



# Arizona Friends of Tibet

Arizona Friends of Tibet  
Volume 6 Issue 2  
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## KALACHAKRA EVENT IS OVERWHELMING SUCCESS

Losang Samten (right) pours the sand used in constructing the Kalachakra mandala into a pond during the dissolution ceremony, March 15<sup>th</sup> at the University of Arizona. Hundreds of onlookers were on hand for the culmination of the month-long event sponsored by U of A Bookstores and Arizona Friends of Tibet.

A Wheel of Life mandala event with Losang Samten is planned for March 2010. (see page 2)



## ARIZONA FRIENDS OF TIBET NEWSLETTER IS GOING "GREEN"

Beginning with the Fall issue, AFoT members and friends will have the option of receiving the newsletter electronically or by "snail mail." Electronic delivery via email or by reading it on our website ([www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org)) will not only help save trees, but will allow us to save on the expense of printing and postage which we can then use to fund local programs, such as the Kalachakra mandala event, and for our grants to Tibetan projects. With your help, AFoT will be able to leave a smaller footprint on our environment. **If you would like to take advantage of the faster electronic delivery, print out the newsletter from the website yourself, or continue to receive a printed copy in the mail, please email [afotsecretary@gmail.com](mailto:afotsecretary@gmail.com) and let us know your preference for receiving future issues.** Thank you for helping us "go green."

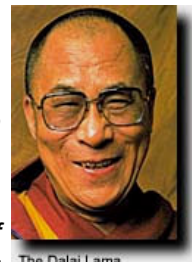
**Our Mission Statement**  
Arizona Friends of Tibet is a non-profit organization for people who believe Tibetans are entitled to the basic human rights outlined in the charter of the United Nations. We support the non-violent efforts of the Dalai Lama to regain dignity and religious freedom for the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

With our funds, we support projects which will alleviate the suffering of Tibetans within their own country, which has been occupied by China since 1949. We also support projects within Tibetan refugee communities in India.

*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*



The Dalai Lama

*peace. If you contribute to other 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 and Fellow AFoT Members:

Before the summer doldrums are upon us, I want to thank you all for your renewed membership and support during this past season. As you know, we were able to sponsor the creation of a Kalachakra Mandala over a four-week period at the University of Arizona Bookstore. This event was a huge success and I am happy to say that Losang Samten has agreed to create another sand mandala for us, this time The Wheel of Life, next March in the same location.

We are looking forward to an exciting fall and winter season. We have two events planned so far. Our annual Yard Sale is **Saturday, October 24<sup>th</sup>**, so please start putting aside your goodies!

One of our Board members, Leonard Scheff, will be giving a timely one-day seminar entitled "The Cow in the Parking Lot" on **Sunday, November 8<sup>th</sup>** at the Pavilion. He will teach methods of transforming anger through patience, something we can all use, particularly in these stressful times. The inspiration came from His Holiness's teachings on the chapter on patience from Shantideva's manuscript, "The Bodhisattva Way of Life," which he gave here in Tucson in 1993. Leonard has perfected this seminar over many years, presenting it to various groups, including attorneys and judges.

I am very pleased to report that AFoT is donating \$10,000 to 16 different, very worthy programs that will aid our Tibetan friends. The grants are for \$625 each but this amount of money, small as it is, goes very far in India, Nepal, and Tibet. Please check the websites or Google the names for more detailed information. They are as follows, with a brief description of each one:

1. Shree Mangal Dvip School—for winter coats, play clothes, and shoes. (repeat project) [www.himalayanchildren.org](http://www.himalayanchildren.org)
2. Sechen Tsering Art School Project—training young artists in a pure and authentic lineage of Buddhist thangka painting. (repeat project). [www.karuna-sechen.org](http://www.karuna-sechen.org)
3. Konchok Foundation for Surmang Shedra—electrical, plumbing, solar heating and finishing for the only school for lay people and monastics in this entire area of Tibet. (repeat project)
4. Dharma Sagara health Center—mother and child health project (repeat project), [www.surmang.org](http://www.surmang.org)
5. Chethak Ruchen School in Tibet—school for nomadic families and orphans (repeat project). [www.tibetaid.org](http://www.tibetaid.org)

6. Gargon Schools in Tibet—school improvements including a kitchen (repeat project). [www.tibetaid.org](http://www.tibetaid.org)
7. Karmapa Social Services Society Nepal—clothing, feeding, and housing orphans; basic reading and writing instruction; collecting blood donations from the many monks who live and practice in Bodha. Bodha is a small Tibetan community just outside Katmandu. Their organization is too small and poor to have a website as of yet.
8. Snow Lion Foundation—home for the elderly at Jawalakhel, providing health facilities for elderly Tibetans in a positive atmosphere. Google Snow Lion Foundation [www.thesnowlion.com](http://www.thesnowlion.com)
9. Terma Foundation—Tibetan children's nutrition services and programs throughout Tibet. Google Terma Foundation. [www.terma.org](http://www.terma.org)
10. Shem Woman's Group—providing school text books for Tibetan children in a remote area of Tibet. [www.shemgroup.org](http://www.shemgroup.org)
11. Ajang Rinpoche Monastery Boarding School and Clinic-(repeat project) Google Amitabha Foundation. [www.amitabhafoundation.org](http://www.amitabhafoundation.org)
12. Pundarika Foundation—retreat center for homeless Tibetan nuns, refugees from Tibet (repeat project) Google Pundarika Foundation. [www.terma.org](http://www.terma.org)
13. Nyerongsha Institute—Dr. Dickey Palden Nyerongsha's project sponsoring Tibetan medical students at the Institute; funds for books, teachers, supplies; health care for seniors and disabled. Google Nyerongsha Institute. [www.clavan.net](http://www.clavan.net)
14. Khenpo Sherab Ozer Rinpoche's Nun's Project—approximately 400 nuns of the Drikung Kagyu tradition are learning the 13 major philosophical texts. Unfortunately, nuns traditionally have less support than monasteries in Tibet. They are still dealing with cultural discrimination. [www.drikungtucson.org](http://www.drikungtucson.org)
15. Tibetan Village Project—Nyanang needs a mill to grind tsampa (roasted barley flour – the traditional staple in Tibet) (repeat organization, new project) Google Tibetan Village Foundation
16. The Sogan Foundation—providing clean safe water supply to a small senior community in Golok, Tibet. (repeat project). Google Sogan Foundation. [www.clavan.net](http://www.clavan.net)

Please remember we count on your support, both financial and physical, for our continued success.

Looking forward to next season and wishing you all a wonderful, relaxing summer, wherever you may be.

All best wishes,

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



## “THE COW IN THE PARKING LOT”: SEMINAR ON TRANSFORMING ANGER

S. Leonard Scheff, AFoT board member and practicing attorney, will give a one-day seminar entitled “The Cow in the Parking Lot” on Sunday, November 8<sup>th</sup> at the Pavilion.

The workshop, based on his book by the same name, provides the opportunity to experiment with four working hypotheses:

1. Anger is a destructive emotion.
2. The first person damaged by your anger is you.
3. Actions taken as a result of anger are likely to be irrational and therefore harmful or not effective.
4. You can, if you choose, reduce the amount of anger in your life.

The goal of transforming anger is to harness the energy of anger and change it into more positive and compassionate emotions, a different process than commonly taught in anger management. Instead, Scheff helps attendees to discover their ability to replace the distress of anger with the comfort of patience, tolerance, and compassion.

Leonard has presented the seminar to various groups, including attorneys, judges, executives, and students.

His book can be ordered through his website, [www.TransformingAnger.com](http://www.TransformingAnger.com), where additional information on the seminar is available.

## DOCUMENTARY FILM SCREENING

Arizona Friends of Tibet will screen a DVD of the exceptional documentary film of Nanching Nuns who live in a remote area of Tibet. The film, produced and directed by Victress Hitchcock (no relation to Peggy Hitchcock) received a grant of \$500 from Arizona Friends of Tibet last year to finish the translations to complete the project. Please watch for updates on the date and time of the screening.

## HELP WANTED

*We urgently need a volunteer to assist our Merchandise Director, Kate Garner, with planning our annual yard sale and assisting with buying and cataloging merchandise. This position will require 15–20 hours of your time from mid-September to mid-May, roughly an eight-month period. Please contact Kate at 393-3990 or on line at [stcroixkate@yahoo.com](mailto:stcroixkate@yahoo.com). Thank you very much in advance for your help.*

## UPCOMING COMMUNITY EVENTS

### NYUNGNE RETREAT

**Garchen Rinpoche, Gape Lama, Abao Lama, BuN-ima Lama**

**June 20<sup>th</sup>-22<sup>nd</sup>, 9:00 a.m. – 5:00 p.m.**

**Preregistration deadline: 5:00 p.m., June 13<sup>th</sup>**

The *Nyungne* practice of the eleven-faced, thousand-armed form of Chenrezig (*Avalokiteshvara*), the Buddha of compassion, is for purifying negative karma and accumulating merit and wisdom in a short but intensive retreat setting. This intensive practice requires maintaining the eight *Mahayana* precepts on the first day and on the second day adding vows of fasting and silence for twenty-four hours. Meditation sessions include prayers, offerings, prostrations, and extensive mantra recitation, cultivating all three vehicles of Buddhism. Practicing *Nyungne* with great devotion increases peace in oneself and the world, brings happiness and good fortune, and leads to rebirth in Buddha *Amitabha's* Pureland of *Dewachen*.

It is said in the text called the *Collection of the Intentions of All Tantras* that if practitioners of the *Mahayana* do a *Nyungne* even once, they will purify all the wrongdoing accumulated throughout forty thousand eons and achieve rebirth as either a human or *deva*. If done eight times consecutively, the state of a stream enterer is attained and rebirth in *Dewachen* is guaranteed. If performed twenty-five times, the state equal to a once-returner is attained and all wrongdoing of the previous eighty thousand eons is purified. Performed fifty times the state equivalent to a non-returner is achieved and all wrongdoing for the prior eight hundred million eons is purified. If the *Nyungne* is performed 108 consecutive times, *arhatship* is attained and all the wrongdoing and obscurations of the past one billion eons is purified and birth in *Dewachen* in the direct presence of Buddha *Amitabha* is assured.

Please join us for this deeply beneficial practice! *For this retreat, participation in all three days is required.*

### REGISTERING FOR EVENTS

Please note that pre-registration is required for all Garchen Institute events. To pre-register, your non-refundable deposit of one day's tuition (\$30) and 50% of the cost of meals you wish to purchase (\$4 for breakfast, \$7 for lunch, \$7 for dinner) is due no later than 5:00 p.m. one week prior to the start of the event. To reserve meals, your meal deposit must be received by the deadline.

To pre-register or inquire about work-study opportunities, email the Institute at [questions@garchen.net](mailto:questions@garchen.net) or call 928-925-1237. For further information, please visit our website at [www.garchen.net](http://www.garchen.net).



# Arizona Friends of Tibet

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The Arizona Friends of Tibet  
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### Local Buddhist organizations:

Dharmakirti College  
749-4217  
[www.dharmakirti.org](http://www.dharmakirti.org)

Drikung Namgyal Ling  
465-1882  
[www.drikungkagyutucson.org](http://www.drikungkagyutucson.org)

Tucson Shambhala  
735-2740  
[www.tucson.shambhala.org](http://www.tucson.shambhala.org)

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

AZ Diamond Zen Center  
572-3777

AZ Soto Zen Center  
325-3155  
[www.azszo.org](http://www.azszo.org)

Zen Desert Sangha  
235-4275  
[www.zendesertsangha.org](http://www.zendesertsangha.org)

Manjushri Wisdom Center (FPMT)  
971-1681  
[www.manjushriwisdom-fpmt.org/](http://www.manjushriwisdom-fpmt.org/)

Visit [www.arizonafriendsoftibet.org](http://www.arizonafriendsoftibet.org) for  
the latest postings of activities and  
events in the local Buddhist

*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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