

Outline of Qualifications for Entering the Retreat

Introduction

This outline presents my qualifications for entering the traditional three-year Retreat, demonstrating how I might meet the eligibility criteria established by the Tsadra Foundation. As a committed practitioner of Buddha Dharma, I strive to bring a foundation of experience, dedication, and personal qualities that my Guru believes prepare me to undertake this transformative spiritual journey with sincerity and purpose.

1. Study and Practice of Tibetan Buddhism for at Least Five Years

- **Qualification:** I have been a devoted student and practitioner of Buddhism for over five years. My path has predominantly been guided by my Root-Guru Wangchen Rinpoche, (the Shangpa Kagyu Lineage holder) at Ser Cho Ling, where I reside.
 - **Extent Satisfied:** As a resident at Ser Cho Ling, I have immersed myself in daily meditation & Sadhana Practice, study of Buddhist texts, and community life under Rinpoche's guidance. This sustained engagement has deepened my understanding of the Dharma and strengthened my practice over the years.
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2. Completion of Qualifying Practices

- **Qualification:** I have completed multiple Nyungne retreats, including both 25 and 8-Nyungne formats, which are qualifying retreats needed to enter 3-Year Retreat at Ser Cho Ling.
 - **Extent Satisfied:** These retreats, focused on the practice of 1000-Arm Chenrezig, have cultivated purification, devotion, and bodhicitta—key elements of the Preliminary Practices.
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3. Rudimentary Knowledge of the Tibetan Language

- **Qualification:** I have developed a basic understanding of the Tibetan language through my Guru's guidance and teaching.
 - **Extent Satisfied:** My current proficiency supports my practice, and I am eager to enhance my language skills during the retreat to further connect with the teachings.
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4. Qualities of a Successful Practitioner

- **Qualification:** As a Novice Monk and the Property Manager at Ser Cho Ling, I believe that I am beginning to cultivate qualities such as discipline, responsibility, and selflessness. My monastic vows and role managing the center's operations may serve as a reflection of my commitment to living the Dharma in both spiritual and practical ways.
 - **Extent Satisfied:** My responsibilities at Ser Cho Ling have nurtured emotional maturity, kindness, and a collaborative spirit. Friends & Family Members have noted my diligence and humility in service, qualities I will carry into the retreat.
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5. Financial Need

- **Qualification:** As a Novice Monk dedicated to the monastic path, I have minimal personal resources and rely on the support of the Ser Cho Ling community. I have sought partial funding for the retreat but require additional assistance as my previous support will not satisfy the needs for the duration of time that I will be in retreat.
 - **Extent Satisfied:** My financial situation reflects a life devoted to practice over material gain. A detailed budget and description of my efforts to secure support are attached to this application in the form of average monthly expenses.
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Conclusion

My background as a Novice Monk, my completion of Nyungne retreats, my residency and service at Ser Cho Ling under Guru Wangchen Rinpoche, and my steadfast commitment to the Buddhist path align with the Tsadra Foundation's criteria. I am prepared to embrace the challenges and blessings of the three-year retreat, trusting it will deepen my overall practice, and hopefully eventually lead to a stable and unshakeable realization of the nature of mind.