

# MARCH NEWSLETTER 2019

## Clothes for Women (and Men) in need

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 **The 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, jeans, blouses and socks. Don't have any? 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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## **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 to support our Meditation Center gratefully accepted).

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

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### **3<sup>rd</sup> Friday Movie and Potluck Tsok**

#### ***Kundun***

**March 15<sup>th</sup>, 6-8:30 pm**

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ  
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We are happy to share another Buddhist movie and potluck dinner. ***Kundun***, directed by Academy Award winner, Martin Scorsese, it is the incredible true story of one of the world's most fascinating leaders - Tibet's Dalai Lama - and his daring struggle to rule a nation at one of the most challenging times in history.

Powerfully told and set against a backdrop of world politics - the film's release created an international uproar - this picture has been greeted with both controversy and worldwide acclaim.

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 - Simhamukha**

**4<sup>th</sup> Wednesday, March 27<sup>th</sup>, 6-7 pm**

Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204, Tucson AZ  
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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 **Simhamukha**. Simhamukha is a wisdom dakini. Her wrathful aspect skillfully overcomes and subdues violent negative energies. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.

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## Spring Classes in Tucson or Online

Next Tucson classes begin March 3, 10 or 17

You may register through our website [AwamInstitute.org](http://AwamInstitute.org).

### Tucson Classes

**Essentials of Tibetan Buddhism 4** - Continues the Path of Tantra with the generation stage practices of "deity yoga" - generating yourself as the "deity" (a buddha). **Begins March 10th.**

**Essentials of Tibetan Buddhism 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. **Begins March 3<sup>rd</sup>.**

**Khorde Rushen 2** - Continues the study and practices of Khorde Rushen to prepare for the main practices of Trekcho and Tegal. **Begins March 17<sup>th</sup>.**

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. Classes include:

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

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### Other Upcoming Days & Events!

#### March

Dakini Day, Friday, March 1, good day for Dakini practice and tsok

Guru Rinpoche Day, Saturday, March 16, good day for Guru Yoga practice and tsok

Dakini Day, Saturday, March 30, good day for Dakini practice and tsok

#### April

Rigdzin Dupa Retreat, Saturday, April 6, 9-4 "all day" retreat on the "The Gathering of Vidyadharas" for which we received the empowerment and had a class this past year. This will be our first opportunity to practice it in a group retreat. Practice texts will be provided. Details in the next newsletter.

Guru Rinpoche Day, **Sunday, April 14**, good day for Guru Yoga practice and tsok  
Dakini Day, **Monday, April 29**, good day for Dakini practice and tsok

### **May**

**Khenchen Lama visit** He plans to be here May 22nd - the 27th.

Guru Rinpoche Day, **Tuesday, May 14**, good day for Guru Yoga practice and tsok  
Dakini Day, **Wednesday, May 29**, good day for Dakini practice and tsok

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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).

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

**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 (\$100) or full forty-nine day version (\$250) suggested donation - based on ability to pay.

**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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## **NEW! Innate Happiness (Second Edition)**

**A Direct Guidance Manual for Householder Yogis and Yoginis**

By Khenpo Drimed Dawa (Khenpo Dean)

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

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***NEW! The 100-Day Ngondro Retreat***

**Based on the *Longchen Nyingtik* and *The Words of My Perfect Teacher***

By H.E. Lupon 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 version is available from **Amazon.com** and soon at other sources. A Kindle version is in process.

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*May All Beings Be Happy*

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