

## 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, studding 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 were I attended the curse 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 Sharpa 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 sharpa 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 Vajrayogini retreat with lama Djinpa in Madrid.

**February-March.** 3 weeks to pullahari to the 2<sup>nd</sup> year of the philosophy program, on the Uma gyen.

\*Completed the 111000 hundred syllable mantra.

**May.** 15 days Vajrayogini 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 Vajrayogini special blessing; form HH Shakya Trinzing 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 Trinzing, 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- Febrary 29.** Attended the 3<sup>rd</sup> 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 7<sup>th</sup> 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 Trinzing in Bhouda.

**April.** Complete transmission of all the prajnaparamita texts, as well as the green tara, yumchenmo and gruru 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 Gyaltsap Rinpoche. Sikkim

**Oct.** Shangpa Empowerments. By H.E Gyaltsap 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 4<sup>th</sup> year of Pullahari's philosophy program, main class on the Ketaka, a commentary of the 9<sup>th</sup> 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 stabbisments 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 Vipassana retreat as taught by Goenka, in Poland.

**2018**

**February** Losar Rituals and Celebration in Dag Shang Kagyu, Spain