



SHAMBHALA
PUBLICATIONS

Autumn 2024 Rights Guide
Frankfurt Book Fair

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SHAMBHALA
PUBLICATIONS

By Your Side

How to Find Soulful Allies and Become One to Others

By David Richo

\$18.95 - TR

About the Book

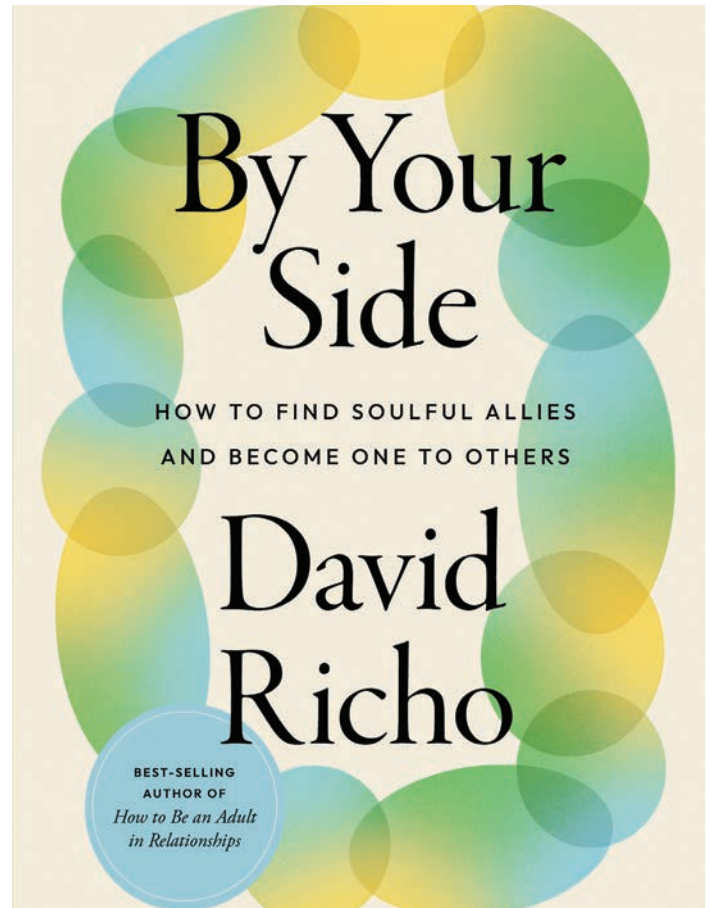
David Richo draws from history, Jungian psychology, Buddhism, nature, and other spiritual traditions to illuminate our connection to the “helpers” we call upon to navigate life. Some of the assisting forces in our lives are visible, and some are invisible. Some are with us for life; some come and go. Spiritual assisting forces could be *bodhisattvas* and saints—or partners in a relationship who are allies to one another.

Richo says that helpers are a necessary character on our human journey, and that in every heroic journey story the hero or heroine requires a trustworthy companion to fulfill his/her/their destiny. The assisting force can take many forms, but is often depicted as a sidekick, an aide, a wise advisor, or a spirit guide. In stories an assisting force can also be an elixir, a magic form of help, an animal, or a wish-fulfilling gem.

In this fascinating inquiry, Richo posits that the archetype of the ally is necessary if we are ever to be fully who we are. He shows us how assisting forces are in and around us, and how we can be assisting forces to one another. Richo offers a compelling and accessible view—and time-tested practices including meditation, self-inquiry, journaling, and affirmations—that helps us recognize and access the allies in our lives.

About the Author

DAVID RICHO, PhD, MFT, is a psychotherapist, teacher, writer, and workshop leader whose work emphasizes the benefits of mindfulness and loving-kindness in personal growth and emotional well-being. He maintains a private practice and teaches weekly at venues including Esalen and Spirit Rock. He is the author of numerous books, including *Triggers*, *How to Be an Adult in Relationships*, and *The Five Things We Cannot Change*



Self-Help - Motivational & Inspirational
 Religion - Spirituality
 Body, Mind & Spirit - Inspiration & Personal
 Growth

SHAMBHALA
 09/24/2024
 PAGES: 200
 ISBN: 9781645473053

Finding Radical Wholeness

The Integral Path to Unity, Growth, and Delight

By Ken Wilber

\$39.95 - HC

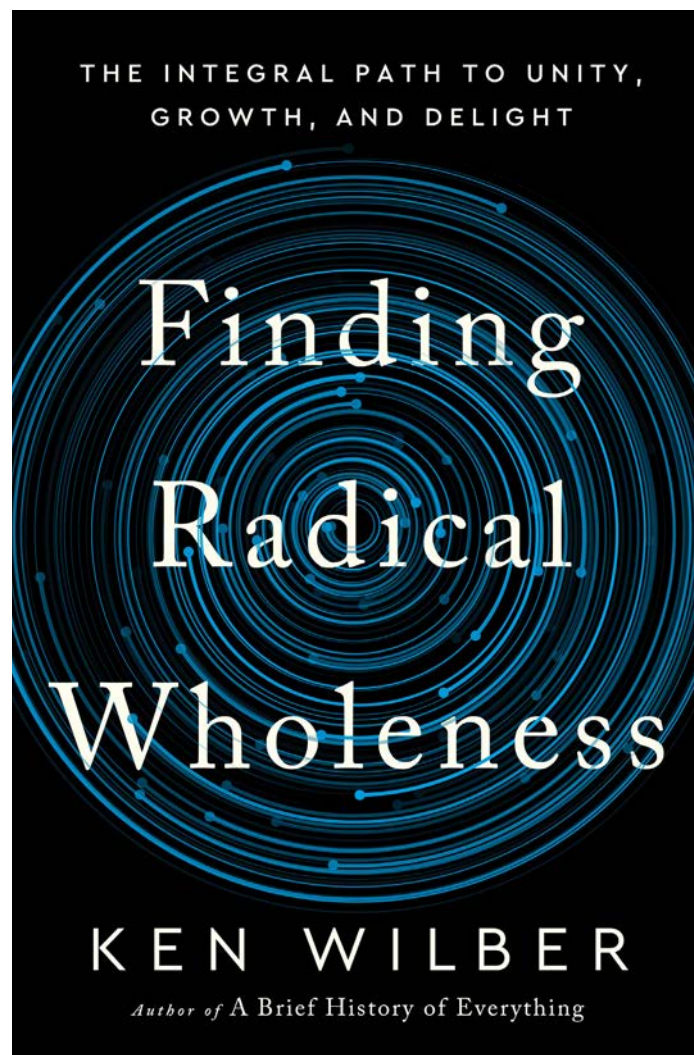
About the Book

From integral philosopher Ken Wilber, a practical guide to finding a radical and complete Wholeness through a path that blends integral theory, psychology, spiritual practice, and shadow work.

According to Ken Wilber, the perpetual human search for growth and fulfillment is often incomplete. In this book, Wilber integrates the wisdom of spirituality, psychology, shadow work, science, and integral theory to offer us a path to a radical and complete Wholeness of Waking Up, Growing Up, Opening Up, Cleaning Up, and Showing Up. Wilber shows readers how to apply integral theory to their everyday lives for transformation.

For example, he shows how the theory of the Four Quadrants—the four perspectives through which we view the world—relates to our lives and allows us to show up and be more present. He also discusses how to evolve our multiple intelligences, how to increase our spiritual awareness, how to process what's hidden in the depths of our consciousness, and how to enhance, deepen, and widen the feelings of bliss and love through the practice of integral tantric sex. Wilber introduces several practices—on topics such as the Witness, One Taste, and shadow work—to lead us to direct experiences that we can integrate into our lives. In this way, we truly understand Wholeness and can make room for everything life brings our way.

No other path of growth includes these five categories—each of which is a unique path to wholeness. By combining them and integrating them, one comes to a realization of what Wilber calls Big Wholeness—a completeness in which everything in our experience comes



together to pull us into this deep meaning, where we feel in touch not only with all of the important aspects of ourselves but also with everything in our world.

About the Author

KEN WILBER is one of the most widely read and influential American philosophers of our time. His writings have been translated into over twenty languages. He lives in Denver, Colorado.

Body, Mind & Spirit - Inspiration & Personal Growth

Psychology - Movements - Transpersonal Religion - Spirituality

Subrights Sold: German, Portuguese (Brazil), Russian, Spanish

SHAMBHALA

06/11/2024

PAGES: 488

ISBN: 9781645471851

From Self-Care to We-Care

The New Science of Mindful Boundaries and Caring from an Undivided Heart

By Jordan Quaglia

\$19.95 - TR

About the Book

Learn to balance and blend self-care with care for others through we-care, a science-backed compassion training that enhances personal and social well-being, promotes healthy boundaries, and offers a path of healing and growth.

Helping professionals and empaths often face the risk of compassion fatigue, struggling to maintain a balance between caring for others and self-preservation. The emerging science and practice of “we-care” challenges the traditional self-care paradigm and advocates for a collective approach to compassion that benefits us all. Care ceases to be a zero-sum game, but rather becomes an inherently social force that drives mutually beneficial outcomes.

Compassion researcher and teacher Jordan Quaglia provides a fresh perspective on care, offering a practical framework and set of tools for readers, including stories, examples, and easy-to-understand key concepts. You’ll be able to:

- Recognize and honor your natural inclination to alleviate others’ suffering without personal detriment
- Understand the impact of global distress on your well-being and learn strategies to manage it effectively
- Identify and enhance your care tendencies, acknowledging both their strengths and limitations
- Achieve a sustainable balance between self-care and caring for others

Through a mix of scientific evidence, actionable advice, and personal anecdotes, this guide will help you navigate the complexities of empathy. You’ll learn to fine-tune your compassion to avoid burnout and become more responsive to social issues, ultimately transforming your health, relationships, and life.

About the Author

JORDAN QUAGLIA has spent over a decade researching and teaching on topics such as mindfulness, compassion, and lucidity. He is an associate professor of psychology at Naropa University, where he directs the Cognitive and Affective Science Laboratory and is research director for its Center

From Self- Care to We- Care

The New
Science of
Mindful
Boundaries
and Caring
from an
Undivided
Heart

JORDAN QUAGLIA

for the Advancement of Contemplative Education. A recognized expert in the science of compassion, he has been designated as a research fellow by the Mind & Life Institute, a Contemplative Social Justice Scholar for Contemplative Mind in Society, and a panelist for multiple United Nations Day of Vesak conferences. In addition to his research, Jordan codeveloped and regularly teaches an eight-week compassion training curriculum for hundreds of individuals. He lives with his wife in Boulder, Colorado.

Psychology - Mental Health

Self-Help - Personal Growth - General

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

05/06/2025

PAGES: 288

ISBN: 9781645473473

Growing Self-Compassionate Children

A Family Guide for Nurturing Resiliency and Kindness

By Wendy O'Leary and Louise Shanagher
\$19.95 - TR

About the Book

Integrating self-compassion practice into family life is a profound gift that parents can give to their children and to themselves.

Here you will learn how to make self-compassion an active practice for the whole family with over 70 activities, crafts, meditations, and games.

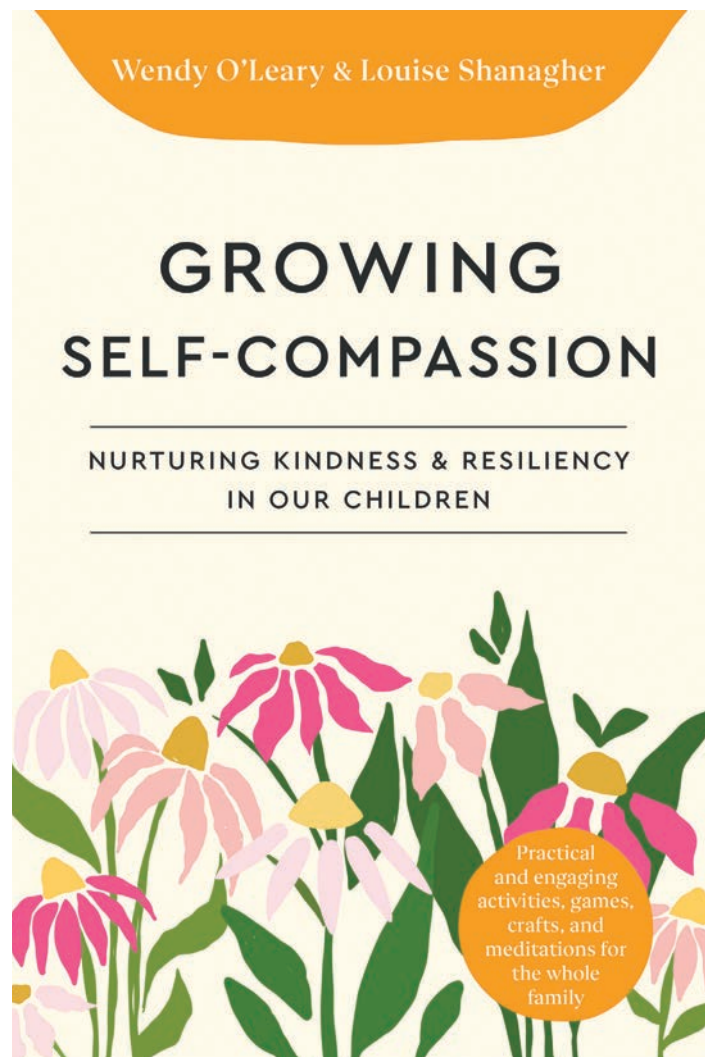
Self-compassion—being kind to yourself when things are hard—is a valuable quality for parents to model and to cultivate in their children—and studies show that it also builds emotional resilience.

This guide for parents explains the benefits of teaching children about self-compassion, and it offers advice, encouragement, and practices to enrich family life. Wendy O'Leary and Louise Shanagher, who have an extensive background and expertise in mindfulness, children's education, and psychology, introduce the basic concepts of self-compassion, along with the benefits and the research that supports the practice.

In communicating self-compassion to children, the authors emphasize the importance of focusing on a child's inherent value rather than on their external achievements and specify the benefits of "self-compassion" over "self-esteem." Crucially, they show us that self-compassion also includes an embodied, felt sense of deep care and love for ourselves.

About the Authors

WENDY O'LEARY, M.Ed., is an educator, author, and public speaker with expertise in mindfulness, self-compassion, and social and emotional learning for children. She is trained in mindful self-compassion, trauma-informed



yoga, and mindfulness and is a member of the International Mindfulness Teachers Association.

LOUISE SHANAGHER is a mindfulness educator, children's therapist, author, and founder of the Creative Mindfulness Kids Organization. Based in Ireland, Shanagher has a BA and MSc in psychology and further qualifications in mindfulness, psychotherapy, and play therapy.

Family & Relationships - Parenting - General Body, Mind & Spirit - Mindfulness & Meditation Health & Fitness - Mental Health

SHAMBHALA
03/11/2025
PAGES: 160
ISBN: 9781645473008

Gurdjieff and the Fourth Way

An Esoteric Legacy

By Stephen A. Grant

\$29.95 - HC

About the Book

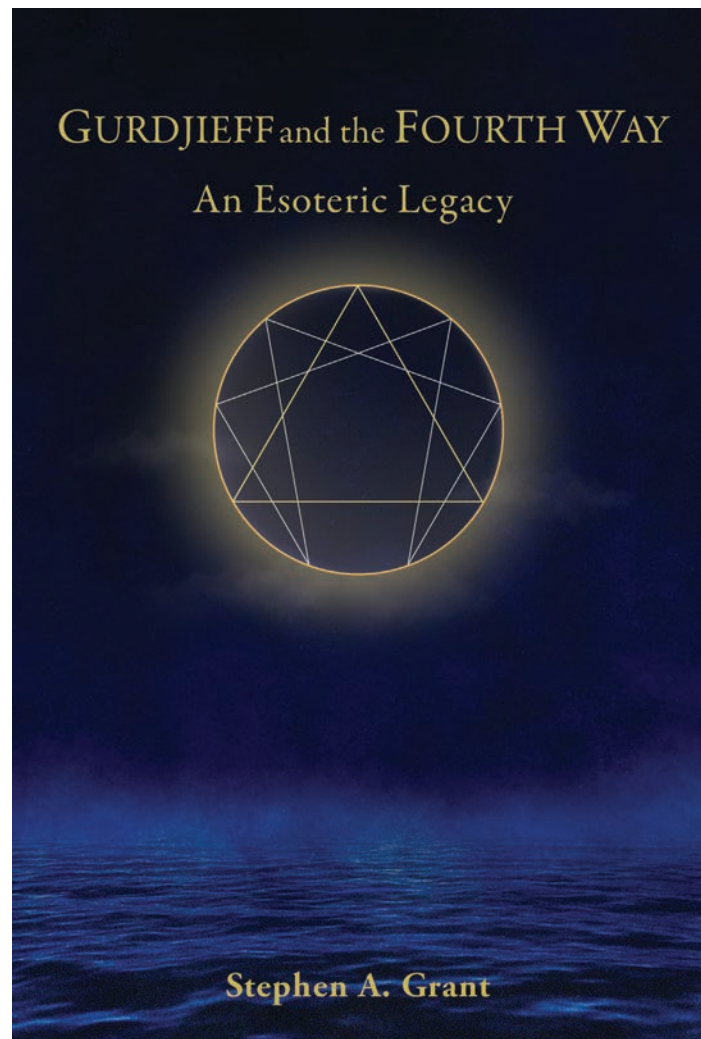
A profound new look at Gurdjieff's life, teachings, and role as a spiritual leader through the lens of esotericism.

Gurdjieff warned against taking anything literally or on faith, and advised accepting only experience that could be lived oneself. He also said that one has to find out "how to know" and that understanding knowledge of being depends on the "level of being." The aim of the Fourth Way is toward a change of being from the level of man number one, two, and three to that of man number four. Stephen Grant offers a profound reassessment of Gurdjieff's role as a spiritual leader and the Fourth Way in terms of esoteric theory.

The book outlines Gurdjieff's early life and view of ancient history, followed by the itinerant course of his teaching from Russia in 1915 to his death in Paris in 1949. The discussion then focuses on his esoteric mission—to bring the Fourth Way to the West—and its three major stages: (1) introducing the system of ideas to and through Ouspensky; (2) writing his own theory of the teaching, principally in *Beelzebub's Tales to His Grandson*; and (3) passing on the practical teaching toward consciousness to and through Jeanne de Salzmann. The last five chapters deal with Gurdjieff's relationship with his closest pupils, his system of ideas, his hidden doctrine in *Beelzebub's Tales to His Grandson*, and the practical knowledge revealed by Mme de Salzmann. Those interested in Gurdjieff will come away with a rich new perspective on his teachings and legacy.

About the Author

STEPHEN A. GRANT is a lifetime student of G. I. Gurdjieff and former secretary and trustee of the Gurdjieff Foundation of New York. For forty years, he has served as president of Triangle Editions Inc., the publisher of Gurdjieff's books. He also was the editor of Jeanne de Salzmann's *The Reality of Being* and of *Gurdjieff's In Search of Being*. His wife Anne-Marie is a granddaughter of Mme de Salzmann, the disciple Gurdjieff named to continue his work after his death in 1949. Mr. Grant



graduated summa cum laude in history and literature from Yale University in 1960 and from Columbia University Law School in 1965, where he was editor in chief of the law review. He clerked for Hon. Henry J. Friendly on the United States Court of Appeals for the Second Circuit and argued the landmark case of *Bivens v. Six Unknown FBI Agents* (1971) in the US Supreme Court, which recognized a private right of action for unreasonable search in violation of the Constitution. In 1966, he joined Sullivan & Cromwell, a Wall Street law firm. He spent several years in Paris and Tokyo and practiced law in international financing and acquisitions until he retired in 2003.

Philosophy - General

Religion - Spirituality

Philosophy - Metaphysics

SHAMBHALA

08/20/2024

PAGES: 352

ISBN: 9781645473350

How Confucius Changed My Mind

And What He Can Teach You about the Art of Being Human

By Charles B. Jones
\$19.95 - TR

About the Book

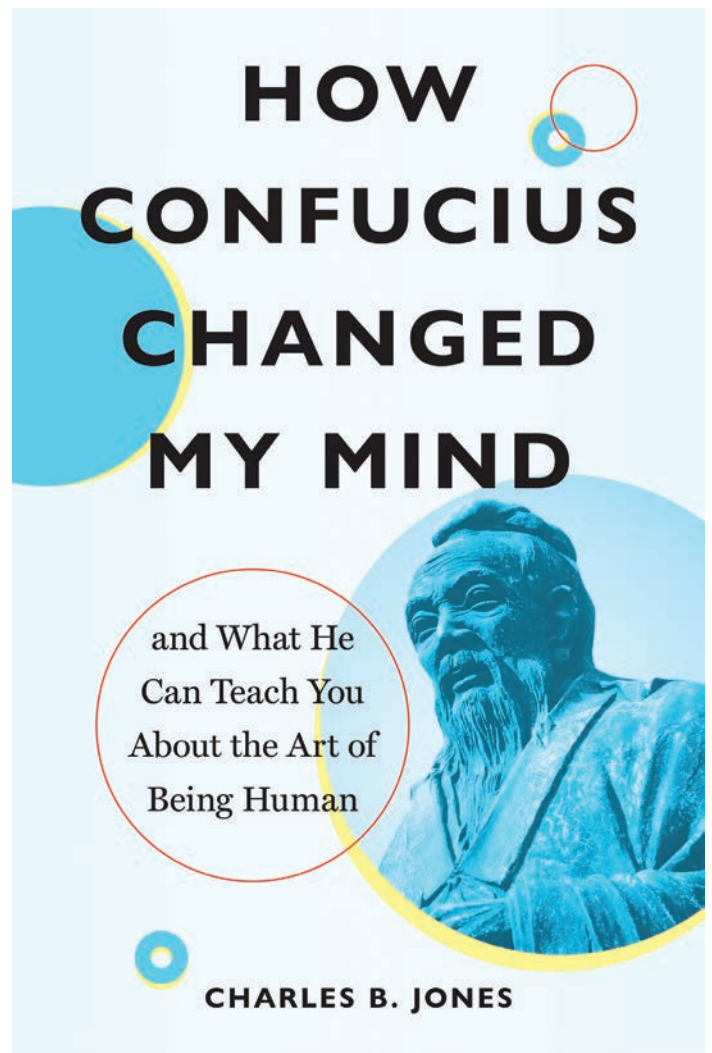
A compelling exploration of humanity, morality, religious practice, and leading a good life based on traditional Confucian thought.

This book invites readers on a path of transformation, narrating how encounters with Confucian thought can bring about a fundamental reshaping of the way we engage with ourselves and the world. The unexpected depths to be found in Confucianism surprised the author Charles Jones when he began teaching East Asian religions to undergraduate students thirty years ago. It raised a set of fascinating questions relevant to life today:

- How do we relate to other people?
- What does it mean to be human?
- What does moral development look like?
- What does religious practice accomplish?
- What is the goal of a good life?

To understand the Confucian answers to these questions, Jones familiarizes readers with Confucius, his main successors, and the situations to which their writings responded. The book then journeys through core aspects of the philosophical tradition: ritual propriety, what “human nature” means from a Confucian perspective, and the “way” or right path to follow and practice throughout our lives.

Jones is an engaging, inquisitive scholar and thought provocateur writing for a wide audience. Through engagement with Confucian ideas, readers will find that they bring to consciousness the cultural presuppositions that lurk unnoticed in their thought. Afterward, they will see just how different the Confucian approach often is, resting as it does on a very different set of assumptions about human life. You might find yourself saying, “I didn’t know it was even possible to think like that!” In this way, Confucius can be appreciated as a profound shaper of modern thought, much like Aristotle and Lao-tzu—and he might even change your mind.



About the Author

CHARLES B. JONES is associate professor emeritus of Religion and Cultures at The Catholic University of America in Washington, DC. He earned a PhD at the University of Virginia in 1996 and specializes in East Asian Buddhism. He has published in the areas of Buddhism in Taiwan, interreligious dialogue, the Jesuit missions in China, gentry Buddhism in late Ming China, and Pure Land Buddhism. Among his recent titles is *Pure Land: History, Tradition, and Practice* (Shambhala, 2021).

Self-Help - Personal Growth - General

Philosophy - Eastern

Religion - Confucianism

SHAMBHALA
05/20/2025
PAGES: 160
ISBN: 9781645472995

Leaves Falling Gently

Living Fully with Serious Illness through
Mindfulness, Compassion, and Connectedness

By Susan Bauer-Wu; foreword by Joan Halifax;
foreword by Nipun Mehta

\$18.95 - TR

About the Book

Accessible meditations, reflections, and advice for living life fully with a serious illness or helping loved ones navigate illnesses.

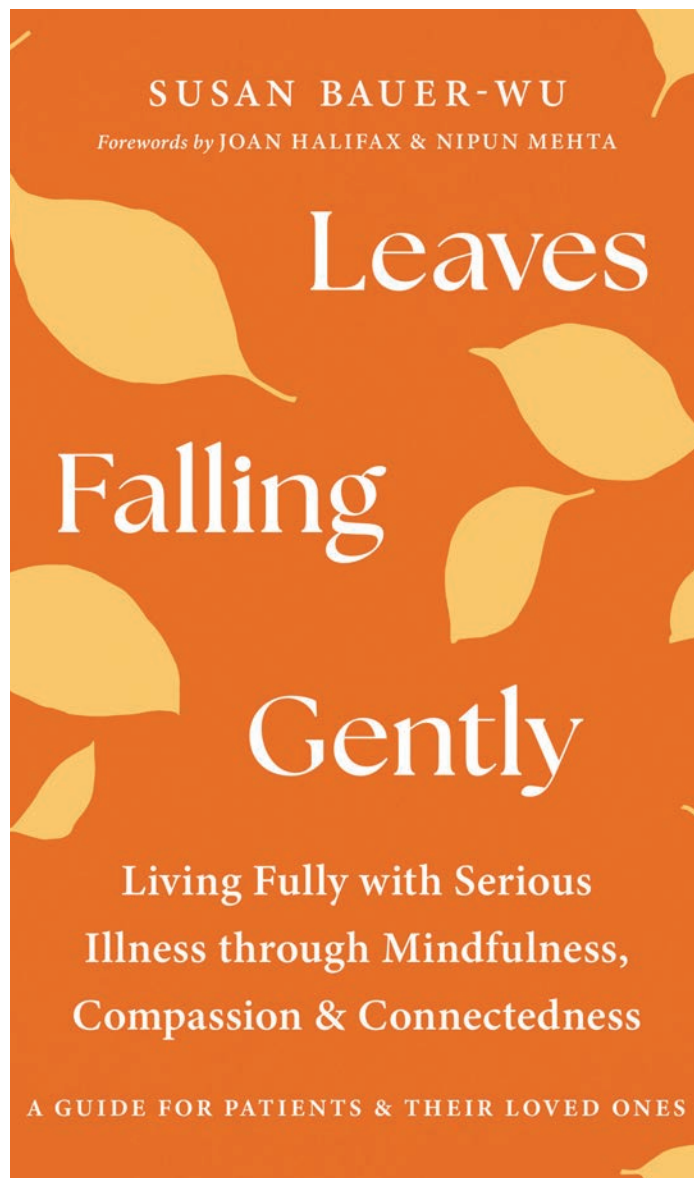
Dealing with chronic illness can be an isolating and challenging experience. Whether it's you or someone you love, it's common to struggle with feelings of fear, sadness, or anger as you navigate the uncertainty of your experience. The practices here help those facing illness, as well as their loved ones, embrace the present moment, make peace with themselves, and deepen interpersonal connections. Working through each personal reflection and guided meditation, one day at a time, readers will regain the strength to live fully and enhance their capacities for gratitude, generosity, and love—regardless of the changes and challenges that come.

Backed by research and clinical studies and interspersed with stories from the author's own experiences working in end-of-life care, this book is a welcome offering for all of us to treat ourselves and those around us gently in order to live more fully. The book's three parts—Mindfulness, Compassion, and Connectedness—each contain prompts for meditations, reflective writing, and daily practices that are rooted in Buddhism and can benefit everyone. Frequent reminders to “pause now” encourage us to be where we're at and move at a pace that is comfortable.

Updated for the first time since 2011, this new edition offers a refreshed and inviting presentation of Susan Bauer-Wu's practical advice. It includes a new cover, updated front matter, and a few new chapters. It has been revised to expand its audience to include loved ones and caregivers, as well as those living with serious illness.

About the Author

SUSAN BAUER-WU is an organizational leader, clinical scientist, and mindfulness teacher whose



lifework has been dedicated to alleviating suffering and fostering well-being through contemplative wisdom. She was previously the president of the Mind & Life Institute and was also the Kluge Professor of Contemplative End-of-Life Care at the University of Virginia. She is an avid gardener and hiker, living in Charlottesville, Virginia, and is also the author of *A Future We Can Love*.

Body, Mind & Spirit - Mindfulness & Meditation
Self-Help - Death, Grief, Bereavement
Religion - Buddhism - Rituals & Practice

Subrights Sold: No Chinese language rights

SHAMBHALA
05/27/2025
PAGES: 192
ISBN: 9781645473657

Mothershift

Reclaiming Motherhood as a Rite of Passage

By Jessie Harrold

\$21.95 - TR

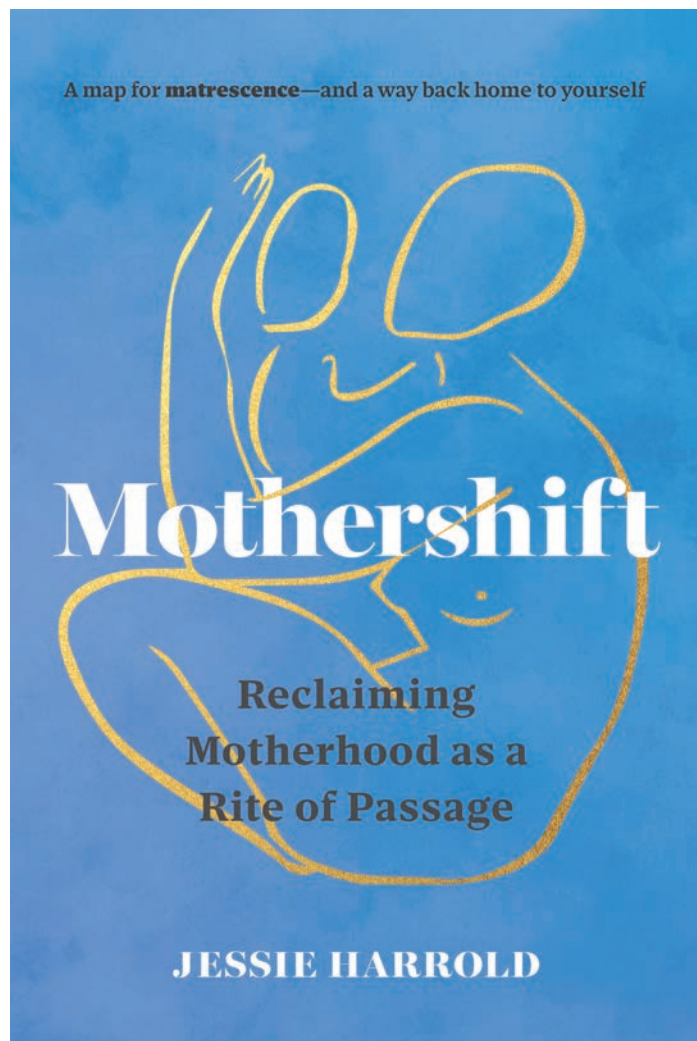
About the Book

Our modern societal understanding of what happens to a woman when she becomes a mother—beyond emotional rollercoasters and healing her pelvic floor—largely remains uncharted territory. The transition to motherhood actually takes two to three years, not six weeks or three months as we've been led to believe. *Mothershift* offers a supportive, affirming road map to take women through that transformational process.

Jessie Harrold introduces her “map for your becoming,” a research-based, four-phase model that maps out how the transition to motherhood unfolds—and helps women to navigate every step along the way. She has used this model to guide thousands of women through the shift into motherhood. Harrold also includes self-inquiry questions, journal prompts, rituals, and nature-based experiences and exercises in each chapter to help women identify and thrive amidst the cascade of changes they can expect as they enter motherhood. Topics include:

- Normalizing the feelings of grief and loss of self you may feel along the way;
- Navigating the discomfort of not knowing who you are anymore now that you're a mother;
- Guiding you to cultivate a sense of empowerment and leadership in motherhood, showing you how mothering is a counterculture act;
- Showing you how to use the “superpowers” that motherhood offers—self-tending, creativity, embodiment, ritual, community, inner knowing, and earth connection to become powerful change agents in a world that desperately needs mothering;
- Gently guiding you to explore who you are becoming; and much more.

Mothershift offers a wise, inspiring, and practical view of what it can look like when women are supported and encouraged to experience motherhood as a doorway to becoming more deeply in touch with who they are—and what is possible in their lives. It is a vision for an



experience of motherhood that is understood as a rite of passage filled with power and potential.

About the Author

JESSIE HARROLD draws from her background as a doula, a life coach and mentor, a practitioner of yoga and reiki, and an herbalist—and in eco-psychology, neuroscience, wilderness guidance, leadership, and therapy—to support women through the transition to motherhood. She created the internationally acclaimed program for new mothers, called Mothershift, and its sister program for postpartum professionals, The Village.

Family & Relationships - Parenting - Motherhood
Self-Help - Personal Growth - Self-Esteem
Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

11/12/2024

PAGES: 256

ISBN: 9781645473060

Orient

Two Walks at the Edge of the Human

By David Hinton

\$18.95 - TR

About the Book

Join renowned author David Hinton on two walks into the wild beauty and archaeological ruins of the desert Southwest and to the edges of consciousness and Taoist cosmology that he explores on the way.

In this poetic odyssey of nature writing that blurs the line between observer and landscape, Hinton's project is nothing less than to map our place in the cosmos and awaken to our interconnectedness with the wild spontaneity of the natural world. Like Henry David Thoreau and other great literary walkers, Hinton joins his profound philosophical worldview—informed by a lifetime of translating the Taoist and Ch'an Buddhist masterpieces of classical Chinese literature—with his keen eye for the slightest of nature's details. As he explores sweeping desert landscapes and the crumbling ruins of the humans who once lived there, Hinton simultaneously investigates the nature of sight and perception, tracing the movements of consciousness and the very roots of language.

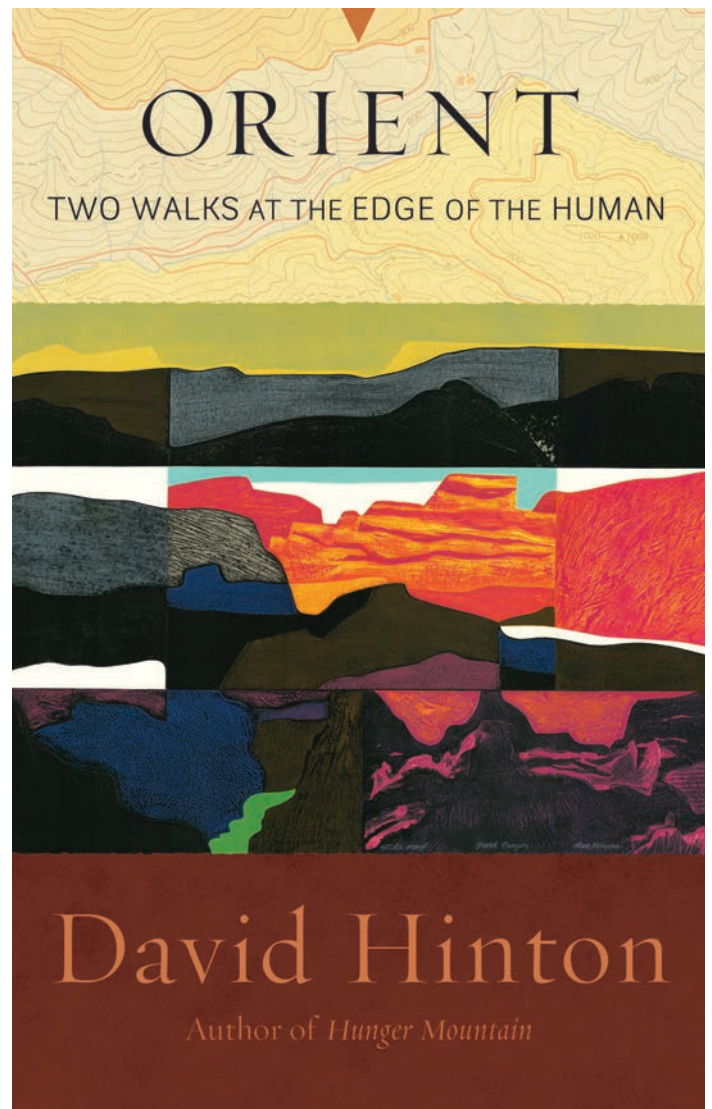
About the Author

DAVID HINTON has published numerous books of poetry and essays and many translations of ancient Chinese poetry and philosophy—all informed by an abiding interest in deep ecological thinking. This widely acclaimed work has earned Hinton a Guggenheim Fellowship, numerous fellowships from NEA and NEH, and both of the major awards given for poetry translation in the United States: the Landon Translation Award (Academy of American Poets) and the PEN American Translation Award. Most recently, Hinton received a lifetime achievement award by the American Academy of Arts and Letters.

Nature - Essays

Religion - Taoism

Philosophy - Nature



SHAMBHALA

04/22/2025

PAGES: 112

ISBN: 97810645472759

Outshining Trauma

A New Vision of Radical Self-Compassion
Integrating Internal Family Systems and
Buddhist Meditation

By Ralph De La Rosa

\$21.95 - TR

About the Book

Discover a path of post-traumatic growth, spiritual insight, and deep compassion for the most challenging parts of yourself. Ralph De La Rosa integrates Richard Schwartz's revolutionary Internal Family Systems (IFS) model with Buddhist meditation practice to offer a radically different healing paradigm.

If you're among those who've tried therapy and meditation but wonder why you still suffer repetitive patterns and emotions, *Outshining Trauma* is for you. De La Rosa places the innovative, evidence-based model of IFS in the context of Buddhist meditation to show that the process of healing trauma can lead you to your deepest spiritual nature.

This book offers clear conceptual frameworks to understand trauma, post-traumatic growth, and the close relationship between healing trauma and spirituality. The many journal prompts, experiential practices, and guided meditations will teach you how to:

- See that your mind is made up of disparate "parts" that carry their own views and intentions which can become stuck in traumatic experiences;
- Recognize common types of inner parts in the IFS model, such as "Managers," "Firefighters," and "Exiles";
- Separate from a part inside of you that's holding grief, pain, or other difficult feelings and then elicit its concerns and wisdom;
- Utilize meditation as a method for opening to transformative self-compassion and self-love.

About the Author

RALPH DE LA ROSA, LCSW (he/they), is a psychotherapist and meditation teacher known for his radically open and humorous teaching style.

OUTSHINING TRAUMA

A New Vision of Radical
Self-Compassion



RALPH DE LA ROSA

FOREWORD BY RICHARD SCHWARTZ

Integrating Internal Family Systems and Buddhist Meditation

His work has been featured in *The New York Post*, *CNN*, *Tricycle*, *GQ*, *SELF*, *Women's Health*, and many other outlets. He is personally mentored by Richard Schwartz, developer of the Internal Family Systems model of psychotherapy. Ralph himself is a PTSD, depression, and opiate addiction survivor. His most recent book, *Don't Tell Me to Relax*, was named one of the "Best Books of 2020" by *Mindful Magazine*. His first book is *The Monkey Is the Messenger*.

Self-Help - Emotions
Psychology - Mental Health
Philosophy - Buddhist

SHAMBHALA

11/26/2024

PAGES: 272

ISBN: 9781645472322

Real-World Enlightenment

Discovering Ordinary Magic in Everyday Life

By Susan Kaiser Greenland

\$18.95 - TR

About the Book

Wisdom and encouragement from mindfulness, psychology, science, and spiritual traditions, along with 50 practices to use in the moment to help relieve anxiety, overwhelm, and stress and help us tap into the enduring sense of well-being regardless of our circumstances.

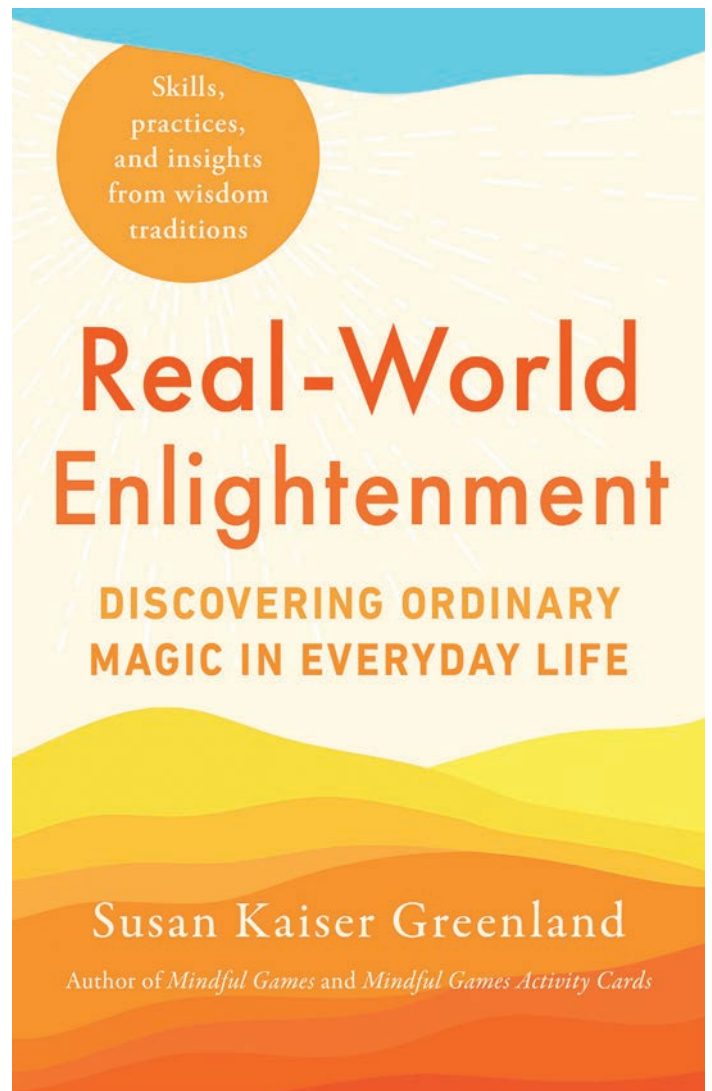
Enlightenment isn't a lofty and unrelatable goal; it's something that is available to us all the time, in the midst of the challenging, exuberant, and mundane occurrences and activities of our everyday lives.

Beloved mindfulness teacher—and longtime Buddhist practitioner—Susan Kaiser Greenland explores time-tested universal themes to help us tap into a sense of well-being that is with us regardless of our circumstances. These themes—including Change, Humility, Interdependence, Concentration, Joy, Kindness, and Discernment, among many others—emphasize attitudes and perspectives that help us shift our view and lead to emotional and psychological freedom.

Greenland draws from science, psychology, Buddhism, wisdom traditions, and personal stories to give us a view of “everyday enlightenment”—moments when we can shift from a narrow survival-driven mindset to one that is both grounded and as vast as the sky. When we cultivate this expansive worldview from the inside out, we become more resilient.

To help us do this, she offers contemplations, mindfulness practices, and slogans to help work with our mind to build openness, freedom, joy, and connection. These include:

- tapping into the sensory pleasures of music or being in nature
- finding a thought- or attention-based “anchor” when faced with stress or distraction
- using slogans such as “Drop Your Baggage” or “This is what it is right now,” to calm spiraling negative thoughts and get out of the “overwhelm zone”
- developing a *shamatha* meditation practice to slow down your thinking process and heighten awareness of the natural movement of your mind
- and much more



At the end of each chapter, there is a “wrap-up” section with practices and takeaways that give you a chance to apply these universal themes every day.

About the Author

SUSAN KAISER GREENLAND developed the Inner Kids mindful awareness program and teaches secular mindful awareness practices to children, parents, and professionals around the world. In 2000, she established the Inner Kids Foundation with her husband, author Seth Greenland, to bring mindful awareness to underserved schools in Los Angeles. Her work has been covered by *The New York Times*, *The Los Angeles Times*, *USA Today*, *National Public Radio*, and *CBS Morning News*.

Self-Help - Personal Growth - Happiness
 Self-Help - Emotions
 Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

07/16/2024

PAGES: 240

ISBN: 9781611809350

Thomas Keating

The Making of a Modern Christian Mystic

By Cynthia Bourgeault

\$24.95 - TR

About the Book

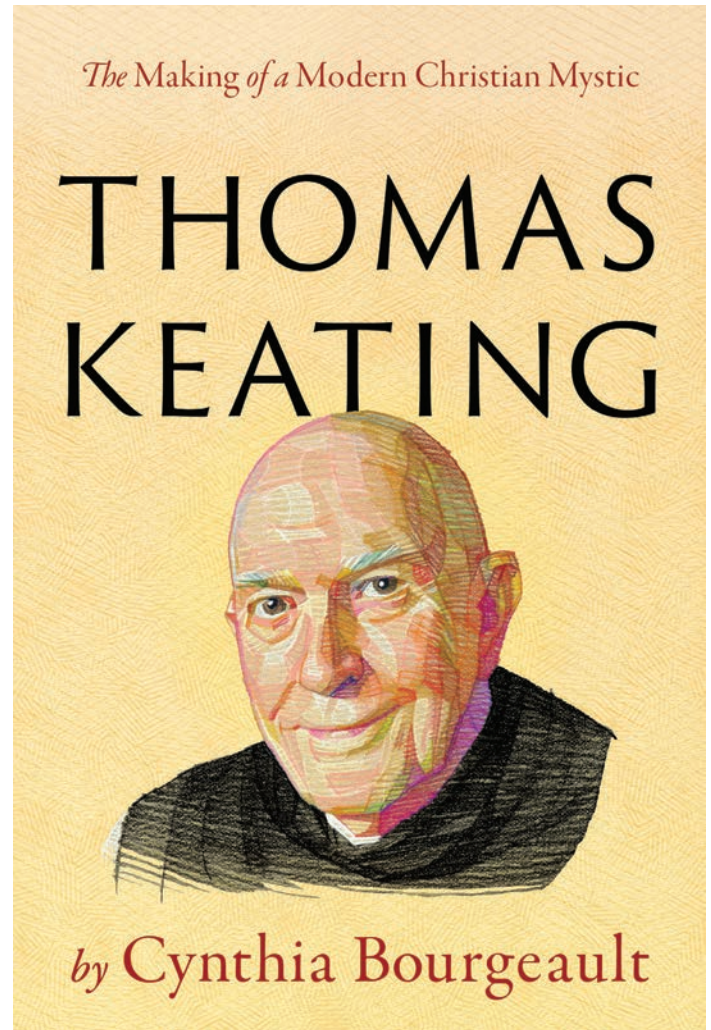
In the first four decades of his life as a Trappist monk, Thomas Keating created a comprehensive, unified psychospiritual pathway leading from healing to holiness and from contemporary psychological wellness to classic mystical sanctity and beatitude. In short, he fashioned a powerful new on-ramp to the Christian contemplative tradition. Yet, as beloved author and Keating disciple Cynthia Bourgeault shows, that was not the end of Keating's story. In this unique blend of biography, personal experience, and close reading of his late works, Bourgeault illuminates Keating's remarkable spiritual development from the late 1980s until his death in 2018. She explores:

- Keating's increasing commitment to the nondual practice of "objectless awareness"
- His contributions to interspiritual dialogue
- The evolution of his early teaching on the movement from "false self" to "true self," to that from "true self" to "no self"
- His final "dark night of the spirit" and passage through death
- New evidence that he never left Christianity but carried it with him to new places

The profound final stages of Keating's spiritual journey will inspire you toward the ineffable experience of living as a modern mystic yourself—fundamentally at home and at peace in the universe.

About the Author

CYNTHIA BOURGEAULT is a modern-day mystic, Episcopal priest, and theologian. She divides her time between solitude at her seaside hermitage in Maine and traveling globally to promote the rediscovery of the Christian contemplative path. She is a core faculty member at the Center for Action and Contemplation and founding director of an international network of Wisdom Schools. Cynthia's articles and essays have appeared in many journals and publications, and she is the author of numerous



books, including *Eye of the Heart*, *The Wisdom Jesus*, *The Meaning of Mary Magdalene*, *The Holy Trinity and the Law of Three*, and *The Heart of Centering Prayer*.

Religion - Christian Living - Prayer

Religion - Mysticism

Religion - Christian Rituals & Practice - General

Subrights Sold: Spanish

SHAMBHALA

11/26/2024

PAGES: 288

ISBN: 9781645471844

Until My Memory Fails Me

Mindfulness Practices for Cultivating Resilience and Self-Compassion in the Face of Cognitive Decline

By Sharon Lukert

\$19.95 - TR

About the Book

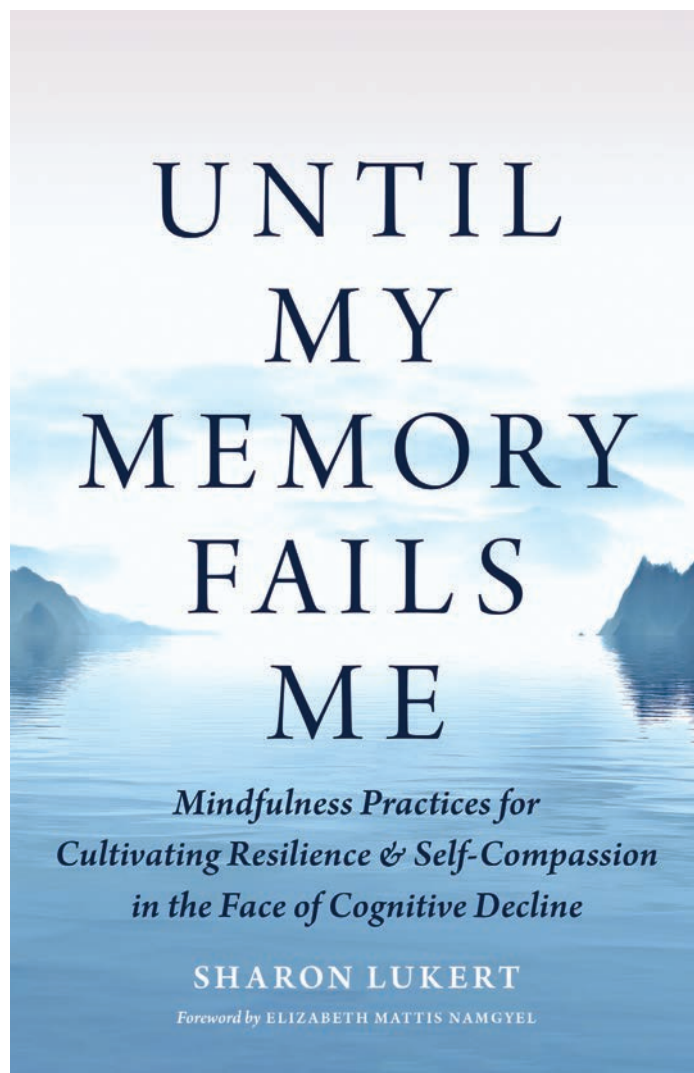
A definitive guide for navigating cognitive decline using mindfulness and meditation practices that includes practical advice and poignant stories from a Buddhist chaplain diagnosed with Mild Cognitive Impairment.

When Buddhist chaplain Sharon Lukert was diagnosed with Mild Cognitive Impairment (MCI), she turned to her spiritual practice and community to help her adjust to a new and ever-shifting reality. In *Until My Memory Fails Me*, she shares her hard-won wisdom as a guide for anyone standing at the gateway of cognitive decline.

Through poignant storytelling and practical wisdom, Lukert offers specific ways to build resilience against the emotional swings and existential fear inherent in cognitive decline. The book includes:

- Instructions for more than a dozen mindfulness and meditation exercises, including the Handshake, Just Like Me, Open Awareness Meditation, and Tonglen (Lovingkindness) Meditation
- Practical advice on topics like understanding your diagnosis, how to talk to your medical providers, testing, dealing with bias, how to maintain communication, and managing new symptoms
- Stories, advice, and encouragement from her peers in the MCI community and her “dementia ancestors,” those she worked with in her decades as a Buddhist chaplain in healthcare settings
- With raw vulnerability, Lukert demonstrates how to find courage, acceptance, and compassion even as your sense of self shifts underneath you.

The first mindfulness book written specifically for people with MCI, the practices and lessons Lukert shares are also valuable for anyone experiencing cognitive decline caused by other disorders, as well as for loved ones and caregivers.



About the Authors

SHARON LUKERT is a retired Buddhist chaplain who served patients and families in hospice and hospital settings for more than two decades. She studied with Pema Chödrön for more than thirty years and is a student of the Venerable Dzigar Kongtrul Rinpoche. A former Buddhist monastic for three years, Lukert took precepts with Her Eminence Mindrolling Jetsun Khandro Rinpoche and Venerable Thrangu Rinpoche. She is also a former director of Gampo Abbey Monastery in Halifax, Nova Scotia, and has facilitated workshops and study groups on Buddhism, meditation, death and dying, and bereavement support in various settings.

Self-Help - Aging

Body, Mind & Spirit - Mindfulness & Meditation

Philosophy - Buddhist

SHAMBHALA

06/03/2025

PAGES: 176

ISBN: 9781645472971

Your Heart Was Made for This

Contemplative Practices for Meeting a World in Crisis with Courage, Integrity, and Love

By Oren Jay Sofer

\$24.95 - HC

About the Book

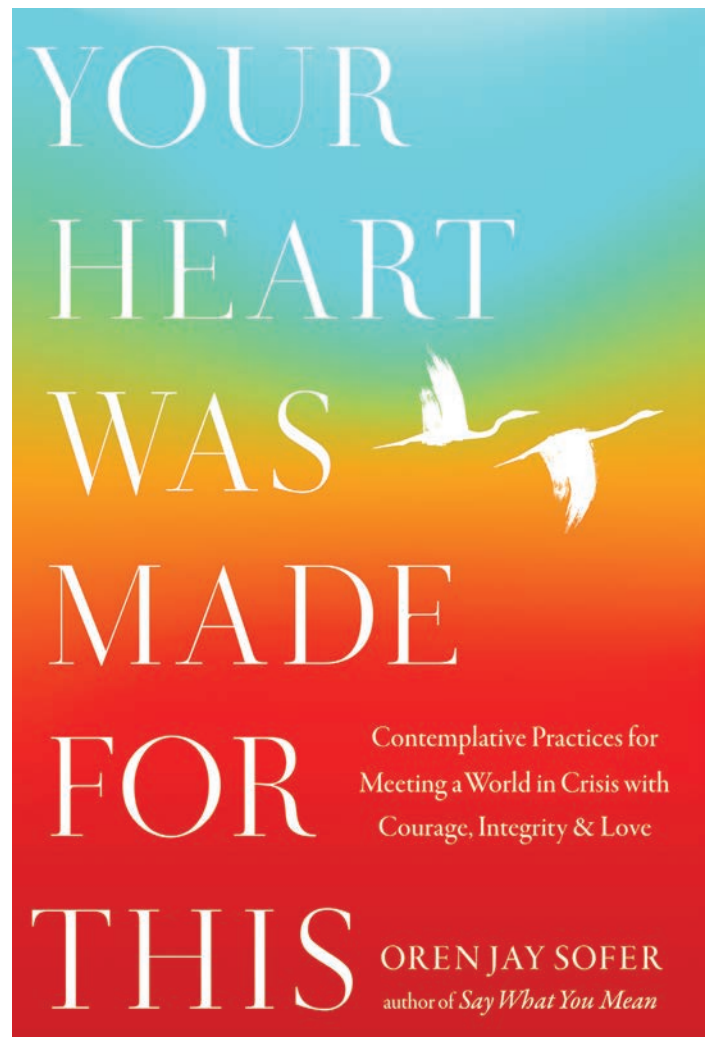
A practical roadmap to cultivating the heart's capacity to face our biggest challenges such as climate anxiety, racial stress, and work burnout head-on, from the best-selling author of *Say What You Mean*.

Meditation teacher Oren Jay Sofer shares a practical guide to developing the inner resources necessary to meet a world in crisis with a clear, balanced, and courageous outlook. Through touching stories, insightful reflections, and practical instructions, Sofer offers powerful tools to strengthen our hearts and nourish the qualities that can transform our world. In 26 chapters—each with practices to cultivate an important quality like mindfulness, wonder, balance, and empathy—you'll learn to:

- Have greater control of your attention
- Develop an inner aspiration and navigate around obstacles to fulfill it
- Generate positive states of mind before and during moments of stress
- Connect your intention to your daily activity with greater clarity
- Identify burnout and take action to renew yourself

About the Author

OREN JAY SOFER teaches Buddhist meditation, mindfulness, and nonviolent communication internationally. A member of the Spirit Rock Teachers Council, he holds a degree in comparative religion from Columbia University, is the author of *Say What You Mean: A Mindful Approach to Nonviolent Communication*, and coauthor of *Teaching Mindfulness to Empower Adolescents*. Oren is a certified trainer of



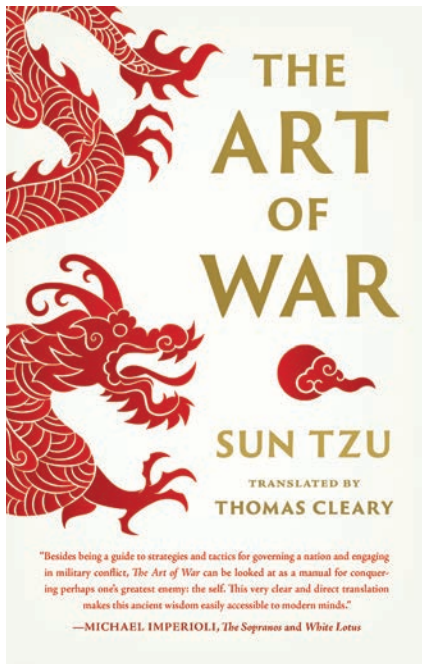
nonviolent communication and a somatic experiencing practitioner for the healing of trauma. He is also cofounder of Mindful Healthcare and founder of Next Step Dharma, an innovative online program that helps meditators integrate their retreat experiences into daily life. His website is www.orenjaysofer.com, and you can find him on social media @Orenjaysofer.

Self-Help - Personal Growth - Happiness
Philosophy - Buddhist
Body, Mind & Spirit - Mindfulness & Meditation

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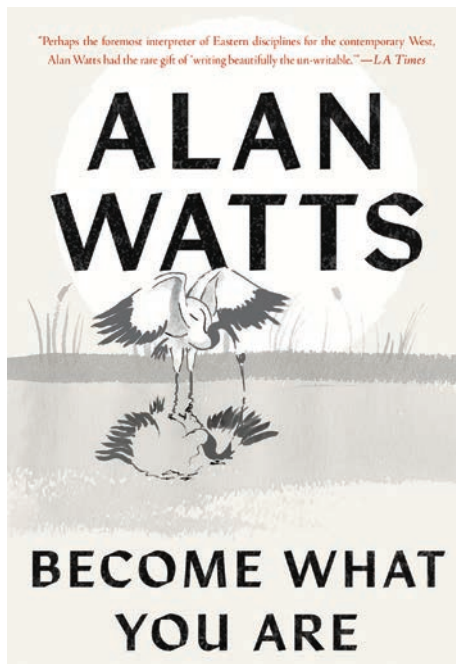
SHAMBHALA
11/21/2023
PAGES: 304
ISBN: 9781645472001

Reissues



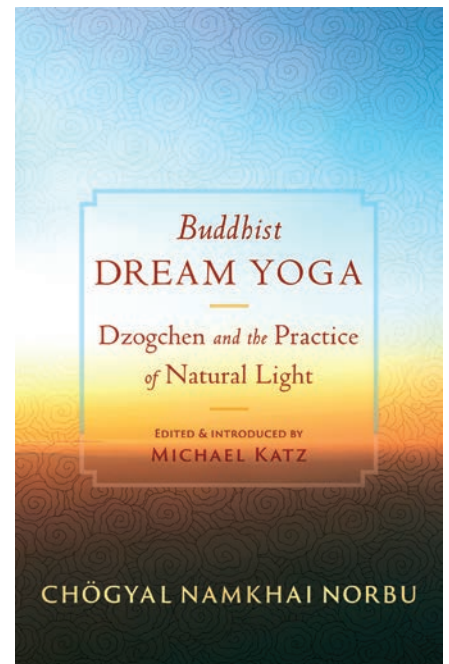
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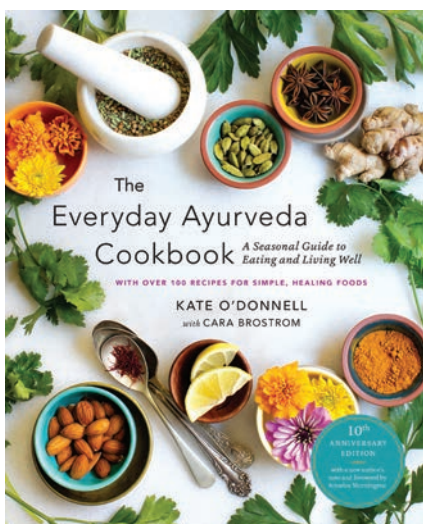
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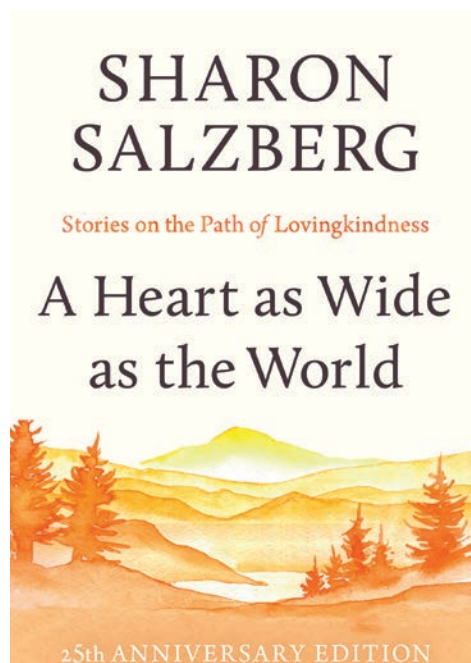
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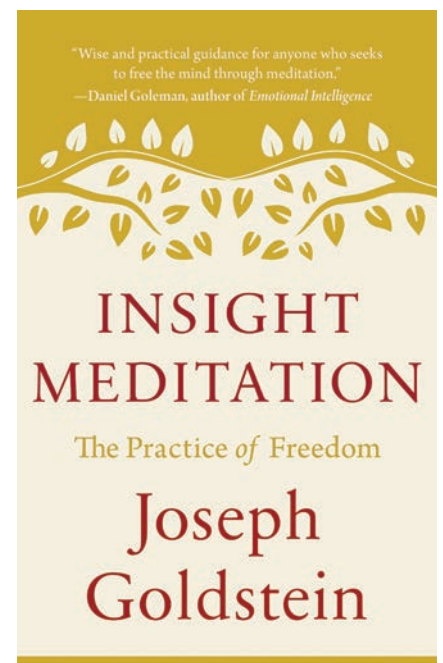
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Harmony, and Love



PAULA ARAI

FOREWORD BY PICO IYER

"A gift that distills wisdom, kindness, and care to heal ourselves and those we love."—RUTH OZEKI

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A LOVE LETTER TO
THOSE IN DESPAIR

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Buddhist Teachings on Patience,
Acceptance & Transforming Negativity

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Yoga

Accessible Ashtanga

An All-Levels Guide to the Primary and Intermediate Series

By Kino MacGregor; foreword by Shanna Small
\$29.95 - TR

About the Book

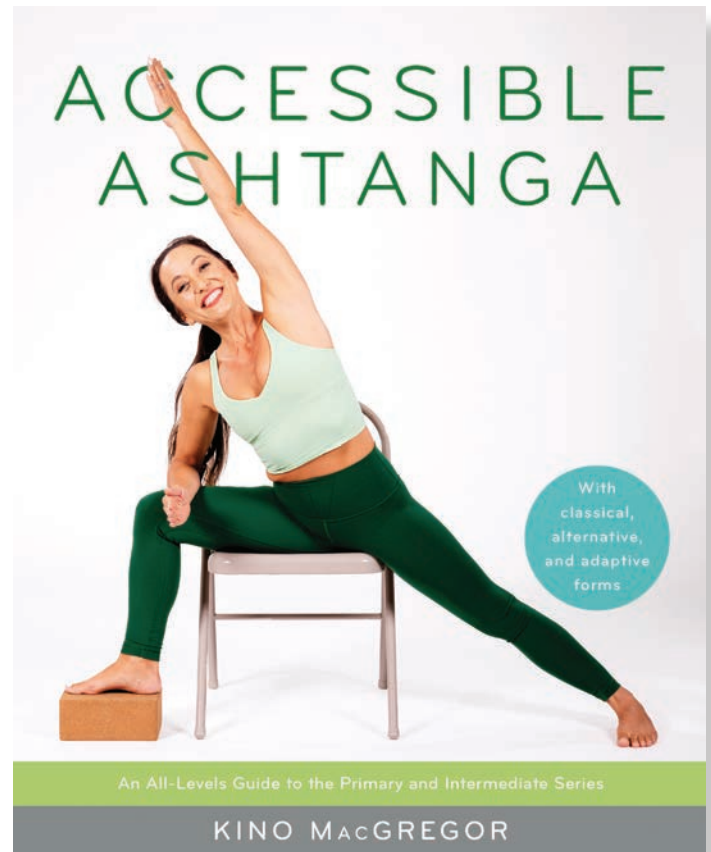
A bold, much-needed guide for Ashtanga yoga practice, useful for all levels and illustrated with 250 color photos, by one of yoga's best known and respected teachers, Kino MacGregor. This offers an updated, more accessible view of the traditional series, adapting it to serve a wider range of practitioners.

Even experienced practitioners find the challenging style of Ashtanga Yoga to be daunting. Whether you're a beginner, living in an unconventional yoga body, or need modifications for any reason, this book will make you feel empowered, inspired, and confident to make the adjustments and modifications that feel right for your body.

Kino posits that the Ashtanga Yoga method needs a systemwide reset and reevaluation to make it viable and beneficial to all students. She reframes the guru model and re-envision the method in a way that will truly make Ashtanga available to all, while maintaining the integrity of the traditional teachings.

She also presents a brief theory of movement mechanics that can help prevent injury, optimize physical mobility, and tap into the natural intelligence of the body. The practice section presents each of the poses of the Ashtanga Yoga Primary Series—plus some of the poses in the Ashtanga Yoga Second Series—in traditional, modified, accessible, and adaptive forms (including using blocks and a chair).

Not only will you see how to modify the pose, you will learn how best to work the pose for your unique need. Teachers will find plenty of reference material to update their teaching methodology.



About the Author

KINO MACGREGOR is a Miami native who is happiest on the beach with a fresh coconut. She is the founder of Omstars—the world's first yoga TV network (www.omstars.com)—and the *Yoga Inspiration* podcast. With over two million social media followers, Kino's message of spiritual strength reaches people all over the world. She is a master yoga teacher, an inspirational speaker, the author of four books, the producer of numerous yoga videos, and the cofounder of Miami Life Center.

Health & Fitness - Yoga
Health & Fitness - Exercise - Stretching
Body, Mind & Spirit - Mindfulness & Meditation

Subrights Sold: Spanish

SHAMBHALA
08/27/2024
PAGES: 240
ISBN: 9781645470816

Feeling Happy

The Yoga of Body, Heart, and Mind

By Mary Taylor and Richard Freeman

\$21.95 - TR

About the Book

What is the fully embodied experience of happiness, and is there any way for it to last? Richard Freeman and Mary Taylor draw from the ancient wisdom of yoga philosophy and Buddhism to explore in accessible language what happiness is and to offer practical steps toward cultivating happiness as a deep, embodied expression of life and connection to others.

Written without “yoga jargon,” Freeman and Taylor explore the nature of happiness as a basic human capacity—and they illuminate how suffering, imbalanced emotion, and confusion can cast a veil over happiness.

Using storytelling, metaphor, and examples of daily challenges we face, they present practical steps we can take to assimilate these teachings—taking them out of the realm of theory and into the direct experience of what it feels like to be truly happy. They offer 24 practices—meditations, simple movements, and breathing exercises—along with 30 black-and-white illustrative photos to guide us along the path toward true embodied happiness. These practices include:

- Settling and training the mind
- Observing the breath as a guide
- Attunement to self and other
- Differentiating within our own experience the different “faces” of happiness and beginning to cultivate the heart of compassion

The book will address the topics of transmuting emotion, lasting happiness, and a sense of freedom—illuminating the broad wisdom that underlies the classic teachings of Buddhism and the Yoga Sutras—making them relevant to today’s reader.

About the Authors

RICHARD FREEMAN has studied Ashtanga, Iyengar, bhakti, and traditional hatha yoga; Western and Eastern philosophy; and Sanskrit—all of which he incorporates into his Ashtanga yoga practice. Richard teaches at his studio, the Yoga Workshop,

Richard Freeman & Mary Taylor

Feeling
Happy

The Yoga of
Body, Heart,
and Mind

in Boulder, Colorado, as well as at studios and conferences throughout the world.

MARY TAYLOR is the cofounder, with Richard Freeman, of the Yoga Workshop in Boulder, Colorado. Mary travels and teaches Ashtanga yoga throughout the world, both independently and in collaboration with Richard. Mary works with programs focused on bringing contemplative and yoga practices into the health care system for integrative therapies and self-care, and she is active in Donna Karan’s Urban Zen Foundation and the Upaya Zen Center.

Self-Help - Personal Growth - Happiness
Health & Fitness - Yoga
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA
11/19/2024
PAGES: 208
ISBN: 9781645472339

Ignite Your Yoga

How to Live, Practice, and Teach as an Authentic Yoga Steward

By Susanna Barkataki

\$21.95 - TR

About the Book

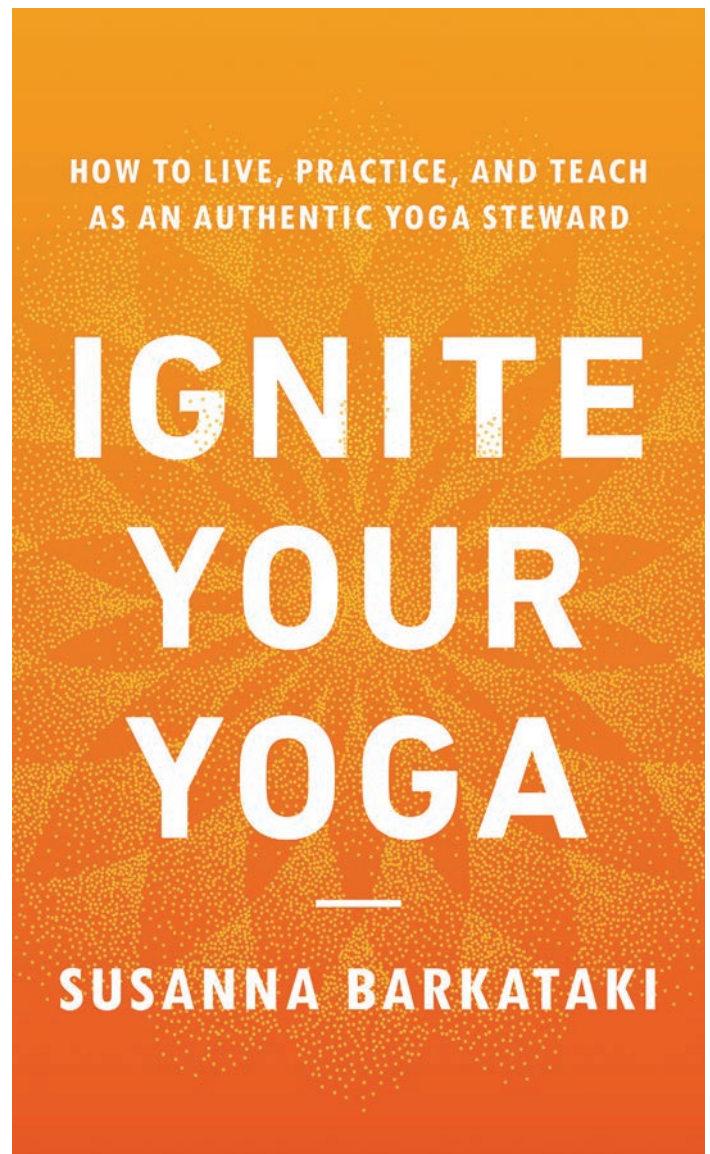
Popular yoga educator and advocate Susanna Barkataki invites yoga practitioners to become stewards of the tradition, bold and effective trailblazers for embodying the roots of yoga. She gives you the knowledge, tools, and language to respectfully and responsibly hold and participate in class and more effectively embody yogic values. Each chapter is full of step-by-step instructions, stories, practical advice, practices, and contemplations and covers the following:

- The issues with modern yoga in the West today
- Best practices for yoga leadership
- Learning what equity is in yoga
- How and when to use Sanskrit
- Integrating yoga ethics into your yoga practice, relationships, and work

While mainstream yoga culture explodes, the teachings have often strayed far from yoga's traditional roots. The result is a watered-down, often inaccurate or incomplete practice that doesn't responsibly reflect the rich and powerful tradition. *Ignite Your Yoga* is an essential guide for all yoga practitioners to delve deeply into the tradition and practice and teach authentically with appreciation—not appropriation.

About the Author

SUSANNA BARKATAKI is a yoga diversity and unity educator, a mindfulness leader, and the founder of Ignite Yoga and Wellness Institute. She has an honors degree from UC Berkeley, a master's degree in education, is an E-RYT 500 hour Master Teacher, a 500-hour certified ayurvedic practitioner, and C-IAYT yoga therapist. She consults on yoga culture and history, yoga leadership, cultural change,



curriculum, scope of practice, diversity, and inclusion with colleges, schools, businesses, and nonprofit organizations—from Omega Institute to Yoga Service Council and Yoga Alliance.

Health & Fitness - Yoga
 Social Science - Activism & Social Justice
 Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA
 04/29/2025
 PAGES: 256
 ISBN: 9781611809947

Illuminating Our True Nature

Yogic Practices for Personal and Collective Healing

By Michelle Cassandra Johnson

\$19.95 - TR

About the Book

Dissolve hurtful patterns and emotional hardship through the five yogic points of suffering, or *kleshas*, with powerful and practical meditations, mantras, asanas, reflection questions, and more, to reduce our suffering—and the suffering of others.

We all get stuck in hurtful patterns that continue to create more suffering in our lives. In yoga philosophy, these patterns are known as the five *kleshas*. In this wise, practical guide, Michelle Cassandra Johnson offers us a path toward developing a deeper understanding of them and how they hijack us emotionally.

The five *kleshas* are: ignorance (*avidya*); overidentification with ego (*asmita*); attachment to desire or pleasure (*raga*); aversion or avoidance (*dvesha*); and fear of death or letting go (*abhinivesha*).

Each one leads us to create tendencies and karma that move us away from realizing and remembering our true nature and seeing ourselves as separate from one another and the planet. In yogic terms, this perpetuates a constant cycle of pain for us all.

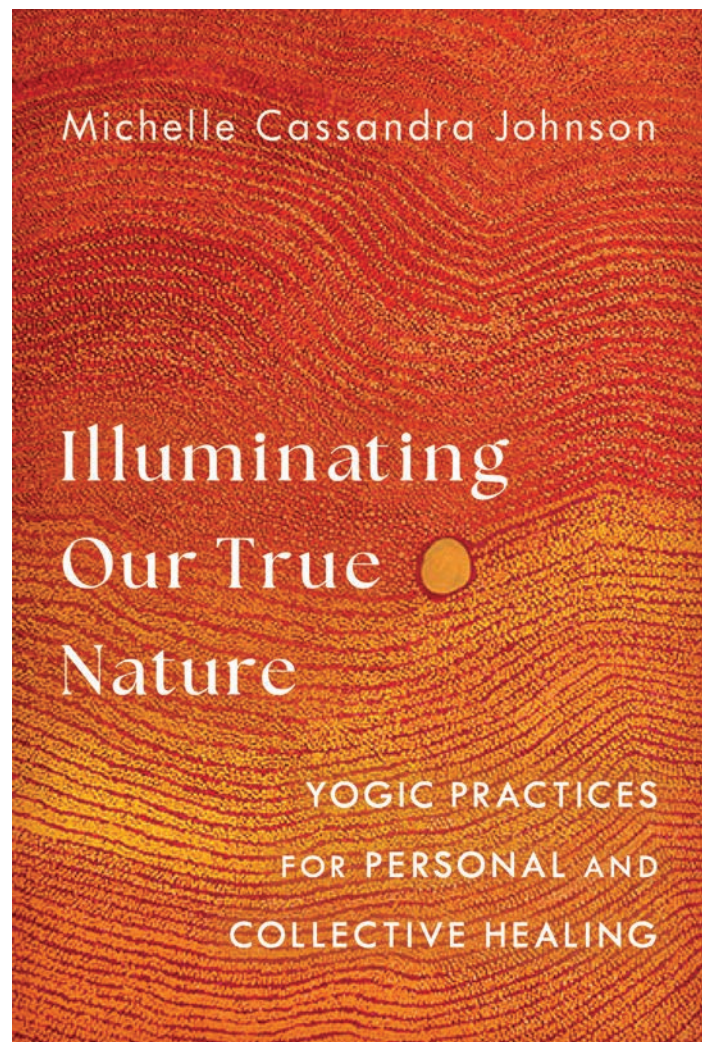
Johnson offers us a way to find a sense of clarity, groundedness, and equanimity within ourselves by working through the *kleshas* one-by-one using asana, pranayama, mudra, mantra, reflection questions, and meditation.

Readers will learn to:

- deepen their connection with self and others,
- look at their relationship and attachment to pleasure and aversion to discomfort,
- notice more fully how their actions affect others,
- meet each moment as it arises and ride the waves of life as they come,
- and much more.

About the Author

MICHELLE JOHNSON is an activist, social justice warrior, author, anti-racism consultant and



trainer, intuitive healer, and yoga teacher and practitioner. She has led dismantling racism work in many settings for over two decades and has a background and two decades of practice as a clinical social worker. Michelle's work centers on healing from individual and collective trauma, coming back into wholeness and aligning the mind, body, spirit, and heart. She has a BA from the College of William and Mary and an MA in social work from the University of North Carolina-Chapel Hill. She is the author of *We Heal Together*, *Finding Refuge*, and *Skill in Action*.

Body, Mind & Spirit - Mindfulness & Meditation
Body, Mind & Spirit - Healing - General
Self-Help - Spiritual

SHAMBHALA

06/04/2024

PAGES: 208

ISBN: 9781645471875

Recovery with Yoga

Supportive Practices for Transcending
Addiction

By Brian Hyman; foreword by Tommy Rosen

\$21.95 - TR

About the Book

Drawn from yoga philosophy and mindfulness, this collection of 30 potent, supportive tools will bolster, inspire, and assist those in addiction recovery.

This collection of 30 yoga and mindfulness tools will help support those in recovery from addiction of all kinds. Thirty accessible, pointed teachings offer inspiration, comfort, and solidarity in the moment, helping us cultivate a powerful and purposeful life in recovery and to create a new design for living.

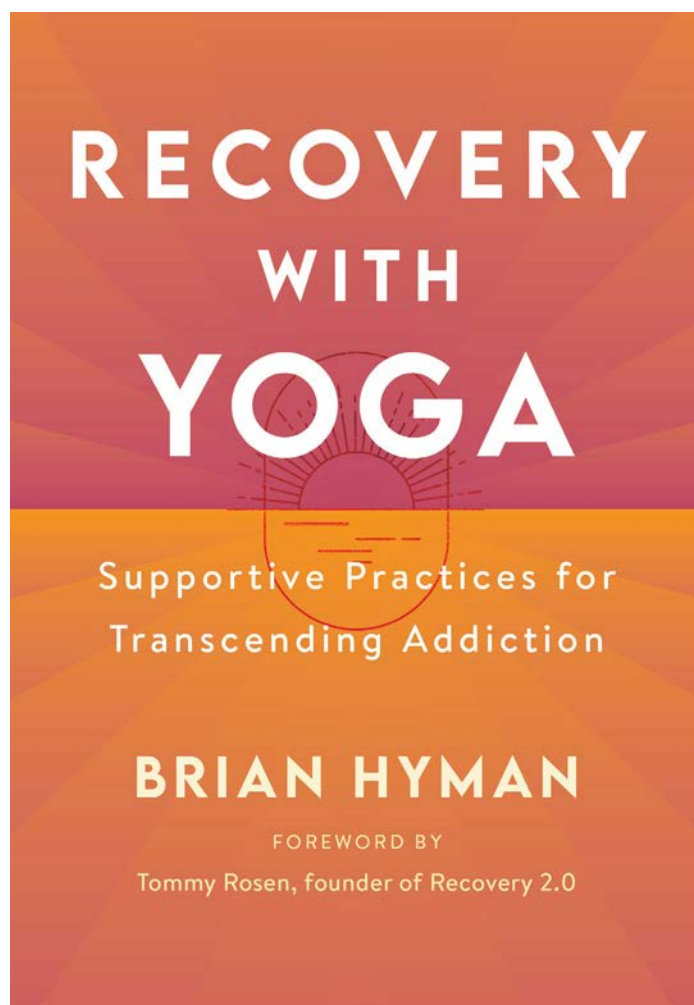
Each chapter focuses on a quality—such as vigilance, acceptance, accountability, among others—and delves into how to manifest it in your recovery journey.

Brian Hyman, a yoga teacher and recovery activist, understands deeply what people need to maintain sobriety and strengthen recovery—and knows that those who struggle with addiction also often need support with other mental health challenges, like obsession, anxiety, and depression.

The practices—which include inquiry questions, meditations, awareness exercises, breathing practices, yoga nidra, among others—will quiet the mind in difficult moments, support us as we establish meaningful relationships, and reinforce the power that recovery offers us. He offers resources and additional reading suggestions in the back matter. Hyman uses yogic philosophy, mindfulness teachings, personal anecdotes, and secular wisdom to illuminate each quality and the role it plays in helping us create the life we want.

About the Author

BRIAN HYMAN, RYT, is a yoga instructor, meditation guide, dharma teacher, author,



and father. He has been clean and sober since 2009, and he has been teaching yoga and meditation at Cliffside Malibu since 2012. His dedicated work in the field of addiction treatment and recovery combines yogic philosophy, Buddhist wisdom, Twelve Step principles, and timeless insights from various spiritual traditions. His innovative teachings about healing and transformation have been featured in *Whole Life Times*, *Mantra Wellness + Health*, *Yoga Digest*, *Sobriety Corps*, and many other publications and podcasts.

Self-Help - Substance Abuse &
Addictions - Alcohol
Health & Fitness - Yoga
Self-Help - Personal Growth - Self-Esteem

SHAMBHALA
02/27/2024
PAGES: 256
ISBN: 9781611809909

The TMJ Handbook

A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness

By Cator Shachoy

\$24.95 - TR

About the Book

Alleviate TMJ pain with a powerful, integrative mind-body program that draws on yoga, mindfulness, and craniosacral bodywork, and includes 75 instructional movements and audio downloads.

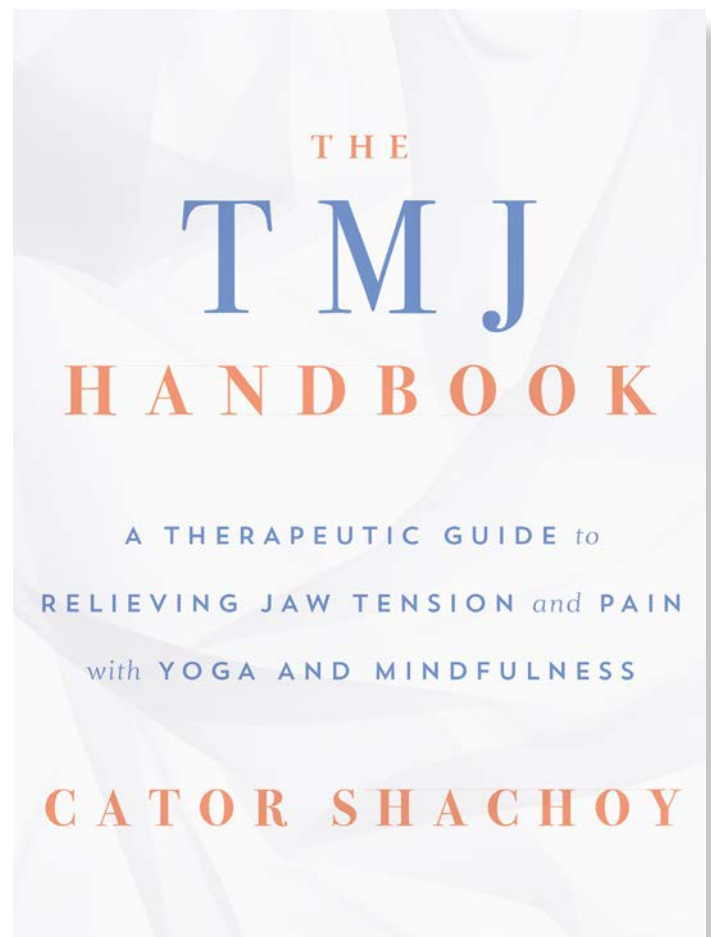
In *The TMJ Handbook*, Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction (TMD)—what we commonly refer to as “TMJ.” She unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, emotional trauma, grief and rage, and hormonal imbalances, among other causes. She then offers a unique and effective approach to reducing TMJ pain that combines yoga, massage, meditation, and craniosacral therapy.

The TMJ Handbook delves into a definition and explanation of jaw tension and jaw anatomy; headaches, stress, and trauma; conscious healing touch and self-massage; and yoga poses and sequences.

Shachoy shares inspiring and instructive stories of patients she has treated and empowers us with the knowledge and skills to help ourselves. This fully illustrated guide has seventy-five instructional movements and audio downloads of exercises and meditations.

About the Author

CATOR SHACHOY is a yogi and mindfulness teacher. She has taught for over twenty years in the U.S., Europe, and South America. She has lived in Buddhist monasteries and spiritual communities in the U.S. and Europe. A Certified International Association of Yoga Therapy (C-IAYT) yoga therapist, Yoga Alliance



Continuing Education Provider (YACEP) instructor, Mindfulness Based Stress Reduction (MBSR) teacher, and Visionary Craniosacral Work (VCSW) practitioner, Shachoy completed teacher training at the Iyengar Institute of San Francisco and Kripalu Yoga Center in Lenox, MA. Shachoy has studied and practiced extensively with senior Iyengar teachers Ramanand Patel, Judith Lasater, Elise Miller, Donald Moyer, and Marylou Weprin. Shachoy also offers a range of therapeutic workshops in Buddhism, craniosacral therapy, energy healing, mindfulness, meditation, and yoga. Her work has been published in a variety of publications such as *Common Ground*, *Inquiring Mind*, *Tricycle*, and *Turning Wheel*.

Health & Fitness - Yoga
Health & Fitness - Pain Management
Health & Fitness - Alternative Therapies

SHAMBHALA
08/27/2024
PAGES: 288
ISBN: 9781645471035

Buddhism

The Blue-Cliff Record

By David Hinton

\$27.95 - TR

About the Book

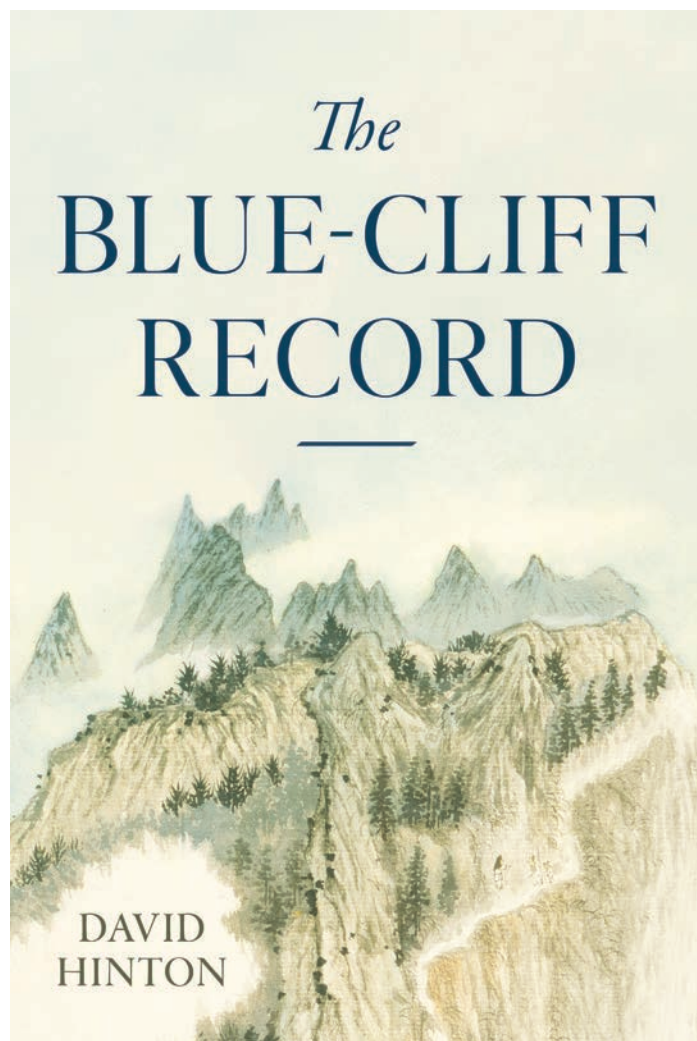
From preeminent translator David Hinton, a once-in-a-generation translation of the definitive Ch'an (Zen) koan collection.

The Blue-Cliff Record, a twelfth-century collection of Zen koans, is a treasure of world religious literature. Like any such text, it operates at several levels: it is a remarkable example of classical Chinese literature and poetry, a philosophical text of profound power, and an active practice guide in use by Ch'an and Zen Buddhists all over the world.

In this innovative rendering, renowned translator David Hinton pares the Chinese original down to its earliest and most essential version—the sangha-cases (*koans*) and brief poetic responses (or *gathas*, meaning a Buddhist “sutra-poem”) compiled by the great master Snow-Chute Mountain (Hsüeh Tou, 980–1052). In doing so, he brings the reader closer to the Taoist cosmological framework that lays at the foundation of the entire Ch'an tradition—revealing a whole new understanding of this seminal text. In these one hundred classic koans, beginners will discover a strange, funny, and provocative world of quixotic exchanges and penetrating insights, and longtime koan practitioners will find themselves challenged anew by Hinton's masterful translations.

About the Author

DAVID HINTON has published numerous books of poetry and essays and many translations of ancient Chinese poetry and philosophy. This widely acclaimed work has earned Hinton a Guggenheim Fellowship, numerous fellowships from NEA and NEH, and both of the major awards given for poetry translation in the United States: the Landon Translation Award (Academy of American Poets) and the PEN American Translation Award. Most recently, Hinton received a lifetime achievement award by the



American Academy of Arts and Letters. His website is <https://www.davidhinton.net/>.

Religion - Buddhism - Zen
Literary Collections - Asian - Chinese
Philosophy - Taoist

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SHAMBHALA
06/04/2024
PAGES: 264
ISBN: 9781645472704

Breathing Mindfulness

Discovering the Riches at the Heart of the Buddhist Path

By Sarah Shaw

\$24.95 - TR

About the Book

Explore the life-changing practice of mindfulness of the breath—one of the most popular and foundational meditation practices.

Breathing mindfulness meditation, hailed by the Buddha as “sublime,” is a cornerstone of Buddhist practice, believed to be key to his own enlightenment. This powerful technique fosters a harmonious blend of awareness and tranquility, guiding practitioners towards profound meditative states and deeper wisdom.

Sarah Shaw presents the evolution and significance of breathing mindfulness within the Pali Buddhist tradition. She examines:

- The Ānāpānasati Sutta, the essential Buddhist scripture on breathing mindfulness;
- The systematization of the practice through the commentarial texts like *Vimuttimaggā* (The Path to Freedom) and *Visuddhimagga* (The Path of Purification);
- Intriguing, lesser-known systems of esoteric Theravada breath meditation nearly lost to history;
- The integration of breath meditation into modern spiritual practices;
- The importance of breath meditation to the insight meditation (vipassana) movement;
- And the influence of breathing mindfulness across diverse spiritual paths.

Shaw's exploration reveals the enduring legacy of this practice, from its ancient origins to its contemporary resurgence.

About the Author

DR. SARAH SHAW is a lecturer for the Department of Continuing Education and a faculty member of the Oriental Institute at Oxford University. She is a specialist in early Buddhist meditative traditions and has

BREATHING MINDFULNESS

Discovering the Riches at the
Heart of the Buddhist Path

Sarah Shaw



An exploration of the history & methods of breath meditation
from the earliest suttas to contemporary insight practice

extensive experience reading and translating Pali and Sanskrit Buddhist literature. She has authored numerous books on Buddhist meditation and regularly teaches on Buddhist mindfulness.

Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - Rituals & Practice
Religion - Buddhism - Theravada

SHAMBHALA

05/13/2025

PAGES: 352

ISBN: 9781611807189

The Buddha's Gift to the World

A Practitioner's Guide to the Roots of Mindfulness

By Martina Draszczyk

\$24.95 - TR

About the Book

An original presentation of the history and practice of mindfulness drawn from the teachings of eminent Mahayana Buddhist masters.

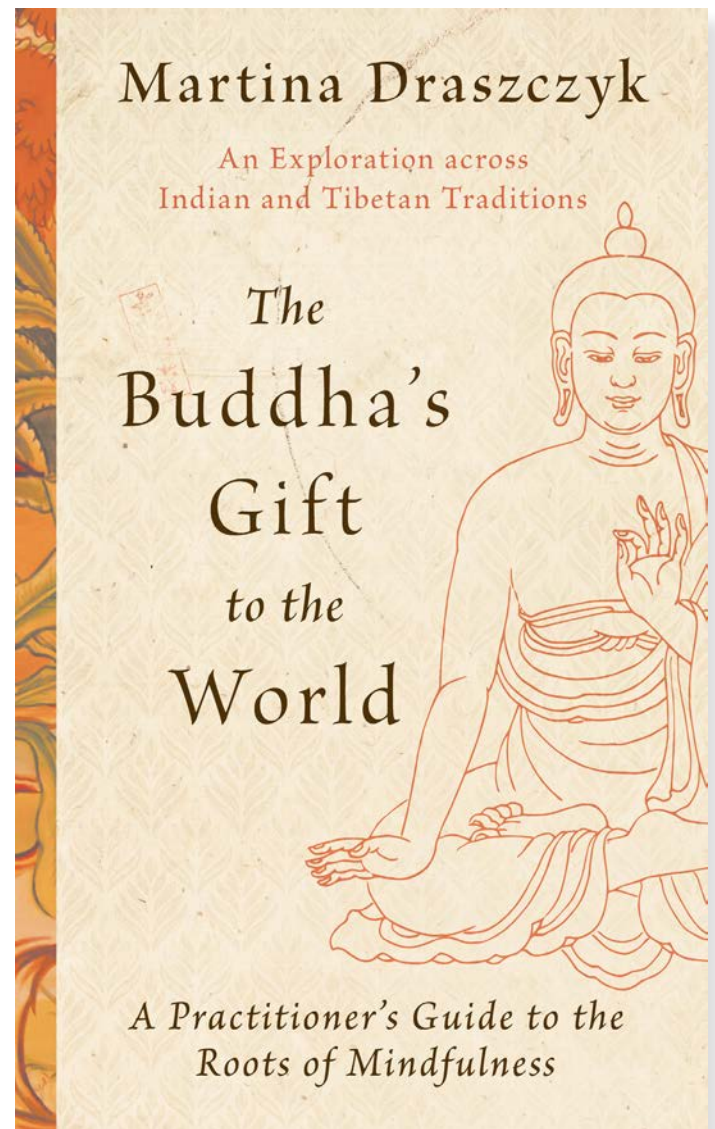
Until now, mindfulness in the West has mainly been taught and practiced based on the Theravada Buddhist tradition. This book offers the first presentation of the subject based on Mahayana Buddhist sources, including sutras and shastras, and texts by eminent Indian and Tibetan Buddhist masters—many previously unpublished. With its emphasis on theory and practice, this book will be rewarding for anyone interested in mindfulness, meditation, and the history and practice of Indian and Tibetan Buddhism.

Martina Draszczyk balances rigorous scholarship with her decades of experience as a mindfulness teacher to guide readers through this vast subject. She conveys how mindfulness intersects and diverges in Mahayana and Theravada Buddhism and offers insight into how Buddhist-inspired mindfulness is applied in contemporary non-Buddhist contexts, such as mindfulness-based stress reduction (MBSR) therapy.

This book's exploration of mindfulness from a previously overlooked perspective complements other publications on the subject and provides readers with a more complete understanding of the role mindfulness plays in Buddhist practice beyond the trend of enhancing relaxation and calm. Draszczyk shows readers how to integrate the wisdom of classical teachings into their own mindfulness practice. Further inspiration can be found in the great Kagyu teacher the Fourteenth Shamar Rinpoche's explanation of the fourfold application of mindfulness that leads to the highest level of Tibetan Buddhist practice, which he taught only weeks before he passed away.

About the Author

MARTINA DRASZCZYK is a scholar of Tibetan and Buddhist studies, interpreter, and mindfulness trainer. She was 2022–2023 Numata Visiting Scholar at the School of Religious Studies, McGill University in Montreal, where she offered the new course "Issues in Buddhist Studies: Mindfulness in Indo-Tibetan



Buddhism.” She holds a PhD in Buddhist Studies and Tibetology from the Department for South Asian, Tibetan, and Buddhist Studies at the University of Vienna. She has trained in Buddhist philosophy and meditation with Tibetan Buddhist and Theravada teachers and earned an Acharya degree in Buddhist Studies in 2005. Her research focuses on Tibetan Madhyamaka, Mahamudra, and buddha-nature theories mainly in the context of the Kagyu tradition.

Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - History
Religion - Buddhism - Rituals & Practice

SHAMBHALA
10/22/2024
PAGES: 280
ISBN: 9781645472469

Buddhist Masters of Modern China

The Lives and Legacies of Eight Eminent Teachers

Edited by Benjamin Brose

\$24.95 - TR

About the Book

Through the life stories and translated writings of eight masters, modern Chinese Buddhism comes to light for English readers for the first time.

Featuring contributions from Guo Gu on Xuyun, Benjamin Brose on Laigu, Justin Ritzinger on Taixu, Raoul Birnbaum on Hongyi, Charles B. Jones on Yinguang, Beata Grant on Benkong, Erik Hammerstrom on Changxing, and Jason Protass on Jichan.

Buddhist traditions are often represented by their most renowned teachers, but in the case of Chinese Buddhism of the late nineteenth and early twentieth centuries, few such figures are known outside China, to the detriment of our knowledge of the tradition as a whole.

Buddhist monastics and laypeople faced enormous challenges as China underwent political revolution and cultural upheaval, yet this proved a time of great vitality for Chinese Buddhism. The pioneering scholar Holmes Welch even described this period as a “Buddhist revival” because so many prominent figures labored to reinvigorate core practices and traditions. The forms of Buddhism now practiced in mainland China, Taiwan, Hong Kong, and the Chinese diaspora in Southeast Asia rest firmly on foundations laid during the first half of the twentieth century.

Brilliantly introduced by editor and Buddhist studies scholar Benjamin Brose, the ensuing eight chapters—written by leading scholars of Chinese Buddhism—each profile one eminent monk or nun from the era. They first survey the life and practice of the figure, then offer an English translation of a representative or particularly influential teaching of that individual, painting a detailed and long-overdue portrait of the modern evolution of Chinese Buddhism.



About the Author

BENJAMIN BROSE is an associate professor of Chinese Buddhism at the University of Michigan. His work on the history of religion in China, with a particular focus on Buddhism, has centered on two transformational historical eras—the late ninth through the early eleventh centuries and the twentieth century—in an attempt to better understand the relationships between social, cultural, and political change and the development of religious doctrines and practices. He is the author of *Xuanzang: China's Legendary Pilgrim and Translator, Patrons and Patriarchs: Regional Rulers and Chan Monks during the Five Dynasties and Ten Kingdoms*, and numerous scholarly articles.

Biography & Autobiography - Asian & Asian American
History - Asia - China
Religion - Buddhism - History

SHAMBHALA

05/27/2025

PAGES: 256

ISBN: 9781645472230

Composting Our Karma

Turning Confusion into Lessons for Awakening Our Innate Wisdom

By Barbara Rhodes;
edited by Elizabeth S. R. Goldstein
\$19.95 - TR

About the Book

Barbara Rhodes (Zen Master Soeng Hyang) offers the core Korean Zen teaching of don't-know mind as an antidote to the overthinking, overly stimulating modern world that is the cause of so much suffering. In this collection of essays, Rhodes shows us that there are ways we can work with, or "compost," whatever we've got in front of us, digest it into energy that can get us through the rough times, and cultivate a satisfying life.

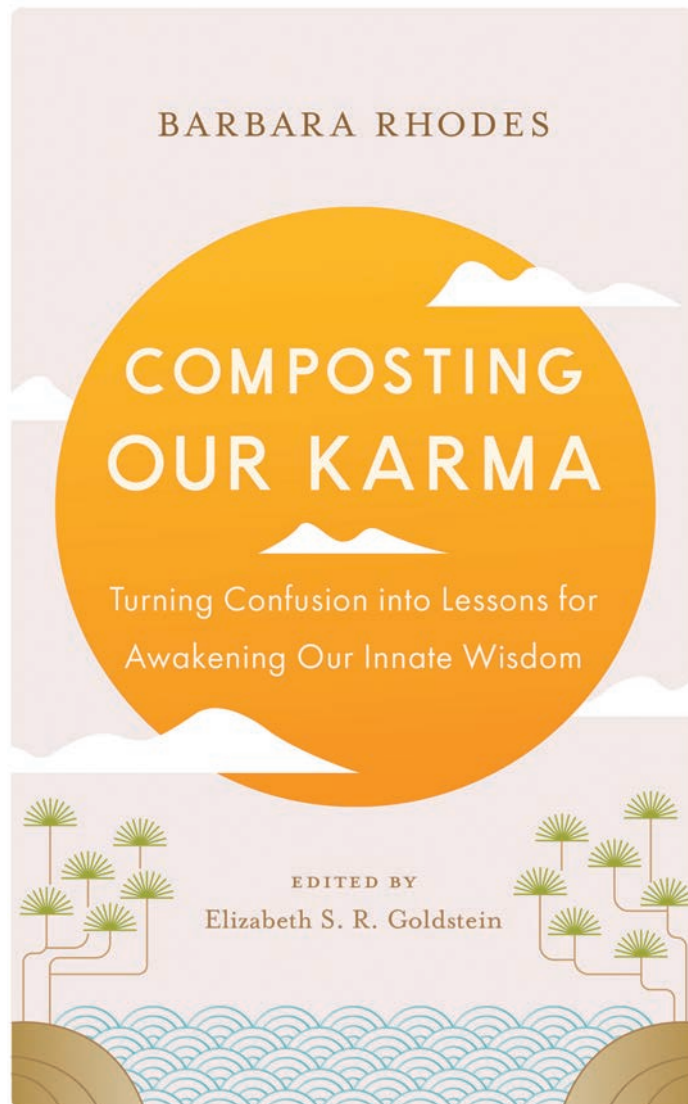
"Don't-know mind," Korean Zen's foremost teaching, points to our clear enlightened mind before suffering arises based on concepts and judgments of like and dislike. While simple, it is a lifelong exercise, with immediate benefits that get deeper with practice. By applying don't-know mind to meditation, everyday existence, and life's challenges, readers will learn to work with their own mind's reactions to things; trust their intuition; perceive situations clearly; and act with natural courage, compassion, and enthusiasm.

Rhodes offers fascinating insights from her professional life as a nurse; her commitment to engaged Buddhism; her life experience as a member of the LGBTQ community; her use of psychedelics on her spiritual path; and more. Readers will appreciate her down-to-earth wisdom, compassion, enthusiasm, and faith in the power of this practice.

This book includes a foreword by Dae Bong Sunim, a guiding teacher at Musangsa Monastery in Korea.

About the Author

ZEN MASTER SOENG HYANG (Barbara Rhodes) is the School Zen Master of the Kwan Um School of Zen. She received dharma



transmission from Zen Master Seung Sahn on October 10, 1992. She was one of Zen Master Seung Sahn's first American students. A registered nurse since 1969, she currently works in hospice care. She helped found Providence Zen Center, and lived there for seventeen years, serving in a number of administrative capacities. Zen Master Soeng Hyang has a daughter and lives with her partner, Mary, in California.

Religion - Buddhism - Zen
Religion - Buddhism - General
Self-Help - Personal Growth - Happiness

SHAMBHALA
12/10/2024
PAGES: 184
ISBN: 9781645472940

Down to Earth Dharma

Insight Meditation to Awaken the Heart

By Rebecca Bradshaw

\$21.95 - TR

About the Book

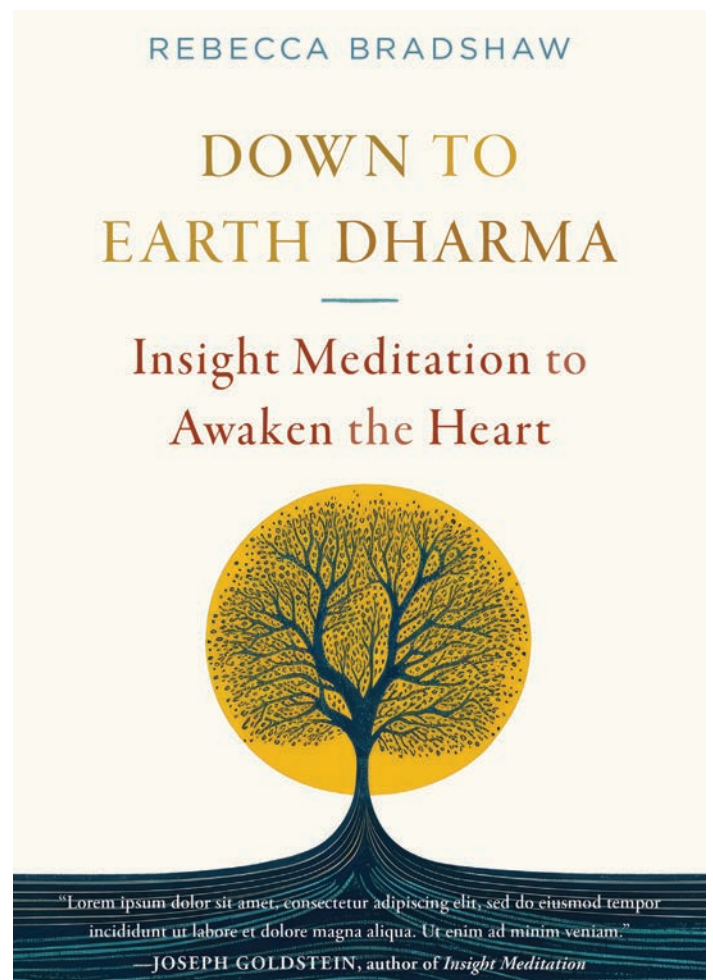
With deeply thoughtful, lyrical prose, this book invites readers to engage with the world from a unique perspective that encourages feeling, intuitive understanding, embodiment, interdependence, and sacredness. Weaving together classical Theravada Buddhist teachings and mindfulness practices, the book teaches us when and how to channel our receptive and active orientations—sometimes called the feminine and masculine paradigms—to feel more at home in ourselves and the world.

Rebecca Bradshaw, a respected Buddhist teacher in the Insight Meditation community, offers teachings that are simple yet require us to explore aspects of ourselves that go against much of our social conditioning that values goal-oriented busyness, productivity, independence, outgoing energy, and other “active” qualities. When overemphasized, this orientation can cause destructive emotions and behaviors, but we can counter them by embracing more receptive qualities.

Bradshaw illustrates her own resistance to letting go of her strong, active orientation with relatable stories, like her efforts to be a perfect meditator. Drawing on our connectedness to nature, she offers guidance for grounded practices, including:

- useless gazing,
- getting lost,
- sense-based reality,
- practicing in the wildness,
- accepting uncertainty and more.

These Buddhist teachings are as comforting as they are thought-provoking. Bradshaw’s debut book helps us let go and nurture our ability to receive, listen, embrace vulnerability, and just be. We learn to heal the imbalances within ourselves and in our relationships to all beings and the natural world.



About the Author

REBECCA BRADSHAW is Guiding Teacher Emeritus of the Insight Meditation Society and the Insight Meditation Center of Pioneer Valley in Easthampton, Massachusetts. She has been practicing Buddhist Vipassana meditation since 1983 in the United States and Myanmar and teaching since 1993. She completed her dharma teacher training at Insight Meditation Society in Barre, Massachusetts, where she is part of the three-month retreat teacher team and leads retreats for young adults. She teaches at other locations in the United States and abroad, including Spanish language retreats. Rebecca has a master’s degree in counseling psychology and is a Licensed Mental Health Counselor (LMHC).

Religion - Buddhism - Theravada
Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - General

SHAMBHALA

11/26/2024

PAGES: 304

ISBN: 9781645473213

The Essential Buddhadhamma

The Teachings and Practice of Theravada
Buddhism

By Bhikkhu P. A. Payutto; edited and translated
by Bruce Evans
\$39.95 - HC

About the Book

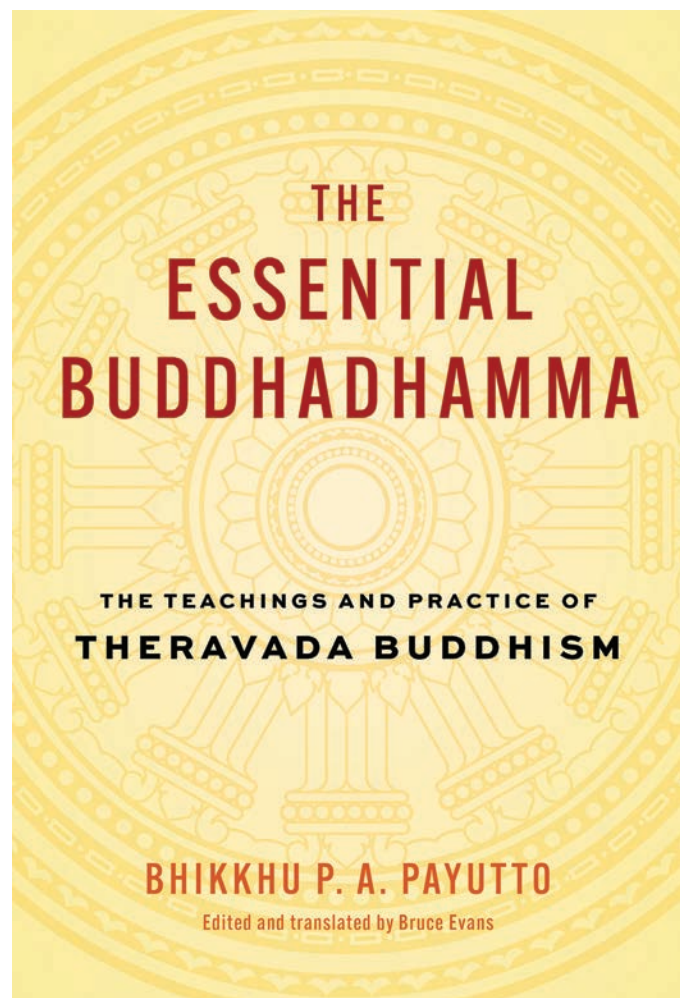
This masterpiece of scholarship is an authoritative overview of Theravada Buddhism, the form of Buddhism that is predominant in Southeast Asia and has in recent decades been popularized in the West through the mindfulness movement and *vipassana* meditation. Venerable P. A. Payutto unpacks in great detail the core views and practices that are said to bring the Buddhist practitioner to the state of *nibbana*, or enlightenment.

Replete with passages from the ancient Pali canon of Buddhist texts, Payutto frames the Buddhist teaching in terms of broad existential questions that all of us face: “What Is Life?”; “What Is Life Like?”; “How Does Life Work?”; “How Should Life Be?”; and “How Should Life Be Lived?” Payutto’s illuminating expertise shows Theravada Buddhism to be a thorough explication of how reality unfolds according to natural processes—as well as a way of life that can yield the highest form of happiness.

This book offers discussions of unparalleled sophistication on such foundational Buddhist teachings as the five *khandas*, dependent arising, *kamma*, the noble eightfold path, spiritual friendship, wise attention, the four noble truths, the nature of enlightenment, and more. This is an essential guide for anyone walking the Theravada Buddhist path.

About the Authors

A Theravada Buddhist monk since 1961, BHIKKHU P. A. PAYUTTO is widely acknowledged as one of Thailand’s foremost Buddhist scholars. He is a prolific writer whose works in Thai span the gamut of social issues such as Buddhist approaches to economics, administration, education, and science, as well as more traditional Buddhist works, including Buddhist dictionaries



and commentaries. He was awarded the 1994 UNESCO Prize for Peace Education and is the abbot of a monastery called Wat Nyanavesakavan in Thailand.

BRUCE EVANS is a translator and Theravada Buddhist practitioner. He took *bhikkhu* ordination under Ajahn Chah in the 1970s and lived for seventeen years as a monk in Thailand. From 1985 to 1992, he served as abbot of a remote monastery on the Thailand-Laos border, during which period he translated several works by Ajahn Chah. Since returning to lay life in 1992, Evans has continued to translate Thai Buddhist works.

Religion - Buddhism - Tibetan
Religion - Buddhism - Sacred Writings
Religion - Buddhism - History

SHAMBHALA
07/30/2024
PAGES: 856
ISBN: 9781645472353

The Five Ranks of Zen

Tozan's Path of Being, Nonbeing, and
Compassion

By Gerry Shishin Wick; foreword by Norman
Fischer

\$24.95 - TR

About the Book

A comprehensive and accessible guide to the Five Ranks, the pinnacle teaching of Zen Buddhism pointing to the path to true freedom.

The great Japanese Zen master Hakuin exclaimed, "How priceless is the merit gained through the step-by-step practice of the Five Ranks of Master Tozan!" Hakuin here refers to a teaching created by the Chinese Buddhist master Dongshan, known in Japanese as Zen Master Tozan, which is honored and studied in both Soto and Rinzai schools of Zen and is a gem of the classical Zen tradition. The ranks—pithy, provocative titles followed by Tozan's brief poetic commentaries—serve as guides to a radical exploration of the experience of relative and absolute reality, the interpenetrating "Two Truths" of Mahayana Buddhism.

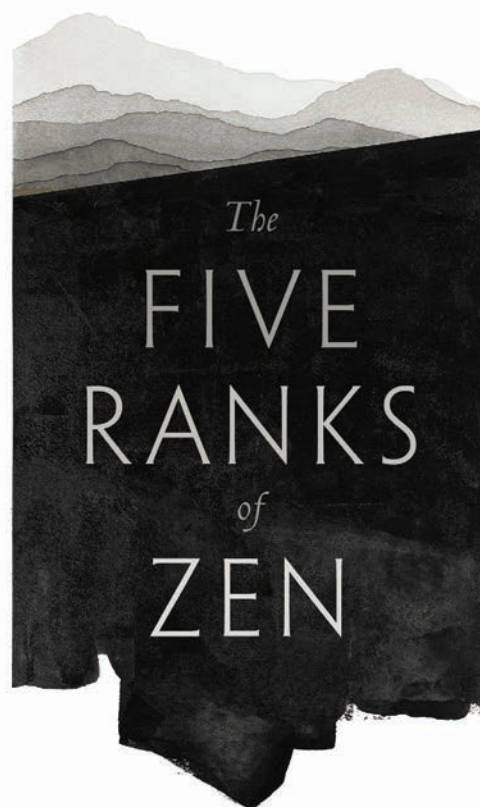
In *The Five Ranks of Zen*, American Zen teacher Shishin Wick offers an accessible entry point to each of the ranks, which Tozan created in two formulations: the first and better-known is the Five Ranks of the Relative and the Absolute; while the second set, called the Sequence of Merit, is an abbreviated form of the Ten Oxherding Pictures, a traditional formulation of the Zen spiritual journey. Wick presents multiple translations and offers commentary on the ranks' titles and on Tozan's renowned verses, as well as offering guidance on these teachings' application in contemporary life and Zen practice. He emphasizes that, to truly plumb the depths of Tozan's teachings, you must treat these teachings as Zen koans and make a thorough investigation using your entire body.

About the Author

GERRY SHISHIN WICK ROSHI is a Dharma Successor of Taizan Maezumi Roshi. A student of both major lineages of Zen, Wick received

GERRY SHISHIN WICK

Foreword by Norman Fischer



Tozan's Path of Being, Nonbeing & Compassion

transmission from Maezumi Roshi in 1990 after twenty-four years of Zen training under Maezumi, Shunryu Suzuki Roshi, and Sochu Suzuki Roshi. Shishin Roshi received a PhD in physics from the University of California, Berkeley, in 1967, and has worked as a university professor, science writer, journalist, oceanographer, software developer, and technical manager. He is the author of *The Book of Equanimity*, *My American Zen Life*, and coauthor of *The Great Heart Way* with Ilia Shinko Perez.

Religion - Buddhism - Zen

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals & Practice

SHAMBHALA

11/12/2024

PAGES: 328

ISBN: 9781645473220

How Compassion Works

Buddhism and Psychology for Cultivating Well-Being, Love, and Wisdom

By John Makransky and Paul Condon
\$24.95 - TR

About the Book

Mindfulness training adapted from Tibetan Buddhism and contemporary psychology to help people from all faiths or from none uncover their innate capacity for love, compassion, and wisdom.

Everything we care about—our mental and physical well-being, our relationships, our spiritual life, our ability to be useful to others—depends on our ability to access love and compassion within ourselves first. In this clear, step-by-step guide, John Makransky and Paul Condon show us how to tap this innate power through their evidence-based method of Sustainable Compassion Training (SCT).

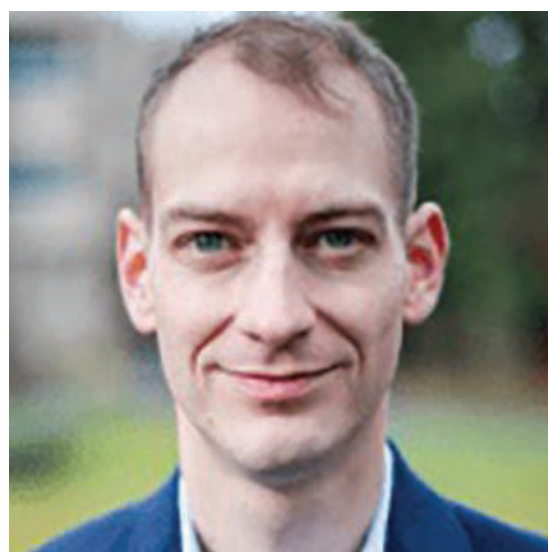
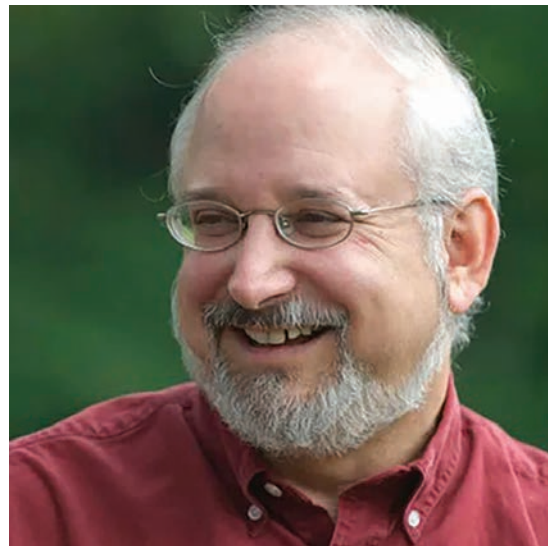
With practices drawn from Tibetan traditions, attachment theory, and cognitive science, SCT offers a progressive series of meditations designed to foster a sense of love, compassion, worth, and presence in ourselves so we can then turn around and extend these same qualities to others and the world.

Organized into three categories—receptive mode, deepening mode, and inclusive mode—the practices gradually build our capacity for unconditional care from within. Additional meditations develop a capacity for cultivating empathy that helps avoid empathic distress, compassion fatigue, or burnout.

A flexible approach that invites us to bring our personal religious or spiritual beliefs and experiences into the process, SCT provides a reliable framework of practice for anyone who does not want to abandon their identity or affiliations for a purely secular approach to mindfulness.

About the Authors

JOHN MAKRANSKY is associate professor of Buddhism and comparative theology at Boston College, senior academic advisor for Chökyi Nyima Rinpoche's Centre of Buddhist Studies



at Rangjung Yeshe Institute in Nepal, former president of the Society of Buddhist-Christian studies, a contemplative fellow of the Mind and Life Institute, and cofounder of the Foundation for Active Compassion and Courage of Care Coalition. He is an ordained lama in the Nyingma tradition of Tibetan Buddhism.

PAUL CONDON is assistant professor of Psychology at Southern Oregon University, a research fellow of the Mind and Life Institute, and a meditation teacher with the Foundation for Active Compassion.

Self-Help - Meditations
Religion - Buddhism - Tibetan
Psychology - Mental Health

SHAMBHALA
06/24/2025
PAGES: 272
ISBN: 9781645471738

The Intimate Way of Zen

Effort, Surrender, and Awakening on the Spiritual Journey

By James Ishmael Ford

\$19.95 - TR

About the Book

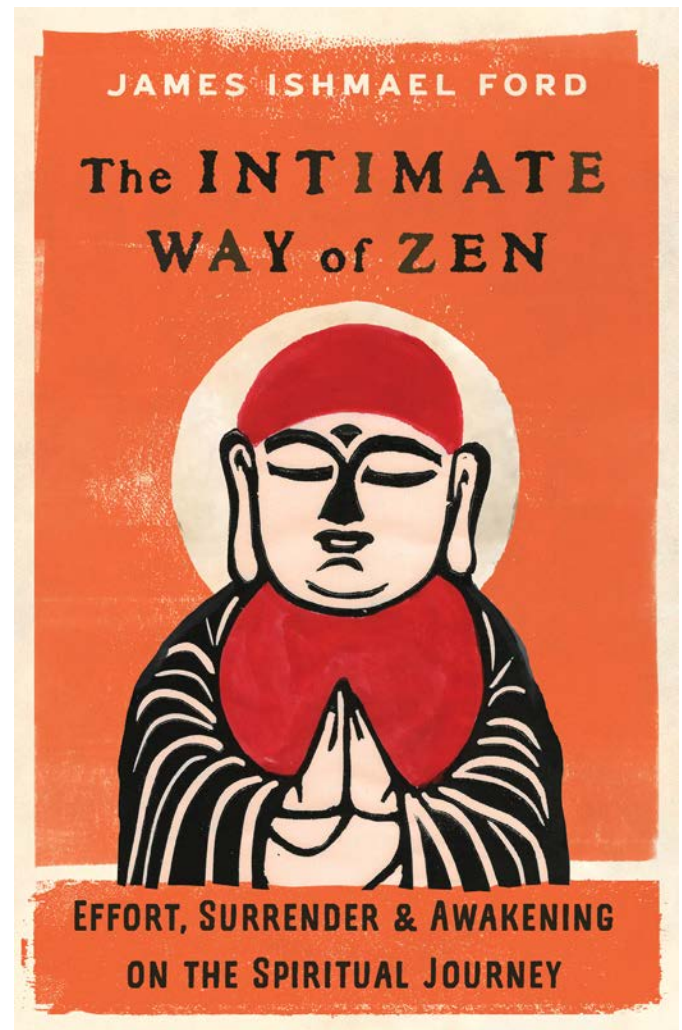
An intimate mystery encompasses you and tugs upon your heart—what does it mean to follow that tug across the arc of a spiritual life?

Reflecting on more than fifty years of practice in Zen Buddhism, Unitarian Universalism, and other contemplative traditions, James Ishmael Ford invites us into a journey through the stages of spiritual development.

Lightly structured by the archetypal Buddhist ox herding images, Ford's exploration is rooted in the Zen way while being deeply enriched by various strains of world mysticism. The book, sprinkled with insights and quotes from Buddhist, Daoist, and Christian traditions, serves as a map and a companion to spiritual seekers or pilgrims—whether within one religious tradition or cobbling together a way of one's own. "Here is the most natural of all natural experiences," writes Ford. "In the midst of our suffering, our longing, our desperation, we capture a glimpse. Something touches us. And with that, if we are lucky and really notice some movement of some spirit within us, we turn our attention to the intimate way."

About the Author

JAMES ISHMAEL FORD has walked the spiritual path for more than fifty years. A Zen priest and a Unitarian Universalist minister, he has lived in monasteries and other spiritual communities, served as a parish minister and spiritual director, and has preached from the high pulpits of Old New England churches. His previous books include *The Book of Mu*, *Zen Master Who?*, and *If You're Lucky, Your Heart Will Break*. His website is <http://www.jamesishmaelford.com/>.



jamesishmaelford.com/.

Philosophy - Zen

Self-Help - Spiritual

Religion - Unitarian Universalism

SHAMBHALA

07/23/2024

PAGES: 296

ISBN: 9781645472186

Loving Life as It Is

A Buddhist Guide to Ultimate Happiness

By Chakung Jigme Wangdrak

\$19.95 - TR

About the Book

Practical Buddhist wisdom and mindful methods for everyone to embrace suffering and find true happiness from a remarkable new voice in the Tibetan Buddhist tradition.

Chakung Jigme Wangdrak gives concrete advice on how to reorient your thinking when faced with the challenges, mess, and chaos that inevitably occur in life. Born and trained in eastern Tibet and the unique holder of the Dudjom Lingpa lineage, Jigme Wangdrak's authentic Tibetan Buddhist teachings will benefit all readers navigating our unprecedented times. By embracing pain and suffering, you can learn to see their roots, begin to work with them, and eventually let them go. This will create joy and ease, allowing you to fully savor happiness.

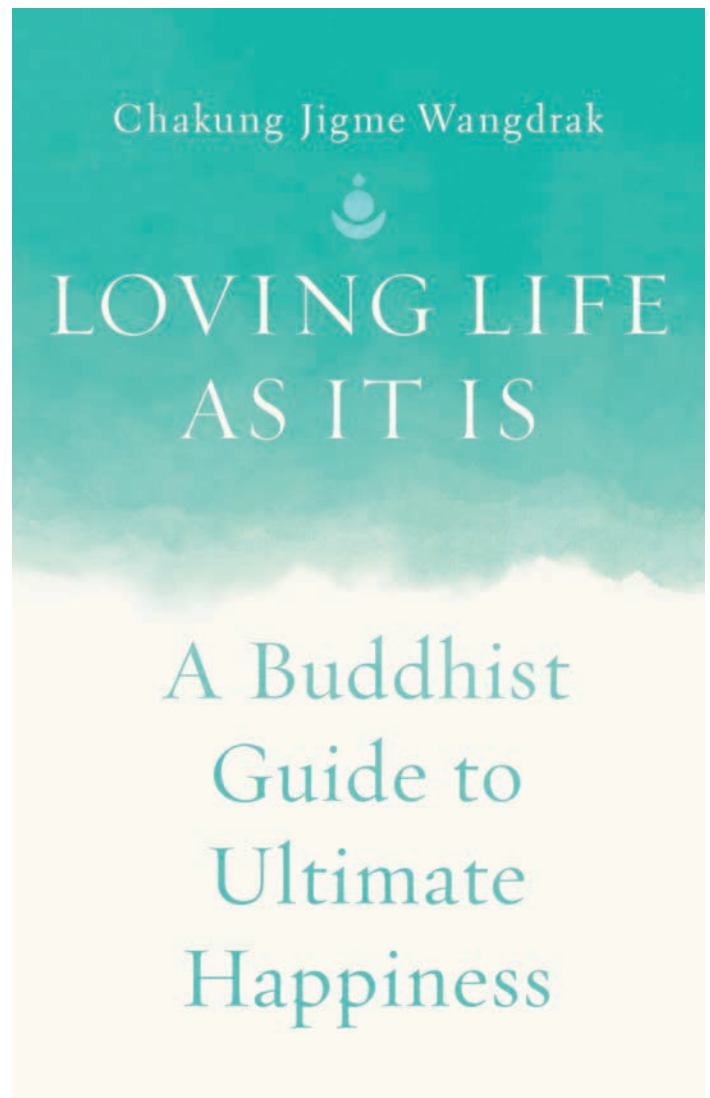
The first part of the book guides readers in recognizing and understanding suffering and happiness in their many forms. The second part is dedicated to practice. Jigme Wangdrak introduces the view and path of working directly with happiness and suffering. In clear language, he conveys the steps, stages, and categories of mental exercises and methods that everyone—from beginner to experienced practitioner and non-Buddhists—can use to train their mind:

- take happiness and suffering as the path
- cultivate courage, gratitude, and compassion
- practice contentment (not complacency)
- recognize outer and inner obstacles when faced with challenging situations
- dispel self-grasping to reduce suffering
- develop patience and tolerance

A true Buddhist master, Jigme Wangdrak offers a roadmap to freedom with teachings that will benefit your spiritual practice and daily life—he shows you how to love your life as it already is!

About the Author

CHAKUNG JIGME WANGDRAK RINPOCHE was born in the Golok region of eastern Tibet as the fourth descendant of the nineteenth-century Buddhist master Dudjom Lingpa. At the age of fifteen, Jigme Wangdrak was recognized as the reincarnation of Rigzin Longsal Nyingpo. He studied Buddhist philosophy at Larung Gar Monastery with H. H.



Khenchen Jigme Phuntsok. Jigme Wangdrak also received teachings from the well-known female teacher Dakini Kunzang Wangmo. In Tibet, Jigme Wangdrak published many revelatory writings from Dudjom Lingpa and an original woodblock edition of the *Nyingma Gyudbum*. Since 2011, he has lived in the San Francisco Bay Area and teaches to several Buddhist communities. He is spiritual director of the Abhaya Fellowship.

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Tibetan

Religion - Buddhism - General

SHAMBHALA

06/11/2024

PAGES: 200

ISBN: 9781645473169

A Meditator's Guide to Buddhism

The Path of Awareness, Compassion, and Wisdom

By Cortland Dahl
\$19.95 - TR

About the Book

Unlike most religions, Buddhism isn't rooted in revealed truths or untestable beliefs—it is a human tradition with a rich array of practices for exploring the true nature of your mind, feelings, and relationships. In this experiential guide, author Cortland Dahl takes you on a journey through the three *yanas* or traditional “vehicles” of Buddhism. First comes the foundational vehicle of early Buddhism, with landmark teachings, such as the Four Noble Truths, drawn directly from the Buddha's life story and the sutras. Next is the great vehicle of Mahayana Buddhism, with its profound teachings on emptiness and compassion for all beings. Last is the diamond vehicle of the Vajrayana, featuring a unique array of practices to achieve awakening in this very life.

Filled with accessible teachings and relatable stories, *A Meditator's Guide to Buddhism* guides you through nine practices including:

- Foundational meditations on awareness of breath and senses
- Reflections on the nature of mind and self
- Compassion practices such as *Tonglen* (“sending and receiving” meditation)

For those of us struggling with anxiety, fear, or other emotional challenges, Dahl shows that we don't have to struggle on indefinitely—instead, we can begin discovering the spiritual treasure that is always with us.

About the Author

CORTLAND DAHL is a scientist, Buddhist scholar and translator, and meditation teacher. Beginning in the early 1990s, his passion

A MEDITATOR'S GUIDE TO BUDDHISM

The Path of Awareness,
Compassion, and Wisdom



CORTLAND DAHL

FOREWORD BY Yongey Mingyur Rinpoche

for training the mind led him on a journey to Buddhist centers across Asia, culminating in eight years living in Tibetan refugee settlements near Kathmandu, Nepal. He is actively involved in scientific research on meditation and human flourishing at the Center for Healthy Minds, and he cofounded Tergar, a network of meditation centers with activities on six continents, with Yongey Mingyur Rinpoche. Cortland lives with his wife and son in Madison, Wisconsin.

Religion - Buddhism - General
Body, Mind & Spirit - Mindfulness & Meditation
Self-Help - Spiritual

Subrights Sold: Spanish

SHAMBHALA
09/03/2024
PAGES: 272
ISBN: 9781645470977

The Roots of Goodness

Zen Master Dogen's Teaching on the Eight Qualities of a Great Person

By Eihei Dogen Zenji, commentary by Kōshō Uchiyama; translated with an introduction by Daitsu Tom Wright
\$22.95 - TR

About the Book

Zen master Kōshō Uchiyama illuminates the eight qualities of a great person as enumerated by the Buddha and the seminal thirteenth-century Zen master Eihei Dōgen.

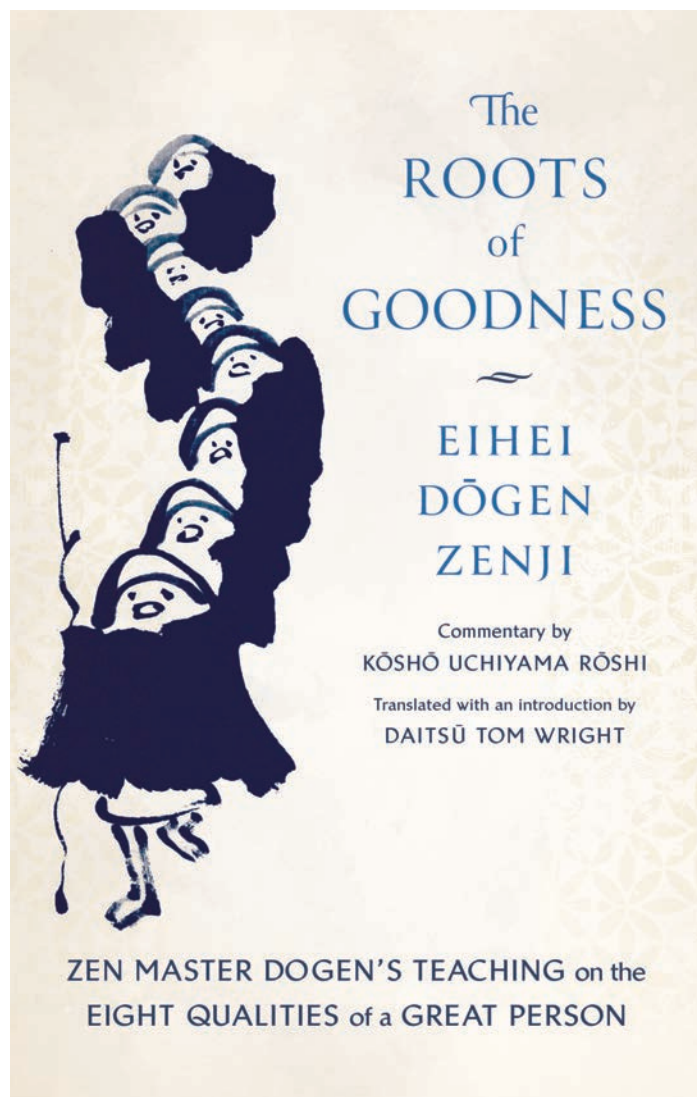
As his life drew to a close, the seminal thirteenth-century Zen master Eihei Dōgen chose to make his final teaching a commentary on the Buddha's own final teaching, which was on the eight qualities of a great person. In Dōgen's phrasing, those qualities are

- having few desires,
- knowing one has enough,
- appreciating serenity,
- making diligent effort,
- not losing sight of the true dharma,
- concentrating on settling in meditative absorption,
- practicing wisdom,
- and not engaging in useless argument.

In *The Roots of Goodness*, the inimitable Japanese Zen teacher Kōshō Uchiyama Rōshi delivers an insightful commentary on these eight qualities, plumbing their deep roots in Buddhism while also showing their applications to modern life. Daitsu Tom Wright, a longtime student of Uchiyama, translates his teacher's words, presents an original translation of Dōgen's fascicle, and offers his own commentary on the role this teaching played in Uchiyama Rōshi's life and teachings.

About the Authors

KŌSHŌ UCHIYAMA, born in Tokyo in 1912, received a master's degree in Western philosophy in 1937 and became a Zen priest three years later under Kōdō Sawaki Rōshi. Upon Sawaki's death in 1965, he became abbot of Antaiji, a monastery then located on the outskirts of Kyoto. In addition to developing the practice at Antaiji and traveling extensively throughout Japan, lecturing and leading sesshins, Uchiyama Rōshi wrote over twenty books on Zen, including translations of Dōgen Zenji in modern Japanese with commentaries, as well as various shorter essays. He was an origami master as well as a Zen master and published several



books on origami. He died in 1999.

DAITSU TOM WRIGHT was born and raised in Wisconsin. After being active in the civil rights and anti-Vietnam War movements, he went to Japan in 1967 and lived there for over forty years, teaching English and other subjects at Ryukoku University in Tokyo. He was ordained by Uchiyama Kōshō Rōshi as a Buddhist priest in 1974 and continued to receive his teachings until 1998, the same year that Wright received transmission from Takamine Dōyū Rōshi. This book is the latest in a series of Uchiyama Rōshi's works Wright has translated into English, including *Opening the Hand of Thought*.

Religion - Buddhism - Zen

Religion - Buddhism - Rituals & Practice

Philosophy - Zen

SHAMBHALA

02/18/2025

PAGES: 272

ISBN: 9781645473312

Storehouse of Treasures

Recovering the Riches of Chan and Zen

By Nelson Foster

\$24.95 - TR

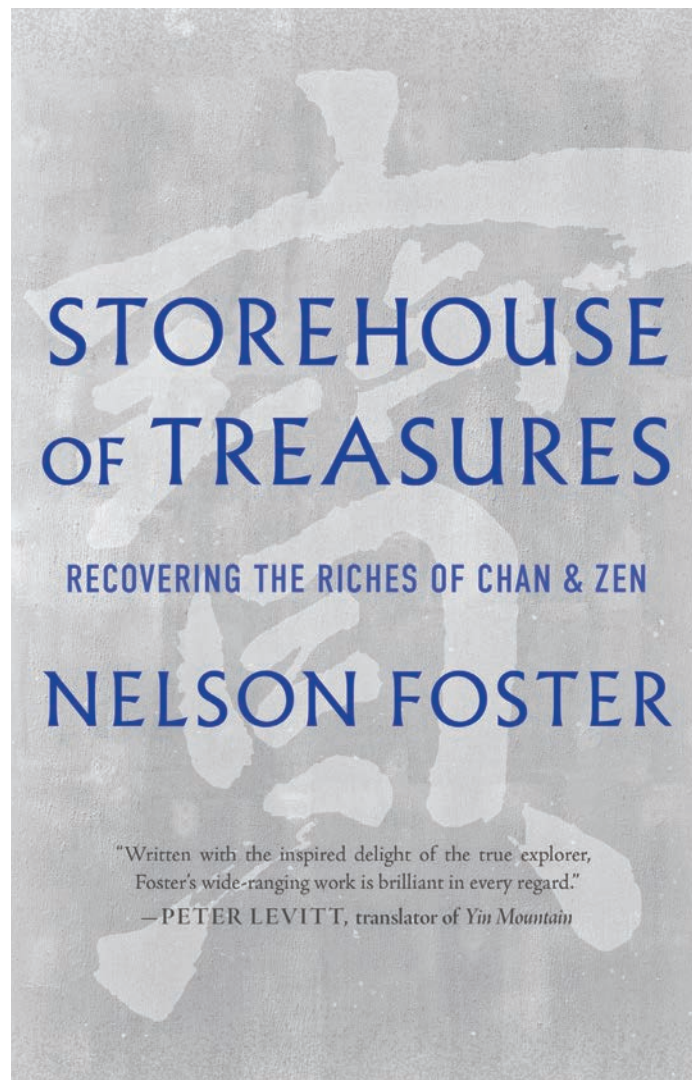
About the Book

Storehouse of Treasures unearths wise and beautiful elements of Chan and Zen still little known in the West, revealing unexpected aspects of the tradition and new implications for practice.

Since the dawn of Chan and Zen in medieval China and Japan, members of these schools have enlivened their teaching by creatively adopting and adapting terms, images, principles, poetry, and lore native to their societies. Unfortunately, so much of that cultural wealth has been “lost in translation” that Western practitioners have barely begun to discover and appreciate this extraordinarily rich legacy. In *Storehouse of Treasures*, second-generation American Zen teacher Nelson Foster makes a series of adventuresome forays into the trove of material laid up by the Dharma ancestors, bringing to light:

- Masters’ delight in playing with words, stories, and inherited Buddhist concepts, bending them to express the Dharma in inspired ways
- The powerful influence that Taoist and Confucian thought exerted in the formation of Chan and Zen
- The emphasis the two schools have laid on excellence of character as well as on profound awakening
- The experiential meaning and enduring importance to the tradition of ideals little associated with it today, like integrity, shame, and contentment
- How “knowing the tune” of a fellow student, a mentor, or a teacher of old lies at the heart of transmitting the Dharma

Lifting to attention a diverse set of ancient yet still luminous Dharma gems, Foster urges their relevance and value to us as students of the Buddha Way and as citizens of a world increasingly fractious and imperiled.



About the Author

NELSON FOSTER began Zen practice under Diamond Sangha founder Robert Aitken in 1972, later becoming his Dharma heir and succeeding him at its Honolulu temple. Today he teaches in this lay lineage mainly at Ring of Bone Zendo in the Sierra Nevada foothills, while also serving East Rock Sangha in New England and making periodic visits to sanghas in Hawai'i. Among his Buddhist publications, the best known is the much-praised anthology *The Roaring Stream: A New Zen Reader*.

Religion - Buddhism - Zen
Religion - Buddhism - Rituals & Practice
Philosophy - Eastern

SHAMBHALA
09/10/2024
PAGES: 304
ISBN: 9781645473107

The Story of the Buddha

By John Tarrant
\$19.95 - HC

About the Book

From longtime Zen teacher and poet John Tarrant, this is an original retelling of the foundational myth of Buddhism—the life of the Buddha. Told and retold for centuries, this story holds a special place in the human legacy because it is, ultimately, an investigation of the nature of mind and consciousness. Literary-minded readers and fans of myths and folklore will be especially drawn to the Buddha's encounters with kings, gods, heroes, monsters, and wise teachers in his spiritual quest.

In this captivating narrative, the author leans into his memories of the Egyptian and Greek myths he encountered as a child. "If we pour ourselves into the story of the Buddha," he writes, "we enter the journey from an unusual place as far as myths go; we begin where the *Odyssey* ends." The Buddha already had everything—a palace, family, food, wealth—yet he was suffocating with discontent. He needed to embark on a journey involving pain, searching, magic, and personal discovery. This led to his awakening and the teachings that form the basis of Buddhism.

John Tarrant frames the story with an intimate, inquisitive introduction and postscript that reflect his decades of studying koans and will resonate with a broad readership. The story of the Buddha is personal—it becomes your own story, opening an unexpected path to awakening. If you listen to the images that arise in its telling, you can find where you are in life and where you are headed.

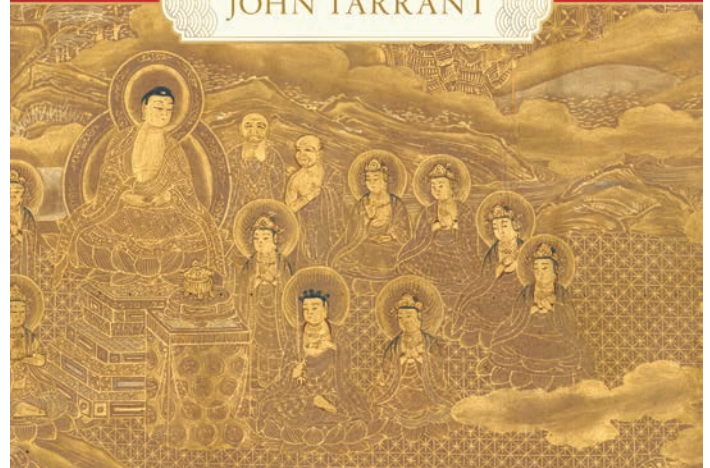
The Buddha's story becomes more personal with the concluding section of reflections and eight meditations about his life drawn from the Zen tradition. The book's gorgeous full-color historical illustrations of characters and events in the Buddha's life enrich the narrative journey. This lovely little book is a meaningful gift or addition to your own bedside or coffee table.

About the Author

JOHN TARRANT is a Zen teacher, writer, and poet who has studied koans for over forty years. He is director of the Pacific Zen Institute, a venture

The STORY of the BUDDHA

JOHN TARRANT



in meditation and the arts, and teaches culture change in organizations. Tarrant holds degrees in Human Sciences and English literature and a PhD in Psychology. For twenty years, he was a Jungian psychotherapist working on dream analysis. He is the author of several books, including *The Light Inside the Dark: Zen, Soul, and the Spiritual Life* (HarperCollins, 1999) and *Bring Me the Rhinoceros and Other Zen Koans That Will Save Your Life* (Shambhala, 2008). He lives among the vineyards near Santa Rosa, California.

Religion - Buddhism - History
Religion - Buddhism - Zen
Social Science - Folklore & Mythology

SHAMBHALA
12/03/2024
PAGES: 144
ISBN: 9781645473138

Waking Up and Growing Up

Spiritual Cross-Training for an Evolving World

By Diane Musho Hamilton,
Gabriel Kaigen Wilson

\$19.95 - TR

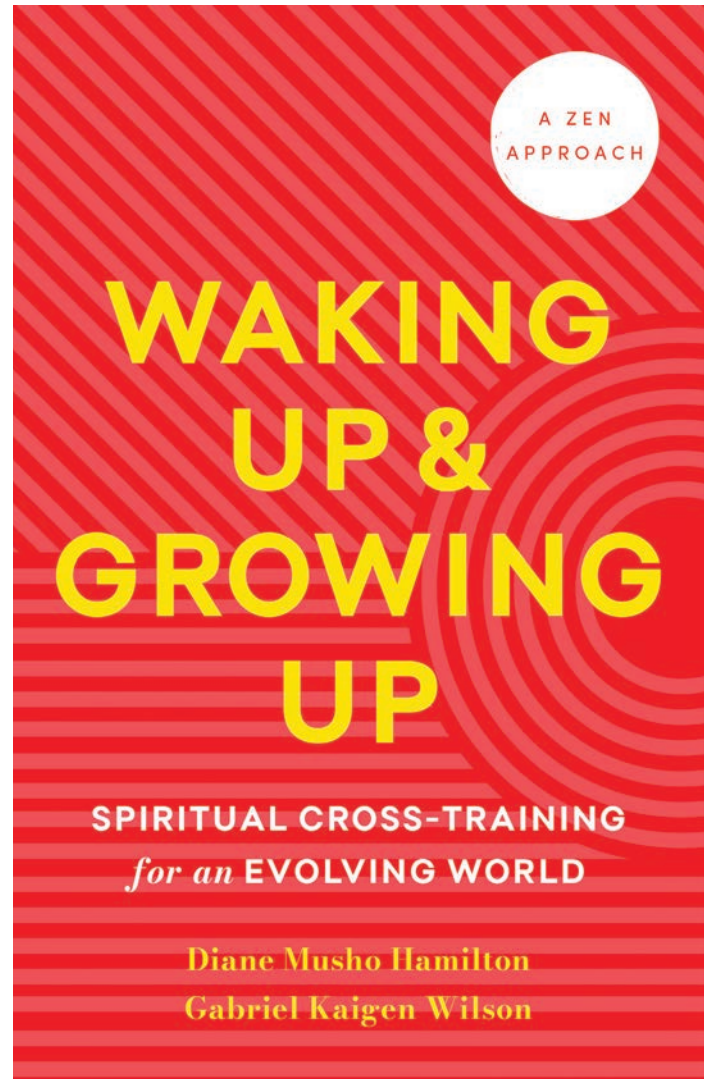
About the Book

A fresh, nuanced view of Zen integrates relational and emotional skill-building with traditional practices in a spiritual “cross-training” approach suited for the unique demands of modern life.

This compelling and innovative view of Zen practice gives people in their 20s and 30s a contemporary approach to spiritual development that is meaningful and actionable within the complexities of modern life. Grounded deeply in the tradition of Soto Zen, professional mediators and Zen practitioners, Diane Hamilton and Gabriel Wilson extol the virtues of sitting meditation, dharma study, and the student-teacher relationship. At the same time, they offer insight into the importance of emotional development and the maturation of relationship skills. This approach draws on insights from Integral psychology as taught by philosopher Ken Wilber, neurophysiology, trauma work, adult development, and teachings of the Zen masters to

- develop interpersonal communication skills;
- blend the spiritual path with the realities of contemporary life;
- learn how to navigate issues of inclusivity and diversity;
- explore issues of identity;
- train our power of attention rather than get caught up in social media, division, and crisis;
- mature our emotional and relational skills;
- and much more.

Complete with practices, exercises, and reflections in each chapter, this book offers an accessible, insightful approach to becoming more personally effective, compassionate, and spiritually awake.



About the Authors

DIANE MUSHO HAMILTON is an award-winning professional mediator, author, and teacher of Zen meditation. She is the cofounder of Two Arrows Zen and founder of Real LIFE programs in Utah. She is the author of *Everything Is Workable*, *The Zen of You and Me*, and *Compassionate Conversations*.

GABRIEL KAIGEN WILSON is a conflict mediator and team coach, trainer for the Real LIFE programs, and senior practitioner in the Two Arrows Zen practice. He is a coauthor of *Compassionate Conversations*.

Religion - Buddhism - Zen
Self-Help - Communication & Social Skills
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

06/03/2025

PAGES: 192

ISBN: 9781645473114

Which Way Is Up?

Finding Heart in the Hardest of Times

By Susan Gillis Chapman

\$19.95 - TR

About the Book

A heartfelt guide for meeting difficult times with mindfulness, compassion, and courage—from a psychotherapist and Buddhist practitioner who learned from her own crisis—with practices to transform the three types of fear into opportunities for personal growth.

This three-part guide feels like a friend stepping up to offer support during difficult times. It warmly invites readers into a safe space to contemplate their personal fears and encourages them to re-imagine their personal crisis as a journey that they can emerge from by learning how to work with—rather than against—fear.

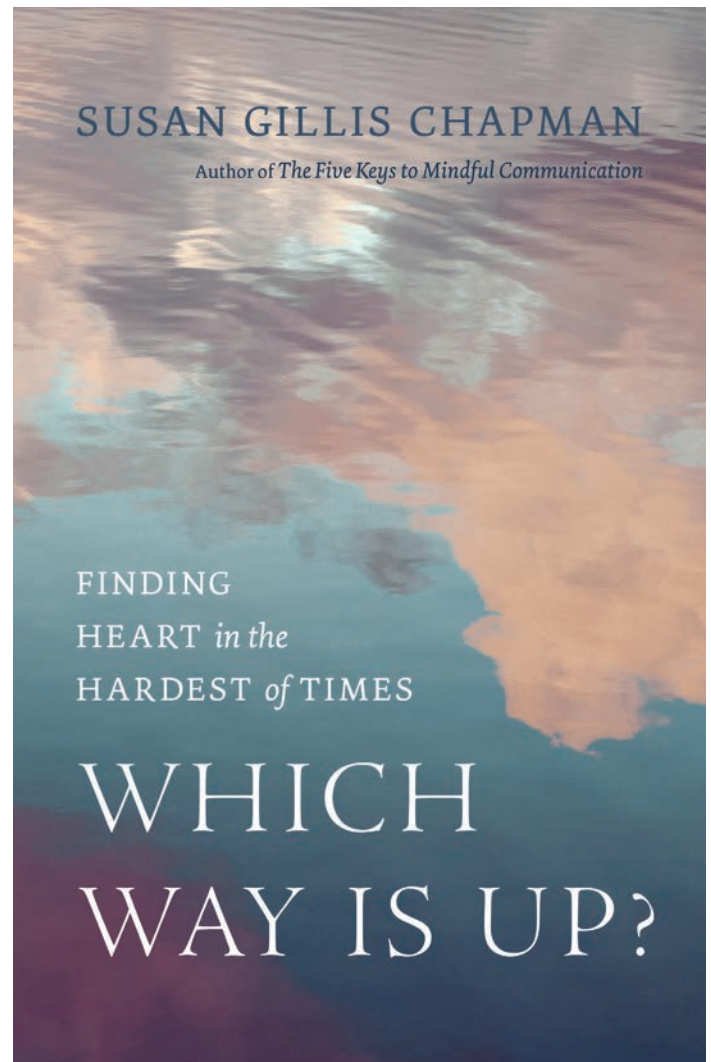
Using personal examples from her own recent *bardo* crisis undergoing cancer treatment during the pandemic—and offering contemplative prompts for inner-reflection and a meditation practice in each chapter—psychotherapist and Buddhist practitioner Susan Chapman demystifies the three main types of fear people experience (frozen, awake, and core), and how to meet each with love. This heartfelt guide from someone who's been there and done the work will help us get through life's challenges and restore our equilibrium, while also inviting a valuable opportunity for personal growth.

Which Way Is Up? draws from traditional Buddhist teachings on the *bardo*, a Tibetan word most often associated with the period between death and rebirth. Chapman likens the *bardo* to abrupt episodes in our lives when things seem to turn upside down and we can't find our footing. In such times of not-knowing—whether it's navigating the end of a relationship, a health scare, the loss of a career, or other unexpected challenges—our fearful mind tends to panic trying to make sense out of our experience.

Instead, Chapman meets the reader in their groundlessness to show how these turning points can force us to let go of our assumptions about the future and allow something new to be reborn.

About the Author

SUSAN GILLIS CHAPMAN is a retired family therapist (LMFT) who has been studying, practicing, and teaching mindfulness and compassion meditation for over forty years. She was introduced to contemplative prayer in a Catholic convent school, and in 1974, transitioned into studying Buddhism with her teacher, Chögyam Trungpa Rinpoche. With a master's degree in Buddhist and Western psychology, she worked in the field of domestic



violence intervention in addition to her private counselling practice. To deepen her spiritual training, she spent nine years in retreat. She also completed a three-year retreat program at Gampo Abbey with her mentor, Pema Chödrön, before moving to Vancouver with her husband, Jerry. In 2012, she published her first book, *The Five Keys to Mindful Communication*, and founded Green Light Conversations, offering workshops in North America and Europe. She also served as faculty for Karuna Training, a personal development program based on contemplative psychology. She retired from travelling in 2020 after being diagnosed with breast cancer but continues to offer classes online. For more information, visit www.susangillischapman.com.

Body, Mind & Spirit - Inspiration & Personal Growth
Religion - Buddhism - Tibetan
Self-Help - Personal Growth - Happiness

SHAMBHALA

06/04/2024

PAGES: 216

ISBN: 9781645472131

The World Exists to Set Us Free

Straight-Up Dharma for Living a Life of Awareness

By Larry Rosenberg with Madeline Drexler
\$21.95 - TR

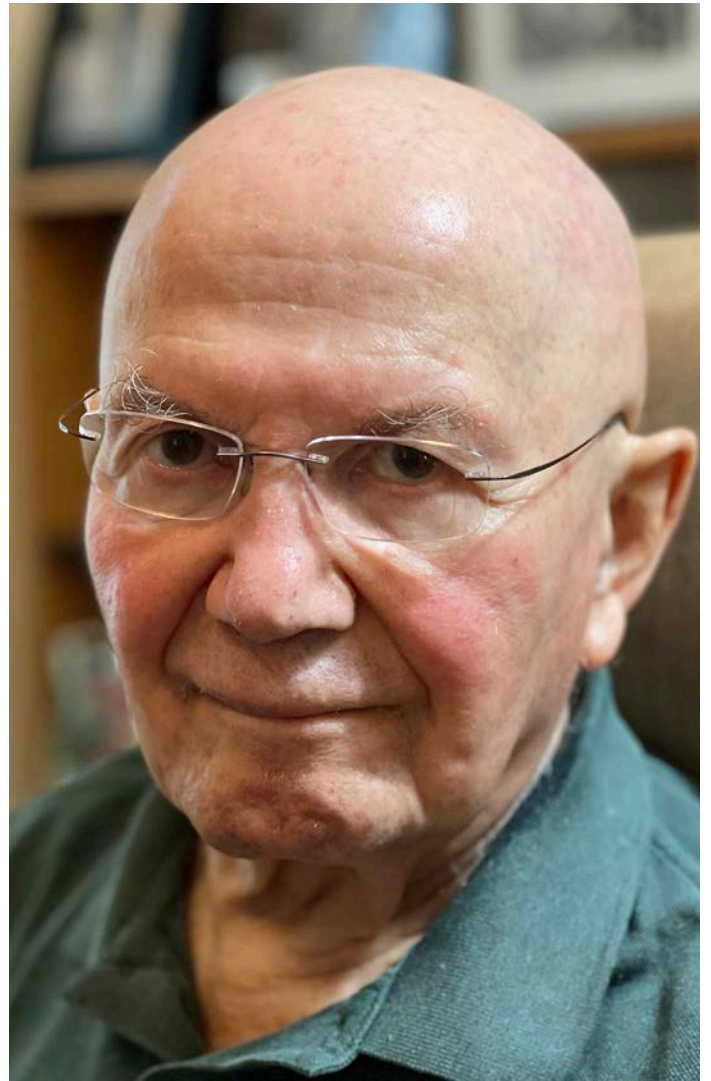
About the Book

Down-to-earth wisdom on how to live a life of authenticity and spiritual integrity, from one of the West's most respected teachers of vipassana meditation.

How does dharma wisdom show up in our lives every day? This collection of teachings by the beloved Insight Meditation teacher Larry Rosenberg offers clear, down-to-earth guidance on learning how to live a life informed by Buddhism—through questioning, reflective observation, and self-understanding. Rosenberg is known for presenting the essence of the Buddhism in a way that is unvarnished, utterly accessible, and that resonates with a wide audience. In this book he unpacks—with his signature engaging and iconoclastic style—such topics as meditation, silence, use of the breath, self-knowing, working with strong emotions, intimacy, illness and grief, among others.

There are few teachers who so epitomize the idea of “spiritual friend” in the way that Larry Rosenberg does. His teachings give a clear sense that dharma is very much a part of everyday life. This book is also informed by what Rosenberg considers his deeper and more immediate understanding of dharma that has come in recent years—a period marked in his own life by illness and disability—and in the life of the planet by a deadly pandemic, war, an existential climate crisis, and pervasive technological distraction. He speaks directly to readers about how to carry on a life of authenticity and spiritual integrity in the face of personal and global challenges.

An introductory essay, written by journalist and author Madeline Drexler, serves as a spiritual biography of Rosenberg, presenting his reflections on more than half a century of dedicated dharma practice and instruction. This essay illuminates what, for Rosenberg, were profound turning points and moments of realization—his long apprenticeships with foundational figures in twentieth-century Buddhism, including Ajahn Chah, Thich Nhat Hanh, Seung Sahn, and Ajahn Buddhadasa, as well as Indian philosopher Jiddu Krishnamurti.



About the Authors

LARRY ROSENBERG is the founder and guiding teacher of the Cambridge Insight Meditation Center, in Cambridge, Massachusetts, and is a former guiding teacher at the Insight Meditation Society, in Barre, Massachusetts. He is the author of three books, *Breath by Breath*, *Living in the Light of Death*, and *Three Steps to Awakening*.

MADELINE DREXLER is an award-winning Boston-based journalist and author who has studied with Larry Rosenberg since 2000. For ten years she served as editor of *Harvard Public Health Magazine*. Drexler's work has appeared in *The Atlantic*, *The New York Times*, *Tricycle*, *Undark*, *The Nation*, *The American Prospect*, *The Virginia Quarterly Review*, *Saveur*, *Nieman Reports*, and many other publications.

Religion - Buddhism - General

SHAMBHALA
08/26/2025
PAGES: 208
ISBN: 9781645473947

Tibetan Buddhism

Diligence

The Joyful Endeavor of the Buddhist Path

By Dzigar Kongtrul

\$18.95 - TR

About the Book

This book contributes the first commentary on the diligence chapter from Shantideva's eighth-century classic *The Way of the Bodhisattva*. While many books have explored his celebrated chapter on wisdom, diligence has been overlooked. As one of the six *paramitas* or perfections that are fundamental for following the *bodhisattva* path and helping others, diligence can profoundly impact our lives.

The highly acclaimed Buddhist teacher Dzigar Kongtrul Rinpoche guides us through the depth and complexity of Shantideva's teachings with his characteristic buoyant energy and clear, accessible writing. With over a decade of teaching on the subject, Dzigar Kongtrul illuminates how diligence is the inner quality that inspires us to engage with the world and, most importantly, with our own mind. It's the inner vigor that sparks enthusiasm despite difficulty, the dynamic armor that protects against laziness, and the inner strength that aims to meet the world with joy and openheartedness. Shantideva explains that diligence is the energy that flows through all the *paramitas*—it's the wind that keeps us moving toward the goal of liberation and benefiting others. Within the heart of every *bodhisattva* is a bursting sense of tenderness, peace, intelligence, and joy—which is inherent in the quality of diligence.

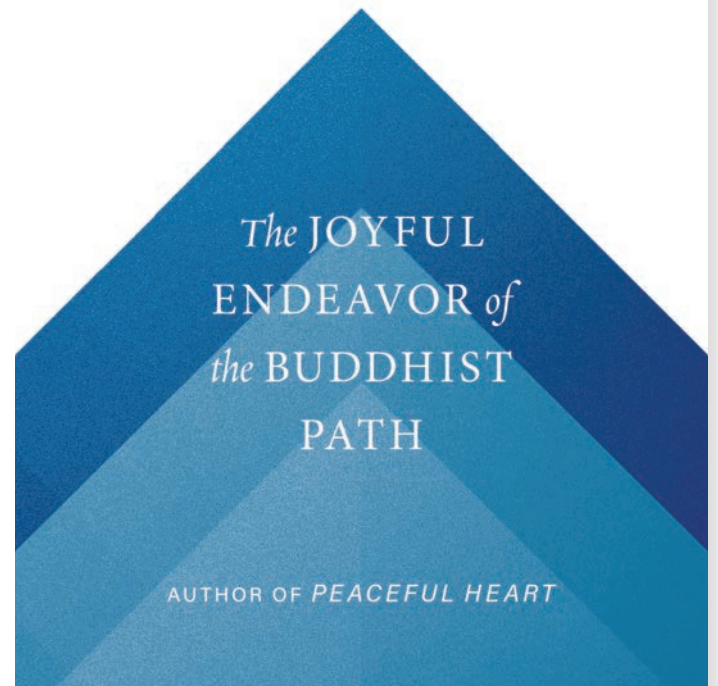
In this book, Dzigar Kongtrul explores traditional teachings on diligence, such as the three kinds of laziness, the Four Immeasurables, the two strengths, rebirth, the nature of emptiness, and dependent origination. Joy is the continuous thread woven through this time-honored wisdom that will aid us throughout our lives whether in formal practice or our day-to-day interactions with an ever-changing world. With diligence, we will overcome laziness and succeed in all our meaningful endeavors.

About the Author

DZIGAR KONGTRUL RINPOCHE grew up in a monastic environment and received extensive

Dzigar Kongtrul

DILIGENCE



training in all aspects of Buddhist doctrine. In 1989, he moved to the United States with his family, and in 1990, he began a five-year tenure as a professor of Buddhist philosophy at Naropa University. He also founded Mangala Shri Bhuti, his own teaching organization, during this period. He has established a mountain retreat center, Longchen Jigme Samten Ling, in southern Colorado. When not guiding students in long-term retreats and not in retreat himself, Rinpoche travels widely throughout the world teaching and furthering his own education.

Religion - Buddhism - Tibetan
Religion - Buddhism - Sacred Writings
Religion - Buddhism - General

SHAMBHALA

12/10/2024

PAGES: 216

ISBN: 9781645472360

The Free Mind

Finding Clarity in a Digitally Distracted World

By Dza Kilung Rinpoche

\$18.95 - TR

About the Book

Reduce the distraction and anxiety of our digital world with straightforward mind training practices and meditations rooted in Buddhist wisdom.

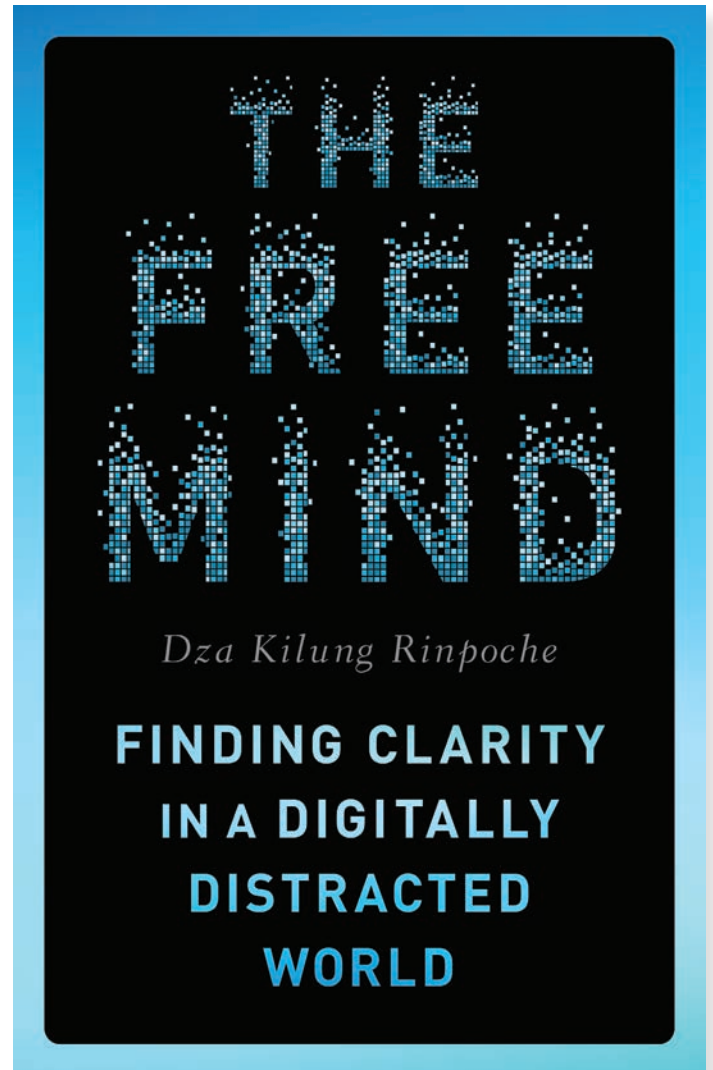
This book offers a refreshing Buddhist approach to understanding the role of digital technology in our world and how we can better manage our relationship to it. Our engagement with digital devices connects us to people and ideas, but it also causes anxiety, distraction, imbalance, and suffering. Rather than a digital detox, we can train our minds to leverage our negative habits and digital temptations to deal with life more effectively, improve our attention span, reduce mental fatigue, and deepen our happiness.

Dza Kilung Rinpoche, a respected contemporary Tibetan Buddhist teacher and author of *The Relaxed Mind*, skillfully addresses these widespread issues in modern life geared toward a Western audience. In twelve short chapters, he offers straightforward strategies and tools to clear away the distracting clutter that prevents us from living fully and with clarity. The book also explores deeper issues like the nature of wisdom, question of karma, and importance of lovingkindness and compassion.

The practices and meditations in this book will appeal to anyone who suffers from a distracted “monkey mind.” By calming our minds, we can clearly see the sources of our inner and outer problems and begin to work on them for the benefit of ourselves, others, and the earth.

About the Author

DZA KILUNG RINPOCHE was born in 1970 and is head of Kilung Monastery in the Dzachuka District of Kham, Tibet, which he has been working to reestablish as a center of learning



and practice since he was a teenager. He has been teaching in the West since 1998 and regularly accepts invitations to teach in Boston, Beijing, Denmark, Singapore, Malaysia, Taiwan, Brazil, and Argentina. His home in the West is on Whidbey Island near Seattle, Washington, and he divides his time among Washington, his community in Tibet, and his students worldwide. He is the author of *The Relaxed Mind: A Seven-Step Method for Deepening Meditation Practice* (Shambhala, 2015).

Religion - Buddhism - Tibetan
Psychology - Mental Health
Computers - Internet - Social Media

Subrights Sold: Chinese (Complex)

SHAMBHALA

08/20/2024

PAGES: 208

ISBN: 9781645473251

From Foundation to Summit

A Guide to Ngöndro and the Dzogchen Path

By Orgyen Chowang

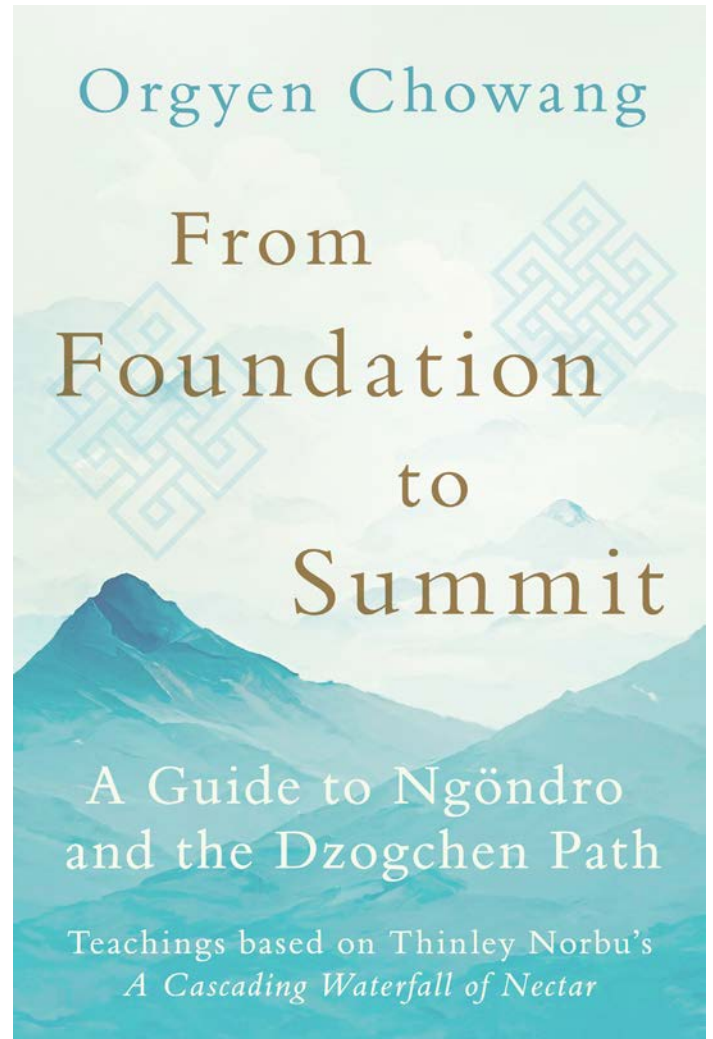
\$29.95 - TR

About the Book

Essential instructions on the Vajrayana path to ultimate enlightenment, from the foundational contemplations about the nature of reality to the ultimate realizations of the wisdom of Dzogchen.

In the Nyingma tradition of Tibetan Buddhism, before one can receive empowerments and pointing-out instructions from a dharma master, one must first open and prepare the mind by engaging in the foundational practice (*ngöndro*). This consists of completing a specified number of repetitions of the rituals of taking refuge, arousing the mind of awakening (*bodhichitta*), mandala offering, Vajrasattva purification, and Guru Yoga. In this book, Orgyen Chowang Rinpoche brilliantly explains how to engage in the foundational practice according to the New Treasures of the Dudjom tradition, the Dudjom Tersar. But this book is much more than that because, from the outset, Orgyen Chowang introduces the pristine teachings of Dzogchen, the pinnacle of the Nyingma path, to provide the context that informs every stage of the path to awakening.

This book is based on a series of oral teachings on Thinley Norbu's text *A Cascading Waterfall of Nectar*, itself a teaching on the Dudjom Tersar, that Orgyen Chowang gave to Western students over a three-month period in 1997. He explains in a very fresh, uncomplicated way such topics as receiving the blessings from the lama, the nature of awakening, the role of pointing-out instructions, tranquility and insight meditation, the three bodies of enlightenment, and the Dzogchen practices of *trekchöd* (cutting through) and *thögal* (passing over). This book will be of immense benefit to those engaged in the Dudjom Tersar *ngöndro*, those who have already finished their *ngöndro* accumulations, and those engaged in the foundational practice from other Nyingma lineages.



About the Author

ORGYEN CHOWANG is a master of meditation, especially the pinnacle meditation of Tibetan Buddhism called Dzogchen. He trained for many years in the Nyingma lineage with his principal teacher, Jigme Phuntsok Rinpoche, one of the greatest Dzogchen masters in modern times. He is the founder and spiritual director of Pristine Mind Foundation, which sponsors extensive programs and teachings by Orgyen Chowang, and the author of *Our Pristine Mind: A Practical Guide to Unconditional Happiness*.

Religion - Buddhism - Tibetan
 Religion - Buddhism - Rituals & Practice
 Religion - Buddhism - Sacred Writings

SHAMBHALA

07/30/2024

PAGES: 456

ISBN: 9781645471820

The Golden Garuda

The Extraordinary Life of Modern-Day
Mahasiddha Jigme Phuntsok Rinpoche

By Khenpo Sodargye

\$21.95 - TR

About the Book

A moving biography of Jigme Phuntsok Rinpoche, one of the twentieth century's most influential Tibetan Buddhist teachers, written by his devoted student Khenpo Sodargye. 30 black-and-white historical photographs illustrate this remarkable life story.

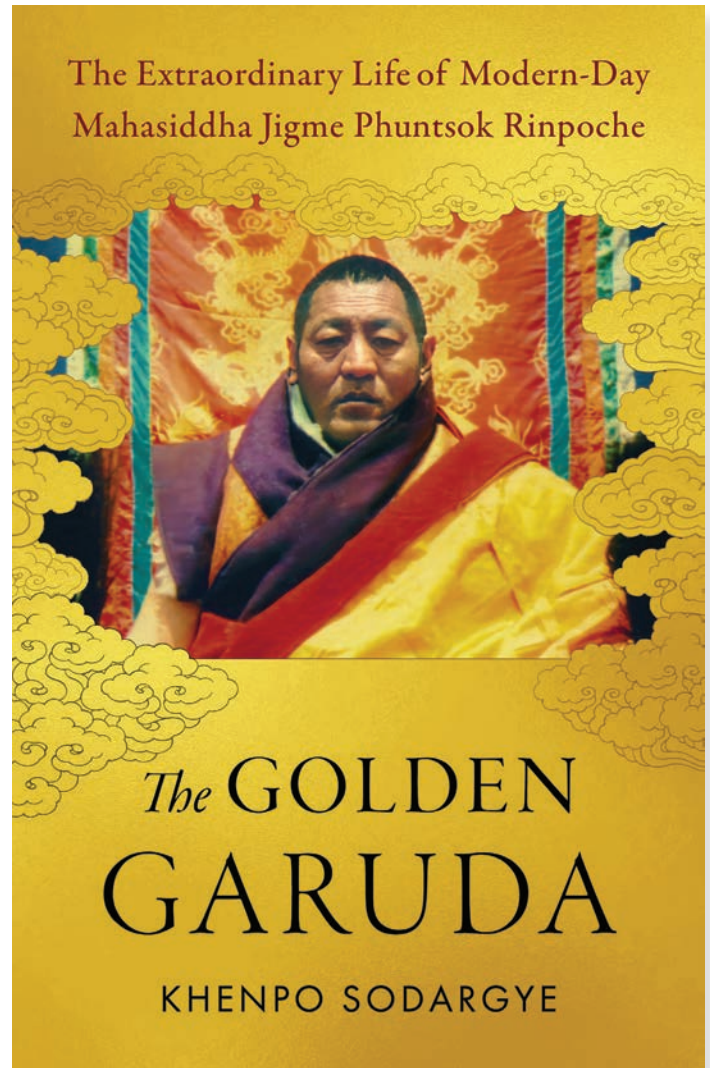
Jigme Phuntsok Rinpoche (1933–2004) was one of the most influential Buddhist teachers of the twentieth century. In this moving biography, Khenpo Sodargye—a lead teacher at Larung Gar Five Sciences Buddhist Academy—brings his beloved root teacher's remarkable story and accomplishments to life with wisdom and reverence. His personal anecdotes coupled with the prophecies of great masters and verse from Buddhist texts offer a portrait that is at once intimate and profound, revealing Jigme Phuntsok's legacy as the mythical "golden garuda" who was instrumental in the flourishing of Buddhism. During a pivotal period in modern Tibetan history, he created the world's largest Buddhist institution, attracted thousands of followers with his nonsectarian teachings, and taught some of today's great Tibetan Buddhist teachers.

The engaging narrative unfolds chronologically in dozens of short, impactful chapters. We're introduced to Jigme Phuntsok's previous incarnations. We experience his teaching trips, including a journey to the holy mountain of Wutaishan in China together with ten thousand Tibetan disciples. We learn about his visionary experiences and revelations, including one that failed—a rare account in Tibetan literature. With elements of biography, travelogue, and magical tale, this life story contains adventure, suffering, and human connection.

This portrayal of the great Jigme Phuntsok Rinpoche's compassionate life dedicated to spiritual practice and teaching will inspire Buddhist practitioners and meditators and readers with an interest in modern Tibetan and Buddhist history.

About the Author

KHENPO SODARGYE has been teaching the Dharma using traditional Buddhist methods since 1987.



Hundreds of thousands of monastic disciples and lay followers worldwide study the Dharma with Khenpo through on-site, livestream, and video teachings. As a Vajra guru and Dzogchen lineage holder, Khenpo is empowered to transmit Vajrayana teachings and practices. He is a frequently invited speaker at top universities across the globe and a prolific author, most recently of *Tibetan Buddhism: A Guide to Contemplation, Meditation, and Transforming Your Mind*.

Religion - Buddhism - Tibetan
Religion - Buddhism - History
Biography & Autobiography - Religious

Subrights Sold: No Chinese or Tibetan language rights

SHAMBHALA

01/07/2025

PAGES: 264

ISBN: 9781645473190

How Not to Miss the Point

The Buddha's Wisdom for a Life Well Lived

By Jetsun Khandro Rinpoche

\$21.95 - TR

About the Book

Cut through the noise and cultivate a meaningful and impactful life through the teachings of the Buddha.

We're bombarded with advice about how to live—how to find happiness, how to maintain relationships, how to help the world—and yet has all this advice brought us peace? In *How Not to Miss the Point*, beloved Buddhist teacher Jetsun Khandro Rinpoche focuses on the Buddha's core teachings—basic principles that are universally true, whether we are Buddhist or not—as a way to cultivate our inner light and work for good, no matter how the world unfolds around us.

Because the simplicity of the Buddha's fundamental teachings—the three basic laws of nature, four noble truths, and eightfold path—can get lost in complexity. Rinpoche goes straight to their heart to convey the Buddha's core message: If we want this life—our own life, the lives of others, and the life of our planet—to be fulfilling and good, we must accept responsibility for cultivating the best qualities of our human mind and life. To put the how-and-why into practice, Rinpoche guides us through the steps of the Buddha's path.

About the Author

JETSUN KHANDRO RINPOCHE is the daughter of Tibetan meditation master His Holiness Mindrolling Trichen and is herself a renowned teacher in the Kagyu and Nyingma lineages of Tibetan Buddhism. She teaches throughout Europe, North America, and Asia. She is actively involved with the Mindrolling Monastery and Samten Tse Retreat Centre in India and other Samten Tse centers and associations around the world.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

How Not to Miss the Point

The Buddha's Wisdom *for a Life Well Lived*

Jetsun
Khandro
Rinpoche

SHAMBHALA

06/10/2025

PAGES: 176

ISBN: 9781611808568

The Sadhana of Mahamudra

Teachings on Devotion and Crazy Wisdom

By Chögyam Trungpa; forewords by
Diana J. Mukpo and Samuel Bercholz
\$29.95 - TR

About the Book

An in-depth commentary on “The Sadhana of Mahamudra,” a visionary text from Chögyam Trungpa on surrendering, renunciation, and devotion.

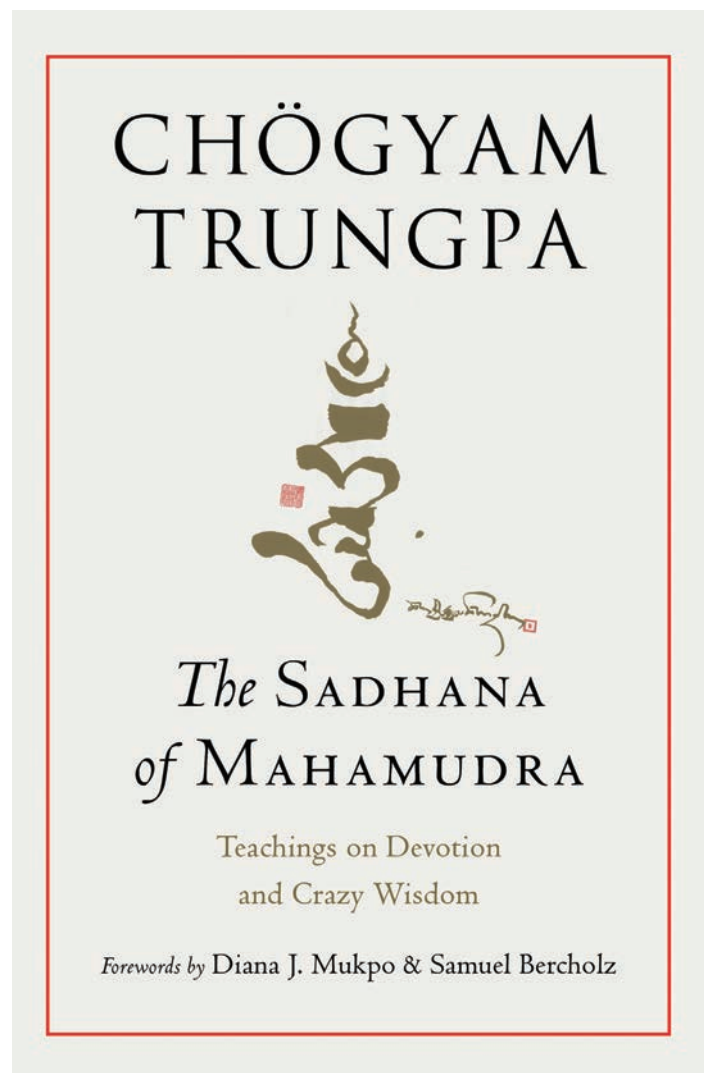
In 1968, while on retreat in a cave in Bhutan, Chögyam Trungpa revealed “The Sadhana of Mahamudra,” a *terma* text, or visionary teaching, that illuminated the problems of spiritual corruption and materialism. From that time on, his teachings were dedicated to providing his students with the wisdom and skill to overcome these problems in themselves and in the world.

In later years, Chögyam Trungpa offered teachings to unpack the meaning of the practice. That extensive commentary is contained here, where he lays the groundwork we need to gain a deeper appreciation of this profound text and how it applies to our own lives and practice. As he states in the book, “The sadhana is a prototype of how emotion and wisdom can work together.”

Previously published as *Devotion and Crazy Wisdom*, this new edition includes for the first time the text of the sadhana. Also included is an updated list of resources for further study, an index, a new foreword by Samuel Bercholz, and updated introductory material—including a new introduction from Carolyn Gimian discussing the significance of “The Sadhana of Mahamudra.”

About the Author

CHÖGYAM TRUNGPA (1940–1987) was a meditation master, teacher, and artist who founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books, including *Shambhala: Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.



Religion - Buddhism - Tibetan
Religion - Buddhism - Sacred Writings
Religion - Buddhism - Rituals & Practice

SHAMBHALA
03/25/2025
PAGES: 304
ISBN: 9781645473787

Saraha

Poet of Blissful Awareness

By Roger R. Jackson

\$34.95 - TR

About the Book

The life and works of the mysterious Indian yogin, Saraha, who has inspired Buddhist practitioners for over a thousand years.

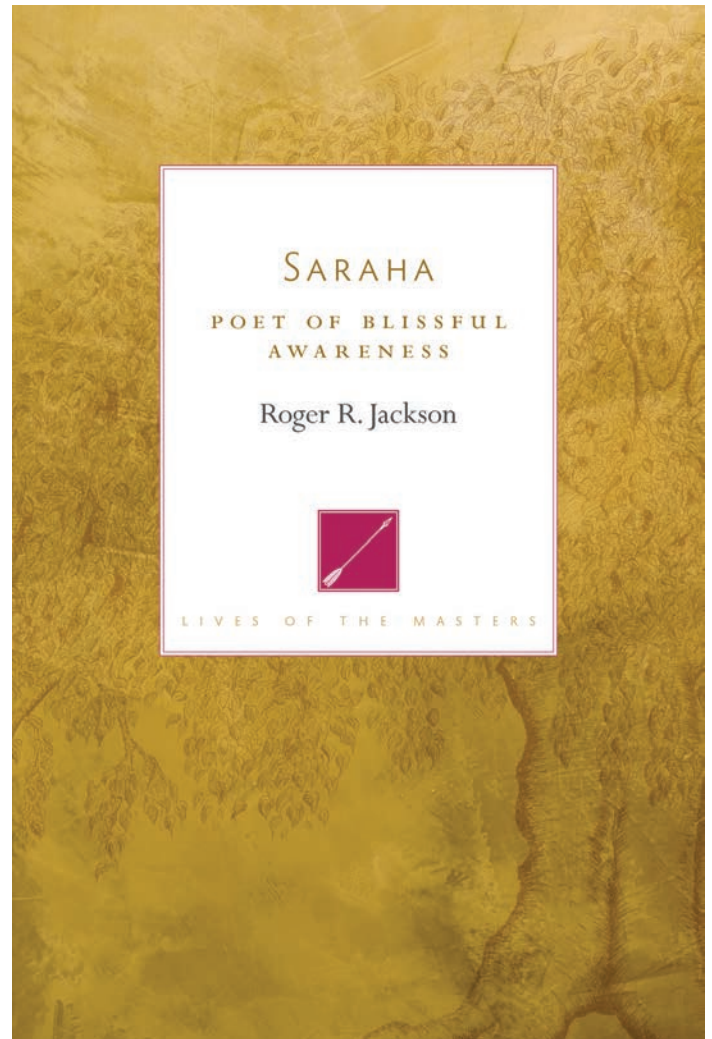
Saraha, “the Archer,” was a mysterious but influential tenth-century Indian Buddhist tantric adept who expressed his spiritual realization in mystic songs (dohās) that are enlightening, shocking, and confounding by turns. Saraha’s poetic verses made the esoteric ideas and practices of Vajrayāna accessible to a wide audience on the Indian subcontinent and served as a basis for the exposition, in Tibet, of mahāmudrā, the great-seal meditation on the nature of mind that permeates every tradition of Buddhism on the Tibetan plateau.

This is the first book to attempt a thorough treatment of the context, life, works, poetics, and teachings of Saraha. It features a search for the “historical” Saraha through evidence provided by our knowledge of the medieval Indian context in which he likely lived, the biographical legends that grew up around him in Tibet, and the works attributed to him in Indic and Tibetan text collections; a consideration of the various guises in which Saraha appears in his writings (as poet, social and religious critic, radical gnostic thinker, and more); an overview of Saraha’s poetic and religious legacy in South Asia and beyond; and complete or partial translations, from Tibetan, of over two dozen works attributed to Saraha. These include nearly all his spiritual songs, from his well-known Dohā Trilogy to obscure but important expositions of mahāmudrā, as well as several previously untranslated works.

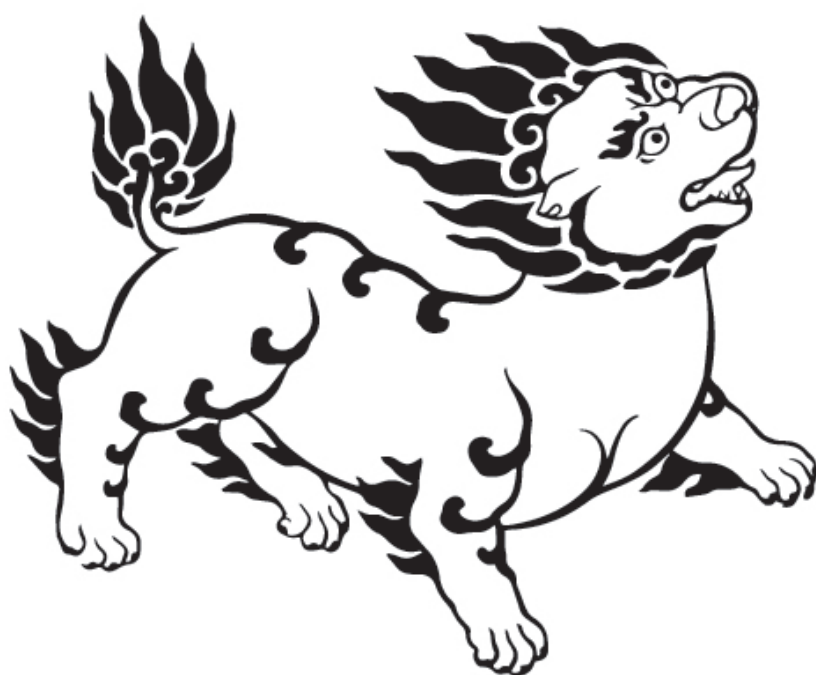
About the Author

ROGER R. JACKSON is a Professor Emeritus of Asian Studies and Religion at Carleton College. He has nearly fifty years of experience studying and practicing Buddhism and has authored numerous books on Indian and Tibetan Buddhist philosophy, meditation, and ritual.

Religion - Buddhism - History
Biography & Autobiography - Religious
Religion - Buddhism - Tibetan



SHAMBHALA
11/05/2024
PAGES: 588
ISBN: 9781611806069



SNOW LION

A Garland of Immortal Wish-fulfilling Trees

The Palyul Tradition of the Nyingmapas

By Ven. Tsering Lama Jampal Zangpo; translated by
Sangye Khandro

\$21.95 - TR

About the Book

A comprehensive explanation of the extraordinary Palyul tradition in which the Mahamudra ("Great Seal") and Dzogchen ("Great Perfection") traditions and the kama and terma lineages are joined together

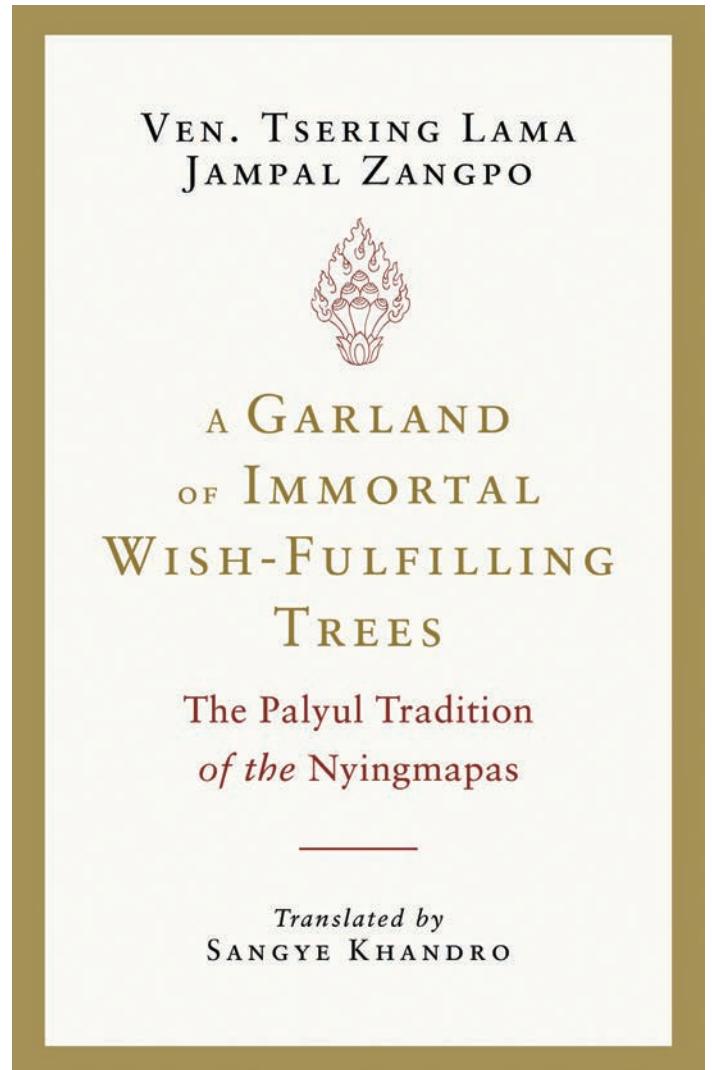
Palyul Namgyal Changchub Chöling, one of the six Great Secret Nyingmapa mother monasteries in Tibet, has for centuries upheld the extraordinary non-dual teachings of the Great Seal and Great Perfection traditions. Featuring captivating portraits of the Palyul lineage's throne holders, along with its history and continued preservation, *A Garland of Immortal Wish-fulfilling Trees* traces the succession of the tradition's leaders and reveals the source of its dharma lineage found in kama, terma, and pure vision. It also includes:

- An introduction to the Palyul tradition by Penor Rinpoche
- Biographies of Karma Chagmed Rinpoche and Vidyadhara Migyur Dorje
- And appendices detailing the Nyingma tradition and the major and minor branch monasteries of the mother Palyul

About the Author

TSERING LAMA was ordained at the Mugsang monastery before traveling to Palyul and receiving transmissions from the great Khenpo Ngaga Rinpoche, the second Drubwang Pedma Norbu Rinpoche, the fourth Karma Kuchen Rinpoche, the second Chögrül Rinpoche, and many others. After completing all stages of inner practice, he received the title of Vajra Acharya (tantric master). During his lifetime, he taught writing, poetry, astrology, and grammar and studied all of the important tantras. Before dying at the age of eighty-four, he wrote a large volume of poetry praising gurus of the Nyingmapa tradition.

Religion - Buddhism - Tibetan



Biography & Autobiography - Religious
Religion - Buddhism - Sacred Writings

SNOW LION

10/08/2024

PAGES: 208

ISBN: 9781645473565

Guru Rinpoché

His Life and Times

Translated by Ngawang Zangpo
\$34.95 - TR

About the Book

The story of Guru Rinpoché's visit to Tibet and significant influence on its Buddhist history during the eighth and ninth centuries, recounted by four prominent Tibetan scholars.

This book recounts Guru Rinpoché's historic visit to Tibet and explains his continuing significance to Buddhists. Through a series of historical texts written by prominent Tibetan Buddhist masters, this book recounts the life and legacy of Padmasambhava, The Lotus-Born, better known as Guru Rinpoché. Credited with transmitting Buddhism to Tibet in the eighth century CE during the last century of the Tibetan Empire, Guru Rinpoché fostered radical changes to Tibet, marking historic transformations in the country's religious and political position. Having converted Tibet into a largely Buddhist society, Guru Rinpoché's influence remains a central force in Tibetan identity and practice today.

Guru Rinpoché offers an account of his life through four distinct accounts, including:

- A biography by Jamgon Kongtrul
- A short biography and treasure text by Dorje Tso revealed by Sera Khandro
- An Indian version of his life by Taranatha
- The Bön version of his life by Jamyang Kyentse Wangpo

In addition, the book includes a selection of supplications and Buddhist poetry praising the Lotus-Born master, Guru Rinpoché.

About the Author

NGAWANG ZANGPO (HUGH LESLIE THOMPSON) completed two three-year retreats under the direction of the late Kalu Rinpoche. He is presently working on a number of translation projects that were initiated under the direction of Chadrak Rinpoche and Lama Tharchin Rinpoche. He has also contributed to Kalu Rinpoche's translation group's books *Myriad Worlds* and *Buddhist Ethics*.

Religion - Buddhism - Tibetan
Religion - Buddhism - History
Biography & Autobiography - Religious

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GURU RINPOCHÉ



HIS LIFE AND TIMES

Translated by
NGAWANG ZANGPO

SNOW LION
12/03/2024
PAGES: 368
ISBN: 9781645473480

Wondrous Ocean of Eloquence

Histories of the Taklung Kagyu Tradition

By Taklungpa Ngawang Namgyel; translated by Gyurme Dorje
\$69.95 - HC

About the Book

A comprehensive history of the Taklung Kagyu lineage of Tibetan Buddhism, composed in the seventeenth century, and includes glossy color images of recently discovered twelfth-century portraits and inscriptions.

This is the first ever English translation of a multilayered and comprehensive historiographical volume on the political, artistic, architectural, biographical, and mystical dimensions of the Taklung, one of four primary subsects of the Kagyu lineage of Tibetan Buddhism. Centering an otherwise marginal and understudied Buddhist tradition, this volume contains an extraordinary wealth of historical, religious, and biographical information not found in any other published work. It is a complex tale of Tibetan religiopolitical maneuvering in the face of centuries of civil unrest and armed conflict with Central Asian warring dynasties.

While detailing the abbatial succession of the tradition's two main monastic seats, Taklung and Riwoche Monasteries, it is also broad and vast in scale, going back to sixth-century BCE India to include early Indian Buddhist canon formulation, moving then to narratives on the Tibetan Kagyu lineage holders (Marpa, Milarepa, Gampopa), to the twelfth-century founding of the Taklung sect in Tibet, and then all the way through to the early twentieth century, which saw Tibet's first modern military and cultural conflicts both within the country and with Chinese, Mongol, and Gorkha forces.

An introductory essay by art historian Jane Casey on painting in the Taklung tradition includes her scholarly analysis of the dating and provenance of thirteenth-century portraits and inscriptions, only discovered in recent decades. Glossy color images of these paintings are included in the volume.

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TAKLUNGPA NGAWANG NAMGYEL (1571–1626), was a monk, abbot, scholar, and historian. He was the seventeenth throneholder in the abbatial succession of Taklung Monastery in Tsang, Tibet.



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