

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