



August 28–30, 2013 Wednesday–Friday

A Buddhist Healing Ritual: Dakini's Heart-Essence Chöd

Lama Migmar Tseten

Healing Chöd is an ancient Buddhist ritual known for its power to heal physical, emotional, and mental illness and suffering. There are no instructions to follow or techniques to learn. One simply lies down, rests, and receives healing. Healing Chöd is suitable for everyone, including those with chronic and mild illnesses. Healing Chöd rituals consist of music, prayers, and mantras in the sacred sounds of Sanskrit and Tibetan, transformative mudras and offerings, and meditation to cut through the destructive emotions and repel negative energies and obstacles.

Dakini's Heart-Essence Chöd, led by Acharya Lama Migmar Tseten, is based on the female Buddha Vajrayogini. It originates with the tenth-century Indian yogi and mystic Mahasiddha Naropa. This healing tradition was passed down to Lama Migmar's guru, the great master Chogye Trichen Rinpoche, renowned worldwide as a powerful healer. Chogye Trichen Rinpoche was also His Holiness the Dalai Lama's guru.

Lama Migmar Tseten



Lama Migmar Tseten was born in Tibet in 1956. In 1980, he received the Acharya degree from the Tibetan Institute at Varanasi, where he was recognized for academic achievement by His Holiness the Dalai Lama. In addition to his roles as Buddhist chaplain at Harvard University and director of the Sakya Institute of Buddhist Studies in Cambridge, Massachusetts, Lama Migmar has also served as the head of the Sakya Main Monastery at Puruwala,

India, and Sakya Center at Rajpur, India, and directs the Sakya Retreat Center in Barre, Massachusetts. He supervised the editing of many rare volumes of Sakya literature.

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