

Phra Ajahn Thanissaro Bhikkhu

Theravada - Thai

Phra Ajahn was born on 28 December 1949 in the United States of America. He first met his primary teacher, Phra Ajahn Fuang Jotiko (a close student of Phra Ajahn Lee Dhammadharo) in Wat Dhammasathit, Rayong, Thailand in 1974. He ordained as a monk in 1976 to practice meditation under Phra Ajahn Fuang. After the passing of Phra Ajahn Fuang in 1986, Phra Ajahn stayed on to oversee Wat Dhammasathit. In 1991, he returned to Wat Metta in San Diego County, California and was made abbot in 1993. Wat Metta was founded by his second teacher, Phra Ajahn Suwat Suvaco in 1990. He has been resident in Wat Metta ever since but teaches in America, Brazil and France, and returns to South East Asia every few years.

Phra Ajahn has translated many of the teachings of the Kruuba Ajahns of the Thai Forest Meditation Tradition, the Pali Canon as well as meditation and Dhamma teachings. Phra Ajahn's works are offered freely in print and can be found online (Dhammatalks.org and accesstoinsight.org) and there is a growing collection of his talks in Youtube.