

Letter of Recommendation for Sarina Straussner (Shedron)

Hello,

I've known Shedron for about twelve years, since about 2010 when I first met her at Kagyu Thubten Choling, as someone who was going to do the same 3-year retreat that I was hoping to do. We did do the 2011–2015 retreat together, then both remained at KTC (now renamed Palpung Thubten Choling – PTC) where she did a second retreat, and now she is preparing to soon enter a third retreat as a leader and helper to the other women going in.

She is a kind and helpful person, always ready to extend herself to help someone else if needed. I don't think I have ever seen her angry. I remember her before our retreat diligently studying Tibetan, and helping others with drills and exercises. She is very responsible – you can trust her to follow through on what she says she will do, and also to fill in when asked, while also saying, nicely, if she can't. She is a cheerful person, ready to say a positive thing and add a bit of laughter into the situation. She gets along with everyone.

She has matured as a practitioner to be able to chupon and lead chanting. She listens well and is responsive to the Lamas. We both recently took an online colloquial Tibetan course – she took the accelerated 6 month version, to be finished in time to help take care of the group of new retreatants – and although I wasn't in the same class, I'm aware she worked hard to learn, and is helping the retreat Lama with communication.

At PTC she acted as kitchen manager along with another person, planning meals and doing shoppings. She's an excellent cook and good organizer, both in planning and in working with people.

At PTC I help in the business office, so am aware of how she was as kitchen manager.

I heartily recommend her. She is a good person and a good practitioner.

Hoping this is helpful,

Wendy Jane Hugessen (Ani Lhadrun)

May 22, 2022

You can email me at Lhadrun@gmail.com, or phone me at 845-857-0301 if you want more information