



**DZOGCHEN CENTER**  
AWAKENING THE BUDDHA WITHIN

# LAMA SURYA DAS

## “EVERYTHING MUST BE MEDITATED”: The All-Embracing Way of Awakening

### *One-Day Retreat*

*Saturday, January 30, 2016*

*10:00 am — 5:00 pm*

**LOCATION:**

*Neighborhood Congregational Church  
340 St. Ann's Drive  
LAGUNA BEACH, CA 92651*

The timeless wisdom of the Dzogchen tradition affirms that we are all Buddhas by nature – one with everything - we have only to awaken to that inherent goodness in ourselves and in each “other”. The fabric of our life is naturally interwoven with those we love & cherish, as well as those we fear, not to mention those we often overlook. Embracing the richness of all experience opens us to a new way of seeing and being, radiantly alive and connected in the world, as it is. “Everything Must Be Meditated”, as one great master says.

Lama Surya Das is one of the few Western adepts holding the Dzogchen lineage of direct guidance. In addition to his life’s mission of transmitting these teachings in an accessible and practicable way, he is a best-selling author, poet, spiritual activist and pioneer.

We invite you to meditate, relax, laugh and awaken with Lama Surya as he leads in his unique and captivating style, combining direct guidance in meditation, user-friendly teachings and lively Q&A sessions. The event is appropriate for spiritual exploration at any level of experience.



**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 45 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 14 books, including his best-seller *Awakening the Buddha Within* and his latest work *Make Me One With Everything: Buddhist Meditations to Awaken from the Illusion of Separation* (Sounds True).

**FOR SECURE ONLINE REGISTRATION (RECOMMENDED), GO TO: [www.dz.ee/ls16reg](http://www.dz.ee/ls16reg)**

**REGISTRATION FEE \$95.**

For more information contact Kathleen Albanese: e-mail [retreat@dzogchen.org](mailto:retreat@dzogchen.org), phone 781-316-0113  
or contact the local sponsors at [Center@DzogchenLA.org](mailto:Center@DzogchenLA.org) or 888-837-7474

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