







"Today we may not be able to meet the original Buddha in person. We need the closest thing. If someone has great faith, understands emptiness, and has trained their mind very well, the image of the Buddha can be as powerful as the Buddha. Just to see that picture can alleviate lifetimes of suffering and give someone the possibility of meeting a Buddha in the future. The seed planted by seeing the picture in that way is unstoppable. The action brings the result."

– Jampay Dorje

Buddha Weekly is happy to present the new practice calendar for 2018, the Year of the Earth Dog. Featuring both Western and Lunar calendar dates, the calendar includes Dakini Tsog, Daka Tsog, Puja dates, and special celebration dates. (Please add your own practice dates.)

May all beings benefit.

## **Helpful links:**

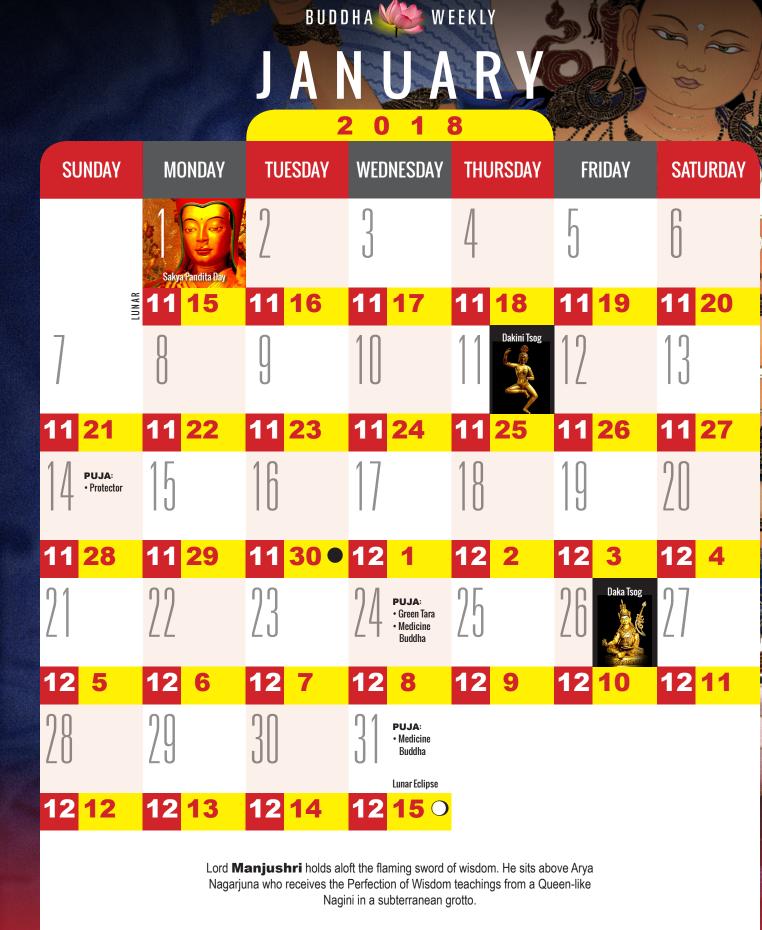
- Buddha Weekly YouTube
  Channel (with teachings)
- About Tsog
- <u>Interview with illustrator</u> <u>Jampay Dorje</u>
- About Medicine Buddha
   Practice (with video)
- About Green Tara
   Practice (with video)
- About White Tara
- About Black Manjushri
- About Lama Tsongkhapa
   practice

Beautiful illustrations courtesy of Jampay Dorje (Ben Christian).

Buddha Weekly, since 2007, is a popular online magazine covering most important areas of Buddhist living and practice, with a special focus on teachers, meditation practices, Buddhas, Dharma and Sangha.

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BUDDHA WEEKLY

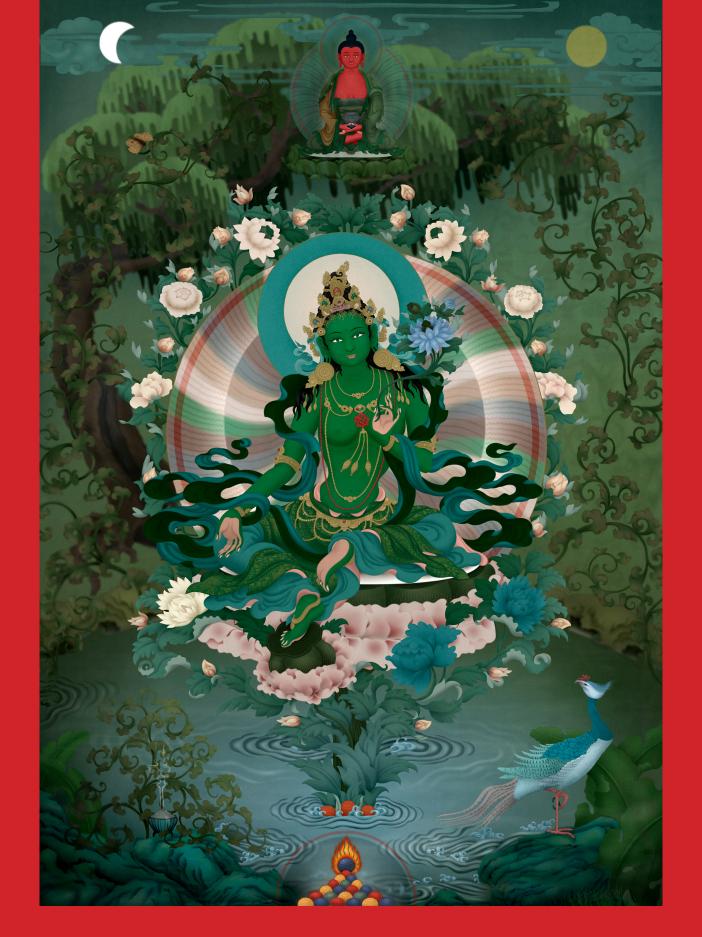




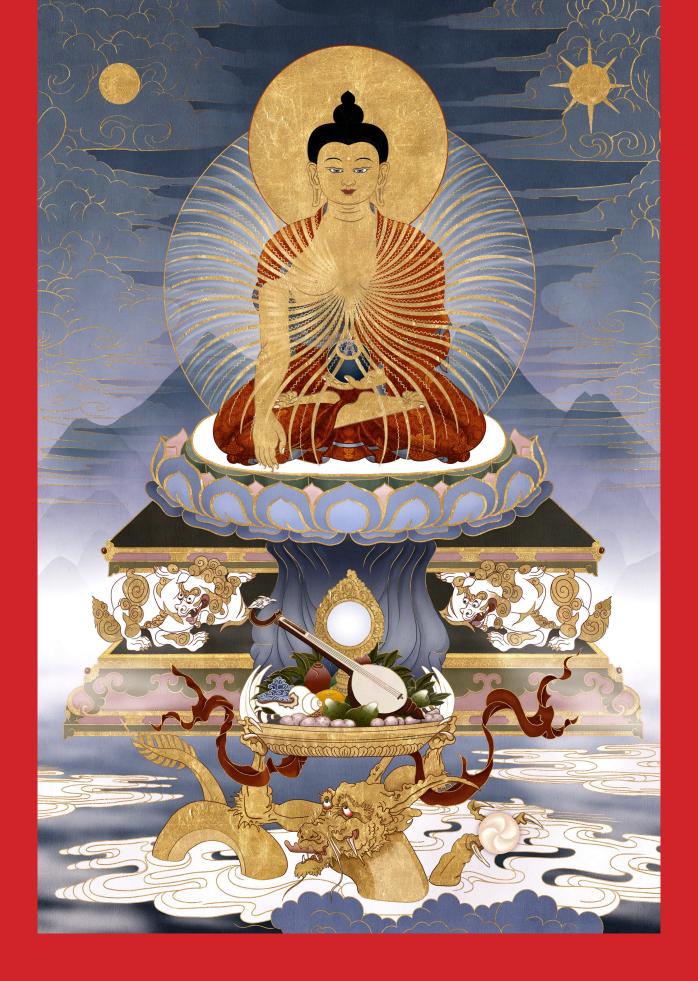
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ddha's 15 days of 1 to 15, first month of the		Milarepa Day	PUJA: • Medicine Buddha	3
<u> </u>			LUNARR	1 14	1 15	1 16
4	5	6	7	0	g	10
1 17	1 18	1 19	1 20	1 21	1 22	1 23
11	Dakini Tsog	13	14	PUJA: • Protector	16	17
1 24	1 25	1 26	1 27	1 28	1 29	2 1 •
18	19	20	21	22	23	PUJA: • Green Tara • Medicine Buddha
2 2	2 3	2 4	2 5	2 6	2 7	2 8
25	Daka Tsog	27	20	29	30	PUJA: • Medicine Buddha
2 9	2 10	2 11	2 12	2 13	2 14	<b>2 15</b> ••

The unparalleled virtue of **Lama Tsongkapa**, King of the Dharma (1357-1419), ripens into a vision of the Buddha of Wisdom Manjushri, riding a snow lion.

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	SUNDAY	MONDAY	TUESDAY	<b>2 0 1</b> WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	1	2	3	4	5	6	7
LUNAR	<b>2 16</b>	<b>2 17</b>	2 18 1 Dakini Tsog	2 <b>19</b>	<b>2 20</b> 12	2 21  PUJA: Protector	2 <b>22</b> 14
	<b>2 23 1 5</b>	<b>2 24</b>	<b>2 25</b>	2 <b>26</b> 10	<b>2 27</b>	<b>2 28</b>	<b>2 29</b>
	<b>2 30</b>	3 1 •  PUJA: • Green Tara • Medicine Buddha	<b>3 2 2</b>	3 3 Daka Tsog	3 4	<b>3 5 2 7</b>	3 6
	<b>3 7 2 9</b>	3 8 PUJA: • Medicine Buddha	3 9	3 10	3 11	3 12	3 13
S	3 14		ddha, is always ready	<b>Fara</b> , the Saviour, cro y to leap to the aid of a ra is Om Tare Tuttare T	ny who call on her na		

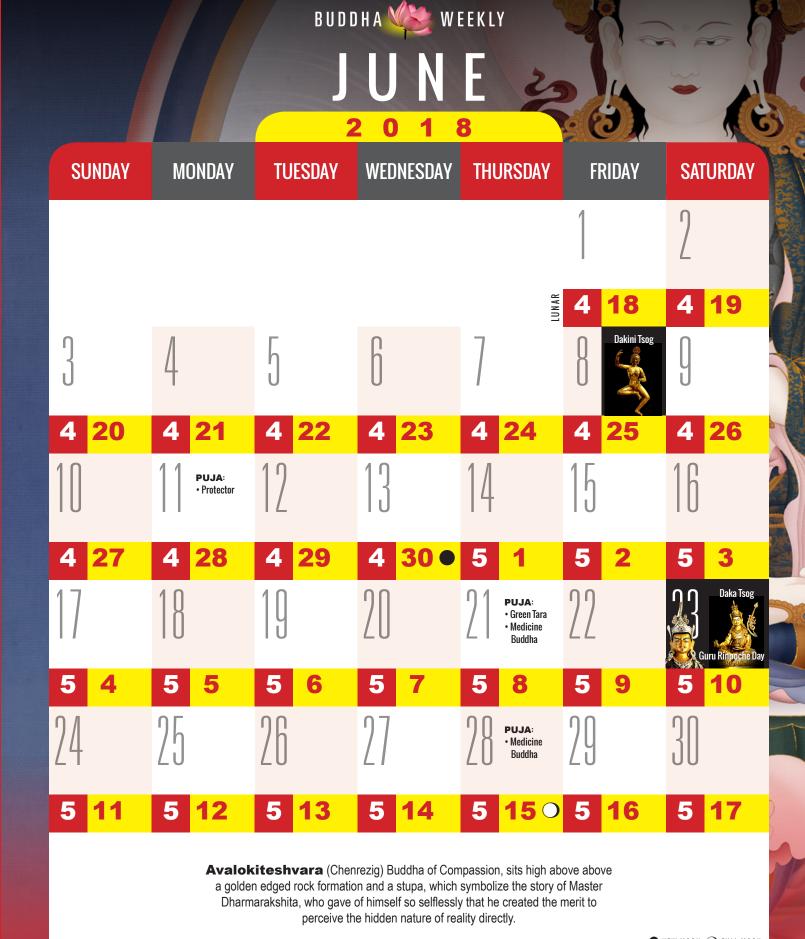


	BUDDHA WEEKLY  MAY									
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
		LUNAR	3 16	3 17	<b>3 18</b>	4 3 19	3 20			
,		7		9	Dakini Tsog	11	12			
	3 21	3 22	3 23	3 24	3 <b>25</b>	3 26	3 27			
	PUJA: • Protector	14	15	16		10	19			
	<b>3 28</b> 20	3 <b>29</b>	PUJA: • Green Tara • Medicine Buddha	<b>4 2 2 2</b>	4 3 Daka Tsog	4       25	4 <b>5</b> 26			
	<b>4 6 2 7</b>	<b>4 7 28</b>	PUJA: • Medicine Buddha  Buddha's birth, enlightnment and paranirvana	<b>4 9</b>	4 <b>10</b>	4 <mark>11</mark>	4 12			
	<b>4 13</b>		yamuni Buddh - symbolizing a discip	4. 16  a, the Historical Buddele requesting teaching mudra" symbolizing	gs. His hand touches					

● NEW MOON ○ FULL MOON

W W W . B U D D H A W E E K L Y . C O M









	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	H.E. Zasep Rinpoche birthday	2	3	4	5	Dalai Lama birthday	7
LUNAR	5 <mark>18</mark>	5 <mark>19</mark>	<b>5 20</b>	1 21	<b>5 22</b>	<b>5 23</b>	<b>5 24</b>
	Dakini Tsog		10	PUJA: • Protector	12	13	14
	<b>5 25</b>	<b>5 26</b>	<b>5 27</b>	<b>5 28</b>	<b>5 29</b>	6 1 •	<b>6 2</b>
	15	Buddha's first teaching	17	10	19	PUJA: • Green Tara • Medicine Buddha	21
	6 3	6 4	6 5	6 6	<b>6 7</b>	6 8	6 9
	Daka Tsog	23	24	25	26	PUJA: • Medicine Buddha	20
	6 10	6 <mark>11</mark>	6 12	6 <mark>13</mark>	6 14	6 <mark>15</mark> •	6 <mark>16</mark>
	29	30	31				
	6 <mark>17</mark>	6 <mark>18</mark>	6 <mark>19</mark>				

The pristine Buddha of purification, **Vajrasattva**, rests suspended in mid-air between Adi Buddha Samantabhadra and a gleaming pyramid of multi-coloured jewels.

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BUDDHAWEEKLY									
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY		FRIDAY	SATURDAY			
			1	2	J	4			
		α 4 2 3	6 20	6 <mark>21</mark>	6 22	6 23			
5	Dakini Tsog	7	0	PUJA: • Protector	10	11			
6 24	6 25	6 26	<b>6 27</b>	<b>6 28</b>	<b>6 29</b>	7 1 •			
12	13	14	15	16	17	PUJA: • Green Tara • Medicine Buddha			
7 2	7 3	7 4	7 5	7 6	7 7	7 8			
19	Daka Tsog	21	22	23	24	PUJA: • Medicine Buddha			
7 9	7 10	7 <mark>11</mark>	7 12	7 13	7 14	7 15			
26	27	28	29	30	31				
<b>7 16</b> •	7 17	7 18	7 19	7 20	7 21				
		of a United Father a	hadra-Samanta nd Mother, symbolising	g the union of lucid w					

and the bliss of Emptiness.

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SEPTEMBER

2 0 1 8

SUI	NDAY	MON	IDAY	TU	ESDAY	WED	NESDAY	THU	IRSDAY	FR	RIDAY	SAT	URDAY
												1	
												7	<b>22</b> IUNAR
7		Ŋ		4	Dakini Tsog	5		h			H.H. Sakya Trizin Day	0	N1
L		U		'		J		U			PUJA: • Protector	U	á
7	23	7 2	24	7	25	7	26	7	27	7	28	7	29
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1	30 •	8	1	8	2	8	3	8	4	8	5	8	6
16		/ •	UJA: Green Tara Medicine				Daka Tsog	7		71		77	
10		1 /	Buddha	10		10		20		<i>L</i> 1			
8	7	8	8	8	9	8	10	8	11	8	12	8	13
23			UJA: Medicine Buddha	25		26		77		70		20	
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8	14	8 1	15	8	<b>16</b> •	8	17	8	18	8	19	8	20
٩n													

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Lord **Vajradhra**, the One Who Holds the Diamond. Below him, the dragon, his disciple, just transported from the terrors of painful cyclic suffering, arises in a pure form to make offerings to the teacher who enabled the occurrence of this transformation

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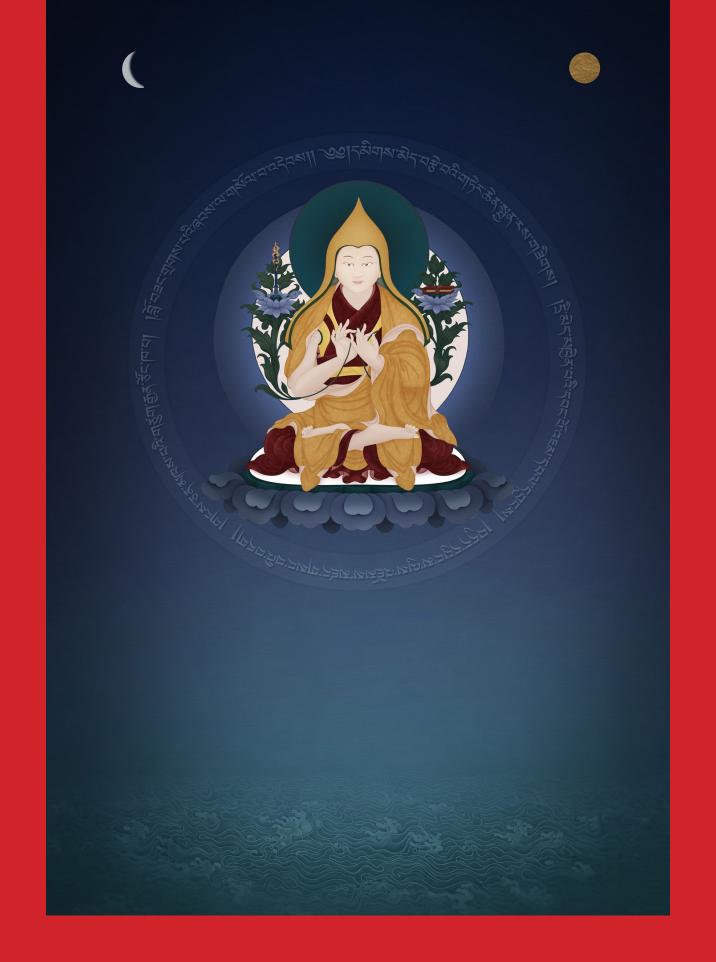


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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7			2	J	Dakini Tsog	5	6
d	LUNAR	8 22	8 23	8 24	8 25	8 26	8 27
	PUJA: • Protector	0	9	10	11	12	13
	8 28	8 29	9 1 •	9 2	9 3	9 4	9 5
2.1.2	14	15	PUJA: • Green Tara • Medicine Buddha	17	Daka Tsog	10	20
	9 6	9 7	9 8	9 9	9 10	9 11	9 12
	21	22	PUJA: • Medicine Buddha	24	25	26	27
	9 13	9 14	9 15	9 16 0	9 17	9 18	9 19
	28	29	Buddha's descent	31			
	9 20	9 21	9 22	9 23			
		the spirit	ual wisdoms derived	aceful form wields a w from learning, contem es in the future through	plation and meditation	n. Wisdom	

23



SUNDAY	MONDAY	TUESDAY	2 0 1 WEDNESDAY		FRIDAY	SATURDAY
				1	Dakini Tsog	J
			LUNAR	9 24	9 25	9 26
4	PUJA: • Protector	6	7	0		10
9 27	9 28	9 29	9 30 •	10 1	10 2	10 3
11	12	13	14	PUJA: • Green Tara • Medicine Buddha	16	Daka Tsog
10 4	10 5	10 6	10 7	10 <mark>8</mark>	10 9	10 10
10	19	20	21	PUJA: • Medicine Buddha	23	24
10 11	10 12	10 <mark>13</mark>	10 14	10 <mark>15</mark>	10 <mark>16</mark> 0	10 <mark>17</mark>
25	26	27	20	29	30	
10 <mark>18</mark>	10 <mark>19</mark>	10 <mark>20</mark>	10 21	10 <mark>22</mark>	10 <mark>23</mark>	
		vajra rock form The arrow suggests	a <b>raha</b> sits in a postur ation holding an arrow the penetrating clarity pest known of the 84 g	poised for flight. of a fully awake mind		NEW MOON 🔿 FULL MOON







## Ben Christian | Jampay Dorje

ampay Dorje (Ben Christian) is an artist seeking to offer others the many realisations that can be reached through classical Buddhist practices. His goals are to paint the higher states of mind that can be experienced through combining meditation, retreat, and a good relationship with your Guru; and to inspire in others the wish to reach those states of mind. Through his art he aims to convey what it is like to meet the Deity through your Teacher's unspoken instruction and profound blessing.

Retreat is fundamental to Jampa Dorje's process.

When he first became inspired to create art he went into retreat to ask for blessings to be able to express the teachings he was receiving at the time. At the end of that retreat images and techniques started pouring into him. Before that, he says,

he "could barely paint at all." Once it became clear to him that the digital process supported his goal of sharing dharma with as many people as possible Jampay Dorje began to devote more of his life to "digital" Thangka art in between retreats.

He works primarily in Photoshop and uses ArtRage for linework. It takes him about a month (or between 100 and 200 hours) to produce a work. He rarely takes general commissions; focusing instead on subject matter that is rare or has not been illustrated before. He also undertakes works as requested by his teachers.

Jampay Dorje lives in Armidale, New South Wales, Australia. He divides his time between art; undertaking his own meditation retreats; supporting others' retreats by running a retreat centre; and teaching.

www.jampaydorje.com

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## **Special Thanks**

Illustrations Jampay Dorje Design Kam Wai Yu

Dedicated to H.E. Venerable Zasep Tulku Rinpoche

