

2022 Margha Program
Suggestions for Further Exploration



(In order to explore each book, essay & podcast listed here, simply click on the title to open the hyperlink)

Traditional Texts

**Entering the Way of the Bodhisattva: A New Translation and Contemporary Guide,* by Shantideva, translated by Khenpo David Karma Choephel

**Enlightened Courage: An Explanation of the Seven-Point Mind Training,* by Dilgo Khyentse Rinpoche, translated by the Padmakara Translation Group

**The Heart of Compassion: The Thirty-Seven Verses on the Practice of a Bodhisattva,* by Ngulchu Thogme, Commentary by Dilgo Khyentse Rinpoche, translated by the Padmakara Translation Group {Numerous translations and commentaries on this classic text are available, including: *Traveling the Path of Compassion: A Commentary on The Thirty-Seven Practices of a Bodhisattva,* by HH the Seventeenth Karmapa Ogyen Trinley Dorje; and *Reflections on Silver River: Tokme Zongpo's Thirty-Seven Practices of a Bodhisattva,* by Ken McLeod. }

**The Heart Treasure of the Enlightened Ones: The Practice of View, Meditation and Action: A Discourse Virtuous in the Beginning, Middle, and End* by Patrul Rinpoche, with Commentary by Dilgo Khyentse Rinpoche, Foreword by the Dalai Lama, translated by the Padmakara Translation Group

**Taking the Bodhisattva Vow,* by Bokar Rinpoche

**Path of Heroes: Birth of Enlightenment (Tibetan Translation Series), Vol. 2,* by Zhechen Gyaltsab, with the practice instructions of Tarthang Tulku

**Enlightened Vagabond: The Life and Teachings of Patrul Rinpoche,* translated by Matthieu Ricard

*The Nectar of Manjushri's Speech: A Detailed Commentary on Shantideva's Way of the Bodhisattva, by Kunzang Pelden, translated by the Padmakara Translation Group

*The Wisdom Chapter: Jamgon Mipham's Commentary on the Ninth Chapter of the Way of the Bodhisattva, by Mipham Rinpoche

Contemporary Texts

*In Love with the World: A Monk's Journey Through the Bardos of Living and Dying, by Yongey Mingyur Rinpoche

*Open Heart, Open Mind: Awakening the Power of Essence Love, by Tsoknyi Rinpoche

*The Wakeful Body: Mindfulness as a Path to Freedom, by Willa Blythe Baker

*Choosing Compassion: How to Be of Benefit in a World That Needs Our Love, by Anam Thubten

*Black and Buddhist: What Buddhism Can Teach Us about Race, Resilience, Transformation, and Freedom, edited by Cheryl A. Giles & Pamela Ayo Yetunde

*Love on Every Breath: Tonglen Meditation for Transforming Pain into Joy, by Lama Palden Drolma

*Tales of a Mad Yogi: The Life and Wild Wisdom of Drukpa Kunley, by Elizabeth L. Monson

*Altruism: The Power of Compassion to Change Yourself and the World, by Matthieu Ricard

*A Plea for the Animals: The Moral, Philosophical, and Evolutionary Imperative to Treat All Beings with Compassion, by Matthieu Ricard

*Start Where You Are: A Guide to Compassionate Living, by Pema Chodron

*When Things Fall Apart: Heart Advice for Difficult Times, by Pema Chodron

**Radical Dharma: Talking Race, Love, and Liberation*, by angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah

**Love and Rage: The Path of Liberation through Anger*, by Lama Rod Owens

**America's Racial Karma: An Invitation to Heal*, by Larry Ward, PhD

**The Arts of Contemplative Care: Pioneering Voices in Buddhist Chaplaincy and Pastoral Care*, by Cheryl A. Giles and Willa B. Miller

**Awake at the Bedside: Contemplative Teachings on Palliative and End of Life Care*, by Koshin Paley Ellison, Foreword by H.H. the Karmapa

**Medicine and Compassion: A Tibetan Lama's Guidance for Caregivers*, by Chokyi Nyima Rinpoche and M.D. David R. Shlim (contributor)

**Lovingkindness: The Revolutionary Art of Happiness*, by Sharon Salzberg

**Toward a Psychology of Awakening: Buddhism, Psychotherapy, and the Path of Personal and Spiritual Transformation*, by John Welwood

**Feeling Wisdom: Working with Emotions Using Buddhist Teachings and Western Psychology*, by Rob Preece

Articles, Essays & Podcasts

**Building Blocks of Belonging*, by Willa Blythe Baker; [Lion's Roar Magazine](#)

**What is Bodhicitta in Buddhism*, by Ken McLeod, [Tricycle Magazine](#)

**Overview of the Six Perfections – Six Paramitas*, Alexander Berzin, Berzin Archives website

**The Four Immeasurables*, by Anne C. Klein, [Tricycle Magazine](#)

**The Why and How of Lojong or Mind Training*, by Judy Lief, Lion's Roar Magazine

**Love in Action*, interview with John Lewis; On Being Podcast with Krista Tippett

**Finding the Courage for What's Redemptive*, interview with Bryan Stevenson; On Being Podcast with Krista Tippett

**Mind and Life Podcast*, produced by the Mind and Life Institute and hosted by Wendy Hasenkamp

**The Wisdom Podcast*, produced by Wisdom Publications and hosted by Daniel Aitken

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