

**The Marpa Foundation**  
**for the study, practice, and support of the Buddha Dharma**  
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August 30, 2007

Dear Friends,

I hope this letter finds you well. I write to you now to give you an update about Rinpoche and what has been happening during his time here in Seattle. I am confident that Rinpoche himself will write to you soon about his future plans, given that his current three-month “open and spacious” retreat will soon be over. However, I know that as Rinpoche’s devoted students, you are anxious for news about how Rinpoche is doing. I have been made aware of certain descriptions of Rinpoche’s condition circulating in emails, and if you have too, these descriptions may have made you concerned. So I write to you now in order to inform you about what the situation here actually is.

When Rinpoche came here, he very kindly agreed, for the first time in many years, to receive medical examinations. These examinations revealed that Rinpoche has high blood pressure, for which Rinpoche is currently receiving medical treatment. However, when high blood pressure goes untreated for long periods of time, it has a negative impact on a person’s health. So Rinpoche’s health is not as strong as it was the last time that most of you saw him in 2005, and his mental and physical energy levels are low.

At the same time, I would very much like you to know that at present (and if this changes, I will let you know immediately), Rinpoche is not in any dire or critical situation with regard to his health. He is relaxed and happy. He lives at a residence most generously offered to him by his devoted students who are members of Dzogchen Ponlop Rinpoche’s sangha. He goes out regularly for car rides and walks (he is not, as some may have said, in a wheelchair), and he reads the teachings and sings the songs of Milarepa and Machik Labdrön.

I still hope that in the near future, Rinpoche will announce plans for you to be able to come here to see him, in whatever format (perhaps smaller groups of students) will be practical and not too taxing to his health. Rinpoche has received medical advice that he should conserve his energy and not do anything that could cause him too much strain.

Rinpoche’s attendants and household staff are: Tsepa Dorje, Tsewang Lhamo, Carol Stamaty, Rose Taylor, Acharya Tashi Wangchuk, and myself. We are doing our best to attend Rinpoche and to offer him whatever support we can. Everyone is working very hard in their capacities, and I can assure you that at this particular time, no additional staff is necessary. Should that change in the future, I will let you know.

Ponlop Rinpoche also visits with Khenpo Rinpoche daily. Ponlop Rinpoche’s devotion, generosity, and support that he has offered to Khenpo Rinpoche, as well as his generosity,

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guidance, and support to all of us in the household, are been immeasurable and invaluable. Many of Ponlop Rinpoche's students have also been so very helpful to our efforts here in many supporting roles. Seattle has indeed proven the perfect place for Khenpo Rinpoche to come, because of the support that Ponlop Rinpoche and his students have offered to Khenpo Rinpoche and to us.

Ponlop Rinpoche also recently asked Khenpo Rinpoche if there were any practices that students should do at this time. Khenpo Rinpoche said that in addition to the practices that he described in his most recent letter, it would be good for students to use *The Heart of Wisdom Sutra* and Milarepa's *Authentic Portrait of the Middle Way* in their regular Dharma practice.

Thank you for your support, patience, and understanding during this time.

Sarva Mangalam,

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