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SUMMER/FALL 2018

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A FOOL'S GUIDE TO ACTUAL HAPPINESS

Mark Van Buren

July 17, 2018 | Paperback | 264 pages
\$15.95 | 4.5" x 6.5" | 9781614294481



A refreshing new voice helps us learn how to feel and be better—without having to be perfect.

A Fool's Guide to Actual Happiness offers a realistic roadmap for working toward inner peace without needing to be someone you're not. With humor and refreshing simplicity, Van Buren shows how everything life throws at you, good or bad, can be used as a means to cultivate compassion, wisdom, and loving-kindness. This book allows readers to explore who they are—warts and all—and gives them tools to love and accept what they find.

Mark Van Buren is a Mindful Living Trainer, yoga/meditation instructor, personal trainer, and musician, who has been promoting health and wellness for over a decade. He is currently the owner and head instructor of Live Free Yoga Studio in River Edge, NJ.



BOW FIRST, ASK QUESTIONS LATER

ORDINATION, LOVE, AND
MONASTIC ZEN IN JAPAN

Geshin Claire Greenwood
Foreword by Brad Warner

May 8, 2018 | Paperback | 264 pages
\$17.95 | 5" x 8" | 9781614293972

What happens
when a free-
spirited, modern
American
girl goes on a
spiritual quest
into structured,
traditional
Japanese Zen life?



Geshin Claire Greenwood was a liberal, free-spirited American girl who found meaning and freedom in disciplined, traditional Japanese Zen life. Along the way, she came to question not only contemporary American values but also traditional monastic ones. This book is about becoming an adult—about sexuality, religion, work, ethics, and individuality—but it is also about being a human being trying to be happy. Questioning is a theme that runs throughout the book: How can I be happy? What is true? What is authentic? The reader is invited along a journey that is difficult, inspiring, sad, funny, and sincere.

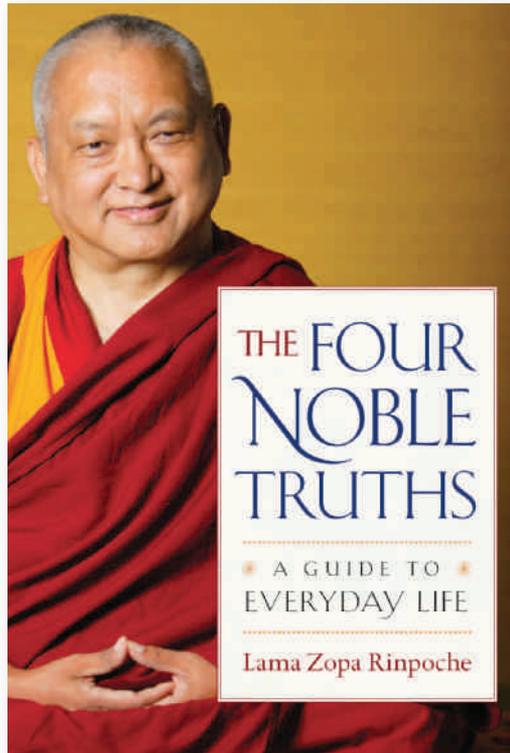
Geshin Claire Greenwood spent the majority of her twenties in India and Japan practicing Buddhism. Geshin ordained with Seido Suzuki Roshi in 2010, and received dharma transmission in 2015. She is currently completing a master's in East Asian Studies from the University of Southern California, where she focuses on women in Buddhism and feminism in a transnational perspective.

THE FOUR NOBLE TRUTHS

A GUIDE TO EVERYDAY LIFE

by Lama Zopa Rinpoche

July 24, 2018 | Paperback | 312 pages
\$17.95 | 6" x 9" | 9781614293941



The Buddha's
profound
teachings on the
four noble truths,
illuminated by a
Tibetan master.

The Four Noble Truths begins with an excellent elucidation of the nature of the mind and its role in creating the happiness we all seek. Lama Zopa Rinpoche then turns to an in-depth analysis of the four truths, including explanations of our cyclic existence, or *samsara*, the causes of our suffering, and our path to the cessation of suffering.

Lama Zopa Rinpoche is one of the most internationally renowned masters of Tibetan Buddhism, working and teaching ceaselessly on almost every continent. He is the spiritual director and cofounder of the Foundation for the Preservation of the Mahayana Tradition (FPMT), an international network of Buddhist projects, including monasteries in six countries and meditation centers in over thirty; health and nutrition clinics, and clinics specializing in the treatment of leprosy and polio; as well as hospices, schools, publishing activities, and prison outreach projects worldwide.

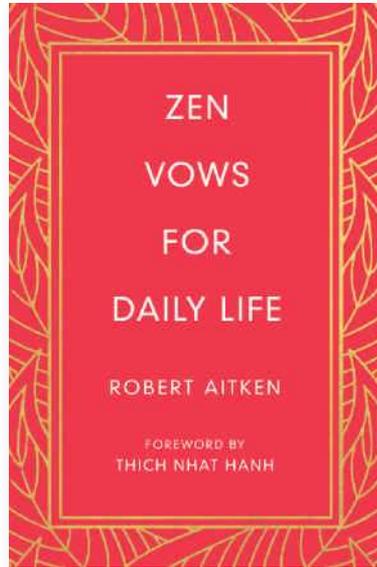


Wisdom

ZEN VOWS FOR DAILY LIFE

Robert Aitken
Foreword by Thich Nhat Hanh

August 28, 2018 | Hardcover | 248 pages
\$24.95 | 4.75" x 7.25" | 9781614293859



“I am grateful to
Aitken Roshi for
offering us this
beautiful book.”

—from the foreword
by Thich Nhat Hanh

Zen Vows for Daily Life is a collection of gathas, vows in verse form for daily Buddhist practice, similar to prayers or affirmations. Reciting these poetic vows can help us be fully present in each moment and each activity of our lives. Robert Aitken offers ways through life’s difficulties with insight and humor. These gathas serve as gentle reminders to return to our highest aspirations, with acceptance, joy, and compassion. The book provides touchstones for daily practice that the reader will want to return to again and again.

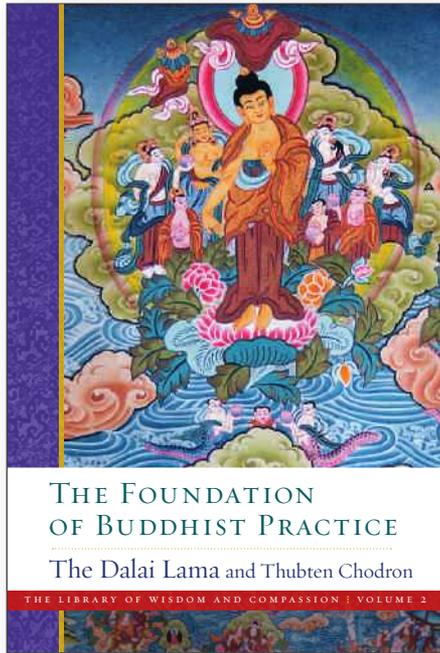
Robert Aitken was one of the most prominent, influential, and highly esteemed Zen masters of in the last fifty years. He was of seminal importance in shaping the expression of modern American Zen and, as one of the original founders of the Buddhist Peace Fellowship, was also a leading social activist advocating for social justice of all varieties. He died in 2010.

THE FOUNDATION OF BUDDHIST PRACTICE

The Dalai Lama and
Thubten Chodron

May 15, 2018 | Hardcover | 400 pages
\$29.95 | 6" x 9" | 9781614295204

The second volume
in the Dalai Lama's
definitive and
comprehensive series
on the stages of the
Buddhist path, *The
Library of Wisdom
and Compassion*.



This book, the second volume in *The Library of Wisdom and Compassion*, describes the foundation of the path—the important teachings that will help us establish a flourishing Dharma practice.

Traditional presentations of the path in Tibetan Buddhism assume the audience already has faith in the Buddha and believes in rebirth and karma, but the Dalai Lama realized early on that a different approach was needed for his Western students. Starting with the four seals and the two truths, His Holiness illuminates key Buddhist ideas, such as dependent arising and emptiness, to support the reader in engaging with this rich tradition. This book provides a wealth of reflections on Buddhist history and fundamentals, contemporary issues, and the Dalai Lama's own personal experiences.



WISDOM'S DALAI LAMA COLLECTION

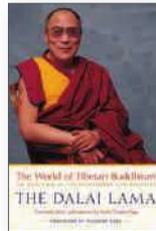
A selection from our
many acclaimed books by
His Holiness the Dalai Lama.



SCIENCE AND PHILOSOPHY IN THE INDIAN BUDDHIST CLASSICS VOL. 1: THE PHYSICAL WORLD

552 pages | Hardcover
\$29.95 | ebook \$17.99

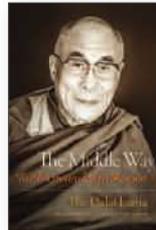
Explore the nature of our material world in a unique sourcebook, conceived by the Dalai Lama, collecting the scientific observations found in classical Buddhist treatises.



THE WORLD OF TIBETAN BUDDHISM

224 pages | Paperback
\$17.95 | ebook \$12.99

“A lucid and profound yet eminently readable introduction to this subject.”—*Library Journal*



THE MIDDLE WAY

200 pages | Paperback
\$17.95 | ebook \$13.99

The Dalai Lama lays out the Buddhist approach to matters of faith and devotion that is based on the highest spirit of critical inquiry.



APPROACHING THE BUDDHIST PATH

360 pages | Hardcover
\$29.95 | ebook \$17.99

The first in a multivolume collection presenting the Dalai Lama's comprehensive explanation of the Buddhist path.

ECOLOGY, ETHICS, AND INTERDEPENDENCE

THE DALAI LAMA IN
CONVERSATION WITH LEADING
THINKERS ON CLIMATE CHANGE

Edited by John D. Dunne
and Daniel Goleman

October 23, 2018 | Paperback | 340 pages
\$24.95 | 6" x 9" | 9781614294948



Powerful
conversations
between His
Holiness the Dalai
Lama and leading
scientists on the
most pressing issue
of our time.

Engage with leading scientists, academics, ethicists, and activists, as well as His Holiness the Dalai Lama and His Holiness the Karmapa, who gathered in Dharamsala, India, for the twenty-third Mind and Life Conference to discuss arguably the most urgent questions facing mankind today.

John D. Dunne holds the Distinguished Chair in Contemplative Humanities, a recently endowed position in the Center for Healthy Minds and the Department of Asian Languages and Cultures, at the University of Wisconsin–Madison.

Daniel Goleman is a psychologist and science journalist, and a cofounder of the Collaborative for Academic, Social, and Emotional Learning.



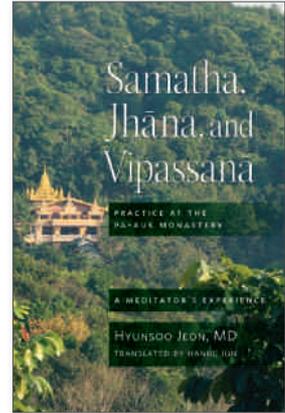
SAMATHA, JHANA, AND VIPASSANA

PRACTICE AT THE PA-AUK MONASTERY:
A MEDITATOR'S EXPERIENCE

Hyunsoo Jeon, MD, PhD
Translated by HaNul Jun
Foreword by Sayadaw Revata

August 21, 2018 | Paperback | 264 pages
\$18.95 | 6"x 9" | 9781614293576

This step-by-step meditator's guide walks the reader through practices that can hold the key to unlocking new levels of concentration and insight.



A clear and comprehensive handbook
to a revered path of meditation.



EMPTINESS

A PRACTICAL GUIDE FOR MEDITATORS

Guy Armstrong
Foreword by Joseph Goldstein

August 7, 2018 | Paperback | 328 pages
\$17.95 | 6"x 9" | 9781614295266

Now in Paperback! It may seem odd for *emptiness* to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than “nothingness” or “vacancy.” And by developing a richer understanding of this complex topic, we can experience freedom as we live consciously in the world.

Guy Armstrong has been a leading figure and beloved teacher of insight meditation for decades. In this book, he makes difficult

Buddhist topics easy to understand, weaving together Theravada and Mahayana teachings on emptiness to show how we can liberate our minds and manifest compassion in our lives.

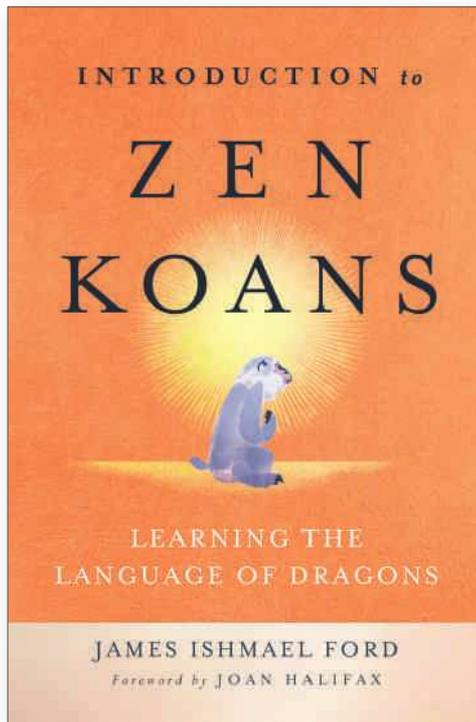
If everything is empty, then what ceases
in Nirvana and is born in rebirth?

INTRODUCTION TO ZEN KOANS

LEARNING THE LANGUAGE
OF DRAGONS

James Ishmael Ford
Foreword by Joan Halifax

June 5, 2018 | Paperback | 264 pages
\$17.95 | 5" x 8" | 9781614292951



An indispensable guide to koans, teaching the reader about the importance of lineage, the practice of ‘just sitting,’ and koan practice as paths to awakening.

“This marvelous book opens the treasure house of Zen and yet, happily, does not dispel its mystery. James Ford, an excellent storyteller and longtime Zen practitioner, presents a detailed and beautiful description of the craft of *zazen*, including ‘just sitting’ and various forms of breath meditation—but focuses primarily on koan introspection. The power of koans, these ‘public cases’ from China, has never ceased to enrich my own experience of Zen. They are a medium of exploration of the history, culture, and view of Zen, but most importantly are a medium of awakening.”
—from the foreword by Joan Halifax

James Ishmael Ford is a senior guiding teacher of Boundless Way Zen. James has been a student of Zen Buddhism for over forty years. He is also a senior Unitarian Universalist minister serving at the First Unitarian Church of Providence and a member of both the American Zen Teachers Association and the Soto Zen Buddhist Association. He lives outside Providence, RI.



EARLY BUDDHIST TEACHINGS

Y. Karunadasa

June 19, 2018 | Hardcover | 248 pages
\$29.95 | 6" x 9" | 9781614294528



A lucid and elegant
explanation of the
basic teachings of
early Buddhism.

Discover the birth of Buddhism and the essentials of Buddhist teachings with this clear, comprehensive explanation of early Buddhism's key doctrines. You'll come away with insight into the beginning of Buddhism and the significance of its core beliefs—dependent arising, non-self, moral life, the diagnosis of the human condition, the critique of theoretical views, and the nature of Nibbāna—as well as a lucid understanding of the Buddha's challenge to the concept of the subject as a self-entity and a grasp of early Buddhist teachings as representing a middle position and a middle path.

This book allows readers to experience the Buddha's teachings on attaining liberation as comprehensible, sensible, and something we can make part of our own practice.

Y. Karunadasa is Professor Emeritus at the University of Kelaniya and a former director of its Graduate Institute of Pali and Buddhist Studies. He has served as a visiting professor at the University of London, the University of Toronto, and the University of Hong Kong, and as the Numata Chair at the University of Calgary. He lives in Colombo, Sri Lanka.



ZIJI AND THE VERY SCARY MAN

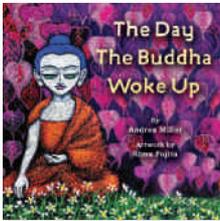
Yongey Mingyur Rinpoche and Torey Hayden

August 7, 2018 | Hardcover | 50 pages
\$16.95 | 9" x 9" | 9781614294733

Renowned meditation master Yongey Mingyur Rinpoche shows young children how following our breath can calm us down—and how practicing compassion shows us that even Very Scary Men can be frightened sometimes, too.

Born in the Himalayan border regions between Tibet and Nepal, **Yongey Mingyur Rinpoche** is a rising star among new generations of Tibetan Buddhist masters. His candid, often humorous accounts of his often personal difficulties have endeared him to audiences around the world.

Help kids learn to face their fears with this adorable puppy companion.



THE DAY THE BUDDHA WOKE UP

Andrea Miller and Rima Fujita

June 19, 2018 | Board book | 18 pages
\$10.95 | 6" x 6" | 9781614294504

The Day the Buddha Woke Up is the perfect way to introduce young children to the story of the Buddha. **Andrea Miller** is the deputy editor at *Lion's Roar* magazine. She has edited three anthologies, including *Buddha's Daughters*, and is the author of *Baby's First Book of Canadian Birds*. **Rima Fujita** is a renowned artist who exhibits her work internationally and has published seven children's books, including *Save the Himalayas*. Rima is a founder of Books for Children, an organization that creates children's books in Tibetan and English.

The heart of the Buddha's story in a handful of words—beautifully illustrated by a world-renowned artist.



SEE, HEAR, FEEL

Emmanuelle Giumelli, Mathilde Gatinois,
and Patricia Murphey

November 6, 2018 | Hardcover | \$17.95
8.5" x 8.5" | 9781614295297

Kids will love following Charlie as he explores his world in this simple, lovely introduction to mindfulness; teachers and parents will have fun guiding kids through the innovative activities.

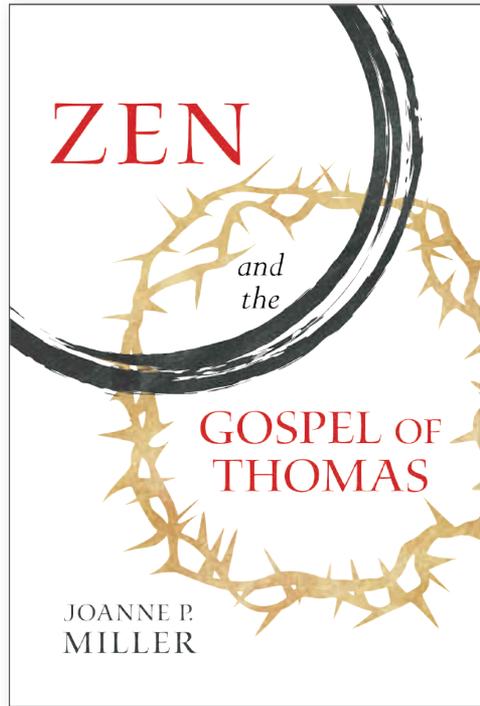
A natural-language exploration of the senses, surroundings, and breath.



ZEN AND THE GOSPEL OF THOMAS

Joanne P. Miller

August 14, 2018 | Paperback | 248 pages
\$18.95 | 6"x 9" | 9781614293651



Zen and the
Gospel of Thomas
illuminates sacred,
mysterious wisdom
from two traditions.

Imagine that the Buddha asked Jesus to write a text for a Zen audience that would explain his take on the mysteries of his Kingdom. Imagine also that Jesus chose to present it in a set of short koanlike sayings similar to the classic koan collections of the Zen tradition.

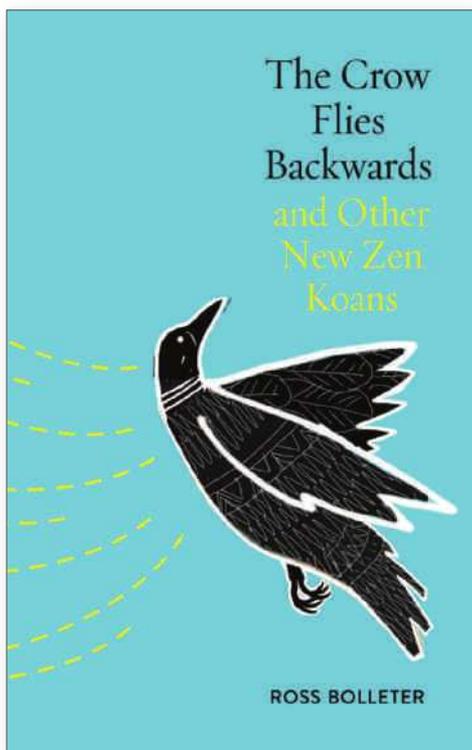
This is, in essence, the gnostic Gospel of Thomas. A Zen reading of Thomas allows us to access the living Jesus through Buddhist eyes so we can add to and refine our own practice with his wisdom. Likewise, Thomas can be a gateway for Christians to make use of Zen. Like the Buddha, this Jesus of Thomas wishes us to realize, individually and personally, the truth of the eternal. He offers teachings for the whole of our lives, dealing with such topics as: the proper use of money; how to foster wisdom and insight; the nature of awakening and non-attachment; love and judgment; how to rest in the essential; and the nature of what it means to be an enlightened person.

THE CROW FLIES BACKWARDS AND OTHER NEW ZEN KOANS

Ross Bolleter

July 3, 2018 | Paperback | 336 pages
\$17.95 | 5" x 8" | 9781614292944

Discover how the mysterious, powerful form of the koan—known for bringing about sudden enlightenment—can disrupt and illuminate your everyday understanding of life.



Traditionally, Zen koans—the teaching stories of Zen—are drawn from the words and teachings of ancient masters and primarily address the concerns of (male) monastic practitioners. In *The Crow Flies Backwards*, Ross Bolleter changes all that. The 108 modern koans offered within address sexuality and childbirth, family, parenthood, work, money and even the nature time itself. Bolleter's commentaries provide guidance to the reader on how to engage with each koan and koans in general, and direct guidance in how to meditate with koans. An appendix offers rarely-seen intimate and in-depth accounts of the process of koan introspection, from four of the author's senior students.

Ross Bolleter Roshi is a Zen teacher in the Diamond Sangha tradition teaching in Australia and New Zealand. He trained with Robert Aitken and John Tarrant and received transmission from them in 1997. He is also a composer with numerous CD releases, especially in the field of ruined piano. He's also the author of *Dongshan's Five Ranks*. Ross lives and teaches in Perth, Western Australia.



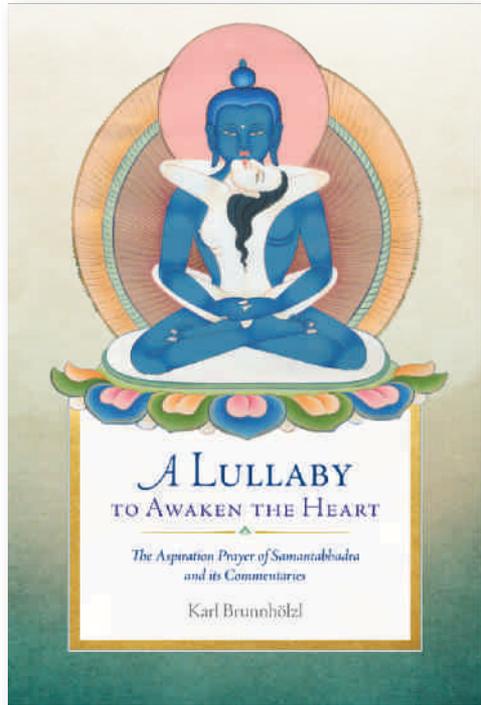
A LULLABY TO AWAKEN THE HEART

THE ASPIRATION PRAYER OF
SAMANTABHADRA AND ITS
COMMENTARIES

Karl Brunnhölzl

November 27, 2018 | Hardcover | 504 pages
\$34.95 | 6" x 9" | 9781614294979

A key Dzogchen
text from a
preeminent
translator.



The Aspiration Prayer of Samantabhadra, one of the most famous and often-recited Dzogchen texts, is at once an entreaty by the primordial buddha, Samantabhadra, that all sentient beings recognize the nature of their minds and thus become buddhas, and also a wake-up call by our own buddha nature itself. This monumental text outlines the profound view of Dzogchen in a nutshell and, at the same time, provides clear instructions on how to discover the wisdom of a buddha in the very midst of afflictions.

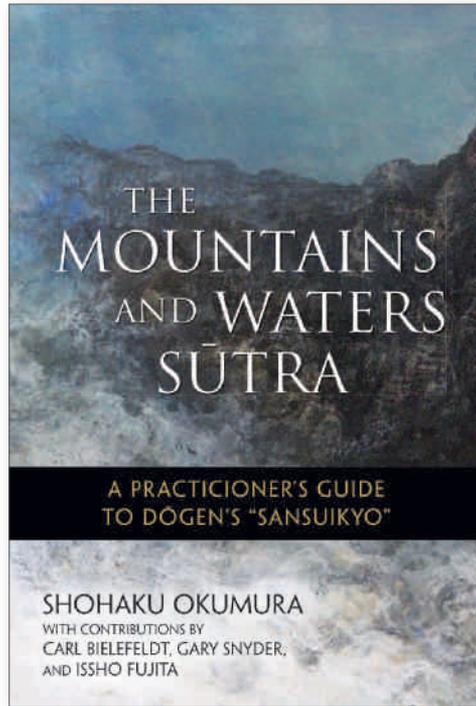
Karl Brunnhölzl is a senior teacher and translator in the Nalandabodhi community of Dzogchen Ponlop Rinpoche, as well as at Nitartha Institute. Currently, he is working on the Seventh Karmapa's compilation of Indian Mahamudra works.

THE MOUNTAINS AND WATERS SŪTRA

A PRACTITIONER'S GUIDE
TO DOGEN'S "SANSUIKYO"

Shohaku Okumura

May 29, 2018 | Paperback | 328 pages
\$17.95 | 6" x 9" | 9781614292937



An indispensable
map of a classic
Zen text.

“Mountains and waters are the expression of old buddhas.”

So begins “Sansuikyō,” or “Mountains and Waters Sūtra,” a masterpiece of poetry and insight from Eihei Dōgen, the thirteenth-century founder of the Sōtō school of Zen.

Shohaku Okumura—renowned for his translations of and magisterial teachings on Dōgen—guides the reader through the rich layers of metaphor and meaning in “Sansuikyō,” which is often thought to be the most beautiful essay in Dōgen’s monumental Shōbōgenzō. His wise and friendly voice shows us the questions Dōgen poses and helps us realize what the answers could be. What does it mean for mountains to walk? How are mountains an expression of Buddha’s truth, and how can we learn to hear the deep teachings of river waters? And throughout this luminous volume, we learn how we can live in harmony with nature in respect and gratitude—and awoken to our true nature.



THE SELF-ARISEN VIDYA TANTRA (VOL 1)

A TRANSLATION OF THE
RIGPA RANGSHAR

THE SELF- LIBERATED VIDYA TANTRA (VOL 2)

A TRANSLATION OF THE
RIGPA RANGDROL

Translated by Malcolm Smith
Forewords by Tulku Dakpa Rinpoche
and Jean-Luc Achard

August 28, 2018 | Boxed Set/Hardcover
712 pages | \$120 | 6" x 9" | 9781614294863



A complete translation
of two of the eleventh-
century Seventeen
Tantras—texts that
are among the most
important in all of
Tibetan Buddhism.

“If one knows the **Self-Arisen Vidya Tantra**, the **Self-Liberated Vidya Tantra**, and the **Tantra Without Syllables**, one will have command over the general meaning of the tantras, like a king who has command over his subjects.”—**Treasury of the Supreme Vehicle**

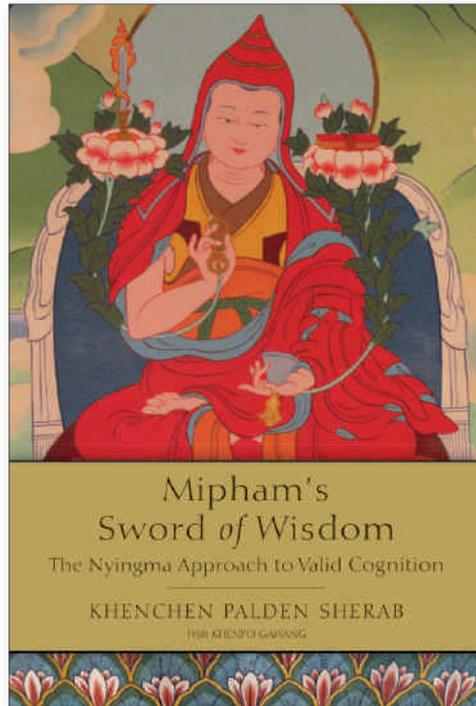
This edition of the first of the two volumes presented here, the **Self-Arisen Vidya Tantra**, is the first-ever complete English translation of that text. The second text, the **Self-Liberated Vidya Tantra**, is a crucial aid to understanding the first tantra, as well as a profound text in its own right. This is vital reading for any student of Dzogchen.

Malcolm Smith is a graduate of the Shang Shung Institute’s School of Tibetan Medicine (2009) and has been a student of Chogyal Namkhai Norbu since 1992. For the past several decades he has worked on translations for renowned lamas, including His Holiness Sakya Trichen, Kunzang Dechen Lingpa, Lama Migmar Tseten, and Khenpo Konchog Gyaltsen.

MIPHAM'S SWORD OF WISDOM

Khenchen Palden Sherab

June 26, 2018 | Paperback | 312 pages
\$17.95 | 6" x 9" | 9781614294283



“The great scholar and advanced spiritual master Jamgon Mipham’s *Sword of Wisdom* is a classic work that explicates valid cognition.”

—His Holiness the Sakya Trichen

Mipham’s Sword of Wisdom explores the Nyingma-lineage understanding of valid cognition in Vajrayana Buddhism. This translation, a clear and concise primer on higher realization through valid cognition in Buddhist philosophy, presents these ideas in English for the very first time and includes the sutra presentation of the two truths and the tantra teachings of the two truths as the purity and equality of all phenomena.

Khenchen Palden Sherab Rinpoche (1938–2010) was born in eastern Tibet. He and his brother, Khenpo Tsewang Dongyal Rinpoche founded the Padmasambhava Buddhist Center, which has monasteries and dharma centers in the United States, India, and Russia. Khenchen Rinpoche wrote over thirty books in Tibetan and English.

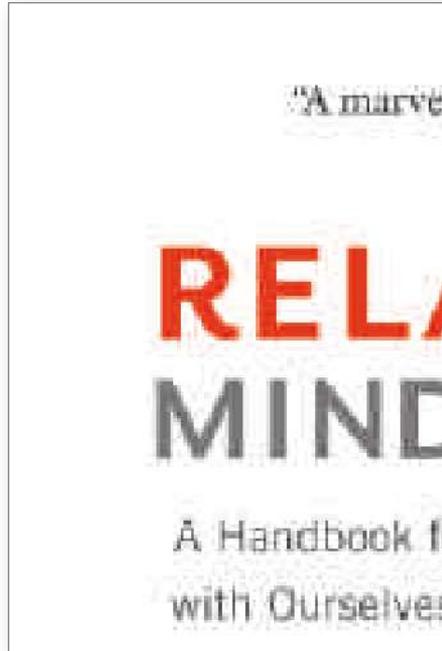


RELATIONAL MINDFULNESS

A HANDBOOK FOR DEEPENING
OUR CONNECTIONS WITH
OURSELVES, EACH OTHER, AND
THE PLANET

Deborah Eden Tull

May 22, 2018 | Paperback | 376 pages
\$18.95 | 6" x 9" | 9781614294139



A guidebook on
how to embody
compassionate
awareness in all of our
relationships—with
self, one another, and
our planet—in an age
of global uncertainty.

We all struggle at times to bring meditation off the cushion and into the beautiful, dynamic, messy world of relationships. In this seminal book, Deborah Eden Tull offers an inspiring set of principles and practices for deepening intimacy and remembering the interconnection that is our birthright—starting from the simple truth that being fully present is itself a powerful expression of love.

Deborah Eden Tull, founder of Mindful Living Revolution, is a Zen meditation and mindfulness teacher, author, activist, and sustainability educator who teaches the integration of compassionate awareness into every aspect of our lives. She spent 7 years as a monastic at a silent Zen Monastery and offers retreats, workshops, and consultations nationally. She is a teacher for UCLA's Mindfulness Center and also facilitates The Work That Reconnects, which was created by Buddhist activist and eco-philosopher Joanna Macy. She lives in Ojai, California.

THE MAGICAL PLAY OF ILLUSION

THE AUTOBIOGRAPHY OF
TRIJANG RINPOCHE

by Trijang Rinpoche
Translated by Sharpa Tulku Tenzin
Trinley, Foreword by His Holiness
the Dalai Lama

October 2, 2018 | Hardcover | 464 pages
\$34.95 | 6" x 9" | 9780861710775



A glimpse into
the young Dalai
Lama's spiritual
upbringing
and his escape
from Tibet.

Widely known as a yogi with deep and profound lifelong religious training, Trijang Rinpoche, one of the Dalai Lama's two main teachers, was also a statesman, a preserver of culture, a poet, a writer, and an artist. His autobiography is a beautifully written tour-de-force account of Tibetan life in the twentieth century, including intimate details about the upbringing of the Dalai Lama.

Sharpa Tulku Tenzin Trinley was born in Lhasa, Tibet. He has translated orally for His Holiness the Dalai Lama, Kyabjé Ling Rinpoché, Kyabjé Trijang Rinpoché, Lati Rinpoché, and many other lamas and geshés. He moved to the United States in 1976 and currently resides in Madison, Wisconsin, with his family.



ZEN ON THE TRAIL

HIKING AS PILGRIMAGE

Christopher Ives

September 11, 2018 | Paperback | 184 pages
\$17.95 | 6" x 9" | 9781614294443



Transform a hike
into a kind of
religious
pilgrimage—
renewing your faith
and deepening your
sense of wonder.

Evocative of the writings both of Gary Snyder and Bill Bryson, *Zen on the Trail* explores the broader question of how to walk on trails or be outside in a meditative way and how to deepen one's connection to nature. By directing our attention to how we hike as opposed to where we're headed, Christopher Ives invites us to begin shifting from ego-driven **doing** mode to spirit-filled **being** from proving something in nature to exploring the vast interconnection of ourselves and the natural world.

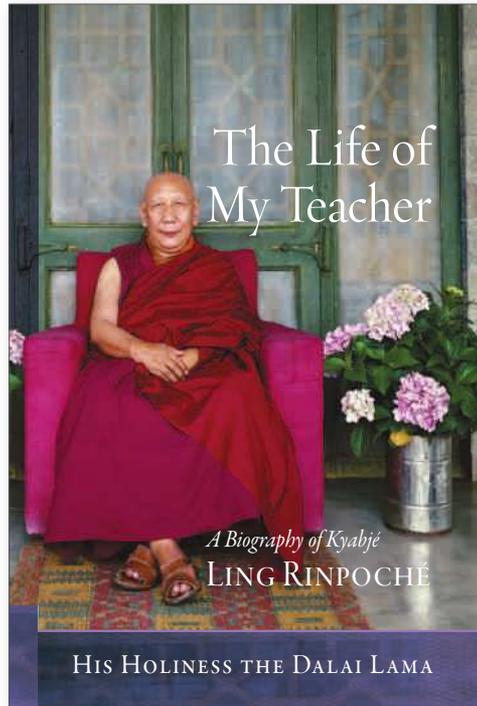
Christopher Ives is a professor of religious studies at Stonehill College. In his teaching and writing, he focuses on ethics in Zen Buddhism and Buddhist approaches to nature and environmental issues.

THE LIFE OF MY TEACHER

A BIOGRAPHY OF
KYABJÉ LING RINPOCHÉ

His Holiness the Dalai Lama,
Translated by Gavin Kilty with
Introduction by Thupten Jinpa

October 30, 2018 | Paperback | 480 pages
\$19.95 | 6" x 9" | 9781614295334



“Of great value
to the Buddhist
community.”
—Tricycle

The Dalai Lama tells the life story of his remarkable teacher, Ling Rinpoché (1903–83), who remained a powerful anchor for him from childhood and into his emergence as a global spiritual leader.

Ling Rinpoché’s extensive travels among exiled communities abroad and across India buoyed the spirits of the Tibetan diaspora, and the training and activities of this consummate Buddhist master, here told by the Dalai Lama in the traditional Tibetan style, will inspire and amaze.

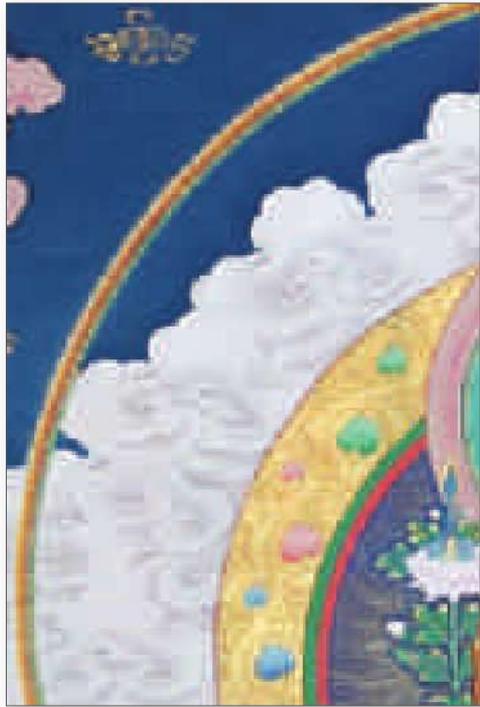
Tenzin Gyatso, the Fourteenth Dalai Lama, is the spiritual leader of the Tibetan people. He frequently describes himself as a simple Buddhist monk. Born in northeastern Tibet in 1935, he was as a toddler recognized as the incarnation of the Thirteenth Dalai Lama and brought to Tibet’s capital, Lhasa. In recognition of his tireless work for the nonviolent liberation of Tibet, the Dalai Lama was awarded the Nobel Peace Prize in 1989. In 2012, he relinquished political authority in his exile government and turned it over to democratically elected representatives.



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Robert A.F. Thurman

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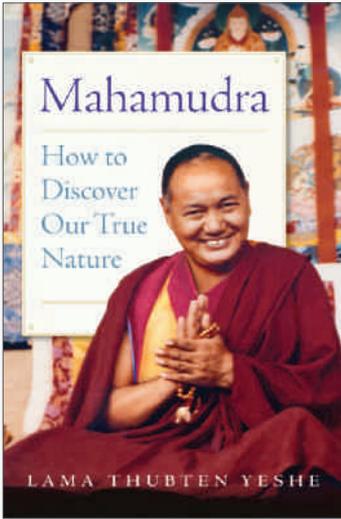


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Robert Thurman is the Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies in the Department of Religion at Columbia University, the president of Tibet House US, a nonprofit organization dedicated to the preservation and promotion of Tibetan civilization, and president of the American Institute of Buddhist Studies.



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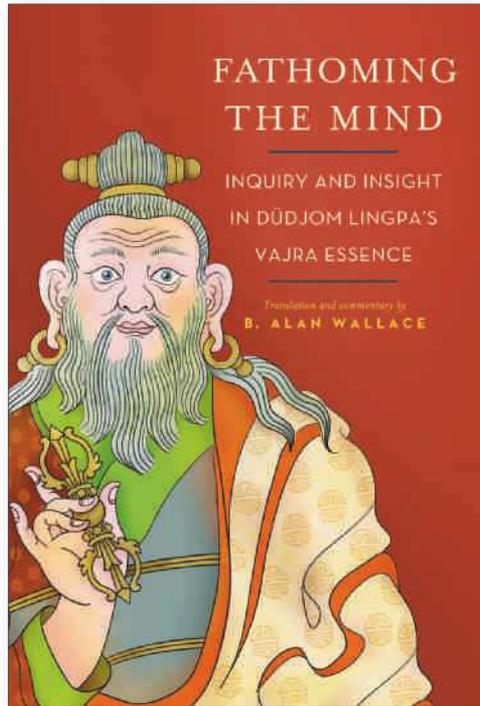
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THE PATH TO ENLIGHTENMENT

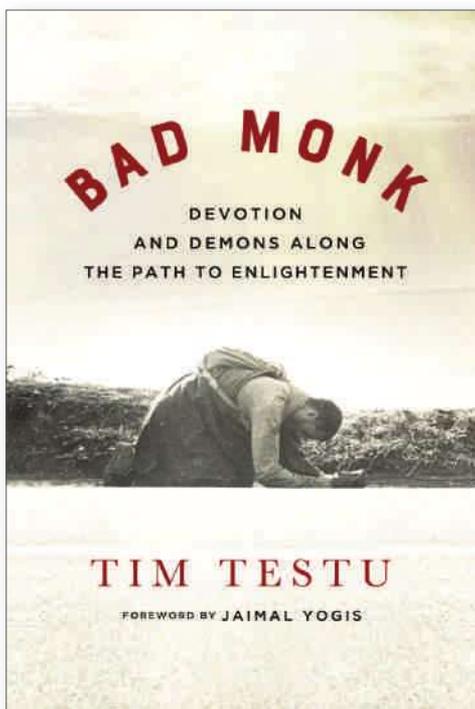
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Timothy Testu was one of the first Americans in his Chan lineage to ordain on American soil and perhaps the first American to undertake a “three steps, one bow” pilgrimage within the United States, an arduous practice with roots in ancient Asia. He was a Navy submariner and a close disciple of Venerable Master Hsuan Hua. He passed away in 1998.



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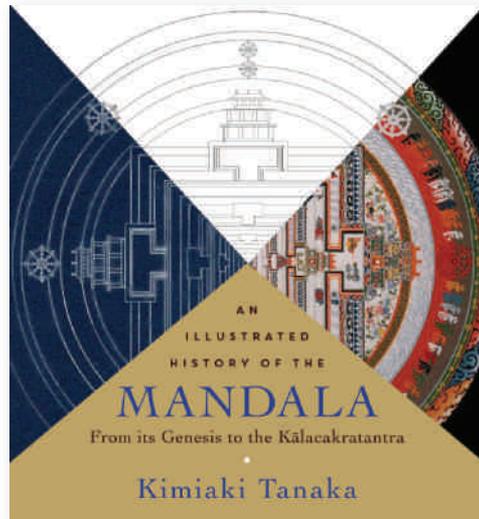
Ezra Bayda and **Elizabeth Hamilton** have each been practicing meditation for over forty years and teaching since 1995. They currently co-teach at Zen Center San Diego. Ezra Bayda is the author of *Being Zen* and *Saying Yes to Life*.

AN ILLUSTRATED HISTORY OF THE MANDALA

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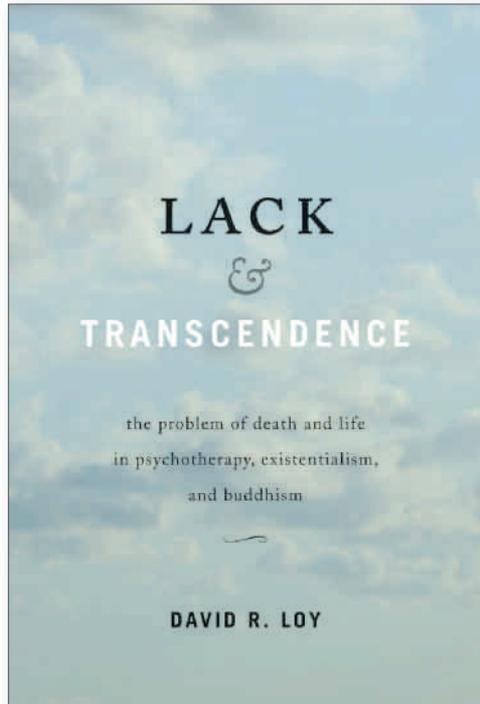


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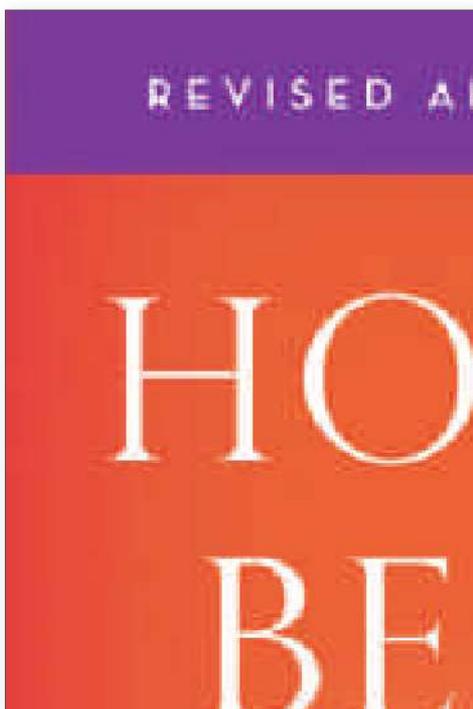
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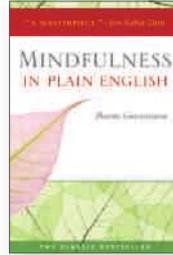
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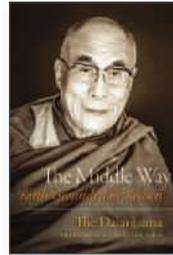
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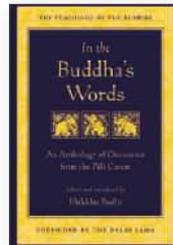
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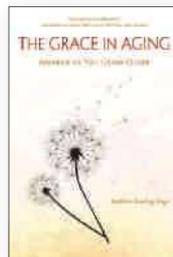
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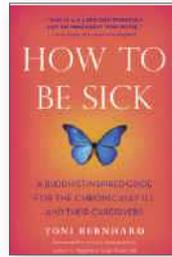
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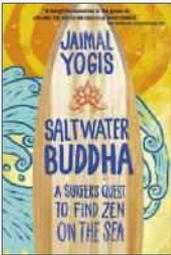
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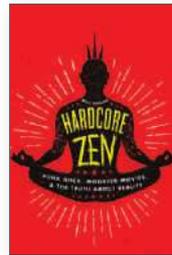
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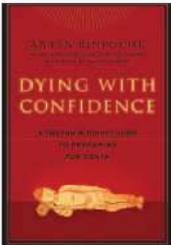
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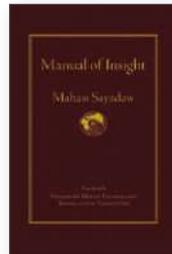
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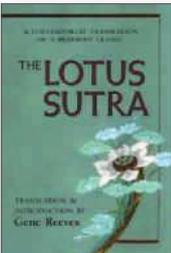
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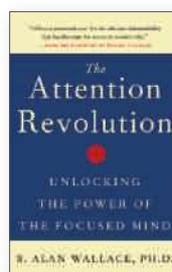
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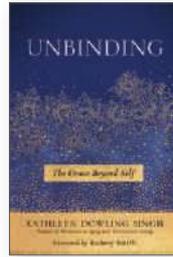
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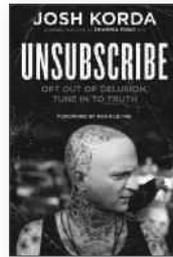
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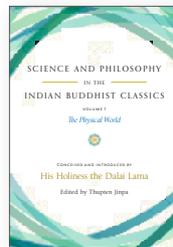
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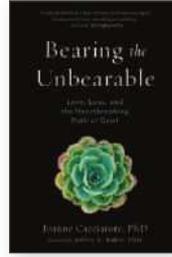


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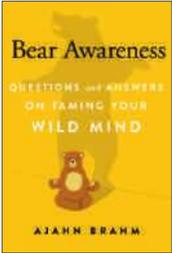
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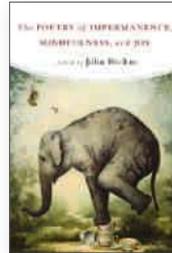
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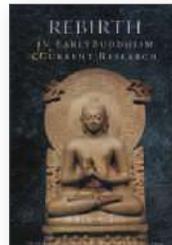
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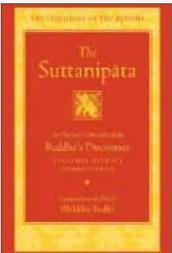
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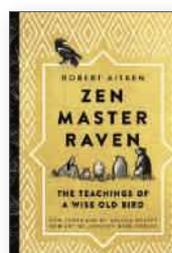
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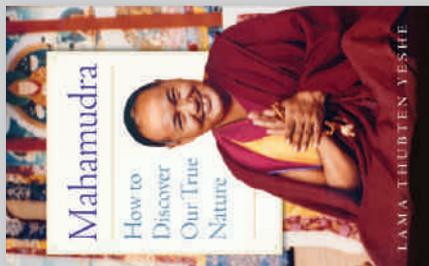
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