

Introductory Meditation Reading List

Change Your Mind: A Practical Guide to Buddhist Meditation

A thorough introduction, based on traditional material but written in a light and modern style. Colorfully illustrated with anecdotes and tips from the author's experience as a meditation teacher, it also offers refreshing inspiration to seasoned mediators.

Author Paramananda

208 pages ISBN: 0 904766 81 0 \$16.95

Meditation: the Buddhist Way of Tranquility and Insight

This Windhorse best-seller is a clear and comprehensive handbook of Buddhist meditation - what it is and where it might take us. Complete with photographs, charts, and diagrams, the book covers all you need to know to establish a meditation practice, as well as helpful advice and greater detail for those wishing to deepen their experience.

Author Kamalashila

New edition, 304 pages, Photographs, Charts, Index ISBN: 1 899579 05 2 \$25.95

Meditating: Living a Buddhist Life

A Western Buddhist offers a guide to traditional Buddhist meditation practices that is in tune with a modern lifestyle. Accessible and thought-provoking, this book tells you how to get started with meditation and keep going through the ups and downs of everyday life. Realistic, witty, and inspiring, Jinananda steers us through two traditional practices which help to develop clarity, calmness and positivity, with troubleshooting tips and reflections on the deeper significance of meditation.

Author Jinananda

Paperback, 128 pages, 186 x 123mm, Windhorse Publications, 2000 ISBN: 1899579079 \$9.99

Introductory Buddhism Reading List

A Guide to the Buddhist Path

In this highly readable anthology, Sangharakshita sorts out fact from myth, essence from cultural accident, to reveal the fundamental teachings of Buddhism. The result is a reliable map of the Buddhist path that anyone can follow.

Author Sangharakshita

New edition, 240 pages, 28 illustrations, Appendices, Bibliography ISBN: 1 899579 04 4 \$24.9

Human Enlightenment: an Encounter with the Ideals and Methods of Buddhism

According to Buddhism, Enlightenment is the natural ideal for humankind. The author leads us into an encounter with the ideals and methods of Buddhism under three headings: the ideal of human Enlightenment, the true purpose of meditation, and the importance of spiritual community.

Author Sangharakshita

80 pages ISBN: 0 904766 57 8 \$6.95

Introducing Buddhism

This is a lively and engaging guide for Westerners who want to learn more about Buddhism as a path of spiritual growth.

Author Chris Pauling

80 pages ISBN: 0 904766 63 2 \$6.50

The Wheel of Life

This book is an introduction to one of the best known Buddhist symbols. The Wheel of Life is a graphic representation of the human predicament. Driven by the forces of greed, hatred and ignorance, we circle round and round in a tight knot of habit and suffering. Though at times we feel we are getting somewhere, the demon of impermanence who grips the wheel ensures that all our gains are short-lived.

But all is not gloom and doom. As we begin to see the nature of the wheel, and the fact that it is ourselves who drive it, we start to see that there is a way out, a way from the limitations of the wheel into a state of ever increasing creativity and wisdom.

Author by Kulananda

Paperback: 84 pages Windhorse Publications ISBN: 1899579303 Price: \$11.95

The Buddhist Path to Awakening

The word Buddha means 'one who is awake'. The Buddha awakened to Enlightenment, the dawning of perfect clarity, unceasing compassion and tireless energy. Rousing us as though from sleep or a dream, the Buddha's teachings can help us develop a clearer mind and a more compassionate heart. In this accessible introduction, Tejananda alerts us to the Buddha's wake-up call, illustrating how the Buddhist path can bring us to a truer understanding of life.

Author Tejananda

190 pages ISBN: 1 899579 02 8 \$17.95

The Principles of Buddhism

Kulananda offers a succinct answer to the question 'What is Buddhism?'. An excellent introduction to the basics of the Buddhist tradition.

Author Kulananda

105 pages, published by Thorsons ISBN: 1 85538 508 2 \$11.00

Vision and Transformation: an Introduction to the Buddha's Noble Eightfold Path

The Eightfold Path is the most widely known formulation of the Buddha's teaching. Dating back to the Buddha's very first discourse, it is highly venerated as a unique treasury of wisdom and practical guidance. Like the teaching itself, this vivid commentary covers every aspect of life - speech, emotion, action, and livelihood - reminding us that the spiritual dimension is always available.

Author Sangharakshita

176 pages, Index ISBN: 0 904766 44 6 \$13.95

Deeper Beauty: Buddhist Reflections on Everyday Life

How often do we feel we have no time for reflection? Or little time to care for others - or even ourselves? Adrift in our lives, we are pulled further and further away from a sense of who we are. In this book Paramananda speaks directly to our hearts about what is truly important to us, whether we are making a cup of tea or sitting at the bedside of a dying friend. Using simple exercises, reflections, and meditations, we can awaken to the magic of being fully present in each moment of our day-to-day activities.

Paramananda draws on his experience as a hospice worker and his many years as a Buddhist meditation teacher in the FWBO, to offer us courage, kindness, and joy in our search for meaning. We are invited to a greater intimacy with ourselves and the world - to plunge beneath the surface of our ordinary lives to find a deeper beauty.

Author Paramananda

Paperback, 200 pages, 208 x 138mm, Windhorse Publications, 2002 ISBN: 1899579443 \$16.95

Other Books on Meditation & Buddhism

A Step-by-Step Guide to Meditation

by Bodhipaksa

Finding Freedom

Jarvis Masters

Seeking the Heart of Wisdom

by Joseph Goldstein and Jack Kornfield

Breath by Breath

by Larry Rosenberg

Full Catastrophe Living

Jon Kabat-Zinn

The Tibetan Book of Living and Dying

Sogyal Rinpoche

Change Your Mind

by Paramananda

The Life and Letters of Tofu Roshi

Susan Moon

Vegetarianism

Bodhipaksa

The Complete Idiot's Guide to Understanding Buddhism

by Gary Gach, Michael Wenger

Lovingkindness

by Sharon Salzberg

Mindfulness and Money

by Kulananda and Dominic Houlder

What is the Dharma?

By Sangharakshita

Destructive Emotions

by Daniel Goleman

The Miracle of Mindfulness

by Thich Nhat Hanh

Wherever You Go, There You Are

by John Kabat-Zinn

Dharma the Cat: Philosophy with Fur

David Lurie

Nonviolent Communication: A

Language of Compassion

by Marshall Rosenberg

Who is the Buddha?

by Sangharakshita

Emotional Alchemy

Tara Bennett-Goleman

Zen Mind, Beginner's Mind

by Shunryu Suz