

Dharma Curriculum Vitae for Yeshe Nyima

Introduction

This Dharma curriculum vitae outlines my (Yeshe Nyima's) spiritual journey within Vajrayana Buddhism, detailing my study, practice, and service to the Dharma. It reflects my unwavering dedication to the teachings and my aspiration to realize their wisdom through continued practice.

1. Initiation and Early Practice

- **Year Initiated:** 2019
- **First Teacher:** No Formal Teacher Yet
- **Initial Practices:** I began with foundational practices, including mindfulness meditation and Vipassana. In addition to this I was introduced to Dzogchen methods of sun-gazing during this period of time.

2. Refuge & Mahakala Empowerment

- **Year Initiated:** 2022
- **First Teacher:** Wangchen Rinpoche
- **Initial Practices:** I took refuge with The lineage holder of the Shangpa Kagyu, my Root-Guru Wangchen Rinpoche. During this same meeting, I received 6-Arm Mahakala empowerment with Kalu Rinpoche during his visit to Ser Cho Ling.

3. Nyungne

- **Ordination Date:** 2022
- **Ordaining Lama:** Wangchen Rinpoche
- **Practice:** Nyungne
- **Daily Routine:** From Early 2022 stretching out to current time I have completed two 25 Nyungne Retreats as well as several 8 Nyungne Retreats under the Guidance of Wangchen Rinpoche.

4. Bodhisattva Vows

- **Ordination Date:** 2024
- **Lama:** Wangchen Rinpoche

- **Daily Routine:** After completing my first 25 Nyungne and returning for a couple 8 Nyungne's at Ser Cho Ling, I requested my Bodhisattva Vows from Wangchen Rinpoche. I will humbly note that he mentioned he believed my request of the vows during this particular 8-Nyungne as Auspicious which is why he agreed to give me the vows during my retreat.

5. Ordination and Monastic Life

- **Ordination Date:** 2025
- **Ordaining Lama:** H.E. Tai Situ Rinpoche
- **Monastic Residence:** Ser Cho Ling
- **Daily Routine:** Early this year (2025) 5 students including myself became Wangchen Rinpoche's first Western-Monks by taking a trip to New Delhi to receive Novice Monastic Vows from H.E. Tai Situ Rinpoche.

As a Novice Monk at Ser Cho Ling, I follow a disciplined schedule of meditation, chanting, and study. My residency integrates practice with service, such as maintaining the center, cooking for the Sangha, and posting Rinpoche's Teachings online.

4. Current Practice

- **Texts Studied:** I have explored key texts such as, "*The Words of My Perfect Teacher*" by *Patrul Rinpoche*, & "*Treasury of Knowledge*" by *Jamgon Kongtrul The Great*.
- **Meditation Practices:** My practice includes Daily Shamatha, Green Tara, 4-Arm Chenrezig, 6-Arm Mahakala, and Ngondro.
- **Service and Roles:** As Property Manager at Ser Cho Ling, I oversee the center's upkeep, blending mindfulness with practical service to support the community.
- **Other Practices:** In preparation for 3-Year Retreat, Rinpoche has also been teaching us to play the different Instruments such as the Rolmo, Drum, and Sil Nyen. In addition to this, he has also been teaching us Tibetan.

5. Aspirations

- **Aspirations:** I seek to undertake the three-year retreat to deepen my realization of the teachings, aspiring to cultivate wisdom and compassion for the benefit of all sentient beings. My heart has truly been taken by Dharma, and I recognize that if I waste this

opportunity, it would be my own mis-fortune, and thus it is extremely important that I seize the opportunity to make my precious human existence meaningful, for the benefit of all sentient beings.