

A dharma résumé or curriculum vitae detailing your dharma history (both formal study and retreat practice - no need to list transmissions received)

General dharma history:

I started studying Mahayana Buddhism in 2014, in an informal group called "Grupo de Estudos Budistas Bodhisattva", with an instructor from Lama Padma Samten's sangha in Brazil. We studied foundational teachings and practiced shamata and lojong.

In 2019, I started studying Buddhism more committedly at Siddhartha's Intent. The following year, I took refuge formally with Dzongsar Khyentse Rinpoche (online), entered his program Ngondro Gar, and also started to receive online teachings from the lamas from Chagdud Gonpa (whose centers were closed for visitation due to the Covid-19 pandemic) and from Do Tulku Rinpoche through his Bodhisattva Project, which was focused on the Bodhicharyavatara.

In 2021, I attended for the first time the Annual Seminar with Chökyi Nyima Rinpoche (online), and at the end received the refuge and bodhisattva vows from him. Since then, I have been guided by Rinpoche and Lama Tenzin Sangpo in the Tara's Triple Excellence Program, where we study, contemplate and practice the Zabtik Drolma terma from the Chokling lineage.

In 2022, the Chagdud Gonpa centers in Brazil reopened. There, I had the opportunity to practice sadhana in group regularly, and to receive vows, teachings, empowerments and transmissions from Tromge Jigme Rinpoche, Chagdud Khadro and Lama Tsering, and later from Shechen Rabjam Rinpoche and Dzongsar Khyentse Rinpoche.

In 2024, I met Chökyi Nyima Rinpoche in person for the first time during his seminar on the Sphere of Refined Gold at Gomde Pyrénées in July. Following Dzongsar Khyentse Rinpoche's events in Brazil in November, I entered Dharma Gar.

Retreats:

Nov 2018 4-day Lojong retreat (Grupo de Estudos Budistas Bodhisattva - GEBB)

Oct 2019 4-day Lojong retreat (GEBB)

Aug 2020 4-day Longchen Nyingtik Ngöndro retreat (Ngondro Gar - online)

Feb 2021 weekend Akshobhya Buddha retreat with Chagdud Khadro (CG Khadro Ling - online)

Feb 2021 weekend 21 Taras retreat with Chagdud Khadro (CG Khadro Ling - online)

May 2021 1-week Longchen Nyingtik Ngöndro retreat (Ngondro Gar/Siddhartha's Intent Australia - online)

Aug 2021 weekend Nyungne retreat with Chagdud Khadro (CG Khadro Ling - online)

Sep 2022 10-day Lojong retreat with Tromge Jigme Rinpoche (CG Khadro Ling)

Sep 2022 weekend Medicine Buddha retreat with Tromge Jigme Rinpoche (CG Dawa Drolma)

Dec 2022 weekend Nyungne retreat with Chagdud Khadro (CG Khadro Ling - online)

Feb 2023 4-day Phowa retreat with Chagdud Khadro (CG Odsal Ling)

March 2023 4-day Longchen Nyingtik Ngöndro retreat (Ngondro Gar/SI Australia - online)

April 2023 4-day Ngöndro retreat with Chagdud Khadro (CG Dawa Drolma)

June 2023 1-week individual Longchen Nyingtik Ngöndro retreat (at home)

Sep 2023 9-day Rangjung Pema Nyingtik drupchen with Shechen Rabjam Rinpoche and lamas from Chagdud Gonpa (CG Khadro Ling)

Oct 2023 1-week individual Longchen Nyingtik Ngöndro retreat (CG Khadro Ling)

Nov 2023 1-month individual Longchen Nyingtik Ngöndro retreat (CG Khadro Ling)

Dec 2023 8-day Nyungne retreat with Chagdud Khadro (CG Khadro Ling)

Jan 2024 1-month Dzogchen retreat with Tromge Jigme Rinpoche (CG Khadro Ling)

Aug 2024 4-day Phowa retreat with Chagdud Khadro (CG Dawa Drolma)

Dec 2024 1-week Dream Yoga retreat with Lama Tsering (CG Odsal Ling)

Jan 2025 1-month Dzogchen retreat with Tromge Jigme Rinpoche (CG Khadro Ling)

Feb 2025 9-day Vajrakilaya Pudri Rehpung drupchen with Tromge Jigme Rinpoche and other lamas from Chagdud Gonpa (CG Khadro Ling)

Feb to May, 2025 3-month Sphere of Refined Gold retreat with Lama Tenzin (Gomde Pyrénées)

June, 2025 3-week Inner Zabtik Drolma Sadhana retreat (at home)

Formal study programs:

2020-2024 Bodhisattva Project with Do Tulku Rinpoche (Arya Tara's Net - online)

2021-now Tara's Triple Excellence Program with Chökyi Nyima Rinpoche and Lama Tenzin (DharmaSun - online)

April to June, 2024 Mipham Project with John Pettit, Arne Schelling and Lama Sherab (CG Khadro Ling - online)

Empowerments:

When	Where	Bestower	Empowerment	Lineage
Dec 12, 2021	ONLINE pre-recorded streaming as a blessing, not a wang	Chökyi Nyima Rinpoche	Zabtik Drolma outer empowerment	Chokling
May 21, 2022	Chagdud Gonpa Odsal Ling	Lama Tsering	Red Tara	Apang Tertön
Sep 17, 2022	Chagdud Gonpa Dawa Drolma	Tromge Jigme Rinpoche	Medicine Buddha	Dudjom Rinpoche
Sep 24, 2022	Chagdud Gonpa Dordje Ling	Tromge Jigme Rinpoche	Tröma Nagmo	Dudjom Lingpa
Oct 8, 2022	Chagdud Gonpa Odsal Ling	Lama Tsering	Red Tara	Apang Terton
Feb 18, 2023	Chagdud Gonpa Odsal Ling	Chagdud Khadro	Amitabha Buddha	Dudjom Lingpa
Apr 29, 2023	Chagdud Gonpa Dawa Drolma	Chagdud Khadro	Guru Rinpoche Tukdrub Terkha Dündü	Dudjom Rinpoche
Apr 30, 2023	Chagdud Gonpa Dawa Drolma	Chagdud Khadro	Vajrasattva Sangtik Dorsem	Chokling
Apr 30, 2023	Chagdud Gonpa Dawa Drolma	Chagdud Khadro	Akshobhya Buddha	Longsal Nyingpo
Sep 16, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Rangjung Pema Nyingtik (extensive empowerment)	Dilgo Khyentse Rinpoche
Sep 17, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Yeshe Tsogyal Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche
Sep 18, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Pema Jungne Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche

Sep 19, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Guru Nyima Odzer Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche
Sep 19, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Pema Dakini Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche
Sep 20, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Pema Gyalpo Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche
Sep 20, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Longevity empowerment Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche
Sep 21, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Pema Rigjed Tsal	Rongzompa, rediscovered by Jamyang Khyentse Wangpo
Sep 22, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Dorje Drolö Rangjung Pema Nyingtik	Dilgo Khyentse Rinpoche
Sep 23, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Tigle Gyachen	Jigme Lingpa
Sep 24, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Amitayus Pema Tseyi Nyingtik	Dilgo Khyentse Rinpoche
Sep 25, 2023	Chagdud Gonpa Khadro Ling	Shechen Rabjam Rinpoche	Nyak Luk Phurba (Vajrakilaya of Nyak)	Dilgo Khyentse Rinpoche
Dec 22, 2023	Chagdud Gonpa Khadro Ling	Chagdud Khadro	Amitabha Buddha	Dudjom Lingpa
Jan 6, 2024	Chagdud Gonpa Khadro Ling	Tromge Jigme Rinpoche	Rigdzin Düpa	Jigme Lingpa
Mar 9, 2024	ONLINE	HH Sakya Trichen	Tangtong Gyalpo	Chöje Lingpa
Apr 28, 2024	ONLINE	HH Sakya Trichen	Avalokiteshvara Jinasagara	Kagyü (Rechungpa)
May 11, 2024	ONLINE	HH Sakya Trichen	Orange Manjushri	Sakya (Gagana Shribhadra)
May 23, 2024	ONLINE	HH Sakya Trichen	Shakyamuni Buddha with Maitreya and Avalokiteshvara	Kadam
Aug 24, 2024	Chagdud Gonpa Dawa Drolma	Chagdud Khadro	Amitabha Buddha	Dudjom Lingpa

Nov 16, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Khandro Sangdu	Jomo Menmo, rediscovered by Jamyang Khyentse Wangpo
Nov 17, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Manjushri	Jamyang Khyentse Wangpo
Nov 17, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Red Tara	Apang Tertön
Nov 17, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Korwa Dongtruk	Chokling
Nov 17, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Tangtong Gyalpo	Chöje Lingpa
Nov 19, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Guru yoga Rigdzin Dupa	Sera Khandro
Nov 19, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Manjushri	Sera Khandro
Nov 20, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Cherenzig Drodul Phakpa	Sera Khandro
Nov 20, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Hayagriva Wangchen Pema Heruka	Sera Khandro
Nov 20, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Vajrasattva	Sera Khandro
Nov 21, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Vajrakilaya	Sera Khandro
Nov 21, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Dorje Drolö	Sera Khandro
Nov 22, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Vajravarahi Khandro Gongpa Yong Du	Sera Khandro
Nov 22, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Red Vajravarahi	Sera Khandro
Nov 22, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Vajrayogini Kachoma	Sera Khandro
Nov 23, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Yeshe Tsogyal (three sets of empowerments)	Sera Khandro

Nov 24, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Green Tara	Sera Khandro
Nov 24, 2024	Chagdud Gonpa Khadro Ling	Dzongsar Khyentse Rinpoche	Kurukulle	Sera Khandro
Dec 1, 2024	Othon Palace Hotel in Rio	Dzongsar Khyentse Rinpoche	Zabtik Drolma	Chokling
Dec 26, 2024	Chagdud Gonpa Odsal Ling	Lama Tsering	Red Tara	Apang Tertön
Jan 1, 2025	Chagdud Gonpa Odsal Ling	Lama Tsering	Guru Rinpoche Tukdrub Terkha Dündü	Dudjom Rinpoche
Jan 5, 2025	Chagdud Gonpa Khadro Ling	Tromge Jigme Rinpoche	Rigdzin Düpa	Jigme Lingpa
Feb 8, 2025	Chagdud Gonpa Khadro Ling	Tromge Jigme Rinpoche	Vajrakilaya Pudri Rehpung	Dudjom Rinpoche