KUSALAY TSHOG CHÖD
From the Profound Teachings of Lord Jigten Sumgön
with Venerable Khenpo Tenzin Nyima

PRACTICE RETREAT
Saturday and Sunday
November 16 & 17, 2019
10 AM ~ 5 PM Lunch: Noon~ 2 PM
Registration at the door
$40 each day includes lunch
$70 entire 2-day retreat

Chöd is an advanced practice, and in particular, one must engage in the Bodhisattva way of mind training, which is based on the great compassion and wisdom and the altruistic thought. The main focus is cutting attachment and hatred through uprooting ignorance.

The system of this practice was founded by the great enlightened Lady Machig Drolma in Tibet in the 11th century. She is a manifestation of Prajña Paramita. This Chöd practice, the white offering, was composed by Lord Jigten Sumgön, who in the 12th century, was the reincarnation of Arya Nagarjuna.

Khenpo Tenzin Nyima resides in the Gampopa Vajrayana Buddhist Center in New Jersey and he has been a longtime disciple of the late Lamchen Gyalpo Rinpoche. Khenpo is blessed with a clear and powerful voice and he is an master practitioner of the Chöd.

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