

## Dhammaruwan - Synopsis

Rebirth, regarded as being mystical, plays a pivotal role in the journey toward enlightenment, and the deepening of meditation practice. The presentation will consider rebirth as it spans across eons, and, in an ultimate sense, as it manifests within a single moment. This phenomenon establishes continuity, thereby allowing mindfulness — which considers the root of the problem — to be applied as a solution to struggle and conflict. It provides an individual with the opportunity to steer their life in a wholesome direction; presenting them with the key out of the self-made jail cell of suffering. Rebirth creates a connectedness between the conventions of past, present and future that are linked with practice and development.

At the age of three, Dhammaruwan displayed an ability to spontaneously chant Buddhist scriptures in Pali. These texts related deep sections of the Dhamma, such as dependent origination and the practice of insight meditation. He will relate his life as Mudithagosa in the fifth Century C.E. During which life, he accompanied Bhadanthachariya Buddhagosa to Sri Lanka, where the retinue of scholar monks learnt the tipitaka in oral memory (“by heart”). It was from this past life experience that Dhammaruwan, as a child, was able to chant the suttas before he was able to read or write.

These experiences provided him with a unique understanding of an individual’s journey in samsara and in this practice, which has influenced him as a yogi and as a meditation teacher. It became evident to him that conflict and its solutions need to be considered individually. Dhammaruwan will provide an overview of how his experiences with past lives have influenced the progression of his life, considering his time as a single parent and his journey of sharing the practice of meditation around the world.

Therein, he will be sharing publicly for the first time his journey in this life and the last.