

Nalanda Bulletin

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For Non-Muslims Only



Nalanda Institute's Study Tour to Borobudur & Yogyakarta

On 6 July, 42 participants on the 5-day Borobudur Study Tour departed for Yogyakarta with Bro. Tan as the tour leader. The highlight of this tour was a visit to the famous Borobudur, a UNESCO World Heritage Site. Participants were amazed at the many *candis* they visited. Every *candi* (such as Candi Mendut, Candi Plaosan, and Candi Sewu) has a rich history; and all of them were beautifully constructed. One could marvel at how people of the past had such strong faith in the Buddha-Dhamma which inspired them to build those majestic structures.

Apart from visiting *candis*, our participants also visited modern monasteries in Vihāra Mendut, Vihāra Dhammasundāra in Solo, and Vihāra Bodhivamsa in Klaten. At Vihāra Mendut, the group was fortunate enough to meet Venerable Sri Paññavaro, a senior local monk who has made major contributions to the development of Buddhism in Indonesia. The visit to Vihāra Bodhivamsa in Klaten proved to be a fruitful one too, as the host Professor Dr. Lanny Anggawati, a popular Indonesian Buddhist speaker, urged our participants to be courageous and determined in carrying out Dhamma work. As it is natural for us to face obstacles in the course of our efforts, patience and perseverance are the keys to success.

On the whole, this trip provided a deeper insight into how Buddhism has impacted the course of Indonesian history, and the tour participants brought back with them a deeper understanding and appreciation of what to many uninformed people, would merely be stone monuments.

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Besides Buddhist monuments, the tour participants also visited the World Heritage Site of Prambanan Temple Complex, Java's largest Hindu shrine built in the 9th Century CE.



One for the album - Photograph of the group at the entrance to the great Buddhist monument of Borobudur (seen in the background), which lies amidst lush greenery.

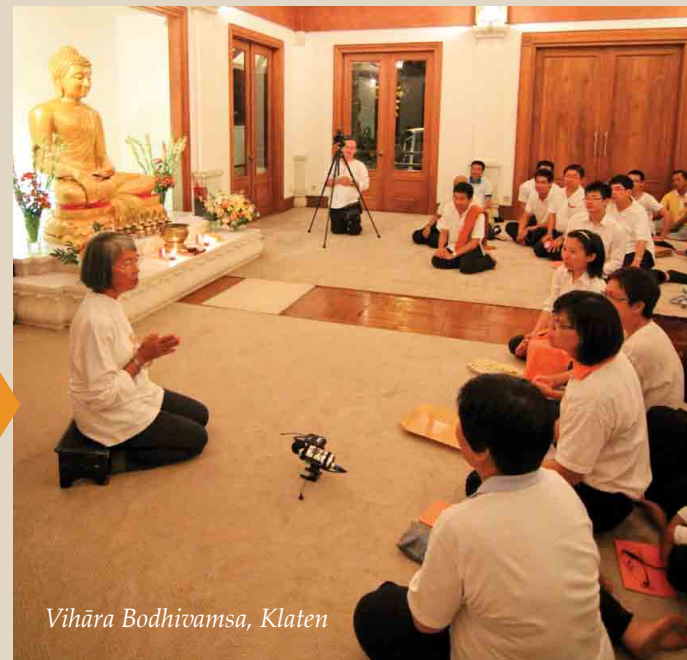


Candi Borobudur, Magelang

Bro. Tan explaining to tour participants in amazing detail about the meaning of Borobudur's marvelous relief-carvings.

Dr. Lanny Anggawati inspired many of us in her sharing on the Dhammaduta work done in Indonesia. Sādhu anumodana!

Cover Page Photograph (Page 1): The Dhammasala of Vihāra Dhammasundāra, Solo.



Vihāra Bodhivamsa, Klaten



Asalha Observance & Conclusion of Nalanda's 7-week Annual Gimhāna Retreat

3 July

Asalha Full-moon day marks three important events in the life of the Buddha – His conception (in 624 BCE), His great renunciation (in 594 BCE), and the preaching of the first sermon after His Enlightenment (in 588 BCE). On 3 July, Nalandians congregated to observe this auspicious day with heightened gratitude to the Buddha, Dhamma and Sangha.

This day also marks the conclusion of the annual 7-week Gimhāna Retreat at Nalanda. The purpose of the Gimhāna Retreat was for us to "*mengenal diri*" – to understand ourselves better, and "*mendalami Dhamma*" – to know the Dhamma more intimately through gradual guidance by a competent teacher, as well as from communal and personal practice. Judging from the packed Shrine Hall every Sunday morning and Wednesday evening, the retreat had obviously struck a chord with Nalandians!

On this significant day, Bro. Tan taught that "*Dhamma* means many things... be it universal truth, law of nature, or the way to end our suffering. In a nutshell, *Dhamma* is a set of principles about living a purposeful life. These are important principles that we observe and live by. One who loves the *Dhamma* is committed to the practice, and progresses spiritually through right effort."

Although the Gimhāna Retreat has ended, our personal transformation has just begun! Let us strive on diligently, and always bear in mind the maxim :

Holistic Education + Self Cultivation ⇒ Transformation

We would like to congratulate all Nalandians who took part devotedly in this year's retreat, as well as thank everyone who contributed and helped out in many ways to make our smooth practice possible. *Sādhu anumodana* to all !



Bhāvanā Weekend Retreat

4 & 5 August

Bhāvanā Day, the weekend meditation retreat held at Nalanda Centre in August, afforded 50 participants a break from their hectic routine schedules. Under the skilful guidance of Ayya Susīla, the yogis practised *Ānāpānasati* (mindfulness on breathing) with diligence.

Ayya Susīla reminded everyone to breathe naturally, as excessive effort may create tension and cause restlessness. Given that the breath is the only object in *Ānāpānasati* meditation, the yogis were encouraged to free their minds from any expectation, which is a form of 'greed for the Dhamma'. In fact, our concentration on breathing should be continuous. If any thoughts arise, we may let them go and bring our attention back to the breath.

Ayya mentioned that, just like vehicles, our bodies and minds do need maintenance. Practising meditation for two hours daily keeps our minds and bodies in their best condition. Participants also received a meditation guidebook authored by Ayya, simply entitled "*Ānāpānasati*".

A Dhamma talk on "Power of the Mind" was delivered by Ayya on the second day. She urged us to realise the power of a positive and concentrated mind, for not only does it free us from dangers, it is also a wonderful healing tool. She quipped, "The mind has the power to be destructive or constructive. For example, anger and hatred can do much damage. On the other hand, if we choose to radiate wholesome, loving thoughts to ourselves and to others, we can create harmony and well-being for all."

Time seemed to hasten its passing during the talk. As we listened and gained much inspiration, many wished that Ayya could speak longer than the allocated time, which also reflected our eagerness to learn! It was a wonderful weekend well-spent, as yogis experienced peace and serenity arising from practice, and joy from learning the beautiful Dhamma.



Wholesome Giving during Pindacāra (Alms-round) 4 August

Many people doing their marketing at Taman O.U.G. morning market were pleasantly surprised to see three Buddhist monks walking through in single file, dignified and elegant, alms-bowls in hand. A team of Nalandians and volunteers helped to convey the purpose of this *Pindacāra* and how members of the public can participate in it. This was an opportunity for lay devotees to offer cooked food to monks, practise generosity, and gain much merit!

There were significantly more people at the market who offered alms-food this round compared to June or July. Perhaps word has gone around in the neighbourhood about Nalanda's monthly *Pindacāra* programme there.

Upon the completion of the hour-long alms-round, many Nalandians, devotees and friends gathered at the NEO Centre in Happy Garden, where Bro. H S Tan gave a Dhamma teaching. He advised everyone to approach the Dhamma wisely. We should investigate the teachings in order to understand them, and not blindly accepting the doctrines as 'fixed beliefs'. Buddhism he said, is an 'education system', and not a 'belief system'.

Learning the Dhamma is not just about knowing the theory. We should also apply the lessons and practise them in our daily lives. We should also train ourselves to be mindful all the time. If we were not heedful, even when we performing good deeds, unwholesome (*akusala*) thoughts can still arise. Thus, a deed is only well done when the mind is also kept wholesome (*kusala*).

Nalanda organises *Pindacāra* (alms gathering by monks) at Taman O.U.G. morning market on the first Saturday of every month, from 8.30 to 9.30am. After the alms-round, Bro. Tan will normally give a teaching at the NEO Centre in Happy Garden from 10.00 to 11.00am. All are welcome to participate in these meritorious activities!



National Māha Sanghikadāna 7 & 8 July

It was a truly grand sight at this year's National Māha Sanghikadāna as the Malaysian Buddhist community came together to support the meaningful event. Offering alms and participating in the Māha Sanghikadāna strengthens the harmonious ties between the Sangha and lay devotees. This is vital for the development of Buddhism in Malaysia. More than a hundred monks and nuns from all traditions were present to receive alms at the Bodhi Park in Shah Alam. *Sādhu anumodana* to all who donated, volunteered and participated in this auspicious occasion!



Nalandians at the Māha Sanghikadāna (from left):
 President Bro. Lee Kong Foo, Deputy President Bro. Lee Teck Beng,
 Mrs. Lee Teck Beng, Sis. Rachel Ng, and Bro. Jason Ang.

What a spirited performance by the immensely-talented Yang Wei Han who produced, directed, and performed in the smashing musical!



A Night of Rosy Fulfilment 23 June

The audience in their hundreds were captivated as they were taken on a journey tracing the life of Yao Lee, the original singer of the classic song "Rose, Rose, I Love You", on Saturday, 23 June. This fund-raising musical was in aid of Nalanda's Education & Development Fund to help needy Malaysian students obtain holistic guidance and all-rounded quality education.

On performance night, we were honoured by the presence of Madam Yao Lee herself, now still remarkably healthy at the age of 91, who purposely flew in from Hong Kong to be with us. The stirring and lively performance was centred around the inspiring life-story of this living legend. A celebrated superstar of her era, Yao Lee persevered through many personal tragedies and obstacles that were thrown in her path, while maintaining stoic integrity and serenity. Her courage, compassion and determination are great fodder for our learning and reflection.

The proceeds from this event will enable Nalanda to continue with our meaningful mission of providing holistic education for balanced and integral growth of people and of the community. We fervently thank all sponsors, performers, and volunteers for your invaluable contributions!

Upcoming Fund-Raising Events for Nalanda

Charity Performance - "Empress Wu" the Musical

6 October, Saturday, 7.45 pm

14 October, Sunday, 2.30 pm

Kuala Lumpur Performing Arts Centre (KL Pac), Sentul

Nalanda Family Fun Fair 2012

25 November, Sunday, 10 am – 4 pm, Nalanda Centre

To support Nalanda's educational programmes, kindly contact our representatives :

Bro. Vincent Lee
012. 211 3907

Bro. Charlie Teng
019. 212 6382

Meet-the-Author Session 7 July With Sis. Lim Ai Lin

As one who has gone through various challenges in life, Sis. Lim Ai Lin shared with the audience her experience on how she overcame fear, and her 'secrets' to maintaining a positive outlook on life always. Her Mandarin book "心转" is a collection of articles about her personal battle against cancer, nursing her mother who suffered from a stroke, and how she gave her father a Buddhist funeral.

During the 1½ hour session, she also spoke about her voluntary work in helping people who are suffering from depression. Besides being given glimpses of her life, participants also learned how she handled her negative emotions, and faced life's challenges courageously with faith and guidance from the Three Jewels.

Mr. Aggaphala Yap, a certified counselor at Nalanda Book Café, was the session's moderator.



Mettā Sutta Workshop in Terengganu 20–22 July



A Delightful Meeting!

The feeling of joy and appreciation is obvious, as Bro. Tan is seen here happily greeting fellow practitioners in Terengganu.

Over 3 days, Bro. Tan was invited by Gandhārama Vihāra to conduct a commentarial course on the *Karaṇīya Mettā Sutta* in Terengganu. The workshop was held at the beautiful Kenyir Lake Resort amidst peaceful surroundings. In a series of 7 talks, Bro. Tan inspired the more than 40 participants with insightful teachings and gladdened everyone's heart with Dhamma!

The workshop may be over, but the happiness lingers. Many participants are still diligently applying what they have learned there in their daily lives, adding joy and purpose to the daily grind. Nalanda Institute would like to thank Sis. Penney Pang and Bro. Poon Soon Sing of Gandhārama Vihāra for organizing this workshop that has brought much delight to all participants. *Sādhu anumodana*, and may the Dhamma long endure!



'Manado Mission' fulfilled 11–16 July

Three years ago, the Buddhist community leaders from Manado, North Sulawesi invited Bro. Tan to visit and give Dhamma talks there. Given his busy schedule, it has taken that long to finally fulfill the promise. But in the words of one Manado devotee, “it was well worth the long wait”!

On 11 July, Bro. Tan accompanied by Sis. Buddhinī, Nalanda’s Honorary Secretary, and Mr. & Mrs. Tee Kian, traveled to Manado, a journey which took them 14 hours! Manado is a beautiful coastal city located at the northern tip of Sulawesi. It is the gateway to the world-famous diving site near Bunaken Island. The majority of her Minahasa locals are Christians, and churches of every denomination are found everywhere within and surrounding the city.

The small Buddhist community in Manado maintains a few temples and a vihāra; but remarkably they also run a Buddhist primary school for their children! Although lacking in numbers, the Manado Buddhists are never lacking in spirit and quality. There is certainly much potential in the development of Buddha-Sāsana there.

Throughout the few productive days in Manado, Bro. Tan was invited to give talks to the teachers of Tridharma Buddhist School, where he spoke on Buddhist educational philosophy, approach and goals, which deeply inspired the teachers. Bro. Tan also gave a Sunday talk and led a lively Dhamma discussion at Pondok Meditasi in Pandu, about 45 minutes drive north of Manado. There were also many occasions where devotees took the opportunity to ask him questions on the Dhamma and their individual practice.

The most significant event of the 'Manado Mission' was a specially arranged public ‘talkshow’ held at a downtown hotel. Venerable Ayya Santinī, a famous and popular speaker in Indonesia, shared the floor with Bro. Tan in the 2½ hour session.

Overall, the 'Manado Mission' was an accomplishment. It was also Bro. Tan’s third mission this year to Indonesia, having given talks in Bali and Central Java earlier. Before the year is over, the indefatigable Bro. Tan will be traveling again to Surabaya and Jakarta-Bandung for another two Dhammaduta missions. *Sādhu anumodana!* May the Dhamma flourish everywhere!



Satipaṭṭhāna Sutta Workshop 26–30 July

The Satipaṭṭhāna Sutta Workshop held in Nalanda Institute may be over back in March, but its impact and the learning demand resonated throughout the country, whereby six other similar workshops were subsequently held in Penang, Perak, Johor, Sabah, Sarawak, and even Singapore, under the skilful guidance of Venerable Aggacitta Mahathero.

Nalanda Institute took the opportunity to support all those workshops by providing free course materials; and served as a resource centre to other organisers in ensuring the purpose of the workshop was met, and its delivery system was properly in place. At least 500 participants have benefitted from the teachings since the first workshop was held 6 months ago.

During the 'grand finale' of Satipaṭṭhāna Sutta Workshop held at Sāsanaṛakkha Buddhist Sanctuary (SBS), Perak, officers of Nalanda Institute together with other managers of Nalanda Buddhist Society made the effort to participate in this 4-day retreat. They were delighted to have learned from, and to be inspired by the sharing of Ven. Aggacitta, gathered from his past encounters while conducting the same workshop.

We are grateful to Ven. Aggacitta and rejoice in everyone’s effort in making the Satipaṭṭhāna Sutta Workshops possible nationwide. We wish for the Dhamma to long flourish and may many more practise the Buddha’s teaching conscientiously. *Sādhu anumodana!*

Photograph above :
Venerable Aggacitta and the 80 participants of the Satipaṭṭhāna Sutta Workshop held over 4 days in July at Sāsanaṛakkha Buddhist Sanctuary (SBS), Taiping.

Photograph on previous page :
Venerable Ayya Santinī, Bro. Tan and other Nalandians together with the organising committee and sponsors of the public talkshow in Manado.

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Nalanda Institute Malaysia 5th Anniversary 1 July



Sis. Sandy Lim (first from left), Head of the Buddhist & Pāli Studies Department, introducing the other Nalanda Institute officers to the gathering.

1 July 2012 marked the 5th Anniversary of Nalanda Institute Malaysia. We were very grateful for the presence of our Founding Director, Bro. Tan Ho Soon; Director, Mr. Vijaya Samarawickrama; and Senior Management Lecturer, Mr. Tan Huat Chye, on this anniversary observance day.

Nalanda Institute has been organising courses, study tours, pilgrimages and conferences under both the Department of Buddhist & Pāli Studies and Department of Leadership & Management Studies as part of our focus to provide proper, systematic and holistic learning of the Buddha-Dhamma in Malaysia. In the five years since our establishment, the Institute's programmes and courses have benefited more than 7,800 people throughout the country.

Mr. Vijaya in his speech shared about the importance of understanding and propagating the correct doctrine according to the Pāli Canon. He also emphasised that Buddhist communities need to be focused and determined to cultivate a proper learning environment based on the Buddha's teachings. This effort has to be sustained in order not to deviate from the true teachings, despite having many influential new concepts in this fast-changing world.

With this objective in mind, Mr. Vijaya announced the Institute's vision in embarking on the 'Nalanda Project', which aims to provide the local Buddhist community with easily accessible and accurate information on what the Buddha taught. Buddhist households in Malaysia shall benefit from having a complete family reference set of publications covering various aspects of Buddhism come 2013-2014.

Nalanda Institute would like to take this opportunity to thank all our visionary leaders, devoted officers, lecturers, benefactors, volunteers, and everyone who have contributed and supported the Institute thus far. In the coming years, we hope to see more people participate in our programmes and to volunteer with us in enhancing the Dhamma learning experience for future generations of Truth-seekers. Thank you all!

NEO Centre @ Happy Garden Dhamma Class



Junior students enjoying an interactive session with Nalanda Dharma School facilitators.

5 August marked the start of Children's Dhamma Class at NEO Centre, Happy Garden. The class is aimed at giving children a good grounding in knowledge, skills, values and culture. The four Nalanda Dharma School facilitators sent to teach at NEO Centre are highly motivated. Lessons are activity-based to make them interesting and lively for the children. The children's class is held every Sunday, from 2 – 4 pm. The annual enrolment is limited to a small number of students so as to enable facilitators to maintain personal rapport with their charges. Parents who are interested to enrol children (age 10–12) at Nalanda may contact the School Director, Sis. Sunanda Ong at 03-8938-1501. Enrolment for next year (2013) will begin on 15 October 2012.

Visit by Buddhist Gem Fellowship Exco

22 July

Three members of Buddhist Gem Fellowship visited Nalanda Dharma School on 29 July to gather information on starting a Dhamma class for teenagers at their new premises. Sis. Dolly Teoh, Sis. Elaine and Sis. Lau observed Dharma School facilitators conducting their lessons. They also met with students from the School's choir, Publications team, Library Club and Junior Club, who shared their views on the School's activities with the visitors. The visitors were taken on a tour of Nalanda Centre, followed by a discussion on Buddhist education. We wish BGF all the best in their efforts to teach Dhamma to teenagers.



Nalanda Youth Library

LOGO

DESIGN COMPETITION

✓ Objective of Competition

In conjunction with the launching of **Nalanda Youth Library** on **1st January 2013**, we invite you to participate in its logo design competition. Nalanda Youth Library is seeking a design which is youthful and dynamic. The most outstanding design will be honoured as the logo for the Youth Library.

✓ Eligibility

The competition is open to the public.
No entry fees are required for submission(s).

✓ Closing Date

All submissions must be received by the organiser at 12pm, 15th November 2012.
Public voting on Facebook will begin from 1st December till 15th December 2012.

✓ Details

Please obtain details of the competition from Nalanda Centre in Taman Sri Serdang (Tel: 03-8938-1501) or download them from www.nalanda.org.my

✓ Prize

The publicly-voted winning entry will receive a 'mystery gift' from Pustaka Nalanda!

Pustaka Nalanda Library & Reading Lounge



Bro. Ananda Fong leading the Dhamma discussion.

Pustaka Nalanda's Monthly Dhamma Discussions

"The Great Discovery"

13 July & 10 August

'The Great Discovery' was the topic of the July Dhamma discussion at Nalanda Centre. The serialised monthly discussion is a Pustaka Nalanda programme aimed at bringing the Dhamma to those who want to know more about the Buddha's teachings. Our presenter Bro. Ananda Fong skilfully guides participants in uncovering the Buddha's 'Great Discovery' - the Four Noble Truths. In the 13 July session, the discussion was on the first three Noble Truths of *Dukkha*; the cause of *Dukkha*; and the end of *Dukkha*. The fourth Noble Truth of the path leading to the cessation of *Dukkha* was discussed on 10 August under the topic 'The Path to Happiness'.

The discussions were lively and interactive. Participants were very eager to ask questions and sought answers to deepen their understanding of Dhamma.

Upcoming Dhamma Discussions at Pustaka Nalanda

Nalanda Centre in Serdang

"Sowing Good Seeds"

Friday, 7 September, 12pm

"Reaping Good Fruits"

Friday, 12 October, 12pm

"What Buddhists Believe

- Common Questions Addressed"

Friday, 9 November, 12pm

NEO Centre in Happy Garden, KL

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

Saturday, 15 September, 3pm

"The Greatest Discovery"

Saturday, 20 October, 3pm

"We have been wandering for a long time"

Saturday, 17 November, 3pm



UPSR Examination Seminar

Nalanda Free School 'Get Ready!' Examination Preparation Seminars 11 August

With examinations just around the corner, it is only natural for students to feel tension and worry building up. Stress in the right amount can motivate students to start getting serious with their studies, but excessive stress can hinder learning and sap their energy. Knowing this and the importance of mental well-being, Nalanda Free School conducted two workshops on 11 August for UPSR and PMR students. The seminars were well attended, and the participants had loads of fun. The workshops emphasised relaxation techniques that would come in handy for the students to stay calm and focused during the examinations. Both seminars were conducted by Nalanda Free School volunteer counsellors.



PMR Examination Seminar



Upcoming Seminar

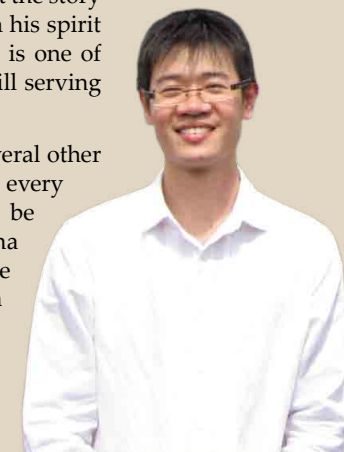
SPM Chemistry
Examination Preparation Seminar
Saturday, 15 September, 9am – 5pm

Exemplary Nalandian – Bro. Ooi Choong Li

Interviewed by Yap Sze Yinn

I do not often take the time to listen to other people's stories, but the story of one of Nalanda's dedicated volunteers has amazed me with his spirit and strong will to serve the community. Bro. Ooi Choong Li is one of Nalanda's first volunteer Dharma School facilitators who is still serving this position five years later.

As a Dharma School facilitator, Bro. Choong Li, along with several other equally hardworking and dedicated volunteers, come together every week to discuss the programmes and activities which will be conducted during the Sunday Dhamma classes. 'The Dhamma classes are not tiring to supervise at all. In fact, I feel that the students and volunteers are both learning from each other in the process, and this makes it an experience that could never get monotonous and boring,' quips Bro. Choong Li. He says thinking of creative ways to enhance the learning of Dhamma is an interesting challenge. His gentle yet friendly personality has also earned him a place in the hearts of many students, making him a 'favourite' facilitator with them.



The soft-spoken Bro. Choong Li is undoubtedly one of the quietest person anyone could ever meet. However, this also reflects on his incredible humility. Throughout his years at Nalanda, Bro. Choong Li has served the Society quietly and has never boasted of his achievements nor has he ever complained. From changing light-bulbs to organising large-scale programmes, he always does his best to help in any situation. Altruism is a quality that is worth recognizing and one which we can learn from him. Even when he is praised or admonished, Bro. Choong Li remains humble and calm, taking things in stride. When asked about his feelings towards being dubbed an "Exemplary Nalandian", he smiles and says, 'I am really surprised! I do not think of myself as exemplary; so this compliment is unexpected.'

Bro. Choong Li was introduced to Nalanda while he was a biomedical student in UPM. Initially, he brought National Service trainees from a camp nearby to visit Nalanda; he later volunteered to serve weekly in Nalanda Dharma School. He says the constant and unfailing service which he gives is fueled by 'a need to give back to a community which is close to my heart.' *Sādhu!*



Bro. Choong Li and other Nalandians attempting to launch themselves into space from Indonesia recently (though without much success). Fortunately they all landed safely on Parang Tritis Beach.

The Musical Empress Wu

Performed by the highly-acclaimed DAMA Orchestra

武則天

6 October 2012, Sat, 7.45pm
14 October 2012, Sun, 2.30pm

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 | Mr. Charlie Teng | Mdm. Joyce Lim
012. 211 3907 | 019. 212 6382 | 012. 212 2878

Upcoming Events September – November 2012

SEP



Study Tour

01	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre / O.U.G. Market
07	Pustaka Monthly Dhamma Discussion " <i>Sowing Good Seeds</i> "	Nalanda Centre
09–16	Nalanda Institute Study Tour to Sri Lanka	Sri Lanka
15	Nalanda Free School SPM Chemistry Exam Preparation Seminar	Nalanda Centre
	Bi-annual Gardening Day	Nalanda Centre
	Pustaka Monthly Dhamma Discussion – " <i>Is Buddhism Still Relevant in the 21st Century?</i> "	NEO Centre
23	Nalanda Buddhist Society's Extra-ordinary General Meeting (EGM)	Nalanda Centre

OCT



Pindacāra

06	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre / O.U.G. Market
06, 14	Charity Performance " <i>Empress Wu</i> " the Musical	KLPac, Sentul, Kuala Lumpur
07	Story Telling Workshop, Session 1	Nalanda Centre
12	Pustaka Monthly Dhamma Discussion " <i>Reaping Good Fruits</i> "	Nalanda Centre
20	Pustaka Monthly Dhamma Discussion " <i>The Greatest Discovery</i> "	NEO Centre
21	Story Telling Workshop, Session 2	Nalanda Centre
26–28	Study Tour to Indonesia for ' <i>Nalanda Project</i> '	Jakarta
28	Monthly Buddhist Film Screening	Nalanda Centre

NOV



Family Fun Fair

03	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Taman O.U.G.	NEO Centre / O.U.G. Market
03–04	World Buddhist Conference 2012	Hotel Istana, Kuala Lumpur
09	Monthly Dhamma Discussion " <i>What Buddhists Believe</i> "	Nalanda Centre
11	Nalanda Annual Robes Offering Ceremony	Nalanda Centre
17	Pustaka Monthly Dhamma Discussion " <i>We have been Wandering for a Long Time</i> "	NEO Centre
25	Nalanda Family Fun Fair 2012	Nalanda 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

Physical Well-being & Good Health

Physical well-being entails the ability to get through our daily activities with vigour. Our health has a significant impact on our behaviour. Adopting healthy habits such as regular and appropriate exercise, and eating a balanced diet - while avoiding destructive habits that result in addiction, obsession and lethargy - will lead to optimal physical wellness.

Regular exercise reduces the risk of heart disease, cancer, high blood pressure, diabetes, slows down the 'aging' process, and improves our stamina. Our muscles become more firm and toned, which makes us feel better as well. It improves our flexibility and lessens the chances of injury, while improving our balance and coordination.

Exercise is also a key component of weight control for many of us. While obesity from overeating is a threat to good health, so is eating too little, or feeding our bodies insufficient nutrition.

A balanced diet is the fuel our bodies need to function properly; it keeps our immune system working. This in turn fights off infections and helps us to recover faster from illnesses.


Having timely, quality and adequate rest is also crucial to optimal health. We should not be too 'busy' all the time and strain ourselves too much, resulting in restlessness or lethargy.

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
Buddhism
2011-2012



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Nalanda Contacts Please visit our website for the map to Nalanda.

Nalanda Buddhist Society

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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.