

# Creating Pure Vision through the Realization of the Six Lamps

Taught by Tenzin Wangyal Rinpoche

Friday, November 19, 2010, 7:30 p.m. – 9:00 p.m.

Saturday & Sunday, November 20-21, 2010, 9:30 a.m. – 5:30 p.m.

Location: 830 Bancroft (at the corner of Sixth), Berkeley, CA

According to the *Oral Transmission of Zhang Zhung*, one of the principal dzogchen, or “great perfection” lineages of the Bön tradition, our suffering in samsara can be traced to a single cause: our failure to comprehend that external appearances are only a manifestation of our own innate awareness. In the text, *The Six Lamps*, part of the inner cycle of the *Oral Transmission*, the precise manner in which innate awareness is situated in our body, travels through our channels, arrives at our eyes, and emerges as external appearances, is carefully investigated. It describes how one moves from the experience of the first lamp of the base-of-all to the experience of luminous innate awareness in the heart, the second lamp. From the heart, the light of innate awareness rises up the subtle channels of our sacred bodies into the lamp of the eye, allowing us to maintain our connection to the inseparable state of emptiness and innate awareness and perceive all aspects of our environment with pure vision. The final lamp describes the unification of our natural state with our experience of the bardo where we again maintain our connection to our essence and see all the bardo visions as our own essence or the essence of Samantabhadra.

In this weekend, the second in a series, Tenzin Wangyal Rinpoche will be giving an oral commentary on the *Six Lamps* and presenting practices based on this text. The next scheduled teaching on the *Lamps* is May 6-8, 2011. It is not necessary to have attended the first weekend in order to attend subsequent teachings.

**Cost:** If received by October 1: \$145, \$115 students and low income  
After October 1 or at the door: \$185, \$145 students and low income.  
Friday evening only: \$20

To pre-register, send a check or money order to Laura Shekerjian, 1500 Holly St., Berkeley, CA 94703. Be sure to include your email contact information. For further information contact Laura Shekerjian at [laurashek96@sbcglobal.net](mailto:laurashek96@sbcglobal.net), 510-849-2373.

You can also check our website: <http://ligminchaofcalifornia.com/>  
Join our mailing list by sending an e-mail to [BonBayArea-subscribe@yahoogroups.com](mailto:BonBayArea-subscribe@yahoogroups.com).  
For more information about Rinpoche’s teachings: [www.ligmincha.org](http://www.ligmincha.org)

**Location:** 830 Bancroft, Berkeley, CA, at Sixth Street. It is ½ mile from N. Berkeley BART. From I-80, exit University Avenue. At the first light, Sixth St., turn right. Bancroft is 3 blocks south. The facility is on the southeast corner. The facility is carpeted and has chairs, but you will need to bring cushions for floor seating. **Please do not park** on Sixth or Seventh Streets unless it is in front of commercial properties. There is a parking lot at the Lighting Systems Building, 2322 Sixth Street, between Bancroft and Channing.

**TENZIN WANGYAL RINPOCHE** is a master of the Dzogchen tradition of Tibet, a Bön lineage holder, and a highly respected and beloved teacher to students throughout the United States, Mexico and Europe. His teachings and commentaries convey a fundamental understanding of spiritual practice in the context of modern Western life. His ability to make these once-hidden teachings accessible while maintaining the purity of their transmission, has allowed his students to move beyond conceptual understanding and bring authentic dzogchen experience into their conventional lives. He is the director of Ligmincha Institute, founded in 1992 in order to preserve and introduce to the West the religious teachings and arts of the Tibetan Bön Buddhist tradition. He is also the author of five books: *The Wonders of the Natural Mind*; *The Tibetan Yogas of Dream and Sleep*; *Healing with Form, Energy and Light*; *Tibetan Sound Healing*; and *Unbounded Wholeness: Dzogchen, Bon and the Logic of the Nonconceptual* (with Anne Klein).