

Liberation
TIBETAN CALENDAR 2017



YEAR OF THE FIRE BIRD 2144



Liberation Prison Project

2017 CALENDAR, Tibetan Year of the Fire Bird, 2144. Listed are twenty-one kinds of auspicious days and seventeen inauspicious days for various activities. Among these are favorable and unfavorable days according to the combination of elements: earth, air, fire and water, which impact on the effectiveness of one's activities as well as one's health. According to our astrologer Nawang Thartho, "Tibetans rely heavily on the influence of the elements and check them every day."

The favorable days are listed in order of the most favorable to least favorable; and the unfavorable days in order of least unfavorable to most unfavorable. There are also categories called Unfavorable Day and Very Unfavorable Day, which sometimes fall on one of the favorable element days; their influence is more powerful.

As always, many Tibetan days are either missed or repeated.

AUSPICIOUS DAYS

According to our astrologers, on Tibetan double days, Tsog should always be done on the first day; Fire pujas should be done only when listed. Naga, Medicine Buddha, Tara, and Protector pujas can be done on both days.

Birthdays and Anniversaries of Holy Beings

Buddha Days – B

Karmic results are multiplied one hundred million times, as cited by Lama Zopa Rinpoche, from the Vinaya text *Treasure of Quotations and Logic*.

- **Days 1–15 of Month 1:** Lord Buddha performed many miracles; the 15th is Day of Miracles.
- **Day 15 of Month 4:** Lord Buddha's birth, enlightenment and parinirvana (or, according to Geshe Dakpa and other sources, only the latter two).
- **Day 4 of Month 6:** Lord Buddha's first teaching.

- **Day 22 of Month 9:** Lord Buddha's actual descent from God Realm of Thirty-three.

Eclipses

The karmic results are multiplied by one hundred million on solar eclipses and by seven million on lunar. All the dates (see back pages) are also listed by NASA: eclipse.gsfc.nasa.gov.

Eight Mahayana Precepts

Rinpoche recommends taking these 24-hour vows on days on which the karmic effects of positive actions are multiplied:

- **Buddha days** (see above)
- **Days 8, 15 (full moon), 30 (new moon)** of every Tibetan month
- **Eclipses** (see above)

Favorable Day (Earth-Earth) – FD-EE

Less powerful than UD, VUD. Most auspicious. Earth-earth combination enables all goals, whatever you want, to be easily attained. Excellent for construction projects and making objects relating to the three doors of the Buddha (statues, stupas and books); buying land, doing business; increasing activities.

Favorable Day (Water-Water) – FD-WW

Less powerful than UD, VUD. Very auspicious. Water-water combination can increase vitality. Excellent for long-life practices and initiations; making and dispensing medicine; marriage and engagement; investments; expanding businesses, properties, etc.

Favorable Day (Earth-Water) – FD-EW

Less powerful than UD, VUD. Very auspicious. Earth-water combination can bring happiness. Excellent for joyful activities such as parties and weddings; enthronements and inductions.

Favorable Day (Fire-Fire) – FD-FF

Less powerful than UD, VUD. Auspicious. Fire-fire combination can increase wealth and property. Good for selling or doing business; charitable giving; wealth practices; planting seeds.



Favorable Day (Air-Air) – FD-AA

Less powerful than UD, VUD. Auspicious. Air-air combination enables goals to be achieved quickly. Good for moving house; travel; getting things done quickly; settling disputes; wrathful activities.

Favorable Day (Fire-Air) – FD-FA

Less powerful than UD, VUD. Auspicious. Fire-air combination enables success, power, action. Good for spiritual practice, making requests to deities such as Mahakala and Kalarupa; hanging prayer flags (except on NPF days). Peaceful, increasing, and powerful activities will succeed.

Fire Puja

Many days every month are good for fire pujas, required for those who have completed certain tantric retreats. Doing them “on the wrong days can cause sickness and obstacles,” according to Rinpoche.

Full Moon – ○

15th of Tibetan month; good for practice.

Medicine Buddha Puja

8th or 15th of every Tibetan month; recommended by Rinpoche.

Naga Puja

New Moon – ●

30th of Tibetan month; good for practice.

Prayer Flags – PF

Good for hanging prayer flags.

Prayers and Practices – PP

Good for spiritual practice.

Protector Puja

29th of Tibetan month.

Sojong: Monastics' Confession Days

In general, Sojong falls on the fifteenth day from the previous Sojong, except for every fourth Sojong, which falls on the fourteenth day. However, according to Geshe Dakpa, sometimes this pattern changes at the beginning and end of the lunar year.

Tara Puja

8th of every Tibetan month; recommended by Rinpoche.

Tsog Offering

10th and 25th of every Tibetan month; according to Rinpoche, “Those who have received an initiation into Highest Yoga Tantra have a commitment to perform tsog” on these days.

INAUSPICIOUS DAYS

If you must do activities that should be avoided on inauspicious days, Rinpoche advises that practices be done to counteract the obstacles; consult an astrologer or lama about which practices are best.

No Starting New Business Activities – NB

Days 2, 12, 22 of every Tibetan month.

No Community Events – NCE

Days 10, 20, 30 of every Tibetan month; not good for public community events, such as at one’s Dharma center.

No Cutting Hair – NCH

Applies to lay and ordained people; from *The Sutra Chapter of Bodhisattva's Hair, Pacifying the Date of Cutting Hair*, translated by Lama Zopa Rinpoche.

- Days 1, 2, 6, 7, 12, 16, 17, 20, 21, 24, 25, 28, 29, 30 of every Tibetan month.

No Funerals or Cremations – NF

Days 8, 18, 28 of every Tibetan month.



No Inviting Guests for Parties – NG

Days 1, 11, 21 of every Tibetan month.

No Starting to Build New Houses – NH

Days 6, 16, 26 of every Tibetan month.

No Memorials or Wakes – NM

Days 9, 19, 29 of every Tibetan month.

No Medical Procedures – NMP

Days 4, 8, 11, 15, 18, 22, 25, 29 of every Tibetan month.

No Prayer Flags – NPF

According to Rinpoche, by hanging prayer flags (including long prayer flags and banners) on the wrong dates, "you will continuously receive obstacles."

- Days 10, 22 of Months 1, 5, 9
- Days 7, 19 of Months 2, 6, 10
- Days 4, 16, 28 of Months 3, 7, 11
- Days 1, 13, 25 of Months 4, 8, 12

No Weddings – NW

Days 7, 17, 27 of every Tibetan month.

No Wealth Rituals – NWR

Unfavorable Day – UD

More powerful than FD. Not good for starting important activities.

Unfavorable Day (Earth-Air) – UD-EA

Inauspicious. Earth-air combination can cause decline in wealth and property. Not good for medical procedures or starting important activities.

Unfavorable Day (Water-Air) – UD-WA

Inauspicious. Water-air combination can cause disharmony, separating friends and family. Not good for medical procedures or starting important activities.

Unfavorable Day (Earth-Fire) – UD-EF

Inauspicious. Earth-fire combination can cause suffering, risk of burns, disputes. Not good for medical procedures or starting important activities.

Unfavorable Day (Fire-Water) – UD-FW

Most inauspicious. Fire-water combination can weaken vitality; risk of shortening lifespan. Not good for medical procedures or starting important activities.

Very Unfavorable Day – VUD

More powerful than FD. Not good for medical procedures or starting important activities.

SEE BACK PAGES FOR LIST OF WESTERN DATES



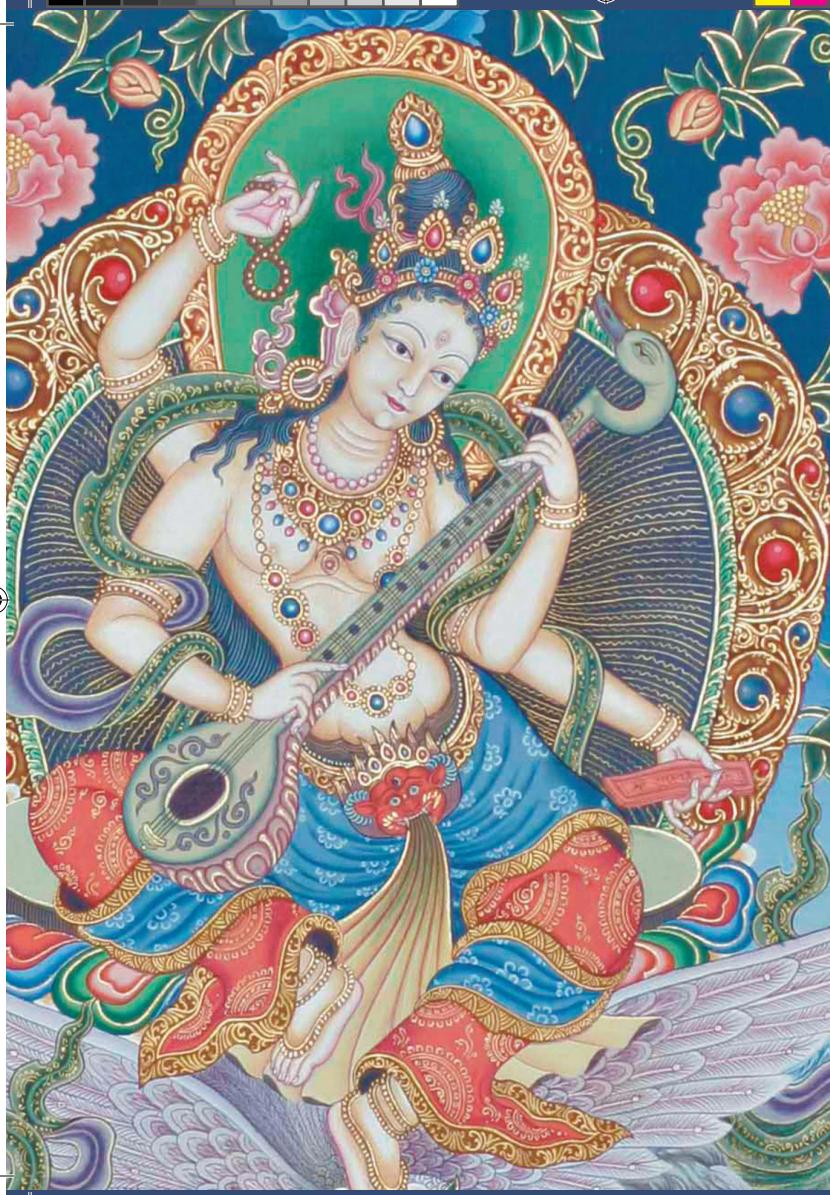
KEY

O	Full Moon
●	New Moon
B	Buddha Days
FD-AA	Favorable Day (Air-Air)
FD-EE	Favorable Day (Earth-Earth)
FD-EW	Favorable Day (Earth-Water)
FD-FA	Favorable Day (Fire-Air)
FD-FF	Favorable Day (Fire-Fire)
FD-WW	Favorable Day (Water-Water)
NB	No starting new business activities
NCE	No community events
NCH	No cutting hair
NF	No funerals or cremations
NG	No inviting guests for parties

NH	No starting to build new houses
NM	No memorials or wakes
NMP	No medical procedures
NPF	No prayer flags
NW	No weddings
NWR	No wealth rituals
PF	Prayer flags
PP	Prayers and practices
UD	Unfavorable Day
UD-EA	Unfavorable Day (Earth-Air)
UD-EF	Unfavorable Day (Earth-Fire)
UD-FW	Unfavorable Day (Fire-Water)
UD-WA	Unfavorable Day (Water-Air)
VUD	Very Unfavorable Day



FOR INFORMATION ABOUT PRACTICES RELATING TO THE VARIOUS BUDDHAS DEPICTED IN THIS CALENDAR, SEE FPMT.ORG.
FOR TEACHINGS BY LAMA YESHE, LAMA ZOPA RINPOCHE AND OTHER LAMAS, SEE LAMAYESHE.COM AND FPMT.ORG.



Just like space
And the great
elements such as
earth [and water, fire
and air]
May I always support
the lives
Of all the boundless
creatures.

Arya Shantideva

OM SARA SI DHI
HREM HREM

Sarasvati



JANUARY

MONTHS 11/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FD-WW PF 30 3	UD-EF NMP Fire Puja 31 4					UD-EF 1 3
FD-EW NMP NPF Fire puja 2 4	UD-FW 3 5	FD-EW NCH NH UD Fire puja 4 6	FD-FA NCH NW PP UD 5 7	FD-EW NM PF Fire puja 6 9	FD-EW NCE PP UD Tsog 7 10	FD-FF NG NMP NWR PF 8 11
UD-FW NB NCH Fire puja 9 12	UD-EF 10 13	UD-WA Fire puja Naga puja <i>Sakyra Pandita</i> 11 14	UD-WA NMP PP Precepts Medicine Buddha Sojong 12 15	UD-EA NCH NH NPF Fire puja 13 16	UD-EF NCH NW 14 17	UD-FW NF NMP Fire puja <i>Dudjom Rinpoche</i> 15 18
UD-FW NM VUD 16 19	FD-FF NCE NCH Fire puja 17 20	UD-WA NCH NG 18 21	FD-AA NB NMP Fire puja 19 22	UD-EA 20 23	UD-EA NCH Fire puja 21 24	FD-FA NCH NMP PP Fire puja Tsog 22 25
UD-FW NH 23 26	UD-EF NW Fire puja 24 27	FD-EW NCH NF NPF 25 28	UD-WA NCH NM NMP Fire puja Protector puja Sojong 26 29	FD-EW NCE NCH PP Precepts 27 30	FD-EE NCH NG NPF 28 1	UD-EF NB NCH NWR Fire puja 29 2



By contemplating
on that kind of
deep experience
– our wisdom
contemplating on only
the tiny, subtle object
of sound and that
subtle object of sound
also disappearing
– our wisdom is left
embracing empty
space. That helps us
eliminate our dualistic
mind.

Lama Yeshe

OM AH RA PA TSA
NA DHI

Manjushri



FEBRUARY

MONTHS 12/1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		UD-FW 5	UD-WA NCH NH Fire puja	2 6	FD-EW NCH NW PF PP	3 7
UD-FW NCE PP Naga puja Tsog	6 10	UD-EF NG NMP Fire puja	7 11	UD-WA NB NCH	8 12	UD-EA NF NMP PP Precepts Fire puja Medicine Buddha Tara puja
			FD-AA PP VUD Fire puja	9 14	UD-EF NMP PP Precepts Medicine Buddha Sojong	10 15
					FD-EW NCH NH Fire puja <i>Lunar Eclipse</i>	11 16
					FD-FF NM PF PP Fire puja	12 17
UD-FW NF NMP	13 18	FD-FF NM Fire puja	14 19	UD-WA NCE NCH	15 20	UD-EA NB NMP
				FD-AA NCH NG NWR Fire puja	16 21	17 22
					UD-EA NB NMP	18 22
					FD-FF PP NWR	19 23
FD-EW NCH PP Fire puja	20 24	UD-EF NCH NMP NPF PP UD Tsog	21 25	FD-WW NH Fire puja	22 26	UD-WA NW
					23 27	24 28
				FD-EE NCH NM NMP PP Protector puja Sojong	25 29	FD-EE NCE NCH PP Precepts Fire puja <i>Solar Eclipse</i>
						26 30
FD-EW NCH NG PF Precepts B 1 Fire puja <i>Losar: Tibetan New Year, Lama Thubten Yeshe</i>	27 1	FD-FF NB NCH PF Precepts B 2	28 2			



All the water
and drink you've
consumed
Through
beginningless time
until now
Has failed to slake
thirst or bring you
contentment.
Drink therefore this
stream
Of enlightenment
mind, fortunate ones.

Jetsun Milarepa

OM AH GURU HASA
VAJRA SARVA
SIDDHI PHALA HUM

Jetsun Milarepa



MARCH

MONTHS 1/2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FD-WW NWR Precepts Fire puja	1	UD-WA NMP Precepts	2	UD-EA Precepts Fire puja	3	UD-EF NCH NH Precepts	4	FD-FF NCH NW PF PP Precepts	5	
FD-EW NM PP PP Precepts Fire puja	6	FD-FA NCE NPF PP Precepts Tsog	7	FD-WW NG NMP VUD Precepts Fire puja	8	FD-AA NB NCH PF Precepts	9	UD-EF Precepts Fire puja	10	
UD-FW NCH NH Fire puja	13	FD-FA NCH NW PF	14	UD-WA NF NMP PF Fire puja	15	FD-AA NM	16	UD-EA NCE NCH Fire puja	17	
FD-EW 23	20	UD-FW NCH Fire puja	21	FD-WW NCH PP NMP 25 Naga puja Tsog	22	UD-WA NCH NMP PP Fire puja Naga puja Tsog	23	FD-EE NH	24	
FD-EW NCH NM NMP 29 PP Fire puja Protector puja	27	FD-FF NCE NCH UD Precepts	28	FD-WW NB NCH PF Fire puja	29	UD-WA 3	UD-EA NMP NWR Fire puja	31	UD-FW NCH NF Sojong	26



Tara said: Just by
reciting my name,
reciting my mantra
and remembering
me, you will purify
all obscurations, you
will be quickly freed
from all fears and
from different kinds
of suffering.

Khenrinpoche
Lama Lhundrup

OM TARE TUTTARE
TURE SOHA

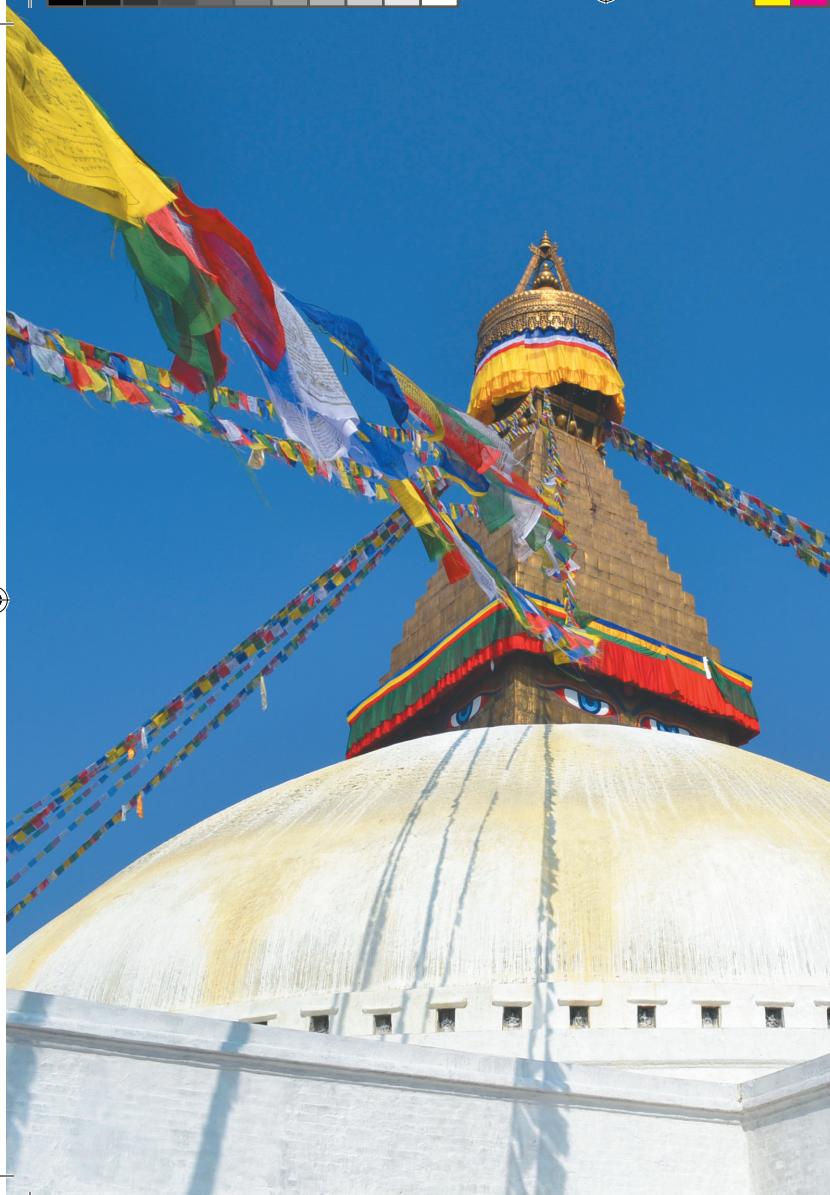
Buddha Tara



APRIL

MONTHS 2/3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					UD-EF 1 5	UD-EF 2 6
UD-WA NCH NPF NW 3 7	UD-FW NF NMP NWR 4 8	UD-WA NM PP VUD 5 9	FD-FA NCE PF PP Fire puja Tsog 6 10	FD-EW NG NMP PF 7 11	UD-EF NB NCH Fire puja 8 12	FD-FF PF Fire puja 9 13
UD-WA PP Sojong 10 14	FD-FA NMP PP UD Precepts Fire puja Medicine Buddha Naga puja Tara puja 11 15	UD-WA NCH NH 12 16	FD-AA NCH NW Fire puja 13 17	UD-EF NF NMP 14 18	UD-EF NM NPF Fire puja 15 19	UD-EF NCE NCH 16 20
FD-EW NCH NG Fire puja 17 21	UD-FW NB NMP 18 22	FD-WW Fire puja 19 23	UD-EA NCH 20 24	FD-EE NCH NMP PP Fire puja Tsog 21 25	FD-EW NH 22 26	UD-EF NW 23 27
UD-FW NCH NF Fire puja 24 28	UD-FW NCH NM NMP Protector puja Sojong 25 29	FD-WW NCE NCH PP Precepts Fire puja 26 30	FD-AA NCH NG PF Fire puja 27 1	UD-EF NB NCH 28 2	UD-EF Fire puja 29 3	UD-EF NMP NPF 30 4



It is said by the Victorious One, the Buddha, Drodan Gyälwa Chhö:
“By having recited this mantra, if you make one stupa or tsa-tsa, you receive the merit of having made ten million stupas or tsa-tsas.

Lama Zopa Rinpoche

OM HRI YA DHE
SARVA TATHAAGATA
HRIDAYA GARBE/
ZOLA DHARMA
DHATU GARBHE /
SANG HARANA AYU
SANGSHODHAYA/
PAPAM SARVA
TATHAAGATA
SAMENDRA AUSHNI
KHA VIMALE
BISHUDHE SVAHA

Boudhanath Stupa



MAY

MONTHS 3/4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UD-WA NWR Fire puja 1 5	FD-FA NCH NW VUD Fire puja 2 7	UD-FW NF NMP PP Precepts Medicine Buddha Tara puja 3 8	FD-FA NM PP Fire puja 4 9	UD-EF NCE PP Precepts Tsog 5 10	UD-EF NG NMP NWR UD Fire puja 6 11	FD-FA NB NCH PF 7 12
UD-WA Fire puja 8 13	FD-FA PF PP 9 14	UD-WA NMP PP Fire puja Precepts Medicine Buddha Sojung ○ 10 15	FD-AA NCH NH NPF UD 11 16	UD-EF NCH NW Fire puja 12 17	FD-EE NF NMP 13 18	UD-EF NM 14 19
FD-WW NM 15 19	UD-FW NCE NCH Fire puja Naga puja 16 20	FD-EW NCH NG 17 21	UD-EA NB NMP Fire puja Naga puja 18 22	FD-EW PP 19 23	FD-EE NCH PP Fire puja 20 24	FD-FF NCH NMP PP Fire puja Tsog 21 25
FD-WW NH 22 26	FD-FA NW Fire puja 23 27	UD-WA NCH NF NPF PP Sojung 24 28	FD-FA NCE NCH PP Precepts Fire puja 25 30	UD-EF NCH NG NPF Fire puja 26 1	FD-EE NB NCH PF 27 2	FD-FA PF 28 3
FD-WW NMP PF Fire puja 29 4	FD-FA VUD Naga puja 30 5	UD-FW NCH NH NWR Fire puja 31 6				



The heart is like a
garden. It can grow
compassion or fear,
resentment or love.
What seeds will you
plant there?

Shakyamuni Buddha

TADYATHA OM
MUNE MUNE MAHA
MUNIYE SVAHA

Shakyamuni Buddha



JUNE

MONTHS 4/5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			UD-WA NCH NW PP Precepts 1 7	UD-EF NF NMP PP Precepts Fire puja Medicine Buddha Tara puja 2 8	UD-EF NM PP 3 9	FD-FA NCE PF PP Fire puja Tsog 4 10
UD-WA NG NMP 5 11	FD-FA NB NCH PF Fire puja 6 12	UD-WA NPF 7 13	FD-FA PF PP Fire puja Sojong 8 14	FD-EE NMP PF PP Precepts B Medicine Buddha <i>Lord Buddha's birth, enlightenment & parinirvana</i> 9 15	FD-EE NCH NH Fire puja 10 16	UD-FW NCH NW Fire puja 11 17
FD-WW NF NMP 12 18	UD-FW NM Fire puja 13 19	FD-EW NCE NCH Naga puja 14 20	UD-EA NCH NG Fire puja 15 21	FD-EW NB NMP NWR 16 22	FD-EE Fire puja 17 23	FD-FF NCH UD 18 24
FD-WW NCH NMP NPF PP UD Fire puja Naga puja Tsog 19 25	UD-FW NH 20 26	UD-WA NW Fire puja 21 27	FD-FA NCH NF 22 28	FD-EE NCH NM NMP PP Fire puja Protector puja Sojong 23 29	FD-EW NCE NCH PP Precepts 24 30	FD-FA NCH NG PF Fire puja 25 1
UD-WA VUD 26 3	FD-FF NMP PF Fire puja 27 4	FD-WW PF 28 5	FD-FA NCH NH PF Fire puja 29 6	UD-EF NCH NW NWR 30 7		



Compassion is
by nature gentle,
peaceful and soft, but
it is very powerful.

**His Holiness the
Dalai Lama**

OM AH GURU
VAJRADHARA
BHATTARAK
MANJUSHRI
VAGINDRA SUMATI
JNANA SHASANA
DHARA SAMUDRA
SHRI BHADRA SARVA
SIDDHI HUM HUM

**(His Holiness'
Name Mantra)**

His Holiness the Dalai Lama



JULY

MONTHS 5/6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UD-WA NF NMP NWR PP Precepts Medicine Buddha Tara puja 31 8					UD-EA NF NMP PP UD Precepts Fire puja Medicine Buddha Tara puja 1 8	FD-FA NM UD Fire puja Naga puja 2 9
UD-WA NCE NPF PP Tsog <i>Guru Rinpoche</i> 3 10	FD-FA NG NMP PF Fire puja 4 11	UD-FW NB NCH 5 12	FD-FA PF Fire puja <i>His Holiness the Dalai Lama's 82nd birthday</i> 6 13	FD-EE PF 7 14	FD-EE PF PP Sojung 8 14	UD-FW NMP PP Precepts Medicine Buddha 9 15
FD-WW NCH NH Fire puja 10 16	UD-EF NCH NW 11 17	FD-EW NF NMP Fire puja 12 18	UD-WA NM NWR 13 19	FD-EE NCE NCH Fire puja 14 20	UD-EF NCH NG 15 21	UD-FW NB NMP NPF Fire puja 16 22
FD-WW NCH NG PF Fire puja 17 23	FD-FA NCH PP Fire puja 18 24	UD-FW NH Fire puja 19 26	UD-EA NW 20 27	UD-EA NCH NF Fire puja 21 28	FD-EW NCH NM NMP PP Protector puja Sojung 22 29	FD-FA NCE NCH PP Precepts Fire puja 23 30
FD-WW NCH NG PF Fire puja 24 1	FD-FF NB NCH VUD 25 2	UD-FW Fire puja 26 3	FD-FA NMP PF Precepts <i>Lord Buddha's first teaching</i> 27 4	UD-EA Fire puja 28 5	UD-EA NCH NH 29 6	FD-FA NCH NPF NW PP 30 7



Whoever takes up
the practice of vinaya
[ethics],
With great
conscientiousness,
Abandons the cycle
of rebirth
And thus brings an
end to suffering.

Shakyamuni Buddha
Tibetan text on the
Wheel of Life

OM MANI PADME
HUM

Wheel of Life



AUGUST

MONTHS 6/7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FD-FA NM PF PP 1 9	UD-FW NCE NWR PP Fire puja Tsog 2 10	UD-EA NG NMP 3 11	FD-EE NB NCH PF Fire puja 4 12	FD-EW PF 5 13	UD-FW Fire puja Sojong 6 14
FD-EW NMP PF PP Precepts Fire puja, Medicine Buddha, Naga puja <i>Lunar Eclipse</i> <i>Gampopa</i> 7 15	UD-EF NCH NH UD Fire puja 8 16	FD-WW NCH NW 9 17	UD-EA NF NMP UD Fire puja 10 18	UD-EF NM NPF 11 19	FD-EW NCE NCH Fire puja 12 20	UD-FW NCH NG Fire puja 13 21
UD-WA NB NMP 14 22	FD-FF PP Fire puja 15 23	FD-EW NCH PP 16 24	FD-AA NCH NMP PP Fire puja Tsog 17 25	FD-EW NH 18 26	UD-EA NCH NF Fire puja 19 28	FD-FA NCH NM NMP Fire puja Protector puja 20 29
FD-WW NCE NCH PP Precepts Sojung <i>Solar Eclipse</i> 21 30	FD-FF NCH NG VUD Naga puja 22 1	UD-FW NB NCH Fire puja 23 2	FD-FA PF 24 3	UD-EA NMP NPF Fire puja 25 4	UD-EA 26 5	FD-FA NCH NH PF Fire puja 27 6
UD-WA NCH NW 28 7	FD-FF NF NMP PF PP Precepts Fire puja Medicine Buddha Tara puja 29 8	FD-EW NM PF 30 9	UD-EA NCE PP Fire puja Tsog 31 10			



When the environment and its inhabitants overflow with unwholesomeness, transform adverse circumstances into the path of enlightenment. Apply meditation immediately at every opportunity.

Pabongka Rinpoche

OM AH HUM VAJRA
GURU PADMA
SIDDHI HUM

Guru Rinpoche,
Padmasambhava



SEPTEMBER

MONTHS 7/8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FD-EW PF Fire puja	4 13	UD-EF PP Sojong	5 14	FD-WW NMP PF PP Precepts Fire puja Medicine Buddha	6 15	UD-EA NCH NH NPF <i>His Holiness Sakya Trizin's 72nd birthday</i>	7 16	UD-EF NCH NW Fire puja	8 17	FD-EW NG NMP PF Fire puja Naga puja	1 11	FD-EW NG NMP PF Fire puja Naga puja	2 11	UD-EF NB NCH	3 12
UD-WA NCH NG Fire puja Naga puja	11 21	UD-EF NB NMP NWR Naga puja	12 22	UD-WA Fire puja	13 23	UD-WA NCH	14 24	UD-EA NCH NMP PP Fire puja Tsog	15 25	UD-EA NH	16 26	UD-FW NM	10 19		
UD-FW NCH NF NPF Fire puja	18 28	FD-FF NCH NM NMP PP NWR VUD Protector puja Sojong	19 29	UD-FW NCE NCH PP UD Precepts Fire puja	20 30	FD-AA NCH NG NPF NWR Fire puja	21 1	UD-EA NB NCH	22 2	UD-EA Fire puja	23 3	FD-FA NMP PF	24 4		
UD-FW Fire puja	25 5	UD-EF NCH NH	26 6	FD-EW NCH NW PF PP Fire puja	27 7	UD-EA NF NMP PP Precepts Medicine Buddha Naga puja Tara puja	28 8	FD-EW NM PP UD Fire puja	29 9	FD-EW NCE PP UD Tsog	30 10				



It is love that leads us to embrace our connectedness to others, and to participate willingly in the relations created by our interdependence. Love can melt away our defences and our painful sense of separation.

HH the 17th Karmapa

OM AMOGASIDDHI
AH HUM

Amogasiddhi



OCTOBER

MONTHS 8/9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FD-WW NCE NPF PP Tsog 30 10	UD-EF NG NMP Fire puja 31 11					UD-EF NG NMP 1 11
FD-EW NB NCH PF Fire puja 2 12	UD-FW NPF 3 13	FD-EW PF PP Fire puja Sojong 4 14	FD-FA NMP PF PP Precepts Medicine Buddha 5 15	FD-EW NCH NH Fire puja 6 16	FD-EW NCH NW 7 17	FD-FA NF NMP Fire puja Naga puja 8 18
UD-FW NM 9 19	FD-FF NCE NCH Fire puja 10 20	FD-EW NCH NG 11 21	FD-AA NB NMP Fire puja 12 22	FD-EW PP 13 23	UD-EF NCH NMP NPF PP Tsog 14 25	UD-FW NH Fire puja 15 26
UD-FW NW VUD 16 27	FD-FF NCH NF Fire puja 17 28	UD-WA NCH NM NMP Protector puja 18 29	FD-AA NCE NCH PP Precepts Fire puja Sojong 19 30	UD-EA NCH NG NWR Fire puja 20 1	UD-EA NB NCH 21 2	FD-FA PF 22 3
UD-FW NMP Fire puja 23 4	UD-EF 24 5	FD-EW NCH NH PF Fire puja 25 6	UD-WA NCH NH 26 6	FD-EW NCH NW PF PP Naga puja 27 7	FD-EW NF NMP PF PP Precepts Fire puja Medicine Buddha Tara puja 28 8	UD-EF NM PP Fire puja <i>Sixteenth Karmapa</i> 29 9



Meditation is a force
to stop problems, not
something that you
can only practice very
quietly somewhere on
a mountain.

Lama Zopa Rinpoche

OM BHRUM SVAHA /
OM AMRITA AYUR DA
DE SVAHA

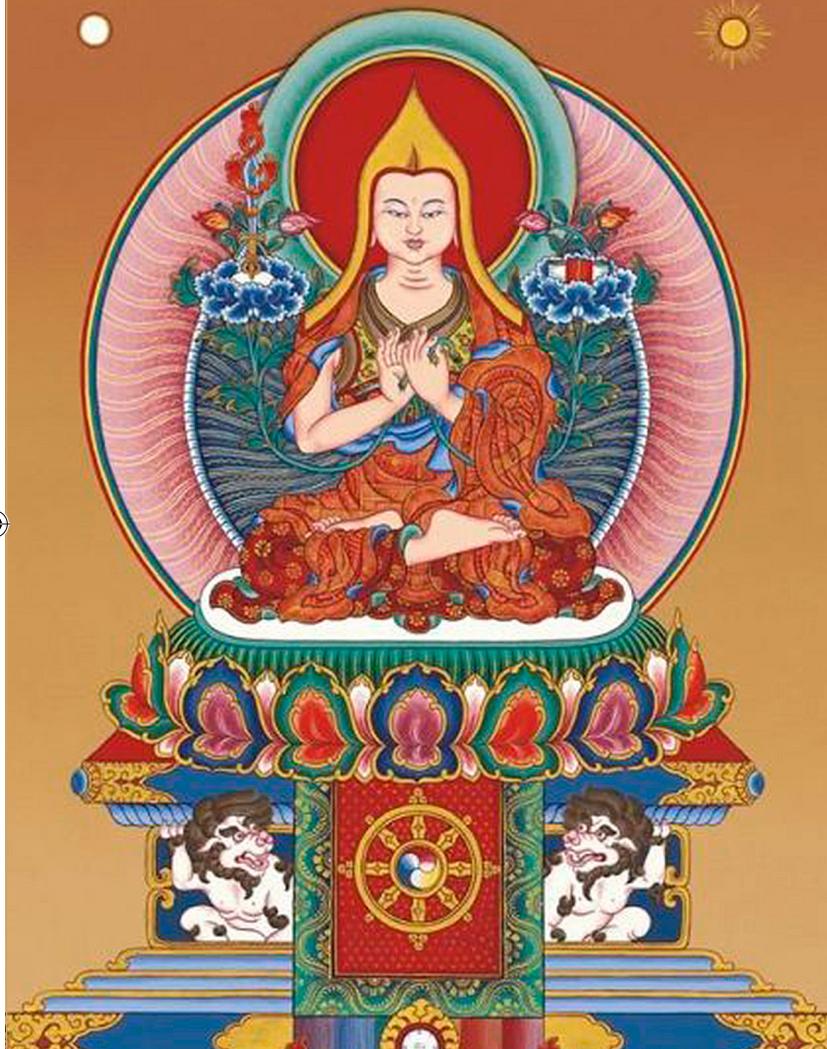
Namgyelma



NOVEMBER

MONTHS 9/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		UD-FW NB NCH 1 12	UD-WA 13	FD-EW PF PP Sojong 3 14	UD-EA NMP PP UD Precepts Medicine Buddha 4 15 ○	FD-FF NCH NH NWR 5 16
UD-FW NF NMP 6 18	UD-EF NM 7 19	UD-WA NCE NCH UD 8 20	UD-WA NCH NG 9 21	UD-EA NB NMP NPF Precepts Lord Buddha's Descent from God Realm of Thirty-three 10 22	UD-EF 11 23	UD-FW NCH PP 12 24
UD-FW NCH NMP PP VUD Tsog 13 25	FD-FF NH 14 26	UD-WA NW 15 27	FD-AA NCH NF 16 28	UD-EA NCH NM NMP PP Protector puja Sojong 17 29	UD-EA NCE NCH PP Precepts 18 30 ●	FD-FF NCH NG PF 19 1
FD-EW NB NCH PF 20 2	UD-EF 21 3	FD-WW NMP PF 22 4	UD-WA 23 5	FD-EW NCH NH PF 24 6	FD-EW NCH NW NPF 25 7	UD-EF NF NMP PP Precepts Medicine Buddha Tara puja 26 8
FD-WW NM NWR 27 9	UD-EF NCE PP Tsog 28 10	UD-FW NG NMP 29 11	UD-WA NB NCH 30 12			



Wisdom is the eye that sees the profound suchness; It's the path eradicating cyclic existence from its very root; It's a treasury of higher qualities that are praised in all scriptures.

Lama Tsong Khapa

OM AH GURU
VAJRADHARA
SUMATI KIRTI SIDDHI
HUM HUM

Lama Tsong Khapa



DECEMBER

MONTHS 10/11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FD-EW 1 14 Happy New Year				FD-EW PF 1 13	UD-EA Sojong 2 14	FD-FF NMP PF PP Precepts Medicine Buddha 3 15
FD-EW 4 16 NCH NH	FD-FA NCH NW 5 17	FD-WW NF NMP 6 18	FD-AA NM NPF 7 19	UD-EF NCE NCH 8 20	FD-EW NB NMP 9 22	FD-FF VUD 10 23
UD-FW 11 24 NCH	FD-FA NCH NMP PP UD Tsog <i>Lama Tsong Khapa</i> 12 25	UD-WA NH 13 26	FD-AA NW 14 27	UD-EA NCH NF 15 28	UD-EF NCH NM NMP NWR Protector puja 16 29	UD-EF NCE NCH PP UD Precepts Sojong 17 30
FD-EW 18 30 NCE NCH PP	UD-FW NCH NG NWR 19 1	FD-WW NB NCH PF 20 2	UD-WA 21 3	FD-EE NMP NPF 22 4	FD-EE PF 23 5	UD-FW NCH NH 24 6
FD-EW 25 7 NCH NW PF PP	FD-FF NF NMP PF PP Precepts Medicine Buddha Tara puja 26 8	FD-WW NM PF PP 27 9	UD-WA NCE PP Tsog 28 10	UD-EA NG NMP NWR 29 11	UD-EF NB NCH 30 12	FD-FF PF 31 13



Auspicious Days

Birthdays and Anniversaries of Holy Beings

January 11: Sakya Pandita
January 15: Dudjom Rinpoche
February 27: Lama Thubten Yeshe
March 11: Milarepa
July 3: Guru Rinpoche
July 6: His Holiness the Dalai Lama's 82nd birthday
August 7: Gampopa
September 7: His Holiness Sakya Trizin's 72nd birthday
October 29: Sixteenth Karmapa
December 12: Lama Tsong Khapa

Buddha Day – B

February 27 to March 12: Day of Miracles
June 9: Lord Buddha's birth, Enlightenment and parinirvana (or latter two)
July 27: Lord Buddha's first teaching
November 10: Lord Buddha's descent from God Realm of Thirty-three

Eclipse

Lunar: February 11, August 7,
Solar: February 26, August 21

Eight Mahayana Precepts

January 12, 27
February 4, 10, 26, 27, 28
March 1 to 12, 28
April 4, 11, 26
May 3, 10, 25
June 1, 2, 9, 24
July 1, 9, 23, 27, 31
August 7, 21, 29
September 6, 20, 28

October 5, 19, 28
November 4, 10, 18, 26
December 3, 17, 26

Favorable Day – FD-EE

(Earth-Earth)
See calendar; many every month

Favorable Day – FD-WW

(Water-Water)
See calendar; many every month

Favorable Day – FD-EW

(Earth-Water)
See calendar; many every month

Favorable Day – FD-FF

(Fire Fire)
See calendar; many every month

Favorable Day – FD-AA

(Air-Air)
See calendar; many every month

Favorable Day – FD-FA

(Fire Air)
See calendar; many every month

Fire Puja

See calendar; many every month

Full Moon

January 12
February 10
March 12
April 11
May 10
June 9
July 9
August 7
September 6
October 5

November 4
December 3

Medicine Buddha Puja

January 12
February 4, 10
March 12
April 4, 11
May 3, 10
June 2, 9
July 1, 9, 31
August 7, 29
September 6, 28
October 5, 28
November 4, 26
December 3, 26

Naga Puja

January 11
February 6
March 22, 23
April 4, 11
May 16, 18, 30
June 14, 19
July 2
August 7, 22
September 1, 11, 12, 28
October 8, 27

New Moon

January 27
February 26
March 28
April 26
May 25
June 24
July 23
August 21
September 20
October 19
November 18
December 17



Prayer Flags – PF

January 6, 8, 30
February 3, 5, 27, 28
March 5, 6, 9, 14, 15, 29
April 6, 7, 9, 27
May 7, 9, 27, 28, 29
June 4, 6, 8, 9, 25, 27, 28, 29
July 4, 6, 7, 8, 24, 27
August 1, 4, 5, 7, 24, 27, 29, 30
September 1, 2, 4, 6, 24, 27
October 2, 4, 5, 22, 25, 27, 28
November 3, 19, 20, 22, 24
December 1, 3, 20, 23, 25, 26, 27, 31

Prayers and Practices – PP

January 5, 7, 12, 22, 27
February 3, 4, 5, 6, 9, 10, 19, 20, 21, 25, 26
March 5, 6, 7, 11, 12, 22, 23, 27
April 5, 6, 10, 11, 21, 26
May 3, 4, 5, 9, 10, 19, 20, 21, 24, 25
June 1, 2, 3, 4, 8, 9, 19, 23, 24
July 1, 3, 8, 9, 18, 22, 23, 30, 31
August 1, 2, 7, 15, 16, 17, 21, 29, 31
September 5, 6, 15, 19, 20, 27, 28, 29, 30
October 4, 5, 13, 14, 19, 27, 28, 29, 30
November 3, 4, 12, 13, 17, 18, 26, 28
December 3, 12, 17, 18, 25, 26, 27, 28

Protector Puja

January 26
February 25
March 27
April 25
June 23
July 22
August 20
September 19
October 18
November 17
December 16

Sojong: Monastics' Confession Days

January 12, 26
February 10, 25
March 12, 26
April 10, 25
May 10, 24
June 8, 23
July 8, 22
August 6, 21
September 5, 19
October 4, 19
November 3, 17
December 2, 17

Tara Puja

February 4
April 4
May 3
June 2
July 1, 31
August 29
September 28
October 28
November 26
December 26

Tsog Offering

January 7, 22
February 6, 21
March 7, 23
April 6, 21
May 5, 21
June 4, 19
July 3
August 2, 17, 31
September 15, 30
October 14, 30
November 13, 28
December 12, 28

Inauspicious Days

No Starting New Business Activities

- NB
January 9, 19, 29
February 8, 17, 18, 28
March 9, 19, 29
April 8, 18, 28
May 7, 18, 27
June 6, 16
July 5, 16, 25
August 4, 14, 23
September 3, 12, 22
October 2, 12, 21
November 1, 10, 20, 30
December 9, 20, 30

No Community Events – NCE

January 7, 17, 27
February 6, 15, 26
March 7, 17, 28
April 6, 16, 26
May 5, 16, 25
June 4, 14, 24
July 3, 14, 23
August 2, 12, 21, 31
September 20, 30
October 10, 19, 30
November 8, 18, 28
December 8, 17, 28



No Cutting Hair – NCH

January 4, 5, 9, 13, 14, 17, 18, 21, 22, 25, 26, 27, 28, 29
February 2, 3, 8, 11, 12, 15, 16, 20, 21, 24, 25, 26, 27, 28, 29
March 4, 5, 9, 13, 14, 17, 18, 21, 22, 23, 26, 27, 28, 29
April 2, 3, 8, 12, 13, 16, 17, 20, 21, 24, 25, 26, 27, 28
May 2, 7, 11, 12, 16, 17, 20, 21, 24, 25, 26, 27, 31
June 1, 6, 10, 11, 14, 15, 18, 19, 22, 23, 24, 25, 29, 30
July 5, 10, 11, 14, 15, 18, 21, 22, 23, 24, 25, 29, 30
August 4, 8, 9, 12, 13, 16, 17, 19, 20, 21, 22, 23, 27, 28
September 3, 7, 8, 11, 14, 15, 18, 19, 20, 21, 22, 26, 27
October 2, 6, 7, 10, 11, 14, 17, 18, 19, 20, 21, 25, 26, 27
November 1, 5, 8, 9, 12, 13, 16, 17, 18, 19, 20, 24, 25, 30
December 4, 5, 8, 11, 12, 15, 16, 17, 18, 19, 20, 24, 25, 30

No Funerals or Cremations – NF

January 15, 25
February 4, 13, 24
March 15, 26
April 4, 14, 24
May 3, 13, 24
June 2, 12, 22
July 1, 12, 21, 31
August 10, 19, 29
September 9, 18, 28
October 8, 17, 28
November 6, 16, 26
December 6, 15, 26

No Inviting Guests for Parties – NG

January 8, 18, 28
February 7, 16, 27
March 8, 18
April 7, 17, 27
May 6, 17, 26
June 5, 15, 25
July 4, 15, 24
August 3, 13, 22
September 1, 2, 11, 21
October 1, 11, 20, 31
November 9, 19, 29
December 19, 29

No Starting to Build New Houses – NH

January 4, 13, 23
February 2, 11, 22
March 4, 13, 24
April 2, 12, 22
May 11, 22, 31
June 10, 20, 29
July 10, 19, 29
August 8, 18, 27
September 7, 16, 26
October 6, 15, 25, 26
November 5, 14, 24
December 4, 13, 24

No Memorial or Wakes – NM

January 6, 16, 26
February 5, 14, 25
March 6, 16, 27
April 5, 15, 25
May 4, 14, 15
June 3, 13, 23
July 2, 13, 22
August 1, 11, 20, 30
September 10, 19, 29
October 9, 18, 29
November 7, 17, 27
December 7, 16, 27

No Medical Procedures – NMP

January 2, 8, 12, 15, 19, 22, 26, 31
February 4, 7, 10, 13, 17, 21, 25
March 2, 8, 12, 15, 19, 22, 27, 31
April 4, 7, 11, 14, 18, 21, 25, 30
May 3, 6, 10, 13, 18, 21, 29
June 2, 5, 9, 12, 16, 19, 23, 27
July 1, 4, 9, 12, 16, 22, 27, 31
August 3, 7, 10, 14, 17, 20, 25, 29
September 1, 2, 6, 9, 12, 15, 19, 24, 28
October 1, 5, 8, 12, 14, 18, 23, 28, 31
November 4, 6, 10, 13, 17, 22, 26, 29
December 3, 6, 9, 12, 16, 22, 26, 29

No Prayer Flags – NPF

January 2, 13, 25, 28
February 21
March 7, 19
April 3, 15, 30
May 11, 24, 26
June 7, 19
July 3, 16, 30
August 11, 25
September 7, 18, 21
October 3, 14, 30
November 10, 25
December 7, 22

No Weddings – NW

January 5, 14, 24
February 3, 12, 23
March 5, 14, 25
April 3, 13, 23
May 2, 12, 23
June 1, 11, 21, 30
July 11, 20, 30
August 9, 28
September 8, 17, 27
October 7, 16, 27
November 15, 25
December 5, 14, 25



No Wealth Rituals – NWR

January 8, 29
February 16, 19
March 1, 31
April 4
May 1, 6, 31
June 16, 30
July 13, 31
August 2
September 12, 19, 21
October 20
November 5, 27
December 16, 19, 29

Unfavorable Day – UD

January 4, 5, 7
February 21
March 18, 28
April 4, 11
May 6, 11
June 18, 19
July 1, 2
August 8, 10
September 17, 20, 29, 30
November 4, 8
December 12, 17

Unfavorable Day – UD-EA

(Earth-Air)
See calendar; many every month

Unfavorable Day – UD-WA

(Water-Air)
See calendar; many every month

Unfavorable Day – UD-EF

(Earth-Fire)
See calendar; many every month

Unfavorable Day – UD-FW

(Fire-Water)
See calendar; many every month

Very Unfavorable Day – VUD

January 16
February 9
March 8
April 5
May 2, 30
June 26
July 25
August 22
September 19

October 16
November 13
December 10



FROM THE SUTRA CHAPTER OF BODHISATTVA'S HAIR: **PACIFYING THE DATE OF CUTTING HAIR**

Lama Zopa Rinpoche translated this text giving the results of cutting one's hair on various days. This advice applies to ordained and lay people alike.

The days mentioned are from the Tibetan calendar. We include the dates here for your easy reference.

Colophon: Translated by Lama Zopa Rinpoche, Crestone Colorado, June 2008.

Scribed by Ven. Holly Ansett. Lightly edited and formatted by Ven. Gyalten Mindrol, FPMT Education Services, September 2008



- 1st** one will have a short life
- 2nd** one will have many diseases
- 3rd** wealth will come
- 4th** one will have good complexion of one's body
- 5th** one's possessions will increase
- 6th** one will be sued (court case)
- 7th** one's complexion (body color) will disappear
- 8th** one will have long life
- 9th** one will meet youthful people (boyfriend, girlfriend)
- 10th** one will have great power
- 11th** one will have sharp intelligence
- 12th** there will be danger to one's life
- 13th** it is good for all living beings
- 14th** one will become wealthy
- 15th** it is auspicious
- 16th** one will have thirst
- 17th** the color of your flesh will turn blue
- 18th** one will receive possessions
- 19th** one will meet good people (people who will help you)
- 20th** one will have hunger and thirst
- 21st** one will have diseases
- 22nd** one will find food and water
- 23rd** good will come, things will be positive
- 24th** one will have eye pain
- 25th** one will get contagious diseases
- 26th** one will always be happy
- 27th** one's virtue will increase
- 28th** fighting and quarrelling will happen
- 29th** one's life/spirit potential will wander
- 30th** one will meet with persons who have died and have been reborn as spirits in human form



JANUARY

Saravati

Buddha of Wisdom and Art

Artist: Unknown, Kechara House Buddhist Association
Quote: Arya Shantideva *A Guide to the Bodhisattvas Way of Life* cited in *Wholesome Fear* by Lama Zopa Rinpoche, Wisdom Publications 2010



FEBRUARY

Manjushri

Buddha of Wisdom

Status: Vajrayana Institute, Sydney

Photo: Jan Cregan

Quote: Lama Thubten Yeshe, *Commentary on the Manjushri yoga method*, England, September 1977 lamayeshe.com



MARCH

Jetsun Milarepa

Tibetan saint, 12th century

Artwork and Photo: Andy Weber Studios

Quote: Milarepa *Drinking the Mountain Stream*, Lama Kunga Rinpoche and Brian Cutillo, Wisdom Publications 1995



APRIL

Buddha Tara Invincible Queen

Artist: Thupten Gyatso, Vajrayana Institute, Sydney

Photo: Jan Cregan

Quote: Khenrinpoche Lama Lhundrup, *A Commentary on Praises to the Twenty-One Taras* lamayeshe.com



MAY

Boudhanath Stupa, Kathmandu, Nepal

Photo: Kevin Ison

Quote: Lama Zopa Rinpoche, *Benefits and Practices related to Statues and Stupas Part 2*, FPMT



JUNE

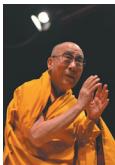
Shakyamuni Buddha

The Buddha of this time

Status: near Lhasa, Tibet

Photo: Dennis Jarvis

Quote: Shakyamuni Buddha
www.motivationalquotes.com



JULY

His Holiness the Dalai Lama

Photo: Anna Cadden

Quote: His Holiness the Dalai Lama
www.dalailama.com



AUGUST

Wheel of Life

Thangka at Vajrayana Institute, Sydney

Photo: Jan Cregan

Quote: Shakyamuni Buddha *Tibetan text on the Wheel of Life*



SEPTEMBER

Guru Rinpoche, Padmasambhava

Tibetan saint, 8th century

Artist: Peter Tuohy, Liberation Prison Project student, Cooma NSW, Australia

Quote: Pabonka Rinpoche *Seven Point Mind Training*
lamayeshe.com



OCTOBER

Amogasiddhi

Buddha of All-Accomplishing Wisdom

Photo: Dennis Jarvis

Quote: HH the 17th Karmapa *The Heart is Noble*, Shambhala Publications 2013



NOVEMBER

Namgyelma

Buddha of Long Life

Image: Norbulingka Institute

Quote: Lama Zopa Rinpoche *Wholesome Fear*, Wisdom Publications 2010



DECEMBER

Lama Tsong Khapa

Tibetan saint, 14th Century

Artist & Photo: Andy Weber

Quote: Lama Tsong Khapa *Songs of Experience*, Trans. Geshe Thubten Jinpa, Tibetan Classics 2007



Liberation Prison Project

Liberation Prison Project offers spiritual advice and teachings, as well as books and Dharma courses to men and women in prison around the world interested in exploring, studying and practicing Buddhism.

Liberation Prison Project is a social service program of the Foundation for the Preservation of the Mahayana Tradition (fpmt.org).

In 2017 we celebrate 21 years of offering Dharma in prisons. We are delighted to again offer the Liberation calendar, prepared by astrologer Nawang Thartho, based on the Tibetan Medical and Astrological Institute's calendar, with additional advice from Lama Zopa Rinpoche, Spiritual Director of FPMT and Geshe Nawang Dakpa, astrologer lama of FPMT's Tse Chen Ling in San Francisco.

www.liberationprisonproject.org

"Physically in the house of no release, but when the mind is practicing Dharma it becomes the house for achieving ultimate real liberation from the real samsaric prison." Lama Zopa Rinpoche



All proceeds from the sale of this calendar support the work of Liberation Prison Project

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