

The Way of The Buddha
Core Teachings of the Dharma Path
Presented by Insight Meditation Society

Recommended Reading list

These readings are completely optional and meant to support your continued studies. We hope that these recommended readings will support you in delving deeper into content taught in the course. As the year unfolds, additional readings may be added to this list.

Module 1: February (One Dharma)

- *One Dharma: The Emerging Western Buddhism* by Joseph Goldstein

Module 2: February (Two Aspects of Truth; Three Personality Types; Three Characteristics)

- *A Heart as Wide as the World* by Sharon Salzberg
 - (Chapters: *Selflessness, Transparent World, and Something and Nothing*)
 - (Chapter: *Personality Types, pp.81-87* on Kindle)
- *Mindfulness* by Joseph Goldstein
 - (pp. 57-59, 73-76)

Module 3: March (Three Jewels; Emptiness & Non-Self)

- *Emptiness: A Practical Guide for Meditators* by Guy Armstrong
- *Compassion and Emptiness in Early Buddhist Meditation* by Bhikkhu Analayo
 - (Chapter 4)
- *Mindfulness* by Joseph Goldstein
 - (pp. 58, 253, 339-342)
- *Sanctuary: A Meditation on Home, Homelessness, and Belonging* by Zenju Earthlyn Manuel

Module 4: April (Four Noble Truths; Four Foundations of Mindfulness)

- *Mindfulness* by Joseph Goldstein
 - (Chapters 5-14, 32-35)
- *Satipatthana: The Direct Path to Realization* by Bhikkhu Analayo
- *The Nobility of the Truths* by Bhikkhu Bodhi
 - https://www.accesstoinsight.org/lib/authors/bodhi/bps-essay_20.html
- *Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering* by Phillip Moffitt
- *The 4 Foundations of Mindfulness: in Plain English* by Bhante Gunaratana

Module 5: May (Brahmaviharas—The Four Immeasurables)

- *Loving Kindness: The Revolutionary Art of Happiness* by Sharon Salzberg
- *Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity* by Christina Feldman
- *Compassion and Emptiness in Early Buddhist Meditation* by Bhikkhu Analayo
 - (Chapters 1 & 2)
- *The Art of Forgiveness, Lovingkindness, and Peace* by Jack Kornfield
- *Loving-Kindness in Plain English: The Practice of Metta* by Bhante Gunaratana
- *The Way of Tenderness* by Zenju Earthlyn Manuel

Module 6: June (Five Hindrances; Five Spiritual Faculties)

- *Mindfulness* by Joseph Goldstein
 - (Chapters 15-19)
- *Unhindered: A Mindful Path Through the Five Hindrances* by Gil Fronsdal
- *The Five Mental Hindrances and Their Conquest* by Nyanaponika Thera
 - <https://www.accesstoinsight.org/lib/authors/nyanaponika/wheel026.html>

Module 7: July (Five Precepts)

- *The Five Precepts on accesstoinsight.org*
 - <https://www.accesstoinsight.org/ptf/dhamma/sila/pancasila.html>
- *The Foundations of Buddhism* by Rupert Gettin
 - (pp.110, 170-172)

Module 8: August (6 Realms of Existence; 6 Senses)

- *Mindfulness* by Joseph Goldstein
 - (Chapters 23-24)
- What Are the Six Realms?
 - <https://www.lionsroar.com/what-are-the-six-realms/>
- *The Foundations of Buddhism* by Rupert Gettin
 - (Chapter 5)

Module 9: September (7 Factors of Awakening)

- *Mindfulness* by Joseph Goldstein
 - (Chapters 25-31)
- *The Seven Factors of Enlightenment* by Piyadassi Thera
 - <https://www.accesstoinsight.org/lib/authors/piyadassi/wheel001.html>

Module 10: October (8-Fold Path)

- *Mindfulness* by Joseph Goldstein
 - (Chapters 36-43)
- *The Noble Eightfold Path* by Bhikkhu Bodhi
 - <https://www.accesstoinight.org/lib/authors/bodhi/waytoend.html>
- *The Noble Eightfold Path: The Way to the End of Suffering* by Bhikkhu Bodhi
 - http://www.buddhanet.net/pdf_file/noble8path6.pdf

Module 11: November (10 Paramis)

- *The Paramis: A Historical Background* by Guy Armstrong
 - <http://media.audiodharma.org/documents/paramis/HistoricalBackground.html>
- *The Ten Perfections: A Study Guide* by Thanissaro Bhikkhu
 - <https://www.accesstoinight.org/lib/study/perfections.html>
- *Pay Attention for Goodness Sakes: Practicing the Perfections of the Heart* by Sylvia Boorstein

Module 12: December (10 Paramis)

- *The Paramis: A Historical Background* by Guy Armstrong
 - <http://media.audiodharma.org/documents/paramis/HistoricalBackground.html>
- *The Ten Perfections: A Study Guide* by Thanissaro Bhikkhu
 - <https://www.accesstoinight.org/lib/study/perfections.html>
- *Pay Attention for Goodness Sakes: Practicing the Perfections of the Heart* by Sylvia Boorstein

General Recommended Readings:

- *A Bigger Sky: Awakening a Fierce Feminine Buddhism* by Pamela Weiss
- *The Book of Joy* by Dalai Lama, Desmond Tutu, et al.
- *Dhamma Everywhere* by Ashin U Tejaniya
- *Dipa Ma: The Life and Legacy of a Buddhist Master* by Amy Schmidt
- *Faith* by Sharon Salzberg
- *The Foundations of Buddhism* by Rupert Getin
- *Listening to the Heart: A Contemplative Journey to Engaged Buddhism* by Kittisaro and Thanissara
- *Mindful of Race: Transforming Racism from the Inside Out* by Ruth King
- *Radical Dharma* by Jasmine Syedullah, Ph.D., Lama Rod Owens, and Angel Kyodo Williams
- *When Awareness Becomes Natural* by Ashin U Tejaniya

General Recommended Readings for Teens:

- *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel Siegel

- *The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time* by Dzung
- *Mindfulness in Plain English* by Bhante Gunaratana
- *Wide Awake: A Buddhist Guide for Teens* by Diana Winston