



Week-Long Intensive Practice Retreat

Monday, July 15, 2 pm check-in, to Saturday, July 20, 2 pm

1135 W Twin Buttes Rd, Sahuarita, AZ 85629

(Check Google Maps for directions)

Intensive retreats of at least one week have been shown to be one of the best ways to improve one's practice. This is our first such retreat. It is a practice retreat, not a teaching retreat. This will be a "silent retreat" and "sealed retreat" (generally, no talking or leaving the retreat grounds). There will be with flexibility to address your particular practice needs. There will be short dharma talks and Q&A opportunities (group and individual) each day. Participants should bring any relevant practice sadhanas or books that may be needed, as well as the Awam Prayerbook for group practices daily. Riwo Songchod (smoke offering) and Concise Tsok Offering Verse, both by HH Dudjom Rinpoche, are also recommended (available on our website). For additional details, please email Khenpo.Drimed.Dawa@gmail.com.

Suggested donation: \$100. Participants will need to bring their own food and beverages. Tea will be provided, as will bedding, kitchen, and practice facilities.



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 welcome.

Wednesday Meditation - Wednesdays*, 6:00 pm: Come rest your mind with any form of silent meditation during all or any part of this hour. We are happy to provide basic instructions and answer your questions. FREE. Donations welcome. **No Meditation on July 17th due to retreat.**

*Fourth Wednesday is Dakini Day practice - see below.

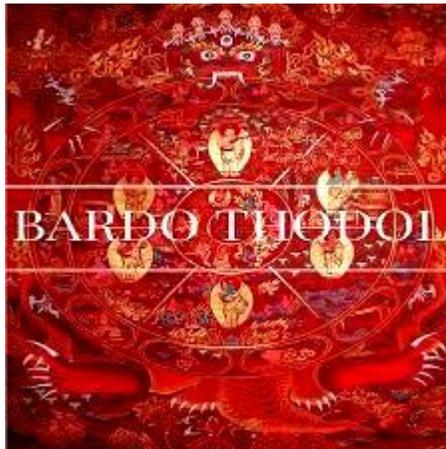
Tibetan Yoga Class meets on Saturday mornings at 10:00 am **no yoga Saturdays, July 6th & 20th, due to retreats.** Led by Patrick Flint, an experienced yoga practitioner and teacher. *The 21 Tibetan Yogas* are a form of yoga the Tibetan master Longchenpa that is particularly suitable as a preparation 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. Donations welcome.



An update on one of our favorite yogis.

Lama Gursam talks online - Lama Gursam will be staying in India this year to help his mother after his father's passing away. However, he will be giving online talks on Mondays at 4pm Mountain Time (7pm NY time). To sign up, please email John Wenz, his USA coordinator with a request to participate as a member of our sangha: johnrwarz49@gmail.com .



4th Friday Movie and Potluck Tsok
The Tibetan Book of the Dead
July 26th

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

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

Death is real, it comes without warning and it cannot be escaped. An ancient source of strength and guidance, *The Tibetan Book of the Dead* remains an essential teaching, originating in the spiritual cultures of the Himalayas. Narrated by Leonard Cohen, this enlightening two-part series explores the sacred text and boldly visualizes the afterlife according to its profound wisdom.

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 - Simhamukha
4th Wednesday, July 24th**

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,
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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 **Simhamukha**, the Lion-Faced Dakini. Simhamukha is a wisdom dakini. Her wrathful aspect skillfully overcomes and subdues violent negative energies. The Lion-Faced Dakini represents the wisdom that enables one to clear away the negativity of one's own mind, and through her practice one is imbued with spiritual power to gain mastery over samsara and nirvana. She is appropriate for clearing obstacles of the most pervasive and malignant kind, and cutting through the "three poisons" of mind. The practice is said to be a reliable source of protection when obstacles arise.... "Defilements attract the maras of hindrances and enemies just as a magnet attracts iron filings. When you clear away the negativity of your own poisons, there is nothing to attract the maras." This ancient practice has been important in Tibetan Buddhism since the time of Padmasambhava.

Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.



Summer Classes in Tucson or Online

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

Tucson Classes - NEW You may register through our website or in the first class.

Four Foundations of Mindfulness & Mindfulness with Breathing - This class focuses on mindfulness as a practice. The root of the teachings will be based on the *Sattipatthana* and *Anapanasamyutta Suttas*, as taught by several different sources, as well as the related *jhana* (Pali) or *dhyana* (Sanskrit) practices. Comparisons will also be drawn with similar Dzogchen teachings. Detailed notes will be available for download as a PDF. **Sundays, July 7-28, 1-3 pm.** Fee - \$40 (4 weeks).

The 37 Bodhisattva Practices - In the Path of Altruism (Mahayana), those who have the courage to undertake the profound change of attitude required to develop true compassion are called Bodhisattvas. They consider others' needs as paramount, and thus strive to attain liberation for the sake of all sentient beings. The root text is a training manual composed in the 14th century by the Buddhist hermit Ngolchu

Thogme. We will use *The Heart of Compassion* commentary by HH Dilgo Khyentse Rinpoche. **Sundays, August 4-25, 1-3pm**. Fee - \$40 (4 weeks).

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. You may register through our website AwamInstitute.org. Classes include:

The Essentials of Tibetan Buddhism 1-8: A comprehensive direct practice manual of courses for householder yogis and yoginis.

Advanced classes on Dzogchen: Introduction to Dzogchen, Khorde Rushen, Trekcho, Tegal, 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.



Clothes for Women (and Men) in Need - Ongoing

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,
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The first of the **Six Perfections** is generosity. As a sangha, we have decided to provide a way for you to practice by helping those in need. We are collecting clothing items in good condition to share with **Sister Jose Women's Center**. We have a bin in the foyer where you can place items. Clothes should be clean and in good condition. Common needs include underwear, shoes, and socks. Don't have any of those to donate? You might purchase some new low-cost socks or other items to share. (We can also share men's clothing through other relevant organizations.) **Thank you for your generosity!**

Other Upcoming Days & Events!

July

Guru Rinpoche Day, **Thursday, July 11**, good day for Guru Yoga practice and tsok.

Dakini Day, **Saturday, July 27**, good day for Dakini practice and tsok.

August

Chokhor Duchon, **Sunday, August 4, 6-8 pm**, celebrating the first turning of the Wheel of Dharma.

Guru Rinpoche Day, **Saturday, August 10**, good day for Guru Yoga practice and tsok.

Dakini Day, **Sunday, August 25**, good day for Dakini practice and tsok.

September

Fall Tucson classes will begin Sunday, September 8th.

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.

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 (suggested donation \$100) or full forty-nine day version (suggested donation \$250)

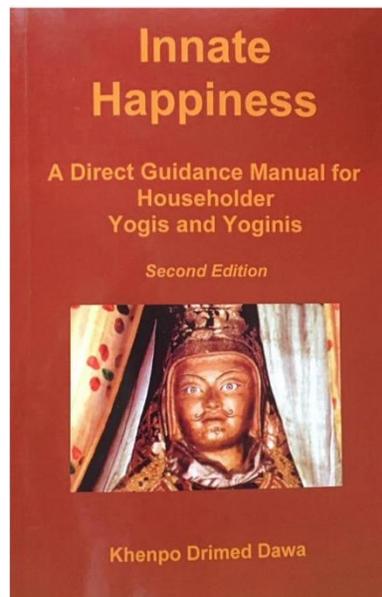
Special Tsok (food) offerings

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.



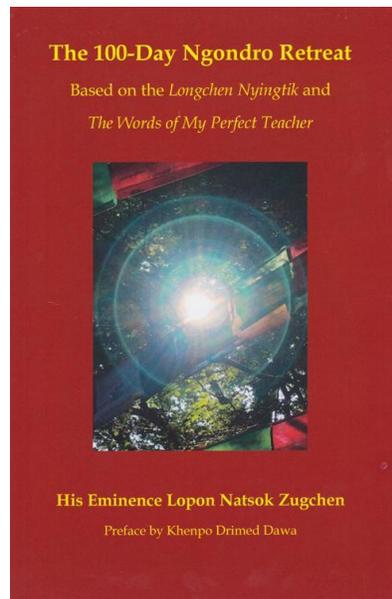
Innate Happiness (Second Edition)
A Direct Guidance Manual for Householder Yogis and Yoginis
By Khenpo Drimed Dawa (Khenpo Dean)

Paperback and Kindle 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 Kindle versions are available from **Amazon.com** and other sources.



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 and Kindle versions are available from **Amazon.com** and other sources.



May All Beings Be Happy

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