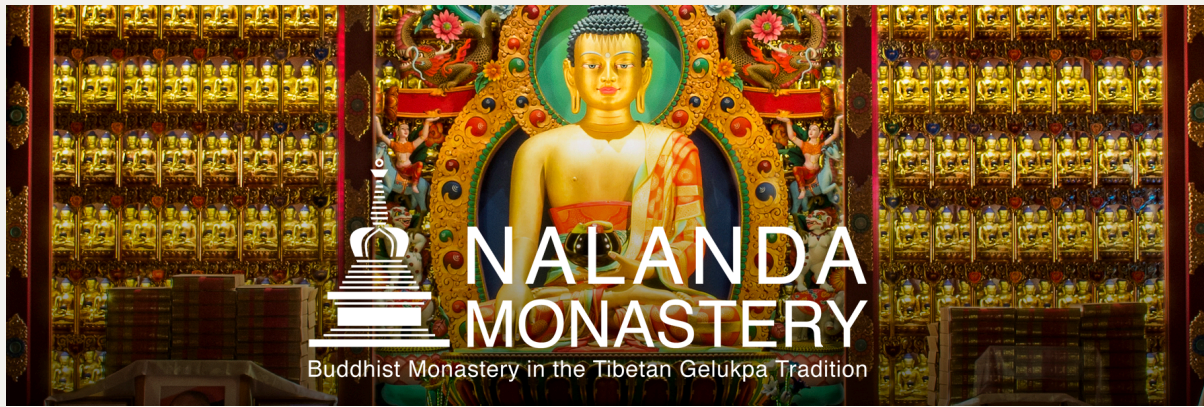




If this email is not displayed correctly, click on 'View in browser'.

APRIL 2026

NALANDA MONASTERY NEWSLETTER



“When we hear the name of whoever, of course, if there is dislike or hatred towards them, when you hear that they have been killed or destroyed, then naturally you rejoice or feel happy... and then you receive the same heavy karma of having killed [them] even though you are not in the war.”

Lama Zopa Rinpoche

Dear {{ contact.FIRSTNAME }},

Please find our latest news for April 2026!

Lama Zopa Rinpoche's advice in times of war

Commemorating the 3rd Anniversary of Kyabje Lama Zopa Rinpoche's

Parinirvana

12-13 April 2026

“Voices for Peace”, a message of tolerance and mutual respect

His Eminence Ling Rinpoche at Nalanda

13–14 June 2026

Teachings by Geshe Tenzin Zopa

24–28 June 2026

Teachings by Serkong Tsenshap Rinpoche

6 July 2026

Mahamudra retreat with Ven. Tenzin Sherap

25-30 July 2026

FPMT annual Most Secret Hayagriva retreat

12–29 August 2026

LAMA ZOPA RINPOCHE'S ADVICE IN TIMES OF WAR



Given the worldwide geopolitical situation, we can remember Lama Zopa Rinpoche's advice for peace. Over the years, Rinpoche offered various teachings on prayers and practices to help pacify the threat of war. You can find various links on [the website of the FPMT](#).

In particular, Lama Zopa Rinpoche advised reciting [the Sutra of Golden Light](#) for world peace: "I would like to make this request with my two palms together, to please recite the Sutra of Golden Light for world peace as much as you can."

On April 1st, Nalanda organized a public recitation of the Sutra of Golden Light. There will be another recitation of the Sutra on **Sunday 12 April at 16:30**.

**COMMEMORATING THE 3RD ANNIVERSARY OF KYABJE LAMA
ZOPA RINPOCHE'S PARINIRVANA**

12-13 April 2026

[Kyabje Lama Zopa Rinpoche](#) (1945 – 13 April 2023) was the spiritual director of the FPMT and the spiritual guide of Nalanda Monastery. We will commemorate **the 3rd anniversary of His Parinirvana** on Sunday 12 and Monday 13 April.

Sunday, 12 April

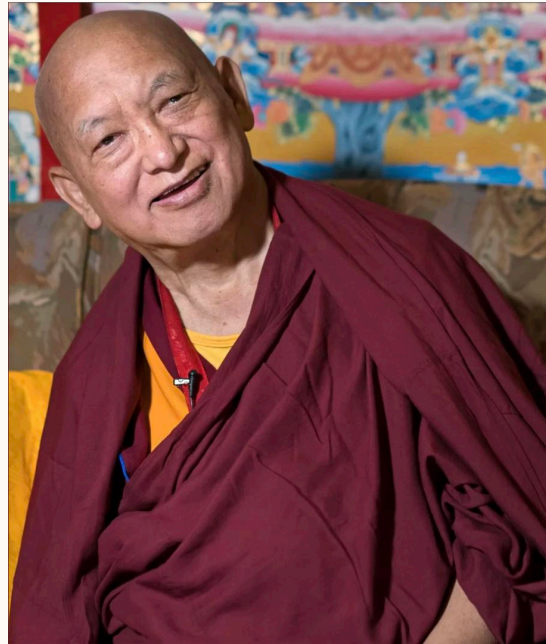
16:30: Recitation of the Sutra of
Golden Light

17:00: Recitation of the Names of
Manjushri

19:00: Extensive Guru Puja and Tsog

Monday, 13 April

19:00: Extensive Guru Puja and Tsog



Lama Zopa Rinpoche during the "Light of the Path retreat". Photo Roy Harvey.

You can offer Tibetan butter lamps or any other kind of offerings for both pujas [on our website](#).

**"VOICES FOR PEACE", A MESSAGE OF TOLERANCE AND
MUTUAL RESPECT**

Saturday, 11 October 2025, during the visit of the Gyutö monks, Nalanda Monastery organized together with our Benedictine brothers from [En Calcat Abbey](#) and our sisters and brothers from [the Sufi order of Alâwiyya-Darqâwiyya-Shâdhiliyya](#) **an interfaith concert for peace** featuring the voices and prayers of three traditions: Buddhist, Christian, and Muslim. It was a great success and a deeply appreciated message of peace and tolerance.

You can watch the [trailer](#) or the [film](#) and read more about this inspiring event [on our website](#).



Gyutö monks, Benedictine monks from En Calcat Abbey and the Sufi order of Alâwiyya-Darqâwiyya-Shâdhiliyya.

HIS EMINENCE LING RINPOCHE AT NALANDA

13–14 June 2026

We are pleased to inform you that the program for **the visit of His Eminence Ling Rinpoche** has been updated. His Eminence has kindly agreed to also teach on "The Three Principles of the Path" by Lama Tsongkhapa.

Saturday, 13 June

10:00 – 12:00: Commentary on Lama Tsongkhapa's "Three Principles of the Path" (in person or online)

14:00 – 16:00: White Parasol (Sitatapatra) Initiation (in person only)

Sunday, 14 June

10:00 – 12:00: Long Life Empowerment in connection with White Tara (in person only)

14:00 – 16:00: Commentary on Lama Tsongkhapa's "Three Principles of the Path" (in person or online)



Italy 2018, photo Piero Sirianni.

Please note that the Long Life Empowerment, originally scheduled for Sunday afternoon, will now take place on Sunday morning.

[More information](#)

[Register here](#)

TEACHINGS BY GESHE TENZIN ZOPA

24–28 June 2026



We are very happy to welcome Geshe Tenzin Zopa-la for five days of teachings on **Lama Tsongkhapa's "Songs of Experience"** (also known as the "Hymn of Experience"), a short Lamrim that contains the three principles of the path.

Geshe-la will teach on **renunciation and bodhicitta** during the first three days (Wednesday to Friday), and on the **wisdom chapter, including all the points on emptiness**, over the weekend (Saturday and Sunday). This means that those who cannot attend during the week can still enjoy a complete module of this Lamrim.

Geshe Tenzin Zopa-la will teach **directly in English**, with translations into French and Spanish. Please bring your own FM radio and headphones.

You can follow the teachings onsite or online, for as many days as you like.

Minimum suggested donation: **15€ per day** (75€ for the full five days, or 30€ for the weekend). Lunch available on site.

[More information](#)

[Register here](#)

TEACHING BY SERKONG TSENSHAP RINPOCHE

6 July 2026

As part of his Summer European Tour 2026, we have the immense privilege to welcome **His Eminence Serkong Tsenshab Rinpoche** for two sessions of teachings on the actual day of His Holiness the Dalai Lama's 91st birthday.

Recognized by His Holiness the Dalai Lama as the reincarnation of Kyabje Tsenshab Serkong Tugse Rinpoche (1914–1983) — one of the seven master debate partners to His Holiness — Serkong Tsenshab Rinpoche combines profound Buddhist knowledge and practice with an understanding of the modern world. His teachings are characterized by wisdom, humility, and humor.



Monday, 6 July 20

10:00 – 12:00: Generating Bodhicitta and exchanging oneself with the other (LC90–LC95); Meditation on taking and giving (LC95)

12:30 – 14:30: Festive lunch to celebrate His Holiness the Dalai Lama's 91st birthday

14:30 – 16:30: The inseparability of Conventional and Ultimate Truths in the sutras and tantras

The teachings can be followed onsite or online. Minimum suggested donation: **€20** (free for the Sangha). Registrations will open in May 2026.

MAHAMUDRA RETREAT WITH VEN. TENZIN SHERAP

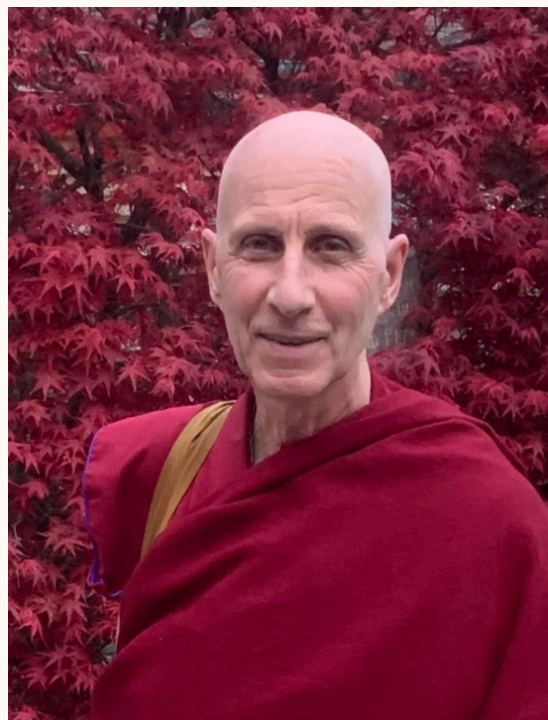
25-30 July 2026

Treating yourself to a five-day retreat to explore **the practice of Mahamudra** and reconnect with the natural freshness of your mind is such a precious gift! This requires a desire to step away from daily life, which is cluttered with endless demands, as well as the blessing of the Lama, who helps us reconnect with our true nature.

Each day will begin with Guru Yoga according to the instructions of Lama Thubten Yeshe, followed by alternating sitting and walking sessions using the tools of mental calm and analytical meditation. These preliminaries will lead us toward the experience of Mahamudra, which lies beyond meditation.

The retreat will be held in silence to maintain the quality of presence of mind. Evening sessions will be devoted to discussion, Q&A, sharing of experiences, and reading an inspiring text on Mahamudra. Individual interviews will be available between sessions. Continuing the practice after the retreat will lead us to integrate this awareness into our daily activities.

Registrations will open soon!



More information

12-29 August 2026

"The most secret Hayagriva is the practice/commitment that Lama Yeshe gave to Lama Zopa Rinpoche to do the retreat every year for the protection and success of all the FPMT. So now that Rinpoche is no longer with us, we are organising the group retreat every year for the students to do."

Ven. Roger

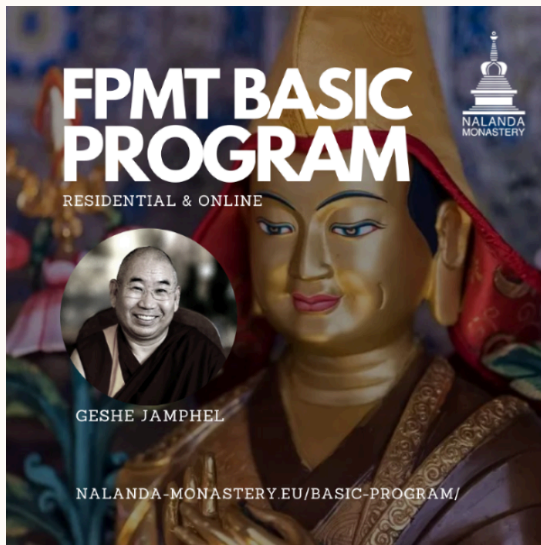
Nalanda Monastery is very happy to organise for the second time **the annual Most Secret Hayagriva retreat** on behalf of the FPMT, from 12 to 29 August 2026, including the final fire puja. This year, **Gomde Rinpoche** from Sera Jey Monastery will lead the retreat. He is one of the few specialists of this very special and powerful practice, having served as Tamdrin Lopon — the master who leads the Hayagriva rituals — for seven years.



To participate, one must have received the Most Secret Hayagriva full initiation from a qualified Lama. Minimum suggested donation: **280€** (in addition to accommodation and food costs).

[More information](#)

[Register here](#)



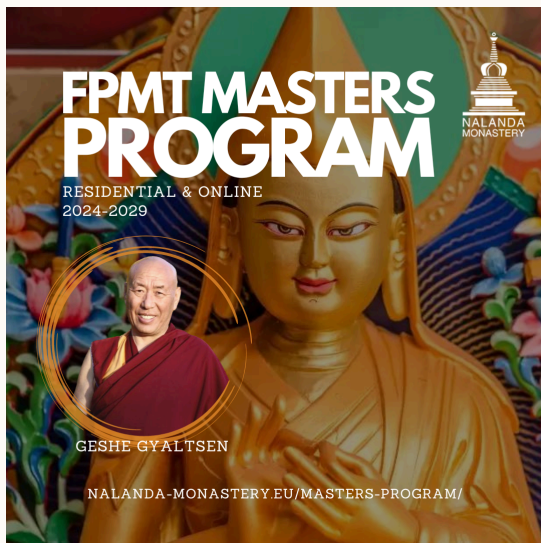
FPMT Basic Program 2023-2028

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 2024-2029

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

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](#)

