

# Phra Farang: An English Monk in Thailand

Phra Farang was an English monk who lived in Thailand for over 20 years. He was a well-respected teacher and meditation master, and his teachings have inspired many people around the world.

Phra Farang was born in England in 1949. He first came to Thailand in 1973, and he was ordained as a monk in 1975. He spent the next 20 years living in Thailand, studying Buddhism and meditation. He also traveled extensively throughout the country, teaching the Dharma to people from all walks of life.



## Phra Farang: An English Monk in Thailand by Kai Harris

★★★★☆ 4.7 out of 5

Language : English  
File size : 418 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 388 pages



In 1995, Phra Farang returned to England. He continued to teach the Dharma, and he also wrote a number of books and articles on Buddhism. He passed away in 2010, but his teachings continue to inspire people around the world.

## Phra Farang's teachings

Phra Farang's teachings were based on the Theravada tradition of Buddhism. He emphasized the importance of meditation and mindfulness, and he taught that the goal of Buddhism is to achieve liberation from suffering.

Phra Farang's teachings were simple and direct, but they were also profound. He taught that the root of all suffering is attachment. When we attach ourselves to things, we are setting ourselves up for disappointment and pain. The only way to find lasting happiness is to let go of our attachments and live in the present moment.

Phra Farang's teachings were not always easy to follow, but they were always inspiring. He challenged his students to question their assumptions and to look deeply into their own hearts. He taught that the journey to enlightenment is a difficult one, but it is also the most rewarding journey that we can take.

### **Phra Farang's legacy**

Phra Farang was a great teacher and a compassionate guide. He helped countless people to find peace and happiness, and his teachings continue to inspire people around the world.

Phra Farang's legacy is one of love and compassion. He taught that all beings are connected, and that we should treat each other with respect and kindness. He also taught that we should never give up on our dreams, no matter how difficult they may seem.

Phra Farang's teachings are a valuable gift to the world. They can help us to find peace and happiness, and they can inspire us to make the world a

better place.

## Further reading

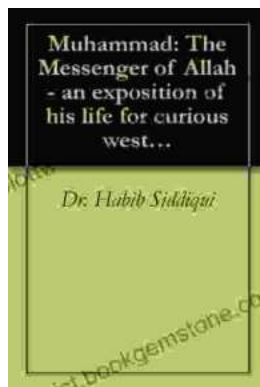
- Phra Farang: A Life Story
- Phra Farang
- Books by Phra Farang



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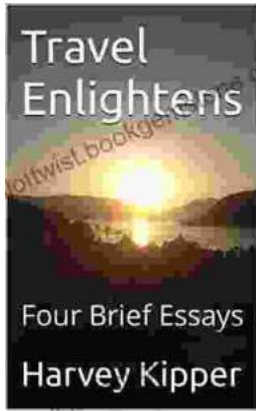
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