



Riccardo Monticelli

Amsterdam,
The Netherlands

Experience

*«No one is someone;
a single immortal man is all men»*
-Jorge Luis Borges



With a background in Computer Engineering, I began my spiritual journey in 2020 during the pandemic with the practice of yoga and some guided mindfulness sessions. This was the starting point of my inner exploration, where I started to dig deeper and develop an understanding of the mind-body connection. Through consistent practice, I laid a strong foundation for my future spiritual endeavors.

The sudden loss of beloved people around me strengthened a process of self-questioning and mystical discovery, leading me to embrace Buddhism and its practices with great devotion and fascination. Meeting my main spiritual master, Selene Calloni Williams, finally opened up the possibility of a new, aesthetic vision of existence for me. Over time, this encounter awakened gifts and talents within me, allowing me to be in daily service to the divine as I am today.

Since 2023, I have been teaching yoga and mindfulness through one-on-one and group sessions, working with people of various ages, and offering lessons in different languages. I am fluent in Italian, English, and Spanish. I am excited to expand my horizons and further establish my teaching practice.

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IADOOR / Imaginal Academy Retreat

JUNE 2024 - SERPIANO, SWITZERLAND

The retreat offered an immersive exploration of imaginal psychology, shamanic practices, and archetypal work. We participated in guided meditations, tantric practices, and Mother Mantra rituals, all aimed at reconnecting with our inner archetypes and expanding consciousness. The program also featured constellation work, nature walks to connect with our ancestors, and group discussions for integration. Creative exercises and past life regression sessions further helped embody the teachings, culminating in a cohesive and profound experience that unified various aspects of my spiritual studies.

10-Day Vipassana Meditation Retreat / S.N. Goenka

MARCH 2022, DHAMMA ATALA, LUTIRANO, ITALY

Following the teachings of S.N. Goenka, this intensive silent retreat was a transformative experience, allowing me to delve deep into mindfulness and insight meditation. I gained significant personal growth and a deeper understanding of impermanence and non-attachment.

First Trip to India / Spiritual Journey with Locals

DECEMBER 2020 - JANUARY 2021, UTTARAKHAND, INDIA

I visited Rishikesh and some of the Himalayan region, accompanied by local friends who enriched the experience with their deep knowledge of the region's spiritual heritage. In Rishikesh, I participated in yoga and meditation sessions along the sacred Ganges River, immersing myself in the vibrant spiritual atmosphere. The journey continued to Tungnath, one of the highest Shiva temples in the world, where the serene mountain landscape and the ancient temple itself offered a profound sense of connection to the divine. This trip was a harmonious blend of spiritual practice and cultural immersion, deeply enhancing my spiritual path.

Education

Integral and Shamanic Yoga School / Selene Calloni Williams

JANUARY 2024 - JANUARY 2025, IMAGINAL ACADEMY (CH), ONLINE

This ongoing program blends shamanic practices with yogic and tantric principles, according to the Himalayan and Tibetan traditions (some of these practices are also generally known in the contemporary Yoga market as Kundalini Yoga); this path is helping me widen my horizons and integrate the diverse teachings I received so far, especially releasing my creative potential for preparing yoga practices.

Nat Reading and Chiromancy School / Selene Calloni Williams

SEPTEMBER 2023 - SEPTEMBER 2024, IMAGINAL ACADEMY (CH), ONLINE

Nats are spiritual entities or deities in Southeast Asian traditions, particularly in Myanmar, believed to influence the human world. Through this education, I am learning to connect with these spirits and through them, help people to receive messages from their ancestors, as well as mastering the art of chiromancy. This training is enriching my understanding of ancient divination practices, and enhancing my ability to interpret signs, symbols, and energies both in my personal life and in service to others.

Mother Mantra / Thunder Initiation

JANUARY 2024, BOLOGNA, ITALY

The Thunder Initiation focuses on advanced healing practices. This initiation, also guided by Roberta Rizzi, further deepened my engagement with the Mother Mantra, (see below) These practices have become an integral part of my spiritual toolkit, enabling me to facilitate healing for myself and others.

150H Imaginal Mindfulness School / Selene Calloni Williams

JANUARY 2023 - JANUARY 2024, IMAGINAL ACADEMY (CH), ONLINE

Starting in January 2023, I embarked on a year-long journey in Imaginal Mindfulness at the Imaginal Academy, led by Selene Calloni Williams. This program, rooted in Theravada Buddhism and Hillman/Jungian archetypal psychology, introduced me to mindfulness through the lens of imaginal and symbolic thinking. It deepened my capacity for inner reflection and my understanding of the mind's imaginal nature, bridging ancient spiritual traditions with modern psychological insights.

RYT200 Hatha Vinyasa Yoga Certification / Jason Revere

SEPTEMBER 2022 - DECEMBER 2022, YOU CAN YOGA, AMSTERDAM

With influences from Sivananda Yoga, this training deepened my understanding of yoga philosophy and asana practice, equipping me to share the transformative power of yoga with others. The intensive training period also strengthened my commitment to the yogic path.

Mother Mantra / Diamond Initiation

MAY 2022, MODENA, ITALY

I received this initiation from Roberta Rizzi and Selene Calloni Williams. The Mother Mantra is a non-revealed mantra that comes with a series of ancient spiritual practices and rituals to connect with the divine feminine energy, fostering deep inner transformation and healing. This initiation introduced me to powerful spiritual exercises that I incorporated into my daily practice, both in the morning and evening, opening new pathways in my spiritual evolution.

SABBE SATTVA SUKHI HONTU.