



Namgyal Tong Cho

Thousand-fold Offerings of Namgyalma

**Tuesday, May 21 and
Wednesday, May 22, 2024**

Time: 9:30am – 4pm

Namgyalma is the deity of longevity and purification. Namgyalma practice is effective and powerful in removing obstacles and cleansing negative karma that hinders good health and long life. According to scripture, Her mantra has infinite benefits and blessings. It is said to be so powerful that anybody who hears it will never again be reborn in the lower realms.

During the puja, one thousand sets of tormas, lamp, incense, water bowl, and other offerings will be meticulously prepared and respectfully offered for the accumulation of merit, purification, longevity, and accomplishment.

The benefits of Namgyal Tong Cho, according to scripture:

- a) Helps to purify all of your defilements.
- b) Helps to pacify all of your obstacles, at present and for the future.
- c) Helps to grow and increase your life span, fortune, wisdom, and other good qualities.
- d) After this life, you will be reborn in the Pure Land of Bliss.
- e) Assists you to swiftly attain the Great Enlightenment.

Each morning precepts will be taken, therefore participation for the full day on any day attended is mandatory. The Eight Precepts must be observed until sunrise the next day.

The Eight Precepts are:

- Refrain from harming living beings.
- Refrain from sexual activity.
- Refrain from taking intoxicants which lead to loss of mindfulness.
- Refrain from eating at the forbidden time (the one meal a day will be served at the temple).
- Refrain from dancing, singing, music, shows and wearing garlands, using perfumes, and beautifying with cosmetics.
- Refrain from the use of high and luxurious seats and beds.
- Refrain from taking that which is not given.
- Refrain from incorrect speech.

A simple vegetarian lunch will be served daily to all practitioners.

If you cannot attend and would like to offer a donation towards the week of practice, please e-transfer to donations@riwoche.com. If you have a specific request on the direction of your donation (for tsok/tea offering/meal offering), please make a note in your e-transfer or email office@riwoche.com. Any donation amount is greatly appreciated

