

KHACHODLING NEWS

THE HAPPINESS NEWS



THE YEAR OF HEALING & RELEASING

The Years 2020-2021 have been extraordinary for entire humanity and all of us who have survived, know how blessed we are. The constant chanting of mantras, the life release, the good causes created relentlessly under the guidance of Khandro Rinpoche and Sey Jigme have seen us through, cushioned and cocooned us. As Guru Ma travelled from India to Australia, she ensured that the Sangha across the world stayed connected and rooted in Dharma.

The newsletter brings highlights of some of the various activities taken up by Khachodling. The HCEF (Himalayan Education & Cultural Fund) has made tremendous progress with its various projects whether they involve education of children, women's welfare, preservation of heritage or COVID relief.

The much-celebrated monthly fish release, an activity initiated by Rinpoche as a tribute to the teachings of EmiLa, has been happening regularly every month on the Dakini Day, successfully executed by the Hong Kong Sangha. Jan Chow gives an account of her experience with this activity.

The Sunrise Meditation by the Australian Sangha, happening across cities is indeed another powerful activity to awaken the sleeping inner selves- an activity much recommended by Rinpoche. Trudy Haines gives a great perspective.

The newly re-launched Khachodling website (www.Khachodling.org) looks brilliant with clear fonts, subtle colours and seamless flow, bringing together all of Rinpoche's myriad projects in sharp focus along with great clarity and dedication. Congratulations to the team that has worked tirelessly in bringing this about.

Finally, Sacred Treasures - the online shop that promotes handicrafts and Dharma products for benefiting all, continues to grow with its range of products.

As we approach Christmas and New Year, it's that time of the year when we look back and gaze forward simultaneously and 'meaningful gifts' make a lot of sense as Rebecca Prescott explains in her short note.

THE MEANINGFUL SUBLIMATION: HCEF

HIMALAYAN CULTURAL & EDUCATIONAL FUND & WHERE WE STAND

COVID INDIA RELIEF

SUPPLIES ARE NEEDED

Khachodling, a locally registered, local, trusted organisation in India, continues to serve the needy in the Himalayan regions right through the ongoing Pandemic. The coronavirus crisis has thrown up many challenges to us and the communities we serve. Families have been separated, people stranded far from the support of home and the need for medical supplies and food has become urgent.

Food and medical supplies are critical and more costly than usual to get to these remote areas. We are also needing the support, not only our own communities but also people who have been left stranded without work in these communities. These people often live in sub-standard dwellings and barely survive with their families who have travelled with them to these areas for work.

HOW KHACHODLING SUPPORTS

Some members of the Khachodling family are working on the front line providing medical care, while others are working to provide other practical support to those in need. We are doing this among our communities of Manali, Lahoul, Ladakh, Zaskar and Kalimpong. That practical support is specifically food and medicine to families and monastic communities in need.

Meanwhile Khachodling's women's groups, especially in Manali, have been fervently working to make masks – these are being freely given to needy people like stranded sweepers and labourers who cannot buy.

We are seeking to raise funds quickly to help tackle these challenges by continuing to make and distribute masks, by providing food and medical supplies directly to families and communities in need, as well as other logistical support.

Practicing generosity in this way not only accumulates merit but will help us provide practical support to people in need. Giving, even a little can go a long way.

Please help to spread the word by sharing this campaign with others.



TRIBUTE TO DIVINE FEMININE & THE EMERGING VAJRAYOGINI

For many years now Khandro Thrinlay Chodon has been meditating on the place to make Khachodling's tribute to the divine feminine essence, a place where her heart deity Vajrayogini may reside. Recently she has clarified that this special temple will be erected at her home in Manali. It will be housed inside a dedicated shrine room with a statue of Vajrayogini at its heart. At the instruction of Khandro Thrinlay Chodon, Khachodling has recently commissioned this statue to be hand carved out of a rare and special wood by Master craftsman of Bhutan. We are so excited that with all of our support we will bring her and Khachodling's long term heart vision into manifestation. The first glimpses of the statue are emerging and arising for all to see.

By offering to this project you are supporting the manifestation of the divine feminine essence in this day and age.





THE HUB OF ACITVITY - MANALI ZIM KHANG

Khandro Rinpoche's home (Zim khang) in Manali, has become centre of attraction for all. The home resonates with the energy of Dharma activities.

Apart from imparting education to children living nearby, Dharma teachings also take place regularly. Ladies and children from the neighbourhood come here and pray together. Girls learn crochet and knitting and drawing and art contests also take place.

We have regular discussions about our cultural heritage and we also enjoy local singing and dancing sessions on Sunday. — *An activity inspired by Rinpoche's Deep Love for Life.*

Ven. Ngawang Tsedub - Rinpoche's disciple since childhood and now a scholar at the University in Sarnath spent a lot of time with us during the lockdown, imparting precious teachings to us. He cleared all our doubts about Buddhist philosophy. I am grateful to him for investing his precious time on our spiritual education. Specially at a time when his own university exams were taking place online. We are also learning Tibetan with his help.

We are extremely grateful to Khandro Rinpoche for holding our hands always.

For the financial help our children receive and for their education and for initiating the children into meditation practices, that will eventually give them deep inner strength.

We recently traveled to Lahaul and visited an ancient monastery and Dakini temple. It was quite an amazing experience for the children where they got deep insights into the depth of our culture.

— By **Palki Bodh**, VP, Khachodling Trust, India



THE STUPA OF STABILITY IS ALMOST READY

The renovations to the Stupa of the Venerable Gegen Khyentse Rinpoche are nearly finished with only the surrounding garden needing to be completed.

GEGEN KHYENTSE RINPOCHE (1913-1998)

Gegen Kyentse is renowned for humbly and peacefully practicing the heart essence of the Buddha's teaching, mainly in quiet retreat. He flawlessly held the lineage of Shakya Shri after the paranirvana of Apho Rinpoche, (father of Khandro Rinpoche and Sey Jigme). He abundantly taught the next generation of lineage holders, as well as developed the current generation of lamas of our Shakya Shri lineage. Gegen Khyentse Rinpoche possessed the prefect qualities of a true yogi. He was always humble in whatever he did. He displayed all the teachings in his actions.

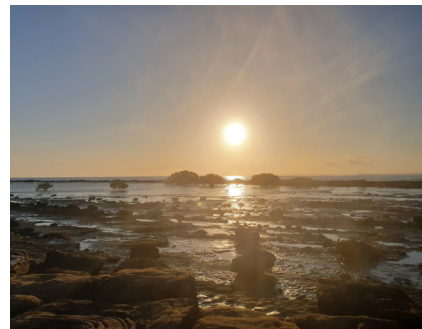


RINPOCHE TRAVELS TO BROOME...



"Soaking in millions of years nature's abundance and blessings in the desert of Australia. I acknowledge all the indigenous landowners for being the protectors of these sacred sites. May all blessings come to our planet."

— By Khandro Rinpoche



SUNRISE MEDITATION. WHAT IT MEANS TO ME?

The (online) Sunrise Meditation has become a very valuable practice for me. It gets me up early and challenges my 'lazy' behaviour. To begin with this awareness at the start of the day, gives me joy and an appreciation of the natural world lovings. It also helps me acknowledge the dedication of others to organise and create this mandala for all of us to share.

Connecting to the Worldwide Khachodling Sangha creates for me a strong feeling of belonging to a larger picture and this re-energises my practice and opens my mind. This is important as I do most of my practice alone and it inspires me to continue along this most auspicious path I have 'stumbled upon'.

The Sunrise Meditation reminds me of how precious it is to have this human birth and the responsibility I have to make the most of it. I love it when Rinpoche spontaneously connects and gives us teachings from her heart! It is amazing how at times, they answer the questions that are floating around in my

head! I have found that the practice is often an emotional one for me, as it really touches my heart.

— By Trudy Haines



"This sunrise helps me to go back to *Emi la* and all the timeless yogis in midst of endless challenges of materialistic chaos."

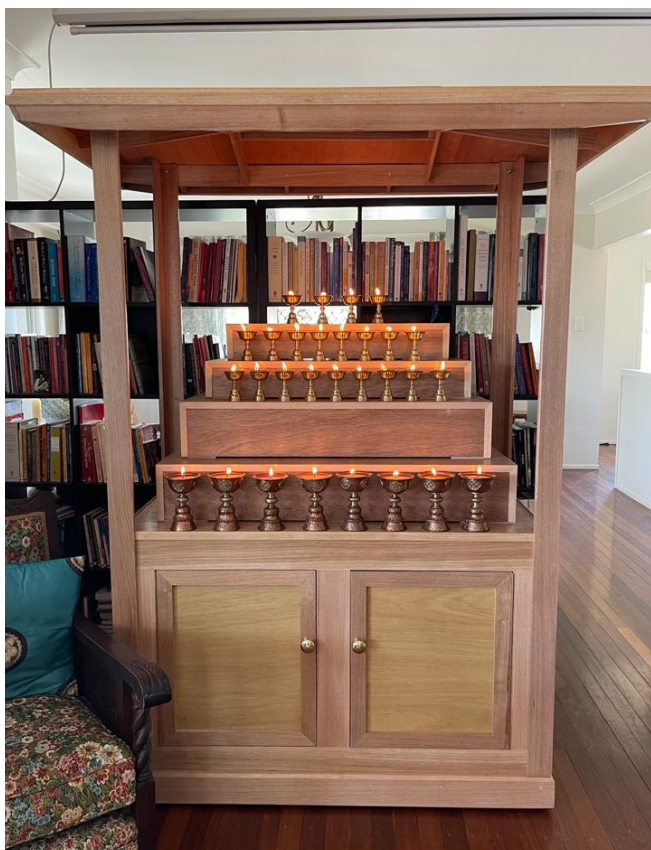


A TRADITION OF LIFE RELEASE

We have been conducting life release in Hong Kong for the last 8 years ever since Khandro Rinpoche activated this in 2013. We've been consistently carrying out this activity every month, on Dakini Day. Although there are obstacles and judgment about Buddhists doing life release actually hurting the environment or even regarded as stupid by some people, Dharma taught me that saving lives is the most compassionate deed. Whenever I think that if I were the animal and I'm about to die, even 1 minute to prolong the life means everything. Khandro Rinpoche always taught me about compassionate action, not only about appearing nice and feeling good. My biggest gratitude towards the animals that they teach me a lot about the meaning of life and grateful for being alive every minute.

— By **Jan Chow**, Hong Kong





BUTTER LAMPS - NAMES AND OFFERING - KHACHODLING

Khachodling's Dakini Sanctuary in Hervey Bay has its very first butter lamp house, designed by Khandro Rinpoche. Built in Tassie Oak, offered by local sangha and constructed by a local friend of the Sanctuary. If you wish to offer butter lamps to light the way out of darkness, then please go to our website and make your order. <https://www.khachodling.org/item/butterlamps/> Hervey Bay sangha will make and offer these beautiful lamps for you.



RINPOCHE WITH POSITIVITY PROJECT



Sanghita Singh,
Founder,
The Positivity Project

The Positivity Project was honoured to have Khandro La on Rejuvenate, its first global well-being and spiritual summit. Despite being a virtual programme we felt her spontaneity in connecting with audiences as she broke the walls of the virtual world with ease and an air of informality which made the session extremely personal and human. Despite the rare legacy of ancient wisdom that she represents, her simplicity was impressive and awe-inspiring. Khandro la is indeed representative of the female energy that is potent yet nurturing at the same time. Her simple explanation of a vast topic (Transcending Suffering) was easy to grasp and she made the session come alive by infusing it with an ample dose of laughter while taking us to a deep place within our own hearts.

EXCLUSIVE INTERVIEW WITH KHANDRO RINPOCHE



CLICK HERE

SACRED TREASURES

VISION & MISSION



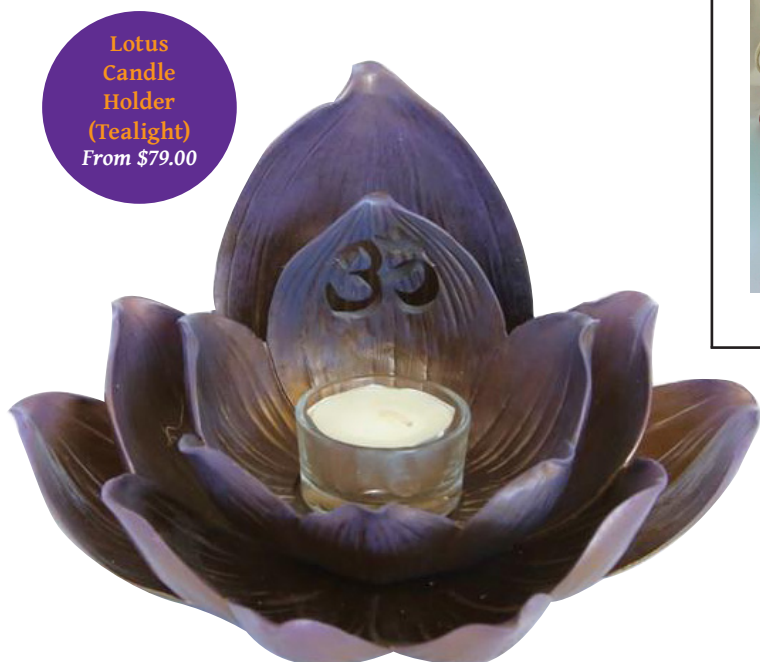
SACRED TREASURES HAS THREE CORE MISSIONS

- to promote authentic quality Himalayan products,
- bring the sacred into the everyday and
- leave positive imprints.

Through the global pandemic these intentions have become even more critical. It has highlighted just how critical inner reflection, outer connection, stability and the importance of a vaster view is.

Sacred Treasures aspires to meet these intentions by purchasing product direct from craftsmen, sourcing items that bring benefit to our Sacred Treasures family, and the planet and contributing a portion of each transaction to Khandro Rinpoche's Himalayan Culture and Education Projects.

New items like these beautifully crafted Chod and Dharma drums are just an example of this intention. With the process of sorting and choosing these precious ritual objects personally overseen by Khandro Rinpoche to ensure their quality, authenticity and purity of source. Each has been individually blessed by Masters in Nepal and Khandro Rinpoche herself.



BACK IN STOCK JUST IN TIME FOR CHRISTMAS!!

This beautiful multi layered lotus marked with an OM (primordial purity) cradling a tealight candle at its heart brings warmth, beauty and light to your shrine and home.

Please visit: <https://www.sacredtreasures.com.au/products/lsh>, for products

MEANINGFUL GIVING WITH SACRED TREASURES

by Rebecca Plascott

As Christmas is drawing closer it's time to turn our minds to giving to those we love and care for.

Sacred Treasures and Khachodling will again offer you the opportunity to send a gift with depth and meaning while also generating the ripple effects of change and positivity for the giver, receiver and those in need.

When we offer a gift from the heart, pure joy naturally arises. This is the beginning of a beautiful circle of interchange and connection with others. By extending an offering like this, we can create a natural flow of giving and receiving.

Some meaningful gifts this year include education scholarships for Himalayan children, light offerings for a person's health, longevity, good fortune or any positive intention, winter supplies for remote hermitages, medical supplies to remote hermitages and more!

What better way to mark the end this year than giving a gift that creates positive imprints and social change?

Keep connected to Khachodling and Sacred Treasures to find out the details of how to purchase these unique and precious gifts.

Give meaningful gifts
with positive imprints,

and support children and communities in need
through our Himalayan Culture & Education Fund.



[VIEW SPECIAL GIFTS & CARDS](#)

[CLICK HERE](#)



A meaningful
gift for you



RINPOCHE IN PERTH

Perth has 10,000 strong Bhutanese community. Rinpoche has spent time meeting, praying and blessing beautiful families and working with children to start them early on mindful living.

MY EXPERIENCE WITH KHANDROLA



I would like to say that she is very open and down to earth, a great spiritual master. I love being around her and she has blessed me, my family and my home for which I feel very fortunate.

She has also touched many Bhutanese lives and we are working together to bring beautiful practice of Milarepa to teach and educate kids and adults on dedication.

She is very spontaneous and it's amazing how things fall into place, when everything is not working.

I love to learn and do more spiritual practice with her and help people around us.

Emaho!

— By *Kezang Dema, Perth*

STUDYING WITH MY GURU

by Beverley Kostka, Hervey Bay, Queensland



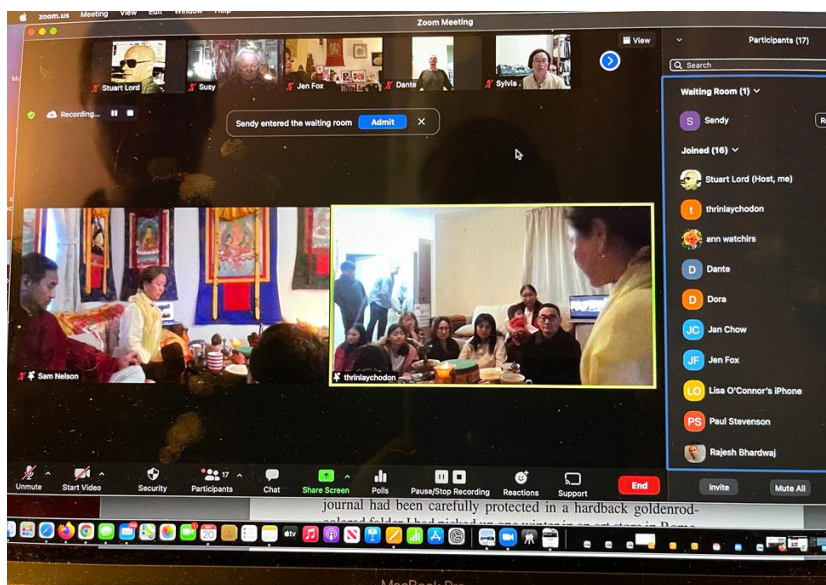
In this age of Covid and isolation, Rinpoche has embraced technology, enabling her students to connect with the Teachings and with each other - from private homes all around the globe, in Sangha groups, or directly present with Rinpoche in Perth, in the vast state of Western Australia.

To help students consolidate and assimilate the wisdom of each on-line session, the teachings have been transcribed, so that each participant can receive a written copy, along with questions to reflect upon, and then share within their own local Study Group.

PRECIOUS WISDOM

I have found these Teachings beneficial in so many ways. Firstly of course, to hear directly the wisdom passed through the lineage of our precious teacher.

Then guidance and 'tickling' motivation to reflect on how each teaching applies to aspects of my own everyday life/lives – past, present and future.



And also the privilege of sharing within the respectful openness and safety of the Study Group, where each of us shares our own Learnings from the same Teachings. Sometimes with similar themes, sometimes opening up whole new perspectives.

EXPERIENTIAL & HOME SPUN STRAIGHT FROM THE HEART

As she introduced the first session, Rinpoche reminded us, as she often does, of her preference to approach these teachings experientially rather than technically; wanting to make the teachings meaningful for us, so we are able to live them, rather than to only put them in our heads.

And so it unfolded, that Rinpoche's home-spun approach shone through in each session, as she wove the time honoured teachings of Bodhicitta around real life events happening here and now – from the challenges of oven baking, learning about carbon imprints of cremation, exploring the social and karmic legacies of the history of the Crusades, or travelling the Pilbarra.

And as the formal elements of each session gently and subtly built on those of previous teachings – Aspiration and Action, the six Paramitas, Prajna, Emptiness, the Four Immeasurables, the Five Degenerations, the Bhumis – I discovered that my later reflections were following threads of personal understandings that I had first glimpsed in the earliest reflections.

One of the things that I really loved and appreciated during this course was the simple, basic, directness of the questions that Rinpoche asked us to reflect upon – often jolting me with a challenge straight to the heart.

UNBLOCKING THROUGH BODHICITTA UNDERSTANDING

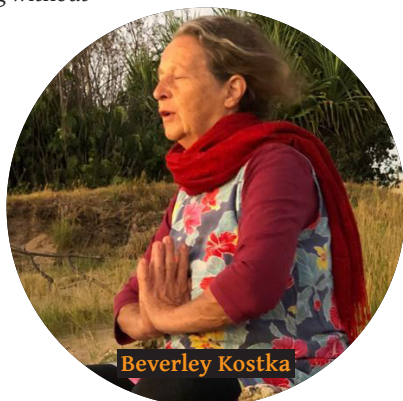
One of Rinpoche's first questions (asking us to look at our blocks and obscurations) had, and continues to have, a significant impact on my practice and ways of being. Illuminated by the light of Bodhicitta I was able to confront the contribution of my own thoughts, words and deeds to a situation, where for decades, my perceptions had focused primarily on unfairness and loss.

This acknowledgement brought new meaning to the practice of confessing transgressions, and allowed me to extend the understanding and the generosity of Bodhicitta to the injustice that I had perceived, and the steps towards liberation that can come with that.

SAFE SPACES TO REFLECT & DISCUSS

Another aspect of the course that has really worked well, has been the structure of the study groups, following the Precepts developed last year. In the Study Group each of us is honoured with a respectful space to present our reflection, and we each have opportunity to learn the discipline and practice of listening and hearing without interruption or comment - without judgment, opinion or advice.

Following these Precepts allowed a feeling of sanctity and safety to develop within the Study Group, which in turn enabled greater introspection and honesty within ourselves, as we explored the application of the Teachings within our own lives.



Beverley Kostka



POISON IS MEDICINE

Clarifying the Vajrayana

Dzongsar Jamyang Khyentse

BOOK IN FOCUS: POISON IS MEDICINE

Khandro Rinpoche guided us through the new book and connected lecture by Dzongsar Khyentse Rinpoche. It led to interesting individual insights and reflections.

Dzongsar Khyentse Rinpoche's new book, *Poison is Medicine*, was written in response to the misunderstandings and misapprehensions about the Vajrayana that were exposed by the Vajrayana guru-related scandals of the 2010s.

"One of my reasons for writing this book is that I would like us all to think about and examine the various issues the recent Vajrayana guru scandals have brought to light, from as many different angles as possible.

"My wish is to offer aspiring Vajrayana students a few tips from the tantric texts about how to choose their guru. This book will, I hope, point you in the right direction by supplying you with the tools you need to examine a guru thoroughly before committing yourself."

Contd. on next page

POISON IS MEDICINE: THE STUDY EXPERIENCE

by Sylvia Chen

It is of our greatest fortune to have met Khandro-la in this lifetime and be under her guidance and presence. Her succinct and modern teachings are often simple, direct, relatable and touches the hearts of those present. I could always feel Khandro-la weaving in and out of the tapestry of our minds and experiences, showing us glimpses of the vastness of her view that we have yet to comprehend. Just attending the teachings is already an experience that is hard to forget.

I would like to thank Khandro-la for giving me this task of reviewing my understanding of her Q and A teachings of Dzongsar Khentse Rinpoche's online talk 'Poison is Medicine'.

MESSAGE

One important message that struck me from the talk is that 'our perceptions are limited by our views'. Khandro-la begins by explaining how in Buddha's realization, the view is so vast that Buddha knew that 'no one will understand'. Khandro-la used stories in our modern life to demonstrate this incompatibility. One of them is Gegen Khentse's story of the old woman in Manali who has never seen the ocean. She has no interest even to look at the picture of the ocean. The second is about how the Bhutanese in the remote areas of Manla first met the western people. They find it unbelievable that these different looking people actually existed. The third is of Indians' first meeting with the Tibetans. They would question why their eyes are so small. The three reactions are totally relatable to modern people like me. It reveals the three obstacles as a lack of interest or even denial when something is too alien to one's experience; a natural suspicion or distrust towards the unknown; and a close mindedness due to its utter incomprehensibility.

In order to expand our minds, we humans have created the cool headed rational approach. Rational questions or statements seem to be a way to open up our perceptions slightly. Reasoning clearly has its benefits.

However, Khandro-la explains that 'the habitual tendency of reasoning can bring us further and further away from the path of awakening'. I remember how she has reiterated many times how we humans have created many ideas and things through technology and science, yet we have also brought irreparable damage to our environment. Medicine has become poison.

For me, the keywords to the quotations is the 'habitual tendency of reasoning'. It is suggestive of an overdrive and overuse. It is evident today that the magical has vanished and is deemed superstitious. Today, if we see yogis flying in the sky, rather than venerating their attainment with devotion and longing, I think a team of scientists will be running after them

with machines of all sorts. Surely we have gone to extremes as reasoning and rational-mindedness are venerated in every profession, every interaction and in every part of our lives.

It is not difficult to imagine the result of a 'habitual tendency' of reasoning. It narrows our possibility of meeting the view. Will that be the reason why 'our perceptions are limited by our views'? Perhaps that is the reason why Khandro-la often use 'claustrophobic' to describe the modern mind.

Unknowingly, as I reread the teaching, I could see that Khandro-la has shown us a glimpse of the vastness of the view. I witnessed how my mind was trapped in this habitual tendency of reasoning, in the Q and A session, when one of the questions regarding 'doubt and belief' was asked. When I first hear this question, I remember how my conceptual understanding of the two words trapped me in confusion—how can that be two sides of the same coin, they are opposites, I thought. However, in Khandro-la's answer, she showed me the space behind the words we use. Even though the connotation of the word 'doubt' is negative, Khandro-la pointed out how the 'intention of inquisitiveness within doubt' can bring openness, and how 'shedding doubt' can be a meaningful process of achieving clarity. She further explained how 'belief' could be a prerequisite to 'faith', and from there to the experiencing 'the view'. The 'same coin' of the two words seems to be a myriad of processes arising from spaciousness, which ultimately returns to the vast openness of the view. While I was trapped in the narrowness my own perception, of the conceptual meaning of the words and the dichotomy, Khandro-la shared a glimpse of the vastness of her mind.

To conclude, I would like to share again the poem that Khandro-la wrote:

"Life is something with which we must dance. It is madly out of our control, yet we must live it, each day to the fullest. To dance on this knife blade, we need to be free of all tendencies. Dissolve into bodhicitta, trust the guru as the ultimate truth and have faith in the transformative Vajrayana path where poison is medicine. Practise in this way and you will be set free."

Please click to see the video:



Poison is Medicine,
Dzongsar Khyentse Rinpoche,
Aug 04, 2021