Buddhist Study Association at Indiana University
印第安那大學佛學社

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*Resources for Learning Buddhism (compiled by Yu-Che Chang and revised by Richard Twu)

Books

聖嚴法師, 學佛群疑
佛使尊者, 人類手冊
印順導師, 成佛之道

Walpola Sri Rahula, What the Buddha Taught.
Dr. Rewata Dhamma, The First Discourse of the Buddha: Turning the Wheel of Dharma.
Henepola Gunaratana, Mindfulness in Plain English
Thich Nhat Hahn, Transformation & Healing: The Sutra on the Four Establishments of Mindfulness.
Larry Rosenberg, Breath by Breath: The Liberating Practice of Insight Meditation.
Nyanaponika Thera. The Heart of Buddhist Meditation.
Nyanaponika Thera. The Vision of Dharma: Buddhist Writings of Nyanaponika Thera.
Bhikkhu Thanissaro, The Wings to Awakening An Anthology from the Pali Canon.

Sutras

Bhikkhu Budhi, The Connected Discourse of the Buddha.
Bhikkhu Nanamoli and Bhikkhu Budhi, The Middle Length Discourses of the Buddha.
Maurice Walshe, The Long Discourse of the Buddha.

Websites:

- Wisdom Publications <http://www.wisdompubs.org/>
  Wisdom is a nonprofit publisher and distributor of Buddhist books, including several important modern translations of the Digha, Majjhima, and Samyutta Nikayas.

- 佛學數位圖書館暨博物館 <http://ccbs.ntu.edu.tw/DBLM/cindex.htm>
  廣泛收集國內外佛學文獻資料，建立系統化之佛學文獻資料庫，透過電腦建檔，提供國內外學者、研究人員及相關單位做佛學資料的蒐集。

Magazines:

- 美佛慧訊 <http://www.baus.org/baus/newsletter/index_c.html>
  美佛慧訊是美國佛教會的雙月刊，每逢雙月出版。主要內容分為說法台、居士學佛講座、佛海精華、學佛心得、莊嚴世界、色身莊嚴、譯著、法會預告、美佛簡訊等等。

- Inquiring Mind <http://www.inquiringmind.com/>
  Inquiring Mind is a semiannual journal dedicated to the creative transmission of Buddhadharma to the West. Readers of Inquiring Mind include followers of many different Buddhists traditions, and others interested in the philosophy and ideas of Buddhism.
Below are several introductory books on meditation and the Buddhist path. They can be specially ordered through your local bookstore, through Amazon.com, or from our book stall.

RECOMMENDED READING

**Beginner**


*Mindfulness in Plain English*, Venerable Henepola Gunaratana, Wisdom Publications, Boston and London, 1993. A step-by-step guide to insight meditation that is practical and direct. You will refer to this book again and again in your first two or three years of meditation. The author, a native of Sri Lanka, has a Ph.D. in Philosophy from American University and has been an ordained monk since 1947.

*Experience of Insight* by Joseph Goldstein, Shambhala Publications: A modern classic of practical instructions for Buddhist meditation

*A Gradual Awakening* by Stephen Levine, Doubleday: A meditation and self-awareness guide for beginners

**Intermediate**

*The Heart of Buddhist Meditation*, Nyanaponika Mahathera, Rider and Co., London, 1962. Eric Fromm said that the work of this scholarly German born Theravada monk might become one of the most important contributions to the spiritual renewal of the West. Written in a simple and direct style, with deep humanity and extraordinary knowledge. Includes important texts and explanations of the basic techniques.

*What the Buddha Taught*, Walpola Rahula, Grove Weidenfeld, New York, 1974. A lucid and faithful account of the Buddha's teachings which includes a number of the basic texts. Written by a Theravada monk who taught at the Sorbonne in Paris.

*Breath by Breath* by Larry Rosenberg, Shambhala Publications: Mindfulness of Breathing explained in an easy, conversational style

*Lovingkindness* by Sharon Salzberg, Shambhala Publications: A central meditation subject crucial to the balanced development of the path

**Advanced**

*The Four Foundations of Mindfulness* by Ven. U Silananda, Wisdom Publications, Boston, 1990. This is the basic text of and commentary on the meditative techniques which the Buddha described as the only way to peace and happiness. Written by a Theravada monk with 40 years of meditative experience. Explains in detail all the instructions of the Buddha on how to achieve mindfulness.


*The Middle Length Discourses of the Buddha: A New Translation of the Majjhima Nikaya* Translated by Bhikkhu Nyanamoli and Bhikkhu Bodhi, Wisdom Publications, Boston/London, 1995. The Suttas are the primary resource to refer to. This collection contains 152 Suttas and an invaluable introduction by Bhikkhu Bodhi.