

## Fife Sangha Library Catalogue

Sorted by author, then title

Descriptions are taken from publishers or booksellers websites

Author	Title	Description	Notes
	A guide to becoming a mitra in the Triratna Buddhist Community		
	Kalama Sutta: the Buddha's charter of free enquiry		
	Mitrata: the endless round		
	Puja: the Triratna book of Buddhist devotional texts	<i>Puja: The Triratna Book of Buddhist Devotional Texts</i> is a beautifully illustrated collection of Buddhist devotional rituals and verses.	
A.C. Bhaktivedanta Swami Prabhupāda	Bhagavad-Gita: As it is	<p>The Bhagavad Gita is not a religious book and is not intended to be read and acted upon by the adherents of a particular religion. It's a guidebook for life; a how-to manual. It is a medicine for the infected souls of the Kali-Yuga, the dark age. And there is no religion in medicine.</p> <p>The Bhagavad Gita is the most sacred conversation ever between Lord Krishna and his friend Prince Arjuna just before the beginning of the great war of Mahabharata, on the holy battlefield of Kurukshetra, where the Lord enlightens a bewildered Arjuna about the biggest truths of the universe.</p>	
Asvajit and Cittapala	Garland of terms	An index of lists of terms used in Buddhism.	

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Balasooriya, Somaratna (et al.)(ed.)	Buddhist studies in honour of Walpola Rahula		
Bayda, Ezra	The authentic life: Zen wisdom for living free from complacency and fear	<p>How to live your life genuinely, honestly, and happily in the face of the inevitable difficulties that arise--more wonderfully accessible Zen teachings for living from the author of Being Zen.</p> <p>Ever feel like your efforts to live a life of wisdom, honesty, and compassion are hijacked by, well, life? Take heart. Ezra Bayda has good news: life's challenges aren't obstacles to our path—they are the path. Understanding that liberates us to use every aspect of what life presents us with as a way to live with integrity and authenticity—and joy. In this, as in all his books, Ezra's teaching is Zen made wonderfully practical, in a way that can apply to anyone's life. Meditation is the foundation, but it doesn't stop there. It's about learning to take the practice of presence we cultivate in meditation to all the rest of our complicated lives. Doing that empowers us to navigate our journey with the integrity and authenticity that are what a satisfying life is all about.</p>	2 copies
Bays, Jan Chozen	Jizo Bodhisattva: a guardian of children, travelers and other voyagers	Jizo is an important bodhisattva or "saint" of the Mahayana Buddhist tradition. Most prominent today in Japanese Zen, Jizo is understood to be the protector of those journeying through the physical and spiritual realms. This bodhisattva is closely associated with children, believed to be their guardian before birth, throughout childhood, and after death. Here, an American Zen master offers an engaging and informative overview of the history of this important figure and conveys the practices and rituals connected with him, including a simple ceremony for remembering children who have died. Inspired by her own personal experience with Jizo practice, Bays explains how the Buddhist teachings on Jizo can bring peace to those confronted with suffering and loss.	
Beck, Charlotte Joko	Everyday Zen	This beautifully written book is a Zen guide to the problems of daily living, love, relationships, work, fear and suffering. Beck describes how to be in the present and living each moment to the full.	

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Berzin, Alexander	Developing balanced sensitivity	Alexander Berzin introduces a series of techniques for overcoming insensitivity and hypersensitivity. Based on traditional Buddhist sources, they are presented in non-traditional forms suitable for workshops and private practice. The exercises deal with difficult, everyday situations and show how to access our mind's natural talents; dispel nervousness, insecurity, and low self-esteem; make decisions; deconstruct deceptive appearances; and recognize the clear light nature of the mind.	
Bodhipaksa	Wildmind: a step by step guide to meditation	From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice. Extract: 'The aim of Buddhist meditation is to clear away the 'defilements' so that we can experience ourselves - more deeply and more truly - in our primordial purity, clarity, and freedom of mind. Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind'.	
Brach, Tara	Radical acceptance	Drawing on the wisdom of Buddhist teachings, illustrative stories and the transformative power of meditation, Tara guides us in healing the shame and fear that bind our hearts. In the West, most of us have suffered the fear of not being 'good enough', feeling insecure about our appearance, our sexuality, our intelligence, our spiritual progress or - often most importantly - being worthy of love. When these feelings of insufficiency or self-aversion are strong, we fear abandonment and rejection. Many people have already found the Buddhist perspective on our emotional life to be extremely valuable - and this book will be a major practical contribution to the subject.	
Brauen, Yangzom	Across many mountains: the extraordinary story of three generations of women in Tibet	Kusang never thought she would leave Tibet. Growing up in a remote mountain village, she married a monk and gave birth to two children. But then the Chinese army invaded, and their peaceful lives were destroyed forever. Thousands were tortured, prison camps were set up and Kusang's monastery was destroyed. The family were forced to flee across the Himalayas in the depths of winter, battling cold, fear, starvation and exhaustion. It took a month to reach India, where they were then passed from one refugee camp to another, all the while	

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		fighting hunger and disease. Kusang's husband and her younger child died, but somehow Kusang and her daughter Sonam survived. In Across Many Mountains Sonam's daughter, Yangzom, born in safety in Switzerland, has written the story of her inspirational mother and grandmother's fight for survival, and their lives in exile. It is an extraordinary story of determination, love and endurance.	
Carrithers, Michael	Buddha: a very short introduction	Michael Carrithers guides us through the complex and sometimes conflicting information that Buddhist texts give about the life and teaching of the Buddha. He discusses the social and political background of India in the Buddha's time, and traces the development of his thought. He also assesses the rapid and widespread assimilation of Buddhism and its contemporary relevance.	
Chah, Ajahn	Bodhinyana	A collection of Dhamma talks by Ajahn Chah	
Chah, Ajahn and the Dhamma Garden translation group	A tree in a forest: a collection of Ajahn Chah's similes	Many of the similes that Ajahn Chah himself used to teach came out of his vast experience of living in the forest. His practice was simply to watch, all the while being totally open and aware of everything that was happening both inside and outside himself. He would say that his practice was nothing special. He was, in his own words, like a tree in a forest, "A tree is as it is," he's say. And Ajahn Chah was as he was. But out of such "nothing specialness" came a profound understanding of himself and the world.	
Chodron, Pema	Comfortable with uncertainty: 108 teachings on cultivating fearlessness and compassion	Comfortable with Uncertainty offers short, stand-alone teachings designed to help us cultivate compassion and awareness amid the challenges of daily living. Gleaned from Pema Chdrn's best-selling books, these passages explore topics of loving-kindness, mindfulness, "nowness," letting go, and working with painful emotions. They also offer meditation instructions for heightening awareness and overcoming habitual patterns that block happiness. By the end of the cycle of teachings, the listener will have completed the basic training for becoming a "warrior-bodhisattva," one who courageously takes up the path of awakening compassion.	
Cornell, Ann Weiser	The power of focusing	<b><i>The Power of Focusing</i> is the culmination of Ann Weiser Cornell's search for a way of teaching Focusing so simple and clear that it would be accessible to anyone, no matter what their background or personal style.</b>	

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		Focusing is a gentle yet powerful skill that lets you tap into your body's wisdom and make positive changes in your life. <i>The Power of Focusing</i> shows readers how they can train themselves to learn this vital technique of self-exploration and self-discovery.	
Dalai Lama	The four noble truths	In July 1996, for the first time in the West, His Holiness the Dalai Lama gave two exclusive days of teaching in London on The Four Noble Truths - the heart of the Buddha's teachings. The Four Noble Truths - the truth of suffering, the truth of the origin of suffering, the truth of the cessation of suffering and the truth of the path leading to this cessation - was the first sermon the Buddha gave after he was enlightened. As well as elucidating these teachings, His Holiness the Dalai Lama also explains the relationship between relative and absolute compassion.	
Dalai Lama and Cutler, Howard C.	The art of happiness	Nearly every time you see him, he's laughing, or at least smiling. And he makes everyone else around him feel like smiling. He's the Dalai Lama, the spiritual and temporal leader of Tibet, a Nobel Prize winner, and an increasingly popular speaker and statesman. What's more, he'll tell you that happiness is the purpose of life, and that "the very motion of our life is towards happiness." How to get there has always been the question. He's tried to answer it before, but he's never had the help of a psychiatrist to get the message across in a context we can easily understand. Through conversations, stories, and meditations, the Dalai Lama shows us how to defeat day-to-day anxiety, insecurity, anger, and discouragement. Together with Dr. Cutler, he explores many facets of everyday life, including relationships, loss, and the pursuit of wealth, to illustrate how to ride through life's obstacles on a deep and abiding source of inner peace.	
Dhanakosa Buddhist Retreat Centre	Dhanakosa Buddhist Retreat Centre cookbook		
Erriker, Clive	Teach yourself Buddhism	As the popularity of Buddhism has stretched across the globe, the religion has taken on many forms, which are now present in the West and growing in variety. Teach Yourself Buddhism examines this historical journey, illustrating the persistent relevance of Buddha's teachings. Drawing on varied sources to evoke	

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		the spirit of Buddhism and to allow Buddhists to speak for themselves, the book provides in-depth coverage of the diversity of Buddhism and Buddhist practices. This new edition also provides an insightful examination of the role of Buddhism in the modern world.	
Forest Sangha Nuns (editor)	Freeing the heart: Dhamma teachings from the nuns' community at Amaravata and Cittaviveka Buddhist monasteries	<p>This collection of Dhamma reflections offered by the Forest Sangha Nuns' community introduces us, as readers, to a unique perspective which, like a soothing balm, calms, uplifts and enlightens. It celebrates the ability of women to use an ancient monastic system and a timeless teaching in a way that is both graceful and also relevant to each one of us.</p> <p>Although a tradition of women seekers goes far back into the mists of time it is rare to have access to their wisdom and their stories, so it is all the more heartening that this book is so generously made available to us. What I find especially valuable about these teachings is that they draw on subtle and broad aspects of the Buddha's instruction in ways that are comprehensive, fresh, honest and open. We see the transcendent threaded with the humane. We hear the voice of inspiration, struggle and humour through women who have undertaken a focused and disciplined life of renunciation.</p> <p>Also available online at  <a href="https://www.dhammatalks.net/Books4/Various_Bhikkhunis_freeing_the_heart.pdf">https://www.dhammatalks.net/Books4/Various_Bhikkhunis_freeing_the_heart.pdf</a></p>	
Frankl, Viktor E.	Yes to life: in spite of everything	Just months after his liberation from Auschwitz renowned psychiatrist Viktor E. Frankl delivered a series of talks revealing the foundations of his life-affirming philosophy. The psychologist, who would soon become world famous, explained his central thoughts on meaning, resilience and his conviction that every crisis contains opportunity. Frankl's words resonate as strongly today as they did in 1946. Despite the unspeakable horrors in the camp, Frankl learnt from his fellow inmates that it is always possible to say 'yes to life' – a profound and timeless lesson for us all.	

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Freke, Timothy	Lao Tzu's Tao Te Ching	The Tao Te Ching is one of the world's spiritual and philosophical classics. The 81 chapters have distilled the wisdom of the sages, oracles and folk traditions of ancient China and are beautiful to read. They offer reflection and insight, and guide us towards personal growth and greater understanding. Tim Freke's new, modern rendering encapsulates the freshness and simplicity of the original Chinese text and makes it relevant to our lives today. It is a book to dip into, to meditate upon and to treasure.	
Freke, Timothy	Zen wisdom: daily teachings from the Zen masters		
Gendlin, Eugene T.	Focusing: how to gain direct access to your body's knowledge	'Focusing' is a technique first developed by American psychologist and philosopher Eugene Gendlin. Hugely influential, it offers six specific steps you can take to open up your inner world of deeper feelings and intuition - and shows you how to listen to others with more empathy. Short, very accessible yet also profound, this book is even more relevant today than it was when originally published.	
Glasgow Buddhist Centre	The essentials of Buddhist meditation: a six week course at the Glasgow Buddhist Centre		
Hagel, Sara (ed.)	Dhardo Rimpoche: a celebration	A celebration of the life and work of Dhardo Rimpoche with contributions from over 30 people, both Buddhists from the West who met him and those who lived with him and knew him well in India. One of the key teachers of Sangharakshita, the founder of the Friends of the Western Buddhist Order, Dhardo Rimpoche was revered in his own lifetime as a living Bodhisattva. These reminiscences from his disciples in the East, and his adopted disciples in the West, reveal his perfection of the qualities of selflessness, generosity, kindness and mindfulness.	

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		Reflecting on the many qualities of Dhardo Rimpoche, the book aims to bring to life the rich and glowing example of this greatly precious one.	
Hamilton-Merritt, Jane	A meditator's diary: a western woman's unique experiences in Thailand temples	It is rare for a foreign woman to be accepted for instruction in intensive meditation in a Buddhist temple in Thailand. Jane Hamilton-Merritt writes about this experience from the inside, describing the extraordinary journey into the self, the expansion of her consciousness. In a personal account of her struggles, her fears and her experiences - some euphoric, some terrifying, some beautiful in the form of psychedelic visions and some that were genuinely threatening. A Meditator's Diary is an intellectually disciplined attempt to understand what Buddhist meditation techniques have to offer us, those in the Western world caught up in a cycle of destruction that we cannot control, and shows how to access its secrets. Jane Hamilton-Merritt describes her own dawning understanding of 'compassion without attachment', her eventual arrival at a state of peace and reconciliation and the sense of living flow with the whole of the universe that has transformed her life. Encouraging her readers to try meditation she describes how we can take the first steps on the long road to tranquillity for ourselves.	
Horner, L.B.	Middle length sayings III	Volume 3 of the translation of the Majjhima Nikāya, or Middle Length Discourses of the Buddha, one of the major collections of texts in the Pāli Canon, the authorised scriptures of Theravada Buddhism. The Majjhima Nikaya might be concisely described as the Buddhist scripture that combines the richest variety of contextual settings with the deepest and most comprehensive assortment of teachings. These teachings, which range from basic ethics to instructions in meditation and liberating insight, unfold in a fascinating procession of scenarios that show the Buddha in living dialogue with people from many different strata of ancient Indian society: with kings and princes, priests and ascetics, simple villagers and erudite philosophers. Replete with drama, reasoned argument, and illuminating parable and simile, these discourses exhibit the Buddha in the full glory of his resplendent wisdom, majestic sublimity and compassionate humanity.	



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Jarrell, Chris (editor)	Autism and Buddhist Practice: how Buddhism can help autistic adults cultivate wellbeing	<p>This series of reflective accounts explores the benefits that Buddhist practice can bring for autistic individuals, and outlines how Dharma teachers, centre directors and meditation group leaders can help ensure sessions are truly autism sensitive.</p> <p>Including a wide range of international contributors discussing aspects of their autistic experience and the impact of Buddhism on their lives, this is a thought-provoking and often moving portrayal of the intersect between the lived experience of autistic people and spiritual practice.</p>	
Kalyanavaca	The moon and flowers	<p><a href="#"><i>The Moon and Flowers</i></a> brings together essays by 19 women who have been ordained within the Triratna Buddhist tradition. They come from different countries and have different lifestyles. Some are career women, some are mothers leading a family life, others live and work in country retreat centres. Their firm commitment to Buddhism is perhaps the only thing they all have in common. Here they demonstrate how they are trying to bring the various aspects and concerns of their daily lives into harmony with the Buddhist ideals and practice.</p>	2 copies
Kamalashila	Buddhist meditation: tranquillity, imagination and insight	<p>First published in 1991, this book has become established as a comprehensive guide to the theory and methods of Buddhist meditation, providing a complete introduction for beginners as well as detailed advice for experienced meditators seeking to deepen their practice. With this third edition Kamalashila has included new sections on the importance of the imagination, on Just Sitting, and on refection on the Buddha.</p> <p>There is also new material on sadhana—including less formal, more experimental ways to connect with the living reality of the awakened mind—on mindfulness, and on the balance required between active and receptive approaches in meditation. Writing in an informal, accessible style, Kamalashila draws particular inspiration from the great Theravadin commentator Buddhaghosa, from Zhiyi—the preeminent master of the Chinese Tien-t'ai School—and above all from the Buddha. The result is a practical handbook, complete with trouble-shooting guides to the places your practice might take you.</p>	

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		It is also an exploration of the ultimate aim of Buddhist heightened awareness, true happiness and—ultimately—liberating insight into the nature of reality.	
Kamalashila	Meditation: the Buddhist way of tranquillity and insight		
Kapleau, Philip	The wheel of death: a Collection of Writings from Zen Buddhist and Other Sources on Death - Rebirth - Dying		
Kornfield, Goldstein	Seeking the heart of wisdom: the path of insight meditation	In Seeking the Heart of Wisdom, Joseph Goldstein and Jack Kornfield present the central teachings and practices of insight meditation in a clear and personal language. The path of insight meditation is a journey of understanding our bodies, our minds, and our lives, of seeing clearly the true nature of experience. The authors guide the reader in developing the openness and compassion that are at the heart of this spiritual practice. For those already treading the path, as well as those just starting out, this book will be a welcome companion along the way.	
Kornfield, Jack	A path with heart: a Guide Through the Perils and Promises of Spiritual Life	Perhaps the most important book yet written on meditation, the process of inner transformation, and the integration of spiritual practice into our American way of life, A Path with Heart brings alive one by one the challenges of spiritual living in the modern world. Written by a teacher, psychologist, and meditation master of international renown, this warm, inspiring, and expert book touches on a wide range of essential issues including many rarely addressed in spiritual books. From compassion, addiction, and psychological and emotional healing, to dealing with	

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		problems involving relationships and sexuality, to the creation of a Zen-like simplicity and balance in all facets of life, it speaks to the concerns of many modern spiritual seekers, both those beginning on the path and those with years of experience.	
Kulananda	Principles of Buddhism	An introduction to Buddhism that explains its essential teachings and methods of spiritual practice: the life of Buddha, the central ideas and beliefs, karma and rebirth, meditation, ethics and Buddhism in the world today. The author, Kulananda, a practicing Buddhist for 28 years, shows us how this approach to life can make a real difference to us and our capacity to grow clearer, wiser and happier.	
Laird, Thomas	The story of Tibet: conversations with the Dalai Lama	<p>This book records the first time the Dalai Lama has spoken at length about the story of Tibet. Over the course of three years, journalist Thomas Laird spent more than sixty hours with His Holiness the Dalai Lama in candid, intimate interviews that covered His Holiness's beliefs about history, science, reincarnation, and Buddhism.</p> <p>Laird brings his meetings with the Dalai Lama to life in a vibrant historical narrative that outlines the essence of thousands of years of civilization, myth and spirituality. Laird explores with the Dalai Lama Tibet's relations with the Mongols; the Golden Age under the Great Fifth Dalai Lama; Tibet's years under Manchu overlords; the four decades of modern independence in the early half of the twentieth century; and finally the Dalai Lama's meetings with Mao-Tse Tung, just before His Holiness fled into exile in 1959. "The Story of Tibet" is the Dalai Lama's personal look at his country's past, and also a summation of a life's work as the spiritual and temporal leader of the Tibetan people.</p>	
Macy, Joanna	Mutual causality in Buddhism and general systems theory: the Dharma of natural systems	This book brings important new dimensions to the interface between contemporary Western science and ancient Eastern wisdom. Here for the first time the concepts and insights of general systems theory are presented in tandem with those of the Buddha. Remarkable convergences appear between core Buddhist teachings and the systems view of reality, arising in our century from biology and extending into the social and cognitive sciences.	

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		Giving a cogent introduction to both bodies of thought, and a fresh interpretation of the Buddha's core teaching of dependent co-arising, this book shows how their common perspective on causality can inform our lives. The interdependence of all beings provides the context for clarifying both the role of meditative practice and guidelines for effective action on behalf of the common good.	
Macy, Joanna and Brown, Molly Young	Coming back to life: the updated guide to the work that reconnects	<p>Deepening global crises surround us, causing many to fall prey to denial and despair. Coming Back to Life shows how grief, anger, and fear are healthy responses to the harsh realities of our time, and that when honored through the revolutionary practice of the Work That Reconnects, they can free us from paralysis and move us toward creative action.</p> <p>This new, completely updated edition of the classic text illuminates the extraordinary Work that has inspired hundreds of thousands to make strides towards the creation of a life-sustaining human culture. Buddhist scholar and environmental activist Joanna Macy and Molly Young Brown introduce the Work's theoretical foundations, revealing the angst of our era with remarkable insight. Pointing the way forward out of apathy, they offer personal counsel as well as easy-to-use methods for group process that profoundly affect people's outlook and ability to act in the world.</p>	2 copies
Maitreyabandhu	Thicker than blood: friendship on the Buddhist path	To see a friend act out of a genuine desire to become more than he is, to see him speak truthfully, with integrity and kindness, is a sight of such beauty that it is almost unparalleled. This is a book about friendship - about the Buddhist ideals of spiritual friendship and the author's personal experience. By turns moving, funny, and inspirational, Maitreyabandhu's account is as compelling as a good novel.	
McLaran, Karla	Your aura and your chakras: the owner's manual	A clear and comprehensive text for the restoration and maintenance of your subtle energy system. McLaren, who has worked with survivors of abuse and trauma, shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy.	

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Mehta, Ved	Mahatma Gandhi and his apostles	Ved Mehta's brilliant Mahatma Gandhi and his Apostles provides an unparalleled portrait of the man who led India out of its colonial past and into its modern form. Travelling all over India and the rest of the world, Mehta gives a nuanced and complex, yet vividly alive, portrait of Gandhi and of those men and women who were inspired by his actions.	
Miller, Richard	Yoga nidra: a meditative practice for deep relaxation and healing	This book-and-CD offers a complete program for spiritual awakening through deep relaxation. Drawing from his extensive study of yoga in India and his training in Taoism and Chinese Medicine, Miller expertly guides listeners through practices that include sensing the body and exploring your essential qualities.	
Munindo, Ajahn	The gift of well-being: joy, sorrow and renunciation on the Buddha's way		
Murcott, Susan	The first Buddhist women: poems and stories of awakening	First Buddhist Women is a readable, contemporary translation of and commentary on the enlightenment verses of the first female disciples of the Buddha. The book explores Buddhism's relatively liberal attitude towards women since its founding nearly 2,600 years ago, through the study of the Therigatham, the earliest known collection of women's religious poetry. Through commentary and storytelling, author Susan Murcott traces the journey of the wives, mothers, teachers, courtesan, prostitutes, and wanderers who became leaders in the Buddhist community, roles that even today are rarely filled by women in other patriarchal religions. Their poetry beautifully expresses their search for spiritual attainment and their struggles in society.	
Nagapriya	Exploring karma and rebirth	Clarifies, examines and considers these two important but often misunderstood Buddhist doctrines. Offers an imaginative reading of what the teachings could mean for us now.	
Nhat Hahn, Thich	Living Buddha, living Christ	Buddha and Jesus Christ, perhaps the two most pivotal figures in the history of humankind, each left behind a legacy of teachings and practices that have	

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		shaped the lives of billions of people over the course of two millennia. If they were to meet on the road today, what would each think of the other's spiritual views and practices? Thich Nhat Hanh has been part of a decades-long dialogue between the two greatest living contemplative traditions, and brings to Christianity an appreciation of its beauty that could be conveyed only by an outsider. In a lucid, meditative prose, he explores the crossroads of compassion and holiness at which Buddhism and Christianity meet, and reawakens our understanding of both.	
Nhat Hahn, Thich	The miracle of mindfulness	In this beautifully written book, Buddhist monk and Nobel Peace Prize nominee Thich Nhat Hanh explains how to acquire the skills of mindfulness. Once we have these skills, we can slow our lives down and discover how to live in the moment - even simple acts like washing the dishes or drinking a cup of tea may be transformed into acts of meditation. Thich Nhat Hanh's gentle anecdotes and practical exercises help us to arrive at greater self-understanding and peacefulness, whether we are beginners or advanced students. Irrespective of our particular religious beliefs, we can begin to reap the immense benefits that meditation has been scientifically proven to offer. We can all learn how to be mindful and experience the miracle of mindfulness for ourselves.	
Nielson, Claire and Riddell, Chris	Buddhism for bears	Bears are seriously underestimated creatures when it comes to spirituality and religious feeling. For the first time, this book recognises their huge potential and offers ursine students of Buddhism everywhere the opportunity to focus their skills and follow the path to enlightenment. From the meditation to the essential concepts of Zen, all the fundamentals are set out here in a series of concise interpretations of Buddhist teaching.	
Oriah Mountain Dreamer	The invitation	Cult bestseller The Invitation is more than just a poem. It is a profound invitation to a life that is more fulfilling and passionate, with greater integrity. This book is a word-of-mouth sensation, whose truths have resonated with people all over the world, and is now reissued with a beautiful new cover design.	

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		When workshop leader and author Oriah Mountain Dreamer wrote her heartfelt 'Invitation', she did not expect the small prose poem to reach the level of popularity that it has. It has spread far and wide by word of mouth and the internet and has been read aloud at weddings, funerals and spiritual gatherings. In this inspirational book, the author explains and expands upon the ideas contained in her poem, creating a guidebook for living a life full of integrity, commitment and passion and inviting readers on a journey to find and accept their true selves.	
Paramananda	Change your mind: a practical guide to Buddhist meditation	In the best-selling <i>Change Your Mind: A Practical Guide to Buddhist Meditation</i> Paramananda teaches us how to exchange stress and anxiety for calm and clarity of mind. To take up meditation is to introduce a powerful force for change into our lives.	
Paramananda	The body: the art of meditation	Through a variety of thoughtfully led meditations, in <i>The Body</i> Paramananda teaches us how to listen to our bodies, to develop a more satisfying understanding of ourselves.	
Paulson, Genevieve Lewis	Kundalini and the chakras	<p>We all possess the powerful life force of Kundalini that can open us to genius states, psychic powers, and cosmic consciousness. For over ten years, this trusted guide has been teaching people how to safely and effectively use this potent natural energy for spiritual development. This updated edition of Kundalini and the Chakras features all new artwork and an added index.</p> <p>Genevieve Lewis Paulson's warm, practical approach and transformative techniques for cleansing, balancing, and developing the chakras and their energies will help you realize your own tremendous creative and spiritual potential.</p>	
Ratnaguna	The art of reflection: a guide to thinking, contemplation and reflection on	It is all too easy either to think obsessively, or to not think enough. But how do we think usefully? How do we reflect? Like any art, reflection can be learnt and developed, leading to a deeper understanding of life and to the fullness of wisdom. Drawing on his own experience and on Buddhist teachings, Western philosophy, psychology and literature, Ratnaguna provides a practical guide to reflection in its many forms. This is a book about reflection as spiritual practice,	

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	the Buddhist path	about its importance, about 'what we think and how we think about it'. It is a book about contemplation and insight, and reflection as a way to discover the truth.	
Reps, Paul (ed.)	Zen flesh, zen bones	<p>Zen Flesh, Zen Bones offers a collection of accessible, primary Zen sources so that readers can contemplate the meaning of Zen for themselves. Within the pages, readers will find:</p> <ul style="list-style-type: none"> <li>• 101 Zen Stories, a collection of tales that recount actual experiences of Chinese and Japanese Zen teachers over a period of more than five centuries</li> <li>• The Gateless Gate, the famous thirteenth-century collection of Zen koans</li> <li>• Ten Bulls, a twelfth century commentary on the stages of awareness leading to enlightenment</li> <li>• Centering, a 4,000 year-old teaching from India that some consider to be the roots of Zen.</li> </ul>	
Rinpoche, Sogyal	The Tibetan book of living and dying	The internationally bestselling spiritual classic, <i>The Tibetan Book of Living and Dying</i> , written by Sogyal Rinpoche, is the ultimate introduction to Tibetan Buddhist wisdom. An enlightening, inspiring, and comforting manual for life and death that the <i>New York Times</i> calls, "The Tibetan equivalent of [Dante's] <i>The Divine Comedy</i> ," this is the essential work that moved Huston Smith, author of <i>The World's Religions</i> , to proclaim, "I have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise."	
Rosenberg, Larry	Breath by breath: the liberating practice of insight meditation	Freedom from suffering is not only possible, but the means for achieving it are immediately within our grasp—literally as close to us as our own breath. This is the 2,500-year-old good news contained in the Anapanasati Sutra, the Buddha's own teaching on cultivating both tranquility and deep insight through the full awareness of breathing. In this book, Larry Rosenberg brings this timeless meditation method to modern practitioners, using the insights gained from his many years of practice and teaching. With wisdom, compassion, and humor, he shows how the practice of breath awareness is quietly, profoundly	



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		transformative—and supremely practical: if you're breathing, you've already got everything you need to start.	
Ryokan	Dewdrops on a lotus leaf: Zen poems of Ryokan	The Japanese poet-recluse Ryokan (1758–1831) is one of the most beloved figures of Asian literature, renowned for his beautiful verse, exquisite calligraphy, and eccentric character. Deceptively simple, Ryokan's poems transcend artifice, presenting spontaneous expressions of pure Zen spirit. Like his contemporary Thoreau, Ryokan celebrates nature and the natural life, but his poems touch the whole range of human experience: joy and sadness, pleasure and pain, enlightenment and illusion, love and loneliness. This collection of translations reflects the full spectrum of Ryokan's spiritual and poetic vision, including Japanese haiku, longer folk songs, and Chinese-style verse.	
Sams, Jamie	Dancing the dream: the seven sacred paths of human transformation	<p>The result of nearly twenty-five years of intensive study with two Native American dreaming societies, <i>Dancing the Dream</i> draws our attention to the four directions of the Medicine Wheel (East, South, West, and North) and the three unseen directions – Above, Below, and Within – and explains how each of these seven directions represents a specific path on the spiritual journey. In the East, we encounter the first stirrings of the spirit; in the South, the healing of relationships; in the West, we work to build self-esteem; in the North, we learn wisdom and the opening of the heart; Above represents the world of spirit; Below, the earth; Within, full awareness of the present moment.</p> <p>Most people will walk these paths in sequence. Some will never make it through all seven. Many will continue to move forward but continue to double back on earlier paths until they get things rights. But for those willing to walk all seven paths, there is the great reward of being able to see the world with the soaring vision of an eagle, fully aware and present to meet life's challenges with vision, wisdom and purpose.</p>	
Sangharakshita	A guide to the Buddhist path	The Buddhist tradition, with its numerous schools and teachings, can understandably feel daunting. Which teachings really matter? How can one begin to practice Buddhism in a systematic way? This can be confusing territory. Without a guide, one can easily get dispirited or lost. Profoundly experienced in	2 copies

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		Buddhist practice, intimately familiar with its main schools, and founder of the Triratna Buddhist Community, Sangharakshita is the ideal guide. In this highly readable anthology he sorts out fact from myth and theory from practice to reveal the principle ideals and teachings of Buddhism. The result is a reliable and far-reaching guide to this inspiring path.	
Sangharakshita	A survey of Buddhism: its doctrines and methods through the ages	"A Survey of Buddhism" provides a study of the entire field of Buddhist thought and practice. Covering all major doctrines and traditions, both in relation to Buddhism as a whole and to the spiritual life of the individual Buddhist, the author places their development in historical and cultural context. This is an objective, but sympathetic, appraisal of Buddhism's many forms, that clearly demonstrates the underlying unity of all its schools. The first section concentrates on basic doctrines and methods common to all of Buddhism, while later sections discuss the teachings and practices of its specific schools. The book closes appropriately with the practical aspects of Mahayana Buddhism - which stresses the unity of compassion and wisdom - as exemplified by the Bodhisattva Ideal, "the perfectly ripened fruit of the whole vast tree of Buddhism".	
Sangharakshita	Buddhism for today and tomorrow		
Sangharakshita	Crossing the stream	Soon after taking ordination as a Buddhist monk, Sangharakshita moved to the town of Kalimpong, on the edge of the Himalayas. He was to live there for 14 years - reflecting, writing and editing Buddhist journals, befriending a number of distinguished Tibetan lamas as they fled across the nearby border, and establishing the world's first "inter-denominational" Buddhist centre. The 32 essays in the book come from that period, and reveal a man profoundly committed to the "inner life", who is not afraid to challenge orthodox attitudes and interpretations in his pursuit of the practical essence of Buddhism.	
Sangharakshita	Facing Mount Kanchenjunga: an English	The second volume in Sangharakshita's memoirs. In 1950 Kalimpong was a lively trading town in the intrigue-ridden corner of India that borders Nepal, Bhutan, Sikkim and Tibet. Finding a welcome in this town, nestled high in the	2 copies

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	Buddhist in the Eastern Himalayas	mountains, were a bewildering array of guests and settlers: ex-colonial military men, missionaries, incarnate Tibetan lamas, exiled royalty and Sangharakshita, a young English monk attempting to establish a Buddhist movement for local youngsters. In this delightful volume of memoirs, Sangharakshita shares the incidents and insights of his early years in Kalimpong. These include brushes with the Buddhist 'establishment', a meeting with the 'Untouchables' saviour Dr B.R. Ambedkar and his friendship with Lama Anagarika Govinda. Behind these events we witness the development of this remarkable young man into an increasingly effective interpreter of Buddhism for a new age.	
Sangharakshita	Forty three years ago: Reflections on my Bhikkhu ordination		
Sangharakshita	From Genesis: the diamond sutra		
Sangharakshita	Going for refuge	Going for Refuge to the Three Jewels is what makes one a Buddhist - the ever-deepening act by which one turns from the mundane towards the transcendental, and the definitive act of the Buddhist's life, from which all else follows. The practices, precepts and vows that direct a Buddhist's life-style are all subsidiary to that crucial commitment to the ideals embodied by the Buddha, Dharma and Sangha. Exploring the levels on which Buddhists go for Refuge to the Three Jewels as they deepen their engagement with the spiritual life, Sangharakshita presents the vision which he has contributed to modern Buddhism.	2 copies
Sangharakshita	Human enlightenment	A journey straight to the heart of Buddhism. The book is divided into three sections: the ideal of human enlightenment, the true purpose of meditation and the importance of spiritual community.	
Sangharakshita	Learning to walk		2 copies
Sangharakshita	Living with awareness: a	The guiding principle of Buddhism is that things change – we change – and that we have the capacity to direct that change towards spiritual growth and	

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	guide to the Satipatthana Sutta	development. In <i>Living with Awareness</i> Sangharakshita explores this principle progressively through the filter of the Satipatthana Sutta.	
Sangharakshita	Living with kindness	<i>Living with Kindness</i> is a pithy commentary on the Buddha's teaching of metta in the Karaniya Metta Sutta. In it, Sangharakshita shows us how to cultivate many of the facets of kindness in ordinary, everyday life.	3 copies
Sangharakshita	Metta: the practice of loving kindness		
Sangharakshita	My relation to the order		
Sangharakshita	New currents in Western Buddhism	In this informal manifesto, Sangharashita explains why he founded a new Buddhist movement and examines its relationship to the wider Buddhist tradition.	
Sangharakshita	Ritual and devotion in Buddhism	Imagine a world without beauty, myth, celebration or ritual. It seems that to feel fully and vibrantly alive, these experiences are essential to us—helping us to feel in touch with all levels of our being by engaging our emotions, senses and imagination. Devotional ritual also speaks this language of the heart and can bring us closer to our highest ideals, but it can be a confronting aspect of Buddhism for some people in the West. However, for the Buddha's teachings to have a real impact on our lives we need to have a deep feeling for the Buddha's teaching, a clear understanding is not usually enough. Skilfully steering us through the difficulties we may encounter, Sangharakshita leads us through the sevenfold puja, a poetic sequence of devotional moods found in Tibetan and Indian forms of Buddhism. Within this he discusses the use of chanting, offerings, recitation and other activities in creating ritual space and moods. Engaging in this way can help us commit ourselves to the spiritual journey with all our heart.	
Sangharakshita	Salutation to the three jewels		2 copies

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Sangharakshita	The Buddha's victory	The author tells of five incidents from the Buddha's life and reflects on their significance: the Buddha's struggle for Enlightenment, his first communication of the Enlightenment to others, his reluctance to admit women into his Order, his encounter with a monk with dysentery and his final passing away into parinirvana.	
Sangharakshita	The drama of cosmic enlightenment: parables, myths and symbols of the white lotus sutra	An image or story can mysteriously convey a sense of truth that the most convincing intellectual argument cannot. In the White Lotus Sutra, bursting with symbols, imagery and myths, we meet the Buddha as a story-teller. Indeed, this sutra tells the greatest of all stories, that of human life and human potential. This great story takes the cosmos as its stage and all sentient beings as its players, yet within it lie many tales that address aspects of our lives or personalities. This delightfully illustrated commentary on one of the most influential, revered and well-loved Buddhist scriptures brings these stories vividly to life and shows how they relate to our own spiritual quest.	
Sangharakshita	The eternal legacy: an introduction to the canonical literature of Buddhism	An invaluable guide and reference book to Buddhist sacred texts, The Eternal Legacy gives students of Buddhism an unparalleled overview of texts from canonical Pali works to Mahayana sutras, together with their doctrinal and historical context and significance.	
Sangharakshita	The FWBO and 'Protestant Buddhism': an affirmation and a protest		
Sangharakshita	The history of my going for refuge	In <i>The History of My Going for Refuge</i> Sangharakshita shows the importance of commitment to the spiritual ideals of the Buddha, the Dharma and the Sangha and how this commitment provides a basis of unity among all Buddhists.	2 copies
Sangharakshita	The inconceivable emancipation:	Step into the magical, paradoxical world of a Mahayana Buddhist scripture. Mahayana Buddhism, to which the Zen and Tibetan traditions are related, emphasizes the ideal of the Bodhisattva, one who seeks to become Enlightened	

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	themes from the Vimalakirti-nirdeśa	out of a compassionate desire to help all living beings. In the Vimalakirti-Nirdeśa we meet the Bodhisattva Vimalakirti, a worker of wonders, a formidable debator and skilful teacher. Sangharakshita's commentary illuminates this original text, its myths and symbols, and explores the powerful figure of Vimalakirti and the significance of his teachings. By journeying into this scripture we can find the wisdom and compassion that lie at the heart of the Bodhisattva path and discover, communicate and put into action Vimalakirti's message.	
Sangharakshita	The meaning of conversion in Buddhism	If someone is a Buddhist in the West, the chances are they have converted to Buddhism. But what does this mean? In this book, the Buddhist life is viewed as a process of conversion at deeper and deeper levels - as a perpetual revolution.	
Sangharakshita	The meaning of orthodoxy in Buddhism		
Sangharakshita	The priceless jewel	The 13 essays in this volume address topics including: world peace and nuclear war; the issue of blasphemy; the possibilities for dialogue between Buddhism and Christianity; and a painting by El Greco.	2 copies
Sangharakshita	The religion of art		
Sangharakshita	The taste of freedom	Just as the mighty ocean has but one taste, the taste of salt, so too has my teaching but one taste, the taste of freedom. This is how the Buddha himself described Buddhism. In this book, Sangharakshita explains how freedom is won when we make the effort to untie the knots of habit, superficiality and vagueness.	2 copies
Sangharakshita	The ten pillars of Buddhism	The Ten Pillars of Buddhism are ten ethical precepts—such as generosity, truthfulness, or compassion—that together provide a comprehensive moral guide. This book by Sangharakshita provides a fascinating insight for anyone interested in leading an ethical or Buddhist life.	2 copies
Sangharakshita	The thousand-petalled lotus: the Indian journey of an English Buddhist		
Sangharakshita	The three jewels		3 copies

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Sangharakshita	Transforming self and world	The Sutra of Golden Light has captured imaginations and ignited ideas for centuries, but it remains as mysterious as it is beautiful. With skill and clarity, Sangharakshita translates the images and episodes of the scripture in an exploration filled with practical insights. Retaining the potent magic of the original sutra, he shows how this ancient text can help us through a range of contemporary dilemmas, such as ecology and economics, culture, morality, and government, while all the time showing that if we wish to change the world, the most important step we can take is to start with ourselves.	
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Sangharakshita	Vision and transformation: an introduction to the Buddha's noble eightfold path	The Eightfold Path is the most widely known formulation of the Buddha's teaching. It is ancient, reaching back to the Buddha's very first discourse, and it is highly venerated as a unique treasury of wisdom and practical guidance. The teaching of the Eightfold Path challenges us to grasp the implications of that vision, and asks us to transform ourselves in its light. Like the teaching itself, this work covers every aspect of life.	2 copies  This book is also published under the title The Buddha's Noble Eightfold Path.
Sangharakshita	Was the Buddha a Bhikkhu?	The author answers criticisms made of his reflections in "Forty-Three Years Ago" concerning the true value of the bhikkhu ordination, and asks some further searching questions: Is it possible that a "bad" monk might be a better Buddhist	

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		that a "good" one?; What does it really mean to venerate the robe?; How does the laity's reverence affect the spiritual health of a bhikkhu?; Do women need to resurrect the bhikkuni sangha in order to lead spiritual lives?	
Sangharakshita	What is the Dharma?	To walk in the footsteps of the Buddha we need a clear and thorough guide to the essential principles of Buddhism. In <i>What is the Dharma?</i> Sangharakshita provides an indispensable exploration of the Buddha's teachings as found in the main Buddhist traditions.	
Sangharakshita	What is the Sangha?	In <i>What is the Sangha?</i> Sangharakshita suggests that to explore the nature of spiritual community is also to examine what makes us true individuals. The Sangha in Buddhism is the free association of developing individuals choosing to help each other along the path.	2 copies
Sangharakshita	Who is the Buddha?	In <i>Who is the Buddha?</i> Sangharakshita puts forward an image of the Buddha as a historical figure, as the pinnacle of human perfection and as an archetype in the context of both time and eternity.	2 copies
Sarvananda	Meaning in life	What meaning does life have in the face of suffering or death? Do we have a 'why' to live for? In <i>Meaning in Life</i> Sarvananda draws a parallel between the Buddha's quest and our own search for meaning in the modern world.	
Shikpo, Rigdzin	Never turn away: the Buddhist path beyond hope and fear	<p>A meditator's meditator, Rigdzin Shikpo began the practice in the mid 1950s and eventually became a prominent student of several renowned Tibetan Buddhist teachers, including Chogyam Trungpa and Dilgo Khyentse Rinpoche. Over the years he has developed his own utterly unique style made of straight talk and sparkling, inspiring insights.</p> <p>The title of this, his long-awaited new book, comes from the teachings Rigdzin Shikpo received from Trungpa Rinpoche, who said that we should always turn toward those things that scare us, open to them completely, and never turn away from them. This path of openness, clarity, and sensitivity is a hallmark of the Dzogchen tradition of Buddhist practice. Rigdzin Shikpo has lived its truth so deeply that his words shine with authenticity and freshness.</p>	
Smith, Aloka David	A record of awakening:	The remarkable fruit of more than twenty years immersion in Buddhist practice: a practice that has been both deep and far-reaching.	



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	practice and insight on the Buddhist path	In this book Aloka David Smith, 'an ordinary working-class chap' who came across Buddhism, shares his extraordinary inner experience. Taking us through his journey – from initial practice in the Zen tradition and three years as a Theravadin monk to his recent years as a lay practitioner in East London – he describes the basic principles of his practice and the process whereby the 'tap root of ignorance' is cut and the Awakened Mind is born. His account reminds us that the Awakened Mind is within the reach of every one of us prepared to make the effort.	
Subhadramati	Not about being good: a practical guide to Buddhist ethics	Buddhist ethics are not about conforming to a set of conventions, not about 'being good' in order to gain material, social or religious rewards. Instead, as Subhadramati outlines, living ethically springs from the awareness that other people are essentially no different from ourselves.	2 copies
Subhuti	Sangharakshita: a new voice in Buddhist tradition	Sangharakshita has established a successful Buddhist movement, pioneering a living Buddhism that seems well suited to our times. Here Subhuti, one of his closest disciples, offers a comprehensive account of Sangharakshita's evolution as a thinker and teacher.	2 copies
Sumedho, Ajahn	Anapanasati		
Sumedho, Ajahn	Cittaviveka: teachings from the silent mind		
Tejananda	The Buddhist path to awakening	Drawing on over 20 years' experience of Buddhist meditation and study, the author of this book offers a straightforward description of the path of the Buddha and his followers towards "awakening". The book aims to alert readers to the Buddha's wake-up call, and to illustrate how his teachings can help to develop a clearer mind and a more compassionate heart, and how the Buddhist path can bring its followers to a truer understanding of life.	
Terry Pilchick	Jai bhimi!: dispatches from a peaceful revolution	Hundreds of people were waiting as the train drew in from Bombay. Waving garlands, banners and lamps they roared as a smiling, orange-robed figure stepped down. The crowds came from the poorest section of Indian society, but the monk they were greeting hailed from Tooting, London. Terry Pilchick	

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		(Nagabodhi) was a witness to this crazy reversal of the guru syndrome and other extraordinary results of a revolution begun by Dr. B.R. Ambedkar thirty years earlier. It was then that Dr Ambedkar-champion of India's 60 million 'Untouchables'-had led a peaceful revolt. Leaving behind the oppression of the caste system, he and his followers had converted to Buddhism. Jai Bhim! is a colorful, humorous yet moving meeting with these new Buddhists and the unique revolution they are building in the city slums and remote villages of modern India.	
Thera, Buddharakkhita (translator)	The Dhammapada		
Vadanya	The Bodhicaryavatara of Shantideva: an abridged version for study		
Vajragupta	The Triratna story: behind the scenes of a new Buddhist movement		
Vajragupta	Tools for living your life	In <i>Buddhism: Tools for Living Your Life</i> , Vajragupta gives clear explanations of Buddhist teachings and guidance on how to apply these to enrich our busy and complex lives. A perfect guide for those seeking a meaningful spiritual path while living in the modern world.	2 copies
Vajragupta	Wild awake	<p><i>"I had not met or interacted with a human being for weeks. I had just spent the night alone on a cloud-shrouded mountain. And now a fox and I looked intently at each other...."</i></p> <p>What is it like to be completely alone, attempting to face your experience with only nature for company? Buddhist teacher and author, Vajragupta, has been doing just that every year for twenty-five years. Here he recounts how these</p>	

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		'solitary retreats' have changed him, how he fell in love with the places he stayed in and the creatures there.	
Vessantara	Tales of freedom: wisdom from the Buddhist tradition	An Indian master spontaneously empties a bag of gold dust into the air. A young woman lays down the burden of her dead child and asks the Buddha to accept her as his disciple. These are some of the scenes evoked in Tales of Freedom. Drawn from the rich variety of the Buddhist tradition, the stories convey a sense of inner freedom. We see ordinary people liberate themselves from anger and grief, and great teachers remain free even in the face of death. Vessantara's commentary shows us how we can move towards that freedom in our own lives. Stories have the power to transform us as we enter their world. The wisdom of these beautifully told stories can teach us how to break out of our self-imposed mental prisons - and roam free.	
Vidyadevi (ed.)	Reflections on wildness	Wildness. The word evokes open spaces and open hearts. Wildness is about going beyond what the world conventionally requires, touching the mythic dimension of life. This imaginative and thought-provoking selection draws on the riches of Western literature as well as the wisdom of the Buddhist tradition. It will give you something to dwell on - and dream about.	
Vishvapani	Challenging times	<i>Challenging Times</i> is a collection of stories of courage and hard-earned wisdom which show the rewards of opening our hearts through Buddhist practice when things get really tough.	
Vishvapani	Gautama Buddha: the life and teachings of the awakened one	Weaving ancient sources and modern understanding into a compelling narrative, <i>Gautama Buddha</i> places his birth around 484 BCE, his Enlightenment in 449 BCE and his death in 404 BCE, a century later than the traditional dates. Vishvapani examines Gautama's words and impact to shed fresh light on his culture, his spiritual search and the experiences and teachings that led his followers to call him 'The Awakened One'.	
White, Ruth	Working with your chakras	Working with Your Chakras is a practical and approachable guide to the chakras. Clearly written and easy to use, this classic book brings esoteric chakra knowledge into a Western perspective. You will discover how connecting with your chakras enables growth, healing and balance to take place in all areas of your being - physical, mental, emotional and spiritual. Ruth White explains that	

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		<p>much chakra work is of self-help nature. In connecting with your chakras - through exercises and colourful visualisations and meditations - you will unlock a wealth of information about yourself. Unsuspected strengths or gifts will emerge and information essential to full physical and emotional healing will be revealed. Above all, the self-understanding you will gain through contact with your chakras will help you to live more fully and make more dynamic and exciting life choices.</p>	
Williams, Tom	Complete Chinese medicine	<p>Chinese medicine has never been so popular and relevant to the modern way of life. More and more people are turning to its Taoist-influenced vision of healing through balancing the bodily harmonies. This authoritatively written and beautifully illustrated volume is a comprehensive guide to a natural way to total health through acupuncture, herbal remedies, diet, meditation and exercise - a system that has evolved over 3,000 years. It is essential reading for all who care for their wellbeing.</p>	

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