



Arizona Friends of Tibet

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AFoT COSPONSORS PUBLIC TALK with DR. DICKEY NYERONGSHA at UNIVERSITY OF ARIZONA JANUARY 21ST

(see page 3 for more information)



The Center for Mindfulness, Compassion and Secular Ethics is Now Operational on the University of Arizona Campus

(see pages 2 and 3 for more information)

Our Mission Statement

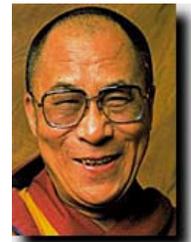
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve the unique and endangered culture of Tibet and its ancient Buddhist traditions.

It is the purpose of Arizona Friends of Tibet to educate as many people as possible about this unique culture and civilization. In order to do this, within Arizona we promote cultural and educational activities involving Tibet and its people.

In 1949, China invaded Tibet. With our funds, we support projects that will alleviate the suffering of Tibetans within their own country, which continues to be occupied by China. We also support projects within the Tibetan refugee communities in Asia.

We are visitors on this planet. We are here for ninety, a hundred years at the very most. During that period we must try to do something good, something useful with our lives. Try to be at peace with yourself and

help others share that peace. If you contribute to other



The Dalai Lama

people's happiness, you will find the true goal, the true meaning of life."

~ The Dalai Lama of Tibet



THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends:

Hard to believe that the New Year has come already! Time seems to flow at an ever increasing rate.

Most importantly I want to thank you all for your continued and loyal support for Arizona Friends of Tibet. I realize that with the many crises all over our world, it's hard to remember the desperate situation in Tibet. The plight of the Tibetan people has worsened over the past few years, with more repressive measures imposed by the Chinese. For example, Tibetans now have to pay an expensive fee, most often beyond their means, to go on pilgrimage to their most sacred mountain, Mount Kailash, within their own country.

This has been a very exciting year for us at Arizona Friends of Tibet thanks to a substantial gift left to AFoT by a friend who died, we have been able to give the seed money for the first ever interdepartmental Center for Mindfulness, Compassion and Secular Ethics (CMCSE) at the University of Arizona (see page 3). In this year we hope that this training will be widely available to both students and faculty alike. The Dalai Lama has received a multitude of honorary degrees from various universities over the past 35 years. The content of his acceptance speeches are always very similar. He thanks the university profusely for the honorary degree (which he says he hasn't worked for). He tells them what a good job they are do-

ing educating their students' minds, and asks the university what they are doing to educate their students' hearts. Until now, this request has fallen on deaf years. With the creation of our new CMCSE, hopefully training of the heart can be implemented in a meaningful way.

In order to accommodate this new opportunity, we have broadened the focus of our mission to include the fulfillment of his Holiness's long-held vision for compassion training. We also wish to announce Arizona Friends of Tibet's official affiliation with Tibet House USA. We will be part of a world-wide network of Tibet Houses, educating people of the value of Tibetan culture and supporting the cause of the Tibetan people.

In partnership with local non-profit, One Global Village, we are hosting an evening lecture with Dr. Dickey Nyerongsha, a seventh-generation Tibetan doctor and long-time friend and supporter of AFOT (see page 3).

Dr. Nyerongsha has been seeing patients at my home for the past 18 years; many of you may already have visited with her.

In this season of giving, I urge you to please think about Arizona Friends of Tibet. If you wish to allocate your gift specifically towards the Center for Compassion Training, please indicate this on your check.

Wishing you all a happy and peaceful holiday season and a glorious new year to come.

Best wishes,

Peggy Hitchcock
President, Arizona Friends of Tibet

COMMUNITY EVENTS

AZ Buddha Relics (azrelics@gmail.com)

Guru yoga teaching and ngondro practice led by Garchen Rinpoche's assistant Lama Abao.

January 17th - 18th

Donation: \$30. Questions: Call Diana at 480-212-6747. Schedule:

10 AM - 12 Noon Instruction and Q&A 12 Noon - 2 PM Potluck 2 PM - 5 PM Practice Session

Garchen Rinpoche Bestows Loma Gyonma (Parnasavari) Empowerment

Thursday March 26th, 10 AM

Suggested Donation: \$50. Space is limited, register in advance. Call 480-212-6747.

Garchen Buddhist Institute

Losar (Tibetan New Year) Celebration — **February 21st, 10 AM - 2 PM**, presided over by Garchen Rinpoche. RSVP by emailing questions@garchen.net or calling 928-925-1237, so that you are included in the count for the free noon meal.



AFOT CO-SPONSORS A PUBLIC TALK WITH DR. DICKEY NYERONGSHA AT UNIVERSITY OF ARIZONA

We are excited to announce that Arizona Friends of Tibet and One Global Village along with the Arizona Center for Integrative Medicine are delighted to co-sponsor an evening public talk with Dr. Dickey Nyerongsha, Wednesday, January 21st at 7:00 p.m. in the College of Education Kiva Auditorium on 2nd Street.



Dr. Dickey Nyerongsha

Tibetan physician with a long medical lineage. She began her studies at the age of eight and

Dr. Nyerongsha is a seventh generation

continued on to graduate from the University of Tibet Medical School.

Dr. Dickey will share her unique perspective and integration of Tibetan knowledge as a complementary practice focusing on the following key elements that Tibetan physicians address with their patients:

- prevention
- recovering
- maintaining good health and principles of longevity.

Donations for this event will be accepted to support two orphanages in Tibet.

Best regards,

Emily Vance
AFoT Board of Directors



UNIVERSITY OF ARIZONA AND AFOT PARTNER IN OPENING THE NEW CENTER FOR MINDFULNESS, COMPASSION AND SECULAR ETHICS

To help bring about the Dalai Lama’s first commitment to promote compassion, forgiveness, tolerance, contentment and self-discipline—secular ethics—AFoT and UA have established The Center for Mindfulness, Compassion and Secular Ethics (CMCSE).

The Center is an official research center of the University’s College of Social and Behavioral Sciences and is under the direction of UA Associate Professor of Psychiatry, Charles L. Raison, MD.

AFoT pledged \$50,000 in seed money which will help cover the expenses of Leslie Langbert, MSW, Program Director, who is one of Arizona’s two fully-trained Cognitively-Based Compassion Training (CBCT) teachers. She will teach an innovative class in the School of Sociology designed to help future health care per-

sonnel avoid burnout by transforming empathy into proactive compassion. She will also serve as the CBCT teacher for pilot programs with at-risk youth on the Pascua Yaqui Reservation and in Child Protective Services.

Guided by the vision of His Holiness, CMCSE is engaged in conducting research, education and outreach focused specifically on the implications of compassion for individual, social and environmental health. It is also exploring ways that compassion can be the basis for a universal system of human ethics.

Using CBCT techniques, the Center is developing training classes to promote stress resilience and emotional health among students; prevent burn out among future health care providers; provide compassion training to at-risk children and adolescents through various community partners. Through its activities and the relationships of its founding members with the Office of His Holiness, the Center hopes to build a deeper connection between the UA, Tucson community and His Holiness.



Arizona Friends of Tibet

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AZ Soto Zen Center
520-325-3155

www.azszc.org

Bodhisattva Institute
520-325-2272

www.tucson.shambhala.org

Awam Institute
520-622-8460

www.AwamInstitute.org

info@AwamInstitute.org

Dharma Treasure
info@dharmatreasure.com

www.dharmatreasure.com

Drikung Namgyal Ling
520-465-1882

www.drikungkagyutucson.org

Emaho Foundation
480-704-4169

www.emahofoundation.org

Garchen Institute
928-925-1237

www.garchen.net

Tucson Shambhala
520-735-2740

www.tucson.shambhala.org

Zen Desert Sangha
520-235-4275

www.zendesertsangha.org

Upaya Sangha of Tucson
www.upayatucson.org

tucsonupayasangha@gmail.com

Visit www.arizonafriendsoftibet.org for the latest postings of activities and events in the local Buddhist community.

This newsletter is a seasonal publication of
ARIZONA FRIENDS OF TIBET
a non-profit organization dedicated to educating the public about Tibetan culture and civilization.

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