



## Upcoming Retreat in Crestone, Colo.

“The Chamma Ling Experience” by Al Vreeland

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Tenzin Wangyal Rinpoche has graciously agreed to teach from the Pith Realizations of the Zhang Zhung Nyen Gyu Masters for the Chamma Ling retreat in Crestone, Colorado, this year. The *Zhang Zhung Nyen Gyu (Oral Transmission of Zhang Zhung)* is the oldest and most important dzogchen text in the Bon Buddhist tradition. It was first written down in the 8th century in the Zhang Zhung language and a century later was translated into Tibetan by Ponchen Tsanpo. This series of teachings contains some of the most subtle explanations within the dzogchen tradition.

The masters who are described in this text are acknowledged to have achieved the highest level of realization. As each of the masters approached the end of his life, his disciple would ask for him to relate a brief biography and the essence of his lifetime of practice and realization. The result is a series of poetic pith teachings that point out an unconditioned state of being and awareness beyond the tantric process of transformation.

For someone born and raised in Western culture, the experience of dzogchen teachings is not only unique, it is also uniquely challenging to describe appropriately. A dzogchen teaching is like a note written in disappearing ink that instructs you to burn the paper it is written on. As you follow Rinpoche’s instructions during the retreat, you realize he is attempting to help you achieve a level of perception and understanding that allows you to directly experience a state of mind that itself is beyond concepts and teaching. If you can relax while skillfully maintaining intent focus, if you can hold trust in Rinpoche while letting go of your belief in conventional reality, the opportunity for personal development is unbounded.

The retreat will be held from September 23 to 26, 2010, in Crestone, Colorado. You will find details and can register at: <http://www.chammaling.org/>