



Sunday Meditation Hour & Dharma Talk

Sunday Tibetan Buddhist Meditation Hour- Sundays, 11:00 - noon MST at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ, and on [FaceBook.com/AwamTBI/Live](https://www.facebook.com/AwamTBI/Live). We begin with Preliminary Practices, followed by a **Dharma Talk by Yogi Khenpo Drimed Dawa (aka Khenpo Dean).**

The Buddha considered group practice to be an essential part of basic dharma practice.

Our "Meditation Practice Manual" and the "dharma talk" notes (later in the week) may be downloaded from our website AwamInstitute.org under "Resources & Links". Please join us! FREE.

Wednesday Sadhana Practice

Wednesdays at 6pm MST at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ, and on [FaceBook.com/AwamTBI/Live](https://www.facebook.com/AwamTBI/Live). The practices for December are:

1. December 1 – White Tara
2. December 8 – Guru Rinpoche (with tsok)
3. December 15 – Amitabha
4. December 22 – Troma (with tsok)
5. December 29 (tentative) – Shakyamuni Buddha

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

Free Videos!



Khenpo Drimed Dawa has released over 600 dharma talk and class videos on YouTube for free! Go directly to YouTube and search for "Khenpo Drimed Dawa", then select "Playlists". (Scroll down to find what you are looking for.)

NEW PLAYLISTS! New videos are now available from Yogi Khenpo's Sunday Dharma Talks:

- "Bodhicitta" (1 video)
- "The Three Statements of Garab Dorje" (3 videos)
- "Tibetan Buddhist Preliminary Practices" (5 videos)
- "An Overview of Buddhist Ethics" (4 videos)

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 classes 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. Generally, you need to have completed the Essentials series or equivalent.

Other basic or advanced classes – Please go to AwamInstitute.org and "Classes & Videos" on the menu for class descriptions and registration.

NEW In-Person Classes

Starting Sunday January 9

Awam Tibetan Buddhist Institute

3400 E Speedway Blvd, Ste 204, Tucson AZ

Essentials of Tibetan Buddhism 1: This class begins our series of ***comprehensive direct practices*** from basics through Great Perfection (Dzogchen). Essentials 1 begins with a survey of Buddhism in India and Tibet, an overview and introduction to key Vajrayana principles and practices, and the first part of the Path of Individual Liberation: ethics and *shamata* meditation – single-pointed calm abiding. The

text for all 8 classes is *Innate Happiness: A Direct Guidance Manual for Householder Yogis and Yoginis*, 2nd Edition. **Sundays, 1pm** (approximately an hour and a half) **register at AwamInstitute.org, classes page or at first class, six weeks, \$60.**

Basic Buddhism: This is a **NEW CLASS** primarily for those new to Buddhism, but open to everyone! We will examine questions like who was the Buddha? What principles and practices did he teach? How can these help me? And any specific questions you might have about Buddhism. We will also learn to do forms of mindfulness meditation, lovingkindness and compassion meditation and practice, and other forms particularly helpful in everyday life. There is no text; but some handouts may be provided. **Sundays, 9:30am** (approximately 1 hour), **suggested donation, \$5/class each week.**



LAMA'S CORNER:

Refuge, Bodhicitta and Dedication

Refuge:

Why do we take refuge? We take refuge because in samsara, there is no one who can help us to be Enlightened, to have liberation mind. We take refuge not only to overcome difficulties in our daily life but specifically to finish the causes of these problems so we will have liberation.

Who do we take Refuge in? We take refuge in the Three Jewels: the Buddha, the Dharma and the Great Sangha. In Tantra, practitioners also take refuge in the Four Roots. The Four Roots are the Guru, the Yidam, the Dakini and the Protectors. The Guru is the teacher. They introduce students to the nature of mind as well as transmit the Buddha's teachings to students. Yidams are realized beings in male and female form. They are deities and they are the pure nature of every human being. The Dakinis are realized beings in female form who are also holders of the teachings. As the name implies, protectors protect practitioners and the teachings.

When you take refuge, you should have confidence in the Three Jewels and the Four Roots as these are the path to liberation. If you don't, it is important to develop your confidence.

Motivation: Bodhicitta

In Buddhism, it is essential to have the right motivation for doing any practice. Therefore, at the beginning of every practice, we always check our motivation and adjust it as we need. The right motivation is that we not only do practice and wish for our own liberation, but we also wish that all sentient beings, regardless of who they are,

become liberated from the cycle of suffering. This wish for the liberation of all sentient beings is known as Bodhicitta. Bodhicitta is the heart of an awakened being.

As you begin every practice, take refuge and enter the teachings with Bodhicitta, the great motivation to benefit yourself and all sentient beings.

Dedication:

We do dedication at the end of every practice. In dedication, we offer all the virtue accumulated from doing the meditation to all Buddhas, Bodhisattvas and the Great Sangha. We also dedicate this virtue not only to our own liberation but also to the liberation of all sentient beings. By thinking in this larger way, we also enrich our own life.

Summary:

To review, there is a structure that we use in every practice. As we begin, we take refuge and check that we have Bodhicitta. Then we do our practice. We finish every practice with dedication; that is, we offer all virtue from doing this meditation to the Three Jewels and we dedicate this virtue to the enlightenment of our self and of all sentient beings.

In Buddha Jana, Khenchen Lama
KhenchenLama.com



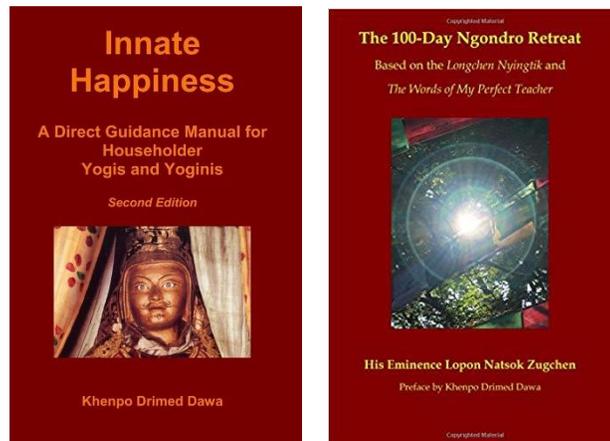
Make a Prayer Request

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!

December

- Tibetan Guru Rinpoche Day, Monday, December 13*
- **Solstice** – Tuesday, December 21, a good day to recite **Samantabhadra's Prayer**
- Christmas (USA), Saturday, December 25
- Tibetan Dakini Day, Wednesday, December 29*

January 2022

- New Year's Day (USA), Saturday, January 1
- **NEW Classes begin, Sunday, January 9 (see above)**
- Tibetan Guru Rinpoche Day, Wednesday, January 12*
- Tibetan Dakini Day, Thursday, January 27*

February

- Tibetan Guru Rinpoche Day, Friday, February 11*
- Tibetan Dakini Day, Saturday, February 26*

* 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.