

Recommended Reading for the Retreat on Emptiness

To prepare for the retreat, participants are encouraged to read one or more of the following texts:

1. *Essence of the Heart Sutra — His Holiness the Dalai Lama*
2. *How Things Exist: Teachings on Emptiness — Lama Thubten Zopa Rinpoche*
3. *Insight into Emptiness — Khensur Jampa Tegchok*
4. *The Great Treatise on the Stages of the Path to Enlightenment (Lamrim Chenmo), Volume 3, pp. 119–325 — Tsongkhapa*

Additional Teachings by Lama Zopa Rinpoche

The following teachings may be particularly helpful for connecting the study of emptiness with meditation practice:

- [Interview on Emptiness](#)
- [Day Four: Meditation on Emptiness](#)

Primary Madhyamaka Sources

For those interested in exploring the philosophical foundations of the teachings, the following are the principal Madhyamaka sources:

- Nāgārjuna, *Fundamental Wisdom of the Middle Way* (Mūlamadhyamakakārikā)
- Candrakīrti, *Introduction to the Middle Way* (Madhyamakāvatāra)