

My dharma path officially started in 1999 when I received refuge from Ven. Tenga Rinpoche in Benchen Monastery in Kathmandu. The same year, I attended Phowa retreat with Rinpoche and received many abishekas and commentaries. Rinpoche gave me instructions for my daily practice which at that time was White Tara sadhana and four armed Chenrezig.

Following years, I have been attending annual retreats in both, Kathmandu branch of Benchen Monastery and in Polish center in Grabnik. During these years I practiced and studied Samatha and Vipasana teachings and received many empowerments such as Vajrayogini, Mahakala, White Dzambala and many others.

I had a great honor to study and practice with Ven. Thrangu Rinpoche in Kathmandu and United States. I also attended Vajrassatva retreat with Ven. Garchen Rinpoche and received numerous teachings from Khandro Mindrolling Rinpoche on Boddhisattva vows.

With my teacher, Ven. Wangchen Rinpoche, I received empowerments and teachings on Ngondro, Vajrayogini, Chakrasamvara and Thousand armed Chenrezig practices.

Ven. Kalu Rinpoche gave us empowerments and teachings on Chadrukpa and White Mahakala. I also attended several Niguma yoga retreats with him.

My regular practice over the years included White Tara, Green Tara, Chenrezig, Ngondro, Samatha and Vipasana and Mahakala practice.

The truth is that since I moved to Ser Cho Ling and started assisting Rinpoche in ceremonies, retreats and serving the sangha, my practice never stops and my dharma resume opened a whole new chapter. :)