



DZOGCHEN CENTER
AWAKENING THE BUDDHA WITHIN

LAMA SURYA DAS

The Three Vital Points That Strike at the Core Summer Blossoming Retreat

Saturday, July 21 to Sunday, July 29, 2011

Garrison Institute, Garrison, NY

We are all Buddhas by nature. We only have to awaken and recognize who we are and how we fit perfectly in this world. This is the teaching of the **Great Perfection**. Introducing us to this natural wisdom and compassion is the life-work of Lama Surya Das.

We invite you to join this renowned American Lama and Lineage Holder for a week of awakening to the joy of naturally-arising timeless awareness. Lama Surya will be available throughout the retreat during lively question and answer sessions, as well as through private interview. Together with the wisdom transmission of the Great Perfection, the joyous methods of chanting, loving-kindness and compassion will be introduced. Outside of the teaching hall, the precious gift of Noble Silence is observed—the peace and space to look into the mind, and retreat from the busyness of everyday life.

Each day we will eat delicious vegetarian food, enliven our bodies with Tibetan energy yoga, listen to the teachings of the Great Perfection, sit in natural meditation, chant, relax, take walks, breathe, be silent, ask questions, find answers, rest, and awaken.

The registration fee is \$795 for a multiple occupancy room. (Upgrades to semi-private and private rooms are available.) The fee does not include compensation for the teacher, which will be accepted in the traditional form of *dana* (voluntary donation) in honor of the teachings.

Please register as early as possible to reserve a place and secure your choice of accommodation.



LAMA SURYA DAS

Lama Surya Das was among the first spiritual explorers to encounter the great Tibetan masters in Asia. His two decades of study and practice included more than eight years in secluded retreat. He began teaching in the U.S. with Nyoshul Khen Rinpoche, who formally authorized him to transmit the teachings of Dzogchen—the Great Perfection. His special gift is the ability to transmit the very pith of these instructions with expansive warmth, poetry and abundant good humor. He has often said “my mission is transmission,” reaching millions through the publication of 12 books that draw on his 40 years of spiritual experience, beginning with his bestseller, *Awakening the Buddha Within*.

FOR SECURE ONLINE REGISTRATION GO TO www.dzogchen.org/retreats

For more information e-mail retreat@dzogchen.org, phone 585-348-7125