**Ngondro 5-Year Program Application**

**Nyingma Institute, Berkeley**

***Please send your completed application to pauline.yu@nyingmainstitute.com***

**Date:**

**Contact Information**

First Name:

Last Name:

Email Address:

Phone Number:

Address & Country:

**Buddhist Background**

*Please tell us about yourself by answering a few questions so that the instructor can better understand your background and current situation.*

**1. Please tell us a bit about your motivation for wanting to join Nyingma Institute's Ngondro Program.**

**2. Do you consider yourself a Buddhist? Do you consider yourself an adherent of any other religious or spiritual traditions? Please explain.**

**3. Please list your most significant Buddhist practice and training experience. You might list refuge and bodhisattva vow taken, main empowerments received, training programs attended, retreats undertaken, affiliation with practice groups or meditation centers. Please include approximate dates, durations and teachers as applicable.**

**4. Have you studied at any of the Nyingma Mandala Organization centers, or had any contact with teachings that are from our centers or Tarthang Tulku Rinpoche? If so, which ones and for how long?**

**5. What kind of obstacles will likely arise, and how will you handle these obstacles?**

**6. Have you dealt with any psychological or addiction-related issues in the past, or are you dealing with any at the moment? Please describe briefly.**