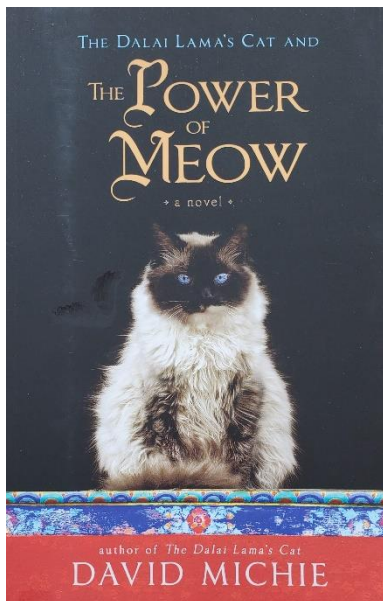




June 2021 Newsletter



Highlight Feature: The Power of Meow Starts May 2

We are starting a 3rd book discussion group with the Dalai Lama's Cat series by David Michie. This is a series of playful, easy to read, novels narrated by the Dalai Lama's cat! There are 4 books in the series (a 5th due near the end of this year). They are great for people interested in learning some basics about Buddhism, and a fun read for all others:

3. The Power of Meow (June)
4. The Four Paws of Spiritual Success (July)

See the descriptions at Amazon.com (and please consider ordering through AmazonSmile – see our website).

Available in paper and Kindle.

The discussion is focused on the principles of Buddhism featured in the book. The group will meet **Sundays at 1 pm (Tucson AZ time – same as Pacific Daylight time) via Zoom** so please email Khenpo.Drimed.Dawa@gmail.com to receive the access link. FREE.



In-Person Activities Coming in July

We are opening for in-person activities starting in **July**! We hope to continue to offer online practices on Sundays and Wednesdays on Facebook Live, and videos on YouTube.

In-person participation principles are: (1) fully vaccinated, (2) wear a mask (we are indoors), and (3) practice social distancing (seating will be separated). This may change as CDC guidelines change by July.



Online Activities

We are continuing to offer online practices on Sundays and Wednesdays on Facebook Live, and videos on YouTube.

Sunday Meditation Hour

Sunday Tibetan Buddhist Meditation Hour- Sundays, 11:00 – noon (Tucson AZ time = Pacific Daylight Savings time) on FB Live:
[FaceBook.com/AwamTBI/Live](https://www.facebook.com/AwamTBI/Live). The In-person

practice will also be broadcast. This is a one-hour meditation practice online from our "Meditation Practice Manual". A copy of the text may be downloaded from our website AwamInstitute.org under "Resources". Please join us! FREE.

Wednesday Sadhana Practice

Wednesdays at 6pm (Tucson AZ time = Pacific Daylight Savings time) on FB Live:
[FaceBook.com/AwamTBI/Live](https://www.facebook.com/AwamTBI/Live).

1. June 2 – Tara Rito Loma Jonma
2. June 9 – Guru Rinpoche (with tsok)
3. June 16 – Amitabha
4. June 23 – Dakini Yeshe Tsogyal
5. June 30 – Shakyamuni Buddha

Texts are available on our website under "Resources". Please join us on Facebook Live!

Free Videos!

Khenpo Drimed Dawa has released hundreds of dharma talk and class videos on YouTube for free! The videos are organized into **playlists** corresponding to a series of talks or a course. Go to our website then "Classes" and "Playlists". Or go directly to YouTube and search for "Khenpo Drimed Dawa".

Online Classes

AwamInstitute.org

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. General categories include:

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

Advanced classes on Dzogchen: A complete series of advanced classes. Permission required – please contact Khenpo.Drimed.Dawa@gmail.com.

Other basic or advanced classes:

- Mindfulness: Four Foundations of Mindfulness and Mindfulness with Breathing
- What Did the Buddha Say – Exploring the Sutras
- 37 Bodhisattva Practices
- The 100-Day Ngondro Retreat
- The Preliminary Practices of the Padling Tersar Lineage
- Tibetan Book of the Dead
- White Lotus & the Four Roots – The Dzogchen View
- Guhyagarbha Tantra
- Rigdzin Dupa: Gathering of the Vidyadharas
- Vajrayogini
- Kalachakra

Go to AwamInstitute.org for class descriptions and registration.



Lama's Corner: Teachings on Refuge

[Continued from May]

When you take Refuge in the Buddha, Dharma and Sangha, you clearly express your wishes and your beliefs in what can be helpful to you in this life. You say 'yes' to some aspects and 'no' to others. When you say "I take Refuge in Buddha", this is the 'yes' – "Yes, I take refuge in Buddha!" I take Refuge in Shakyamuni, Amitabha or other liberation Buddhas. Then you say 'no': "I don't take refuge in samsara things like worldly gods, institutions and ordinary people because these don't help my ultimate liberation. Only Buddha can help me to become liberated."

In the same way, a 'yes' and a 'no' also apply to taking Refuge in the Dharma. Saying 'yes' means: "I take Refuge in the Dharma. I am taking the right path. I trust this path; and I am going to focus on liberation". The 'no' is, I will not practice non-Dharma paths, they don't lead to liberation. You decide not to follow other teachings that could distort your views.

Third, I take Refuge in the Sangha. You understand that your Dharma brothers and sisters can support you in your path. The Sangha also means the Enlightened Sangha of Bodhisattva's and masters who have completed the path before you. You recognize that the Sangha as a group of Dharma brothers and sisters and Enlightened Sangha can help you on the path, whereas other worldly groups can't support you in this particular goal.

In taking Refuge, you are also agreeing to engage with Buddhism in a certain way. In taking Refuge in Buddha, you decide to respect Buddha's teachings, sacred objects and temples. Secondly, by taking Refuge in Dharma, you decide to respect Dharma texts and take care of these. And when you take Refuge in the Sangha, you choose to be kind to your Dharma brothers and sisters and you take care of each other.

You are not taking Refuge in the lama or Master but in the Buddha, Dharma and Sangha. For example, I'm teaching Refuge, I am showing you how to do Refuge practice, but you do not take Refuge in me. You take Refuge in Buddha, Dharma and Sangha inside yourself carefully with your body, speech and mind. [*To be continued*]

HH Khenchen Lama Rinpoche
KhenchenLama.com



Make a Prayer Request

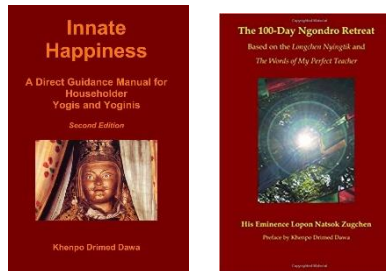
We take Prayer Requests. Please include the person's name and, if possible, a photo, especially for those who have died. We will recite prayers for you or anyone you designate, including pets or other beings:

- **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.

Read a Book



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!” Concise daily practices based on the yogi tradition described by Padmasambhava – a complete cycle for busy people.

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* or preliminary practices help to set your intention by doing a 100-day contemplative retreat at home, based on the *Longchen Nyingtik* of Jigme Lingpa, a supporting commentary for *The Words of My Perfect Teacher* by Patrul Rinpoche.

Paperback and Kindle versions are available from **Amazon.com** and other sources.

Other Upcoming Days & Events

June

- Tibetan Dakini Day, Friday, June 4*
- Tibetan Guru Rinpoche Day, Sunday, June 20*

July

- Tibetan Dakini Day, Sunday, July 4*; Independence Day in US
- **Chokhor Duchen**, Wednesday, July 14*
- Tibetan Guru Rinpoche Day, Monday, July 19*

* On the Tibetan calendar



May ALL Beings Be Happy!

Khenpo Drimed Dawa & the Awam Sangha

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