

Guided Meditations

by Thubten Chodron

Link: <https://tinyurl.com/ym3r8smc>

The meditation teachings of lamrim (also known as the “stages of the path”) present a step-by-step method to tame the mind, a method through which anyone can find insight and meaning, according to their own level of understanding. With consistent practice, the practitioner’s comprehension and experience deepens, while the words used to spark meditation sessions remain the same.

This audio program presents over fourteen hours of guided meditations, accompanied by personal guidance that will be especially useful for those with limited access to Buddhist teachers or Dharma centers.

Perfect for both the inexperienced and advanced practitioner, this program supports the listener in beginning, continuing, and deepening a daily meditation practice.

About Thubten Chodron: Ordained as a Tibetan Buddhist nun in 1977, Venerable Thubten Chodron is an author, teacher, and the founder and abbess of Sravasti Abbey. Sravasti Abbey is the only Tibetan Buddhist training monastery for Westerners in the US and holds gender equality, social engagement, and care for the environment amongst its core values. Ven. Chodron teaches worldwide and is known for her practical (and humorous!) explanations of how to apply Buddhist teachings in daily life. She is also actively involved in prison outreach and interfaith dialogue. She has published many books on Buddhist philosophy and meditation, and has coauthored a book—*Buddhism: One Teacher, Many Traditions*—with His Holiness the Dalai Lama, with whom she has studied for nearly forty years

Suggested Reading List

General

- *The Four Noble Truths*, Geshe Tashi Tsering (Wisdom Publications)
- *Open Heart, Clear Mind*, Thubten Chodron (Snow Lion Publications)
- *What Makes You Not a Buddhist*, Dzongsar Khyentse Rinpoche (Shambala Publications)
- *Tibetan Buddhism from the Ground Up*, Alan Wallace (Snow Lion Publications)
- *The Way to Freedom: The Core Teachings of Buddhism*, His Holiness the Dalai Lama (Harper Collins, Snow Lion Publications)
- *How to Practice: The Way to a Meaningful Life*, His Holiness the Dalai Lama (Atria Books)
- *Becoming Enlightened*, His Holiness the Dalai Lama (Atria Books)

Meditation

- *Genuine Happiness: Meditation as the Path to Fulfillment*, Alan Wallace (John Wiley & Sons)
- *How to Meditate*, Kathleen McDonald <also known as Sangye Khadro> (Wisdom Publications)
- *Guided Meditations on the Stages of the Path*, Thubten Chodron (Snow Lion Publications)

Mindfulness

- *The Attention Revolution: Unlocking the Power of the Focused Mind*, Alan Wallace (Wisdom Publications)
- *Mind Closely: The Four Applications of Mindfulness*, Alan Wallace (Snow Lion Publications)

Bodhicitta

- *The Four Immeasurables: Practices to Open the Heart*, Alan Wallace (Snow Lion Publications)
- *Buddhism with an Attitude: The Tibetan Seven-Point Mind Training*, Alan Wallace (Snow Lion Publications)

Emptiness

- *How to See Yourself as You Really Are*, His Holiness the Dalai Lama (Atria Books)
- *How to Realize Emptiness*, Gen. Lamrimpa (Snow Lion Publications)

Tantra

- *The Psychology of Buddhist Tantra*, Rob Preece (Snow Lion Publications)
- *Introduction to Tantra*, Lama Yeshe (Wisdom Publications)