

Resources Venerable Amy recommends for lamrim practice / meditation:

1. [Extended Lamrim Outlines: Beginners Meditation Guide, by Karin Valham](#)
2. [The Essential Nectar: Meditations on the Buddhist Path, root text and commentary by Geshe Rabten](#)
3. [Selected Works of the Dalai Lama III: Essence of Refined Gold](#)
4. [Liberation in the Palm of Your Hand, by Pabongka Rinpoche](#)
5. [Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Vol 1: The Foundation Practices, by Geshe Lhundub Sopa](#)
6. [Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Vol 2: Karma, by Geshe Lhundub Sopa](#)
7. [Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Vol 3: The Way of the Bodhisattva, by Geshe Lhundub Sopa](#)
8. [Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Vol 4: Śamatha, by Geshe Lhundub Sopa](#)
9. [Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Vol 5: Insight, by Geshe Lhundub Sopa](#)
10. [Lamrim Year: Making Life Meaningful Day By Day, by Lama Yeshe and Lama Zopa Rinpoche](#)
11. [A Daily Meditation on Shakyamuni Buddha, by Lama Zopa Rinpoche](#)
12. [The Foundation of All Good Qualities, by Lama Tsongkhapa](#)
13. [The Path to Bliss: A Practical Guide to Stages of Meditation, by His Holiness the Dalai Lama](#)
14. [Living in the Path](#), an FPMT online program
15. [Lama Zopa Rinpoche's Life Practice Advice](#)