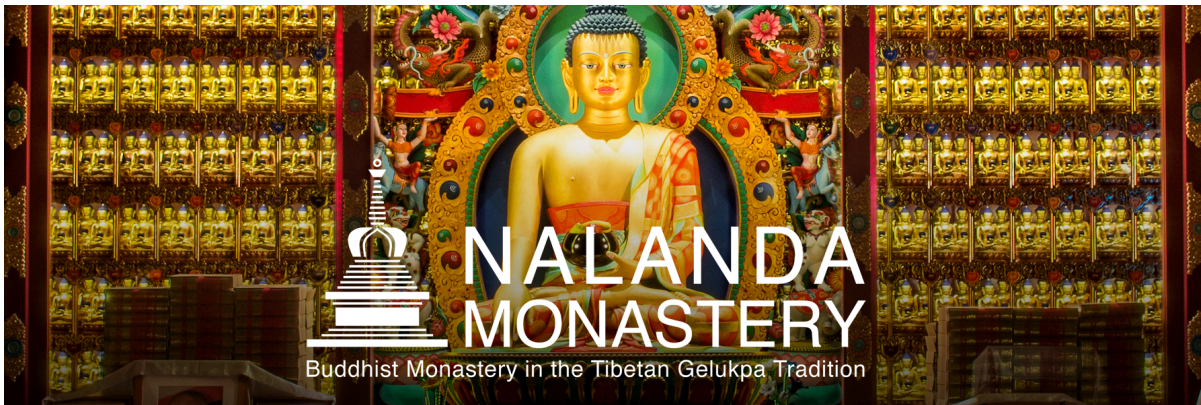


[View in browser](#)



If this email is not displayed correctly, click on 'View in browser'.

FEBRUARY 2024

NALANDA MONASTERY NEWS



Geshe Sonam, Geden Dargey and Geshe Wangdak, three Sera Jey Monastery monks invited to Nalanda's Monlam.

**"By the collection of whatever virtues I and others have done
And shall do from now until enlightenment,**

**May all be auspicious holy, perfect, pure one,
For your body of form to remain in this land, immutable like a vajra."**

Lama Choepa, stanza 112

As the first month of 2024 ended, we are entering the last days of the Year of the Water Hare, according to Tibetan astrology.

On **the 10th of February**, the **Tibetan Year of the Wood Dragon** will begin. We will commemorate the **40th anniversary of the parinirvana of Lama Thubten Yeshe**, co-founder of the FPMT. This celebration will be followed by the raising of the moon during two weeks, the **Fifteen Days of Miracles** (the full moon being *Choetrul Duchen*). It will be a **very special time in Nalanda**, as you will read below.

A new year also means new opportunities **to serve** and new opportunities **to study**. Scroll down to read about **Exploring Buddhism**, FPMT's new study program, an amazing way to explore the Buddha's teachings.

It is also never too late to join in the FPMT Basic Program and the FPMT Masters Program!

TIBETAN NEW YEAR IN NALANDA



A group of Nalanda monks, students and volunteers making Tibetan momos to celebrate a special day, in 2023.

The **Losar** (Tibetan New Year) will be celebrated this year on **Saturday 10th of February**. Come and join us in the practices of this very festive day!



Program

9:00 - 9:40: **Chanting the Names of Manjushri**

10:00 - 11:00: **Talk on the Days of Miracles**

12:30: **Special lunch** of momos and kyapses (registration needed)

3:00 - 4:30: **Animal Liberation**

7:00: Special **Guru Puja** commemorating **the 40th anniversary**
of Lama Yeshe's passing into parinirvana

Registration for lunch



Lama Thubten Yeshe, 1935-1984.

PRESERVING THE LIGHT OF JE TSONG KHAPA



Dagpo Rinpoche.



Institut Ganden Ling
Institut Guépèle
Fondé par le Vénérable Dagpo Rinpoche



Veneux-Les Sablons, le 17 janvier 2024

Cher Gelong lags,

Je vous remercie, ainsi que l'ensemble de votre communauté, de votre aimable invitation et de l'organisation d'un Mönlam selon la tradition gelug.

Je suis honoré et touché que vous ayez pensé à moi, mais à mon grand regret je ne serai pas disponible pendant les deux dernières semaines de février. J'ai d'autres projets, prévus de longue date.

Je ne pourrai pas être présent physiquement, mais soyez sûr que je m'associerai à vous par la pensée et la prière. Je vous suis en effet très reconnaissant d'entreprendre ce magnifique projet, très précieux pour la pérennité et la diffusion de l'Enseignement du Bouddha et de la tradition de Jé Rinpoche.

Avec tous mes vœux de réussite et mes meilleures pensées,

Dagpo Tulku Jhampa Gyamtshog

Chemin de la Passerelle, 77250 VENEUX - LES SABLONS, France

tel (33) 1 64 31 14 82 - programmes : 1 60 70 39 81 - fax (33) 1 64 70 69 60 - <http://www.gandenling.org> - Siret : 442 918 500 00014 - APE : 913E

[Dagpo Rinpoche](#) was recognized at an early age by the Thirteenth Dalai Lama as the reincarnation of one of the greatest Tibetan masters of the Gelug tradition. In 1959, Rinpoche left Tibet for India. He was soon invited to settle in France, where he founded the Guépèle Institute and the Gelug congregation Ganden Ling Institute.

This great master was invited to participate in **Nalanda's incoming first Gelug Monlam Festival**. Here is a translation of his answer, where he emphasizes the importance of this event to preserve the Gelug tradition of Lama Tsong Khapa:

Dear Gelong lags,

I thank you and your entire community for your kind invitation and for organizing a Monlam according to the Gelug tradition.

I am honored and touched that you thought of me, but to my great regret I will not be available during the last two weeks of February. I have other projects, planned for a long time.

I will not be able to be present physically, but be sure that I will join you in thought and prayer. I am indeed very grateful to you for undertaking this magnificent project, very precious for the sustainability and dissemination of the Teaching of the Buddha and the tradition of Je Rinpoche.

With all my best wishes and best thoughts,

Dagpo Tulku Jhampa Gyamtshog

A SACRED CONNECTION BETWEEN LAY AND MONASTIC COMMUNITIES



Just as a healthy tree depends on having both roots and branches connected by a trunk, **the existence of Buddha Dharma depends on both ordained and lay practitioners** connected through practice. We need each other; we need to mutually appreciate, serve, and support one another in order to grow and flourish.

A primary responsibility of the ordained sangha is to devote their lives to studying, practicing, and sharing the Buddha's teachings, while the lay community who see the value of this provide material support to sustain the monastics.

A prayer festival is a special way of activating the sacred potential of this connection by celebrating our shared experience of the Dharma. Through prayer, offering, purification, teachings, and other practices we express our highest aspirations, our gratitude for the Buddha, Dharma, and Sangha, and for one another.



Monastic and lay communities, as well as local residents, taking part in the inauguration ceremony of the Kshitigarba statue, 2023.

During the auspicious Days of Miracles, we reaffirm our determination to free all sentient beings from suffering by continually working to grow in kindness, compassion, wisdom, and all positive qualities.

Results only come about through bringing together the collections of causes able to produce those results. When many people gather together and collectively focus their energies on achieving a wholesome aim, causes to quickly achieve that aim are brought together and enjoyed by all. Inspired by others, each of our individual aspirations becomes stronger, and that in turn strengthens the goodness in others.

A prayer festival is therefore an incredibly important force to develop the best in each of us by honoring the Buddha Dharma that we hold most sacred.

A RAIN OF MERITS!



Since its inauguration in 1409, **the Great Prayer Festival** has been the most significant annual spiritual event in the Tibetan society. To this day it brings thousands of monastic and lay people together to pray for world peace, for spreading the Dharma, and for individuals' well-being.

The Great Prayer festival happens during the Fifteen Days of Miracles, which are commonly held by the Tibetan tradition to be especially auspicious and powerful days. Lama Zopa Rinpoche says that **the karma created during this period is multiplied by a 100 million**. Therefore, practicing generosity during this time is an especially good opportunity. Imagine, by giving just one euro or one cup of tea, it is like having given a hundred million!



During this first and historical Great Prayer Festival at Nalanda Monastery, **we are inviting everyone to support our Dharma projects.** Please help us to continue to create a thriving and modern Buddhist monastic university in the Western world, thus educating the realized scholars and yogis of the future, and creating a wisdom culture based on enlightenment.

Ven. Tenzin

More about Nalanda's Monlam

WHERE TO OFFER DURING THE MONLAM?

The Monlam is a perfect time to practice the perfection of generosity. Your offerings could be used for different projects.

You may want to offer **to cover expenses during the Great Prayer Festival**, such as:

- **Plane tickets** for special guests, like the chanting master and two geshe from Sera Jey Monastery, India.
- **Tea** offered during the main prayer sessions (40€).
- **Money offered to monastics** during the ceremony (to your convenience).
- Electric "**butter lamps**" on the altar (5€ each). You offer 5€ to the monastery and the light that dispels the ignorance of all beings.



You may also want to donate and support **some of Nalanda's main projects:**

- The Lama Tsong Khapa statue.
- The Maitreya statue at Maitreya Pure Land.
- Solar panels on the roof of the main building.



Model of Maitreya statue.



Maitreya statue in Bodghaya.

These different projects will be presented in front of the gompa during the event.
You may chose to give online now or during the event.

Donate now

*If you chose to donate online, please pick "Monlam 2024 Donations" in the list.
You can then mention your chosen project in the "Special dedication" section.*

MONLAM'S PROGRAM

Friday, February 23rd

7:00 - 8:00: Prayers session

10:00 - 10:30: Presentation of Lungtok Choekhorling Monastery
by Ven. Massimo

10:45 - 12:00: Talk about the Days of Miracles by Geshe Losel

12:30: Lunch (registration needed)

2:30 - 5:00: Main prayers session

7:00 - 8:00: Prayers session

Saturday, February 24th (*Choetrul Duchen*)

7:00 - 8:00: Prayers session

9:00 - 10:00: Bodhisattva vows by Geshe Gyaltsen

10:45 - 12:00: Talk on the benefits of the Monlam by Geshe Jamphel

12:30: Lunch (registration needed)

2:30 - 5:00: Main prayers session

7:00 - 8:00: Prayers session

Sunday, February 25th

7:00 - 8:00: Prayers session

10:00 - 10:30: Presentation of the International Mahayana Institute
by Ven. Jamyang

10:45 - 12:00: Talk about Nalanda Monastery by Geshe Gyaltsen

12:30: Lunch (registration needed)

2:30 - 5:00: Main prayers session

7:00 - 8:00: Prayers session

The number of seats being limited in the gompa (119), for security reason, we ask you to **register online on the following forms**. On the day, please come to the reception desk in the Zen Garden to check your registration. You will then receive a seat number and a bracelet for lunch.

OFFERING SERVICE IN NALANDA MONASTERY

Offering service in Nalanda is a great opportunity to live in a spiritual community, attend teachings and other events in the heart of a Buddhist Monastery where Buddhist teachings are embraced wholeheartedly.

If you would like to come and offer some of your time and skills, we'd be most grateful. **We need your help for a minimum period of 2 to 3 months from February to September** with the possibility of renewing the experience.



Where is help needed the most?

- Cooking and cleaning
- Gardening
- Building maintenance
(carpenters, electricians, plumbers...)
- IT work

Register here

NEW PROGRAM: EXPLORING BUDDHISM



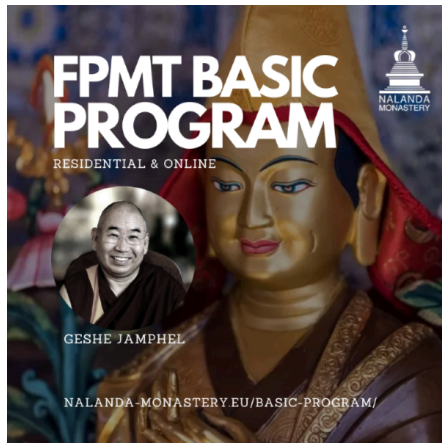
Exploring Buddhism is the newest long-term course offered by the FPMT, which will be taught online by Geshe Namdak from Jamyang London Buddhist Centre and Geshe Losel from Nalanda Monastery.

This **new program** was conceived as a bridge between the foundation-level [Discovering Buddhism](#) and the FPMT [Basic Program](#). The course presents selected topics that provide a strong basis for more advanced study. It gives the opportunity to strengthen your foundational knowledge while not demanding daily engagement in studies.

The teachings take place **once a week** and will begin on the **2nd of March** with an Open Day online meeting.

[Learn more here](#)

OTHER PROGRAMS IN NALANDA



FPMT Basic Program 2023-2028

with Geshe Jamphel

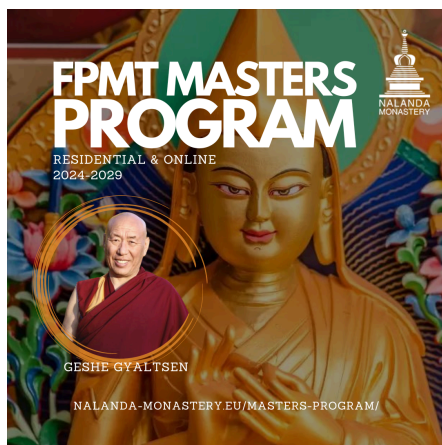
Study the precious teachings of Shakyamuni Buddha in the conducive environment of Nalanda Monastery and learn the complete and unmistakable path to inner freedom and happiness.

🔔 ongoing

👤 in Tibetan with translation in English, French & Spanish

📍 in person and online

information and
registration



FPMT Masters Program 2024-2029

with Geshe Gyaltzen

Join us at the largest Tibetan Buddhist monastery in the West to study and practice the main Tibetan and Indian Buddhist texts. Deepen your understanding of the core subjects of Mahayana Buddhism, including Perfection of Wisdom, Middle Way, stages of the path, logic, and tantra.

🔔 from **February 2024**

👤 in Tibetan with translation in English and French

📍 retreat: in person | teachings: in person and online

information and
registration

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](#)

This email was sent to it@nalanda-monastery.eu

If you no longer wish to receive our newsletter, you can [unsubscribe](#)

