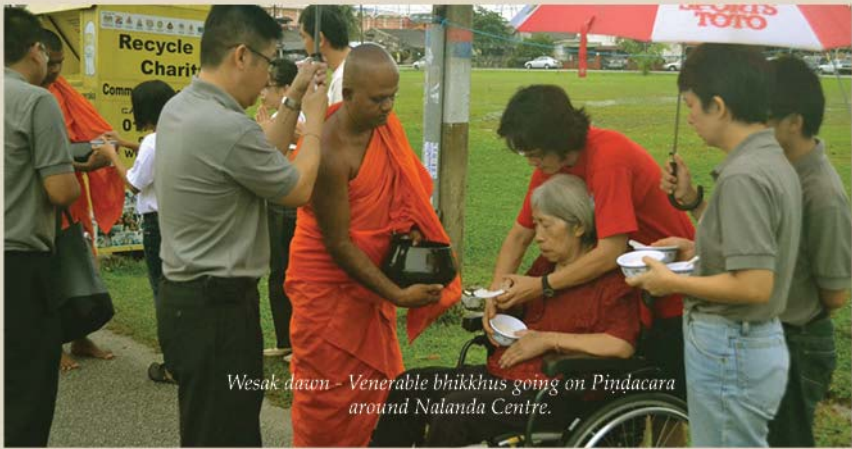
Beginning with the **Buddha Jayanti Exhibition** on 4 May, the theme "Path to Well-being" emphasised how we can take charge of our own happiness and welfare. Nalanda Founder Bro. Tan's sharing on Wesak Eve inspired everyone to live a life of virtue, serenity and wisdom. Mr. Vijaya Samarawickrama further reiterated the Wesak theme "Being Well begins with Me!" during his Dhamma talk on Wesak morning.

To encourage the practice of giving and develop the *parami* (perfection) of generosity, several events were organised on Wesak Day, including the *Piṇḍacara* (alms-round) at dawn, blood donation campaign throughout the day, and the Mass Food Offering in the evening. *Mettā Bhāvanā* (meditation on loving-kindness) held during Wesak's "Night of Peaceful Celebration" was very well-received. One could feel the aura of peace and goodwill throughout the place.

**W**e were uplifted to witness the effort by Nalanda's youths, who ably organised the annual **Heritage Procession** and gave a refreshing perspective of the Dhamma through a lovely stage performance. There was wonderful synergy as the young and their elders served together harmoniously, sharing a common purpose, united in faith and spiritual kinship.

We were also heartened to have many dedicated and joyful volunteers serving the public this year. This excellent crop of volunteers amply demonstrated Nalanda's core values of **Service** and **Humility**. We would also like to thank generous donors who gave unreservedly to support our educational mission and Dhamma propagation efforts.

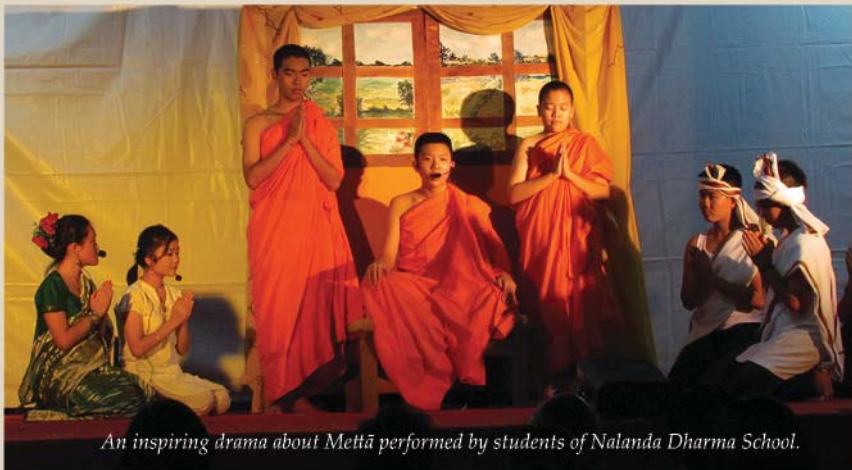
*Sadhu Anumodana* to everyone!



*Wesak dawn - Venerable bhikkhus going on Pindacara around Nalanda Centre.*



*Donating blood with mettā on Wesak day.*



*An inspiring drama about Mettā performed by students of Nalanda Dharma School.*



## Meditation Retreat Guided by Venerable Yogavacara Rahula 3 - 9 June

Serenity filled the Sasanaloka Hall as some 30 retreat participants meditated under the guidance of Venerable Yogavacara Rahula, an American Theravada monk who has been teaching the Dhamma for the past 30 years. Even yogis from Hong Kong and Singapore grabbed the opportunity to participate in this retreat at Nalanda!

The uplifting talks and hilarious jokes by Ven. Rahula delighted many devotees who attended the nightly Dhamma talks throughout the retreat, providing them with useful 'tips' on how to inculcate meditation into their busy daily schedules.

We congratulate and rejoice with all participants in their effort and determination in completing the retreat. To all who have supported and contributed to this retreat, we sincerely appreciate your assistance in creating a conducive environment and opportunity for all to learn and practise the Dhamma. *Sadhu Anumodana!*



*Mindful attention to the breathing in and out.*



## Kaum Ibu Mendalami Dharma 11 – 13 June


In conjunction with the Gimhana Retreat “7 Minggu Mendalami Dharma”, Nalanda was blessed to have Venerable Ayya Santini from Indonesia to share the Dhamma for 3 consecutive nights. These talks were based on the question of ‘How can one be truly happy?’

Ayya’s jovial nature made these sessions very lively. She captivated the audience’s attention and drew much laughter from those who attended the talks. The attendees gained much insight into how easily simple habits of everyday life escape one’s notice, and are the causes hindering one from achieving happiness. A case in point is the feeling of anger or grudge that people hold on to for a long time. According to Ayya, people hold on to such negative feelings despite the unhappiness caused, simply because they have “not seen through the eye of wisdom”. She said, “most people look, but do not see”. One such example was Isaac Newton who ‘discovered’ the law of gravity by ‘seeing’ the fall of an apple. Many others before him did not ‘discover’ gravity despite often witnessing the fall of objects.

Ayya Santini made a clear emphasis on the non-grasping of emotions and perceptions, and the practice of *Sila* (morality) to reduce suffering. However, Ayya reminded that to attain true happiness, *Nibbāna*, one must practise meditation as *Sila* alone is inadequate for the purification of minds.

We thank Ayya for her insightful and inspirational talks and may the pointers help us improve our daily Dhamma practice. ■





Nalanda President Bro. Lee Kong Foo sharing his vision.

## Nalanda Day 1 May Nalanda's 9th Anniversary

1 May 2012 marked the 9th Anniversary of Nalanda Buddhist Society. On this day, Nalandians gathered to reinvigorate our commitment towards our noble mission – to continuously learn and practise the Dhamma to achieve well-being and happiness, and to energetically serve the community by providing educational opportunities based on Buddha-Dhamma.

**W**e witnessed the Installation Ceremony of our newly-elected Management Committee, and celebrated the launching of Nalanda's new website, our new uniform, and our first vehicle – a reconditioned, used-van generously donated by Mr. Chan Fong. The occasion was also significant as we launched the first-ever "Nalanda-Macro" – an important document outlining Nalanda's Transformation Programme and our organisational goals for the next one year. It was a memorable day with all-round joy and appreciation for the efforts put in by every Nalandian working selflessly over the years!



*Dynamic, cheerful members  
are the backbones of Nalanda!*

**O**n this day, Nalandians also made a firm resolution to further develop ourselves not merely in knowledge, but also in our personal practice to enable further spiritual progress. We can express this philosophy in terms of a simple equation :

**Education + Cultivation ⇒ Transformation**

Therefore, apart from remembering and appreciating our past contributions, let us also resolve to practise the Dhamma diligently to attain personal spiritual transformation, out of compassion for the world! ■



*Ven. Yogavacara Rahula leading other bhikkhus on Pindacara.*

## Pindacara in Taman O.U.G. 2 June

Embarking on a wholesome journey, about 30 Nalandians and volunteers gathered at NEO Centre in Happy Garden to participate in the first monthly *Piṇḍacara* at Taman O.U.G. morning market. With high spirits, everyone was united in their aspiration to spread happiness and peace with the performance of *dāna* (offering). Entering the market, the public were briefed on the meaning and significance of giving alms. Food was offered to the Sangha out of faith and goodwill. What a joyful occasion indeed!

Nalanda will be organizing the next *Piṇḍacara* at Taman O.U.G. morning market on 4 August. All are welcome to participate in this meritorious deed.



*Many people find enjoyment in worldly things, but those who know true joy find it in the act of giving.*



*Happy volunteers make a happy Society.*

## Volunteer Induction Programme 10 June

It was indeed a Sunday well-spent for Nalandian volunteers taking part in the Volunteer Induction Programme (VIP) on 10 June. 63 dedicated volunteers who are serving in Nalanda's various divisions and departments – the Society, Nalanda Institute, Nalanda Free School, Dharma School and Pustaka (Library) attended this inspiring orientation and training course.

The founder of Nalanda, Bro. Tan, encouraged everyone to internalize Nalanda's Eight Core Values and Six Well-beings (See Page 20) in one's own cultivation. Internalizing the core values and achieving well-being is the essence of successful self-transformation, or in other words, attaining integral human development. As Nalanda grow in years, Nalandians must grow in depth!

*"When we do good, we will feel good."* This is because the joy of service arises following our wholesome actions. We should not disregard our seemingly little acts of kindness, as it can mean a great deal for one who desperately needs it. As volunteers of Nalanda, our services must be guided by compassion, integrity, and wisdom. Bro. Tan further reminded us, that *"what is worth doing is worth doing well!"* Therefore, strive on Nalandians! Let's continue to contribute to country, community, and humanity. *Anumodana!*



*Mrs. Choo, who heads the Dāna Support Team, telling her "volunteering story".*





*Bro. Tan conducting the orientation for Nalanda volunteers.*

Nalanda volunteers learn a lot in terms of knowledge, skills and values, which are instrumental to our personal growth. Thus, as Nalanda grow in years, Nalandians grow in depth.

"Spending a day with these Nalandian 'super-volunteers', who have dedicated much time, energy and effort to public service, was indeed a privilege!"

The **Nalandian Spirit** – being humble, easy to admonish, eager to learn, confident, and courageous to act and live wisely.



Seven exemplary Nalanda volunteers were specially mentioned and honoured at the VIP for their staunch dedication, discipline and leadership qualities – (from left) Sis. Faith Teh (Secretariat), Sis. Chin Chooi Kim (Secretariat), Bro. Tai Zheng Yang (Dharma School), Bro. Yap Keng Siong (Sangha Support Team), Bro. Willie Cheah (Free School/Dharma School), Sis. Ng Xeyiing (Secretariat), and Sis. Santī Cheang (Nalanda Institute/Pustaka Nalanda).



Department of Leadership & Management Studies

## Buddhist Leadership & Human Capital Series

**N**alanda Institute's Department of Leadership & Management Studies organized a series of Leadership & Human Capital Courses from April to June 2012 to facilitate the study and adoption of essential management principles within Buddhist organisations. Conducted by Mr. Tan Huat Chye, these four-module courses were specifically catered for Buddhist leaders, volunteers, and Dharma School teachers.

LMS 275 on 14 April: *Effective Management of Human Capital in Buddhist Organisations*

LMS 276 on 19 May : *Profile of an Effective Buddhist Leader*

LMS 277 on 16 June : *Leadership Styles that Create a Dhamma-Centric Climate*

LMS 278 on 30 June : *Managing Effective Relationship with EQ*

Mr. Tan has many years of experience in training and consulting, with a niche in Human Capital Management. Participants gained much insight from his sharing and rich experience. Group discussions with participants from numerous Buddhist organisations also contributed to this learning programme. Certificates of Participation were given to participants who attended all four modules of the Buddhist Leadership and Human Capital Series. Congratulations!

*"Gone are the days when we leave the emergence of leaders to CHANCE. In managing our organisations today, grooming better leaders is by conscious CHOICE."*

— Tan Huat Chye



# Nalanda Institute

## 5th Anniversary



### Message from the Director Mr. Vijaya Samarawickrama

Nalanda Institute was established on 1 July 2007 to provide systematic Buddhist education and to serve as a resource centre to the Buddhist community in Malaysia. While its approach is primarily academic with the focus on Pāli and Buddhist Studies, Leadership & Management Training, Conferences, Pilgrimages, Educational Tours and Buddhist Publications, its larger goal is, among other things, to propagate the correct doctrine according to the Pāli Canon and to arouse interest in Buddhism among the public. In the very short time that we have been in existence, we have carved out a niche for ourselves in the local Buddhist scene and we are pleased to record that as of May 2012, more than 7,500 participants have benefited from the Institute's courses, study tours and conferences.

**T**he Institute has been very fortunate to be run by a team of dedicated volunteers who have made remarkable contributions for the benefit of the community. Between July 2011 and May 2012 we carried out various projects, among them:

5 Sutta-commentarial courses and the Satipatthana Sutta Study Workshop;

4 modules under the Buddhist Leadership & Human Capital Series to provide leadership training for Buddhist organisations;

A one-year Dhamma Teachers' training programme;

A Symposium on "The History of Buddhism in Malaysia", which brought together 120 people from several states, was held in Gurun and Sungai Petani, Kedah last September; and

**Wacana 2011** with the theme "*The Buddha-Word – Its Social Relevance and Application Today*", which drew a packed audience of more than 250 people.

Although it has been a busy year with a lot accomplished, we cannot rest on our laurels. We must constantly seek new avenues to serve the cause of Buddha-Sasana. With this goal in mind we have come up with the following programmes to be implemented in the near term:

Launching the **Nalanda Project**, under the guidance of Dr. Tan Ho Soon. It is envisaged as a complete family reference set of publications covering various aspects of Buddhism. It is hoped that this project will provide easily accessible information on what the Buddha taught and about Buddhist culture and practice in every Buddhist home.

Study Tours to Borobudur, Sri Lanka, and Pilgrimage to India and Nepal.

Publication of Mandarin leaflets translated from previously published titles, such as *Buddhist Flag* and *Buddhism in Malaysia*. This is to expand on our outreach, and to arouse the interest of the public to deepen their Buddhist knowledge, especially among the Chinese-speaking community. ■

Quality Education begins with  
Quality Educationists!

## Facilitators' Training Session 11 April

On 11 April, Nalanda Dharma School facilitators participated in a meaningful and fun-filled one-day training programme with talks on 'Understanding Adolescent Psychological Development' and 'Creative Thinking'. According to speaker Bro. Ooi Boon Keat, basic counselling skills are important for an educator. Understanding students' physical and emotional well-being, and knowing ways to reducing their negative emotional states enable teachers to help their students strengthen self-efficacy levels and deliver better performance.

"Creative learning programme" is the only way to attract and maintain the learning interest in young students nowadays. Speaker Sis. Jade Ong introduced various methods and guidance to spark and tap into our facilitators' deepest levels of creativity. Being creative has a lot to do with tapping into the brain's imaginative powers, and these often kick into action when we are 'unaware' that we are thinking.

Constant training and learning as an educator in Dharma School are essential for us to provide quality Buddhist education. Being a good role model as a true learner also motivates and affects our students' learning patterns. A good educationist is the brightest guiding star in every student's life. As Henry Adams said, 'A teacher affects eternity, he can never tell where his influence stops.' ■



*Congratulations to the newly-elected Nalanda Dharma School officers!  
May you serve well with excellent leadership qualities.*



## Happy Teacher's Day 16 May

Nalanda Free School marked Teacher's Day on 16 May this year in a very special way – by having a special sharing about the teacher who made an impact in one's life and how one's life has changed for the better from that encounter. Many inspiring “lessons” came to light as NFS teachers shared about their “mentor-teachers”, followed by the students sharing their stories. Those present learned much from the sharing of the noble values imparted by teachers and went back gratified and imbued with courage and determination to strive even more diligently to improve themselves.

## Introduction to Meditation

*Students and teachers of Nalanda Free School calmly meditate for 5 minutes prior to their lessons.*



Nalanda Free School students based at Nalanda Centre had a dose of “calming mindfulness” after they came back from the recent 2-week school holidays. The students were introduced to 5 minutes of meditation before the start of their classes. Teachers guided them through the session, which focuses on mindfully “breathing in, and breathing out”. This meditation is part of the Free School’s class routine and is aimed at helping students settle their minds for better focus and concentration in studies.

Bro. Ananda Fong doing the presentation  
at the Monthly Dhamma Discussion.



Monthly Dhamma  
Discussions 11 May

**W**ith aspiration and passion of bringing the Dhamma to different groups of people, the Monthly Dhamma Discussions continued in May and June. During the two meetings, discussions centred around the topic of “Three Jewels”. Sublime qualities of the Buddha, Dhamma and Sangha were explained and shared, clearing doubts and strengthening one’s understanding of the subject.

We pay our utmost respect to the Buddha, who represents the culmination of determined practice and cultivation over a very long time; the Dhamma, the universal Truth about life; and the Noble Sangha, who preserve the Dhamma by learning, practising, realising and propagating it to the masses. These Three Jewels are also our supreme Refuges. Understanding this, one is released from all unsatisfactoriness in life, attaining supreme happiness and peace.

## Meet-the-Author Session 3 June

### Mr. Vijaya Samarawickrama

Pustaka Nalanda’s Meet-the-Author sessions aim to promote literacy and interest in reading Dhamma books among Buddhists. During these sessions, participants have the opportunity to hear from the authors directly about their personal experiences and insights into the subject matters. On 3 June, we invited Mr. Vijaya Samarawickrama, the Director of Nalanda Institute, to share about his book, *“A Buddhist Reflects on Rewarding Children”*.

It is said that the purpose of education is to bring about a change of behaviour in a person. In nurturing the young, we may wonder, “How do we get them to accept what parents or teachers are eager to hand down?” During the 1½ hour session, Mr. Vijaya shared the ‘art’ of rewarding children, much to the delight of everyone present.

*“The ultimate goal of rewarding children is to help them internalise positive behaviours so that they will not need a reward. Eventually self-motivation will be sufficient to induce them to perform the desired behaviour and outside reinforcement will no longer be necessary.” – Mr. Vijaya*

# Pustaka Nalanda Library & Reading Lounge

Monthly Dhamma Discussions at Pustaka Nalanda have been successfully conducted since January 2012. We are carrying on with this programme to encourage a progressive understanding of Dhamma within a supportive group setting. This is a conducive environment to stimulate reflective contemplation through engaging in interactive discussions with fellow Dhammafarrers. Come and be inspired during your Friday lunch break, where food will be provided at Nalanda Centre for both your physical and mental well-being! Over at NEO Centre, it is Saturday afternoon tea-time instead!

## Nalanda Centre in Sri Serdang

2nd Friday of Every Month | 12.00pm - 1.30pm

13 July

"The Great Discovery"

10 August

"The Path to Happiness"

7 September

"Sowing Good Seeds"

12 October

"Reaping Good Fruits"

9 November

"What Buddhists Believe"

- Common Questions Addressed

### Programme

12.00pm Lunch for Participants

12.30pm Dhamma Sharing  
& Discussion

1.15pm Q & A Session

1.30pm End of Session

## NEO Centre in Happy Garden, KL

3rd Saturday of Every Month | 3.00pm - 5.00pm

18 August

"Getting to know the Buddha"

15 September

"Is Buddhism Still Relevant  
in the 21st Century?"

20 October

"The Greatest Discovery"

17 November

"We have been Wandering  
for a Long Time"

**All are welcome!**

## Exemplary Nalandian – Sis. Mudita Chan

For some of us, taking public transport such as the bus, LRT and KTM Komuter to and from work may be a chore. But having to take all those three services just to offer voluntary service may be such a hassle, that many would most likely give up that idea!

However for Sister Mudita Chan, it is just part of her daily routine to volunteer at Nalanda Centre – a journey that sometimes takes over 2 hours each way – and she has been doing it almost daily for the past 1½ years!

“It is not really such a big deal – it’s just a journey to our place of service – and when we do it mindfully, it’s actually two hours quite well-spent, dedicated to the cultivation of patience and right effort,” says the soft-spoken 52-year-old, whose Buddhist name “*Muditā*” means “appreciative joy”.



Sister Mudita’s journey with Nalanda first took root after she attended a one-day course on the *Dhammapada Twin Verses* conducted by Bro H S Tan at Brickfields Maha Vihara.

“At that time, I had already retired from my banking job of 24 years and was volunteering at the National Council for the Blind Malaysia (NCBM). I was new to Buddhism and wanted to learn more about it. I gradually joined the activities at Nalanda and later decided to dedicate my time to serve at Nalanda,” says Sister Mudita, who served at NCBM for almost six years.

Currently, Sister Mudita is attached to Pustaka Nalanda at Nalanda Centre and is a facilitator at NEO Centre in Happy Garden. When asked why she has embarked on this path, Sister Mudita again humbly points out that “It just came to mind one day that it is good to do this while my body is able to.”

And in the same quiet manner, Sister Mudita shared about her four annual novitiate programmes at the Buddhist holy sites in India and Nepal. “While joining the activities at Brickfields, I came upon Venerable Mahinda’s novitiate programme. I just thought it would be interesting to travel to the holy sites. And so I found myself in Lumbini in 2007, Bodhgaya in 2008, Sarnath in 2009 and Kushinara in 2010.

“I did not specifically plan for these annual novitiates though I did make aspirations for them. For the last programme in Kushinara, I shaved my head for the first time. It was quite an amazing experience. When I came back, I got my share of stares. Some wondered if I was a cancer patient. Others smiled and asked “Have you just attended a novitiate programme?”

To some of us, the consecutive novitiate programmes and several years of voluntary service may seem like a huge commitment, but for Sister Mudita it is just part of her ‘ordinary’ life.

“It just felt right that I dedicate my time to volunteer, and I happened to be given the opportunity by Nalanda,” she concludes with appreciative joy, naturally! ■

Article written by Catherine Siow



# Visit by Singapore Buddhist Fellowship

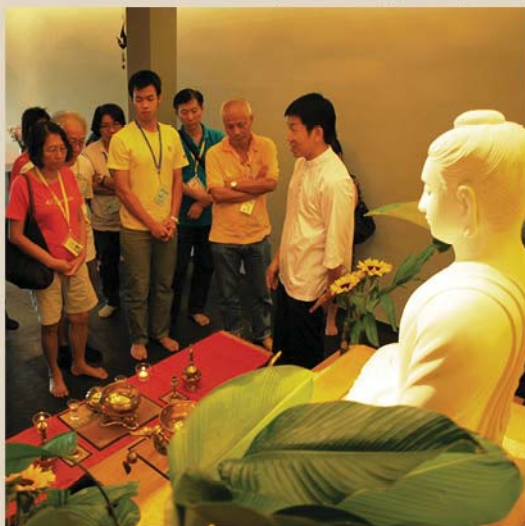


Nalanda was honoured to host a visit by the Singapore Buddhist Fellowship (SBF) on 16 June. An entourage of 70 people, comprising SBF Excos, members and their families, were visiting several Buddhist centres in Malaysia as part of their educational tour. The group spent a fruitful 2 hours at Nalanda Centre interacting happily with Nalandians.

Our guests showed much interest in learning and understanding the unique Nalandian Culture and Core Values. Their enthusiasm was apparent throughout the tour of Nalanda Centre, listening attentively and asking questions for further clarification. A hymn-singing session led by Nalanda youths during refreshments brought smiles as everyone sang along joyfully.

Over the years, Nalanda has fostered close regional ties and often hosted visits by Buddhist organizations from Singapore, Indonesia and Thailand. We look forward to further exchanges between our regional friends and Nalandians to enhance Dhamma learning programmes. ■

*Bro. Tan providing a brief explanation of the Altar set-up to our Singaporean friends.*





# The Musical Empress Wu

Performed by the highly acclaimed DAMA Orchestra

武則天

**6 October 2012, Sat, 8.00pm**  
**14 October 2012, Sun, 3.00pm**

**Kuala Lumpur Performing Arts Centre (KL Pac)**  
Sentul Park, Jalan Strachan, Off Jalan Ipoh, Kuala Lumpur.

Ticket prices **RM 88, 128, 198, 298, 500**

This Charity performance is in aid of Nalanda Education & Development Fund to help needy Malaysian students obtain holistic guidance and all rounded education.

EMPRESS WU is an original musical based on the life, love and times of China's first and only female Emperor, who ruled with an iron fist more than a thousand years ago. During her reign, Tang-Dynasty China was the richest and most powerful country in the world. It was China's golden age, and Empress Wu held together a sprawling empire against numerous external threats and internal court intrigues. Not unlike other rulers, Empress Wu's ascent to power was littered with betrayals and treachery, but also with honour and loyalty. A controversial figure condemned and praised by historians in equal measures, the Empress nevertheless enjoyed supreme power over a quarter of humanity. She was as ambitious as she was ruthless. She was a visionary and an autocrat. But ultimately, she was the remarkable symbol of female defiance in Confucian China!

To purchase tickets,  
please contact Nalanda's representatives :

**Nalanda**

Mr. Vincent Lee  
**012. 211 3907**

Mr. Charlie Teng  
**019. 212 6382**

Mdm. Joyce Lim  
**012. 212 2878**

# Upcoming Events July – September

## JUL



Asalha Pūja

01	Nalanda Institute's 5th Anniversary Dhammacakka Day at Nalanda	Nalanda Centre
03	Asalha Full-moon Pūja	Nalanda Centre
06-10	Study Tour to Borobudur & Yogyakarta	Indonesia
07	Meet-the-Author Session : Lim Ai Lin “心转”	Nalanda Centre
07-08	National Māha Saṅghika Dāna 2012	Bodhi Park, Shah Alam
13	Monthly Dhamma Discussion “The Great Discovery”	Nalanda Centre
22	Monthly Film Screening	Nalanda Centre

## AUG



Meditation  
Retreat

04	<i>Piṇḍacara</i> – Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre/ O.U.G. Market
04-06	Meditation Retreat guided by Ayya Susīla	Nalanda Centre
10	Monthly Dhamma Discussion “The Path to Happiness”	Nalanda Centre
11	Nalanda Free School UPSR & PMR Exam Preparation Seminars	Nalanda Centre
18	Monthly Dhamma Discussion “Getting to know the Buddha”	NEO Centre
26	Monthly Film Screening	Nalanda Centre
31	K Sri Dhammananda Memorial Day	Nalanda Centre

## SEP



*Piṇḍacāra*

01	<i>Piṇḍacara</i> – Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre/ O.U.G. Market
07	Monthly Dhamma Discussion “Sowing Good Seeds”	Nalanda Centre
09-16	Study Tour to Sri Lanka	Sri Lanka
15	Nalanda Free School SPM Chemistry Exam Preparation Seminar	Nalanda Centre
	Gardening Day	Nalanda Centre
	Monthly Dhamma Discussion “Is Buddhism Still Relevant in the 21st Century?”	NEO Centre

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)

## 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 :

*Physical well-being and good health.*


*Mental well-being and joyful living.*

*Family well-being and domestic bliss.*

*Economic well-being and career success.*

*Interpersonal well-being and social harmony.*

*Spiritual well-being and inner peace.*

2600  
Years of  
**Buddhism**  
2011-2012 

## What does it mean to be Nalandians?

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

*Compassion* – Being kind and supportive of others in our thoughts, speech and conduct.

*Courage* – Being strong and determined in the face of adversities and challenges in life.

*Respect* – Being respectful of our elders, teachers, fellow practitioners, and all sentient beings.

*Integrity* – Living by righteous means, principles and values.

*Service* – Living not just for ourselves, but for the welfare of others as well.

*Faith* – Having right understanding and deep confidence in the Buddha-Dhamma.

*Learning* – Continuous learning and improvement as an individual and as a community.

*Reflection* – Living mindfully and purposefully towards liberation from afflictions.

## Nalanda Contacts

Please visit our website for the map to Nalanda.

### Nalanda Buddhist Society

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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.