

July Newsletter 2018



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: 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).

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 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 class July 7th due to Kalachakra Retreat**) led by Patrick Flint, an experienced yoga practitioner and teacher. *The 21 Tibetan Yogas* are a form of yoga from 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.



Kalachakra Retreat

Saturday, July 7th, 9 am - 4 pm

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We will celebrate HH the Dalai Lama's birthday (July 6th) with a Kalachakra Retreat on Saturday. This is a one-day, open retreat based on the *Kalachakra Guru-Yoga in Conjunction with Six-Session Practice* by His Holiness the Dalai Lama, although we will be doing four sessions, two in the morning and two in the afternoon, with a break for lunch. Please bring your copy of the sadhana, if you have one. Others should request a copy by email to Khenpo.Drimed.Dawa@gmail.com. Please also bring a snack to share for the Tsok at the end of the retreat. Students should have the Kalachakra empowerment, or at least a Highest Yoga Tantra empowerment to participate. FREE (donations gladly accepted).



Chokhor Duchen Smoke Puja and Tsok

Monday, July 16th, 6 - 8 pm

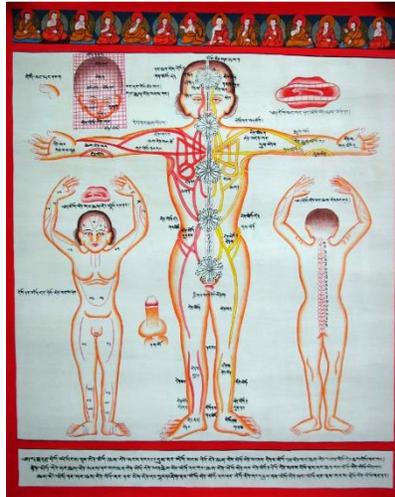
Location by request; please email or call

Call 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.



Third Friday Movie and Potluck Tsok *The Knowledge of Healing*

July 20th, 6-8:30 pm,

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We are happy to share another Buddhist movie and potluck dinner.

The Knowledge of Healing is an illuminating examination of Tibetan medicine, which has developed over two millennia into an amazingly successful method of healing. Unlike Western medicine, based on biochemistry, Tibetan medical thinking (which is strongly rooted in Buddhist principles) views the human body as governed by an elaborately organized system of energies flowing through a network of channels. In the 12th century, the Gyüshi (Knowledge of Healing) was created, a text codifying this intricate system. After flourishing for centuries, most Tibetan medical schools were destroyed by the Chinese in the 1950's and 1960's, and many physicians were executed.

Speaking from exile, the Dalai Lama argues for the value of Tibetan medicine, while his personal physician Dr. Tenzin Choedrak describes the principles behind it. We follow physicians in India and Siberia treating patients for a variety of ailments from paralysis to heart disease, and meet researchers in Israel and Switzerland to see how clinical studies are testing the effectiveness of Tibetan medicine.

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, July 25th, 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 Yeshe Tsogyal. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.



Fall Classes - Tucson or Online

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You may register through our website AwamInstitute.org. Look under Take Classes.

Tucson Classes:

- **Essentials Part 1:** A survey of Buddhism in India and Tibet, an overview and introduction to key Vajrayana principles and practices, and the first part of the Path of Individual Liberation: ethics and shamata meditation - single-pointed calm abiding. Text: *Innate Happiness: Realizing Compassion-Emptiness*, Khenpo Drimed Dawa. 6 weeks, \$60. Please contact Jane Stanley at emailAwamTBI@gmail.com.
- **Essentials Part 5:** Continues the Path of Tantra with the completion stage practices: inner heat, channels-winds-drops, illusory body, and dream yoga to become a buddha in this lifetime. Text: *Innate Happiness: Realizing Compassion-Emptiness*, Khenpo Drimed Dawa. Begins August 12, Sundays @9:00 am. 6 weeks, \$60.
- **Introduction to Dzogchen - Parts 1 & 2:** Dzogchen or the Great Perfection is the highest level of the Vajrayana teachings. It deals directly with self-liberation into our innate Buddha Nature, abiding in the state of rigpa. This overview describes the three branches of Dzogchen teachings-the mind series, the space series, and the special instructions (including trekcho and togal). Texts: *Quintessential Dzogchen: Confusion Dawns as Wisdom*, translated and compiled by Eric Pema Kunsang and Marcia Binder Schmidt and *The Golden Letters* translated, introduction and commentaries by John Myrdhin Reynolds. This course is divided into two 8-week classes. \$80 ea.

Online 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, advanced classes on Dzogchen, and other basic or advanced classes of a general interest. Please go to AwamInstitute.org and click on **Take Classes** for more information and registration.

- **Essentials of Tibetan Buddhism 1-8:** A very thorough program for those who wish to learn but have limited time to practice. The teachings by Khenpo Drimed Dawa are all on video, supplemented with printable handouts. Text: *Innate Happiness: Realizing Compassion-Emptiness*, Khenpo Drimed Dawa. 6 weeks ea, \$60 ea.

- **Advanced Curriculum - Dzogchen, the Great Perfection:** Nine classes for advanced students based on contemporary and classical texts. The teachings are on video. 8 weeks ea, \$80 ea.
- **Improving Your Practice:** An 8-week course from traditional Buddhist views of mind and Western scientific research; addresses difficulties such as staying focused and other common obstacles. 8 weeks, \$ 80.
- **100-Day Ngondro 1-2:** Provides a concise structure for completing the preliminary practices based on Jigme Lingpa's *Longchen Nyingtik* terma, using instructions from HE Jigme Lodro Rinpoche related to *The Words of My Perfect Teacher* as presented on videos by Khenpo Drimed Dawa. 7 weeks ea, \$70
- **The Tibetan Book of the Dead:** A detailed look at instructions of Guru Rinpoche (Padmasambhava) according to the terma of Karma Lingpa; includes other sources on death and dying from Tibetan Buddhism; videos with Khenpo Drimed Dawa. Text: *The Tibetan Book of the Dead* trans. by Trungpa and Fremantle. 8 weeks - \$80.
- **What Did the Buddha Say? Exploring the Sutras 1-2:** An exploration of Pali and Sanskrit sutras and some related sources to provide Vajrayana practitioners a fuller understanding of selected foundational texts of the tradition, as well as to challenge some of our assumptions and understandings; on videos with Khenpo Drimed Dawa. Text: The main text is *In the Buddha's Words* by Bhikkhu Bodhi; other texts are optional. 8 weeks ea, \$80 ea.
- **Vajrayogini:** A Highest Yoga Tantra deity practice of Vajrayana. She is a female Buddha who is the essence of all the Buddhas. Participants should have a Vajrayogini empowerment (in one of her variety of forms) or at least some other form of highest yoga empowerment; on videos with Khenpo Drimed Dawa. Text: *Vajrayogini* by Elizabeth English. 8 weeks; \$80.
- **Kalachakra 1-2:** One of the most complex systems in tantric Buddhism. It teaches the practice of working with the most subtle energies within one's body on the path to enlightenment. This class examines the tantra and commentaries, along with practice texts; on videos with Khenpo Drimed Dawa. Prerequisites: Generation and Completion Stage study and practice. Texts: *Ornament of Stainless Light: An Exposition of the Kalacakra Tantra* by Khendrup Norsang Gyatso 8 weeks ea, \$80 ea.
- **Rigdzin Dupa - Gathering of Vidyadharas:** This class will study the Rigdzin Dupa: Gathering of Vidyadharas text and sadhana. It is a highest yoga tantra practice linked to the Guhyagarbha Tantra. It is a treasure text from

the *Longchen Nyingtik* terma of Jigme Lingpa (1730-1798), a generation-stage practice with a Dzogchen (Great Perfection) view. Fee: \$60, 6 weeks

UPCOMING EVENTS

July

- HH the Dalai Lama's birthday, **Friday, July 6**. May he live long!
- Dakini Day, **Sunday, July 8th**, good day for Dakini practice and tsok
- Solar eclipse, **Friday, July 13th**, good day to recite "Prayer of Kungtuzanpo", effect of karmic actions multiplied 10,000 times.
- Guru Rinpoche Day, **Sunday, July 22nd**, good day for practice and tsok
- Lunar eclipse, **Friday, July 27th**, good day to recite "Prayer of Kungtuzanpo"

August

- Introduction to Dzogchen starts, **Sunday, August 12, 1 - 3 pm**

September

- Essentials of Tibetan Buddhism Part 1 - TBA, contact Jane Stanley (520) 622-8460 or EmailAwamTBI@gmail.com
- Essentials of Tibetan Buddhism Part 5 starts, **Sunday, September 23, 9 - 10:30 am**

October and/or November

- [Khenchen Lama](#), our Spiritual Director, will be visiting Tucson. He is looking forward to seeing old friends and meeting new ones. Dates and times 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

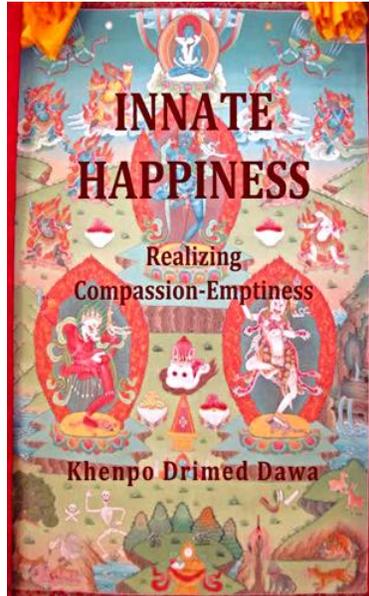
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- 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

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