



Presence Awareness

Ajahn Buddhisaro was ordained as a Buddhist monk in 2002, in the Thai Forest tradition. He first became interested in meditation while completing degrees in neuroscience and philosophy at UC Berkeley in California. Upon graduating he travelled extensively throughout Asia, studying and practicing eastern spirituality and meditation in places such as India, Nepal, Tibet, China, Sri Lanka, and Thailand. Meeting renowned spiritual leaders like the Dalai Lama and Thich Nhat Hanh inspired him to enter extended monastic retreat as a Buddhist monk.

After living in Asia for many years, Ajahn Buddhisaro returned to America and is currently on research sabbatical at Dharma Treasure in Arizona, USA, occasionally teaching or leading retreats.

Deepening Wisdom Samadhi

Ajahn Buddhisaro