

SIS BOOK LIST

GENERAL BUDDHISM AND OTHER

Greg: **Buddhism Without Beliefs** by Stephen Batchelor (1997) book. Secular Buddhism; easier read than some of his later stuff; made Buddhism accessible

Steve: **Buddhism Plain and Simple** by Steve Hagen

Eric: **The Power of Now** by Eckart Tolle

DAILY LIFE

Maira: **Sweeping Changes** by Gary Thorpe (2000) - Zen mindfulness in everyday activities. Thorpe writes with insight and humor about slowing down and bringing practice to everyday tasks. Haikus begin every chapter.

DHAMMA

Eric: **Mapping the Dharma** by Paul Gerhard A diagrammatic approach to all the lists. Cross-referenced and easy to use.

Mike: **Dancing With Life** by Phillip Moffitt The four noble truths presented comprehensively; clear and readable.

Mike: **The Heart Sutra** by Red Pine; Zen; best commentary on this sutra which is a classic on emptiness.

MEDITATION: INSIGHT

Sue: **Mindfulness: A Practical Guide to Awakening** by Joseph Goldstein (2014) On the Satipatthana sutta; everything you need to know. Feels like after this book she finally knew how to meditate.

Gale: **Getting Out of the Way** - Reflections on Essential Meditation Insights that are Easily Forgotten by Doug Kraft (2016-2017?) Advance copy for review. "Slippery fish" concept-meditation questions Doug gets asked over and over in interviews with yogis

Mike: **The Sound of Silence** by Ajahn Sumedho; a profound practice

Sue: **Inner Listening** by Ajahn Amaro; can be downloaded as an e-book

MEDITATION: SAMADHI

Steve: **The Experience of Samadhi: An In-depth Exploration of Buddhist Meditation** by Richard Shankman; The earlier historic sources part a bit dense; the later interviews with eight different teachers gives an interesting overview

Sue: **Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity** by Shaila Catherine. Some found it dense, with long scholastic sections on the suttas preceding the practiced-centered section

Gale: **Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana** by Shaila Catherine. In the forward, Pa-Auk Sayadaw says "(the book) describes an effective approach to the path of jhana and vipassana."

Eric: **Practicing the Jhanas** by Steven Snyder and Tina Rasmussen: Foreword by Pa Auk Sayadaw - his approach to traditional concentration meditation; useful.