



WISDOM PUBLICATIONS

BESTSELLERS



MINDFULNESS IN PLAIN ENGLISH

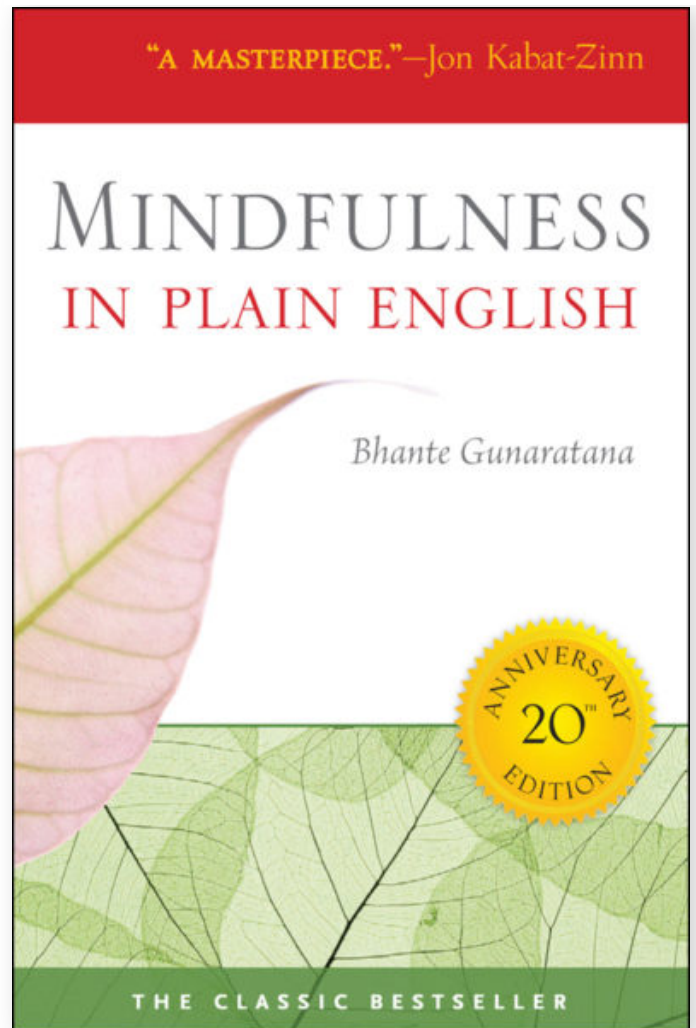
Bhante Gunaratana

Paperback | 224 Pages
\$17.95 | 6" x 9" | 9780861719068

The Foreign Rights to the
Following Languages
Have Been Sold:

Catalan	German	Portuguese
Chinese (Complex)	Hungarian	Romanian
Czech	Italian	Russian
Danish	Japanese	Spanish
Dutch	Korean	Thai
Finnish	Lithuanian	Vietnamese
French	Polish	

“A masterpiece.”
—Jon Kabat-Zinn,
author of *Mindfulness
for Beginners*



Since *Mindfulness in Plain English* was first published in 1994, it has become one of the bestselling—and most influential—books in the field of mindfulness. It's easy to see why.

Author Bhante Gunaratana, a renowned meditation master, takes us step by **step through the myths, realities, and benefits of meditation and the practice of mindfulness**. The book showcases Bhante G's trademark clarity and wit as he explores the tool of meditation, what it does, and how to make it work.

This expanded edition includes the complete text of its predecessor along with a new chapter on cultivating loving-kindness, an especially important topic in today's world. For anyone who is new to meditation, this is a great resource for learning how to live a more productive and peaceful life.

THE GOOD HEART

*A BUDDHIST PERSPECTIVE
ON THE TEACHINGS
OF JESUS*

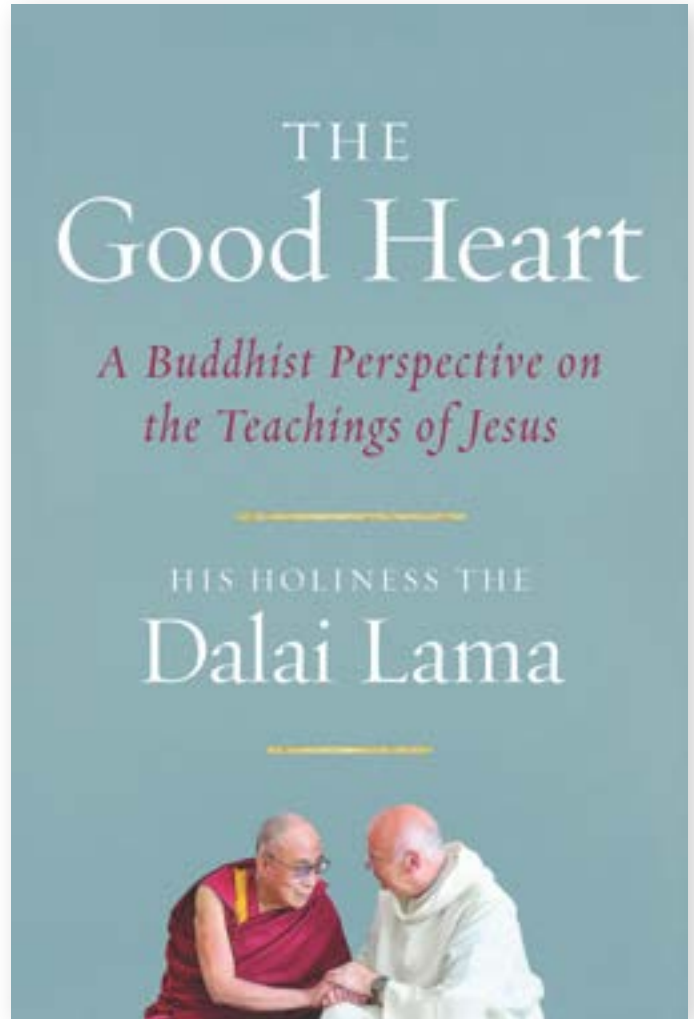
His Holiness the Dalai Lama

Paperback | 232 Pages
\$16.95 | 6" x 9" | 9781614293255

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	German	Polish
Croatian	Italian	Portuguese
Czech	Japanese	Romanian
Danish	Korean	Russian
Dutch	Latvian	Spanish
French	Lithuanian	

This landmark of
interfaith dialogue will
inspire readers of all
faiths.



In *The Good Heart*, The Dalai Lama provides an extraordinary Buddhist perspective on the teachings of Jesus. His Holiness comments on well-known passages from the four Christian Gospels, including the Sermon on the Mount, the parable of the mustard seed, the Resurrection, and others. Drawing parallels between Jesus and the Buddha—and the rich traditions from which they hail—the Dalai Lama delivers a profound affirmation of the sacred in all religions. Readers will be uplifted by the exploration of each tradition's endless merits and the common humanity they share.

INTRODUCTION TO TANTRA THE TRANSFORMATION OF DESIRE

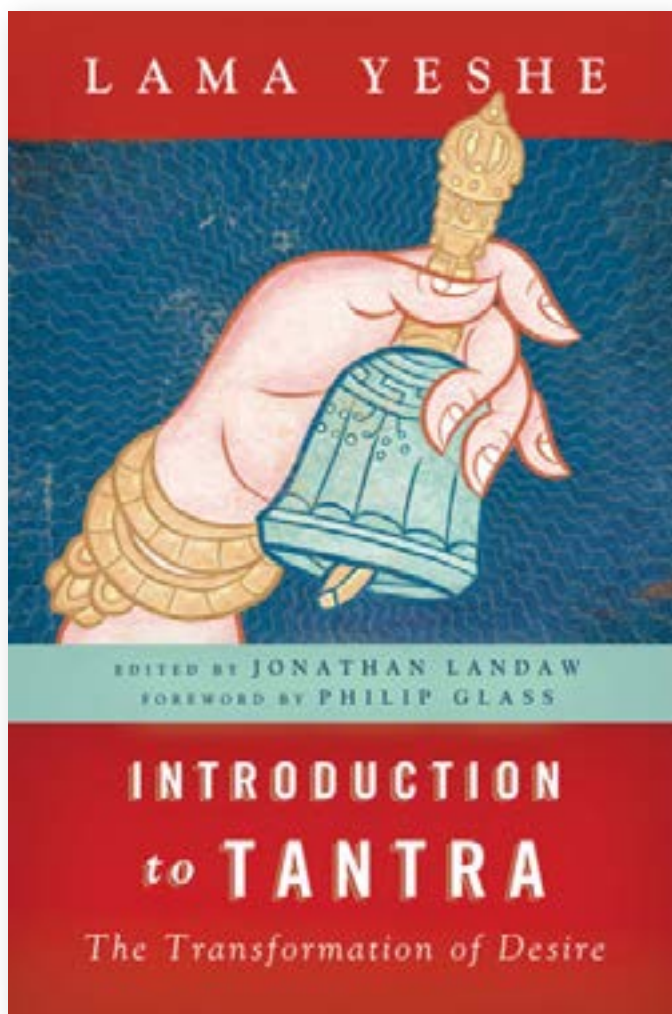
Lama Yeshe

Paperback | 192 Pages
\$19.95 | 6" x 9" | 9781614291558

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Greek	Romanian
Czech	Indonesian	Russian
Dutch	Korean	Spanish
Finnish	Nepalese	Thai
French	Polish	Mongolian
German	Portuguese	

The new edition of
this perennial classic.
“The best introductory
work on Tibetan
Buddhist tantra
available today.”—
Janet Gyatso, Harvard
University



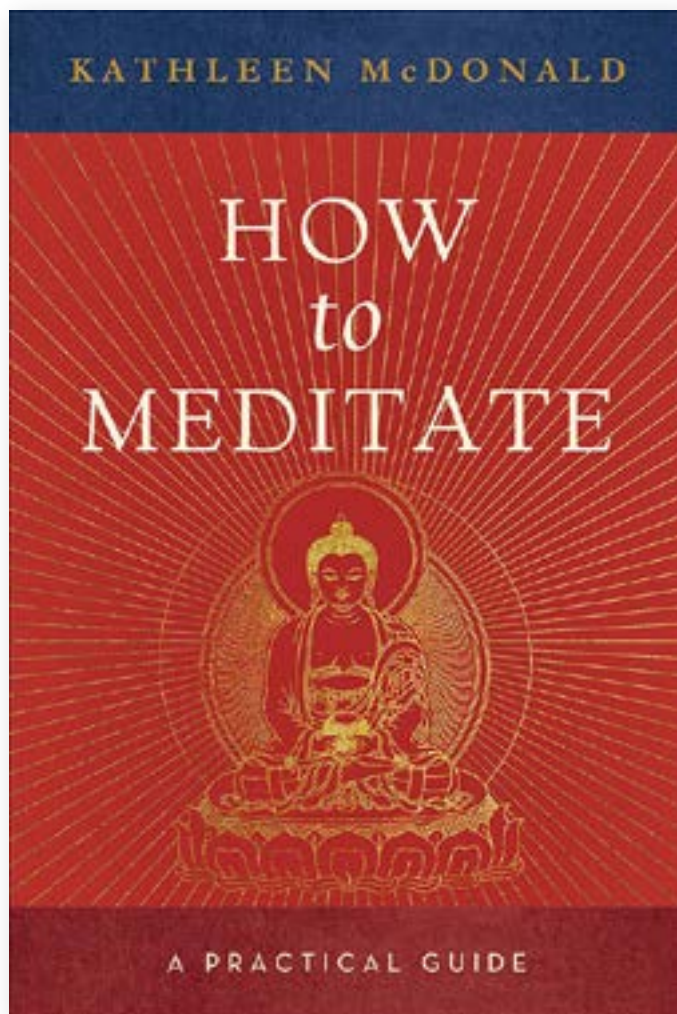
What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the potential to achieve profound and lasting happiness. And according to the tantric teachings of Buddhism, this remarkable transformation can be realized very quickly if we utilize all aspects of our human energy—especially the energy of our desires. *Introduction to Tantra* is the best available clarification of a subject that is often misunderstood. Tantra recognizes that the powerful energy aroused by our desire is an indispensable resource for the spiritual path. It is precisely because our lives are so inseparably linked with desire that we must make use of desire's tremendous energy not just for pleasure, but to transform our lives. Lama Yeshe presents tantra as a practice leading to joy and self-discovery, with a vision of reality that is simple, clear, and relevant to 21st-century life.

HOW TO
MEDITATE
A PRACTICAL GUIDE
Kathleen McDonald

Paperback | 288 Pages
\$16.95 | 6" x 9" | 9780861713417

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Indonesian
Chinese (Simple)	Italian
Czech	Japanese
Danish	Korean
Dutch	Portuguese
French	Romanian
German	Spanish



The next best thing to
personal instruction!

What is meditation? Why practice it? Which techniques are best? How do I do it? The answers to these often-asked questions are contained in this down-to-earth book, making it of enormous value for anyone who wishes to begin and maintain a meditation practice. Written by a Western Buddhist nun with solid experience in both the practice and teaching of meditation, *How to Meditate* contains a wealth of practical advice on a variety of authentic techniques, from what to do with our minds, to how to sit, to visualizations and other traditional practices. Best of all, McDonald's approach is warm and encouraging.

THE WORLD OF TIBETAN BUDDHISM

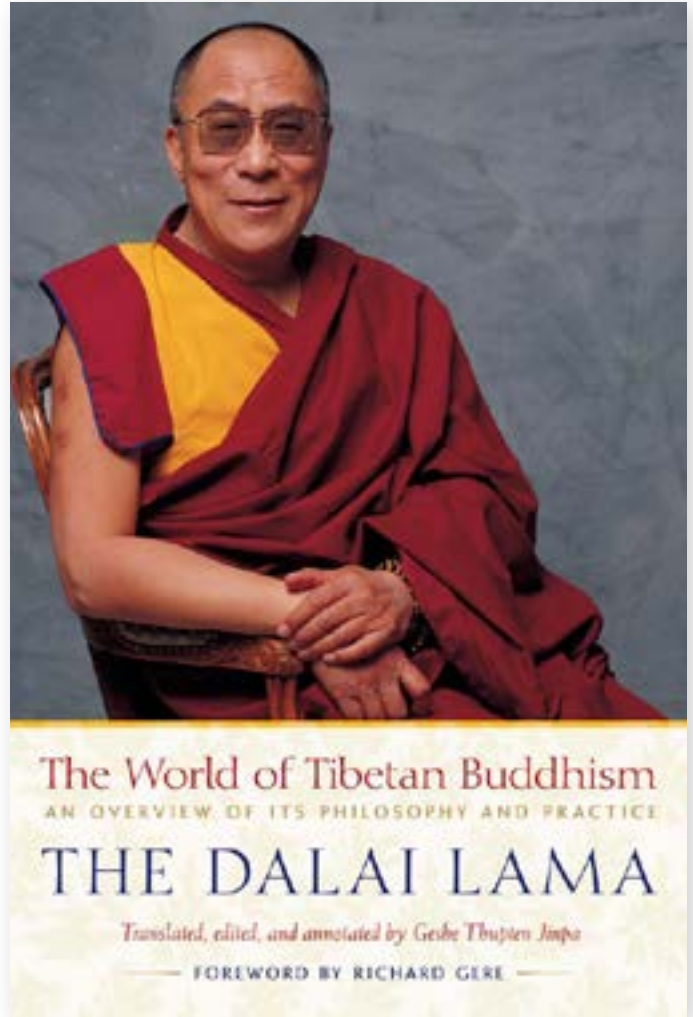
AN OVERVIEW OF ITS
PHILOSOPHY AND PRACTICE

His Holiness the Dalai Lama
Translated by Thupten Jinpa
Foreword by Richard Gere

Paperback | 224 Pages
\$17.95 | 6" x 9" | 9780861710973

The Foreign Rights to the
Following Languages
Have Been Sold:

Catalan	Italian	Romanian
Chinese (Complex)	Japanese	Russian
Dutch	Korean	Spanish
French	Polish	Vietnamese
German	Portuguese	



With characteristic humility, His Holiness the Dalai Lama begins this landmark survey of the entire Buddhist path by saying, “I think an overview of Tibetan Buddhism for the purpose of providing a comprehensive framework of the path may prove helpful in deepening your understanding and practice.” In this book, the Dalai Lama delivers a presentation that is both concise and profound, accessible and engaging. As readers explore Tibetan Buddhism more fully than ever before, they will find in His Holiness a great friend and authority.

“A lucid and profound
yet eminently readable
introduction to this
subject.”—*Library
Journal*

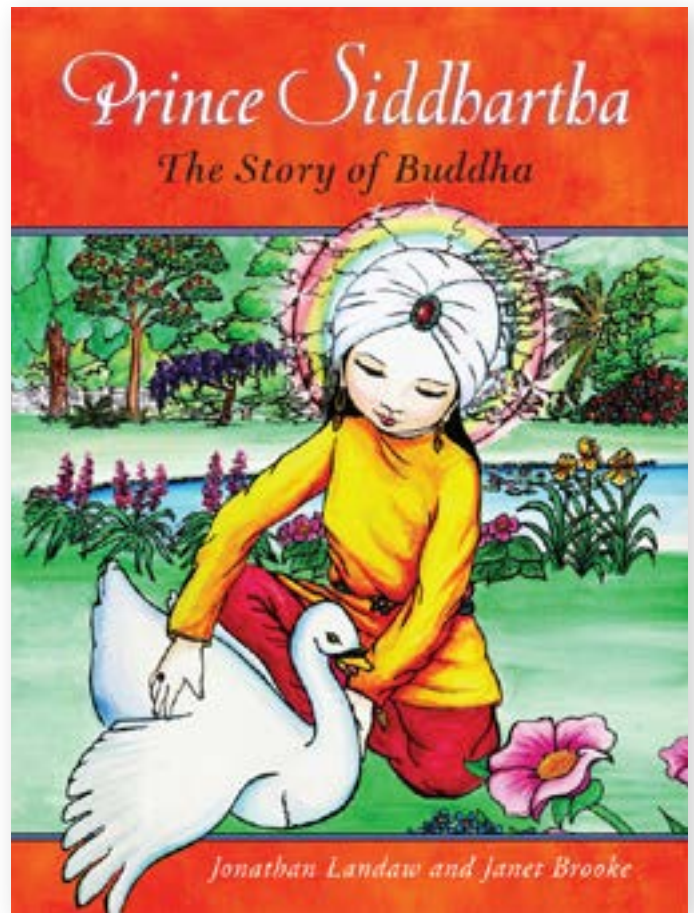
PRINCE SIDDHARTHA *THE STORY OF BUDDHA*

Jonathan Landaw
Illustrated by Janet Brooke

Paperback | 144 Pages
\$24.95 | 7.75" x 10" | 9780861716531

The Foreign Rights to the
Following Languages
Have Been Sold:

Czech	Polish
Dutch	Portuguese
Finnish	Russian
French	Spanish
German	Tibetan
Icelandic	Vietnamese
Italian	Zongkha



“The early life of the Indian prince is presented with enough simplicity that a young reader has no trouble identifying with a child who lived long ago and far away.”
—*Tricycle Magazine*

This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. Lyrical verse and beautiful full-color illustrations depict each major life event in Siddhartha's development. His message of nonviolence, loving-kindness, and unselfishness is vitally necessary for today's—and tomorrow's—children. A story made for the telling—open this tale to a child and shore up the possibility of a bright and loving future!

EIGHT MINDFUL STEPS TO HAPPINESS

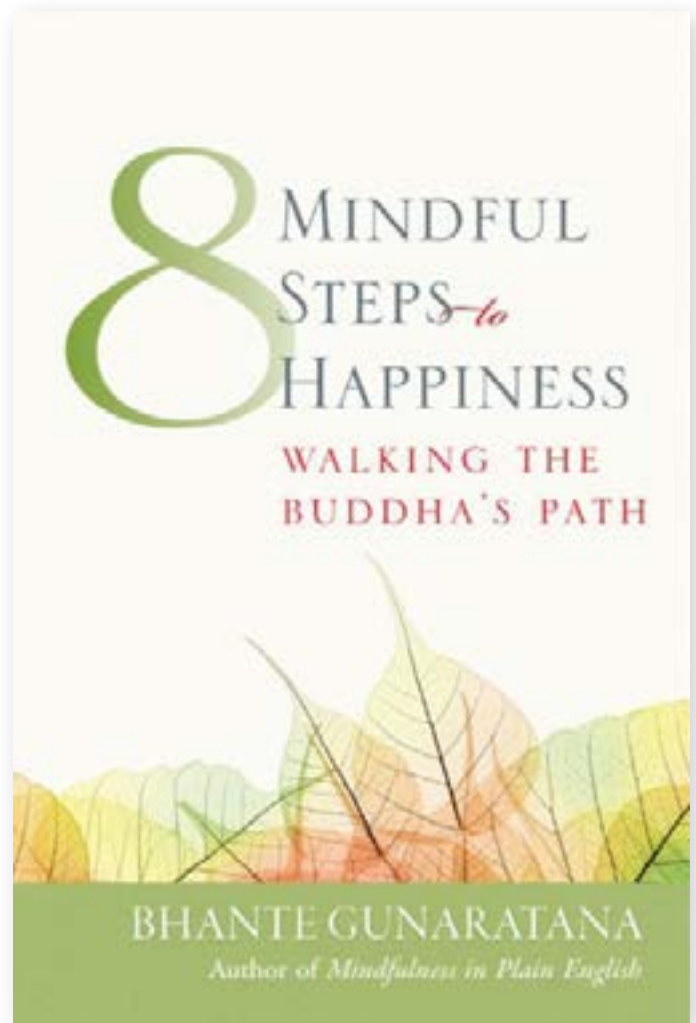
*WALKING THE
BUDDHA'S PATH*

Bhante Gunaratana

Paperback | 288 Pages
\$17.95 | 6" x 9" | 9780861711765

The Foreign Rights to the
Following Languages
Have Been Sold:

Arabic	Polish
Chinese (Complex)	Portuguese
Chinese (Simple)	Romanian
French	Russian
German	Sinhalese
Indonesian	Spanish
Japanese	Vietnamese
Korean	



From the bestselling
author of *Mindfulness
in Plain English!*

In his classic and engaging style, Bhante Gunaratana delves deeply into the noble eightfold path, the Buddha's most profound teaching on bringing an end to suffering

With easy-to-understand and specific advice, *Eight Mindful Steps to Happiness* offers skillful ways to handle anger, find right livelihood, cultivate loving-friendliness, and overcome the mental hindrances that prevent happiness.

Whether you are an experienced meditator or someone who's only just beginning, this gentle and down-to-earth guide will help you bring the heart of the Buddha's teachings into every aspect of your life.

ESSENCE OF THE HEART SUTRA

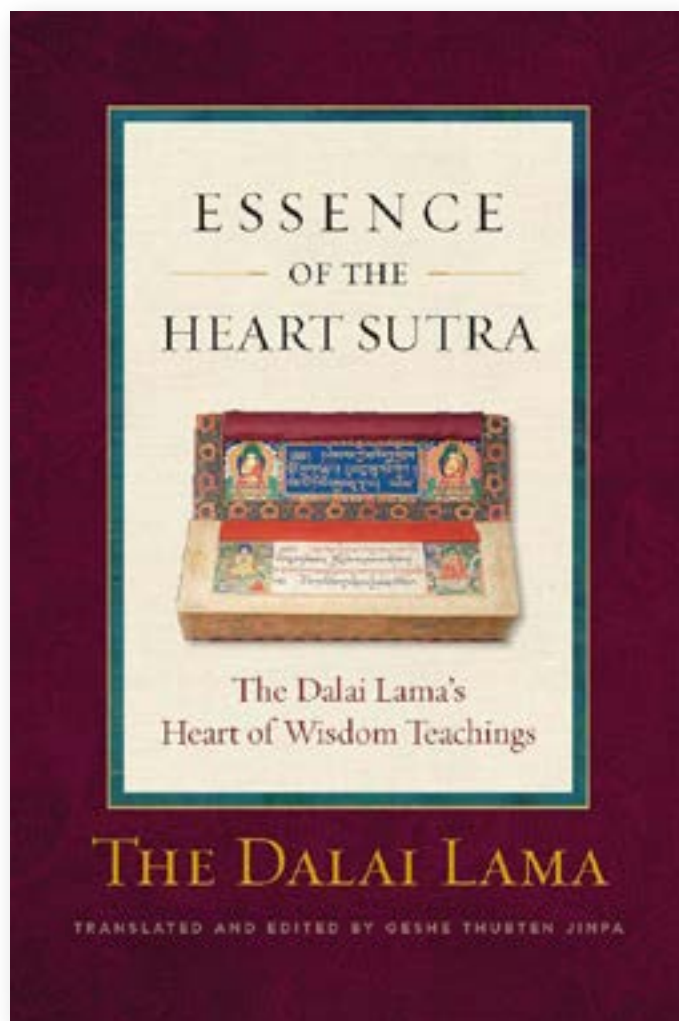
THE DALAI LAMA'S HEART OF WISDOM TEACHINGS

His Holiness the Dalai Lama
Translated by Thupten Jinpa

Paperback | 192 Pages
\$16.95 | 6" x 9" | 9780861712847

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
Dutch	Polish
French	Portuguese
German	Spanish
Indonesian	Thai
Italian	Vietnamese
Japanese	



The Dalai Lama
masterfully unpacks
the Heart Sutra.

For more than two thousand years, the Heart Sutra has been part of the daily life of millions of Buddhists. This concise text, so rich and laden with meaning, concentrates the very heart of Buddhism into a powerful and evocative teaching on the interdependence of all reality.

In *Essence of the Heart Sutra*, the Dalai Lama masterfully unpacks the Heart Sutra so that any reader can benefit from its teachings—teachings meant to help us release ourselves from suffering and live with true compassion. Comprised of his “Heart of Wisdom” talks, originally delivered to thousands of listeners in 2001, the book offers the Dalai Lama’s commentary as well as his easy-to-follow overview of Buddhist philosophy that places the sutra within its historical and philosophical context. With additional contributions by scholar and translator Thupten Jinpa, *Essence of the Heart Sutra* is the authoritative presentation of a text seminal to the world’s religious heritage.

SLEEPING, DREAMING, AND DYING

AN EXPLORATION OF CONSCIOUSNESS

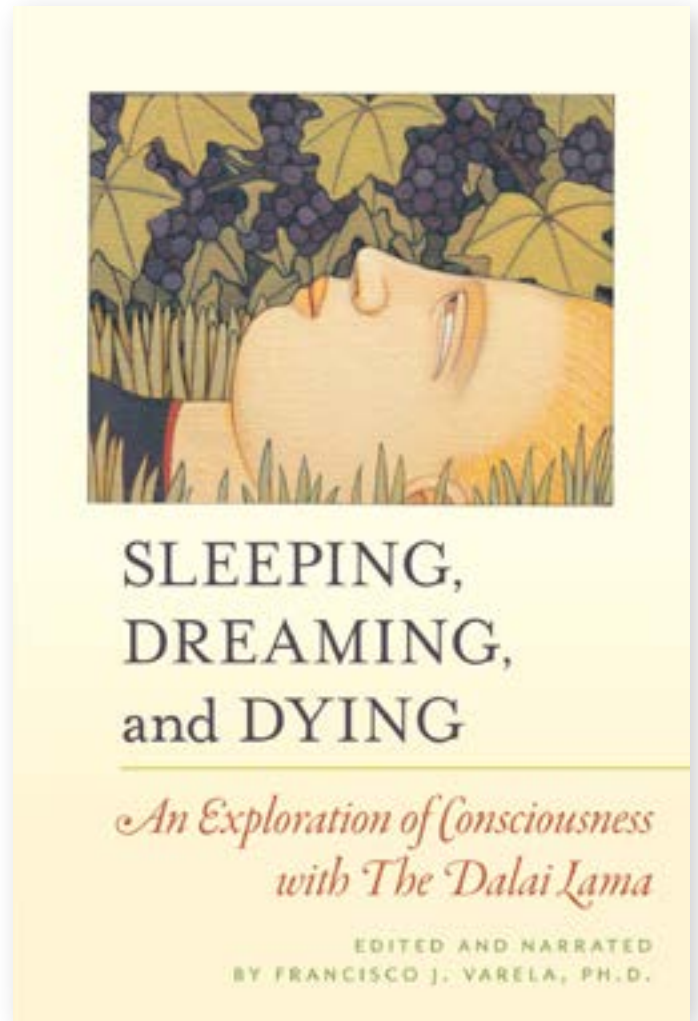
His Holiness the Dalai Lama
Translated by Thupten Jinpa
and B. Alan Wallace
Edited and Narrated by
Francisco J. Varela, PhD

Paperback | 272 Pages
\$17.95 | 6" x 9" | 9780861711239

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Italian	Romanian
Dutch	Korean	Russian
French	Polish	Spanish
German	Portuguese	Thai

This is an absorbing
account of a dialogue
between leading
Western scientists
and the foremost
representative of
Buddhism today, The
Dalai Lama of Tibet.



For modern science, the transitional states of consciousness lie at the forefront of research in many fields. For a Buddhist practitioner these same states present crucial opportunities to explore and transform consciousness itself. This book is the account of a historic dialogue between leading Western scientists and the Dalai Lama. Revolving around three key moments of consciousness—sleep, dreams, and death—the conversations recorded here are both engrossing and highly readable. Any reader interested in psychology, neuroscience, Buddhism, or the alternative worlds of dreams will surely enjoy *Sleeping, Dreaming, and Dying*.

Narrated by Francisco Varela, an internationally recognized neuroscientist, the book begins with insightful remarks on the notion of personal identity by noted philosopher Charles Taylor, author of the acclaimed *Sources of Self*. This sets the stage for Dr. Jerome Engel, Dr. Joyce MacDougal, and others to engage in extraordinary exchanges with the Dalai Lama on topics ranging from the neurology of sleep to the yoga of dreams.

ULTIMATE HEALING THE POWER OF COMPASSION

Lama Zopa Rinpoche

Paperback | 288 Pages
\$21.95 | 6" x 9" | 9780861711956

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Mongolian
Dutch	Polish
French	Portuguese
German	Russian
Hebrew	Spanish
Italian	Thai

Internationally
renowned teacher
Lama Zopa Rinpoche
explores the root of
illness and gives us
the tools to create our
future happiness.



We experience illness on a physical level, but in order to be healed, we must understand where true healing begins: within our hearts and minds. In *Ultimate Healing*, internationally renowned meditation master Lama Zopa Rinpoche helps us to recognize the root of illness and gives us the tools to create our future happiness. Beginning with stories of people who have recovered from disease through meditation, Rinpoche addresses the central role played by karma and by the mental habit of “labeling” in causing illness, and shows how meditation and other thought techniques for developing compassion and insight can eliminate the ultimate cause of all disease.

Ultimate Healing shows us that by transforming our minds, especially through the development of compassion, we can eliminate the ultimate cause of all disease. In addition to relating stories of people who have recovered from disease through meditation, Lama Zopa presents practical healing meditations, including white-light healing, compassion meditation, “taking and giving,” and techniques to cure depression.

THE MEANING OF LIFE

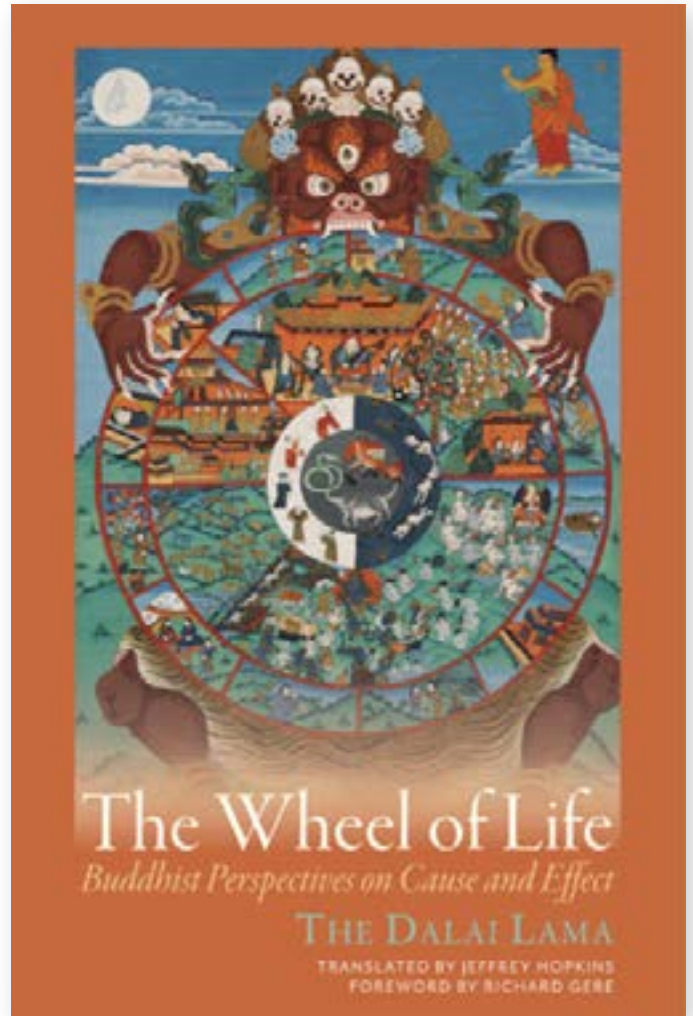
BUDDHIST PERSPECTIVES ON CAUSE AND EFFECT

His Holiness the Dalai Lama
Translated by Jeffrey Hopkins
Foreword by Richard Gere

Paperback | 160 Pages
\$17.95 | 6" x 9" | 9781614293279

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
Dutch	Polish
French	Portuguese
German	Russian
Italian	Spanish
Japanese	Vietnamese



“Studded with jewels,
pointing out how to
bring together the
theory of the
Buddhist teachings
and the practice of
ordinary life.”
—*Shambhala Sun*

Using the traditional Buddhist allegorical image of the Wheel of Life and the teaching of the twelve links of dependent origination, the Dalai Lama deftly illustrates how our existence, though fleeting and often full of woes, brims with the potential for peace and happiness. We can realize that potential by cultivating a wise appreciation of the interdependency of actions and experience, and by living a kind and compassionate life. A life thus lived, the Dalai Lama teaches, becomes thoroughly meaningful for both oneself and for others.

THE MIDDLE WAY

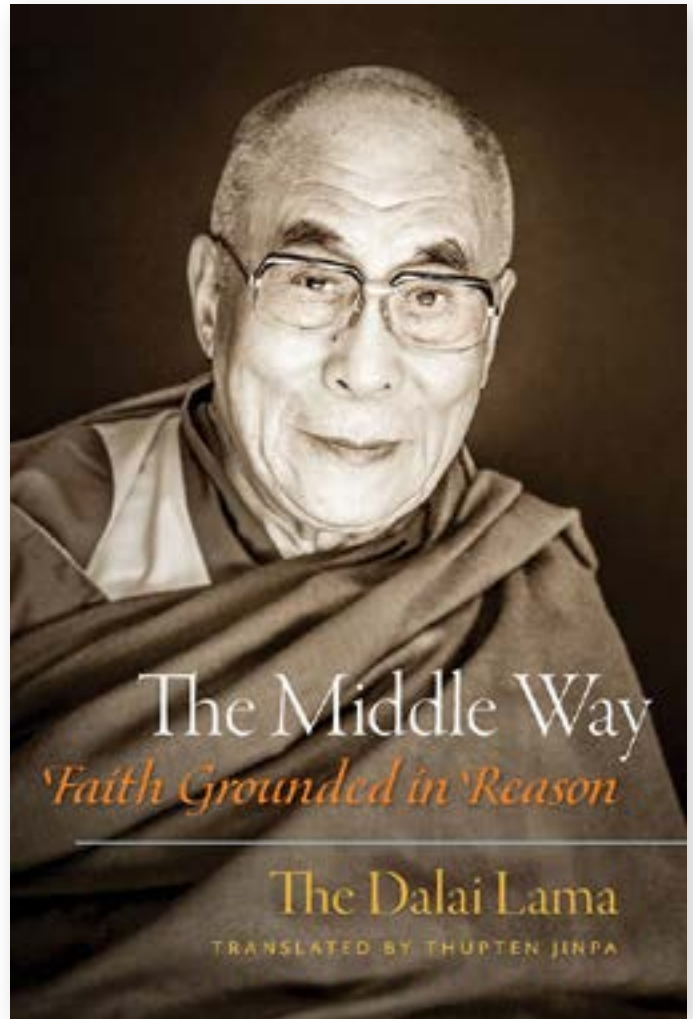
FAITH GROUNDED IN REASON

His Holiness the Dalai Lama
Translated by Thupten Jinpa

Paperback | 200 Pages
\$17.95 | 6" x 9" | 9781614291565

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Polish
Dutch	Portuguese
French	Russian
German	Thai
Italian	Vietnamese
Macedonian	



Based on the works
on two of Buddhism's
most revered figures,
the Dalai Lama
explores emptiness
and interdependency.

The Dalai Lama opens *The Middle Way* with an elegant argument for the power of compassion in cultivating a happy life. From there, he connects core ideas of Buddhist philosophy to the truths of our shared condition before delivering a sparkingly clear teaching on how the Buddhist ideas of emptiness and interdependency relate to personal experience and bring a deeper understanding of the world around us.

In a down-to-earth style, this book offers a comprehensive explanation of the foundational teachings of the Mahayana tradition. Using Nagarjuna's *Middle Way*, the Dalai Lama explores Buddhist understandings of selflessness, dependent origination, and the causal processes that lock us in cycles of suffering. He grounds these heady philosophical discussions using Tsongkhapa's *Three Principal Aspects of the Path*, presenting a brief explanation of how to put ethical discipline, wisdom, and compassion into practice.

Through these beautifully complementary teachings, His Holiness urges us to strive, "with an objective mind, endowed with a curious skepticism, to engage in careful analysis and seek the reasons behind our beliefs."

**DON'T WORRY,
BE GRUMPY**
INSPIRING STORIES FOR
MAKING THE MOST OF
EACH MOMENT

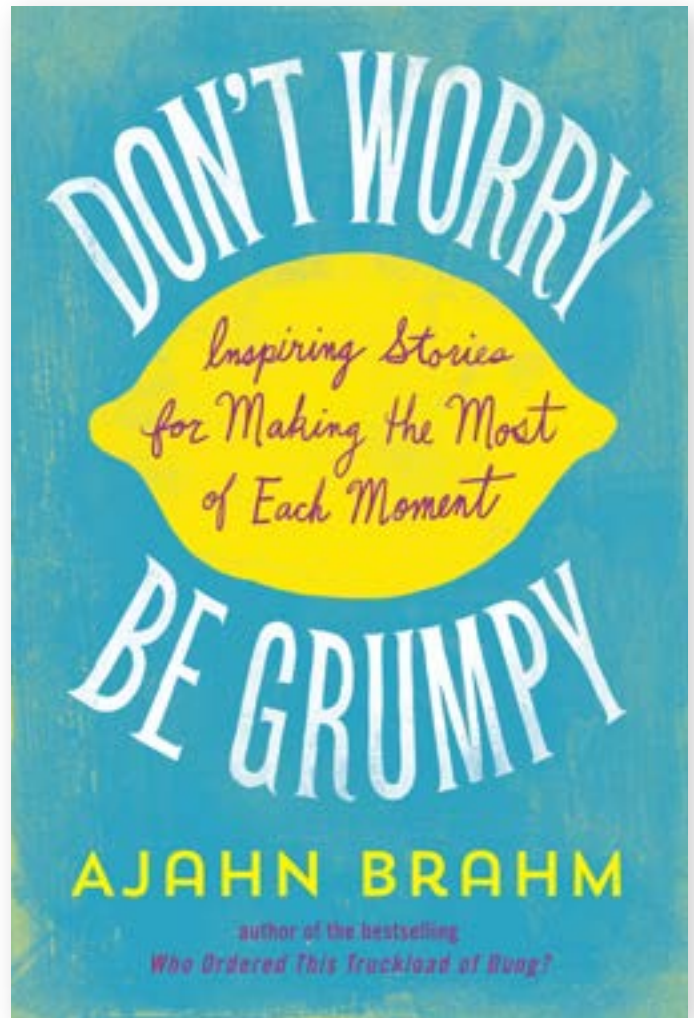
Ajahn Brahm

Paperback | 240 Pages

\$16.95 | 6" x 9" | 9781614291671

The Foreign Rights to the
Following Languages
Have Been Sold:

Bulgarian	Polish
Croatian	Russian
Czech	Serbian
French	Spanish
German	Vietnamese
Lithuanian	Tibetan



Laugh aloud even as
you look at life anew
with these stories from
the bestselling author
of *Who Ordered This
Truckload of Dung?*

In 108 brief stories with titles like “The Bad Elephant,” “Girlfriend Power,” and “The Happiness License,” Ajahn Brahm offers up timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.

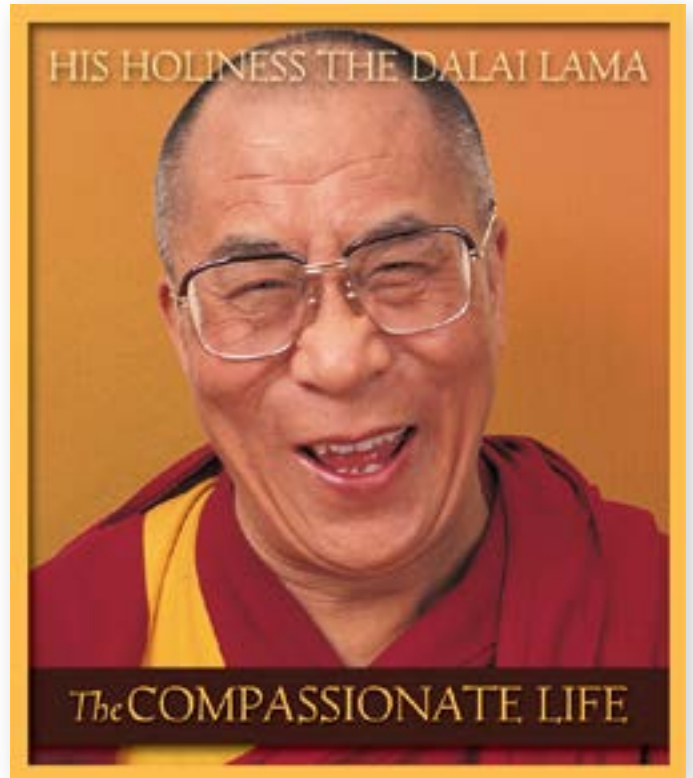
THE COMPASSIONATE LIFE

His Holiness the Dalai Lama

Paperback | 128 Pages
\$14.95 | 6.25" x 7.25" | 9780861713783

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Japanese
Dutch	Korean
French	Portuguese
German	Spanish
Indonesian	Thai
Italian	



“The key to a happier
and more successful
world is the growth of
compassion.”
—His Holiness the
Dalai Lama

Touching and transformative, *The Compassionate Life* is a personal invitation from one of the world’s most gifted teachers to live a life of happiness, joy, and true prosperity.

Collected here for the first time are four of the Dalai Lama’s most accessible and inspiring teachings on compassion. This generous and gentle book contains some of the most beloved teachings on compassion that the Dalai Lama has ever offered. The purpose of life is to be happy, His Holiness reminds us. To be happy, we should devote ourselves to developing our own peace of mind; the more we care for the happiness of others, the greater our own peace of mind. Therefore, we must develop compassion for others in order to be truly happy.

In these four teachings—imbued with the gentle humor and extraordinary kindness of this incomparable teacher—His Holiness explores altruism and the need for compassion on an individual as well as a global scale. He offers specific practices for developing loving-kindness and compassion in even the most difficult situations.

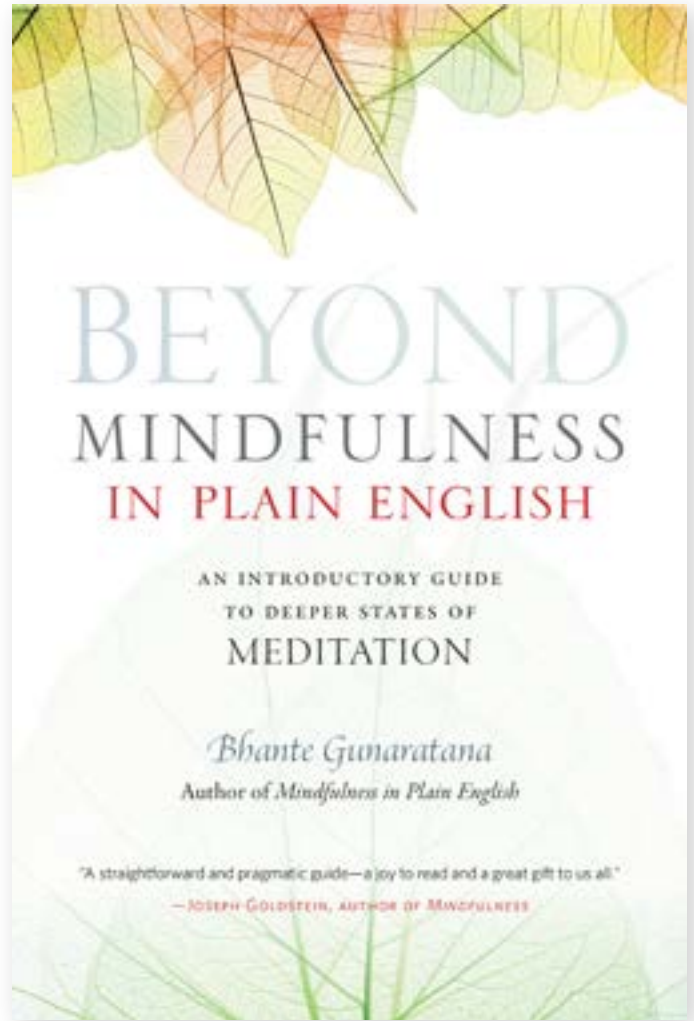
BEYOND
MINDFULNESS IN
PLAIN ENGLISH
AN INTRODUCTORY GUIDE
TO DEEPER STATES OF
MEDITATION

Bhante Gunaratana

Paperback | 240 Pages
\$16.95 | 6" x 9" | 9780861715299

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Japanese
Chinese (Simple)	Korean
Dutch	Russian
French	Sinhalese
German	Spanish
Italian	



“A straightforward
and pragmatic guide
to deepening levels
of concentration and
insight. This book is a
joy to read and a great
gift to us all.”
—Joseph Goldstein,
author of *Mindfulness*

Countless people worldwide have made *Mindfulness in Plain English* a beloved and bestselling classic in almost a dozen languages. Now after nearly two decades, Bhante helps meditators of every stripe take their mindfulness practice to the next level—helping them go, in a word, *beyond* mindfulness. In the same warm, clear, and friendly voice, Bhante introduces the reader to what have been known for centuries as the “jhanas”—deeply calm, joyous, and powerful states of meditation that, when explored with the clearly presented tools in this book, can lead to a life of insight and unshakeable peace.

BUDDHISM
*ONE TEACHER,
MANY TRADITIONS*

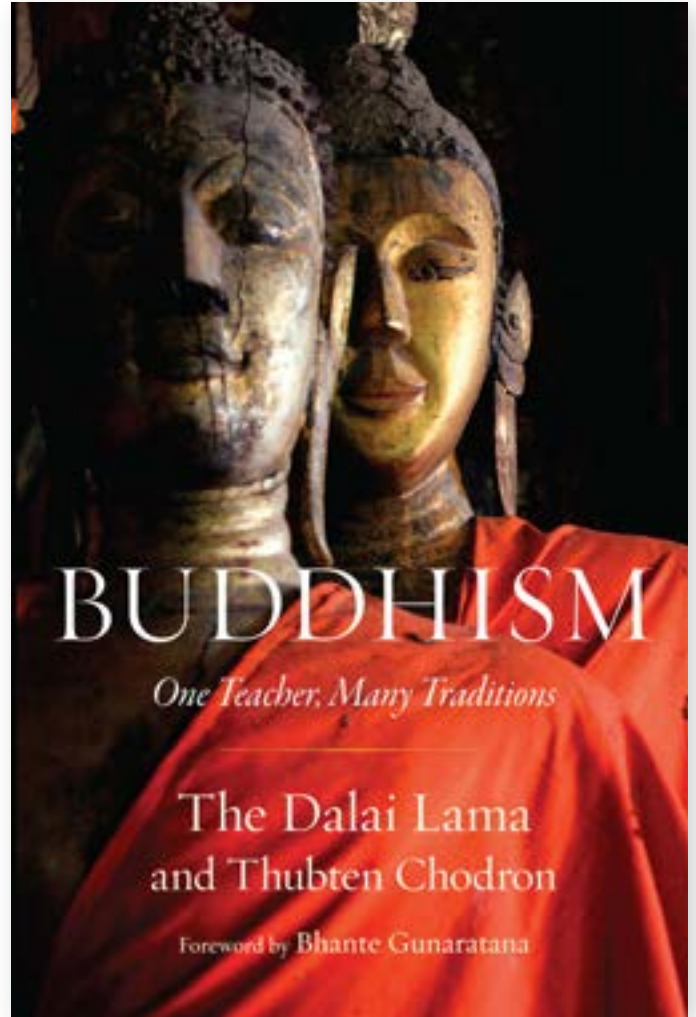
The Dalai Lama
and Thubten Chodron
Foreword by Bhante
Gunaratana

Paperback | 352 Pages
\$19.95 | 6" x 9" | 9781614293927

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Russian
French	Sinhalese
Italian	Spanish
Korean	Thai
Polish	Vietnamese

Explore with the Dalai
Lama the common
ground underlying the
diverse traditions of
Buddhism.



Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In *Buddhism*, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as

- the four noble truths,
- the practice of meditation,
- the meaning of nirvana,
- enlightenment.

The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

WHEN THE CHOCOLATE RUNS OUT

MINDFULNESS & HAPPINESS

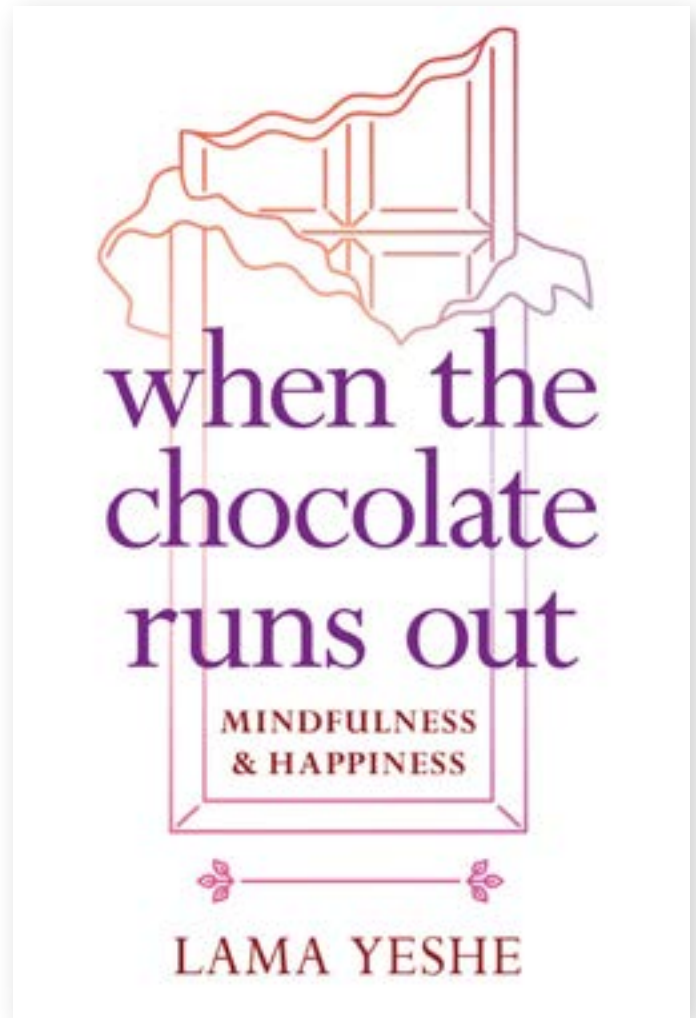
Lama Yeshe

Paperback | 176 Pages
\$9.95 | 4.5" x 6.5" | 9781614295310

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Italian
Chinese (Simple)	Portuguese
Dutch	Spanish
French	Turkish
German	Vietnamese

A portable treasury of
gems from a lifetime
of Wisdom.



To know Lama Yeshe was to know he loved chocolate; it was his favorite metaphor to describe the nature of our attachments.

This funny and trenchant little volume answers the question of how we can be happy even after the “chocolate” has run out. By cutting the cords of attachment, we discover the indestructible happiness that has always been—and always will be—available to us.

Capturing the remarkable personality of Lama Yeshe, who played an integral role in introducing Tibetan Buddhism to the Western world, *When the Chocolate Runs Out* will delight both readers who knew Lama Yeshe for decades and those who have never encountered this timelessly inspiring teacher.

At once lighthearted and profound, this delightful book of wisdom is a perfect companion to *How to Be Happy* by Lama Zopa Rinpoche.

TRANSFORMING PROBLEMS INTO HAPPINESS

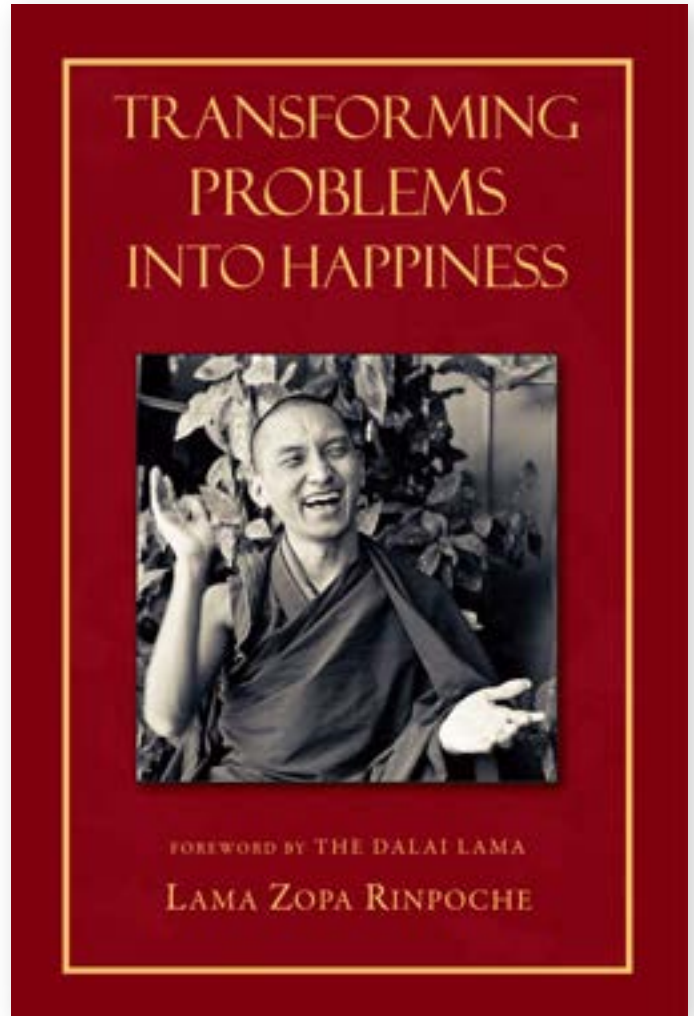
Lama Zopa Rinpoche
Foreword by His Holiness
the Dalai Lama

Paperback | 104 Pages
\$15.95 | 6" x 9" | 97808617111949

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
Danish	Mongolian
Finnish	Portuguese
French	Russian
German	Spanish

Lama Zopa Rinpoche
teaches us how to be
happy during hard
times by adopting
skillful attitudes.



“Happiness and suffering are dependent upon your mind, upon your interpretation. They do not come from outside, from others. All of your happiness and all of your suffering are created by you, by your own mind,” says Lama Zopa Rinpoche.

Commenting on an early-twentieth-century Tibetan text of instructions and practical advice for everyday spiritual living, Lama Zopa Rinpoche teaches us how to be happy during hard times by adopting skillful attitudes—ways of interpreting reality that can permit us to live a joyful and relaxed life regardless of circumstance. In *Transforming Problems Into Happiness*, Rinpoche brings his own special flavor and contemporary relevance to a timeless teaching on Buddhist psychology. This volume will be valuable to all, no matter the spiritual background of the reader or the kind of problems that have led them to ask that ageless question: How can I achieve happiness?

This new edition includes a translation of the root text, Dodrupchen Rinpoche’s (1865—1926) *Instructions on Turning Happiness and Suffering into the Path of Enlightenment*, translated by Tulku Thundp.

HOW TO BE HAPPY

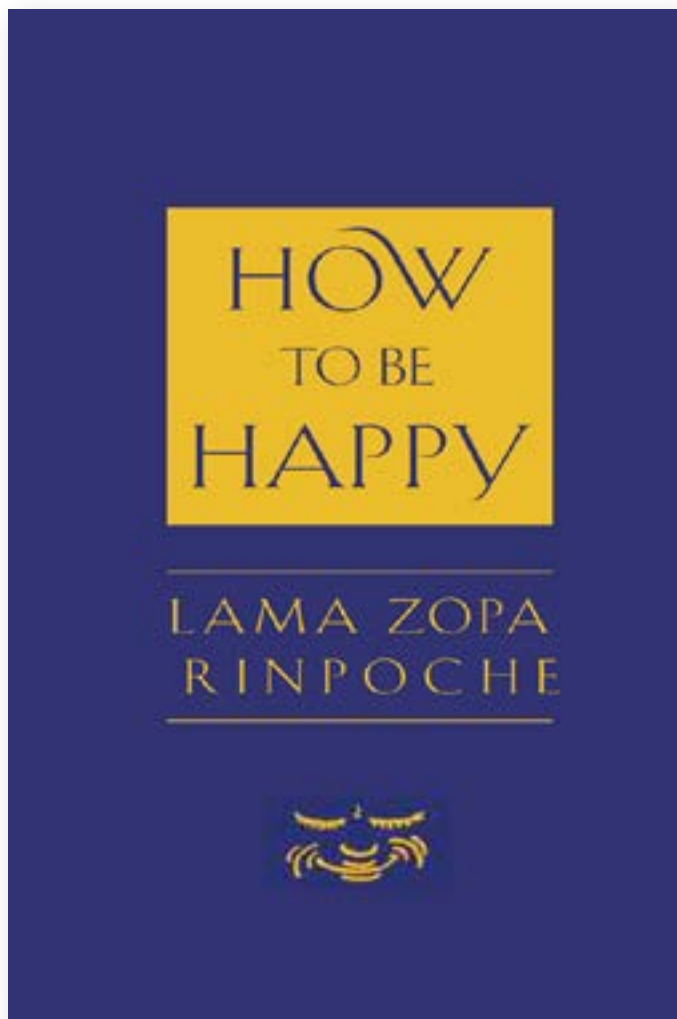
Lama Zopa Rinpoche

Paperback | 144 Pages

\$11.95 | 4.25" x 6.5" | 9781614296676

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Italian
Czech	Portuguese
French	Spanish
German	Vietnamese
Indonesian	



In *How to Be Happy*,
Lama Zopa Rinpoche
helps us to find our
good heart, the heart
that rejoices in the
happiness of others.

How to transform problems into happiness, how to find compassion for our “enemies”, how to treat ourselves with kindness; it is on these persistent and universal challenges that Lama Zopa offers his wise and warm teachings. Including three wonderfully rich and evocative guided meditations, *How to Be Happy* works with the reader to show that happiness in this present moment is dependent on the wisdom of a truly open and generous heart.

Anyone looking for advice on how to be happy—truly, meaningfully happy—will find Lama Zopa Rinpoche to be a trustworthy and skillful guide. He is a tireless teacher of methods that work for us when all is well, and also when life’s troubles, big and small, seem unmanageable.

WISDOM ENERGY

BASIC BUDDHIST TEACHINGS

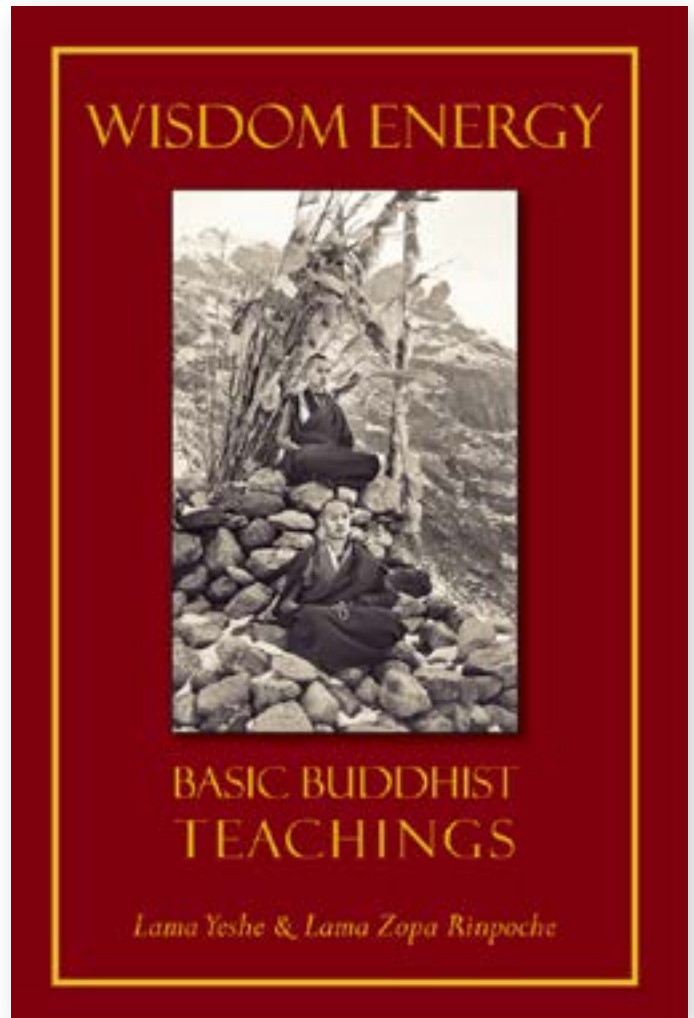
Lama Yeshe and
Lama Zopa Rinpoche

Paperback | 160 Pages
\$15.95 | 6" x 9" | 9781614290018

The Foreign Rights to the
Following Languages
Have Been Sold:

French	Portuguese
German	Russian
Italian	Spanish
Mongolian	Swedish
Polish	

Explore a simple
and compelling
introduction to
Buddhism from
two renowned
Tibetan lamas.



Wisdom Energy is a simple and compelling introduction to Buddhism by two Tibetan lamas renowned for their insight and skill in teaching Westerners. Containing an entire meditation course, it goes to the heart of basic Buddhist practice and discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, and the methods for subduing them and gaining control over our minds and lives. Originally published in 1976, *Wisdom Energy* still preserves the power, humor, and directness of the lamas' first teaching tour of North America, giving the reader the feeling of an intimate audience with two highly respected teachers.

MINDFULNESS, BLISS, AND BEYOND

A MEDITATOR'S HANDBOOK

Ajahn Brahm

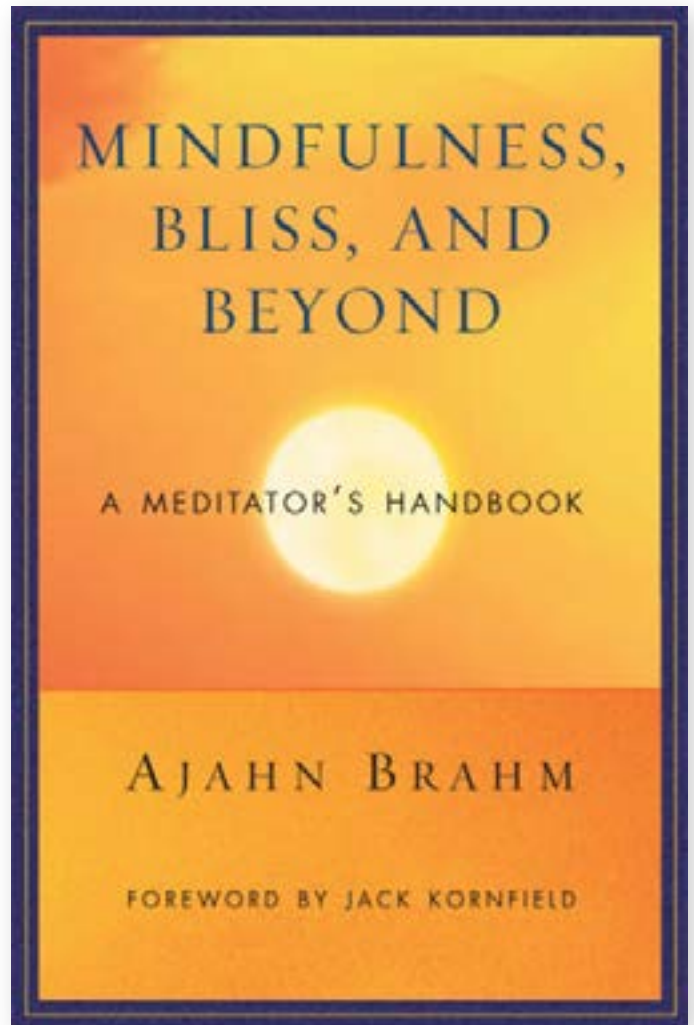
Foreword by Jack Kornfield

Paperback | 320 Pages

\$19.95 | 6" x 9" | 9780861712755

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Italian
Dutch	Korean
French	Polish
German	Russian
Indonesian	



“This book is the
kind of work that
comes around once
in a lifetime.”
—*BuddhaSpace*

Meditation: it's not just a way to relax, or to deal with life's problems. Done correctly, it can be a way to radically encounter bliss and to begin—and sustain—real transformation in ourselves.

In *Mindfulness, Bliss, and Beyond*, self-described meditation junkie Ajahn Brahm shares his knowledge and experience of the jhanas—a core part of the Buddha's original meditation teaching. Never before has this material been approached in such an empowering way, by a teacher of such authority and popularity.

Full of surprises, delightfully goofy humor, and entertaining stories that inspire, instruct, and illuminate, *Mindfulness, Bliss, and Beyond* will encourage those new to meditation, and give a shot in the arm to more experienced practitioners as well.

MONEY, SEX, WAR, KARMA

NOTES FOR A BUDDHIST REVOLUTION

David R. Loy

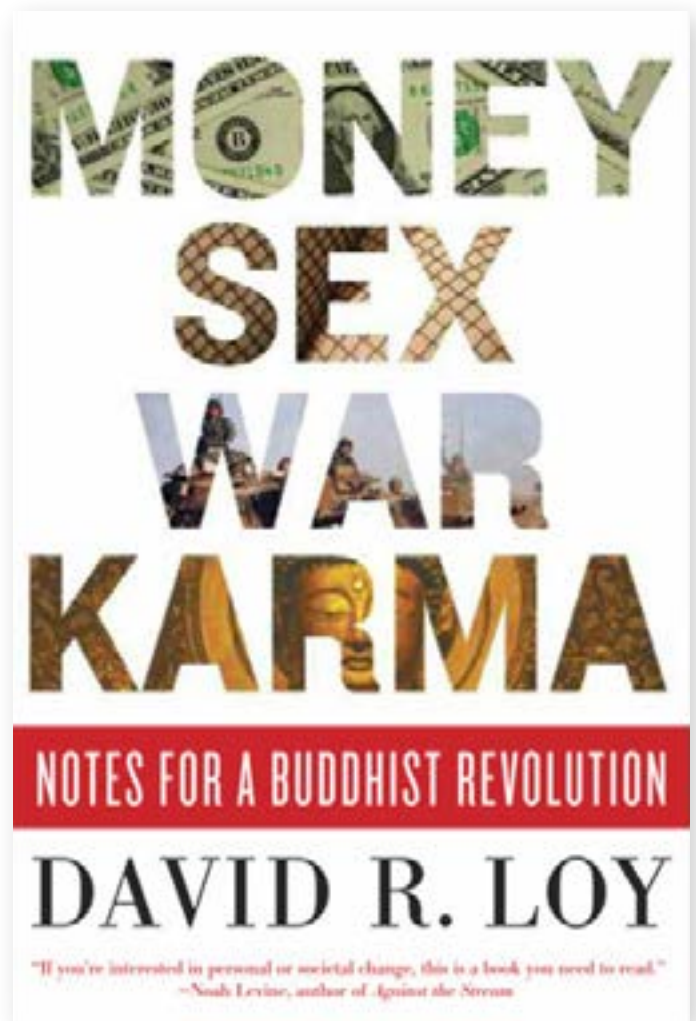
Paperback | 176 Pages

\$15.95 | 6" x 9" | 9780861715589

The Foreign Rights to the
Following Languages
Have Been Sold:

Finnish	Japanese
French	Korean
German	Spanish
Italian	Thai

David R. Loy's most
accessible work to date
on oft-misunderstood
Buddhist staples.



- What's Wrong with Sex?
- Consciousness Commodified
- The Karma of Food
- Why We Love War

These are just some of the chapters in this brilliant book from David R. Loy.

In little time, Loy has become one of the most powerful advocates of the Buddhist worldview, explaining like no one else its ability to transform the sociopolitical landscape of the modern world.

In this, his most accessible work to date, he offers sharp and even shockingly clear presentations of oft-misunderstood Buddhist staples—the working of karma, the nature of self, the causes of trouble on both the individual and societal levels—and the real reasons behind our collective sense of “never enough,” whether it’s time, money, sex, security... even war.

Loy’s “Buddhist Revolution” is nothing less than a radical change in the ways we can approach our lives, our planet, the collective delusions that pervade our language, culture, and even our spirituality.

THE ATTENTION REVOLUTION

UNLOCKING THE POWER OF THE FOCUSED MIND

B. Alan Wallace

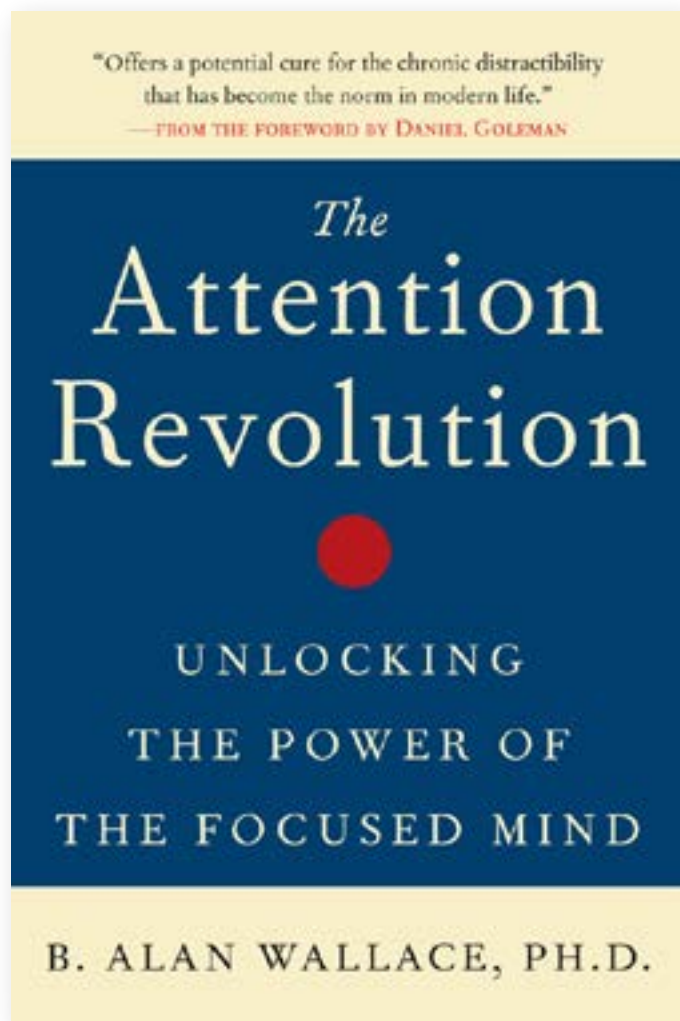
Paperback | 224 Pages

\$17.95 | 6" x 9" | 9780861712762

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Portuguese
German	Romanian
Indonesian	Russian
Italian	Spanish

“Indispensable for anyone wanting to understand the mind. A superb, clear set of exercises that will benefit everyone.”
—Paul Ekman, author of *Telling Lies* and *Emotions Revealed*



Meditation offers, in addition to its many other benefits, a method for achieving previously inconceivable levels of concentration. B. Alan Wallace has nearly thirty years' practice in attention-enhancing meditation, including a retreat he performed under the guidance of the Dalai Lama. An active participant in the much-publicized dialogues between Buddhists and scientists, Alan is uniquely qualified to speak intelligently to both camps, and this is the definitive presentation of his knowledge.

Beginning by pointing out the ill effects that follow from our inability to focus, Alan moves on to explore a systematic path of meditation to deepen our capacity for deep concentration. The result is an exciting, rewarding “expedition of the mind,” tracing everything from the confusion at the bottom of the trail to the extraordinary clarity and power that come with making it to the top.

Alan also provides interludes and complementary practices for cultivating love, compassion, and clarity in our waking and dreaming lives.

Attention is the key that makes personal change possible, and the good news is that it can be trained.

BEARING THE
UNBEARABLE
LOVE, LOSS, AND
THE HEARTBREAKING
PATH OF GRIEF
Joanne Cacciatore

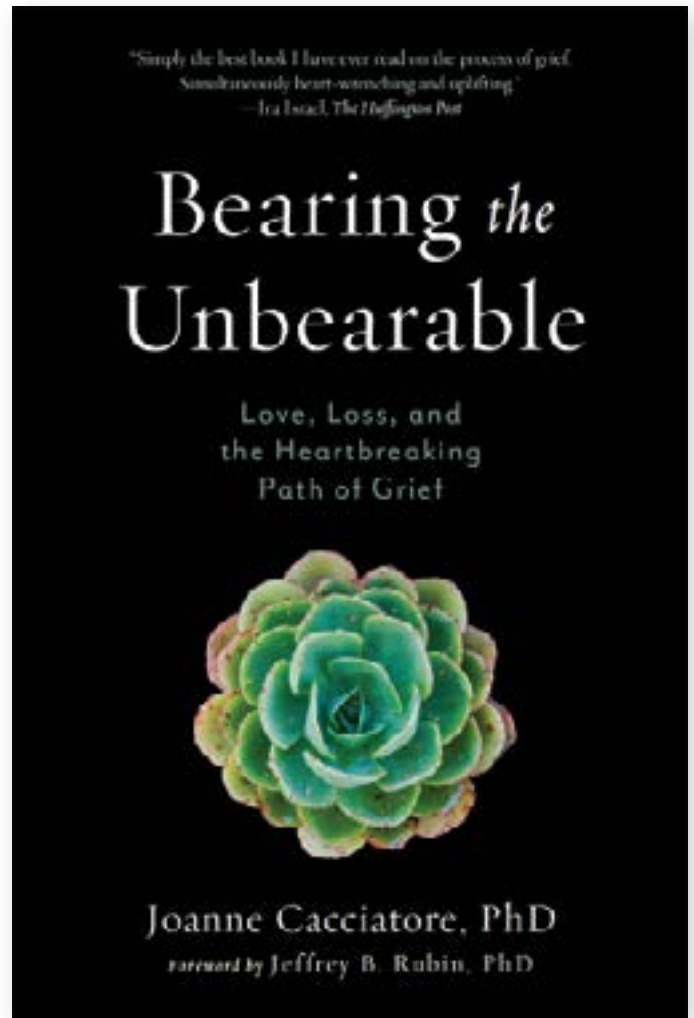
Paperback | 248 Pages
\$15.95 | 6" x 9" | 9781614292968

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)
German
Spanish
Vietnamese

If you love, you will
grieve—and nothing
is more mysteriously
central to becoming fully
human.

Foreword INDIES
Award-Winner —
Gold Medal
for Self-Help.



When a loved one dies, the pain of loss can feel unbearable—especially in the case of a traumatizing death that leaves us shouting, “NO!” with every fiber of our body. The process of grieving can feel wild and nonlinear—and often lasts for much longer than other people, the nonbereaved, tell us it should.

Organized into fifty-two short chapters, *Bearing the Unbearable* is a companion for life’s most difficult times, revealing how grief can open our hearts to connection, compassion, and the very essence of our shared humanity. Dr. Joanne Cacciatore—bereavement educator, researcher, Zen priest, and leading counselor in the field—accompanies us along the heartbreaking path of love, loss, and grief. Through moving stories of her encounters with grief over decades of supporting individuals, families, and communities—as well as her own experience with loss—Cacciatore opens a space to process, integrate, and deeply honor our grief.

Not just for the bereaved, *Bearing the Unbearable* will be required reading for grief counselors, therapists and social workers, clergy of all varieties, educators, academics, and medical professionals.

IN THE BUDDHA'S WORDS

AN ANTHOLOGY OF DISCOURSES FROM THE PĀLI CANON

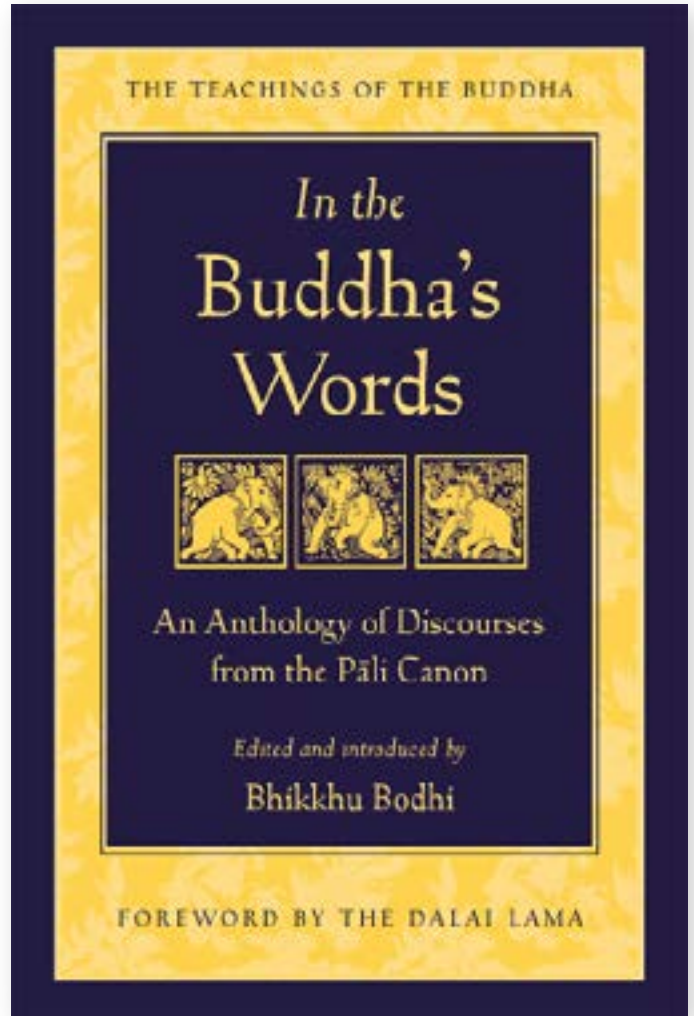
Translated by Bhikkhu Bodhi

Paperback | 512 Pages
\$21.95 | 6" x 9" | 9780861714919

The Foreign Rights to the Following Languages Have Been Sold:

German	Portuguese
Indonesian	Spanish
Korean	Russian

This landmark collection is the definitive introduction to the Buddha's teachings—in his own words.



The American scholar-monk Bhikkhu Bodhi, whose voluminous translations have won widespread acclaim, here presents selected discourses of the Buddha from the Pali Canon, the earliest record of what the Buddha taught. Divided into ten thematic chapters, *In the Buddha's Words* reveals the full scope of the Buddha's discourses, from family life and marriage to renunciation and the path of insight. A concise, informative introduction precedes each chapter, guiding the reader toward a deeper understanding of the texts that follow.

In the Buddha's Words allows even readers unacquainted with Buddhism to grasp the significance of the Buddha's contributions to our world heritage. Taken as a whole, these texts bear eloquent testimony to the breadth and intelligence of the Buddha's teachings, and point the way to an ancient yet ever-vital path. Practitioners and scholars alike will find this systematic presentation indispensable.

This volume is well-suited for those looking for an accessible introduction to the Theravadin scriptural corpus, as well as being a valuable resource for those familiar with the Pali Canon but wanting a more structured presentation of the materials.

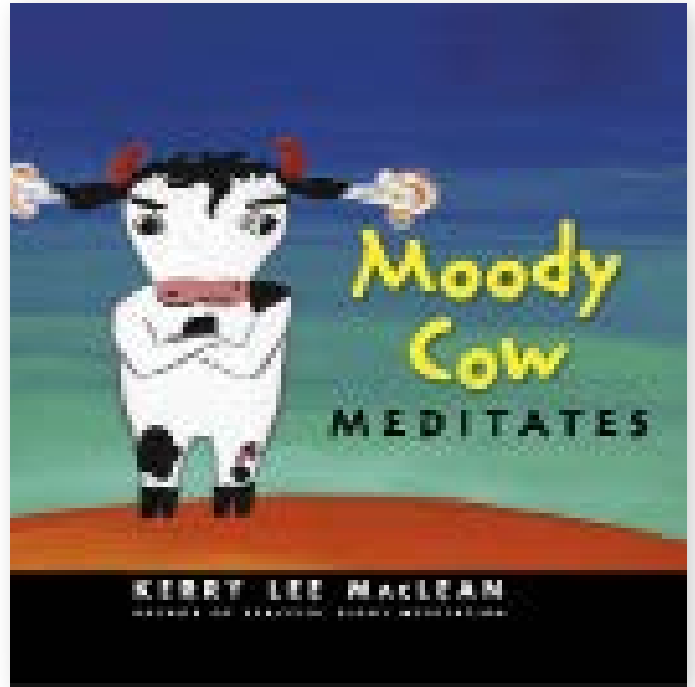
MOODY COW MEDITATES

Kerry Lee MacLean

Hardcover | 32 Pages
\$16.95 | 10" x 8" | 9780861715732

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)
Catalan
Spanish
Vietnamese



This vibrant and
funny children's book
is a playful way to
introduce children
to the power of
meditation.

Children can develop greater joy and concentration through the practices of mindfulness and meditation, and *Moody Cow Meditates* is the perfect way to introduce them. With full color illustrations by the author, *Moody Cow Meditates* is a wonderful book for parents and children to share together.

It all started one stupid, rotten day when everything went wrong...

Peter the cow is having a BAD day. After missing the bus and wiping out on his bike he loses his temper and gets in trouble. To make matters worse all the other kids are teasing him, calling him Moody Cow. Peter's day just seems to get worse until his grandfather comes over and teaches him how to settle his mind and let go of his frustration through a simple and fun exercise.

All of us, adults and children, struggle with 'Moody Cow' days sometimes, where we feel caught up in our anger and other emotions. This book is an accessible introduction to using mindfulness to find relief and calm.

MINDFUL MONKEY, HAPPY PANDA

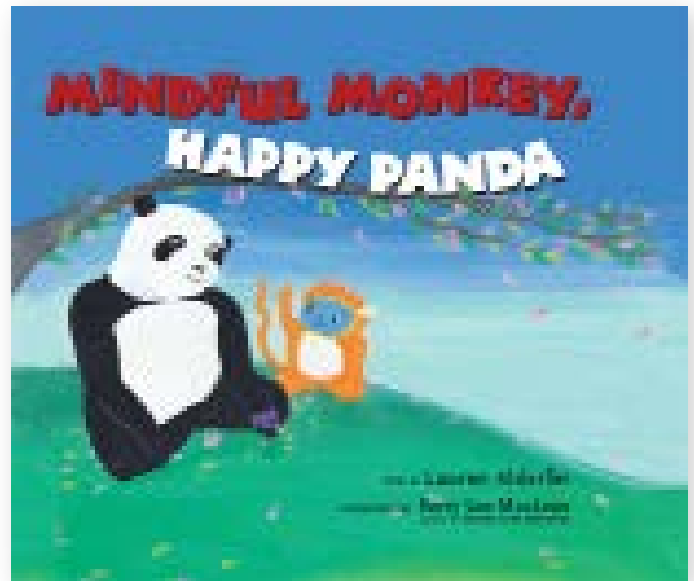
Lauren Alderfer

Hardcover | 32 Pages

\$16.95 | 8" x 10" | 9780861716838

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)
Dutch
Korean
Vietnamese



This wonderful picture
book for children and
adults alike introduces
the powerful practice
of mindfulness in a
fun and exciting way.

This wonderful picture book for children and adults alike introduces the powerful practice of mindfulness in a fun and exciting way. With the delightful Monkey and his serene friend Happy Panda guiding readers to a calmer and more attentive mind, this whimsical yet warm presentation will delight all readers.

As our story begins, Monkey is not so mindful - his Monkey Mind constantly jumping from one thing to another - but he encounters a mysterious and playful friend in Happy Panda. Panda helps Monkey recognize the simple joy of doing what you're doing while you're doing it.

THE MIDDLE
LENGTH
DISCOURSES
OF THE BUDDHA
A TRANSLATION OF THE
MAJJHIMA NIKĀYA

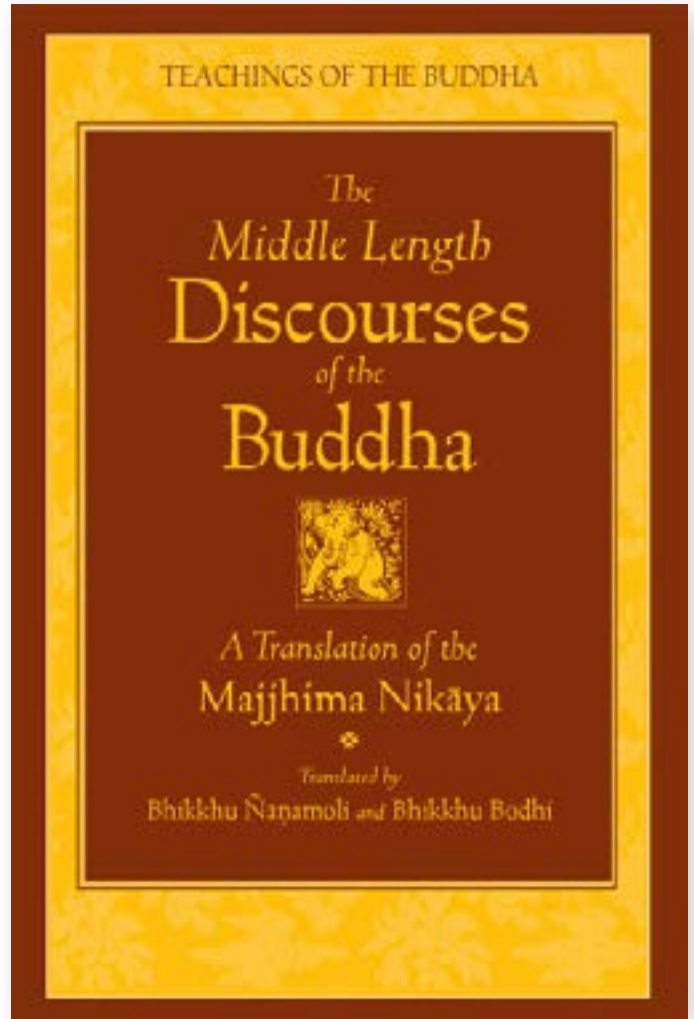
Translated by
Bhikkhu Ñanamoli
and Bhikkhu Bodhi

Hardcover | 1424 Pages
\$75.00 | 5.25" x 8.5" | 9780861710720

The Foreign Rights to the
Following Languages
Have Been Sold:

Indonesian
Russian
Serbian

Winner of the 1995
Choice Magazine
Outstanding Academic
Book Award, and the
Tricycle Prize for
Excellence in Buddhist
Publishing for
Dharma Discourse.



This book offers a complete translation of the Majjhima Nikaya, or *Middle Length Discourses of the Buddha*, one of the major collections of texts in the Pali Canon. This collection—among the oldest records of the historical Buddha’s original teachings—consists of 152 *suttas* or discourses of middle length, distinguished as such from the longer and shorter *suttas* of the other collections. The Majjhima Nikaya might be concisely described as the Buddhist scripture that combines the richest variety of contextual settings with the deepest and most comprehensive assortment of teachings. These teachings, which range from basic ethics to instructions in meditation and liberating insight, unfold in a fascinating procession of scenarios that show the Buddha in living dialogue with people from many different strata of ancient Indian society.

The translation is based on an original draft translation left by Bhikkhu Nanamoli, which has been edited and revised by Bhikkhu Bodhi, who provides a long introduction and helpful explanatory notes. Combining lucidity of expression with accuracy, this translation enables the Buddha to speak across twenty-five centuries in language that addresses the most pressing concerns of the contemporary reader.

THE CONNECTED DISCOURSES OF THE BUDDHA

A NEW TRANSLATION OF
THE SAMYUTTA NIKAYA

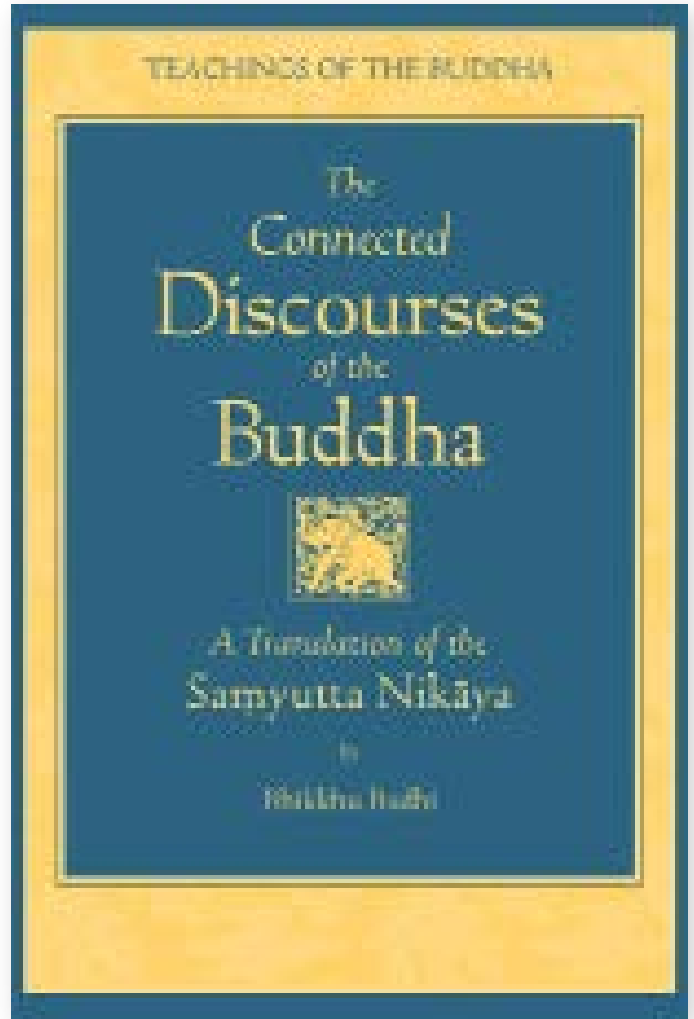
Translated by Bhikkhu Bodhi

Hardcover | 2080 Pages
\$75.00 | 5.25" x 8.5" | 9780861713318

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Simple)
Chinese (Complex)
Indonesian
Russian

This volume offers a complete translation of the Samyutta Nikaya, *The Connected Discourses of the Buddha*, the third of the four great collections in the Sutta Pitaka of the Pali Canon.



This volume offers a complete translation of the Samyutta Nikaya, *The Connected Discourses of the Buddha*, the third of the four great collections in the Sutta Pitaka of the Pali Canon. The Samyutta Nikaya consists of fifty-six chapters, each governed by a unifying theme that binds together the Buddha's suttas or discourses, and serves as the repository for the many shorter suttas of the Buddha where he discloses his radical insights into the nature of reality and his unique path to spiritual emancipation.

Organized into five major parts, the present work begins with an insightful general introduction to the Samyutta Nikaya as a whole. Each of the five parts is also provided with its own introduction, intended to guide the reader through this vast, ocean-like collection of suttas.

Distinguished by its lucidity and technical precision, this new translation makes this ancient collection of the Buddha's discourses accessible and comprehensible to the thoughtful reader of today. Like its two predecessors in this series, *The Connected Discourses of the Buddha* is sure to merit a place of honour in the library of every serious student of Buddhism.

THE
HIDDEN LAMP
STORIES FROM TWENTY-FIVE
CENTURIES OF AWAKENED
WOMEN

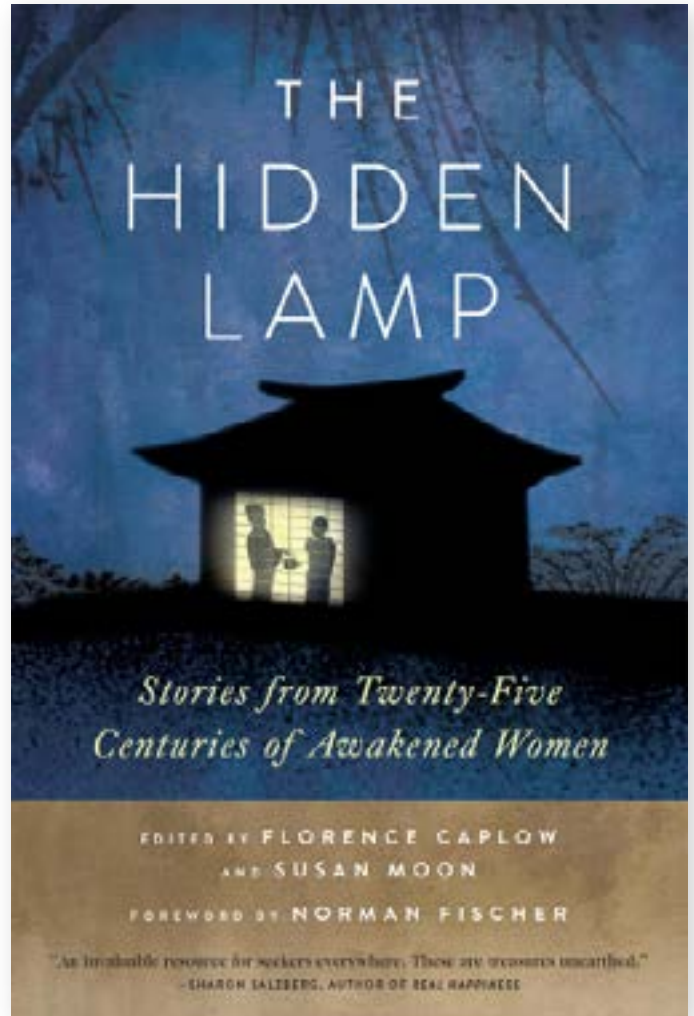
Edited by
Zenshin Florence Caplow and
Reigetsu Susan Moon

Paperback | 440 Pages
\$18.95 | 6" x 9" | 9780861716593

The Foreign Rights to the
Following Languages
Have Been Sold:

Dutch
German
Italian

A collection of one
hundred koans and
stories of Buddhist
women from the time
of the Buddha to the
present day.



The Hidden Lamp is a collection of one hundred koans and stories of Buddhist women from the time of the Buddha to the present day. This revolutionary book brings together many teaching stories that were hidden for centuries, unknown until this volume. These stories are extraordinary expressions of freedom and fearlessness, relevant for men and women of any time or place. In these pages we meet nuns, laywomen practicing with their families, famous teachers honored by emperors, and old women selling tea on the side of the road.

Each story is accompanied by a reflection by a contemporary woman teacher--personal responses that help bring the old stories alive for readers today--and concluded by a final meditation for the reader, a question from the editors meant to spark further rumination and inquiry. These are the voices of the women ancestors of every contemporary Buddhist.

THE LONG
DISCOURSES
OF THE BUDDHA
A TRANSLATION OF
THE DIGHA NIKAYA

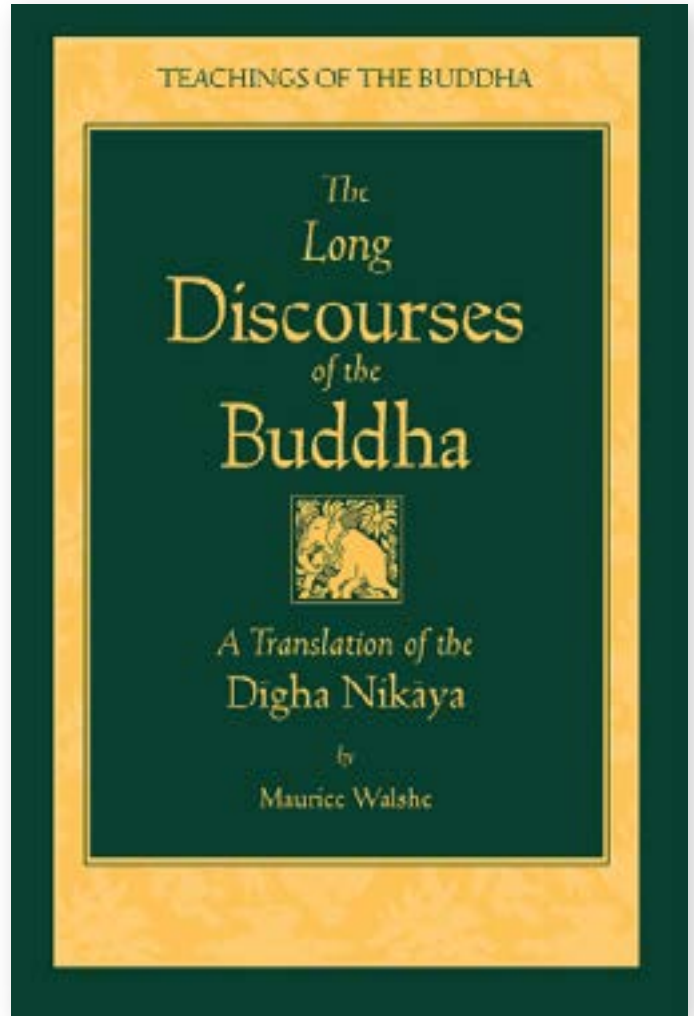
Translated by Maurice Walshe

Hardcover | 648 Pages
\$50.00 | 5.25" x 8.5" | 9780861711031

The Foreign Rights to the
Following Languages
Have Been Sold:

Hebrew
Indonesian

A complete translation
of the Digha Nikaya,
the long discourses of
the Buddha, one of
the major collections
of texts in the Pali
Canon.



This book offers a complete translation of the Digha Nikaya, the long discourses of the Buddha, one of the major collections of texts in the Pali Canon, the authorized scriptures of Theravada Buddhism. This collection—among the oldest records of the historical Buddha's original teachings, given in India two and a half thousand years ago—consists of thirty-four longer-length suttas, or discourses, distinguished as such from the middle-length and shorter suttas of the other collections.

These suttas reveal the gentleness, compassion, power, and penetrating wisdom of the Buddha. Included are teachings on mindfulness (Mahasatipatthana Sutta); on morality, concentration, and wisdom (Subha Sutta); on dependent origination (Mahanidrana Sutta); on the roots and causes of wrong views (Brahmajala Sutta); and a long description of the Buddha's last days and passing away (Mahaparinibbana Sutta); along with a wealth of practical advice and insight for all those travelling along the spiritual path.

Introduced with a vivid account of the Buddha's life and times and a short survey of his teachings, The Long Discourses of the Buddha brings us closer in every way to the wise and compassionate presence of

KINDFULNESS

Ajahn Brahm

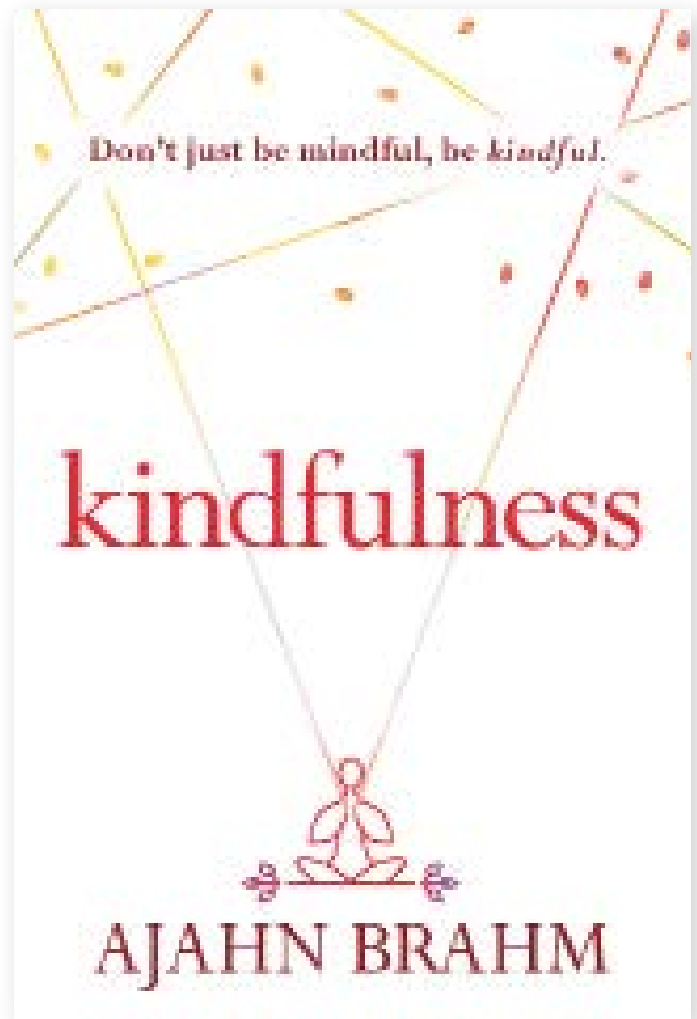
Paperback | 184 Pages

\$9.95 | 4.5" x 6.5" | 9781614291992

The Foreign Rights to the
Following Languages
Have Been Sold:

Czech	Polish
German	Russian
Indonesian	Vietnamese
Korean	

Mindfulness is not enough...



When we add kindness to mindfulness we get “kindfulness,” a new approach to meditation. Kindfulness is the cause of relaxation. It brings ease to the body, to the mind, and to the world. Kindfulness allows healing to happen. So don’t just be mindful, be kindful!

With his trademark knack for telling engaging stories paired with step-by-step anyone-can-do-it instructions, Brahm brings alive and makes accessible powerful tools transformation. This slim, beautifully designed volume is a Quick Start guide for living a life of joy and compassion.

THE GRACE IN AGING AWAKEN AS YOU GROW OLDER

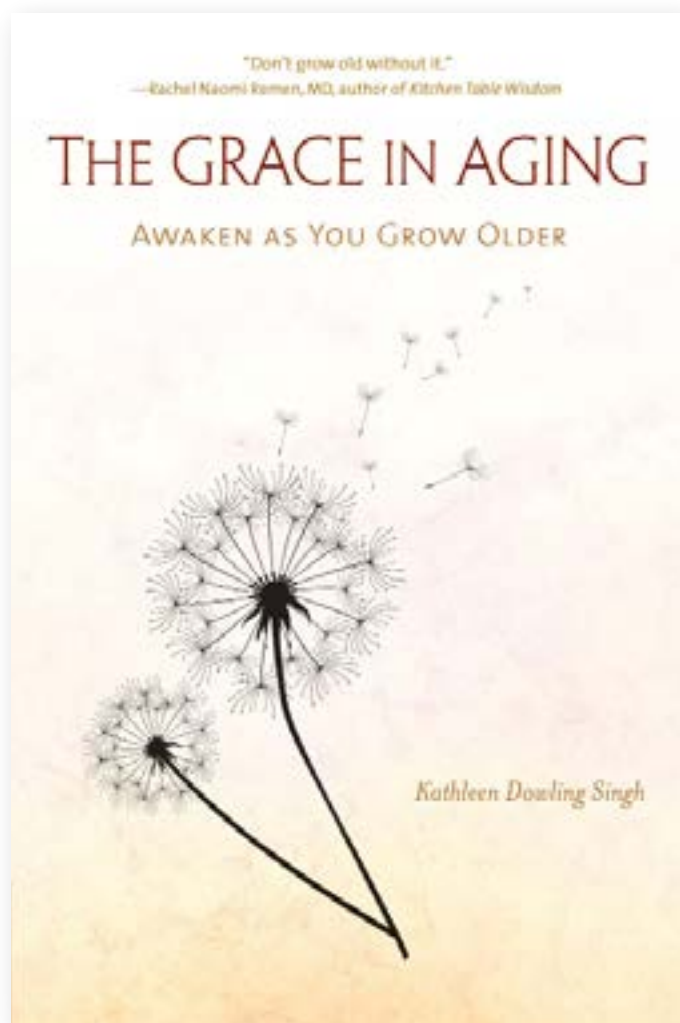
Kathleen Dowling Singh

Paperback | 304 Pages
\$17.95 | 6" x 9" | 9781614291268

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)
Romanian
Slovak
Spanish

Encouraging,
inspiring, and
practical, *The Grace
in Aging* invites all
those who have ever
experienced spiritual
longing to awaken in
their twilight years.



Since aging, in and of itself, does not lead to spiritual maturity, *The Grace in Aging* suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold—transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace.

Straightforward language and piercing questions bring Kathleen Dowling Singh's teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Chogyam Trungpa, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings.

The Grace in Aging offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live.

AGING FOR BEGINNERS

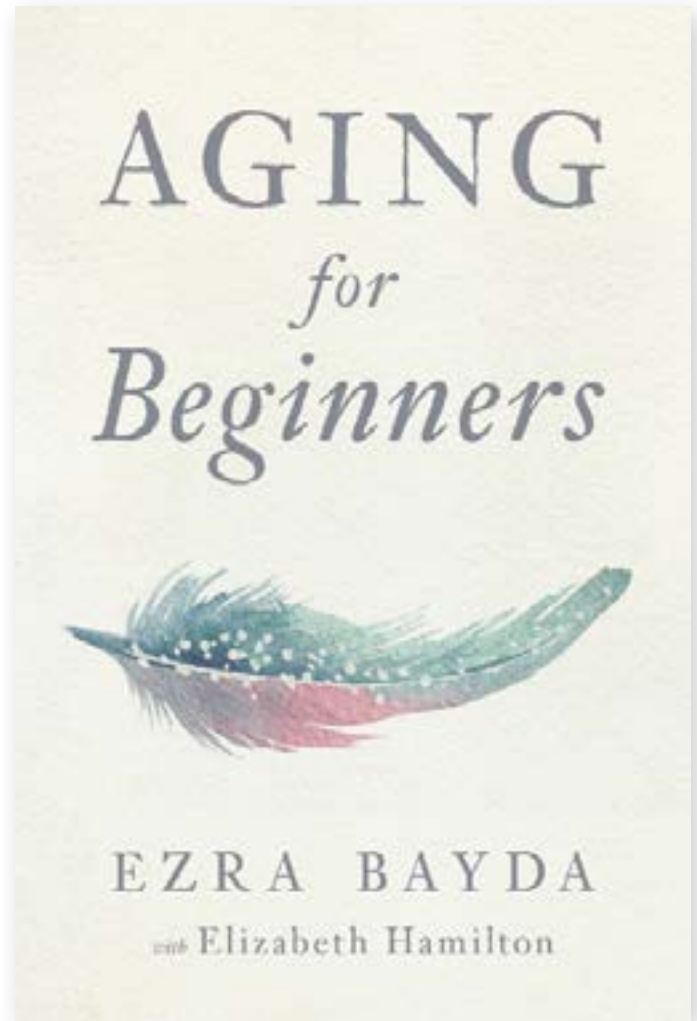
Ezra Bayda with Elizabeth Hamilton

Paperback | 208 Pages
\$17.95 | 6" x 9" | 9781614294771

The Foreign Rights to the Following Languages Have Been Sold:

Italian
Vietnamese

We all grow old. This book teaches us how to take advantage of a new phase of life: a phase of renewal and inner exploration.



We're all beginners when it comes to aging. And although the fact that we are in new territory can certainly contribute to the difficulties in dealing with getting older, it can also have a very positive side. Aging can be seen as a new phase of our life: a phase of renewal. Nowhere is this more evident than in our opportunity to devote more time to reflection and inner exploration. The result, regardless of whatever physical limitations we may be experiencing, is the possibility of cultivating and living increasingly from kindness and gratitude—two of the essential qualities of a life of satisfaction and equanimity.

With techniques that are both simple and richly unfolded, this book will help readers:

- learn the subtle art of being with pain
- uncover the fears that amplify suffering
- tap into the true sources of meaningfulness and joy

Winner of the Spirituality & Practice Best Book Award in 2019.

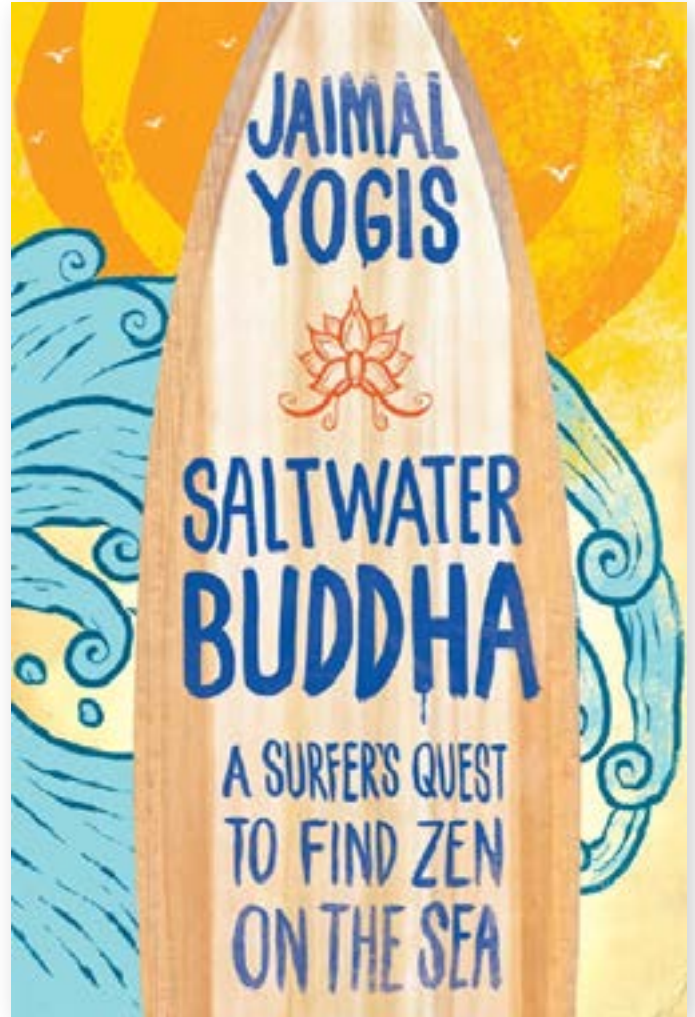
**SALTWATER
BUDDHA**
*A SURFER'S QUEST
TO FIND ZEN ON THE SEA*

Jaimal Yogis

Paperback | 256 Pages
\$16.95 | 5" x 8" | 9780861715350

The Foreign Rights to the
Following Languages
Have Been Sold:

Estonian	Italian
Finnish	Spanish
German	



Equal parts spiritual memoir and surfer's tale, this is a chronicle of finding meditative focus in the barrel of a wave and eternal truth in the great salty blue.

Fed up with teenage life in the suburbs, Jaimal Yogis ran off to Hawaii with little more than a copy of Hermann Hesse's *Siddhartha* and enough cash for a surfboard. His journey is a coming-of-age saga that takes him from communes to monasteries, from the warm Pacific to the icy New York shore. Equal parts spiritual memoir and surfer's tale, this is a chronicle of finding meditative focus in the barrel of a wave and eternal truth in the great salty blue.

OPENING
THE HAND OF
THOUGHT
FOUNDATIONS OF
ZEN BUDDHIST PRACTICE

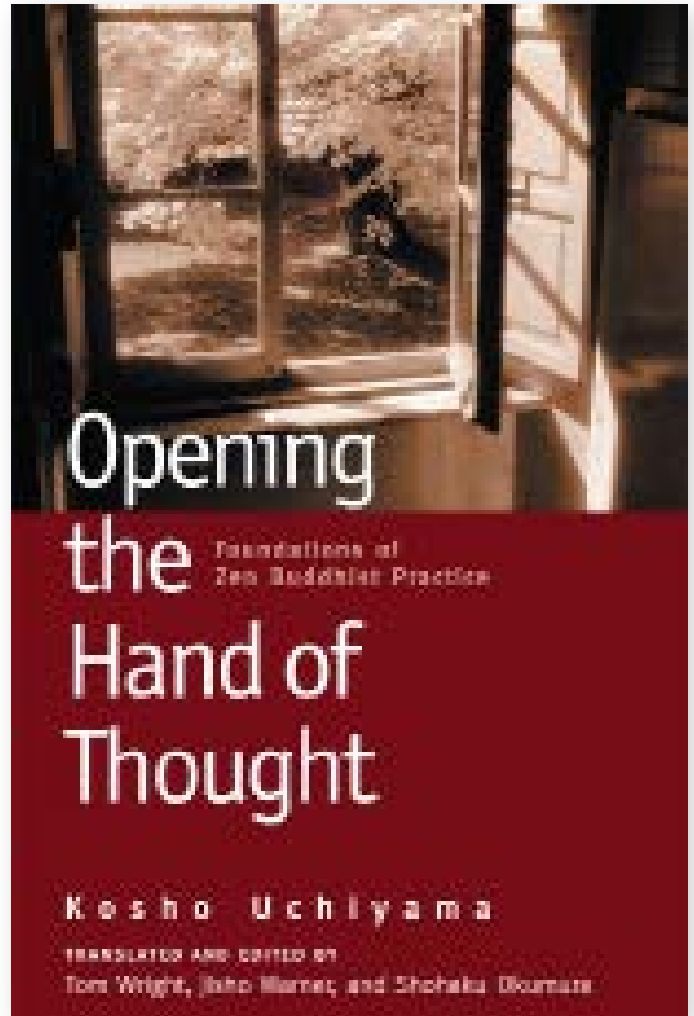
Kosho Uchiyama
Translated and edited by
Jisho Warner,
Shohaku Okumura,
and Tom Wright

Paperback | 256 Pages
\$17.95 | 6" x 9" | 9780861713578

The Foreign Rights to the
Following Languages
Have Been Sold:

French	Russian
German	Spanish
Italian	Vietnamese

For over thirty years,
*Opening the Hand of
Thought* has offered
an introduction to
Zen Buddhism and
meditation unmatched
in clarity and power.



For over thirty years, *Opening the Hand of Thought* has offered an introduction to Zen Buddhism and meditation unmatched in clarity and power. This is the revised edition of Kosho Uchiyama's singularly incisive classic.

This new edition contains even more useful material: new prefaces, an index, and extended endnotes, in addition to a revised glossary. As Jisho Warner writes in her preface, *Opening the Hand of Thought* "goes directly to the heart of Zen practice... showing how Zen Buddhism can be a deep and life-sustaining activity." She goes on to say, "Uchiyama looks at what a person is, what a self is, how to develop a true self not separate from all things, one that can settle in peace in the midst of life."

By turns humorous, philosophical, and personal, *Opening the Hand of Thought* is above all a great book for the Buddhist practitioner. It's a perfect follow-up for the reader who has read *Zen Meditation in Plain English* and is especially useful for those who have not yet encountered a Zen teacher.

THE FINE ARTS OF RELAXATION, CONCENTRATION AND MEDITATION

*ANCIENT SKILLS FOR
MODERN MINDS, REVISED
EDITION*

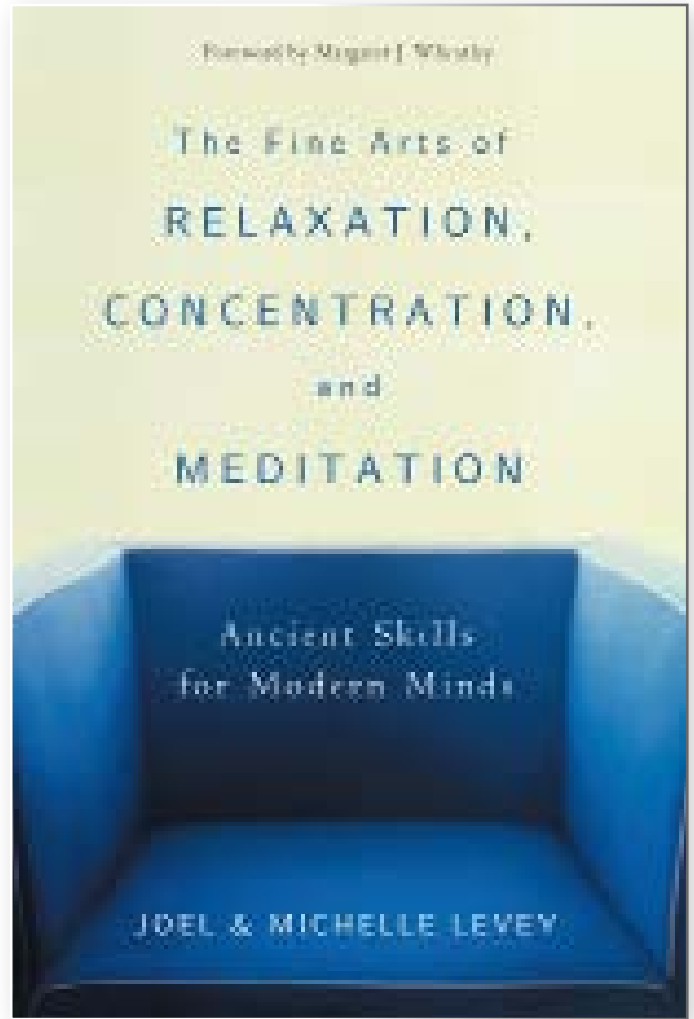
Joel Levey and
Michelle Levey

Paperback | 304 Pages
\$14.95 | 6" x 9" | 9780861713493

The Foreign Rights to the
Following Languages
Have Been Sold:

Dutch	Korean
French	Polish
German	Spanish
Italian	

Fine Arts is a vital
blend of profoundly
practical skills, advice,
instruction, and
encouragement.



Joel and Michelle Levey have taught thousands of people around the globe to live in greater harmony and balance. Field-tested and refined over many years, the Leveys' unique approach to stress-mastery and personal development offers step-by-step guidance for developing personal strengths, enhancing the quality of life, and making a real contribution to the world.

The Fine Arts of Relaxation, Concentration and Meditation offers a treasury of their most useful teachings such as

waking up throughout the day--finding your meditation practice and sticking to it; balancing breath, brain, and mind--mastering stress--enhancing performance in every arena of your life; creative intelligence--the dynamic synergy of active and quiet mind skills; mastery, mystery, and meditation--awakening to your true nature; and inspired work--relaxation, concentration, and meditation in the job.

Fine Arts is a complete course for awakening more fully to your highest potentials in each moment of your life.

FOOD FOR THE HEART

THE COLLECTED TEACHINGS OF AJAHN CHAH

Ajahn Chah

Foreword by Jack Kornfield

Introduction by Ajahn Amaro

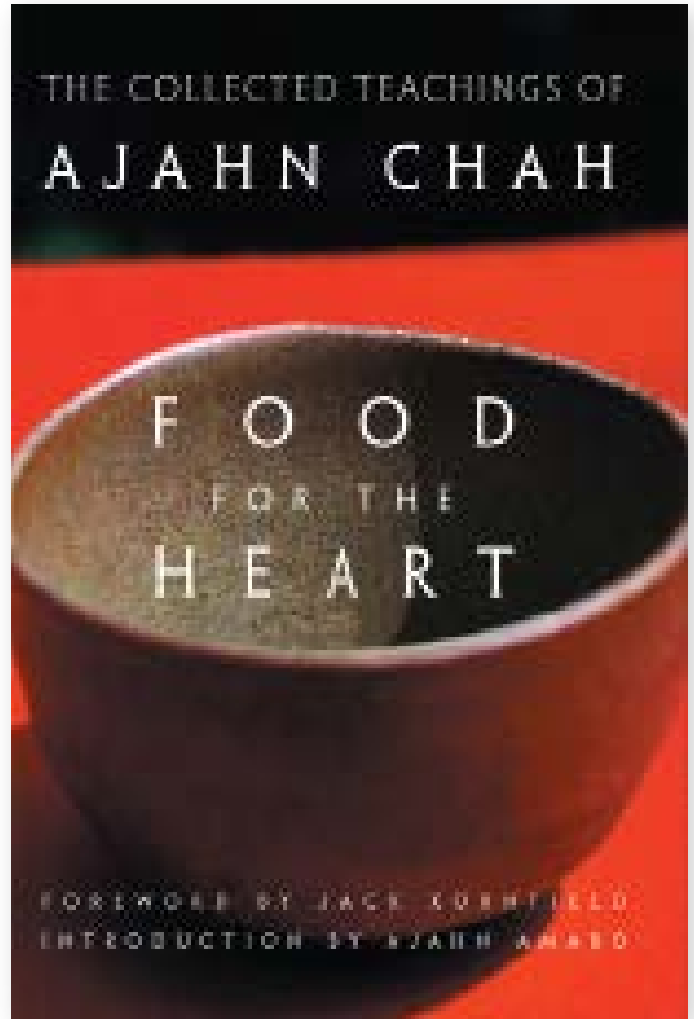
Paperback | 432 Pages

\$19.95 | 6" x 9" | 9780861713233

The Foreign Rights to the Following Languages Have Been Sold:

Chinese (Complex)	Japanese
Chinese (Simple)	Korean
French	Russian
Indonesian	Vietnamese

A never before seen collection of the powerful teachings of renowned meditation teacher Ajahn Chah.



Renowned for the beauty and simplicity of his teachings, Ajahn Chah was Thailand's best-known meditation teacher. His charisma and wisdom influenced many American and European seekers, and helped shape the American Vipassana community. This collection brings together for the first time Ajahn Chah's most powerful teachings, including those on meditation, liberation from suffering, calming the mind, enlightenment and the 'living dhamma'. Most of these talks have previously only been available in limited, private editions and the publication of *Food for the Heart* therefore represents a momentous occasion: the hugely increased accessibility of his words and wisdom. Western teachers such as Ram Dass and Jack Kornfield have extolled Chah's teachings for years and now readers can experience them directly in this book.

THE FOUR FOUNDATIONS OF MINDFULNESS IN PLAIN ENGLISH

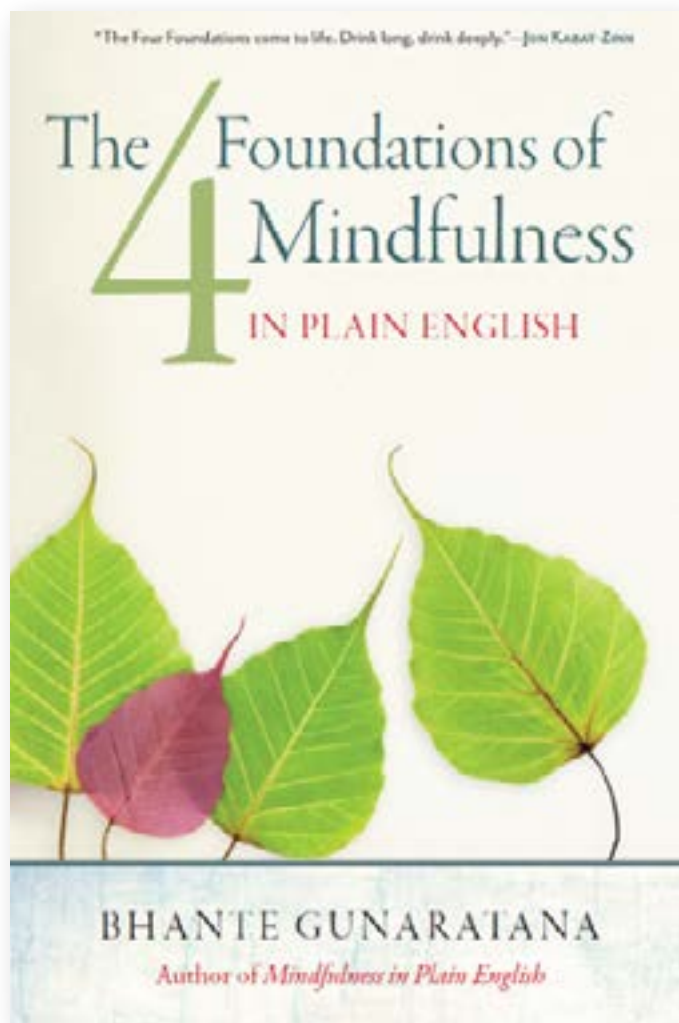
Bhante Gunaratana

Paperback | 192 Pages
\$16.95 | 6" x 9" | 9781614290384

The Foreign Rights to the
Following Languages
Have Been Sold:

French	Russian
German	Spanish
Korean	

In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives and move closer to our spiritual goals.



In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals.

Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style.

Contemplating the Four Foundations of Mindfulness—mindfulness of the body, of feelings, of the mind, and of phenomena themselves—is recommended for all practitioners. Newcomers will find *The Four Foundations of Mindfulness in Plain English* lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.

THE ART OF DISAPPEARING

THE BUDDHA'S PATH
TO LASTING JOY

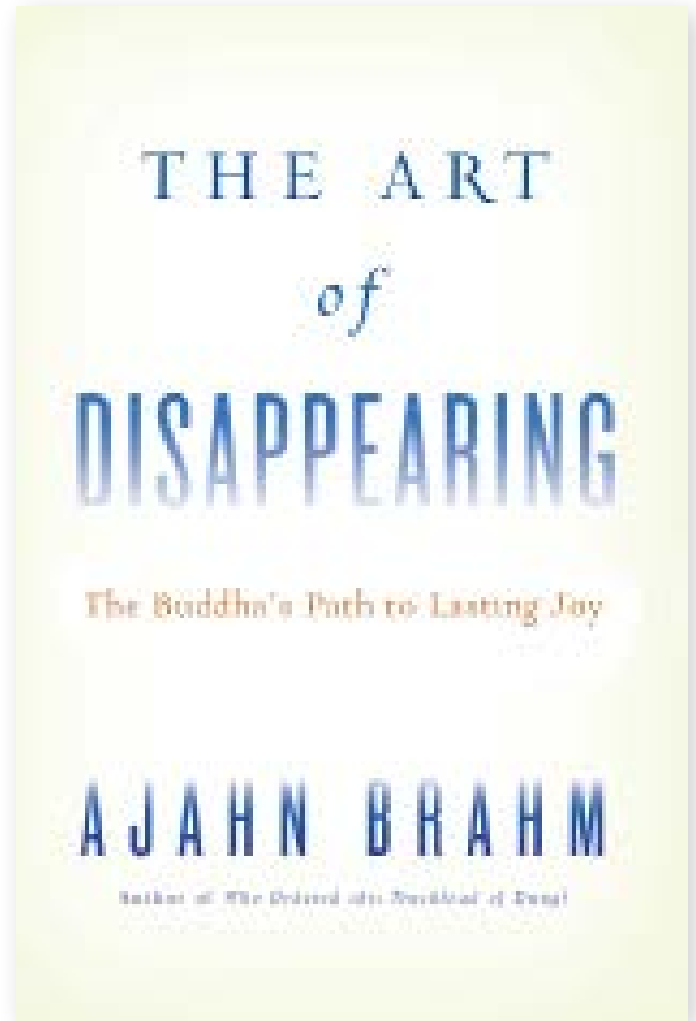
Ajahn Brahm

Paperback | 160 Pages
\$17.95 | 6" x 9" | 9780861716685

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
Chinese (Simple)	Polish
German	Russian
Indonesian	Vietnamese
Italian	

Learn to release
attachment to the
past and the future in
order to experience
the bliss of the present
moment.



Whether mere bumps in the road or genuine crises, we live in a world of unwanted events that no willpower can prevent. In *The Art of Disappearing*, Ajahn Brahm helps us learn to abandon the headwind of false expectations and follow instead the Buddha's path of understanding. Releasing our attachment to past and future, to self and other, we can directly experience the natural state of serenity underlying all our thoughts and discover the bliss of the present moment. In that space, we learn what it is to disappear. Ajahn Brahm, an unparalleled guide to the bliss of meditation, makes the journey as fun as it is rewarding.

The Art of Disappearing, comprised of a series of teachings Ajahn Brahm gave to the monks of Bodhinyana Monastery, where he serves as abbot, offers a unique glimpse into the mind of one of contemporary Buddhism's most engaging figures.

LESSONS FROM THE DYING

Rodney Smith

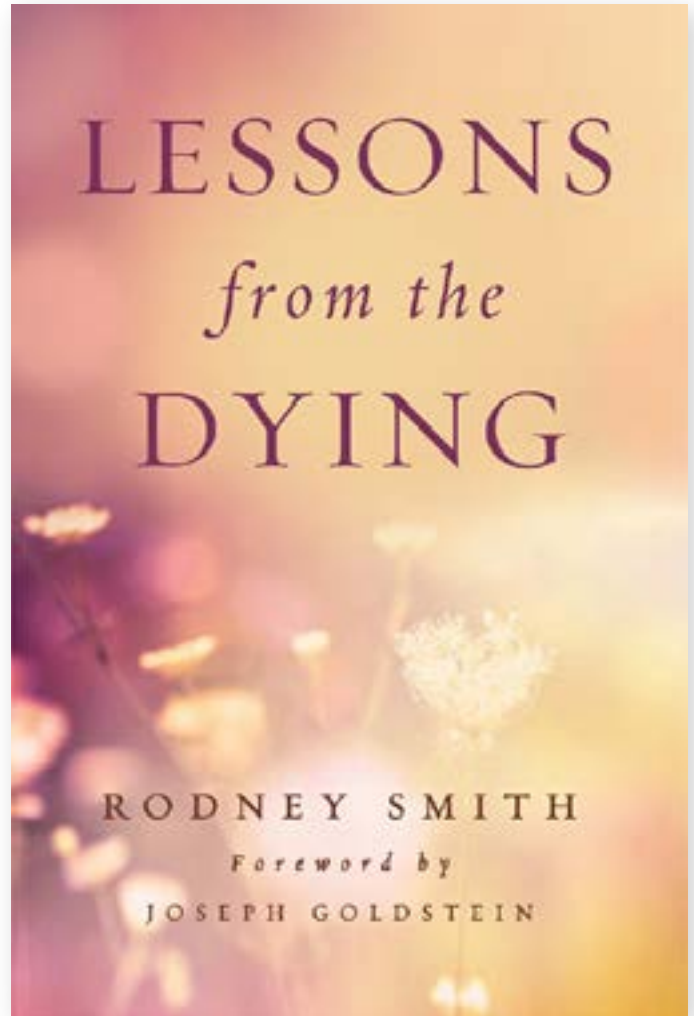
Foreword by Joseph Goldstein

Paperback | 232 Pages

\$16.95 | 6" x 9" | 9781614291947

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	French
Chinese (Simple)	Korean
Czech	Portuguese
Dutch	Spanish
German	



Rediscover the
mystery and wonder
of life through gentle
reflections on death
and dying.

What can death teach the living? Former monk and hospice worker Rodney Smith teaches us that through intimately considering our own inevitable end we can reawaken to the sublime miracle of life we so often take for granted. A well of stories, personal anecdotes, and direct advice gleaned from years of working with the dying in their final moments, *Lessons from the Dying* helps us redefine our conception of what it means to truly live. Each chapter contains guided reflections and exercises that allow the reader to integrate the wisdom in its pages more fully into their lives. With a sense of compassion, *Lessons from the Dying* provides all the tools of mind one needs to rediscover, in this very moment, the mystery and wonder of a lifetime.

THE DOOR TO SATISFACTION

THE HEART ADVICE OF A TIBETAN BUDDHIST MASTER

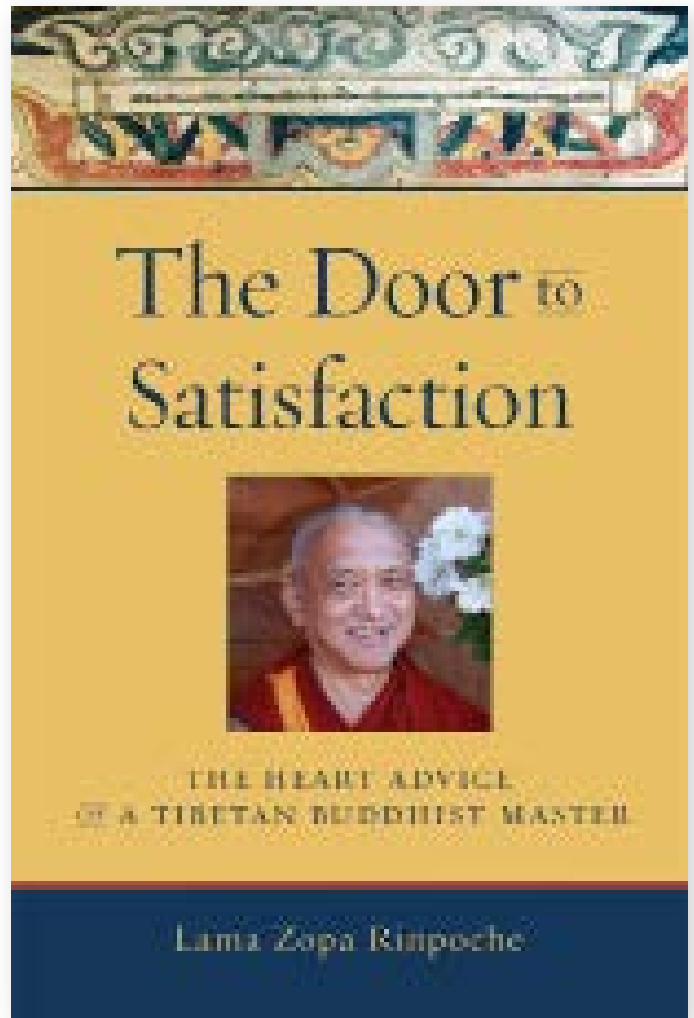
Lama Zopa Rinpoche

Paperback | 192 Pages
\$15.95 | 6" x 9" | 9780861713103

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
French	Russian
German	Spanish
Italian	Vietnamese

“In your life there is nothing to do other than to work for others, to cherish others. There is nothing more important in your life than this.”—Lama Zopa Rinpoche



In *Door to Satisfaction* Lama Zopa Rinpoche reveals a text he discovered in a cave in the Himalayas that captures the essential point of Buddhist training. Rinpoche says, “Only when I read this text did I come to know what the practice of Dharma really means.”

Without proper motivation, it does not matter what we do. Whether reciting prayers, meditating, or enduring great hardships, if our actions are devoid of good intention they will not become Dharma practice. Proper motivation transcends our ordinary, ephemeral desires and ultimately seeks the happiness of all living beings.

This powerful, simple message applies to Buddhists and non-Buddhists alike—we all have the power to unlock our greatest potential. Open this book and open the door to a timeless path leading to wisdom and joy.

THE BLISS OF INNER FIRE

HEART PRACTICE OF THE SIX
YOGAS OF NAROPA

Lama Thubten Yeshe

Foreword by

Lama Zopa Rinpoche

Edited by Ailsa Cameron and

Robina Courtin

Introduction by Jonathan

Landaw

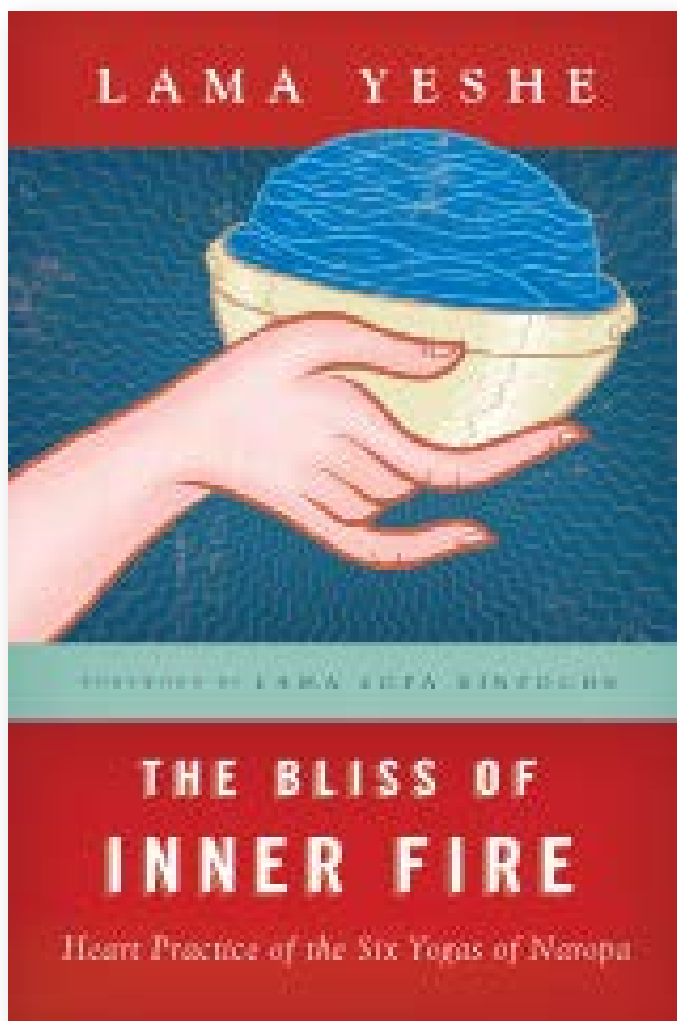
Paperback | 224 Pages

\$17.95 | 6" x 9" | 97808617111369

The Foreign Rights to the
Following Languages
Have Been Sold:

German	Russian
Italian	Spanish
Portuguese	Vietnamese

Discover an
enlightening guide to
the Tantric practice of
inner fire.



The Bliss of Inner Fire, the last major teachings of Lama Yeshe, opens up the world of advanced practices for Highest Yoga Tantra initiates in much the same way his earlier work opened up the world of tantra in general.

Following Je Tsongkhapa's (1357-1419 C.E.) text *Having the Three Convictions*, Lama Yeshe introduces the renowned Six Yogas of Naropa, focusing mainly on the first of these six, the practice of inner fire (*tummo*). Mastery of inner fire quickly brings the mind to its most refined and penetrating state—the experience of clear light, an extra-ordinarily powerful state of mind that is unequalled in its ability to directly realize ultimate reality.

Lama Yeshe's aim was for his students to actually taste the experience of inner fire rather than merely gain an intellectual understanding. Lama's own realization of the transformative power of these practices comes through, inspiring his students to discover for themselves their own capacity for inexhaustible bliss.

OPENING THE EYE OF NEW AWARENESS

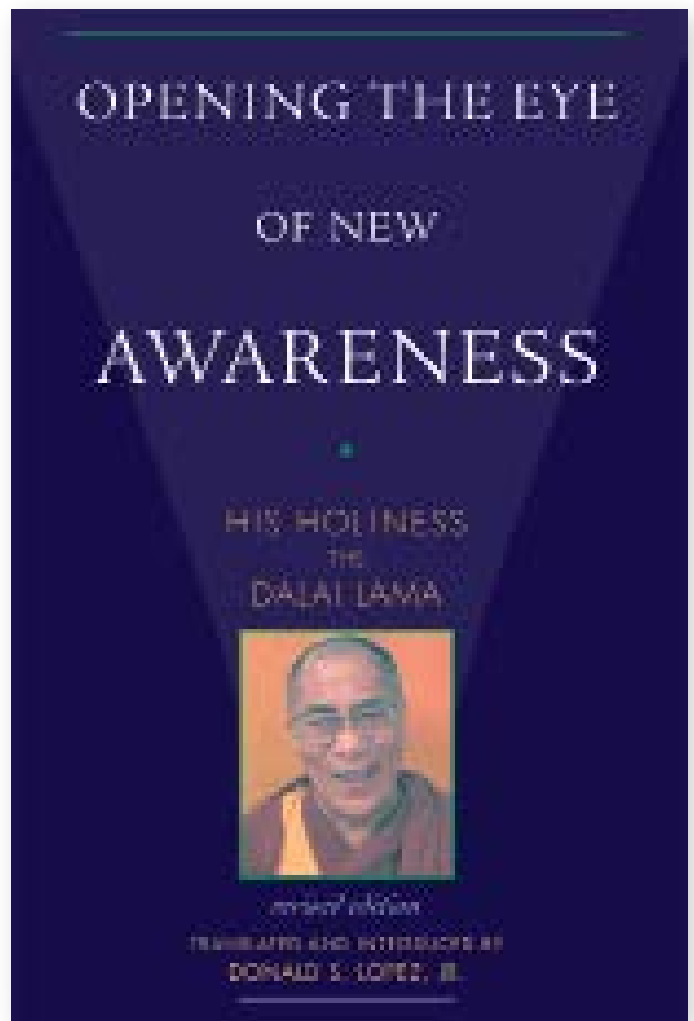
The Dalai Lama
Translated and introduced by
Donald S. Lopez, Jr.

Paperback | 160 Pages
\$14.95 | 6" x 9" | 97808617111550

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Indonesian
Dutch	Italian
French	Portuguese
German	Spanish

A must-have for
students and
practitioners of
Buddhism, *Opening the
Eye of New Awareness*
is the Dalai Lama's
first book on Buddhist
philosophy in English.



Opening the Eye of New Awareness is a succinct, thorough overview of the doctrines of Buddhism as they have been practiced for a thousand years in Tibet. The Dalai Lama here discusses the need for religious practice and the importance of kindness and compassion. Originally written for Tibetan lay people, this was the Dalai Lama's first book on Buddhist philosophy to appear in English, and Prof. Lopez's new introduction places these teachings in their proper historical context. This is an invaluable handbook for both personal use and academic study of the Buddhist path.

“Written for both Tibetan and Western readers, *Opening the Eye of New Awareness* is the Dalai Lama's first religious work. It is not an edited transcript of public lectures, but is His Holiness' own summation of Buddhist doctrine and practice. Completed in 1963, just four years after his escape from Tibet and four years after completing his religious education, it is a work of consummate scholarship by a twenty-seven year-old geshe, wise beyond his years. Nowhere in his many subsequent works does one find a more clear and concise exposition of the essentials of Buddhist thought.”—Donald S. Lopez

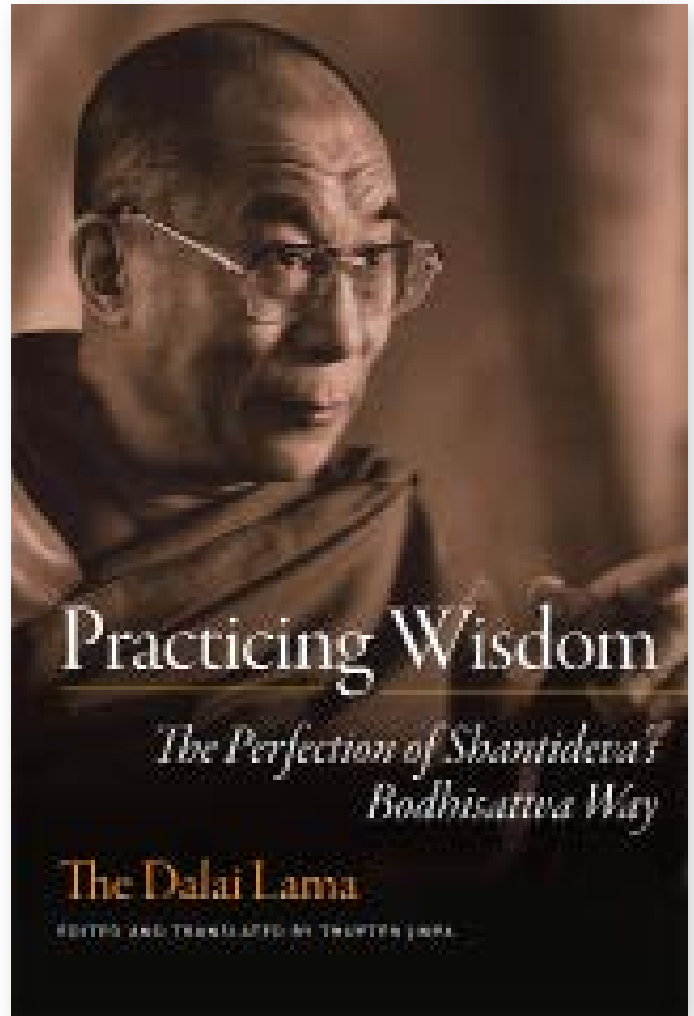
PRACTICING
WISDOM
THE PERFECTION OF
SHANTIDEVA'S
BODHISATTVA WAY

The Dalai Lama
Translated and edited by
Thupten Jinpa

Paperback | 192 Pages
\$16.95 | 6" x 9" | 9780861711826

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
French	Portuguese
German	Russian
Italian	



A *Shambhala Sun*
“Best Buddhist
Writing” selection.

Practicing Wisdom is a full and detailed commentary on Shantideva's *Way of the Bodhisattva*, making it an invaluable statement on the fundamental concept behind Buddhist thought and practice.

Shantideva says in his *Guide to the Bodhisattva Way of Life*: “All branches of the Buddha's teachings are taught for the sake of wisdom. If you wish to bring an end to suffering, you must develop wisdom.” Shantideva's ninth chapter is revered in Tibetan Buddhist circles as one of the most authoritative expositions of the Buddha's core insight, and all other Buddhist practices are means to support the generation of this wisdom within the practitioner. In *Practicing Wisdom*, the Dalai Lama reaffirms his reputation as a great scholar, communicator, and embodiment of the Buddha's Way by illuminating Shantideva's verses, drawing on contrasting commentaries from the Nyingma and Gelug lineages, and leading the reader through the stages of insight up to the highest view of emptiness. These teachings, delivered in southern France in 1993, have been masterfully translated, edited, and annotated by Geshe Thupten Jinpa, the Dalai Lama's primary translator and founder of the Institute of Tibetan Classics.

BEING NOBODY, GOING NOWHERE

MEDITATIONS ON THE
BUDDHIST PATH

Ayya Khema

Paperback | 192 Pages

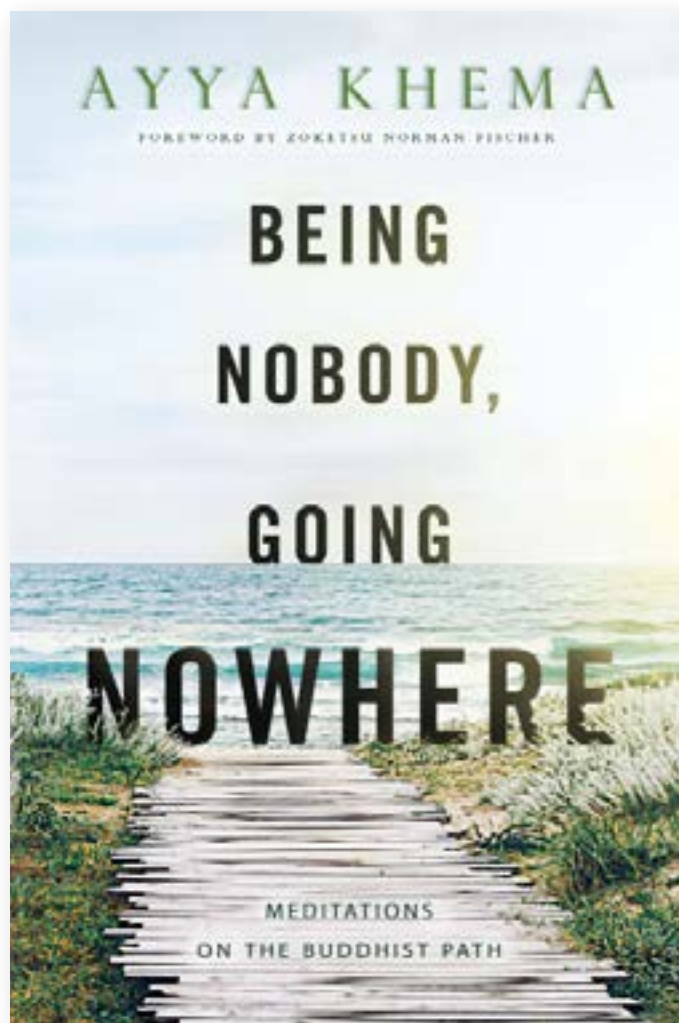
\$16.95 | 6" x 9" | 97808617111987

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Korean
Dutch	Spanish
German	Vietnamese
Indonesian	

A powerful
introductory book
to meditation and
the Buddhist
eightfold path.

Winner of the
Christmas Humphreys
Award for Best
Introductory
Buddhist Book.



In this lucid classic, beloved teacher Ayya Khema introduces the reader to the essence of the Buddhist path. She addresses the how and why of meditation, providing a clear framework for understanding the nature of karma and rebirth and the entirety of the eightfold path. With specific, practical advice Ayya Khema illuminates the practices of compassion and sympathetic joy and offers forthright guidance in working with the hindrances that we all encounter in meditation. Few introductory books are both simple and profound. *Being Nobody, Going Nowhere* is both.

THE BUDDHA'S
TEACHINGS ON
SOCIAL AND
COMMUNAL
HARMONY
AN ANTHOLOGY OF
DISCOURSES FROM THE PALI
CANON

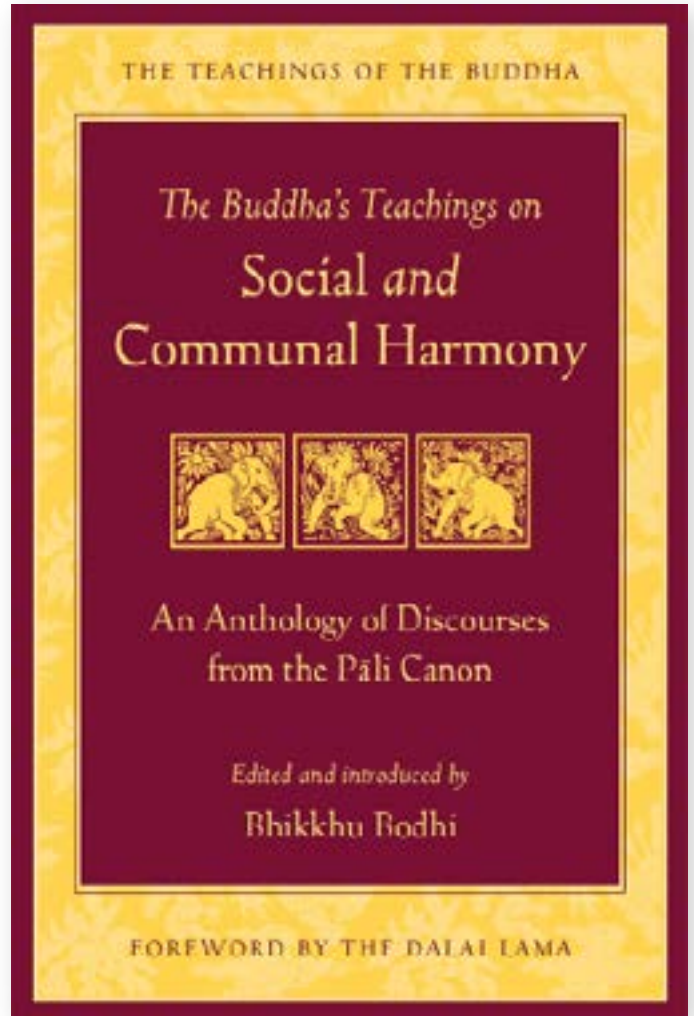
Edited and introduced by
Bhikkhu Bodhi

Paperback | 240 Pages
\$17.95 | 6" x 9" | 9781614293552

The Foreign Rights to the
Following Languages
Have Been Sold:

German
Italian
Korean
Portuguese

In a world of conflict
and strife, how can we
be advocates of peace
and justice?



In this volume acclaimed scholar-monk Bhikkhu Bodhi has collected and translated the Buddha's teachings on conflict resolution, interpersonal and social problem-solving, and the forging of harmonious relationships. The selections, all drawn from the Pāli Canon, the earliest record of the Buddha's discourses, are organized into ten thematic chapters. The chapters deal with such topics as the quelling of anger, good friendship, intentional communities, the settlement of disputes, and the establishing of an equitable society. Each chapter begins with a concise and informative introduction by the translator that guides us toward a deeper understanding of the texts that follow.

In times of social conflict, intolerance, and war, the Buddha's approach to creating and sustaining peace takes on a new and urgent significance. Even readers unacquainted with Buddhism will appreciate these ancient teachings, always clear, practical, undogmatic, and so contemporary in flavor. *The Buddha's Teachings on Social and Communal Harmony* will prove to be essential reading for anyone seeking to bring peace into their communities and into the wider world.

Includes a prologue and epilogue by Hozan Alan Senauke.

TALES FOR TRANSFORMING ADVERSITY

*A BUDDHIST LAMA'S ADVICE
FOR LIFE'S UPS AND DOWNS*

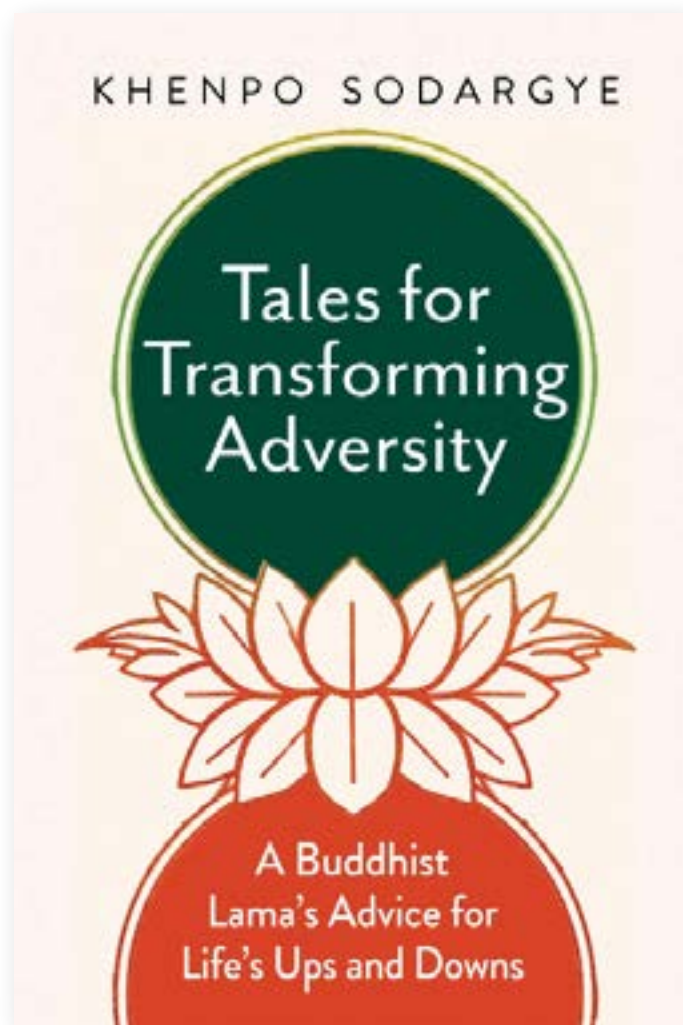
Khenpo Sodargye

Paperback | 224 Pages
\$16.95 | 6" x 9" | 9781614292555

The Foreign Rights to the
Following Languages
Have Been Sold:

German
Korean
Lithuanian
Vietnamese

One of the world's
most popular Tibetan
lamas shares accessible
advice for working
with adversity and
living a spiritual life.



In *Tales for Transforming Adversity*, enjoy a variety of meditations on topics from flattery and jealousy to karma and compassion. In each brief chapter Khenpo Sodargye weaves in stories from ancient classics and modern headlines. Drawing on adages from the Buddha, Confucius, and even Mark Twain, he delivers simple and timeless insights about facing adversity and developing a good heart.

With this English-language edition, you can now join the tens of millions who have already benefitted from this ageless advice on money, relationships, mortality, and more.

TIBETAN BUDDHISM FROM THE GROUND UP

*A PRACTICAL APPROACH
FOR MODERN LIFE*

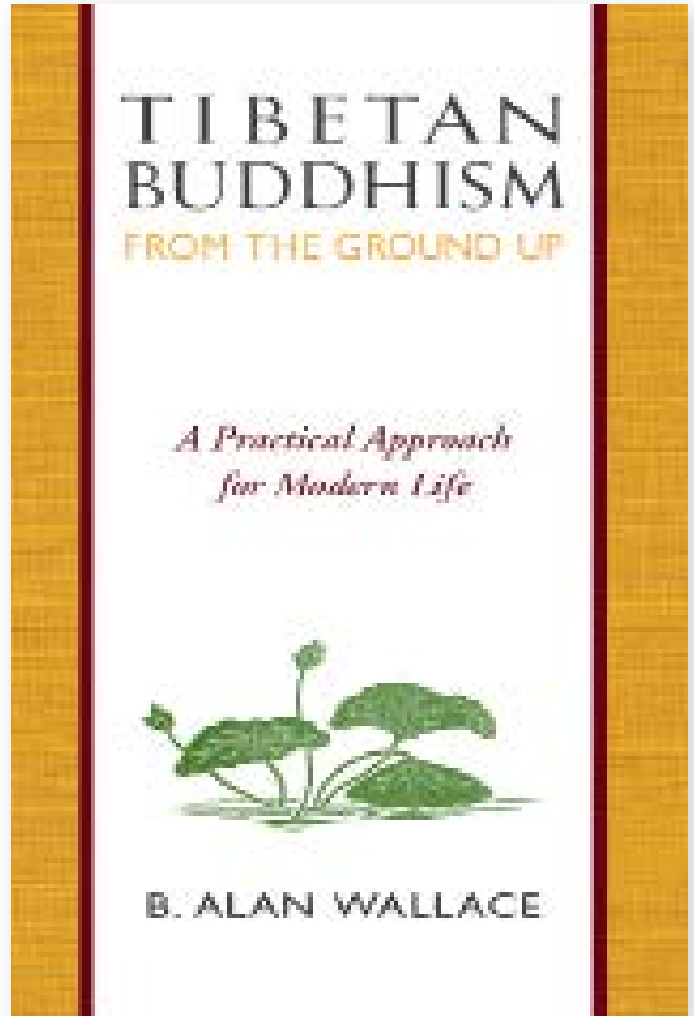
B. Alan Wallace and
Steven Wilhelm

Paperback | 224 Pages
\$17.95 | 6" x 9" | 9780861710751

The Foreign Rights to the
Following Languages
Have Been Sold:

Dutch Portuguese
German Russian
Italian

A comprehensive and
organized overview
of the teachings and
practices of Tibetan
Buddhism.



As long as our minds are dominated by the conditions of the external world, we are bound to remain in a state of dissatisfaction, always vulnerable to grief and fear. How then can we develop an inner sense of well-being and redefine our relationship to a world that seems unavoidably painful and unkind?

Many have found a practical answer to that question in the teachings of Tibetan Buddhism. Here at last is an organized overview of these teachings, beginning with the basic themes of the sutras—the general discourses of the Buddha—and continuing through the esoteric concepts and advanced practices of Tantra. Unlike other introductions to Tibetan Buddhism, this accessible, enjoyable work doesn't stop with theory and history, but relates timeless spiritual principles to the pressing issues of modern life, both in terms of our daily experience and our uniquely Western world view.

This fascinating, highly readable book asks neither unquestioning faith nor blind obedience to abstract concepts or religious beliefs. Rather, it challenges us to question and investigate life's issues for ourselves in the light of an ancient and effective approach to the sufferings and joys of the human condition.

THE FOUNDATION OF BUDDHIST PRACTICE

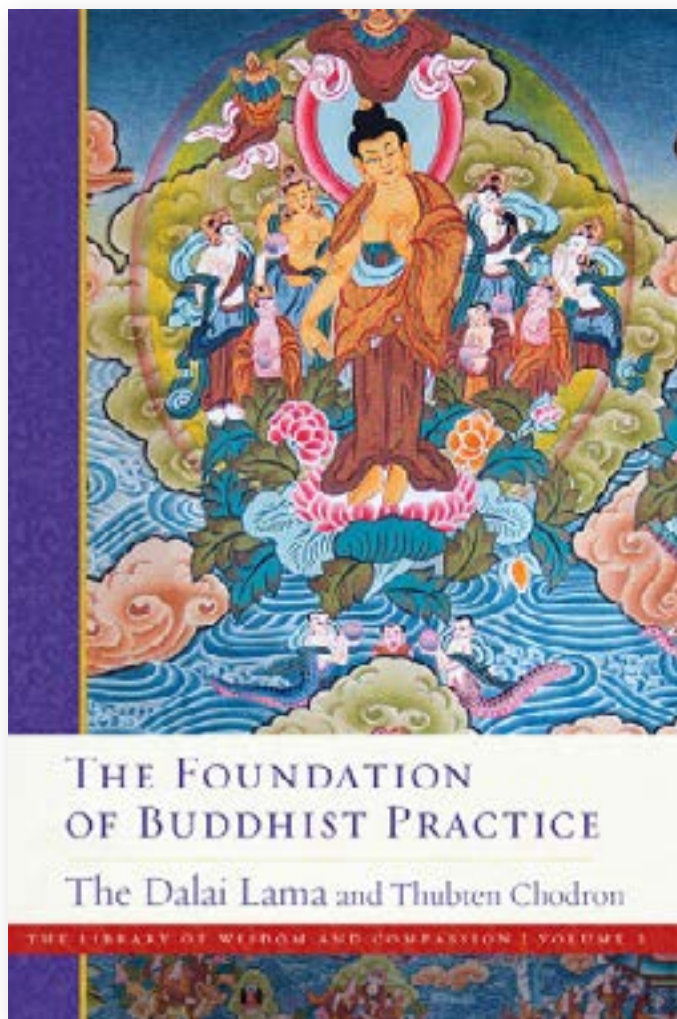
The Dalai Lama
Thubten Chodron

Paperback | 400 Pages
\$21.95 | 6" x 9" | 9781614297758

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)	Russian
Italian	Spanish
Polish	

The second volume
in the Dalai Lama's
definitive and
comprehensive series
on the stages of the
Buddhist path, *The
Library of Wisdom and
Compassion*.



The Foundation of Buddhist Practice contains the important teachings that will help us establish a flourishing Dharma practice, beginning with the four seals shared by all Buddhist philosophies, and moves on to an explanation of the reliable cognition that allows us to evaluate the veracity of the Buddha's teachings.

The book provides many other essential Buddhist teachings, including: the relationship of a spiritual mentor and student, clarifying misunderstandings about this topic and showing how to properly rely on a spiritual mentor in a healthy, appropriate, and beneficial manner; how to structure a meditation session; dying and rebirth, unpacking the often difficult-to-understand topic of multiple lives and explaining how to prepare for death and aid someone who is dying; as well as a fruitful explanation of karma and its results.

His Holiness's illumination of key Buddhist ideas will support Western and contemporary Asian students in engaging with this rich tradition.

ECODHARMA
*BUDDHIST TEACHINGS FOR
THE ECOLOGICAL CRISIS*

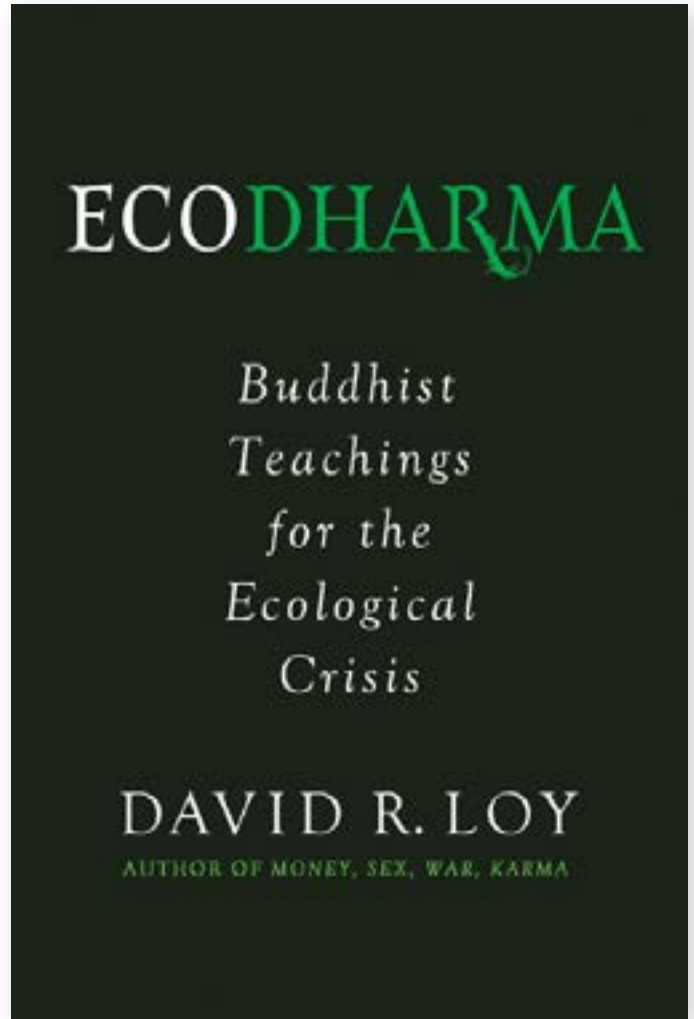
David R. Loy

Paperback | 240 Pages
\$17.95 | 6" x 9" | 9781614293828

The Foreign Rights to the
Following Languages
Have Been Sold:

German Portuguese
Italian Spanish
Korean

How can we
respond urgently
and effectively to the
ecological crisis—and
stay sane doing it?



This landmark work is simultaneously a manifesto, a blueprint, a call to action, and a deep comfort for troubling times. David R. Loy masterfully lays out the principles and perspectives of Ecodharma—the Buddhist response to our ecological predicament, a new term for a new development of the Buddhist tradition.

This book emphasizes the three aspects of Ecodharma: practicing in the natural world, exploring the ecological implications of Buddhist teachings, and embodying that understanding in the eco-activism that is needed today.

Offering a compelling framework and practical spiritual resources, Loy outlines the Ecosattva Path, a path of liberation and salvation for all beings and the world itself.

Prepare to be inspired, motivated, and encouraged.

FREEING THE HEART AND MIND

INTRODUCTION TO THE BUDDHIST PATH, PART ONE

Sakya Trizin

Edited by

Khenpo Kalsang Gyaltzen
and Ani Junga Chodron

Paperback | 184 Pages

\$15.95 | 6" x 9" | 9780861716388

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)

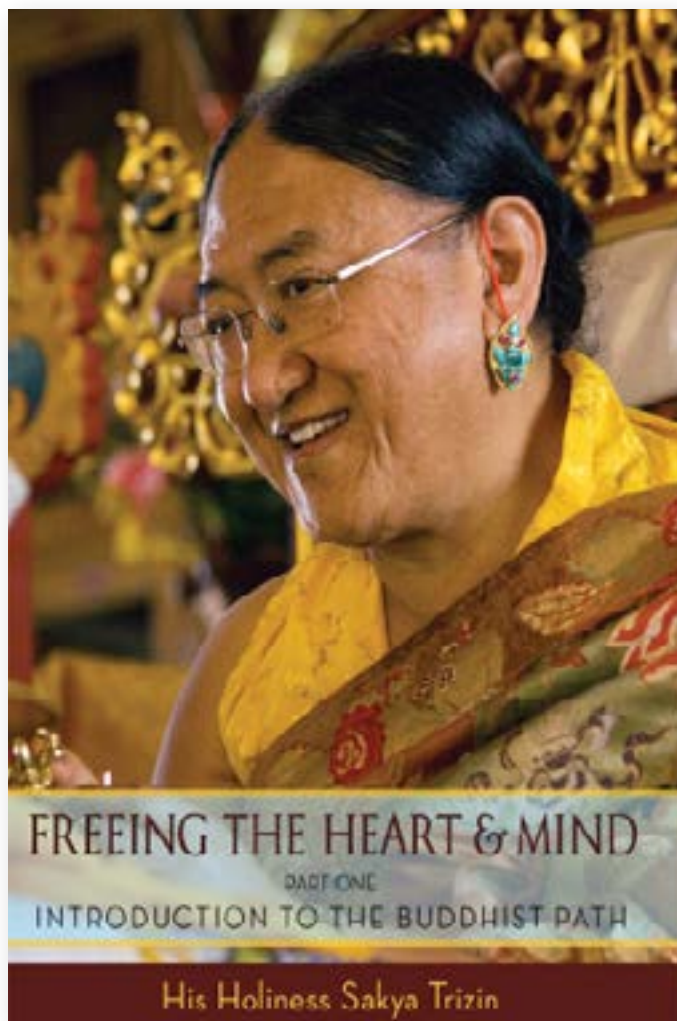
Czech

Dutch

German

Spanish

The first book by His Holiness Sakya Trizin, this first volume in a course designed for students of the Sakya tradition, is also a wonderful entry into the teachings of the Buddha.



His Holiness the Sakya Trizin, the head of the glorious Sakya lineage, one of the four primary schools of Tibetan Buddhism, presents here the essential Buddhist teachings of the four noble truths, universal compassion, and the proper motivation for practice. This book opens by sharing a private teaching His Holiness gave to a young newcomer seeking to understand this great master's spiritual heritage. His Holiness's advice inspires us to integrate the living power of these teachings into our daily lives

Full of timeless wisdom, *Freeing the Heart and Mind* contains, in addition to this introduction, an explanation of the teaching Matchless Compassion by the Indian saint Virupa, and a selection of commentaries on the essential teaching called Parting from the Four Attachments. Developed as the first volume in a course of study for students of the Sakya tradition, it nonetheless stands alone as an excellent entry into the teachings of the Buddha.

Freeing the Heart and Mind includes a full-color photo insert of Sakya lineage masters.

WHAT, WHY,
HOW?
ANSWERS TO YOUR
QUESTIONS ABOUT
BUDDHISM, MEDITATION,
AND LIVING MINDFULLY

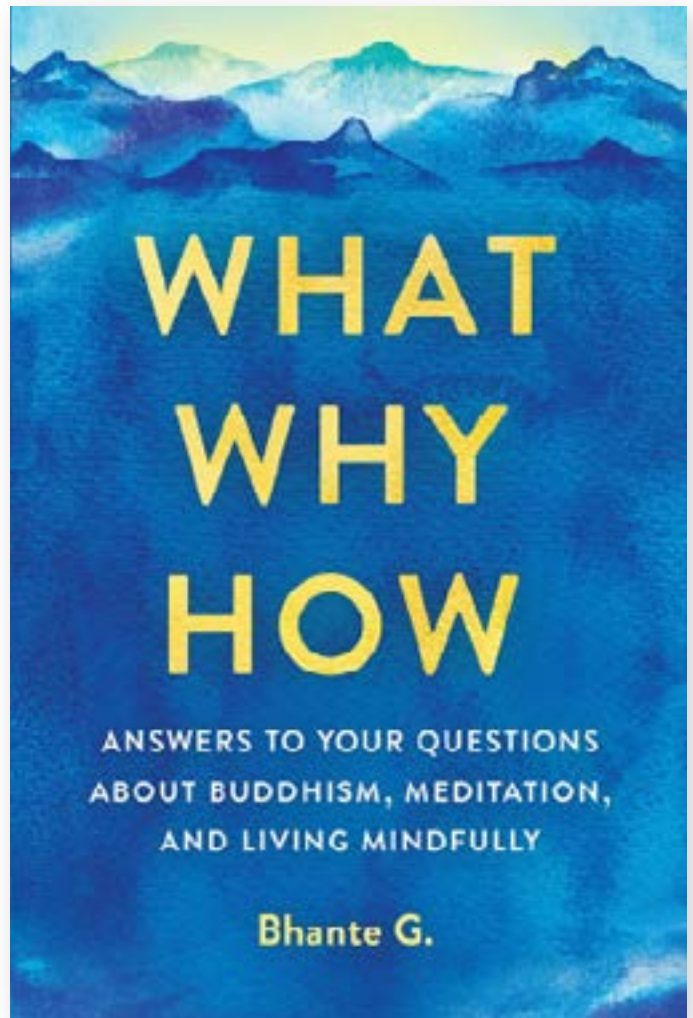
Bhante Gunaratana

Paperback | 328 Pages
\$18.95 | 6" x 9" | 9781614296164

The Foreign Rights to the
Following Languages
Have Been Sold:

French
German
Italian
Vietnamese

Everything you ever
wanted to know but
never had a chance to
ask about meditation
and Buddhist spiritual
practice, from one
of the greatest
mindfulness teachers
of our time.



*How can I fit meditation into my busy life?
How should I understand karma and rebirth?
Is enlightenment even possible for me?*

Sound familiar? If you've ever meditated or studied Buddhism, you may have found yourself asking these questions—and many more! Here's the good news: there are answers, and you'll find them all in this book. Imagine that you could sit down with one of Buddhism's most accomplished and plainspoken teachers—and imagine that he patiently agreed to answer any question you had about meditation, living mindfully, and key Buddhist concepts—even the myriad brilliant questions you've never thought to ask! *What, Why, How* condenses into one volume a half-century of Bhante G.'s wise answers to common questions about the Buddha's core teachings on meditation and spiritual practice. With his kind and clear guidance, you'll gain simple yet powerful insights and practices to end unhealthy patterns and habits so that you can transform your experience of the world—from your own mind to your relationships, your job, and beyond.

DYING WITH CONFIDENCE

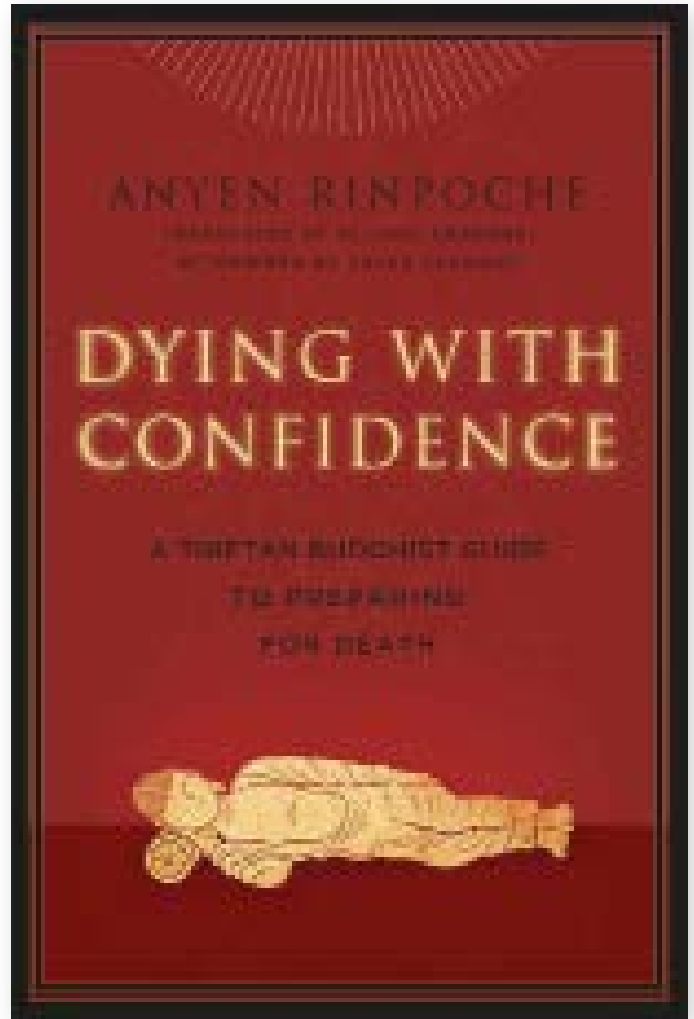
A TIBETAN BUDDHIST GUIDE
TO PREPARING FOR DEATH

Anyen Rinpoche
Translated and edited by
Allison Graboski

Paperback | 192 Pages
\$16.95 | 6" x 9" | 9780861716562

The Foreign Rights to the
Following Languages
Have Been Sold:

Chinese (Complex)
Chinese (Simple)
Spanish
Vietnamese



“A powerful
guidebook and a
source of comfort
at life’s most crucial
moment.” —Tulku
Thondup Rinpoche,
author of *Boundless
Healing*

Anyen Rinpoche’s wise and reassuring voice guides readers through the Tibetan Buddhist teachings on death and dying, while providing practical tools for end-of-life and estate planning. *Dying with Confidence* reads like a remarkable how-to guide, laying out in clear and straightforward language the preparations we must make and the best practices to use while dying to further our goal of enlightenment.

THE POETRY OF IMPERMANENCE, MINDFULNESS, AND JOY

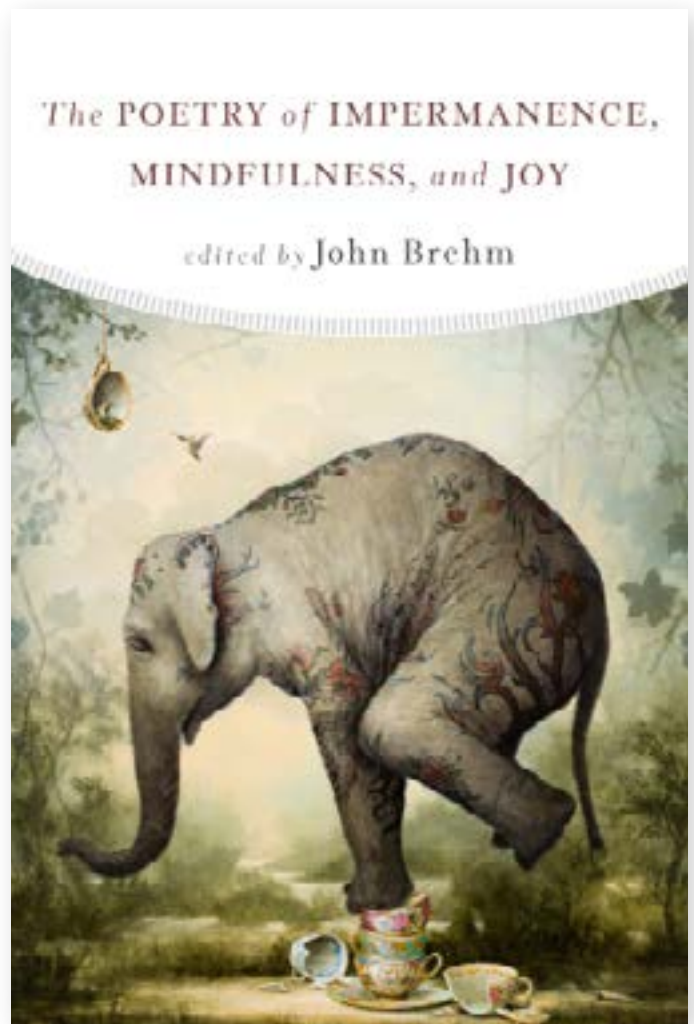
John Brehm

Paperback | 312 Pages

\$16.95 | 4.5" x 6.5" | 9781614293316

Over 125 poetic companions, from Basho to Billy Collins, Saigyō to Shakespeare.

Spirituality & Practice
Book Award for 50
Best Spiritual Books
in 2017 by Spirituality
and Practice Website.



The Poetry of Impermanence, Mindfulness, and Joy offers a wide-ranging collection of 129 ancient and modern poems unlike any other anthology on bookshelves today. It uniquely places Buddhist poets like Han Shan, Tu Fu, Saigyō, Ryōkan, Bashō, Issa, and others alongside modern Western poets one would not expect to find in such a collection—poets like Wallace Stevens, Robert Frost, Elizabeth Bishop, William Stafford, Denise Levertov, Jack Gilbert, Ellen Bass, Billy Collins, and more. What these poems have in common, no matter whether they are explicitly Buddhist, is that all reflect the essential truths the Buddha articulated 2,500 years ago.

The book provides an important poetic complement to the many prose books on mindfulness practice—the poems here both reflect and embody the dharma in ways that can't be matched by other modes of writing. Its unique features include an introduction that discusses the themes of impermanence, mindfulness, and joy and explores the relationship between them. Biographical notes place the poets in historical context and offer quotes and anecdotes to help readers learn about the poets' lives.

WHO ORDERED THIS TRUCKLOAD OF DUNG?

INSPIRING STORIES FOR
WELCOMING LIFE'S

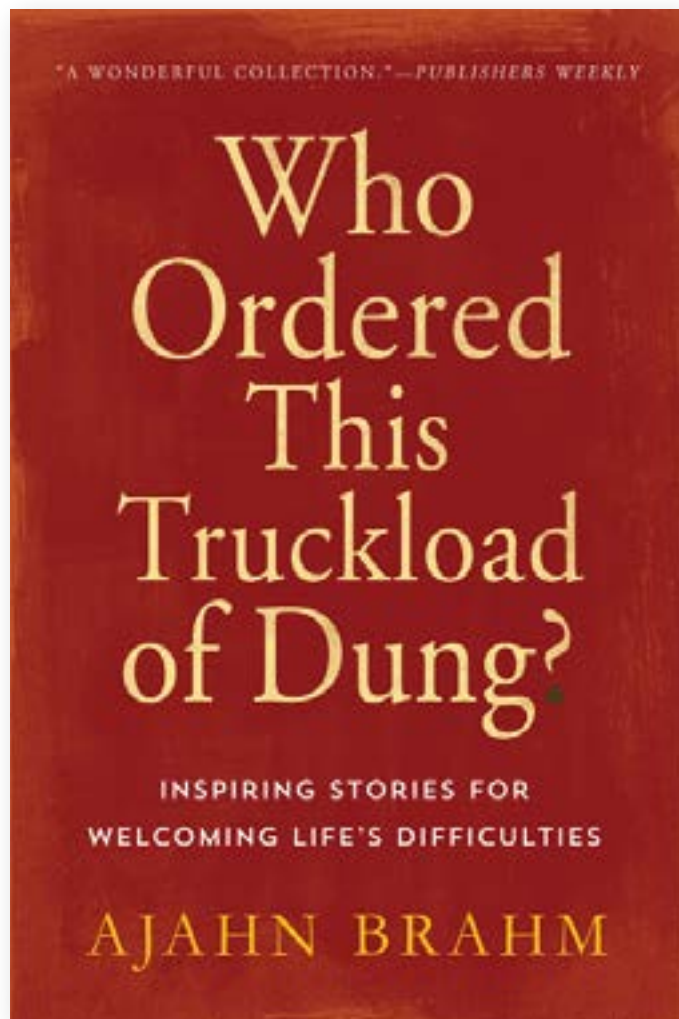
DIFFICULTIES

Ajahn Brahm

Paperback | 288 Pages

\$16.95 | 6" x 9" | 9780861712786

“Laugh your way to enlightenment” with this inspirational and light-hearted collection of stories from beloved Buddhist teacher Ajahn Brahm.



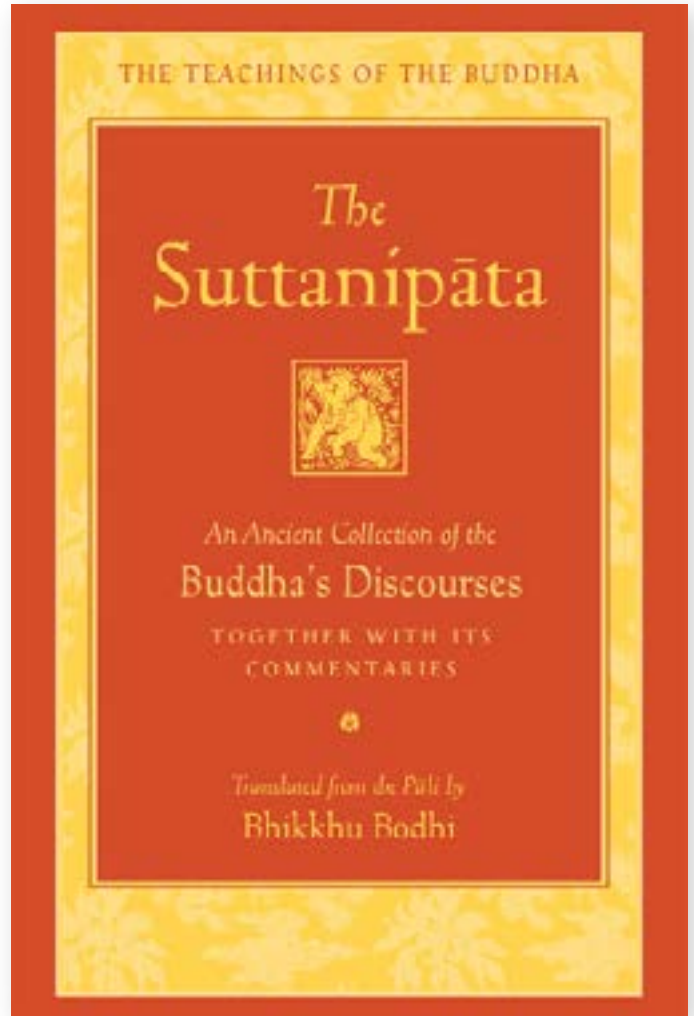
The 108 pieces in the international bestseller *Who Ordered This Truckload of Dung?* offer thoughtful commentary on everything from love and commitment to fear and pain. Drawing from his own life experience, as well as traditional Buddhist folk tales, author Ajahn Brahm uses over thirty years of spiritual growth as a monk to spin delightful tales that can be enjoyed in silence or read aloud to friends and family.

Featuring titles such as “The Two-Finger Smile” and “The Worm and His Lovely Pile of Dung,” these wry and witty stories provide playful, pithy takes on the basic building blocks of everyday life. Suitable for children, adults, and anyone in between, this eloquent volume wraps insight and inspiration inside of a good old yarn.

THE SUTTANIPATA
AN ANCIENT COLLECTION
OF THE BUDDHA'S
DISCOURSES TOGETHER
WITH ITS COMMENTARIES
Translated by Bhikkhu Bodhi

Hardcover | 1616 Pages
\$75.00 | 5.50" x 8.75" | 9781614294290

Discover with the original teachings of the Buddha in this thorough translation of some of the oldest Buddhist texts in the world.



The *Suttanipāta* is a collection of discourses ascribed to the Buddha that includes some of the most popular suttas of the Pāli Canon, and the last two chapters—the Atthakavagga (Chapter of Octads) and the Pārāyanavagga (The Chapter on the Way to the Beyond)—are considered to be among the most ancient parts of the Pāli Canon. The Atthakavagga advocates a critical attitude toward views and doctrines. The Pārāyanavagga is a beautiful poem in which sixteen spiritual seekers travel across India to meet the Buddha and ask him profound questions pertaining to the highest goal.

The main commentary, the *Paramatthajotikā*, relates the background story to each sutta and explains each verse in detail. The volume includes numerous excerpts from the *Niddesa*, an ancient commentary already included in the Pāli Canon, which offers detailed expositions of each verse in the Atthakavagga, the Pārāyanavagga, and the *Rhinoceros Horn Sutta*.

Translator Bhikkhu Bodhi provides an insightful, in-depth introduction, a guide to the individual suttas, extensive notes, a list of parallels to the discourses of the *Suttanipāta*, and a list of the numerical sets mentioned in the commentaries.

THE NUMERICAL DISCOURSES OF THE BUDDHA

A TRANSLATION OF THE
ANGUTTARA NIKĀYA

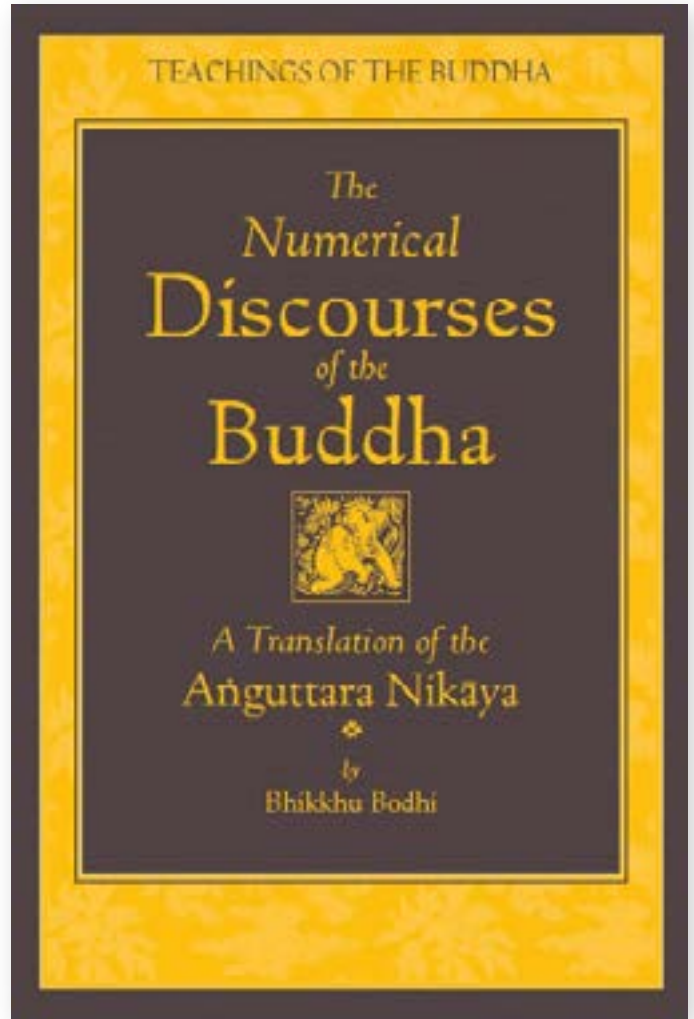
Translated by Bhikkhu Bodhi

Hardcover | 1944 Pages
\$75.00 | 5.50" x 8.75" | 9781614290407

The Foreign Rights to the
Following Languages
Have Been Sold:

Indonesian

Discover with the
original teachings of
the Buddha in this
thorough translation
of some of the oldest
Buddhist texts in
the world.



Like the River Ganges flowing down from the Himalayas, the entire Buddhist tradition flows down to us from the teachings and deeds of the historical Buddha, who lived and taught in India during the fifth century B.C.E. To ensure that his legacy would survive the ravages of time, his direct disciples compiled records of the Buddha's teachings soon after his passing.

At the heart of the Buddha's teaching were the *suttas* (Sanskrit *sūtras*), his discourses and dialogues. If we want to find out what the Buddha himself actually said, these are the most ancient sources available to us. The *suttas* were compiled into collections called "Nikāyas," of which there are four, each organized according to a different principle.

The present volume contains a full translation of the Anguttara Nikāya. The Anguttara arranges the Buddha's discourses in accordance with a numerical scheme intended to promote retention and easy comprehension. In an age when writing was still in its infancy, this proved to be the most effective way to ensure that the disciples could grasp and replicate the structure of a teaching.

THE LONG
DISCOURSES OF
THE BUDDHA
A TRANSLATION OF THE
DĪGHA NIKĀYA

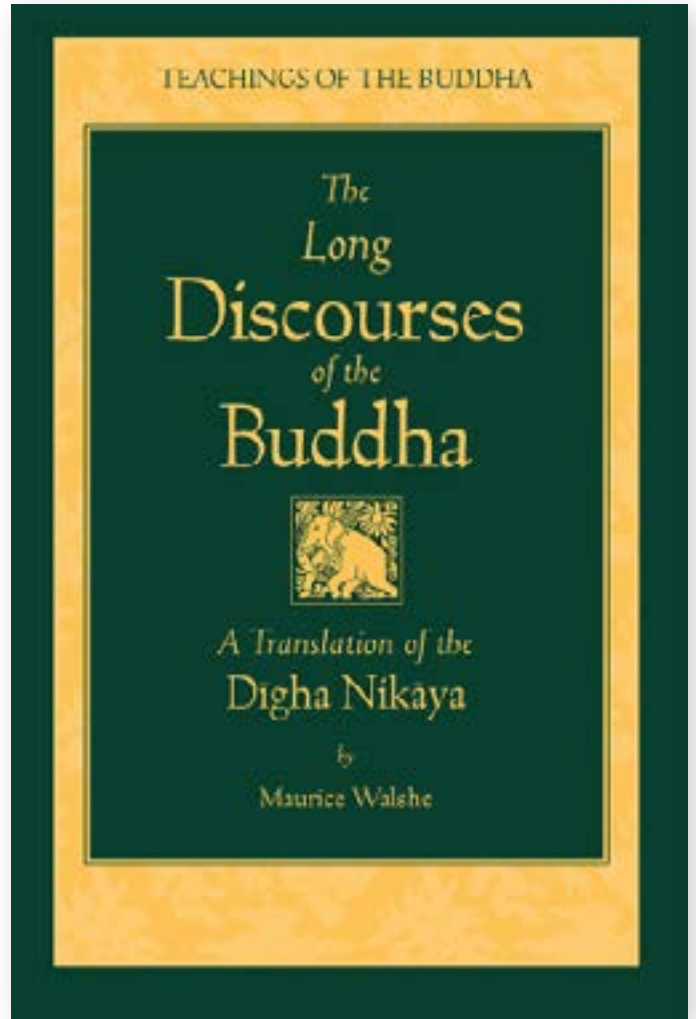
Translated by Maurice Walshe

Hardcover | 684 Pages
\$50.00 | 5.75" x 8.75" | 9780861711031

The Foreign Rights to the
Following Languages
Have Been Sold:

Hebrew
Indonesian

A complete translation
of the Dīgha Nikāya,
the long discourses of
the Buddha, one of
the major collections
of text in the Pali
Canon.



This collection—among the oldest records of the historical Buddha’s original teachings, given in India two and a half thousand years ago—consists of thirty-four longer-length suttas, or discourses, distinguished as such from the middle-length and shorter suttas of the other collections.

These suttas reveal the gentleness, compassion, power, and penetrating wisdom of the Buddha, along with a wealth of practical advice and insight for all those travelling along the spiritual path.

Venerable Sumedho Thera writes in his foreword: “[These suttas] are not meant to be ‘sacred scriptures’ that tell us what to believe. One should read them, listen to them, think about them, contemplate them, and investigate the present reality, the present experience, with them. Then, and only then, can one insightfully know the truth beyond words.”

Introduced with a vivid account of the Buddha’s life and times and a short survey of his teachings, *The Long Discourses of the Buddha* brings us closer in every way to the wise and compassionate presence of Gotama Buddha and his path of truth.

AWAKENING
FROM THE
DAYDREAM
REIMAGINING THE
BUDDHA'S WHEEL OF LIFE

David Nichtern

Paperback | 136 Pages
\$15.95 | 5" x 8" | 9781614290056

The Foreign Rights to the
Following Languages
Have Been Sold:

Vietnamese

Hell realms, gods,
and hungry ghosts—
these are just a few
of the images on the
Buddhist wheel of life.
Discover how these
ancient symbols are
still relevant to our
modern life.



In *Awakening from the Daydream*, meditation teacher David Nichtern reimagines the ancient Buddhist allegory of the Wheel of Life. Famously painted at the entryway to Buddhist monasteries, the Wheel of Life encapsulates the entirety of the human situation. In the image of the Wheel we find a teaching about how to make sense of life and how to find peace within an uncertain world.

Nichtern writes with clarity and humor, speaking to our contemporary society and its concerns and providing simple practical steps for building a mindful, compassionate, and liberating approach to living.



WISDOM PUBLICATIONS

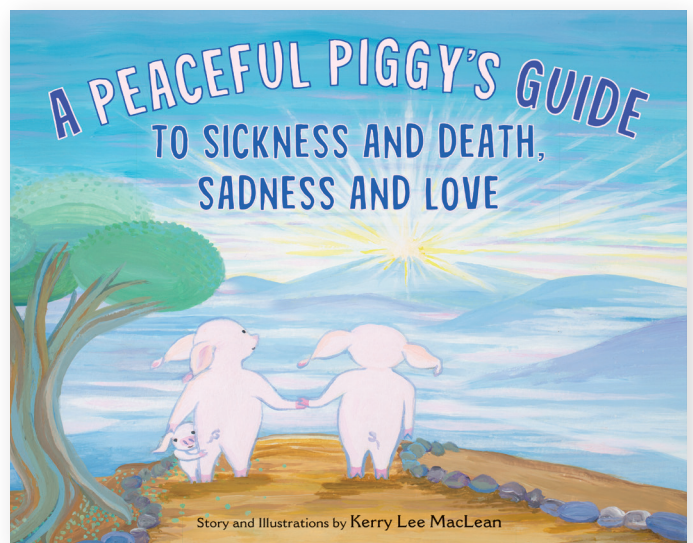
2022 CATALOG



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

Kerry Lee MacLean

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



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

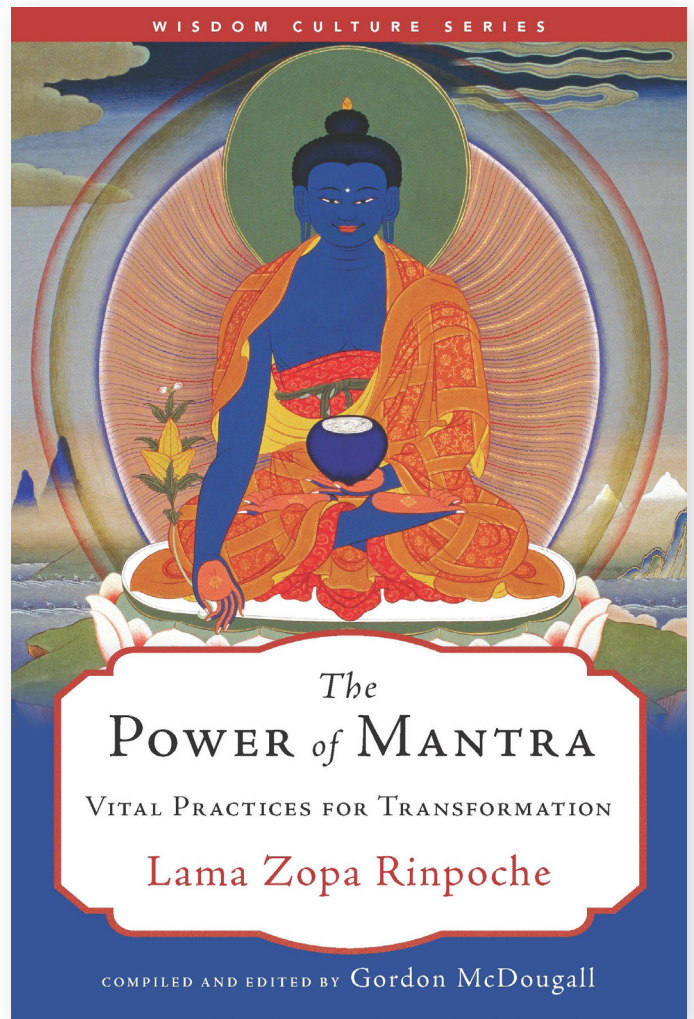
This is a story about love.

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

THE POWER
OF MANTRA
VITAL PRACTICES
FOR TRANSFORMATION
Lama Zopa Rinpoche

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

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



Revitalize your practice with the potent energy of mantra.

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

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

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

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

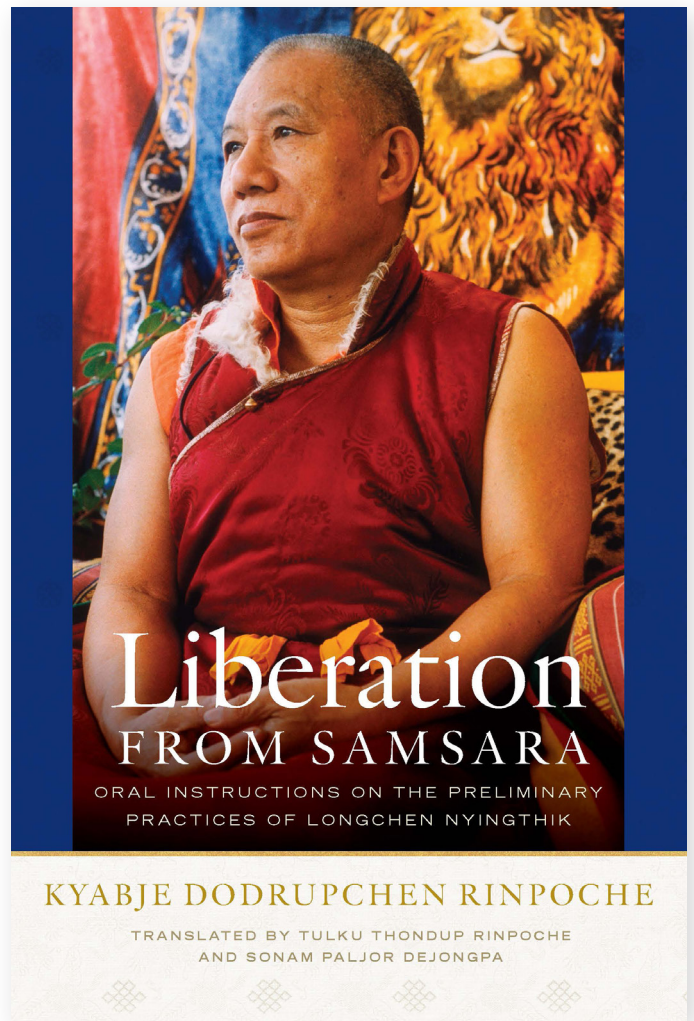
Kyabjé Dodrupchen Rinpoché

Translated by

Tulku Thondup Rinpoché
and Sonam Paljor Dejongpa

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

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



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

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

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

NO ORDINARY PIZZA

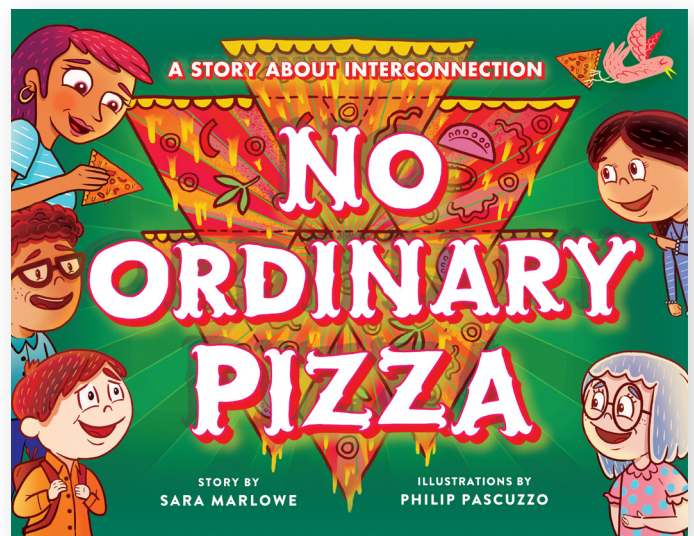
A STORY ABOUT
INTERCONNECTION

Sara Marlowe

Illustrated by Philip Pascuzzo

April 12, 2022 | Hardcover | 32 pages

\$17.95 | 9.875" x 7.625" | 9781614297062



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

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

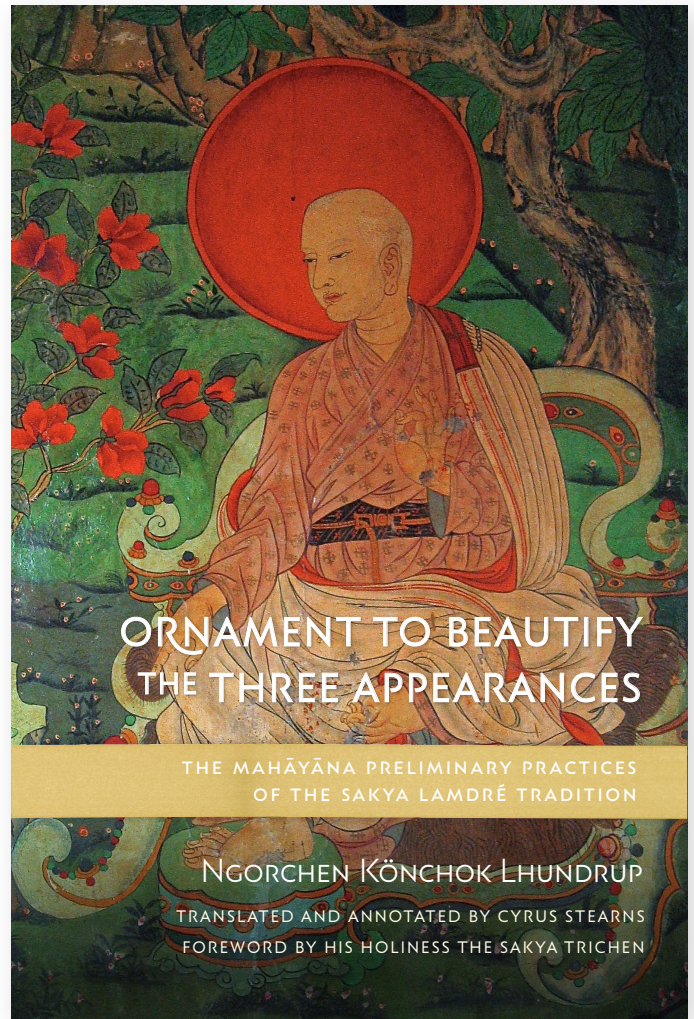
In this follow-up to the popular *No Ordinary Apple: A Story About Eating Mindfully*, children will encounter not only a yummy way to be calm and present but also a fun new way to cultivate compassion and gratitude for everyone and everything we are connected to—through the very food we eat!

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

Ngorchen Könchok Lhundrup
Translated by Cyrus Stearns

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

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



Ornament to Beautify the Three Appearances is the first volume of a two-volume set of works written by the Sakya master Ngorchen Könchok Lhundrup (1497–1557) to explain the Lamdré teachings, the most precious system of tantric theory and practice in the Sakya tradition of Tibetan Buddhism.

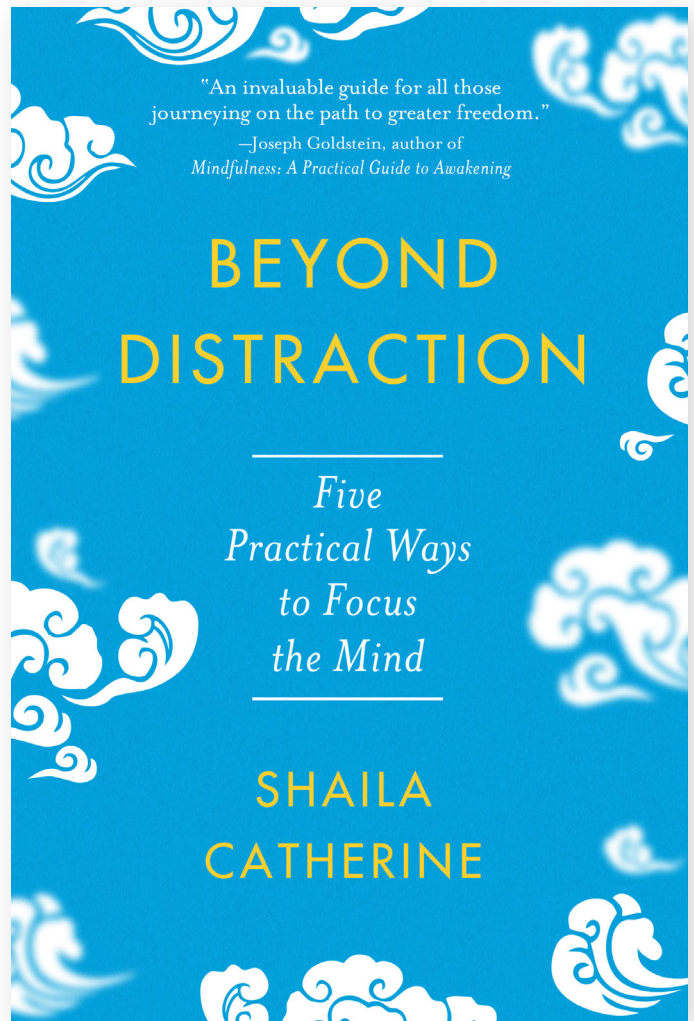
The extensive practices of the Lamdré, or Path with the Result, are based on the *Vajra Lines*, a small text of the great Indian adept Virupa (ca. seventh–eighth centuries). The *Vajra Lines* represents the distilled essence of the *Hevajra Tantra* and its two explanatory tantras and is almost entirely concerned with esoteric tantric practice. The first topic, however, is the fundamental teachings of Hīnayāna and Mahāyāna Buddhism, which are the essential basis for the main tantric practices of Vajrayāna. In the Lamdré system, this first topic of preliminary instructions is known as the three appearances.

The preliminary practices presented in this first volume, *Ornament to Beautify the Three Appearances*, may be practiced by anyone without specific, required preparation.

BEYOND
DISTRACTION
FIVE PRACTICAL WAYS TO
FOCUS THE MIND
Shaila Catherine

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

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



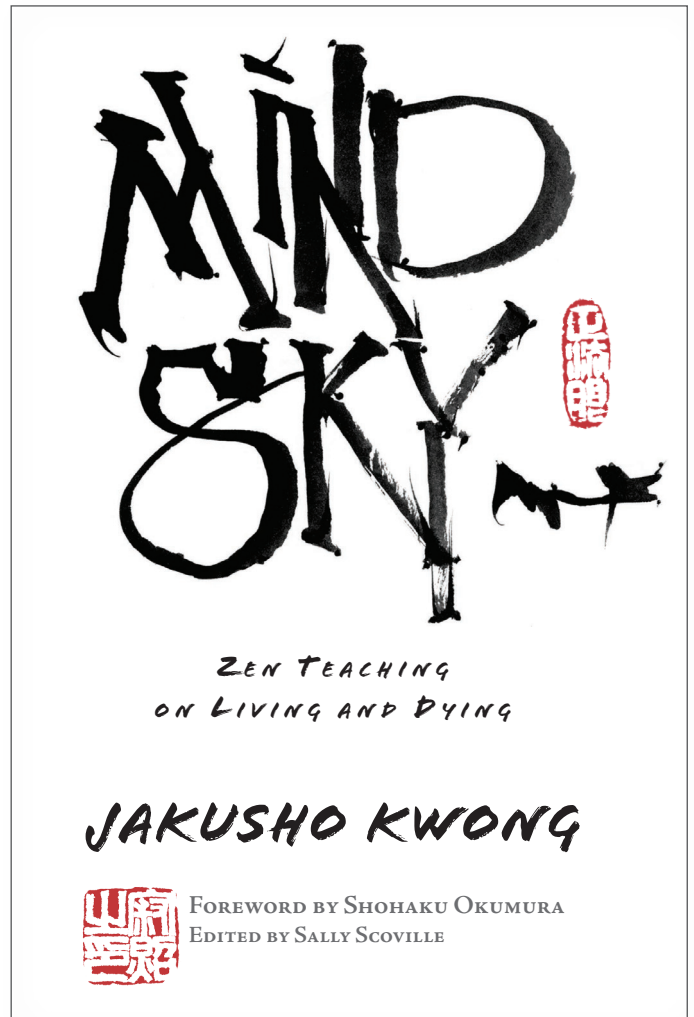
The mind can be a potent tool used to guide extraordinary achievements, inspire good works, and incline your spiritual path toward peace and awakening. But the mind can also produce thoughts that lead to suffering. For many people, thoughts run rampant and seem to oppress or control their lives. Even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

MIND SKY
ZEN TEACHING ON LIVING
AND DYING

Jakusho Kwong-roshi
Edited by Sally Scoville

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

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



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

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

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

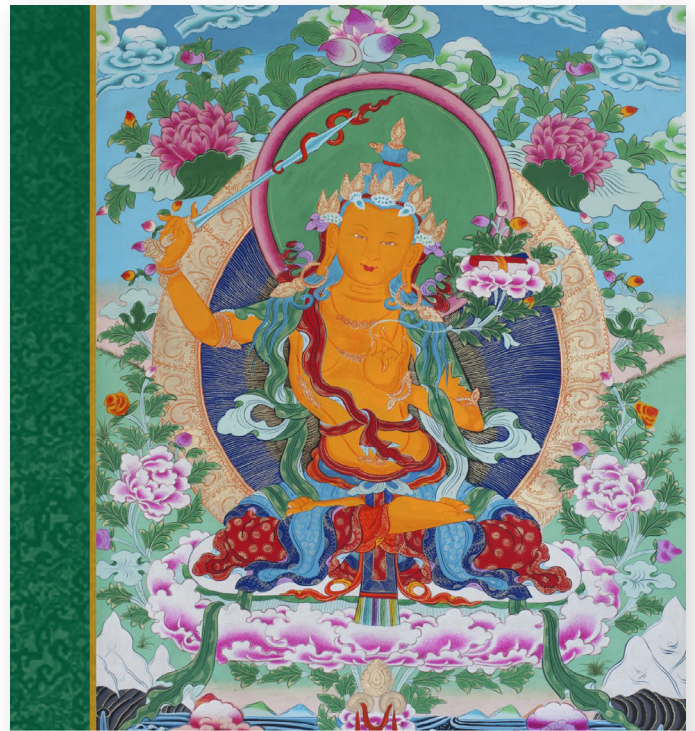
SEARCHING FOR THE SELF

THE LIBRARY OF WISDOM
AND COMPASSION,
VOLUME 7

The Dalai Lama
with Thubten Chodron

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

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



SEARCHING FOR THE SELF

The Dalai Lama with Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION : VOLUME 7

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

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

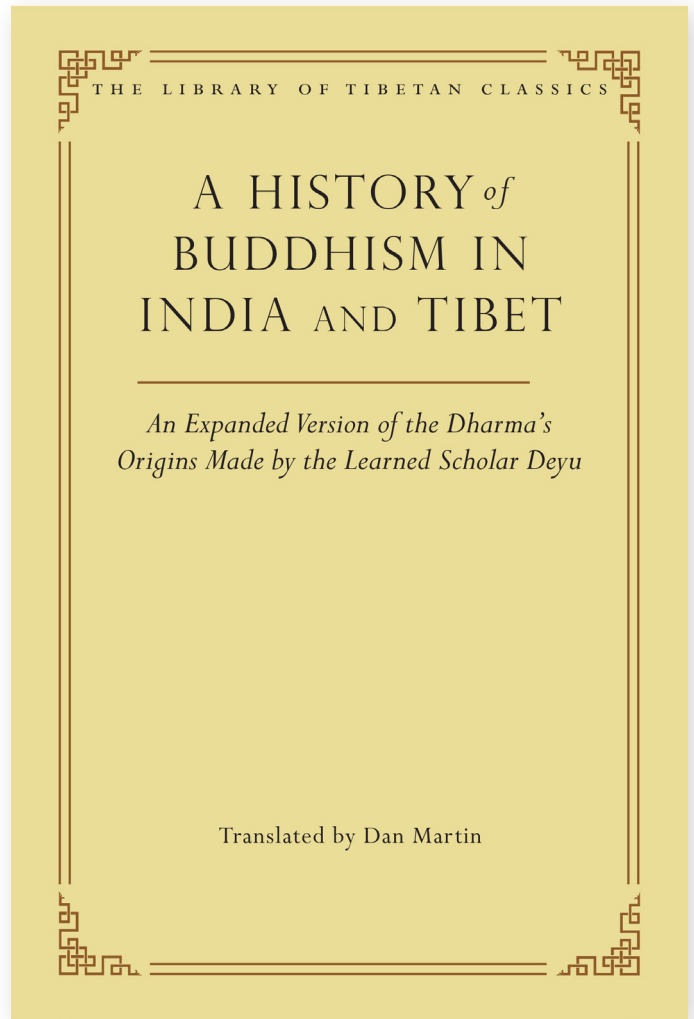
Engaging in this investigation will challenge our deepest-held beliefs and uproot false ways of viewing ourselves and the world that are so habitual we don't even notice them.

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

Translated by Dan Martin

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

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



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

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

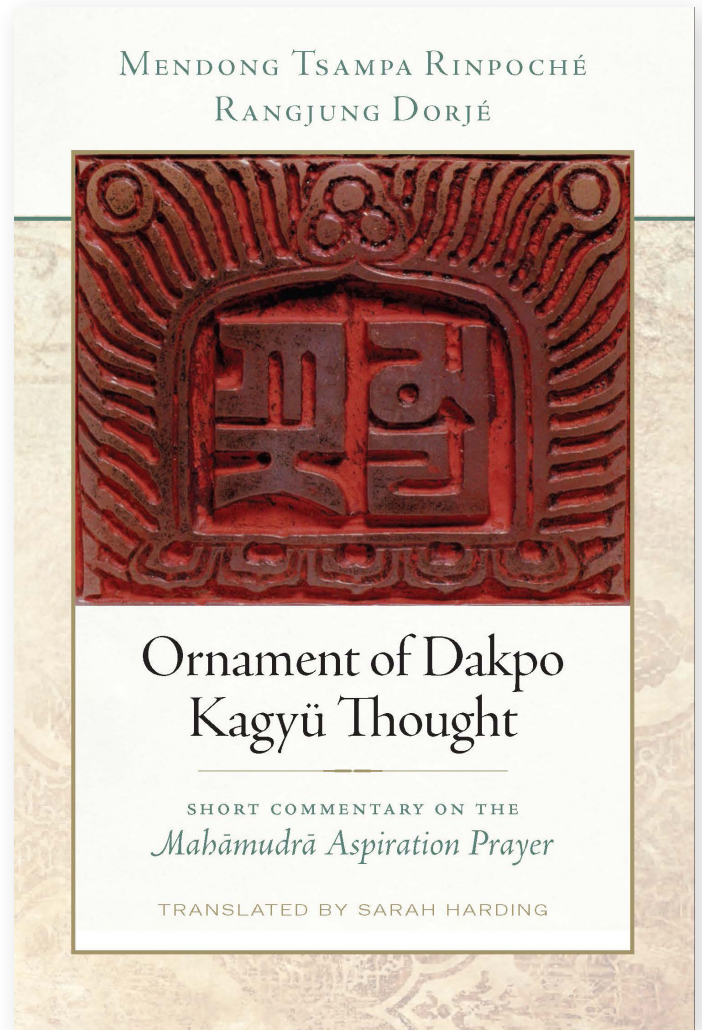
ORNAMENT OF DAKPO KAGYÜ THOUGHT

SHORT COMMENTARY ON
THE MAHĀMUDRĀ
ASPIRATION PRAYER

Rangjung Dorjé and
Mendong Tsampa Rinpoché
Translated by Sarah Harding

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

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



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

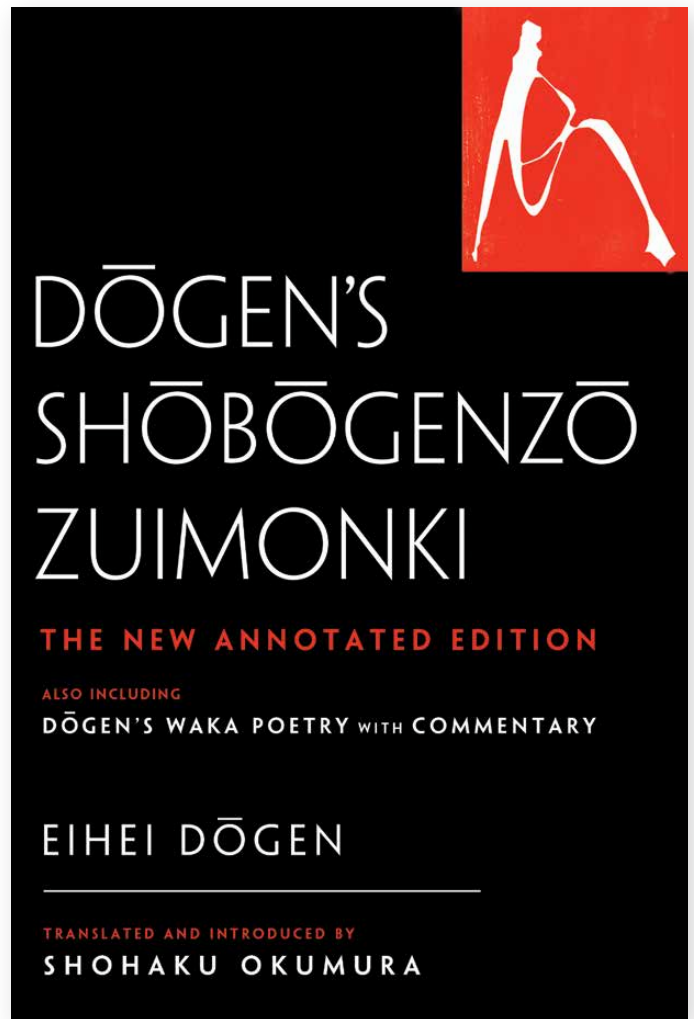
This is a text for encouraging study, for inspiring practice, and for the awakening of the world.

DŌGEN'S
SHŌBŌGENZŌ
ZUIMONKI
THE NEW ANNOTATED
EDITION

Eihei Dōgen
Translated by
Shohaku Okumura

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

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



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

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

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

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

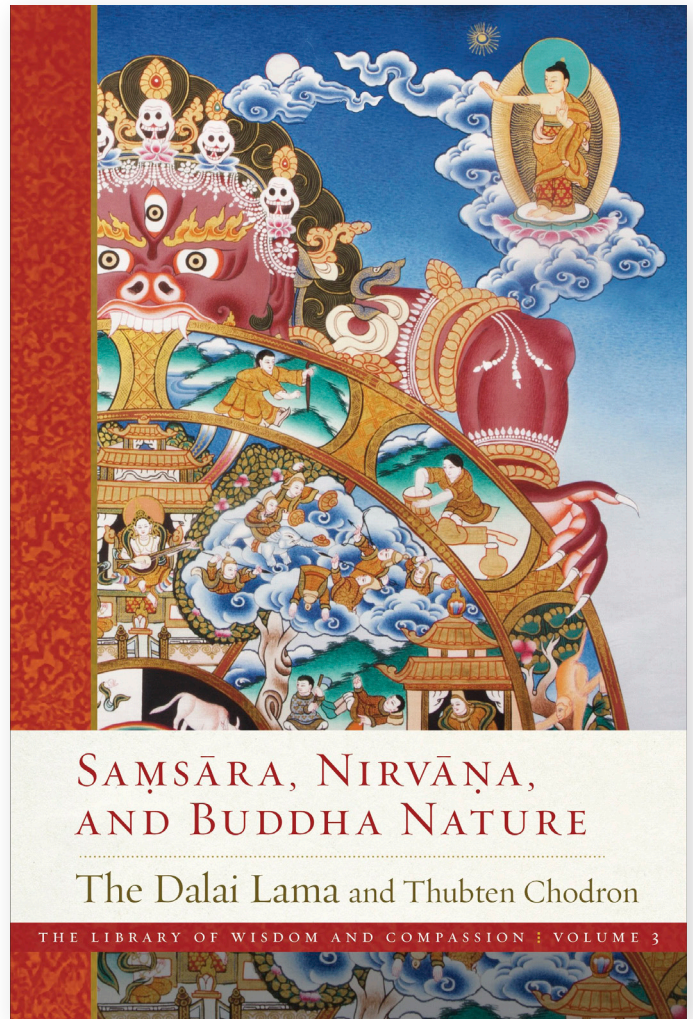
SAMSĀRA, NIRVĀNA, AND BUDDHA NATURE

THE LIBRARY OF WISDOM
AND COMPASSION,
VOLUME 3

The Dalai Lama and
Thubten Chodron

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

The third volume
in the Dalai Lama's
definitive and
comprehensive series
on the stages of the
Buddhist path, *The
Library of Wisdom and
Compassion*, now in
paperback!



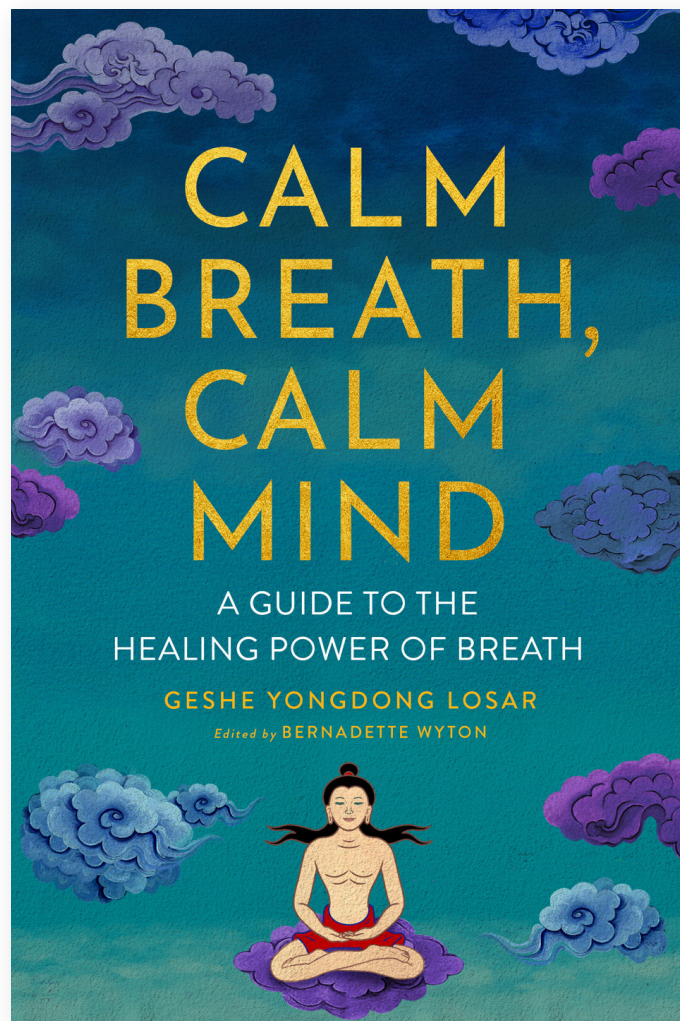
Knowledge of buddha nature reveals and reconciles the paradox of how the mind can be the basis for both the duḥkha of saṃsāra (the unpurified mind) and the bliss and fulfillment of nirvāṇa (the purified mind). To illustrate this, *Saṃsāra, Nirvāṇa, and Buddha Nature* first takes readers through Buddhist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

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

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

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

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



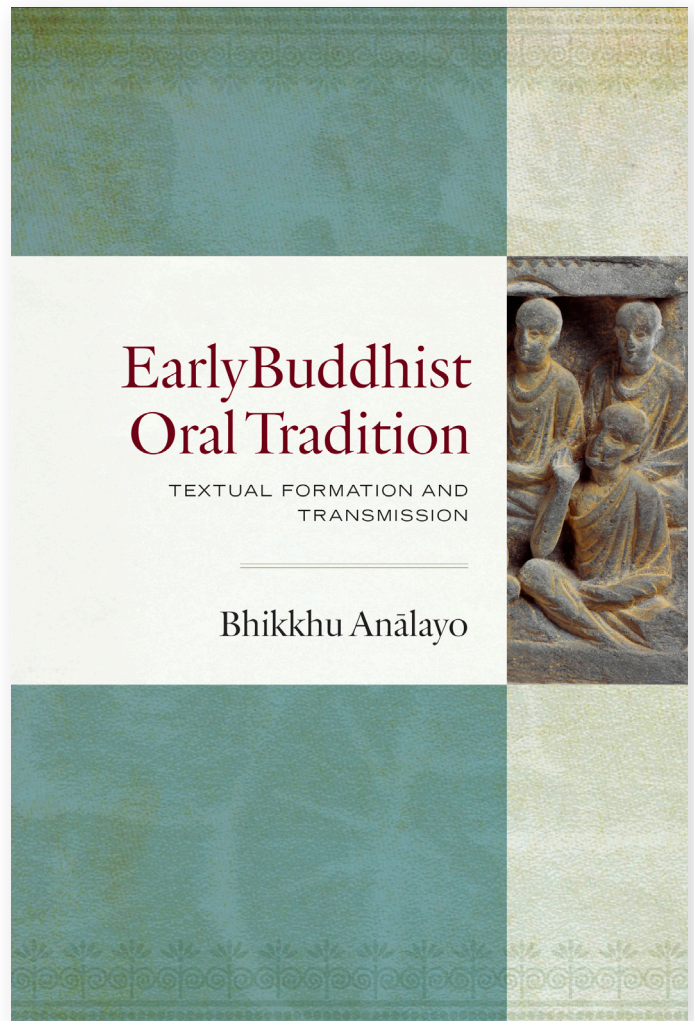
Over millennia, many Eastern traditions have developed practices that use the powerful healing energy of breath to treat physical, emotional, and mental problems. In Chinese this energy is called *chi*; in Indian Sanskrit it is called *prana*; and in Tibetan it is called *lung*.

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

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

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

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



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

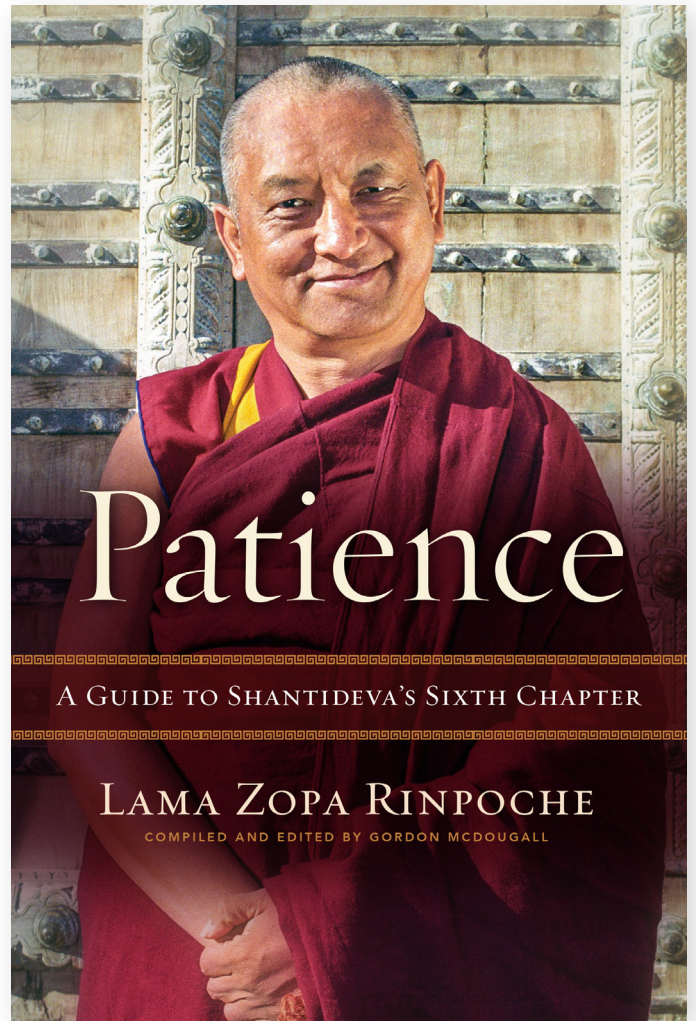
In-depth but still accessible, *Early Buddhist Oral Tradition* is an engrossing and enlightening inquiry into the early Buddhist oral tradition.

PATIENCE
A GUIDE TO
SHANTIDEVA'S
SIXTH CHAPTER

Lama Zopa Rinpoche
Edited by Gordon McDougall

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

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



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

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

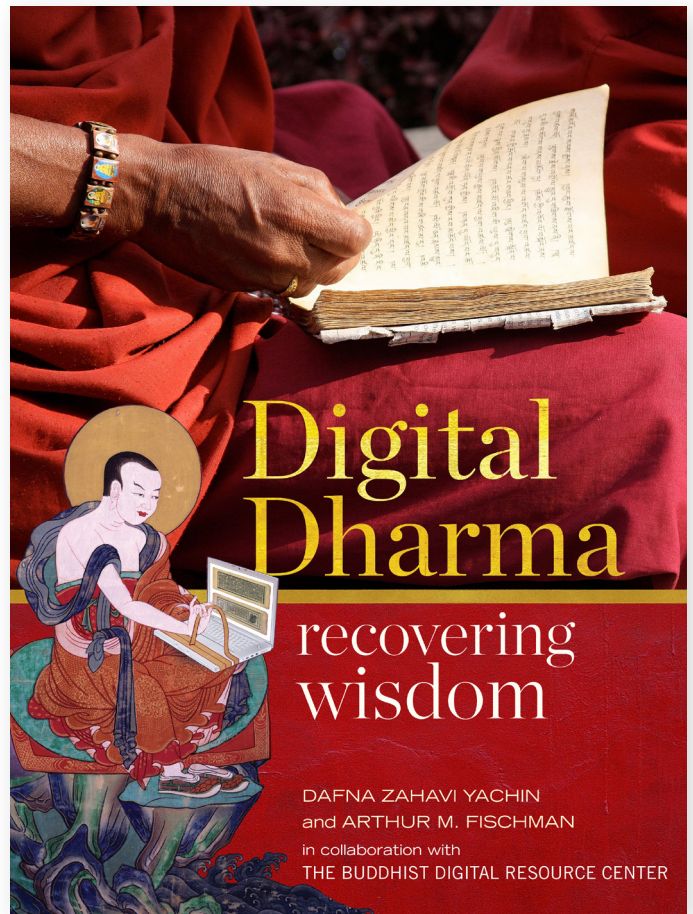
- overcoming anger
- accepting suffering
- respecting others and finding happiness in their happiness

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

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

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

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



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

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

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

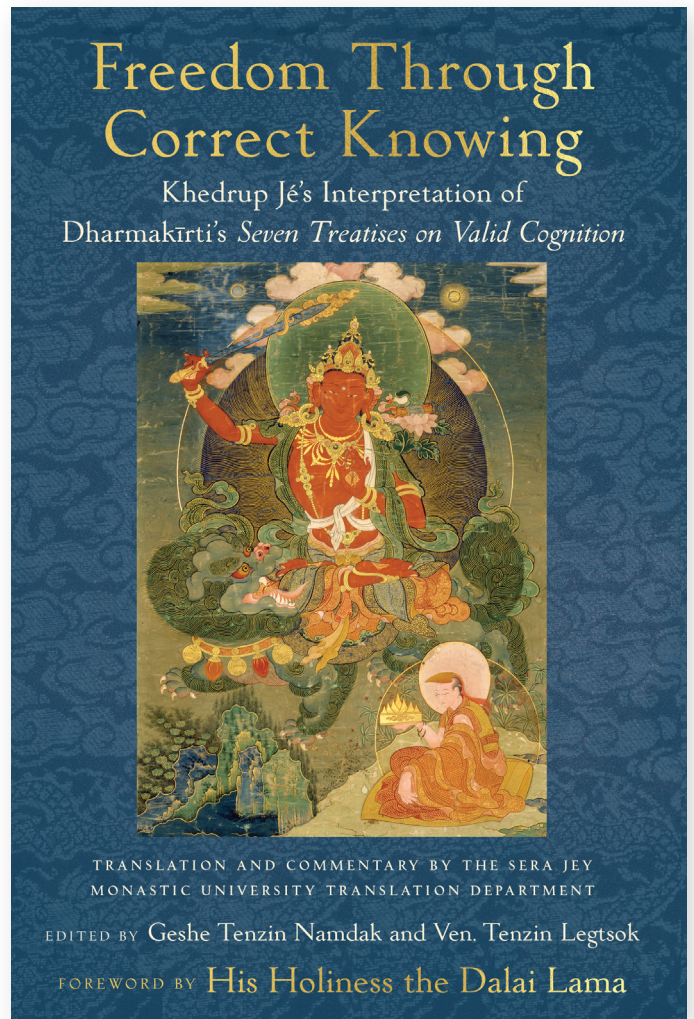
FREEDOM THROUGH CORRECT KNOWING

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

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

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

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



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

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

*GUIDANCE FOR THE
MODERN PRACTITIONER*

The Dalai Lama

Compiled by

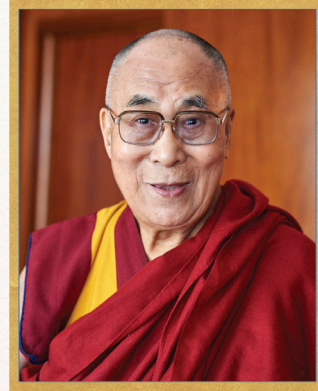
Loden Sherab Daggyab

Kyabgön Rinpoché

Translated by Gavin Kilty

August 9, 2022 | Hardcover | 552 pages
\$54.95 | 6" x 9" | 9781614297932

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



THE FOURTEENTH DALAI LAMA'S STAGES OF THE PATH

VOLUME 1

Guidance for the Modern Practitioner

By His Holiness the Fourteenth Dalai Lama

Compiled and Edited by H. E. Daggyab Kyabgön Rinpoché

Translated by Gavin Kilty

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

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

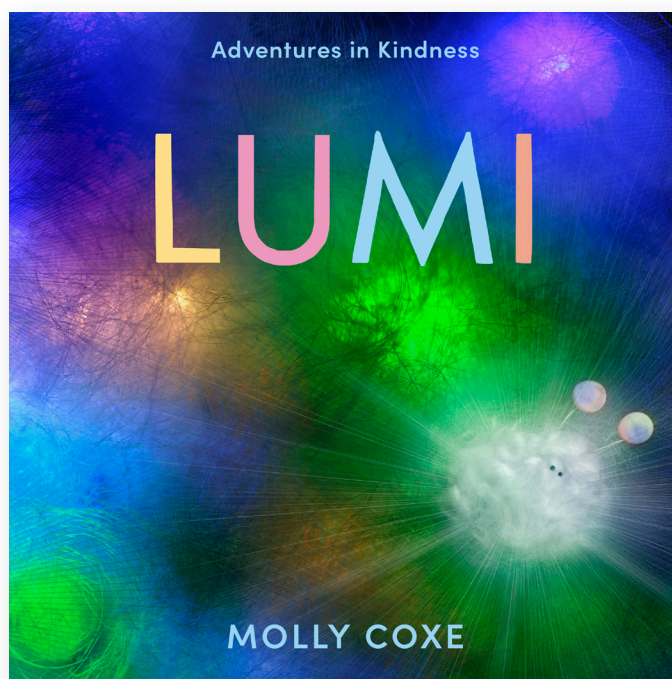
Although originally directed at a Tibetan audience, the messages will be of value to all readers, Buddhists and non-Buddhists alike.

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

LUMI
ADVENTURES IN KINDNESS
Molly Coxe

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

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



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

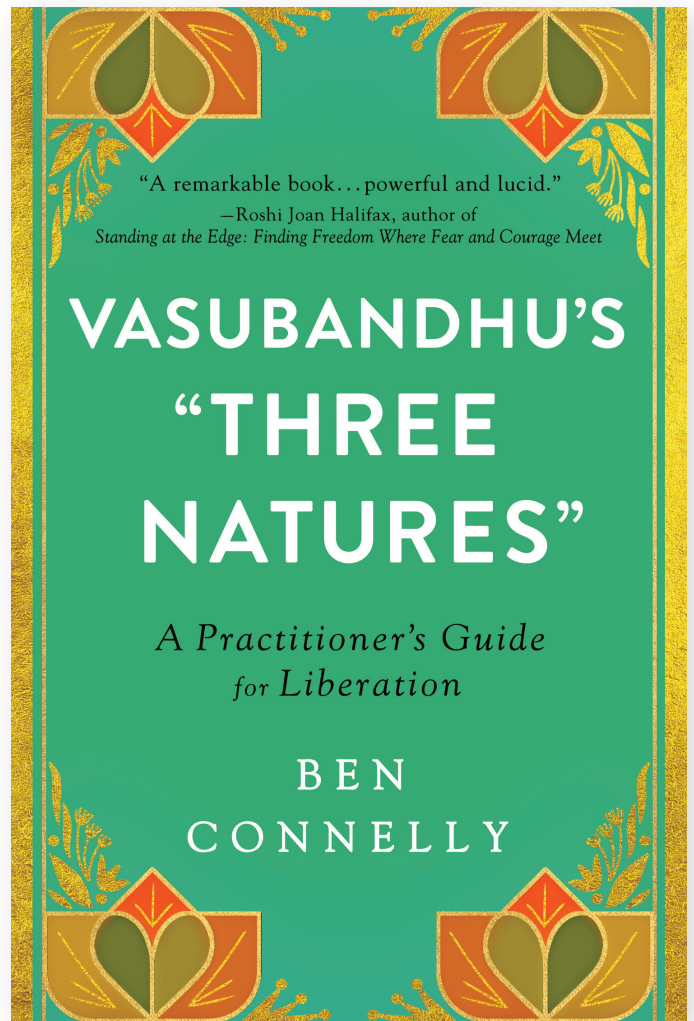
Endlessly imaginative and lushly illustrated, *Lumi* is a celebration of the good heart in the littlest ones among us. Come along with Lumi as she shares her light with flower fairies, frozen warriors, a star-stealing monster, and a colony of stranded sea squirts—and discovers that we're all actually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

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

Ben Connelly

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

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



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

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

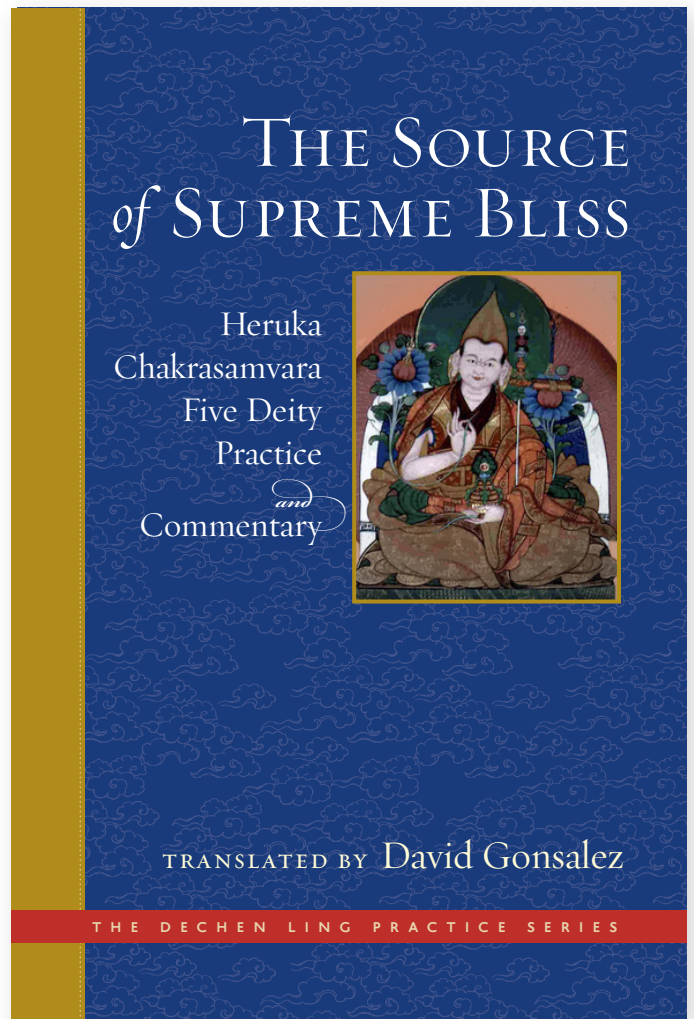
Dive into this empowering approach to freedom from suffering, from harmful personal and social patterns, and to finding peace and joyfulness in the present.

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

Ngulchu Dharmabhadra and
Losang Chökyi Gyaltzen
Translated by David Gonzalez

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

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



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

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

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

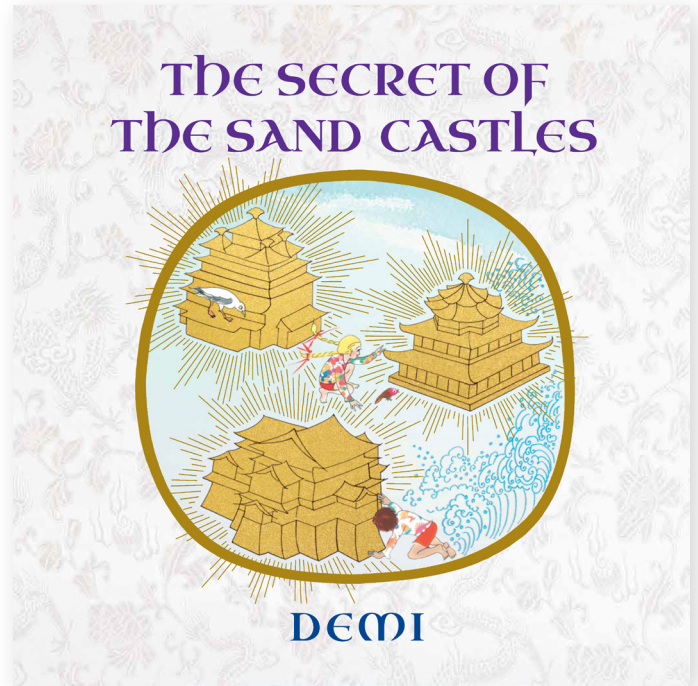
The *Dechen Ling Practice Series* from Wisdom Publications is committed to furthering the vision of David Gonzalez (Venerable Losang Tsering) and the Dechen Ling Press of bringing the sacred literature of Tibet to the West by making available many never-before-translated texts.

THE SECRET OF THE SAND CASTLES

Demi

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

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



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

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

SCIENCE AND PHILOSOPHY IN THE INDIAN BUDDHIST CLASSICS, VOLUME 3

PHILOSOPHICAL SCHOOLS

Compiled by His Holiness
the Dalai Lama

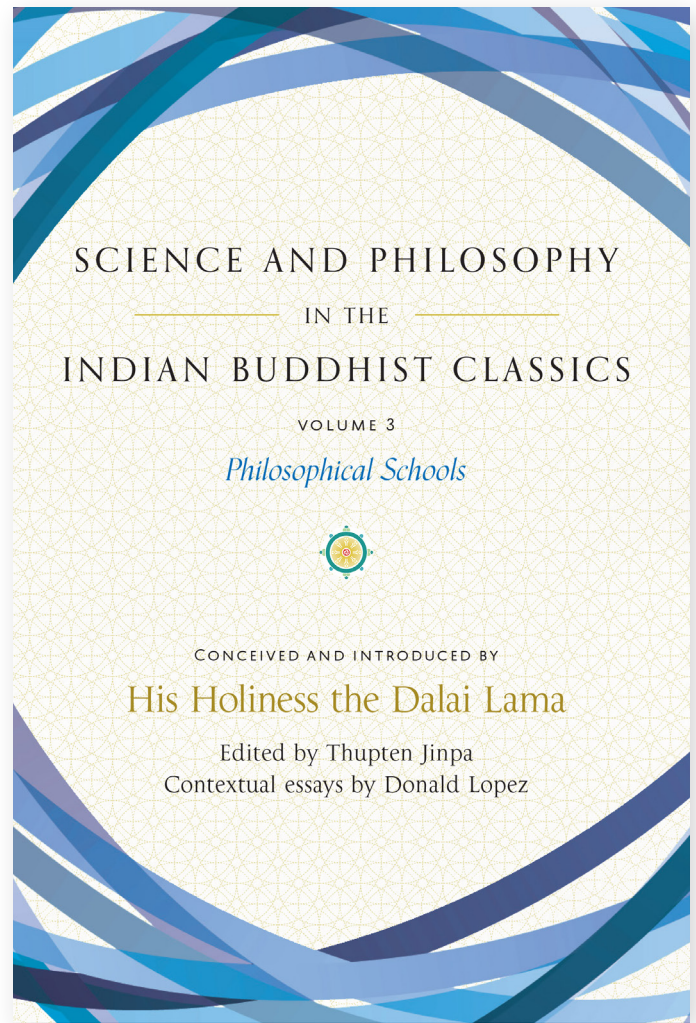
Edited by Thupten Jinpa

Introduced by Donald
S. Lopez Jr.

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

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

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



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

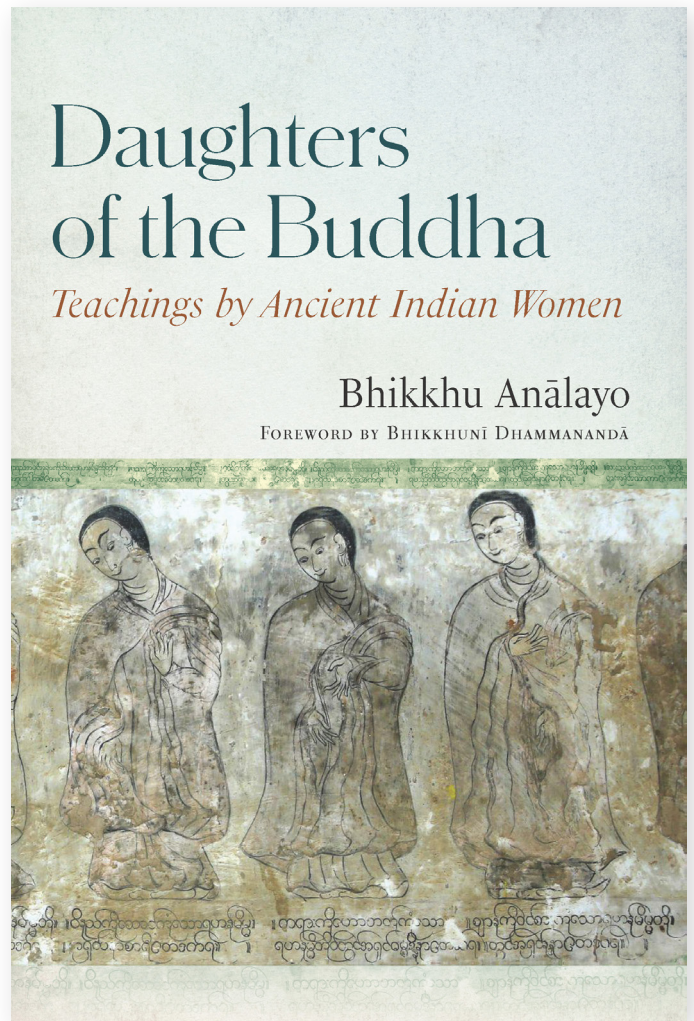
The present work follows in this venerable tradition, but with a modern twist. Like its predecessors, it presents the views of seven non-Buddhist schools, followed by four Buddhist schools, arranging them like steps on a ladder to the profound. But rather than following in the sharply polemical approach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

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

DAUGHTERS OF
THE BUDDHA
TEACHINGS BY ANCIENT
INDIAN WOMEN
Bhikkhu Anālayo

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

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



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

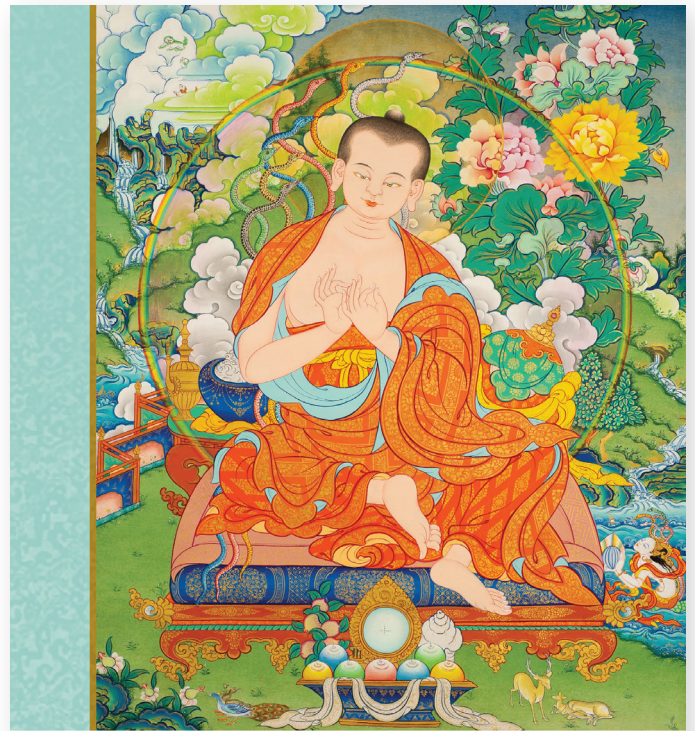
In *Daughters of the Buddha*, esteemed scholar-monk Bhikkhu Anālayo examines the accounts of the first female disciples in the canonical scripture, taking the reader back to the earliest period in the history of Buddhism that can still be accessed today. He dedicates each of the twenty-one chapters in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

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

The Dalai Lama
and Thubten Chodron

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

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



REALIZING THE
PROFOUND VIEW

The Dalai Lama with Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION | VOLUME 8

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

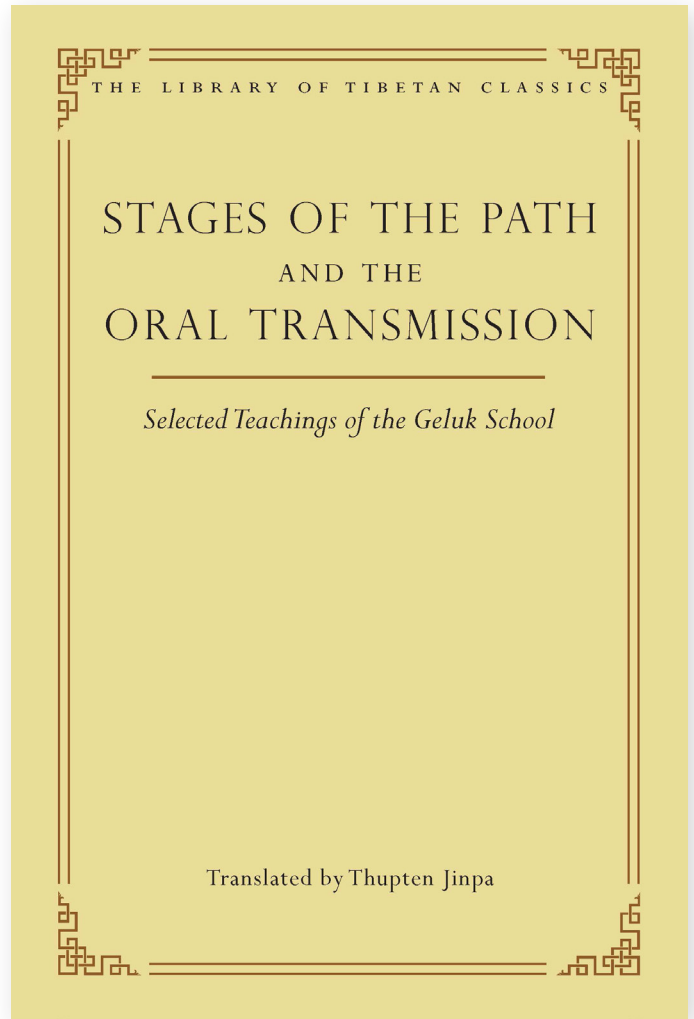
With attention to Nāgārjuna's five-point analysis, Candrakīrti's seven-point examination, and Pāli suttas, the Dalai Lama leads us to investigate who or what is the person. Are we our body? Our mind? If we are not inherently either of them, how do we exist, and what carries the karma from one life to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

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

Translated by Thupten Jinpa

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

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



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

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

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



WISDOM PUBLICATIONS

2023 CATALOG



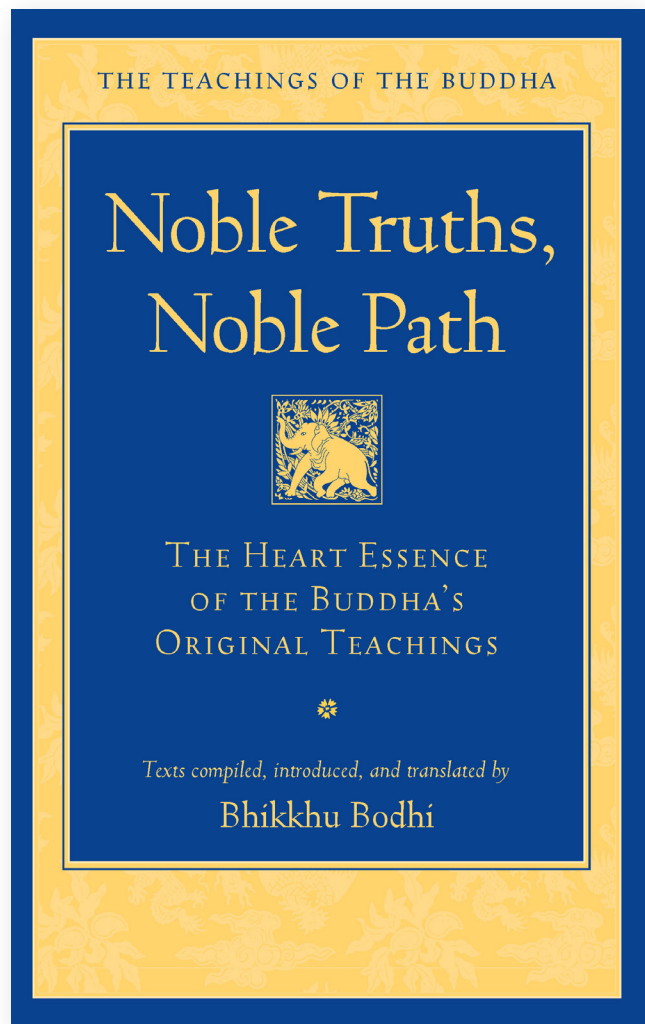
NOBLE TRUTHS,
NOBLE PATH
*THE HEART ESSENCE OF
THE BUDDHA'S ORIGINAL
TEACHINGS*

Bhikkhu Bodhi

February 14, 2023 | Hardcover | 200 pages

\$44.95 | 5.375" x 8.5" | 9781614297987

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.



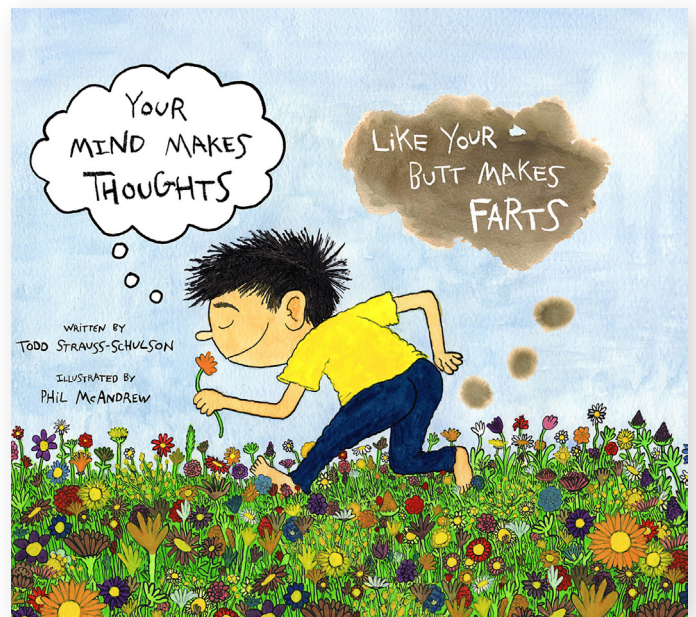
Brilliantly translated by Bhikkhu Bodhi, this anthology of suttas from the Samyutta Nikaya takes us straight to the heart of the Buddha's teaching on liberation through the four noble truths and the noble eightfold path—the two mainstays of Buddhist doctrine that illuminate the nature of things by generating 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.

YOUR MIND MAKES THOUGHTS LIKE YOUR BUTT MAKES FARTS

Todd Strauss-Schulson,
Illustrated by Phil McAndrew

February 28, 2023 | Hardcover | 32 pages

\$24.95 | 12.25" x 10" | 9781614297826



A funny, gross book
about mindfulness
for kids.

Sometimes we have nightmares or fears, and anxieties can sneak into our day. And when you're a kid, you don't understand these thoughts or what they're trying to say. But this book will teach you how to make friends with your mind—instead of fearing what's inside.

Your Mind Makes Thoughts Like Your Butt Makes Farts is unlike any other book about mindfulness for kids. With gross-out humor and hilariously disgusting illustrations, it will help kids understand that they don't have to listen to everything their mind says—and realize that thoughts (like gas) will pass.

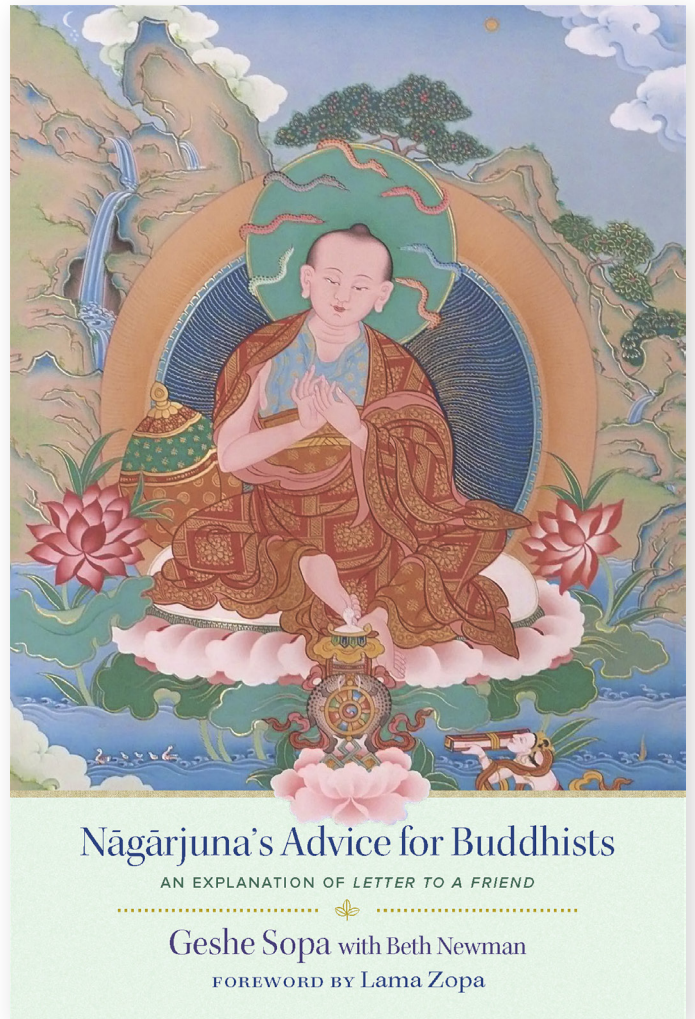
NAGARJUNA'S ADVICE FOR BUDDHISTS

GESHE SOPA'S EXPLANATION
OF LETTER TO A FRIEND

Geshe Lhundub Sopa
with Beth Newman

March 14, 2023 | Hardcover | 408 pages
\$49.95 | 6" x 9" | 9781614297857

A modern
commentary by a
beloved Tibetan
teacher on a classical
Indian Buddhist text.
An introduction to
Buddhism by one of
the tradition's most
famous authors.



The great Indian philosopher Nagarjuna is best known for his foundational texts on the Madhyamaka, or Middle Way doctrine of Mahayana Buddhism. He was also the author of *Letter to a Friend*, one of the best-known introductions to Buddhism in classical Indian Buddhist literature. Geshe Sopa's commentary shows how Nagarjuna's advice on how to follow Buddhist ethics while living fully in the world speaks just as clearly to us today as it did to the Indian king for whom it was composed.

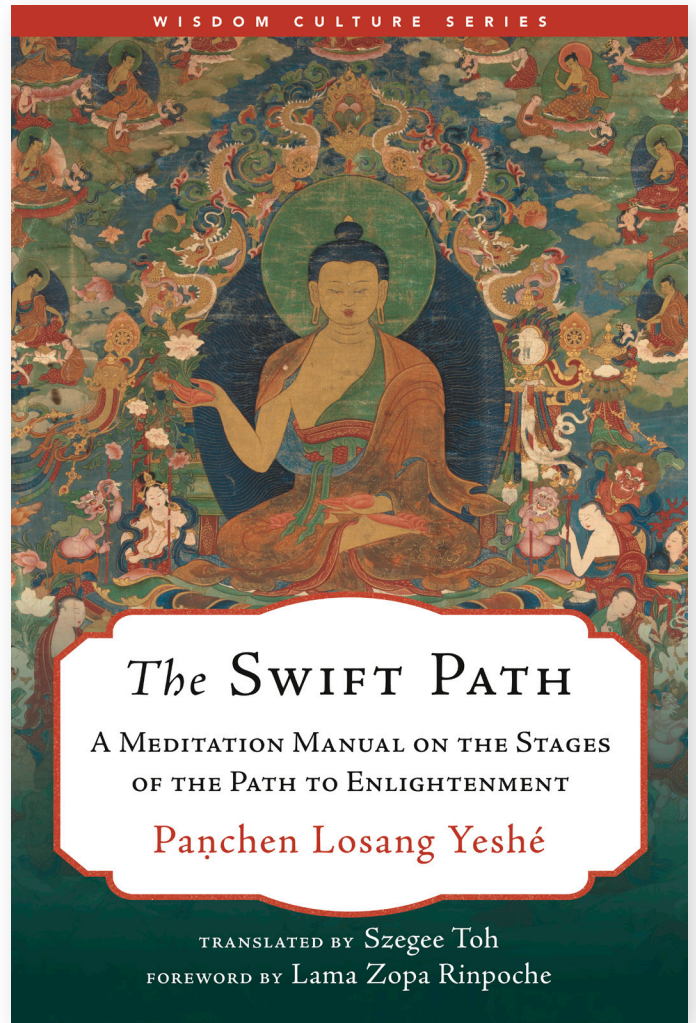
Here is a warm and generous commentary on the work by one of the twentieth century's most beloved Tibetan teachers, Geshe Lhundub Sopa. Expertly compiled by his student, scholar Beth Newman, from talks given over a number of years, the commentary brings this ancient Buddhist teaching to a modern audience.

Nagarjuna maintained that all Buddhists can embody the full teachings of the Buddha. Therefore, this book covers topics from simple virtues to the most profound truths of emptiness, all directed at a contemporary American audience.

THE SWIFT PATH
*A MEDITATION MANUAL ON
THE STAGES OF THE PATH
TO ENLIGHTENMENT*

Panchen Losang Yeshé,
Translated by Szegee Toh

March 14, 2023 | Hardcover | 376 pages
\$44.95 | 6" x 9" | 9781614298250



This collection of guided meditations from eighteenth-century Tibet harnesses elements of tantric visualization to induce realizations while contemplating the steps on the path to buddhahood.

The Swift Path by the Second Panchen Lama has long been heralded in the Geluk school of Tibetan Buddhism as one of the “eight great lamrim,” or works presenting the stages of the path to enlightenment, but it is the last to become widely available in English translation. Composed by a preceptor of two Dalai Lamas, this practical and systematic guide to meditating on the lamrim is based on the Easy Path, a more concise work by the First Panchen Lama. In *The Swift Path*, Panchen Losang Yeshé expands on the earlier Panchen Lama’s meditation guide with more detailed instructions on how to generate a clear and profound experience of the key recognitions that allow us to advance on our spiritual journey. These include the recognition of the opportunity afforded by our human existence, both its preciousness and its precariousness, and the way to adopt and live out the practices of a bodhisattva. The guided meditations here make use of a visualization of one’s teacher in the guise of Sakyamuni Buddha to unlock our own innate potential for buddhahood, complete enlightenment, to best benefit humanity and all living beings.

THE SECRET REVELATIONS OF CHITTAMANI TARA

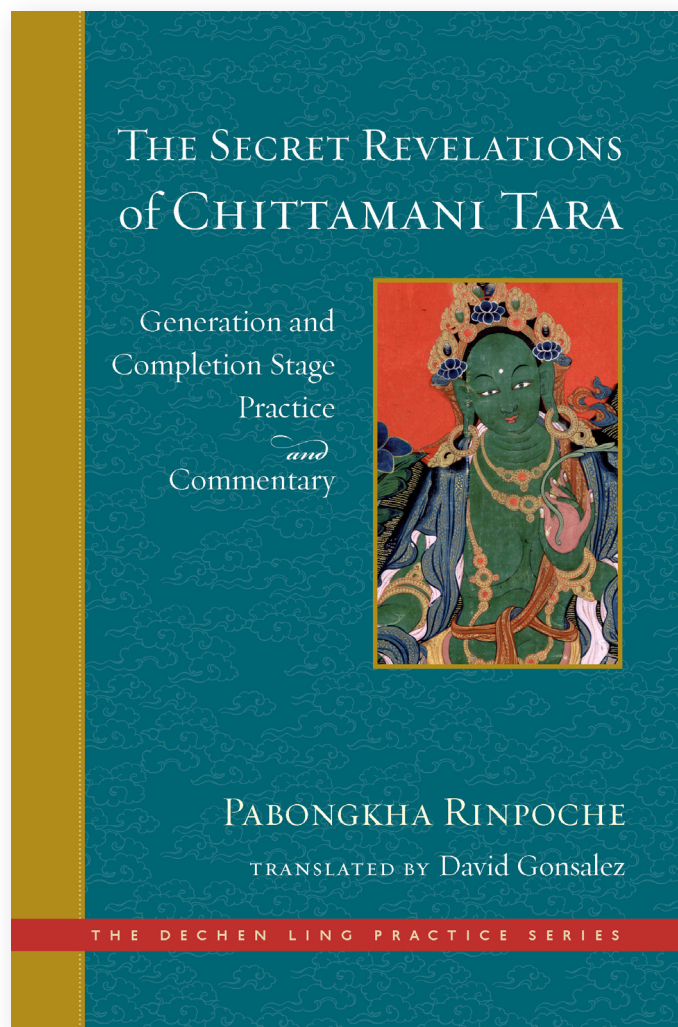
GENERATION AND COMPLETION STAGE PRACTICE AND COMMENTARY

Pabongkha Dechen Nyingpo,
Translated by David Gonzalez

April 4, 2023 | Hardcover | 280 pages

\$49.95 | 6" x 9" | 9781614295655

Chittamani Tara is the Highest Yoga Tantra aspect of Green Tara, one of the most popular *yidams* in Tibetan Buddhism.



In this book beloved teacher Pabongkha Rinpoche shares the teachings that his teacher, Gargyi Wangpo Takphu Dorje Chang, received directly from Chittamani Tara herself.

The Secret Revelations of Chittamani Tara contains many profound oral instructions that are not easily found elsewhere, including one of the most powerful and practical discourses on the completion stage to be found anywhere in English translation. Rinpoche has supplemented his commentary with teachings from the Gaden Hearing Lineage as well as the general tantric teachings of the Gelug tradition. Also included are the Chittamani Tara self-generation sadhana, the ganachakra offering for Chittamani Tara, and three beautiful and moving praises and prayers to Tara composed by masters in the tradition.

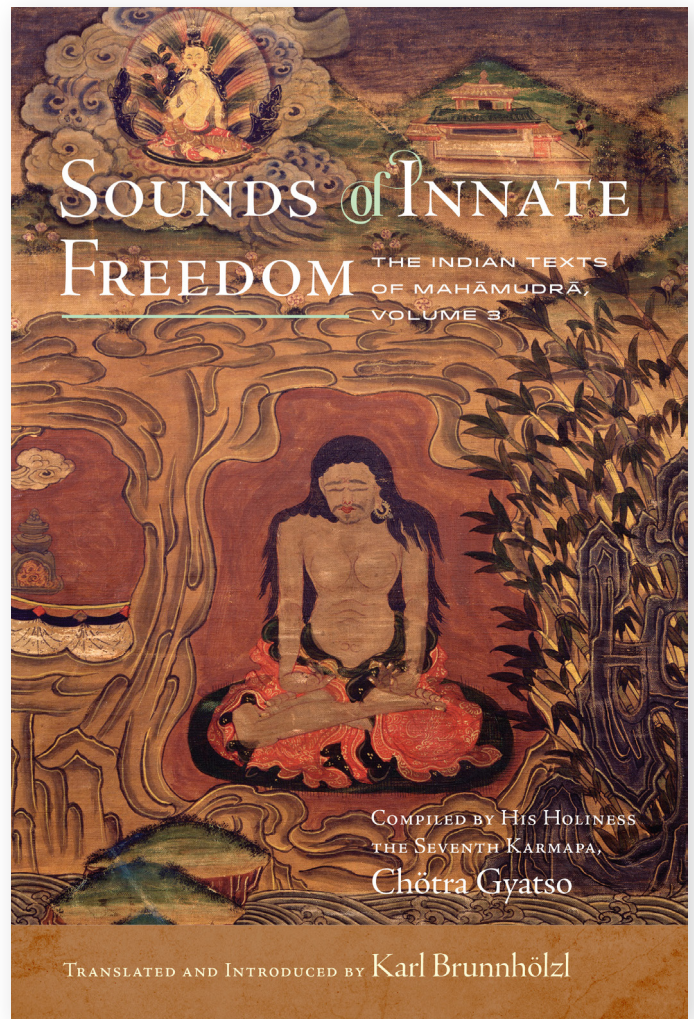
Lovingly translated by the scholar-monk David Gonzalez, *The Secret Revelations of Chittamani Tara* is a guiding force leading all living beings to the state of Arya Tara.

The material in this book is restricted. This book may be read only by those who have received an empowerment into any of the four classes of tantra. In order to practice this material, you must have received both the common and uncommon Chittamani Tara empowerments.

SOUNDS OF
INNATE FREEDOM
THE INDIAN TEXTS OF
MAHAMUDRA, VOLUME 3
Karl Brunnhölzl

April 11, 2023 | Hardcover | 1080 pages
\$79.95 | 6" x 9" | 9781614297109

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



This third volume in *Sounds of Innate Freedom: The Indian Texts of Mahamudra* contains twenty-four texts, the bulk of which are *dohas* by Saraha and commentaries on them, as well as works by other renowned Indian Buddhist mahasiddhas such as Naropa, Krsna, and Sakyasribhadra. The extensive commentaries brilliantly unravel enigmas and bring clarity to the songs they comment on as well as to many other songs of realization in the series. These expressive songs of the inexpressible offer readers a feast of profound and powerful pith instructions uttered by numerous male and female mahasiddhas, yogis, and dakinis, often in the context of ritual *ganacakras* and initially kept in their secret treasury. Displaying a vast range of themes, styles, and metaphors, they all point to the single true nature of the mind—mahamudra—in inspiring ways and from different angles, using a dazzling array of skillful means to penetrate the sole vital point of buddhahood being found nowhere but within our own mind. Reading and singing these songs of mystical wonder, bliss, and ecstatic freedom and contemplating their meaning will open doors to spiritual experience for us today just as it has for countless practitioners in the past.

THE TWO TRUTHS IN INDIAN BUDDHISM

*REALITY, KNOWLEDGE, AND
FREEDOM*

Sonam Thakchoe

April 18, 2023 | Paperback | 312 pages

\$34.95 | 6" x 9" | 9781614297468

An insightful and
illuminating survey
of key insights into
one of the most
foundational and
profound topics in
Buddhist thought.

THE TWO TRUTHS IN INDIAN BUDDHISM

Reality, Knowledge,
and Freedom



SONAM THAKCHOE

In this clear and exemplary approach to one of the core philosophical subjects of the Buddhist tradition, Sonam Thakchoe guides readers through the range of Indian Buddhist philosophical schools and how each approaches the two truths: ultimate truth and conventional truth. In this presentation of philosophical systems, the detailed argumentations and analyses of each school's approach to the two truths are presented to weave together the unique contributions each school brings to supporting and strengthening a Buddhist practitioner's understanding of reality. The insights of the great scholars of Indian Buddhist history—such as Vasubandhu, Bhāvaviveka, Kamalaśīla, Dharmakīrti, Nāgārjuna, and Candrakīrti—are illuminated in this volume, with profound implications to the practice and views of modern practitioners and scholars.

The Vaibhāsika, Sautrāntika, Yogācāra, and Madhyamaka schools provide a framework for a continuum of philosophical debate, yet we see how the schools build upon the findings of one another. This fascinating movement through philosophical approaches leads us to see how the conventional and ultimate—dependent arising and emptiness—are twin aspects of a single reality.

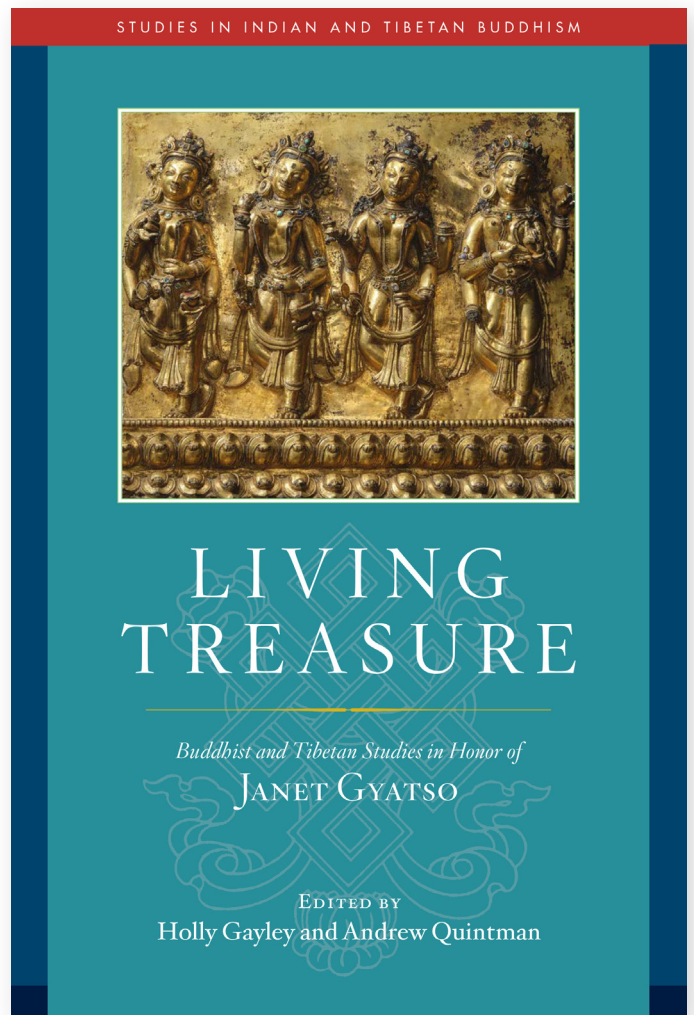
LIVING TREASURE

*BUDDHIST AND TIBETAN
STUDIES IN HONOR OF
JANET GYATSO*

Edited by Holly Gayley and
Andrew Quintman

June 6, 2023 | Hardcover | 544 pages
\$59.95 | 6" x 9" | 9781614297796

Senior scholars and
former students
celebrate the life and
work of Janet Gyatso.
These offerings make
a rich feast for readers
interested in Tibetan
and Buddhist studies.

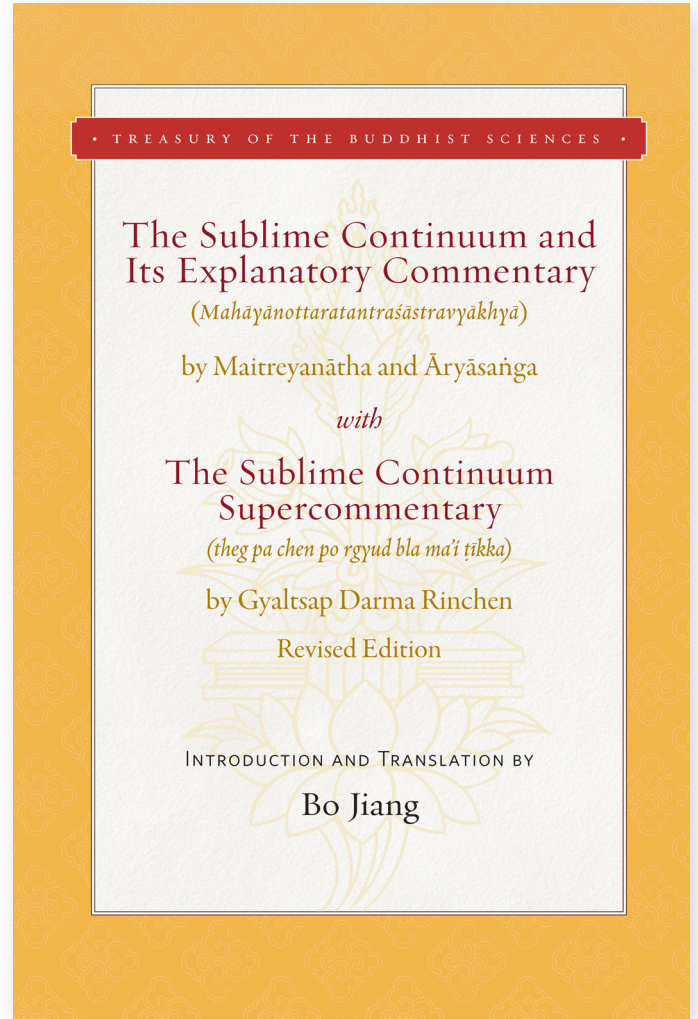


Janet Gyatso has made substantial, influential, and incredibly valuable contributions to the fields of Buddhist and Tibetan studies. Her paradigm-shifting approach is to take a topic, an idea, a text, a term—often one that had long been taken for granted or overlooked—and turn it inside out, to radically reimagine the kinds of questions that might be asked and what the answers might reveal. The twenty-nine essays in this volume, authored by colleagues and former students—many of whom are now also colleagues—represent the breadth of her interests and influence, and the care that she has taken in training the current generation of scholars of Tibet and Buddhism. They are organized into five sections: Women, Gender, and Sexuality; Biography and Autobiography; the Nyingma Imaginaire; Literature, Art, and Poetry; and Early Modernity: Human and Non-Human Worlds. Contributions include Matthew Kapstein on the memoirs of an ambivalent reincarnated lama; Willa Baker on Jikmé Lingpa’s theory of absence; and Padma ’tsho on Tibetan women’s advocacy for full female ordination. These and the many other chapters together offer a glowing tribute to a scholar who indelibly changed the way we think about Buddhism, its history, and its literature.

THE SUBLIME
CONTINUUM AND
ITS EXPLANATORY
COMMENTARY
WITH THE SUBLIME
CONTINUUM
SUPERCOMMENTARY
Introduction and Translation by
Bo Jiang

June 6, 2023 | Hardcover | 624 pages
\$79.95 | 6" x 9" | 9781949163247

Presented in an
original translation
from Sanskrit and
Tibetan, with the
translation of an
extensive Tibetan
Supercommentary
by Gyaltsap Darma
Rinchen
(1364–1432 CE).



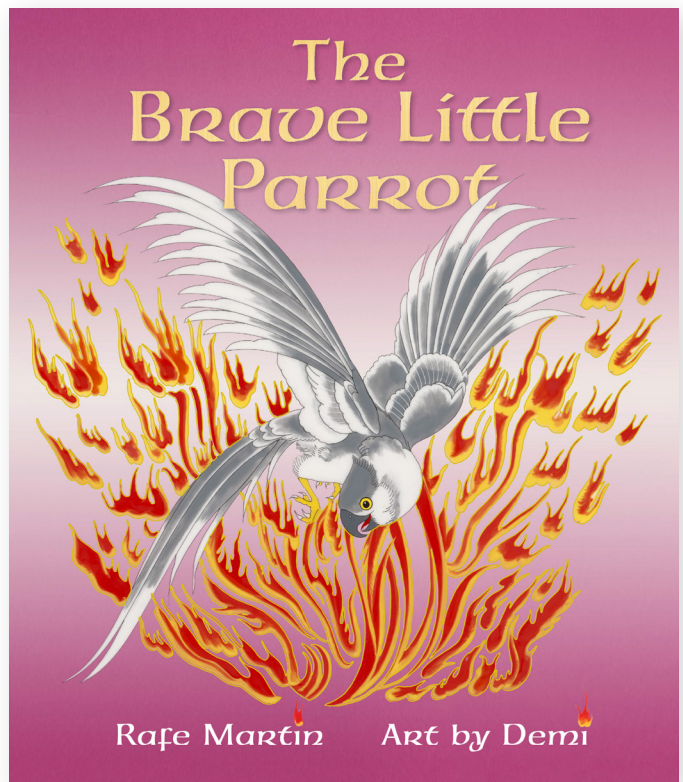
Contemporary scholars have widely misunderstood the Buddhist Centrist (*Mādhyamika*) teaching of emptiness, or selflessness, as either a form of nihilism or a radical skepticism. Yet Buddhist philosophers from Nāgārjuna on have shown that the negation of *intrinsic* reality, when accurately understood, affirms the supreme value of *relative* realities. Gyaltsap Darma Rinchen, in his *Supercommentary*, elucidates a highly positive theory of the “buddha-nature,” showing how the wisdom of emptiness empowers the compassionate life of the enlightened, as it is touched by its oneness with the truth body of all buddhas. With his clear study of Gyaltsap’s insight and his original English translation, Bo Jiang, Ph.D., completes his historic project of studying and presenting these works from Sanskrit and Tibetan in both Chinese and, now, English translations, in linked publications.

THE BRAVE LITTLE PARROT

Rafe Martin
Illustrated by Demi

June 6, 2023 | Hardcover | 32 pages
\$22.95 | 10" x 11 1/2" | 9781614298458

How can you save a
burning forest with
just sprinkles of water?
This timeless Buddhist
tale may just have the
answer!



In this ancient tale of one of the Buddha's past lives, the Buddha is born as a little gray parrot who takes it upon herself to save her beloved forest home from a raging fire. Even though she can only sprinkle drops of water onto the blaze, her perseverance, courage, and compassion change everything, eventually saving the forest in an unexpected way.

Zen teacher and acclaimed storyteller Rafe Martin is joined by the award-winning illustrator Demi to render this centuries-old classic into a beautiful and timeless tale that will inspire all of us to find our own bravery and to act selflessly for the benefit of all.

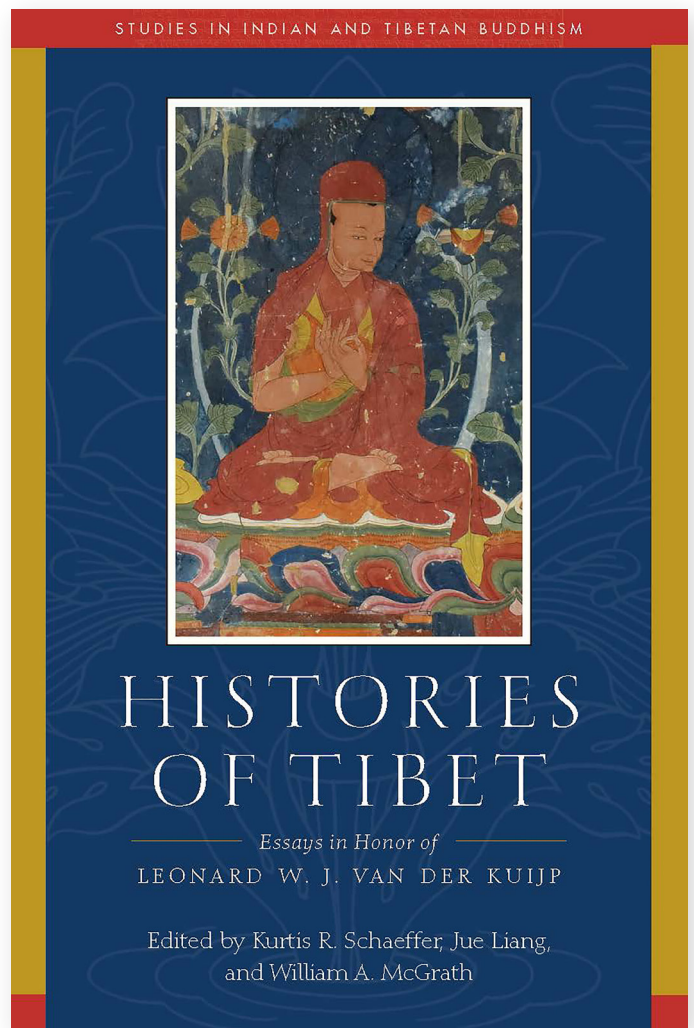
HISTORIES OF TIBET

ESSAYS IN HONOR OF
LEONARD W. J. VAN DER
KUIJP

Edited by Kurtis R. Schaeffer,
Jue Liang, and
William A. McGrath

July 25, 2023 | Hardcover | 656 pages
\$59.95 | 6" x 9" | 9781614297840

This volume follows
the interests of
Leonard van der Kuijp,
whose research in
Tibetan intellectual
and cultural history
imbued his students
with an abiding
sense of curiosity and
discovery.



As part of Leonard van der Kuijp's research in Tibetan history, he patiently and expertly revealed treasures of the Tibetan intellectual tradition in fourteenth-century Tsang, seventeenth-century Lhasa, or eighteenth-century Amdo. The thirty-four essays in this volume follow the particular interests of the honoree and express the comprehensive research that his international cohort has engaged in alongside his generous tutelage over the course of forty years. His inquisitiveness can be experienced through every one of his writings and can be found as well in these new essays in intellectual, cultural, and institutional history by Christopher Beckwith, Yael Bentor, the late Hubert Decler, Franz-Karl Ehrhard, Jörg Heimbel and David Jackson, Nathan Hill, Isabelle Henrion-Dourcy, Matthew Kapstein, Todd Lewis, Kurtis Schaeffer, Peter Schwieger, Gray Tuttle, Pieter Verhagen, Michael Witzel, and others.

LIGHT OF SAMANTABHADRA

An Explanation of
DHARMAKĪRTI'S
COMMENTARY ON
VALID
COGNITION



Gorampa Sönam Sengé

Translated by Gavin Kilty

FOREWORD BY HIS HOLINESS THE 42ND SAKYA TRIZIN

LIGHT OF SAMANTABHADRA A COMMENTARY ON DHARMAKĪRTI'S COMMENTARY ON VALID COGNITION

Translated by Gavin Kilty
Foreword by His Holiness the
42nd Sakya Trizin Ratna Vajra

July 18, 2023 | Hardcover | 536 pages
\$59.95 | 6" x 9" | 9781614297512

An illuminating
gateway to Indian
philosophy and its
explication in Tibet.

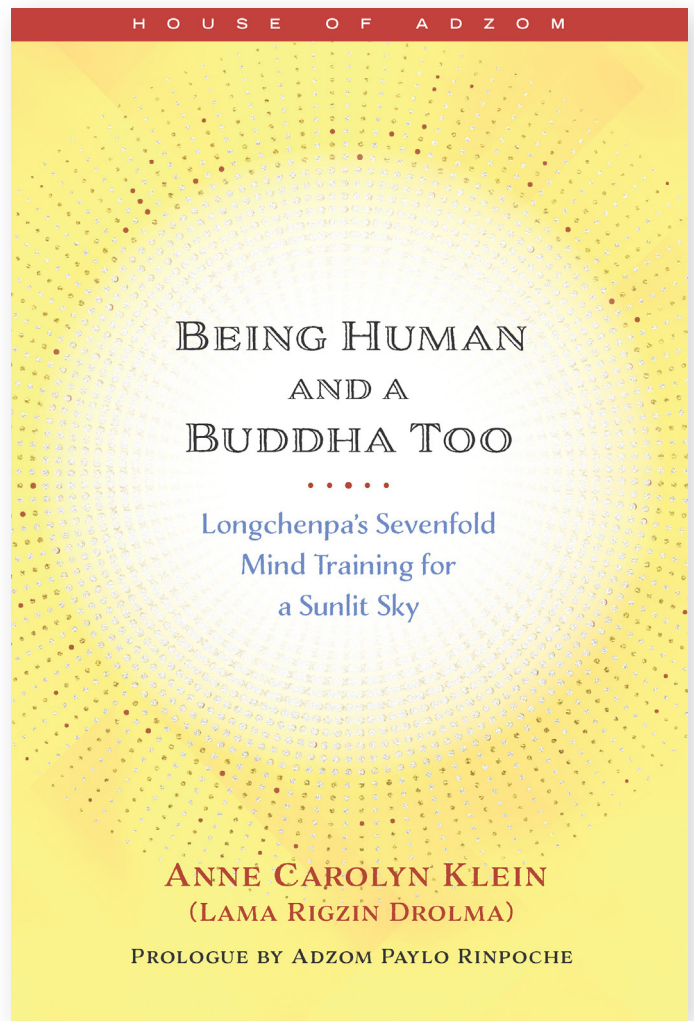
Among the many works produced in the rich philosophical tradition of India's classical age, few have had more impact than Dharmakīrti's *Commentary on Valid Cognition* (*Pramānavārttika*). Composed in India in the seventh century, it became the cornerstone for the study of logic and epistemology in the Tibetan Buddhist tradition.

An important addition to any Sakya collection, *Light of Samantabhadra* translates the work of one of the premier scholars of the Sakya school, Gorampa Sönam Sengé (1429–89). Gorampa illuminates the first two chapters of Dharmakīrti's treatise, those on using inference to enlighten oneself (*svārthānumāna*) and on establishing valid cognition (*pramānasiddhi*), both to determine the authority of the Buddha as a valid teacher and to eliminate the cognitive obstacles to awakening. The root text is composed in compact verses, and these are translated along with Gorampa's word-by-word commentary that reveals their often-veiled meanings. These chapters explore key issues in the philosophy of language and the nature of conventional designation, the way to employ sound reasoning, the proof of past and future lives, and the way to eliminate the view of self. In the skilled hands of translator Gavin Kilty, these insights are made accessible to contemporary readers.

BEING HUMAN
AND A BUDDHA
TOO
LONGCHENPA'S SEVENFOLD
MIND TRAINING FOR A
SUNLIT SKY
Anne Klein

August 15, 2023 | Paperback | 258 pages
\$18.95 | 6" x 9" | 9781614297581

In writing that
sparkles and inspires,
Anne Klein (Lama
Rigzin Drolma) shows
us how to liberate our
buddha nature to be
both human and a
buddha too.



This first volume in the *House of Adzom* series centers on Longchenpa's seven trainings in bodhicitta, our awakened mind, the ultimate purpose of our practice and training. Anne Klein's original composition masterfully weaves in Adzom Paylo Rinpoche's commentary and Jigme Lingpa's five pith practices and commentary on the trainings, in keeping with Longchenpa's skillful integration of sutra, tantra, and Dzogchen, to resolve our most challenging questions about what awakening involves and how it relates to the truth of our human situation right now. As foundational teachings for Dzogchen practitioners, the seven trainings are framed as contemplations on impermanence, the adventitiousness of happiness and its short duration, the multiple causes of death, the meaninglessness of our worldly activities, reliance on the Buddha's good qualities, the teacher's pith instructions, and, ultimately, nonconceptual meditation on bliss and emptiness, clarity and emptiness, and reality itself.

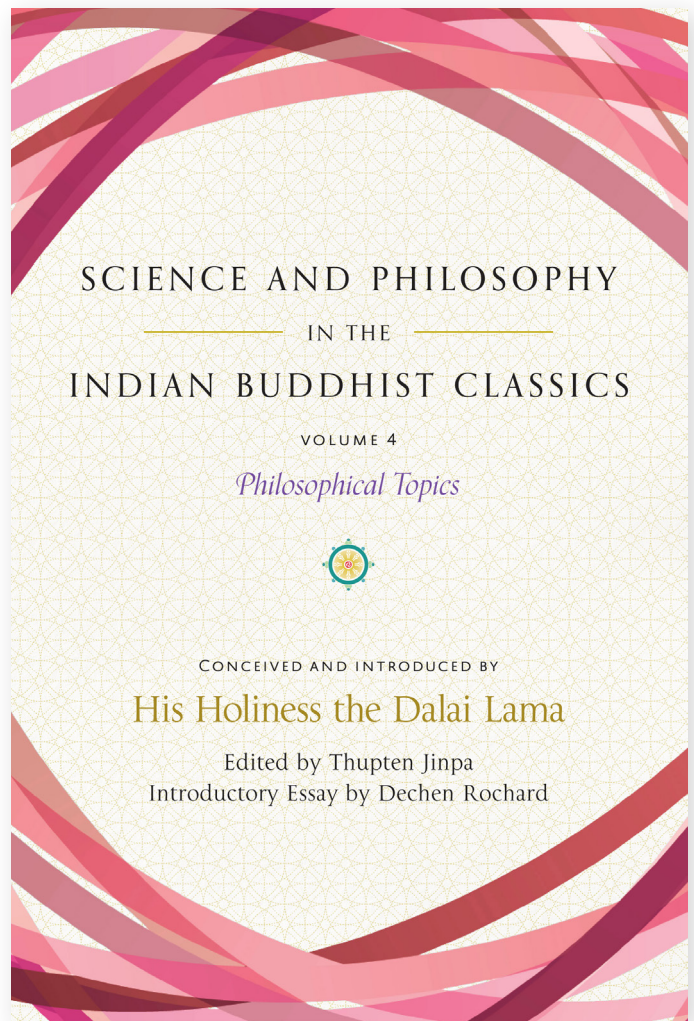
SCIENCE AND PHILOSOPHY IN THE INDIAN BUDDHIST CLASSICS, VOLUME 4

PHILOSOPHICAL TOPICS

Conceived and introduced by
His Holiness the Dalai Lama
Edited by Thupten Jinpa
Translated and introduced by
Dechen Rochard

August 15, 2023 | Hardcover | 624 pages
\$29.95 | 6" x 9" | 9781614297901

This fourth and final volume in the series provides, through extensive passages, a window into the works of the great thinkers from the flowering of philosophy in classical India.



This is the second philosophy volume in the *Science and Philosophy* series. Whereas the first philosophy volume presented the views of the non-Buddhist and Buddhist schools in sequence, the present works selects specific topics for consideration, including the nature of the two truths, the analysis of self, the Yogacara explanation of reality, emptiness in the Madhyamaka tradition, a survey of logic and epistemology, and the Buddhist explanation of language and meaning. Like earlier volumes, it provides, through extensive extracts, a window into the works of the masters of the Nalanda tradition. The final section on language is particularly unique and largely crafted by Thupten Jinpa.

THE TRADITION OF EVERLASTING BÖN

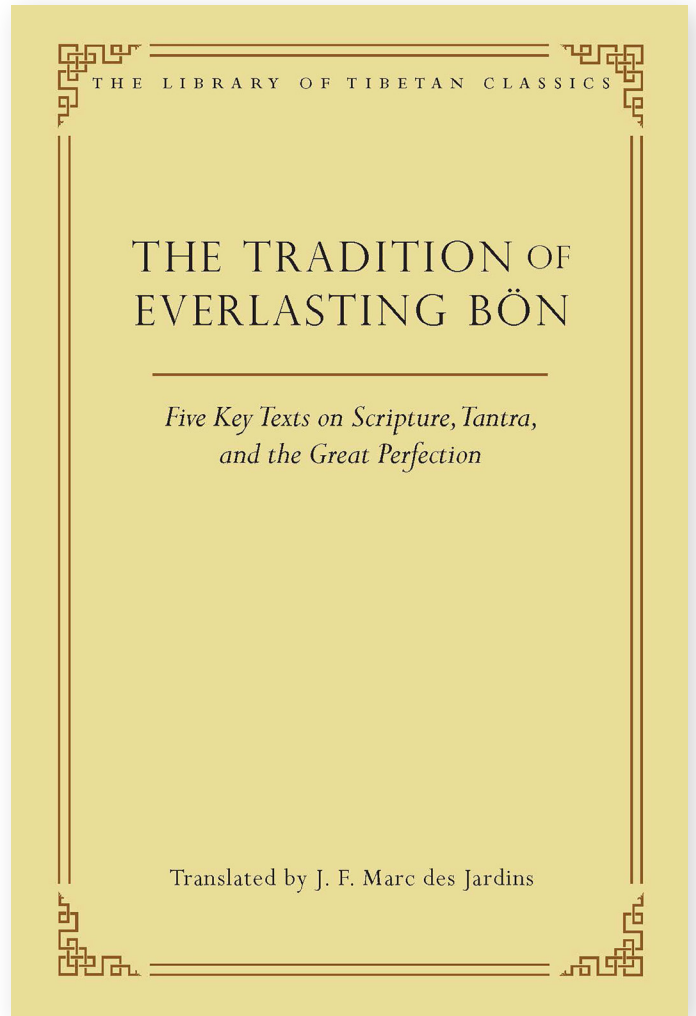
FIVE KEY TEXTS ON
SCRIPTURE, TANTRA, AND
THE GREAT PERFECTION

Translated by
J. F. Marc des Jardins

August 15, 2023 | Hardcover | 796 pages

\$69.95 | 6" x 9" | 9780861714483

This translation opens up a relatively unknown tradition, which since the arrival of Buddhism in Tibet has undergone great transformations in its philosophy, doctrinal teachings, and meditative practices.



The texts each represent an important aspect of the tradition. The first text, by Drogön Azha Lodrö Gyaltzen (1198–1263), presents the grounds and paths of the Greater Vehicle of the Bön tradition and represents the philosophical ideology of its teachings based on the scriptures contained in the Bön canon. The second text is a short root tantra attributed to revealed teachings from Kuntu Zangpo, the personification of the unconditioned absolute. The third text is a commentary on this root tantra attributed to Drenpa Namkha (fl. eighth century), a Bönpo sage contemporary with Padmasambhava. The fourth text, by Nyamé Sherap Gyaltzen (1356–1415), presents a general exposition of the tantric system according to Yungdrung Bön. The final text, by Drutön Gyalwa Yungdrung (1242–90), pertains to the oral instructions on the meditation practices of Bön, especially on the cycle of practices associated with experiencing the nature of the mind, the Great Perfection systems. All five texts have been selected by the late H. H. Menri Trizin Rinpoché, Lungtok Tenpai Nyima (1927–2017), the thirty-third abbot of Menri Monastery, the central institution of the Yungdrung Bön school.

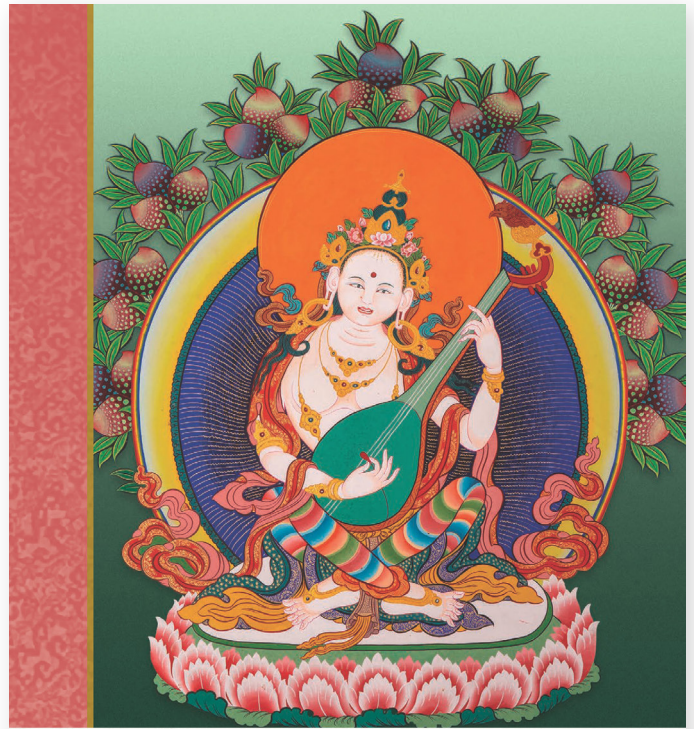
APPEARING AND EMPTY

His Holiness the Dalai Lama
with Thubten Chodron

August 29, 2022 | Hardcover | 518 pages

\$39.95 | 6" x 9" | 9781614298878

The Dalai Lama skillfully reveals the Prāsangikas' view of the ultimate nature of reality so that we will gain the correct view of emptiness, the selflessness of both persons and phenomena.



APPEARING AND EMPTY

The Dalai Lama with Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION : VOLUME 9

In this last of three volumes on emptiness, the Dalai Lama takes us through the Sautrāntika, Yogācāra, and Svātantrika views on the ultimate nature of reality and the Prāsangikas' thorough responses to these, so that we gain the correct view of emptiness—the selflessness of both persons and phenomena. This view entails negating inherent existence while also being able to establish conventional existence: emptiness does not mean nothingness. We then learn how to meditate on the correct view by cultivating pristine wisdom that is the union of serenity and insight as taught in the Pāli, Chinese, and Tibetan traditions. Such meditation, when combined with the altruistic intention of bodhicitta, leads to the complete eradication of all defilements that obscure our minds. This volume also introduces us to the *tathāgatagarbha*—the buddha essence—and how it is understood in both Tibet and China. Is it permanent? Does everyone have it? In addition, the discussion of sudden and gradual awakening in Zen (Chan) Buddhism and in Tibetan Buddhism is fascinating.

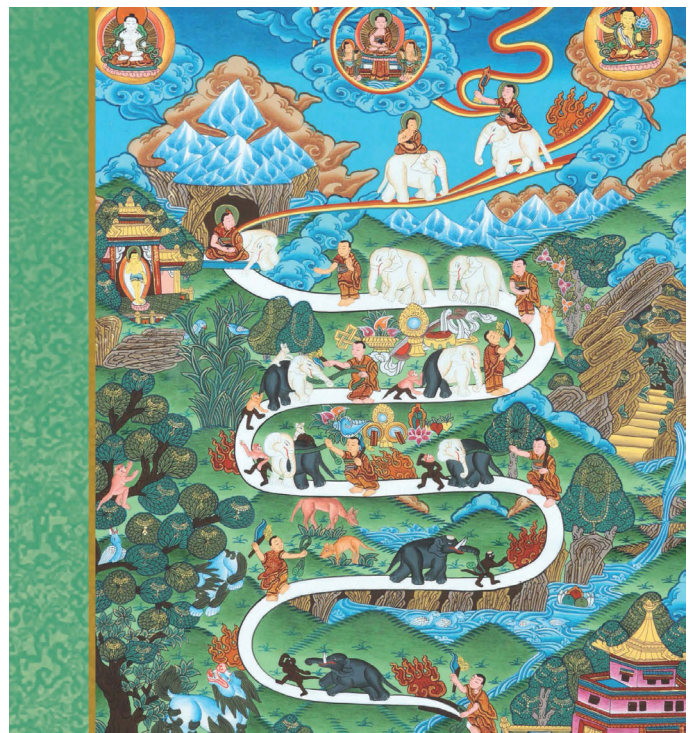
FOLLOWING IN THE BUDDHA'S FOOTSTEPS

His Holiness the Dalai Lama
and Thubten Chodron

September 5, 2023 | Paperback | 552 pages

\$24.95 | 6" x 9" | 9781614299110

The fourth volume
of the Dalai Lama's
definitive Library
of Wisdom and
Compassion series.



FOLLOWING IN THE BUDDHA'S FOOTSTEPS

The Dalai Lama with Thubten Chodron

THE LIBRARY OF WISDOM AND COMPASSION : VOLUME 4

Delve into the substance of spiritual practice in *Following in the Buddha's Footsteps*, the fourth volume in the Dalai Lama's definitive series on the path to awakening. His Holiness discusses the Buddha, Dharma, and Sangha, why they are reliable guides on the path, and how to relate to them. He then describes the three essential higher trainings in ethical conduct, concentration, and wisdom that are common to all Buddhist traditions, showing us how to live a life free of harm to self or others and how to develop single-pointed concentration and the higher states of concentration available to earnest practitioners. The chapters on wisdom are in-depth teachings on the noble eightfold path and the four establishments of mindfulness for developing greater awareness and understanding of our body, feelings, mind, and other phenomena. Together these topics form the core of Buddhist practice.

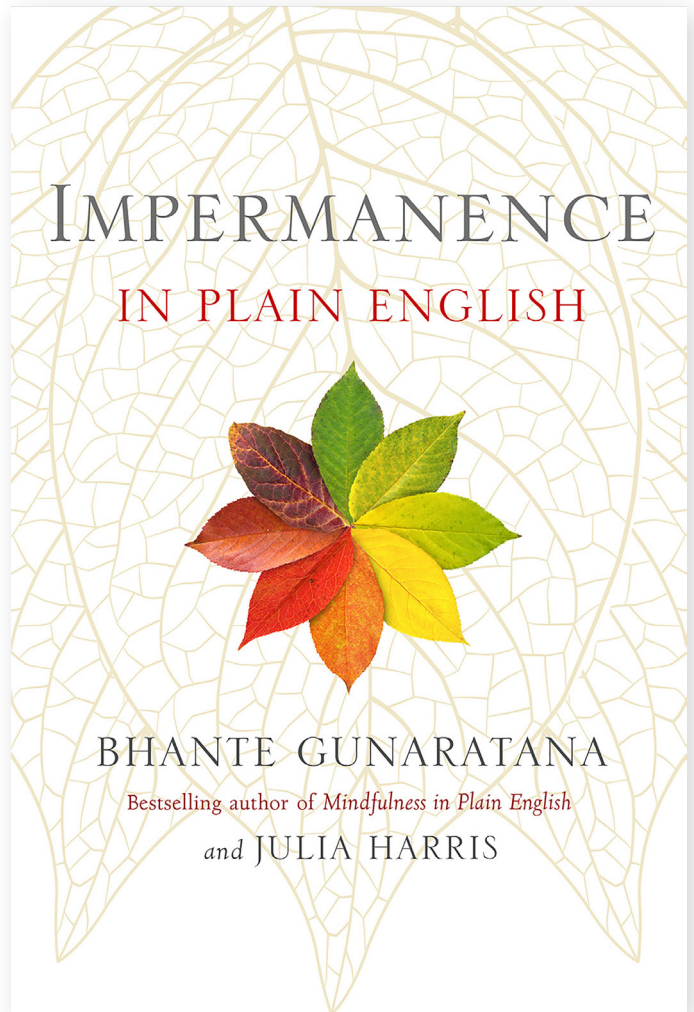
IMPERMANENCE IN PLAIN ENGLISH

Bhante Gunaratana and
Julia Harris

September 12, 2023 | Paperback | 160 pages

\$17.95 | 6" x 9" | 9781614298915

The beloved author and teacher Bhante Gunaratana clearly and masterfully explains the key Buddhist insight of impermanence and invites the reader to personally investigate its truth.



Once-youthful bodies grow old and weary. New thoughts, feelings, and sensations arise and fade every second. Impermanence is not some abstract metaphysical idea. This is the Dhamma, and you can see it for yourself.

Drawing from Pali scriptures and writing with fresh, direct language, Bhante Gunaratana and Julia Harris highlight the Buddha's exhortation that we must directly realize for ourselves the liberating insights that free us from suffering and cyclic existence, without relying only on the word of religious authorities or academic or philosophical musings.

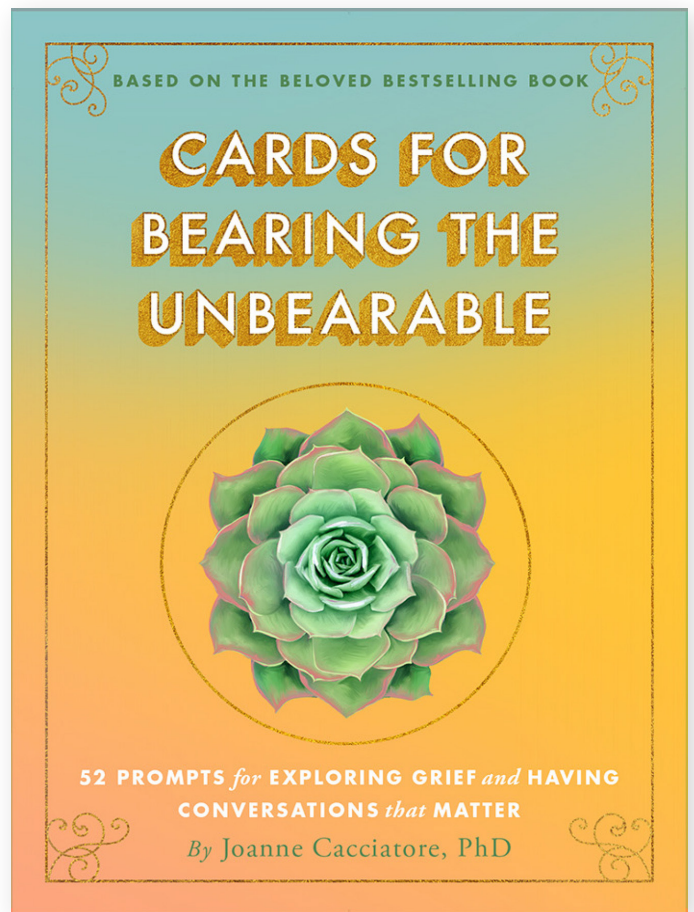
CARDS FOR BEARING THE UNBEARABLE

52 PROMPTS FOR EXPLORING
GRIEF AND HAVING
CONVERSATIONS THAT
MATTER

Joanne Cacciatore, PhD

September 19, 2023 | Card Deck | 54 cards

\$24.95 | 4.2" x 5.8" | 9781614298748



Grief sometimes leaves
us without words.

Yet narrating our
feelings, thoughts, and
experiences can be so
helpful in relating to
our inner world. These
cards are an invitation
to begin that process.

From the bestselling author of *Bearing the Unbearable*, here are 52 cards with prompts for exploring grief and starting conversations about those whom we've lost. These cards can be used as part of a contemplative practice, as journaling prompts, by or with therapists, or used in community with family, friends, or with a grief support group. They can be read aloud, alone or with others. You can read one card prior to meditation, or simply take one in and reflect deeply on what arises. However you use these cards, please take the time to really be with each one, dive deeply—and do so with a spirit of love and compassion for all beings, including yourself.

DHARMA TALK

POEMS

John Brehm

September 12, 2023 | Paperback | 160 pages

\$12.95 | 4.5" x 6.5" | 9781614298786

A new volume of
original poetry
from the bestselling
author of *Poetry
of Impermanence,
Mindfulness, and Joy*.

Dharma Talk

Poems



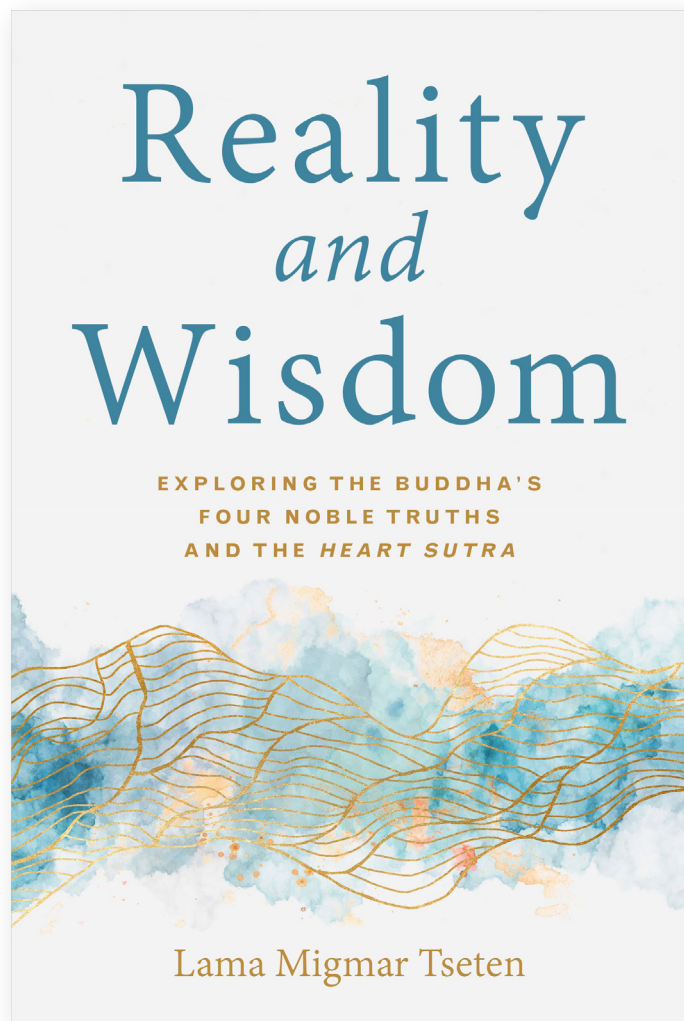
John Brehm

Foreword by
Joseph Goldstein

In *Dharma Talk*, award-winning poet John Brehm explores the perennial themes of aging, compassion, emptiness, nonseparation, and more. At once poignant and humorous, Brehm's gentle, wry poems remind us that the personal and the universal are not different—and point us to the Dharma of everyday life.

**REALITY AND
WISDOM**
*EXPLORING THE BUDDHA'S
FOUR NOBLE TRUTHS AND
THE HEART SUTRA*
Lama Migmar Tseten
October 10, 2023 | Paperback | 286 pages
\$18.95 | 6" x 9" | 9781614298328

Lama Migmar leads
the reader on a
journey of discovery
beginning with the
very first teachings
of the Buddha and
into the profound
experience of
emptiness.



Reality and Wisdom is written in a warm and accessible style by one of today's most respected Tibetan Buddhist masters.

The first section of the book explores the bedrock Buddhist teachings of the four noble truths, which underpin all schools of Buddhism. Lama Migmar explores these foundational Buddhist truths with humor and insight, explaining how, from a Mahayana Buddhist perspective, these truths serve as crucial supports for cultivating the transformative wisdom of emptiness.

In the book's second half, Lama Migmar illuminates the terse and enigmatic lines of the *Heart Sutra*, perhaps the most studied and revered of all Mahayana Buddhist scriptures. The *Heart Sutra* presents the reader with a vision of reality as it is perceived by a buddha, a vision underpinned by and infused with the radical flexibility of emptiness and the engagement of profound compassion.

The clarity, warmth, and vibrancy of Lama Migmar's writing combined with the comprehensiveness and detail of his presentations of key Buddhist teachings make this book a valuable resource for a range of readers, from beginners to more advanced practitioners seeking to deepen their practice.

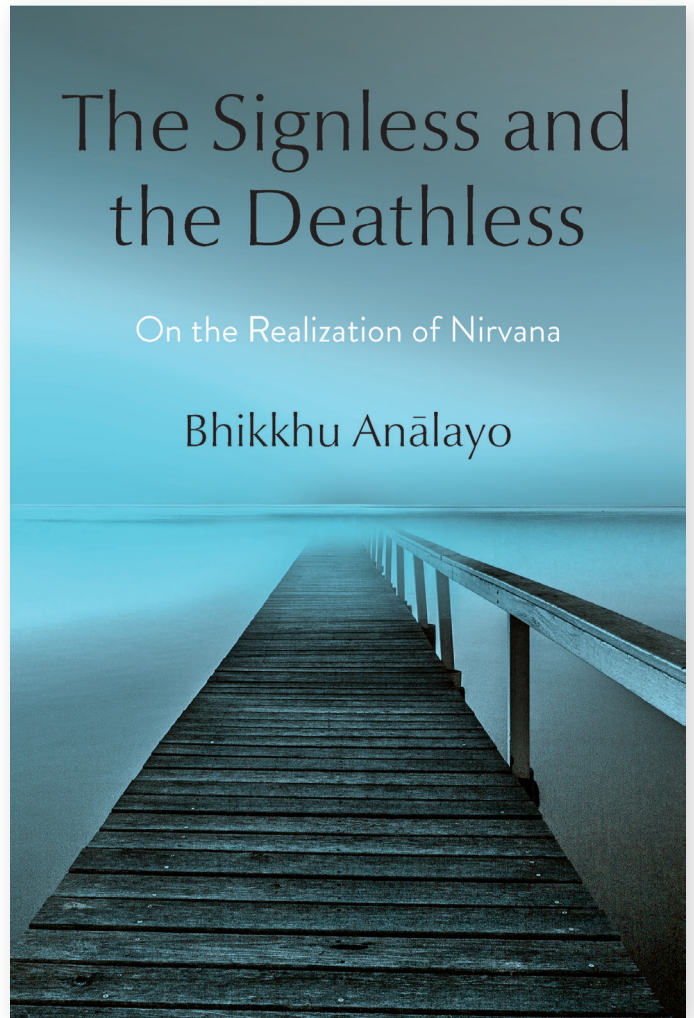
THE SIGNLESS
AND THE
DEATHLESS
ON THE REALIZATION OF
NIRVANA

Ven. Bhikkhu Anālayo

October 17, 2023 | Hardcover | 244 pages

\$34.95 | 6" x 9" | 9781614298885

An insightful
examination of the
end of suffering,
drawing much-needed
attention to two
overlooked factors of
Nirvana: signlessness
and deathlessness.



Nirvana is at once a critical part of the Buddhist path and a concept difficult to fully understand for Buddhist practitioners. Canonical texts broach this mysterious and essential idea in a variety of ways, whether in the form of metaphor or literary description. In *The Signless and the Deathless: On the Realization of Nirvana*, scholar-monk Bhikkhu Anālayo sheds light on two key aspects of Nirvana that have gone underappreciated: signlessness and deathlessness.

Commanding an extraordinary mastery of canonical Buddhist languages, Venerable Anālayo breaks new ground, or rediscovers old ground, by presenting a new way of approaching Nirvana, based on the Buddha's teachings on how our minds construct experience. This novel treatment, backed up by meticulous academic expertise, is valuable for scholars and practitioners alike.

THE FOURTEENTH DALAI LAMA'S STAGES OF THE PATH, VOL. 2

AN ANNOTATED
COMMENTARY ON THE
FIFTH DALAI LAMA'S
ORAL TRANSMISSION OF
MAÑJUŚRĪ

His Holiness the Dalai Lama
Compiled and Edited by His
Eminence Dargyab Kyabgön
Rinpoché

Translated by Sophie McGrath

October 24, 2023 | Hardcover | 780 pages

\$64.95 | 6" x 9" | 19781614297949

Central to Buddhism
is knowing our own
minds. Until we do,
we are driven by
unconscious, often
destructive desire and
aversion.



THE FOURTEENTH DALAI LAMA'S STAGES OF THE PATH

VOLUME 2

An Annotated Commentary on the Fifth Dalai Lama's
Oral Transmission of Mañjuśrī

By His Holiness the Fourteenth Dalai Lama

Compiled and Edited by H. E. Dargyab Kyabgön Rinpoché

Translated by Sophie McGrath

The Fourteenth Dalai Lama's Stages of the Path: An Annotated Commentary on the Fifth Dalai Lama's Oral Transmission of Mañjuśrī is the second volume of the Dalai Lama's outline of Buddhist theory and practice. Having introduced Buddhist ideas in the context of modern society in volume one, the Dalai Lama turns here to a traditional presentation of the complete path to enlightenment, from developing faith in the Dharma to attaining the highest wisdom. This book, compiled by the revered Tibetan lama Dargyab Rinpoché, comments on the Fifth Dalai Lama's stages of the path titled *Oral Transmission of Mañjuśrī*. This volume will appeal to all readers interested in the Dalai Lama's works, both those new to Buddhism and those looking to deepen their understanding of the Tibetan presentation of the Buddhist path.

MAKING SENSE OF MIND ONLY

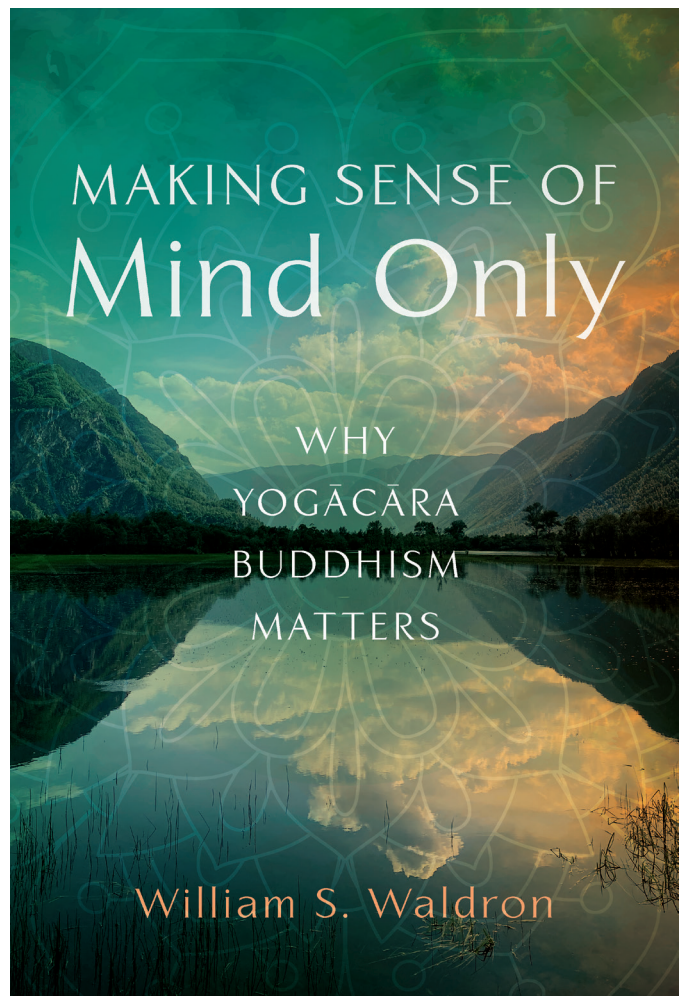
WHY YOGĀCĀRA MATTERS

William S. Waldron

November 7, 2023 | Paperback | 366 pages

\$29.95 | 6" x 9" | 9781614297260

This survey of Indian Yogācāra Buddhism not only renders its foundational texts and key ideas accessible, it brings alive the so-called Mind Only tradition as a coherent and complete system of practice.



Mahāyāna Buddhism arose in classical India and flourished in China, Tibet, Korea, Vietnam, and Japan. While one of its major Indian schools, the Middle Way (*Madhyamaka*) focuses on the concept of emptiness, the Yoga Practitioners school (*Yogācāra*) focuses on the cognitive processes whereby we impute such essences. Through everyday examples and analogues in cognitive science, author William Waldron makes Yogācāra's core teachings—the three turnings of the Dharma-wheel, the three-nature theory, the store-house consciousness, and the idea of mere perception—accessible to a general audience. Countering the common view of Yogācāra as a form of idealism, he treats Yogācāra Buddhism as a coherent system of ideas and practices on its own terms, with dependent arising its guiding principle. The author walks us through the Mahāyāna path to transformation as gracefully laid out in Maitreya's *Distinguishing Phenomena from their Ultimate Nature* and considers how Yogācāra perspectives inspire us to rethink religion in our scientific and pluralistic age.

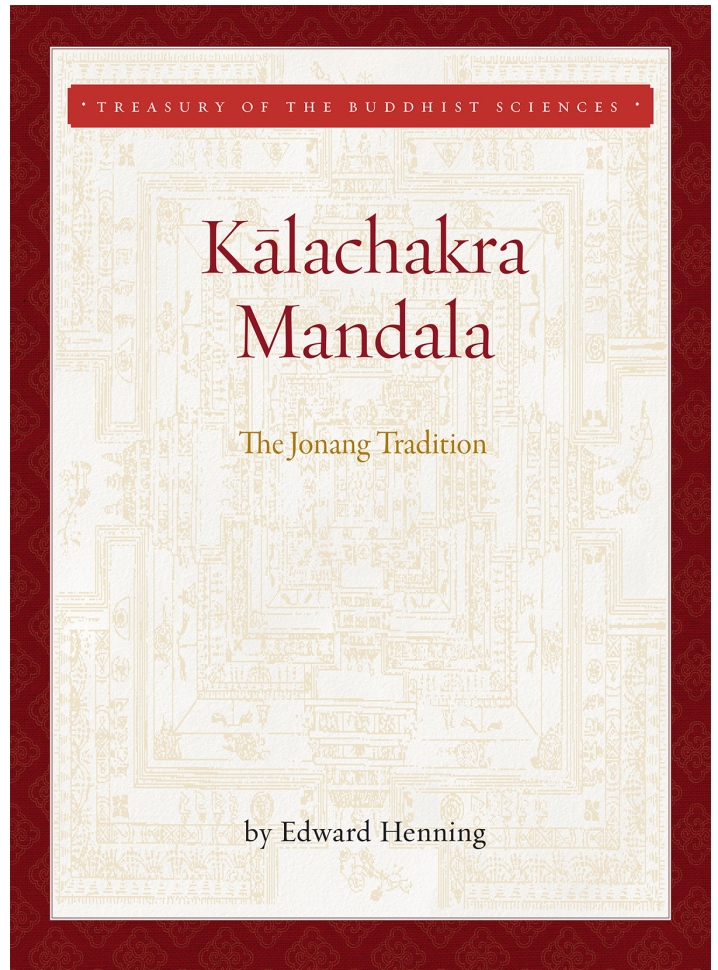
KĀLACHAKRA MANDALA

Edward Henning

December 26, 2023 | Hardcover | 248 pages

\$84.95 | 8-7/8" x 11-3/4" | 9781949163261

A detailed, beautifully illustrated presentation of the construction and symbolism of the famed Kālachakra mandala, the crown jewel of the Indo-Tibetan tantric traditions.



This volume contains an extensive analysis of the construction and symbolism of the mandala of the Kālachakra tantric system, the most intricate of the Buddhist unexcelled yoga tantras, the most advanced teachings within the Indo-Tibetan tradition. Well known due to the Dalai Lama's many public initiations, the Kālachakra mandala serves as a primary focal point for meditators both new and seasoned. Henning draws primarily from the Jonang tradition of Kālachakra practice to elucidate and clarify inconsistencies across traditions and literature regarding the construction and visualization of the three-tiered mandala with its hundreds of deities. In addition to providing detailed information on the images to be visualized, Henning provides in the final chapter a clear and extensive explanation of the symbolism of the habitat and inhabitants that are to be animated during the meditation session. An excellent companion to the translations of the *Kālachakra Tantra* and *Stainless Light* chapters co-published by the American Institute of Buddhist Studies and Wisdom Publications, this beautifully illustrated volume is a must-have for scholars and practitioners alike.



WISDOM PUBLICATIONS

2024 CATALOG



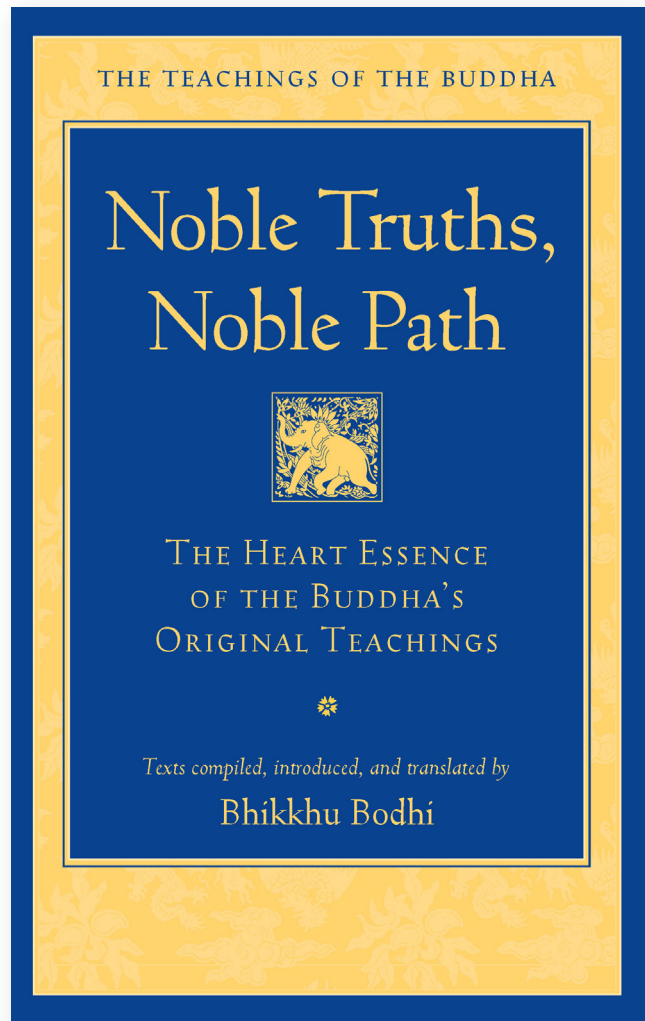
NOBLE TRUTHS,
NOBLE PATH
*THE HEART ESSENCE OF
THE BUDDHA'S ORIGINAL
TEACHINGS*

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

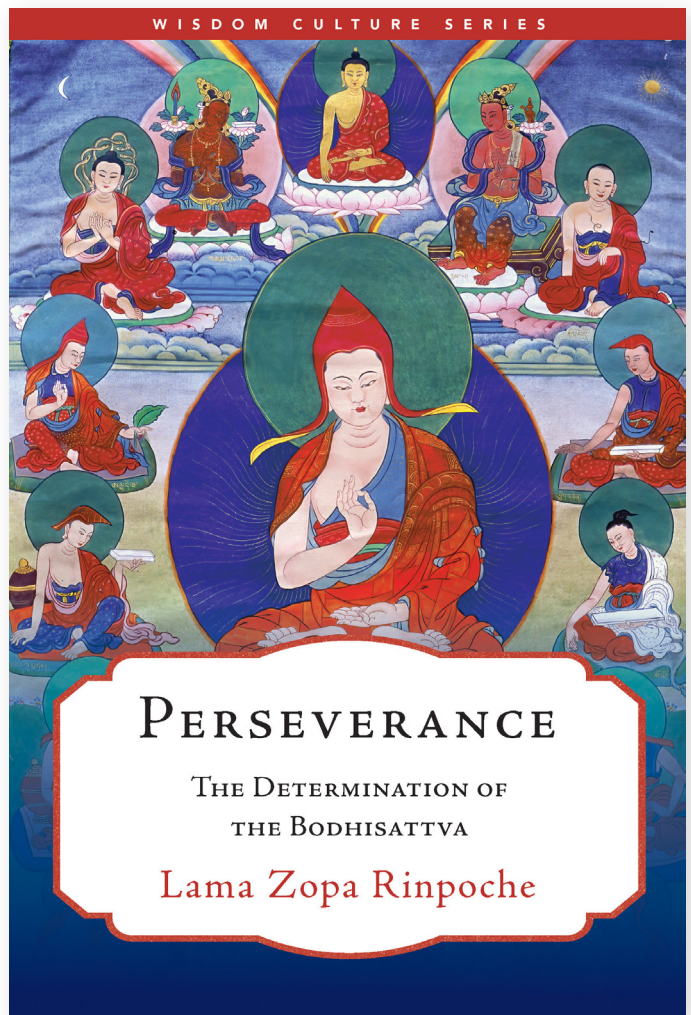
THE DETERMINATION OF THE BODHISATTVA

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

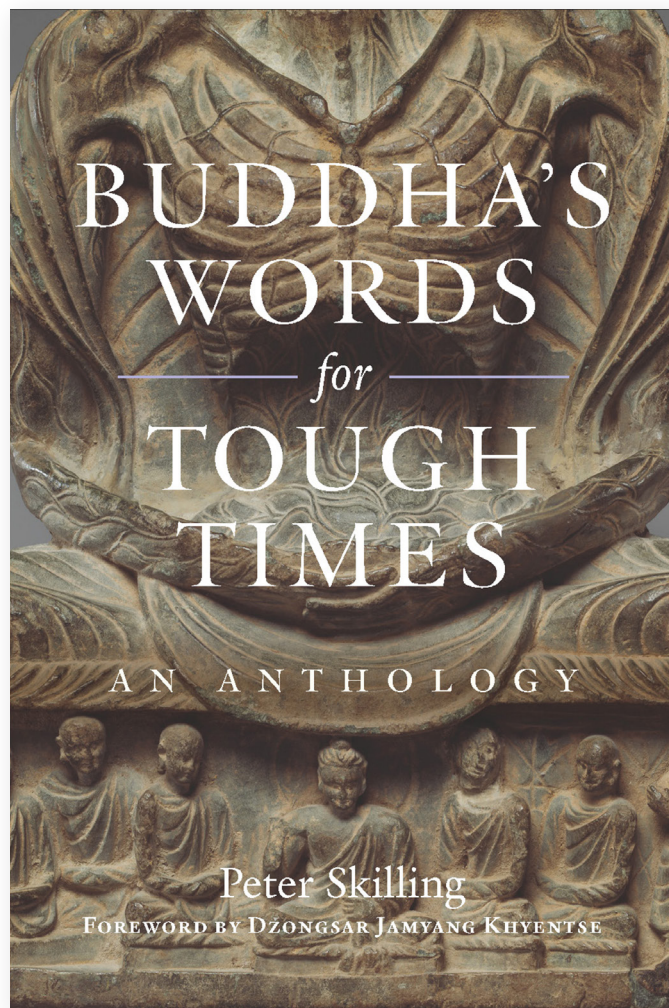
BUDDHA'S WORDS FOR TOUGH TIMES

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.

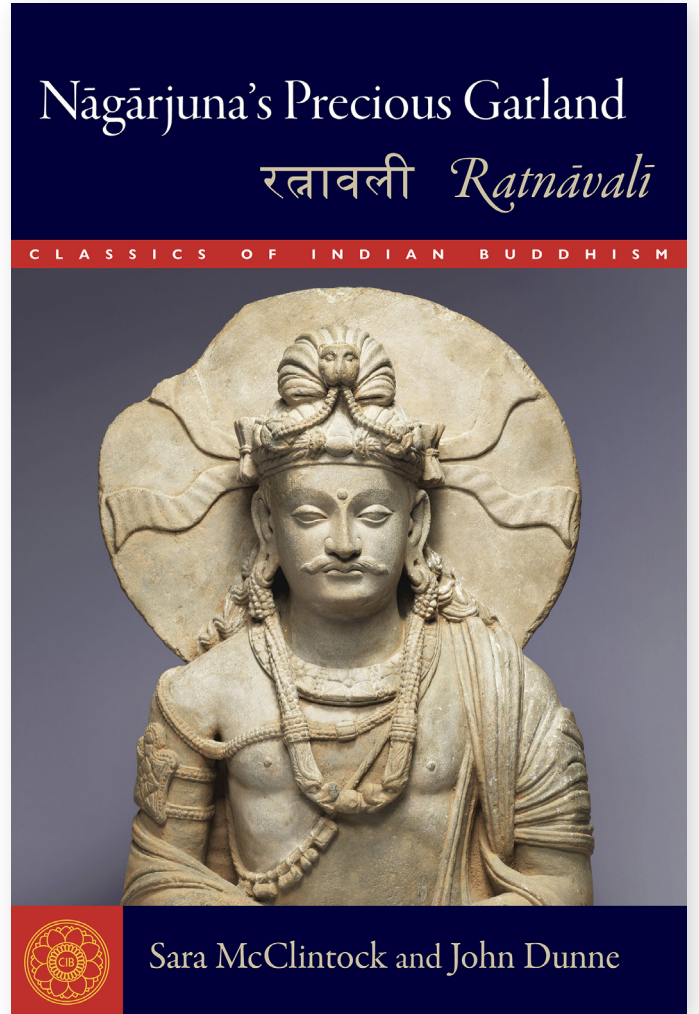
In *Buddha's Words for Tough Times*, Peter Skilling, one of the world's foremost authorities on Buddhist scripture, brings the reader face-to-face with the wealth of Buddhist literature, from a teaching in a single word, to a seminal collection of verses on impermanence, to narrations of the Buddha's 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.

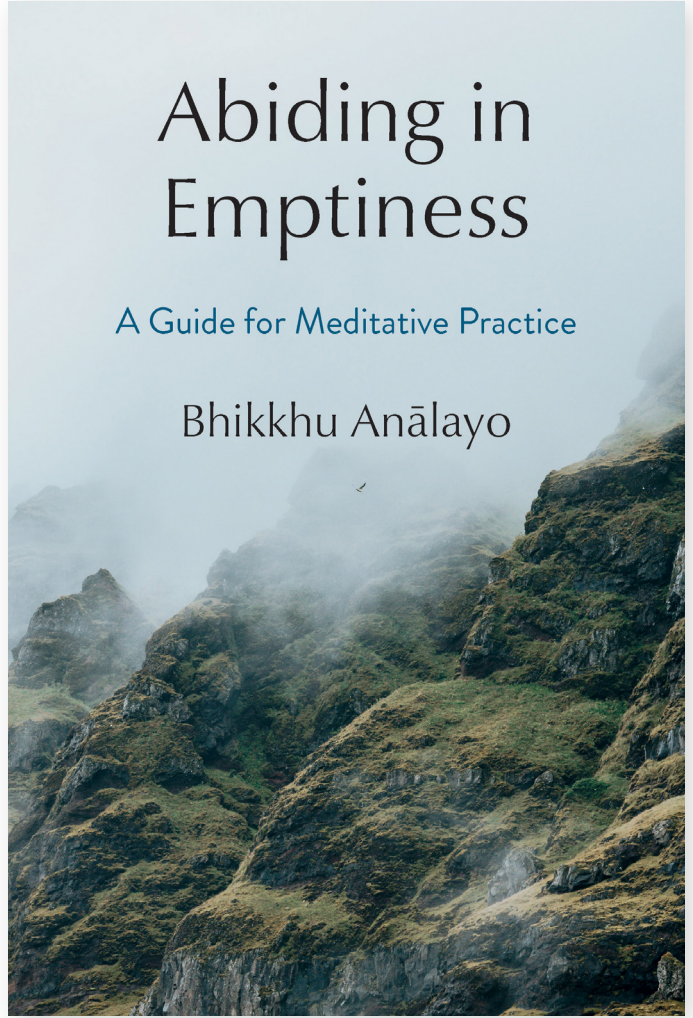
This is the first complete translation in English of the *Precious Garland* that takes the Indian text and commentary as its primary authorities. In addition, the translators provide rigorous working editions of the Sanskrit and Tibetan verses they translate.

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

Bhikkhu Anālayo



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.

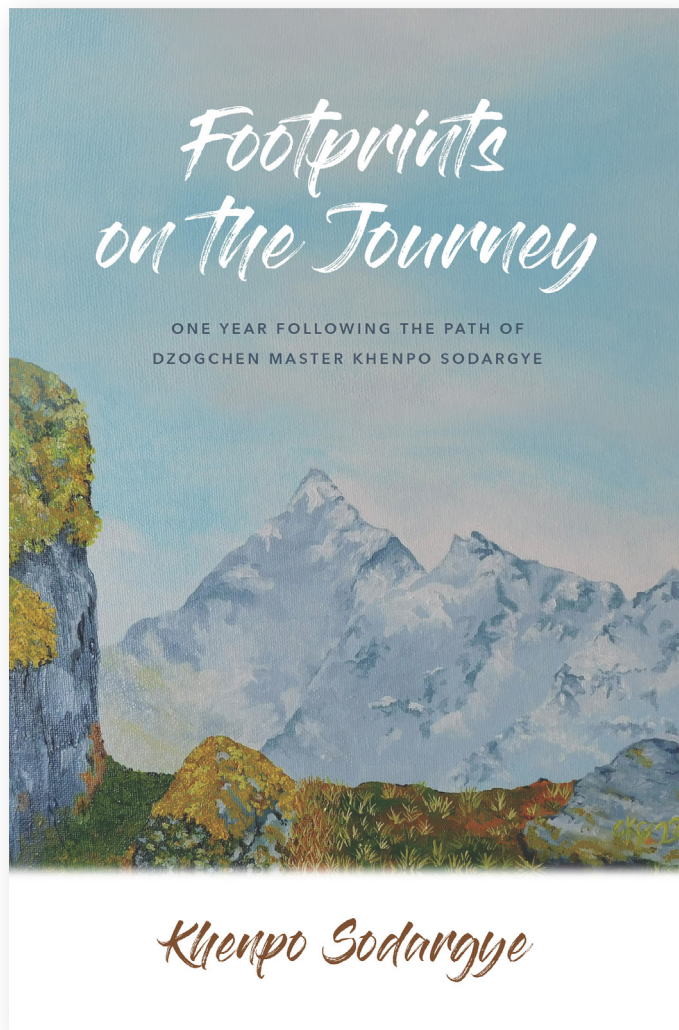
FOOTPRINTS ON
THE JOURNEY
ONE YEAR FOLLOWING
THE PATH OF DZOGCHEN
MASTER KHENPO SODARGYE

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*).

STUDIES IN INDIAN AND TIBETAN BUDDHISM



Saraha's Spontaneous Songs

WITH THE COMMENTARIES BY
Advayavajra and Moksākaragupta

Klaus-Dieter Mathes & Péter-Dániel Szántó

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 Moksākaragupta. 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.

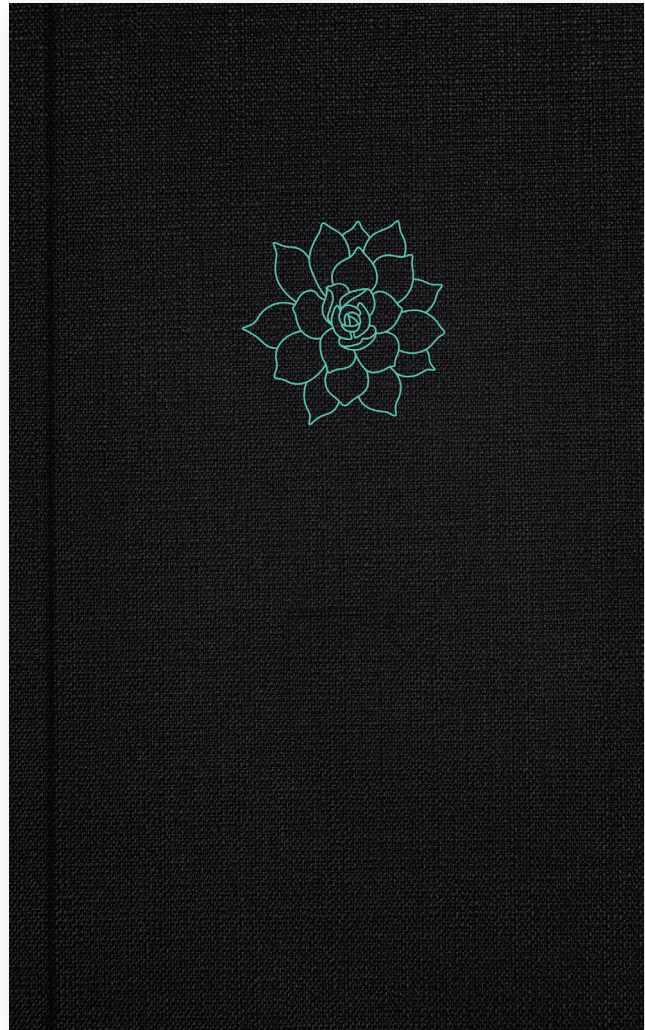
BEARING THE UNBEARABLE

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

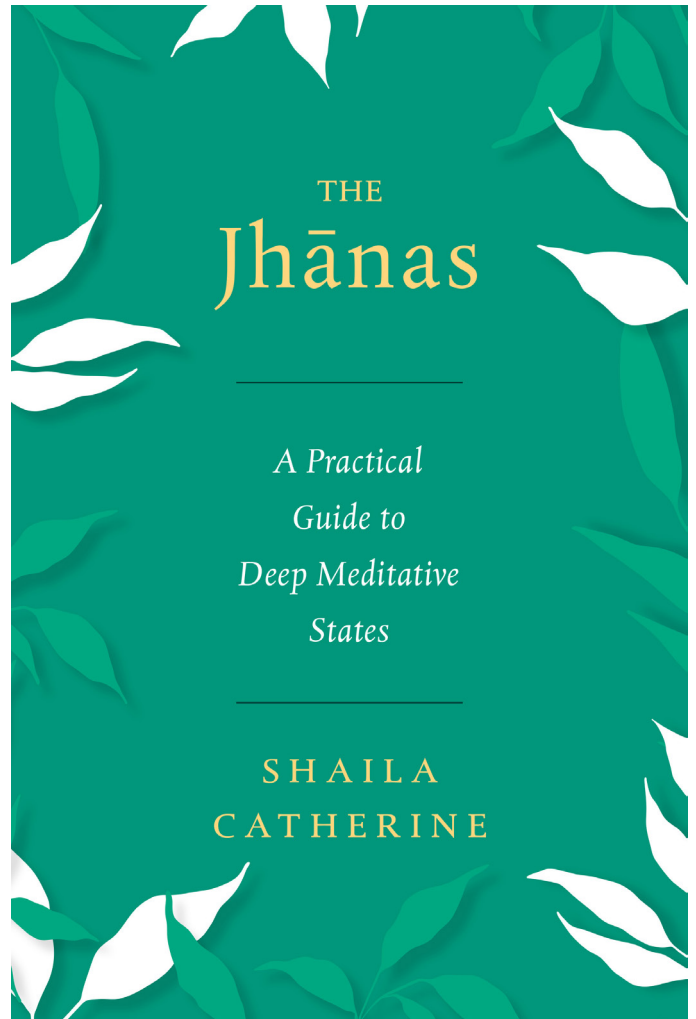
A PRACTICAL GUIDE TO DEEP
MEDITATIVE STATES

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.

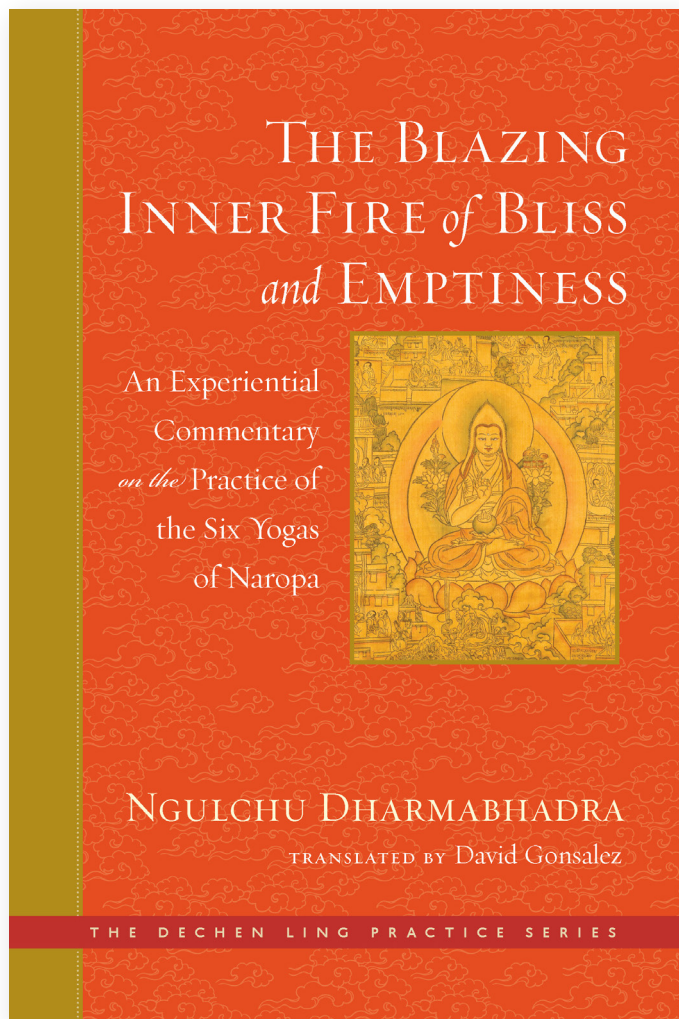
THE BLAZING
INNER FIRE
OF BLISS AND
EMPTINESS
AN EXPERIENTIAL
COMMENTARY ON THE
PRACTICE OF THE SIX YOGAS
OF NAROPA

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

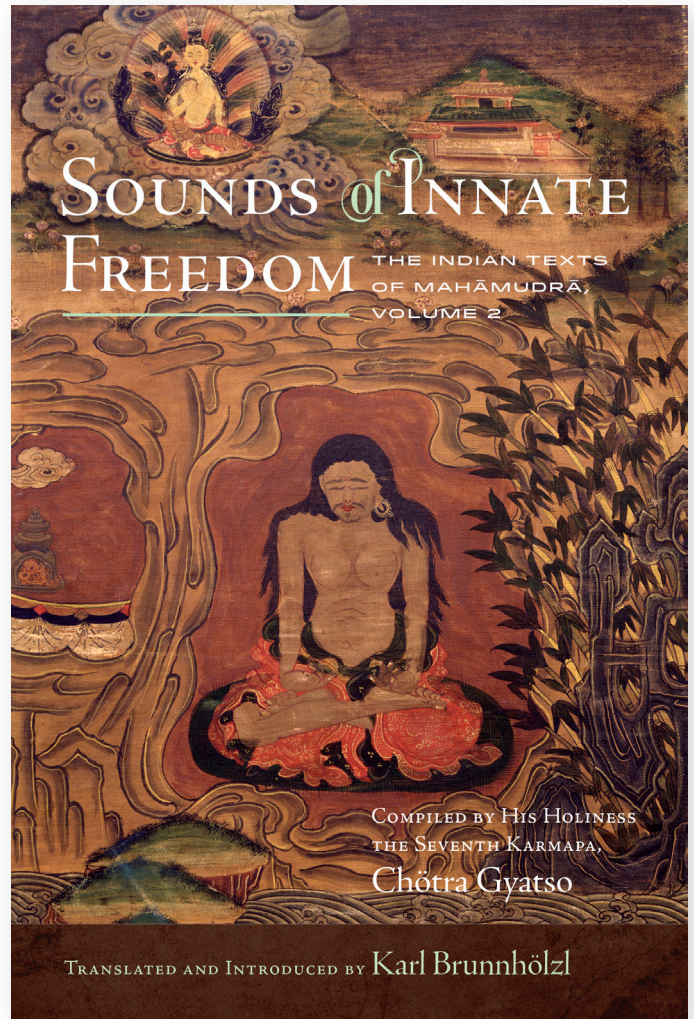
THE INDIAN TEXTS OF
MAHĀMUDRĀ, VOLUME 2

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.

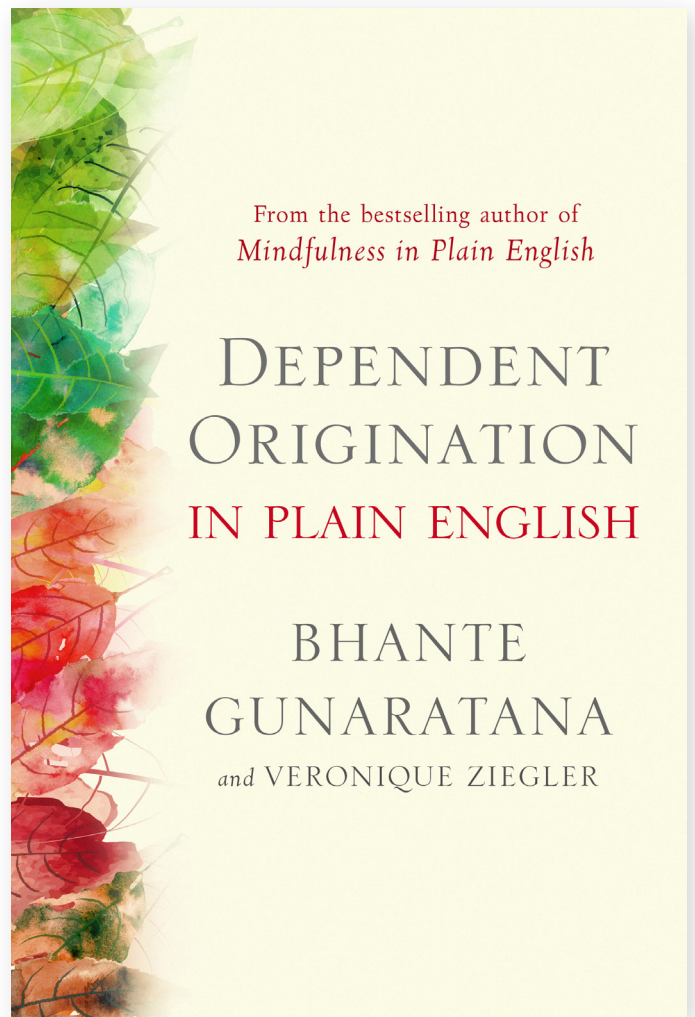
DEPENDENT ORIGINATION IN PLAIN ENGLISH

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

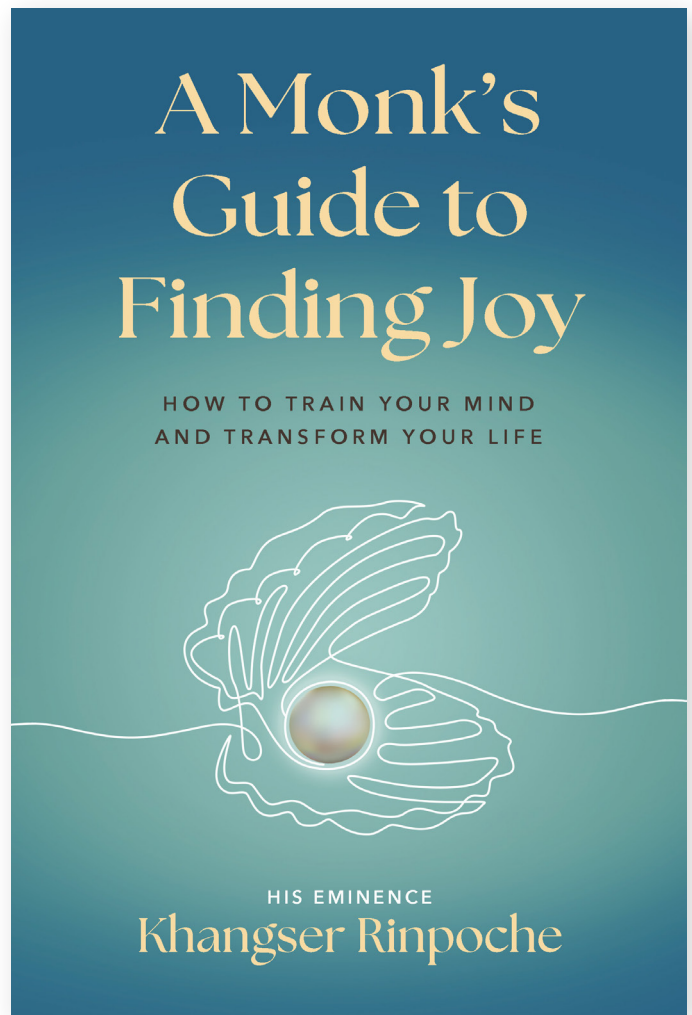
HOW TO TRAIN YOUR MIND
AND TRANSFORM YOUR
HEART

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

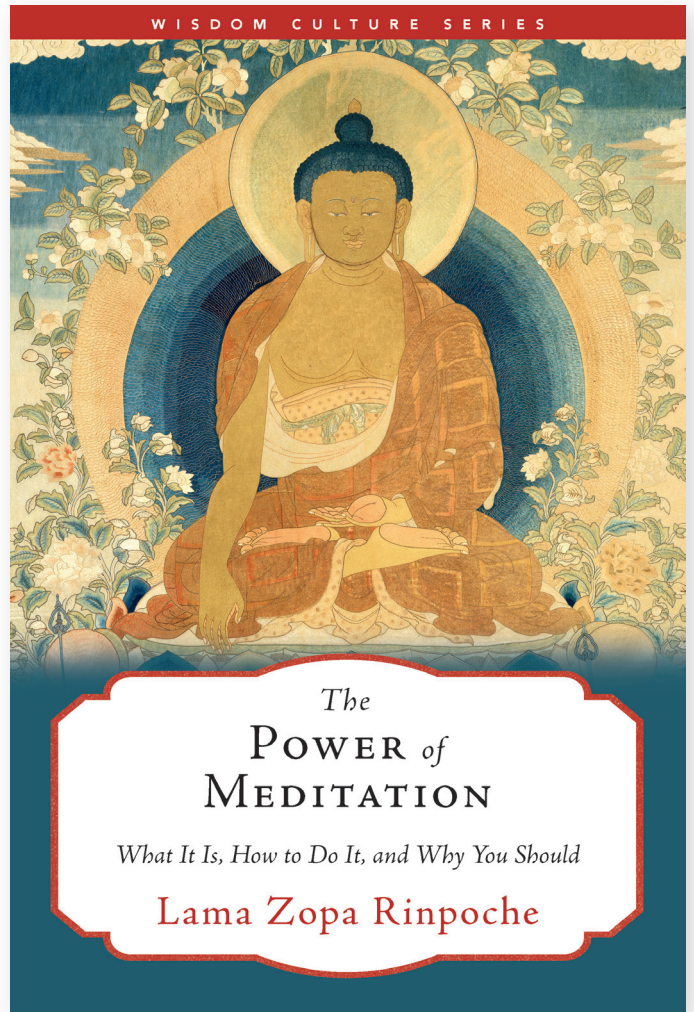
A COMPLETE GUIDE TO
TRANSFORMING YOUR MIND

Lama Zopa Rinpoche

July 23, 2024 | Paperback | 306 pages

\$24.95 | 6" x 9" | 9781614297888

What is meditation,
and how do we
practice it?



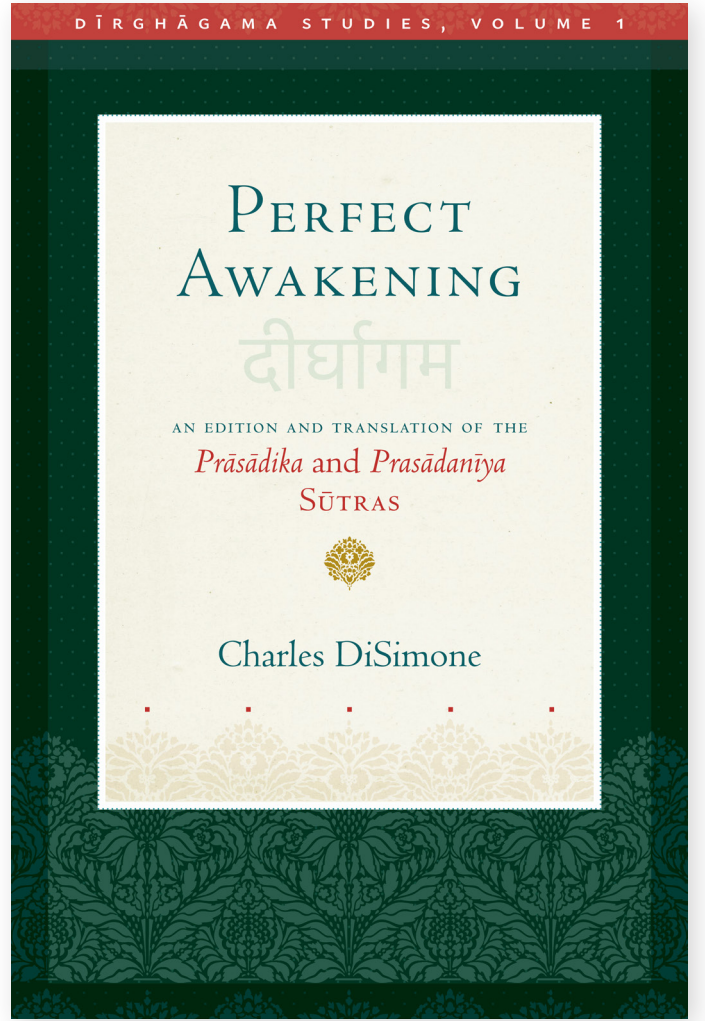
In *The Power of Meditation*, Lama Zopa Rinpoche, beloved teacher and co-founder of the Foundation for the Preservation of the Mahayana Tradition, offers clear explanations and instructions for the life-changing practice of meditation.

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.



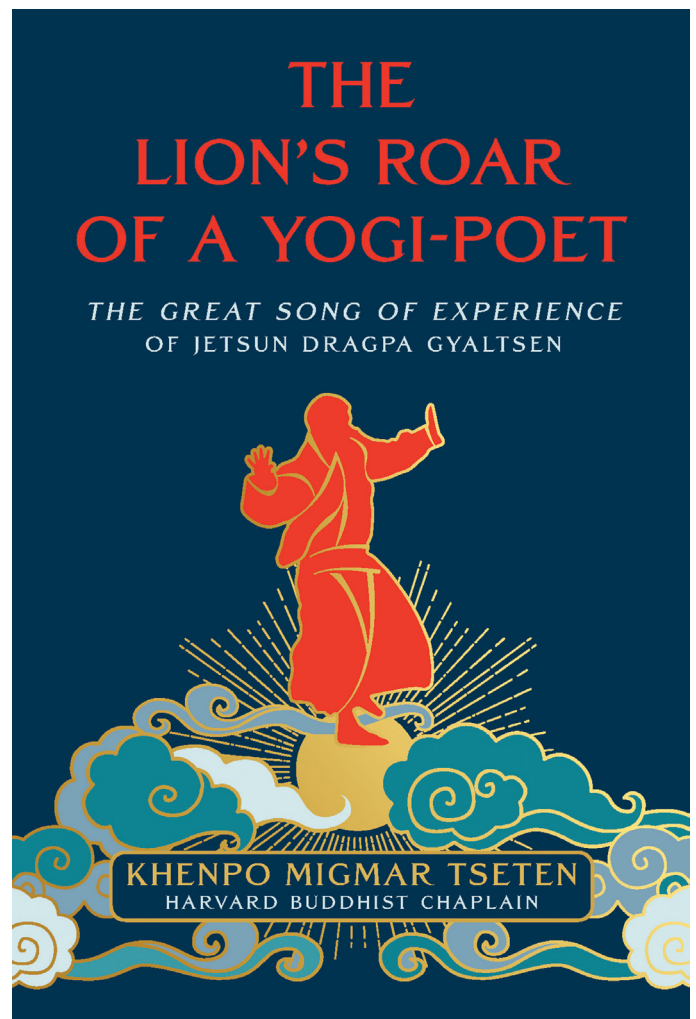
This book provides a translation, critical reconstruction, and study of two of the sūtras in the *Dirghāgama*: the *Prāsādika-sūtra* and the *Prasādanīya-sūtra*. Both sūtras offer what appears to have been late teachings of the Buddha on the nature of faith and the preeminence of the Buddha over all 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!"

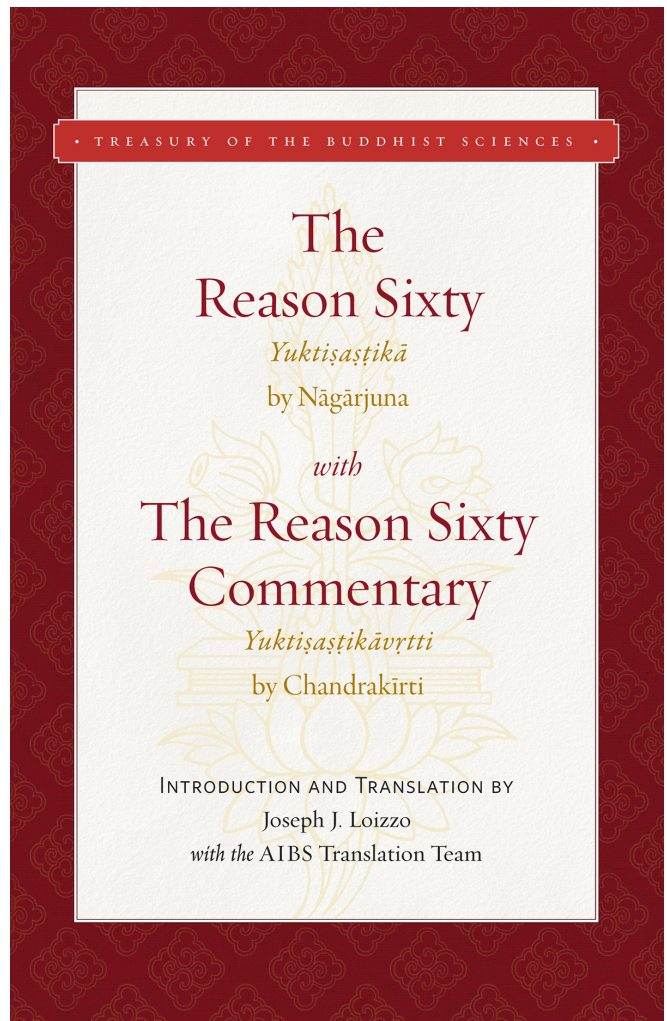
Beloved teacher Khenpo Migmar's newly updated translation of Dragpa Gyaltsen's *Great Song* brings these verses to life with a clarity and immediacy that belies the underlying challenge that these verses pose to our ordinary ways of thinking and being.

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.

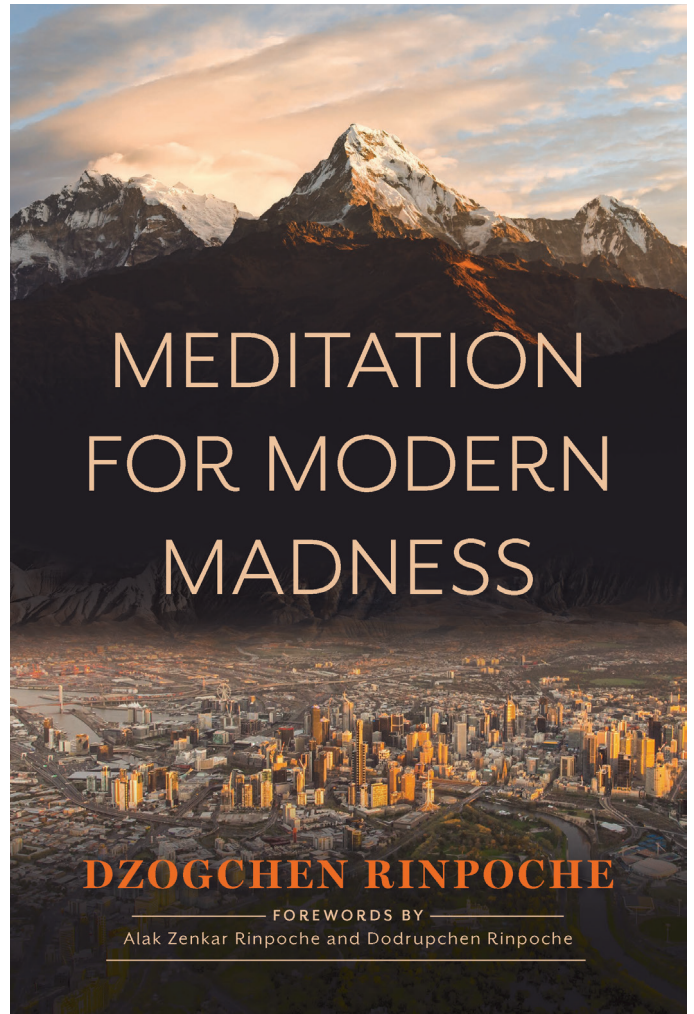
MEDITATION FOR MODERN MADNESS

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

edited by John Brehm



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.*

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.

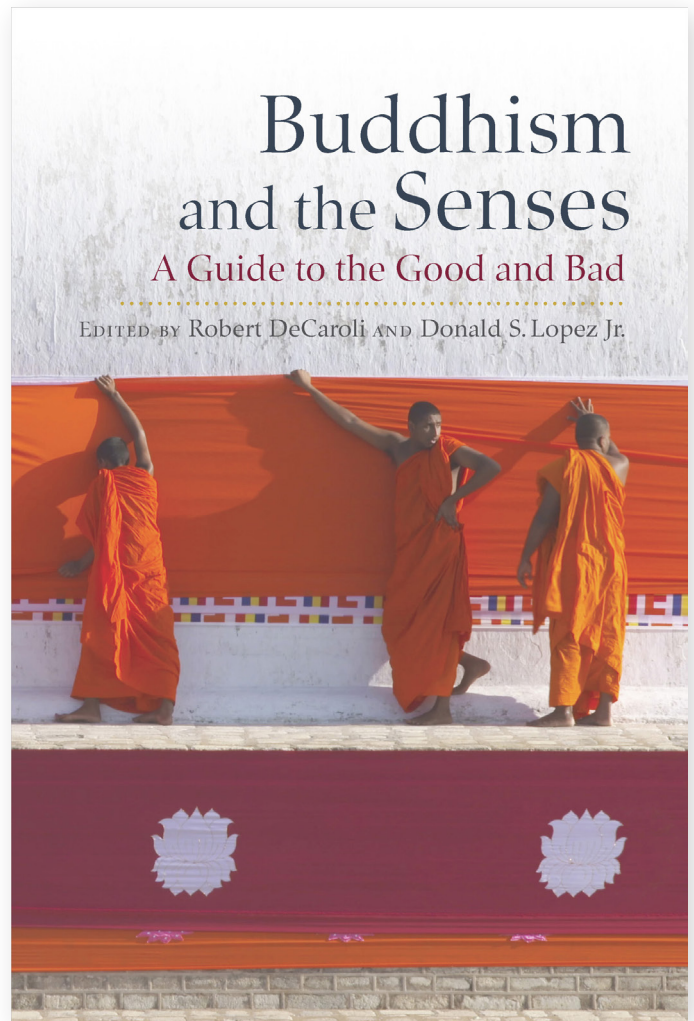
BUDDHISM AND THE SENSES

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.

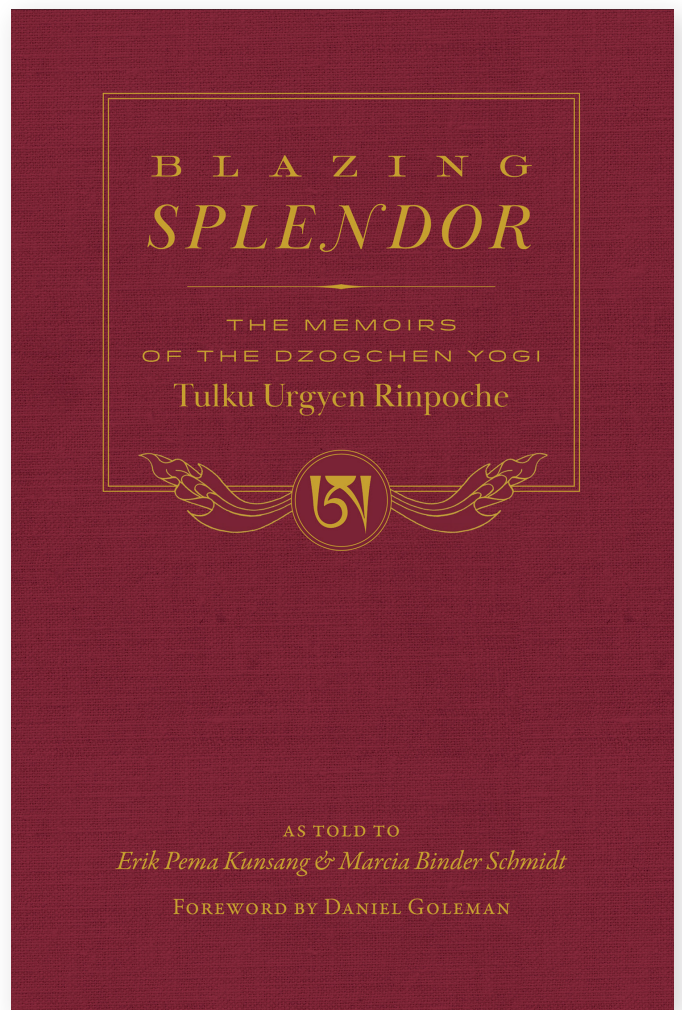
This volume is a new direction in scholarship to humanize Buddhist studies by foregrounding sensory experience and practice, inviting the reader to think about the senses in a focused manner and shifting our understanding of Buddhism from the conceptual to the material or practical, from the idealized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

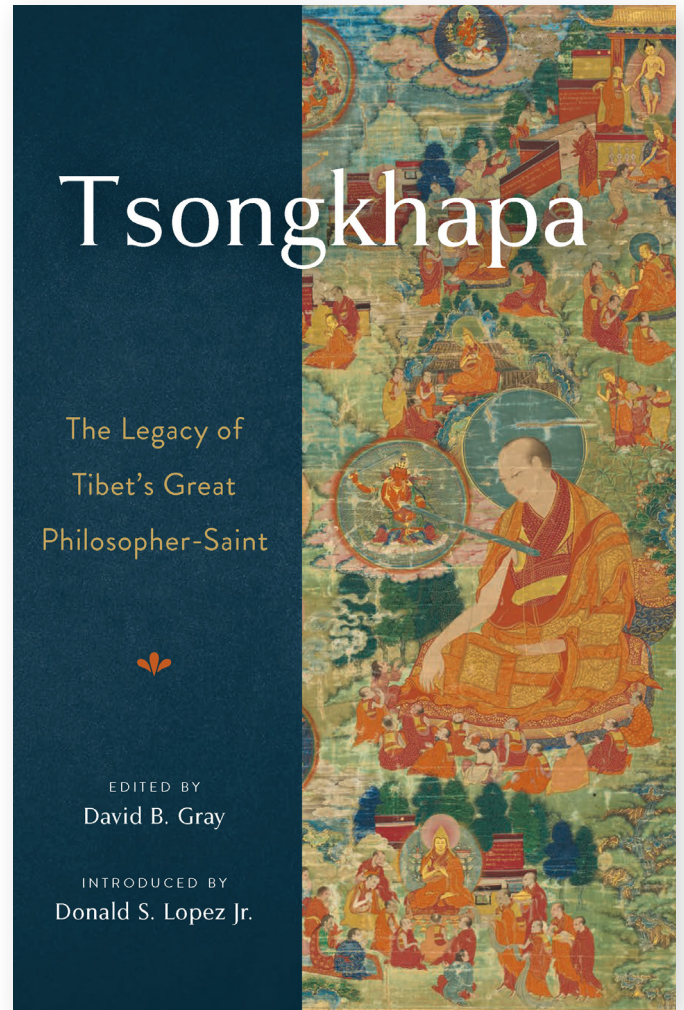
TSONGKHAPA
*THE LEGACY OF TIBET'S
GREAT PHILOSOPHER-SAINT*

Edited by David Gray

October 22, 2024 | Paperback | 264 pages

\$34.95 | 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.

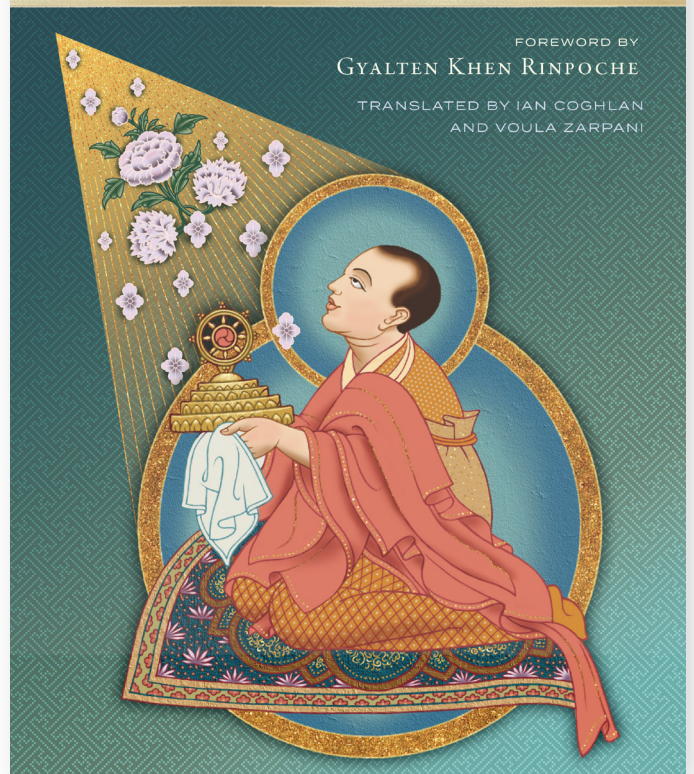
THE GURU
YOGA OF JÉ
TSONGKHAPA
A COMMENTARY BY
CHÖDEN RINPOCHÉ
His Eminence Chöden
Rinpoché

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 GURU YOGA OF
JÉ TSONGKHAPA

A Commentary by H.E. Chöden Rinpoché



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.

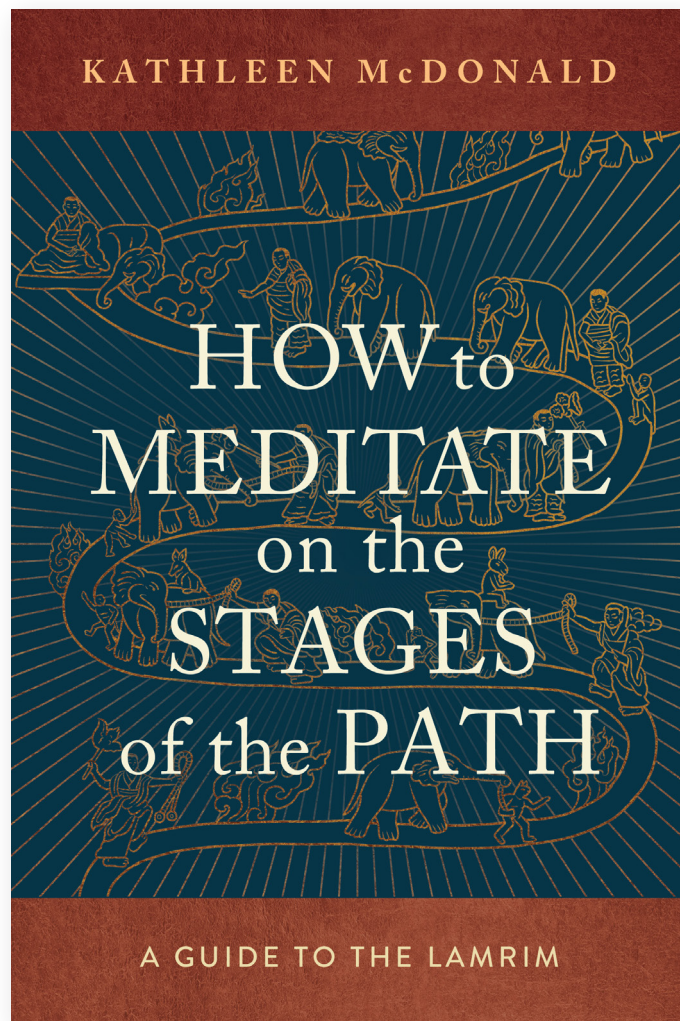
Previously published as *Opening the Door of Blessings*, this edition has been revised and updated, and is an essential edition to any practitioner's library.

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.

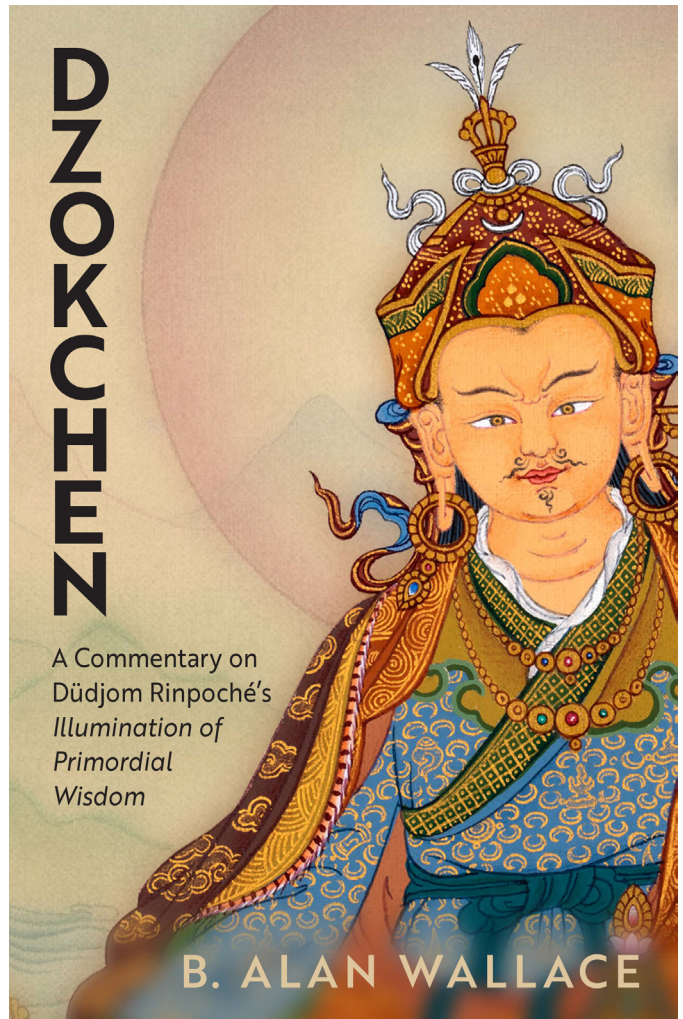
DZOKCHEN
A COMMENTARY ON
DÜDJOM RINPOCHÉ'S
ILLUMINATION OF
PRIMORDIAL WISDOM

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.

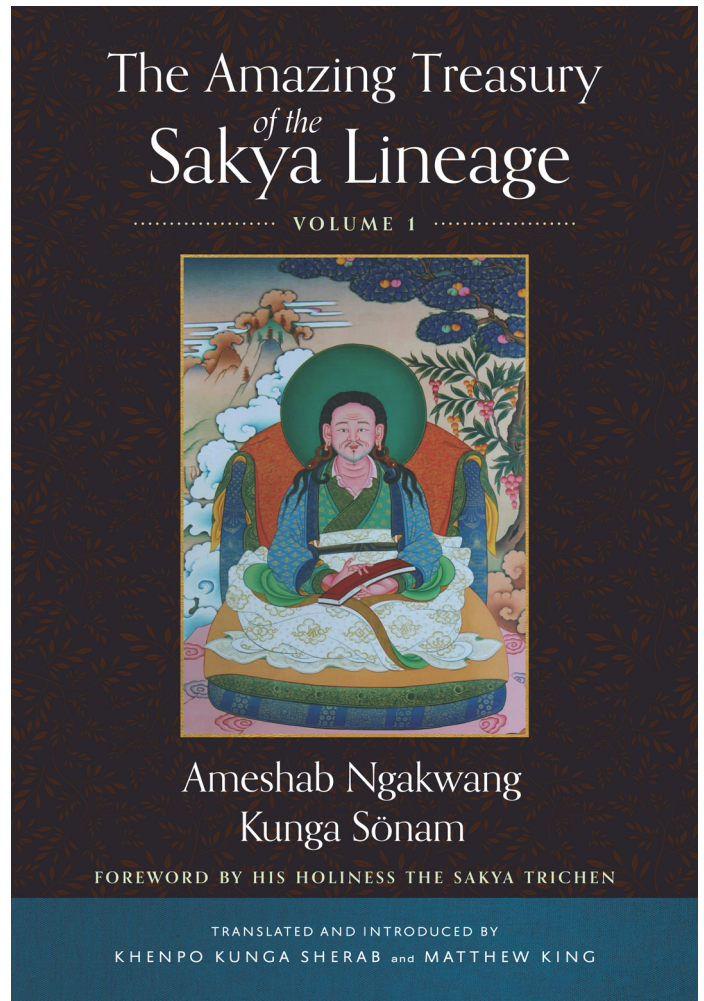
THE AMAZING TREASURY OF THE SAKYA LINEAGE

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.



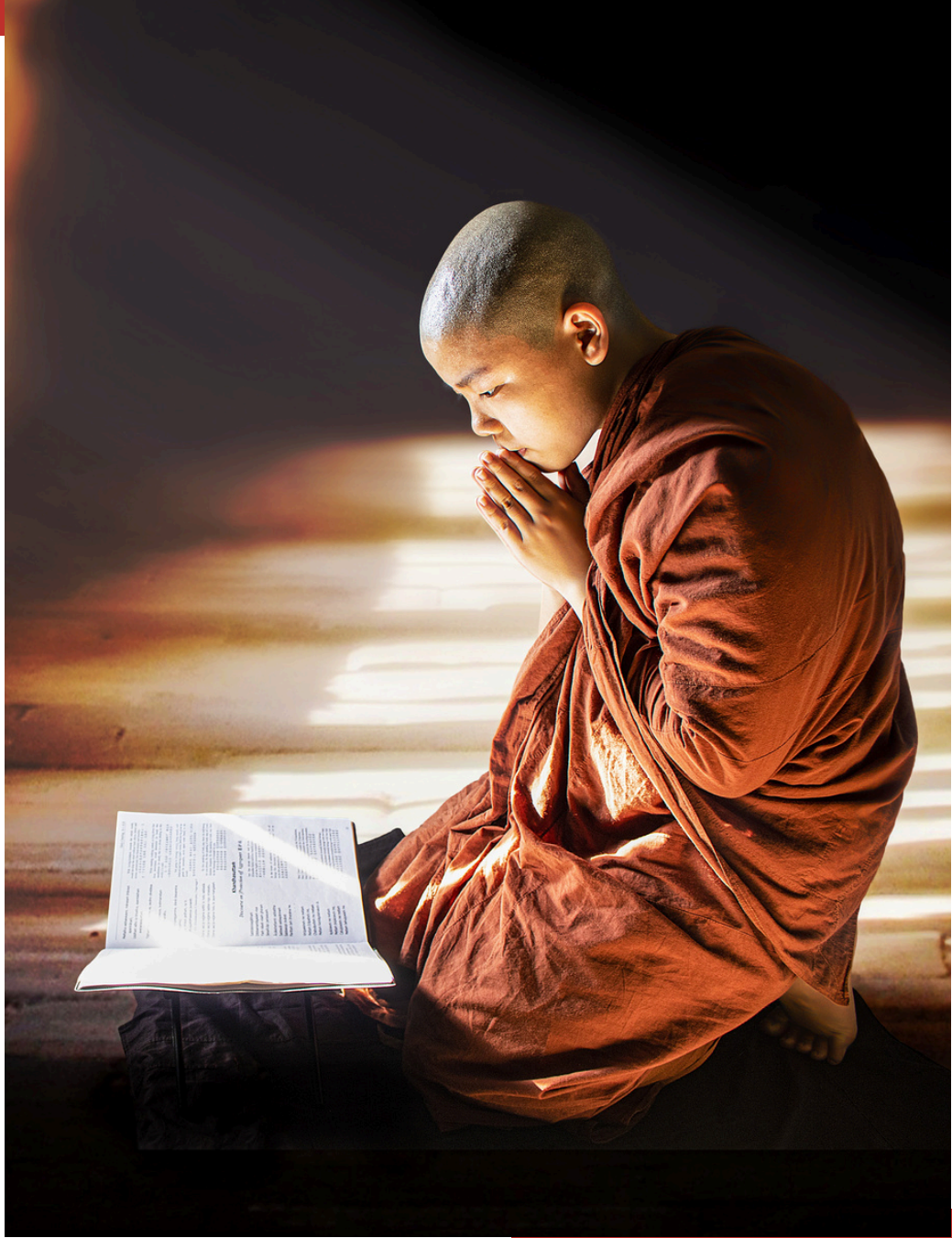
In this first of two volumes of *The Amazing Treasury of the Sakya Lineage*, translators Khenpo Kunga Sherab and Matthew King capture a truly remarkable period in Buddhist and Asian history. Here, Ameshab Ngakwang Kunga Sönam (1597–1659), a member of the Khön aristocracy and the twenty-seventh throne 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.



WISDOM PUBLICATIONS

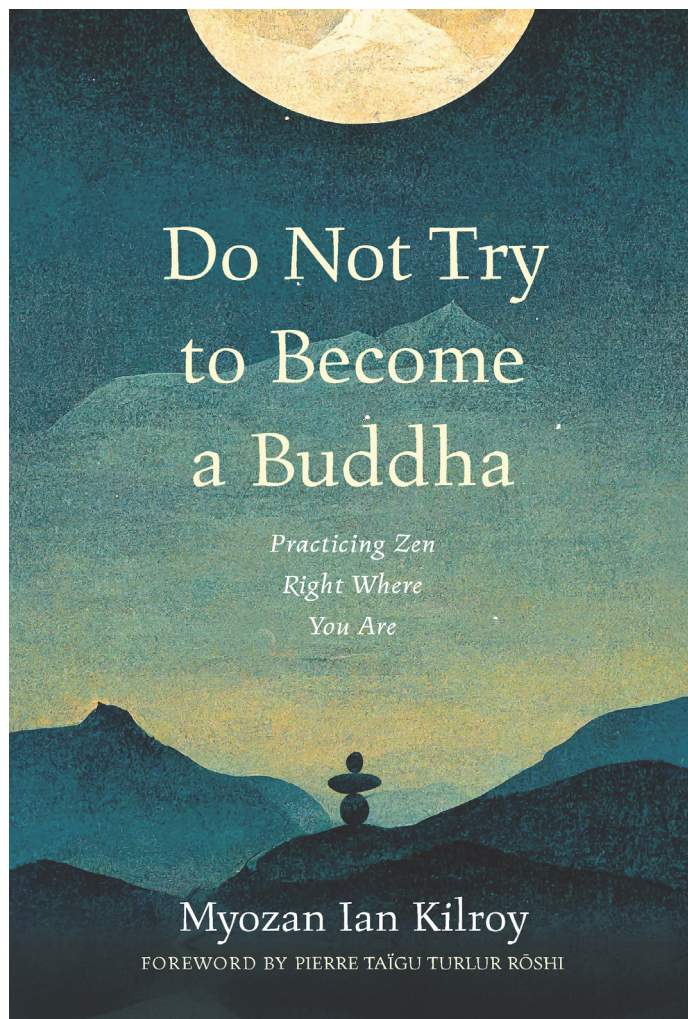
2025 CATALOG



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.

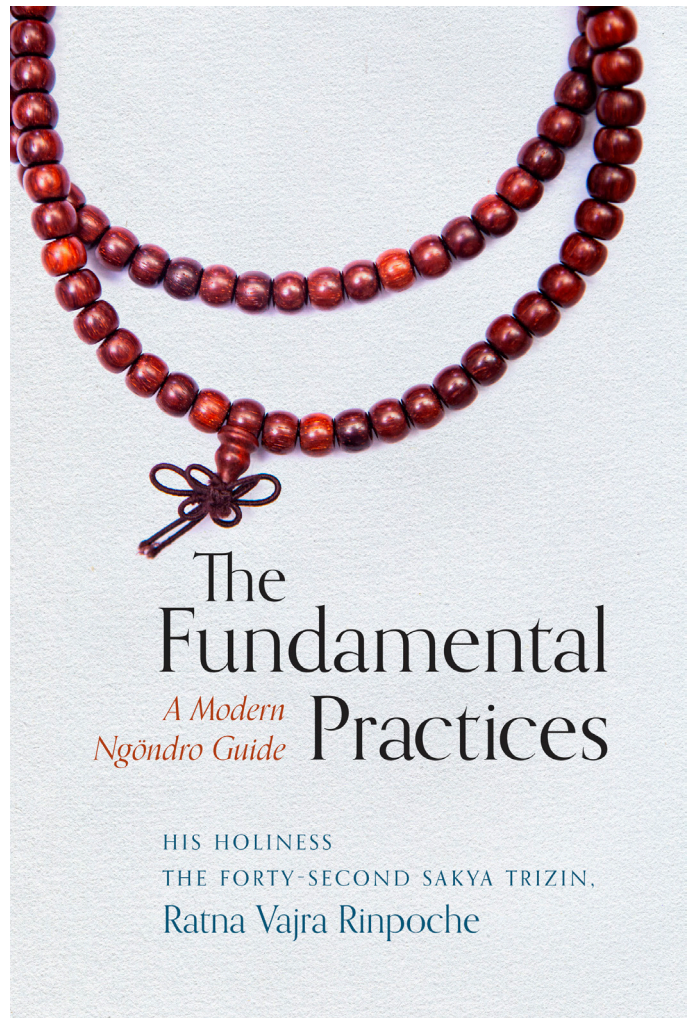
THE
FUNDAMENTAL
PRACTICES
A MODERN NGÖNDRO
GUIDE

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.



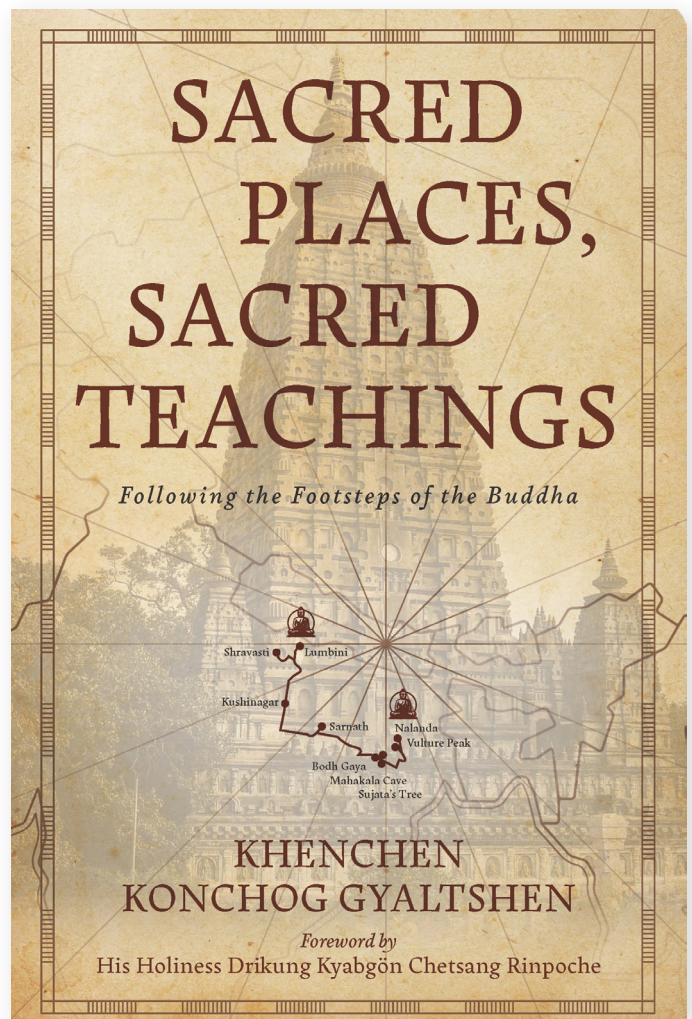
When we start on the transformational journey to enlightenment, we need a strong foundation in core Buddhist principles and practices to set us on the right track. The *ngöndro*, or preliminary practices, are that very foundation; they not only prepare us for advanced practice but serve us in all we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

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 Gyaltshe 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.



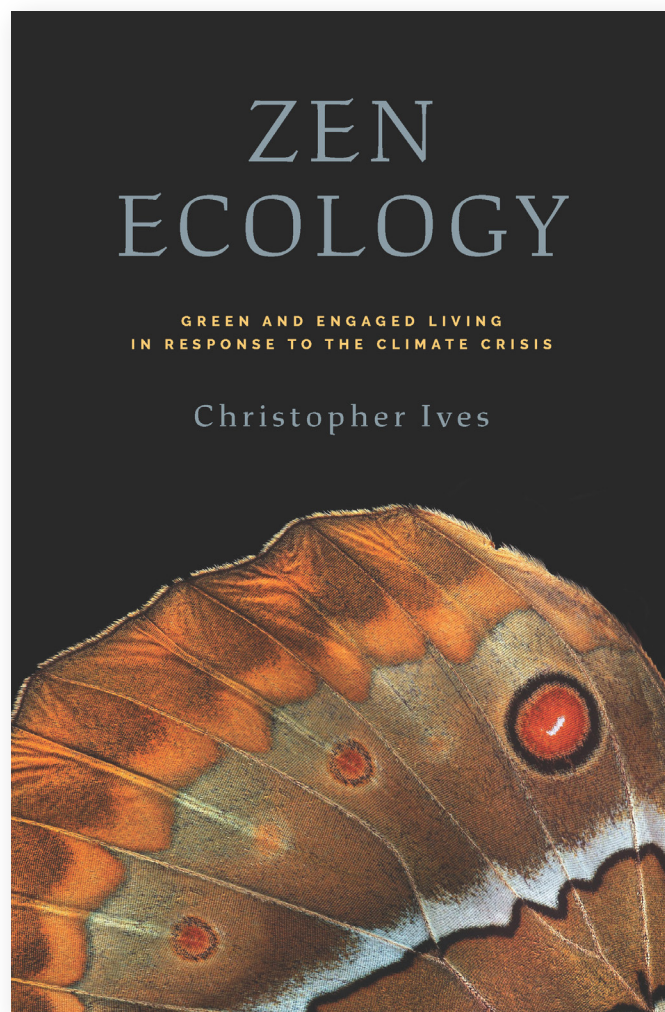
In this classic work of Buddhist studies scholarship, Jeffrey Hopkins—one of the world’s foremost scholar-practitioners of Tibetan Buddhism—offers a clear exposition of the Prāsangika-Madhyamaka view of emptiness as presented in the Geluk tradition of Tibetan Buddhism. In bringing this remarkable and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



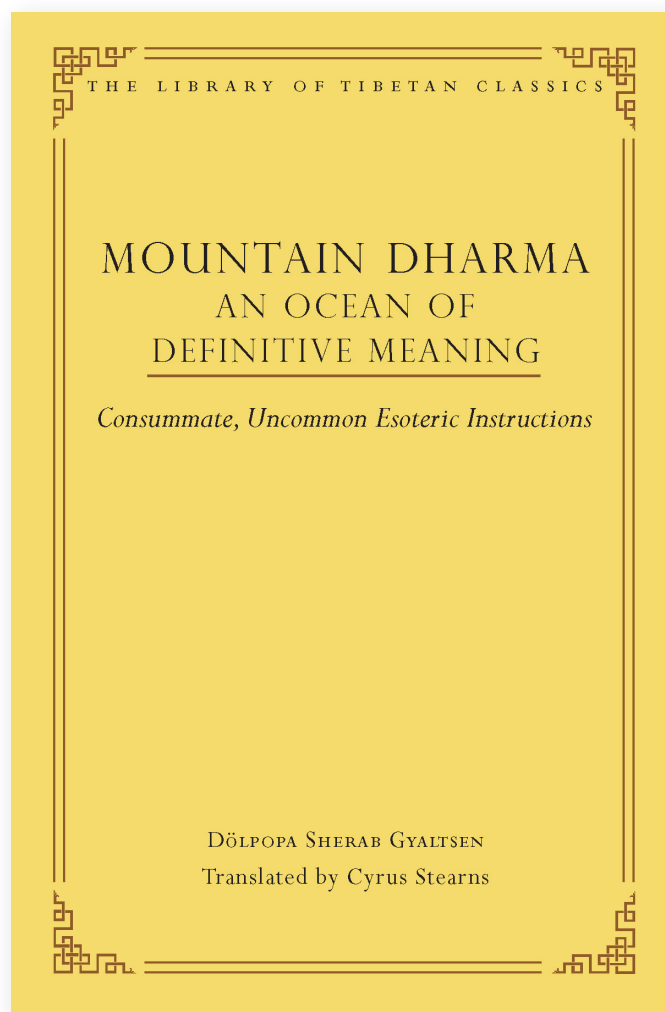
In *Zen Ecology*, Chris outlines his environmental ethic as a series of concentric circles, beginning with ourselves and then moving outward into our communities, all the while focusing on spaciousness, mindfulness, generosity, and contentment. At the individual level, we deal with distraction, clutter, 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.

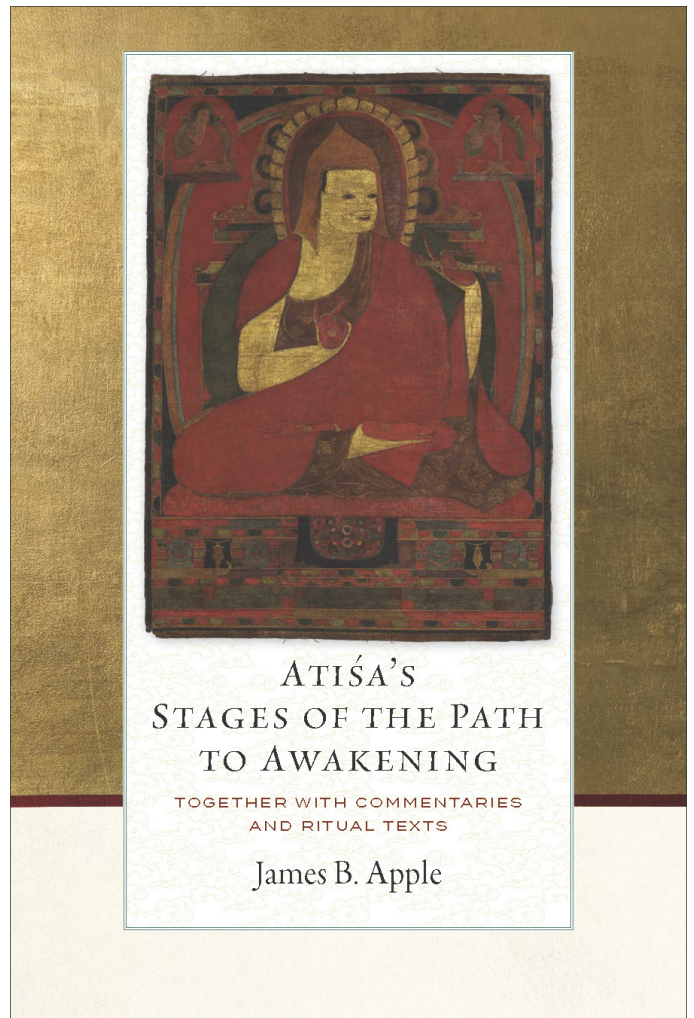
These were written by three central figures of the Sakya tradition: Drogön Chögyal Phakpa (Lodrö Gyaltsen) (1235–80), Gorampa Sönam Sengé (1429–89), and Jamgön Ameshab (Ngawang Kunga Sönam) (1597–1659). The translations demonstrate the unique compositional style of traditional Tibetan religious biography, 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

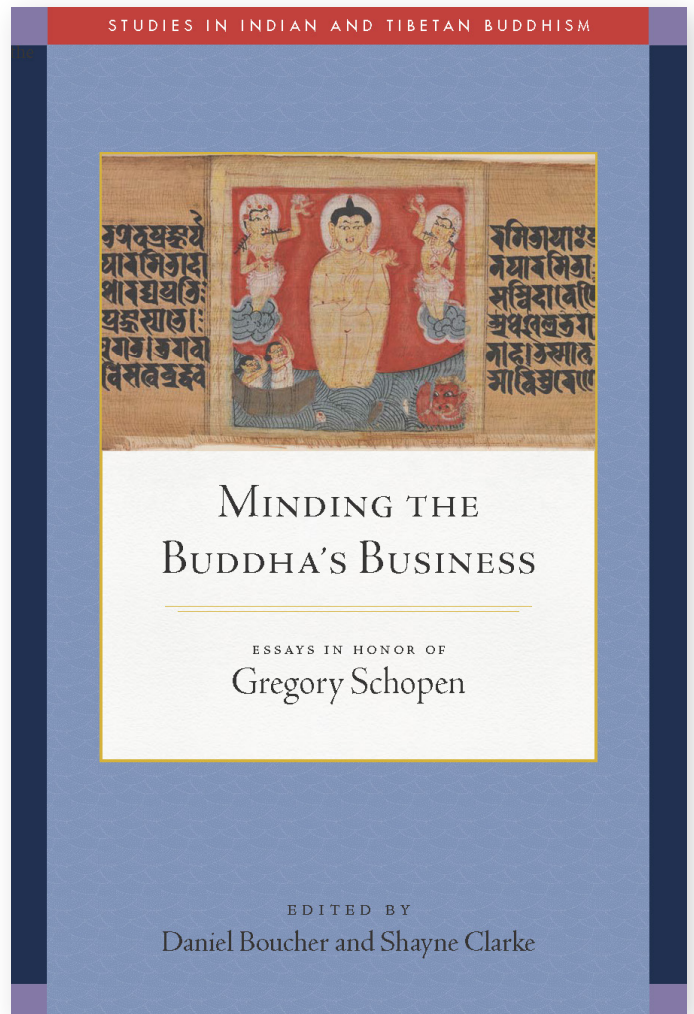
*ESSAYS IN HONOR OF
GREGORY SCHOPEN*

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.

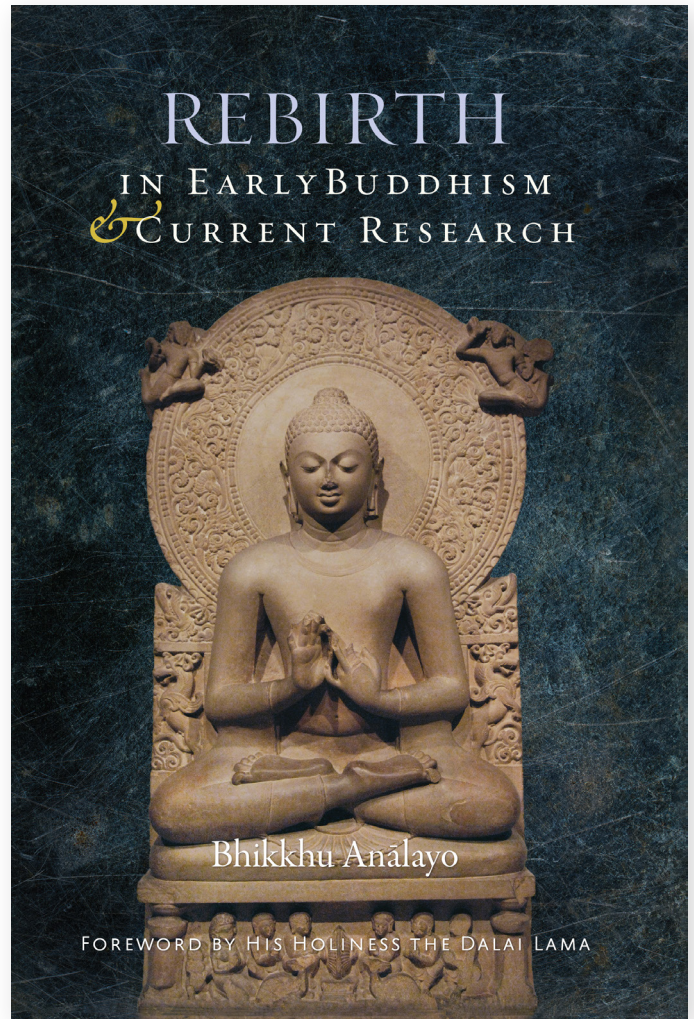
REBIRTH IN EARLY BUDDHISM AND CURRENT RESEARCH

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.

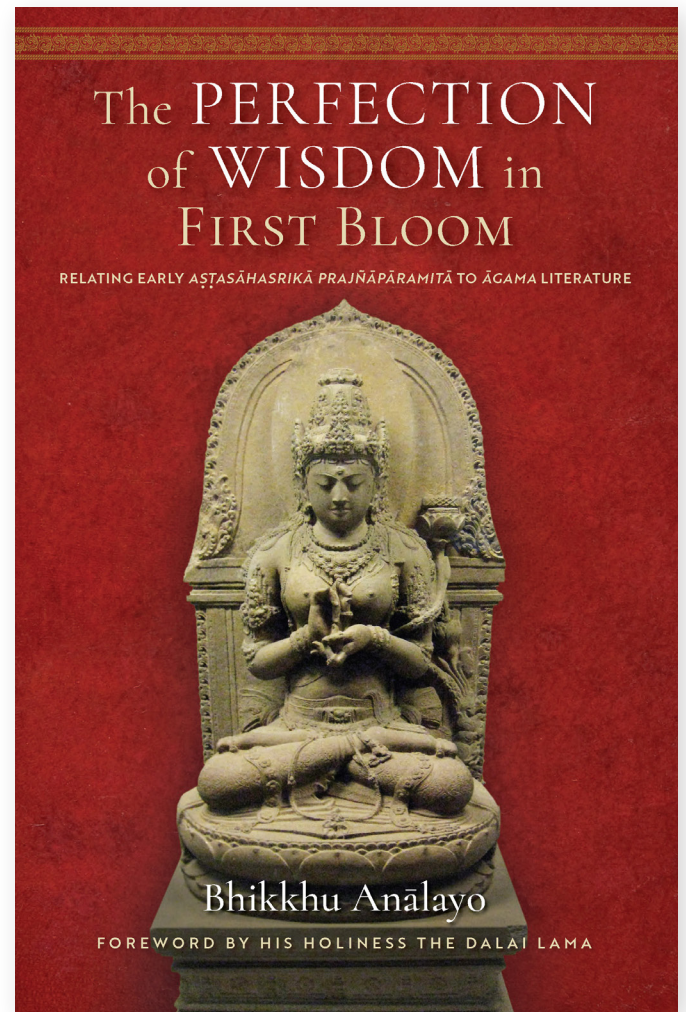
THE PERFECTION
OF WISDOM IN
FIRST BLOOM
RELATING EARLY
ASTASĀHASRIKĀ
PRAJÑĀPĀRAMITĀ TO
ĀGAMA LITERATURE

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.

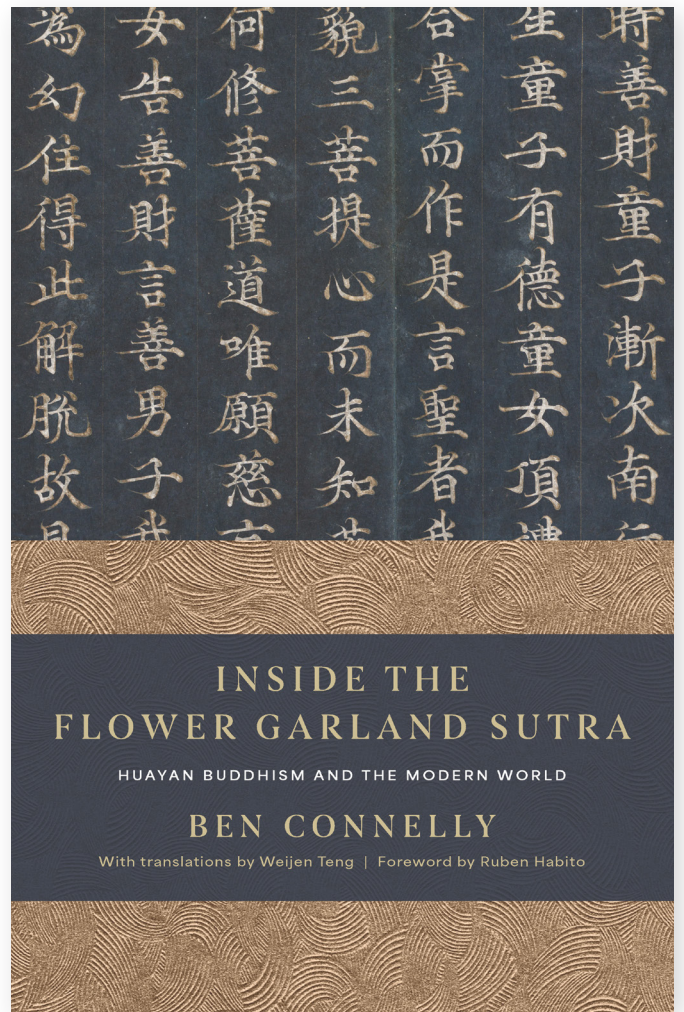
INSIDE THE
FLOWER
GARLAND SUTRA
HUAYAN BUDDHISM AND
THE MODERN WORLD

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

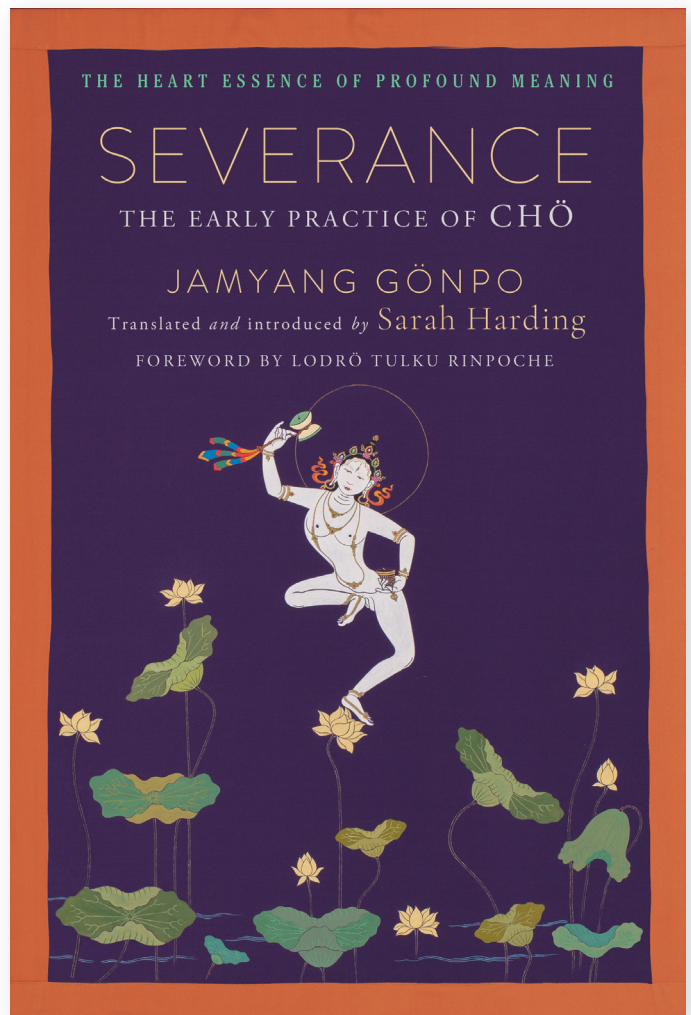
THE EARLY PRACTICE OF CHÖ

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

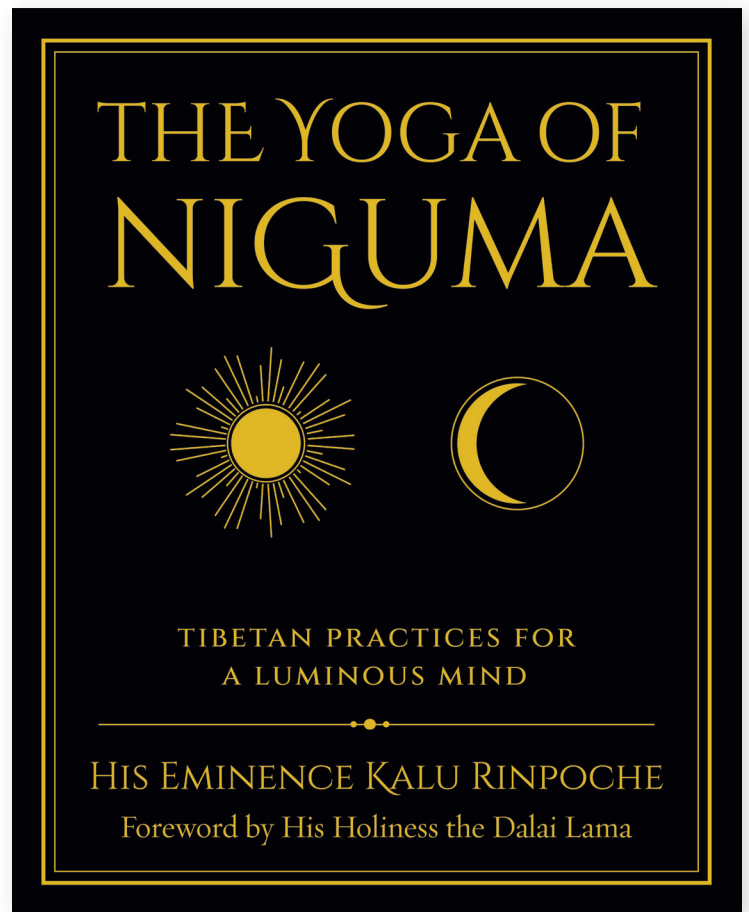
*TIBETAN PRACTICES FOR A
LUMINOUS MIND*

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

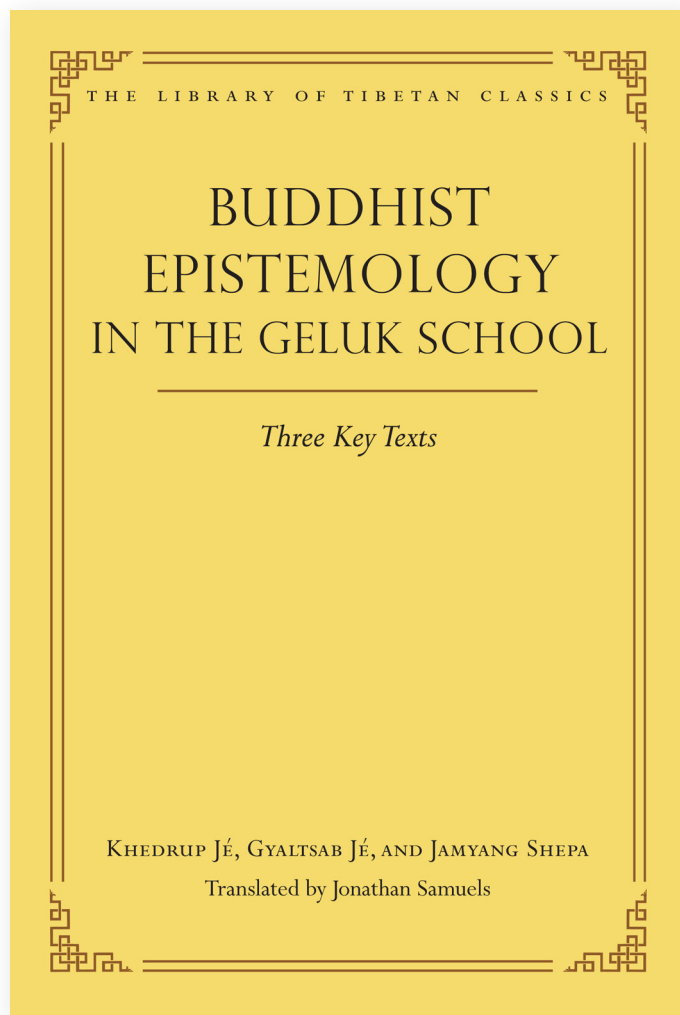
THREE KEY TEXTS

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 Wenta

THE VAJRABHAIRAVA TANTRA

A STUDY AND TRANSLATION

Aleksandra Wenta

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.

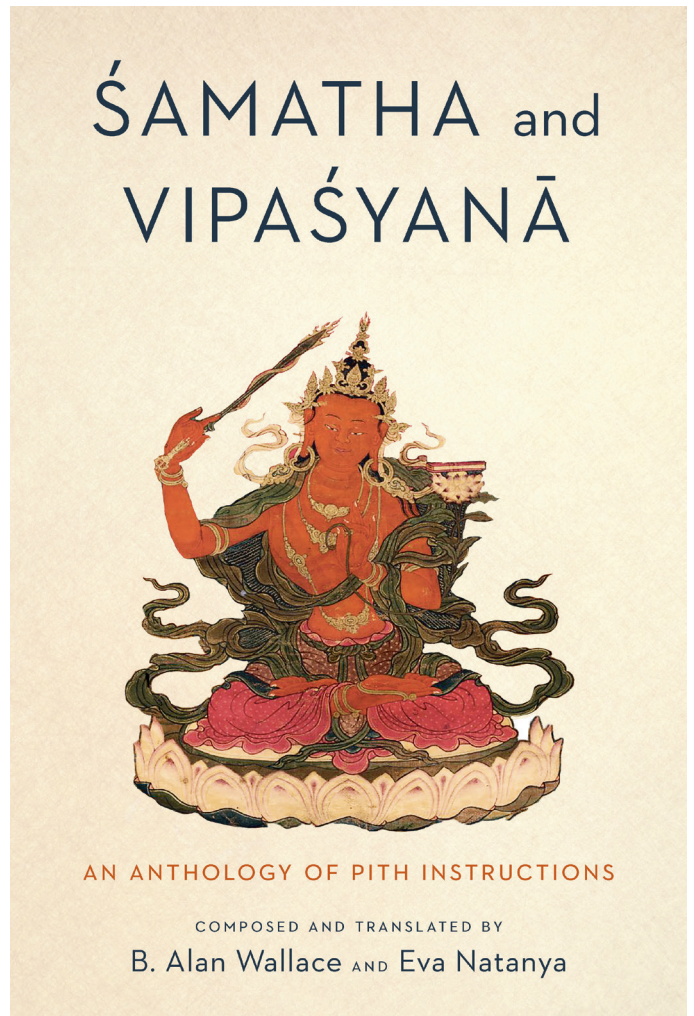
The Vajrabhairava Tantra, dedicated to the buffalo-headed deity Vajrabhairava, arose around the eighth century and had a considerable impact on the formation of religious praxis in the medieval Indian Buddhist world. This book contains a translation of the Vajrabhairava Tantra from the recently discovered 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.



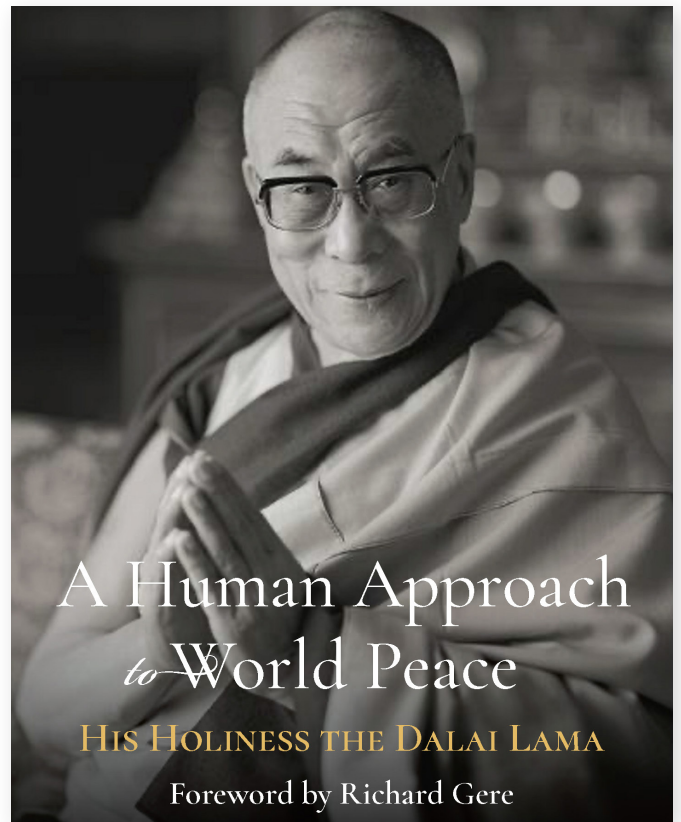
The instructions gathered here are like a string of pearls spanning from the eleventh century to the present day. They include teachings from great Indian masters as well as renowned lamas of the past and present from the four major orders of Tibetan Buddhism, many of them stemming from visionary teachings 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" | 9798890700438

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.”

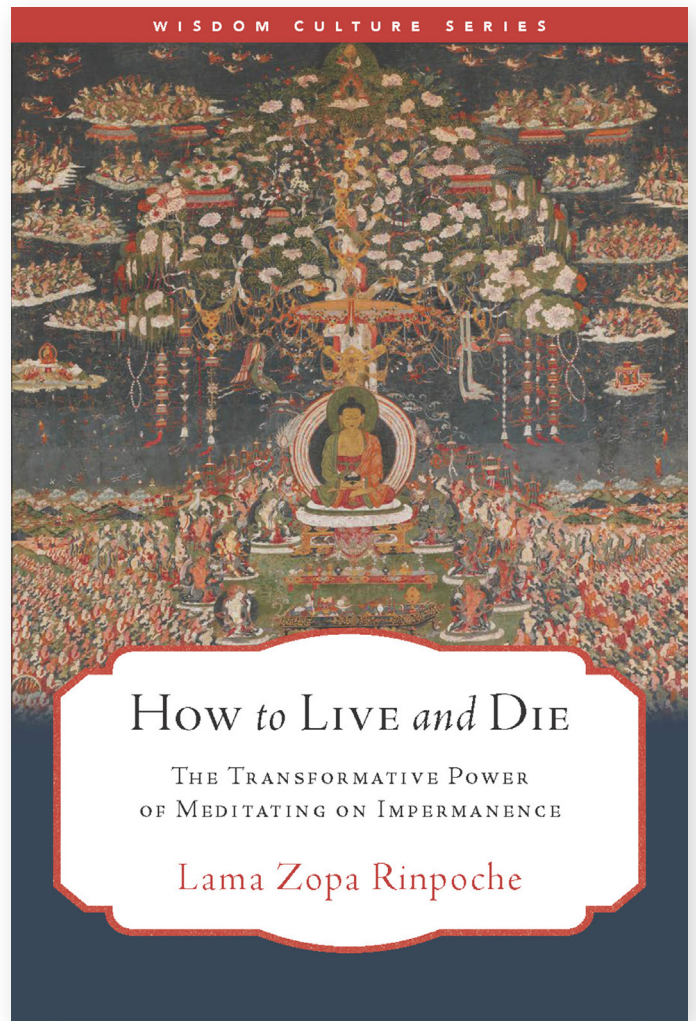
HOW TO LIVE
AND DIE
THE TRANSFORMATIVE
POWER OF MEDITATING
ON IMPERMANENCE

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

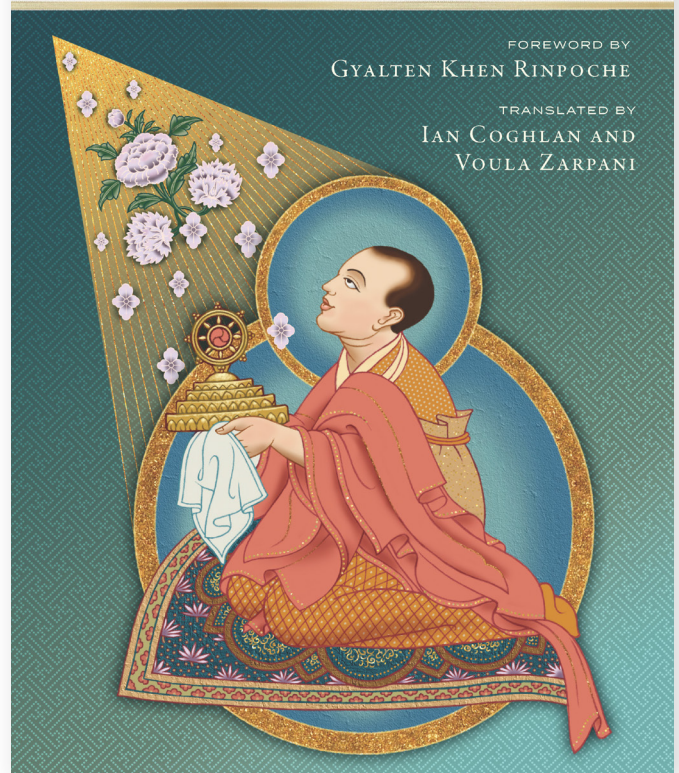
October 28, 2025 | Paperback | 328 pages

\$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



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.

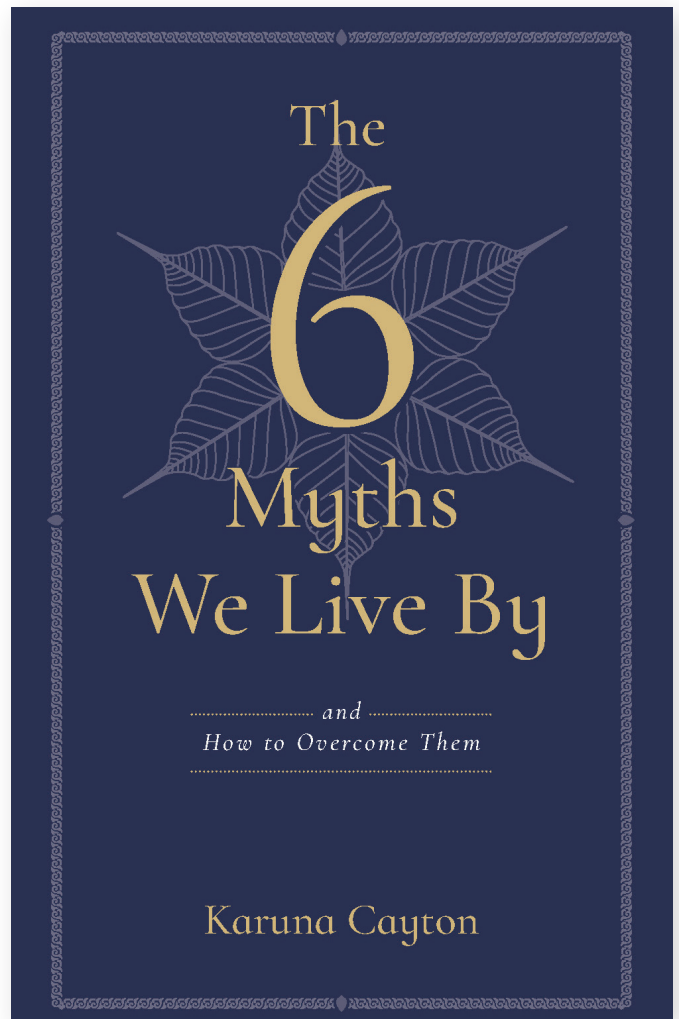
THE SIX MYTHS
WE LIVE BY
AND HOW TO OVERCOME
THEM

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.

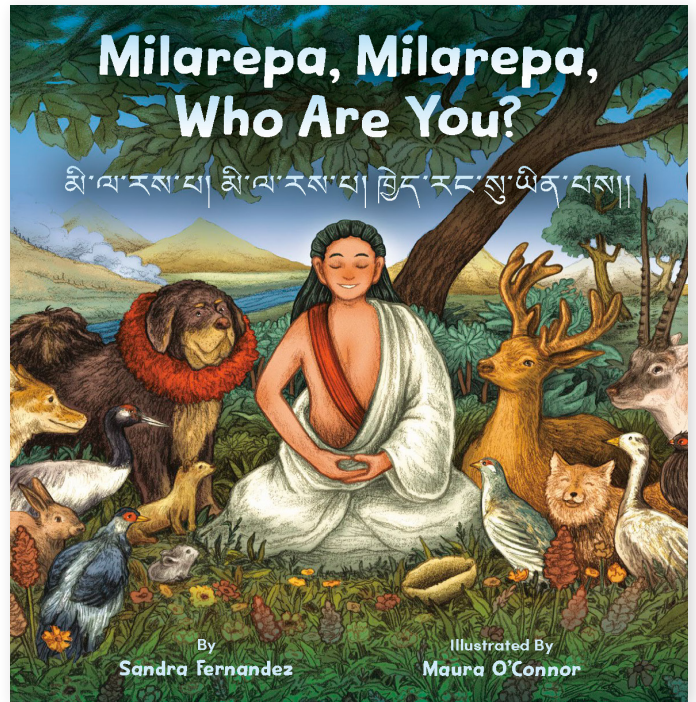
MILAREPA, MILAREPA, WHO ARE YOU?

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.

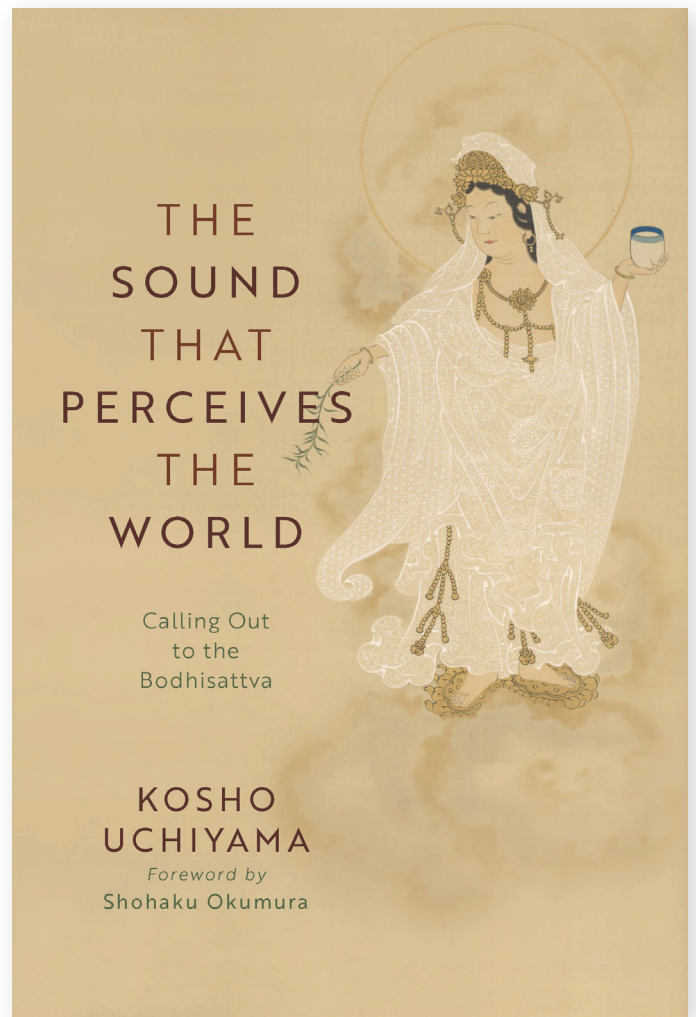
To honor Milarepa's spontaneous songs—classically known as *dohas* in Sanskrit, which communicated his experiences to others—this book is written in poetic form. It explores the wisdom of his teachings in the form of a rhythmic, call-and-response duet.

An online guide for parents and teachers at wisdom.org 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.



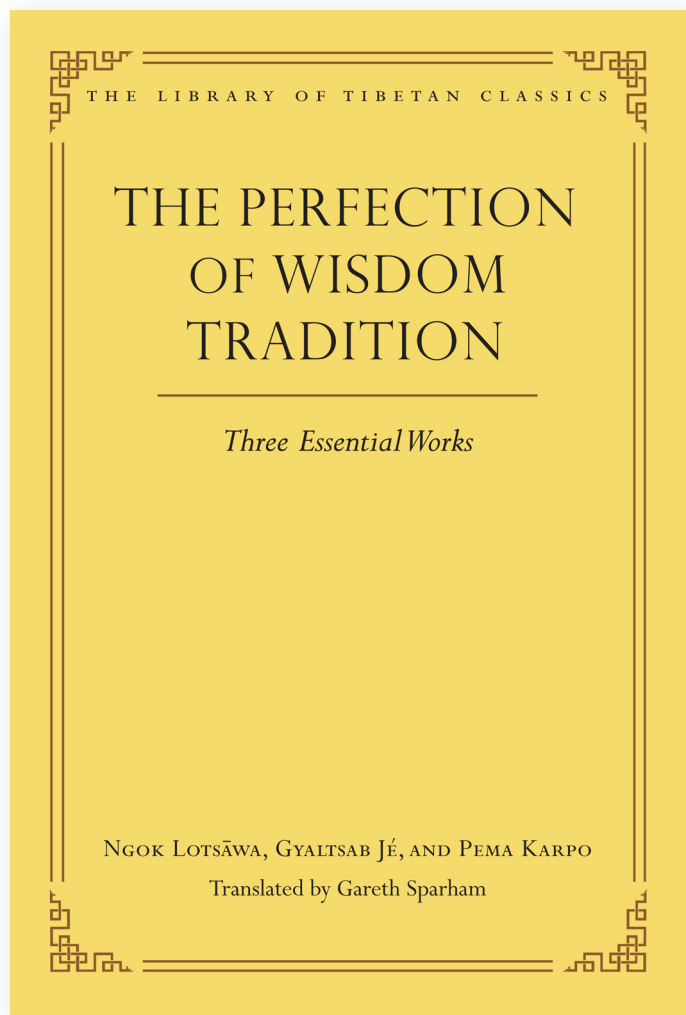
The Kannon-gyo is chapter 25 of the Lotus Sutra, and its focus is the bodhisattva of compassion. Most schools of Zen Buddhism, and especially the Soto school, eschew such practices as chanting the names of buddhas and bodhisattvas, along with venerating such figures. The eminent Soto Zen master Kosho 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

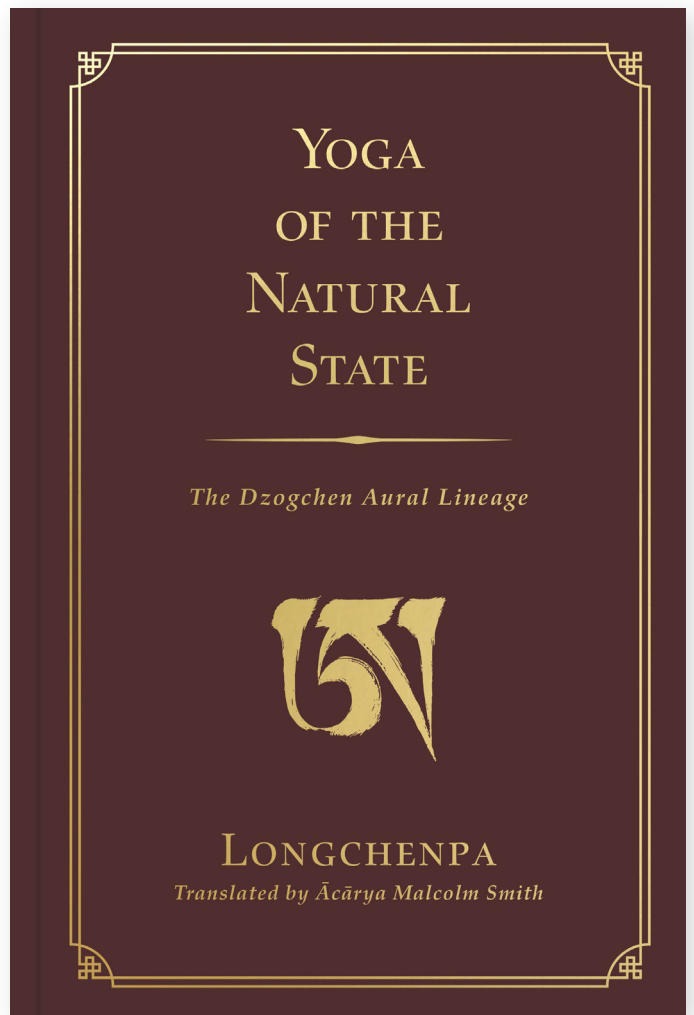
THE DZOGCHEN AURAL LINEAGE

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.