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2013 EUREKA CANYON ROAD  
WATSONVILLE CA 95076

December 06, 2014

Dear Lama DrubGyü/Tsadra Foundation Directors,

As a grantee of Tsadra Foundation's Contemplative Scholarship fund; I am providing below a report of my activities as required by the initial agreement between the foundation and myself.

**Activities for year 2014:**

<i>January 1<sup>st</sup> – March 9<sup>th</sup></i>	Continued Dorje Drolö Maha Yoga practice
<i>March 10<sup>th</sup> – April 21<sup>st</sup></i>	Dorje Drolö Khorde Rushen practice
<i>April 22<sup>nd</sup> – July 29<sup>th</sup></i>	Khandro Thuk Thik Maha Yoga practice
<i>October 30<sup>th</sup> – November 08<sup>th</sup></i>	Dakini Kurukulle Maha Yoga practice
<i>November 09<sup>th</sup> – November 18<sup>th</sup></i>	Dakini Singhamuka Maha Yoga practice
<i>November 19<sup>th</sup> – November 29<sup>th</sup></i>	Dakini Thröma Nakmo Maha Yoga practice
<i>December 06<sup>th</sup> – March 05<sup>th</sup></i>	Khandro Thuk Thik Anu Yoga practice

**The daily schedule of practice**

<i>1<sup>st</sup> session</i>	5 am to 8:00 am
<i>2<sup>nd</sup> session</i>	9:30 am to 12:30 pm
<i>3<sup>rd</sup> session</i>	3 pm to 6:00 pm
<i>4<sup>th</sup> session</i>	7 pm to 10:00 pm

We have learned Lopön, Umdze, Chopön duties, Tormas for each practice and helped to setup the main shrine and setup our individual shrines.

During intermission periods, we were asked that we keep one session a day minimum, whenever we please according to Lama Tharchin Rinpoché's instructions.

- Impressions about the retreat experience – Very confronting, quickly transforming and very often a sense of deep emptiness but at a price, the seemingly violent upheaval of my concepts.
- Challenges faced – Stopping or quickly dissolving my mind when others threaten me. I am experiencing karmic pay back, and so is Fred; during the 1<sup>st</sup> year and a half of the retreat we both made the mistake of reacting in a correctional manner to someone who thinks that the rules don't apply to them, and that they can disturb others whenever they want to, and correct others at a similar level of a hair misplaced on their head, an excellent opportunity to recognize my importance of trying to figure out what Pure Vajrayana conduct is, for myself!

Kind of like penny wise and pound foolish regarding, I should, one should, want to correct oneself over seeing others mistakes. I have been responding to it by remaining calm outside while my mind plays charades and I dissolve it on the inside, so I guess you might say that my behavior is maybe setting a standard by not responding in the similar manner as that of the threat, then there is no backboard to continue the back and forth.

I do think it would be wise and helpful to screen people more thoroughly before they enter a closed group retreat environment to make sure that they don't have substance addictions and behavioral problems that prevent them from learning what is being taught, and that they are actually interested in learning the taught tradition/curriculum that is being presented, otherwise we have no basis for performing consistently during out Tsoks. But of course it can be helpful to make others process through it and have to dig all that much deeper to get their results?

V. Gyatrul Rinpoche used to say to us when I lived up at Tashi Choling; "if you can practice here, you can practice anywhere".

I think it also should be considered that if such a person is allowed to behave in such a way without being able to apply some level of correction some slight drastic measures should be taken if at least for the sake of helping the person to understand that there is more to be gained from their practice, otherwise they might develop the idea that the process is not worthy of their time and consider dropping out of Dharma all together. I have heard these types of comments being made and it is saddening for me to think/have thought, that because of a lack of more disciplined instruction that this person might actually lose an interest in the Dharma.

This seemed to change after Dhungse Garab Rinpoche visited a few months ago, he seemed to correct everybody from Lama Sonam down to Fred by saying that we are all at the relative level, and we shouldn't be correcting others at the level of Sambhogakaya clear light, after that Lama Sonam actually visited and tried to help Magnus, it would have been nice if he would have continued to help Magnus but I know that he is very busy, Magnus was suffering a lot though and has lost some faith in our process I am afraid to say.

- Satisfaction found in it – I have been able to recognize at a small level that the self -illusory created causal Samadhi is very useful in dissolving all concepts into the possibility of the three perfect circles of not coming, not going and not abiding. It has helped me understand that my concepts, however permanent and indestructible they seem, are really not permanent and I don't need to be overwhelmed by them, like one of our prayers to the four Dzogchen visions, "I rejoice in the exhaustion of phenomena".

Adding physical associations to the process make it interesting; I generally notice that I hold my concepts below my navel with my wind, now as I am letting go of the concepts I am experiencing a tumultuous eruption of fire and wind from that area, trying to counter it with herbs and cooler foods.

- Goals for the next year – to dissolve/sever deep seated fear more quickly, rapidly, do more Shakpa, develop more compassion towards my fellow retreatants and all beings/my parents. Slow down my breathing more and exercise more to keep the wind moving.

More gazing and less talking, less group involvement and more isolation, Lama Pema Dorje said that he would be willing to help direct me in an isolated retreat down the road on a single deity, I think that would be helpful, we have been changing allot, it hasn't made the plow field go as fallow as I would have wished, but a constant test it has been.

I can say with confidence that I have been able so far to fulfill to the best of my abilities the purpose of the grant generously issued by Tsadra Foundation.

With sincere gratitude,  
David Tobey

Thank you so much for your help, may I please never be separate from you Lama Drub Gyü, Eric and Sean (I am in Khenchen Namdrol Rinpoche's Heart Essence Sangha with Sean).

Does Tsadra ever consider allowing retreatants to attend Teachings during a retreat that are outside of the retreat boundaries?

Khenchen Namdrol is giving a teaching next year in September that the Heart Essence Sangha is invited to on a special teaching by Chetsun Sangye Wangchuk.