

Dharma Studies & Practice

- September - December 2013** - Visiting semester at RYI studying Nepali, Intro to Tibetan Buddhism, “The Way of the Bodhisattva,” and Buddhist Art
- November 19, 2013** - Formal refuge vows with Chokyi Nyima Rinpoche (CNR)
- November 2013** - Participated in first weekend-long retreat at Asura Cave
- January 2014 - May 2014** - Buddhist Ethics course with John Makransky at Boston College
- September 2015** - Completed ten-day Discovering Buddhism Course at Kopan Monastery
- October 2015** - Completed one-week Green Tara Kriya Yoga retreat with CNR and Lama Tenzin Sangpo at Asura Cave
- October 2015** - Traveled to Bodhgaya on Pilgrimage and for a week of Teachings with CNR
- November 2015** - Completed one-month November Course at Kopan Monastery
- December 2015** - Weekend-long mindfulness retreat with Bhante Gunaratana at Nalanda in Malaysia
- June - August 2016** - Buddhist Studies Summer student at Gomde California
- July - August 2017** - Buddhist Studies Summer student at Gomde California. Completed solo 10-day Green Tara retreat.
- August - December 2018** - MA Prep student at RYI studying Classical/Colloquial Tibetan, and Gampopa’s “Jewel Ornament of Liberation.” Teaching Assistant for Buddhist History, “The Way of the Bodhisattva,” and Academic English.
- January - May 2019** - MA Prep student at RYI. Same as above^
- May - August 2019** - Advanced Colloquial Tibetan Summer Program at RYI
August 2019 - traveled to Gomde Pyrenees to receive Teachings and related Transmissions for “The Sphere of Refined Gold” from CNR
- August - December 2019** - MA Prep student at RYI. Studying Intermediate Classical Tibetan, Untranslated Khenpo class on Patrul Rinpoche’s “Brilliant Sun.” Teaching Assistant for Buddhist History, Academic English, and “The Way of the Bodhisattva.”
- January - June 2020** - Traveled to Gomde Pyrenees to receive Teachings and Transmissions related to the Sphere of Refined Gold with CNR. Then participated in and translated for a three-week Outer Tara Kriya Yoga retreat led by Ani Kunga from Nagi Gompa. Then completed the Sphere of Refined Gold three-month retreat led by Drubpon Tenzin Sangpo.
- August - December 2020** - Accepted as Tsadra Fellow but forced to defer due to pandemic. Maintained part-time studies as a student at RYI. Completed two courses: Advanced Classical Tibetan and an untranslated Khenpo class on “Ornament of the Middle Way.”
- January - May 2021** - Completed Advanced Classical Tibetan online as well as the course on “Ornament of the Middle Way.”
- August - December 2022** - Returned to RYI in person as a full-time MA student. Studied Research Methods and “Distinguishing the Middle Between Extremes” in an untranslated Khenpo class.
- January - May 2023** - MA student studying Methodology and “Distinguishing Phenomena from their Intrinsic Nature” in an untranslated Khenpo class.

August - December 2023 - MA student studying “Root Verses of the Middle Way” in both a translated class with Dr. Thomas Doctor and an untranslated Khenpo class. This semester also began our Thesis Writing workshop with individual advisors.

January - August 2024 - Completed, submitted, and defended MA thesis entitled, “The Fertility of Delusion: Exploring the Potential for Collective Liberation Through Overlapping Frameworks of Transformation Found in the Dharmadharmatāvibhāga (IV c.) and Emergent Strategy (2017).”

August 2024 - Participated in a week-long seminar of Teachings and ritual at Gomde California with CNR

December 14, 2024 - Graduated from Rangjung Yeshe Institute with a MA in Buddhist Studies

January - March 2025 - Moved to Gomde Pyrenees to help manage the center and translate for Tulku Pasang Tsering, Khenpo Tsondu Sangpo, Drupbon Lama Tenzin Sangpo, and Khenpo Pema Namgyal. This was during a week-long seminar with CNR, a week-long Vajrakilaya retreat, a month of daily Teachings, and ultimately the start of this year’s three-month Sphere of Refined Gold Retreat.

July 2025 - Received instructions and transmissions related to the Tukdrub Barchey Kunsel at Samye Cooperstown from Phakchok Rinpoche over the course of two weekends

July 2025 - Participated in a week-long seminar of Teachings and ritual at Gomde California with CNR

Outside of more formal retreat experiences, I have maintained a daily meditation practice that has evolved over the last 13 years. I began with a daily Samatha practice and maintained this for years. I became a daily practitioner of Tara’s Triple Excellence online program in 2015 and continued it until 2020, pausing after accumulating the Outer Tara Sadhana in the Third Excellence. In 2018 I began the Tukdrub Barchey Kunsel Ngondro and am nearly completed. I paused Tara practice in 2020 in order to focus on Ngondro and MA studies.