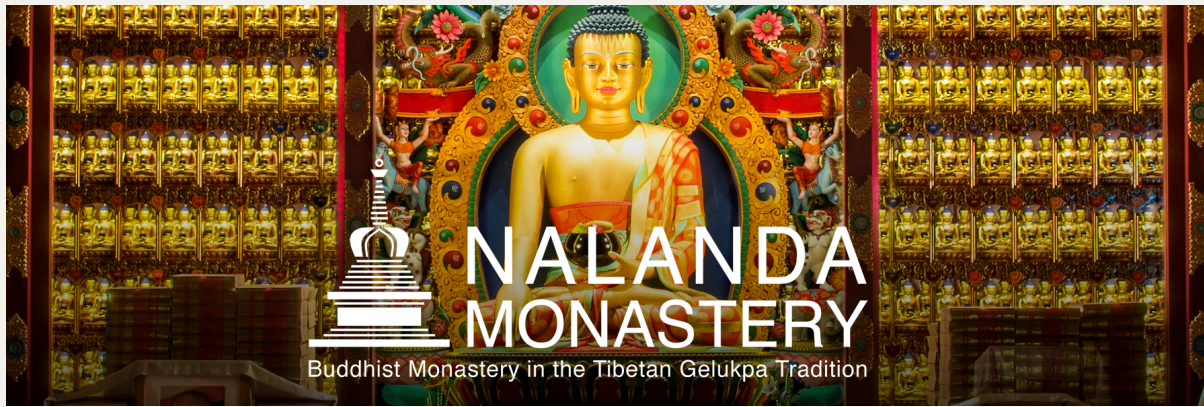
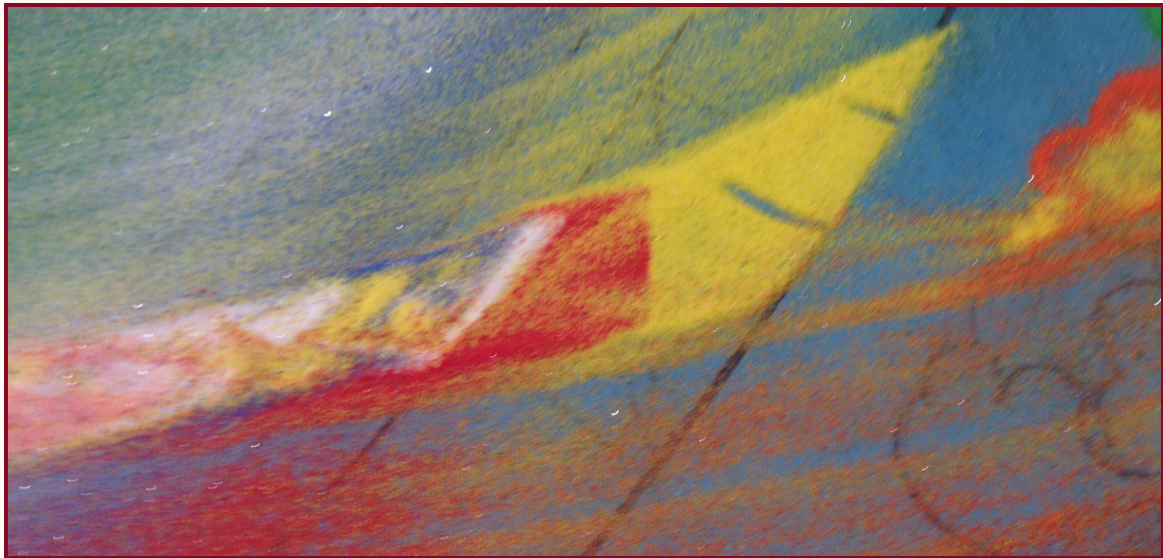




If this email is not displayed correctly, click on 'View in browser'.

OCTOBER 2025

NALANDA MONASTERY NEWSLETTER



"Every moment of this life is to prepare for death.

Every moment of this life is to free ourselves from suffering

Every moment of this life is to achieve peerless happiness."

Lama Zopa Rinpoche

Dear {{ contact.FIRSTNAME }},

How can Nalanda Monastery help the dying and deceased?

Facing diseases and death, a week-end with Dr Lobsang

29-30 November

Jangwa, a special ritual to purify the deceased

Liberation tools for the dying and deceased

The transcendent voices of Gyutö

7-12 October 2025

FPMT Planetary Crisis Summit and Nalanda EcoDharma

Receiving ordination from His Holiness the Dalai Lama

A WEEKEND WITH DR LOBSANG

29-30 November 2025



On 29 and 30th November 2025, Tibetan Doctor Lobsang will give an intensive teaching on how to face challenges and help the unavoidable two truths that all human beings will experience in life according to **Traditional Tibetan Medicine and Psychology.**



Sangye Menlha mandala, the divine palace of the Medicine Buddha.

Saturday 29 November: First truth, diseases and illnesses

9.30 to 12.30 and 14.30 to 18.30

The teaching will share profound information on **various causes of particular acute diseases** like cancers, brain stroke, chronic diseases, blood pressure, heart attack and so on that provoke premature death. We will explore how to help prevent such diseases based on proper psychology, diet, correct disciplines and behaviours etc. in regular life.

Dimanche 30 november: Second truth, dying and death

9.30 to 12.30 and 14.30 to 18.00

Everyone born on Earth will die sooner or later. This teaching will share important knowledge on how to accept this reality, and how to prepare for it, since the time of death is uncertain:

(a) Brief information on the conception of human physiology and the relationship between body, mind and life.

(b) The process of dying involves the dissolution of physical energies, the five elements, the five senses and the supreme subtle wind energy into mental consciousness, which will travel to the next life through the Bardo (the intermediate state) and final death.

(c) The importance of supporting dying people to help them die in harmony and peace.

(d) A brief meditation on the experience of death with simple guidance concludes the teaching.

(e) How to enjoy and rejoice in the present life, and how to utilise the precious gift of life to make it more beneficial and meaningful. May all sentient beings be freed from limitless suffering.

Online students: 100€

Regular students: 120€

For exceptional people with economic problem, we will consider a special discount.

Registration will be needed for lunch at Nalanda Monastery.

The link for registration will be available in **our next newsletter**. Stay connected!

JANGWA, A SPECIAL RITUAL TO PURIFY THE DECEASED



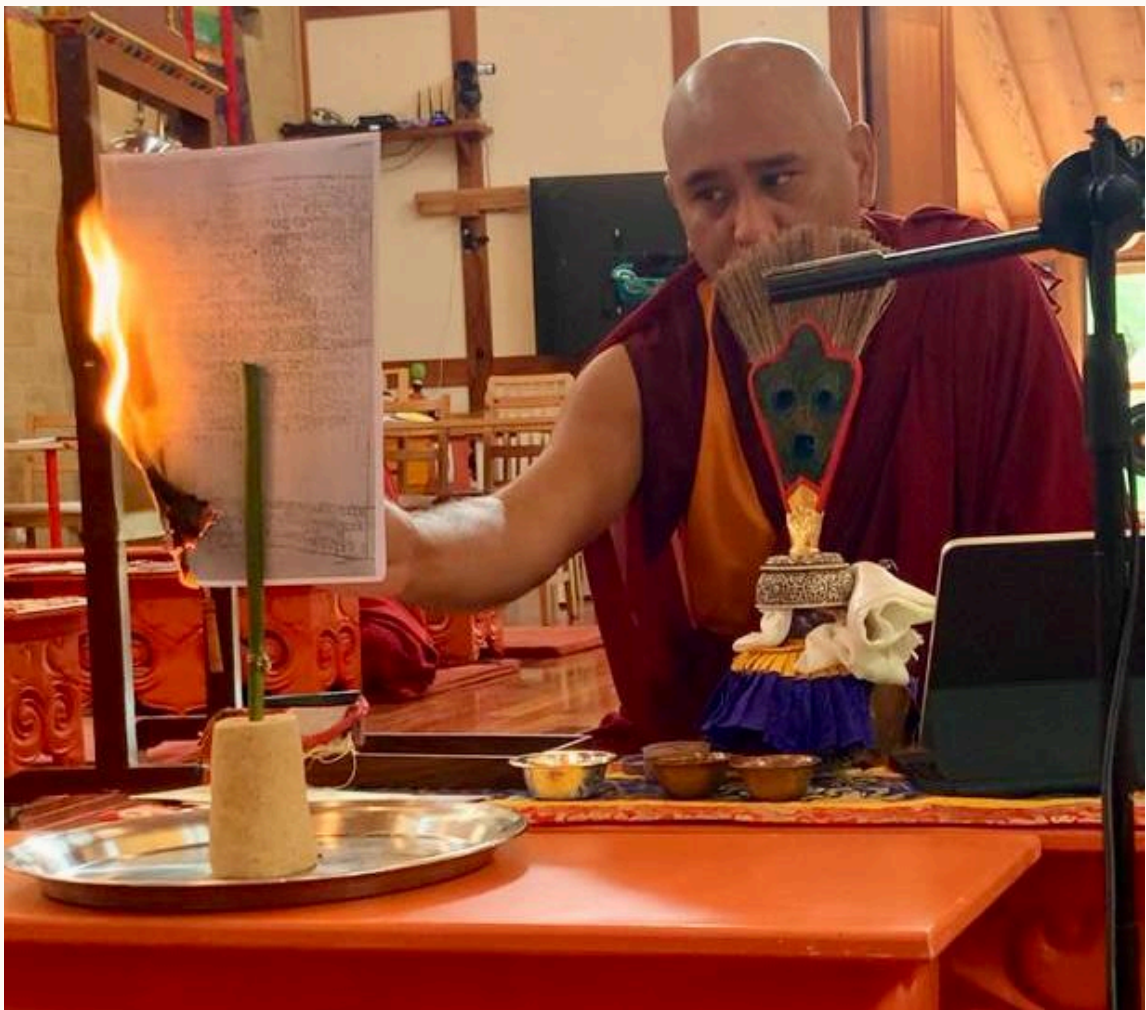
Jang-chog means "Purification Ceremony." It is a skilful Vajrayana practice for **purifying the negative karma of those who have died**, and transferring their consciousnesses to a pure land. It can liberate beings from the lower realms, and can benefit those who have died recently and are in the intermediate state on their way to a lower rebirth, by changing their rebirth to the human realm or a Pure Land. In that way, those beings have a chance once again to meet the Dharma and meet a fully qualified virtuous friend.

"One deva's son died and was reborn in a lower realm. The devas perceived this, and requested Shakyamuni Buddha to help him. The Buddha manifested in the form of a deity named Kunrig, and then all of the practices of this deity, including the Jang-wa practice, were given. Later, the Jang-wa or Purification practice was combined with the practices of other deities."

Extract from Lama Zopa Rinpoche's explanation on Jangwa given in 2006.

Read the full text [here](#).

Recently, **Gomde Rinpoche and Geshe Gyaltzen** performed the jangwa practice linked to the Medicine Buddha at Nalanda for the mother of a former student. You can see the very end of this ritual [here](#).



Gomde Rinpoche at the end of the Jangwa practice.

LIBERATION TOOLS FOR THE DYING AND DECEASED

Nalanda Monastery will soon provide "**liberation boxes**", which contain tools to **help the dying** and **the continuity of the deceased's mind**. The boxes contain special instructions from Lama Zopa Rinpoche, specific mantras, the *Sutra of the Array of Sukhavati Pure Land*, an Atisha stupa, and Mani and Powa pills. These substances can be placed on the body of the dying or deceased person.



This is an FPMT project, with Nalanda Monastery responsible for distribution in Europe.

The boxes will soon be available to order on a dedicated page on [Nalanda's website](#) (coming soon!), for a cost of 25€ (not including postage).

THE TRANSCENDENT VOICES OF GYUTÖ TANTRIC MONASTERY

Six monks of Gyutö Monastery at Nalanda
7-12 October 2025



Mandala of the Medicine Buddha.

1. Creation of Chenrezig sand Mandala

From Monday 7th to Friday 10th October

The sand mandala is made by the monks with coloured marble powder. It represents the non-dual palace of the deity in 3 dimensions and serves as a meditational support to invoke, make offering and request to the Enlightened manifested aspect or deity.

Finally, to show impermanence of all phenomena, the mandala is dissolved. The blessed “sand” is partly distributed to the audience, and the rest will be offered to the beings living in the river.



2. Voices for Peace

Saturday October 11th 2025, 3:00PM to 4:30PM.

Gyutö monks will perform a spiritual concert together with our Benedictine brothers from [En Calcat Abbey](#) and our sisters and brothers from the [Sufi order of Alâwiyya-Darqâwiyya-Shâdhiliyya](#)

📍 [En Calcat Abbey](#), 1 avenue d'En Calcat, Dourgne (81110).



3. Tantric Voices

Sunday October 12th 2025, 5:30PM to 7:00PM.

An inspiring concert in Lavour to showcase the amazing tantric practices of Gyütö Tantric College.

📍 [Halles aux Grains](#), place Stalingrad, Lavour (81500). Participation: 15€.
Contact: 06 81 05 50 58.



Chants tantriques du Tibet

avec les moines du monastère de Gyütö



Dimanche 12 octobre 2025
de 17h30 à 19h



Halle aux Grains
Place Stalingrad
Lavour (81500)

Participation: 15€
06 81 05 50 58

**More information and
registration**



Last weekend, Nalanda hosted a **FPMT Planetary Crisis Summit** alongside six other European FPMT centres. Around 20 people took part in the event, either watching online or in the Lama Yeshe Gumpa, where there were talks and meditations. Many participants commented on the benefits of combining our Dharma practice with our love and care for nature and our planet. Inspired by the FPMT Planetary Crisis Summit, we have created "**Nalanda EcoDharma**", a group dedicated to exploring the intersection of ecology and Dharma.

Our inner transformation can lead to positive change in the outside world.

Anyone interested in participating is welcome to join the group. You can write to info@nalanda-monastery.eu if interested. Our next event will be on **Sunday 26th October** from 10 am to 5 pm.

**RECEIVING ORDINATION
FROM HIS HOLINESS THE DALAI LAMA**



Last chance for registration!

If one is considering **taking ordination as a novice** (male or female) or as a **fully ordained monk** (male only) with His Holiness the Dalai Lama in Dharamsala in February/March 2026, please complete an application form **by 31st October**. Applications received after this date will not be considered.

In order to be ordained, you must attend a **pre-ordination course** and fulfil certain prerequisites. For non-Himalayans, this is the only way to be ordained at that time. For more information, please contact Canadian **Geshe Tenzin Norbu** at monastic.ordination@gmail.com and **Tenzin Tsepag** at His Holiness' Office at tsepag@dalailama.com.

**More information about
the Pre-Ordination Course**

SHARING THE DAILY LIFE AT THE MONASTERY



**NALANDA
MONASTERY**

Buddhist Monastery in the Tibetan Gelukpa Tradition

**DISCOVER OR DEEPEN
YOUR KNOWLEDGE OF
BUDDHISM**

HELP THE MONASTERY

**JOIN A SPIRITUAL
COMMUNITY**

VOLUNTEER *at* **NALANDA**

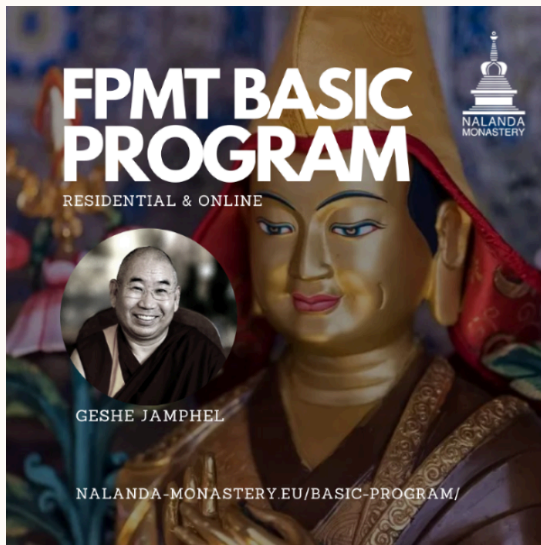
**FOR MORE
INFORMATION**

**WRITE TO
KYC@NALANDA-
MONASTERY.EU**



**NALANDA MONASTERY
36 RUE DU DR EMERY COMPAYRE
81500, LABASTIDE-SAINT-GEORGES, FRANCE**

STUDY PROGRAMS



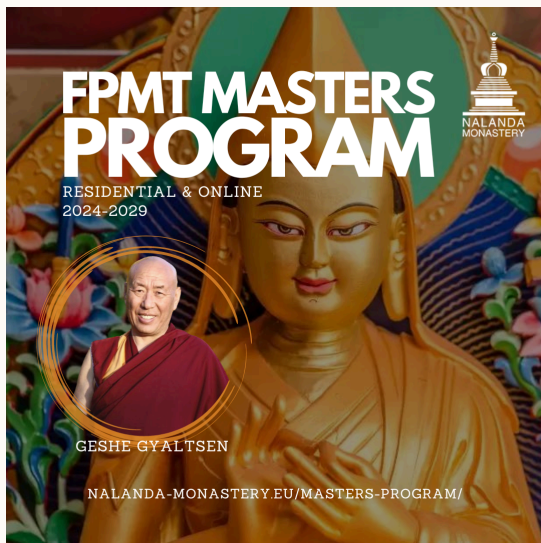
FPMT Basic Program 2023-2028

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, ordained or not, 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](#)

This email was sent to {{contact.EMAIL}}

If you no longer wish to receive our newsletter, you can [unsubscribe](#)

