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DECEMBER 2025

NALANDA MONASTERY NEWSLETTER



**"Take refuge in the Awakened One whose mind is mastered.
The most frightening Mara will not fight him."**

The Sanghata sutra

Dear {{ contact.FIRSTNAME }},

Please join us for a series of events!

Celebrating Lama Tsongkhapa day

13-14 December

Tsa-tsas for Lama Zopa Rinpoche's Stupa in Pomaia

Tara Night for New Year's Eve

31 December

January Yamantaka Retreat

9-23 January

Third Gelug Monlam in the West

28 February - 4 March 2026

Come and study the Middle Way with us

From February 2026

2025 in review

CELEBRATING LAMA TSONGKHAPA DAY

13-14 December 2025

This year, we celebrate **Ganden Ngamchoe**, the parinirvana of Lama Tsongkhapa, on **14 December**.

To mark this occasion, we are delighted to welcome **our Kalmyk brothers and sisters**, represented by the ADKF association (Association of the Kalmyk of France), to Nalanda Monastery for two days. They follow the same Gelug traditions as us, and for them, this day marks the start of the New Year.



Statue of Lama Tsongkhapa at Maitreya Pure Land.



To present the Kalmyk culture and traditions, we are organising festivities throughout the weekend.

Saturday 13 December: presentation of the Kalmyk people and culture.

Sunday 14 December: religious celebration of Lama Tsongkhapa's parinirvana.

[More information](#)

[Registration](#)

TSA-TSAS FOR LAMA ZOPA RINPOCHE'S STUPA IN POMAIA



We all wish for **the swift return of Lama Zopa Rinpoche**, and we must create the conditions that will ensure his quick reincarnation and the success of his future endeavours.

In November 2025, the [Lama Tsongkhapa Institute](#) in Pomaia, Italy, started the construction of a **large Stupa of Enlightenment** to house Rinpoche's sacred relics. Nalanda Monastery has been commissioned to create **641 tsa-tsas** to adorn the stupa. We are delighted at this wonderful opportunity to accumulate immeasurable merit and to strengthen the link between the FPMT family and our Italian brothers and sisters.

Twenty-six different deities from the catalogue of Nalanda's Sacred Art Workshop have been chosen, including Yamantaka, Vajrasattva and Akshobya

We need some qualified volunteers to help us make the moulds and tsa-tsas. Please email us at workshop@nalanda-monastery.eu

Alternatively, you can donate to support this project. When donating, please select 'Tsa-tsas for Lama Zopa Rinpoche's stupa'.

Stay tuned for more details on our progress in future newsletters!



Volunteer with us

Support the project

TARA NIGHT FOR NEW YEAR'S EVE

December 31

To mark the transition to the new year, Nalanda Monastery is offering **the Tara Night Practice**, which will be guided by Ven. Tenzin Sherap.

This is a very powerful practice that connects us to the presence of Noble Tara's compassion, ready to help us overcome any obstacle.



The first session, which begins with Guru Yoga, will last two hours, and the other sessions will last one and a half hours. There will be a half-hour break between each session for refreshments if necessary. During the recitation of the Praises to the 21 Taras, everyone is free to circumambulate, prostrate, or remain seated.

The practices will take place from 8 p.m. to 10 p.m., 10:30 p.m. to midnight, 12:30 a.m. to 2 a.m., 2:30 a.m. to 4 a.m., and 4:30 a.m. to 6 a.m. Depending on your availability, you may participate in all or part of the sessions.

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](#)

THIRD GELUG MONLAM IN THE WEST

28 February - 4 March 2026

Following Lama Zopa Rinpoche's holy wish to bring the Monlam to the West, in February 2024, Nalanda Monastery initiated the tradition of the Gelug Monlam Festival in the West. **Come and join us for the third edition of this highly meaningful event!**



THE SEED OF GELUG MONLAM IN THE WEST

THE FILM

23-25 February 2024



Watch the film about the first Gelug Monlam in the West!



This year, we are very honoured to welcome **His Eminence Kyabje Sharpa Choeje Rinpoche Jetsun Ngawang Jorden Pal Sangpo**, who should be the 107th Ganden Tripa in some years.

Furthermore, as an important part of the Gelug Monlam involves the examination of Lharampa Geshes, during which they engage in thorough debate, we are considering holding a 30-minute debate session every morning. More details to follow!

Registration will open soon. Stay tuned on our website and the newsletter!

[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 Gyaltsen, 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

SHARING THE DAILY LIFE AT THE MONASTERY



DISCOVER OR DEEPEN
YOUR KNOWLEDGE OF
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COMMUNITY

VOLUNTEER

at **NALANDA**

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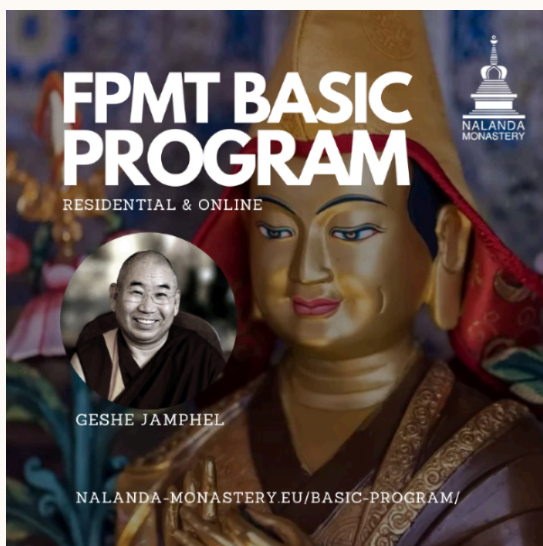
NALANDA MONASTERY
36 RUE DU DR EMERY COMPAYRE
81500, LABASTIDE-SAINT-GEORGES, FRANCE

Rejoice with us in the numerous activities Nalanda Monastery has engaged in in 2025! You can find a few pictures of 2025 [in this folder](#).



August 2025 retreat with René Feusi.

STUDY PROGRAMS



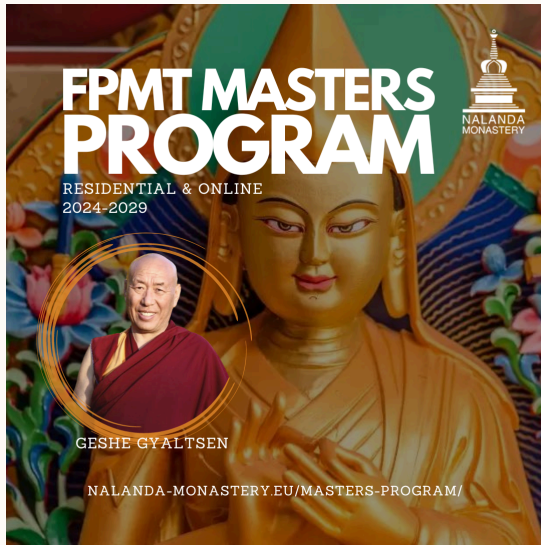
FPMT Basic Program 2023-2028

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](#)

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