

Nalanda Bulletin

Published by **Nalanda Buddhist Society**

TM

Issue No. 63 | October 2023 | www.nalanda.org.my

For Non-Muslims Only

Forging spiritual friendships at Dhamma-living Camp

90 young adults spent four days exploring the theme “*Make Wise Choices in Life*”. Their hearts and minds were opened towards more positive and spiritual mental states with insightful learning sessions, fellowship activities, heart-to-heart discussions and the interaction with inspiring role models. Strong bonds of spiritual friendships were forged, and participants continue to support each others’ learning and growth even after the Camp has concluded.

Photographs and report on Page 38 – 41.





Contents

Issue No. 63 | October 2023

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

Joyful Conclusion : Well done to our Nalanda Youths for organising this impactful programme that brought together young adults to immerse in Dhamma learning and living.

- | | | | |
|-----------|---|-----------|--|
| 1 | Dhamma-Living Camp for Young Adults | 24 | A meaningful and fulfilling Family Fun Fair |
| 4 | Dhamma Camp with Ven. Lim Sukhito | 28 | 'Care Bag' community project |
| 6 | Commemorating Dhamma Day | 30 | Memorial Day for Ven. K. Sri Dhammananda |
| 8 | 'Entering the Stream and Beyond' Sutta Study with Meditation Workshop | 32 | Community rallies for JB Family Fun Fair |
| 10 | Wisdom Park 'Open Day' | 34 | Svagatam Inspiring Programme |
| 12 | Hosting Ajahn Kalyano at Sungai Petani | 35 | Learning with Ven. Ariyadhammika |
| 14 | Chanmyay Sayadaw visits Wisdom Park | 36 | Family Dhamma School's outing at Wisdom Park |
| 16 | Youths host Komunitas Mahasiswa Buddhis Widyodaya | 38 | Life-changing Camp for Young Adults |
| 18 | Dhamma teaching by Ajahn Jayasāro | 42 | Volunteer as a Nalanda Dhamma School Facilitator |
| 20 | Hosting Ven. Prof. K.L. Dhammajoti | 42 | Register for Nalanda Dhamma School at Serdang and K.L. |
| 22 | BPS 204 lectures conclude joyfully | 43 | Upcoming Programmes |



Dhamma Camp conducted by Ven. Lim Sukhito

Ven. Sukhito guided the participants on "Living a meaningful life with the Noble Eightfold Path" at Nalanda Education & Outreach Centre Sungai Petani.

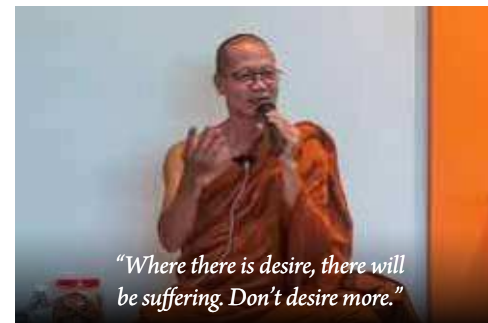
29 June – 1 July, Sungai Petani

From 29 June to 1 July, over 40 Nalanda members and devotees gathered for a Dhamma Camp by Ven. Lim Sukhito, Abbot of Bukit Mertajam Buddhist Meditation Centre. Ven. Sukhito expounded on the Four Noble Truths and the importance of understanding dissatisfactions in our life. When we have many attachments to what we like, we will find ourselves sorrowful when we do not get what we want.

We thank Ven. Sukhito for conducting the Dhamma Camp, and also extend our appreciation to Nalanda Sungai Petani Branch for organising the camp. We rejoice in the participants' learning spirit, and wish you continued progress on your Dhamma journey. *Sādhu!*



Members and volunteers warmly welcomed Ven. Lim Sukhito at NEO Centre in SP.



"Where there is desire, there will be suffering. Don't desire more."



Participants had the opportunity to offer requisites as well as dāna to Venerable.



Many asked questions to clarify their doubts on how to apply the learnings in their daily lives.



Participants listened attentively to the sessions which also included guided meditation.



Chairman of the SP Branch Dr. Song thanked Venerable and participants for an inspiring Camp.

Reflecting on timeless teachings on Dhamma Day

“The opportunity to learn and understand the Buddha’s teachings is a precious jewel which we must embed in our lives in order to realise the Four Noble Truths.”

2 July, Sri Serdang

On Sunday 2 July, over 80 devotees commemorated the Buddha’s teaching of His first discourse over 26 centuries ago, on the Asalha full-moon. Bro. Lim Ajit led the congregation in reciting the ‘Dhammacakkappavattana Sutta’ with faith in our Fully Enlightened Teacher.

In his talk, Bro. Tan Siang Chye said that the Dhamma is not just to be heard, but to be diligently learned, reflected upon and put into practice. Every day, we can cultivate Right Mindfulness in order to see the truths which are always with us, awaiting to be realised and understood. Reflecting on this timely reminder, let us all continue to strive further towards liberation to experience lasting peace. *Sādhu.*



Members gathered to perform 'Achariya Abhivādana' at the shrine of the late Ven. K. Sri Dhammananda.



Reciting 'Dhammacakkappavattana Sutta', the seminal discourse that encompasses the corpus of the Buddha's Teachings which leads to the complete cessation of suffering.



The congregation made offerings to the Three Jewels with devotion.



Sis. Livin Leow welcomed everyone to commemorate Dhamma Day meaningfully.



Ven. A. Ratanasiri compassionately received the offering of lunch dāna by the congregation.



‘Entering the Stream’ Workshop with Āyasmā Aggacitta

Participants expressed their gratitude for this opportunity to learn from Āyasmā Aggacitta and for the support of facilitators and their peers on such an important topic.

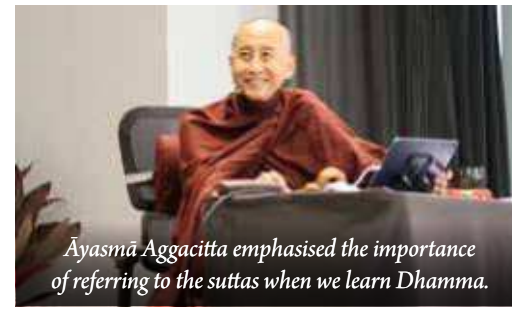
8 – 10 July, Kuala Kubu Bharu

From 8 to 10 July, over 80 participants and volunteers gathered for ‘Entering the Stream and Beyond’ Sutta Study with Meditation Workshop led by Āyasmā Aggacitta at Wisdom Park. Participants learned pertinent extracts compiled from the *suttas*, and discussed questions set to enhance their grasp of the topic. To quell any doubts, Āyasmā Aggacitta shared the complete answers to deepen their understanding.

We extend our appreciation to Āyasmā Aggacitta, the organising committee and volunteers for this beneficial workshop and we rejoice in the diligence of all participants. *Sādhu anumodāna!*



Āyasmā Aggacitta interspersed the discussions with mindfulness sessions.



*Āyasmā Aggacitta emphasised the importance of referring to the *suttas* when we learn Dhamma.*



Participants and volunteers had the opportunity to offer lunch dāna to Āyasmā Aggacitta.



The groups worked together to discuss the questions and present them to Āyasmā Aggacitta.



A mindful walk in the morning before meditation and chanting under the pavilions.



*Nalanda leaders thanked Āyasmā Aggacitta for illuminating everyone’s understanding of the *suttas*.*



Catching up with old acquaintances and forging new friendships with the Buddhist community.



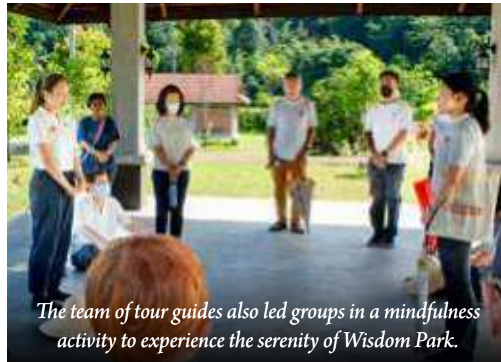
Past President Sis. Evelyn Chow welcoming and hosting guests for a tour around Management Centre.



President, Sis. Buddhini Tan introduced the development of Wisdom Park Phase 1 and shared the Dhamma programmes conducted in the campus that often reached its full accommodation capacity.



Nalanda leaders welcomed every visitor with appreciation for their support of Wisdom Park project.



The team of tour guides also led groups in a mindfulness activity to experience the serenity of Wisdom Park.



All guests were taken on a tour of the campus to better understand the facility and its uses.



We extend our appreciation to everyone for visiting Wisdom Park and hope to host you here in future programmes.

Connecting hearts and minds at Wisdom Park Open Day



Our deepest appreciation to everyone who have given your unequivocal support to Nalanda in the building and running of Wisdom Park that will benefit generations of Buddhists to come.

8 – 9 July, Kuala Kubu Bharu

On 8 & 9 July, Nalanda members and volunteers joyfully welcomed the Buddhist community to Wisdom Park for its first 'Open Day'.

Over 800 visitors arrived in groups to tour the campus and learnt about the potential of the facilities for holistic Buddhist education that is much needed by the community.

Wisdom Park is also now open for Buddhist societies and groups to apply to utilise its facilities for programmes to train Buddhist leaders & Dhamma teachers, and propagate Buddhist values and culture.

We rejoice in this happy gathering of the Buddhist community. Let us work together to realise the potential of Wisdom Park for the prolongation of the Buddha-Sāsana. *Sādhu anumodāna.*



Ven. Ajahn Kalyano's visit to Sungai Petani

Devotees in Sungai Petani are grateful to Ajahn Kalyano for his teachings and advice.

11 July, Sungai Petani

On Tuesday 11 July, Nalanda leaders and members of the Sungai Petani Branch were honoured to host Ven. Ajahn Kalyano, Abbot of Buddha Bodhivana Monastery. Members took to heart his advice to train our mindfulness persistently in order to negate unwholesome thoughts, actions and speech.

Branch leaders hosted Ajahn on a tour of the main archaeological sites around Bujang Valley where ruins of ancient Buddhist structures can be found scattered across the district.

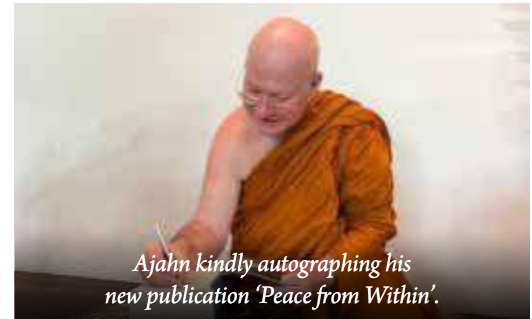
We thank Ajahn Kalyano for visiting us and also extend our appreciation to members and volunteers of SP Branch for their kind hospitality. *Sādhu anumodāna.*



"When we see the value of looking after the mind, we will appreciate it and exert even more effort."



Members and volunteers offering dāna to venerable monks at NEO Centre Sungai Petani.



Ajahn kindly autographing his new publication 'Peace from Within'.



Bro. Khaw Seng Giap leading the tour of Bujang Valley; photo in the kiln at Semeling Jetty.



Ajahn chanting verses of blessings at the site of the stupa uncovered at Sungai Batu.



It was a privilege for Nalanda leaders to bring Ajahn Kalyano and monks around Bujang Valley.



Hosting Chanmyay Sayadaw at Wisdom Park

15 July, Kuala Kubu Bharu

On Saturday 15 July, Nalanda members and volunteers were honoured to host Ven. U Janakābhivamsa, fondly known as Chanmyay Sayadaw, a senior Burmese meditation teacher who practised directly under the instruction of most Venerable Mahasi Sayadaw.

Sayadawgi toured Wisdom Park, and remarked on the potential of facility to benefit many learners and practitioners for decades to come. He also encouraged us to continue in our mission of holistic education and propagating Dhamma with energetic effort. We thank Chanmyay Sayadaw and his retinue for their kind words and encouragement, and wish them good health and success in their noble endeavours.



Sis. Nandini Tan led Nalandians to welcome venerable Sangha members to Wisdom Park.



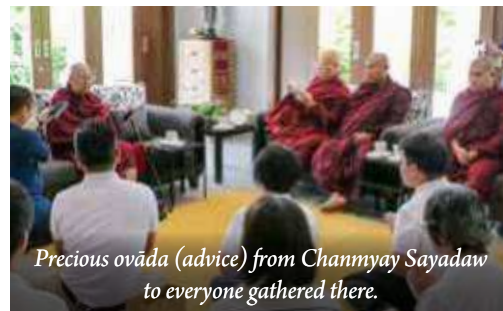
Chanmyay Sayadaw appreciated the extensive landscaping to rejuvenate the ecology.



Sis. Paruadi and Sis. Livin hosted Sayalay Tin Tin Htwe on the tour of Wisdom Park.



Offering dāna to Sayadaw U Rewata, Sayadaw Ashin Pannyathara and Sayadaw Sacca Nanda.



Precious ovāda (advice) from Chanmyay Sayadaw to everyone gathered there.



Sis. Nandini offering Nalanda publications and other tokens of appreciation to Sayadawgi.



Nalanda Youths host Komunitas Mahasiswa Buddhis Widyodaya

16 July, Sri Serdang

On Sunday 16 July, Nalanda Youth Centre hosted 15 leaders and members from Komunitas Mahasiswa Buddhis (KMB) Widyodaya, the Buddhist Society of Prasetya Mulya University in Jakarta, Indonesia.

They had embarked on a trip to Nalanda after inviting Nalanda youths to their campus in Jakarta to share about Buddhist education and how to run effective Dhamma programmes for youths.

We thank KMB Widyodaya for visiting us at Nalanda Youth Centre, and we wish them continued strength and stability to bring the light of Dhamma to their community.



The group joined Youth Sunday Service which featured a lively Dhamma chat with Sis. Paruadi Ramasamy.



Members from KMB Widyodaya thanked the youths for their hospitality and friendship.



Meeting with Nalanda leaders (L-R) Sis. Nandini Tan, Bro. Charlie Teng, and Sis. Santī Cheang.



The Youth Service often incorporates activities which help to foster fellowship and enable reflections as well.



Supporting each other as we walk the path keeps us progressing on the spiritual journey.



We wish our friends from KMB Widyodaya to always work well together in your missionary work.



Honoured to host Dhamma teaching by Ven. Ajahn Jayasāro

"Meditation develops stability of mind and equips us with life skills which we can apply in daily life."

21 – 22 July, Sri Serdang & KKB

On 21 to 22 July, Nalanda members were privileged to host Ven. Tahn Ajahn Jayasāro at Nalanda and Wisdom Park. After visiting the campus, Ajahn delivered a Dhamma teaching at Nalanda Centre. Ajahn advised the congregation to maintain mindfulness and act without the influence of likes and dislikes in order to see the truths within ourselves. We also become more adept at understanding others, leading to the arising of wisdom and compassion.

We extend our appreciation to Ajahn Jayasāro for visiting and guiding us in our spiritual journey. May Ajahn be blessed with good health and success in his noble endeavours. *Sādhu!*



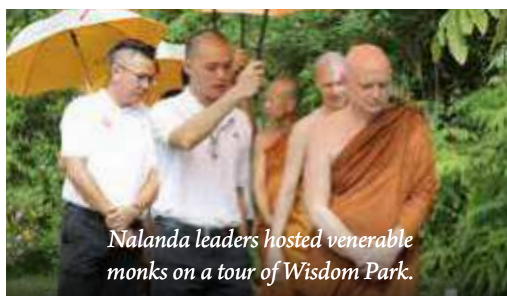
Ajahn Jayasāro making offerings at the Memorial Pavillion of Ven. Ajahn Chah in Wisdom Park.



Devotees paying respect to Ajahn Jayasāro, grateful for the opportunity to learn from him in person.



Offering of meal dāna to Ajahn Jayasāro, Ven. Subhāro and Ven. Fai.



Nalanda leaders hosted venerable monks on a tour of Wisdom Park.



There was also an opportunity to ask questions to Ajahn Jayasāro after the Dhamma teaching.



Ajahn administering the Three Refuges and Five Precepts to the congregation.



Nalanda members and volunteers welcomed Ven. Dhammajoti upon his arrival at Nalanda Centre.



Leaders shared with Ven. Dhammajoti the educational programmes and activities at Nalanda.



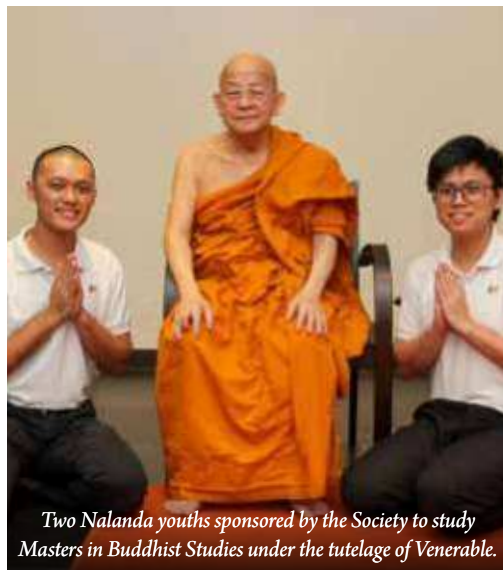
Devotees listened intently to Ven. Dhammajoti's teaching.



Taking the opportunity to ask questions.



Leaders and devotees personally thanked Ven. Dhammajoti for his guidance and teaching.



Two Nalanda youths sponsored by the Society to study Masters in Buddhist Studies under the tutelage of Venerable.



Hosting distinguished scholar *bhikkhu* Ven. Prof. K.L. Dhammajoti

24 July, Sri Serdang

On Monday 24 July, we were honoured to host Ven. Professor K.L. Dhammajoti, a Malaysian monk of Chinese descent, and one of the leading scholars on the Abhidhamma. In his Dhamma teaching, Ven. Dhammajoti expounded on five bases of liberation in the *Vimuttāyatana Sutta* (Anguttara Nikaya 5.26), whereby one can experience inspiration in the Dhamma through learning, teaching,

reciting, reflecting, or properly attending to an object of meditation, leading to the arising of joy, rapture, tranquillity, pleasure, and concentration.

We thank Ven. Dhammajoti for coming to Nalanda Centre and for his comprehensive teaching. May Ven. Dhammajoti be blessed with good health and continue to guide the community in Buddhist scholarship. *Sādhu!*



Growing in the Dhamma at BPS 204 Course

*We extend our appreciation to Nalanda Institute Malaysia,
all participants and volunteers for all your efforts and support.*

July – October | KL, JB & SP

From July to October, over 80 participants of BPS 204 – Intermediate-level Buddhist Studies in Mandarin have been diligently learning and reflecting on Dhamma across Nalanda Education & Outreach Centres in Kuala Lumpur, Johor Bahru and Sungai Petani. Building on their knowledge from the basic Buddhist Studies courses, they delved deeper into the teachings of the Buddha with the guidance of lecturers and facilitators.

We rejoice in the efforts of all participants & volunteers and their support to each other in this learning journey. We wish you a smooth and fulfilling excursion in the course's final chapter – a historical study tour to Bujang Valley in November.



*Course lecturers were Sis. Nandini Tan, Sis. Sua Siau Theng,
Bro. Ooi Boon Keat & Bro. Tong Siong Yeow.*



*Sis. Sandy Lim is both the coordinator
and lecturer of the course.*



*In each session, participants were invited to
ask questions as part of the learning process.*



*Discussion and reflections with
the guidance of good friends.*



*Participants at NEO Centre J.B.
diligently learned through live-streamed lectures.*



*NEO Centre S.P. hosted the learning sessions
for participants from north Malaysia.*



A meaningful & fulfilling Family Fun Fair

13 August, Sri Serdang

On Sunday 13 August, over 8000 visitors and volunteers from across the Peninsula and Singapore thronged the Family Fun Fair to offer their service, camaraderie and support. The care and magnanimity of the community were heartfelt as everyone shared a common objective to support holistic education.

Our appreciation goes out to everyone for their kindness, compassion and efforts in making this year's Fair an unforgettable event. We are inspired by the concord and unity of the community. Let us forge forward to continue providing holistic education programmes for the benefit of many individuals, families and communities. *Sādhu anumodāna!*



Chairperson of the Fair, Bro. Vincent Lim thanked everyone for their support and participation.



Dhamma School students contributed their skills, efforts and time, with gratitude for the support of the community.



Our deepest appreciation goes out to all our supporters who have rallied once again for this yearly fundraiser.



Visitors toured the Centre and perused the special exhibitions on Nalanda's 20th Anniversary and Wisdom Park.



The Family Dhamma School parents and children brought much creativity, colour and joy to their first Fun Fair at Nalanda.



1.



2.



Rallying more than 100 youths who volunteered to serve the community.



Youths carefully preparing freshly-cooked meals, whilst working together harmoniously.



3.

1. Family Dhamma School created games hosted by the young students themselves.

2. The Society also raised funds to donate medical care supplies to welfare homes.

3. Students and music groups also contributed with awe-inspiring musical and dance performances.

4. Donors brought their staff with them for a wholesome day to do good deeds.

5. Past and present Free School students are grateful for the community's support.

6. Tadika Nalanda students and teachers prepared and served healthy meals.



The Recycling Team led by Sis. Lim Cai Pei, helped to reduce waste by filtering and cleaning recyclable items.



Exhibition at Youth Canopy to share about Youth Centre's Dhamma programmes tailored for young adults.



4.



5.



6.



Youths spread joy through service



'Care Bag' Community Project reaches out to Welfare Homes

July –September, Serdang

From July to September, volunteers have been joyfully preparing and gifting 8,500 goodie bags to those less fortunate in the Family Fun Fair 'Care Bag' community project. Donated by kind supporters to support both holistic education and the needy, the care bags reached children, elderly and the less-abled at welfare homes across wider Klang Valley, often with nutritious home-cooked meals.

Filled with hearts of gratitude and loving-kindness, we echo the appreciation of the children and elderly to many nameless, faceless and selfless donors. May your generosity support you in your spiritual path. *Sādhu anumodāna!*



Youth volunteers strengthened their spirits of compassion and generosity through the visits.



Volunteers handed over a care bag to each recipient, with a wish for their well-being.



Besides care bags, volunteers also shared words of encouragement with the children.



Pure Life caregiver shared her thanks on behalf of the children, for the support.



Care bags and meals reaching an elderly care home at Sri Serdang.



Welfare homes were also invited to the Family Fun Fair and received care bags as well as Fair vouchers.



K. Sri. Dhammananda Memorial Day

31 August, Sri Serdang

On Thursday 31 August, Nalanda members and devotees paid tribute to the late Ven. K. Sri Dhammananda on the 17th anniversary of his passing. With much gratitude, we recollected his wisdom and compassion which transformed the landscape of Buddhism in Malaysia and continues to benefit us today.

Bro. Tan Siang Chye related that ‘*kataññu*’ (gratitude) arises when we reflect on the goodness and contribution of others. This enables us to build meaningful connections. In gratitude, let us continue to honour the late Ven. K. Sri Dhammananda by living meaningfully in accordance to Dhamma for our well-being and that of all beings.



Raising the National flag, Buddhist flag and Nalanda flag at K. Sri Dhammananda Centre.



Achariya Vijaya led the congregation to make offerings at the altar of the late Venerable.



Bro. Tan Siang Chye shared about how gratitude can unlock the fullness of our lives.



Devotees offered lunch dāna to Sangha members and dedicated merits to the late venerable.



Dedication of merits to the late Venerable and to all sentient beings.



Nalanda leaders offered requisites to the Sangha members.



Community rallies together for Family Fun Fair in J.B.

Nalandians rejoiced over the effort of all donors, supporters and volunteers for a joyful and meaningful Family Fun Fair in Johor Bahru after a 3-year hiatus.

3 September, Johor Bharu

On Sunday, 3 September, Nalanda Education and Outreach Centre in Johor Bahru welcomed over 2,000 visitors for the annual 'Family Fun Fair'. The community came together to raise funds for holistic educational programmes in Johor Jaya such as Free School and meditation classes. Everyone played their role whether as a volunteer, stall operator, donor or performer to make the fair a fun-filled festival for all.

We extend our appreciation to all our guests, stall operators, benefactors, organisers and volunteers who have extended their earnest support for this joyous event. Thank you!



Raising the Buddhist and Nalanda flag at the start of the Fair.



Talented groups came together to perform for the community.



Johor State EXCO Member Y.B. Liow Cai Tung rejoiced and encouraged us to continue with our education mission.



Volunteers put in their best effort to serve and support the Fun Fair.



Nalanda Dhamma School facilitators and students put up interesting game stalls to support the Fair.



Branch leaders hosted visitors at the Nalanda JB Branch's 10th Anniversary Exhibition.



Foundational learning at Svagatam Programme

16 July – 17 September, Sri Serdang

From July to September, 28 new Buddhists have been learning fundamental teachings of the Buddha, and Buddhist culture & etiquette to start their Dhamma learning journey in the 'Svagatam Inspiring Programme'. By recognising the reasons and values behind common practices, we can meaningfully embed them in our spiritual journey.

Additionally, when we understand the spirit of our daily practice, we can also properly explain practices such as bowing to the Buddha-image and folding our palms in 'anjali', which are deeply rooted in values of respect and humility.

We rejoice in their completion of the programme, and extend our appreciation to all facilitators, volunteers and participants for their dedication and learning spirit. May this foundational course set you in good stead to continue learning and realising the Dhamma with the support of good friends.



Participants learned about the history and Buddhist symbols embedded in Nalanda Centre.



Participants took notes and reflected diligently during the sessions.



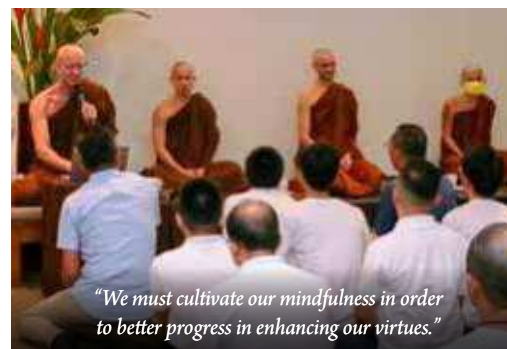
Dhamma talk by Ven. Ariyadhammika

15 September, Serdang

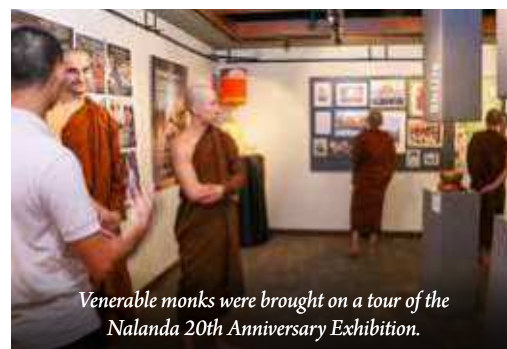
On the evening of Assayuja New-moon, Friday 15 September, Nalanda members and devotees learned more about the cultivation of virtues and the factors leading to harmony with Ven. Ariyadhammika. He pointed out that people who are keen to learn and cultivate oneself in Dhamma would seek suitable communities who adopt harmony in an authentic manner.

For the laity, upholding the Five Precepts as the foundation of our training, leads to blamelessness and peace in our minds. As a community, we can give support to others in doing the same to give rise to harmonious living.

Our gratitude extends to Ven. Ariyadhammika and venerable monks from Sāsanārakkha Buddhist Sanctuary for imparting to us valuable spiritual advice. We wish venerable sirs the very best of health and much spiritual progress. *Sādhu.*



"We must cultivate our mindfulness in order to better progress in enhancing our virtues."



Venerable monks were brought on a tour of the Nalanda 20th Anniversary Exhibition.



‘Day of Learning’ for Family Dhamma School

The Family Dhamma School which started in March 2023 with its first intake, has enabled participants to learn the values and virtues as a family unit.

23 September, KKB

On Saturday 23 September, Nalanda Family Dhamma School had an excursion at Wisdom Park for a ‘Day of Learning’ and spent quality time together strengthening the values of mutual care and respect. Enhancing their learning through games and sports, they experienced that they can avoid misunderstandings and foster better familial harmony when they apply more care in communicating with each other.

We rejoice in the wonderful sportsmanship and learning spirit of all our students and thank Dhamma School facilitators and teenagers from Serdang who were on hand to assist!



Sis. Nandini Tan gave words of advice, reminding everyone to have care for each other.



Families learned together through games to strengthen teamwork and communication.



Spending quality time with family enhances our understanding of each other.



Light morning exercise led-by Dhamma School teenagers.



School Coordinator Sis. Sadhikā Tan led the families to share their reflections of the morning activities.

A life-changing Camp for Young Adults



28 Sept – 1 Oct, Kuala Kubu Bahru

From 28 September to 1 October, over 100 participants and volunteers of the Dhamma-Living Camp for Young Adults congregated at Wisdom Park for four days of Dhamma learning and communal living. Carrying the theme *'Make Wise Choices in Life'*, the campers gradually learned principles taught by the Buddha to help shape their mental attitudes throughout life's journey.

The youths opened their hearts to Dhamma as they understood the vicissitudes of life and

reflected on the purpose of life. By endeavouring to purify our minds, we then develop wisdom to help us overcome them with peace and happiness within. Guided through mindfulness and loving-kindness meditation sessions, campers revelled in the experience of calmness, peace and clarity.

We rejoice in the youths' learning spirit and thank the Camp speakers and organisers, volunteers and supporters for their invaluable contributions. May we continue on the Dhamma path with good spiritual friends until the final attainment of Nibbāna. *Sādhu anumodāna!*



1.



2.

'Heart-work' with spiritual friends



Hardwork becomes 'heart-work' when we are caring and kind in our thoughts, speech and actions.



Despite the physical challenges, working together in harmony was a truly joyful experience.



3.

- 1. Camp participants were grouped into families to facilitate deeper connections.
- 2. Campers learned to listen and work together in a team challenge.
- 3. Sis. Paruadi Ramasamy & Sis. Buddhini Tan addressed the youths' questions.



Soil-mixing to fill the new vegetable patches.



Turning the compost which helps improve soil quality.



4.

- 4. Dhamma families flourished on the foundations of mutual trust and care.
- 5. Participants shared their aspirations to cultivate wholesome values after the camp.
- 6. Bro. Aggaphala Yap conducted workshops for campers to start internalising how they can make wise decisions in life.

- 7. A forum to share life experiences on how Dhamma was key in making wise decisions.
- 8. Participants shared how they would manage challenges through short sketches.
- 9. On the last night, families shared their reflections which became deeper and more insightful.



7.



5.



6.



8.



9.

Register as a Dhamma School Student

Children 10 – 12 years old | **Teenagers** 13 – 17 years old
Families with children age 7 – 12 years old



Volunteer as a Dhamma School Facilitator

Join us as a provider of holistic education to our younger generation !

Find out more at www.nalanda.org.my

Upcoming Programmes

Nov 2023 – Jan 2024

* Registration is required.

NOV



Buddhist Youth
Exchange
Programme

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
11–13	Study Tour to Bujang Valley*	Sungai Petani
11–13	Dhamma School Facilitators Retreat*	Wisdom Park
13–19	Meditation Retreat with Ven. Sujiva*	Wisdom Park
15	Dhamma talk by Ven. Sanghasena	Nalanda Centre
17	Dhamma talk by Ven. Mettananda	Nalanda Centre
16–25	<i>Jambudvīpa-Suvarṇabhūmi Buddhist Youth Exchange Programme</i> *	Nalanda Centre / Wisdom Park
18	<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
19	Buddhist Leadership Forum	Nalanda Centre

DEC



National
Nalanda
Members'
Convention

02	<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
02	Nalanda Free School Appreciation Night	Nalanda Centre
9–11	9th National Nalanda Members' Convention*	Wisdom Park
12	Dhamma talk by Ayya Santini	Nalanda Centre
15–17	Youth Leaders Fuel-up Camp*	Wisdom Park
16–17	Dhamma Camp for Family Dhamma School*	Wisdom Park
22–26	Meditation Retreat with Ajahn Viradhammo*	Wisdom Park
30–31	Junior Dhamma School Stay-in Programme*	Nalanda Centre
31	Nalanda Dhamma School Appreciation & Honours Day	Nalanda Centre
31	New Year Eve Service	Nalanda Centre

JAN



Retreat with
Ajahn Kalyano

06	<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	New Year Lunch Dāna	Nalanda Centre
12-14	Retreat with Ven. Ajahn Kalyano*	Wisdom Park

Dhamma Reflection

Not knowing the real nature of life, we try to maintain it without experiencing any disappointments and changes. But life is changeable. It is a bundle of elements and energies which are always changing and the situation is always not to our satisfaction. When the elements and energies are imbalanced, we experience uneasiness, sickness, pain and many other problems. When mental energy is disturbed, we experience mental problems.

We can avoid many of these problems if we can understand this conflict in our body and lead a natural life in harmony with natural forces which make up our physical existence.

– Excerpt from “*Human Life and Problems*” by Ven. K. Sri Dhammananda

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

Nalanda Contacts Please visit our website for directions to Nalanda.

Nalanda Buddhist Society Malaysia

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

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 daily from 10am to 5pm. For visits, kindly call to make appointments.

Nalanda Education & Outreach (NEO) Centre, Kuala Lumpur

524, Jalan Riang 12, Taman Gembira, 58200 Kuala Lumpur.

Tel. No. +603-7972 8843

Facebook www.facebook.com/NeoCentre.KL

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

NEO Centre KL is open on Tuesdays – Fridays, 2 pm – 10 pm | Saturdays & Sundays, 9 am – 2 pm.

Nalanda Education & Outreach (NEO) Centre, Johor Bahru

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

Tel. No. +607-350 3870

Facebook www.facebook.com/NeoCentre.JB

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

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

Facebook www.facebook.com/NeoCentre.SP