



## Khandro Thrinlay Chodon Hong Kong Teaching Program (November, 2014)

### The Art of Balance

Khandro Rinpoche will give a talk from the Buddhist perspective on the balance of our heart, our work and our relationships, followed by a discussion session where participants can ask questions and discuss their concerns and queries. In this intimate group, Khandro Rinpoche will create a safe and caring space for participants to share and open themselves in a mindful, warm and compassionate way.

Date & Time: 20 Nov 2014 (Thur), 7:00 – 10:00pm  
Venue: House of Light  
Room 504, 5/F., Kai Wong Comm. Bldg, 222 Queen's Road, Central, Hong Kong  
Fee: \$250  
Registration & Enquiry: [info@houseoflight.com.hk](mailto:info@houseoflight.com.hk) / T: 35952134

### Life Release on boat

In terms of wanting happiness, sentient beings value nothing greater than their own lives. For this reason, saving lives brings tremendous merit and has always been a very important practice of Buddhism.

"Life release will bring goodness to our planet, longevity, prosperity and abundance in our hearts for ourselves and our families."

- Khandro Rinpoche

Date & Time: 22 Nov 2014 (Sat), 2:30pm  
Venue: Kadoorie Pier, Tsing Bik Street, Tuen Mun, N.T.  
Fee: Volunteer donation for buying seafood to release  
Seats: Limited to 30, please call to register ([khacholinghk@gmail.com](mailto:khacholinghk@gmail.com)) / T: 3119 3401

### Mindfulness and Compassion - Teaching and Practice

#### **1. Mindfulness and Connecting Inward** **10am – 12:30pm**

In Buddhism, Shamatha means training our mind to focus and settle on the deep calmness that is always present. Khandro Rinpoche will share a practice that utilizes different methods to assist with focus and calm: our body, the breath, sound and visualization. In this ancient and profound practice of mindfulness we learn to let our busy judgmental minds calm and rest in peace. When firmly established, this calmness breaks the cycle of everyday reactive habits.

#### **2. Developing Compassion** **2:00 – 4.30pm**

Let us break the walls of false and limited perception that confine us to mainly entertaining selfish wishes for those who are close. This only promotes grasping, loathing and indifference. Cultivating boundless love and compassion, as the Enlightened Beings have done, will open our hearts to a previously unknown potential within us and bring unlimited benefit and joy in ourselves and others. In this ocean of love and compassion, all hatred and selfishness evaporates while peace, genuine care and happiness pervade our being.

Date & Time: 23 Nov 2014 (Sun), 10:00am – 4:30pm  
Venue: Pal Shangpa Thekchen Ling  
2/F, Hip Wo Industrial Bldg, 1141-1143 Canton Rd, Mong Kok, Hong Kong



### **The Joyful Dance of the Dakini -**

#### **A Special Evening with Female Spiritual Teacher Khandro Thrinlay Chodon**

Rinpoche will open the evening with a short meditation and then talk on The Feminine Principle in Buddhism and share with us a short film from a dakini land in the Indian Himalayas, where healing spiritual medicine was made from the essence of the feminine.

The evening will close with a Sacred feminine Vajra Dance performed by Lianne Hunt

Date: 26 Nov 2014 (Wed), 7:00 – 9:30pm (Please bring your own cushion)

Venue: Sin Sin Gallery  
53-54 Sai Street, Central, Hong Kong

## **About Khandro Thrinlay Chodon**

Khandro Thrinlay Chodon, or Khandro Rinpoche is a female practitioner and teacher of vajrayana Buddhism with a master in psychology, who skillfully imparts her ancient lineage's wisdom and practices in a refreshingly personal, profound yet practical way, emphasizing integration of these practices in our daily lives. The title "Khandro" means "dakini" or "one who moves through space" in sanskrit, and aptly describes how Khandro Rinpoche, with the characteristic warmth and humanness of a female vajrayana practitioner, combines wisdom and inner method to help us appreciate and apply the essence of dharma in life circumstances. Through small group teachings and guided practices, Khandro Rinpoche shows how we could connect with the nature of our mind to deepen our awareness, and achieve clarity and our full potentiality amidst the seeming chaos of modern life.

Khandro Rinpoche was born and raised in one of the most respected vajrayana yogic lineages — the lineage of her great grandfather, Togden Shakya Shri, who was a realized master of Dzogchen and Mahamudra, and whose lineage of the Drukpa tradition is renowned for extensive and pure practice throughout the Himalayas. Studying with her father and other great yogis since an early age, Khandro Rinpoche was raised under a yogic life style: practicing and teaching from places to places throughout the Himalayas, integrating dharma in everyday living. Since an early age, Khandro Rinpoche has devoted herself to bringing alive the wisdom of ancient tradition in our modern world.



**Donations to sponsor this auspicious event are welcome. All donations in excess of expenses incurred during this event will be used to sponsor future teaching activities and support Khachodling's humanitarian projects.**

**For donations, enquiry and booking of individual consultation & healing please contact Ms Jan Chow at 3119 3401 or email: [khacholinghk@gmail.com](mailto:khacholinghk@gmail.com)**

