

Resources on Theravada Buddhism

Books Specifically on Meditation:

Introduction to Insight Meditation. online at

<http://www.amaravati.org/abm/english/documents/intro/index.html>

**Mindfulness in Plain English.* Ven. Henepola Gunaratana, Wisdom Publications. Also available as a pdf file at: <http://www.urbandharma.org/udharma4/mpe.html>

Mindfulness, the Path to the Deathless. Ajahn Sumedho

<http://www.amaravati.org/abm/english/documents/mindful/index.html>

**Insight Meditation.* Joseph Goldstein

A Small, Steady Flame: Seven Talks on the Basic Steps of Breath Meditation. Thanissaro Bhikkhu.

<http://www.dhammadata.org/Archive/Writings/ASmallSteadyFlame.pdf>

Meditations; Meditations2; Meditations3; Meditations4. Thanissaro Bhikkhu (online at www.dhammadata.org)

**Real Happiness: The Power of Meditation.* Sharon Salzberg. Workman Publishing. 2011

Books on the Buddha's Teachings (including Meditation)

The Mind and the Way: Buddhist Reflections on Life. Ajahn Sumedho, Wisdom Publications

The Four Noble Truths. Ajahn Sumedho

<http://www.amaravati.org/abm/english/documents/4noble2/index.html>

The Noble Eight Fold Path. Bhikkhu Bodhi, Wisdom books and also free online:

<http://www.accesstoinsight.org/lib/authors/bodhi/waytoend.html>

**Being Nobody, Going Nowhere.* Ayya Khema, Wisdom Publications (Other readings by Ayya Khema are available for free online at: <http://www.accesstoinsight.org/lib/authors/khema/>)

A Still Forest Pool: The Insight Meditation of Achaan Chah. edited by Jack Kornfield and Paul Breiter, Quest Books

Food for the Heart: The collected Teachings of Ajahn Chah. edited by Ajahn Amaro, Wisdom Publications (Many of the talks included in this published edition are available for free online at: http://forestsangha.org/index.php?option=com_content&view=section&id=12&Itemid=6)

**Seeking the Heart of Wisdom.* Joseph Goldstein, Jack Kornfield

**Loving-Kindness.* Sharon Salzberg, Shambhala Publications

**Dancing with Life.* Phillip Moffit

**What the Buddha Taught.* Walpola Rahula

Theravada Meditation Group in Dane County, WI

Madison Insight Meditation Group/Madison Vipassana, Inc.: www.vipassana.net ,
Weekly meditation on Sunday and Tuesday evenings - details on the website.

Books from other Buddhist traditions

**When Things Fall Apart.* Pema Chodron, Shambhala Publications.. (Shambhala Tibetan)

**The Places That Scare You.* Pema Chodron, Shambhala Publications (Shambhala Tibetan)

Resources on Theravada Buddhism

Zen Mind, Beginner's Mind. Suzuki Roshi. (Soto Zen)

Peace in Every Step. Thich Nhat Hahn, Bantam Books. (Vietnamese Zen)

Nothing Special: Living Zen. Charlotte Jocko Beck, HarperCollins Publishing. (Soto Zen)

Wherever You Go, There You Are. Jon Kabat-Zinn, Hyperion. (by Founder of the Mindfulness Based Stress Reduction program)

Audio Talks

Dharma Seed audio Library: www.dharmaseed.org (hundreds of talks by many teachers)

Talks by Thanissaro Bhikkhu: www.dhammadata.org (hundreds of talks by this very skilled scholar/monk and teacher)

Talks by western monks in the lineage of Ajahn Chah & Ajahn Sumedho:

<http://www.dhammadata.org.uk/> (talks by all the senior monks and nuns in this lineage)

Archive of audio talks by Gil Fronsdale and others given at the Insight Meditation Center in Redwood Center, CA: <http://www.audiodharma.org/>

**Insight Meditation: A Step by Step Course on How to Meditate.* Sharon Salzberg & Joseph Goldstein

Web Resources , Publishers,

Access to Insight: Readings in Theravada Buddhism: www.accesstoinsight.org

Buddhanet, Buddhist education and information network: <http://www.buddhanet.net/>

A huge collection of books to download by the leading meditation masters in the Thai Forest Tradition over the last 100 years: <http://www.what-buddha-taught.net/>

A portal to the Buddhist teachings from monks associated with Venerable Ajahn Chah: www.forestsangha.org

Buddhist Publication Society: <http://www.bps.lk/>

Pariyatti Book Service: www.pariyatti.com

Cushions and Wooden Benches

Sage Meditation (local in Madison): <http://www.sagemeditation.com>, info@SageMeditation.com, 621 N. Sherman Ave., Suite B19, Ph. 608.204.9833, 800.231.0574,

The Monastery Store: <http://www.dharma.net/monstore/> (online resource through Zen Mountain Monastery in NY).

Dharmacrafts: <http://www.dharmacrafts.com/>

Or, just google "zafu" or "mediation cushion" to find thousands of online vendors.