

SELECTED READINGS IN INSIGHT MEDITATION AND RELATED TEACHINGS

INTRODUCTION TO MEDITATION PRACTICE

Joseph Goldstein, *The Experience of Insight* (Boulder: Shambhala, 1987).

Thich Nhat Hanh, *The Miracle of Mindfulness* (Boston: Beacon, 1987).

Wes Nisker, *Buddha's Nature* (NY: Bantam, 1998).

Suzuki Roshi, *Zen Mind, Beginner's Mind* (NY: Walker/Weatherhill, 1970).

GOING A LITTLE DEEPER

Achaan Chah (Paul Breiter, ed.), *Being Dharma* (Shambhala, 2001).

Ajahn Chah, *Food for the Heart* (Wisdom, 2002).

Pema Chodron, *When Things Fall Apart* (Shambhala, 1997).

Joseph Goldstein, *Insight Meditation: the Practice of Freedom* (Shambhala, 1993).

Joseph Goldstein, *One Dharma: The Emerging Western Buddhism* (HarperCollins, 2002).

Joseph Goldstein and Jack Kornfield, *Seeking the Heart of Wisdom* (Shambhala, 1987).

Thich Nhat Hanh, *The Heart of the Buddha's Teaching* (Parallax, 1998).

Ayya Khema, *Visible Here and Now* (Shambhala, 2001).

Jack Kornfield, *A Path With Heart* (Bantam, 1993).

Jack Kornfield, *After the Ecstasy, the Laundry* (Bantam, 2000)

Jack Kornfield, ed., *Teachings of the Buddha* (Shambhala, 1996).

Walpola Rahula, *What the Buddha Taught* (Grove, 1962).

Sharon Salzberg, *Faith: Trusting Your Own Deepest Experience* (Penguin, 2002).

Sharon Salzberg, ed., *Voices of Insight* (Shambhala, 1999).

Nyanaponika Thera, *The Heart of Buddhist Meditation* (Citadel, 1969).

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METTA PRACTICE

Sharon Salzberg, *A Heart As Wide as the World* (Shambhala, 1997).

Sharon Salzberg, *Lovingkindness - The Revolutionary Act of Happiness* (Shambhala, 1995).

APPLICATIONS TO THE HEALING ARTS

Tara Brach, *Radical Acceptance – Embracing Your Life With the Heart of a Buddha* (NY: Bantam, 2003).

Jon Kabat-Zinn, *Full Catastrophe Living* (NY: Delacorte, 1990).

HISTORY OF BUDDHISM; TRANSMISSION TO THE WEST; APPLIED ETHICS

Robert Aitken, *The Mind of Clover* (North Point, 1984).

Karen Armstrong, *Buddha* (Viking, 2001).

Stephen Batchelor, *The Awakening of the West* (Parallax, 1994).

James Coleman, *The New Buddhism* (Oxford, 2001).

Rick Fields, *How the Swans Came to the Lake: A Narrative History of Buddhism in America* (Shambhala, 1981).

Don Morreale, ed., *The Complete Guide to Buddhist America* (Shambhala, 1998).

Mu Soeng, *The Diamond Sutra: Transforming the Way We Perceive the World* (Wisdom, 2000).

- TEACHINGS OF THE BUDDHA - TEXTS FROM THE PALI CANON

Bhikku Bodhi (trans.), *Connected Discourses of the Buddha - A New Translation of the Samyutta Nikaya* (Wisdom, 2000).

Eknath Easwaran (trans.), *The Dhammapada* (Petaluma, Calif.: Nilgiri, 1986).

Bhikkhu Ñānamoli (trans.), *The Middle Length Discourses of the Buddha - A New Translation of the Majjhima Nikaya* (Wisdom, 1995).

Maurice Walsh (trans.), *Thus Have I Heard: The Long Discourses of the Buddha - A New Translation of the Digha Nikaya* (Wisdom, 1987).