



July 21th 2021

Dear Tsadra Foundation team,

I am the head of Abiding Heart Education, an international teacher training centre located in Kathmandu, Nepal. The Abiding Heart Education is an approach for a transformative Buddhist children's pedagogy (kindergarten to class 8), which integrates the Buddhist worldview, meditation and application with the Steiner/ Waldorf education methodology and developmental science.

I am delighted to recommend Lorena Carazo Alonso Del Hoyo for the advanced contemplative scholarship for three-year retreat. Lorena was a full-time student at our Experiential Buddhist Kindergarten Teacher Training course from January to December 2020. I could not have asked for a better student! As a student, Lorena was a delight; a diligent student, caring class mate and always willing to help with whatever was needed in our little community on our campus. She is responsible, flexible and makes a valuable member of the group.

Lorena is committed to her own inner development and she is dedicated to her meditative practice. Lorena lives her life in awareness of the Buddha's teachings and sincerely endeavours to apply them in her everyday life and in her interaction with other people. I have seen Lorena using skilful means on numerous delicate dynamics and I was always impressed with the integrity and wisdom she applied as she worked through difficulties using compassion and wisdom.

I am aware of Lorena's wish to share all those benefits with others, especially in the field of education. I believe that if Lorena is able to be part of a three-year retreat she will be able to deepen and stabilise her practice and knowledge and this will be of tremendous help for her future engagements. It is my aspiration that with such deepening training, one day Lorena will be able to be of great help in children's Buddhist education. It would be

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extremely beneficial if she can do a long retreat for her own development but also for the contributions that she may be able to make wherever she ends up later on in her life.

Lorena has the maturity, wisdom, kindness, generosity and endurance to be part of a three- year retreat. I recommend her wholeheartedly and hope that she will receive this scholarship that would make it possible for her.

Sincerely yours,

Dr. Meyrav Mor

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