

## **Evening talk: "RITUALS AND DAILY PRACTICE"**

Friday March 8th, 2013, 19:00 - 21:00 at Ligmincha Berlin

Geshe Yungdrung Gyatso will talk about how to create and decorate your shrine, and how to make basic offerings in daily practice in Tibetan Buddhism. Also he will show us in a very practical manner how to do all these things.

### **Teaching and Practice day:**

## **PRELIMINARY TSALUNG TRUL-KHOR OF ZHANGZHUNG NYENGYU CHOD PRACTICE: CUTTING THROUGH THE EGO**

Saturday March 9th, 2013, 10:00 – 18:00 at Ligmincha Berlin

Ligmincha Berlin has invited Geshe Yungdrung Gyatso for several events and is happy to welcome him in Berlin to teach and practice together on Saturday, March 9th 2013.

**TRULKHOR** is a “magical movement” to awaken one's sacred body and mind through visualizing channels, manipulating breathe and spinning the Chakras. This is a special set of techniques that were used by Yogis in ancient times to maintain physical and mental health and spiritual well being. The perfection of these methods will free practitioners from stress, drowsiness, dullness and even agitation. There are all kinds of appropriate physical exercise (lus-sbyong) for various levels of fitness in this system. Geshe Gyatso will be giving teaching and instruction on preliminary Tsalung Trulkhor practice based on the Aural Transmission of Zhangzhung.

**CHOD** is a practice of cutting one's ego through generating detachment toward one's own body by performing compassionate offering of imaginary body. This offering is one of the Four Kinds of Yogi Offerings that are performed daily. Chod ritual is usually performed with melodious chanting and playing spiritual musical instruments in profound concentration. Geshe Gyatso will be giving the Chod teaching “Great Laughter of the Dakini” by Shardza Rinpoche. He will be giving a transmission of this sacred teaching as part of the teaching.

**Geshe Yungdrung Gyatso Choekhortshang** is a Bonpo monk of Triten Norbutse Monastery in Kathmandu, Nepal who was born in the Himalayan region Dolpo in Nepal in 1980. At the age of ten he met his teacher, H.E. Lopon Tenzin Namdak Rinpoche. Under his guidance he learnt Sutra, Tantra and Dzogchen teachings for eighteen years at Yungdrung Bon Academy of Higher Studies of Triten Norbutse Institution in Kathmandu. In 2008 he concluded the studies and was conferred the degree of Geshe, the highest philosophical title in

Tibetan monastic education. After his studies he underwent special meditation and Trul-khor retreats and served as the administrator of the school and clinic of Tibetan medicine "Bhumzhi Medical School". At present he is editor in chief of "Drepoi Beltam" Journal of Tritten Norbutse and has taken on responsibility for reconstruction of Tashi Namgyal monastery in his homeland Dolpo. This will be his second visit in Berlin and the first time Geshe Yungdrung Gyatso will be teaching and practicing with us.

Geshe Yungdrung Gyatso will also be available for individual consultations and rituals such as purification and cleansing rituals, driving obstacles, ransom rituals, divinations and long life rituals and consecration of house.

**venue:**

Ligmincha Berlin  
Möckernstr. 81

10965 Berlin- Kreuzberg

**date & schedule:**

Saturday, March 9th 2013, 10:00 – 18:00

**contribution towards expenses:**

40,- €

30,- € reduced rate

20,- € for members of Ligmincha Berlin e.V. und supporters

The teaching will be in english with german translation.

Registration is not required.