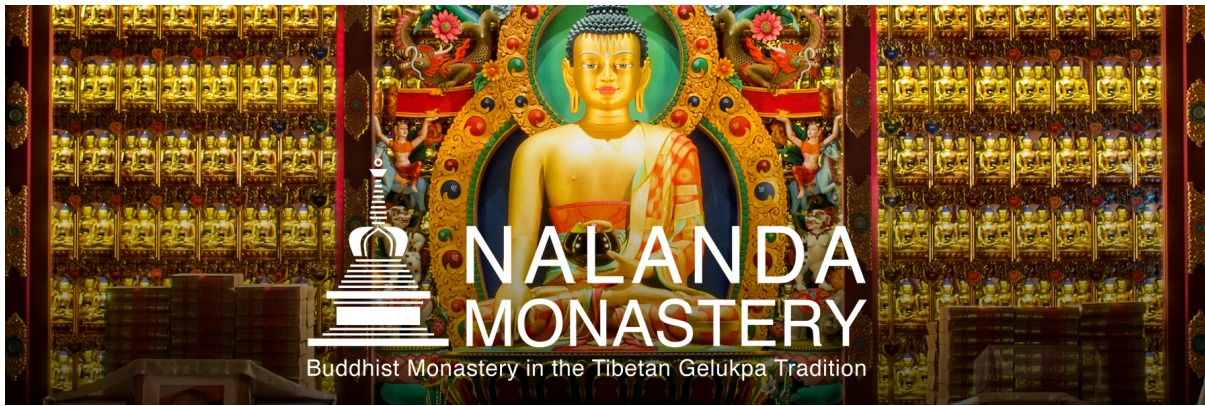


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MARCH 2024

NALANDA MONASTERY NEWS



Geshe Dorjee Wangdak, Genden Dargey and Geshe Thubten Sonam, three Sera Jey Monastery monks at Nalanda's Monlam.

**"The minute you see a holy object you create infinite merits,
So, no question, if you actually make prostrations,
Offerings, and so forth, you create far greater merit."**

The construction of Lama Zopa Rinpoche's [Stupa of Complete Victory](#), dedicated to the swift return of Lama Zopa Rinpoche, has commenced at Kopan Monastery.

The deep and resonant voice of Chenmo-la still resonates in our memories and hearts, sustaining and nourishing our practice. The historical **First Gelug Monlam Festival** we held in February has been very successful.

Amazing news! **His Eminence Ling Rinpoche** will come and bless the land of Nalanda on the 6 and 7 July. Save the date!

Preserving the Tibetan tradition of sacred arts is a significant mission of the monastery. Sonam Sherpa, our main artist for the last 17 years, wrote a few words about the purity of sacred art.

And to conclude, Bram, a former volunteer, shares what his experience within our spiritual community brought to him.

LAMA ZOPA RINPOCHE STUPA OF COMPLETE VICTORY



3D rendering of the Lama Zopa Rinpoche Stupa of Complete Victory.

**"All those who rejoice in the stupa will generate
every single quality of a buddha in their mental continuum."**

Padmasambhava

The construction of **Lama Zopa Rinpoche's Stupa of Complete Victory** has commenced at Kopan Monastery. We expect that the actual stupa will begin to manifest in a few months, gracing the whole of Kopan and blessing the world.



3D rendering of the placement of the stupa in Kopan's garden.

This 42-foot (12,8 meters) stupa is being built specifically for **the swift return** of our most precious and kind teacher Kyabje Lama Zopa Rinpoche. It is also fulfilling Rinpoche's wishes and Vast Vision to **build many large stupas** around the world for the benefit of all beings.

[Read the complete article](#)

[Make a donation](#)

"All those who put effort with their body, speech, and mind for the stupa will have every single blessing of the holy body, speech, and mind of the buddhas enter their body, speech, and mind."

Guru Rinpoche, to King Trisong Detsen

PLANTING THE SEED OF THE GELUG MONLAM IN THE WEST



The Maitreya procession around the main temple during Nalanda's Monlam.

Nalanda Monastery organized the **First Gelug Monlam Festival** in France (and probably in Europe) from Friday 23 to Sunday 25 February 2024, with Saturday 24 being the day of *Choetrul Duchen*.

On Friday 23 February at 7:00 a.m., the deep voice of the chanting master opens this historic moment! In front of His Holiness' throne and the main gampa's altar, six geshe along with the Umze Genden Dargey face the audience. Forty-four monks and nuns, accompanied by about sixty lay men and women, begin singing inspiring melodies and profound prayers in celebration of Buddha Shakyamuni, Lama Tsongkhapa, Maitreya, etc.

During three days, the gampa was full, and some people had to follow the live event on screen in the Zen Garden below the gampa. Many people from various countries prayed with us online. On the final day, we held a procession and offered baths to **Maitreya** while circumambulating the main temple.

The Monlam brought together the monastics and the lay community from near and far. Many different people helped us in various ways and made this holy wish of Rinpoche a reality! To all of you: thank you soooooooooo much!

We invite you to join us for the **Second Gelug Monlam Festival at Nalanda from 10 to 15 March 2025** (Friday 14 March being *Choetrul Duchen*). Save the date!

[Read the complete article](#)



HIS EMINENCE LING RINPOCHE: SAVE THE DATE!



His Eminence Ling Rinpoche. Picture by Olivier Adam.

Save the date! His Eminence Ling Rinpoche will bless the land of Nalanda on the 6 and 7 July 2024.

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.](#)

Registration for the event will open at the beginning of April.

Program

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

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

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



His Eminence Ling Rinpoche. Picture by Sandra Galista.

THE BEAUTY OF SYMBOLISM

Sonam Sherpa is Nalanda's main artist and is responsible for painting numerous statues and sacred objects at the monastery. After completing a *tangka* painting course in Nepal from 1998 to 2004, he came to Nalanda in 2007 and began working there full-time in 2008. He shares with us his thoughts on the importance of tradition and lineage in the practice of Buddhist art.



Artist Sonam Sherpa in his workshop in 2023, painting a clay statue of Atisha.

Buddhist art is a practice of accumulation of **merit** and **wisdom**. It is a great Dharma practice in order to achieve enlightenment. This must be done with **the proper motivation, following the correct instructions, and in a proper way**.

The person must have devotion and take refuge in the Three Jewels, have respect for the instructions and the lineage, appreciate the Dharma, and generate bodhicitta.

The sacred art is supreme due to the pure motivation of the artist for the enlightenment of all sentient beings, free from negativity on his side. The artwork itself is a Nirmanakaya form.

By the power of the sacred object, the manifested deity will have an impact on the mind of the person that will contemplate the image, creating the cause to be liberated from different obscurations. This is called "**liberation by seeing**".

All the measurements and instructions on the supreme art are found in the sutras and tantras. In order to practice the Buddhist art, it is necessary to be a Buddhist and to study the teachings.

Why is the lineage in Buddhist art so important?

In Tibet, there was no record of another kind of art other than sacred art, that was developed from great bodhisattvas in order to benefit all sentient beings.

These teachings came to us in an uninterrupted pure lineage full of blessings. The instructions received from our teachers are very important, and we have the responsibility to keep the lineage purely as well for future generations.

Everything that I know in art is due to the kindness of my dear teacher **Konchog Ladrepa** from whom I received the Karma Gadri painting tradition, which originated from the Eighth Karmapa, Mikyö Dorje.

Due to my precious guru **Lama Zopa Rinpoche** and his extensive kindness, I am still able to continue this sacred art.

Artist Sonam Sherpa



Artist Sonam Sherpa in 2007, painting the face of the Buddha Shakuyamuni statue in Nalanda's main gompa.

**Watch a short movie about
Sonam's work**

MANIFESTING THE 21 TARAS



Initiated in January 2021, Lama Zopa Rinpoche's holy wish of **bringing the 21 Taras to Nalanda** is about to be fulfilled!

Over the past two years, approximately 15,000 € has been collected to realize this project. This fund enabled Nalanda to commission 21 34-centimetre bronze statues from a sculptor in Nepal.

The statues arrived safely in Nalanda a few months ago, and their support also has been made. We are now prepared to place them on the altar of the main gumpa. Once blessed, the 21 Taras statues will be empowered and will manifest the actual presence of the deities among us.

Given that the making of the support cost 2,500 €, your generous donations would be greatly appreciated to help cover the fees. **Specifically, we still require 2,150 €.**

If you wish to accumulate merits and participate in this wonderful project, you can [donate here](#).

OFFERING SERVICE IN NALANDA MONASTERY

Do you wish to spend some time in the beautiful countryside of the South of France? To (re)discover Nalanda and its community? To help one of the biggest monastic university of the West flourish, and to enjoy its study programs and its extensive library? If yes, **you are most welcome to join us as a volunteer!**



Bram, a former volunteer and now a fulltime student, shares with us his experience as a volunteer in Nalanda.

Why did you come to volunteer in Nalanda?

I arrived here in September 2023 because I am considering ordination. I was advised to first come as a volunteer to get to know the community and the life here.

What kind of task did you do?

I mostly helped in the kitchen, cooked for the monks and the students, and I sometimes helped for maintenance, for example to install a water pipe in the new monks' building. When I came, I didn't even know how to cook pasta. The cook was very patient with me, so now I know how to cook pasta!



What does a typical week as a volunteer look like?

During my days as a volunteer, I did 20 to 25 hours of work every week. The work is usually quite fun and free, and once you are done, you are free to do what you want. You have access to books in the library, to go to teachings or pujas, to go swim in the river... Because I had two days off, I was able to study and read quite a bit. You can also leave the place whenever you want. Sometimes, I rent a bike in Nalanda and go to close towns, nice spots in the hills around...

How would you describe your experience here?

To be here means being in a very open, welcoming, nourishing surrounding. People are very kind and very helpful, it's a warm feeling. I have the chance to talk with monks, who are always happy to talk with you about whatever you want. Once a week, there is an event called "Mystery Monk", where you have the opportunity to get to know a monk a bit more.

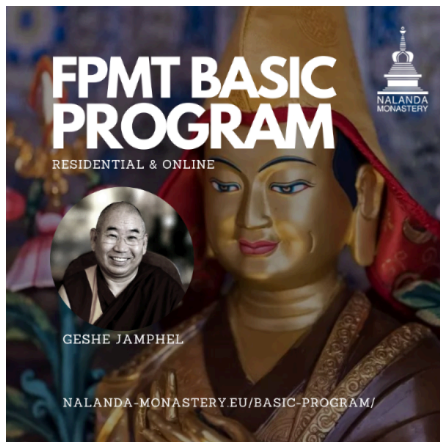
It's been very beneficial, because now I know how to cook pasta, and I also learn more about the human mind!

Where is help needed the most?

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

Register here

STUDY PROGRAMS



FPMT Basic Program 2023-2028

with Geshe Jampel

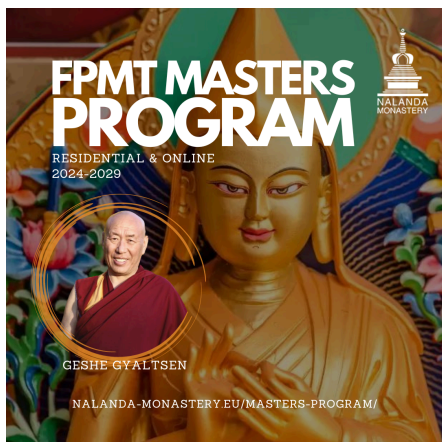
Study the precious teachings of Shakyamuni Buddha in the conducive environment of Nalanda Monastery and learn the complete and unmistakable path to inner freedom and happiness.

🔔 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.

- 🔔 ongoing
- 👤 in Tibetan with translation in English and French
- 📍 retreat: in person | teachings: in person and online

information and
registration



FPMT Exploring Buddhism

with Geshe Tenzin Namdak and Geshe Tenzin Losel

Join this special online long-term course that was co-developed by senior FPMT teachers. 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. Teachings take place once a week, only online.

- 🔔 from **2nd May 2024** to **July 24th 2025**
- 👤 in English with translation in French
- 📍 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](#)

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