

**Reading list:**

- *Essence of the Heart Sutra – The Dalai Lama’s Heart of Wisdom Teachings*  
by H.H. the 14<sup>th</sup> Dalai Lama (Wisdom Publications, 2005)
- *Echoes of Voidness*  
by Geshe Rabten (Wisdom Publications 1983)
- *Realizing Emptiness: Madhyamika Insight Meditation*  
by Gen Lamrimpa (Wisdom Publications, 1999)
- *The Heart Sutra*  
by Geshe Sonam Rinchen (Snow Lion, 2003)
- *The Heart Sutra Explained: Indian and Tibetan Commentaries*  
by Donald S. Lopez (Albany: State University of New York Press, 1988)