



**Oscar Martinez (Spain)**  
**Buddhist Name: Amita Ganendra (Named after another disciple of Shakyamuni who attained enlightenment)**  
**Ganendra ordained in 2013**

I have been interested in spirituality since I was a child, and read many books of all kind of mystical and esoteric matters. I began my spiritual practice when I was eighteen, in the Sambo Kyodan Zen school. I spent some years practicing zen in a local sangha. When I was 21, I spent some time in a Tibetan Buddhist center located in the mountains, near Pyrenees, Dag Shang Kagyu.

When I was 23, during a visit to Turkey, I met a sufi teacher, Hassan Dede, sheikh in the Mevelvi Order. After a time of learning from him, I met another teacher, from the Naqsbandi Order, Omar Alí Shah, and become his disciple. I stayed in this group for 10 years. Sufi teachings were very precious for me.

When the teacher died, I came back into Buddhism. I felt Buddhism as a spiritual path fits well with me, as more universal, and easy to share with other people than Sufism. I went for the first time to Plum Village, to a retreat with Thich Nhat Hanh in 2007, and in those years I visited there several times. I also received teachings and attended retreats with other teachers, especially in Tibetan Buddhism and Dzogchen, as Ayang Rinpoche, James Low, Namkhai Norbu, etc.

Also, during that time I became friends with Rafa Redondo, and helped him organize his zazenkais and retreats -- assisting him for some years, before his sangha developed. Also I attended retreats and received teachings from his teacher, Willigis Jaeger. In 2013 I met Dharmavidya, and felt a very good connection with him. I started to collaborate with him with the Zen Therapy courses, and become very interested in Pureland Buddhism. This Other Power approach has made a lot of sense to me. I felt a strong connection with the Infinite Light from my sufi time, and with Amitabha, from my Tibetan buddhism background, attending in 2009 a 9 day Powa retreat. For me, Pureland practice integrates my whole previous practice, and is a natural development of it.



I also am psychologist, and the Dharma and Dharmavidya's teachings continue to have a great influence in my work. I practice a *Dharma oriented psychotherapy*, and have taught mindfulness and compassion since 2007.