

Calm Abiding Meditation

Calm Abiding Meditation, practiced by the Buddhists for many centuries, is now becoming ever more popular even in the scientific community for lowering tension, and other related physical and mental conditions. There are, of course, numerous other benefits.

In this program the Drigung monks will demonstrate this form of meditation highlighting three important components:

- The Seven-point Vairocana posture
- Breathing technique and
- Mental focus

Auspicious Prayer

The program ends with an auspicious prayer. Each time the flower petals are thrown in the air, the monks recite a sacred verse wishing peace on earth, happiness, good health, and prosperity to all mankind.



Event Bookings and Requests for *Pujas*

Contact in Toronto, Canada:

Tel: (416) 321-5663

Fax: (416) 321-5170

Mobile: 647 832-1255

E-mail: dkoffice@drigung.com

We welcome organizations and individuals,
Wishing to book events or offer help
and support in whatever way they can.

Introduction

The power of prayers, or the healing quality of prayers is, beyond any doubt, well established in every single world religion, and the Tibetan form of Buddhism is no exception. Tibetan Buddhists begin their daily practice with these words:

May all sentient beings have happiness, and the causes of happiness.
May all sentient beings part with suffering and the causes of suffering...

Tibetan monks and nuns, wherever they are, spend most of their time in studying and practicing the Buddha's teachings. Saying prayers, contemplating on the words of the prayers, and meditating on the essence of these prayers constitute the bulk of their daily practice.

We are happy to bring a part of this religious culture to North America, once again, after more than a decade.

The members of this Healing and Peace Tour consist of seasoned Drigung Kagyü monks, who had toured the United States and Canada for nine consecutive months in 1998/99. These monks, from occupied Tibet and Ladakh in Jammu and Kashmir State of India, are well versed in all aspects of monastic life.

Most of them speak four languages including Tibetan, Hindi, Ladakhi, and English. They are

Rev. Namgyal Tondup (Ladakhi)
Rev. Tsering Thondup (Ladakhi)
Rev. Konchok Tharchin (Ladakhi)
Rev. Konchok Choswang (Ladakhi)
Rev. Kelsang Gyatso (Tibetan)
Rev. Konchok Jampa (Tibetan)



Tibetan Healing & Peace Tour 2011

of Drigung Kagyü Monks
from Tibet and Ladakh, India



Program Highlights

Sacred Music ■ Mask Dances
■ Healing Chod Practice ■ Deity Sign
Language ■ Prayers for Peace &
Happiness to all sentient beings.

Based in Toronto, Canada, the monks,
when not travelling, will also
perform *pujas* on request.

Please contact us for more information.

Tibetan Healing & Peace Tour The Program



Achi Invocation And Dance

Achi Chökyi Dolma is one of Tibet's foremost female protector divinities, and the chief guardian of the Drigung Kagyü tradition of Tibetan Buddhism. The monks will chant Achi invocation to

receive her blessings. This will be followed by Achi Dance.

Heart Sutra Exorcism

Lord Buddha's profound teaching on the Nature of all Phenomena is the core of Buddhist View, Conduct, and Meditation. Recitation of the words of this sacred sutra, and contemplation on their sacred meaning, can get rid of all forms of sufferings. Based on the power of this truth, an Exorcism of Demons and Obstructors will be conducted by the monks at the end of the Heart Sutra recitation.

Dharmapala Dance

Protector Tsiu Marpo is one of three principal protectors of the Drigung Kagyü tradition of Tibetan Buddhism. This dance is to remove both mental and physical obstacles.

Profuse compassion of the deity is manifested in the seemingly wrathful appearance.



Spiritual Song of Milarepa

The greatest yogi that ever lived, who overcame the fettered existence as a semi-orphan, reached enlightenment in one lifetime. This heart-warming spiritual song of Milarepa is about the healing power of the true nature of mind.



Healing Chöd Practice



This specialized tantric practice is to pacify all types of sufferings and it ties in with the Buddha's teachings contained in the Heart Sutra. The goal of this profound practice is to bring about instant healing by abandoning attachment and grasping.

Hara Dance



Hara, with a sea-monster head, is one of four powerful protectors of Drigung Kagyü tradition's Yangzab Dzogpachenpo teachings. Hara made a solemn pledge to Vajrapani and Buddha Dipankara to protect the Yangzab circle of Nyingmapa teachings, discovered by Gyalwa Rinchen Phunshog, the 17th throne holder of Drigung Kagyü Lineage of Tibetan Buddhism. This dance is performed to destroy all negativities within and without, and to bring peace and harmony to all living beings.

Intermission

Kunrig Prayers and Deity Sign Language

This tantric practice of Buddha Vairocana is to eliminate negative karma. To perform it correctly, every word must be vocally chanted, mentally meditated upon, and physically 'read' in the cryptic sign language of the Deity. Notice the monks' hands in the picture below.



Vajra Vidarana Cleansing Ritual

The cleansing ritual is performed by pouring sacred water onto a pristine mirror as the monks chant the incantation of Vajra Vidarana. The purpose of this ritual is to remove mental and physical impurities and defilements

Black Hat Dance

This dance is an expression of our confidence in the certainty of victory of good over evil. The rhythmic dance movements, the mental focus of the dancer, and the background music are to dispel negativities.

It is said that the tradition of Tibetan monastic dances originated from Guru Padmasambava.

