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The Books

Ven. Ledi Sayadaw

1. [Manual of Mindfulness of Breathing](#)

An extensive manual and guideline for the practice of mindfulness meditation based on breathing.

Ven. Sayadaw U Pandita

1. [The Way to Happiness of Peace](#)

A brief introduction to Buddhism and insight meditation as well as an overview of the defilements of mind (the Ten Armies of Mara).

2. [On the Path to Freedom](#)

A complete guideline and explanation of Vipassana meditation, a must-have for Vipassana practitioners.

Ven. Ajahn Chah

1. [A Tree in a Forest - A Collection of Ajahn Chah's Similes](#)

A collection of sayings by Ven. Ajahn Chah as well as an introduction to the master.

2. [A Taste of Freedom](#)

An introduction to the Buddha's teaching on mind and how to gain peace through meditation in simple and concise English.

Ven. Nyanaponika Thera

1. [The Four Sublime States](#)

Four sublime states of mind have been taught by the Buddha: Loving-kindness (metta), Compassion (karuna), Sympathetic Joy (mudita), Equanimity (upekkha) These four attitudes are said to be excellent or sublime because they are the right or ideal way of conduct towards living beings.

2. [Roots of Good and Evil](#)

An explanation on the roots of good and evil as taught by the Buddha, and the solution to these defilements of mind.

Ven. Suvanno Mahathera

1. [The 31 Planes of Existence](#)

The suttas describe the 31 distinct "planes" or "realms" of existence into which beings can be reborn during their long wanderings through *samsara*. These range from the extraordinarily dark, grim, and painful hell realms all the way up to the most sublime, refined and exquisitely blissful heavenly realms. Existence in every realm is impermanent; in the cosmology taught by the Buddha there is no eternal heaven or hell. Beings are born into a particular realm according to both their past kamma and their kamma at the moment of death.

Ven. Thanissaro Bhikkhu

1. [Dhammapada - A Translation](#)

A must-have book for all Buddhists. In English translation.