

April Newsletter 2018



Vajrayogini/Vajravarahi Practice Retreat

Saturday, April 7th, 9 am - 4 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
(Located just east of Whole Foods in the Rancho Center)

We will do a 4-session Vajrayogini/Vajravarahi Practice Retreat. Vajrayogini/Vajravarahi is a Tantric Buddhist female Buddha and a ḍakīṇī. Her essence is "great passion", a transcendent passion that is free of selfishness and illusion, and intensely works for the well-being of others and for the destruction of ego clinging. She is seen as being ideally suited for people with strong passions because she provides the way to transform them into enlightened virtues. According to scholar Miranda Shaw, Vajrayogini is "inarguably the supreme deity of the Tantric pantheon. No male Buddha, including her divine consort, Heruka-Chakrasamvara, approaches her in metaphysical or practical import."

Participants should have a Vajrayogini, Vajravarahi, or other Highest Yoga Tantra empowerment. The fourth session will include a brief tsok (you are encouraged to bring a small snack offering). FREE.



Weekly Meditation & Yoga Opportunities at Awam

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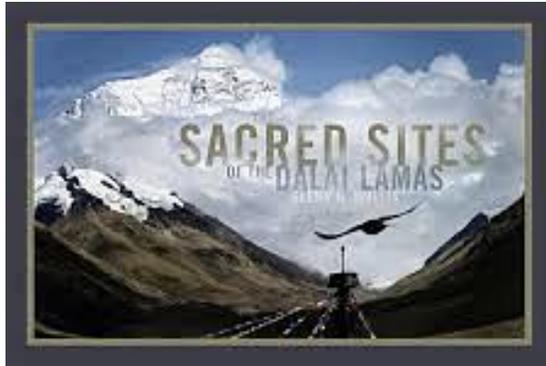
We are delighted to be able to offer additional practice sessions suitable for a wide variety of people from beginners to advanced practitioners. We welcome everyone, regardless of religious or secular beliefs, who would like to experience the benefits of meditation and yoga!

Sunday Tibetan Buddhist Meditation Hour- Sundays, 11:00 - noon: Khenpo Dean leads a one-hour meditation practice including chanting, one of 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 Meditation Center gratefully accepted).

Silent Meditation - Tuesdays, 6:00 pm: Come rest your mind with any form of silent meditation during all or any part of this hour. If you would like to learn basic meditation, please call us at 520-622-8460 for an appointment. We are happy to provide basic instructions and answer your questions. FREE (donations to support our Meditation Center gratefully accepted).

Tibetan Yoga Class meets on Saturday mornings at 10:00 am **(No Classes on April 7th)**, led by Patrick Flint, an experienced yoga practitioner and teacher. *The 21 Tibetan Yogas* are a form of yoga the Tibetan master Longchenpa 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 personal 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.



On the Third
Friday, Movie and Potluck Tsok
SACRED SITES OF THE DALAI LAMAS

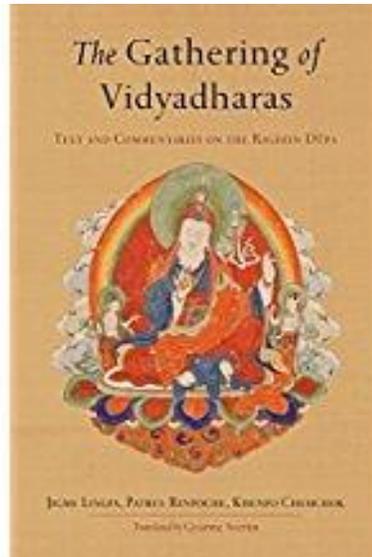
April 20th, 6-8:30 pm,

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We are delighted to share another Buddhist movie and potluck dinner. ***The Sacred Sites of the Dalai Lamas***. During this fascinating journey you will explore the caves where the early Buddhist masters achieved enlightenment, enter the monasteries, where the early Dalai Lamas and the founders of Buddhism mediated and taught, and at an altitude of over 17,000 feet - look into the remarkable Oracle Lake where every Dalai Lama has had prophetic visions.

"The film has a lot of charm is sincere and winning. It is an easy way to visit Tibet, Glenn Mullin is as engaging as ever. The photography is great and the story well told." (Robert Thurman)

Please bring a friend and some food to share. The tsok begins at 6 pm and the movie at 6:30 pm. While there is NO CHARGE for attendance, we do appreciate donations of however much you can contribute toward our monthly rent for our beautiful Meditation Center. Thank you for your generosity and consideration.



Summer Classes - Tucson or Online

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Summer class in Tucson will begin on Sundays. If you are interested in joining the **Tucson class**, you may register through our website AwamInstitute.org.

Rigdzin Dupa - Gathering of Vidyadharas (starts May 27) - Sundays at 1 pm in Tucson: This class will study the *Rigdzin Dupa: Gathering of Vidyadharas* text and sadhana. It is a highest yoga tantra practice linked to the Guhyagarbha Tantra. It is a treasure text from the Jigme Lingpa (1730-1798) terma, with a Dzogchen (Great Perfection) view. Fee: \$60, 6 weeks.

Numerous other classes are available online. Online classes may be started and taken at any time at your own pace. Online classes include videos and a qualified mentor to assist you. Classes include the Essentials of Tibetan Buddhism, advanced classes on Dzogchen, and other basic or advanced classes of a general interest. Please go to AwamInstitute.org and click on **Take Classes** for more information and registration.



Robert Thurman will be giving a **FREE** lecture on Thursday April 26 at 7pm at the ENR2, room 120, at the University of Arizona. The lecture will be on ***Buddhist Ethics and the World Crisis: How to have fun while doing the right thing.*** He is Professor of Indo-Tibetan Buddhist Studies at Columbia University. He is also president and co-founder of Tibet House U.S. and president of the American Institute of Buddhist Studies and a close friend of the Dalai Lama.

He has given lectures before, in Tucson, and we will be happy to have him here again.

To register, please visit arizonafriends of tibet.org - this is a free lecture thanks to Arizona Friends of Tibet and the University of Arizona.

UPCOMING EVENTS

May

- *Rigdzin Dupa* - The Gathering of Vidyadharas class begins **May 27th** (6 weeks)
- *Saga Dawa Duchen* - **May 29, 6 pm**

TBA

- **Khenchen Lama**, our Spiritual Director, will be coming to Tucson. Dates TBA

Watch our monthly newsletter, Facebook, or go to AwamInstitute.org and click on "**Explore Our Meditation Practices and Events**" for more information.



Make a Prayer Request

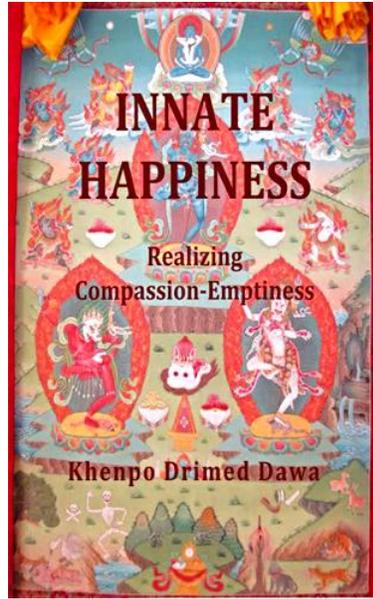
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- White Tara or Medicine Buddha - for sickness, injury or surgery
- Vairasattva - 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** and include a **photo**, if possible. This is especially important for those who have deceased.

Please email your request to EmailAwamTBI@gmail.com. FREE. Donations are appreciated. To make donations, please go to our website under the "Make a Donation" action. 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.

Paperback and eBook versions are available from Amazon.com and other sources.
May ALL beings be happy!

May All Beings Be Happy

Awam Tibetan Buddhist Institute | 520-622-8460
| EmailAwamTBI@gmail.com | AwamInstitute.org
Mailing address: 301 N. Longfellow
Tucson, AZ 85711