

Madison Insight Meditation Group  
**Resources on Theravada Buddhism**

**Books Specifically on Meditation:**

*Introduction to Insight Meditation.* online at

<http://www.amaravati.org/abm/english/documents/intro/index.html>

\**Mindfulness in Plain English.* Ven. Henepola Gunaratana, Wisdom Publications. Also available as a pdf file at: <http://www.urbandharma.org/udharma4/mpe.html>

*Mindfulness, the Path to the Deathless.* Ajahn Sumedho

<http://www.amaravati.org/abm/english/documents/mindful/index.html>

\**Insight Meditation.* Joseph Goldstein

*A Small, Steady Flame: Seven Talks on the Basic Steps of Breath Meditation.* Thanissaro Bhikkhu.

<http://www.dhammadata.org/Archive/Writings/ASmallSteadyFlame.pdf>

*Meditations; Meditations2; Meditations3; Meditations4.* Thanissaro Bhikkhu (online at [www.dhammadata.org](http://www.dhammadata.org) )

**Books on the Buddha's Teachings (including Meditation)**

*The Mind and the Way: Buddhist Reflections on Life.* Ajahn Sumedho, Wisdom Publications

*The Four Noble Truths.* Ajahn Sumedho

<http://www.amaravati.org/abm/english/documents/4noble2/index.html>

*The Noble Eight Fold Path.* Bhikkhu Bodhi, Wisdom books and also free online:

<http://www.accesstoinsight.org/lib/authors/bodhi/waytoend.html>

\**Being Nobody, Going Nowhere.* Ayya Khema, Wisdom Publications (Other readings by Ayya Khema are available for free online at: <http://www.accesstoinsight.org/lib/authors/khema/> )

*A Still Forest Pool: The Insight Meditation of Achaan Chah.* edited by Jack Kornfield and Paul Breiter, Quest Books

*Food for the Heart: The collected Teachings of Ajahn Chah.* edited by Ajahn Amaro, Wisdom Publications (Many of the talks included in this published edition are available for free online at:

[http://forestsangha.org/index.php?option=com\\_content&view=section&id=12&Itemid=6](http://forestsangha.org/index.php?option=com_content&view=section&id=12&Itemid=6) )

\**A Path with Heart.* Jack Kornfield

\**Seeking the Heart of Wisdom.* Joseph Goldstein, Jack Kornfield

\**Loving-Kindness.* Sharon Salzberg, Shambhala Publications

\**Radical Acceptance.* Tara Brach

\**A Gradual Awakening.* Stephen Levine

\**Dancing with Life.* Phillip Moffit

\**What the Buddha Taught.* Walpola Rahula

\**Awakening Joy.* James Baraz

**Theravada Meditation Group in Dane County, WI**

Madison Insight Meditation Group/Madison Vipassana, Inc.: [www.vipassana.net](http://www.vipassana.net) ,  
Weekly meditation on Sunday and Tuesday evenings – details on the website.

\*Books available through Madison Public Library System

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List compiled by Janice Sheppard for Madison Insight Meditation Group

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**Books from other Buddhist traditions**

\**When Things Fall Apart*. Pema Chodron, Shambhala Publications.. (Shambhala Tibetan)

\**The Places That Scare You*. Pema Chodron, Shambhala Publications (Shambhala Tibetan)

*Zen Mind, Beginner's Mind*. Suzuki Roshi. (Soto Zen)

*Peace in Every Step*. Thich Nhat Hahn, Bantam Books. (Vietnamese Zen)

*Nothing Special: Living Zen*. Charlotte Jocko Beck, HarperCollins Publishing. (Soto Zen)

*Wherever You Go, There You Are*. Jon Kabat-Zinn, Hyperion. (by Founder of the Mindfulness Based Stress Reduction program)

*Buddhism Without Beliefs*. Stephen Batchelor, Riverhead Books.

**Audio Talks**

Dharma Seed audio Library: [www.dharmaseed.org](http://www.dharmaseed.org) (hundreds of talks by many teachers)

Talks by Thanissaro Bhikkhu: [www.dhammadata.org](http://www.dhammadata.org) (hundreds of talks by this very skilled scholar/monk and teacher)

Talks by western monks in the lineage of Ajahn Chah & Ajahn Sumedho:

<http://www.dhammadata.org.uk/> (talks by all the senior monks and nuns in this lineage)

Archive of audio talks by Gil Fronsdale and others given at the Insight Meditation Center in Redwood Center, CA: <http://www.audiodharma.org/>

\**Insight Meditation: A Step by Step Course on How to Meditate*. Sharon Salzberg & Joseph Goldstein

**Web Resources , Publishers,**

Access to Insight: Readings in Theravada Buddhism: [www.accesstoinsight.org](http://www.accesstoinsight.org)

Buddhanet, Buddhist education and information network: <http://www.buddhanet.net/>

A huge collection of books to download by the leading meditation masters in the Thai Forest Tradition over the last 100 years: <http://www.what-buddha-taught.net/>

A portal to the Buddhist communities associated with Venerable Ajahn Chah:  
[www.forestsangha.org](http://www.forestsangha.org)

Buddhist Publication Society: <http://www.bps.lk/>

Pariyatti Book Service: [www.pariyatti.com](http://www.pariyatti.com)

**Cushions and Wooden Benches**

Sage Meditation (local in Madison): <http://www.sagemeditation.com>, [info@SageMeditation.com](mailto:info@SageMeditation.com), 621 N. Sherman Ave., Suite B19, Ph. 608.204.9833, 800.231.0574,

The Monastery Store: <http://www.dharma.net/monstore/> (online resource through Zen Mountain Monastery in NY).

Dharmacrafts: <http://www.dharmacrafts.com/>

Or, just google "zafu" or "mediation cushion" to find thousands of online vendors.