



BHANTE RĀHULA THERO

Born in Mexico, Bhante Rāhula, a former musician and composer earned a master's degree in music therapy. He was raised Catholic but, drawn to spirituality from an early age, began questioning his inherited faith at the age of twelve. The spiritual search led him through Hindu meditation and Native American ceremonies for nearly a decade, followed by the practice of Sufism in New York, and Islam in New Delhi before finally finding in the Buddha's teachings the answers he had long been searching for and ultimately embracing the monastic life.

In 2001, he moved to Asia, where he lived for 20 years studying and practicing the Dhamma. He was ordained in Myanmar under the Most Venerable Sayadaw Dr. Nandamālā-bhivamsa. Since 2004, he has received meditation guidance from Sayadaw U Tejaniya. Studied Suttas and Abhidhamma with Sayadaw Dr. Ukkamsacara in Macau, and continued his monastic training and Vinaya studies for two years at SBS in Malaysia under the guidance of Venerable Ariyadhammika while offering talks, retreats, and activities for the local community. In 2019, Bhante completed a course on Buddhist scriptures from Harvard University.

Since 2016, Bhante has offered weekly in-person and online teachings, accompanying students from 18 countries in their Dhamma practice and exploration. He leads retreats and Dhamma tours throughout South and North America and Asia in English, Spanish, and Portuguese. In 2025, Bhante was invited to lead a pilgrimage-retreat to the Buddha's sacred sites in India and Nepal with practitioners from Malaysia, Singapore, Mexico, and Brazil.

Bhante is currently building the Mexican Buddhist Center (Paññābhūmi Forest Monastery) to share the Buddha's teachings and envisions establishing a nunnery to support the female Saṅgha in Latin America. Recognizing the region's challenges, he supports programs in palliative care centers, hospitals, universities, youth education, and addiction recovery centers while keeping inner cultivation as his priority. Through these opportunities for service, the Dhamma is shared for the welfare of oneself and others on the path to liberation.



Weekly Anatomy of the mind classes for students of all ages



Series of Dhamma talks for catholic priests and Universities



Talks to relief stress and develop the Brahmavihāras for Doctors



Preventive Talks for Children



Talks to 2,000 parents of drug addicts



Retreats



Construction of Paññābhūmi, Mexican Buddhist Center



International Retreats and Dhamma activities



Bhante with his Teachers in Myanmar and Malaysia, December 2025.



Sayadaw Dr. Nandamālābhivaṃsa



Sayadaw Dr. U Ukkamsacara



Bhante Ariyadhammika



Sayadaw U Tejaniya



Myanmar 2015.