

December Newsletter 2017

Tashi delek!

We have had a very good year, with classes, teachings, meditations, retreats, special events and much more. If you have not already joined us, please do so. We are here to help you develop your understanding and practice. Here is what is coming up in December ... and beyond!



Holiday Buddha Tree Decoration Party

Saturday, December 2nd, 11 am

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

We will begin our holiday season by decorating our Holiday Buddha Tree. Following our weekly yoga class, we will decorate the tree with prayer flags and other Buddha images. Please join us!



Holiday Fundraising

Saturday, December 9th, 11 am-6:00 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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Even the Buddha had support from donors. This is an opportunity to make a donation to help support our activities throughout the year. We offer numerous classes in Tucson and online to help you develop your understanding and practices. We also provide many other activities, teachings, practice retreats, and special events to further support your development. At the end of this calendar year, we request whatever financial support you are able to provide to help sustain these activities for the benefit of all beings.

This year we are donating art, jewelry and other objects to our donors as a gift for your contribution. There will be several levels of gifts according to the levels of contribution. You may stop by our Meditation Center (date, time & address above) to make a donation (cash, checks or card) and select from the relevant gifts - first come, first served. Thank you for your support!



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 **No Meditation Hour on either Christmas Eve or New Year's Eve (December 24th and 31st):**

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 Meditation Center gratefully accepted).

Silent Meditation - Tuesdays, 6:00 pm: Come rest your mind with any form of silent meditation during any part or all of this hour. You may schedule a session to learn basic meditation by calling Ruth at least one day ahead at 520-615-0445 for an appointment. FREE (donations to support our Meditation Center gratefully accepted).

Tibetan Yoga Class meets on Saturday mornings at 10:00 am 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 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.



Third Friday Movie and Potluck Tsok

The Yogis of Tibet

December 15th, 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 Yogis of Tibet*. It is not hard to understand why the Tibetans, whose outward conditions were so severe and changeable, came to look inward for a sense of permanence and peace. The king (Trisong Detsen) who had finally united them as a people wished to

unite them in faith as well. He invited a charismatic leader from India, Padmasambhava, to bring Buddhism to his land. The people came to embrace the Buddhist way of life as a continuous stream of death and reincarnation, a cycle in which human birth represents a precious opportunity to make the moral choices that will determine one's destiny in the next life.

Please bring a friend and some food to share. 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 - Kurukulle

4th Wednesday, December 27th, 6-7 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We now 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 **Kurukulle**. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.



Spring Classes - Tucson or Online

Spring classes begin Sunday, January 7th. If you are interested in joining one of the below Tucson classes, please contact us a EmailAwamTBI@gmail.com.

What Did the Buddha Say? Exploring the Sutras Part 1 - Sundays at 1 pm in Tucson (open to all): This class explores some of the documented stories and teachings of the Buddha, primarily from the Sutras (both Pali and Sanskrit sources), as well as commentaries by the authors. The intent is to give Vajrayana practitioners a fuller understanding of selected foundational texts of the tradition, as well as to challenge some of our assumptions and understandings. The course will include presentation and discussion. Fee: \$80, 8 weeks. Potential book sources:

- *Buddhism: One Teacher, Many Traditions* - The Dalai Lama & Thubten Chodron
- *The Dhammapada* - Gil Fronsdal
- *The Teachings of the Compassionate Buddha: Early Discourses, the Dhammapada and Later Basic Writings* - E.A. Burt (Editor)
- *In the Buddha's Words: An Anthology of Discourses from the Pali Canon* - Edited and introduced by Bhikkhu Bodhi
- *The Buddha before Buddhism: Wisdom from the Early Teachings* - Gil Fronsdal
- *Stars at Dawn: Forgotten Stories of the Women in the Buddha's Life* - Wendy Garling

Essentials of Tibetan Buddhism Part 3 - Sundays at 9 am in Tucson & online: The Path of Tantra begins with the ethical view of tantra and the "common" preliminary practices: precious human birth, impermanence, suffering of samsara, and karma; followed by the "uncommon" preliminary practices: refuge and *bodhicitta*, Vajrasattva purification, mandala offerings, and Guru Yoga. 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.

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

UPCOMING EVENTS!

January

- **Guhyagarbha Retreat** - Saturday, January 6th, 9am-4pm
- Spring Classes Start - Sunday, January 7th: **What Did the Buddha Say? Exploring the Sutras**; and **The Essentials of Tibetan Buddhism Part 3**; and all online classes.

February

- **H.E. Jigme Lodro** - Gathering of Vidyadharas Empowerment from the *Longchen Nyingtik*; and teachings on the *Vima Nyingtik*: February 7th-11th(weekday evenings, weekend all day; no Tucson classes on Sunday).
- **Vajrakilaya practice**, Thursday, February 15th, 6 pm: preparation for Losar
- **Losar, Tibetan New Year Puja and Tsok** - Friday, February 16th, 6 pm
- **Movie will be on the 4th Friday due to Losar - Friday, February 23rd, 6pm**

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.

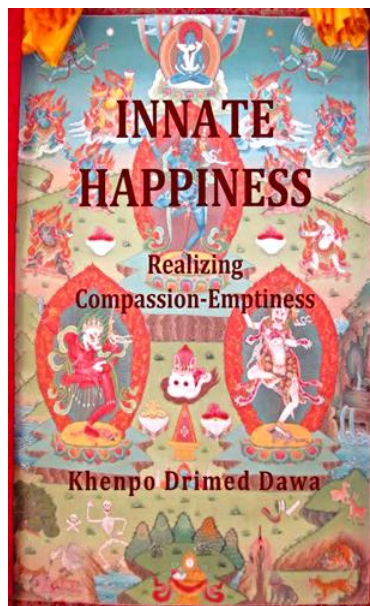
- White Tara or Medicine Buddha - for sickness, injury or surgery
- Vajrasattva - prayer for purification
- White Tara or Amitayus - long life prayers
- Chenrezig or Green Tara - stressful or negative situations
- For a person or an animal who has recently died.*
 1. Phowa - transference of consciousness 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 "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.

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



May All Beings Be Happy

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