The requirements for someone who would like to do the three-year retreat at Karme Ling are as follows:

(1) The ability to chant Tibetan fast (comprehension is not necessary)

I can chant very quickly in Tibetan

(2) The completion of 111,111 repetitions of the four foundations of Ngondro

I have completed the four foundations of Ngondro with 111,111 repetitions. Additionally, I am nearly finished with my second full set of four Ngondro foundations.

(3) Good physical and mental health

I am physically and mentally fit for three year retreat. My weight is nearly 140lbs at 5'11", and my physique is slightly toned. Each day I do about two hours of cardio, in addition to a regular 108 daily prostrations. I have no known diseases, conditions, allergies, or hindrances to my health in any way whatsoever. Mentally, I am energetic, inspired, and feel generally very well. My love for the dharma, as well as making efforts in daily life to be a positive example, as well as to bring joy and laughter to others, keeps my spirits up.

(4) $36,000 retreat fee (NOTE: the Karme Ling website says $25,000, but this is outdated. The cost for the 2026 three-year retreat is $36,000. See acceptance letter from Lama Karma Lodro for updated cost)

I have about $23,000 in my personal checking account, and in addition to seeking support from the Tsadra Foundation, I have sought and have been granted partial support from my mother.

(5) The ability to read, write, and speak English fluently

As English is my native language, all of these requirements are completely satisfied with no impediment whatsoever.

(6) Permission from the Retreat Master

I have sought and have been granted permission from the Retreat Master, Lama Tsultrim Gyalsten. Additionally, I have been approved by the Karme Ling manager, Lama Karma Lodro. *(See application for letter of acceptance)*

(7) Letter of recommendation from main teacher

My main teacher, Lama Yeshe Palmo, has sent her letter of recommendation to the Tsadra Foundation in conjunction with my application submission.