

A dharma résumé or curriculum vitae detailing your dharma history (both formal study and retreat practice - no need to list transmissions received).

Here are some highlights of my dharma activities. I have omitted the dates of pointing out instructions, lungs, and wangs, per the application form. If these are needed, I can share those.

1995

[SN Goenka Vipassana Centre], Boudha, Nepal

- 10-day Vipassana retreat

1996-2000

Lotus Lantern, South Korea

- Basic Buddhist studies and practice – with various teachers

1999-2000

Hae In Sa, South Korea

- In residence
- Zen studies and practice – with Cheong Hae Sunim

2001-2003

Gampo Abbey, Canada

- In residence
- Refuge and bodhisattva vows – with Thrangu Rinpoche
- Two yarnes – with Ani Pema
- One Shedra session – with Lodro Sangpo, Karl Brunnholzl, Andy Karr
- Songs of Milarepa – Tsultrim Gyamtso Rinpoche
- Diverse topics, including refuge, lujong, foundations of mindfulness, Sadhana of Mahamudra

2003-2020

Gampo Abbey, Maine, New York, Vancouver, Toronto, Ottawa, Sarnath, Kathmandu

- Studies and practices with Thrangu Rinpoche
- Including ngondro, Medicine Buddha, lojong, Shantideva, Padampa Sangye, songs of Milarepa, Mahamudra, philosophy, and more

2016-2020

Karma Chang Chub Ling (KCCL), Canada

- In residence
- Studies with Lodro Sangpo (see below) and many other visiting teachers

2025 (April to present)
Dorje Denma Ling, Canada

- In residence

Solo practice retreats (approximately 1 week each)

- Solo retreat – Gampo Abbey, 2003
- Supported solo retreat – Thrangu Sekhar Retreat Center, Bhaktapur, 2011

Studies and practices with Lodro Sangpo

- Ngondro studies, 2016-2017
- Lojong, Trekcho, and other topics, 2016-2020
- Vajrayogini studies, 2016-2020
- Vajrayogini feasts and druppas, 2017-2025

Studies, and practices with Mark Nowakowski

- Khenpo Gangshar studies, 2019-2022
- Krodhkali studies, 2019-2022
- Vajrayogini studies and druppas, 2020-2025

Mahamudra studies and practice with Elizabeth Callahan

- Online, 2020-2025
- Moonbeams of Mahamudra, Ganges Mahamudra, Saraha's Treasury of Songs

Other teachers I have met and studied or practiced with

- HH Karmapa 17
- Chogyam Trungpa Rinpoche (through texts and video)
- Khenpo Karthar Rinpoche
- Mingyur Rinpoche
- Khandro Rinpoche
- Dzongsar Kyentse Rinpoche
- Ringu Tulku Rinpoche
- Anam Thubten Rinpoche
- Tsultrim Allione
- Susan Chapman