



WATER-RABBIT YEAR 2150

Tibetan Calendar 2023

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་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་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

རྩི་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་རྒྱུས་ རང་གི་ལོ་རྒྱུས་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་རྒྱུས་	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 ལྷུ་	Thu ལྷུ་	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 ལྷུ་	Fri སངས་	Fri སངས་	Thu ལྷུ་	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་རྒྱུས་	Horse རྩྭ་	Sheep ལུག་	Monkey རྩྭ་ལ་	Rooster བྱ་	Dog ལྱི་	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 ལྷུ་	Thu ལྷུ་	Wed ལྷག་	Tue དམར་
Anti-day གཤིང་གཟུང་	Wed ལྷག་	Thu ལྷུ་	Tue དམར་	Tue དམར་	Thu ལྷུ་	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་
-  བརྒྱད་
-  རྩེད་
-  ཉི་འཛིན་ཆ་ཚང་
-  ཉི་འཛིན་ཆ་པས་
-  རྩེ་འཛིན་ཆ་ཚང་
-  རྩེ་འཛིན་ཆ་པས་
-  བཀའ་རྒྱུད་
-  མོ་བུ་ཉི་རྩེ་
-  ཚོས་ཀྱི་དུས་ཚེན་
-  བོད་ཀྱི་དུས་ཚེན་

ལྷན་བཤེན་འཕྲོད་རྒྱུ་

-  ས་
-  མེ་
-  མི་
-  རྩེད་

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་རྗེད།
-  **Wind-Wind: Auspicious.** The double encounter of wind brings perfection together. Perfection brings quick accomplishment of one's wishes.
རྩེད་གཉིས་ནང་འཕྲད་ཡུན་ཚོགས་རྒྱུ། །ཡུན་ཚོགས་རྒྱུར་བས་བསམ་འགྲུར་འགྲུབ།
-  **Fire-Wind: Auspicious.** The encounter of fire and wind brings strength together. Strength brings all good omens.
མི་རྩེད་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་རྩེད་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་རྩེད་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	Sun	New Year
2	Mon	
3	Tue	
4	Wed	
5	Thu	
6	Fri	Epiphany
7	Sat	
8	Sun	
9	Mon	
10	Tue	Jetsun Choe Kyi Gyaltsen Parinirvana
11	Wed	
12	Thu	
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	

		△○	☸	ལྷ་	10
		○△		ཇམ་	11
		△△		དུས་མཚན་	12
		△○		ལྷན་	13
		□△		ལྷོ་	14
		□△	○	སྐབས་	15
		□○	☸	ལྷན་	16
		△△		ལྷ་	17
		△○		ཇམ་	18
	ཇི་བུའུ་ཚེས་གྲི་རྒྱལ་མཚན་དགོངས་རྒྱལ་ལཱ་	△○	☸	དུས་	19
		△○		ལྷན་	19
		△△		ལྷོ་	20
		□△		སྐབས་	21
		□△		ལྷན་	22
		△△		ལྷ་	23
		○△		ཇམ་	24
		△△	☸	དུས་	25
		△○		ལྷན་	26
		□△		ལྷོ་	27
		□□		སྐབས་	29
		□○	●☸	ལྷན་	30
		□△		ལྷ་	1
		□○		ཇམ་	2
		△○		དུས་	3
		□○		ལྷན་	4
		△△		ལྷོ་	5
		□○		སྐབས་	6
		□○		ལྷན་	7
		△△	○	ལྷ་	8
		△○		ཇམ་	9
		△△	☸	དུས་	10

1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	
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	Thanksgiving to Dharma-Protectors
20	Mon	
21	Tue	Tibetan New Year
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	
28	Tue	

		□○	ལྷ	11
		△△	ལྷ	12
		□○	སྐུ་སྐྱོན་	13
		□△	ལྷ	14
		△△ ○ །	ལྷ	15
		△○	ལྷ	16
		△○	སྐུ་སྐྱོན་	17
		△○	ལྷ	18
		△△	ལྷ	19
		□△	སྐུ་སྐྱོན་	20
		□△	ལྷ	21
		△△	ལྷ	22
		○△	ལྷ	23
		△△	སྐུ་སྐྱོན་	24
		□○ །	ལྷ	25
		□△	ལྷ	26
		□○	སྐུ་སྐྱོན་	27
		□○	ལྷ	28
		དབྱུག་གཏོང་། □△ །	ལྷ	29
		□○ །	ལྷ	30
		བོད་ཀྱི་སྐུ་སྐྱོན་། △○ །	སྐུ་སྐྱོན་	1
		□○	ལྷ	2
		○△	ལྷ	4
		□○	སྐུ་སྐྱོན་	5
		□△	ལྷ	6
		△△	ལྷ	7
		△○ D	ལྷ	8
		△△	སྐུ་སྐྱོན་	9

1	Wed	
2	Thu	
3	Fri	
4	Sat	
5	Sun	
6	Mon	
7	Tue	Buddha's Great Miracles
8	Wed	
9	Thu	
10	Fri	Kyabje Rabten Parinirvana
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	
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	
31	Fri	

	□○	☸	ལྷན་	10
	△△		ལྷན་	11
	□○		སྐུ་སྤྲུལ་	11
	□△		ལྷན་	12
	△△		ལྷན་	13
	○○		ལུང་	14
	△△	○	ལྷན་	15
	△○		ལྷན་	16
	△△		ལྷན་	17
	□△	☸	སྐུ་སྤྲུལ་	18
	□△		ལྷན་	19
	△△		ལྷན་	20
	△○		ལུང་	21
	□△		ལྷན་	22
	□○		ལྷན་	23
	○△		ལྷན་	24
	□○	☸	སྐུ་སྤྲུལ་	25
	□□		ལྷན་	26
	□△		ལྷན་	28
	○○		ལུང་	29
	□△	●	ལྷན་	30
	△○		ལྷན་	1
	○△		ལྷན་	2
	□○		སྐུ་སྤྲུལ་	3
	□△		ལྷན་	4
	△△		ལྷན་	5
	△○		ལུང་	6
	□△		ལྷན་	7
	○△	D	ལྷན་	8
	○△		ལྷན་	9
	□△	☸	སྐུ་སྤྲུལ་	10

1	Sat	
2	Sun	
3	Mon	
4	Tue	
5	Wed	
6	Thu	
7	Fri	Good Friday
8	Sat	
9	Sun	Easter
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	

	□△	11
	△○	12
	△○	13
	△△	14
	△○ ○	15
	△△	15
	□△	16
	□△	17
	△△	18
	△○	19
	□△	21
	□○	22
	○△	23
	□□	24
	□□	25
	△○	26
	□○	27
	△△	28
	○○	29
	○△ ☀️ ● 🐟	30
	□△	1
	□△	2
	△△	3
	□○	4
	△△	5
	○○	6
	△△	7
	□△ D	8
	□△	9
	△○	10

1	Mon	
2	Tue	
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	Whitsun
29	Mon	
30	Tue	
31	Wed	

		△○	ਮੁ	11
		△△	ਵ	12
		○△	ਅ	13
		△△	ਵ	14
		□△ ● ○	ਸ	15
		□△	ਸ	16
		△△	ਭ	17
		□○	ਮ	18
		□△	ਵ	19
		○○	ਅ	20
		○△	ਵ	21
		□□	ਸ	22
		□□	ਸ	23
		△○ ✨	ਭ	25
		△○	ਮ	26
		△○	ਵ	27
		○○	ਅ	28
		△△	ਵ	29
		□△ ●	ਸ	30
		□△	ਸ	1
		□△	ਭ	2
		□○	ਮ	3
		△△	ਵ	4
		○○	ਅ	5
		△△	ਵ	6
		□△	ਸ	7
		□○ D	ਸ	8
		△△	ਭ	9
		△○	ਮ	9
		△△ ✨	ਵ	10
		○△	ਅ	11

1	Thu	
2	Fri	
3	Sat	
4	Sun	Buddha's Birth, Enlightenment, Parinirvana
5	Mon	
6	Tue	
7	Wed	
8	Thu	
9	Fri	
10	Sat	
11	Sun	
12	Mon	
13	Tue	
14	Wed	
15	Thu	
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	
29	Thu	
30	Fri	

	འཇུག	12
	སྤྲེལ	13
	ལྷན	14
ས་ལྷན་འདུས་ཚེས།	ལྷན	15
	མཇུག	16
	དུས་ཚིག	17
	ལྷན	19
	འཇུག	20
	སྤྲེལ	21
	ལྷན	22
	ལྷན	23
	མཇུག	24
	དུས་ཚིག	25
	ལྷན	26
	འཇུག	27
	སྤྲེལ	28
	ལྷན	29
	ལྷན	30
	མཇུག	1
	དུས་ཚིག	2
	ལྷན	3
	འཇུག	4
	སྤྲེལ	5
	ལྷན	6
	ལྷན	7
	མཇུག	8
	དུས་ཚིག	9
	ལྷན	10
	འཇུག	11
	སྤྲེལ	12

1	Sat	
2	Sun	
3	Mon	Offering to all Protectors
4	Tue	
5	Wed	
6	Thu	H.H. Dalai Lama birthday
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	Buddha's first turning of the Dharma-Wheel
22	Sat	
23	Sun	
24	Mon	
25	Tue	
26	Wed	
27	Thu	
28	Fri	
29	Sat	
30	Sun	
31	Mon	

	□△	ལྷན་ཅིག་	13
	□△		ལྷན་ 14
	□○	འཇམ་ལྷོ་རྒྱུ་བསངས།	ལྷན་ 15
	△○		དམར་ 16
	□○		ལྷན་ 17
	□	ལྷོ་བའི་ལུང་སྐར་རུས་ཚེ།	ལྷན་ 18
	□○		སྐར་སྐར་ 19
	□□		ལྷན་ 20
	△△		ལྷན་ 22
	○○		ལྷན་ 23
	△○		དམར་ 24
	○		ལྷན་ 25
	△		ལྷན་ 26
	□△		སྐར་སྐར་ 27
	□□		ལྷན་ 28
	△		ལྷན་ 29
	○○		ལྷན་ 30
	△		དམར་ 1
	△○		ལྷན་ 2
	△		ལྷན་ 3
	□○	ཚོས་འཁོར་རུས་ཚེ།	སྐར་སྐར་ 4
	□△		ལྷན་ 5
	△△		ལྷན་ 5
	○		ལྷན་ 6
	△		དམར་ 7
	○		ལྷན་ 8
	○		ལྷན་ 9
	□△		སྐར་སྐར་ 10
	□□		ལྷན་ 11
	□△		ལྷན་ 12
	○○		ལྷན་ 14










1	Tue	
2	Wed	
3	Thu	
4	Fri	
5	Sat	
6	Sun	
7	Mon	
8	Tue	
9	Wed	
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	
31	Thu	

		△ ○ ॐ	535 15
		□ ○	535 16
		□ ॐ	535 17
		□ ○	535 18
		□ □	535 19
		△ ○	535 20
		○ ○	535 21
		△ ॐ	535 22
		△ ○	535 23
		△ ॐ	535 24
		□ □ ॐ	535 25
		□ ॐ	535 26
		△ ○	535 27
		○ ○	535 28
		△ ॐ	535 29
		△ ○ ● ॐ	535 30
		○ ॐ	535 1
		□ △	535 2
		□ △	535 3
		△ ॐ	535 4
		○ ॐ	535 5
		△ ॐ	535 6
		○ ॐ	535 7
		△ ॐ D	535 8
		□ □	535 9
		□ □ ॐ	535 10
		△ ○	535 11
		○ ○	535 12
		□ △	535 13
		□ ○	535 14
		○ ॐ ○ ॐ	535 15

1	Fri	
2	Sat	
3	Sun	
4	Mon	
5	Tue	
6	Wed	
7	Thu	
8	Fri	
9	Sat	Rishi-Star
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	

	□□	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	2
	○△	शुक्र	3
	△△	शुक्र	4
	○○	शुक्र	5
	△△	शुक्र	6
	□□	शुक्र	7
	□□ D	शुक्र	8
	△○ ✨	शुक्र	10
	□○	शुक्र	11
	□△	शुक्र	12
	○○	शुक्र	13
	□□	शुक्र	14
	□△ ○ 🕯	शुक्र	15
	□○	शुक्र	16








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

		△○	ལྷོ	17	
		○△	མའུ	18	
		△△	དམར	19	
		△○	ལྷོ	20	
		□△	ལྷོ	21	
		□△	སྤུས	22	
		□○	ལྷོ	23	
		△△	ལྷོ	24	
		△○ 	མའུ	25	
		△○	དམར	26	
		○○	ལྷོ	27	
		△△	ལྷོ	28	
		□△	སྤུས	29	
		□△   	ལྷོ	30	
		ལྷོ ལྷོ་མཚན་ལྷོ་ལྷོ་སྤུས་སྤུས་	△△	ལྷོ	1
		○△	མའུ	2	
		△△	དམར	3	
		△○	ལྷོ	4	
		□△	ལྷོ	5	
		□□	སྤུས	6	
		□○	ལྷོ	7	
		△○ 	ལྷོ	8	
		□○	མའུ	9	
		□△ 	དམར	10	
		○○	ལྷོ	11	
		ལྷོ ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་ལྷོ་	□△ 	ལྷོ	12
		□○	སྤུས	14	
		□○  	ལྷོ	15	
		△△ 	ལྷོ	16	
		△○	མའུ	17	
		△△	དམར	18	

1	Wed	All Saints
2	Thu	
3	Fri	
4	Sat	Rabten Choktul Birthday
5	Sun	
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	Ling Choktul Birthday
19	Sun	
20	Mon	
21	Tue	
22	Wed	
23	Thu	
24	Fri	
25	Sat	
26	Sun	
27	Mon	
28	Tue	
29	Wed	
30	Thu	

		□○	ལྷན་	19
		△△	ལྷན་	20
		□○	སྤྱི་ལོ་	21
	འབྲུག་གི་འཕེལ་རྒྱུ་ལྷན་ཚོགས་ཀྱི་འཚོ་བའི་ལོ་རྒྱུས་ལྟར་	□○	ལྷན་	22
		△△	ལྷན་	23
		△○	ལྷན་	24
		△○	སྤྱི་ལོ་	25
		△○	ལྷན་	26
		△△	ལྷན་	26
		□△	སྤྱི་ལོ་	27
		□△	ལྷན་	28
		△△	ལྷན་	29
		○△	ལྷན་	30
		△△	སྤྱི་ལོ་	1
		□○	ལྷན་	2
		□△	ལྷན་	3
		□○	སྤྱི་ལོ་	4
	འབྲུག་གི་འཕེལ་རྒྱུ་ལྷན་ཚོགས་ཀྱི་འཚོ་བའི་ལོ་རྒྱུས་ལྟར་	□○	ལྷན་	5
		□△	ལྷན་	7
		□○	ལྷན་	8
		△○	སྤྱི་ལོ་	9
		□○	ལྷན་	10
		△△	ལྷན་	11
		□○	སྤྱི་ལོ་	12
		□○	ལྷན་	13
		△△	ལྷན་	14
		△○	ལྷན་	15
		△△	སྤྱི་ལོ་	16
		□○	ལྷན་	17
		△△	ལྷན་	18

1	Fri	
2	Sat	
3	Sun	Kyabje Ling Parinirvana
4	Mon	
5	Tue	
6	Wed	
7	Thu	Je Tsongkhapa Parinirvana
8	Fri	
9	Sat	
10	Sun	
11	Mon	
12	Tue	
13	Wed	
14	Thu	
15	Fri	
16	Sat	
17	Sun	
18	Mon	Ten Good Omens
19	Tue	
20	Wed	
21	Thu	
22	Fri	
23	Sat	
24	Sun	
25	Mon	Christmas Day
26	Tue	
27	Wed	
28	Thu	
29	Fri	
30	Sat	Jetsun Choe Kyi Gyaltsen Parinirvana
31	Sun	

		☐○	མངའ་སྡེ་	19	
		☐◐	ལྷན་པོ་	20	
	ལྷན་པོ་ལྷན་པོ་ལྷན་པོ་ལྷན་པོ་	△△		ལྷ་ 21	
		○○	ཇམ་	22	
		△△	དམར་	23	
		△○	ལྷན་	24	
	དགའ་སྡེ་ལྷ་མཚན་།	◐◐	 	ལྷ་ 25	
		☐◐	མངའ་སྡེ་	26	
		☐◐	ལྷན་	27	
		△◐	ལྷ་	28	
		○◐	ཇམ་	29	
		△△	དམར་	30	
		☐○	ལྷན་	1	
		☐◐	ལྷ་	2	
		☐○	མངའ་སྡེ་	3	
		☐☐	ལྷན་	4	
		☐△	ལྷ་	5	
	ལྷན་པོ་ལྷན་པོ་ལྷན་པོ་	○○		ཇམ་ 6	
		☐△	དམར་	7	
		△○	ལྷན་	8	
		○◐	ལྷ་	9	
		☐○		མངའ་སྡེ་ 10	
		☐◐	ལྷན་	12	
		△△	ལྷ་	13	
		△○	ཇམ་	14	
		☐△	དམར་	15	
		○◐		ལྷན་	16
		○◐	ལྷ་	17	
		☐◐	མངའ་སྡེ་	18	
	ཇམ་ལྷན་པོ་ལྷན་པོ་ལྷན་པོ་ལྷན་པོ་	☐△		ལྷན་ 19	
		△○	ལྷ་	19	

1	Mon	New Year
2	Tue	
3	Wed	
4	Thu	
5	Fri	
6	Sat	Epiphany
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	

		△○	भा	20
		△△	द	21
		△○	अ	22
		ॢॢ	इ	23
		□ॢ	उ	24
		□ॢ	ए	25
		△ॢ	ॆ	26
		△○	भा	27
		□△	द	28
		□○	अ	29
		○ॢ	इ	30
		□○	उ	1
		□□	ए	2
		□△	ॆ	3
		○○	भा	4
		□△	द	6
		○○	अ	7
		○ॢ	इ	8
		□ॢ	उ	9
		□△	ए	10
		△△	ॆ	11
		□○	भा	12
		△ॢ	द	13
		○○	अ	14
		ॢॢ	इ	15
		□ॢ	उ	16
		□△	ए	17
		△○	ॆ	18
		△○	भा	19
		△△	द	20
		○ॢ	अ	21

February 2024

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

	འུའུ	ལམ	22
	འུའུ	སྒྲུབ	22
	འུའུ	ལྷན	23
	འུའུ	ལྷན	24
	འུའུ ༄	ལམ	25
	འུའུ	དམར	26
	འུའུ	ལྷན	27
	འུའུ	ལམ	28
	དབྱེ་གཤིན། འུའུ	སྒྲུབ	30
	ཡོང་གྱི་ལོ་གསལ། འུའུ	ལྷན	1
	འུའུ	ལྷན	2
	འུའུ	ལམ	3
	འུའུ	དམར	4
	འུའུ	ལྷན	5
	འུའུ	ལམ	6
	འུའུ	སྒྲུབ	7
	འུའུ 0	ལྷན	8
	འུའུ	ལྷན	9
	འུའུ ༄	ལམ	10
	འུའུ	དམར	11
	འུའུ	ལྷན	12
	འུའུ	ལམ	13
	འུའུ	སྒྲུབ	14
	ཚོ་བུ་ལྷུ་ལྷུ་ལྷུ་ཚོ། འུའུ	ལྷན	15
	འུའུ	ལྷན	16
	འུའུ	ལམ	17
	རྒྱ་བསྐྱེད་ལུང་བཟོན་དགོངས་རྒྱུགས། འུའུ	དམར	18
	འུའུ	ལྷན	19
	འུའུ	ལམ	20

March 2024

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	Good Friday
30	Sat	
31	Sun	Easter

		□◻	शुक्र	21
		□◻	शुक्र	22
		△△	रव	23
		□○	मंग	24
		□△	बुध	25
		○○	गुरु	26
		○◻	शुक्र	27
		□□	शुक्र	28
		□○	शुक्र	29
		□△	रव	30
		△○	मंग	1
		△○	बुध	2
		○○	गुरु	3
		◻◻	शुक्र	5
		□△	शुक्र	6
		□△	शुक्र	7
		□△	रव	8
		○◻	मंग	9
		△○	बुध	10
		○◻	गुरु	11
		△◻	शुक्र	12
		□○	शुक्र	13
		□△	शुक्र	14
		△△	रव	14
		○◻	मंग	15
		△◻	बुध	16
		○◻	गुरु	17
		◻◻	शुक्र	18
		□◻	शुक्र	19
		□△	शुक्र	20
		□△	रव	21



Edition Rabten

e-mail: info@editionrabten.com
www.editionrabten.eu



Geshe Rabten

Treasury of Dharma

Available in English, German, French, Romanian, Czech



Geshe Rabten

The Mind and its Functions

Available in English, German, French, Czech



Geshe Rabten

Practical Meditation

Available in English, German, French, Finnish, Slovenian, Czech. **Also available as eBook!**



Geshe Rabten

The Life of a Tibetan Monk

Available in English, German, French, Hungarian, Finnish, Romanian, Korean



Geshe Rabten

Song of the Profound View

Available in English, German, French



The Four Friends

Available in English, German, French, Italian



Dokhang Khangtsen

The Oral Transmission

CD-Tibetan



Wholesome Sound

CD-Tibetan, Booklet: English, German, French



This calendar, that you are holding in your hands, as application with the latest information on our events and daily quotations for profound meditation.



Dharma Treasure: Over 300 scriptures in Tibetan, hundreds of recordings of teachings from our great masters and always the latest teachings from Rabten Choeling's daily studies. Two Tibetan-Tibetan dictionaries.



Tibetan Up-to-Date: A systematic introduction to the Tibetan language and script.





Rabten Dharma - Centres



Rabten Choeling

Mont-Pèlerin, Switzerland

Centre for Higher Tibetan Studies
CH-1801 Le Mont-Pèlerin
Tel: +41 21 9213600 • info@rabten.ch



Tashi Rabten

Vorarlberg, Austria

Im Buchholz 26
A-6820 Frastanz
Tel: +43 720 510 880 • info@rabten.at



Deleg Rabten

Grinzens/Innsbruck, Austria

Neder 16
A-6094 Grinzens
Tel: +43 650 6358588 • tirol@rabten.at



Püntsook Rabten

München, Germany

Fruntsbergstr. 31
D-80634 München
Tel: +49 89 160020 • puntsok@rabten.eu



Rabten Jigme Ling

Den Haag, The Netherlands

Stationsweg 95-C, 2515 BK Den Haag
Tel: +31 70 380 02 73, +31 6 38 75 71 16
denhaag@rabten.eu



Rabten Djangtchoub Ling

Côte d'Azur, France

480 chemin Sainte-Trinide
F-83110 Sanary/mer
Tel: +33 6 87 43 91 43 • sanary@rabten.eu



Rabten Tashi Ling

Balaton, Hungary

Magyar Tibeti Központ, Pf. 23
H-8648 Balatonkeresztúr
Tel: +36 30 5088388 • balaton@rabten.eu



Rabten Čhodarling

Liberec, Czech Republic

Kubelikova 86
460 07 Liberec IX - Janův Důl
Tel: +420 48 2400059 • liberec@rabten.eu



European

Rabten Buddhist Institute

Lumbini, Nepal, West Monastic Zone-9

Tel: +977 9841307670, +977 71580013
lumbini@rabten.eu



Sinhalese

Rabten Dhamma Centre

Ashokapura, Kannattiya, Mihintale, Sri Lanka

Tel: +94 (77) 266 5366
ashokapura@rabten.eu

