



Mapping the Dharma

A Concise Guide to the Middle Way of the Buddha

by
Paul Gerhards

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Mapping the Dharma: A Concise Guide to the Middle Way of the Buddha is for people interested in learning the basics of Buddhism and those who could use an uncomplicated reference. *Mapping the Dharma* fills a need for a book that organizes and outlines the fundamental concepts of the Buddha's teachings in a way that is accessible and understandable, without excessive explanation of complex subject matter that can take years to fully understand and appreciate.

With *Mapping the Dharma* you have at your fingertips an easy to read, easy to follow atlas of nearly one hundred key concepts of Buddhism. Whether you are a long-standing Buddhist practitioner or just curious about how the Buddha's teachings can help you lead a more peaceful and happy life, you will find this book a useful tool. The Buddha presented his teachings, the Dharma, in the form of relational lists. In *Mapping the Dharma* you will find the most important of these lists mapped out for you with brief point-by-point explanations to help you unravel an array of challenging ideas and relationships.

"Religious teachings can often be daunting and boring, especially when they are formulated in lists and categories;... What originally may feel like an odd tangle of advice and exhortations is in reality a connected and coherent path to freedom. I appreciate how this book helps to clarify the nature of the Buddha's teachings as an integrated whole."

*Pasanno Bhikkhu, Co-abbot
Abhayagiri Buddhist Monastery
Redwood Valley, CA*

"Visual learners will especially welcome this useful little book by Paul Gerhards, who has organized the Buddha's basic teachings "by the numbers" and provided a map of how they interrelate.... If the map were the territory, this guide would be all you would need."

Shambala Sun

"I've assigned this indispensable, easy-to-follow, and well-designed primer for the university class I teach on the history and philosophy of Buddhism. It's all right there in the book—all the lists and concepts, cross-referenced and presented in a *very* reader-friendly format. Of all the books I've used for this class, I think this will be of the most immediate usefulness to my students as they work through the...thicket of concepts that the Buddha laid out...."

"Just a wonderful job, Mr. Gerhards. I wish all my texts could be such an easy decision!"

*Sean Hoade
English Department and Honors Program
University of Alabama*

"Every journey begins with a map: sketched in the sand, conjured in the mind, flowering in one's imagination or detailed in a book.... Take a look at this map, study the terrain and take the journey of awakening."

*Steve Armstrong, Founding teacher
Vipassana Metta Foundation, Kula, HI*

"This book is wonderfully helpful to those who, like me, could use both a handy map and a refresher guide, for quick reference when one of those darned lists crops up in reading or a teaching session."

Peter Clothier, The Huffington Post

"*Mapping the Dharma* is a welcome addition to the shelves of public libraries or the private home."

*C. Louise Thomas, Director,
Kalama Public Library, Kalama, WA*

Paul Gerhards has been studying and practicing Buddhism for more than 10 years. His principal course of study is Theravada, the school of Buddhism also known as the Southern Transmission, which has its roots in Thailand, Myanmar and Sri Lanka.

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