

Outline of Qualifications for Entering Three-Year Retreat

Applicant: Ani Pema Dolma

1. Ordination & Lineage Commitment

Qualification: Fully ordained within the Vajrayana Buddhist tradition under a qualified lineage holder.
Extent Satisfied: I received ordination from His Eminence Tai Situ Rinpoche in March 2025, and I maintain my vows with sincerity and diligence under the guidance of Wangchen Rinpoche.

2. Teacher Guidance & Approval

Qualification: Entry into retreat under the guidance of an authorized teacher with formal approval.
Extent Satisfied: I have received explicit approval and blessing from my root teacher, Wangchen Rinpoche, to enter the traditional three-year retreat.

3. Foundational Dharma Training

Qualification: Completion of preliminary practices and core Vajrayana trainings as preparation for long retreat.
Extent Satisfied: I have undertaken significant preparatory practices, including Ngöndro accumulations, multiple Nyungné fasting retreats, and sustained sadhana practice of key deities such as Green Tara, Chenrezig, and Chakrasamvara.

4. Capacity for Solitary Practice

Qualification: Demonstrated ability to maintain discipline, stability, and inner strength in extended retreat settings.
Extent Satisfied: Through personal practice, extended fasting retreats, and deep study of the Dharma, I have cultivated resilience, self-discipline, and devotion essential for long-term retreat.

5. Aspiration & Motivation

Qualification: Genuine altruistic motivation to enter retreat for the purpose of attaining realization to benefit all beings.
Extent Satisfied: My aspiration is deeply rooted in bodhicitta. Entering this retreat is my heartfelt wish to deepen my practice, actualize the teachings, and dedicate my life fully to the liberation of all sentient beings.

6. Support & Preparedness

Qualification: Emotional, logistical, and financial readiness for intensive retreat.
Extent Satisfied: I have arranged support through my community and mentors, am actively preparing the necessary resources, and am committed to meeting the retreat's physical and mental demands.