

## MAY NEWSLETTER 2019



### **H.E. Khenchen Lama Rinpoche Visit\* - May 21-27** **Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,** **Tucson AZ**

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

**Tuesday, May 21, 6 pm, Kurukulle empowerment and instructions.** Kurukulle (Red Tara) is known as the passionate lotus dakini, who originated from Oddiyana. She is depicted as a voluptuous and seductive nude sixteen-year old girl and is red with four arms, holding a bow and arrow made of flowers in one pair of hands and a hook and noose of flowers in the other pair, reminiscent of the Western Eros and Cupid. Thus, she is sometimes described as the Buddhist goddess of love and sex, corresponding to the Western goddesses Aphrodite and Venus or Diana. Suggested donation \$25.

**Wednesday, May 22, 6 pm, Vajrayogini empowerment and instructions.** Vajrayogini is a Tantric Buddhist female Buddha and a dakini. Her essence is "great passion", a transcendent passion that is free of selfishness and illusion - she intensely works for the well-being of others and for the destruction of ego clinging. She is seen as being ideally suited for people with strong passions, providing the way to transform those passions into enlightened virtues. According to scholar Miranda Shaw, Vajrayogini is "inarguably the supreme deity of the Tantric pantheon. No male

Buddha, including her divine consort, Heruka-Chakrasamvara, approaches her in metaphysical or practical import." Suggested donation \$25.

**Thursday, May 23, 6 pm, Chod empowerment and instructions.** Chod is a spiritual practice found primarily in the Nyingma and Kagyu schools of Tibetan Buddhism. It is also known as "Cutting Through the Ego." The practices are based on the Prajnaparamita or "Perfection of Wisdom" sutras, which expound the "emptiness" concept of Buddhist philosophy. Chod combines Prajnaparamita philosophy with specific meditation methods and tantric ritual. Suggested donation \$25.

**Friday, May 24, 6 pm, Verses of the Eight Noble Auspicious Ones** by Mipham Rinpoche - presentation. Text available at [www.lotsawahouse.org/tibetan-masters/mipham](http://www.lotsawahouse.org/tibetan-masters/mipham). Suggested donation \$20.

**Saturday, May 25, 9 am, The Great Cloud of Blessings: The Prayer Which Magnetizes All that Appears and All that Exists** by Mipham Rinpoche, an important prayer to H.H. Jigme Phuntsok Rinpoche - presentation. Text available at [www.lotsawahouse.org/tibetan-masters/mipham](http://www.lotsawahouse.org/tibetan-masters/mipham). Suggested donation \$20.

**Sunday, May 26, 9 am, The Nyingma Dharmapalas and the Five Buddha's Mudras and Actions** - presentation. The three principle protectors of the Nyingma lineage are Ekajaṭi, Rahula, and Dorje Legpa. Rinpoche will also demonstrate the Five Buddha hand gestures (mudras) and their actions. Suggested donation \$20.

**Monday, May 27, 6 pm, Tibetan Yogas** - demonstration and instructions. Rinpoche will demonstrate the 21 Tibetan Yogas, as presented in his book, *Tibetan Meditation Yoga: Ancient Teachings Living Today*. Suggested donation \$20.

Suggested donation for all events \$120. No one will be turned away due to inability to pay.

\*See our [website](#) (under events) for information on **Khenchen Lama's presentations at the Awam Tibetan Heart Center in Sedona, AZ**, including a Dzogchen Kalachakra Retreat, May 17-19. Other teachings May 12-16 and May 31-June 2.

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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.

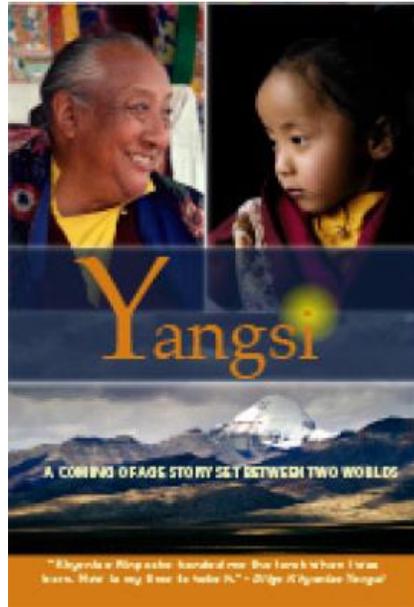
**Sunday Tibetan Buddhist Meditation Hour**- Sundays, 11:00 - noon **(No Meditation Hour May 26<sup>th</sup> due to Khenchen Lama teachings)**: Khenpo Dean leads a one-hour meditation practice including chanting, one of a variety of deity practices, a short dharma talk, and a ritual blessing. This is 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 welcome.

**Wednesday Meditation** - Wednesdays\*, 6:00 pm **(No meditation May 22 due to Khenchen Lama teachings)**: Come rest your mind with any form of silent meditation during all or any part of this hour. We are happy to provide basic instructions and answer your questions. \*Except on 4<sup>th</sup> Wednesday for Dakini Day Practices - **Dakini Day Practices moved to May 29 due to Khenchen Lama teachings**. FREE. Donations welcome.

**Tibetan Yoga Class** meets on Saturday mornings at 10:00 am **(No yoga May 25 due to Khenchen Lama teachings)** 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. Donations welcome.

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

#### *Yangsi*

**May 17th, 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 happy to share another Buddhist movie and potluck dinner.

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.

**Synopsis:** An intimate portrait of a young Tibetan boy who is recognized as the reincarnation of Dilgo Khyentse Rinpoche, one of the most revered Tibetan Buddhist masters of the twentieth century. He is known as the **Yangsi**, "the one who has come again into existence." Providing a unique window into the world of Tibetan Buddhism, this film is a coming of age story with universal themes, made over a fourteen year period by Mark Elliott, an acclaimed filmmaker and longtime student of Tibetan Buddhism.

Narrated by Yangsi Rinpoche, he gives a first-person account of his experience of growing up into, and coming to terms with, his unique inheritance. Beginning with his enthronement at age four before a crowd of fifteen thousand people in Kathmandu, Nepal and being taken away from his family to undergo his training, he is placed in

the care of the previous Khyentse Rinpoche's regent, Rabjam Rinpoche at Shechen Monastery. With unprecedented access, the film chronicles his life during disciplinary training, intimate family visits and transmission of ritual ceremonies by teachers who had received them from him during his former life.

**Director's statement:** Yangsi is the most personal film I have made. The young boy at the center of this film has a lot to live up to. His previous incarnation was known to millions as a great saint. How does he deal with the expectations placed upon him? How does a spiritual tradition evolve in modern circumstances that are so different from those of the boy's previous incarnation, who spent more than twenty years as a yogi in retreat in mountain solitude? In answer to these questions I found a decency and wisdom throughout the filmmaking. Ultimately making *Yangsi* was for me an affirmation of the goodness of human nature and how it can be made manifest.

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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## **Celebration of Life - Ruth Pancoast**

**Saturday, May 18<sup>th</sup>, 2 pm**

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

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

May 15<sup>th</sup> would have been Ruth's 90<sup>th</sup> birthday. She planned to have a party on Saturday the 18<sup>th</sup>. As her health declined, she requested that if she did not live long enough for birthday party, that we would hold a celebration of her life instead. So we will meet to have a party in remembrance and celebration of her life. Please share any stories you

might have about her and her life. (She requested that any donations on her behalf be made to the Awam Tibetan Buddhist Institute.)

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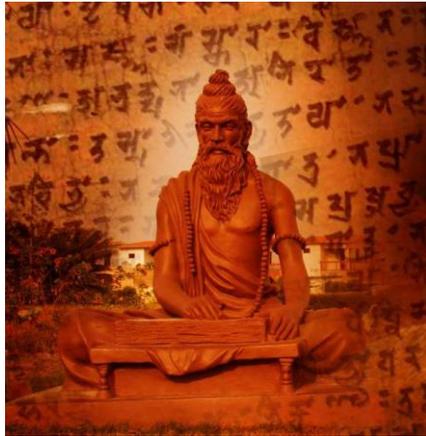


**Dakini Day Practice - Yeshe Tsogyal**  
**CHANGE: 5th Wednesday, May 29th, 6-7 pm**  
**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,**  
**Tucson AZ**  
(Located just east of Whole Foods in the Rancho Center)

We 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 **Yeshe Tsogyal**. Although often referred to as being Padmasambhava's main consort, she was primarily a spiritual master and teacher in her own right. She is known to have revealed terma with Padmasambhava and was also the main scribe for these terma. Later, Yeshe Tsogyal also hid many of Padmasambhava's terma on her own, under the instructions of Padmasambhava for future generations. Based on her spiritual accomplishments, the Nyingma and Karma Kagyu schools of Tibetan Buddhism recognize Yeshe Tsogyal as a female Buddha. 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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## **Summer Classes in Tucson or Online**

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

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

**Tucson Classes - NEW** You may register through our website starting in June or in the first class.

**Four Foundations of Mindfulness & Mindfulness with Breathing** - This class focuses on mindfulness as a practice. The root of the teachings will be based on the Sattipatthana and Anapanasamyutta Sutras, as taught by several different sources. Comparisons will also be drawn with Dzogchen teachings. **Sundays, July 7-28, 1-3 pm.** Fee - \$40 (4 weeks).

**The 37 Bodhisattva Practices** - In the Path of Altruism (Mahayana), those who have the courage to undertake the profound change of attitude required to develop true compassion are called Bodhisattvas. They consider others' needs as paramount, and thus strive to attain liberation for the sake of all sentient beings. The root text is a training manual composed in the 14<sup>th</sup> century by the Buddhist hermit Ngolchu Thogme. We will use *The Heart of Compassion* commentary by HH Dilgo Khyentse Rinpoche. **Sundays, August 4-25, 1-3pm.** Fee - \$40 (4 weeks).

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

**The Essentials of Tibetan Buddhism 1-8:** A comprehensive direct practice manual of courses 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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## **Clothes for Women (and Men) in Need - Ongoing**

**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 **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, and socks. Don't have any of those to donate? 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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## 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).

**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 (suggested donation \$100) or full forty-nine day version (suggested donation \$250)

**Special Tsok (food) offerings**

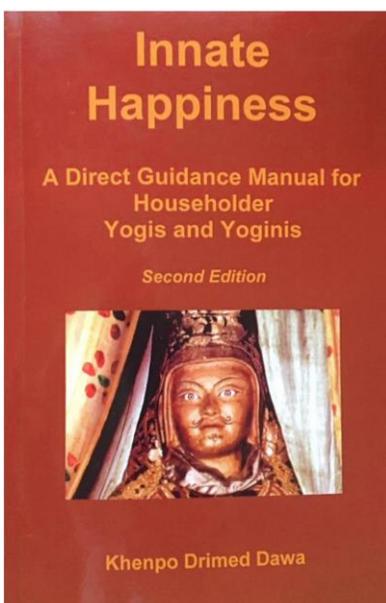
**Puja Smoke offerings**

\*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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### ***Innate Happiness (Second Edition)***

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

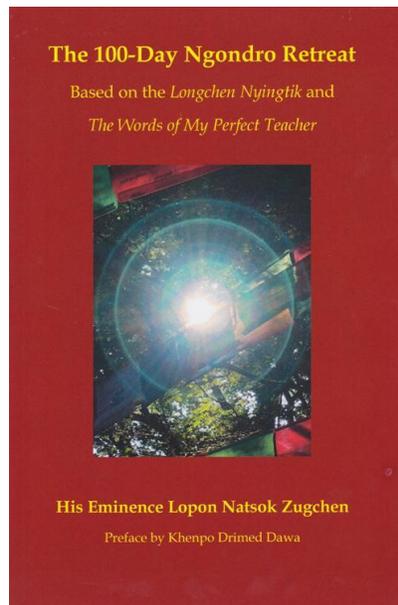
By Khenpo Drimed Dawa (Khenpo Dean)

#### **Paperback and Kindle 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 Kindle versions are available from [Amazon.com](https://www.amazon.com) and other sources.

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**The 100-Day Ngondro Retreat**  
**Based on the *Longchen Nyintik* and *The Words of My Perfect Teacher***  
By H.E. Lopon 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 Nyintik. 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 and Kindle versions are available from [Amazon.com](https://www.amazon.com) and other sources.

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*May All Beings Be Happy*

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