

A few notes on my Background:

Growing up in South Brazil to a Christian mother and an atheist cultural Jewish father, I was not imposed on any belief system, which allowed me freedom to explore my spirituality. I was somewhat of an introspective child who enjoyed literature and spent long periods reading about different subjects on the internet before the social media era. Reading Beat Generation authors around 11 years old, alongside Alan Watts, and eventually 'The Gates of Buddhist Practice' by Chagdud Tulku Rinpoche, I began developing an interest in Buddhism. In the meantime, I would try different early YouTube videos on guided meditation before starting to attend zazen practices at the nearby Sōtō Zen-shū city center at 12 years old.

Fast forward to 2016 - After leaving university in Brazil to travel and volunteer with bio-construction, I got an opportunity to travel for free to Israel given my Jewish ancestry from my father's side through the Taglit program. Once in Israel I refused the return ticket to Brazil and made my way to volunteer in work-away jobs in Jordan and Egypt. From there I followed a strong intuition to travel to Nepal where, after some months traveling and volunteering in the country, determined to find a spiritual teacher, I stumbled upon the first day of the Annual Fall Seminar at RYI. Getting to know Chokyi Nyima Rinpoche, Phakchok Rinpoche and Chokling Rinpoche was a life-changing experience that completely captivated me. From then on I decided to dedicate myself full-time to the study and practice of Dharma.

Formal credited Dharma study:

Translator Training Project (TTP) - Rangjung Yeshe Institute, Nepal (2020) Bachelor of Arts in Buddhist Studies and Himalayan Languages - Rangjung Yeshe Institute, Nepal (2022) Master of Arts in Translation, Textual Interpretation and Philology (TTIP) - Rangjung Yeshe Institute, Nepal (Expected August 2025)

As for non-credited studies, I've attended multiple teachings both while living in Nepal and online, including various Fall Seminars with Chokyi Nyima Rinpoche, the complete Joy of Living curriculum on-site programs with Mingyur Rinpoche and his first level of the Path of Liberation on two instances (2018 and 2024), teachings with H.H. the Dalai Lama in Bodhgaya (2017) and Dharamsala (2018). I have taken as my main Lojong practices the Triple Tara Excellence, having done the First Excellence twice and currently doing the Second Excellence. I have also joined Erik Pema Kunsang's Bodhi Training twice, a program I'm currently enrolled in.

Retreat practice:

During my teenage years I joined 3 short retreats at 'Vila Zen' rural retreat center of the Sōtō Zen-shū tradition in South Brazil - one while I was 12 (around 3 days), another at 15 (7 days) and a last one when I was 18 years old (5 days).

At 19 years old I joined the 2016 Fall Seminar concluding retreat on Mind Nature by Chokyi Nyima Rinpoche in Pharping (around 3 to 4 days).

After leaving Nepal in December 2016, in 2017 I went to receive the Kalachakra from H.H. the Dalai Lama in Bodhgaya. After that I went to Thailand where I spent 3 months hitchhiking through the country, mostly focusing on staying at different forest tradition monasteries. During this time I completed multiple 10-day retreats: starting with Anapanasati at Dipabhāvan Meditation Center in the tradition of Buddhadasa Bhikkhu (Koh Samui) to gather a foundation in Shamatha, followed by a Vipassana retreat at Wat Pa Tam Wua (Northern Thailand), a week with Ajahn Martin Piyadhammo at Wat Phu Khong Tong, and another 10-day retreat in Ajahn Chah's tradition at Wat Pah Nanachat (International Forest Monastery). I then continued to Laos for another 10-day retreat at an isolated forest tradition wat, from where I hitchhiked to China and concluded this cycle with a 10-day retreat at Dhammavihārī Forest Monastery in Menghai, Xishuangbanna, Yunnan.

From August 2017 onwards I studied at RYI in Nepal, taking opportunities during 'reading week' breaks to do short retreats at Nagi Gompa and Asura Cave. In June 2018 I did a 10 day retreat when I began practicing the Tukdrub Barchey Kunsel Ngöndro. I also attended the Triple Tara Excellence short retreat that same year around October. In 2019 I completed a one-month individual retreat in Ngöndro at Asura Cave around June, and did the one-month group retreat on the same practice from December 2019 to January 2020.

During the pandemic I did individual retreats at home in Brazil (I got stuck outside Nepal in March 2020 when visiting my ex-girlfriend in France, being able to return to Brazil and creating an unexpected gap in my stay in Nepal, only returning in August 2023 for the M.A.). Besides these home retreats, I also did a one-week Zen retreat at former RYI student Monk Daniel Confortin's Shantideva Buddhist Community in Passo Fundo, RS, and another subsequent one-week retreat at the same site (February 2023).

Upon joining the M.A. in August 2023 I have been very busy with work and study. The only short retreats I've been able to attend have been as an interpreter, such as when travelling with Khamtak Rinpoche in Brazil (2024) and interpreting for Sangkag Tenzin Rinpoche in Dolu, Nepal (2024) and for CNR short Fall Seminar Triple Tara Excellence retreats (2023/2024).

This list is not fully exhaustive, there are a few shorter retreats that I've likely missed XD