

LIBERATION

TIBETAN CALENDAR 2024



YEAR OF THE Wood-Dragon 2151

Liberation Prison Project

Listed here in the **2024 Liberation Calendar** are twenty-one kinds of auspicious days and seventeen inauspicious days for various activities. Among the auspicious days are Buddha Days when the merit is especially powerful for practice, as well as days for offering tsong, performing Medicine Buddha and Tara pujas, and doing fire pujas, etc.

Also included 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 Thartha, "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.

A new category this year is Good for Cutting Hair – GCH -- adding to the usual No Cutting Hair, NCH, from a sutra translated by Lama Zopa Rinpoche. At the back of the calendar you will see the list of good and bad days and the explanation for each of the thirty days of each month of the Tibetan calendar.

Many Tibetan days are either missed or repeated, which is typical in lunar calendars. And this year there are two Months 6.

AUSPICIOUS 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 the 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.

NEW

Good for Cutting Hair – GCH

Applies to lay and ordained people. From the sutra translated by Lama Zopa Rinpoche; for full details see back pages. (See also No Cutting Hair.)

- Days 3, 4, 5, 8, 9, 10, 11, 13, 14, 15, 18, 19, 22, 23, 26, 27 of every Tibetan month.

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, people who have received an initiation of a Mother Tantra deity within Highest Yoga Tantra have a commitment to offer 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 translated by Lama Zopa Rinpoche: for full details, see back pages.

- 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.



COVER

Dragon with the Eight Auspicious Offerings

KEY

○	Full moon	NH	No starting to build new houses
●	New moon	NM	No memorials or wakes
B	Budda days	NMP	No medical procedures
FD-AA	Favorable Day (Air-Air)	NPF	No prayer flags
FD-EE	Favorable Day (Earth-Earth)	NW	No weddings
FD-EW	Favorable Day (Earth-Water)	NWR	No wealth rituals
FD-FA	Favorable Day (Fire-Air)	PF	Prayer flags
FD-FF	Favorable Day (Fire-Fire)	PP	Prayers and practices
FD-WW	Favorable Day (Water-Water)	UD	Unfavorable Day
GCH	Good for cutting hair	UD-EA	Unfavorable Day (Earth-Air)
NB	No starting new business activities	UD-EF	Unfavorable Day (Earth-Fire)
NCE	No community events	UD-FW	Unfavorable Day (Fire-Water)
NCH	No cutting hair	UD-WA	Unfavorable Day (Water-Air)
NF	No funerals or cremations	VUD	Very Unfavorable Day
NG	No inviting guests for parties		

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.



We are all living
corpses because we
are in these bodies
for such a short time.

Lama Zopa Rinpoche

TADYATHA OM MUNE
MUNE MAHA
MUNEYE SVAHA

Shakyamuni Buddha entering
into parinirvana

JANUARY

MONTHS 11-12

MONDAY

UD-FW
NCE NCH
Fire puja

1
20

UD-FW
GCH NW

8
27

FD-WW
GCH NMP PF
Fire puja

15
4

FD-EW
NB NCH PF
Fire puja

22
12

UD-FW
GCH NM
VUD

29
19

TUESDAY

FD-FF
NCH NG
VUD

2
21

UD-EF
NCH NF NPF
Fire puja

9
28

FD-FF
NCH NH PF

16
6

FD-FA
GCH NPF

23
13

FD-FF
NCE NCH
Fire puja

30
20

WEDNESDAY

UD-FW
GCH NB NMP
Fire puja

3
22

FD-EW
NCH NM
NMP PP
Protector puja
Sojong

10
29

FD-WW
NCH NW PF
PP
Fire puja

17
7

FD-WW
GCH UD
Fire puja

24
14

UD-WA
NCH NG
NWR

31
21

THURSDAY

FD-AA
GCH PP

4
23

UD-WA
NCE NCH
PP
Fire puja
Precepts

11
30

UD-WA
GCH NF NMP
PP
Precepts
Tara puja
Medicine Buddha

18
8

FD-AA
GCH NMP
PP PF
Precepts
Medicine Buddha
Sojong

25
15

FRIDAY

UD-EA
NCH

5
24

FD-EW
NCH NG NPF
PP
Fire puja

12
1

UD-EA
GCH NM
Fire puja

19
9

UD-EF
NCH NH
Fire puja

26
16

SATURDAY

UD-EA
NCH NMP
PP
Fire puja
Tsog

6
25

FD-EE
NB NCH
NWR

13
2

UD-EF
GCH NCE PP
Naga puja
Tsog

20
10

UD-EF
NCH NW

27
17

SUNDAY

FD-FA
GCH NH

7
26

UD-EF
GCH

14
3

UD-FF
GCH NG
NMP

21
11

UD-FW
GCH NF
NMP
Fire puja

28
18



May the hook of your
compassion and
your skillful means
transform my mind
into Dharma / And
transform the minds
of all beings, whoever
they are.

**Lama Lobsang Tenpey
Gyaltsen**

OM TARE TUTTARE
TURE SVAHA

Buddha Tara

FEBRUARY

MONTHS 12-1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FD-AA
GCH NB NMP
Fire puja

1
22

UD-EA
GCH NB NMP
Precepts

2
22

UD-EA
GCH NWR
Fire puja

3
23

FD-FF
NCH PP
Precepts

4
24

FD-EW
NCH NMP NPF
PP UD
Fire puja
Tsog

5
25

UD-EF
GCH NH
Precepts

6
26

FD-WW
GCH NW
Fire puja

7
27

UD-WA
NCH NF
Precepts

8
28

FD-EE
NCE NCH PP
Precepts
Sojong

9
30

FD-EE
NCH NG PF PP
Precepts
*Losar, Tibetan
New Year | Lama
Thubten Yeshe*

10
1

UD-FW
NB NCH
Fire puja
Precepts

11
2
8

FD-EW
GCH NWR
Precepts

12
3
8

FD-FF
GCH NMP PF
Fire puja
Precepts

13
4
8

FD-WW
GCH PF
Precepts

14
5
8

UD-WA
NCH NH
Fire puja
Precepts

15
6
8

UD-EA
NCH NW
Precepts

16
7
8

UD-EF
GCH NF NMP
NWR PP
Fire puja
Precepts | Tara puja
Medicine Buddha

17
8
8

FD-FF
GCH NM PF
PP
Fire puja
Precepts

18
9
8

FD-EW
GCH NCE
NPF PP
Precepts
Tsog

19
10
8

FD-FA
GCH NG
NMP PF
Fire puja
Precepts

20
11
8

FD-WW
NB NCH
PF
Precepts

21
12
8

FD-AA
GCH VUD
Fire puja
Precepts

22
13
8

UD-EF
GCH PP
Precepts
Milarepa

23
14
8

FD-EW
GCH NMP PF
PP | Fire puja
Med. Buddha
Precepts | Sojong
Day of Miracles

24
15
8

FD-FF
NCH NH
Precepts

25
16

UD-FW
NCH NW
Fire puja

26
17

UD-FA
GCH NF
NMP

27
18

UD-WA
GCH NM
Fire puja

28
19

FD-AA
NCE NCH
Precepts

29
20



Although anger
always looks to an
external enemy to
blame, we must see
that it is only ever
the inner enemy, our
self-cherishing, that
produces our anger.

Lama Zopa Rinpoche

OM AH GA HUM

Buddha Ganesha Ganapati

MARCH

MONTHS 1-2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

UD-EA
NCH NG UD
Fire puja

1
21

UD-EA
GCH NB NMP
NPF

2
22

FD-FF
GCH PP

3
23

FD-EW
NCH PP
Fire puja

4
24

UD-EF
NCH NMP PP
Naga puja
Tsog

5
25

FD-WW
GCH NH
Fire puja

6
26

UD-EA
GCH NW

7
27

FD-EE
NCH NF
Fire puja

8
28

FD-EW
NCH NM NMP
PP
Protector puja
Sojong

9
29

UD-EF
NCE NCH
PP UD
Fire puja
Precepts

10
30

UD-FW
NCH NG PP
Fire puja

11
1

UD-FW
NB NCH

12
2

FD-WW
GCH PF PP
Fire puja

13
3

FD-AA
GCH PF PP

14
5

UD-EF
NCH NH
Fire puja

15
6

UD-EF
NCH NPF NW

16
7

UD-EF
GCH NF NMP
NWR PP UD
Precepts | Naga
puja | Tara puja |
Medicine Buddha

17
8

FD-WA
GCH NM PF
PP
Fire puja

18
9

UD-FW
GCH NCE PP
Tsog

19
10

UD-WA
GCH NG
NMP VUD
Fire puja

20
11

FD-FA
NB NCH PF
PP

21
12

FD-EW
GCH PF PP
Fire puja

22
13

UD-EF
GCH

23
14

FD-FF
PF PP GCH
Fire puja
Sojong

24
14

UD-WA
GCH NMP PP
UD | Lunar
eclipse | Medicine
Buddha | Naga
puja | Precepts

25
15

FD-FA
NCH NH
Fire puja

26
16

UD-WA
NCH NW

27
17

FD-AA
GCH NF NMP
PP
Fire puja

28
18

UD-EA
GCH NM
NPF

29
19

UD-EF
NCE NCH
Fire puja

30
20

UD-EF
NCH NG

31
21



Actual giving
is not the thing
one gives but the
mental attitude,
the determination
to give for the
benefit of sentient
beings, without any
attachment to one's
own welfare.

Geshe Rabten

OM PADMA KRODHA
ARYA JAMBHALA
HRIDAYA HUM PHAT

White Dzambhala

APRIL

MONTHS 2-3

MONDAY

FD-EW **1**
GCH NB NMP
22

UD-FW **8**
NCE NCH PP
Precepts
Sojong
Solar eclipse
●

FD-WW **15**
NCH NW PF
PP
7

UD-WA **22**
GCH
14

FD-WW **29**
NCH NG
Fire puja
21

TUESDAY

UD-FW **2**
GCH
Fire puja
23

UD-FW **9**
NCH NG PP
1

FD-FA **16**
GCH NF NMP
PF PP
8
Fire puja | Precepts
Tara puja
Medicine Buddha

FD-FA **23**
GCH NMP PF
PP | Fire puja
15
Medicine Buddha
Precepts
Sojong
○

UD-FW **30**
GCH NB
NMP
Naga puja
22

WEDNESDAY

FD-WW **3**
NCH PP
24

UD-WA **10**
NB NCH
Fire puja
2

UD-FW **17**
GCH NM
VUD
9

UD-WA **24**
NCH NH NPF
UD
16

THURSDAY

UD-EA **4**
NCH NMP PP
Fire puja
Tsog
25

FD-FA **11**
GCH PF PP
3

FD-FA **18**
GCH NCE PF
PP
10
Fire puja
Tsog

FD-AA **25**
NCH NW
Fire puja
17

FRIDAY

FD-EE **5**
GCH NH
26

UD-EF **12**
GCH NMP
NPF
Fire puja
4

FD-EW **19**
GCH NG NMP
NWR UD
11

UD-EF **26**
GCH NF
NMP
18

SATURDAY

FD-EW **6**
GCH NW
Fire puja
27

FD-EE **13**
GCH NWR
*Lama Zopa
Rinpoche*
5

UD-EF **20**
NB NCH
Fire puja
12

FD-EE **27**
GCH NM
Fire puja
19

SUNDAY

UD-EF **7**
NCH NM NMP
Fire puja
Protector puja
29

FD-FA **14**
NCH NH PF
Fire puja
6

FD-FF **21**
GCH PF PP
Fire puja
13

UD-EF **28**
NCE NCH
Naga puja
20



In the pure space of
luminosity wherein
everything is equal, /
An experience that is,
and always has been,
the highest bliss, /
There's no distinction
between self, deity
and all phenomena.

Mipham Rinpoche

OM KURUKULLE
HRIM SVAHA

MAY

MONTHS 3-4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FD-EW
GCH
Fire puja
1
23

UD-EA
NCH
2
24

FD-EW
NCH NMP PP
Fire puja
Tsog
3
25

FD-EE
GCH NH
4
26

FD-FF
GCH NW
5
27

FD-WW
NCH NF NPF
Fire puja
6
28

UD-FW
NCH NM
NMP
Protector puja
Sojong
7
29

UD-WA
NCE NCH PP
Fire puja
Precepts
8
30

FD-FA
NCH NG NPF
PP
Fire puja
9
1

UD-EF
GCH
10
3

FD-EE
GCH NMP PF
Fire puja
11
4

FD-FA
GCH PF
Fire puja
Naga puja
12
5

FD-WW
NCH NH NWR
13
6

FD-FA
NCH NW
VUD
Fire puja
14
7

UD-FW
GCH NF NMP
Medicine
Buddha
Precepts
Tara Puja
15
8

UD-WA
GCH NF PP
NMP
Medicine Buddha
Precepts
Tara puja
16
8

UD-EF
GCH NM
Fire puja
17
9

UD-EF
GCH NCE PP
Fire puja
Tsog
18
10

FD-FA
GCH NG
NMP PF
19
11

UD-WA
NB NCH
Fire puja
20
12

FD-FA
GCH NPF
21
13

UD-WA
GCH
Fire puja
Sojong
22
14

FD-FA
GCH NMP PF PP
Med. Buddha
Lord Buddha's
birth, enlightenment
and parinirvana
Precepts
23
15
B
O

UD-EF
NCH NH
Fire puja
24
16

FD-EE
NCH NW
25
17

UD-EF
GCH NF
NMP PP
Fire puja
26
18

FD-WW
GCH NM
27
19

UD-FW
NCE NCH
Fire puja
Naga puja
28
20

FD-EW
NCH NG
29
21

UD-WA
GCH NB
NMP NWR
Fire puja
30
22

FD-EE
GCH
31
23



Rest in a natural way
like a small child. /
Rest like an ocean
without waves. /
Rest within clarity like
a candle flame. /
Rest without self-
concerns like a
human corpse. /
Rest unmoving like a
mountain.

Jetsun Milarepa

OM AH GURU HASA
VAJRA HUM

Jetsun Milarepa

JUNE

MONTHS 4-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FD-WW
GCH NW

3
27

FD-FA
NCH NF`
Fire puja

4
28

UD-FW
NCH NM NMP
Protector puja

5
29

FD-FA
NCE NCH PP
Fire puja
Precepts
Sojong

6
30

FD-EE
NCH NG PF
PP
Fire puja

7
1

UD-EA
NB NCH

8
2

UD-FW
GCH

9
3

UD-WA
GCH NMP
VUD
Fire puja

10
4

FD-FF
GCH PF

11
5

FD-WW
NCH NH PF
PP
Fire puja

12
6

FD-FA
NCH NW
NWR

13
7

UD-EF
GCH NF NMP
PP UD
Fire puja
Medicine Buddha
Precepts | Tara puja

14
8

UD-EA
GCH NM UD
Fire puja
Naga puja

15
9

FD-FA
GCH NCE NPF
PP
Fire puja
Tsog
Guru Rinpoche

16
10

UD-WA
GCH NG NMP

17
11

FD-FA
NB NCH PF
Fire puja

18
12

UD-WA
GCH

19
13

FD-FA
GCH PF
Fire puja

20
14

FD-EE
GCH PF PP
Sojong

21
14

FD-EE
GCH NMP
PF PP
Fire puja
Medicine Buddha
Precepts

22
15

UD-FW
NCH NH

23
16

FD-WW
GCH NF
NMP PP

24
18

UD-EF
GCH NM
NWR
Fire puja

25
19

FD-EW
NCE NCH

26
20

UD-WA
NCH NG
Fire puja

27
21

FD-EE
GCH NB
NMP NPF

28
22

UD-EF
GCH
Fire puja

29
23

UD-FW
NCH PP

30
24



My dear friend Lama Zopa Rinpoche, he really took great responsibility for preserving the Dharma and the sangha community. So now it is important to continue to fulfill the wishes Lama Zopa Rinpoche had while he was alive.

His Holiness the Dalai Lama

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

**His Holiness's
name mantra**

OM AH GURU
VAJRADHARA MUNI
SHASANA KSANTI SARVA
SIDDHI HUM HUM
Rinpoche's name mantra

His Holiness the Dalai Lama
and Lama Zopa Rinpoche

JULY

MONTHS 5-6A

MONDAY

UD-WA
NCH NMP
PP
Fire puja
Tsog

1
25

TUESDAY

FD-FF
GCH NH

2
26

WEDNESDAY

UD-FW
GCH NW
Fire puja

3
27

THURSDAY

UD-EA
NCH NM NMP
Fire puja
Protector puja

4
29

FRIDAY

UD-EA
NCE NCH PP
Precepts
Sojong

5
30

SATURDAY

FD-EW
NCH NG PF PP
*His Holiness
the Dalai Lama's
89th birthday*

6
1

SUNDAY

FD-FA
NB NCH PF
Fire puja

7
2

UD-FW
GCH VUD

8
3

UD-FW
GCH NMP
Fire puja

9
4

UD-FW
GCH NMP PP
Precepts
*Lord Buddha's
first teaching*

10
4
8

FD-FA
GCH PF
Fire puja

11
5

UD-EF
NCH NH

12
6

UD-EA
NCH NPF NW
Fire puja

13
7

FD-FA
GCH NF NMP
NWR PP
Medicine Buddha
Precepts
Tara puja

14
8

UD-WA
GCH NM
Fire puja

15
9

FD-FA
GCH NCE
NWR PP
Tsog

16
10

UD-FW
GCH NG NMP
Fire puja

17
11

UD-EA
NB NCH

18
12

FD-EE
GCH PF
Fire puja

19
13

FD-EW
GCH PF PP
Sojong

20
14

UD-FW
GCH NMP PP
Medicine
Buddha | Naga
puja | Precepts
Gampopa

21
15

FD-EW
NCH NH
UD
Fire puja

22
16

UD-EF
NCH NW

23
17

FD-WW
GCH NF
NMP PP UD
Fire puja

24
18

UD-EA
GCH NM
NPF

25
19

UD-EF
NCE NCH
Fire puja

26
20

FD-EW
GCH NB
NMP

27
22

UD-FW
GCH

28
23

UD-WA
NCH
Fire puja

29
24

FD-FF
NCH NMP PP
Tsog

30
25

UD-FW
GCH NH
Fire puja

31
26



When we have
 bodhichitta,
 realizations pour
 down on us like
 cooling rain.

Lama Zopa Rinpoche

OM PISHATSI
 PARNASHAWARI
 SARVA ZARA
 PRASHAMANAYA
 SVAHA

Buddha Panarshavari

AUGUST

MONTHS 6A-6B

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

UD-EA
GCH NW
Fire puja

1
27

UD-EA
NCH NF
Fire puja

2
28

FD-EW
NCH NM NMP
Protector puja

3
29

FD-FA
NCE NCH
PP VUD
Fire puja
Precepts
Sojong

4
30



UD-FW
NCH NG PP
Fire puja

5
1

UD-FW
NB NCH

6
2

UD-FW
GCH
Fire puja

7
3

FD-FA
GCH NMP PF

8
4

UD-EA
GCH
Fire puja

9
5

UD-EA
NCH NH

10
6

FD-FA
NCH NPF
NW

11
7

UD-WA
GCH NF NMP
NWR
Fire puja
Medicine Buddha
Precepts | Tara puja

12
8

FD-FF
GCH NM
PF PP

13
9

FD-EW
GCH NCE
NWR PP
Fire puja
Tsog

14
10

UD-EA
GCH NG NMP

15
11

FD-EE
NB NCH
PF
Fire puja

16
12

FD-EW
GCH PF PP

17
13

UD-FW
GCH
Fire puja

18
14

FD-EW
GCH NMP PF
PP
Med. Buddha | Naga
puja | Precepts
Sojong

19
15

UD-FW
NCH NH
UD
Fire puja

20
16

FD-EW
NCH NW

21
17

FD-FA
GCH NF NMP
PP UD
Fire puja

22
18

FD-EW
GCH NM
NPF

23
19

FD-EW
NCE NCH PP
Fire puja

24
20

FD-FA
NCH NG
Fire puja

25
21

UD-FW
GCH NB
NMP

26
22

FD-FF
NCH PP
Fire puja

27
24

FD-EW
NCH NMP
PP
Tsog

28
25

FD-AA
GCH NH
Fire puja

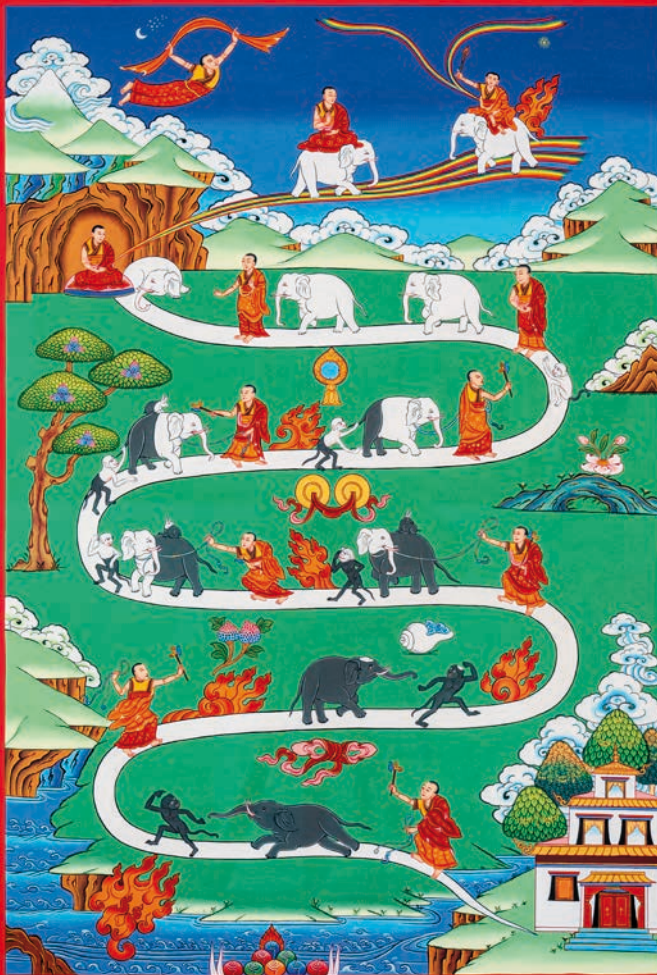
29
26

FD-EW
GCH NW

30
27

UD-EA
NCH NF
Fire puja

31
28



If you develop basic samadhi and then apply it to the development of wisdom you'll be able to cut the root of samsara as quickly as a crow takes out the eyes of an enemy.

Gelek Rimpoche

SEPTEMBER

MONTHS 6B-7

MONDAY

UD-FW 30
NCH NF NPF 28
Fire puja

FD-WW 2 30
NCE NCH PP
Precepts

UD-WA 9 6
NCH NH

FD-EW 16 13
GCH PF
Fire puja

UD-FW 23 21
NCH NG
Fire puja
Naga puja

TUESDAY

FD-FF 3 1
NCH NG PF PP
Naga puja
Sojong

FD-FF 10 7
NCH NW PF
Fire puja

UD-FW 17 14
GCH

UD-EF 24 22
GCH NB NMP NWR
Naga puja

WEDNESDAY

UD-FW 4 1
NCH NG

FD-EW 11 8
GCH NF NMP PF PP
Medicine Buddha
Precepts
Tara puja

FD-EW 18 15
GCH NMP PF PP | Fire puja
Medicine Buddha
Precepts | Sojong
Lunar eclipse ○

UD-WA 25 23
GCH
Fire puja

THURSDAY

FD-AA 5 2
NB NCH PF
Fire puja

UD-EW 12 9
GCH NM
Fire puja

FD-FA 19 17
NCH NW
Fire puja

UD-WA 26 24
NCH

FRIDAY

UD-EA 6 3
GCH

FD-EW 13 10
GCH NCE PF PP
Tsog

FD-EW 20 18
GCH NF NMP PP

UD-EA 27 25
NCH NMP PP
Fire puja
Tsog

SATURDAY

UD-EA 7 4
GCH NMP NPF PP
Fire puja
Sakya Trichen's
79th birthday

FD-EW 14 11
GCH NG NMP PF
Naga puja

UD-EA 21 19
GCH NM
Fire puja

UD-EF 28 26
GCH NH

SUNDAY

FD-FF 1 29
NCH NM NMP VUD
Fire puja
Protector puja

FD-FA 8 5
GCH PF PP
Fire puja

UD-EF 15 12
NB NCH

FD-FF 22 20
NCE NCH PP

UD-FW 29 27
GCH NW UD VUD



Limitless is the extent
of space, / Limitless
is the number of
sentient beings, /
And limitless is the
karma and delusions
of beings – / Such
are the limits of my
aspirations.

**Bodhisattva
Samantabhadra**

Eight Mahasiddhis

OCTOBER

MONTHS 7-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

FD-FF
NCH NM
NMP NWR
PP
Protector puja

1
29

UD-FW
NCE NCH PP
UD | Fire puja
Precepts
Sojong
Solar eclipse

2
30

FD-AA
NCH NG NPF
NWR PP
Fire puja

3
1

UD-EA
NB NCH

4
2

UD-EA
GCH
Fire puja

5
3

FD-FA
GCH NMP PF

6
4

UD-FW
GCH
Fire puja

7
5

UD-EF
NCH NH

8
6

FD-EW
NCH NW PF PP
Fire puja

9
7

UD-WA
GCH NF NMP
PP
Medicine Buddha
Naga puja
Precepts | Tara puja

10
8

FD-EW
GCH NM UD
Fire puja

11
9

FD-EE
GCH NCE
UD PP
Tsog

12
10

UD-EF
GCH NG NMP

13
11

FD-WW
NB NCH PF
Fire puja

14
12

UD-EF
GCH NPF

15
13

UD-FW
GCH PP
Fire puja

16
14

UD-WA
GCH NMP PP
Precepts
Medicine Buddha
Sojong

17
15

FD-EW
NCH NH
Fire puja

18
16

UD-EA
NCH NW

19
17

FD-FF
GCH NF
NMP PP
Fire puja
Naga puja

20
18

UD-FW
GCH NM

21
19

UD-EF
NCH NG

22
21

UD-WA
GCH NB
NMP
Fire puja

23
22

UD-WA
GCH

24
23

UD-EA
NCH
Fire puja

25
24

UD-EF
NCH NMP
NPF PP
Tsog

26
25

UD-FW
GCH NH VUD
Fire puja

27
26

UD-FW
GCH NH

28
26

UD-EF
GCH NW
Fire puja

29
27

UD-WA
NCH NF

30
28

UD-WA
NCH NM
NMP
Fire puja
Protector puja

31
29



Your profound
wisdom-mind
pervades the whole
of space, / Your
compassion shines
more brightly than the
sun, / A sweet rain
of siddhis falls from
the clouds of your
blessings.

**Jamgön Kongtrul
Lodrö Thayé**

OM JNANA DAKINI
BAM HA RI NI SA
SIDDHI HUM

NOVEMBER

MONTHS 8-9

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

UD-EA
NCE NCH
PP
Precepts
Sojong

1
30



UD-EA
NCH NG
NWR PP

2
1

FD-FF
NB NCH
PF
Fire puja

3
2

FD-EW
GCH PF

4
3

UD-EF
GCH NMP
Fire puja

5
4

FD-EW
GCH PF

6
5

UD-WA
NCH NH
Fire puja

7
6

FD-EW
NCH NW PF
PP
Naga puja

8
7

FD-EE
GCH NF NMP
PF
Fire puja
Medicine Buddha
Precepts | Tara puja

9
8

UD-FW
GCH NM PP
Fire puja
Sixteenth Karmapa

10
9

FD-EW
GCH NCE
NPF PP
Tsog

11
10

FD-FF
GCH NG
NMP PF
Fire puja

12
11

FD-WW
NB NCH PF

13
12

UD-WA
GCH
Fire puja

14
14

UD-EA
GCH NMP PP
UD
Medicine Buddha
Precepts

15
15



UD-EF
NCH NH
NWR
Fire puja
Sojong

16
16

FD-FF
NCH NW
Fire puja

17
17

FD-EW
GCH NF
NMP PP

18
18

FD-FA
GCH NM
Fire puja

19
19

FD-WW
NCE NCH
UD

20
20

FD-AA
NCH NG
Fire puja

21
21

UD-EF
GCH NB NMP
NPF PP
Precepts
*Lord Buddha's
Descent from
God Realm of 33*

22
22
B

FD-EW
GCH VUD
Fire puja

23
23

FD-FF
NCH PP

24
24

UD-FW
NCH NMP
PP
Fire puja
Tsog

25
25

FD-FA
GCH NH

26
26

UD-WA
GCH NW
Fire puja

27
27

FD-AA
NCH NF

28
28

UD-EA
NCH NM
NMP
Fire puja
Protector puja

29
29

UD-EA
NCE NCH
PP
Precepts
Sojong

30
30



Whatever depends
on conditions / Is
empty of inherent
existence, / What
excellent instruction
could there be, / More
amazing than these
words?

Lama Tsongkhapa

OM AH GURU
VAJRADHARA
SUMATI KIRTI SIDDHI
HUM HUM

Lama Tsongkhapa

DECEMBER

MONTHS 9-11

MONDAY

FD-EW 30
NCE NCH
PP UD
Precepts
Sojong

FD-EW 2
NCH NG PF
PP
Fire puja

FD-EW 9
GCH NM NWR
Fire puja

UD-WA 16
NCH NH
Fire puja

UD-FW 23
GCH

TUESDAY

UD-FW 31
NCH NG
NWR PP

UD-EF 3
NB NCH

FD-FF 10
GCH NCE
PF PP
Tsog

UD-FW 17
NCH NW

FD-FA 24
NCH PP
Fire puja

WEDNESDAY

Happy 1
New Year 2
2025
FD-WW
NB NCH | Fire puja

FD-WW 4
GCH PF
Fire puja

FD-WW 11
GCH NG
NMP PF
Fire puja

UD-WA 18
GCH NF NMP
Fire puja

UD-WA 25
NCH NMP
PP UD
Tsog
Lama Tsong Khapa

THURSDAY

UD-WA 5
GCH NMP

FD-AA 12
NB NCH PF
PP

FD-FA 19
GCH NM NPF

FD-AA 26
GCH NH PP
Fire puja

FRIDAY

FD-EE 6
GCH PF PP
Fire puja

UD-EF 13
GCH
Fire puja

FD-EW 20
NCE NCH PP
Fire puja

UD-EA 27
GCH NW

SATURDAY

FD-EE 7
NCH NH PF PP

UD-EF 14
GCH PP

UD-EF 21
NCH NG
VUD

UD-EF 28
NCH NF
Fire puja

SUNDAY

FD-FF 1
NCE NCH
PP
Fire puja
Precepts

UD-FW 8
NCH NPF NW

UD-EF 15
GCH NMP PP
Precepts
Medicine Buddha
Sojong

FD-FF 22
GCH NB
NMP PP
Fire puja

UD-EF 29
NCH NM
NMP NWR PP
Fire puja
Protector puja

Auspicious Days

Birthdays and Anniversaries of Holy Beings

February 10: Lama Thubten Yeshe
February 23: Milarepa
April 13: Lama Zopa Rinpoche
June 16: Guru Rinpoche
July 6: His Holiness the Dalai Lama's 89th birthday
July 21: Gampopa
September 7: His Holiness Sakya Trichen's 79th birthday
November 10: Sixteenth Karmapa
December 25: Lama Tsong Khapa

Buddha Days

February 10 to 24: Days of Miracles
May 23: Lord Buddha's birth, Enlightenment and parinirvana
July 10: Lord Buddha's first teaching
November 22: Lord Buddha's descent from God Realm of Thirty-three

Eclipse

Lunar: March 25, September 18
Solar: April 8, October 2

Eight Mahayana Precepts

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

Good for Cutting Hair – GCH

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

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 25
February 24
March 25
April 23
May 23
June 22
July 21
August 19
September 18
October 17
November 15
December 15

Medicine Buddha Puja

January 18, 25
February 17, 24
March 17, 25
April 16, 23
May 15, 16, 23
June 14, 22
July 14, 21
August 12, 19
September 11, 18
October 10, 17
November 9, 15
December 15

Naga Puja

January 20

February: no naga puja

March 5, 17, 25

April 28, 30

May 12, 28

June 15

July 21

August 19

September 3, 14, 23, 24

October 10, 20

November 8

December: no naga puja

New Moon

January 11

February 9

March 10

April 8

May 8

June 6

July 5

August 4

September 2

October 2

November 1, 30

December 1, 30

Prayer Flags – PF

January 15, 16, 17, 22, 25

February 10 13, 14, 18, 20, 21, 24

March 13, 14, 18, 21, 22, 24

April 11, 14, 15, 16, 18, 21, 23

May 11, 12, 19, 23

June 7, 11, 12, 18, 20, 21, 22

July 6, 7, 11, 19, 20

August 8, 13, 16, 17, 19

September 3, 5, 8, 10, 11, 13, 14, 16, 18

October 6, 9, 14

November 3, 4, 6, 8, 9, 12, 13

December 2, 4, 6, 7, 10, 11, 12

Prayers and Practices – PP

January 4, 6, 10, 11, 12, 17, 18, 20, 25

February 4, 5, 9, 10, 17, 18, 19, 23, 24

March 3, 4, 5, 9, 10, 11, 13, 14, 17, 18, 19, 21, 22, 24, 25, 28

April 3, 4, 8, 9, 11, 15, 16, 18, 21, 23

May 3, 8, 9, 16, 18, 23, 26

June 1, 6, 7, 12, 14, 16, 21, 22, 24, 30

July 1, 5, 6, 10, 14, 16, 20, 21, 24, 30

August 4, 5, 13, 14, 17, 19, 22, 24, 27, 28

September 2, 3, 7, 8, 11, 13, 18, 20, 22, 27

October 1, 2, 3, 9, 10, 12, 16, 17, 20, 26

November 1, 2, 8, 10, 11, 15, 18, 22, 24, 25, 30

December 1, 2, 6, 7, 10, 12, 14, 15, 20, 22, 24, 25, 26, 29, 30, 31

Protector Puja

January 10

February: no protector puja

March 9

April 7

May 7

June 5

July 4

August 3

September 1

October 1, 31

November 29

December 29

Sojong: Monastics' Confession Days

January 10, 25

February 9, 24

March 9, 24

April 8, 23

May 7, 22

June 6, 21

July 5, 20

August 4, 19

September 3, 18

October 2, 17

November 1, 16, 30

December 15, 30

Tara Puja

January 18

February 17

March 17

April 16

May 15, 16

June 14

July 14

August 12

September 11

October 10

November 9

December: no tara puja

Tsog Offering

January 6, 20

February 5, 19

March 5, 19

April 4, 18

May 3, 18

June 16

July 1, 16, 30

August 14, 28

September 13, 27

October 12, 26

November 11, 25

December 10, 25

Inauspicious Days

No Starting New Business Activities – NB

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

No Community Events – NCE

January 1, 11, 20, 30
February 9, 19, 29
March 10, 19, 30
April 8, 18, 28
May 8, 18, 28
June 6, 16, 26
July 5, 16, 26
August 4, 14, 24
September 2, 13, 22
October 2, 12
November 1, 11, 20, 30
December 1, 10, 20, 30

No Cutting Hair – NCH

January 1, 2, 5, 6, 9, 10, 11, 12, 13, 16,
17, 22, 26, 27, 30, 31
February 4, 5, 8, 9, 10, 11, 15, 16, 21,
25, 26, 29
March 1, 4, 5, 8, 9, 10, 11, 12, 15, 16, 21,
26, 27, 30, 31
April 3, 4, 7, 8, 9, 10, 14, 15, 20, 24, 25,
28, 29
May 2, 3, 6, 7, 8, 9, 13, 14, 20, 24, 25,
28, 29

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

No Funerals or Cremations – NF

January 9, 18, 28
February 8, 17, 27
March 8, 17, 28
April 16, 26
May 6, 15, 16, 26
June 4, 14, 24
July 14, 24
August 2, 12, 22, 31
September 11, 20, 30
October 10, 20, 30
November 9, 18, 28
December 18, 28

No Inviting Guests for Parties – NG

January 2, 12, 21, 31
February 10, 20
March 1, 11, 20, 31
April 9, 19, 29
May 9, 19, 29
June 7, 17, 27
July 6, 17
August 5, 15, 25
September 3, 4, 14, 23
October 3, 13, 22

November 2, 12, 21
December 2, 11, 21, 31

No Starting to Build New Houses – NH

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

No Memorial or Wakes – NM

January 10, 19, 29
February 18, 28
March 9, 18, 29
April 7, 17, 27
May 7, 17, 27
June 5, 15, 25
July 4, 15, 25
August 3, 13, 23
September 1, 12, 21
October 1, 11, 21, 31
November 10, 19, 29
December 9, 19, 29

No Medical Procedures – NMP

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

September 1, 7, 11, 14, 18, 20, 24, 27
October 1, 6, 10, 13, 17, 20, 23, 26, 31
November 5, 9, 12, 15, 18, 22, 25, 29
December 5, 11, 15, 18, 22, 25, 29

No Prayer Flags – NPF

January 9, 12, 23
February 5, 19
March 2, 16, 29
April 12, 24
May 6, 9, 21
June 16, 28
July 13, 25
August 11, 23
September 7, 30
October- 3, 15, 26
November 11, 22
December 8, 19

No Weddings – NW

January 8, 17, 27
February 7, 16, 26
March 7, 16, 27
April 6, 15, 25
May 5, 14, 25
June 3, 13
July 3, 13, 23
August 1, 11, 21, 30
September 10, 19, 29
October 9, 19, 29
November 8, 17, 27
December 8, 17, 27

No Wealth Rituals – NWR

January 13, 31
February 3, 12, 17
March 17
April 13, 19
May 13, 30
June 13, 25
July 14, 16
August 12, 14

September 24
October 1, 3
November 2, 16
December 9, 29, 31

Unfavorable Day – UD

January 24
February 5
March 1, 10, 17, 25
April 19, 24
May: no unfavorable day
June 1, 14, 15
July 22, 24
August 20, 22
September 29
October 2, 11, 12
November 15, 20
December 25, 30

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 2, 29
February 22
March 20
April 17
May 14
June 10
July 8

August 4
September 1, 29
October 27
November 23
December 21

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

Lama Zopa Rinpoche translated this text, which gives 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.

Translated by Lama Zopa Rinpoche, Crestone, Colorado, June 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

Shakyamuni Buddha entering into parinirvana

Painting Mural at Mahamudra Centre, New Zealand

Artist Ven. Gendun

Photo Sarah Brooks

Quote Lama Zopa Rinpoche, *Patience: A Guide to Shantideva's Sixth Chapter*, Wisdom Publications



FEBRUARY

Buddha Tara

Statue The Bodhichitta Trust

Quote Lama Lobsang Tenpey Gyaltzen, *Song of Longing for Tara*, Translated by Lama Thubten Yeshe



MARCH

Buddha Ganesha Ganapati
Protector and guardian

Photo Wonderlane, Flickr.com

Quote Lama Zopa Rinpoche, *Patience: A Guide to Shantideva's Sixth Chapter*, Wisdom Publications



APRIL

White Dzambhala
Buddha for Wealth

Statue: Vajrayana Institute, Sydney

Quote: Geshe Rabten, *The Essential Nectar: Meditations on the Buddhist Path*, Wisdom Publications



MAY

Kurukulla
Buddha of Power

Appiqué The Bodhichitta Trust

Quote Mipham Rinpoche, *The Lotus Net: A Sang Offering to the Mighty Lotus Dakini*, Kurukullā, Lotsawa House



JUNE

Jetsun Milarepa
Beloved Tibetan saint and yogi

Painting Museum of Ethnography, Sweden

Quote Jetsun Milarepa, *The Tibetan Buddhism Reader*, Shambhala Publications, Ed: Reginald A. Ray



JULY

His Holiness the Dalai Lama and Lama Zopa Rinpoche

Photo: Ven. Roger Kunsang

Quote: His Holiness the Dalai Lama meeting with the board of directors of the FPMT International Office, 2023

Acquired at: www.dalailama.com



AUGUST

Panarshavari. Buddha and Ancient Goddess of the Forest who quells the effects of disease, pandemics and other calamities.

Painting Kayla Komito, KaylaKomitoSacredArt.com

Quote Lama Zopa Rinpoche, *Lamrim Year: Making Life Meaningful Day by Day*, Lama Yeshe and Lama Zopa Rinpoche, Eds. Alison Murdoch with Sandra Smith, Lama Yeshe Wisdom Archive



SEPTEMBER

Nine Stages of Concentration

Painting Jampel Hyolmo

Photo David Strevel

Quote Geleik Rinpoche, *Teachings from Tibet*, Lama Yeshe Wisdom Archive



OCTOBER

Eight Mahasiddhis

Eight of the Eighty-four Great Tantric Adepts

Painting Rubin Museum of Art, Purchased from Navin Kumar Collection

Quote Samantabhadra, *King of Prayers*, Trans: Glenn Mullin with Thepo Tulku



NOVEMBER

Yeshe Tsogyal
Wisdom Dakini

Painting Unknown

Quote Jamgön Kongtrül Lodrö Thayé, *The Tambura's Yearning Song of Devotion: A Prayer Summarizing Khandro Yeshe Tsogyal's Life and Liberation*, Lotsawa House



DECEMBER

Je Tsongkhapa

Painting Unknown

Quote *In Praise of Dependent Origination*, verse 5, *Lama Tsong Khapa. From Harmony of Emptiness and Dependent Arising*, Paljor Publications, 1992

Liberation Prison Project

Liberation Prison Project USA offers spiritual advice and teachings, as well as books and Dharma courses to men and women in prison interested in exploring, studying and practicing Buddhism. LPP USA is a social services program affiliated with the Foundation for the Preservation of the Mahayana Tradition (fpmt.org).

In 2024 LPP USA celebrates 28 years of offering Dharma in prisons. We are delighted to again offer the Liberation calendar, prepared by astrologer Paksam Nawang Tharcho, based on the Tibetan Medical and Astrological Institute's calendar, with additional advice from FPMT's cofounder Lama Zopa Rinpoche (1945-2023) and Geshe Ngawang Dakpa of Tse Chen Ling in San Francisco.

All proceeds from the sale of this calendar support the work of LPP USA.

There are other FPMT projects supporting prisoners in various countries.

www.liberationprisonproject.org

**LIBERATION
PRISON
PROJECT**



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"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**