

August 2021 Newsletter

Highlight Feature:

Fall Classes Coming in September – in person



trekcho.

We will be continuing our **Essentials of Tibetan Buddhism** series starting **September 5**. The next class is Essentials 7 - The Path of Great Perfection. It begins with the ethical perspective of Dzogchen, followed by the preliminary practices for separating samsara from nirvana called khorde rushen, then the core practice of

The full program is organized around a very concise series of practices taught by Padmasambhava in his Six Bardo Teachings. Together they form a carefully crafted set of incremental steps leading to the deep inner peace of innate happiness of enlightenment or liberation. The text for the class is *Innate Happiness: A Direct Guidance Manual for Householder Yogis and Yoginis*.

The class will meet **Sundays at 1 pm at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ. \$60.**



In-Person Activities in August

We are continuing in-person activities in August! We will continue to offer online practices on Sundays and Wednesdays on Facebook Live for those unable to attend in person.

In-person participation principles are: (1) **fully vaccinated**, (2) **practice social distancing** (seating will be separated) and (3) **masks now required**.

Sunday Meditation Hour

Sunday Tibetan Buddhist Meditation Hour- Sundays, 11:00 - noon at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ. This is a one-hour meditation practice from our "Meditation Practice Manual". A copy of the text may be downloaded from our website AwamInstitute.org under "Resources". Also available on Facebook Live (see below). Please join us! FREE.

Wednesday Sadhana Practice

Wednesdays at 6pm at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ.

1. August 4 – Tara
2. August 11 – Guru Rinpoche (with tsok)
3. August 18 – Amitabha
4. August 25 – Troma (with tsok)

Texts are available on our website under "Resources". Please bring a small snack to share for the tsoks. FREE

Saturday 21 Tibetan Yogas

CANCELLED until further notice



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 time) on [FaceBook.com/AwamTBI/Live](https://www.facebook.com/AwamTBI/Live). 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](https://www.AwamInstitute.org) under "Resources". Please join us! FREE.

Wednesday Sadhana Practice

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

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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 9 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 the Tantrayana View (Part 2) - continued from July Newsletter

Then you try for example Vajrasattva visualization then concentration of only Vajrasattva. The heart syllable is HUNG. Mantra is a wheel going around the heart syllable. Do the mantra of Vajrasattva 100 syllables with light going out, blessing sentient beings, great yogi and yoginis who have pure clean mind. Then the light comes back to us and it is liberation of our self. Try this again and again. This means you do meditation in this way.

And then also as you go, sit, eat and sleep, try all the time to think of yourself as Vajrasattva body, speech and mind. These are the four activities. After you do this, the action is that you are 100% confident you are Vajrasattva and all beings you see are Vajrasattva Five Buddhas. This is the orientation of Mahayoga tantra's action of pure clean mind. If you know this, then today you 100% understand Mahayoga tantra view. Then you do meditation, activity and action. And your intention never changes. This is excellent!

Also, it is important that at first you have motivation with Bodhicitta and then you do Mahayoga view, meditation, activity and action. Then you finish with dedication. You do this as long as you have time for each day. It is important to do this way. *[To be continued]*

HH Khenchen Lama Rinpoche
KhenchenLama.com



Make a Prayer Request

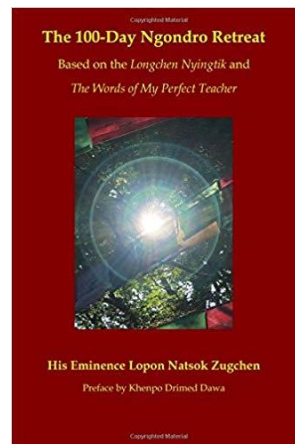
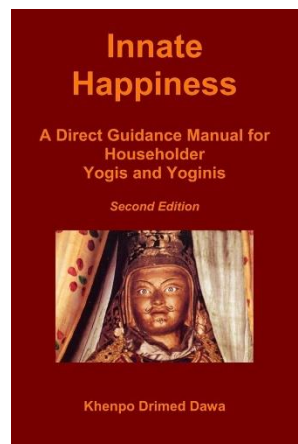
We take Prayer Requests. Please include the person's **name** and, if possible, a **photo**, especially for those who have died. We will recite prayers for you or anyone you designate, including pets or other beings:

- **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*, 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!

August

- Tibetan Dakini Day, Tuesday, August 3*
- Tibetan Guru Rinpoche Day, Tuesday, August 17*

September

- Tibetan Dakini Day, Wednesday, September 1*
- **Essentials of Tibetan Buddhism 7 class (Path of Great Perfection)** begins in-person, Sunday, September 5
- Tibetan Guru Rinpoche Day, Thursday, September 16*

October

- Tibetan Dakini Day, Friday, October 1*
- Tibetan Guru Rinpoche Day, Friday, October 15*
- **Lha Bab Duchen**, Wednesday, October 27*
- Tibetan Dakini Day, Sunday, October 31*

* On the Tibetan calendar

