



KHACHODLING

RENOWNED MEDITATION TEACHER

KHANDRO THRINLAY CHODON

2018 AUSTRALIAN TEACHING TOUR

CANBERRA, ACT 17th – 30th September 2018

Khandro Thrinlay Chodon, also known to her students as Khandro Rinpoche, is a lay female Buddhist practitioner and teacher, born into a family of great Himalayan yogis. Khandro Rinpoche began her spiritual training as a small child and has studied both Eastern and Western approaches to spiritual psychology. She is devoted to bringing the wisdom of her ancient tradition alive in our modern world. Khandro Rinpoche presents profound teachings in an accessible way and speaks with humanity, clarity and joy as she assists you to tap into the deeper meaning of life.

FLOWER MANDALA & CANDLELIGHT CEREMONY: Blessings, Obstacle Removal, Transformation

Friday, 21st September, 6.30pm.

Venue: Ainslie, ACT / \$10 + your dedication offering

Together we create a beautiful sacred mandala with flowers and candlelight. This is then the basis for the signature evening ceremony that has been specially developed by Emi-la and Khandro Rinpoche as an essentialised version of the 49-day purification ceremony that is held in the East when people are having obstacles or pass away. You participate, offer and dedicate this ceremony for yourself and/or others and so make an auspicious karmic connection with them to the unfolding beauty of wisdom and compassion.

SHARING AND CARING WITH FOOD HIMALAYAN STYLE with Sey Jigme and Khandro-la

Saturday 22nd–Sunday 23rd September, 10-4pm.

Venue: Ainslie, ACT / \$300

Enjoy preparing and sharing food with Khandro-la and Sey Jigme, authentic Himalayan spiritual Masters with a long family tradition where cooking and sharing food is a spiritual practice.

HEALING THROUGH SOUND—Mediation, Chod, Cutting Through the Ego

Tuesday, 25th September, 6.30pm.

Venue: Griffith Hall, 55 Stuart St, Griffith / \$30

Chanting and vocal resonance has been discovered by scientists to contain amazing healing qualities. Sound healing has been used by Tibetan meditation masters for centuries. With visualization and meditative chanting, the Chod practitioner creates relentless generosity that pacifies sickness and suffering. Participants simply relax and allow the sounds and energetic vibrations of this profound practice to cleanse and heal.

PUBLIC TALK: The Art of Pilgrimage

Thursday, 27th September, 6.30pm.

Venue: 2A Barker Street, Griffith / \$20

Rinpoche will reveal the inner attitude that turns a holiday into pilgrimage - a spiritual journey. We will also show photos of special places she has visited and introduce you to her forthcoming pilgrimages to South India, the Indian Himalayas, Bhutan and Australia.

GLIMPSES OF MAHAMUDRA: MEDITATION RETREAT AND MILAREPA EMPOWERMENT

Friday 28th to Sunday 30th September,

Fri 2-6pm, Sat 9-5pm & Sun 9-2pm.

Venue: 2A Barker Street, Griffith / \$400

Milarepa, the most beloved yogi and poet of Tibet from the 11th century, is one of the forefathers of the Shakya Shri lineage. The teaching will focus on the Guru Yoga of Milarepa - an essential practice that becomes the basis of Mahamudra view. Khandro Rinpoche herself received this empowerment from her father Apho Rinpoche who is said to be the manifestation of Milarepa. This is a rare opportunity to receive empowerment and teachings from a highly respected female Vajrayana teacher and authentic lineage holder.

HEALING SESSIONS/APPOINTMENTS WITH KHANDRO RINPOCHE

A limited number of private healing appointments or house blessings may be arranged over this period. Bookings are essential.

Events also at ULLADULLA, NSW, 13th – 16th September and SYDNEY, NSW, 1st – 20th October.

See khachodling.org/teachings.html for details.

For reservations and costs contact: Lisa O'Connor: Lisaoc@me.com / +61 466 251 260

Find out more at khachodling.org and sacredtreasures.com.au