



DECEMBER 2023

NALANDA MONASTERY NEWS



"Whether or not you gain realizations depends on the mental attitude with which you use each moment of your life."

Geshe Acharya Thubten Loden

Dear friends,

As we approach the end of 2023, we have the opportunity to pause and take the time to rejoice in the merits created throughout the year. As the weeks and months flew by, Nalanda Monastery has been engaging in many beneficial activities for its community and for all beings.

We can rejoice that **five new courses** have been started, including the FPMT Basic Program, which will continue for the next five years. This summer, Nalanda also welcomed as usual **three meditation retreats**: Nyung-Näs, Vipassana retreat and Jamyang Centre London Basic Program retreat.

On the 13th of April, **Lama Zopa Rinpoche**, our precious guru and co-founder of FPMT, showed the aspect of passing away. Five monks representing Nalanda Monastery travelled to Dharamsala to participate in **the long-life puja for His Holiness the Dalai Lama**, thus fulfilling one of the last wishes of Rinpoche. They then proceeded to go to Kopan for the puja of the 49th day after the passing away of Rinpoche.

In May, **His Eminence Jhado Rinpoche** visited us to give precious teachings and ordination. We also received the visit of **Khensur Lobsang Delek Rinpoche** and of **Phakyab Rinpoche** together with some monks of the Sera Mey Tour in Europe.

WELCOME TO NEW MONKS AND NUNS!



Most of the Sangha, including newly ordained monks and nuns.

In May, **His Eminence Jhado Rinpoche** visited us to give teachings on the Nature of the Mind and bestow a Yamāntaka initiation. Both events had over a hundred attendees each!

Watch the teachings

Rinpoche also **granted ordination** to two Rabjungmas, four Getsuls and five Getsulmas, as well as thirteen Gelongs, all coming from different countries. It is outstanding that Westerners take these different levels of monastic vows and we can rejoice in their full engagement in the Dharma. A unique event in the West!



His Eminence Jhado Rinpoche at Nalanda.

BLESSING THE LAND OF NALANDA



In September, our abbot Geshe Jamphel's own tutor, **Khensur Lobsang Delek Rinpoche**, accepted an invitation to visit the Nalanda community and teach on the Seven Point Mind Training, a famous text written by Geshe Chekawa in the 12th century.

Watch the teachings



Also in September, we hosted for a few days the Sera Mey European Tour. The monks made a **sand mandala** of Medicine Buddha and **Phakyab Rinpoche** gave a public talk about how he cured himself through meditation, an experience he told in his book [*Meditation saved my life*](#). This event was dedicated to fund medical supplies and infrastructures for the monks of Sera Mey college in South India.

**Watch the making
of the mandala**



LISTENING, REFLECTING...

As a **monastic university**, our main objective is to provide opportunities to study and practice Dharma while enabling monks, nuns and lay persons to live in ethical conduct.

Thanks to our many teachers, monks, sponsors, volunteers, students... we were able to reunite conditions for a number of **residential programs**:



**The Sound
of Many Hands Clapping**

Nāgārjuna Course
5 months of various text study

1 month on debate by Geshe Losel

by Geshe Gyaltzen

Stepping Out on the Path

5-month Lamrim course
by Geshe Losel

Solitary Hero Yamāntaka

2 months on the Tri Gyaltzen Senge
commentary by Geshe Gyaltzen

FPMT Basic Program

5-year study course, started in September by Geshe Jamphel

We are delighted to announce that the start of the **FPMT Basic Program** at Nalanda has gone well, with great energy and enthusiasm. Our teacher Geshe Jamphel has embarked on this journey with us, sharing his wisdom and experience, creating an exceptional learning environment.

Currently, we are fortunate to host around thirty on-site students, who come together for face-to-face classes and discussions. In addition, around a hundred students participate online, joining us from the four corners of the world. This diversity allows us to enrich our perspectives and share ideas with like-minded people, wherever we are.

If you haven't yet joined our study programme, you should know that **enrolment is still open!** It's never too late to dive into the world of Buddhism and Dharma study. To register, simply visit our dedicated programme page, where you'll find all the information you need.

Information and subscription



On-site students surrounding Geshe Jamphel-la on the first day of the Basic Program.

...AND MEDITATING



In August, our brothers and sisters from Jamyang Buddhist Centre London held their annual **Basic Program** retreat with Geshe Namdak.



At the end of the summer, we were happy to see many familiar faces for our annual **Vipassana retreat** guided by Ven. Sopa.

This July, we held **two Nyung-Näs** guided by Ven. Charles, the precious bodhisattva.



Thanks to our (soon to be solar-powered) air-conditioning, the gompa stayed pleasantly fresh under the South-French heavy sun.

Watch the recordings of the Vipassana retreat

"WHAT A GREAT LOSS!"



Lama Zopa Rinpoche in 2018, by Ven. Lobsang Sherab. Courtesy of FPMT.

On the 13th of April, **Kyabje Lama Zopa Rinpoche**, FPMT's spiritual master, gave his final teaching on impermanence by suddenly passing into Parinirvana. It was a difficult time for the thousands of students Rinpoche had all over the planet, who lost their spiritual reference and guide. But it was also a time to come together, support each other, rejoice in the vast actions of Rinpoche for all sentient beings and keep Rinpoche's vast vision alive through our practices and services.

Pujas were organized from the very first day in all the FPMT centers, and during the 49 days that followed. Nalanda's first puja had more than 10 000 views on YouTube, showing how people from all over the world came together to commemorate Lama Zopa Rinpoche and pray for his swift return.

Rewatch the pujas

Kopan Monastery, in particular, organised 24/7 various pujas and self-initiations in front of the holy body of Rinpoche, culminating with a [Heruka Lama Chopa on the 49th Day](#) after the passing away, in the main gompa, in the presence of Khadro-la, Yangsi Rinpoche and Geshe Lamsang.



Heruka Lama Chopa performed in Kopan Monastery. Photo by Ven. Lobsang Sherab. Courtesy of FPMT.

Five Nalanda monks, the Ven. Thubten Gendun, Thubten Sherab, Thubten Zoksang, Thubten Kalden and Gyaltzen Jampa travelled to Nepal to attend this exceptional event, as well as the long-life puja for His Holiness the Dalai Lama.

Following the advice of His Holiness the Dalai Lama, Nalanda is now regularly reciting **the Names of Manjushri** for the Swift Return of our precious Guru Lama Zopa Rinpoche.

**Rewatch one session
of recitation**

THE SOURCE OF ALL GOOD AND HAPPINESS



The Ven. Gyaltzen Jampa, Thubten Gendun, Joan Nicell, Thubten Sherab, Thubten Zoksang and François Lecointre at Delhi airport.

In May, the FPMT organized a **long-life Puja for His Holiness the Dalai Lama** at his temple in Dharamsala. Thousands of people were present from all corners of the world, including members of the FPMT board, directors of centers and friends, Nalanda monks, and many more online.



Try to find them!

PROTECTION FROM DISASTER



**"Whether a person is Buddhist or not,
just seeing a holy object allows them to create soooo much merit."**

Lama Zopa Rinpoche

All FPMT monasteries and centers were kindly offered a **statue of the bodhisattva Ksitigarbha**, who is relied on to avert danger and disasters, and

who purifies obstacles. In November, Nalanda inaugurated and blessed the beautiful two-meter high marble statue, which now stands gracefully on our grounds, greeting and inspiring visitors as they walk towards the main building.

FOLLOWING THE STEPS OF LAMA TSONG KHAPA



On the 7th of December, we celebrated Ganden Ngamchoe (literally “Ganden Offering of the Twenty-Fifth Day”), or **Lama Tsong Khapa Day**.

Lama Tsong Khapa (1357-1419) is the founder of the Geluk tradition and a revered figure in Tibetan Buddhism. The Ganden Ngamchoe celebrates the anniversary of his Parinirvana and is the occasion to make extensive offering practices.

A MEANINGFUL NEW YEAR'S EVE

In order to purify the year that has passed and welcome the year to come with the best conditions for our Dharma practice, we invite you to a **Tara Night** on the **31st of December**. The night will be divided into sessions of prayers, prostrations, mantra recitations and offerings.

More information to come on Nalanda Monastery’s Facebook page and website.



We hope you enjoyed reading this newsletter as much as we enjoyed making it,
and that it filled you with a sense of awe, inspiration,
and of being part of the community.

**May the Dharma continue to flourish and transform our minds
for the benefit of all beings!**

Support Nalanda

It's only due to your kindness and generosity that Nalanda can continue to create a
place for the sangha to live according to their vows and be able to offer conducive
conditions for people from all over the world to study, contemplate and meditate on the
precious Buddha Dharma.

Donate



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