



Venerable Acharya Lama Gursam

Two Retreat Weekends

Commentary on the Six Paramitas (Perfections)

Fundamentals of Pranayama (Breath Control)

Calm-abiding Meditation (Shamatha)



Saturday and Sunday

July 14 & 15 Six Paramitas & Meditation

July 21 & 22 Pranayama & Meditation

10 AM to 5 PM

Lunch break Noon to 2 PM

Registration at the door

\$30 each day, \$100 entire retreat, lunches included

Yogi Lama Gursam attended the Tibetan University in Sarnath, Varanasi, India to attain bachelors and masters degrees in Buddhist Philosophy, History, and languages. After university Lama Gursam assisted His Holiness Drikung Kyabgön Rinpoche in the Jangchubling Monastery in Dehra Dun, India where Lama volunteered for five years as an assistant, as a teacher, and helped with many other duties. Lama Gursam completed the traditional 3-year retreat and he continues to take Dharma teachings and short retreats. Lama

travels every 6 months to give Dharma teachings and meditation instruction in Europe and North and South America. This will be the third year Lama has taught at DDSC.

The Six Perfections (Paramitas) in Buddhism are considered "invaluable qualities" that develop during Buddhist practice. The literal translation of *paramita* is "gone to the other shore," a reference to the transcendence of delusion and reconnection with Buddha mind as reality. While the six perfections are part of the Enlightened state, they can also be cultivated by those on the path.

Pranayama is the conscious awareness of breath: the life force that both energizes and relaxes the body. The term is derived from the Sanskrit, *prana*, meaning "life force," and *ayama*, meaning "extension." Pranayama is an integral part of physical yoga and mind meditation.

Calm-abiding Meditation or Shamatha is the practice of single-pointed meditation used most often through mindfulness of breathing. Shamatha is common to many Buddhist traditions and may be accomplished by concentration on a meditation-object such as an image, mantra, or the breath.

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