

FWBO Dharma Training Course for Mitras – Foundation Year

Reference Materials

Part 1: Going for Refuge to the Three Jewels

Please note, at present we can only provide direct links to materials where we already have clear permissions established with respect to copyright. We will try to increase the range of works available as and when we are able. In the meantime, any non-original works that are not included here (usually from specific translations of the Pali Canon) may be purchased through booksellers.

Being a Buddhist – What is a Buddhist?

- *Going for Refuge (audio):*
<http://freebuddhistaudio.com/talks/details?num=09>
 - *Dimensions of Going for Refuge (audio):*
<http://freebuddhistaudio.com/talks/details?num=154>
 - *Commitment and the Spiritual Community (audio):*
<http://freebuddhistaudio.com/talks/details?num=142>
 - *Levels of Going for Refuge (audio):*
<http://freebuddhistaudio.com/talks/details?num=137>
 - *The History of My Going for Refuge (buy the book):*
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=334>
- The History of My Going for Refuge (e-book):*
<http://www.sangharakshita.org/bookshelf/history-refuge.pdf>

The Buddha

- *Human Enlightenment (audio):*
<http://freebuddhistaudio.com/series/details?ser=X14>
- Human Enlightenment (buy the book):*
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=324>
- Human Enlightenment (e-book):*
<http://www.sangharakshita.org/bookshelf/human-enlightenment.pdf>
- *A Guide to the Buddhist Path (buy the book):*
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=321>

- *Who Is the Buddha? (audio)*
<http://freebuddhistaudio.com/talks/details?num=01>
- *Archetypal Symbolism in the Biography of the Buddha (audio)*
<http://freebuddhistaudio.com/talks/details?num=43>

The Sangha

- *The Meghiya Sutta (e-book)*
http://freebuddhistaudio.com/blogfiles/Readings_from_the_Pali_Canon_Booklet.pdf
The Meghiya Sutta, from the Udāna (online texts, alternate translation)
<http://www.accesstoinsight.org/tipitaka/kn/ud/ud.4.01.than.html>
- *'Friendship as the Goal' (buy the book, 'Buddhism and Friendship')*:
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=690>

Part 2: Exploring Buddhist Practice – Ethics

- *The Ten Pillars of Buddhism (audio)*:
<http://www.freebuddhistaudio.com/talks/details?num=161>
The Ten Pillars of Buddhism (buy the book):
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=326>

Part 3: Exploring Buddhist Practice – Meditation

- *Sāmaññaphala Sutta (online text)*:
<http://www.accesstoinsight.org/tipitaka/dn/dn.02.0.than.html>
- *A System of Meditation (audio)*:
<http://www.freebuddhistaudio.com/talks/details?num=135>
- *A Guide to the Buddhist Path (buy the book)*:
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=321>
- *Meditation (buy the book)*:
<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=342>

Meditation (online text):

<http://www.kamalashila.co.uk/page7/page7.html>

Meditation (audio):

<http://www.freebuddhistaudio.com/series/details?ser=X33>

- *Wildmind (buy the book):*

<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=680>

Wildmind (meditation resource website):

<http://www.wildmind.org/>

Part 4: Exploring Buddhist Practice – Wisdom

- *What is the Dharma? (buy the book):*

<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=382>

- *Wisdom Beyond Words (buy the book):*

<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=495>

Wisdom Beyond Words – Diamond Sutra and Heart Sutra (audio):

<http://www.freebuddhistaudio.com/talks/details?num=74>

<http://www.freebuddhistaudio.com/talks/details?num=73>

- *A Guide to the Buddhist Path (buy the book):*

<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=321>

- *Ritual and Devotion in Buddhism (audio):*

<http://www.freebuddhistaudio.com/series/details?ser=X05>

Ritual and Devotion in Buddhism (buy the book):

<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=351>

Part 5: Buddhism and the FWBO, Devotional Practice

- *Sangharakshita, a New Voice in the Buddhist Tradition (buy the book):*

<http://www.windhorsepublications.com/CartV2/Details.asp?ProductID=377>

- *Ritual and Devotion in Buddhism (audio):*

<http://www.freebuddhistaudio.com/series/details?ser=X05>