

To Whom It May Concern,

It is with heartfelt respect and confidence that I write in support of Olof Axelsson's aspiration to enter traditional three-year retreat. As both a close friend and meditation mentor, I've had the privilege of witnessing Olof's steady commitment to Dharma unfold over the past several years, not only as a serious student with great depth, but more importantly as a sincere and dedicated practitioner.

Olof is someone who brings both intellectual brilliance and a deep meditative grounding to his path. While his academic achievements are significant—particularly his rigorous engagement with classical Tibetan and Sanskrit Buddhist texts—what has always struck me more is the spirit in which he studies: not as an academic exercise, but as a means to transform his own mind. His daily practice of the preliminary practices and *śamatha* reflects this integration, grounding his understanding in lived experience and ensuring that the Dharma doesn't remain abstract or theoretical.

What I appreciate most in Olof is his humility, honesty, and willingness to do the inner work. He consistently shows up to his practice with sincerity, even in the midst of challenge or uncertainty, and holds himself to a high ethical and contemplative standard. He reflects deeply, listens carefully, and is committed not only to understanding the teachings but to embodying them fully—in community, in relationship, and in solitude.

From what I've seen, Olof has both the psychological resilience and the contemplative temperament necessary for extended retreat. He lives simply, takes discipline seriously, and adapts well to the kind of structured, inward-facing environment that retreat requires. He has already cultivated strong habits of daily practice and study, and I believe that entering retreat will allow those foundations to deepen in ways that will benefit not just his own path, but others' as well.

I wholeheartedly support Olof's application for three-year retreat, and I trust that he will approach the opportunity with the depth, discipline, and devotion that it demands. I am confident that he will use the experience not for personal gain, but as a means to mature his service to others and the Dharma itself.

With warmest wishes and deep respect,
Jenny Qi
Meditation instructor and friend

Signature:



Date: July 25th, 2025, Kathmandu.