

## June Newsletter 2019



### **Saga Dawa Duchen - Smoke Puja and Tsok Feast** **June 17th, 6-8:30 pm** **Call or email for location directions**

Saga Dawa Duchen is one of the four great festivals in the Buddhist tradition. This festival celebrates the enlightenment and parinirvana of Shakyamuni Buddha. On his enlightenment at the age of thirty-five, in Bodhgaya, India, the Buddha proclaimed: "Profound peace, natural simplicity, uncompounded luminosity, I have found a nectar-like Dharma".

At the end of his forty-five years of teaching, as he lay dying in a forest grove in Kushinagara, surrounded by his disciples, he said to them with his last breath: "It is in the nature of all things that take form to dissolve again. Strive with your whole being to attain perfection".

On this day, the effects of positive or negative actions are multiplied 10 million times! We will begin our celebration with a smoke offering (puja) followed by a potluck dinner (tsok). Please bring food to share. FREE

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## **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 **no meditation Wednesday, June 19 due to Interfaith Prayers for Peace event at our center (see below)**:** 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.

\*Fourth Wednesday is Dakini Day practice - see below.

**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.

**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](mailto:Khenpo.Drimed.Dawa@gmail.com). FREE. Donations welcome.

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(Mt Everest).

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.

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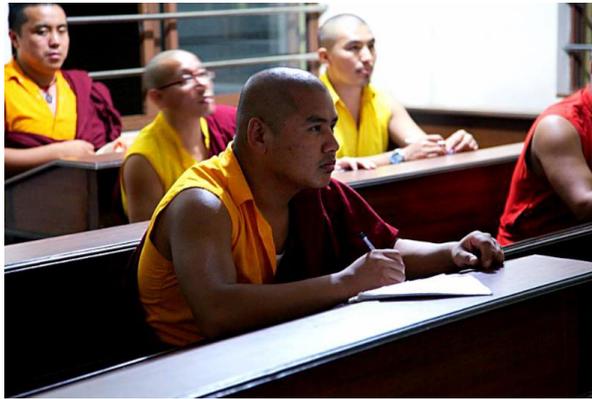
### **Dakini Day Practice - Kurukulle** **4th Wednesday, June 26th, 6-7 pm**

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,  
Tucson AZ**

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

We honor Dakini Day on the 4<sup>th</sup> 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 **Kurukulle**, the Female Buddha of Passion or Enchantment, inseparable from *ultimate* reality of wisdom, while perfectly engaged at the *relative* levels of our experience. Originating from the country of Uddiyana, Kurukulle in Tibetan means "she who is the cause knowledge." She became associated with the great goddess Tara and is often called Red Tara or Tarodbhava Kurukulle, "the Kurukulle who arises from Tara." In her *relative* aspect, Kurukulle becomes the Buddhist goddess of love and sex, corresponding to Aphrodite and Venus. She is red in color and is depicted as a voluptuous and seductive nude, sixteen year old girl. She has four arms and holds a flower-entwined bow and arrow that cannot kill, reminiscent of Eros and Cupid, and a hook and lasso in her other hands to bind her targets into the dharma. 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, Tucson AZ**

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

**Tucson Classes - NEW** You may register through our website starting in June 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 Sutras*, 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 14<sup>th</sup> 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](http://AwamInstitute.org). Classes include:

**The Essentials of Tibetan Buddhism 1-8:** A comprehensive direct practice  
Covers a comprehensive series of practices based on a direct guidance 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](http://AwamInstitute.org) and click on **Take Classes** for more class information and registration.

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## **Clothes for Women (and Men) in Need - Ongoing**

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,  
Tucson AZ**

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

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!**

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## **Other Upcoming Days & Events!**

### **June**

- Guru Rinpoche Day, **Wednesday, June 12**, good day for Guru Yoga practice and tsok.
- Dakini Day, **Thursday, June 27**, good day for Dakini practice and tsok.

### **July**

- **Kalachakra Retreat**, **Saturday, July 5, 9-4 pm**, opportunity to engage in a 4-session retreat with this special sadhana practice.
- **Week-long intensive retreat**, *tentatively* **July 15-20 in Sahuarita, AZ**. We are planning a week-long intensive retreat, which is a great benefit to one's practice. This will be a "silent retreat" with flexibility to address your particular practice(s). There will be short dharma talks and Q&A opportunities, group and individual, each day. Suggested donation: TBA.
- 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 Duchen**, **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 8<sup>th</sup>.

Watch our monthly newsletter, Facebook, or go to [AwamInstitute.org](http://AwamInstitute.org) and click on "**Explore Our Meditation Practices and Events**" for more information.

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## 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](mailto: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**

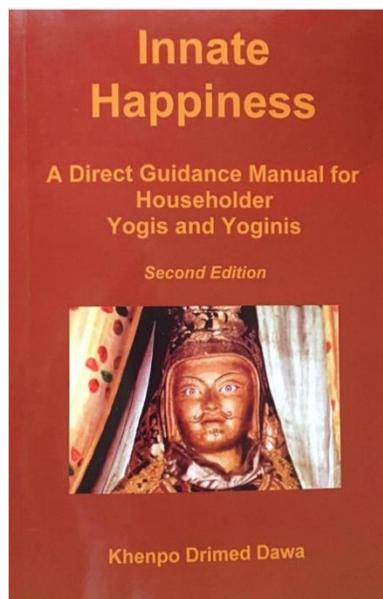
**Puja Smoke offerings**

\*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](mailto: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.

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***Innate Happiness (Second Edition)***

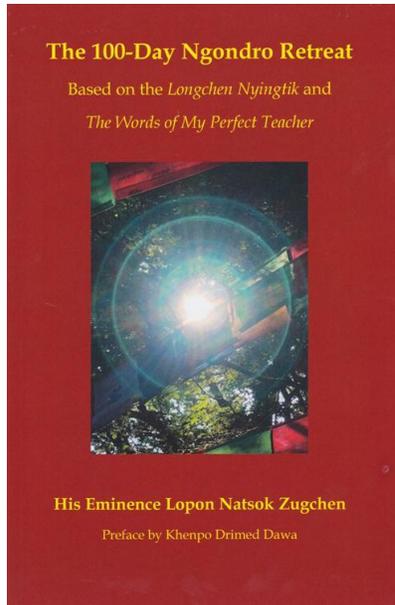
**A Direct Guidance Manual for Householder Yogis and Yoginis**  
By Khenpo Drimed Dawa (Khenpo Dean)

**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.

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**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.

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*May All Beings Be Happy*

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