



Buddhist Resources for Parents

Books Used in the RGL Program this rotation

Buddha by Demi This lovely book is available at the library and tells the full story of the Buddha's life and teachings. This book is available from the Lincoln County Library System.

Buddha Stories by Demi Based on the blue and gold scriptural works of ancient China, the book itself is a piece of art! The Jataka tales (previous lives of the Buddha) it contains are like Aesop's Fables. We took the time to connect UU principles with some of the tales. It would be fun to read the entire work over the course of a week or so and have the child guess the moral of the story as well as how it connects to Unitarian Universalism. This book is available from the Lincoln County Library System.

Each Breath a Smile: Thich Nhat Hahn (Sister Susan). This simple little book is about returning to the breath as a way to create peace and calmness within. This would be a great night-time book to teach the most basic and non-doctrinal form of prayer and meditation: abiding in the breath. Available in our church library.

Good Heart by Anjani O'Connell More Jataka Tales that share the life of the Buddha. Available in our library at church.

The Hermit and the Well by Thich Nhat Hahn. A gentle tale of finding wisdom in mindfulness, rather than through the eyes of another. Teaches UU kids the importance of being present to one's own ideas and experiences. This book is available in our church library.

The Wisdom of the Crows and Other Buddhist Tales retold by Sherab Chodzin and Alexandra Kohn. Animal Jataka Tales that allow UU kids to chew on moral and ethical issues in a language that is simple and fun. This book is available in our church library.

DVDs in our library

Little Buddha: A double tale of an American reincarnation of an important Lama and the life story of Buddha. Suggested for children third grade to adult.

Kundun: The breathtakingly lovely film about the life of the Dalai Lama. Suggested for Jr. High and older. Does contain some scenes of violence as the Chinese move into Tibet, but the film overall is a masterpiece of music and cinematography.

Religions of the World: Our World Faiths: This animated DVD contains the stories of Christianity, Judaism, Buddhism, Sikhism, Sufism, Hinduism and Confucianism. A superb DVD to add to your child's viewing collection. Each portion runs about 15 minutes long.