

MAY NEWSLETTER 2018

Weekly Meditation & Yoga Opportunities at Awam
Awam Tibetan Buddhist Institute, 3400 E Speedway, Ste 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). **There will be no meditation on May 29th, Saga Dawa Duchen.**

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.



Third Friday Movie and Potluck Tsok
The Oracle - Reflections on Self

May 18th, 6pm

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AZ**

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

We are happy to share another Buddhist movie and potluck dinner. With permission from the Dalai Lama, that has never been granted before, *The Oracle* explores the ancient practice of consulting spirits. Throughout this very special movie, the Dalai Lama talks about the oracles of Tibetan Buddhism and how they apply to a more modern life.

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.



Dakini Day Practice - Simhamukha

Forth Wednesday, May 23rd, 6-7 pm

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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 **Simhamukha**. Texts will be provided. You may bring a simple snack food to be included in our tsok offering. FREE. Donations gladly accepted.



Saga Dawa Duchen

Tuesday, May 29th, 6:00-8:00 pm

Please call or email (see below) for location

Saga Dawa Duchen is one of the four great festivals in the Buddhist tradition. This festival celebrates the enlightenment and paranirvana 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.



Interfaith Prayers for Peace

Wednesday, May 30th, 6:30-7:30 pm

Awam Tibetan Buddhist Institute, 3400 E Speedway, Ste 204, Tucson AZ
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The Awam Tibetan Buddhist Institute is participating in a monthly Interfaith Prayers for Peace series open to all. Please come and join us in prayers, chant songs, and meditations. Refreshments will be available. FREE.



Summer Classes - Tucson or Online

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Or Online

Summer class in Tucson will begin on Sundays (pending the schedule for Khenchen Lama's currently unscheduled visit to Tucson). If you are interested in joining the Tucson class, you may register through our website AwamInstitute.org.

Rigdzin Dupa - Gathering of Vidyadharas (starts May 27) - Sundays at 1 pm in Tucson: This class will study the *Rigdzin Dupa: Gathering of Vidyadharas* text and sadhana. It is a highest yoga tantra practice linked to the Guhyagarbha Tantra. It is a treasure text from the Jigme Lingpa (1730-1798) terma, a generation-stage practice with a Dzogchen (Great Perfection) view. One needs at least a Highest Yoga Tantra empowerment to participate. 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. Classes include the Essentials of Tibetan Buddhism, advanced classes on Dzogchen, and other basic or advanced classes of a general interest. Please go to AwamInstitute.org and click on **Take Classes** for more information and registration.

Essentials of Tibetan Buddhism 1-8: A very thorough program for those who wish to learn but have limited time to practice. The teachings by Khenpo Drimed Dawa are all on video, supplemented with printable handouts. 6 weeks ea, \$60 ea.

Advanced Curriculum - Dzogchen, the Great Perfection: Nine classes for advanced students based on contemporary and classical texts. The teachings are on video. 8 weeks ea, \$80 ea.

Improving Your Practice: An 8-week course from traditional Buddhist views of mind and Western scientific research; addresses difficulties such as staying focused and other common obstacles. 8 weeks, \$ 80.

100-Day Ngondro 1-2: Provides a concise structure for completing the preliminary practices based on Jigme Lingpa's *Longchen Nyintik* terma, using instructions from HE Jigme Lodro Rinpoche related to *The Words of My Perfect Teacher* as presented on videos by Khenpo Drimed Dawa. 7 weeks ea, \$70 ea.

The Tibetan Book of the Dead: A detailed look at instructions of Guru Rinpoche (Padmasambhava) according to the terma of Karma Lingpa; includes other sources on death and dying from Tibetan Buddhism; videos with Khenpo Drimed Dawa. 8 weeks - \$80.

What Did the Buddha Say? Exploring the Sutras 1-2: An exploration of Pali and Sanskrit sutras and some related sources to provide Vajrayana practitioners a fuller understanding of selected foundational texts of the tradition, as well as to challenge some of our assumptions and understandings; on videos with Khenpo Drimed Dawa. 8 weeks ea, \$80 ea.

Vajrayogini: A Highest Yoga Tantra deity practice of Vajrayana. She is a female Buddha who is the essence of all the Buddhas. Participants should have a Vajrayogini

empowerment (in one of her variety of forms) or at least some other form of highest yoga empowerment; on videos with Khenpo Drimed Dawa. 8 weeks; \$80.

Kalachakra 1-2: One of the most complex systems in tantric Buddhism. It teaches the practice of working with the most subtle energies within one's body on the path to enlightenment. This class examines the tantra and commentaries, along with practice texts; on videos with Khenpo Drimed Dawa. 8 weeks ea, \$80 ea.

Rigdzin Dupa: Coming this fall!

UPCOMING EVENTS!

June

- Summer class continues - *Rigdzin Dupa*; **Sundays, 1 pm**

July

- HH the Dalai Lama's birthday, **Friday, July 6**. May he live long!
- All-Day Kalachakra Retreat, **Saturday, July 7th, 9 am - 4 pm**
- Chokhor Duchon Puja & Tsok, **Monday, July 16th, 6 - 8 pm**

TBA

- [Khenchen Lama](#), our Spiritual Director, will be visiting Tucson. He is looking forward to seeing old friends and meeting new ones. Dates and times 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.

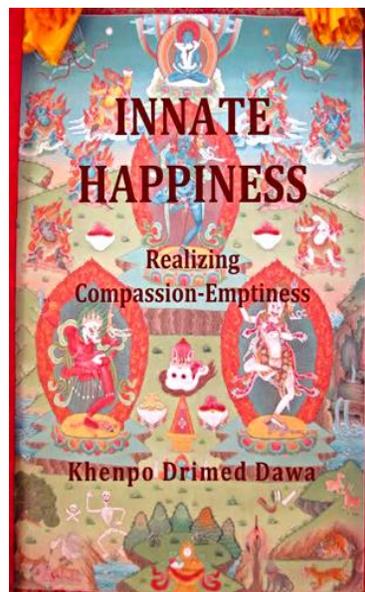
- [White Tara](#) or [Medicine Buddha](#) - for sickness, injury or surgery
- [Vajrasattva](#) - prayer for purification
- [White Tara](#) or [Amitayus](#) - long life prayers
- [Chenreziq](#) or [Green Tara](#) - stressful or negative situations

- 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** 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

Awam Tibetan Buddhist Institute | 520-622-8460
| EmailAwamTBI@gmail.com | AwamInstitute.org
Mailing address: 301 N. Longfellow
Tucson, AZ 85711

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