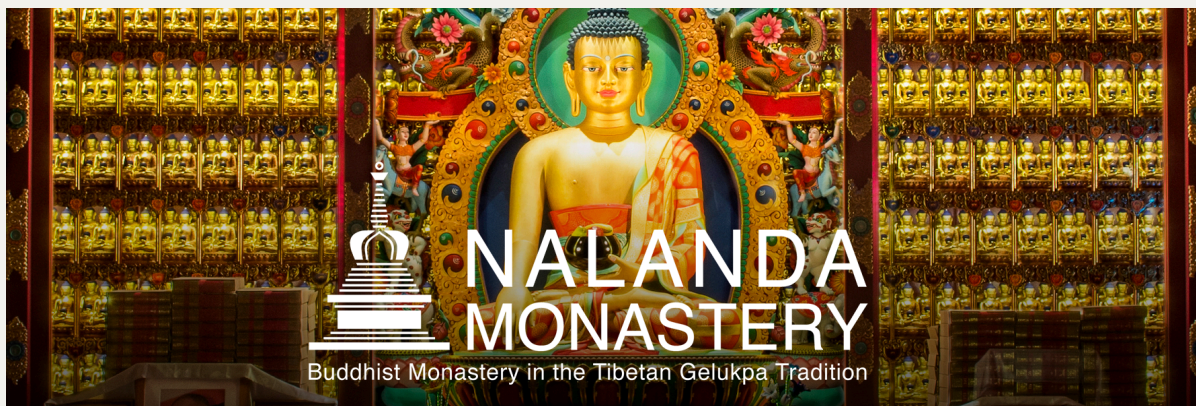
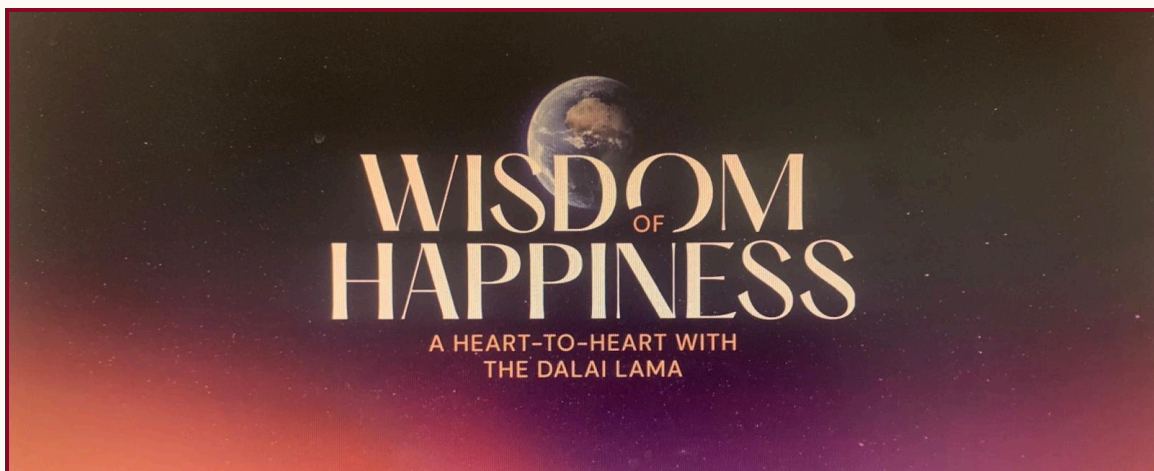




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NOVEMBER 2025

NALANDA MONASTERY NEWSLETTER



"Destructive actions come from destructive emotions."

His Holiness the Dalai Lama

Dear {{ contact.FIRSTNAME }},

Please join us for a series of events!

Celebrating the descent from the realm of the Thirty-Three

11 November

40th anniversary of His Eminence Ling Rinpoche

18 November

An exceptional week-end with Dr Lobsang

29-30 November

January Yamantaka Retreat

9-23 January

Come and study the Middle Way with us

From February 2026

Madhyamika studies, a new program with Geshe Jamphel-la

CELEBRATING THE DESCENT FROM THE REALM OF THE THIRTY-THREE

Lhabab Duchen - 11 November 2025

Lhabab Duchen is celebrated on the 22nd day of the ninth lunar month. This year it falls on **11 November 2025**.

We celebrate Buddha Shakyamuni's return to Earth from the realm of the Thirty-Three Devas on this day, after he had taught the Dharma to his mother, Mayadevi, and the other Devas.

It is said that **the effects of karmic deeds are multiplied 300 million times** on these special days.



One way in which Lama Zopa Rinpoche advises us to increase our meritorious karma is **to take or renew the eight Mahayana vows**. Thanks to Kopan

Monastery, students can [receive these vows directly from Lama Zopa Rinpoche](#).

To celebrate Lhabab Duchen, we will perform a **Guru Puja at 19:00** in the main gompa. It is open to everyone!

In this very special day, you can make **offerings** to support the puja or make a light offering (10€) for you or someone else (please mention the name).

Offer a light

**Read more about
Lhabab Duchen**

40TH ANNIVERSARY OF HIS EMINENCE LING RINPOCHE

18 November



[His Eminence the 7th Kyabje](#)

[Yongzin Ling Rinpoche](#) was born in India on November 18, 1985. His Holiness the Dalai Lama recognized him as the reincarnation of his Principal Teacher, H.H. the 6th Kyabje Yongzin Ling Rinpoche, who passed away in 1983.

His Holiness the Dalai Lama mentioned to the Karmapa Orgyen Trinley Dorje and Ling Rinpoche that: ["When I die, you will be the ones that will continue my work."](#)

Nalanda Monastery will celebrate His Eminence Ling Rinpoche's birthday on November 18 at 19:00 in the main gompa with a Guru puja, His Eminence's long life prayer and a big cake!

AN EXCEPTIONNAL WEEKEND WITH DR LOBSANG



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, sickness and death, that all human beings will experience in life according to **Traditional Tibetan Medicine and Psychology**.

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.

This course is open to everybody, even to those who did not study Tibetan Medicine previously.

Register here

More information

JANUARY YAMANTAKA RETREAT

9-23 January 2026



In response to requests from a few students, Geshe Jamphel Gyaltzen has agreed to lead a Yamantaka retreat **from 9 to 23 January 2026**. The retreat will conclude with a peaceful fire puja, followed by the self-initiation the next day.

To attend the retreat, it is mandatory to have received full initiation into the Highest Yoga Tantra of Yamāntaka.

[Register here](#)

[More information](#)

COME AND STUDY THE MIDDLE WAY WITH US

From February 2026

Nalanda's FPMT Masters Program staff and students invite you to join them!

Watch this wonderful video, introducing you to the Middle Way subject by our resident Geshe Gyaltzen, which is the second subject of Nalanda's FPMT Masters Program. Also, you will meet our MP Staff and Students.



Come and study the Middle Way with us!

From February 2026, for one and a half year, these profound teachings will be offered both in **French** and in **English**. Join either **online** or **in person**, to study the subtleties of the profound Middle Way philosophy propounded by the Masters of the ancient Nalanda University (India) in the beautiful monastic environment of Southern France, surrounded by an experienced and diverse Western Sangha. **These are deeply transformative teachings on emptiness that can unlock the true potential of the mind.**

**More information and
registration**

**MADHYAMIKA STUDIES, A NEW PROGRAM WITH GESHE
JAMPHEL-LA**

Online, every Thursday from 7pm to 9pm

MADHYAMIKA STUDIES



WITH GESHE LOBSANG JAMPAL

Translation from Tibetan to French English by Sylvain

Registration Information Whatsapp Group



Thursdays from 7pm to 9 pm (UTC +1)

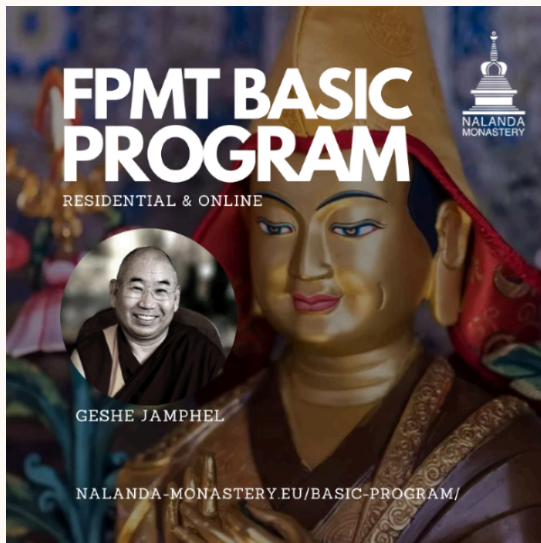
Free Participations
from 7 pm to 8 pm French Group
from 8 pm to 9 pm English Group

Following a request by His Holiness the Dalai Lama, Nalanda's Abbot, Geshe Jamphel-la, will teach a new online program, **Madhyamika Studies**, every **Thursday from 7pm to 9pm**.

90 students are already registered. Registration is free for all and there will be a French and English translation.

For registration, you need to join the WhatsApp group. For that, please scan the QR code above, or send your phone number to sylvainberthet@hotmail.com

STUDY PROGRAMS



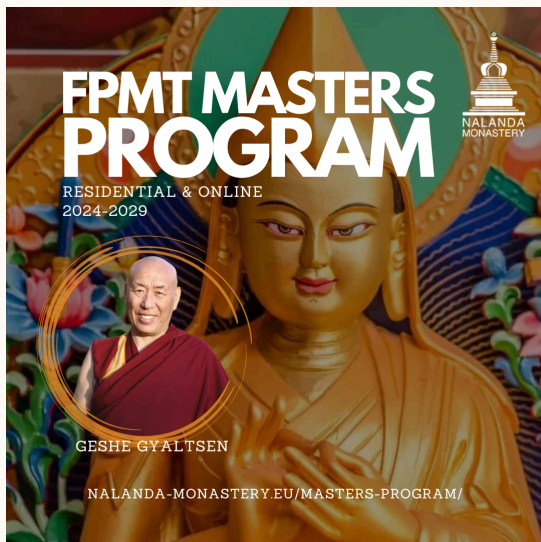
FPMT Basic Program 2023-2028

with Geshe Jampel

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](#)

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