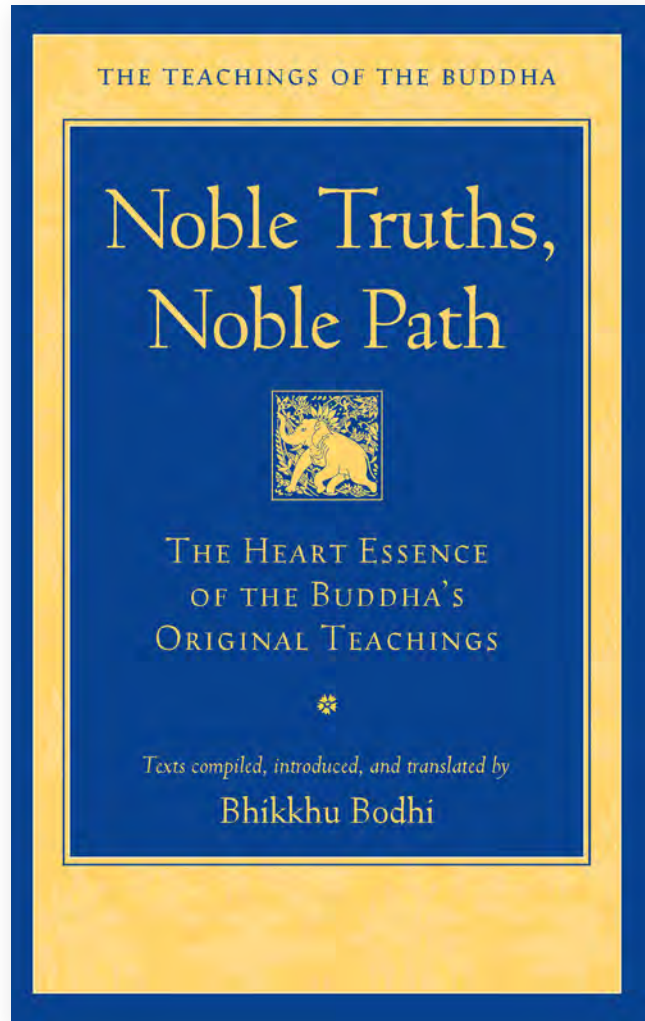


NOBLE TRUTHS,
NOBLE PATH
*THE HEART ESSENCE OF
THE BUDDHA'S ORIGINAL
TEACHINGS*

Bhikkhu Bodhi

January 9, 2024 | Paperback | 200 pages

\$19.95 | 6" x 9" | 9781614299189



This anthology of
suttas from the
Samyutta Nikaya
enables students of
Early Buddhism to
penetrate into the
heart of the Buddha's
teachings on the four
noble truths and the
eightfold path.

Brilliantly translated by Bhikkhu Bodhi, this anthology of suttas from the Samyutta Nikaya takes us straight to the heart of the Buddha's teaching on liberation through the four noble truths and the noble eightfold path—the two mainstays of Buddhist doctrine that illuminate the nature of things by generating direct insight into the teachings. These suttas all pertain to the ultimate good, the attainment of nibbana, or liberation. They illuminate the Buddha's radical diagnosis of the human condition—and more broadly, the condition of all sentient existence—in light of the four noble truths. They underscore the pervasive flaws inherent in the round of rebirths, trace our existential predicament to its deepest roots, and lay out the path to unraveling our bondage and winning irreversible release. Ven. Bodhi arranged the chapters, each with its own introduction, to provide an overview of the Dhamma that mirrors the four noble truths, thus enabling students of Early Buddhism to see into the heart of the Buddha's teachings as directly and clearly as possible.

PERSEVERANCE

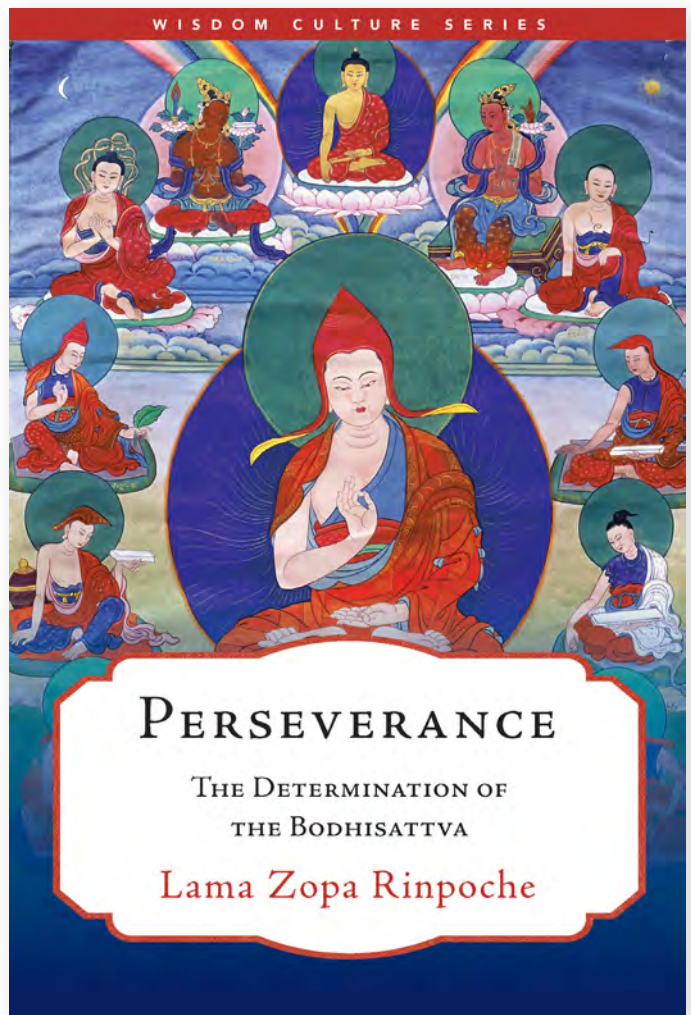
THE DETERMINATION OF THE BODHISATTVA

Lama Zopa Rinpoche

January 23, 2024 | Paperback | 216 pages

\$24.95 | 6" x 9" | 9781614298977

Dive deep into perseverance, one of the core practices of the bodhisattvas, with beloved teacher Lama Zopa Rinpoche as a guide.



Perseverance, or *virya*, is also translated as “energy,” “fortitude,” or “vigor.” One of the six perfections, or *paramitas*, it is one of the trainings of the bodhisattvas and a deeply necessary quality for the Buddhist path. But it’s far from the kind of head-down, stubborn determination the name could imply; instead, it’s joyful energy that enables us to practice.

Rinpoche’s commentary is structured around the fifth and seventh chapters of the beloved *Guide to the Bodhisattva’s Way of Life* by the eighth-century philosopher-poet Shantideva. Interweaving his teaching with Shantideva’s verses, Rinpoche elucidates this prerequisite for enlightenment, explaining what it is and how to cultivate it: guard your mind, gather virtue, work for others—and find incredible joy in these things.

“When we have perseverance, we will have no obstacles, which means obstacles to any happiness, especially to ultimate happiness, the freedom from the oceans of samsaric suffering, and most importantly to peerless happiness, the state of the omniscience that is enlightenment.”

—Lama Zopa Rinpoche

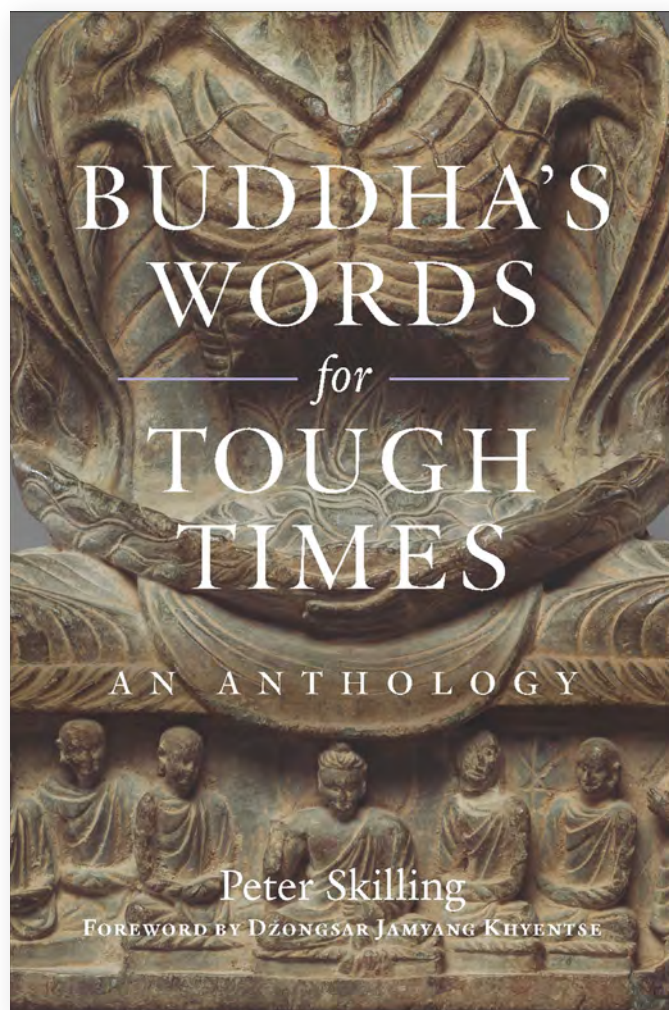
BUDDHA'S WORDS FOR TOUGH TIMES

AN ANTHOLOGY

Peter Skilling
Foreword by Dzongsar
Jamyang Khyentse

February 20, 2024 | Paperback | 552 pages
\$49.95 | 6" x 9" | 9781614298892

Twenty translations
from the vast corpus
of Buddhist literature
come alive in this
full-color anthology
of ancient wisdom
for turbulent times,
as a master scholar
uncovers their sources
and significance.



Change and loss have always been part of the human condition, but in today's world, the pace and intensity of uncertainty has reached new extremes. The Buddha observed the truth of impermanence more than 2,500 years ago and diagnosed the source of the anxiety it engenders so incisively that his prescription still resonates and heals here and now.

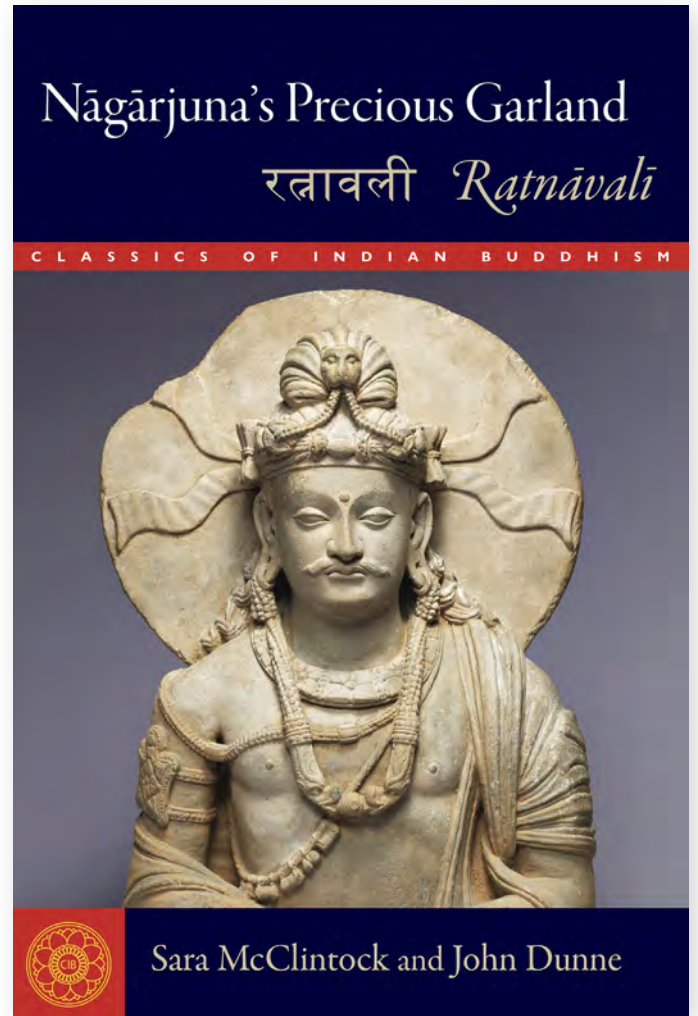
In *Buddha's Words for Tough Times*, Peter Skilling, one of the world's foremost authorities on Buddhist scripture, brings the reader face-to-face with the wealth of Buddhist literature, from a teaching in a single word, to a seminal collection of verses on impermanence, to narrations of the Buddha's teaching journeys across the Gangetic Plain. Translating from sources in Tibetan, Sanskrit, and Pāli, he uncovers the complex history of the vast writings of the Buddhist canons, and his skill in revealing the meaning of twenty gems from within those riches brings them alive for English readers. We could have no better guide for this exploration, an exploration whose value is more urgent than ever.

NĀGĀRJUNA'S PRECIOUS GARLAND RATNĀVALĪ

Sara L. McClintock and
John D. Dunne

March 5, 2024 | Paperback | 368 pages
\$34.95 | 6" x 9" | 9781614298465

Discover the
eloquence and insight
of the philosopher
Nāgārjuna in this
concise instruction
for a king that
is considered a
masterpiece of
Buddhist literature.



In this profound work of five hundred verses, we encounter a presentation of Buddhism that integrates both the worldly and the transcendent. The clear and sagacious advice laid out on every page serves as a road map to one's highest goal—whether that goal is a better life, here called the Dharma of ascendance, or the ultimate one of spiritual freedom, the Dharma of the highest good. The verses, written for an unnamed ruler, touch on questions of statecraft, but their broader themes speak to us today because they tackle the difficulty of integrating one's spiritual journey with the social and political demands of daily life.

This is the first complete translation in English of the *Precious Garland* that takes the Indian text and commentary as its primary authorities. In addition, the translators provide rigorous working editions of the Sanskrit and Tibetan verses they translate.

This sixth volume in Wisdom's Classics of Indian Buddhism series is an elegant and precise rendering of Nāgārjuna's work and is certain to become the touchstone translation of this celebrated Buddhist text.

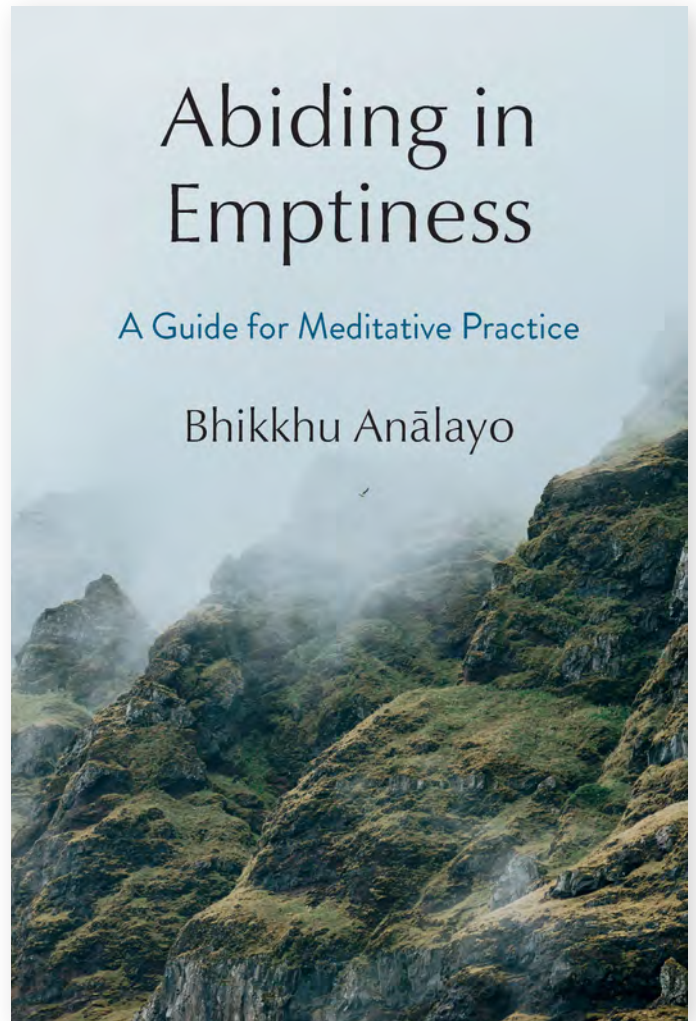
ABIDING IN
EMPTINESS
A GUIDE FOR MEDITATIVE
PRACTICE

Ven. Bhikkhu Anālayo

March 12, 2024 | Hardcover | 200 pages

\$26.95 | 6" x 9" | 9781614299172

An incisive look
into the early
Buddhist teachings
on emptiness, and a
manual for bringing
those teachings into
our everyday lives.



Before the growth of the Mahāyāna and the Perfection of Wisdom, before Avalokiteśvara taught Śāriputra the meaning of emptiness, the Buddha gave his own teachings, to his attendant Ānanda, on the importance of emptiness (Pāli: *suññatā*, Sanskrit: *śūnyatā*) in everyday practice. In this volume, renowned scholar-monk Bhikkhu Anālayo explores these teachings and shows us how to integrate them into our lives.

Bhikkhu Anālayo draws from instructions found in the Greater and the Smaller Discourses on Emptiness (the *Mahāsuññatasutta* and the *Cūlasuññatasutta*). In each chapter, he provides a translation of a pertinent excerpt from the discourses, follows this with clear and precise explanations of the text, and concludes by offering instructions for practice.

Step by step, beginning with daily life and concluding with Nirvana, Bhikkhu Anālayo unpacks the Buddha's teachings on this foundational concept.

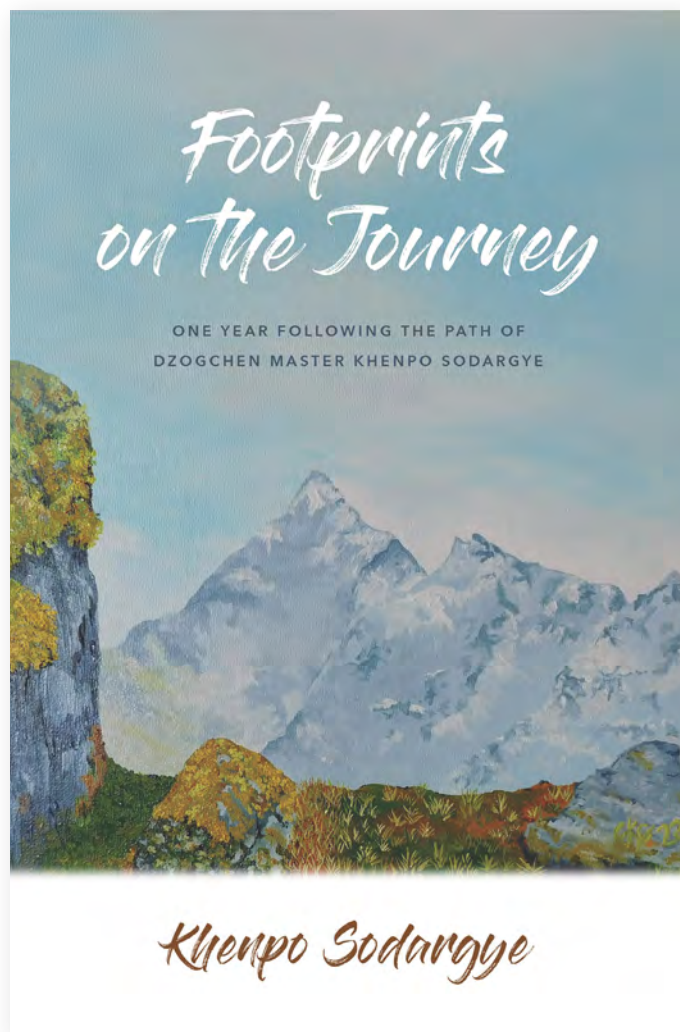
FOOTPRINTS ON
THE JOURNEY
ONE YEAR FOLLOWING
THE PATH OF DZOGCHEN
MASTER KHENPO SODARGYE

Khenpo Sodargye

March 26, 2024 | Paperback | 344 pages

\$29.95 | 6" x 9" | 9781614298922

Inspiring diary entries from one challenging year in the life of the renowned Dzogchen master Khenpo Sodargye to guide Dharma practitioners in right conduct for their journey on the path.



This personal diary of one year in the life of the renowned Dzogchen master Khenpo Sodargye gives serious Dharma practitioners a lifetime of inspiring, wise guidance for practicing right conduct on the path. The backdrop of this journal is the Tibetan plateau, from where Khenpo invites us to see the world—from hospital staff to a spider, from vast galaxies to a water droplet—as he does, with candor and humor, and with a Dzogchen master's sharp analysis. He shares with us his perceptions of this world, describing his ups and downs in a way that we can relate to and be inspired by, even if we do not have the fortitude to stand up to the oppression of crustaceans or to ransom yaks from the slaughterhouse. Spontaneous and lively, the entries play out the vicissitudes of his life throughout a challenging year, tracking the passage of his days and thoughts, leaving footprints for whoever is able to follow.

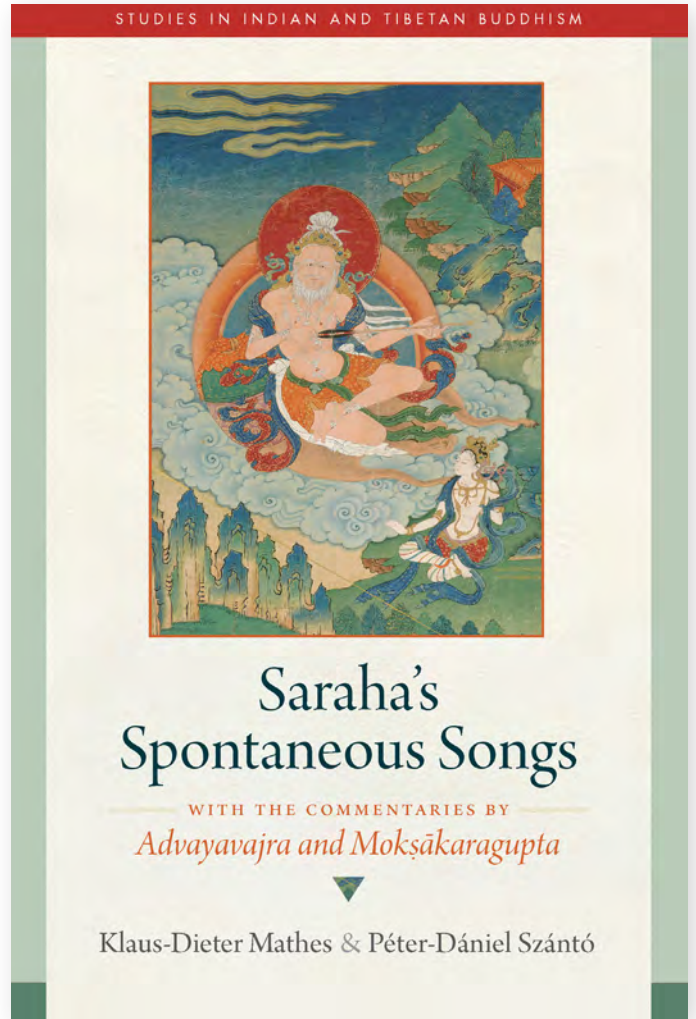
SARAHA'S SPONTANEOUS SONGS

WITH THE COMMENTARIES
BY ADVAYAVAJRA AND
MOKSĀKARAGUPTA

Klaus-Dieter Mathes and
Péter-Dániel Szántó

April 9, 2024 | Hardcover | 592 pages
\$69.95 | 6" x 9" | 9781614297284

The first volume in
over six decades to
bring to light new
original material on
Saraha's *Treasury of
Spontaneous Songs*
(*Dohākosa*).



To find liberation and realize the true nature of reality, the Indian Buddhist master Saraha says we must leave behind any conceptual assessment of reality, since no model of it has ever been known to withstand critical analysis. Saraha's spontaneous songs, or *dohās*, represent the Buddhist art of expressing the inexpressible. The most important collection of Saraha's songs is the *Dohākosagīti*, better known in Tibet as the *Songs for the People*, and the Tibetan mahāmudrā tradition has done the most to preserve the lineage of Saraha's instructions to the present day.

But Saraha was also widely cited in Indian sources starting around the eleventh century, and one Indic commentary, by the Newar scholar Advayavajra, still exists in Sanskrit. In addition, we have independent root texts of Saraha's songs in the vernacular Apabhramśa in which they were recorded. These Indian texts, together with their Tibetan translations, are here presented in masterful new critical editions, along with the Tibetan translation of the commentary no longer extant in Sanskrit by Mokṣākaragupta. Finally, both commentaries are rendered in elegant English, and the authors offer a brisk but comprehensive introduction.

OCEAN OF ATTAINMENTS



*The Creation Stage of the
Guhyasamāja Tantra*
according to
Khedrup Jé

Translated by Yael Bentor & Penpa Dorjee

OCEAN OF ATTAINMENTS THE CREATION STAGE OF GUHYASAMĀJA TANTRA ACCORDING TO KHEDRUP JÉ

Translated by Yael Bentor and
Penpa Dorjee

April 16, 2024 | Hardcover | 832 pages
\$74.95 | 6" x 9" | 9781614298304

This commentary on Guhyasamāja tantra is the seminal guide to deity yoga and tantric visualization for the Geluk school of Tibetan Buddhism.

Ocean of Attainments was composed by Khedrup Jé Gelek Palsang (1385–1438), one of Tsongkhapa Losang Drakpa’s most prominent disciples. Its subject is the creation stage, a quintessential Buddhist tantric meditation that together with the completion stage comprises the path of unexcelled tantra. The *Guhyasamāja Tantra*, referred to as the “king of all tantras,” is one of the tantras of the unexcelled mantra; it is revered in Tibet, especially by the Geluk school, for its hermeneutic methods, which are in turn applied to other tantras.

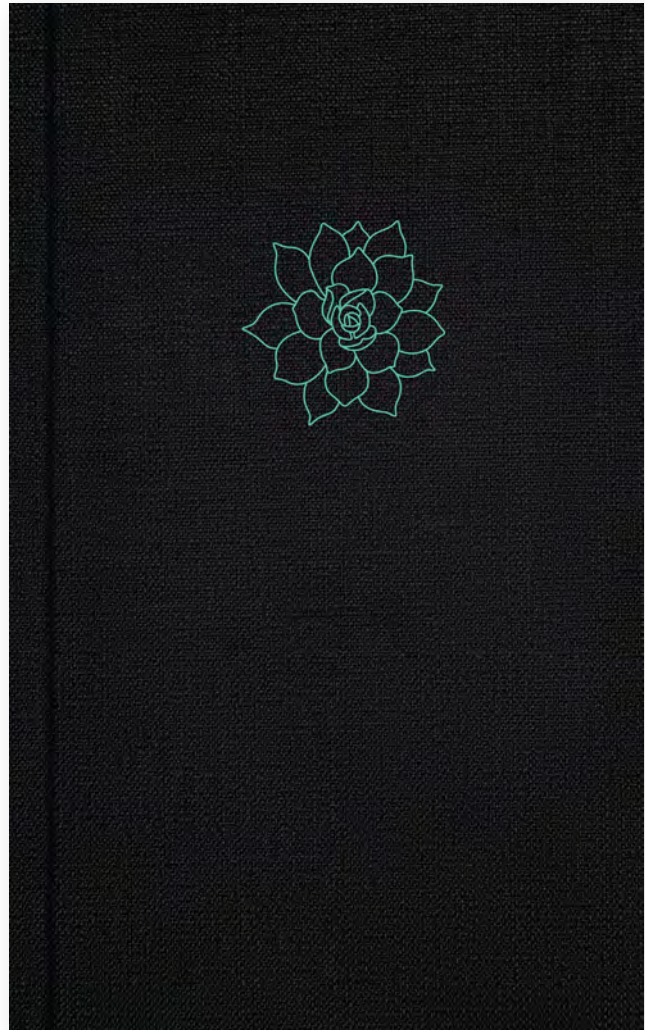
While the previously published *Essence of the Ocean of Attainments* is a concise manual for practice of the Guhyasamāja sādhana, *Ocean of Attainments* is much more detailed, providing extensive scriptural citations, clear explanation of the body mandala, arguments on points of contention, reference to other tantric systems, and critiques of misinterpretations. Complemented by the extensive and clear introduction, this volume is a vital contribution to the growing body of scholarship on Guhyasamāja and on Buddhist tantra in general.

BEARING THE
UNBEARABLE
A GUIDED JOURNAL FOR
GRIEVING

Joanne Cacciatore

April 30, 2024 | Hardcover | 248 pages

\$19.95 | 5" x 8.25" | 9781614298991



Grief expert Joanne Cacciatore (author of the bestselling *Bearing the Unbearable*) provides support and guidance, as writing prompts, for anyone experiencing traumatic loss and grief.

From the bestselling author of *Bearing the Unbearable* and *Grieving Is Loving*, here are 52 writing prompts for exploring grief and journaling about those whom we've lost. Writing about those we've lost can be part of a contemplative practice, alone or with therapists, family, friends, or with a grief support group. However you use this journal and its writing prompts, please take the time to write from the heart, really be with each prompt, dive deeply—and do so with a spirit of love and compassion for all beings, including yourself.

THE JHĀNAS

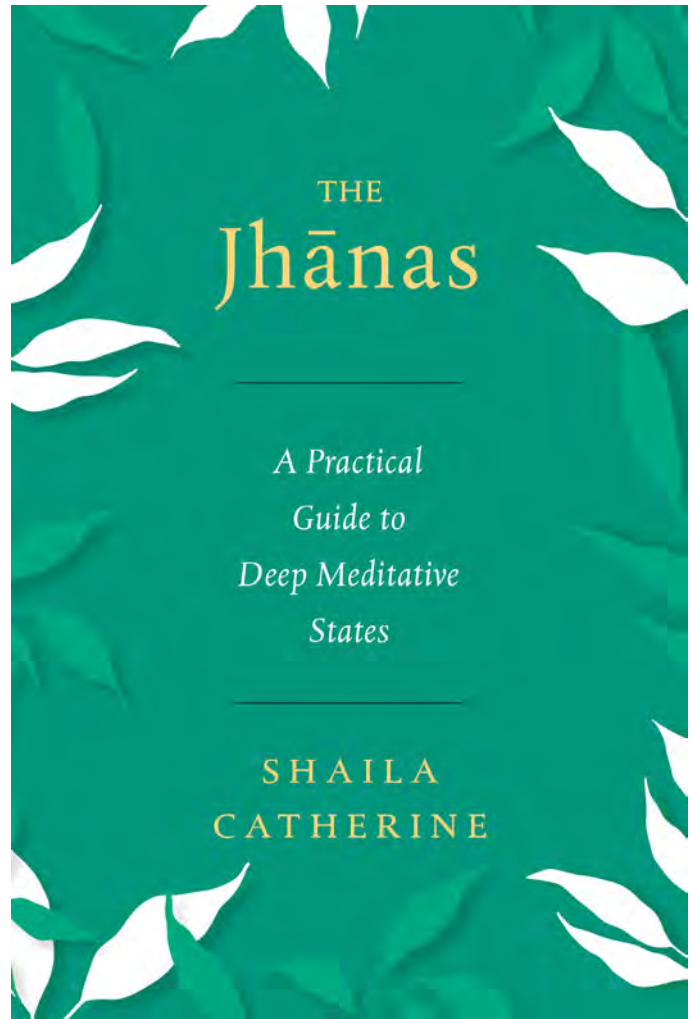
A PRACTICAL GUIDE TO DEEP
MEDITATIVE STATES

Shaila Cahtherine

May 7, 2024 | Paperback | 328 pages

\$21.95 | 6" x 9" | 9781614299462

The Jhānas is about much more than mere meditation or concentration. It offers a complete path toward bliss, fearlessness, and true awakening.



With this accessible guide, meditators (and non-meditators) can understand how to attain extraordinary states with relative ease. Blended with contemporary examples and pragmatic “how-to” instructions that anyone can try, *The Jhānas* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhānas) that lead to liberating insight. Previously published as *Focused and Fearless*, this new edition clarifies crucial points and offers twenty-one additional exercises, making this a great book for both those new to jhāna practice and those looking to deepen their practice.

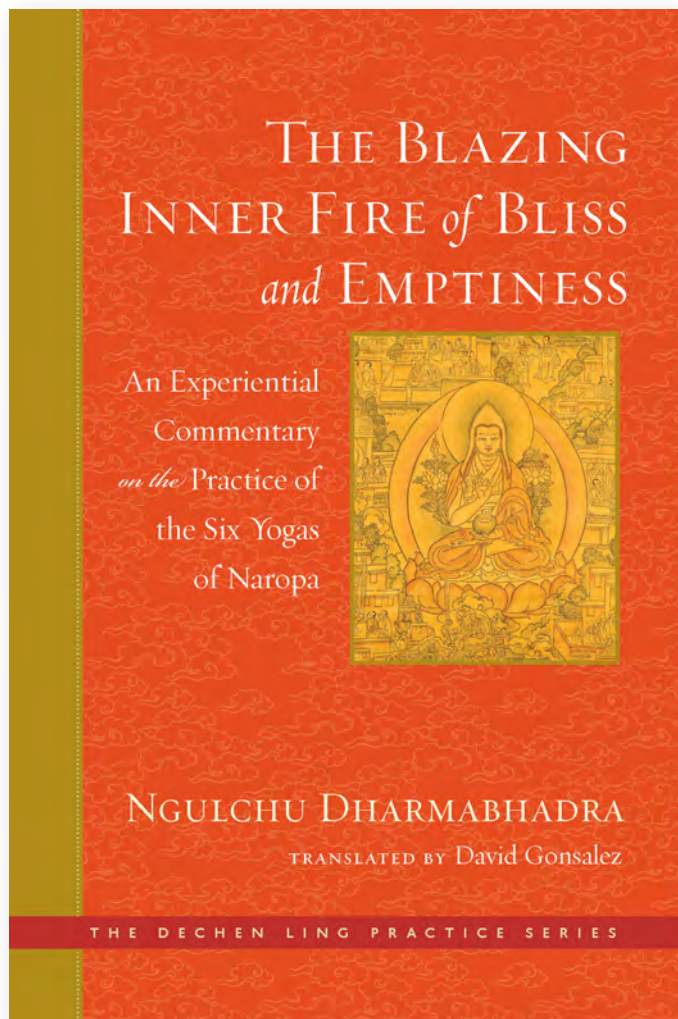
THE BLAZING
INNER FIRE
OF BLISS AND
EMPTINESS
AN EXPERIENTIAL
COMMENTARY ON THE
PRACTICE OF THE SIX YOGAS
OF NAROPA

Translated by David Gonzalez

May 28, 2024 | Hardcover | 192 pages

\$39.95 | 6" x 9" | 9781614295440

A set of commentaries
that present some of
the most rarefied and
secret teachings within
Tibetan Buddhism
from the perspective
of the Dalai Lama's
Gelug school.



The Blazing Inner Fire of Bliss and Emptiness presents lucid translations of a pair of detailed commentaries by the famed Tibetan tantric master Ngulchu Dharmabhadra, illuminating a set of extremely secret and restricted tantric practices of highest yoga tantra.

The first of these commentaries details the practices of the Six Yogas of Naropa, one of the most celebrated and revered systems of completion-stage practice in Tibet. Dharmabhadra's commentary is unique in that it presents the Six Yogas within the context of Vajrayogini practice, making this book a perfect companion piece to *The Extremely Secret Dakini of Naropa* (Wisdom Publications, 2020).

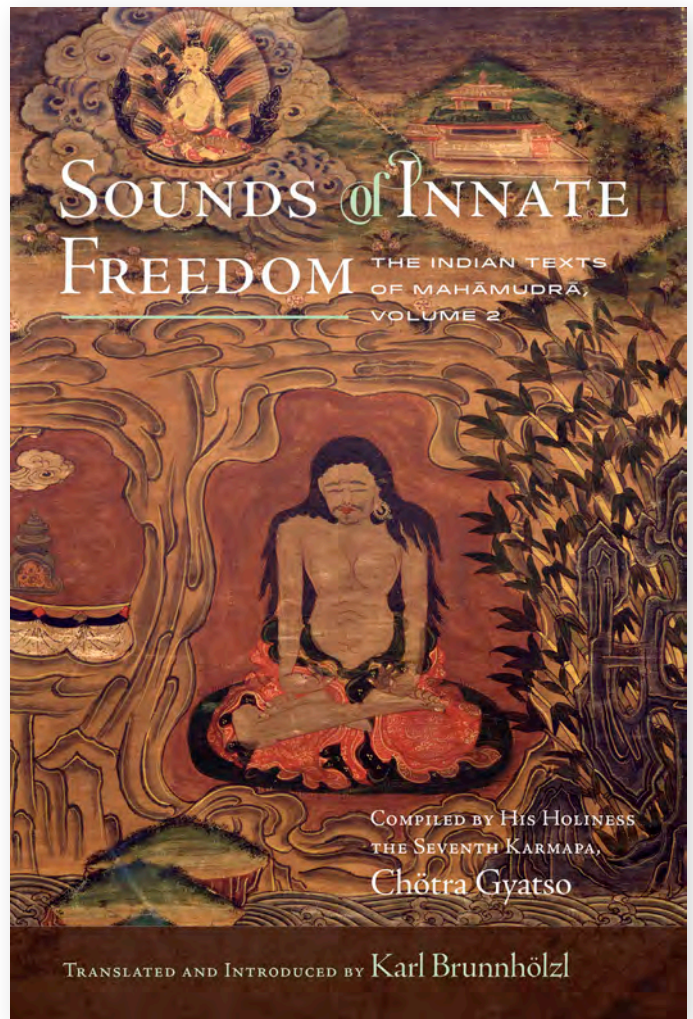
Also contained in this book is Ngulchu Dharmabhadra's lucid commentary on the First Panchen Lama's famous *Supplication for Liberation from [Fear of] the Perilous Journey of the Intermediate State*. The prayer extols the efficacy of the "nine mixings" of the completion stage as direct means of transforming our ordinary death process by using advanced yogas presented in the first commentary on the Six Yogas.

Together, these works present the reader with a profound vision of spiritual transformation.

SOUNDS OF
INNATE FREEDOM
THE INDIAN TEXTS OF
MAHĀMUDRĀ, VOLUME 2
Karl Brunnhölzl

June 4, 2024 | Hardcover | 1,112 pages
\$79.95 | 6" x 9" | 9781614297093

The second volume in a historic six-volume series containing many of the first English translations of the classic Mahamudra literature compiled by the Seventh Karmapa.



Sounds of Innate Freedom: The Indian Texts of Mahāmudrā are historic volumes containing many of the first English translations of the classic Mahāmudrā literature. The texts and songs in these volumes constitute the large compendium called *The Indian Texts of the Mahāmudrā of Definitive Meaning*, compiled by the Seventh Karmapa, Chötra Gyatso (1456–1539). Translated, introduced, and annotated by Karl Brunnhölzl, acclaimed senior teacher at the Nalandabodhi community of Dzogchen Ponlop Rinpoche, the 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, giving us a clear view of the sources of one of the world’s great contemplative traditions.

This volume (thirty-four texts) contains two long-established sets of Mahāmudrā works: “The Sixfold Pith Cycle” and short texts of Maitripa’s “Twenty-Five Dharmas of Mental Nonengagement,” which present a blend of Madhyamaka, Mahāmudrā, and certain tantric principles, as well as two commentaries by Maitripa’s students. The vital focus of this volume is the accomplishment of true reality.

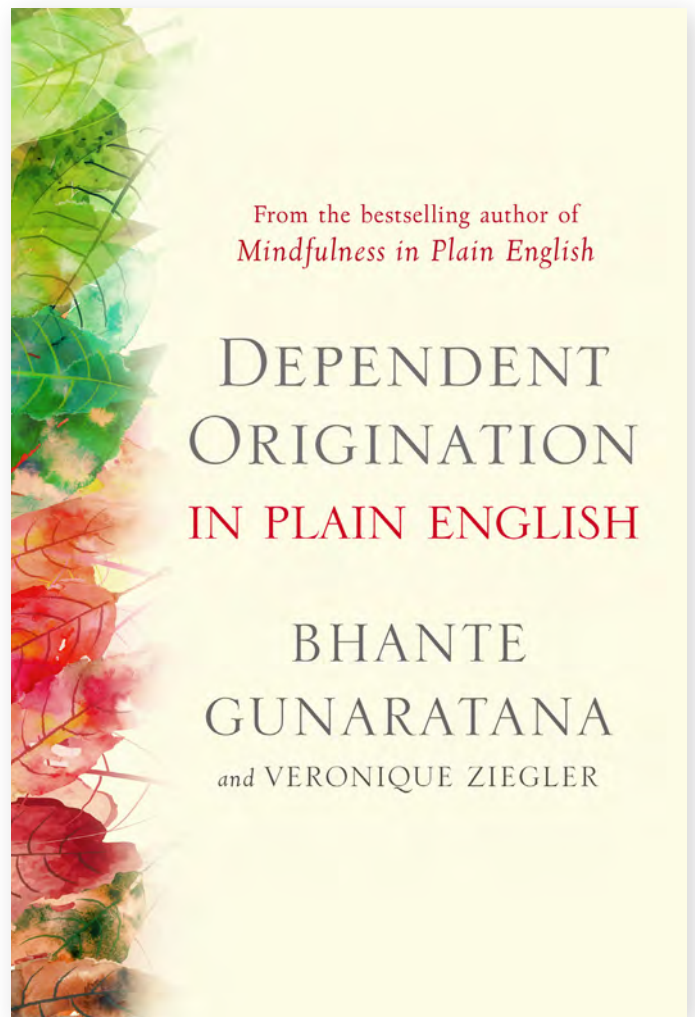
DEPENDENT ORIGINATION IN PLAIN ENGLISH

Bhante Gunaratana and
Veronique Ziegler

June 11, 2024 | Paperback | 176 pages

\$18.95 | 6" x 9" | 9781614298984

The author of
*Mindfulness in Plain
English* unpacks the
foundational Buddhist
theory of dependent
origination, showing
us how by eliminating
ignorance we can
eliminate suffering.



Nothing happens by accident. All things, no matter how mundane or meaningful, arise based on causes and conditions. And without those causes and conditions, they would not arise at all. This, in short, is the Buddha's teaching of dependent origination. Embedded in this fundamental theory are central teachings, such as nonself, impermanence, and the four noble truths. And from it we can see for ourselves how suffering and rebirth, the great problems lying at the heart of the dhamma, arise—and how they pass away.

In *Dependent Origination in Plain English*, the venerable scholar-monk Bhante Gunaratana and his student Veronique Ziegler break down this keystone Buddhist teaching from the Pali canon into its core components, guiding the reader step by step from ignorance to suffering and its end. The process leading to future rebirths may seem far off, but it's not some distant event. It's happening now, with every breath you take.

A MONK'S GUIDE TO FINDING JOY

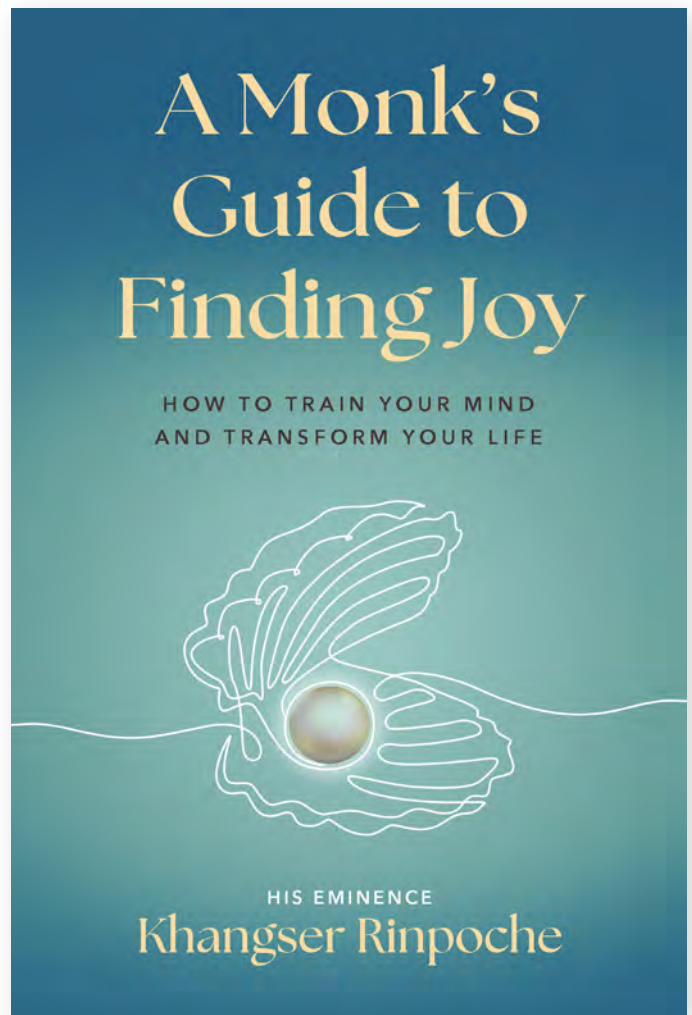
HOW TO TRAIN YOUR MIND
AND TRANSFORM YOUR
HEART

His Eminence Khangser
Rinpoche

July 2, 2024 | Paperback | 216 pages

\$19.95 | 6" x 9" | 9781614299158

A profound and
practical guide to
uncovering your own
wise mind and kind
heart.



We all want to find happiness. But how do we go about it? In this easygoing and clear-sighted guide, celebrated Buddhist meditation and philosophy master Khangser Rinpoche provides us with down-to-earth advice on how to train our minds and find our own innate wisdom and kindness along the way. He helps us see the profound insight that is open to us all, and how it can awaken us to the truth of the way things are. This insight into the truth, and the practices that help you cultivate this awareness, transform suffering into wisdom and compassion—and ultimately joy.

A Monk's Guide to Finding Joy brings the ancient Tibetan mind-training tradition into our twenty-first-century lives. Through stories, real-life examples, reflections, and meditation practices—all told with warmth and humor—Khangser Rinpoche shows us how we can transform the suffering of our life into happiness. When we train the mind from within the context of our difficult emotions, we can find true joy, just as the oyster transforms sand into a pearl.

THE POWER OF MEDITATION

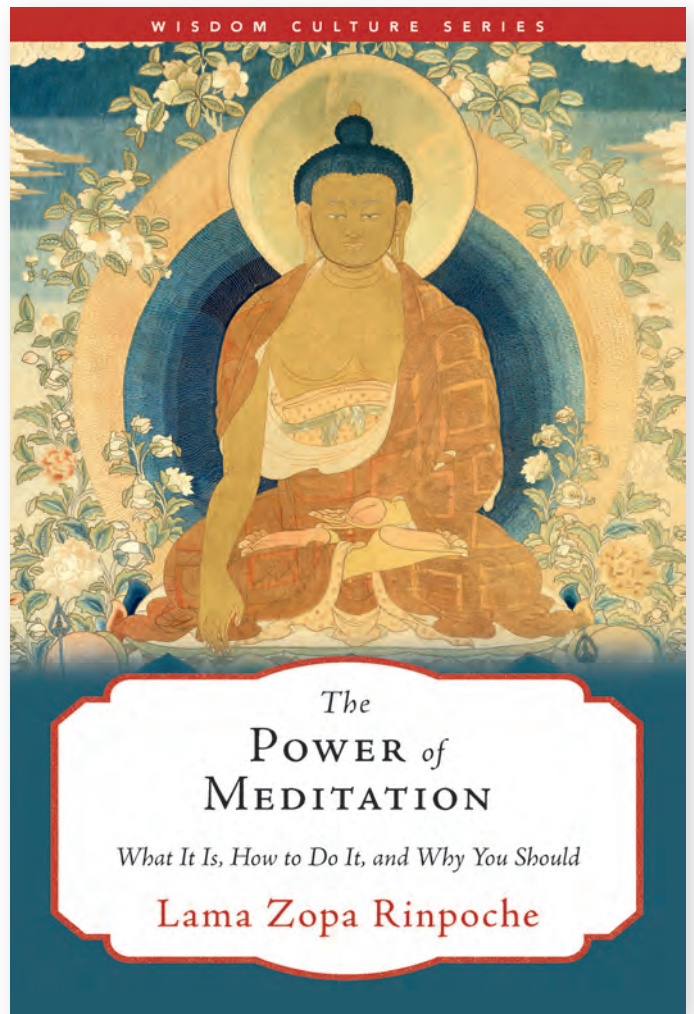
A COMPLETE GUIDE TO
TRANSFORMING YOUR MIND

Lama Zopa Rinpoche

July 23, 2024 | Paperback | 306 pages

\$24.95 | 6" x 9" | 9781614297888

What is meditation,
and how do we
practice it?



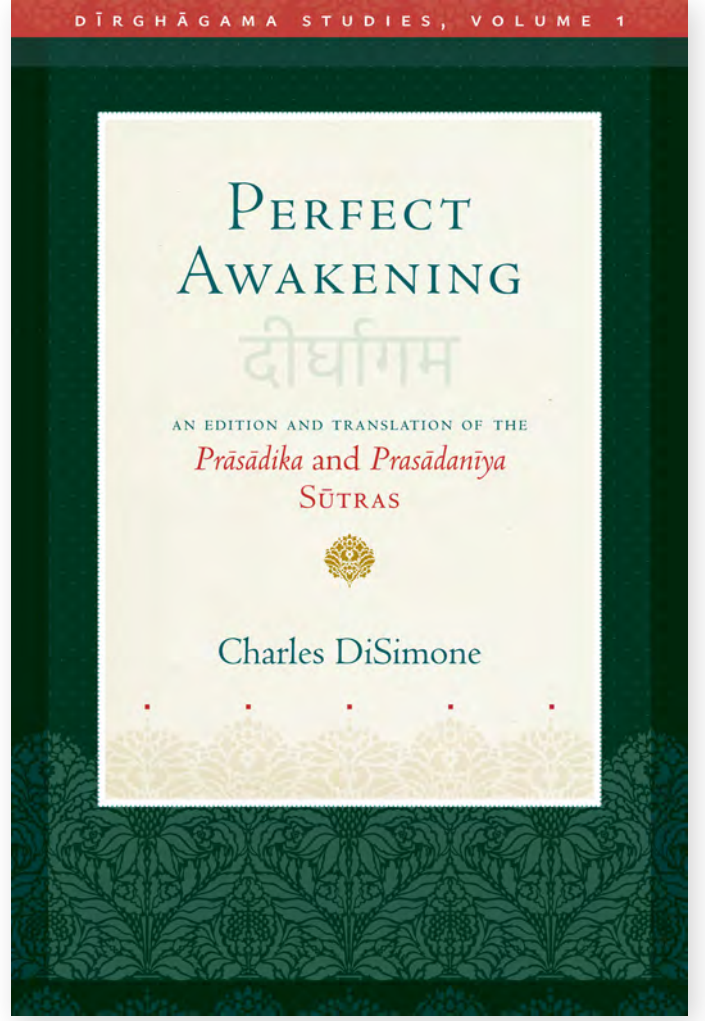
In *The Power of Meditation*, Lama Zopa Rinpoche, beloved teacher and co-founder of the Foundation for the Preservation of the Mahayana Tradition, offers clear explanations and instructions for the life-changing practice of meditation.

From preparatory procedures, such as selecting a space and adopting the proper motivation, to the details of posture and how to focus the mind, Rinpoche offers step-by-step instruction that serves as both a starting point for beginners and a new vantage on familiar techniques for more experienced sitters. In his own direct and plain-spoken style, Rinpoche offers concise explanations for different kinds of meditation, such as *shamatha*, or calm abiding meditation, and *vipashyana*, or insight meditation, delineating their specific techniques and applications. And finally, Rinpoche presents tips for bringing our newfound clarity off of the cushion and into our daily lives, making each moment meaningful.

PERFECT
AWAKENING
AN EDITION AND
TRANSLATION OF
THE PRĀSĀDIKA AND
PRASĀDANĪYA SŪTRAS
Charles DiSimone

August 13, 2024 | Hardcover | 496 pages
\$69.95 | 6" x 9" | 9781614296539 | POD

The first in a three-volume series to present a rare manuscript of The Long Discourses in Sanskrit, with a study, translation, and critical edition of two of the sūtras in the collection.



This book provides a translation, critical reconstruction, and study of two of the sūtras in the *Dirghāgama*: the *Prāsādika-sūtra* and the *Prasādanīya-sūtra*. Both sūtras offer what appears to have been late teachings of the Buddha on the nature of faith and the preeminence of the Buddha over all other teachers. The *Prasādanīya-sūtra*, in particular, is the locus classicus for the doctrine that only one Buddha and his teachings can exist at a time, ensuring that the Buddhist community would not be tempted to follow another teacher but would hold true to the Dharma of Śākyamuni Buddha.

These sūtras are from the Sarvāstivāda or Mūlasarvāstivāda sect. Their reconstructions and translations are accompanied by parallels from the corresponding Long Discourses in Pali and Chinese and parallels elsewhere in Buddhist literature. In addition, the work contains a full transliteration of the manuscript folios, an introduction with palaeographic explanations, and a study of intertextuality among the different Long Discourses collections.

THE LION'S ROAR OF A YOGI-POET

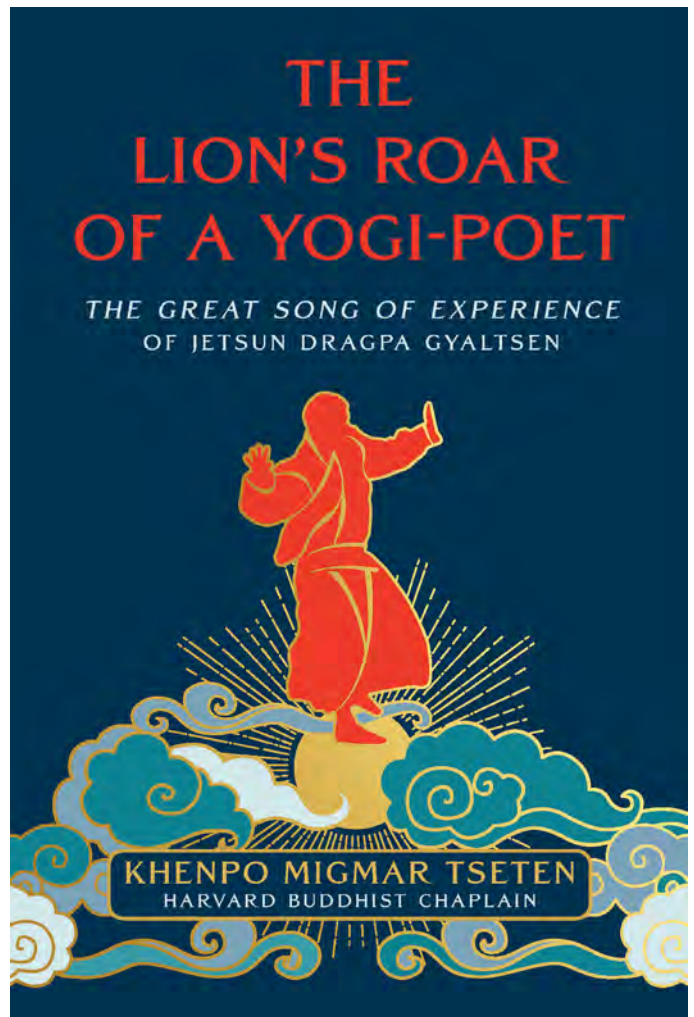
THE GREAT SONG OF
EXPERIENCE OF JETSUN
DRAGPA GYALTSSEN

Khenpo Migmar Tseten

August 27, 2024 | Paperback | 388 pages

\$24.95 | 6" x 9" | 9781614298960

An exultant song of realization by one of Tibet's greatest yogis, explained and elaborated upon by a beloved contemporary Tibetan teacher.



Jetsun Rinpoche Dragpa Gyaltsen (1147–1216) composed his *Great Song of Experience* as a way to distill and communicate the essence of the Buddhist path to enlightenment. Shimmering with double meanings, seeming tautologies, and ribald references, Dragpa Gyaltsen's verses resound with insights thrown out like bolts of lightning: "When mind itself is comprehended, that is Buddha; do not seek elsewhere for Buddha!"

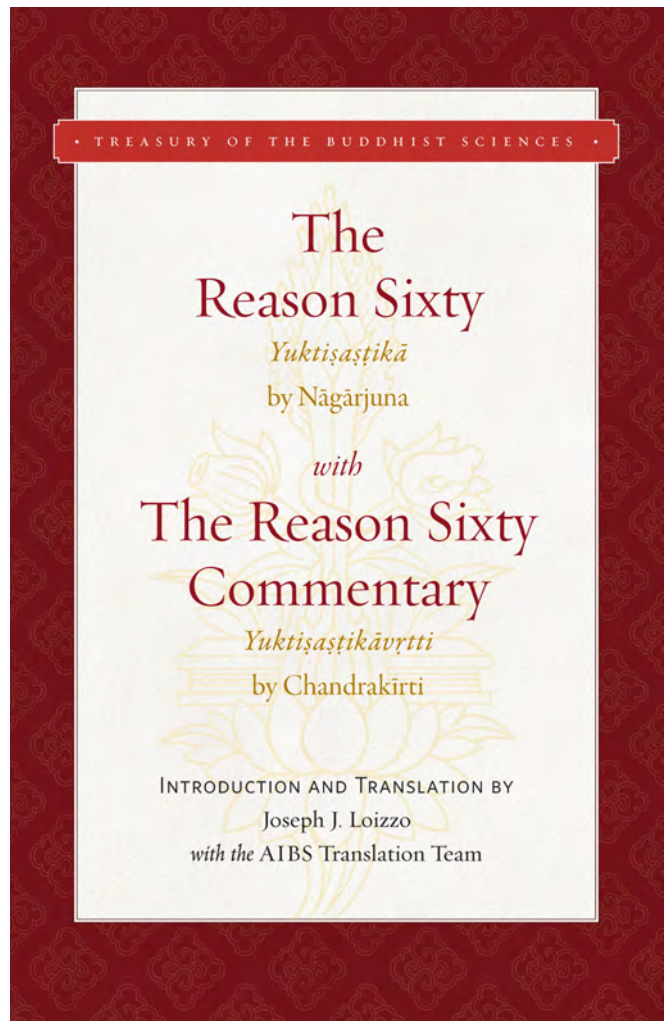
Beloved teacher Khenpo Migmar's newly updated translation of Dragpa Gyaltsen's *Great Song* brings these verses to life with a clarity and immediacy that belies the underlying challenge that these verses pose to our ordinary ways of thinking and being.

In addition to Khenpo Migmar's extensive verse-by-verse commentary, the book includes facing-page English and Tibetan editions of the root text of *Great Song of Experience*, and the laudatory poem *Praise to Jetsun Rinpoche Dragpa Gyaltsen* by Dragpa Gyaltsen's nephew and student, the great Sakya Pandita (1182–1251).

THE REASON
SIXTY
SECOND EDITION
Joseph J. Loizzo

August 27, 2024 | Hardcover | 314 pages
\$69.95 | 6" x 9" | 9781949163230

Two key Indian
Buddhist philosophical
masterpieces that
integrate the Buddhist
ethos of wisdom and
compassion with their
profound relevance
to contemporary
thought.



This volume contains English translations of two critical treatises of the Middle Way (Madhyamaka) Buddhist philosophical school: *The Reason Sixty*, by the most important of Indian thinkers, Nagarjuna (2nd century CE), and the commentary by his most influential successor, Chandrakirti (7th century CE). These two treatises emphasize the non-foundationalist reasoning for which Madhyamaka thought is famed, here within the context of that quintessential Buddhist topic, universal compassion, thereby illuminating the nondual nature of these two fundamental components of Indian Buddhist thought. The full import of Nagarjuna's verses are brought to life by Chandrakirti, whose influence in Tibetan Buddhist educational institutions remains profound to the present. Translator Joseph Loizzo, a Harvard-trained psychiatrist and Columbia-trained Buddhologist, elucidates the relevance of these two treatises to the linguistic turn in contemporary philosophy and emphasizes their practical, therapeutic possibilities. Comparing, in particular, the deep resonances between Chandrakirti's commentary and Wittgenstein's later work, Loizzo presents a masterful analysis in cross-cultural thought that highlights the transformative potential of philosophy.

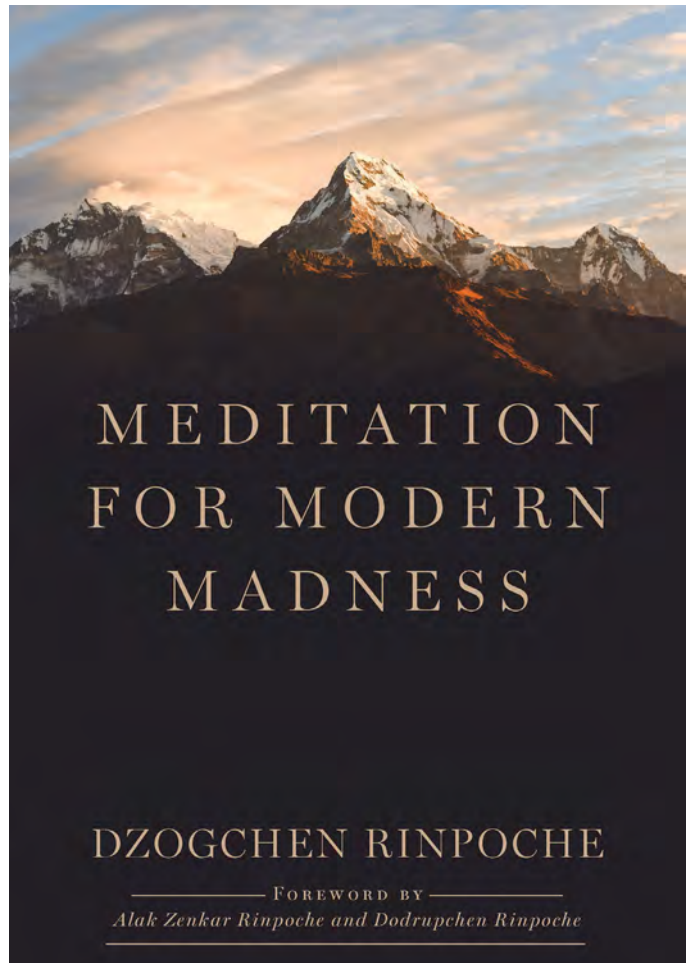
MEDITATION FOR MODERN MADNESS

Dzogchen Rinpoche

September 10, 2024 | Paperback | 218 pages

\$18.95 | 6" x 9" | 9781614299486

You are already
enlightened. You
don't need to get
enlightened again
or to make your
enlightenment better.
You just need to
recognize who you
already are.



Dzogchen is an ancient Tibetan tradition that is perfect for countering the stress of our modern lives. A simple and quick method, Dzogchen is practical and direct, and open to us all—you simply need to recognize the great potential that is naturally born within everyone.

In his highly anticipated first book, the Seventh Dzogchen Rinpoche, Jigme Losel Wangpo, shows us how our everyday lives can be turned into spiritual practice—not only to ease our stress, but to allow the true nature of our minds to reveal itself, right now, on the spot. The Dzogchen view is the highest view, the view from the top of the mountain. We need to build a platform that will hold the view, and Dzogchen Rinpoche provides the meditations and advice for living that will help you do just that. In turn, you'll find true peace in a mind at rest.

THE POETRY OF GRIEF, GRATITUDE, AND REVERENCE

John Brehm

September 17, 2024 | Paperback | 321 pages

\$19.95 | 4.5" x 6.5" | 9781614298724

A new anthology
from the editor of
the bestselling *Poetry
of Impermanence,
Mindfulness, and Joy.*

The POETRY of GRIEF, GRATITUDE, and REVERENCE

compiled by John Brehm



Signposts on a journey through the darkest and brightest moments of our lives, the poems gathered here are explorations of loss, of thanksgiving, of transformation. Some show a path forward, and others simply acknowledge and empathize with where we are, but all are celebrations of poetry's ability to express what seemed otherwise inexpressible, to touch deep inside our hearts—and also pull ourselves out of our selves and into greater connection with the world around us.

Includes poems by

Rainer Maria Rilke, Robert Frost, Elizabeth Bishop, Czesław Miłosz, Seamus Heaney, Billy Collins, Joy Harjo, Danusha Lameris, Ada Limon, Kevin Young, Arthur Sze, Ellen Bass, Li Young-Lee, Natasha Trethewey, and many more

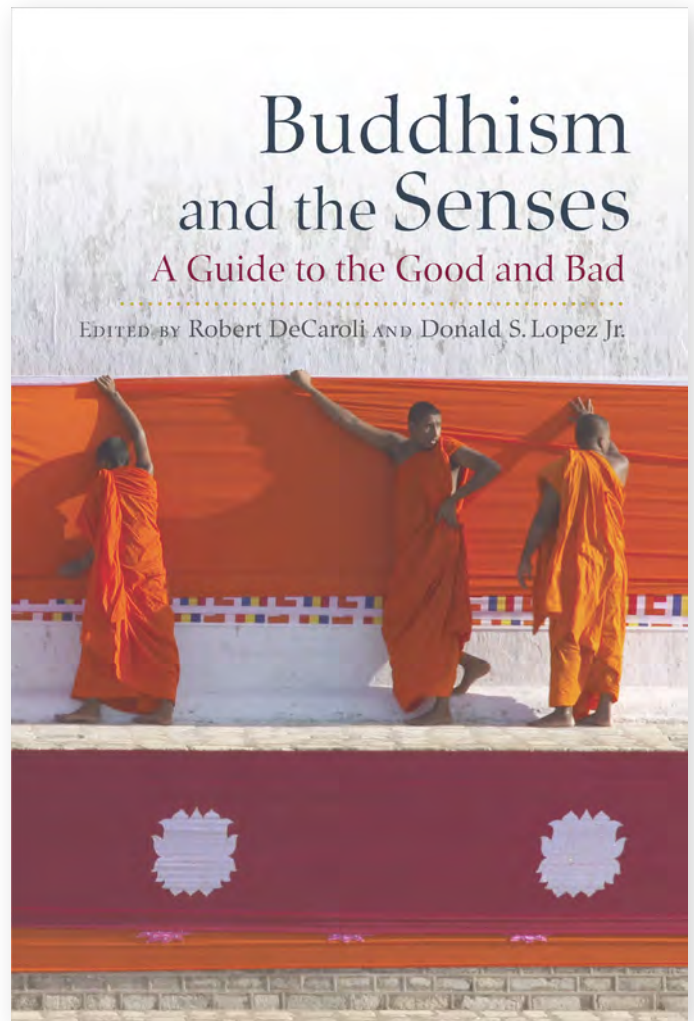
Brehm has included an essay on appreciative attention and links to guided meditations for select poems, offering us a chance to have an even deeper experience of reflection.

BUDDHISM AND THE SENSES A GUIDE TO THE GOOD AND BAD

Edited by Robert DeCaroli and
Donald S. Lopez Jr.

September 24, 2024 | Hardcover | 264 pages
\$39.95 | 6" x 9" | 9781614298908

Across Buddhist traditions, the five senses are perceived both positively and negatively. Share our eminent scholars' deep insight into what makes a sensuous experience good or bad.



Following the exhibition *Encountering the Buddha: Art and Practice across Asia* at the National Museum of Asian Art, ten eminent scholars present their insights into Buddhism's fascinating relation with the five senses (sight, sound, smell, taste, and touch), which careens between delight and disgust, rarely finding a middle way. While much of Buddhist literature is devoted to overcoming the attachment that dooms us to rebirth in samsara, primarily by deprecating sense experience, in texts such as the *Lotus Sutra*, sensory powers do not offer sensory pleasure but rather knowledge, clear observation, and ability to preach the Dharma. Considering such religiously and historically contingent ambiguity, this volume presents each of the five senses in two instantiations, the good and the bad, opening up the discourse on the senses across Buddhist traditions.

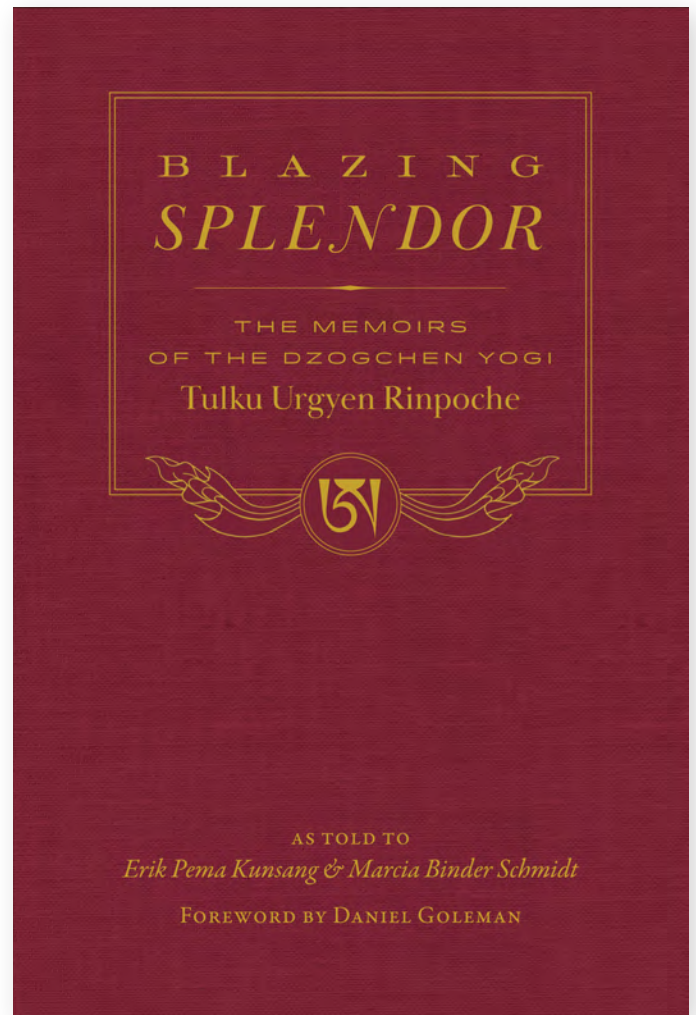
This volume is a new direction in scholarship to humanize Buddhist studies by foregrounding sensory experience and practice, inviting the reader to think about the senses in a focused manner and shifting our understanding of Buddhism from the conceptual to the material or practical, from the idealized to the human, from the abstract to the grounded, from the mind to the body.

BLAZING
SPLENDOR
THE MEMOIRS OF THE
DZOGCHEN YOGI TULKU
URGYEN RINPOCHE

Tulku Urgyen Rinpoche,
Marcia Binder Schmidt, and
Erik Pema Kunsang

October 8, 2024 | Hardcover | 564 pages
\$108 | 6" x 9" | 9781614298434

An insightful memoir
illuminating the
profound experiences
and magical world of
a Tibetan Buddhist
master.



Blazing Splendor is a rare and profound gift: an intimate view into the world of one of the most celebrated and influential meditation masters of the last century. In these memoirs, Tulku Urgyen Rinpoche (1920–96) recounts with incredible lucidity and humility his unique spiritual and familial heritage, his training in Tibetan Buddhism, and remarkable encounters with some of the most renowned masters of Tibet. This wide-reaching narrative stretches across generations to provide insight into the lived experience of contemplative adepts and into life before and after the Cultural Revolution, which left Tibet changed forever.

This special, revised edition of the modern classic includes new images and color illustrations.

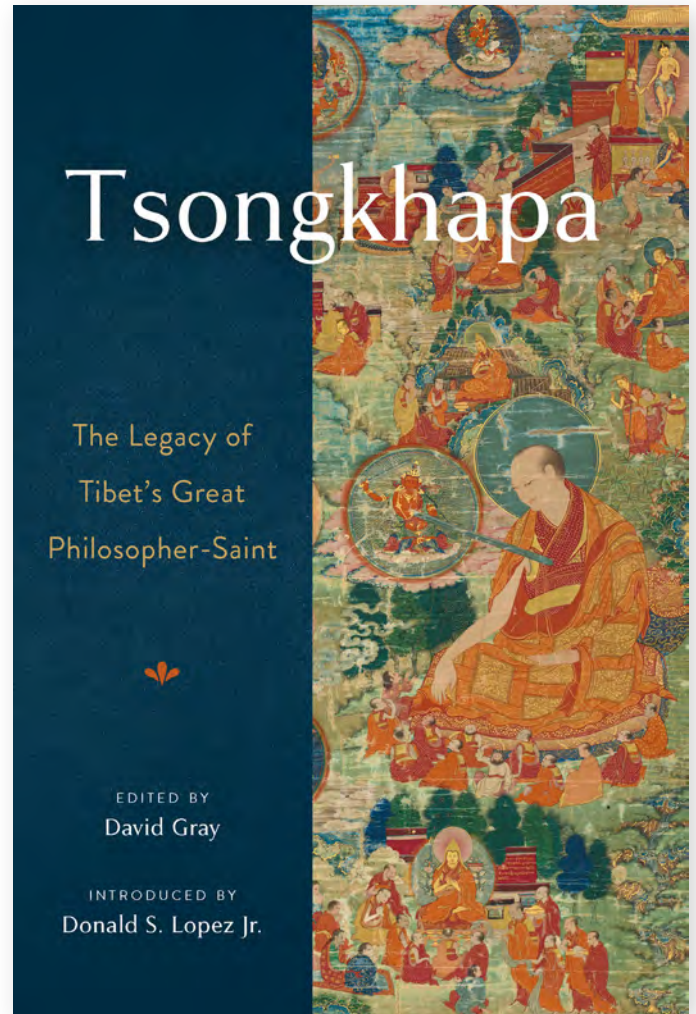
TSONGKHAPA
*THE LEGACY OF TIBET'S
GREAT PHILOSOPHER-SAINT*

Edited by David Gray

October 22, 2024 | Paperback | 264 pages

\$39.95 | 6" x 9" | 9781614297550

Tsongkhapa's seminal contributions to Buddhist thought and practice, and to the course of history, are illuminated and celebrated by some of his foremost modern interpreters.



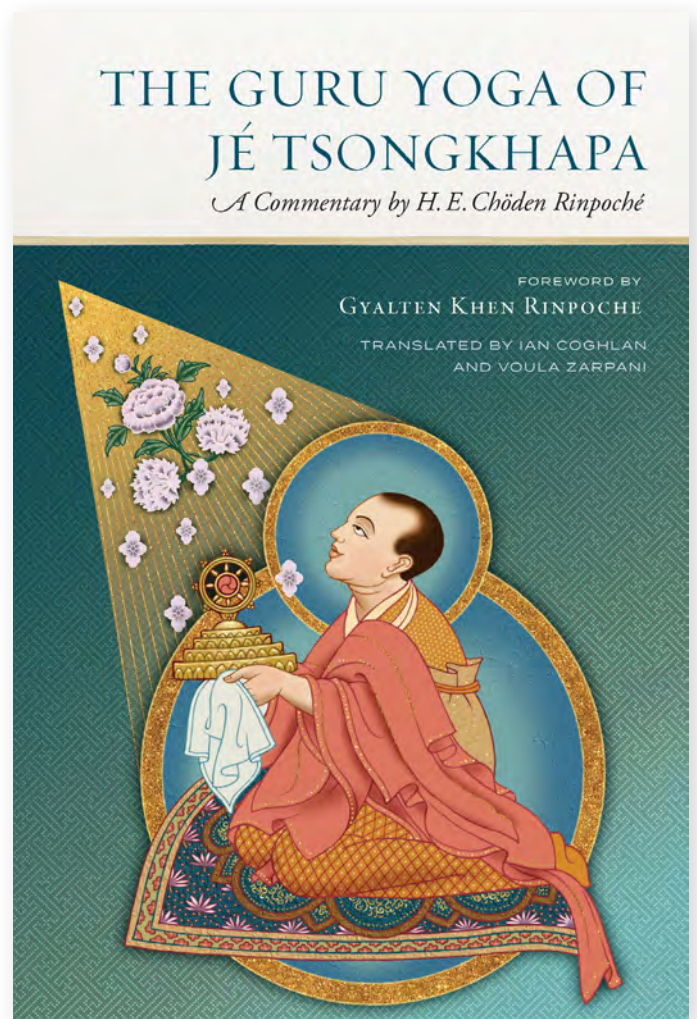
Few figures have impacted the trajectory of Buddhism as much as the great philosopher and meditator, scholar and reformer, Tsongkhapa Losang Drakpa (1357–1419), the founder of the Geluk school of Tibetan Buddhism and teacher of the First Dalai Lama. His Ganden tradition spread throughout Central Asia and Mongolia, and today, through figures such as the Dalai Lama, who calls Tsongkhapa a second Nagarjuna, his teachings are shaping intellectual conversations and ethical practice globally. To commemorate the 600th anniversary of Tsongkhapa's passing, a special conference was held at Ganden Monastery in India in 2019, featuring some of the best translators and interpreters of his teachings today. Highlights of those incisive summations of Tsongkhapa's special contributions are gathered in this volume. Here we discover Tsongkhapa the philosopher, Tsongkhapa the master of the Buddhist canon, Tsongkhapa the tantric adept, and Tsongkhapa as the visionary force behind a culture marrying wisdom to compassion.

Whether you are well acquainted with Tsongkhapa's life and thought or you are encountering him here for the first time, you will find *Tsongkhapa* an illuminating survey of his unique contributions to human flourishing.

THE GURU
YOGA OF JÉ
TSONGKHAPA
A COMMENTARY BY
CHÖDEN RINPOCHÉ
His Eminence Chöden
Rinpoché

October 29, 2024 | Paperback | 328 pages
\$29.95 | 6" x 9" | 9781614297888

Explore the guru
yoga practice of Jé
Tsongkhapa with a
legendary meditation
master.



The Hundreds of Deities of Tusita is an inspiring and well-loved guru yoga practice that originated from Jé Tsongkhapa himself and was disseminated by the First Dalai Lama. In this book, Chöden Rinpoché—an accomplished yogi who spent nineteen years in solitary retreat—offers two different commentaries to guide the reader's understanding.

Rinpoché's first commentary is based on the tantric oral tradition as presented by the great lama and scholar Pabongkha Dechen Nyingpo in his own inspired commentary on *The Hundreds of Deities of Tusita*, called *A Treasury of Precious Jewels*, which is presented here in full. Rinpoché adds clarifying instruction to Jé Pabongkha's work, bringing out the deeper meaning of the text and revealing how ordinary practitioners may understand and apply Pabongkha's instruction. The second commentary from Rinpoché is a condensed commentary based on the sūtra tradition. Thus, the reader is treated to two different perspectives of the guru yoga practice of Jé Tsongkhapa.

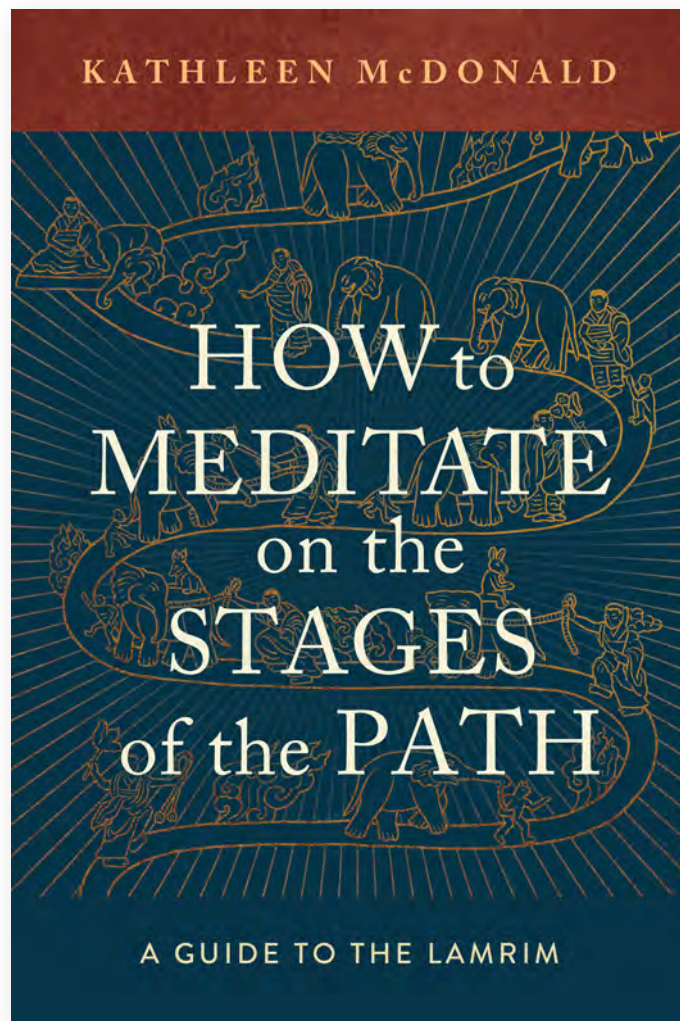
Previously published as *Opening the Door of Blessings*, this edition has been revised and updated, and is an essential edition to any practitioner's library.

HOW TO MEDITATE ON THE STAGES OF THE PATH

A GUIDE TO THE LAMRIM
Kathleen McDonald (Sangye
Khadro)

November 12, 2024 | Paperback | 321 pages
\$24.95 | 6" x 9" | 9781614298939

Deepen your
meditation by diving
into the practices
of the lamrim—the
stages of the path to
enlightenment.



Buddhist tradition tells us that enlightenment is possible for each and every one of us. It's actually the best thing we can do for others and for the world, but also the best thing we can do for ourselves, because it means being free from all misery, pain, depression, dissatisfaction, and negative emotions, and abiding forever in peace, joy, love, and compassion.

Kathleen McDonald (Sangye Khadro), a Western nun with decades of experience and author of the bestselling book *How to Meditate*, guides us through the next step in our meditation practice: the transformative meditations on the Tibetan lamrim stages to enlightenment. She helps us see that the whole purpose of meditation is to transform our mind in a constructive way. For this to happen, we need to become so thoroughly familiar with the lamrim topics that they become our natural way of thinking and of living our life. This warm and encouraging guide takes us through meditations on those lamrim topics.

How to Meditate on the Stages of the Path offers practical advice, support, and step-by-step guidance on how to meditate on the stages of the path to enlightenment that will transform the practice of new meditators and seasoned practitioners alike.

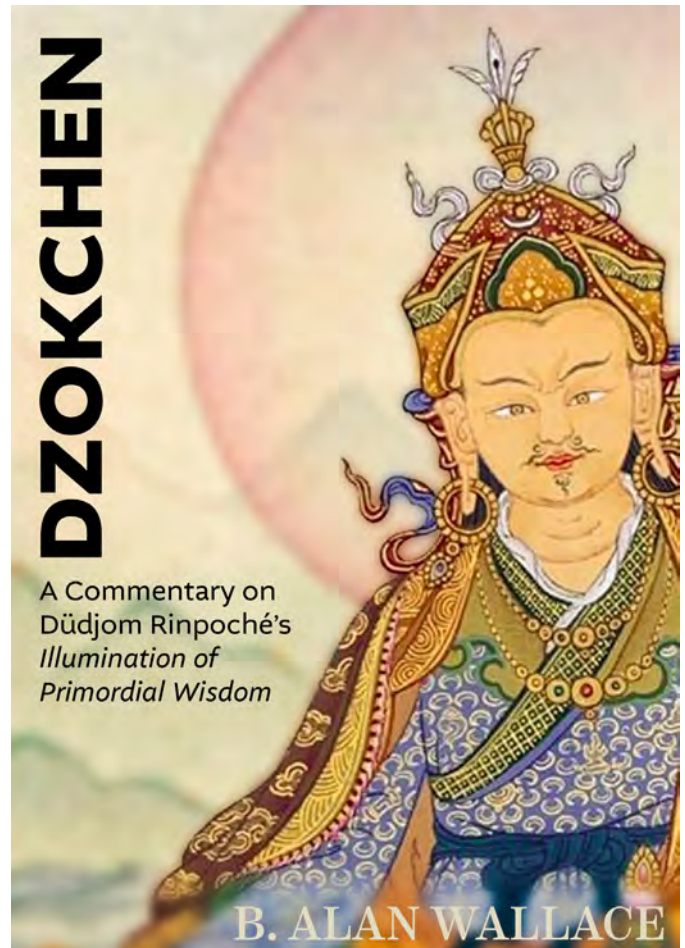
DZOKCHEN
A COMMENTARY ON
DÜDJOM RINPOCHÉ'S
ILLUMINATION OF
PRIMORDIAL WISDOM

B. Alan Wallace

November 19, 2024 | Paperback | 301 pages

\$24.95 | 6" x 9" | 9781614299165

Dudjom Rinpoche's
classic meditation
manual on realizing
the Great Perfection,
presented and
explained by B. Alan
Wallace.



Beloved teacher and renowned scholar Lama B. Alan Wallace guides the reader through this remarkable text, which he first translated for his teacher Gyatrul Rinpoche's book *Meditation, Transformation, and Dream Yoga*. In this book, Lama shares insights gained over years of study, providing a line-by-line explanation interspersed with background teachings from revered Dzokchen scriptures written by Padmasambhava, Dudjom Lingpa, and others. Also included are a set of fifteen guided meditations given by Lama Wallace, along with links to audio tracks of Lama Wallace giving the instructions himself. Through the practices he describes, the mystery of the mind—its origin and what happens to it at death—is thus illuminated through one's own meditative experience.

VAJRAYĀNA AND THE CULMINATION OF THE PATH

His Holiness the Dalai Lama
Thubten Chodron

December 3, 2024 | Hardcover | 392 pages
\$44.95 | 6" x 9" | 9781614299578

The final volume of the Library of Wisdom and Compassion takes us to the practices and realizations of Vajrayāna and the culmination of the path to the full awakening of a buddha.



VAJRAYĀNA AND THE
CULMINATION OF THE PATH

The Dalai Lama and Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION : VOLUME 10

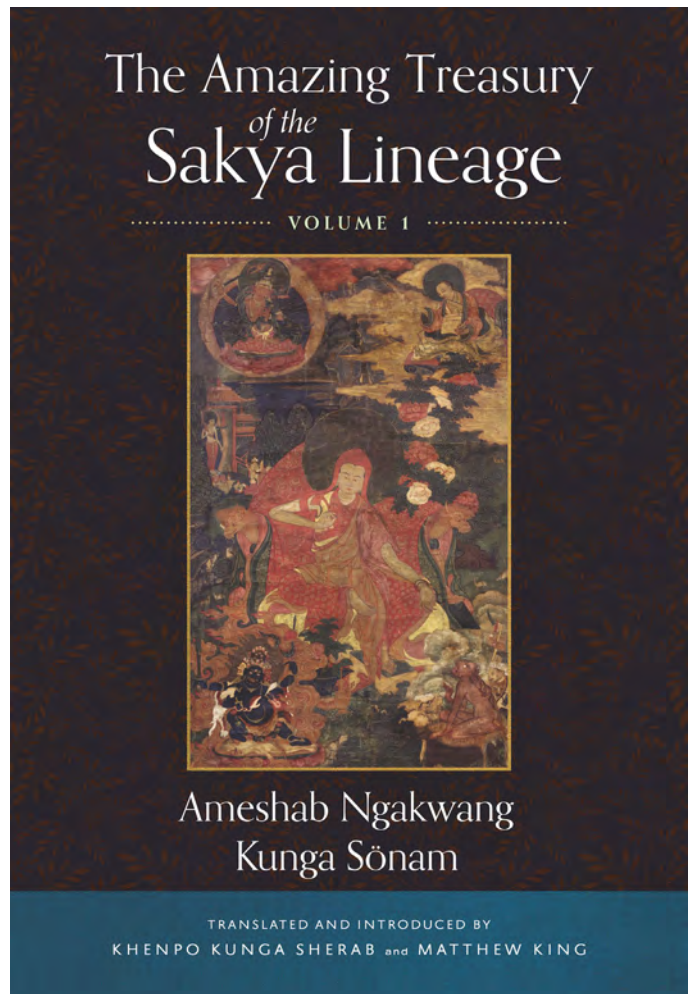
His Holiness the Dalai Lama skillfully illuminates the unique qualities and complexities of Vajrayāna, as practiced in Tibet, and illuminates the method to eradicate the subtlest obscurations preventing the full awakening of a buddha. Speaking to newcomers and advanced students alike, he explains the similarities and differences of the Sūtra and Tantra paths. Having gathered many of the doubts and difficult points concerning the tantric path, he clarifies the purpose of receiving proper empowerment by qualified gurus and the ethical restraints and commitments required to enter the path of secret mantra. The paths and stages of the four tantric classes are explained, as are the generation-stage and completion-stage practices of Highest Yoga Tantra. You are introduced to the practices of clear appearance and divine identity common to all tantric sādhanas, as well as the unique practices of illusory body and actual clear light that overcome the subtlest defilements on the mind and eliminate all obscurations quickly.

THE AMAZING TREASURY OF THE SAKYA LINEAGE VOLUME 1

Ameshab Ngakwang Kunga
Sönam

December 17, 2024 | Hardcover | 501 pages
\$59.95 | 6" x 9" | 9781614299196

A lucid and landmark translation that offers an intriguing glimpse into Tibetan history, the Mongol Empire, and the spiritual development of the early luminaries of the Sakya lineage of Tibetan Buddhism.



In this first of two volumes of *The Amazing Treasury of the Sakya Lineage*, translators Khenpo Kunga Sherab and Matthew King capture a truly remarkable period in Buddhist and Asian history. Here, Ameshab Ngakwang Kunga Sönam (1597–1659), a member of the Khön aristocracy and the twenty-seventh throne holder of Sakya Monastery, offers a narrative that recounts the lives of numerous iconic leaders of the Sakya school of Tibetan Buddhism during the transformational period between the tenth and fourteenth centuries. This landmark volume reconstructs that long era of religious and political innovation and upheaval through the rise of the Mongol Empire.

The biographies of numerous Sakya luminaries are retold here, like Sakya Pandita and Phakpa Lodrö Gyaltzen; along with their Mongol contemporaries Köten Ejen and Qubilai Qayan, these leaders laid the groundwork for forms of patronage, religious and political sovereignty, scholasticism and tantrism, and righteous rule that would endure for the next eight centuries down to today.