

Kripalu®

Center for Yoga & Health



LAMA MIGMAR TSETEN has served as Buddhist chaplain at Harvard University since 1997. He received both a traditional and a contemporary education in India, graduating from Tibetan Institute of Sanskrit University in Varanasi. lamamigmar.net

AUGUST 21-26 | SUNDAY-FRIDAY

Lama Migmar Tseten

A BUDDHIST HEALING

RITUAL DAKINI'S HEART-ESSENCE CHÖD AND EMPOWERMENTS

FOR everyone.

Healing Chöd is an ancient Buddhist ritual known for its power to alleviate 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 or 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. Empowerments are given to further increase healing blessings.

Dakini's Heart-Essence Chöd is based on the female Buddha, Vajrayogini. It originated with the 10th-century Indian yogi Mahasiddha Naropa, and was passed down to Lama Migmar's guru, Chogye Trichen Rinpoche, also the guru of His Holiness the Dalai Lama.

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Kripalu®

Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.