

Reference Letter for Thomas Ens for Application to the Tsadra Foundation Advanced Contemplative Scholarship. July 10, 2023

Greetings,

I am writing in support of Thomas's application for the Advanced Contemplative Scholarship. I have known Thomas for around 10 years and throughout that time he has had an earnest curiosity and desire for studying more deeply Tibetan meditation practices and traditions. I have joined him in a number of practices including a small weekly meditation group that he and a friend initiated where we gathered to sit together. I always appreciated both the significance he brought to the practice and the levity that deepening contemplative work seems to benefit from.

Thomas has studied both independently through reading texts and daily practice as well as from committed teachers. He continues to make his practice a priority in his life and has oriented his work and living towards allowing for and supporting time to go on extended retreats as well as maintaining contact with the teachers he has worked with and met along the way. Having prioritized this practice through a flexible work schedule has sometimes meant not focusing on material gain and income accumulation. This scholarship will be important for the feasibility of the commitment that Thomas is making in entering a 3 year retreat.

I am thrilled to recommend Thomas to this scholarship as I can see how the entering into a 3 year retreat will bring a remarkable growth to a practice and way of being that he is so powerfully drawn to. I have witnessed him considering what his practice means to him and how it could manifest. The decision to undertake a 3 year retreat has not been superficial and I am confident in his presence to encounter the learning, difficulty, and joy that will result from it.

Please consider Thomas for the Advanced Contemplative Scholarship,

Thank you,

Peter Dueck
Thomas' Friend