

Jean-Paul Paulson

Dharma practice: I have been studying and continuing a daily practice since 2012

-Lived and worked at Karme Choling 2016-2022 as Property manager. As a group we chanted and practiced our individual sadhanas or Samatha Vipassana for one hour every morning and one hour every evening.

-Practiced in 2 one month long group retreats know as Dathun's at Karme Choling.

-Complete level 1-5 meditation training created by Chogyam Trungpa.

-Practiced in 2 two week meditation group retreats Karme Choling.

-8 one month long solitary cabin retreats at Karme Choling and 1 one week solitary retreat at Karme Choling

- Practiced in at least 10 weeklong group retreats as a participant or program coordinator at Karme Choling.

- Sat in a 10 day Vipassana retreat at a Theravada Monastery in Thailand on the island of Koh Sumi in 2018

-Sat in a 10 day Vipassana retreat in Tamil Nadu India in 2019

-one month long Ngondro retreat at Ka-Nying Monastery in Kathmandu in 2024-2025

-Completed Longchen Nyintik Ngondro through Guru Yoga in the Ngondro Gar under Dzongsar Khyentse Rinpoche 2022-2025.

-10 day Longchen transmission in Mexico with Dzongsar Khyentse Rinpoche December 2023

-3 month ZaZen group practice period at Tassaraja in 2019

-Led and gave mediation instruction once a week for weekly morning mediation at the Esalen Institute in Big Sur California for guests and staff 2022-2024

- 10 day group puja and group meditation at Gomde California July 2024 and July 2025.