

April Newsletter 2017



APRIL NEWSLETTER 2017

Togal Retreat - Mt. Lemmon

Meet at Awam Tibetan Buddhist Institute, [3400 E Speedway, Suite 204, Tucson AZ](#)

Saturday, April 29, 8:30 am - 5:00 pm

(Located just east of Whole Foods in the Rancho Center)

Please join us for a **togal practice retreat** on **Saturday, April 29**. This is not a teaching retreat. Participants need familiarity with togal practices and are encouraged to review those in *Yeshe Lama, Precious Golden Garland of Instructions on the Khandro Nyingtik*, or other sources before the retreat date. After meeting at the gompa to car pool, we will drive to a location near Summerhaven. The day will be divided into sessions, each of which will include some brief directions for the session, practice, followed by Q&A discussion with Khenpo Dean.

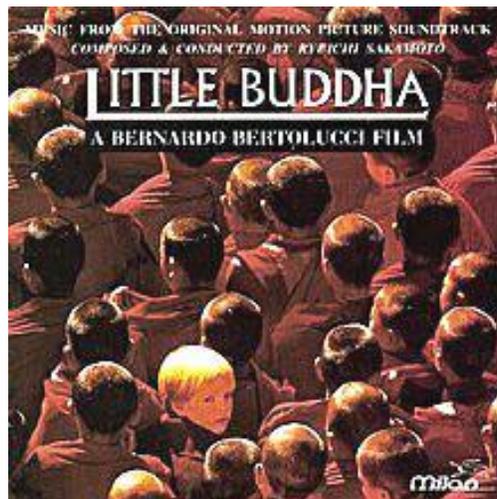
Please bring a watch, cell phone, sack lunch, hat, sun screen, sun glasses, a pad or cushion to sit on, a warm jacket and/or blanket, and lots of water. Temperatures will be considerably cooler than Tucson. You may also want to bring *Innate Happiness*, a togal text, or notes from one of our classes.

(In the event of inclement weather, we will hold a Kalachakra retreat at the Gompa instead. Please bring your copy of ***Kalachakra Guru-Yoga in Conjunction with Six-Session Practice*** in that case.)



SAND MANDALA CONSTRUCTION AND DISSOLUTION **University of AZ in the Bookstore**

There will be the construction of a Tibetan Buddhist sand mandala starting on April 2nd, and continuing until April 6th with the dissolution of the mandala. **The construction will begin on Sunday April 2nd at 11:30am and will continue through the next few days from 9am to 5pm. The dissolution ceremony will be at 5:30pm on April 6th.** This is FREE and open to the public. For more information contact <raedachille@email.arizona.edu>



Friday Movie and Potluck Rent Party!

Little Buddha

Friday, April 14th, 6-8:30 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ

(Located just east of Whole Foods in the Rancho Center)

We are delighted to share another Buddhist movie and potluck dinner.

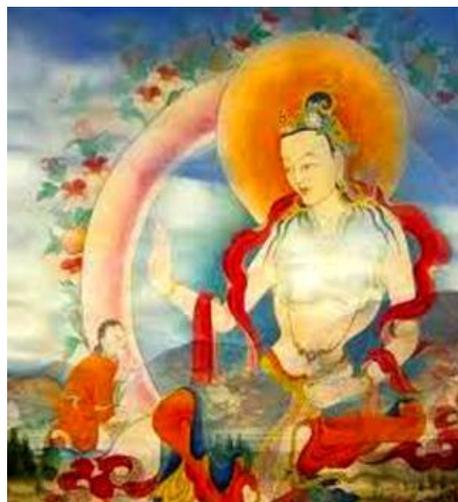
Tibetan Buddhist monks from a monastery in Bhutan, led by Lama Norbu, are searching for a child who is the rebirth of a great Buddhist teacher, Lama Dorje. Lama Norbu and his fellow monks believe they have found a candidate for the child in whom Lama Dorje is reborn: an American boy named Jesse Conrad, the young son of an architect and a teacher who live in Seattle. The monks come to Seattle in order to meet the boy.

Jesse is fascinated with the monks and their way of life, but his parents, Dean and Lisa, are wary, and that wariness turns into near-hostility when Norbu announces that he wants to take Jesse back with him to Bhutan to be tested. Dean changes his mind however, when one of his close friends and colleagues commits suicide because he went broke. Dean then decides to travel to Bhutan with Jesse. In Nepal, two children who are also candidates for the rebirth are encountered, Raju and Gita.

Gradually, over the course of the movie, first Jesse's mother and then Lama Norbu tell the life story of Prince Siddhartha, reading from a book that Lama Norbu has given to Jesse.

In the final scenes of the movie, it is found that all three children are rebirths of Lama Dorje, separate manifestations of his body (Raju), speech (Gita), and mind (Jesse). A ceremony is held and Jesse's father also learns some of the essential truths of Buddhism. His work finished, Lama Norbu enters a deep state of meditation and dies. As the funeral ceremony begins, Lama Norbu speaks to the children, seemingly from a higher plane, telling them to have compassion; and just before the credits roll the children are seen distributing his ashes.

At the very end of the film credits, the sand mandala that was seen being constructed during the movie is destroyed, "with one swift stroke."



Dakini Day Practice - Yeshe Tsogyal

Friday, April 21st 5-6 pm

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Dakini Day practice and tsok on Dakini Day of the lunar calendar is from a series of four practices from HH Dudjom Rinpoche's *The Dakini Heart Essence*: (1) Yeshe Tsogyal as the outer dakini, (2) Kurukulle as the inner dakini, (3) Simhamukha as the secret dakini, and (4) Troma as the innermost secret dakini. We rotate through these four practices. The next practice will be **Yeshe Tsogyal**. Texts will be provided. You may bring simple snack food to be included in the tsok offering.



Prayer Requests

We are happy to recite prayers for you or anyone you designate, including pets or other beings.

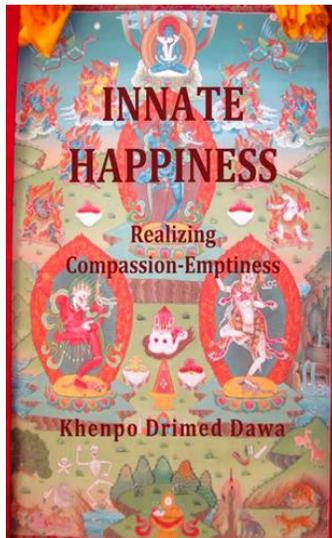
- White Tara or Medicine Buddha - for sickness, injury or surgery
- Vajrasattva - prayer for purification
- White Tara or Amitayus - long life prayers
- Chenrezig or Green Tara - stressful or negative situations
- For a person or an animal who has recently died.*
 1. Phowa - transference of consciousness to Dewachen or other buddhfield
 2. Nei Dren - guiding the deceased to higher realms
 3. Tibetan Book of the Dead - seven day version or full forty-nine day version.
- Special Tsok offerings

- Puja Smoke offerings

*Please include the person's name. For Phowa, Nei Dren or the Tibetan Book of the Dead, please include a photo, if possible.

Please email your request to EmailAwamTBI@gmail.com. FREE. Donations are appreciated. To make donations, please go to our website under the "Donate" tab. For suggested amounts or any other requests, please send an email to the address above.

You may also **volunteer to help** us recite practices requested by others. Let Jane Stanley know if you would like to be on our list of volunteers. Just email us at the above address.



Innate Happiness: Realizing Compassion-Emptiness

Khenpo Drimed Dawa's book on the complete path of Tibetan Buddhism
for householder yogis and yoginis

Paperback and eBook versions available

Khenpo Dean is known for his concise, clear explanations of the dharma.

Innate Happiness provides background and a series of concise, incremental steps toward compassion-emptiness - enlightenment - for Western householder yogis and yoginis in the Tibetan Buddhist tradition. It provides thorough coverage of the essentials of Tibetan Buddhism, largely adapted from the teachings of Padmasambhava, the second Buddha. The book guides the reader through a brief history of Buddhism in India and Tibet, as well as its major principles. This is followed by 52 concise daily practices on the Path of Individual Liberation, the Path of Altruism, the Path of Tantra, and the Path of Great Perfection. Each path takes the reader

through the Three Teachings: ethics, meditation, and wisdom. These are then summarized into an explanation of the innate happiness we know as enlightenment, the realization of compassion-emptiness. Thus, it covers a complete cycle for study, contemplation, meditation and realization. Each practice is highly suitable for the busy lives of Westerners with little time for formal meditation. This is also the core text for our Essentials of Tibetan Buddhism classes.

The eBook is available from Amazon.com for only \$9.99. Free readers are available for most computers and other devices. The paperback version is available for \$13.98. May ALL beings be happy!



Weekly Meditation & Yoga Opportunities at Awam

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We are delighted to be able to offer additional practice sessions suitable for a wide variety of people from beginners to advanced practitioners. We welcome everyone, regardless of religious or secular beliefs, who would like to experience the benefits of meditation and yoga!

Sunday Tibetan Buddhist Meditation Hour - Sundays, 11:00 - noon: Khenpo Dean leads a one-hour meditation practice including chanting, a variety of deity practices, a short dharma talk, and a ritual blessing. This is an opportunity for group practice in a convenient weekly format. The benefit of group practice is multiplied by the number of participants, so please join us! Everyone is welcome to attend. FREE (donations to support our temple gratefully accepted).

Basic Meditation Instruction - Tuesdays, 11:00 am - noon: Basic meditation and mindfulness practices have been shown to be beneficial in a wide array of daily situations that affect our lives. This instruction may be secular or religious. This session led by Ruth Pancoast will be tailored to the needs and level of the participants. Individual instruction may be available. FREE (donations to support our temple gratefully accepted).

Vajrayogini Meditation - Tuesdays, 6:00 - 7:00 pm: Led by Jane Stanley, this is a "Highest Yoga Tantra" practice requires a Vajrayogini empowerment (includes Vajravahini and other forms of Vajrayogini) or at least a Highest Yoga Tantra empowerment. Others are welcome to come and sit during the practice to receive the blessing. Vajrayogini is a female Buddha, and is considered to be the essence of all the Buddhas. She is "a tantric goddess from the highest class of Buddhist tantras, who manifests the ultimate development of wisdom and compassion." This practice is "particularly suited to practitioners in modern times." Suggested donation: \$5 per session.

Tibetan Yoga Class meets on Saturday mornings at 10:00 am (no class April 29) led by Patrick Flint, an experienced yoga practitioner and teacher. *The 21 Tibetan Yogas* are a form of yoga that is particularly suitable as a preparation for meditation and is very adaptable to those with physical limitations that are a barrier to many other forms of yoga. A book by Khenchen Lama is available for \$15. Suggested donation: \$5 per session.

Meet with Khenpo Dean - You may schedule a session with Khenpo Dean to discuss your practice, Vajrayana, Buddhism in general, or how best to live the dharma in daily life. Send an email request to Khenpo.Drimed.Dawa@gmail.com. FREE (donations to support our temple gratefully accepted.)



May All Beings Be Happy

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