**Booklist ~ Metta Forest Monastery**

*Last updated: November 2018*

The following books and recordings are, unless otherwise noted, written, translated, compiled, or recorded by Tōnissaro Bhikkhu. They are distributed for free and sponsored through donations. Shipping is also free of charge, though there are some limitations on international requests. Digital versions of these titles, and some others not in print, can be found at: www.dhammtalks.org. Titles marked with an asterik (*) can be found at: www.forestdhamma.org.

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**How to Request Books**

Please send a letter to the Monastery at:

BOOK REQUEST
METTA FOREST MONASTERY
P.O. BOX 1409
VALLEY CENTER, CA 92082-1409
USA

Please include your full, legible shipping address, and specify the title and the number of copies of each book and/or CD requested. This booklist can also be printed out and mailed to the Monastery with the requested items circled or highlighted.

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**Canonical Texts and Chanting**

**Dhammapada** A collection of verses from the Khuddaka Nikāya.

**Handful of Leaves Vol. 1** Selected discourses from the Dīgha Nikāya.

**Handful of Leaves Vol. 2** Selected discourses from the Majjhima Nikāya.

**Handful of Leaves Vol. 3** Selected discourses from the Samyutta Nikāya.

**Handful of Leaves Vol. 4** Selected discourses from the Aṅguttara Nikāya.

**Itivuttaka** A collection of 112 short discourses from the Khuddaka Nikāya.

**Poems of the Elders** A collection of verses from the Theragāthā and Therīgāthā.

**Sutta Nipāta** A collection of short passages, mostly verse, from the Khuddaka Nikāya.

**Udāna** A collection of exclamations from the Khuddaka Nikāya.

**A Chanting Guide** Pāli passages and suttas with English translations.

**The Buddhist Monastic Code 1 & 2** A two-volume work on the Theravāda monastic code.

**The Question of Bhikkhu Ordination** Collected writings on bhikkhu ordination.

**Thai Forest Tradition**

**Ajaan Lee Dhammadharo**

The Autobiography of Phra Ajaan Lee His account of his adventures in the forests, towns, and cities of Thailand, Burma, and India.

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**Basic Themes** A collection of four treatises: What is the Triple Gem?, The Path to Peace and Freedom for the Mind, Basic Themes, and Duties of the Saṅgha.

**The Craft of the Heart** On developing virtue (sīla), concentration (samādhi), and discernment (paññā).

**Food for Thought & Starting Out Small** An introductory collection of passages on the training of the heart.

**Frames of Reference** A treatise on the four frames of reference (satipaṭṭhāna). Includes the talk, “A Refuge in Awakening.”

**The Heightened Mind** A collection of talks and passages on the attitudes to bring to concentration practice.

**Inner Strength** A collection of sixteen talks.

**Keeping the Breath in Mind & Lessons in Samādhi** A manual on breath meditation. Includes excerpts from five talks.

**The Skill of Release** A collection of passages organized by theme.

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**Ajaan Mahā Boowa ānāsampanno**

**A Life of Inner Quality** A collection of talks given to lay people.

**Arahattamagga Arahattaphala** (translated by Bhikkhu Sīlaratano) Talks given on the culminating stages of his practice.

**Paṭipadā** (translated by Ajaan Paññāvaḍḍho) Accounts of Ajaan Mun’s path of practice, as well as of some of his contemporaries and disciples.

**Straight from the Heart** A collection of talks on dealing with illness and death.

**Things As They Are** A collection of talks, mostly given to the monks at Wat Pa Baan Taad.

**Venerable Ācariya Mun Bhūridatta Thera: A Spiritual Biography** (translated by Bhikkhu Sīlaratano)


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**Ajahn Chah**

**In Simple Terms** A collection of similes.

**It’s Like This** A collection of similes.

**Still, Flowing Water** A collection of eight talks.

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**Other Ajaans**

**Awareness Itself** by Ajaan Fuang Jotiko. Anecdotes about and quotations from Ajaan Fuang.

**Come & See** by Ajaan Funn Ācāro. A collection of three talks along with a short biography.

**A Fistful of Sand** by Ajaan Suwat Suvaco. A collection of talks.

**Gifts He Left Behind** by Ajaan Dune Atulo. Anecdotes about and quotations from Ajaan Dune.

**Mae Chee Kaew: Her Journey to Spiritual Awakening & Enlightenment** by Bhikkhu Sīlaratano. A biography of a student of Ajaan Mun and Ajaan Mahā Boowa.

**Uncommon Wisdom** by Ajaan Dick Sīlaratano. A biography and collected teachings from Ajaan Paññāvaḍḍho, a student of Ajaan Mahā Boowa.

**An Unentangled Knowing** by Upasikā Kee Nanayon. A collection of talks by one of the foremost female teachers in 20th century Thailand.
The Sublime Attitudes On the sublime attitudes (brahmavihāra).
Ten Perfections On the ten perfections (pāramī).

mp3 CDs
Basics 64 introductory Dhamma talks.
Chanting (Audio format) Recordings of chanting.
The Ten Perfections Recordings of an on-line retreat on the ten perfections (pāramī).

Foreign Language Publications
Mainteniendo presente la respiración por Ajaan Lee Dhammadharo. Una traducción en español de Keeping the Breath in Mind, una guía fundamental sobre la práctica de meditación en la respiración.
Avec Chaque Respiration par Thānissaro Bhikkhu. Un manuel de méditation qui repose sur la méthode de méditation sur la respiration du Bouddha et la méthode de méditation sur la respiration d’Ajaan Lee Dhammadharo.

Study Guides by Thānissaro Bhikkhu
Beyond Coping On aging, illness, death, and separation.
The Buddha Smiles On humor in the Pali Canon.
Discernment: The Buddha’s Strategies for Happiness 2 On developing and applying discernment (paññā).
Into the Stream On the first stage of awakening.
Merit: The Buddha’s Strategies for Happiness 1 On how merit (puñña) leads to long-term happiness.
Recognizing the Dhamma On the eight principles for recognizing what is and is not Dhamma-Vinaya.