



Talking About Karma: Lightening the Karmic Load through Meditation and Contemplation with Traleg Khandro (Felicity)

Online course on Zoom

Time: 7.00-8.30pm Eastern (New York) time

Dates: Tuesdays 7, 14, 21, 28 July, 4 August 2026

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“Karma, basically means action.” “Actions are performed because there are preexisting causes and conditions giving rise to the impulses to engage in particular actions, and from this the karmic affect issues.” Karma, What It is, What It Isn’t, and Why It Matters, Traleg Kyabgon, Shambhala Publications, page 39.

As samsaric beings we develop and inherit an inner dispositional environment that accommodates and encourages certain types of responses and actions to habitually reappear. Some states of mind, be they positive or negative can flourish within our dispositional environment. This is one aspect of how we tend to develop a sense of a permanent self.

Carry the weight of ones karma can be arduous, and exhausting. But what is it we are carrying? If we are carrying shame, in Buddhism this is seen as one of the 8 virtuous . If we carry regret, this is also seen as a quality that indicates one concern for others and a desire not to harm. Much of what we are carrying is not the results of bad actions, but an unwillingness to allow the past to become the past.

In this course Khandro will give commentary on Traleg Kyabgon Rinpoche IX’s teachings on reducing our karmic weight through meditation and developing a deeper understanding of how karma is created. Aspects of Traleg Kyabgon Rinpoche’s books Karma: What It Is, What It Isn’t and Why It Matters, Influence of Yogachara on Mahamudra by KTD Publications and King Doha by Shogam Publications will be reviewed in this course.

Traleg Khandro (Felicity), long-time student and wife to the late Traleg Kyabgon Rinpoche IX, is a Director at E-Vam Institute in Melbourne and the U.S, and runs Shogam Publications, Traleg Rinpoche’s publishing arm. Khandro studied Buddhism under Traleg Rinpoche’s guidance for many years and has undertaken numerous long meditation retreats. Khandro has given commentary of Rinpoche’s teachings in Australia, America, Europe, U.K., and South East Asia. At Rinpoche’s request Khandro also received traditional LuJong (Tibetan Yoga) training after qualifying as a Hatha Yoga instructor. Khandro has a degree in Psychology.

Bookings and Enquiries

Email: office@evam.org to receive zoom details and other course information.

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