

I am very fortunate to have Ven. Wangchen Rinpoche as my root guru and as a teacher. I have been practicing and studying dharma for 25 years but only under his direct guidance, instructions and with his blessings I am finally confident that I can complete 3 year retreat.

My qualifications include extensive Samatha and Vipasana practice. I completed 108 Nyugne retreat where I was also serving as a Chopon.

3 year retreat requires self-discipline, patience and most of all altruistic motivation. I believe that I have all of these qualities. I am also intellectually and psychologically mature to handle challenges that may appear. I am experienced practitioner that not only have spent extensive periods of time on a cushion but also served teachers and a sangha.

My knowledge of Tibetan language is very basic but with direct instructions from my teacher that won't be any problem as his English is excellent. Also, I continue studying it on regular basis.

My understanding is that 3 years retreat is not an easy task. It requires inner strength (also physical), discipline, spiritual and psychological maturity and perseverance. I trust that I meet these requirements but above it all, I completely trust my teacher.