

Dzogchen Meditation Retreat



Opening to the Clear Light of the Mind

21-31 August - Online & UK Residential Retreat

*“How wonderful! Nothing whatsoever, a glaring openness. An openness that is penetrating; a penetrating openness that is indescribable ... **Direct recognition within yourself; that is the first vital point.**”*

Patrul Rinpoche from ‘the three words that strike the vital point’, a root text expounding Garab Dorje’s teachings on Dzogchen - the Great Perfection.

Beneath the confusion and distraction of our minds, the Mind itself is empty, spontaneous and compassionate. The practice of Dzogchen helps us cut right through the confusion to this original, pure and luminous nature of Mind.

This retreat, with meditation masters Acharya Doug Duncan and Catherine Pawasarat Sensei, is for any meditator looking to go deeper to the essence of practice.

The Three Words that Strike the Vital Point - Patrul Rinpoche's **Special Teaching of the Wise and Glorious King**, with commentary, is treasured as one of the most crucial instructions in the practice of Dzogchen – The Great Perfection. It's pith teachings give simple yet deeply profound guidance on directly recognizing the mind's innate purity and clarity.

Online Retreat at home or UK Residential Retreat

A silver lining of Covid-19 travel restrictions is that this retreat will now be accessible to an international audience. With the teachers not travelling beyond Canada this year, we are offering an Online option for this retreat. For those who can join us at Maitreya House in the UK, there will be an in-person group retreat. Both options will have live streamed classes and meditations.

Online cost

The cost of the retreat is the course Admin fee of CAD\$250 (about £150) + Dana for the teachers. [Register Here](#)

UK Residential

For those who can come to Maitreya House, a dedicated retreat centre in the beautiful Golden Valley in Herefordshire, on the Welsh borders. Numbers will be limited to 12 people. We have a Zendo, ample space a great environment in the heart of beautiful countryside for a deep retreat.

UK Residential Cost £550 including food and accommodation in addition to the online admin fee and Dana

For more information [contact Jonathan](#) +44 7891 621865

This is an exciting International collaboration between Planet Dharma, Dharma Europe and Clear Sky Retreat Center.

For more details see dharmaeurope.org and planetdharma.com