

An outline of qualifications for entering your retreat

In the [Information Document](#) for the 2026 three-year retreat at Gomde Pyrenees the requirements for the participant are outlined as following:

“This three-year retreat follows the practices from Chokling Tersar lineage and is under the guidance of Chökyi Nyima Rinpoche and led by Drupön Lama Tenzin Sangpo. It is a traditional three-year retreat, focusing primarily on *sadhana* practice.

To be able to successfully participate in this retreat you need to have:

- strong interest in the Chokling Tersar lineage;
- devotion to and complete willingness to be guided by Chökyi Nyima Rinpoche;
- a wish to take part in a retreat where, for most of the three years, you will be engaging in *ngöndro* and *sadhana* practices;
- a firm commitment to follow the retreat schedule and practices until the end of the retreat.

For requirements, it is highly beneficial to have previously done other retreats of at least three-month duration and to be familiar with principles of *ngöndro* and *sadhana* practice. It is especially important that one has a strong connection with Chökyi Nyima Rinpoche, with our retreat master, Drupön Lama Tenzin Sangpo, and with the Chokling Tersar lineage. We will all be practicing together in this lineage for the duration of the retreat, so it's very important that we all feel a strong connection to the practices, teachers, and our vajra siblings.

If you have not done a longer retreat before, Chökyi Nyima Rinpoche often suggests coming and doing the three-month retreat at Gomde Pyrénées first.”

In case you have any questions regarding this, please feel free to contact me by e-mail (three_year_retreat@gomde.fr) or Whatsapp/phone +3725531133.

With all best wishes,

Mikk Tamme

Retreat Administrator

Treasurer, Member of Board



Identité bancaire/ Bank Account:

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Regarding the extent to which I fulfill these qualifications:

- **strong interest in the Chokling Tersar lineage;**

I'm fully devoted to the Chokling Tersar lineage, having formally entered Buddhist practice through this lineage, first with teachings from Chokyi Nyima Rinpoche and Phakchok Rinpoche, followed by 10 days of empowerments by Tsikey Chokling Rinpoche. This experience then led me to return to Ka-Nying monastery where I've been studying for over seven years. This has been the lineage in which I've been immersed in terms of its practice cycles, mostly with the Tukdrub Barchey Kunsel and Drolma Zabtik, as well as by attending its pujas and drubchens whenever possible in Kathmandu over the past nine years. I have been serving this lineage by offering oral interpretation and translation services for Chokyi Nyima Rinpoche, Phakchok Rinpoche, Erik Pema Kunsang and various lamas of the lineage for Samye International, Samye Malaysia and for some sessions during the one-month Ngöndro retreat at Ka-Nying Shedrub Ling in 2019/2020. I have also been an organizer for CNR's sangha in Brazil, starting a WhatsApp group for the Portuguese-speaking sangha, where we share information about events related to the tradition as well as updates from its centers. I've also started, under CNR's blessing, a monthly online practice of the Buddha Shakyamuni sadhana for the Brazilian sangha.

- **devotion to and complete willingness to be guided by Chökyi Nyima Rinpoche;**

Chokyi Nyima Rinpoche has been my major teacher since 2016, whom I consult before taking important spiritual steps, such as when I decided to practice Ngöndro or when requesting his personal position and blessings for commencing this retreat. I've attended all his seminars since 2016, usually in the position of interpreter, apart from 2022 when I was in Brazil and was requested to travel and translate for Khamtak Rinpoche on behalf of the Drukpa Kagyu Sangha in Brazil. I also hold multiple samayas with Rinpoche, such as the commitment to complete the full cycle of practice of the Drolma Zabtik. Thus I can say I'm willing to be guided by him.

- **a wish to take part in a retreat where, for most of the three years, you will be engaging in *ngöndro* and *sadhana* practices; and a firm commitment to follow the retreat schedule and practices until the end of the retreat.**

Yes, I'm willing to follow the retreat program, and although I've been mostly engaging in the tradition through studies, I'm familiar with the Ngöndro and sadhana practices of the Chokling Tersar and willing to practice them. I do well under structured environments with peers working towards a common goal, and I take my samayas with the teachers seriously; I would never thus 'dilly-dally,' wasting my time around if given the opportunity to engage in these precious practices.

I've also done one month retreats on the Chokling Tersar Tukdrub Barchey Kunsel Ngöndro

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