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JUNE 2024

NALANDA MONASTERY NEWS



"Think about the happiness and suffering of others every day. The more you think about it, it becomes a habit. At some point, it will become effortless. Then you will be able to have an uncontrived intention to be of benefit to others."

Ling Rinpoche

Great news! His Eminence Ling Rinpoche will be with us for the auspicious day of ***Chokhor Duchen***. Scroll down to discover the updated programme.

Ven. Roger shared with us the inspiring reaction of **His Holiness the Dalai Lama** when he was told about the **Gelug Monlam Festival** that Nalanda held in February. Sit down and get your tissues ready to read along 😊 His Holiness also gave new advice regarding the practices for creating the causes for **the swift return of Lama Zopa Rinpoche's reincarnation**.

Registrations for Ven. René Feusi's retreat are now closed, but there are several ways to **follow the retreat online** - check them out!

Finally, we share with you various events that have animated our community life over the past month: our visit to Italy for Khandro La's teachings, and one new ordination.

100 MILLION MERITS WITH LING RINPOCHE!



His Eminence Ling Rinpoche. Picture by Olivier Adam.

Chokhor Duchen, or "Turning the Wheel of Dharma", is one of the four annual holy days of Guru Shakyamuni Buddha, when the power of any meritorious action is multiplied by 100 million. It commemorates the anniversary of Guru Shakyamuni Buddha's first teaching on the four noble truths at Sarnath.

We are very happy and honored to announce **the holy presence of H. E. Ling Rinpoche in order to celebrate *Chokhor Duchen* together on 9 July 2024.**

***Chokhor Duchen* program**

Tuesday, July 9

5:00: Eight Mahayana precepts followed by *Ganden Lha Gyama*

10:30: Teaching on *Chokhor Duchen*

14:30: Animal Liberation

17:00: Chanting the Names of Manjushri

19:00: Guru Puja

No registration is needed for *Chokhor Duchen*, except if you would like to join us for lunch (in that case, please register [here](#)).

However, it is necessary to subscribe if you'd like to join for the 6 and 7 July! GB English, FR French and ES Spanish translation will be available. Please use the following links:

[Monastics](#)

[Lay](#)

It will also be possible to follow online the day of 6 July, devoted to the commentary on the Manjushri Praise. To participate in Zoom, please [fill in the form](#). You will receive the link 24 hours before the teaching begins, and you will be able to make a donation towards the cost of the event if you wish.

Complete 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)

Tuesday, July 9: Celebration of *Chokhor Duchen*

We are looking for volunteers for the event! If you are interested, please contact Benjamin at kyc@nalandamonastery.eu.

HIS HOLINESS ABOUT NALANDA'S GELUG MONLAM

On the auspicious day of Saka Dawa, we received the following message from **Ven. Roger**, whom we had the joy of receiving for the first Gelug Monlam in Nalanda in February of this year:

"His Holiness was very moved to hear about the first Monlam, putting his hands in the mudra of prayer above his head when I explained and reciting prayers for some time silently."



Main prayer session during Nalanda's first Gelug Monlam. Picture by Sonam Sherpa.

You are already invited to join in the **second Gelug Monlam Festival**, which will be held **from 10 to 15 March 2025!**

SILENT MIND, OPEN HEART



Ven. René Feusi in Nalanda.

Registrations for the [retreat on calm abiding and bodhicitta](#) from 15 to 25 August with Ven. René Feusi are now closed. However, there are also opportunities to **follow all or part of the retreat online.**

To follow the entire retreat online, please use the following link to register. Details of the Zoom meeting will be emailed to you 3 days before the retreat begins. GB English and ES Spanish translations will be available.

The suggested donation for the online retreat is 100€. However feel free to donate what suits you. Any contribution is appreciated!

[Enrol here](#)

[Donate](#)

Furthermore, **the evening teachings will be available on YouTube.** The playlist will be shared on [Nalanda's website](#).

NEW ADVICE FROM HIS HOLINESS THE DALAI LAMA



Ven. Roger Kunsang meeting with His Holiness the Dalai Lama, May 17, 2024. Photo courtesy of the Office of His Holiness the Dalai Lama.

Following a meeting between Ven. Roger and **His Holiness the Dalai Lama**, the FPMT has published a blog post regarding the practices for **creating the causes for the swift return of Lama Zopa Rinpoche's reincarnation**.

[Read here](#)

ONE NEW ORDINATION!



On Saka Dawa 2024, 23 May, Gilles, a long-time student from Nalanda, joined the monastic community by taking the Rabjung ordination with our Abbot Geshe Jamphel La. **We are very happy to welcome Ven. Phungtsok!**

NALANDA IN POMAIA!



In May, eight Nalanda monks, four nuns and a handful of students had the immense joy of travelling to the Instituto Lama Tsong Khapa, in Italy, to receive precious teachings from Khandro La on bodhicitta and emptiness.

A 1994 TESTIMONY

We recently came across an old newsletter from Nalanda - a paper version from 1994! This must have been one of the first to be produced: it is marked as the second edition. At that time it was only in French! It is telling the story of the visit of Geshe Jampa Gyatso to Nalanda.

Automne 1994

Volume 1, Numéro 2

Nalanda

Le journal du Monastère de Nalanda

Visite de notre nouvel Abbé

A près le vide laissé par le départ de Guéshé Jampa Tegchok, notre ancien Abbé qui est parti occuper ce même poste au monastère de Sera-Jé dans le sud de l'Inde, nous sommes restés sans Abbé pendant plusieurs mois jusqu'à ce que Guéshé Jampa Gyatso, nommé nouveau supérieur par Lama Zopa Rimpoché vienne nous visiter pour quelques semaines, début Juillet.

Quelques jours avant son arrivée, le monastère s'activa aux derniers préparatifs de sa venue. Les travaux de rénovation qui avaient lieu dans son appartement ont été terminée juste à temps. Le soir même de sa venue, nous attendions impatiemment devant les portes du monastère, lorsque le téléphone retentit pour nous annoncer son retard. Finalement vers 22 heures, les phares de la voiture qui le conduisait éclairèrent l'allée du parc. Banderoles, cymbales et encens lui souhaitèrent la bienvenue. Dans la gompa ce fut la traditionnelle remise des symboles du corps, de la parole et de l'esprit du Bouddha, respectivement une statue, un texte et un petit stupa.

Son enseignement sur le Vinaya débute dès le lendemain. C'est un cours assez rare, et la gompa était remplie de moines et de nonnes résidant à l'extérieur.

Au fil des jours, ceux qui n'avaient pas encore rencontré Guéshé-la eurent l'occasion de mieux le connaître au cours de chaleureuses discussions, dans la salle à manger où il nous parlait de sa vie, de sa fuite du Tibet, de ses études etc...

Il est malheureusement reparti en Italie, où il réside à l'Institut Lama Tsong Khapa. Son séjour parmi nous a été très agréable, et sa présence très inspirante car il possède une grande expérience du contact avec les Occidentaux, et nous lui avons demandé de revenir rapidement parmi nous. Cependant cette situation n'est que temporaire, Lama Zopa Rimpoché a en effet l'intention de nommer un nouvel Abbé qui résidera avec nous en permanence ■

Guéshé Jampa Gyatso

V i s i t e s

Le monastère est ouvert aux visiteurs le dimanche de 14h à 18 heures ou la semaine sur rendez-vous.
A noter que le monastère sera fermé de décembre à début mars pour notre retraite d'hiver.

1

Sommaire 1 *Nouvel Abbé* 2 *Les travaux avancent*
Une brève histoire du Vinaya

Sommaire 3 *La pratique des «Tsa-tsas»* 4 *Les Amis de Nalanda, Poujas.*

proclamerent les
ils furent formulés par le

Mahayaniste, un Bodhisattvas⁴ se tient, en une Samanthabhadra, et Maitreya qui enseignements du cela, on pense furent pratiqués mis à d'autres de pratique se oisième Concile ons du premier enne et durant Bodhisattvas les Soutras du des visions de t d'autres.

de ces Soutras furent Troisième Concile. Dès

acceptant les aspects fondamentaux des enseignements du Bouddha et partageant



Les moines de Nalanda et Guéshé Jampa Gyatso

qui dévastèrent l'Inde. Avec l'invasion chinoise du Tibet (1959) et la destruction de la culture du mode de vie tibétains qui s'ensuivirent, la pratique du Bouddha Dharma, avec le Vinaya comme fondation, retrouva dans le sous-continent indien, d'où elle se propagea en Occident. Afin que le Dharma prospère, prions pour que le Sangha occidental puisse continuer à croître avec force et stabilité, prendre part à la propagation du Dharma et suivre l'exemple des maîtres du passé. ■

¹ Règles de la vie monastique.

² L'abandon de son corps terrestre.

³ Une personne qui est libérée de l'existence conditionnée (samsara).

⁴ Aspirant Bouddha.

Do you recognize some of them?

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MONASTERY**

Buddhist Monastery in the Tibetan Gelukpa Tradition

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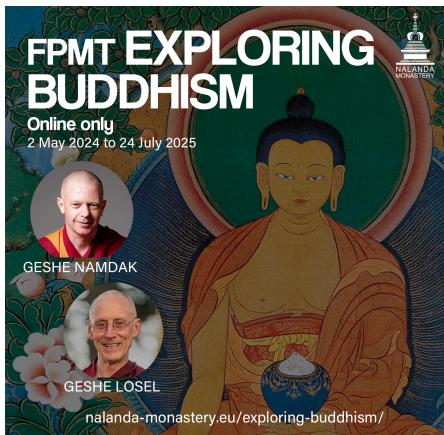
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KYC@NALANDA-
MONASTERY.EU**



**NALANDA MONASTERY
36 RUE DU DR EMERY COMPAYRE
81500, LABASTIDE-SAINT-GEORGES, FRANCE**

Register here

STUDY PROGRAMS



FPMT Exploring Buddhism

with Geshe Tenzin Namdak and Geshe Tenzin Losel

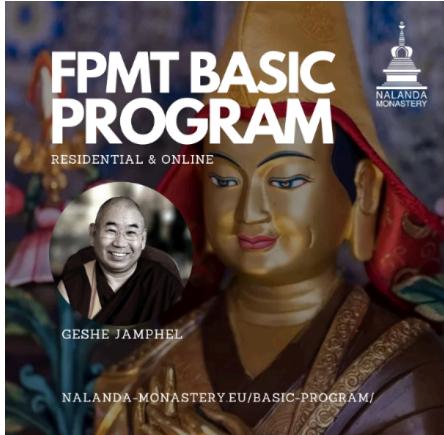
Join this special online long-term course that was co-developed by senior FPMT teachers. Conceived as a bridge between the foundation-level Discovering Buddhism and the FPMT Basic Program, the course presents selected topics that provide a strong basis for more advanced study. Teachings take place once a week, only online.

🔔 ongoing

🎥 in English with translation in French

🔗 online

information and
registration



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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.

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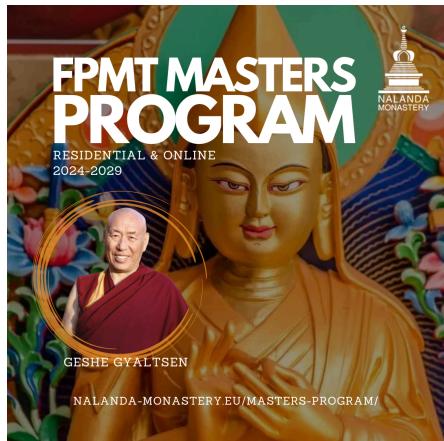
🎥 in Tibetan with translation in English, French & Spanish

🔗 in person and online

information and
registration

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🔔 ongoing

👤 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

36 Rue du Dr Emery Compayre, Rouzegars, 81500, Labastide St. Georges

Affiliated with the [FPMT](#)

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