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Recommendation letter for Heidrun I. Köppl for the Tsadra Scholarship

July 18, 2021

Dear Tsadra Scholarship Committee,

I am very honored to be able to write a letter of recommendation for Heidrun I. Köppl ("Heidi"), from Austria. I have known Heidi for over 30 years, as friends, as classmates, and as dharma sisters. We lived together for eight years in a small bungalow in the compound of Ka-Nying Shedrub Ling monastery, Boudhanath, Nepal, and have been very close ever since. We studied together for some years at the University of Vienna (Tibetology and Buddhism), at Tribuwan University, Nepal (Tibetan and Sanskrit), and at Rangjung Yeshe Institute, Nepal (Buddhist philosophy). We went on pilgrimages together to Tibet, India, Bhutan, etc. and did several six-weeks and three-months retreats together in Gomde Germany-Austria and in Gomde Pyrenees.

Over these years I have witnessed Heidi as a student, as a teacher, as a translator, and most of all as a practitioner. Heidi is one of the most compassionate and brilliant people I know. With great passion and commitment, she has been studying, reflecting, and meditating on the dharma, clarifying her questions on the dharma in general and her personal practice with amazing masters of Tibetan Buddhism, such as Chökyi Nyima Rinpoche and Tulku Urgyen Rinpoche. She also received teachings from Dilgo Khyentse Rinpoche, Nyushul Khen Rinpoche, Chatral Rinpoche, Trulshik Rinpoche, and many others. Not only does Heidi have immense discipline for her daily sessions, she is also such a role model for integrating her practice every moment of her day. Heidi has finished her Master degree in South Asian Studies in Copenhagen, Denmark and then was well on the way to writing her PhD in Lausanne Switzerland, when she decided that the online meditation program she founded, "Tara's Triple Excellence," would need her full attention to be able to really take off and swiftly benefit beings. Since then she has been developing this profound dharma program and guiding a team of over 30 people. This program has about 1000 participants, not only online, but also hosts seminars, retreats, often taught by Heidi herself. Heidi also is one of Chökyi Nyima Rinpoche's main translators, interpreting from Tibetan to English and German at many seminars and retreats, not only for him, but also for other high lamas, such as Chokling Rinpoche, Phakchok Rinpoche, Tsoknyi Rinpoche etc. She has done many retreats, often also translating for the retreat lama. Heidi also wrote several books and translated many texts for Dharmachakra Translation Group, etc. Heidi does all of this out of her immense compassion of wanting to benefit beings, to lead everyone to ultimate awakening.

Thus Heidi has fulfilled the wish of her master Chökyi Nyima Rinpoche to become an authentic dharma practitioner, fully engaged in unbroken practice and constantly benefiting beings. She is truly a rare jewel in this world!

I therefore strongly recommend Heidi for the Tsadra contemplative Scholarship. Should you have any questions, please don't hesitate to call me or email me.

Warm greetings and thank you for doing so much for beings and the dharma,

A handwritten signature in blue ink, appearing to read 'Tina Lang', with a stylized flourish at the end.

Tina Lang