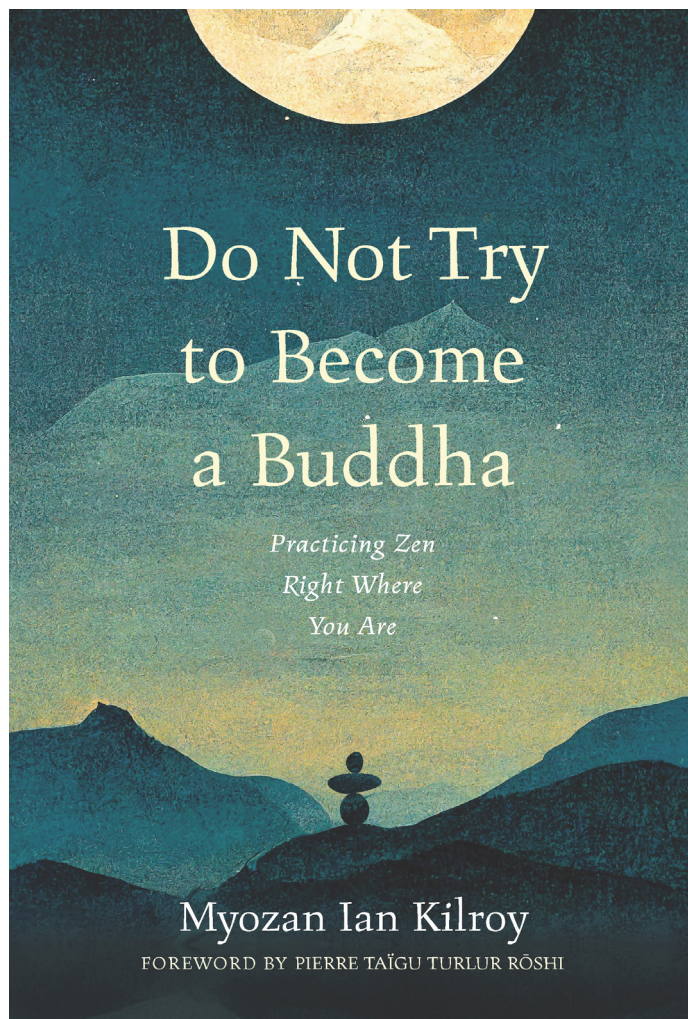


DO NOT TRY  
TO BECOME A  
BUDDHA  
PRACTICING ZEN RIGHT  
WHERE YOU ARE  
Myozan Ian Kilroy

January 21, 2025 | Paperback | 328 pages  
\$24.95 | 6" x 9" | 9781614298946

A Zen Buddhist priest  
paints a picture of  
Zen in Ireland in this  
collection of short  
essays.



In this personal and enlightening collection of short essays, Irish Soto Zen priest Myozan Ian Kilroy describes how he came to practice Zen, introduces the basics of Zen philosophy, and recalls the challenges of establishing a Zen Buddhist community in Catholic-dominated Ireland. Along the way, he explores the rituals and practices that Zen brings to everyday life, from holidays to weddings to birth ceremonies to funerals. A former journalist, Rev. Myozan's lucid and entertaining storytelling style paints a clear picture of how Zen has adapted to the culture and traditions of Ireland.

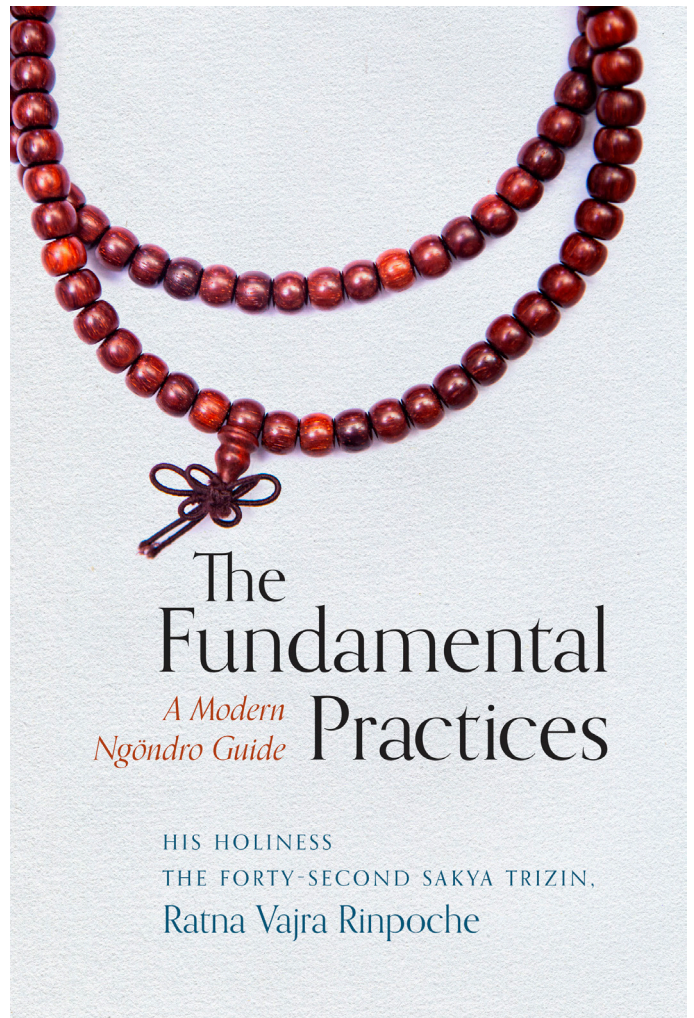
THE  
FUNDAMENTAL  
PRACTICES  
A MODERN NGÖNDRO  
GUIDE

His Holiness the Forty-Second  
Sakya Trizin

January 28, 2025 | Paperback | 240 pages

\$22.95 | 6" x 9" | 9781614299554

A wise and  
warm guide to  
the preliminary  
practices that lay  
the fundamental  
groundwork for  
traversing the path to  
buddhahood.



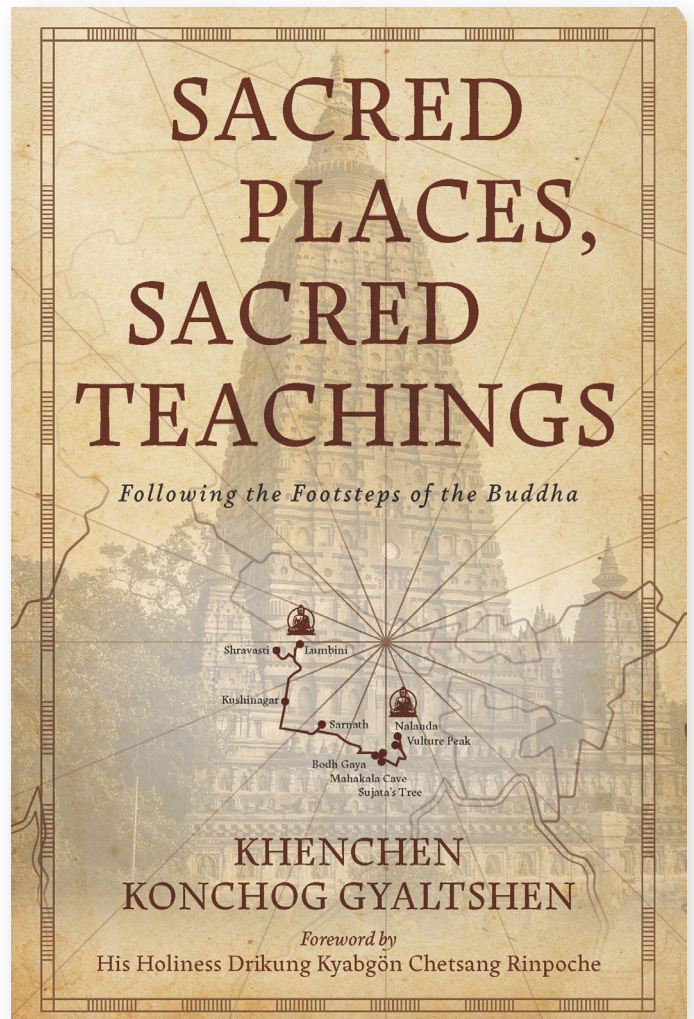
When we start on the transformational journey to enlightenment, we need a strong foundation in core Buddhist principles and practices to set us on the right track. The *ngöndro*, or preliminary practices, are that very foundation; they not only prepare us for advanced practice but serve us in all we do. In this guide to the common and uncommon preliminary practices, His Holiness the Forty-Second Sakya Trizin, Ratna Vajra Rinpoche, expertly gives us the grounded, practical, and illuminating teachings we need to set out on the path to buddhahood. Newcomers and seasoned practitioners alike will find practical guidance and profound wisdom to support them through their exploration of the preliminary practices.

SACRED  
PLACES, SACRED  
TEACHINGS  
FOLLOWING THE  
FOOTSTEPS OF THE BUDDHA  
Khenchen Konchog Gyaltsen

February 18, 2025 | Paperback | 288 pages

\$21.95 | 5.5" x 8.5" | 9781614299493

A guide to following  
the footsteps of the  
Buddha—for the  
pilgrim in India and at  
home.



The holy sites of India—Bodhi Gaya, Sarnath, Shravasti, and others—became holy because the Buddha blessed them by performing his enlightened activities there. In this wise, heartfelt, and indispensable guide, Khenchen Konchog Gyaltsen takes us on a journey through the major holy sites for Buddhist pilgrimage by offering profound teachings related to each of the sacred places. In Bodhi Gaya, the site of the Bodhi Tree and the Buddha's enlightenment, we learn of how the Buddha became enlightened and what it means to take refuge in him; we uncover the profundity of emptiness at the site where the Buddha expounded the *Heart Sutra*; at the place of the Buddha's passing, we learn that the legacy of his vast teachings came about through his perfection of bodhicitta—a core quality we can master, too. In chapters based on these and other sacred places, we find that the wisdom the Buddha uncovered is available to us all.

# MEDITATION ON EMPTINESS

Jeffrey Hopkins

March 4, 2025 | Hardcover | 1,056 pages

\$94.95 | 6" x 9" | 9781614299134

The second revised edition of an in-depth survey of the philosophical underpinnings of the Geluk tradition written by one of the founding figures of Tibetan Buddhist studies in the West.



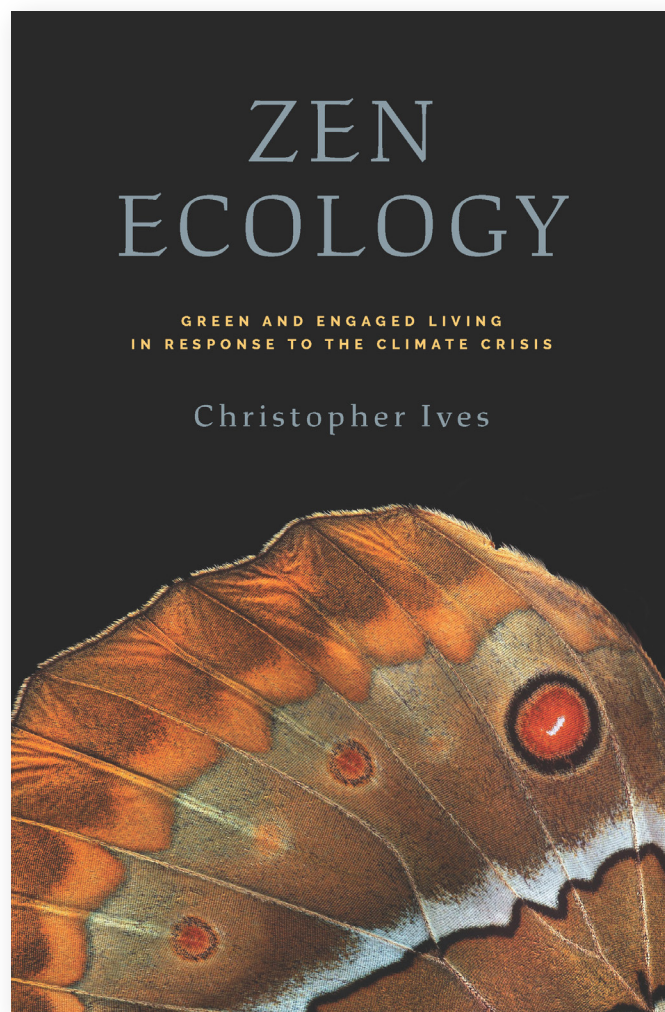
In this classic work of Buddhist studies scholarship, Jeffrey Hopkins—one of the world’s foremost scholar-practitioners of Tibetan Buddhism—offers a clear exposition of the Prāsangika-Madhyamaka view of emptiness as presented in the Geluk tradition of Tibetan Buddhism. In bringing this remarkable and complex philosophy to life, he describes the meditational practices by which emptiness can be realized and shows throughout that, far from being merely abstract scholasticism, these classic teachings can be vivid and utterly practical.

Treating subjects ranging from the progressive path of meditation to the nature of emptiness and how it can be directly realized, this wide-ranging book guides the reader on an itinerary of intellectual and spiritual discovery, unpacking the distinctive Geluk synthesis of scholastic and meditative practices. The first study in any Western language to provide a comprehensive treatment of the doctrines and practices of a Tibetan Buddhist school, this book is indispensable for those wishing to delve deeply into Buddhist thought and its practical relevance.

ZEN ECOLOGY  
GREEN AND ENGAGED  
LIVING IN RESPONSE TO THE  
CLIMATE CRISIS  
Christopher Ives

March 11, 2025 | Paperback | 272 pages  
\$24.95 | 6" x 9" | 9781614299547

Discover a way of living that can help you slow down and stay grounded—and at the same time reduce your ecological impact and engage more fully with the climate crisis.



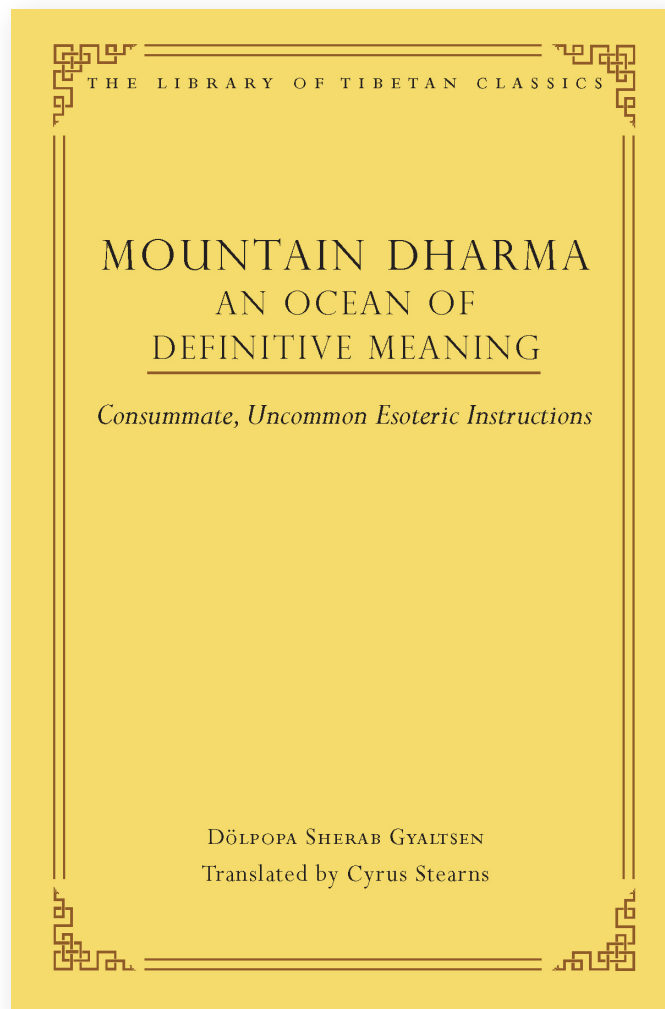
In *Zen Ecology*, Chris outlines his environmental ethic as a series of concentric circles, beginning with ourselves and then moving outward into our communities, all the while focusing on spaciousness, mindfulness, generosity, and contentment. At the individual level, we deal with distraction, clutter, and ecological harm. Here, Chris offers ways to help us pay attention, simplify our lives, and lower our impact. Then, we explore how to envision our home as a “place of the Way,” with Zen monastic life as a model for this—without having to be a monk! Next, we realize our embeddedness in nature and emplace ourselves in community with others, including other forms of life. Finally, we build on this basis to engage in activism to create a world that is more supportive of ecological health and spiritual fulfillment.

In this way, we avoid the two extremes of apathy and burnout, and uncover a way of living that is simple, joyful, embedded in nature, connected to others in community, and conducive to collective action.

MOUNTAIN  
DHARMA: AN  
OCEAN OF  
DEFINITIVE  
MEANING  
*CONSUMMATE, UNCOMMON  
ESOTERIC INSTRUCTIONS*  
Cyrus Stearns

April 29, 2025 | Hardcover | 720 pages  
\$79.95 | 6" x 9" | 9780861714469

A brilliant annotated  
translation of  
Dölpopa Sherab  
Gyaltzen's *Mountain  
Dharma* that opens  
a masterpiece of the  
Jonang tradition to  
Western readers.



The controversial master Dölpopa Sherab Gyaltzen shook Buddhist Tibet when he taught that an eternal enlightened essence, or buddha nature, exists in full form in all living beings. The ideas discussed in *Mountain Dharma* are still as provocative now as when Dölpopa first taught them, impacting Buddhism to this day. Dölpopa identified the ultimate with the buddha nature, or sugata essence, which he held to be eternal and not empty of self-nature. The buddha nature is perfect, with all its characteristics inherently present in all living beings. It is only the impermanent and temporary afflictions veiling the buddha nature that are empty of self-nature and must be removed through the practice of the path to allow it to manifest. Dölpopa establishes the validity of his theories with an ocean of quotations selected from Indian Buddhist scriptures and treatises of indisputable authority, showing us that the ultimate is a true, eternal, and established reality, empty merely of other relative phenomena.

# THE GREAT HŪM

A COMMENTARY ON  
ŚĀNTIDEVA'S WAY OF THE  
BODHISATTVA

Douglas Duckworth

April 29, 2025 | Hardcover | 912 pages

\$89.95 | 6" x 9" | 9781614298731

Dive into an ocean  
of Buddhist wisdom  
with this masterful  
immersion in  
Śāntideva's well-  
known guide to the  
boundless spirit of the  
bodhisattva.



## THE GREAT HŪM

A Commentary on Śāntideva's *Way of the Bodhisattva*

Minyak Kunzang Sönam

Translated by Douglas Duckworth

Śāntideva's *Way of the Bodhisattva* is one of the greatest masterpieces of Indian Buddhism and the single most influential text on Mahāyāna ethical theory. Since it was composed in the eighth century, it has continuously animated the living tradition—especially in Tibet, but now in the West as well. Its poetic evocations of the spirit of awakening allow readers to enter the mind of the bodhisattva.

Nineteenth-century master Minyak Kunzang Sönam composed the most extensive commentary on Śāntideva's masterpiece, known as the Great Hūm because it fills the entirety of the third or *hūm* volume of the author's collected works. He shows how Śāntideva's verses are beautifully integrated within the Buddhist textual universe. Kunzang Sönam's commentary on the philosophically rich ninth "Wisdom" chapter was published previously as *The Profound Reality of Interdependence*, and this volume presents his commentary on the first eight chapters, detailing the generation of the spirit of awakening, the cultivation of positive qualities, and the practice of meditation. Embedded in the commentary is a fresh translation of Śāntideva's verses, making this an unparalleled guide to appreciating their layers of meaning and applying them in one's practice and life.

# SAKYA PANDITA

## THREE BIOGRAPHIES

Chosen and Introduced by  
His Holiness the Sakya Trichen

May 27, 2025 | Paperback | 224 pages  
\$19.95 | 6" x 9" | 9781614297574

A set of classic  
biographies of Sakya  
Pandita—one of  
Tibet's great scholars  
and religious masters.



# SAKYA PANDITA

## THREE BIOGRAPHIES

CHOSEN AND INTRODUCED BY  
*His Holiness the Sakya Trichen*

BY DROGÖN CHÖGYAL PHAKPA, GORAMPA SÖNAM SENGÉ,  
AND JAMGÖN AMESHAB

Sakya Pandita Kunga Gyalsten (1182–1251) was a renowned Tibetan polymath, scholar, statesman, and religious master, and one of the most famous and consequential figures in the history of Tibet. The three biographies included here contain fascinating firsthand accounts of key events in Sakya Pandita's life, covering his family ancestry, early education, interactions and debates with other sects, travels to Mongolia and his diplomacy at the Mongol court, and a detailed account of the miraculous events that occurred in the last weeks of his life.

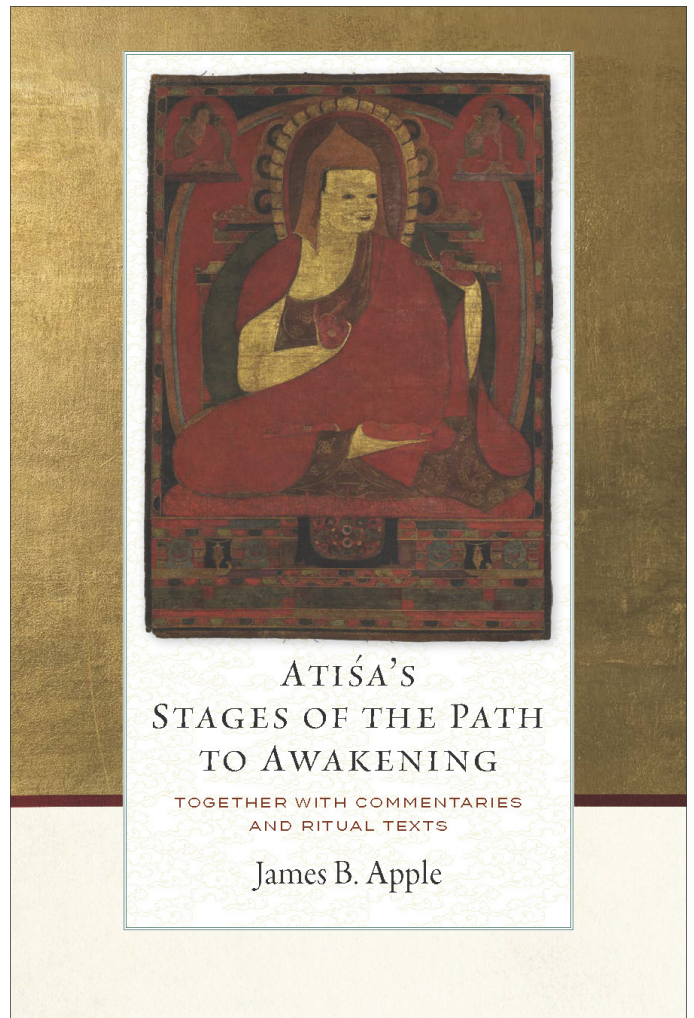
These were written by three central figures of the Sakya tradition: Drogön Chögyal Phakpa (Lodrö Gyaltsen) (1235–80), Gorampa Sönam Sengé (1429–89), and Jamgön Ameshab (Ngawang Kunga Sönam) (1597–1659). The translations demonstrate the unique compositional style of traditional Tibetan religious biography, and contain many fascinating first-person accounts of what it was like to spend time in the presence of a great Buddhist master and statesman who lived one thousand years ago in the midst of one of Asia's most tumultuous periods.

ATIŚA'S STAGES  
OF THE PATH TO  
AWAKENING  
TOGETHER WITH  
COMMENTARIES AND  
RITUAL TEXTS  
James B. Apple

June 10, 2025 | Hardcover | 408 pages

\$49.95 | 6" x 9" | 9781614298441

This book contains a lost Stages of the Path (*lamrim*) work composed by the originator of the genre, Atiśa, one of the greatest Indian Buddhist masters to ever set foot in Tibet.



Nearly a millennium ago, the great Indian Buddhist master Atiśa Dīpamkaraśrījñāna (ca. 982–1054) wrote a guidebook for realizing all the stages to awakening at the repeated request of his closest Tibetan disciple. Atiśa's *Stages of the Path Awakening*, translated here, synthesizes all aspects of Buddhist practice, from the very beginning of the path up through to attaining omniscient buddhahood by nondual meditation.

Now this significant work of Buddhist path literature has become available owing to recently recovered manuscripts of the Kadampas. This book offers a study and complete translation from the Tibetan of this monument of guidance on the Buddhist path accompanied by the commentaries and ritual texts that were transmitted alongside Atiśa's text. Apple's substantial introduction includes a structural comparison with Atiśa's famous work, charts the transmission lineage for the present work before it died out, and explores various hypotheses for why their fates diverged.

# MINDING THE BUDDHA'S BUSINESS

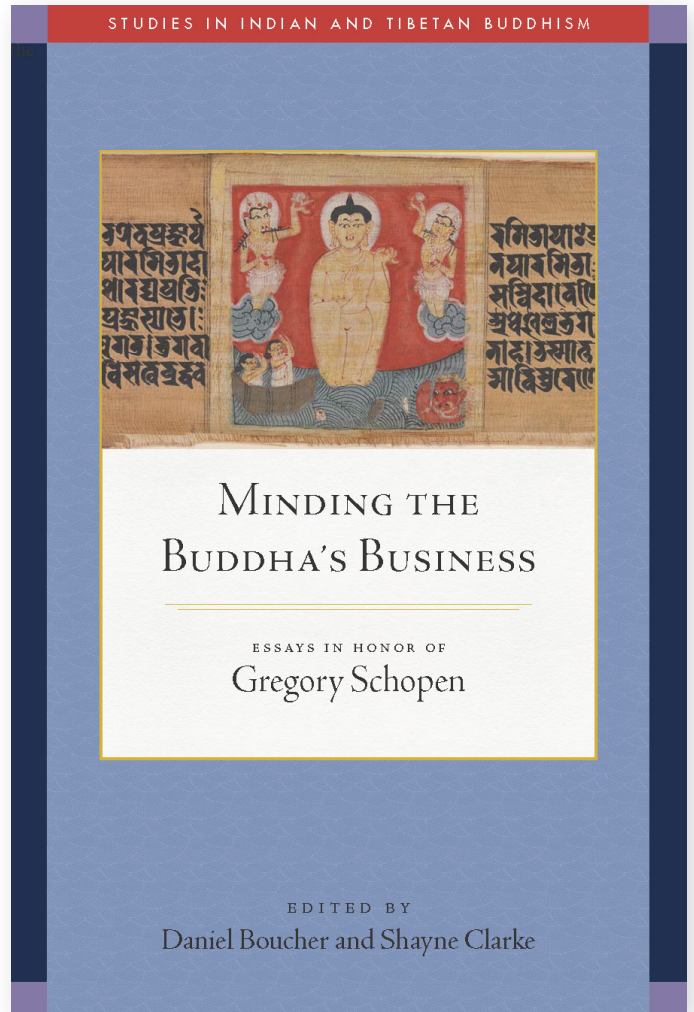
*ESSAYS IN HONOR OF  
GREGORY SCHOPEN*

Edited by Daniel Boucher and  
Shayne Clarke

June 24, 2025 | Paperback | 560 pages

\$69.95 | 6" x 9" | 9781614297482

Colleagues and former  
students of Gregory  
Schopen honor  
his path-breaking  
contributions to  
Buddhist studies.



This volume honors the profoundly transformative influence of Gregory Schopen's many contributions to Buddhist studies. Eighteen articles by former students and colleagues (along with a 32-page full color insert) focus on the areas of Schopen's most noteworthy influence: the study of the Mahāyāna, particularly of its early sūtra literature; the study of Vinaya, especially the narratives accompanying the rules for monks and nuns; and the study of Buddhist epigraphy and art history. Contributors demonstrate the ongoing significance of Schopen's scholarship, including his very first article, on the cult of the book in the early Mahāyāna, published fifty years ago.

Schopen has, in essence, brought the Buddha down to earth, revealing that this is precisely where most Indian Buddhists encountered him. The contributions in this celebratory volume reflect this legacy and Schopen's considerable impact on our understanding of Buddhists in India.

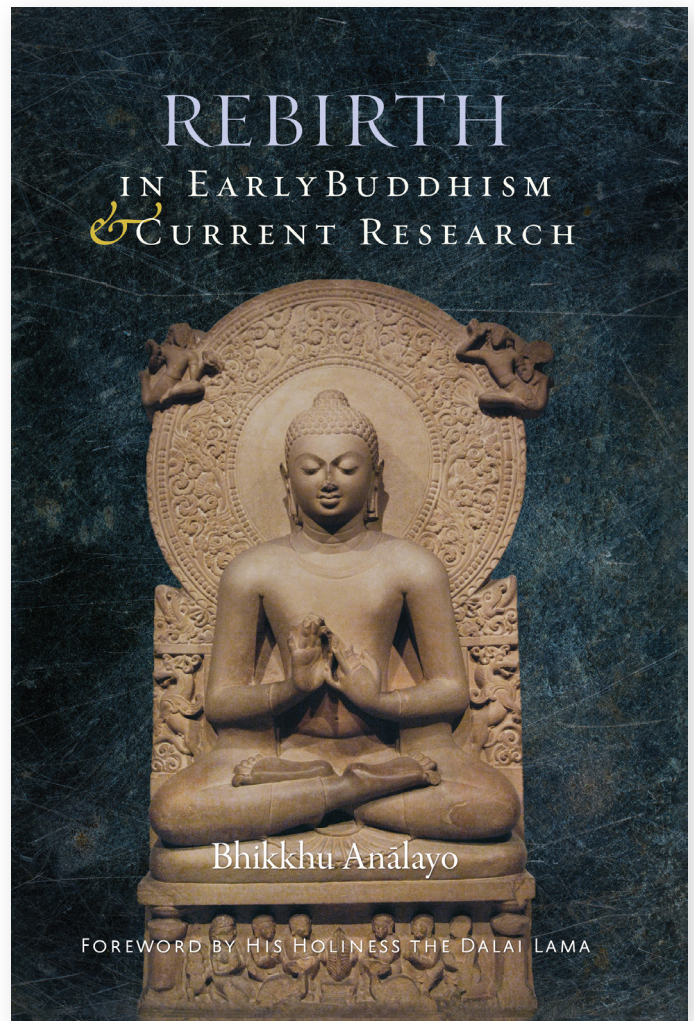
# REBIRTH IN EARLY BUDDHISM AND CURRENT RESEARCH

Bhikkhu Anālayo

July 1, 2025 | Paperback | 304 pages

\$24.95 | 6" x 9" | 9781614299912

Join a rigorous scholar and Buddhist monk on a brisk tour of rebirth from ancient doctrine to contemporary debates, in this paperback reissue of a reader favorite.



In this fascinating book, professor and monk Bhikkhu Anālayo illuminates a spectrum of views on rebirth, from ancient scriptures to contemporary research. In four brisk chapters, the book leads readers through the following points: the presentation of rebirth in the earliest Buddhist sources and the way it relates to core doctrine; the debates about rebirth throughout Buddhist history and up to modern times, including the role of confirmation bias in the evaluation of evidence; the current research on rebirth, including near-death experiences, past-life regression, and childhood recollection of previous lives, and an examination of a particular case of xenoglossy, the ability to speak languages one has not been taught.

*Rebirth in Early Buddhism and Current Research* brings together the many strands of the debate on rebirth in one place, making it both comprehensive and compact. It is not a polemic but an interrogation of the evidence, inviting readers to draw their own conclusions.

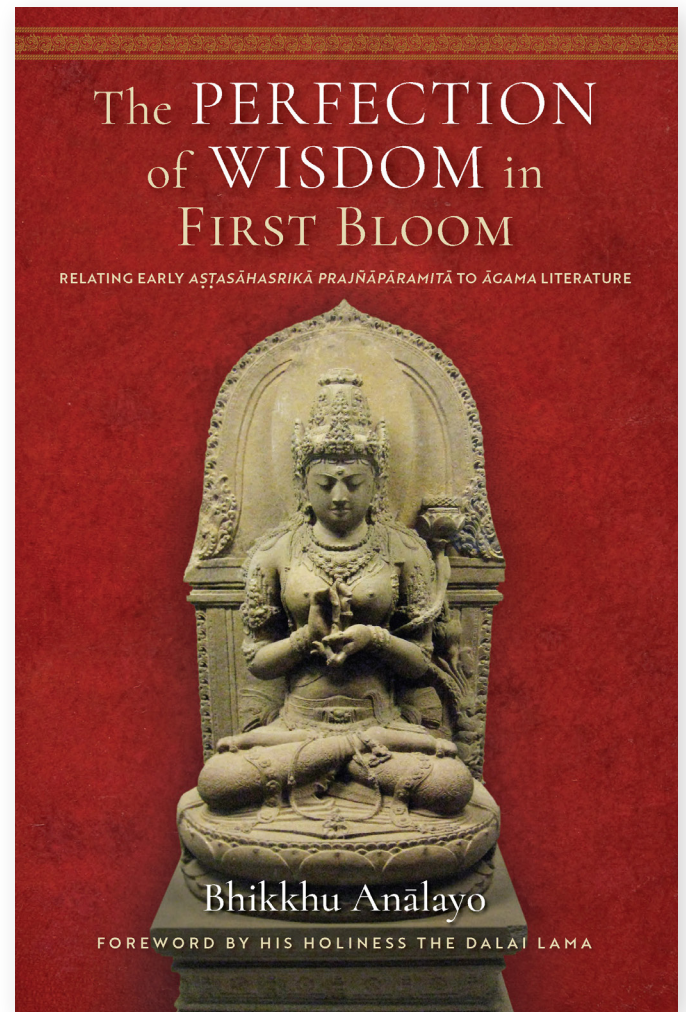
THE PERFECTION  
OF WISDOM IN  
FIRST BLOOM  
RELATING EARLY  
ASTASĀHASRIKĀ  
PRAJÑĀPĀRAMITĀ TO  
ĀGAMA LITERATURE

Bhikkhu Anālayo

July 1, 2025 | Hardcover | 520 pages

\$54.95 | 6" x 9" | 9781614299998

See the formative  
years of Mahayana  
Buddhist literature  
through the lens of the  
Perfection of Wisdom,  
expertly analyzed by  
the venerable  
scholar-monk Bhikkhu  
Anālayo.



In this work we have a rare perspective on the early history of Mahāyāna Buddhism and the Perfection of Wisdom (*Prajñāpāramitā*), as far as this is still accessible in surviving texts. With his characteristic clarity and precision, Bhikkhu Anālayo critically analyzes early Perfection of Wisdom literature based on the earliest extant versions of the *Astasahasrika Prajnaparamita*, or the *Perfection of Wisdom in Eight Thousand Lines*, one in Chinese and the other in Gandhari—one of the oldest surviving Mahāyāna manuscripts discovered to date.

With his command of the languages of the ancient Buddhist world, Anālayo sifts through the layers of history and unveils new perspectives on the ideas and figures in early Perfection of Wisdom and Mahāyāna literature, covering such topics as the rhetoric of emptiness and the emerging bodhisattva ideal, as well as the status of women and the practice of self-immolation. In doing so, he reveals fresh insights into the gradual development that informs the emergence of early Perfection of Wisdom literature.

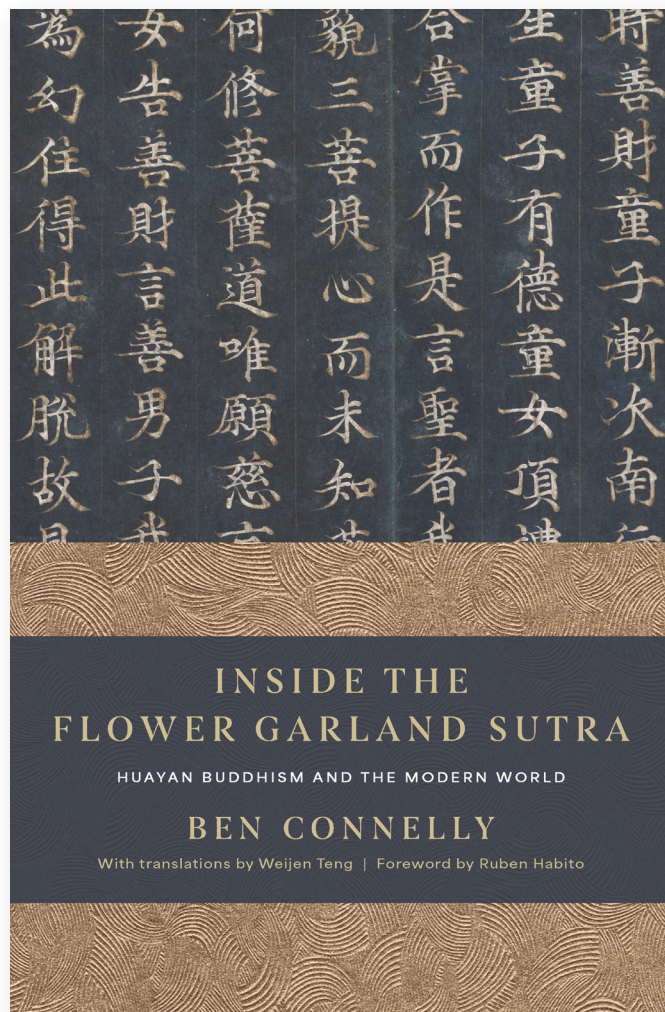
# INSIDE THE FLOWER GARLAND SUTRA HUAYAN BUDDHISM AND THE MODERN WORLD

Ben Connelly

July 15, 2025 | Paperback | 232 pages

\$19.95 | 5" x 8" | 9781614298779

A Soto Zen teacher explores the core teachings of the ancient Flower Garland school of Buddhism, revealing how to put these teachings into practice.



The teachings of Huayan and the sutra that inspired it had a profound influence on Chan and Zen. Huayan is relational, practical, and positive. Its emphasis on interdependence, celebration of the sensual world, and diversity of people and practices provides inspiration for what Thich Nhat Hanh called “engaged Buddhism.”

With *Inside the Flower Garland Sutra*, Zen teacher Ben Connelly explains the significance of Huayan teachings for Buddhist practice. Each chapter is a commentary on one of the thirty lines of Uisang’s “Song of Dharma Nature”—a seminal Korean text that summarizes key aspects of Huayan thought—thus providing a broad overview of Huayan teachings and their practical implications for contemporary life, with a mix of testimonies from real-life situations and references to influential Buddhist texts.

# SEVERANCE

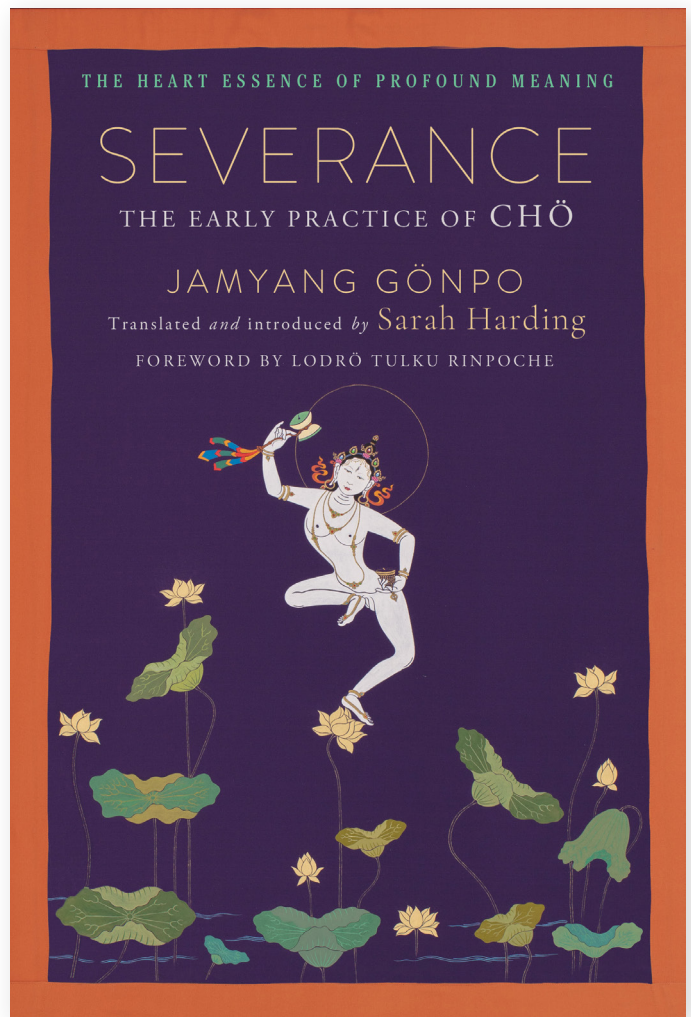
## THE EARLY PRACTICE OF CHÖ

Jamyang Gönpö  
Translated by Sarah Harding

July 22, 2025 | Hardcover | 272 pages

\$26.95 | 6" x 9" | 9798890700001

An ancient Buddhist  
guide to confronting  
difficult circumstances  
and letting go of  
clinging to the ego.



Severance, or Chö, is the Tibetan Buddhist practice of facing one's fears. In three remarkable texts lucidly translated and introduced by Sarah Harding, the thirteenth-century Severance master Jamyang Gönpö shares advice that goes straight to the heart of both understanding and experiencing the practice.

The single overall directive of the first two texts in this volume—the *Heart Essence of Profound Meaning* root verses and their commentary, *The Big General Guide to Severance*—is to seek out and directly confront difficult circumstances. The third translation in this volume, *The Seven-Day Severance Retreat Experiential Guide*, is a precise instruction on putting the main intentions of the teachings into practice in the setting of a one-week retreat. Jamyang Gönpö shows us how to see fear for what it really is. In doing so, we find that joys and sorrows, highs and lows, powers of gods and demons, and demonic obstacles are all mind made.

# THE YOGA OF NIGUMA

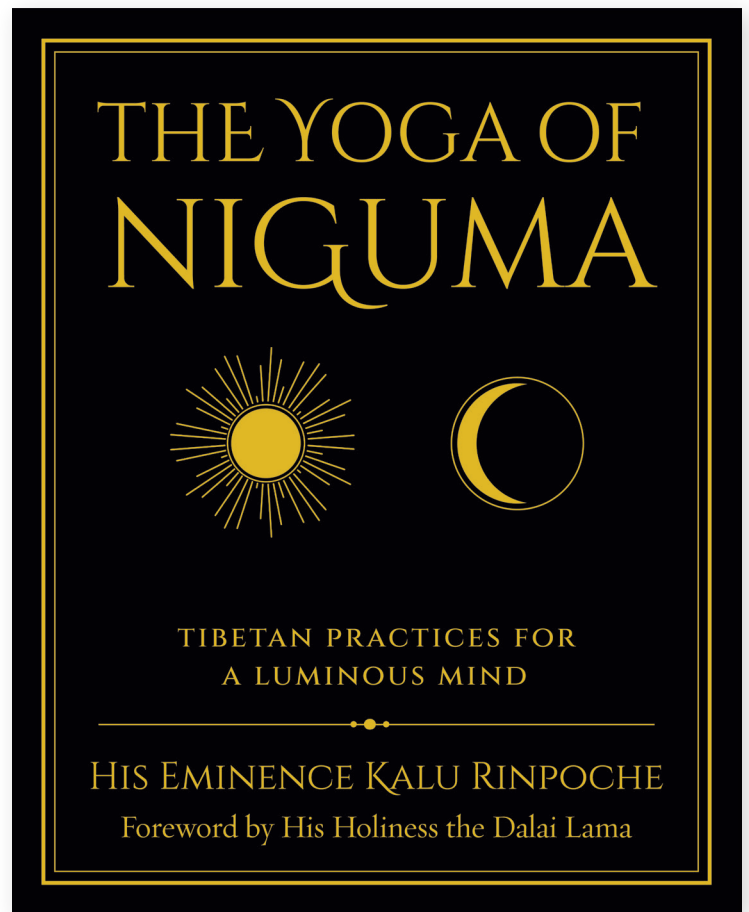
*TIBETAN PRACTICES FOR A  
LUMINOUS MIND*

His Eminence Kalu Rinpoche

August 5, 2025 | Paperback | 216 pages

\$25.95 | 8" x 10" | 9781614299523

Immerse yourself in  
the extraordinarily  
transcendent practice  
of the yoga of  
Niguma.



The yoga of Niguma comes to us from a secret tradition passed down over hundreds of years by Buddhist yogis in Tibet. The practice originated with the eleventh-century female yogini Niguma, who mastered and transmitted a tradition of remarkable practices that culminate in physical, spiritual, and emotional wellness. In this book, His Eminence Kalu Rinpoche, a Tibetan master who holds this lineage for today's generation, is now opening up the practice to make its extraordinary benefits accessible to the modern yogi.

The yoga of Niguma consists of twenty-five sets of yogic exercises. Some are physically challenging while others are quite subtle in nature; all are grounded in meditation on the breath. Kalu Rinpoche teaches us how we can prepare the mind for this practice with meditation and how to balance our emotions. Then, Rinpoche takes us step-by-step through the twenty-five illustrated sequences of Niguma yoga. Coauthor Michele Loew, an international yoga teacher, shares supportive hatha yoga techniques that will bolster your Niguma yoga practice.

# BUDDHIST EPISTEMOLOGY IN THE GELUK SCHOOL

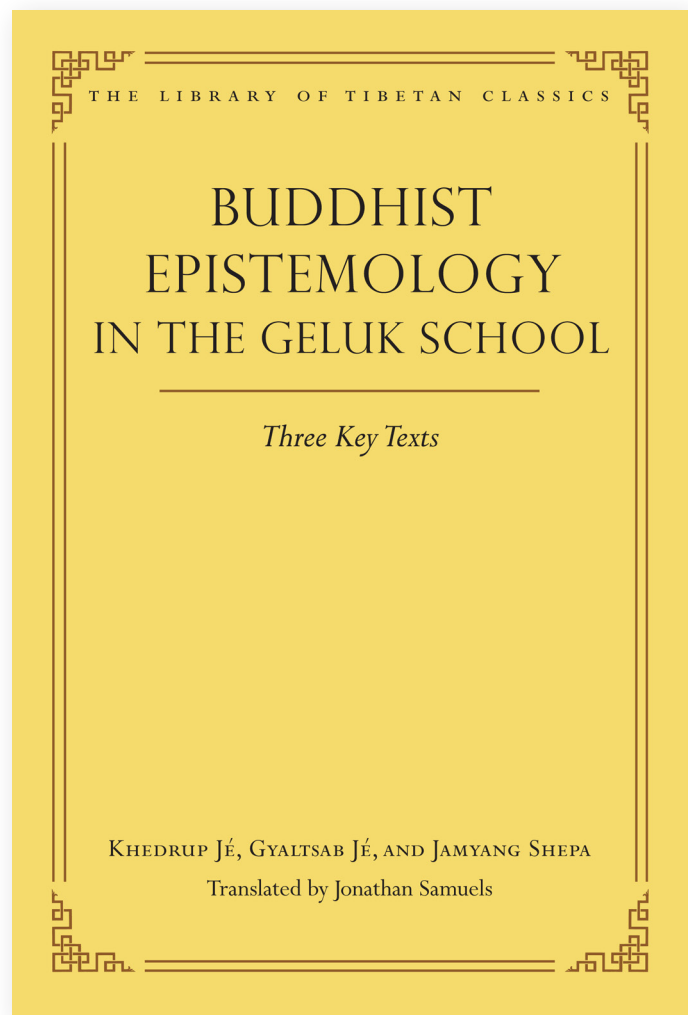
THREE KEY TEXTS

Jonathan Samuels

August 26, 2025 | Hardcover | 880 pages

\$94.95 | 6" x 9" | 9780861714605

One might ask, “If everything is relative, how can I be certain of anything?” Here, the descendents of Tsongkhapa plumb the nature of knowing and the tools of reasoning to come up with an answer.



This volume includes translations of three separate Tibetan works by iconic figures in the Geluk school of Buddhism. The first work, *Banisher of Ignorance*, is by Khedrup Gelek Palsang (1385–1438), and the second, *On Preclusion and Relationship*, is by Gyaltsab Darma Rinchen (1364–1432). The authors—popularly known as Khedrup Jé and Gyaltsab Jé—were the foremost disciples of the Geluk-school founder, Tsongkhapa Losang Drakpa (1357–1419). The third text, *Mighty Pramāna Sun*, is a commentary on Candrakīrti’s *Clear Words (Prasannapadā)* by the First Jamyang Shepa (1648–1721).

The works in this volume demonstrate how important scholastic rigor has been to Tibetan religion. They illustrate how those who follow the tradition have viewed the systematic approach as necessary not only for textual analysis—for those seeking to unravel the complexities of the Indian Buddhist scriptures and treatises—but also for practitioners aiming to progress along the spiritual path and achieve the higher Buddhist goals.

# THE VAJRABHAIRAVA TANTRA

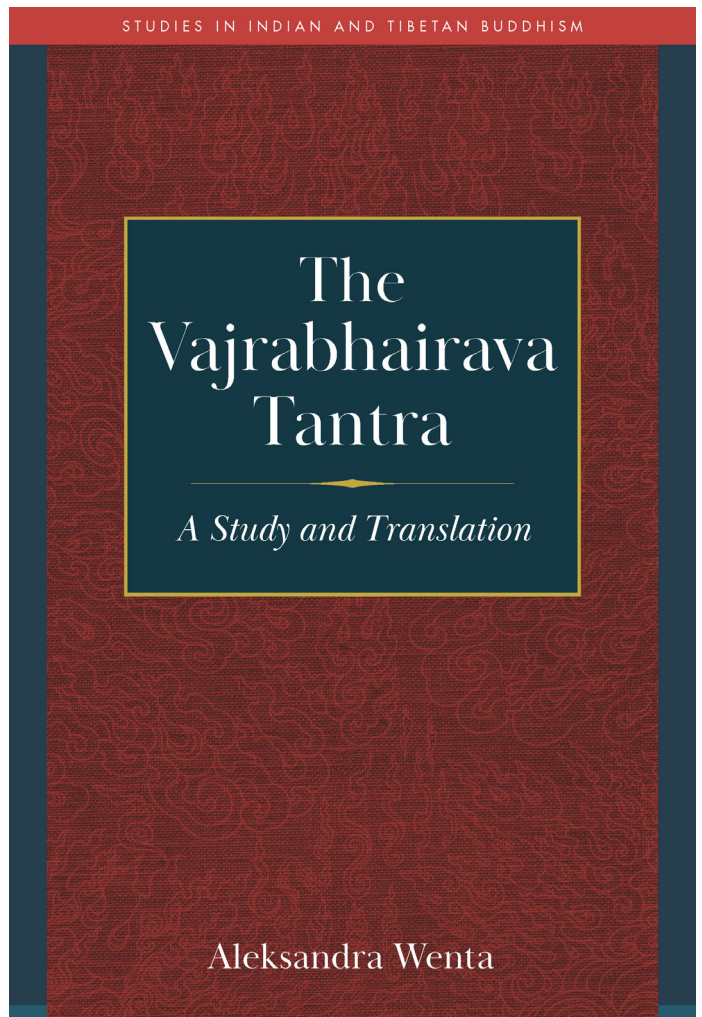
A STUDY AND TRANSLATION

Aleksandra Wentz

September 2, 2025 | Hardcover | 384 pages

\$59.95 | 6" x 9" | 9781614298472

A groundbreaking  
work on the  
littlestudied  
Indian origins  
of an influential  
tantric Buddhist  
practice with a fresh  
English translation.



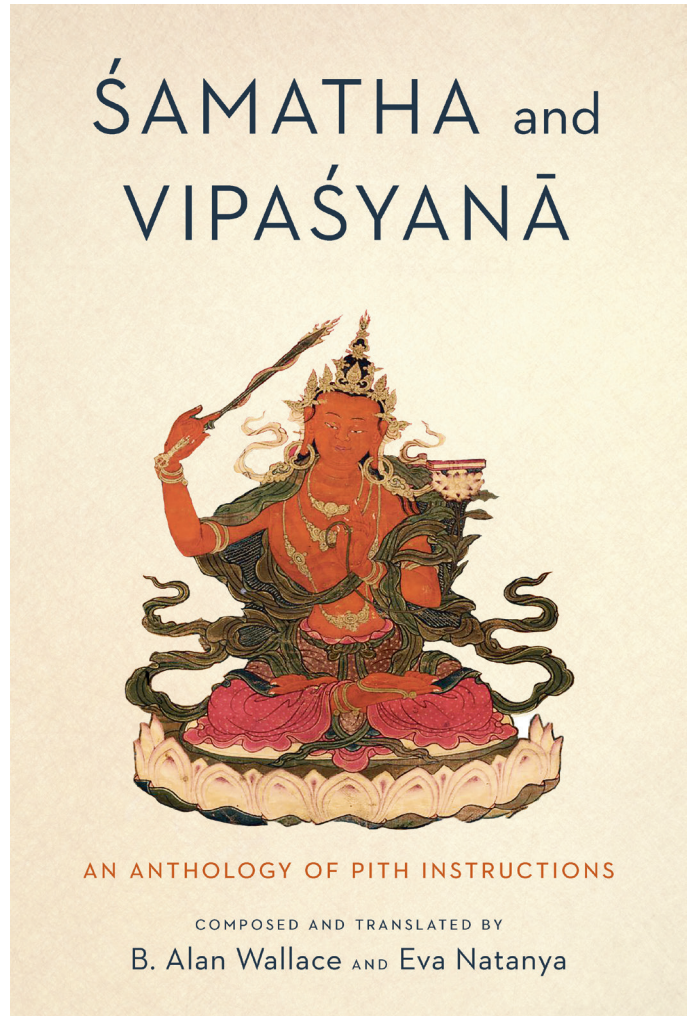
*The Vajrabhairava Tantra*, dedicated to the buffalo-headed deity Vajrabhairava, arose around the eighth century and had a considerable impact on the formation of religious praxis in the medieval Indian Buddhist world. This book contains a translation of the Vajrabhairava Tantra from the recently discovered Sanskrit text and a comprehensive study of its elements, of its origins and Indian commentators, and of the history of its transmission to Tibet. The annotation to the translation excerpts all six Indian commentaries on the tantra found in the Tibetan canon.

The study comprises the first half of the book, and the second half is the translation, which explains the construction of the mandala, the magical applications of the practice, the extraction of the mantra, the visualization, and the preparation of the *pata* painting and the *homa* fire ritual. A dozen color plates illustrate Vajrabhairava in his Solitary Hero and other forms along with mandalas of five different lineages, keys for which are provided in the appendix.

ŚAMATHA AND  
VIPAŚYANĀ  
AN ANTHOLOGY OF PITH  
INSTRUCTIONS  
B. Alan Wallace and  
Eva Natanya

September 16, 2025 | Hardcover | 376 pages  
\$39.95 | 6" x 9" | 9781614299691

Invaluable  
instructions on core  
meditations designed  
to bring about  
irreversible spiritual  
transformation.



The instructions gathered here are like a string of pearls spanning from the eleventh century to the present day. They include teachings from great Indian masters as well as renowned lamas of the past and present from the four major orders of Tibetan Buddhism, many of them stemming from visionary teachings revealed by Mañjuśrī, Vajrapāni, Avalokiteśvara, and Padmasambhava. Introductions rich with biographical detail accompany each group of translated entries, providing invaluable context and drawing connections for the reader. Original essays from Lama Alan Wallace cap off the anthology, and a collection of links to a rich array of recorded oral teachings by eminent lamas, including His Holiness the Dalai Lama's first teachings in the West, make this a true treasure trove for the practitioner and scholar alike.

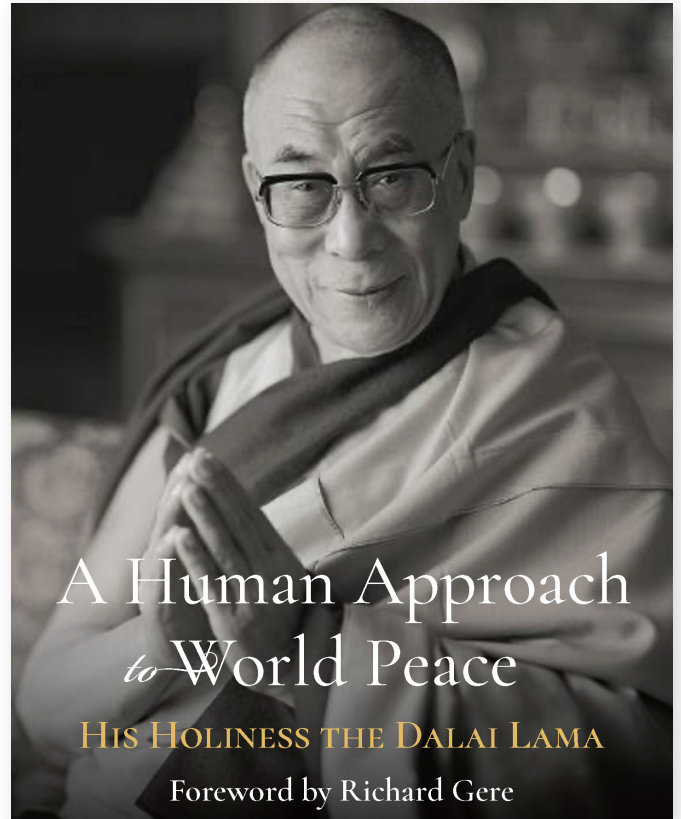
# A HUMAN APPROACH TO WORLD PEACE

His Holiness the Dalai Lama

September 23, 2025 | Hardcover | 72 pages

\$24.95 | 4.5" x 6" | xxxxxxxxxxxxxx

This beautiful keepsake edition of His Holiness's classic essay is updated and expanded for today's world, with a new foreword from Richard Gere and beautiful, intimate photographs of His Holiness.



In this moving book, His Holiness the Dalai Lama shares his perspective on the urgent question facing the world today: How do we make our societies more humane, just, and equitable?

“I firmly believe that each of us can contribute to making this world a better place now and in the future. I appeal to everyone who shares a concern for lasting world peace to cultivate a sense of universal responsibility and an appreciation that only on the basis of kind-heartedness will we lead a meaningful life and make our societies more compassionate and just. Let us be compassionate, not just to our friends and family, but to everyone.”  
—His Holiness the Dalai Lama

Created to commemorate the occasion of His Holiness's ninetieth birthday, this little book is a monument to honor a life spent ceaselessly calling for peace and tolerance, as well as a clarion call to all citizens of the world. As Richard Gere writes in the foreword, “The healing has begun if we want it.”

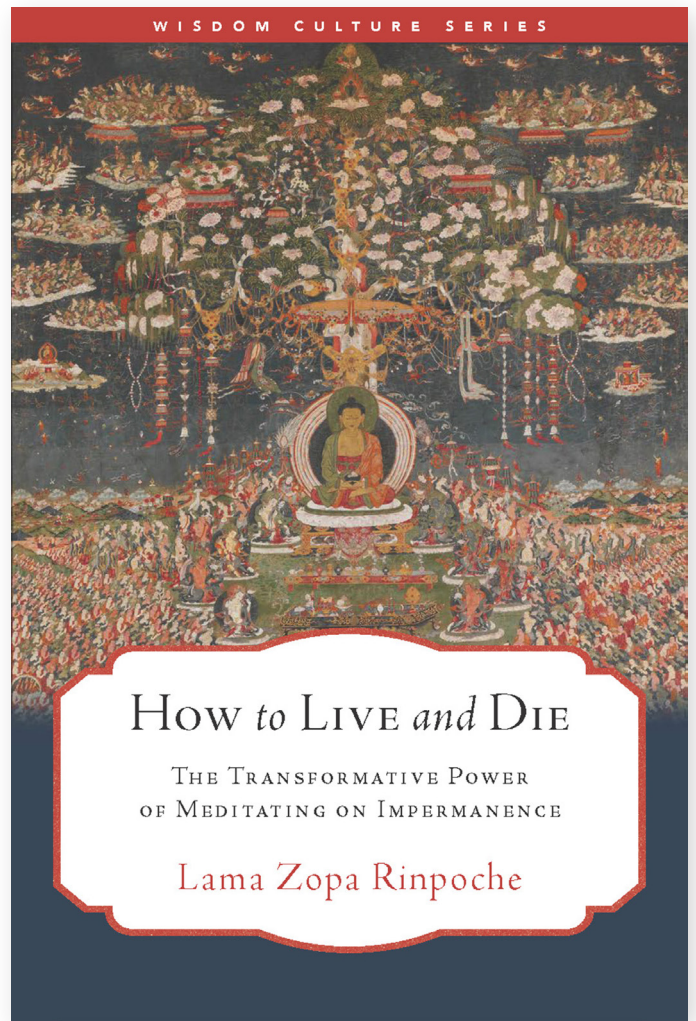
HOW TO LIVE  
AND DIE  
THE TRANSFORMATIVE  
POWER OF MEDITATING  
ON IMPERMANENCE

Lama Zopa Rinpoche

October 7, 2025 | Paperback | 308 pages

\$24.95 | 6" x 9" | 9798890700018

Lama Zopa shows  
us how facing the  
reality of death and  
impermanence can  
transform and enrich  
our life.



There is arguably no truth more foundational to Buddhism than this: everything is impermanent. We can see this in the world all around us; old systems break down, relationships change. Death comes for those we love and, inevitably, for us. In this book, the late, beloved teacher Lama Zopa Rinpoche walks us through the traditional, revelatory practices of meditating on the fact of impermanence and even—*especially*—on death itself. Rather than shy away from this reality, we look straight at it, and thus we learn not only how to not fear death, but how to live.

“What death is, how we die, what minds we need at death and what happens after death—only by knowing about death and rebirth can we actually fully understand what life is and so learn how to live fully.”

—Lama Zopa Rinpoche

# THE GURU YOGA OF OF JÉ TSONGKHAPA

A COMMENTARY

H. E. Chöden Rinpoché

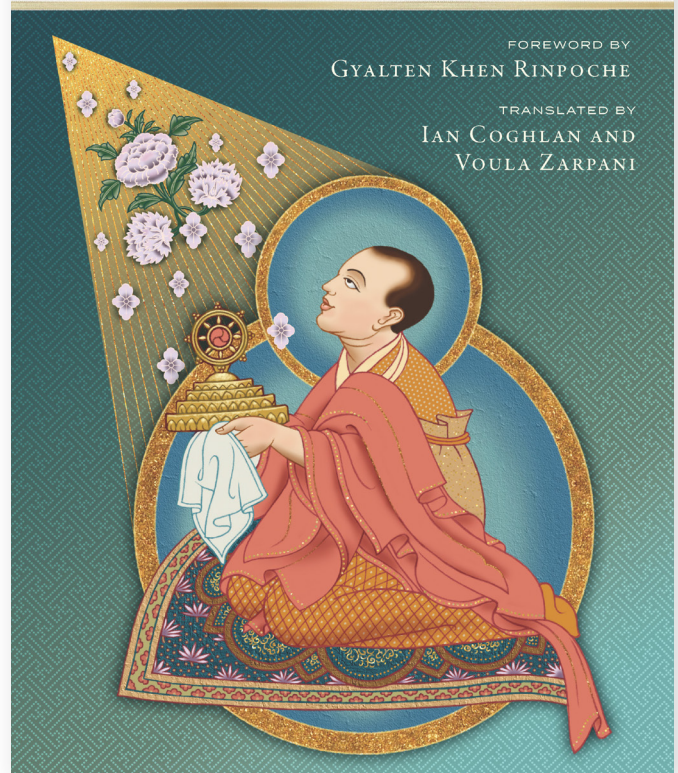
October 28, 2025 | Paperback | 328 pages

\$29.95 | 6" x 9" | 9781614298366

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

## THE GURU YOGA OF JÉ TSONGKHAPA

A Commentary by H.E. Chöden Rinpoché



FOREWORD BY  
GYALTEN KHEN RINPOCHE

TRANSLATED BY  
IAN COGHLAN AND  
VOULA ZARPANI

*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 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.

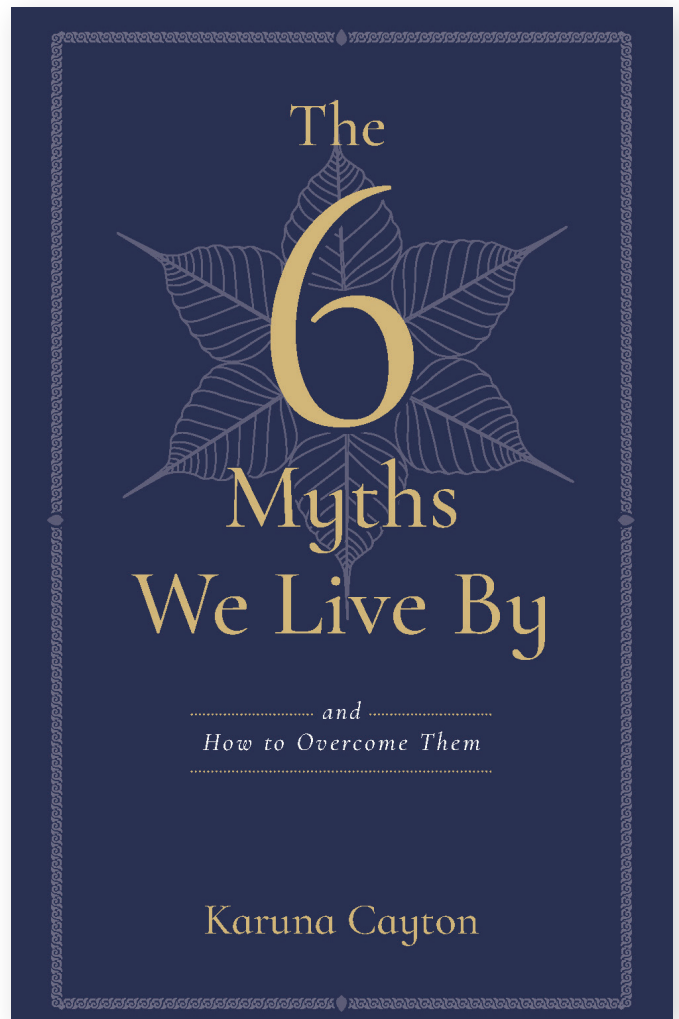
THE SIX MYTHS  
WE LIVE BY  
AND HOW TO OVERCOME  
THEM

Karuna Cayton

November 11, 2025 | Paperback | 200 pages

\$19.95 | 5" x 8" | 9781614298762

Buddhist wisdom for  
everyday problems  
rooted in Buddhist  
psychology and  
meditation.



The truth is you probably believe all sorts of myths, but you don't even know it. To escape any hardship, any suffering or discomfort, we all believe myths about how the world works and how we live in that world. In *The Six Myths We Live By*, therapist and long-time Buddhist practitioner Karuna Cayton guides us through six common myths that may give us comfort, but actually only perpetuate our problems: the myth of reality, the myth of identity, the myth of permanence, the myth of randomness, the myth of happiness, and the myth of only living once.

Cayton takes us through each of these myths using real-world examples and draws upon Buddhist principles, psychology, and meditation practices to show how we can wake up to reality. By planting a seed of doubt about the beliefs that we've always thought were true, we can open our eyes and deepen our relationship with the way we see our life, our potential, and the nature of our struggles and achievements.

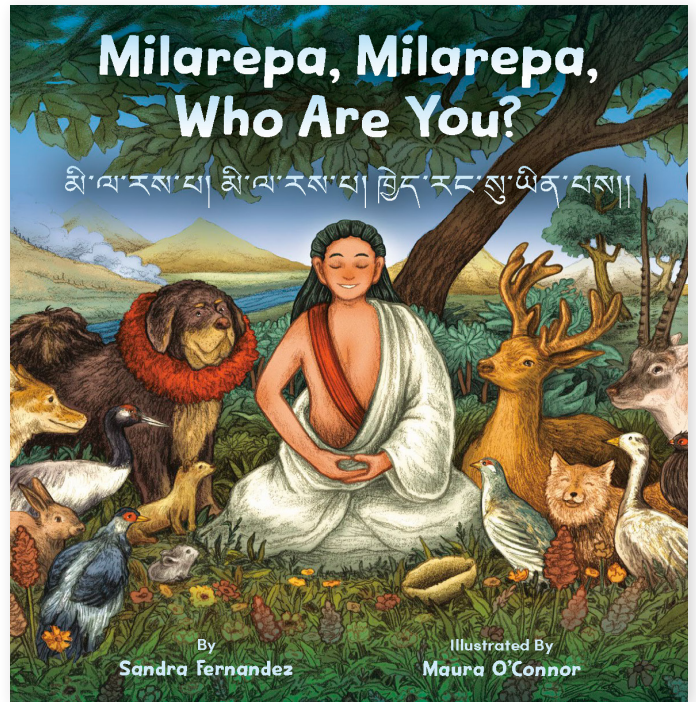
# MILAREPA, MILAREPA, WHO ARE YOU?

Sandra Fernandez

Illustrated by Maura O'Connor

November 18, 2025 | Hardcover | 32 pages

\$19.95 | 8.5" x 8.5" | 9781614299646



A charming,  
beautifully illustrated,  
bilingual book about  
one of Tibet's greatest  
spiritual teachers that  
includes an online  
guide for parents and  
teachers.

Milarepa is celebrated throughout the Himalayas as one of the most inspiring Buddhist figures from Tibetan history. This beautifully illustrated telling of his life and teachings, with Tibetan translation, lets children explore his extraordinary story. Milarepa went through an incredible transformation, overcoming suffering and his own misdeeds with the help of a wise teacher to become a great spiritual teacher in his own right.

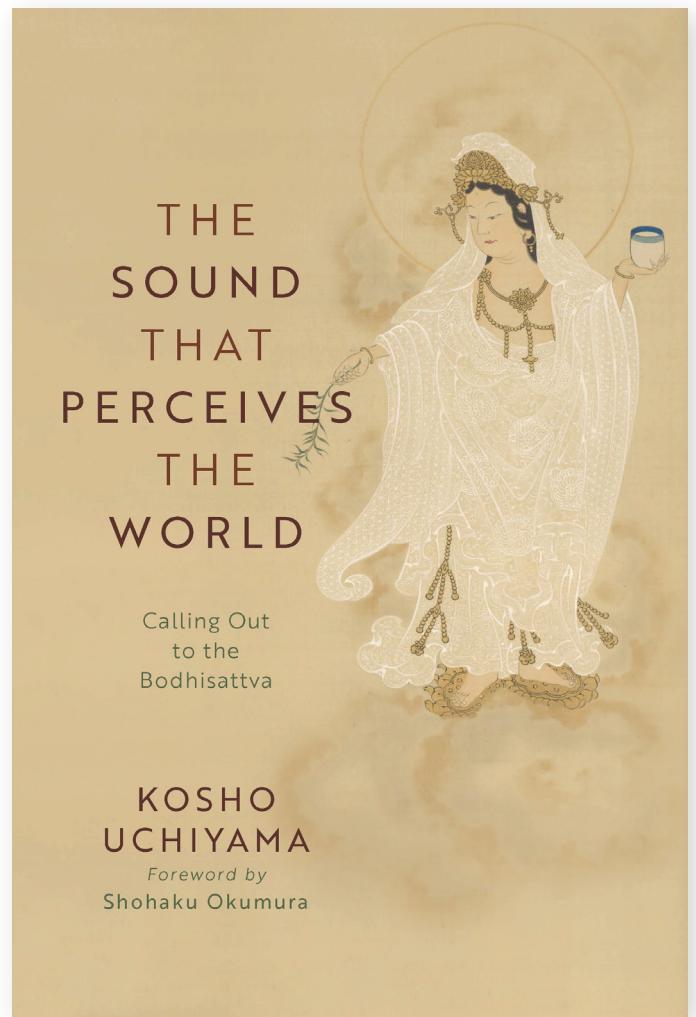
To honor Milarepa's spontaneous songs—classically known as *dohas* in Sanskrit, which communicated his experiences to others—this book is written in poetic form. It explores the wisdom of his teachings in the form of a rhythmic, call-and-response duet.

An online guide for parents and teachers at [wisdom.org](http://wisdom.org) further expands on the themes of the book by providing lesson ideas, meditation activities, and guidance for learning about language, history, and art.

THE SOUND THAT  
PERCEIVES THE  
WORLD  
*CALLING OUT TO THE  
BODHISATTVA*  
Kosho Uchiyama

November 25, 2025 | Paperback | 260 pages  
\$29.95 | 6" x 9" | 9781614299516

Connecting Zen and  
Pure Land Buddhism  
through the practice  
of venerating and  
chanting the names  
of buddhas and  
bodhisattvas.



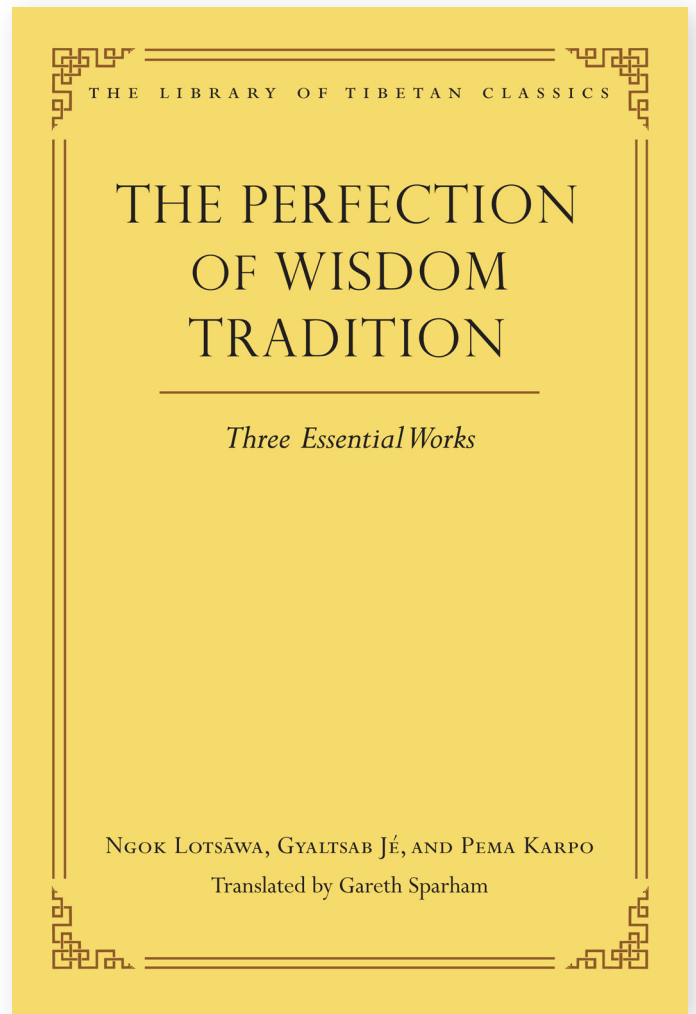
The Kannon-gyo is chapter 25 of the Lotus Sutra, and its focus is the bodhisattva of compassion. Most schools of Zen Buddhism, and especially the Soto school, eschew such practices as chanting the names of buddhas and bodhisattvas, along with venerating such figures. The eminent Soto Zen master Kosho Uchiyama Roshi, however, while doing hard physical labor early in his career, could not practice zazen—that is, formal sitting meditation. He came to appreciate the Kannon-gyo and the practices related to it. In particular, he took to reciting Kannon's name, as recommended in the text of the Kannon-gyo.

Chanting practice is especially accessible, as it can be done while working, traveling, or suffering from illness, and other activities that would ordinarily get in the way of formal Zen practice. With these practices, the Kannon-gyo, and Kannon herself as a backdrop, Uchiyama Roshi muses about the purposes of religion, the goals of religious practice, and the meaning of enlightenment—and their relation to suffering itself.

THE PERFECTION  
OF WISDOM  
TRADITION  
*THREE ESSENTIAL WORKS*  
Gareth Sparham

December 2, 2025 | Hardcover | 864 pages  
\$79.95 | 6" x 9" | 9780861714568

Three foundational works that formed the basis for the Tibetans' study of Mahāyāna scripture and the bodhisattva path.



The perfection of wisdom (*prajñāpāramitā*) is a key element of the path in Mahāyāna Buddhism. *Wisdom* here is the transcendent wisdom of a bodhisattva who has penetrated the nature of reality, the emptiness (*śūnyatā*) of all things. Sūtras that take the Perfection of Wisdom as their name emerged in the centuries before and after the start of the Common Era and became foundational for the nascent Mahāyāna. These include the well-known *Heart Sūtra* and *Diamond Cutter Sūtra* as well as the Perfection of Wisdom sūtras in eight thousand and a hundred thousand lines.

Study of the Perfection of Wisdom sutras in Tibet has historically been through commentaries on the *Ornament for the Clear Realizations* (*Abhisamayālamkāra*), a short verse distillation in eight chapters attributed to Maitreya that was expanded in India by such figures as Asanga, Haribhadra, and Ārya-Vimuktisena. The three works in the present volume reflect the diversity of the Tibetan commentarial tradition on these Indian works.

# YOGA OF THE NATURAL STATE

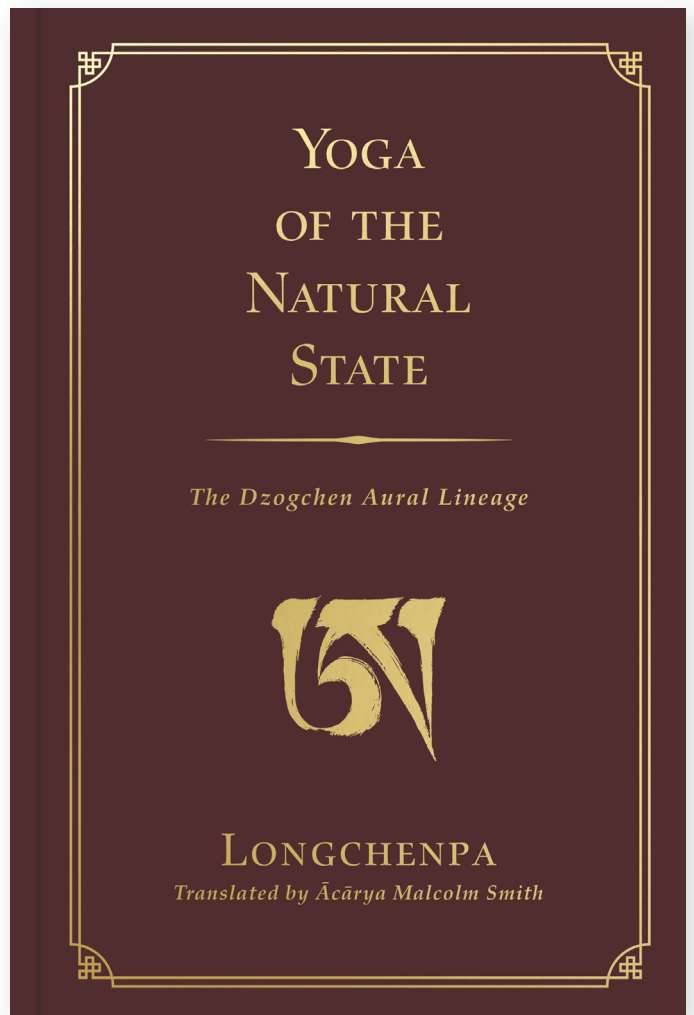
## THE DZOGCHEN AURAL LINEAGE

Malcolm Smith

December 9, 2025 | Hardcover | 232 pages

\$34.95 | 6" x 9" | 9781614299622

For the first time  
in English the aural  
lineage of the Great  
Perfection Dzogchen  
tradition, expertly  
brought to life by  
the practitioner and  
translator Ācārya  
Malcolm Smith.



While Longchenpa's writings on the Seventeen Tantras are widely known, his writings on the Dzogchen aural lineage have received little attention, even though Tibetan histories show that it is the aural lineage that ensured the survival of the Great Perfection lineage. With this book of translations, we now have for the first time in English these records of the most important aural lineage in the Great Perfection tradition.

Unlike the arcane and difficult textual tradition associated with the *Seventeen Tantras*, the aural lineage teachings are experiential, easy to understand and practice, straightforward, and written in relatively simple language rich with similes and metaphors. The eight texts included in *Yoga of the Natural State* concern all aspects of the Great Perfection teaching, ranging from how to practice the preliminary practices, how the Great Perfection is introduced to qualified students, how to correctly practice view, meditation, and conduct, how to attain the state of liberation in this life, and how to recognize and attain liberation in the bardos.