

## APPENDIX C

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### resources

#### Further Reading

*Turning the Mind Into an Ally* by Sakyong Mipham

I am not recommending this book because Sakyong Mipham is my teacher and I love him. I am recommending it because it is one of the best books ever written about Buddhist meditation. It is so direct. It is so warm. It is so clear. I have read it many times and it never ceases to shower me with insight.

*Cutting Through Spiritual Materialism* by Chögyam Trungpa

Early in my practice, I asked my meditation instructor what I should read to gain additional insight into the practice. Without hesitation, he recommended this book (and *Zen Mind, Beginner's Mind* by Shunryu

Suzuki, see below). Now, as a meditation instructor myself, I make the same suggestions. This book is a primer for making your practice a route to liberation rather than to additional confusion.

*Shambhala: The Sacred Path of the Warrior* by Chögyam Trungpa

There is nothing I can say about this book that would praise it adequately. It may be the most important book of my life. It is a guide to living your life as a fearless, tender, brilliant, kind warrior.

*Zen Mind, Beginner's Mind* by Shunryu Suzuki Roshi

This book also stands as one of the best books ever written about the practice of meditation. Although I don't practice zazen, I find that every word also applies to my own practice because Suzuki Roshi cuts through cultural forms to reveal the heart essence of meditation practice. How does one begin a meditation practice? What is the correct posture? What is the point of meditation altogether? This book answers these questions in a way that is both bracing and expansive. Thank you, Suzuki Roshi.

*On Becoming an Alchemist* by Catherine MacCoun

Yes, a book on alchemy—because, for me, it provided a long-missing link between my personal practice and the wisdom energies I have longed to connect to.

Written by an actual alchemist with a deep history with and connection to meditation practice.

Also Recommended

*The Way of the Bodhisattva* by Shantideva

*What the Buddha Taught* by Walpola Rahula

*The Three Pillars of Zen* by Philip Kapleau Roshi

*The Art of Happiness* by His Holiness the Dalai Lama

*Mindfulness: A Practical Guide to Awakening* by Joseph Goldstein

*Start Where You Are* by Pema Chödrön

*Radical Acceptance* by Tara Brach

For In-Person Meditation Guidance

Shambhala centers: [www.shambhala.org/centers](http://www.shambhala.org/centers)

Vipassana teachers: [www.dharma.org/teachers](http://www.dharma.org/teachers)

San Francisco Zen Center (affiliated groups): <http://sfzc.org/zc/maps.asp?catid=1,11>

Zen centers (nationwide): <http://sweepingzen.com/category/zen-centers>

American Zen teachers: [www.americanzenteachers.org/practice.cfm](http://www.americanzenteachers.org/practice.cfm)

Work with Susan

If you would like to work with me, I would be delighted. There are several ways you may do so.

Subscribe to the free Open Heart Project newsletter to receive a weekly meditation instructional video

from me (and the occasional announcement and special offer; your email address will never be shared). Here is the link to sign up: [www.susanpiver.com/open-heart-project/newsletter](http://www.susanpiver.com/open-heart-project/newsletter).

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