

## Master YuanXun



Master YuanXun started to practice Buddhism in 2008 when she was studying psychology at the University of Oregon in the United States.

Then a curious psychology student who aspired to know how the human mind really works, Master YuanXun was deeply impressed by Buddhist teachings which present a science of mind that allows one to uncover the inner reality, the nature of the mind and the phenomena that the mind experience.

After studying the Buddhadharma, Master YuanXun found her commitment to Buddhist practice had overpowered her interest in psychology, and her yearning to follow the path of Buddha as a Buddhist nun had grown stronger every day.

Thus, in early 2011, after careful and thorough contemplation, Master YuanXun forwent her upcoming career path as a psychologist and received monastic ordination from Khenpo Sodargye Rinpoche—her root guru and one of the world’s most influential Dharma masters of Tibetan Buddhism.

She then further delved systematically into a thorough study of Buddhist teachings and continued to learn sutras, shastras and tantras of the Nyingma lineage at Larung Gar Five Sciences Buddhist Academy in China, the world’s largest and most influential institute for Buddhist studies, as recognized by the New York Times.

Currently, Master YuanXun is a team member of Khenpo Sodargye’s translation group. She has been giving online Dharma courses, such as *the 37 Practices of a Bodhisattva* and *Heart Sutra*, to a wide Western audience. In recent years, she has been invited by

universities and Dharma centers in European countries such as Netherland, Germany, and England, and gave guest talks on Tibetan Buddhism to university students and offered Dharma teachings such as *The Words of My Perfect Teacher*, *The Seven Points of Mind Training of Atisha etc.* to European practitioners.

Master YuanXun believes that Buddhism is not reserved exclusively for Buddhists. Its universal compassion and wisdom can transcend the differences in race, faith, and culture. She aspires to bring Buddhism, as a practice, to everyone, and hopes that all will find the supreme happiness and recognize the nature of mind.