

Secular Buddhism - Some resources...

Stephen Batchelor

Some of his books:

Buddhism without Beliefs (1998)

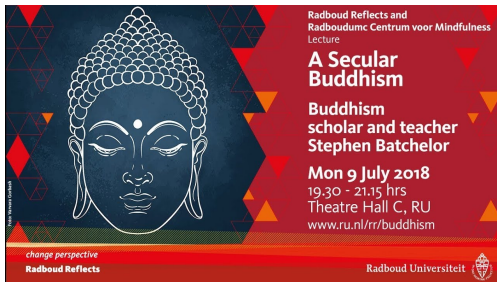
Confessions of a Buddhist Atheist (2010)

After Buddhism: rethinking the Dharma for a Secular Age (2015)

Secular Buddhism: Imagining the Dharma in an uncertain world (2017)

Article in Tricycle magazine: *A Secular Buddhist*: <https://tricycle.org/magazine/secular-buddhist/>

You can find lots of talks online but here is one on Secular Buddhism on youtube:



Some other books

Why Buddhism is True (Robert Wright) - interesting book exploring the 'rational' parts of Buddhism and why it's more than just a tool for mindfulness.

The Science of Meditation (Daniel Goleman and Richard J. Davidson) - outlining some of the scientific research into the practice of meditation

Secularising Buddhism: New Perspectives on a dynamic tradition (ed. Richard K. Payne) - a recent book of essays; only for those taking more a deep dive!

Other resources

Buddhism for Beginners - an overview of the religion from Tricycle magazine; mentions all traditions including secular buddhism: <https://tricycle.org/beginners/>
Tricycle is a USA publication (magazine and digital) with many interesting articles. The main website allows you to see a couple of articles a month without subscribing: <https://tricycle.org/>

Secular Buddhism podcast: The podcast is geared toward people who are not interested in practicing Buddhism as a religion. Each episode explores a specific topic, concept, or idea and how it can be applied to everyday life: <https://secularbuddhism.com/>

Secular Buddhist Association: [American organisation] <https://secularbuddhism.org/>

Secular Buddhist Network: <https://secularbuddhistnetwork.org/>

Zen studies podcast - interesting and friendly podcast about zen tradition particularly, with elements of tradition often explained without assuming any belief in metaphysical realities, although may be too 'religious' in feel for some: <https://zenstudiespodcast.com/>

The Buddhist Society: founded in 1924, with the object "to publish and make known the principles of Buddhism and to encourage the study and practice of those principles." Their website also states it is 'not a particular school but mainly lay people who are interested in Buddhism and appreciate the value of the Buddha's teachings'. It organises courses, public lectures, has an active publishing programme, library, etc. They have an introducing Buddhism course (both in person and a 'correspondence course').