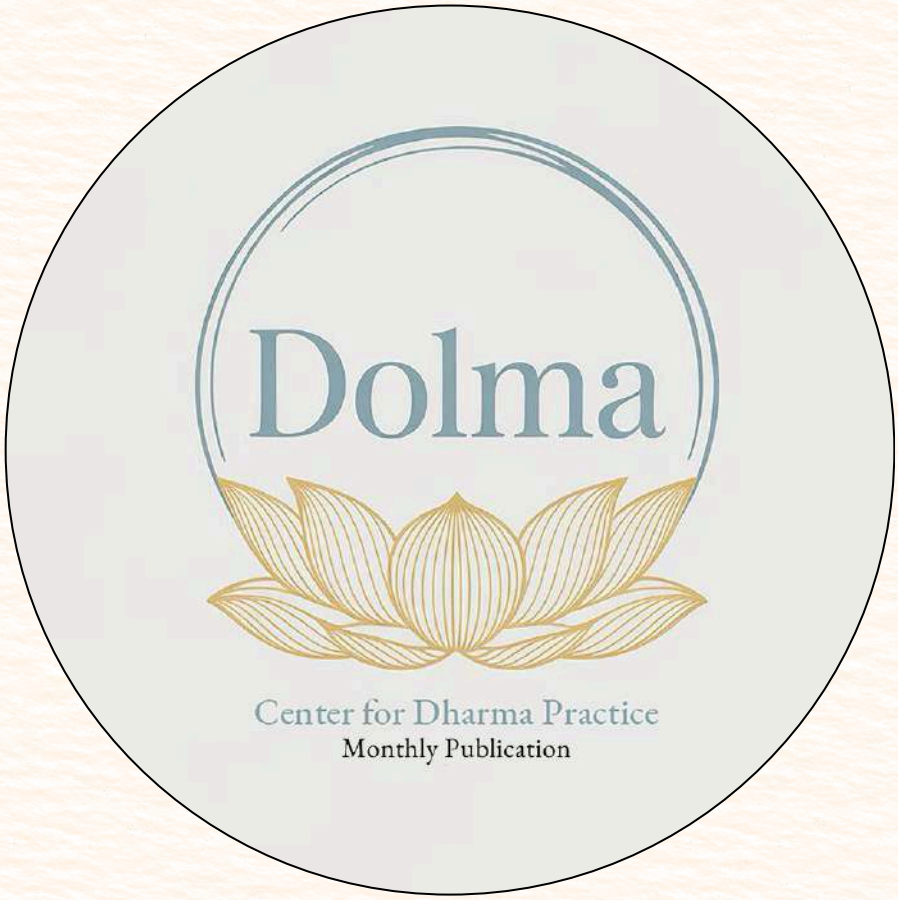
Vol 15 April 2026 Special Edition

Retreats, Pligrimages, Shut-Ins - Spiritual Solitude Pt. 1.



Namaste and Welcome!

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From The Editor's Desk

SPIRITUAL SOLITUDE: JOURNEYS TOWARD THE HORIZON

By Guru Brahmananda (Deon Gentle)



Guru Brahmananda (Deon Gentle)

A very warm welcome to returning readers of the Dolma newsletter, and a gracious hello to any newcomers who have recently found their way to this special place. We continue to be honored by your engagement with the rich stories and personal insights provided month-to-month by a variety of wise and creative practitioners who anchor this community.

The theme for this month of April is spiritual solitude, namely, the individual journeying a practitioner might embark upon in the form of personal retreats, pilgrimages, shut-ins, etc., in the milestone pursuit of spiritual deepening, where the consolidation of previously realized insights creates new foundations for further expansion.

The written features offered throughout this month's letter will help to reveal the architectural importance of such embarkations to the steady progress of one's spiritual growth, adding color and dimension to this universal concept by offering details of each author's unique experiences in relation to this multi-faceted process of illumination and integration.

What emerges are helpful and compelling modern perspectives on the ancient role of solitude in spirituality.

Lastly, from the editor's desk, it is with immense honor that we announce the Spiritual Advisor position for the Center for Dharma Practice has been filled by Yogi Brahmanand-the esteemed Guru of our very own Guru Konchok (Glenville Ashby) for close to a decade-a true privilege to have him with us. May you now be cordially invited to read this month's newsletter at your leisure, and may new seeds of understanding sprout ever more. Namaste.

Feature Article



Shiva temple: The Brihadisvara Temple (Great Lord Temple), also known as the Gangaikonda Cholapuram Temple, of the same name as the city in which it was built, meaning "The city of the Cholas who obtained the Ganges," is an ancient Shiva temple constructed in the 11th century by the Chola Dynasty, located in the Chola Nadu region of the southern Indian state of Tamil Nadu.

ON SPIRITUAL SOLITUDE: MY TRIP TO INDIA REVEALS ITSELF AS A TANTRIC PILGRIMAGE

By Guru Brahmananda (Deon Gentle)

At the turn of the new year, I had an opportunity to go on a month-long trip to southern India. The first two weeks were spent with a group of graduate students with the purpose of exploring an experimental city named Auroville, founded upon the ideals of the renowned Indian scholar-mystic Sri Aurobindo and established by his spiritual counterpart, Mirra Alfassa, who was known by their spiritual community as The Mother. In another month's post down the line, I will detail my profound experience in investigating this city's ideal toward social and psychological innovation, with discussions around some of Sri Aurobindo's most brilliant and enduring spiritual concepts. However, for this post, I'd like to focus on the far more personal aspects of the experience, as this trip offered me something akin to a pilgrimage where the prior successes of my spiritual practice prepared me in ways to engage newly potent levels of realization.

You see, whilst with this graduate group, we took day trips to historic cities and regions throughout the southern state of Tamil Nadu, visiting places such as Mahabalipuram and Cholamandalam, where thousand-year-old structures and ritual sites still stood, as well as visiting two ancient living temples dedicated to the Hindu god Lord Shiva, Chidambaram and Gangaikondacholapuram, where a stirring of uncapped dimensions began moving about deep inside of me, using familiar tantric channels within to seed breathtaking sensations, acute awarenesses, and a broadened capacity, a gracious gift of development from the god himself, I presumed.

A deeply important precursor to one's preparedness for such an experience has to do with the consistency, intensity, and trajectory of their devoted practices. It is in the name of appropriate conditioning and readiness to feel what it is to break through into new spiritual territory that spiritual solitude becomes an imperative. For in the depths of such solitude, one grows more familiar with brushing up against all of their own hang-ups, letdowns, shames, repulsions, and addictions in order to confront, deconstruct, understand, accept, and integrate their way toward newfound capacity; a thrust toward attunement; a full-circle reemergence of more fundamental states of being, prior to any and all conditioning. It is within the interior depths of spiritual solitude where one ventures to reunite all perceptions of division and separateness that define our human world and arrive at moments of unprecedented harmonic union within the great accord.

Once such a return of being occurs and has taken up firm establishment within the practitioner, one might find themselves having experiences of rapture and expansion not unlike the one I personally had on my trip to India, where movements of the "mundane world" dance, guide, and eventually coalesce to offer up an explicit glimpse of the immanent divinity lying within the heart of all matter. It is, in fact, this particular point, the recognition of divinity within matter, that I will take some time to discuss in a bit more detail in next month's post. Until then, may it be felt with great pleasure, through blissful personal realization, that spiritual solitude is not meant to keep us away from the vibrant, colorful world, but to enrich our perception of its exact and limitless beauty.

Spirituality & Art

SPIRITUAL SOLITUDE AND ARTS AS A CELEBRATION OF SELF

By Nisha Luthra



Nisha Luthra

The intersection of spirituality and art is a fascinating space where the boundaries of self dissolve, and the true essence of being is revealed. Most people believe that spiritual solitude requires physical stillness, such as sitting in a lotus position in a cave or in silence. However, contemplative activities like walking, dancing, or being with oneself while painting can also be forms of meditation.

While walking today, I found myself lost in a sea of thoughts, with one thought leading to another, manipulating my mind and dictating my breath and steps. But as I began to sing a slow-paced song in my head, weaving a melody with my steps, hands, and feet, I transcended the distractions. I forgot about my surroundings, the people around me, and the passersby. I was with my core, my breath, and my feet moved in a dance of their own.

In that moment, I was celebrating my own existence, untouched by thoughts, emotions, or external influences. I realized that I was in a state of meditation, even in movement, and didn't need to sit or meditate alone to quiet my mind. The "monkey mind" that usually diverts me to futile future thoughts or uncertain realities was silenced. I was fully present and celebrating.

This experience highlights the collaboration between art and spirituality. By embracing creativity and movement, we can access new dimensions of self-awareness, creativity, and inner peace. Spirituality is not limited to traditional notions of meditation; it can be found in the rhythm of our steps, the beat of our hearts, and the expression of our art.
And we live here and now.

May the merits of our service be a healing to all.

Nisha Luthra is the co-founder of House of Happiness, India and New York.
www.house of happiness.life

THE PSYCH SERIES

SPRING - A TIME TO REFLECT

By Amina Mahmood, PhD NYS Licensed Psychologist



Amina Mahmood

"The believers, in their mutual kindness, compassion, and sympathy, are just like one body. When one of the limbs suffers, the whole body responds to it with wakefulness and fever."
Saying of the Prophet Muhammad (peace and blessings be upon him).

Spring is around the corner in the northern hemisphere, harkening nature to wake up, renew, and grow. While the new year brings with it an expectation to renew health and wellness goals, it is with the advent of spring that these goals are either entered into with renewed vigor or discarded with the recognition that this moment calls for something else.

As I write this during the month of Ramadan, a time of reflection for Muslims, which this year coincides with Lent, a time of reflection for my Christian friends, I wonder how we are able to pursue our goals of health and wellness in a global and local context that is prioritizing human suffering and destruction.

The quote at the beginning of this column is worth reflecting on. It is simply a reminder that we are all connected. We feel one another's pain. People of the global majority intuitively know this: our health and wellness is tied to that of our people and of our land. Our health does not exist in isolation from the systems we reside in and those that impact our lives.

How do we then maintain our well-being? For people of the global majority, community is a source of healing. As our hearts and souls respond to the cries of our global family's pain and suffering, it is important to lean into our community, to put energy and effort into strengthening the bonds that will work towards ending oppressive practices. Additionally, research shows a link between strong communities and stable mental health.

With stability in our mental health, we can begin to focus upon improving our physical well-being. Although this may appear to be self-serving, I urge us to consider how maintaining our physical well-being positively impacts our families and communities and also contributes to increased energy, better cognition, an overall better mood, and continued mental well-being.

Finally, an important element of being healthy is to rest. This becomes even more important to those of us who, over the course of the past three years, have focused our efforts and energies to bring an end to the genocides and the denial of basic human rights to so many globally and in our own backyard.

As we work with "wakefulness," vigor, and compassion to bring ease to the suffering "limbs" of humanity, it is worthwhile to remind ourselves that our "rest is resistance" (Tricia Hersey), and in the words of Audre Lorde:

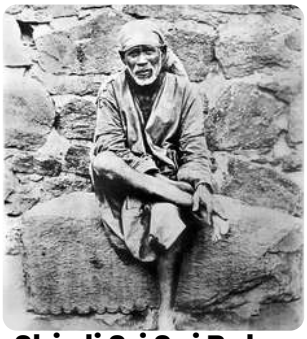
"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."

Here's to a season of renewal for all, one that brings more healing to our global community and sees the flourishing of systems that value and promote all of humanity.

Pathfinders

THE MYSTIQUE OF SAI BABA OF SHIRDI

Konchok Rinchen Tobgyal (Glenville Ashby)



Shirdi Sri Sai Baba

Shirdi Sri Sai Baba has been the subject of much debate. But outside of academic discourse, there are many religious purists and nationalists who have gone to great lengths to discredit this most intriguing spiritual figure. The criticism has been unforgivingly acerbic but has done little to sully Sai Baba's legacy. But why the hostility? The spirituality of this eminent sage was dismissed by some because it wasn't easily identifiable, and most disturbing was his appeal to both Muslim and Hindu followers.

This was nothing short of heresy in the eyes of extremists of both faiths. To this day, Sai Baba remains a reflection of India's polarizing society.

Many gurus have spoken of this revered figure in pejorative terms in my presence. At that time, I recoiled, unwilling to contest this broadside out of respect for them. Today, I would challenge every odious comment hurled at Sai Baba. Advaita Vedanta teaches us that all existence is one. This truth was the underpinning of Sai Baba's philosophy. We can only knock on the door of truth if we hold variant views. Sadly, dualism is rooted in our religio-cultural DNA. We perceive the world in divided, different, even opposing camps. This has and will continue to be the source of our every woe.

Shirdi Sai Baba was comfortable in a masjid or mandir, a latitudinarian approach to religion that drew the ire of many. Void of all conceit, he served as a bridge to communities that virulently competed in a fractured society. He emerged as their teacher, confidante, and miracle worker.

Sai Baba gave the Hindu name Dwarakamayi to the mosque in which he lived, practiced Muslim rituals, and integrated teachings from both traditions into his daily observances. His epigram, "Sabka Malik Ek" (One God governs all), is connected to Hinduism, Islam, and Sufism.

He is also known to have said, "Trust in me and your prayer shall be answered," a pronouncement followed by millions today.

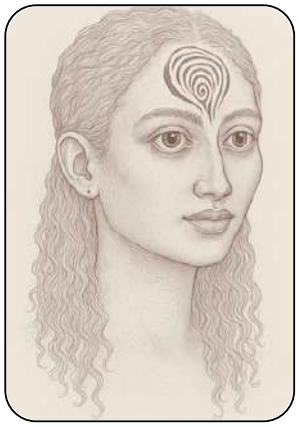
Quotes by Sai Baba of Shirdi

- Whatever creature comes to you, human or otherwise, treat it with consideration.
- See the divine in the human being.
- There is a wall of separation between oneself and others, and between you and me. Destroy this wall!
- Do not be obsessed by egotism, imagining that you are the cause of action; everything is due to God.
- Do not fight with anyone, nor retaliate, nor slander anyone.
- Choose friends who will stick with you till the end, through thick and thin.

Bat Kol
Teachings by Carlos

Intuitively conveyed by Guru Konchok (Glenville Ashby)

EMBRACING SOLITUDE



Carlos - An artist's impression

Spiritual solitude, the sound of it, is not quite appealing even to the aspirant. But unequivocally, there's no other path to enlightenment. Revisit your scriptures; there's no divergence on this reality. I can impress upon your mind with weighty counsel and timeless teachings, but I would rather read scriptures alone during that magical time in the morning. Magical, because spirits draw near, facilitating your understanding of the most abstruse of teachings.

And the writings on spiritual solitude are bountiful. It's there for you, irrespective of faith. Why don't you read?

I cite the following so that you might be heartened.

Wasn't Prophet Ezekiel commanded by Spirit to shut himself inside his house, a directive that marked a milestone in his prophethood?

And was it not in the Cave of Hira, spending many nights, that Prophet Muhammad channeled the teachings of Angel Gabriel? And thereafter, in his many hours of tahannuth, seclusion, did he not strengthen his will to wield spiritual and political power?

And didn't Milarepa, the 11th-century Tibetan yogi and poet, spend years in retreat in many caves throughout the Himalayas? And did he not emerge a lama of unparalleled distinction?

And didn't Sri Ramakrishna Paramahamsa practice intense solitude in caves and forested regions to the point of near insanity, his fame and legacy cemented?

Sadhana

Spiritual Practice

THE SHANTI (PEACE) MANTRA

By Konchok Rinchen Tobgyal
(Glenville Ashby)



Introduction

Sadhana is a Sanskrit term meaning practice, or a methodical effort toward personal transformation and self-refinement. All sadhanas are composed of some form of orison, ritual, contemplative solitude, and silence. The duration of such practices can be short, 10 minutes daily for a week, or for protracted three-year periods, as undertaken in Buddhism. In this new monthly feature, readers can utilize the simple and effective teachings presented as their personal sadhana or incorporate them into already existing practices.

Our sankalpa, intention, is the fulcrum of any sadhana. We must know why we are undertaking any practice. What is our goal?
Every sadhana should begin with an acknowledgment and gratitude for life. And every sadhana must be selfless. The merits we gain from our practices must be mindfully shared with others. We recite, "By the merits of my practice, may others also benefit." Immediately, we establish that our prayer is never self-serving.

In this our first sadhana we examine the Shanti (Peace) Mantra

Over the years, I have found that reciting one of the three peace mantras stabilizes the mind and induces inner tranquility and oneness, inching us ever closer to our environment and the unseen and seen worlds. Experiencing peace is the highest form of prayer. This mantra can serve as a stand-alone practice. Once unlocked through repetitive chanting and spiritual guidance, its benefits are manifold.
Benefits of daily recitation:

- Promotes Universal & Inner Peace
- Reduces Stress and Anxiety
- Improves Mental Clarity and focus
- Deepens Spiritual Awareness

Recommendation:

Chant in English if you're unfamiliar with Sanskrit.
After each line, pause; breathe slowly, measuredly, bringing your mind to the imagery of each line.

THE SHANTI (PEACE) MANTRA
(ENGLISH)
OM. MAY PEACE EXPAND IN THE CELESTIAL REALM.
AND THROUGHOUT SPACE.
MAY PEACE SPREAD OVER THE ENTIRE EARTH.
AND PERVADE THE WATERS.
MAY PEACE WHOLE IN ALL HERBS AND VEGETATION.
MAY THERE BE PEACE FOR ALL THE DEITIES AND GODS.
MAY THERE BE PEACE IN BRAHMAN, THE ABSOLUTE,
MAY THERE BE PEACE EVERY AND ALWAYS –
PEACE AND NOTHING BUT PEACE.
MAY PEACE GROW WITHIN US.
OM. PEACE, PEACE, PEACE.

THE SHANTI (PEACE) MANTRA
(SANSKRIT)

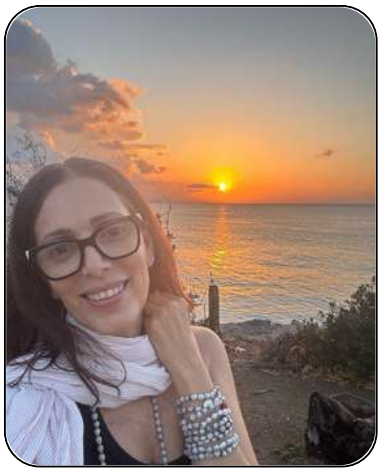
- OM DHYOUHA SHANTIH
- ANTARIKSHAM SHANTIH
- PRITHVI SHANTIH
- AAPAHA SHANTIH
- AUSHADHAYAH SHANTIH
- VANASPATHAYAH SHANTIH
- VISHVEDEVAH SHANTIH
- BRAHMA SHANTIH
- SARVAM SHANTIH
- SHAANTIREVA SHANTIH
- SAAMA SHANTIR EDHI;
- OM SHANTI, SHANTI, SHANTI HI!

MAY ALL BE WELL

The Spoken Word

WALKING HOME

By Anna Rousseau



Anna Rousseau

I began to walk
On the pilgrimage path
Miles lay ahead of me
As I took that first step
My heart felt safe
Ready to take this journey
I knew deep down
That this path would take me
Home
To my self
To all that is true
I knew that I needed this space
This precious sacred time
These sacred spaces
So every step became a prayer
Of gratitude and love
Of asking and listening
I talked with God
And I got to know my Self
More deeply than ever before
I met fellow travelers along the path
We acknowledged each other in silent awareness
We broke bread together
We did not know each others stories
But we knew why we were there
This pilgrimage was my first
I felt a calling

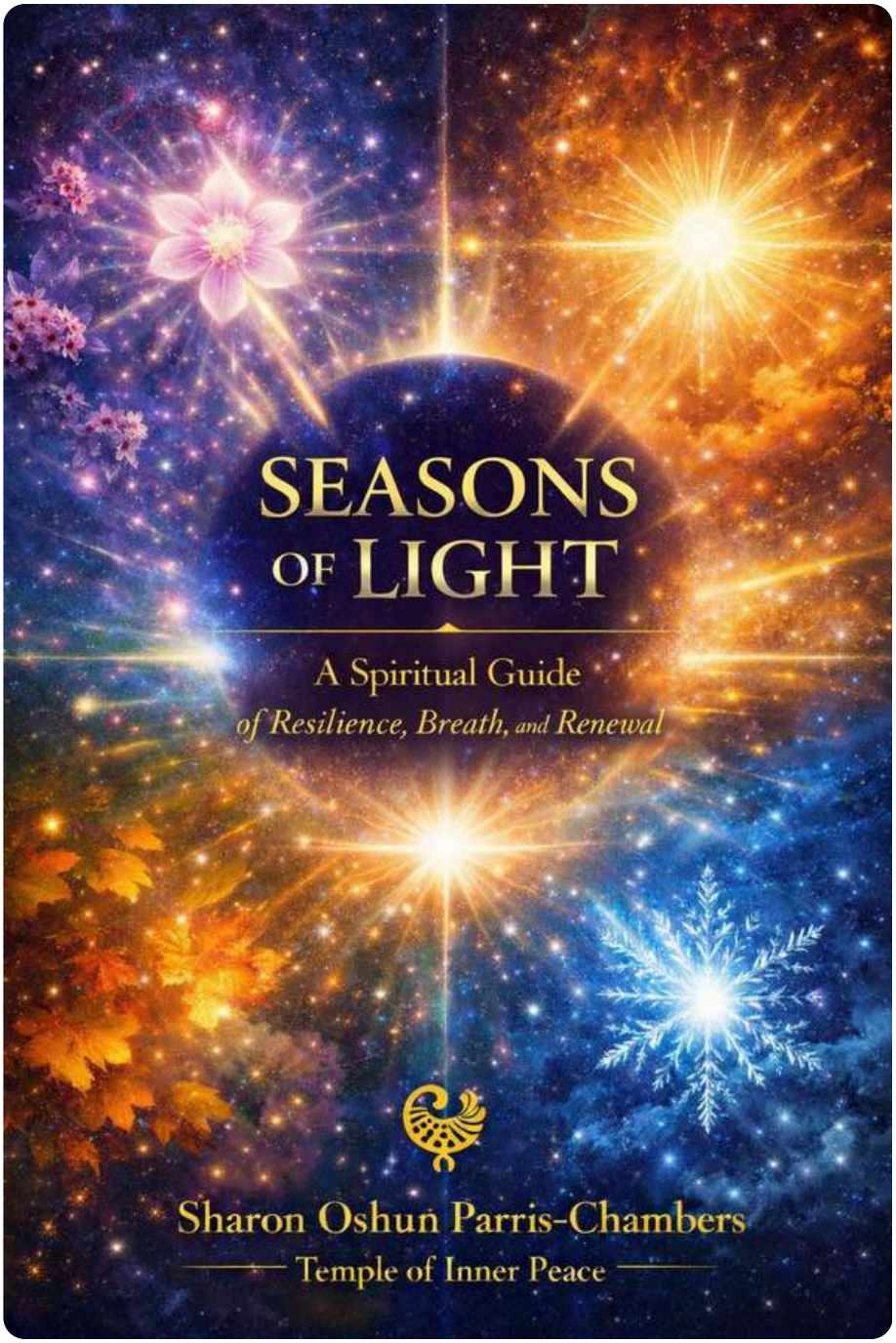
And now I am here
Walking
In sacred surrender
In silence
Feeling the essence and presence
Of those who have walked before me
We are human
We are love
We are truth
We are one
I walked for months
And finally I met myself
Right where I'd always been
Inside of my own precious heart

Literary corner

All things dharma

SEASONS OF LIGHT

by Sharon Oshun Parris-Chambers



WALKING THE PATH OF LIGHT, REFLECTION, RENEWAL & CONSCIOUS LIVING

Theo Chambers



Sharon Oshun Parris-Chambers

In a world seeking renewal, clarity, and inner anchoring, Seasons of Light emerges as a gentle yet powerful guide for spiritual alignment. Rooted in the rhythms of nature and the evolving consciousness of humanity, this work invites readers into a sacred journey of reflection, transformation, and awakening. At its core, Seasons of Light is not merely a book; it is a living practice. Each "season" unfolds as both metaphor and method, guiding the reader through cycles of release, renewal, illumination, and integration. The structure mirrors the natural world, reminding us that growth is not linear but cyclical, and that each phase of life carries its own wisdom and necessity.

The text is imbued with principles resonant with ancient traditions such as Dharma, which calls individuals into right alignment with universal order, and Ma'at, emphasizing truth, balance, and harmony. Through these subtle yet profound undercurrents, the book bridges spiritual lineages while remaining accessible to contemporary readers.

What distinguishes *Seasons of Light* is its experiential quality. Readers are not positioned as passive recipients of wisdom but as active participants in their own unfolding. Reflective prompts, contemplative passages, and practical applications encourage a deepened awareness of self and spirit. The tone is both nurturing and empowering, meeting the reader where they are while gently calling them higher.

Particularly noteworthy is the book's relevance to this moment in global consciousness. As individuals and communities navigate uncertainty and transformation, Seasons of Light offers a stabilizing compass. It affirms that periods of darkness are not endpoints but thresholds, necessary precursors to illumination and rebirth.

The prose is lyrical without being inaccessible, spiritual without being dogmatic. It speaks across traditions, honoring the universality of the human quest for meaning, connection, and inner peace. In doing so, it aligns seamlessly with the ethos of contemplative practice and mindful living.

In conclusion, Seasons of Light is a timely and meaningful contribution to the field of spiritual literature. It serves as both a mirror and a map, reflecting the reader's inner landscape while offering guidance toward greater clarity, purpose, and harmony. For practitioners of Dharma, seekers of truth, and all who are walking the path of conscious living, this book is a worthy and enriching companion.

Theo Chambers is the president of PanaCarib Business Solutions.

ZHABS TOG
(SERVICE)

PRAYER AND HEALING REQUESTS

Please send prayer and healing petitions to:
centerfordharma@gmail.com.



End-of-life Reflections

THE DEATH OF THE EGO

Konchok Rinchen Tobgyal (Glenville Ashby)



It was a while ago, maybe 25 years to the time of this reflection. I was a stringer then, seeking the next best interview for my weekly religious column. I approached the saffron-clad interviewee, a Buddhist monk and teacher of some repute. While I cannot recall every question, one enquiry stood out. In hindsight, it was more than an enquiry; it was a persistent line of questioning and circumlocution that reflected an anxiety that sought comfort, some reassurance.

The fear of death and the uncertainty of the afterlife can do that to you. I needed validation of my soul, of its continuance. "So what happens to the soul after it leaves the body?" He stared at me. And I felt my anxiety. I hadn't given him time to respond but continued, "Is there a hell, purgatory, and heaven in Buddhism?" "Is it true that reincarnation is closer to Truth, as so many believe?" When he finally answered, I hung on to every word but was summarily disappointed; his words were abstract, philosophical, and provocative.

"Why are you so committed to that line of questioning?" he asked. "Why the need to cling to self? Think about it, this clinging and attachment to the 'I.' Self-cherishing is the source of all suffering. Learn detachment and you are liberated. Cling, and sorrow will follow you beyond this life."

At the time, I couldn't wrap my head around his comments. They were elusive. It took me years of study and experience to realize the significance of this meeting. Eschatology is our way of grappling with the unknown; it's our way of addressing the fear of dying and the distinct possibility of losing the self, the 'I.'

So we create a fanciful hereafter for believers and a path to redemption for the wanting; even the damned survive. And we dabble with incredulous beliefs, the folly of being taken up, raptured, into the heavens, never to have tasted death.
And in my musings on the subject, the philosophical challenge of the monk was ever present: "Why the obsession with the afterlife were it not for your obsession with self, your fear of annihilation, and your inability to detach from the ego?"

TEMPERING THROUGH SELF CONNECTION

Anna Ellis



Anna Ellis

Everyday distractions have the potential to derail our journeys, particularly those involving change or loss. Throughout our daily lives, we are constantly confronted with noise. It may be in the background or right in front of us, though unrelated to our ultimate task in many instances. It is unrealistic to set a goal of removing such distractions. Rather, an intention of learning how to bypass them is very possible. Allowing ourselves to re-establish a holistic mindset is a beneficial way to rejuvenate. There are many ways to do so, and we must identify what will be healthy and productive in our own journey. Communing with nature, vows of mindfulness, and personal pilgrimages are excellent examples.

Selecting the most ideal option invites us to know ourselves in a truer, deeper way. Taking moments of silence and reflection during the process encourages us to relax our minds and strike through the chaos.

Surrounded by quiet is the time to listen to the Universe. It is around us at all times, living and breathing through everything. It connects each existence, driving us to achieve a common understanding that nothing is separate. We are all interconnected.

Announcements

The Center for Dharma practice is now affiliated with Nikhil Vatika Spiritual Research Center in Haridwar, India.



CENTER FOR DHARMA PRACTICE INC.
[USA]

Founded / Owned by **Dr. Glenville Ashby** and Registered by Department of the Treasury Internal Revenue Service Tax Exempt & Government Entities # 170(b)(1)(A)(vi) has been granted affiliation by **NIKHIL VATIKA SPIRITUAL RESEARCH CENTRE, INDIA** with effect from **November 2025.**

This affiliation signifies a mutual commitment to the exploration of spiritual and dharmic principles, comparative research, and pedagogical development. It grants access to a network of shared research initiatives and academic exchange.

The terms of this affiliation are subject to annual review and compliance with mutual ethical and academic standards.

Authorized Signatory,

NIKHIL VATIKA

NIKHIL VATIKA

Meet our Spiritual Advisor


Yogi Brahmanand

The Board of the Center of Dharma Practice has appointed Yogi Brahmanand to the executive position of Spiritual Advisor. Yogi Brahmanand will serve as personal counsel to our director, Guru Konchok (Glenville Ashby), on educational, philosophical, and divinatory matters.

He will also conduct special pujas (ritualistic prayers) on celebratory and solemn occasions and on auspicious days connected to the cosmic forces.

YOGI BRAHMANAND

Yogi Brahmanand – A Contemporary Spiritual Master

Yogi Brahmanand is a contemporary spiritual master and the founder of Nikhil Vatika Spiritual Research Centre in Haridwar, Uttarakhand, India. Renowned for his deep knowledge and practice of Sri Vidya, Tantra, Alchemy, Kundalini Yoga, and Sabar Sadhanas, he has dedicated his life to reviving and disseminating ancient Indian spiritual traditions.

BACKGROUND AND SPIRITUAL JOURNEY

Yogi Brahmanand has studied under various spiritual masters, including Himalayan yogis, Naga Babas, and Siddha practitioners. His training encompasses disciplines such as astrology, meditation, Ayurveda, Reiki, herbal tantra, and mantra science. He is also known for his association with Siddha yogis of the Himalayas, under whose guidance he performs significant spiritual tasks.

He began his spiritual journey when he was just 9 years of age, and with regular mantra chanting and command over yoga, he gradually began going into the samadhi state at the age of just 16.

After this, he embarked on a mission to research ancient sciences and knowledge and offer this to the world. He has revived various ancient forms of knowledge, such as Alchemy, Parad, Srividya, Special Sri Yantra, Sabar Yantra, and more.

NIKHIL VATIKA SPIRITUAL RESEARCH CENTRE

Yogi Brahmanand founded Nikhil Vatika Spiritual Research Centre, located in Navodaya Nagar, Haridwar. Nikhil Vatika offers over 101 spiritual courses aimed at self-realization and enlightenment. These courses cover a broad spectrum of spiritual practices, including:

- Sri Vidya Sadhana: Focuses on the worship of the Divine Mother through intricate rituals and meditations.

- Mahavidya Sadhanas: Practices dedicated to the ten aspects of the Divine Feminine, such as Mahakali, Bhuvaneshwari, Tara, and Baglamukhi.
- Kundalini Activation: Techniques to awaken the dormant spiritual energy within.
- Tantra and Kriya Yoga: Advanced yogic practices for spiritual evolution.
- Parad Sanskaar: Yogi Brahmanand introduced the Parad Sanskaar Kit, simplifying the traditional process of purifying mercury for spiritual use.
- Revival of Ancient Knowledge: Bringing hidden spiritual treasures to the forefront for societal benefit.
- Holistic Development: Fostering physical, mental, and spiritual well-being through integrated practices.
- Yogi Brahmanand has made significant contributions to Parad Vidya, the ancient science of mercury alchemy.
- Parad Sanskaar Kit: He introduced the world's first Parad Sanskaar Kit, streamlining the purification process of mercury and making it accessible for spiritual use.
- Training and Dissemination: Under his guidance, numerous individuals, including professionals and scholars, have become proficient in Parad Vidya, integrating it into their spiritual practices.

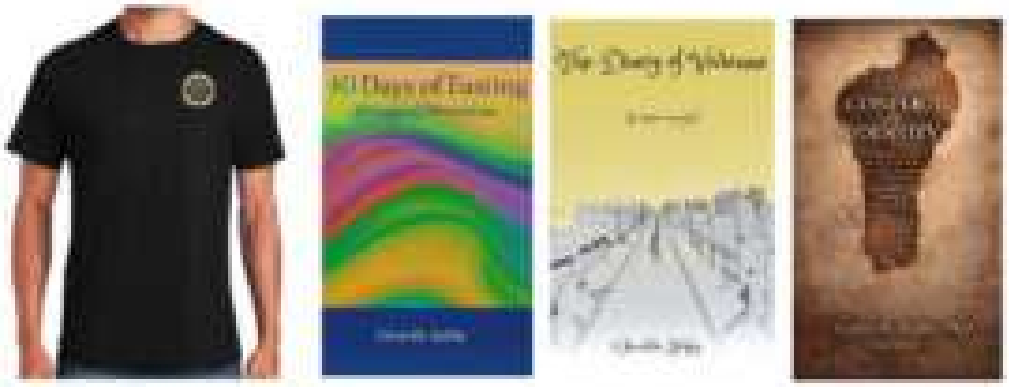
April 21 - HAPPY BIRTHDAY GURU

CDP extends birthday greetings to our founder and teacher, Glenville Ashby. May we continue to learn from his immense wisdom and his devotion to the Three Jewels.



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Konchok Rinchen Tobgyal (Glenville Ashby)

Acting Editor
Sri Brahmananda Ji
Anna Ellis | Primawattee Teeluck Dharry | Rebecca Russell (Writer) | Roger Calliste (writer)
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Email: centerfordharma@gmail.com **Phone:** +1 (347) 601-8004

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