

Mr. Anthony Chapman (Lama Drupgyu)

Director of Advanced Contemplative Scholarships

Tsadra Foundation, 295 West 4th Street, New York, NY 10014

Dear Sir,

It is my privilege to recommend Mr. Pavel Sidakov to receive an Advanced Contemplative Scholarship.

I met Pavel in 2017 while we were members of a fitness facility in Scottsdale, Arizona. We quickly became friends.

Pavel demonstrates qualities that I believe will bring him success in the advanced study for which he is applying.

He is inquisitive and intelligent, reads a variety of material on many subjects, and appreciates art and culture. Pavel is happy to share with others the different authors he has read, on-line lectures he has viewed and studied, and films he has enjoyed.

It was through Pavel that I learned of the Shambhala Meditation practice and the Center in Scottsdale.

Pavel has lived modestly, accepts life in all of its facets, and learns from past challenges. He is a mature thinker and an engaging conversationalist.

I also admire his disarming sense of humor. It was a pleasure to attend his performances while he studied improvisational comedy.

Pavel understands the importance of physical as well as spiritual health. And he has developed much skill as a facilitator of hypnotherapy and meditation.

This opportunity is important to Pavel, and any support he receives will not be wasted. I know this scholarship will greatly help him, and he will certainly justify your consideration. I recommend him highly.

Please feel free to contact me for further information and to answer any questions.

Sincere thanks,

Tom Samp

847-707-0706 (phone/text)

6721 E. McDowell Road #304-F, Scottsdale, AZ 85257