

## September 2019 Newsletter

### Fall Classes - 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 (starting September 8):

**Essentials of Tibetan Buddhism Part 1** - This series of classes offers 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: A Direct Guidance Manual for Householder Yogis and Yoginis*, Khenpo Drimed Dawa. Part 1 is 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. Sundays, starting **September 8, 9-10:30**. Six weeks - \$60.

**The Preliminary Practices of the Padling Tersar Lineage** - This course begins a new series that will eventually include the entire Padling Tersar collection (see "About Us" on our website). This first class will focus on the preliminary practices (ngondro) leading to the more advanced practices from the teachings of our spiritual Director and Lineage Holder, HE Khenchen Lama Rinpoche. We will use *The Words of My Perfect Teacher* and other handouts for the sessions. Although you may have already "completed" these practices, many masters did these multiple times, so this is both

the opportunity to do so yourself, but also a rare chance to begin a complete set of lineage instructions. Sundays, starting **September 8, 1-3pm**. 10 weeks - \$100.

### **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. 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, Togal, and Khandro Nyingtik.

**Other basic or advanced classes** include: Improving Your Practice, Four Foundations of Mindfulness and Mindfulness with Breathing, 37 Bodhisattva Practices, 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 class descriptions and registration.

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## **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 welcome.

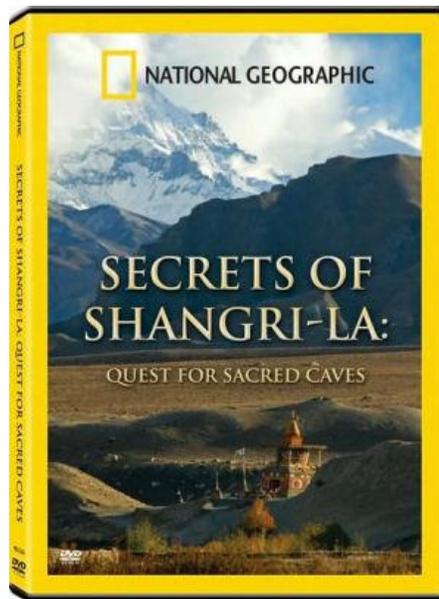
**Wednesday Meditation** - Wednesdays\*, 6:00 pm: Come rest your mind with any form of silent meditation during all or any part of this hour. We are happy to provide basic instructions and answer your questions. FREE. Donations welcome.

\*Fourth Wednesday is Dakini Day practice - see below.

**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](mailto:Khenpo.Drimed.Dawa@gmail.com). FREE. Donations welcome.

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

#### ***Secrets of Shangri-la***

**September 20, 6-8:30 pm**

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,  
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We are happy to share another Buddhist movie and potluck dinner.

National Geographic follows mountaineers Peter Athans and Broughton Coburn through the remote Himalayan kingdom of Mustang and deep inside its caves, the walls of which depict ancient Buddhist and Tibetan murals, suggesting that the caves may have once been a religious gathering place, and perhaps even the inspiration for the myth of Shangri-la. For years, adventurers from all over the world have searched for the mythic paradise of Shangri-La and have found little until now. Explore sacred Buddhist caves and witness as experts look back into time as they uncover centuries-old manuscripts and stunning wall paintings that have remained undisturbed for years. Has the real Shangri-La finally been discovered? Will it survive the erosion and visitors that the future is bound to bring?

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

**4th Wednesday, September 25, 6-7 pm**

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,  
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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 Padamasambhava'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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### **Other Upcoming Days & Events!**

#### **September**

Guru Rinpoche Day, **Sunday, September 8**, good day for Guru Yoga practice and tsok.

Dakini Day, **Tuesday, September 24**, good day for Dakini practice and tsok.

#### **October**

Togal Retreat on Mt Lemmon, **Saturday, October 5**, 9-5 all-day retreat (others may attend to do other forms of practice)

Guru Rinpoche Day, **Tuesday, October 8**, good day for Guru Yoga practice and tsok.

Dakini Day, **Wednesday, October 23**, good day for Dakini practice and tsok.

#### **November**

Guru Rinpoche Day, **Wednesday, November 6**, good day for Guru Yoga practice and tsok.

Lha Bab Duchon, **Tuesday, November 19**, Puja and Tsok celebrating the Buddha's descent from Akanishta.

Dakini Day, **Friday, November 22**, good day for Dakini practice and tsok.

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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**Clothes for Women (and Men) in Need - Ongoing**

**Awam Tibetan Buddhist Institute, 3400 E Speedway, Suite 204,  
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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:

**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)

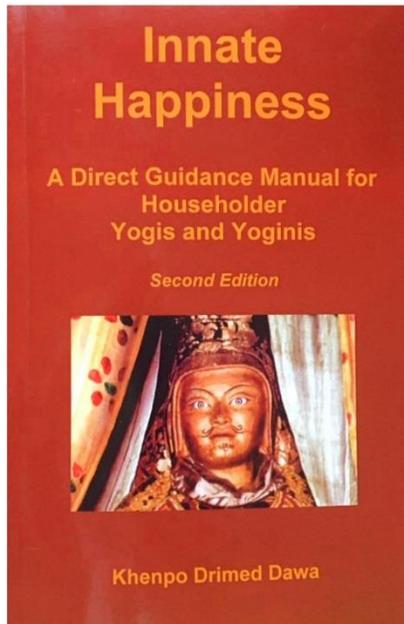
**Special Tsok (food) offerings**

**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; see the donation page on our website [AwamInstitute.org](http://AwamInstitute.org). For suggested donation 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.



***Innate Happiness (Second Edition)***

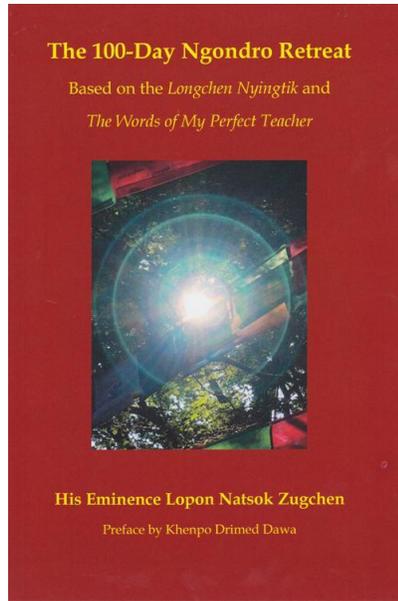
**A Direct Guidance Manual for Householder Yogis and Yoginis**  
By Khenpo Drimed Dawa (Khenpo Dean)

**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** and other sources.

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**The 100-Day Ngondro Retreat**  
**Based on the *Longchen Nyingtik* 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 Nyingtik. 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** and other sources.

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*May All Beings Be Happy*

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