

# DZOGCHEN

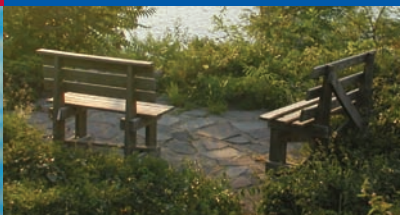
## THE NATURAL GREAT PERFECTION

### RETREATS WITH LAMA SURYA DAS



LAMA SURYA DAS is the author of *Words of Wisdom* (Koa Books, 2008) as well as *The Big Questions* (Rodale, 2007) and *Buddha Is As Buddha Does* (Harper San Francisco, 2007). He is also the author of a number of other books including *Letting Go of the Person You Used To Be* and the Awakening Trilogy which includes the classic *Awakening the Buddha Within* (Broadway).

Lama Surya is a Lineage holder of Tibetan Buddhism in the Rimè (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. With his open and lively style, he is particularly effective in the transmission of Buddhism in viable Western forms by presenting Buddhist ethics and insight, as well as methods of practice, in a manner accessible to all.



Dzogchen is the consummate practice of Tibetan Buddhism. Considered by many to be "the teaching of our time," Dzogchen is direct, immediate, essentialized, adaptable, and profound: a pure awareness practice applicable to any circumstance and readily integrated into modern life. Dzogchen, often translated as the Natural Great Perfection, directly introduces us to our inner Buddha, the inherent freedom, purity and perfection of being that is our true nature.

Each Dzogchen Center Meditation Retreat presents the Dzogchen View, Meditation, and Action, highlighting the non-dual awareness practice called Trekchod (cutting-through), through which our innate Buddha Mind – Rigpa – is effortlessly unveiled. Also presented during these retreats are RuShen (subtle discernment), the special preliminary practices of Dzogchen, as well as Tibetan Energy Yoga, relaxation techniques, chanting, and self-inquiry practices.

Dzogchen Center Meditation Retreats are held across the country, throughout the year as shown below:

## DZOGCHEN MEDITATION RETREATS

<b>Garrison, NY</b>	<b>Summer</b>	<b>July 24 – August 2, 2009</b>
<b>Garrison, NY</b>	<b>Winter</b>	<b>January 2 – 10, 2010</b>
<b>Joshua Tree, CA</b>	<b>Spring</b>	<b>March 20 – March 28, 2010</b>

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For complete information and secure on-line registration for all of these scheduled events, go to [www.dzogchen.org/retreats](http://www.dzogchen.org/retreats), e-mail [retreat@dzogchen.org](mailto:retreat@dzogchen.org), or call 617-628-1702.