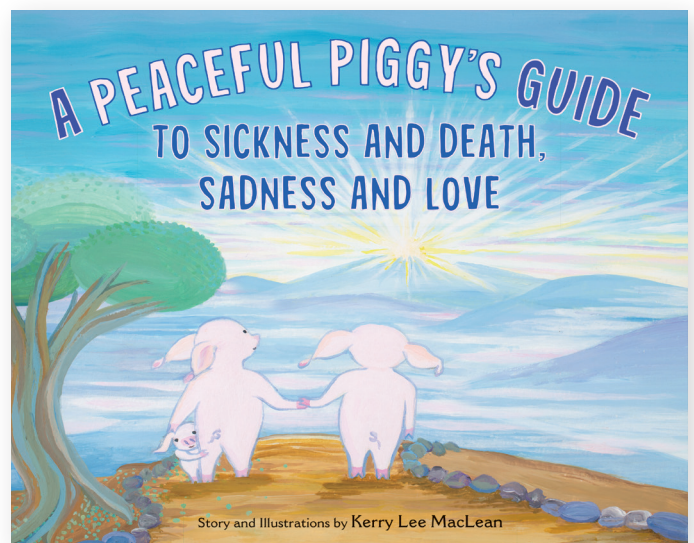


A PEACEFUL PIGGY'S GUIDE TO SICKNESS AND DEATH, SADNESS AND LOVE

Kerry Lee MacLean

January 25, 2022 | Hardcover | 32 pages
\$19.95 | 9.875" x 7.625" | 9781614297819



When someone we love gets sick, we little piggies worry! Luckily, there is one good thing we peaceful piggies can do: meditate.

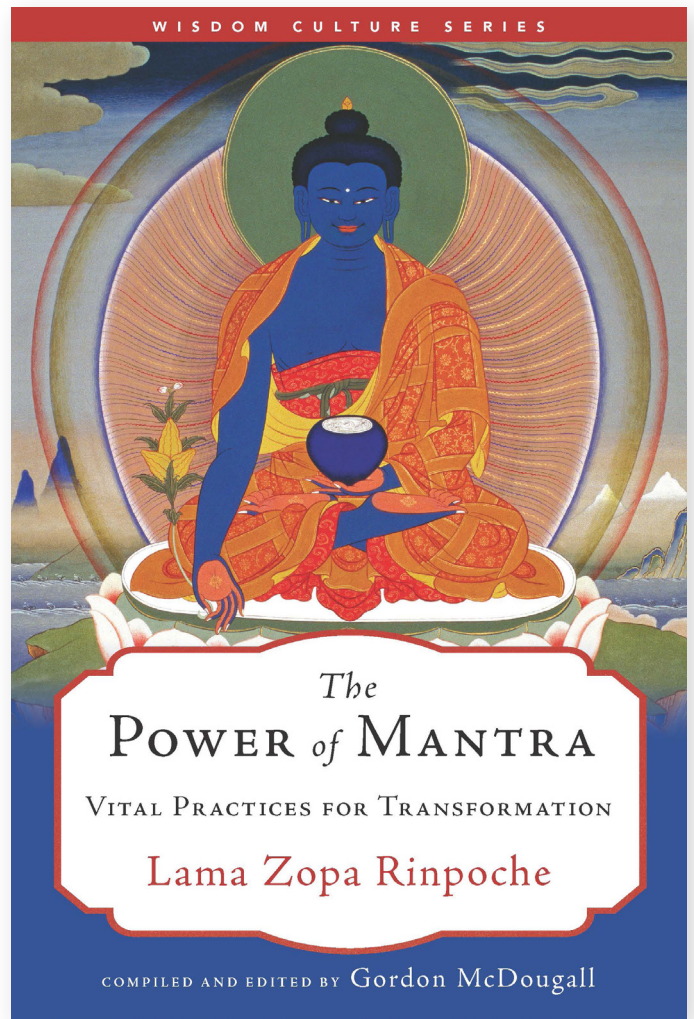
This is a story about love.

From the bestselling author of *Moody Cow Meditates* and *Peaceful Piggy Bedtime*, Kerry Lee MacLean's *A Peaceful Piggy's Guide to Sickness and Death, Sadness and Love* accompanies children and their grown-ups through the challenging stages of experiencing a loved one's illness or death. With three distinct sections to choose from—when someone we love is sick, dying, or has died—you'll be able to easily find soothing and practical mindfulness activities focused on what your young one needs. Designed to help children relate to their big emotions and questions, these exercises will help them discover their own inner peaceful piggy. With this book, children—and their grown-ups—will find they can still be with their loved ones through their heart connection, no matter where they are.

THE POWER
OF MANTRA
VITAL PRACTICES
FOR TRANSFORMATION
Lama Zopa Rinpoche

February 22, 2022 | Paperback | 312 pages
\$34.95 | 6" x 9" | 9781614297277

Beloved and respected teacher Lama Zopa Rinpoche offers us a significant book that is both a beautiful tool for experienced practitioners and a how-to for beginners.



Revitalize your practice with the potent energy of mantra.

In this book, beloved teacher Lama Zopa Rinpoche guides us through the most popular mantras in Tibetan Buddhism: Shakyamuni Buddha, Chenrezig, Manjushri, Tara, Medicine Buddha, Vajrasattva, and more.

A mantra—literally “that which protects the mind”—is a series of Sanskrit syllables that evoke the energy of a particular buddha or bodhisattva. It works as a sacred sound that brings blessings to ourselves and others, and as a tool to transform our mind into one that is more compassionate and wise.

In clear and succinct teachings, Lama Zopa shows us why we need different mantras and how each mantra works. He also explains their importance and power, giving specific instructions for practicing them. The exquisite, full-color illustrations of the deities that accompany the text make this book a beautiful guide, one suitable for both beginners and experienced practitioners.

LIBERATION
FROM SAMSARA
ORAL INSTRUCTIONS ON
THE PRELIMINARY PRACTICES
OF LONGCHEN NYINGTHIK

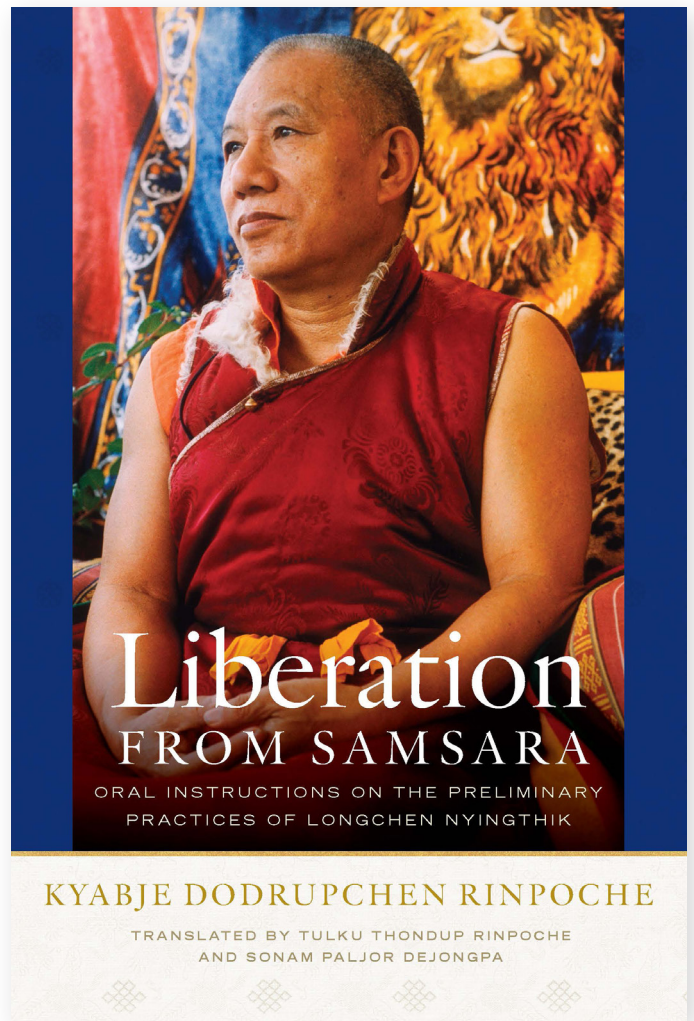
Kyabjé Dodrupchen Rinpoché

Translated by

Tulku Thondup Rinpoché
and Sonam Paljor Dejongpa

March 15, 2022 | Hardcover | 312 pages
\$44.95 | 6" x 9" | 9781614296638

This rare offering by
Kyabjé Dodrupchen
Rinpoché is a uniquely
concise volume of
the teachings of the
path to liberation
that is authentic,
authoritative, and
complete.



In *Liberation from Samsara*, the Fourth Kyabjé Dodrupchen Rinpoché presents the Longchen Nyingthik teachings, the innermost secret teachings of Dzokchen that constitute a complete path to enlightenment.

After discussing the ways to turn our mind toward Dharma and the trainings, Rinpoché progresses seamlessly to the main tantric practice: meditations on unifying one's mind with Guru Rinpoché's wisdom mind.

This rare teaching by Rinpoche, though intentionally succinct to accommodate the needs of contemporary Western practitioners, presents a complete path to enlightenment. It contrasts three different paths to liberation: Shravakayana (the way of the disciple), Pratyekabuddhayana (the way of the self-enlightened buddha), and Mahayana (the way of the bodhisattva), which is our way, our boundless intention to seek refuge in order to free all sentient beings from samsaric suffering.

NO ORDINARY PIZZA

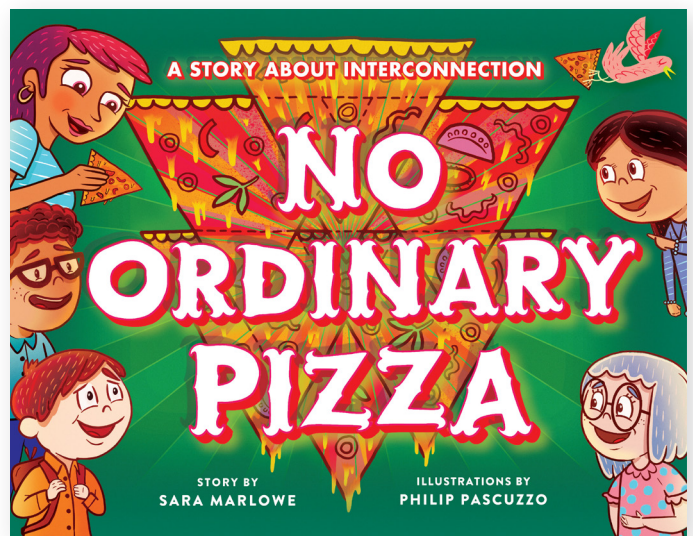
A STORY ABOUT
INTERCONNECTION

Sara Marlowe

Illustrated by Philip Pascuzzo

April 12, 2022 | Hardcover | 32 pages

\$17.95 | 9.875" x 7.625" | 9781614297062



This is no ordinary
pizza! Join Elliot and
his friends as they
make a pizza unlike
any they've tasted
before and then learn
how they're actually
eating a meal with the
whole planet!

Elliot and his friends celebrate the last day of school, but this is not your average pizza party. His caregiver, Carmen, shows them how to slow down and mindfully eat the pizza they've made and, in doing so, taste a pizza like none they've ever had before. The kids are amazed to see how each and every ingredient connects them to the whole planet—a joyful web of farmers, bees, cows, and sunshine.

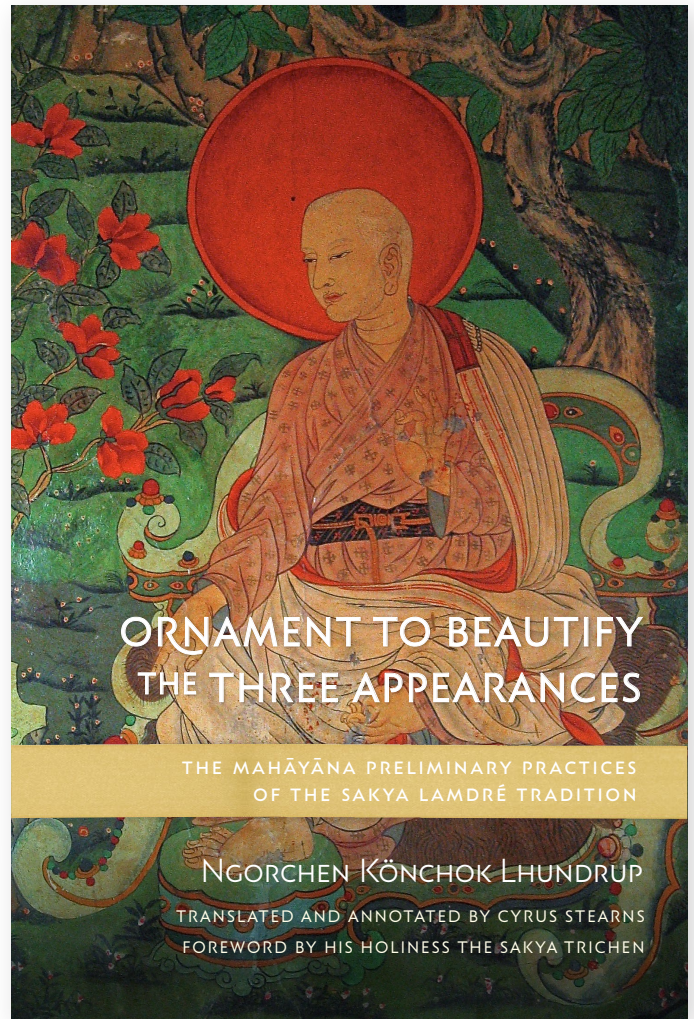
In this follow-up to the popular *No Ordinary Apple: A Story About Eating Mindfully*, children will encounter not only a yummy way to be calm and present but also a fun new way to cultivate compassion and gratitude for everyone and everything we are connected to—through the very food we eat!

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

Ngorchen Könchok Lhundrup
Translated by Cyrus Stearns

April 19, 2022 | Hardcover | 304 pages
\$49.95 | 6" x 9" | 9781614297239

This translation of one of the most important texts in the Sakya tradition of Tibetan Buddhism was made at the request of the head of the Sakya tradition and is the latest offering from a renowned translator.



Ornament to Beautify the Three Appearances is the first volume of a two-volume set of works written by the Sakya master Ngorchen 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.

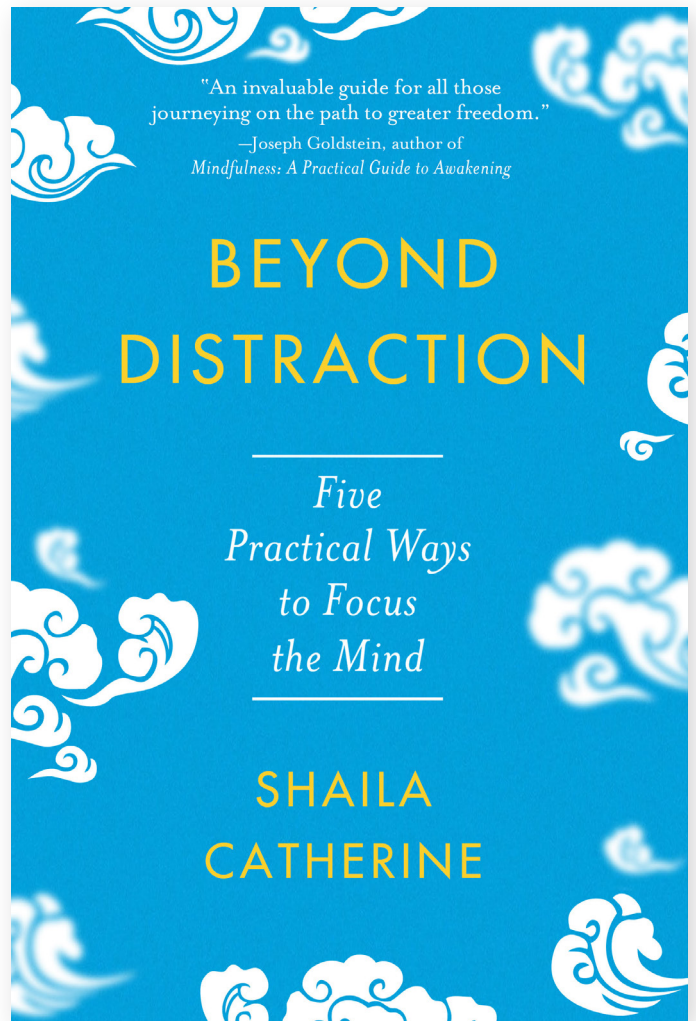
The extensive practices of the Lamdré, or Path with the Result, are based on the *Vajra Lines*, a small text of the great Indian adept Virupa (ca. seventh–eighth centuries). The *Vajra Lines* represents the distilled essence of the *Hevajra Tantra* and its two explanatory tantras and is almost entirely concerned with esoteric tantric practice. The first topic, however, is the fundamental teachings of Hīnayāna 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.

BEYOND
DISTRACTION
FIVE PRACTICAL WAYS TO
FOCUS THE MIND
Shaila Catherine

May 3, 2022 | Paperback | 240 pages
\$18.95 | "6 x 9" | 9781614297871

Learn how to overcome distraction in meditation practice and develop clarity in your relationships, work, and activities with this new guide from a beloved meditation teacher.



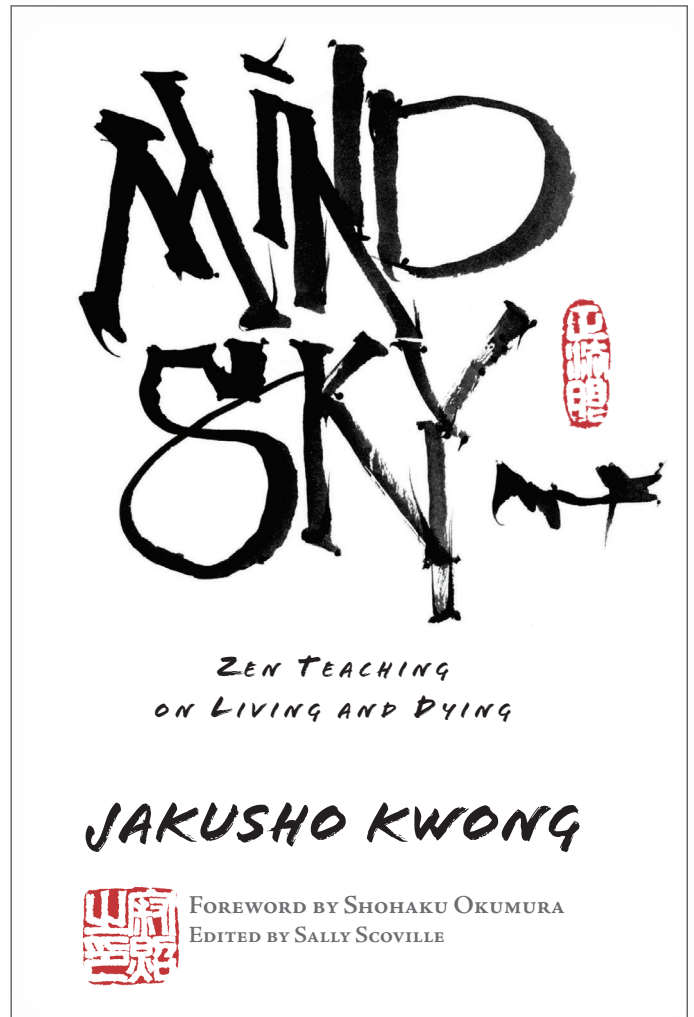
The mind can be a potent tool used to guide extraordinary achievements, inspire good works, and incline your spiritual path toward peace and awakening. But the mind can also produce thoughts that lead to suffering. For many people, thoughts run rampant and seem to oppress or control their lives. Even the Buddha tells us that before his enlightenment he sometimes found his mind preoccupied by thoughts connected with sensual desire, ill will, and harm. But he figured out how to respond to thoughts skillfully and developed a step-by-step approach to calm the restless mind. Now, insight meditation teacher Shaila Catherine offers an accessible approach to training the mind that is guided by the Buddha's pragmatic instructions on removing distracting thoughts. Drawing on two scriptures in the *Middle Length Discourses of the Buddha*, Shaila shows you how to overcome habitual modes of thinking, develop deeper concentration, and discover the insights into emptiness that are vital for a liberating spiritual path.

MIND SKY
ZEN TEACHING ON LIVING
AND DYING

Jakusho Kwong-roshi
Edited by Sally Scoville

May 10, 2022 | Paperback | 208 pages
\$18.95 | 6" x 9" | 9781614297598

A collection of
talks, photos, and
calligraphy exploring
the profound beauty
of Zen history and
practice, nature, and
the philosophy of the
ancient Zen master
Eihei Dogen.



“In Zen meditation, anything that comes in your mind will eventually leave, because nothing is permanent. A thought is like a cloud moving across the blue sky. Nothing can disturb that all-encompassing vastness. This is the Dharma.”

In a collection of talks and anecdotes, Jakusho Kwong-roshi, a Dharma successor of Shunryu Suzuki-roshi, presents his approach to Buddhist teaching. Containing photos of Kwong-roshi with his teachers as well as a selection of his vibrant calligraphy, *Mind Sky* explores the profound beauty of Zen history and practice, nature, and the philosophy of the ancient Zen master Eihei Dogen.

With an elegant simplicity, Jakusho Kwong-roshi shows how Zen is experiential rather than intellectual. And with persistent practice, realization is already yours.

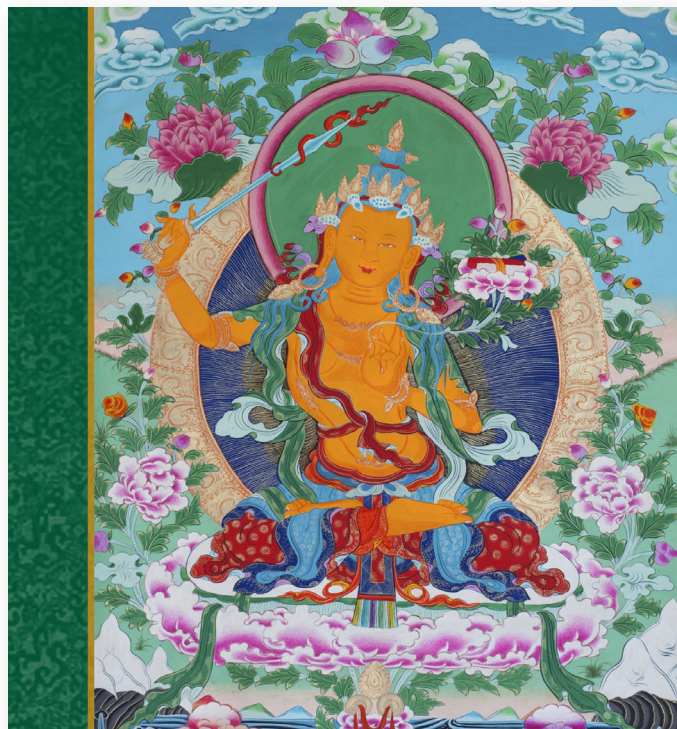
SEARCHING FOR THE SELF

THE LIBRARY OF WISDOM
AND COMPASSION,
VOLUME 7

The Dalai Lama
with Thubten Chodron

May 17, 2022 | Hardcover | 456 pages
\$29.95 | 6" x 9" | 9781614297956

His Holiness the
Dalai Lama explores
emptiness, one of the
most central teachings
in Buddhism, in the
newest volume of the
bestselling series *The
Library of Wisdom and
Compassion*.



SEARCHING FOR THE SELF

The Dalai Lama with Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION : VOLUME 7

Join the Dalai Lama as he delves into the topic of the emptiness of inherent existence, presenting it from a variety of approaches while focusing on identifying our erroneous views and directing us to the actual mode of existence of all persons and phenomena.

Placing our study of reality within the auspicious context of a compassionate motivation to benefit all sentient beings, he explains why realizing emptiness is important and what qualities are needed to do that and evaluates various tenet systems' perspectives on this vast topic. He then helps us understand our perceptions and the mental states involved in both our ignorant and accurate cognitions. He examines inherent existence and other fantasized ways of existence that we seek to disprove through reasoned analysis and presents the Middle Way view that abandons all extremes. The closing chapters by Thubten Chodron discuss the three characteristics of impermanence, unsatisfactoriness, and not-self as explained in the Pāli tradition and show how meditation on these can lead to the meditative breakthrough to realize nirvāṇa.

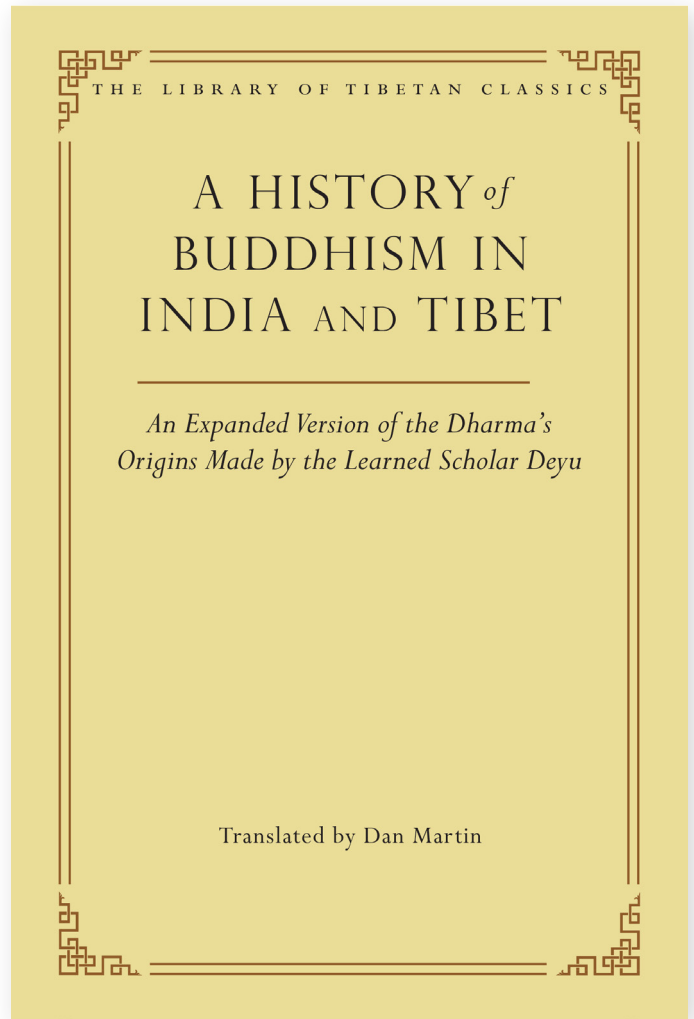
Engaging in this investigation will challenge our deepest-held beliefs and uproot false ways of viewing ourselves and the world that are so habitual we don't even notice them.

**A HISTORY OF
BUDDHISM IN
INDIA AND TIBET**
*AN EXPANDED VERSION OF
THE DHARMA'S ORIGINS
MADE BY THE LEARNED
SCHOLAR DEYU*

Translated by Dan Martin

May 24, 2022 | Hardcover | 984 pages
\$97.95 | 6" x 9" | 9780861714728

The first complete English translation of an important thirteenth-century history that sheds light on Tibet's imperial past and on the transmission of the Buddhadharma into Central Asia.



Translated here into English for the first time in its entirety by perhaps the foremost living expert on Tibetan histories, this engaging translation, along with its ample annotation, is a must-have for serious readers and scholars of Buddhist studies. In this history, discover the first extensive biography of the Buddha composed in the Tibetan language, along with an account of subsequent Indian Buddhist history, particularly the writing of Buddhist treatises. The story then moves to Tibet, with an emphasis on the rulers of the Tibetan empire, the translators of Buddhist texts, and the lineages that transmitted doctrine and meditative practice. It concludes with an account of the demise of the monastic order followed by a look forward to the advent of the future Buddha Maitreya.

The composer of this remarkably ecumenical Buddhist history compiled some of the most important early sources on the Tibetan imperial period preserved in his time, and his work may be the best record we have of those sources today. Dan Martin has rendered the richness of this history an accessible part of the world's literary heritage.

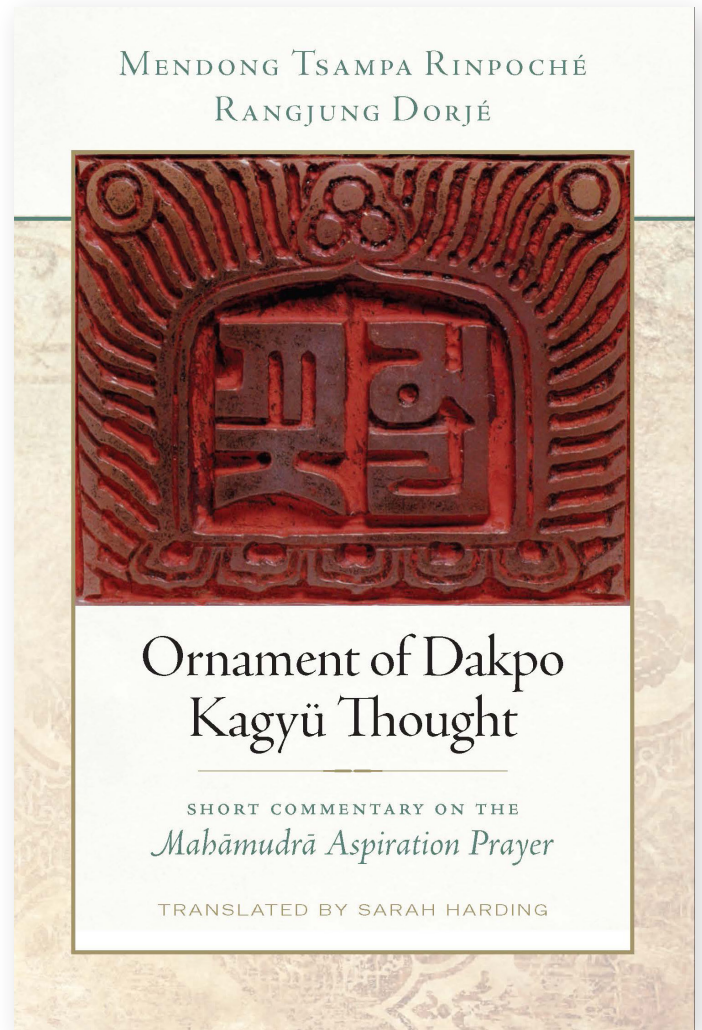
ORNAMENT OF DAKPO KAGYÜ THOUGHT

SHORT COMMENTARY ON
THE MAHĀMUDRĀ
ASPIRATION PRAYER

Rangjung Dorjé and
Mendong Tsampa Rinpoché
Translated by Sarah Harding

June 7, 2022 | Paperback | 144 pages
\$16.95 | 5" x 8" | 9781614297185

This is one of the most brilliant and popular ritual prayers today and is also considered the most profound exposition of mahamudra, the pinnacle of practice in the Kagyü school of Tibetan Buddhism.



The Mahāmudrā Aspiration Prayer is one of the most brilliant and popular compositions on mahāmudrā. Written in easygoing nine-meter verse, this heartfelt prayer by Rangjung Dorjé lends itself to chanting and ritualized group prayer and is at the same time intricately organized into the most profound and thorough exposition of mahāmudrā, the pinnacle of practice in the Kagyü school of Tibetan Buddhism. The commentary on the prayer by Mendong Tsampa Rinpoché brilliantly illuminates its subtleties, making it even more accessible for the reader, and students and teachers alike will appreciate the inclusion of the Tibetan script on facing pages of the prayer and commentary.

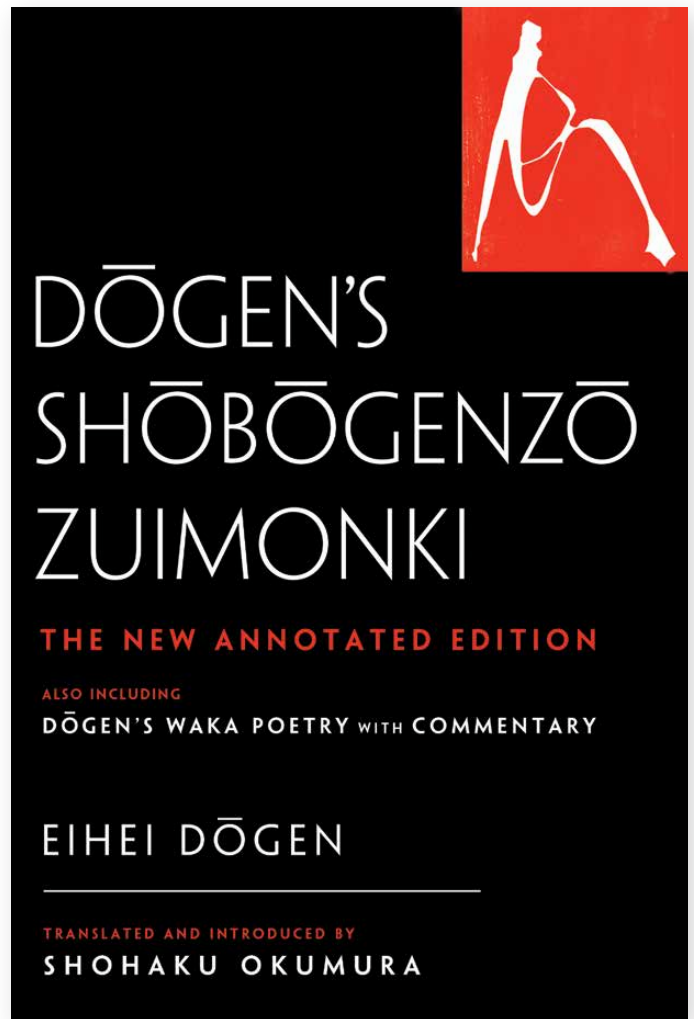
This is a text for encouraging study, for inspiring practice, and for the awakening of the world.

DŌGEN'S
SHŌBŌGENZŌ
ZUIMONKI
THE NEW ANNOTATED
EDITION

Eihei Dōgen
Translated by
Shohaku Okumura

June 14, 2022 | Hardcover | 512 pages
\$49.95 | 6" x 9" | 9781614295730

The clearest and
most approachable
teachings from Dōgen,
the most famous
thinker and writer in
Zen Buddhism.



Discover the teachings of the preeminent Zen Master Dōgen in his own words, written down by his Dharma successor, Koun Ejō. This edition includes both the *Shōbōgenzō Zuimonki* and translations of and commentary on Dōgen's luminously evocative *waka* poetry.

Distinct from Dōgen's similarly titled magnum opus (simply called the *Shōbōgenzō*), the *Shōbōgenzō Zuimonki* can be read as a highly practical manual of Buddhist practice. Consisting of straightforward and accessible teachings and making more limited use of the allusion, wordplay, and metaphor that characterize the essays in the *Shōbōgenzō*, this work is an essential read for any student of Zen Buddhism.

The collection of *waka* poems included in this volume is a beautiful artistic expression of the Dharma. Rarely seen in this large of a collection or with commentary, this poetry offers unique insight into an important expression of Dōgen's teachings.

These teachings, which have informed teachers and practitioners alike throughout the centuries, will deepen your knowledge, understanding, and experience of the Sōtō Zen tradition.

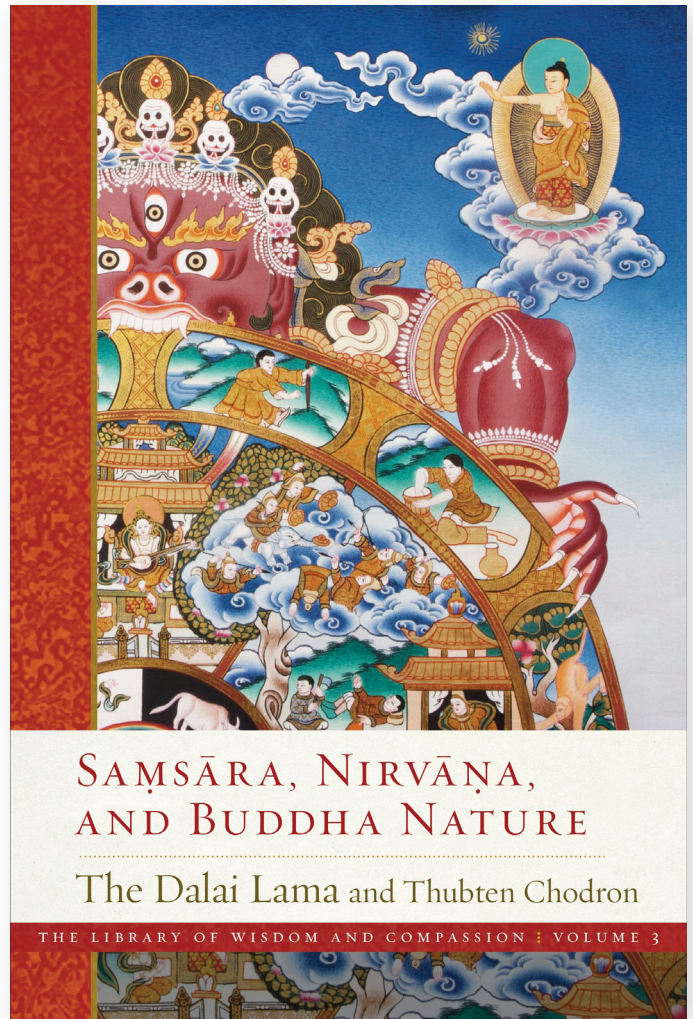
SAMSĀRA, NIRVĀNA, AND BUDDHA NATURE

THE LIBRARY OF WISDOM
AND COMPASSION,
VOLUME 3

The Dalai Lama and
Thubten Chodron

June 14, 2022 | Paperback | 440 Pages
\$23.95 | 6" x 9" | 9781614298267

The third 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!



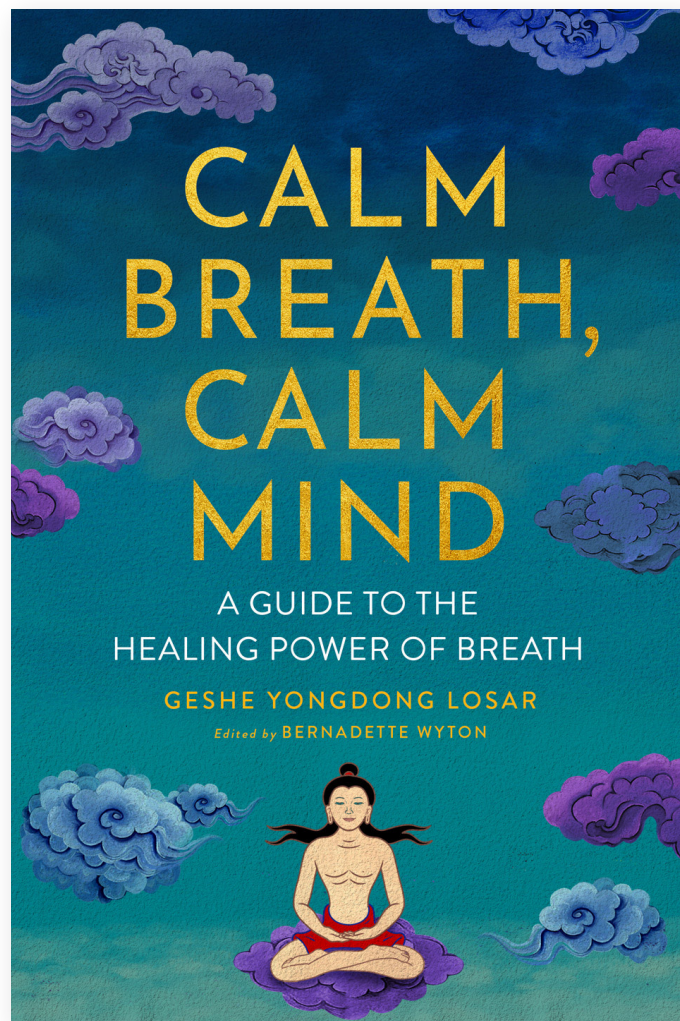
Knowledge of buddha nature reveals and reconciles the paradox of how the mind can be the basis for both the duḥkha of saṃsāra (the unpurified mind) and the bliss and fulfillment of nirvāṇa (the purified mind). To illustrate this, *Saṃsāra, Nirvāṇa, and Buddha Nature* first takes readers through Buddhist thought on the self, the four truths, and their sixteen attributes. It then explains afflictions—including how they arise and their antidotes—followed by an examination of karma and cyclic existence and finally a deep and thorough elucidation of buddha nature. *Saṃsāra, Nirvāṇa, and Buddha Nature* shows us how to purify our minds and cultivate awakened qualities.

“This book is a veritable tour de force in its explanation of the role of the mind in saṃsāra and the realization of nirvāṇa, which is the mind’s own ultimate nature.”
—B. Alan Wallace, founder and president, Santa Barbara Institute for Consciousness Studies

CALM BREATH,
CALM MIND
A GUIDE TO THE HEALING
POWER OF BREATH
Geshe YongDong Losar
Edited by Bernadette Wyton

June 21, 2022 | Paperback | 200 Pages
\$15.95 | 6" x 9" | 9781614297802

Discover ancient
Tibetan breath
practices for calming
your mind and
improving your health
in this plain-English
guide.



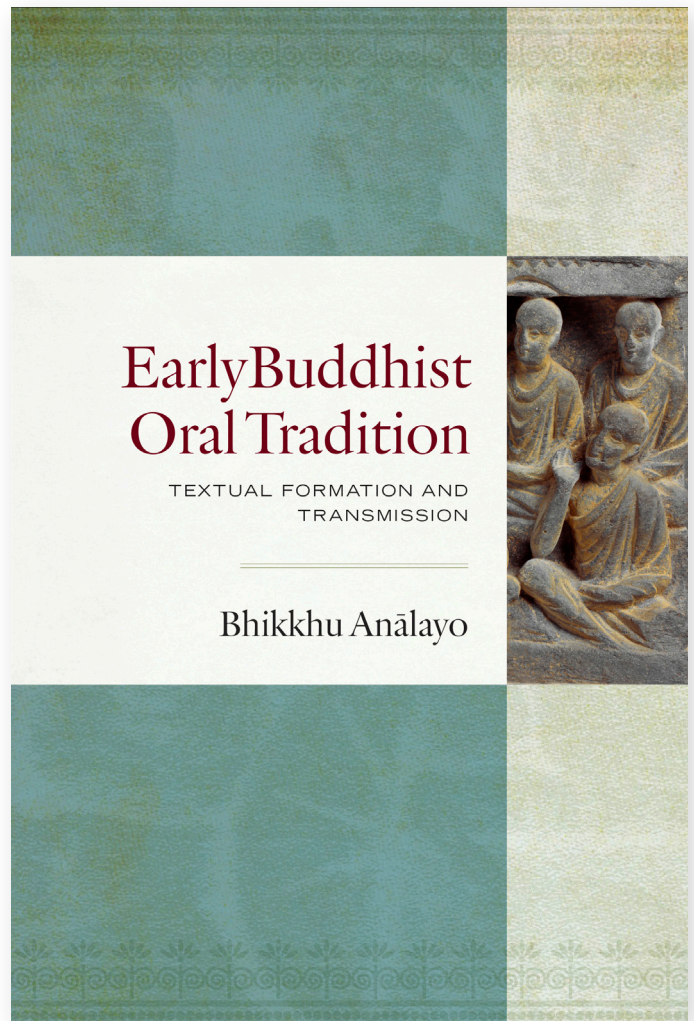
Over millennia, many Eastern traditions have developed practices that use the powerful healing energy of breath to treat physical, emotional, and mental problems. In Chinese this energy is called *chi*; in Indian Sanskrit it is called *prana*; and in Tibetan it is called *lung*.

Lung is life-giving energy that moves through our bodies. A lack or imbalance of *lung* can create illnesses of body and mind or cause emotional struggles such as confusion, anger, and sadness. In this book Geshe YongDong Losar, a scholar and monk in the ancient Bön tradition of Tibet, guides us through time-tested practices to help balance our *lung*. His deep knowledge—garnered through years of study and practice—renders the practices simple and achievable, creating a clear path for us toward greater calmness, strength, and clarity.

EARLY BUDDHIST
ORAL TRADITIONS
*TEXTUAL FORMATION AND
TRANSMISSION*
Bhikkhu Anālayo

July 5, 2022 | Hardcover | 312 Pages
\$29.95 | 6" x 9" | 9781614298274

A fascinating
investigation into
the formation and
transmission of the
early Buddhist oral
tradition.



For hundreds of years after his death, the Buddha's teachings were transmitted orally from person to person. In this volume, acclaimed scholar-monk Bhikkhu Anālayo examines the impact of such oral transmission on early Buddhist texts, be these monastic rules, verses, or prose portions of the early discourses. He scrutinizes various oral aspects of these texts, surveying evidence for memory errors, the impact of attempts at systematization, and instances of additions and innovations. Finally, he explores the implications of the nature of these texts as the final product of centuries of oral transmission and evaluates the type of conclusions that can—and cannot—be drawn based on them.

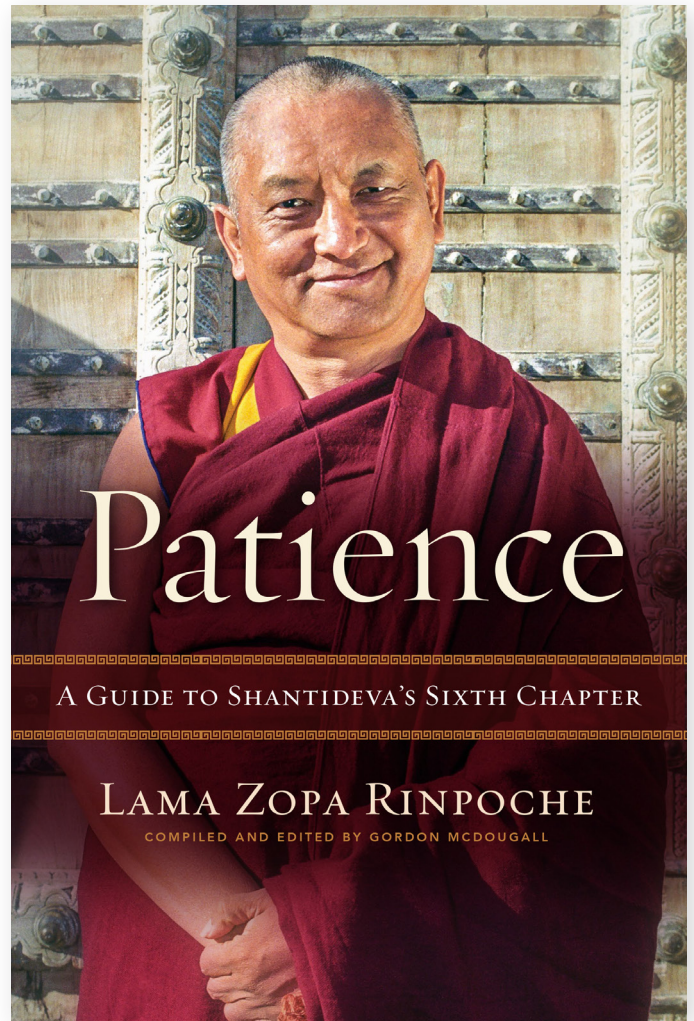
In-depth but still accessible, *Early Buddhist Oral Tradition* is an engrossing and enlightening inquiry into the early Buddhist oral tradition.

PATIENCE
A GUIDE TO
SHANTIDEVA'S
SIXTH CHAPTER

Lama Zopa Rinpoche
Edited by Gordon McDougall

July 26, 2022 | Paperback | 176 Pages
\$16.95 | 6" x 9" | 9781614298359

Lama Zopa Rinpoche, one of the great living masters of Tibetan Buddhism, guides us through one of the core practices of the bodhisattvas, using a classic, revered text as a guide.



The sixth chapter of Shantideva's classic *A Guide to the Bodhisattva's Way of Life* is a beacon of inspiration that shows what patience—one of the essential actions of the bodhisattvas—can really mean, leading us to profound self-realization and a heightened determination for awakened action in the world.

Lama Zopa Rinpoche—a teacher whose very name means “patience”—explores Shantideva's teachings verse by verse, unpacking its lessons for the modern reader:

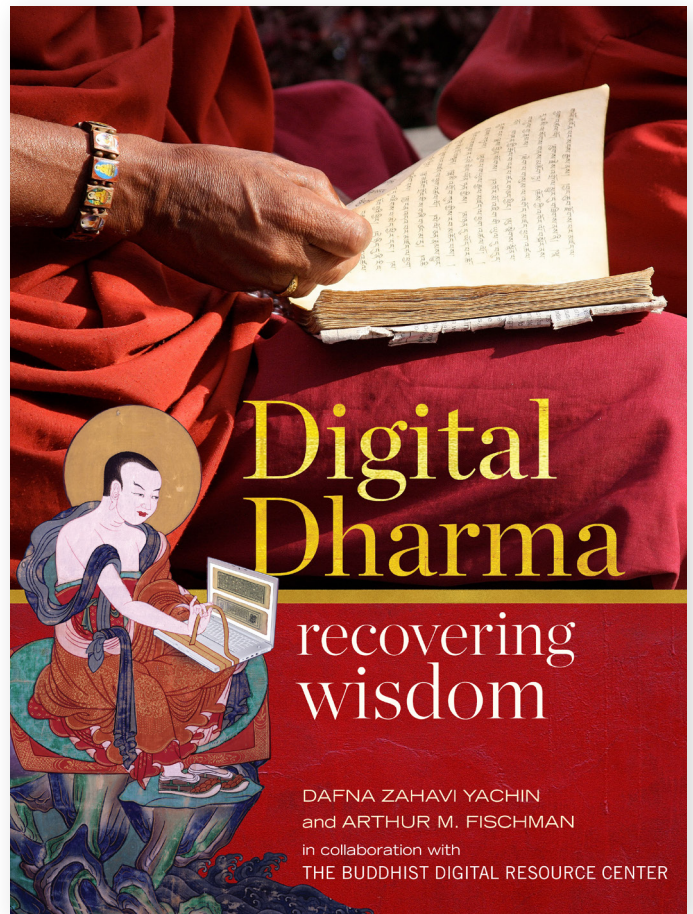
- overcoming anger
- accepting suffering
- respecting others and finding happiness in their happiness

In explaining this quintessential quality of a bodhisattva, Rinpoche shows us ordinary beings the profundity of the practice of patience and the relevance it has in our everyday lives.

DIGITAL DHARMA
RECOVERING WISDOM
Dafna Zahavi Yachin and
Arthur M. Fischman

July 26, 2022 | Hardcover | 256 Pages
\$75.00 | 9.125" x 12.125" | 9781614297994

Join E. Gene Smith
as he travels to remote
monasteries in South
Asia delivering the
digitized version of
twenty thousand
volumes of ancient
Tibetan texts.



This is the epic story of an international rescue effort to preserve a culture's literary history.

Originally a Mormon from Utah, E. Gene Smith became the unlikely mastermind behind an international effort to rescue, preserve, digitize, and provide free access to the vast Tibetan Buddhist canon, many volumes of which had been lost or destroyed during China's Cultural Revolution.

Digital Dharma is a stunning visual experience offering a behind-the-scenes look into this unprecedented mission. Through hundreds of photographs taken during Smith's trip to deliver drives containing the digitized volumes to remote monasteries in South Asia, you'll gain extraordinary and intimate access to life inside Buddhist monasteries, to the rituals of Tibetan Buddhism, and to the insights of some of the world's leading lamas and lineage holders. Throughout the journey, you'll meet monks, local publishers, scholars, and dignitaries involved in the preservation movement to which Smith dedicated his life. With the accompanying historical and cultural background, you'll develop a deeper and more personal understanding of Tibetan Buddhism and of the achievement of preserving and disseminating its sacred canon.

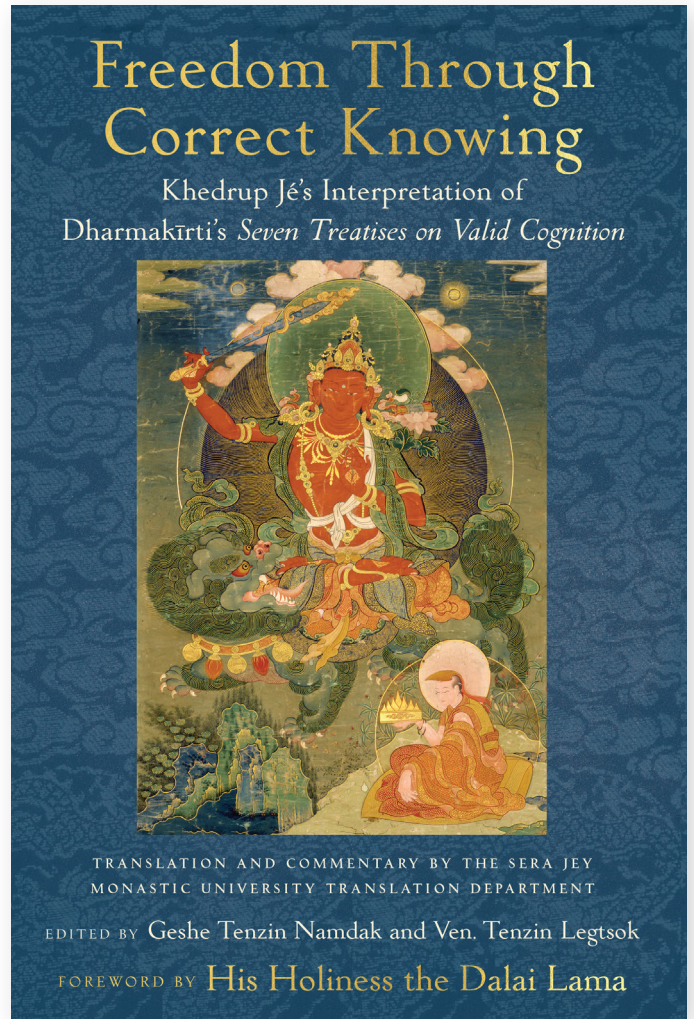
FREEDOM THROUGH CORRECT KNOWING

KHEDRUP JÉ'S
INTERPRETATION OF
DHARMAKĪRTI'S SEVEN
TREATISES ON VALID
COGNITION

Edited by
Geshe Tenzin Namdak and
Ven. Tenzin Legtsok
Translated by
Sera Jey Monastic University
Translators Department

August 2, 2022 | Hardcover | 336 pages
\$39.95 | 6" x 9" | 9781614296997

Discover a clear and
accessible translation
with commentary on
key parts of Khedrup
Jé's *Clearing Mental
Darkness*.



Composed at the request of His Holiness the Dalai Lama, this translation with commentary of key parts of Khedrup Jé's *Clearing Mental Darkness: An Ornament of Dharmakīrti's "Seven Treatises on Valid Cognition"* is intended for all levels of understanding. You'll learn how a mind realizes its object, which types of consciousness realize their objects, and when a consciousness is considered to be valid in the sense of realizing its object. Having explained valid cognizers, or direct perceivers, which are essential to understanding the four noble truths, Khedrup Jé goes on to brilliantly elucidate this essential teaching of the Buddha and offers a lucid presentation of how to progress on the spiritual paths of liberation and enlightenment, including how to generate yogic perception directly realizing selflessness. With this, one develops an unmistakable realization of the fundamental reality of selflessness of persons and phenomena, which eliminates ignorance, the root cause of all mental afflictions and samsaric suffering.

THE FOURTEENTH DALAI LAMA'S STAGES OF THE PATH, VOLUME 1

*GUIDANCE FOR THE
MODERN PRACTITIONER*

The Dalai Lama

Compiled by

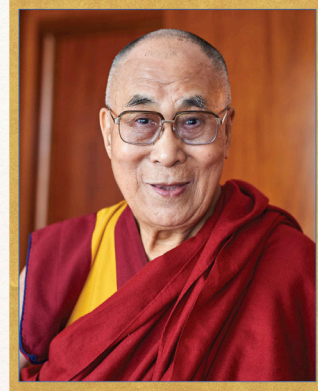
Loden Sherab Daggyab

Kyabgön Rinpoché

Translated by Gavin Kilty

August 9, 2022 | Hardcover | 552 pages

\$54.95 | 6" x 9" | 9781614297932



THE FOURTEENTH DALAI LAMA'S STAGES OF THE PATH

VOLUME 1

Guidance for the Modern Practitioner

By His Holiness the Fourteenth Dalai Lama

Compiled and Edited by H. E. Daggyab Kyabgön Rinpoché

Translated by Gavin Kilty

Wisdom is pleased to present for the first time a two-volume compilation of over twenty years of His Holiness the Dalai Lama's teachings on life and practice in the modern world.

This first volume of *The Fourteenth Dalai Lama's Stages of the Path* shares His Holiness the Dalai Lama's teachings on specific topics of vital relevance to contemporary life:

- how kindness and compassion are the foundation for individual happiness and world peace,
 - how Buddhism not only does not conflict with modern science but can actually contribute to its advancement,
 - how gender equality is fundamental for a decent and just society,
- and much more.

Although originally directed at a Tibetan audience, the messages will be of value to all readers, Buddhists and non-Buddhists alike.

This multivolume work embodies both the Dalai Lama's generous warmth and humor and also his expertise in presenting clearly the complexities of core Buddhist doctrines.



COVER COMING SOON

LUMI *ADVENTURES IN KINDNESS*

Molly Coxe

September 20, 2022 | Hardcover | 40 pages
\$19.95 | 8.5" x 8.5" | 9781614297925

A gorgeously
illustrated adventure
story and a powerful
lesson in the magic of
helping others.

Meet Lumi, a tiny, radiant being on a mission to spread kindness in the universe. Join her on a heroic journey as she searches for ways to help other beings and finds she needs help, too!

Endlessly imaginative and lushly illustrated, *Lumi* is a celebration of the good heart in the littlest ones among us. Come along with Lumi as she shares her light with flower fairies, frozen warriors, a star-stealing monster, and a colony of stranded sea squirts—and discovers that we're all actually radiant, shining brightly together.



COVER COMING SOON

VASUBANDHU'S "THREE NATURES" A PRACTITIONER'S GUIDE FOR LIBERATION Ben Connelly

October 4, 2022 | Paperback | 288 pages
\$18.95 | 5" x 8" | 9781614297536

A plain-English commentary on Vasubandhu's classic *Treatise on the Three Natures* that shows us an integrative path of personal and social healing and liberation.

In this book, Ben Connelly shows the power of integrating Early Buddhist psychology with the Mahayana emphasis on collective liberation. You'll discover how wisdom from fourth-century India can be harnessed to heal and transform systems of harm within ourselves and our communities.

The three natures (svabhavas)—the imaginary, dependent, and complete, realized natures—are inherent aspects of all phenomena. The imaginary nature of things is what we think they are. Their dependent nature is that they appear to arise from countless conditions. The complete, realized nature is that they aren't as we imagine them to be: things that can be grasped or pushed away. The three natures form the backbone of Yogacara philosophy, and by showing us how to see beyond our preconceived notions of ourselves and others, beyond the things that we're convinced are "true," they open up a path to personal and communal healing.

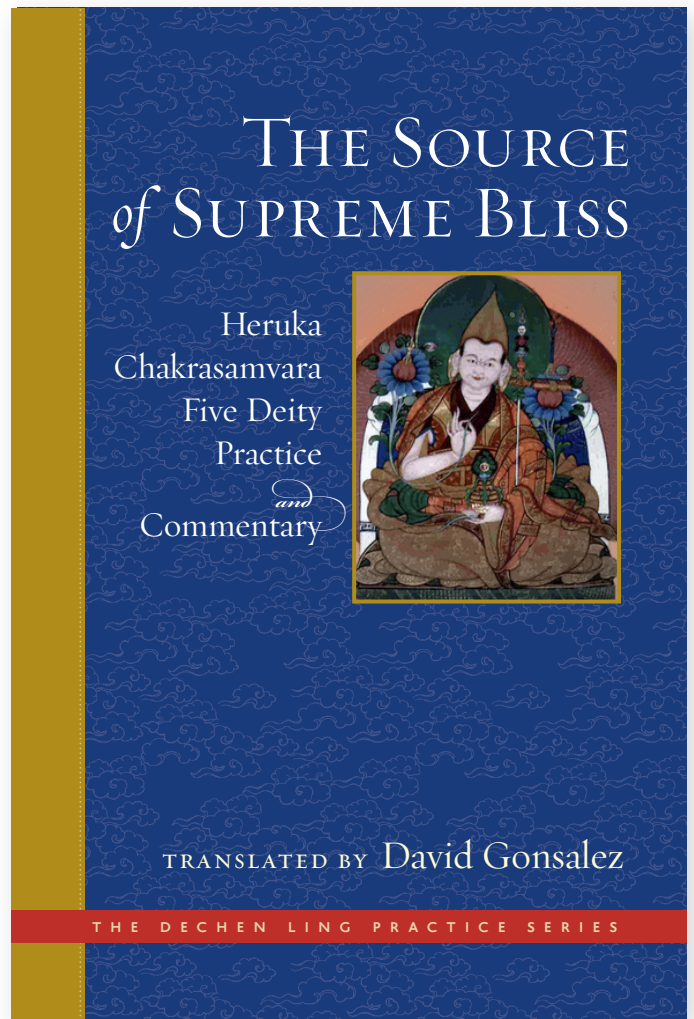
Dive into this empowering approach to freedom from suffering, from harmful personal and social patterns, and to finding peace and joyfulness in the present.

THE SOURCE OF
SUPREME BLISS
HERUKA CHAKRASAMVARA
FIVE DEITY
PRACTICE AND
COMMENTARY

Ngulchu Dharmabhadra and
Losang Chökyi Gyaltzen
Translated by David Gonzalez

October 25, 2022 | Hardcover | 244 pages
\$39.95 | 6" x 9" | 9781614295679

Beautiful, clear
translations of every
text necessary for one
of the most important
Buddhist tantric
practices.



The Source of Supreme Bliss contains the first English translations of important commentaries on the Highest Yoga Tantra system of the Heruka Chakrasamvara five deity practice.

Included is a lucid, practical, and deeply profound explanation of the generation stage by Ngulchu Dharmabhadra. This is followed by an extremely rare and profound commentary by the First Panchen Lama, Losang Chökyi Gyaltzen, on the completion stage, along with a commentary on how to perform a proper Chakrasamvara retreat. The second half of the book comprises translations of the ritual texts associated with the commentaries.

Indispensable for anyone who undertakes this practice, *The Source of Supreme Bliss* will also provide rich and profound insights for those interested in Highest Yoga Tantra.

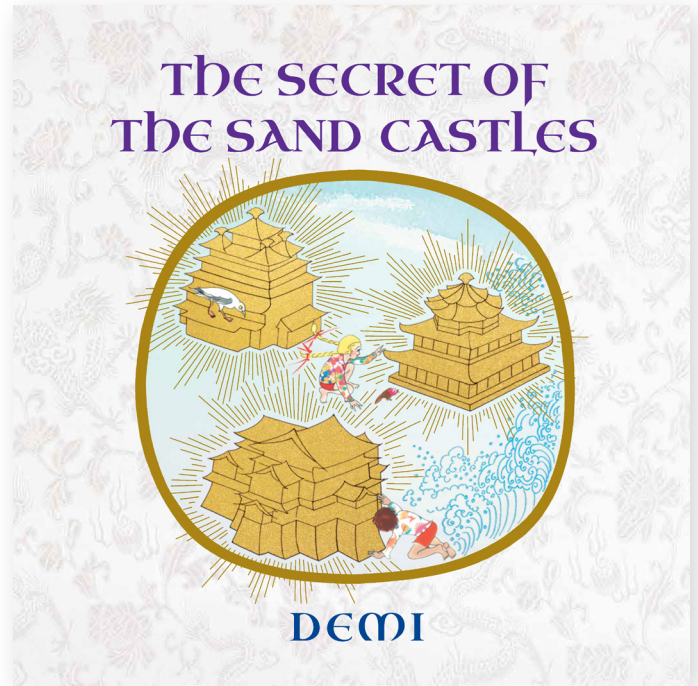
The *Dechen Ling Practice Series* from Wisdom Publications is committed to furthering the vision of David Gonzalez (Venerable Losang Tsering) and the Dechen Ling Press of bringing the sacred literature of Tibet to the West by making available many never-before-translated texts.

THE SECRET OF THE SAND CASTLES

Demi

November 8, 2022 | Hardcover | 36 Pages
\$19.95 | 10" x 10" | 9781614297970

A beautifully illustrated story inspired by Buddhist scripture about the things that matter most: truth, generosity, compassion, and love.



When a group of children are having a playful day at the beach, the fun of building sand castles is forgotten when they start arguing about whose castle is best. While fighting over “I,” “me,” and “mine,” they end up destroying and abandoning the castles they so carefully constructed. The timely arrival of a magical wise man teaches the children that unlike the sand castles, it is the things we can’t see that really matter most.

Delicately illustrated by the beloved and award-winning author Demi, *The Secret of the Sand Castles* teaches children the joy of creating a harmonious world in which to live—with an open heart and love for one another.

SCIENCE AND PHILOSOPHY IN THE INDIAN BUDDHIST CLASSICS, VOLUME 3

PHILOSOPHICAL SCHOOLS

Compiled by His Holiness
the Dalai Lama

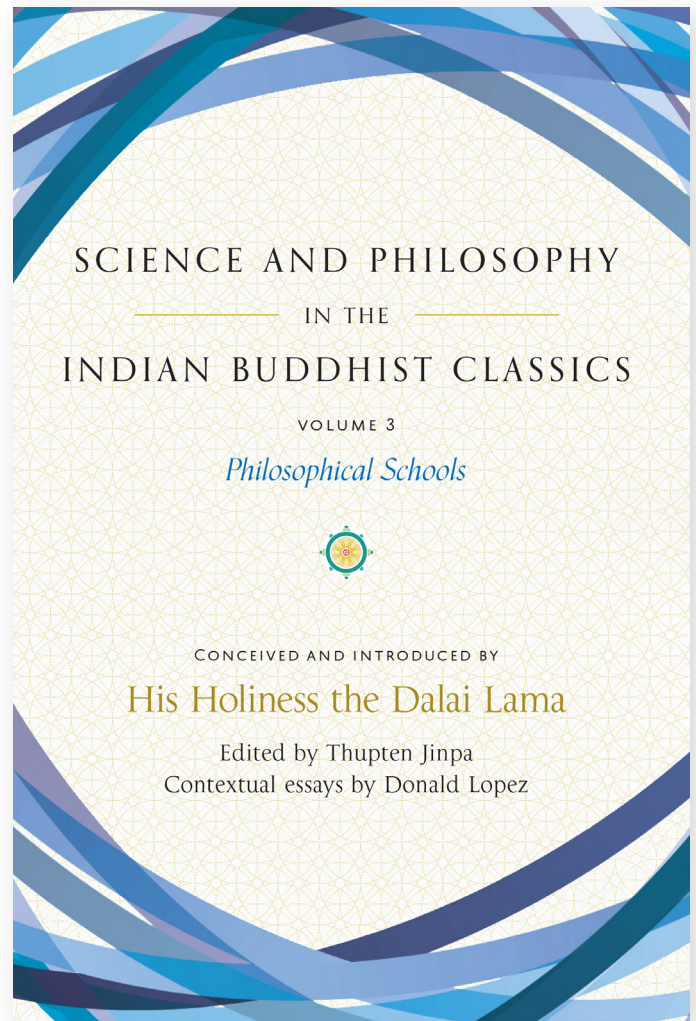
Edited by Thupten Jinpa

Introduced by Donald
S. Lopez Jr.

Translated by Donald S.
Lopez Jr. and Hyoung
Seok Ham

December 13, 2022 | Hardcover | 576 pages
\$29.95 | 6" x 9" | 9781614297895

Deepen your
understanding of
meaning and truth
with the third volume
of the Dalai Lama's
esteemed series *Science
and Philosophy in
the Indian Buddhist
Classics*.



The practice of presenting the views of various schools of philosophy dates back to the first millennium in India, when proponents of competing traditions would arrange the diverse sets of philosophical positions in a hierarchy culminating in their own school's superior tenets. Centuries later, relying on the Indian Buddhist treatises, Tibet developed its own tradition of works on tenets (*grub mtha*), often centered on the four schools of Buddhist philosophy, using them to demonstrate the philosophical evolution within their own tradition and within individual practitioners as they progressed through increasingly more subtle expressions of the true reality.

The present work follows in this venerable tradition, but with a modern twist. Like its predecessors, it presents the views of seven non-Buddhist schools, followed by four Buddhist schools, arranging them like steps on a ladder to the profound. But rather than following in the sharply polemical approach of its ancient predecessors, it strives to survey each tradition authentically, relying on and citing the texts sacred to each, allowing the different traditions to speak for themselves.

This presentation of philosophical schools is introduced by His Holiness and is accompanied by an extensive introduction and survey by Professor Donald S. Lopez Jr.



COVER COMING SOON

DAUGHTERS OF THE BUDDHA TEACHINGS BY ANCIENT INDIAN WOMEN Bhikkhu Anālayo

December 6, 2022 | Hardcover | 260 pages
\$34.95 | 6" x 9" | 9781614298410

A testimony to
the invaluable
contributions made by
the women who were
direct disciples of the
Buddha—and a source
of inspiration to
Buddhist women
today.

It's a common perception that the earliest textual records don't contain many, if any, teachings by the Buddha's female disciples; yet, this is not the case. In fact, the earliest discourses record a range of teachings from Buddhist women, lay and monastic. Unfortunately their important contributions have so far not received the attention they deserve.

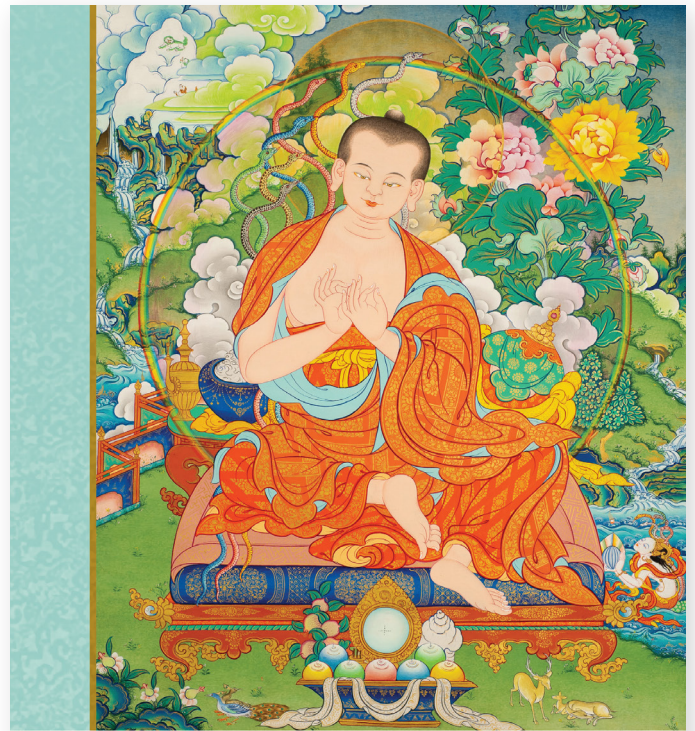
In *Daughters of the Buddha*, esteemed scholar-monk Bhikkhu Anālayo examines the accounts of the first female disciples in the canonical scripture, taking the reader back to the earliest period in the history of Buddhism that can still be accessed today. He dedicates each of the twenty-one chapters in the volume to an individual and remarkable woman, sharing her particular insights and teachings with the reader. Both nuns and laywomen are featured in these pages, and their diversity of voices and richness of thought will serve as instruction and encouragement for modern scholars and practitioners alike.

REALIZING THE
PROFOUND VIEW
THE LIBRARY OF WISDOM
AND COMPASSION,
VOLUME 8

The Dalai Lama
and Thubten Chodron

December 20, 2022 | Hardcover | 456 pages
\$39.95.95 | 6" x 9" | 9781614298403

The eighth volume
in the Dalai Lama's
definitive and
bestselling *Library
of Wisdom and
Compassion* series and
the second of three
focusing on emptiness.



REALIZING THE
PROFOUND VIEW

The Dalai Lama with Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION | VOLUME 8

In *Realizing the Profound View* the Dalai Lama presents the analysis and meditations necessary to realize the ultimate nature of reality.

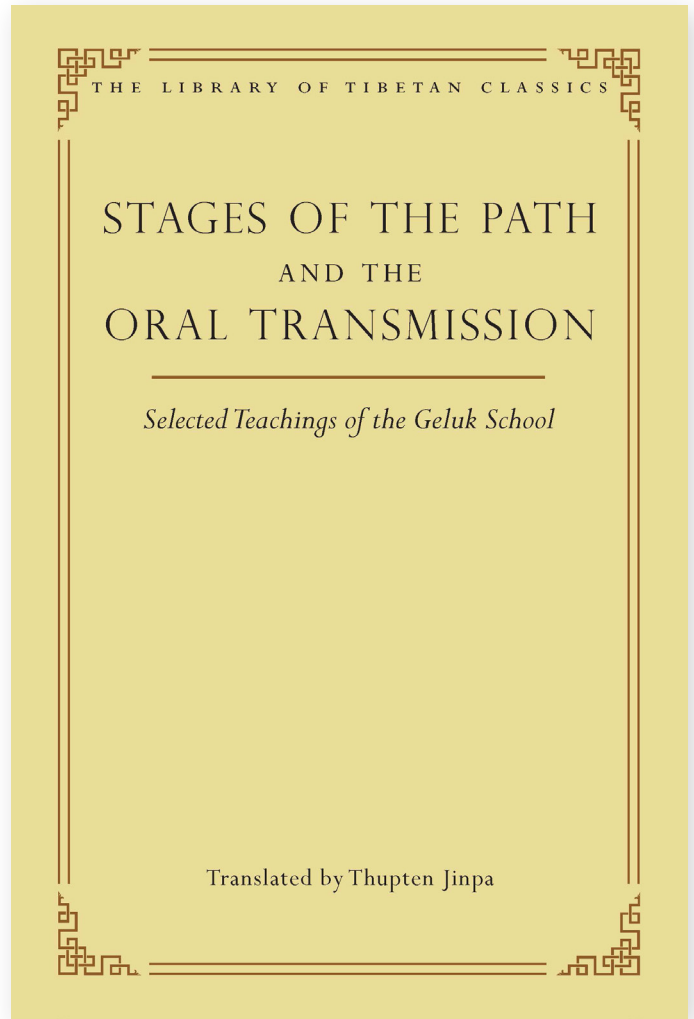
With attention to Nāgārjuna's five-point analysis, Candrakīrti's seven-point examination, and Pāli suttas, the Dalai Lama leads us to investigate who or what is the person. Are we our body? Our mind? If we are not inherently either of them, how do we exist, and what carries the karma from one life to the next? He skillfully guides us along the path, avoiding the chasms of absolutism and nihilism, and introduces us to dependent arising. We find that although all persons and phenomena lack an inherent essence, they do exist dependently. This nominally imputed mere I carries the karmic seeds. We discover that all phenomena exist by being merely designated by term and concept—they appear as like illusions, unfindable under ultimate analysis but functioning on the conventional level. Furthermore, we come to understand that emptiness dawns as the meaning of dependent arising, and dependent arising dawns as the meaning of emptiness. The ability to posit subtle dependent arisings in the face of realizing emptiness and to establish ultimate and conventional truths as non-contradictory brings us to the culmination of the correct view.

STAGES OF
THE PATH AND
THE ORAL
TRANSMISSION
*SELECTED TEACHINGS OF
THE GELUK SCHOOL*

Translated by Thupten Jinpa

December 20, 2022 | Hardcover | 878 pages
\$89.95 | 6" x 9" | 9780861714452

A major contribution
to the literature on
Buddhist practice
according to the Geluk
school of Tibetan
Buddhism from its
foremost interpreter.



Although it was the last major school to emerge in the Tibetan Buddhist tradition, the Geluk school has left an indelible mark on Buddhist thought and practice. The intellectual and spiritual brilliance of its founder, the great Tsongkhapa (1357–1419), has inspired generations of scholars and tantric yogis to place him at the heart of their daily meditative practice.

This widespread religious activity fostered a rich literary tradition, and fifteen seminal works are featured here, representing four genres of that tradition. The first are works on the stages of the path, or lamrim, the genre for which the Geluk is most renowned. Second are works on guru yoga, centered around the core Geluk ritual *Offering to the Guru (Lama Chöpa)*. Third are teachings from the unique oral transmission of Geluk mahamudra, meditation on the nature of mind. Fourth are the “guide to the view” (*tatri*) instructions. The volume features well-known authors like Tsongkhapa, the First Panchen Lama, and the Fifth Dalai Lama but also important works from lesser-known figures like Gomchen Ngawang Drakpa’s stages of the path in verse.

Your guide to these riches, Thupten Jinpa, maps out their historical context and spiritual significance in his extensive introduction.