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*MARCH 2025*

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## NALANDA MONASTERY NEWS



**"The Monlam performed here, Je Lama Tsongkhapa instigated it in  
Lhasa 600 years ago."**

*Geshe Jampel*

Losar Tashi Delek {{ contact.FIRSTNAME }}! May this wooden snake year bring  
all favorable conditions for you and your close ones to develop realizations and  
bring benefits to the world.

Please enjoy our latest news and information:

**Second Gelug Monlam Festival** in a few days!

*11 - 15 March 2025*

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

*Watch now!*

**Offering mantras for the long life of His Holiness**

*Until 6 July 2025*

**A spiritually fulfilling experience** this summer in Nalanda!

*June - August 2025*

**Raising the Tibetan flag to remember**

*10 March 2025*

**The presence of His Holiness in Nalanda**

**Calm abiding and Lamrim retreat**

*15 - 30 August 2025*

**Sharing the daily life at Nalanda**

**Study Programs**

**SECOND GELUG MONLAM FESTIVAL IN A FEW DAYS!**

**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*

For those who would like to attend the second Gelug Monlam at Nalanda, it is not too late to register! The last day to register is **7 March**.

There are still a few places available in the main gompa. Otherwise you will be joining the prayer sessions in the Zen Garden from the TV screen.

If you can't make it on site, it is still possible to [watch the sessions live](#).

## Schedule Monlam 2025

<p><b>Tuesday 11th March</b></p> <p>7.45 – 8.15: prayer session</p> <p>8.30 – 9.30: breakfast</p> <p>10.00 – 12.00: Khen Rinpoche, teaching "In Praise of Dependent Origination"</p> <p>12.30 – 13.30: lunch</p> <p>14.30 – 17.00: prayer session</p> <p>18.00: dinner</p> <p>19.00 – 20.00: prayer session</p>	<p><b>Wednesday 12th March</b></p> <p>7.45 – 8.15: prayer session</p> <p>8.30 – 9.30: breakfast</p> <p>10.00 – 12.00: Khen Rinpoche, teaching "In Praise of Dependent Origination"</p> <p>12.30 – 13.30: lunch</p> <p>14.30 – 17.00: prayer session</p> <p>18.00: dinner</p> <p>19.00 – 20.00: prayer session</p>
<p><b>Thursday 13th March</b></p> <p>7.45 – 8.15: prayer session</p> <p>8.30 – 9.30: breakfast</p> <p>10.30 – 12.00: Geshe Gyaltsen Teaching on renonciation</p> <p>12.30 – 13.30: lunch</p> <p>14.30 – 17.00: prayer session</p> <p>18.00: dinner</p> <p>19.00 – 20.00: prayer session</p>	<p><b>Friday 14th March</b></p> <p>7.45 – 8.15: prayer session</p> <p>8.30 – 9.30: breakfast</p> <p>10.30 – 12.00: Geshe Jamphel Teaching on bodhicitta</p> <p>12.00 – 12.30: 5 lay vows</p> <p>12.30 – 13.30: lunch</p> <p>14.30 – 17.00: prayer session</p> <p>18.00: dinner</p> <p>19.00 – 20.30: Guru puja</p>
<p><b>Saturday 15th March</b></p> <p>7.00 – 8.15: Maitreya Procession</p> <p>8.30 – 9.30: breakfast</p>	

[Download the prayers](#)

[Download the schedule](#)

[Follow online](#)

**Learn to chant the prayers:** For those who are interested, we will be holding **rehearsal sessions** of the Monlam prayers on 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: THE FILM



Last year, during the first Gelug Monlam Festival, we filmed interviews with our special guests and Geshe. You may have seen the 5 episodes of our series of interviews. **You can now watch the full movie** of this exceptional event, with extra archives and interviews!

**Watch online**

## OFFERING MANTRAS FOR THE LONG LIFE OF HIS HOLINESS



(Photo by Tenzin Choejor/OHHDL)

### **A call from Yeshin Norbu Center, Stockholm:**

Please join **His Holiness 14th Dalai Lama Long Life ~ Mani Mantra Recitation Initiative.**

You are kindly invited to recite the *Om Mani Padme Hum* mantra and record your monthly mantra recitations which will be offered to His Holiness the 14th Dalai Lama for His 90th birthday, the 6th of July 2025.

The motivation of this initiative is to offer these mantras for His Holiness long, healthy and stable life, for the fulfillment of all His projects, for world peace/universal compassion and to fulfill Lama Zopa Rinpoche's wishes by offering our practices to His Holiness.

You can put your totals in this [spreadsheet](#), which you can access from computers only (not phone).

For any further questions about this project please write to:  
[hello@yeshinnorbu.co.se](mailto:hello@yeshinnorbu.co.se)

## A SPIRITUALLY FULFILLING EXPERIENCE THIS SUMMER IN NALANDA!

**Join us for a spiritually fulfilling experience and make a meaningful contribution to our community!**

Nalanda Monastery is looking for dedicated and enthusiastic Dharma practitioners with a heart for service to **join our Arts Team this summer** (June to August) and contribute to fulfill Lama Zopa Rinpoche's request for **creating tsa-tsas dedicated for the sick and dying**.

After receiving a specific training, one will participate in the making tsa-tsas of Mitrugpa, Three Long Life Deities, and others. Depending on the motivation, it can be a small to a huge accumulation of merits. One needs to be Buddhist, artistic, patient and concentrated.

This responsibility implies 4/5 hours a day for 5/6 days a week, but will be shared according to the number of participants. Food and accommodation will be provided.

For more information and application, please contact us at [info@nalanda-monastery.eu](mailto:info@nalanda-monastery.eu).





## RAISING THE TIBETAN FLAG TO REMEMBER





*Mr Bernard Carayon, Mayor of Laval, with members of Vajra Yogini Institute and Nalanda Monastery, for the commemoration of the 10 March 2024.*

Every year on 10 March, the Tibetan community and Nalanda Monastery commemorate the [Tibetan uprising of 10 March 1959](#).

The Mayor of Laval, Mr Bernard Carayon, has been supporting Tibetan rights for many years. Every year the Tibetan flag is raised in front of the town hall of Laval.

**We thank him for his constant support for the Tibetan people and their human rights.**

This year, some of us will also take part in [a demonstration in Toulouse](#).

For more information, please follow us on [Facebook](#) and [Instagram](#).

**THE PRESENCE OF HIS HOLINESS IN NALANDA**



We would like to thank all our sponsors for their kind support, which has enabled us to **order a new throne for the great Lamas** in the main gompā. It will be of great use this summer with [the visit of His Eminence Genden Trisur Lobsang Tenzin Rinpoche!](#)

**CALM ABIDING AND LAMRIM RETREAT**



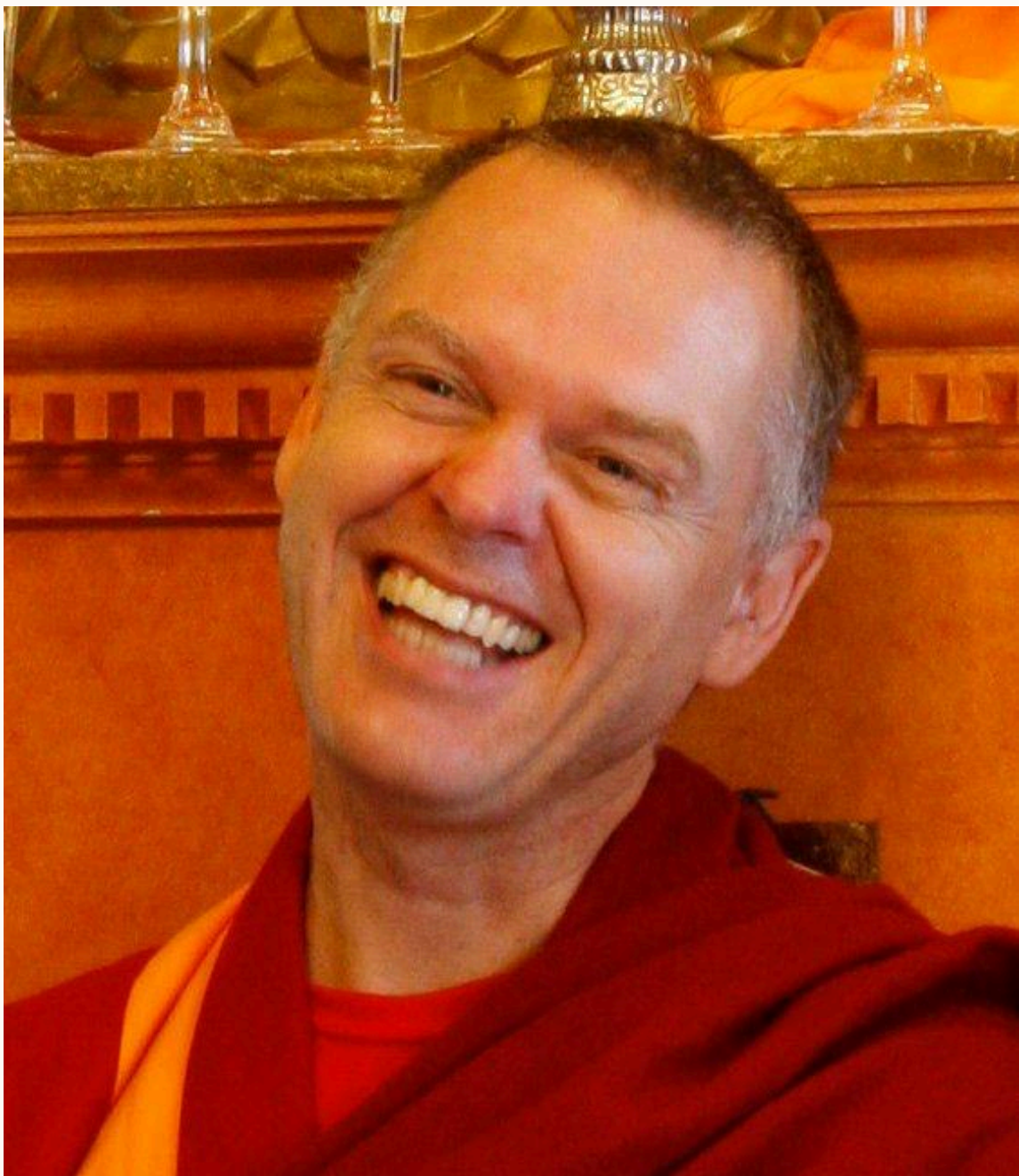
**From 15 to 31 August 2025**

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 and registration coming soon on [our website!](#)

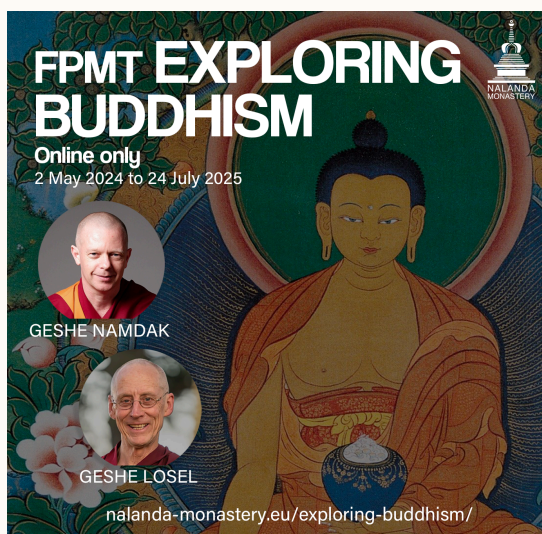


## SHARING THE DAILY LIFE AT NALANDA



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

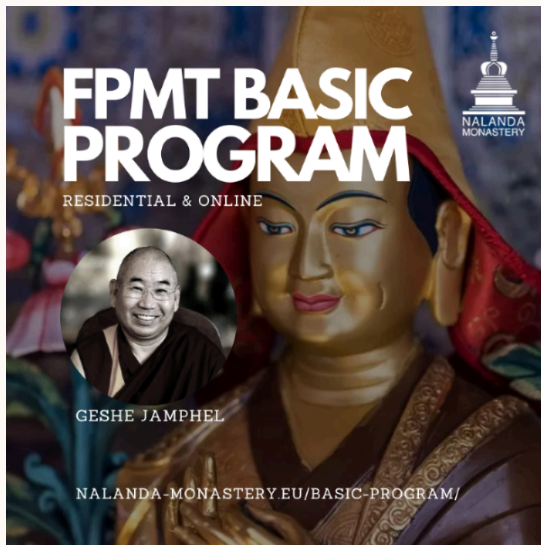
with Geshe Tenzin Namdak and  
Geshe Tenzin Losel

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





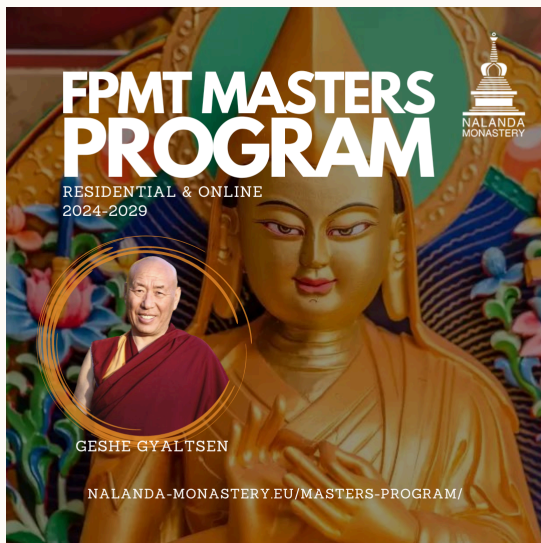
## FPMT Basic Program 2023-2028

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 Gyaltsen

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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