

**LOTUS BORNE PERCEPTION RETREAT**  
**LAMA DRIMED AND SUSAN HARPER**  
**AUGUST 17 - 24, 2018 ESALLEN, BIG SUR, CA**

In this retreat  
Lama Drimed  
and  
Susan Harper  
open a  
multi-dimensional  
inquiry  
into our  
spiritual,  
somatic,  
and creative  
human capacity.



Recognizing  
our natural state  
of awareness  
as a foundation,  
we will explore  
a dynamic range  
that includes  
meditative stillness,  
fresh perceiving,  
movement and  
sounding, which  
opens a vital flow  
of creativity.

**WHAT WILL WE DO?**

Lama Drimed offers awareness teachings from the Dzogchen tradition. Our natural state is recognized to be all-inclusive awareness. We awaken to the fresh perception of this moment—the natural aliveness that is our birthright. This is the essence of the ancient tantric ways that celebrate the unfolding of our life as sacred.

Susan opens imaginal, perceptual portals and offers exploratory movement dives which include textured breathing and sounding. These are creative contexts of awakening in which we build somatic resources of nourishment and renewal. We melt into Awareness and restore in spacious Silence.

Lama Drimed and Susan offer perceptual practices to open ways that we pay attention, listen, and speak about our experience. They both share an innovative teaching style, and are open and attentive to each participant's process of discovery, and to the group process.

Many of our explorations will take place outside in nature where we explore the elemental affinity between our bodies and the living lineage of our breathing planetary body.

**LAMA DRIMED** offers awareness teachings from Great Perfection/Dzogchen and Tibetan Vajrayana Buddhism. His Tibetan teacher, Chagdud Tulku Rinpoche, a true Dzogchen lineage holder, recognized Lama Drimed as his lineage holder in 1995. After years of intensive spiritual retreat, he is now collaborating with psychological and somatic teachers. His vision is to open dialogues that include current discoveries and the ancient tantric arts. The expression of this alchemy is creative, free, and relevant for our time.



**SUSAN HARPER** opens portals of exploratory consciousness. She has the ability through demonstration of sounds, breaths, and movement to transmit a primal and spiritual fluidity that inspires participation resulting in embodied innovative discoveries. She teaches internationally, has been contributing to Continuum since 1975, and is the developer of the Body of Relating Trainings.

LOCATION: Esalen Institute, Highway 1 Big Sur, CA 93920

REGISTRATION: Esalen Institute 831-667-3000 info@esalen.org www.esalen.org

Dinner begins at 6pm with an 8:30pm session the first night and ends by 12pm lunch on the last day.

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