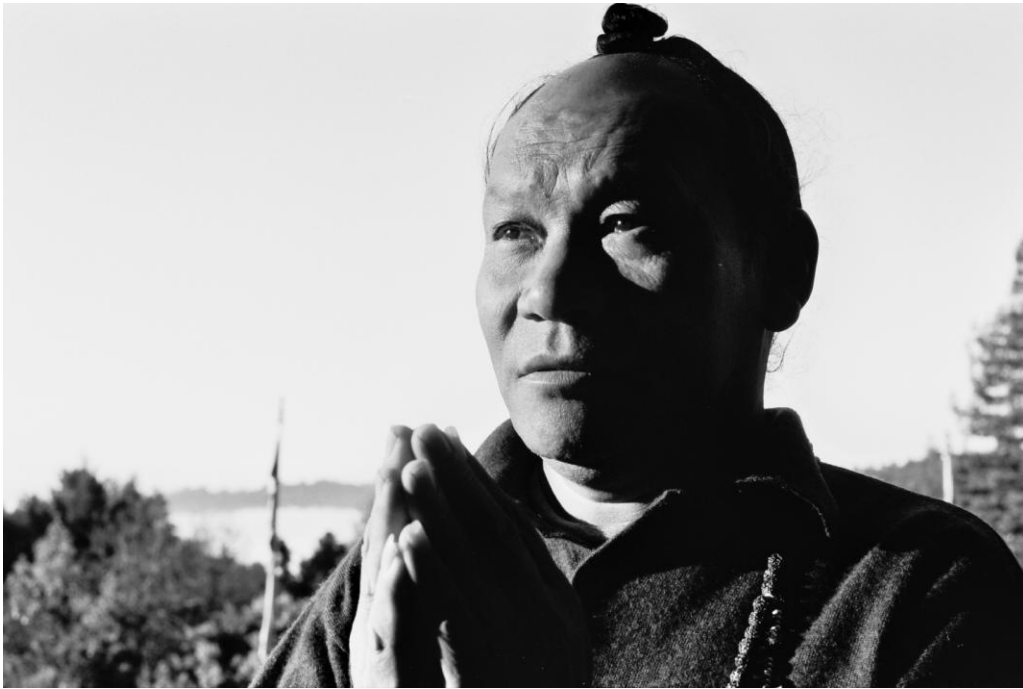


Lama Sonam Tsering Rinpoche's Biography



Lama Sonam Tsering Rinpoche is a Nyingmapa master of Tibetan Buddhism. At a very young age he began learning the scriptures with his father. In 1959 his family settled in **His Holiness Dudjom Rinpoche's** camp in Orissa, India where he began his training in the Dudjom Tersar lineage, the two stages of creation and perfection. His studies included ritual arts, music, sacred dance and retreats. He received empowerments and instructions from great Nyingma lamas and also served as a Ritual Master (chopen) for many years.

Under the guidance of His Holiness Dudjom Rinpoche, Lama Sonam completed his extensive Buddhist education at the Ngagyur Shedrup Dodjo Ling. He received the complete teachings, empowerments and instructions on the Dudjom Tersar and other Nyingma traditions from many lamas and khenpos.

In 1984 Chagdud Rinpoche invited Lama Sonam to the United States. Over the years, he served as a resident lama at Dechen Ling Buddhist Center, Chagdud Gumpa, in Cottage Grove, Oregon. In 1999, His Holiness Dungsé Thinley Norbu Rinpoche and Lama Tharchin Rinpoche both entrusted Lama Sonam to oversee and guide the Vajrayana Foundation, Pema Osel Ling, where he currently resides.

Lama Sonam has an extraordinary way of conveying the wisdom and compassion of the Buddhadharma to young people and adults alike. He is a humble practitioner with boundless energy for the dharma which he ceaselessly and joyfully applies for the benefit of all beings.