

Ani Pema Dolma

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Vajrayana Buddhist nun dedicated to intensive study, practice, and retreat in the Kagyu and Vajrayana traditions.

Objective

To enter and complete the traditional three-year retreat with the aspiration to deepen my realization of the Dharma and dedicate my practice to the benefit of all beings.

Ordination

- Fully ordained as a Vajrayana Buddhist nun by His Eminence Tai Situ Rinpoche (March 2025).

Root Teacher & Guidance

- Student of Wangchen Rinpoche, under whose guidance I have received formal approval and blessing to enter the traditional three-year retreat.

Formal Dharma Study

- Systematic study of Vajrayana philosophy, sadhana practice, and meditation under the guidance of qualified teachers.
- Participation in ongoing teachings, study groups, and commentary classes on Mahayana and Vajrayana texts.
- Extensive independent study of Kagyu lineage practices, including Shangpa Kagyu contemplative methods.

Retreat Practice

- Completed multiple Nyungné (fasting) retreats (including intensive multi-day sequences).
- Completed foundational Ngöndro practices (prostrations, Vajrasattva, Mandala offerings, Guru Yoga).
- Undertaken short-term solitary retreats for sadhana accumulation and deepened meditation practice.
- Regular practice of Green Tara, Chenrezig, and Chakrasamvara sadhanas.

Current Aspiration

- Entering the traditional three-year retreat with the aspiration to deepen realization, strengthen devotion, and dedicate the merit for the liberation of all sentient beings.

Community Engagement

- Founder of Ac■cea Foundation — providing charitable support to Buddhist organizations, local community projects in Oaxaca, and students seeking Dharma education.

- Created and directed an online teaching platform for cultural literacy and Buddhist educational programs.