

Dharma Curriculum Vitae

Peter Sage

Formal Study

- Gomde California Buddhist Studies Summer Program (2 months per year): 2022, 2023, 2024, 2025
 - Studied with Lama Tsultrim Sangpo, Tsangsar Tulku Rinpoche, and Khenpo Urgyen Tenphel (texts and practices listed below)
- Rangjung Yeshe Institute (Visiting Semester): Fall 2023
 - Studied with Lopon Zopa Sangpo and Prof. Thomas Doctor for four months
- One-Month Ngöndro Retreat at Ka-Nying Shedrub Ling: 2024–2025
 - Studied with Drupla Opak daily for one month

Teachings Received

Kyabje Chokyi Nyima Rinpoche

- Seven week-long seminars on the essence of practice in all three Buddhist vehicles
- Oral instructions on meditation

Phakchok Rinpoche

- Oral instructions on Mahayana and Vajrayana practice over the last three years

Lama Tsultrim Sangpo

- 37 Practices of All Bodhisattvas
- Chöd
- Tukdrup Barché Kunsel Ngöndro
- Vajrakīlaya Sadhana
- Buddha Shakyamuni Sādhana
- Kurukulle Sadhana

Drupla Opak

- Tukdrup Barche Kunsel Ngöndro

Tsangsar Tulku Rinpoche

- Fivefold Mahamudra
- Jewel Ornament of Liberation
- Chakchen Monlam
- Four Noble Truths

Khenpo Urgyen Tenphel

- Heart Sutra
- Twelve Links of Interdependent Origination
- Six Bardos
- White Sur practice

Lopon Zopa Sangpo

- The Way of the Bodhisattva
- Treasury of Blessings Sādhana

Professor Thomas Doctor

- Root Verses of the Middle Way

Retreat Practice

- 2-month personal Ngöndro retreat at Do-Ngak Ling, Chapagaun, Nepal (2025)
- 1-month group Ngöndro retreat at Ka-Nying Shedrub Ling, Kathmandu, Nepal (2024–2025)
- 9-day Drubchen at Nagi Gumpa, Nepal (2025)
- 1-week Vajrasattva retreat at Gomde California (2023)
- 6-day Vajrakīlaya retreat at Gomde California (2022)
- 9-day Kurukullé retreat at Gomde California (August 1–9, 2025)
- 4-day Chöd retreat at Gomde California (2022)
- 4-day personal retreat on Buddha Shakyamuni Sādhana at Samye NY
- 5-day Vipassanā retreat at Spirit Rock (2022)

Daily Practice

- Daily Ngöndro Practice (Tukdrup Barche Kunsel) since August 2023; completed 100,000 prostrations with refuge, currently accumulating bodhicitta
- Completed the First Excellence of the Tara's Triple Excellence online meditation program; recently began the Second Excellence
- From Summer 2022 to August 2023, main practice was Treasury of Blessings Sādhana with 500,000 mantra recitations

Vows

- Took Refuge and Bodhisattva Vows with Tsangsar Tulku Rinpoche (June 2022, Gomde CA)
- Took Refuge and Bodhisattva Vows again with Chökyi Nyima Rinpoche (2023; Refuge at Gomde CA, Bodhisattva vows in Bodh Gaya)

Personal History in Dharma

- Began informal study and regular meditation in 2020 via online dharma talks and guided meditations
- In 2022, entered formal training through the Gomde California Buddhist Studies Summer Program led by Lama Tsultrim Sangpo. That year began practicing Treasury of Blessings and Tara's Triple Excellence
- Met Phakchok Rinpoche in September 2022 and Chökyi Nyima Rinpoche in August 2023, began practicing their oral instructions
- Began the Tukdrup Barche Kunsel Ngöndro in 2023 under the guidance of Chökyi Nyima Rinpoche and Phakchok Rinpoche
- In March 2025, requested and received permission from Chokyi Nyima Rinpoche and my parents to do the next 3 year retreat at Gomde Pyrenees.

Dharma Service

- Teaching Assistant, Buddhist Studies Summer Program, Gomde California (2025)
 - Provided emotional and logistical support to students
- Organizer, student trip to Phakchok Rinpoche's Harvard teaching (2023)
- Organizer, university talk by a close Western student of Chokyi Nyima Rinpoche
- Member, Dharma Gyan International Youth Association (since Spring 2024)
 - Participated in development planning; currently co-developing Dharma Gyan Youth website
- Seminar Staff, Gomde California (2022–2024)
 - Staffed ritual items shop during seminars
 - Assisted with tent-cabin setup/take-down before and after summer programs
 - Supported daily operations with kitchen and dishwashing duties