

Tsadra Foundation Contemplative Scholarship Year-End Report 2014

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*Disclaimer: Since Lama Chopal is Tibetan and has limited English writing skills, this report was prepared by co-retreatant and Tsadra Foundation Contemplative Scholarship recipient Philip Lampe (Yeshe Gyamtso.)
Lama Chopal can read English and has approved this report.*

Dear Lama Drupgyud,

Our daily retreat schedule at Karme Ling in 2014 was as follows:

Individual practice session 1: 4:00am-7:30am

Breakfast break

Group practice: Sojong 8:15am-9:20am

Individual session 2: 9:30am-12pm

Lunch break

Individual Session 3: 1:45pm-3:45pm

Group Practice: Mahakala and Sur 3:55pm-5:10pm

Group practice: Trulkor 5:20pm-6:10pm (sometimes to 6:20pm)

Dinner break

Individual session 4, incl. Chod practice: 7:15pm-10:00pm

The practices for individual sessions we did in 2014 were:

Vajrayogini (remainder from 2013): January to Mai 2014

6 Dharmas of Naropa: June to December 2014

The 6 Dharmas of Naropa consisted of the practices of a preparatory practice Ngondro), as well as Tummo, Illusory Body, Dream Yoga, Clear Light, Bardo, and Transference, each of which was practiced for one month. We continued to practice short versions of Tummo and Illusory Body throughout all of the 6-Dharma practices.

As in 2013, daily individual practices in session 1 also included Chaptor and Sang, as well as abbreviated versions of Karma Pakshi and White Tara.

A new addition to our daily group practices in 2014 was Trulkor (physical exercises.) Trulkor started in July and, like all group practices, will continue until the end of the retreat.

As before, once a month Sojong group practice was replaced by Green Tara practice. Also once a month, individual session 3 and Mahakala group practice were replaced with Tsendring practice.

Lujin, a longer form of Chod practice that takes ca. 45 minutes, replaced the Milam Lungten Chod practice, appended to session 4 in 2014. 3 times a month we practice Lujin as a group together in the main shrine hall of our building. The Lujin Chod practice will continue until the end of the retreat.

Lunch breaks frequently get used to make tormas for Mahakala practice or for our individual practice, as well as for cleaning and taking care of the building and facilities.

All retreat participants rotate on a monthly basis to play the various ritual musical instruments for Mahakala and Sojong, as well as perform Lupon and Chopon duties.

I, Lama Chopal, participated successfully in all of the above practice sessions and activities without any period of inactivity or inability to act in accordance with the retreat schedule and retreat rules. All funds received from Tsadra Foundation were used in accordance with the contractual agreement to pay for the retreat.

Thank you for your support of my retreat!

Lama Karma Chopal Zangpo

Preparer: Yeshe Gyamtso (Philip Lampe)

Approved: Lama Karma Chopal Zangpo