



July 2017 Newsletter



HH the Dalai Lama's Birthday Party

Thursday, July 6th, 6-7:00 pm

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

We will celebrate His Holiness' birthday with a sadhana practice written by him at age 13, followed by birthday cake. Please join us for this celebration!



Yogi Lama Gursam

Tuesday, July 18th through Sunday, July 23rd

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

Yogi Lama Gursam returns to Tucson in July. He will be teaching the following schedule:

- Tuesday, 7/18 - 7 Point Mind Training (7-9pm)
- Wednesday, 7/19 - 7 Point Mind Training (7-9pm)
- Thursday, 7/20 - Heart Sutra (7-9pm)
- Friday, 7/21 - Heart Sutra (7-9pm)
- Saturday, 7/22 - Breathing, Meditation & Yoga (9-12am & 2-4pm)
- Sunday, 7/23 - Breathing, Meditation & Yoga (9-12am & 2-4pm)

7 Point Mind Training (*Lojong*) is a collection of 59 slogans organized into 7 sets (points) to help train our mind in Buddhist practice and philosophy, providing antidotes to various afflictive emotions and mental obscurations that cause "suffering". Atisha (982-1054), a mahasiddhi, is considered to be the originator of this practice. The slogans were composed in their current form by Chekawa Yeshe Dorje (1101-1175).

The Heart Sutra is a very concise text that is part of the Buddhist Prajnaparamita (Perfection of Wisdom) literature. The "transcendent" wisdom is articulated in a *via negativa* approach (wisdom is ineffable, therefore beyond words or concepts, even those from Buddhism). There are shorter and longer

versions with the later including some contextual passages not in the former. The text is most highly regarded and is often recited daily in many of the Buddhist traditions.

Breathing, Meditation & Yoga bring together several forms of practice into a unified whole that has been shown to be of great value in many aspects of health, wellbeing, and Buddhist practice. Lama will lead us through these during a weekend practice retreat that you won't want to miss!

Yogi Lama Gursam went to monastery at a very young age, received teachings as a monastic, and studied and practiced as a monastic. Then Lama Gursam went to study in Tibetan University Sarnath, Varanasi, India to get both bachelors and masters degrees in Buddhist Philosophy, History, and languages. Upon graduation he received a special award for scholastic achievement from His Holiness the Dalai Lama.

After university Lama Gursam was requested to assist His Holiness the Chetsang Rinpoche. Lama volunteered for five years as an assistant, as a teacher, and helped with many other duties. Lama Gursam then completed the traditional three year retreat. Since then every year Lama has gone on retreat in various mountains, including some of Milarepa's caves. He then returns for six months each year to provide teachings in the West. He also leads pilgrimages to holy places in India, and Nepal. Lama teaches in English, and always tries to focus on the practical application of the Dharma in everyday life. He has been teaching regularly at the Awam Tibetan Buddhist Institute (previously Dharmakirti College and Dharmakirti International) for many years.



Dakini Day Practice - Troma

Wednesday July 19th, 5-6 pm

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

Our **Dakini Day practice and tsok** on Dakini Day of the lunar calendar is taken 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 **Troma**. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted. **This will precede Lama Gursam's teachings, followed by a one hour break.**



Chokhor Duchen Smoke Puja and Tsok

Thursday, July 27th, 6-8:00 pm

Call 520-622-8460 or EmailAwamTBI@gmail.com for location directions

Chokhor Duchen is one of the four main festivals in Tibetan Buddhism celebrating events in the life of Shakyamuni Buddha (the historical Buddha). This event celebrates the First Turning of the Wheel of Dharma at Deer Park in Sarnath, India. It is said that for 7 weeks after his enlightenment, the Buddha did not teach. Then, encouraged by Indra and Brahma, he turned the Wheel of Dharma for the first time, teaching the Four Noble Truths. On this day the effects of positive or negative actions are multiplied ten million times, so this is an especially good day for practice!

We celebrate this event with a smoke offering of numerous aromatic substances, following the "Riwo Sangchod" practice text. This is followed by the "Concise Tsok Offering Verse from His Holiness Dudjom Rinpoche" and a potluck tsok feast.

Please bring a friend and some food to share. FREE.



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). **Their will be no Meditation Hour on July 23rd because Lama Gursam will be here.**

Open Sit - Tuesdays, noon-1:00 pm NO OPEN SIT JULY 4: Come any time or stay for the whole hour. We are making our space available for any form of silent meditation during this hour. You may schedule a session to learn basic meditation by calling Ruth at least one day ahead at 520-615-0445 for an appointment. FREE (donations to support our temple gratefully accepted).

Vajrayogini Meditation is off for the summer.

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 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. **There will be no Tibetan Yoga on July 22nd because Lama Gursam will be here.**

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



Prayer Requests

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

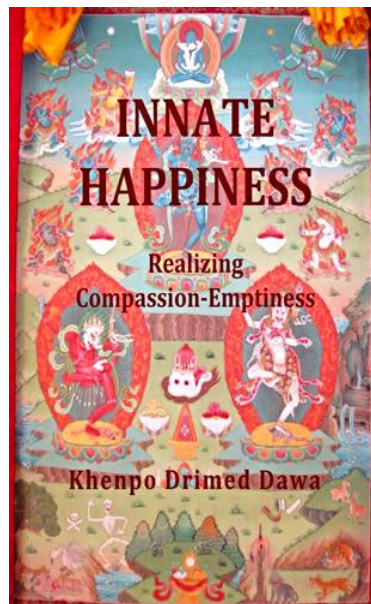
- White Tara or Medicine Buddha - for sickness, injury or surgery
- Vajrasattva - prayer for purification
- White Tara or Amitayus - long life prayers
- Chenrezig or Green Tara - stressful or negative situations
- For a person or an animal who has recently died.*
 1. Phowa - transference of consciousness to Dewachen or other buddhafiield
 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 \$13.98. May ALL beings be happy!



May All Beings Be Happy

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