

# Nalanda Bulletin

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For Non-Muslims Only

## Happy Wesak

### B.E. 2558

## Being a Good Practitioner & Friend

Happy Wesak 卫塞节快乐

11 - 13 May 2014, B.E. 2558

Nalanda Buddhist Society Being a Good Practitioner & Friend! 实践正法 志当坚定



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## National Nalanda Members' Convention 1.0

*Persatuan Nalanda Peringkat Kebangsaan Yang Pertama*

第一届全国会员大聚会



## Inaugural National Members' Convention 2014

From 1 May to 3 May, Nalanda members from all over Malaysia will congregate in Sri Serdang for the inaugural National Members' Convention. The 3-day convention will discuss issues pertaining to Dhamma-learning, practice and education. Nalandians in Sri Serdang look forward to hosting members from all over the country this week! Have a safe journey to Selangor, and see you at our *'spiritual home'* – Nalanda Centre. Welcome, *Svagam!*

Nalanda Bulletin is also available for on-line reading at [www.nalanda.org.my](http://www.nalanda.org.my)

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**Nalanda**

Nalanda 悦刊 创刊期  
Chinese-language Bulletin



## Nalanda's first Chinese-language Bulletin published!

Nalanda is pleased to announce that our first Chinese-language bulletin has been published on Saturday, 26 April. This bulletin contains meaningful and inspiring articles on daily living which will benefit the Mandarin-speaking community. Please share this good news with your family and friends! Check out the Chinese-Language page on Facebook, and click 'Like' at <https://www.facebook.com/nalanda.zhongwen>

# Wesak ‘Buddha Day’ Message

## Being a Good Practitioner & Friend

Article by Vijaya Samarawickrama, Director of Nalanda Institute Malaysia

On Wesak Day 2014, we will be celebrating the start of the Buddhist Era 2558. As with every new year, it is an opportune time to count our blessings, to take stock of how far we have travelled, and to prepare for the journey ahead. So let us ask ourselves what is the state of Buddhism at this present time?

At a superficial level we can safely say that Buddhism is expanding at a phenomenal rate all over the world including in Africa and South America. It is no exaggeration to state that more people are eager to learn about Buddhism and are even willing to call themselves Buddhists. As a result, new temples and Buddhist centres are sprouting up by the day, and Buddha images are getting larger and more impressive in many corners of the globe.

But has the world become a better place with the increasing number of those who have adopted the label “Buddhism”? If we are completely honest with ourselves we have to answer ‘no’ to this question. We cannot honestly say that there is more wisdom and compassion among humans than at other times in human history, or that the natural environment is treated any better now than before.

So at the beginning of this new Buddhist year it is imperative that we focus our attention not to simply spreading information about Buddhism, but to make Buddhists into practitioners who will make this planet a better place for all our co-inhabitants. The Buddha categorically stated that our duty is not simply to learn the Dhamma, but to practise and realize it – *pariyatti*, *patipatti*, and *pativedha*. It is our duty to ensure that on the most basic level, all Buddhists sincerely

practice the five precepts of abstention from killing, stealing, sexual misconduct, lying and intoxicants. If all human beings only observe these basic precepts with the correct understanding, it is very easy to visualize a world where there will be greater happiness for all.

Being social beings, humans always seek the company of others and organize themselves into societies and nations, in the hope that the community spirit will ensure the greater good of all. Unfortunately, because this desire for company is not founded on *Right Understanding* about who we really are and how we relate to the world around us, we inflict pain and suffering on the very people we seek to live with. This is indeed a sad irony.

If we are to seek the company of others and benefit by this association, it is imperative that we become practitioners of the ‘Buddhist Way’, who are actively engaged in promoting the welfare of all other beings. This we can do by developing a sense of friendliness towards all beings.

When the Buddha was told that friendship is ‘half of the holy life’, he emphatically declared, ‘No, it is the whole of the holy life’. The Buddha taught that one cannot pursue the path of holiness without at the same time extending the hand of caring friendship towards others. We can only help ourselves if we care deeply for the well-being of others in a spirit of genuine friendship and concern. This of course is the very foundation of the ‘*Bodhisatta*’ ideal.

This brings us to the theme of this year’s Wesak celebration at Nalanda, “*Being a Good*



*Practitioner and Friend*". As worldlings we will find it difficult to walk the Path alone. But if we can find like-minded people to walk it together, we can support each other, finding comfort and solace with those who extend to us their warm hands of friendship, just as we treat them also. If by our example we at Nalanda make this noble aim of making Buddhists sincerely practice the Teachings and spread the mantle of friendship, hopefully others will follow our lead, and eventually we can make this world a better place for all of our co-inhabitants.

Let us therefore resolve that this year we will work more strenuously to become better practitioners of the Dhamma and at the same time develop our sense of *mettā* – friendliness towards all humans and other beings in the universe.



# Touching Memorial Service for Casualties of MH370

In the early morning of 8 March, Malaysia woke up to shocking news of the mysterious disappearance of MH370, while on a routine flight from Kuala Lumpur to Beijing with 239 people on board. Ever since, all concerned parties – officials, search and rescue personnel, spiritual leaders, volunteer counselors, and private citizens from many countries have worked tirelessly to search for the missing plane, as well as prayed for the casualties and their loved ones.

Nalanda members and devotees also did their part in a series of prayer sessions and memorial service that were held at Nalanda Centres, with the hope that such wholesome positive actions can help alleviate the suffering experienced by many.

On 9 March, Deputy President Bro. Lee Teck Beng presided over the *pūja* in a special prayer held at Nalanda Centre Sri Serdang, while Bro. Tan led the one at NEO Centre Johor Bahru. On 9 March, Bro. Lee Teck Beng led a team of Nalandians to join other religious groups to perform special

prayers at the Kuala Lumpur International Airport's Main Terminal Building.

Our friends from near and far also did their part to give moral support to the victims of this tragedy and their suffering families. On Tuesday 11 March, 200 members and devotees gathered at Buddhist Fellowship (West) Centre in Singapore for an evening of *mettā*-recitation and meditation to dedicate merits to victims of MH370. The members of UPM Buddhist Society (PBUPM) also concluded their weekly gathering at Nalanda Centre Sri Serdang by extending kind thoughts for the passengers.

After the official broadcast that the plane crashed in the Indian Ocean, 7-day prayers were held at Nalanda Centre, dedicated to all the 239 people who perished in this tragedy and their grieving families. On Thursday 27 March, a moving and spiritual Memorial Service was held at Nalanda Centre. Bro. Tan led the congregation in 20 minutes of *mettā* meditation, followed by *Pūja* and Pāli chanting. On behalf of

Nalanda Buddhist Society Malaysia, Director of Nalanda Institute, Achariya Vijaya Samarawickrama, read a poignant 'Statement of Condolence'. Bro. Tan then gave an inspiring Dhamma Talk on the need to cultivate wise contemplation, true awareness of impermanence, and a great sense of urgency for spiritual practice. After the talk, the congregation transferred merits to the victims in a symbolic act of pouring water from 3 jugs. Everyone then came forward to pay respects at the Altar and offered flowers in memory of the departed. It was a truly spiritual evening with lots of wholesome and compassionate thoughts freely flowing.

The New-moon Uposatha Observance service on 31 March marked the conclusion of the 7-day prayers. During the Dhamma-sharing session, Sis. Sugandha Ooi spoke about how the Buddha averted a conflict between the Koliyans and Sakyans, based on *Dhammapada* verses 197 – 199. Nalanda Founder Bro. Tan also gave a brief talk where he urged everyone to be heedful and to seek true happiness, rather than worldly happiness which is baited. "Be constantly meditative, even when we are not meditating. We can be meditative by always maintaining wise reflection in accordance with Dhamma," Bro. Tan reminded. After the talk, Bro. Tan led the congregation to dedicate merits to the casualties of MH370 and to all beings in need. The spiritual evening was a fitting finale indeed to the 7-day prayers.

In the meantime, we are continuing our prayers and hope that the wreckage of the B777 can be found soon so that it may bring closure, and perhaps, some degree of consolation, to many despondent hearts. May all beings be at Peace.

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**Left** Nalanda's Deputy President Lee Teck Beng (left), Secretary Buddhini Tan (centre), and Dharma School Director Sis. Sunanda (right), representing the congregation in pouring water in a symbolic gesture of transferring merits to the departed.

"Some flights are delayed. But some flights **never** arrive."

Every day, at airports everywhere, many passengers feel annoyed when their flights are delayed. Time is so precious, they say. Flights should not be late.

MH370 also did not make it to its destination on time. In fact, it did not make it at all. You see, some flights just never arrive.

When we reflect upon conditions in life, there are many things quite beyond our control. Learn not to fret over 'small things', or to complain incessantly about our "misfortunes". Instead, develop the ability to contemplate wisely, and cultivate appreciation for even the smallest things in life - things that often escape us, or things we very often take for granted.

If time is so precious, as they say, shouldn't we spend it more wisely being grateful, and cultivating this contemplative ability?

Some flights are delayed; I have no complaints. Because I'm very aware, that some flights just never arrive.

Our hearts go out to the casualties of MH370 and their loved ones. May they be at Peace.

Article by Bro. H S Tan -  
"Reflection, 25 March 2014".



Bro. Tan releasing a flower into the small pond at Suvarnabhumi Shrine Hall.



# Nalanda Walkathon 2014

*1,500 people “Walk for Education”*

16 March



*Participants determined to continue the “Walk for Education” soldiered on braving the haze and rain!*





*And off they go! The first batch of participants were flagged off by celebrity Radio DJ Mr. Chan Foong at 8 am.*

Nalanda Walkathon 2014 was successfully held on Sunday 16 March in Taman Sri Serdang. This year saw a record number of participants of more than 1,500 walkers and volunteers! It was indeed inspiring to see so many participants and volunteers braving the morning drizzle and haze in support of Nalanda's "Walk for Education".

The walk was flagged off at 8am by popular radio deejay, Mr. Chan Foong. There were also food and beverages on sale after the walk for participants to rest and relax while enjoying the stage performances.

At the end of the day, many people were absolutely WET but they were not really bothered about the rain! Everyone was in great spirits and the atmosphere was

agreeably joyful.

We would like to thank all of you – the organisers, sponsors, donors, volunteers, and participants – for your great support towards this charity event. We owe it to your commitment, dedication, and generous spirit to witness such a wonderful Walkathon. We also apologise to everyone concerned should our event or personnel fall short of your expectations. Our deepest appreciation and gratitude to all.

\* We would like to thank Mr. C. Y. Lee from *The Star* for covering our event. You can read the report in *The Star* On-line at <http://www.thestar.com.my/News/Community/2014/03/27/1300-brave-poor-weather-to-walk-for-education/>



*Bro. Tan spoke about the “Four strings of clinging” namely, the clinging to sensual pleasures, views, habits, and self; as well as the way to sever them.*

## Meaningful Patron’s Day Observance 18 March

On Tuesday 18 March, Nalandians observed a very meaningful ‘Nalanda Patron’s Day’ at Nalanda Centre Sri Serdang. It is an annual programme to recognise and show appreciation to all donors, benefactors and volunteers who have contributed tremendously to the growth of Nalanda, and by extension, to the development of Buddhist education.

Nalanda Buddhist Society first observed ‘Patron’s Day’ on 18 March 2007, in conjunction with the birth anniversary of our late Spiritual Advisor, Ven. Dr. Kirinde Sri Dhammananda Nāyaka Māha Thero.

Members and devotees would offer pūja for the well-being of all our benefactors, past and present, and also transfer merits to those who have passed away, including Ven. K. Sri Dhammananda.

Nalanda Founder Bro. H S Tan gave a Dhamma talk on the “Four strings of

clinging” namely, the clinging to sensual pleasures, views, habits, and self. It is by wise attention, energetic effort, insight, and firm determination that these ‘four strings’ are severed. At the end of the programme, everyone present recited stanzas of blessings, and wished all Buddha-Sāsana benefactors everywhere joy, peace, and liberation. Sadhu anumodana.



*The congregation transferred merits to those who have passed away, and wished all benefactors everywhere joy, peace, and liberation.*



*Nalanda Institute's Head of Department Sis. Sandy Lim presenting at one of the four sessions.*

## **BPS 032 Buddhist Devotion Series** *“Walking the Buddhist Path”*

Nalanda Institute Malaysia, under the Department of Buddhist & Pāli Studies, is offering a new series of courses on Buddhist devotion with the theme “Walking the Buddhist Path”. This series integrates four modules to promote understanding and practice of Dhamma.

The modules being offered are as follows :

### **BPS 0321 Module 1 : Buddhist Devotional Practice | 19 April 2014**

The devotional aspect of Buddhism is important for one to gain spiritual solace.

### **BPS 0322 Module 2 : Going for Refuge and Keeping Precepts | 26 April 2014**

Many people seek refuge in materialism, sensual pleasures, and fantasies. By taking refuge in the Three Jewels and observing Precepts, Buddhists resolve their problems with Buddha’s teaching as a guide, and gradually work towards liberation from clinging and suffering.

### **BPS 0323 Module 3 : Correct Practices, Faith, and Devotion | 3 May 2014**

After learning the Buddha-Dhamma and understanding its importance and significance, one who gradually practises the Dhamma will develop greater confidence and faith, until it becomes an unshakeable conviction that the Noble Truths lead to ultimate happiness.

### **BPS 0324 Module 4 : True Significance of Wesak | 10 May 2014**

‘Wesak Full-moon Day’ or ‘Buddha Day’ commemorates the Birth, Enlightenment, and Passing Away of Buddha Gotama. Understand the true meaning and significance of Wesak, and learn how to properly observe this sacred day.

All courses are scheduled on Saturdays, from 3 pm – 6 pm, at Nalanda Centre.

Please register at [www.nalanda.org.my/institute/course-registration/](http://www.nalanda.org.my/institute/course-registration/)



*Commemorating the inspiring life of Anagarika Dharmapala, who devoted his life to the Buddha-Sāsana.*

## Inspiring Commemoration Service for Anagarika Dharmapala 13 April

On 13 April, Nalanda organized a commemoration service for Anagarika Dharmapala, a great son of Sri Lanka, a model lay Buddhist, and a prolific Dhammaduta of modern times, to mark his 150th birth anniversary. The commemoration service began at 9am with meditation, *pūja* and chanting at Nalanda Centre, Sri Serdang. Director of Pustaka Nalanda, Bro. Ananda Fong, gave a presentation on the life of Anagarika Dharmapala and his great contributions to Buddhism.

Everyone was inspired to learn about this great teacher who played a pivotal role in reviving Buddhism in India a century ago and was instrumental in the restoration of Buddhist holy sites at Bodhgaya, Sarnath and Kusinara. Anagarika Dharmapala was

indeed the embodiment of compassion, courage, service and faith – all of which are Nalanda’s Core Values.

We thank Pustaka Nalanda for introducing this inspiring Buddhist leader to the Malaysian Buddhist community. Indeed there is much we latter-day devotees can learn from our Buddhist greats – how they lived their lives wholesomely, and how they conducted themselves according to the Dhamma. Sadhu anumodana!





*Nalanda youths looking forward to welcoming everyone to the launching of their new Centre this coming Thursday, 1 May, at 10 a.m. All are welcome!*

## Nalandian Youths preparing for official launching of **Nalanda Youth Centre**

Nalanda youths can be seen during weekdays busily cleaning and beautifying the soon-to-be-opened Youth Centre. Working together as a team, they pooled their skills and talents to fix furnitures, paint, and decorate the centre.

Youth members are also having more frequent meetings to discuss the upcoming launch of Nalanda Youth Centre on 1 May in order to prepare themselves well for the big day! They name their meetings M.O.V.E. (shortform for 'Moving Onward with Vision and Energy'). All youths are excited about the launching and readily give suggestions to make it a worthy and memorable day.

**W**e thank all donors and benefactors for contributing towards Nalanda Youth Centre. We also extend our gratitude to all volunteers and supporters of Nalanda's youth section. Your support enables more youths to learn Dhamma and acquire skills needed for a fulfilling and successful life in our world today! Anumodana.



*The Shrine Room atwaw Nalanda Youth Centre is adorned with an old scroll painting of the Buddha in traditional Thai style.*

*Thank you to all camp organisers, donors, speakers, volunteers, parents, and of course – participants! Sadhu anumodana.*



## “Lead-A-Ship” Teenagers’ Camp 22 – 25 March

On 22 – 25 March, Nalanda Dharma School organized a 4-day Leadership Camp at Samādhi Vihāra, Shah Alam. The camp themed ‘Lead-A-Ship’ aimed to cultivate and enhance leadership skills among teenagers. A total of 55 participants aged 14 – 17 years old who came from various states participated in this meaningful camp.

Participants had opportunities to learn how to be good leaders through various activities, including workshops, team-building games, Dhamma sharings, and discussion sessions. Through this camp, the teenagers also learned how to cultivate positive values such as teamwork, respect and courage.

We thank all speakers, facilitators and helpers for their effort in making this camp a successful one. A special thanks to Buddhist Missionary Society Malaysia (BMSM) for providing the facilities at Samādhi Vihāra for our use. Sadhu anumodana!



*Every group was given challenging tasks to test their teamwork.*



*Group discussions encourage participants to work as a team and to think positively.*





## A Joyful Skills-Learning Workshop 9 March

On Sunday 9 March, Nalanda Free School organised an interactive Skill-Learning Workshop to introduce skills and techniques to enhance Secondary School students' ability to self-learn, using Mathematics as the learning subject. We were honoured to have Mr. Teoh Hee Chong, a Psychology lecturer from Universiti Tunku Abdul Rahman (UTAR) and New Era College to conduct this workshop.

The workshop was skillfully designed with interesting group exercises to encourage students to explore various learning techniques. Participants were delighted to discover a variety of learning possibilities with Mr. Teoh's creative approaches. These techniques are applicable to Mathematics as well as to other subjects.

We would like to express our gratitude to Mr. Teoh and the facilitators of Nalanda Free School for their help and support. The students benefitted immensely from this exciting workshop and most of them now have a new passion for learning and for Mathematics! Well done!



- ▲ *Mr. Sho guiding the participants to think 'out of the box'.*
- ▼ *Mr. Teoh giving feedback on the group's presentation.*





6 teachers and 38 students went on a learning trip to the cool National Science Centre - and everyone loved it!



# Wonderful Learning Trip to the National Science Centre 22 March

On Saturday 22 March, Nalanda Free School organized a learning trip for secondary school students to the National Science Centre in Kuala Lumpur. The aim of the trip is to bring education beyond the boundaries of the classroom and to expose the students to science.

There were many fascinating exhibits at the Centre, and the students enjoyed seeing how science is being explained right in front of their eyes! They also had the opportunity to do some hands-on experiments, and challenge themselves to conquer fear through the ongoing "Science of Fear" Festival.

This learning trip was indeed fun and enjoyable for all the 38 students and 6 teachers, thereby strengthening their bonds. Students expressed their gratitude and appreciation to Nalanda Free School for this wonderful learning experience which stretched their horizon of imagination, and opened their eyes to many more possibilities in life.



▲ Teacher Mr. Liu bringing education beyond the classroom.

▼ Learning about elementary science at the educational Centre.



# News from Nalanda Kuala Lumpur Branch



## Pindacāra at Sri Petaling and Happy Garden

After organising the *Pindacāra* (monks going on alms-round) programme at Taman O.U.G morning market for the past 22 months (since June 2012), Nalanda KL Branch has expanded the *Pindacāra* route to Sri Petaling morning market starting April 2014 to give residents in that vicinity a chance to also participate in this ancient practice, and experience the joy of *dāna*.

On Saturday 5 April, Nalandians gathered for the customary morning chanting at NEO Centre Happy Garden at 7.30am to calm their minds and reaffirm wholesome aspirations before setting out on the alms-round with the venerable *bhikkhus*. It was inspiring to see, for the first time, a crowd gathering at the Sri Petaling market for *Pindacāra* despite the early morning drizzle. Many onlookers quickly grasped the significance of *Pindacāra*, and promptly took the opportunity to offer food to the venerables. What a joyful sight indeed!

We thank the venerables for accepting our invitation to go on *Pindacāra*. We would also like to thank the volunteers and devotees for participating in the *Pindacāra* programme at Taman O.U.G. morning market since June 2012. We urge everyone to continue cultivating the practice of wholesome giving, and enjoy the merits of generosity! All are welcome to participate in the coming *Pindacāra* on the first and third Saturdays of every month.

## New operating hours for NEO Centre KL Library

The Library at NEO Centre Kuala Lumpur will be open to the public the first and third Saturdays of the month, from 9am to 5pm. This Branch library contains more than 1,000 titles of reading materials on Buddhist subjects. Pustaka membership is free of charge. All are welcome to visit!

# News from Nalanda Sungai Petani Branch

## Nalanda hosts international visitors in Kedah

Nalanda SP Branch recently hosted an international study tour to Bujang Valley from 17 to 20 April 2014 by forty-two Dhamma friends from Singapore Buddhist Fellowship. They were warmly welcomed by Kedahan Nalandians headed by its chairman Bro. Khaw Seng Giap and deputy chairman Bro. Teoh Soon Liang.



During the 4-day packed tour of Northern Malaysia, the study group visited the Bujang Valley archaeological site and other historical sites in Kedah, Perlis and Penang, guided by Nalanda founder Bro. H S Tan, who mesmerised the participants with his vast knowledge of regional geography and history.

There was plenty of friendly interaction and camaraderie between our friends and Nalandians during the tour. We thank the Singapore Buddhist Fellowship for visiting us and for its members' wonderful learning attitude and comradeship. Sadhu!

There was plenty of friendly interaction and camaraderie between our friends and Nalandians during the tour. We thank the Singapore Buddhist Fellowship for visiting us and for its members' wonderful learning attitude and comradeship. Sadhu!

## Inspiring Members' Day in Gurun

Nalanda members in Perlis, Kedah and Penang recently attended two inspiring Members' Day sessions on 22 March and 26 April. Members' Day is an important event for Nalandians to learn about Buddhist culture, teachings, and practice. It is also a time to meet, reflect, and make important decisions concerning the Society. New members were motivated to learn Dhamma and progress spiritually under the personal guidance of Bro. H S Tan. We would like to thank Gurun Buddhist Association for kindly extending their welcome and hospitality to Nalandians in making use of their premises for our training sessions. Sadhu!



*Nalanda SP Branch members in Gurun for training.*

# News from Nalanda Johor Bahru Branch

## A Fruitful and Enjoyable Members' Day



*Nalanda JB Branch members assembled for the Members' Day training.*

On Saturday 12 April, Nalanda JB Branch members had their first Members' Day with Founder Bro. Tan present to share on Buddhist culture and practice. Bro. Tan also briefed everyone about the roles and responsibilities of Nalanda membership.

Nalandians had a meaningful time connecting with friends and learning to be better practitioners and good friends. We congratulate everyone for wisely spending time learning the Dhamma, performing selfless service, and cultivating '*samaggi*' (unity and harmony) along the way. Sadhu anumodana!



*Bro. Tan visiting the recently-commenced Free School classes at Nalanda JB Branch.*

## Ven. Kumāra visits NEO Centre Johor Bahru

Nalanda Johor Bahru Branch played host to Āyasma Kumāra Bhikkhu from Sāsanārakkha Buddhist Sanctuary Taiping, from 7 to 10 April. On Tuesday 8 April, Ven. Kumāra gave a Dhamma talk in Mandarin at NEO Centre JB, with the title ‘如何面对负性思维和感受’ (“How to overcome negative thoughts and emotions”). The talk which was held at the Shrine Hall attracted quite a large audience. On Wednesday 9 April, Āyasma Kumāra held a story-telling session with Free School students and volunteers. He encouraged everyone to learn, explore, discover and improve themselves to lead purposeful lives.

We thank Āyasma Kumāra for spending time at NEO Centre JB. During his 4-day stay, Nalanda members and devotees put in extra effort to perform dāna and service, cultivate virtues, and learn the Dhamma. May all of us continue to progress in the spiritual journey!



*Āyasma Kumāra Bhikkhu at NEO Centre JB.*

## Nalanda Free School expands to Johor Bahru

Nalanda Free School (NFS) classes started on 3 March at NEO Centre in Taman Johor Jaya. The centre was lively and filled with enthusiastic teachers and students, with the occasional burst of laughter. NFS JB Branch co-ordinator Sis. Ng Choy Hong gave the students a briefing before their lessons commenced. So far, 15 classes have started lessons and the number of Free School students at NEO Centre JB is expected to exceed 200 soon.

We thank all officers at Nalanda Johor Bahru Branch, volunteer teachers and helpers for their effort and hard work to make the Nalanda Free School Project possible in Johor Bahru. Nalanda Founder Bro. H S Tan also expressed his gratitude and appreciation during his visit to Nalanda Free School (NFS) at NEO Centre Johor Bahru to witness the progress of classes there. He reminded everyone that it is best to use a holistic approach in education which will enable and encourage students to acquire knowledge, skills, values and refinement. Sadhu anumodana!

### *Note :*

We welcome anyone with skills and a passion for education to join our growing team of committed volunteers to serve the community better. You are welcome to contact Sis. Nandinī at 03-8938-1500 for enquiries. Thank you.

# What burning ‘*paper money*’ really meant in ancient times



**D**uring a funeral ceremony in ancient China, paper-made models of houses, sedan chairs, treasure chests, clothes, daily utensils and even effigies of servants were burnt as the cortege was leaving home for burial in the cemetery.

The original meaning of such an act is to show everyone present that all former possessions of the deceased cannot be brought along to his next life. At one's death, everything one had ever owned has to be left behind. The burning only emphasizes this message, as it is the most graphical, symbolic and dramatic way of showing total loss!

There is a Chinese saying that 'no possessions can be brought along to the next existence; the only thing that follows one is his deeds, or 'karma'' (万般带不去, 唯有业随身). Furthermore, his relatives and friends only follow the deceased up to the grave, but soon turn to go home, leaving the dead alone in his tomb.

**T**hus, the burning of cheaply-produced paper models and effigies served as an effective educational tool. Witnessing how fire consumes every 'former possession' of the deceased, even an illiterate peasant or young child was able to understand this sense of total relinquishment at death.

Today, this practice is completely misunderstood by the majority of Chinese. Instead of the original meaning, paper-made models have been turned into "paper offerings" – with the mistaken thought that whatever one burns, his departed relatives will obtain in the netherworld!

Hence people nowadays burn paper models of the latest i-Pads, smartphones, LED screens, and "paper money" in inflated sums in order to please the dead. All these will not help the departed ones at all. In fact, this misunderstanding will only harm the living by maintaining their ignorance and delusions. Instead of burning "paper offerings", one can perform 'Dedication of Merits' (Pāli, '*Pattidāna*') to help their departed relatives. [Please refer to the article on Page 23.](#)

# 'Pattidāna' — Dedication of Merits



'Dedication of Merits' or 'Pattidāna' in Pāli Language is a Buddhist practice whereby one performs a noble, meritorious deed in kind memory of one's departed relatives.

One performs such wholesome deeds in honour of loved ones who had passed away by thinking: "*Idam me nātinam hotu, sukhitā hontu nātayo.*" – ("Let this merit accrue to my departed relatives; may they be happy!")

**W**e can uphold this attitude and practice especially during this 'Qing Ming' period (清明节), when many Chinese families perform prayers in honour of their ancestors and departed kin.

Thus, instead of burning "paper money" and "paper offerings", we can truly offer our charity and services to help those in need. In so doing, we get to cultivate our good character and at the same time acquire 'merits', which can then be dedicated to our departed relatives.

▲ *Dedicating merits to one's departed relatives and all sentient beings can follow any wholesome act, such as after participating in Dhamma activities.*



*Excerpts from Bro. H S Tan's talk on 30 March, at Nalanda Centre, Sri Serdang.*

# Fly Our Buddhist Flag this Wesak



2600  
Years of  
Buddhism 

**May** is the month of **Wesak!** In conjunction with this most important celebration for Buddhists world-wide, we are urging all devotees to proudly display the Buddhist Flag at home or work for the entire month, so as to share the blessings of Dhamma and our joy with others.

*Let's fly our Buddhist Flag with devotion and confidence!*



# Wesak Observance Buddhist Era 2558

"Being a Good Practitioner and Friend".

11 – 13 May | Nalanda Centre Sri Serdang

**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

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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 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

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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

# Family Fun Fair 2014

## 家庭日筹款义卖会

### Building for the Community

Nalanda's annual 'Family Fun Fair' is held in aid of our Building & Development Fund. The proceeds will also be channeled to support educational programmes of Nalanda Free School, Nalanda Institute, and Nalanda Dharma School. Come enjoy a fun & meaningful day with family and friends while supporting a great cause. All are welcome!

家庭欢乐日主要目的是为了筹募 Nalanda 发展及建设基金。其款项也将供 Nalanda 义校, 佛学院及佛学班为教育用途。

**24 August 2014 (8月24日), Sunday**  
**9 am – 5 pm | Nalanda Centre**

#### Attractions 特备项目:

☀ **“Talentime” Showcase Competition**  
才艺表演比赛

\* For children aged 5 to 15.

只限 5 至 15 岁的孩童。

If you would like to share your child's talent,  
kindly register before 31 July 2014.

有兴趣者, 请在 31/7/2014 前报名。

☀ **Food, Beverages & Dried Food**  
食品, 饮料及干粮

☀ **Garments 服饰**

☀ **Kitchenware 厨房用具**

☀ **Bonsai & Plants 盆栽及园艺品**

☀ **Happy Draw 欢乐抽奖**

Every 10 sets of coupons purchased entitles  
you to one “Happy Draw” entry ticket.

凡购足十套固本, 可获取一张“欢乐抽奖卷”

Kindly obtain coupons from Nalanda Centre.

Thank you for your support!

请到 Nalanda 教育中心获取固本。

感谢您的支持!

#### Contact Persons 联络人:

Bro. Lee Teck Beng 016-235 9333

Mdm. Chooi Kum Ying 012-268 3376

Mdm. Gloh Gik Choo 013-269 0327

Nalanda Office 03-8938 1500



Artist's impression of the expanded Nalanda Centre.

# Upcoming Events

May – July 2014

MAY



01	<b>National Nalanda Member's Convention</b> 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 <i>* BPS 0323 - Buddhist Devotion - Module 3 Correct Practices, Faith, and Devotion</i>	NEO Centre, KL / Sri Petaling market / Happy Garden Nalanda Centre
10	<i>* BPS 0324 - Buddhist Devotion - Module 4 True Significance of Wesak</i>	Nalanda Centre
11-13	<b>'Buddha Day'</b> - Wesak Observance B.E. 2558 <i>"Being a Good Practitioner and Friend"</i>	All Nalanda Centres
16	<i>* Teacher's Day Celebration</i>	Nalanda Centre
17	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre/ S. K. market
31-03	Teenagers' Learning Camp	Johor Buddhist Mission, Johor Bahru

JUN

07	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden <i>* Nalanda Free School Learning Trip</i>	NEO Centre, KL / Sri Petaling market / Happy Garden Kuala Lumpur
12-14	Dhamma School Teachers' Workshop Kelantan Teenagers' Learning Camp	Wat Uttamaram, Pasir Mas, Kelantan
21	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan Wesak International Film Festival	Nalanda Centre/ S. K. market
22	Nalanda Dharma School & Nalanda Free School Parents Meeting	Nalanda Centre
28-29	Wesak International Film Festival	

JUL

01	Nalanda Institute Malaysia 7th Anniversary	Nalanda Centre
05	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Sri Petaling & Happy Garden Commencement of BPS 402 – Higher Certificate in Buddhist Studies	NEO Centre, KL / Sri Petaling market / Happy Garden Nalanda Centre
11	<b>'Dhamma Day'</b> – Asalha Full-moon Observance	Nalanda Centre
13	<i>Dhammacakkappavattana Sutta</i> Commentarial Course	Nalanda Centre
19	<i>Pindacāra</i> - Alms-round by Sangha members at the morning market in Seri Kembangan BPS 402 – Higher Certificate in Buddhist Studies	Nalanda Centre/ S. K. market Nalanda Centre

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

*\* Registration is required for these courses / programmes.*

# Our Core Value – Respect

Respect begins within ourselves. One must first know how to respect oneself before learning to respect others. To respect means to know what wholesome qualities (worthy of admiration) and unwholesome qualities (to be abandoned) are. When we learn to genuinely respect others, other people too will respect us. Respect is earned; and it cannot be demanded.

Living in a community makes us part of a web of relationships with other people – from our family members to friends, colleagues and even strangers. Respect is the underlying foundation that creates healthy and harmonious relationships. Listening patiently to others when they are speaking, or a gentle bow when we meet others are some simple acts of respect that we can do to bring about more harmony in our communities.

## 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](http://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

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

Tel. No. +603-8938 1500 / 8938 1501

Fax No. +603-8938 1502

E-mail [info@nalanda.org.my](mailto:info@nalanda.org.my)

Website [www.nalanda.org.my](http://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.

### Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

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

Tel. No. +603-7971 7151

E-mail [neo-kl@nalanda.org.my](mailto:neo-kl@nalanda.org.my)

### Nalanda Education & Outreach (NEO) Centre, Johor Bahru

30, Jalan Dedap 26, Taman Johor Jaya, 81100 Johor Bahru, Johor.

Tel. No. +607-350 3870

E-mail [neo-jb@nalanda.org.my](mailto:neo-jb@nalanda.org.my)

NEO Centre KL is open every first and third Saturdays of the month: 9am to 5pm, and on Sundays: 2pm to 4pm.

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