

## Standardized Library Resources: Buddhism

### Print Media:

- 1) Buddhist Religions: A Historical Introduction, by Richard H. Robinson, Willard L. Johnson, Thanissaro Bhikkhu, Wadsworth Publishing, ISBN: 0534558585, 2004 (5<sup>th</sup> ed.)

An introductory book to Buddhism that covers the teachings and practices of a wide range of schools and traditions.

- 2) The Story of Buddhism: A Concise Guide to its History & Teachings, by Donald S. Lopez Jr., HarperSanFrancisco, ISBN: 0060099275, 2002

A book that contains information on the practices of a wide range of schools and traditions.

- 3) The Teaching of Buddha, compiled by the Bukkyo Dendo Kyokai (Buddhist Promoting Foundation), ISBN: 4-89237-011-8, 1985 (110<sup>th</sup> ed.)

Provides selective passages from many Buddhist scripture. This book is found in hotels, and institutions.

- 4) Essential Buddhism: A Complete Guide to Beliefs and Practices, by Jack Maguire, Pocket Books, ISBN: 0-671-04188-6, 2001

Provides a practical summary of the different schools and practices of Buddhism.

- 5) Buddhism Plain and Simple, by Steve Hagen, Broadway Books, ISBN: 0767903323, 1998

This book explains basic Buddhist teachings from the Zen Buddhist perspective.

- 6) Peace Is Every Step: The Path of Mindfulness in Everyday Life, by Thich Nhat Hanh, Bantam Books, ISBN: 0553351397, 1992

This book applies the basic Zen Buddhist teaching of mindfulness to everyday living.

- 7) The Heart of the Buddha's Teachings: Transforming Suffering into Peace, Joy, and Liberation, by Thich Nhat Hanh, Random House, Inc., ISBN: 0676903692, 1999

This book applies the basics teachings of Buddhism to modern struggles from a Zen Buddhist perspective.

- 8) Taming the Tiger Within: Meditations on Transforming Difficult Emotions, by Thich Nhat Hanh, Penguin Group, ISBN: 1573222887, 2004

This book guides the reader through Buddhist ways of dealing with emotions such as anger, fear, and jealousy.

- 9) Zen Mind, Beginner's Mind: Informal Talks on Zen Meditation and Practice, by Shunryu Suzuki, Shambhala Publications, Inc., ISBN: 0834800799, 1973

This book is often considered as one of the classic explanations of Zen Buddhism to Western audiences.

- 10) Not Always So: Practicing the True Spirit of Zen, by Shunryu Suzuki, Edward Espe Brown, HarperCollins Publishers, ISBN: 0060957549, 2003

A follow-up book to the above listed **Zen Mind, Beginner's Mind**.

- 11) Everyday Zen: Love and Work, by Charlotte Joko Beck, HarperCollins Publishers, ISBN: 0060607343, 1989

This book applies the basics of Zen Buddhism to the struggles of everyday life.

- 12) Woman of the Way: Discovering 2,500 Years of Buddhist Wisdom, by Sallie Tisdale, HarperCollins, ISBN: 0-06-059816-6, 2006

This book traces women Buddhist masters and teachers, and gives us an understanding of women's contribution to Buddhism.

- 13) Living Buddha, Living Christ, by Thich Nhat Hanh, Riverhead Books, ISBN: 1-57322-568-1, 1995

This book compares Buddhist and Christian themes and scripture.

- 14) The Art of Happiness: A Handbook for Living, by the Dalai Lama, Howard C. Cutler, Penguin Group, ISBN: 1573221112, 1998

A book that applies basic Buddhist teachings as explained by the Dalai Lama to modern daily struggles.

- 15) Open Heart: Practicing Compassion in Everyday Life, by Dalai Lama, Nicholas Vreeland, Little, Brown & Company, ISBN: 0316930938, 2002

This book lays out a path of Buddhist practice to increase one's compassion.

- 16) Awakening the Buddha Within, by Lama Surya Das, Bantam Doubleday Dell Publishing Group, ISBN: 0767901576, 1998

This book explains basic Buddhist teachings and practices from the Tibetan Buddhist perspective.

- 17) When Things Fall Apart: Heart Advice for Difficult Times, by Pema Chodron, Shambhala Publications, Inc., ISBN: 1570623449, 1997

This book explains how one can face the struggles of modern life through the Buddhist teachings. The author is from the Tibetan Buddhist tradition.

- 18) The Places that Scare You: A Guide to Fearlessness in Difficult Times, Pema Chodron, Shamabala Publications, ISBN: 978-1590304495. 2001

- 19) Buddhism for Beginners, by Thubten Chodron, Snow Lion Publications, Inc., ISBN: 1559391537, 2001

This book explains the basic teachings of Buddhism from a Tibetan Buddhist perspective.

- 20) Wake Up To Your Life, by Ken McLeod, HarperCollins, ISBN: 0-06-251681-7, 2002

This books provides models for developing meditation and insight.

- 21) What the Buddha Taught, by Walpola Rahula, Grove Press, ISBN: 0802130313, 1974 (Revised ed.)

A book that covers the basic Buddhist teachings from the viewpoint of the Theravada school. The Theravada school is practiced in Southeast Asian countries such as Thailand, Burma, and Sri Lanka. In the West, a type of Buddhist meditation called Vipassana meditation is popular and Vipassana meditation comes from the Theravada school.

- 22) A Path with Heart: A Guide Through the Perils and Promised of Spiritual Life, by Jack Kornfield, Bantam Books, ISBN: 0553372114, 1993

This book explains the practice of Buddhist meditation in an American context. The author has studied Theravada Buddhism and Vipassana meditation.

- 23) Lovingkindness: The Revolutionary Art of Happiness, by Sharon Salzberg, Jon Kabat-Zinn, Shambhala Publications, Inc., ISBN: 157062903X, 2002

This book applies Vipassana meditation to the struggles of modern life in America.

- 24) It's Easier Than You Think: The Buddhist Way to Happiness, by Sylvia Boorstein, Harper San Francisco, ISBN: 0062512943, 1997

The book covers the basic Buddhist teachings in the context of modern American life. The author is a known teacher of Vipassana meditation.

- 25) Everyday Suchness: Buddhist Essays on Everyday Living, by Gyomay M. Kubose, Dharma House, ISBN: 0964299208, 2004

A book that covers basic Buddhist teachings with daily experiences. The author is from a

- Japanese Buddhist tradition.
- 26) The Buddha in Your Mirror: Practical Buddhism and the Search for Self, by Woody Hochswender, Greg Martin, Ted Morino, Middleway Press, ISBN: 0967469783, 2001

This book covers the teachings of Nichiren Shoshu Buddhism, a type of Japanese Buddhism that has some popularity in the US.

- 27) River of Fire, River of Water: An Introduction to the Pure Land Tradition of Shin Buddhism, by Taitetsu Unno, Doubleday Publishing, ISBN: 0385485115, 1998

This book is an introduction to Shin Buddhism, a popular form of Buddhism in Japan that is quite popular in the US.

- 28) First Buddhist Women: Poems and Stories of Awakening, by Susan Murcott, Parallax Press, ISBN: 1-888375-54-X, (2006)

This book provides historical insight into how Buddhism became one of the first religions to welcome women.

- 29) Mindfulness in Plain English by H. Gunaratana, by Corporate Body of the Buddha, ISBN: 0861713214,

Fundamentals of the basic Buddhist meditation are outlined to include: the how why, when, where and answers to problems common to implementing the discipline of meditation.

- 30) Mindfulness: Path to the Deathless by Ajahn Sumedgo, Corporate Body of the Buddha, ISBN: 1870205014, (1987).

Reference handbook to Buddhist meditation.

- 31) Zen Mind, Beginner's Mind by Suzuki, Shunryum ISBN: 0834800799, Weatherhill, Inc. ISBN: 1590302672 (2000).

Succinct introduction to Zen practice as it discusses posture and breathing in meditation as well as selflessness, emptiness and mindfulness.

- 32) Describing the Indescribable by Hsing Yun, ISBN: 086171866, Wisdom Publications (2001).

Buddhist commentary on the importance of balanced insight and emotion in the spiritual path.

- 33) Only Don't Know by Seung Sahn, ISBN: 1570624321, Shambhala Publication (1999).

Letters written by a Zen Master answering questions about work, relationships, and suffering.

- 13) The Myth of Freedom, by Chogyan Trungpa, Publisher :Shambhala (1976) ISBN:1-57062-933-1

Shows how our attitudes, preconceptions, and even or spiritual practices can become chains that bind us to repetitive patterns of frustration and despair.

- 14) The Wings to Awakening, by Thanissaso Bhikkhu, Publisher :The Dhama Dana Publication Fund (1996) ISBN: N/A

Details the disciplines, teachings and practices of Hinayana Buddhism.

- 15) Insight Meditation, by Joseph Goldstain, Publisher: Shambhala (2003) ISBN: 1-59030-016-5

Explains favorite Dharma Stories, key teachings and answers the most asked insight meditation.

- 16) Jivan Muktiviveka, by Swami Vidyananya, Publisher: Wedanta Press (1996) ISBN: 81-7505-882-5

Deals with how the spiritual aspirant can overcome fear, addiction, and illusion and become the jivanmukta or liberated soul.

- 18) Working With Anger, by Thubten Chodron, Publisher: Snow Lion (2001) ISBN: 1-55939-163-4

This book presents a variety of Buddhist methods for subduing and preventing anger

- 19) Talks With Ramana Maharshi, by Ramana Maharshi, Publisher: Inner Directions (2000) ISBN: 1-878019-00-7

This book is in question, answer format and deals with a universal approach by directly pointing to the truth of our intrinsic nature

- 20) The Journey To The Sacred Garden, by Hank Wesselman, Publisher: Hay House (2003) ISBN: 1-4019-0111-5

This book shows us how we can tap into peace that lies within us all the time.

- 29) Fundamental Wisdom of the Middle Way, by Jay L. Garfield Publisher: Oxford (1995) ISBN: 0-19-509336-4

A clear and eminently readable translation of Nagarjuna's seminal work. Nagarjuna was a prominent Buddhist Saint.

- 43) Teachings from the Mani Retreat, by Lama Zopa Rinpoche, Publisher: Lama Yeshe Wisdom Archive (2001) ISBN: 1-891868-10-1

A day by day account of the teachings given by the Lama at the inaugural Mani Retreat

including the rituals, meditation, mantra and chanting etc...

- 44) Zen Mind, Beginners Mind, by Shunryu Suzuki, Publisher: Weatherhill (1970)  
ISBN: 0-8348-0079-9

How to practice Zen as a workable discipline and religion in one's daily life,

- 45) Opening the Door to Bon, by Nyima Dallpa, Publisher, Snow Lion (2005) (ISBN: 101-55939-246-0)

A complete handbook for the fundamental practices of the Ancient Bon Tradition of Tibet.

- 46) Dzogchen Teachings, by Chogyal Norbu, Publisher, Snow Lion (2006) ISBN :10-1-55939-243

A complete guide to the Dzogchen teachings of Tibet.

- 47) Dzogchen Teachings, by Chogyal Norbu, Publisher, Snow Lion (2006) ISBN: 10-1-55939-243

A complete guide to the Dzogchen teachings of Tibet.

- 48) The Miracle of Mindfulness, by Thich Nhat Hanh, published by Beacon Press (1975)  
(ISBN: 0-8070-1239-4).

Anecdotes and practical exercises as a means of learning the skills of mindfulness being awake and aware.

- 49) Seeking the Heart of Wisdom, by Joseph Goldstein, Publisher :Shambhala (1987)  
(ISBN: 1-57062-805-X)

Teachings & practices of insight meditation which are the understanding of our bodies, minds, lives, and to see clearly the true nature of experience.

- 50) The Torch of Certainty, by Jamgon Kangtrul ; Publisher :Shambhala (2000) (ISBN: 1-57062-713-4)

This text describes the Four Foundation Practices that all practitioners of vajrayana Buddhism must complete.

- 51) Enlightened Courage, by Dilgo Khyentse; Publisher :Snow Lion (1993) (ISBN:1-55939-023-9)

The author presents the Seven Point Mind Training, brought to Tibet by the Indian Master Atisha, which is the very core of the entire practice of Tibetan Buddhism.

- 52) Living at the Source, by Swami Vivekananda; Publisher :Shambhala (1993) (ISBN: 1-57062-616-2)

- Writing and talks of Swami Vivekandanda on the concerns of contemporary men and women who seek to live a spiritual life in the midst of everyday activities.
- 53) Make Your Mind an Ocean, by Lana Yeshe; Publisher :TDL Publications (1999) (ISBN:1-891868-03-9)
- Gives helpful tips to calm our mind according to the Buddhist tradition.
- 54) Zen Flesh, Zen Bones, by Paul Reps Publisher :Tuttle Publishing (1998) ISBN: 0-8048-3186-6
- Four books in one and are the main Zen writing of Zen Buddhism.
- 55) Between Heaven and Earth, by Shi Bo, Publisher: ISBN: 1-59030-050-5
- Calligraphic characters and historical and legendary anecdotes to gives a fascinating overview of the evolution of seven seminal Chinese writing styles.
- 56) Seared Calligraphy of the East, by John Stevens, Publisher :Shambhala (1981) ISBN: 1-57062-122-5
- Covers topics as the history and spirit of Eastern Calligraphy, the are of copying religious texts, the biographies of important Zen Calligraphies.
- 57) The Places That Scare You, by Pena Chodron, ISBN: 1-57062-921-8, published by Shanbhala, (2001).
- Teaches how to awaken our basic goodness and connect with others, to accept ourselves and other complete with faults and imperfections.
- 58) When Things Fall Apart, by Pena Chodran, ISBN: 1-57062-969-2, published by Shambhala, (1997).
- Provides sound, heart advice for dealing with difficult times.
- 59) Crest Jewel of Discrimination, by Sri Shankasa, ISBN: 0-88748-034-5, published by Vedanta Press, (1947).
- Shankara shares his philosophy on the nature of reality, and how to live a righteous life.
- 60) The Buddha and his teachings, by Samuel Bercholz Publisher: Shamblala (1993) ISBN: 1-57062-960-9
- A collection of classic and modern Buddhist texts that provide insight into the teaching and practice of Buddhism.

## Video Media:

- 1) The Tibetan Book of the Dead (A Way of Life/Liberation). DVD, Wellspring, ASIN:B0000YTOZS, 2004.
- 2) The Robert A. F. Thurman Collection (On Tibet) DVD, Wellspring, ASIN:B00005Y6ZU, 2002.
- 3) Robert A.F. Thurman on Buddhism. DVD, Mystic Fire, ASIN:1561764442, 1999.
- 4) Mystic's Journey: Requiem for a Faith (Tibetan). VHS, Wellspring, ASIN:188553874X, 1998.
- 5) Sukhavati: A Mythic Journey. DVD, Mystic Fire, ISBN:1-56176-481-7, 2001.
- 6) Ethics For The New Millennium (Dalai Lama) DVD, Mystic Fire, ASIN:1561764477, 2003.
- 7) H.H. The Dalai Lama On Campus. VHS, MPI Home Video, ISBN:0-7886-0013-3, 1997
- 8) God and Buddha: A Dialogue. DVD, Mystic Fire, ASIN:B000C23DQ, 2003
- 9) The Four Noble Truths (Dalai Lama) DVD, Mystic Fire, ASIN:B00005UO7Q, 2001.
- 10) Pema Chodron & Jack Kornfield: Wisdom and Compassion. DVD, Great Path, ASIN:B000MF2NFI.
- 11) Little Buddha. DVD, Miramax, ASIN:6305428360, 1999.
- 12) Life of Buddha. DVD, Arte, ASIN:B000IJCI4, 2004
- 13) Refuge. DVD, MDS Productions, ASIN:B000L82UPO.
- 14) Dalai Lama: Heart of Tibet. DVD, Mystic Fire, ASIN:6302890381, 1998.
- 15) Tibet: A Buddhist Trilogy. DVD, Festival Media, ASIN:B000JVTOEZ, 1999.
- 16) Talking with the Dalai Lama. DVD, MDS Productions, ASIN:B000L&WVDQ
- 17) A Guide to Walking Meditation. VHS, Parrallax Press, ASIN:0938077139.
- 18) Fire on the Mountain. VHS, Mystic Fire, ASIN:1561764485, 1999
- 19) Discovering Buddhism, DVD, FPMT, 2004
- 20) Natural Meditation: Tibetan Buddhist Practice, VHS, Sounds True Video, ASIN:000063UUB, 2000
- 21) The Secret Is There Are No Secrets: An Introduction to Zen Meditation, Openings,



ASIN:00075K84G, 2004

- 22) Buddhism: by the Teaching Company, DVD or CD Sets. 24 lectures presented by Malcolm Eckel, Ph.D, of Boston University giving a historical overview of Buddhism and an introduction to the vitality adaptability of a religious tradition that has transformed civilizations.
- 23) Great World Religions: Buddhism by the Teaching Company, DVD or CD sets. ISBN: 1565855647, 12 lectures by Malcolm Eckel, Ph.D, of Boston University giving an excellent study in the basics of Buddhism.
- 24) Three Principle Aspects of the Path by Lama Yeshe (DVD), Lama Yeshe Wisdom Archive (2005). Set in the Buddhist Mahayana Tradition this is a 2 part series introducing the path of enlightenment. The Lama explains such concepts as renunciation, bodhicitta and the right of emptiness.

#### **Audio Media:**

- 1) Your Buddha Nature by Jack Kornfield, ISBN: 01564455739, Audio-tape produced by Sounds True, (1998). Introduces the listener to the 10 perfections of Buddha.
- 2) The Present Moment by Thich Bhat Hanh, ISBN: 159179126, Audio Tape, Sounds True, (1994). Learn about Buddhist practice directly from a master of tradition. This reference teaches listeners to walk, breathe, and communicate deeply and consciously.
- 3) Natural Perfection by Lama Surya Das, ISBN: 1564556808, Audio Tape, Sounds True, (1999). Lama Surya Das is an authentic Tibetan Lama, born and raised in the West - he understands the complexities of one of Tibetan Buddhism profoundest teachings - Dzogchen, but is able to convey it in a contemporary and often humourous form. A number of guided meditations accompany the discussion, and some "non-meditations", such as the 'sky gazing' technique are well explained.
- 4) The Places that Scare You by Pema Choden, ISBN: 1590304497, Audio Tape, Shambala Publications, (2001). In *The Places That Scare You*, Chödrön introduces a host of the compassionate tools and concepts for transforming anxieties and negative emotions into positive living.
- 5) Awakening Compassion by Pema Chodron, ISBN: 1591791286, Audio CD, Sounds True Publications (2003). Awakening Compassion is the first audio retreat on the practice of lojong taught by Pema Chodron herself. With many on-the-spot techniques for dealing with jealousy, anger, and fear, Awakening Compassion is a unique resource for bringing compassion into the world and stopping the cycle of suffering in our own lives.
- 6) Buddhism without Beliefs by Stephen Batchelor, Audio CD, ISBN: 15732263564, Sounds True Production, (2001). The major tenets of Buddhist wisdom laid out by the author with comments on their relevance to modern life.
- 7) The Way of Leadership: Ancient Strategies for Success from the Zen/Taosist Masters by Cleary (Translator) Audio CD, ISBN: 1591791539. Timeless wisdom on leadership from the Zen/Taoist Buddhist traditions.

- 8) Living Well, Dying Well by Rinpoche, Sogyal (Audio CD) ISBN: 1591795117, Sounds True Publications. Tibetan teacher introduces the fundamental concepts on reincarnation, karma and meditation freeing one to live well and face death constructively.
- 9) Sacred Path of the Warrior by Chogyan Trungpa (Audio Tape and CD) ISBN:0877735085, Shambhala Publications (1989). The founder of Naropa University conveys to the listener a path of self-mastery and greater fulfillment by discussing the skills needed to overcome habitual behaviors, relaxation and discipline.
- 10) Dewa Che , by Dechen Shak-Dagsay, Publisher: New Earth (1999) ISBN: N/A  
The chanting of Tibetan Mastras over classical Indian Music.