

Nalanda Bulletin

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For Non-Muslims Only

A Good Start to a Busy Year ahead



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Nalanda

欢迎您浏览Nalanda中文面子书!

Chinese-Language Facebook page launched

Nalanda has launched a Facebook fanpage in Chinese Language on 5 March so as to communicate more effectively with our Mandarin-speaking devotees. We are happy that a team of enthusiastic volunteers are helping to maintain this Chinese-Language page. We thank our columnists, reporters, and editors for their eagerness to share Dhamma-inspired news with the many. Watch out for more updates on our Facebook page. Enjoy viewing today!

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

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The Wisdom of Ajahn Chah (1918 - 1992)

Chinese Translation Series

阿姜查弘法系列

Published by Dhammavamsa Publications <传承出版社>

Pustaka Nalanda



Ajahn Chah Collection at Pustaka Nalanda

Pustaka Nalanda is pleased to report that the complete collection of Ajahn Chah's teachings in both English and Mandarin translations are now available at our Main Library in Sri Serdang. Additional sets of the Chinese translation are also available for free distribution to interested members of the public, thanks to *Dhammavamsa Publications* <传承出版社> and generous sponsors! The Chinese translation of Ajahn Chah's teachings is most helpful and beneficial to the Mandarin-speaking community to learn the wisdom of the Buddhist forest tradition.



A Harmonious and Inspiring Annual General Meeting 9 March

The 11th Annual General Meeting (AGM) of Nalanda Buddhist Society Malaysia was successfully held on Sunday 9 March, at Nalanda Centre Sri Serdang. The meeting was well attended by members, who discussed the Society's development in 2013 and the plans for the coming year.

President Bro. Lee Kong Foo opened the AGM by expressing his deep appreciation and gratitude to all members for their continuous support and contributions to the Society. He reminded everyone to stay focused on Nalanda's *Mission* and *Vision*, and to be a good practitioner and friend.

Honorary Secretary Sis. Buddhini Tan presented the Secretariat's annual report to members. She reported that Nalanda's many programmes have brought about positive impact to the local community. She also thanked all functional groups and Nalanda divisions for working harmoniously and serving selflessly towards achieving our *Vision*. Honorary Treasurer Sis. May Wong tabled the Society's financial standing, and the projected funding needed for Nalanda's next phase of growth.

It was indeed an inspiring gathering for the Nalandian family. Many members pledged their commitment to serve the community even better, and to uphold Nalanda's culture and spirit. May the light of Dhamma continue to shine for the welfare and happiness of all!





From left to right Bro. Eugene Yong (Nalanda KL Branch Chairman), Bro. Yap Chong Huat (Nalanda JB Branch Chairman), Bro. Tan (Nalanda Founder), Bro. Lee Teck Beng (Nalanda's Deputy President), and Bro. Khaw Seng Giap (Nalanda SP Branch Chairman), after their recent meeting at Nalanda Centre, Sri Serdang.

Successful Inaugural AGMs for 3 Nalanda Branches

Nalanda branches in Kuala Lumpur, Sungai Petani and Johor Bahru successfully held their inaugural General Meetings (AGM) on 11 January, 22 February and 2 March respectively. The AGMs saw the election of new Management Committees for 2014 – 2016 to chart the way forward for each branch.

Nalandians voted for a team of leaders that retained the key offices of Chairman and Deputy Chairman at all 3 branches that indicates members' desire for continuity at this nascent development stage. Branch members also shared their views and inspiring experiences at the AGMs. All 3 meetings were conducted in high spirits and with great concord. Honorary Secretary Sis. Buddhini Tan and a few board members represented Nalanda Buddhist Society Malaysia at those meetings.

Nalanda President Bro. Lee Kong Foo expressed his appreciation to all the outgoing *Pro-tem* teams. He also encouraged the newly-elected leaders to work harmoniously and to uphold Nalanda's Core Values and Mission. The branches also expressed their gratitude for the support received from the community, as feedback and encouragement is vital for them to continue their efforts and public services.

Moving on, branch members agreed to learn the Dhamma earnestly and to receive training as Nalandians, while continuing their noble efforts to serve the community through various educational programmes. We congratulate Nalandians at the branches for successfully concluding their Branch AGMs, and wish the 3 new Management Committees a joyful and fruitful term of service. Sadhu!

"KL Branch will focus on enhancing our services to the community and also increasing our members under the 'Nalanda Education Model'. Starting this year, the library at NEO Centre Kuala Lumpur is open to the public on every first and third Saturdays of the month. We will also continue to support the Nalanda Free School Project and Junior Dharma School at our branch."

Bro. Eugene Yong

Nalanda KL Branch Chairman

The Nalanda KL Branch Committee elected on 11 January 2014.



"We will focus on building a team of dedicated Nalandians and setting up the proposed NEO Centre Sungai Petani in 2014. The Centre will be instrumental to the growth and development of Buddha-Sasana in the Northern Region."

Bro. Khaw Seng Giap

Nalanda SP Branch Chairman

The Nalanda SP Branch Committee elected on 22 February 2014.

"The Nalanda Free School Project is commencing at NEO Centre JB this March. We will also be organising learning camps for teenagers and children in the Southern Region. In short, we shall be offering valuable education programmes and services to the community, and continue our own training as Nalandians."

Bro. Yap Chong Huat

Nalanda JB Branch Chairman

The Nalanda JB Branch Committee elected on 2 March 2014.





Nalanda Free School volunteers and JB Branch officers gathered for the briefing in the Meeting Room.

Briefing for Volunteer Teachers at NEO Centre JB 19 January



On Sunday 19 January, a briefing session was organized for volunteer teachers of Nalanda Free School (NFS) at NEO Centre Johor Bahru. A dozen teachers have volunteered to teach a range of language subjects and mathematics starting in March.

Nalanda Free School in Johor Bahru will be our third after the ones in Sri Serdang and Happy Garden, Kuala Lumpur. The JB chapter is expected to host 150 students by the end of this year. We would like to thank all volunteer teachers for your passion and commitment to teaching! Let us together make quality education enjoyable and available to more needy students.



Bro. Tan briefing everyone on Nalanda's educational model and a volunteer teacher's role in bringing out the best in his or her students. Sis. Ng Choy Hong is the Co-ordinator for the Free School Project at NEO Centre Johor Bahru.



Participants listening attentively to the sharing by Mr. T. P. Lim.

Workshop for aspiring 'Masters of Ceremony' 9 February

On Sunday 9 February, an in-house 'Emceeing & Facilitating Skills' training for Nalanda Officers was held at Nalanda Centre, Sri Serdang. The training was conducted by Mr. T. P. Lim, a well-known TV host and *emcee* in Malaysia. Also participating was Mr. Ryan Thoo, a young professional *emcee*, who shared his personal emceeing experience with Nalandians.

Forty-six Nalanda Officers, including 6 from the Johor Bahru Branch and 4 from Kuala Lumpur Branch, took part in this programme. The 3-hour training session was filled with laughter as the witty and articulate speakers shared useful pointers on how to be a good 'master of ceremony'. Participants grabbed the opportunity to ask Mr. Lim and Ryan many practical questions.

The session ended with a short sharing by our Founder Bro. Tan. He expressed his appreciation to the speakers for sharing their valuable experience with Nalandians. Bro. Tan concurred with the speakers and reaffirmed the importance of the 'connecting' role played by a good *emcee*. He also reminded Nalanda Officers to practice 'self-restraint' and discipline while emceeing. It was a very enriching and enjoyable session for participants, and we thank the speakers for their unstinting sharing with all of us!



Q&A session with participants clarifying their roles as emcees.



Bro. Tan shared about the importance of developing 'connections' with people.



“*Tea-offering Ceremony*” at Nalanda Dharma School

9 February

On Sunday 9 February, Nalanda Dharma School (NDS) organised a traditional “*Tea-offering Ceremony*” at Nalanda Centre in conjunction with the Lunar New Year. The purpose for the ceremony was for children to express respect and gratitude towards their parents.

It was indeed heart-warming to see children bowing reverentially to their parents and hugging them, showing much gratitude and appreciation for their parents’ love, care and sacrifice.

The session was later enlivened by performances by NDS facilitators and

a spirited lion dance performed by the students. There was also a cheerful ‘sing-along’ session with the congregation joining in the renditions of ‘恭喜恭喜’, and ‘梦想动起来’.

After the performances, everyone tucked into lunch prepared by kind devotees, while some tried their hands in Chinese calligraphy, writing auspicious words with brush and ink on red paper.

It was a truly memorable day for all of us at NDS, when our families develop even deeper bonds with *mettā* (unconditional love) and *karunā* (compassionate care)!

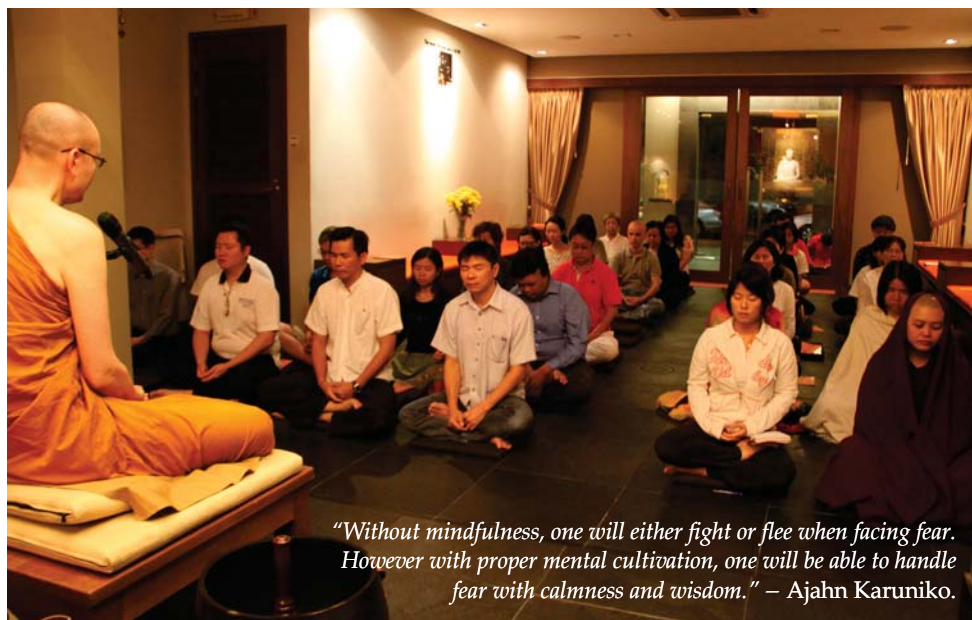


Above Students bowing reverentially to their parents in appreciation of their love, care and sacrifices.

Left Bro. Tan spoke about the Buddha's profound teachings on filial-piety, which is not merely important to Chinese culture, but to Buddhist culture as well.

Below Nalanda Dharma School facilitators, students and youths also took the opportunity to offer tea to Founder Bro. Tan in appreciation of his teachings and guidance over the years.





"Without mindfulness, one will either fight or flee when facing fear. However with proper mental cultivation, one will be able to handle fear with calmness and wisdom." – Ajahn Karuniko.

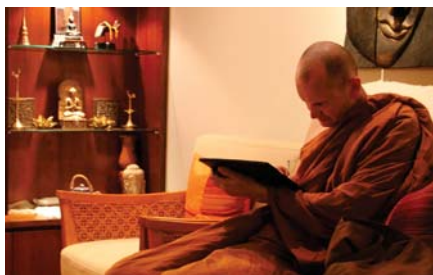
Hosting Ajahn Karuniko

19 & 20 February

Venerable Ajahn Karuniko arrived at Nalanda Centre Sri Serdang on 19 February, accompanied by Bro. Sian of Cittārama. Ajahn was warmly received by Bro. Tan, Sis. Nandinī, and other devotees. Lunch dāna was thereafter offered at 11am followed by a general Dhamma discussion.

That evening, we were delighted to have Ajahn Karuniko lead us in a meditation session followed by a Dhamma talk on "Mindfulness". After Pūja and chanting, Ajahn skillfully guided devotees for an hour's quiet sitting. After which, he shared about the importance and benefits of calming our minds through meditation. He encouraged everyone to practice mindfulness diligently.

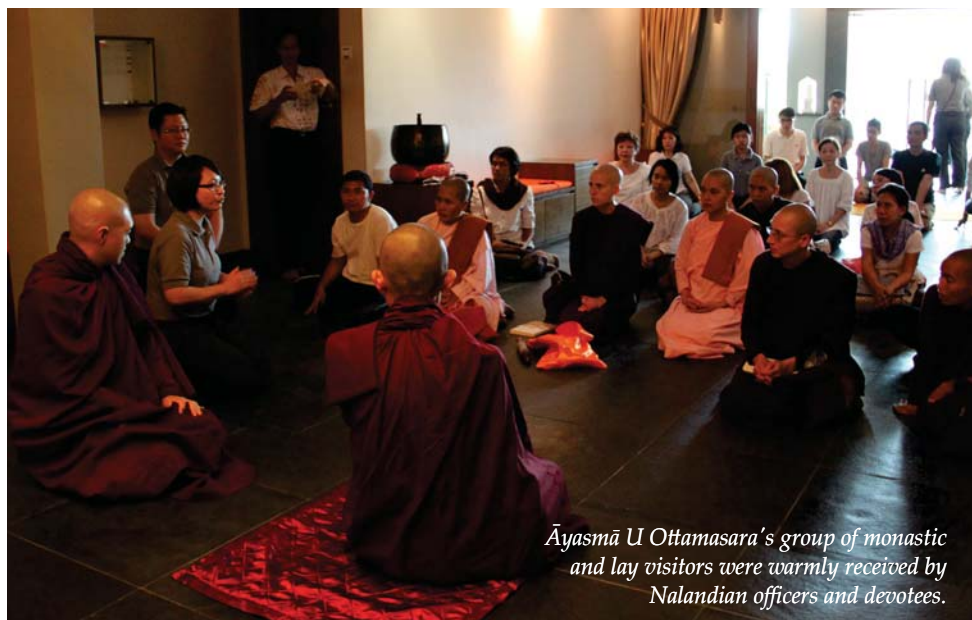
It was indeed a wonderful opportunity for everyone to associate with a wise teacher. We thank Ajahn Karuniko for spending his valuable time with us at Nalanda, and may all of us continue to progress in the spiritual journey!



Above Ajahn Karuniko signing an autograph.

Below Ajahn offering blessings to devotees who gathered for the breakfast dāna.





Āyasmā U Ottamasara's group of monastic and lay visitors were warmly received by Nalandian officers and devotees.

Visits by Sangha Members

1 & 3 March

On Saturday 1 March, Nalandians welcomed Āyasmā U Ottamasara together with twenty monastic and lay devotees to Nalanda Centre. Āyasmā U Ottamasara, the abbot of Thabarwa Meditation Centre in Yangon, Myanmar, was impressed with the aesthetic design and peaceful ambience of Nalanda Centre. He was also happy with Nalanda's impactful educational programmes.

On Monday 3 March, Nalanda Centre welcomed another group visit by *samaneris* and *maechis* from Thailand, Italy and Malaysia. Lunch dāna was offered to the *samaneris* and *maechis* at Nalanda House, followed by a building tour of Nalanda Centre.

Both group visits were warmly received by Nalandian Officers and devotees. We wish all the Sangha members and devotees the best of health, and safe journey back to their countries. Thank you for visiting Nalanda!



Above Touring Pustaka Nalanda (the Library) at Nalanda Centre.

Below Lunch dāna offered by devotees at Nalanda House.





BPS 272 *Samatha – Vipassanā* Sutta Study & Workshop 1 & 2 March

Nalanda Institute successfully concluded the 2-day “*Samatha & Vipassanā* Sutta Study with Meditation Workshop”, held on 1 and 2 March at Nalanda Centre, Sri Serdang. The workshop saw an overwhelming turn out beyond the targeted 100 participants. Seasoned meditators traveled from near and far to learn from the experienced and knowledgeable teacher, Āyasmā Aggacitta Māha Thera.

Āyasmā Aggacitta made references to various Pāli Scriptures which explain the process of stilling the mind in ‘*Samatha*’ practice, and investigating the mind object to develop insightful understanding in ‘*Vipassanā*’ practice. At the end of the day, Āyasmā Aggacitta reminded everyone that it is one’s own heedful and diligent practice that is crucial for awakening.

Participants benefitted greatly from this workshop by gaining better understanding on meditation practice, developing *Right Views*, and through healthy discussions among spiritual friends. Many were inspired by the Dhamma, and resolve to cultivate more diligently.



Nalanda Institute records our highest appreciation to Āyasmā Aggacitta for his teachings. We also thank all participants, supporters and volunteers who have made this a fruitful and successful workshop. May we continue with *Right Effort* on the path to *Nibbāna*!



Workshop participants engaging in active discussions on the topic of meditation during several 'break-out' sessions.

Nalanda Youth Programmes



Fellowship Undergraduate Network (F.U.N.)

2nd Season of F.U.N. concluded with a series of workshops on public speaking conducted by Achariya Vijaya Samarawickrama. Achariya Vijaya's passion and effort in guiding the youths during the workshop made the whole session enjoyable, joyful and impactful. The youths were given hands-on experience to speak in front of their friends. We are happy to see improvements among the participants after joining this programme. Thanks to Achariya Vijaya and everyone who have made this whole journey F.U.N.!

Youth Service Sunday

Every Sunday, earnest Nalanda youths would gather at Nalanda Centre to learn the Buddha-Dhamma from invited speakers. We also have discussions to clarify doubts and to gain deeper insights into the Buddha's teachings. From time to time, we also learn about Buddhist culture and devotional practices. The Youth Service Sunday is a platform which enables youths to meet spiritual friends and to encourage each other on Dhamma practice. We welcome all youths aged 19 – 25 to join us every Sunday, from 9am to 11am, at Nalanda!

National Service Trainees Programme



For the past few Sundays, National Service trainees from *Kem Setia Ikhlas* in Semenyih have been warmly hosted by Nalanda Youths. With the aim to share basic teachings of the Buddha with the trainees, Nalanda Youths organized a series of activities for them at Nalanda Centre. There were Dhamma Talks, group discussions, presentations, and games. Throughout the sessions, the youngsters also formed closer bonds with each other. The trainees enjoyed all the activities prepared for them and some expressed their gratitude for such wonderful learning opportunities. This programme has indeed been educational and transformational.



The purpose and benefits of visiting a **Buddhist Centre**

In this digital age, do we still need to visit Buddhist centres?

Before Dhamma teachings were so easily available on the Internet, Buddhists went to temples to listen to teachings and to offer *Dāna* as part of their daily or weekly routine. But thanks to technology, thousands of Dhamma talk recordings and e-books are now just a mouse-click away. Cash donations can also be done on-line, and smartphone users can listen to their favourite Dhamma speakers anytime, anywhere. Thus, have Buddhist temples and centres lost their purpose and significance? Do Buddhists still need to visit these institutions?

In our interview with Nalanda Founder Bro. Tan, he skilfully explained the importance and immense benefits of regularly attending services at a temple or centre. The purpose and benefits he taught are summarised below:

1. To build one's understanding and moral foundation – A Buddhist centre is where one learns the meaning and principle of *Sīla*, the universal and spiritual code of ethics.

2. To calm the senses – Sometimes our minds are so beset with problems, and we cannot think and see clearly. A temple is an oasis of calm where we can practise restraining our senses and reducing distractions. With calmness, we are closer to finding answers and solutions to our troubles.

3. To learn the Dhamma – The temple is an ideal place to meet wise teachers and good practitioners, who share the Buddha's Teachings in a timely and suitable manner.



4. To perform services and wholesome deeds – There are many opportunities to do good at a Buddhist centre, where one can volunteer to perform a variety of tasks. Selfless service enriches the spirit and accumulates merits, and gives sustenance to spiritual practice and growth.

5. To learn social grace and cultural refinement – At a Buddhist centre, we also have the opportunity to acquire cultural refinement by developing impeccable manners, speaking softly and politely, and practising good culture to bring about harmony.

Through attentive learning of the Dhamma, one will gain the right knowledge which serves as the foundation of spiritual discovery. Dhamma is the 'key' which opens the door to deathlessness. Coupled with earnest cultivation, one will eventually be transformed into a wiser and happier individual.



My Nalanda Experience

“It's meaningful and fulfilling!”



Bro. Vincent Lee

Nalanda Buddhist Society Malaysia
Fund-raising Committee
Team Member

Interviewed by *Sis. Joanne Tan*

My family and I got to know Nalanda much better when I became the joint organising chairman of Nalanda's Hymn Singing Competition in 2006 and 2007. Subsequently, my wife and I decided to enrol our two sons into Nalanda Dharma School.

Our interaction with fellow Nalandians is always joyful and respectful, and I feel so at home at Nalanda Centre. As we practice the Buddha-Dhamma and embrace the beauty of Buddhist culture together, we as fellow Nalandians have grown in spirituality, serenity, and strength.

After years of learning and spiritual cultivation at Nalanda, I notice much improvement in myself. With deeper self-awareness, I have more understanding and command over the ebb and flow of my emotions at home and at work, which in turn gives me clarity of thought, speech, and action.

I am grateful to my fellow Nalandians, our donors, and benefactors, who have enabled us to benefit from the facilities at Nalanda Centre today. To repay this debt of gratitude, we are determined to work even harder to expand our facilities and services so that we can accommodate and benefit more devotees and members of the public in future. I would also like to take this opportunity to thank my family for their unwavering support, especially to my loving wife, Sis. Amy Teoh. With her support, I've been able to serve the *Buddha-Sasana* wholeheartedly!

Bro. Vincent Lee is a committed team member of Nalanda's Fundraising and Sponsorship Committee. As a 'key driver' of the Society, Bro. Vincent has led many major projects in the last few years, of which 'Nalanda Walkathon 2014' is his latest. This fund-raising event is jointly spearheaded by Bro. Vincent, together with his earnest team-mates Sis. Eweyl Chow and Bro. Charlie Teng.

Both of Bro. Vincent's sons, Nicholas and Neville, joined Nalanda Dharma School in 2007. Nicholas is now a member of Nalanda Youth Centre, while Neville is a senior student at the Dharma School. We thank Bro. Vincent and his family and may they progress steadily in their spiritual journey. Sadhu anumodana!

Lead-A-Ship 2

Teenagers' Leadership Camp

22 – 25 March 2014

Samādhi Vihāra Shah Alam, Selangor

Come sail together with us
& discover the **LEADER**
within you!

If you are a dynamic teenager
aged 14 to 17, you're invited to
join like-minded friends in this
superb camp!



Camp fee of RM 150 per participant includes accommodation, transportation, meals & course materials.

For enquiries, please contact **Sis. Sunanda Ong** at **012-678 5100**
or email her at **sunanda@nalanda.org.my**.

'Like' us on Facebook to follow Nalanda's programmes and activities at :
www.facebook.com/nalanda.org.my

Wesak Observance

Buddhist Era 2558

"Being a Good Practitioner and Friend".

11 – 13 May | Nalanda Centre

11

MAY

SUNDAY

9.00 am

Meditation, Pūja & Chanting 禅坐, 供佛及诵经

9.30 am

Dhamma Talk (English) 英语佛学讲座

11.00 am

Lunch Dāna 供僧

12

MAY

MONDAY

Wesak Eve

卫塞节前夕

7.00 am

Breakfast Dāna 供僧

11.00 am

Lunch Dāna 供僧

8.00 pm

Lighting of Lamp & Opening Salutation 供灯及赞佛

8.30 pm

Wesak Message from Nalanda Buddhist Society
佛教会代表献词

8.45 pm

Dhamma Talk (English) 英语佛学讲座

10.00 pm

Mettā Bhāvanā 慈爱禅坐

11.30 pm

Mid-night Chanting 诵经

12.15 am

Transference of Merits 廻向无量功德

13

MAY

TUESDAY

Buddha Day

卫塞节 - 佛陀日

7.00 am

Pindācara – Monks going on Alms-round around
Nalanda Centre 法师托钵

9.00 am

Wesak Buddha Pūja 供佛

9.30 am

Wesak Message from Nalanda Buddhist Society
佛教会代表献词

9.45 am

Dhamma Talk (English) 英语佛学讲座

10.30 am

Mass Taking Refuge in the Three Jewels 大众皈依仪式

11.00 am

Lunch Dāna 供僧

11.30 am

Lunch for 8-preceptees and devotees 午餐招待

5.30 pm

Mass Food Offering 膳食招待信徒

7.00 pm

Dhamma Appreciation Night 法恩夜

Heritage Procession 传统灯火游行

Dhamma through Drama 舞台戏剧

10.00 pm

Blessings & Transference of Merits
法师祝福及廻向无量功德

11

MAY

SUNDAY

10 am - 4 pm

Blood Donation Campaign 捐血运动

10 am - 12 pm

Youth Musical Sharing 音乐分享会

11-13

MAY

SUN - TUE

10 am - 4 pm

Buddha Jayanti Exhibition 佛教展览会

Upcoming Events

March – May 2014

MAR

15	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre/ S. K. Market
16	* Nalanda Walkathon 2014 "Walk for Education"	Nalanda Centre
18	Nalanda 'Patron's Day' Observance	Nalanda Centre
22	* Nalanda Free School Learning Trip	Kuala Lumpur
22-25	* 'Lead-A-Ship' Teenagers' Learning Camp	Samādhi Vihāra, Shah Alam

APR

05	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden	NEO Centre, KL / Sri Petaling Market / Happy Garden
13	Anagarika Dhammapala Commemoration Day	Nalanda Centre
	Nalanda Free School Teachers' Conference	Nalanda Centre
19	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / S. K. Market
	* BPS 0321 - Buddhist Devotion - Module 1 Buddhist Devotional Practice	Nalanda Centre
26	* BPS 0322 - Buddhist Devotion - Module 2 Going for Refuge and Keeping Precepts	Nalanda Centre

MAY

01	'Nalanda Day' Nalanda's 11th Anniversary Celebration Official Launching of Nalanda Youth Centre	Nalanda Centre / Youth Centre
03	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden	NEO Centre, KL / Sri Petaling Market / Happy Garden
	* BPS 0323 - Buddhist Devotion - Module 3 Correct Practices, Faith, and Devotion	Nalanda Centre
10	* BPS 0324 - Buddhist Devotion - Module 4 True Significance of Wesak	Nalanda Centre
11-13	'Buddha Day' - Wesak Observance B.E. 2558 "Good Practitioner, Good Friend"	All Nalanda Centres
16	* Teacher's Day Celebration	Nalanda Centre
17	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre/ S. K. Market

* Registration is required for these courses / programmes.

Nalanda 'Gimhāna Period' starts from 28 May until 15 July.

Our Core Value – *Courage*

Life seems wonderful when things are going on well as we envisaged. Yet there are times when things do get tough, thus putting our characters to test. We can either choose to succumb to the challenge, or to overcome and rise above it. Courage gives us the strength to be resilient in the face of adversities. And by remaining strong, we are able to establish discipline and determination to overcome our tribulations.

Be it in our worldly or spiritual lives, all of us need courage. Bearing with adversities patiently and enduring life's challenges calmly mould us into stronger persons. Being courageous will help us tremendously in achieving well-being in life, and also in pursuing spiritual advancement.

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 realising the *Six Well-beings*, namely :

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.



'Like' our Facebook fanpage at www.facebook.com/nalanda.org.my to connect with Nalanda for more Dhamma-rich news, views and articles!

Nalanda Contacts Please visit our website for directions to Nalanda.

Nalanda Buddhist Society Malaysia

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E-mail info@nalanda.org.my

Website www.nalanda.org.my

Nalanda Centre is open daily - Tuesdays to Sundays: 10am to 10pm. Mondays: 6pm to 10pm.

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

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NEO Centre KL is open every first Saturday of the month: 7.30am to 1 pm, and on Sundays: 2 pm to 4 pm.

NEO Centre JB is open on Sundays: 9am to 3pm, Mondays to Wednesdays: 7 pm to 10pm, and on New-moon / Full-moon week days: 8pm to 10pm.