Triratna
Dharma Training Course for Mitras

Year One

Reference Materials
1.1 Going for Refuge to the Three Jewels

Being a Buddhist – What is a Buddhist?
Going for Refuge, Sangharakshita.
https://freebuddhistaudio.com/talks/details?num=09

Dimensions of Going for Refuge, Sangharakshita.

Commitment and the Spiritual Community, Sangharakshita.
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Levels of Going for Refuge, Sangharakshita.

The History of My Going for Refuge, Sangharakshita, Windhorse Publications.
http://www.windhorsepublications.com/product/the-history-of-my-going-for-refuge-sangharakshita-classics/

The History of My Going for Refuge, Sangharakshita.
https://www.freebuddhistaudio.com/audio/details?num=171

The Buddha
Human Enlightenment, Sangharakshita.
https://freebuddhistaudio.com/series/details?ser=X14

Human Enlightenment, Sangharakshita, PDF.
https://alaya.thebuddhistcentre.com/index.php/s/Dhia8yCcP1ryq7S

http://www.windhorsepublications.com/product/a-guide-to-the-buddhist-path/

Who Is the Buddha?, Sangharakshita.
https://freebuddhistaudio.com/talks/details?num=01

Archetypal Symbolism in the Biography of the Buddha, Sangharakshita.
The Sangha
The Meghiya Sutta, PDF.
https://alaya.thebuddhistcentre.com/index.php/s/Y9Bp3J4PJ2LlN0f

The Meghiya Sutta, from the Udāna, online texts, alternate translation.
http://www.accesstoinsight.org/tipitaka/kn/ud/ud.4.01.than.html

Friendship as the Goal, from Buddhism and Friendship, Windhorse Publications.

1.2
EXPLORING BUDDHIST PRACTICE – ETHICS
The Ten Pillars of Buddhism, Sangharakshita.

The Ten Pillars of Buddhism, Sangharakshita, Windhorse Publications.

Not About Being Good, Subhadramati, Windhorse Publications.

The Principles of Ethics: Right Action, Sangharakshita. His seminar lecture on ethics, and part of Module 2, Year Two – The Buddha’s Noble Eightfold Path.
https://www.freebuddhistaudio.com/audio/details?num=50

1.3
EXPLORING BUDDHIST PRACTICE – MEDITATION
Sāmaññaphala Sutta, online text.
http://www.accesstoinsight.org/tipitaka/dn/dn.02.0.than.html

A System of Meditation, Sangharakshita.

http://www.windhorsepublications.com/product/a-guide-to-the-buddhist-path/

Buddhist Meditation: Tranquillity, Imagination and Insight, Kamalashila, Windhorse Publications.

Meditation – The Buddhist Way of Tranquillity and Insight, Kamalashila, online text for older edition of book.
http://www.kamalashila.co.uk/page7/page7.html
1.4 **Exploring Buddhist Practice – Wisdom**

*What is the Dharma?*, Sangharakshita, Windhorse Publications.
http://www.windhorsepublications.com/product/what-is-the-dharma/

*Wisdom Beyond Words*, Sangharakshita, Windhorse Publications.

*Wisdom Beyond Words – Heart Sutra*, Sangharakshita.


http://www.windhorsepublications.com/product/a-guide-to-the-buddhist-path/

*Ritual and Devotion in Buddhism*, Sangharakshita, series.
https://www.freebuddhistaudio.com/series/details?ser=X05

1.5 **Buddhism and Triratna, Devotional Practice**

*Sangharakshita, a New Voice in the Buddhist Tradition*, Subhuti, Windhorse Publications.

*Ritual and Devotion in Buddhism*, Sangharakshita, series.
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