

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <i>Lha Bab Duchen</i>
5 9 a.m. Green Tara Practice	6	7 6:30 p.m. Dakini Tsok 7:30 p.m. EST Online Medicine Buddha Practice	8	9	10	11
12 9 a.m. Green Tara Practice	13	14 7:30 p.m. EST Online Medicine Buddha Practice	15	16	17	18
19 9 a.m. Green Tara Practice	20	21 7:30 p.m. EST Online Medicine Buddha Practice	22 6:30 p.m. Guru Rinpoche Tsok	23	24	25
26 9 a.m. Green Tara Practice	27 6 p.m. Chöd Practice	28 7:30 p.m. EST Online Medicine Buddha Practice	29	30		

NOVEMBER PRACTICES AND TEACHINGS

November 4, Saturday – **Lha Bab Duchen**

“Buddha Shakyamuni’s Descent from Tushita heaven” is celebrated. Buddha’s mother, Queen Mayadevi, had been reborn in Tushita Heaven. To repay his mother’s kindness and to liberate her, Buddha went to Tushita for three months teaching dharma to his mother and other celestial beings.

November 7, Tuesday at 6:30 p.m. – Dakini Tsok

November 22, Wednesday at 6:30 p.m. – Guru Rinpoche Tsok

November 27, Monday at 6 p.m. – Chöd Practice