

Teaching for Vietnamese people with
KHANDRO THRINLAY CHODON

6pm, 2nd May 2010 at 1 Troy St, Campsie

**Khandro Rinpoche's last teaching before
leaving Australia this year**

Dharma in Everyday Life

Most people hold the view that dharma is separate from our daily activities. However the real value of spirituality is to bring awareness and care into every thought, word and deed. There is nowhere to escape to – rather we must with diligence and mindfulness, open to the depth of every moment, wherever we are. This requires respect for oneself, living a life of no inner or outer deception.

Khandro-la will teach a brief introduction to meditation

The chanting is evocative and beautiful, originating from Khandro-la's own ancient lineage.

Come and enjoy this meditation and teaching together!

Khandro Thrinlay Chodon is a lay female Buddhist practitioner and teacher who was born in the Indian Himalayas to a family of great Tibetan yogis. Khandro-la 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 will also give blessing pills from Maratika - the longevity cave of Guru Rinpoche!

For further details or to make a booking call
HUng Li 0421-916069 9787 8989

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

