



Nalanda Institute

January 2008

(Fire Pig Year 2134)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12n: New Year meditation and potluck at Bob S (call 956-1215)	2	3 7p: Regular practice (Geshe) 8p: plans for 2008 book groups (Geshe)	4	5
6 10a: Seattle, Sakya Monastery. Celebration of shrine room completion, with potluck at noon.	7	8	9 ☸	10 7p: Regular practice (Geshe) 8p: book group planning or Bodhisattva talk series	11	12
13	14	15	16 7p: TNI Board mtg @ Jan V	17 7p: Regular practice (Bob S)	18	19
20	21	22 ☸ Chogye Trichen Rinpoche 2006	23	24 7p: Chenrezig & Phowa practices (Jan V)	25	26
27	28	29	30	31 7p: Green Tara practice (Geshe)		

☸ 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, Seattle 108 NW 83rd Av, in Greenwood District

Coming Up: April 12-15, 2008 (Sat-Tues)
May 31-June 2, 2008 (Fri-Sun)

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

“...As to one's personal religion, I think this must be based on one's own mental disposition.... Generally speaking, I think it is better to practice according to your own traditional background, and certainly you can use some of the Buddhist techniques. Without accepting rebirth theory or the complicated philosophy, simply use certain techniques to increase your power of patience and compassion, forgiveness, and things like that.” --H.H. the Dalai Lama in Healing Anger