



Nalanda Institute

April 2008

(Earth Rat Year 2135)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 7p: Regular practice (Geshe)	4	5 3-6:30p: Mindfulness Practice Group 1 @ Gompa (for location call 705-2527)
6 ☸	7	8	9	10 7p: Regular practice (Geshe)	11 HH The Dalai Lama in Seattle	12 HH The Dalai Lama in Seattle 1030a-3p Qwest Field
13 HH in Seattle	14 HH in Seattle	15 HH in Seattle	16 7p: TNI Board mtg @ Jan V	17 7p: Regular practice (??)	18 5:30p: Bodhisattva Practice Group 2 (for location call 956-1215)	19 3-6:30p: Vajrayana Practice Group 3 (for location call 709-0516)
20 ☸ 10a-1p: Chenrezig + Shrine Tour @ Sakya Monastery	21	22	23	24 7p: Chenrezig practice (??)	25	26
27	28	29	30			

☸ 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.

Sakya Monastery (www.sakya.org) is in the Greenwood neighborhood of Seattle, 108 NW 83rd St.

For details on the appearance of H.H. the Dalai Lama in Seattle April 11-15, check www.seedsofcompassion.org

Coming Up: May 30-June 1, 2008 (Fri-Sun)

Nalanda Annual Meditation Retreat

"When receiving the teachings, it is important to have the correct attitude. It is not practicing the Dharma properly to listen with the intention of gaining material advantage or reputation. Neither should our goal be higher rebirth in the next life, nor should we be wishing only for our own liberation from samsara. These are all attitudes we should reject. Instead, let us listen to the teachings with the determined wish to attain the state of omniscience for the sake of all beings."--HH the Dalai Lama, from The Path to Tranquility: Daily Wisdom