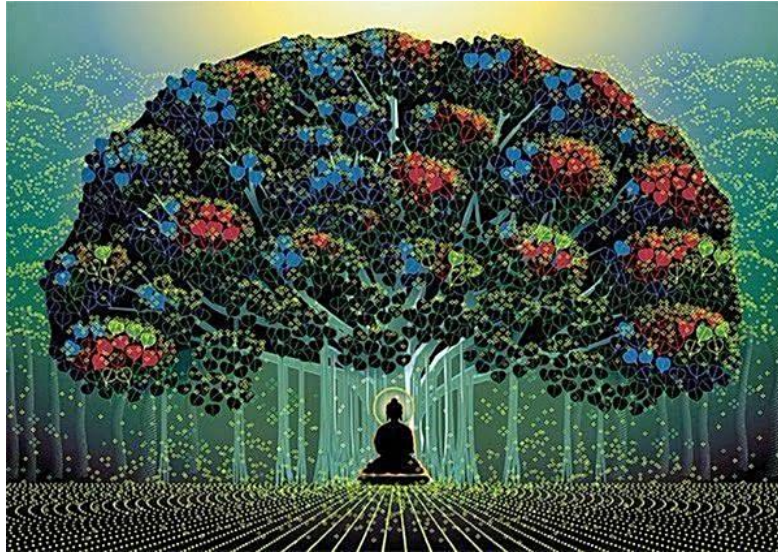


MARCH 2018 NEWSLETTER



Chotrul Duchen Puja & Tsok

Friday, March 2nd, 6 pm

Please call for location information

Chotrul Duchen is the festival for the Display of Miracles. The leaders of India's six main philosophical schools challenged the Buddha to a contest of miraculous powers. The Buddha displayed a different miracle each day for fifteen days, and, utterly defeating his opponents, inspired many individuals to follow the Dharma. On this day the effects of positive or negative actions are multiplied 10 million times. Please bring food to share for the potluck tsok after the smoke offering puja. All are welcome, FREE.



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, 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 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.



3rd Friday Movie and Potluck Tsok
Western Tibet Kailash
March 16th, 6-8:30 pm,

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 share another Buddhist movie and potluck dinner. Western Tibet Kailash tells the story of the kora around Mt Kailash, which is the holiest pilgrimage in Tibet for four religions: for the Hindus, the mountain represents the abode of Shiva, the destroyer and transformer; for the Buddhists it is the abode Samvara, a wrathful manifestation of Shakyamuni Buddha; the Jains also consider that some of their saints, or *thirthankaras* were emancipated here and the Bon followers, the ancient religion of Tibet, is the sacred nine story Swastika Mountain upon which the Bonpo founder, Shenrab alighted from heaven. Its remarkable pyramidal shape is traditionally associated with the legendary Mount Meru, the home of the gods mentioned in the Hindu epics. You can walk around it, but you won't get permission to climb the sacred mountain.

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 our beautiful Meditation Center. Thank you for your generosity and consideration.



Interfaith Pray for Peace See time, date, & location below

The Awam Tibetan Buddhist Institute is participating in a monthly Interfaith Pray for Peace series open to all. We would be pleased to have you join us to pray for our country. The current schedule is as follows:

The ISKON Krishna Community, **March 21 at 6:30 pm**, Govinda's, 711 Blackledge, Tucson

Foothills Lutheran Church, **April 18 at 6:30**, 5201 E Craycroft Rd., Tucson

Awam Tibetan Buddhist Institute, **May 30 at 6:30**, 3400 E Speedway, Suite 204, Tucson



Dakini Day Practice - Yeshe Tsogyal

4th Wednesday, March 28th, 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 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.



Spring Classes - Tucson or Online

The next part of spring classes begin

Spring classes begin on Sundays in March (see dates below). If you are interested in joining one of the below Tucson classes, please contact us at EmailAwamTBI@gmail.com.

What Did the Buddha Say? Exploring the Sutras Part 2 (starts March 11) - Sundays at 1 pm in Tucson (open to all): This class explores some of the documented stories and teachings of the Buddha, primarily from the Sutras (both Pali and Sanskrit sources), as well as commentaries by the authors. The intent is to give

Vajrayana practitioners a fuller understanding of selected foundational texts of the tradition, as well as to challenge some of our assumptions and understandings. The course will include presentation and discussion. Fee: \$80, 8 weeks. Book sources:

- *In the Buddha's Words: An Anthology of Discourses from the Pali Canon* - Edited and introduced by Bhikkhu Bodhi - **the main text for the course, recommend purchasing this text**
- *The Teachings of the Compassionate Buddha: Early Discourses, the Dhammapada and Later Basic Writings* - E.A. Burt (Editor)
- *The Buddha before Buddhism: Wisdom from the Early Teachings* - Gil Fronsdal
- *Stars at Dawn: Forgotten Stories of the Women in the Buddha's Life* - Wendy Garling

Essentials of Tibetan Buddhism Part 4 (starts March 4) - Sundays at 9 am in Tucson & online:Continues the Path of Tantra with the generation stage practices of "deity yoga" - generating yourself as the "deity" (a buddha). Fee \$60, 6 weeks.

Numerous other classes are available online. 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.

Please go to AwamInstitute.org and click on **Take Classes** for more information and registration.

UPCOMING EVENTS!

April

- Vajrayogini/Vajravarahi Practice Retreat - First Saturday, **April 7, 9 am to 4 pm**

May

- *Rigdzin Dupa* - The Gathering of Vidyadharas class begins **May 27th** (6 weeks)
- Saga Dawa Duchen, May 29, 6 pm

TBA

- [Khenchen Lama](#), our Spiritual Director, will be coming to Tucson. Dates and teachings 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

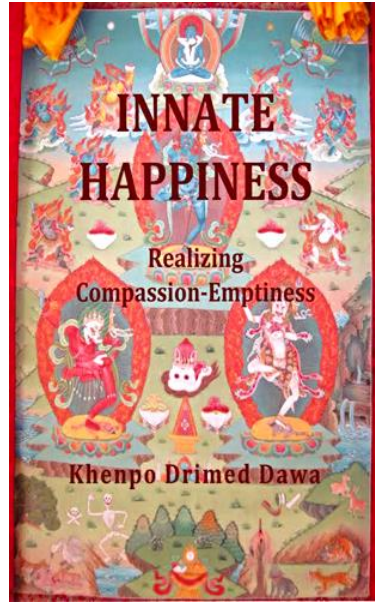
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- White Tara or Medicine Buddha - for sickness, injury or surgery
- Vairasattva - 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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