



"Concise Tsok Offering Verse from His Holiness Dudjom Rinpoche," followed by a potluck tsok feast.

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

---



### **Summer Class - Vajrayogini**

**Starting Sundays, June 4<sup>th</sup>, 1-3 pm**

Awam Tibetan Buddhist Institute, [3400 E Speedway, Suite 204, Tucson AZ](#)

(Located just east of Whole Foods in the Rancho Center)

Vajrayogini is a highest yoga tantra, completion-stage deity practice of Vajrayana or Tibetan Buddhism. She is a female Buddha who is the essence of all the Buddhas. In these practices, we visualize or imagine ourselves as the deity as a means of training our mind to become a fully realized Buddha. Such a practice is said to be faster than other forms of meditative practices. And, according to scholar Miranda Shaw, Vajrayogini is "inarguably the supreme deity of the Tantric pantheon. No male Buddha...approaches her in metaphysical or practical import." Vajrayogini is a significant figure in the completion-stage practices of Vajrayana, such as the Six Yogas (or Dharmas) of Naropa.

Participants should either have received a Vajrayogini empowerment (in one of her variety of forms), or at least some other form of highest yoga empowerment. We will be using the book *Vajrayogini: Her Visualizations, Rituals, and Forms* by Elizabeth English as the main text for this course (8 weeks). The fee is \$80. We recommend that you register online in our eCollege in order to access handouts or watch the videos if you miss a class or would like further review of the course content.

---



## Friday Movie and Potluck Rent Party!

### Milarepa

6pm - 8:30 pm, Friday May 16th

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

**Milarepa** is a tale of greed and vengeance - demons, magic, murder and redemption. It is a film adaptation of one of Tibet's most famous ancient legends, based upon the life and teachings of a Buddhist yogi.

Directed by [Neten Chokling](#), a Lama from Western [Bhutan](#) who has previously worked with [Khyentse Norbu](#) on the films such as [The Cup](#) and [Travellers and Magicians](#), the film is the about the adventurous formative years of the legendary buddhist mystic, [Milarepa](#) (1052-1135) who is one of the most widely known [Tibetan](#) yogis. The film combined myth, biography, adventure, history and docudrama.

The film featured [Lhakpa Tsamchoe](#) in her return to the silver screen in a supporting role as Aunt Peydon during young Milarepa's formative years.

The tale is a staple in Tibetan Traditions, Buddhism, and the legend of Milarepa elevates him to the status of national hero in [Tibet](#) and nearly so in Buddhist regions of [India](#), [China](#) and [Pakistan](#). He is one of the [Tibetan](#) yogis or Mahasiddhas in Tibetan [Buddhism](#).

---



## **Dakini Day Practice - Simhamukha**

**Monday, June 19<sup>th</sup>, 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 **Simhamukha**. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.

---



## **Prayer Requests**

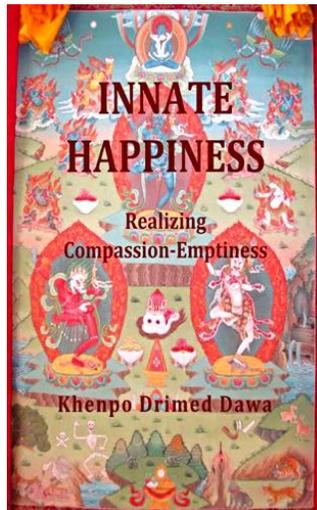
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- 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 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. For Phowa, Nei Dren or the Tibetan Book of the Dead, please include a photo, if possible.

---



***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!

---



### **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).

**Open Sit - NEW** - Tuesdays, noon-1:00 pm: 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 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 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](mailto:Khenpo.DrimeD.Dawa@gmail.com). FREE

---



*May All Beings Be Happy*

Awam Tibetan Buddhist Institute | 520-622-8460  
| [EmailAwamTBI@gmail.com](mailto:EmailAwamTBI@gmail.com) | [AwamInstitute.org](http://AwamInstitute.org)  
Mailing address: 301 N. Longfellow  
Tucson, AZ 85711