



REFLECTIONS ON THE YEAR THAT WAS 2018

MESSAGE FROM THE EDITOR

Adi Đà Phật. Welcome to Nalanda's first yearly review newsletter which is designed to give you a brief summary of Nalanda Institute's activities in the year that was 2018. We have had a very productive and fruitful year within in all aspects and we would like to use this opportunity to highlight these achievements and thank you for your support.

Metta, Abbot Thích Linh Tấn

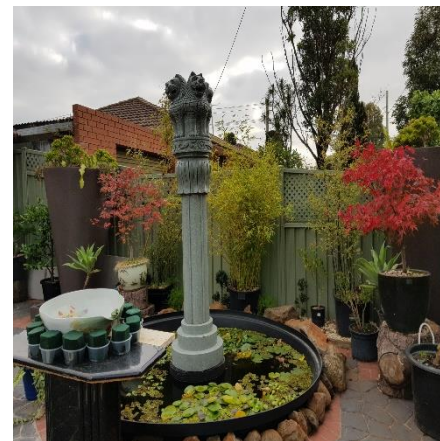


Above: Retreat at Kyneton
Below: At the park



RETREAT IN KYNETON

The three day retreat in Kyneton Camp, organised by students of Nalanda Institute, involved settling down, preparing food and an Uposatha observance day. The program included one whole day of silent meditation where we practiced mindfulness in all four postures (i.e. walking, sitting, standing and lying down). We also had chanting, relaxing activities and sharing of experiences. The remaining time we visited the Falls and Lavender garden in Daylesford. The 3 days retreat was very fruitful and insightful. We had good feedback, enjoyed the peaceful and harmonious environment and this certainly helped our spiritual quest and to attain a balanced life. "A balanced life is a happy life."



Above: The new King Asoka Pillar.
Below: Food preparation for the festival.



VIETNAMESE LUNAR FESTIVAL

Unlike other years, apart from normal preparations (such as giving out the Marigold plants to supportive students, making the traditional rice cakes, red um pau with kindest wishes, lucky flower plant, cactuses with self made laminated Bodhi leaves, praying for peace in the world etc...) we had a very entertaining traditional form of Bingo which served to be fun rather than about winning. Following prayer, a Dharma talk was delivered on how to live our life fully according to the Dharma's way of life.

LATE MASTER THÍCH HUYỀN VI REMEMBRANCE DAY

As a disciple, one has a duty towards commemorating their late Master. We invited 10 senior monks from various temples to revise Master Thich Huyen Vi life's contributions and perform a prayer ceremony.

MOST VENERABLE THÍCH NỮ NHƯ HẢI

The late senior nun passed away four days after Thay's visit to her temple in Vietnam, Abbot of Sac Tu Tam Bao.

REFURBISHMENTS AT THE INSTITUTE

Nalanda Institute centre, although modest in size, has endless improvements. We installed two air conditioners in the institute, had new Buddha and Bodhisatvas statues placed, erected the King Asoka Pillar, refurbished the whole kitchen area (which was donated by one of our student's family) and we demolished and constructed a new storage shed. Everyone was very happy with the new additions and replacements.



DEER PARK PRIMARY MEDITATION

This meditation course was requested by Deer Park Primary School staff and parents and comprised of basic meditation techniques such as sitting and walking postures over four consecutive weeks (as shown on left picture). There was 10 minutes of questioning time and 10 minutes of tea ceremony. There has been a request to continue these classes however, the timing has not been right and this has been postponed for the time being.

SPIRITUAL RETREAT

Every now and then a buddhist monk needs to retreat from interactions with people. This includes refraining from using technology and social media to focus on meditation for personal development and inner spiritual growth.

TIBETAN BUDDHIST SOCIETY PRESENTATION

Abbot Thích Linh Tấn has been a guest speaker over the last 7 years at Tibetan Buddhist society. In 2018, a group of over 10 students who wore their traditional *ao dai* attended the talk and had lunch with their guests. People were impressed with our group and we also had enjoyable time at their spring festival.

JADE BUDDHA RETURN & INAUGURATION OF STUPA

We attended the celebration of the return of the buddha statue and the inauguration of the stupa of universal compassion in Bendigo. We were one of many groups of Buddhist attendees and helped to welcome the statue.

VESAK DAY (BUDDHA'S BIRTHDAY)

On the 26th of May, we celebrated Buddha's Birthday within the institute. We had monks and nuns from various temples gathered for the ceremony and the bathing of the buddha. Songs were sung by the students to praise the Triple Gems. After that we gave offerings to the Sangha and served the guests various dishes for lunch.

RALLY IN MARCH WITH VIETNAMESE COMMUNITY IN SUNSHINE & MELBOURNE

To express our Vietnamese patriotism, we attended a rally in Sunshine and CBD of Melbourne. It was a peaceful calling against the act of internet security and the three exclusive economic zones in Vietnam. We were united in this movement across the globe.



ULLAMBANA FESTIVAL (PARENT'S DAY)

This yearly celebration occurred on the 25th of August and is a day to reflect on filial piety, remember our ancestors and pray for the departed ones (also known as ghost month). We had chanting and a play organised by the students raise the sense of gratitude from children towards their parents.



WORLD FELLOWSHIP OF BUDDHISTS (JAPAN) & WORLD BUDDHIST SANGHA (MALAYSIA)

We were invited to attend both World fellowship of buddhist in Japan, Narita, Tokyo for 5 days and World buddhist sangha Malaysia, Penang for five days. This was our first attendance and we were there to represent the Australia Buddhist federation delegates (as shown to the left).

ENGLAND TU HOC

As the spiritual teacher, and a founder of the Nalanda Institute in UK, Thay travelled there to visit the institute there and give teachings to his students. He helped to strengthen the relationship between teacher and students and nourish their spiritual path. Ullumbana day was also celebrated and the refuge ceremony for 60 more students was conducted.

NALANDA INSTITUTE WEBSITE

We are pleased to announce that our website has been initiated. We are gradually adding more information and if you have any suggestions of what you would like to see on it, please let us know. We also have a subscription list where you can register your email for ongoing updates of the Institute. For more information go to: www.nalandaaustralia.org

FUTURE PROPOSALS

- New Zealand Trip
- Nalanda Institute invites Nalanda Buddhist Society speaker in KL to Melbourne.
- Kyneton 3 day retreat
- Book translation with comments
- Donations to find a new home for Nalanda Institute UK

*HAVE A HAPPY NEW YEAR IN 2019!
METTA, NALANDA INSTITUTE AUS & UK*

Many activities throughout the year have been left out, we apologise for any mistakes and thank you for your understanding.