

Buddhist Meditation 101

SUPPLEMENTARY BIBLIOGRAPHY

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DVDs

How to Meditate. 4 DVD set of teachings and meditations by Ven. Sangye Khadro (Kathleen McDonald). Available from www.fpmt.org/shop.

Meditation and the Spiritual Path. Teachings from Ven. Rene Feusi on DVD. Available from www.fpmt.org/shop.

HOMESTUDY PROGRAMS

Discovering BUDDHISM *at Home*, FPMT Homestudy Program. Module 2, “How to Meditate.” Available from www.fpmt.org/shop.