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

Module 7: July (Five Precepts)

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

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

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

Module 9: September (7 Factors of Awakening)

• Mindfulness by Joseph Goldstein
  o (Chapters 25-31)
• The Seven Factors of Enlightenment by Piyadassi Thera
  o 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.accesstoinsight.org/lib/authors/bodhi/waytoend.html
- The Noble Eightfold Path: The Way to the End of Suffering by Bhikkhu Bodhi

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.accesstoinsight.org/lib/study/perfections.html

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.accesstoinsight.org/lib/study/perfections.html

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 Gethin
- 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