



December ...

January 2005

... February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.						
2	3	4 Meditation: Green Tara 7-8pm	5 Meditation: Metta (Loving Kindness) 7-8pm	6	7	1
9 Guest Teacher: Yangsi Rinpoche Long Life White Tara 11am-3pm	10 Meditation: White Manjushri 7-8pm	11	12 Meditation: Mindfulness 7-8pm	13 Buddhist Studies: Purifying Negativities Without Guilt 7-8pm	14	8 Guest Teacher: Yangsi Rinpoche Lojong 10am-4pm
16 Children's Hour Prayer and Interconnectedness 9:30-10:30am	17 Meditation: Medicine Buddha 7-8pm	18	19 Meditation: Metta (Loving Kindness) 7-8pm Guru Yoga Chanting 8-9pm	20	21	15 Spring Cleaning Day at Emaho Center Film Club <i>Kundun</i> 6-9pm
23	24	25 Center open at dawn Meditation: Chenresig 7-8pm	26 Meditation: Mindfulness 7-8pm	27	28	22
30	31					29 Teachings on DVD by HHDL: 4 Noble Truths noon - 4pm



January ...

February 2005

...March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.		1	2 Metta (Loving Kindness) 7-8pm	3	4 Meditation: Green Tara 7-8pm	5
6 Children's Hour: Losar 9:30-10:30am	7	8 Meditation: White Manjushri 7-8pm	9 Meditation: Mindfulness 7-8pm	10	11	12 Teachings on DVD by HHDL: 4 Noble Truths 12:30 - 4:30pm
13	14	15 Meditation: Medicine Buddha 7-8pm	16 Meditation: Metta 7-8pm	17 Buddhist Studies: Wisdom: The Great Understanding 7-8pm	18	19
20	21	22 Meditation: Chenresig 7-8pm	23 Meditation: Mindfulness 7-8pm	24 Center open at dawn Book Club: <i>Infinite Life, 7 Virtues for Living Well</i> by Robert Thurman 7-8pm	25	26 Guest Teacher: Lama Palden Drolma 10am-4pm Introduction to Mahamudra
27	28					



Page last updated Feb 21, 2005

February ...

March 2005

...April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.		1	2 Meditation: Wisdom 7-8pm	3	4	5 Meditation: Green Tara 7-8pm
6	7	8	9 Meditation: Metta (Loving Kindness) 7-8pm	10 Meditation: White Manjushri 7-8pm	11	12
13	14	15 Meditation: Medicine Buddha 7-8pm	16 Meditation: Mindfulness 7-8pm Guru Yoga Chanting 8-9pm	17 Buddhist Studies: Generosity 7-8pm	18	19 Film Club <i>Seven Years in Tibet</i> 7-9:30pm
20 Children's Hour: Loving Kindness, Intro Pen Pal Program [Rescheduled: formerly Mar 6]	21	22	23 Meditation: Wisdom 7-8pm	24	25 Center opens at dawn Meditation: Chenresig 7-8pm	26 Teachings on DVD by HHDL: <i>Atisha's Lamp</i> noon-5:30pm
27	28	29	30 Meditation: Metta (Loving Kindness) 7-8pm	31		



Page last updated May 22, 2005

April ...

May 2005

... June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Children's Hour: Story of Siddhartha 9:30-10:30am	2	3 Meditation: Green Tara 7-8pm	4 Meditation: Wisdom 7-8pm	5 All events are at Emaho Center unless otherwise noted.	6	7 Tibetan Language Class 9-10:30am Film Club: <i>Cry of the Snow Lion</i> 12-3pm
8 Meditation: White Manjushri 7-8pm	9 Public Talk: "The Art of Appreciating Life" Mustang Library 7-8pm [to be rescheduled]	10	11 Meditation: Metta (Loving Kindness) 7-8pm	12 Buddhist Studies: Medicine Buddha 7-8pm [topic change]	13	14 Workshop: Vajrayana 10am-4pm [to be rescheduled]
15	16 Meditation: Medicine Buddha 7-8pm	17	18 Meditation: Mindfulness 7-8pm Guru Yoga Chanting 8-9pm [chanting to be rescheduled: retreat preparations will take place instead]	19	20 Retreat: Arrival (camp set up any time during the day - Dairy Spring outside Flagstaff)	21 Retreat begins: Medicine Buddha Empowerment begins at 10am [Empowerment rescheduled for May 28]
22 Retreat continues	23 Retreat continues Meditation: Chenresig 7-8pm	24 Retreat continues	25 Retreat ends Meditation: 7-8pm	26	27	28 Medicine Buddha Empowerment: Emaho Center 10am - 4 pm Potluck dinner at Emaho Center 5:30 pm
29 The Vajrayana of Medicine Buddha: Emaho Center 10am - 4 pm	30	31 Workshop: Dream Yoga 6:45 - 9:00 pm				



Page last updated May 27, 2005

May ...

June 2005

... July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted			1 The Art of Meditation 6:45 - 9:00 pm	2 Workshop: Dream Yoga 6:45 - 9:00 pm	3	4 Tibetan Language Class 9-10:30-am
5 Children's Hour Buddha's life story 9:30-10:30am [to be rescheduled]	6 Public Talk "The Art of Living in Peace" Mustang Library 6:30-7:30pm	7 Tantric Practice Workshop 7-9pm	8 Tantric Practice Workshop 7-9pm	9 Tantric Practice Workshop 7-9pm	10 Tantric Practice Workshop 7-9pm	11
12 Guru Yoga: 10:30 - 11:00 am Workshop: The Third Turning of the Wheel of Dharma, Buddha Nature 1-4 pm [to be rescheduled]	13	14	15 Meditation: Wisdom 7-8pm	16 Buddhist Studies: Renunciation 7-8pm	17	18
19	20	21 Meditation: Chenresig 7-8pm	22 Center open all day Meditation: Metta (Loving Kindness) 7-8pm	23	24	25
26	27	28	29	30 Book Club: <i>Ethics for a New Millennium</i> by His Holiness 7-8pm		



Page last updated July 27, 2005

June...

July 2005

...August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.					1 Tsok 7-9pm (to be rescheduled)	2 Tibetan Language Class 9-10am Meditation: Green Tara 7-8pm
3	4	5	6 Meditation: Chenrezig (mantra collection) 7-8pm	7	8	9 Video showing Vajrayana Class 1 - 9:30-11:30am His Holiness Birthday Potluck Celebration 12-2pm Video showing Vajrayana Class 2 - 2:30-4:30pm
10 Children's Hour: Compassion in Action 9:30-10:30am Day of Refuge 1-4pm (to be rescheduled)	11	12 Meditation: White Manjushri 7-8pm	13 Meditation: Bodhicitta 7-8pm	14 Meditation: Medicine Buddha 7-8pm	15	16
17	18	19	20 Meditation: Green Tara 7-8pm	21 Center open all day Meditation: Chenresig 7-8pm	22	23 Workshop: Vajrayana 10am-4pm [rescheduled from July 16]
24	25 Public Talk: "The Art of Dealing with Jealousy" Mustang Library 6:30-7:30 pm [rescheduled from July 28]	26	27 Meditation: Mindfulness 7-8pm [with Rinpoche]	28 Buddhist Studies: Vajrasattva 7-8pm	29	30 Meditation Workshop in preparation for His Holiness's teachings 1-4 pm
31						



Page last updated April 24, 2005

March ...

April 2005

... May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.					1	2 Tibetan Language Class 9-10:30am
3 Children's Hour Celebrating Earth Day 9:30-10:30am	4 Public Talk "The Art of Letting Go" Mustang Library 7-8pm [cancelled]	5 Meditation: Green Tara 7-8pm	6 Meditation: Mindfulness 7-8pm	7	8 Meditation: White Manjushri 7-8pm	9 Workshop: Vajrayana 10am-4pm [cancelled] Meditation: Medicine Buddha 5-6 pm
10 Workshop: Dream Yoga 1-4pm [rescheduled to April 27]	11	12	13 Guest Teacher: Venerable Thubten Chodron 7-9pm	14 Guest Teacher: Venerable Thubten Chodron 7-9pm	15	16
17 Guru Yoga Chanting 11am-12pm	18	19 Tsok 7-9pm [cancelled]	20 ZaChoeje Rinpoche: The Art of Meditation 6:45-9:00pm [cancelled]	21 Buddhist Studies: Love and Compassion 7-8pm [topic change]	22	23
24 Center open at dawn Meditation: Chenresig 7-8pm	25	26	27 ZaChoeje Rinpoche: Workshop: Dream Yoga 6:45-9:00pm [changed to Medicine Buddha meditation]	28 Book Club: Working With Anger by Thubten Chodron 7-8pm	29	30



Page last updated August 23, 2005

July...

August 2005

...September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.	1	2	3 Meditation: Metta (Loving Kindness) 7-8pm	4	5 Meditation: White Manjushri 7-8pm	6
7 Children's Hour: Mindfulness and intro to Mandalas 9:30-10:30am	8	9	10 Meditation: Mindfulness 7-8pm	11	12	13 Meditation: Medicine Buddha 11am-12pm Tantrayana teachings on DVD at Emaho Center 1:00 pm
14	15 Introduction to Tsok with Rinpoche 7-9pm	16	17 Evening Workshop with Rinpoche: Bodhicitta 7-9pm	18 Buddhist Studies: Morality 7-8pm	19 Center open all day Meditation: Chenresig 7-8pm	20 Workshop: Vajrayana 10am-4pm
21 Guru Yoga with Rinpoche 11am-12pm Workshop: Atisha's Lamp to the Path (Part 1 of 4) 1-4 pm	22	23	24 Meditation: Metta (Loving Kindness) 7-8pm	25 Book Club: <i>Good Life, Good Death</i> by Rinpoche Gehlek 7-8pm	26	27 Workshop: Atisha's Lamp to the Path (Part 2 of 4) 1-4 pm
28	29 Meditation: Green Tara 7-8pm	30	31 Tong Len 7-9pm			



Page last updated Sept. 10, 2005

August...

September 2005

...October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.				1	2 [Rinpoche to Yakima 9/2 to 9/4]	3 Meditation: White Manjushri 7-8pm
4	5	6 Public Talk: "The Art of Being Content" Mustang Library 7-8pm [to be rescheduled]	7 Meditation: Wisdom 7-8pm	8 Buddhist Studies: Green Tara 7-8pm	9	10 Workshop: Vajrayana 1-4 pm Film Club The Matrix from a Buddhist View 6-8pm
11 Children's Hour, with Rinpoche: Harmlessness 9:30 - 10:30am Meditation: Medicine Buddha 11:30am - 12:30pm	12	13 Tsok 7-9pm	14 Meditation with Venerable Thubten Chodron: Developing Love and Compassion in the Tonglen Practice 7:00 pm	15	16 His Holiness the Dalai Lama teaches in Tucson	17 His Holiness the Dalai Lama teaches in Tucson
18 His Holiness the Dalai Lama teaches in Tucson Center open all day Meditation: Chenresig 7-8pm	19 His Holiness the Dalai Lama teaches in Tucson	20	21 Meditation: Mindfulness 7-8pm	22	23	24 Workshop for Yamantaka Empowerment 1pm-4pm
25 Yamantaka Empowerment 10am - 4pm	26	27 Meditation: Green Tara 7-8pm	28 Meditation: Wisdom 7-8pm	29	30	



Page last updated Oct. 23, 2005

September...

October 2005

...November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.						1 Tibetan Language Class 9-10:30 am [Rinpoche to Yakima 10/1 to 10/2]
2 Children's Hour: Compassion in Action 9:30-10:30pm	3 Public Talk: "The Art of Relaxation" Mustang Library 7-8pm	4 Meditation: White Manjushri 7-8pm	5 Meditation: Metta (Loving Kindness) 7-8pm	6	7	8
9 Music and Chanting 6:30-7:30pm	10	11 Meditation: Medicine Buddha 7-8pm	12 Meditation: Mindfulness 7-8pm	13 Tsok 7-9pm	14	15 Workshop: Vajrayana 10am-4pm
16 Fundraiser: Garage Sale	17 Center open all day Meditation: Chenresig 7-8pm	18	19 Meditation: Wisdom 7-8pm	20 Buddhist Studies: Chenresig 7-8pm	21	22 Yamantaka Retreat 5am-9pm
23	24	25	26 Meditation: Metta (Loving Kindness) 7-8pm	27 Book Club: <i>How To Practice - The Way to a Meaningful Life</i> by His Holiness 7-8pm	28 Meditation: Green Tara 7-8pm	29 Workshop: Atisha's Lamp to the Path (Part 3 of 4) 1-4 pm
30 Mantrathon [rescheduled for January 2006]	31					



Page last updated July 27, 2005

October...

November 2005

...December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All events are at Emaho Center unless otherwise noted.		1 Meditation: White Manjushri 7-8pm	2 Meditation: Mindfulness 7-8pm	3	4 [Rinpoche to Yakima 11/4 to 11/6]	5
6 Children's Hour: Perfection of Patience 9:30-10:30am	7	8 Meditation: Medicine Buddha 7-8pm	9 Meditation: Wisdom 7-8pm	10 Buddhist Studies: White Manjushri 7-8pm 7-8pm	11 Tsok 7-9pm	12 Workshop: Atisha's Lamp to the Path (Part 4 of 4) 1-4 pm Film Club 5-8pm
13	14 Public Talk: "The Art of Dealing with Procrastination" Mustang Library 7-8pm	15 Center opens at dawn Meditation: Chenresig 7-8pm	16 Meditation: Metta (Loving Kindness) 7-8pm	17 [Rinpoche in Massachusetts 17th-20th]	18	19
20	21	22	23 Meditation: Mindfulness 7-8pm	24	25 Meditation: Green Tara 7-8pm	26 Workshop: Vajrayana 10am-4pm <i>limited to those with Highest Yoga Tantra initiation</i>
27	28	29	30 Meditation: Wisdom 7-8pm			



Page last updated Dec 12, 2005

November...

December 2005

...January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 [Rinpoche to Yakima 12/2 to 12/4]	3
4 Children's Hour: Karma 9:30-10:30am	5	6 Ahimsa: Emaho's Third Annual Celebration of Peace: Opening Ceremony 10am	7 Ahimsa: Emaho's Third Annual Celebration of Peace: Meditation & Talk 7pm	8 Ahimsa: Emaho's Third Annual Celebration of Peace: Exhibit & Auction at A Studio, 10am-9pm	9 Ahimsa: Emaho's Third Annual Celebration of Peace: Mandala Viewing all day	10 Ahimsa: Emaho's Third Annual Celebration of Peace: Festival, Bazaar, Peace Walk 9am-10pm
11 Ahimsa: Emaho's Third Annual Celebration of Peace: Benefit Concert at Ice House, 5-9pm	12	13	14 Meditation: Mindfulness 7-8pm	15 Buddhist Studies: Mantra 7-8pm	16	17 Workshop: Atisha's Lamp 1-4pm Note new topic and time
18	19	20	21 Meditation: Wisdom 7-8pm	22	23	24
25	26 Meditation: Green Tara 7-8pm	27	28 Meditation: Metta 7-8pm	29 Book Club: <i>Transforming the Mind - Teachings on Generating Compassion</i> by His Holiness 7-8pm	30	31 Meditation: White Manjushri 7-8pm



“The speed at which we are able to progress along the path is completely dependent upon how much compassion we have cultivated in our minds.” – Yangsi Rinpoche

One-Thousand Arm Chenrezig Initiation with Yangsi Rinpoche

**March 20 & 21, 2004
10am to 4pm each day**

**Emaho Center
1402 N. Miller Rd, B-1
Scottsdale, AZ 85257**

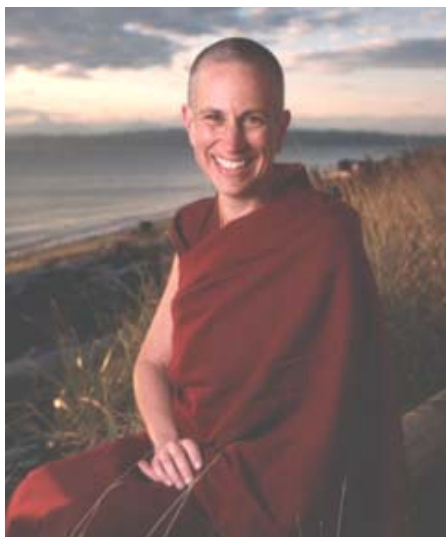
During this special two-day workshop, Yangsi Rinpoche will share the One-Thousand Arm Chenrezig Initiation, including instructions for meditation practice, and teachings on how to expand loving-kindness and compassion in daily life. Chenrezig (Avalokiteshvara in Sanskrit) is the Buddha of compassion. In the Tibetan Buddhist Vajrayana tradition, the purpose of an initiation is to ripen one's mindstream for Tantric practice by making a connection with a particular deity, in this case, the thousand-arm emanation of Chenrezig. The initiate is typically required to promise to do certain meditation practices daily. Those that do not wish to make a daily commitment may simply take the initiation as a blessing, creating a karmic connection with this deity and practice.

Yangsi Rinpoche was born in 1968 in Kathmandu, Nepal. At the age of six he was recognized by His Holiness Trijang Rinpoche, junior tutor to the 14th Dalai Lama, as the reincarnation of Geshe Ngawang Gendun, an eminent scholar and practitioner from Sera Je Monastery in Tibet. Rinpoche resided at Kopan Monastery in Nepal under the care of Lama Thubten Yeshe and Lama Zopa Rinpoche until the age of ten, and then entered Sera Je Monastery in South India. In 1995 he completed his entire course of studies at Sera Je and earned the Geshe Lharampa degree, the highest achievement within the Tibetan monastic educational system. In 1998 Yangsi Rinpoche relocated to Deer Park Buddhist Center in Madison, Wisconsin, where he has taught as resident teacher for five years. Yangsi Rinpoche is the author of the book Practicing the Path: A Commentary on the Lamrim Chenmo (Wisdom Publications, September 2003).

In the spirit of the Dharma, Emaho Foundation is pleased to offer this teaching freely to the community. Doing so, of course, is not without costs. Please consider supporting Emaho Foundation by making a tax-deductible donation at the teaching or by becoming an ongoing financial contributor. Additional information is available on the Emaho web site at www.emahofoundation.org/support.htm.



Emaho Foundation is a Scottsdale-based 501(c)(3) non-profit organization dedicated to assisting with spiritual development, preserving and sharing Tibetan culture, and supporting humanitarian projects. The Sanskrit word emaho pronounced (ay-mah-ho) is an expression of joy and wonder, and an invocation for auspiciousness. For more information visit Emaho on the web at www.emahofoundation.org or call (877) 495-9959



Venerable Thubten Chodron

Emaho Foundation Presents
**Public Talk by
 Ven. Thubten Chodron
 on “Healing Anger”**
April 10, 2004 at 7:00 pm
**Mountain View Community Center
 8625 E. Mountain View Rd.
 Scottsdale, AZ 85258**

Venerable Thubten Chodron emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them in ways easily understood and practiced by Westerners. Emaho Foundation is pleased that Venerable Chodron will be offering the following teachings in Scottsdale:

Date	Time	Teaching by Venerable Chodron	Location
Fri, April 9	7-8pm	1,000 Arm Chenrezig Meditation	Emaho Center, 1402 N. Miller Rd., B-1, Scottsdale
Sat, April 10	3-4pm	Book reading and signing	Changing Hands, 6428 S McClintock Dr., Tempe
Sat, April 10	7-8:30pm	Public Talk: Healing Anger	Mt. View Community Center, 8625 E. Mountain View Rd., Scottsdale (east of Hayden between Shea and Via Linda)
Sun, April 11	9am-12pm	Workshop: Living and Dying Well	Emaho Center, 1402 N. Miller Rd., B-1, Scottsdale

Venerable Chodron was born in 1950 and grew up near Los Angeles. She graduated with a BA in History from the University of California at Los Angeles in 1971. After traveling through Europe, North Africa and Asia for one-and-one-half years, she received a teaching credential and went to the University of Southern California to do postgraduate work in Education while working as a teacher in the Los Angeles City School System. In 1975, she attended a meditation course given by Venerable Lama Yeshe and Lama Zopa Rinpoche, and subsequently went to their monastery in Nepal to continue to study and practice Buddha's teachings. In 1977, she received the sramanerika (novice) ordination, and in 1986, went to Taiwan to take the bhikshuni (full) ordination.

She studied and practiced Buddhism of the Tibetan tradition for many years in India and Nepal, and directed the spiritual program at Lama Tsong Khapa Institute in Italy for nearly two years. She studied three years at Dorje Pamo Monastery in France and was resident teacher at Amitabha Buddhist Centre in Singapore. Venerable Chodron teaches worldwide and is the author of several books, including *Open Heart, Clear Mind; Buddhism for Beginners; Taming the Monkey Mind; and Working with Anger*. Ven. Chodron is founder of Sravasti Abbey, a monastery in eastern Washington State. Please see www.sravastiabbey.org for information. Her students have established an extensive and highly recommended website of her spoken and written teachings at www.thubtenchodron.org.

In the spirit of the Dharma, Emaho is pleased to offer these teachings without required admission fees. Doing so, of course, is not without costs. Please consider supporting Emaho and these special events by making a tax-deductible donation at the teachings you attend or by becoming an ongoing financial contributor. Additional information is available on the Emaho web site at www.emahofoundation.org.



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Lama Palden Drolma

Emaho Foundation Presents

Green Tara Workshop with Lama Palden Dolma

May 15, 2004 :: 10am-4pm

**Emaho Center
1402 N. Miller Rd., B-1
Scottsdale, AZ 85257**

During this special workshop, guest teacher Lama Palden Drolma will offer instruction in Tibetan Buddhist Green Tara meditation practice with practical advice for enhancing our wisdom and compassion in daily life.

Green Tara is considered an enlightened emanation of the feminine aspect of compassion, one who applies active wisdom to alleviate the suffering of sentient beings. By identifying with the compassionate aspect of Green Tara in meditation, we are able to remove fears and obstacles that create suffering in our lives and the lives of others. Green Tara practice brings us courage to see things in new ways and move in new directions.



Lama Palden Drolma became one of the first Western women to be authorized as a lama in the Vajrayana tradition following her completion of the traditional Tibetan Buddhist three-year retreat under the guidance of Kalu Rinpoche. She has taught Buddhist philosophy and meditation for more than 15 years, working to make Vajrayana Buddhist principles and practices more accessible to Westerners. Lama Palden has a deep interest in the psycho-spiritual development of the individual and the integration of spiritual awareness into daily and personal life. She is a mother, lay teacher and licensed psychotherapist in private practice in San Rafael, Calif. and a director of Sukhasiddhi Foundation (www.sukhasiddhi.org).

In the spirit of the Dharma, Emaho is pleased to offer this teaching without required admission fees. Doing so, of course, is not without costs. Please consider supporting Emaho and this special event by making a tax-deductible donation at the teaching and by becoming an ongoing financial contributor. Additional information is available on the Emaho web site at www.emahofoundation.org.



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Green Tara Empowerment and Retreat

with ZaChoeje Rinpoche

19-23 June 2004

Dairy Springs Campground • Mormon Lake Flagstaff, AZ



EMAHO
Foundation

*We should learn
That patience is an
act of bravery
And that anger
is not its defense.*



The Green Tara Teachings and Initiation

Saturday June 19 - Wednesday June 23 2004



During this special outdoor summer retreat, Venerable ZaChoeje Rinpoche will offer instruction and an empowerment in the Tibetan Buddhist Green Tara meditation practice. This event will take place in a Traditional Tibetan Tent in the serene Coconino National Forest near Flagstaff, Arizona.

Green Tara is considered an enlightened emanation of the feminine aspect of compassion, one who applies active wisdom to alleviate the suffering of sentient beings. By identifying with the compassionate aspect of Green Tara in meditation, we are able to remove fears and obstacles that create suffering in our lives and the lives of others. Green Tara practice brings us courage to see things in new ways and move in new directions.

For those who do not wish to take the empowerment, the initiation can be taken as a blessing. For everyone involved, regardless of level of participation, the Green Tara teaching serves as a universal tool to cultivate compassion and courage in oneself.

For those receiving the Empowerment and participating in the



retreat, it is traditional to take vows of discipline for behavior and diet for the duration of the retreat.

Event Schedule:

Saturday June 19: Green Tara Workshop & Empowerment

Sunday June 20: Day 1 Retreat 4 Sessions of Meditation

Monday June 21: Day 2 Retreat 4 Sessions of Meditation

Tuesday June 22: Day 3 Retreat 4 Sessions of Meditation

Wednesday June 23: Day 4 Retreat 4 Sessions of Meditation

Saturday Empowerment and Teaching Schedule:

Empowerment and teaching are scheduled to begin at 10:00 a.m.

Campsites are available starting Friday for all participants.

If arriving Saturday please plan to arrive by 9:00 am.

Daily Retreat Schedule

First Session

During the morning session for those taking the Empowerment, the day will begin with taking the Eight Mahayana Vows. These Vows include the abandonment of:

1. killing,
2. stealing
3. sexual conduct,
4. lying and deceiving others,
5. taking intoxicants,
6. eating late evening meal,
7. sitting on high, expensive bed or seat with pride
8. wearing expensive things with attachment

These vows are taken for 24 hours for the duration of the retreat. They will bring more peace and calm into one's life. One gains control over one's habits and has fewer distractions when meditating.

The remaining meditation sessions will be the Green Tara Sadhana practice and mantra recitation under the guidance of our teacher ZaChoeje Rinpoche.



Attendance and Pricing

One may attend the retreat for the empowerment day only, the first 2 days, or the entire 5-day period.

The cost to attend only the empowerment and workshop on June 19 is \$30, two-day attendance at the retreat (June 19-20) is \$60, and five-

day attendance is \$130. To participate, please fill out the attached registration form and return it to Emaho Foundation with your payment by June 7, 2004. Please Note: This payment is non-refundable unless Emaho cancels the event. If you are unable to attend, you may generally count the payment as a tax-deductible donation to Emaho Foundation.

Also, the specified fee only covers the campground and meal expenses for the retreat. As is Emaho Foundation's policy, there is no required admission fee for the Dharma teaching itself.

To support the Dharma, please plan to make a tax-deductible donation for the teaching on-site at the retreat.

Click Here for registration Form:

<http://www.emahofoundation.org/programs2004/gt-retreat-flyer.pdf>



About Mormon Lake and Accommodations

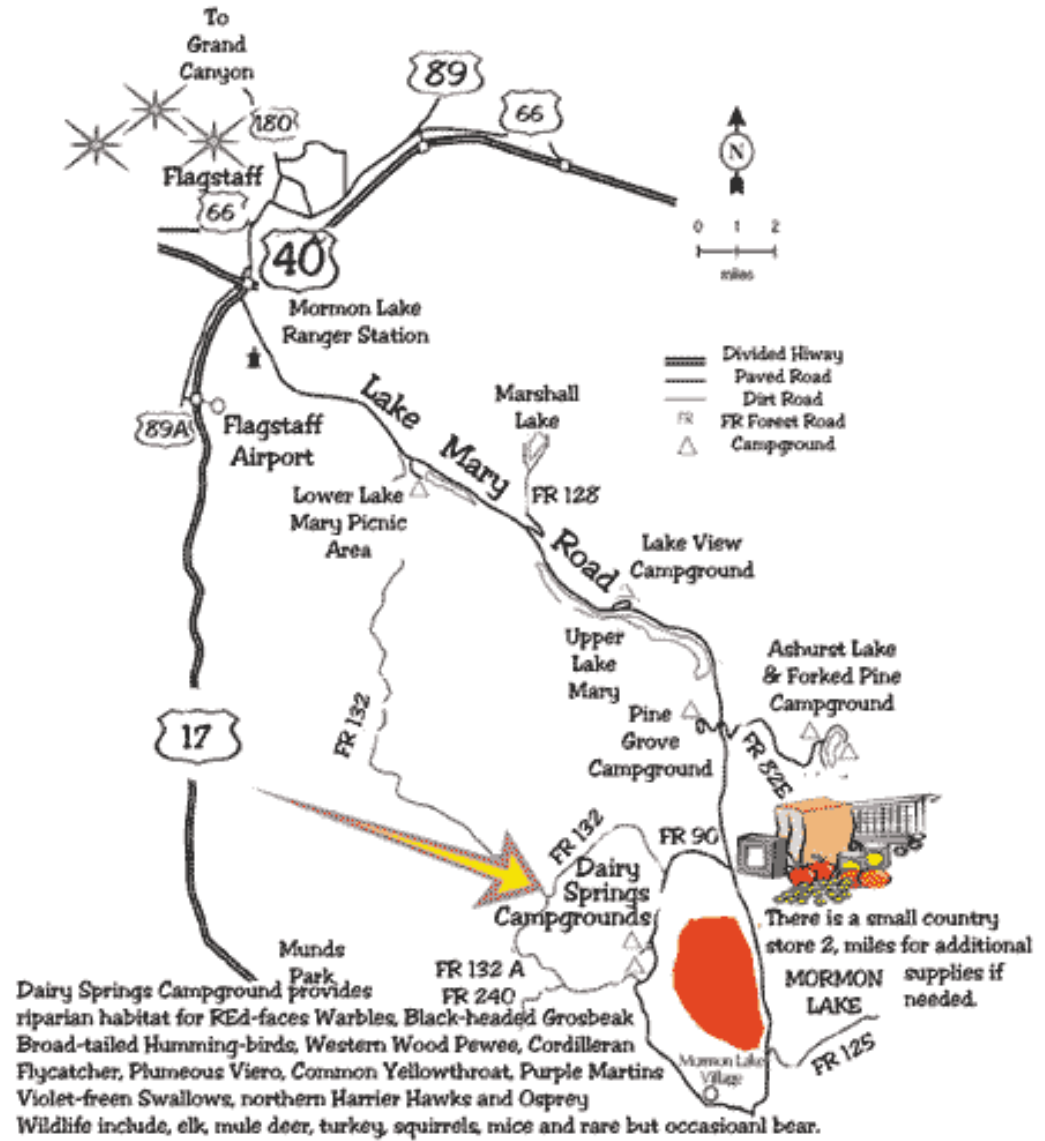
Dairy Springs Campground is approximately 23 miles Southeast of Flagstaff, AZ. Campsites are scattered through cool groves of ponderosa pine, white fir, and Gambel oak. It lies at an elevation of 7000 ft. so please plan according to the elevation and cool mountain air. To ensure a quiet and peaceful retreat environment, Emaho has reserved the entire campground area. Drinking water and toilets are on location. A simple lunch of soup, bread and fruit will be provided each day, as well as a light breakfast (coffee, tea & hot chocolate). Please plan to bring any other food items you may need. Traditionally practitioners will adhere to a vegetarian diet during this event so please plan accordingly. Detailed driving directions, a complete retreat schedule and other needed information will be provided to retreat participants. For those that prefer not to camp at the retreat site, a list of off-site housing options is available from Emaho and may be booked individually by retreat participants.

Maintaining a retreat environment is an enchanting and enjoyable experience. All participants are asked to be mindful of others and contribute in any way possible during the event. Preparing meals, keeping things orderly, cleaning up after meals, and preparing offerings are a great way to generate positive potential and stay involved.

[DOWNLOAD SUGGESTED SUPPLIES LIST IN PDF FORM \(1MB\) \(CLICK HERE!\)](#)

Map to the Retreat Site Dairy Spring Campgrounds

In Flagstaff, off Interstate 17, take Exit 339(Lake Mary Road/Morman Road.) Turn South onto Lake Mary Road and go 20.5 miles to the MormonLake Village sign. Turn right at the sign and go 3.6 miles to the campground sign. At this sign you will also see the Emaho sign board. Turn right into the campground.





ZaChoeje Rinpoche



Children's Hour - 2005 Schedule

Open to children from 5-12 years old. Story discussions promoting the Paramitas, arts and crafts generated from the day's story that inspire compassion in action, Tibetan Yoga, environmental projects and games that support the Dharma teachings, introduction of breathing techniques and introduction of short meditations on mindfulness and loving kindness. Classes will be held Sundays from 9:30-10:30 am.

This page last updated July 27, 2005.

Class Schedule

Sunday January 16
Prayer and Interconnectedness

Sunday February 6
Losar

Sunday March 20 (Rescheduled: formerly Sunday March 6)
Loving Kindness and intro to the Pen Pal Program.

Sunday April 3
Celebrating Earth Day: Interconnectedness through respect and enjoyment for the environment.

Sunday May 1
The story of Siddharta's birth and growing up.

Sunday June 5 [TO BE RESCHEDULED]
Buddha's life story from when he left the palace until he entered enlightenment.

Sunday July 10
Compassion in action and intro to Green Tara. Culmination of fundraiser for pen pals.

Sunday August 7
Mindfulness and intro to mandalas.

Children's Hours with Rinpoche
Sunday September 11
Harmlessness.

Sunday October 2
Compassion in action. Helping others prepare for winter by gathering blankets for the homeless and food for animals.

Sunday November 6
Perfection of patience.

Sunday December 4
Karma: The introduction of karma through a traditional Tibetan children's game.



ZaChoeje Rinpoche



Buddhist Studies

This ongoing Thursday night series is designed to engage us in the study and discussion of basic principles of Buddhist thought. Emaho students present and discuss topics such as Karma, the Four Noble Truths, and Meditation in order to explore concepts and practices that are central to our understanding of the path. Discussion will follow each presentation. This is an exciting opportunity for us to share what we have learned and explore different ways of approaching Buddhist thought.

AT: Emaho Center

TIME: 7:00 - 8:00 pm Thursdays

This page last updated June 12, 2005

January 13
Purifying Negativities

February 17
Wisdom: The Great Understanding

March 17
Generosity

April 14
Love and Compassion [topic change: formerly Medicine Buddha]

May 12
Medicine Buddha [topic change: formerly Love and Compassion]

June 16
Renunciation [topic change: formerly Vajrasattva]

July 28
Vajrasattva [topic change: formerly Renunciation]

August 18
Morality

September 8
Green Tara

October 20
Chenresig

November 10
White Manjushri

December 15
Mantra



Dharma Book Club

Emaho will continue its series of Dharma Book readings suggested by Rinpoche. People are encouraged to read the suggested book and come together to discuss the significance and importance of the book and how to apply this to daily life.

This page last updated January 9, 2005.

Schedule: (All from 7 to 8 pm)

February 24

Infinite Life: Seven Virtues for Living Well by Robert Thurman, Riverhead Books

April 28

Working with Anger by Thubten Chodron, Snow Lion

June 30

Ethics for a New Millennium by HH the Dalai Lama, Riverhead Books

August 25

Good Life - Good Death: Tibetan Wisdom on Reincarnation by Rinpoche Nawang Gehlek, Riverhead Books

October 27

How to Practice: The Way to a Meaningful Life by HH the Dalai Lama, Rider Books

December 29

Transforming the Mind: Teachings on Generating Compassion by HH the Dalai Lama



Lama Palden Drolma

Lama Palden Drolma
Introduction To Mahamudra:
Discovering The Radiant Open Nature Of Reality As It Is

Saturday, February 26, 2005
10am-4pm

[Download flyer for this event in pdf format](#)

WHERE: Emaho Center
1402 N. Miller Rd., Suite B1
Scottsdale, AZ 85257

(Added teachings in Tucson - [click here](#))

In this special workshop at Emaho Center, guest teacher Lama Palden Drolma will offer an introduction to Mahamudra. Literally translated as "great seal," Mahamudra provides a path to directly understand and realize our luminous Buddha-Nature, the true nature of mind and reality, which is the inseparability of clarity, luminosity and openness. This practice facilitates the rapid transformation of our minds and hearts so wisdom, compassion and loving-kindness can open and flourish within us. Mahamudra emphasizes cultivating this deep realization in the midst of our ordinary lives, allowing all our daily experiences to become essential elements of spiritual practice.

ABOUT THE TEACHER: Lama Palden Drolma became one of the first Western women to be authorized as a lama in the Vajrayana tradition following her completion of the traditional Tibetan Buddhist three-year retreat under the guidance of Kalu Rinpoche in 1985. In addition to Kalu Rinpoche, she has studied with many of the great modern Tibetan masters including His Holiness the Dalai Lama, the Sixteenth Karmapa, Dudjom Rinpoche, Jamgon Kongtrul, Situ Rinpoche, Dezhung Rinpoche, Bokar Rinpoche, Khenpo Tsultrim Gyamsto Rinpoche and Adzom Rinpoche.

Lama Palden has taught Buddhist philosophy and meditation for nearly 20 years, working to make Vajrayana Buddhist principles and practices more accessible to Westerners. Lama Palden has a deep interest in the psycho-spiritual development of the individual and the integration of spiritual awareness into daily and personal life. She is a mother, lay teacher, licensed psychotherapist in private practice in San Rafael, Calif. and co-founder of Sukhasiddhi Foundation (www.sukhasiddhi.org).

In the spirit of the Dharma, Emaho Foundation is pleased to offer this teaching without required admission fees. Doing so, of course, is not without costs. Please support this special event by making a tax-deductible donation at the teaching. For additional information about Emaho Foundation, visit www.emahofoundation.org.

Tucson Teachings

While in Arizona, Lama Palden will also be teaching in Tucson on Sunday, February 27. From 8:30am to 4:00pm, Lama Palden will share the "Teachings of Milarepa" and instruction in LuJong, Tibetan meditative movement exercises derived from Trulkhor yoga. A flyer with details on the Tucson event, hosted by Arizona Teachings Inc., is available at http://www.emahofoundation.org/programs2005/Palden_Tucson.jpg



Yangsi Rinpoche

Yangsi Rinpoche

Lojong Teaching
Saturday January 8th
10am-4pm

White Tara Empowerment/Blessing
Sunday January 9th
11am-3pm

WHERE: Emaho Center
1402 N. Miller Rd., Suite B1
Scottsdale, AZ 85257

The Emaho Foundation is pleased to announce that Yangsi Rinpoche will be giving the Lojong Teaching Saturday January 8th from 10am-4pm and on Sunday January 9th from 11am-3pm Yangsi Rinpoche will be offering the White Tara empowerment. Both events will take place at Emaho Center.

The Lojong teachings, or Verses on Transforming the Mind, are one of the most important texts in Tibetan Buddhism. This profound teaching helps us transform our everyday problems and adverse circumstances into favorable conditions on the spiritual path. The Lojong teachings help us to gain a deeper understanding of the value of developing the extraordinary attitude of wishing all beings well, as it helps open our hearts to find our compassion for others, think more positively about ourselves, and live happier lives in general.

Yangsi Rinpoche will guide us step-by-step through this path of transformation, demonstrating how to cultivate wisdom and compassion in our hectic everyday lives, and use this path to overcome difficulties and find happiness for ourselves and others.

In addition, we are pleased to announce that Yangsi Rinpoche has graciously offered to give the White Tara Empowerment on Sunday from 11am to approximately 3pm. This is a rare opportunity to receive this blessing from a true lineage master.

White Tara is a feminine emanation of enlightened compassion, one whose activity of peaceful wisdom alleviates the suffering of sentient beings. When taken with the best possible motivation, receiving the White Tara empowerment becomes a condition to live a long, happy, and healthy life. By identifying with the compassionate aspect of White Tara in meditation, we are able to remove the obstacles that create suffering in our lives and the lives of others. White Tara practice bestows us with longevity and the courage to see things in new ways.

For those who do not wish to take the empowerment, the initiation can be taken as a blessing. For everyone involved, regardless of the level of participation, the White Tara teaching serves as a universal tool to cultivate compassion in oneself.

Yangsi Rinpoche was born in Kathmandu, Nepal in 1968. At the age of ten, he entered Sera Je Monastery in South India, and in 1995 graduated with the highest degree of Geshe Lharampa. In 1998, wishing to benefit Western students of the Buddhadharma, Rinpoche came to the United States to reside at Deer Park Buddhist Center in Wisconsin. Since that time he has taught extensively in the United States, central American, Europe and Asia. Rinpoche has students throughout the world. He is the author of *Practicing the Path*, a commentary on the LamRim Chenmo.

In the spirit of the Dharma, Emaho Foundation is pleased to offer this teaching without required admission fees. Doing so, of course, is not without costs. Please support this special event by making a tax-deductible donation at the teaching. For additional information about Emaho Foundation, visit www.emahofoundation.org.



**Commentary on Atisha's Lamp for the Path to Enlightenment:
Teachings by His Holiness the Dalai Lama
on DVD
at Emaho Center March 26
noon - 5:30pm**

In preparation for Emaho's year of teaching of 2005, please join us this weekend to watch His Holiness the Dalai Lama's

COMMENTARY ON ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

The great Indian master Atisha (982 - 1054) is revered as one of the greatest Masters of Buddhism. The king of Ngari in Tibet made a request to Atisha, whose sincerity and simplicity is said to have pleased him. Nagara said "we do not want teachings that are so vast and profound we shall never be able to adopt them. What we need is something that will tame our minds and enable us to deal with everyday impulsive behavior."

In response Atisha began a set of discourses that later formed most of his influential text, *The Lamp of the Path to Enlightenment*. Atisha organized the entire range of teachings he had received into a straightforward path for the progressive training of a student's mind. Atisha was able to show that the vehicles of sutra and tantra formed an integrated whole.

Four centuries later the great Tibetan master Lama Tsong Khapa wrote about Atisha:

"Wherever the doctrine had disappeared he reestablished it; where it had diminished he revived it; and where it had become stained by wrong interpretations he purified it. Thus he brought dharma in Tibet into a state free from distortion."

His Holiness the Dalai Lama explains Atisha's comprehensive text that brings together the essential points of the three turnings of the Wheel of Dharma.

Atisha's *Lamp For The Path To Enlightenment* sets forth the entire Buddhist path within the framework of the three levels of motivation on the part of the practitioner--the Hinayana, Mahayana and Vajrayana paths. It covers the progressive stages of development of our mental continuum, beginning from the earliest spiritual realizations and culminating in the omniscient mind of Buddha.

His Holiness's presentation is being shown to help us prepare for Emaho's extensive year of teaching of 2005. His Holiness's commentary is clear, often humorous and always insightful as he leads us to better understand the stages of the path we wish to travel. The Dalai Lama's commentary is suitable for people being introduced to Tibetan Buddhism and for more advanced students as well.

This teaching will explain the elementary trainings that will enable us to adopt a sound and right mental outlook and motivation in one's life. This

Introduction To Mahamudra

Discovering The Radiant Open Nature Of Reality As It Is

with Lama Palden Drolma

**Saturday,
February 26, 2005
10am-4pm**



**Emaho Center
1402 N. Miller Rd., B-1
Scottsdale, AZ 85257**

In this special workshop at Emaho Center, guest teacher Lama Palden Drolma will offer an introduction to Mahamudra. Literally translated from Sanskrit as "great seal," Mahamudra provides a path to directly understand and realize our luminous Buddha-Nature, the true nature of mind and reality, which is the inseparability of clarity, luminosity and openness. This practice facilitates the rapid transformation of our minds and hearts so wisdom, compassion and loving-kindness can open and flourish within us. Mahamudra emphasizes cultivating this deep realization in the midst of our ordinary lives, allowing all our daily experiences to become essential elements of spiritual practice.

ABOUT THE TEACHER: Lama Palden Drolma became one of the first Western women to be authorized as a lama in the Vajrayana tradition following her completion of the traditional Tibetan Buddhist three-year retreat under the guidance of Kalu Rinpoche in 1985. In addition to Kalu Rinpoche, she has studied with many of the great modern Tibetan masters including His Holiness the Dalai Lama, the Sixteenth Karmapa, Dudjom Rinpoche, Jamgon Kongtrul, Situ Rinpoche, Dezhung Rinpoche, Bokar Rinpoche, Khenpo Tsultrim Gyamsto Rinpoche and Adzom Rinpoche.

Lama Palden has taught Buddhist philosophy and meditation for nearly 20 years, working to make Vajrayana principles and practices more accessible to Westerners. Lama Palden has a deep interest in the psycho-spiritual development of the individual and the integration of spiritual awareness into daily and personal life. She is a mother, lay teacher, licensed psychotherapist in private practice in San Rafael, Calif. and co-founder of Sukhasiddhi Foundation (www.sukhasiddhi.org).



Lama Palden Drolma

In the spirit of the Dharma, Emaho is pleased to offer this teaching without required admission fees. Doing so, of course, is not without costs. Please consider supporting this special event by making a tax-deductible donation at the teaching and by becoming an ongoing financial contributor. Additional information is available on the Emaho web site at www.emahofoundation.org.



Emaho Foundation is a Scottsdale-based 501(c)(3) non-profit organization. The Sanskrit word emaho pronounced (ay-mah-ho) is an expression of joy and wonder, and an invocation for auspiciousness. For more information visit Emaho on the web at www.emahofoundation.org or call (877) 495-9959.



Public Talks - 2005

WHERE: Mustang Library
10101 North 90th Street
Scottsdale, AZ 85258
Click [here](#) for map

The following schedule of Monday night public talks by Venerable ZaChoeje Rinpoche will be held at Mustang Library. Talks take place from 7:00 pm to 8:15 pm unless otherwise noted.

This page last updated May 27, 2005

April 4 [cancelled]
The Art of Letting Go
Rinpoche will share the art of how to simply let go from a Tibetan Buddhist tradition.

May 9 [cancelled]
The Art of Appreciating Life
Rinpoche will share ways to embrace in appreciation some of the difficult situations we face in life.

June 6 - 6:30 to 7:30 pm
The Art of Living in Peace
Rinpoche will share why things fall to pieces, how we can pick them up, and how we can quickly regain our mental peace.

July 11 [to be rescheduled]
The Art of Dealing with Jealousy
Rinpoche will talk about jealousy, how it gets started, what it is, and how to keep it from causing pain to ourselves and others.

September 6 [to be rescheduled]
The Art of Being Content
Rinpoche will share why we tend to jump from thing to thing, place to place, and person to person, explaining the root of these actions so we may better understand how to slow down, take control, and take it easy.

October 3
The Art of Relaxation
Rinpoche will share ways to recognize tension before it gets a hold and how to turn tension into relaxation naturally.

November 14
The Art of Dealing with Procrastination
Rinpoche will share ways to overcome the tendency to procrastinate.

December 6
The Art of Living in Diversity
Rinpoche will share methods on living in brave and compassionate ways with the challenges we face that will give us control in a world seemingly out of control.



Introduction to Vajrayana

- Saturdays, 10 am - 4 pm:
 - April 9 [rescheduled for May 14]
 - May 14
 - June 11 [cancelled]
 - July 16 [rescheduled for July 23]
 - July 23
 - August 20
 - September 24 [workshop for [Yamataka empowerment](#)]
 - October 15
 - December 17

In these workshops, Rinpoche will explain what Tantra is and what it is not. Rinpoche will share information on the Tantric path, the role of the teacher and student, and the steps to understanding the Bodhisattva vows, the Tantric vows and commitments, the universe of the mandala, and the various classes of Tantra. This series of workshops is designed to give the serious student an overview and understanding of Tantric practice.

Page last update August 19, 2005.



Dream Yoga: Two-Part Workshop

- Tuesday May 31, 6:45 - 9:00 pm
and
Thursday June 2, 6:45 - 9:00 pm

This fascinating subject is not only for Buddhist dream yoga practitioners, but for anyone interested in the whole area of lucid dreaming. This is a vast and profound subject. Rinpoche will share with us a glimpse into the yoga of clear light by explaining this profound view in his clear, illuminating, comprehensive and humorous way. He will show us practical methods we can use to develop clarity while sleeping and tools to preserve this clarity while we are in the dream state. Tibetan dream yoga moves beyond lucid dreaming by giving techniques that allow us to enhance and broaden our view of ourselves. The object of the practice is for attaining liberation by becoming familiar with and recognizing the state of clear light. The practice of dream yoga can lead us to cultivate wholesome mental states prior to sleep and to allow these qualities to continue through sleep without our become distracted. In this way sleep itself is the practice of wholesome activity.

Rinpoche will share detailed instructions for dream yoga including foundational practices which are done during the day. He will share techniques for developing clarity within our sleep and dream states. With repeated practice there arises within in the dream the awareness that we are dreaming. The importance of this practice is that it allows us to develop and to break free from habitual negative conditioning by using the dream in a controlled way. At night most of us lose ourselves to our dreams, we fall into sleep and in sleep we have no control. If we can begin to gain control and then begin to become aware in our dreams, we have the potential to be aware in death. The dream yoga practice is used by Tibetan Buddhist practitioners to accelerate spiritual development; it can lead us to the realization of our true potential, the potential to live without suffering and the causes of suffering.

(this workshop has been rescheduled from Wednesday, April 27)

Page last updated May 27, 2005



Venerable Thubten
Chodron

Venerable Thubten Chodron

Why Do Things Happen the Way They Do? Buddhist Teachings on Karma

TEACHINGS:

Wednesday, April 13, 7:00 - 9:00 pm

Thursday, April 14, 7:00 - 9:00 pm

SOCIAL HOUR :

Thursday, April 14, 4:00 - 5:30 pm

all at EMAHO CENTER

In her second visit to Emaho, Venerable Thubten Chodron will talk about how karma works and how we can purify our negative actions. And, join Venerable for social hour and informal talk preceding the teaching on Wednesday.

Real Dharma practice begins when we begin to observe the laws of cause and effect. Venerable Chodron will explain how karma—the actions of our body, speech, and mind—brings about results in our lives. She will also describe techniques for purifying negative karma so that we may live more peacefully and create conditions for ultimately being free of karmic imprints.

Click [here](#) to download flyer in pdf format.

ABOUT THE TEACHER: Venerable Thubten Chodron was born in 1950 and grew up near Los Angeles. She graduated with a BA in History from the University of California at Los Angeles in 1971. After traveling through Europe, North Africa and Asia for one-and-one-half years, she received a teaching credential and went to the University of Southern California to do postgraduate work in Education while working as a teacher in the Los Angeles City School System. In 1975, she attended a meditation course given by Venerable Lama Yeshe and Lama Zopa Rinpoche, and subsequently went to their monastery in Nepal to continue to study and practice Buddha's teachings. In 1977, she received the sramanerika (novice) ordination, and in 1986, went to Taiwan to take the bhikshuni (full) ordination.

She studied and practiced Buddhism of the Tibetan tradition for many years in India and Nepal, and directed the spiritual program at Lama Tsong Khapa Institute in Italy for nearly two years. She studied three years at Dorje Pamo Monastery in France and was resident teacher at Amitabha Buddhist Centre in Singapore.

Venerable Chodron teaches worldwide and is the author of several books, including *Open Heart, Clear Mind: Buddhism for Beginners*; *Taming the Mind: Working with Anger*; and *Tara: A Guiding Star*. She also recorded a series entitled *Guided Meditations on the Lamrim: The Gradual Path to Enlightenment*. Ven. Chodron is founder of [Sravasti Abbey](#), a monastery located in Newport, Washington. She emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them in ways easily understood and practiced by Westerners.



ZaChoeje Rinpoche



The Art of Meditation

Wednesday, June 1, 6:45pm-9:00pm
at Emaho Center

In his concise, clear, succinct, often humorous manner, which is always accessible and practical, Rinpoche will share tools that can help us gain a clearer understanding of ourselves and the world in which we live. Rinpoche's powerful and direct style allows us easy access to the often complex philosophy of Buddhism. He will share with us techniques that will help us overcome the obstacles, doubts and confusions we often face. We can learn to not complain, to not see faults in others, to not live in the past or future, and simply be happy in the present moment. Rinpoche will show how we can gain control over anxiety, insecurity, disappointment, and dissatisfaction, and cultivate instead happiness and peace.

Meditation is a practice through which we can calm our suffering and awaken to our potential. We can safely open our hearts and counter the frustration we often find in our relations to ourselves and others. By cultivating loving-kindness, meditation empowers our mind and makes it serviceable. We can then remove negative mental states and cultivate constructive ones instead. We can develop heart-felt concern for others, love and compassion, and an altruistic intention to benefit all beings. We can develop a real inner spiritual practice, Meditation teaches us how to go about doing this while showing us the beauty of our precious and good heart. We all want happiness and we all do not want suffering. Rinpoche will offer practical tools and techniques that will allow us new perspectives on the wondrous possibilities we have yet to discover. This is a perfect introduction to our 2005 teaching year and to traditional Buddhist thought. This teaching is suitable for Buddhists and non-Buddhists alike.

[this workshop has been rescheduled from Wednesday, April 20]



ZaChoeje Rinpoche



**Medicine Buddha Retreat
May 21 - 28, 2005**

Full details are now available. [Click here](#) for information about the retreat schedule, location, what to bring, etc.



Yamantaka Empowerment at Emaho Center, Scottsdale, Arizona

- Yamantaka Workshop Saturday, September 24, 1 pm - 4 pm
- Yamantaka Empowerment Sunday, September 25, 10 am - 4 pm

Due to the high interest in receiving the Vajra-Bhairava, Yamantaka, initiation, we will be taking reservations on a first-come, first-serve basis.

You are encouraged to pre-register. [Click here to Download registration form in pdf format.](#)

At Emaho Center in Scottsdale, Arizona, on September 24, 2005 from 1:00pm-4:00pm Rinpoche will give an explanation of Yamantaka, and perform the preparation ceremony for the initiation. Sunday's session will be the actual initiation ceremony from 10:00am - 4:00pm with a lunch break. This is a rare and precious opportunity to learn from a true lineage master who will take us through the steps of understanding how to effectively and joyously practice Yamantaka.

Yamantaka belongs to the highest class of Yoga Tantra and the Practice of Yamantaka is specifically a practice to help us overcome and transform the delusion of anger. As a wrathful enlightened figure Yamantaka, the Diamond Terrifier, is the wrathful enlightened form of Manjushri. Wrathful meditation practice is a powerful and skillful means to transform destructive habitual patterns. Yamantaka represents the insight that fully understands the changing character of all impermanent phenomena as well as their emptiness nature.

Engaging in this practice will also allow us to overcome our fears of death. As long as we remain under the influences of our afflictive emotions we live ignorantly chasing after elusive happiness and instead encounter unwanted suffering. Dying without conscious control we enter the intermediate state without control and are reborn without control. Engaging in the practice of highest yoga tantra, we are able to uncover our true innate potential which can transform our experiences powerfully on our path of spiritual development, enabling us to live richer and more meaningful lives and to come to death with courage and techniques that will allow us to face death courageously.

His Holiness the Dalai Lama comments about wrathful practice:

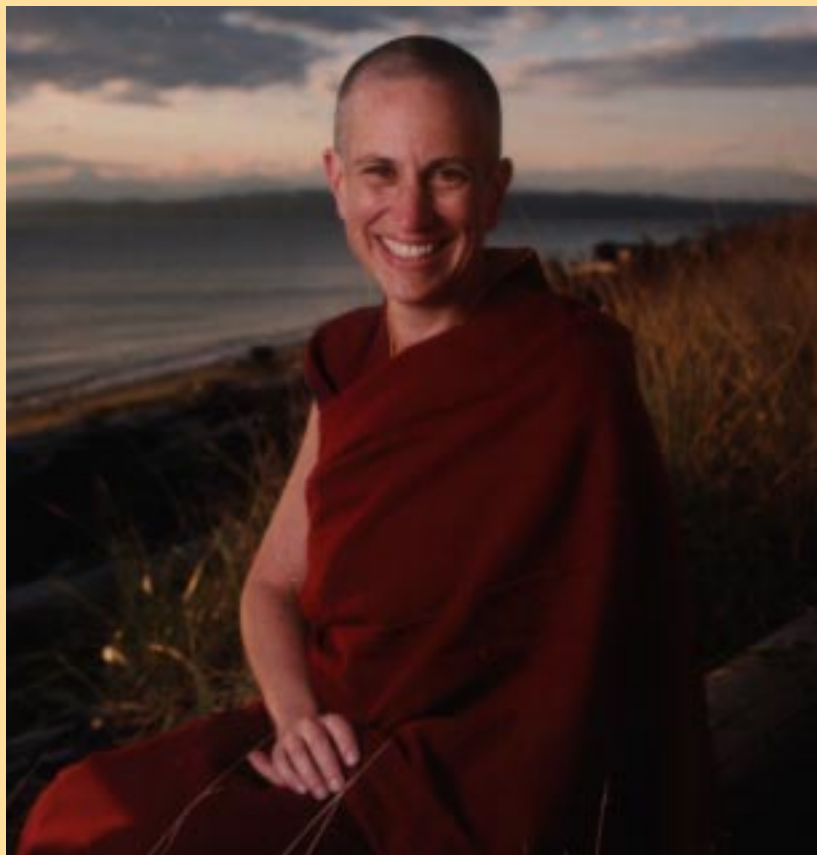
"With compassion as the causal motivation.... the practitioner utilizes hatred or wrath for a specific purpose. This technique is based on the fact that when we become angry, a very energetic and powerful mind is generated, when trying to achieve a fierce activity for beneficial purposes, the energy and power make a difference. Thus it is because of the usage of hatred in the path in this way that there come to be wrathful deities."

Everyone interested is welcome to join in the ceremony as either an observer or a serious practitioner. During Sunday's session we will break for lunch. We will be providing lunch for everyone and hope you will join us. The suggested donation for the two days including Sunday's lunch is \$65; no one will be turned away for lack of funds. The suggested donation is to help Emaho with the cost of the empowerment which involves bringing in a learned monk from the East Coast to help assist Rinpoche as well as the ongoing costs of running the center.

A suggested donation of \$65.00 is requested, which includes all necessary practice materials and lunch on Sunday.

Why do Things Happen the Way They Do?

Buddhist Teachings on Karma



Emaho Foundation
presents visiting teacher

Venerable Thubten Chodron

Real Dharma practice begins when we begin to observe the laws of cause and effect. Venerable Chodron will explain how karma—the actions of our body, speech, and mind—brings about results in our lives. She will also describe techniques for purifying negative karma so that we may live more peacefully and create conditions for ultimately being free of karmic imprints.

Venerable Chodron teaches worldwide and is the author of several books, including *Open Heart, Clear Mind; Buddhism for Beginners; Taming the Mind; Working with Anger*; and *Tara: A Guiding Star*. She also recorded a series entitled *Guided Meditations on the Lamrim: The Gradual Path to Enlightenment*.

Venerable Chodron is founder of Sravasti Abbey, a monastery located in Newport, Washington. She emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them in ways easily understood and practiced by Westerners.

**Wednesday,
April 13, 7:00–9:00 pm**

**Thursday,
April 14, 7:00–9:00 pm**

**And, join us for family hour with Chodron
on Thursday, 4–5:30 pm**

FOR MORE INFORMATION:
www.emahofoundation.org



AT:
Emaho Center
1402 N. Miller Rd. Suite B-1
Scottsdale, AZ
877-495-9959



ZaChoeje Rinpoche



Tantric Practice Workshops

Four Nights:
Tuesday June 7th-Friday June 10th 7-9pm

In these workshops, Rinpoche will explain what Tantra is and what it is not. Rinpoche will share information on the Tantric path, the role of the teacher and student, and the steps to understanding the Bodhisattva vows, the Tantric vows and commitments, the universe of the mandala, and the various classes of Tantra. This series of workshops is designed to give the serious student an overview and understanding of Tantric practice.



ZaChoeje Rinpoche



The Third Turning of the Wheel of Dharma: Buddha Nature

- Saturday, June 25, 1 - 4 pm
- Saturday, November 12, 1 - 4 pm

In these workshops, Rinpoche will describe the innate potential for enlightenment that lies within us all. He will explain in detail the three classes of existence: imputed phenomena, dependent phenomena, and ultimate phenomena, deepening our understanding and enriching our daily lives.

Page last updated February 19, 2005

MEDICINE BUDDHA

Empowerment

with

ZaChoeje Rinpoche

and Retreat

21-28 May 2005

Dairy Springs Campground • Mormon Lake • Flagstaff, AZ



*We should learn
That patience is an
act of bravery
And that anger
is not its defense.*



MEDICINE BUDDHA TEACHINGS AND EMPOWERMENT

Saturday May 21- Saturday May 28 2005

Note Change in Schedule Below



During this special outdoor summer retreat, Venerable ZaChoeje Rinpoche will offer instruction and an empowerment in the Tibetan Buddhist Medicine Buddha meditation practice. This event will take place in a Traditional Tibetan Tent in the serene Coconino National Forest near Flagstaff, Arizona.

Medicine Buddha is considered an enlightened emanation of the healing Buddha, who applies active wisdom in alleviating the suffering of all sentient beings. By identifying with the healing and compassionate aspect of Medicine Buddha we are able to create extremely beneficial results that allow us to bring happiness into our lives and the lives of others.

For those who do not wish to take the empowerment, the initiation can



be taken as a blessing. For everyone involved, regardless of level of participation, the Medicine Buddha teaching serves as a universal tool to cultivate compassion and courage in oneself.

For those receiving the Empowerment and participating in the retreat, it is traditional to take vows of discipline for behavior and diet for the duration of the retreat.

DUE TO RINPOCHE'S DELAYED ARRIVAL IN ARIZONA, THE RETREAT SCHEDULE HAS BEEN CHANGED:

Saturday May 21: Day 1 Retreat 2 Sessions of Meditation

Sunday May 22: Day 2 Retreat 4 Sessions of Meditation

Monday May 23: Day 3 Retreat 4 Sessions of Meditation

Tuesday May 24: Day 4 Retreat 4 Sessions of Meditation

Wednesday May 25: Day 5 Retreat 4 Sessions of Meditation

Saturday May 28: Medicine Buddha Empowerment to take place at Emaho Center, Scottsdale, 10 am to 4 pm

Saturday May 28: Potluck dinner at Emaho Center welcoming Rinpoche back to Arizona, 5:30 pm

Sunday May 29: Teachings on the Vajrayana of Medicine Buddha at Emaho Center, Scottsdale, 10 am to 4 pm

Daily Retreat Schedule

First Session

The morning session will begin with taking the Eight Mahayana Vows. These Vows include the abandonment of:

1. killing,
2. stealing
3. sexual conduct,
4. lying and deceiving others,
5. taking intoxicants,
6. eating late evening meal,
7. sitting on high, expensive bed or seat with pride
8. wearing expensive things with attachment

These vows are taken for 24 hours for the duration of the retreat. They will bring more peace and calm into one's life. One gains control over one's habits and has fewer distractions when meditating.

The remaining meditation sessions will be the Medicine Buddha practice and mantra recitation under the guidance of our teacher ZaChoeje Rinpoche.



Attendance and Pricing

One may attend the retreat for the empowerment day only, the first 2 days, or the entire 7-day period.

The cost to attend only the empowerment and workshop on May 21 is \$40, two-day attendance at the retreat (May 21-22) is \$75, and full attendance is \$220. To participate, please fill out the attached registration form and return it to Emaho Foundation with your payment by May 14, 2005. Please Note: This payment is non-refundable unless Emaho cancels the event. If you are unable to attend, you may generally count the payment as a tax-deductible donation to Emaho Foundation.

Also, the specified fee only covers the campground and meal expenses for the retreat. As is Emaho Foundation's policy, there is no required admission fee for the Dharma teaching itself.

To support the Dharma, please plan to make a tax-deductible donation for the teaching on-site at the retreat.

Click Here for registration Form:

http://www.emahofoundation.org/programs2005/Medicine_Buddha_Registratationform.pdf



[About Mormon Lake and Accommodations](#)

Dairy Springs Campground is approximately 23 miles Southeast of Flagstaff, AZ. Campsites are scattered through cool groves of ponderosa pine, white fir, and Gambel oak. It lies at an elevation of 7000 ft. so please plan according to the elevation and cool mountain air. To ensure a quiet and peaceful retreat environment, Emaho has reserved the entire campground area. Drinking water and toilets are on location. A simple lunch of soup, bread and fruit will be provided each day, as well as a light breakfast (coffee, tea & hot chocolate). Please plan to bring any other food items you may need. Traditionally practitioners will adhere to a vegetarian diet during this event so please plan accordingly. Detailed driving directions, a complete retreat schedule and other needed information will be provided to retreat participants. For those that prefer not to camp at the retreat site, a list of off-site housing options is available from Emaho and may be booked individually by retreat participants.



ZaChoeje Rinpoche



ZaChoeje Rinpoche Meditation Workshop

Saturday | July 30 | 1-4 pm | at Emaho Center

This workshop is in preparation for His Holiness's teaching in September in Tucson and is open to everyone. The teaching will focus on Santideva's *A Guide To The Bodhisattva Way Of Life*, Chapter Eight; The Perfection of Meditation. This classic text is perhaps the most widely read, cited and practiced in the whole of Tibetan Buddhism.

For everyone who is interested in attaining deeper experiences of meditation, this class will be an informative guide. As we gain understanding of the Buddhist path through activities such as listening to teachings, reading texts, and analyzing information, the most important thing we can do is to integrate what we've learned into our daily lives. An indispensable method to achieve transformation of our mind is meditation.



ZaChoeje Rinpoche



Commentary on Atisha's Lamp for the Path to Enlightenment ZaChoeje Rinpoche

Emaho Center

Sunday August 21 -- 1 - 4 pm

Saturday August 27 -- 1 - 4 pm

Sunday October 29 -- 1 - 4 pm

Saturday November 12 -- 1 - 4 pm

Saturday December 17 -- 1-4 pm (conclusion)

The great Indian master Atisha (982 - 1054) is revered as one of the greatest Masters of Buddhism. The king in Tibet made a request to Atisha, whose sincerity and simplicity is said to have pleased him. The King said "we do not want teachings that are so vast and profound we shall never be able to adopt them. What we need is something that will tame our minds and enable us to deal with everyday impulsive behavior." Four centuries later the great Tibetan master Lama Tsong Khapa wrote about Atisha: "Wherever the doctrine had disappeared he re-established it; where it had diminished he revived it; and where it had become stained by wrong interpretations he purified it. Thus he brought Dharma in Tibet into a state free from distortion."

Rinpoche's commentary is clear, often humorous and always insightful as he leads us to better understand the stages of the path we wish to travel. Saturday's teaching is suitable for people being introduced to Tibetan Buddhism and for more advanced students as well.



ZaChoeje Rinpoche



Garage Sale Fundraiser Sunday October 16

EMAHO IS SEEKING YOUR KIND SUPPORT

Sunday October 16th from 8:00am ^ 4:00pm we are having what we hope will be a bountiful Garage Sale. The sale will be held at the center.

Contact mail@emahofoundation.org for more information

This is an opportunity to practice the six perfections:

1. Generosity, by donating
2. Ethics, by mindfully supporting the Dharma
3. Patience, by making more space
4. Enthusiasm, by participating in a spiritual activity
5. Concentration, by overcoming the distraction of attachment
6. Wisdom, by understanding the impermanence nature of stuff.

We are accepting donations immediately. You are welcome to bring your items to any of the Emaho events. For large items, please bring us a list, and we will plan accordingly. Together this project can benefit us in many wonderful ways.

May your cleaning be joyful.

We will provide you with tax-deductible receipts for your donations.



Emaho Center
1402 North Miller Road
Scottsdale, Arizona
85257
emahofoundation.org

Please send form to:
PO Box 41656
Phoenix, Arizona 85080
Phone 877- 495 9959



VAJRA-BHAIRAVA, YAMANTAKA

INITIATION WITH ZACHOEJE RINPOCHE

September 24-25, 2005
Emaho Center, Scottsdale, Arizona

Emaho Foundation is pleased to announce that the Venerable ZaChoeje Rinpoche will be offering the Initiation of Vajra-Bhairava, Yamantaka, on September 24th and 25th, 2005 at Emaho Center, 1402 North Miller, Scottsdale, Arizona.

- **Saturday September 24th** from 1:00pm-4:00pm Rinpoche will give us an explanation of the benefits of Vajra-Bhairava practice and perform the pre-initiation ceremony necessary to complete the initiation on Sunday.
- **Sunday September 25th** from 10:00am-4:00pm Rinpoche will perform the actual initiation Vajra-Bhairava ceremony. Lunch will be served at the center.

You are encouraged to pre-register by Email: email@emahofoundation.org.
Subject: Yamantaka Initiation. We would greatly appreciate registration prior to the event to allow us to prepare and to allow the environment to remain peaceful and meditative.

A suggested donation of \$65.00 is requested which includes the necessary practice materials and Sunday lunch. Emaho provides teachings at no cost. The suggested donation is to help offset the expenses associated with the initiation and the on-going expense of running the center. Please know that no one will be turned away for lack of funds.

Name _____

Address _____

Email Address _____

Contact Phone _____

Type of Payment:

Check _____

Credit Card Type _____

Name on Card _____

Card Number _____

Exp. Date _____

Please register as soon as possible. Due to limited seating we will be taking registration on a first come first serve basis. Please send your registration to Emaho Foundation P.O. Box 41656, Phoenix, Arizona 85080. For more information see www.emahofoundation.org.



ZaChoeje Rinpoche



ZaChoeje Rinpoche: Vajrayana Workshop

November 26, 2005, 10am-4pm
Emaho Center

This workshop will focus on the Highest Yoga Tantra initiation and practice.

Due to the nature of this class, the completion stage of Highest Yoga Tantra, it will be necessary to restrict this one class to only those students who have previously received a Highest Yoga Tantra initiation from ZaChoeje Rinpoche or another lineage master. This class will contain information and instruction for which the initiation serves as a foundation of the understanding of the material that will be presented.

Thank you for your understanding.



Ahimsa



AHIMSA
Sanctuary of Peace
Emaho Center

In honor of the awarding of the Nobel Peace Prize to His Holiness the Dalai Lama, Emaho Foundation proudly presents the following events.

[Click here to download flyer \(1.6MB\)](#)

December 6-11
(Center open all day Dec. 6 - 9, 9am - 5pm)
 See below for full schedule

Tuesday, December 6

Mandala of Love and Compassion
 10am Opening Ceremony
 at Emaho Center

Wednesday, December 7

7pm **Meditation** on Love and Compassion: ZaChoeje Rinpoche
 8pm The Current Situation in Tibet: a talk by ZaChoeje Rinpoche
 at Emaho Center

Thursday, December 8

Gallery Exhibit and Silent Auction
 at A Studio, 7051 E. Fifth Ave., Scottsdale
 10am-9pm
 8:30pm Rinpoche will give a talk on the exhibit
[Click here for details](#)

Friday, December 9

Come View the Mandala
 at Emaho Center, open 9 to 5

Saturday, December 10

Our Earth Our Home
Children Taking Universal Responsibility
 at Emaho Center

[Download Flyer \(.5MB\)](#)

9am-12pm Kids Festival

12-1pm Animal Blessing

Celebration of Peace - Tibetan Bazaar, Music, Films

5-9pm at Emaho Center

7pm Talk by Rinpoche: The Dalai Lama's Peace Efforts

8:30pm Dismantling the Mandala

8:45pm Candlelight Peace Walk (Emaho Center to El Dorado Lake Park)

Sunday, December 11

Ice House - Benefit for Peace
Talk by ZaChoeje Rinpoche,
Music by Sonorous and Nathan Gangadean,
Dancing and Films

[Download Flyer \(1.5MB\)](#)

[Download Map to Ice House \(.1MB\)](#)

5-10pm, Ice House, 429 W. Jackson St., Phoenix



ZaChoeje Rinpoche



Fundamentals of Buddhism

This ongoing Thursday night series is designed to engage us in the study and discussion of basic principles of Buddhist thought. Emaho students explore concepts and practices that are central to our understanding of the path. Discussion will follow each presentation. This is an exciting opportunity for us to share what we have learned and explore different ways of approaching Buddhist thought.

At Emaho Center
7:00 - 8:00 pm
This page last updated June 27, 2006

January 26 - Molly Finley **Preciousness of Human Life**

Preciousness of Human Life explores the concept of human life in Buddhism and how best to take advantage of this opportunity to become more spiritual. Molly Finley has been a part of the Emaho Sangha for nearly three years. She feels blessed to have Rinpoche as her teacher. She works as a family physician in Phoenix and lives with her fiancé and 3 kitties.

February 21 - Denise Vail **Impermanence**

When focusing on *impermanence* mindfully, we gain insight into the fact that we don't really see ourselves as the immortal beings that we are, by the way we live our lives. Intellectually we know we are going to die, but due to our misconceptions we innately grasp at the concept of permanence. By training our minds in concepts like impermanence we might be inspired to engage in virtuous activities, thus benefiting our future lifetimes.

Denise writes: I have been studying the Dharma with Rinpoche for about 6 years. I knew very little about Buddhism or Tibetan culture when I started going to his teachings and retreats. However, I continued along the path, finding the teachings extremely thought-provoking and helpful, even if I was in over my head at times. As time went on I realized how lucky we are to have such a gifted teacher. Last year I was able to go on the Buddhist Pilgrimage Trip to India with Rinpoche as well. The trip was very spiritually rewarding. My work gives me many opportunities to practice compassion, as I work with individuals who have severe medical problems and disabilities.

March 23 - Sian Behnfeldt **Karma**

Everything is created by *Karma*. As we go through life our actions determine how we experience the world. The intentions and motivations behind our actions shape our experiences as well. Awareness of karma means knowing which thoughts and actions we should abandon and which we should cultivate. Cultivating a greater understanding of karma can lead to happiness now and in the future.

Sian is a dental hygienist who has lived in Phoenix for 8 years. Family life includes her husband, 2 dogs, finches, a horse and soon, a baby. She writes: a great joy in my life is getting to meet Rinpoche and Emaho!

April 20 - Donna Tash **Two Truths**

The Two Truths are a central tenet of Buddhist philosophy. At this student-led teaching, we will elaborate upon the concepts of Absolute and Relative Truths from the Tibetan Buddhist perspective. Donna Tash became an R.N. and graduated from Penn State in 1972. She became involved in Midwifery in 1975, became a Certified Nurse Midwife in 1982, and earned her Masters Degree from ASU in 1991. After 18 years of solo private practice, Donna joined a birth center 4 years ago. She has 3 daughters ranging in age from 24 to 30 and a 5-year-old basset hound. Donna began attending ZaChoeje Rinpoche's teachings and other Emaho-sponsored events in December 2002.

She has been on the Board of Directors since May 2004. Donna has been doing the A/V recordings at Emaho since the fall of 2004.

May 16 - Lisa Meyer

Guru Yoga

How to rely on a teacher, as well as the various levels of teacher and student/disciple relationship will be presented. Resources for this discussion will include Lama Tsong Khapa's *Lam Rim* and *Relating to a Spiritual Teacher* by Alexander Berzin.

Since meeting her spiritual teacher ZaChoeje Rinpoche in the fall of 2001, Lisa's spiritual path has been profoundly enriched. Lisa is honored to be on the Board of Directors of Emaho Foundation. A retired pathologist, she also enjoys serving the community as a Hospice volunteer.

June 29 - Lou Ann Behringer

Mahamudra

Mahamudra embodies the essence of Buddha's teachings. It refers to meditations and practices that lead to realizing emptiness. The distinctive characteristic of these techniques is to see by focusing on mind itself and discovering the relationship between mind and reality.

Lou Ann is one of the many volunteers at Emaho and has been studying with ZaChoeje Rinpoche for the past seven years. She writes: it is with deep heartfelt gratitude that I bow down to all the noble beings. My deepest and most humble appreciation to my root guru ZaChoeje Rinpoche for his eternal kindness, compassion and for bringing the Dharma's hope for the magnificent state of liberation. May all beings one day soon find such a perfect teacher.

July 27 - MaryKaye Moses

Bodichitta

Looking for the mind that spontaneously generates love and compassion. MaryKaye was awakened to Buddhism in 2002 and had found great peace and serenity in the challenges of studying the often complex depth of Buddhist philosophy. Finding her precious teacher ZaChoeje Rinpoche has been more than her dreams could imagine. MaryKaye lives in Scottsdale, is a realtor and has a son who lives in the Valley.

August 31 -Sylvia Berk

Selfishness vs Self-Love

His Holiness The Dalai Lama wrote: "I believe that the very purpose of our life is to seek happiness". In this hour we will be exploring how self love is void of selfishness. Our discussion will include: the eight worldly concerns, the 3 poisons and renunciation.

May all sentient beings be happy and have the causes of happiness.

Sylvia started her Buddhist studies in Guadalajara, Mexico. Casa Tibet focuses on samatha and vipasyana in the Mahayana tradition. The spiritual director is Lama Antonio Karam. Sylvia has been in Arizona for 3 years and has been attending and practicing at our center for the past year and a half. She states: "I feel very fortunate to have found Buddhism in my life, I feel as if I have found my heart. I am so grateful to Lama Karam and ZaChoeje Rinpoche for teaching me to open my heart and mind.

September 21 - Chris Young

An Overview of Vajrayana

Regardless of our professions, political affiliations, religions or philosophy, the correct understanding and practice of *Vajrayana* Buddhism can inform our every moment to become happier and more peaceful beings. This "diamond vehicle" presents techniques to connect deeply with the emotions and energies of our day-to-day experience in order to profoundly and totally transform our confusion and negativity into the clarity and wisdom of an enlightened being. Vajrayana is unique in its presentation of all opposites as the union of Emptiness/Bliss and rare in its optimism of our becoming enlightened in this one lifetime. In this group discussion we will try to unravel some of the complexities and subtleties of this precious path to happiness.

Chris writes: the opportunity to share our practice is wonderful. I hope that everyone learns more about Vajrayana Buddhism, applies its techniques to their daily lives, and quickly saves all beings from suffering!

Chris has been studying Tibetan Buddhism at Emaho under the compassionate guidance of ZaChoeje Rinpoche since 2001 and Zen Buddhism at Myog Wol Zen Center since 2002. He lives with his wife, Tanya Young, Bando the dog, and Griffin the cat. He currently works as a computer programmer for Big Brothers Big Sisters. His wish is that we all begin to unconditionally share more of ourselves and support each other with great love and great compassion in this life and beyond.

October 26 - Donna Wood

TongLen

Tonglen, in Tibetan, means "giving and receiving". Of all the practices, the Tonglen practice is one of the most useful and powerful. The practice helps us to generate true compassion for ourselves and others. By focusing on the suffering of all beings everywhere we begin to desire freedom from suffering

for all. We wish to bring them all happiness and peace. We then realize that in order to be of ultimate help and service to other beings, we ourselves must first achieve enlightenment.

Donna Wood is a student of the Dharma and a business owner residing in Phoenix with her husband, two dogs and "Buddy-sattva" the cat.

November 16 - James Riviezzo

Three Kayas

Often our lives are driven by a need to achieve temporary or ultimate goals. These goals provide us with direction and purpose. We believe the achievement of these goals will provide us with happiness. Rinpoche explains the chasing of our future happiness like chasing the horizon. The ultimate goal of Buddhism is to become Buddha and take on the aspect of an enlightened being, one with infinite compassion and infinite wisdom. We will explore the three bodies of a Buddha beyond the physical aspect, the causes of these bodies, and our present potential to achieve this state.

Born in New York, James studied fine arts and philosophy until drawn to Arizona by the spacious nature of the desert environment. James has received teachings from our great teacher ZaChoeje Rinpoche as part of Emaho for four years and recently attended pilgrimage to Buddhist holy places with Rinpoche and Dharma friends. James currently works as a graphic designer and serves on the Board of Directors of Emaho Foundation.

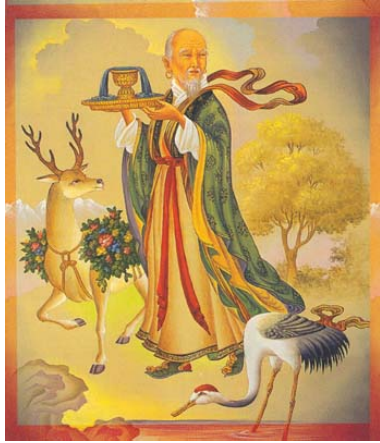
December 14 - Christine Hoffman

Dream Yoga

Dreams are a significant part of our life. They are as real and unreal as life itself. Dreams are extremely personal, and transpersonal, too. Our dreams are a reflection of ourselves: in dreams, no matter how many characters appear, we meet ourselves. Dreams are mirrors to our soul. They can help us to better understand ourselves, our world, and the nature of reality. Dreams introduce us to other dimensions of experience. Here, time and space are much more liquid and plastic; they can be shaped and reshaped almost at will. Dreams hint of other worlds, other lives. They are a glimpse of our afterlife.

Great healers have long recognized the power of dreams to inform and support us and have said they are important ways in which to diagnose a patient's illness. Sigmund Freud used a patient's dreams in his psychoanalysis. Certain dreams can convey the *subconscious*, valuable information to the dreamer.

Christine writes: my brother and I grew up in a small rural village in central Pennsylvania's Dutch Country. My grandparents had a farm and we spent most of our summers working with them. Life was simple -- I even attended first grade in a one-room schoolhouse. Since we were surrounded by farmland and wooded area, our activities were focused on nature. All of our pets were wild animals and growing up in this way gave me a respect for the natural course of life that still exists within me. I eventually completed a double Bachelor's degree in Computer Science and Psychology which is an amazingly interesting combination that somehow serves me well. I was married and had one daughter while attempting to find my path through life working both as a Computer Software Engineer and Licensed Massage Therapist/Reiki Practitioner. After searching through Christianity, New Age, and assorted philosophies, my heart was at ease after reading the Heart Sutra. After studying for many years and finding there was another turn in the path for me, I finally found my way to Rinpoche and the Emaho Foundation. Since meeting my new Dharma family, my life has blossomed. My daughter (who lived in Pennsylvania all of her life) has even moved to Phoenix to be with me. And now, thanks to Rinpoche's love and compassion, I'm beginning to feel more at peace with my life, comfortable with who I am and certain that I deserve to be happy. Thanks to Rinpoche's wisdom, I am returning to the simple life.



**Ahimsa
Gallery Show and Silent Auction
A Studio, 7051 E. Fifth Ave., Scottsdale**
December 8, 10am - 9pm

On Thursday, December 8th, A Studio in Scottsdale is proud to present a one-day exhibit of precious, museum-quality Tibetan art. The Emaho Foundation, a nonprofit 501c3 organization based in Scottsdale, Arizona, has kindly offered this rare opportunity to view what few people have had the opportunity to see.

On display will be over 20 thangkass, which are cultural and monastic art pieces painted on cloth. Some are painted in pure gold. The gallery will be open for viewing from 10 AM until 9 PM. The Emaho Foundation is offering this experience to share and educate the public on the beauty of the Tibetan culture, which is at near extinction.

At 8:30 PM, Tibetan Venerable ZaChoeje Rinpoche, spiritual director of Emaho, will talk about the exhibit and Tibetan culture. Tibetan tea, a culinary delight, will be served by Emaho volunteers. This is an opportunity for Emaho to raise funds for its teaching and humanitarian projects by having fantastic and exquisite items on display for bidding at a silent auction from 2 PM until 8:15 PM.

The timing of the auction is perfect for getting holiday gifts. The temporal and spiritual leader of the Tibetan people, His Holiness the Dalai Lamas' message of love and compassion, and universal responsibility, is timely presented as we enter this holiday season. Please mark your calendars to ensure you do not miss this most memorable event.

Emaho Foundation Presents

OUR EARTH OUR HOME

Children Taking Universal
Responsibility

Crafts Games

Juggler
Music



Booths including:

Scottsdale Fire Department

Arizona Humane Society

and many more

On Stage new programs

every 15 minutes

Admission: Dog, Cat, Bunny food
or litter for the Humane Society
or Donation from Your allowance
to the Crisis Nursery

Special Animal Blessing At Noon

December 10 9:00am - 1:00pm

1402 N. MILLER
SCOTTSDALE



AHIMSA

Celebrating the Award of
the Nobel Peace Prize to
His Holiness the Dalai Lama

THE ICE HOUSE and
EMAHO FOUNDATION

Proudly Present AHIMSA

Benefit For Peace

Sunday December 11th

5:00pm-10:00pm

ICE HOUSE

429 W Jackson St Phx

Map on back

Coffee kindly donated

by STARBUCKS

Suggested Donation

\$15.00 Children free

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ZaChoeje

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Gangadean

Dancing

Tribal

Fire

Films

PEACE

All proceeds benefit Emaho
www.emahofoundation.org
for complete details