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Third Year Report
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December 13, 2012

Tsadra Foundation

cto Director of Advanced Contemplative Scholarships
P.O. Box 20192
New York, NY 10014

Dear Director,

The following is my report on the third year of retreat from January 1, 2012 - November 21, 2012. I ended my retreat early due to health concerns that could not be addressed in retreat.

The details of the 2012 curriculum are below, which I completed per the approval of the Retreat Master, Drupön Rinpoche:

| | |
|---------------------------------|----------------------------|
| Six Yogas - Channels | Dec 20, 2011 - Jan 8, 2012 |
| Six Yogas - Drops | Jan 9 - Jan 22 |
| Six Yogas - Winds | Jan 23 - Feb 12 |
| Six Yogas - Gentle Winds | Feb 13 - Mar 4 |
| Six Yogas - Timmo | Mar 5 - Sept 4 |
| Six Yogas - Blazing & Drizzling | Sept 5 - Sept 10 |
| Six Yogas - Four Joys | Sept 11 - Sept 30 |

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Curriculum (continued)

| | |
|---|-------------------|
| Six Yogas - Melting Bliss | Oct 1 - Oct 20 |
| Six Yogas - Three Mudras | Oct 21 - Oct 26 |
| Six Yogas - Wisdom Mudra | Oct 27 - Nov 1 |
| Six Yogas - Drops & Heat | Nov 2 - Nov 14 |
| Six Yogas - Nonconceptuality Meditation | Nov 15 - Nov 20 |
| Six Yogas - Clear Light | Nov 21 - (Dec 10) |

Retreat continued to be a deeply beneficial and powerful experience. We started the practices of The Six Yogas of Naropa on December 20, 2011 which continue all through 2012 and into 2013.

We continue to maintain four sessions a day, yet encouraged to practice day and night without break.

Retreat Master, Dnyan Rinpoche, gave teachings on upcoming practices at various times throughout the year.

I had to leave retreat on November 22nd due to health concerns. Up until that

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Time there were no breaks in the contract activity and the grant funds received were used for the specific purposes set out in my contract.

With deep and unwavering gratitude, I thank the Tsadra Foundation for helping me with this precious opportunity to put the Buddhist teachings into practice in long retreat.

May all beings benefit!

With sincere thanks,
Elizabeth Prather
Elizabeth Prather

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Tsadra Foundation

do Director of Advanced Contemplative Scholarships
PO Box 20192
New York, NY 10014

Dear Director,

The following is my end of retreat report.

The first thing that comes to mind when I think about retreat is gratitude. Gratitude to all those who have traveled this path before me, especially to Garchen Rinpoche and all my teachers. I thank my family and all my benefactors for this opportunity to do long retreat.

I experienced so much learning and growth, working with the mind through both physical and mental challenges. The simple living conditions, discipline of retreat, isolation and harsh external environment offered opportunities to

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let go of distractions while helping to focus the mind inward.

I became deeply inspired by the various spiritual practices methods that are so vast in scope and profound in depth.

I came to see the deeper meanings in and benefits from the preliminary practices, which I see as foundational and important at all stages of the path.

I felt immeasurable benefit from guru yoga, deity yoga and the bodhicitta practices which were woven deeply into all we did. And, the extended periods of time spent practicing Mahamudra and Six Yogas of Naropa were meaningful and beneficial beyond compare.

I experienced illness in retreat, which was an incredible learning experience in taking suffering onto the path. Due to illness, I had to leave retreat early. Yet, I do not feel that

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anything is incomplete - I only feel I've entered the next chapter of my life committed to spiritual practice, both in and out of retreats.

This retreat experience, so hard to come by and so precious has been life-defining and deepened my commitment to the Dharma and this path to enlightenment.

With heartfelt gratitude, I thank The Tsadra Foundation for your support. I could not have engaged in retreat without it.

May all beings benefit!

Warmest wishes,
Elizabeth Prather
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