

Introducing KHANDRO THRINLAY CHODON

Singapore Teachings

14th-16th November 2014



Khandro Thrinlay Chodon is a lay female Buddhist practitioner and Meditation Master who was born in the Indian Himalayas to a family of great Tibetan 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's life's work and vision "Khachodling" engages in spiritual and humanitarian projects in the remote Indian Himalayas. "Khachodling" translates as a place where the heart essence of wisdom, known as the feminine principle in Buddhism, is nourished and respected.

Khandro Rinpoche is the embodiment of warmth and humanness and her teachings skilfully inspire us to deepen our awareness and courageously expand into the path of wisdom, joy and compassion.

An Evening with Khandro Rinpoche

Friday 14 November 2014, 7-9pm

Room Training 1, SCWO Centre, 96 Waterloo St, Singapore

Cost: By donation (Proceeds go to Khachodling Projects)

Come for an inspirational evening of fun and depth with photos, film and stories! Rinpoche will share her amazing life story and tell us about her homeland, the Indian Himalayas, and her Khachodling humanitarian projects in those areas. In this intimate and cosy setting, feel the warmth and love that Khandro Rinpoche readily radiates to everyone who come into contact with her.

Practical Wisdom for Corporate Life

Saturday 15 Nov 2-5pm

Practical Wisdom for Corporate Life

Room Training 2, SCWO Centre, 96 Waterloo St, Singapore

Cost: By donation (Proceeds go to Khachodling Projects)

Join us for an introduction to the art and the science of mindfulness and a simple daily practice to support you in your life and work. We live and work in a world of increasing complexity, constant change and hyper-connectivity. As life grows busier and more demanding we may find ourselves asking: How can we create more time and space for what really matters? How do we get more clarity and wisdom for decision-making? How can we feel stable in uncertainty? How can we become more compassionate? Science tells us that the answer, as taught in the ancient eastern traditions, is to slow down, to become more aware and more mindful.

Meditation and Daily Practice

Sunday 16th November 2014, 2-5pm

Meditation and Daily Practice

Home of Hong Chua, Blk 281 #14-225, Toh Guan Road, Singapore

Cost: By donation (Proceeds go to Khachodling Projects)

Life is constantly in a state of flux and change. We never know what is just around the corner. We often lose ourselves in the busyness of our lives and focus on a false solidity of who we are and how our lives should be. This can create uncertainty and instability that gives rise to restless thoughts and emotions. In the Buddhist teachings when we take the time to look deeply, we can discover our innate peaceful nature, which is beyond our thoughts, concepts and emotions. The journey to reveal this inner stability is called the path of meditation. In this session, Rinpoche will introduce us to meditation and a daily practice that help us to stop and surrender to deeper truths.

For further details or to make a booking contact:

Hong Chua: +65 9852 8021 : chuahongleong@yahoo.com

For more information on Khandro Thrinlay Chodon visit www.khachodling.org