



MARCH NEWSLETTER 2017



His Eminence Jigme Lodro Rinpoche

March 1-5, Wednesday-Friday 7 pm start; Saturday-Sunday 10 am & 2 pm starts

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

His Eminence Jigme Lodro Rinpoche will be returning to Tucson to continue his teachings on key Dzogchen texts of the *Nyingtik Yabshi*, a collection of texts from Padmasambhava and Vimilamitra, with commentaries by Longchenpa. This teaching will be on the ***Khandro Yangtik***, the commentary of Longchenpa on the *Khandro Nyingtik* (Heart Essence of the Dakinis) from Padmasambhava, taught over the two previous years.

In addition, Rinpoche will be giving the **Vajrakilaya empowerment**. Vajrakilaya is a "wrathful" deity form that embodies the activity of all the Buddhas. His power and compassion subjugate our afflictive emotions and conceptual obscurations. Dharmakaya, Sambhogakaya and Nirmanakaya are symbolized in the three-bladed dagger (*kila*) with a single point, symbolizing the union of all three to subdue ignorance, attachment and aversion.

Suggested fees (you may pre-register online at AwamInstitute.org):
Wednesday empowerment - \$30

Th-Fri - \$20 ea
Sat-Sun - \$40 ea
Wed-Sun - \$120

Please join us!



Chötrul Düchen
also known as
Chonga Choepa

Sunday March 12 at 6-8pm

Will be held at Blythe and Patrick's home
(call or email for directions - see below)

The Butter Lamp Festival, is one of the four Buddhist festivals commemorating four events in the life of the Buddha, according to Tibetan traditions. Chötrul Düchen closely follows Losar, the Tibetan New Year. It takes place on the fifteenth day of the first month in the Tibetan calendar during the full moon, which is called Bumgyur Dawa. The first fifteen days of the year celebrate the fifteen days during which the historical Buddha displayed miracles for his disciples so as to increase their devotion. Chotrul Duchen, meaning "Great Day of Miraculous Manifestations", is one of the four great holy days observed by Tibetan Buddhists, always occurring on the Fifteenth day of the first lunar Month in the Tibetan calendar. During this time, it is believed that the effects of both positive and negative actions are multiplied ten million times.

To commemorate the occasion, Tibetans make lamps, traditionally of yak butter, called butter lamps, in the shapes of flowers, trees, birds, and other auspicious symbols. They also create elaborate displays for the lamps in their homes and in public spaces, sometimes erecting structures as large as a building. All the lanterns are lit in celebration on the fifteenth day of the month



Friday Night at the Movies *Monk With a Camera*

Friday, March 17th, 6-8:30 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We are delighted to share another Buddhist movie and potluck dinner.

Monk With a Camera the life and spiritual quest of Nicholas "Nicky" Vreeland, who for the past twenty-five years has been a Tibetan Buddhist monk. The son of a United States ambassador, grandson of legendary Vogue editor Diana Vreeland and a photographer by trade. Nicky left his privileged life behind to follow his true calling. He moved to India, cutting his ties with society, photography and his pleasure-filled world, to live in a monastery with no running water or electricity. There he would spend the next fourteen years studying to become a monk. In one of life's strange and beautiful twists, Nicky went back to being a practicing photographer to raise money and help his fellow monks rebuild their monastery. ***Monk With a Camera*** is a light-hearted and inspiring documentary about the power of the creative spirit.

Please bring a friend and some food to share. While there is no charge for attendance, we do appreciate donations of however much you can contribute toward our monthly rent for this beautiful space. Thank you for your generosity and consideration.



Dakini Day Practice - Troma

Wednesday, March 22nd 5-6 pm

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Dakini Day practice and tsok on Dakini Day of the lunar calendar is 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 simple snack food to be included in the tsok offering.



Spring Classes, 2nd Session

Starting Thursday, March 30, or Sunday, April 2

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ
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We are pleased to offer an exceptional series of courses on the complete practices of Tibetan Buddhism from the most basic to the most advanced levels.

The Essentials of Tibetan Buddhism Part 4- Continues the Path of Tantra with the generation stage practices of "deity yoga" - generating yourself as the "deity" (a buddha). Prerequisite: Parts 1-3 highly recommended. Tucson - Starts March 30, Thursdays at 10:00-11:30 am. Fee - \$60, 6 weeks. Online also available, no date or time requirement. Go to AwamInstitute.org "classes" to register.

The Essentials of Tibetan Buddhism Part 8- Concludes the Path of Great Perfection with additional training in the practices of *trekcho* and *togal*, as well as the view of wisdom of the Great Perfection and a summary of the Buddhist views of enlightenment. Prerequisite: Parts 1-7 highly recommended. Tucson - Starts April 2, Sundays at 9:00-10:30 am. Online also available, no date or time requirement. Go to AwamInstitute.org "classes" to register. Fee - \$60, 6 weeks.

The Kalachakra Tantra Part 2-We will continue this advanced class in Tucson, on Sundays at 1:00-3:00 pm, beginning April 2. The class will study the tantra and its practice. Kalachakra is one of the most complex systems within tantric Buddhism. The Kalachakra tradition revolves around the concept of time and cycles. From the cycles of the planets to the cycles of human breathing, it teaches the practice of working with the most subtle energies within one's body on the path to enlightenment. Since Kalachakra *is* time and everything is under the influence of time, Kalachakra knows all. Vishvamati, his spiritual consort and complement, is aware of everything that is timeless, not time-bound or out of the realm of time. In Yab-Yum, they are temporality and a-temporality conjoined. Similarly, the wheel is without beginning or end.

The Kalachakra deity resides in the center of the mandala in his palace consisting of four mandalas, one within the other: the mandalas of body, speech, and mind, and in the very center, wisdom and great bliss. The Kalachakra sand mandala is dedicated to both individual and world peace and physical balance. The Dalai Lama explains: "It is a way of planting a seed, and the seed will have karmic effect. One doesn't need to be present at the Kalachakra ceremony in order to receive its benefits." Go to AwamInstitute.org "classes" to register. Fee - \$80, 8 weeks.

Other classes are available online. Please check "Classes" on our website: AwamInstitute.org



Weekly Meditation & Yoga Opportunities at Awam

No Meditation Hour, or Yoga on March 4-5 due to teachings

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

Basic Meditation Instruction - Tuesdays, 11:00 am - noon: Basic meditation and mindfulness practices have been shown to be beneficial in a wide array of daily situations that affect our lives. This instruction may be secular or religious. This session led by Ruth Pancoast will be tailored to the needs and level of the participants. Individual instruction may be available. FREE (donations to support our temple gratefully accepted).

Vajrayogini Meditation - Tuesdays, 6:00 - 7:00 pm: Led by Jane Stanley, this is a "Highest Yoga Tantra" practice requires a Vajrayogini empowerment (includes Vajravarahi and other forms of Vajrayogini) or at least a Highest Yoga Tantra empowerment. Others are welcome to come and sit during the practice to receive the blessing. Vajrayogini is a female Buddha, and is considered to be the essence of all the Buddhas. She is "a tantric goddess from the highest class of Buddhist tantras, who manifests the ultimate development of wisdom and compassion." This practice is "particularly suited to practitioners in modern times." Suggested donation: \$5 per session.

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 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. 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. FREE (donations to support our temple gratefully accepted.)



Prayer Requests

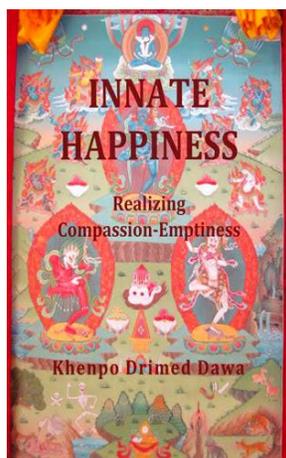
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- 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 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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