

## September 2021 Newsletter

### Highlight Feature:

#### Fall Classes Coming in September – in person



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 trekcho.

The full Essentials 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. Online class is also available (see below).



### In-Person Activities in September

**We are continuing in-person activities!** 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** and (2) **masks required**. (Seating will be separated.)

## **In-Person Sunday Meditation Hour**

**Sunday Tibetan Buddhist Meditation Hour- Sundays, 11:00 - noon PDT at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ.** This is a one-hour practice with a **Dharma Talk** by Yogi Khenpo Drimed Dawa (aka Khenpo Dean). The next set of talks will be on the **Tibetan Buddhist Preliminary Practices**, core practices for all levels of practitioners. Opening and closing practices for the session are from our "Meditation Practice Manual". A copy of that text and the dharma talk may be downloaded from our website [AwamInstitute.org](http://AwamInstitute.org) under "Resources". This session will also be available on Facebook Live (see below). Please join us! FREE.

## **In-Person Wednesday Sadhana Practice**

**Wednesdays at 6pm PDT at the Awam Tibetan Buddhist Institute, 3400 E Speedway Blvd, Ste 204, Tucson AZ.** The practices for September are:

1. September 1 – White Tara
2. September 8 – Guru Rinpoche (with tsok)
3. September 15 – Amitabha
4. September 22 – Yeshe Tsogyal (with tsok)
5. September 29 – Shakyamuni Buddha

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



## **Online Activities**

We are continuing to offer online practices on **Sundays and Wednesdays** on **Facebook Live**, and **over 600 videos** on **YouTube**!

### **Online Sunday Meditation Hour**

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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 over 600 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", then select "Playlists". (YouTube does not allow us to organize the lists themselves, so you may need scroll down to find what you are looking for.)

## 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).

**Advanced classes on Dzogchen:** A complete series of 9 advanced classes. Permission required - please contact [Khenpo.Drimed.Dawa@gmail.com](mailto:Khenpo.Drimed.Dawa@gmail.com). Generally you need to complete the Essentials series or equivalent.

### **Other basic or advanced classes:**

1. Mindfulness: Four Foundations of Mindfulness and Mindfulness with Breathing
2. What Did the Buddha Say - Exploring the Sutras
3. 37 Bodhisattva Practices
4. The 100-Day Ngondro Retreat
5. The Preliminary Practices of the Padling Tersar Lineage
6. Tibetan Book of the Dead
7. White Lotus & the Four Roots - The Dzogchen View
8. Guhyagarbha Tantra
9. Rigdzin Dupa: Gathering of the Vidyadharas
10. Vajrayogini
11. Kalachakra

Go to [AwamInstitute.org](http://AwamInstitute.org) and "Classes" on the menu for class descriptions and registration.



## **LAMA'S CORNER:**

### **Teachings on the Tantrayana View (Part 3) - continued from July & August Newsletters**

I tell you very easily: **OM** means the view, pure clean mind. You understand object and subject is Buddhahood. Think of the view. Also, if it is difficult to understand the view, then pray to your Guru and your lineage master to bless you so you understand and to think of you. And you try to do Guru Yoga and Vajrasattva meditations again and again. This is of benefit to help your view; to be better and clean. And therefore, you will exactly understand Tantric view. Also, with the Tantric view, you understand you are a precious human.

Secondly, you say **AH**. This means meditation. You hold the view with mantra and meditate again and again. Don't forget the view and repeat again and again. This is meditation.

Then **HUNG**, a blessing of your activities. You know the view; you do meditation. Then this activity is going, walking, eating, sleeping and during these times you are blessing others. Also, you have mindfulness of the tantra view. This mindfulness is of the tantric view and doing meditation and not forgetting mindfulness of the tantric view. This is very different than scientists and samsara's mindfulness.

Finally, **HRI** is action. You know your view, and you do meditation. Your activity is the tantra view with your body, speech and mind. Then your action is being confident of pure clean mind. Then, you are a great yogi practitioner. Thus, you remember **OM AH HUNG HRI** – view, meditation, activity, action with mindfulness and concentration.

Also, you do mantra and mudra and do this everyday. That will help your view, meditation, activity and action. If you don't try this way, then view, meditation, activity and action won't come to you.

**HH Khenchen Lama Rinpoche**  
KhenchenLama.com



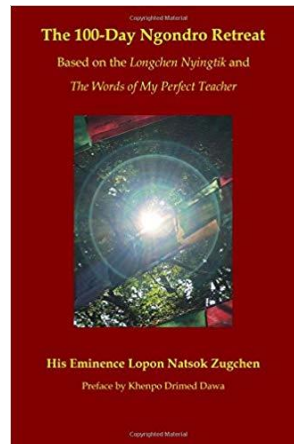
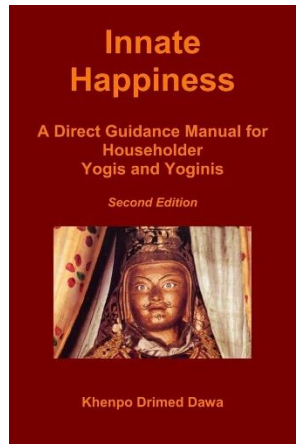
## **Make a Prayer Request**

**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!**

### **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\*

### **November**

- Tibetan Guru Rinpoche Day, Sunday, November 14\*
- Tibetan Dakini Day, Monday, November 29\*

\* On the Tibetan calendar

