

July 15th, 2023

To whomever it may concern at Tsadra Foundation,

I am delighted to recommend my dharma sister Shelley (who now goes by Choezin) for a grant from the Tsadra Foundation for a long-term solitary retreat. She hopes to begin a few months after the completion of our current drubdra, which ends in May of 2024.

I wrote Shelley's previous recommendation letter, so this is similar, but more. I have known Shelley since 2005 when she began studying with Khentrul Lodrö T'hayé Rinpoche. Shelley moved to a property adjoining our retreat land in 2007 and since then I have received over a decade of dharma instructions and transmissions by her side. As well, we have also worked on many dharma projects together. Most recently, I have been serving as the translator for her current group of three-year retreatants.

What I witness when we visit the drubdra is that Shelley is thriving in retreat. This is the third round of three-year retreatants that I have translated for, and I have seen practitioners go through all kinds of retreat challenges. Few people are well suited for long term retreat, and Shelley is one of them. While I know she has faced challenges during the last few years, as do most people in a long retreat, she is very capable of being in retreat and putting great effort into practice. She is one of the most diligent practitioners I know.

Shelley has no interest in worldly goals or resuming worldly activities. All she talks about is being in retreat, and being able to continue doing retreat. I think she is a very good candidate for a solitary long-term retreatant.

I am happy that Rinpoche committed to guiding Shelley for such a retreat and I will also serve as translator when needed, as well as a dharma friend who visits and supports her in various ways during that time.

Thank you for your consideration.
Sincerely,
Paloma Lopez Landry