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CALM-ABIDING MEDITATION RETREAT WEEKEND

Instruction and Practice on
Shamatha Meditation and Pranayama Breath Control

With
Yogi Acharya Lama Gursam

Saturday and Sunday
November 12 & 13, 2016

10 AM ~ 5 PM
Lunch at Noon



At the age of six, **Lama Gursam** entered the Drikung Kagyu Monastery in Tso Pema, India, where he completed his basic education and studied Buddhist philosophy, practice, ritual and conduct. In 1981, he began his college education at the Central Institute of Higher Tibetan Studies (University) in Sarnath, Varanasi, India. He earned his bachelor's degree in advanced Buddhist philosophy. Upon graduation, he also received a special award from His Holiness the 14th Dalai Lama.

In 1995, Lama Gursam came to the USA, where he taught Buddhist philosophy. Later, Lama Gursam met His Eminence Garchen Rinpoche, whom he considers to be the second Milarepa. Under Rinpoche's guidance, together with Venerable Traga Rinpoche, Lama Gursam completed the traditional three-year retreat in 2002, practicing Mahamudra and the Six Yogas of Naropa.

Lama Gursam founded the Bodhicitta Foundation in 2004 and teaches in many Dharma centers in North and South America, Europe, and India. Lama continues to receive advanced teachings from Kagyu and Nyingma masters, as well as, Pranayama techniques by Indian yoga masters.

Calm-abiding Meditation or Shamatha is the method of meditation where we develop single-pointed concentration, so the mind does not follow our discursive conceptual thoughts, but just relaxes in a state of stillness and ease. There are many techniques to help focus the mind: such as looking at a special object, reciting mantra, or listening to music; but no method of focusing the mind is as simple and profound as watching the breath. No matter where we go or what we do, we always have the breath with us to follow into meditation. The Buddha practiced "watching the breath" at the time he attained enlightenment.

Pranayama is the practice of proper breath control. Yogi Lama Gursam will instruct with easy to follow breathing techniques and routine physical exercises to prepare the mind and body for fruitful meditation experiences.

For more information please contact: drikungdharma@gmail.com
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Lance David Bergerson: 443.794.5560

Suggested Donation:

\$20 per person/day

No one turned away due to lack of funds

Your greater generosity is always appreciated