

From: AS Pollock sandy@aspollock.com
Subject: Monica Wysocka
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To: contemplativescholarship@tsadra.org

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To whom it may concern:

I'm writing on behalf of Monica Wysocka and her application for a Tsadra Fellowship for a 3-year retreat. In summary I believe she has the qualities including maturity, renunciation of distractions, focus on meditation, and spiritual devotion to her lama that suggests "success" both at completing, and profiting herself and the greater sangha, following a contemplative 3 year retreat.

I have known Monica for 18 years both as a dharma friend and later a personal friend. During this time and during her travails as navigating life, relationships, practice she's always had a spiritual goal and has focused her attentions on it. During the past 3 years she has lived at a spiritual community, Ser Cho Ling in California, and has decreased her worldly activities to focus on practice.

Monica takes increasing joy in the demanding Nungnye practices- the main practice at Ser Cho Ling. She has reduced her outside activities, travel and non-dharma socialization- she has simplified her life reducing distractions and attachments. Finally, she has shared with me her increasing devotion to Lama Wangchen.

I was on the Board of Directors of KCC for nearly a decade during which time we sent a number of retreatants into 3 year retreat, many of whom I knew well. Some dropped out and some completed the retreat and some succeeded. Although it is not possible for me to really know, I have the strong impression that the ones had a "successful" retreat, judged by their activities and demeanor and devotion to continued practice (on and off the cushion) after the retreat, were the people who had just the qualities and trajectory that I have seen in Monica.

So, I recommend her heartily for your support for three-year retreat.

Warmest Regards,

(Allan) Sandy Pollock
Sent with [Proton Mail](#) secure email.