

# **THE BUDDHIST SOCIETY**

## **Audio Catalogue 2006**

Here is a list of Public Talks and Lectures on Buddhism and other topics related to Buddhism that has been given at The Buddhist Society and at our Summer School recently and over the past years. We keep adding more recordings to this list to make the teachings available so it is by no means a conclusive list. We try to record all talks given at The Buddhist Society and make them available for purchase. We regularly update our catalogue but if you know of a talk that is not listed in the catalogue please do enquire.

Most of the older talks were originally recorded on tapes and some have been transferred to CD so that they are available on both types of media however some are only available on tape or CD – please see the catalogue for details. Some of these talks have been taken from the old archives and the recordings and their quality is by no means perfect. If you receive a tape which is, in your opinion, of unacceptable poor quality, then return it to us indicating the reason for its return and we will make every attempt to replace it for you, or supply an alternative; please be sure to include your name and address and telephone number in case of queries.

We do not always hold stock of CD's so please allow two weeks between order and delivery.

### **Prices at the Library**

**Individual CD's cost £7.00 - please telephone first to check availability/stock.**

**Individual Tapes cost £5.00 - please telephone first to check availability/stock.**

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**Individual CD's cost £7.80 each including post and packing**

**Individual Tapes cost £5.80 each including post and packing**

**Courses and Sets are priced individually – please see list for details.**

### **TAPE LIBRARY FOR THE BLIND**

The tapes in this catalogue are available on loan entirely free of charge to the registered blind. For free posting, the tapes are sent in a special wallet marked 'Articles for the Blind'. Please write for the talking catalogue which includes full instructions for posting and ordering.

### **THE BUDDHIST SOCIETY**

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[www.thebuddhistsociety.org](http://www.thebuddhistsociety.org)

# **BUDDHIST SOCIETY STUDY COURSES**

## **INTRODUCING BUDDHISM**

The Buddhist Society's 'Introducing Buddhism' course is given by **Bryan Appleyard**. The course consists of seven structured consecutive talks designed to acquaint the newcomer with the basics of Buddhism. This course was recorded in 2005.

1/7	What is Buddhism?	CD241
2/7	The Three Basic Facts of Existence	CD242
3/7	The Four Noble Truths	CD243
4/7	The Eightfold Path	CD244
5/7	The Three Fires	CD245
6/7	Kamma and Rebirth	CD246
7/7	Buddhist Meditation	CD247

This course is available as a set of 7 CD's or individual talks can be purchased separately. You will also receive a booklet 'Introducing Buddhism' and an A4 photocopy of The Wheel of Life with brief explanation on the reverse.

### **7 CD Course**

**Cost**                      £40.00 from The Buddhist Society Library  
                                  £43.00 UK & Europe including post and packing  
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                                  £7.00 each from The Buddhist Society Library  
                                  £7.80 Elsewhere Prices including post and packing

**These talks are only available on CD.**

## INTERMEDIATE COURSE I

### “FUNDAMENTALS OF MAINSTREAM BUDDHISM”

A series of ten lectures on The Fundamentals of Mainstream Buddhism given by the **Venerable Sochu** at the Buddhist Society, London , April 2002.

#### **Part 1**

1/10	The Buddha's Life.	CD33
2/10	The Buddha's Teaching, Life And Samsara	CD34
3/10	The Four Noble Truths	CD35
4/10	Skandhas & Dhatus	CD36
5/10	The Practise And Practise Formulations	CD37

#### **Part 2**

6/10	The Three Signs of Being & Dharma Samtana	CD38
7/10	Pratityasamutpada	CD39
8/10	Karman	CD40
9/10	The Paths & The Fruits	CD41
10/10	Seeds of The Mahayana	CD42

**Cost:** 10 CDs or 10 Tapes or in 2 parts

Part 1 & 2 consisting of 10 CD's £60.00 including post & packing

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## INTERMEDIATE COURSE II

### “FUNDAMENTALS OF MAINSTREAM BUDDHISM”

A series of ten lectures on The Fundamentals of Mainstream Buddhism given by **Eric Cheetham** in September at the Buddhist Society, London 1985 -1992

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1/10	Preliminaries	CD43
2/10	Sakyamuni's Life Of Teaching.	CD44
3/10	The Four Noble Truths	CD45
4/10	Skandhas & Dhatus	CD46
5/10	Sila As Protection.	CD47

#### **Part 2**

6/10	Recapitulation & The Three Signs.	CD48
7/10	Pratityasamutpada	CD49
8/10	Karman	CD50
9/10	The Paths & The Fruits.	CD51
10/10	Seeds Of The Second Turning Of The Wheel.	CD52

**THE GREAT WAY**  
Lecturer: ERIC CHEETHAM

**This Course is available ONLY for members who have attended The Great Way Course at The Buddhist Society**

01-Written Sutras	CD145
02-The Buddha and Enlightenment	CD146
03-Prajna Paramita and Sunyata	CD147
04-Doctrine of the Two Truths	CD148
05-Samsara and Two Nirvanas	CD149
06-Gotra and Bodhichitta	CD150
07-First Element of the Bodhisattva Path	CD151
08-Path of Intensified Application	CD152
09-Higher Stages of the Bodhisattva Path	CD153
10-Nagarjuna and the Madhyamaka	CD154
11-Madhyamaka second lecture	CD155
12-Yogacara Vijnanavada part one	CD156
13-Yogacara Vijnanavada part two	CD157
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15-Cashmere Bridge	CD159

**Cost:** 15 CDs or 15 Tapes or in 2 parts

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Part 1 consisting of 7 Tapes £35.00 each part including post and packing

Part 2 consisting of 8 Tapes £40.00 each part including post and packing

## **ZEN BUDDHISM**

### **ZEN AND ITS SOURCES**

VEN. MYOKYO-NI/ DR. CARMEN BLACKER/  
TREVOR LEGETT.

#### **Part 1**

- |    |  |           |
|----|--|-----------|
| 1. | Sunyata: Zen tradition by Ven. Myokyo-ni                               | CD105/D20 |
| 2. | The Heart Sutra: Ven. Myokyo-ni  | CD106/D21 |
| 3. | Part 1 Madhyamika & Yogacara by Ven. Myokyo-ni                         | CD107/D22 |
| 4. | Part 2 Madhyamika & Yogacara contd: Tendai and<br>Kegon Ven. Myokyo-ni | CD108/D23 |

#### **Part 2**

- |    |   |               |
|----|---|---------------|
| 5. | Shingon - Dr. Carmen Blacker  | CD109 D24     |
| 6. | Zen Buddhism 1 Ven. Myokyo-ni .Historical context; China and Taoism;<br>Special transmission; The 6 <sup>th</sup> Patriarch; Sila, Dhyana, Prajna; three fires. | CD110/D25     |
| 7. | Zen Buddhism 2 - Ven. Myokyo-ni: Working monks; direct seeing into the Heart,<br>cleaning the heart mirror; delusion and attachment.                            | CD111/D26     |
| 8. | Zen Buddhism 3 –By Ven. Myokyo-ni   | CD112 D27/D28 |

Tapes: **Side A** Gentling the Bull; Zen training; daily life practise and sitting meditation. **Side B** by Trevor Leggett- Spiritual lessons in the way from Confucius; Dogen, the Kamakuras and inspirations from every day life.

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Part 1 or 2 consisting of 4 CD's £28.00 each part including post and packing

Part 1 or 2 consisting of 5 Tapes £23.20 each part including post and packing

## **ZEN BUDDHISM**

By DR. D. T. SUZUKI

Available on Tape as a set of 3 - Cost of Tapes £17.40 including post and packing

Available on CD as a set of 3 – Cost of CD's £23.40 including post and packing.

- |    |                          |       |
|----|--------------------------|-------|
| 1. | On Faith.                | CD113 |
| 2. | Questions and Answers 1. | CD114 |
| 3. | Questions and Answers 2. | CD115 |

## **TIBETAN BUDDHISM**

### **TIBETAN BUDDHISM 1 INTRODUCTION TO TIBETAN BUDDHISM**

By RIGDZIN SHIKPO (Michael Hookham)

Available only on Tape as a set of 5 Cost of Tapes £29.00 including post and packing

1. Three Yanas; Hinayana; suffering, precepts; meditation practise and process; Mahayana; introduction to Vajrayana. T261
2. Mahayana; Bodhicitta; Wisdom-Compassion; Madhyamika approach' faith; voidness' first bodhisattva bhumi. T262
3. Tibetan Mahayana practise; Tonglen - exchanging self for others. T263
4. Deities; encounters with enlightenment; visualization; the teacher-student relationship; Guruyoga; foundation practises. T264
5. Vajrayana continued-the Path; Samaya; Kyerim (form); Dzogrim (formless); The terrible Incantations of the Lord of Dharma. T265

### **TIBETAN BUDDHISM 2 (Continuation of part 1)**

By RIGDZIN SHIKPO (Michael Hookham)

Available only on Tape as a set of 4, Cost of Tapes £23.20 including post and packing

1. Meditation in Tibetan Buddhism . T240
2. Bodhisattva, Tonglen . T241
3. Deities in Tibetan Buddhism T242
4. On Mara, Maitreya, Madhyamika T243

### **TIBETAN BUDDHISM 3**

By RIGDZIN SHIKPO (Michael Hookham)

Cost of Tape's set of 6 £34.80 including post and packing

Cost of CD's set of 6 £46.80 including post and packing

1. The Bodhisattva Path. CD166
2. Three Yanas; Bodhisattva Vow. The Margas Paths; Samatha, Vipassana meditation; the four mindfulnesses and stages of the meditation process. CD167
3. Samatha- Vipassana - The six realms; Kleshas. CD168
4. Sambhara Marga- Path of accumulation continued, Union of Samatha, Vipassana. The Three Times, Avidya; Tathagatagarbha; the First Bodhisattva bhumi; the Pure Land. CD169
5. Pure Land Continued - last stages of the Bodhisattva path; the three Kayas; Vajrayana; relationship with the teacher; Adhithana foundation practises; Refuge. CD170
6. Foundation Practises contd - refuge, prostration; visualization Vajrasattva; mandala offering; Guruyoga; transmutation of emotions. Yiddams, Mahamudra; Pure Formless Practise. CD171

## TIBETAN BUDDHISM

### **Buddhist Practise in the Nyingma Tradition**

A Series of Talks given in November & December 2004

By VEN. LOPON P OGYEN TANZIN RINPOCHE

Available only on CD as a set of 7

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1. 'Heart advice from a Lama' Lopön P Ögyen Tanzin Rinpoche draws upon his own experience, and of the masters of enlightenment who have given him instruction, to offer a very personal teaching for those who are setting out on the path. CD63
- 2-4. The first part of Ngöndro, the contemplation of the four thoughts that turn the mind toward practise. These are the preciousness of this human birth, impermanence and the certainty of death, the defects of samsara and the principle of cause and effect karma. Rinpoche discusses each of these in the context of its importance to actual practise. CD64
- 5-7. The special place of Ngakmos and Ngakpas in its development. The Nyingma tradition is the oldest Buddhist tradition of the Himalayan region, which has continued to the present day through an unbroken lineage of enlightened masters. Rinpoche introduces some of these extraordinary masters, many of whom have been Ngakpas and Ngakmos, members of the non-monastic non-celibate ordained practitioners who integrate Vajrayana with everyday life. CD65 to CD70

### **Buddhist Practise in the Nyingma Tradition**

A Series of Talks given in October & November 2005

By VEN. LOPON P OGYEN TANZIN RINPOCHE

Available only on CD as a set of 5

Cost: £35.00 from the Library or £36.50 including post and packing

- 1 An Introduction to Vajrayana Buddhism CD233  
An introduction to the Nyingma Vajrayana practices of Tibetan Buddhism.
- 1-4 Initial Practices of Vajrayana According to the Dūd'jom gTér Cycle.  
An introduction to Vajrayana Buddhism as practiced within the Nyingma tradition of Tibetan Buddhism. CD234 CD235 CD236 CD237

## **PROBLEMS OF UNDERSTANDING BUDDHISM**

By STEPHEN HODGE

Cost of Tapes £40.70 including post and packing

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2. Continuation of 1. CD182/H2
3. What is Real? The Two Truths. Dharma analysis Sunyata. CD183/H3
4. Self or Non Self? An extend discussion of the Buddhist Teaching of Anatman. Does the term mean 'No-self' or 'Not-self'? Presentation of the scriptural evidence for the interpretation of 'not –self'. CD184/H4
5. The Unenlightened person .Analysis of the Buddhist view regarding the nature of the ordinary beings, stressing the primacy of the mind. Examination of the terms used in Buddhist texts for the mind and its functioning. CD185/H5
6. The Enlightened person - Definition of the Enlightenment and Nirvana. The five awarenesses, jnana. Who gets Enlightened ? The three Bodies of the Buddha. The Mandala view of Enlightenment. CD186/H6
7. Meditation. Definition of meditation .Discussion of the two basic forms- tranquillity and insight meditation. Meditational topics for different temperaments. Outline of Tantric meditation. CD187/H7

## **MAINSTREAM AND EARLY MAHAYANA INDIAN BUDDHISM**

By ERIC CHEETHAM

Cost of Tapes £46.40 including post and packing

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4. The Pratityasamutpada Karman CD191/G4
5. Karman continued. CD192/G5
6. The Five Paths and the Fruits of the Way. CD192/G6
7. The Second Turning of the Wheel of the Dharma CD193/G7
8. The Heart of Perfect Wisdom Sutra etc. CD194/G8

## **MAINSTREAM INDIAN BUDDHISM**

Using works by French Authors as Source Material

By ERIC CHEETHAM

**Cost** of CD's £23.40 including post and packing

**Cost** of Tapes £17.40 including post and packing

1. Mainstream Indian Buddhism: French Contribution to Buddhism – 1 of 3  
Destruction of Indian Buddhism; its spread. French reconstruction from Sanskrit. The Buddhist Councils. The authors and their works. Hinayana sects and ten principle disagreements between them. Ten indispensable actions of the Buddha. CD178/ T011
2. Mainstream Indian Buddhism: Hinayana continued - Eric Cheetham. 2 of 3  
Hinayana continued. Introduction to Abhidhamma kosa by Vasubandu. The principle doctrines of Indian Mahayana. Prajanaparamita and other sutras, Madhyamika, Yogachara, Sunyata and the Bodhisattva. CD179/T012
3. The Council at Lhasa debate on sudden versus gradual enlightenment. 3of 3  
The Council of Lhasa- a debate on sudden versus gradual enlightenment; the Chinese and Indian views. CD180/T013

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**DETAILING EMERGENCE OF THE MAHAYANA**  
By ERIC CHEETHAM

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Introduction: Dealing with the emergence of the Mahayana; a world of difference, the ancient path of wisdom; in other words samsara is the problem because we do not understand it and we need to go back to the ancient path of wisdom teachings to understand the problems of today's modern world which we live in.

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2 Reading from a Pali Text on suffering, pain and destruction. Compassion. The Path of Purity. The Conventional Truth. Personality, idea of identity. What is real? Karmic forces. The three principles of Buddhism. Moral conduct. The past and the present. Anxiety and apprehension. CD161

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4 Mahayana Views of Samsara. Similarities and differences between Mahayana and Hinayana Schools. The Essence of Mahayana. Extract of the Great Perfection Sutra. The One Thousand World System. The Three Realm World System. The Three Thousand World System. The Second Turning of the Wheel of the Dharma. The True Nature of Things. Dharma Elements of the Consciousness World- Senses impressions. The Old Path of Purity. Emptiness. Extract of Nagarjuna's teachings. Impermanence. CD163

5 The World and our place in it. The true nature of things. The doctrine of the two truths; framework in which Mahayana explains most of the topics. Anatma. The true nature or the Dharmas. The Two Truths. The Prajnaparamita-Nagarjuna's teachings. The Four Mahayana Views of the Two Truths. The Great Commentary on Wisdom. The Six Paramitas. The Six Perfections. The 8,000 line text on Prajnaparamita Verses. Suchness –Tatata. The Middle Way. CD164

6 The Whole and the Half Way in Mahayana. Shariputra- one of the closest Arahats of the Buddha is the maximum exponent of the notion of The Half Way. The Awakening. The Path of Purity. The Perfect Wisdom. The Samsaric Illusion. The Ten Good Actions. Code of Moral Conduct. The Ten Precepts. The Mahayana Sutras. Our World. The flow of Consciousness. Karma. CD165

# THE NATURE OF THE BUDDHA IN INDIAN BUDDHISM

By ERIC CHEETHAM

Available only on CD as a set of 5

Cost of CD's £39.00 including post and packing

1-3. The Nature of the Buddha in Indian Buddhism Hinayana View.

4-6 The Nature of the Buddha in Indian Buddhism Mahayana View

1 The two most important topics in Buddhism. Early perceptions about the Buddha. Some sayings of the Buddha. First reading of the scriptures in English - dialogue between the King Nagacena and the monk Menanda. CD196

2 The Indian View about the Buddha. The Eighteen Early Schools in Indian Buddhism. Reading of the Scriptures in English from Pali text - the four Noble Truths, the Buddha is a special being and explanations of why he was called the Buddha. The Buddha Maitreya – the Buddha of the future. Buddhas of the past and future. The common task of all the Buddhas is setting up the teachings and a Sangha. Second reading of the scriptures- about the prophecy of the Buddha Maitreya.. The Mahasangika's view about the Buddha. Stupas. CD196

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4 The Tricaya; Dharmakaya, Nirmakaya, Sambogakaya. The meaning of 'Bodhisattva'. Reading of a Mahayana text. Bodhichitta – aspiration to the full enlightenment second reading of the scriptures. Third reading of the scriptures. Manjushri. Teachings in other worlds. CD198

5 The Dharmakaya. The Emptiness of all Dharmas. The body of the Dharma. The three signs of beings, impermanence, change, no-self. The Perfect Wisdom. Sunyata. Meditation on the Three Jewels - The Dharma, the Sangha and the Buddha. Reading - encounters between Mara and the Buddha. CD199

6 The Mahayana Sutras. Reading - 'The Ilusory Samsara'. Reading 'The Magic and The Illusionist'. The eternal True Nature of the Buddha. The Practise of a Bodhissattva. CD200

# THERAVADA BUDDHISM

## THERAVADA COURSE By VEN.AJAHN SUMEDHO

Available only on Tape as a set of 5 parts- Cost of Tapes £29.00 including post and packing

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2. Meditation and Our Perception of the World. T133
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4. Hatred and Annihilation, Greed and Exploitation. T135
5. Inspiration and Expiration, Doubt and the Wisdom that transcends. T136

Available only on Tape as a set of 4 parts- Cost of Tapes £23.20 including post and packing

### Part 2

1. Inclining Towards Nibbana ,Dhukkha;Three kinds of desire. T166
2. Our Desire to Know; the five skandas; seeing in perspective; Ajahn Sumedho early experiences that led him becoming a bhikkhu. T167
3. The Skilful Use of religious and moral Conventions; the five precepts; excitement and calmness. T168
4. Attachment to Beliefs; aversion to doubt; belief in God; Ajahn Sumedho talks of his arising of faith in Buddhism; transcendent awareness of worldly conditions. T170

Available only on Tape as a set of 3 parts- Cost of Tapes £17.40 including post and packing

### Part 3

1. The Joy of Dana; Ajahn Sumedho reflects on his years in Thailand with Ajahn Chah in relation to dana and endurance; the modern Bhikkhu Sangha. T184
2. Belief in God; The 'miracle' of the West; its morality; trust and freedom; observing our conditioned reactions and establishing a foundation for the realization of truth. T185
3. Limitations of the Scholastic Approach; the conditioned and unconditioned; the realms of unconsciousness; Ajahn Sumedho's life in Thailand in relation to simplicity for the sake of practise; the silent empty mind. T186

Available only on Tape as a set of 7 parts- Cost of Tapes £40.60 including post and packing

### Part 4

1. Questioning appearances; Dhamma- what things really are; grasping and letting go; limitations of the human condition; the five precepts as a basis for a reflection. T205
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3. Conventions; religious, human, national, class; the ageing process as a spiritual path; learning from mistakes. T207
4. The convention of the monastic life –Ajahn Sumedho reflects on 18 years as a bhikkhu in relation to discipline, conformity, refuge, dependence on others; a trip to India; living on alms, trust in the Dhamma, the joy of giving. T208
5. Reflections On India; return to Thailand ; the story of Bung Wai International Meditation Monastery; return to the West; bhikkhus in London; Chithurst- living in harmony. T209
6. Openness to the Mysterious universe; understanding the human condition; form and emptiness; - Ajahn Sumedho's first encounter with Buddhism; moving East; samsara; the messenger of the Dhamma. T210
7. Greed and idealism; the reassurance of God; attachment; developing inner strength and emotional maturity through the Dhamma. T228

## COLLECTIONS

### MAHAYANA BUDDHISM

By PHIROZ MEHTA

Available on Tape as a set of 3 - Cost of Tapes £17.40 including post and packing

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1. Review of "The Opening of the Wisdom Eye" by The Dalai Lama; Ancient and later Buddhism in Tibet; the four schools; rebirth levels of truth; tripitaka; threefold training; atman. CD116/T009
2. Comparisons with Theravada; the Aryan Eightfold Path; Bodhisattva Path; Three kayas; Six Paramitas; Birth of Mahayana, its literature; Madhyamika, Prajnaparamita; Brahma Viharas; Diamond Sutra. CD117/T013
3. Diamond Sutra continued; Emptiness; salvation; non –attachment; non- assertion; non- relying; omniscience. CD118/T012

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By VEN. ANANDA MAITREYA

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Available on CD as a set of 3 – Cost of CD's £23.40 including post and packing.

1. The Abhidhamma. CD119/T234
2. The Abhidhamma. CD120/T235
3. The Abhidhamma. CD121/T236

### EAST TO WEST

BY JOHN BLOFELD

Available on Tape as a set of 4 – Cost of Tapes £23.20 including post and packing

Available on CD as a set of 4 – Cost of CD's £31.20

1. Wisdom and Compassion CD140/T029
2. Chinese Buddhism CD141/T059
3. Taoism CD142/T060
4. Buddhism East and West CD143/T101

**THE BUDDHIST SOCIETY**  
**CHANTING LIST**

Cost of CD's £7.80 including post and packing  
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Puja Chanting Tutorial - London Buddhist Vihara CD54/T383

Puja Chanting - London Buddhist Vihara CD55/T384

Buddhist Theravada Worship and Chanting CD56/T385  
Recorded and edited by Anil Goonewardene in Sri Lanka.

Amaravati and Chithurst Sangha CD57/T212  
Bhikkhus and Nuns chanting in Pali and English.

**Morning chanting:**

Dedication of Offerings.

Homage to the Triple Gem.

Salutation to the Triple Gem.

Five subjects for frequent recollection.

Sending forth of Friendliness and Compassion, Joy and Serenity in Pali only

**Evening chanting:**

Dedication of Offerings.

Recollection of the Triple Gem.

Reflections on sharing Blessings in English.

Closing Homage Pali and English

Theravada Chanting i 43:45min-CD58 – **Only available on CD**

Theravada Chanting ii 69:43min-CD59 - **Only available on CD**

Theravada Chanting iii 28:43min-CD60 - **Only available on CD**

Puja/Morning and Evening Chanting iv 54:30min-CD61 – **Only available on CD**

Therava Chanting v recorded in Sri Lanka 1998 36:22min and morning and evening puja 18:00min  
CD62 Both together on one CD

## TRIBUTE TO CHRISTMAS HUMPREYS

Released on the occasion of The 80<sup>th</sup> Anniversary of The Buddhist Society November 2004

All talks were given by CHRISTMAS HUMPHREYS

Cost of individual CD's £7.80 including post and packing

Cost for set of 20 CD's £100 including postage and packing

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4.	How to Cope with Self	CD4
5.	Why Buddhism?	CD5
6.	Approaches to Zen	CD6
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8.	Mahayana Buddhism part 2	CD8
9.	Buddhism Applied	CD9
10.	Buddhism in Action	CD10

### **Volume II**

11.	A Western Approach to Zen	CD11
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13.	The Way Home	CD13
14.	Karma and Poetry	CD14
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17.	Compassion	CD17
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To avoid all evil, to do good,  
to purify the mind- that is the  
teaching of the Buddhas.

**Dhammapada, v.183**

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