



Triratna

resources sheet

Meditation

- ❖ www.wildmind.org – clear introduction to the basic Triratna meditation practices
- ❖ kamalashila.co.uk – Triratna's meditation 'bible' (click on 'book')

Study

- ❖ introduction to Buddhism:
www.freebuddhistaudio.com/study/foundation
- ❖ Canonical material from the Pali Canon:
www.accesstoinsight.org

Audio/Visual

- ❖ Western Dharma talks:
www.freebuddhistaudio.com
- ❖ Ask-a-Buddhist: one-minute video answers!
www.clear-vision.org/Students/AskaBud.aspx

About the Triratna Buddhist Community

- ❖ general: www.thebuddhistcentre.com
- ❖ news: thebuddhistcentre.com/news
- ❖ people: www.people.fwbo.org
- ❖ Facebook: www.facebook.com/triratnabuddhistcommunity

Retreats (in UK)

- ❖ www.goingonretreat.com

Books

- ❖ www.windhorsepublications.com
- ❖ www.sangharakshita.org/online_books.html



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