



An outline of qualifications for entering your retreat

In the [Information Document](#) for the 2026 three-year retreat at Gomde Pyrenees the requirements for the participant are outlined as following:

“This three-year retreat follows the practices from Chokling Tersar lineage and is under the guidance of Chökyi Nyima Rinpoche and led by Drupön Lama Tenzin Sangpo. It is a traditional three-year retreat, focusing primarily on *sadhana* practice.

To be able to successfully participate in this retreat you need to have:

- strong interest in the Chokling Tersar lineage;
- devotion to and complete willingness to be guided by Chökyi Nyima Rinpoche;
- a wish to take part in a retreat where, for most of the three years, you will be engaging in *ngöndro* and *sadhana* practices;
- a firm commitment to follow the retreat schedule and practices until the end of the retreat.

For requirements, it is highly beneficial to have previously done other retreats of at least three-month duration and to be familiar with principles of *ngöndro* and *sadhana* practice. It is especially important that one has a strong connection with Chökyi Nyima Rinpoche, with our retreat master, Drupön Lama Tenzin Sangpo, and with the Chokling Tersar lineage. We will all be practicing together in this lineage for the duration of the retreat, so it's very important that we all feel a strong connection to the practices, teachers, and our vajra siblings.

If you have not done a longer retreat before, Chökyi Nyima Rinpoche often suggests coming and doing the three-month retreat at Gomde Pyrénées first.”

In case you have any questions regarding this, please feel free to contact me by e-mail (three_year_retreat@gomde.fr) or Whatsapp/phone +3725531133.

With all best wishes,

Mikk Tamme

Retreat Administrator

Treasurer, Member of Board

Rangjung Yeshe Gomde Pyrénées

Identité bancaire/ Bank Account:

CCM Perpignan Catalogne, 7 Cours Lazare Escarguel, 66000 Perpignan, France
IBAN: FR 7610278089980002053710115 BIC/SWIFT: CMCIFR2A

Rangjung Yeshe Gomdé - Mas Can Pere Courreu, Route Departementale 13, 66110 La Bastide
Tel 0033767782906 - mailto: hello@gomde.fr

The extent to which I satisfy the retreat qualifications and requirements

- **strong interest in the Chokling Tersar lineage;**

I have been practicing in the Chokling Tersar lineage since September 2011. This includes Tara Triple Excellence programme, Chokling Tersar full Ngondro, a current commitment of Vajrasattva sadhana which includes a 100.000 accumulations of the long Vajrasattva mantra, and also different regular practices of Chokling Tersar (Vajrakumara, Trinley Nyingpo, Essence of the Two Accumulations, Sangcho and others).

- **devotion to and complete willingness to be guided by Chökyi Nyima Rinpoche;**

Chokyi Nyima Rinpoche is my very important Teacher. I have received many teachings and empowerments from him. I also have a strong personal connection with him. He is extremely highly realised, extremely knowledgeable, very kind yet totally incorruptible, a true upholder of Buddha's Dharma on a great number of levels. I certainly feel a lot of devotion to him, and it is a joy being guided by him in retreat.

- **a wish to take part in a retreat where, for most of the three years, you will be engaging in ngöndro and sadhana practices;**

This is what most of my practice has been so far, and I love Ngondro and sadhanas. They represent an amazing way to accumulate both merit and wisdom.

- **a firm commitment to follow the retreat schedule and practices until the end of the retreat.**

Yes, of course, I am determined to not waste this very precious opportunity, and I will do so!

For requirements, it is highly beneficial to have previously done other retreats of at least three-month duration and to be familiar with principles of ngöndro and sadhana practice.

As I outlined in my motivation letter, I have done many shorter retreats (up to 1 week) since 2011 (on average, 5 a year). Having a full time work, I was not able to go beyond a 1-month retreat in time, however, at the end of each retreat I have always been nostalgic and wished I could continue practicing in retreat. In addition, as I already mentioned, I am well familiar with Ngondro and with sadhanas.

It is especially important that one has a strong connection with Chökyi Nyima Rinpoche, with our retreat master, Drupön Lama Tenzin Sangpo, and with the Chokling Tersar lineage. We will all be practicing together in this lineage for the duration of the retreat, so it's very important that we all feel a strong connection to the practices, teachers, and our vajra siblings.

Yes, as already mentioned, I am strongly connected with Rinpoche and his Sangha. Lama Tenzin Sangpo is a fantastic teacher, very experienced and knowledgeable, kind and compassionate. I am very happy to be led by him. Chökyi Nyima Rinpoche's Sangha is one of my homes. It will be a very precious experience to be practicing together in this three-year retreat.

If you have not done a longer retreat before, Chökyi Nyima Rinpoche often suggests coming and doing the three-month retreat at Gomde Pyrénées first."

Since I work full time and I also need to do certain preparations for the retreat, I do not know yet if I have a possibility to do a 3-month retreat at Gomde Pyrenees beforehand.

When I asked Tsoknyi Rinpoche recently if I need to do any particular preparations for the retreat in terms of practice (including a longer retreat), he said I don't need to, however I need to make sure that I organise my finances well before going on retreat. And this is what I am currently doing: preparing to sell a small property to organise the money to partly fund the retreat. I also firmly maintain my daily practice commitments.