

12-22-14

Dear Tsadra,

Here's the year end report for 2014 - retreat started in late September and I've done a month of contemplating the four thoughts that turn the mind, a week of Amitayus practice, and am now finishing up the 100,000 Refuge recitations and prostrations.

From my perspective, retreat can be easy or difficult. Four thoughts and Amitayus were fairly easy but prostrations can be taxing on the body. Although retreat can be hard work, I feel that it is rewarding, even after only a few months.

All in all, I think progress is being made, things are going well, and I am happy to be here in retreat. There have been no periods that I was unable to accomplish the contract activity, and each practice has been "completed," so to say.

In closing, thank you from the bottom of my heart for your support - I wouldn't be able to do retreat without you.

Much love,

Kevin