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July 25, 2023

Lama Drupgyu  
Tsadra Foundation  
245 West 4<sup>th</sup> Street  
New York, NY 10014

Re: Lars Rismyhr

Dear Lama Drupgyu,

I am writing to confirm Lars Rismyhr's background in the Buddhadharma, particularly the teachings and practices he has received and completed in the Palyul Tradition. Lars attended the Palyul Summer Retreat in Upstate, NY from 2014 to 2017. In 2014, he received refuge from Kyabje Karma Kuchen Rinpoche, and in 2015, 2016 and 2017 respectively, the Ngöndro, Tsalung Tige, and Dzogchen Tögal Ngöndro teachings of the *Buddha in the Palm of Hand* from our Palyul Tulkus and Khenpos. In 2015, he completed his Ngöndro accumulations, and just recently completed his Dzogchen Tögal Ngöndro accumulations. He is a serious and dedicated student, and I recommend him to attend the Dudjom Drubdra retreat.

Yours in Dharma,

Khenpo Tenzin Norgay  
Palyul Retreat Center