



DZOGCHEN CENTER
AWAKENING THE BUDDHA WITHIN

LAMA SURYA DAS

NATURAL MEDITATION & THE PRACTICE OF PRESENCING: Integrating Spirituality into Everyday Life

Evening Presentation & One-Day Retreat

Friday, January 31, 2014

7:30 p.m.

Saturday, February 1, 2014 10:00 a.m. — 5:00 p.m.

LOCATION:

*Neighborhood Community Center
1845 Park Avenue
Costa Mesa, CA 92627*

The timeless wisdom tradition of Dzogchen teaches that we are all Buddhas by nature, we have only to recognize that in ourselves and in others. These enlightening teachings reveal to us a world of awakened wisdom and love. Naturally interconnected, we can awaken through the practice of relationship—to each other and to the entire array of our experiences. “Everything Must Be Meditated”, as one great master says. We invite you to join Lama Surya Das for this rare weekend of meditation, awakened awareness, exploration, relaxation and laughter ... together.

Meditate with Dzogchen lineage-holder and best-selling author Lama Surya as he leads in his unique and lively style, combining direct guidance in meditation and user-friendly Dharma teachings. Foremost will be his accessible introduction to the Nature of Mind: the moment of recognition as to who we truly are. **It's now or never, as always—don't miss it!** There will be ample opportunity for questions. The topic is appropriate for those new to spiritual exploration as well as seasoned practitioners.



LAMA SURYA DAS was among the first spiritual explorers to encounter the great Tibetan masters in Asia; he is a Lineage holder in the Dzogchen tradition of Tibetan Buddhism, and a pioneer in bringing these sacred teachings to the West. His 40+ years of study and practice have included more than 8 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 Dzogchen instructions with expansive warmth, poetry and abundant good humor, in a way that is accessible to all. He teaches and leads retreats around the world, and has reached millions through the publication of 13 books, including his best-seller *Awakening the Buddha Within* and his most recent work *Buddha Standard Time: Awakening to the Infinite Possibilities of Now*.

FOR SECURE ONLINE REGISTRATION (RECOMMENDED), GO TO: www.dzogchen.org/retreats

REGISTRATION FEE OF \$108 INCLUDES BOTH FRIDAY & SATURDAY.

SUGGESTED DONATION FOR FRIDAY EVENING ONLY IS \$20. SATURDAY ONLY IS \$95.

For more information contact Ronn McLane: e-mail retreat@dzogchen.org, phone 585-348-7125
or contact the local sponsors at Center@DzogchenLA.org or 888-837-7474. Scholarships available.

Registration on the day by cash or check only. Students who present appropriate ID at the door may attend free of charge.