

# Khandro Thrinlay Chodon HK Teaching Program 2016

## Healing thru Sound – Chod, Cutting Through the Ego

Chanting and vocal resonance has been discovered by scientists to contain amazing healing qualities. Sounds send healing vibrations to all our cells, tissues, muscles and organs. Sound Healing has been used by Tibetan meditation masters for centuries and in this evening our Khandro Rinpoche will offer a sound healing via the practice of Chod. Chod is one of the most advanced meditation practices - it “cuts through” obstacles, negativity and self-delusion. Through detailed visualization, meditation, chanting and ritual music the Chod practitioner creates ultimate and relentless generosity that pacifies sickness, suffering and spiritual blindness in sentient beings and heals disturbed environmental energies.

Participants simply relax and allow the sounds and energetic vibrations of this profound practice to cleanse and heal.



## Devotion & Stability - Deepening the Path of Spiritual Practice

Khandro Rinpoche is a perfect living example of devotion and a meditation master with a great stability of practice. Many from different traditions have deeply appreciated her ability to inspire and translate ancient Buddhist terms into what they actually mean in our daily life and practice. In this session Rinpoche will further explore with us what meditation and mindfulness is and how to stabilize our commitment and devotion not just in our daily practice but in our everyday lives. This is for people whom have been practicing daily as well as newcomers to the inward journey. It will also include sufficient time for students to ask questions regarding their own practice.

## Flower Mandala & Candlelight Ceremony: Blessings, Obstacle Removal, Transformation

This unique ritual flowed spontaneously from Khandro Rinpoche’s heart. Based on Vajrayana’s feminine principles, Rinpoche transforms flowers and candle light into a sacred flower mandala that illuminates our mind, invoking profound transformation of ignorance, misfortunes, guilt, sorrow, depression and other negative emotions into wisdom and compassion. Please take this opportunity to share blessings and purification of obstacles for you and your loved ones, be they living or deceased, by registering their names before the start of this ceremony; these names will also be taken Rinpoche’s Himalayan hermitages for additional 49-day ceremonies.

### Khandro Rinpoche HK Teaching Program 2016 康卓婷蕾確頓仁波切香港弘法活動2016

Date 日期	Time 時間	Program Content 活動內容	Venue 地點
23 Sept (Fri) 9月23日 (星期五)	7:00 – 9:00pm 晚上7時至9時	Healing through Sound – Chod, Cutting Through the Ego 聲頻之療愈 – 施身法, 斷除我執	Utpala Meditation Centre 1/F, Willie Building, 222-224 Des Voeux Rd., Central, HK. 雪豬基金會 上環德輔道中 222號 偉利大廈一樓
25 Sept (Sun) 9月25日 (星期日)	10am – 1pm 上午10時至 下午1時	Devotion & Stability - Deepening the Path of Spiritual Practice 虔敬與穩固 – 深化靈性修行之路	Utpala Meditation Centre Address see above 雪豬基金會 地址同上
25 Sept (Sun) 9月25日 (星期日)	6:00 – 9:00pm 下午6時至9時	Flower Mandala & Candlelight Ceremony: Blessings, Obstacle Removal, Transformation 鮮花壇城燈供法會 – 加持, 除障, 轉化	Khamgar Pendhe Ling HK Room 2305-6, 23/F Jupiter Tower, 9 Jupiter Street, North Point Hong Kong 康噶利生林 北角木星街9號永昇中心 2305-06室

