



Venerable HOMAGAMA REWATHA

Thero

CONTACT

+94 763229860

ven.homagamarewatha@gmail.com

Rideekanda Forest Monastery, Matale,
Sri Lanka.

www.rideekanda.com

EDUCATION

ICFAI University, India

Bsc in Information Technology
2009 - 2012

Spiritual Education

Extensive training in Buddhist
philosophy, meditation techniques, and
the study of the mind.

2012 - 2024

SKILLS

- Meditation Teacher
- Spiritual Teacher
- Mentor
- Life coacher

LANGUAGE

English

Sinhala

SUMMARY

A practicing Buddhist monk and meditation teacher with 8 years of experience in teaching and exploring the concepts of the mind, perception, and meditation. Focused on understanding the truth of the world and sharing the deep interconnection between consciousness, perception, and the sensory world. Passionate about bridging ancient wisdom with modern science to promote intellectual growth and well-being.

EXPERIENCE

Teacher of Meditation and Philosophy

Rideekanda Forest Monastery, Matale, Sri Lanka

- Conducted meditation retreat, lectures and workshops on Buddhist teachings and Vipassana and Mindfulness meditation practices.
- Taught meditation techniques to enhance intellectual and emotional well-being.
- Speaker and Collaborator.
- Engaged with researchers, educators, and professionals to share Buddhist insights on mind and perception.
- Participated in discussions about the potential applications of Buddhist teachings in modern scientific contexts.

KEY AREAS OF EXPERTISE

Philosophy of Mind and Perception:

- Comprehensive understanding of how sensory and mental perceptions construct the experience of reality.
- Expertise in explaining the 'six dimensions' of sensory experiences.

Meditation and Cognitive Enhancement:

- Skilled in guiding meditation practices to develop concentration, memory, and problem-solving abilities.
- Experienced in teaching techniques that enhance cognitive resilience and analytical thinking.

Stress Management and Emotional Regulation:

- Expert in mindfulness practices to manage stress, cultivate emotional balance, and improve overall mental well-being.

Cross-Disciplinary Insights:

- Deeply interested in exploring intersections between Buddhist philosophy and modern technological research, particularly artificial intelligence and perception.

REFERENCES

Air Marshal RAUP Rajapaksa [RSP and two Bars, VSV, USP, MSc (MOA) USA, MSc (Def Stu) in Mgt, MA in IS&S (UK), BSc (Def Stu), MIM (SL), AMIE (SL), rcds, psc

- Commander of the Sri Lanka Air Force

Contact : +94 11 2441044/+94 11 495495/+94 71 688 0276

Air Force Headquarters

Defence Headquarters Complex,

P.O Box 594,

Sri Jayewardenepura Kotte,

Sri Lanka

Dr. Ishantha Siribaddana [PhD, PGDip(IT), BSc(ChemSP), SCJP]

- Chairman Java Institute for Advanced Technology
- Former Consultant: Monetary Policy Consultative Committee- Central Bank of Sri Lanka
- Chairman: Technology Entrepreneurship and Management Cooperative Development Banking Society Ltd

ishantha@javainsitute.edu.lk

Contact: 0777570403/0717918914/0777918914

237/64, Polohengoda Road, Colombo 05, Sri Lanka