

Required Readings for the Fall Course

The Myth of Freedom, Chögyam Trungpa, Shambhala Publications, 1976.

Being Human, Sakyong Mipham, Vajradhatu Publications. (group order).

Suggestions for Further Reading

The Path is the Goal, Chögyam Trungpa, Shambhala Publications, 1995
A basic text of shamatha meditation instruction.

Turning the Mind into an Ally, Sakyong Mipham, Riverhead Books, 2003
Another basic meditation instruction by Trungpa's son. This book is an elaboration and extension of *Being Human*.

Cutting Through Spiritual Materialism, Chögyam Trungpa, Shambhala Publications, 1973
Another early book by Trungpa, and a strong message about avoiding the pitfalls of the spiritual supermarket.

What Makes You Not A Buddhist, Dzongsar Jamyang Khyentse, Shambhala, 2007
A provocative book for the general public by the director of the movies *The Cup* and *Travelers and Magicians*. An exposition of what it means to have a Buddhist view regardless of what you do or believe. Organized around the four seals.

Other Books

Indestructible Truth, Reginald A. Ray, Shambhala Publications, 2000
A large, almost encyclopedic book of Tibetan Buddhism, well organized, and covering many important topics.

The Compass of Zen, Seung Sahn, Shambhala Publications, 1997.
A marvelous book soaked in prajna (*wisdom of emptiness*) by a great teacher, the late Zen Master of Providence, RI, Seung Sahn. If you want to read one book about Zen that will help you understand Zen teaching, and to see the similarities and differences of Zen to the Tibetan "three yana" approach, this is it.

The Places That Scare You, Pema Chödrön, Shambhala Publications, 2002.
An warm and brilliant book about fear and the Bodhisattva path.

The Awakened One - A Life of the Buddha, Sherab Chödzin Kohn, Shambhala Publications, 1994

Books on the Five Buddha Families

Everyday Consciousness and Buddha-Awakening, Khenchen Thrangu, tr. Susanne Schefczyk, Snow Lion Publications, 2002

The Five Wisdom Energies, Irini Rockwell, Shambhala Publications, 2002