

To access the week-by-week **background sheets** for the course, follow these steps:

1. Go to the Manchester Buddhist Centre web site:
www.manchesterbuddhistcentre.org.uk
2. Click on the 'BUDDHISM' menu option near the top, then scroll down a little to the 'Buddhism Resources' header.
3. Click on the link for the week you want, then choose either to open or save the PDF document shown.
4. Repeat these steps for each consecutive week's materials.

There is such a huge amount of material available about the various forms and teachings of Buddhism that it's very easy to end up bewildered if you don't have some recommendations. Below is a list of **books** that will provide very good, general information on Buddhism within the context of the Triratna Buddhist Community.

Firstly, some general introductions to Buddhism and (in 'Warrior of Peace' the story of the Buddha himself):

1. 'A guide to the Buddhist path' – Sangharakshita, Windhorse publications, 1990.
2. 'Introducing Buddhism' – Chris Pauling, Windhorse, 1990
3. 'Buddhism: Tools for Living your Life' – Vajragupta, Windhorse, 2007
4. 'What is the Dharma?: the essential teachings of the Buddha' – Sangharakshita, Windhorse, 1998
5. 'Warrior of Peace' – Jinananda, Windhorse, 2002

Secondly, some very readable books about meditation:

6. 'The Body' – Paramananda, Windhorse, 2007
7. 'The Breath' – Vessantaraa, Windhorse, 2005
8. 'The Heart' – Vessantara, Windhorse, 2006
9. 'Change your Mind' – Paramananda, Windhorse, 1996
10. 'Buddhist Meditation: Tranquillity, Imagination and Insight' – Kamalashila, Windhorse, 2012

If you're thinking of doing some **online research**, the following web sites are all recommended:

Manchester Buddhist Centre (includes a comprehensive calendar of our events and a library of downloadable talks by local Order members):

www.manchesterbuddhistcentre.org.uk

Triratna Buddhist Community worldwide: www.thebuddhistcentre.com

Free Buddhist Audio (a major library of talks, texts and led meditations that can be downloaded as podcasts): www.freebuddhistaudio.com

Wildmind Meditation: www.wildmind.org – a lively, practical and frequently-updated resource, maintained by Bodhipaksa, a Scottish Order member based in the United States