

Drikung Dharma Surya Center  
5300 Ox Road  
Fairfax VA 22030  
703.273.5189

[drikungdharmasurya.org](http://drikungdharmasurya.org)  
[drikungdharmasurya@gmail.com](mailto:drikungdharmasurya@gmail.com)



## VIPASSANA INSIGHT MEDITATION

Instruction and Practice

With

Venerable Khenpo Samdup



Saturday and Sunday

November 5 & 6, 2016

10 AM ~ 5 PM

Lunch at Noon

Venerable Khenpo Samdup as was born in Tibet and is a longtime disciple of His Eminence Garchen Rinpoche. Khenpo studied the philosophy of the four schools of Tibetan Buddhism under numerous Khenpos, such as Khenpo Munsel and Khenpo Jigme Phontsok. Khenpo Samdup taught for five years at Kagyu College in India which was founded by His Holiness Drikung Kyabgon Chetsang and from whom he received the vast teachings and transmissions of the Drikung Kagyu lineage.

Khenpo Samdup's current writings include *Learning Buddhism*, *Stages of Meditation*, commentaries on Jigten Sumgon's *Gongchig: Clarifying the Central Thoughts of the Single Intention*, and *Supplication to the Ultimate Illustrious Tara*.

Presently, Khenpo Samdup is the spiritual director at Gar Drolma Buddhist Learning and Meditation Center in Dayton, Ohio and Drikung Dharma Surya Center in Fairfax, Virginia.

**Vipassana Insight Meditation.** Our everyday ordinary mind is cluttered with all kinds of thoughts and emotions that are interfering with, and blocking, our true nature mind that is free, clear and lucid. In order for us to remove the many thoughts and confusions of our "little" mind requires analysis and corrections that are guided by the wisdom of the great meditation masters beginning with Shakyamuni Buddha down through the lineages to our root lama. We see that there is a process of academic learning of the actions, causes and results of our thoughts and emotions, and the practical trial and error of the mental applications to pacify or subdue, and then transform these confusions into the wisdom and compassion of the "big" mind.

For more information please contact: [drikungdharmasurya@gmail.com](mailto:drikungdharmasurya@gmail.com)  
Tri Bui: 703.926.1423  
Lance David Bergerson: 443.794.5560

**Suggested Donation:**

\$20 per person/day

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