



Nalanda Institute

March 2008

(Earth Rat Year 2135)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar 30	Mar 31					1
2	3	4	5	6 7p: Regular practice (Geshe)	7 ☸	8 3-6:30p: Mindfulness Practice Group 1 @ Gompa (for location call 705-2527)
9	10	11	12 7:30p \$15 "Lamdre Teachings in Nepal" @ Sakya Monastery HE Dagmo Kusho	13 7p: Regular practice (Geshe)	14 5:30p: Bodhisattva Practice Group 2 (for location call 956-1215)	15 3-6:30p: Vajrayana Practice Group 3 (for location call 709-0516)
16 10a-1p: Chenrezig + Shrine Tour @ Sakya Monastery	17	18	19 7p: TNI Board mtg @ Jan V	20 7p: Regular practice (Jan V)	21 ☸	22
23	24	25	26	27 7p: Chenrezig practice (Bob S)	28	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.

Sakya Monastery ([www.sakya.org](http://www.sakya.org)) is in the Greenwood neighborhood of Seattle, 108 NW 83<sup>rd</sup> St.

For details on the appearance of H.H. the Dalai Lama in Seattle April 11-15, check [www.seedsofcompassion.org](http://www.seedsofcompassion.org). Order tickets on line now.

Coming Up: May 30-June 1, 2008 (Fri-Sun) Nalanda Annual Meditation Retreat

“The environment where you are doing the meditation should be properly cleaned. While cleaning, you should cultivate the motivation that since you are engaged in the task of accumulating great stores of merit by inviting the hosts of buddhas and bodhisattvas to this environment, it is important to have a clean place. You should see that all the external dirt and dust around you is basically a manifestation of the faults and stains within your own mind. You should see that the most important aim is to purge these stains and faults from within your mind. Therefore, as you cleanse the environment, think that you are also purifying your mind. Develop the very strong thought that by cleaning this place you are inviting the host of buddhas and bodhisattvas who are the most supreme merit field, and that you will subsequently engage in a path that will enable you to purge your mind of the stains of delusions.” --HH the Dalai Lama, from Path to Bliss: A Practical Guide to Stages of Meditation