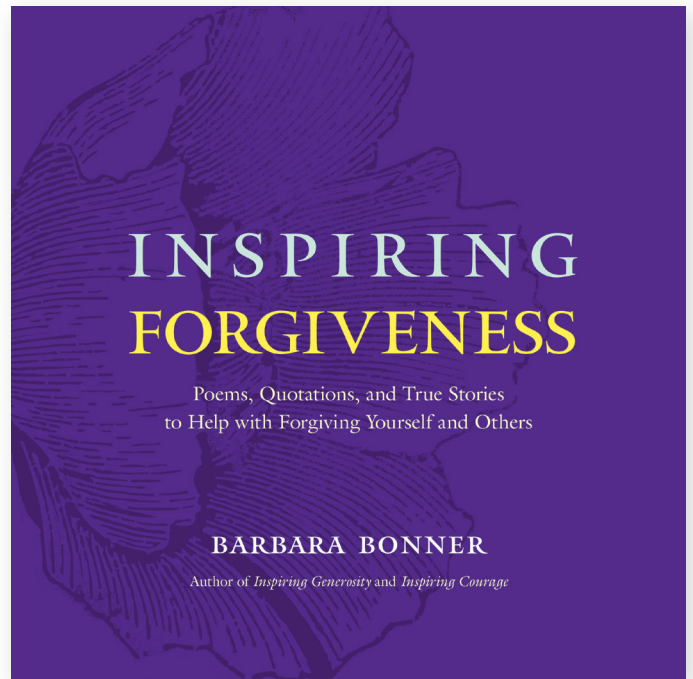


INSPIRING  
FORGIVENESS  
POEMS, QUOTATIONS,  
AND TRUE STORIES TO  
HELP WITH FORGIVING  
YOURSELF AND OTHERS

Barbara Bonner

March 17, 2020 | Paperback | 216 Pages  
\$19.95 | 8" x 8" | 9781614295785

Chicken soup for the  
angry or heartbroken  
soul in the form of  
uplifting stories and  
quotations.



Sometimes forgiveness can feel unfathomable, unreachable, or even just plain wrong. *Inspiring Forgiveness* throws wide open the doors of possibility within the human heart with the wise words of philosophers, writers, poets, and great thinkers from across centuries and continents. Each offering can serve as a guidepost along the path to bringing greater forgiveness into our lives. This book also tells the stories of twelve real-world people—from the Dalai Lama to Congressman John Lewis and more—whose lives were changed forever by forgiveness, including for themselves. Just bearing witness to these experiences can itself be transformative.

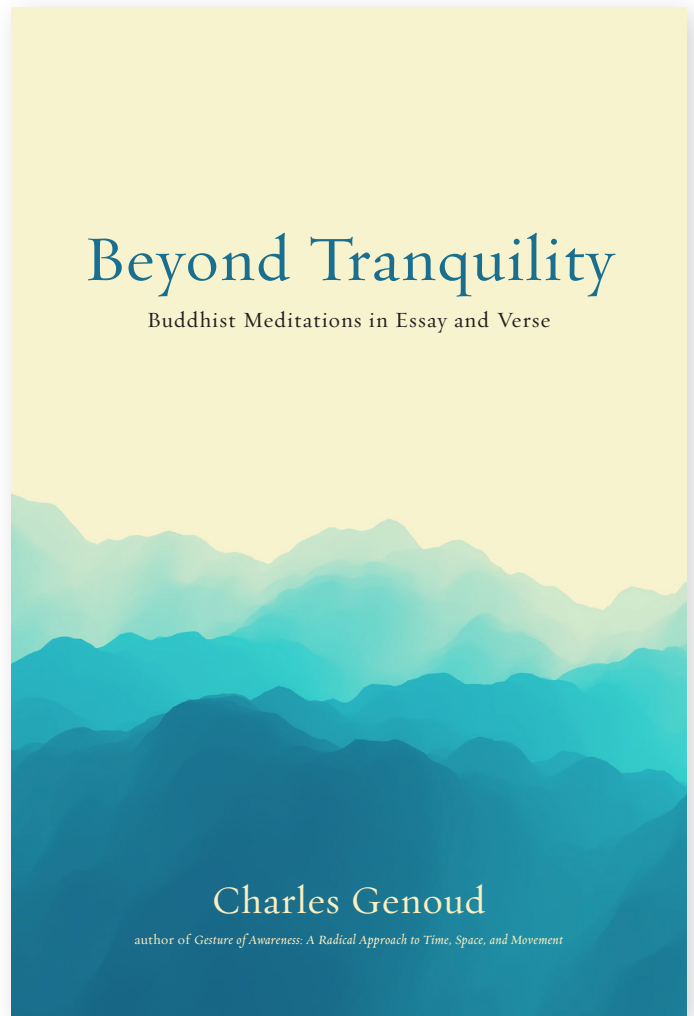
The book contains a collection of over 100 inspiring quotations, and each story is followed by extraordinary poems that speak to forgiveness.

BEYOND  
TRANQUILITY  
BUDDHIST MEDITATIONS  
IN ESSAY AND VERSE

Charles Genoud

January 28, 2020 | Paperback | 248 Pages  
\$17.95 | 6" x 9" | 9781614295815

One of Buddhism's  
most respected authors  
inspires readers with a  
creative and intriguing  
journey into the  
heart of Buddhist  
meditation practice.



In *Beyond Tranquility*, one of Buddhism's most respected scholar-sages distills decades of practice, reflection, and teaching into essential truths. Touching on the full scope of core Buddhist philosophical and meditation traditions, Genoud draws on ancient Buddhist masters like Nagarjuna and Dogen, seers like Eckhart and Buber, philosophers like Nietzsche and Sartre, and even the great innovators of the modern novel and modern dance. Weaving together the wisdom of these great minds, and in a poetic style uniquely his own, Genoud invites the reader into the heart of Buddhist meditation and practice. Here, with the immediacy and wry humor of haiku, he proves an astute and subtle guide to the pitfalls and paradoxes that eventually confront every meditator, and to the most skillful ways through them.

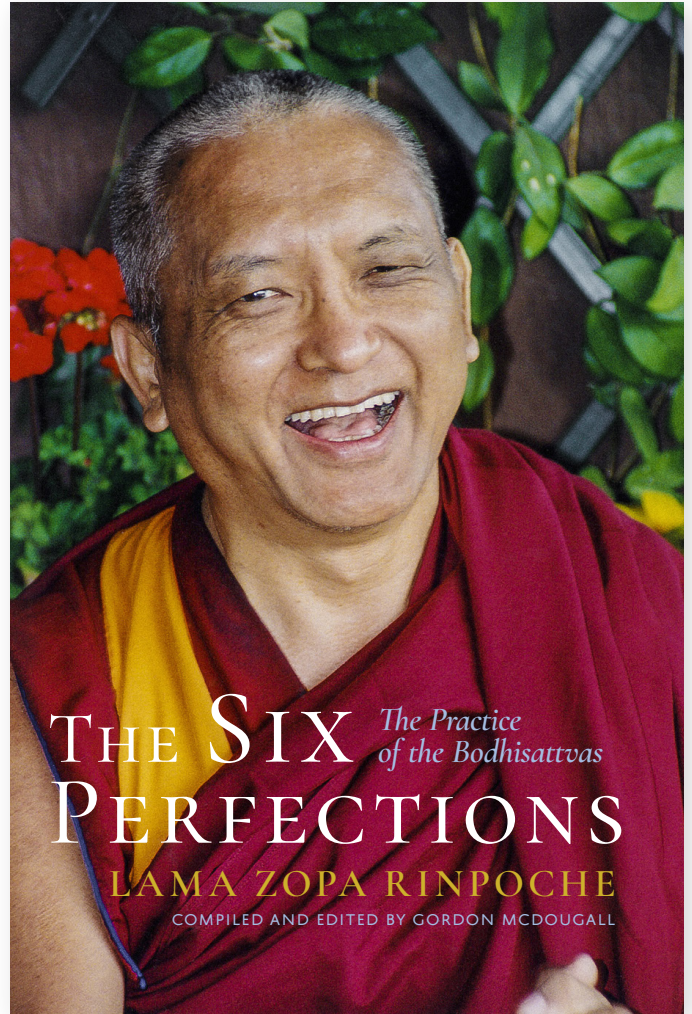
# THE SIX PERFECTIONS

*THE PRACTICE OF THE  
BODHISATTVAS*

Lama Zopa Rinpoche  
Compiled and Edited by  
Gordon McDougall

March 31, 2020 | Hardcover | 232 Pages  
\$29.95 | 6" x 9" | 9781614295853

A practical and  
actionable guide to  
the six perfections,  
a backbone of the  
Buddhist path, by an  
internationally beloved  
teacher.



The six perfections are the actions of the bodhisattvas, holy beings who have transcended selfless concerns. But they're also skills we can and should develop right now, in our messy, ordinary lives.

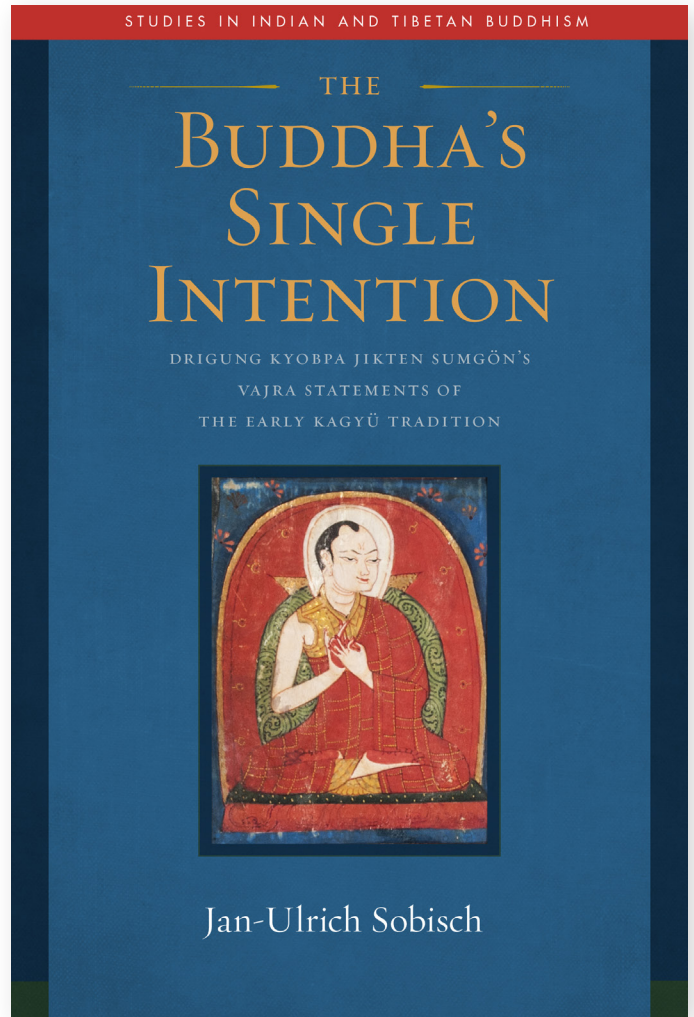
In this clear, comprehensive guide to the backbone of Buddhist practice, Lama Zopa walks us through each of the six perfections: charity, morality, patience, perseverance, concentration, and wisdom.

For each one, he carefully unfurls its intricacies, showing us its depth of meaning, how it intertwines with the other perfections, and how to practice it fully in our everyday lives—offering concrete ways for us to be more generous, more patient, more wise. With the guidance he gives us, we can progress in our practice of the perfections, becoming more generous, patient, and wise, until we, like the bodhisattvas, learn to cherish others above ourselves.



THE BUDDHA'S  
SINGLE  
INTENTION  
DRIGUNG KYOBPA  
JIKTEN SUMGÖN'S VAJRA  
STATEMENTS OF THE EARLY  
KAGYÜ TRADITION  
Jan-Ulrich Sobisch  
April 14, 2020 | Hardcover | 902 Pages  
\$95.00 | 6" x 9" | 9781614296393

The definitive  
presentation of one  
of the most unique  
and compelling works  
of classical Tibetan  
literature.



This book presents an influential and extraordinary teaching of the Kagyü tradition of Tibetan Buddhism known as the *Single Intention* by the master Drigung Jikten Sumgön (1143–1217), along with its chief commentaries.

The *Single Intention* (*dgongs gcig*) presents the thought of the Buddha in 150 *vajra statements*, pithy comments on the entire fabric of Buddhism, from discipline, meditation, and wisdom up to the nature of the ineffable—*mahāmudrā*.

Jan-Ulrich Sobisch is a meticulous scholar who manages to convey the unity of the Buddha's message, both in its particulars and in its scope. His deep and authoritative skill makes this the definitive presentation of one of the most unique and compelling works of classical Tibetan literature.

# THE SEVENTEEN DZOGCHEN TANTRAS

VOL. 3: A TRANSLATION OF  
THE YIGÉ MEPAI GYÜ AND ITS  
COMMENTARY

AND  
VOL. 4: A TRANSLATION OF  
THE DRÖNMA BARWA GYÜ  
AND ITS COMMENTARY

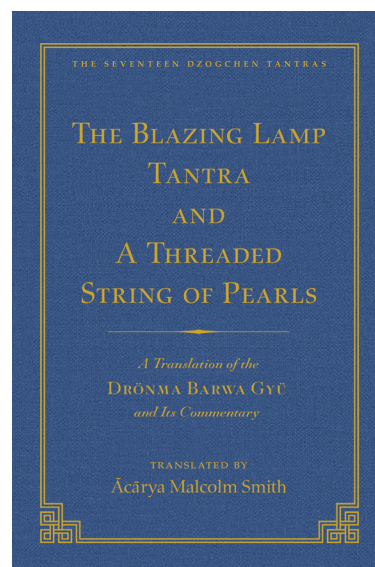
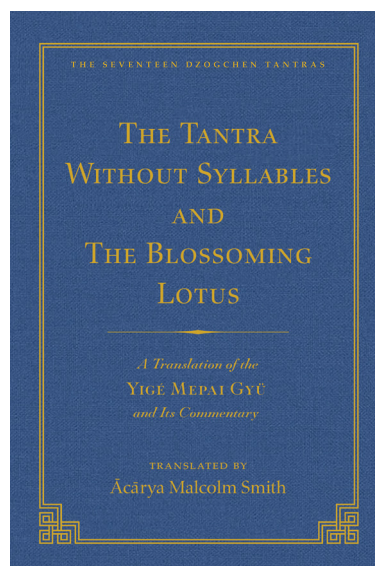
Malcolm Smith

April 21, 2020 | Hardcover Box Set

256 & 352 Pages

\$120.00 | 6" x 9" | 9781614296591

New translations  
of two of the most  
revered and important  
tantric texts in Tibetan  
Buddhism, essential  
for meditators,  
scholars, and  
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The eleventh-century Seventeen Tantras are among the most important texts in the tradition of the Great Perfection—and in all of Tibetan Buddhism.

This set provides these two luminous root texts in crystal-clear translation, along with their commentaries, which break down the tantras passage by passage under headings that contextualize many instructions for the practice of the Great Perfection. The two texts are published together because they contain some of the most detailed expositions on which are based the two essential practices of the Great Perfection: *trekchö*, the view, and *thögal*, the meditation.

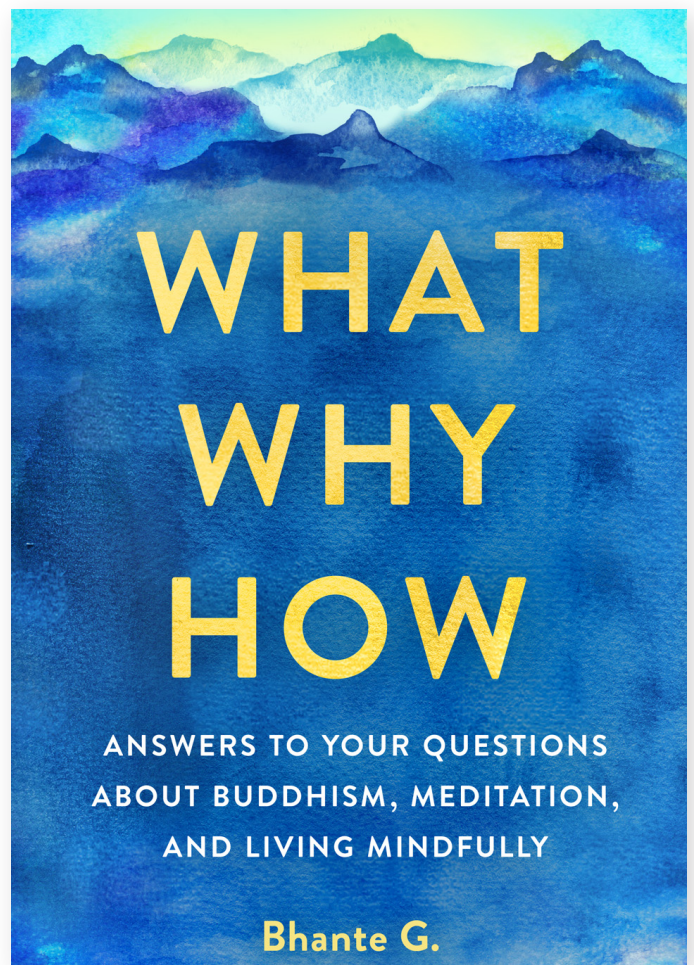
The *Tantra Without Syllables* focuses on the theoretical basis for *trekchö*. The *Blazing Lamp Tantra* focuses on the theoretical basis of *thögal*, detailing the four lamps, which are crucial for understanding the contemplative visions unique to the Great Perfection.

WHAT, WHY, HOW  
ANSWERS TO YOUR  
QUESTIONS ABOUT  
BUDDHISM, MEDITATION,  
AND LIVING MINDFULLY

Bhante Gunaratana

January 21, 2020 | Paperback | 328 Pages  
\$18.95 | 6" x 9" | 9781614296164

Everything you ever  
wanted to know but  
never had a chance to  
ask about meditation,  
from one of the great  
mindfulness and  
meditation masters.



**Everything you ever wanted to know but never had a chance to ask about meditation and Buddhist spiritual practice, from one of the greatest mindfulness masters of our time.**

Imagine that you could sit down with one of Buddhism's most accomplished and plainspoken teachers—and imagine that he patiently agreed to answer any question you had about meditation, living mindfully, and key Buddhist concepts—even the myriad brilliant questions you've never thought to ask! *What, Why, How* condenses into one volume a half-century of Bhante G.'s wise answers to common questions about the Buddha's core teachings on meditation and spiritual practice. With his kind and clear guidance, you'll gain simple yet powerful insights and practices to end unhealthy patterns and habits so that you can transform your experience of the world—from your own mind to your relationships, your job, and beyond.



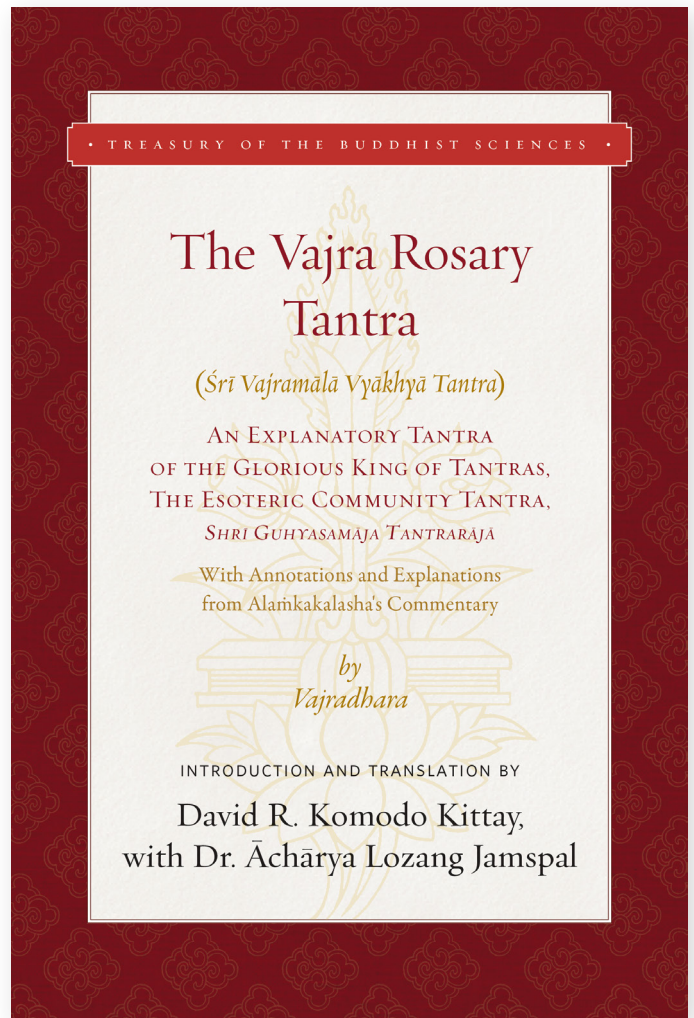
# THE VAJRA ROSARY TANTRA

Vajradhara

Translated and introduced by  
David Kittay with David Kittay  
and Lozang Jamspal

February 11, 2020 | Hardcover | 680 Pages  
\$69.95 | 6" x 9" | 9781949163148

The first English  
translation of the *Vajra  
Rosary Tantra*, with  
extensive annotations  
from *Alamkarakalasha's  
Commentary*, with a  
detailed introduction  
by the translators.



The *Vajra Rosary* is perhaps the most significant and detailed teaching attributed to Buddha (*Vajradhara*) instructing a practitioner how to overcome the 108 energies and their related conceptions that circulate in the subtle body and mind, leading most of us to continued rebirth in cyclic existence. The *Vajra Rosary* tells us how to overcome these energies and achieve the freedom of enlightenment. It is one of the “explanatory tantras” of the Buddhist Esoteric Community (*Guhyasamāja*) unexcelled yoga tantric system, the most complete of the four systems of tantra described in Indo-Tibetan Buddhist literature.

The book’s analysis of the *Vajra Rosary Tantra* illuminates for readers perhaps the most compelling reason of all to choose *Rosary*—the path to enlightenment is built on overcoming the 108 energy-winds and conceptualities, the number of beads on the ancient Indo-Tibetan Buddhist rosary. Readers will learn what practices to engage in to accomplish the goal of becoming a fully enlightened buddha through this comprehensive text.

# THE RICE SEEDLING SUTRA

*BUDDHA'S TEACHINGS ON  
DEPENDENT ARISING*

Geshe Yeshe Thabkhe

Translated by Joshua

and Diana Cutler

July 3, 2020 | Paperback | 192 Pages

\$19.95 | 6" x 9" | 9781614296430

One of Tibet's great  
scholars presents the  
Buddha's profound  
teachings on the  
laws of karma and  
dependent arising.

# THE RICE SEEDLING SUTRA



**BUDDHA'S TEACHINGS** *on* **DEPENDENT ARISING**

**GESHE YESHE THABKHE**

*Translated by* **JOSHUA** *and* **DIANA CUTLER**

In the *Rice Seedling Sutra*, the Buddha unpacks the law of cause and effect. He notes how in the natural world, a seed becomes a sprout, which produces a flower, which bears fruit. A seed has no intention to sprout; when the right conditions are assembled the fruit arises. Similarly, when our senses encounter an object, a sense consciousness arises naturally, without our intending it. This, says the Buddha, is also how karma works and how actions performed out of ignorance create suffering, whether we want it or not. And this same law of causality also governs enlightenment—when the right conditions are assembled, awakening is assured.

In many sutras like this one, the Buddha explains that to understand his Dharma is to understand dependent arising. Geshe Yeshe Thabkhe explores dependent arising, and the corollary teaching of emptiness, through this sutra and others.



# Dharma Matters

WOMEN, RACE, AND TANTRA

*Collected Essays by*

JAN WILLIS



## DHARMA MATTERS WOMEN, RACE, AND TANTRA COLLECTED ESSAYS BY JAN WILLIS

April 21, 2020 | Paperback | 376 Pages  
\$29.95 | 6" x 9" | 9781614295686

A powerful collection of essays on race and gender in contemporary Buddhist practice, which is a hot-button topic in the West right now.

Jan Willis was among the first Westerners to encounter exiled Tibetan teachers in India in the late sixties, instantly finding her spiritual and academic home.

This collection of eighteen scholarly and popular essays spans over thirty years of reflection and teaching by Willis. Grouped in four sections—Women and Buddhism, Buddhism and Race, Tantric Buddhism and Saints' Lives, and Buddhist-Christian Reflections—the essays provide timely and topical reading for Dharma practitioners in America who are interested in Willis's penetrating perspective.

Within tantric Buddhist narratives, Willis explores the life story in its traditional hagiographic form but also gives readers access to the real story of living human beings outside of the formulaic narrative framework of the saints' lives. Willis's inquiries balance sacred text and historical perspective to address contemporary social issues meaningful to all Buddhist practitioners.