

Exploring Mahamudra and the Diamond Approach®

**A Retreat with Lama Palden and Sandra Maitri
July 23-30, 2012**



Mahamudra is that all phenomena of samsara and nirvana are primordially spontaneous present; it is dharmata [pure being], which resembles space; it is the single, nondual wisdom, present at all times.

—Gampopa



The term Mahamudra—“Great Seal or Symbol”—signifies full and complete realization of our True Nature as well as the teachings and practices that enable that realization. In this non-residential retreat, we will practice the path of Mahamudra stage by stage and integrate inquiry, the primary methodology of the Diamond Approach, throughout. This gives us an opportunity to deepen our realization and work through beliefs at the core of the ego that inhibit or limit realization of our True Nature. Our approach is inclusive and compassionate, recognizing that the manifestations of our ego are a constant companion on the Journey. This orientation honors the beauty and majesty of the mysterious simultaneity of being at once human and transcendent.

This retreat is suitable for practitioners of all levels of work in the Mahamudra and Diamond Approach traditions, as well as those new to these paths. It will be limited to fifty people.

Lama Palden was authorized as a lama in 1986 by her root teacher, Kalu Rinpoche, and she has been teaching since that time. She is the founder of Sukhasiddhi Foundation (see www.sukhasiddhi.org) in Marin County, a Tibetan Buddhist center in the Shangpa Kagyu lineage. Palden is also a licensed psychotherapist, and has been integrating spiritual, psychological, and embodiment work for over forty years.

*Sandra Maitri is one of the principal teachers of the Diamond Approach to Inner Realization, a contemporary spiritual path founded by Hameed Ali A.H. Almaas). She is the author of *The Spiritual Dimension of the Enneagram* and of *The Enneagram of Passions and Virtues: Finding Our Way Home*. She has practiced extensively in the Buddhist traditions of Theravada, Mahamudra and Dzongchen.*

Venue: Sukhasiddhi Meditation Center in Fairfax, California

Date: July 23-30, 2012

Meetings will be held daily from 9am-5pm, with a lunch break.
The retreat will end at noon on the last day.

Cost: \$800 (\$700 for Sukhasiddhi members)

To register: email admin@sukhasiddhi.org or go to sukhasiddhi.org