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*OCTOBER 2024*

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## NALANDA MONASTERY NEWS



**"Change your perception,  
Change your attitude,  
Change your mind,  
This is Dharma."**

*Lama Osel*

Hi {{ contact.FIRSTNAME }}! Please enjoy our latest news and information:

**The King of Dharma at Nalanda**

*1st - 10th July 2025*

## **Hayagriva Retreat and Fire Puja**

*11 - 30 July 2025*

## **Practicing the Dharma to save the Planet**

*12 October 2024*

## **Traditional Tibetan Medicine Course**

*26 - 27 October 2024*

## **Yamantaka Retreat**

*8 - 24 January 2025*

## **The Seat of the Lama**

## **Our lineage's founders**

## **Praying for the good health of our Abbot**

## **Sharing the Daily Life at Nalanda**

**THE KING OF DHARMA AT NALANDA**





*H. H. Ganden Tri Rinpoche Jetsun Lobsang Tenzin Rinpoche.*

We have the great honour of receiving **His Holiness the 104th Ganden Tri Rinpoche Jetsun Lobsang Tenzin Rinpoche** for a series of prayers, teachings and empowerments **from 1st to 10th July 2025.**

Rinpoche is the holder of the Golden Throne of Ganden, the supreme head of

the Gelug school of Tibetan Buddhism and the successor of the King of Dharma Je Tsongkhapa (1357-1419) on this earth.

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### **1st - 10th July 2025**

**1st-3rd July:** Auspicious Monlam with Sera Jey monks

**6 July:** Celebration of the 90th birthday of His Holiness the Dalai Lama

**7-8 July:** Hayagriva initiation

**9-10 July:** Commentary on Hayagriva (one session per day)

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**[More information](#)**

## **HAYAGRIVA RETREAT AND FIRE PUJA**

This series of exceptional events will be followed by a **Hayagriva retreat** led by Geshe Thubten Sonam-la from Sera Jey Monastery, **from 11 to 30 July 2025!**





*Geshe Thubten Sonam.*

The first day, 11 July 2025, will be the **invoking ceremony**. On the last day, 30 July 2025, we will perform the **Fire puja followed by a Tsog offering** to conclude the retreat.

To participate in the retreat, one must have received the full initiation (tib. *wang*) and make a commitment to attempt all the sessions.

This Hayagriva retreat will be especially dedicated for the long and healthy life of His Holiness the Dalai Lama and for world peace, happiness, well-being and prosperity of all sentient beings.

More information will be available on our website soon!

**PRACTICING THE DHARMA TO SAVE THE PLANET**



**A presentation at Nalanda by David Midgley, 3:00 pm CET, 12 October 2024**

*Follow online [here!](#)*

In April this year, David Midgley and Ven. Tenzin Michael from Nalanda attended the *Planetary Crisis Summit* meeting organized by Jamyang Buddhist Centre London. At that meeting, David undertook to build links with the [Plum Village](#) community, who have been involved with action on ecological issues for many decades, to explore ways that we might work together and learn from each other.

In September, David attended the annual *Global Climate Leaders Gathering* at Plum Village, organized in conjunction with Christiana Figueres, the convenor of the historic Paris Climate Summit in 2015.

David will talk about this inspiring event, the wider ecological work of the Plum Village community, and about [their online course](#), based on the inspiring book *Zen and the Art of Saving the Planet*, by Thich Nhat Hanh.

**The next course will run from 20 October to 8 December**, and a group from FPMT will be doing the course together. To find out more, follow the link below, and/or contact David at [davidmidgley02@gmail.com](mailto:davidmidgley02@gmail.com).



Discover the course

TRADITIONAL TIBETAN MEDICINE COURSE

# MEDICINE BUDDHA

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**Special Tibetan Medicine  
course on Natural Herbal  
Medicinal Plants and ingredients**

**By Prof. Dr Loksang  
Nalanda Buddhist Monastery  
on 26th and 27th October, 2024**

A presentation at Nalanda by Dr Loksang, 26 - 27 October 2024

We are very pleased to announce that Dr Loksang will be returning to Nalanda to give a **two-day intensive course** on the use of plants and natural ingredients widely used in Sowa Rigpa, **Traditional Tibetan Medicine**.

These courses are open to everyone and the teachings will be useful in your daily life.

For more information about schedule and fees, and registration, please contact [spc@nalanda-monastery.eu](mailto:spc@nalanda-monastery.eu).

### YAMANTAKA RETREAT (JANUARY 2025)

Lama Tsongkhapa received direct teachings from Mañjuśrī, the Buddha of wisdom. Yamantaka is the wrathful manifestation of Mañjuśrī and was Tsongkhapa's personal deity-practice whom he instituted as the principal Gelug yidam-meditation practice to eliminate obstacles to one's spiritual practice. **It is considered one of the most important yidam practices**, both for monastic and lay practitioners alike.



*The altar during the retreat last year.*

Following the Yamantaka retreat led by Geshe Gyaltsen last year, some students requested Geshe-la to again lead a retreat in 2025. **The retreat will take place from 8 to 24 January 2025.**

To participate in the retreat, one must have received the full initiation of Yamantaka (tib. *wang*) from a qualified Tantric Guru and practice daily the 6 sessions of Guru yoga.



To participate in the peaceful fire puja organized at the end of the retreat, one will have to have recited the appropriate number of mantras on a cushion during the retreat.

**Registration will be open in November 2024.** Prices and conditions will be available on Nalanda's website in the coming weeks.

## THE SEAT OF THE LAMA



For the coming of His Holiness Genden Tri Rinpoche, Nalanda Monastery would like to buy **a larger and highly decorated throne** imported from Nepal. This throne will be later used by all high Lamas coming to teach at Nalanda.

A throne is not just a piece of furniture: **it symbolizes the holy presence of the Guru** and shows the importance we give to the teaching. Nalanda is planning to order a wooden throne carved of the best quality in Nepal.

The cost including the postage is about 7.000€. If you'd like to participate in this meaningful offering and accumulate merits, please click on the following link:

**Donate for a new throne**



## OUR LINEAGE'S FOUNDERS



*Lama Tsongkhapa statue belonging to the previous Serkong Rinpoche.*

For years, our Abbot Geshe Jamphel-la has emphasised the importance of having large statues of **Lama Tsongkhapa and his two disciples**, Gyeltsab Je and Khedrup Je, on the altar of the main gumpa.

**His wish can become reality with your support.** We hope to receive the statues before the arrival of H.H. Ganden Tri Rinpoche.

The statue of Lama Tsongkhapa will be 115 centimetres high (the statues of the two disciples are slightly shorter) and will be of the highest quality made in Nepal. The estimated cost including postage is around €19,500.

If you would like to participate in this meaningful offering and accumulate merit, please click on the following link:

**[Donate for the statues](#)**

**PRAYING FOR THE GOOD HEALTH OF OUR ABBOT**





*Nalanda Monastery's abbot, Geshe Jamphel.*

In September this year, our abbot Geshe Jamphel was diagnosed with an unusual problem on his left eye, for which he saw different specialists.

Geshe-la informed His Holiness the Dalai Lama, who suggested a recitation of 100,000 times 21 Tara praises. Geshe-la asked the Tibetan nuns in Drepung Monastery (South of India) to perform these pujas, which were held over several days.

**Recently, Geshe-la shared this reassuring message with us:**

*Thank you very much for your attention and concern for my health, thank you all. But please don't worry, I have gone to many hospitals for examinations, and all the doctors said there is no big problem. Anyway, thank you for your concern.*

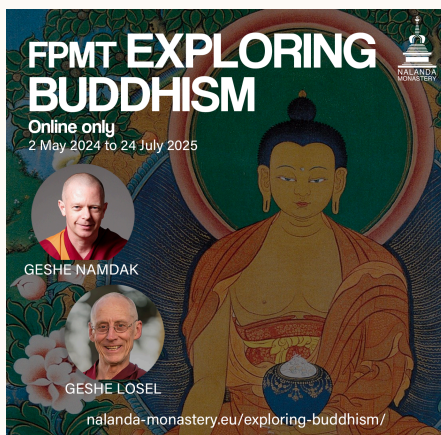
*I will use all the money I received for the Puja, thank you all again, I hope everyone will be healthy, and I hope we can all get more inspiration in the process of learning Buddhism.*

## SHARING THE DAILY LIFE AT NALANDA



If you are interested in sharing the life of the Nalanda community and serving the monastery, please contact Benjamin at [kyc@nalanda-monastery.eu](mailto:kyc@nalanda-monastery.eu).




## STUDY PROGRAMS



### FPMT Exploring Buddhism

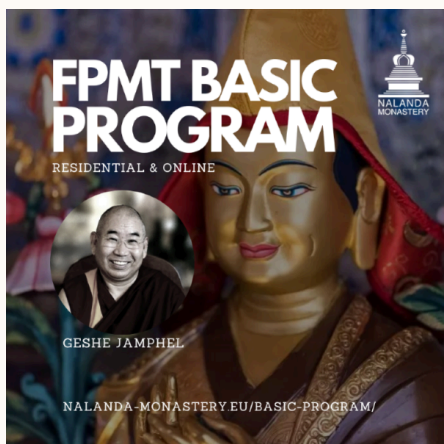
with Geshe Tenzin Namdak and Geshe Tenzin Losel

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





## 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 2024-2030

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

## 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, Rouzegas, 81500, Labastide St. Georges

Affiliated with the [FPMT](#)

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