

# “Outline of Qualifications for Entering Retreat and the Extent to which you Satisfy these Qualifications”

## **I. Engaged “Right Livelihood”/Ethics:**

A.) Psychotherapist since 1998 working from Buddhist and Jungian Perspectives

- 1.) Worked with/ and continue with Children, Teens, Adults, Families, Groups and at-risk populations
- 2.) Trauma Therapist

## **II. Committed Buddhist Practitioner:**

A.) Practicing Vajrayana Buddhism Since 1985 and prior to this in Zen and Hindu Traditions.

1. Began practice at Karme Choling in 1985.
2. Attended University of Colorado 1990 -1992-
  - a.) studied with Reginal Ray Jr: Student Chogyam Trungpa Rinpoche; Professor University of Colorado, Author--Buddhist studies.
3. Attended Naropa Institute (1995 - 1998)
4. Solitary Vajrakilaya (2010) 1 month
5. Solitary retreat Cakrasamvra 2016 (3 months)
6. Cakrasamvara (2022) -1 month - Garchen Institute, AZ
7. Attended retreats in Bristol, Vermont within the Drikung Kagyu lineage teachings and attended retreats in Nyingma, Kagyu and Sakya since 1997 (following list non-comprehensive):

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Guhyasamaja (2011) Drupon Thinely Rinpoche – Bristol, Vermont - 4 days)

Cakrasamvra (several times over the years between 2011 and 2018[?]), Drupon Thinely Rinpoche 5 days) -Bristol, Vermont

Dewai Dorje (2018) Lama Thubten Nima – 4 days) - Lincoln, Vermont

Hevajra (2011) Drupon Thinely Nyingpo Rinpoche - 5 days) - Bristol, Vermont

Kalachakra (2013) – Drupon Thinley Rinpoche (4 days) - Bristol, Vermont

Vajravarahi (several times between 2012 and 2016) – several x’s, Drupon Thinely Rinpoche and online w/Garchen Rinpoche 4-5 days each), - Bristol and Lincoln VT

Dorje Drolod (2012) H.E. Lho Ontul – Lincoln, Vermont

Amitabha Empowerment (2014) - Lama Thubten Nima – Bristol, Vermont, - 4 days

Manjushri (2013) - Lama Thubten Nima – Bristol, Vermont – 4 days

Ngondro Empowerment (2014 – 2015)- 2 x’s Drupon Thinely Rinpoche- 4 days each time) –Bristol, Vermont

Tsewa Dzinpa (2010 – 2015) (Lho Ontul Rinpoche, Drupon Thinely Rinpoche and Lama Thubten Nima - 4 days each) Lincoln, and Bristol, VT

Three Roots (2012 – 2017) (Drupon Thinely, and Lho Ontul Rinpoche –Bristol, Vermont- 5 days each time) – Bristol, Vermont

Dzambhala (2013) (Lama Thubten Nima) (4 days) – Bristol, Vermont

Six yoga’s of Naropa Retreat (2011 -2016) - Drupon Thinely Rinpoche - several times over the course of 10 years – 5 days each) –Bristol, Vermont

Thogal Teachings (2017) Lamchen Gyalpo Rinpoche -Lincoln, VT –( 4 days)

Chod (2016 ) H.E. Lho Ontul Rinpoche – Bristol, Vermont 4 days)

Hayagriva [w/Tsewang Dzinpa] (2017) – 5 days

Achi Drolma (2018) - H.E. Tritsab Gyabdra Rinpoche - Sunray Meditation Society and Sunray Peace Village, Lincoln Vermont – 4 days  
Lho Ontul –5 days) Lincoln, Vermont  
Manjushri Yamantaka (Lama Thubten Nima – (2014) – Bristol VT - 5 days), and online in 2022 Garchen Rinpoche (5 days) – Lincoln Vermont  
Vajrakilaya (online Drubchen 2022) Garchen Rinpoche and Garchen Lama’s – 5 days)

#### Group Retreats (Nyingma and Kagyu)

##### *Nyingma Empowerments retreats:*

Yeshe Tsogyal 1998 (H.E. Namkha Drimed Rinpoche mid 1990’s, Boulder Co. - 5 days)  
Threkcho Empowerment (1999) Namkha Drimed Rinpoche - Boulder, CO – 5 days)  
Gesar (1999 - 2000’s) Namkha Drimed Rinpoche - Boulder, CO (4 days)  
Ngondro empowerment (late 1990’s) Dujom Tersar - Lama Tharchin Rinpoche, Boulder ,CO – (3 days)  
Dream Yoga empowerment – (late 1990) Lama Sonam Rinpoche – Boulder, CO – (3 days)  
Vajrakilaya (2005 (Dzongsar Khyentse Rinpoche– Halifax Nova Scotia – ( 5 days)  
Dorje Drollod (early 2000’s) (Lama Tharchin Rinpoche – (3 days)  
Phowa (2012) Lama Tharchin Rinpoche (2 days and via correspondence w/ Rinpoche)  
Gesar (2003- 2004 [?]) Namkha Drimed Rinpoche – Karme Choling, Barnet, VT – 3 days)

##### *Sakya empowerment/Retreat*

Yamantaka (Vajrabhairava) (H.H Kyabgon Gongma Trichen Rinpoche 2017 - Boxborough, Mass. - 4 days)

##### *Kagyu Empowerments*

Machig Labdron (Chod Empowerment/ Retreat), (1999) Boulder, CO

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### **III. Practiced and Completed Ngondro:**

A.) Dujom Tersar Ngondro (completed 2012)

### **IV. Applied Study and Practice - Anu yoga/ Mahamudra Practices -- Fulfilled Commitments:**

A.) Maintaining practice in the following (commitments completed):

- 1.) Yamanataka (Vajrabhairava – Sakya Tradition)
- 2.) Krishna Yamari / (“Inner Yamantaka”) (Drikung Kagyu Tradition)
- 3.) Vajrakilaya (Nyingma Tradition and Drikung Kagyu)
- 4.) Cakrasamvara (Drikung Kagyu and Kagyu Traditions)
  - a.) (As well as, other Anu yoga practices - over time)

### **V. Study of Madhyamika Teachings/Literature:**

- A.) Requested and received permission to practice from Khenpo Tsultrim Gyamtso Rinpoche, (Karme Choling)
- B.) Study groups, Boulder, CO (March 1999- July 2001)

## **VI. Ati- Yoga introduction to View and Study:**

A.) Study Groups Boulder, (1990-2001)

B.) Trekchod empowerments with:

1. Namkha Drimed Rinpoche (1997)
2. Lho Ontul (2012?)
3. Lamchen Gyalpo Rinpoche (2009?)

C.) Thogal Empowerment and Study: Lamchen Gyalpo Rinpoche (2013)

## **VII.) Long Affiliation and Study/Practice within Vajrayana Lineages**

A.) Nyingma (since 1997)

B.) Kagyu (since 1985)

C.) Drikung Kagyu (since 2009)

## **VIII.) History of Living within Buddhist Communities in Retreat and in within work/Career Practice**

A.) (1998 – 2000) Worked as Therapist in Residential Treatment Center Utilizing “Wind horse Model”- Buddhist Perspective, as Team Leader.

B.) Over four months spent in Closed Group Retreat.

1. (2022) Cakrasamvara - Garchen Center, Arizona
2. (1996-1997) Maitri Retreat – Naropa Inst., Boulder, CO

C.) (2008 – 2022) Psychotherapist – Buddhist and Jungian perspectives.

## **XI.) Solitary Retreats**

A.) Vajrakilaya (2010 – 1 month)

B.) Cakrasamvara (2016 – 3 months)