

# Three Rivers Tibetan Cultural Center

## *Befriending Your Mind*

**Ven. Khenmo Drolma's Public Teaching**  
**Friday, February 22, 2019 7:00pm - 9:00pm**

*@The Sixth Presbyterian Church* (1687 Murray Avenue, Pittsburgh, PA 15217)

*Peace and contentment* are within us. Yet we are too restless to allow the stillness for them to be revealed. Fear manifests as agitation and longing for something to be different distracts us. Using timeless Dharma wisdom, *Ven. Khenmo Drolma* guides us to become a steadfast friend to our mind rather than a wary combatant. Building habits of gentle acceptance for whatever arises, you can relax into the peace of mind that has always been present. Learn how to connect to your inner peace and allow that peace to ripple out to all whom you love and the world.



### **Ven. Khenmo Konchog**

**Nyima Drolma** is the abbess of [Vajra Dakini Nunnery](#) in Maine, U.S.A. In 1997, she took her novice ordination with H.H. Drikung Chetsang Rinpoche and received many circles of Drikung empowerments and transmissions in India. In 1999 she received monastic training guided by Ven. Pema Chödrön in Nova Scotia, Canada. In 2002 she took full ordination as a Buddhist nun in Taiwan.

In 2002-3 Khenmo served as the art director during the construction of [Songtsen Library](#) in India. She created the statue of King Songtsen Gampo while supervising all the art works created by a team of international artists for the library. In 2004 she was installed as a **Khenmo (Abbess)** in the *Drikung lineage*, becoming the first woman and first westerner in her lineage to officially hold this responsibility. Since then she has worked continuously to establish *Vajra Dakini Nunnery* and teach the Dharma internationally.

**ALL ARE WELCOME**

**Suggested donation is \$10 for this Friday public teaching. Your donations will support TRTCC's many teaching and cultural events year round. No one will be turned away from dharma teaching for insufficient funds. <https://www.threeriverstibetancec.org/>**

