



February 2018 Newsletter

Tashi delek! Happy LOSAR!

Losar is the Tibetan New Year - Year of the Earth Dog. Please see activities below



H.E. Jigme Lodro Rinpoche

February 7-11th (times listed below)

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

H.E. Jigme Lodro - *Gathering of Vidyadharas (Rigdzin Dupa) Empowerment* from the *Longchen Nyingtik*; and teachings on the *Vima Nyingtik*. February 7th - 11th

The ***Gathering of Vidyadharas*** is one of the most important tantric sadhanas in the Nyingma tradition. It integrates the heart essences of the inner yogas and Dzogchen. It is one of the three main tantric sadhanas of the *Longchen Nyingtik* tradition. It was initially transmitted by Guru Padmasambhava to King Trisong Detsen, Khandro Yeshe Tsogyal, and Vairochana at Samye Monastery in Tibet in the 9th century. Jigme Lingpa (1729-1798) discovered the text as a treasure teaching. All of the deities of the six yogas and the vidyadharas are present in it as guests. **Wednesday evening, 6-8 pm**; suggested donation - \$30.

Vima Nyingtik is one of the 5 main parts of the *Nyingtik Yabshi*, a collection of the heart essence teachings on Dzogchen by Longchenpa. The full collection condenses the two

primary lineages of Padmasambhava and Vimalamitra with commentaries by Longchenpa. *Vima Nyingtik* is the fourth part of the collection to be taught by HE Jigme Lodro, which contains the heart essence teachings of Vimalamitra. The content of the *Vima Nyingtik* collection includes the 17 Dzogchen Tantras and Troma tantra; a collection of posthumous teachings from Garab Dorje, Manjushrimitra, Shri Singha, and Jnanasutra; and collection of 119 treatises of pith instructions. Suggested donations: **Fri-Sat evenings** (\$20 ea) **and Sat-Sun 9-4** (\$40 ea).

Suggested donation for all 5 evenings and days is \$120. No one will be turned away.



LOSAR Activities

Thursday & Friday, February 15th and 16th, both at 6 pm

Awam Tibetan Buddhist Institute, [3400 E Speedway, Suite 204, Tucson AZ](#)

(See location information below)

Vajrakilaya practice, Thursday, February 15th, 6 pm: preparation for Losar, at our meditation center (address above). Vajrakilaya (Dorje Phurba) is a wrathful yidam deity who embodies the enlightened activity of all the buddhas and whose practice is famous for being the most powerful for removing obstacles to liberation, destroying the forces hostile to compassion, and purifying the spiritual pollution so prevalent in this age. All are welcome, FREE.

Losar, Tibetan New Year Puja and Tsok - Friday, February 16th, 6 pm: call [520-622-8460](tel:520-622-8460) (before 4pm on the 16th) regarding location (leave a message). We will do a smoke offering (puja) and have a tsok feast (potluck style, bring something to share). All are welcome, FREE.

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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 (no session Sunday, February 11th due to teachings) - 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 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](tel: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 Saturday, February 3rd or 10th**) 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.

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4th Friday* Movie and Potluck Tsok
The Six Paramitas

***NOTE: The movie will be the 4th Friday, February 23rd, 6-8:30 pm,
due to LOSAR activities**

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 Six Paramitas*. The six paramitas is basic to all Mahayana Buddhism practices. These teachings are presented by Tai Situ Rinpoche. The present 12th Tai Situpa is a Buddhist master of the Karma Kagyu tradition. He was one of the closest students of the 16th Gyalwang Karmapa, and in turn became the main teacher of the current Gyalwang Karmapa, Orgyen Trinley Dorje. Situ Rinpoche oversees a vast network of Karma Kagyu

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.

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Dakini Day Practice – Troma

4th Wednesday, February 28th, 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 **Troma**. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.

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Spring Classes - Tucson or Online No classes February 11th due to teachings

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

What Did the Buddha Say? Exploring the Sutras continue - 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. 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. Burtt (Editor)
- *In the Buddha's Words: An Anthology of Discourses from the Pali Canon* - Edited and introduced by Bhikkhu Bodhi - **the main text for the course, recommend purchasing this text**
- *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 continues (Part 4 starts March 4) - 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.

Essentials of Tibetan Buddhism Part 4 (starts March 4) - Sundays at 9 am in Tucson & online: Continues the Path of Tantra with the generation stage practices of "deity yoga" - generating yourself as the "deity" (a buddha).

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!

March

- Chotrul Duchen Puja and Tsok - Friday, March 2nd, 6 pm
- Part 2 of Spring Classes begin

April

- Vajrayogini/Vajravarahi Practice Retreat - First Saturday, April 7, 9 am to 4 pm

TBA

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

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