



SHERNING DUDTHOG PUJA

WISDOM GONE BEYOND - HEART SUTRA PUJA

23 SEPTEMBER 2017 SATURDAY | 2.30PM - 5PM | MAIN HALL

The Heart Sutra is the essence of Buddha's teachings and Heart Sutra Pujas are rituals for pacifying and exterminating of negative and destructive forces involves chanting and meditation on the teachings contained in the Heart Sutra.

To counteract ignorance and gain liberation, one must contemplate on emptiness. It is mentioned in the scriptures that if one can contemplate and chant prayers on emptiness, it would be the most effective way to clear the obstacles of the past, present and prevents future impending obstacles.

The ritual involves visualization of all evil, negative, and destructive forces such as malignant spirits, sickness, failures, diseases, calamities and war that impede experience of happiness, success and contentment in this world.

Do join us in this Sherning Dudthog-Heart Sutra Puja which you will benefit in the following ways:

- Purifying negativities and bad karma
- Positively change of thought, attitude, perception, feelings and help rid fear, anxiety and horror
- Helps engender strength, confidence and invigoration to effectively counter the negative forces
- Prevents from the loss or destruction of wealth
- Removing interferences for any future plans
- Generating positive energy

- *For purification purpose, participants are encouraged to bring along a small piece of own worn clothing, cut hair and nails.*

**For enquiries
please contact
office**