

Embodying the Bodhisattva Path in These Challenging Times
February – June 2025
Readings and Resources

The core readings for the Bodhisattva Path program will be about 2-3 chapters from the two core books and a handful of talks/articles each month. The additional resources are not required reading, but I encourage you to explore them, if time and conditions allow, particularly Dr. King's final book, *Where Do We Go From Here?* and Eig's biography of MLK.

Core Readings:

Donald Rothberg, *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*. (2006) Teachings and practices to cultivate and train our heart and engage in the world with wisdom and compassion.

Thich Nhat Hanh. *No Mud, No Lotus*. (2014). Mindful practices to transform suffering and cultivate joy by a beloved teacher who was nominated for the Nobel Peace Prize by Dr. Martin Luther King in 1967.

Additional resources:

Pema Chodron: *Becoming Bodhisattvas: A Guidebook for Compassionate Action* (2018). Commentary on Shantideva's *Way of the Bodhisattva*.

Kazu Haga. *Healing Resistance: A Radically Different Response to Harm*. (2020). An exploration of the true meaning of nonviolence as a path to social change by an activist and trainer in Kingian nonviolence.

Dr. Martin Luther King, Jr. *Where Do We Go From Here: Chaos or Community* (1967). In his final book, written the year before he was assassinated, King looks at the achievements and lessons of the Civil Rights Movement and examines the way ahead.

Dr. Martin Luther King, Jr. "[*The Role of the Church in Facing the Nation's Chief Moral Dilemma*](#)" (25 April 1957).

Jonathan Eig: *King: The Life of Martin Luther King* (2023). The first major biography of MLK in a generation.

Session One: February 9 – March 8, 2025

Rothberg, *The Engaged Spiritual Life*, Intro and Chapters 1-3, pp.1-72

Thich Nhat Hanh, *No Mud, No Lotus*, Chapters 1 and 2, pp. 9-29; and explore the practices on pp. 83-124 at your own pace

Jack Kornfield, "[The Bodhisattva's Path](#)" (Short article)

Jack Kornfield, "[The Bodhisattva Path: Buddhist Psychology](#)" (Dharma Talk)

Tara Brach, "Disarming Our Hearts: Guidance from the Bodhisattva Path" (Dharma Talks, [Part 1](#) and [Part 2](#))

Suggested Daily Meditation Practice and Guided Meditation Resources:

I encourage you to meditate daily for at least 15-30 minutes. A regular meditation practice supports us in learning to open fully to all our experiences, let go of unskillful thoughts and actions, and develop qualities that support well-being and freedom.

If you do not have a regular meditation practice, you might follow one of the courses below, sit in silence, or find another resource on the Internet.

- Tara Brach, [How to Meditate](#)
- [Mindfulness Daily](#) with Jack Kornfield and Tara Brach on Insight Timer (*40 day course to develop a meditation practice*)
- I have four [courses](#) on the Insight Timer app, including a [12-session course](#) to develop or deepen your meditation practice

Whatever your current practice, I encourage you to find time for formal meditation—in silence following the guidance offered in class or using a guided meditation. Here are some guided mindfulness meditations:

Guided Mindfulness Meditations:

- Tara Brach, '[Vipassana \(basic\) Meditation](#)' (15 minutes)
- Hugh Byrne, '[Mindfulness Meditation](#)' (15 minutes)
- Hugh Byrne, '[Five Minute Meditation](#)' (5 minutes)
- Ram Dass, '[Mindfulness Meditation](#)' (18 minutes)
- Thich Nhat Hanh: '[Mindful Breathing](#)' (14 minutes)