



COVER COMING SOON

WHAT I DON'T KNOW ABOUT DEATH

*REFLECTIONS ON BUDDHISM
AND MORTALITY*

C. W. Huntington Jr.

September 7, 2021 | Paperback | 174 Pages
\$16.95 | 6" x 9" | 9781614297505

Part memoir, part
philosophy, part
essential life lessons,
these ruminations will
spark the mind and
move the heart.

A novelist and senior professor of Asian religions accustomed to vigorous health receives a terminal diagnosis in the winter, and by summer, his cancer has run its course. In the time between, he reflects on his impending death and revisits with fresh eyes the teachings and practices he has spent a lifetime pursuing. In this, his last book, readers can join C. W. "Sandy" Huntington on his journey of traversing the gap between knowledge and true wisdom.

"In only a few months the gestalt has shifted, and after a lifetime of study and practice of Buddhism I am only now learning, here in this prison of necessity, to release my grip on life and so to love it as it is in all its beauty and horror, to slip away into the arms of those infinite others, sentient and insentient, who have nourished and sustained me throughout this long journey home."

I SEE YOU, MARA!

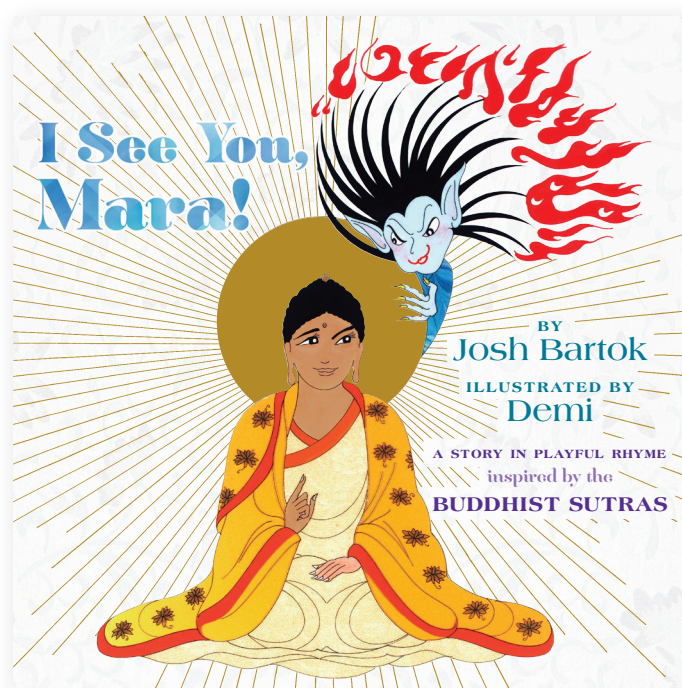
A STORY IN PLAYFUL
RHYME INSPIRED BY THE
BUDDHIST SUTRAS

Josh Bartok

Illustrated by Demi

September 14, 2021 | Hardcover | 32 Pages
\$19.95 | 9" x 9" | 9781614296850

If Dr. Seuss were drawing on classical Buddhist texts for inspiration, this is what he'd write—with playful yet classic illustrations by the team behind *I See You, Buddha*.



Destined to be classic, *I See You, Mara!* is a beautifully illustrated tale from the Buddhist sutras that will help kids learn how to better relate to their most difficult thoughts and feelings—including fear, self-doubt, and all kinds of insecurities.

The story is told in memorable and engaging rhyming verse in the tradition of Dr. Seuss and Shel Silverstein, and illustrated in a traditional and yet light-hearted style by the renowned and award-winning illustrator of *I See You, Buddha!*, and *The Illustrated Lotus Sutra*, and many other books.

Mara is a character from the Buddhist tradition who is the personification of the mind that causes suffering, also known as delusion. *I See You, Mara!* provides time-tested tools for dispelling the voice of fear, doubt, and inadequacy that arises for all of us.

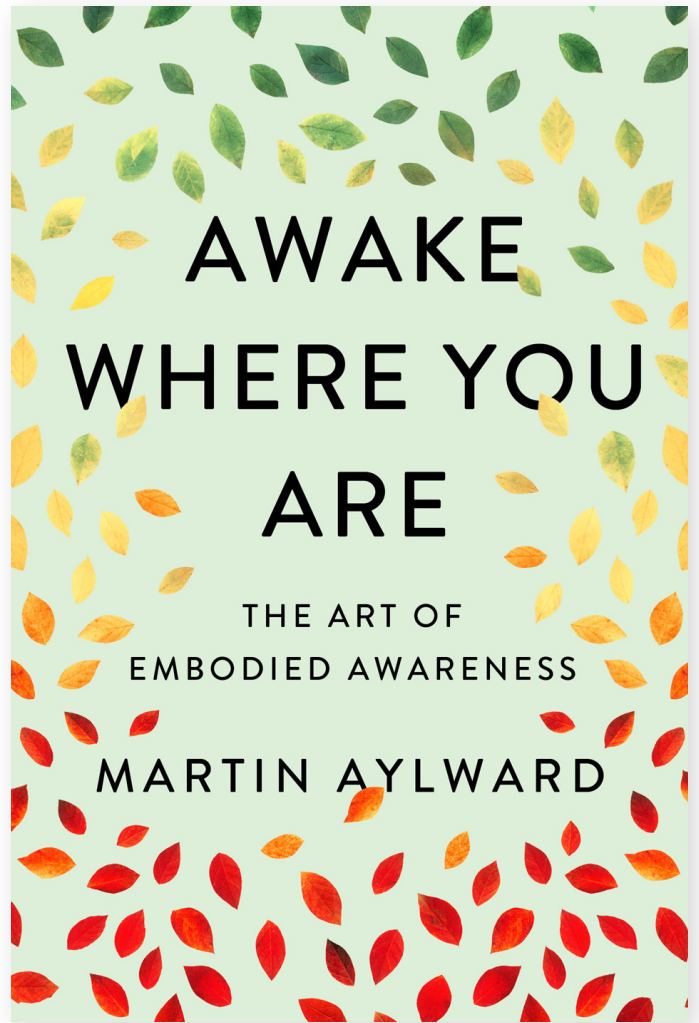
AWAKE WHERE
YOU ARE
THE ART OF
EMBODIED AWARENESS

Martin Aylward

Author Resides in France

November 2, 2021 | Paperback | 224 Pages
\$18.95 | 6" x 9" | 9781614297222

The body is of course
integral to meditation,
but there are only a
few books that focus
this specifically on
the body and the
meditative experience.
Awake Where You Are
addresses that need.



“Embodied awareness is the way back home—intimacy with where and how we are right now, with what is happening and how we are meeting it. My intention is to lead you into the heart of your life. Inside your body, where everything happens—within a quality of listening rather than knowledge, of feeling rather than reaction. This meditative practice is radically transformative.”

—Martin Aylward

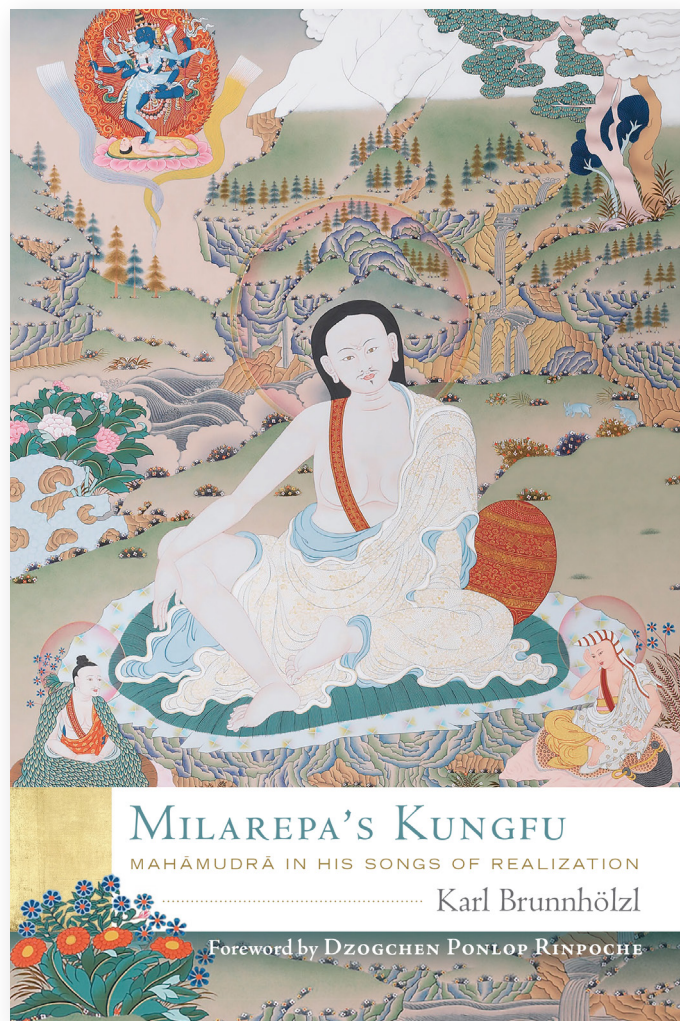
In a world obsessed with goals and performance, we end up being disconnected from ourselves. This book invites us to go inward and descend into our bodies. It teaches us to inhabit our sensory experience carefully—and literally brings us back “into our skin.” Aylward writes with sophisticated subtlety as well as the heart-opening simplicity and clarity born of deep experience. This book is the first English-language offering from a major new voice in contemporary Buddhism.

MILAREPA'S
KUNGFU
MAHĀMUDRĀ IN HIS
SONGS OF REALIZATION

Karl Brunnhölzl

October 12, 2021 | Hardcover | 124 Pages
\$21.95 | 6" x 9" | 9781614296614

The original meaning
of *kungfu* isn't just
martial arts; it refers
to a practice that is
mastered through
years of focused,
diligent training.
This book reveals a
meditation master's
“*kungfu* of the mind.”



The view is the wisdom of being empty.
Meditation is luminosity without fixation.
Conduct is a continual flow free of attachment.
Fruition is nakedness bare of any stain.

This is the first stanza of Milarepa's *Ultimate View, Meditation, Conduct, and Fruition*: pith instructions originally sang to the great yogi Rechungpa, Milarepa's disciple. These teachings are Milarepa's direct offering to his disciple of his own profound realization, gained after many years of dedicated practice. Karl Brunnhölzl, acclaimed translator and senior teacher at the Nalandabodhi community of Dzogchen Ponlop Rinpoche, calls this hard-earned understanding “kungfu”: “*Gōng* means ‘skillful work,’ ‘hard training,’ or ‘endeavor,’ and *fū* means ‘time spent’... The term refers to Milarepa's diligent and skillful training in the techniques to realize the nature of his mind and benefit countless sentient beings.”

THE MINDFUL MENOPAUSE WORKBOOK

DAILY PRACTICES

Francesca Dupraz-Brossard
Author Resides in Switzerland

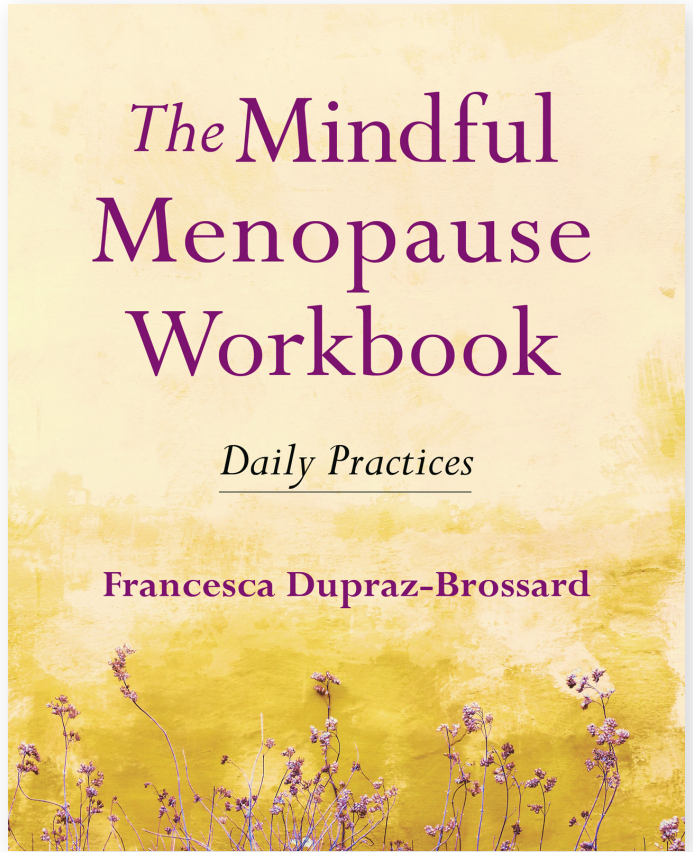
November 9, 2021 | Paperback | 500 Pages
\$39.95 | 8" x 10" | 9781614296492

Teachings, exercises,
and reflections to help
you be mindful during
menopause from a
respected psychologist.

The Mindful Menopause Workbook

Daily Practices

Francesca Dupraz-Brossard



The Mindful Menopause Workbook will help you bring mindfulness into your day-to-day activities during menopause. The teachings, exercises, and meditations will show you how to recognize and achieve a more balanced, peaceful, and joyful orientation to whatever you experience at menopause and beyond.

A year's worth of daily teachings will offer you micro-moments of self-care and self-development—mentally, physically, and spiritually. Each teaching has space for you to journal whatever thoughts, emotions, or sensations arise. The yoga section includes photos of the author demonstrating yoga postures that foster greater ease and awareness of the body, while the guided meditations and breath exercises promote body-mind unity through expanded peaceful awareness. The book addresses issues common to women during menopause sensitively, and gives recommendations for dealing with common complaints such as insomnia, fatigue, low energy and libido, anxiety, depression, hot flashes, physical discomfort, poor digestion, and weight gain.

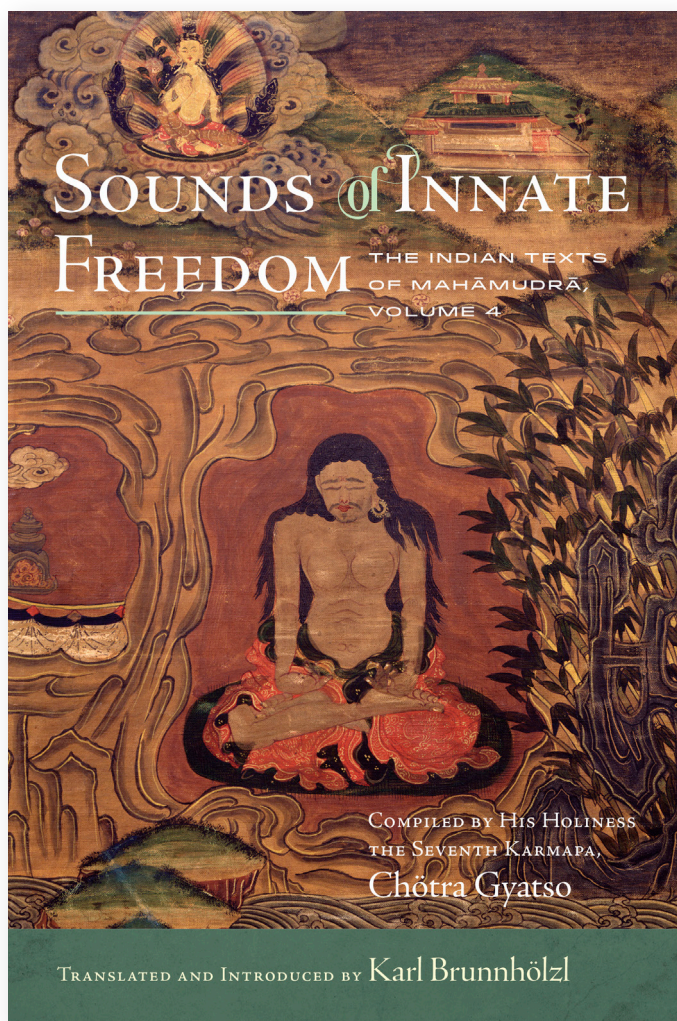
SOUNDS OF INNATE FREEDOM

THE INDIAN TEXTS OF
MAHĀMUDRĀ , VOLUME 4

Karl Brunnhölzl

November 9, 2021 | Hardcover | 720 Pages
\$59.95 | 6" x9" | 9781614297116

The second
publication in
an historic and
noteworthy six-volume
collection containing
many of the first
English translations
of classic māhamudrā
literature.



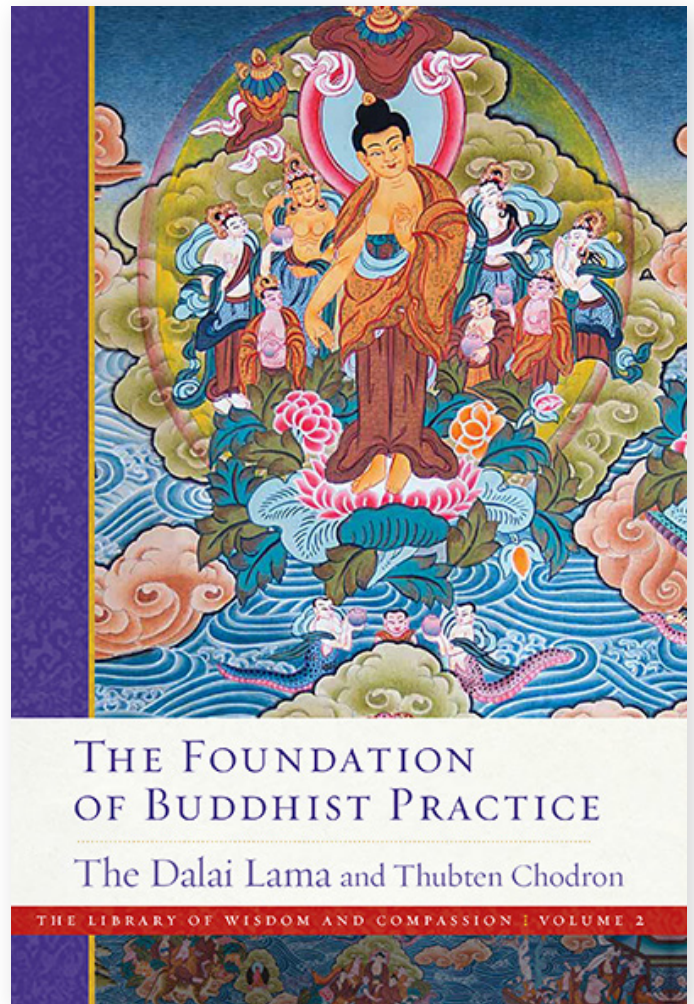
This collection offers a brilliant window into the richness of the vast ocean of Indian mahāmudrā texts cherished in all Tibetan lineages, particularly in the Kagyü tradition. Besides the individual *dohās* (couplets), *vajragītis* (vajra songs), and *caryāgītis* (conduct songs) in this volume, the three extensive commentaries it contains brilliantly unravel enigmas and bring clarity not only to the specific songs they comment on but to many other, often cryptic, songs of realization in this collection. These expressive songs offer readers a feast of profound and powerful pith instructions uttered by numerous male and female mahāsiddhas, yogīs, and dākinīs, often in the context of ritual *gaṇacakra* and initially kept in their secret treasury. Displaying a vast range of themes, styles, and metaphors, they all point to the single true nature of the mind—mahāmudrā—in inspiring ways and from different angles, using a dazzling array of skillful means to penetrate the sole vital point of buddhahood being found nowhere but within our own mind. Reading and singing these songs of mystical wonder, bliss, and ecstatic freedom, and contemplating their meaning, will open doors to spiritual experience for us today just as it has for countless practitioners in the past.

THE FOUNDATION OF BUDDHIST PRACTICE

The Dalai Lama and
Thubten Chodron

November 16, 2021 | Paperback | 400 Pages
\$21.95 | 6" x 9" | 9781614297758

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*—now
in paperback!



Volume 1, *Approaching the Buddhist Path*, contained introductory material that set the context for Buddhist practice. This second volume, *The Foundation of Buddhist Practice*, describes 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 and contemporary Asian students. Starting with the four seals and the two truths, His Holiness illuminates key Buddhist ideas, such as dependent arising, emptiness, and karma, to support the reader in engaging with this rich tradition. This second volume in the *Library of Wisdom and Compassion* series provides a wealth of reflections on the relationship between a spiritual mentor and student, how to begin a meditation practice, and the relationship between the body and mind.

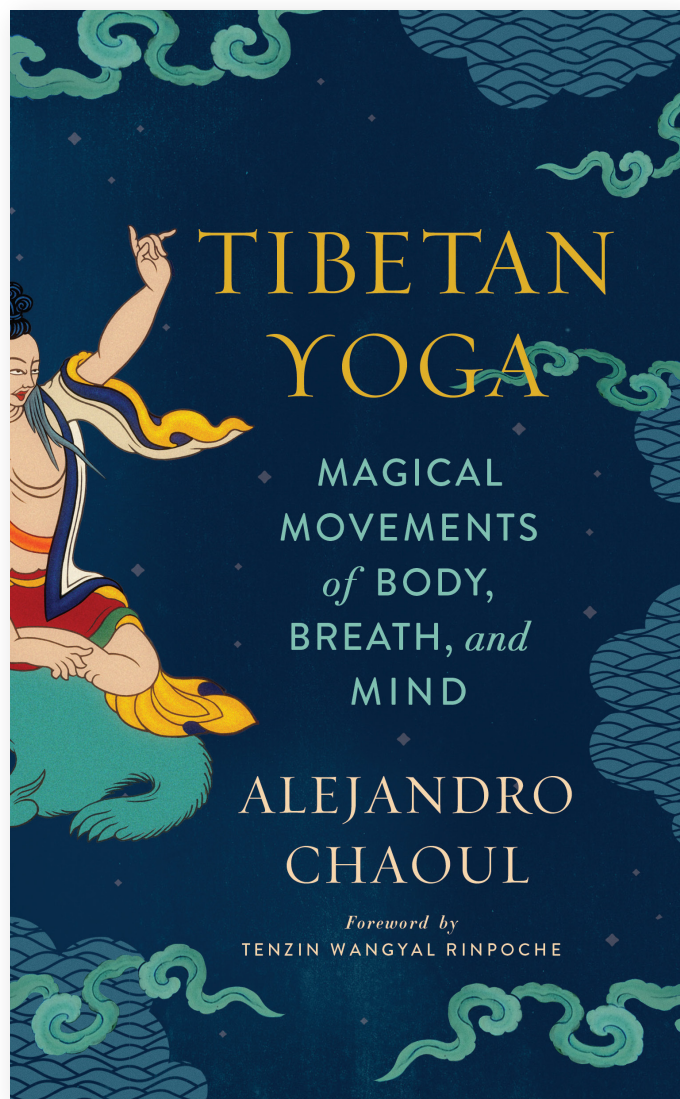
TIBETAN YOGA

MAGICAL MOVEMENTS OF BODY, BREATH, AND MIND

Alejandro Chaoul

November 23, 2021 | Paperback | 120 Pages
\$16.95 | 5" x 8" | 9781614295228

Discover ancient
Tibetan yogic practices
that integrate body,
breath, and mind
on the journey to
personal cultivation
and enlightenment.



Tibetan Yoga offers accessible instructions for performing the ancient yogic techniques of Tibet's Bön religion. This is Tibetan yoga, or *trul khor*, a deeply authentic yogic practice.

Drawing on thirty years of training with the Bön tradition's most senior masters as well as advanced academic study, Dr. Alejandro Chaoul offers expert guidance on practices that were first developed by Bön masters over a millennia ago, framing them according to the needs of contemporary yoga practitioners and meditators.

No matter their level of experience, dedicated practitioners of Tibetan yoga will discover its ability to clear away obstacles and give rise to meditative states of mind.

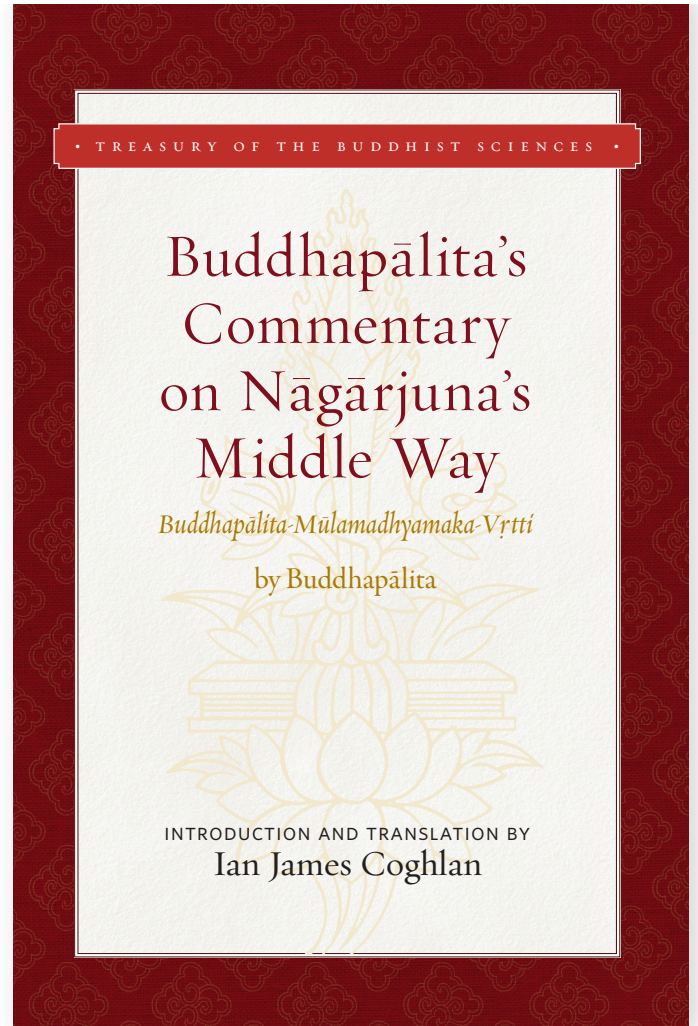
In this book you'll learn what it means to practice for the benefit of all beings and to experience your body as a mandala, from center to periphery. These movements help you live in a more interconnected mind-breath-body experience.

BUDDHAPĀLITA'S COMMENTARY ON NĀGĀRJUNA'S MIDDLE WAY

Buddhapālita
Introduced and Translated
by Ian James Coghlan

November 30, 2021 | Hardcover | 400 Pages
\$69.95 | 6" x 9" | 9781949163209

A masterful translation
of classic scholar
Buddhapālita's
breakthrough
elucidation of
Nāgārjuna's famous
Middle Way text,
which has profoundly
influenced generations
of Buddhist
philosophers.



This “Buddhapālita” commentary on Nāgārjuna’s famous first-century text *Wisdom: Fundamental Middle Way Verses* has been considered for over a thousand years by Indian and Tibetan philosophers to be the special key that best unlocks the deep philosophical freedom from confusions and perplexities that the Middle Way (or Centrist) school seeks to provide for its students.

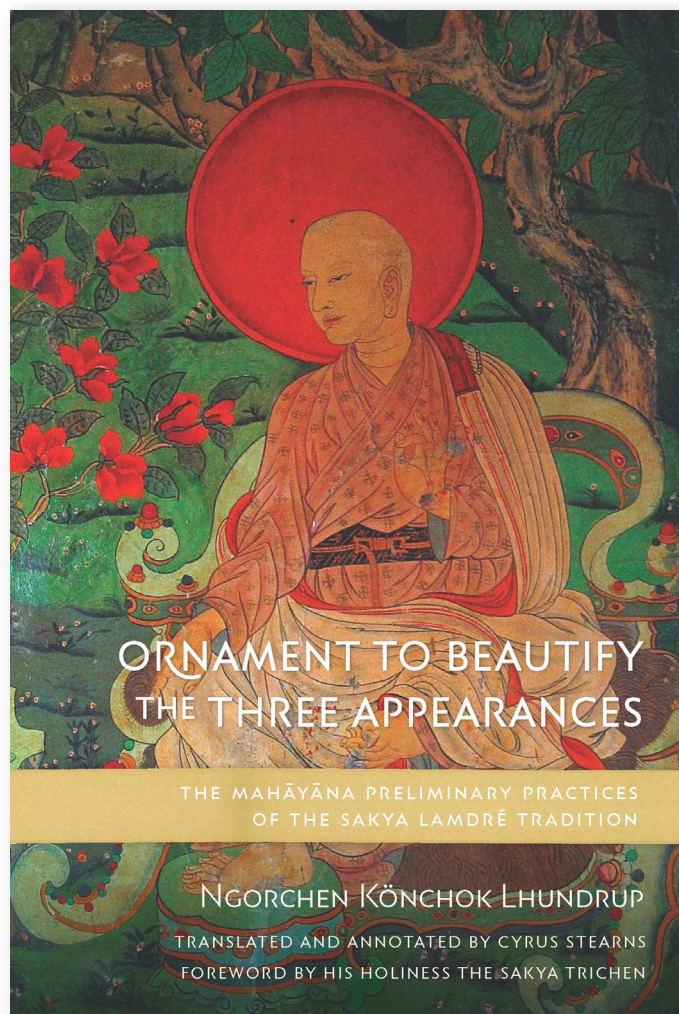
Ian Coghlan’s masterful translation makes Buddhapālita’s breakthrough elucidation of the *Wisdom Fundamental Verses* clearly accessible. The translator’s unique education combines the Indo-Tibetan *geshé* (doctoral equivalent) curriculum, which involves the kind of formal external and internal analytical debate that can mobilize deep, experiential, transformative outcomes, with the modern doctoral training that adds comparative text-critical analysis and comparative language research in Sanskrit as well as Tibetan. This intellectual and experiential education has enabled him to produce this marvelously reliable translation that enables the philosophical seeker to fully engage in English with Buddhapālita’s richly transformative, mentally liberating work.

ORNAMENT
TO BEAUTIFY
THE THREE
APPEARANCES
THE MAHĀYĀNĀ
PRELIMINARY PRACTICES
OF THE SAKYA LAMDRÉ
TRADITION

Ngorchon Könchok Lhundrup
Translated by Cyrus Stearns

December 21, 2021 | Hardcover | 288 Pages
\$49.95 | 6" x 9" | 9781614297239

The latest offering
from a renowned
translator of one of
the most important
texts in the Sakya
school, made at the
personal request of
His Holiness the
Sakya Trichen.



Ornament to Beautify the Three Appearances is the first volume of a two-volume set of works written by the Sakya master Ngorchon Könchok Lhundrup (1497–1557) to explain the Lamdré teachings, the most precious system of tantric theory and practice in the Sakya tradition of Tibetan Buddhism.

The extensive practices of the Lamdré, or Path with the Result, are based on the *Vajra Lines*, a small text of the great Indian adept Virūpa (ca. seventh–eighth centuries). The *Vajra Lines* represents the distilled essence of the *Hevajra Tantra* and its two explanatory tantras, and is almost entirely concerned with esoteric tantric practice. The first topic, however, is the fundamental teachings of Hinayāna and Mahāyāna Buddhism, which are the essential basis for the main tantric practices of Vajrayāna. In the Lamdré system, this first topic of preliminary instructions is known as the Three Appearances.

The preliminary practices presented in this first volume, *Ornament to Beautify the Three Appearances*, may be practiced by anyone, without specific, required preparation.

ORNAMENT
TO BEAUTIFY
THE THREE
APPEARANCES
(VOL. 1)
AND ORNAMENT
TO BEAUTIFY THE
THREE CONTINUA
(VOL. 2)

Ngorchon Könchok Lhundrup
Translated by Cyrus Stearns

December 21, 2021 | Box set | 620 Pages
\$120.00 | 6" x 9" | 9781614297239

Ornament to Beautify the Three Appearances is the most extensive explanation of the Three Appearances ever written. *Ornament to Beautify the Three Continua* is the most extensive explanation of the Three Continua in a single text.



COVER
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The extensive practices of the Lamdré, or Path with the Result, are based on the *Vajra Lines*, a small text of the great Indian adept Virūpa (ca. seventh–eighth centuries). The *Vajra Lines* represents the distilled essence of the *Hevajra Tantra* and its two explanatory tantras, and is almost entirely concerned with esoteric tantric practice. The first topic, however, is the fundamental teachings of Hinayāna and Mahāyāna Buddhism, which are the essential basis for the main tantric practices of Vajrayāna. In the Lamdré system, this first topic of preliminary instructions is known as the Three Appearances.

Having absorbed the preliminary instructions, the practitioner may go on to the second volume, a restricted text that explains the main tantric practices of the Three Continua, intended for students who have at least received the great initiation of *Hevajra*.