

Michael Yarnell

66000 Drive Thru Tree Rd, Leggett, CA 95585 • (559) 972 6527 • maitri.yarnell@cglf.org

Tibetan interpreter and serial retreatant. In addition to serving as his interpreter, I have had the inconceivable fortune to practice in retreat under Drubpon Tenzin Sangpo and other lamas on many occasions.

SCRIPTURAL STUDY

FALL 2013 -SPRING 2014

The Way of the Bodhisattva. RYI

SUMMER 2015

The Seven Points of Mind Training, Trinley Nyingpo Sadhana. Gomde CA

FALL 2014 – SPRING 2015

Introduction to the Middle Way. RYI

SUMMER 2015

Gampopa's Jewel Garland, Sangtik Dorsem Sadhana. Gomde CA

FALL 2015 – SPRING 2016

The Words of my Perfect Teacher, untranslated. RYI

FALL 2017

Root Verses of the Middle Way. RYI

FALL 2020 – SPRING 2021

Gate way to Knowledge. RYI

RETREAT EXPERIENCE

SPRING 2018

6 week Dzogchen Retreat | Gomde Pyrenees

After concluding my studies at RYI, I participated in Gomde Pyrenees' first formal Dzogchen retreat, based on Jamgon Kongtrul's instruction manual, *The Sphere of Refined Gold.*

SUMMER 2019

35 Day Trinley Nyingpo Retreat | Gomde, CA

In addition to interpreting for Lama Tsultrim, I also maintained the practice schedule described for the 35 day Trinley Nyingpo Sadhana retreat, based on the instructions of Jamyang Khyentse Wangpo.

SPRING 2020

3 month Dzogchen Retreat | Gomde Pyrenees

Another Dzogchen retreat based on the SoRG mentioned above, this time including the special preliminaries of Korde Rushen. It was also here that I completed my Ngondro accumulations according to the Tukdrub Barchey Kunsel, then promptly emerged into an unrecognizable covid dystopia.

SUMMER 2021

2 week Dzogchen retreat | Gomde CA

During the pandemic, I spent a couple of weeks in solitary retreat doing the SoRG Rushen practices.

SPRING 2023

3 month Dzogchen Retreat | Gomde Pyrenees

Repeated the SoRG retreat course, this time also serving as Lama Tenzin's interpreter.

FALL 2023

3 week Ngondro retreat | Gomde Pyrenees

While interpreting for Lama Tenzin's teachings on Tara's Triple Excellence, I maintained a retreat schedule focused on my second round of ngondro accumulations, this time according to the Kunzang Tuktik.

DECEMBER 2023

10 day personal ngondro retreat | Godawari, Kathmandu, Nepal

Had the great fortune to practice in Chatral Rinpoche's three-year retreat center with the permission of Semo Saraswati.

SPRING 2024

3 month Dzogchen Retreat | Gomde Pyrenees

Repeated the SoRG retreat course, again serving as Lama Tenzin's interpreter.

FALL 2024

3 week 3 roots retreat | Gomde UK

While interpreting for Lama Tenzin, we completed 1 week each of practice intensives focused on the Trinley Nyingpo, Sangtik Purba, and Kurukulle sadhanas from the Chokling Tersar.

2 week ngondro retreat | Gomde Pyrenees

Another personal Ngondro retreat while interpreting for Lama Tenzin at Gonde Pyrenees

DRUBCHENS

FEBRUARY 2012 | Ngakso Drubchen | Nagi Gonpa, Nepal

This Drubchen was my first serious exposure to Tibetan ritual practice

APRIL 2022 | Ngakso Drubchen | Ka Nying Shedrub Ling, Kathmandu

Another Ngakso Drubchen

RELEVANT EMPOWERMENTS

FALL 2014

Ngakso Puja | Tsikey Chokling Rinpoche | Ka Nying Shedrub Ling

One among many Chokling Tersar Empowerments I received from the late, great Tsikey Chokling Rinpoche.

DECEMBER 2016

Pema Jungne | Chokyi Nyima Rinpoche | Gomde Austria

It was here that I first received instructions on the practices of the *Sphere of Refined Gold* from Kyabje Chokyi Nyima Rinpoche, along with the corresponding empowerment

SEPTEMBER 2022

Kunzang Tuktik | Chokyi Nyima Rinpoche | Gomde Pyrenees

With Rinpoche's permission, I joined the soon-to-be 3-year retreatants as they received from him the outer Kunzang Tuktik empowerment.

