

# Tibetan Calendar 2019-2020



གངས་ཅན་བྱང་ཆུབ་སྤྱི་དཔལ་གསོ་ཚེས་ཚོགས་སེ་པེན།  
**NGALSO ESPAÑA**

ས་ཕག་ལོའི་འཇུག

Year of Earth Pig, Losar 2146



*It is an animal who by nature is calmed and relaxed. He is happier when he is at home surrounded by his family. It is a person who organizes, plans and always has a plan to complete any tasks. He loves peace and tries to keep it where he goes.*

## Références:

**Ea- W. Earth - Wind:** The meeting of the earth and the wind is an unfavourable combination, because of this unfavourable combination one's food and materials will run out. Sorrows such as being robbed and so forth will occur and one will not accomplish one's own aims.

**Ea-F, Earth - Fire:** The meeting of earth and fire is a combination which burns, this combination of burning will generate suffering. People will go to war, destroy enemies, do violent actions, have disputes and it will bring all sorts of sufferings to the opponents.

**Ea-Wa, Earth - Water:** The meeting of earth and water connects us to health. this connection makes one become very happy. It is positive for hosting a party, promoting ourselves to a better position, dressing up, putting on ornaments and enjoying sports.

**Ea-Ea, Earth - Earth:** When two earths meet, it will bring real accomplishment. When there is a real attainment, all one has in mind will be accomplished. When this combination is the case, making statues, construction plans, buying land, increasing actions, actions of stability such as having a spouse and so forth will be positive.

**F-Wa, Fire - Water:** The meeting of fire and water is a combination for death, the combination of death takes away one's own life-force. With this energy one is victorious over enemies and it is positive for preparing to face them.

**F-F, Fire - Fire:** When two fires meet, it is a combination of multiplication, with the combination of multiplication, one will gain food and clothes. Do business, practice generosity, sow seeds, in this way Vasundhara will grant you the water of achievement. Worship the gods of wealth and ask them for siddhi (actual accomplishment).

**F-W . Fire - Wind:** The meeting of fire and wind is a powerful combination, this powerful combination renders us auspicious. It is positive to do religious services, worship gods and dharma activities. We will accomplish the actions of peace, increment and power.

**Wa-Wa, Water - Water:** When two waters meet, it creates nectar. When there is nectar, one's life and power will increase. With this combination one can take baths and get married, confer long-life empowerments, long-life practice and the acts of increasing. Friendship, business and personal interests will be positive.

**Wa-W, Water - Wind:** The meeting of water and wind brings about disagreement. Disagreement divides friends, it creates schisms and makes us commit slander and create enemies.

**W-W, Wind - Wind :** When two winds meet, it supplies all perfectly. And when all is perfect, the wish that one has in mind will be accomplished fast. When this is the combination, objects of one's interest, court-cases, reconciliation, and the action of fast movement and power will be positive.

The Tibetan calendar (Tibetan: ལོ་ཐོ་, Wylie: lo-tho) is a lunisolar calendar, that is, the Tibetan year is composed of either 12 or 13 lunar months, each beginning and ending with a new moon. A thirteenth month is added every two or three years, so that an average Tibetan year is equal to the solar year.

The Tibetan New Year celebration is Losar (Tibetan: ལོ་གསར་, Wylie: lo-gsar).

Each year is associated with an animal and an element, similar to the Chinese zodiac. Animals have the following order: Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, Pig, Rat, Ox and Tiger. Elements have the following order: Fire, Earth, Iron, Water and Wood. Each element is associated with two consecutive years, first in its male aspect, then in its female aspect.

With the introduction of the Kalachakra Tantra Calendar In the middle of the 11<sup>th</sup> century, the months were given lunar house name, and a full moon was celebrated every month:

1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>	9 <sup>o</sup>	10 <sup>o</sup>	11 <sup>o</sup> tibetan month	12 <sup>o</sup> tibetan month
tibetan month	tibetan month	tibetan month	tibetan month	tibetan month	tibetan month	tibetan month	tibetan month	tibetan month	tibetan month	བད་ཟླ་བཅུ་ལྔ་ལྷོ་ བ།	བད་ཟླ་བཅུ་གཉི་ལྷོ་ བ།
བད་ཟླ་མ་ལྷོ་ བ།	བད་ཟླ་ལྷོ་ བ།	བད་ཟླ་ལྷོ་ བ།	བད་ཟླ་བཅུ་ལྷོ་ བ།	བད་ཟླ་མ་ བ།	བད་ཟླ་ལྷོ་ བ།	བད་ཟླ་བདུན་ བ།	བད་ཟླ་བཅུན་ བ།	བད་ཟླ་དྲུག་ བ།	བད་ཟླ་བཅུ་ བ།		

Weeks Day (in tibetan: ལོ་གསར་, Wylie: gza ') got the names of planets:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ལོ་གསར་ ལྷོ་ བ།	ལོ་གསར་ ལྷོ་ བ།	ལོ་གསར་ ལྷོ་ བ།	ལོ་གསར་ ལྷོ་ བ།	ལོ་གསར་ ལྷོ་ བ།	ལོ་གསར་ ལྷོ་ བ།	ལོ་གསར་ ལྷོ་ བ།
Moon	Mars	Mercury	Jupiter	Venus	Saturn	Sun

According to the Buddhist tradition, the original teachings of the Kalacakra were taught by Buddha himself. Nevertheless, it took more than two hundred years until the Kalacakra calendar was officially introduced as the official Tibetan calendar by the ruler Drogön Chögyal Phagpa in the second half of the 13th century. Although this calendar was changed many times during the subsequent centuries, it kept its original character as a luni-solar calendar of Indian origin.

"L'astrologie tibétaine est divisée en deux sections principales: les calculs astraux élémentaires de Jungtsi et de Kartsi et les calculs « blancs » du système de Kalachakra. Les deux séries de calculs sont nécessaires pour obtenir un horoscope complet. Les astrologues bouddhistes utilisent également quelque chose appelé le système de voyelles naissantes.

Tibetan Astrology is divided into two main sections, Jungtsi Elemental astrological calculations and Kartsi the white calculations from the Kalachakra system. Both sets of calculations are needed to make a full horoscope. Buddhist astrologers also use something called the Arising Vowels system. Elemental astrology is the oldest type of Tibetan astrology and is called either jungtsi (element calculations) or Nagtsi (black calculations). Black or white refers to the clothes that were worn at the time in China (black) and India (white). Elemental astrology has its origins in the ancient Tibetan shamanistic Bön culture. It was mixed with some aspects of Chinese astrology in the 8th century when the Princess Wencheng, the Chinese wife of king Songtsen-Gompo moved to Tibet and brought her astrologer with her. Tibetan elemental astrology is not the same as modern Chinese astrology.

Elemental astrology is used to construct a natal horoscope, to make relationship and yearly predictions, medical calculations and death horoscopes. Horoscopes are commonly used in times of

change, such as moving to a new house; starting a new project or travelling to far away places. Astrology can also be used to make long-term weather forecasts and for many other things.

This Jungtsi system has no mathematical calculations or planetary observations. These belong to the Kartsi or white calculations system derived from the Kalachakra tantra which is explained in my book “Making Peace with the Wheel of Time”

The most important of these is Srog, or life energy, followed by Lu health or bodily strength, Wangthang the financial situation and Lungtha the wind horse or success. The yearly almanac shows these four categories and how they relate to the elements of the year or to another person. Where she notices an imbalance of energy in any of the four she will recommend an antidote to offset negative influences or side effects and to prevent them in the future.

Astrology helps us to make peace with the elemental imbalances and side effects that bring problems and disharmony into our life on the personal and collective levels. Tibetan medicine and astrology are studied together by lama healers. Nowadays we have many different healing methods but still many new complicated problems and sicknesses are arising that we don't understand. Maybe we are really taking care of our diet and our behaviour but still become sick. Why? One reason is the imbalance of the outer elements of the environment and our relationship with the universe. What we do has an influence on the universe and vice versa, everything has side effects.

Also there are many types of subtle beings like planetary deities and spirits of the land who interact with us. We need to know how to deal with all these subtle energies. Astrology is not just to know what our sign is and how the next year will be, but also how to deal with all these subtle environmental energies in the best way. This book the Bearded Turtle gives us many solutions. Normally turtles don't have beards- the beard symbolises the manifold types of wisdom that astrology gives us.

Tibetan astrology has a close relationship with Tibetan Medicine and they are usually taught together. Astrology is used by lama healers and Buddhist doctors to diagnose disease and to find the right cure. All Buddhist medical students have to study the basics of Astrology and Astronomy, it is something necessary to understand the flow of energy in our bodies, related to the seasons, but astrology students choose whether or not they want to study medicine. If you would like to learn the basics of Buddhist medicine I have written a book on the subject called A Rainbow of Healing Nectars.

Thanks to : Trini and Lama Caroline for the Photos who have been generously given. (from Tibet, Vajravali, Entorno de Paz in Almeria).

Thanks to you, because, without you this calendar would not exist.

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# 2019

# FEBRUARY

## MONDAY

གཟའ་ལྷན་པ་

28

Wa-W

04

༩༠

Ea-Wa

• New Moon

11

༧

Ea-Wa

## TUESDAY

གཟའ་མགུང་མཚན་

29

F-W

05

༡

Ea-F

Tibetan New Year 2146 of Earth Pig. 1<sup>o</sup> Tibetan Month  
ཕྱི་ལོ་ལྷན་པ་ཉིན་གཅིག་

12

༤

F-F

## WEDNESDAY

གཟའ་ལྷག་པ་

30

F-Wa

06

༢

Wa-Wa

13

༩

F-Wa

Medicine Buddha and Tara day Puja

## THURSDAY

གཟའ་ཚུར་བྲལ་

31

Ea-W

07

༣

Wa-W

14

༡༠

Ea-W

Daka Day, Tsog and Guru Puja

## FRIDAY

གཟའ་པ་སངས་

01

༤༧

Ea-Ea

08

༤

Ea-Ea

15

༡༡

Ea-W

## SATURDAY

གཟའ་མཁོ་པ་

02

༤༨

Ea-Wa

09

༥

Ea-F

16

༡༢

Ea-Wa

## SUNDAY

གཟའ་ཉི་མ་

03

༤༩

F-Wa

Protector Day

10

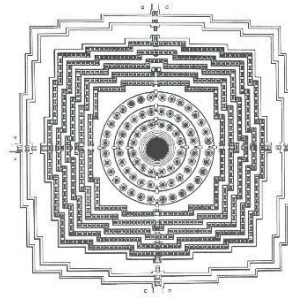
༤

Wa-Wa

17

༡༣

F-W



2019

FEBRUARY

MONDAY

གཟའ་མེད་པ་

18

༡༩

F-Wa

25

༢༦

F-Wa

TUESDAY

གཟའ་མགོ་འདུག་པ་

19

༢༠

F-Wa

O Full Moon Day, Medicine Buddha Puja

26

༢༧

Ea-F

WEDNESDAY

གཟའ་ལྷག་པ་

20

༢༡

F-Wa

Lama Muli Rimpoché Birthday, Happiness International Day.

27

༢༨

Ea-Wa

THURSDAY

གཟའ་ལྷན་པ་

21

༢༢

F-W

28

༢༩

Wa-W

FRIDAY

གཟའ་པ་སངས་པ་

22

༢༣

Ea-W

01

༢༤

Ea-Wa

SATURDAY

གཟའ་མཚན་པ་

23

༢༤

Ea-W

02

༢༥

Ea-Wa

SUNDAY

གཟའ་ཉ་མ་

24

༢༥

F-W

03

༢༦

Ea-F

Guru-Puja, Tsog, Dakini Day



# 2019

# MARCH

## MONDAY

གཟའ་ལྷ་པོ་

25

༢༥

F-Wa

04

༠༤

Ea-Wa

11

༡༡

Wa-W

## TUESDAY

གཟའ་མགོ་པོ་

26

༢༦

Ea-F

05

༠༥

Ea-F

Protector Day

12

༡༢

F-F

## WEDNESDAY

གཟའ་ལྷག་པོ་

27

༢༧

Ea-Wa

06

༠༦

Wa-Wa

• New Moon

13

༡༣

F-Wa

## THURSDAY

གཟའ་ལྷན་པོ་

28

༢༨

Wa-W

07

༠༧

Ea-W

2<sup>o</sup> Tibetan Month

འོ་ལྷ་ལྷན་པོ་

14

༡༤

Ea-W

Medicine Buddha and Tara day Puja

## FRIDAY

གཟའ་པ་སངས་

01

༠༡

Ea-Wa

08

༠༨

Ea-F

15

༡༥

Ea-W

## SATURDAY

གཟའ་སྐྱ་པོ་

02

༠༢

Ea-Wa

09

༠༩

Ea-Wa

16

༡༦

Ea-Wa

Daka Day, Tsog and Guru Puja

## SUNDAY

གཟའ་ཉ་མོ་

03

༠༣

Ea-F

10

༠༩

F-Wa

17

༡༧

F-W



2019

MARCH



**MONDAY**

གཟའ་མཇུག་

**18**

ཉམ

F-Wa

**25**

ཉའ

Wa-W

**TUESDAY**

གཟའ་མགོ་དམར་

**19**

ཉམ

F-Wa

**26**

ཉའ

F-F

**WEDNESDAY**

གཟའ་ལྷག་པ་

**20**

ཉའ

F-Wa

**27**

ཉམ

Ea-Wa

**THURSDAY**

གཟའ་ཚུར་བྲལ་

**21**

ཉམ

F-W

O Full Moon Day, Medicine Buddha Puja

**28**

ཉམ

Ea-Wa

**FRIDAY**

གཟའ་པ་སངས་

**22**

ཉམ

Ea-W

**29**

ཉམ

Ea-Wa

**SATURDAY**

གཟའ་མཚན་པ་

**23**

ཉམ

Ea-W

**30**

ཉའ

Ea-Wa

Guru Puja Tsog Dakini Day

**SUNDAY**

གཟའ་ཉི་མ་

**24**

ཉམ

F-W

**31**

ཉམ

Ea-F



**2019**

**APRIL**

**MONDAY**

གཟའ་མེད་པ་

**01**

༢༥

Ea-Wa

**08**

༣

F-Wa

**15**

༡༡

Wa-Wa

**TUESDAY**

གཟའ་མགོ་འདུག་པ་

**02**

༢༦

F-Wa

**09**

༤

F-F

**16**

༡༢

F-F

**WEDNESDAY**

གཟའ་ལྷག་པ་

**03**

༢༧

Ea-Wa

**10**

༥

F-Wa

**17**

༡༣

F-Wa

**THURSDAY**

གཟའ་ལྷན་པ་

**04**

༢༨

F-W

Protector Day

**11**

༦

W-W

**18**

༡༤

W-W

**FRIDAY**

གཟའ་པ་སངས་པ་

**05**

༢༩

Ea-Wa

• New Moon

**12**

༧

Ea-Wa

**19**

༡༥

Ea-W

O Full Moon Day, Medicine Buddha Puja

**SATURDAY**

གཟའ་མཚན་པ་

**06**

༨

Ea-Wa

**13**

༩

Ea-W

Medicine Buddha and Tara day Puja

**20**

༡༦

Ea-W

**SUNDAY**

གཟའ་ཉི་མ་

**07**

༩

F-W

**14**

༡༠

F-F

Daka Day, Tsog and Guru Puja

**21**

༡༧

F-W

2019

APRIL

MONDAY

གཟའ་མེད་པ་

22

༡༩

F-Wa

29

༢༥

Wa-Wa

Dakini Day, Tsog, Guru Puja

TUESDAY

གཟའ་མགོ་འཕྲུལ་

23

༡༩

Ea-F

30

༢༥

Ea-F

WEDNESDAY

གཟའ་ལྷག་པ་

24

༢༠

Ea-Wa

01

༢༦

Ea-Wa

THURSDAY

གཟའ་ལྷན་པ་

25

༢༡

Wa-W

02

༢༦

F-W

FRIDAY

གཟའ་པ་སངས་

26

༢༢

Ea-W

03

༢༧

Ea-Wa

Protector Day

SATURDAY

གཟའ་མཚན་པ་

27

༢༣

Ea-Ea

04

༢༠

Ea-Wa

• New Moon

SUNDAY

གཟའ་ཉ་མ་

28

༢༤

Ea-F

05

༡

F-W

3<sup>o</sup> Tibetan Month

ལོ་རྒྱུས་ལྟར་



# 2019

# MAY

## MONDAY

གཟའ་མེད་པ་

### 29

༢༩

Wa-Wa

Dakini Day, Tsog, Guru Puja

### 06

༦

F-Wa

### 13

༡༣

Wa-Wa

## TUESDAY

གཟའ་མགོ་འདུག་པ་

### 30

༣༠

Ea-F

### 07

༧

F-F

### 14

༡༤

F-F

Daka Day, Guru Puja Tsog

## WEDNESDAY

གཟའ་ལྷག་པ་

### 01

༡

Ea-Wa

### 08

༨

Ea-Wa

### 15

༡༥

Wa-W

## THURSDAY

གཟའ་ཚུར་བྲལ་

### 02

༢

F-W

### 09

༩

W-W

### 16

༡༦

W-W

Living together in Peace  
International Day

## FRIDAY

གཟའ་པ་སངས་པ་

### 03

༣

Ea-Wa

Protector Day

### 10

༡༠

Ea-Wa

### 17

༡༧

Ea-W

## SATURDAY

གཟའ་མཚན་པ་

### 04

༤

Ea-Wa

• New Moon

### 11

༡༡

Ea-Wa

### 18

༡༨

Ea-W

O Full Moon Day, Medicine  
Buddha Puja

## SUNDAY

གཟའ་ཉ་མ་

### 05

༥

F-W

3<sup>o</sup> Tibetan Month

འོ་མ་གསལ་བྱེད་པ་

### 12

༡༢

F-F

Medicine Buddha and Tara  
day Puja

### 19

༡༩

F-F



2019

MAY

MONDAY

གཟའ་མེད་པ་

20

༡༦

Ea-Wa

27

༢༣

Wa-Wa

TUESDAY

གཟའ་མགོ་འཕེལ་

21

༡༧

Ea-F

28

༢༤

Ea-F

WEDNESDAY

གཟའ་ལྷག་པ་

22

༡༨

Wa-Wa

29

༢༥

F-Wa

THURSDAY

གཟའ་ལྷན་ལུང་

23

༡༩

Wa-Wa

30

༢༦

Wa-W

FRIDAY

གཟའ་པ་སངས་

24

༢༠

E-F

31

༢༧

Ea-Wa

SATURDAY

གཟའ་མཚན་པ་

25

༢༡

Wa-Wa

01

༢༨

Ea-W

SUNDAY

གཟའ་ཉི་མ་

26

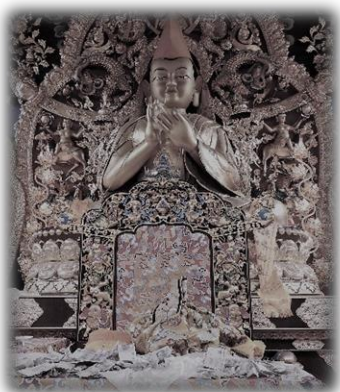
༢༢

Ea-F

02

༢༩

F-F



Dakini Day, Tsog, Guru Puja



Medicine Buddha and Tara  
Puja Day

2019

JUNE

**MONDAY**

གཟའ་མེད་པ་

27

༢༧

Wa-Wa

03

༠༣

F-Wa

• New Moon

10

༡༠

F-Wa

**TUESDAY**

གཟའ་མཁོ་དམར་

28

༢༨

Ea-F

04

༠༤

Ea-F

4<sup>th</sup> Tibetan Month

པོ་ལོ་ལྔ་པ་

11

༡༡

F-F

**WEDNESDAY**

གཟའ་ལྷག་པ་

29

༢༩

F-Wa

Dakini Day, Tsog, Guru Puja

05

༠༥

Wa-W

World Environment Day

12

༡༢

Wa-W

Daka Day, Guru-Puja, Tsog,

**THURSDAY**

གཟའ་ལྷུང་ལྷུང་

30

༣༠

Wa-W

06

༠༦

Wa-W

13

༡༣

W-W

**FRIDAY**

གཟའ་པ་སངས་

31

༣༡

Ea-Wa

07

༠༧

Ea-Wa

14

༡༤

Ea-W

**SATURDAY**

གཟའ་མཚན་པ་

01

༠༡

Ea-W

08

༠༨

Ea-F

15

༡༥

Ea-W

**SUNDAY**

གཟའ་ཉི་མ་

02

༠༢

F-F

Protector Day

09

༠༩

F-Wa

16

༡༦

Ea-F

2019

JUNE

MONDAY

གཟའ་མཇུག་

17

༡༥

Ea-Wa

TUESDAY

གཟའ་མགོ་འཕྲུལ་

18

༡༦

Ea-F

WEDNESDAY

གཟའ་ལྷག་པ་

19

༡༧

Wa-Wa

THURSDAY

གཟའ་ལྷན་པ་

20

༡༨

Wa-W

FRIDAY

གཟའ་པ་སངས་

21

༡༩

Ea-Ea

SATURDAY

གཟའ་མཚན་པ་

22

༢༠

Ea-Ea

SUNDAY

གཟའ་ཉི་མ་

23

༢༡

F-Wa

O Full Moon, Buddha -Birth-illumination and Parinivarna -  
Medicine Buddha Puja Day

24

༢༢

Ea-Wa

25

༢༣

F-F

26

༢༤

Wa-Wa

27

༢༥

Wa-W

28

༢༦

Ea-W

29

༢༧

Ea-F

30

༢༨

F-F

Yoga International Day

Dakini Day, Tsog, Guru Puja



འཕྲུལ་པའི་ལྷན་པ་ལྷན་པ་ལྷན་པ་



2019

JULY

**MONDAY**

གཟའ་མཇུག་པ་

01

༢༩

Ea-Wa

Protector Day

08

༥

F-Wa

15

༡༩

Ea-Wa

**TUESDAY**

གཟའ་མགུག་དམར་

02

༣༠

F-W

• Solar Eclipse - New Moon  
LAMA MICHEL RINPOCHE  
Birthday

09

༡

F-W

16

༡༥

F-Wa

**WEDNESDAY**

གཟའ་ལྷག་པ་

03

༡

Wa-Wa

5<sup>o</sup> Tibetan Month

ཕྱི་ཟླ་ཐེངས་

10

༤

E-F

Medicine Buddha and Tara  
day Puja

17

༡༢

Wa-Wa

**THURSDAY**

གཟའ་ལྷུང་གྲུ་

04

༢

W-W

Daka Day, Tsog and Guru  
Puja

11

༧

W-W

18

༡༡

Ea-W

**FRIDAY**

གཟའ་པ་སངས་

05

༣

Ea-F

12

༡༠

Ea-W

19

༡༧

Ea-Ea

**SATURDAY**

གཟའ་སྐལ་པ་

06

༤

Ea-Wa

13

༡༡

Ea-F

20

༡༧

Ea-Wa

**SUNDAY**

གཟའ་ཉ་མ་

07

༥

F-F

LAMA GANGCHEN  
RINPOCHE Birthday

14

༡༢

Ea-F

21

༡༧

Ea-F

O Full Moon and Partial  
Eclipse of the Moon -  
Protectors offerings Day-  
Medicine Buddha Puja Day



2019

JULY

**MONDAY**

གཟའ་མེད་པ་

22

༢༠

F-Wa

29

༢༧

Ea-Wa

**TUESDAY**

གཟའ་མགོ་འཕྲུལ་

23

༢༡

F-Wa

30

༢༨

F-W

**WEDNESDAY**

གཟའ་ལྷག་པ་

24

༢༢

Wa-Wa

31

༢༩

Wa-Wa

Protector Day

**THURSDAY**

གཟའ་ལྷན་པ་

25

༢༣

Wa-W

01

༣༠

W-W

• New Moon

**FRIDAY**

གཟའ་པ་སངས་

26

༢༤

Ea-W

02

༡

Ea-F

6<sup>o</sup> Tibetan Month

ཕྱི་མཇུག་ལོ་

**SATURDAY**

གཟའ་མཚན་པ་

27

༢༥

Ea-F

03

༣

Ea-Ea

Dakini Day, Tsog, Guru Puja

**SUNDAY**

གཟའ་ཉི་མ་

28

༢༦

F-F

04

༢

Ea-F

Buddha: first teaching



2019

AUGUST

**MONDAY**

གཟའ་མེད་པ་

29

༢༩

Ea-Wa

05

༥

Wa-W

12

༡༢

Wa-Wa

**TUESDAY**

གཟའ་མགུང་པ་

30

༣༠

F-W

06

༦

F-W

LAMA CAROLINE Birthday

13

༡༣

F-Wa

**WEDNESDAY**

གཟའ་ལྷག་པ་

31

༣༡

Wa-Wa

Protector Day

07

༧

Wa-W

14

༡༤

Ea-Wa

**THURSDAY**

གཟའ་ལྷན་པ་

01

༡

W-W

• New Moon

08

༨

W-W

15

༡༥

Ea-W

O Full Moon Medicine  
Buddha Puja Day

**FRIDAY**

གཟའ་པ་སངས་པ་

02

༢

Ea-F

6<sup>o</sup> Tibetan Month

ཕྱི་མའུ་ཟླ་བ་

09

༩

Ea-F

Medicine Buddha and Tara  
day Puja

16

༡༦

Ea-Ea

**SATURDAY**

གཟའ་སོག་པ་

03

༣

Ea-Ea

10

༡༠

Ea-Ea

Daka Day, Tsog and Guru  
Puja

17

༡༧

Ea-Wa

**SUNDAY**

གཟའ་ཉི་མ་

04

༤

Ea-F

Buddha: first teaching

11

༧

Ea-F

18

༡༨

Ea-F



2019

AUGUST

**MONDAY**

གཟའ་མེད་པ་

19

༡༩

F-Wa

World Humanitarian Day

26

༢༦

Wa-W

**TUESDAY**

གཟའ་མགོ་འདུལ་

20

༢༠

F-Wa

27

༢༧

F-Wa

**WEDNESDAY**

གཟའ་ལྷག་པ་

21

༢༡

Wa-Wa

28

༢༨

Wa-W

**THURSDAY**

གཟའ་ལྷན་པ་

22

༢༢

W-W

29

༢༩

F-W

Protector Day

**FRIDAY**

གཟའ་པ་སངས་

23

༢༣

Ea-F

30

༣༠

Ea-Wa

• New Moon

**SATURDAY**

གཟའ་མཚན་པ་

24

༢༤

Ea-F

31

༡

Ea-F

7<sup>o</sup> Tibetan Month

ཕོ་ལོ་ལྷན་པ་

**SUNDAY**

གཟའ་ཉ་མ་

25

༢༥

Ea-F

01

༡

F-F

Dakini Day, Tsog, Guru Puja

# 2019

# SEPTEMBER

## MONDAY

གཟའ་མེད་པ་

26

༢༦

Wa-W

02

༢

Wa-W

09

༠༩

Wa-Wa

Rishi star day: Special day, water is transformed in Nectar.

## TUESDAY

གཟའ་མགོ་འདུག་པ་

27

༢༧

F-Wa

03

༣

F-W

10

༡༠

F-Wa

Rishi star day: Special day, water is transformed in Nectar.

## WEDNESDAY

གཟའ་ལྷག་པ་

28

༢༨

Wa-W

04

༤

Wa-W

11

༡༡

Ea-Wa

Rishi star day: Special day, water is transformed in Nectar.

## THURSDAY

གཟའ་ལྷན་པ་

29

༢༩

F-W

Protector Day

05

༥

F-W

12

༡༢

Ea-W

Rishi star day: Special day, water is transformed in Nectar.

## FRIDAY

གཟའ་པ་སངས་པ་

30

༣༠

Ea-Wa

• New Moon

06

༦

Ea-Ea

13

༡༣

Ea-Wa

O Full Moon Day, Medicine Buddha Puja - Rishi star day: Special day, water is transformed in Nectar.

## SATURDAY

གཟའ་སངས་པ་

31

༣༡

Ea-F

07

༧

Ea-Ea

Medicine Buddha and Tara day Puja

14

༡༤

Ea-Ea

O Full Moon Day, Medicine Buddha Puja - Rishi star day: Special day, water is transformed in Nectar.

## SUNDAY

གཟའ་ཉ་མ་

01

༡

F-F

08

༨

Ea-F

Daka Day, Tsog and Guru Puja

15

༡༥

F-F

Rishi star day: Special day, water is transformed in Nectar.



# 2019

# SEPTEMBER

## MONDAY

གཟའ་མེད་པ་

16

ཉལ

Wa-Wa

23

ཨམ

Wa-Wa

30

ཉ

Wa-Wa

## TUESDAY

གཟའ་མགུང་པ་

17

ཉམ

F-Wa

24

ཨུ

F-W

01

མ

F-W

Dakini Day, Tsog, Guru Puja

## WEDNESDAY

གཟའ་ལྷག་པ་

18

ཉཤ

Wa-W

25

ཨཤ

F-Wa

## THURSDAY

གཟའ་ལྷན་པ་

19

ཉུ

F-W

26

ཨུ

Wa-W

## FRIDAY

གཟའ་པ་སངས་

20

ཨུ

Ea-F

27

ཨམ

Ea-F

Protector Day

## SATURDAY

གཟའ་མཚན་པ་

21

ཨུ

Ea-Ea

World Peace Day

28

ཨུ

Ea-F

• New Moon

## SUNDAY

གཟའ་ཉི་མ་

22

ཨུ

F-W

29

ཨུ

F-W

8° Tibetan Month

ལོ་རྒྱུས་ལྟར་



# 2019 OCTOBER

## MONDAY

གཟའ་ཟླ་བ་

30

༡

Wa-Wa

07

༧

Wa-Wa

Medicine Buddha and Tara  
day Puja

14

༡༤

Wa-Wa

## TUESDAY

གཟའ་མགུང་མཚན་

01

༢

F-W

08

༡༠

Ea-F

Daka Day, Tsog and Guru  
Puja

15

༡༥

F-Wa

TRIJANG CHOCTRUL  
RINPOCHE Birthday

## WEDNESDAY

གཟའ་ལྷག་པ་

02

༣

Wa-W

Non-Violence International  
Day

09

༡༡

Ea-Wa

16

༡༦

Wa-W

## THURSDAY

གཟའ་ལྷུང་ལྷན་

03

༤

F-W

10

༡༢

Ea-W

17

༡༧

F-W

## FRIDAY

གཟའ་པ་སངས་

04

༥

Ea-Ea

11

༡༣

Ea-Ea

18

༡༠

Ea-F

## SATURDAY

གཟའ་སྐབ་པ་

05

༦

Ea-Ea

12

༡༤

Ea-F

19

༡༧

Ea-Ea

## SUNDAY

གཟའ་ཉ་མ་

06

༧

F-Wa

13

༡༥

F-Wa

O Full Moon Day, Medicine  
Buddha Puja

20

༡༨

F-W





2019

OCTOBER

**MONDAY**

གཟའ་ལྷན་པ་

21

༢༡

Wa-Wa

28

༢༠

Wa-W

• New Moon

**TUESDAY**

གཟའ་མགུང་པ་

22

༢༢

F-W

29

༢

F-W

9<sup>o</sup> Tibetan Month

པོ་ལྷ་པོ་ལྷ་པོ་

**WEDNESDAY**

གཟའ་ལྷག་པ་

23

༢༣

F-Wa

Dakini Day, Tsog, Guru Puja

30

༣

F-Wa

**THURSDAY**

གཟའ་ལྷུང་ལྷུང་

24

༢༤

Wa-W

United Nations Day

31

༤

Ea-W

**FRIDAY**

གཟའ་པ་སངས་

25

༢༥

Ea-F

01

༥

Ea-Ea

**SATURDAY**

གཟའ་མཚན་པ་

26

༢༦

Ea-W

02

༦

Ea-Wa

**SUNDAY**

གཟའ་ཉ་མ་

27

༢༧

F-W

Protector Day

03

༧

F-Wa

2019

NOVEMBER

MONDAY

གཟའ་ལྷ་པོ་

28

ལྷ

Wa-W

• New Moon

04

ལ

Ea-Wa

11

ལྷ

Wa-Wa

TUESDAY

གཟའ་མགུང་མཚན་

29

མ

F-W

05

མ

Ea-F

Medicine Buddha and Tara day Puja

12

མ

F-W

O Full Moon, Medicine Buddha Puja Day

WEDNESDAY

གཟའ་སྐྱེལ་པོ་

30

ས

F-Wa

06

ས

Wa-Wa

13

ས

F-Wa

THURSDAY

གཟའ་ལྷུང་གྲུ་

31

ལྷ

Ea-W

07

ལྷ

Wa-W

Daka Day, Tsog and Guru Puja

14

ལྷ

F-W

FRIDAY

གཟའ་པ་སངས་

01

པ

Ea-Ea

08

པ

Ea-Ea

15

པ

Ea-Ea

SATURDAY

གཟའ་སངས་པོ་

02

པ

Ea-Wa

09

པ

Ea-F

Paranirvana Kyabje Trijang Rinpoche

16

པ

Ea-W

SUNDAY

གཟའ་ཉ་མ་

03

ཉ

F-Wa

10

ཉ

F-Wa

World Science Day for Peace and Development

17

ཉ

F-Wa





**2019**

**NOVEMBER**

**MONDAY**

གཟའ་ལྷ་པ་

**18**

༢༡

Wa-W

Protector Day

**25**

༢༨

Wa-W

Protector Day and  
International Day for the  
elimination of the violence  
against women

**TUESDAY**

གཟའ་མགུ་དམར་

**19**

༢༢

F-F

Buddha come back from Deva

**26**

༢༠

F-F

• New Moon

**WEDNESDAY**

གཟའ་སྐག་པ་

**20**

༢༣

Wa-Wa

**27**

༡

Ea-Wa

10<sup>th</sup> Tibetan Month

ལོ་རྒྱུས་ལྔ་པ་

**THURSDAY**

གཟའ་ལྷུང་གྲུ་

**21**

༢༤

F-W

**28**

༢

Ea-W

**FRIDAY**

གཟའ་པ་སངས་

**22**

༢༥

Ea-F

Dakini Day, Tsog, Guru Puja

**29**

༣

Ea-Wa

**SATURDAY**

གཟའ་སང་པ་

**23**

༢༦

Ea-W

**30**

༤

Ea-Wa

**SUNDAY**

གཟའ་ཉ་མ་

**24**

༢༦

F-W

**01**

༥

F-Wa

# 2019

# DECEMBER

## MONDAY

གཟའ་ལྷ་པོ་

### 25

ལྷ

Wa-W

Protector Day

### 02

ལ

Ea-Wa

### 09

ཉ

Wa-W

## TUESDAY

གཟའ་མགུང་མཚན་

### 26

མཚ

F-F

• New Moon

### 03

མ

Ea-F

### 10

མ

F-Wa

Human Rights Day

## WEDNESDAY

གཟའ་ལྷག་པོ་

### 27

ལ

Ea-Wa

### 04

ལ

Wa-Wa

Medicine Buddha and Tara day Puja

### 11

ལ

Ea-Wa

World Mountain Day

## THURSDAY

གཟའ་ཕུར་བུ།

### 28

ཕ

Ea-W

### 05

ཕ

Ea-W

### 12

ཕ

Ea-W

O Full Moon Day, Medicine Buddha Puja

## FRIDAY

གཟའ་པ་སངས་

### 29

པ

Ea-Wa

### 06

པ

Ea-F

Daka Day, Tsog and Guru Puja

### 13

པ

Ea-W

## SATURDAY

གཟའ་སང་པ་

### 30

ས

Ea-Wa

### 07

ས

Ea-Wa

### 14

ས

Ea-Wa

## SUNDAY

གཟའ་ཉ་མ་

### 01

ཉ

F-Wa

### 08

ཉ

F-Wa

### 15

ཉ

F-F





2019

DECEMBER

MONDAY

གཟའ་མཇུག་

16

༢༠

Wa-Wa

23

༢༣

F-Wa

30

༤

Ea-Wa

TUESDAY

གཟའ་མགོ་འདུག་

17

༢༡

F-F

24

༢༤

Ea-F

31

༥

F-Wa

WEDNESDAY

གཟའ་ལྷག་པ་

18

༢༢

F-Wa

25

༢༥

Ea-Wa

Protector Day

THURSDAY

གཟའ་ལྷན་ལཱ་

19

༢༣

W-W

26

༢༠

Wa-W

• Full Moon, Solar Eclipse

FRIDAY

གཟའ་པ་སངས་

20

༢༤

Ea-W

27

༡

Ea-Wa

11<sup>o</sup> Tibetan Month

ཕྱི་ཟླ་བཅུ་གཅིག་པ་

SATURDAY

གཟའ་སྐུ་པ་

21

༢༥

Ea-W

28

༢

Ea-Wa

Dakini Day, Tsog, Guru Puja

SUNDAY

གཟའ་ཉི་མ་

22

༢༦

F-W

29

༣

Ea-F

2020

JANUARY

MONDAY

གཟའ་མེད་པ་

30

༤

Ea-Wa

06

༡༡

Wa-W

13

༡༩

F-Wa

TUESDAY

གཟའ་མགོ་འདུག་པ་

31

༥

F-Wa

07

༡༢

F-F

14

༢༠

F-Wa

WEDNESDAY

གཟའ་ལྷག་པ་

01

༦

Ea-Wa

2020 New Year.

08

༡༣

F-Wa

15

༢༠

F-Wa

THURSDAY

གཟའ་ལྷན་པ་

02

༧

F-W

09

༡༤

Ea-W

16

༢༡

Wa-Wa

FRIDAY

གཟའ་པ་སངས་པ་

03

༨

Ea-Wa

10

༡༥

Ea-W

O Full Moon Day, Medicine Buddha Puja

17

༢༢

Ea-W

SATURDAY

གཟའ་སྐབ་པ་

04

༩

Ea-Wa

11

༡༦

Ea-Wa

18

༢༣

Ea-W

SUNDAY

གཟའ་ཉི་མ་

05

༡༠

F-Wa

Daka Day, Tsog and Guru Puja

12

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F-W

19

༢༤

F-W

Dakini Day, Tsog, Guru Puja





2020

JANUARY

**MONDAY**

གཟའ་མེད་པ་

20

༢༠

F-Wa

27

༢༧

Wa-Wa

**TUESDAY**

གཟའ་མགོ་འཕྲུལ་

21

༢༡

Ea-F

28

༢༨

Ea-F

**WEDNESDAY**

གཟའ་ལྷག་པ་

22

༢༢

Ea-Wa

29

༢༩

F-W

**THURSDAY**

གཟའ་ལྷན་པ་

23

༢༣

Wa-W

Protector Day

30

༣༠

Ea-W

**FRIDAY**

གཟའ་པ་སངས་

24

༢༤

Ea-Wa

• New Moon

31

༣༡

Ea-Wa

**SATURDAY**

གཟའ་མཚན་པ་

25

༢༥

Ea-Ea

12<sup>o</sup> Tibetan Month  
འཕྲུལ་ལྷན་པ་ལྷན་པ་

01

༠༡

Ea-W

**SUNDAY**

གཟའ་ཉི་མ་

26

༢༦

Ea-F

02

༠༢

Medicine Buddha and Tara  
day Puja

2020

FEBRUARY

**MONDAY**

གཟའ་ལྷ་པ་

27

༣

Wa-Wa

03

༩

F-Wa

10

༡༥

F-Wa

**TUESDAY**

གཟའ་མགུང་མར་

28

༤

Ea-F

04

༡༠

Ea-F

Daka Day, Tsog and Guru Puja

11

༡༦

F-F

**WEDNESDAY**

གཟའ་སྐག་པ་

29

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F-W

05

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Wa-W

12

༡༧

Wa-W

**THURSDAY**

གཟའ་སྤར་བྲུ་

30

༦

Ea-W

06

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Wa-W

13

༡༨

W-W

**FRIDAY**

གཟའ་པ་སངས་

31

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Ea-Wa

07

༡༣

Ea-W

14

༡༩

Ea-W

**SATURDAY**

གཟའ་སའ་པ་

01

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Ea-W

08

༡༤

Ea-F

15

༢༠

Ea-W

**SUNDAY**

གཟའ་ཉ་མ་

02

༩

F-F

Medicine Buddha and Tara day Puja

09

༡༥

F-Wa

O Full Moon Day, Medicine Buddha Puja

16

༢༡

F-F



2020

FEBRUARY



**MONDAY**

གཟའ་ལྷ་པ་

17

༡༩

Ea-Wa

24

༧

Wa-Wa

• New Moon - Losar, Iron Rat Years

**TUESDAY**

གཟའ་མག་དམར་

18

༢༥

Ea-F

Dakini Day, Tsog, Guru Puja

25

༨

Ea-F

**WEDNESDAY**

གཟའ་ལྷག་པ་

19

༢༦

Wa-Wa

26

༩

F-Wa

**THURSDAY**

གཟའ་ལྷུང་གྲུ

20

༢༧

Wa-W

27

༡༠

Wa-W

**FRIDAY**

གཟའ་པ་སངས་

21

༢༨

Ea-Ea

28

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Ea-Wa

**SATURDAY**

གཟའ་སྐ་པ་

22

༢༩

Ea-Ea

Protector Day

29

༡༢

Ea-W

**SUNDAY**

གཟའ་ཉ་མ་

23

༣༠

F-Wa

30

*Peace with all and all with Peace, Lama Gangchen Rinpoche*



གངས་ཅན་བྱང་ཆུབ་སྤྱི་དབང་ལ་གསོ་ཚམས་ཚོགས་སེ་ཤེན།

**NGALSO ESPAÑA**

*Huge hug to you, Gangchen Gangchub Ling, Ngaldzo- Spain.*