

Self – Liberation Through Seeing With Naked Awareness



Online Seminar 2024

“There are no phenomena other than what arises from the mind”

“Self-Liberation Through Seeing With Naked Awareness” is a profound teaching of Guru Padmasambhava (8th century AD), which is assigned to the highest and most esoteric teachings of Dzogchen (Great Perfection). Herein Guru Rinpoche introduces us to „primordial, intrinsic awareness“ - the essence of buddha-nature inherent in every human being. In a precise and elegant way this text leads us to the heart of Buddhist teachings. At the same time the language is timelessly modern and reveals an “exceedingly powerful method” (Guru Rinpoche) „for entering into the practice, where there exist no antecedent nor subsequent practices“.

During this online seminar we will do line by line reading, contemplating it and putting it in the context of an advanced Kum Nye practice for the mind. Physical exercises will be a reliable starting point and stimulating refreshment for a sustaining exploration of mind. Text passages and contemplative exercises from Tarthang Tulku Rinpoche's books will find entrance into the practice. Even if we might sometimes share how the words speak to us, we will not discuss their meaning. Instead, we will deepen contemplation in accordance to what we have got to know in Kum Nye.

It is recommended to order the book as soon as possible because delivery time could be a few weeks. The seminar will be held in English. Independent deepening of the topic through appropriate regular practice between the meetings is a prerequisite for participation. Suggestions will be provided that include daily contemplation and Kum Nye exercises.

„If these two (space and awareness) do not become one without any duality, you will certainly not attain Buddhahood.” (Guru Rinpoche)

Twelve meetings, each first Friday of a month from 5 to 8.30 pm CEST, but second Friday in January (12.01.2024)!

Be aware of time shift in Germany.

Fee: € 360

Registration by email to Richard: info@freiburg-kumnye.de or phone +49 176 72131 439

Reading Matter: Self – Liberation Through Seeing With Naked Awareness, translation and commentary by John Myrdhin Reynolds, Snow Lion, Boulder, Colorado 80301