



SPRING 2023 BOOKLIST

ARP502: ACTION RESEARCH PROJECT

Hopko, Joel, Gregory Scott, and Stephen Garrison. 2018. *The Religion and Theology Student Writer's Manual and Reader's Guide*. Roman & Littlefield. [BL 41 .H63 2018](#)

McNiff, Jean. 2013. *Action Research: Principles and Practice*. Routledge. (3rd edition)
[LB 1028.24 .M398 2013](#)

ARP504: ACTION RESEARCH PROJECT II

All materials will be provided in class.

CS304: SERVANT LEADERSHIP IN BUDDHIST/SPIRITUAL COMMUNITIES

Cadge and Rambo (eds.). 2022. *Chaplaincy and Spiritual Care in the Twenty-First Century: An Introduction*. The University of North Carolina Press. [BV 4011.3 .C425 2022](#)

Doehring, Carrie. 2015. *The Practice of Pastoral Care: A Postmodern Approach*, Rev. and Exp. Ed. Westminster John Knox Press. [optional] [BV 4011.3 .D64 2015](#)

Giles, Cheryl and Willa Miller. 2012. *The Arts of Contemplative Care: Pioneering Voices in Buddhist Chaplaincy and Pastoral Work*. Wisdom Publications. [BQ 5305 .C4 A78 2012](#)

Treleaven, David. 2018. *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*. Norton & Company.

MDT308: TECHNIQUES OF MEDITATION: MAHAMUDRA

Chöden Rinpoche. 2020. *Mastering Meditation: Instructions on Calm Abiding and Mahamudra*. Translated by Tenzin Gaché. Wisdom Publications. [BQ 5612 . C47 2020](#)

Jackson, Roger. 2019 [NB: 2021 printing]. *Mind Seeing Mind: Mahāmudrā and the Geluk Tradition of Tibetan Buddhism*. Wisdom Publications. [BQ 8921 .M35 J33 2019](#)

Thubten Yeshe. 2018. *Mahamudra: How to Discover our True Nature*. Wisdom Publications.

PHL308: MAHAMUDRA: REALIZING THE NATURE OF MIND

Chöden Rinpoche. 2020. *Mastering Meditation: Instructions on Calm Abiding and Mahamudra*. Translated by Tenzin Gaché. Wisdom Publications. [BQ 5612 . C47 2020](#)

Jackson, Roger. 2019 [NB: 2021 printing]. *Mind Seeing Mind: Mahāmudrā and the Geluk Tradition of Tibetan Buddhism*. Wisdom Publications. [BQ 8921 .M35 J33 2019](#)

ThubtenYeshe. 2018. *Mahamudra: How to Discover our True Nature*. Wisdom Publications.

PHL328: ADVANCED MIND TRAINING AND SERVICE AS SPIRITUAL PRACTICE II: LOJONG, CALM-ABIDING, AND YOUR COMMUNITY

Required

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, and Chodron Thubten. 2020. *In Praise of Great Compassion*. Wisdom Publications. [BQ 4360 .B883 2020](#)

Bstan-'dzin-rgyal-mtshan, Khunu. 1999. *Vast as the Heavens Deep as the Sea: Verses in Praise of Bodhicitta*. Wisdom Publications. [BQ 4398.5 .B7713 1999](#)

Chödrön Pema. 2005. *No Time to Lose: A Timely Guide to the Way of the Bodhisattva*. 1st ed. Shambhala Publications. [BQ 3147 .C56 2005](#)

Thubten Zopa, Rinpoche. *The Nectar of Bodhicitta*

Recommended

Chödrön Pema. 2019. *Welcoming the Unwelcome: Wholehearted Living in a Brokenhearted World*. Shambhala.

Nam-mkha'-dpal Hor-ston and Brian C Beresford, trans. 1992. *Mind Training Like the Rays of the Sun = Blo-Byong Nyi-Ma'i 'od-Zer*. Library of Tibetan Works and Archives. [BQ 7800 .N34 1992](#)

Thupten Jinpa. 2006. *Mind Training: The Great Collection*. Wisdom Publications. [BQ 7800 .T513 2006](#)

Thupten Jinpa. 2011. *Essential Mind Training*. Wisdom Publications. [BQ 7805 .E87 2011](#)

THL416: SYSTEMIC SUFFERING & COLLECTIVE LIBERATION: AWAKENING TO RACE, DHARMA, AND OURSELVES

Anderson, Carol. 2017. *White Rage: The Unspoken Truth of Our Racial Divide*. Bloomsbury. [E 185.61 .A5438 2016](#)

DiAngelo, Robin. 2018. *White Fragility: Why it's So Hard for White People to Talk About Racism*. Beacon Press.

Harding, Rosemarie Freeney, with Rachel Elizabeth Harding. 2015 *Remnants: A Memoir of Spirit, Activism, and Mothering*. Duke University Press. [E 185.97 .F835 A3 2015](#)

Kendi, Ibram X. 2017. *How to Be an Antiracist*. One World. [E 184 .A1 K344 2019](#)

Menakem, Resmaa. 2017. *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Central Recovery Press.

Yetunde, Pamela Ayo, and Cheryl A. Giles, eds. 2020. *Black and Buddhist: What Buddhism can Teach Us about Race, Resilience, Transformation & Freedom*. Shambhala. [BQ 732 .B53 2020](#)

THL425: DEATH, LOSS, GRIEVING AND HEALING: PERSONAL AND COMMUNITY PROCESSES

Required

Bstan-'dzin-rgya-mtsho, Dalai Lama XIV, and Jeffrey Hopkins. 2004. *Mind of Clear Light: Advice on Living Well and Dying Consciously*. Atria Books. [BQ 4487 .B77 2002](#)

Chödrön Pema and Joseph Waxman. 2022. *How We Live Is How We Die*. Shambhala. [BQ 4487 .C485 2022](#)

Halifax Joan. 2008. *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*. Shambhala. [R 726.8 .H35 2008](#)

Herman Judith Lewis. 2015. *Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*. Basic Books. [RC 552 .P67 H47 1992](#)

Khyentse Jamyang. 2020. *Living is Dying: How to Prepare for Death Dying and Beyond*. Shambhala. [BQ 4570 .D43 K49 2020](#)

Additional readings will be provided via Populi.

Optional

Lati Rinbochay and Jeffrey Hopkins. 1985. *Death Intermediate State and Rebirth in Tibetan Buddhism*. Snow Lion. [BQ 4490 .D3813 1985](#)

Lewis C. S. 2001. *A Grief Observed*. San Francisco: HarperSanFrancisco.

Longaker Christine. 1997. *Facing Death and Finding Hope: A Guide to the Emotional and Spiritual Care of the Dying*. Doubleday. [BF 789 .D4 L664 1997](#)

Thubten Zopa, Rinpoche, and Kathleen McDonald. 2010. *Wholesome Fear: Transforming Your Anxiety About Impermanence & Death*. Wisdom Publications. [BQ 4302 .T53 2010](#)

Thurman, Robert. 1993. *The Tibetan Book of the Dead, as Popularly Known in the West: Known in Tibet as the Great Book of Natural Liberation through Understanding in the Between*. Random House. [BQ 4490 .K3713 1994](#)

TIB202: CLASSICAL TIBETAN LANGUAGE INTERMEDIATE II

All materials will be provided in class

TIB301: SEMINAR IN TIBETAN TRANSLATION

All materials will be provided in class.