

# NATURAL GREAT PEACE

FINDING REFUGE IN THE HIGHER POWER WITHIN

## A one-day meditation retreat

with Lama Daniela & Lama Christopher

**Saturday, April 30, 2016 • 9:30 a.m. - 4:30 p.m.**  
Community Church Congregational, Corona Del Mar, CA



We all have the capacity to realize our innate goodness in every moment. Even still, peace can seem elusive in the stormy waves of our habit-driven, addictive cravings and dislikes. The timeless Buddhist practice of *Taking Refuge* offers a path to free ourselves from the powerful habit patterns that drive us. This natural wisdom directs us back to to our radiant Buddha-nature, the higher power within.

This retreat will guide participants through the practices of outer, inner and ultimate refuge and will include user friendly teachings, guided meditations, and lively Q&A sessions with the Lamas and with Tanya McCrory.

This event is appropriate for spiritual exploration at any level of experience.



**DZOGCHEN CENTER Southern California**  
AWAKENING THE BUDDHA WITHIN

Lama Daniela and Lama Christopher are both Lineage Holders in the Dzogchen (Natural Great Completeness) tradition of Tibetan Buddhism. For 20 years, they have studied and practiced intensively under the guidance of their root teacher, Lama Surya Das, as well as other accomplished masters, Himalayan and Western. In addition to their commitment to these timeless wisdom-teachings both locally and nationally, they are also both joyful parents and have each enjoyed life-long professional careers.

Suggested donation:

\$35-\$95+ (sliding scale) paid at the door (cash or check only)—please give what you are able to.

**Students who present appropriate ID at the door may attend free of charge.**

SPACE IS LIMITED, so please reserve your space by registering online (free)  
FOR SECURE ONLINE REGISTRATION (RECOMMENDED), GO TO: [www.dz.ee/hp416](http://www.dz.ee/hp416)  
For more information, email [Center@DzogchenLA.org](mailto:Center@DzogchenLA.org) or call 888-837-7474