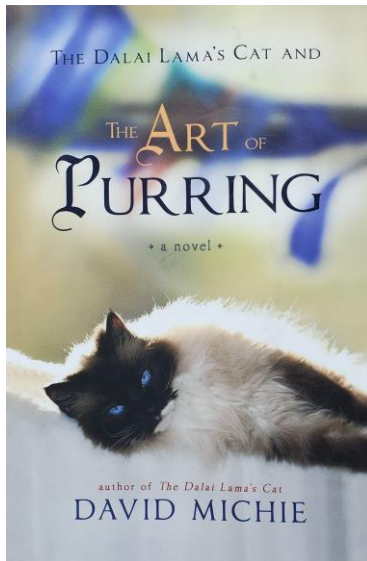




May 2021 Newsletter



Highlight Feature: The Dalai Lama's Cat and The Art of Purring Starts May 2 – We are starting a 2nd 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:

2. **The Dalai Lama's Cat and the Art of Purring (May)**
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.

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). 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. May 2 – Tara Rito Loma Jonma
2. May 9 – Guru Rinpoche (with tsok)
3. May 16 – Amitabha
4. May 23 – Dakini Yeshe Tsogyal (with **Saga Dawa Duchen*** puja and tsok)
5. May 30 – Shakyamuni Buddha

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

* **Saga Dawa Duchen** is one of the four great festivals in the Buddhist tradition. This festival celebrates the enlightenment and paranirvana of Shakyamuni Buddha. On his enlightenment at the age of thirty-five, in Bodhgaya, India, the Buddha proclaimed: "Profound peace, natural simplicity, uncompounded luminosity, I have found a nectar-like Dharma". At the end of his forty-five years of teaching, as he lay dying in a forest grove in Kushinagara, surrounded by his disciples, he said to them with his last breath: "It is in the nature of all things that take form to dissolve again. Strive with your whole being to attain perfection".

Due to Corona virus and the overlap with our Dakini Day practice, we will be celebrating this festival along with the practice of Dakini Yeshe Tsogyal by replacing the sadhana tsok with a smoke offering puja and a tsok food offering based on texts from HH Dudjom Rinpoche. Have a small amount of food and beverage available to participate. Texts are available on our website on the Resources page. Please join us. FREE.

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.



Khenchen Lama's Teaching Corner

I'm going to teach about **Refuge**. Refuge is very important in Buddhism; it is the foundation of Buddhist methods. Refuge is like a door into Buddhism, without the Refuge it is not possible to enter the Buddhist path. In Buddhism you take Refuge in Buddha, Dharma and Sangha. Why do we take Refuge in this way? Samsara means suffering of many different kinds, associated with karma and impermanence of everything around us including our possessions and bodies. Who can really help us to reduce or eliminate this suffering?

At the time of great difficulty and death we realize that all worldly samsara help is very, very limited. Only Refuge in the Buddha, Dharma and Sangha can help us during such times. When you do practice, you become confident that the Buddha is a great teacher that helps you. You become confident that the Dharma is the path of liberation from suffering and that you are taking the right path.

Sangha are your Dharma companions on this path, supporting you in your practice.

Taking refuge is like a promise asserting your strong belief that only Buddha, Dharma and Sangha can ultimately help you during most difficult times. An example might be helpful here. You can think of a good country with a good leader who is like a Buddha. He shows the right way of liberation from suffering to his people. The laws of the country are aimed at supporting everybody's well-being and liberation from suffering are like the Dharma. People who correctly follow the example of the leader

and successfully cultivate their well-being and progress on the path of liberation from suffering are the Sangha. [*To be continued*]

HH Khenchen Lama Rinpoche
KhenchenLama.com

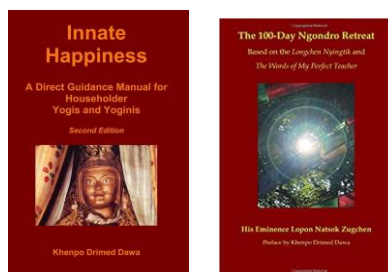
Make a Prayer Request

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

May

- **Tibetan Dakini Day**, Thursday, May 6*
- **Tibetan Guru Rinpoche Day**, Friday, May 21*
- **Saga Dawa Duchen** – Wednesday, May 26 – Included with Dakini practice (above)

June

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

* 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.