

Buddhist Stuff that Might be Helpful

First a Quote and a Poem: "It is joy to be hidden but disaster not to be found." --D.W. Winnicott (accord Bukowski [sort of]: <http://www.youtube.com/watch?v=mmWZQsVtq8Q>)

1. **Some Greatest Hits:** (these are all audio recordings and a nice introduction to Buddhist themes)
 - a. **First Noble Truth—Suffering (Dukkha):** http://www.audiodharma.org/talks/audio_player/2503.html
 - b. **Second Noble Truth—The Cause of Suffering:** http://www.audiodharma.org/talks/audio_player/2514.html
 - c. **Third Noble Truth—The End of Suffering:** http://www.audiodharma.org/talks/audio_player/2587.html
 - d. **The Four Noble Truths and the Noble Eightfold Path:** http://www.audiodharma.org/talks/audio_player/2691.html
 - e. **The Five Hindrances:** http://www.audiodharma.org/talks/audio_player/3191.html
 - f. **Mindfulness:** http://www.audiodharma.org/talks/audio_player/3293.html
 - g. **Wise Attention:** http://www.audiodharma.org/talks/audio_player/3285.html
 - h. **Equanimity:** http://www.audiodharma.org/talks/audio_player/3092.html
 - i. **Patience:** http://www.audiodharma.org/talks/audio_player/3143.html
 - j. **Grasping and Non-Grasping:** <http://divdharma.org/part-01-grasping-jack-kornfield> and <http://divdharma.org/part-04-generosity-jack-kornfield>
 - k. **Aversion and Non-Aversion:** <http://divdharma.org/part-02-aversion-jack-kornfield> and <http://divdharma.org/part-05-non-hatred-jack-kornfield>
 - l. **Lovingkindness:** <http://divdharma.org/satipatthana-sutta-part-42-noble-eightfold-path-right-thought-part-two-lovingkindness-joseph-goldstein>
 - m. **Compassion:** <http://divdharma.org/satipatthana-sutta-part-43-noble-eightfold-path-right-thought-part-three-compassion-joseph-goldstein>
2. **Andrea Fella:** (simple, clear, very good, and very helpful) <http://www.audiodharma.org/teacher/2/>
3. **Jack Kornfield:** (less simple but plenty clear and incredibly insightful)
 - a. http://divdharma.org/audio/by/artist/jack_kornfield
 - b. **The Wise Heart—A Guide to the Universal Teachings of Buddhist Psychology:** http://www.goodreads.com/book/show/1920089.The_Wise_Heart
4. **Thich Nhat Hanh:** (a living Buddha of sorts and the world's best proponent of mindfulness)
 - a. **Heart of the Buddha's Teaching:** http://www.goodreads.com/book/show/209574.Heart_of_Buddha_s_Teaching
 - b. **The Miracle of Mindfulness:** http://www.goodreads.com/book/show/95747.The_Miracle_of_Mindfulness
5. **Alan Watts—The Wisdom of Insecurity:** (nobody describes the human problem and source of anxiety like Watts—not simple, plenty clear) http://www.goodreads.com/book/show/551520.The_Wisdom_of_Insecurity
6. **Charlotte "Joko" Beck—Nothing Special-Living Zen:** (when you, like me, need some real deal tough love) http://www.goodreads.com/book/show/551604.Nothing_Special
7. **Kosho Uchiyama—Opening the Hand of Thought-Essential Foundations of Zen Buddhism:** (less Westernized than the rest but maybe the best introduction to actual Zen thinking and practice) http://www.goodreads.com/book/show/1010952.Opening_the_Hand_of_Thought
8. **Mark Epstein—Thoughts Without a Thinker—Psychotherapy from a Buddhist Perspective:** (reading this one now, written by a practicing psychiatrist with a love for Buddhism—excellent so far) http://www.goodreads.com/book/show/37082.Thoughts_Without_A_Thinker and here's a talk he gave that I haven't yet listened to— <http://www.dharmaseed.org/teacher/336/>
9. **Paul Knitter—Without the Buddha I Could Not be Christian:** (haven't read this one yet just mentioned it the other day) <http://www.goodreads.com/book/show/6562843-without-buddha-i-could-not-be-a-christian>
10. **Kevin Griffin:** (integrates Buddhism and the 12 steps of AA, good for connecting the steps with basic human problems and for sidestepping the "God parts" of AA that bother some people) <http://www.audiodharma.org/teacher/67/> and <http://dharmaseed.org/teacher/100/>