



# LAMA SURYA DAS

*presenting*

## LIVING THE ENLIGHTENED LIFE TODAY

Friday, November 11 and Saturday, November 12

Attend one or both at

Unitarian Universalist Fellowship of Raleigh, 3313 Wade Avenue



*The Bodhisattva is the highest Buddhist ideal of enlightened activity in this world. A Bodhisattva is a spiritual hero who devotes his or her activities to the ultimate benefit of all.*

An evening presentation – Friday, 7:00 p.m.

### **MEETING THE BODHISATTVA NEXT DOOR: EXEMPLARS OF THE HIGHEST BUDDHIST IDEAL**

In this evening presentation, Lama Surya Das will discuss the Buddhist ideal of the Bodhisattva. Bodhisattvas express themselves in all forms and all ways -- Buddhist and non-Buddhist, celebrated and anonymous, far removed from us but also right next door. Buddhism teaches us about the possibility of our becoming a Bodhisattva, and also about how we can express such enlightened activity in our own lives. During his presentation, Lama Surya Das will consider contemporary examples of enlightened activity and illustrate how such behavior is actually an expression of the Bodhisattva in our world today.

Lama Surya Das is the author of the recently released **Natural Radiance** (Sounds True), as well as **Letting Go of the Person You Used to Be: Lessons on Change, Loss and Spiritual Transformation** and **The Awakening Trilogy: Awakening the Buddha Within, Awakening to the Sacred, and Awakening the Buddhist Heart**.

Lama Surya Das is a Lineage Holder of the Dzogchen Lineage of Tibetan Buddhism in the Rime (non-sectarian) tradition. For over thirty years, including more than eight years in secluded retreat, he has studied with the great masters of Tibetan Buddhism. He is particularly effective in the transmission of Buddhism to Westerners: with his open and lively style, he makes Buddhist ethics, insight and methods of practice available to all.

One-day retreat – Saturday, 10:00 a.m. – 5:00 p.m.

### **ENLIGHTENED ACTIVITY: LIVING AN ENLIGHTENED LIFE -- BEING THERE WHILE GETTING THERE**

This one-day retreat is based on the teachings of Mahayana Buddhism presented with the Dzogchen View. Lama Surya Das will present the Seven Jewels of the Bodhisattva: Faith and Devotion, Self-Discipline, Discriminating Wisdom, Charity, Learning, Honesty and Modesty. He will also explore the real meaning of the Seven Qualities of the Bodhisattva (Longevity, Health, Beauty, Good Fortune, Excellent Family, Wealth and Intelligence) in our lives. Particular emphasis will be placed on the great Bodhisattvas of Compassion, Chenrezig and Tara, with additional emphasis given to the wisdom of Manjushri and the skillful means and spiritual activism embodied in the archetype of Vajrapani.

*During our time together in both the Evening Presentation and the One-Day Retreat, we will meditate, chant, pray, and laugh; and Lama Surya Das will guide us with his liveliness and humor in this deeply meaningful personal and collective spiritual work. There will be ample opportunity for questions.*

### **REGISTRATION:**

You may attend one or both sessions. Suggested donation for Friday session is \$10. Registration fee for the Saturday session is \$95 (partial scholarships available). Please pre-register for the Saturday session. Reservations for Friday evening are recommended but not required. Doors open at 6:30 p.m. on Friday and 9:30 a.m. on Saturday.

For secure online registration, go to [www.dzogchen.org/retreats](http://www.dzogchen.org/retreats). For more information you may also e-mail [retreat@dzogchen.org](mailto:retreat@dzogchen.org), call 617-628-1702 or contact the local sponsors: e-mail [mlsoo@mindspring.com](mailto:mlsoo@mindspring.com) or call 919-383-3370.