



MEDITATION SCHEDULE

Mondays @ 7 pm: Dorje Drolo

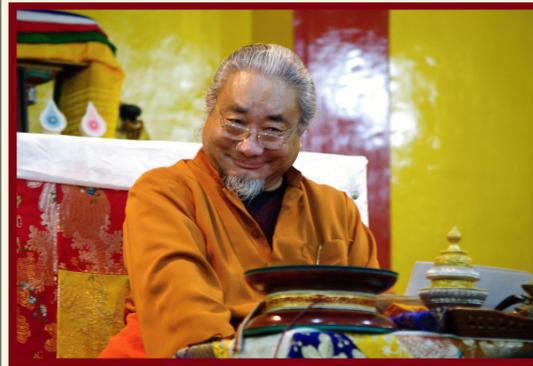
Wednesdays @ 7 pm: Kalden Drendze, "A Guide to the Fortunate" (specifically for protection against war, famine, and plague)

Saturdays @ 10 am: Introduction to Tibetan Buddhism (call for more info)

Saturdays @ 11 am: Riwo Sang Chod smoke offering



THE DRIKUNG DZOGCHEN CENTER OF ARIZONA WAS FOUNDED IN 2014 BY VENERABLE ONTUL RINPOCHE. GRATEFUL ACKNOWLEDGEMENT IS ALSO MADE TO CLIFF LEFTWICH FOR THE MANY BLESSINGS AND DONATIONS OVER THE YEARS THAT HAVE MADE OUR SHRINE ROOM POSSIBLE, IN WHICH OUR DEVOTED MISSION HAS BEEN AND WILL CONTINUE TO BE TO BRING BENEFIT TO ALL BEINGS. MAY ALL BEINGS HAVE HAPPINESS AND THE CAUSES OF HAPPINESS. SARVA MANGALAM.



DRIKUNG DZOGCHEN CENTER OF ARIZONA



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The Practice of Tibetan Buddhism

What is the basis of who we are? Most go through life in search of external conditions to satisfy our need for fulfillment and happiness, and yet find such searching to be ultimately fruitless, as all things eventually decay and are lost. In this way, life is so often full of suffering because we base it on the need for gain rather than an acceptance of how things are in their natural state. In this light, the practice of Buddhism focuses on cultivating and refining our natural state of awareness, what has been and always will be the source of ultimate happiness.

“LIFE IS NOT SUFFERING: LIFE HAS THE NATURE OF SUFFERING AND IS BEAUTIFUL.” - ZA CHOEJE RINPOCHE

In particular, Tibetan Vajrayana Buddhism provides very powerful methods of visualization and mantra recitation to awaken one to one's primordial mind-state, the ultimate ground of all phenomena and our awareness of it as integrally the same essence. One begins with the four thoughts that turn the mind:

First, everything is impermanent. There is nothing that has any ultimate solidity and lasting state of fixity in time and space.

Second, we have this precious human life, so brief and so rare in the firmament of all life-forms, and the only kind of embodiment that provides any real opportunity to advance ourselves toward enlightenment.

Third, there is the law of cause and effect or Karma, to which we continually find ourselves bound, always carrying us forward from one life to the next, endlessly.

Finally, there are the basic defects of “Samsara,” the suffering of gradual change, the suffering of sudden change, and the suffering of suffering itself, as well as the sufferings of birth, old age, sickness, death, getting what we don't want, not getting what we do, the loss of loved ones, and the fear of meeting enemies.



In contemplating and realizing the nature of these Four Thoughts, as well as all causes of suffering, one realizes the necessity of cultivating inner happiness. Through the practices of deity and guru yoga of Vajrayana Buddhism, one transcends the ordinary perceptions that give rise to attachment and enters into a state of awareness of oneself as the essence of the deity or sambhogakaya ('light-body'). One enters into one's natural pure essence state of loving-kindness and compassion.

THE DRIKUNG DZOGCHEN LINEAGE

About Venerable Ontul Rinpoche

Ontül Rinpoche received Mahamudra and Dzogchen teachings from H.H. Dalai Lama, H.H. Kyabgon Chetsang Rinpoche, H.H. Dudjom Rinpoche, H.H. Dilgo Khyentse Rinpoche, Yogi Pachung Rinpoche, Polu Khenchen Dorje, Ven. Khunu Lama Tenzin Gyaltzen, Kyabje Kalu Rinpoche, Khenpo Khedrup Rinpoche and others. From the yogi Chyunga Rinpoche, Ontül Rinpoche received teachings and his personal instructions on the Drigung Kagyu Five-Fold Profound Path of Mahamudra. In the years which followed, Ontül Rinpoche went to Drigung Kagyu Monasteries in Ladakh where he received most of the important empowerments, instructions and oral transmissions of the Drigung Kagyu tradition from H.E. Choje Togden Rinpoche.

Ven. Ontül Rinpoche holds both the unbroken lineages of the Maha Mudra and Maha Ati transmission of Drigung Kagyu and Nyingma. Rinpoche is a well known Dzogchen Master who has the blessings from His Holiness Dalai Lama, H.H. 16th Gyalwa Karmapa and His Holiness Drigung Kyabgon Chetsang Rinpoche and has many students all over the world in generously sharing precious Dharma to those interested in learning and practicing.

About The Director

Tom Cox has been practicing the Dharma for 24 years, in which his principal teachers are Ven. Ontul Rinpoche, Ven. Khenchen Gyaltzen Rinpoche, H.E. Garchen Rinpoche, H.E. Jigme Lodro Rinpoche, HH Do Khentse Rinpoche and Yogi Lama Gursam. He has written a number of books of poetry, including “The Lotus King,” an epic re-telling of the life-story of Padmasambhava.

