

Dharma Curriculum

2006

Started to go to Malloca's dharma center (Jardin del dharma, founded by the previous Kalu Rinpoche)

2007

April- Teachings of Chenrezig with Lama Tchoky Sengue in Mallorca, Spain

2008

January- Took refuge with Khenpo Choeying in Mallorca/ Dorje Sempa empowerment.

*Teachings from Lama Drubgyu (of DSK) and of Lama Tchoky whenever they visited Mallorca's dharma center.

July-September. My first visit to India, I stayed 3 months, of which two and a half I spent in Sonada, Darjeeling, studying Tibetan everyday with a tutor in the monastery. I went once to Rumtek and got to meet Gyaltsap Rinpoche. At the end of my stay in Sonada, I attended the coming out of retreat of Kalu Rinpoche. Then went briefly to Sherabling, and attended 3 days of the transmissions and teachings there. (The 5 treasures)

2008 December- 2009 January. First visit to Dag Shang Kagyu, for 3 weeks where I attended the course on the gyulama by Khenpo Choeying.

2009

January. Dharma teachings and Amitaba empowerment from Khenpo Choeying in Mallorca's center. Later in the year teachings and lung of Amitaba from Lama Drubgyu also in Mallorca

March. 9 days shine retreat with Lama Djinpa in DSK.

May. I started the karma kamtsang ngondro under the guidance of Lama Djinpa and disciples.

July to September. 3 months in India, mainly in Sonada, practicing Tibetan and doing prostrations and Dorjesempa.

In **August** I attended the Shanpa Kagyu transmission and empowerments in Sherabling from Tai Situ Rinpoche. There I also received the lay practitioner vows from Kalu Rinpoche.

Afterwards I went a week to Bodhgaya. And then in **September** to Sonada again to receive the transmissions and empowerments again from Kalu Rinpoche.

October. 10 days Preliminary's retreat with Lama Djinpa in Madrid. (there I got permission to switch to the new Shangpa ngondro, which I did together with the karma kagyu's).

2010

Jan-March. The first year of the philosophy program in Pullahari, Nepal. The main class on the 3 principal aspects of the path with drupon Khenpo, and the afternoon class on Drupta with Khenpo Choky.

May. 15 days Mahamudra retreat with lama Djinpa in Madrid.

June. 3 days Tibetan yoga of Kalu Rinpoche with lama Drubgyu in Mallorca

July. 5 days Lojong retreat in DSK, with lama Djinpa.

September. Ten days “solitary retreat” in DSK, from which I came out 3 days maintaining silent to attend to chö’s explanation and empowerment from lama Orgyen in DSK.

December. Green Tara explanation and empowerment form lama Puntsok in Mallorca’s dharma center.

*Completed the 111000 prostrations, but continued doing it according with the instruction of lama Djinpa.

2011

January. 6 days Vajrayoguini retreat with lama Djinpa in Madrid.

February-March. 3 weeks to pullahari to the 2nd year of the philosophy program, on the Uma gyen.

*Completed the 111000 hundred syllable mantra.

May. 15 days Vajrayoguini retreat with lama Djinpa in Madrid.

June. Empowerment and lung of white Tara from akong Rinpoche in Barcelona

July. Sangwa Dupa (Amitayus) and Karling Shitro empowerment from Tenga Rinpoche in DSK Spain.

* 5 days Bardo retreat with lama Djinpa in DSK

August. Teaching on the Bodhichitavivarana from Dzigar Kongtrul.

15 August to 15 September. 1 month mahamudra retreat with lama Djinpa in Angosto, Spain

September-October. 22 days in solitary retreat. 12 days in a friend’s empty house next to DSK, and the next 10 days in DSK.

20-22 October. Korlo Demchok (12 armed yab yum) of the luyipada tradition, and Vajrayoguini special blessing; form HH Shakya Trinzin in Sikkim.

31 Oct-9 Nov. Mahamudra seminar with Khenpo Dojon Rinpoche in Mirik

*5 Nov. Bodhisatva's vows

*lung of Milarepa's guru yoga.

11 and 14 of November. Gangloma's lung from HH Shakya Trinzin, in Sonada and Ghoom.

November 16. Completed the 111000 mandala offering, in Sonada.

November 18 . Amitayus empowerment coming from Rechungpa, by Jamgom Kongtrul in Mirik.

November- December. 1 month in Salugara, attending some of the shedra classes with the monks.

2012

31-10 January. Teaching from HH Dalai Lama and Kalachakra empowerment. There I also took the guenyen and bodhisatva's vows from HH.

January 12- February 29. Attended the 3rd year of Pullahari's philosophy program, main class on the Umagyen, and afternoon class on namshe-yeshe.

February 30- March 10. 2 days pilgrimage to lumbini and 9 days retreat. On March 7th completed the 111000 repetitions of the guru yoga prayer.

March 12-22. 10 days retreat of exchanging self and other in Pullahari, with Drupon Khenpo Lodro Namgyal as the main teacher (the same goes for all the others pullahari programs).

March 23. Guru Rinpoche empowerment from Shakya Trinzin in Bhouda.

April. Complete transmission of all the prajnaparamita texts, as well as the green tara, yumchenmo and guru rinpoche's long life empowerments. From Sangye Nyenpa Rinpoche.

April. 5 days Chagdrugpa Drubchen in Pullahari.

April- May. One month solitary retreat in Yolmo, Nepal

May-June. 3 weeks in Sonada, joining some of the mani drubchen combining it with listening to 2011 pullahari's meditation program on equalizing self and others.

*Lung of the dewachen prayer and nyungnye practice from lama Lorang Rinpoche.

*One nyungnye pair.

July 6-8. Teachings on the dagpo tarchin from Ringu Tulku, and also receiving the bodhisatva's vows from him, as well as the Sangye menla empowerment. In Dag Shang Kagyu

July 12-15. Explanation, wang and lung on the Milarepa's Guru Yoga, from lama Sonam in DSK.

July 19-20. Attended to the first 2 days of lojong retreat, imparted by lama Djinpa, DSK.

Sep 20- Oct 14. Kagyu Ngagtso, empowerments and transmission. By H.E Glyaltsap Rinpoche. Sikkim

Oct. Shangpa Empowerments. By H.E Glyaltsap Rinpoche. Mirik. (In addition to the empowerments for the shangpa retreat, the empowerments of 1000 arms chenrezig and amitaba were given)

Nov-Dic. 1 month solitary retreat in Sonada.

Dic-Jan. Kagyu Monlam in Bodhgaya. Vajrasatva Empowerment from Karmapa, bodhisatva vows and the lung of the part concerning the common preliminaries of the Torch of Certainty.

2013

Jan. Small pilgrimage to saranath, Kushnagar and Lumbini

Jan-March. Attended the 4th year of Pullahari's philosophy program, main class on the Ketaka, a commentary of the 9th chapter of the bodhicharyavatara by Mipham Rinpoche, and afternoon class on Gaining certainty on the View, by Lodro Taye

March. 10 days retreat on Vipassana- the 4 stabilizations of Mindfulness in Pullahari, with Drupon Khenpo Lodro Namgyal as the main teacher. (I was the assistant interpreter, so I interpreted for Kelsang Dorje in the meditation sessions, as well as whenever Jim wasn't feeling well)

March-April. 1 month retreat in Kathmandu.

April. 5 days Vajrayogini retreat with lama Djinpa in Madrid.

Jun-July. 1 and a half months solitary retreat in the outskirts of Madrid.

July-August. 1 months resident in DSK. During which received teachings on the Heart Sutra, Vajrakilaya, Sangye Menla empowerment and bodhisatva vows for Khenpo Trinley.

August 15- September 14. 1 month mahamudra retreat with lama Djinpa in Angosto, Spain

September. Lung of the Torch of Certainty, given by Khenpo Choying

October 3- October 12. Empowerments and lung of Chikshe Kun drol, by Sangye Nyenpa. In addition to that, the lung of 7 points of mind training with the commentary of Lodro Taye and the Lung of Vajrakilaya. Empowerment and lung for Mila ladrub.

*Khenpo Doyon, Empowerment of the 21 Taras. Lay vows

*9 days Preliminary retreat in Madrid with Lama Djinpa

November 24 2013- February 04 2017. Three years retreat

2017

March 10 days shine retreat with Lama Djinpa

April 28- July 31. 3 months solitary retreat

August attended the teaching of Drupon Khenpo in Spain- 4 days shine teachings in San Sebastian and 2 days teachings on the 2 truths in Barcelona.

December 10 days Vispassana retreat as thought by Goenka, in Poland.

2018

February Losar Rituals and Celebration in Dag Shang Kagyu, Spain