



The 3 Doors

Transforming Lives Through
MEDITATION

2024
Annual Report



“When you are aware of the source within—the spaciousness of being that is your true nature—your actions and expression have the potential to bring good to the world ”

~ Tenzin Wangyal Rinpoche, 3 Doors Founder



THE 3 DOORS is dedicated to transforming lives through meditation.

We teach practices of body, breath, and mind that build resilience, cultivate open-hearted presence, and inspire compassionate action.

The 3 Doors is an international nonprofit organization founded by meditation teacher Tenzin Wangyal Rinpoche in 2010. We teach a select set of meditation practices originating from the Bön lineage of Tibet.

We are A GROWING COMMUNITY of meditation practitioners and teachers from around the world. Our online and in-person programs support personal reflection and transformation in the safe space of inclusive community.



We offer:

- In-Depth Meditation Programs
- Life-Long Learning and Community
- Global Meditation Events
- Presenter and Teacher Training
- Practice Groups and Community Gatherings



In 2024, people from around the world gathered in learning spaces online and in-person that fostered healing, connection, and compassionate action.

Dear Friends,

As I reflect on 2024, I'm reminded how essential our practice and community are in meeting the challenges of our world. In moments of uncertainty—whether in the midst of global events or within our own lives—3 Doors gatherings, both intimate and expansive, offer refuge, connection, and strength.



I've seen how The 3 Doors fosters deep personal transformation and a profound sense of global community. This is true in small group gatherings of five practitioners and in large international online retreats translated into five languages.

This year, thanks to the generosity of our donors, volunteers, presenters, and teachers, we've been able to expand access to these teachings through scholarships, free programs, and practice groups.

In 2024, we also took a meaningful step in our development. Graduates of the Teacher Training joined Senior Teachers for the first time in offering our signature program, the Academy. By expanding our teaching circle, we open the way for an inspired future, one where new generations discover inner refuge and flourish amid life's ever-shifting landscape.

It is with deep gratitude that I share this annual report with you, celebrating all we've accomplished together in 2024.

Susie Daily
Executive Director

Dear Community,

Earlier this spring, the four of us gathered in Santa Fe, New Mexico, for our first in-person retreat in over five years. Over three days, we walked under the vast New Mexico skies, cooked and enjoyed meals, practiced together, and reflected on our experiences teaching in The 3 Doors.

We spoke of our deepening sense of community and shared commitment across our programs—the Presenters Path, the Compassion Project, the new Academies in North America and Europe, and the growing community in Latin America that is leading to an Academy to begin in September 2025. We have been especially inspired by the community of practitioners and the teachers and presenters who are stepping into new roles and opportunities as they deepen their practice, and the ways they bring the benefits of their practice to touch the lives of others.

We are planning to offer a Teacher Training program in 2026 to increase the reach of our practices to touch broader audiences as well as to deepen and enrich the vitality of our Teacher/Presenter community worldwide. In the variety of ways in which we gather to practice and work, we are reminded of the enduring relevance of these ancient teachings to awaken our warmth and resilience and our capacity to benefit others. We look forward to sharing more moments where the power of presence and practice truly come alive in 2025 and 2026.

With warmth and love,

The 3 Doors Senior Teachers
Alejandro Chaoul
Gabriel Rocco
Raven Lee
Marcy Vaughn



Our Core Programs

In 2024, 600 people from 32 countries participated in 3 Doors programs.



THE 3 DOORS ACADEMY

2.5 years, in-person and online

Our signature program; an immersive meditation training for personal, relational, and societal transformation.



THE COMPASSION PROJECT

9 months, online

A comprehensive exploration of meditation as a pathway to compassion for self and others.



DISCOVERING THE CAPACITY OF THE OPEN HEART: Foundational Programs

In-person and online

Introductory courses developed for those new to 3 Doors meditation and those wishing to deepen their relationship with our core practices.



WALKING THE HEALING PATH

Various lengths, online and in-person

A program designed for people who work in a healing capacity and those who are sensitive to the energies of others.



PRESENTERS PATH

1 year, online

A training program for practitioners who have completed the Academy and are interested in deepening their practice by guiding meditation and serving the well-being of others.



SELF-PACED COURSES

Pre-recorded programs of various lengths that allow students to listen, learn, and practice at their own pace.

“Through the 3 Doors practices we discover inherent qualities of openness, awareness, and warmth. As an intimacy with inner refuge develops, we are able to transform previous limitations and live a more authentic and fully expressed life.”

~ Raven Lee, 3 Doors Senior Teacher



The 3 Doors Academy in 2024: Graduations, Celebrations, and New Beginnings



In the Academy, students take part in 2.5 years of immersive study that includes online and in-person meetings and retreats. They engage deeply and rigorously in the process of self-reflection and meditation. Academies take place in North America, Europe, and Latin America.



In April, 20 students graduated from the 6th North American Academy during their final retreat at Serenity Ridge Retreat Center in Virginia with teachers Gabriel Rocco and Marcy Vaughn.



Later in April, 35 students of the 7th North American Academy began their 2.5-year journey with teachers Marcy Vaughn and Phil Tonne at their first Academy retreat at Serenity Ridge.



In November, 23 students of the 3rd European Academy from 9 countries throughout Europe gathered at their first retreat in Belgium with teachers Raven Lee, Nicolas Gounaropoulos, Walter Hofmann, and Tonny Maas.



Throughout 2024, teachers Alejandro Chaoul, Rosario Arellano, Lourdes Hinojosa, Patricia Vigil, and Carlos Villarreal prepared and set dates for the 3rd Latin American Academy to begin in 2025 in Curitiba, Brazil.



“The practices are quite life changing, giving me a sense that I can find stability within, rather than seeking it outside of myself. This is such an important shift, when life can be so overwhelming, to know that I already have what I need to return to my naturally peaceful state.” ~ Nancy Lustgarden, North American Academy 7 Participant

GROWing Our Global Community

The Heart of Self-Transformation: Online Weekend Retreat

In November, 3 Doors founder, Tenzin Wangyal Rinpoche and 3 Doors teachers led an online retreat for an international gathering of more than 200 practitioners.



Over two days new and experienced practitioners explored the medicine of breath and awareness together, engaging meditation methods that have been practiced for centuries.

On Saturday, Marcy Vaughn led a special free community practice to support awareness of the impact of collective suffering and how that lives in the body, breath, and mind.

"I really value the support of the group. I can feel it even through zoom. And the teachings of Tenzin Wangyal Rinpoche are always pertinent, deep as well as practical. Thanks to all teachers for their wonderful guided practices."

~ Catherine Heintz, Practitioner

International Practice Day

In March, practitioners from around the world gathered on Zoom to experience the joy and power of collective support in meditation practice.



Three meditations were guided by 3 Doors Teachers: Nicolas Gounaropoulos from Belgium, Phil Tonne from the United States, and Patricia Vigil from Mexico. The day included opportunities to meet in small groups hosted by 3 Doors Presenters where practitioners shared experiences of life and practice.



HEART-FELT thanks to our translators who make international gatherings possible.

Gracias, Obrigado, Danke, Bedankt, Merci, Kiitos, Köszönöm, Спасибо, Pzięki

Teachers of The 3 Doors Academy: Continuing the Lineage



GABRIEL ROCCO RETIRES FROM THE NORTH AMERICAN ACADEMY

In April, Gabriel Rocco, a founding Senior Teacher of The 3 Doors, retired from teaching the North American Academy after 13 years of dedicated service. To honor his retirement, Academy graduates organized a surprise celebration, expressing heartfelt gratitude for his compassionate guidance and unwavering support over the years. Gabriel will continue to teach the Compassion Project and other programs within The 3 Doors.

NEW! GABRIEL ROCCO GENEROSITY FUND SUPPORTS PRACTITIONERS

To carry Gabriel's legacy forward, a fund was established providing scholarships for The 3 Doors North American programs. This fund is the result of an incredible collective act of generosity from community members and helps ensure that The 3 Doors meditation teachings and practices are accessible to current and future students regardless of financial barriers.



A NEW GENERATION OF TEACHERS

Since its founding, the Academy has been taught by a group of people hand-selected by Tenzin Wangyal Rinpoche.

In 2024, for the first time, four graduates of The 3 Doors' own Teacher Training program joined these founding teachers in offering the Academy: Phil Tonne partnered with Senior Teacher Marcy Vaughn in North America, while Tonny Maas, Walter Hofmann, and Nicolas Gounaropoulos partnered with Senior Teacher Raven Lee in Europe. More to come in Latin America this year!



"Being a teacher of The 3 Doors Academy and being a practitioner, allows me to embrace the deep pain of being human and let it unfold in inner awareness. This increases trust and familiarity with inner refuge and makes it very alive."

~ Tonny Maas, Teacher of the 3rd European Academy

ALL ARE WELCOME

Our community is strengthened by diversity. We welcome people of all backgrounds, religious affiliations, races, sexual orientations, gender identities, ages, and abilities. We are committed to making our programs accessible to people regardless of financial constraints.

In 2024,
ALL requests for scholarships were granted!

70 people established meditation practices that will serve them throughout their lives thanks to the generosity of our donors.

The 3 Doors offered more free programs than ever before.

This included:

- International Practice Day
- Compassion Project Full Day Retreat
- Compassion Project Monthly Practices
- Academy Graduate Quarterly Practices
- Thursday Evening Practice in Latin America (bi-weekly) and North America (weekly)



"It's hard to describe the value I find in being with a group of people in this way. It's a rare opportunity for the possibility of being totally unconditional with others. For me it's the best medicine."

~ Jason Sperling
Academy Scholarship Recipient



Life-Long Engagement and Creativity

In fall of 2024, North American Academy graduates joined Senior Teachers Gabriel Rocco and Marcy Vaughn at Serenity Ridge in Virginia for a Reunion Retreat. In addition to formal meditation practices, the in-person retreat included a writing and meditation workshop led by 3 Doors Teacher Juanita Rockwell. For online participants, Teachers Anne Forbes and Susan Chorpenning led an explorative visual arts and meditation practice using paper, scissors, watercolors, and the life of our hands as inspiration.



Clear open sky, bathed in birdsong
Soft breeze brushes my cheek
Nostrils filled with dawn's fresh moisture
Through the leaf canopy hints of sunrise sparkle

Drink it in with each breath
Feel the aliveness of every cell
Remember this communion with nature... with friends...
Whose love and support are carried deep within

Remember this treasure

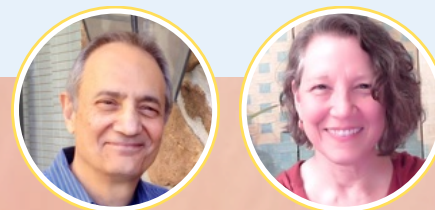
~ Renée Daily, writing workshop participant

The healing power of the Compassion Project



A comprehensive 9-month online program exploring meditation as a pathway to compassion for self and others, originally developed and launched in 2016 by Senior Teachers Gabriel Rocco and Marcy Vaughn.

In 2024, the Compassion Project completed its 8th run in English with Gabriel and Marcy. It also completed its first run in Dutch with Teacher Tonny Maas and launched for the first time in Spanish taught by Teachers Lourdes Hinojosa and Patricia Vigil.



SUPPORTED BY RESEARCH

Clinical Psychologist Michael Gawrysiak continues to lead research on the effects of The 3 Doors practices through the Compassion Project. Results confirm participants experience enhanced mindfulness, reduced stress, and alleviated depression. Michael is joined by other members of The 3 Doors research team, Senior Teacher Alejandro Chaoul, Ph.D. and Claire Clark, Ph.D.



Returning to Practice

Every month current and past participants of the Compassion Project are invited to join a guided meditation session on Zoom. Once a year, this community gathers for a day-long online retreat with Gabriel and Marcy. Both of these offerings are offered for free.

These sessions create a space for ongoing exploration and connection, in the warmth of collective practice.

"In August of 2022, I was diagnosed with Acute Myeloid Leukemia. Facing one's mortality is a humbling experience when it becomes so close that you can reach out and touch it. The Compassion Project has taught me to remain steady in this storm and to explore curiosity in the face of my fragile life. This program is where I found the ground under my feet, offering me a community where I can hold others while being held myself."

~ Jean Marie, Compassion Project Participant

3 Doors Presenters and Teachers in 2024



Our Teachers and Presenters reside in 13 countries and offer the 3 Doors practices across Europe, Latin America, and North America. Mentored by our Senior Teachers, Presenters have invested a minimum of four years in the 3 Doors training process; Teachers have invested a minimum of five years.

9 New Presenters 8 Incoming



In October, 9 new Presenters from North America graduated from the Presenters Path program. During 12 months of training, these individuals developed trust in their own presence and voice while learning to guide individuals and groups in meditation. *A graduation celebration is pictured above*

In November, 8 North American practitioners entered the Presenters Path led by Senior Teacher Marcy Vaughn and Teacher Anne Forbes. They will graduate in October 2025.

Continuing Education



Throughout 2024, 25 Presenters took part in a new Presenters Update program, a continuing education opportunity organized and hosted by 3 Doors Presenters Kathy Hayden and Bill Gonnson in North America.

This pilot program featured updated recorded teachings from the most recent Presenters Path training and opportunities to practice guiding one another with these fresh insights.

Bi-Weekly and Weekly Meditation *for all/for free*



In July, The 3 Doors celebrated the first anniversary of the Thursday Evening Practice, a free weekly online meditation session guided by North American Presenters. Meditators of all levels are invited to drop in at any time. With over 100 registered participants, 7 to 15 people attend each week.

We also celebrate a year since the Latin American bi-weekly practice began, offered in Spanish and Portuguese. An average of 26 people join each week to meditate with Latin American teachers.

Amplifying Impact: Presenters and Teachers

In 2024, each individual Presenter reached an average of **46 people** and each Teacher reached an average of **100 people**. Together, Presenters, Teachers, and Senior Teachers offered **3,825 hours** of teaching and guided practice to approximately **2,445 people**.



Phil Tonne, New Mexico, US

"As inmates discover inner refuge through their bodies, their faces soften, they appear at ease, and often, as we conclude, they smile. There's a joy that's undeniable in how we come together, how for an hour, or a month, or a year, we are each other's community."



Rebecca Ergas, British Columbia, Canada

"Participants have resonated strongly with the sound practices. A woman in Ukraine shared that her autistic son joined her while she was chanting the Warrior Syllables. I have so many wonderful examples of people sharing how these practices and the warmth and love in the groups feels transformative and healing."



Karen Patrick, North Carolina, US

"I work across the generations and interfaith. I LOVE seeing people go into the Stillness, Silence, and Spaciousness with little instruction. It is universal, simple and accessible to all. Our True Nature."



Ton Bisscheroux, Netherlands

"In the 3 Doors I have to find my own voice, and that is an interesting journey. Once a week I guide a group of colleagues at work. New participants are always welcome. We do the meditation on our lunch break and we meditate for half an hour. I call it Tibetan meditation on an office chair."



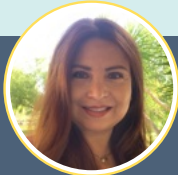
Abby Ruder, Pennsylvania, US

"People in the meditation group feel supported in sharing great joys and deep griefs, and in bringing these experiences into their practice." Members have supported each other through grave illness, dying, loss of loved ones, heartache about the suffering in our country and the world, and just about every joy in the life-cycle from births to marriages, and delight of every day miracles."



Celine Daly, New York, US

"My weekly meditation session landed on the evening of the U.S. elections. The feedback from the group was that the practice really helped them. Just this week, they referred back to that night as they spontaneously talked about how important the weekly group sessions are for them in these times of uncertainty and groundlessness."



"Continuing to strengthen unity and connection with a group of students is deeply meaningful. Witnessing the grateful and transformative response of the students has been a wonderfully enriching and rewarding experience." ~ Patricia Vigil, Mexico



Presenter Reflection: *BRINGING THE WARS INTO OUR PRACTICE*

Excerpt from [an essay written in May of 2024](#) in response to the wars in Ukraine and the Middle East.

Written by European Presenters: Ida Ferdinand (Denmark), Eva Richter (Germany), Mona Sandbaek (Norway), and Marco Zijlstra (Netherlands).

“The wars in Ukraine and the Middle East are heavily reported on in the news on a daily basis. We are not living in the center of those conflicts; we can only imagine what it is to face this degree of violence, destabilization, and loss. And still these events have strong resonance within us and connect us to our sense of a shared humanity. They give rise to difficult questions and impact how we experience our day to day lives. We decided to bring this to our weekly meditation practice...

...We all rediscovered trust that our practice and being in connection with inner refuge supports us to act authentically from a grounded place of clarity instead of getting lost in a state of outrage, overwhelm, or apathy...

Our meditation practice and being in the safe space of community allow us to hold the lives and experiences of those deeply affected by the war while sensing our connection to all humanity, all beings. From a place of connection and compassion, strength and clarity, we can make choices that benefit our own liberation and the liberation of others.”



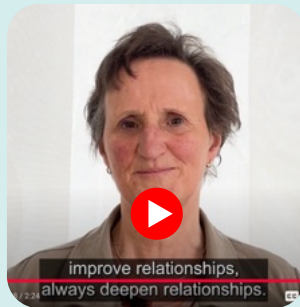
Regional Growth and Development

EUROPE

2024 marked the launch of **Stichting The 3 Doors Europe**, a new organization focusing on preparations for the European Academy. Anneke Dekkers and Marco Zijlstra from the Netherlands and Balazs Balogh from Hungary are the primary volunteer organizers.

PROJECTS AND EVENTS:

- A Pre-Academy Retreat was held in Belgium in March.
- Four free online sessions were offered, taught by each of the four European Academy Teachers: Raven Lee, Nicolas Gounaropoulos, Walter Hofmann, and Tonny Maas.
- An eight-part video series featuring Academy Teachers answered questions about the benefits of the Academy.
- The 3rd European Academy opened with 25 participants from eleven European countries at Chateau Frandoux Belgium.



LATIN AMERICA

A group of volunteers formed to focus on developing the 3 Doors presence in Latin America and planning the next Latin American Academy. This group includes: Senior Teacher Alejandro Chaoul; Teachers Rosario Arellano, Lourdes Hinojosa, Patricia Vigil and Carlos Villarreal; Presenters Frank Jeri and José Antonio Ramos; and representatives of Ligmincha Brazil Andrea Meng and Ana Livia Kasseboehmer.

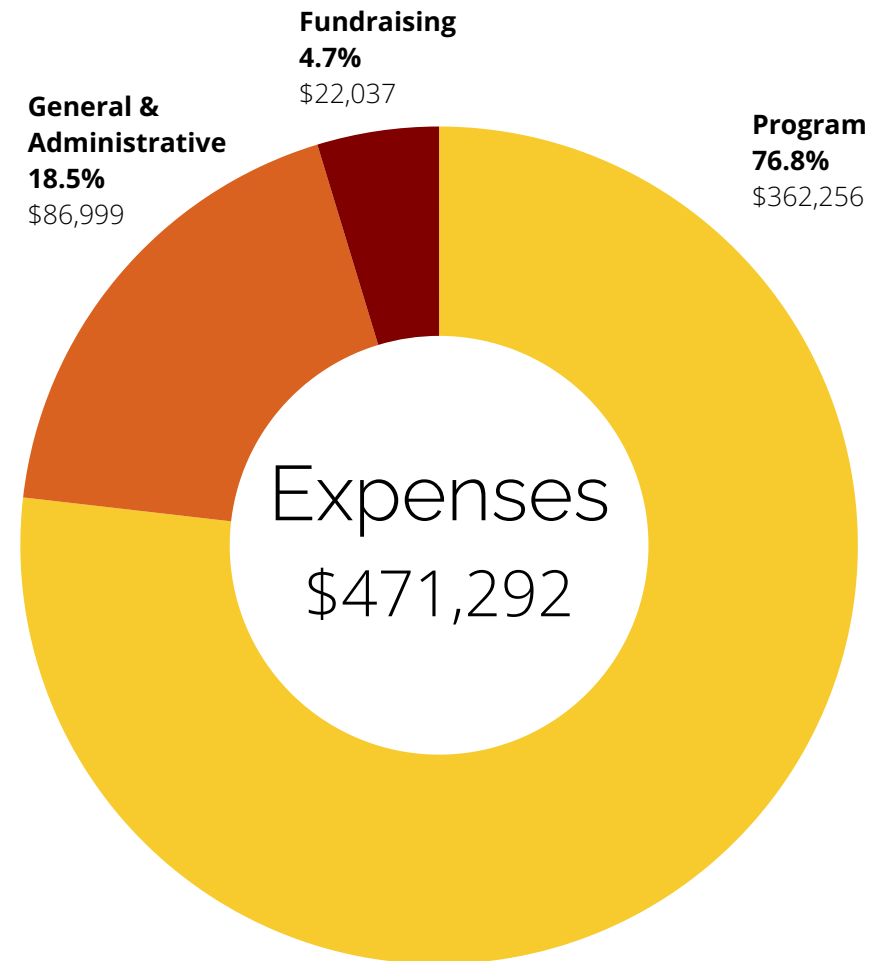
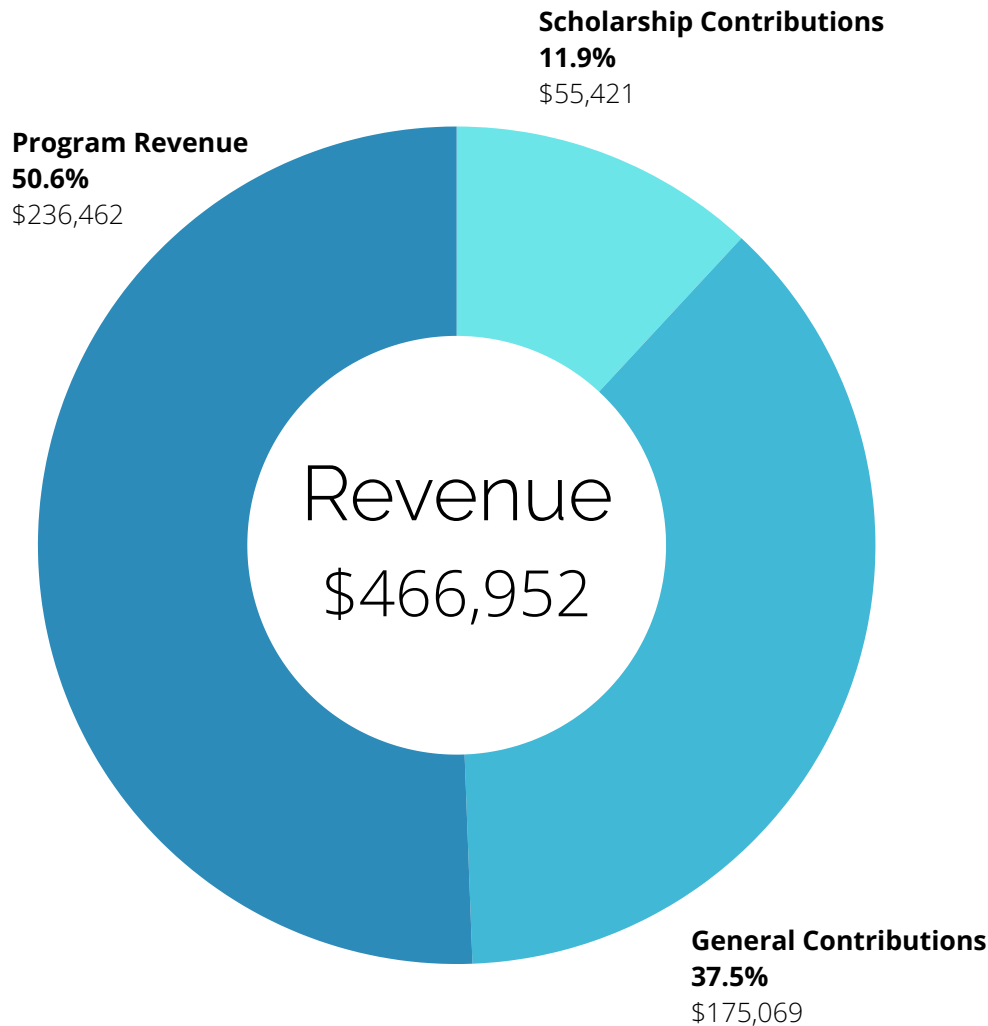
PROJECTS and EVENTS:

- The Bi-Weekly Thursday Evening Practice offered in Spanish and Portuguese continued with an average of 26 people per session.
- Preparations began for the 3rd Latin American Academy that will start in September 2025 in Curitiba, Brazil. Applications will open in July. There are already 22 people interested: 17 from Brazil, 2 from Mexico, 2 from Peru, and 1 from the Dominican Republic. The Academy will be taught in Spanish and Portuguese.



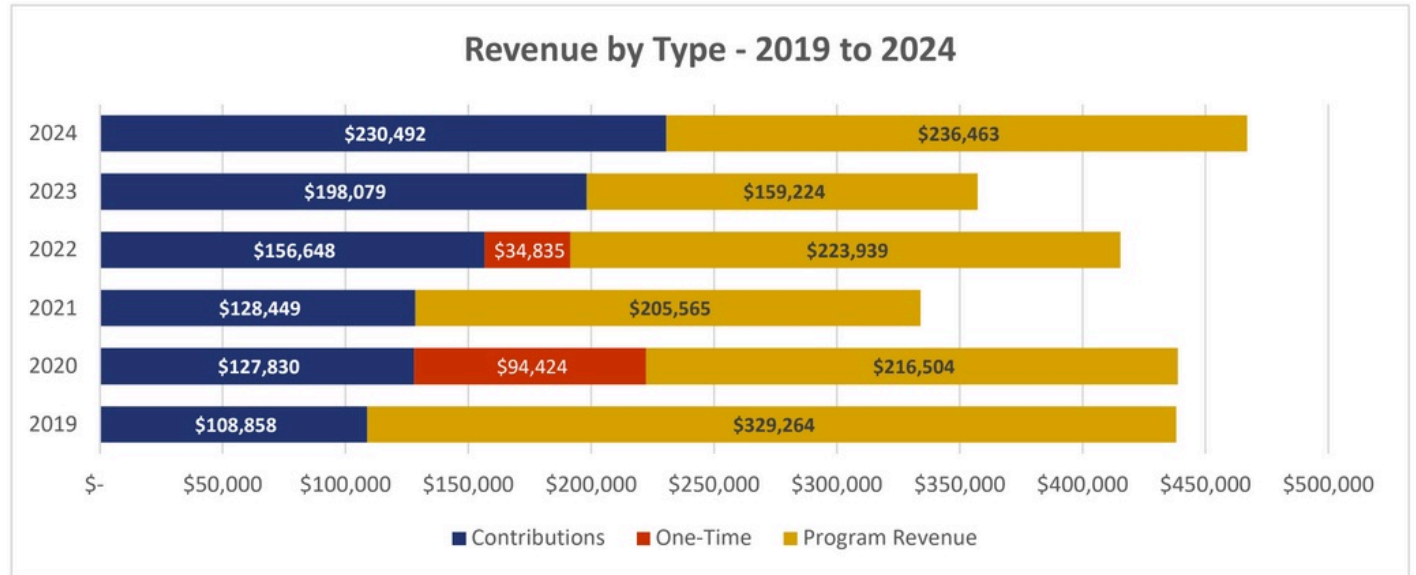
2024 Financials

In 2024, our budget grew with greater planned expenses. Thanks to a growing community of donors and successful program offerings, our revenue increased to match. The year ended with a small negative Change in Net Assets of (\$4k). This is nearly a 100% improvement in Change in Net Assets from 2023. Factoring out one-time revenue sources, 2024 significantly outpaced the last four years (see charts on the next page). In addition, 2024 delivered revenues of a near 50/50 split between program and contributions. Our donors' generosity has made it possible to offer record scholarships and free and low-cost programs, increasing the accessibility of our teachings and practices.



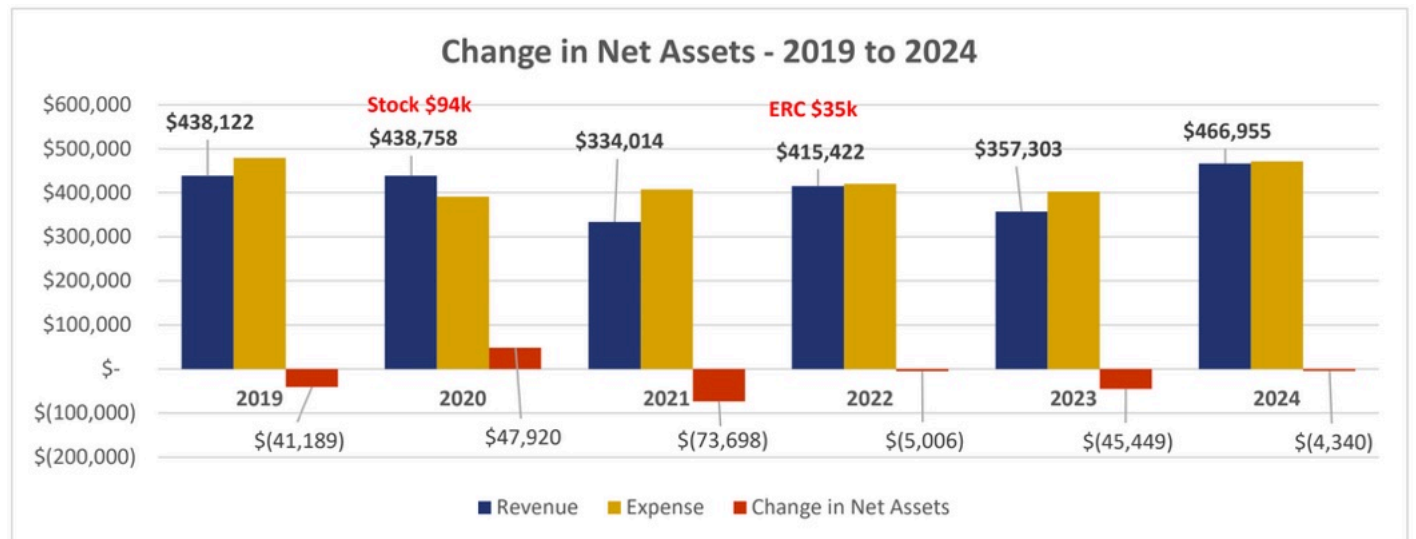
Revenue

- 2024 had the greatest annual revenue compared to the previous five years.
- Revenue in 2024 even outpaced 2020 when the organization received a one-time stock donation and 2022 when the Employee Retention Credit (ERC) was received.
- Contribution revenues are a growing percentage of total revenue as we build capacity and financial stability by partnering with a committed, annual donor base.



Change in Net Assets

- 2024 was a break-out year when looking at historical results.
- Without any significant one-time cash inflows, the 2024 minor negative Change in Net Assets is a 90% improvement over 2023 and 2022 without the one-time ERC.
- Total expenses increased by \$68k due to planned accommodations charges for additional in-person retreats, approved rate increases, and staffing changes.



Gail McDonald ♥
Anna McGrath and
Margaret Ryan
Dennette Myers
Lori Nolen
Felicity Nove
Britt Olson
Lynne Patrice
Carol L Perry
Michael Piernitzki
Judy Pierpont
Victoria Post
Michele Radford
Roberto Ramirez
Villarreal
Diane Reibel
Balbina Rey
Daniel Robin
Gabriel Rocco
Christopher Rosing
Daryl Lynn Ross
AV Ryan
Cynthia Sabatini
Qatana Samanen
Mona Sandbaek
Carol Sanders
Nancy Sausser
Paul Savich
Maggie Scobie
Mattie Scott
Tetiana Semashko
Laura Shekerjian
Leslie Smith
Nancy Smith

Ge Song
Emile Sorger
Jason Sperling
Prasshanth Srinivasan
Mary Starich
Sandra Suty
Kathryn Templeton
Isabel Torrent
Jan Toyota
Jonna Van de Kam
Beate van den Berg
Ida Van der Loo
Patricia Vigil
Mara Wai
Nancy Watts
Luna Way
Suzanne Weaver
Sharon Weizenbaum
Jerry Wiggins
Brenda Wright
Melissa Wuerthner
Maria Zecchetto
Marco Zijlstra ♥

FOUNDATIONS
Fidelity Charitable
National Philanthropic
Trust
Schwab Charitable
Blackbaud Giving Fund
Insight Network

ORGANIZATIONS
Open Blue

***“One can’t do it alone.
We not only need each other as a
mirror, but to help each other awaken.
This is why I donate to The 3 Doors.”***

~ Mitch Durell

Donor, Academy Participant, Scholarship Recipient



PLANNED GIVING

Thank you to those who have planned a legacy gift to The 3 Doors.
You are helping ensure The 3 Doors will be around to serve generations to come.

Susan Chorpenning and Ken Okuno • Renée Daily • Patricia Gift • Frank Jeri Gomez
Emily Lewis • George Moore and Sarah Romo • Juanita Rockwell • Phil Tonne
Patricia Vigil • Suzanne Weaver and Ken Morlino

Please tell us about your plans to make a gift.

We would like to acknowledge your gift, but we won't know about it unless you tell us.
Once you've made the decision to include The 3 Doors in your legacy giving plans, please let us know!

SILENT AUCTION

Thank you to all who participated in
our 2024 silent auction. A special
thank you to those who donated the
items that made it such a success!

INDIVIDUALS

Anonymous
Sky Brooks
Alejandro Chaoul
Renée Daily
Ann Drake
Anne Forbes
Regula Franz
Frank Jeri Gomez
Kathleen Hayden
Lourdes Hinojosa
Tiffany Landers
Raven Lee
Emily Light
Elizabeth Martin
Lynne Patrice
Gabriel Rocco
Juanita Rockwell
Marcy Vaughn
Tenzin Wangyal Rinpoche
Michael and Darcy Winslow
Jeanette and Andrew Witten

ORGANIZATIONS

Chamma Ling
Serenity Ridge
The Sounds True Foundation

Would you like to donate an item to the 2025 silent auction?

Let us know!
Email info@the3doors.org

The 3 Doors

We are grateful for the continued commitment of our community and the generosity that supports our well-being and growth. In 2025 the need for compassion, resilience, and healing remains as strong as ever.

Help bring these transformative teachings into more lives this year.

DONATE 



There are many ways to give.

Learn more: the3doors.org/donate

If you would like to be involved, please get in touch:

info@the3doors.org

THANK YOU to Our Board of Directors

Marcy Vaughn, Board President

Steven Young, Treasurer

Patricia Gift, Secretary

Lori Bongiorno

Anneke Dekkers

Frank Jeri

José Antonio Ramos

The Three Doors' 990 can be found at www.guidestar.org and is available upon written request to the **Office of Charitable and Regulatory Programs**, Commonwealth of Virginia.

The Three Doors is a nonprofit, 501(c)(3), tax-exempt educational organization dedicated to transforming lives through meditation.

Tax ID # 27-3293201

554 Drumheller Lane, Shipman, VA 22971

3 Doors community members provided the photos in this Annual Report, including the cover photo by Regula Franz. Special thanks to all who contributed.

Website: the3doors.org

Email: info@the3doors.org



@the3doors



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