

The Tsadra Foundation  
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Vajra Vidya Retreat Center

### Regrading: Report 2014.

Dear Lama Drupgyu,

I hereby forward my second year-end report.

I sitting here drinking a cup of green tea (the good stuff: ging gu da fang) sponsored by dear Angela, who unfortunately left the retreat last year. I miss her! And today one of our cooks left for India. Him I will miss too! .... A more happy note I can share with you is that we have had some great visits by some great master-minds: Thrangu Rinpoche took the trouble and came all the way from Nepal to give us empowerments this summer, and Ringo Tulku Rinpoche has been here for lunch and gave a heartfelt talk. Also Ani Pema Chödrön has been here pointing out a few things to us. She talked about “the view” and how to apply it when living in a retreat situation like this. She is truly our local Buddha! (She lives just around the corner from us).

Like this we have been quit spoiled this year by these masters sharing their experience with us.

I have not have had any difficulties in accomplishing the purpose of the grant during this period, and there has not been any periods of time where I was not available to accomplish the contract activity in 2014. Since my first report (December 2013) we have complied following practices:

- 1) Konchog Chidu
- 2) Seven Points of Mind Training
- 3) Shamatha meditation
- 4) Vipashyana meditation
- 5) Vajrayogini

Back in September we began Chakrasamvara practice, which we will finish by February 10<sup>th</sup>, 2015. Hereafter we will practice The Six Yogas of Naropa, followed by Gyalwa Gyamtso, Amitabha, Final Chöd and White Tara before ending the retreat in May 2016.

Also, next year Khenpo Lobsang will start to teach us Tibetan language and “Creation and Completion Stages” by Jamgon Kongtrul Rinpoche. Khenpo Jigme is giving us excellent teachings for each new practice, and both khenpos are always available for questions and clarification. I simply love living with these teachers. So practical, you know. Every day we do the “daily practises” such as “Yoga of Awaking”, “Chaptor”, “Riwo Sangchö”, “Vajrakilaya” and the “Mahakala-pujda”. Also we do “carry on practice” for each of the practices, which we have finished. So most of the day is spend in the meditation box (the space ship) mixed with the daily practical duties related to Mahakala and general house keeping, and a little study when time allows for it. I guess it is all very traditional for a retreat like this. We are busy, and “doing it”.

“Progress made” is a tricky question, dear lama, because I diffidently feel that “something” is going on internal, you know. Not that I have had any deep insights at all, however the Vajrayogini period was “interesting”. Not only did I have a nice, long attach of hard core “lung”, which taught me not

to buy into my mind's angry "dance macabre", I also got a little peek into the non-solid make-up of the good, old stories playing in my inner movie theatre. After Vajrayogini I can laugh of these inner moving stories and the dance of the angry kleshas, because they often are too hilarious when I just observe their acting and wired dialogues. Stuff which before Vajrayogini brought me down emotionally, now seems some what hilarious! This process I am looking forward to hold on to for the rest for the retreat, which seems to be too short now that we are more than half way through. Gosh! Already? Other times I totally get lost in distraction and find my self chilling out, or planning how to make arrangements for my travel back to Denmark after the retreat and stuff like that, during meditation! So there is a lot to work with and learn. It is all very wonderful.

I could write more, but I feel I said what I have to say, and writing more would just be words for the sake of words - a thing which I diffidently am guilty of. That is also the reason why I have decided to keep the silence we began with Vajrayogini.

Thank you very much for your indispensable, kind support.

May all you good people at the Foundation enjoy a peaceful New Year, and always be healthy and happy.

Casper Jakobsen (Karma Senge)  
VVRC