

12/6/2015

Dear Lama Drupgyu and Tsadra,

The following is my report for my activities in 2015 at the Garchen Buddhist Institute as part of a 3-year retreat.

General Information:

Over the past year, I've continued to remain fairly isolated in silence in my hut and have rarely had contact with the other two retreatants. All funds from Tsadra in support of my retreat have gone for rent, food, and personal items. Rent is \$350 per month and food is \$400-450 per month. The staffing at GBI has completely changed. This has not affected my retreat.

My schedule and program:

I continue with the same schedule of 4 sessions per day between 2am to 8pm. My focus is on completion stage practices including mahamudra. Garchen Rinpoche has given us a group practice to be done in the temple (3 Year Area) one time per month. This has continued. Garchen Rinpoche leads us when he can. Beside the group practice, I've attended a Chakrasamvara empowerment which included The Five Fold Path of Mahamudra given by Garchen Rinpoche and teachings on Chakrasamvara and Mahamudra given by retreat master Drupon Rinchen Dorje. These were given in the 3 Year Area Temple. My practice is mostly the same as last year with opening prayers, main practice of mahamudra and Six Yogas of Naropa, and dedication. I continue to bring mindfulness to maintaining awareness between sessions. I do not take any "break days".

Progress made:

Mindfulness and awareness on and off the cushion continues to increase, but not stabilized as yet. I've made very little progress maintaining awareness during dreams and none during deep sleep.

Difficulties:

I have not had any significant difficulties. Whatever has arisen has not kept me from maintaining my practice and schedule.

Thank you from the depth of my heart for your support!

Sincerely,

Catherine Nelson