



Nalanda Institute

February 2008

(Fire Pig Year 2134 – Earth Rat Year 2135)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 1:30 “Classical & Contemporary Vipassana” by Geshe at Sakya Monastery	4	5	6	7 ☸ Losar (Tibetan New Year 2135) 7p: Regular practice (Geshe)	8	9 3-6:30p: Mindfulness Group
10	11	12	13	14 7p: Regular practice (Geshe)	15	16 3-6:30p: Bodhisattva and Vajrayana Groups
17	18	19	20 7p: TNI Board mtg @ Jan V	21 ☸ 7p: Regular practice (Jan V)	22	23 6-10p: TNI “Visions of Tibet” dinner & auction fundraiser @ Oly Comm Center
24	25	26	27	28 7p: Chenrezig practice (Bob S)	29	

☸ New Moon Day (first day of Tibetan lunar month)

☸ Full Moon Day

Thursday evening practices all at Lien Hoa Temple, 12<sup>th</sup> 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: April 12-15, 2008 (Sat-Tues)  
May 30-June 1, 2008 (Fri-Sun)

H.H. the Dalai Lama in Seattle  
Nalanda Annual Meditation Retreat

Earth Rat Year 2135: Earth on the Rat unstable earth—beware of global warming

“According to the Dalai Lama, “mani... symbolizes the factors of method--the altruistic intention to become enlightened, compassion, and love. Just as a jewel is capable of removing poverty, so the altruistic mind of enlightenment is capable of removing the poverty, or difficulties, of cyclic existence and of solitary peace.... The two syllables, padme...symbolize wisdom. Just as a lotus grows forth from mud but is not sullied by the faults of mud, so wisdom is capable of putting you in a situation of non-contradiction whereas there would be contradiction if you did not have wisdom.... Purity must be achieved by an indivisible unity of method and wisdom, symbolized by the final syllable hum, which indicates indivisibility.... Thus the six syllables, om mani padme hum, mean that in dependence on a path which is an indivisible union of method and wisdom, you can transform your impure body, speech, and mind into the pure exalted body, speech, and mind of a Buddha.”

--from Introduction to Tibetan Buddhism by John Powers, published by Snow Lion Publications