

Primary texts on the Six Paramitas

Reb Anderson (2019). *Entering the Mind of the Buddha: Zen and the Six Heroic Practices of the Bodhisattvas*.

Norman Fischer (2019). *The World Could Be Otherwise: Imagination and the Bodhisattva Path*.

Diane Eshin Rizzetto (2019). *Deep hope: Zen Guidance for Staying Steadfast when the work seems hopeless*.

Dale S Wright (2009). *The Six Perfections: Buddhism & the Cultivation of Character*.

Secondary/historical texts

Robert Aitken (1994). *The Practice of Perfection: The Paramitas from a Zen Buddhist Perspective*.

Diane Eshin Rizzetto (2005). *Waking up to What You Do: A Zen Practice for Meeting Every Situation with Intelligence and Compassion*.

Vasubandhu Bodhisattva (circa 300 CE). *Vasubandhu's Treatise on the Bodhisattva Vow: A Discourse on the Bodhisattva's Vow And the Practices Leading to Buddhahood*.

Ārya Nāgārjuna (circa 200 CE). *Nāgārjuna on the Six Perfections: An Ārya Bodhisattva Explains the Heart of the Bodhisattva Path*.

Shohaku Okumura (2012). *Living by vow: A Practical Introduction to Eight Essential Zen Chants and Texts*.

Ayya Khema (1987). *Being Nobody, Going Nowhere: Meditations on the Buddhist Path*.

Primary Body-themed texts

Bessel Van Der Kolk (2014). *The Body Keeps the Score: Brain, Mind, and body in the Healing of Trauma*.

David A. Treleaven (2018). *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*.