Welcome to the Sukhasiddhi Foundation Shangpa Training Program. Below is the updated program structure given the change to an online format, and the financial commitments related to the program. If you have any questions, please email admin@sukhasiddhi.org with your questions, or to arrange an information phone call.

**Program Overview**

The 2020 Shangpa Program is a six-year program commencing in **August 2020**, for students who have completed the Ngöndro practices. The Shangpa program encompasses the essence of the practice curriculum of the traditional three-year, three-month intensive Vajrayana retreat that provides the most in-depth spiritual training in the lineage. This is a unique opportunity to develop a deep and profound spiritual awareness while in the midst of everyday life.

**The benefits of the program**

The Shangpa program proceeds step by step through an extraordinary set of practices that when engaged in with sincerity and with appropriate transmissions and guidance, helps to:

- Liberate one’s ignorance of the nature of reality, as well as liberate the unhelpful habitual patterns and conditioning that have arisen based on ignorance.
- Differentiate illusions from genuine reality, constructions from truth.
- Increasingly rest in and “enjoy the view” of our direct experience, free of illusions and habitual patterns.
- Transform one’s psychophysical system to bring us to directly experience and abide in the true nature of ourselves and all that is.

**The Practices that will be done during the program:**

- The first two years of the program will focus on Yidam practices, Tonglen, the Extraordinary practices, and Lojong mind training.
- In year three, approved participants will move into the Six Yogas of Sukhasiddhi, with intense focus on tummo.
- Year four will focus on Gyu Lu and Milam,
- Year five will focus on Osel, Bardo, Phowa.
- In year six participants will move into Mila Lha Drup and Kagyu and Shangpa Mahamudra.

**What the Program will Require**

The Shangpa program provides an extraordinary opportunity to receive and engage in the profound meditation practices usually only done in long retreat. But the program is rigorous, and the practices are designed to bring up deep issues that hinder or block the participants realization. Participants will most benefit who bring the following:

- a strong, clear sense of priorities and a very real commitment to spiritual practice is needed.
• the willingness and steadfast effort to process the psychological and spiritual issues that come up with intensive spiritual practice.
• Ability to consciously process the issues that come up, with yourself, with other participants and with Lama Palden

This will allow for the individual’s true joy, peace, and unique qualities to manifest, and allows one to work and enjoy family life while practicing deeply.

Program Structure
Each year, the program will include the following:
• One 7-9-day retreat
• Additional short retreats or classes
• 4 interviews with Lama Palden
• 2-hour personal daily meditation practice
• Self-organized group practice
• Self-retreats as well as the program retreats

The Prerequisites for joining the program:
• Completion of the Ngöndro practices
• Maturity and psychological stability
• Commitment to the first two years of the program
• Financial ability to pay
• Completing the online application, an interview with a lama and approval to enter the program, completion of the program agreement

Program Commitments

The first year of the Sukhasiddhi Shangpa Program will start in August 2020, and will include the following activities and commitments:

Retreats – these will all be online

<table>
<thead>
<tr>
<th>2020</th>
<th>Retreat</th>
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<tbody>
<tr>
<td>August 3-8</td>
<td>Annual Retreat - Lha Shi</td>
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<tr>
<td>October 17-18</td>
<td>Lha Shi Follow-up Retreat</td>
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<tr>
<td>December 12</td>
<td>Group Checkin Meeting</td>
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<table>
<thead>
<tr>
<th>2021</th>
<th>Retreat</th>
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<tbody>
<tr>
<td>February 13-14</td>
<td>Tonglen Retreat</td>
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<tr>
<td>March 13-14</td>
<td>Tonglen Follow-up Retreat</td>
</tr>
<tr>
<td>April 17-18</td>
<td>Chagdrukpa Retreat</td>
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<tr>
<td>June 5-6</td>
<td>Chagdrukpa Follow-up Retreat</td>
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Note: the number of retreat days, schedule for retreats, and retreat locations (online or in-person) will change from year to year.

Additional Commitments
- 2-hour daily meditation practice
- Self-organized group practice
- Self-retreats as well as the program retreats

Commitment to the Lama
- Individual formal agreement with Lama Palden as one’s primary teacher, or as secondary teacher with approval from Lama Palden

Maintaining Vows
- Studying and maintaining the Tantric Vows
- Maintaining Refuge and Bodhisattva Vows
- Developing the Paramitas:
  1. generosity
  2. ethics and manners
  3. patience
  4. joyful effort or diligence
  5. meditative concentration
  6. discriminating awareness born from wisdom
- Lifetime dedication to one’s Samaya commitments

Membership and Service Commitments:
- Serve when authorized and requested as mentors, practice leaders, sangha and organizational leaders and the like;
- Engage in continuing service to the teachers, the students, and all the elements of the Sukhasiddhi Mandala; meet other similar expectations and lama-requests as they develop over time.
- Enroll or continue membership in Sukhasiddhi

Financial Commitments:
- Ability and willingness to make payments for the program fees, membership dues and other financial costs when due
- If financial issues develop during the program, proactive development of a payment plan with program administrator to cover all costs.

Program Fees and Costs
- The 2020-2021 fees for the Shangpa Program are:
  - Program Tuition: Teachings: $1,775
  - Four Interviews with Lama Palden: $840
  - Total for first year: $2,615
Every effort will be made to maintain the Tuition and Interview fees at the same level in the second year. It is expected that residential retreats will be included in Year 2, and students will need to pay for retreat accommodations.

- **In addition to the above program fees, participant will incur costs for:**
  - Empowerments when scheduled ($25 + donation to the lama)
  - Sukhasiddhi Membership: sliding scale $50-$125 per month
  - Miscellaneous charges for texts
  - Travel: out-of-town participants must arrange their own transportation, meals and lodging during the non-residential retreats.

### Payment

Program fees may be paid in 1 payment, 4 payments, or monthly. Multi-payment plans must be paid via automatic charge to a credit or debit card.

<table>
<thead>
<tr>
<th></th>
<th>Amount</th>
<th>Due</th>
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</thead>
<tbody>
<tr>
<td><strong>A. Program Fees – 1 Payment</strong></td>
<td>$2,615</td>
<td>August 1, 2020</td>
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<tr>
<td>Or</td>
<td></td>
<td></td>
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<tr>
<td><strong>B. Program Fees – 1 of 4 Payments</strong></td>
<td>$655</td>
<td>Aug 1, 2020</td>
</tr>
<tr>
<td>B. Program Fees – 2 of 4 Payments</td>
<td>$655</td>
<td>Dec 1, 2020</td>
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<tr>
<td>B. Program Fees – 3 of 4 Payments</td>
<td>$655</td>
<td>Mar 1, 2021</td>
</tr>
<tr>
<td>B. Program Fees – 4 of 4 Payments</td>
<td>$655</td>
<td>June 1, 2021</td>
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<tr>
<td>Or</td>
<td></td>
<td></td>
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<tr>
<td><strong>C. Program Fees – Monthly (automatic CC)</strong></td>
<td>$220</td>
<td>Aug 1, 20 – July ,21</td>
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- **Other Costs:**
  - Membership is paid monthly or annually
  - Empowerments fees are paid when scheduled

*Please Note: All fees and dues paid to Sukhasiddhi Foundation other than meals and lodging are tax deductible as religious contributions. A letter is sent at the end of each year with all payments made to Sukhasiddhi.*
Leaving the Program

This is a small group and the sustainability of the program depends on a sufficient number of participants remaining in the program. Therefore, this program commitment is for two years of the program, and the program fees for two years are included in the agreement.

However, it is understood that it may become necessary or beneficial for a participant to drop out. If so, it is important that this be done with awareness and grace:

1. Set up a meeting with Lama Palden to discuss and receive her agreement
2. Notify the program administrator that you are dropping out and work out arrangements for paying the balance of the fees.
Shangpa Agreement

I have read the program structure and the financial requirements and received approval from Lama Palden to enter the program. In signing this contract, I agree to all of the requirements and conditions in the program overview.

______________________________  ____________
Name                          Date

Payment Agreement

___ Enclosed is a check for $200.00. I agree to make all payments when due, by check. If unable to make a payment, I will contact the financial manager and arrange a payment schedule.

___ I authorize $200.00 to be charged to my credit card below. Also use this card for future payments.

I will make the program fee payments beginning August, 2020:

_____ Quarterly payments of $655.00
_____ Monthly payments of $220.00
_____ One payment of $2615.00

Credit Card Information:

NAME ON CARD_________________________________

CARD NUMBER_________________ __________________________
_______________________________

EXP DATE______________________ SECURITY CODE___________________________
Thank you very much! If you are not currently a member of Sukhasiddhi, please also complete the membership form. Please email admin@sukhasiddhi.org with any questions or to set up an information phone call.