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## SEPTEMBER 2024

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### NALANDA MONASTERY NEWS



**"Every moment of this life is to free ourselves from suffering;  
Every moment of this life is to achieve peerless happiness;  
Every moment of this life is to make the greatest purification;  
Every moment of this life is to accumulate extensive merits."**

*Lama Zopa Rinpoche*

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

A lunch and a talk with **Serkong Tsenshab Rinpoche**

*24 September 2024*

## **The Fourth Europe Tibetan Buddhism conference**

A fresh start for **FPMT Masters and Basic Program!**

**Building Inner Strength for all**

*September to October 2024*

**Memories of a Pilgrimage in the Himalayans**

*21 September 2024*

**A volunteer filled with joy and gratitude!**

**A LUNCH AND A TALK WITH SERKONG TSENSHAB RINPOCHE**



*Serkong Tsenshab Rinpoche.*

**Serkong Tsenshab Rinpoche** was recognised as the reincarnation of the previous Tsenshab Serkong Rinpoche, a highly accomplished Geshe Lharampa who was born in Tibet in 1914 and died in 1983.

The current Tsenshab Serkong Rinpoche was born in 1984 in the Spiti Valley of India and first studied at Ganden Jangtsey Monastery in southern India. After

deciding to continue his work for the Dharma as a layman, he completed his training at the Institute of Buddhist Dialectics in Dharamsala. On the advice of the Dalai Lama, he has now completed two years of intensive English studies in Canada and is continuing his advanced Buddhist training.

On the occasion of [his visit to Vajra Yogini Institute on 28 and 29 September](#), Rinpoche kindly accepted our invitation to visit Nalanda Monastery on **Tuesday 24 September**.

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### **Tuesday 24 September**

**12:30:** Lunch with Serkong Tsenshab Rinpoche (12€, registration is mandatory, please [fill in the form!](#))

**14:00:** Talk on Integrating Dharma Today (also available [online](#))

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**Watch the talk online**

**THE FOURTH EUROPE TIBETAN BUDDHISM CONFERENCE**



*Group picture of the participants to the Fourth Europe Tibetan Buddhism conference.*

Organised by the Office of Tibet in Yeutenling, Belgium, on 13th and 14th September 2024, this meeting of various representatives of European Dharma Centres of Tibetan Buddhism was mainly aimed at discussing and adopting **a very important declaration on the reincarnation of the Great 14th Dalai Lama**, as you will read below:

**FOURTH EUROPE TIBETAN BUDDHISM CONFERENCE,  
YEUNTENLING, HUY, BELGIUM, 13-14 SEPTEMBER 2024**

**DECLARATION**

We, the Representatives of the undersigned Tibetan Buddhist Centres in Europe have gathered for the Fourth Europe Tibetan Buddhism Conference in Yeuntlenling, Huy, Belgium, from 13-14 September 2024 and have unanimously resolved to declare the following:

1. recognising His Holiness the 14<sup>th</sup> Dalai Lama's profound contributions to world peace, harmony between different faiths, including among followers of Buddhism. We express our deep gratitude and strongly supplicate His Holiness the Dalai Lama to live long and pray for his wishes to be fulfilled.
2. considering the inseparable karmic bond between the Dalai Lamas, the Tibetan people, followers of Buddhism and millions of others who have been inspired by His Holiness the 14<sup>th</sup> Dalai Lama, we appeal for the continuation of the Institution of the Dalai Lama for the benefit of all sentient beings and plead to His Holiness for the same.
3. as to the recognition of His Holiness' reincarnation we fully endorse the position His Holiness has outlined in the Statement of September 24, 2011. His Holiness the 14<sup>th</sup> Dalai Lama and Gaden Phodrang Institution have the sole legitimate authority over his reincarnation and nobody else.
4. we categorically condemn and oppose any effort by the Chinese government to select Tibetan Buddhist spiritual leaders, including His Holiness the Dalai Lama. China has introduced a number of laws to control the selection of the future Dalai Lamas. We strongly condemn such blatant politicisation. Recognition of reincarnations is intrinsically a religious matter and no other state or government, including the People's Republic of China, an atheist state, has the right to interfere in the matter.
5. we reiterate our resolute commitment to call on the International Community not to accept any person appointed by the People's Republic of China as the reincarnation of His Holiness the 14<sup>th</sup> Dalai Lama.
6. we unequivocally condemn the relentless attacks being perpetrated against Tibetan language, culture, religion and identity by the Chinese authorities and call on the government of the People's Republic of China to immediately end such practices amounting to grave violations of basic Human Rights.

September 14, 2024

Huy, Belgium

We also discussed **the celebration of the 90th birthday of His Holiness the Dalai Lama** on Sunday 6 July 2025.

In honour of His Holiness' unimaginable benefit to this world, **6 July 2025 to 6 July 2026 will be dedicated as the "Year of Compassion"**. Many different acts of compassion will be organised around the world.



*On the left, Ven. Élisabeth (Kalachakra Center, Paris) and Lama Zeupa (Spiritual director of Yeunten Ling, Belgium). On the right, Ms Rigzin Genkhang and Geshe Lhakdor.*

## CELEBRATING HIS HOLINESS' 90TH BIRTHDAY AT NALANDA

Through the kindness of our Abbot Geshe Jamphe-la, **H.E. Ganden Tri Rinpoche Lobsang Tenzin** has kindly accepted our invitation to come to Nalanda Monastery **from 1 to 10 July 2025**.



*His Eminence Ganden Tri Rinpoche Lobsang Tenzin.*

During this time Rinpoche will pray, celebrate the birthday of His Holiness the Dalai Lama and give the Hayagriva empowerment followed by a short commentary.

Stay tuned for more information next month!

## A FRESH START FOR FPMT MASTERS AND BASIC PROGRAMS!

The **FPMT Masters and Basic Program** are still running in Nalanda, entering in a fresh new year in the case of the BP!

Please enjoy these few words from Ven. Tsondru, the Masters Program coordinator:

*"As the leaves began to turn, so did the pages of our texts as we continued the MP with the second term of our study on **the Ornament for Clear Realization** with fresh eyes and renewed enthusiasm.*

*While tackling increasingly complex concepts, we find strength in our growing community, supporting each other through challenging passages and celebrating moments of clarity. Group discussions have become livelier, with diverse perspectives enriching our understanding of the Dharma.*

*Our teacher, Geshe Gyaltsen guides us through the intricate landscape of Buddhist philosophy. His profound understanding of Maitreya's work is matched only by his patience and dedication. Geshe-la's wisdom and compassion brings it to life, making ancient teachings relevant to our modern lives and our own spiritual progress.*

*As the vastness of the Dharma unfolds before us, **we are filled with a sense of appreciation for this rare opportunity to explore such timeless wisdom.**"*

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Gregory, the Basic Program coordinator, also shares his enthusiasm and gratitude towards the teachings and the teachers:

*"Minds and bodies were in high spirits as BP students began the study of important subjects such as the LORIG texts on 'Mind and Cognition'.*

*As one student put it, 'Every day gives us many opportunities to open our minds and explore its various aspects...'*

*We are very grateful to our precious Abbot Geshe Jamphel for patiently guiding us through this inner exploration."*

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## BUILDING INNER STRENGTH FOR ALL

Nalanda just started an 8-week course on **"Building Inner Strength: 16 Guidelines for a Happy Life"**, taught by our Ven. Thubten Jamyang.



This course is open to Nalanda volunteers and students and anyone interested, free of charge. It will take place **every Saturday from 14:00 to 16:00** in the Main Gompa for 8 weeks: 14/09, 21/09, 28/09, 5/10, 12/10, 19/10, 26/10 and 2/11.

Dates are subject to change. The requirement would be to attend at least 90% of the course for the certificate of completion and for the benefit and stability of the group.

To start your 16G journey with Nalanda and receive the course material, please write to Ven. Jamyang at [universaleducation@nalanda-monastery.eu](mailto:universaleducation@nalanda-monastery.eu)



## MEMORIES OF A PILGRIMAGE IN THE HIMALAYANS

Come and join us on **Saturday, 21 September**, at **16:00**, for a presentation by Ven. Tenzin Michael on his **recent pilgrimage in the Himalayan mountains!**



Ven. Tenzin Michael will share with us the pictures and experiences of a recent Himalayan pilgrimage from Kopan Monastery in Kathmandu, over high passes to the remote valleys and monasteries in the Everest Region.

By walking in the Himalaya and visiting holy places like Lawudo Gompa, where Lama Zopa Rinpoche in his previous life spent 30 years in meditation, the pilgrimage turns into an inspiring inner journey. Meeting with the people of the Himalaya who kept the Dharma alive over centuries, we connect with our Buddhist roots and gain inspiration.

You are most welcome to this presentation in the main gompa!

## FILLED WITH JOY AND GRATITUDE!

Giovanna Boatta very kindly served the monastery this summer. She shared her stay and experience in the monastery:

*"It is difficult to find the words to make you understand my gratitude for the opportunity you have given me by welcoming me as a volunteer in the Nalanda Monastery community.*

*With my work I had the opportunity to benefit those who live in the Monastery, and this filled me with joy; I was able to listen to precious teachings, receive initiations, read, study in the library and stand in contemplation in the Gompa or next to the stupas. I 'breathed' the Dharma, and accumulated it in every part of my body and mind, as much as possible... This has been a great blessing that I keep alive within me as much as possible...*

***... I am committed to bringing all the joy of Dharma, which I experienced at Nalanda Monastery, into my life."***

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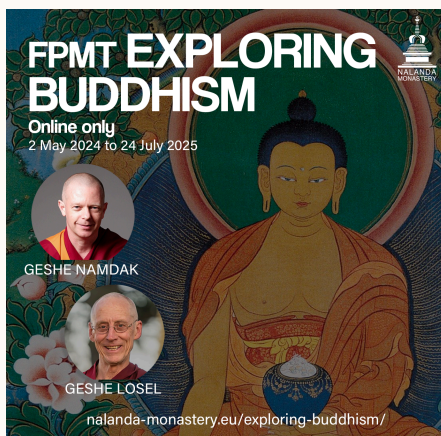
We also express all our gratitude to Giovanna and to all volunteers who keep Nalanda a beautiful and conducive place for living the Dharma!

If you'd like to come to Nalanda to volunteer, please write to [kyc@nalanda-monastery.eu](mailto:kyc@nalanda-monastery.eu).



*Giovanna (on the right) and other volunteers at Nalanda this summer during the visit of Yangsi Rinpoche.*

## STUDY PROGRAMS



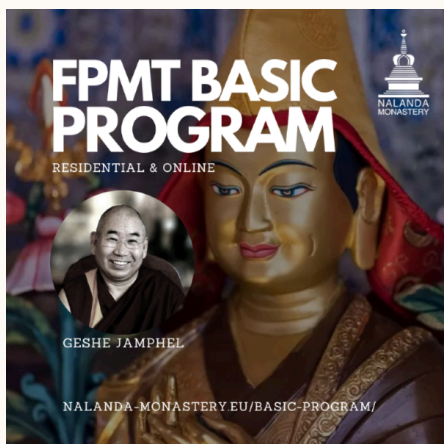
### FPMT Exploring Buddhism

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

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Affiliated with the [FPMT](#)

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