



# ESSENCE CHÖD

## FINDING FREEDOM IN LETTING GO

**1:30pm to 3:30pm Saturday 26<sup>th</sup> June**

Chöd means “to sever” or “cut through”. Chöd is a highly transformative practice. What are we severing in Chöd? We are severing our ties to that which causes us to suffer – ignorance. The essence of chöd is to understand that all confused perceptions arise from grasping to self. It is this grasping to self that is our fundamental ignorance. Until we sever the root of confusion, confusion will persist in the form of disturbing emotions and delusion about what we are. To practice Essence Chöd is to reveal the truth of our nature, the empty essence that is the source of Buddhahood. In Essence Chöd we free the mind from grasping at concepts, delusions and illusions. The result is freedom from disturbing emotions such as fear, anger and greed and a flowering of clarity, wise discernment and active compassion.

Pema Düddul is the Buddhist Chaplain in the University of Southern Queensland’s Multi-Faith Service and Co-Director of Jalü Buddhist Meditation Centre. He has decades of experience as a Buddhist practitioner and has taught mindfulness and meditation in Buddhist and educational settings since 2007. Pema is a ngakpa, the Tibetan Buddhist equivalent of a non-monastic religious minister. He is the author, with Jamyang Tenphel, of *Resting in Stillness*.



*Although this event is offered without a set fee, donations are welcome. The event will be live on Zoom. The time zone is Australian Eastern Standard.*

**JUNE 26**

**1:30PM**

**LIVE**

**ONLINE**

**ALL WELCOME**

**FREE**

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