



PEACE & JUSTICE WEEK



AWAKENING TO ONENESS:

RELATIONSHIP MEDITATION FOR INTIMACY, WELL-BEING AND WISDOM

LAMA SURYA DAS

Friday, January 29, 2016 · 6:30 p.m.
UC Irvine Student Center, Pacific Ballroom C

Relational awareness is an ancient yet timeless, tried and true method for genuine connection, spiritual awakening, and peaceful living. Learn how to open the heart, see through the illusion of separateness, and experience one's intrinsic wholeness through Tibetan tantric techniques and secrets of mindfulness practice.

Lama Surya Das is one of the foremost Western Buddhist meditation teachers and scholars, one of the main interpreters of Tibetan Buddhism in the West, and a leading spokesperson for the emerging American Buddhism. The Dalai Lama affectionately calls him "The Western Lama."

Lama Surya has spent over 45 years studying Zen, vipassana, yoga, and Tibetan Buddhism with the great masters of Asia. He is an authorized lama and lineage holder in the Nyingmapa School of Tibetan Buddhism, and a close personal disciple of the leading grand lamas of that tradition. He is also active in interfaith dialogue and charitable projects in the Third World. In recent years, Lama Surya has turned his efforts and focus towards youth and contemplative education initiatives, what he calls "True higher education and wisdom for life training."

Tickets are **FREE** with reservation
peaceweek.weebly.com