



IRON MOUSE YEAR 2147

Tibetan Calendar 2020

DEAR READER

This calendar is meant specifically for practitioners of Tibetan Buddhism. It shows the cycle of twelve months according to the Tibetan lunar calendar together with the corresponding months and days of the Western calendar.

The Tibetan astrology is a combination of Buddhist astrology from Kalachakra-Tantra, Hindu astrology from Shiva-Tantra and ancient Chinese astrology. Due to the synchronisation of solar day, lunar month, and zodiac year in Tibetan astrology you will see that a day can be lost or doubled.

The regular holy days as well as special days of Tibetan and Buddhist festivals are indicated. Although every day of the year is a special day for the practice of Dharma, the selection made here is on the bases of giving priority to the most important ones.

The 8th Moon, Full Moon, New Moon and eclipse days are special days for any wholesome action. For the lay practitioners these days are especially recommended for taking the Eight Vows. The 10th and 25th of the Tibetan calendar are days for Ganachakra or Tsok-Rituals of Tantra. They are especially recommended for performing Guru-Pujas. Sojong or Upposotha days twice a month are for confession of monastic communities.

We wish you good physical and spiritual health for this year, and may you spend each day of this year in a wholesome way.





THE MEANING OF BUDDHISM

by Geshe Rabten

Buddhism is neither a strange tradition peculiar to certain foreign lands, nor a collection of dry words contained in books and libraries. Such opinions fail to discern what in fact Buddhism is.

All creatures in this world, whether human or animal, are constantly motivated by the same basic aims: the achievement of happiness and the removal of suffering. But although our entire existence is lived in pursuit of these goals we never fully achieve them. The real, lasting happiness we desire eludes us and in the depths of our minds we continue to suffer. In our search for satisfaction we construct roads, schools, hospitals and so forth. Although these afford us some relief they are unable to remove the very roots of physical and mental pain. On the contrary, we observe how mental unrest tends to increase with technological progress. But why, despite our enormous efforts, should this be the case?

We generally consider the source of all our problems to be external to ourselves. We then try to overcome and manipulate these conditions. Of course, external conditions affect our lives and cause us to suffer, but it has to be recognised that the root cause for our painful experiences is deeply embedded within our own minds. The external situations are only contributing circumstances. In this light it becomes clear that no matter how much we change the external world we will never arrive at a truly satisfactory solution.

But what is it within us that causes us to continually suffer? It is self-concern, the attitude of cherishing oneself while disregarding others. In dependence upon self-concern attachment to one's own interest and resentment to the interests of others arise. Upon this basis all conflicts ensue. If, however, self-concern were absent, no conflicts could ever occur. As long as the mind is dominated

by self-concern we shall never be satisfied. Even if our situation is pleasant there will always be a restless longing for something else, which prevents any lasting peace and happiness from finding its way into our lives.

However, if this self-concern is decreased, hatred and attachment will likewise diminish in strength. And to the degree in which these factors are reduced we will notice an increase in our concern for others, as well as an increase in our own contentment and peace of mind.

Where can the means be found to transform the mind in this way? They can be found in the Buddha's teachings. Thus the methods shown by the Buddha are extremely valuable for anyone truly seeking happiness, whether Buddhist or not. Buddhism should therefore be understood as a method for overcoming mental suffering and for increasing the sense of well-being for both self and others.

We all know how much we appreciate being treated kindly by others. In the same way it should be realised that others too experience much joy upon being treated kindly by us. When concern for others grows strong, self-concern, hatred and attachment will diminish, one's mind will experience calmness and joy, and others will receive true benefit. All conflicts between individuals, groups of people, and even nations will be resolved as soon as concern for others takes the place of concern for oneself.

Concern for others is therefore the source of all individual and collective well-being, both secular and religious. To achieve this is the essence of Buddhism.

With these words the activities of the Rabten Choeling monastery were announced in 1977 by the Venerable Geshe Rabten Rinpoche. And with this objective the activities of all the Rabten monasteries and study centres, as well as the Edition Rabten publishing service have been carried on since then.

If you see a true benefit in such efforts for today's society and would like to support these aims, please be assured that your help is greatly appreciated.

DHARMA FESTIVALS

ཚོས་ཀྱི་དུས་ཚེན་ཁག་ལག་



Chotrul Duechen: Day of Buddha Shakyamuni's Great Miracles



Saga Dawa: This means 'Month of Saga', which is the fourth month of the lunar calendar. On the full moon day of this month, Buddha Shakyamuni showed his deed of taking birth, attaining enlightenment, and going into Parinirvana.



Choekor Duechen: Buddha Shakyamuni turned the Wheel of Dharma for the first time.



Lha Bab Duechen: Buddha Shakyamuni's return from the realm of the devas.



Gaden Ngamchoe: Day of Je Tsongkhapa's Parinirvana.



Parinirvana days: The days of passing away.



Trungkar days: Birthdays of masters.

Those days are very special days for the practice of Dharma. Any positive or negative actions performed on these days have a strong multiplying effect.

TIBETAN FESTIVALS

བོད་ཀྱི་དུས་ཚེན་ཁག་ལག་



Losar: Tibetan New Year. First day of the lunar calendar. It is celebrated in every auspicious and joyous way.



Zam Ling Chi Sang: Day of the Sang-Offering (ritual smoke-offering) to all the Protectors.



Sangpo Chuzom: The Day of the Ten Good Omens. This is a day for transforming all inauspicious situations into auspicious ones. Special day for merrymaking.

SPECIAL DAYS

རྣམ་མ་རི་ཕི་འཆར་དུས་



Rishi-Star: This special astrological constellation causes the natural water-sources on earth to be transformed into nectar-like liquids. It is therefore particularly beneficial to take baths on these days.

ASTROLOGICAL YEAR-SIGNS AND DAYS

ཚུས་ལོ་ ལོ་རྟགས་ རང་གི་ལོ་རྟགས་དང་འབྲེལ་བའི་གཟུང་བཟང་དན་

In Tibetan astrology the days of the week are classified into harmonious and disharmonious days according to an individual's year of birth. So-called **Luck-days** and **Life-days** are harmonious. These days are generally considered as particularly suitable for starting projects and celebrating auspicious events. Anti-days, or disharmonious days, are generally considered as unsuitable for such events. It is something to be considered in case of choice.

Year of birth: ཚུས་ལོ་	1948 1960 1972 1984 1996	1949 1961 1973 1985 1997	1950 1962 1974 1986 1998	1951 1963 1975 1987 1999	1952 1964 1976 1988 2000	1953 1965 1977 1989 2001
Year-sign: ལོ་རྟགས་	Mouse ཕྱི་བ་	Bull རྩེ་བ་	Tiger རྩྭ་ག་	Rabbit ཡོས་	Dragon འབྲུག་	Snake རྩྭ་ལ་
Luck-day ལྷ་གཟུང་	Wed ལྷག་	Sat ལྷན་	Thu ལུང་	Thu ལུང་	Sun ལྷོ་	Tue དམར་
Life-day སྲོག་གཟུང་	Tue དམར་	Wed ལྷག་	Sat ལྷན་	Sat ལྷན་	Wed ལྷག་	Fri སངས་
Anti-day གཤིང་གཟུང་	Sat ལྷན་	Thu ལུང་	Fri སངས་	Fri སངས་	Thu ལུང་	Wed ལྷག་

Year of birth: ཚུས་ལོ་	1954 1966 1978 1990 2002	1955 1967 1979 1991 2003	1956 1968 1980 1992 2004	1957 1969 1981 1993 2005	1958 1970 1982 1994 2006	1959 1971 1983 1995 2007
Year-sign: ལོ་རྟགས་	Horse རྩྭ་	Sheep ལུག་	Monkey རྩྭ་ལ་	Rooster བྱ་	Dog ལྷོ་	Boar ཕག་
Luck-day ལྷ་གཟུང་	Tue དམར་	Fri སངས་	Fri སངས་	Fri སངས་	Mon ལྷོ་	Wed ལྷག་
Life-day སྲོག་གཟུང་	Fri སངས་	Mon ལྷོ་	Thu ལུང་	Thu ལུང་	Wed ལྷག་	Tue དམར་
Anti-day གཤིང་གཟུང་	Wed ལྷག་	Thu ལུང་	Tue དམར་	Tue དམར་	Thu ལུང་	Sat ལྷན་

SYMBOLS

-  Full Moon
-  Half Moon
-  New or Black Moon
-  Total eclipse of the sun
-  Partial eclipse of the sun
-  Total eclipse of the moon
-  Partial eclipse of the moon
-  Monastic Sojong or Confession
-  Guru-Puja and Tsok-Rituals
-  Dharma festivals
-  Tibetan festivals

THE ENERGY OF ELEMENTS

-  Earth
-  Water
-  Fire
-  Wind

In Tibetan astrology the energies of the four elements, [earth](#), [water](#), [fire](#) and [wind](#), are described to influence our days. It is either the double strength of one element or the union of two elements that predominates. According to the compatible or incompatible nature of the elements the days will be auspicious or inauspicious for particular activities. It is something to be considered in case of choice.

རིམ་ལོ་མཚན་རྟགས་

-  ཉ་
-  བུཊྱང་
-  རྟུན་
-  ཉི་འཛིན་ཆ་ཚང་
-  ཉི་འཛིན་ཆ་པས་
-  རྒྱ་འཛིན་ཆ་ཚང་
-  རྒྱ་འཛིན་ཆ་པས་
-  བཤོལ་རྒྱུད་
-  མོ་བུཊྱ་ཉིར་རྩེ་
-  ཚོས་ཀྱི་དུས་ཚེན་
-  བོད་ཀྱི་དུས་ཚེན་

ལྷན་བཤེན་འཕྲོད་རྒྱུ་

-  ས་
-  མེ་
-  མི་
-  རླུང་

ELEMENT COMBINATIONS

-  **Earth-Earth: Auspicious.** The double encounter of earth brings power together. Power lets all wishes be achieved.
ས་གཉིས་ནང་འཕྲད་དངོས་གྲུབ་རྒྱུ། །དངོས་གྲུབ་རྒྱུར་བས་ཅི་བསམ་འགྲུབ།
-  **Water-Water: Auspicious.** The double encounter of water brings nectar together. Nectar increases life's force.
ཚུ་གཉིས་ནང་འཕྲད་བདུད་རྩི་རྒྱུ། །བདུད་རྩི་རྒྱུར་བས་ཚོ་རློབས་འཕེལ།
-  **Earth-Water: Auspicious.** The encounter of earth with water brings youth together. Youth brings great happiness.
ས་ཚུ་འཕྲད་པ་ལང་ཚོ་རྒྱུ། །ལང་ཚོ་རྒྱུར་བས་ཤིན་ཏུ་སྐྱིད།
-  **Fire-Fire: Auspicious.** The double encounter of fire brings increase together. This will increase food and wealth.
མི་གཉིས་ནང་འཕྲད་འཕེལ་འགྱུར་རྒྱུ། །འཕེལ་འགྱུར་རྒྱུར་བས་ཟས་གོས་རྩེད།
-  **Wind-Wind: Auspicious.** The double encounter of wind brings perfection together. Perfection brings quick accomplishment of one's wishes.
རླུང་གཉིས་ནང་འཕྲད་ཤུན་ཚུགས་རྒྱུ། །ཤུན་ཚུགས་རྒྱུར་བས་བསམ་འགྲུར་འགྲུབ།
-  **Fire-Wind: Auspicious.** The encounter of fire and wind brings strength together. Strength brings all good omens.
མི་རླུང་འཕྲད་པ་རློབས་ཅན་རྒྱུ། །རློབས་ཅན་རྒྱུར་བས་བཀྲ་ཤིས་བྱེད།
-  **Earth-Wind: Inauspicious.** The encounter of earth and wind brings incompatibility. Incompatibility exhausts food and wealth.
ས་རླུང་འཕྲད་པ་མི་འཕྲོད་རྒྱུ། །མི་འཕྲོད་རྒྱུར་བས་ཟས་ཤོར་འཛད།
-  **Water-Wind: Inauspicious.** The encounter of water and wind brings disharmony together. Disharmony separates friends.
ཚུ་རླུང་འཕྲད་པ་མི་མཐུན་རྒྱུ། །མི་མཐུན་རྒྱུར་བས་གཉིན་བཤེས་འབྱེད།
-  **Earth-Fire: Inauspicious.** The encounter of earth and fire brings burning together. Burning creates suffering.
ས་མི་འཕྲད་པ་སྲིག་པའི་རྒྱུ། །སྲིག་པའི་རྒྱུར་བས་སྲིག་བཟུལ་བསྐྱེད།
-  **Fire-Water: Inauspicious.** The encounter of fire and water brings death. Death robs life away.
མི་ཚུ་འཕྲད་པ་འཚི་བའི་རྒྱུ། །འཚི་བའི་རྒྱུར་བས་སྲིག་འཕྲོག་བྱེད།

1	Wed	Ten Good Omens
2	Thu	
3	Fri	
4	Sat	
5	Sun	
6	Mon	Epiphany
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	
14	Tue	Jetsun Choegi Gyaltzen Parinirvana
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	
31	Fri	

	བཟང་པོ་བརྟུ་འཛོམས།	☐ ○ 	ཤུག	6
		△△	ལྟོ	7
		☐ ○ 0	སྤྱི་ལོ	8
		☐ ○	ལྷན	9
		△○ 	ལྟོ	10
		○△	ལམ	11
		△△	དུས་རྒྱུད	12
		△○	ཤུག	13
		☐△ 	ལྟོ	14
		☐△  ○	སྤྱི་ལོ	15
		☐ ○	ལྷན	16
		△△	ལྟོ	17
		△○	ལམ	18
	རྩེ་བརྟུན་ཚོས་ཀྱི་རྒྱལ་མཚན་དགོངས་རྒྱུགས།	△○ 	དུས་རྒྱུད	19
		△○	ཤུག	20
		△△	ལྟོ	21
		☐△	སྤྱི་ལོ	22
		☐△	ལྷན	24
		△△ 	ལྟོ	25
		△○	ལམ	26
		☐△	དུས་རྒྱུད	27
		☐ ○	ཤུག	28
		○△ 	ལྟོ	29
		☐ ○ ●	སྤྱི་ལོ	30
		☐ ☐	ལྷན	1
		☐△	ལྟོ	2
		○○	ལམ	3
		☐△	དུས་རྒྱུད	4
		☐ ○	ཤུག	5
		△△	ལྟོ	5
		☐ ○	སྤྱི་ལོ	6

1	Sat	
2	Sun	
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	
8	Sat	
9	Sun	
10	Mon	
11	Tue	
12	Wed	
13	Thu	
14	Fri	
15	Sat	
16	Sun	
17	Mon	
18	Tue	
19	Wed	
20	Thu	
21	Fri	
22	Sat	Thanksgiving to Dharma-Protectors
23	Sun	
24	Mon	Tibetan New Year
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	

		□○	ལྷན་	7
		△△ ○	ལྷན་	8
		△○	ལུང་	9
		△△ ✿	དུས་ཚིག་	10
		□○	ལྷན་	11
		△△	ལྷན་	12
		□○ ☸	སྐུ་ལྷན་	13
		□△	ལྷན་	14
		△△ ○	ལྷན་	15
		○○	ལུང་	16
		△△	དུས་ཚིག་	17
		△○	ལྷན་	19
		△△	ལྷན་	20
		□△	སྐུ་ལྷན་	21
		□△	ལྷན་	22
		△△	ལྷན་	23
		□○	ལུང་	24
		□△ ✿	དུས་ཚིག་	25
		○○	ལྷན་	26
		○△	ལྷན་	27
		□□	སྐུ་ལྷན་	28
		བུལ་གཏོང་། □□ ☸ ☸	ལྷན་	29
		□△ ●	ལྷན་	30
		བོད་ཀྱི་ལོ་གསར་། ○○ 🏔️	ལུང་	1
		□△	དུས་ཚིག་	2
		△○	ལྷན་	3
		○△	ལྷན་	4
		□○	སྐུ་ལྷན་	5
		□△	ལྷན་	6

1	Sun	
2	Mon	
3	Tue	
4	Wed	
5	Thu	
6	Fri	
7	Sat	
8	Sun	
9	Mon	Buddha's Great Miracles
10	Tue	
11	Wed	
12	Thu	Kyabje Rabten Parinirvana
13	Fri	
14	Sat	
15	Sun	
16	Mon	
17	Tue	
18	Wed	
19	Thu	
20	Fri	
21	Sat	
22	Sun	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	
31	Tue	

		△△	ལྷོ	7
		△○ 0	ལམ	8
		□△	དམར	9
		○● ✿	ལྷན	10
		○●	ལྟེ	11
		□●	སྐུ་སྐྱེ	12
		□△	ལྷན	13
		△○	ལྷོ	14
	ཚུལ་ལྷུ་ལྟེ་སྐྱེ་ཆེན།	△○ ○ ✿	ལམ	15
		△△	དམར	16
		○●	ལྷན	17
	ལྷན་སྐྱེ་འབྲུག་བཀའ་སྲོལ་རྒྱུ་སྐྱེ།	● ✿	ལྟེ	18
		□●	སྐུ་སྐྱེ	19
		□●	ལྷན	20
		△△	ལྷོ	21
		□○	ལམ	22
		□△	དམར	24
		○○ ✿	ལྷན	25
		○●	ལྟེ	26
		□□	སྐུ་སྐྱེ	27
		□□	ལྷན	27
		△○	ལྷོ	28
		□○ ✿	ལམ	29
		△△ ●	དམར	30
		○○	ལྷན	1
		○●	ལྟེ	2
		□●	སྐུ་སྐྱེ	3
		□●	ལྷན	4
		△△	ལྷོ	5
		△○	ལམ	6
		□△	དམར	7

1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	
6	Mon	
7	Tue	
8	Wed	
9	Thu	
10	Fri	Good Friday
11	Sat	
12	Sun	Easter
13	Mon	
14	Tue	
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	

		୦୬	୦	ଶୁକ୍ର	8
		୦୬		ଶୁକ୍ର	9
		୦୭	✿	ଶୁକ୍ର	10
		୦୮		ଶୁକ୍ର	11
		୦୯		ଶୁକ୍ର	12
		୧୦		ଶୁକ୍ର	13
		୧୧	🌸	ଶୁକ୍ର	14
		୧୨	୦	ଶୁକ୍ର	15
		୧୩		ଶୁକ୍ର	17
		୧୪		ଶୁକ୍ର	18
		୧୫		ଶୁକ୍ର	19
		୧୬		ଶୁକ୍ର	20
		୧୭		ଶୁକ୍ର	21
		୧୮		ଶୁକ୍ର	22
		୧୯		ଶୁକ୍ର	23
		୨୦		ଶୁକ୍ର	24
		୨୧	✿	ଶୁକ୍ର	25
		୨୨		ଶୁକ୍ର	26
		୨୩		ଶୁକ୍ର	27
		୨୪		ଶୁକ୍ର	28
		୨୫		ଶୁକ୍ର	29
		୨୬	🌸	ଶୁକ୍ର	30
		୨୭		ଶୁକ୍ର	1
		୨୮		ଶୁକ୍ର	2
		୨୯		ଶୁକ୍ର	2
		୩୦		ଶୁକ୍ର	3
		୩୧		ଶୁକ୍ର	4
		୩୨		ଶୁକ୍ର	5
		୩୩		ଶୁକ୍ର	6
		୩୪		ଶୁକ୍ର	7

1	Fri	
2	Sat	
3	Sun	
4	Mon	
5	Tue	
6	Wed	
7	Thu	
8	Fri	
9	Sat	
10	Sun	
11	Mon	
12	Tue	
13	Wed	
14	Thu	
15	Fri	
16	Sat	
17	Sun	
18	Mon	
19	Tue	
20	Wed	
21	Thu	
22	Fri	
23	Sat	
24	Sun	
25	Mon	
26	Tue	
27	Wed	
28	Thu	
29	Fri	
30	Sat	
31	Sun	Whitsun

		□△ 0	शुक्र 8
		□○	शुक्र 9
		△△ ✨	शुक्र 11
		△○	शुक्र 12
		△△	शुक्र 13
		○△	शुक्र 14
		△△ ○ 🕯️	शुक्र 15
		□△	शुक्र 16
		□□	शुक्र 17
		□△	शुक्र 18
		○○	शुक्र 19
		△○	शुक्र 20
		□○	शुक्र 21
		□△	शुक्र 22
		□□	शुक्र 23
		□○	शुक्र 24
		□△ ✨	शुक्र 25
		△○	शुक्र 26
		△○	शुक्र 27
		○○	शुक्र 28
		△△ 🕯️	शुक्र 29
		□△ ●	शुक्र 30
		□△	शुक्र 1
		□△	शुक्र 2
		○△	शुक्र 3
		△○	शुक्र 4
		○△	शुक्र 5
		△△	शुक्र 6
		□○	शुक्र 7
		□△ 0	शुक्र 8
		△△	शुक्र 9

1	Mon	
2	Tue	
3	Wed	
4	Thu	
5	Fri	Buddha's Birth, Enlightenment, Parinirvana
6	Sat	
7	Sun	
8	Mon	
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	
14	Sun	
15	Mon	
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	
30	Tue	

		༠༠	མཎ	10
		༤༠	འཕྲུལ	11
		༠༠	ལྷན	12
		༠༠	ལྷན	14
	སྐུ་རློབ་དུས་ཚོལ།	༠༤	ལྷན	15
		༠༠	ལྷན	16
		༠༤	ལྷན	17
		༠༠	མཎ	18
		༤༠	འཕྲུལ	19
		༠༠	ལྷན	20
		༠༠	ལྷན	21
		༠༠	ལྷན	22
		༠༠	ལྷན	23
		༤༤	ལྷན	24
		༠༠	མཎ	25
		༤༠	འཕྲུལ	26
		༠༠	ལྷན	27
		༤༠	འཕྲུལ	27
		༠༤	ལྷན	28
		༠༤	ལྷན	29
		༠༤	ལྷན	30
		༠༠	མཎ	1
		༤༠	འཕྲུལ	2
		༠༠	ལྷན	3
		༤༠	འཕྲུལ	4
		༠༠	ལྷན	5
		༠༤	ལྷན	7
		༤༠	ལྷན	8
		༠༠	མཎ	9
		༤༠	འཕྲུལ	10

1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	Offering to all Protectors
6	Mon	
7	Tue	
8	Wed	
9	Thu	
10	Fri	
11	Sat	
12	Sun	
13	Mon	
14	Tue	
15	Wed	
16	Thu	
17	Fri	
18	Sat	
19	Sun	
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	Buddha's first turning of the Dharma-Wheel
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	
31	Fri	

		◉	ཨྱ	11
		△	ཡེ	12
		◻	སྤྱ	13
		◻	ལྷན	14
	འཇམ་ལྷོང་གླེང་བསའངས།	△ ◉ ◻	ལྷ	15
		◉	ལམ	16
		◻△	དཔྱར	17
		◻◉	ཨྱ	18
		◉	ཡེ	19
		◻	སྤྱ	20
		◻△	ལྷན	21
		△◉	ལྷ	22
		◉	ལམ	23
		△◉	དཔྱར	24
		◉	ཨྱ	25
		△	ཡེ	26
		◻△	སྤྱ	27
		◻	ལྷན	28
		△	ལྷ	29
		◉	ལམ	30
		△	དཔྱར	1
		△◉	ཨྱ	2
		◉	ཡེ	3
	ཚོས་འཁོར་དུས་ཚེ།	◻△	སྤྱ	4
		◻△	ལྷན	5
		△	ལྷ	6
		◉	ལམ	7
		△	དཔྱར	8
		△◉	ཨྱ	10
		◻	ཡེ	11
		◻	སྤྱ	12

1	Sat
2	Sun
3	Mon
4	Tue
5	Wed
6	Thu
7	Fri
8	Sat
9	Sun
10	Mon
11	Tue
12	Wed
13	Thu
14	Fri
15	Sat
16	Sun
17	Mon
18	Tue
19	Wed
20	Thu
21	Fri
22	Sat
23	Sun
24	Mon
25	Tue
26	Wed
27	Thu
28	Fri
29	Sat
30	Sun
31	Mon

	□	13
	△	14
	□ ○	15
	□△	16
	○○	17
	○△	18
	□□	19
	□△	20
	△	21
	○○	22
	△△	23
	△○	23
	△△	24
	□□	25
	□△	26
	△	27
	○△	28
	△△	29
	○○ ●	30
	△△	1
	□△	3
	□△	4
	△△	5
	○△	6
	△△	7
	△○	8
	□△	9
	□□	10
	□○	11
	△	12
	□○	13

1	Tue	
2	Wed	
3	Thu	
4	Fri	
5	Sat	
6	Sun	
7	Mon	
8	Tue	
9	Wed	Rishi-Star
10	Thu	*
11	Fri	*
12	Sat	*
13	Sun	*
14	Mon	*
15	Tue	*
16	Wed	
17	Thu	
18	Fri	
19	Sat	
20	Sun	
21	Mon	
22	Tue	
23	Wed	
24	Thu	
25	Fri	
26	Sat	
27	Sun	
28	Mon	
29	Tue	
30	Wed	

		□△	532	14
		○○ ○	53	15
		□△	54	16
		□△	55	17
		□○	56	18
		△○	57	19
		○△	58	20
		△△	59	21
	ਸ਼ਰਣਾਦਿਸ਼ਿ	△○	60	22
		△△	61	23
		□□	62	24
		□△	63	25
		△○	64	26
		○△	65	27
		△△	66	28
		○○	67	29
		△△ ●	68	30
		□△	69	1
		□△	70	2
		△△	71	3
		○△	72	4
		△△	73	6
		□○	74	7
		□△	75	8
		□○	76	9
		□○	77	10
		□△	78	11
		□○	79	12
		△○	80	13
		□○	81	14

1	Thu	
2	Fri	
3	Sat	
4	Sun	
5	Mon	
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	
11	Sun	
12	Mon	
13	Tue	
14	Wed	
15	Thu	Trijang Choktul Birthday
16	Fri	
17	Sat	
18	Sun	
19	Mon	
20	Tue	
21	Wed	
22	Thu	
23	Fri	
24	Sat	
25	Sun	
26	Mon	
27	Tue	
28	Wed	Kyabje Trijang Parinirvana
29	Thu	
30	Fri	
31	Sat	

		△△ ○ ྱ	ལྷན་སྐྱོད་	15
		□○	སྐྱོད་	16
		□○	ལྷན་སྐྱོད་	17
		△○	ལྷན་སྐྱོད་	18
		○△	ལྷན་སྐྱོད་	19
		△△	སྐྱོད་	19
		△○	ལྷན་སྐྱོད་	20
		□△	ལྷན་སྐྱོད་	21
		□△	སྐྱོད་	22
		□○	ལྷན་སྐྱོད་	23
		△△	ལྷན་སྐྱོད་	24
		△○ ྱ	ལྷན་སྐྱོད་	25
		△○	སྐྱོད་	26
		△○	ལྷན་སྐྱོད་	27
	ལྷན་སྐྱོད་ལྷན་སྐྱོད་ལྷན་སྐྱོད་ལྷན་སྐྱོད་	△△	ལྷན་སྐྱོད་	29
		□△ ● ྱ	སྐྱོད་	30
		□△	ལྷན་སྐྱོད་	1
		△△	ལྷན་སྐྱོད་	2
		○△	ལྷན་སྐྱོད་	3
		□△	སྐྱོད་	4
		□○	ལྷན་སྐྱོད་	5
		○△	ལྷན་སྐྱོད་	6
		□○	སྐྱོད་	7
		□□ 0	ལྷན་སྐྱོད་	8
		□△	ལྷན་སྐྱོད་	9
		○○ ྱ	ལྷན་སྐྱོད་	10
		□△	སྐྱོད་	11
	ལྷན་སྐྱོད་ལྷན་སྐྱོད་ལྷན་སྐྱོད་ལྷན་སྐྱོད་	□○ ྱ	ལྷན་སྐྱོད་	12
		△△	ལྷན་སྐྱོད་	13
		□○	སྐྱོད་	14
		□○ ○ ྱ	ལྷན་སྐྱོད་	15

1	Sun	All Saints
2	Mon	
3	Tue	
4	Wed	Rabten Choktul Birthday
5	Thu	
6	Fri	
7	Sat	Buddha's return from deva-land
8	Sun	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
14	Sat	
15	Sun	
16	Mon	
17	Tue	
18	Wed	Ling Choktul Birthday
19	Thu	
20	Fri	
21	Sat	
22	Sun	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
28	Sat	
29	Sun	
30	Mon	

		△△	ལྷོ	16
		△○	མུ	17
		△△	དམུར	18
	འབ་བརྒྱན་མཚོགས་ལུང་སྐུ་ལོ་རྒྱུད་སྐུ་རྒྱུ་	□○	ལྷོ	19
		△△	ལྷོ	20
		□○	སྐུ་ལོ་	21
	ལྷོ་བའ་སྐུ་དུས་ཚེས།	□△	ལྷོ	22
		△△	ལྷོ	23
		○○	མུ	24
		△△	དམུར	25
		△○	ལྷོ	26
		△△	ལྷོ	27
		□△	སྐུ་ལོ་	28
		□△	ལྷོ	29
		△△	ལྷོ	30
		△○	མུ	1
		□△	དམུར	3
	ལྷོ་བའ་མཚོགས་ལུང་སྐུ་ལོ་རྒྱུད་སྐུ་རྒྱུ་	□○	ལྷོ	4
		○△	ལྷོ	5
		□○	སྐུ་ལོ་	6
		□□	ལྷོ	7
		□△	ལྷོ	8
		○○	མུ	9
		□△	དམུར	10
		△○	ལྷོ	11
		○△	ལྷོ	12
		□○	སྐུ་ལོ་	13
		□△	ལྷོ	13
		△△	ལྷོ	14
		△○	མུ	15

1	Fri	New Year
2	Sat	Jetsun Choegi Gyaltzen Parinirvana
3	Sun	
4	Mon	
5	Tue	
6	Wed	Epiphany
7	Thu	
8	Fri	
9	Sat	
10	Sun	
11	Mon	
12	Tue	
13	Wed	
14	Thu	
15	Fri	
16	Sat	
17	Sun	
18	Mon	
19	Tue	
20	Wed	
21	Thu	
22	Fri	
23	Sat	
24	Sun	
25	Mon	
26	Tue	
27	Wed	
28	Thu	
29	Fri	
30	Sat	
31	Sun	

		□◐	སྤྲུལ་	18
	རྗེ་བཙུན་ཚེས་ཀྱི་རྒྱལ་མཚན་དགོངས་རྗེས་ལས།	□△	ལྷན་	19
		△○	ལོ་	20
		△○	ལམ་	21
		△△	དམའ་	22
		○◐	ལྷན་	23
		◐◐	ལྟན་	24
		□◐	སྤྲུལ་	25
		□◐	ལྷན་	26
		□△	ལོ་	27
		□○	ལམ་	28
		△○	དམའ་	29
		○○	ལྷན་	30
		□◐	ལྟན་	2
		□□	སྤྲུལ་	3
		□○	ལྷན་	4
		□△	ལོ་	5
		△○	ལམ་	5
		△△	དམའ་	6
		○○	ལྷན་	7
		○◐	ལྟན་	8
		□◐	སྤྲུལ་	9
		□△	ལྷན་	10
		△△	ལོ་	11
		□○	ལམ་	12
		△◐	དམའ་	13
		○○	ལྷན་	14
		◐◐	ལྟན་	15
		□△	སྤྲུལ་	16
		□○	ལྷན་	17
		△△	ལོ་	18

1	Mon	
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	
9	Tue	
10	Wed	Thanksgiving to Dharma-Protectors
11	Thu	
12	Fri	Tibetan New Year
13	Sat	
14	Sun	
15	Mon	
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	Buddha's Great Miracles
28	Sun	

		△○	མ	19
		△△	དམར	20
		○△	ཤུག	21
		△△	ཤེ	22
		□△	སྤྱི་ས	23
		□△	ལྷན	24
		□△ 	ལྷ	26
		□○	མ	27
		△○	དམར	28
		དགུ་གཤོངས།	○ ○ 	ཤུག 29
		□△  	ཤེ	30
		བོད་གླིང་གསར།	□ □ 	སྤྱི་ས 1
		□○	ལྷན	2
		□△	ལྷ	3
		△○	མ	4
		△○	དམར	5
		○○	ཤུག	6
		△△	ཤེ	7
		□△ 0	སྤྱི་ས	8
		□△	ལྷན	8
		□△	ལྷ	9
		○△ 	མ	10
		△○	དམར	11
		○○	ཤུག	12
		△△	ཤེ	13
		□△	སྤྱི་ས	14
		ཚོ་བུ་ལ་དུས་རྒྱུ།	□ ○  	ལྷ 15
		△△	ལྷ	16

1	Mon	
2	Tue	Kyabje Rabten Parinirvana
3	Wed	
4	Thu	
5	Fri	
6	Sat	
7	Sun	
8	Mon	
9	Tue	
10	Wed	
11	Thu	
12	Fri	
13	Sat	
14	Sun	
15	Mon	
16	Tue	
17	Wed	
18	Thu	
19	Fri	
20	Sat	
21	Sun	
22	Mon	
23	Tue	
24	Wed	
25	Thu	
26	Fri	
27	Sat	
28	Sun	
29	Mon	
30	Tue	
31	Wed	

		△○	ལཱ	17
	ལྷན་སྐྱོད་འཇུག་པའི་ལོ་རྒྱུས་ལྟར་།	△△ 	དམུང	18
		○△	ལྷན	20
		△△	ལྷན	21
		□△	ལྷན	22
		□□	ལྷན	23
		□△	ལྷན	24
		○○ 	ལཱ	25
		△○	དམུང	26
		□○	ལྷན	27
		□△	ལྷན	28
		□○	ལྷན	29
		□□ ● 	ལྷན	30
		△△	ལྷན	1
		○○	ལཱ	2
		△○	དམུང	3
		○△	ལྷན	4
		△△	ལྷན	5
		□△	ལྷན	6
		□△	ལྷན	7
		□△ 0	ལྷན	8
		○△	ལཱ	9
		△○ 	དམུང	10
		○△	ལྷན	11
		△△	ལྷན	12
		□○	ལྷན	13
		□△	ལྷན	14
		△△ ○ 	ལྷན	15
		○△	ལཱ	16
		△△	དམུང	17
		○△	ལྷན	18



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