

# Lama Surya Das

# Dzogchen

*The Tibetan Practice of Natural Awareness*

One of the foremost Buddhist leaders and meditation teachers in North America, Lama Surya Das is a Westerner who for more than 35 years has studied and lived with the great lamas of the Kagyu and Nyingma schools. He has discovered that among the many awareness meditations of Tibetan Buddhism, dzogchen—Tibetan for “the natural great perfection”—is considered the summit, the most naked and directly accessible tantric vehicle of the powerful Vajrayana (Diamond) Path.



This retreat includes rare, personal pith instruction in dzogchen meditation practice and outlook interspersed with guided and walking meditations, self-inquiry, discussion, chanting, and breath and relaxation exercises. During our time together, we engage in practices to open the heart to unconditional love, forgiveness, and acceptance. We also learn to deal with anger and other strong emotions, and develop patience, compassion, nonviolence, and reconciliation.

This workshop provides useful tools for health professionals and others, and is appropriate for experienced meditators as well as those just setting out on the path.

*Lama Surya Das is the author of several books, including [Awakening the Buddha Within](#), [Buddha Is As Buddha Does](#), and [The Big Questions](#). [Surya Das](#), spiritual director of the [Dzogchen Center](#), founded the [Western Buddhist Teachers Network](#) with the Dalai Lama. He has written the [Ask the Lama](#) column at [Beliefnet.com](#) for many years, and is active in interfaith dialogue. [surya.org](#)*

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