

Michel Lenz Cesar Calmanowitz, known to the public as Lama Michel, was born in Brazil, in the city of São Paulo, in 1981. At age 5 he met his master, Lama Gangchen Rinpoche, and at age 8 he was recognized by prestigious masters as a tulku – the reincarnation of a Buddhist master.

By his own will, at the age of 12 he decided to follow in his guru's footsteps and go to the monastery to receive the traditional education for Lamas, so he went to live in southern India, at the Monastery of Sera Me, a monastic university for advanced buddhist studies & practice. By this time, he already demonstrated great ability as an orator, devotion to his guru, and a natural familiarity with the foundations and deeper concepts of Buddhist philosophy. Encouraged by his master, he began, as early as 12 years old, to give lectures at public events during his travels and to conduct teachings.

At Sera Me, he studied philosophy, dialectics, logic, the Tibetan language, the classic texts that explain the Buddhist path to enlightenment, traditional tantric practices of his lineage, went on meditation retreats, and received empowerments. During this time, under Lama Gangchen Rinpoche's guidance and alongside his parents and disciples around the world, he made pilgrimages to the most important sacred places in India, Nepal and the main monasteries of the Gelugpa tradition in Tibet.

In 2004, after 12 years of studies, practices, and retreats, he moved to Italy with Lama Gangchen Rinpoche. Since settling in Italy, Lama Michel Rinpoche has shown great enthusiasm in sharing his knowledge and experiences, teaching in a traditional but at the same time unique, accessible, and innovative way, adapting to the Western mentality and circumstances.

Thanks to his great generosity, as well as his interest and curiosity for technology, in 2014 he created a streaming project to offer free teachings on the NgalSo YouTube channel, currently with more than 100 thousand followers and thousands of hours of teaching.

He is the author of more than 40 publications, including four books in Portuguese: Uma jovem ideia de paz: conversas com o Lama Michel Rinpoche (in a literal translation: A young idea of peace: conversations with Lama Michel Rinpoche) - Sarasvati Multimedia, 1996; O sutil desequilíbrio do estresse (in a literal translation: The subtle imbalance of stress) - in collaboration with his mother, psychologist Bel Cesar and psychiatrist Sérgio Klepacz, Editora Gaia, 2011; Coragem para seguir em frente (in a literal translation: The courage to move on) - Editora Gaia, 2006; and Grande amor: um objetivo de vida (in a literal translation: Great love: a life goal) - in collaboration with Bel Cesar, Editora Gaia, 2015.

Lama Michel currently is the holder of the Ngalso Ganden Nyengyu lineage of Tibetan Buddhism. He is also the director and spiritual guide of 20 NgalSo centers worldwide and of the humanitarian aid foundation Help in Action, founded by his master, Lama Gangchen Rinpoche. He is the United Nations representative of the Lama Gangchen World Peace Foundation, a non-governmental organization with Ecosoc status.

His ability to communicate profound concepts in a simple and accessible way for all audiences is widely recognized. His lectures propose reflections on how to live a meaningful, happy life that benefits oneself, the environment, and society in the times of crisis in which we live.

Check out the main companies and institutions where Lama Michel has given lectures:

Brazil

Telefonica - "A guide to a happier and more fulfilled life" - "How to have a better quality of life"

Sesc - "RELATIONSHIPS and EVERYDAY ISSUES" - How to relate with Peace in everyday life"

Department of Sports - Non-Formal Education in the Development of a Culture of Peace

Câmara dos Deputados de SP (São Paulo House of Representatives)

Rio + 20 - Participation in the Peoples' Summit, in the tent of the Brazil Free Nuclear Power Plants

Coalition

Abril Group

Trip Editora

Secretary of Education

Instituto Criar

CTE - High Goals, Low Expectations and Constant Effort.

Citibank - Culture of Peace in the Corporate World – People Management in Times of Crisis

Citibank -How to manage your energy by acting calmly and how to manage fears and anxieties

Clube Harmonia

Sociedade Teosfica - The Courage to Move On

United Creators - Impermanence and dissatisfaction.

Ciesp/Campinas - Balance in Times of Change

Culture of Peace Festival - Trip Transformadores - Parque Villa Lobos

EO TALKS - Impermanence

Zarvos: Live, coexist, and work in harmony

TED <https://www.youtube.com/watch?v=g-Vi8PgmSY0>

Main interviews in Brazil:

<https://www.youtube.com/watch?v=SJhtNMT8Od0>

<https://globoplay.globo.com/v/6046416/>

<https://globoplay.globo.com/v/5954694/>

<https://revistatrip.uol.com.br/trip-transformadores/2015-lama-michel>

<https://revistatrip.uol.com.br/homenageados/2015/lama-michel>

<https://revistatrip.uol.com.br/trip-tv/lama-michel-paulo-kakinoff-e-paulo-lima-debatem-sobre-o-futuro-das-corporacoes>

Lama Michel Rinpoche, master of Tibetan Buddhism, and Paulo Kakinoff, Gol Linhas Aéreas CEO, mediated by Trip's publisher, Paulo Lima.

Theme: Is a humanized company possible?

TV shows:

Jô Soares /Globo TV

Aparecida documentary/Netflix

Brazil TV

Encontro/ Globo TV

Conversa com Bial/Globo TV

Magazines:

Bons Fluidos

Ciências

Folha de São Paulo

Gaia Blog

Radio:

Eldorado

Argentina

Escuela de Estudios Orientales - Aplicación de la filosofía budista en la vida cotidiana

Universidad del Filosofica - Abrazando las 4 nuevas verdades del budismo

Netherlands

5th Congress Integrative psychiatry - Keynote on compassion and interconnectedness

6th Congress Integrative psychiatry - Workshop with live EEG during meditation

7th Congress Integrative psychiatry - Keynote on spirituality in healthcare

Italy

TED Verbania

<https://www.youtube.com/watch?v=1iZxI2IRtMk>

TED Busto Arsizio

https://www.ted.com/talks/lama_michel_il_caos_l_armonia_non_compresa

Rotary Club Verbania

Lions Club Torino

Molte Fedi Sotto lo Stesso Cielo

Festival Philosophia Omegna

Edufest Genova

Centro concienza Bergamo