

Heart Sutra Prayer accumulation with Khenpo Sonam Nyima Rinpoche (online)

Date: January 16, 2021 (Saturday)

From: 10:00 AM **To:** 12:00 PM

Description

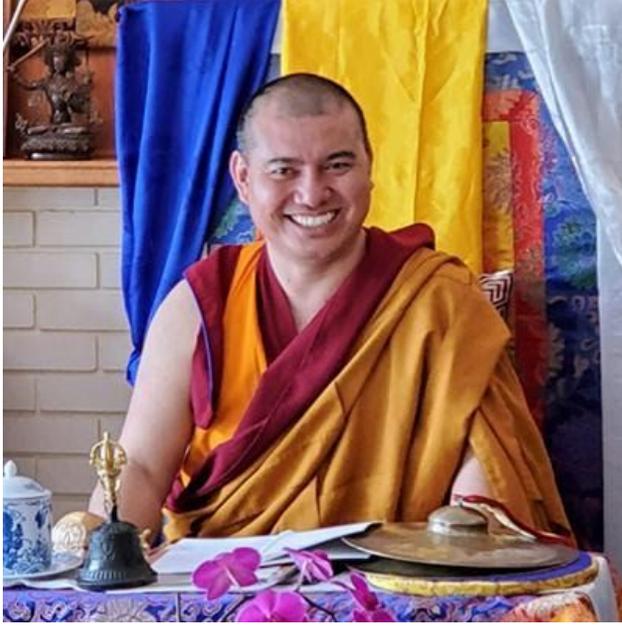
From a traditional Buddhist perspective the Heart Sutra is a very important and powerful prayer that helps us when we encounter major obstacles; 2020 has been one of those obstacle years. Since some of us have already received the Heart Sutra teachings, it is important that we have the opportunity to accumulate this prayer together. When we practice prayers as a group, there is greater benefit than when we practice individually.

As we start this New Year 2021, accumulating the Heart Sutra prayer will be of great benefit so that it can diminish obstacles and help us to purify. We hope that by doing this prayer together that we can start this new year with more health, peace and ease and that it will be of great benefit to all those suffering in the world.

Liturgy for our practices is available here - please note that these texts are not public, so please be mindful about sharing. [Liturgy](#)

All our sessions are accessible using this Zoom link: [Zoom](#)
Meeting ID: 759 5924 8584 passcode 'Lama'

Donations gratefully accepted via Interac e-transfer to our Treasurer at palyultreasurer@gmail.com or via PayPal or credit card [here](#).
Teacher: Khenpo Sonam - Resident Teacher



Khenpo Sonam is a fully trained Khenpo (Doctor of Buddhist Philosophy) in the Nyingma Palyul tradition. He completed the rigorous nine-year program covering Higher and Lower Sutra and Tantra teachings at Ngagyur Nyingma Institute (NNI), the prestigious monastic university of Namdroling monastery in South India. He received full ordination from the late Holiness Pema Norbu Rinpoche as well as many empowerments including the entire Rinchen Terdzod (Collection of Revealed Treasures) empowerments as well as a rare empowerment entitled Dowang Drangtsi Chugyün (Empowerment of the Sutra that Gathers the Enlightened Intentions called the Stream of Honey). Further, from HH Penor Rinpoche, Khenpo Sonam has received instruction in Tsa Lung, the secret energy yoga practice from the Namcho cycle as well as instruction on Dzogchen (Great Perfection). Since 2006, Khenpo Sonam has been teaching Shedra (Buddhist Philosophy) classes at Namdroling monastery.

Venue: Ottawa Palyul Dharma Centre
Ottawa Palyul Dharma Centre
(Palyul Dhonyag Shedrup Ling)

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