



Nalanda Institute

October 2008

(Earth Rat Year 2135)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 7p: silent meditation & chanting; discussion with Geshe Jamyang	3	4 10a-12n: Chenrezig at Lien Hoa (Lama Lungrik)
5	6	7	8	9 7p: special teaching: Khenpo Pema Wangdak speaks on Karma	10	11 10a-12n: Chenrezig at Lien Hoa (Lama Lungrik) 12:30p: Mindfulness book group at Lien Hoa
12	13	14 ☸	15 7p: TNI Board mtg @ Jan V	16 7p: silent meditation & chanting; discussion with Geshe Jamyang	17	18 [Chenrezig – cancelled]
19	20	21	22	23 7p: practice with dharma talk by Geshe Jamyang	24 **7-9p: Khenp Lungrik Senge talk "Freeing Oneself from the Cycle of Attachment"	25 **9a-4p: Chenrezig empowerment & teaching 7-8:30p: Public talk: "Essential Teachings on Wisdom & Compassion"
26 **9a-3p: Green Tara empowerment & teaching	27	28 ☸	29	30 7p: Green Tara meditation	31	Nov 1 10a-12n: Chenrezig at Lien Hoa (Lama Lungrik)

☸ 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.

SPECIAL EVENTS: (held at the Vietnamese Temple)

Thurs 10/9 7p Khenpo Pema Wandak public talk on "Karma"

Fri 10/24-Sun 10/26 **Khenpo Lungrik Senge teachings and empowerments (see website for details)

Donations: public talks \$15 for non-members, empowerments \$40 non-members (no one turned away)

"Above all, we should remember that as long as we retain the capacity of concern for others, the potential for transformation remains."
--from Ethics for the New Millennium by His Holiness the Dalai Lama