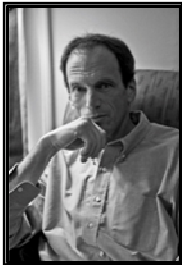




# Arizona Friends of Tibet

Arizona Friends of Tibet  
Volume 13 Issue 2  
Fall 2018

**AFoT's Spectacular  
Estate and Yard Sale**  
Saturday, November 3, 8AM-2PM  
(See page 2 for details)



**Professor Arri Eisen**  
**Book Signing and Discussion**  
*The Enlightened Gene: Biology,  
Buddhism and the Convergence that  
Explains the World*  
**Sunday, November 11, 3:30-5PM**  
The Studio Space

Dr. Arri Eisen

Explore the striking confluence of Buddhist thought and cutting-edge Biology and how it can change our understanding of life and how we live it.

**Event is Free**

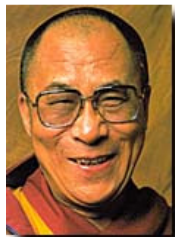
**Co-sponsored by Drikung Namgyal Ling and AFoT**  
(See page 3 and [www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org))

**AZ Friends of Tibet**  
**Presents**  
**Lama Tsultrim Allione**  
**for a Weekend of**  
**Teachings in Tucson**  
**January 11-13, 2019**

(See page 2 for more information)



Lama Tsultrim Allione



The Dalai Lama

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

## OUR MISSION STATEMENT

Arizona Friends of Tibet is a non-profit organization dedicated to manifesting His Holiness the Dalai Lama's vision of promoting basic human values as set forth in Tibetan culture, civilization, and ancient Buddhist traditions.

## VISION STATEMENT (VALUES)

We support His Holiness the Dalai Lama's three main commitments as follows:

- Promoting the human values of compassion, forgiveness, tolerance, contentment and self-discipline
- Working for harmony between all religions
- Preserving Tibet's Buddhist culture of peace and non-violence in the world

We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the Tibetan people

## GOALS AND OBJECTIVES

- We support education and health related programs benefitting Tibetans in Tibet, and Tibetan refugee communities.
- We sponsor various community events highlighting Tibetan culture including movies, lectures, teachings and sand mandalas.
- We co-sponsor visits to Tucson by His Holiness the Dalai Lama (1993 and 2005).
- We have provided initial seed funding for the nation's first formalized Center for Compassion Studies in Tucson at the University of Arizona.



## THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends:

Thank goodness our long, hot summer is over at last! I am thrilled to announce that we have some wonderful events coming up. First, AFoT is pleased once more to offer our popular Estate and Yard Sale on Saturday, November 3, back after a long hiatus. Please take this opportunity to clean out your closets and donate your unwanted items, remembering that, **“one person’s trash is another person’s treasure!”** Remember also, the members-only “preview sale” taking place **3-6 PM, Friday, November 2.**

On Sunday, November 11, we are honored to cosponsor with the Drikung Namgyal Ling Sangha, a talk, discussion, and book signing with Emory University Professor, Dr. Arri Eisen; Rangdol Rinpoche, a Tibetan Monk; and Ven. Ani Thukten Dema, a Tibetan Nun. Eisen’s talk is based on his new book, “The Enlightened Gene:

Biology, Buddhism and the Convergence that Explains the World.” I do hope you can join us for one or both of these events!

Opening the 2019 New Year, we have the great privilege of hosting the renowned Tibetan Buddhist teacher, Llama Tsultrim Allione, for a weekend retreat, January 11-13, based on her new book, “Wisdom Rising: Journey into the Mandala of the Empowered Feminine.” It is my belief that what we are currently experiencing is the manifestation of excessive negative male energy. Tsultrim’s teachings therefore are extremely relevant for all of us not just for women or just for Buddhists. I am confident that her message will resonate with a broad spectrum of people.

Looking forward to seeing you all in the near future!

Best Wishes for a wonderful fall season,

**Peggy Hitchcock**  
President, Arizona Friends of Tibet

## AZ FRIENDS OF TIBET PRESENTS

### LAMA TSULTRIM ALLIONE TEACHING JANUARY 11-13

The renowned Buddhist teacher, Lama Tsultrim Allione, will lead a retreat in Tucson based on her new book, “Wisdom Rising: A Journey into the Mandala of the Empowered Feminine,” January 11-13, 2019.

She begins with a public talk Friday, 7-9 PM, at Tucson Symphony Center (2175 N 6th Ave.), addressing the current world situation, introducing the Dakini Mandala and principle, and guiding participants in an experiential journey into the mandala of innermost being.

Suggested donation is \$20 Adults; \$10, student with student ID; \$15 for AFoT members. The retreat explores the Mandala of the Five Dakinis on Saturday, January 12, 10AM-1PM and 3-5PM, and Sunday, January 13, 10AM-1PM. Attending Friday’s talk is prerequisite.

Suggested donation for the two-day retreat is \$125; \$50 for students with ID; \$100 for AFoT members; or an appropriate donation.

Known for her ability to translate ancient Tibetan Buddhist tradition into clear, relatable, and relevant teachings, Lama Tsultrim has an extraordinary perspective on feminine wisdom and enlightenment. She is the founder and resident

lama of Tara Mandala in Colorado.

For more information, please watch the documentary on her life, “Feeding Your Demons,” [bit.ly/FYDdocumentary](http://bit.ly/FYDdocumentary), and visit the Tara Mandala website, [www.taramandala.org](http://www.taramandala.org).

No one will be turned away for lack of funds.



### AFOT YARD SALE IS BACK!

Find treasures at AFoT’s spectacular Estate and Yard Sale, on Saturday, November 3, 8AM-2PM at 4005 E. Palomar Drive, home of Kate Garner.

Please drop off your unwanted goodies on Tuesday or Thursday 2:30-5:30PM, October 30 or November 1 at Kate’s home. To make other drop-off arrangements, call Kate Garner, 520-743-6473, **after October 22.**

Don’t forget to tell your friends about the members-only preview sale, **3-6PM, Friday, November 2.** Please consider volunteering—we need all the help we can get! To volunteer, call Mary Kay Thompson, 520-250-4006. Thank you for your assistance!



COMMUNITY EVENTS

**DRIKUNG NAMGYAL LING–DRIKUNG KAGYU BUDDHIST CENTER (www.drikungtucson.org)**

**Free discussion and book signing with Emory University Professor, Dr. Arri Eisen;** monk Rangdol Rinpoche; and nun Ven. Ani Thukten Dema, on Eisen’s book, “The Enlightened Gene: Biology, Buddhism and the Convergence that Explains the World.” **Sunday, November 11, 3:30-5PM, The Studio Space** (4648 E Speedway). Reception and book signing follow. Copies of his book are available for sale and signing. Co-sponsored with AZ Friends of Tibet. Contact Ann Danowitz, questions@drikungtucson.org .

**AWAM INSTITUTE (http://www.awaminstitute.org/classes.html)**

**Khenchen Lama, our Spiritual Director, visits Tucson, November 13-16.**

**Weekly Meditation & Yoga Opportunities** for everyone from beginners to advanced practitioners, regardless of religious or secular beliefs. Meditation classes are free (donations to support our Meditation Center gratefully accepted).

**Sunday Tibetan Buddhist Meditation Hour—11:00AM – noon led by Khenpo Dean.**

**Tuesday Silent Meditation—6:00 PM.** If you would like to learn basic meditation, please call us at 520-622-8460 for an appointment.

**Tibetan Yoga Class meets on Saturday mornings at 10:00 AM.** Led by Patrick Flint, experienced yoga practitioner and teacher. Adaptable to those with physical limitations. A book by Khenchen Lama is available for \$15. Suggested donation, \$5 per session.

**Meet with Khenpo Dean** to discuss your practice, Vajrayana, Buddhism in general, or how best to live the dharma in daily life. Send email request to Khenpo.Drined.Dawa@gmail.com. FREE.

**TERGAR TUCSON (https://tergar.org/events/)**

**Registration is open for Awakening Wisdom: Joy of Living 3.** Led by Tim Olmsted, the course runs November 7-December 18, and explores the practice of insight meditation. Late registration open through Tuesday, November 13.

**GARCHEN INSTITUTE (https://garchen.net/)**

November 10-18 — **Annual Vajrakilaya Drubchen**, “The Secret Accomplishment Practice of Vajrakilaya.” Registration is open. Visit www.garchen.net to register and for more information.

November 20-December 16 — **Vajrakilaya month-long retreat** with Drupon Rinchen Dorje

December 29-31 — **Extensive Long Life Ceremony** for H.E. Garchen Rinpoche

January 1 – 6, 2019—**Winter Teachings** by H.E. Garchen Rinpoche



Arizona Friends of Tibet Membership Form

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.

Name: \_\_\_\_\_

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- Lifetime \$1,000.00       Patron \$500.00       Associate \$100.00
- Family \$50.00       Individual \$35.00       Student \$15.00

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Arizona Friends of Tibet is a tax exempt organization as described in Section 501(c)(3) of the IRS Code



# Arizona Friends of Tibet

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**AZ Soto Zen Center**  
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[www.azszc.org](http://www.azszc.org)

**Bodhisattva Institute**  
520-325-2272  
[www.bodhisattvainstitute.org](http://www.bodhisattvainstitute.org)

**Awam Institute**  
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[info@AwamInstitute.org](mailto:info@AwamInstitute.org)

**Center for Buddhist Studies**  
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(520)626-0171

**Dharma Treasure**  
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[www.dharmatreasure.com](http://www.dharmatreasure.com)

**Drikung Namgyal Ling**  
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<http://drikungtucson.org>

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520-735-2740  
<https://tucson.shambhala.org/>  
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[www.upayatucson.org](http://www.upayatucson.org)  
[tucsonupayasangha@gmail.com](mailto:tucsonupayasangha@gmail.com)

Visit [www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org) or [www.facebook.com/arizonafot/](https://www.facebook.com/arizonafot/) 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*

**P.O. Box 31956, Tucson, Arizona 85751-1956**  
**(520) 477-6943 (520) 751-2671 fax**  
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