

# Introduction to Abhidharma

Four class meetings on Monday nights: April 25, May 2, May 9 and May 16, 2016

## Books Consulted:

The Foundations of Buddhism, by Rupert Gethin. Oxford University Press, 1998.

Glimpses of Abhidharma, by Chogyam Trungpa. Shambala Publications, 1975.

The Psychological Attitude of Early Buddhist Philosophy, by Lama Govinda. Samuel Weiser, 1961.

A Comprehensive Manual of Abhidhamma, Bhikkhu Bodhi, editor. BPS Pariyatti Editions, 1999.

The Princeton Dictionary of Buddhism, Robert E. Buswell, Jr. and Donald J. Lopez, Jr. 2014

Buddhist Phenomenology, Dan Lusthaus, Routledge Curzon, 2002.

A comprehensive bibliography on Abhidharmakosa can be found at:

<https://abhidharmakosa.files.wordpress.com/2010/05/akb-ch-0a-web.pdf>



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Soto Zen meditation, chanting and teachings  
Mondays 7pm; Thursdays 6am; first Saturdays 9am