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*NOVEMBER 2024*

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**NALANDA MONASTERY NEWS**



**"Love and compassion are necessities, not luxuries.  
Without them, humanity cannot survive."**

*His Holiness the Dalai Lama*

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

**Solitary Hero Yamantaka retreat**

*8 - 24 January 2025*

***Lhabab Duchen:*** coming down from Heavens

22 November 2024

***Secular Spirituality, The Science of Consciousness and the Illusion of Self***

23 November 2024

**The Seed of Gelug Monlam in the West**

*Watch now!*

**Second Gelug Monlam Festival: The first seeds have sprouted**

11 - 15 March 2025

**Our lineage's founders**

***Bodhicitta Land, a poem by Geshe Losel***

**SOLITARY HERO YAMANTAKA RETREAT**

**Registrations are now open** for the Solitary Hero Yamantaka Retreat!

*From 8 to 24 January 2025*

**Register here**





*The altar during the retreat last year.*

Following the commentary Geshe Gyaltzen-la gave on Yamantaka practice and the retreat he led last year, **some dedicated students requested Geshe-la to lead the retreat again in January 2025.**

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.

Participation in the costs of the retreat and the fire puja is a suggestion for a minimum donation and should never be an obstacle. In case of need, please contact the director directly.

[More information](#)

[Register here](#)



**LHABAB DUCHEN: COMING DOWN FROM HEAVENS**





*Lhabab Duchen* is one of the four great holy days of the Buddhist calendar during which the karmic results of our actions are multiplied 100 million times. It



celebrates Guru Shakyamuni Buddha's descent from the God Realm of the Thirty-Three.

To repay the gratitude of His mother Mahadevi who was reborn in this god realm, Lord Buddha went there to teach Dharma. After 3 months, the Buddha descended on a triple staircase made of Lapis lazuli, gold and crystal.

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## Program of *Lhabab Duchen* 22 November 2024

**6:00:** Eight Mahayana Precepts

**6:30:** *Ganden Lha Gyama* (Guru Yoga of Lama Tsong Khapa)

**11:30 to 12:15:** Chanting the Names of Manjushri

**14:30 to 16:00:** Animal liberation practice

**19:00 to 20:30:** Guru puja and tsog (follow online [here!](#))

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**Follow the puja and tsog online**



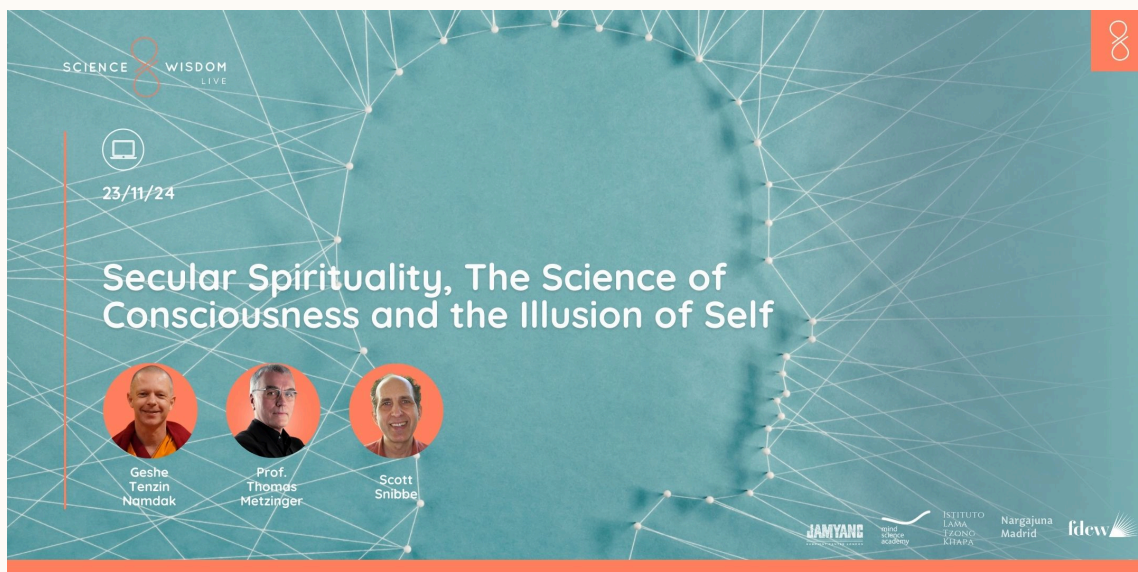
On this day of great accumulation of merit, you may want to **offer a lamp on the altar** for yourself or a loved one. You can make a donation of €10 for a lamp [here](#) (mention "Light Offering for Lhabab Duchen"). Don't forget to include your name for the dedication!

**"Wonderful that you are creating an opportunity for people to create skies of merit."**

*Hup Cheng, Director of Amitabha Buddhist Center, Singapore.*

## SECULAR SPIRITUALITY, THE SCIENCE OF CONSCIOUSNESS AND THE ILLUSION OF SELF

A dialogue with **Geshe Tenzin Namdak, Thomas Metzinger** and **Scott Snibbe**.



Nalanda Monastery will organize a video gathering in the main gompa with those who are interested to assist in this very special event, on **November 23, 2024, from 17:00 to 19:00.**

**Secular spirituality** offers a path to personal transformation without relying on religious belief, encouraging inner growth through practices like mindfulness and contemplation.

**The science of consciousness** explores how subjective experience arises from the brain, bridging the gap between philosophy and neuroscience.

**The illusion of self**, a central theme in both Buddhist philosophy and modern cognitive science, challenges our deeply held notion of a fixed identity.

Together, these ideas invite us to re-examine who we are and how we relate to the world, offering profound insights into both spiritual and scientific inquiries.

[Learn more](#)



## 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 Second Gelug Monlam Festival, we will put online a new episode of these interviews. You can already discover the first episode, **an interview of Venerable Roger!**

**Watch online**

## **SECOND GELUG MONLAM FESTIVAL: THE FIRST SEEDS HAVE SPROUTED**

Please join us for the **Second Gelug Monlam Festival at Nalanda**  
**from 11 to 15th March 2025!**

**More information**



*Nalanda's Sangha and guests during the first Gelug Monlam in 2024.*

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](#)

Beginning on Tibetan New Year's Day (*Losar*), **28 February 2025**, the “15 Days of Miracles” commemorate the time when the Buddha performed numerous miracles to subdue the six non-Buddhist masters and inspire his followers to greater faith in the Dharma.

The fifteenth day, *Tcheutroul duchèn*, is the day of the full moon, this year **Friday 14 March 2025**. It's a particularly auspicious day when the merits created are multiplied by 100 million.

Monasteries organize **the festival of great prayers**, the *Monlam Chenmo*. Lama Tsongkhapa himself instituted the first edition of this festival in the Gelug tradition in 1409.

Please join us for the **Second Gelug Monlam Festival at Nalanda from 11 to 15th March 2025!**

In order to accumulate merits, Nalanda Monastery invites several Geshes, monks and nuns, offering them accommodation and food (and sometimes travel). This year, Khen Rinpoche Geshe Thubten Chonyi, the abbot of Kopan Monastery, and one of the five members of the FPMT Inc. Board of Directors, have kindly accepted our invitation.

If you too would like to accumulate merit by taking part in the care of the Sangha, you can [make offerings](#) specifying “Monlam 2025”.

[Help the Sangha](#)

**OUR LINEAGE'S FOUNDERS**





*Lama Tsongkhapa statue in Kopan Monastery.*



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 Trisur 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](#)

## BODHICITTA LAND, A POEM BY GESHE LOSEL

On our sibling voyagers of Venus and Mars,  
Two glimmers aglow in our race round the sun,  
But atmosphere boiling, else leaked out to space,  
The sweet or salt waters of life no more run.

From wave-weaving waters, encrustings of earth,  
From red-rousing fire, outgassings of air,  
This indigo-emerald, life-coloured world,  
A base fit to flourish, to bring forth and bear.

Through tribolyte, crinoid, stromatolite mats,  
Cooksonia, cycad and ammonites whorled,

Neanderthal, quagga and mammoths great-tusked,  
As one tendril shrivelled, yet others unfurled.

With four billion years flown of life drinking deep  
This goblet of riches, a newfangled kind—  
Of homo and femina sapientes—  
A base where might flourish the full play of mind.

To whom Shākyā's son came with black begging bowl.  
We welcomed him in and we offered him rice,  
Beneath our broad shade tree, beside our mud hut  
Blessed in that rare instant, we knelt for advice.

We'll be brave for Buddhahood, look not for less.  
We tuned ear and tongue, lifted speech into song,  
We tamed the wild aurochs, we tamed the wild grains,  
Tame we our wild minds now, life's moment's not long.

The vows bodhisattvas teach we take once more,  
To lead wand'ring mothers to freedom the aim.  
But hampered our hopes... for our comfort's in fire;  
Though tipping points tip now, our pact is with flame.

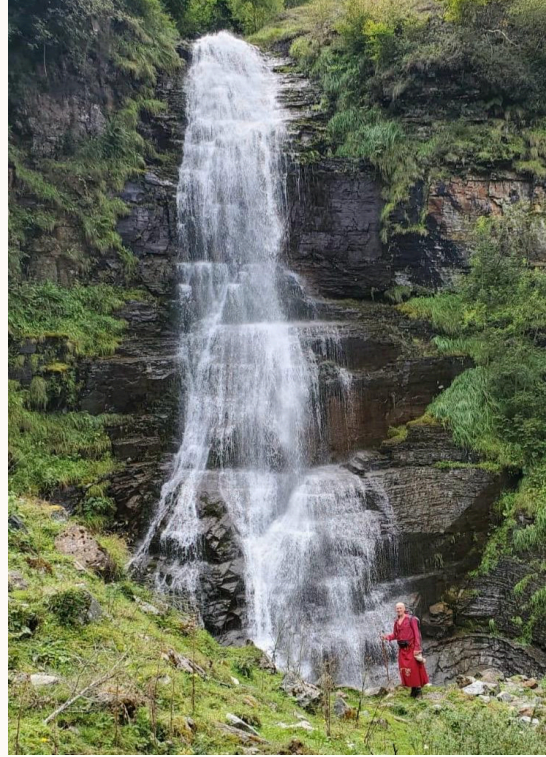
The chances earth gave us to take birth like this!  
The vows Buddha gave us, our minds with his linked!  
But fortunes revolve till just imprints remain  
Ephem'ral, inconstant, illusory—extinct?

Though feet will soon fail on this earth where they've roamed,  
This world or elsewhere, mind unfailing rove on  
Till deep deeds of kindness its wisdom release  
And bright be the light of a Bliss-Love-Gone-One!

No pure land, this haven where teachings touched hearts,  
But mother of mothers how precious you've been!

Jade green, amber gold, sapphire blue, opal white,  
Cloud katags we offer, all-gen'rous jewel-queen.

*Geshe Losel-la, during his retreat in Bodhicitta Land, in the Pyrenees  
mountains*



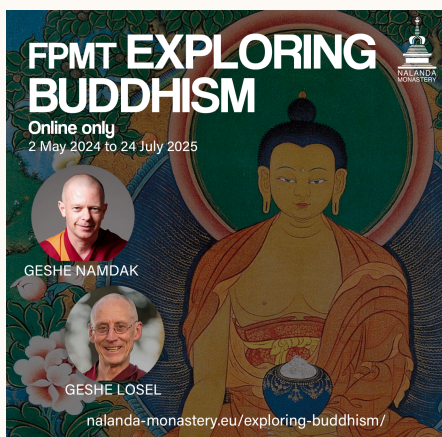
**SHARING THE DAILY LIFE AT NALANDA**





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



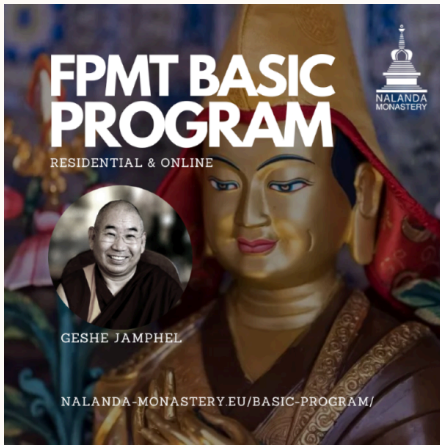
### FPMT Exploring Buddhism

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



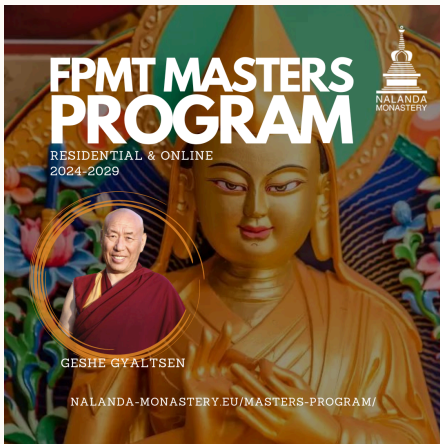
## FPMT Basic Program 2023-2028

with Geshe 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

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

Affiliated with the [FPMT](#)

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