



**TASHI KYIL MONASTERY MONKS in Residence at TaRa Institute  
Wednesday November 14 - November 18, 2018**

Our TaRa Institute community is honored to host a visit of Tibetan Buddhist monks from the Tashi Kyil Monastery on their national tour. The monks are refugees from Tibet, living in Northern India, touring the United States to educate the public about the culture and religion of Tibet, and to raise much needed funds for their monastery. Tashi Kyil monastery is located in Dehra Dun, India and is home to 120 monks: half of whom are children whose parents from outlying Tibetan villages have brought them to the monastery for a Buddhist education and to receive health benefits. The monks turn no child away. The monastery was established in 1968 by monks in exile from Tibet who fled to India for refuge during the Cultural Revolution when their great Labrang Tashi Kyil monastery in Amdo, Tibet was destroyed by the Communists.

The Tashi Kyil Tour is endorsed by His Holiness the Dalai Lama to promote world peace and healing by sharing Tibet's rich and authentic sacred visual and healing arts in the United States. The monks of the Tashi Kyil Monastery will be in residence at TaRa Institute in Valley Cottage from November 14 through November 18, 2018.

In partnership with the Tibetan Mongolian Buddhist Cultural Center and its Kumbum Chamtse-Ling Monastery in Bloomington, Indiana, monks from Labrang Tashikyil Monastery in Dehra Dun, India are touring the United States to teach the Dharma, educate the public about the culture and religion of Tibet, and to raise much needed funds for their monastery. This is the monastery's fourth USA Tour.

Their visit to Valley Cottage this year is sponsored by Dr. Tashi Rabten and Dr. Tashi Dolma of the TaRa Institute, Valley Cottage, NY.

**TIBETAN SHOPPING BAZAAR**

*will be set up in the office store area where the monks will be in residence at TaRa Institute for your shopping pleasure.*

*Most items have been handcrafted by Tibetan Refugees living in India and Nepal.*

**TASHI KYIL MONKS' SCHEDULE**

**Thursday November 15, 2018 from 7 pm to 9pm**

- **\_ Monastic Tibetan Healing Arts**

***Saturday November 17 from 10 am to 12 Noon***

- **Meditation for Focus and Stress Relief & Tibetan Monastery Yoga**

Beginners & advanced students, ALL are welcome  
Suggested donation \$20, \$10 for seniors & students

***Saturday November 17, 1 pm to 4 pm***

- **Workshop of Buddhist Practices**, Suggested donation \$20-\$40

"Welcoming His Holiness the Dalai Lama and Mandala Offering." His Holiness is the guest at each Buddhist Ceremony. The monks will chant prayers and blow their long horns to show their devotion.

Then they will make a "mandala offering" to dedicate all of their virtuous actions to benefit sentient beings. The monks will explain the mandala offering and teach participants how to do the mandala mudra (using hands.) In addition, they will demonstrate how to make a prostration correctly.

Finally, the monks will give an Instruction & Demonstration on "How to Set Up a Buddhist Altar." Other practices can be explained in workshop format if there is specific interest, for example making Butter Sculpture, Mudras, Mantras and Dorje & Bell instruction

***Sunday November 18, 10 am to 12 Noon***

**Sacred Music, Sacred Dance: Skeleton Dance and a "Chod" ceremony**

Robed in magnificent costumes and playing traditional Tibetan instruments, the Tashi Kyil monks perform the multiphonic chanting of ancient temple music and dance for world healing. The "Chod" is a ceremony to cut off attachments. After the monks chant this ritual, they will perform a "Skeleton Dance" to end the ceremony. The purpose of the dance is to remind us of the Buddhist teaching that all phenomena are impermanent and have no identity from their own side. A handout about Chod and the Sacred Dances is available on the tour website.

**Suggested donation \$20,  
\$10 for seniors & students**

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

**Private Consultations**

- Personal Prayer Ceremonies for Business, Home and Health, House blessings, "Mo" Divination, Tibetan Astrology are also available.

Please leave your name and cell phone on the sign up list at the front desk and the coordinator will call you back to schedule your appointment.

Suggested donation will be discussed on scheduling.

- **Blessing Ceremonies: Chenrezig, Medicine Buddha, and Tara.**

The monks do not give empowerments, but these tantric blessings are powerful and effective.

- **Blessings of Homes and Businesses, to Remove Obstacles**
- **Traditional private "Chod" ceremony (see explanation above**
- **Traditional "Mo" divination**
- **Prayer Flags: Bless and Hang at a Home or Business**
- **"Pujas" (Prayer Offerings) at the location and/or at the homes of sick people.**

These pujas relieve sufferings by eliminating negativities. A smoke puja can be performed outside to eliminate negative obstacles. In addition, the monks may perform the Black Hat Dance. Its purpose is to eliminate the afflictive emotions and misconceptions that cause sufferings.

- **Private Lunch or Dinner**

The monks will be available to join an individual or a group at a private lunch or dinner so that persons can have a chance to associate with a monk, or monks, on a personal level.

**REGARDING Suggested Donations  
Cash or Check or Credit Card**

**Please Make out checks to Kumbum Chamtse-Ling, Inc; memo line: "monks"  
Kumbum Chamtse-Ling, Inc. is a 501(c)(3) not-for-profit organization. EIN is 20-5248653**

**All donations are definitely "suggested donations." Although the monks need to raise funds to support their refugee monastery in India, first and foremost, they wish to inspire the public and inform them about the religion and culture of Tibet. They gladly accept whatever amount can be provided.**

**NO ONE WILL BE TURNED AWAY, IF HE OR SHE DOES NOT WISH TO DONATE.**