



DZOGCHEN CENTER MEDITATION RETREATS

The Buddha withdrew from everyday life and remained in meditation until he attained enlightenment. Since that time, the practice of sitting meditation has been an essential component of the Buddhist path to awakening. We “retreat” with others in order to gain time, space, and solitude in a way that allows us to begin to experience things as they really are.

Dzogchen Center offers four Dzogchen Meditation Retreats every year, held across the country throughout the seasons. Lama Surya Das, the principal teacher at each of these retreats, is committed to the effective transmission of Buddhism in viable Western forms. He presents Buddhist insight, methods of practice, and long-term training techniques so that they are easy for everyone to understand and absorb. As a result, these retreats offer a profound, potentially life-changing experience, in an environment that remains light and lively. Although quite challenging in their own way, the Dzogchen Center Meditation Retreats offer us an opportunity to withdraw, renew, and reflect in a way that is seldom available to us in our increasingly hectic lives. (For biographical information on Lama Surya Das and his associate teachers go to www.dzogchen.org).

Dzogchen

Dzogchen is the consummate practice of Tibetan Buddhism. Considered by many to be “the teaching of our time,” Dzogchen is direct, immediate, essentialized, adaptable, and profound: a pure awareness practice applicable to any circumstance and readily integrated into modern life. Dzogchen, often translated as the Natural Great Perfection, directly introduces us to our inner Buddha, the inherent freedom, purity and perfection of being that is our true nature.

Each Dzogchen Center Meditation Retreat presents the Dzogchen View, Meditation, and Action, highlighting the non-dual awareness practice called Trekchod (cutting-through), through which our innate Buddha Mind – Rigpa – is effortlessly unveiled. Also presented during these retreats are Rushen (subtle discernment), the special preliminary practices of Dzogchen, as well as Tibetan Energy Yoga, relaxation techniques, chanting, and self-inquiry practices.

Ideal for Beginners to Advanced Practitioners

Some people may have experienced difficulty in practicing sitting meditation in the past. But the Dzogchen open-eyed awareness practice of resting in the Natural Great Perfection is accessible to anyone of any experience level. Every Dzogchen Meditation Retreat offers ample instruction and support for both learning and deepening one’s skills.

Through a teaching process known as “skillful means” every retreat is appropriate for individuals of all experience levels. Practitioners new to Dzogchen can gain access to these teachings and this great practice tradition. More experienced practitioners find these retreats to be excellent opportunities to deepen their understanding and practice.

Inclusive, Open, and Flexible

The Dzogchen Center Meditation Retreats emphasize sitting meditation, but they also offer plentiful opportunities for individuals to integrate into the retreat their own interests and practices, such as yoga, walking-meditation, ngondro, and the like. Retreatants can also just simply experience the wonderful natural settings of the retreat locations – from the banks of the Hudson River to the Southern California desert – in a more aware and contemplative manner than is available to us generally.

Retreatants are expected to engage in the practice of Noble Silence throughout their retreat in order to minimize distraction and allow the greatest possible deepening of their awareness during the time available. There are, however, many opportunities to engage with the teachers: each routinely offers question and answer periods, and every retreatant has the opportunity for an interview with one of the teachers. Also, each retreat offers special group discussions for those who are new to Buddhism or Dzogchen, as well as for those who are engaged in more specialized practices.

Please Join Us

For more information or to register go to www.dzogchen.org/retreats,
email_retreat@dzogchen.org, phone 617-628-1702 option 2,
or write Dzogchen Retreats, PO Box 340459, Austin, TX, 78734