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*MARCH 2026*

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**NALANDA MONASTERY NEWSLETTER**



**"We are all here to liberate the numberless sentient beings, our pitiful mother sentient beings, to free them from the oceans of samsaric sufferings and to bring them to peerless happiness."**

*Lama Zopa Rinpoche*

Dear {{ contact.FIRSTNAME }},

Please find our latest news for March 2026!

**The Third Gelug Monlam was a success!**

**His Eminence Sharpa Choeje Rinpoche at Nalanda**

**FPMT Annual Most Secret Hayagriva Retreat at Nalanda**

*12–29 August 2026*

**Lama Tsongkhapa arrived at Nalanda**

**A series of teachings on Tibetan Medicine by Dr Lobsang**

**Raising the Tibetan flag**

**THE THIRD GELUG MONLAM WAS A SUCCESS!**

**Nalanda's Third Gelug Monlam was a success!** 35 Sangha members gathered at Nalanda from 28 February to 4 March 2026, with the very special presence of guests of honour such as His Eminence Scharpa Choeje Rinpoche Ngawang Jordan and Geshe Lobsang Tenphe and Ngawang Nyima as attendants, Geshe Jamphel, our Abbot, Geshe Gyaltsen, our resident teacher, Geshe Tsultrim from Kopan Monastery as umze, Geshe Dakpa from Kalachakra centre in Paris, Geshe Graham, and Geshe Norbu who lives in Nalanda.





Some participants at Nalanda's Third Gelug Monlam.

You can find a selection of pictures [in this folder](#).

## HIS EMINENCE SHARPA CHOEJE RINPOCHE AT NALANDA

Following his participation in the Third Gelug Monlam, His Eminence Sharpa Chöje Rinpoche Ngawang Jörden gave a series of talks on Lama Tsongkhapa's celebrated text "*Praise for Dependent Relativity*" on 7, 8 and 9 March 2026.

We are also very lucky that His Eminence blessed Maitreya Pure Land, our retreat building right next to Nalanda.

You can find a selection of pictures [in this folder](#).



## FPMT ANNUAL MOST SECRET HAYAGRIVA RETREAT AT NALANDA

**12–29 August 2026**

Nalanda Monastery is very happy to organise for the second time the **annual Most Secret Hayagriva retreat** on behalf of the FPMT, from 12 to 29 August 2026, including the final fire puja.

This year, **Gomde Rinpoche** from Sera Jey Monastery will lead the retreat. He is one of the few specialists of this very special practice.



*Gomde Rinpoche and Geshe Gyaltzen  
performing a puja at Nalanda Monastery,  
27 September 2025.*

To participate, one needs to have received the proper initiation from a qualified tantric Master.

More information and registration will be available [on our website](#) in May.

## LAMA TSONGKHAPA ARRIVED AT NALANDA



One of our abbot's wishes has been fulfilled. On the eve of Tibetan New Year, **the statues of Lama Tsongkhapa and his two disciples, Gyaltzab-Je and Khedrub-Je, arrived at Nalanda from Nepal.** The statue of Lama Tsongkhapa is almost life-size. All three statues are very beautiful and inspiring.

They will be properly filled with mantras and consecrated before being installed on the monastery's main altar.

All our deepest gratitude to all the kind sponsors who made this virtuous project a reality.



*Lama Tsongkhapa (at the centre) and his two disciples: Gyaltsab Je on the left, Khedrup Je on the right.*

## A SERIES OF TEACHINGS ON TIBETAN MEDICINE BY DR LOBSANG

Prof. Dr. Lobsang will offer four weekends of profound and highly beneficial teachings based on **Traditional Tibetan Medicine**, a unique, centuries-old practice. These teachings will take place in the main gompa and online.

These teachings will help participants recognise the reasons for failure and investigate **the fundamental causes of mental and emotional imbalances**. Such imbalances cause widespread psychological and physical suffering, including anxiety, nervousness, lack of inner peace, worry, fear, panic, impatience, aggression, sadness, depression, memory loss and Alzheimer's disease, as well as physical problems such as hypertension, tachycardia, heart attacks, strokes and insomnia.

The teachings provide precise healing solutions and practical techniques for coping with and overcoming these challenges, enabling participants to achieve greater happiness, peace, and health.

## 2026 Schedule

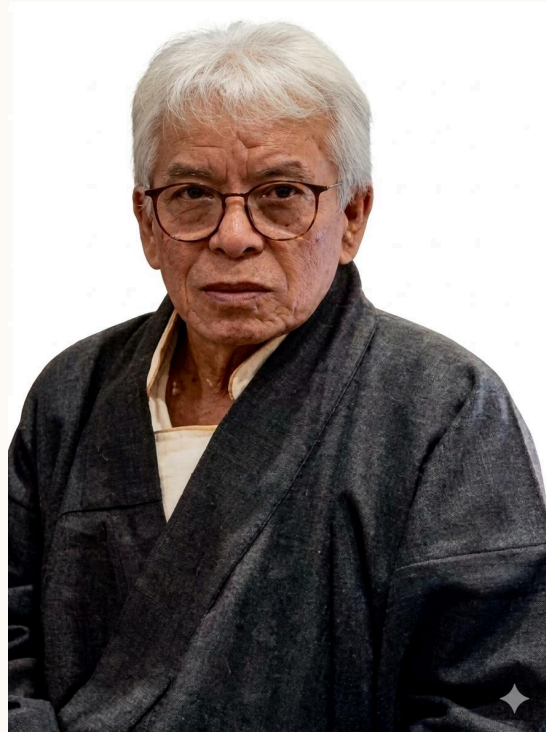
9-10 May

12-13 September

24-25 October

28-29 November

More information soon on Nalanda's  
website!



## RAISING THE TIBETAN FLAG

As each year, the mayor of Lavour, Mr Bernard Carayon, has accepted to support the Tibetan cause by raising the Tibetan flag at Lavour's town hall.





**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**

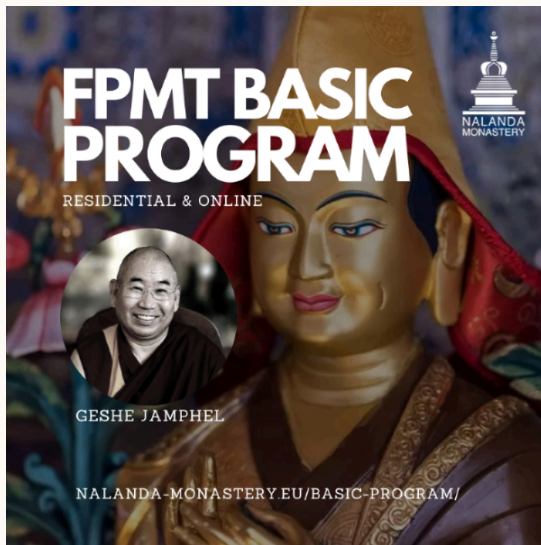
**FOR MORE  
INFORMATION**

**WRITE TO  
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MONASTERY.EU**



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

**STUDY PROGRAMS**



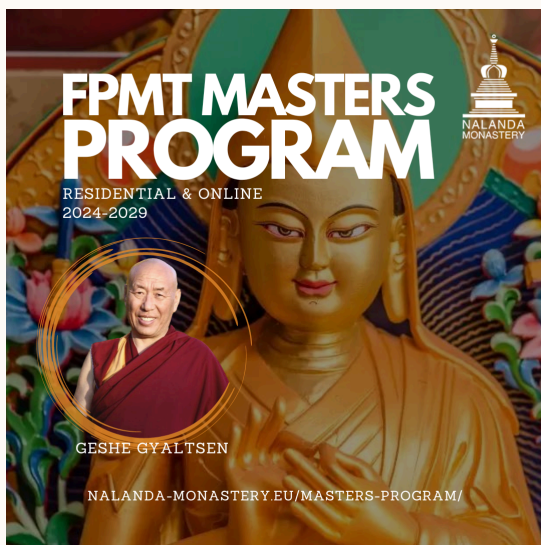
## FPMT Basic Program 2023-2028

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 2024-2029

with Geshe Gyaltsen

⚠️ Registrations are closed, but you can still follow Geshe Gyaltsen's teaching as a listener.

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



## Tenets of the Yogācāra-Svātantrika Madhyamaka

with Geshe Losel

Read-through and commentary by Geshe Losel of *Beautiful Adornment of Mount Meru, A Presentation of Classical Indian Philosophy* by Changkya Rölpai Dorje,

- 🔔 February-June 2026
- 🗣️ in English & French
- 📍 in person and online

information and registration

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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