

Introduction to Dzogchen – The Great Perfection of Tibetan Buddhism, with Jon Darrall-Rew



Location: Kapelle am Urban, Grimmstraße 10, 10967 Berlin

Dates: Classes will be held on the 2nd and 4th Tuesdays of March and April at 8pm. Classes will be held in English.

Price: Attendance is free, though donations are welcomed to cover the rent of the room.

Dzogchen is one of the world's most profound spiritual traditions and for many it is the highest teaching of Tibetan Buddhism. Dzogchen means "The Great Perfection" and points to our true nature – our buddha-nature – as always already enlightened and one with the whole of Reality.

These classes will give an introduction to Dzogchen. We will explore its place within the Buddhist tradition as a whole, and as one of the world's great wisdom traditions. This course suits both beginners and those who would like to begin the Dzogchen practices that set the foundation for the main practice – recognising our true nature as infinite radiant consciousness and living that in every moment.

Jon Darrall-Rew has been a student of Dzogchen for much of his life, and has been invited to teach the Dzogchen introductory practices by his Tibetan Dzogchen Lama.

For more information, write to jonathan@synergyforum.org