

# Natural Mind

# DZOGCHEN

Meditation and Teachings

**Each Monday Evening**  
**7-8:30 pm**

At OpenEye

875 4th Steet, San Rafael, CA

*On the south end of 4th St. between Cijos & Lootens, above Sacred Tibet shop.*

**DZOGCHEN**, a teaching from Tibet, is a simple and direct means to discover one's free and happy natural state. This awake and fulfilled state is known as Natural Mind. Dzogchen does not require religious ritual, belief or lengthy, difficult practice. It emphasizes effortless awareness and naturalness, and is particularly well-suited for modern people.

This gathering is for both beginners and experienced meditators. The class will include meditation instruction,



meditation, teachings and discussion. It is taught by Hal Blacker, who is authorized to teach in two Tibetan Dzogchen lineages, both Nyingma

Buddhist and Bon, the indigenous religion of Tibet. Hal is the founder of Real Dharma: [www.realdharma.org](http://www.realdharma.org).

Our gatherings are offered freely. Donations are welcome.



.....[OpenEyeMeditationGroup.org](http://OpenEyeMeditationGroup.org)

A MINDFUL SPACE