



Welcome Letter

Dear Seeker,

Welcome to The Three-Fold Path retreat.

You have not arrived at something new but returned to something essential — a space of stillness, simplicity, and sincerity.

Here, we are not asked to become anything. We are invited to rest as we are. This retreat is not a search for experience. It is a deep turning inward — a stepping out of noise and distraction, and into the silent knowing of your own being.

The Three-Fold Path, as shared by Sri Ashish, is a gentle revelation of what already is. It is not a technique or system, but a recognition of the natural order of unfolding:

Right Understanding is the clear seeing of what is — the realization of “I AM” as the essence of your being. It is the light that dispels confusion and false identity.

Right Practice is the remembrance of this truth — the inner alignment that keeps awareness steady and sincere amidst the waves of daily life.

Right Experience is the natural flowering that arises when understanding is deep and remembrance is effortless. It is peace, love, and stillness — not attained, but uncovered.

You are not asked to attain anything here. You are invited to release all that is not you — and let what remains, reveal itself. Let this retreat be your resting ground.

Bring your breath, your sincerity, and your openness.

We are honored to be with you.

With silence and warmth,
NDP Foundation Team