

## For Free Distribution

### POCKET GUIDES TO BUDDHIST WISDOM

#### Chan Practice Series:

##### **The Effects of Chan Meditation**

In this booklet, Master Sheng Yen discusses the benefits of seated meditation in the context of Chan practice and scientific findings about meditation.

##### **Chan Practice and Faith**

Master Sheng Yen talks about the importance of faith in Chan practice.

##### **In the Spirit of Chan**

This booklet is a short summary of Chan Buddhist thought and expresses some of the basic ideas and methods of Chan. It is a concise survey of the origin and development of Chan Buddhism and an introduction to the essential principles and perspectives of Chan Buddhist theory and practice.

#### Buddhism 101 Series:

##### **The Meaning of Life**

Master Sheng Yen explains the meaning of life through a Buddhist perspective.

#### Buddhism for Beginners Series:

##### **Why Take Refuge in the Three Jewels?**

This booklet is for those who have already read about Buddhism, practiced some the teachings, found them useful, and now wish to proceed further on the path.

#### Daily Dharma Series:

##### **A Happy Family and Successful Career**

Master Sheng Yen offers practical guidelines on a happy family and career success.

##### **The Buddhadharm in Daily Life**

Master Sheng Yen outlines the teachings of the Buddha, and how they can be used to help cease suffering and attain happiness.

#### Buddhist Doctrine Series:

##### **The Bodhisattva Precepts: Directions to Buddhahood**

This booklet explains the meaning of the bodhisattva precepts and the way of integrating the teachings into daily life.

#### East-West Dialogue Series:

##### **Meeting of Minds: A Dialogue on Tibetan and Chinese Buddhism**

This booklet is based on a dialogue between Venerable Master Sheng Yen and His Holiness the 14<sup>th</sup> Dalai Lama.

#### Wisdom Dialogue Series

##### **Wu Ming Exposes Ignorance (NEW!)**

A dialogue between Master Sheng Yen and Jet Li on the topic of ignorance, or the vexations that veil our intrinsic wisdom and compassion.

#### Spiritual Growth Series:

##### **Establishing Global Ethics**

Master Sheng Yen addresses the necessity of inter-faith exchange and dialogues to achieve global peace for humanity.

#### Other Booklets:

##### **Setting in Motion the Dharma Wheel**

Commentary on the Four Noble Truths and guidelines for integrating these guiding principles of Buddhism into daily life.

##### **The Six Paramitas: Perfections of the Bodhisattva Path**

This book explains the Buddhist practice of the six paramitas, how to eradicate self-attachment, and transcend the ocean of suffering.

##### **Master Sheng Yen**

With a short biography of Master Sheng Yen, this booklet outlines the concept of “protecting the spiritual environment”, with basic teachings for modern people to engage in the world and relieve spiritual poverty.

##### **Dharma Drum Mountain**

An introduction to Dharma Drum Mountain, and its founder, Master Sheng Yen.

##### **A Proposition for Living in the 21<sup>st</sup> Century**

A message to transcend all boundaries of faith and promote compassion, wisdom and tolerance.

##### **Dharma Drum’s Eight-Form Moving Meditation: A Learner’s Handbook**

This booklet teaches a practical form of meditation and exercise that can be practiced anywhere and by anyone.

#### Children’s Books

##### **108 Adages of Wisdom—Children’s Illustrated Book (Vol. 1) Easy Live A-mi-lie**

#### CDs:

- How Great is the Dharma Drum!
- Dharma Drum Mountain and Protecting the Spiritual Environment
- Dharma Drum’s Eight-Form Moving Meditation
- Opening the Inexhaustible Treasury Within
- Tilling the Soil, Planting Good Seeds: The 24<sup>th</sup> Anniversary of Chung-Hwa Institute of Buddhist Studies

#### Leaflets:

- Awakening of the True Self
- 108 Paths to Liberation – Part I
- 108 Paths to Liberation – Part II
- The Fivefold Spiritual Renaissance Campaign: A Proposition for Living in the 21<sup>st</sup> Century