

**Alan Carter** first encountered Tibetan Buddhism in 1993. Since then he has attended many retreats and received many teachings from masters in the tradition. In particular, he studied on the Buddhist Study program at Chenrezig Institute in Queensland, Australia for 8 years, under the guidance of Kusho Lama Geshe Tashi Tsering.

He has taught and led retreats in Buddhism at all levels since 2000 in Australia and New Zealand.

Alan is a design engineer by profession, over the past 17 years he has spent progressively more time exploring mind through meditation and study.