

Kagyü Choeyang Ling - Recommended Reading

Advice to All from a Buddhist Perspective

- Various popular books by His Holiness the Fourteenth **Dalai Lama**.
Examples: *A Handbook for Living*; *The Art of Happiness, Kindness, Clarity and Insight*; *How to Practice*
- *The Art of Happiness: A guide to developing Life's most Important Skill* – **Matthieu Ricard**
- *Start Where You Are: A Guide to Compassionate Living* – **Pema Chodron**
- *When Things Fall Apart: Heart Advice for Difficult Times* – **Pema Chodron**
- *The Joy of Living: Unlocking the Secret and Science of Happiness* - **Yongey Mingyur Rinpoche**

Introducing Buddhism

- *Teachings on the Practice of Meditation* – **Thrangu Rinpoche**
(includes brief introduction to Vajrayana and Chenrezig practice)
- *The Essence of Buddhism: An Introduction to Its Philosophy and Practice* - **Traleg Kyabgon** (very good overview)
- *Daring Steps: Traversing the Path of the Buddha* – **Ringu Tulku**
- *Meditation: Advice to Beginners* – **Bokar Rinpoche**
- *Luminous Mind: Fundamentals of Spiritual Practice* – **Kalu Rinpoche**
- *Foundations of Tibetan Buddhism* – **Kalu Rinpoche**

Introducing Specific Practices/Prayers

- *Chenrezig, Lord of Love: Principles and Methods of Deity Meditation* - **Bokar Rinpoche**
- *Chenrezig: The Practice of Compassion* - **Ringu Tulku**
- *Showing the Path of Liberation* – **Thrangu Rinpoche** (teaching on the Mahamudra Lineage prayer)
- *The Great Path of Awakening* – **Jamgon Kongtrul** (classic guide to Lojong)
- *Mind Training* – **Ringu Tulku** (friendly guide to Lojong)

After Some Experience

- *The Jewel Ornament of Liberation* – **Gampopa** (key Kagyü text providing an overview of the path to Buddhahood)
- *Creation and Completion: Essential Points of Tantric Meditation* – **Jamgon Kongtrul**
- *The Torch of Certainty* – **Jamgon Kongtrul** (Ordinary Foundations and Ngondro)
- *Guide to the Bodhisattva's Way of Life* – **Shantideva**
- *The Words of My Perfect Teacher* – **Patrul Rinpoche**
- *The Heart of Compassion: The Thirty-seven Verses on the Practice of a Bodhisattva* - **Dilgo Khyentse Rinpoche**

Inspiring Biographies of our Lineage Masters

- *The Life of Tilopa and The Ganges Mahamudra* – **Thrangu Rinpoche**
- *Illusion's Game: The Life and Teaching of Naropa* – **Chogyam Trungpa**
- *The Life of Marpa the Translator* – **Chogyam Trungpa**
- *The Life of Milarepa* - **Lalungpa**
- *The Life and Teachings of Gampopa* – **Thrangu Rinpoche**
- *History Of The Karmapas: The Odyssey of The Tibetan Masters with the Black Crown* – **Lama Kunsang**