



FWBO

resources sheet

Meditation

- ❖ www.wildmind.org – clear introduction to the basic FWBO meditation practices
- ❖ kamalashila.co.uk – the FWBO's meditation 'bible' (click on 'book')

Study:

- ❖ introduction to Buddhism:
www.freebuddhistaudio.com/study/foundation
Canonical material from the Pali Canon:
www.accesstoinight.org

Audio/Visual

- ❖ Western Dharma talks:
www.freebuddhistaudio.com
- ❖ Ask a Buddhist: 1-minute video answers!
www.clear-vision.org/Students/AskBud.aspx

About the FWBO:

- ❖ general: www.fwbo.org
- ❖ news: www.fwbo-news.org
- ❖ people: www.people.fwbo.org
- ❖ Facebook: [www.facebook.com/
FriendsoftheWesternBuddhistOrder](http://www.facebook.com/FriendsoftheWesternBuddhistOrder)

Retreats (in UK)

- ❖ www.goingonretreat.com

Books

- ❖ www.windhorsepublications.com
- ❖ www.sangharakshita.org/online_books.html



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