

SOLITARY RETREAT APPLICANTS (THREE-YEAR RETREAT GRADUATES)



A description of your proposed hermitage and of the practical support conditions that will allow you to accomplish your solitary retreat

My hermitage is located in a wilderness area of the Cape Breton (Nova Scotia, Canada), on a private 100 acres wood land (own by my brother). There is a small house at the entrance of the land (close to the access road) that will be used for cooking and food storage, and my meditation shelter is located about 15 minutes walking from the entrance house, in a remote and silent area in the middle of the forest, free from any disturbance (no humans, no network, no internet, no road access or driveway). There is a nice stream of pure water just down the tepee that is drinkable.

The shelter is a kind of tepee-like construction (see picture above) I have built myself, very simple, off grid, shingles on the roof, with a plate-form for sleeping and meditation, and a woodstove on which I can also do basic cooking.

For the meals, I will go once a day to the entrance house to cook for lunch (I will eat the leftovers for diner). For breakfast, I will store food in my shelter so that I don't have to go to the house.

I will wash my body eather very simply in the river down the shelter (in summer or warm weather) or in the house (in winter time or cold weather).

I have local Canadian Dharma friends, living closeby, that will help me with the food shopping. so that I don't have to go to town.

I consider getting in touch with my family in France (particularly with my parents that are getting old) once every week. I will use whatsapp through the internet in the house for that purpose.

For my spiritual support or guidance, my main teacher also lives on the same land, in another shelter. So in case I need to clarify some experiences, I will be able to rely on him, because he went through the Four Visions of Tögal years ago after 10 years of solitary retreat in the woods.

A description of your retreat program including practices and schedules

Duration of my retreat : 7 years minimum (or until the end of the Tögal visionary process) starting from December 2025. I do know I can only apply for a Tsadra Scholarship for three years maximum.

Practice : I will mainly focus on the Trekchö and Tögal practice. For the Tögal, I plan to use the sun reflections (with sunglasses) during summer time. For the rest of the year I will alternate between candles and LED light. At the end of a Tögal session, I will always dwell for a while in the fundamental trekchö experience.

Schedule (including four sessions and a time outside for physical exercises and works) :

5 to 7 : First session

7-9h00 : Breakfast and daily life activities

9-11h30 : Second session

11h30-15h00 : Cooking, lunch, rest, walk in the wood

15h30-17h30 : Third session

17h30-19h30 : Shower, Diner

19h30-22h00 : Fourth session

A detailed budget of your retreat costs (in euros)

	Every month	Total for a year
Food, toiletries, cooking gaz	350	3500
Candles		300
Replacement of used cloths		200
Participation (33%) to the basic charges of the main house : power, internet, property taxes	150	1800
TOTAL	5800 € for a year (483€ / month)	

Description of my financial situation and retreat estimated budget

Considering that :

- The duration of my retreat will be at minimum 7 years, which means I would have to raise 40 600 euros for my expenses during that period

- I need around 8000 € for the year of preparation in 2025 before my retreat begins. The expenses of this year will include : moving to Canada, Visa application, and the construction of my shelter (including woodstove and furniture inside)
- My personal savings are around 35 000 € on my bank account
- Tsadra can only support me for 3 years maximum .

Here is my estimated retreat budget, input and output:

Expenses		Income			
			Personal savings	Family support	Scholarship request to Tsadra
Year 0 (installation, trip to Canada, Tepee Construction)	8000		8000	3000	0
Year 1	5800		2200		3600
Year 2	5800		2200		3600
Year 3	5800		2200		3600
Year 4	5800		5800		0
Year 5	5800		5800		0
Year 6	5800		5800		0
Year 7	5800		5800		0
TOTAL (7 years + year 0)	48600		35 000	3000	10800