

Tsadra Foundation Contemplative Scholarship Year-End Report 2014

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Dear Lama Drupgyud,

Our daily retreat schedule at Karme Ling in 2014 was as follows:

Individual practice session 1: 4:00am-7:30am

Breakfast break

Group practice: Sojong 8:15am-9:20am. including Chaptor and Sang, as well as abbreviated versions of Marpa Guru Yoga, Karma Pakshi and White Tara.

Individual session 2: 9:30am-12pm

Lunch break

Individual Session 3: 1:45pm-3:45pm

Group Practice: Mahakala and Sur 3:55pm-5:10pm

Group practice: Trulkor 5:15pm-6:30/6:40pm *

Dinner break

Individual session 4: 7:15pm- 9:15pm; Chod (Lijin) 9:15pm-10:00pm*. Lijin replaces the short Milam Lungten Chod practice we had been doing.

*Training for Trulkor and Lujin were conducted during the month of July.

The Individual practices:

Vajrayogini (remainder): January to Mai 2014. I finished the mantra requirement 3 weeks earlier, March 8th

The Six Dharmas of Naropa: May 28 to December 2014

The 6 Dharmas of Naropa consisted of Ngondro, Tummo, Illusory Body, Dream Yoga, Clear Light, Bardo, and Transference, each of which was practiced for one month.

Tummo an Illusory Body were practiced for 20-30 minutes at every tun though the duration of the Six Dharmas.

Group Practices:

Once a month:

Sojong group practice was replaced by Green Tara practice.

Mahakala Puja replaced with Tsendring practice.

Trulkor will continue to the end of retreat.

Lujin as a group practice is done 3 times a month in the main shrine. It will continue until the end of retreat

Duties:

We continue with the monthly rotation during Mahakala and Sojon to play different musical instruments and to serve as Lopon and Chopon with all duties as in the previous year.

Making special Tormas for Tara practice and Tsendring two times every 4 months. Housekeeping monthly rotation as in the previous year.

Breakfast, lunch, and dinner brakes were used to make tormas for Mahakala practice, individual tormas for personal offerings. During this summer I spent my lunch time, about 45 min to an hour, stretching and training for Trulkor practice and studying Six Yogas Practices.

We just started the Chakrasanvara practice on December 21, 2014. I am very happy to have this great opportunity to do this practice. I feel the same way having had the opportunity to do Vajra Yogini's practice and the Six Yogas of Naropa. These last two practices have enriched and changed my life greatly. Especially I feel closer and closer to His Holiness Karmapa than ever before. It's beautiful to feel that I am in his Manadala and that I am surrounded by his love and protection.

I thank you for my heart for giving me this opportunity to be here so close to Buddha Karmapa.

Angela Suescun-Lampe

Lhamo