



DZOGCHEN CENTER
AWAKENING THE BUDDHA WITHIN

LAMA SURYA DAS

Befriending Yourself, Befriending the World: Compassion In Action

Evening Presentation & One-Day Retreat

Friday, January 28, 2011

7:00 p.m.

Saturday, January 29, 2011

10:00 a.m. — 5:00 p.m.

LOCATION:

Golden Circle Center for Spiritual Living
600 Golden Circle Drive
Santa Ana (Tustin), California 92705

Love the world by first loving and accepting yourself — these are timeless teachings that are also psychologically astute. Yet genuine self-acceptance can be elusive; relationships are frequently marred by projections about self and other. Helping us to recognize our own and others' Buddha-full true nature is the heart-essence teaching of Dzogchen, the Natural Great Perfection tradition of Tibetan Buddhism. Introducing this naturally inherent wisdom and compassion with positivity and joy, is the life-work of Lama Surya Das.

Lama Surya will guide us throughout the weekend with liveliness and humor, combining guided meditation and Dharma teachings; there will be ample opportunity for questions. These events are appropriate for those new to spiritual exploration as well as seasoned practitioners. Foremost will be his unique and accessible style of introducing us to the innate Great Perfection. This introduction to the Nature of Mind is the moment of recognition of who we truly are. From that flows spontaneous compassionate activity—actions not motivated merely by limited self-interest, but a broader, more wholistic view that allows us to embrace and be of benefit to all. We invite you to join Lama Surya for a weekend of relaxing, meditating and awakening to the joy of pure, timeless awareness.



LAMA SURYA DAS

Lama Surya Das was among the earliest spiritual explorers to encounter the great teachers of Tibet. He embarked on an intensive two decades of study and practice, which included more than eight years in secluded retreat. He began his teaching career in the U.S. with the Dzogchen master Nyoshul Khen Rinpoche, who authorized him to transmit the highest practices of the tradition: the teachings of the Great Perfection. Many students have found that this is his special gift—his 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.” Not only has he introduced thousands of students to these profound teachings, he has reached millions through the publication of 12 books that draw on his experience of 40 years as a spiritual practitioner. His most recent work is *The Mind is Mightier than the Sword: Enlightening the Mind, Opening the Heart* (Doubleday, 2009).

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

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

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

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

contact the local sponsors at oc@dzogchen.org or 888-266-2305. Scholarships available.

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