



DZOGCHEN CENTER  
BUDDHISM FOR THE WEST

# LAMA SURYA DAS

## THE HEART ESSENCE OF BUDDHIST MEDITATION: Dzogchen Teachings on Natural Awareness and Authentic Presence *One-Day Retreat*

Saturday, May 24, 2008

10:00 a.m. — 5:00 p.m.

LOCATION:

Unity of Tustin  
14402 Prospect Avenue  
Tustin, California 92780

Meditation is a way of being aware. Meditation embodies the way of awakening: both the path and the fruition. From one point of view, it is the means to enlightened wisdom and complete awakening; from another, it is awakening itself.

In the Dzogchen tradition we refer to a “fourth time,” the radiant moment of nowness. This is a transcendent yet immanent dimension of timeless being that vertically intersects each moment of horizontal linear time, past, present and future. Whether we are aware of it or not, we are quite naturally present in this moment. Dzogchen meditation is simply a way of recognizing and appreciating this nowness.

There is nirvanic peace and bliss in things just as they are. Meditation is about being receptive rather than being guarded and closed off -- receptive to things as they are.

*In this short retreat we will meditate, chant, and pray while we undertake meaningful work on ourselves with liveliness and humor. Lama Surya Das will guide us in developing our meditation practice whether we are totally new to meditation or are seasoned practitioners seeking to renew and enhance inner awareness. With Lama Surya's guidance, we will endeavor to lift the fog of our ordinary lives to reveal what is hidden; to loosen the knot of self-centeredness and open the heart; to move beyond mere concepts and allow for a direct experience of reality.*



### LAMA SURYA DAS

Lama Surya Das is the author of *The Big Questions: How to Find Your Own Answers to Life's Essential Mysteries* (2007, Rodale) and *Buddha Is As Buddha Does: The Ten Original Practices for Enlightened Living* (2007, Harper San Francisco). He is also the noted author of *Natural Radiance: Awakening to Your Great Perfection* (Sounds True), *Letting Go of the Person You Used to Be* (Broadway Books), and the *Awakening Trilogy: Awakening the Buddha Within, Awakening to the Sacred and Awakening the Buddhist Heart* (Broadway Books).

Lama Surya Das is a Lineage Holder of the Dzogchen Lineage of Tibetan Buddhism in the Rimè (non-sectarian) tradition. For over thirty-five years, including more than eight years in secluded retreat, he has studied with the great masters of Tibetan Buddhism. With his open and lively style, he is particularly effective in the transmission of Buddhism by presenting Buddhist values and insight, as well as methods of practice, in a manner accessible to all.

### REGISTRATION FEE \$95

**FOR SECURE ONLINE REGISTRATION GO TO [www.dzogchen.org/retreats](http://www.dzogchen.org/retreats)**

For more information e-mail [retreat@dzogchen.org](mailto:retreat@dzogchen.org), phone 617-628-1702 or contact the local sponsors at [oc@dzogchen.org](mailto:oc@dzogchen.org) or 888-266-2305. Scholarships available.

On-site registration by cash or check only. Students who present appropriate ID at the door may attend free of charge.