



## January 2021 Newsletter

### Welcome to the New Year!

Although we are hopeful, the pandemic continues on. Please continue to practice and be safe! We have decided to consolidate our newsletters. Details can be found on our website at [AwamInstitute.org](http://AwamInstitute.org). **NEW** are our "Highlight Feature" and "Lama's Corner". Please check them out. **May all beings be happy!**

**Highlight Feature: Tara** – Tara is the female Buddha of Compassion. She is said to be born from a tear of her male counterpart, Avalokiteshvara, upon seeing the suffering of beings in this world and generating great compassion for all. Her practice helps us develop inner qualities of compassion, lovingkindness, and interdependence. She is often viewed as a personification of Buddhist principles and practices.

As Green Tara, she is the central figure in *Praises to the 21 Taras* and is described as the Mother of All Buddhas. Just reciting her mantra can bring great benefits: **Oṃ Tāré Tuttāré Turé Soha**. As White Tara, she has seven eyes (the usual two as well as one in her forehead, the palm of each foot and each hand) to completely see the suffering of all beings and to bring peace and long life. May all beings be happy.

### Online Activities

We are continuing to offer online practices on Sundays and Wednesdays on Facebook Live, a Sunday class on Zoom, and videos on YouTube. Please see details below.

#### **Sunday Meditation Hour**

**Sunday Tibetan Buddhist Meditation Hour- Sundays, 11:00 – noon** Tucson AZ Mountain Standard time) on FB Live: a one-hour meditation practice online from our "Meditation Practice Manual". A copy of the text may be downloaded from our website [AwamInstitute.org](http://AwamInstitute.org) under "Resources". Please join us! FREE.

## Wednesday Sadhana Practice

**Wednesdays at 6pm** (Tucson or Pacific Daylight time) on FB Live:

1. January 6 – Tara Rito Loma Jonma
2. January 13 – Guru Rinpoche
3. January 20 – Amitabha
4. January 27 – Kurukulle
5. No 5<sup>th</sup> Wed – 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](http://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).

- **Completion Stage of Highest Yoga Tantra (Part 6 of the Essentials Series)** is on **Zoom**, Sundays @ 1 pm (6 weeks). Please see our website for details and registration.

**Advanced classes on Dzogchen:** A complete series of advanced classes. Permission required – please contact [Khenpo.Drimed.Dawa@gmail.com](mailto: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](http://AwamInstitute.org) for class descriptions and registration.

**Lama's Corner:** *Nirmanakaya* is all Buddhas' activity, benefiting the six realms, teaching, blessings and enlightened activity. All Buddhas and Bodhisattvas benefit others through the manifestation of their bodies, giving what beings wish for, like a wish fulfilling gem. They give happiness, joy, peace and enlightenment....

But not everyone knows which Deity is really their Nirmanakaya Deity. If you don't know, visualize Padmasambhava (Guru Rinpoche). The blessing you give is Guru Rinpoche's peace, blessing our life, and this is like a vast ocean. It is the union of body and wisdom. The suffering of all sentient beings, their karma, and energies change with wisdom blessings. Guru Rinpoche is past, present, and future of all Buddha manifestations.

Then you visualize Guru Rinpoche. Pray for what you wish and to benefit other beings. Only Guru Rinpoche helps our body, speech and mind in this lifetime. Then take Refuge, do the Seven Line Prayer, and then the mantra of Guru Rinpoche – OM AH HUNG BENZER GURU PADMA SIDDHI HUNG – purifying your outer, inner and secret obstacles. This is Guru Rinpoche's Nirmanakaya visualization.

**HH Khenchen Lama Rinpoche**  
KhenchenLama.com

## **Make a Prayer Request**

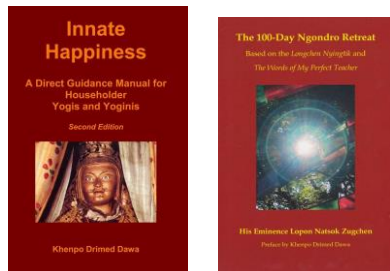
**We take Prayer Requests.** Please include the person's **name** and, if possible, a **photo**, especially for those who have died. We will recite prayers for you or anyone you designate, including pets or other beings:

- **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](mailto: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!**

### **January**

- New Year's Day (USA), January 1
- Tibetan Dakini Day, Friday, January 8\*
- Tibetan Guru Rinpoche Day, Saturday, January 23\*

### **February**

- Tibetan Dakini Day, Sunday, February 7\*

- **LOSAR – Tibetan New Year, Friday, February 12** – year of the Wood Iron Ox
- Tibetan Guru Rinpoche Day, Tuesday, February 22\*

\* 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](http://AwamInstitute.org) or send us an email at  
[EmailAwamTBI@gmail.com](mailto:EmailAwamTBI@gmail.com).