

# NOV.17&18: KUSALI CHOD/淨障祛病施身法

Rinpoche/主壇上師：Lama Tenpa (Dorjee Dadul Bhutia) 滇巴喇嘛

Time/時間: Nov. 17<sup>th</sup> & 18<sup>th</sup> 7:00 pm -9:30 pm / 11月17日和18日晚7點到9點半

Venue/會場：2 Old English Lane, Markham, ON., L3T2T9 (Bayview and Steeles)



## 11月17日和11月18日法會：淨障祛病施身法

能斬斷眾生一切痛苦的殊勝之法，這個叫做“Chod”，就是“施身法”。施身法的藏文原義是『斷』，即斷一切有關一個『自我』存在的現象幻覺。施身法是一個上乘的方便法門，幫助行者從『自我』這個假像幻覺的執著中解脫出來。對自我及世法的執著，是驅使我們造惡業的動力，是一切煩惱痛苦的根源，施身法幫助行者了悟自我及一切現象的空性，從而得到解脫，是一個殊勝的法門。因修法時需放鬆睡眠三小時，請各自攜帶溫暖地鋪和蓋被枕頭，以免著涼。修法期間請去掉身上手上一切護身符及裝飾品，以免護法不喜。請儘量 Carpool 前來或使用 TTC，會場內不能停車，可考慮停在附近教堂及商場。並請電郵至 [info@termafoundation.org](mailto:info@termafoundation.org) 或致電 Amy @ 416-876-6738 登記各家參加人數。

## NOV. 17<sup>TH</sup> & 18<sup>TH</sup> DHARMA EVENT : KUSALI CHOD

Human body is one of strongest attachments that human beings have; Kusali Tsok is the inner practice of Generosity that cut off that attachment by offering one's precious human body to one's lama, idam, Buddhas and Bodhisattvas, Fulfill the dakas, dakinis, dharma-protectors, and Satisfy the beings in the six realms – local gods, pretas, and others. Through practice of Kusali, especially with Lama Tenpa's help, one can remove countless obstacles and accumulate enormous merit which is very beneficial for one's dharma practice.

Lama Tenpa will perform all dharma practice, All participants do is **to relax and sleep** throughout the event. It is very import to make yourself comfortable to sleep for 3 hours, that including bring **sleeping bags, blankets, pillows** etc. Please **remove all your close body protection items** such as dharma pendants, necklaces, bracelets, etc, during the event. BTW, **No parking on street and site**, please car pool or by TTC. **Registration** by [info@termafoundation.org](mailto:info@termafoundation.org) or Call Brother Amy @ 416-876-6738 for the number of participants & the parking space reservation **is a must**.