



## A SUGGESTED READING LIST

Resources For Deeper Understanding

"If we don't know what the teachings say,  
we will simply fall back upon our patterns of habitual thought."

– Reginald A. Ray



Once we have begun the process of learning to meditate, study can become a tremendous aid on our journey. Reading the understanding of others can help us see our own process more clearly, and gain a deeper appreciation for the insights and transformations this brings. The list below has been prepared with this in mind. It is by no means exhaustive, but rather is a starting point for anyone curious about the practice in general and this tradition more specifically.

- Reginald A Ray. *Touching Enlightenment: Finding Realization in the Body*. Sounds True, 2008.
- Will Johnson. *The Posture of Meditation: A Practical Guide For Meditators*. Shambhala, 1996.

These books overview the somatic aspects of our work. Reggie Ray offers a detailed examination of embodied meditation practice, emphasizing the Buddhist view of this. Will Johnson, on the other hand, focuses on the postural elements of meditation, drawing on his experience as a Rolfer and practitioner.

- Reginald A Ray. *Indestructible Truth: The Living Spirituality of Tibetan Buddhism*. Shambhala, 2000.
- Chogyam Trungpa. *Cutting Through Spiritual Materialism*. Shambhala, 1973.

These texts are excellent resources for people interested in the Tibetan Buddhist tradition. *Truth* is both a thorough and readable introduction. Chogyam Trungpa's classic reveals his unique way of teaching and includes the seminal chapter that gave the book its title

- Charlotte Joko Beck. *Everyday Zen: Love and Work*. Harper Collins, 1989.
- Shunryu Suzuki. *Zen Mind, Beginners Mind*. Weatherhill, 1970.

Though both authors hail from the Zen tradition, their ability to communicate the flavor of meditation makes either valuable reading for all practitioners. Suzuki's *Zen Mind* is - like *Cutting Through* - now considered a classic, while Joko Beck's earthy take on human spirituality is impressive and refreshing.

- John Welwood. *Toward a Psychology of Awakening*. Shambhala, 2000.

A psychospiritual look at the journey of human unfolding by a renowned meditator and therapist.