

# BUSUKU 2025

VECIANA, BARCELONA



## RADICAL DZOGCHEN

NOTHING TO DO - NOWHERE TO GO: DZOGCHEN IN REALITY:

Knowing the nature of mind is the essence of Dzogchen. This introduction provides the key to buddhahood. What we know on the surface of mind is the never-failing entrance to the transcendent nature that is always with us. That reality is known as the here and now. Whatever its form, whatever we know, the here and now that is clear light is the immanent universal reality. The immediacy of the here and now is the ultimate way that Dzogchen reveals and knowing that light of the mind constitutes the meditation.

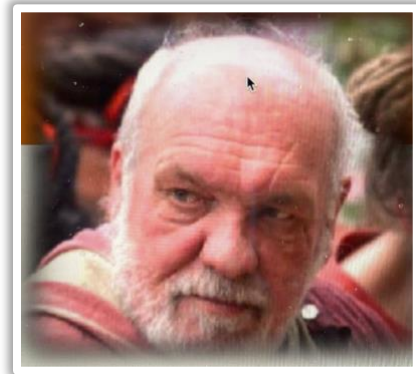
Our BuSuKu retreats provide the time and space to relax into the nature of mind. Non-action is the method. The pedagogical view turns our attention away from philosophical formulations; the pointing out of the heart center releases us from visionary dream. We use The Seven Treasures of the Tibetan Buddha Longchenpa, particularly the Choying Dzod ("The Treasure of Spaciousness"), as direction and instruction in this retreat.

The 10-day Veciana retreat in a parkland of inestimable beauty introduces the 24-hour-a-day non-meditation concept. Within that frame meditation and non-meditation naturally shine. innate discipline is non-discipline. The BuSuKu format allows the nature of mind to show through. Whoever has had intimation of their natural buddha-potential is welcome



## Keith Dowman

He has compiled and translated the sacred texts of Dzogchen, in which the itinerant yogis of Tibet communicate the essence of their teachings through songs as poetic as they are moving. He studied the Tibetan language at Queens College and at Sanskrit University in Benares. Since 1966, he traveled and lived in India and Nepal. As disciple of Dudjom Rinpoche and Kanjur Rinpoche, he lived with them in Darjeeling along with the Tibetan community in exile.



**Place and Dates:** Casal La Salle Veciana, Barcelona. May 19 al 29, 2025.

## Registration

Information: Before sending the reservation, contact us so that we can send you a registration form letter.

Busuku contact : busukuspa@proton.me

## Conditions

Price: Full board: €1230.

Half board: €1075.

Online: Europe and Rest of the world €330. Latin America: €300  
Scholarships available.

Payment method: Reserve €150.  
To the account number and owner  
Through PayPal:

<https://paypal.me/keithdowman>  
. Banking costs are your  
responsibility.

Once payment has been made,  
send proof by email. Reservations  
will not be returned after March 1,  
2025.

PayPal:  
<https://paypal.me/keithdowman>

