

Financial Statement for Tsadra Foundation Application

I was born into a middle-class family in São Paulo, Brazil. However, driven by deep social and spiritual concerns, I sought financial independence at the age of 18 when I moved away for university. Since then, I have supported myself through freelance work and by selling handmade art pieces.

At 19, I had saved enough to travel abroad for nine months, engaging in volunteer work in Europe and India. This experience enriched my life but exhausted my savings. Upon returning to Brazil, I received temporary financial support from my mother until I could settle in Nova Friburgo, where I moved to live near Lama Tartchin. There, while I was attending the Nursing Bachelor, I worked as a babysitter and gradually established myself as an autonomous holistic therapist, offering massages in guest houses and hotels, as well as homeopathy and phytotherapy consultations, and doula services. I have always lived a very simple, frugal life, which allowed me to save small amounts despite modest earnings.

In 2023, Lama Tartchin and I aspired to travel to India and Nepal for pilgrimage in Buddhist holy places. As neither of us had sufficient funds, we organized two group pilgrimages (October 2024 and March 2025), which provided me with some additional resources to invest in Buddhist study and practice.

Currently, I have savings of approximately R\$60,000 (around USD 12,000). Part of this amount will cover my living expenses from July 2025 until September 2026, when I will enter the Three-Year Retreat. During this preparation phase, in order to enter the retreat, I need to complete several preliminary retreats, study Tibetan, and continue serving the Dharma, which limits my ability to earn an income through my usual therapeutic work.

For the retreat itself, I plan to use half of my current savings (around USD 6,000), in addition to fundraising efforts and request support from a few Dharma friends who may be happy to help me. I am also humbly seeking support from the Tsadra Foundation. It's important to point out

that while my family has supported me in the past, their financial assistance is limited and cannot be relied upon for this purpose.

The total cost of the retreat is approximately USD 36,000, plus an additional USD 2,000 for the pre-retreat, along with other necessary expenses such as health insurance, airfare, and visa costs—bringing the total to around USD 40,000. Therefore, I am respectfully requesting USD 30,000 from the Tsadra Foundation. Without this sponsorship, participating in the retreat would not be financially feasible for me, as such costs are significantly high for most of us who live in South America and have such an unstable and weak economy. To put this into perspective, USD 40,000 is a substantial amount in Brazil, where the average monthly income is far below that of North America or Europe. For many of us, this amount represents the equivalent of multiple years of hard work and savings.

I am deeply grateful for your consideration and for the possibility of receiving your generous support, which would make this profound aspiration possible.

With heartfelt appreciation,
Maria