

# Valley Streams Sangha

## **Zen and Buddhist Books** - *selected by So On Jim Hare*

### **General Understanding of Buddhism**

The Heart of Buddha's Teaching, by Thich Nhat Hanh (straightforward, clear)  
What the Buddha Taught, by Walpola Rahula (Theravadan, "original Buddhism")  
A Survey of Buddhism, by Sangharakshita (good overview, encyclopedic)

### **Four Noble Truths/Eightfold Path**

The Feeling Buddha, by David Brazier (eclectic, psychological interpretation)

### **Mindfulness**

The Miracle of Mindfulness, by Thich Nhat Hanh (simple, straightforward)  
Transformation and Healing, by Thich Nhat Hanh (explication of the mindfulness sutra)  
The Heart of Buddhist Meditation, by Nyanaponika Thera (a bit dated, but good)

### **Zen Teaching**

Zen Mind, Beginners Mind, by Shunryu Suzuki ("classic" lectures on Zen)  
Not Always So, by Shunryu Suzuki (more lectures, recently published)  
The Art of Just Sitting, by JD Looi, editor (modern and classic zazen instruction)  
Being Upright, by Reb Anderson (based on lectures on the precepts)  
Warm Smiles from Cold Mountain, by Reb Anderson (collection of lectures)  
Beyond Thinking, by Eihei Dogen, edited by Kaz Tanahashi (Dogen's writings on zazen)  
Living by Vow, by Shohaku Okumura (introduction to Zen Chants & texts)  
Training in Compassion, by Norman Fischer (Zen teachings on the practice of Lojong)  
Cultivating the Empty Field, by Taigen Dan Leighton

### **Lotus Sutra**

The Lotus Sutra, translated by Gene Reeves.  
Visions of Awakening Space & Time, by Taigen Dan Leighton (Dogen & the Lotus Sutra)

### **Koan (Zen teaching stories) collections** (difficult without a teacher)

Book of Serenity, translated by Thomas Cleary, (excellent introduction to Zen teaching stories)  
Blue Cliff Record, by Thomas and JC Cleary  
Zen's Chinese Heritage, translated by Andy Ferguson  
Two Arrowpoints Meeting, edited by JD Looi (best book for study w/o a teacher)  
The Hidden Lamp: Stories from 25 Centuries of Awakened Women, edited by F. Caplow & Susan Moon

### **Other Popular Books**

Thoughts without a Thinker, by Mark Epstein (psychotherapy from a Buddhist perspective)  
Everyday Zen, by Joko Beck (contemporary female teacher)  
Crooked Cucumber, by David Chadwick (biography of Sunryu Suzuki)  
Ambivalent Zen, by Lawrence Shainberg (biography of a Zen student)

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