



DAY 1: MORNING

- 10 am: **Introduction**
- Goals, Chöd Defined, Scope *Gaté Practice
 - Obstacles Maras, Body, Place, etc.
- Background**
- MaChik, Padampa, Origins, Lineages
 - *PaGyu Lineage Prayer
- The Chöd Ritual**
- Basic structure and variations
- 11:15 am: **Tea Break**
- 11:30 am **Transmissions**
- Chöd Empowerment (Sky Door)
 - Oral text transmissions (Lung).
- 12:45 pm: **Lunch**

DAY 1: AFTERNOON

- 2:15 pm: **Guests and Offerings**
- Higher Guests, Guests of Quality; details of each.
 - Guests of Compassion, Debtor Guests offerings.
- 3:30 pm: **Tea Break**
- 3:45 pm. **Feast Preparations**
- Powa: introduction and short visualization.
 - Phat: meaning, functions.
- 5:00 pm: **Tea Break**
- 5:15 pm: ***PeGyal Lingpa Chöd**
- Overview of structure: parts, melodies, drums.
 - Practice in Tibetan, chant in English.
- 6:00 pm: **Finish**



DAY 2: MORNING

- 9:00 am: **Ritual Instruments**
- Kangling, Damaru, Bell; meaning, sources, fabrication,
 - Symbolism, playing styles.
 - *Music Blessing Practice.
- 10:30 am: **Tea Break**
- 11:45 am ***Kusali Tsok**
- Structure, melodies, visualization, drums.
 - Practice in Tibetan, recite in English.
- 12:45 pm: **Lunch**

DAY 2: AFTERNOON

- 2:00 pm: ***Den Tok ChikMa**
- Shrine Setup with skull (bowl), mirror, etc.
 - Explanation of visualization and mantra recitation.
 - Practice in Tibetan (with instruments) and English.
- 3:15 am: **Tea Break**
- 3:30 am ***MaChik Sol Deb**
- Structure, explanation. Tibetan, English Practice.
 - Pith mahamudra teachings
- 5:00 pm: **Tea Break**
- 5:15 pm: ■ Organizing Daily Practice.
■ Homework and next step
- 6:00 pm: ■ Finish



Tibetan Healing Chö

Transforming Fear into Wisdom



MODULE 1

CHÖ *in the* WILD

DAY 3



This one-day field trip is the culmination of our brief, but intense training. This is the time to put what was learned into practical application in a power spot or *Nyensa*. Here we have the rare opportunity to practice, in real time, with a great enlightened Chöd master. Many meaningful things occur when we practice in such unfamiliar areas:

- The environment is benefited and healing of negative energies
- Local deities, spirits and nature-dwelling beings are befriended
- Our spiritual practice is enriched and deepened.
- Various challenges arise and purification is enhanced.
- Need insights, awareness and inner experiences arise naturally.

Visiting various locations, including graveyards, parks, bodies of water and so on, we will practice the rituals and meditations we have learned during the weekend. And we will also receive and practice three new meditations, including the very important Confession Prayer of MaChik and prayers to 4 gates of MaChik's Reliquary from the Precious Rosary, all newly translated. We will also share in the longer sadhana of the "Laughter of the Dakinis," the haunting and powerful sadhana which is the most widely practiced Chöd of Nyingma lineage.

Our goal is healing of ourselves, purifying the land, and benefiting beings on throughout samsara. In previous field trips in San Francisco, Los Angeles, Austria, Nepal, Bhutan and so on, there have been numerous unmistakable signs of accomplishment and realization that occurred, assuring that the blessings of the lineage of Chöd, the Dakinis, Yidams and Protectors were present.

There will be guidance in the practices throughout the day, as this is a transition time to begin to integrate what we have learned into our daily life.





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MODULE 1

SAMPLE ITINERARY

CHÖ *in the* WILD

SAN FRANCISCO



MORNING

10 am: Meet at Days Inn Parking Area

Area 1: Chöd at the Williams Knox Shoreline Park with Naga Pond.
Pacific Ocean Chöd on Keller Beach.

Area 2: Tilden Park, Anza Lake forest Chöd.

1:00 pm: Lunch at Tara Restaurant

AFTERNOON

Area 3 Chapel of the Chimes, Oakland: meditation & Practice.
Mountain View Cemetery: Chöd and meditations.

In these various Nyensa settings, we will engage in the full spectrum of practices that we have learned, also using our English translation Chöd Cards , Receiving and Sending and Mahamudra meditation.





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MODULE 1

SAMPLE ITINERARY

CHÖ *in the* WILD

SANTA MONICA



MORNING

10:30 am: Meet in Santa Monica

Area 1: Chöd at the Los Angeles Military Cemetery.

Area 2: Pacific Ocean Chöd at Topanga Beach.
continue at the famous Malibu Pier.

1 pm: Lunch in Malibu

AFTERNOON

Area 3: Chöd by the Naga pond in Topanga Canyon
Forest Chöd in Topanga park.

In these various Nyensa settings, we will engage in the full spectrum of practices that we have learned, also using our English translation Chöd Cards , Receiving and Sending and Mahamudra meditation.





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MODULE 1

SAMPLE ITINERARY

CHÖ *in the* WILD

HOLLYWOOD



MORNING

Area 1: Forever Hollywood

We will perform a number of the Chöd practices we have learned at 4 special places within this famous cemetery, which is over a hundred years old. Here you will find Rudolph Valentino, Bugsy Seigel, Jayne Mansfield, Johnny Ramone, Douglas Fairbanks and many more, through our profound purpose here will be quite different than “star-gazing.” Many of these people also have ghostly manifestations that are still reported (Valentino, Seigel, etc.).

Area 2: Hollywood Sign

Winding several miles up through the Hollywood Hills, we will practice Chöd in the only park that is directly under the sign which has influenced billions worldwide. Our function is to purify the karma and confusion of ourselves and all beings captivated by the illusions of this world and the illusion-makers of Hollywood. Numerous suicides and murders have also occurred here.

Once of the most successful studios today, Disney cranks out hundreds of movies and TV series annually. After lunch at their buffet cafeteria, where everyone from Walt Disney to Johnny Depp has eaten over the last 50 years, we will perform silent prayers in the courtyard overlooking the mega deal-makers and super-agents that control the industry that shapes so many lives, worldwide. (Security badges with your name required for entry to any studio—We need time to arrange this, so make sure you have registered with us!).

AFTERNOON

Area 3: Forest Lawn & Mount Sinai Cemeteries

Two more homes to many famous past stars, we will perform practices in some powerful locations here, deepening our compassion and understanding of impermanence and the utter fruitlessness of the eight worldly dharmas (profit and loss, fame and infamy, success and failure, etc.).

