

Useful Links & Info; Introduction to Tantra

Chen Rezig - a biography

<https://www.samyeling.org/buddhism-and-meditation/teaching-archive-2/dharmacharya-ken-holmes/chenrezik-bodhisattva-of-compassion/>

Tantra

Lama Yeshe; "Introduction to Tantra"

Kirti Tsenshap Rinpoche; "Principles of Buddhist Tantra" academic but very clear on the Four Classes of Tantra

Rob Preece; "The Psychology of Buddhist Tantra" looks at the transformative practices of Tantra from the view point of psychology

Lam Rim

LTK ; "Stages of the Path to Enlightenment" (the road map!)

H.H. Dalai Lama; "Illuminating the Path to Enlightenment" (commentary on Atisha's "Lamp for the Path")

Karin Valham; "Extended Lam Rim Outlines" (concise clear Lam Rim meditation guide)

Thubten Chodron; meditations on Lam Rim; <https://thubtenchodron.org/1991/01/meditations-on-the-lamrim/> excellent clear commentaries for a western mind!

Cultivating Bodhicitta - Compassion & Recognising my Mother

Shantideva; "The Way of the Bodhisattva" Bodhisattvacharyavatara

H.H. Dalai Lama; Talk on Benefits of Compassion

<https://www.lionsroar.com/living-the-compassionate-life/>

H.H. Dalai Lama; talk & text - "Recognising my Mother"

<https://www.dalailama.com/videos/recognizing-my-mother-an-experiential-song-on-the-view>

Pema Chodron; "No Time To Lose" commentary on Shantideva's "Bodhisattvacharyavatara" Ch1 - 8 written in a very easily accessible style to suit the western mind

Lama Zopa; "The Bodhisattva Attitude" a must read!

Tonglen - equalising & exchanging (two slightly different styles)

Judy Lief ;Prayer that rides the breath

<https://www.lionsroar.com/tonglen-a-prayer-that-rides-the-breath/>

Pema Chodron; Tonglen practice. <https://www.lionsroar.com/how-to-practice-tonglen/>

Thubten Chodron; 6 actions, 1 result; <https://thubtenchodron.org/1993/04/altruistic-intention-benefits-preliminaries/> Explains clearly this essential practice to cultivate compassion

Guru Devotion

Lama Zopa; “The Heart of the Path” another must read!

Rob Preece; <https://www.mudra.co.uk/teacher-student-relationship-part-1>

Rob Preece; <https://info-buddhism.com/>

Devotion_with_Discernment_Rob_Preece.html

Emptiness

Guy Newland; “ Introduction to Emptiness” Very clear and accessible

Lama Zopa; Teachings on Emptiness, dependant arising & impermanence - see the FPMT website