



DZOGCHEN CENTER  
AWAKENING THE BUDDHA WITHIN

# LAMA SURYA DAS

## Summer Blossoming Retreat

Friday, July 23 to Sunday, August 1, 2010  
At Garrison Institute in Garrison, NY

Dzogchen, the Natural Great Perfection, is the highest teaching of the Tibetan tradition. It directly introduces our inner Buddha, the inherent freedom, purity and perfection of being. Through the non-dual awareness practice called *Trekchod*, cutting through, this innate Buddha Mind – *Rigpa* – is effortlessly unveiled. *Ru-shen*, subtle discernment, the special preliminary practices of Dzogchen will also be presented. During this retreat, Lama Surya Das will continue with his teachings on the Dzogchen View, Meditation and Action.

This retreat is an ideal opportunity for new practitioners to gain access to these great teachings and practice tradition. Others find it an excellent opportunity to deepen their practice and further their understanding. Lama Surya Das will be regularly available for guidance throughout the retreat during lively question and answer sessions as well as private interviews. Retreatants are encouraged to deepen their experience through the practice of Noble Silence for the entire retreat.

The registration fee is \$795. This fee includes three vegetarian meals per day, tea breaks and a multiple occupancy room. (Upgrades to semi-private and private rooms are available.) The fee does not include compensation for the teacher, which will be accepted in the traditional form of dana in honor of the teachings.

Please register as early as possible to reserve a place and secure your choice of accommodation.



### 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 35 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).

**FOR SECURE ONLINE REGISTRATION GO TO [www.dzogchen.org/retreats](http://www.dzogchen.org/retreats)**

For more information e-mail [retreat@dzogchen.org](mailto:retreat@dzogchen.org), phone 617-628-1702