



To the great sponsors of practitioners of the Buddha's tradition,

Choezin Zangmo (Shelley Jackson) is currently participating in the three-year three-month drubdra in our center. After she completes the retreat next spring, she aspires to continue for another three years of solitary retreat.

I rejoice and am in full support of her continuing to do retreat and I will guide her practice, which will follow this sequence of principle practices:

- The first year her main practice will be based on trekchö
- The second year her main practice will be based on tögal
- The third year her main practice will be based on a sadhana practice of the three roots

Throughout the entire time she will also continue to do the six activities in as the practice in between sessions following the tradition.

I would greatly appreciate it if Tsadra would again provide any financial support for her retreat.

Sincerely,
Khentrul Lodrö T'hayé