

Intro to Buddhism in the US: Week 7

A Symphony of Suttas

But first, some more about MBSR and "altered traits"

Link to Ezra Klein/ Rachel Zoffness podcast:

<https://www.nytimes.com/2023/02/21/opinion/17eks-ezra-klein-podcast-rachel-zoffness.html>

Daniel Goleman and Richard Davidson, *Altered Traits* (2017)

The mindfulness meditation suttas: Satthipattana and Anapanasati (and a callout to the Metta Sutta)

Skeptical Buddhism: The Kalama Sutta

Foundations: The Dhammacakkappavattana Sutta and the Dhamapada

Right Living: Mangala Sutta and Abaya Sutta

Forgiveness: Angulimala, Sallatha
and a call-out to Bahiya Sutta for sudden enlightenment

Core Mahayana Sutras: Lotus, Heart and Diamond

Some core Tibetan works