

Reference Letter for Lama Ngawang Senge

I had the great good fortune to meet Lama Senge on Salt Spring Island in British Columbia while he was teaching a guided meditation course every Sunday at the Wellness Center downtown. After a few months, Lama Senge organized a 3-day Calm and Clear retreat in which he taught us a brief overview of the Foundations of the Traditional path of his Buddhist lineage.

Subsequently, a small group began to form during the week for further teachings. This eventually, after nearly 200 hours of teaching and practice, led to a 6-week retreat on Mount Tuam, far away from the main city. This retreat was an introduction to facilitating the union of calm abiding and clear seeing, Shamatha and Vipassana.

Although our paths have physically parted, I am very fortunate to be able to continue receiving teachings via Zoom. We are currently learning about the Thirty-seven practices of a Bodhisattva.

Lama Senge represents my first real connection with the Dharma. And it was when I went to see other Lamas and Dharmic centers that I realized how exceptionally lucky I was to have started my spiritual journey with him. As a Westerner myself, the reality is that there are a myriad of pitfalls and downfalls that await us due to all the wrong views that we hold since our beginnings in our education system. It is really thanks to his Great Understanding of this, his experience, and his vigorous support that I feel I've begun to create a

solid foundation to progress on the spiritual path. I really doubt that I could find another Lama like him here in Canada.

The proof is in the pudding,

When I met Lama Senge, I had been diagnosed with Bipolarity some years before. I was on large doses of antidepressants, mood stabilizers and sleeping pills. Adhd, constantly in tunnel vision and restless. I was also a tattoo artist with a huge ego.

Now I do not take any medication. I can get out of tunnel vision, calm and stop the movement of agitation and maintain my attention. I am still a tattoo artist, but I do not take myself as seriously as I used to. This calm in my mind now leaves room for more love and compassion. Even my boyfriend of several years says there's a pre- and post-Lama Senge Carl.

I feel indebted for all the kindness and help I have received from Lama Senge. Thanks to him and all the Lineage of great Masters above him, I truly feel that I have a vocation for this life.

There isn't a day that goes by when, from the bottom of my heart, I wish every being the chance to meet a genuine teacher, with a lineage that is learned, disciplined, humble, progressive, generous, gentle, soothing, skillful and devoted to the three jewels as Lama Ngawang Senge is.

Warmy -Carl Charland

