



THE PRACTICE BOOK

Dharma Resources

Recommended viewing, to deepen your understanding



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Dharma Resources

A few videos the Venerable recommends, to deepen your understanding of the Buddha-Dharma.



Beneficial supplemental videos for understanding Buddha-Dharma

Dharma-related:

Documentary- The Buddha – PBS Documentary

https://www.youtube.com/watch?v=Vc7_VyVXDLs&t=5343s

108 Prostrations of Great Repentance by BTN (English)

<https://www.youtube.com/watch?v=WNT6ncenIuI&t=259s>

백팔대 참회문 - 나를 깨우는 108 배 (108 Prostration in Korean)

<https://www.youtube.com/watch?v=g5t8zp1MOWw&t=421s>

Bhikkhu Bodhi Audio: Introduction to Buddhism

<https://www.youtube.com/watch?v=4niBATVsdrC&list=PLahooTbMXXrQ0--xPw9L6MOMZyfeTuMeH>

The Four Noble Truths

<https://www.youtube.com/watch?v=UqtFpaw95ME>

Karma Simplified – How your actions shape your future

<https://www.youtube.com/watch?v=Q5ooTbNPjzK>

6 Realms of Existence in Buddhism Explained

https://www.youtube.com/watch?v=ptb_ja0cGa8

The 31 PLANES of EXISTENCE | Buddha's Map of Consciousness

<https://www.youtube.com/watch?v=csHVstoxppU&t=445s>

Is the Buddha a God? Beyond Gods and Humans

<https://www.youtube.com/watch?v=teF1hj3efwk>

If there is no self, who is responsible for Karma?

<https://www.youtube.com/watch?v=vxY7ip08E8g>

Why Consciousness Doesn't End at Death

<https://www.youtube.com/watch?v=aMjQ-5BZDU8&t=2s>

Nirvana in Buddhism

<https://www.youtube.com/watch?v=cVNPT02US2I>

Bodhidharma – “The Wake Up Sermon” – First Zen Patriarch

<https://www.youtube.com/watch?v=-tAEzEtE5K8&list=PLIzcMBAS5iy51MmMEqLRM00mze9NadJbK&index=2>

The Zen Teaching of Huang Po (part 1) – On The Transmission of Mind

<https://www.youtube.com/watch?v=RZcmmWPzEAQ&list=PLWzYrEd1V405FvLkyoszBel6BG02fNnbv&index=68>

Consciousness-related videos that may be helpful:

The Field is Infinitely Powerful – Dr. David R. Hawkins

<https://www.youtube.com/watch?v=HpW-0ch2mIA&t=46s>

Ramana Maharshi – Who Am I? (Nan Yar) – Advaita (NO MUSIC)

<https://www.youtube.com/watch?v=odcYw14ACtw>

TED: Do we see reality as it is?

<https://www.youtube.com/watch?v=oYp5XuGYqqY&list=PLIzcMBAS5iy426X9n8R2r5sWTG6IyI7-U&index=15>



This Practice Book gathers the practice materials of the Bodhicitta Sangha for those newly arrived. Every prayer, sutra, and teaching within is reproduced in the Venerable's own words. May it be of benefit to all who begin here.



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