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Recommendation letter for Lorena Carazo for the Tsadra contemplative scholarship

Dear Tsadra Scholarship Committee,

It is a great pleasure to write this recommendation for Lorena Carazo. This letter is to request a scholarship, which will enable Lorena to attend a three-year retreat at Gomde Pyrenees, which will start in summer 2022 under the guidance of Chokyi Nyima Rinpoche and Lama Tenzin Sangpo.

I first got to know Lorena in the year 2017 during the annual fall seminar at Ka- Nying Shedrup Ling monastery in Kathmandu. Chokyi Nyima Rinpoche introduced Lorena to me telling me that she should go to Gomde Pyrenees to volunteer there. She was completely new to the Dharma and followed Rinpoche's advice. While helping at Gomde Pyrenees, Lorena also started to contemplate and practice Tara's Triple Excellence meditation program. Over the years, I have been impressed with her steadfastness and diligence, continuing with the program even when she was busy working or studying.


She started volunteering at Gomde Pyrenees during the years when the conditions were still quite basic and showed remarkable leadership and team spirit. Twice she volunteered for our annual retreat on the *Sphere of refined Gold*. Although the workload is quite heavy during the retreat, Lorena was always present in the group practices and showed lots of dedication and devotion to practice.

But it was this year, when she participated for the first time herself in the three months retreat, that I really marveled at her commitment and discipline. She was the only one who stayed in silence throughout the entire retreat. She focused on her practice with so much ease and dedication that everyone was deeply impressed.

I have no doubt that she is a suitable candidate for the three years retreat and that she will do the retreat with utmost dedication and diligence.

It is my sincere aspiration that Lorena will be able to do the three years retreat. I hope that Tsadra foundation will support her by granting her the contemplative scholarship. Should you have any questions, please don't hesitate to contact me.

Thank you for offering these scholarships to students worldwide. Having sources of support available allow many people to attend a three-year retreat.

Sincerely,

Heidi Koppl

Translator for Chokyi Nyima Rinpoche.