

# Three Rivers Tibetan Cultural Center

## *Kusali Chöd Practice* and the *Thousand-Armed and Thousand-Eyed Avalokiteshvara Sadhana* with Ven. Khenpo Choephel

**Saturday and Sunday, August 18-19, 2018**



**Saturday, August 18, 2018**

**10am – 12pm** Explanation of the Chöd practice

**12pm – 1:30pm** Lunch break

**1:30pm – 4:30pm** Kusali Chöd practice

*Kusali Chöd* (ཀུས་ལོ་ཅོད་) which literally means “cutting through“. It is an internal mental practice to offer one’s body as nectar to the beings in the six realms in order to cut through one’s self-grasping and self-cherishing. This is an important practice to help practitioners cut through ego and all forms of attachment, the root of our suffering.

**Sunday, August 19, 2018**

**10am – 12pm** Avalokiteshvara Teaching

**12pm – 1:30pm** Lunch break

**1:30pm – 4:30pm** Avalokiteshvara Sadhana Practice

The essence of this Thousand Armed and Thousand Eyed Chenrezig practice is to generate the awakening mind, *bodhicitta*, in order to liberate all sentient beings from all forms of suffering. The practice includes invocation, offering, visualization, recitation of mantra, meditation on compassion, and some ritual practices such as tormas and tsok offering.



**ALL ARE  
WELCOME**



The Venerable *Khenpo Choephel*, spiritual director and resident teacher of TRTCC

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<https://www.threeriverstibetanc.org/>