

Knowing the Nature of Mind

The Buddha teaches us that we each possess, as our true nature, a pure, all-encompassing wisdom far more profound than we can possibly imagine. Through the practice of Dzogchen, we can come to recognize the unimpeded nature of our own mind and embody our innate compassionate essence. The purpose of the retreat, designed for both beginners and advanced practitioners, is to introduce us to this natural state that has, in fact, always been with us. Rinpoche will then impart simple, yet powerful, guidance that will allow us to train, step by step, in unfolding our innate essence. The Garrison Institute provides a perfect setting for this intensive Dzogchen meditation retreat which will allow retreat participants to be able to bring this practice to life in their everyday experience.



RETREAT SCHEDULE

Saturday, August 24, 2013

Registration, 4:00 PM – 6:00 PM

Teachings begin at 7:00 PM

Sunday – Wednesday, August 25 – 28

7:00 AM – 9:30 PM

Thursday, August 29

Teachings end at noon, followed by lunch



LOCATION OF THE TEACHINGS

Garrison Institute is located in Garrison, NY approximately 70 minutes north of New York City. It is accessible by train from NYC. Details about Garrison are available at the following website: www.garrisoninstitute.org



CHÖKYI NYIMA RINPOCHE is the oldest son of Tulku Ugyen Rinpoche. He is the abbot of one of the largest monasteries in Nepal and is responsible for over 400 monks and nuns. Rinpoche's visit is sponsored by the Shedrub Development Fund, www.shedrubfund.org

All six days will be devoted to a Dzogchen teaching with Tsele Natsok Rangdrol's *The Heart of the Matter* as the expected text and starting point. This is one of Chökyi Nyima Rinpoche's favorite short Dzogchen texts.

COSTS FOR DZOGCHEN RETREAT

The rates for the retreat, which include room and board, are:

1. Triple or quadruple room - \$600.00; \$550.00 with a work job of 40-50 minutes per day, (these rooms are very limited in number);
2. Double room - \$750.00; \$700.00 with a work job;
3. Single room - \$950.00; \$900.00 with a work job;
4. Commuter - \$450.00, including meals.

DONATIONS FOR SCHOLARSHIPS

If there is an inability to pay the full cost, there is a limited amount of scholarship money. Please contact the email address below.

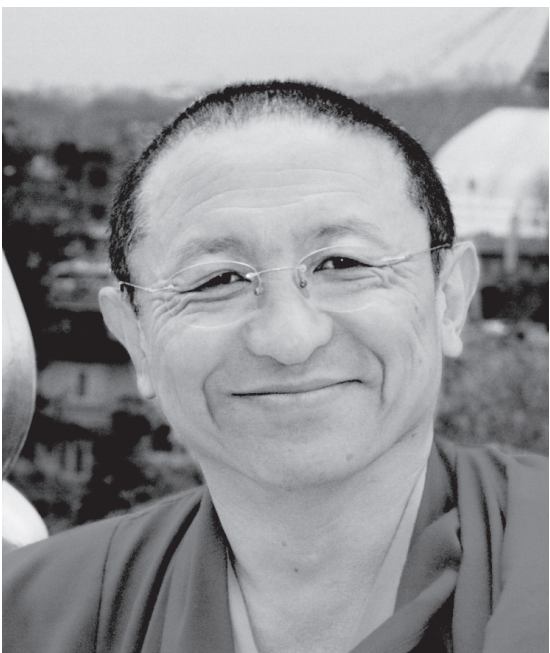
If you wish to help sponsor people unable to attend the retreat because of a lack of funds, you can do so with a tax-deductible donation to Shedrub Development Fund, at SDF P.O. Box 1892, Northampton, MA 01061.

These donations, which have enabled many people to attend in the past, are encouraged in any amount.

REGISTRATION

Pre-registration is required. Registration is by check only in the amount of at least \$250.00, with the remainder due 10 days before the retreat. (*If payment can be made now, that would be appreciated*) Checks should be made out to CNR Teachings and sent to CNR Teachings, P.O. Box 332, Northampton, MA, 01061. For questions, please e-mail CNRteachings@gmail.com

We look forward to seeing you in August.



“A short moment of experiencing natural wakefulness, once in a while, is not enough to bring disturbing emotions and karma to a permanent end. We must develop its strength; that is accomplishment.”

— Chökyi Nyima Rinpoche



Chökyi Nyima Rinpoche Teachings
PO Box 332
Northampton, MA 01061

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An Invitation to
Chökyi Nyima Rinpoche's Dzogchen Retreat
August 24 - 29, 2013
Garrison, New York