



NYINGMA INSTITUTE

SPRING 2016 WORKSHOP

Return to Light

Saturday, April 2, 2016

10 AM—4:45 PM

The Time, Space, and Knowledge vision describes a “light transmission” that is activated through knowledge. The discipline that leads from darkness to light begins with an experiential exploration into inner time and space. In this workshop, we discover a lightness of being through practices that illuminate the interplay of mind and world. We learn to find points of clarity within the world we inhabit, activating a path of light.

Light, radiance, and clarity so activated lead us forward on a journey that awakens delight and creativity. This journey takes us beyond outworn identities and concerns. “Lightly” we question the apparent limitation of who we are and what we can do—and mine each moment for clues that point beyond all limits.

Instructor: Ken McKeon.

Based on Tarthang Tulku’s *Dynamics of Time and Space*.

Cost:

\$80

Open to all levels of students.
Vegetarian buffet lunch
included.

Call (510) 809-1000 to
register or email enquiries to
nyingmainstitute.org