



James Low Dzogchen Teachings:

Oxford Evening Public Talk & Weekend Teaching November 30th - December 2nd, 2018

Friday Evening Talk:

November 30th, 7-9pm

Venue: [The Meeting House, Quaker Centre, 43 St. Giles, Oxford, OX1 3LW](#)

Finding Freedom in Daily Life

Daily pressures seem to be ever increasing with spiralling obligations. The idea of finding freedom from this is tempting, yet running away does not free us from ourselves. Dzogchen meditation is a simple means to find freedom in the midst of demand and turmoil. Freedom to be with all of life rests in the freedom to be

Weekend Teaching:

Saturday December 1st, 9.30am - 1pm & 2.30pm - 6pm (with breaks)

Sunday December 2nd, 9.30am - 1pm (with breaks)

Venue: [The Talbot Hall in Lady Margaret Hall College, Norham Gdns, Oxford, OX2 6QA](#)

- **On the weekend James will alternate between oral teaching & meditation practice**

The Heart of the Matter is the Open Mind

Although we rely on our mind in every aspect of our lives, the mind itself is rarely the focus of our interest and attention. Meditation is a simple yet profound way to get to know our mind. We might well find that our mind is not what we think it is.

When the mind is disregarded there is always so much to do to maintain our sense of self in the world. However, when we attend to our mind as it is, we find relaxation, warmth and relationship, the ground of freedom which allows the blossoming of compassion for ourselves and others



James Low is a disciple and teacher in the Byangter and Khordong lineages of the late Chhimed Rigdzin Lama.

He began studying and practising Tibetan Buddhism in India in the 1960's and received teachings from Kalu Rinpoche, Chatral Rinpoche, Kanjur Rinpoche and Dudjom Rinpoche. Having met his root teacher, Chhimed Rigdzin Lama (also known as C R Lama), he lived in his home in West Bengal, India for many years, serving him as required and being taught many aspects of the tradition. During this period in India James did several retreats and pilgrimages in the Himalayas. In the 1970's and 1980's, on his return to Europe, he also had teachings and guidance from Namkhai Norbu Rinpoche.

James translated many tantric texts and sadhanas with CR Lama who wanted texts from his lineages, Byangter and Khordong, to be available in English. CR Lama asked James to teach in 1976 and later gave him the transmissions necessary to do this, together with full lineage authority. In particular, James was encouraged to give the traditional instructions using methods that enable people in the west to get the point.

James has been teaching in this way for over twenty years. James regularly teaches the principles of dzogchen in Europe and he publishes translations and commentaries from time to time.

James studied at Edinburgh and other universities and has retired from his work in London as a Consultant Psychotherapist in the National Health Service. He is slowly winding down his private psychotherapy practice. He has taught on many psychotherapy trainings in Britain.