AUSTRALIAN ASSOCIATION OF BUDDHIST COUNSELLORS AND PSYCHOTHERAPISTS

Recommended General Reading and Resources List

Internet Resources

Original Buddhist texts, translations and commentaries

Sutta Central: Buddhist texts, translations and parallels – SuttaCentral is for anyone who wants to delve deeper into the scriptures of the earliest period. It provides source texts and information for scholars, and translations for general readers.
https://suttacentral.net

Access To Insight: A rich resource of translations and texts of early Buddhist suttas – most translations by Thanissaro Bhikkhu, and other translations of classic texts and commentaries
www.accesstoinsight.org

Buddha Net: A key internet site for Buddhist resources
http://www.buddhanet.net

Buddhism and Science

Mind and Life Institute
www.mindandlife.org

Centre for Mindfulness, UMass Medical School
www.umassmed.edu/cfm

St Barbara Institute
www.sbinstitute.com

Mindfulness Awareness Research Centre
www.marc.ucla.edu
### Internet Library of Buddhist Studies
An internet guide on Buddhism and Buddhist Studies with resources including Tibetan Studies, Zen Buddhism and Buddhist Art
www.ciolek.com

### Some of the main Buddhist book publishers
- www.wisdompubs.org
- www.shambhala.com
- Buddhist Publication Society
www.bps.lk

### For some of the specialist books on Buddhism in Australia:
- Adyar Book Store, Sydney CBD
- Phoenix Rising Books, Glebe
- Windhorse Books, Newtown.
- Vajrayana Institute
www.vajrayana.com.au

### Other internet Dhamma resources
- Amaravati Publications
  www.amaravati.org/audio-and-books/amaravati-publications/
- Sounds True
  http://www.soundstrue.com

### Books can be borrowed from:
The Buddhist Library
90-92 Church St.
Camperdown, Sydney
http://buddhistlibrary.org.au/


BOOKS

Buddhism and Psychotherapy


Also: *Going to Pieces without Falling Apart*, 1999


*The Trauma of Everyday Life*, 2014.


Barry Magid, a Zen teacher and psychiatrist, offers a synthesis allowing us to move from a ‘psychology of illness’ to a ‘psychology of wellness’.

Highly recommended for sangha members and therapists. Explores the sangha member’s struggle towards individuation, a journey that has many parallels for the therapist’s journey.


**Ethics**


Clear and simple teachings on voidness and living an ethical life….Buddhadasa presents in simple language the philosophy of voidness, or sunnata, that lies at the heart of the Buddhism.


**Meditation**


Best selling guide to insight meditation.


**The Science of Meditation**


Dalai Lama, Houshmand, Z, Wallace, B Allen & Livingston, R.B., *Consciousness at the Crossroads – Conversations with the Dalai Lama on Brain Science and Buddhism*, Snow Lion, 1999. Addresses many fundamental questions that have divided western science and religion for centuries, this book arose out of meetings between the Dalai Lama and a group of neuroscientists and psychiatrists.


Wallace, A., *Choosing Reality – A Buddhist View of Physics and the Mind*, SnowLion, 1989/2003. Examines the relationship between reality as we experience it and reality as science describes it, showing the relevance to modern physics of Buddhist methods of investigating reality.

**Buddhism and Spirituality**


**Mind Training**


Wallace, A., *Boundless Heart, the Cultivation of the Four Immeasurables*, Snow Lion, 2004. Presents the four immeasurables of loving kindness, compassion, equanimity and empathic joy based on Buddhagohasha’s Path of Purification.


**Buddhist Philosophy**


Yangsi Rinpoche (Tsongkapa), *Practising the Path – A Commentary on the Lamrin Chemmo.* From the Tibetan Tradition: A comprehensive overview of the entire path to enlightenment, superimposing the essential principles of renunciation, bodhicitta and the pure view of emptiness.


**Additional Reading**


