

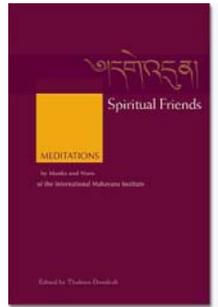


Venerable Robina Recommends

Venerable Robina Courtin has been a nun for 29 years in the Gelugpa tradition of Tibetan Buddhism and is a student of the FPMT's Lama Zopa Rinpoche and Lama Yeshe. She spent 10 years editing for Wisdom Publications followed by over 5 years as the editor of *Mandala*, the magazine of the FPMT. Ven. Robina currently directs the Liberation Prison Project based in San Francisco serving hundreds of prisoners world-wide, and travels around the world teaching Buddhism at FPMT centers. She has been profiled in the award-winning documentary, *Chasing Buddha*. For more information visit the LPP website: www.LiberationPrisonProject.org

Spiritual Friends Edited by Thubten Dondrub

A collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center on different Buddhist themes and provide a good resource for the practicing meditator. The book also includes brief spiritual autobiographies that allow the reader to trace each contributor's entry into and study of Tibetan Buddhism.

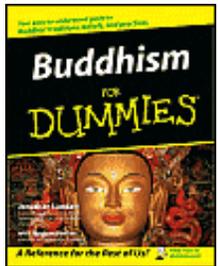


Destructive Emotions: How Can We Overcome Them? A Scientific Dialogue With the Dalai Lama by His Holiness the Dalai Lama & Daniel Goleman

Imagine sitting with the Dalai Lama in his private meeting room with a small group of world-class scientists and philosophers. Although there are no easy answers, the dialogues, which are part of a series sponsored by the Mind and Life Institute, chart an ultimately hopeful course. They are sure to spark discussion among all people who seek peace for themselves and the world.

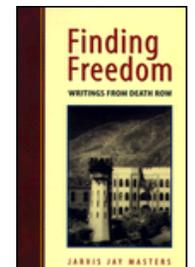
Buddhism for Dummies by Jonathan Landlaw and Stephen Bodian

How can the practice of Buddhism enrich our never-ending hectic lives? Discover what it means to be a Buddhist in everyday life and everyday lands in this fascinating Eastern religion. *Buddhism For Dummies* offers a clear, straight-forward road map that will aim to answer the fundamental questions, issues, and conflicts that arise daily. Readers will gain an understanding of what Buddhism is, how to become a Buddhist, explore the 2,500-year history, and learn about the most prominent Buddhist leader of our time, the Dalai Lama.



Finding Freedom: Writings From Death Row by Jarvis Jay Masters

Incarcerated in San Quentin at the age of 19 for armed robbery, Jarvis Masters was accused four years later of participating in a conspiracy that resulted in the death of a prison guard. Masters' commitment to nonviolence leads him more and more into the role of peacemaker as he tries to put compassion into action. We see Masters meditating amid chaos and squalor, touching the hearts and minds of those around him. This collection of prison stories is sometimes shocking, sometimes sad, often funny, always immediate – and told against a background of extreme violence and aggression.

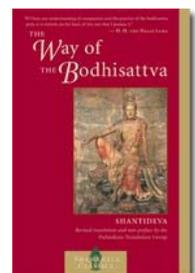


Insights From Inside Edited by Kalen McAllister & Shoshen

The *Inside Dharma* prison outreach group, part of the Missouri Zen Center, has published a collection of essays, stories, artwork and poems on the true meaning of “freedom” and “liberation.” The group was founded about five years ago, with guidance from Ven. Thubten Chodron, after a prisoner wrote the center asking for help. Works in the book come from prisoners, volunteers, teachers and sangha (including Venerable Robina).

The Guide to the Bodhisattva's Way of Life by Shantideva

One of the great classics of Mahayana Buddhism, this book is a guide to cultivating the mind of enlightenment, and to generating the qualities of love, compassion, generosity, and patience. Presented in the form of a personal meditation in verse, it outlines the path of the bodhisattvas—those beings who renounce the peace of an individual salvation and vow to work for the deliverance of all beings, and to attain enlightenment for their sake.

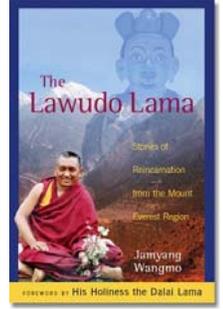




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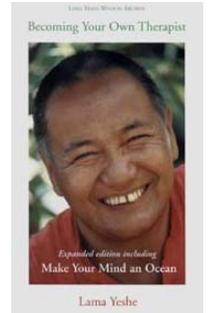
The Lawudo Lama: Stories of Reincarnation from the Mount Everest Region by Jamyang Wangmo

The biography of the Lawudo Lama, FPMT's Lama Zopa Rinpoche. The previous Lawudo Lama portrayed, Lama Kunzang Yeshe (1864-1946), was a yogi of the Nyingma lineage who spent the last twenty years of his life meditating in a cave in Lawudo, a tiny village in Solu Khumbu in the Nepalese Himalayas. The second story is of his reincarnation, the present Lama, whose story is given in a first-person narrative.



Becoming Your Own Therapist / Make Your Mind an Ocean by Lama Thubten Yeshe

This combined volume brings together two works in one. The first work contains three public talks by Lama Yeshe, the founder of the FPMT, on the general topic of Buddhism. Each lecture is followed by a question and answer session. Lama and his audiences always enjoyed the give and take of these lively exchanges, and pretty much anything went. The talks in the second booklet are on the topic of the mind. Perhaps of greatest interest is the lecture entitled "A Buddhist Approach to Mental Illness." Lama presented this talk to a group of psychiatrists who were delighted to meet and question Lama, and this historic exchange underscores the difference between Western and Buddhist concepts of mental health.



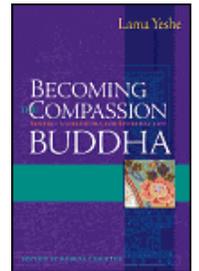
Introduction to Tantra by Lama Thubten Yeshe

What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy – especially the energy of our desires. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and extremely relevant to 21st-century life.

Edited by Venerable Robina:

Becoming the Compassion Buddha by Lama Thubten Yeshe

Lama Yeshe strongly believed that practices that helped develop compassion and wisdom should not be limited to advanced practitioners, but that the man in the street could benefit from them as well. In this book he provides a commentary on a short guru yoga practice written by His Holiness the 14th Dalai Lama. The practice includes visualizations that inspire the development of compassion and wisdom.

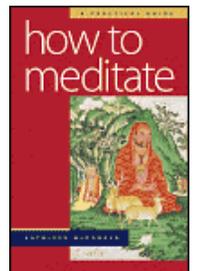


The Bliss of Inner Fire by Lama Thubten Yeshe (edited with Alisa Cameron)

This book, the last major teachings of this great lama, opens up the world of advanced practices for Highest Yoga Tantra initiates. Following Je Tsongkhapa's text *Having the Three Convictions*, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire. Mastery of inner fire quickly brings the mind to its most refined and penetrating state—the experience of clear light, an extra-ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality. Lama Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding.

How to Meditate by Kathleen McDonald (aka Sangye Khadro)

What is meditation? Why practice it? Which techniques are best? How do I do it? The answers to these often-asked questions are contained in this down-to-earth book, making it of enormous value for anyone who wishes to begin and maintain a meditation practice. Written by a Western Buddhist nun with solid experience in both the practice and teaching of meditation, *How to Meditate* contains a wealth of practical advice on a variety of authentic techniques, from what to do with our minds, to how to sit, to visualizations and other traditional practices. Best of all, McDonald's approach is warm and encouraging.



* Books recommended by Venerable Robina are available in the Kadampa Center Bookstore *
email: bookstore@kadampa-center.org