

Nalanda Bulletin

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For Non-Muslims Only

Mental well-being leads to joyful living

10 October was World Mental Health Day. Mental health is defined as “the absence of mental disorders”, which allows a person to function normally and resiliently in routine responsibilities in life. Examples of mental sickness include prolonged stress, sadness, anger, disturbing obsessive or compulsive behaviour, neurosis, and psychosis.

The increasingly fast-paced lifestyle and the myriad of issues affecting us today have unsurprisingly caused the deterioration of mental health across a large swath of world population. Researchers estimate that a shocking 26%, or one in four people, suffer from some form of mental sickness.

In his message to mark the occasion, Nalanda founder Bro. Tan stated that Buddhism offers the way to complete mental health by eradicating defilements. We can be free from suffering by eliminating its causes – which are greed, aversion and delusion. In other words, the Buddha had taught us this wonderful path to mental well-being and joyful living twenty-six centuries ago.

Bro. Tan encouraged parents and teachers to share with their charges about the Noble Eightfold Path and become role models themselves in how to live in accordance to Dhamma. This will greatly contribute to our children’s future well-being, and enable them to live a life with correct priorities and values. ■





Mental well-being leads to joyful living *World Mental Health Day.* See the Cover Page

- | | | | |
|-------|--|---------|--|
| 1 | Nalanda marks 'World Mental Health Day' | 18 – 19 | Reunion for young campers |
| 4 – 5 | Buddhist organisations can do more to propagate <i>Right Views</i> | 20 – 21 | ' <i>Silver Lining Day</i> ' at Siddharthan Care Centre |
| 6 | Memories of a noble leader | 22 | UPM Buddhist Society meditation retreat |
| 7 | Commemorating Prof. T. W. Rhys Davids | 23 | Tribute to King Bhumibol Adulyadej of Thailand (1927 – 2016) |
| 8 | Fabulous fun fair at NEO Centre Johor Bahru | 24 | Resolutions passed at Nalanda E.G.M. |
| 9 | School facilitators' training camp | 25 | First anniversary of Wisdom Park Development Committee |
| 10 | Nalandians honour 'Bhikkhunī Day' | 26 | Nalanda hosts Venerable Ayya Santini |
| 11 | "The Way Out" of Dukkha – Talk by Venerable Khanti Khemā | 27 | Second Nalanda leadership retreat held in Klang |
| 12 | Flowing gratitude in Seri Kembangan | 28 – 29 | Visit by Firefly Mission Singapore |
| 13 | Celebrating youthful spiritual friendship | 30 – 31 | Nalanda Free School Appreciation Day |
| 14 | Mdm. K. H. Gamage visits Nalanda Centre | 32 – 33 | Nalanda KL Branch's fellowship trip to Putrajaya |
| 15 | Visit by Dr. Punna Wong Yin Onn | 34 | Proposed ' <i>K. Sri Dhammananda Centre</i> ' in Sri Serdang |
| 16 | Commemorating Ven. K. Anuruddha and Acharya S. N. Goenka | 35 | Upcoming events from November 2016 to January 2017 |
| 17 | Nalandians attend Metta Lodge fund-raising dinner | 36 | Six Well-beings – <i>Social Harmony</i> Nalanda Contacts |

Buddhist organisations can do more to help

Bro. Tan recently addressed the issue of false teachings that are prevalent in a large portion of the Buddhist community. Some preachers are using Buddhist concepts such as 'kamma' and 'rebirth' to dupe gullible devotees into parting with their money – by sponsoring unnecessary and ineffectual rituals. The performance of such rituals is not in accordance to the letter and spirit of Buddhism.

When asked about what Malaysian Buddhist organisations can do to prevent further proliferation of pseudo-teachings, Bro. Tan listed three important measures :

1. **Focus on quality education** – Organise more impactful educational programmes for different segments of our community – for children, youths, working adults and senior citizens – and encourage everyone to talk to their families and friends about proper Buddhist teachings to establish *Right Views*.
2. **Train future Buddhist leaders and teachers** who are virtuous, knowledgeable, and inspiring to carry out Dhamma activities suited for modern times.
3. **Build suitable and adequate facilities** in Malaysia to train future leaders and teachers for our community.

Buddhist organisations should maintain close ties and communicate frequently to support and learn from one another. Efforts to promote Buddha-Dhamma can also be better coordinated and concerted to achieve better results.

Bro. Tan stated that these objectives have been the focus of Nalanda Buddhist Society since our inception in 2003. He also said that in 2017 – 2018, Nalanda will double its number of teachers, and triple its annual budget in building two new educational facilities in Sri Serdang (*K. Sri Dhammananda Centre*) and Wisdom Park.

He invited the community to join in this noble mission to offer proper Buddhist education, and to encourage and enable the widespread practice of Dhamma in Malaysia.



Bro. Tan said that Buddhist organisations can do more to provide quality education for different segments of the community to counter false teachings.



Bro. Tan meeting with Nalanda EXCO Members recently to propose the tripling of budget to build two training facilities in 2017-2018.



Bro. Tan showing the phases of development for Wisdom Park.



28 August

Chairman of Nalanda Education Committee, Achariya Vijaya Samarawickrama stressing on the importance of good leadership.

Memories of a noble leader

During a recent Sunday Service dedicated to the memory of the late Venerable Dr. K. Sri Dhammananda to mark the 10th anniversary of his passing, Nalanda acharyas recollected heart-warming tales of their association with this remarkable ‘*Dhammaduta*’ (missionary monk).

Bro. Tan shared some of his fondest reminiscences as a student of the late venerable. He said, “memories should be made up of things that are uplifting and bright... By filling our memories with good things, good people and good teachers, we can use them as our guiding light in life.”

Achariya Vijaya Samarawickrama then delivered a Dhamma talk on the qualities

of an ideal Buddhist leader. In his talk, Achariya Vijaya also related his personal encounters with Ven. Dhammananda, and witnessed how the late venerable had dedicated his life selflessly to Dhamma propagation.

Ven. Dhammananda reached across large segments of the community – both Buddhists and non-Buddhists – and touched the hearts of countless people over half a century.

Achariya Vijaya reminded us that the most meaningful way to honour and commemorate our teachers is to emulate their virtuous qualities, and live up to their noble teachings.



Bro. Tan recollecting the leadership qualities of the late Ven. Dr. K. Sri Dhammananda.



4 September

Bro. Ananda Fong introducing the works of Prof. Rhys Davids and his vast contribution to Buddhist Studies.

Commemorating Pāli scholar Prof. Thomas W. Rhys Davids

On Sunday 4 September, the Director of Pustaka Nalanda Bro. Ananda Fong gave a talk on the contributions of Professor Thomas William Rhys Davids (1843 – 1922), founder of the Pāli Text Society (PTS) based in London. This was part of Pustaka Nalanda’s programme to commemorate historical personalities who had contributed significantly to the propagation of Buddhism over the last century.

Bro. Ananda Fong described how Prof. Rhys Davids came into contact with Pāli Language – the canonical language of Theravada School – when he served as a magistrate in Sri Lanka. He studied the language intensely and was intrigued by the vast and deep wisdom of Buddha’s teachings. As his knowledge and understanding of Buddhism gradually expanded, the son of a Welsh Congregational clergyman was convinced that this teaching was beyond the realm of faith and was indeed the ‘wisdom-jewel’ of humanity.

Back in Britain, Prof. Rhys Davids founded

the Pāli Text Society to promote the translation and study of Pāli scriptures. Together with his Indologist wife, Dr. Caroline Rhys Davids, they translated, compiled and arranged ancient Pāli literature and made them available to Western readers. Today’s students owe a huge debt of gratitude to both husband and wife scholars for their immense contributions.

After Bro. Ananda’s sharing, devotees adjourned to Nalanda Library to look at some books authored by Prof. Rhys Davids. His *magnum-opus* was undoubtedly the comprehensive *Pāli-English Dictionary*, published posthumously in 1923, and still a very popular reference today.

While visiting Nalanda Library, devotees also took part in an interactive quiz to learn more about Buddhism. It was a fun and lively way to deepen their understanding of the subject. We thank Pustaka Nalanda for organizing the meaningful “Prof. Rhys Davids Commemoration Day” programme. Sadhu anumodana.



11 September

The great Nalandian spirit was evident again at the Family Fun Fair in J.B.

Fabulous fun fair in Johor Bahru

Excellent weather greeted the crowd at 'Family Fun Fair' 2016 organised by Nalanda Johor Bahru Branch. It was only the second year the 'Fun Fair' was held in J.B., yet the event was a resounding success due to strong support from the local community.

The Fair opened at 8am with the hitting of gong by Nalanda Deputy President Bro. Charlie and J.B. Branch Chairman Bro. Yap. Many stalls soon enjoyed brisk sales with the market-going crowd streaming into NEO Centre in Taman Johor Jaya.

Students of the J.B. Dhamma School and Nalandian youths put up several interesting performances to entertain the crowd. There were also games that kept children engaged, and lucky draws with wonderful prizes.

When the Fair closed at 2pm, organisers and

volunteers were overwhelmed by a sense of achievement that comes with a job well-done!

We would like to thank all sponsors, stall operators, and visitors to the Fair. Your support was pivotal to the success of this fund-raising event. We also thank Nalandians from every branch who traveled all the way south and camped for days in Johor Bahru to help out. Working together seamlessly and harmoniously, we became a big, effective team that accomplished all tasks joyfully.

A big 'thank you' to the wonderful organizing team and tireless volunteers, students and parents of Nalanda Dhamma School and Free School; your hard work over the weeks resulted in this remarkable success. Your enthusiasm, energy, sacrifices and determination were truly inspiring!



16 – 18 September

Facilitators and Johor Bahru Branch committee members at the training.

School facilitators' training camp

From 16 to 18 September, Nalanda Dhamma School Johor Bahru Branch organised an energising Facilitators' Training for twenty volunteers. The 3-day training camp was conducted by School Director Sis. Sunanda Ong in order to develop greater leadership and facilitation skills among officers.

There were 6 training sessions where themes such as 'Leadership in Education', 'Ethics in Education', 'Facilitation skills', 'Presentation skills', and 'Good Practitioner & Good Friend' were explored. Each training session was accompanied by interactive games and hands-on activities that support better understanding of the topics.

Facilitators also actively participated in group discussions and came out with creative presentations. Everyone enjoyed themselves immensely during the learning process. May the facilitators continue their selfless service in providing holistic education for the younger generation. Sadhu anumodana.



Group discussions help facilitators understand the themes better.



Facilitators finding solutions to problems given to their groups.



16 September

The Nalanda team was led by President Sis. Evelyn.

Nalandians honour ‘Bhikkhunī Day’

On Friday 16 September, Nalanda members took part in a simple gathering to mark the “International Bhikkhunī Day” organised by Gotamī Vihāra in Puchong. The gathering was meant to honour the historical Bhikkhuni Sangha which was established during the Buddha’s lifetime. Among its illustrious members were Elders Khemā, Upalavannā, Dhammadinnā and Mahapajapattī Gotamī.

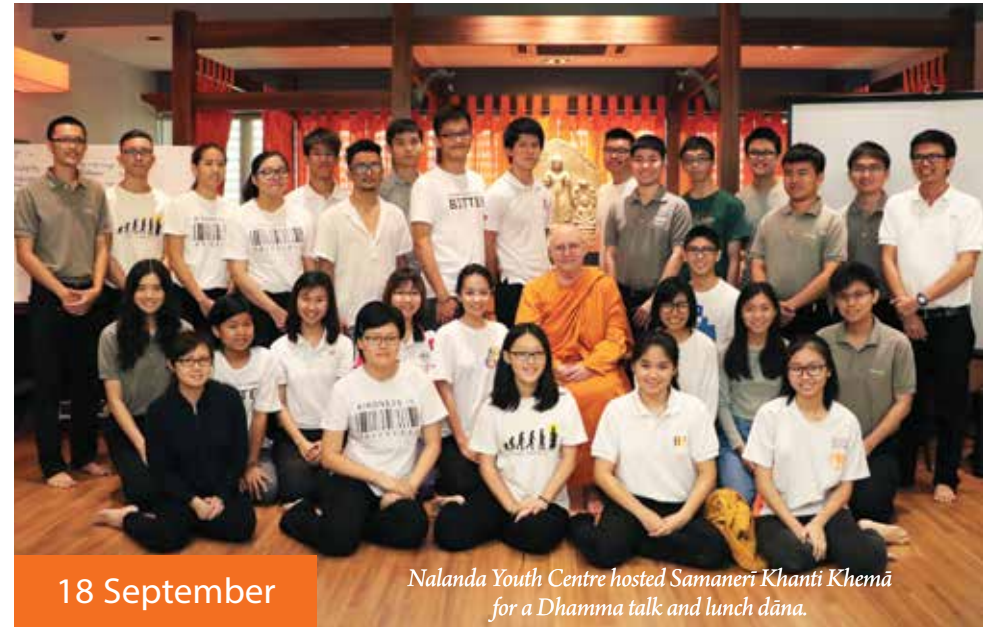
Malaysian bhikkhuni Venerable Sumangala gave a talk on “Mindfulness in Daily Life” at the simple gathering.



Nalandians offering dāna to Ven. Sumangala after her talk.



Ven. Sumangala giving a talk at the gathering organised by Gotamī Vihāra in Puchong.



18 September

Nalanda Youth Centre hosted Samanerī Khanti Khemā for a Dhamma talk and lunch dāna.

“The Way Out” of Dukkha

On Sunday 18 September, Nalanda Youth Centre hosted Samanerī Khanti Khemā, the Chairman of Dhamma Sukhā Meditation Centre, Missouri, USA. Venerable Khanti Khemā gave a talk to the youths titled “The Way Out”.

Ven. Khanti Khemā shared many personal anecdotes and stories to illustrate the Dhamma.



Samanerī Khanti Khemā talking about the ‘Five Hindrances’.

She spoke about the ‘Five Hindrances’ (Pāli, *Pañca Nivāraṇa*), which if they were not overcome, will greatly affect one’s progress on the spiritual path.

She advised the youths to always be aware of their minds in daily activities, and apply mindfulness in whatever they are doing. Ven. Khanti Khemā also encouraged the youths to verify what they have learnt and heard with the original source of Buddha’s teaching – the *Pāli Tipitakā*.

We thank Samanerī Khanti Khemā for sharing the Dhamma at Nalanda.

We invite young adults below 30 to join our interesting weekly sessions on Sundays from 9am – 12pm to explore Dhamma inwardly and enhance our understanding of truth.

You may follow Nalanda Youth Centre news and activities on Facebook at www.facebook.com/groups/nalandyouthcentre/.



17 September

Nalandians distributing leaflets and gifts to stall-owners in thanking them for their continuous support.

Flowing gratitude in Seri Kembangan

On Saturday 17 September, two venerable monks were invited to go on alms-round at Jalan Besar market in Seri Kembangan. The monthly alms-round is a keenly awaited event by market-goers and stall operators alike, as it enables otherwise busy people to offer food to Sangha members.

Venerable Sunanda praised Nalanda's effort in organising this meritorious programme which allows hundreds of people to perform wholesome deeds and learn proper ways of supporting the monastic order. He clearly saw the joy on the faces of alms-givers, and advised volunteers to continue their involvement in such wholesome activities.

At the market, Nalandians also distributed 'Thank you' leaflets and tokens of appreciation to many stall-owners for their continuous support towards Nalanda's annual *Family Fun Fair* and the monthly Pindacāra programme. Anumodana.



Devotees waiting respectfully to offer alms.



Generosity spreads happiness all around.



17 September

Nalanda Youth Centre organised a joyous gathering of spiritual friends in conjunction with the Mid-Autumn Festival.

Celebrating youthful spiritual friendship

On Saturday 17 September, Nalanda youths celebrated the Mid-Autumn Festival with a joyful gathering of Dhamma friends. It was made more cheery with their juniors from Nalanda Dhamma School joining in the fun.

The night began with an uplifting Dhamma sharing by Bro. Aggaphala Yap, who spoke about the eight kinds of valuable friends we should seek to have in our lives. Good

friends are those who will stand by us, give us the courage needed to persevere in life, as well as giving us the moral support and wise advice to overcome our difficulties.

Bro. Aggaphala also said that we should not despair if we do not have such friends in our lives presently. He urged all of us to cultivate these good qualities ourselves, and to be that 'good friend' to those around us.

The night's festivity continued with potluck dinner; and after a hearty meal and sing-along, everyone lit their lanterns and went for a walk in Sri Serdang under the bright Mid-Autumn moon.

We thank everyone for a night filled with laughter and joyfulness, and look forward to many more good memories with everyone on this Dhamma journey together.



Dhamma friends having a joyful time.



24 September

Nalandians warmly welcoming Mdm. Gamage, her daughter Dayani, and grandson Dhaninda.

Mdm. Gamage visits Nalanda Centre

The youngest sister of the late Ven. K. Sri Dhammananda, Madam K. H. Gamage from Colombo, visited Nalanda Centre on 24 September in conjunction with the 10th anniversary of the late venerable's passing. It was Mdm. Gamage's first visit to Nalanda, and she was accompanied by daughter Dayani and grandson Dhaninda Hemadasa.

Mdm. Gamage and her family were warmly received by Nalandians and had a delightful tour of the facility. Mdm. Gamage said that she felt a sense of peace and joy the moment she stepped into Nalanda Centre, being deeply affected by the serenity of its ambience and the warmth of its people.

It was a moving scene when Mdm. Gamage paid respects at the altar of the late Ven. Dhammananda in Nalanda Library. She teared up when recollecting the kindness and greatness of her eldest brother. She reminisced about her younger years in Sri Lanka and her earliest memories of Ven. Dhammananda, who was 19 years her senior.

Bro. Tan said that he was happy to meet Mdm. Gamage again after many years. He also informed her that the name 'Nalanda' was bestowed by Ven. Dhammananda to the Society in 2003. Nalandians are forever indebted to Ven. Dhammananda as he was our teacher and staunchest supporter.

Mdm. Gamage and her family were elated when they learnt that Nalanda plans to build a new education facility in Sri Serdang named "K. Sri Dhammananda Centre" in honour of our late spiritual adviser.

Before taking leave, she gave an eloquent speech wishing for everyone's success and happiness. Nalandians in return wished her a long life of good health, joy and fulfilment!



Mdm. Gamage paying respects at the late Ven. Dhammananda's altar at Nalanda Library.



25 September

Dr. Wong presenting several copies of his newly-launched book to Pustaka Nalanda.

Visit by Dr. Punna Wong

On Sunday 25 September, Buddhist stalwart and Dhamma speaker from Johor Bahru Dr. Punna Wong Yin Onn visited Nalanda Centre to present his newly-launched book, "Walking in the Buddha's Footprints: 100 Reflective Essays".

It was Dr. Wong's first visit to Sri Serdang after the expansion of Nalanda Centre; he was led on a tour of the annex building by Deputy President Bro. Charlie Teng. Dr. Wong was also briefed on the Wisdom Park Project with its different components catering to healing, training, education, and cultivation.

Dr. Wong was impressed with the new building and Nalanda's steady progress, as well as with the vision to develop Wisdom Park. He offered donations to the project and also kind words of encouragement.

Before leaving, Dr. Wong autographed a few copies of his book to be kept in Nalanda Library. We are pleased to share that 7 copies of the book are available for reading and borrowing at Pustaka Nalanda's branch libraries in Sri Serdang, Johor Bahru, Sungai

Petani, and Happy Garden, Kuala Lumpur. You may access the catalogue of Nalanda library by visiting the website at : <http://www.pustakanalanda.org/pustaka/senayan3-stable9/>



Dr. Wong autographing his books for Nalanda Library.



Bro. Charlie briefing Dr. Wong on the various components of Wisdom Park.



29 September

Bro. Tan spoke about the pathway and goals of Buddhist meditation.

Tribute to Ven. K. Anuruddha and Acharya S. N. Goenka

29 September 2016 marked the third anniversary of the passing of eminent Pāli Scholar, Venerable Dr. Kakkapalliye Anuruddha Nayaka Thero, and renowned meditation teacher, Acharya Satya Narayan Goenka. Nalandians held a simple tribute to both teachers with a meditation session.

Nalanda founder Bro. Tan gave an exposition on what meditation is, stating that its goal is not merely to attain tranquillity, but in achieving freedom from suffering.

For that, there is a gradual and progressive pathway that takes the meditator from mundane experiences to inner realisations

which thoroughly reveal one's true personality, character, and the nature of life.

After meditating, discussing Dhamma and listening to Bro. Tan's talk, everyone focused their minds and dedicated merits to the late Ven. Anuruddha and Acharya Goenka, wishing them peace and freedom from all suffering.

Nalanda Buddhist Society members would like to pay our humble tribute and express gratitude to both teachers for having done much in the service of humanity and the *Buddha-Sāsana*. May we continue to honour them with the proper practice of Dhamma.



The congregation listening intently to the Dhamma talk.



Bro. Tan answering questions about meditation after the session.



30 September

The dinner was held to raise funds for a new meditation centre to be build in Taman Johor Jaya.

Nalandians attend Metta Lodge dinner

On Friday 30 September, Nalanda Johor Bahru Branch members attended a 'Gala Dinner' organised by Metta Lodge to raise funds for its new meditation centre located in Taman Johor Jaya. The dinner was well supported with devotees from several Buddhist societies in Johor and Singapore attending.

At the dinner, Metta Lodge member Dr. Punna Wong launched his latest book, "Walking in the Buddha's footprints – 100 reflective essays". Proceeds from sale of the book went towards Metta Lodge building fund as well.

Nalandians wish that the new building project be realised soon; we shall work as a community towards its successful completion for the benefit of Buddhists in Johor Bahru. Anumodana.

Photograph credits to Metta Lodge Johor Bahru.



Dr. Punna Wong autographing his newly-launched book at the dinner.



Nalanda Johor Bahru team at the Gala Dinner organised by Metta Lodge.



8 October

“Your potential is only potent when you make a commitment, and take steps to realise it. A potential is impotent if you don’t do anything to realise it.” — Bro. Tan

‘Reunion Day’ for young campers

Three months after the awesome Dhamma-Living Camp for Young Adults in Genting Highlands, Nalanda Youth Centre invited former participants back for a joyful reunion.

60 young campers returned for a meet-up at Nalanda Centre on 8 October. The purpose of this ‘Reunion Day’ was to reconnect with spiritual friends, and to rejoice in each other’s learning experiences since the camp.

Bro. Tan reprised his role to give campers further Dhamma teachings and guidance in meditation. He first spoke about the importance of having good friends – friends that are not just *good to you*, but are **good for you**. According to Buddha’s teaching, good friends are virtuous people themselves. Hence, they are able to bring out the *good in you*.

In his second talk, Bro. Tan made clear what is the true meaning of ‘success’. In worldly terms, success means ‘getting what you want’. If you were ‘successful’, would you certainly be happy? The answer is ‘not necessarily’.

Bro. Tan said that many people live in fear of failure because they hold a negative attitude towards it. People tend to think of failure and success in absolute terms, not knowing they are merely part of a ‘process’. We often overlook the learning which we can gain from failures.

It was a great ‘Reunion Day’ for everyone with superb learning and a deep sense of spiritual comradeship. Before dispersing, the campers promised each other that this reunion would definitely not be their last! Sadhu anumodana.



Bro. Tan giving further guidance in meditation at the ‘Reunion Day’.



‘Your attitude often determines whether you’re happy’.



Youths gleefully shared their experiences since the camp.

'Silver Lining Day' at Siddharthan Care Centre in Petaling Jaya, Selangor

The 'Silver Lining' is a campaign initiated by Nalanda Youth Centre in 2015 to promote acts of kindness towards others among Malaysian youths. A 'Silver Lining Day' is organised once every three months where youths dedicate one Sunday to serving the community.

On 9 October, Nalandian youths visited the Siddharthan Care Centre in Petaling Jaya, a privately-run charitable home for 35 orphans and disabled children ranging from 2 to 18 years old. We introduced ourselves to the children, and became fast friends through games and warm interactions.

Nalandian youth Choo Yi Kang gave a talk about the importance of being mindful and attentive so that we can perform our tasks well. He also spoke about the importance of having gratitude and respecting others in life, as everyone would like to be genuinely respected.

The youths headed back to Nalanda Centre after our visit where we had a reflection and sharing session. We were happy to spend time with the children and felt inspired by the positive spirit of the kids despite their backgrounds and circumstances. Nalandian youths were able to bond well with the children because we did not treat them as orphans, but as our brothers and sisters.



9 October

Nalandian youths and the children at Siddharthan Care Centre.



Bro. Yi Kang introducing Nalanda Youth Centre to the children.



Time to do the 'Chocolate' dance!



The children had a blast dancing with their new friends.



The youths and children fast became friends.



Great fun with the kids.



Fist bump to friendship!



Youth Leader Bro. Disheng exchanging moments with caregiver of the home, Mr. Manimaran.



9 October

Participants of the one-day meditation retreat posing with their instructors.

UPM undergraduates attend retreat

On Sunday 9 October, thirty undergraduates from Universiti Putra Malaysia attended a one-day meditation retreat at Nalanda Centre organized by the university's Buddhist Society. The retreat held from 10am to 10pm was led by Venerable Bhikshuni Ji-Chi and Venerable Bhikshuni Chi-Xiang.

Participants got to experience different postures of meditation, including sitting, standing, walking, and lying down. Throughout the day, everyone tried to maintain unbroken mindfulness and mental calmness. Even though it was just a short retreat, the joy derived from the day-long exercise was palpable.

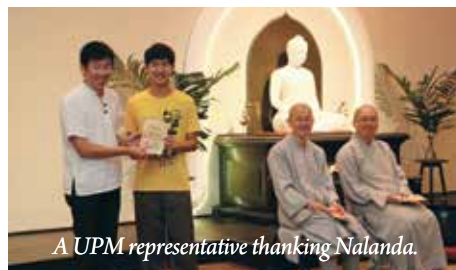
At the end of the retreat, Bro. Tan gave some advice and encouragement to the students to continue with their practice, saying that it is their great fortune to come in contact with meditation at a young age. A representative of the UPM Buddhist Society then presented a momento to Nalanda Centre for hosting the retreat. Sadhu anumodana.



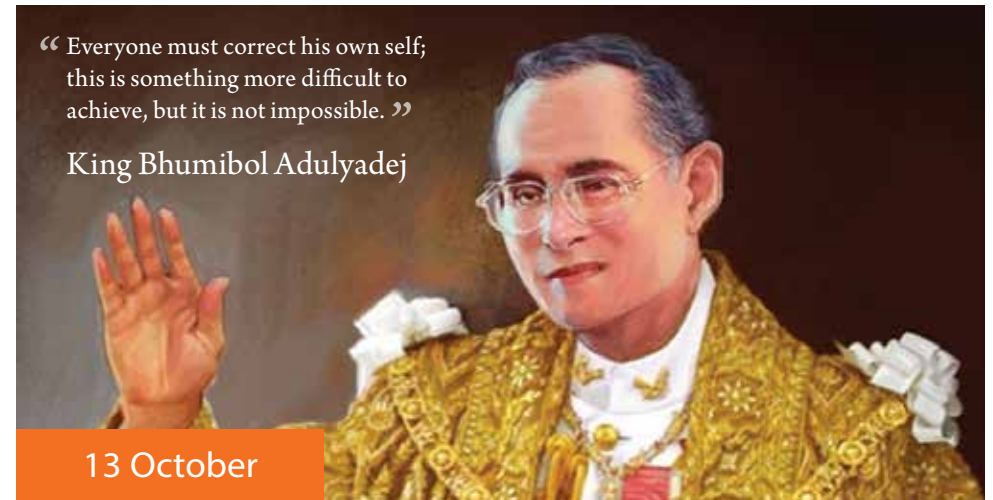
Sitting session at the retreat.



Standing and walking meditation.



A UPM representative thanking Nalanda.



“ Everyone must correct his own self; this is something more difficult to achieve, but it is not impossible. ”

King Bhumibol Adulyadej

13 October

Tribute to King Bhumibol (1927 – 2016)

Nalanda Buddhist Society Malaysia offers our deepest condolence to the royal family and people of Thailand over the demise of His Majesty Rama IX, the beloved King Bhumibol Adulyadej, on 13 October 2016.

His Majesty celebrated the 70th anniversary of his ascendance to the throne on 9 June 2016, making him one of the longest reigning monarchs in the world. In his seven decades of consistent leadership, he had guided Thailand back from numerous crises, and steered the nation on course to progress and modernity.

King Bhumibol had been a constant source of inspiration to his people. His unwavering stand on morality and benevolent governance

united the country. His passing will no doubt leave an enormous vacuum in the hearts of Thai people and nation.

There is an air of profound sadness and gloom all over Thailand at this moment. But it is good to recollect the teachings of the Buddha – that beings whether great or mediocre live and die all the same; no one is exempted from death.

Let us give thanks to a great Buddhist monarch who was a beacon of integrity and a torch-bearer for the world. Perform wholesome deeds and dedicate merits to the late King Bhumibol. May he be free from all suffering and attain the ultimate bliss of *Nibbāna*. *Sotthi*.



A memorial tribute for King Bhumibol was held at Nalanda Centre on 16 October.



16 October

Members listening to founder Bro. Tan's thoughts about the future development of Nalanda.

Resolutions passed at Nalanda Extraordinary General Meeting

Nalanda Buddhist Society members based in Sri Serdang had a successful Extraordinary General Meeting (E.G.M.) which was held on Sunday, 16 October. The E.G.M. was called by the Board of Management to discuss important issues regarding the Society's future development.

Three resolutions were unanimously passed at the E.G.M., *i.e.* (1) the Society's new membership policy; (2) the purchase of land to increase the size of the proposed 'Wisdom Park' by 33%; and (3) the appointment of 5 trustees to manage assets on behalf of the Society.

An important agenda of the E.G.M. was the presentation by Nalanda founder Bro. Tan on the 'Master Development Plan' for Wisdom Park to the membership. There was a collective sense of joy in seeing the progress towards constructing the first building at the education hub.

Bro. Tan praised and thanked Nalandians for strongly supporting the project, and for maintaining discipline and 'Samaggi', all of which are important factors leading to successful implementation of Nalanda's mission.



Three resolutions comprising 10 proposals were unanimously passed at the E.G.M.



16 October

The Wisdom Park Development Committee marked its first anniversary in October 2016.

First anniversary of Wisdom Park Development Committee

On Sunday 16 October, the Wisdom Park Development Committee (WPDC) celebrated its first anniversary of establishment and operation. WPDC was formed in October 2015 with initially 13 members, and was tasked with preparing the 'Master Development Plan' for Wisdom Park – the proposed education hub for the Malaysian Buddhist community. 3 more members were later invited to join WPDC to strengthen the team.

WPDC's current 16 members include 4 representatives from Nalanda, 8 representatives of the Buddhist community, and 4 technical experts. The Committee members worked along remarkably well and harmoniously with a common purpose, under the able leadership of Nalanda founder, Bro Tan.

Over the past one year, WPDC has had 15 meetings, 11 Sub-committee meetings, and 6 site visits; it has achieved much progress towards realising the first phase of this noble project.

On behalf of Nalanda members and the local Buddhist community, we would like to thank all WPDC members for their contributions and sacrifice in accomplishing their tasks. Sadhu anumodana!



WPDC has frequent discussions on the 'Master Plan' for Wisdom Park.



19 October

Ayya Santini introduced Buddhist meditation with special emphasis on the practice of Satipatthana.



29 – 31 October

Nalanda officers from all over the country attending the 3-day retreat for leaders.

Nalanda hosts Ayya Santini

In October, Nalanda Centre was honoured to host a visit by Venerable Ayya Santini, a senior Theravada bhikkhuni from Indonesia. On Wednesday 19 October, we took the opportunity to invite Ayya Santini for a Dhamma talk after our weekly meditation session.

Ayya shared a story where one of her students thought she was stagnating in meditation even after striving hard for many years. Ayya said that we may actually be progressing, even if we do not realise it. If we think that we are not improving even though we practise, would it not be worse if we do not meditate at all? Food for thought, indeed.



Meditators felt very motivated by Ayya's Dhamma teaching and strong encouragement.

2nd Nalanda leadership retreat

Twenty-six Nalanda officers spent the long Deepavali weekend in late October attending a special retreat for leaders in Klang, Selangor. This was the second annual leadership retreat which involved Executive Committee members and a few branch leaders. The theme of this year's retreat was "Moving forward together".

At the 3-day meet, Nalandian leaders discussed issues concerning the direction and future development of the society, with particular emphasis on creating an organisational culture conducive for spiritual and community growth. Thank you for your contributions and sacrifices!



Bro. Tan sharing his ideas about a 'culture of cultivation' for a dynamic yet spiritual community.



22 October

This was the fifth consecutive annual visit of Firefly Mission members to Nalanda Centre. See you again next year!

Visit by the Firefly Mission of Singapore

On Saturday 22 October, 90 members of Firefly Mission Singapore led by their President Dr. Ng Yee Kong visited Nalanda Centre as part of their 'Kathina' season tour of Malaysia. This was the Mission's fifth consecutive year visiting Nalanda, and one of the events Nalandians look forward to annually.

President Sis Evelyn led Nalanda officers to offer our Singaporean friends a warm welcome. The host-officer for their visit was Bro. Tong of Nalanda Institute. After the customary offerings to the *Three Jewels*, Nalanda founder Bro. Tan gave a talk on the meaning of true success in life – which is beyond worldly achievements such as wealth, possessions, status, and fame. True success is the overcoming of defilements – a moment-to-moment victory over greed, aversion and delusion.

After the uplifting Dhamma talk, visitors and Nalandians enjoyed a communal lunch together. Our friends were also brought on a tour of Nalanda Centre and the Youth Centre in small groups. They later left for Sasanākkha Buddhist Sanctuary in Taiping for the 'Kathina' celebrations there.

We thank members of Firefly Mission for bringing so much joy to all of us on their visit to Sri Serdang. Friendship and camaraderie indeed extend beyond boundaries, as true *mettā* and *muditā* are boundless and borderless! We look forward to welcoming you back to Nalanda again in 2017.



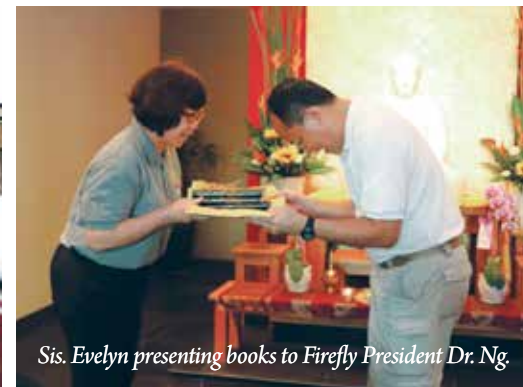
Bro. Tan spoke about having a 'successful life' versus living a 'meaningful life'.



Everyone enjoying the communal lunch.



Our friends were brought on a tour of Nalanda Centre.



Sis. Evelyn presenting books to Firefly President Dr. Ng.



Sending off as warm as the welcoming.



22 October

The annual Free School Appreciation Day allows teachers, parents and students to come together in celebration of community education.

Free School Appreciation Day

On Saturday 22 October, Nalanda Free School held its annual 'Appreciation Day' to honour all its volunteer teachers who have lovingly given their time and effort to educate the community. The occasion also provided an opportunity for students to show their gratitude and appreciation to their teachers. Some students came up with a dance performance which greatly amused everyone present.

The Free School presented four categories of awards to notable students, namely the 'Full Attendance Award', 'Most Improved Student Award', 'Most Enthusiastic Learner Award', and the 'Best Student Award'.

Nalanda Free School was established in 2010 with an initial enrolment of 128 students. It aims to provide free but quality academic tuition to needy students. Today, the School

has grown to an enrolment of 550 secondary and primary students in 38 classes, held in Sri Serdang, Kuala Lumpur and Johor Bahru.

We would like to thank our awesome band of 40 committed teachers and volunteers who have always given your best to our students. The community is forever grateful to you!



Students beaming with joy after receiving awards.



The evening as usual started with meditation.



Teachers amused by their students' performance.



Volunteer teachers honoured and appreciated.



Free School Principal Sis. Lee with volunteer teachers.

Fellowship trip to Putrajaya

On 23 October, Nalanda Kuala Lumpur Branch organised a family trip for its members to Taman Putra Perdana in Putrajaya. The programme started with morning chanting, followed by an aerobics session to warm-up for sports.

Everyone was then placed into smaller groups to compete in station games such as 'Fun Puzzle', 'Twister Team', 'Water Boom' and 'Passing Ball'. Those activities helped strengthen the bond with loved ones, as well as enhanced teamwork and communication skills.

The outing ended joyfully with lunch, a birthday celebration, and Dhamma sharing by Sis. Sunanda. Everyone was still beaming with happiness despite being truly exhausted. It was a marvelous outing with branch members, parents, students and facilitators coming together as a Nalandian community.



23 October

64 Nalandians and their family members, including students from the Dhamma School, took part in the outing



Families trying their skills with various station games during the outing.



The boisterous warm-up session was led by Nalandian youths. Way to go!

Proposed *K. Sri Dhammananda Centre*

— Building for the future of our community

For more than a decade, Nalanda Dhamma School has been committed to providing holistic Buddhist education to students aged 10 to 17. Since its establishment in 2005, the School has been imparting knowledge, skills, and values necessary for success and happiness in life to an increasing number of students yearly.

Nalanda Dhamma School is looking to expand our capacity to continue providing quality Buddhist education effectively. We are planning to reconstruct the existing School premises at Nalanda House into a larger facility capable of accommodating 100 students. (The current capacity is just for 40 students.) We also wish to offer students a more conducive environment for their study and practice of Dhamma. This will be of great benefit to our children, families, and the community for a long time to come.

The reconstructed building will be named the *K. Sri Dhammananda Centre* in honour of our late Spiritual Adviser, Venerable Dr. Kirinde Sri Dhammananda Nayaka Thero. The building is expected to be ready in 2018 to celebrate the centenary of his birth.

We urge the whole community to help raise funds for this meritorious and vital project for the welfare of our present and future generations. Thank you!



K. Sri Dhammananda Centenary

Venerable Dr. K. Sri Dhammananda Nayaka Thero (1918-2006) was one of the most respected modern-era Dhamma teachers in the world. 2018 marks the centenary of his birth, with a year-long programme of Dhamma activities planned to celebrate his lifetime of contribution to Buddhist education.

Upcoming Events November 2016 – January 2017

NOV



05	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. market & Happy Garden
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
19	<i>Pindacāra</i> – Alms-round in Seri Kembangan	Seri Kembangan market
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
20	* <i>Sangha Day</i> – Robes Offering Ceremony	Nalanda Centre
	Nalanda Dhamma School Appreciation & Honours Day	NEO Centre JB
26	* One-day Meditation Retreat for Youths	Nalanda Centre
	Dhamma talk by Venerable Aggacitta	Nalanda Centre
27	* <i>Sangha Day</i> – Robes Offering Ceremony	NEO Centre KL

DEC



02-04	* <i>Beautiful Friends</i> – Teenagers' Learning Camp	Johor Bahru
03	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. market & Happy Garden
	* BPS 304 – Certificate in Buddhist Studies	Nalanda Centre
16-18	* <i>Inspector Me</i> – Teenagers' Learning Camp	Nalanda Centre
17	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market
19-21	* <i>Be Cool</i> – Children's Learning Camp	Nalanda Centre
31	Nalanda Dhamma School Appreciation & Honours Day	Nalanda Centre

JAN



01	Nalanda Dhamma School 12th Anniversary	Nalanda Centre
	New Year's Day Pūja	Nalanda Centre
07	<i>Pindacāra</i> – Alms-round by Sangha members at the morning markets in Taman O.U.G. & Happy Garden	NEO Centre KL / Taman O.U.G. market & Happy Garden
08	New Year Pūja & Sanghika Dāna	Nalanda Centre
	* Nalanda Dhamma School Commencement session	Nalanda Centre
17	<i>Pindacāra</i> – Alms-round by Sangha members at the morning market in Seri Kembangan	Nalanda Centre / Seri Kembangan market

* Registration is required for these programmes / activities.

Weekly activities at Nalanda Centre include "Sunday Service" (Sundays, 9am–12pm) and "Meditation & Dhamma Sharing" (Wednesdays, 8pm–10pm). For full details or updates on Nalanda's many programmes, kindly visit our website at www.nalanda.org.my or facebook www.facebook.com/nalanda.org.my

Interpersonal Well-being & Social Harmony

Our ability to communicate well and develop a capacity for intimacy with those around us is the bedrock of social harmony. We need to learn good communication and social skills, for instance through the practice of wholesome speech, to relate to and connect with other people in our world.

We need people in our lives to cherish, have meaningful relationships with, and cultivate a support system involving friends, co-workers, and family members. This can be done through developing wholesome and fitting qualities and values as part of our societal roles. When we establish and maintain positive relationships, we see improvement in our interpersonal well-being, which in turn brings about social harmony.

At the workplace, it is common to experience conflicts of interest and views, especially when there is a sense of competition. The Buddha taught us to constantly look within to identify causes of conflicts in our actions, speech, thoughts, desires, and emotions, even in our beliefs and values. Knowing the causes and conditions of conflict, we should apply effort to grow wholesome values within ourselves to lead peaceful lives while coexisting harmoniously with others.

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

Nalanda Contacts Please visit our website for directions to Nalanda.

Nalanda Buddhist Society Malaysia

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Tel. No. +603-8938 1500 / 1501

Website www.nalanda.org.my

E-mail info@nalanda.org.my

Facebook www.facebook.com/nalanda.org.my

Nalanda Centre is open from Tuesdays to Sundays : 10am to 10pm; and on Mondays : 5pm to 10pm.

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

NEO Centre KL is open every first Saturday of the month from 7.30 am to 5.00pm;
and every Sunday from 2pm to 4pm.

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

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

Nalanda Education & Outreach (NEO) Centre, Sungai Petani

210, Jalan Bandar Mutiara 2/2, Bandar Mutiara, 08000 Sungai Petani, Kedah.

E-mail neo-sp@nalanda.org.my

NEO Centre SP is open on Fridays : 7pm to 9pm; and on Saturdays : 9am to 12pm.