

Yeshe Rabsal
KTC monastery
Wappingers Falls
NY 12590

December 14th 2014

Contemplative Scholarships
Tsadra Foundation

Dear Tsadra,

I am writing with regards to my yearly requirement to describe the details of my retreat activity as supported by your organization.

Concerning my overall progress for the year I am very happy with the direction in which my practice has developed. Continuing from the previous two years, the main emphasis for me has been to overcome the habitual tendencies of my mind which prevent me from being more fully present within my environment. In particular, this is highlighted through my interactions and involvements with my fellow retreatants. In accord with the Buddhist path this has entailed an increasingly thorough examination of my negative emotions and thought patterns which overshadow my more kind and compassionate potential. More and more I am able to feel the benefits of the efforts that I have been able to apply to this process.

As regarding the more formal aspects of retreat I am also very happy with the shape that this is now taking. If I am honest I can truly say that nothing in life has tested me so much as developing a meaningful relationship with sadhana practices. So this has been an ongoing struggle of patience and perseverance with many ups and downs which, thankfully now, is evening out and starting to come together in a way which will stand me in good stead for the rest of my life. For this I am very grateful. Another aspect of practice which is really the one which I hold as foremost is the recognition of mind's essence. I regard this as the underlying foundation that sheds light on all other areas of my practice and as such this has enabled me to slowly overcome my many shortcomings, and it continues to do so.

Looking to the future I am inspired increasingly to apply myself to the present moment and to the time remaining here in retreat. I feel that the responsibility that lies ahead for us when we return to the KTC sangha means that it is imperative for me to have control of my mind and my actions. This will enable me to have a positive effect in the various situations that I find myself and to undertake any roles that may be asked of me to the best of my ability.

Once again I would like to thank Tsadra Foundation for the kindness of their support in helping myself and others to travel this most meaningful path.

With Regards,

Yeshe Rabsal
(Kevin Chowings)

Practice activities, 2014

- January – March Khorlo Demchog, Yidam practice
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- April – June Gyalwa Gyamtso, Yidam practice
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- July Chod Tsok, Group offering practice
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- August LhaZhi, Preliminary deity practice
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- September – February GyuDeNga, Yidam practice

Daily Schedule

- 4-6am Morning Tun, Ngndro practices, ChoTor, TunZhi and gyunchir commitments
- 6-8am Group chanting, Shrine room prayers
- 8am Breakfast
- 8.20-1100 Tun 1, Deity practice
- 11-11.35 Trulkhor, Group yoga
- 11.40-12 Gyunchir commitments
- 12-2pm Lunch, includes group activities eg. Torma making
- 2pm 4.30 Tun 2, Deity practice
- 4.30-6pm Evening group chanting, protector practices in shrine room
- 6-6.15 Dinner
- 6.15-9.30pm Tun 3, Dorje Purbha followed by deity practice, Chod and Dewachen monlam