

# U Vamsarakkhita



**Birth Place:** Sudbury, Ontario, Canada

**Education:** BA (Major Psychology  
St. Francis Xavier University  
Nova Scotia, Canada

CFP (Certified Financial Planner) Retired

RFP (Registered Financial Planner) Retired

**Youth/ Student Life:** Began Meditating at age 17 TM  
(Transcendental Meditation)

Spent youth as High School and University

Student/Athlete (Various sports)

Student Leader (Executive School Council)

University Athletic Scholarship (Basketball)

University)  
Academic—Dean's List Student (St. F.X

**Adult Lay Life:**  
**(Age 25-49)**

Married (No Children)

Profession - Financial Advisor (Self Employed)

- Film Actor (Vancouver Based)

Executive Board of Various Charities  
(Big Brothers (Vancouver) – President  
AIDS Vancouver – President  
Seva Service Society – Treasurer)

Meditator

**Sayadaw U Janaka:**

Met Chanmyay Sayadaw U Janaka 1991

Began Intensive Vipassana/Metta Practice with Sayadaw in 1994 during Vassa (Pansa, Rains retreat) at Rangoon, Burma while on a one year Sabbatical from work.

Continued to visit and practice with Sayadaw at subsequent Vassas

Culminating in a six month Intensive retreat at Hmawbi (Forest Retreat) and Yangon in 2001 (March to August) under direct guidance of Sayadaw.

At this point Sayadaw invited U Vamsa to tour with him and assist in teaching Vipassana and Metta Meditation

**Perspective:**

U Vamsa was drawn to the Buddha's doctrine because of its profound yet simple practicality in every day life and as a Spiritual Path.

U Vamsa was drawn to Sayadaw as a teacher because of his clarity and knowledge of the Vinaya, Pali Canon and teaching methods. His practice and understanding of the Buddha's teachings grew and improved dramatically under Sayadaw's guidance.

As a teacher, U Vamsa is committed to convey the simple everyday usefulness of Buddha's teaching while inspiring those around him to explore and experience the Path to Freedom that He so clearly and elegantly lived.

**Experience:**

U Vamsa has traveled extensively throughout Asia, North America, and Europe both as an assistant to Sayadaw and leader of his own retreats. He spends Rains Retreat (Vassa, Pansa) guiding monks in meditation at Dhammodaya Meditation Center (Nakhon Pathom, Thailand)