



The Spiritual Pilgrim

RECOMMENDED READING

As you prepare for your upcoming journey, or perhaps once you are home and want to integrate and dig deeper into the wisdom that is emerging, the following books will be helpful companions for you.

The **top three books** we recommend from both a **historical and philosophical perspective**:

1. **Discovering Buddhism** by Dominique Side
2. **What Makes you Not a Buddhist** by Dzongsar Jamyang Khyentse
3. **Joy of Living** by Yongey Mingyur Rinpoche

Others to consider in this category:

- **How to Meditate** by Kathleen McDonald
- **Noble 8 Fold Path** by Bhikkhu Bodhi
- **Cultivating True Compassion** by Khenchen Thrangu (The Four Boundless)
- **Cave in the Snow** by Vicki Mackenzie (Women in Buddhism; Retreat)
- **Legend of the Great Stupa** by Padmasambhava

Books that explore the **common threads between yoga and Buddhism**:

- **The Wakeful Body** by Willa Blythe Baker
- **Mirror of Yoga** by Richard Freeman

Books about the benefits and power of **pilgrimage**. *Highly recommended* if you are joining us in India for "Sharing the Buddha's Journey"

- **In Love with the World** by Yongey Mingyur Rinpoche
- **Best Foot Forward** by Dzongsar Jamyang Khyentse