



LIVINGDHARMA

Yongey Peace
Prevails Center

December 2008

Calendar

Dec. 1, Monday

Calm Abiding Meditation
6:30 p.m. PHOENIX YPPC

Dec. 9, Tuesday

Calm Abiding Meditation
6:00 p.m. TUCSON - Ames
Residence.

Dec. 23, Tuesday

Calm Abiding Meditation
6:00 p.m. TUCSON - Ames
Residence.

Dec. 28, Sunday

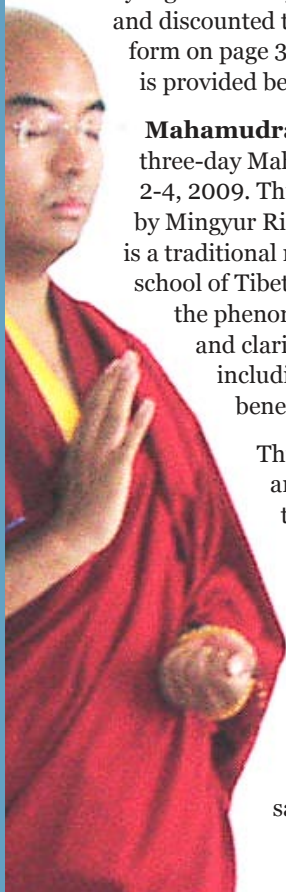
Mahamudra Level I Practice
9:00 a.m. PHOENIX YPPC

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Willie Ames
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Yongey Mingyur Rinpoche to Teach Mahamudra & Calm Abiding Meditation

Early Registration for 2009 Programs in Phoenix Now Underway

YPPC is pleased to announce that Yongey Mingyur Rinpoche will teach both Mahamudra Level I and II programs this year in Phoenix, April 30 - May 4, as well as a lead a Calm Abiding (*Shamatha*) Silent Retreat August 23-26. Rinpoche will also bestow two empowerments.

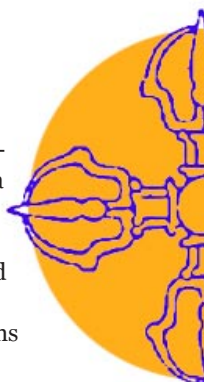
Early registration by January 31, 2009 is encouraged and discounted through use of the registration form on page 3. A brief summary of the programs is provided below.

Mahamudra Level I: Anyone may sign up for the three-day Mahamudra retreat Saturday through Monday, May 2-4, 2009. This retreat is the first of a three-year program led by Mingyur Rinpoche. The step-by-step Mahamudra approach is a traditional meditation method emphasized by the Kagyu school of Tibetan Buddhism, culminating in the experience of the phenomenal world as the non-dual union of emptiness and clarity. Rinpoche says that students of other traditions, including Dzogchen, will also find this Level 1 retreat beneficial.

This level will cover how to approach the teaching and practice with proper balance and motivation, the main points of meditation posture, details of calm abiding meditation (*shamatha*), loving kindness and compassion, emptiness, and the preliminary practices including The Four Thoughts that Turn the Mind, and the first two practices of Ngöndro: refuge with prostrations and bodhicitta, and Vajrasattva purification practice.

In Rinpoche's introduction to Level I in 2006, he said, "You can follow [this program] step-by-step

(continued on next page)



for three years. Then after three years, you fully become a Buddha. That's good, yeah? Just kidding. It's up to you. But after three years, you will have received the full body of the practice of what we call Mahamudra.

“There are three great lineages of practice: Mahamudra, Mahasamdi (or MahaAti -- Dzogchen, the same), and Mahamadyamika. Within this three-year program, you're going to receive the essence of these three. And that is enough to become a Buddha.

“But if you don't want to join the second level, that's also okay -- because for the first level we have homework. If you finish the homework, then you can join the second level. But if you think you cannot finish the homework . . . it's okay, you can stay in the first level for three years, four years, five years. So, in this retreat, it doesn't mean once you join, you have to finish in three years.”

Mahamudra Level II: If students have finished their homework from Level I, they may register for Level II, to be held Thursday and Friday, April 30 - May 1, 2009. This retreat will include the introduction of the last two preliminary practices of Ngöndro: mandala offering and guru yoga. Rinpoche will also point out the nature of mind and discuss practices related to this.

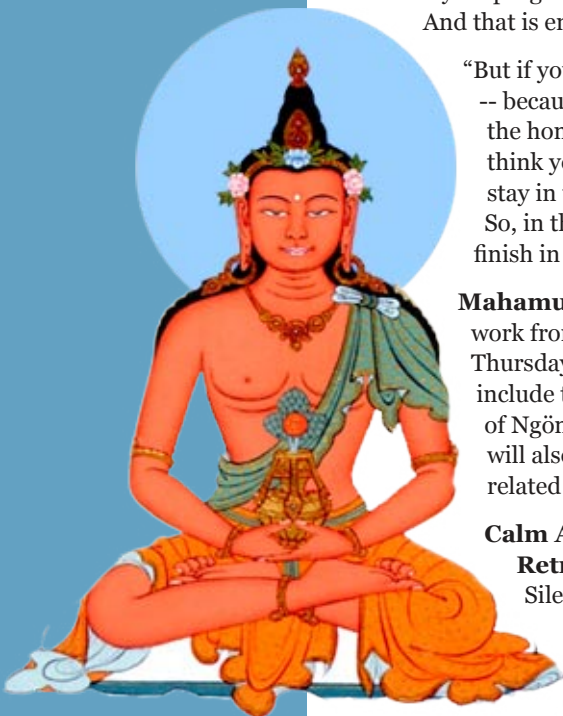
Calm Abiding (Shamatha) Meditation Silent

Retreat: Anyone can join the Calm Abiding (*Shamatha*) Silent Retreat, held Monday through Wednesday, August 24-26. The retreat is organized through the kindness of the Phoenix Buddhist Association in coordination with YPPC. Thus, you can register through YPPC (refer to registration form on page 3).

In Rinpoche's book *The Joy of Living*, he says that the purpose of calm abiding meditation (Sanskrit: *shamatha*; Tibetan: *shinay*), is to slowly and gradually break the habit of following thoughts and emotions that cause us to lose touch with the here and now, favoring instead all sorts of fantasies, judgements, memories and other scenarios that may have nothing to do with the present moment. With calm abiding practice, he says, “you'll find yourself gradually becoming free of the mental and emotional limitations that are the source of fatigue, disappointment, anger, and despair, and discover within yourself an unlimited source of clarity, wisdom, diligence, peace, and compassion.”

Four-Armed Chenrezig Empowerment: Chenrezig is the embodiment of the compassion of all the Buddhas of past, present and future. Rinpoche will bestow a Chenrezig empowerment on Friday, May 1, 2009, at 7:00 p.m.

Long Life Buddha Amitayus Empowerment: Amitayus is the Buddha of Limitless Life. Rinpoche will bestow the Buddha Amitayus empowerment on Saturday, May, 2, 2009, at 2:00 p.m.



A depiction of Buddha Amitayus by thangka artist Ang Tsherin Sherpa.

“You'll find yourself gradually becoming free of the mental and emotional limitations...”



Yongey Mingyur Rinpoche's 2009 Teachings in Phoenix

Early Registration Form

To register by mail, print out this form, fill in the information, and mail the completed form to the address below. Payment options are listed at the bottom of this form.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

I wish to attend and pay for the following programs:

NOTE: Early registration with payment made before January 31, 2009 will receive 10% off as noted under "Early Fee" column. All fees are US dollars.

Events	Dates	Standard Fee	Early Reg.Fee
() Mahamudra Level II <i>Must have completed Mahamudra Level I homework.</i>	April 30 - May 1, 2009	\$ 260	\$ 234
() Chenrezig Empowerment <i>Free for students attending Mahamudra Level I or II</i>	May 1, 2009 7:00 p.m.	\$ 20	\$ 18
() Mahamudra Level I	May 2-4, 2009	\$ 260	\$ 234
() Long Life Empowerment with Buddha Amitayus <i>Free for students attending Mahamudra Level I or II</i>	May 2, 2009 7:00 p.m.	\$ 20	\$ 18
() Calm Abiding Meditation (Shamatha) Silent Retreat	August 24-26, 2009	\$ 260	\$ 234
() General Donation to YPPC (optional)			_____
() Please add me to the YPPC mailing list.			_____
() I am an ordained monk/nun. <i>Course fees waived</i>			_____
		TOTAL	_____

Payment Method: *Regardless of payment method, register by sending your completed form to: YPPC , PO Box 48630, Phoenix, AZ 85075*

_____ **Check (enclosed).**
Make checks payable to YPPC and mail it with your completed registration form to the address above.

_____ **I wish to pay at the door.**
Mail this completed registration form to the address above, and bring a copy of this form with you to the event.

_____ **I will pay online at YPPC's PayPal site.**
To pay online, go to www.yongeypeace.org/giving.html, and click the "Donate" button. Type "Rinpoche Teaching 2009 Registration" in the purpose list. Please mail us your PayPal receipt and this registration form for record keeping purposes.

Once your payment and registration information have been received, we will send you confirmation via e-mail or voice-mail.



YPPC is a 501(c)3 nonprofit organization, making your charitable contributions tax-deductible.

Contact Information:

If you have any questions about the teaching program or registration, please contact one of the group study coordinators listed below:

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Maryanne Kremer-Ames
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HOW DID YOU HEAR OF YPPC & THIS PROGRAM?

Even if you are a returning student, we would like to know how you learned of YPPC and these 2009 teachings.



Living Dharma

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Buddha Amitayus
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Lyra photo courtesy of Lyra.

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Dedication

*May this newsletter be
dedicated to the enlightenment
of all beings, and may the
wisdom in such precious gurus as
Yongey Mingyur Rinpoche
quickly ripen students to full
potential, like water
pouring into water.*

Concert Update

“Mind Meets Music” Benefit Welcomes Performances by Lyra & Shangao Cai

YPPC’s revolutionary benefit concert, “Mind Meets Music,” to be held April 5, 2009, at the **Chandler Center for the Arts**, features an outstanding line-up. While most of us have already heard that **Laurie Anderson** and **Lou Reed** will star, two other talented groups are also donating their performances to the cause. These include the acclaimed violin and guitar duo **Lyra**, as well as **Shangao Cai** and the **Phoenix Chinese Art Ensemble**, which will perform authentic Chinese music. You’ll hear more about them in the coming months.



Lyra, with Maryanne Kremer-Ames and Allen Ames.

Concert tickets are \$48, \$58, and \$68 and may be purchased online at www.chandlercenter.org, or by calling the box office at (480) 782-2680. Also, fundraising packages offer the chance to attend a private reception and dinner with **Mingyur Rinpoche**, Ms. Anderson, Mr. Reed, while raising funds for the development of YPPC and Rinpoche’s future **Yongey Peace Institute**. These charity packages may only be purchased from YPPC.

For more information, visit www.yongeypeaceconcert.org.

YPPC News Digest



Home-Based Volunteers

Needed: YPPC is looking for volunteers who can work from their homes to help research contacts online or by phone for the **Fundraising Committee**. Those who would like to help for as few hours (or as many as they would like), may contact **Justin Kardish** at (520) 891-5522, or e-mail him at justin@yongeypeace.org.

Tai Situ Rinpoche’s “Seven Wisdom Quotes”: “Everything is a moment.” This pithy teaching is one of “Seven Wisdom Quotes” introduced by **H.E. Tai Situ Rinpoche** in a series of seven short videos entitled “**Buddha by Nature**,” produced by HHK17. Other quotes: “Impermanence is the greatest knowledge,” and “We are limitless freedom.” To view each delightful video, visit HHK17’s YouTube channel at www.youtube.com/HHK17.