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)
THE PRESIDENT’S CORNER
BY PEGGY HITCHCOCK
Dear Friends:
I hope you are enjoying our wintry 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)
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

☐ Student $15.00  ☐ Friend $500.00  Name: ____________________________

☐ Individual $30.00  ☐ Lifetime $1,000.00  Address: __________________________

☐ Family $75.00  City, State, Zip: __________________________

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PLEASE RETURN THIS FORM WITH YOUR CONTRIBUTION/ADDITIONAL DONATION TO:

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