

Discovering BUDDHISM

Awakening the limitless potential of your mind, achieving all peace and happiness

Required Reading Booklist

(Last updated December 2016)

NOTE: All “required” readings indicated on this list are requirements only for students following this program for a completion certificate.

Key to Publisher Abbreviations:

FPMT = FPMT Education Department, www.fpmt.org/shop

LYWA = Lama Yeshe Wisdom Archive, www.lamayeshe.com

SP = Shambhala Publications, www.shambhala.com

WP= Wisdom Publications, www.wisdompubs.org

Main Texts

The Wish-Fulfilling Golden Sun, by Lama Zopa Rinpoche [Provided on DB “Course Materials” CD, also available on LYWA website for download.]

Liberation in the Palm of Your Hand, by Pabongka Rinpoche (WP) **NOTE: There are two editions of this book, a 1997 gold edition and a 2006 blue edition. The page numbers for each are given under the modules with required readings from this book.**

Discovering BUDDHISM Required Reading, reading packets for each subject. [Provided on DB “Course Materials” CD.]

According to Subject Area

Mind and Its Potential

Discovering BUDDHISM Required Reading, “Mind and Its Potential”

The Wish-Fulfilling Golden Sun (pp. 1–3, 44–50)

Becoming Your Own Therapist and *Make Your Mind an Ocean*, by Lama Thubten Yeshe (LYWA). [Provided with course materials.]

How to Meditate

Discovering BUDDHISM Required Reading, “How to Meditate”

The Wish-Fulfilling Golden Sun (pp. 39–43)

How to Meditate, by Kathleen Macdonald (WP, FPMT)

Transforming Adversity into Joy and Courage (chap. 3 only), by Geshe Jampa Tegchok (SP)

Presenting the Path

Discovering BUDDHISM *Required Reading*, “Presenting the Path”

The Wish-Fulfilling Golden Sun (pp. 42–3)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 25–125) or 2006 blue edition (pp. 9-100) (FPMT)

Wisdom Energy, by Lama Thubten Yeshe and Lama Zopa Rinpoche (WP, FPMT)

Essence of Tibetan Buddhism, by Lama Thubten Yeshe (LYWA). [Provided with course materials, and can also be downloaded from the Lama Yeshe Wisdom Archive: www.lamayeshe.com.]

The Spiritual Teacher

Discovering BUDDHISM *Required Reading*, “The Spiritual Teacher”

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 251–306) or 2006 blue edition (pp. 217-69) (FPMT)

NOTE: For DB in FPMT Centers, please use: *Heart of the Path*, by Lama Zopa Rinpoche (LYWA, FPMT)

Relating to a Spiritual Teacher: Building a Healthy Relationship, by Alex Berzin (Berzin Archives: www.studybuddhism.com)

Death and Rebirth

Discovering BUDDHISM *Required Reading*, “Death and Rebirth”

The Wish-Fulfilling Golden Sun (pp. 50–9)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 332–93) or 2006 blue edition (pp. 294-321) (FPMT)

Advice on Dying and Living a Better Life, by His Holiness the Dalai Lama (Atria Books, FPMT)

All About Karma

Discovering BUDDHISM *Required Reading*, “All About Karma”

The Wish-Fulfilling Golden Sun (pp. 76–83)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 430–70) or 2006 blue edition (pp. 386-423) (FPMT)

Healing Anger: The Power of Patience from a Buddhist Perspective, by His Holiness the Dalai Lama (FPMT, SP); or alternatively *Healing Anger: Working with Anger*, by Thubten Chodron (SP)

Refuge in the Three Jewels

Discovering BUDDHISM *Required Reading*, “Refuge in the Three Jewels”

The Wish-Fulfilling Golden Sun (pp. 69–75)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 394–428) or 2006 blue edition (pp. 352-84) (FPMT)

Taking Refuge in the Three Jewels (FPMT)

Establishing a Daily Practice

Discovering BUDDHISM *Required Reading*, “Establishing a Daily Practice”

The Wish-Fulfilling Golden Sun (pp. 10–38, 136–40)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 129–247 & 307–32) or 2006 blue edition (pp. 103-213 & 270-87) (FPMT)

Making Life Meaningful, by Lama Zopa Rinpoche (LYWA). [Provided with course materials.]

A Daily Meditation on Shakyamuni Buddha, by Lama Zopa Rinpoche (FPMT)

Samsara and Nirvana

Discovering BUDDHISM *Required Reading*, “Samsara and Nirvana”

The Wish-Fulfilling Golden Sun (pp. 84–105)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 473–543) or 2006 blue edition (pp. 427-95) (FPMT)

The Meaning of Life, His Holiness the Dalai Lama (WP, FPMT)

How to Develop Bodhichitta

Discovering BUDDHISM *Required Reading*, “How to Develop Bodhichitta”

The Wish-Fulfilling Golden Sun (pp. 106–19, 143–87)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 547–89, 626–46) or 2006 blue edition (pp. 499-537 & 573-92) (FPMT)

A Short Practice of Four-Arm Chenrezig, by Lama Zopa Rinpoche (FPMT)

Transforming Problems

Discovering BUDDHISM *Required Reading*, “Transforming Problems”

The Wish-Fulfilling Golden Sun (pp. 106–10, 114–42)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 589–625) or 2006 blue edition (pp. 537-72) (FPMT)

Transforming Problems into Happiness, by Lama Zopa Rinpoche (WP, FPMT)

The Everflowing Nectar of Bodhichitta, by Lama Zopa Rinpoche (FPMT)

Transforming the Mind: Teachings on Generating Compassion, by His Holiness the Dalai Lama (FPMT, Thorsons); or alternatively *Eight Verses of Training the Mind*, by Geshe Sonam Rinchen (SP)

Wisdom of Emptiness

Discovering BUDDHISM *Required Reading*, “Wisdom of Emptiness”

Virtue and Reality, by Lama Zopa Rinpoche (LYWA)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 647–706) or 2006 blue edition (pp. 593-648) (FPMT)

The Heart Sutra: An Oral Teaching, by Geshe Sonam Rinchen (SP); or alternatively *How to See Yourself as you Really Are*, by His Holiness Dalai Lama (Atria Book)

Introduction to Tantra

Discovering BUDDHISM *Required Reading*, “Introduction to Tantra”

Introduction to Tantra, by Lama Thubten Yeshe (WP, FPMT)

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 707–8) or 2006 blue edition (pp. 649-50) (FPMT)

Special Integration Experiences

Discovering BUDDHISM *Required Reading*, “Special Integration Experiences”

Becoming Vajrasattva, (previously entitled, *The Tantric Path of Purification*) by Lama Thubten Yeshe (WP, FPMT)

The Preliminary Practice of Vajrasattva, (FPMT)

The Preliminary Practice of Prostrations to the Thirty-Five Confession Buddhas (FPMT)

Nyung Nä: The Means of Achievement of the Eleven-Face Great Compassionate One (FPMT)

NOTE: Teachers may substitute alternate texts for required reading with prior approval from FPMT Education Department.

Suggested Reading According to Subject Area

Mind & Its Potential

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
Open Heart, Clear Mind, by Thubten Chodron (SP)
The Mind and its Functions. Editions Rabten Choeling, Le Mont-Pelerin, Switzerland, 1992 (SP)

How to Meditate

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
The Fine Arts of Relaxation, Concentration and Meditation, Joel and Michelle Levy (FPMT, WP)
Mindfulness in Plain English, Henepola Gunaratana, (FPMT, WP)
Meditation for Life, Stephen Batchelor (FPMT, WP)

Presenting the Path

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
The Path to Enlightenment [previously entitled *Essence of Refined Gold* by His Holiness the Dalai Lama] (SP)
Virtue and Reality, by Lama Zopa Rinpoche (LYWA)
The Principle Teachings of Buddhism, Je Tsong Khapa (Mahayana Sutra and Tantra Press)
The Way to Freedom: The Core Teachings of Buddhism, His Holiness the Dalai Lama (Harper Collins, SP)
Awakening the Mind, by Geshe Wangchen (FPMT, WP)

The Spiritual Teacher

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute
(WP, FPMT)
Heart of the Path: Seeing the Guru as Buddha, Lama Zopa Rinpoche (FPMT, LYWA)
The Fulfillment of All Hopes, by Je Tsong Khapa (FPMT, WP)
The Life of Milarepa, by Lobsang P. Lhalungpa (FPMT, SP)
The Life of Gampopa, by Jampa Mackenzie Stewart (FPMT)
The Life and Teaching of Naropa, by Herbert V. Guenther (FPMT, SP)
Enlightened Beings, by Jan Willis (FPMT, WP)
The Fourteen Dalai Lamas, by Glenn Mullin (FPMT, SP)
Fifty Stanzas on the Spiritual Teacher, by *Aryashura* (Library of Tibetan Works and Archives, available only through Paljor Publications, www.paljorpublications.com/itemss.aspx?id=1)

Death & Rebirth

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
Death, Intermediate State, and Rebirth, by Lati Rinpoche and Jeffrey Hopkins (FPMT, SP, WP)
Reincarnation, the Boy Lama, by Vickie Mackenzie (FPMT, SP)
Reborn in the West, by Vicki MacKenzie (SP)
The Great Treatise on the Stages of the Path to Enlightenment, by Tsong Khapa (pp 143–160) (SP)

All About Karma

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
A Short Vajrasattva Practice, by Lama Zopa Rinpoche (FPMT)
Daily Purification: A Short Vajrasattva Practice, by Lama Zopa Rinpoche (LYWA)
Making Life Meaningful, by Lama Zopa Rinpoche (LYWA)
Becoming Vajrasattva (previously titled *The Tantric Path of Purification*), by Lama Yeshe (WP, FPMT)
Teachings from the Vajrasattva Retreat, by Lama Zopa Rinpoche (LYWA, FPMT)

Refuge in the Three Jewels

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
Old Path, White Clouds, by Thich Nhat Hanh (FPMT)

Establishing a Daily Practice

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
The Direct and Unmistaken Method, by Lama Zopa Rinpoche (LYWA)
Essential Buddhist Prayers: An FPMT Prayer Book, Volume One, Basic Prayers and Practices (FPMT)
A Short Vajrasattva Practice, by Lama Zopa Rinpoche (FPMT, downloadable from LYWA)
Lam-rim Outlines, by Ven. Karin Valham (Kopan Monastery, www.kopan-monastery.com)
The Essential Nectar, by Geshe Rabten (WP, FPMT)
Meditations on the Path to Enlightenment, by Geshe Acharya Thubten Loden (SP)
Transforming Adversity into Joy and Courage, by Geshe Jampa Tegchok (SP)

Samsara & Nirvana

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
The Four Noble Truths, His Holiness the Dalai Lama (FPMT, SP)
The Four Noble Truths, by Ven Lobsang Gyatso
Mind and Mental Factors, by Lama Thubten Yeshe (FPMT)
Four Noble Truths, by Geshe Tashi Tsering (WP)

How to Develop Bodhichitta

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
Virtue and Reality, by Lama Zopa Rinpoche (LYWA)
The Bodhisattva Vows (FPMT)
The Joy of Living and Dying in Peace, His Holiness the Dalai Lama (Harper Collins, Amazon.com)
How to Develop Bodhichitta, by Ribur Rinpoche (FPMT, by request only.)
The Six Perfections, by Geshe Sonam Rinchen (FPMT, SP)
***How to Expand Love*, by His Holiness Dalai Lama (Atria Publications)
The Awakening Mind, Geshe Tashi Tsering (WP)

Transforming Problems

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
The Door to Satisfaction, by Lama Zopa Rinpoche (FPMT, WP)
Peacock in the Poison Grove, by Geshe Lhundub Sopa (FPMT, WP)
Awakening the Mind, Lightening the Heart, by His Holiness the Dalai Lama (HarperCollins; Amazon.com)
Advice from a Spiritual Friend, by Geshe Rabten (WP)
Becoming a Child of the Buddhas, by Gomo Tulku (FPMT, WP)

Wisdom of Emptiness

Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute (WP, FPMT)
Teachings from the Vajrasattva Retreat, by Lama Zopa Rinpoche (LYWA, FPMT)
Echoes of Voidness, by Geshe Rabten (www.rabten.com)
Calming the Mind, by Gen Lamrimpa (FPMT, SP)
How to Realize Emptiness, by Gen Lamrimpa (FPMT, SP)
Realizing Emptiness: Madhyamaka Insight Meditation, by Gen Lamrimpa (SP)
The Buddhism of Tibet, by His Holiness the Dalai Lama (SP)
Chandrakirti's Sevenfold Reasoning, by Joe Wilson (SP)
Emptiness Yoga, by Jeffrey Hopkins (FPMT, WP)
Meditation on Emptiness, by Jeffrey Hopkins (FPMT, WP)
The Essence of the Heart Sutra, by His Holiness the Dalai Lama (WP)

Introduction to Tantra

The Tantric Distinction, by Jeffrey Hopkins (FPMT, WP)
Essence of Tibetan Buddhism, by Lama Thubten Yeshe (FPMT, LYWA)
Tantra in Tibet, by His Holiness the Dalai Lama (FPMT, SP)
Becoming the Compassion Buddha, by Lama Thubten Yeshe (FPMT)

Special Integration Experiences

Teachings from the Vajrasattva Retreat, by Lama Zopa Rinpoche (LYWA, FPMT)
Purification in Tibetan Buddhism: The Practice of the Thirty-Five Confession Buddhas, by Geshe Jampa Gyatso (WP)
Confession of Downfalls, by Brian Beresford (SP)
Relating to a Spiritual Teacher: Building a Healthy Relationship, by Alex Berzin (Berzin Archives: www.studybuddhism.com)

Suggested Videos According to Subject Area

Discovering BUDDHISM — 13-part video series especially designed to accompany the Discovering BUDDHISM program. The series features teachings by Tibetan and non-Tibetan teachers together with student interviews. NTSC, PAL, and DVD formats. (FPMT)

Mind & Its Potential

Heart of Tibet: An Intimate Profile of His Holiness the Dalai Lama (Mystic Fire Video [MFV])

Ethics for the New Millennium, His Holiness the Dalai Lama (FPMT, SP)

Overcoming Differences, His Holiness the Dalai Lama (SP)

How to Meditate

Secular Meditation, by His Holiness the Dalai Lama (SP)

Presenting the Path

Three Principal Paths, by Lama Thubten Yeshe (LYWA)

The Spiritual Teacher

Guru Devotion and Refuge, by Lama Zopa Rinpoche (FPMT)

Death & Rebirth

The Tibetan Book of the Dead – Part 1: A Way of Life (WinStar and Wellspring Media)

The Tibetan Book of the Dead – Part 2: The Great Liberation (WinStar and Wellspring Media)

All About Karma

Ethics for the New Millennium, His Holiness the Dalai Lama (FPMT, SP)

Arising from the Flames: Overcoming Anger through Patience, His Holiness the Dalai Lama (MFV)

Refuge in the Three Jewels

On Buddhism, by Robert Thurman (FPMT, SP)

Guru Devotion and Refuge, by Lama Zopa Rinpoche (FPMT)

Establishing a Daily Practice

Guided Lam-rim Meditations, by Ven. Karin Valham (Kopan Monastery, audio tapes)

Guided Lam-rim Meditations, by Ven. Thubten Chodron (SP, audio CDs)

Samsara & Nirvana

The Four Noble Truths, by His Holiness the Dalai Lama (FPMT, SP)

Peace: A Goal of All Religions, by His Holiness the Dalai Lama (Meridian Trust)

How to Develop Bodhichitta

Arising from the Flames: Overcoming Anger through Patience, His Holiness the Dalai Lama (MFV)

37 Practices of a Bodhisattva, His Holiness the Dalai Lama (SP)

Transforming Problems

Lojong: Transforming the Mind, His Holiness the Dalai Lama (SP)

Peace through Human Understanding, His Holiness the Dalai Lama (Meridian Trust)

Transforming Your Mind by Practicing Dharma, by Lama Zopa Rinpoche (FPMT)

The Eight Verses of Thought Transformation, by Lama Zopa Rinpoche (on DVD, FPMT)

Wisdom of Emptiness

In the Spirit of Manjushri: The Wisdom Teachings of Buddhism, by His Holiness the Dalai Lama (SP)

Emptiness Explained, by Lama Zopa Rinpoche (FPMT)

Introduction to Tantra

Introduction to Tantra, by Lama Thubten Yeshe (FPMT, LYWA)

Three Principal Paths, by Lama Thubten Yeshe (FPMT, LYWA)