Readings on Buddhism

General
Beginning level


Advanced level

biography as a thorough source-book for the early texts on the Buddha’s life, along with advice on how to apply these stories and teachings to one’s own practice.)


Jake H. Davis. *Strong roots. Liberation teachings of mindfulness in North America*. Barre, Massachusetts: Dhamma Dana Publications, 2004. (This is a study of the transmission of the Mahāsī method of meditation from Burma to the West. If you Google it, you will probably find a free download.)


Paul Williams & Anthony Tribe. *Buddhist thought. A complete introduction to the Indian tradition.* London & New York: Routledge, 2000. (An excellent introduction to the evolution of Buddhist traditions — with the exception of their chapter on early Buddhism, which is disappointing.)

### Meditation

#### Beginning level

Michael Bunting & Patrick Kearney. *A Practical Guide to Mindful Meditation.* Worksmart Australia, 2016. (I wrote the first draft of this book. It contains some of the practical instructions I give during retreats and workshops.)


#### Advanced level


Mahāsī Sayādaw. *Manual of insight.* Somerville: Wisdom Publications, 2016. (This is a translation of the original work by Mahāsī Sayādaw in which he lays out his approach to satipaṭṭhāna practice. It can be considered the root text of his lineage. The work is dense and technical, and not for the faint-hearted.)


**Scriptures**

**Beginning level**

Bhikkhu Bodhi. *In the Buddha’s Words. An Anthology of Discourses from the Pali Canon*. Boston: Wisdom Publications, 2005. (Takes the reader step-by-step through the Buddha’s teachings, with readings from the early teachings supported by introductory essays. If you want to read the suttas, this is the best entry point.)

**Advanced level**


**Internet resources**

**Beginning level**

Access to insight. [www.accesstoinsight.org](http://www.accesstoinsight.org). (A treasure trove of translations from early teachings, although it is now essentially an archive – no new work seems to be happening on it..)

BuddhaNet. [www.buddhanet.net](http://www.buddhanet.net). (A heritage collection of material on all aspects of Buddhism.)

Dhammatalks. [https://www.dhammatalks.org/index.html](https://www.dhammatalks.org/index.html). (This is the central address for translations and other writings, along with audio and video files, by Bhikkhu Ṭhānissaro.)

Dharma Seed. [www.dharmaseed.org](http://www.dharmaseed.org). (A treasure trove of audio files of dharma talks.)

Sutta Central. [https://suttacentral.net/](https://suttacentral.net/). (Original texts, translations, guides and commentaries. As its name suggests, this is now a central resource for those wanting to explore the early teachings.)
Sayādaw U Tejaniya. [https://ashintejaniya.org/](https://ashintejaniya.org/). (Audio talks, videos, written texts and other information regarding U Tejaniya’s approach to meditation practice.)

Advanced level

Bhikkhu Bodhi. [bodhimonastery.org/religion/audios](http://bodhimonastery.org/religion/audios). (A collection of audio courses given by Bhikkhu Bodhi.)

Journal of Buddhist Ethics. [blogs.dickinson.edu/buddhistethics](http://blogs.dickinson.edu/buddhistethics). (Academic studies on Buddhist ethics and related themes.)


Ñāṇavīra Thera Dhamma Page. [www.nanavira.org](http://www.nanavira.org). (Commentaries on the Buddha’s teachings that are invariably interesting and stimulating.)