



THE KALAPA COURT

3 September 2010

Halifax

Dear Shambhalians,

We have just celebrated the third week of Jetsün Drukmo's birth. She is doing extremely well, and Rinpoche and I are noticing changes in her day by day. It has truly been a blessing and delight to have Jetsün Drukmo in our life.

As for myself, I'm resting and recovering well. Giving birth was a powerful, intense, and beautiful experience. I was fortunate to have support from Rinpoche, my sister, my mother, as well as a few key students who were part of my birthing team.

I also felt that my practice helped tremendously in this whole process. I reflected how birth is one of the most transformative experiences in life, and how precious one's mother is. I was deeply touched by the recent visit of Lady Diana. Her interaction with Jetsün Drukmo was delightful. Also I felt tremendous love and support from all of you.

Even though this has been an intensely personal experience for Rinpoche and me, I know that it has been a pivotal and joyous occasion for our whole community. I have received many messages of how the birth of our daughter has touched you all.

It has been delightful to see Jetsün Drukmo smiling and playing with her father, our Sakyong. He is so warm and loving towards her, and is profoundly moved by this experience. I feel constantly the blessings of her grandfather, the Dorje Dradül.

Even though she is just still a baby, she already has a tremendous effect on our Shambhala world. She is a good reminder of all of our goodness, and I have a deep feeling that she will benefit the world.

Much Love to All,

Sakyong Wangmo, Dechen Chöying Sangmo