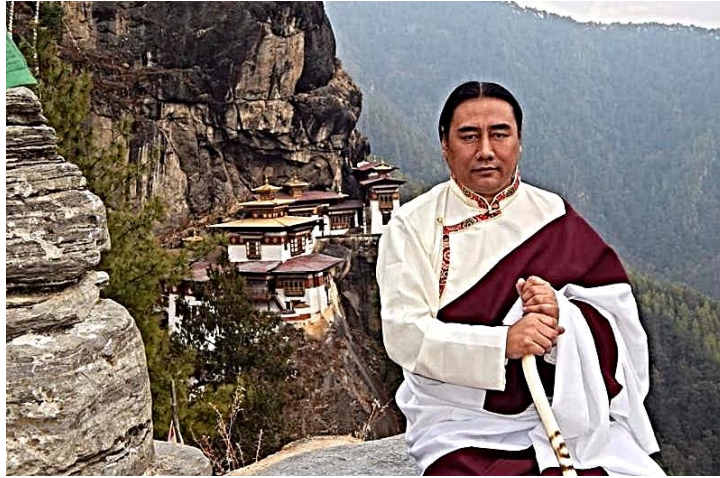




February Newsletter 2017

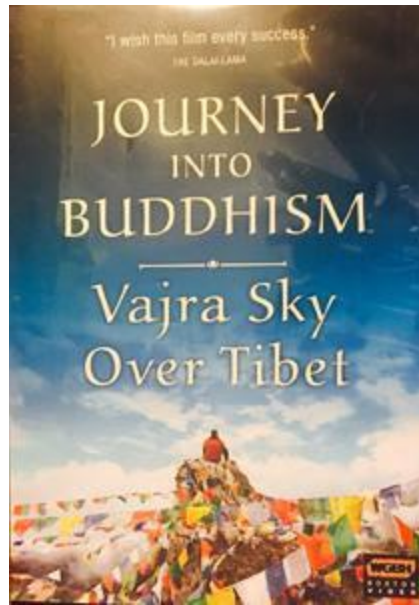


His Eminence Jigme Lodro Rinpoche

March 1-5, Wednesday-Friday evenings, Saturday-Sunday daytime
Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
(Located just east of Whole Foods in the Rancho Center)

His Eminence Jigme Lodro Rinpoche will be returning to Tucson to continue his teachings on key Dzogchen texts of the *Nyingtik Yabshi*, a collection of texts from Padmasambhava and Vimilamitra, with commentaries by Longchenpa. This teaching will be on the ***Khandro Yangtik***, the commentary of Longchenpa on the *Khandro Nyingtik* (Heart Essence of the Dakinis) from Padmasambhava, taught over the two previous years.

In addition, Rinpoche will be giving the **Vajrakilaya empowerment**. Vajrakilaya is a "wrathful" deity form that embodies the activity of all the Buddhas. His power and compassion subjugate our afflictive emotions and conceptual obscurations. Ignorance, attachment and aversion are symbolized in the three-bladed dagger (*kila*) with a single point, symbolizing the power of one-pointed focus. **Please join us!**



Friday Movie and Potluck Rent Party!

VAJRA SKY OVER TIBET

Friday, February 17th, 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. This is the third in the series *Journey into Buddhism* by John Bush, in *Vajra Sky Over Tibet* you will travel through breathtaking Himalayan terrain and visit extraordinary temples, monasteries and festivals. The enduring power of Tibetan Vajrayana Buddhism in all of its sacred shrines and echoes within the bustling Jokhang Temple and the empty Potala Palace, home of His Holiness the Dalai Lama.

Journey into the living of this vanishing civilization and explore the universal ideals of wisdom, compassion and inner peace at the very heart of this ancient Buddhist culture.

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 this beautiful space. Thank you for your generosity and consideration.



Dakini Day Practice - Simhamukha

Tuesday, February 21st 5-6 pm

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

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 **Simhamukha** - the Lion-Faced Dakini, **Tuesday, February 21st, 5-6pm**. Texts will be provided. You may bring simple snack food to be included in the tsok offering.



LOSAR 2017

Monday, February 27th, 6-8 pm

Patrick & Blythe's House

Please email or call for directions

Losar celebrates the Tibetan New Year. We prepare for this celebration with Vajrakilaya practice at the Sunday Meditation Hour, then conduct a smoke puja offering and potluck

tsok feast to celebrate! This is one of the major events in the Tibetan calendar each year. We invite you to joint us for this joyous event! FREE. Please bring a food dish to share.



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.*

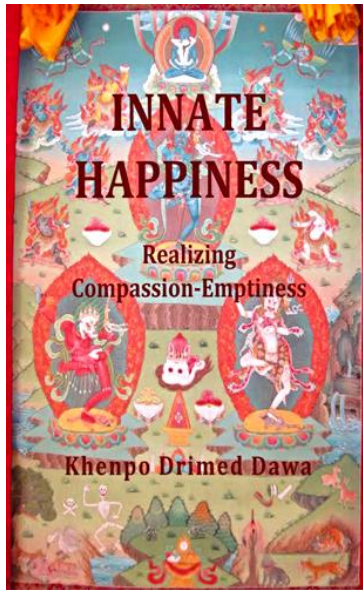
1. Phowa - transference of consciousness to Dewachen or other buddhfield
2. Nei Dren - guiding the deceased to higher realms
3. Tibetan Book of the Dead - seven day version or full forty-nine day version.

- 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 \$14.89. May ALL beings be happy!



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 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 Vajravarahi 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 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. Suggested donation: \$5 per session.



May All Beings Be Happy

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