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DECEMBER 2024

NALANDA MONASTERY NEWS



"After each stanza that describes Lama Tsongkhapa's attainments, we should rejoice. Rejoice at the qualities of holy deeds of Lama Tsongkhapa, by thinking how wonderful it is.

Think: 'May I also be like you'."

Kyabje Lama Thubten Zopa Rinpoche

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

Lama Tsongkhapa day

25 December 2024

Solitary Hero Yamantaka Retreat

8 - 24 January 2025

The Seed of Gelug Monlam in the West

Watch now!

Second Gelug Monlam Festival: The first seeds have sprouted

11 - 15 March 2025

A review of 2024!

LAMA TSONGKHAPA DAY

We will celebrate the **Lama Tsongkhapa day** or *Ganden Ngamchoe*, literally “Ganden Offering of the Twenty-Fifth Day”, **on 25 December 2024**. This celebrated the anniversary of Lama Tsongkhapa’s parinirvana on the twenty-fifth day of the tenth month of the Tibetan calendar.

Thus, we will perform a Guru puja with extensive offerings at 16:00 in the main gumpa. We will also read Lama Tsongkhapa’s [*Three Principal Aspects of the Path*](#) and Khedrub Geleg Pelzangpo’s [*The Glorious One of the Three Worlds*](#).

How to accumulate merits on that special occasion?

"It is best to offer as many light offerings as you can. It is very common to offer lights on Lama Tsongkhapa Day... The center’s students can hang up as many Christmas lights as possible. By offering lights, we create the cause of enlightenment, of liberation from samsara, and of the happiness of future lives."

Kyabje Lama Thubten Zopa Rinpoche



You can offer a **Tibetan led lamp for €10**. Your name will be mentioned with the light you will sponsor.

You can also donate for the buying of **the statues of Lama Tsongkahpa and his two disciples**, Khedrup-Je and Gyaltsab-Je, and accumulate merits.

[Donate for Lama Tsongkhapa Day](#)

If you can not make it on site, please join us online:

[Watch online](#)

SOLITARY HERO YAMANTAKA RETREAT

From 8 to 24 January 2025

[Register here](#)



Yamantaka is the wrathful manifestation of Manjushri 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 to begin, both for monastic and lay practitioners alike.

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.

[More information](#)

[Register here](#)

THE SEED OF GELUG MONLAM IN THE WEST



Last year, during the first Gelug Monlam Festival, we filmed interviews with our special guests and Geshes. Each month before the Secong Gelug Monlam Festival, we will put online a new episode of these interviews. You can now watch the second episode, **the interview of our abbot, Geshe Losang Jamphel.**

[Watch online](#)

SECOND GELUG MONLAM FESTIVAL: THE FIRST SEEDS HAVE SPROUTED

"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."

Ven. Roger

Following Lama Zopa Rinpoche's holy wish to bring the Monlam to the West, last February, Nalanda Monastery initiated the tradition of the [Gelug Monlam](#)

[Festival](#) in the West. Come and join us for the second edition of this historical event from 11 to 15 March 2025!

[More information](#)

A REVIEW OF 2024!

Please rejoice in the numerous holy activities Nalanda monastery engaged in this year, for the benefit of all sentient beings!

First Gelug Monlam in the West



The ordained Sangha during Nalanda's first Gelug Monlam festival.

Great masters in Nalanda



Yangsi Rinpoche at Nalanda.



His Eminence Ling Rinpoche gave precious teachings and a Manjushri initiation.



Serkong Rinpoche came for a lunch and a talk.

Retreats and new courses



Ven. René Feusi gave a ten-day retreat on Bodhicitta and calm abiding.





We started the Exploring Buddhism course with, among other teachers, Geshe Losel.

Nalanda welcomed Geshe Namdak and the Jamyang London Buddhist centre community for their Lamrim retreat.

More sacred objects



21 Taras statues were installed in the main gomba.



The throne and lotus of the human size Maitreya statue were made by Ven. Thubten Gendun, and it will be soon placed at the entrance of "Maitreya Pure Land" retreat center.



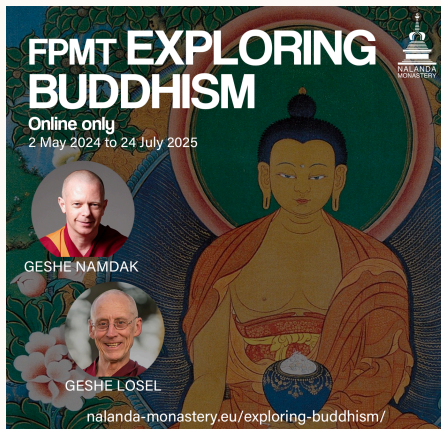
Victory banners now welcome visitors at the entrance of the main building.

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.




STUDY PROGRAMS



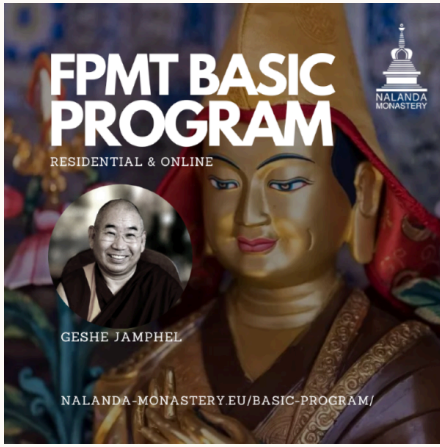
FPMT Exploring Buddhism

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



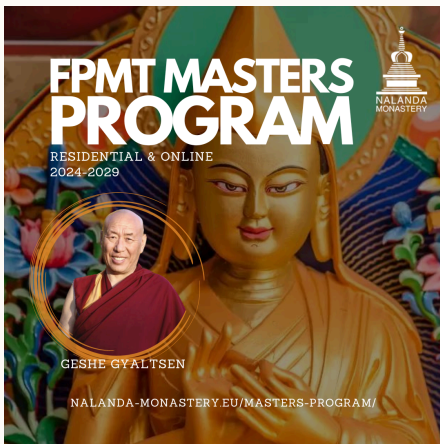
FPMT Basic Program 2023-2028

with Geshe 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 2024-2030

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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