

Tsadra Foundation Year End Report  
for Danielle Blouin, Sopa Choling three year retreat  
December 21<sup>st</sup> 2016

Solitary retreat started on August 25<sup>th</sup> and ran until September 11<sup>th</sup> for that first portion of Phase 3. In that period I decided to practice Mahamudra and do some more of the Very Secret Chakrasamvara practice we did at the end of Phase 2. I found they complemented each other very well and although it was not long it was very helpful in preparing my mind for the following Six Dharmas of Naropa we are now practicing in the group retreat. (See attached program schedule)

We closed the gates on September 16<sup>th</sup> and started with the Ngondro section of the six dharmas. Typically one would expect to find these preliminary practices somewhat tiresome, something uninteresting you have to endure before to get to the real thing. However for me all sections of it were fresh and very rewarding, as if I had never practiced Ngondro, thanks to the solitary retreat before. As for Chandali, I will only mention quite a deepening in the realization of emptiness, and in such a variety of manifestations! As for each of the other phases, I am surprised to see how much progress was made during the transition year.

The challenge so far is in managing my physical limitations in terms of energy level and in keeping the winds under control. Regarding that, I was instructed by Thrangu Rinpoche to only visualize during Chandali, and it actually works very well this way. So far I didn't have to leave the retreat compound at all.

For this Phase, my role is tormachief. It will become challenging once we move on to the next practice of Jinasagara in March. For now, I appreciate the chance to help others with their technique, as well as mine. Since by now we are all well trained it is not a difficult task.

Once again, I owe a lot to Tsadra Foundation for making available such a precious practice opportunity. Through this, may I too be able to help in such a meaningful way one day!