



Arizona Friends of Tibet

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Arizona Friends of Tibet Presents DR. ROBERT THURMAN Lecture on March 3rd , 7:00 p.m. at The University of Arizona Modern Languages Auditorium

Robert Thurman, Professor of Buddhist studies in the Department of Religion at Columbia University, will lecture on "Inner Revolution: Taking Advantage of Hardship and Disaster – Spiritual and Scientific Resources from Tibet" at The University of Arizona Modern Languages Auditorium on Saturday, March 3rd at 7:00 p.m.



Speaking of his presentation, Thurman says, "What I have learned from the Tibetans has forever changed my life. I believe their culture contains an inner science particularly relevant to the difficult times in which we live. My desire is to share some of the profound hope for our future that they have shared with me."

The New York Times refers to Thurman as "The Dalai Lama's man in America." Professor Thurman has lectured all over the world, and his charisma and enthusiasm draw packed audiences. He

is the current President of Tibet House-NY. He is a scholar, author, former Tibetan Buddhist monk, co-founder with Richard Gere of Tibet House in New York City and a close personal friend of His Holiness the 14th Dalai Lama. The father of five children, including the actress, Uma Thurman, he is the Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies at Columbia University, the first endowed Chair in this field of study where he serves as president of the board of the American Institute Buddhist Studies. Time Magazine named him one of the "25 Most Influential Americans." He is the author of many books on Tibetan Buddhist religion and culture.

Thurman's presentation is sponsored by the Arizona Friends of Tibet. Tickets are \$15, \$6 for students and are available at Antigone Books and the U of A Campus Bookstore.

For additional information or to arrange a telephone interview with Professor Thurman, please contact Michelle Duffy at (520)647-4887 or spaceharmony@gmail.com.

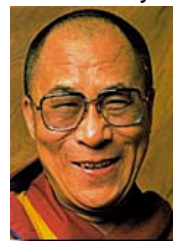
Our Mission Statement

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



The Dalai Lama

~ The Dalai Lama of Tibet



THE PRESIDENT'S CORNER

BY PEGGY HITCHCOCK

Dear Friends:

Wishing you all a belated Happy New Year. May this New Year, the Tibetan year of the Water Dragon, bring us all peace and prosperity.

We have a very exciting schedule planned, highlighted by a visit from my beloved friend, Robert Thurman. Bob is returning to Tucson after a hiatus of several years to give a talk for us on Saturday, March 3rd. His subject, "The Inner Revolution", is one which I know will strike a chord in all our hearts. Bob is a truly inspired speaker, to which anyone who has ever heard him will testify. He has the unique ability to present complex Buddhist philosophical concepts in a way that is accessible to the general public using his great sense of humor. For anyone who has never heard him speak, I encourage you to take advantage of this wonderful opportunity. For those of you who have heard him speak, please spread the word to your friends and family. Advance tickets will be available at Antigone Books and at the UofA Bookstore on the campus. Please check our website and look for the email blast coming soon. If anyone would like to volunteer to help with this event, please contact Michele Duffy at spaceharmony@gmail.com.

We are delighted to welcome three wonder-

ful new board members: Emily Vance, her brother Doug Wright, and Michele Duffy. Michele's first Buddhist teacher was Robert Thurman. She says "I have no idea how that weekend spent listening to Bob 16 years ago at Riverside Church on New York City's west side would change my life, but I am so grateful that it did! With depth, insight, humor, and grace, he described how cultivating the Buddha nature within ourselves was as a door that opened up an entirely different way of living to me that provided real life tools to navigate my life with grace. I am still a student of small capacity, but a dedicated Tibetan Buddhist. I thank Dr. Thurman for his kindness and generosity in teaching others an approach to life that develops happiness, kindness, compassion, love, and wisdom to heal ourselves and hopefully the planet."

Losang Samten, a former Namgyal monk and old friend, will be returning to Tucson in May to do a book signing for his new book. He will be giving teachings and will be available to do private healing sessions as well. Information on all this will be available soon on our website and via email blast.

Wishing you all a glorious winter and hope to see you at all of our future events!

Best Wishes,

Peggy Hitchcock
President, Arizona Friends of Tibet

UPCOMING COMMUNITY EVENTS

ONE GLOBAL VILLAGE FUNDRAISER

Circle the evening of Tuesday, April 3rd on your calendar. You will want to see the enthralling documentary on Tibetan nomad life, "Summer Pasture", and an inspiring teaching on film by His Holiness the Dalai Lama. These will be shown at the Loft Cinema as a fundraiser for One Global Village, who sponsors projects to benefit Tibetans in Tibet and support a Tibetan student in the U.S.

In "Summer Pasture", Locho and Yama are a Tibetan couple and nomadic herders pursuing a way of life that has changed little over 4,000 years and is now facing the challenges of modernity. For more information, contact Ramona Johnson, (520) 624-4216.

DHARMAKIRTI HOSTING KHENCHEN LAMA — LOSAR FEBRUARY 22ND

TERGAR MEDITATION COMMUNITY SUMMER 2012 RETREATS

Exploring the Nature of Mind with Drubwang Tsoknyi Rinpoche—St. John's University, Minnesota, June 6th-13th

Joy of Living Summer Retreats:

Summer Retreat with Tergar Instructor Tim Olmsted—Portland, Oregon, July 13th-19th

Summer Retreat with Tergar Instructor Myoshin Kelley—Litchfield, Connecticut, July 21st-27th

For more information about Tergar and upcoming programs, visit our website at tergar.org.



BREATHING FOR HEALTH AND ENLIGHTENMENT

FRIDAY EVENING, MARCH 30TH 6:30 – 8:00 P.M.

UNITY CHURCH (HARMONY HALL) – TUCSON, AZ

(3617 N. Camino Blanco – Tucson, 85718 between Swan and Craycroft on the north side of River Road)

Breathing is the most essential resource we have; its power to assist with meditation and the challenges of everyday life has been known since ancient times. The goal of this seminar is to help you access that power and use it in staying healthy and to make your lives more nourishing, more comfortable, and more breathable.

You will learn new, scientifically-based skills to help you improve your meditation, stay focused, increase concentration, relax muscle tension and reduce anxiety and depression. These skills are also applicable in alleviating symptoms of breathlessness, allergies, asthma, high blood pressure, sleep apnea and snoring.

Robert Litman, creator of The Breathable Body and international movement, breath and anatomy educator since 1988 will present experiential exercises, lecture and slides helping you to gain immediate benefit from the evening.

Robert has lived in Tucson for over 40 years and maintains a private practice and offers classes in Tucson and internationally. He also teaches in Dr. Andrew Weil's program for Integrative Medicine at the University of Arizona and is on the faculty of Continuum Movement.

Additional information on Robert Litman and his teachings is available at:

www.asthmafreearizona.com, www.thebreathablebody.com, and www.continuummovement.com.

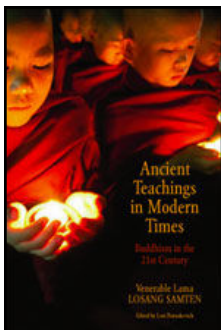
For more information about this presentation, contact Robert at (520)975.1502 or robert@thebreathablebody.com or Unity Church (Harmony Hall) www.unitytucson.com).

Proceeds of the presentation go to benefit Arizona Friends of Tibet efforts on behalf of Tibetans in Tibet.

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LOSANG SAMTEN BOOK SIGNING

Losang Samten, former Namgyal monk and past visitor to Tucson for AFoT-sponsored Kalachakra and Wheel of Life sand mandala events and teachings, will be returning to Tucson in May for a book signing for his new book, *Ancient Teachings in Modern Times: Buddhism in the 21st Century*. He also will be giving teachings and be available for private healing sessions. Details of the visit will be available soon.





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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