

Recommended Reading

The following list of books is recommended to help you with the course.

Please contact us if you would like us to order any of the books for you and we will offer them to you at a discounted price.

Liberation in the Palm of Your Hand – Pabongka Rinpoche – Wisdom Publications

Lam Rim Outlines – Karen Valham – Wisdom Publications

Widening the Circle of Love – His Holiness the Dalai Lama – Rider Publications

The Four Noble Truths – His Holiness the Dalai Lama - Thorsons

The Essential Dalai Lama – His Holiness the Dalai Lama – Hodder Mobius Publications

Flash of Lightning in the Dark of Night – His Holiness the Dalai Lama – Shambala Publications

Guide to the Bodhisattva's Way of Life – Shantideva – Library of Tibetan Works and Archives

Advice on Dying – His Holiness the Dalai Lama – Rider Publications

Stages of Meditation – His Holiness the Dalai Lama – Snowlion Publications

Eastern Medicine for Western Minds – Venerable Thubten Tenzin

Gateway to Buddhist Practice – Chagdud Tulku Rinpoche

The Words of My Perfect Teacher – Patrul Rinpoche – Shambala Publications

Cutting Through Spiritual Materialism – Chogyam Trungpa Rinpoche – Shambala Publications.

Reflections on a Mountain Lake – Jetsumna Tenzin Palmo – Allen & Unwin

When Things Fall Apart – Venerable Pema Chodron – Shambala Publications

Ultimate Healing – Lama Zopa Rinpoche – Wisdom Publications

Open Heart, Clear Mind – Bhikshini Thubten Chodron

Dealing with Anger – Bhikshuni Thubten Chodron – Snowlion Publications

Medicine and Compassion – Chokyi Nyima Rinpoche – Wisdom Publications.

Reincarnation – Vicki Mackenzie – Wisdom Publications

Reborn in the West – Vicki Mackenzie – Thorsons Publications

*Some of these books may be available from
a local library or Blue Padma Services Library.*