

1. Unit One

The Authentic Lineage of Buddha Shakyamuni

My robes are not spiritual, my mala is not spiritual, what is spiritual is the mind and spiritual people are those who seek its nature.

Lama Zopa Rinpoche

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- Welcome
- Recommended Reading List
- Seeking an Inner Refuge – His Holiness the Dalai Lama
- Refuge – Lama Thubten Yeshe
- Four Noble Truths – His Holiness the Dalai Lama
- Eastern Medicine for Western Minds – Venerable Thubten Tenzin
- ABC of Buddhism – Venerable Thubten Chodron (Free booklet)
- Audio Teaching on the Lineage from Venerable Thubten Tenzin
- Questionnaire and Essay Question
- Glossary
- Refuge Prayer

Recommended Reading

Reincarnation – Vicki Mackenzie – Published by Wisdom Publications

If you would like to order the recommended or quoted book, please contact us or it can be purchased through "Mandala Books", "Windhorse" or other book stores.