

An Introductory Bibliography on Buddhism: Some Suggested Readings from the Earth Sangha

Popular literature on Buddhism is a vast and rapidly growing genre that includes works of widely varying quality. The following list is intended to help readers unfamiliar with the field to get their bearings quickly. Our list is brief; it is limited to works that we ourselves have found useful—and to only a sample of those. But the selections are also varied, to offer a rough sense of the field as a whole. Readers will find here perspectives from all three of the major schools of contemporary Buddhism: Theravada, the most influential school in South Asia; Vajrayana, the school of Tibet; and Zen (Ch'an), which predominates in East Asia. The list includes both ancient texts and modern commentaries. It includes points of view that could be considered doctrinally conservative, as well as very liberal perspectives. And it includes both popular and scholarly works. For the convenience of readers browsing by heading, some titles are listed under several headings.

General Introductions

Chris Pauling, *Introducing Buddhism* (Cambridge, UK: Windhorse Publications, 1990).

Walpola Rahula, *What the Buddha Taught* (New York: Grove Press, 1974).

Sangharakshita, *A Survey of Buddhism: Its Doctrines and Methods through the Ages* (Cambridge, UK: Windhorse Publications, 1993).

Sangharakshita, *Vision and Transformation: An Introduction to the Buddha's Noble Eightfold Path* (Cambridge, UK: Windhorse Publications, 1995).

Sangharakshita, *Who Is the Buddha?* (Cambridge, UK: Windhorse Publications, 1990).

Chogyam Trungpa, *The Myth of Freedom and the Way of Meditation* (Boston: Shambhala Publications, 1976).

Introductions to Particular Schools

Jeffrey Hopkins, *The Tantric Distinction: An Introduction to Tibetan Buddhism* (Boston: Wisdom Publications, 1992).

Jack Kornfield, *Living Dharma: Teachings of Twelve Buddhist Masters* (Boston: Shambhala Publications, 1996). [Describes masters of the Theravada school.]

Charles Luk, *Ch'an and Zen Teaching*, 3 vols. (York Beach, ME: Samuel Weiser, 1993).

Larry Rosenberg with David Guy, *Breath by Breath: The Liberating Practice of Insight Meditation* (Boston: Shambhala Publications, 1998). [Insight meditation is a practice of the Theravada school.]

Some Important Buddhist Texts

Bhikkhu Bodhi, trans., *The Connected Discourses of the Buddha: A Translation of the Samyutta Nikaya* (Boston: Wisdom Publications, 2000).

Thomas Byrom, trans., *The Dhammapada, the Sayings of the Buddha: A New Rendering* (New York: Vintage Books, 1976).

Rewata Dhamma, *The First Discourse of the Buddha* (Boston: Wisdom Publications, 1997).

Charles Luk, *Ch'an and Zen Teaching*, vol. 1 (York Beach, ME: Samuel Weiser, 1993). Includes commentaries on the Heart Sutra, an important text to Mahayana schools, and the Diamond Sutra, important to Zen.

Bhikkhu Nanamoli and Bhikkhu Bodhi, trans., *The Middle Length Discourses of the Buddha: A New Translation of the Majjhima Nikaya* (Boston: Wisdom Publications, 1995).

A.F. Price and Wong Mou-lam, trans., *The Diamond Sutra and the Sutra of Hui-neng* (Boston: Shambhala Publications, 1990).

Robert A.F. Thurman, trans., *The Tibetan Book of the Dead: Liberation Through Understanding in the Between* (New York: Bantam Books, 1994).

Maurice Walshe, trans., *The Long Discourses of the Buddha: A Translation of the Digha Nikaya* (Boston: Wisdom Publications, 1995).

Great Teachers, Great Teachings

Robert E. Buswell, Jr., trans., *The Collected Works of Chinul* (Honolulu: University of Hawaii Press, 1983). [Chinul was the most important figure in the establishment of Korean Zen.]

The Dalai Lama and the Padmakara Translation Group, *A Flash of Lightning in the Dark of Night: A Guide to the Bodhisattva's Way of Life* (Boston: Shambhala Publications, 1994). [An interpretation of the important Mahayana work, "The Way of the Bodhisattva," by Santideva, an eighth-century Buddhist monk and scholar.]

Jack Kornfield, *Living Dharma: Teachings of Twelve Buddhist Masters* (Boston: Shambhala Publications, 1996). [Describes masters of the Theravada school.]

Lobsang P. Lhalungpa, trans., *The Life of Milarepa* (New York: Penguin Books, 1979).

Gudo Wafu Nishijima and Chodo Cross, trans., *Master Dogen's Shobogenzo* (Woods Hole, MA: Windbell Publications, 4 vols., 1994-1997).

A.F. Price and Wong Mou-lam, trans., *The Diamond Sutra and the Sutra of Hui-neng* (Boston: Shambhala, 1990).

Nyanaponika Thea and Hellmuth Hecker, *Great Disciples of the Buddha: Their Lives, Their Works, Their Legacy* (Boston: Wisdom Publications, 1997).

Ethics

David J. Kalupahana, *Ethics in Early Buddhism* (Honolulu: University of Hawaii Press, 1995).

Hammalawa Saddhatissa, *Buddhist Ethics* (Boston: Wisdom Publications, 1997).

Sangharakshita, *Vision and Transformation: An Introduction to the Buddha's Noble Eightfold Path* (Cambridge, UK: Windhorse Publications, 1995).

Perspectives on Buddhism as Daily Life

Robert E. Buswell, Jr., *The Zen Monastic Experience: Buddhist Practice in Contemporary Korea* (Princeton: Princeton University Press, 1992).

Pema Chodron, *When Things Fall Apart* (Boston: Shambhala Publications, 1996).

Donald S. Lopez, Jr., ed., *Buddhism in Practice* (Princeton: Princeton University Press, 1995).

Sangharakshita, *Transforming Self and World* (Cambridge, UK: Windhorse Publications, 1995).

Seung Sahn Sunim, *The Compass of Zen* (Boston: Shambhala Publications, 1997).

Shunryu Suzuki, *Zen Mind, Beginner's Mind* (New York: Weatherhill, 1998).

Meditation

John Daido Looi, *Still Point: A Beginner's Guide to Zen Meditation* (Mt. Tremper, NY: Dharma Communications, 1996).

Larry Rosenberg with David Guy, *Breath by Breath: The Liberating Practice of Insight Meditation* (Boston: Shambhala Publications, 1998). [Insight meditation is a practice of the Theravada school.]

Engaged Buddhism and Beyond

Allan Hunt Badiner, *Dharma Gaia: A Harvest of Essays in Buddhism and Ecology* (Berkeley: Parallax Press, 1990). [Includes a foreword by the Dalai Lama.]

Stephanie Kaza and Kenneth Kraft, eds., *Dharma Rain: Sources of Buddhist Environmentalism* (Boston: Shambhala Publications, 2000).

Kenneth Kraft, *The Wheel of Engaged Buddhism: A New Map of the Path* (New York: Weatherhill, 1999).

Peter Matthiessen, *The Snow Leopard* (New York: Viking Press, 1978). A brilliant fusion of two genres: nature writing and autobiography of spiritual journey.

Gary Snyder, *The Practice of the Wild: Essays* (San Francisco: North Point Press, 1990).

Gary Snyder, *No Nature: New and Selected Poems* (New York: Pantheon Books, 1992).

Mary Evelyn Tucker and Duncan Ryuken Williams, eds., *Buddhism and Ecology: The Interconnection of Dharma and Deeds* (Cambridge, MA: Harvard University Center for the Study of World Religions, 1997).