



Flowing with the Divine Feminine

Khandro Rinpoche's guru had clearly said, "everything that you are going to teach will come from your own heart!". For years now her devoted students have journeyed with her on many levels - inspired by her care, compassion, guidance infused with wisdom, warmth and humour. she beautifully weaves the East & the West.

INSIGHTS 2018-19

Ayurveda and Buddhism have co-existed since the time of the Gautama Buddha and there are many references to Ayurveda in Buddhist texts. At a recent retreat in Kerala, which marked the end of a 9 month teaching tour of Australia, we had the wonderful opportunity to heal not just our bodies with traditional Ayurvedic treatments and yoga, but also to



A spiritual master, mystic and Vajrayana Buddhist, Khandro Thrinlay Chodon, called Khandro Rinpoche by her students, is all and none of these - embodying love and compassion in all that she does. Khandro Rinpoche belongs to a lineage of authentic meditation masters and this includes her great grandfather Togden Shakya Shri and father Apho Rinpoche and her mother, Sangyum Orgyen Chodon. After losing her parents at an early age, Khandro Rinpoche undertook rigorous practice with her guru, Gegen Khyentse Rinpoche amongst others, and later also gained a Masters of Psychology in the United States. Khandro Rinpoche married the ninth Shabdrung, Ngawang Jigme. Khandro Rinpoche served her husband until his Parinirvana in 2003. In 2005 Khandro Rinpoche accepted an invitation from a great Vajrayana Buddhist Master to teach in Australia. Since then Khandro Rinpoche has been inspiring her students in Australia and other parts of Asia to flow with the Divine Feminine within each of us.

spend time with Khandro Rinpoche to receive direct teachings and discuss key issues in this degenerate age such as the karmic influences of our family histories, colonisation of Australia and the effect on the earth and living sustainably.

Malcolm, an Australian scientist, found the treatments beneficial. He was moved by the caring professionalism of all of the staff that were part of his treatment from the masseuses and yoga teachers to the kitchen staff who prepared individually prescribed meals from the doctors.

Helen, who has been a student of Khandro Rinpoche's for many years, said that she is inspired by Khandro Rinpoche's steadfast approach to her students. She feels personally held in her Buddhist practice and inspired to do more. She said "it's about accepting this is where you're at and little by little going forward. I feel very privileged".

Yasmin, who has completed three years in retreat in Australia and is one of Khandro Rinpoche's first students, said she is inspired by Khandro Rinpoche's compassion, generosity and caring. "I have never received so much from any lama or teacher". The feminine magnanimity creates that personalised space for each person who signs himself or herself with Khandro La.

Ann, a teacher from Sydney, finds Khandro Rinpoche's instructions very clear, flowing and open "Rinpoche's extraordinary care and compassion are a teaching in themselves".

SERENDIPITY & SUPER SPONTANEITY

Khandro Rinpoche 'walks the talk' in all that she does. This includes supporting the spiritual and cultural heritage of the areas that she takes students to while on pilgrimage or retreat. In the





never know what to expect and with an open heart and mind, the blessings flow in many ways.

Gina has travelled with Khandro Rinpoche on three trips and says “they are all different with an element of surprise, energy and real aliveness; Khandro Rinpoche makes a personal connection with everyone that she meets and there is a flow with a strong purposeful intent. It is about being in the present but it is fuelled by stories of the past; Khandro Rinpoche is working on a great aural intact personal history. She brings together the stories of the people, places and history and there is always a bigger context, no matter what is immediately around you.”

AUSTRALIA GLIMPSES 2018

Khandro Rinpoche has spent more time with her students and others in Australia in 2018. She had a very busy schedule – public events include an address to Curtin University Professorial staff and students “Sustainability from the Ground Up”, Sacred Sound experiences in Sydney with the Sufi Ensemble and also at the Mind Body Spirit Festival. Rinpoche shared her experience in the remote West Australian Desert with others including Christian pastors, and once again, she lead her annual pilgrimage with a local custodian Aboriginal elder to world heritage site, K’Gari (Fraser) Island. Rinpoche met regularly with her students in practice groups and individual sessions.

Healing the rifts within families is another hallmark of Rinpoche’s work – mothers with their daughters, children estranged from their

parents, between siblings. Another popular focus for Rinpoche in Australia includes bringing depth and meaning to the process of dying in the west – even though it happens to everyone, people have become very disconnected from death in the West, its not talked about, not seen, not planned for. Making this process consciously a natural part of life’s transitions is benefitting many as Rinpoche and her students tend families, engage in awareness raising workshops and aid people to prepare death care plans.

Khandro Rinpoche’s address to the University’s, John Curtin Institute of Public Policy, entitled “Sustainability from the Ground Up” focussed on how we can unfreeze our fear to face seemingly overwhelming global environmental crises and go beyond balancing the ‘triple bottom line’ by building communities guided by wisdom and compassion.

A DAKINI’S BLESSINGS

“Watching and absorbing the blessings of this Dakini has been my life’s journey these past 15 years - a deep learning of mind and its potential. Khandro Rinpoche has, at every step encouraged me to become more aware of the many contributing causes of each thought and deed and to become more flexible and light hearted in how I respond in any situation. This learning cannot be bought. It is an ancient wisdom that is the heritage of the east. Serving in India and the West, as part of her vision and projects, has shown me just how different these two cultures are at their very root. Watching how Khandro Rinpoche preserves the inherent and subtle depth of the eastern teachings in this modernising world has unfathomable beauty. Steadfast in her flow, she dances the idiosyncratic India with the lost directions of the West. Valuing and maintaining the stability of a compassionately wise heart and mind is of timeless value to all cultures in this fast moving age. For me I am eternally and simply grateful. Life’s lessons with Rinpoche continue and this story is still unfolding.” - beautifully sums up Jane Mikinus.

This piece has been Prepared by Khandro Rinpoche’s Australian sangha.

