



December ...

January 2007

... February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> Emaho Center open all day  Meditation: Chenresig 7-8pm	<b>3</b>  Meditation: Mindfulness 7-8pm	<b>4</b> Fundamentals of Buddhism: <i>Life Story of Shantideva</i> Student-led discussion 7-8pm	<b>5</b>	<b>6</b>
<b>7</b> Green Tara Mantrathon 5:30am-8:30pm	<b>8</b>	<b>9</b>	<b>10</b> Meditation: Love and Compassion 7-8pm	<b>11</b>	<b>12</b> Meditation: Green Tara 7-8pm	<b>13</b>
<b>14</b> Children's Hour 9:30-10:30am	<b>15</b>	<b>16</b>	<b>17</b> Meditation: Bodhicitta 7-8pm	<b>18</b> Intensive Winter Semester Study, Class 1 <i>ZaChoeje Rinpoche:</i> <i>Lam Rim</i> 8:00-9:00pm	<b>19</b> Meditation: Manjushri 7-8pm	<b>20</b> Vajrapani Empowerment 10:00am-4:00pm
<b>21</b> Intensive Winter Semester Study, Class 2 <i>ZaChoeje Rinpoche:</i> <i>Lam Rim</i> 10:00am- 4:00pm	<b>22</b> Intensive Winter Semester Study, Class 3 <i>ZaChoeje Rinpoche:</i> <i>Lam Rim</i> 8:00-9:00pm	<b>23</b>	<b>24</b> Meditation: Wisdom 7-8pm	<b>25</b> Fundamentals of Buddhism: <i>Compassion Wisdom</i> Student-led discussion 7-8pm	<b>26</b> Meditation: Medicine Buddha 7-8pm  Intensive Winter Semester Study, Class 4 <i>ZaChoeje Rinpoche:</i> <i>Lam Rim</i> 8:00-9:00pm	<b>27</b> Intensive Winter Semester Study, Class 5 <i>ZaChoeje Rinpoche:</i> <i>Lam Rim</i> 10:00am-4:00pm  Guru Yoga Tsok 7:00-8:00pm
<b>28</b> Intensive Winter Semester Study, Class 6 <i>ZaChoeje Rinpoche:</i> <i>Lam Rim</i> 10:00am- 4:00pm  Film Club: 7:00-8:30pm Rinpoche in Tibet	<b>29</b>	<b>30</b>	<b>31</b> Meditation: Mindfulness 7-8pm			



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January ...

February 2007

... March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b> Center open all day  Meditation: Chenresig 7pm-8pm
<b>4</b>	<b>5</b> Teachings by ZaChoeje Rinpoche 7-8: 30pm	<b>6</b>	<b>7</b> Meditation: Love and Compassion 7pm-8pm  Teachings by ZaChoeje Rinpoche 8-9: 30p	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> Children's Program 9: 30am-10: 30am	<b>12</b> Meditation: Green Tara 7pm-8pm	<b>13</b>	<b>14</b> Meditation: Bodhicitta 7pm-8pm	<b>15</b>	<b>16</b>	<b>17</b> Meditation: Manjushri 7pm-8pm
<b>18</b> LOSAR Tibetan New Year	<b>19</b>	<b>20</b> Book Club: <i>Meaning of Life</i> by His Holiness the Dalai Lama	<b>21</b> Meditation: Wisdom 7pm-8pm	<b>22</b> Student-led discussion: <i>Nature of Liberation</i> 7pm-8pm	<b>23</b>	<b>24</b> On DVD: Rinpoche's 2004 teaching on the Heart Sutra (Part 1) 1pm-4pm  Meditation: Medicine Buddha 7pm-8pm
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Meditation: Mindfulness 7pm-8pm			



February ...

March 2007

... April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Student-led discussion: 12 Links of Dependant Origination 7pm-8pm	<b>2</b> ANNIVERSARY OF MILAREPA	<b>3</b> CHOTRUL DUCHEN: Buddha's Performance of Miracles  Meditation: Chenresig 7pm-8pm
<b>4</b> Film Club Siddhartha 6:30pm	<b>5</b>	<b>6</b>	<b>7</b> Meditation: Love and Compassion 7pm-8pm	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> Children's Program 9:30am-10:30am	<b>12</b>	<b>13</b> Meditation: Green Tara 7pm-8pm	<b>14</b> Meditation: Bodhicitta 7pm-8pm	<b>15</b> Student-led discussion: Buddha's Life 7pm-8pm	<b>16</b>	<b>17</b> On DVD: rinpoche's 2004 teaching on the Heart Sutra (Part 2) 1pm-4pm
<b>18</b>	<b>19</b> Meditation: Manjushri 7pm-8pm	<b>20</b>	<b>21</b> Meditation: Wisdom 7pm-8pm	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Meditation: Medicine Buddha 7pm-8pm	<b>26</b>	<b>27</b>	<b>28</b> Meditation: Mindfulness 7pm-8pm	<b>29</b> Tsok: Guru Yoga 7pm-8pm	<b>30</b>	<b>31</b>



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March ...

April 2007

... May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Center open all day  Meditation: Chenresig 7pm-8pm	<b>3</b>	<b>4</b> Meditation: Love and Compassion 7pm-8pm	<b>5</b> Student-led discussion: <i>How Compassion Helps us and Others</i> 7pm-8pm	<b>6</b>	<b>7</b> ZaChoeje Rinpoche: Workshop: <i>Compendium of Ways of Knowing</i> 1pm-4pm
<b>8</b>	<b>9</b> ZaChoeje Rinpoche: <i>Maintaining a Compassionate Heart in our Complex World</i> Public Talk at Mustang Library 7-8pm [previously scheduled for April 3]  Click <a href="#">here</a> for directions to library	<b>10</b> Book Club: <i>Lighting the Way by His Holiness the Dalai Lama</i>	<b>11</b> Meditation: Bodhicitta 7pm-8pm	<b>12</b> Meditation: Green Tara 7pm-8pm	<b>13</b>	<b>14</b>
<b>15</b> ZaChoeje Rinpoche: Workshop: <i>Nargajuna's Precious Garland</i> 1pm-4pm	<b>16</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)	<b>17</b> Meditation: Manjushri 7pm-8pm	<b>18</b> Meditation: Wisdom 7pm-8pm  Kalachakra New Year	<b>19</b> Student-led discussion: <i>Six Perfections: Six Stories Illustrating the Perfections</i> 7pm-8pm	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> Meditation: Medicine Buddha 7pm-8pm	<b>25</b> Meditation: Mindfulness 7pm-8pm	<b>26</b> Tsok: Guru Yoga 7pm-8pm	<b>27</b>	<b>28</b>
<b>29</b> ZaChoeje Rinpoche: Wisdom Teaching: Madhyamikavatara 10am-4pm	<b>30</b>					



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April ...

May 2007

... June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b> Meditation: Love and Compassion 7pm-8pm	<b>3</b> Center open all day  Meditation: Chenresig 7pm-8pm	<b>4</b>	<b>5</b> Film Club Groundhog Day 6:30pm
<b>6</b> Children's Hour 9:30am- 10:30am  Children's Sangha Special Event 11:30am- 12:30pm Sale to benefit homeless animals in the community	<b>7</b> ZaChoeje Rinpoche: <i>How to be Happy in the Face of Daily Struggles</i> Public Talk at Mustang Library 7-8pm  Click <a href="#">here</a> for directions to library	<b>8</b>	<b>9</b> Meditation: Bodhicitta 7pm-8pm	<b>10</b> Student-led discussion: <i>Meaning of Tibetan Symbols and Motifs</i> 7pm-8pm	<b>11</b>	<b>12</b> Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)
<b>13</b>	<b>14</b>	<b>15</b> Meditation: Vajra Bhairava 7pm-8pm (open to those who have received the empowerment)	<b>16</b> Meditation: Wisdom 7pm-8pm	<b>17</b> Meditation: Manjushri 7pm-8pm (open to those who have received the empowerment)	<b>18</b> Retreat Set-Up	<b>19</b> Retreat: Paldon Lhamo Empowerment 10am
<b>20</b> Retreat	<b>21</b> Retreat	<b>22</b> Retreat	<b>23</b> Retreat  Meditation: Mindfulness 7pm-8pm	<b>24</b>  Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>25</b>	<b>26</b> Tsok: Guru Yoga 7pm-8pm [CANCELLED]
<b>27</b> ZaChoeje Rinpoche: <i>Pet Blessings</i> 10-11am  ZaChoeje Rinpoche: Workshop: <i>Precious Garland</i> 1pm-4pm	<b>28</b>	<b>29</b> Student-led discussion: <i>Life Story of Nagarjuna</i> 7pm-8pm	<b>30</b> Meditation: Love and Compassion 7pm-8pm	<b>31</b> SAKA DAWA: Buddha achieved Enlightenment and Parinirvana  Saka Dawa ceremony, Refuge ceremony 7pm-9pm		



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May ...

June 2007

... July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
<b>3</b> Children's Hour 9:30-10:30am	<b>4</b> ZaChoeje Rinpoche: <i>Why is Change so Frightening?</i> Public Talk at Mustang Library 7-8pm  Click <a href="#">here</a> for directions to library	<b>5</b>	<b>6</b> Meditation: Bodhicitta 7pm-8pm	<b>7</b> Student-led discussion: <i>Shamata: Single-Pointed Meditation</i> 7pm-8pm	<b>8</b>	<b>9</b> ZaChoeje Rinpoche: Workshop: <i>Nargajuna's Precious Garland</i> 1pm-4pm
<b>10</b> Japanese & Tibetan sacred music, 2pm-4pm. Mustang Library. [This event has been cancelled]  Potluck at Emaho Center 5pm [cancelled]  Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)	<b>11</b>	<b>12</b> Book Club: <i>The Dalai Lama at Harvard</i>	<b>13</b> Meditation: Wisdom 7pm-8pm	<b>14</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)	<b>15</b> Meditation: Manjushri 7pm-8pm (open to those who have received the empowerment)	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Meditation: Mindfulness 7pm-8pm	<b>21</b> Student-led discussion: 7pm-8pm [Note: cancelled]	<b>22</b>	<b>23</b> Medicine Buddha Empowerment 10am-4pm  Meditation: Medicine Buddha 7pm-8pm
<b>24</b> ZaChoeje Rinpoche: Wisdom Teaching 10am-4pm	<b>25</b> Tsok: Guru Yoga 7pm-8pm	<b>26</b>	<b>27</b> Meditation: Love and Compassion 7pm-8pm	<b>28</b>	<b>29</b>	<b>30</b> Center open all day  Meditation: Chenresig 7pm-8pm (open to those who have received the empowerment)



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June ...

July 2007

... August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> Meditation: Bodhicitta 7pm-8pm	<b>5</b> Student-led discussion: <i>A Small Shift from the Clouds to the Sky</i> 7pm-8pm	<b>6</b> Celebration His Holiness's Birthday and Emaho Center Anniversary Pot Luck 6:45 pm	<b>7</b>
<b>8</b> ZaChoeje Rinpoche: Precious Garland 1-4pm [cancelled]  Film Club: <i>Peaceful Warrior</i> 6:30 pm	<b>9</b> ZaChoeje Rinpoche: <i>Dealing with Difficult Situations</i> Public Talk at Mustang Library 7-8pm  Click <a href="#">here</a> for directions to library	<b>10</b> Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)	<b>11</b> Meditation: Wisdom 7pm-8pm	<b>12</b>	<b>13</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)	<b>14</b> Meditation: Manjushri 7pm-8pm (open to those who have received the empowerment)
<b>15</b> Children's Hour 9:30-10:30am	<b>16</b>	<b>17</b> Teen Program Planning 7-8pm	<b>18</b> Meditation: Mindfulness 7pm-8pm	<b>19</b> Student-led discussion: <i>The Nature and Existence of Self</i> 7pm-8pm	<b>20</b>	<b>21</b>
<b>22</b> ZaChoeje Rinpoche: Wisdom Workshop 10 am - 4 pm  Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>23</b>	<b>24</b> Tsok: Guru Yoga 7-8pm	<b>25</b> Meditation: Love and Compassion 7pm-8pm	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> Center open all day  Meditation: Chenresig 7pm-8pm (open to those who have received the empowerment)				





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July ...

August 2007

... September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Meditation: Bodhicitta 7pm-8pm	<b>2</b> Student-led discussion: <i>Generating Bodhicitta</i> 7pm-8pm	<b>3</b>	<b>4</b>  ZaChoeje Rinpoche Birthday
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Meditation: Wisdom 7pm-8pm	<b>9</b> Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)	<b>10</b>	<b>11</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)
<b>12</b> Meditation: Manjushri 7pm-8pm	<b>13</b>	<b>14</b> Book Club: <i>The Wisdom of Forgiveness</i>	<b>15</b> Meditation: Mindfulness 7pm-8pm	<b>16</b> Student-led discussion: <i>Preliminary Practice</i> 7pm-8pm	<b>17</b>	<b>18</b>
<b>19</b> Children's Hour 9:30-10:30 am  DVD showing of Rinpoche's public talk "When Trust is Betrayed" 5:30pm-6:30 pm  DVD showing of Rinpoche public talk "Shaping Chaos" 7pm-8pm	<b>20</b> Bodhisattva Teens 7pm-8pm	<b>21</b> Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>22</b> Meditation: Love and Compassion 7pm-8pm	<b>23</b> Tsok: Guru Yoga 7pm-8pm	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> Center open all day  Meditation: Chenresig 7pm-8pm (open to those who have received the empowerment)	<b>29</b> Meditation: Bodhicitta 7pm-8pm	<b>30</b>	<b>31</b>	





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August ...

September 2007

... October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Vajra Bhairava 3-Day Retreat [this retreat will be rescheduled to a later date]
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Meditation: Wisdom 7pm-8pm	<b>6</b> Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)	<b>7</b>	<b>8</b>
<b>9</b> Children's Hour 9:30-10:30am	<b>10</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)	<b>11</b> Meditation: Manjushri 7pm-8pm (open to those who have received the empowerment)	<b>12</b> Meditation: Mindfulness 7pm-8pm	<b>13</b> Student-led discussion: <i>Stopping Karma</i> 7pm-8pm	<b>14</b>	<b>15</b> film Club: <i>Matrix III</i> 6:30 pm
<b>16</b> DVD showing of Rinpoche's teaching on "Compendium of Knowing" 3-7pm  [ZaChoeje Rinpoche: Wisdom Workshop 10am-4pm ---- cancelled]	<b>17</b> [ZaChoeje Rinpoche: <i>Is There a Back Door to Enlightenment?</i> Public Talk at Mustang Library 7-8pm ----- cancelled]	<b>18</b> Bodhisattva Teens 7pm-8pm	<b>19</b> Meditation: Love and Compassion 7pm-8pm	<b>20</b> Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>21</b> Tsok: Guru Yoga 7-8pm	<b>22</b> [ZaChoeje Rinpoche: Precious Garland Workshop 1-4pm ---- cancelled]
<b>23</b>	<b>24</b>	<b>25</b> Center open all day  Meditation: Chenresig 7pm-8pm (open to those who have received the empowerment)	<b>26</b> Meditation: Bodhicitta 7pm-8pm	<b>27</b> Student-led discussion: <i>Selflessness of the Person - Parsankika Madhyamika</i> 7pm-8pm	<b>28</b>	<b>29</b>



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September ...

October 2007

... November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b> Meditation: Wisdom 7pm-8pm	<b>4</b> Student-led discussion: <i>Wisdom of the Heart Sutra</i> 7pm-8pm	<b>5</b> Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)	<b>6</b>
<b>7</b> Children's Hour 9:30-10:30am  ZaChoeje Rinpoche: Wisdom Workshop 10am-4pm [to be rescheduled]	<b>8</b> ZaChoeje Rinpoche: <i>What if You Could Just Open Your Eyes and be Happy?</i> Public Talk at Mustang Library 7-8pm [to be rescheduled]	<b>9</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)	<b>10</b> Meditation: Mindfulness 7pm-8pm	<b>11</b> Meditation: Manjushri 7pm-8pm (open to those who have received the empowerment)	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b> Book Club: <i>The Splendor of an Autumn Moon</i> Lama Tsong Khapa 7-8pm	<b>17</b> Meditation: Love and Compassion 7pm-8pm	<b>18</b>	<b>19</b> Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>20</b>
<b>21</b> ZaChoeje Rinpoche: Green Tara Empowerment [to be rescheduled for a later date: please check back]	<b>22</b>	<b>23</b>	<b>24</b> Meditation: Bodhicitta 7pm-8pm	<b>25</b> Student-led discussion: <i>Faith</i> 7pm-8pm	<b>26</b> Center open all day  Meditation: Chenresig 7pm-8pm (open to those who have received the empowerment)	<b>27</b>
<b>28</b> ZaChoeje Rinpoche: Precious Garland Workshop 1pm-4pm  Potluck Party at Emaho Center 5pm	<b>29</b>	<b>30</b> Bodhisattva teens 7pm-8pm	<b>31</b> Meditation: Wisdom 7pm-8pm			



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November  
10, 2007

October ...

November 2007

... December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>  LHABAB DUCHEN: BUDDHA'S DESCENT FROM TUSHITA	<b>2</b>	<b>3</b>
<b>4</b> Green Tara Empowerment ZaChoeje Rinpoche 10am-4pm	<b>5</b> ZaChoeje Rinpoche: <i>The Road to Happiness Revealed</i> Public Talk at Mustang Library 7-8pm  Click <a href="#">here</a> for directions to library	<b>6</b>	<b>7</b> Meditation: Mindfulness 7pm-8pm	<b>8</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)	<b>9</b> Meditation: Manjushri 7pm-8pm (open to those who have received the empowerment)	<b>10</b>
<b>11</b> ZaChoeje Rinpoche: Wisdom Workshop 10am-4pm	<b>12</b>	<b>13</b> Bodhisattva teens 7pm-8pm	<b>14</b> Meditation: Love and Compassion 7pm-8pm	<b>15</b> Student-led discussion: <i>Preparing the Mind for Death</i> [postponed until December]	<b>16</b>	<b>17</b>
<b>18</b> Children's Hour 9:30-10:30am  Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>19</b>	<b>20</b> Tsok: Guru Yoga 7pm-8pm	<b>21</b> Meditation: Bodhicitta 7pm-8pm	<b>22</b>	<b>23</b> Volunteer Appreciation Community Pot Luck 5:30 pm [cancelled]	<b>24</b> Center open all day  Meditation: Chenresig 7pm-8pm (open to those who have received the empowerment)
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> Meditation: Wisdom 7pm-8pm	<b>29</b> Student-led discussion: <i>Eight-Fold Path</i> 7pm-8pm	<b>30</b> ZaChoeje Rinpoche: Diamond Sutra Intensive Study Course 7-9pm  Bodhisattva teens 7pm-8pm (check for alternate location)	



November ...

December 2007

... January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> ZaChoeje Rinpoche: Diamond Sutra Intensive Study Course 10am-4pm
<b>2</b> ZaChoeje Rinpoche: Diamond Sutra Intensive Study Course 10am-4pm	<b>3</b>	<b>4</b> Meditation: Green Tara 7pm-8pm (open to those who have received the empowerment)  ANNIVERSARY: LAMA JE TSONGKHAPA	<b>5</b> Meditation: Mindfulness 7pm-8pm	<b>6</b>	<b>7</b>	<b>8</b> Meditation: Vajra Bhairava 7pm-8pm (Only open to those who have had the empowerment)
<b>9</b> AHIMSA <a href="#">Click here for more information and to register online</a>  Meditation: Manjushri 7pm-8pm [cancelled]	<b>10</b> ZaChoeje Rinpoche: <i>Inner Peace Through Tibetan Wisdom</i> Public Talk at Mustang Library 7-8pm  <a href="#">Click here for directions to library</a>  ANNIVERSARY: NOBEL PEACE PRIZE AWARDED TO HIS HOLINESS THE DALAI LAMA	<b>11</b> Book Club: <i>Cultivating a Daily Meditation</i> by His Holiness the Dalai Lama 7-8pm	<b>12</b> Meditation: Love and Compassion 7pm-8pm	<b>13</b> Student-led discussion: <i>Three Principle Aspects of the Path</i> 7pm-8pm	<b>14</b> Bodhisattva teens 7pm-8pm	<b>15</b>
<b>16</b> Children's Hour 9:30-10:30am	<b>17</b> Meditation: Medicine Buddha 7pm-8pm (open to those who have received the empowerment)	<b>18</b> Tsok: Guru Yoga 7pm-8pm	<b>19</b> Meditation: Bodhicitta 7pm-8pm	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Meditation: Chenresig 7pm-8pm [cancelled]	<b>25</b>	<b>26</b> Meditation: Wisdom 7pm-8pm	<b>27</b> Student-led discussion: <i>Preparing the Mind for Death</i> 7pm-8pm	<b>28</b>	<b>29</b>



ZaChoeje Rinpoche

### Emaho Book Club - 2007

Emaho Book Club is a forum for us to come together and discuss specific works relevant to our study of the Dharma. It is with great appreciation that we thank Snow Lion Publications for graciously allowing us to use their book reviews.

[Click here to download Book Club flyer in pdf format \(2MB\).](#)

**THE DALAI LAMA**   
The Meaning of Life  
from a Buddhist Perspective



Translated and edited by Jeffrey Hopkins

### February 20 - 7-8pm

**THE MEANING OF LIFE: Buddhist Perspectives on Cause and Effect**  
by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins  
ISBN 0681711734

Basing his explanation on the twelve links of dependent-arising as depicted in the Wheel of Life, the Dalai Lama presents Buddhism's worldview while answering some of life's most profound questions: Why are we here? How should we live our lives?

Moderator: James Riviezzo



### April 10 - 7-8pm

**LIGHTING THE WAY**  
by the Dalai Lama  
ISBN 1559392282

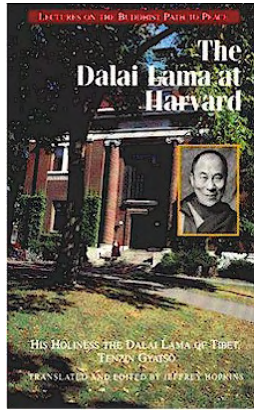
This concise and extremely accessible presentation shows how to apply Buddhist principles in our lives.

Lighting the Way contains 3 fundamental Buddhist teachings given by the Dalai Lama to Western students. "Principles of Buddhism" provides the framework for understanding the Buddha's teaching on the Four Noble Truths, upon which all of his other teachings are based. "Teachings on Eight Verses on Mind Training" comments on a classic text within the genre of Tibetan spiritual writing known as lojong (literally "mind training".) His Holiness often refers to this short work as one of his main sources of inspiration for the practice of compassion. Finally, the Dalai Lama's commentary on Atisha's Lamp for the Path to Enlightenment discusses in a lucid and inspiring manner one of the most important texts for serious practitioners of Buddhism.

The Dalai Lama, leader of the Tibetan people and Nobel Peace Laureate, is a remarkable Buddhist teacher and scholar, versed in the teachings of all the schools of Tibetan Buddhism. He has also become a global spiritual leader, whose commitment to peace and non-violence has been widely recognized, and whose message of universal individual responsibility has won world admiration and acclaim.

Moderator: Joe Collier



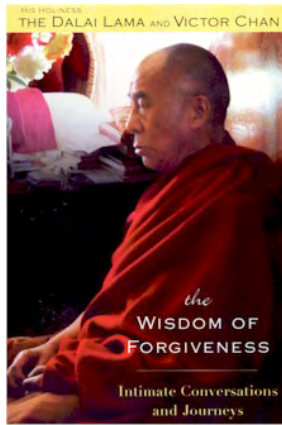


**June 12 - 7-8pm**

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins ISBN 0937938718

His Holiness gave this in-depth introduction to Buddhist theory and practice in a Harvard lecture series. He covers a spectrum of topics: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.

Moderator: Lisa Meyer

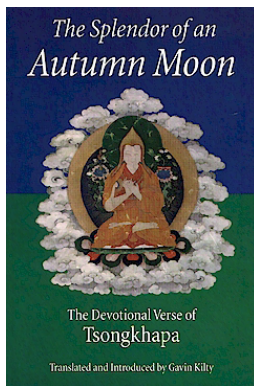


**August 14 - 7-8pm**

THE WISDOM OF FORGIVENESS: Intimate Conversations and Journeys by the Dalai Lama and Victor Chan ISBN 1573222771

What does the Dalai Lama fear? How does he experience pain? In this series of intimate conversations spanning two decades, the Tibetan leader answers these unusually personal questions. Chan, an old friend of His Holiness', recounts travels with him from Ireland, to Czechoslovakia, to Buddhist holy sites.

Moderator: Daniel Lebedies



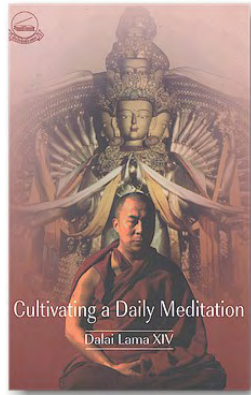
**October 16 - 7-8pm**

THE SPLENDOR OF AN AUTUMN MOON: The Devotional Verse of Tsongkhapa trans. and intro. by Gavin Kilty

Presents for the first time twenty-one devotional poems by Tsongkhapa, in both the original Tibetan and in artful English translation.

"The poems translated here are some of the most inspiring verses ever written in the Tibetan language. In addition to evoking powerful sentiments, the poems help provide a glimpse into Tsongkhapa's deep humility and his passionate commitment to the ideals of altruism. These verses also help the reader to see what is truly human behind the legend that is such a towering figure in the history of Tibetan Buddhism."--Geshe Thupten Jinpa

Moderator: Lou Ann Behringer



**December 11 - 7-8pm**

**CULTIVATING A DAILY MEDITATION**  
by the Dalai Lama  
ISBN 8185102791

The Dalai Lama explains how to cultivate a daily meditational practice. He also presents tantric meditations on Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara, and discusses how they transform the mind.

Moderator: Rick Solaski





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 Bodichitta 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.



ZaChoeje Rinpoche

## Please Join Us Green Tara Mantrathon

**Sunday January 7**

[Download flyer in pdf format \(2MB\)](#)

[Download pledge form in pdf format \(1MB\)](#)

[Download participation form in pdf format \(1.5MB\)](#)

- Coffee and Tea 5:30 AM
- First Meditation Session 6:00 AM, beginning with the One-Day Mahayana Vows
- Break 8:30-9:30 AM Light Breakfast will be served
- Second Session 9:00 AM - noon
- Lunch Break: Please bring your lunch
- Third Session: 2:00 PM - 3:30 PM
- Fourth Session 4:00-6:30 PM

Please join us as we begin the New Year with our **Annual Mantrathon**. This year we are reciting the Green Tara mantra, which allows us to discover our infinite compassion and become free from the selfish attitudes that hinder us. In this practice, we benefit ourselves and others. With our contributions, we help support the Emaho Foundation, dedicated to preserving and sharing Tibetan culture, supporting humanitarian projects and assisting with spiritual development.

We are asking each participant to pledge a donation of \$108.00 and commit to reciting 4,000 mantras. Our goal is to have at least 50 participants worldwide and to generate at least 200,000 mantras while raising funds to help support Emaho's missions.

We invite everyone to join us in any capacity that they can: join us all day at the center, join us at the center for part of the day, or join by participating at home. Our goal is to recite as many Green Tara mantras as we are able. We will do four sessions of Green Tara meditations. Emaho's New Year's wish is for all beings to gain fearlessness and compassion.

Encourage your friends and family to support your mantra recitation by pledging a donation.





Emaho  
Foundation

## Please Join Us Sunday January 7th Green Tara Mantrathon

Green Tara is a feminine emanation of enlightened compassion, one whose activity of fearless wisdom alleviates fear and obstacles that create peril both in a worldly and spiritual sense. Identifying with Green Tara's extraordinary qualities: transcendent wisdom, omniscient awareness, fearlessness, love and compassion, allows our own aspects of these innate qualities to arise.

Mantra is a word that means to protect the mind.

Please join us as we begin the New Year with our Annual Mantrathon. This year we are reciting Green Tara mantra which allows us to discover our infinite compassion and become free from the selfish attitudes that hinder us. In this practice, we benefit ourselves and others. With our

contributions, we help support the Emaho Foundation, dedicated to preserving and sharing Tibetan culture, supporting humanitarian projects and assisting with spiritual development.

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Encourage your friends and family to support your mantra recitation by pledging a donation. You can download the participation forms from the Emaho website, or pick them up at Emaho Center, 1402 North Miller Rd, BI Scottsdale.

Coffee and Tea 5:30am

First Meditation Session 6:00am, Beginning with the One Day Mahayana Vows

Break 8:30-9:30am Light Breakfast will be served

Second Session 9:00am-noon

Lunch Break, Please Bring Your Lunch

Third Session 2:00pm-3:30pm

Fourth Session 4:00-6:30pm

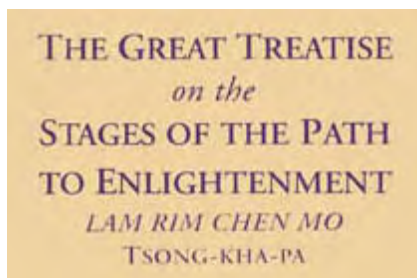




ZaChoeje Rinpoche

## LAM RIM CHEN MO Semester Study with ZaChoeje Rinpoche January 2007

(Download flyer in pdf format - 2.3 MB)



Thursday, January 18:  
8:00 - 9:00 PM  
Sunday, January 21:  
10:00 AM - 4:00 PM  
Monday, January 22:  
8:00 - 9:00 PM  
Friday, January 26:  
8:00 - 9:00 PM  
Saturday, January 27:  
10:00 AM - 4:00 PM  
Sunday, January 28:  
10:00 AM - 4:00 PM

Emaho Foundation is pleased to announce that ZaChoeje Rinpoche has graciously accepted our request to begin the second semester of in-depth Dharma study to students who desire to study in an authentic disciplined spiritual environment. These classes are being offered to students who wish to become more committed and to students who are dedicated to a more intensive, traditional, student/teacher relationship.

Beginning January 18, Rinpoche will offer a series of six classes on Tsong-Kha-Pa's *Lam Rim Chen Mo*. The students who took the first semester have commented that their understanding has flourished and that the Dharma has become clearer and more meaningful to daily life. The second semester intensive on the aspects of the stages of the path will be taught in the classical training style used in monastic study.

Rinpoche will share his insights in a clear and systematic way while translating from the classic Tibetan text. This second semester will be essential for any student who wants to more fully engage his or her study of Buddhism.

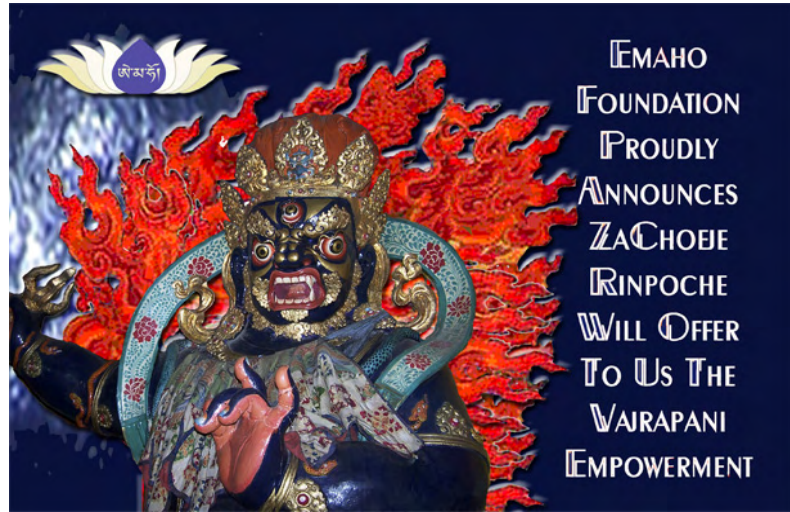
Rinpoche asks that students who are interested please register their intent to attend by sending us an email at [info@emahofoundation.org](mailto:info@emahofoundation.org) or to sign up at the Center. Due to everyone's busy schedule, Rinpoche asks that students commit to as many of these teachings as possible. Please know that if you must miss a class, review from the previous class will not be available.

We start the second semester of study with Chapter 8, The Three Types of Persons. Rinpoche will begin with an overview in Class One on January 18, 8:00-9:00pm. Class Two, Sunday, January 21, 10:00am-4:00pm, will be an all-day intensive workshop. Rinpoche asks that if you haven't already done so, please purchase *The Great Treatise of the Stages of the Path to Enlightenment, Volume One*, published by Snow Lion, ISBN number 1-55939-152-9, and read Chapter 8 prior to class.

*The Great Treatise on the Stages of the Path to Enlightenment (Lam Rim Chen Mo)* is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-Kha-Pa (1357-1419), completed this masterpiece in 1402 and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Tsong-Kha-Pa took great pains to base his incisive insights on the classical Indian Buddhist literature, illustrating his points with classical citations as well as with sayings of the masters of the earlier Kadampa tradition. In this way the text demonstrates clearly how Tibetan Buddhism carefully preserved and developed the Indian Buddhist traditions. Volume One covers all practices that are prerequisite for developing the spirit of bodhicitta.



ZaChoeje Rinpoche



**The Bodhisattva Vajrapani** represents the courage necessary to achieve enlightened spiritual awakening. As we enter the path to enlightenment, we cultivate all of our positive qualities, qualities that include compassion, wisdom, and courage. Thus we fulfill our altruistic intention to benefit ourselves and all sentient beings.

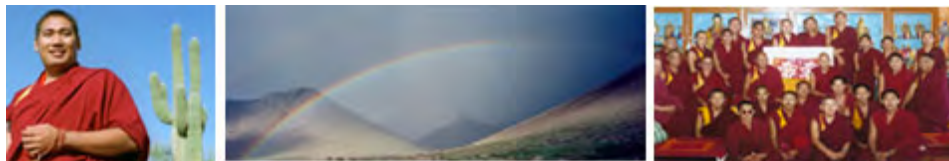
Vajrapani's activities of courage help us to destroy delusions. Identifying with Vajrapani's extraordinary courageous aspect, our own courage can begin to arise. This quality helps us overcome obstacles that we experience, lifting us out of stressful, unhappy states of existence.

Rinpoche will teach us the practice of Vajrapani, through which we can become more courageous spiritual seekers. To become ultimately happy and to ultimately help others requires great courage to help us overcome our limitations, attitudes, and habits. Vajrapani practice can help us transform our destructive habits, creating inspiration and wisdom that enable us to live our lives more happily.

Taken either as a blessing or as an empowerment to practice, the Vajrapani initiation will be extraordinarily useful for our spiritual practice as well as our daily life. Suggested donation is \$65.00 Please know that one will be turned away for lack of funds. The suggested donation helps Emaho Foundation with the costs of maintaining the center.



ZaChoeje Rinpoche



The movies below will be shown on DVD at Emaho Center. Join your Dharma friends for the Dharma Film Club.

**January 28  
7-8:30pm**

**ZaChoeje Rinpoche in Tibet**

People in his region have been waiting to see Rinpoche for nearly 40 years. Every day as they waited, the monks made a cup of tea just for him. Last year, Rinpoche was finally able to drink the tea and sit with his monks.

The reactions to his presence, Rinpoche's grace, the beautiful faces who have waited so long, are all quite memorable. The scenery is breath taking, the horses magnificent, the yak magnetic, and Rinpoche's numerous monasteries and nunneries are all steeped in ancient history and practice.

This is an opportunity to share with Rinpoche a little of his historic successful trip.

**Sunday March 4  
6:30pm**

**Siddhartha**

Based on the novel by Herman Hesse, *Siddhartha*, filmed in northern India, tells the story of a wealthy young man who seeks enlightenment. The story echoes the life of the historical Buddha.

**Saturday May 5th  
6:30 pm**

**Groundhog Day**

Bill Murray plays TV weatherman Phil Connors, who becomes caught in a continuous replay of one single day of his life.

**Sunday July 8th  
6:30**

**Peaceful Warrior**

An unusual sports movie in which a talented athlete enters a journey of discovery that leads him to greater awareness of what is possible in this lifetime.

**Saturday September 15  
6:30**

**Matrix III**

Neo continues to move through the layers of reality that constitute the world of this exciting series.

**Saturday December 3rd  
6:30**

**Milarepa**

The story of Milarepa, beloved of the Tibetan people. Milarepa studies the art of black magic to wreak revenge on his enemies, only to discover the true enemy of anger that is consuming him from within.





# EMAHO Foundation

## Book Club 2007

Emaho Book Club is a forum designed for people to come together and meet to talk about a specific work relevant to our study of Dharma. This is an opportunity for discussion on books that will enhance our understanding and practice. It is with appreciation and thanks to Snow Lion Publishing for graciously allowing us to use their Book reviews.

Date February 20

7:00pm-8:00pm

Emaho Center

Moderator

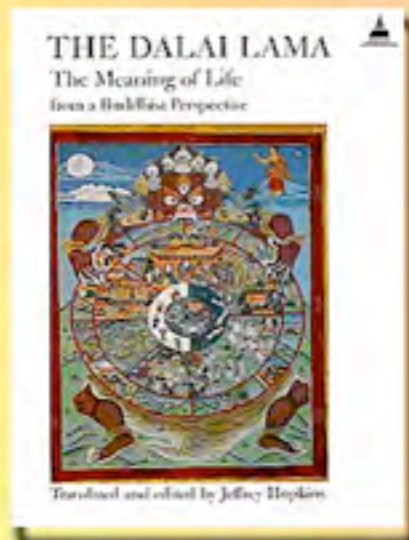
James Riviezzo

THE MEANING OF LIFE: Buddhist Perspectives on Cause and Effect

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins

ISBN 0861711734

Basing his explanation on the twelve links of dependent-arising as depicted in the Wheel of Life, the Dalai Lama presents Buddhism's worldview while answering some of life's most profound questions: Why are we here? How should we live our lives?



This concise and extremely accessible presentation shows how to apply Buddhist principles in our lives.

Lighting the Way contains 3 fundamental Buddhist teachings given by the Dalai Lama to Western students. "Principles of Buddhism" provides the framework for understanding the Buddha's teaching on the Four Noble Truths, upon which all of his other teachings are based. "Teachings on Eight Verses on Mind Training" comments on a classic text within the genre of Tibetan spiritual writing known as lojong (literally "mind training".) His Holiness often refers to this short work as one of his main sources of inspiration for the practice of compassion. Finally, the Dalai Lama's commentary on Atisha's Lamp for the Path to Enlightenment discusses in a lucid and inspiring manner one of the most important texts for serious practitioners of Buddhism.

Date April 10

7:00pm-8:00pm

Emaho Center

Moderator

Donna Tash

LIGHTING  
THE WAY

by the Dalai Lama

ISBN 1559392282

The Dalai Lama, leader of the Tibetan people and Nobel Peace Laureate, is a remarkable Buddhist teacher and scholar, versed in the teachings of all the schools of Tibetan Buddhism. He has also become a global spiritual leader, whose commitment to peace and non-violence has been widely recognized, and whose message of universal individual responsibility has won world admiration and acclaim.



Date June 12  
7:00pm-8:00pm  
Emaho Center

Moderator  
Lisa Meyer

**THE DALAI LAMA AT HARVARD:**  
Lectures on the Buddhist Path  
to Peace

by H.H. the Dalai Lama, trans. & ed.  
by Jeffrey Hopkins.  
ISBN 0937938718

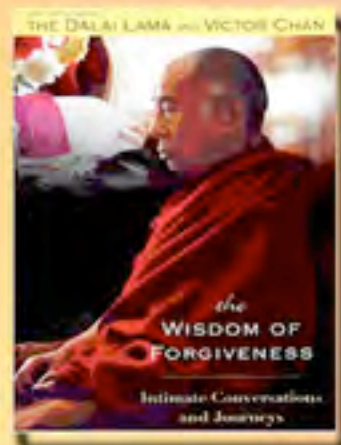


His Holiness gave this in-depth introduction to Buddhist theory and practice in a Harvard lecture series. He covers a spectrum of topics: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.

What does the Dalai Lama fear?  
How does he experience pain? In this series of intimate conversations spanning two decades, the Tibetan leader answers these unusually personal questions. Chan, an old friend of His Holiness', recounts travels with him from Ireland, to Czechoslovakia, to Buddhist holy sites

Date August 14  
7:00pm-8:00pm  
Emaho Center  
Moderator

Daniel Lebedies  
**THE WISDOM OF FORGIVENESS:**  
Intimate Conversations and Journeys  
by the Dalai Lama and Victor Chan  
ISBN 157322277



Date October 16  
7:00pm-8:00pm  
Emaho Center  
Moderator  
Lou Ann Behringer  
**HE SPLENDOR OF AN  
AUTUMN MOON:**  
The Devotional Verse  
of Tsongkhapa  
ISBN 0861711920  
trans. and intro.  
by Gavin Kilty



Presents for the first time twenty-one devotional poems by Tsongkhapa, in both the original Tibetan and in artful English translation.

"The poems translated here are some of the most inspiring verses ever written in the Tibetan language. In addition to evoking powerful sentiments, the poems help provide a glimpse into Tsongkhapa's deep humility and his passionate commitment to the ideals of altruism. These verses also help the reader to see what is truly human behind the legend that is such a towering figure in the history of Tibetan Buddhism."  
--Geshe Thupten Jinpa



Date December 11  
7:00pm-8:00pm  
Emaho Center  
Moderator  
Rick Solaski  
**CULTIVATING A DAILY  
MEDITATION**  
by the Dalai Lama  
ISBN 8185102791

The Dalai Lama explains how to cultivate a daily meditational practice. He also presents tantric meditations on Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara, and discusses how they transform the mind.



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

**Palden Lhamo Empowerment  
and Retreat  
with ZaChoeje Rinpoche**

page last updated April 22, 2007

**May 19-23, 2007**

**Mormon Lake, Arizona**

ZaChoeje Rinpoche will grant the empowerment of Palden Lhamo on May 19, 2007, at 10:00 am.

You are invited to take the empowerment if you have received any of the higher yoga tantras or Chenrezig, Tara or Vajrapani empowerments which are connected with Palden Lhamo from either ZaChoeje Rinpoche or another lineage master.

<a href="#">Registration Form</a>	(To download forms:
<a href="#">Map to campsite</a>	Windows: Right-click
<a href="#">Flyer</a>	Mac: Option-click)

Engaging in the practice of Palden Lhamo, one will attain necessary inner spiritual strength. This powerful energy allows practitioners to enter into the world of their deepest and darkest psyche. Liberation from suffering is not possible if one is not brave enough to confront oneself completely. In our pretense we have ignorantly built obstacles and have become self-deceived. The Palden Lhamo practice will help us overcome pretension and bring luminous consciousness to places we have deliberately kept dark. In the brilliance of self awareness we will be propelled quickly along our spiritual journey.

From May 20 to May 23, Rinpoche will lead us in this powerful ritual every morning. There will also be an evening session.

You are invited to participate in the empowerment ceremony if you have received any of the highest yoga tantras from either ZaChoeje Rinpoche or another lineage master. The introduction to this extraordinary practice will help us to see and overcome many of the obstacles that are currently hindering our spiritual progress.

You are welcome to come for the day, the weekend, or to stay for the whole session if your schedule permits. Please register by May 13 to help us prepare for this auspicious event.





ZaChoeje Rinpoche



## Welcome To Emaho's Kompassionate Kids ! Children's Hour - 2007

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.

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

[BOOKS AND ACTIVITIES](#) | [RECIPES](#)

Click [HERE](#) to download a Word document that includes (1) teaching points and activities related to the readings and (2) full recipes.

### BELOVED BOOKS TO SHARE AND GROW IN THE DHARMA

- 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
- Hey, Little Ant - Phillip and Hannah Hoose
- 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
- Mr. Peabody's Apples - Madonna
- The Empty Pot - Demi
- Three Samurai Cats - Retold by Eric A. Kimmel
- One Smile- Cindy McKinley

### TASTY TIDBITS FROM TIBET

- Homemade Butter
- Solja (Tibetan butter tea)
- Sho De (Rice and Yogurt Dessert)
- Kap Say (Tibetan cookies)



ZaChoeje Rinpoche



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ZaChoeje Rinpoche



**Medicine Buddha Empowerment**

June 23, 2007  
10:00am - 4:00pm  
Emaho Center

Venerable ZaChoeje Rinpoche will be offering instruction and the Medicine Buddha empowerment on Saturday June 23, 2007, 10am-4pm at Emaho Center.

By identifying with the healing and compassionate aspect of Medicine Buddha, we can learn to deal with our own suffering and the suffering of others. Through the empowerment, we gain new tools that can be used to create more favorable circumstances. Together we will learn techniques that, when applied, allow us new feelings of courage and compassion toward ourselves and others.

On empowerment days , it is traditional to adhere to a vegetarian diet and to avoid garlic, onions, and root vegetables.

**In order to help us prepare teaching materials, we ask that you register in advance. Please fill out the form below. Also you can print the below registration form and send or bring it in to Emaho Center. We are suggesting a donation of \$65.00. No one will be turned away for lack of funds. Please plan to join us.**

**Emaho Event Registration Form**

First Name

Last Name

Address 1

Address 2

City

State

Zip

Phone

Email

Special Needs/  
Comments





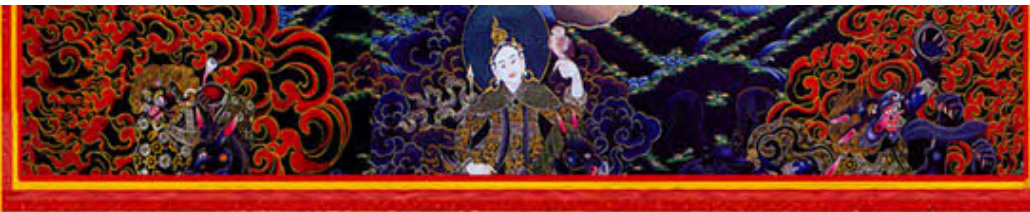
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*We are pleased to announce  
that ZaChoeje Rinpoche  
will grant  
the empowerment of  
Palden Lhamo  
May 19, 2007, 10:00 am  
Dairy Springs Campground  
Mormon Lake, Arizona*

*You are invited to take the  
empowerment if you have  
received any of the higher  
yoga tantras or Chenrezig, Tara  
or Vajrapani empowerments  
which are connected with  
Palden Lhamo from either  
ZaChoeje Rinpoche  
or another lineage master.*





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**By engaging in the practice of Palden Lhamo, one will attain necessary inner spiritual strength. This powerful energy allows practitioners to enter into the world of their deepest and darkest psyche. Liberation from suffering is not possible if one is not brave enough to confront oneself completely. In our pretense we have ignorantly build obstacles and become self-deceived. The Palden Lhamo practice will help us overcome pretension; bring luminous consciousness to places we have deliberately kept dark. In the brilliance of self awareness we will be propelled quickly along our spiritual journey.**

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**You are welcome to come for the day, the weekend, and to stay for the whole session if your schedule permits. Please see [www.emahofoundation.org](http://www.emahofoundation.org) for complete details, registration forms, map to Dairy Springs and other useful information. Please register by May 13th to help us adequately prepare for this auspicious event.**

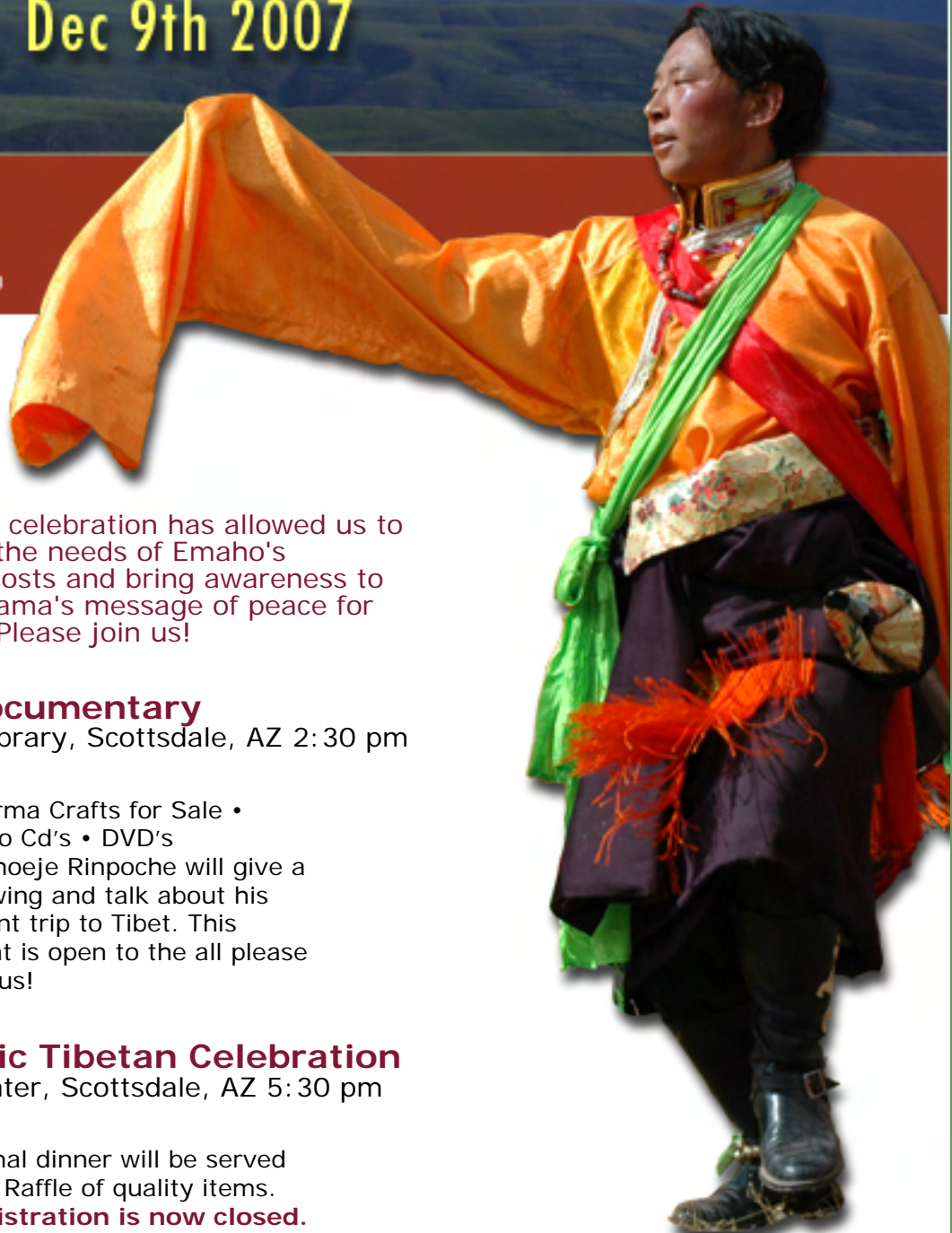
Emaho Foundation , 1402 North Miller Road, Scottsdale, Arizona. PO BOX 3014 Scottsdale, Arizona 85271. Emaho is a 501(c)(3)

*Flyer April 17, 2007*



# Ahimsa Zone of Peace Celebration

## Sunday, Dec 9th 2007



Our annual celebration has allowed us to help meet the needs of Emaho's operating costs and bring awareness to the Dalai Lama's message of peace for the world. Please join us!

### **Tibet Documentary**

Mustang Library, Scottsdale, AZ 2:30 pm

Dharma Crafts for Sale •  
Audio Cd's • DVD's  
ZaChoeje Rinpoche will give a showing and talk about his recent trip to Tibet. This event is open to the all please join us!

### **Authentic Tibetan Celebration**

Emaho Center, Scottsdale, AZ 5:30 pm

Formal dinner will be served with Raffle of quality items.  
**Registration is now closed.**  
**Please join us at the Mustang Library.**

In 2008 Emaho Foundation will expand its programs in response to many requests and the opportunity to greater serve our humanitarian, community and spiritual goals. These include:

- 2008 Residence Teacher program

**Links to His Holiness  
14th Dalai Lama's  
message for peace:**

- [Nobel Peace Prize Speech](#)