

January Newsletter 2018

Tashi delek! Happy New Year!
We have had a very good year and are looking forward to another. Please join us!

Winter Retreat - Guhyagarbha Tantra

January 6th, 9:00 am to 4:00 pm

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

The *Guhyagarbha Tantra* is the main Mahayana tantra of the Nyingma lineage of Tibetan Buddhism. This *Secret Essence Tantra* extracts the essence of the eight herukas and the eighteen classes of the great tantras. It is also considered to be the general tantra of enlightened mind. The central figures are Samantabhadra and Samantabhadri, along with the 100 peaceful and wrathful deities.

We will follow the sadhana practice developed by Khenpo Drimed Dawa from the tantra and commentary by Longchenpa. The day will be divided into 4 sessions with a break for lunch.

As this is not a sealed retreat, you may bring a lunch or go to a local restaurant. You may also bring a small finger-food snack for the ganachakra "feast" near the end of the day.

Participants need to have the Guhyagarbha empowerment or at least a Highest Yoga Tantra empowerment. **Please bring your sadhana or send an email to Khenpo at least two days in advance** at Khenpo.Drimed.Dawa@gmail.com to ensure that a copy will be available for you. There are pillows and trays for those who wish to sit on the floor, or you may bring your own cushion. There are also chairs available.



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: 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. 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 Saturday, January 6th 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 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 Night Movie and Potluck Tsok **Spring, Summer, Fall, Winter and Spring**

January 19th, 6-8:30 pm

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We are delighted to share another Buddhist movie and potluck dinner. ***Spring, Summer, Fall, Winter and... Spring.***

A tiny Buddhist monastery floats on a raft amidst a breathtaking landscape, tended to by a solitary Monk. Into this serene setting comes a young child, who will become the old Monk's protege. **Roger Ebert** says, "Rarely has a movie this simple moved me this deeply. I feel as if I could review it in a paragraph, or discuss it for hours. The South Korean film "Spring, Summer, Fall, Winter ... and Spring" (2003) is Buddhist, but it is also universal. It takes place within and around a small house floating on a small raft on a small lake, and within that compass, it contains life, faith, growth, love, jealousy, hate, cruelty, mystery, redemption ... and nature. Also a dog, a rooster, a cat, a bird, a snake, a turtle, a fish and a frog." **Newsweek** says, "Spellbinding! Both simple and deep!"

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 - Simhamukha

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

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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 **Simhamuka - The Lion-Faced Dakini**. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly



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 at 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. 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 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 - 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!

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, the 11th).
- Vairakilaya 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, 6 pm

March

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

April

- Vairavogini/Vairavarahi 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.



Make a Prayer Request

We are happy to recite prayers for you or anyone you designate, including pets or other beings.

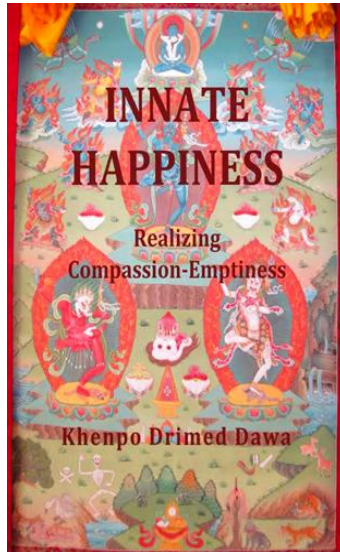
- White Tara or Medicine Buddha - for sickness, injury or surgery
- Vajrasattva - prayer for purification
- White Tara or Amitayus - long life prayers
- Chenrezig or Green Tara - stressful or negative situations
- For a person or an animal who has recently died.
 1. Phowa - transference of consciousness 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 and include a photo, if possible. This is especially important for those who have deceased.

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.

Paperback and eBook versions are available from Amazon.com and other sources. May ALL beings be happy!



May All Beings Be Happy

Awam Tibetan Buddhist Institute | 520-622-8460
| EmailAwamTBI@gmail.com | AwamInstitute.org
Mailing address: 301 N. Longfellow
Tucson, AZ 85711