

Curriculum

Bachelor of Arts in Buddhist studies and Humanities

Buddhaghosa Buddhist College (to be affiliated to Lumbini Buddhist University)

Sumangala Vihara, Lukhusi – 6, Patan

Introduction

The course of Bachelor of Arts and Humanities is designed to provide students with academic knowledge on Buddhism, related classical languages such as Pali and Buddhist Sanskrit and the literature thereof and other subjects of Humanities such as Economics, Major English and Rural Development. The prerequisite of this course is Intermediate Level or Higher Secondary Level and priority is given to those who have completed Diploma course in Pali and Abhidhamma, conducted by Sumangala Vihara and Buddha Pariyatti Kovida examination with aforementioned level. This course consists of 14 papers and each paper holds 100 marks. The duration of the course is of three academic years. There are four papers in first year and five papers in each of second and third year. Students will have to sit for the final examination at the end of each academic year.

Grading

Students must participate in classes with minimum 80 percent of attendance to secure a passing grade. The actual mark (0-100) a student obtains for a course is calibrated into a scale ranging from 0-4. It is used to calculate the Grade Point Average (GPA). The minimum pass mark is 40 and the passing grade is 'C-'. The corresponding letters of the Grade Point are as follows:

Key to Grades:

Letter Grade	Grade	GPA	Letter Grade	Grade	GPA
A	80-100	4.0	B-	55-59	2.7
A-	70-79	3.7	C+	50-54	2.3

B+	65-69	3.3	C	45-44	2.0
B	60-64	3.0	C-	40-44	1.7
			F	Below 40	0.0

Assessment

The percentage of Full mark of 100 for each paper is divided into 30 and 70 for two ways of assessment i.e. continuous assessment and evaluation at the end of year respectively. The assesment of each paper is as follows.

Assessment	Percentage Mark/ Percentage Mark Range	
Continuous Assessment		
Assignment/ Mid Term Test / Presentation	20	30
Class Participation	10	
End of year Evaluation		
End of Year Examination	70	70

Proposed Syllabi at a Glance

First Year

Paper	Course Code	CourseTitle	Full Marks
I	ENG 105	Compulsory English	100
II	NEP 106	Compulsory Nepali	100
III	BAB 101	Introduction to Theravāda Buddhism	100
IV	ECO 102	Micro Economics	100
	ENG 103	Western Theory and Literary Theory	
	RD104	R.D. Theories and Approaches of Rural Development	

Second Year

Paper	Course Code	CourseTitle	Full Marks
V	BAB 201	Buddhism in Nepal Maṇḍala	100
VI	BAB 202	i) Pāli Literature I ii) Buddhist Sanskrit Literature I	50 50
VII	BAB 203	Buddhist Ethics	100
VIII	ECO 204	Math and Statics for Economics	100
	ENG 205	Essay and Short Stories	
	RD 206	Rural Economy of Nepal	
IX	ECO 207	Macro Economics	100
	ENG 208	Drama and Film	
	RD 209	Rural Resources and Environment Management	

Third Year

Paper	Course Code	CourseTitle	Full Marks
X	BAB 301	World Religion and Buddhist Philosophy	100
XI	BAB 302	i) Pāli Literature II ii) Buddhist Sanskrit Literature II	50 50
XII	BAB 303	Buddhist Psychology and Meditation	100
XIII	ECO 304	Public Finance and International Trade	100
	ENG 305	English Poetry	
	RD 306	Rural Sociology and Development	
XIV	ECO 307	Nepalese Economy and Development Economy	100
	ENG 308	Critical Thinking and Practical Criticism	
	RD 309	Government, Institutions and Local Rural Governess	

COURSE DESCRIPTION

Course Code	: ENG 105
Course Title	: Compulsory English
Credits	: 3
Core/ Optional	: Core
Objectives	:
Course Content	
References:	

Course Code	: NEP 106
Course Title	: Compulsory Nepali
Credits	: 3
Core/ Optional	: Core
Objectives	:
Course Content	
References:	

Course Code	: BAB 101
Course Title	: Introduction to Theravāda Buddhism
Credits	: 3
Core/ Optional	: Core
Objectives	: To impart a general knowledge on the biography of the Buddha, basic teachings of the Buddha, contemporary religious teachers lived at the time of the Buddha in India and history of Theravāda Buddhism
Course Content	
Unit 1 Life of the Buddha	
1.1.1	Early life of Siddhārtha
1.1.2	Renunciation
1.1.3	Enlightenment
1.1.4	First Sermon
1.1.5	Main Disciples (Sāriputta, Moggallāna, Mahākāsyapa, Ānanda, Upāli, Mahāpajāpati Gotami, Khema, Uppalavaṇṇā, Anāthapiṇḍika, Visākhā,)
1.1.6	Mahāparinibbāna (passing away)
Unit 2 Basic Teachings of the Buddha	
2.1	Four Noble Truths
2.2	Noble Eightfold Path
Unit 3 Contemporary Religious teachers of the Buddha	
3.1	Brahmajāla Sutta
3.2	Jaina Mahāvīra
3.3	Makkhali Gosāla
3.4	Pakudha Kaccāyana
3.5	Ajita Kesakambali
Unit 4 History of Theravāda Buddhism	
4.1	Introduction to Buddhist Councils; (Causes, Proceedings and effects)
4.2	Buddhist mission of Asoka
References :	
Bapat, P.V.(ed.), 2500 Years of Buddhism, Delhi: The Publications Division Ministry of Information and Broadcasting Government of India, 1956.	
Conze, E., (New ed.), A Short History of Buddhism, Oxford: Oneworld 1993.	
Dhammananda, K., Buddhism as a religion, Kuala Lumpur: Sasana Abhiwurdhi Wardana Society, 1994.	
Hirakawa, Akira, A History of Indian Buddhism: From Shakyamuni to Early Mahayana, Delhi, Motilal Banarsidass, 1993.	

Dutt, Sukumar, *Early Buddhist Monachism, 600 BC – 100 BC*, Oxon: Routledge, 2000.
Rahula, Walpola (Sec. ed.): *What The Buddha Taught*, New York: Grove Press, 1974.
Narada (reprint): *Buddha and His teachings*, Taipei: The Corporate Body of the Buddha Educational Foundation, 1998.
Gombrich, R.F. : *Theravada Buddhism: A social history from ancient Benares to modern Colombo*, London and New York: Routledge and Kegan Paul, 1988.
Wijesekara, O.H.De. *The Three Signata*, Kandy: B.P.S, 1982.
Hazra, Kanai Lal, *History of Theravada Buddhism in South-East Asia*, New Delhi: Munshiram Manoharlal, 1932 (reprint).
Seneviratna, Anuradha, *King Aśoka and Buddhism*, Kandy: BPS, 1994.

Course Code	: BAB 201
Course Title	: Buddhism in Nepal Maṇḍala
Credits	: 3
Core/ Optional	: Core
Objectives	: To make acquainted with Nepal Maṇḍala and give a general knowledge on various aspects of Nepal Maṇḍala such as history of Buddhism, Buddhist festivals, important Buddhist sites, great Buddhist teachers, Nepalese language and literature.
Course Content	
Unit 1 Introduction to Nepal Maṇḍala	
Unit 2 History of Buddhism in Nepal	
2.1 Visit of Sākyamuni Buddha to the Kathmandu valley	
2.2 Contribution of the Licchavi rulers to the promotion of Buddhism in Nepal	
2.3 Rise and fall of Buddhism in the medieval Nepal Maṇḍala	
2.4 Buddhism in Nepal in Malla, Śāh and Rāṇā Periods	
2.5 Buddhist Vihāras of Nepal Maṇḍala	
Unit 3 Buddhist festivals of Nepal Maṇḍala	
3.1 Pañca Dāna,	
3.2 Samyak Dāna,	
3.3 Kaṭhina,	
3.4 Mahā Paritrāṇa,	
3.5 Buddha jayanti	
Unit 4. Important Buddhist sites of Nepal Maṇḍala	
4.1 Swayambhunātha,	
4.2 Asoka Stupas	
4.3 Mahā Bouddha,	
4.4 Four Karuṇāmayas	
Unit 5 Great Buddhist Teachers in Nepal Maṇḍala	
5.1 Theravāda,	
5.2 Vajrayāna	
5.3 Mahāyāna	
Unit 6 Nepalese Language and literature	
6.1 Short history of Nepal language and Literature	
6.2 Alphabet of Nepal Bhāṣā	
6.3 Drama : Śudarsan Mahāsthavira, Ambapāli	
6.4 Gyānamālā Bhajan	
6.6 Arhat Nanda Mahākāvya	
References:	
Bhajracharya, Manavajira, Mythological History of the Nepal Valley from Swayambhu Purana, Kathmandu: Avalok publishers, 1978.	
Bhajracharya, Nareshman, Buddhism in Nepal	
Amritananda, Bhikshu, A short History of Theravada Buddhism in modern Nepal, Kathmandu:	

- Anandakuti Vihara trust, 1986 (reprint).
- Petech, Luchiano, Medieval History of Nepal
- Rajendra Ram, A History of Buddhism in Nepal
- Shakya, Min Bahadur; A short History of Buddhism in Nepal
- Locke, John.K, Buddhist Monasteries of Kathmandu Valley, Kathmandu: Sahayogi press, 1985.
- Singh, Mahanjeet, Nepal mandala, Princeton: Priceton University College press, 1986.
- Locke.john K, Karunamaya, The cult of Avalokiteshvara, Kathmandu: CNAS, 1980.
- Bhajracharya Ranjana; Panchadan Boudha Parva, Kathmandu Shakya Ja, 2056 (B.A.).
- Bajracharya, B.R, Buddhism of Nepal, Kathmandu: Anadakuti Trust, 1986.
- Dharmaloka, Bhikshu, Buddhism in Nepal (tranlated from Hindi into English), Kathmandu: Bhikshu Dharmaloka, Shreegha Vihara, 1962.
- Landon, Perceval, History of Nepal 2 Vols. Delhi: Adarsha Enterprises, 2001 (reprint).
- Regmi. D. R., Ancient Nepal, Calcutta: Firma K. L. Mukhopadhyay, 1960.
- Medieval Nepal, Part I, Calcutta: Firma K. L. Mukhopadhyay, 1965.
- Modern Nepal, 2 Vols., Calcutta: Firma K. L. Mukhopadhyay, 1975.
- Pradhan, B. L., Budhism in Nepal (Nepali), Kathmandu: Royal Nepal Academy, 1990.
- Regmi, J. C., Nepalko Dhārmik Itihās (Nepali), Kathmandu: Ratna Pustak Bhandara, 1984.

Course Code	: BAB 202
Course Title	: i) Pāli Literature I
Credits	: ii) Buddhist Sanskrit Literature I : 3
Core/ Optional	: Core
Objectives	: To provide the basic knowledge on history of Pāli literature including Pāli Tripiṭaka, Buddhist literature in hybrid Sanskrit such as Buddhist Sanskrit canonical works, the Mahāvastu Avadāna and Nava Dharma paryāya (Vaipulya) Sūtras with their prescribed texts.
Course Content	
i) Pāli Literature I	
Unit 1 History of Pāli literature	
Unit 2 Introduction to Pāli Tripiṭaka	
2.1 Sūtra Piṭaka	
2.2 Abhidharma Piṭaka	
2.3 Vinaya Piṭaka	
Unit 3 Prescribed Texts	
3.1 Mangala Sutta, Metta Sutta, Dhammacakka Sutta	
3.2 Thera Gāthā	
3.3 Theri Gāthā	
3.4 Dhammapadaṭṭhakathā, Maṭṭakuṇḍali Vatthu, Dhammika Upāsaka Vatthu, Devadatta thera Vatthu.	
ii) Buddhist Sanskrit Literature I (Buddhist Literature in hybrid Sanskrit)	
Unit 1. Buddhist Sanskrit Canon (Sūtra, Vinaya and Abhidharma piṭakas)	
Unit 2. Introduction to the Mahāvastu Avadāna	
Unit 3. Nava Dharma paryāya (Vaipulya) Sūtras	
Unit 4. Prescribed Texts:	
4.1 Mahāvastu Avadānam, Śyāmaka Jātakam, (Vol. II, pp. 209-219, ed. of E. Senart)	
4.2 Lalita-Vistara, 2 nd Chapter, Samutsāha Parivarta	
4.3 Saddharmapuṇḍarīka Sūtram, 2 nd Chapter, Upāyakauśalya Parivarta	
4.4 Aṣṭasāhasrikā - Prajñā - Pāramitā Sūtram, 2 nd Chapter, Śakra Parivarta	
References:	
Law, B. C., A History of Pali Literature (2Vols.), Delhi: Indological Book House, 1980.	
Winternitz, M., A History of Indian Literature (Vol. II), Delhi: Motilal Banarsidass, 1993 (reprint).	
Piplayana, Madhukar, Tripiṭaka Parichaya, New Delhi: Samyaka Prakashana, 2005.	
Sastri, Dwarikadasa (tr.), Dhammapadaṭṭhakatha Prathama Vagga, Varanasi: Mahatma Gandhi Kasi Vidyapitha, 2000.	

- Upadhyay, Bharat Singh, Pāli Sahityakā Itihās, Allahabad: Hindi Sahitya Sammelan, 2000.
- Hazra, Kanai Lal, Pali Language and Literature Vol.II, New Delhi: D.K. Printworld Pvt Ltd, 1994.
- Wimalakirti, (tr. & ed.), Thera Gāthā, Delhi: Samyak Prakashan, 2005.
- (tr& ed.), Their Gāthā, Samyak Prakashan, 2008.
- Nariman, J.K., Literary History of Sanskrit Buddhism, Delhi: Motilal Banarsidass, 1992 (3rd ed. of 1st ed. In 1919).
- Edgerton, Franklin, Buddhist Hybrid Sanskrit Grammar and Dictionary, Vol. I, II, Delhi: Motilal Banarsidass, 1972 (3rd ed. of 1st ed. in 1953).
- Pande, Govind Chandra, Studies in the Origins of Buddhism, Allahabad: University of Allahabad, 1957.
- Senart, E. (ed.), Mahāvastu Avadānam Vol. II, Paris: A L'imprimerie Nationale, 1890.
- Jones, J.J. (tr.), The Mahāvastu, Vol. II, London: Luzac & Company Ltd., 1952.
- Rahula, Rev, Telwate, A Critical Study of the Mahāvastu, Delhi: Motilal Banarsidass, 1978.
- Vaidya, P.L (ed.), Lalitavistara, Darbhanga: The Mithila Institute, 1956.
- Vaidya, P.L. (ed.), Saddharmapuṇḍarīka Sūtram, Darbhanga: The Mithila Institute, 1960.
- Mitra, Rajendra Lala (ed.), Aṣṭasāhasrikā - Prajñā - Pāramitā Sūtra, Calcutta: The Asiatic Society of Bengal, 1888.

Course Code	: BAB 203
Course Title	: Buddhist Ethics
Credits	: 3
Core/ Optional	: Core
Objectives	: To give basically the knowledge on positive and negative aspects of Buddhist morality and ethics.
Course Content	
<p>Unit 1. Concepts of right and wrong</p> <p>Unit 2 Introduction to Buddhist Ethics</p> <p>Unit 3 Trisikṣā ; Sīla, Samādhi, Paññā</p> <p>Unit 4 Positive and negative aspects of Sīla (Cāritta, Vāritta)</p> <p>Unit 5 Ethics for the laity: Sigālovāda, Vyagghapajja Suttas</p> <p>1.1 Social Ethics and Family Life</p> <p>1.2 Buddhist Ethics to castes and Gender</p> <p>Unit 6 Ethics as a foundation of Ultimate Happiness (Visuddhimagga)</p>	
References:	
<p>Saddhatissa, H., Buddhist Ethics, Somerville: Wisdom Publication, 1997 (reprint of 1st pub. in 1970).</p> <p>Harvey, Peter, An Introduction to Buddhist Ethics, Cambridge: Cambridge University Press, 2000.</p> <p>Keown, Damien, The Nature of Buddhist Ethics, New York: Palgrave Macmillan, 1992.</p> <p>Gowans, Christopher, Buddhist Moral Philosophy: An Introduction, New York: Routledge, 2016.</p> <p>Goodman, Charles, Consequences of Compassion: An Interpretation and defence of Buddhist Ethics, Oxford: Oxford University Press, 2009.</p> <p>Narada Thero, Every Man's Ethics: Four Discourses by the Buddha (WH 14), Kandy: BPS, 1985.</p>	

Course Code	: BAB 301
Course Title	: World Religion and Buddhist Philosophy
Credits	: 3
Core/ Optional	: Core
Objectives	: To impart a basic knowledge on main religions of the world such as Hinduism, Jainism, Christianity, Islam and on early Buddhist philosophical aspects with their backgrounds.
Course Syllabus	
<p>Unit 1. Introduction to Hinduism, Jainism, Christianity, Islam</p> <p>Unit 2. Life of Jain Mahāvīra, Kṛiṣṇa, Jesus Christ and Muhammad</p> <p>Unit 3. Basic teachings of Bhagavat Gītā</p> <p>Unit 4. Teachings of the holy Quran</p> <p>Unit 5. Teachings of Holy Bible</p> <p>Unit 6. Theories of acquiring knowledge</p> <p>6.1 Veda, 6.2 Brāhmaṇa, 6.3 Upaniṣad</p> <p>Unit 7. Introduction to Buddhist Philosophy</p> <p>Unit 8. Traditionalists, Rationalists, Experientialists</p> <p>Unit 9. Ways and means of searching truth in Buddhism (Kālāma Sutta)</p> <p>Unit 10. Man and Personality</p> <p>Unit 11. Doctrines of Aniccatā, Dukkhatā, Anattatā (Impermanence, Suffering and Nonself)</p> <p>Unit 12. Paticca - Samuppāda(dependent origination)</p> <p>Unit 13. Sunyatā (Emptiness) and Nibbāna</p> <p>Unit 14. Theories of Apoha and Pramāṇa</p>	
References:	
<p>Robert H. Thouless, Christianity and Buddhism</p> <p>Ratzinger, Joshep (translated from original German), Introduction to Christianity, California: Ignatius Press, 2004.</p> <p>Flood, Gavin D., An Introduction to Hinduism, Stirling: University of Stirling, 1996.</p> <p>TheVista (ed.), An Introduction to Islam and its principles, Pete Seda: Al-Haramain Foundation, 2002.</p> <p>Long, Jefery D., Jainism: An Introduction (Introductions to Religion), London: I.B. Tauris, 2009.</p> <p>Jayatilake, K.N., Early Buddhist theory of knowledge, London: George Allen and Unwin Ltd., 1963.</p> <p>Nanananda, Katukurunde, Bhikkhu, Concept and Reality in early Buddhist Thought, Kandy: BPS, 2012.</p> <p>Kalupahana, J. David, A History of Buddhist Philosophy, Honolulu: University of Hawaii Press, 1992.</p> <p>Jayatilake, K.N., Facets of Buddhist Thought, Kandy: BPS, 2009.</p>	

Course Code	: BAB 302
Course Title	: i) Pāli Literature II
Credits	: ii) Buddhist Sanskrit Literature II : 3
Core/ Optional	: Core
Objectives	: To introduce pāli Aṭṭhakathā (commentary), Vaṃsa and Prakaraṇa literature which were composed in Sri Lanka and Buddhist literature in Classical Sanskrit with their textual studies.
Course Content	
i) Pāli Literature II	
Unit 1 Introduction to Pāli literature of Sri Lanka	
1.1 Pāli Aṭṭhakathā Literature	
1.2 Pāli Vaṃsa Literature	
1.3 Pāli Prakaraṇa Literature	
Unit 2. Buddhaghosa and his contribution to the Theravāda Buddhism	
Unit 3. Prescribed Texts	
3.1 Visuddhi - Magga, Cattāri Ariya Saccāni,	
3.2 Madhupiṇḍika Sutta with commentary,	
3.3 Cullakammavibhanga sutta with commentary,	
3.4 Mahāsatipaṭṭhāna Sutta with commentary	
ii) Buddhist Sanskrit Literature II (Buddhist Literature in Classical Sanskrit)	
Unit 1. Aśvaghōṣa and his works	
Unit 2. Nāgārjuna and his works	
Unit 3. Āryaśūra and his works	
Unit 4. Vasubandhu and his works	
Unit 5. Asaṃga, Maitreyaṇātha and their compositions	
Unit 6. Śāntideva and his works	
Unit 7. Prescribed Texts	
7.1 Buddhacarita – I canto – 1-30 verses	
7.2 Mulamādyamikakārikā, 22 nd Chapter	
7.3 Jātakamālā, Vyagrī Jātakam	
7.4 Bodhicaryāvatāra, 9 th Chapter; Prajñā Pāramitā	
References	
Law, B. C., A History of Pali Literature (2Vols.), Delhi: Indological Book House, 1980.	
Upadhyay, Bharat Singh, Pali Sahityakā Itihās, Allahabad: Hindi Sahitya Sammelan, 2000.	
Winternitz, M., A History of Indian Literature (Vol. II), Delhi: Motilal Banarsidass, 1993	

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Law, B.C., The Life and works of Buddhaghosa, New Delhi, 1997.

Hazra, Kanai Lal, Pali Language and Literature Vol.II, New Delhi: D.K. Printworld Pvt Ltd, 1994.

Hinuber, Oskar Von, A Handbook of Pali Literature, Berlin, New York: Walter de Gruyter, 1996.

Nariman, J.K., Literary History of Sanskrit Buddhism, Delhi: Motilal Banarsidass, 1992 (3rd ed. of 1st ed. In 1919).

Johnston, E.H., The Buddhacarita Part I & II, Calcutta: Baptist Mission Press, 1936.

Kern, H. (1914), ĀryaśūraJātakamālā, Harvard Oriental Series, Vol. I, Harvard Press.

Poussin, Louis de La Valle (1903), Mūlamadhyamakakārikās – De Nāgārjuna, Bibliotheca Buddhica, IV, St. Petersburg.

Anacker, Stefan (1984), Seven works of Vasubandhu, Motilal Banarsidass, Delhi.

Gonda, Jan (ed. 1981), A History of Indian Literature, Vol. VII, Fasc. I, Rugg, David Seyfort (Author), The Literature of the Madhyamaka school of Philosophy in India, Otto Harrassowitz, Wiesbaden.

Poussin, Louis De La Vallee, Bodhicaryāvatāraṅgikā, London: Luzac, 1902.

Course Code	: BAB 303
Course Title	: Buddhist Psychology and Meditation
Credits	: 3
Core/ Optional	: Core
Objectives	: To provide with a general knowledge on Buddhist psychological aspects and on Buddhist meditations such as Samatha, Vipassanā with their ways of practices in Myanmar, Thailand and Sri Lanka.
Course Content	
<p>Unit 1. Introduction to Buddhist Psychology</p> <p>Unit 2 . Mind and Matter (Nāma-Rūpa)</p> <p>Unit 3. Emotion and Motivation</p> <p>Unit 4. Mental Factors (Cetasika)</p> <p>Unit 5. Viññāna (Perception)</p> <p>Unit 6. Samatha Meditation (Introduction)</p> <p>6.1 . 40 Objects of concentration</p> <p>Unit 7. Vipassanā Meditation (Meaning and Objectives)</p> <p>7.1 Kayānupassanā</p> <p>7.2 Vedanānupassanā</p> <p>7.3 Cittānupassanā</p> <p>7.4 Dhammānupassanā</p> <p>Unit 8. Methods and practices of “Ānāpānasati” Meditation in</p> <p>8.1 Myanmar,</p> <p>8.2 Thailand</p> <p>8.3 Sri Lanka</p>	
References:	
<p>Kalupahana, J. David, The Principles of Buddhist Psychology, Albany: State University of New York Press, 1987.</p> <p>Karunaratne, W.S, Buddhist Psychology,.</p> <p>Sarachchandra, E.R,. Buddhist Psychology of Perception, Nedimala: Buddhist Cultural Centre, 1994.</p> <p>De Silva, Padmasiri, The Psychology of Emotions in Buddhist Perspective, Kandy: BPS, 1976</p> <p>Nyanaponika Thera, The four sublime states, Kandy: BPS, 1999.</p> <p>De Silva,. Padmasiri, An Introduction to Buddhist Psychology, London: Palgrave Macmillan, 2000.</p> <p>Karunaratne, W.S,. Chetana in Buddhist Psychology</p> <p>Bhante Henepola Gunaratana: Mindfulness in Plain English</p> <p>Jack Kornfield: A Path with Heart, New York: Bantam Books, 1993.</p> <p>Mahasi Syadow, (translated from the Burmese by U Pe Thin & Myanaung U Tin), Practical Insight Meditation, Kandy: BPS, 1994.</p> <p>Bhikkhu Nanamoli (tr.); Visuddhimagga, The Path of purification, Kandy:BPS, 1991 (reprint).</p> <p>Francis Story: Buddhist Meditation, Kandy: BPS, 1986.</p>	

Goenka S.N. : Meditation Now... Inner Peace through Inner Wisdom, Onalaska, Vipassana Research Institute, 2002.

Sayadow U Pandita, Timeless wisdom, Walnut Creek: Saddhamma Foundation, 2011.