

An outline of qualifications for entering your retreat and the extent to which you satisfy these qualifications.

These are the requirements of Karme Ling Retreat Center:

The ability to chant Tibetan fast (comprehension is not necessary): Right now, I'm studying and practicing reading Tibetan, I'm doing my best to read fast and to be able to be fully ready until the beginning of the retreat.

The completion of 111,111 repetitions of the four foundations of Ngondro: I'm accumulating Vajrasattva, and I have the second half of 2025 scheduled to do a few solitary retreats in order to finish the Preliminaries accumulation.

Good physical and mental health: My physical health is good; I have no health issues and don't take any medicine. I was able to do 2 thousand prostrations a day for many days in a row without any problem, also I enjoy taking good care of my health. My mental health is also good, although I've never experienced such a thing as a 3 year retreat before, I have been through many challenges situations that required me mental stability and perseverance, so I feel safe about my mind being capable of dealing with retreat challenging situations.

\$36,000 retreat fee: I'm applying for Tsadra Foundation requiring sponsorship and requesting \$30,000 for you, nevertheless, I'm also doing my best and working to be able to afford to pay more than \$6,000 (remaining amount) by myself; I have some bank savings that I will keep to sum up in the total amount, I'll also promote fundraising and ask donation and support for other Dharma-friends who I trust that will be happy to help with my Dharma path.

The ability to read, write, and speak English fluently: I fully satisfy this requirement.

Permission from the Retreat Master: Lama Lodro Lhamo and Lama Zangmo kindly scheduled a call with me, and they have accepted me for the Three-Year Retreat.

Letter of recommendation from main teacher: Lama Karma Tartchin, my main teacher, has already written a recommendation letter and he is very happy to help me with all the retreat requirements.

Apart from the list above which is the requirements of Karma Ling Retreat Center, I want to mention a few other qualifications that I believe that I fulfil for entering the Three Year Retreat:

Follow a genuine Lineage and Teacher: the Karma Kagyu lineage comes to me from Lama Karma Tartchin, whose teacher is Khenpo Karthar Rinpoche, who was appointed as an abbot of Karma Triyana Dharmachakra by the 16th Karmapa. Having said that, I feel very blessed to receive the pure Dharma from this precious lineage.

Commitment to the Practice: Since I received the first instructions on meditation from Lama Tartchin when I was very young, I've been doing my best to follow and practice as he's been asking me to do. I'm very happy to keep the commitment to the practice and follow the instructions exactly as I've been told to do. Having said that, I can affirm that I've been deeply committed to the practice of the Karma Kamtsang Ngöndro.

Retreat Experience: I've participated in many group retreats, both joining the practice and performing as a Chopon, and helping in the kitchen and retreat managing. Since 2022, I've started experiencing solitary retreats as mentioned in the Dharma Curriculum Vitae.

Emotional readiness: Throughout the years, I have worked on developing inner stability and resilience through the teachings of the Buddha, that helped me on realizing the impermanence of feelings, thoughts and people, the interdependence for living the Precious Human Life, and the certain of death, thinking about these fundamentals aspects of life daily, makes me more kind, patient and soft and also increases the willing of making something truly meaningful to relieve the suffering of others and myself.

Also, as I'm a very curious personality, I've searched and experienced many kinds of therapies to help me understand human struggling and suffering through psychology and holistic methods. This research helped me to improve my abilities as a person and are quite a considerable contribution for the way I'm confident on dealing with life and relationships challenges.

Talking about coping with the challenges that sometimes appear during both group and solitary retreats, I believe that I've been dealing skilfully with them, as I have good group retreat experiences and a peaceful relationship with the closed Sangha, and I truly and deeply enjoy solitary retreats and I'm always longing to do them, as I completely recognize their benefit in many aspects of Dharma practice and life.