

January 2019 Newsletter



HAPPY NEW YEAR!



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 the very concise set of instructions on Dzogchen, the Great Perfection, for attaining enlightenment in this lifetime.

"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 January 6 or 13]**: 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 January 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 January 5 or 12 or 26]** 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.



Third Friday Movie and Potluck Tsok
Inner World/Outer World

January 18th, 6-8:30 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We are happy to share another Buddhist movie and potluck dinner.

It has been called Akasha, Logos, the primordial energy, OM, the music of the spheres, the Higgs field, dark energy and a thousand other names throughout history. The ancient teachers taught Nada Brahma, the universe is vibration. The vibratory field is at the root of all true spiritual experience and scientific investigation. It is the same field of energy that saints, Buddhas, yogis, mystics, priests, shamans and seers have observed by looking within themselves.

In today's society, most of humanity has forgotten this ancient wisdom. We have lost our connection to our inner worlds. This balance, what the Buddha called the middle way, is the birthright of every human being.

Please bring a friend and some food to share. The tsok begins at 6 pm and the movie at 6:30 pm. 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 - Yeshe Tsogyal

4th Wednesday, January 23rd, 6-7 pm

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



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. I* by the Third Dzogchen Rinpoche (permission required), and selections from *Yeshe Lama* by Vidyadhara Jigmed Lingpa. This is part 1 of 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.



Winter Retreat -

Guhyagarbha Tantra

January 26th, 9:00 am to 4:00 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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In-depth retreats have been shown to provide a significant improvement in your meditation practice and its benefits. 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.

Other Upcoming Days & Events!

January

Tsultrum Allione

talk and workshop, **January 11-13**, sponsored by the Arizona Friends of Tibet for more information ArizonafriendsofTibet.org

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

Dakini Day, good day for Dakini practice and tsok

February

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

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

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

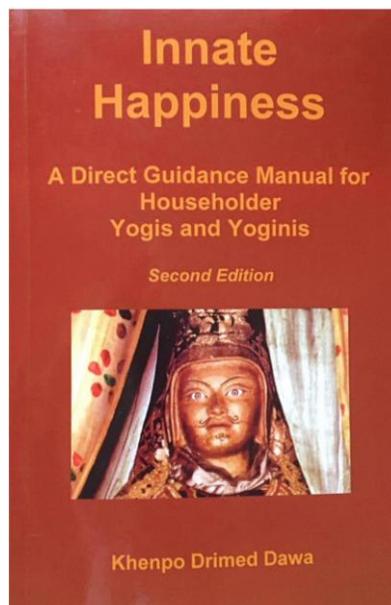
Special Tsok (food) offerings

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.

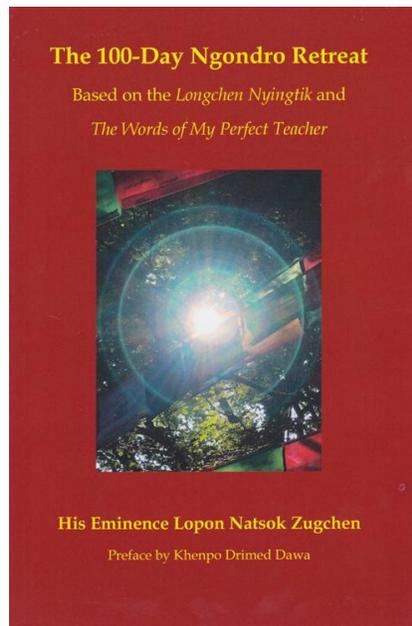


NEW! Innate Happiness (Second Edition)
A Direct Guidance Manual for Householder Yogis and Yoginis
By Khenpo Drimed Dawa (Khenpo Dean)

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](https://www.amazon.com) and other sources.



NEW! The 100-Day Ngondro Retreat
Based on the *Longchen Nyingtik* 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 Nyingtik. 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.

This approach is very suitable for busy Western practitioners, who often get discouraged trying to attain this essential preliminary practice requirement before continuing into the more advanced practices. It is also helpful for more advanced practitioners to review these valuable contemplations to renew their commitment.

Paperback version is available from [Amazon.com](https://www.amazon.com) and soon at other sources. A Kindle version is in process.



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

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