



LHA BAB DUCHEN

## NOVEMBER NEWSLETTER 2017

Tashi delek!

### **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 Meditation Center gratefully accepted).

**Silent Meditation** - Tuesdays, 6:00 pm: Come rest your mind with any form of silent meditation during any part or all of this hour. You may schedule a session to learn basic meditation by calling Ruth at least one day ahead at [520-615-0445](tel:520-615-0445) for an appointment. FREE (donations to support our Meditation Center gratefully accepted).

**Tibetan Yoga** meets on Saturday mornings at 10:00 am (**NO YOGA NOVEMBER 11**) 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 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.Drimes.Dawa@gmail.com](mailto:Khenpo.Drimes.Dawa@gmail.com). FREE.

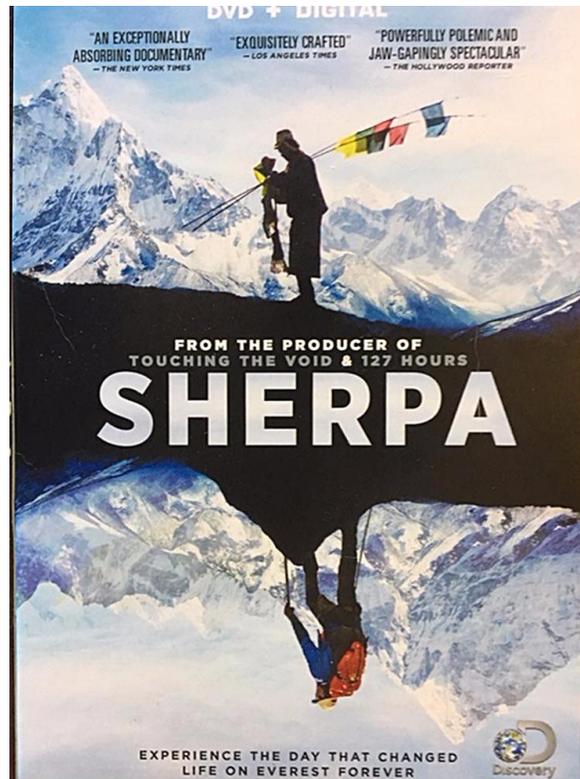


**Lha Bab Duchon Puja and Tsok**  
**Friday, November 10<sup>th</sup>, 6 pm**  
Khenpo Dean's, [301 N Longfellow Ave, Tucson](http://www.301NLongfellowAve.com)

This is one of the four great festivals in the Buddhist calendar each year. Lha Bab Duchen celebrates Shakyamuni Buddha's descent from Tashita Heaven. After the Buddha's mother was reborn there, the Buddha spent three months teaching in the realm of the gods to repay her kindness and liberate her, and to benefit the gods.

The smoke puja is done outdoors. The tsok is done indoors as a potluck. Please bring a friend and some food to share. All are welcome. FREE (donations gladly accepted).

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

#### ***Sherpa***

**November 17<sup>th</sup>, 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.

**SHERPA** is an epic journey with the fearless guides of Mount Everest. Every year, Western mountain climbers make news ascending Mount Everest. But the compelling stories of the Sherpas, the Nepalese guides who risk their lives to provide for their families, have gone untold - until now. *Sherpa* chronicles a fateful 2014 expedition and the tragic avalanche that spurred the Sherpas to make a stand for human rights and

respect. *Sherpa* will forever change the way you look at the world's most famous mountain - and the travel guides who navigate it.

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.

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### **Dakini Day Practice - Yeshe Tsogyal**

**4<sup>th</sup> Wednesday, November 22<sup>nd</sup>, 6-7 pm **New Date & Time****

Awam Tibetan Buddhist Institute, [3400 E Speedway, Suite 204, Tucson AZ](#)  
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Our **Dakini Day practice and tsok**, **now on the 4<sup>th</sup> Wednesday** is based on a series of four practices from HH Dudjom Rinpoche's *The Dakini's 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.

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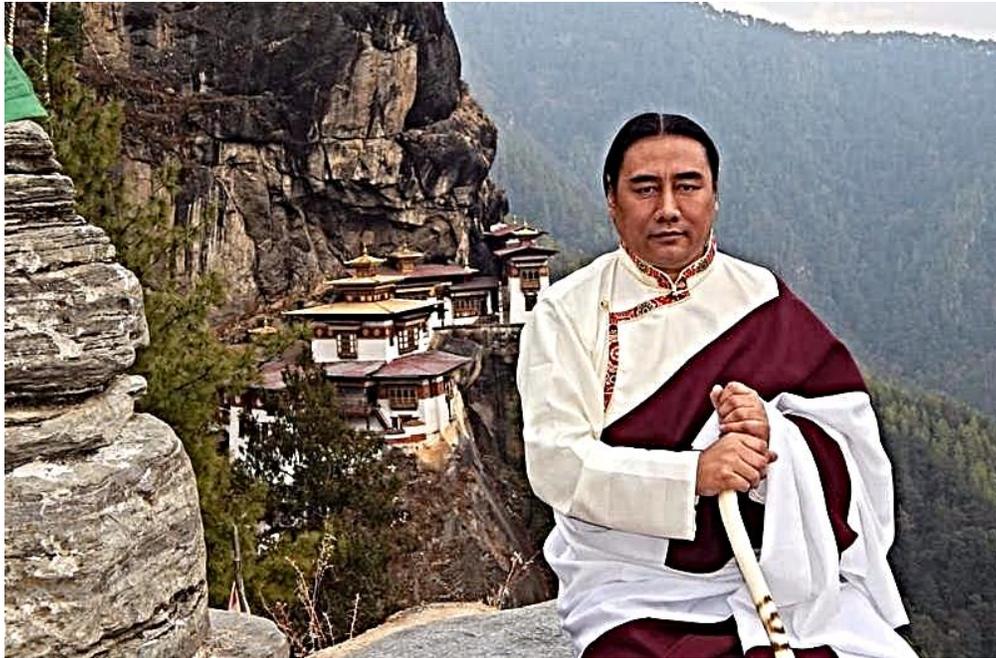
## **Fall Classes Continue - Tucson or Online**

Fall classes have begun. If you are interested in joining one of the below Tucson classes, please contact us at [EmailAwamTBI@gmail.com](mailto:EmailAwamTBI@gmail.com).

- **100-Day Ngondro Part 2 - Sundays at 1 pm in Tucson**
- **Essentials of Tibetan Buddhism Part 2 - Sundays at 9 am in Tucson**
- **These and numerous other classes are available online.** Online classes may be started and taken at any time at your own pace.

Please go to [AwamInstitute.org](http://AwamInstitute.org) and click on **Take Classes** for more information and registration.

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## **UPCOMING EVENTS!**

### **December**

- Buddha Holiday-Tree Party - Saturday, December 2<sup>nd</sup>, 11-noon
- Annual Art & Craft Sale - Saturday, December 9<sup>th</sup>, 9am-6pm
- Christmas holiday - Sunday, December 24<sup>th</sup>, closed
- New Year's Eve holiday - Sunday, December 31, closed

### **January**

- Guhyagarbha Retreat - Saturday, January 6<sup>th</sup>, 9am-4pm
- Spring Classes Start - Sunday, January 7<sup>th</sup>: Sutras - The Teachings of the Buddha; and The Essentials of Tibetan Buddhism Part 3

### **February**

- H.E. Jigme Lodro teachings - TBA
- Losar, Tibetan New Year Puja and Tsok - Friday, February 16<sup>th</sup>, 6pm

Watch our monthly newsletter, Facebook, or go to [AwamInstitute.org](http://AwamInstitute.org) and click on "**Explore our Meditation Practices and Events**" for more information.

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## 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
- 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.

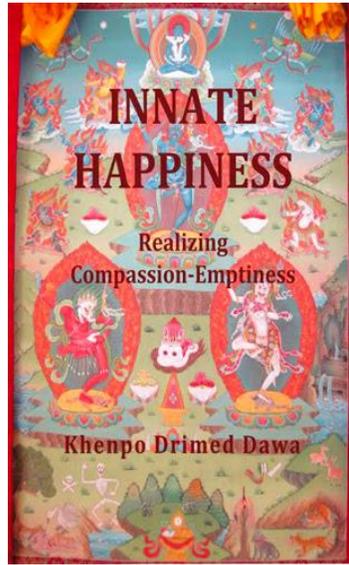
- Special Tsok offerings
- Puja Smoke offerings

\*Please include the person's name. 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](mailto: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.

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### ***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 \$17.95. May ALL beings be happy!

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For more information about the **Awam Tibetan Buddhist Institute**, please see the contact information below,



*May All Beings Be Happy*

**Awam Tibetan Buddhist Institute Meditation Center**

3400 E Speedway Blvd, Suite 204, Tucson AZ 85716 | 520-622-

8460 | [EmailAwamTBI@gmail.com](mailto:EmailAwamTBI@gmail.com) | [AwamInstitute.org](http://AwamInstitute.org)

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