



Fall Retreat 2016 Now Open for Registration

The Practice of Chod from the Bon Mother Tantra

Registration is now open for Tenzin Wangyal Rinpoche's annual Fall Retreat at Serenity Ridge. From October 12–16, Rinpoche will teach on the topic of "Fear and Attachment: Doorways to Liberation—The practice of Chod from the Bon Mother Tantra."

There is not one person who does not face problems in life. Many of these problems have to do with fear and attachment, the most critical obstacles to realizing your essential nature. The practice of chod is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind.

The retreat will present the chod text composed by the famous Bonpo dzogchen master Shardza Tashi Gyaltzen Rinpoche, who attained the rainbow body in 1934 at the age of 75. Traditionally, parts of the text are sung by the practitioner and accompanied by the chod drum and bell. The opportunity to learn the traditional use of bell and drum while performing the text will be offered to those with an interest in the ritual practice; for retreat participants whose interest in ritual is not as compelling, Tenzin Rinpoche will emphasize the core understanding of the principles and practice.

[Learn more/register](#)