

*Her Eminence Mindrolling  
Jetsün Khandro Rinpoche  
Lojong Teachings  
Training the Mind*



Saturday and Sunday

August 4 & 5

10 AM to 5:30 PM

Lunch break Noon to 2:30 PM

Register at **Eventbrite**

\$110 two days or \$60 one day

Includes lunch

**Mindrolling Jetsün Khandro Rinpoche**, founder and spiritual guide of the Mindrolling Lotus Garden in Virginia, is the daughter of Kyabje Mindrolling Trichen. Born into the Mindrolling lineage, which throughout its history has had many accomplished

female masters, Rinpoche was recognized at the age of two by His Holiness the 16th Karmapa as the re-incarnation of the Great Dakini of Tsurphu, Khandro Ugyen Tsomo, who was one of the most renowned female masters of her time. Thus, the present Jetsün Khandro Rinpoche came to hold the lineages of both Nyingma and Kagyu schools. Jetsün Khandro Rinpoche is one of the most renowned Tibetan teachers currently teaching in the west.

Lojong was originally brought to Tibet by the great Indian Buddhist Teacher Atisha. The Lojong is a mind training in the Tibetan Buddhist tradition and is based upon a set of aphorisms formulated in Tibet in the 12th century by Geshe Chekhawa. The practice involves refining and purifying one's motivations and attitudes. The 59 proverbs that form the root text of the mind training practice are designed as a set of antidotes to undesired mental habits that cause suffering.

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