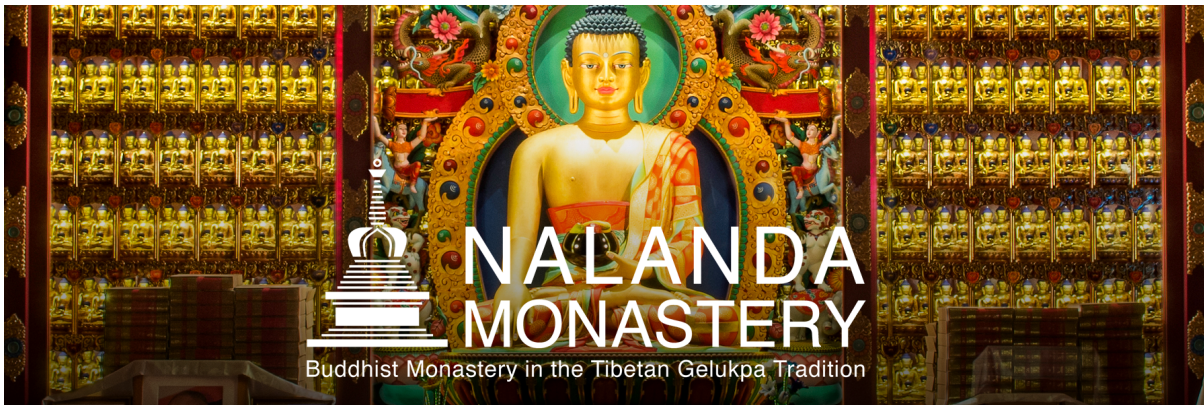


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*JANUARY 2024*

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NALANDA MONASTERY NEWS



**"When scientists will discover that everything comes from the mind, it will be a shock... When scientists will discover that everything comes from karma, it will be a great shock!"**

Lama Zopa Rinpoche, Vajra Yogini Institute, 2019

Nalanda Monastery wishes you **a very happy New Year**. May it be fruitful and full of achievements for you and for all beings!

We are delighted to invite you to **two exceptional events** this year.

In order to fulfill one of Lama Zopa Rinpoche's holy wishes, Nalanda Monastery is organizing **the first Monlam Gelug festival** in France from **Friday February 23 to Sunday February 25**, Saturday 24 being the day of *Chötrol Duchen*, the day of miracles on which merits are multiplied by 100 million.

We are also particularly delighted to welcome **His Eminence Ling Rinpoche on July 6 and 7**. It's a great honor and an incredible opportunity to receive his blessings and teachings directly.

All our activities are designed to **benefit all beings**, without exception: please find a short text written by Nalanda's director on the purpose of the monastery.

Finally, if you'd like to **live just an hour away from the monastery**, with a view of the Pyrenees mountain range, you'll be interested in the closing announcement!

**100 MILLION MERITS**





*In the center, Geshe Thubten Sonam. On the right, Geshe Tenzin Loden.*

Beginning on the Tibetan New Year's Day (*Losar*), February 10, the "**15 Days of Miracles**" commemorate the moment when the Buddha manifested numerous miracles in order to subdue the six non-Buddhist masters and for his disciples to generate more faith in the Dharma.

The fifteenth day, ***Chötrol Duchen***, is the day of the full moon, this year February 24. It's a particularly auspicious day when **the merits created are multiplied by 100 million.**

During these two weeks, the monasteries organize the **festival of great prayers**, the *Monlam Chenmo*. Lama Tsongkhapa himself established the first edition of this festival in the Gelug tradition in 1409.

Lama Zopa Rinpoche wanted to bring these practices of intense merit accumulation to the West. That is why this year we're organizing the **first Gelug Monlam** in France, **from Friday February 23 to Sunday February 25.**

To help and teach us the inspiring melodies of these prayers, **Geshe Thubten Sonam** will come from the Sera Jey monastery a few days before in the company of **Genden Dargey** (the main singing master of Sera Jey) and **Geshe Dorjee Wangdak**.



*Genden Dargey, the main chanting master of Sera Jey.*

**Venerable Roger** also accepted our invitation with enthusiasm. Here is an extract from his response: *"A sincere thank you for your support of one of Rinpoche's holy wishes that Nalanda follows this tradition of Monlam... Once again many thanks and all my appreciation for organizing this... I think Rinpoche will be delighted."*

**The monastery invites several Western monks and nuns**  
by offering them accommodation and food (sometimes travel).

**Watch the invitation**

If you wish to **accumulate merits** by participating in the care of the Sangha during the Monlam, you can make an offering specifying "**Monlam 2024**".

**Make an offering**

Everyone is welcome! But in order to better organize this special event, we ask to register using the following forms:

**Monastics**

**Lay**

**A UNIQUE WEEKEND OF WISDOM!**





*His Eminence Ling Rinpoche in Bern in April 2023.*

We are delighted to announce that **His Eminence Ling Rinpoche** has agreed to spend a few days in Nalanda, **from July 6 to 7**, during his forthcoming European tour. Recognized as the reincarnation of His Holiness the Dalai Lama's principal tutor, the sixth Kyabje Ling Rinpoche, who left his body in

1983, His Eminence the seventh Kyabje Ling Rinpoche is one of the great masters [who will play an important role in the years to come.](#)

In agreement with the Vajra Yogini Institute, Rinpoche will teach in Nalanda and visit the Institute and the Dorje Pamo monastery.



*Ling Rinpoche with Nalanda monks in Paris in June 2023.*

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## Program

**Saturday, July 6, all day:** Commentary on the Manjushri Praise  
(Gang lo ma)

**Sunday, July 7, morning:** Celebration of the 89th birthday of  
His Holiness the Dalai Lama

**Sunday, July 7, afternoon:** Manjushri initiation (Jenang)

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You will receive more information in the coming months. To help us organize the event as effectively as possible, **you will need to register on our website.**

## ONLY TO BENEFIT SENTIENT BEINGS



Nalanda Monastery was created 41 years ago by Lama Yeshe and later developed by Lama Zopa Rinpoche so that we may accumulate merits and purify obscurations by various means, to benefit all sentient beings.

Through its various activities, the monastery enables us to accumulate merits for all sentient beings on an inconceivable long period of time, over several lifetimes. It helps us not only to find better conditions in this life, but also to transform our mind, to obtain a good future rebirth, to achieve Liberation and Enlightenment.

Ethics is the base and merit is the real investment, just like a farmer can harvest many fruits from having planted only one seed. The effective result our merits will produce depends on our motivation. Why do we need merits? Only to be able to benefit sentient beings.



Why do we have qualified resident teachers and Dharma study programs?  
Why do we offer conditions to study, reflect on and meditate on sutras and  
tantras? Why do we invite realized beings like His Eminence Ling Rinpoche?  
Why do we organize the Gelug Monlam Festival? Why do we buy or build  
holy objects and moles, make tsa-tsas and paint them?

Only to benefit sentient beings, including ourselves, to accumulate merits and  
experience happiness, to liberate ourselves and others from all sufferings, to  
realize the whole path, from Guru devotion until the peerless happiness of  
Enlightenment.

**Ven. Thubten Sherab**

## LIVING NEAR NALANDA WITH VIEW OF THE PYRENEES



Nalanda monastery has inherited a beautiful 7-room detached house with a  
magnificent 4580 m<sup>2</sup> adjoining garden and a breathtaking view of the Pyrenees  
mountain range.

Just one hour away from the monastery, this magnificent location will enable you  
to take part in our regular activities while enjoying a sumptuous setting.

For more information, please write to [director@nalanda-monastery.eu](mailto:director@nalanda-monastery.eu)

### See the offer



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Next month, we'll introduce you to this year's upcoming study programs, in particular the new FPMT program, [Exploring Buddhism](#).

### 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



#### Nalanda Monastery

Rouzegas, 81500, Labastide St. Georges

Affiliated with the [FPMT](#)

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