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Listed are days in the year 2010 when Buddhist practices are recommended. The calendar is prepared by Nawang Tharcho, based on Tibetan Medical and Astrological Institute's calendar. 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.

For additional information, including the days that are auspicious and inauspicious for various activities and the days that are favorable or unfavorable based on the combination of elements, see the traditional calendar view here

<http://www.fpmt.org/resources/dates.asp>

## **January**

### **Tibetan Months 11/12**

January 1, Friday: Fire puja (Tibetan day 16)

January 3, Sunday: Fire puja (Tibetan day 18)

January 5, Tuesday: Fire puja (Tibetan day 20)

January 7, Thursday: Fire puja (Tibetan day 22)

January 8, Friday: Fire puja (Tibetan day 24)

January 9, Saturday: Fire puja, Tsog (Tibetan day 25)

January 10, Sunday: Fire puja (Tibetan day 26)

January 12, Tuesday: Fire puja (Tibetan day 28)

January 13, Wednesday: Protector puja (Tibetan day 29)

January 14, Thursday: Sojong, Fire puja (Tibetan day 29)

January 15, Friday: Precepts, New moon, *Solar eclipse* (Tibetan day 30)

January 19, Tuesday: Fire puja (Tibetan day 4)

January 21, Thursday: Fire puja (Tibetan day 6)

January 23, Saturday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

January 24, Sunday: Fire puja (Tibetan day 9)

January 25, Monday: Naga puja, Tsog (Tibetan day 10)

January 26, Tuesday: Fire puja (Tibetan day 11)

January 28, Thursday: Fire puja (Tibetan day 13)

January 29, Friday: Sojong (Tibetan day 14)

January 30, Saturday: Precepts, Fire puja, Medicine Buddha, Full moon (Tibetan day 15)

## **February**

### **Tibetan Months 12/1**

February 2, Tuesday: Fire puja (Tibetan day 19)

February 8, Monday: Fire puja, Tsog (Tibetan day 25)

February 10, Wednesday: Fire puja (Tibetan day 27)

February 12, Friday: Fire puja, Protector puja (Tibetan day 29)

February 13, Saturday: Sojong, Precepts, New moon (Tibetan day 30)

February 14, Sunday: Precepts, Fire puja, *Losar: Tibetan New Year, Lama Thubten Yeshe, Day of Miracles* (Tibetan day 1)

February 15, Monday: Precepts, *Day of Miracles* (Tibetan day 2)

February 16, Tuesday: Precepts, *Day of Miracles* (Tibetan day 2)

February 17, Wednesday: Precepts, Fire puja, *Day of Miracles* (Tibetan day 3)

February 18, Thursday: Precepts, *Day of Miracles* (Tibetan day 4)

February 19, Friday: Precepts, Fire puja, *Day of Miracles* (Tibetan day 5)  
February 20, Saturday: Precepts, *Day of Miracles* (Tibetan day 6)  
February 21, Sunday: Precepts, *Day of Miracles* (Tibetan day 7)  
February 22, Monday: Precepts, Fire puja, Medicine Buddha, Tara puja, *Day of Miracles* (Tibetan day 8)  
February 23, Tuesday: Precepts, *Day of Miracles* (Tibetan day 9)  
February 24, Wednesday: Precepts, Fire puja, Tsog, *Day of Miracles* (Tibetan day 10)  
February 25, Thursday: Precepts, *Day of Miracles* (Tibetan day 12)  
February 26, Friday: Precepts, Fire puja, *Day of Miracles* (Tibetan day 13)  
February 27, Saturday: Precepts, *Milarepa, Day of Miracles* (Tibetan day 14)  
February 28, Sunday: Sojong, Precepts, Medicine Buddha, *Day of Miracles*, Full moon (Tibetan day 15)

## **March**

### **Tibetan Months 1/2**

March 1, Monday: Fire puja (Tibetan day 16)  
March 3, Wednesday: Fire puja (Tibetan day 18)  
March 5, Friday: Fire puja (Tibetan day 20)  
March 7, Sunday: Fire puja (Tibetan day 22)  
March 9, Tuesday: Fire puja (Tibetan day 24)  
March 10, Wednesday: Naga puja, Tsog, *Tibetan Uprising* (Tibetan day 25)  
March 11, Thursday: Fire puja (Tibetan day 26)  
March 13, Saturday: Fire puja (Tibetan day 28)

March 14, Sunday: Sojong, Fire puja, Protector puja (Tibetan day 29)

March 15, Monday: Precepts, New moon (Tibetan day 30)

March 17, Wednesday: Fire puja (Tibetan day 2)

March 19, Friday: Fire puja (Tibetan day 4)

March 21, Sunday: Fire puja (Tibetan day 6)

March 23, Tuesday: Precepts, Fire puja, Naga puja, Medicine Buddha, Tara puja (Tibetan day 8)

March 25, Thursday: Fire puja, Tsog (Tibetan day 10)

March 27, Saturday: Fire puja (Tibetan day 12)

March 28, Sunday: Fire puja (Tibetan day 13)

March 29, Monday: Sojong (Tibetan day 14)

March 30, Tuesday: Precepts, Fire puja, Naga puja, Medicine Buddha, Full moon (Tibetan day 15)

## **April**

### **Tibetan Months 2/3**

April 1, Thursday: Fire puja (Tibetan day 18)

April 3, Saturday: Fire puja (Tibetan day 20)

April 4, Sunday: Fire puja (Tibetan day 21)

April 6, Tuesday: Fire puja (Tibetan day 23)

April 8, Thursday: Fire puja, Tsog (Tibetan day 25)

April 9, Friday: Fire puja (Tibetan day 25)

April 12, Monday: Fire puja (Tibetan day 28)

April 13, Tuesday: Sojong, Protector puja (Tibetan day 29)

April 14, Wednesday: Precepts, Fire puja, New moon (Tibetan day 30)

April 15, Thursday: Fire puja (Tibetan day 1)

April 17, Saturday: Fire puja (Tibetan day 3)

April 19, Monday: Fire puja (Tibetan day 5)

April 21, Wednesday: Fire puja (Tibetan day 7)

April 22, Thursday: Precepts, Tara puja, Medicine Buddha (Tibetan day 8)

April 23, Friday: Fire puja, Tsog (Tibetan day 9)

April 24, Saturday: Fire puja (Tibetan day 11)

April 26, Monday: Fire puja (Tibetan day 13)

April 28, Wednesday: Sojong, Precepts, Fire puja, Medicine Buddha, Full moon, *Lord Buddha taught Kalachakra for the first time* (Tibetan day 15)

April 30, Friday: Fire puja (Tibetan day 17)

## **May**

### **Tibetan Months 3/4**

May 3, Monday: Fire puja, Naga puja (Tibetan day 20)

May 5, Wednesday: Fire puja, Naga puja (Tibetan day 22)

May 7, Friday: Fire puja (Tibetan day 24)

May 8, Saturday: Tsog (Tibetan day 25)

May 9, Sunday: Fire puja (Tibetan day 26)

May 11, Tuesday: Fire puja (Tibetan day 28)

May 12, Wednesday: Sojong, Protector puja (Tibetan day 29)

May 13, Thursday: Precepts, Fire puja, New moon (Tibetan day 30)

May 14, Friday: Fire puja (Tibetan day 1)

May 16, Sunday: Fire puja (Tibetan day 3)

May 17, Monday: Fire puja (Tibetan day 4)

May 18, Tuesday: Naga puja (Tibetan day 5)

May 20, Thursday: Precepts, *Lord Buddha's conception (or birth)* (Tibetan day 7)

May 21, Friday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

May 23, Sunday: Fire puja, Tsog (Tibetan day 10)

May 25, Tuesday: Fire puja (Tibetan day 12)

May 27, Thursday: Sojong, Precepts, Medicine Buddha, Full moon, *Lord Buddha's birth enlightenment and parinirvana (or latter two)* (Tibetan day 15)

May 28, Friday: Fire puja (Tibetan day 16)

May 30, Sunday: Fire puja (Tibetan day 18)

## **June**

### **Tibetan Months 4/5**

June 1, Tuesday: Fire puja (Tibetan day 19)

June 2, Wednesday: Naga puja (Tibetan day 20)

June 3, Thursday: Fire puja (Tibetan day 21)

June 5, Saturday: Fire puja (Tibetan day 23)

June 7, Monday: Fire puja, Naga puja, Tsog (Tibetan day 25)

June 9, Wednesday: Fire puja (Tibetan day 27)

June 11, Friday: Sojong, Fire puja, Protector puja (Tibetan day 29)

June 12, Saturday: Precepts, New moon (Tibetan day 30)

June 13, Sunday: Fire puja (Tibetan day 1)

June 15, Tuesday: Fire puja (Tibetan day 3)

June 17, Thursday: Fire puja (Tibetan day 5)

June 19, Saturday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

June 20, Sunday: Fire puja, Naga puja (Tibetan day 9)

June 21, Monday: Tsog, *Guru Rinpoche* (Tibetan day 10)

June 22, Tuesday: Fire puja (Tibetan day 11)

June 24, Thursday: Fire puja (Tibetan day 13)

June 26, Saturday: Precepts, Sojong, Fire puja, Medicine Buddha, Full moon, *Lunar eclipse* (Tibetan day 15)

June 28, Monday: Fire puja (Tibetan day 17)

June 30, Wednesday: Fire puja (Tibetan day 19)

## **July**

### **Tibetan Months 5/6**

July 2, Friday: Fire puja (Tibetan day 21)

July 4, Sunday: Fire puja (Tibetan day 23)

July 5, Monday: Fire puja (Tibetan day 24)

July 6, Tuesday: Tsog, *His Holiness the Dalai Lama's 75<sup>th</sup> Birthday* (Tibetan day 25)

July 7, Wednesday: Fire puja (Tibetan day 26)

July 8, Thursday: Fire puja (Tibetan day 26)

July 9, Friday: Fire puja (Tibetan day 28)

July 10, Saturday: Sojong, Protector puja (Tibetan day 29)

July 11, Sunday: Precepts, Fire puja, New moon, *Solar eclipse* (Tibetan day 30)

July 12, Monday: Fire puja (Tibetan day 1)

July 14, Wednesday: Fire puja (Tibetan day 3)

July 15, Thursday: Precepts, *Lord Buddha's first teaching* (Tibetan day 4)

July 16, Friday: Fire puja (Tibetan day 5)

July 19, Monday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

July 20, Tuesday: Tsog (Tibetan day 10)

July 21, Wednesday: Fire puja (Tibetan day 11)

July 23, Friday: Fire puja (Tibetan day 13)

July 25, Sunday: Sojong, Precepts, Naga puja, Medicine Buddha, Full moon, *Lord Buddha's conception (alternative)* (Tibetan day 15)

July 26, Monday: Fire puja, (Tibetan day 16)

July 27, Tuesday: Fire puja (Tibetan day 16)

July 29, Thursday: Fire puja (Tibetan day 18)

July 31, Saturday: Fire puja (Tibetan day 20)

## **August**

### **Tibetan Months 6/7**

August 1, Sunday: Fire puja (Tibetan day 21)

August 3, Tuesday: Fire puja (Tibetan day 23)

August 5, Thursday: Fire puja, Tsog (Tibetan day 25)

August 7, Saturday: Fire puja (Tibetan day 27)

August 9, Monday: Sojong, Fire puja, Protector puja (Tibetan day 29)

August 10, Tuesday: Precepts, New moon (Tibetan day 30)

August 11, Wednesday: Naga puja (Tibetan day 1)

August 13, Friday: Fire puja (Tibetan day 4)

August 15, Sunday: Fire puja (Tibetan day 6)

August 17, Tuesday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

August 19, Thursday: Fire puja, Tsog (Tibetan day 10)

August 20, Friday: Naga puja (Tibetan day 11)

August 21, Saturday: Fire puja (Tibetan day 12)

August 24, Tuesday: Sojong, Precepts, Fire puja, Medicine Buddha, Full moon (Tibetan day 15)

August 26, Thursday: Fire puja (Tibetan day 17)

August 28, Saturday: Fire puja (Tibetan day 19)

August 30, Monday: Fire puja, Naga puja (Tibetan day 21)

August 31, Tuesday: Naga puja (Tibetan day 22)

## **September**

### **Tibetan Months 7/8**

September 1, Wednesday: Fire puja (Tibetan day 23)

September 3, Friday: Tsog (Tibetan day 25)

September 4, Saturday: Fire puja (Tibetan day 26)

September 6, Monday: Fire puja (Tibetan day 28)

September 7, Tuesday: Sojong, Protector puja, *His Holiness Sakya Trizin's 65<sup>th</sup> Birthday* (Tibetan day 29)

September 8, Wednesday: Precepts, Fire puja, New moon (Tibetan day 30)

September 9, Thursday: Fire puja (Tibetan day 1)

September 11, Saturday: Fire puja (Tibetan day 3)

September 14, Tuesday: Fire puja (Tibetan day 7)

September 15, Wednesday: Precepts, Medicine Buddha, Tara puja, Naga puja (Tibetan day 8)

September 16, Thursday: Fire puja (Tibetan day 9)

September 17, Friday: Tsog (Tibetan day 10)

September 18, Saturday: Fire puja (Tibetan day 11)

September 20, Monday: Fire puja (Tibetan day 12)

September 22, Wednesday: Sojong, Fire puja (Tibetan day 14)

September 23, Thursday: Precepts, Medicine Buddha, Full moon (Tibetan day 15)

September 24, Friday: Fire puja (Tibetan day 16)

September 26, Sunday: Fire puja, Naga puja (Tibetan day 18)

September 28, Tuesday: Fire puja (Tibetan day 20)

September 30, Thursday: Fire puja (Tibetan day 22)

## **October**

### **Tibetan Months 8/9**

October 2, Saturday: Fire puja (Tibetan day 24)

October 3, Sunday: Fire puja, Tsog (Tibetan day 25)

October 5, Tuesday: Fire puja (Tibetan day 27)

October 6, Wednesday: Protector puja (Tibetan day 29)

October 7, Thursday: Sojong, Precepts, Fire puja, New moon (Tibetan day 30)

October 8, Friday: Fire puja (Tibetan day 1)

October 11, Monday: Fire puja (Tibetan day 4)

October 13, Wednesday: Fire puja (Tibetan day 6)

October 14, Thursday: Naga puja (Tibetan day 7)

October 15, Friday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

October 16, Saturday: *Sixteenth Karmapa* (Tibetan day 9)

October 17, Sunday: Fire puja, Tsog (Tibetan day 10)

October 19, Tuesday: Fire puja (Tibetan day 12)

October 21, Thursday: Fire puja (Tibetan day 14)

October 22, Friday: Sojong, Precepts, Medicine Buddha, Full moon, *Lord Buddha's acceptance to descend from God Realm of Thirty-three* (Tibetan day 15)

October 23, Saturday: Fire puja (Tibetan day 16)

October 24, Sunday: Fire puja (Tibetan day 17)

October 26, Tuesday: Fire puja (Tibetan day 19)

October 28, Thursday: Fire puja (Tibetan day 21)

October 29, Friday: Precepts, *Lord Buddha's actual descent from God Realm of Thirty-three* (Tibetan day 22)

October 30, Saturday: Fire puja (Tibetan day 23)

## **November**

### **Tibetan months 9/10**

November 1, Monday: Fire puja, Tsog (Tibetan day 25)  
November 3, Wednesday: Fire puja (Tibetan day 27)  
November 5, Friday: Sojong, Fire puja, Protector puja (Tibetan day 29)  
November 6, Saturday: Precepts, New moon (Tibetan day 30)  
November 7, Sunday: Fire puja (Tibetan day 1)  
November 9, Tuesday: Fire puja (Tibetan day 4)  
November 11, Thursday: Fire puja (Tibetan day 6)  
November 13, Saturday: Fire puja (Tibetan day 7)  
November 14, Sunday: Precepts, Medicine Buddha, Tara puja (Tibetan day 8)  
November 15, Monday: Fire puja (Tibetan day 9)  
November 16, Tuesday: Tsog (Tibetan day 10)  
November 17, Wednesday: Fire puja (Tibetan day 11)  
November 19, Friday: Fire puja (Tibetan day 13)  
November 20, Saturday: Sojong (Tibetan day 14)  
November 21, Sunday: Precepts, Medicine Buddha, Full moon (Tibetan day 15)  
November 22, Monday: Fire puja (Tibetan day 16)  
November 24, Wednesday: Fire puja (Tibetan day 18)  
November 26, Friday: Fire puja (Tibetan day 20)  
November 28, Sunday: Fire puja (Tibetan day 22)  
November 30, Tuesday: Fire puja, Tsog, *Lama Tsong Khapa* (Tibetan day 24)

## **December**

### **Tibetan Months 10/11**

December 1, Wednesday: Fire puja (Tibetan day 26)

December 3, Friday: Fire puja (Tibetan day 28)

December 4, Saturday: Protector puja (Tibetan day 29)

December 5, Sunday: Sojong, Precepts, Fire puja, New moon (Tibetan day 30)

December 6, Monday: Fire puja (Tibetan day 1)

December 8, Wednesday: Fire puja (Tibetan day 3)

December 10, Friday: Fire puja (Tibetan day 5)

December 13, Monday: Precepts, Fire puja, Medicine Buddha, Tara puja (Tibetan day 8)

December 15, Wednesday: Fire puja, Tsog (Tibetan day 10)

December 16, Thursday: Fire puja (Tibetan day 10)

December 18, Saturday: Fire puja (Tibetan day 12)

December 19, Sunday: Fire puja (Tibetan day 13)

December 20, Monday: Sojong, Naga puja, *Sakya Pandita* (Tibetan day 14)

December 21, Tuesday: Precepts, Fire puja, Medicine Buddha, Full moon, *Lunar eclipse* (Tibetan day 15)

December 23, Thursday: Fire puja (Tibetan day 17)

December 24, Friday: *Dudjom Rinpoche*

December 25, Saturday: Fire puja (Tibetan day 20)

December 26, Sunday: Fire puja (Tibetan day 21)

December 28, Tuesday: Fire puja (Tibetan day 23)

December 30, Thursday: Fire puja, Tsog (Tibetan day 25)