

# Suggested Books to Read

\*\*\*\*PLEASE keep in mind that these books are very helpful and give information about dharma but that the traditional way teachings are given is through an oral lineage of teachings directly from teacher to disciple. So, though you can get information from books the way to practice and gain realization is only through the instructions of the teacher which are like the key to understanding and experience. Especially do not read books about esoteric practices involving deities, Dzogchen (great perfection), or Mahamudra without the oral transmission, and in the traditional manner in which these teachings are preceded by preliminary mind trainings and practice as well as empowerment.

## Basic books that one can read without transmission

### **Basic Dharma Books**

*Gates to Buddhist Practice*

By Chagdud Rinpoche, Padma Publishing

*Change of Heart, Bodhisattva Peace Training of Chagdud Tulku*

By Lama Shenpen Drolma, Padma Publishing

*A Hundred Verses of Advice*

By Kyabje Dilgo Khyentse Rinpoche

*This Precious Life*

By Khadro Rinpoche

*The Thirty-Seven Practices of a Bodhisattava*

By Gyalse Togme, translated by Susanne Fairclough, Padma Publishing

*The Twelve Links of Interdependent Origination*

By Khenchen Thrangu Rinpoche, from Ocean of Dharm Series, ISBN #1-877294-13-6

*Buddhist Himalayas*

Photographs by Mathieu Ricard, Harry Abrams ISBN# 0-8109-34-89-2

*Life in Relation to Death*

By Chagdud Rinpoche, Padma Publishing

*Old Path White Clouds*

By Thich Nhat Hanh

*Reflections on a Mountain Lake*

By Ani Tenzin Palmo

*When Things Fall Apart*

By Pema Chodron

*The Monk and the Philosopher*

By Mathieu Ricard and Jean-Francois Revel

## **Dalai Lama Books**

**\*\***(Dalai Lama's autobiography listed below in Life Stories and Examples of past Saints)

*An Open Heart, Practicing Compassion in Every Day*  
By the Dalai Lama

*A Simple Path: Basic Buddhist Teachings*  
by His Holiness the Dalai lama

*How to Practice: The Way to a Meaningful Life*  
by the Dalai Lama

*The Four Noble Truths: Fundamentals of the Buddhist Teachings*  
by His Holiness the Dalai Lama

*Healing Anger, The Power of Patience from a Buddhist Perspective*  
By the Dalai Lama,

*The Path to Enlightenment*  
by His Holiness the Dalai Lama

*Ethics for the New Millenium*  
by His Holiness the Dalai Lama

## **Science, Psychology and Buddhism**

*The Universe in a Single Atom*  
By the Dalai Lama

*New Physics and Cosmology*  
By the Dalai Lama, Mind and Life conference 1997

*Destructive Emotions*  
Conversations with the Dalai Lama, Mind and Life Conference 2000

*Healing Emotions*  
Conversations with the Dalai Lama, Mind and Life conference 1990

*Visions of Compassion*  
Conversations with the Dalai Lama, Mind and Life conference 1995

*Consciousness at the Crossroads*  
Conversations with the Dalai Lama, Mind and Life Conference 1989

*Gentle Bridges*  
Conversations with the Dalai Lama, Mind and Life Conference 1987

*Sleeping, Dreaming, and Dying*  
Conversations with the Dalai Lama, Mind and life Conference 1992

*The Quantum and the Lotus*  
By Mathieu Ricard

### **Life Stories and Examples of past Saints**

*Freedom In Exile: An Autobiography of the Dalai Lama*  
By the Dalai Lama

*The Life of Milarepa; a new translation from the Tibetan*  
By Anonymous, translated by Lobsang P. Lhalungpa

*Lord of the Dance: Autobiography of a Tibetan Lama*  
By Chagdud Rinpoche

*Women of Wisdom*  
By Tsultrim Allione

*Blazing Splendor, Memoirs of Tulku Orgyan Rinpoche*  
By Eric Pema Kunzang and Marcia Binder, Rangjung Yeshe Publications

*Marvelous Garland of Rare Gems*  
By Nyoshul Khenpo, translated by Richard Barron, by Padma Publishing

*Journey To Enlightenment*  
Photographs and narrative by Mathieu Ricard (about Dilgo Khyentse Rinpoche)

*Cave in the Snow*  
By Vickie Mckenzie, RR Donnelly and Sons Company

*Autobiography of Jamgon Kongtrul*  
Translated by Richard Barron

*The Life of Marpa; Seeing Accomplishes All*  
By Chogyam Trungpa

### **Historical Books and Linneage**

*The Nyingma School of Tibetan Buddhism—Its fundamentals and History*  
By Dudjom Rinpoche, translated by Gyurmed Dorje and Mathew Kapstein  
Published by Wisdom

*Masters of Meditation and Miracles, The Longchen Nyinthig Lineage of Tibetan Buddhism*  
By Tulku Dondup, Published by Shambhala