

- [http://www.thezensite.com/ZenEssays/HistoricalZen/Legends\\_in\\_Chan.pdf](http://www.thezensite.com/ZenEssays/HistoricalZen/Legends_in_Chan.pdf)
- <http://en.wikipedia.org/wiki/Brahmavihara>
- <http://www.thubtenchodron.org/Prayer...asurables.html>
- <http://en.wikipedia.org/wiki/Metta>
- <http://en.wikipedia.org/wiki/Karuna> (click the first link)

## 6 Paramitas

- <http://en.wikipedia.org/wiki/Paramitas>
- <http://www.naljorprisondharmaservice.org/pdf/SixParamitas.htm>
- <http://www.shantideva.net/>
- <http://unfetteredmind.org/translations/perfections.php>

## Heart Sutra

- [http://www.sfzc.org/sp\\_download/litu...sdom\\_Sutra.pdf](http://www.sfzc.org/sp_download/litu...sdom_Sutra.pdf)
- [http://www.buddhanet.net/mp3/heart\\_s.../heart\\_two.mp3](http://www.buddhanet.net/mp3/heart_s.../heart_two.mp3)
- [Commentaries on the Heart Sutra by Woncheuk and Kuiji](#) - there's an interesting story about how Xuanzang came to learn the sutra

## Lojong

- <http://en.wikipedia.org/wiki/Lojong>
- <http://en.wikipedia.org/wiki/Ngondro> (preliminary practices)

## Links:

[Pratītyasamutpāda](#)

[Nagarjuna](#)

[Madhyamaka](#)

[Tathata](#)

[Ngondro](#) (preliminary practices)