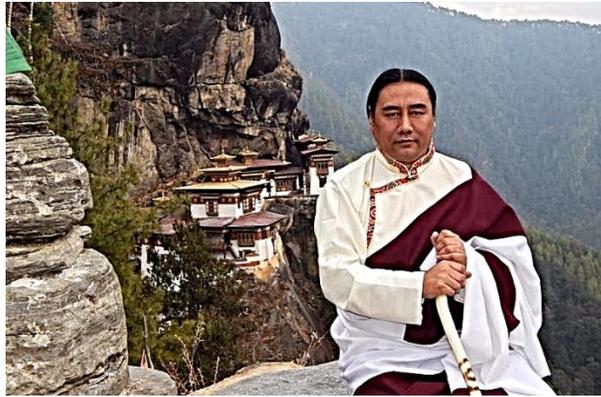


December Newsletter 2018

HAPPY HOLIDAYS! Year-End Generosity

As this year comes to a close, please consider Awam Tibetan Buddhist Institute as a recipient of your year-end giving. Even the Buddha had patrons and other donors. We strive to keep our classes and other events at little or no cost, but do require funds to pay our rent, utilities, internet services, printing, and other expenses. All of our workers are volunteers. You may make a one-time or recurring donation through our website at AwamInstitute.org ("Make a Donation") through PayPal or a credit card, or send a check to the mailing address at the bottom of this newsletter.

Thank you for your generosity!



HE Jigme Lodro Rinpoche

January 3-9; 2-4 and 6-8 pm weekdays, 10-12 and 2-4 weekend
**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson
AZ**

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

HE Jigme Lodro is returning to Tucson to give afternoon and evening and weekend teachings on

"Placing Buddhahood Within Reach: A Teaching Manual Forming Part of the Sadhana Cycle of the Peaceful Form of Manjushri" by HH Jigme Phuntsok. This brief text contains the complete understanding of the Dzogchen tradition. "If you understand, then you will understand all of Dzogchen in just a few pages. Every essence is here." Suggested donation is \$20/session or \$40/day, or \$250 for the full set of teachings. No one will be turned away due to inability to pay. PLEASE join us for these very precious teachings!



Weekly Meditation & Yoga Opportunities at Awam

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

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

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 [no practice Dec 23 or 30]: 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).

Tuesday Silent Meditation - Tuesdays, 6:00 pm [no practice Dec 25 or Jan 1 or 9]: 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 yoga class Dec 8 or 29] 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.

3rd Friday Movie and Potluck Tsok
No Movie in December

Dakini Day Practice - Yeshe Tsogyal
No Dakini Day Practice in December



Pray for Peace

Wednesday, December 19th, 6:30-7:30 pm
Tucson, AZ

We have joined with other religious groups to share in a monthly "Pray for Peace" at alternative locations. Each session will be led by a different tradition, shared by all. As the Dalai Lama regularly reminds us, we need to focus our attention on both our inner and outer peace for all. Please join us for this session.

Wednesday, December 19th, St Pius X Catholic Church 1800 N Camino Pio Decimo at 6:30.



Spring Classes in Tucson or Online Begin January 20

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

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

You may register through our website AwamInstitute.org.

Essentials of Tibetan Buddhism 3 - 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.

Essentials of Tibetan Buddhism 7 - Begins the Path of Great Perfection with the ethical perspective, the preliminary practices for separating samsara from nirvana called khorde rushen, and the practice of trekcho.

Khorde Rushen 1 - Khorde Rushen is the separation of samsara (delusion) from nirvana (non-delusion). These are a series of practices designed to help the yogin realize and directly experience the difference between samsara and nirvana by transforming the mind, i.e., our way of seeing the world. Khorde Rushen is sometimes referred to as the Dzogchen preliminary practices. Texts: *The Great Perfection, Vol.*

//by the Third Dzogchen Rinpoche (permission required), *The Supreme Source: The Fundamental Tantra of the Dzogchen Semde Kunjed Gyalpo* by Chogyal Namkhai Norbu and Adriano Clemente, and selections from *Yeshe Lama* by Vidyadhara Jigmed Lingpa. This course is divided into two 8-week classes.

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 for householder yogis and yoginis.

Advanced classes on Dzogchen: Introduction to Dzogchen, Khorde Rushen, Trekcho, Togal, 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!

January

HE Jigme Lodro Rinpoche, **January 3rd - 9th**, "Placing Buddhahood within Reach: A Teaching Manual Forming Part of the Sadhana Cycle of the Peaceful Form of Manjushri" from a Dzogchen point of view, by HH Jigmed Phuntsok.

Tsultrum Allione talk and workshop, **January 11-13**, sponsored by the Arizona Friends of Tibet

Guru Rinpoche Day, good day for Guru Yoga practice and tsok

Guhygarbha Retreat, **Saturday, January 26**, 9am - 4 pm.

Monday December 31st Dakini Day, good day for Dakini practice and tsok

February

Vairakilaya Practice, **Monday, February 4**, 6pm

LOSAR Puja and Tsok Feast, **Tuesday, February 5**, 6pm.

December 17th Guru Rinpoche Day, good day for Guru Yoga practice and tsok
Dakini Day, good day for Dakini practice and tsok

March

Guru Rinpoche Day, good day for Guru Yoga practice and tsok

Dakini Day, good day for Dakini practice and tsok.

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.

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

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

Nei Dren* - guiding the deceased to higher realms

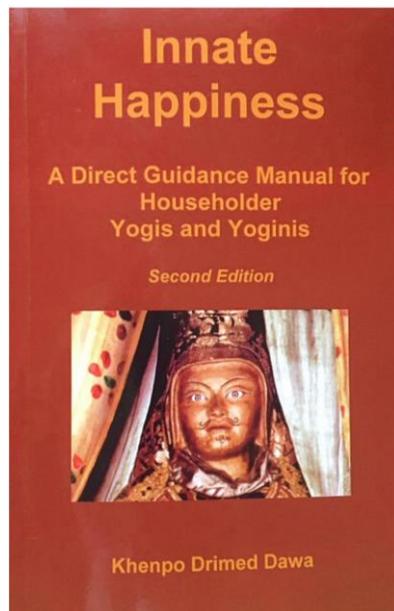
Tibetan Book of the Dead* - seven-day version (\$100) or full forty-nine day version (\$250)

**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.



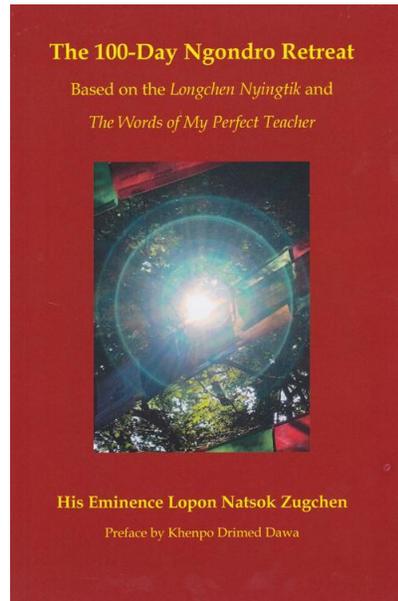
***NEW! Innate Happiness (Second Edition)*
A Direct Guidance Manual for Householder Yogis and Yoginis
By Khenpo Drimed Dawa (Khenpo Dean)**

Paperback and eBook 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!"

Paperback and eBook versions are available from **Amazon.com** and other sources. Kindle version available



NEW! The 100-Day Ngondro Retreat

Based on the *Longchen Nyíngtik* 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 Nyíngtik. 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.



May All Beings Be Happy

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