



Venerable James Low

January 27th - 29th 2012
Resting in natural purity
Dzogchen view and meditation

Atiyoga (Peak of Yoga), or **Maha Ati** (The Great Peak), **Maha Sandhi** (The Great Quintessence) or **Dzogchen** as The Great Perfection. The word Perfection here relates to the nature of reality and mind (rigpa, „pure awareness“), non-resultant fundametal state, which goes beyond the mind and it's dualism, dividing things into "me" and "else, others" and it's conceptual creations. The word Perfection relates to the fact that it is a state in rigpa, "self - liberation", not needing to be improved or changed, naturally containing all the perfect qualities of the enlightenment. Each being, with no exceptions, has this basis.

Venerable James Low - teacher from Khordong Byangter lineage, disciple of His Holiness Chimme Rigzin Rinpoche. In '60s he studied anthropology at the University of Edinburgh. After that he traveled to India, where he got interested in Buddhist Tantra. He received teachings and empowerments from Kalu Rinpoche, Chatral Rinpoche, Kanjur Rinpoche and Dudjom Rinpoche. He spent many years with his tsawai lama, Chimme Rigzin Rinpoche (a.k.a. C.R. Lama), first on a retreat doing Byangter translations, later studying Tibetan literature and filosophy at Santineketan University. Between '70s and '80s he came back to Europe and received teachings from Namkhai Norbu Rinpoche.

On request of C.R. Lama, having received required transmissions, after 1976 Ven. James started to teach. Since 1992r. he is leading buddhist workshops, speaking about tantra i dzogchen in relation to everyday life. He is currently working as a psychiatrist in London and leading his own terapeuthist practice . He also wrote several books with commentaries on buddhist practice, some of which are *Being Right Here*, *Simply Being: Texts in the Dzogchen Tradition*, and *Being Guru Rinpoche*.

January 27th 2012 5pm - open lecture in Pomeranian Library along with the introduction to the workshops; „Getting the most out of life: a dzogchen view“

January 28th-29th 2012 - meditation workshops, Ananda Yoga School, ul. Krasińskiego 10/11, 71-435 Szczecin, Poland

Dana for the teacher and organization costs - 50 euro / person (extra donations are welcome if one can help)

The organizers are not providing meals or nightover

Enroll at info@kuntuzangpo.net

More informations on above e-mail address and at www.kuntuzangpo.net .



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