

## Living in Samsara: Suffering and Resilience

### 2018 Practice Period

#### Recommended Reading List

There is no specific text for this practice period. These are just a few of the many possible readings that address questions of how to live in a world of suffering and with resilience, an open mind and caring heart. The first four come specifically from the Zen Buddhist tradition. You will also find these questions explored in fiction, poetry, autobiography, memoir and film, so please range widely in your inquiry during this practice period.

\*Bennage, Patricia Dai-En, et. al., *Zen Teachings in Challenging Times*, Temple Ground Press, 2018. Essays by contemporary Soto Zen women teachers, including Myoshin Kate McCandless. Copies available at the zendo for \$18 (proceeds to Mountain Rain)

\*Fischer, Norman, *Training in Compassion: Zen Teachings on the Practice of Lojong*, Shambhala, 2012. Many practices for cultivating resilience. Norman offers a Zen perspective on the Tibetan Lojong teachings.

\*Fischer, Norman, *Taking Our Places: The Buddhist Path to Truly Waking Up*, Harper, 2003. Norman's clear, warm and accessible discussion on the elements of maturity: listening, persistence, connection, meditation, vowing and conduct. These are practice for resilience.

\*Hanh, Thich Nhat, *No Mud, No Lotus: The Art of Transforming Suffering*, Parallax Press, 2014. Clear and accessible.

Hanson, Rick, *Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness*, Harmony Books, 2018. New, only in hardback, by the author of Buddha's Brain. Contains many practices and reflection exercises.

Muller, Wayne, *Legacy of the Heart: The Spiritual Advantages of a Painful Childhood*, Fireside, 1992. A warm, wise book.

Ostaseski, Frank, *The Five Invitations: Discovering What Death Can Teach Us About Living Fully*, Flatiron Books, 2017. From the co-founder of Zen Hospice Project. Another valuable perspective.

Richo, David, *The Five Things We Cannot Change... and the Happiness We Find by Embracing Them*, Shambhala, 2005. Richo is a Jungian therapist who draws on Buddhist teachings, and other wisdom traditions. This and his other books are worthwhile.

Samuelson, Scott, *Seven Ways of Looking at Pointless Suffering: What Philosophy Can Tell Us About the Hardest Mystery of All*, University of Chicago Press, 2018. New, hardback only. Samuelson presents philosophical perspectives in an accessible and thought-provoking way.

Trachtenberg, Peter, *The Book of Calamities: Five Questions about Suffering and its Meaning*, Little, Brown and Co., 2008. Trachtenberg raises good questions, and grapples with them sincerely, travelling and interviewing those who have suffered and survived with resilience.

Young-Eisendrath, P. *The gifts of suffering: Finding insight, compassion, and renewal*. Addison-Wesley, 1996. Another Jungian therapist who is also a long-time Buddhist practitioner.

Zolli, A. and Healy, A. M., *Resilience: Why Things Bounce Back*, Free Press, 2012. Fascinating discussion of individual, community and systems resilience.