

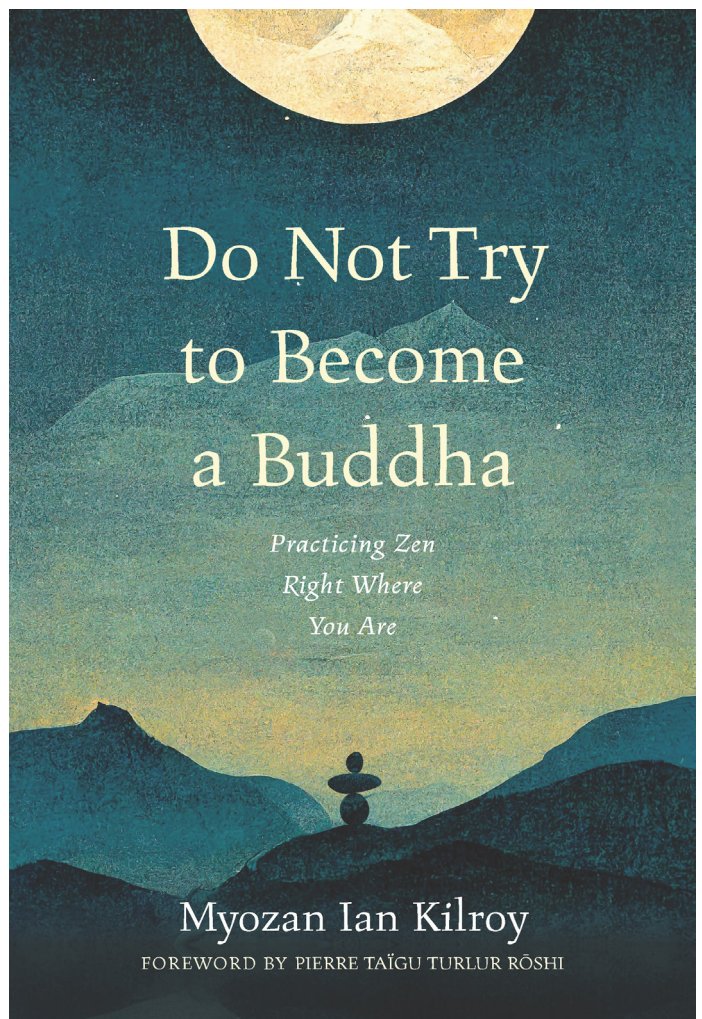
DO NOT TRY
TO BECOME A
BUDDHA
*PRACTICING ZEN RIGHT
WHERE YOU ARE*

Myozan Ian Kilroy

January 21, 2025 | Paperback | 318 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 clear yet entertaining storytelling style paints a clear picture of how Zen has adapted to the culture and traditions of Ireland.

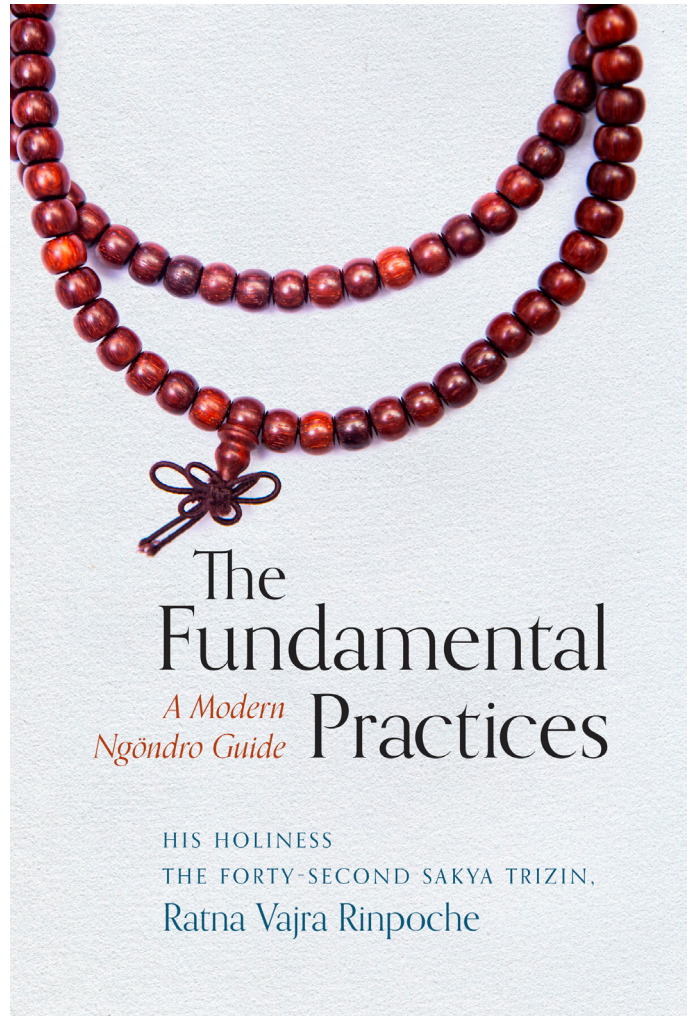
THE FUNDAMENTAL PRACTICES A MODERN NGÖNDRO GUIDE

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.



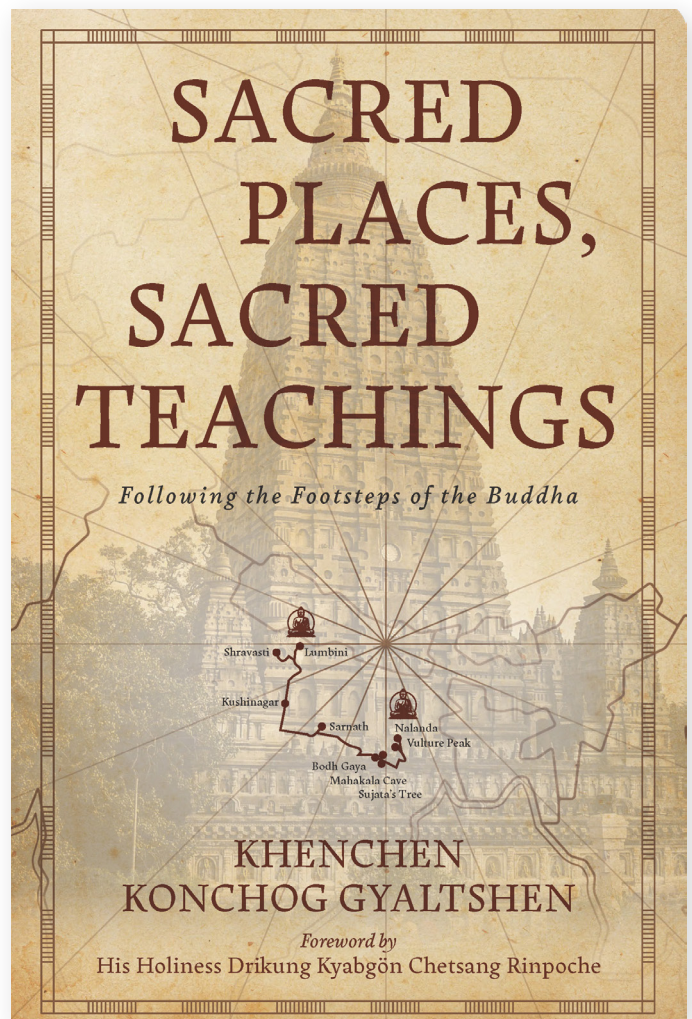
When we start on the transformational journey to enlightenment, we need a strong foundation in core Buddhist principles and practices to set us on the right track. The *ngöndro*, or preliminary practices, are that very foundation; they not only prepare us for advanced practice but serve us in all we 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 | 176 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 Tree, 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 Tree, 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

\$89.95 | 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.



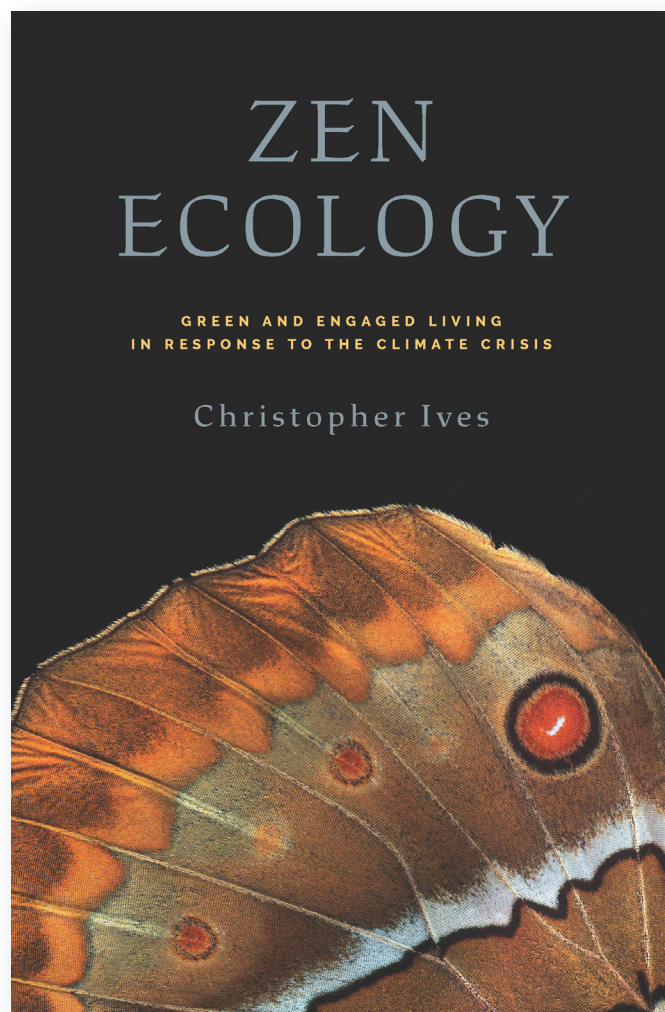
In this classic work of Buddhist studies scholarship, Jeffrey Hopkins—one of the world’s foremost scholar-practitioners of Tibetan Buddhism—offers a clear exposition of the Prāsangika-Madhyamaka view of emptiness as presented in the Geluk tradition of Tibetan Buddhism. In bringing this remarkable and 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 | 264 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.



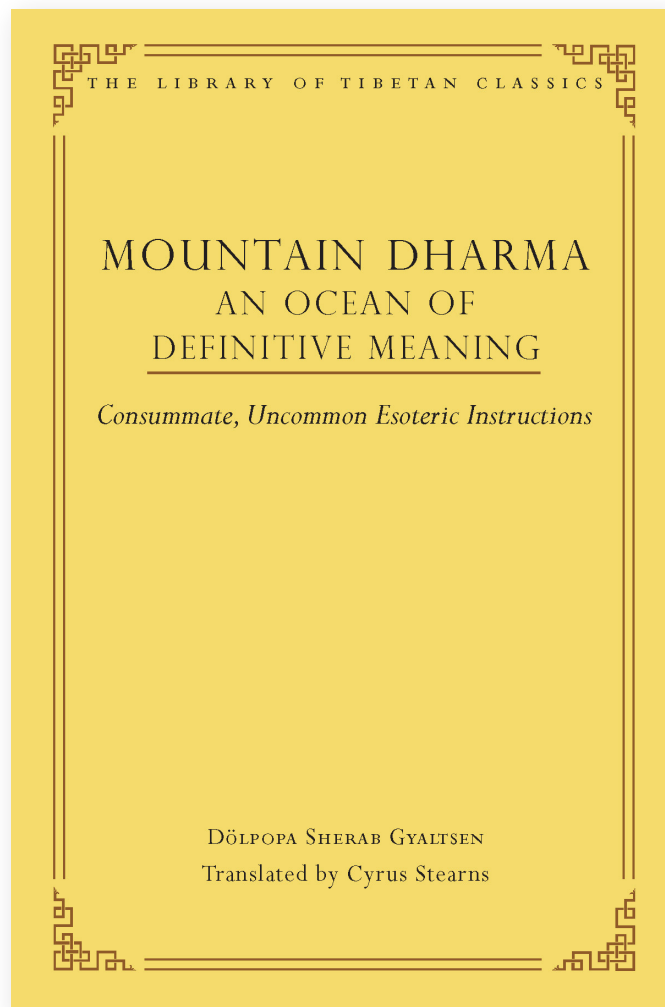
In *Zen Ecology*, Chris outlines his environmental ethic as a series of concentric circles, beginning with ourselves and then moving outward into our communities, all the while focusing on spaciousness, mindfulness, generosity, and contentment. At the individual level, we deal with distraction, clutter, 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 | 664 pages
\$79.95 | 6" x 9" | 9780861714469

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



The controversial master Dölpopa Sherab Gyaltsen 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

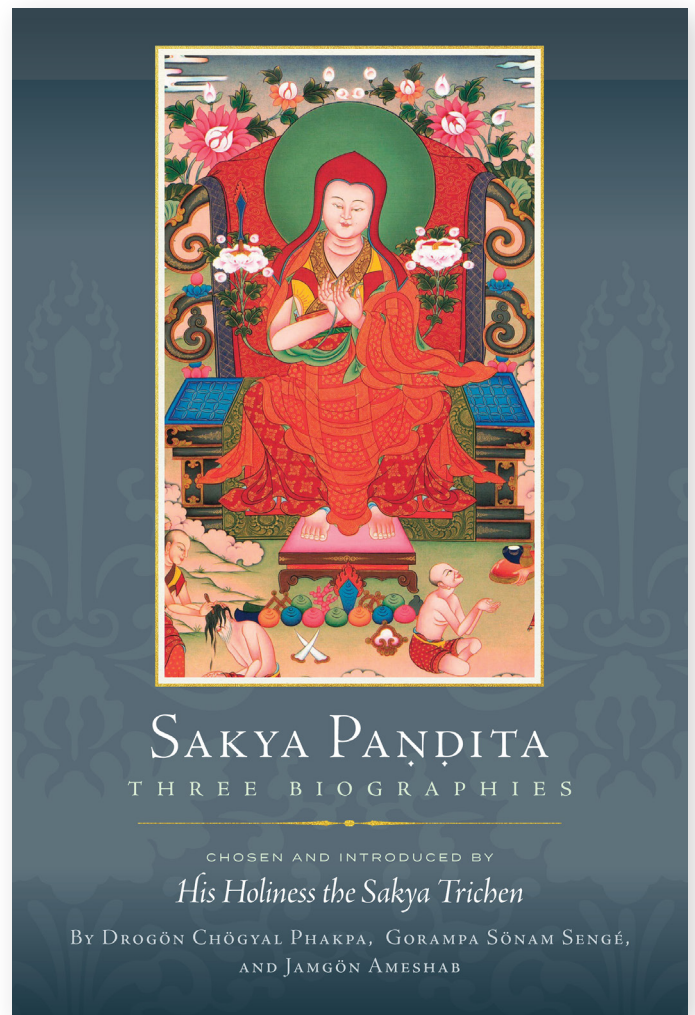
THREE BIOGRAPHIES

His Holiness the Sakya Trichen

May 27, 2025 | Paperback | 176 pages

\$19.95 | 6" x 9" | 9781614297574

A set of classic biographies of Sakya Pandita—one of Tibet's great scholars and religious masters—presented for the first time in English translation.



Sakya Pandita Künga 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 first-hand accounts of key events in Sakya Pandita's life and were written by three central figures of the Sakya tradition: Drogön Chögyal Phakpa (Lodrö Gyaltzen) (1235–1280), who was Sakya Pandita's nephew and religious successor; Gorampa Sönam Sengé (1429–1489), a renowned Sakya scholar and prolific author who served as the sixth abbot of Ngor Monastery; and Jamgön Ameshab (Ngawang Kunga Sönam) (1597–1659), who was the twenty-seventh throne holder of the Sakya order and one of the foremost Tibetan literary and historical scholars of his time.

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.