

# Chöd: Cutting Attachments & Transforming Fear



**a teaching from the Bön Mother Tantra  
with Geshe Tenzin Wangyal Rinpoche**

**SEPTEMBER 23-26, 2004**

**CRESTONE COLORADO**

Traditionally, practitioners of Chöd sought out powerful places that exaggerated their experience of fear, in order to bring to light the attachments that limited their lives and weakened their spiritual practices. Chöd literally means 'to cut'. The practice of Chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfactions in one's life by cutting away, with compassion, the attachments that create those obstacles. In presenting these teachings from the Chöd chapter of the Bön Mother Tantra, one of the most important cycles of tantric teachings in Bön, Geshe Tenzin Wangyal Rinpoche will explain how to clear karmic hindrances by transforming attachment into offerings of generosity.

The Chöd teachings and practices revealed in the Mother Tantra comprise one of six Bön paths of meditation that lead to complete realization. Tenzin Rinpoche will unfold the outer, inner, and secret offerings of the Chöd practice that subdue, satisfy, and heal the obstructing energies in our lives. During the retreat, Rinpoche will integrate commentary on the Chöd teachings with meditation instructions and group practice sessions.

This retreat will be open to people at all levels of spiritual practice, and welcomes those facing fearful circumstances, threatening illnesses, and the stressful challenges of everyday life.

Tenzin Wangyal Rinpoche, founder of Chamma Ling and of Ligmincha Institute, was the first Bön lama to bring the Bön Dzgochen teachings to the West. Recognized as a Bön *tulku*, he practiced Dzgochen from the age of 13 under masters from both Bön and Buddhist schools. Tenzin Rinpoche is an authentic Bön lineage holder and a highly respected and beloved teacher to students throughout the United States, Mexico, and Europe. Fluent in English, he is known for his clear, lively, and insightful teaching style and his ability to make profound Tibetan spiritual practices easily accessible to the Western student.

Rinpoche is the author of *Healing with Form, Energy, and Light: The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen*; *Wonders of the Natural Mind*; and *The Tibetan Yogas of Dream and Sleep*, all from Snow Lion Publications.

**For Tenzin Rinpoche's full teaching schedule, see [www.ligmincha.org](http://www.ligmincha.org) or call 434.977.6161**

**Teaching Registration Form: The Practice of Chöd, with Geshe Tenzin Wangyal Rinpoche  
Thursday, September 23 (9am-6pm), through Sunday, September 26 (9am-12 noon), 2004**

**SPACE LIMITED: PRE-REGISTRATION STRONGLY RECOMMENDED** One form per person, please.

To check availability if registering shortly before the retreat, or for other participant questions, please contact John Moore at [retreat@chammling.org](mailto:retreat@chammling.org), or 919.286-5055.

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel: day \_\_\_\_\_ evening \_\_\_\_\_ fax \_\_\_\_\_ e-mail \_\_\_\_\_

Payment enclosed \$ \_\_\_\_\_ \$180 (rec'd by 7/23) \$210 (rec'd by 8/23) \$240 (rec'd after 8/23)

Please note: full refund less cancellation fee of \$30 if you must cancel within 30 days of start of retreat.

**Payment to Chamma Ling:** (please circle one)      Check      Money      Credit card      Visa/Mastercard

Name on card \_\_\_\_\_

Card number \_\_\_\_\_ Expir. Date \_\_\_\_\_ Signature \_\_\_\_\_

To register, send this form and payment to: Chamma Ling, PO Box 608, Crestone, CO 81131

**LODGING/MEAL-PLAN RESERVATIONS: CONTACT WHITE EAGLE 800.613.2270 or [www.whiteeaglevillage.com](http://www.whiteeaglevillage.com);**  
or visit [www.chammling.org/2004retreat](http://www.chammling.org/2004retreat) for a list of Crestone area accommodations. The retreat will be held at White Eagle Village Retreat and Conference Center, near Crestone, Colorado. ROOMS: \$60.00 per room, per night up to 2 people; \$10/room/night for additional persons. Sign up for the White Eagle meal plan for an additional \$140.

**TEACHING REGISTRATION CHECK-IN WILL BE AT WHITE EAGLE VILLAGE** Wednesday 7-9 PM and Thursday 8-8:30 AM  
Note: Crestone is a 4-6 hour drive from any major airport. We recommend that people arrive on Wednesday.