

Introduction to Buddha-Dharma and Sōtō Zen Practice

Recommended Reading List

Modern Sōtō Zen Teachers:

Zen Mind, Beginner's Mind: Informal Talks on Meditation and Practice – Shunryu Suzuki
Not Always So: Practicing the True Spirit of Zen – Shunryu Suzuki
Returning to Silence: Zen Practice in Everyday Life – Dainin Katagiri
You Have to Say Something: Manifesting Zen Insight – Dainin Katagiri
Warm Smiles from Cold Mountains: Dharma Talks on Zen Meditation – Reb Anderson
Being Upright: Zen Meditation and the Bodhisattva Precepts – Reb Anderson
Opening the Hand of Thought: Foundations of Zen Buddhist Practice – Kosho Uchiyama
The Wholehearted Way: Commentary on Eihei Dogen's Bendowa – Kosho Uchiyama
Taking the Path of Zen – Robert Aitken
The Practice of Perfection – Robert Aitken
Everyday Zen: Love and Work – Joko Beck

Classical Sōtō Zen Teachers:

The Art of Just Sitting: Essential Writings on the Zen Practice of Shikantaza – Daido Looi
The Roaring Stream: A New Zen Reader – Nelson Foster and Jack Shoemaker
The Sutra of Hui-neng, Grand Master of Zen – Thomas Cleary
Cultivating the Empty Field: Silent Illumination of Zen Master Hongzhi – Taigen Leighton
Moon in a Dewdrop: Writings of Zen Master Dogen – Kazuaki Tanahashi, etc.
Enlightenment Unfolds: Essential Teachings of Zen Master Dogen – Kazuaki Tanahashi
Beyond Thinking: A Guide to Zen Meditation (teachings of Dogen) – Kazuaki Tanahashi
The Heart of Dogen's Shobogenzo – Norman Waddell and Masao Abe
Shobogenzo Zuimonki: Sayings of Eihei Dogen Zenji – Shohaku Okumura
Transmission of Light: Zen in the Art of Enlightenment by Keizan Zenji – Thomas Cleary
Record of Transmitting the Light: Zen Master Keizan's Denkoroku – Francis Cook
Women of the Way: Discovering 2,500 Years of Buddhist Wisdom – Sallie Tisdale

Foundational Teachings of the Buddha:

The Heart of the Buddha's Teaching – Thich Nhat Hanh
Old Path, White Clouds: Walking in the Footsteps of the Buddha – Thich Nhat Hanh
The Life of the Buddha – Bhikkhu Nanamoli
In the Buddha's Words: Anthology of Discourses from the Pali Canon – Bhikkhu Bodhi
The Heart Sutra – Red Pine
A Concise History of Buddhism – Andrew Skilton