

**MAGNUS CHILDERS**  
**2013 EUREKA CANYON ROAD**  
**WATSONVILLE CA 95076**

December 05, 2014

Dear Tsadra Foundation Directors,

As a grantee of Tsadra Foundation's Contemplative Scholarship fund I am providing below a report of my activities as required by the initial agreement between the foundation and myself.

**Activities for year 2014:**

<b>January 1<sup>st</sup> – March 9<sup>th</sup></b>	Continued Dorje Drolö Maha Yoga practice
<b>March 10<sup>th</sup> – April 21<sup>st</sup></b>	Dorje Drolö Khorde Rushen practice
<b>April 22<sup>nd</sup> – July 29<sup>th</sup></b>	Dorje Drolö Ati Yoga practice
<b>July 30<sup>th</sup> – October 29<sup>th</sup></b>	Khandro Thuk Thik Maha Yoga practice
<b>October 30<sup>th</sup> – November 08<sup>th</sup></b>	Dakini Kurukulle Maha Yoga practice
<b>November 09<sup>th</sup> – November 18<sup>th</sup></b>	Dakini Singhamuka Maha Yoga practice
<b>November 19<sup>th</sup> – November 29<sup>th</sup></b>	Dakini Thröma Nakmo Maha Yoga practice
<b>November 30<sup>th</sup> – December 06<sup>th</sup></b>	Preparation period
<b>December 06<sup>th</sup> – March 05<sup>th</sup></b>	Khandro Thuk Thik Anu Yoga practice

**The daily schedule of practice**

<b>1<sup>st</sup> session</b>	5 am to 8:00 am
<b>2<sup>nd</sup> session</b>	9:30 am to 12:30 pm
<b>3<sup>rd</sup> session</b>	3 pm to 6:00 pm
<b>4<sup>th</sup> session</b>	7 pm to 10:00 pm

During intermission periods, we were asked that we keep one session a day minimum, whenever we please according to Lama Tharchin Rinpoche's instructions.

My impressions about the retreat experience, so far, are hard to express for two reasons; First I have no other 3 year retreat experience to compare or contrast. Second the passing of the key figure (Lama Tharchin). Being in his presence , for me, was the purpose of being in retreat

The Challenges faced for myself are very internal. Based almost entirely on the first two point noted above. Not having prior experience, it is difficult to believe that it "should" be this hard, so a lot of opinions arise about how things are run. Mainly because the wisdom mind of Rinpoche ,who I trusted with faith and love, is not here to say in person "yes it Should"!

However, satisfaction is found in "the seeing" that both impressions and challenges are just different branches on the great tree of mental phenomena. My goals for the next year are centered around this satisfaction, by bring whatever happens to the path of watching mind and acting with six perfections I hope to pull this tree out by the roots.

I can say with confidence that I have been able so far to fulfill to the best of my abilities the purpose of the grant generously issued by Tsadra Foundation.

With sincere gratitude, yours in the Dharma

Magnus Childers