






Nalanda Institute

November 2008

(Earth Rat Year 2135)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov 30						1
2	3	4	5	6 7p: silent meditation & chanting; discussion with Geshe Jamyang	7	8
9	10	11	12	13 7p: silent meditation & chanting; discussion with Geshe Jamyang	14	15
16	17	18	19 7p: TNI Board mtg @ Jan V	20 7p: silent meditation & chanting; discussion with Geshe Jamyang	21	22
23	24	25	26	27 7p: practice with dharma talk by Geshe Jamyang	28 	29 

 New Moon Day (first day of Tibetan lunar month)

 Full Moon Day

Thursday evening practices all at Lien Hoa Temple, 12th and Wilson St. NE (north of Ralphs Thriftway market). Enter from back parking lot. Come a few minutes early for instructions if you are new.

Coming Up:

“The realization we talk about in the Buddhadharma is something that has to be accomplished by the individual. No one else can do it for us.” HH the Dalai Lama