

Monthly Budget for Three-Year Retreat

Applicant: Yeshe Nyima

Retreat Location: Ser Cho Ling

Duration: 3 years (36 months)

Before taking my monastic vows, I made every effort to save for my three-year retreat, knowing that Guru Wangchen Rinpoche encouraged me to undertake it. My efforts included launching an online business and investing. After a year, however, the business demanded so much time and energy that it detracted from my practice. Taking to heart my Guru's commentary on what constitutes a serious practitioner, I closed the business and took my Novice Monk vows, fully trusting his wisdom. I renounced my possessions to dedicate my life to the Dharma for the benefit of all sentient beings. As a result, I currently have no income and rely on modest savings, which are nearly depleted, to cover my monthly expenses. For the retreat, I will likely require full financial support. I have outlined my expenses below, striving to remain frugal.

Monthly Expenses

Category	Amount (USD)	Description
Monthly Bills	\$225	IRS Payments, SBA Loan, & Phone Bill - These are my only Personal Bills currently.
Food	\$250	Basic groceries and meals (Includes monthly budget for rice, lentils, vegetables & tea) for a modest vegetarian diet, assuming some communal meals at the center.
Retreat Center Contribution	\$200	This will cover the Monthly cost to live in the Retreat Huts and includes Electrical, Gas, & Water and use of facilities.
Personal Supplies	\$25	Toiletries, basic clothing, and minimal personal items (e.g., soap, toothpaste, robes).
Miscellaneous	\$50	Unexpected expenses, communication, basic medical supplies, food (in case of shortage).
Total Monthly Cost	\$750	

Notes

- **Retreat Center Contribution:** This estimate assumes a contribution for group retreat facilities as outlined in the retreat cost documents I uploaded to the application. These are a voluntary contribution, as Ser Cho Ling does not charge for Dharma Retreats and instead asks for Participants to contribute what they can to cover Utilities, and Maintenance.
- **Food:** Assumes a modest vegetarian diet typical for retreatants, with some meals potentially provided by the center. Adjustments for food on the occasion that the center does not provide some meals will come out of the MISC Expenses.
- **Personal Supplies:** Reflects minimal needs for a monastic lifestyle.
- **Miscellaneous:** Covers incidental expenses.
- **Financial Need:** As a Monk, I have limited personal savings. I have sought partial funding from my family for financial support from time to time, however they will be unable to support my retreat, which is why I am sincerely requesting scholarship assistance to meet the total cost. My aspiration is that through this retreat, the scholarship will ultimately be dedicated for the benefit of all beings.

Total Annual Cost

- Monthly Cost: $\$750 \times 12 \text{ months} = \mathbf{\$9,000/\text{year}}$
- Three-Year Total: $\$9,000 \times 3 \text{ years} = \mathbf{\$27,000}$