



E-Vam Buddhist Institute Teaching Program July - November 2026

- Online Courses
- Bookings & Inquiries: office@evam.org

EVAM.ORG SHOGAM.COM TRALEGRINPOCHE.ORG

E-Vam Buddhist Institute, the Centre of Traleg Kyabgon Rinpoche 9th & 10th. Our online programs are via zoom, and all online courses are by donation. For more information or to book into a course please email office@evam.org. Course dates may be subject to change so please confirm your intention to attend. Once booked a zoom link and other information will be forwarded to you.



Photo: Traleg Kyabgon Rinpoche IX

July

Talking About Karma: Lightening the Karmic Load through Meditation and Contemplation

With Traleg Khandro on Zoon

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

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

Cost: Online courses are by donation

“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.

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 Rinpoche’s book Karma: What It Is, What It Isn’t and Why It matters, Shambhala Publications and Influence of Yogachara on Mahamudra by KTD Publications will be shared onscreen and the nuances of his teachings discussed.

September

Stages of Meditation to Cultivate Insight With Anthony Bruno (Tenzin Chödrak)

Time: 8.00-9.30pm Eastern (New York) time for 3 sessions

Dates: Tuesdays September 15, 22 and 29

Insight meditation cuts through fixed notions about who we are and how things exist, enabling us to open our hearts and minds fully. This course presents a gradual approach to cultivating the discerning wisdom of insight—the essential topic of the



Buddha’s teachings. We will begin by establishing the proper foundation for practice, including compassion, skillful means, and clarification of common misconceptions about shunyata (emptiness). We will then explore and practice three key stages: recognizing the mind’s lucidity, resting the mind free from conceptual extremes, and developing certainty in the inexpressible nature of reality. The course is based primarily on commentaries from the Sakya tradition, although we will draw comparison to the Kagyu tradition’s approach as well.

November

E-Vam looks forward to welcoming back **Dr. Julie Brefczynski-Lewis** who will be giving another wonderful course in November on Tuesday evenings. The course will cover aspects of Buddhist philosophy, in concert with her fields of interest and expertise - neuroscience and approaches to mindfulness from a Tibetan medicine perspective. Details of the course topic, dates and times will be available soon.

ONLINE COURSE LEADERS

Traleq 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.

Anthony Bruno (Tenzin Chödrak) feels incredibly grateful, due to the kindness of his Dharma teachers, for the opportunity to receive the teachings of Buddha Shakyamuni during this current time. His first Dharma mentor was Dr. C.T. Shen, a nonsectarian practitioner and benefactor who introduced him to Mahayana Buddhism in the 1990s and emphasized initial study of the sutras. Later, Dr. Shen encouraged Anthony to practice Tibetan Buddhism and helped facilitate his connection with His Holiness Sakya Trichen and other lamas. Since then, for more than 25 years, Anthony has been studying and practicing in the Tibetan Buddhist tradition and has volunteered in various capacities. He also earned a J.D. degree, summa cum laude, from New York Law School and a B.A. degree, magna cum laude, from New York University, with a major in journalism and minor in fine arts.



Dr. Julie Brefczynski-Lewis is a Research Assistant Professor in the Department of Neuroscience at West Virginia University. She received her PhD in Cell Biology, Neurobiology, and Anatomy from the Medical College of Wisconsin. Brefczynski-Lewis has been practicing and researching meditation practices for more than 20 years. Currently, the Brefczynski-Lewis lab is testing the effectiveness of compassion meditation to help deal with the stress and negative emotions related to difficult interpersonal relationships, and has helped developed novel neuroimaging methods that allow more natural behavioral testing. As a student of Traleg Rinpoche, she has studied the Dharma with him since the early 2000s, and prior to that, within the Shambhala tradition.

BOOKINGS & INQUIRIES

Email: office@evam.org to receive zoom links and handouts for the online courses.

Bookings are essential to attend both the online courses and retreats. The online courses are by donation. There is a set fee for retreat, and special rates can be provided for anyone experiencing financial hardship.

Course Donations To E-Vam Buddhist Institute

Online Courses are by donation. Here are the options to forward donations to E-Vam:

•**PayPal Online donations:** <https://evam.org/donate/> or payments@evam.org

•**By Check** - Correspondence and Donations
c/o David Katzenstein, P.O. Box 447, South Egremont
MA 01258-0447

We hope you can join us for the online courses. Information about the in-person retreat in May 2027 will be available soon.

Please note: Course dates may be subject to change. Additional courses and other activities such as puja's and special events may be added intermittently not currently included in this teaching program.



E-Vam Buddhist Institute U.S.
Center of Traleg Kyabgon Rinpoche the 9th and 10th
Websites: evam.org shogam.com TralegRinpoche.org
