

Tibetan Healing Chöd གཅོད

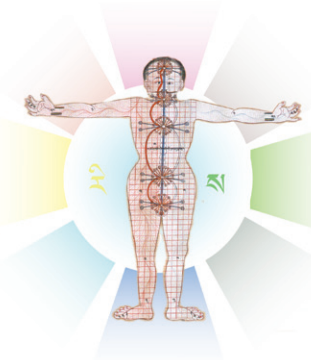
Balancing the Five Elements • Clearing Karma • Body-Mind Healing



Tibetan Chöd is a powerful method of cutting through obstacles—material, emotional and spiritual. This 1000-year old spiritual masterwork can be used for personal transformation, as well a method for healing others. This ancient *sacred technology* relies on Feminine Wisdom Energy, transforming our impermanent, karmic body into a sacred feast for all beings in the universe, from the highest to the lowest. We gather tremendous positive karma and repay enormous karmic debts. The results include:

Healing Chöd benefits us on many levels:

- ◆ **Body:** clarifying the spiritual causes of **disease** and chronic illness.
- ◆ **Mind:** clearing **disturbed emotions** of anger, fear and confusion, etc.
- ◆ **Material:** clearing obstacles to **material prosperity** and security.
- ◆ **Karma:** repaying vast **karmic debts** from our current and past lives.
- ◆ **Spirit:** purifying obstacles to personal and **spiritual development**.



1 Nail of the 4 Elements 2 100 Changbu Offering

In these ancient Tibetan healing rituals, impurities of the 5 primary forces of Earth, Water, Fire, Air and Space are cleansed and rebalanced. **A step-by-step explanation is given as participants meditate or rest.**

3 Offering in 6 Parts 4 Feast of the 9 Demons

The first ritual is wrathful for deeper illness, making offerings to the six families of dakinis and demons. The second placates evil influences and distorted energies, even pacifying the causes of contagion and disaster.

Tsewong Sitar Rinpoche is a realized Dzokchen lama and head of the historic Sangye Teng monastery in Bhutan. One of the world's greatest living Chöd masters, he is accomplished in all major and minor traditions. Having spent 20 years in retreat, he radiates wisdom, warmth and gentle power.

Lama Jinpa is a Western lama, 3-year retreat graduate, translator and Chödpa who is founder of the *School of Tibetan Healing Chö*. He is currently authoring several books on Chöd and Tibetan Energy Healing.

Lama Pema is a ritual master and accomplished thangka painter and ritual master, trained in Chöd since childhood. Currently he is completing a unique work entitled *Healing Tibetan Mandalas*.



Friday, Oct 8, 6 - 9 pm. Toronto

WHERE: Institute of Traditional Medicine. 553 Queen St. W., 2nd Fl. Toronto, ON, M5V 2B6

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COST: Suggested donation: \$40 for the evening.