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Dear Tsadra,

Here's the report for 2016. The Curriculum has basically been Shamatha Jan. - Feb., Vajrayogini Mar. - May, Channels, Winds + Drops June-Aug., and Tummo Sept. - Present.

It's been a strange year. In late January we did two days of teachings - one day at Vajrayogini, one for Channels, Winds + Drops. The Vajrayogini Teaching was mostly a rlung, page-turning instructions, and a short demo on tormas making and hand offering. We use a short text called "Sea of Blessings of The Great Secret" by Rigdzin Chokyi Druppa and Konchog Chokgyab. The Teaching was brief and similar to our Chakrasamvara instruction.

The second day we did The Channels, Winds + Drops Teaching. It was basically a rlung and a reading of the Channels, Winds + Drops section of Rigdzin Chokyi Druppa's "The Exquisite Words of Lord Naropa."

Druppa apologized that the teachings were done so quickly, mentioning that he had a meeting to go to after the teachings.

The Translator also said that she was busy with college courses and would have more time after the spring when courses ended.

Shamatha ended and we did Vajrayogini from March until May and started Channels, Winds + Drops.

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The next teaching was one morning in early September. We received a note on our Board one day telling us to meet Drapon in the Lama house the next morning for a Teaching, even though we usually do Teachings in the temple in the 3-year retreat village.

We went to the Teaching the next morning - the Translator wasn't there. Drapon said that she couldn't make it and that we would Skype with her, even though there is a very poor internet signal at the institute. He tried to call her a few times over a period of about fifteen minutes. There was no answer, so he got a Tibetan monk from downstairs at the Lama house to translate. The monk spoke broken but somewhat conversational English.

The Teaching was essentially a dlung and a reading of the text that we had in front of us. It lasted about half an hour. He said we had six months to work on it and then we left. I haven't seen him since.

I cried afterward for a long, long time. I try to do the best with what we are given. It's very hard for me. I often feel let down and neglected. It can be very painful. At the same time it is also probably the best source of purification of self-grasping for me. To want so much and not to be given it hurts very much but is also a great gift.

It's a daily process, a daily death, being stripped down day after day after day. It hurts, but there are good times

too. I've come a good distance these last two years but I have a very, very long way to go.

I keep the same session times as last year - 3-6, 7-10, 11:30-2:30, 4-7.

Thank you for your support. It is a great blessing to be supported by Isaacson. I feel incredibly fortunate.

With respect and love,

Kevin