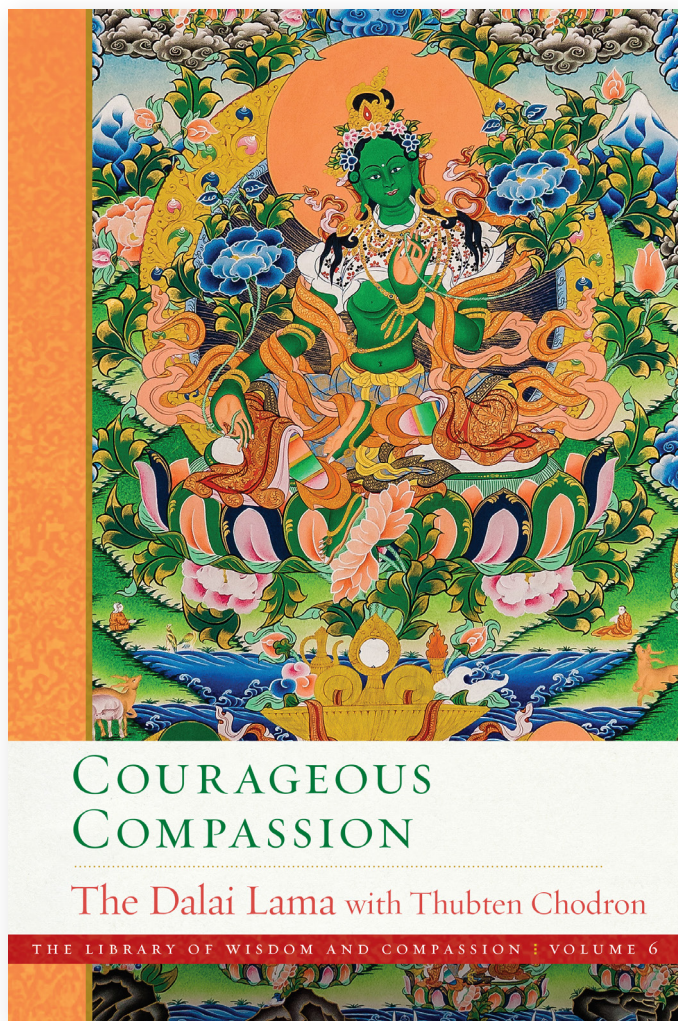


# COURAGEOUS COMPASSION

The Dalai Lama with  
Thubten Chodron

May 4, 2021 | Hardcover | 496 Pages  
\$29.95 | 6" x 9" | 9781614297475

The sixth volume  
of the Dalai Lama's  
definitive *Library  
of Wisdom and  
Compassion* series,  
which has sold over  
26,000 copies to date.



*Courageous Compassion*, the sixth volume of the *Library of Wisdom and Compassion* series, continues the Dalai Lama's teachings on the path to awakening. The previous volume focused on opening our hearts with love and compassion for all living beings, and the present volume explains how to embody compassion and wisdom in our daily lives. Here we enter a fascinating exploration of bodhisattvas' activities across multiple Buddhist traditions—Tibetan, Theravāda, and Chinese Buddhism.

After explaining the ten perfections according to the Pāli and Sanskrit traditions, the Dalai Lama presents the sophisticated schema of the four paths and fruits for śrāvakas and solitary realizers and the five paths for bodhisattvas. Learning about the practices mastered by these exalted practitioners inspires us with knowledge of our minds' potential. His Holiness also describes buddha bodies, what buddhas perceive, and buddhas' awakening activities.

*Courageous Compassion* offers an in-depth look at bodhicitta, arhatship, and buddhahood that you can continuously refer to as you progress on the path to full awakening.

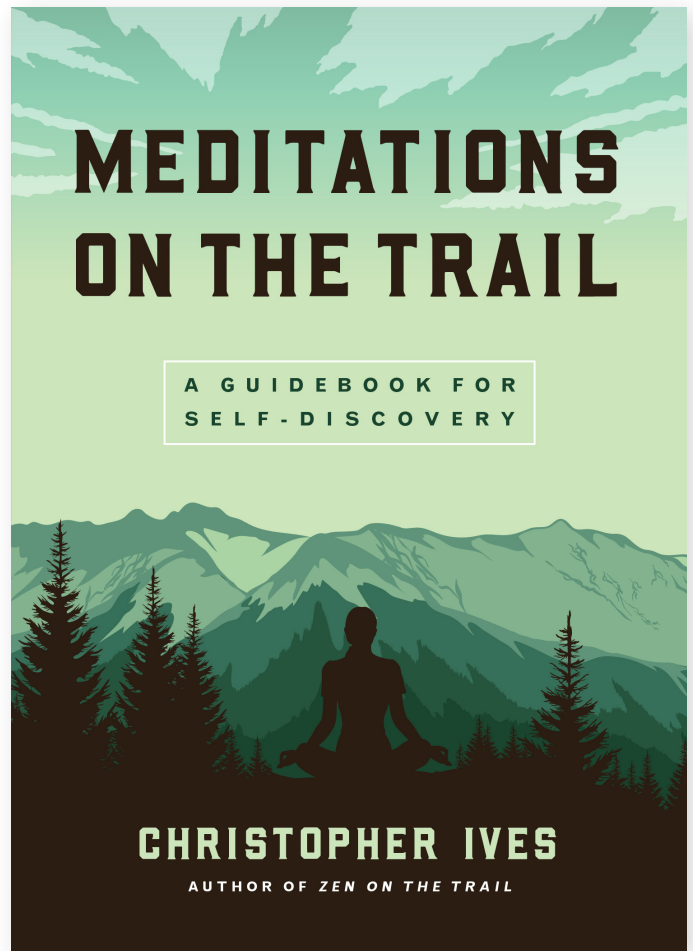
# MEDITATIONS ON THE TRAIL

## A GUIDEBOOK FOR SELF-DISCOVERY

Christopher Ives

May 11, 2021 | Paperback | 152 Pages  
\$14.95 | 5" x 7" | 9781614297529

Discover how to  
explore and deepen  
your connection to  
nature with a rich  
array of do-anywhere  
meditations.



*Meditations on the Trail* offers a rich array of do-anywhere meditations that will help you explore and deepen your connection to nature, and yourself, in new ways, making the most of your time on the trail.

This small book—perfect for throwing in a daypack or a back pocket as you head out for the trail—is filled with practices to take you deep into the heart of the natural world and uncover your deepest, truest, most vibrant self. You'll return home grateful, more aware of interconnection, and maybe just a little wiser.

“For walkers of all paces and geographies, this lovely book is a helpful guide for savoring moments on the trail, and feeling how deeply related we are to all existence.”

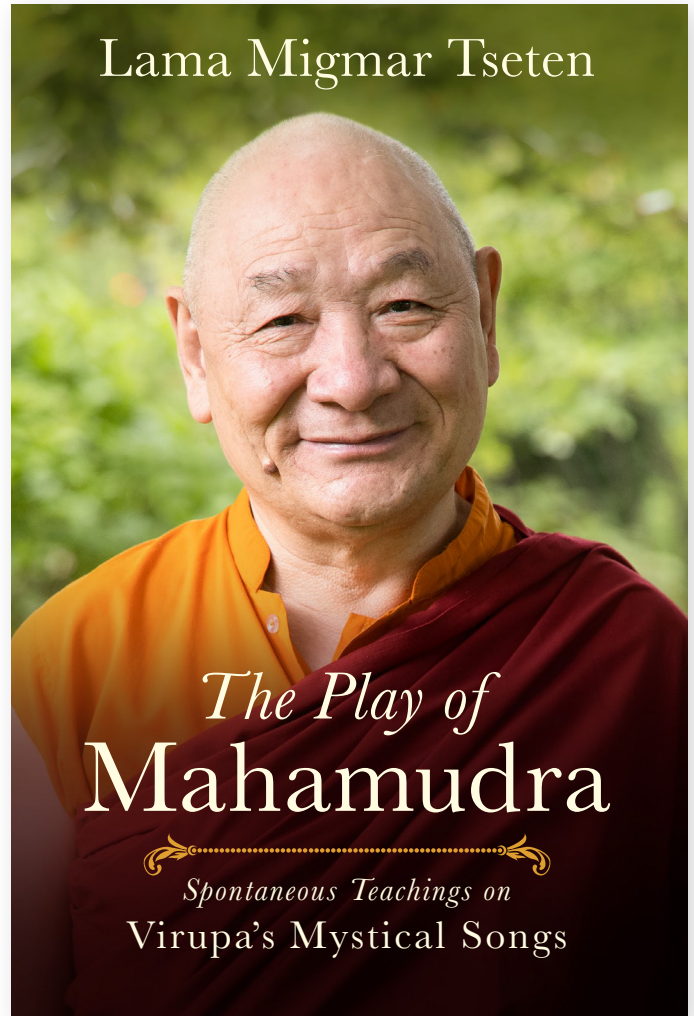
—**Stephanie Kaza**, author of *Conversations with Trees: An Intimate Ecology*

THE PLAY OF  
MAHAMUDRA  
SPONTANEOUS  
TEACHINGS ON VIRUPA'S  
MYSTICAL SONGS

Lama Migmar Tseten

May 25, 2021 | Paperback | 336 Pages  
\$29.95 | 6" x 9" | 9781614297031

Essential commentary  
on the spontaneous  
mystical songs of the  
Indian Buddhist  
rebel-saint Virupa.



Renowned Tibetan Buddhist teacher Lama Migmar Tseten provides essential commentary on the spontaneous songs of the Indian Buddhist rebel-saint Virupa. One of the most celebrated tantric masters of Buddhist India, Virupa's mystical songs describe his realization of mahamudra, the ultimate nature of reality. Intimate and highly engaging, *The Play of Mahamudra* unpacks these songs with meticulous clarity, making Virupa's insights accessible to modern readers.

"This new collected edition of Khenpo Migmar Tseten's *Play of Mahamudra* volumes constitutes a veritable treasure for all who are deeply engaged on the path to enlightenment. Khenpo Migmar's translation of Mahasiddha Virupa's *Treasury of Dohas* and of Sachen Kunga Nyingpo's *Praise to Virupa* makes us intimately familiar with the essence of these root texts, and his elucidation of the *Dohas* offers us a deep and clear understanding of their core meaning. Anyone who truly contemplates on Mahasiddha Virupa's words is certain to attain realization." —**His Holiness the Sakya Trichen**

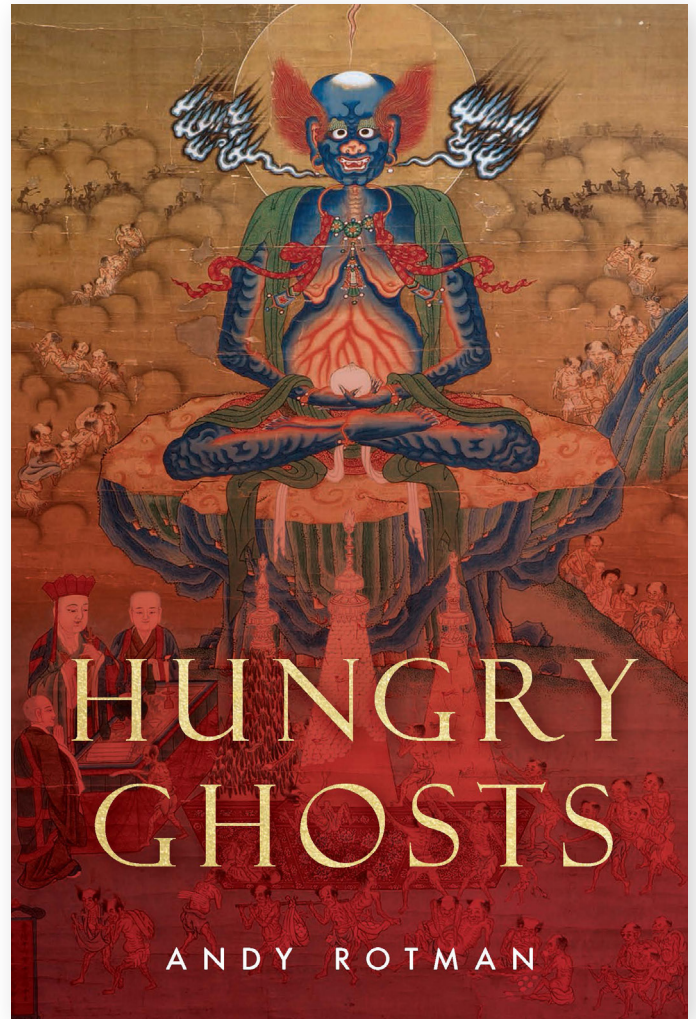


# HUNGRY GHOSTS

Andy Rotman

May 25, 2021 | Paperback | 232 Pages  
\$22.95 | 6" x 9" | 9781614297215

Classical stories and depictions of hungry ghosts not only tell us a great deal about Buddhism in the ancient world—they also speak to the modern human condition.



The realm of hungry ghosts is one of the unfortunate realms of rebirth in the Buddhist cycle of existence, and those reborn there are said to have led lives consumed by greed and spite. Hungry ghosts are often described as having enormous stomachs and tiny mouths, forever thwarted in their search for food. Their stories are meant to shock us out of our complacency.

One of the earliest sources about hungry ghosts is the ten stories about them in the *Avadānaśataka* (*One Hundred Stories*), a Buddhist scripture from the early centuries of the Common Era, and these ten stories are elegantly translated in this volume.

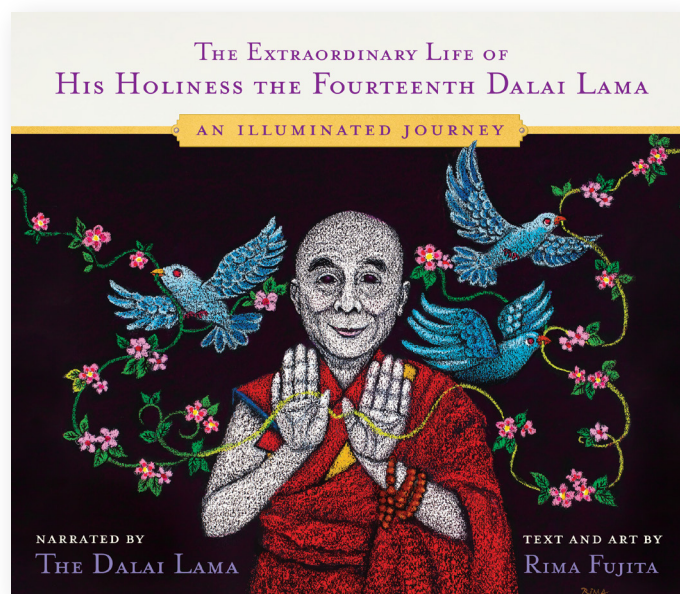
Artistic depictions of the travails of hungry ghosts are found throughout the Buddhist world, and *Hungry Ghosts* reproduces some of the best examples with detailed descriptions. The volume also begins with a meditation on meanness (*matsārya*), the mental state that engenders rebirth as a hungry ghost. We discover how the understanding of miserliness, cruelty, and bad faith found in the stories illuminates the human condition, offering insight and inspiring compassion for readers both in ancient times and today.

THE  
EXTRAORDINARY  
LIFE OF HIS  
HOLINESS THE  
FOURTEENTH  
DALAI LAMA  
*AN ILLUMINATED JOURNEY*

Narrated by the Dalai Lama  
Text and Illustrations by  
Rima Fujita

June 8, 2021 | Hardcover | 56 Pages  
\$19.95 | 7.5" x 6.5" | 9781614297499

His Holiness the  
Fourteenth Dalai  
Lama tells the story of  
his life with stunning  
illustrations by  
world-renowned artist  
Rima Fujita.



One of the most revered spiritual figures of our time—His Holiness the Fourteenth Dalai Lama—tells the story of his life in this intimate, timeless, and approachable book. Featuring luminous illustrations from world-renowned artist Rima Fujita and some never-before-shared details, it's the perfect way to explore the life of the Dalai Lama. This simple yet powerful text combined with stunning artwork will captivate readers of all ages—and will take you on a mystical journey you won't soon forget.

“His Holiness has made the world a better place for he has inspired many of us to reach for the stars, and this book is an accurate description of that inspiring life.”  
—**Archbishop Desmond Tutu**

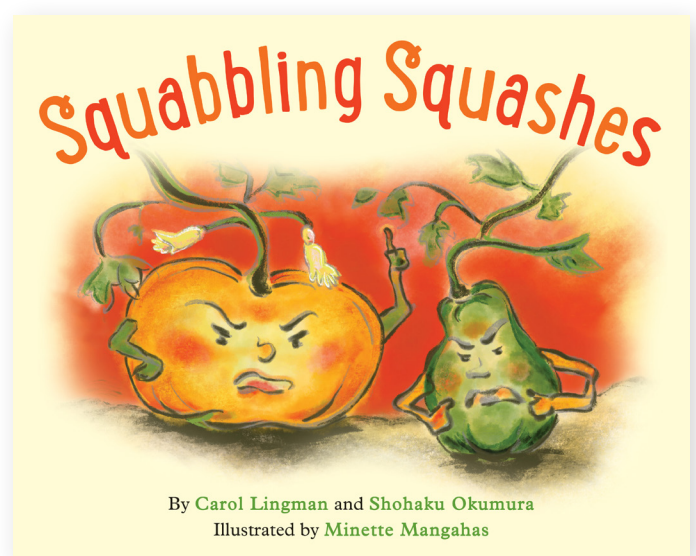
# SQUABBLING SQUASHES

Carol Lingman and  
Shohaku Okumura

Illustrated by  
Minette Mangahas

June 22, 2021 | Hardcover | 32 Pages  
\$19.95 | 10" x 8" | 9781614296935

A Zen Buddhist story  
for all ages on how  
to cultivate harmony  
amid our differences.



“It’s true that we are all different squashes . . . some are bigger and some are smaller . . . some are rounder and some are longer. But even if we are different, we are all connected. We are all growing together. We don’t have to be such squabbling squashes.”

A story for children of all ages about interconnection and learning to live in harmony amid differences, from a leading light of contemporary Zen—based on a parable from Kosho Uchiyama’s classic bestseller *Opening the Hand of Thought*.



# THE MIDDLE-LENGTH TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT

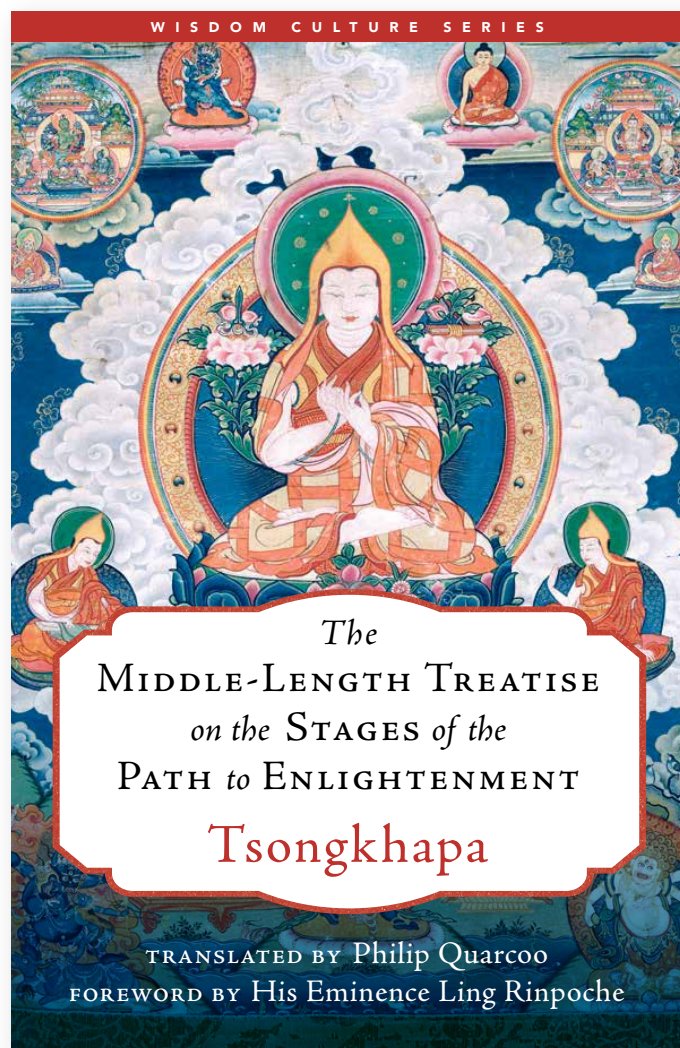
Tsongkhapa

Translated by Philip Quarcoo

June 29, 2021 | Hardcover | 496 Pages

\$49.95 | 6" x 9" | 9781614294436

The first complete English translation of a seminal work from the renowned scholar-saint Tsongkhapa.



Tsongkhapa (1357–1419), the author of the well-known *Great Treatise on the Stages of the Path to Enlightenment*, is renowned as one of the greatest scholar-saints that Tibet has ever produced. A dozen years after writing the *Great Treatise*, he wrote the *Middle-Length Treatise on the Stages of the Path*, presented here in its first complete English translation.

Half the length of the well-known *Great Treatise*, this work similarly presents a systematic overview of the Buddhist path. Tsongkhapa begins by abridging the longer work, distilling its explanations for quicker integration. He presents a series of meditations and gives especially detailed instructions on śamatha, the deep meditative concentration that is a precondition for the highest insight into the nature of reality. The final and largest section, on that very insight, is unique to this work, particularly Tsongkhapa's presentation of conventional truth and ultimate truth.

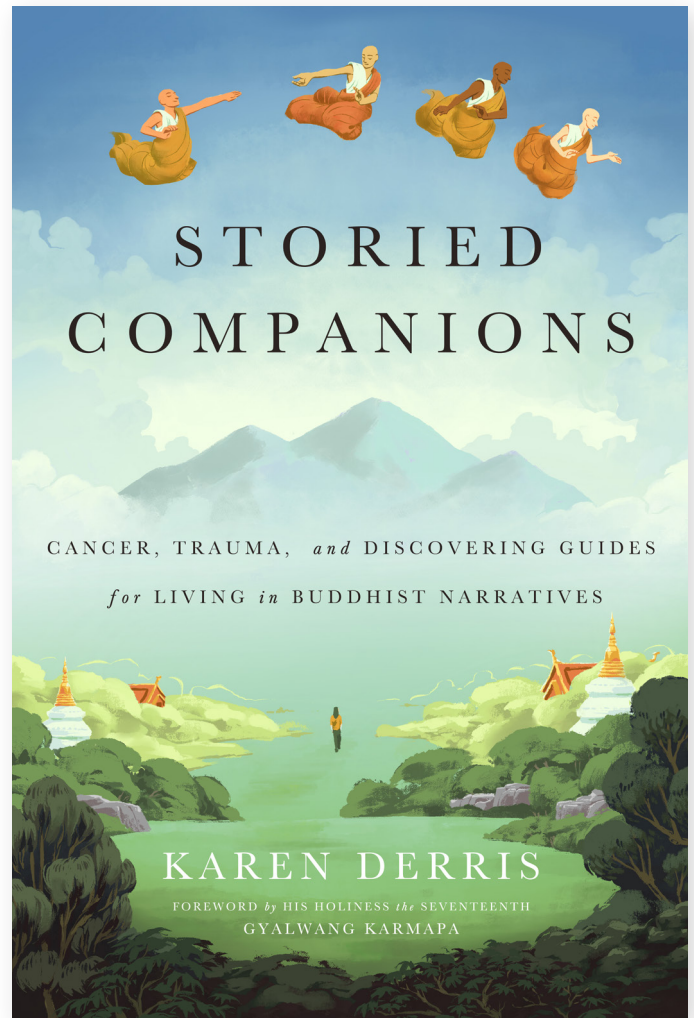
Those new to Tibetan Buddhist teachings will benefit from the approachable style of this classic handbook for enlightenment, and beginners and longtime practitioners alike will cherish the clear guidance.

STORIED  
COMPANIONS  
CANCER, TRAUMA, AND  
DISCOVERING GUIDES  
FOR LIVING IN BUDDHIST  
NARRATIVES

Karen Derris

July 13, 2021 | Paperback | 208 Pages  
\$18.95 | 6" x 9" | 9781614295754

A student of His  
Holiness the  
Seventeenth Karmapa  
helps readers discover  
new ways of facing  
and experiencing  
life, death, and  
impermanence.



**“With my diagnosis of grade IV brain cancer, I no longer observe the truth of impermanence from a critical, analytical distance. I am crashing into it, or it into me.”**

Facing a terminal cancer diagnosis, Karen Derris—professor, mother, and Buddhist practitioner—turned to books. By reading ancient Buddhist stories with new questions and a new purpose—finding a way to live with her dying body—she discovers new ways to make them immediate and real. By placing herself into these stories, she turns them from distant and static narratives into companions, and from companions into guides.

*Storied Companions* interweaves Karen’s memoir of her life of trauma and illness with stories from Buddhist literary traditions, sharing with the reader how she found ways to live with the reality that she won’t live as long as she wants and needs to. Honest, powerful, and insightful, *Storied Companions* itself becomes an invaluable companion, guiding the reader to discover new ways of facing and experiencing life, death, and impermanence.



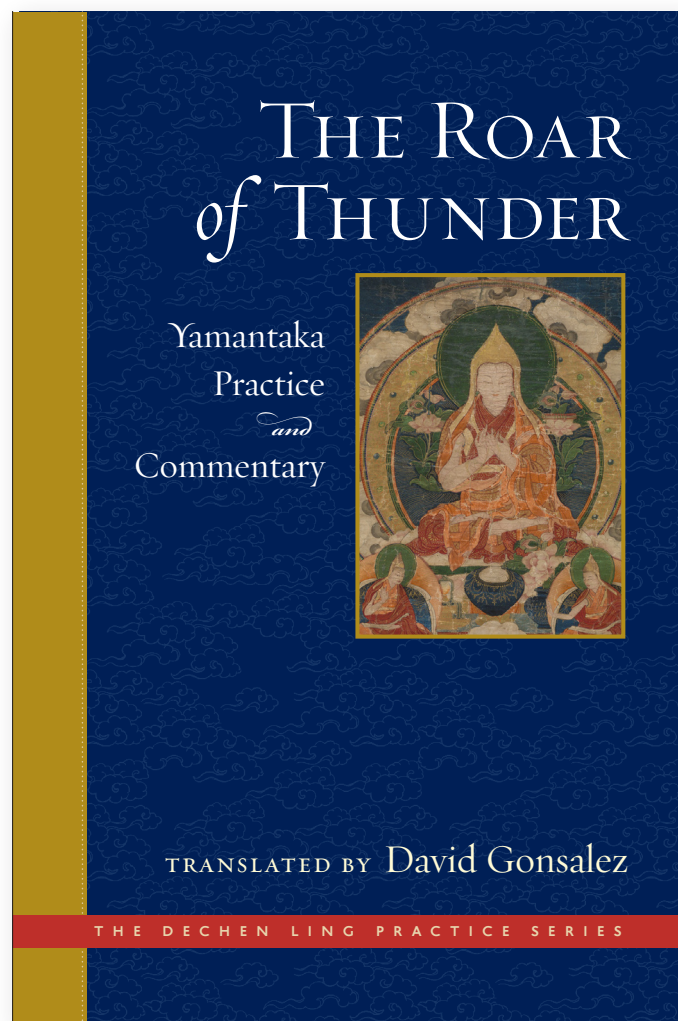
# THE ROAR OF THUNDER

## YAMANTAKA PRACTICE AND COMMENTARY

Translated by David Gonzalez

July 20, 2021 | Hardcover | 372 Pages  
\$59.95 | 6" x 9" | 9781614295662

An essential collection  
of tantric texts on a  
meditation practice  
essential to one of the  
largest traditions of  
Buddhism in Tibet.



Yamantaka is the wrathful expression of the wisdom buddha Manjushri and was Tsongkhapa's foremost personal deity, from whom he received direct visions that were a constant source of empowerment, inspiration, instruction, and even personal advice. The quintessential instruction of both main lineages with oral instructions on the practice are presented in this volume.

First, we have commentary from the great scholar, siddha, and lineage holder of the Gelug Mahamudra lineage, Ngulchu Dharmabhadra, on the Thirteen Deity practice. The second commentary, composed by the Fifth Ling Rinpoche, Losang Lungtog Tenzin Trinley, is concerned with the Solitary Hero practice and contains many extraordinary instructions that have not been written down in other texts but have been preserved through the oral lineage. Also included is the extensive sadhana of the Solitary Hero composed by Pabongkha Rinpoche that can be used as a reference to facilitate a more thorough understanding of the commentaries.

The combination of these two texts gives the reader an unprecedented panoramic perspective on the entire spectrum of Yamantaka practice.

# TIBETAN ART CALENDAR 2022

Illustrated by Tashi Dhargyal

August 3, 2021 | Calendar | 28 Pages  
\$16.95 | 12" x 13" | 9781614297673

The Tibetan Art  
Calendar is a  
beautiful, affordable  
way to enjoy  
authentic, meaningful,  
and deeply inspiring  
works of sacred art,  
year-round.



This calendar features the artwork of Tibetan artist Tashi Dhargyal, who paints traditional subjects in the classical style, from goddesses of compassion to fierce protectors of the Buddha's teachings. Tashi trained with master painter Venerable Sangye Yeshe at a school established at the behest of the Dalai Lama in Dharamsala, India. For five years he was the artist-in-residence at Ganden Jangtse Monastery before coming to the United States to continue his craftsmanship. This calendar features his most striking and powerful pieces, which will be enjoyed by Buddhists and non-Buddhists alike.

# QUESTIONING THE BUDDHA

A SELECTION OF  
TWENTY-FIVE SUTRAS

Peter Skilling

August 17, 2021 | Paperback | 696 Pages  
\$49.95 | 6" x 9" | 9781614293934

An important new  
book unlocking the  
words of the Buddha  
contained in the  
vast Tibetan canon,  
one of the main  
scriptural resources of  
Buddhism.

## Questioning the Buddha

*A Selection of Twenty-Five Sutras*

CLASSICS OF INDIAN BUDDHISM



Peter Skilling

Foreword by Dzongsar Jamyang Khyentse

In the forty-five years the Buddha spent traversing northern India, he shared his wisdom with everyone from beggar women to kings. Hundreds of his discourses, or sutras, were preserved by his followers, first orally and later in written form. Around thirteen hundred years after the Buddha's enlightenment, the sutras were translated into the Tibetan language, where they have been preserved ever since. To date, only a fraction of these have been made available in English. *Questioning the Buddha* brings the reader directly into the literary treasure of the Tibetan canon with thoroughly annotated translations of twenty-five different sutras, many translated here in full for the first time.

Peter Skilling, an authority on early Buddhist epigraphy, archaeology, and textual traditions, has been immersed in the Buddhist scriptures of diverse traditions for nearly half a century. In this volume, he draws on his deep and extensive research to render these ancient teachings in a fresh and precise language. His introduction is a fascinating history of the Buddhist sutras.