



October 2018 Newsletter

Khenchen Lama is visiting Tucson!

November 13-16

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

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

Details TBA - Please watch our newsletter.

Weekly Meditation & Yoga Opportunities at Awam

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,
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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 **[no yoga class October 6th due to Togal Retreat]** 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.

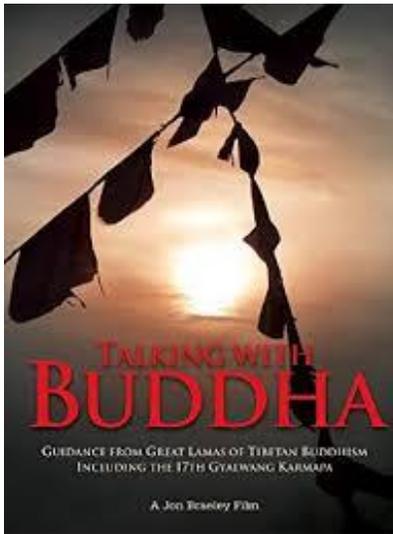


Annual Togal Retreat - Mt Lemmon

October 6th, 9 am - 4 pm

Each quarter we offer a special all-day retreat. In October that will be our annual Togaal Retreat on Mt Lemmon (at Inspiration Rock). This is a chance to do meditation outdoors in a wonderful environment. Although participants in the togal practice need to have received the transmissions and training for this practice, others may join us for a day of alternative meditation (your choice).

We will meet at our Center at 9:00 am, then drive to the location. It includes picnic tables (bring your own lunch and drinks) and restrooms. Also recommended are jackets, hats, and sunscreen. FREE.



3
rd Friday Movie and Potluck Tsok
Talking with Buddha

<https://www.youtube.com/watch?v=gIKWJes7TBc> (trailer)

October 19th, 6-8:30 pm

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We are happy to share another Buddhist movie and potluck dinner. ***Talking with Buddha.***

Talking with Buddha is a beautiful journey across the Indian-Tibetan plateau among the Buddhist monasteries. It includes a talk with the 17th Gyalwang Karmapa.

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 - Troma

4th Wednesday, October 24th, 6-7 pm

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



Lha Bab Duchen Puja, Tsok, & Halloween Party

Wednesday, October 31st, 6-7 pm

Please contact us by email or phone for the location.

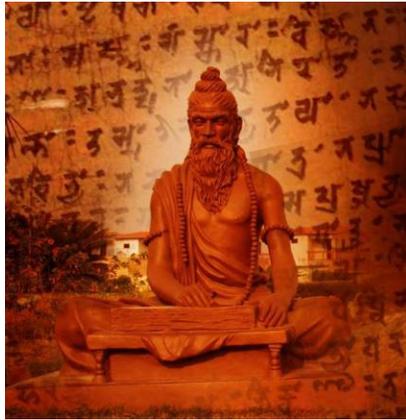
Lha Bab Duchen is one of the four great festivals in the Buddhist tradition. This festival celebrates Shakyamuni Buddha's descent from Tushita heaven where he is said to have spent three months teaching to teach his mother and the gods, to repay her kindness and liberate her, as well as to benefit the gods.

Buddha had left for The Heaven Of Thirty-Three (Trayastrimsa) at the age of 41, in order to give teachings to benefit the gods in that desire realm, and to repay the kindness of his mother by liberating her from Samsara.

He returned to earth a week later by a special triple ladder prepared by Viswakarma, the god of machines. This event is considered to be one of the eight great deeds of the Buddha.

On Lhabab Duchen, the effects of positive or negative actions are multiplied ten million times. It is part of Tibetan Buddhist tradition to engage in virtuous activities and prayer on this day.

We celebrate with a smoke offering (puja) and potluck tsok offering. This year, the date falls on **Halloween**, so you are invited to come dressed as your favorite deity to share in the festivities! FREE. Please bring a food dish to share.



Fall Classes Continue

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You may register through our website AwamInstitute.org.

Tucson Classes:

- **Essentials Parts 1 & 2:** A survey of Buddhism in India and Tibet, an overview and introduction to key Vajrayana principles and practices, and the first part of the Path of Individual Liberation: ethics and shamata meditation - single-pointed calm abiding. Part 2 completes the Path of Individual Liberation and covers the Path of Altruism. Text: *Innate Happiness: A Direct Guidance Manual for Householder Yogis and Yoginis*, Khenpo Drimed Dawa. **Started September 23, continues through October**, Sundays @ 9:00 am. 6 weeks, \$60. **Please contact Jane Stanley** at emailAwamTBI@gmail.com
- **Essentials Part 5 & 6:** Continues the Path of Tantra with the completion stage practices: Part 5 - inner heat, channels-winds-drops, illusory body, and dream yoga; Part 6 - clear light, sexual yogas, the bardos of dying, dharmata, and becoming, and the transference of consciousness; followed by the tantric view of wisdom to become a buddha in this lifetime. Text: *Innate Happiness: A Direct Guidance Manual for Householder Yogis and Yoginis*, Khenpo Drimed Dawa. **Started September 23, continues through October**, Sundays @ 9:00 am. 6 weeks, \$60.
- **Introduction to Dzogchen - Part 2:** Continues Part 1 on Dzogchen or the Great Perfection. It deals directly with self-liberation into our innate Buddha Nature, abiding in the state of rigpa. This overview describes the three branches of Dzogchen teachings-the mind series, the space series, and the special instructions (including trekcho and togal). Text: *The Golden Letters* translated, introduction and commentaries by John Myrdhin Reynolds.

This course is the second of two 8-week classes. **Begins October 21st**, Sundays @ 1:00 pm, \$80.

Online Classes:

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. Text: *Innate Happiness: Realizing Compassion-Emptiness*, Khenpo Drimed Dawa. 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 Nyingtik* 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. Text: *The Tibetan Book of the Dead* trans. by Trungpa and Fremantle. 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. Text: The main text is *In the Buddha's Words* by Bhikkhu Bodhi; other texts are optional. 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. Text: *Vajrayogini* by Elizabeth English. 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. Prerequisites: Generation and Completion Stage study and practice. Texts: *Ornament of Stainless Light: An Exposition of the Kalacakra Tantra* by Khendrup Norsang Gyatso 8 weeks ea, \$80 ea.
- **Rigdzin Dupa - Gathering of Vidyadharas:** 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 *Longchen Nyingtik* terma of Jigme Lingpa (1730-1798), a generation-stage practice with a Dzogchen (Great Perfection) view. Fee: \$60, 6 weeks.

Partial List of Other UPCOMING DAYS & EVENTS!

October

- Dakini Day, **Thursday, October 4th**, good day for Dakini practice and tsok
- Guru Rinpoche Day, **Friday, October 19th**, good day for Guru Yoga practice and tsok

November

- [Khenchen Lama](#), our Spiritual Director, will be visiting Tucson, November 13-16 He is looking forward to seeing old friends and meeting new ones.

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

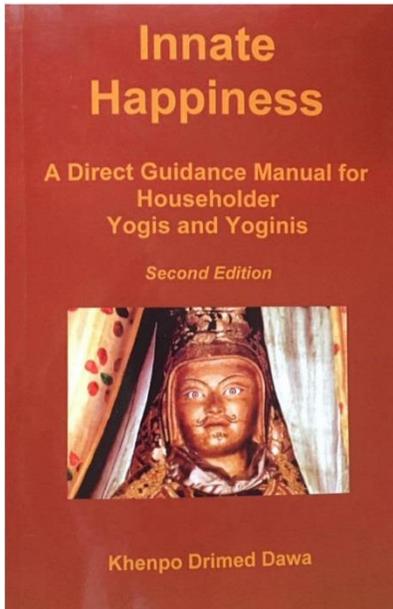
We are happy to recite prayers for you or anyone you designate, including pets or other beings.

- White Tara or Medicine Buddha - for sickness, injury or surgery
 - Vajrasattva - prayer for purification
 - White Tara or Amitayus - long life prayers
 - Chenrezig or Green Tara - stressful or negative situations
1. For a person or an animal who has recently died. 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** 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.



NEW! Innate Happiness (Second Edition)
A Direct Guidance Manual for Householder Yogis and Yoginis.

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!" May ALL beings be happy!.

Paperback and eBook versions are available from **Amazon.com** and will be distributed through other sources in the near future. May ALL beings be happy!



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