Spiritual/Healing Resources:

**Title:** Radiant Mind: Essential Buddhist Teachings and Texts  
**Author:** Jean Smith  
**Year of Publication:** 1999  
**Summary:** From ancient to modern times, the Buddha has served as an ideal of conduct and a source of inspiration. It is a collection of starting points: essential teachings and texts of the Buddha’s discourse, filled with insightful commentaries and interpretations.

**Title:** Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives  
**Author:** David Snowden, M.D  
**Year of Publication:** 2001  
**Summary:** In 1986, Snowden embarked on a revolutionary scientific study that would forever change the way we view old age. Called the "Nun Study," because it involves a unique population of 678 Catholic sisters, this remarkable long-term project stands today at the forefront of some of the world's most significant research on aging and Alzheimer's disease.

**Title:** The Blooming of a Lotus: Guided Meditation Exercises For Healing and Transformation  
**Author:** Thich Nhat Hanh, Translated by: Annabel Laity  
**Year of Publication:** 1993  
**Summary:** One of the world's greatest meditation experts offers thirty-four guided exercises that will bring both beginning and experienced practitioners into closer touch with their bodies, inner selves and the world.

**Title:** Awakening: A Sufi Experience  
**Author:** Pir Wilayat Inayat Khan  
**Year of Publication:** 1999  
**Summary:** The acclaimed work on the principles of Sufism and self-transformation by beloved Sufi master Pir Vilayat.

**Title:** Talks with Ramana Maharshi: On Realizing Abiding Peace and Happiness  
**Author:** Ramana Maharshi  
**Year of Publication:** 2001  
**Summary:** This book represents a profound series of dialogues between one of the great sages of our time and his inquirers. These “talks” offer a genuinely universal approach by directly pointing to the truth of our intrinsic nature.
**Title:** At Home with Dying: A Zen Hospice Approach  
**Author:** Merrill Collett  
**Year of Publication:** 1999  
**Summary:** Given a choice, most people would rather die at home, in a familiar setting. This practical and spiritual manual shows how we can actually give our loved ones this compassionate option, by explaining step-by-step how to feed, clean and take care of an elder.
The final Buddhist text we’ll explore is the Kalama Sutta: the Buddha’s finest teaching on free inquiry. The Buddha was a big advocate of critical thinking. In fact, he encouraged his followers to question everything, including his own teachings. Four Essential Buddhist Texts book. Read reviews from world’s largest community for readers. The Four Essential Buddhist Texts included in this anthology... It is hoped that the publication of this anthology of translated scriptu The Four Essential Buddhist Texts included in this anthology are The Opening of the Dharma by Jamyang Khyentse Rinpoche; Foundation of Buddhist Meditation by Venerable Kalu Rinpoche; The Great Seal of Voidness by the First Panchen Lama and A Key to Madhyamika by His Holiness the Fourteenth Dalai Lama. Commentaries on Essential Buddhist Texts. Basic Buddhist topics. Mind, rebirth, cyclic existence, and enlightenment. By Venerable Thubten Chodron on May 13, 1991 in LR02 Introduction to the Lamrim. Part of a series of teachings based on the The Gradual Path to Enlightenment (Lamrim) given at Dharma Friendship Foundation in Seattle, Washington, from 1991-1994. A a a. Purpose of this teaching1. Lamrim assumes some prior knowledge. The six recognitions.