



DZOGCHEN CENTER  
AWAKENING THE BUDDHA WITHIN

# LAMA SURYA DAS

## AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the West

*Evening Presentation & One-Day Retreat*

Friday, September 30, 2011 7:00 p.m.

Saturday, October 1, 2011 10:00 a.m. — 4:00 p.m.

LOCATION: Unitarian Universalist Church of Annapolis  
333 Dubois Road  
Annapolis, MD 21401

We are all Buddhas by nature, we have only to awaken to that fact. So says an ancient tantra (wisdom scripture). Not necessarily Buddhists but Buddhas – wise, loving, at peace and yet infinitely effective in the world. Why then do we sometimes feel so stressed, strung out and strapped for time in our frantic everyday pursuit of the perfect life? Powered by ever more time-saving technology yet frequently spinning on the worry-go-round, driven to distraction. Where did all the time go, in this time-famine era of our own making and perception?

The direct-access Dzogchen heart-essence wisdom tradition of Tibet teaches us to awaken just as we are and enjoy the infinite possibilities of every moment, the holy now. To become heroic masters, rather than victims, of constant change. To revel in the buoyant joy of being, while doing all that has to be done. At the very heart of this tradition is direct introduction to the nature of mind – our true Self – that transcends all circumstances and difficulties, and yet is accessible and available in every moment. Introducing us to this natural great wholeness and completeness is the life work of Lama Surya Das, leading us to spiritual realization and enlightenment.

Lama Surya will guide us throughout the weekend with liveliness and humor, combining guided meditation and teachings; there will be ample opportunity for questions. These events are appropriate for those new to spiritual exploration as well as seasoned practitioners. We invite you to join Lama Surya for a weekend of relaxing, meditating and awakening to the joy of pure, timeless awareness. One moment of total awareness is one moment of perfect freedom and enlightenment. It's now or never, as always. Don't miss it!



### LAMA SURYA DAS

Lama Surya Das was among the earliest spiritual explorers to encounter the great lamas & teachers of Tibet. In 1971 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. in 1991 with his Dzogchen master Nyoshul Khenpo Rinpoche, who authorized him to transmit the highest practices of the tradition: the teachings of Dzogchen, the innate Great Perfection. He introduced "the Buddha within", "Dzogchen Meditation Retreats", and other aspects of transformative spirituality and practical applied Buddhism to the Western world. Many students and seekers 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 13 books (now translated into 14 languages) that draw on his experience of 40 years as a spiritual practitioner. The latest work from this best-selling author, in bookstores May 24, is *Buddha Standard Time: Awakening to the Infinite Possibilities of Now* (HarperOne, 2011). [www.surya.org](http://www.surya.org)

**REGISTRATION FEE OF \$108 INCLUDES BOTH FRIDAY & SATURDAY.**

**SUGGESTED DONATION FOR FRIDAY EVENING ONLY IS \$20. SATURDAY ONLY IS \$95.**

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

For more information e-mail [retreat@dzogchen.org](mailto:retreat@dzogchen.org), phone 585-348-7125 or

contact the local sponsors at [sangye412@yahoo.com](mailto:sangye412@yahoo.com) or 410-216-6018. Scholarships available.

Registration on the day by cash or check only. Students who present appropriate ID are eligible for a discounted rate