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FEBRUARY 2025

NALANDA MONASTERY NEWS



"The monasteries will be like a place where everyone who comes in contact with them will create imprints for Bodhicitta and Emptiness. Even though they might not be able to practice really thoroughly or deeply, they make a connection."

Khandro Kunga Bhuma Rinpoche

Dear {{ contact.FIRSTNAME | default : "reader" }}, please enjoy our latest news and information:

Second Gelug Monlam Festival: The first seeds have sprouted

11 - 15 March 2025

The Seed of Gelug Monlam in the West

Watch now!

His Holiness Ganden Trisur Rinpoche at Nalanda

1 - 10 July 2025

An extremely rare opportunity: Most Secret Hayagriva Retreat

11 - 28 July 2025

Calm abiding and Lamrim Retreat

15 - 31 August 2025

Offering beauty for high Lamas

Looking for a French translator

A fresh start for Basic and Masters Programs

Sharing the daily life at Nalanda

Study Programs

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

From 11 to 15 March 2025

Register here

**"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

Lama Zopa Rinpoche had expressed the wish to bring the special and extremely beneficial tradition of the Gelug Monlam to the West. Therefore, after the First Gelug Monlam in the West last February, Nalanda Monastery is organising **the Second Gelug Monlam Festival from 11 to 15 March 2025.**

Registration is highly recommended to have access to the gomba as the number of cushions and seats are limited. Food and accommodation will be provided for all monks and nuns.

Registration is mandatory for food and lodging at Nalanda.

[Registrate here](#)

[Read more](#)



The Sangha during Nalanda's first Gelug Monlam, in 2024.

Learn to chant the prayers: For those who are interested, we will be holding **rehearsal sessions** of the Monlam prayers on Saturday 1 and Sunday 2 March, and Saturday 8 and Sunday 9 March at 2pm in Nalanda, using the recorded sessions from last year. You can always rehearse on your own using [this link](#).

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 put online a new episode of these interviews. You can now watch the fourth episode, **the interview of the chant leader Ven. Genden Dargey**.

[Watch online](#)

HIS HOLINESS GANDEN TRISUR RINPOCHE AT NALANDA

From 1 to 10 July 2025

[Register here](#)



We are delighted to welcome **His Holiness Ganden Trisur Rinpoche Jetsun Lobsang Tenzin**, the 104th holder of the golden throne of Ganden, the supreme head of the Gelug school of Tibetan Buddhism, to Nalanda Monastery.

Program

1st to 3rd July: Auspicious Prayer Festival

4 and 5 July: Preparation to initiation and retreat

6 July: Celebrating H.H. the Dalai Lama's 90th birthday

7 and 8 July: Most Secret Hayagriva initiation

9 and 10 July: Commentary on Most Secret Hayagriva

Registration is mandatory. Please help us to organize and manage this important event by booking your seat (or cushion) and meals. Each participant will be allocated a seat number based on the date of registration. The sooner

you register, the closer you'll be to the stage and the easier it will be for us to organise!

Only a limited number of rooms will be available.

Register 1 - 6 July

Register 7 - 10 July

AN EXTREMELY RARE OPPORTUNITY

Most Secret Hayagriva Retreat

From Friday 11 July (19:00) to Saturday 26 July 2025 (21:00)

Register



The practice of Hayagriva can be traced back to ancient India, to masters such as Nagarjuna and Guru Rinpoche. It was then developed in Tibet and practised by other realised beings such as the Great Fifth Dalai Lama, Lama Tsongkhapa, etc. This unbroken lineage was maintained purely in Tibet and practised at Sera Jey Monastery in Lhasa.

Today, Hayagriva is still a living practice at Sera Jey Monastery in South India, where only a few monks study and practice this highest yoga tantra extensively and deeply. The Most Secret Hayagriva Retreat is held every year at Sera Jey with all the monks, otherwise it is quite rare as it requires a few qualified monks to prepare all the necessary conditions.

The retreat is led by **Geshe Thubten Sonam** of Sera Jey. Geshe-la is very experienced in various prayers and rituals such as Hayagriva. He has often served as an assistant during various Hayagriva empowerments given by His Holiness the Dalai Lama, Ganden Trisur Rinpoche Lobsang Tenzin, Lama Zopa Rinpoche and a former abbot of Sera Jey.

Daily schedule

1st session: 6.00 to 8.00

Breakfast: 8.00 to 9.00

2d session: 9.30 to 12.00

Lunch: 12.30 to 13.30

3rd session: 14.30 to 17.00

Dinner: 18.00 to 18.45

4th session: 19.00 to 21.00

Sunday 27 July, fire puja: 8.00 to 12.00 (breakfast at 7.00)

Monday 28 July, final thanks tsog offering: 9.00 to 12.30

[Read more](#)

[Register](#)

CALM ABIDING AND LAMRIM RETREAT

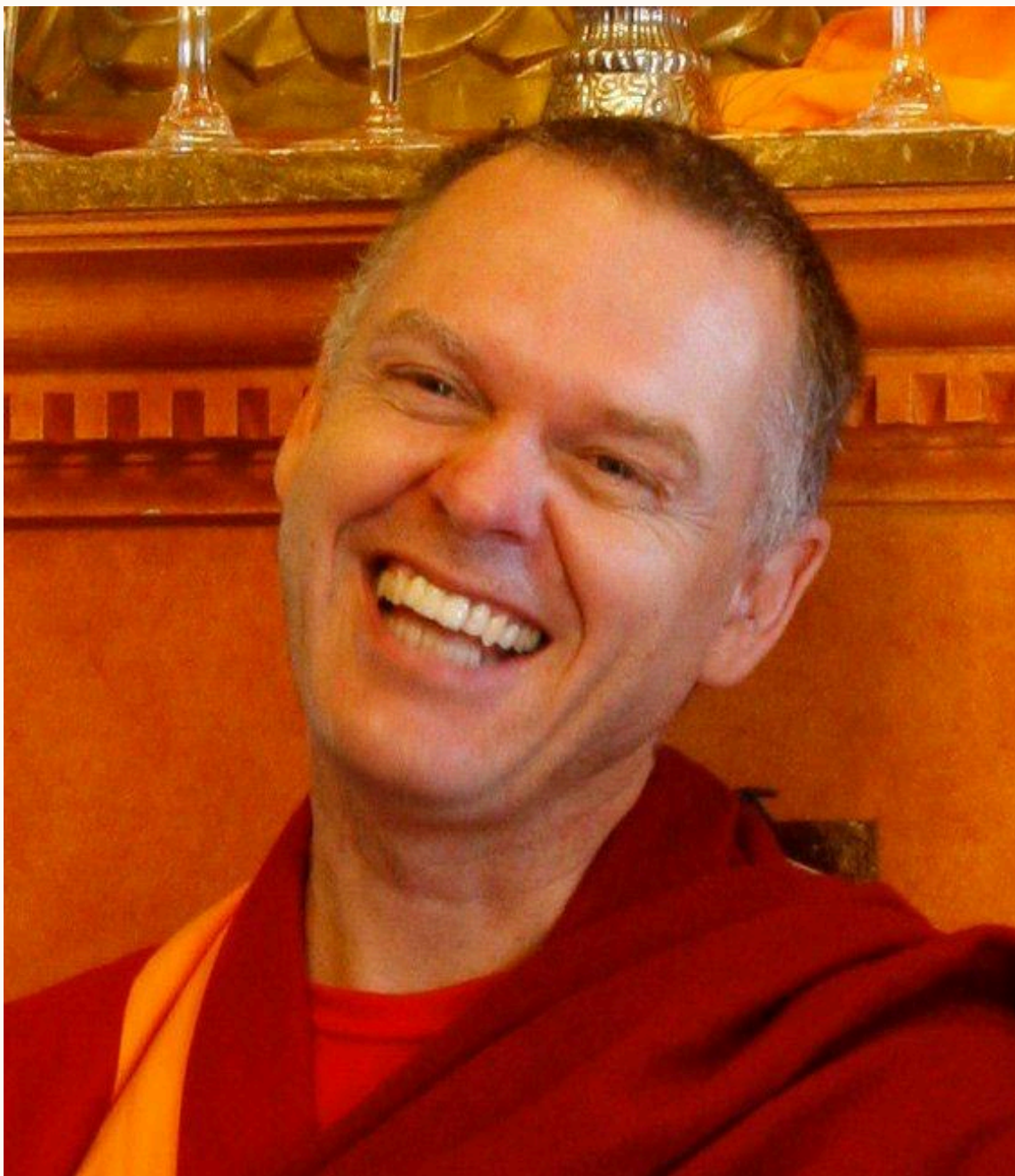
From 15 to 31 August 2025

With Ven. René Feusi

Let your mind settle into inner peace and expand your insights into Lamrim during this 15-day retreat led by Ven. René Feusi.

An extremely rewarding experience that will spiritually enrich our lives and give a greater meaning to our existence!

More information coming soon on [our website](#).



OFFERING BEAUTY FOR HIGH LAMAS

We are waiting for the delivery of the new throne, which is on its way from Nepal to Nalanda. We still need about 1,000 euros to cover the costs, including postage. If you'd like to accumulate merit, you can sponsor this beautiful and meaningful offering before the arrival of Ganden Trisur Rinpoche!

[Donate](#)



LOOKING FOR A FRENCH TRANSLATOR

Nalanda is seeking a **skilled and dedicated translator** to join our team for the FPMT Masters Program. If you are fluent in both French and either Tibetan or English, have already studied Buddhist teachings and have a desire to contribute to the dissemination of Dharma, you can contact Ven. Tsondrü, our MP Coordinator, at mp@nalanda-monastery.eu

Please send him your translation experience and your familiarity with Buddhist teachings (including any experience with the FPMT programs).

The translation can be done either at our monastery or online via recordings from either English or Tibetan. The FPMT Masters Program typically holds teachings for approximately 3 weeks per month, Monday to Friday, from around 10:00 to 12:30. For online translation from audio recordings, the source material is edited to remove the original English or Tibetan, reducing the overall time commitment.



A FRESH START FOR BASIC AND MASTERS PROGRAM

BASIC PROGRAM

This year, our enriching *Basic Program* continues, delving deeper into the profound subjects of **Bodhisattva Deeds** and **Mahayana Mind Training**. We'll explore both conventional and ultimate Bodhicitta, cultivating compassion and wisdom on the path to enlightenment. Later in the year, we'll embark on the study of **Lamrim**, a comprehensive and graduated path to awakening. This

presents a wonderful opportunity for new students to join the program, whether for residential or online studies, as well as for those wishing to dedicate a year to exploring these invaluable Lamrim teachings. For more information about the Basic Program, please don't hesitate to contact us at basic-program@nalanda-monastery.eu.



FPMT MASTERS PROGRAM

Term 3 of the FPMT Masters Program is underway, with students now studying Chapter 3 of the *Ornament for Clear Realization*. This chapter offers a comprehensive explanation of the "knower of bases", encompassing topics like the sixteen aspects of the four noble truths and their significance for practitioners on the path. We'll soon be moving on to Chapter 4, which explores the 37 harmonies to enlightenment. New participants are still welcome to sign up as auditors!

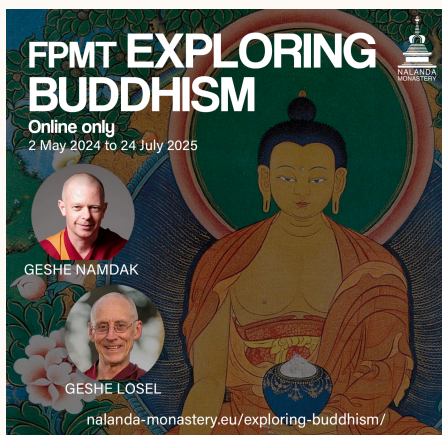
[All our study programs](#)

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



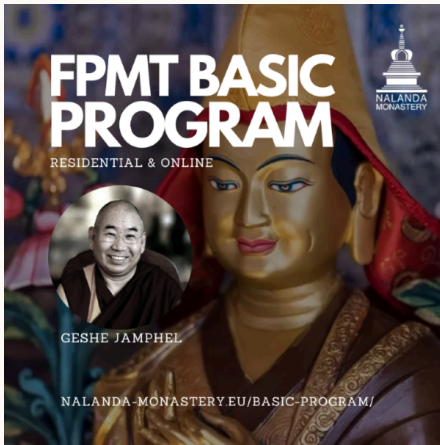
FPMT Exploring Buddhism

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



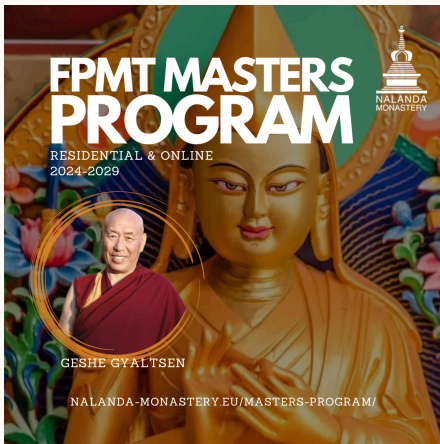
FPMT Basic Program 2023-2028

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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