

Financial Situation

After many years in retreat, finding financial support has become increasingly difficult. My long-term commitment to practice has meant fewer opportunities to maintain connections with Dharma friends or build new ones.

I have two friends who have been supporting me regularly (one sending 60€ and the other 70€ per month) since almost the beginning of my first retreat, and I am confident that I can continue to rely on their support for the next three years. Occasionally, I receive offerings from friends, but these are unpredictable and I cannot factor them into my expected budget.

My monthly needs are as follows:

To continue my retreat, I require approximately 420€ per month, which covers the following:

- **Contribution to retreat center expenses:** 200€
(electricity, water, basic maintenance).
- **Personal monthly expenses:** 220€, covering:
 - Offerings (candles, incense, tsok),
 - Food,
 - Hygiene products,
 - Medicine (including 15€ per month for migraine medication and occasional vitamins).

Savings and Emergency Fund:

I currently have approximately 2,000€ in savings, which I reserve for potential medical expenses (as I do not have health insurance), dental treatments, or urgent travel to visit my family in Poland. Additionally, these funds serve as a safeguard in case I unexpectedly find myself without financial resources.

However, these savings are limited and I need additional support to sustain my practice over the long term.

Given my current situation and the challenges of living in retreat, I would like to request 290€ per month for the duration of my three-year retreat. This amount will help cover my essential expenses, ensure my well-being, and provide a buffer for any unforeseen needs or increased costs for offerings and food.