

Nalanda Bulletin

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For Non-Muslims Only

Ushering a new year with vigour and inspiration

2023 evokes fresh beginnings and renewed hope as people around the world reflect on what has passed and aspire towards a better future. It is also a time to energise ourselves by recollecting all who have supported us and our loved ones, so that our hearts are filled with gratitude, loving-kindness and compassion. We wish you happy reunions with your family and friends. With the practice of Dhamma, may your days ahead be meaningful and joyful.

*Photograph : Nalanda Youth leaders
fuel-up for the year ahead in their annual leaders' camp.*





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Firefly Mission Singapore lights up Wisdom Park

United by the same wish for a better world through missionary efforts, Nalandians and Firefly Mission Singapore blended well together like milk and water.

14 – 15 October, KKB

From 14 to 15 October, 28 members of Firefly Mission Singapore, led by their President Dr. Ng Yee Kong, visited Wisdom Park as part of their 'Kathina' season merit-making tour of Malaysia. Nalandians welcomed our friends with much joy as this annual reunion of good friends was put on hold during the pandemic.

Staunch supporters of the importance of education, Firefly members took time to tour the campus grounds and better understand the significance and functions of the facilities, parks and pavillions that cater to experiential learning programmes. We thank Firefly Mission for visiting us and always keeping us in their hearts. May our long-standing camaraderie continue to strengthen.



It was a joyful reunion of Dhamma friends after 2 years.



Dr. Ng congratulated Nalanda on Wisdom Park's progress.



Dr. Chen leading a night tour at Liberation Park.



Sis. Nandini explained the meaning of the Wisdom Park logo at Centenary Park.



Firefly members planted trees to green the campus for the benefit of many beings.



The group worked together joyfully in service at the Memorial Pavillions.



Family Day Outing for Dhamma School parents and students

15 October, KKB

On Saturday 15 October, 72 Nalanda Dhamma School facilitators, parents and students had a joyful Family Day at Wisdom Park. Working hand-in-hand, they rendered their service to green the grounds and enjoyed family-bonding activities which fostered values such as patience, mutual support and trust between family members.

The outing also included a talk by Director of the School, Sis. Hui Shien who shared on harmonious family living, and how it is grounded in values such as understanding, respect and kindness. We thank the Dhamma School facilitators for creating this precious opportunity for families to learn and spend quality time together in nature.



Connecting with nature while planting shrubs.



Work is always more joyful with the support of friends.



Station games bonded families by working together.



A joyful day of learning and service for both parents and children.



Fathers hard at work while putting their hearts into the work.



Sis. Hui Shien introduced mettā (loving-kindness), an important quality to cultivate family well-being.



Rejuvenating Retreat for Nalanda Dhamma School facilitators

22 – 24 October, KKB

From 22 to 24 October, 24 Nalanda Dhamma School facilitators and volunteers gathered at Wisdom Park for their annual retreat to recharge spiritually and prepare for 2023.

The facilitators explored the theme “Good-Hearted Friends” to improve themselves as educators and their pivotal role as good friends to their students. Workshops and learning sessions were conducted to enhance their skills in communication, facilitation, lesson planning and mindfulness practice.

At the end of the retreat, the facilitators were fully-energised and committed to serve for another meaningful year.



We can create the miracle of education when we work together.



A counselling workshop with Sis. Jin Sun.



Fun and fellowship with good-hearted friends!



Group photo at the Octagonal Pavilion after a day of joyful service outdoors.



Facilitators discussing ways to handle common challenges in the students' learning and growth.



Sincere sharing by facilitators throughout the retreat to support each other in their service.



Meaningful time spent with Friends of Wisdom Park Singapore

The members shared the foresight of this holistic educational facility to train more Buddhists leaders and teachers from the time this project was conceptualised.

22 – 25 October, KKB

From 22 to 25 October, 45 members of Friends of Wisdom Park (FoWP) Singapore Chapter joined a Dhamma retreat at the campus. Settling into the simple communal way of life, the group welcomed this respite from the hectic urban lifestyle and grounded themselves in daily meditation, chanting, Dhamma learning and discussions.

It was their first visit since the completion of Phase 1 in 2020 and the group rejoiced over the progress made in both the 'hardware and software' of this educational facility. We extend our gratitude to FoWP for their support, friendship and encouragement over the years and look forward to welcoming them back. May you be well and happy.



Datuk Charlie had engaging sessions that explored "Happiness is Unity & Harmony".



Every morning and evening, everyone calmed their minds with sessions of meditation and chanting.



Joyfully planting shrubs to green the campus grounds.



Bro. Siang Chye shared on mettā bhāvanā as a way for us to cultivate harmony in a community.



Sis. Serena expressing her gratitude for the friendship and Dhamma learnings which rejuvenated the group.



The strongmen and strongwomen lending their strength in soil-mixing.



Hosting maiden visit by Ven. Sujiva

Devotees packed into Level 4 of Nalanda Centre to listen to a meditation master after his sojourn overseas for the past 20 years.

30 October, Sri Serdang

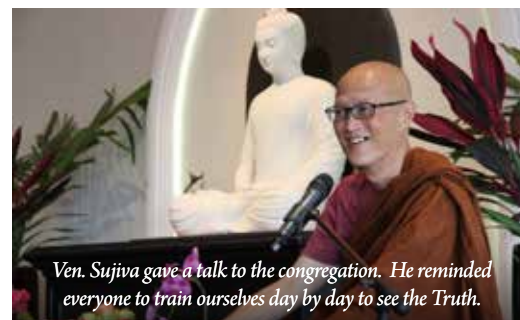
On Sunday 30 October, Nalanda was honoured to host Ven. Sujiva at Nalanda Centre, Sri Serdang. Many Buddhist leaders and devotees rejoiced in the opportunity to welcome and meet Ven. Sujiva who has been based in Europe and the U.S.A. for the past 20 years.

In his talk, Venerable spoke about 'anatta' (non-self); when we develop the understanding that there is no unchanging or permanent self, we can free ourselves from unwholesome feelings such as anger, jealousy and hatred.

We thank Ven. Sujiva for visiting us and hope for future opportunities to learn meditation under his guidance. *Sadhu!*



Nalandians respectfully welcomed Ven. Sujiva on his first visit to Nalanda.



Ven. Sujiva gave a talk to the congregation. He reminded everyone to train ourselves day by day to see the Truth.



The congregation joyfully offered lunch dāna to venerable sir.



Nalanda leaders took the opportunity to seek Ven. Sujiva's advice during his visit.



On 25 November, Ven. Sujiva made a separate trip to visit Wisdom Park which piqued his interest as a horticulturalist.



Leadership Exchange with Buddhist Fellowship Youth

Nalanda President Sis. Buddhini Tan and Director of Training & Enhancement Centre Sis. Paruadi shared their experience and thoughts on Buddhist youth leadership.

12 – 13 November, Sri Serdang

From 12 – 13 November, Nalanda Youth Centre hosted 4 leaders from Buddhist Fellowship Youth Singapore for a leadership exchange. It was the first such exchange since the pandemic, as batches of Nalandian and Singaporean youth leaders have established this connection since 2015.

The leaders learned more about each other's organisation, approaches and the on-going efforts to bring the *Buddha-Dhamma* to young adults. They also shared the challenges and opportunities faced and discussed strategies that can be implemented.

We thank our young friends for your visit and wish them success in their endeavours to prolong the *Buddha-Sāsana*.



Nalanda Youth leaders Bro. Ajit and Bro. Kuan Yi brought the group on an extensive building tour of Nalanda Centre.



The youth leaders learnt about each other's organisation and the efforts to bring Dhamma to young adults.



Dialogues were held to discuss the challenges and opportunities faced.



The youth leaders offered robes together at Nalanda's annual Sangha Day Observance.



Discussion with Nalanda senior leaders for a deeper perspective on Buddhist leadership.



Gratitude and appreciation abound on both sides for this enriching exchange.



A joyous Sangha Day Observance at Nalanda Centre

Parents took the opportunity to teach their children about the quality of giving and supporting those who are worthy of support.

13 November, Sri Serdang

On Sunday 13 November, more than 200 devotees gathered at Nalanda Centre for the annual observance of 'Sangha Day', where we express gratitude and support for the Sangha (monastic community).

In his talk, Bro. Tan Siang Chye shared that we have the opportunity to learn the Buddha's Teachings today because the Sangha has tirelessly preserved and propagated the *Buddha-Dhamma* for over 26 centuries. It is also a blessing for us to support the monastics who strive to walk the spiritual path.

The congregation then had the opportunity to offer robes and requisites to the Mahā Sangha. *Sadhu anumodāna!*



The service started with meditation, offerings and chanting as a congregation.



Devotees gained a better understanding on the importance of supporting the Mahā Sangha.



Concurrent talks in English & Mandarin to learn more about the contributions of the Sangha.



Devotees took turns to make their offerings while everyone rejoiced over their wholesome deeds.



Sangha members blessing the congregation after the robes-offering ceremony.



Wholesomeness continued with the opportunity to offer lunch dāna to the Mahā Sangha.



Hosting EXCO members of Buddhist Fellowship Singapore

We thank all EXCO and members of Buddhist Fellowship Singapore for this longstanding relationship. May the Buddha-Sāsana flourish in Singapore!

18 – 20 November, KKB

From 18 – 20 November, Nalandians hosted 20 Buddhist Fellowship Singapore (BF) EXCO and members at Nalanda facilities across the wider Klang Valley.

In the 4-day visit, leaders of both societies discussed challenges and opportunities in community outreach, with a fruitful exchange of ideas to strengthen their respective plans in moving forward. They were also brought on tour of Nalanda’s facilities built since their last visit 3 years ago, including Wisdom Park, the new NEO Centre Kuala Lumpur, and Nalanda Book Café Community Centre.

Thank you to our comrades across the causeway for your visit and we wish you every success in your wholesome plans!



Sis. Buddhini hosted a discussion with the BF EXCO.



Sis. Nandini shared the function of the Community Centre.



At Nalanda Centre, Bro. Charlie hosted a building tour.



The group joyfully offered their service to plant trees and shrubs at Wisdom Park.



Bro. Yong introducing the newly-developed Centre in Happy Garden before its officiating Ceremony.



Thanking our friends for their visit with a special token to capture their special moments during the trip.



Gathering of Buddhist Leaders at Wisdom Park

Group photograph at the porch of the Management Centre. The building is modelled after a colonial bungalow in Kuala Muda, Kedah which was the residence of Malaysia's founding father Tunku Abdul Rahman when he served as District Officer there in 1938. May all leaders be inspired by the spirit and values of our nation's leader to bring peace and harmony to the community.



26 November, Kuala Kubu Bharu

On Saturday 26 November, over 100 members of the *Mahā Sangha* and Buddhist leaders gathered at Wisdom Park in joyful spirits. It marked the beginning of a new era for the Buddhist community in Malaysia as the leaders had previously gathered in 2015 to discuss and give their support to this integrated educational facility built to train leaders and teachers.

The leaders received updates on the progress of Wisdom Park and rejoiced in the Dhamma programmes held there to-date. They also unveiled the Wisdom Park Directory and planted trees on the campus grounds.

The leaders were brought on a campus tour to better understand the diverse functions of the buildings, parks and pavilions.

We are grateful and privileged to host the Buddhist community leaders for this important gathering, all of whom had dedicated their lives to propagating the Buddha's Teachings and reaching out to the community. Thank you for supporting the Wisdom Park Project, and may we work together towards the prolongation of the Buddha-Sāsana.



1. Ven. Saranankara and members of the Mahā Sangha led the congregation in making offerings to the Three Jewels.

2. Nalanda President Sis. Buddhini Tan joyfully welcomed everyone and briefed the leaders on the development and potential of this educational campus.

3. Wisdom Park Directory unveiled by representatives of the fourfold community of monks, nuns, laymen and laywomen. It is symbolic of the need for the whole community coming together with clear direction to lead Buddha-Sāsana forward.

4. Sangha members and Buddhist leaders planted trees on the campus grounds, reminding everyone of the pivotal role of leaders in nurturing communities to thrive.

5. Going on guided tours of Wisdom Park and its facilities.

6. With gratitude and reverence, everyone partook in the offering of lunch *dāna* to the Sangha members.

7. Leaders rejoiced in the completion of Phase 1 of Wisdom Park and shared their aspirations and thoughts on the project.

8. Nalandians presenting the leaders with a token of appreciation.

Let us come together in unity and harmony, and work together to spread the Buddha's message of peace and freedom.

May the Buddha-Sāsana long endure!





Study Tour to Johor Bahru

This study tour presented an exciting way for students to learn outside the classroom and experience living together to strengthen their friendship with each other.

2 – 4 December, Johor Bahru

On 2 to 4 December, 35 Nalanda Dhamma School teenagers and facilitators embarked on a study tour to Johor Bahru to better understand local culture, different Buddhist traditions, and experience Dhamma living.

The students had the opportunity to visit various monasteries, museums, and explore the local townships. They also took the opportunity to conduct two concurrent workshops for parents and teenagers to engage with the local community.

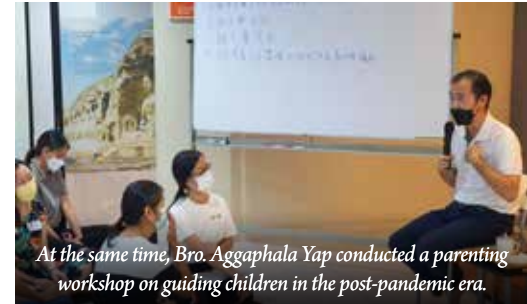
It was an insightful and memorable experience for the students, and we thank the facilitators for organising this study tour. We also thank Nalanda Johor Bahru Branch for hosting them in their travels.



A tour guide at Fo Guang Shan Hsingma Si brought the students on tour of an exhibition.



Dhamma School facilitators conducted a workshop for teenagers on ways to build confidence and courage.



At the same time, Bro. Aggaphala Yap conducted a parenting workshop on guiding children in the post-pandemic era.



Fun and fellowship outdoors in Hutan Bandar.



Exploring the Johor Bahru Chinese Heritage Museum.



Daily reflection sessions on their learnings and experience.

NEO Centre Kuala Lumpur is *officially opened*!

11 December, Kuala Lumpur

On Sunday 11 December, Nalandians welcomed Sangha members, friends and devotees to the Officiating Ceremony of the new Nalanda Education & Outreach Centre in Happy Garden. After 19 months of construction, everyone celebrated the expanded centre that caters for the needs for the Buddhist population there.

The successful completion of the Centre owes much to the support given by every quarter – the management and building committees, donors, contractors, members and devotees. May you rejoice in these merits and may all beings find peace in the sublime Dhamma. *Sadhu anumodāna.*



A big "THANK YOU" from all of us at Nalanda for your continuous support in providing holistic education for the community.



Friends travelled from near and far to rejoice in the officiating of the new centre.



Dhamma School students presented songs to express their gratitude to the community.



Bro. Yong Keok Fatt, Chairman of the Branch shared his journey in redeveloping the Centre.



Nalandian volunteers joined the ceremony through live broadcast from the new library at Level 1 of the Centre.



Ven. Siriwimala encouraged everyone to take up an active role in enabling Buddhist education.



The Centre was officiated by members of the Sangha and the Building Committee.



We thank the late Mr. A.K. Lee & his family for their support in establishing the outreach centre in Happy Garden.



Sangha members blessing the building and the congregation on this auspicious occasion.



Inspiring Dhamma talk by Venerable Ajahn Kusalo



Free School students' educational trip to Malaysian Chinese Museum

17 December, Sri Serdang

On Saturday 17 December, Nalanda Centre was honoured to host Venerable Ajahn Kusalo, Abbot of Bodhinyanarama monastery in Wellington, New Zealand for a Dhamma talk.

Ajahn expounded that in our pursuit of happiness, we can replace our insatiable desires with gratitude and contentment for what we already have. It is also beneficial to be more accepting of the unpleasant instead of always wanting to be rid of it. When we have acceptance for things as they are, peace will grow in our heart.

We thank Ajahn for visiting us again and inspiring us with his Dhamma talk and wish him the best of health and peace.



"We should acknowledge that we are less than perfect, and strive to lay a firm foundation for us to grow spiritually."



After the offering of meal dāna, Ajahn led the congregation in the sharing of merits.



The Museum guide sharing historical events which captured the students' attention.



Nation building requires the contributions of everyone regardless of race or religion.

17 December, Sri Serdang

On 17 December, 16 students of Nalanda Free School, led by the School's Principal Sis. Chwee Fang, embarked on an educational trip to the Malaysian Chinese Museum (MCM), the first museum in Malaysia dedicated to documenting, preserving and displaying the history, heritage and culture of the Chinese community in Malaysia.

The students learned about the history of Chinese immigration at different periods and the rich cultural heritage of local Malaysian Chinese, reflecting on their blessings to benefit from our ancestors who bore much hardship.

We thank the Free School for organising this trip for students to take a walk through history.

Life-changing experience at Dhamma-Living Camp for Families

24 – 26 December, KKB

Theme:
“Gratitude is My Attitude”

Over the long weekend from 24 to 26 December, over 100 participants and volunteers gathered for the inaugural ‘Dhamma-Living Camp for Families’ at Wisdom Park. This family camp turned into an extraordinary opportunity for parents and children to bond with each other as they explored the theme “Gratitude is My Attitude”.

Over the 3 days, families were immersed in Dhamma-learning sessions and activities tailored to the different needs of parents and children. Having developed a better understanding of the role we each play as a family member, the ensuing appreciation

for each other naturally emerged. The heartfelt ‘Gratitude Night’ rendered tears of joy when both parents and children opened their hearts to show their appreciation and love for one another.

With hearts full of gratitude, we extend our deepest appreciation to the organising team, Dhamma speakers, volunteers, and all participants for your support in making this camp a life-changing one. May our campers continue to maintain high spirits in learning Dhamma as a family for their well-being and that of the society.



1.

Connecting hearts & families in nature



Putting gratitude into action, families recollect fond memories spent together.



Families realise the importance of each other's support in an experiential activity.



2.

1. Eight 'Dhamma families' were formed for participants to engage in deeper discussions on the teachings, share their reflections, and to bond through team activities.

2. Sis. Paruadi was the main speaker of the camp, anchoring the group in exploring the value of gratitude, and our role as both parents and children.



Learning how to propagate shrubs.



Having fun with friends and family!



3.

3. Sis Hui Shien giving a Dhamma sharing at one of the learning sessions for children, which were held concurrently with the parents to cater to their learning needs.

4. Concurrent forums were held for parents and children on the effect of Dhamma learning and practice on family well-being.

5. The 'Gratitude Night', opened the hearts of families to appreciate and thank each other for the blessings in their lives.

6. Rejoicing, sharings and presentations concluded the Camp with high spirits and a heartfelt gratitude for all who had contributed to this joyful event.



5.



4.



4.



6.



Nalanda Youth Centre leaders Fuel-UP for the coming year

30 December 2022 – 2 January 2023

Energised and fueled-up, our youths are ready for another year of personal growth and community outreach in service to the Sāsana.

From 30 December to 2 January, 20 Nalanda youth leaders and members gathered for their annual Fuel-up Camp to discuss the Youth Centre's progress and gear up for the year ahead. After an active and joyful year of reaching out with various youth programmes and leadership exchanges, they also reflected on their journey on a personal and organisational level.

Considering the challenges faced by youths today, the group discussed ways to drive more impactful programmes for their peers to gain a better understanding of universal truths in life, and hence be equipped to overcome the inevitable challenges they will face.

We rejoice over the amazing energy and spirit of Dhamma propagation embodied by our youths and we wish them success in their endeavours!



Appreciation dinner and fellowship activities kicked off the Camp with high spirits.



Discussing personal reflections and aspirations opened the youths' hearts to each other.



A fun day out to Millenium Park in Kuala Kubu Bharu



A leadership chat with Nalanda leaders on overcoming challenges when serving the community.



Sharings and presentations on how to work well together.



Youths grabbed the opportunity to seek advice from Ven. Ajahn Vajiro on their spiritual progress.



Appreciation & Honours Day for Nalanda Dhamma School

31 December, Sri Serdang

On Saturday 31 December, Nalanda Dhamma School facilitators, students, and parents gathered at Nalanda Centre for the annual "Appreciation & Honours Day". It was an occasion of joyful reflection and celebration as it was the first held since the pandemic.

We congratulate the School for 18 years of dedication in educating many of our young Buddhists in Buddha-Dhamma and imbuing the Dhammaduta spirit and values in them.

We rejoice in the students' progress and may the School continue to grow Dhamma communities who are keen to learn, practise and serve. *Sadhu anumodāna!*



Students pay their respects to the School facilitators and receive their certificates for 2022.



Students presented a captivating Jataka tale in traditional-Wayang Kulit-style combined with digital innovation.



Graduating students Bro. Jian Sheng & Sis. Cai Pei were ever grateful for their journey of learning and growth.



Parents and students cheered on the students in their achievements.



Dhamma School juniors and teenagers presented songs to thank their facilitators and parents.



Students expressed their gratitude to their parents for all their support and guidance.

Sangha members visit Nalanda & Wisdom Park



Ven. Sujiva, Malaysia
30 October & 25 November 2022



Ven. Kovida, Canada
24 November 2022



Ven. Siriwiṃāla &
Ven. Chandaloka, Sri Lanka
11 December 2022



Ven. Ajahn Kusalo,
New Zealand | 17 December 2022



Ven. Aggacitta, Malaysia
18 December 2022



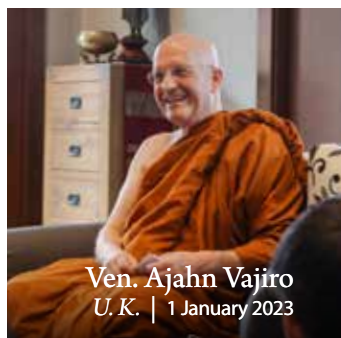
(Standing L-R) Prof. Shirantha Heenkenda, Ven. Chandasiri, Ven. Devananda,
Ven. Saranankara, Ven. Prof. Saranandha, Prof. Chandima Wijebandara
Sri Lanka | 25 December 2022



Ven. Dr. Dhammapala
Malaysia | 31 December 2022



Ven. Wānarathana
Sri Lanka | 1 January 2023



Ven. Ajahn Vajiro
U.K. | 1 January 2023

Upcoming Programmes January – March 2023

JAN



Lunar New Year

01	Nalanda Dhamma School 18th Anniversary	Nalanda Centre
01	New Year Sanghika Dāna & Dhamma talk by Ven. Wānarathana	Nalanda Centre
02	One-day Retreat with Ven. Ajahn Vajiro	Wisdom Park
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. & Happy Garden
15	Nalanda Youth Centre Induction Day	Nalanda Centre

FEB



Tea-Offering

04	<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. & Happy Garden
07	Dhamma talk by Ven. Dr. Santacitto	Nalanda Centre
08	Dhamma talk by Ven. Ajahn Dhammasiha	Nalanda Centre
11	* <i>Bhāvanā Day</i> with Ven. Jutipaṇṇo	NEO Centre KL
12	Tea-Offering Ceremony	Nalanda Centre

MAR



Patron's Day

04	<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. & Happy Garden
04	10th AGM of Nalanda SP Branch	NEO Centre SP
05	10th AGM of Nalanda KL & JB Branch	NEO Centre KL & JB
18	Nalanda Patron's Day	Nalanda Centre
19	Dhamma talk by Ven. Sanghasena	Nalanda Centre
19	20th AGM of Nalanda Buddhist Society	Nalanda Centre

Special events :

* Registration is required.

- * BPS 104 Buddhist Studies in Mandarin 25 February to 15 April
- * Nalanda Family Dhamma School Commencing on 19 March
- * Happy Young Adults Programme 28 March to 30 May
- * Sutta Study Workshop with Ven. Aggacitta 8 to 10 July

Nalanda Buddhist Society wishes you and your loved ones

A happy and blessed New Year!

祝願您及亲人吉祥如意，福寿康宁！

Please note that Nalanda Centre is closed from 19 – 26 January for the Lunar New Year. The Centre will reopen as usual on 27 February.



Dhamma Reflection

LIVING EVERY MOMENT IN DHAMMA

“When you listen to the Dhamma, you must open up your heart and compose yourself in its centre. Don’t try and accumulate what you hear, or make painstaking efforts to retain it through your memory. Just let the Dhamma flow into your heart as it reveals itself, and keep yourself continuously open to the flow in the present moment.

“Just continue your practice no matter what you are doing.

Practice is not dependent on any one posture, such as sitting or walking.

Rather, it is a continuous awareness of the flow of your own consciousness and feelings. No matter what is happening, just compose yourself and always be mindfully aware of that flow.”

– Venerable Ajahn Chah

Commemorating 31 years since his passing on 16 January.

‘Like’ our Facebook page 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.

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Nalanda Centre is open daily from 10am to 5pm. For visits, kindly call to make appointments.

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