



December ...

January 2006

... February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Meditation: Wisdom 7-8pm	5	6	7 Meditation: Medicine Buddha 7-8pm
8	9	10 Tsok Guru Yoga 7-9pm	11 Meditation: Mindfulness 7-8pm	12	13	14 Emaho Center open all day. Film Club: "What the Bleep" 5pm Chenresig meditation 7- 8pm
15	16	17	18 Meditation: Love and Compassion 7-8pm	19	20	21
22	23	24 Meditation: Green Tara 7-8pm	25 Meditation: Bodhicitta 7-8pm	26 Fundamentals of Buddhism: <i>Preciousness of Human Life,</i> led by Molly Finley 7-8pm	27	28
29 Meditation: White Manjushri 7-8pm	30	31				



January ...

February 2006

... March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Meditation: Wisdom 7-8pm	2	3	4
5 Meditation: Medicine Buddha 7-8pm	6	7 Tsok Guru Yoga 7-9pm	8 Meditation: Mindfulness 7-8pm	9	10	11
12 Children's Hour: Gratitude and Loving Kindness 9:30-10:30am	13 Emaho Center open all day. Chenresig meditation 7- 8pm	14	15 Meditation: Love and Compassion 7-8pm	16 Book Club: Life of Milarepa 7-8pm	17	18
19	20	21 Fundamentals of Buddhism: <i>Impermanence</i> , led by Denise Vail 7-8pm	22 Meditation: Bodhicitta 7-8pm	23 Meditation: Green Tara 7-8pm	24	25
26	27	28 Meditation: White Manjushri 7-8pm				



February ...

March 2006

... April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Meditation: Wisdom 7-8pm	2	3	4
5 Yangsi Rinpoche Perfection of Concentration 10am-4pm	6	7 Meditation: Medicine Buddha 7-8pm	8 Meditation: Mindfulness 7-8pm	9 Tsok: Guru Yoga 7-9pm	10	11 Film Club: "Vajra Sky" 7-9pm
12 Children's Hour: 9:30-10:30am	13	14 Emaho Center open all day. Chenresig meditation 7- 8pm	15 Meditation: Love and Compassion 7-8pm	16	17	18
19	20	21	22 Meditation: Bodhicitta 7-8pm	23 Fundamentals of Buddhism: <i>Karma</i> , led by Sian Behnfeldt 7-8pm	24 Meditation: Green Tara 7-8pm	25
26 ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm (originally scheduled March 19) [full details]	27	28 Meditation: White Manjushri 7-8pm	29 Meditation: Wisdom 7-8pm	30	31 Rinpoche teaching at Bodhi Center , Yakima, WA	



March ...

April 2006

... May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rinpoche teaching at Bodhi Center, Yakima, WA
2	3 ZaChoeje Rinpoche: <i>Shaping Chaos</i> Public Talk at Mustang Library 7-8pm Click here for map	4	5 Meditation: Mindfulness 7-8pm	6 Meditation: Medicine Buddha 7-8pm	7	8 Guru Yoga Teaching and Tsok 4:00-6:00pm
9 ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm	10	11 Book Club: <i>Buddhism with an Attitude</i> 7-8pm	12 Meditation: Love and Compassion 7-8pm	13 Emaho Center open all day. Chenresig meditation 7-8pm	14	15
16	17	18	19 Meditation: Bodichitta 7-8pm	20 Fundamentals of Buddhism: <i>Two Truths</i> led by Donna Tash 7-8pm	21	22
23 Children's Hour 9:30-10:30am Meditation: Green Tara 7-8pm	24	25	26 Meditation: Wisdom 7-8pm	27	28 Meditation: White Manjushri 7-8pm	29
30 ZaChoeje Rinpoche: Workshop: Five Buddha Families 10am-4pm						



April ...

May 2006

... June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Meditation: Mindfulness 7-8pm	4	5 Meditation: Medicine Buddha 7-8pm Rinpoche teaching at Bodhi Center , Yakima, WA	6 Last Day to register for Orange Manjushri Empowerment and Retreat Rinpoche teaching at Bodhi Center , Yakima, WA
7 Tsok: Guru Yoga 7-9pm	8 ZaChoeje Rinpoche: <i>Understanding Grief Finding Richness in Life</i> Public Talk at Mustang Library 7-8pm Click here for directions to library	9	10 Meditation: Love and Compassion 7-8pm	11	12	13 Emaho Center open all day. Vesak Day Ceremony 1-2pm Film Club 5-7pm Chenresig meditation 7-8pm
14 Children's Hour 9:30-10:30am	15	16 Fundamentals of Buddhism: <i>Guru Yoga</i> , led by Lisa Meyer 7-8pm	17 Meditation: Bodhicitta 7-8pm	18 Orange Manjushri Retreat: Setup of Tibetan Temple in the woods and group campsites, Dairy Springs Campgrounds, Mormon Lake, Arizona	19 Orange Manjushri Retreat: All are welcome, get settled in. Reservations required	20 Orange Manjushri Empowerment: Given by ZaChoeje Rinpoche 10am-4pm
21 Orange Manjushri Retreat	22 Orange Manjushri Retreat Meditation: Green Tara 7-8pm	23 Orange Manjushri Retreat	24 Orange Manjushri Retreat Meditation: Wisdom 7-8pm	25 Orange Manjushri Retreat concludes	26 Meditation: White Manjushri 7-8pm	27
28	29	30	31 Meditation: Mindfulness 7-8pm			



May ...

June 2006

...July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Rinpoche teaching at Bodhi Center , Yakima, WA	3 Change Your Mind Day (Download flyer - pdf) Rinpoche teaching at Bodhi Center , Yakima, WA
4 Meditation: Medicine Buddha 7-8pm	5 ZaChoeje Rinpoche: <i>Shaping Fear: A Lamp to Dispel the Darkness</i> Public Talk at Mustang Library 7-8pm Click here for directions to library	6 Tsok: Guru Yoga 7-9pm	7 Meditation: Love and Compassion 7-8pm	8	9	10
11 Emaho Center open all day, 4:45am-9:00pm. ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm Saga Dawa Celebration: 4:00pm Meditation: Chenresig 7-8pm	12	13	14 Meditation: Bodchitta 7-8pm	15 Book Club: Relating to a Spiritual Teacher 7-8pm	16	17
18	19	20 Meditation: Green Tara 7-8pm	21 Meditation: Wisdom 7-8pm	22	23	24
25 Meditation: White Manjushri 7-8pm	26	27	28 Meditation: Mindfulness 7-8pm	29 Fundamentals of Buddhism: Mahamudra , led by Lou Ann Behringer 7-8pm	30 Rinpoche teaching at Bodhi Center , Yakima, WA	



June...

July 2006

...August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rinpoche teaching at Bodhi Center, Yakima, WA
2	3	4 Meditation: Medicine Buddha 7-8pm	5 Meditation: Love and Compassion 7-8pm	6 Celebration of His Holiness the Dalai Lama's 71st Birthday; Tsok, Long Life Prayer 6-8pm	7	8 Film club: Matrix Two 7-9:30pm
9 ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm	10 ZaChoeje Rinpoche: <i>Shaping techniques to end the war with the self</i> Public Talk at Mustang Library 7-8pm	11 Emaho Center open all day. Chenresig meditation 7-8pm	12 Meditation: Bodhicitta 7-8pm	13	14	15 ZaChoeje Rinpoche: White Tara Empowerment 10:00am-4:00pm
16	17	18	19 Meditation: Wisdom 7-8pm	20 Meditation: Green Tara 7-8pm	21	22
23 ZaChoeje Rinpoche: Nagarjuna's Precious Garland (Rescheduled for Aug 27)	24	25 Meditation: Manjushri 7-8pm	26 Meditation: Mindfulness 7-8pm	27 Fundamentals of Buddhism: <i>Bodhicitta</i> , led by Mary Kaye Moses 7-8pm	28	29
30	31					



July...

August 2006

...September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Meditation: Medicine Buddha 7-8pm	2 Meditation: Love and Compassion 7-8pm	3	4 ZaChoeje Rinpoche's birthday Tsok: Guru Yoga 7-9pm	5
6	7	8 Emaho Center open all day. Chenresig meditation 7- 8pm	9 Meditation: Bodhicitta 7-8pm	10	11	12
13	14	15	16 Meditation: Wisdom 7-8pm	17 Book Club: <i>Transforming Problems into Happiness</i> 7-8pm	18 Meditation: Green Tara 7-8pm	19
20 ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm	21	22	23 Meditation: Mindfulness 7-8pm	24	25	26
27 ZaChoeje Rinpoche: Nagarjuna's Precious Garland 1-4pm	28	29	30 Meditation: Love and Compassion 7-8pm	31 Fundamentals of Buddhism: <i>Selfishness vs Self Love,</i> led by Sylvia Berk 7-8pm		



Page last updated
September 28,
2006

August...

September 2006

...October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 Meditation: Medicine Buddha 7-8pm</p> <p>Rinpoche teaching at Bodhi Center, Yakima, WA</p>	<p>2 Rinpoche teaching at Bodhi Center, Yakima, WA</p>
<p>3 Tsok: Guru Yoga 7-9pm</p>	<p>4</p>	<p>5 ZaChoeje Rinpoche: <i>Shaping Emotions: Learning how they arise and what they mean</i> Public Talk at Mustang Library 7-8pm</p> <p>Click here for directions to library</p>	<p>6 Meditation: Bodhicitta 7-8pm</p>	<p>7 Emaho Center open all day.</p>	<p>8</p>	<p>9</p>
<p>10 ZaChoeje Rinpoche: <i>Wisdom Teaching</i> 10am-4pm</p>	<p>11</p>	<p>12 <i>Nagarjuna's Commentary on Bodhicitta: His Holiness The Dalai Lama</i>, Pasadena, California</p>	<p>13 <i>Nagarjuna's Commentary on Bodhicitta: His Holiness The Dalai Lama</i>, Pasadena, California</p> <p>Meditation: Wisdom 7-8pm</p>	<p>14 <i>Nagarjuna's Commentary on Bodhicitta: His Holiness The Dalai Lama</i>, Pasadena, California</p>	<p>15</p>	<p>16 Film Club: Matrix 2 7-9pm</p>
<p>17 Meditation: Green Tara 7-8pm</p>	<p>18</p>	<p>19</p>	<p>20 Meditation: Mindfulness 7-8pm</p>	<p>21 <i>Fundamentals of Buddhism: An Overview of Vajrayana</i>, led by Chris Young 7-8pm</p>	<p>22</p>	<p>23</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27 Meditation: Bodhicitta 7-8pm</p>	<p>28 Phoenix Art Museum Himalayan Art 6:45pm</p>	<p>29</p>	<p>30 Farewell party for Rinpoche at Emaho Center: 2-3PM</p>



Page last updated
September 28,
2006

September...

October 2006

...November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tsok: Guru Yoga 7-9pm	3	4 Meditation: Wisdom 7-8pm	5	6	7 Emaho Center open all day. Children's Event at Phoenix Art Museum: noon- 2pm
8	9	10	11 Meditation: Mindfulness 7-8pm	12	13	14
15	16 Meditation: Green Tara 7-8pm	17	18 Meditation: Love and Compassion 7-8pm	19 Book Club: <i>How to Free the Mind</i> 7-8pm	20	21
22 DVD showing: ZaChoeje Rinpoche's teaching on "Death and Dying and the practice of Phowa" 10am-4pm Children's event at the Phx Art Museum noon-2pm Meditation: Manjushri 7-8pm	23	24	25 Meditation: Bodhicitta 7-8pm	26 Fundamentals of Buddhism: <i>TongLen</i> , led by Donna Wood 7-8pm	27	28
29 DVD showing: ZaChoeje Rinpoche's teaching on "The Emptiness of Self" 10am-4pm	30 Meditation: Medicine Buddha 7-8pm	31				



Page last updated November 7, 2006

October...

November 2006

...December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Meditation: Wisdom 7-8pm	2	3	4
5 Emaho Center open all day. Children's Hour 9:30-10:30am	6 4:00 PM - Opening Ceremony: Sand Mandala at the Phx Art Museum	7 Sand Mandala at the Phx Art Museum	8 Sand Mandala at the Phx Art Museum Meditation: Mindfulness 7-8pm	9 Sand Mandala at the Phx Art Museum	10 Sand Mandala at the Phx Art Museum	11 Sand Mandala at the Phx Art Museum
12 Sand Mandala at the Phx Art Museum, closing ceremony 10am	13	14 Meditation: Green Tara 7-8pm	15 Meditation: Love and Compassion 7-8pm	16 Fundamentals of Buddhism: <i>Three Kayas</i> , led by James Riviezzo 7-8pm	17	18 ZaChoeje Rinpoche: Nagarjuna's Precious Garland 1-4pm
19 ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm	20 Meditation: White Manjushri 7-8pm	21 ZaChoeje Rinpoche: Gallery talk at the Phx Art Museum: Exhibit on <i>The Demonic Divine</i>	22 Meditation: Bodhicitta 7-8pm	23	24	25
26	27	28 Meditation: Medicine Buddha 7-8pm	29 Meditation: Wisdom 7-8pm	30 Tsok: Guru Yoga 7-9pm		



Page last updated December 20, 2006

November...

December 2006

...January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rinpoche teaching at Bodhi Center, Yakima, WA	2 Rinpoche teaching at Bodhi Center, Yakima, WA
3 Children's Hour 9:30-10:30am	4 Emaho Center open all day.	5 ZaChoeje Rinpoche: <i>Awakening our Hearts Without Fear</i> Public Talk at Mustang Library 7-8pm	6 Meditation: Mindfulness 7-8pm	7	8	9 ZaChoeje Rinpoche will give the Bodhisattva Vows 1-4pm
10 AHIMSA 1:30-4:30 PM Mustang Library	11	12	13 Meditation: Love and Compassion 7-8pm	14 Fundamentals of Buddhism: <i>Dream Yoga</i> , led by Christine Hoffman 7-8pm	15 Meditation: Green Tara 7-8pm	16 ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm [cancelled]
17	18	19 Meditation: Manjushri 7-8pm	20 Meditation: Bodhicitta 7-8pm	21 Book Club [cancelled]	22	23
24	25	26	27 Meditation: Wisdom 7-8pm	28 Meditation: Medicine Buddha 7-8pm	29 Guru Yoga Tsok 7-9pm	30
31						



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.

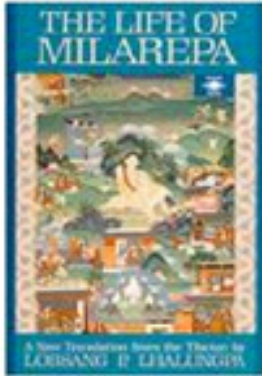
December 14 - Christine Hoffman

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.



Thursday February 16th 7-8pm

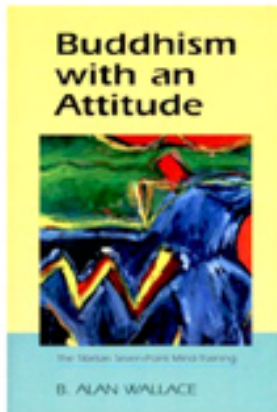
THE LIFE OF MILAREPA

by Lobsang Lhalungpa

220 pp.

The most beloved story of the Tibetan people. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.





Tuesday April 11th 7-8pm

BUDDHISM WITH AN ATTITUDE: The Tibetan Seven-Point Mind Training

by B. Alan Wallace

"Readers who put the advice this book contains into practice may indeed transform their minds and achieve a sense of inner peace, the key to greater peace and happiness within and in the world at large."--The Dalai Lama

"This book places you into a new domain where the world actually becomes the meditation hall...a book to guide both beginners and seasoned meditators, a book to be read, reread, and studied."--*Buddhist Peace Fellowship*

"Widely informed, intellectually rigorous, and passionately engaged."--Stephen Batchelor, author of *Buddhism without Beliefs*

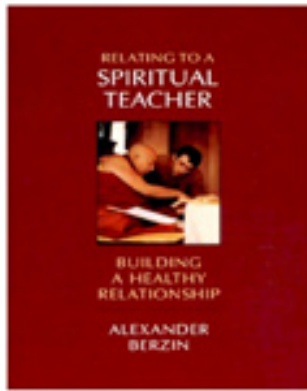
"Dr. Wallace's versatility in the cognitive sciences offers a unique amplification for our understanding of such topics as primordial wisdom, consciousness, meditative stabilization, and bringing adversity onto the path of liberation. Through Seven-Point Mind Training, Wallace shows us the way to develop attitudes that unveil our capacity for spiritual awakening..."--*Branches of Light* of Banyan Books

"His approach is the best because the individual slogans are much too abbreviated to stand alone as statements."--*Quest Magazine*

All of us have attitudes. Some of them accord with reality and serve us well throughout the course of our lives. Others are out of alignment with reality, and cause us problems. Tibetan Buddhist practice isn't just sitting in silent meditation, it's developing fresh attitudes that align our minds with reality. Attitudes need adjusting, just like a spinal column that has been knocked out of alignment. B. Alan Wallace explains a fundamental type of Buddhist mental training called lojong, which can literally be translated as attitudinal training. It is designed to shift our attitudes so that our minds become pure well-springs of joy instead of murky pools of problems, anxieties, fleeting pleasures, hopes and frustrations.

The author draws on his thirty-year training in Buddhism, physics, the cognitive sciences, and comparative religion to challenge readers to reappraise many of their assumptions about the nature of the mind and physical world. By explicitly addressing many practical and theoretical issues that uniquely face us in the modern world, Wallace brings this centuries-old practice into the twenty-first century.

Wallace shows us the way to develop attitudes that unveil our full capacity for spiritual awakening and discover in ourselves an unfleeting "truth-given joy."



June
17th
Thursday
7-8pm



RELATING TO A SPIRITUAL TEACHER: Building a Healthy Relationship

by Alexander Berzin.

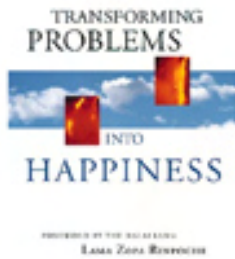
"This is the most thoughtful and comprehensive book yet written on the teacher-student relationship. Alex Berzin provides readers with both clear-eyed wisdom and extraordinary knowledge of the Tibetan Buddhist tradition."--Jack Kornfield, author of *A Path with Heart*

The relationship with a spiritual teacher can be the most rewarding and life-enhancing experience in one's life. However, it also may be fraught with problems. Student reactions to their spiritual teachers may range from extreme deification to deep mistrust, and these responses prevent the benefits of a healthy relationship. This book explores the sources of these misunderstandings and re-examines traditional Tibetan Buddhist teachings to reveal methods to heal wounds and develop healthy relationships that can be applied to benefit students in any spiritual tradition.

"Alex Berzin has taken head-on one of the hottest issues of Buddhism in the West -- teacher-student and guru-disciple relationship -- and brought us all up to date through his wide and deep research plus a great deal of personal thought on the matter. I consider this a seminal work for spiritual practitioners and teachers alike, and heartily recommend it to anyone interested in the transmission of Dharma today."--Lama Surya Das, author of *Awakening the Buddha Within*

"While numerous articles have been written on the subject of teacher-student relations in the West--often containing good common-sense advice-- *Relating to a Spiritual Teacher* elevates the discussion through its tremendous clarity and learning. Berzin considers a problem that has dogged many individuals and Dharma groups, and he finds within it a path of practice."--*Dharma Life: Buddhism for Today*

August 17th Thursday 7-8pm



TRANSFORMING PROBLEMS INTO HAPPINESS

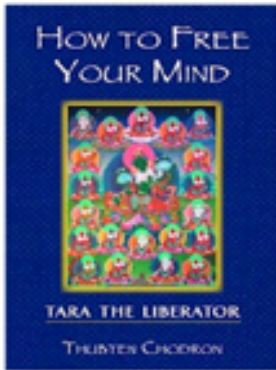
by Lama Thubten Zopa Rinpoche

Lama Zopa brings contemporary relevance to timeless teaching on Buddhist psychology and everyday spiritual living. Commenting on a nineteenth-century Tibetan text, Lama Zopa inspires us to be happy by transforming our attitude and radically changing our approach to life's inevitable problems.

"A masterfully brief statement of Buddhist teachings on the nature of humanity and human suffering... This book should be read as the words of a wise, loving parent whose sternness underlines the importance of what is being taught." --*Utne Reader*

"This book takes on the revolutionary Buddhist perspective: problems can be a path to the end of suffering, and we can learn to enjoy them as we would a good piece of music. This book offers specific guidance and practices to do just that. You don't forget it." --*In*

Emaho Book Club Reviews of Books for 2006



October 19th
Thursday 7-8pm



HOW TO FREE YOUR MIND: Tara the Liberator by Thubten Chodron

The beloved deity Tara is the feminine embodiment of enlightenment. For centuries, practitioners have turned to her for protection from both external and internal dangers, from fire to arrogance. This well-written book, presented in conversational style, is an authoritative guide to the practice of Tara. Includes very helpful chapters on the whys and hows of various Tara practices as well as a commentary on the "Homage to the 21 Taras."

"With her usual clarity Bhikshuni Thubten Chodron skillfully weaves the practice and theory of Arya Tara together with the Lam-rim path, to provide a fascinating and very helpful guide for those interested in the Tara practice."--Ani Tenzin Palmo

Ven. Thubten Chodron has the extraordinary ability to present even the most profound spiritual teachings simply and directly, in ways that impact our everyday lives. With her characteristic warmth, humor, and intelligence, she invites us here to enter the world of Tara, one of the most beloved members of the Buddhist pantheon, and to share in the wisdom and compassion of the Divine Mother."--Jonathan Landaw, the author of *Prince Siddhartha, Images of Enlightenment, and Buddhism for Dummies*.

"Venerable Bhikshuni Thubten Chodron was a student of my guru, Lama Thubten Yeshe, and has been a fully ordained nun for many years. For thirty years her mind and life have been fully immersed in the Dharma, like a diamond, indestructible; essenceless worldly things cannot affect her mind. She is a dynamic teacher who has taught extensively all over the world, inspiring many people, awakening them like the shining sun and leading them to the path, bringing them the happiness of not only many future lives but also the everlasting ultimate happinesses of liberation and full enlightenment."--Lama Zopa Rinpoche

"...a profound spiritual teacher...Chodron always hits the mark with her practice suggestions."--*Spirituality and Health*

"Chodron gives a helpful, straightforward explanation of deity practice, and an explication of the Tara *sadhana*, or liturgy."--*Shambhala Sun*

"This practical and inspiring book will be helpful to all who wish to tame their minds so that they are not constantly enslaved by pride, ignorance, anger, jealousy, distorted views, miserliness, attachment and doubt.... This is truly a book that will appeal both to a general audience and to those specifically interested in female manifestations of the divine."--*East and West Series*

"This book contains everything one needs to know to begin an informal Tara practice, and with the right understanding is a precious jewel in itself."--Georg Feuerstein, Ph.D.

Perfection of Concentration

March 5 10:00 am - 4:00 pm

Yangsi Rinpoche

Emaho Foundation is pleased to announce that Yangsi Rinpoche has accepted our request to come and teach on the precious **Perfection of Concentration**.

Due to Rinpoche's renowned popularity as a warm, engaging scholar and an insightful practitioner, we will be asking you to register in advance to ensure seating. [Email](#) Emaho or call at (877) 495-9959 to make your reservation.

A suggested donation of \$40 will be collected at the door. No one will be turned away for lack of funds. Please arrive by 9:30 to get settled in before the teaching. [Click here](#) to download flyer in jpg format, suitable for printing.

Rinpoche is co-founder and CEO of [Maitripa Institute](#) and author of *Practicing the Path*, an extremely well-written commentary on the Lamrim Chenmo. The Lamrim Chenmo is considered the most complete and authoritative commentary on the subject of the Lamrim. Passed down from Buddha, the unbroken oral lineage is a clear, concise, systematic presentation of the stages of the path to enlightenment.

Yangsi Rinpoche will explain how training our minds in calm abiding is the single-pointedness that is the foundation of the development of all superior insights. He will clarify the Great Scope and share techniques on Perfecting Concentration. The reason we need to practice is simple. We all want happiness. The actual root of all happiness comes from within our own mind. Training in calm abiding is training in happiness.



ZaChoeje Rinpoche



ZaChoeje Rinpoche: Madhyamakavatara (Entering the Middle Path) and the Perfection of Wisdom

At Emaho Center
 March 26 [this teaching was originally scheduled for March 19],
 April 9, June 11, July 9, August 20, September 10,
 October 15 [cancelled], November 19 [previously scheduled for
 November 12], December 16 [cancelled]
 10am-4pm

[DOWNLOAD FLYER IN HIGH RESOLUTION FORMAT \(pdf\)](#)

Please register in advance of each teaching to ensure seating.
[Email](#) Emaho or call at (877) 495-9959 to make your reservation.

page last updated November 21, 2006

In 2006, ZaChoeje Rinpoche will lead us in an in-depth understanding of Chandrakirti's *Madhyamakavatara* (Entering into the Middle Path) and Shantideva's *The Bodhisattva Way of Life*, Chapter Nine: The Perfection of Wisdom. These teachings are designed to explore the limits of our ordinary intellect and then show us the path to go beyond our conceptual mind. The Madhyamika is wonderfully challenging, yet ZaChoeje Rinpoche's skillful, humorous and unique ability to take these difficult concepts and make them accessible and exciting enables all levels of students to become involved with the heart of the Dharma. We are so fortunate to have this lineage master give us so much of his precious time

Chandrakirti, a 7th century Indian Buddhist philosopher and Great Mahasiddha, was one of the abbots of Nalanda and was revered for his knowledge of Nagarjuna's teaching on the Middle Way, which is regarded as the highest view accessible to rational intellect.

Chandrakirti writes, "with one wing of altruistic intention and another wing of insight into emptiness, one can traverse the whole of space and soar beyond the state of existence to the shores of fully enlightened buddhahood."

Shantideva, an 8th century Indian Buddhist monk, is also one of the most revered figures in the history of Mahayana Buddhism. The poetic beauty and clarity of his writing has made *The Bodhisattva Way of Life* one of the most practical guides in all of Tibetan Buddhism. When Shantideva first gave this discourse, it became an instant classic in the monastic universities, and its renown continues to grow.

Shantideva inspires us to cultivate the six perfections: generosity, ethics, patience, zeal, meditative concentration, and wisdom. Shantideva says, "This ultimate truth lies not within reach of intellect, for intellect is grounded in the relative."

The theme of the ninth chapter, the Perfection of Wisdom, is that all phenomena exist solely by the power of conceptual imputations and lack inherent existence. Shantideva presents a variety of philosophical arguments to help us understand the complex and important topic of identity-less-ness. This comprehensive study is designed to loosen the hold of ignorance in our lives and help us to focus on the diamond path.

Ultimate reality is not separate from the world around us; it is the very nature of our world! The two truths are not separate; when they merge, the result is harmony. It is useful to keep in mind that the final aim of our study of the Madhyamika and the Perfection of Wisdom is to lead us to ultimate Enlightenment, a state free from suffering and the causes of suffering.



We are pleased to announce ZaChoeje Rinpoche will
Begin Teaching Chandrakirti's Madhyamakavatara and
Shantideva's chapter 9 The Bodhisattva Way of Life
Sunday March 26 from 10:00am-4:00pm

These teachings are designed to explore the limits of our ordinary intellect and then show us the path to go beyond our conceptual mind. The Madhyamika is wonderfully challenging. ZaChoeje Rinpoche's skillful, humorous and unique abilities take these sometimes difficult concepts and make them accessible and exciting enabling all levels of students to become involved with the heart of the Dharma.

This year long study of these two great classics will be certain to evolve our view of the world in which we live, and to shift our attitudes and actions to benefit the good of all.

We are requesting pre-registration so that we may adequately plan. Please see www.emahofoundation.org for details.

Buddha set an example and a standard for teaching the Dharma by providing his teachings freely to anyone who was interested in learning how to live a happier and more meaningful life. The challenge we face in continuing this beautiful tradition in today's complex world is that offering open access to the Dharma is not without costs. The suggested donation of \$40 helps Emaho Foundation with the on going expenses of maintaining the center and programming.



Public Talk
Venerable ZaChoeje Rinpoche
Shaping Chaos
April 3, 2006
7:00pm
Mustang Library Scottsdale

ZaChoeje Rinpoche in his playful, skillful and humorous style will share with us techniques on managing chaos and show us how we can harness chaos into true personal and spiritual growth.



ZaChoeje Rinpoche

**ZaChoeje Rinpoche:
The Wisdoms of the Five Buddha
Families
(including personal divination)**

At Emaho Center
Sunday April 30
10am-4pm

Please help us prepare for this workshop by registering in advance. [Email Emaho](mailto:info@emahofoundation.org) or call (877) 495-9959.

In this much-requested one-day workshop, ZaChoeje Rinpoche will share with us the Wisdom of the Five Buddha Families. This unique system of Buddhist personality types can be helpful in establishing self-awareness, conscious relationships, and finding an easier way of dealing with the details of your work life and even your love life.

Rinpoche will present this vast subject in his playful and accessible manner. From the day's workshop, we will have a unique insight to understanding our behavior and the behavior of others. These insights can, in turn, help us understand ourselves better, facilitating personal growth. In a one-on-one divination, Rinpoche will perform a ceremony that reveals your own Buddha family to show which qualities spiritual practice best emphasizes for us. This is unlike deity yoga or meditation.

According to Tibetan Buddhism, each of us has two dominant energies: a wisdom and a neurotic manifestation. By recognizing these, we can take positive steps forward on a constructive path. Dealing with deeply rooted aspects of our nature, we can use the divination information to go beyond our limitations to unfold fuller, happier potentials.

The Five Buddhas are an important multi-faceted jewel, communicating different aspects of Enlightenment. Learning about each of the five, we can start to awaken the qualities they embody -- Energy, Beauty, Love, Confidence, and Freedom.



ZaChoeje Rinpoche



Welcome To Emaho's Kompassionate Kids ! Children's Hour - 2006

Our gatherings are geared toward children ages 5-12 years old, but any child of any age is always welcome. Our morning usually begins with a story discussion promoting the Paramitas, followed by arts and crafts or games that inspire compassion in action. We also engage in Tibetan Yoga, environmental projects that support the Dharma teachings, as well as introductory breathing techniques and short meditations on mindfulness and loving kindness.

CURRENT SCHEDULE (More dates will be added soon: please check back)

- Sunday, April 23: 9:30 - 10:30am
- Sunday, May 14: 9:30 - 10:30am
- Sunday, November 5: 9:30 - 10:30am
- Sunday, December 3: 9:30 - 10:30am

Please RSVP to [Jasmine Nordman](#) if you would like to attend, so that the appropriate number of materials are prepared.

BELOVED BOOKS TO SHARE AND GROW IN THE DHARMA

- *Hey, Little Ant* - Phillip and Hannah Hoose

Teaching Points: Harmlessness, Kindness

Questions to share

- Have you ever felt like squishing a bug? Why do you think you felt that way?
- How does the ant feel in the story? Is he scared? How would you feel?
- How big does the boy look to the ant? Can you imagine what the ant must think people look like?
- The boys friends want him to squish the ant. Have your friends ever tried to make you do something you knew was wrong? What did you decide?
- Do you think the boy squished the ant? What would you do?
- Do other bugs and animals have feelings too? What would you do if you saw someone hurting a living being?:

Stretching Activities

Bugs have feelings too and their lives are precious. Every sentient being wants to live and be happy. They also help us in ways that we usually don't even know about! But, most of the time it's not a good idea to let bugs that might bite or sting us live in our house. So why not make a bug catcher? You can safely catch a spider or other critter without hurting it, and place it outside where it can be free without hurting anyone.

- *One Smile* - Cindy McKinley

Teaching Points: Interconnectedness, kindness, generosity

Questions to share

- Why do you think the people in the beginning of the story

- didn't notice the man on the bench?
- Why was the little girl able to notice him? What did she do to help him?
 - How was Katie able to help all the people in the book?
 - Katie started a chain of kind acts. Did her kindness come back to her? How?
 - Has a stranger's smile or kind words ever helped you to feel better when you were sad?
 - What could you do to start your own chain of kind acts?

Stretching Activities

Decide on a few simple acts of kindness you could do for someone. Maybe surprise your brother by doing his chores for him, take your neighbor's trash to the curb, help your baby sister with her homework- the possibilities are endless! Then, keep a journal of how you feel while doing these wonderful acts. Do you feel different than you did before? How do the people you've helped react? Keep note of whether or not you catch them doing acts of kindness for others...it's contagious!

Other books

- *Zen Shorts* - Jon J Muth
- *The Three Questions* - Jon J Muth
- *Dharma Family Treasures* - Sandy Eastoak
- *The Rabbit Who Overcame Fear - A Jataka Tale* - Foreword by Tarthang Tulku
- *Prince Siddhartha* - Jonathan Landaw
- *Prince Siddhartha Coloring Book* - Jonathan Landaw
- *The Brave Little Parrot* - Rafe Marthin
- *Tara's Coloring Book* - Jon Landaw
- *Explore Tibet* - Kimberly Evers
- *I Take A DEEEP Breath!* - Sharon Penchina
- *Kindness: A Treasury of Buddhist Wisdom for Children and Parents* - Sarah Conover
- *Because Brian Hugged His Mother* - David L. Rice
- *The Giving Tree* - Shel Silverstein
- *Tenzin's Deer* - Barbara Soros
- *The Hermit and the Well* - Thich Nhat Hanh
- *Each Breath A Smile* - Thich Nhat Hanh
- *Meow Said the Mouse* - Beatrice Barbey
- *Peaceful Piggy Meditation* - Kerry Lee MacLean
- *Tara Tames the 8 Fears* (video)
- *The Dalai Lama* - Demi
- *The Gift: A Magical Story About Caring For the Earth* - Isia Osuchowska
- *A Dog's Tooth* - W.W. Rowe
- *Buddha* - Demi
- *Amy and Gully in Rainbowland* - W.W. Rowe
- *Children Just Like Me* - UNICEF
- *Owen And Mzee* - Craig Hatkoff
- *Thanks and Giving* - Marlo Thomas



ZaChoeje Rinpoche



ZaChoeje Rinpoche

Orange Manjushri Empowerment and Retreat

At Diary Springs Campground (approximately 23 miles Southeast of Flagstaff, AZ in the Coconino National Forest -- scroll down for map)
 Empowerment: Saturday May 20, 10am-4pm
 Retreat: May 20-25

Download printable flyer for event:

- [Flyer page 1 \(pdf\)](#)
- [Flyer page 2 \(pdf\)](#)

Emaho Foundation is pleased to announce this special opportunity to receive the initiation of Orange Manjushri with ZaChoeje Rinpoche in the beautiful serene forest outside of Flagstaff Arizona. The initiation will be followed by a week-long retreat. This is a rare opportunity to receive from a true lineage master Manjushri's blessings, which are said to be like light that dispels all darkness within the mind.

Manjushri represents Buddha's infinite wisdom: the embodiment of all the Buddha's wisdom identified with penetrating insight into the nature of reality and interdependent origination. The great power of the wisdom aspect of the mind's inherent clarity can rescue us from confusion. Identifying with Manjushri's aspects of transcendental wisdom can be used to free ourselves from suffering and the causes of suffering. Invoking the deity Manjushri and accomplishing the related practices produces the relative benefits of sharpened intelligence, and, ultimately, enlightenment.

In the aspect of Orange Manjushri, Manjushri demonstrates the qualities of enlightened wisdom by holding a flaming sword that symbolizes the ability to cut through the roots of ignorance. His double-edged sword cuts through obscuring layers of misconception and discriminates accurately between the independent way things mistakenly appear to exist and the interdependent way they actually do exist. Manjushri's sword destroys the false and misleading conceptions fabricated by ignorance, the root of all of our delusions. Manjushri's realization of Bodchitta, his ultimate compassion, never loses sight of the welfare of those who, like ourselves, wish only to be happy and to escape from suffering and reminds us that we seek happiness and the causes of happiness not for only ourselves but for all sentient beings throughout the vastness of limitless space.



If you wish, you may attend only the initiation May 20. Stay as long as your schedule permits, or join us for the entire retreat.

The cost for the initiation only is \$60. For the weekend, May 20-21, it is \$100. The full retreat, May 20-26, is \$240. If you are staying longer than the weekend but unable to stay the entire retreat, the cost is \$40 per day.

Please fill out and return the registration form and send it along with your payment to Emaho by May 5, 2006.

- [Registration form page 1 \(pdf\)](#)
- [Registration form page 2 \(pdf\)](#)



*Please Join Us For This
Auspicious Event*



*Emaho is pleased
To Announce
ZaChoeje
Rinpoche
has graciously
agreed to give the
White Tara
Long Life
Initiation*

*Saturday July 15,
2006*

*Emaho Center
10:00am-4:00pm
1402 North Miller
Scottsdale,
Arizona 85057*

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. Identifying with the qualities of White Tara's extraordinary qualities; transcendent wisdom, omniscient awareness, love and compassion, our own aspects of innate altruism begin to arise. We can begin to embrace our own infinite compassion, becoming free from selfish attitudes to more easily benefit our self and others.

Za Choeje Rinpoche is a true lineage master and Emaho is truly blessed in being able to offer this empowerment to all who would like. 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.

Please see www.emahofoundation.org. Details will be following soon.



ZaChoeje Rinpoche



ZaChoeje Rinpoche: Nagarjuna's Precious Garland

At Emaho Center

2006: August 27, October 22 [cancelled], November 18 (previously scheduled for November 19)

2007: April 15

This page last updated April 7, 2007

Nagarjuna was born 400 years after Buddha passed away and is renowned for his penetrating analysis of reality. Through his vast insight, we get glimpses of the Prajnaparamita and the very essence of the Buddha's teaching. In the Precious Garland, Nagarjuna offers intimate guidance to, over the span of lifetimes, perfect personal happiness, develop compassion, and realize emptiness. As Nagarjuna encourages, these practices will ultimately release us from the suffering of Samsara into Enlightenment.

From the beginning of the Precious Garland, when Nagarjuna pays homage to Buddha as the being who freed himself from all negative afflictions, he interweaves advice for the development of compassion and the wisdom of realizing emptiness. It is clear that the two views form a harmonious path to a state of supreme service for all.

Thus, the Precious Garland gives us a blueprint for building a society that includes social justice, education, and compassionate care for all beings, charity for those without food and home, the reformation of criminals, and the abolishment of the death penalty.

Rinpoche has selected this workshop to help support our understanding of the [teachings on Wisdom](#) and for anyone who seriously wants guidance on how to help themselves and others live happier lives. As ZaChoeje Rinpoche often tells us, "Knowing what you need to do is not enough. It is not amazing until we put into practice."



ZaChoeje Rinpoche

**Death and Dying
POWA: TRANSFERENCE OF CONSCIOUSNESS
Workshop with ZaChoeje Rinpoche
on DVD (recorded September 2004 at Emaho)**

Sunday October 22 , 10am-4pm

Due to popular request, Emaho will show a recording of ZaChoeje Rinpoche's 2004 teaching on Death and Dying and the practice of Phowa. This is a teaching that will increase our understanding, help us to remove fear and allow us to become familiar with the stages of death so that we may more easily help others and ourselves at the time of death.



**Special Children's Event at the
Phoenix Art Museum**
Sunday October 22 noon-2:00pm

As part of the art museum's Himalayan art show, children are invited to paint prayer flags and prayer rocks and decorate traditional prayer wheels while learning about Buddhist teachings.

Parents are welcome to accompany their children.



ZaChoeje Rinpoche



Sand Mandala/Gallery Talk Phoenix Art Museum

- Opening ceremony Monday November 6, 4:00pm
- Tuesday November 7 through Saturday November 11
- Closing ceremony Sunday November 12, 11:00am

ZaChoeje Rinpoche: Gallery talk November 21 7:00pm

To read about Tibetan Sand Painting, [download flyer in pdf format \(3MB\)](#)

To correspond with the exhibit "[Demonic Divine in Himalayan Art](#)" at the [Phoenix Art Museum](#), scheduled to run through December 17, Emaho Foundation has invited four Tibetan monks to the museum to create a sand mandala of a traditional wrathful deity.

This is a week-long event: the monks will begin setting up on Monday November 6. The work on the mandala will begin on Tuesday November 7 and will continue through Saturday November 11.

The closing ceremony will be on Sunday November 12 at 11:00am.

On November 21, ZaChoeje Rinpoche will give a gallery talk on the exhibit.

Tibetan Sand Painting

Compassion Buddha Mandala

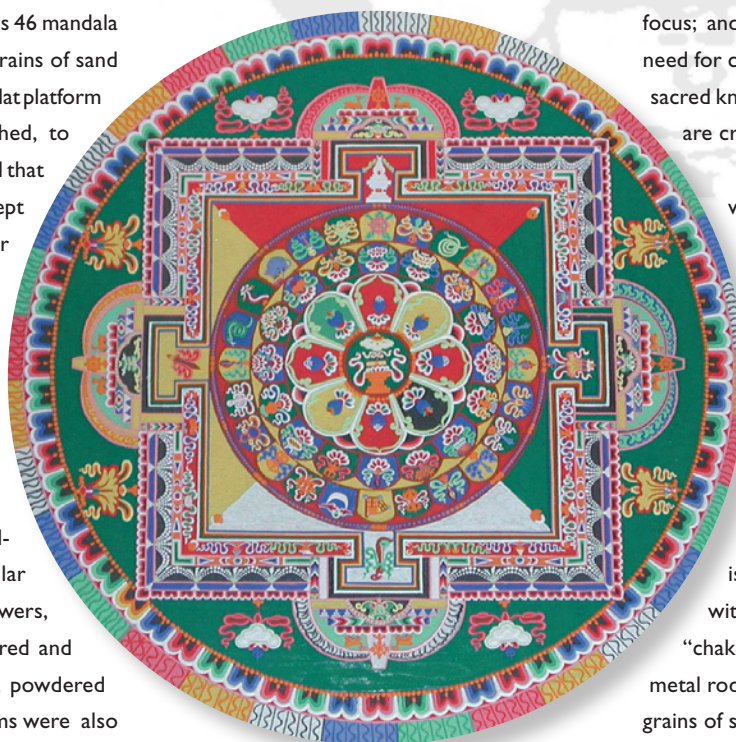


The Mandala, (Sanskrit for Circle), is an ancient form of Tibetan Buddhism. Mandalas are drawings in three dimensional form that is made of sand. In Tibetan, this art is called “dul-tson-kyil- khor”, which means 46 mandala of colored powder”. Millions of grains of sand are painstakingly laid into place on a flat platform over a period of days. When finished, to symbolize the impermanence of all that exists, the colored sands are swept up and poured into a nearby river or stream where the waters carry healing energies throughout the world. When requested, the monks arrange to preserve a mandala, though this is not traditional.

The most common substance used in the creation of dul-tson-kyil-khor is colored sand. Other popular substances are powdered flowers, herbs or grains, and also powdered and colored stone. In ancient times, powdered precious and semi-precious gems were also used. Thus, lapis lazuli would be used for the blues, rubies for the reds, and so forth.

The subject for a Tibetan sand painting is known in Sanskrit as a mandala or cosmogram. In general, all mandalas have outer, inner, and secret meaning. On the outer level they represent the world in its divine form; on the inner level, they represent a map by which the

ordinary human mind is transformed into the enlightened mind; and on the secret level, they predict the primordially perfect balance



of the subtle energies of the body and the clear light dimension of the mind. The creation of a sand painting is said to effect a purification and healing on these three levels.

Every tantric system has its own mandala, and thus each one symbolizes an existential and

spiritual approach. For example, that of Lord Avalokiteshvara symbolizes compassion as a central focus of the spiritual experience; that of Lord Manjushri takes wisdom as the central focus; and that of Vajrapani emphasizes the need for courage and strength in the quest for sacred knowledge. Medicine Buddha mandalas are created to generate healing powers.

The creation of a sand mandala begins with an opening ceremony. Monks consecrate the site and call forth the forces of goodness through chanting mantras accompanied by flutes, drums and symbols. An outline of the mandala on the wooden platform is then drawn. The following days see the laying of the colors. The sand, colored with vegetable dyes or opaque temper, is poured to the mandala platform with a narrow metal funnel called a “chakpur” which is scraped by another metal rod to cause sufficient vibration for the grains of sand to trickle out if its end. The two “chakpurs” are said to symbolize the union of wisdom and compassion.

The mandalas are created whenever a need for healing of the environment and living beings is felt. The monks consider our present age to be one of great need in this respect, and therefore are creating these mandalas where requested throughout their world tours.

Sand Mandala Constructed by Emaho Foundation
www.emahofoundation.org



ZaChoeje Rinpoche



Ceremony of Bodhisattva Vows

Saturday, December 9, 1:00-4:00 PM

ZaChoeje Rinpoche is pleased to offer us the aspiring Bodhisattva vows. This ceremony instills in us a strong instinct for Bodhicitta. To help stabilize aspiring Bodhicitta in our minds we engage in this special ceremony event. When taken with sincere intention and commitment, this becomes our foundation to achieve Bodhicitta for the sake of all sentient beings.

Rinpoche will explain the significance of the ceremony, its various aspects and how this helps us not only in our spiritual life but also in our daily life as we find more peace and happiness.

During this auspicious ceremony we visualize inviting our Gurus, the Buddhas and their children to witness our heartfelt intention to become a Bodhisattva as we aspire to enter into the spiritual family to become a child of the Victorious Ones. This is a day to rejoice, to bring offerings of faith and inspiration.

As we awaken to the preciousness of our human life and its potential, may the vows be our reminder that peace and joy can be found and celebrated every day.

Please mark your calendar for this special event.

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*In Honor of
His Holiness
The Dalai Lama's
Awarding
Of The Nobel
Peace Prize and
His Continuing
Efforts for
World Peace,
Please join us*

*December
10th*

1:30-4:30pm

*Mustang
Library
Scottsdale*

In appreciation for His Holiness The 14th Dalai Lama's tireless efforts for world peace, please join Emaho for an afternoon over coffee, conversation and shopping for the holiday. We have new handcrafted Tibetan jewelry, ZaChoeje Rinpoche's CDs on various topics that help us understand how to live more happily, Dharma crafts and the 2007 Emaho Calendar which chronicles Rinpoche's historic visit to Tibet.

At 2:15 we are showing the documentary, The Dalai Lama, Soul of Tibet, followed by a talk by Rinpoche on the extraordinary life of His Holiness and prospects for world peace.

This is a time we come together to honor everyone's efforts for global harmony, to honor our teacher, the teachings, and each other. Mark your calendar for this event.

Please see emahofoundation.org for complete details.



ZaChoeje Rinpoche

Fundamentals of Buddhism Schedule for 2007

At Emaho Center

This page last updated November 18, 2007

Emaho's Student-Led Discussions have been powerful tools for ZaChoeje Rinpoche's students. By exploring a topic taken from the teachings of Buddhism, students gain a valuable opportunity to dive deeply into a subject and then share their knowledge with others. Rinpoche asks his students to research a variety of dharma texts and resources and bring together many teachings and viewpoints.

Students have commented that this practice has been both challenging and rewarding. Bringing together a presentation for others adds a different dimension to one's study. Knowing that the material is to be presented, the student knows that his or her understanding of the topic needs to be more organized, and more comprehensive. The richness and depth of Buddhism's often complex philosophy is challenging, yet it rewards the student willing to explore the teachings in this different way.

We are all fortunate that we can learn together in this time-honored manner.

Thursday January 4 - Steve Ullman **Life Story of Shantideva**

Steve Ullman will give a short talk on the life of Shantideva, the great Indian master best known for writing *A Guide to the Bodhisattva's Way of Life*.

Steve has been studying Mahayana Buddhism with ZaChoeje Rinpoche for four years. Previously, he took Sutra teachings in New York with the Venerable Thupten Puntsok, as well as other lay and ordained Buddhist teachers.

Thursday January 25 - James Riviezzo **Compassion and Wisdom: Two Wings**

In Tibetan Buddhism, wisdom and compassion are considered the two most important aspects of practice. Just like a bird needs two wings to fly, wisdom and compassion support our ability to soar to our ultimate potential for happiness.

Rinpoche says as we live our lives we construct the story of who we are on a continual basis. We construct a solid wall of separation between us and others, driven by a fundamental ignorance. This conditioned ignorance perceives our self as permanent and unchanging and we grasp to that idea. This grasping is the root of all of our suffering. As we begin to cultivate the wisdom of dependent origination and impermanence of self, the walls we create begin to weaken and eventually fall. We break down the idea of self and other and begin to open our selves to our compassionate nature and experience an existence free from suffering.

In this discussion we will explore the interdependence of a wisdom that understands reality, and a compassion that includes all beings starting with our selves.

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 five years. James currently works as a graphic designer and serves on the Board

of Directors of Emaho Foundation.

Thursday February 22 - Chris Young
Nature of Liberation

The actual discipline of practicing Buddhism is to engage in special training that aims to remove all of the obstacles to our happiness and freedom. Buddhists call this complete freedom "Liberation," which is the ultimate fruit, or result, of genuine spiritual practice. In this discussion we will examine the nature of Liberation and try to clarify some of the practices described by the Buddha to attain this great jewel of freedom.

Chris has been studying Buddhism since 2001 under the compassionate guidance of his teachers, ZaChoeje Rinpoche and Merrie Frasier. He lives with his wife, Tanya, Bando the dog, and Cloud the cat. His greatest wish is that through great love and great compassion, we will all begin to unconditionally support and help each other in this life and beyond. Chris is currently the Information Technology Manager for Big Brothers Big Sisters of Central Arizona. He writes: This opportunity to share our practice is wonderful! I hope that we will all learn more about Buddhism, apply its techniques to our daily lives, and quickly save all beings from suffering!

Thursday March 1 - D.J.
12 Links of Dependant Origination

Existence is dependant on certain causes. All phenomena and awareness is part of a cycle. In this discussion we'll explore the pathway of cyclic existence. We will use the basic outline of the 12 links of dependant origination: ignorance, mental formation, consciousness, name and form, the six senses, contact, craving, clinging, becoming, birth, and aging and death. Fortunately for us this outline is easy to understand, making the idea of dependant origination accessible for each of us.

D.J. writes: Conceived in Sedona during the late summer of 1958, D.J. was born in Phoenix on June first of 1959. At the age of seven he began searching for a sensible belief system. He rode his bicycle to various neighborhood churches on Sundays and attended religious services with a variety of family members. Throughout his life he researched belief in a myriad of forms. At age eighteen he finally settled on Buddhism as his path. While he claims to not know much about "Buddhism" he is known to contemplate most the teachings of emptiness and no self.

Thursday March 15 - Donna Tash
Buddha's Life story

The discussion on the life of the Buddha will address the significant historical events and Dharma teachings of Shakyamuni Buddha.

Donna Tash has been studying under ZaChoeje Rinpoche since the end of 2002. She had the privilege to join the India tour in 2005. She serves Emaho Foundation as a Board of Director member and videographer.

Thursday April 5 - Molly Riviezzo
How compassion helps us and others

Thursday April 19 - Donna Tash
Six Perfections: Six stories Illustrating the Perfections

The path to becoming a Bodhisattva incorporates the six perfections or paramitas. These are generosity, morality, patience, enthusiasm, meditation, and wisdom. In this discussion, metaphors illustrating the six perfections will be presented.

Donna Tash has been studying under ZaChoeje Rinpoche since the end of 2002. She had the privilege to join the India tour in 2005. She serves Emaho Foundation as a Board of Director member and videographer.

Thursday May 10 - Lou Ann Behringer
Meaning of Tibetan Symbols and Motifs

Tibetan symbols and motifs used in Vajrayana Buddhism's complex iconographical metaphysical system and their symbolic meaning is a rich inspirational tapestry that engages the mind with pictures of the stages of the path to enlightenment. We will take a few of the vast and profound images

and explore their visionary meaning.

Lou Ann Behringer is one of the many volunteers at Emaho Center. She writes: it is with deepest gratitude that I look to ZaChoeje Rinpoche with inspiration, aspiration and faith. May His life be long for the sake of all.

Tuesday May 29 - Daniel Liebedies
Life story of Nagarjuna

"Nagarjuna (c. 150 - 250 AD) was an Indian philosopher, the founder of the Madhyamaka (Middle Path) school of Mahayana Buddhism, and arguably the most influential Buddhist thinker after the Gautama Buddha himself. His writings were the basis for the formation of the Madhyamika (Middle Way) school. He is credited with developing the philosophy of the Prajnaparamita sutras, and was closely associated with the Buddhist university of Nalanda." (Reference: <http://en.wikipedia.org/wiki/Nagarjuna>) Studying his life story may strengthen our personal understanding of complex but integral themes, such as emptiness, and provide us with great inspiration on our spiritual journeys.

Daniel writes: I consider myself very fortunate to have studied under the guidance of an exemplary spiritual master, ZaChoeje Rinpoche, for nearly three years. My curiosity about meditation in pursuit of inner peace and true happiness were greatly rewarded when I set foot in Emaho's meditation center. With a Christian background, I initially struggled to comprehend the fundamentals of Buddhism but I find myself reconciling many of the teachings of both faiths and have only deepened my respect for all spiritual paths. Practicing with other devoted students provides me with tremendous peace and joy and I try my best to reciprocate the mutual love and kindness I experience in our spiritual community.

Thursday June 7 - Ira Pettit
Shamata: Single-Pointed Meditation

Shamatha is a meditative state of calm concentration in which the mind stays fixed on an object of meditation, effortlessly and without distraction. Through the practice of shamatha, we are trying to connect with the basic nature of our mind. With the practice of shamatha, we get closer and closer to our mind, seeing it just as it is.

Ira writes: I have studied under ZaChoeje Rinpoche since shortly after meeting him in October 2002. I've also been very fortunate to attend teachings given by His Holiness the 14th Dalai Lama over the past three years. I've given the announcements at Emaho's dharma teachings for over 2-1/2 years and briefly served as financial manager for Emaho Foundation.

Thursday June 21 - [cancelled]
Donna Wood
Mystical/Mythical Side of Buddhism: Metaphors for the Inconceivable, Inexpressible.

What is myth and what is its role in Tibetan Buddhism? According to Webster's dictionary, myth is defined as "a usually traditional story of ostensibly historical events that serves to unfold part of the world view of a people or explain a practice, belief, or natural phenomenon". In this discussion we will, together, explore what role mythology plays in Tibetan Buddhism and why it is important in our lives today.

Donna Wood has been a very fortunate student of Venerable ZaChoeje Rinpoche since 1999. She is a community volunteer and business owner residing in Phoenix with her husband, two dogs and "Buddy-sattva" the cat. Through the insightful, humorous and exemplary teachings of Rinpoche, she has been able to find her path and has been blessed with opportunity for growth, celebration and more peace in her life today.

Thursday July 5 - ernie stewart
1 Small Shift from the Clouds to the Sky

Here even the various mind-pleasing blossoming flowers
 and attractive shining supreme golden houses
 have no inherently existent maker at all.
 They are set up through the power of thought.
 Through the power of conceptuality the world is established.
 BUDDHA

When you develop a rough idea of what it means to be dependent on thought,
you ask yourself whether persons and things usually appear this way or not.
His Holiness the DALAI LAMA

A discussion about the difficulties of getting pulled into the clouds of ideas.
ernie stewart, student of ZA CHOEJE RINPOCHE

Thursday July 19 - D. J.
The Nature and Existence of Self

D. J. will lead the discussion on the Nature of Self.

D. J. writes:

Conceived in Sedona during the late summer of 1958 D.J. was born in Phoenix on June first of 1959. At the age of seven D.J. began searching for a sensible belief system. He rode his bicycle to various neighborhood churches on Sundays and attended religious services with a variety of family members. Throughout his life he researched belief in a myriad of forms. At age eighteen he finally settled on Buddhism as his path. While he claims to not know much about "Buddhism" he is known to contemplate most the teachings of emptiness and no self.

Thursday August 2 - James Riviezzo
Generating Bodchitta
Cultivation of the Four Immeasurables

The Four immeasurables are included in the preliminary of all practices at Emaho.

Wishes for happiness to all sentient beings and compassion are spoken of as skillful means. What does this have to do with mind training? How does reaching happiness depend on the well being of others? In this talk we explore compassion as wisdom and the true nature of self as it relates to Buddhist thought.

Thursday August 16 - MaryKaye Moses
Preliminary Practice, Altar Setup, Water Bowl Offerings

We will learn how to set up a personal altar and how to make water bowl offerings, activities that are an integral part of the preliminary practices taught by Buddha. Why have daily altars? ZaChoeje tells us an altar holds images or representations of the Buddha's enlightened body, speech and mind which serve as reminders of the goal of Buddhist practice. Rinpoche tells us the reason for setting up an altar is not for fame, for showing off wealth, or to increase pride, but rather it is to reduce one's mental afflictions and to seek the ability to help all sentient beings. We will set up an altar and talk about why things are done in certain ways, ways that will help us to acquaint our minds to daily preliminary practice.

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.

Thursday September 13 - Lisa Meyer
Stopping Karma

Produced by the delusions of attachment, hatred and ignorance, negative karma produces suffering in our lives. Although we are unable to cease the accumulation of negative karma completely as long as we have delusions, through the practice of the four opponent powers we can purify these negative karmic tendencies. This discussion will include an overview of the types of karma (contaminated and non-contaminated), karmic seeds and imprints, and the means of purification.

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.

Thursday September 27 - Melissa Smith-Beckner
Selflessness of person according to the Parsankika Madhyamika

If I had an accident and lost my sight, if I was raised in a different culture, if I didn't have the opportunity to go to school, if I was a Taurus instead of a Virgo or a dancer instead of a banker - would I be essentially the same

person? Through the years, am I essentially the same person? Your average person living from day to day would be inclined to say "um, aahhh, yeah probably." But the Prasangika Madhyamika says that this view is deluded. It says if I make a habit of looking for what is essentially Me that I will find only ideas based on many causes and conditions. It says that Me is a mundane concept, a made up story, the belief in which is the major road block to enlightenment.

Melissa writes: Native of Pittsburgh, I moved to Phoenix in 2002 and married Rick and his two boys in 2003. A banker for 20 years, ballet student for 12 years before that, now eagerly awaiting an opportunity for my next career change. Started studying Buddhism in 2000 when asked to help with fund raising for a tour group from Drepung Monastery. Found Rinpoche and the Emaho sangha in 2004 and have been loving them ever since!

Thursday October 4 - Lou Ann Behringer
Wisdom of The Heart Sutra

The Heart Sutra is one the most important, direct, succinct, critical teachings given by Buddha Shakyamuni. It is about the heart of our being, the true nature of our being; the heart of reality, the true nature of reality. It is a subtle teaching, a profound teaching, a teaching touching the essence of truth; it is the heart, the core, the center from which if we get a correct glimpse of its wisdom the glimpse and its implications will impact our lives as the beating of our heart impacts our existence.

Lou Ann Behringer is one of the many volunteers at Emaho Center. She writes: it is with deepest gratitude that I look to ZaChoeje Rinpoche with inspiration, aspiration and faith. May His life be long for the sake of all.

Thursday October 25 - Regula Stewart
Faith

The Great Treatise on the Stages of the Path to Enlightenment Vol 1 says: "Faith is a pre-requisite of all good qualities - a procreator of them, like a mother, who then protects and increases them."
Faith and devotion are such beautiful, but often misunderstood qualities. In Buddhism there are three kinds of faith: admiring faith, inspiring faith and trust.

We will discuss what faith and devotion are from a Buddhist view, what some misconceptions are, what their benefits are and how to strengthen these qualities in us. I hope that the discussion will help you towards a basic understanding of faith and devotion, so when you read the scriptures about it, you will have some guidelines on how to interpret it for your spiritual practice. Regula Stewart is a student of ZaChoeje Rinpoche and a practicing psychotherapist in Flagstaff.

Thursday November 29 - Sylvia Berk
Eight Fold Path

Thursday December 13 - Skip Wharton
Three Principle Aspects of the Path

The great Lama Je Tsongkapa wrote the original verses of The Three Principal Aspects of the Path, a short and profound work that comprises the three aspects of the path necessary to enlightenment, the ultimate happiness state. The three are a strong and sincere wish to be free from Samsara and to attain Bodchitta and the correct understanding of emptiness. We all want freedom but we need to know how know how to cut the root to our ties to Samara. To do that Je Tsongkhapa tells us in this work that we must understand the nature of reality.

Skip Wharton studied Zoology and Geography in college and has been a grateful student of Rinpoche since 2002. He lives with his dog Beau in Sun City

Thursday December 27- Rick Weir
Preparing the mind for death

Analysis of death is not for the sake of becoming fearful but to take advantage and appreciate this precious human life. The study of the death process helps us become acquainted with death so we may be better able to further our practice during death and Bardo. The masters have taught us the stages of death. As we become familiar with them, we prepare our mind for the eventful experience.