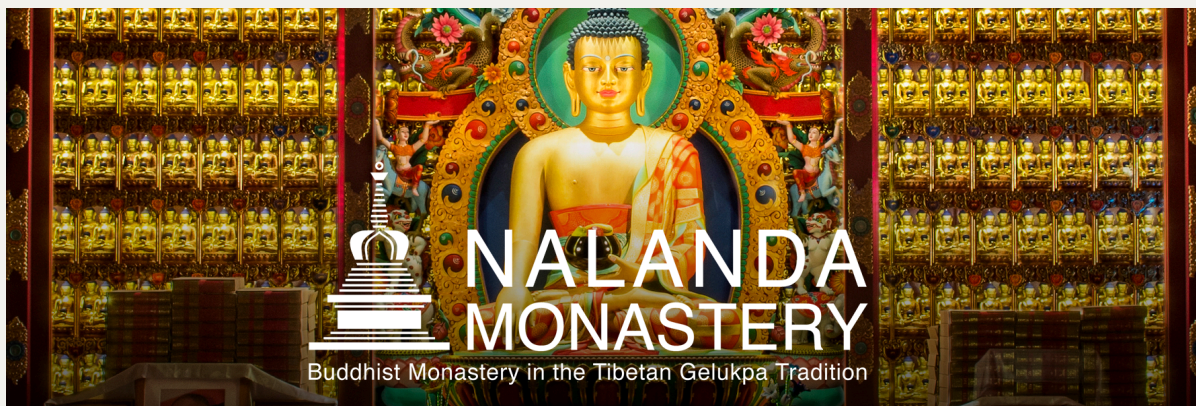
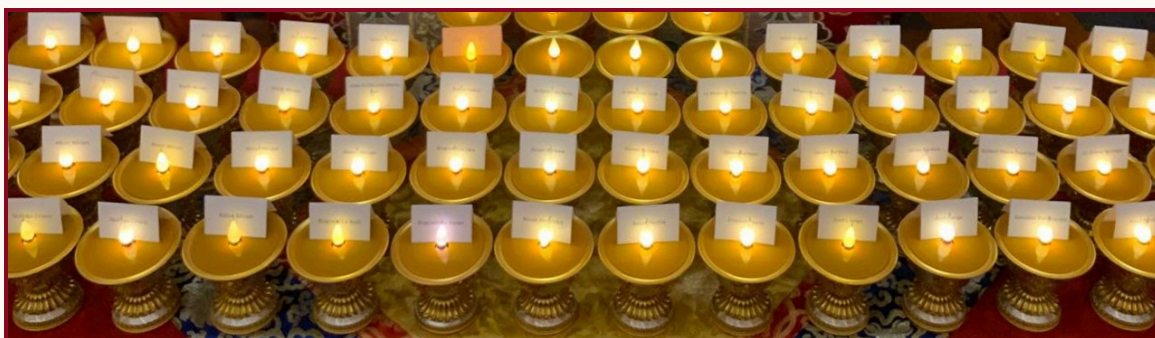




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MAY 2026

NALANDA MONASTERY NEWSLETTER



“I received this information that the merit is multiplied one hundred million times from His Holiness Chobgye Trichen Rinpoche... It is so important also to understand that if one collects non-virtue on merit multiplying days, then that will also increase by that many number of times... Please help by letting sentient beings know, so that they can achieve full enlightenment soon.”

Lama Thubten Zopa Rinpoche

Dear {{ contact.FIRSTNAME }},

Please find our latest news for May 2026!

Saturday 9 May

A weekend of traditional Tibetan medicine by Dr Lobsang

9-10 May

Saka Dawa 2026

Sunday 31 May

His Eminence Jhado Rinpoche at Nalanda

15-23 October

Help us purchase gyalings

A quick reminder of this summer's program

DIALOGUE BETWEEN SCIENCE AND BUDDHISM

Saturday 9 May, 15:00

Lama Yeshe Gompa, Nalanda Monastery

[Click here to follow online](#)



Feeling, Cognition, Consciousness: Science meets Buddhism on the Nature of Life

Science and Buddhism both investigate the emergence of feeling, cognition, and consciousness in special systems shaped by particular conditions—alive. Modern research traces the earliest forms of life on Earth to around 4 billion years ago—but what arose with them? What distinguishes living systems from non-living ones, and how do capacities such as feeling, cognition, agency, and consciousness emerge across biological—and potentially artificial—forms of intelligence? Origins-of-life and artificial-life expert and computational biologist **Dr. Joana C. Xavier** and **Canadian Geshe Tsogrampa Tenzin Norbu** will explore these questions in dialogue, drawing on the Buddhist principle of emptiness—that all phenomena arise in dependence on conditions—as a shared lens for inquiry, as well as on a shared ethical commitment to compassion toward all sentient beings.

Geshe Tenzin Norbu

Nicolas Tessier became interested in Buddhism in the mid-1990s. He took lay vows in 1996. Already considering ordination, he visited Nalanda Monastery in France for 3 months in the autumn of 2000. With the guidance of his root teacher Khensur Lobsang Jamyang, the then Abbot of Sera Mey Monastery in India, he decided to join Sera Mey in 2004, where he took Getsul vows and began the studies of the Geshe curriculum. In early 2007, he took Gelong ordination with His Holiness the Dalai Lama.

In 2022, Tenzin Norbu taught the pre-ordination course (POC) at Tushita in Dharamsala. Having completed the full program of Geshe studies in 2025 and fulfilling the requirements, he was granted the title of Geshe Tsogrampa. He then attended the one-year traditional residency at Gyumed Tantric Monastery.

“Since late February 2026, I have been residing at Nalanda Monastery as their SPC (Spiritual Program Coordinator) and teaching assistant for the Basic Program. I hope that my presence here benefits the monastery, where I can share the knowledge I have received from a traditional monastery.”



Dr. Joana C. Xavier is an engineer, philosopher, and entrepreneur working at one of the deepest questions in science: *how does life begin?*

Her research bridges microbiology, chemistry, mathematics, computation and philosophy to understand how the first living cells emerged on early Earth — and what that tells us about the nature of life, agency, and cognition. Joana has held research positions at some of the world's leading institutions, including Imperial College London, University College London, EMBL Heidelberg, and Argonne National Laboratory, was awarded the prestigious UKRI Future Leaders Fellowship and recognised with the Global Talent Endorsement by the UK Royal Society. She was also a founding scientist and co-founder in two deep-tech startups and currently advises several deep-tech and biotech initiatives. An internationally-invited keynote speaker, Joana serves as a referee for the \$10M Evolution 2.0 Prize on the origin of the genetic code, and co-founded OoLEN, an international network of scientists dedicated to origins of life research.

A WEEKEND OF TRADITIONAL TIBETAN MEDICINE BY DR LOBSANG

9-10 May

Prof. Dr. Lobsang will offer **a series of profound teachings on Traditional Tibetan Medicine**, taking place in Nalanda's main gompas and online. The first weekend of teachings will be **on 9-10 May 2026**.

These teachings explore the root causes of mental and emotional imbalances and their physical manifestations, offering practical healing solutions — from herbal treatments to Tantric methods and dietary guidance — to help participants achieve greater happiness, peace, and health.

More information

Registration

Next weekends of teachings:

12-13 September

24-25 October

28-29 November



SAKA DAWA 2026

Saturday 31 May



Being one of the four auspicious days in Buddhism, Saka Dawa is **celebrating Lord Buddha's birth, enlightenment and parinirvana** on the 15th day of the 4th lunar month.

Lama Zopa Rinpoche mentioned that each event is considered to multiply the power of actions done on this day, both auspicious and harmful, by one hundred million. Rinpoche clarified that on Saka Dawa, the power of actions is actually multiplied by three hundred million, not just one hundred million.

Therefore, Buddhists from all around the world engage in many auspicious and meritorious activities such as sponsoring or engaging in various pujas and prayers, extensive offerings to teachers, to holy objects, etc. This is an incredible day of celebration and offerings when skies of merit are created to benefit all sentient beings.

You can make offerings [here](#) and thus accumulate immense merits by supporting the various projects of the monastery, or make lights offering during the Guru puja in the evening (10€ each, please mention the names for the dedication).

**Read more about Saka
Dawa**

Make offerings

Program

05:00: 8 Mahayana precepts and prosternations to the 35 Buddhas

06:00: Guru yoga of Lama Tsongkhapa

15:00: Animal Liberation

17:00-18:00: Reading sutras

19:00: Guru puja and tsog light offerings

H.E. JHADO RINPOCHE

EUROPEAN TOUR 2026



UNITED KINGDOM

9 - 13 SEP

UK Collaboration:
Jamyang Buddhist Centre London

ITALY

16 -23 SEP

Instituto Lama Tsong Khapa

26 - 27 SEP

Jonang Shambhala Tibetan Centre

30 SEP - 6 OCT

Centro Muni Gyana

SPAIN

9-11 OCT

Nagarjuna C.E.T. Barcelona

NETHERLANDS

21 -23 NOV

Maitreya Instituut Loenen

FRANCE

15 - 23 OCT

Nalanda Monastery

26 OCT - 3 NOV

Institut Vajra Yogini

6 NOV

Tibetan Paris Community

7-8 NOV

Kalachakra Center

SWITZERLAND

13-15 NOV

FPMT Switzerland

ROMANIA

18 NOV

Center of White Mahakala



Organised by FPMT European Coordination
Please visit individual center for full details at:
<https://fpmt.org/centers/#europe>



We are very happy to announce the coming of **His Eminence Jhado Rinpoche** in France, in Nalanda Monastery, Vajra Yogini Institute and Kalachakra Center.

We hope to be able to publish the details of Rinpoche's visit in Nalanda next week on our website (dates and schedule).

Rinpoche agreed to give:

- Guhyasamaja initiation
- Most Secret Hayagriva initiation
- Commentary on the Guru puja
- Commentary on the "Eight Verses of Thought Transformation"

HELP US PURCHASE GYALINGS

The gyaling is a wind instrument used during pujas and processions. As Geshe Tenzin Norbu from Canada knows how to play these instruments using circular breathing, Nalanda Monastery would like to purchase a pair of gyalings from Nepal. The total cost is estimated at €1,000.

Donate



Monks play gyalings during a puja with His Eminence Ganden Trisur Rinpoche Lobsang Tenzin in Kopan on 10 April 2025.

A QUICK REMINDER OF THIS SUMMER'S PROGRAM

His Eminence Ling Rinpoche - 13-14 June

Saturday 13 June

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

14:00–16:00: White Umbrella initiation (*Sitatapatra*) — onsite only

Sunday 14 June

10:00–12:00: Long Life Initiation from White Tara — onsite only

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



More information and registration

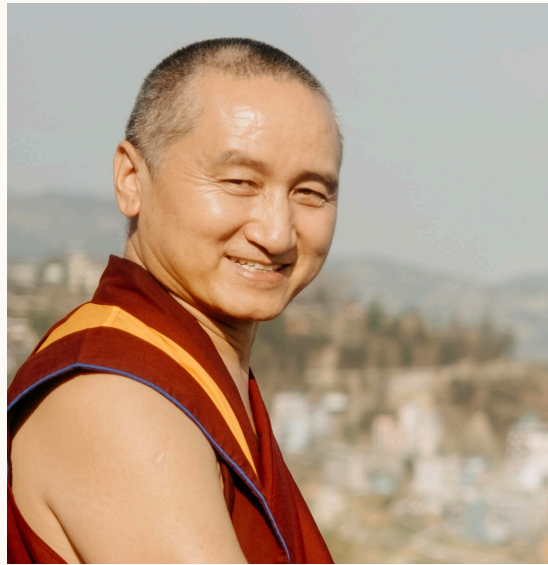
Geshe Tenzin Zopa - 24-28 June

Each day

10:00–12:00 and 14:30–16:30:

Teaching on Lama Tsongkhapa's
"Songs of Experience" (Lamrim)

**More information and
registration**



Serkong Rinpoche - 29 June

Monday 29 June 2026:

10:00–12:00: teachings on bodhicitta
and taking-and-giving (from Lama
Choepa's Lamrim)

12:30–14:30: festive lunch for HH
Dalai Lama's 91st birthday

14:30–16:30: inseparability of
Conventional and Ultimate Truths



More information and registration

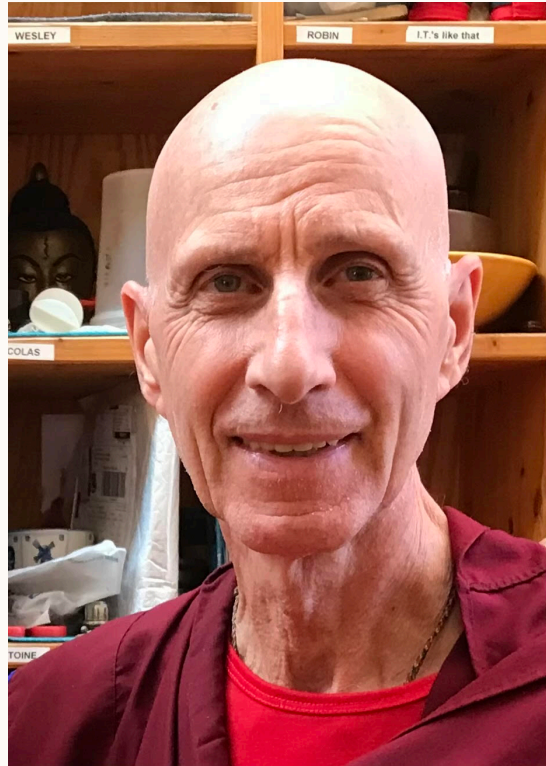
Mahamudra Retreat - 25-30 July

Five days of intensive retreat with

Tenzin Sherab, a monk from

Nalanda, from Saturday, July 25
(19:00) to Thursday, July 30 (12:00)

**More information and
registration**



SHARE THE DAILY LIFE AT NALANDA



**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**

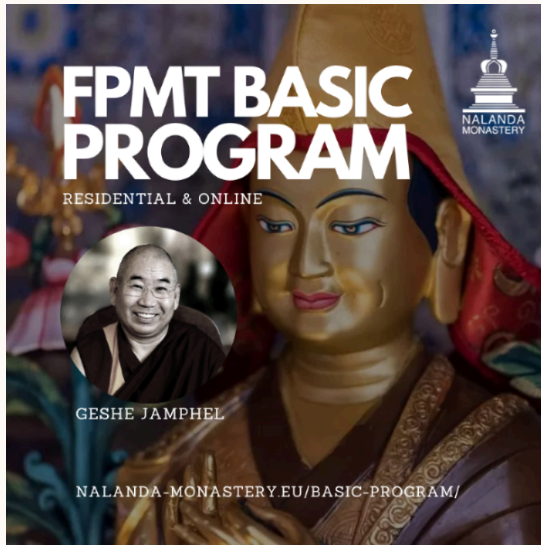
**FOR MORE
INFORMATION**

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



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

STUDY PROGRAMS



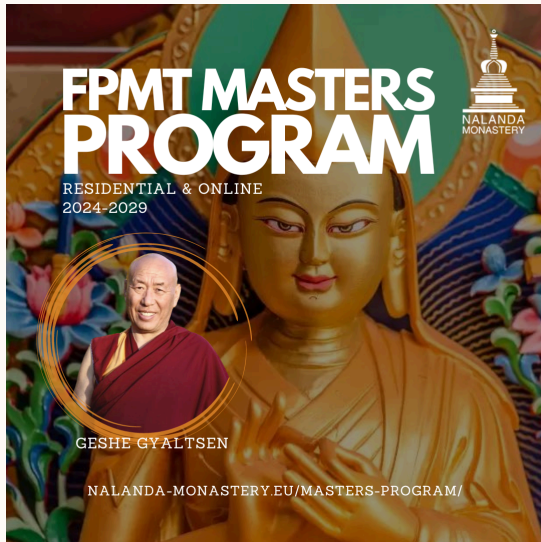
FPMT Basic Program 2023-2028

with Geshe 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](#)

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