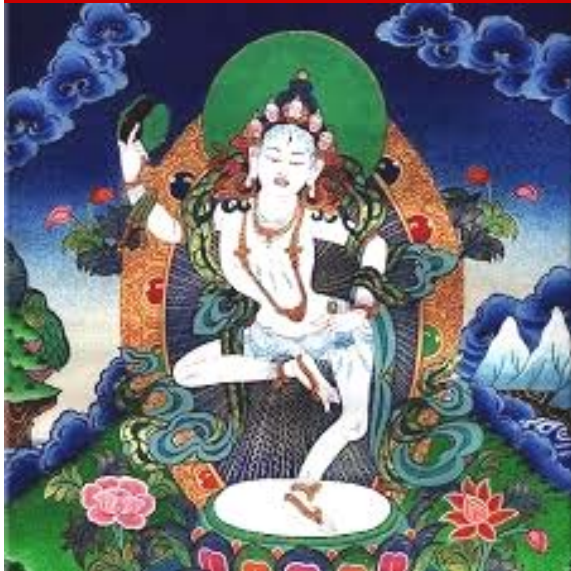


# ***KUSALAY TSHOG CHÖD RETREAT***

*From the Profound Teachings of Lord Jigten Sumgön  
with Venerable Drupon Thinley Ningpo*



*Friday, Saturday and Sunday  
June 28, 29 & 30  
10 AM ~ 5 PM Lunch: Noon ~ 2 PM  
Transmission, Instruction  
and Practice*

*Registration at the door  
\$40 each day includes lunch  
\$100 entire 3-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 was the reincarnation of Arya Nagajuna in the 12th century.



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