

Buddhism + Meditation Podcasts & Audio

Podcast - a digital audio file made available on the Internet for downloading, typically available as a series, new installments of which can be received by subscribers automatically

1) Dharmaseed – Western Theravada based teachings, since 1980s
www.dharmaseed.org/talks/

2) Talks by Gil Fronsdal and various guest speakers
www.audiodharma.org
www.zencast.org (2005-2014)

3) Daily short talks by Thanissaro Bhikkhu, since 2000
www.dhammatalks.org

4) The Secular Buddhist – 200+ interviews by Ted Messiner
www.secularbuddhism.org/category/podcasts/

5) Present Moment Mindfulness by Ted Messiner
www.presentmomentmindfulness.com

6) Buddhist Geeks – 300+ interviews by Vincent Horn
<http://soundcloud.com/buddhistgeeks> (2007-2016)

7) Ajahn Brahm and the Western Australian Buddhist Sangha
<http://podcast.bswa.org/>
<http://deeperdhamma.podbean.com/>

8) Ajahn Amaro and others from Amaravati monastery
www.amaravati.org/category/teachings/audio/dhamma-talks/

9) Ajahn Pasanno and others from Abhayagiri monastery
www.abhayagiri.org/audio/

10) Ajahn Viradhammo from Tisarana monastery
www.tisarana.ca/category/podcast/

11) FBA – two podcasts from the Triratna Buddhist Order
www.freebuddhistaudio.com/community/podcasts.php

12) Dharma Punx NYC – 300+ talks by Josh Korda
www.dharmapunxnyc.podbean.com

- 13) Upaya zen center with Joan Halifax and guests, since 2005
www.upaya.org/dharmataalks/
- 14) San Francisco Zen Center Dharma Talks, since 2007
<http://sfzc.org/teachings/audio/recorded-dharma-talks>
- 15) Tara Brach weekly talks, since 2005
www.tarabrach.com/talks-audio-video/
- 16) Soundstrue interviews – Insights at the Edge, since 2009
www.soundstrue.com/store/weeklywisdom
- 17) Tricycle magazine podcast
<http://tricycle.org/tag/podcast/>
- 18) Mindful magazine podcast
<https://soundcloud.com/mindfulmagazine>
- 19) Unfetteredmind by Ken McLeod
www.unfetteredmind.org
- 20) Bob Thurman Tibetan teachings
www.bobthurman.com/bob-thurman-podcast/
- 21) Alexander Berzin Tibetan teachings
<http://podfanatic.com/podcast/the-berzin-archives-podcasts>
- 22) Buddha at the Gas Pump – 300+ interviews, mostly Hindu Advaita Vedanta
www.batgap.com
- 23) 5 Minute Dharma and The Jay Forrest Show (Archives)
www.jayforrest.org
- 24) Mangala Shri Bhuti's The Link (Tibetan), since 2010
www.mangalashribhuti.org/TheLINK
- 25) Buddhism Guide by Karma Yeshe Rabgye, since 2014
<http://buddhismguide.org/audio-blog/>
- 26) Urban Dharma LA by Kusala Bhikshu
<https://urbandharmanpodcast.wordpress.com/>

- 27) Thich Nhat Hanh Dharma Talks
www.tnhaudio.org
- 28) www.AlanWattsPodcast.com
- 29) Hardcore Zen by Brad Warner (last updated 2013)
www.hardcorezen.libsyn.com
- 30) Bad Buddhist Radio (Secular Buddhism)
<http://badbuddhistradio.com/category/podcasts/>
- 31) Against the Stream by Noah Levine and guests, 300+
www.againstthestream.org/audio/
- 32) Shambhala NYC podcast, 100+
<http://ny.shambhala.org/blog/>
- 33) The Interdependence Project NYC, 100+
www.theidproject.org/media/podcast
- 34) Simple Suttas by Justin Merritt
<https://simplesuttas.wordpress.com/>
- 35) Secular Buddhism by Noah Rasheta, since 2015
<http://secularbuddhism.com/category/podcast/>
- 36) Dharma Ocean by Reggie Ray, 100+
www.dharmaocean.org/meditation/podcasts/
- 37) Luangpor Pramote talks
www.dhamma.com/enaudio/
- 38) Luang Por Munindo talks
[https://ratanagiri.org.uk/news/subscriptions](http://ratanagiri.org.uk/news/subscriptions)
- 39) Post-traditional Buddhism
<https://soundcloud.com/post-traditional-buddhism>
- 40) New Books Network - Buddhist studies
<http://newbooksnetwork.com/category/religion-faith/buddhist-studies/>
- 41) Meditation for Health by Dr. Puff, 100+
www.meditationforhealthpodcast.com

- 42) Bhavana Society West Virginia
<http://feeds.feedburner.com/BhavanaSocietyPodcast>
<http://jayantha.tumblr.com/tagged/sotppodcast>
- 43) Early Buddhism by Bhikkhu Samahita
<https://soundcloud.com/bhikkhu-samahita>
- 44) Mindfulness based teacher project by Linda Lehrhaupt, since 2016
www.mindfulness-based-teacher-project.org/
- 45) 10% happier interviews by Dan Harris, since 2016
www.podcastchart.com/podcasts/10-happier-with-dan-harris
- 46) Daily Meditation Podcast by Mary Meackley, 800+
<https://soundcloud.com/sipandom>
- 47) <http://abuddhistpodcast.com/> (Soka Gakkai, Nichiren Buddhism)
- 48) University of Oxford – 17 lectures related to Buddhism
<http://podcasts.ox.ac.uk/keywords/buddhism>
- 49) The 12-Step Buddhist Podcast, since 2008
<http://podbay.fm/show/286362280>
- 50) Refuge Recovery by Noah Levine & Dave Smith, since 2013
<http://www.refugerecovery.org/podcasts/>
- 51) Daily Buddhism by Brian Schell (last updated 2014)
<http://www.dailybuddhism.com/archives/category/podcasts>
- 52) Pariyatti – tradition of U Ba Kin as taught by S.N. Goenka
<https://pariyatti.org/FreeResources/Podcasts/PodcastCC/tabid/129/Default.aspx>
- 53) Michael Stone Teaching, 100+
<https://soundcloud.com/michaelstoneteaching>
- 54) Be Here Now Network of podcasts by Ram Dass' community
<https://beherenownetwork.com/podcasts/>
- 55) One Mind Dharma network by Matt Sockolov & Elizabeth Key-Comis
<https://oneminddharma.com/podcasts/>

56) Zen Mountain Monastery – established by John Daido Looi
<https://zmm.mro.org/subscribepodcast/>

57) Wisdom Publications, since 2015
<http://learn.wisdompubs.org/podcast/>

58) Austin Zen Center, 200+
<http://www.austinzencenter.org/teachings/audio/audio.html>

59) Living Zen by Eshu Martin, 300+
<http://livingzen.libsyn.com/>

60) Seattle Insight Meditation Society
<http://seattleinsight.org/Talks>

Other audio:

1) Birken Forest Monastery archive of 4500+ talks
http://birken.ca/audio_dhamma_talks

2) 14th Dalai Lama webcasts & talks
www.dalailama.com/webcasts/category/0

3) An overview of Majjhima Nikaya by Bhikkhu Bodhi
<http://bodhimonastery.org/a-systematic-study-of-the-majjhima-nikaya.html>

4) 13 hour Introduction to Buddhism by Bhikkhu Bodhi
www.urbandharma.org/udharma10/bbodhi10.html

5) Lectures by Bhikkhu Analayo
www.buddhismuskunde.uni-hamburg.de/fileadmin/pdf/analayo/lectures.htm

6) Chan Center talks
<http://chancenter.org/cmc/multimedia/audio/>

7) Kwan Um School of Zen talk archive
<http://kwanumzen.org/talk>

Incomplete list, last updated December 2016

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<https://itunes.apple.com/us/genre/podcasts-buddhism/id1438?mt=2>**