A lifetime member of Sakyadhita International since 2003, I was enthusiastic about helping re-form the UK group in 2020. I now serve as chair and webmaster for Sakyadhita UK.

In my personal practice, it took 15 years to settle on Early Buddhism and make the decision to learn canonical languages.

Having started at the City of 10,000 Buddhas in California and later moved to the Theravāda Forest Sangha, events in 2009 resulted in my practice all but stopping for five years. In 2014 after engaging with Ajahn Thanasanti's Women’s Facilitator Group, the fog began to lift, my main teachers were found in Leigh Brasington and Ayya Khema, and my practice came back to life.

Finding no ‘Early Buddhist’ lineage to connect with and believing ‘we are the people we’ve been waiting for’, I set up a Scottish charity called Friends of Early Buddhist Teachings. Under the FoEBT banner, I facilitate online Zoom sessions and a local Early Buddhist group, in addition to several non-FoEBT groups: a ‘Sīlavā sangha’ focusing on the practice of ethics, a small sangha of women with Scottish connections, and a peer-led 'jhāna sangha' for people who have studied and practiced with Leigh Brasington.

A key interest is the study of canonical languages which, combined with practice, helps immensely in deepening understanding of the Buddha’s teachings. My current studies include Pāli reading (the *Aṭṭhaka-vagga* at the time of this writing) with John Kelly, Pāli and Sanskrit classes with James Whelan through The Buddhist Society in London, and independent Chinese study. To share some key learnings from these studies, I offer the occasional session on 'Pāli for Practice'.

My professional background is as a California licensed professional forester. Since coming to the UK in 2005, my work has shifted to teaching a blend of Nonviolent Communication and Buddhist teachings on mindfulness, right effort, and right speech. I now support people in their communication practice as well as in meditation, both individually and through short retreats. A serial volunteer, I’ve served as the Buddhist representative to the Scottish Interfaith Council, a pet bereavement support volunteer, director of Milntuim Hermitage Trust, tsiMoray (third sector interface), and Transition Town Forres director.

Home (physical) is now in South Wales, where my MA in Buddhist Studies at the University of South Wales was completed in 2019 with a dissertation on the Maṇgala Sutta. I’ve recently purchased a property in Monmouthshire with the aspiration that it will become a place for the practice of Early Buddhist teachings.