

# Discovering BUDDHISM

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

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## *Required Reading Booklist*

*(Last updated Aug 2009)*

*This list may change as new books are published. For the most recent version of this document please see:  
[http://www.fpmt.org/shop/webpage.aspx?SID=1&Category\\_ID=1&Webpage\\_ID=7&](http://www.fpmt.org/shop/webpage.aspx?SID=1&Category_ID=1&Webpage_ID=7&)*

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

### *Key to Publisher Abbreviations:*

WP = Wisdom Publications, [www.wisdompubs.org](http://www.wisdompubs.org)  
LYWA = Lama Yeshe Wisdom Archive, [www.LamaYeshe.com](http://www.LamaYeshe.com)  
SLP = Snow Lion Publications, [www.snowlionpub.com](http://www.snowlionpub.com)  
FPMT = FPMT Education Department, [www.fpmt.org/shop](http://www.fpmt.org/shop)  
SP = Shambhala Publications, [www.shambhala.com](http://www.shambhala.com)

## *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.**

[Page numbers by module for the Spanish edition of Liberation are available from the Education Department.]

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

## *According to Subject Area*

### **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.]

*Discovering BUDDHISM Required Reading*, “Mind and Its Potential”

### **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* (ch. 3 only), by Geshe Jampa Tegchok (SLP)

*Discovering BUDDHISM Required Reading*, “How to Meditate”

## **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](http://www.lamayeshe.com).]

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

## **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*, by Alex Berzin (Berzin Archives: [www.berzinarchives.com](http://www.berzinarchives.com))

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

## **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)

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

## **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, SLP)

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

\*\*Required Reading alternate to *Healing Anger: Working with Anger*, by Thubten Chodron, Snow Lion Publications

## **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)

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

## **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)

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

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

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

### **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)  
*Transforming the Mind: Teachings on Generating Compassion*, by His Holiness the Dalai Lama (FPMT, Thorsons)  
*The Everflowing Nectar of Bodhichitta*, by Lama Zopa Rinpoche (FPMT)  
Discovering BUDDHISM *Required Reading*, “Transforming Problems”  
\*\*Required Reading alternate to *Transforming the Mind: Teachings on Generating Compassion*, His Holiness Dalai Lama: *Eight Verses of Training the Mind*, by Geshe Sonam Rinchen, Snow Lion Publications

### **Wisdom of Emptiness**

*Virtue and Reality*, by Lama Zopa Rinpoche. (Available only by download online from Lama Yeshe Wisdom Archive: [www.lamayeshe.com](http://www.lamayeshe.com).)  
*Liberation in the Palm of Your Hand*, 1997 gold edition (pp. 647–706) or 2006 blue edition (pp. 593-648) (FPMT)  
*Heart Sutra: An Oral Teaching*, by Geshe Sonam Rinchen (FPMT, SLP)  
Discovering BUDDHISM *Required Reading*, “Wisdom of Emptiness”  
\*\*Required Reading alternate to *Heart Sutra: An Oral Teaching*, by Geshe Sonam Rinchen:  
*How to See Yourself as you Really Are*, by His Holiness Dalai Lama, Atria Books

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

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

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 (SLP)

*The Mind and its Functions*. Editions Rabten Choeling, Le Mont-Pelerin, Switzerland, 1992. (Available from SLP.)

### **How to Meditate**

*Spiritual Friends*: See above

*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*: See above

*The Path to Enlightenment* [previously entitled *Essence of Refined Gold* by His Holiness the Dalai Lama] (SLP)

*Virtue and Reality*, by Lama Zopa Rinpoche (Available only by download from Lama Yeshe Wisdom Archive, [www.lamayeshe.com](http://www.lamayeshe.com).)

*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, SLP)

*Awakening the Mind*, by Geshe Wangchen (FPMT, WP)

### **The Spiritual Teacher**

*Spiritual Friends*. See above

*Heart of the Path*, Lama Zopa Rinpoche (FPMT, LYWA) read as much as possible!

*The Fulfillment of All Hopes*, by Je Tsong Khapa (FPMT, WP)

*The life of Milarepa*, by Lobsang P. Lhalungpa (FPMT, SLP)

*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, SLP)

*Fifty Stanzas on the Spiritual Teacher*, by *Aryashura* (Published by the Library of Tibetan Works and Archives, available only through Paljor Publications, [www.paljorpublications.com/itemss.aspx?id=1](http://www.paljorpublications.com/itemss.aspx?id=1))

### **Death & Rebirth**

*Spiritual Friends*: See above

*Death, Intermediate State, and Rebirth*, by Lati Rinpoche and Jeffrey Hopkins (FPMT, SLP, WP)

*Reincarnation, the Boy Lama*, by Vickie Mackenzie (FPMT, SLP)

*Reborn in the West*, by Vicki MacKenzie (SLP)

*The Great Treatise on the Stages of the Path to Enlightenment*, by Tsong Khapa (pp 143–160) (SLP)

### **All About Karma**

*Spiritual Friends*. See above

*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*. See above  
*Old Path, White Clouds*, by Thich Nhat Hanh (FPMT)

### **Establishing a Daily Practice**

*Spiritual Friends*. See above  
*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](http://www.kopan-monastery.com))  
*The Essential Nectar*, by Geshe Rabten (WP) [*Currently out of print. Will be reprinted, date unknown.*]  
*Meditations on the Path to Enlightenment*, by Geshe Acharya Thubten Loden (SLP)  
*Transforming Adversity into Joy and Courage*, by Geshe Jampa Tegchok (SLP)

### **Samsara & Nirvana**

*Spiritual Friends*. See above  
*The Four Noble Truths*, His Holiness the Dalai Lama (FPMT, SLP)  
*The Four Noble Truths*, by Ven Lobsang Gyatso  
*Mind and Mental Factors*, by Lama Thubten Yeshe (FPMT)  
\*\*Additional Suggested Reading): *Four Noble Truths*, by Geshe Tashi Tsering, Wisdom Publications

### **How to Develop Bodhichitta**

*Spiritual Friends*: See above (WP)  
*Virtue and Reality*, by Lama Zopa Rinpoche (Available only by download online from 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, SLP)  
\*\**How to Expand Love*, by His Holiness Dalai Lama, Atria Publications  
*The Awakening Mind*, Geshe Tashi Tsering, Wisdom Publications

### **Transforming Problems**

*Spiritual Friends*. See above  
*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*. See above  
*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, SLP)  
*Realizing Emptiness*, by Gen Lamrimpa (FPMT, SLP)  
*The Buddhism of Tibet*, by His Holiness the Dalai Lama (SLP)  
*Chandrakirti's Sevenfold Reasoning*, by Joe Wilson (SLP)  
*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, SLP)  
*Becoming the Compassion Buddha*, by Lama Thubten Yeshe (FPMT)

### **Special Integration Experiences**

*Teachings from the Vajrasattva Retreat*, by Lama Zopa Rinpoche (LYWA, FPMT)  
*Everlasting Rain of Nectar*, by Geshe Jampa Gyatso (Amazon.com)  
*Confession of Downfalls*, by Brian Beresford (SLP)  
*Relating to a Spiritual Teacher*, by Alex Berzin (SLP)

### *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, SLP)  
*Overcoming Differences*, His Holiness the Dalai Lama (SLP)

### **How to Meditate**

*Secular Meditation*, by His Holiness the Dalai Lama (SLP)

### **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, SLP)

*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, SLP)

*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 (SLP, audio CDs)

### **Samsara & Nirvana**

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

*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 (SLP)

### **Transforming Problems**

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

*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 (SLP) *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)