

# *Khandro Thrinlay Chodon*

10-16.OCT.2011

Hong Kong Teaching Program

## *Buddha of Compassion - Chenrezig* *Teaching and transmission of Shakya Shri's Mind Terma*



Shakya Shri (1853-1919) was an accomplished master of the Mahamudra and Dzogchen traditions. He was recognized as one of the 25 accomplished disciples of Guru Padmasambhava, and is the great grandfather of Khandro Rinpoche. This Mind Terma was directly transmitted from Guru Padmasambhava to Shakya Shri during meditation, flowing spontaneously from his mind. Such a direct and profound teaching on compassion is very relevant in this chaotic time.

Date : Oct 10 -11 (Mon-Tue), 7pm – 10pm  
Venue : Pal Shangpa Thekchen Ling  
15/F Wing Hing Commercial Building, 16 Sutherland St., Sheung Wan, HK  
Seating limited - first come, first served basis.  
Appropriate offering required for this precious transmission and teaching

## *Candlelight Puja*



This puja (practice) is a powerful way to help the deceased. By participating with the appropriate motivation and dedication, it is possible to help purify their karma, become infused with blessings and experience favourable states of being. It's also appropriate to pray for those who are having difficulties and obstacles in their life.

Offerings made on behalf of your loved ones in this puja will be taken to Khandro Rinpoche's family gompas in the Indian Himalayas where longer pujas will be completed on their behalf by yogis, monks and nuns.

Date : Oct 15 (Sat) 7pm – 10pm  
Venue : Pal Shangpa Thekchen Ling,  
15/F Wing Hing Comm. Bldg., 16 Sutherland St., Sheung Wan, HK  
Offerings for Puja. Offerings for teacher welcome.  
Seating limited at first come first serve basis.

Individual Healings and Consultations with Khandro Rinpoche by advance booking

## *Priceless Stability - The Meditation Path*

Life is constantly in a state of flux and change. We never know what is just around the corner. 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 and discover our innate peaceful nature, which is beyond thoughts, concepts and emotions. The journey to reveal this inner stability is called the path of meditation. With these teachings, Khandro Rinpoche will introduce us to meditation methods that help us stop and surrender to deeper truths. This calms our mind to notice the beauty and wisdom within. From this ground of priceless stability we develop the strength to break the cycle of everyday reactive habits and live joyfully and courageously with whatever life challenges we are facing.



### Public Talk

Date : Oct 14 (Fri) 7pm – 10pm  
Venue : Rm2401, Connaught Commercial Building, 185 Wanchai Road, HK  
Fee : HK\$100

### Workshop

Date : Oct 16 (Sun) 10am – 5pm  
Venue : Rm2107, Dominion Centre, 43 Queen's Road East, Wanchai, HK  
Fee : HK\$350 (including lunch box) (BYO cushion)



Register for both Public Talk and Workshop: HK\$400

Individual Healings and Consultations with Khandro Rinpoche by advance booking

For enquiry, registration and booking of individual consultation & healing: [janchowny@hotmail.com](mailto:janchowny@hotmail.com)

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# Khandro Thrinlay Chodon

## 關於康卓婷蕾確頓



Khandro Thrinlay Chodon was born in Lahaul, northern India, a place known in the sacred texts as the "Land of the Dakinis". Her great grandfather was the great Drukpa yogi, Drubwang Shakya Shri (1853-1919), who was a realized master in both Dzogchen and Mahamudra and was widely renowned for skillfully combining these two views. Her father Kyabje Apho Rinpoche (1922-1974) was responsible for reviving the Drukpa Lineage in Lahaul, Ladakh, Manali, Zaskar and Pangay, where he established several retreat centers. He was also one of the first spiritual masters who gave teachings to students from the West.

Khandro Thrinlay Chodon's mother, Sangyum Ugyen Chodon (1931-1985), was also an accomplished yogini, who first sowed the seed for her daughter's passion for spiritual teaching and practice in daily life. As a child, Khandro Rinpoche received spiritual training from the late Yogi Gegen Khyentse, a master of the Six Yogas of Naropa and Mahamudra, from whom she received all the empowerments and transmissions of the Drukpa Lineage. She also studied with Kyabje Dilgo Khyentse Rinpoche (1910-1991) and has practiced in solitary retreat in the mountains of Nepal, at Tato Pani Bhakang under the guidance of Kyabje Sengdrak Rinpoche (1947-2005).

Khandro Rinpoche earned her Bachelor's degree in India, and Master's degree in East-West Psychology from the California Institute of Integral Studies in the USA.

In 1998, Khandro Rinpoche married His Holiness the Ninth Shabdrung Ngawang Jigme of Bhutan (1955-2003). She assisted in the establishment of her husband's monasteries in Bodhgaya, Kalimpong and Manali. Sadly, His Holiness passed away on 4th April 2003, and since that time Khandro Rinpoche has been devoting herself to her lifetime work and vision, which is named Khachodling. Khachodling projects are humanitarian, self-sustainable and dharmic eg. Traditional medical care, eye care for nomadic people, education of poor Himalayan children and hermitages for women practitioners. Khandro Rinpoche brings the wisdom of her ancient tradition alive in this modern world. She is the embodiment of warmth and humanness. Her contemporary and profound Buddhist Teaching inspires and directs us to deepen our awareness and courageously expand into the path of wisdom, joy and compassion. She is a genuine gift.



康卓婷蕾確頓生於北印度的拉呼爾，佛經中稱為「空行母之地」。她的曾祖父是天龍(竹巴)傳承瑜伽士竹旺薩迦師利(1853 - 1919)，是一位證悟的大圓滿及大手印上師，以融會貫通這兩種見地而廣為人識。她的父親是阿波仁波切(1922-1974)，曾在拉呼爾、拉達克、曼納利、贊斯卡與班紀等地弘揚天龍(竹巴)傳承的教法，並興建多所閉關中心。他也是最先開始向西方學生傳法的其中一位上師。母親桑優烏金確頓(1931-1985)是一位有成就的瑜伽女，在女兒的心靈中，播下對靈性修持熱誠追求的種子。

康卓婷蕾確頓自小即從精通那洛六法及大手印的格堅欽哲瑜伽士接受教導，並獲得天龍(竹巴)傳承全部的灌頂及教授。她又曾跟隨頂果欽哲仁波切(1910-1991)學習，並在桑札仁波切(1947-2005)的指導下，在尼泊爾的Tato Pani Bhakang進行單獨閉關。

康卓仁波切於1986年獲印度昌迪加爾旁遮普大學心理學學士學位，1998年在美國三藩市加州整合研究學院(California Institute of Integral Studies)獲東西方心理學碩士學位。

1998年，康卓仁波切與尊貴的第九世薩仲納旺傑美仁波切(1955-2003)結婚，婚後協助興建及管理薩仲仁波切在菩提伽耶、噶倫堡與曼納利的寺院。「康卓」是與薩仲仁波切結婚後獲得的名號，意即空行母，代表了女性智慧的本質。

薩仲仁波切於2003年4月4日圓寂，康卓仁波切從此投身於興建康卓林的志願。這個計畫包括多項弘法及慈善項目，例如醫療、牧民的眼科護理、為喜馬拉亞山區兒童提供教育及為女性修行人而設的閉關中心等。康卓仁波切把傳承的智慧重現於現代社會，她深遠的當代佛法傳授啟發了許多人的覺察力和增長對追尋智慧、慈悲和幸福的勇氣。

更多關於康卓婷蕾確頓的資料及慈善項目請瀏覽  
[www.khachodling.org](http://www.khachodling.org)