



DZOGCHEN CENTER
AWAKENING THE BUDDHA WITHIN

LAMA SURYA DAS

CATCHING YOURSELF BEFORE THINGS CATCH YOU: The Secrets of Tibetan Mindfulness *Evening Presentation & One-Day Retreat*

Friday, January 20, 2012

7:00 p.m.

Saturday, January 21, 2012

10:00 a.m. — 5:00 p.m.

LOCATION:

Neighborhood Community Center
1845 Park Avenue
Costa Mesa, CA 92627

Mindful living is a way of loving and more fully accepting ourselves. Through cultivating mindful awareness and lucid presence we enable ourselves to live much more fully and truly inhabit each and every moment. There are six kinds of mindfulness, according to Tibetan meditation tradition. In his original, light and lively style Lama Surya Das will explain how these six extraordinary facets of awareness are indispensable aids to boosting enlightened living. *"Catch yourself before things attach and entangle you! Be there while getting there, every single step of the way. Why wait?"*



LAMA SURYA DAS

Lama Surya Das has spent forty years studying with the great spiritual masters of Asia. He is an authorized lama in the Tibetan Buddhist order, and the founder of the Dzogchen Center. From his first bestselling book, *Awakening the Buddha Within* to his newest release *Buddha Standard Time*, he has made Buddhism accessible and inspiring to serious practitioners and neophytes alike. Surya Das teaches and lectures around the world, conducting dozens of meditation retreats and workshops each year. For more info: www.surya.org.

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 888-837-7474 Scholarships available.

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