

# Introduction to Dzogchen

Dzogchen (Natural Great Perfection):

- A direct experiencing of the nature of mind which is intrinsically pure (symbolized by Vajrasattva or Samantabhadra, “All Good”, the naked blue primordial Buddha).
- Dzogchen meditation is non-doing, non-interfering, non-fabrication. Simply, thoroughly experiencing or dropping into the mind, its nature, its activity *as it is*.
- Dzogchen teaches the “View” providing a conceptual framework that is then realized through direct experience.
- Dzogchen meditation is called “resting in the View”

The View: *Rigpa*, innate awareness...

1. Its essence is:

- OPENESS
- sunya
- empty of color, shape, solidity
- not fixed
- without center, edge or limit

2. Its nature is:

- CLARITY
- knowingness
- luminosity
- cognizance
- vividness
- radiance

3. Its activity is:

- SENSITIVITY
- responsiveness
- compassionate
- creative
- uninhibited
- unobstructed

Rigpa is a reality that is beyond conception. There is a mysteriousness that cannot be pinned down in words.

How do we practice Dzogchen?

- Meditation is emphasized (training in many shorter sits, ≈30 min., then refresh the body/posture and start over)
- Letting go of controlling and dualistic conceptual mind (namtok) takes great curiosity, courage and faith. Encourage faith in the teaching from the enlightened ones to generate the energy to explore our direct experience. Initial faith gets fortified with direct experience and becomes inner certainty as to the nature of mind.
- Don't try to stop thinking. Let thinking (everything) arise from and dissolve into empty awareness. See if it does. Be very clear and mindful about this.
- If we don't allow the sense of “I” to go out to and attach to an object (like a thought) then there's nowhere else for mind to go but back to where it came from, the ground/rigpa

Be actively open to blessings from the Dzogchen lineage: Padmasambhava is a central Dzogchen figure and much of the practice is supported by developing faith in him as a guide, pointing out the nature of mind.

**OM AH HUM VAJRA GURU PADMA SIDDHI HUM**