



BHIKKHU RĀHULA

His first contact with the Buddha's teachings was in Japan in a course of S.N. Goenka in 2001. Bhikkhu Rāhula has lived 16 years in Asia studying and practicing the Dhamma.

The search to go deeper into the teachings led him to Myanmar where he found a second home in Shwe Oo Min monastery, there he ordained temporary for the first time in 2004. He received direct guidance from Sayadaw U Tejaniya for the practice and application of vipassanā meditation.

He started the studies of the Suttas and the Abhidhamma in Macau with Ven. Sayadaw Dr. Ukkamsacara who later led him to further study with the most Venerable Sayadaw Dr. Nandamālābhivamsa who is his perceptor.

In 2019 Bhante completed a course on Buddhist scriptures from Harvard University. He has translated and collaborated in the edition of various Dhamma books in Spanish and English. He continues the Pāli studies to delve deeper and closer into the Buddha's teaching.

For the last 6 years he has offered weekly courses of the anatomy of the mind (applied Abhidhamma) in English and Spanish followed by participants of all ages. Now the explorations are followed online by students in more than 15 countries. In these sessions the nature of the mind and its relation with the body are explored offering tools to be applied in daily life for the cultivation of our noblest qualities and potential, especially inner stability and wisdom.

At present he is training and continuing the studies of the Dhamma Vinaya in Sasanarakkha Buddhist Sanctuary in Taiping, Malaysia under the guidance of Ven. Ariyadhammika.

For 5, years Bhante has been constructing and continues working on the development of the Mexican Buddhist Center to introduce and propagate the Buddha's teaching in Latin America.

(In the following YouTube channel you can find detailed explanations in English of the Anatomy of the Mind, a course offered by Bhante Rāhula and Anāgārika Caraṇapāli according to the 'Abhidhammattasaṅgaha').