

Required Books for Sravasti Abbey Friends Education Program Courses

Courses 1A and 1B:

- *Open Heart, Clear Mind* by Venerable Thubten Chodron

Required texts for this and almost all subsequent courses:

- *Transforming Adversity into Joy and Courage* by Khensur Jampa Tegchok, edited by Venerable Thubten Chodron
- *Guided Buddhist Meditations: Essential Practices on the Stages of the Path* by Venerable Thubten Chodron

[Note: The old hardcover edition is entitled *Guided Meditations on the Stages of the Path*. Either version is fine, the difference will be in the page numbers. This text is used in every SAFE course and will support your Dharma practice for the rest of your life.]

Courses 2 and 3:

- *The Three Principal Aspects of The Path: An Oral Teaching* by Geshe Sonam Rinchen, translated by Ruth Sonam

Courses 4 and 5:

- Optional supplementary text: *Steps on the Path to Enlightenment - Volume 2 (Karma)* by Geshe Lhundub Sopa, with David Patt

Course 6:

- *The Four Noble Truths* by Geshe Tashi Tsering

Optional supplementary texts

- *Steps on the Path to Enlightenment - Volume 1 (The Foundation Practices)* by Geshe Lhundub Sopa, with David Patt and Beth Newman
- *Buddhism: One Teacher Many Traditions* by His Holiness the Dalai Lama and Venerable Thubten Chodron

Course 7:

- Optional supplementary text: *Steps on the Path to Enlightenment - Volume 1 (The Foundation Practices)* by Geshe Lhundub Sopa, with David Patt and Beth Newman

Course 8:

- *Steps on the Path to Enlightenment - Volume 3 (The Way of the Bodhisattva)* by Geshe Lhundub Sopa, with Beth Newman
 - *Working with Anger* by Venerable Thubten Chodron
- Optional supplementary texts

- *Perfecting Patience: Buddhist Techniques to Overcome Anger* by His Holiness the Dalai Lama, translated by Thupten Jinpa
- *Don't Believe Everything You Think* by Venerable Thubten Chodron
- *Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering* by Venerable Thubten Chodron

Course 9:

- *Steps on the Path to Enlightenment - Volume 3 (The Way of the Bodhisattva)* by Geshe Lhundub Sopa, with Beth Newman
- *How to See Yourself as You Really Are* by His Holiness the Dalai Lama, edited and translated by Jeffrey Hopkins

Optional supplementary texts

- *Insight into Emptiness* by Khensur Jampa Tegchok, edited by Venerable Thubten Chodron
- *Calming the Mind: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence* by Gen Lamrimpa, edited by Hart Sprager and translated by B. Allan Wallace

Course 10:

- *How to See Yourself as You Really Are* by His Holiness the Dalai Lama, edited and translated by Jeffrey Hopkins

From previous courses

- *Three Principal Aspects of The Path: An Oral Teaching* by Geshe Sonam Rinchen, translated by Ruth Sonam

Optional supplementary texts

- *Insight into Emptiness* by Khensur Jampa Tegchok, edited by Venerable Thubten Chodron
- *The Middle Way: Faith Grounded in Reason*, by His Holiness the Dalai Lama, translated by Thupten Jinpa

Course 11:

- *Working with Anger* by Venerable Thubten Chodron

Optional supplementary texts

- Vol. 2 of The Library of Wisdom and Compassion, *The Foundation of Buddhist Practice* by HH Dalai Lama and Venerable Thubten Chodron
- *Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering* by Venerable Thubten Chodron

Course 12:

- The main meditation resource is Chapter 11 of *Transforming Adversity into Joy and Courage* by Khensur Jampa Tegchok, edited by Venerable Thubten Chodron

Optional supplementary texts

- *Good Karma: How to Create the Causes for Happiness and Avoid the Causes for Suffering* by Venerable Thubten Chodron
- *Don't Believe Everything You Think* by Venerable Thubten Chodron
- *An Open-Hearted Life: Transformative Methods for Compassionate Living from a Clinical Psychologist and a Buddhist Nun* by Venerable Thubten Chodron and Dr. Russell Kolts