

The requirements for the upcoming three-year retreat slated to begin June of 2026 in Gomde Pyrenees are as follows:

- 1. To have a strong interest in the Chokling Tersar Lineage*
- 2. To have devotion to and complete willingness to be guided by Chokyi Nyima Rinpoche*
- 3. To have a wish to take part in a retreat where, for most of the three years, you will be engaging in ngondro and sadhana practices*
- 4. To have a firm commitment to follow the retreat schedule and practices until the end of the retreat*

(The retreat organizer adds) *It is highly beneficial to have previously done other retreat of at least three-month duration to be familiar with the principles of ngondro and sadhana practice. It is especially important that one has a strong connection with Chokyi Nyima Rinpoche, with our retreat master Drupon Lama Tenzin Sangpo, and with the Chokling Tersar lineage. We will all be practicing together in this lineage for the duration of the retreat, so it's very important that we all feel a strong connection to the practices, teachers, and our vajra siblings. If you have not done a longer retreat before, Chokyi Nyima Rinpoche often suggests coming and doing the three-month retreat at Gomde Pyrenees first.*

With respect to 1 and 2, my experience with Buddhist practice has been predominantly within the context of Tibetan Buddhism, and specifically the lineage, practices, and Teachers of the Chokling Tersar. My course of study and practice has been under the careful guidance and instruction of Chokyi Nyima Rinpoche since 2013, while supported by the various Teachers he has appointed to guide courses at RYI and ritual/retreats at the monastery and affiliated meditation centers around the world. I first met Drubpon Lama Tenzin Sangpo in 2013 at a Green Tara retreat at Asura Cave that he led together with Chokyi Nyima Rinpoche. I have since been in many retreat, pilgrimage, and teaching settings with them both and they know me very well. I have observed them for more than a decade and have whole-hearted faith and devotion in them as guides of this retreat and my path in general.

In regards to 3, due to the context of RYI being situated at Ka-Nying Shedrub Ling Monastery, I have had countless opportunities to join in group ritual with the ordained Sangha and have been blessed to receive many instructions, transmissions, and empowerments within this lineage. I have a good understanding of the structure of ngondro and sadhana practice, and have been practicing both within this lineage for seven years with daily commitments.

In terms of 4, I generally thrive within a strict schedule and am steadfast in my commitments to retreat schedules. I do intend to practice exactly as instructed, keeping to sessions and practice commitments. Since my personal practices and Teachers are within this lineage, there are no conflicts or hesitations that would prevent me from whole-heartedly committing to this retreat structure.

The retreat organizer adds that it is advisable to have completed the three-month retreat at Gomde Pyrenees prior to joining this three-year retreat. I did complete this retreat in 2020 under the guidance of Drubpon Tenzin Sangpo and helped to manage it earlier this year. Since I have had many opportunities to gather with the world-wide Sangha, I have very close relationships with my vajra siblings, including many intending to join this retreat.