

STAY CONNECTED . . . HEALING FROM AFAR

While it is a great blessing to attend the four-part Healing Chod ceremony once, Rinpoche recommends that it is most auspicious if you are able to continue, further and deepen your connection to this practice by attending as many times as possible. During the current tour, the ceremony will be performed many times. Please check our website at www.totalgoodness.org or www.zangdokpalri.org for the latest **2009 Tour Schedule**. Another important way to maintain your connection to this healing process is through long-distance **Inclusion in the Mandala of Healing** during the Chod Healing practices that are performed at least once or twice a month by the lamas and monks and nuns in India. If you are interested in this option for yourself or a friend, please attach a few strands of hair and the label from a worn and unwashed piece of clothing to the back of a recent photograph. Please give these, along with this completed form and your donation, to the designated person at each event, or return them by mail to: Zangdokpalri Foundation, 130 7th Avenue, Suite 221, NYC, NY 10011.



Please include _____ in the Mandala of Healing at the Chod Practices performed in India by the Lamas, Monks, and Nuns of Zangdokpalri as follows:

_____ one month (suggested donation: \$35)

_____ three months (suggested donation: \$75)

_____ six months (suggested donation: \$120)

_____ one year (suggested donation: \$200)