



Palpung Changchub Dargyeling

Palpung Changchub Dargyeling, Tibetan Buddhist Meditation Centre,
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TO WHOM IT MAY CONCERN

I have been requested to write a recommendation for a three-year retreat at Sopa Choling Retreat Centre in Gampo Abbey by Sreekumar Sukumar. I have known Sree since 2004/5, when he attended the Buddhist Centre where I was a resident teacher. Since that time I have seen him on a regular basis, and I know him as a friend and a Dharma student.

Sree is currently attending His Holiness Tai Situ Rinpoche's 7-year Mahamudra transmission, and in the past has completed Yongey Mingyur Rinpoche's Mahamudra course and its practice commitments. These two teachers are Sree's main teachers, over the years he has attended many other teachings and received teachings from many great masters and teachers. He has also done multiple group retreats at our Centre. I have personally been guiding and supporting him when he has had any questions about practices.

Sree is well studied, he is intelligent and very knowledgeable in Dharma, and he is very committed to the path of Dharma. Over the decades his mind has been turning more and more strongly to the Dharma. I think a long retreat would be very beneficial for him at this point in his life.

If you have any questions, please don't hesitate to contact me.

Yours sincerely,



Lama Rabsang

Resident teacher at Palpung Changchub Dargyeling

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