



Arizona Friends of Tibet

Arizona Friends of Tibet
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Spring 2013

THE ART & PRACTICE OF LIVING & DYING

A WEEKEND OF TEACHINGS ON THE TIBETAN BOOK OF THE DEAD



By
**MEDITATION MASTER
ORGYEN CHOWANG RINPOCHE**

(See page 3 for details)

Our Mission Statement

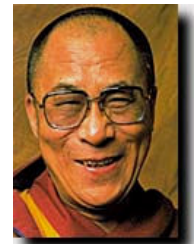
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people, and to preserve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

I hope you are enjoying our wintery snowy cold weather. No doubt we will think longingly of this time when the temperature creeps up over 100 next summer!

This April we are indeed fortunate to host Meditation Master Orgyen Chowang Rinpoche for a weekend of Teachings on the Tibetan Book of the Dead. Rinpoche is a lineage holder of these teachings which have been passed down directly from the great master, Padmasambhava, or Guru Rinpoche as he is fondly known. The Tibetan Book of the Dead is an invaluable tool not only for practicing Buddhists but for anyone going through the dying process or for those who are caring for the dying. It serves as a guide to recognizing and to dealing with the six

different transitional states of consciousness that we encounter at the time of dying. I can personally testify to how helpful these teachings were to me in dealing with the death of my own beloved husband six years ago.

If you know anyone who is involved in or has an interest in the dying process and/or geriatric care please tell them about this rare opportunity to experience a very powerful transmission on a subject which deeply affects us all. I look forward to seeing you at the introductory talk by Rinpoche at St. Francis in the Foothills on Friday night, April 12th.

Wishing you a bright and beautiful spring time full of wild flowers and joy. Thank you for your continued support.

Best wishes,

Peggy Hitchcock
President, Arizona Friends of Tibet



UPCOMING COMMUNITY EVENTS

DANCING THE PRECIOUS PATH OF AWAKENING WITH PREMA DASARA

An Empowerment, A Revelation

Transformative, Intimately Relevant

April 5th – April 7th. Tucson — Center for Expressive Arts, 3838 E. Fort Lowell

You are invited to the entire weekend or to individual sessions.

Friday April 5th, 7-9 PM; Saturday April 6th, 10:00 a.m.- Noon and 2:00-5:00 p.m.; Sunday April 7th, 10:00 a.m. – Noon and 2:00-5:00 p.m.

Price: Friday \$21; Saturday \$60; Sunday \$60; All Three Days \$121

Registrar: Elizabeth Breck, eebreck@email.arizona.edu, 520-272-3780

Limited Scholarships/Work Study Available—Please Contact Registrar for More Information

<http://www.facebook.com/events/496335227069036/>

<http://www.taradhatu.net/eventsupcoming-events/prema-dasara-schedule/>

GARCHEN INSTITUTE

CHENREZIG DRUBCHEN—Venerable Lama Thubten Nima. April 13-17, 2013 (9:00 a.m., April 13th – 5:00 p.m., April 17th)

LONG-LIFE EVENT HONORING H.E. GARCHEN RINPOCHE—H.E. Garchen Rinpoche, Ven. Drupon Rinchen Dorjee Rinpoche, Ven. Lama Thubten Nima, Ven. Lama Abao, and Ven. Lama Bunima. May 21-25, 2013

NORTH AMERICAN TEACHINGS SCHEDULE—H.E. Garchen Rinpoche. May 21-25: Chino Valley, Arizona: The Garchen Institute. For more information contact The Garchen Institute (928) 925-1237, questions@garchen.net or visit the website, <http://www.garchen.net/>

TERGAR MEDITATION COMMUNITY

TUCSON PRACTICE GROUP

Meeting times: First and third Saturdays of the month, 2:00 p.m. – 4:00 p.m.

Address: Little Chapel of All Nations (U of A campus), 1052 N Highland Ave., Tucson, 85721

Group Coordinators: Elizabeth Emma Breck, eebreck@email.arizona.edu, (520)272-3780, and Willie Ames, wames101@yahoo.com. For information, go to the website <http://tergar.org/>



THE ART & PRACTICE OF LIVING & DYING

A WEEKEND OF TEACHINGS ON THE TIBETAN BOOK OF THE DEAD

By **MEDITATION MASTER ORGYEN CHOWANG RINPOCHE**

**Free introductory talk at St. Francis (Foothills) 4625 E. River Rd
(River Rd and Swan). 7:00–9:00 PM, Friday April 12th**

**Teachings at the Pavilion, 3705 N. Old Sabino Canyon Rd.,
10:00 AM – 12:00 PM and 1:30 – 3:30 PM, April 13th–14th (Saturday and Sunday)**

Orgyen Chowang Rinpoche is a meditation master in the Nyingma lineage of the Buddhist tradition. He began his studies at the age of fourteen at Larung Gar In Serta, eastern Tibet, with his teacher, the great Jigmed Phuntsok Rinpoche, who is widely acknowledged as one of the greatest Dzogchen masters of the twentieth century. Over the next ten years he received teachings, meditation instructions, and spiritual training in the Mahayana, Vajrayana, and Dzogchen traditions, and developed a special appreciation for the secret 1 treasures of Guru Rinpoche, Padmasambhava. He inherited from his great teacher a tradition of sharing the Buddhadharma in a way that is practical, experiential, and from the heart, and his time studying with this enlightened master changed his life. For more details information:



www.atiamrita.org

This weekend retreat with Orgyen Chowang Rinpoche offers us a rare opportunity to encounter these practices from a lineage holder of this tradition. Rinpoche will introduce us to the central meditation practice of the Tibetan Book of the Dead, and will provide an overview of ways in which we can apply these techniques to improve our own lives and deaths, and to help us in all possible

circumstances we encounter in between.

For complete information, please visit our website, <http://www.arizonafriendsoftibet.org/> and click on Events. Suggested donation is \$25 per two-hour session.

Driving directions: from Craycroft go East on River Road. Old Sabino Canyon Road is a dirt road, the last road on the left, just before River Road dead ends at Sabino Canyon Rd. From Sabino Canyon Road go west on River Road. Old Sabino Canyon Rd is the first road on the right. Parking is on the right.

If you have not made your annual contribution to Arizona Friends of Tibet, please take a moment and do so today. Memberships and donations for Arizona Friends of Tibet are used for health and education aid for Tibetans inside Tibet and for Tibetan refugees in Asia.

ARIZONA FRIENDS OF TIBET ANNUAL MEMBERSHIP CONTRIBUTION

<input type="checkbox"/> Student \$15.00	<input type="checkbox"/> Friend \$500.00	Name: _____
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PLEASE RETURN THIS FORM WITH YOUR CONTRIBUTION/ADDITIONAL DONATION TO:

**Arizona Friends of Tibet P.O. Box 31956 Tucson, AZ 85751-1956
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Thank you for your support.



Arizona Friends of Tibet

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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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