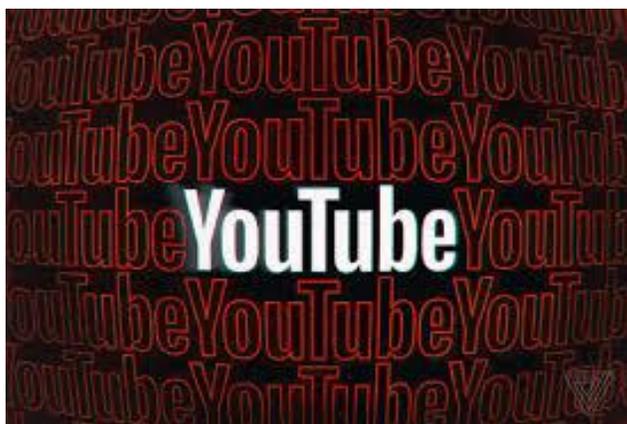




JULY 2020 Newsletter

We are continuing without in-person activities for now.

Please join us online. This is a good time for **home retreat** - meditate as much as you can, even several short times each day. We also recommend reciting additional prayers and/or mantras for the benefit of self and others. Follow the directions of your personal lama, if you have one. If not, many are suggesting Tara mantras: **Om Tare Tuttare Ture Soha**. Others you might consider include White Tara, Chenrezig, Medicine Buddha, or **Om Ah Hung Hri**. And please consider joining us online – see below. Stay safe!



YouTube Videos - Free

Khenpo Drimed Dawa has released hundreds of dharma talk and class videos on YouTube for free! Add them to your home retreat! Originally recorded for dharma talks and classes at Awam Tibetan Buddhist Institute, these are now being released to the public for free. The videos are organized into **playlists** corresponding to a series of talks or a class. For detailed descriptions, go to AwamInstitute.org, then "classes". To go directly to the playlists, go to YouTube and search for "Khenpo Drimed Dawa". YouTube does not permit organizing the order of playlists, so you may have to scroll down to find what you are looking for. If you can, **donations** on our website are appreciated. May all beings be happy!

Summer classes

We are considering whether to offer in-person classes this fall. For now only online classes will be provided. But there are many to choose from!

Classes - Online Only

(All in-person classes have been cancelled for now.)

Online classes:

A large number of **online classes** may be started and taken at **any time** at your own pace. Online classes include texts, videos, practices, journals and a qualified mentor to assist you. Please see our website for details on each class. You may also register through our website AwamInstitute.org. General categories include:

The Essentials of Tibetan Buddhism 1-8: A comprehensive *direct practice manual* of courses for householder yogis and yoginis, from basics through Great Perfection (Dzogchen).

Advanced classes on Dzogchen: Introduction to Dzogchen, Khorde Rushen, Trekcho, Togal, and Khandro Nyingtik. Permission required - please contact Khenpo.Drimed.Dawa@gmail.com.

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, Rigdzin Dupa: Gathering of the Vidyadharas, and Padling Tersar lineage courses (in process of development).

Please go to AwamInstitute.org and click on **Take Classes** for class descriptions and registration.

(continued below)



Weekly Meditation Opportunities at Awam

Being done for now with Facebook Live

(Other weekly activities have been cancelled for now.)

You must have a Facebook account, then make a friend request to either "Khenpo Drimed Dawa" or "Awam Tibetan Buddhist Institute". Once you have been "friended", you will receive announcements in your Facebook feed. Click on the picture in your newsfeed a few minutes before the start time. Times are Tucson AZ (Pacific Daylight). Once on, please post a comment to let us know you are there!

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. A copy of the text may be downloaded from our website AwamInstitute.org under "Resources". FREE. Donations welcome.

Wednesday Evening Meditation Practice - Wednesdays, 6:00 - 7:00 pm (**replaced with Dakini Day practice below on Wednesday July 22**): Khenpo Dean leads a one-hour practice online, starting with preliminary practices, then a focus on **Tara Rito Loma Joma** (one of the 21 Taras) known for protection against contagious diseases, plagues, and fevers. Our Meditation Practice Manual (for the preliminary practices) and the Tara Rito Loma Joma sadhana are available from our website AwamInstitute.org under "Resources". FREE. Donations appreciated.

For more information call 520-622-8460 or email EmailAwamTBI@gmail.com.



Kalachakra Retreat
Saturday, July 4, Independence Day in US,
9am-noon on Facebook LIVE

Due to the continuing risks of the Corona virus, we will be doing an abbreviated retreat on [Facebook.com/AwamTBI/LIVE](https://www.facebook.com/AwamTBI/LIVE). **Kalachakra, Wheel of Time**, is one of the most advanced of all the tantra forms of practice. The concept of 'time' is used as the special metaphor to symbolize the process of transformation from mundane existence to complete enlightenment. Kalachakra *is time* and everything is under the influence of time, thus Kalachakra knows all. His consort, Vishvamata, is aware of everything that *is timeless*, is not time-bound or is out of the realm of time. In union, they represent the wheel without beginning or end.

This is an opportunity to engage in a **half-day retreat** (shortened from our usual all-day quarterly retreats due to the corona virus) with this special sadhana practice from HH the Dalai Lama and a very concise Dzogchen Kalachakra from our Padling Tersar lineage. Participants need a Kalachakra empowerment or some other Highest Yoga Tantra empowerment. (If you need the sadhanas, please email Khenpo.Drimed.Dawa@gmail.com.) There will brief breaks between practice sessions. FREE (donations gladly accepted).

(continued below)



Simhamukha Dakini Practice - Online **Wednesday, July 22, 6-7 pm on Facebook LIVE**

We honor Dakini Day on the 4th Wednesday each month on [Facebook.com/AwamTBI/LIVE](https://www.facebook.com/AwamTBI/LIVE). 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**, the Lion-Faced Dakini. Simhamukha is a wisdom dakini. Her wrathful aspect skillfully overcomes and subdues violent negative energies. The Lion-Faced Dakini represents the wisdom that enables one to clear away the negativity of one's own mind, and through her practice one is imbued with spiritual power to gain mastery over samsara and nirvana. She is appropriate for clearing obstacles of the most pervasive and malignant kind, and cutting through the "three poisons" of mind. The practice is said to be a reliable source of protection when obstacles arise.... "Defilements attract the maras of hindrances and enemies just as a magnet attracts iron filings. When you clear away the negativity of your own poisons, there is nothing to attract the maras." This ancient practice has been important in Tibetan Buddhism since the time of Padmasambhava.

Go to [Facebook.com/AwamTBI/LIVE](https://www.facebook.com/AwamTBI/LIVE) a few minutes before the start time and post a note in the comment box so we know you are present. Texts are available. Please email Khenpo.Drimed.Dawa@gmail.com to request a copy. This practice includes a concise tsok feast, so you may want to have a small snack and drink available (traditionally meat and alcohol, but any symbolic substances will do here). FREE. Donations appreciated.



Chokhor Duchen Puja and Tsok **Friday, July 24, 6-8 pm (tentative, may be online)**

Chokhor Duchen is one of the four great festivals in the Buddhist tradition. This one celebrates the first teachings of the Buddha following his enlightenment - The First Turning of the Wheel of Dharma, his teachings on the Four Noble Truths: suffering, the cause, the path, and the cessation. On this day the effects of positive or negative actions are multiplied 10 million times! We celebrate with a smoke offering (puja) and food offering (tsok). Please bring some food to share. FREE (donations gladly accepted).

Other Upcoming Days & Events!

July

- US Independence Day, Saturday, July 4 (observed Friday, July 3) and **Kalachakra Retreat** on July 4th.
- **HH Dalai Lama's Birthday**, July 6
- Dakini Day, **Wednesday, July 15**, good day for Dakini practice and tsok.*
- **Chokhor Duchen**, **Friday, July 24**, 6 pm, smoke puja and tsok feast.
- Guru Rinpoche Day, **Wednesday, July 29**, good day for Guru Yoga practice and tsok.*

August

- Dakini Day, **Friday, August 14**, good day for Dakini practice and tsok.*
- Guru Rinpoche Day, **Friday, August 28**, good day for Guru Yoga practice and tsok.*

September

- Dakini Day, **Saturday, September 12**, good day for Dakini practice and tsok.*
- Guru Rinpoche Day, **Saturday, September 26**, good day for Guru Yoga practice and tsok.*

* On the Tibetan calendar

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 take Prayer Requests. Please include the person's name and, if possible, a photo. 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)

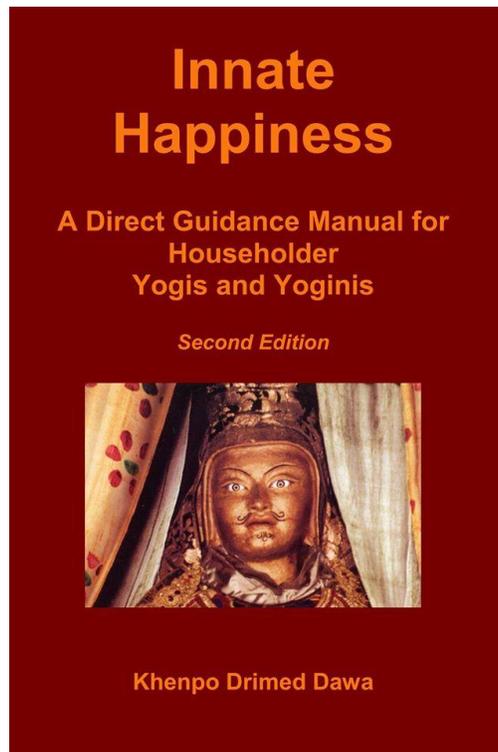
Special Tsok (food) offerings

Puja Smoke offerings

Please email your request to EmailAwamTBI@gmail.com. FREE. Donations are appreciated; see the donation page on our website 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.

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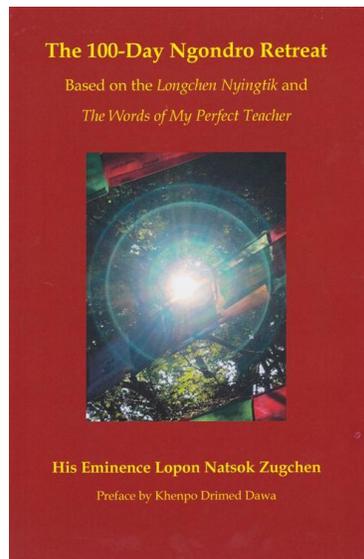


Innate Happiness (Second Edition)
A Direct Guidance Manual for Householder Yogis and Yoginis
By Khenpo Drimed Dawa (Khenpo Dean)

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** and other sources.



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.



May All Beings Be Happy

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