

Guy's Dharma Reading List

Insight Meditation (Vipassana)

- * *The Experience of Insight* – Joseph Goldstein
- * *Seeking the Heart of Wisdom* – Joseph Goldstein and Jack Kornfield
- * *A Path with Heart* – Jack Kornfield
- * *The Wise Heart* – Jack Kornfield
- * *Lovingkindness* – Sharon Salzberg
- * *Faith* – Sharon Salzberg
- * *Real Happiness* – Sharon Salzberg (introduction to meditation)
- * *It's Easier than You Think* – Sylvia Boorstein (introduction for non-Buddhists)
- * *One Dharma* – Joseph Goldstein
- * *Insight Meditation* – Joseph Goldstein
- * *Insight Meditation* workbook & CD's – Sharon Salzberg & Joseph Goldstein
- * *The Mind and the Way* – Ajahn Sumedho
- * *Pure and Simple* – Upasika Kee Nanayon
- * *An Awakened Life* – Christopher Titmuss
- * *Dancing with Life* – Phillip Moffitt
- * *What the Buddha Taught* – Walpola Rahula (good reference for basics and “the lists”)
- * *Dipa Ma* – Amy Schmidt

Mindfulness in Plain English – Bhante Gunaratana

The Miracle of Mindfulness – Thich Nhat Hanh

Heartwood of the Bodhi Tree – Buddhadasa Bhikkhu

The Heart of Buddhist Meditation – Nyanaponika Thera

Buddhist Dictionary – Nyanatiloka Thera (excellent reference for terminology – from Pariyatti)

Dependent Origination – P. A. Payutto (on the Web, search by title and Payutto)

Good, Evil and Beyond: Kamma in the Buddha's Teachings – P. A. Payutto (on the Web)

Buddhist Texts

- * *The Life of the Buddha* – Bhikkhu Ñanamoli (from Pariyatti Book Service)
- * *In the Buddha's Words: An Anthology of Discourses from the Pali Canon* – trans. Bhikkhu Bodhi
- The Middle Length Discourses of the Buddha: A New Translation of the Majjhima Nikaya* – translated by Bhikkhu Ñanamoli and Bhikkhu Bodhi, Wisdom Publications, \$41 (suggested suttas: 1, 2, 4, 9, 10, 18, 20, 21, 22, 26, 29, 70, 95, 109, 118, 119, 122, 137, 140, 148)
- The Connected Discourses of the Buddha: A New Translation of the Samyutta Nikaya* – translated by Bhikkhu Bodhi; Wisdom Pubs, \$60 (suggested suttas: 1:1, 23, 27; 2:18, 26; 3:8, 25; 4:5; 5:10; 6:1, 2, 15; 7:2, 11, 12; 8:5; 12:1, 2, 15, 16, 17, 23, 65; 15:1, 3, 14; 16:8, 12; 17:2; 20:7; 21:2; 22:1, 3, 33, 43, 51, 55, 59, 79, 80, 85, 86, 93, 94, 95, 101; 35:23, 24, 28, 80, 82, 85, 94, 97, 116, 248; 36:6, 21; 41:1; 43:12-44; 44:10; 45:2; 46:51, 53; 47:6, 19, 20; 48:41, 42; 55:7, 21, 37; 56:11, 31, 34, 35, 38)
- Numerical Discourses of the Buddha: An Anthology of Suttas from the Anguttara Nikaya* – translated by Nyanaponika Thera and Bhikkhu Bodhi, AltaMira Press
- Dhammapada* – translated by Gil Fronsdal
- Satipatthana: The Direct Path to Realization* – Analayo (commentary on Foundations of Mindfulness)
- Teachings of The Buddha* – edited by Jack Kornfield

Zen

- * *Zen Mind, Beginner's Mind* – Shunryu Suzuki
- The Zen Teaching of Huang Po* – tr. John Blofeld

Tibetan

- * *Awakening the Mind, Lightening the Heart* – H. H. Dalai Lama
- Cutting Through Spiritual Materialism* – Chogyam Trungpa Rinpoche

The Tibetan Book of Living and Dying – Sogyal Rinpoche

Dzogchen

- * *Carefree Dignity* – Tsoknyi Rinpoche
- The Tibetan Book of Living and Dying* – Sogyal Rinpoche (ch. 10)
- Natural Great Perfection* – Nyoshul Khen Rinpoche
- Rainbow Painting* – Tulku Urgyen Rinpoche
- As It Is*, vol. 2 – Tulku Urgyen Rinpoche
- The Flight of the Garuda* – trans. Keith Dowman
- Self-Liberation through Seeing with Naked Awareness* – trans. John M. Reynolds

Buddhist Philosophy

- **The Fundamental Wisdom of the Middle Way* – Jay L. Garfield (translation of Nagarjuna)
- * *Verses from the Center* – Stephen Batchelor (poetic rendition of Nagarjuna)
- Mother of the Buddhas* – Lex Hixon (rendition of selections from Prajñāparamita Sutra)
- Time, Space, and Knowledge* – Tarthang Tulku
- A Flash of Lightning in the Dark of Night* – H. H. Dalai Lama (commentary on Shantideva)

Other Dharma

- * *I Am That* – Sri Nisargadatta Maharaj
- * *Awakening Joy* – James Baraz
- Lessons from the Dying* – Rodney Smith
- Commentaries on Living*, vols. 1 & 3 – J. Krishnamurti
- The Spiritual Teaching of Ramana Maharshi* – pub. Shambhala
- The Essential Rumi* – trans. Coleman Barks
- The Power of Now* – Eckhart Tolle

Dharma and Psychology

- * *Emotional Alchemy* – Tara Bennett-Goleman
- Radical Acceptance* – Tara Brach
- Soul without Shame* – Byron Brown (on working with self-judgment)
- Nonviolent Communication* – Marshall Rosenberg
- One Breath at a Time: Buddhism and the 12 Steps* – Kevin Griffin

Family Practice

- * *Everyday Blessings: The Inner Work of Mindful Parenting* – Jon & Myla Kabat-Zinn
- Dharma Family Treasures* – ed. Sandy Eastoak
- Prince Siddhartha* – Jonathan Landaw (life of the Buddha for children)
- A Treasury of Wise Action* (Jataka tales)

* = **particularly recommended**

Access to Insight is an excellent Web site with suttas and Theravadin readings:

www.accesstoinsight.org

Sources of books by mail order:

- Amazon.com
- Pariyatti Book Service, P.O. Box 15926, Seattle, WA 98115; (800) 829-2748
www.pariyatti.com; U.S. distributor for Buddhist Publication Society (BPS), Sri Lanka
- Wisdom Publications, 199 Elm Street, Somerville, MA 02144; (800) 272-4050
www.wisdompubs.org; a non-profit publisher of Dharma books