

August 2020 Newsletter

Yes, we are still continuing without in-person activities for now.

Please join us online and continue your home retreat. 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. Examples include Green or White Tara, Chenrezig, Medicine Buddha, or **Om Ah Hung Hri**.

We are monitoring the situation as we look forward to September. Stay safe!

What's NEW?

We are changing our Wednesday evening meditation schedule! Ok, it's not a dramatic change, but we have been thinking about it for a while. The Tibetan (Lunar) Calendar follows this schedule:

1. 8th day - Tara practice
2. 10th day - Guru Rinpoche Day celebration and tsok feast
3. 15th day - Amitabha Buddha practice
4. 25th day - Dakini Day celebration and tsok feast
5. 30th day - Shakyamuni Buddha practice

The lunar calendar, however, makes scheduling on those days in the West difficult due to conflicts with regular monthly schedules on our Western (solar) calendar. For our Sunday Meditation Hour, we generally follow the above sequence for the 1st, 2nd, 3rd, 4th, and 5th Sundays in the month. And we have already been following the 1st and 4th days for our Wednesday practice (Tara Rito Loma Jonma and one of the four Dakinis from HH Dudjom Rinpoche's Tersar respectively).

So we are now planning to change to the same sequence on Wednesdays, starting with **Guru Rinpoche Day celebration and tsok feast on August 12th**, and other 2nd Wednesdays thereafter. We will be using a text by Mipham Rinpoche, ***A Shower of Blessings***, that includes a tsok (the text will be available on our website under

"Resources" very soon). We will be changing the other two in September. Watch for details in September's newsletter.

New classes coming in the fall! We are planning to offer some new classes in the fall, online if necessary. We have a list of possibilities, but let us know if there is something you would *really* love to have! We will consider all ideas. Just send an email to Khenpo Dean at Khenpo.Drimed.Dawa@gmail.com.

Still 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 available to the public for free. The videos are organized into **playlists** corresponding to a series of talks or a course. For detailed descriptions, go to AwamInstitute.org, then "classes" and "playlists". 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 - Online Only

AwamInstitute.org

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

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! Please let us know if there is something you would like to have this fall! We are planning now, so don't wait!

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, Tögal, and Khandro Nyíngtik. Permission required - please contact Khenpo.Drimed.Dawa@gmail.com.

Other basic or advanced classes include:

- 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
- Guhyabarbha Tantra
- Rigdzin Dupa: Gathering of the Vidyadharas
- Vajrayogini
- Kalachakra

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



Weekly Meditation Opportunities at Awam On 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 rotating variety of deity practices (Tara, Guru Rinpoche, Amitabha, Dakini, and Shakyamuni Buddha [or other]), 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 appreciated.

Wednesday Evening Meditation Practice - Wednesdays, 6:00 - 7:00 pm. **See our plans for changes at the top of our Newsletter:** Khenpo Dean leads a one-hour meditation practice online:

- Aug 5th - **Tara Rito Loma Jonma** (one of the 21 Taras)
- Aug 12th - **A Shower of Blessings - Guru Yoga & Tsok**
- Aug 19th - **Tara Rito Loma Jonma** again
- Aug 26th - **Dakini Troma** (see below).

Our Meditation Practice Manual (for the preliminary practices) and the sadhana texts are available from our website AwamInstitute.org under "Resources". FREE. Donations appreciated.



Troma Dakini Practice - Online

Wednesday, August 26, 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 HHDudjom 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 **Troma**, "The Black Wrathful Mother" - a wisdom dakini, is a feminine embodiment of wisdom. Tröma Nakmo is the innermost secret aspect of the dakini practice in the Dudjom Tersar lineage. Her wrathful aspect skillfully overcomes and subdues violent negative energies.

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 on our website under "Resources". 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.

Other Upcoming Days & Events!

August

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

September

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

October

- Tibetan Dakini Day, **Monday, October 10**, good day for Dakini practice and tsok.*
- Tibetan Guru Rinpoche Day, **Monday, October 26**, good day for Guru Yoga practice and tsok.*

November

- **Lha Bab Duchen**, **Saturday, November 7**, one of the four great annual festivals related to the life of Shakyamuni Buddha

- Tibetan Dakini Day, **Tuesday, November 10**, good day for Dakini practice and tsok.*
- Tibetan Guru Rinpoche Day, **Wednesday, November 24**, good day for Guru Yoga practice and tsok.*
- Thanksgiving (US), Thursday, November 26

* 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

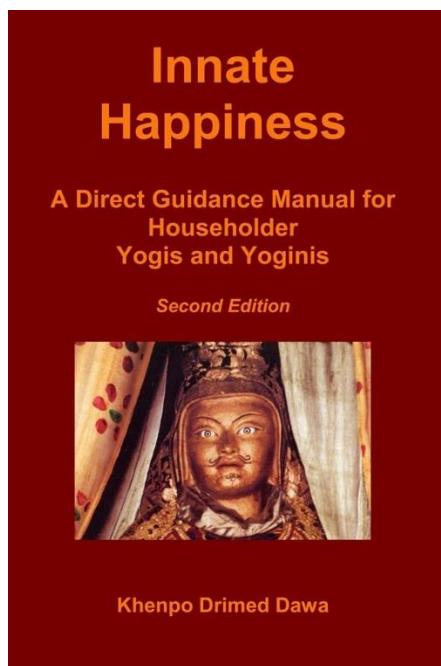
Tibetan Book of the Dead - seven-day version (suggested donation \$100) or full forty-nine day version (suggested donation \$250)

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.

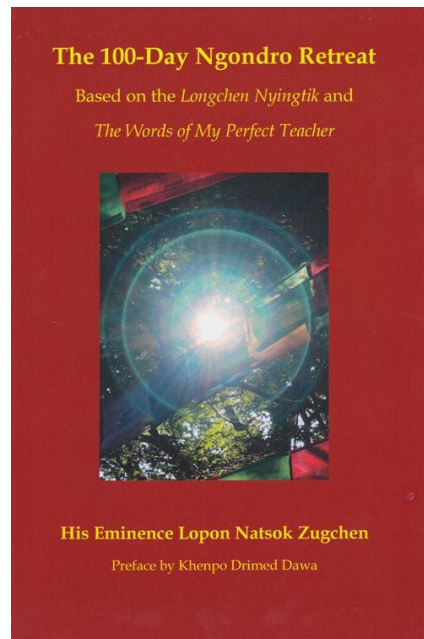


Innate Happiness (Second Edition)
A Direct Guidance Manual for Householder Yogis and Yoginis
By Khenpo Drimed Dawa (Khenpo Dean)

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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