



May 2020 Newsletter

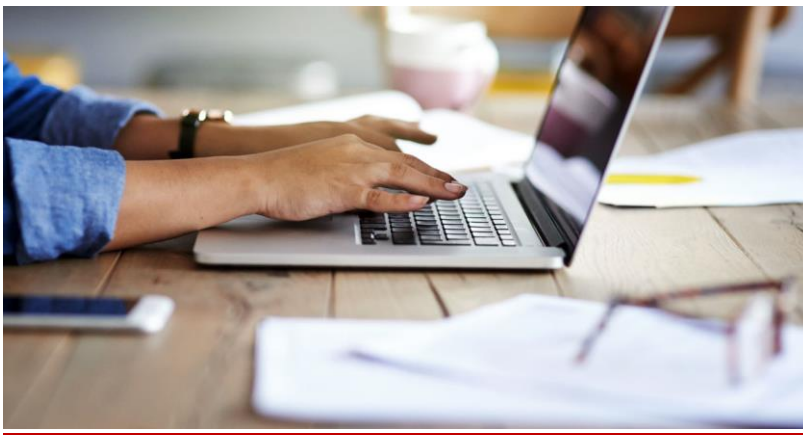
We are continuing without in-person activities for now.

During this challenging time, we are moving basic activities to **online only**. Please join us. 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. Others you might consider include White Tara, Chenrezig, Medicine Buddha, or **Om Ah Hung Hri**. Thank you for your help. Stay safe!



YouTube Videos - Free

Khenpo Drimed Dawa has just 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** at our website are gladly accepted. May all beings be happy!



Spring Classes - Online Only

AwamInstitute.org

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

Online classes:

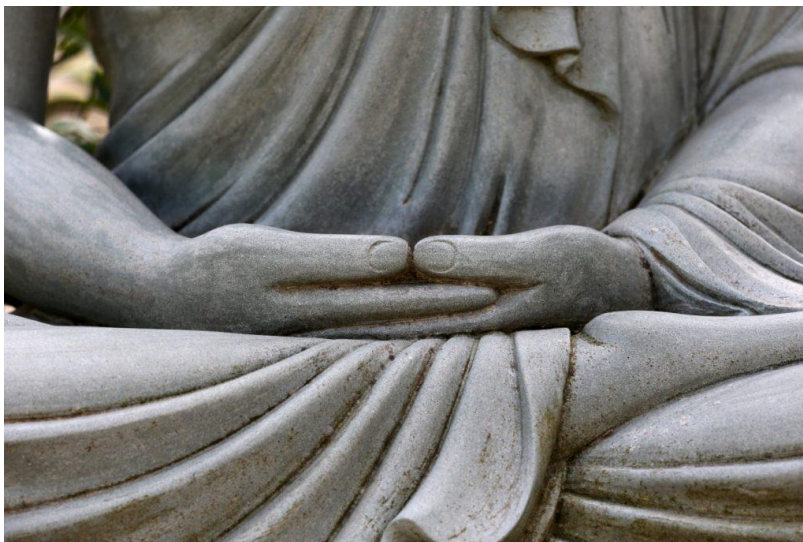
A large number of **online classes** may be started and taken at **any time** at your own pace. Online classes include texts, videos, practices, journals and a qualified mentor to assist you. Please see our website for details on each class. You may also register through our website AwamInstitute.org.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



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 and be a “friend” of “Khenpo Drimed Dawa” or “follower” of “Awam Tibetan Buddhist Institute”, if you are not already. Once you become a “friend” or “follower”, you will receive announcements in your Facebook feed. Click on the picture in your newsfeed or go directly to

[Facebook.com/AwamTBI/LIVE](https://www.facebook.com/AwamTBI/LIVE) a few minutes before the start time. Please post a note in the comment box to let us know you are present. Times are Tucson AZ (= Pacific Daylight).

Sunday Tibetan Buddhist Meditation Hour – Sundays, 11:00 – noon: Khenpo Dean leads a one-hour meditation practice online, including preliminary practices, Nature of Phenomena Prayer, Heart Sutra, one of a variety of deity practices, a short dharma talk, long-life and closing prayers from our “Meditation Practice Manual”. A copy of the text may be downloaded from our website AwamInstitute.org under “Resources”. The benefit of group practice is multiplied by the number of participants, so please join us! Everyone is welcome to attend. FREE. Donations welcome.



Dakini Day Practice Online – Yeshe Tsogyal **Wednesday, May 27, 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 **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 (treasure texts) 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.

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 gladly accepted.

Other Upcoming Days & Events!

Pending Coronavirus Status

May

Guru Rinpoche Day, **Sunday, May 3**, good day for Guru Yoga practice and tsok.

Dakini Day, **Sunday, May 17**, good day for Dakini practice and tsok.

US Memorial Day, Monday, May 25

June

Guru Rinpoche Day, **Monday, June 1**, good day for Guru Yoga practice and tsok.

Saga Dawa Duchen, **Friday, June 5**, 6 pm, smoke puja and tsok feast. (Tentative)

Dakini Day, **Monday, June 15**, good day for Dakini practice and tsok.

Guru Rinpoche Day, **Tuesday, June 30**, birth of Guru Rinpoche, good day for Guru Yoga practice and tsok.

July

US Independence Day, Saturday, July 4 (observed Friday, July 3)

HH Dalai Lama's Birthday, **July 6**

Dakini Day, **Wednesday, July 15**, good day for Dakini practice and tsok.

Chokkor DuchenB, **Friday, July 24**, 6 pm, smoke puja and tsok feast.

Guru Rinpoche Day, **Wednesday, July 29**, good day for Guru Yoga practice and tsok.

Watch our monthly newsletter, Facebook, or go to [AwamInstitute.org](https://www.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

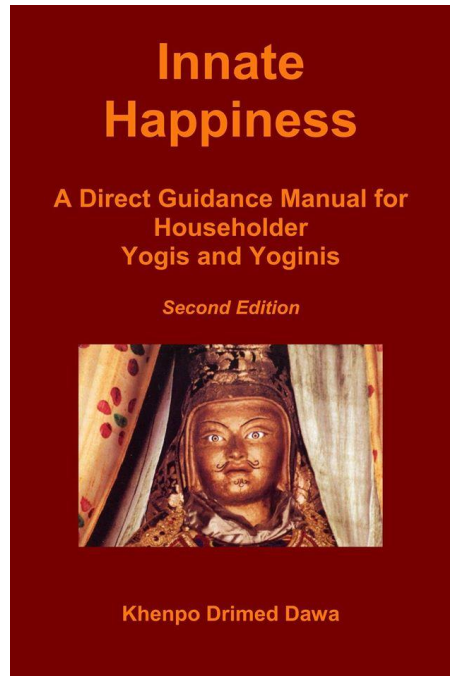
Tibetan Book of the Dead – 7-day version (suggested donation \$100) or
full 49-day version (suggested donation \$250)

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.

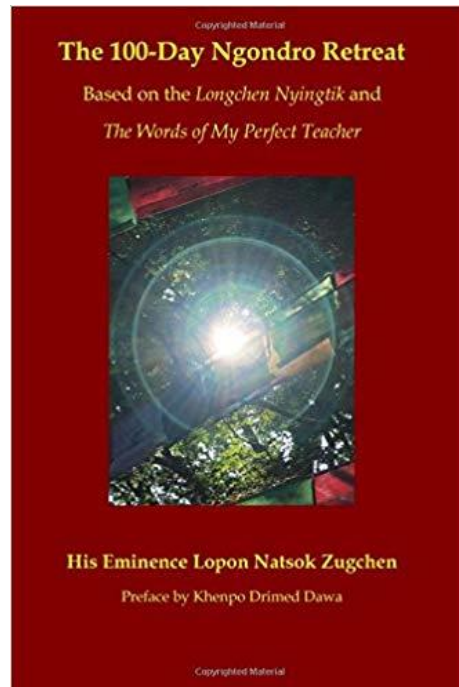
Volunteer to help us recite practices requested by others. Let Jane Stanley know if you would like to be on our list of volunteers. Just email us at the above address.



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

An advanced student called it "the best book on the practice of Tibetan Buddhism available!" *Innate Happiness* guides you on the complete path to liberation. Concise daily 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 concise steps on the Paths of Individual Liberation, Altruism, Tantra, and the Great Perfection. It is a complete cycle for study, contemplation, meditation and liberation, particularly suitable for busy people.

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.

For more information about the **Awam Tibetan Buddhist Institute**, please visit: AwamInstitute.org or send us an email at EmailAwamTBI@gmail.com.



May All Beings Be Happy

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