

Halifax, July 31, 2025

To Whom It May Concern

My name is Gelong Lodrö Sangpo and I am presently the President of Karma Changchub Ling (KCCL), a monastic meditation center in Halifax, Nova Scotia. I received Getsül ordination from Khenchen Thrangu Rinpoche in 1985 at Gampo Abbey and Gelong ordination from Jamgön Kongtrül Rinpoche in 1987, in Karme Chöling during the cremation of Trungpa Rinpoche. I have lived since 1985 at Gampo Abbey until 2015, when I moved to Halifax to start a monastic center, Karma Changchub Ling, whose name we received from His Holiness the 17th Gyalwang Karmapa. I participated from 1990 to 1996, in the first three year retreat at Söpa Chöling, and afterwards helped with training the retreatants whenever it was needed, in particular, I was overseeing one cycle of the Mahamudra investigations at the retreat, and was one of the point persons for teaching the musical instruments and tormas making to the retreatants, and was consulting regarding ritual questions, when it was needed. I also chaired and taught at Gampo Abbey's monastic college, the Vidyadhara Institute, since its inception in 1999.

This letter has the purpose of showing my full support for Carol Lamarche to join the next phase of the present three year retreat at Söpa Chöling and request Tsadra Foundation to provide full financial support to Carol, if that would be possible for the foundation.

From my brief bio above, it should be clear that I have first hand experience of the three year retreat at Söpa Chöling, and have witnessed many people entering the retreat and graduating from the retreat. I am aware of the difficulties that some retreatants might encounter during the retreat and what it might take to work through these difficulties.

As for Carol Lamarche, I know her from her residency at Gampo Abbey from 2001–2003, and from her residency at KCCL in Fall River, and also from various Vajrayogini druppas and intensives which I was leading. As such, I know her long term commitment to the dharma in regards to practice, study and decorum, and to the Kagyu-Nyingma lineage, and in particular to Thrangu Rinpoche, and therefore was greatly delighted to help her making arrangements for participating at the recent Chakrasamvara abhisheka in Toronto, given by Tulku Damchö Rinpoche, which would allow her now to participate in the next phase of the present three year retreat at Söpa Chöling, to which she also was already recently accepted. I think she has “all the ingredients” that are needed to not only make it through the retreat, but also to not only greatly benefit from it herself but also to later on benefit and encourage others on the path.

I therefore highly recommend Carol Lamarche for receiving full financial support from Tsadra Foundation so that she can join the next phase of the three year retreat at Söpa Chöling.

Gelong Lodrö Sangpo