

Lars Rismyhr Pedreschi
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Dharma Curriculum Vitae

- 2013 Received Namcho Ngondro lung at Palyul Boulder
- 2014 **1st year** Ngondro student at Palyul Summer Retreat (one month for each level)
 - 1-month pre-retreat work study to prepare retreat grounds, rooms, kitchen, etc
 - Took refuge and received the name Milus Rinchen or Precious Human Rebirth from HH the 14th Palyul Throneholder Karma Kuchen Rinpoche
- 2014 - 2015 11-month retreat to complete the 500,000 of Ngondro with 1.2 million additional Vajra Guru mantras
 - Read 30-40 sutra and tantra commentaries, treatises, biographies, ngondro books, poetry (English translations)
- 2015 **2nd year** Tsalung student at Palyul Summer Retreat
 - 1-month pre-retreat work study to prepare facilities, help complete building of the Terton Mingyur Dorje stupa under Tulku SangNgag Rinpoche and his team
- 2017 **3rd year** Thogal ngondro at Palyul Summer Retreat
- 2020 Pilgrimage to Kathmandu and Pharping, one-week Rushen retreat at Yanglesho
- 2023 Two-week retreat to complete rushen requirements for next Palyul Summer Retreat
- 2023 **4th year** Thogal student at Palyul Summer Retreat (completing August 10, 2023)