



# Resource Pack 1 for those new to the Triratna Buddhist Community

This pack aims to give you a selection of background information to the Triratna Buddhist Community and our approach to Buddhism. Its companion, Resource Pack II, covers the main meditation practices and ceremonies that we practice.

Both are intended for people who've fairly recently contacted us and want to know more: there's lots of leads to further material on who we are and what we do - even what we look like! Most of it is available for free on the internet.

Suggestions for inclusion in future editions are welcome, please contact the Triratna Development team via [info@triratnadevelopment.org](mailto:info@triratnadevelopment.org)

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## Where to find stuff...

The Triratna Buddhist Community has a rich collection of Dharma and meditation resources, much of it available for free on the internet. At the same time, it is a very decentralised movement, which results in a plethora of websites. This section aims to give you a one-stop guide for at least some of what is available.

### Recommended reading

Four Reading Lists have been compiled for those wanting to explore Triratna 's Dharma teaching in more depth. They are printed following this section, and cover -

- Meditation
- Introductory
- Going deeper
- Mitra Study

### Sangharakshita's books and other Triratna publications

may be obtained from Centre bookshops, or the Triratna Buddhist Community's publishing house Windhorse Publications - see their website [windhorsepublications.com](http://windhorsepublications.com)

Many of Sangharakshita's books, including his memoirs, poetry, and many Dharma books, are available free online from his website at [sangharakshita.org/online\\_books.html](http://sangharakshita.org/online_books.html)

### Online Dharma talks

Free Buddhist Audio offers over 1,000 online talks for free download by Sangharakshita and other Order Members. Find them at [freebuddhistaudio.com](http://freebuddhistaudio.com) Their 'community pages' host talks from many local Triratna centres, including non-UK centres and in various languages.

### Study material



The Triratna Buddhist Community has an excellent Foundation Course for anyone wanting to learn the basics of Buddhism. Most Triratna Centres offer study groups exploring the Course - group study is the recommended way to engage with it. It's also available online at [thebuddhistcentre.com/mitra](http://thebuddhistcentre.com/mitra)

Following on from the Foundation Course is a new three-year Dharma Training Course for Mitras, also offered at most Triratna Centres and available as downloadable PDFs from the same website.

Two other sections of the FreeBuddhistAudio site contain the full text of most of Sangharakshita's lectures (at [freebuddhistaudio.com](http://freebuddhistaudio.com)) and the unedited text of most of his seminars (over 12,000,000 words!), also at [freebuddhistaudio.com](http://freebuddhistaudio.com) Happy reading!

## Contact details for Triratna Buddhist Community Centres

Almost every Triratna centre has its own website, and details of these can be found at <http://thebuddhistcentre.com/contact>

## Details about retreats

may be obtained from Triratna Centres. Details of most UK Triratna retreats and some international ones can be seen on [goingonretreat.com](http://goingonretreat.com)

The Triratna Buddhist Community has nearly 20 retreat centres around the world, including 8 or more in UK. Each has its own unique flavour: the only way to find what they are is of course to try them out! The names of the main ones are -

### UK

Buddhafield  
Buddhafield North and East  
Dhanakosa  
Dharmapala College  
Padmaloka  
Rivendell  
Taraloka  
Tiratanaloka  
Vajraloka  
Vajrasana

### EUROPE

Abhayaloka (Finland)  
Akasavana (Spain)  
Dharmagiri (Sweden)  
EcoDharma (Spain)  
Guhyaloka (Spain)

### INDIA

Bhaja  
Bor Dharan  
Dhammakranti

### REST of WORLD

Aryaloka (USA)  
Sudarshanaloka (New Zealand)  
Vijayaloka (Australia)  
Sagaraloka (Sri Lanka)



## Young people's Dharma

The best way to hook up with other young Buddhists in the Triratna Buddhist Community is through [thebuddhistcentre.com/youngbuddhists](http://thebuddhistcentre.com/youngbuddhists)  
Most Triratna Centres have someone focusing events for new young people coming along.

## Children and schools' Dharma material

The **Clear Vision Trust**, at [clearvision.education](http://clearvision.education), offers a wide range of teaching materials for schools, tailored to the UK curriculum.

It includes their very popular **Ask a Buddhist** service - a series of short video clips with some answers to some of the commonest questions Buddhists tend to get asked, with many answers from younger Buddhists and Buddhists from other traditions.

## What we look like

Photos of Triratna Centres are at **Triratna Photos** [flickr.com](https://www.flickr.com/photos/triratna/) where you'll find a library of over 5,000 photos of Triratna Centres, shrines, and more.

There are lots of video clips of Bhante/ Order Members / other people in the Triratna Buddhist Community online: these are good places to start:  
[youtube.com/user/clearvisiontrust](https://www.youtube.com/user/clearvisiontrust) and [vimeo.com/clearvisiontrust](https://www.vimeo.com/clearvisiontrust)

## Triratna History and archives

Clear Vision also hold Triratna's photo archive: at time of writing it is not quite clear where they will be available but go via their main site: [clearvisiontrust.org](http://clearvisiontrust.org)  
It contains many historic images of Sangharakshita, the early days of the FWBO and TBMSG in India.

## More about the Triratna Buddhist Community

Triratna News is the main channel for keeping up to date with what's happening around the world-wide Triratna Buddhist Community. It's at [thebuddhistcentre.com/news](http://thebuddhistcentre.com/news)

Our main website is at [thebuddhistcentre.com](http://thebuddhistcentre.com) - it's great!  
There's a Facebook page at [facebook.com/triratnabuddhistcommunity](https://www.facebook.com/triratnabuddhistcommunity), plus pages for many local Triratna groups.



## Social Engagement

The Triratna Buddhist Community has always combined dharma practice with social engagement. Triratna Bauddha Mahasangha, the Indian wing of the Movement, runs a very wide range of social projects, many funded by the [Karuna Trust](#).

In the West, recent years have seen a rapid rise in Triratna projects directed towards people suffering from pain, stress, addiction, and depression; mostly using mindfulness-based material such as MBCT. Breathworks and Breathing Space are the two largest, at [breathworks-mindfulness.org.uk](#) and [breathingspacelondon.org.uk](#). Bodywise is another Triratna 'brand' offering a wide range of exercise and treatments.

And in the Spanish mountains, EcoDharma ([ecodharma.com](#)) is a Triratna retreat centre dedicated to exploring how the Dharma can support the development of an ecological consciousness.

## Fundraising

The [Karuna Trust](#) has been Triratna's main fundraising project, raising well over £1 million/year for a wide range of social and Dharma work in India.

In more recent years, [Future Dharma Fund](#) has been created which aims to facilitate the 'passing on' of what Sangharakshita has given us, funding projects and new initiatives that foster Triratna contexts in the modern world.

Others include the [India Dhamma Trust](#) (raising money for Ordination training in India) and the [Abhayaratna Trust](#) (supporting Order Members in financial hardship)

## Beyond English

Triratna Translations, available at [thebuddhistcentre.com/translations](#), lists most existing translations of Triratna Buddhist Community literature into the major world languages, including texts published on the web. There's a lot available in Spanish, French, German, and Dutch - and Hindi and Marathi in India.

## Going deeper

If you're looking to get deeper involved in the Triratna Buddhist Community, we'd recommend this booklet [Becoming a Mitra](#)

If you want to deepen further your practice of the Dharma and your involvement with our Sangha, you will probably be considering asking for Ordination into the Triratna Buddhist Order.

In the UK, Padmaloka and Tiratanaloka retreat centres specialise in helping men and women respectively prepare to enter the Order. Both produce handbooks outlining what they offer and what is expected; Tiratanaloka has theirs online at



<https://tiratanaloka.org.uk/our-handbook>. Contact Padmaloka for theirs:  
[padmaloka.org.uk/contact](https://padmaloka.org.uk/contact).

For people keen to do Dharma study, but not living close to any of our existing Centres, Suvarnagarbha in Sheffield offers mentoring assistance and friendly support online and by phone, both on a dana basis. Contact him by email:  
[suvarnagarbha@hotmail.co.uk](mailto:suvarnagarbha@hotmail.co.uk).

## **Contents of Resource Pack II**

This Pack complements this Resource Pack and includes short introductions to meditation and Buddhism as practiced in the Triratna Buddhist Community, plus the text of the main ceremonies used.

### introductions

a short introduction to meditation

a short introduction to Buddhism

a short introduction to the Triratna Buddhist Community

### basic Triratna texts

The Threefold Puja

The Dedication Ceremony

The Sevenfold Puja

the Refuges and Precepts

The Heart Sutra

