



APRIL NEWSLETTER 2019



All-Day Rigdzin Dupa Retreat - Saturday, April 6

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

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

Rigdzin Dupa - The Gathering of Vidyadharas from Jigme Lingpa's terma, Longchen Nyingtik, will be the practice for our quarterly all-day retreat (9am - 4pm) in April. The retreat will focus primarily on the sadhana as well as an Ati Yoga (Dzogchen) version based on the book. "Jigme Lingpa writes that this text is entitled *Rigdzin Dupa, the Gathering of Vidyadharas*, because all the deities of the six yogas and the vidyadharas--fully accomplished adepts--of India and Tibet are present in it as guests".

Please join us for this special retreat, including an afternoon tsok offering from the sadhana (bring finger-food snacks to share). This is *not* a sealed retreat and there will be a break for lunch. Please bring your sadhanas from the class or email Khenpo.Drimed.Dawa@gmail.com to be sure we have a copy available for you to use. The Rigdzin Dupa empowerment or other Highest Yoga Tantra empowerment is required. FREE, donations gladly accepted.



COMING: H.E. Khenchen Lama Rinpoche Visit –
May 21-27

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Tuesday, May 21, 6 pm, Kurukulle empowerment and instructions. Kurukulle (Red Tara) is known as the passionate lotus dakini, who originated from Oddiyana. She is depicted as a voluptuous and seductive nude sixteen-year old girl and is red with four arms, holding a bow and arrow made of flowers in one pair of hands and a hook and noose of flowers in the other pair, reminiscent of the Western Eros and Cupid. Thus, she is sometimes described as the Buddhist goddess of love and sex, corresponding to the Western goddesses Aphrodite and Venus or Diana. Suggested donation \$25.

Wednesday, May 22, 6 pm, Vajrayogini empowerment and instructions. Vajrayogini is a Tantric Buddhist female Buddha and dakini. Her essence is "great passion", a transcendent passion that is free of selfishness and illusion - she 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, providing the way to transform those passions 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." Suggested donation \$25.

Thursday, May 23, 6 pm, Chod empowerment and instructions. Chod is a spiritual practice found primarily in the Nyingma and Kagyu schools of Tibetan Buddhism. It is also known as "Cutting Through the Ego." The practices are based on the Prajnaparamita or "Perfection of Wisdom" sutras, which expound the "emptiness" concept of Buddhist philosophy. Chod combines Prajnaparamita philosophy with specific meditation methods and tantric ritual. Suggested donation \$25.

Friday, May 24, 6 pm, Verses of the Eight Noble Auspicious Ones by Mipham Rinpoche - presentation. Text available at www.lotsawahouse.org/tibetan-masters/mipham. Suggested donation \$20.

Saturday, May 25, 9 am, The Great Cloud of Blessings: The Prayer Which Magnetizes All that Appears and All that Exists by Mipham Rinpoche, an important prayer to H.H. Jigme Phuntsok Rinpoche - presentation. Text available at www.lotsawahouse.org/tibetan-masters/mipham. Suggested donation \$20.

Sunday, May 26, 9 am, The Nyingma Dharmapalas and the Five Buddha's Mudras and Actions - presentation. The three principle protectors of the Nyingma lineage are Ekajaṭi, Rahula, and Dorje Legpa. Rinpoche will also demonstrate the Five Buddha hand gestures (mudras) and their actions. Suggested donation \$20.

Monday, May 27, 6 pm, Tibetan Yogas - demonstration and instructions. Rinpoche will demonstrate the 21 Tibetan Yogas, as presented in his book, *Tibetan Meditation Yoga: Ancient Teachings Living Today*. Suggested donation \$20.

Suggested donation for all events \$120. No one will be turned away due to inability to pay.



Clothes for Women (and Men) in Need - Ongoing
**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson
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The first of the **Six Perfections** is generosity. As a sangha, we have decided to provide a way for you to practice by helping those in need. We are collecting clothing items in good condition to share with **Sister Jose Women's Center**. We have a bin in the foyer where you can place items. Clothes should be clean and in good condition. Common needs include underwear, shoes, and socks. Don't have any of those to donate? You might purchase some new low-cost socks or other items to share. (We can also share men's clothing through other relevant organizations.)

Thank you for your generosity!



Weekly Meditation & Yoga Opportunities at Awam

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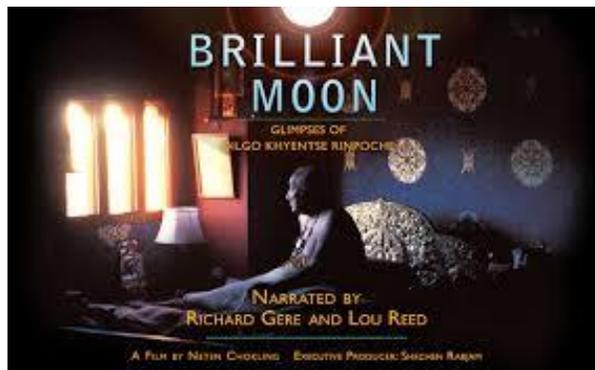
We offer regular practice sessions suitable for a wide variety of people from beginners to advanced practitioners. We welcome everyone, regardless of religious or secular beliefs, who would like to experience the benefits of meditation and yoga.

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 welcome.

Silent Meditation - Wednesdays, 6:00 pm (new day): Come rest your mind with any form of silent meditation during all or any part of this hour. We are happy to provide basic instructions and answer your questions. *Except on 4th Wednesday for Dakini Day Practices (see below). FREE. Donations welcome.

Tibetan Yoga Class meets on Saturday mornings at 10:00 am **(No meditation April 6 due to retreat)** 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.



3rd Friday Movie and Potluck Tsok

Brilliant Moon

April 19th, 6-8:30 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We are happy to share another Buddhist movie and potluck dinner.

Brilliant Moon chronicles the life of the writer, poet and meditation master, one of Tibet's most revered 20th century Buddhist teachers. His life and teachings were an inspiration to all who encountered him; and his many students included the Dalai Lama and the Royal Family of Bhutan.

Richard Gere and Lou Reed provide the narration for his dangerous out of Tibet and the subsequent spread of his influence around the world. This movie is an intimate, moving and revelatory look at a transcendent spiritual being.

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.



Dakini Day Practice - Troma

4th Wednesday, April 24th, 6-7 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We honor Dakini Day on the 4th Wednesday of the month. Our **Dakini Day practice and tsok**, is based on 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 over 4 months.

The next practice will be **Troma**, "The Black Wrathful Mother" - a wisdom dakini, is a feminine embodiment of wisdom. Tröma Nakmo is the innermost secret aspect of the khandro practice in the Dudjom Tersar lineage. Her wrathful aspect skillfully overcomes and subdues violent negative energies. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.



Spring Classes in Tucson or Online Continue

You may register through our website AwamInstitute.org.

Tucson Classes

Essentials of Tibetan Buddhism 8 - Concludes the Path of Great Perfection with additional training in the practices of trekcho and togal, as well as the view of wisdom of the Great Perfection and a summary of the Buddhist views of liberation.

Khorde Rushen 2 - Continues the detailed study and practices of Khorde Rushen to prepare for the main practices of Trekcho and Togonal, as well as the classical Dzogchen text, *The All-Creating Monarch*.

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 1-8: A comprehensive direct practice manual of courses for householder yogis and yoginis.

Advanced classes on Dzogchen: Introduction to Dzogchen, Khorde Rushen, Trekcho, Togonal, and Khandro Nyingtik

Other basic or advanced classes include: Improving Your Practice, The 100-Day Ngondro Retreat, Tibetan Book of the Dead, What Did the Buddha Say - Exploring the Sutras, Vajrayogini, Kalachakra, and Rigdzin Dupa: Gathering of the Vidyadharas.

Please go to AwamInstitute.org and click on **Take Classes** for more class information and registration.

Other Upcoming Days & Events!

April

- Guru Rinpoche Day, **Sunday, April 14**, good day for Guru Yoga practice and tsok
- Dakini Day, **Monday, April 29**, good day for Dakini practice and tsok
- **Bob Thurman** will give a **free** lecture on his new book *The Life and Teachings of the Great Tibetan Master Tsongkhapa Losang Drakpa*. arizonafriendsoftibet.org on **Tuesday April 30th**

May

- Khenchen Lama visit - see details above.
- Guru Rinpoche Day, **Tuesday, May 14**, good day for Guru Yoga practice and tsok
- Dakini Day, **Wednesday, May 29**, good day for Dakini practice and tsok

June

- Guru Rinpoche Day, **Wednesday, June 12**, good day for Guru Yoga practice and tsok
- Saga Dawa Duchen, **Monday, June 17**, this day marks the liberation of the Buddha at Bodhgaya and the anniversary of the Buddha's parinirvana in a forest grove in Kusingara. We will perform a smoke offering puja and tsok feast.
- Dakini Day, **Thursday, June 27**, good day for Dakini practice and tsok
- Week-long intensive retreat? We are considering a week-long intensive retreat, which is a great benefit to one's practice. Please let us know if you are interested. This would be in late June or in July.

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 take Prayer Requests. We will recite prayers for you or anyone you designate, including pets or other beings. Please email your request to EmailAwamTBI@gmail.com.

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

Phowa* - for a person or an animal who has recently died

Nei Dren* - guiding the deceased to higher realms

Tibetan Book of the Dead* - seven-day version (suggested donation \$100) or full forty-nine day version (suggested donation \$250)

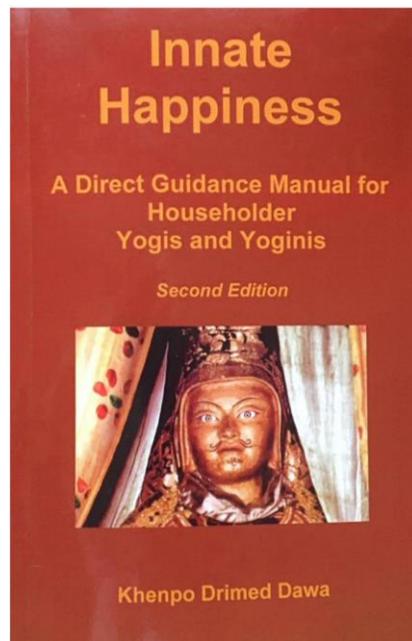
Special Tsok (food) offerings

Puja Smoke offerings

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

Please email your request to EmailAwamTBI@gmail.com. FREE. Donations are appreciated. For suggested amounts or any other requests, please send an email to the address above.

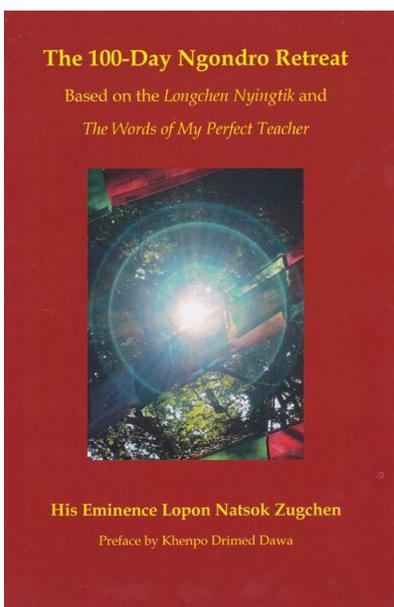
Volunteer to help us recite practices requested by others. Let Jane Stanley know if you would like to be on our list of volunteers. Just email us at the above address.



Innate Happiness (Second Edition)
A Direct Guidance Manual for Householder Yogis and Yoginis
By Khenpo Drimed Dawa (Khenpo Dean)

Paperback and Kindle versions available

Innate Happiness guides busy Westerners on the Buddhist path of liberation from "suffering" and "afflictive emotions" that obscure our Innate Happiness - our deep inner peace. Concise weekly practices are based on the yogi tradition of Tibetan Buddhism as described by Padmasambhava or Guru Rinpoche, considered to be the Second Buddha by Tibetans. The book includes a brief history of Buddhism in India and Tibet, as well as its major principles. This is followed by clear, concise steps on the Paths of Individual Liberation, Altruism, Tantra, and the Great Perfection. Each path takes the reader through the Three Trainings: ethics, meditation, and wisdom. It provides a complete cycle of for study, contemplation, meditation and liberation, that are highly suitable for the busy lives of Westerners with little time for formal meditation. One advanced student called it "the best book on the practice of Tibetan Buddhism available!"



The 100-Day Ngondro Retreat
Based on the *Longchen Nyintik* and *The Words of My Perfect Teacher*
By H.E. Lopon Natsok Zugchen (Jigme Lodro Rinpoche)

The *ngondro* (say "noon-dro") or preliminary practices of Vajrayana Buddhism help you set your intention and commitment to fully follow these teachings. There are several approaches that have been taught. One of them is doing a 100-day contemplative retreat. This is the practice described here, based on the Longchen Nyintik. It is a supporting commentary ("son" text) to the widely respected text, *The Words of My Perfect Teacher* by Patrul Rinpoche.

Here, specific contemplations are assigned for twice each day, some being repeated for up to three days for a total of 100 days. Repetition with frequent changes provides a helpful method for reinforcement, as well as sustaining interest over the 100 days.

This approach is very suitable for busy Western practitioners, who often get discouraged trying to attain this essential preliminary practice requirement before continuing into the more advanced practices. It is also helpful for more advanced practitioners to review these valuable contemplations to renew their commitment.

Paperback and Kindle versions are available from [Amazon.com](https://www.amazon.com) and other sources.



May All Beings Be Happy

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