

Dear Tibetan Healing Fund Friends,

In Tibetan, we call the New Year Lo-gSar which means 'new year' or 'start of a year'. Lo-gSar is the most important celebration in Tibetan culture, because it is the point of concluding a complete year and starting a fresh year (as all cultures do around the world). This Tibetan Lo-gSar is the year of Male Iron Tiger or the year 2137 according to the Tibetan calendar system. The first day of this New Year, February 14, 2010 will be a special day and over the next two weeks a variety of activities occur, including family reunions, the sharing of traditional foods, children's hair-making celebrations, teenage girls' hair-making ceremonies, weddings, Buddhist ceremonies and spiritual rituals, as well as entertaining performances.

Compassion is a seed of human value and from it grows harmony, peace, love and kindness in the universe. Compassion is also a powerful tool that can be used to work with family, friends and strangers to make oneself, as well as others, happy, healthy, successful, prosperous and enlightened in the future.



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We wish you build your own compassion in this New Year !

Thank you for supporting Tibetan Healing Fund. Projects like the Tibetan Birth Center would be impossible without your support. THF is planning many events this spring, check our website or contact the THF office for more information.

www.TibetanHealingFund.org • Info@TibetanHealingFund.org • 206-624-7966



Tibetan Healing Fund

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Tibetan Healing Fund
819 North 49th Street #105
Seattle, WA 98103

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Happy Tibetan New Year!

