

MAY NEWSLETTER 2017

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:

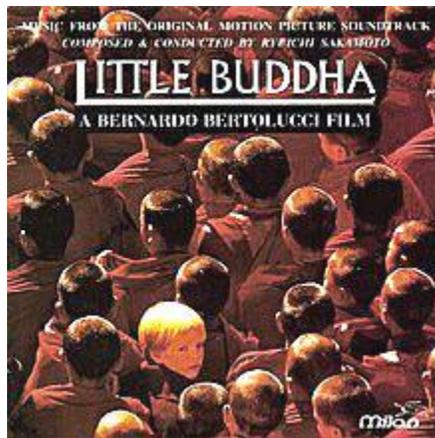
Khenpo Dean leads a one-hour meditation practice including chanting, a variety of deity practices, a short dharma talk, and a ritual blessing. This is an opportunity for group practice in a convenient weekly format. The benefit of group practice is multiplied by the number of participants, so please 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. FREE



Friday Movie and Potluck Rent Party!

Little Buddha

6pm - 8:30 pm, Friday May 19th

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

Once again we will be showing this movie - we tried to show it last month but the sound on the DVD did not work. This time we will screen first to make sure it works.

We are delighted to share another Buddhist movie and potluck dinner. Tibetan Buddhist monks from a monastery in Bhutan, led by Lama Norbu, are searching for a child who is the rebirth of a great Buddhist teacher, Lama Dorje. Lama Norbu and his fellow monks believe they have found a candidate for the child in whom Lama Dorje is reborn: an American boy named Jesse Conrad, the young son of an architect and a teacher who live in Seattle. The monks come to Seattle in order to meet the boy.

Jesse is fascinated with the monks and their way of life, but his parents, Dean and Lisa, are wary, and that wariness turns into near-hostility when Norbu announces that he wants to take Jesse back with him to Bhutan to be tested. Dean changes his

mind however, when one of his close friends and colleagues commits suicide because he went broke. Dean then decides to travel to Bhutan with Jesse. In Nepal, two children who are also candidates for the rebirth are encountered, Raju and Gita. Gradually, over the course of the movie, first Jesse's mother and then Lama Norbu tell the life story of Prince Siddhartha, reading from a book that Lama Norbu has given to Jesse.

In the final scenes of the movie, it is found that all three children are rebirths of Lama Dorje, separate manifestations of his body (Raju), speech (Gita), and mind (Jesse). A ceremony is held and Jesse's father also learns some of the essential truths of Buddhism. His work finished, Lama Norbu enters a deep state of meditation and dies. As the funeral ceremony begins, Lama Norbu speaks to the children, seemingly from a higher plane, telling them to have compassion; and just before the credits roll the children are seen distributing his ashes. At the very end of the film credits, the sand mandala that was seen being constructed during the movie is destroyed, "with one swift stroke."

There is no charge for the movie - but donations to help pay our rent are always welcomed.



Dakini Day Practice - Kurukulle

Sunday, May 21st 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 **Kurukulle**. Texts will be provided. You may bring simple snack food to be included in the tsok offering. FREE. Donations gladly accepted.



Prayer Requests

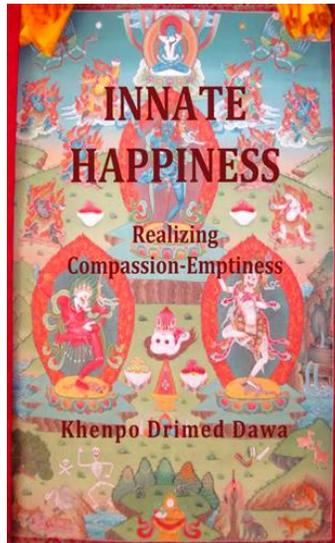
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- 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 buddhaheld
 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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