



KA-NYING SHEDRUB LING MONASTERY

Anthony Chapman (Lama Drupgyu)
Director of Advanced Contemplative Scholarships
Tsadra Foundation
70A Greenwich Avenue #114
New York, NY 10011, USA

20th July, 2021

re: Letter of Recommendation: Ms. Heidi Koppl

Dear Lama Drupgyu:

Allow me to introduce my close student, Heidi Koppl, who has been studying and practicing Tibetan Buddhism for more than 30 years. Heidi came to Nepal in 1989, at a very young age, to learn about Buddhism and meditation. At that time, I gave her meditation instructions and suggested that she learn Tibetan in order to serve the Dharma as a translator.

Thereafter, Heidi remained steadfastly in Kathmandu, devoting herself uninterruptedly to her Dharma practice and Buddhist studies. She received an abundance of teachings, transmissions, and personal meditation instructions from my late father, HE Tulku Urgyen Rinpoche, as well as from many of the most renowned Tibetan masters of our time.

To further her understanding of the Buddha's teachings and to refine her skills as a translator, Heidi studied in our monks' shedra and helped found *Rangjung Yeshe Institute* where she served as an interpreter and taught classes on Buddhist philosophy. To unfold her potential, I encouraged her to pursue a degree in Buddhist Studies at a western university. Once Heidi had earned her MA diploma, I urged her to create an online meditation course based on Chokgyur Lingpa's terma belonging to the *zab thig dolma* cycle known as "Tara's Triple Excellence." Students from all over the world have joined the course and report a deep-felt transformation in their outlook and wellbeing. Heidi is currently developing an online beginner's course based on five essential points.

Having devoted her life entirely to the study, practice, and propagation of the Buddha's teachings, while serving as my personal interpreter for two decades, Heidi has now expressed a fervent wish to undertake the forthcoming traditional three-year retreat at our secluded *Rangjung Yeshe Gomde Pyrenees* retreat centre in France. During the retreat, Heidi will aid her fellow participants by translating my instructions and those of the retreat master, Lama Tenzin Sangpo.

Because Heidi has repeatedly made personal sacrifices in order to help others, I regard her as a very good scholar-practitioner. I believe the extensive retreat will be immensely beneficial for her personal spiritual growth, strengthen her good qualities, and benefit all those who encounter her thereafter. Thus, I hereby wholeheartedly recommend Heidi as an aspirant to receive the great kindness of Tsadra's financial support to facilitate her retreat, and rejoice in and commend anyone offering her assistance in this regard. May you look favorably upon her application.

Sincerely,

Tulku Chökyi Nyima Rinpoche
Abbot

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