

Special Events with KHANDRO THRINLAY CHODON

Public Talk – “The Feminine Principle – Action from the Heart”

The feminine principle can be viewed in different ways according to an individual’s understanding and perspective. Some of the ways she has been known are; ‘the wise crone’, ‘the nurturing mother’ or ‘the powerful shakti’.

Within the Vajrayana tradition of Buddhism, the feminine principle has a specific meaning, whose presence unveils itself to us at the heart of everything. She is revered and respected by practitioners as the spacious quality of mind and through deep practice ‘her’ truth unfolds unceasingly. Subtle, mystifying, intriguing, nurturing and pervasive, she is beyond gender, and is dynamic.

Today the feminine aspect of our being needs to be respected and reactivated by both men and women. At this time our world needs to focus on this principle so that we can develop the ability to surrender expectation and concepts and move into a realm of ever-flowing wisdom. In this day and age it is vital to master and fully incorporate the feminine principle into our meditation practice.

Khandro Rinpoche will illuminate this aspect of her spiritual tradition, speaking both from the heart of her practice and her personal experience.

Rinpoche was born in the Indian Himalayas, in a valley called Lahoul (also known as Garsha in the Tibetan texts). Khandro Thrinlay Chodon comes from a lineage of great meditation masters. She is the great grand-daughter of Togden Shakya Shri, and the daughter of Apho Rinpoche and Sangyum Ugyen Chodon, an accomplished yogini in the Drukpa tradition. All her life she has quietly and diligently practiced the Buddhist teachings of her precious family lineage.

She married and served the highest spiritual master of Bhutan, who passed away in 2003. In her early adult life, Khandro Rinpoche’s spiritual master, Gegen Khyentse, recognized Khandro Rinpoche’s capacity to manifest dharma activities and gave the name “Khachodling” to her vision. This has become her life’s work of spiritual training and activity, which has manifested in a series of projects united by a strong spiritual purpose.



Public Talk

Friday evening, March 13, 2015

Time: 6.30pm - please arrive 15 minutes before the start time

Venue: Buddhist Library and Meditation Centre, 90-92 Church Street, Camperdown 2050

Cost: \$20 at the door (No Booking required)

Special Event – Practical Wisdom for Corporate Life

Monday evening, March 16, 2015

Venue: Deutsche Bank

Level 8, 126 Phillip Street, Sydney CBD.

Cost: \$35

Contact: Jo Wagstaff jo@jowagstaff.com.au or Ann – asimkhachodling@gmail.com

Join us for an introduction to both the art and science of Mindfulness and a simple daily practice to support you in your work and life.

For more information and all bookings:
www.khachodling.org/teachings.html

Easter Retreat in Tasmania ‘Mindfulness in Nature’

April 3-6, 2015

Venue: Far South Wilderness Lodge

For more information and all bookings:
www.khachodling.org/teachings.html

For more information about Khandro Thrinlay Chodon and Khachodling visit:

www.khachodling.org

Special Events with KHANDRO THRINLAY CHODON

Embodied Surrender - A Weekend Workshop Exploring Buddhist and Western Approaches to working with the Body-Mind

with Khandro Thrinlay Chodon and Dr
Tony Richardson

Come and experience an introduction to a way of being that opens us to a new sense of mindful embodiment and being present.

Saturday 21 and Sunday 22, March 2015

Time: 10am to 4.30pm

Venue: Fuller Hall, Crows Nest Community Centre, 2 Ernest Place, Crows Nest, 2065

Cost: \$300

Contact: Robyn via email: robyn@khachodling.org or book a place online: www.khachodling.org/teachings.html

For more information and all bookings:
www.khachodling.org/teachings.html

Pilgrimages in the Himalayas and Bhutan 2015 - "Open Heart , Open Road - The Art of Pilgrimage"

Saturday February 28, 2015

Time: 2.30pm

Venue: SMAS (School of Mechanical Arts) -
280 Pitt Street, CBD
Level 3, Norman Selfe Room

Contact: Jen Fox - jen@khachodling.org or call
97993387

Since childhood Khandro Rinpoche has, with her family, practiced pilgrimage, visiting many Buddhist holy sites in the Indian Himalayas. Today she continues this tradition by regularly leading pilgrimages mostly to the heart of the Himalayas. She has recently returned to Australia from her latest journey, overcoming record snowfalls, in order to participate in the annual ceremony at her family monastery to rid the world of obstacles. The Sydney sangha will discuss many of the adventures of pilgrimage, while revealing the inner attitude that turns a holiday into a spiritual journey. Photos of special places visited will be shown and we will introduce you to her forthcoming pilgrimages to the Indian Himalayas and Bhutan.

Embodied Surrender

What does it mean to surrender and how do we let go and give ourselves up? This workshop provides an introduction to a way of surrendering that opens us to our essential wholeness.

Buddhism's vast vision and view has so much to teach us in regard to 'surrendering' ourselves. It's a process and a challenge for the Western mind. Buddhism's wisdom and method penetrates our body-mind resistances and we can become more spacious, flexible and open. This approach combines bodywork and gentle exercises that access the knowing of the body, our posture and structure. This has immediate benefits. When we experience ourselves in the moment, without concepts, we can experience the true depth of who we are. This does not happen in the thinking mind, but emerges from a direct experience of our body and knowing, right to the very tissues and cells of our being.

Khandro Rinpoche, will be joined by Dr Tony Richardson, an experienced psychiatrist and somaticist. Tony has a strong Buddhist perspective and has been teaching somatics for well over 30 years.

Testimonials

Bill - *"I experienced myself in a new way through my body which was wonderful, with the guidance of these wonderful teachers"*

Ann - *"This workshop wasn't quite what I expected. Overflowing with 'less is more', it gave me the opportunity to touch and feel my heart and body - touched from inside and out. The workshop was very hands-on, and Khandro Rinpoche and Dr Richardson created a beautiful atmosphere for participants to explore and reflect on how we can live our lives in a very different way. It seemed so simple, yet was very subtle and very deep."*

Susy - *"The annual Embodied Surrender Workshop with Khandro Rinpoche and Dr Tony Richardson is a gift I love to give myself - a mysterious journey of discovery in coming home to the body. Deeply nourishing, always inspiring, often surprising, containing elements of the sublime and the ridiculous, the simple and the profound, sometimes joyful, sometimes sad, definitely fun and always gentle, friendly and safe. Not to be missed!"*

For more information about Khandro Thrinlay Chodon and Khachodling visit:

www.khachodling.org