

**A Preparatory Explanation of Receiving the Healing Cho**  
*Transcribed from an Introductory Talk by Moke Mokotoff*

For the last eight years, the Zandokpalri Foundation for Great Compassion has brought Rinpoche Dungse Rigdzin Dorje, along with a group of monks and nuns for tours in the Healing Cho ceremony. All the funds we receive have gone back to establish a visionary temple in the Himalayas. Rinpoche's father, Kunzang Dechen Lingpa actually accessed the ceremony you are going to experience in his dreams, directly from the Buddhas, specifically Guru Rinpoche. Until his death in 2006, amidst rainbows and other auspicious signs, he led the monks and nuns in offering this ceremony in the West as well as his native Himalayas. His son is now continuing the tradition and carrying forth the vision of his father.

In another dream Kunzang Dechen Lingpa was given instructions to build this very specific temple. In his dream he saw all its architectural elements and the place where it should be. Every detail of the temple was shown to him in a dream. It is nearly done and this year we hope to raise the final funds to complete the temple, realizing this vision.

Most of you probably haven't done this ceremony before. More than 4000 people over the last eight years have experienced it and hundreds of those people do it again and again.

The good news is that there really is nothing to know and it really doesn't matter if you understand it or not. Simply put, you are just going to lie down and take a nap while Rinpoche and the monks and nuns conduct this musical ceremony. The vast majority of people fall asleep and it is very restful. There is really nothing to know. You are just going to lie down. While it is preferable for women to lie on their left side and men on their right side, the most important thing is that you are comfortable. If lying on the preferred side is not comfortable, please lay in any way you wish. Those are the simple instructions.

In the Himalayas, people come in and they don't ask any questions, they just lay down, fall asleep and they get a healing from this. Here in the west we want a more ratiocinated approach, and possibly we even wish to participate in this meditation as the monks and nuns are. The monks and nuns are actually visualizing a very complicated process during the ceremony. That process in its most basic form is this: Cho means "cut" or at least that is how it gets translated. Actually it means release. Rather than a sense of destroying or breaking something that exists, it implies a release of something that is an illusion into something that is vast and open without any duality; so one is in a natural state. The translation says that what is being cut is the ego.

The ego in western culture is a very complex abstract concept. The Tibetan word they are actually using is grasping, grasping at self. Think about this grasping as a pivot in which all this duality occurs; you like something or you don't like something, you think this is good, this feels bad, or I like them, I don't like them; all this is pivoting on this self grasping inclination. What we are going to try to do during the ceremony is just release this grasp. We're not cutting anything, it is not something violent or extreme but when these thoughts come up and we grasp them, we are dragged by them, they never really end. We are always following our thoughts as if

we own them. 24/7 we are following our thoughts and when we look back we never really got anywhere Thoughts will come up, you can't stop your thoughts but you can chose to not follow them. You have the right to choose to follow your thoughts and in this case you are just going to let them go.

Think of your mind as the sky and any thoughts that arise are clouds. They appear, but after a while they dissipate. If you don't follow them when you look later on they are not there. So, during the ceremony, try to rest in the sky-like quality of your mind. Normally we are holding to the focused part. Let's just try to rest in the open part during this brief ceremony and just give up everything that arises and that will be the so called "cutting" or the release.

Some of you here have been meditating for years, and if you wish, you can practice a more advanced form of meditation, although it is not necessary to do this. Rinpoche is practicing it – his father put him in retreat in a graveyard, in a cemetery in India when he was a young teenager and for years Rinpoche practiced this ceremony again and again, in which he purified his own grasping and the problems that arise from it.

The advanced practice is this: We reverse the normal selfish process of wanting things for ourselves. Instead, we visualize our enemies, or people with whom we are having difficulties. It could be a political concept, it could be a relative or whatever ticks you off. Then, rather than feeling aversion, give to this entity or person anything that you normally want for yourself, anything that you normally don't give. This practice is called Tonglen, or giving and taking which is the basis of the Mahayana technique of ultimate generosity.

But again, the easiest thing to do is just take a nap. Let Rinpoche and the monks and nuns perform their healing ceremony for you. In a sense, Rinpoche is able to meditate for you, to clear away a lot of karmic stuff. In 8 years no participant has ever complained. Some people have even been cured of disease. All felt very much at ease by the end of the final session.

They say that the mind rides the breath. You'll notice that there are beautiful rhythmic tunes and if you want you can practice a kind of breathing yoga which is to let your mind ride these tunes by breathing along with them which will probably lead you to a deep sleep.

Again, the only requirement is that if you are a woman try to lay on your left side and a man, try to lay on your right. This will balance your elements, but is not mandatory. If you are wearing any protection cord or talisman, take that off during the ceremony. And please, if you are not comfortable, move into a position where you feel relaxed.