



SHAMBHALA
PUBLICATIONS

Spring 2024 Rights Guide
London Book Fair

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**SHAMBHALA
PUBLICATIONS**

Ayurveda Mama

A Comprehensive Guide to Preparing for Pregnancy, Birth, and Postpartum

By Dhyana Masla

\$39.95 - TR

About the Book

The first pregnancy book with an Ayurvedic approach to conscious conception, pregnancy, labor + birth, and postpartum. This robust guide includes more than 50 traditional practices, recipes, and remedies.

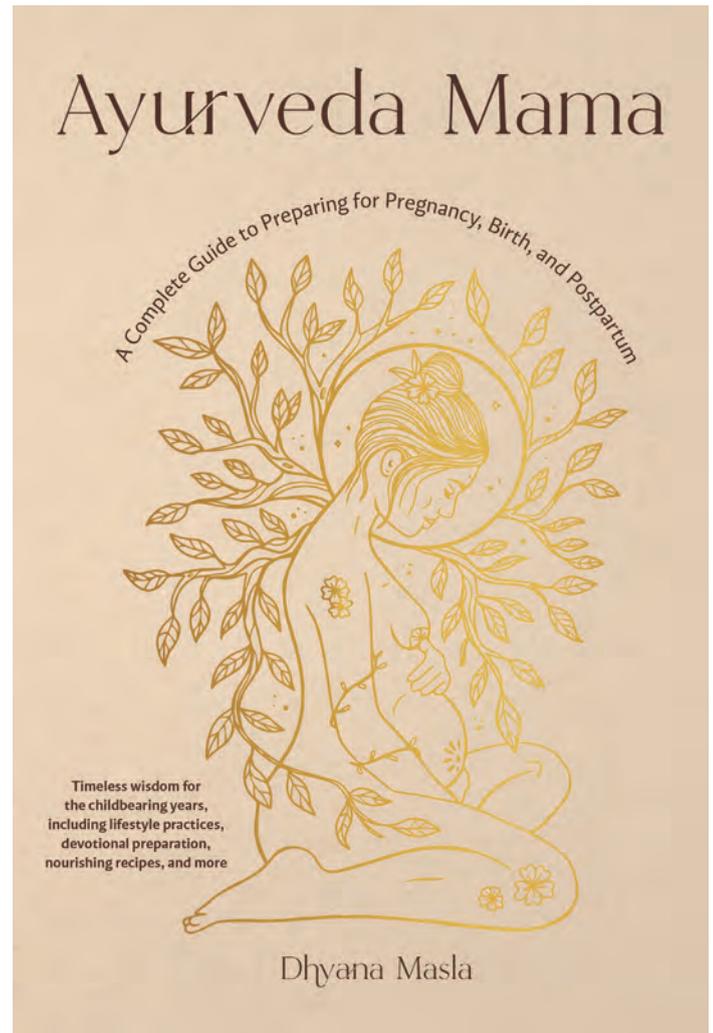
Ayurveda, India's ancient and holistic system of health, offers timeless wisdom on the sacred process of bringing life into this world. *Ayurveda Mama* offers ways to prepare your body, mind, and life before conception, and guidance on how to nourish yourself (and your little one) throughout pregnancy, birth, and postpartum. Dhyana includes tips on diet, lifestyle, herbs, and oils so that you experience vibrancy and vitality.

You will:

- learn traditional Ayurvedic rituals for conscious conception;
- feel prepared for your unique birthing experience;
- be equipped with Ayurvedic techniques to invoke auspiciousness, balance, and ease for labor and birth;
- have the tools needed to assure that your Sacred Window, or postpartum period, is one of the most profound, restorative, and memorable experiences of your life;
- feel assured that you are deeply nourished and cared for so that you can care for your little one;
- have guidance for over 50 supportive traditional practices, recipes for optimal health, instructions for creating your own nontoxic home products, and elixirs to treat common ailments.

About the Author

DHYANA MASLA was born to a family of Bhakti Yoga practitioners and grew up around her family's Ayurvedic retreat center (www.AyurvedaHealthRetreat.com) with the teachings of Ayurveda weaved throughout her life. She received a degree in yoga and psychology at Naropa University; is a certified Ayurveda Health Counselor; the co-founder of Soul Space—an online community rooted in Yoga, Ayurveda and joyful living—and co-founder of YogaVeda—the Yoga Alliance-certified school for uniting the philosophy, lifestyle, and sciences of yoga and Ayurveda.



About the Illustrator

AMY LOGOVIK returned to art in 2019, after taking a leap from her corporate job and into the unknown. Nature, women, and spirit feature heavily in her artworks as the source of her inspiration.

Medical - Holistic Medicine
Family & Relationships - Parenting - Motherhood
Body, Mind & Spirit - Ayurveda

SHAMBHALA

05/28/2024

PAGES: 368

ISBN: 9781645471196

By Your Side

How to Find Soulful Allies and Become One to Others

By David Richo

\$18.95 - TR

About the Book

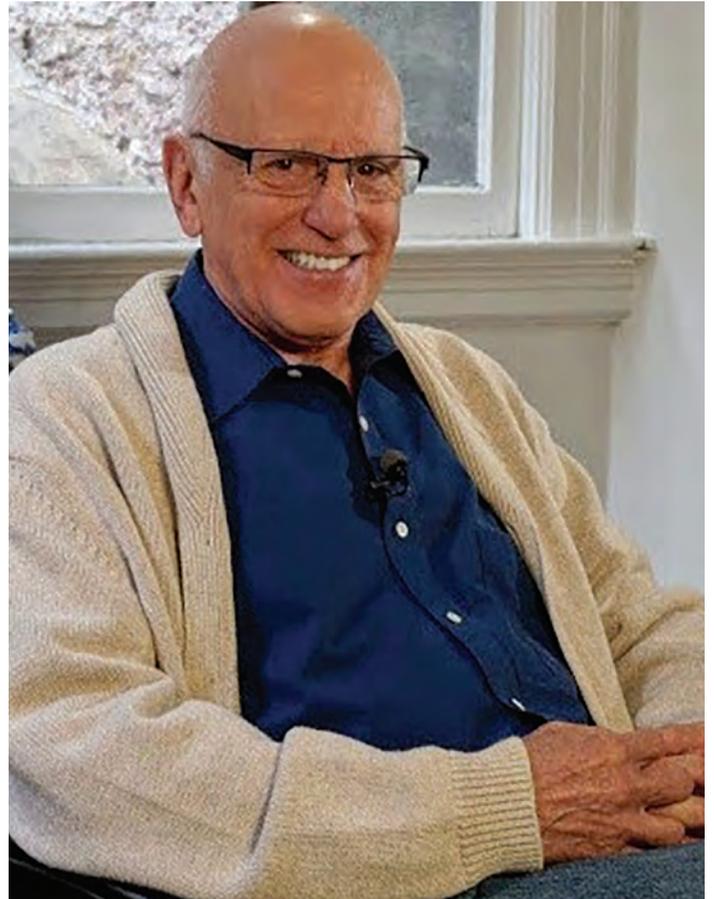
David Richo draws from history, Jungian psychology, Buddhism, nature, and other spiritual traditions to illuminate our connection to the “helpers” we call upon to navigate life. Some of the assisting forces in our lives are visible, and some are invisible. Some are with us for life; some come and go. 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: 224
ISBN: 9781645473053

Everyday Ayurveda for Women's Health

Traditional Wisdom, Recipes, and Remedies for Optimal
Wellness, Hormone Balance, and Living Radiantly

By Kate O'Donnell; photographs by Cara Brostrom
\$40.00 - HC

About the Book

Find a deeper sense of wellness fueled by self-care, nurturing routines, healing foods, and herbal remedies for women of any age.

Learn the ancient wisdom of Ayurvedic living through 60+ recipes and practices, including 50+ photos.

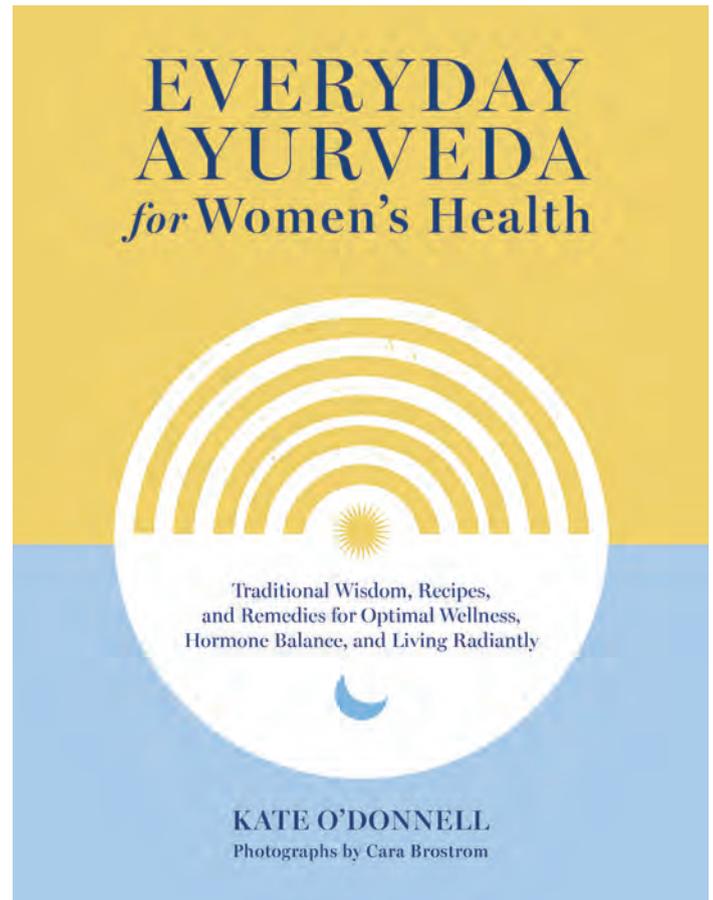
The ancient science of Ayurveda brings us back into relationship with the rhythms of our lives, streamlining our daily habits and attuning our activities by time of day and seasons. *Everyday Ayurveda for Women's Health* delivers insights into personal health, hormonal balance, and connection to nature, all from the simplest practices: what we eat. Food and herbs are medicine for body, mind, and soul.

Kate O'Donnell empowers women of any age to become intimate with their body, how it works, how it changes over time, and how to listen to its messages. Her practical guide will inspire you to experience radiant health from the inside out.

With *Everyday Ayurveda for Women's Health*, you can:

- reclaim your health by adopting a more healing diet;
- balance your hormones by choosing foods, herbs, and healing practices that are right for your constitution—60+ recipes, including herbal ghees, shatavari, beneficial oils, and more;
- become more luminous and empowered with divine feminine and lunar energy, the subtle body, and more;
- understand your current season of life—whether it involves menstruation, pregnancy, infertility, perimenopause, or menopause.

The traditional Ayurveda wisdom in this book is accessible for all and will help you navigate any stage of life with grace.



About the Author

KATE O'DONNELL is the author of four Ayurveda books, published in seven languages, as well as an international presenter, Ayurvedic practitioner, and mentor. She is the founder of the Ayurvedic Living Institute, an online community space for self-transformation. She lives in Portland, Maine, and more information can be found on her website at <https://www.kateodonnell.yoga/>.

Cooking - Health & Healing - General
Health & Fitness - Women's Health
Health & Fitness - Women's Health

SHAMBHALA
04/23/2024
PAGES: 368
ISBN: 9781645471684

Finding Radical Wholeness

The Integral Path to Unity, Growth, and Delight

By Ken Wilber

\$39.95 - HC

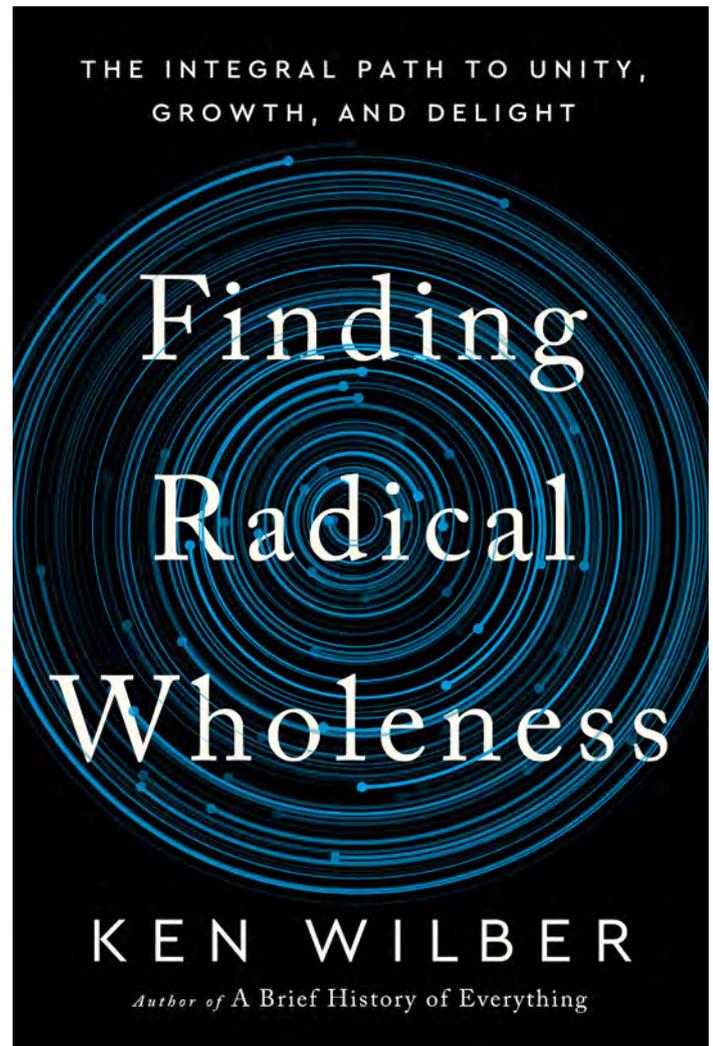
About the Book

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: 464

ISBN: 9781645471851

Gurdjieff and the Fourth Way

An Esoteric Legacy

By Stephen A. Grant

\$29.95 - HC

About the Book

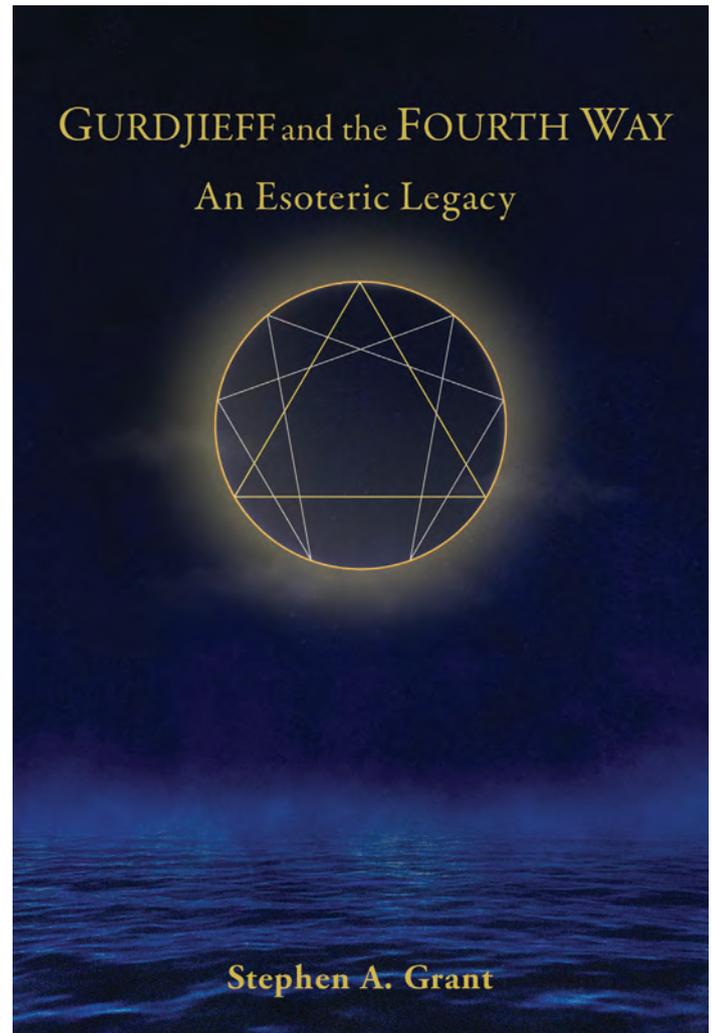
A profound new look at Gurdjieff's life, teachings, and role as a spiritual leader through the lens of esotericism.

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: 320

ISBN: 9781645473350

The I Ching Oracle

A 64-Card Illustrated Deck and Guidebook

By Catherine Pilfrey

\$29.95 - Card Deck

About the Book

The ancient wisdom of the *I Ching* is reimagined for today's world in this beautifully designed 64-card deck, which will help you access your inner wisdom, thrive in the face of change, and make decisions with confidence.

The *I Ching*, or the *Book of Changes*, is an ancient book of wisdom and guidance—rooted in Daoist and Confucian philosophy—on how to live fully and nobly while managing life's ups and downs.

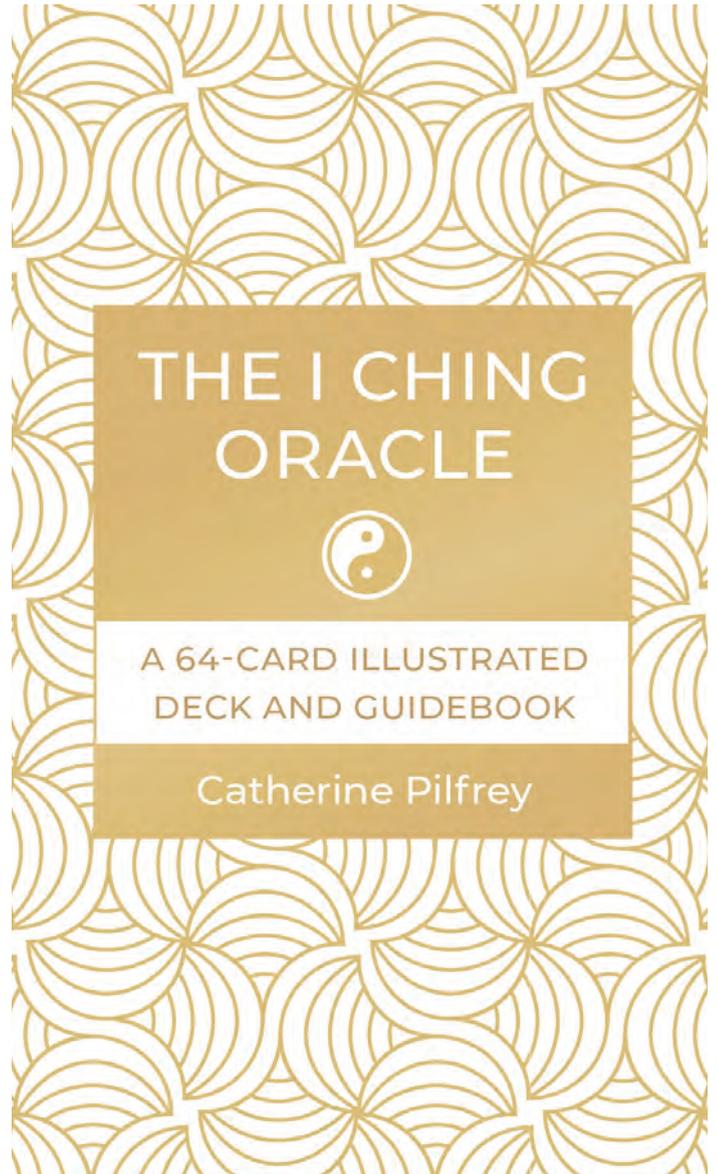
This beautiful, thoughtfully conceived card deck presents the *I Ching* as a contemporary guide and oracle, answering questions like: How can I be my best self in any situation? How do I handle a tough conversation with my partner or co-worker? How do I find a fulfilling career?

The *I Ching* is made up of 64 hexagrams—a combination of six straight and broken lines—that encompass all of life's experiences and comprise all the possible combinations of Yin and Yang. Each card features one hexagram with its accompanying guidance, which is written to be easily understood, empowering, and optimistic.

Traditionally, consulting the *I Ching* involved throwing coins or yarrow sticks and referring to a book that contained antiquated and often-opaque language. This relevant, fresh, and accessible deck reimagines the *I Ching* without archaic vocabulary and confusing metaphors. Just ask a question and then pull a card to access your intuitive voice and be guided on your best path forward.

The *I Ching Oracle* card box contains:

- 64 hexagram cards in myriad colors with unique patterns inspired by Asian, African, Mayan, and Aboriginal motifs that communicate the energy of each hexagram
- A 100-page color guidebook with information on the *I Ching* and detailed explanations for each card
- A beautifully designed magnetic-closure book box with a ribbon pull tab for the cards



About the Author

CATHERINE PILFREY has been consulting the *I Ching* for the past 25 years and has been practicing meditation since she was a teenager. She is a meditation teacher who has taught at the Boston Shambhala Meditation Center and in various corporate settings, including Life is Good and Yesware in Boston. She teaches online at MindfulAware.com meditation community. She is also an art director, a graphic designer, and a health and nutrition coach.

Body, Mind & Spirit - I Ching
 Body, Mind & Spirit - Inspiration & Personal Growth
 Body, Mind & Spirit - Divination - Tarot

SHAMBHALA

12/19/2023

PAGES: 64

ISBN: 9781645472018

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.

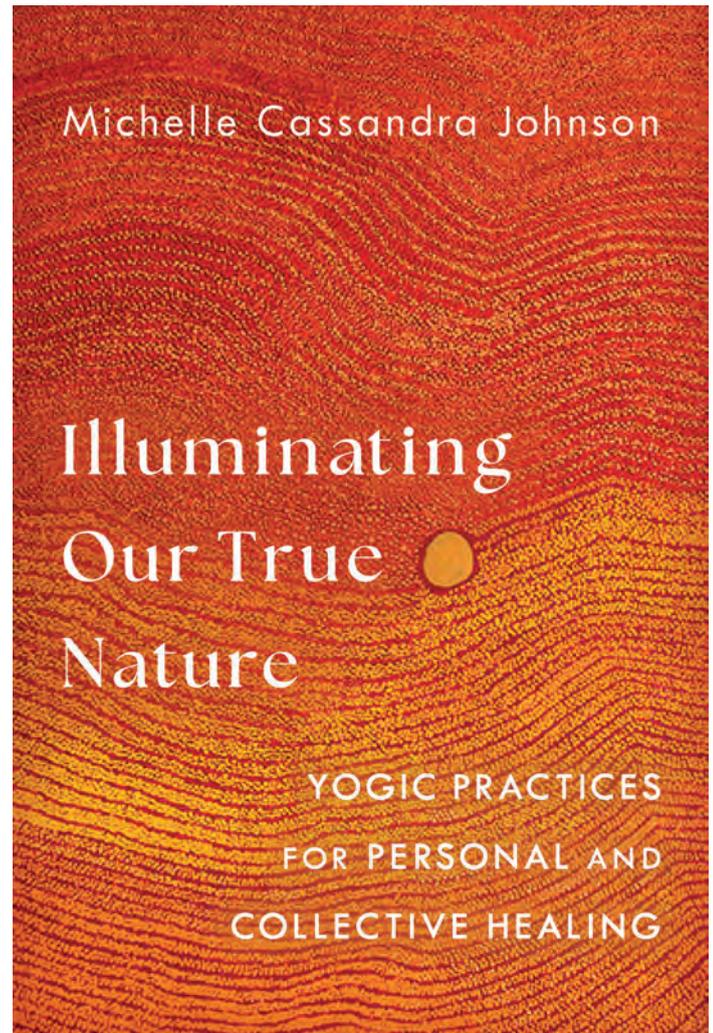
Johnson offers us a way to find a sense of clarity, groundedness, and equanimity within ourselves by working through the *kleshas* one-by-one using asana, pranayama, mudra, mantra, reflection questions, and meditation.

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

The Lost Art of Silence

Reconnecting to the Power and Beauty of Quiet

By Sarah Anderson

\$21.95 - TR

About the Book

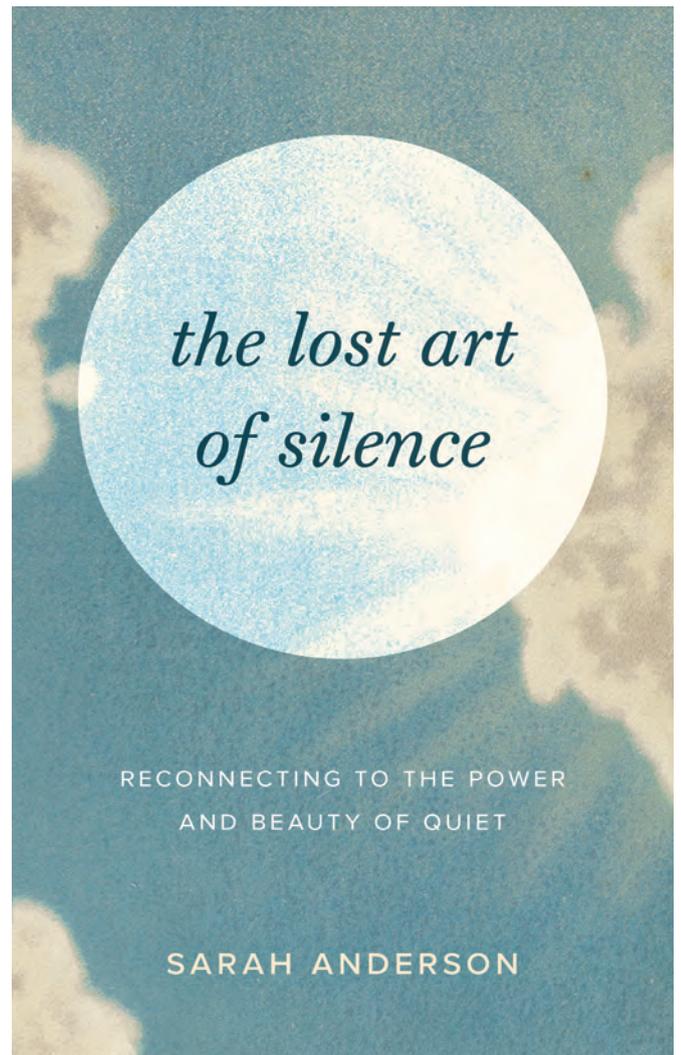
A unique celebration of silence—in art, literature, nature, and spirituality—and an exploration of its ability to bring inner peace, widen our perspectives, and inspire the human spirit in spite of the noise of contemporary life.

The pursuit of silence can force you to confront yourself, which is why many people do everything they can to try and avoid it—often filling their world with vacuous sound. But it can also be transformative. Ultimately, embracing quiet—in contemplation, meditation, in nature, or even by examining certain kinds of media—is necessary for personal and societal growth because it invites us to widen our perspective and become better listeners, and it makes room for a more compassionate approach to the world.

Though our lives are bookmarked in silence—coming from an insulated womb, and going to another stillness in death—during our lifetime, we compete with exterior noise and a near-constant interior dialogue that judges, analyzes, compares, and questions. But, if we can get past this barrage, there lies a quiet place well worth the search. This book encourages people to embrace this search, shedding light on silence through the lenses of topics including:

- spirituality,
- nature,
- lived experiences,
- the arts,
- darker sides of quiet,
- and ways forward.

Throughout, the author shares her own personal relationship and experiences with silence as well as perspectives from a diverse array of cultural figures like musicians, meditators, writers, and artists whose work emanates a profound feeling of quiet.



About the Author

SARAH ANDERSON founded the Travel Bookshop in London in 1979, the shop later featured in the film Notting Hill. She studied Chinese at the London University college of SOAS, and at Heythrop, where she earned an MA in the psychology of religion. She has taught travel writing at City University, writes regular travel pieces, books, and gives talks worldwide. Her paintings have been exhibited throughout London, and she is the author of the book *Heaven's Face Thinly Veiled*.

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

Subrights Sold: Spanish, Thai

SHAMBHALA

12/05/2023

PAGES: 304

ISBN: 9781645472162

The Luminous Self

Sacred Yogic Practices and Rituals to
Remember Who You Are

By Tracee Stanley

\$21.95 - TR

About the Book

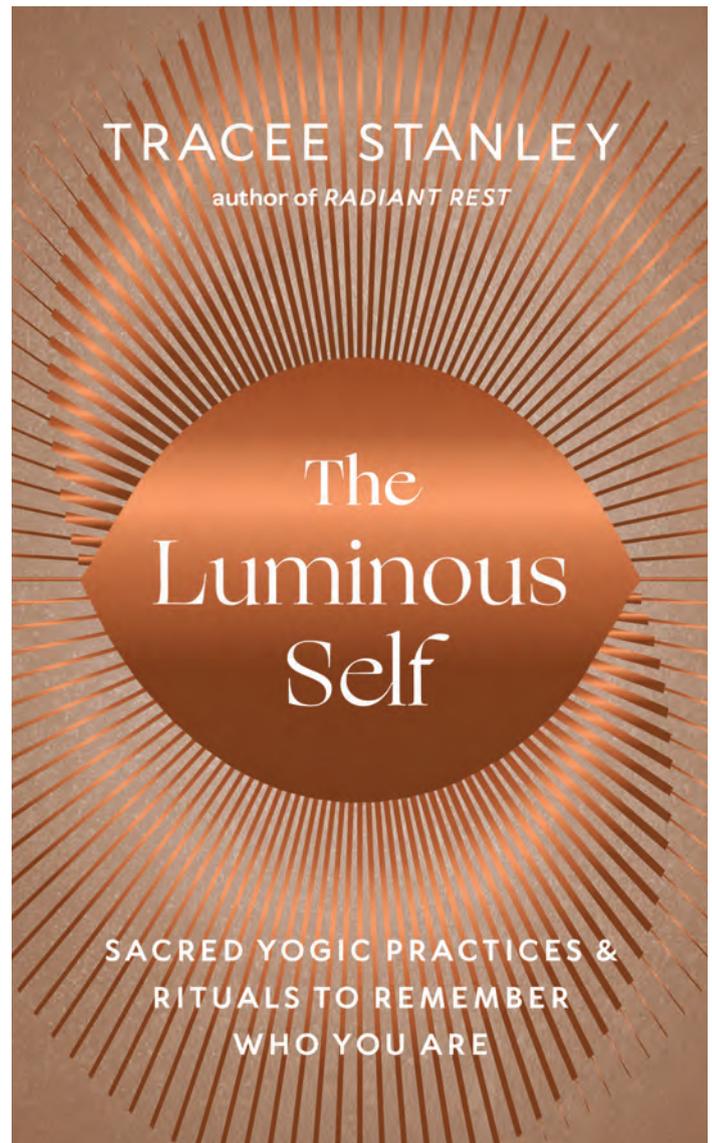
A guide to self-remembrance with practices, meditations, and self-inquiry to help you connect with your inner wisdom, remember your wholeness, and live with clarity and compassion.

Tracee Stanley, the best-selling author of *Radiant Rest*, shares teachings and practices that can help us connect with our true Self and reclaim our inherent power and wisdom—essential for living with purpose and grace in our turbulent world. In this book, Tracee Stanley shares teachings and practices in each chapter—including meditation, yoga nidra, breath work, dreaming rituals, community care practices, journaling, and more—that can help us remember and honor our deepest Self.

The book is a journey of inner exploration for anyone who desires to know themselves more deeply. Chapters introduce different paths to personal discernment—including facing obstacles to liberation, forgiveness, the power of memory, transitions as portals to wisdom and devotion, and nature as a teacher—and include stories from Stanley's life, teachings, and practice. Six audio practices accompany the book.

About the Author

TRACEE STANLEY is a teacher of yoga nidra, meditation, and self-inquiry and the founder of Empowered Life Circle, a sacred community and portal of practices, rituals, and teachings inspired by years of study in yoga and Tantric traditions. She is author of the book *Radiant Rest: Yoga Nidra for Deep Relaxation and Awakened Clarity*, created the *Empowered Life Self-Inquiry Deck*, and is host of the *Radiant Rest* podcast. Tracee leads retreats and trainings in the US and internationally.



About the Illustrator

MAGGIE EILEEN currently works as a freelance artist & folk herbalist and is passionate about creativity, soil health, herbalism & indigenous wisdom. A graduate of The Gaia School of Healing in California, she takes art commissions, hosts workshops, organizes retreats to study with indigenous elders, and sees clients for private transformational work.

Health & Fitness - Yoga
Body, Mind & Spirit - Inspiration &
Personal Growth
Self-Help - Spiritual

SHAMBHALA
10/10/2023
PAGES: 208
ISBN:9781645471660

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, 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: 192

ISBN: 9781645473060

Mythmaking

Self-Discovery and the Timeless Art of Memoir

By Maureen Murdock

\$18.95 - TR

About the Book

Best-selling *Heroine's Journey* author Maureen Murdock invites readers to explore their personal story within the rich tapestry of human experience by examining the craft of memoir alongside fresh writing advice and prompts.

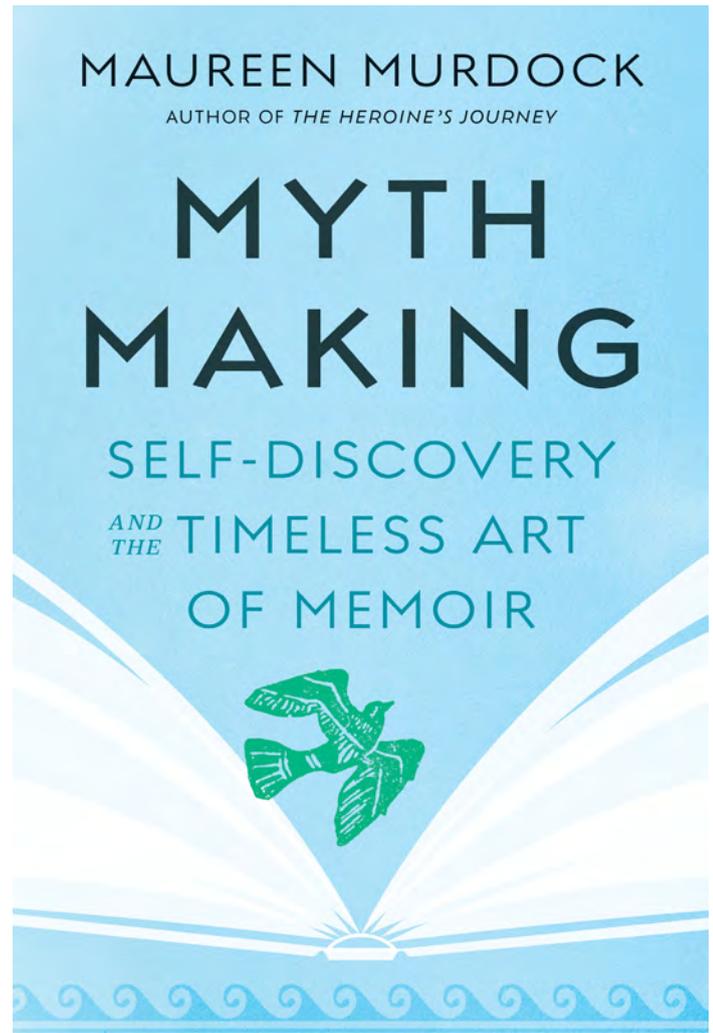
Maureen Murdock looks at thematic connections between ancient myths and contemporary memoirs to probe questions like: What is my journey? Where is home? Her background as a Jungian psychotherapist enriches her teaching—urging us to dig deep to identify our own universal archetypes.

Writers who feel stuck or unworthy of writing about themselves will find thought-provoking inspiration and validation in this book, while those simply looking to use writing as a tool for self-exploration will examine their patterns and stories to reveal their true inner selves. And all will be left with a deeper understanding of the rich scope of the memoir genre by exploring contemporary favorites—like Terry Tempest Williams's *Refuge*, Joan Didion's *The Year of Magical Thinking*, and David Carr's *The Night of the Gun*—from a mythological perspective.

Like myth, memoir reveals a unity to human experience that ultimately we all share similar hopes, dreams, and desires as well as fears, losses, and heartbreaks. Memoir helps writers understand the trajectory of their lives and helps readers better grasp our own place within the human experience.

About the Author

MAUREEN MURDOCK, PhD, a Jungian-oriented psychotherapist, has been teaching memoir writing since 1990 in the UCLA Extension Writers' Program and at Pacifica Graduate Institute. She also teaches memoir and myth



for the International Women's Writing Guild and teaches weekly classes in Santa Barbara. Murdock has written five books as well as articles for publications like *Psychological Perspectives* and *The Huffington Post*.

Language Arts & Disciplines -
Writing - Nonfiction (Incl. Memoirs)
Psychology - Movements - Jungian
Self-Help - Creativity

Subrights Sold: Spanish

SHAMBHALA
03/05/2024
PAGES: 200
ISBN: 9781645471943

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

10/08/2024

PAGES: 272

ISBN: 9781645472322

Presence

The Art of Being at Home in Yourself

By Tracy Cochran

\$18.95 - TR

About the Book

In 20 short, gem-like chapters, meditation teacher Tracy Cochran invites us to explore living fully in the present moment as a revolutionary practice.

Tracy's vibrant essays from her storied life give plenty of encouragement to reframe and dive deep into our own experiences.

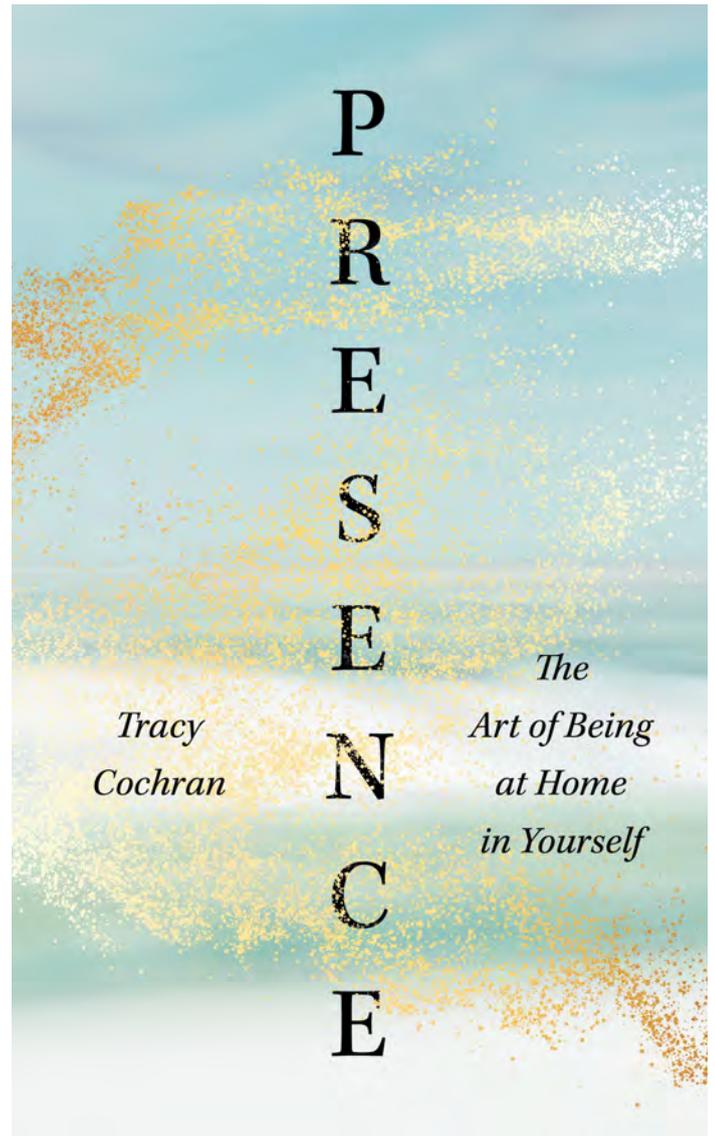
Mindfulness offers us a way to be fully in the present moment and as we start to embrace this practice, we learn that our lives are made of present moments. That gift of presence is the palpable experience of awareness that appears when we remember to be mindful of those moments.

In 20 short chapters, Cochran encourages us to see presence as a living force—and to recognize and explore how that shows up in our lives. She offers riveting and relatable stories from her life—a spiritually transformative wine-making trip in France, a near-death experience while being mugged, managing her feisty child while on a retreat with Thich Nhat Hanh, among many others—and Buddhist teachings to encourage us to see the power of presence to illuminate and transform our past, present, and future.

Cochran's observations and reminiscences are wise and pithy, and she gives us plenty of encouragement to explore and reframe our own experiences.

About the Author

TRACY COCHRAN has been a student of meditation and spiritual practice for almost 50 years. She is also a long-time teacher, as well as a writer, the editorial director of *Parabola Magazine*, and the founder of the Hudson River Sangha in New York. She teaches at



the Rubin Museum, the New York Insight Meditation Center, and in schools, colleges, and at multinational corporations. Her writing has appeared in *Parabola*, *The New York Times*, *Publishers Weekly*, *Psychology Today*, *O Magazine*, *New York Magazine*, *Boston Review*, and many other publications and anthologies.

Body, Mind & Spirit - Mindfulness & Meditation
 Religion - Buddhism - Rituals & Practice
 Self-Help - Personal Growth - Happiness

SHAMBHALA

04/16/2024

PAGES: 248

ISBN: 9781645471806

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.

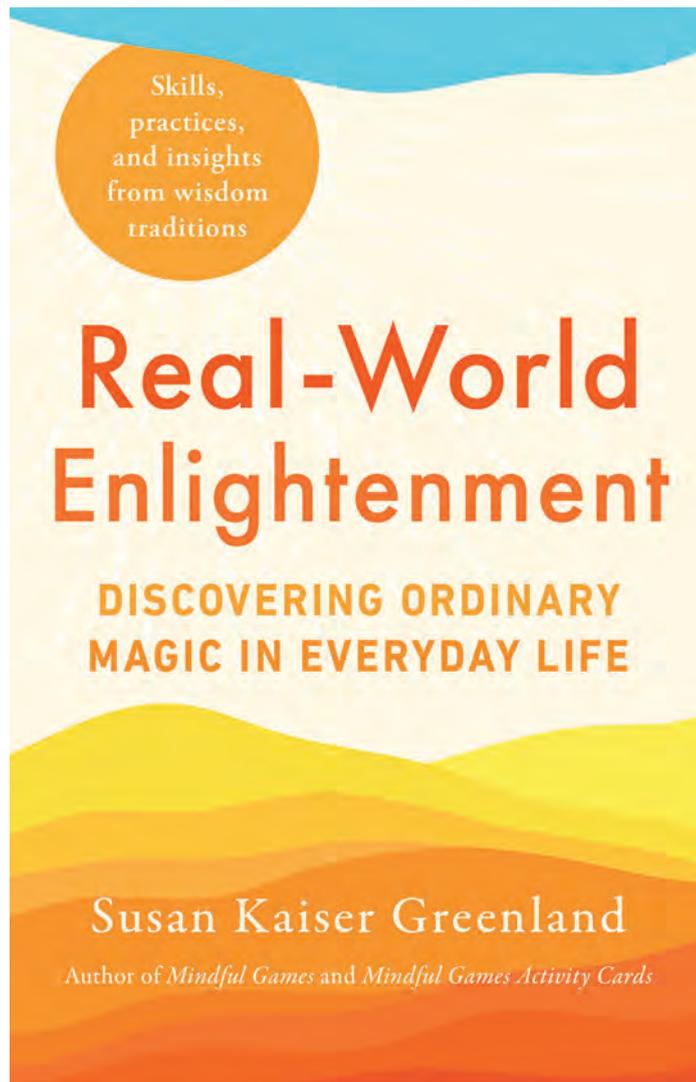
Enlightenment isn't a lofty and unrelatable goal; it's something that is available to us all the time, in the midst of the challenging, exuberant, and mundane occurrences and activities of our everyday lives.

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: 224

ISBN: 9781611809350

Taoist Inner Alchemy

Master Huang Yuanji's Guide to the Way of Meditation

By Huang Yuanji and Ge Guolong; translated by
 Mattias Daly
 \$24.95 - TR

About the Book

A fascinating guide to the mental, physical, and esoteric spiritually transformative Taoist practices designed to increase longevity and unity with the world—with commentary and interpretation on the traditional text by a contemporary academic and meditation practitioner.

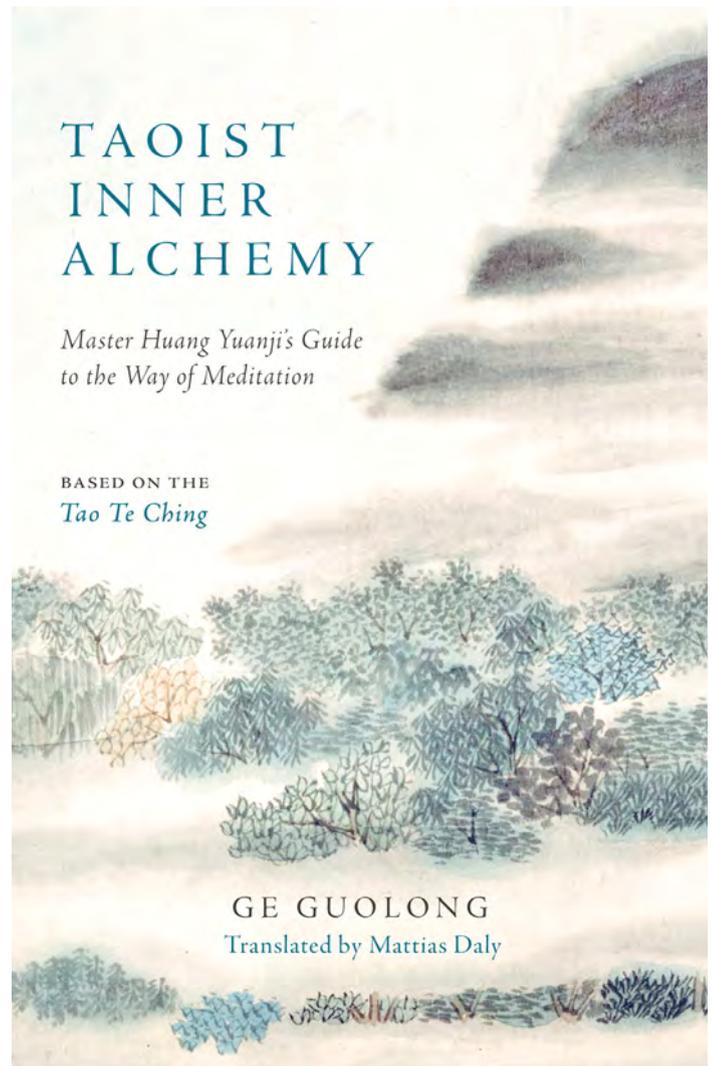
In clear and engaging language, *Taoist Inner Alchemy* shows us that alchemy is not something one does, but a process that unfolds when one “does nothing”—meaning abiding in one’s basic, primordial state. It teaches the entire process of Taoist inner alchemy cultivation through meditation practices and includes authentic explanations of fundamental theories and methods needed to actually start walking the path.

Historically, Taoist teachers borrowed complex terminology from astrology, numerology, and metallurgical alchemy to describe the process of individual transformation that occurs as a result of long-term meditation practice. While that classical terminology may seem arcane, it actually beautifully represents Taoism’s straightforward philosophy; in the words of Lao-tzu, “the Great Tao is ultimate simplicity.” This thoughtful guide demystifies that classical terminology, illuminating Taoism’s straightforward philosophy.

Ge Guolong’s vivid explanations of Huang Yuanji’s discourses—a Taoist master from the Qing Dynasty (1636–1912)—will surprise readers with their clarity, practicality, and close relationship to the philosophy of such works as the *Tao Te Ching* and *Chuangtzu*. Huang’s teachings synthesize Taoism, Buddhism, and Confucianism, and readers will appreciate this book as an excellent entry point to Taoist philosophy and meditation practice.

About the Authors

GE GUOLONG has a PhD in philosophy from Peking University. Since 1999, he has worked



as a researcher at the China Academy of Social Sciences Taoism Research Center. Professor Ge has published numerous books on Taoist inner alchemy in Chinese and has also conducted extensive research into Chan Buddhism. He is a long-time practitioner of Taoist and Buddhist meditation.

MATTIAS DALY is a professional translator with a degree in acupuncture and a master’s degree in Chinese Literature. He was inducted into the Longmen lineage of Complete Reality Daoism by Abbess Liu of the Three Purities Monastery in Jilin province, China, in 2013. He primarily translates for the National Palace Museum in Taipei and the Chinese Taipei PEN quarterly.

Religion - Taoism
 Body, Mind & Spirit - Alchemy
 Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA
 03/12/2024
 PAGES: 304
 ISBN: 9781645472124

Thomas Keating

The Making of a Modern Christian Mystic

By Cynthia Bourgeault

\$21.95 - 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

SHAMBHALA

11/26/2024

PAGES: 180

ISBN: 9781645471844

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.

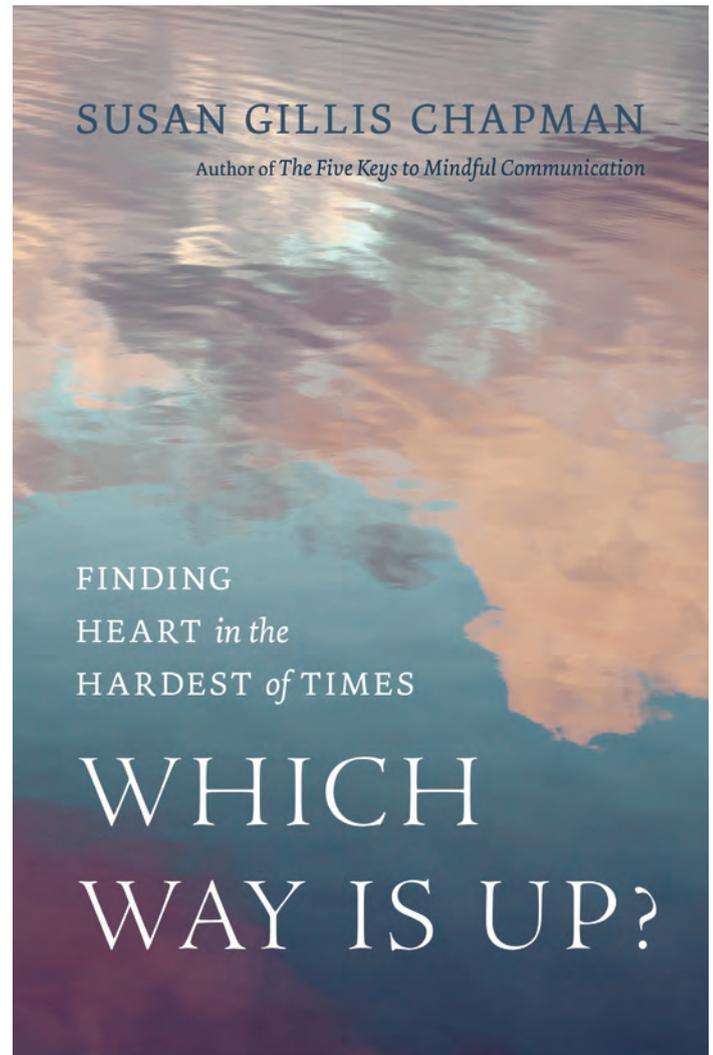
Using personal examples from her own recent *bardo* crisis undergoing cancer treatment during the pandemic—and offering contemplative prompts for inner-reflection and a meditation practice in each chapter—psychotherapist and Buddhist practitioner Susan Chapman demystifies the three main types of fear 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

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

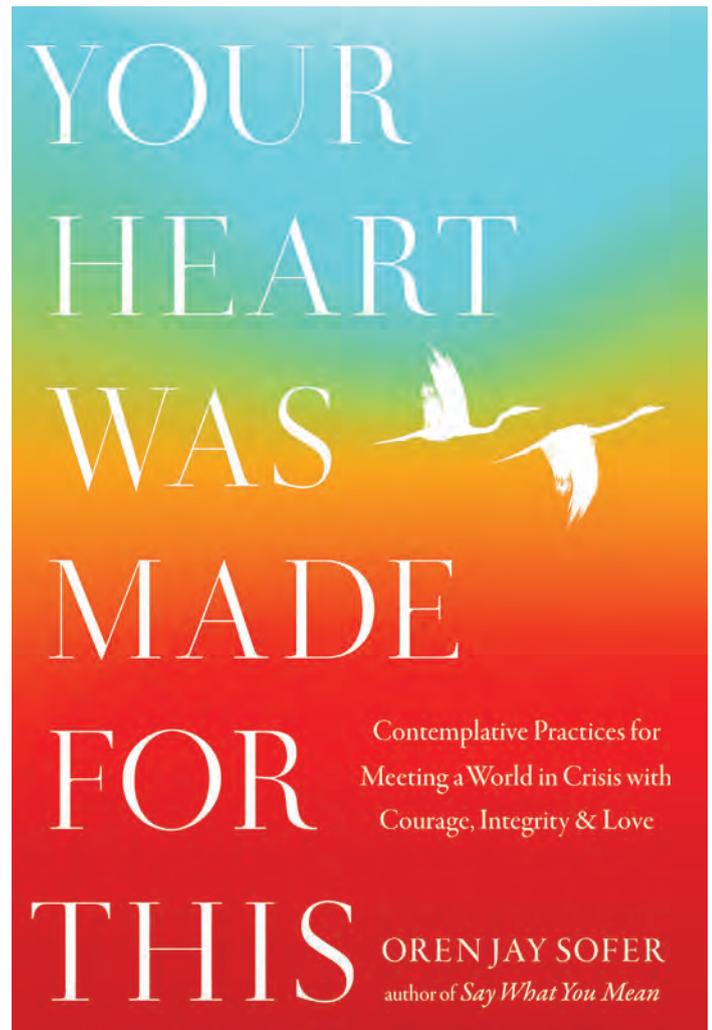
A practical roadmap to cultivating the heart's capacity to face our biggest challenges such as climate anxiety, racial stress, and work burnout head-on, from the best-selling author of *Say What You Mean*.

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 co-author 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 co-founder 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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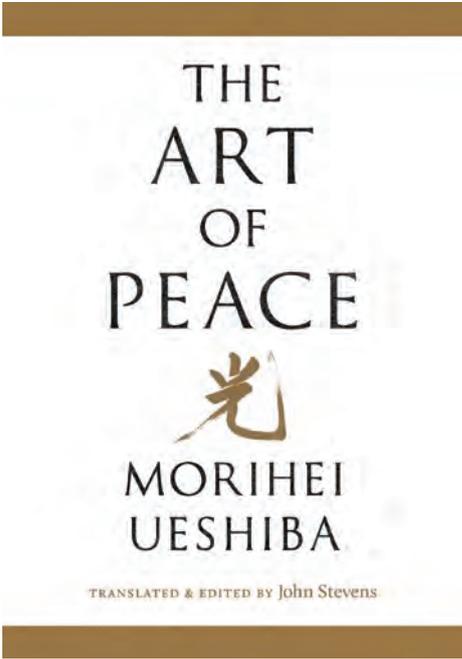
SHAMBHALA

11/21/2023

PAGES: 304

ISBN: 9781645472001

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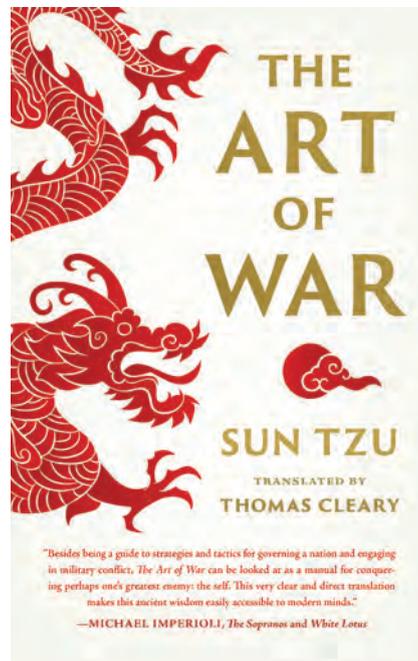
THE ART OF PEACE

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MORIHEI
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TRANSLATED & EDITED BY John Stevens

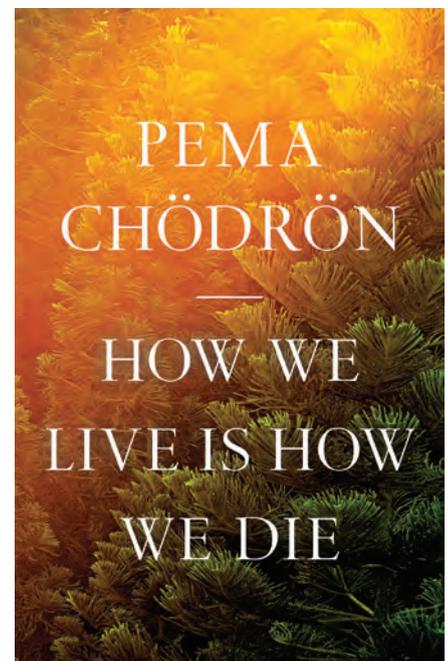
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BY MORIHEI UESHIBA;
TRANSLATED AND EDITED BY
JOHN STEVENS**

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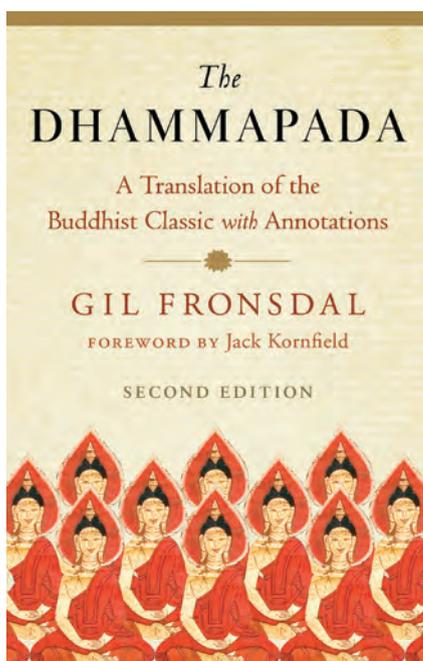
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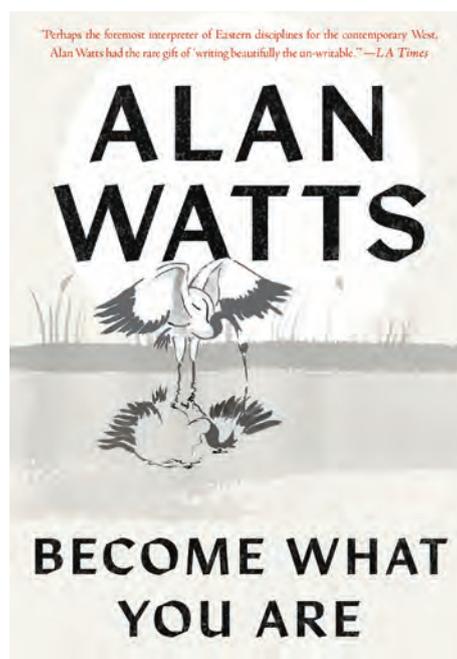
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DIE BY PEMA CHODRON**

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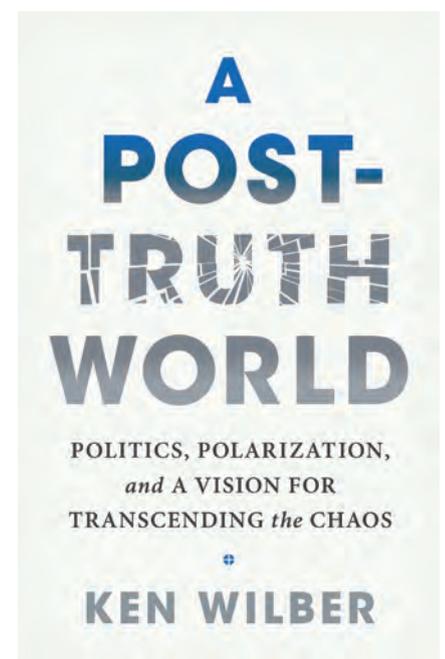
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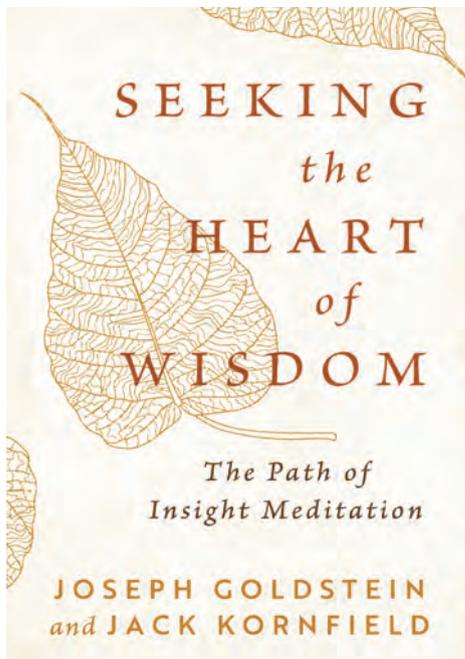
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**A POST-TRUTH WORLD BY
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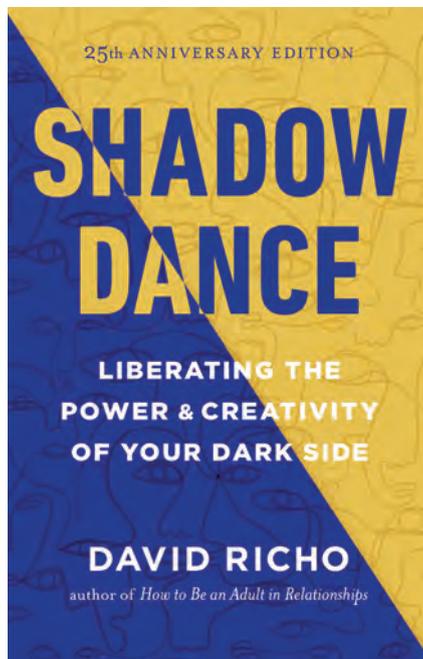
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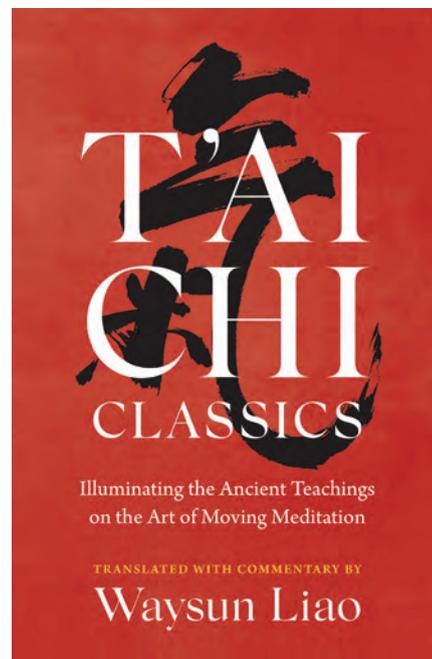
SEEKING THE HEART OF WISDOM BY JOSEPH GOLDSTEIN, JACK KORNFIELD

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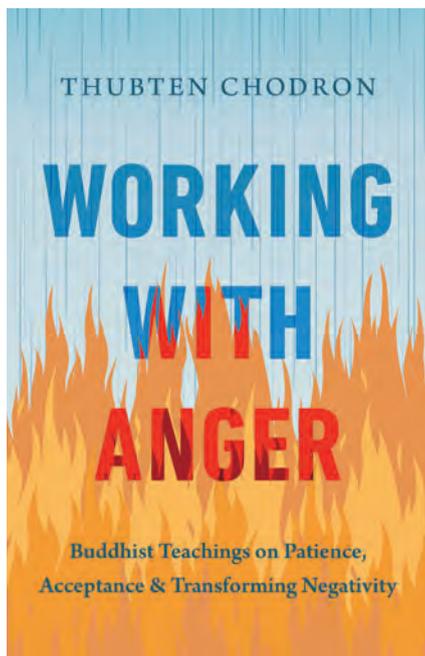
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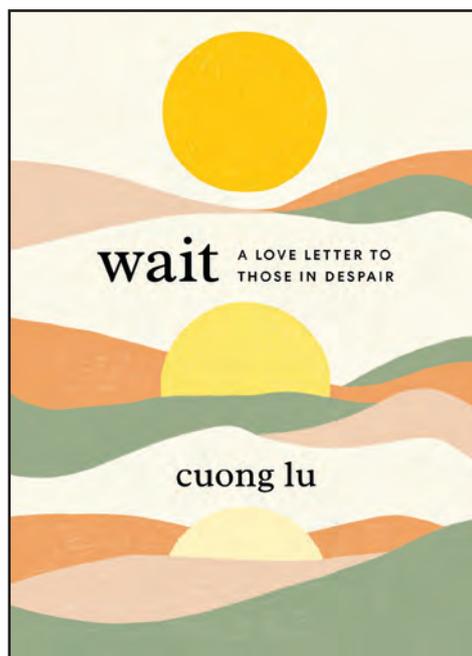
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WAIT BY CUONG LU

Subrights Sold: Dutch, French

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

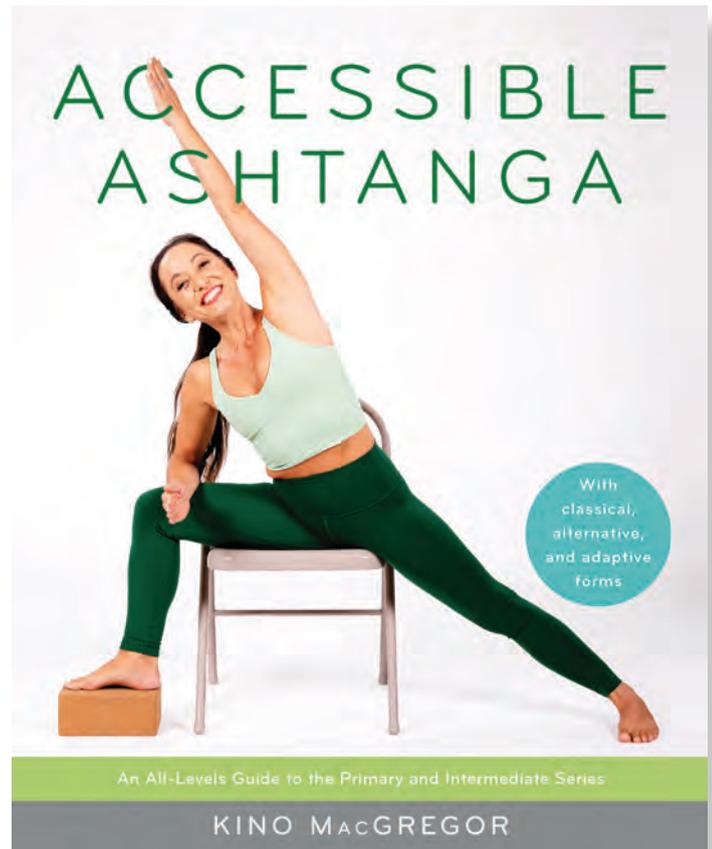
A bold, much-needed guide for Ashtanga yoga practice, useful for all levels and illustrated with 250 color photos, by one of yoga's best known and respected teachers, Kino MacGregor. This offers an updated, more accessible view of the traditional series, adapting it to serve a wider range of practitioners.

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

SHAMBHALA
08/27/2024
PAGES: 304
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.

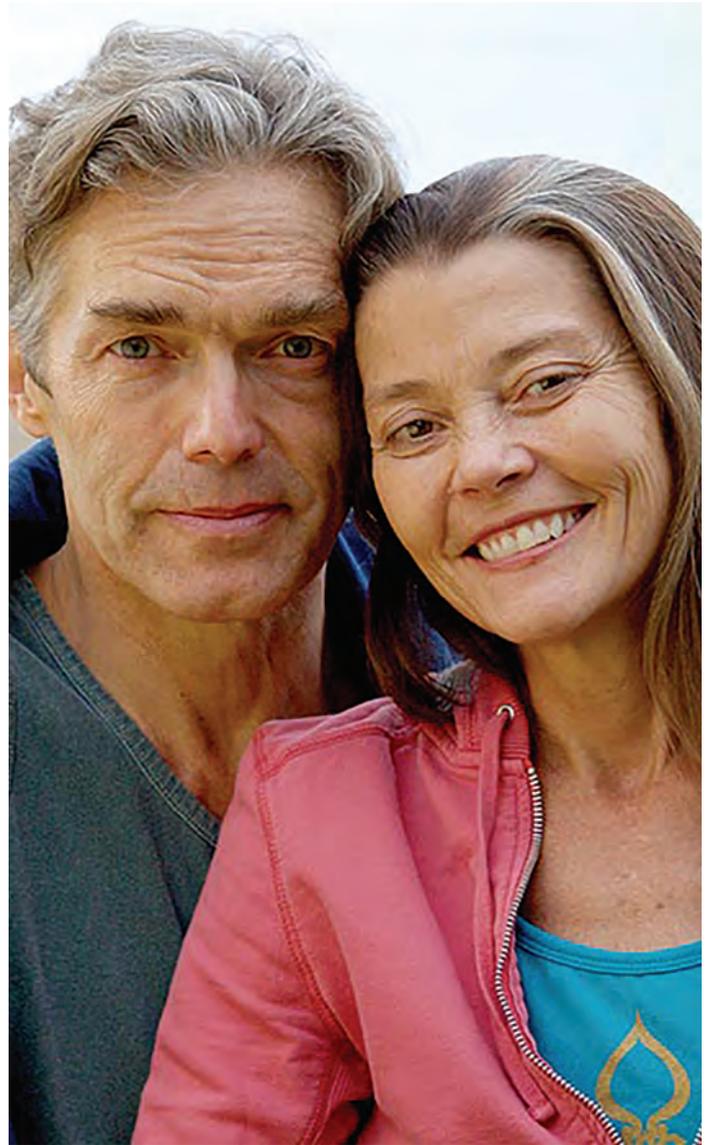
Using storytelling, metaphor, and examples of daily challenges we face, they present practical steps we can take to assimilate these teachings—taking them out of the realm of theory and into the direct experience of what it feels like to be truly happy. They offer 24 practices—meditations, simple movements, 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,



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

10/01/2024

PAGES: 192

ISBN: 9781645472339

Get Fit Where You Sit

A Guide to the Lakshmi Voelker Chair Yoga Method

By Lakshmi Voelker and Liz Oppedijk

\$24.95 - TR

About the Book

Get Fit Where You Sit offers a pioneering method of chair yoga for every body: a full practice of asana, breathing, and meditation with 250 instructional photos.

Designed and taught by Lakshmi Voelker, the LV Chair Yoga (TM) method upends the myth that yoga is only for the flexible, strong, balanced, thin, and conventionally able-bodied. This book highlights 40 active and restorative poses, including individual and partner poses, breathing techniques, and meditation practices, all adapted so that students never have to leave their chairs. For every pose, Voelker offers at least three different ways of experiencing it, depending on an individual's level of flexibility, and suggests ways to incorporate breath work and chanting. Voelker includes healthy lifestyle practices and teaching tips, along with yoga philosophy "lessons" throughout. Examples include: Tree Pose—for a flexible spine and to combat the "slump" we often get in our sedentary lifestyle; Eagle Pose—for healthy joints; Squat Pose—to relax the lower back; Knee-to-Chest Pose—to support good digestion; Coherent breathing—to bring the body's systems into balance; and much more.

Voelker offers a powerful, inclusive practice that is appropriate for new students or long-time practitioners and can easily be adopted by yoga instructors, educators, medical professionals, exercise professionals, or caretakers for work with their clients.

About the Authors

LAKSHMI VOELKER is a certified Kripalu Yoga instructor and a member of the Yoga Alliance and International Association of Yoga Therapists. She certifies teachers in the Lakshmi

An adaptive yoga practice for strength, stamina, balance, and flexibility



Get Fit Where You Sit

A GUIDE TO THE LAKSHMI VOELKER CHAIR YOGA METHOD

Lakshmi Voelker and Liz Oppedijk

Voelker Chair Method at Kripalu, New York Open Center, and Discovery Yoga, and through her online teacher training and mentoring program.

LIZ OPEDIJK is a leading expert on Chair Yoga and a yoga researcher based in the UK. She is an official Lakshmi Voelker Chair Yoga teacher and trainer and a regular lecturer on chair and accessible yoga for healthcare professionals, caregivers, and community workers.

Health & Fitness - Yoga

Health & Fitness - Healthy Living & Personal Hygiene

Health & Fitness - Exercise - Stretching

SHAMBHALA

04/29/2025

PAGES: 248

ISBN: 9781611809251

Ignite Your Yoga

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

By Susanna Barkataki

\$18.95 - 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,

HOW TO LIVE, PRACTICE, AND TEACH
AS AN AUTHENTIC YOGA STEWARD

IGNITE YOUR YOGA

SUSANNA BARKATAKI

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: 192
ISBN: 9781611809947

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.

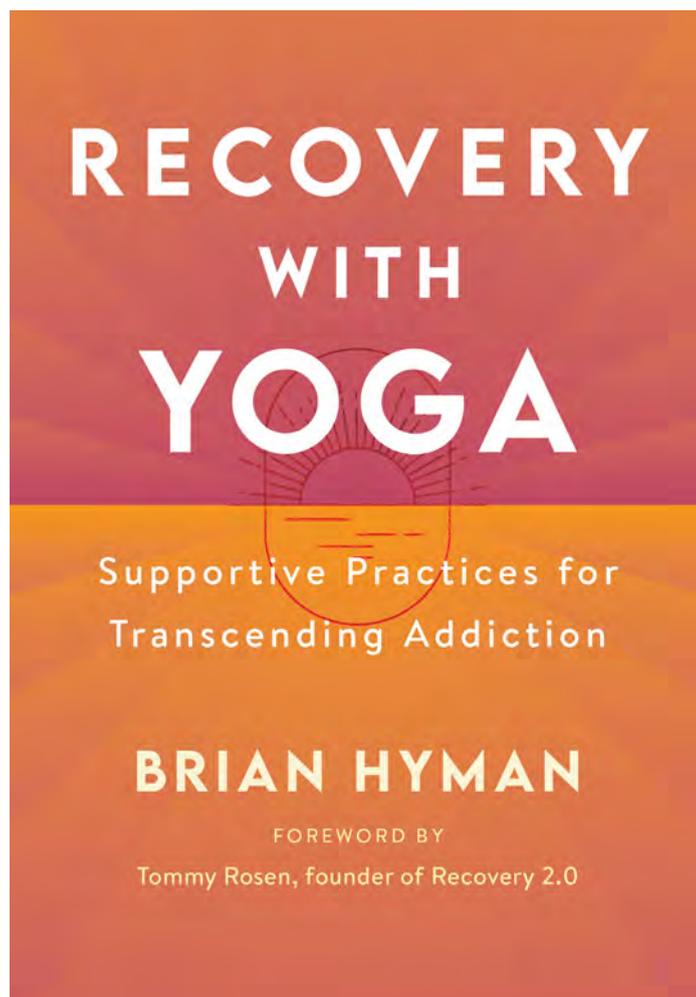
Each chapter focuses on a quality—such as vigilance, acceptance, accountability, among others—and delves into how to manifest it in your recovery journey.

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

Rest Is Sacred

Reclaiming Our Brilliance through the Practice of Stillness

By Octavia F. Raheem

\$18.95 - TR

About the Book

In this compelling follow-up to her popular book, *Pause, Rest, Be*, Octavia Raheem offers succinct, gem-like teachings that invite us to find ways to embrace rest in our daily lives. Rest, she posits, is not only restorative—it connects you to your inner wisdom and is a portal to revelation. Raheem urges us to consider rest as a spiritual practice and to find ways to weave it into the busyness of our everyday life. In this way, she says, we can more fully “rise to the occasion of our life.”

Raheem uses personal reflection and creative, evocative “sutras” (or, just as aptly, aphorisms, threads, psalms, or proverbs) and inquiry to guide us toward a more well-rested present and future. The forty sutras fall into three categories:

- Rest as a place of refuge from the storms of life
- Rest as a place to remember who you are
- Rest as a place of revelation

Each page of *Rest Is Sacred* invites the reader into seeing rest as a contemplative practice and a way of life—and to reflect on our relationship to grind culture. The sutras are concise, potent, and inspiring and can be read in a moment, contemplated, or lingered over. Raheem offers the view that the most sustainable future available to us is a well-rested one, and that rest isn’t a luxury—it is a necessary spiritual practice that is available to us all. The book includes a foreword by Tracee Stanley.

About the Author

OCTAVIA F. RAHEEM is a wife, mother, and author of two books— *Gather* and *Pause, Rest, Be*. She is the founder of Devoted to Rest™, a transformational, rest-focused immersion for visionary leaders making a high impact in their



fields. She teaches high-achieving individuals how to awaken their fullest potential through the power of rest. With 10,000+ hours of training and teaching experience, she is a true luminary in the areas of rest, restorative arts, wellness, and yoga. Octavia has been featured in *Yoga Journal*, *Well + Good*, *Tricycle*, and more.

Body, Mind & Spirit - Healing - General
Health & Fitness - Yoga
Body, Mind & Spirit - Inspiration & Personal
Growth

SHAMBHALA
11/12/2024
PAGES: 144
ISBN: 9781645473275

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.

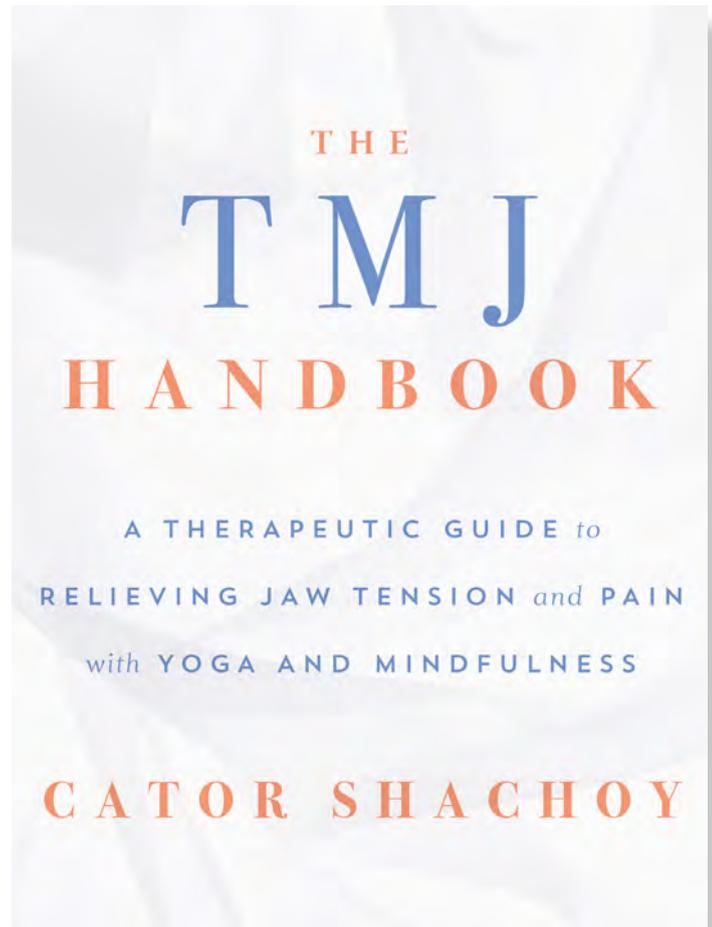
In *The TMJ Handbook*, Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction (TMD)—what we commonly refer to as “TMJ.” She unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension, 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

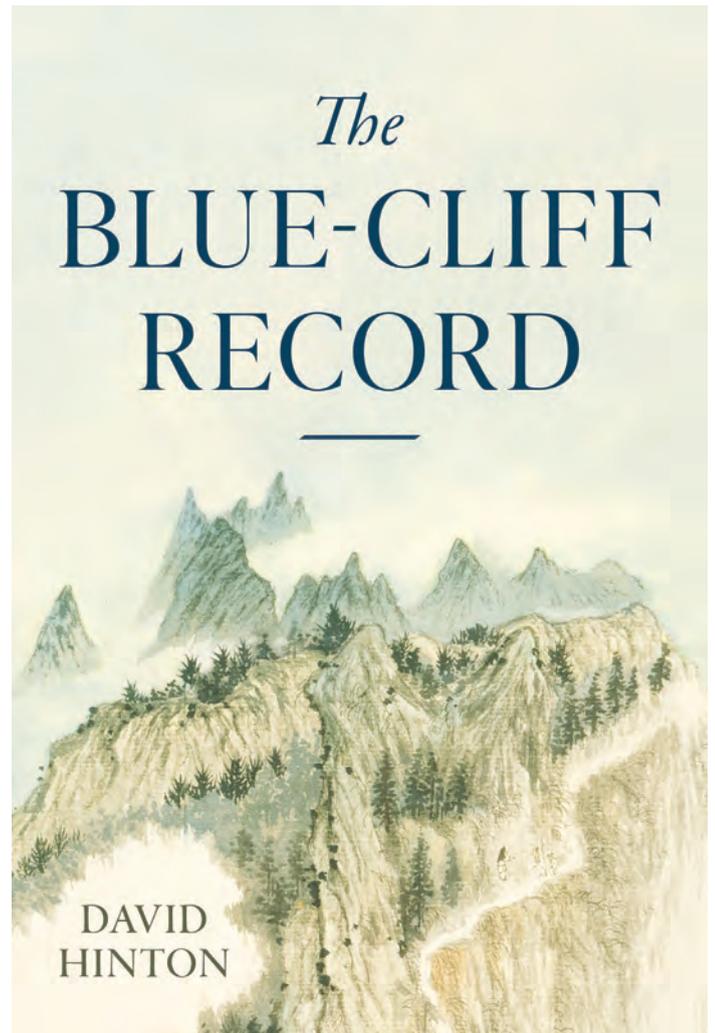
From preeminent translator David Hinton, a once-in-a-generation translation of the definitive Ch'an (Zen) koan collection.

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

SHAMBHALA
06/04/2024
PAGES: 272
ISBN: 9781645472704

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.

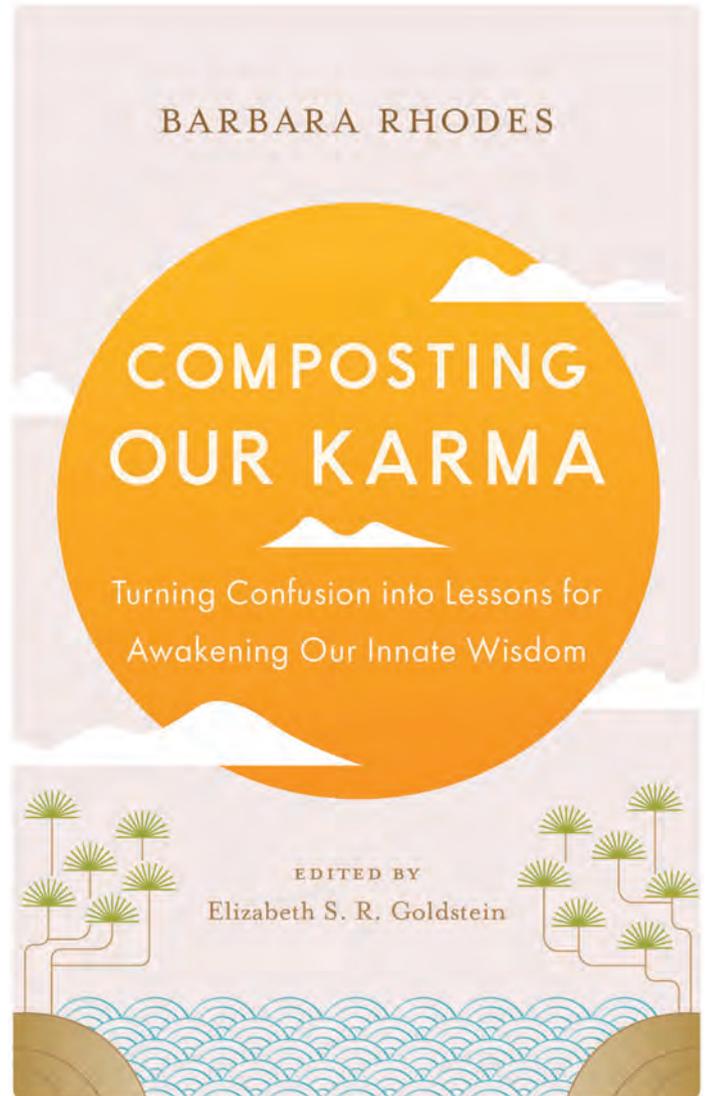
"Don't-know mind," Korean Zen's foremost teaching, points to our clear enlightened mind before suffering arises based on concepts and judgments of like and dislike. While simple, it is a lifelong exercise, with immediate benefits that get deeper with practice. By applying don't-know mind to meditation, 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: 160
ISBN: 9781645472940

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

The JOYFUL
ENDEAVOR of
the BUDDHIST
PATH

AUTHOR OF PEACEFUL HEART

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: 208

ISBN: 9781645472360

Down to Earth Dharma

Insight Meditation to Awaken the Heart

By Rebecca Bradshaw

\$21.95 - TR

About the Book

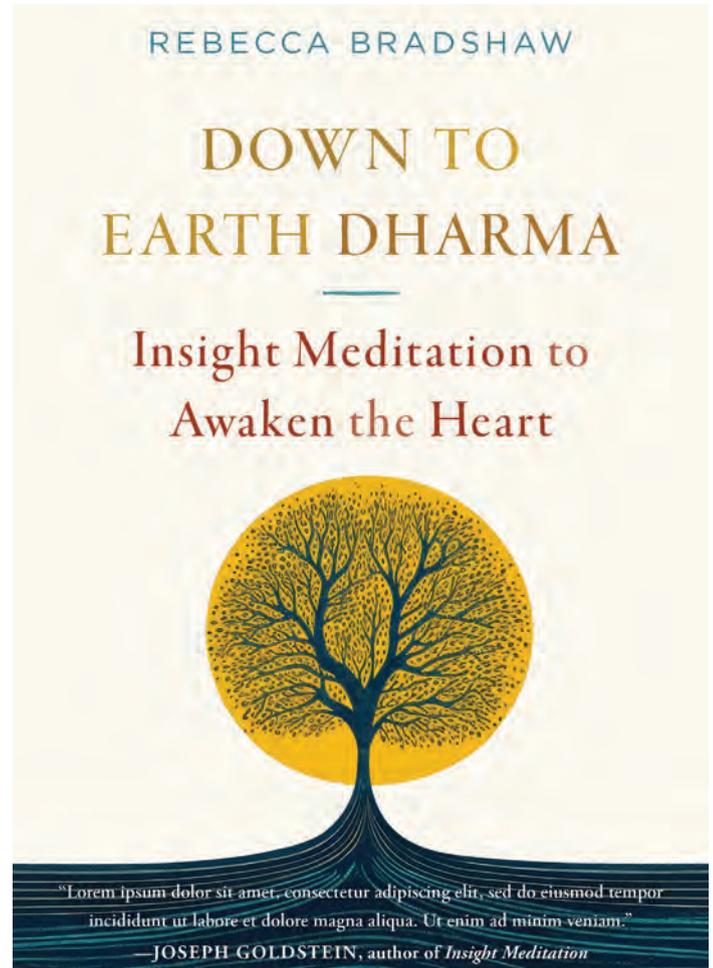
With deeply thoughtful, lyrical prose, this book invites readers to engage with the world from a unique perspective that encourages feeling, intuitive understanding, embodiment, interdependence, and sacredness. Weaving together classical Theravada Buddhist teachings and mindfulness practices, the book 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: 240

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

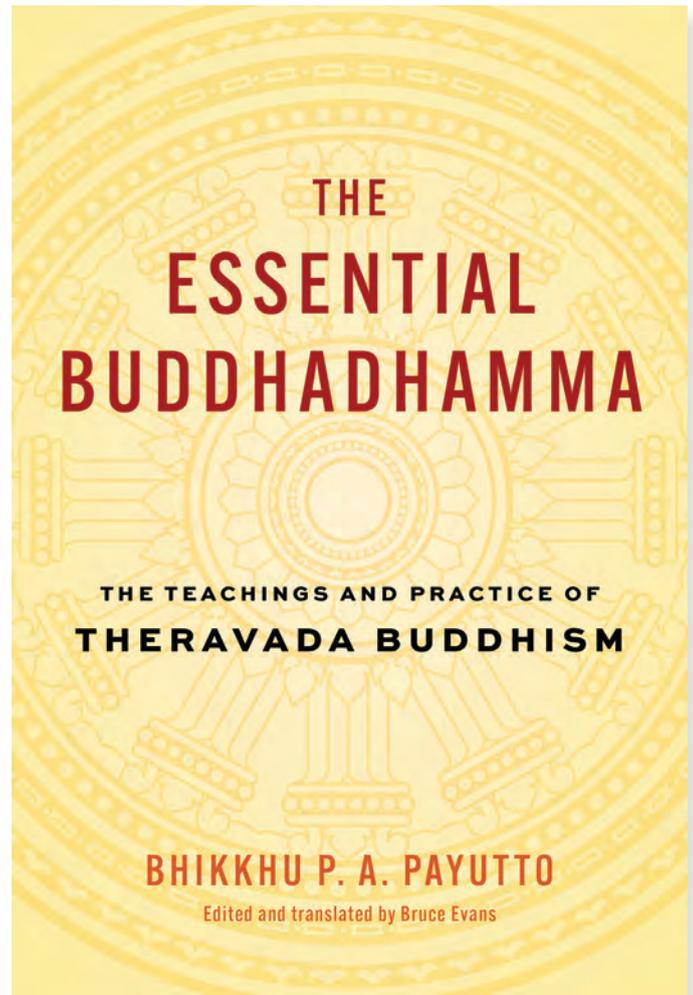
This masterpiece of scholarship is an authoritative overview of Theravada Buddhism, the form of Buddhism that is predominant in Southeast Asia and has in recent decades been popularized in the West through the mindfulness movement and *vipassana* meditation. Venerable P. A. Payutto unpacks in great detail 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: 800
ISBN: 9781645472353

A Fire Runs through All Things

Zen Koans for Facing the Climate Crisis

By Susan Murphy

\$21.95 - TR

About the Book

At a time of climate emergency, Zen koans show us how crisis itself can reveal the regenerative openness of life, mind, and being.

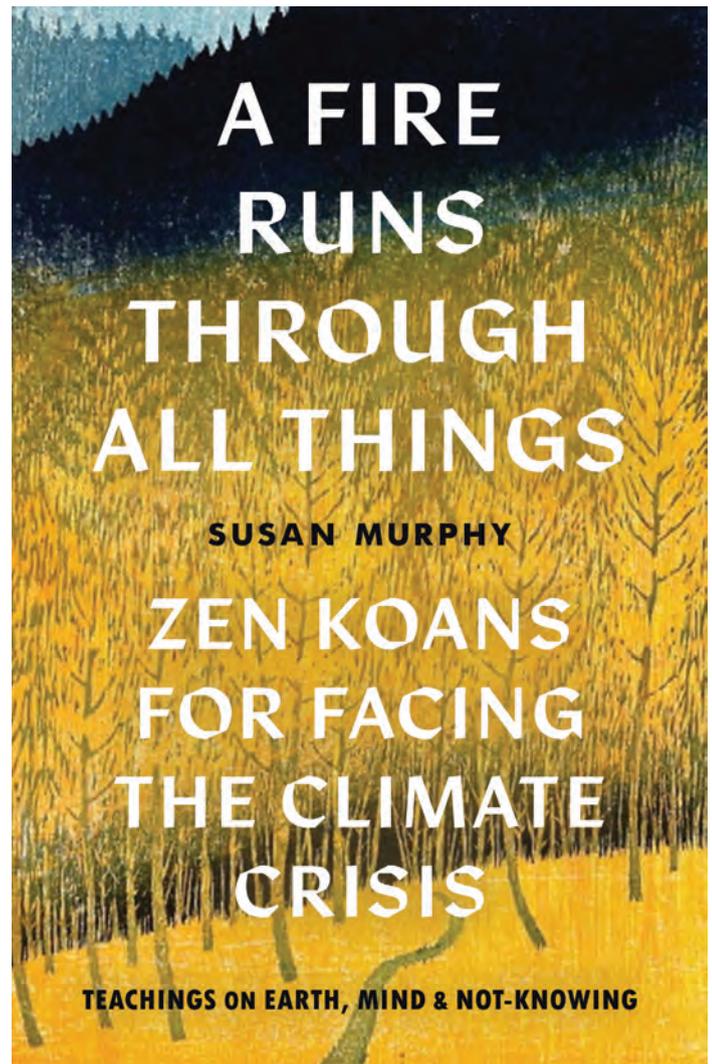
Zen koans are a tradition of holistic inquiry based on “encounter stories” from East Asia’s most radical Buddhist tradition. Turning this form of inquiry toward the climate crisis, Susan Murphy contends that koans can help us enter the mind of not-knowing from which acceptance and possibility freely emerge. Koans reveal intimate, mythic, artful, playful, provocative, humorous, and fierce ways to engage the work of protecting and healing our world.

The koans point firstly at ourselves—at the very nature of “self.” Until we hold “self” as a live question rather than its own unquestioned answer, we’re stuck looking on from the “outside,” hoping to engineer change upon a problem called “climate crisis,” all the time oblivious to the fact that we’re swimming in a reality with no outside to it, an ocean of transformative energy. Do we dare relinquish our wish for absolute control and fearlessly surf the intensity of our feelings about the suffering earth?

In addition to her use of dozens of traditional and new koans, Murphy illuminates the little-known Zen resonance with the oldest continuous body of indigenous wisdom on earth, summed up in the subtle Australian Aboriginal word *Country*. Murphy draws from her study and coteaching with Dulumunmun, Uncle Max Harrison, a distinguished Yuin Elder, to show how this millennia-deep taproot of intelligence confirms the aliveness of the earth and the kinship of all beings.

About the Author

SUSAN MURPHY is an Australian Zen teacher whose passionate feeling of kinship with the natural world began during her early



childhood years living near the Great Barrier Reef and the Gondwanaland rainforest. A successful filmmaker, radio producer, and writer, she received dharma transmission from Ross Bolleter and John Tarrant in 2001. She leads regular retreats around Australia and teaches an Australia-wide sangha that extends internationally online. She is the author of *Upside-Down Zen*; *Minding the Earth, Mending the World*; and *Red Thread Zen*.

Religion - Buddhism - Zen
Nature - Environmental Conservation & Protection
Nature - Essays

SHAMBHALA

11/28/2023

PAGES: 248

ISBN: 9781645471080

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.

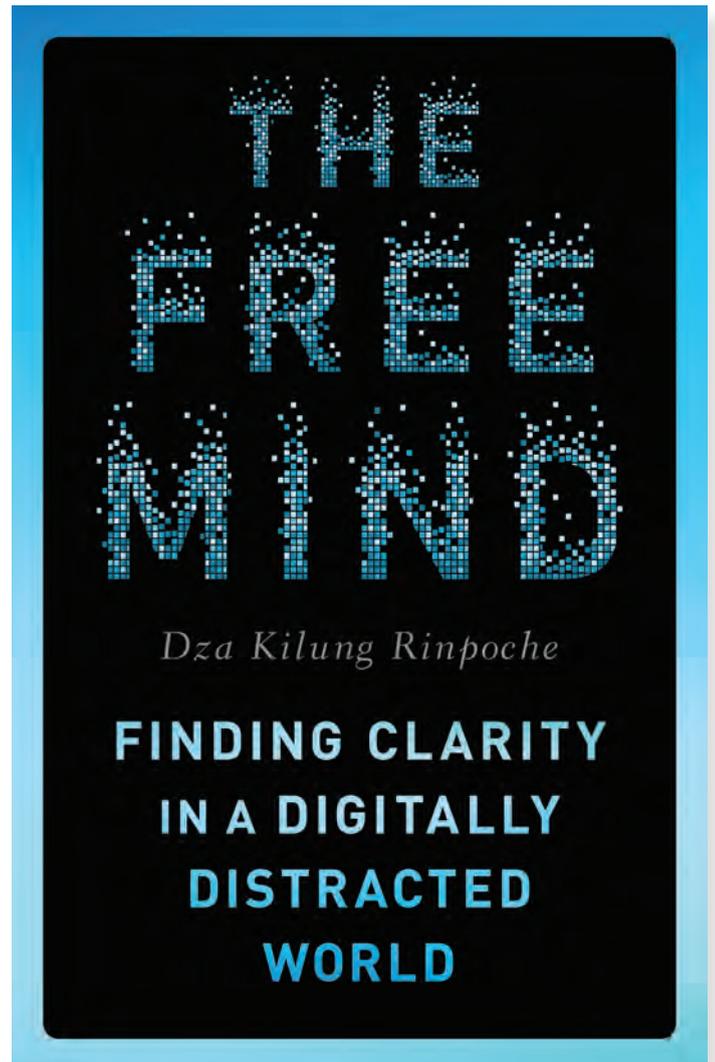
This book offers a refreshing Buddhist approach to understanding the role of digital technology in our world and how we can better manage our relationship to it. Our engagement with digital devices connects us to people and ideas, but it also causes anxiety, distraction, imbalance, and suffering. Rather 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

Gardens of Awakening

A Guide to the Aesthetics, History, and Spirituality of Kyoto's Zen Landscapes

By Kazuaki Tanahashi; photography by Mitsue Nagase

\$26.95 - HC

About the Book

Renowned artist Kaz Tanahashi reveals the deep, inner spiritual connections that Zen gardens can foster, with over 75 stunning full-color photos of the masterpiece gardens of Kyōto, Japan.

Imagine yourself in Kyōto, Japan, gazing at an ancient temple garden. How would you contextualize what you are seeing? What is the history of the contemplative art form of Zen gardening, which has flourished for centuries? What aesthetic principles inform it?

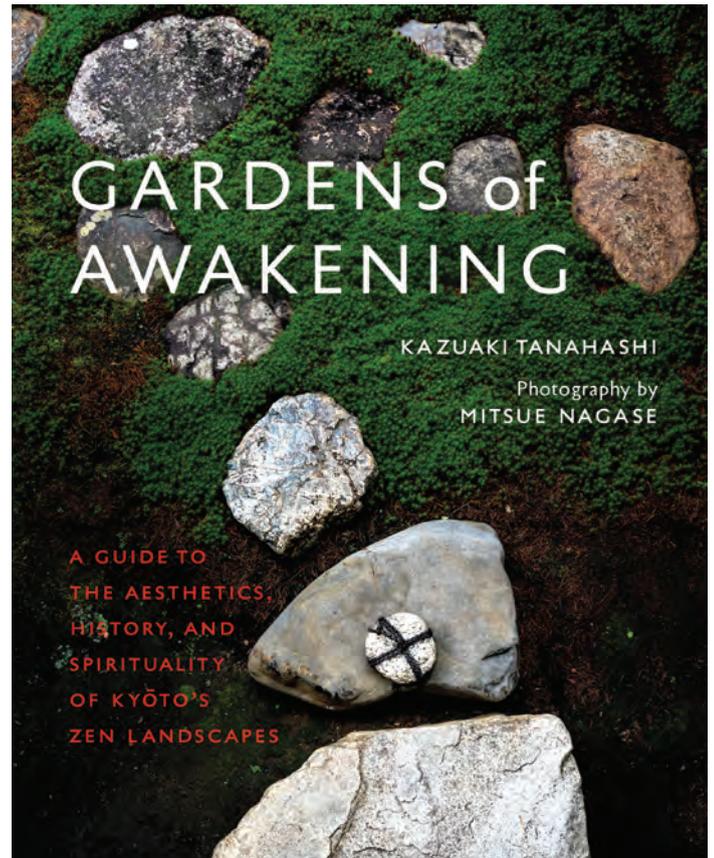
Richly illustrated with full-color photographs, *Gardens of Awakening* guides you through a series of Zen temple gardens created from the fourteenth through seventeenth centuries. Some are teeming with plants and flowing water, while others have only rocks and sand. All share in the Zen aesthetics of awakening.

Through essays and commentary on Mitsue Nagase's striking photographs, Tanahashi presents the gardens in terms of seven qualities that arise from Zen practice: direct, ordinary, vigorous, gleaming, pivotal, nondual, and inexhaustible.

Relating these qualities to the development of Zen culture and its influence on Japanese art, *Gardens of Awakening* invites you deep into the heart of Zen.

About the Author

KAZUAKI TANAHASHI is an artist and Buddhist scholar active in the United States, originally from Japan. He has visited Zen gardens in Kyōto almost every year for the past three decades. His many publications include *Penetrating Laughter: Hakuin's Zen and Art* and *Sky Above, Great Wind: Life and Poetry of Zen Master Ryokan*.



About the Illustrator

MITSUE NAGASE is a photographer, dividing her time between her native Japan, Germany, and the US. Her photography is based on her studies in Zen Buddhism and of Miksang, a contemplative approach to photography as a spiritual practice, which she also teaches. For further information about her work and activities check: www.mitsuenagase.com.

Religion - Buddhism - Zen
Gardening - Japanese Gardens
Art - Asian - Japanese

SHAMBHALA
05/07/2024
PAGES: 184
ISBN: 9781645472056

Hakuin's Song of Zazen

Yamada Mumon Rōshi on Zen Practice

By Yamada Mumon Rōshi; translated by
Norman Waddell; foreword by D. T. Suzuki
\$24.95 - TR

About the Book

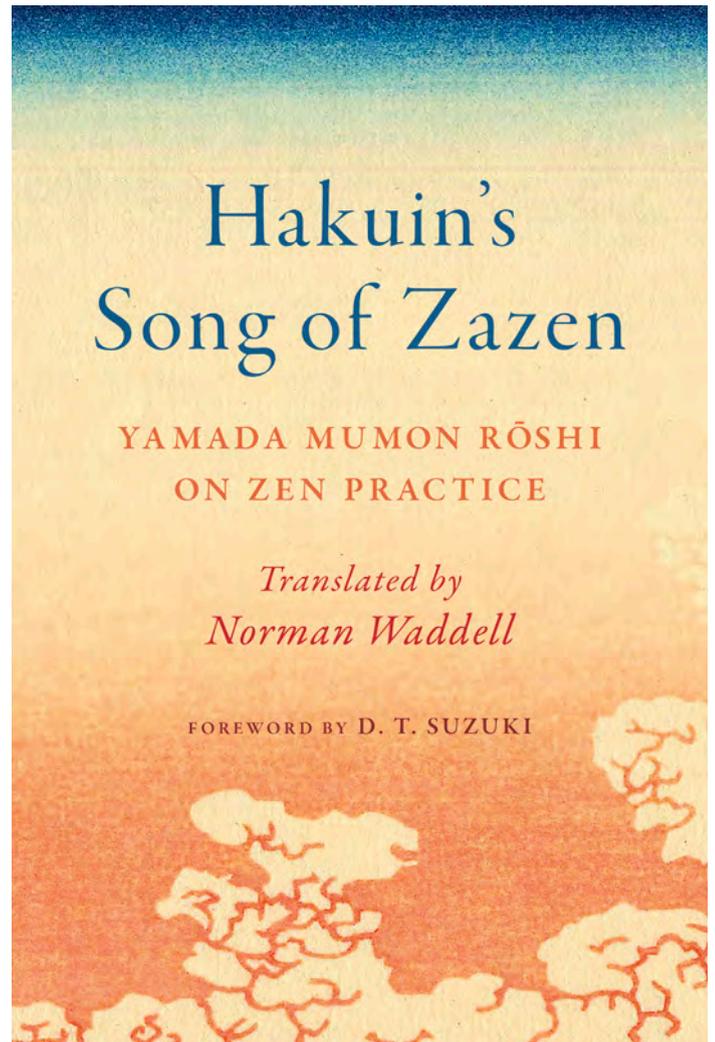
Renowned modern Zen master Yamada Mumon Rōshi uses Hakuin's famous poem of spiritual realization, "Song of Zazen," as a starting point to embark on a lively commentary on Zen practice in contemporary life.

First published in Japan in 1962, Hakuin's "Song of Zazen" is a celebrated collection of short essays by Zen master Yamada Mumon Rōshi. Translated into English for the first time, it introduces the story of Hakuin's early life and training, then uses his classic Zen chanting poem, "Song of Zazen," to make wide-ranging considerations of the Zen tradition and its applications in modern Japanese life.

As Daisetz Suzuki remarks in his foreword, what gives Mumon's book its unique flavor and makes it different from previous works by Zen teachers are his forays into matters of ordinary, everyday life, expanding his Zen teaching to encompass interests that are closely linked with his lay audience. He responds to a news article that catches his eye in the morning paper, delivers criticism on contemporary political and social trends, explores matters as diversified as the uses of atomic energy, the court culture of seventeenth-century France, a leper hospital on an island in the Inland Sea, Albert Schweitzer and other noted Western figures—and more. In doing this, Mumon gives readers open access to the opinions, judgements, and practical thinking of a leading Zen master—a map of his planet, so to speak. Each brief chapter of Mumon's book is an invitation to follow Hakuin and himself down the path of true Zen realization.

About the Authors

YAMADA MUMON was born in the mountainous Aichi Prefecture of Japan in 1900. While attending high school in Tokyo, reading Confucius turned him toward the deeper questions about life. He began studying with Christian and Buddhist teachers, entering a Zen monastery at the age of 19. Mumon later met his primary teacher, Seki Seisetsu Rōshi, and moved into Tenryū-ju monastery, where he served the master until his death in 1945. In his fifties, Mumon became a master in his own right, serving as abbot of Shofuku-ji Temple in Kobe, where he taught both Japanese and Western students and eventually established an international network



of disciples. Known for his curiosity and for his many writings on Zen, he passed away in 1988.

NORMAN WADDELL, born in Washington, DC, in 1940, is the authoritative English translator of works by and about Hakuin. He taught at Otani University in Japan for over thirty years and was editor of the *Eastern Buddhist Journal* for several decades. He has published more than a dozen books on Japanese Zen Buddhism and is one of the finest translators of sacred texts of our time.

Religion - Buddhism - Zen
Philosophy - Zen
Religion - Essays

SHAMBHALA
02/06/2024
PAGES: 448
ISBN: 9781645471813

How Not to Be a Hot Mess

A Buddhist Survival Guide for Modern Life

By devon and nico hase; foreword by Rhonda V. Magee
\$17.95 - TR

About the Book

The dumpster fire of life rages on, but you got this. Practice six rules to keep you grounded, weather the storm, and actually be a decent person.

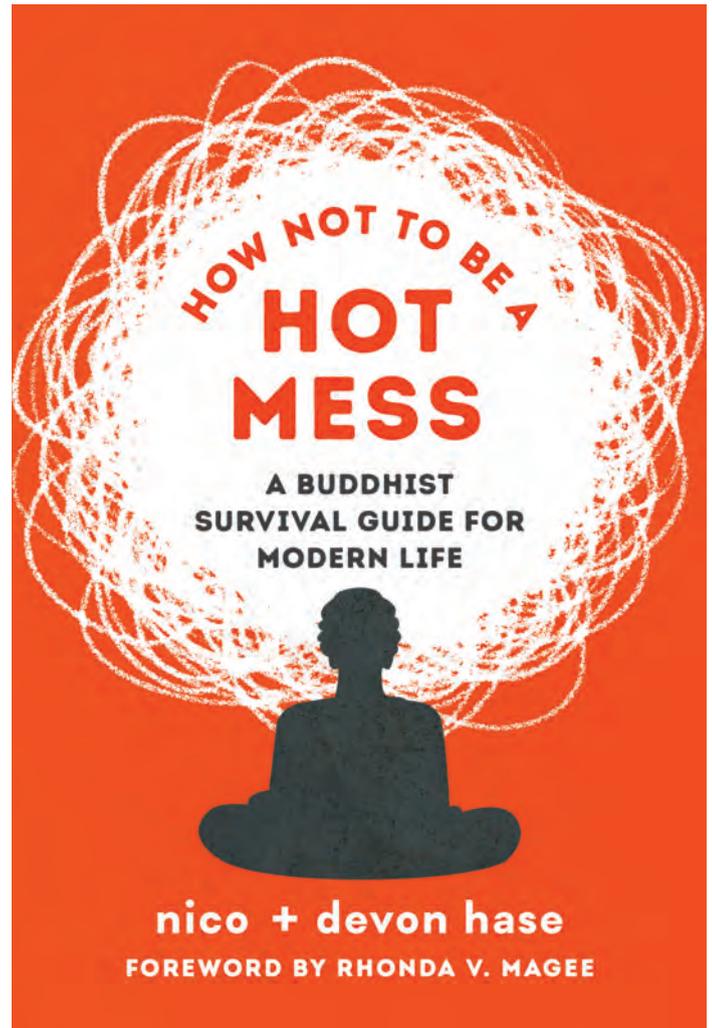
It may seem like the world is going to hell in a hand basket right now. Whether it's big stuff like politics and climate change, or just the daily spin of paying your bills, getting to work on time, and fending off social media trolls, we can all admit, modern life ain't easy. Here are six really good guiding principles, inspired from the ancient wisdom of Buddhism and mindfulness practice, to keep you anchored and steady amidst the chaos.

Author the Authors

DEVON and NICO HASE mentor dharma practitioners online, teach meditation on the Simple Habit app, and lead meditation retreats throughout North America and Europe. Devon teaches at the Insight Meditation Society and Spirit Rock and mentors mindfulness teachers for Jack Kornfield and Tara Brach's Mindfulness Meditation Teacher Certification Program. Nico spent six years in a Zen monastery and then completed a PhD in counseling psychology before making his topsy-turvy transition into teaching mindfulness, meditation, and dharma full time. Devon and Nico have studied closely with Joseph Goldstein, Tara Brach, Yongey Mingyur Rinpoche, and many others in the Insight, Zen, and Vajrayana traditions. These days they live together in urban retreat in Ashland, Oregon, splitting each week between retreat practice and dharma mentoring. Their first book, *How Not to Be a Hot Mess: A Survival Guide for Modern Life*, offers six prime pieces of semi-Buddhist advice to keep you anchored and steady amidst the chaos of modern life.

Reviews

"Smart, deep, and inspiring, this 'survival guide' shines a light on the societal forces that confuse



our minds and close our hearts, and offers doable and rewarding ways to clear, heal, and free ourselves. You have in your hands a fun-to-read book that can up-level your game as an awake, honest, kind, generous, happy being."—Tara Brach, author of *Radical Acceptance*

"For devon and nico hase, a clear mind and wise choices are what enable us to define ourselves in a frenetic world. Writing with a combination of wit, refreshing honesty, and wisdom, they give us a guide to reclaiming our true selves from the definitions of the world, so that we can enjoy the happiness this brings."—Sharon Salzberg, author of *Lovingkindness* and *Real Happiness*

Self-Help - Personal Growth - Happiness
Body, Mind & Spirit - Mindfulness & Meditation
Religion - Buddhism - General

Subrights Sold: Vietnamese

SHAMBHALA

09/12/23

PAGES: 184

ISBN: 9781645471998

Illumination

A Guide to the Buddhist Method of No-Method

By Rebecca Li

\$21.95 - TR

About the Book

A modern guide to the transformative practice of Silent Illumination from Chan Buddhist teacher Rebecca Li.

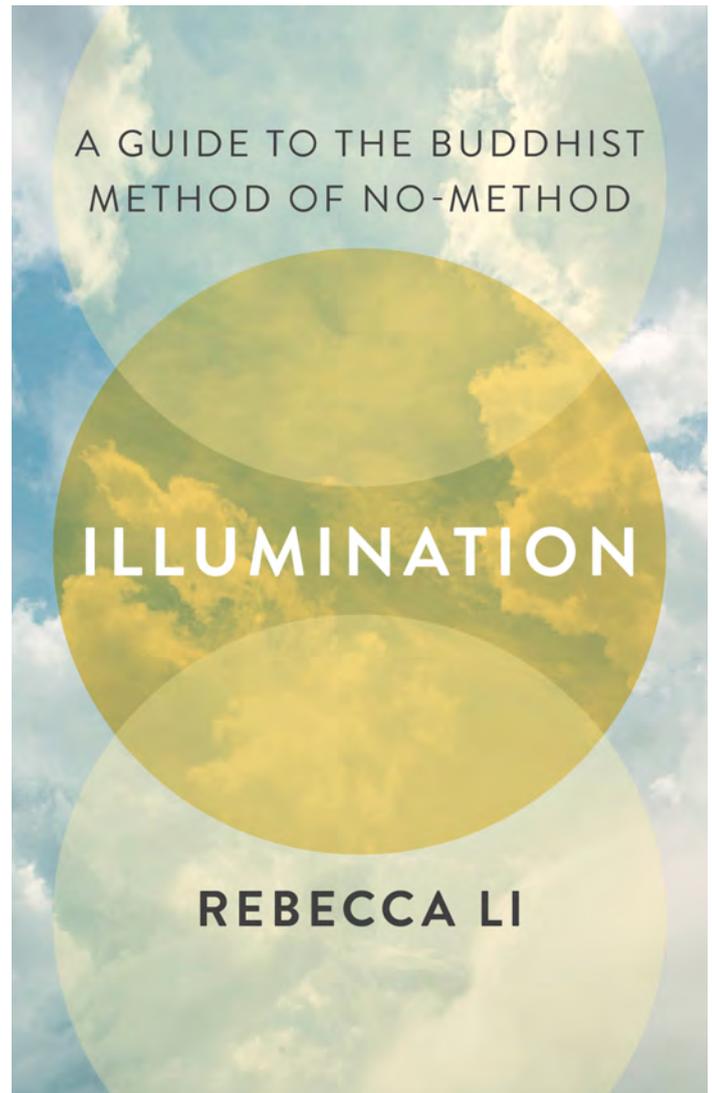
Silent Illumination, a way of penetrating the mind through curious inquiry, is an especially potent, accessible, and portable meditation practice perfectly suited for a time when there is so much fear, upheaval, and sorrow in our world. It is a method of reconnecting with our true nature, which encompasses all that exists and where suffering cannot touch us. The practice of Silent Illumination is simple, allowing each moment to be experienced as it is in order to manifest our innate wisdom and natural capacity for compassion. It can be integrated into all aspects of daily life and is meaningful for secular and Buddhist audiences, new and seasoned meditators alike.

After guiding readers through the history and practice of Silent Illumination, Rebecca Li shows us how we can recognize and unlearn our “modes of operation”—habits of mind that get in the way of being fully present and engaged with life. Cultivating clarity on the empty nature of these habits offers us a way to unlearn and free ourselves from unhelpful modes such as harshness to self, perfectionism, quietism, striving for spiritual attainment, and more.

Illumination offers stories and real-life examples, references to classic Buddhist texts, and insights from Chan Master Sheng Yen to guide readers as they practice Silent Illumination not just on their cushions, but throughout their lives.

About the Author

REBECCA LI, PhD, is a meditation and Dharma teacher in the lineage of Chan Master Sheng Yen and founder and guiding teacher of Chan Dharma Community. She gives Dharma talks



and leads Chan retreats in North America and Europe. She is also a sociology professor and lives with her husband in New Jersey. Her talks, writings, and schedule can be found at rebeccali.org.

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

Subrights Sold: Spanish

SHAMBHALA

10/31/2023

PAGES: 280

ISBN: 9781645470892

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?

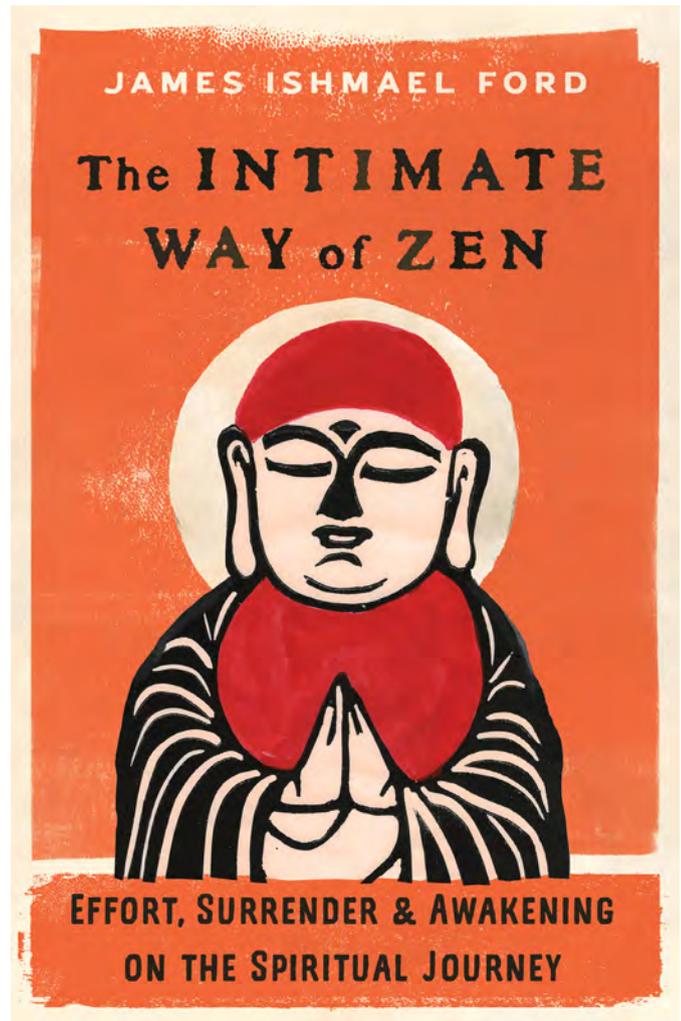
Reflecting on more than fifty years of practice in Zen Buddhism, Unitarian Universalism, and other contemplative traditions, James Ishmael Ford invites us into a journey through the stages of spiritual development.

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/>.

Philosophy - Zen

Self-Help - Spiritual

Religion - Unitarian Universalism

SHAMBHALA

07/23/2024

PAGES: 288

ISBN: 9781645472186

Lifting as They Climb

Black Women Buddhists and Collective Liberation

By Toni Pressley-Sanon

\$24.95 - TR

About the Book

The lives and writings of six leading Black Buddhist women—Jan Willis, bell hooks, Zenju Earthlyn Manuel, angel Kyodo williams, Spring Washam, and Faith Adiele—reveal new expressions of Buddhism rooted in ancestry, love, and collective liberation.

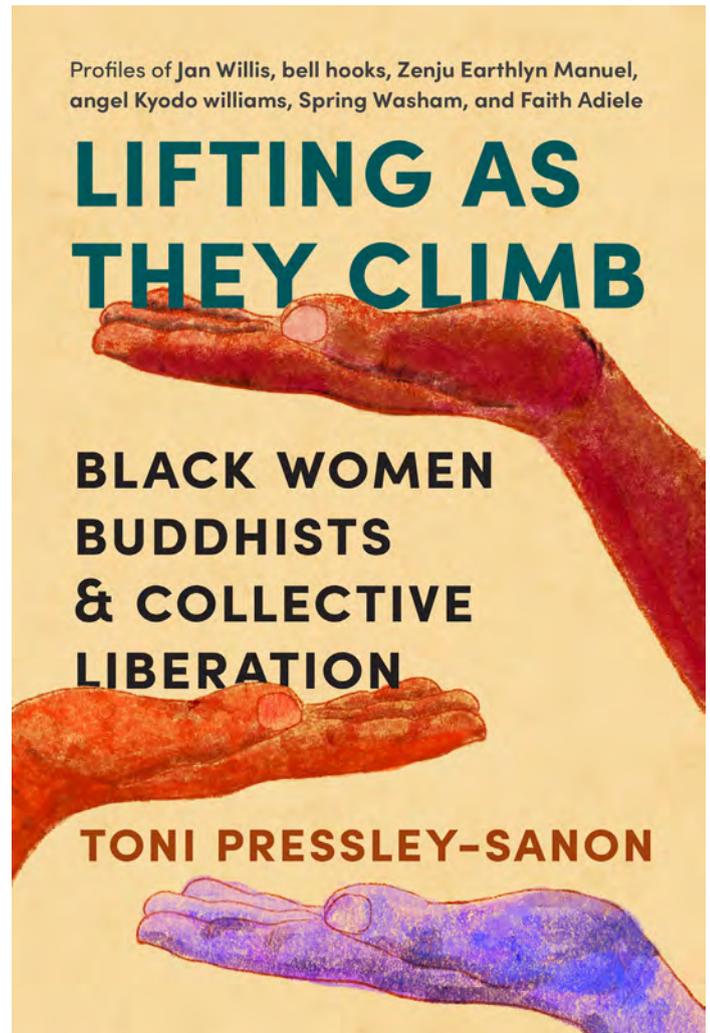
Lifting as They Climb is a love letter of freedom and self-expression from six Black women Buddhist teachers, conveyed through the voice of author Toni Pressley-Sanon, one of the innumerable people who have benefitted from their wisdom.

She explores their remarkable lives and undertakes deep readings of their work, weaving them into the broader tapestry of the African diaspora and the historical struggle for Black liberation.

Black women in the US have adapted Buddhist practice to meet challenges ranging from the injustices of the Jim Crow South to sexual violence, social discrimination, and bias within their Buddhist communities. Using their voices through the practice of memoir and other forms of writing, they have not only realized their own liberation but carried forward the Black tradition of leading others on the path toward collective awakening.

About the Author

DR. TONI PRESSLEY-SANON is an associate professor in the Department of Africology & African American Studies at Eastern Michigan University, having previously held positions at the University of Buffalo and Pennsylvania State University. Her work dwells on the intersections of memory, history, and culture in both Africa and the African diaspora. She is the author of



four books and numerous journal articles and book chapters on these subjects. Toni has practiced Buddhist meditation and mindfulness for the past ten years.

Religion - Buddhism - General
Biography & Autobiography - Cultural, Ethnic & Regional - African American & Black
Social Science - Ethnic Studies - American - African American & Black Studies

SHAMBHALA

02/13/2024

PAGES: 328

ISBN: 9781645470762

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.

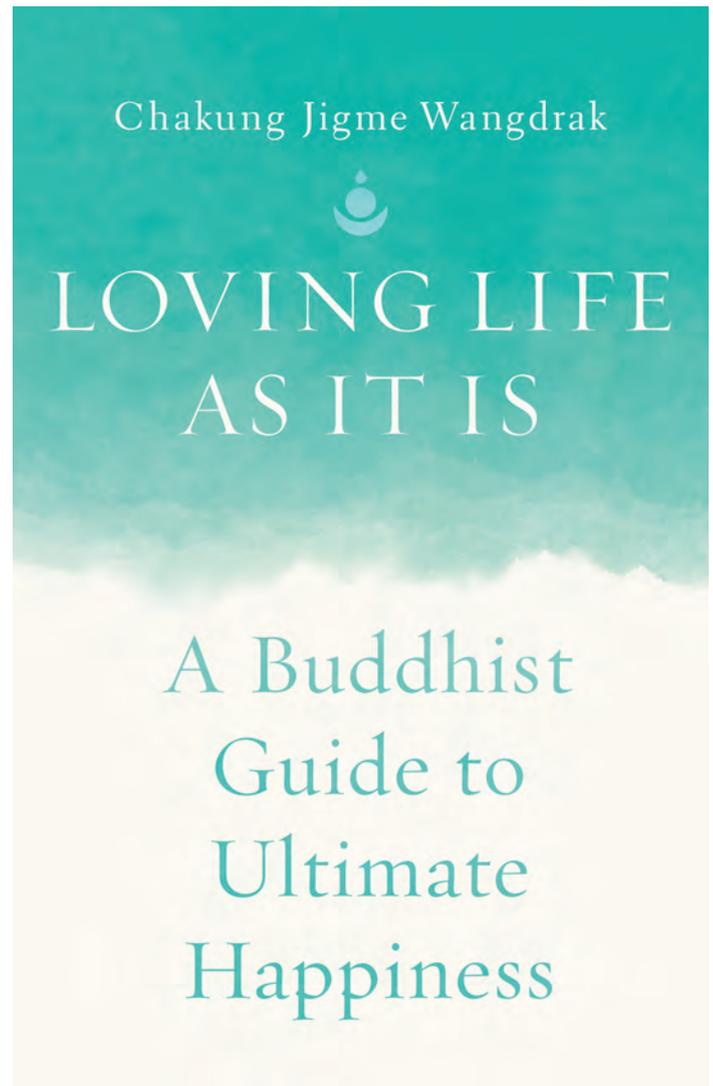
The first part of the book guides readers in recognizing and understanding suffering and happiness in their many forms. The second part is dedicated to practice. Jigme Wangdrak introduces the view and path of working directly with happiness and suffering. In clear language, he conveys the steps, stages, 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: 176

ISBN: 9781645473169

A Meditator's Guide to Buddhism

The Path of Awareness, Compassion, and Wisdom

By Cortland Dahl

\$21.95 - 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

SHAMBHALA

09/03/2024

PAGES: 272

ISBN: 9781645470977

The Story of the Buddha

By John Tarrant

\$16.95 - 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.

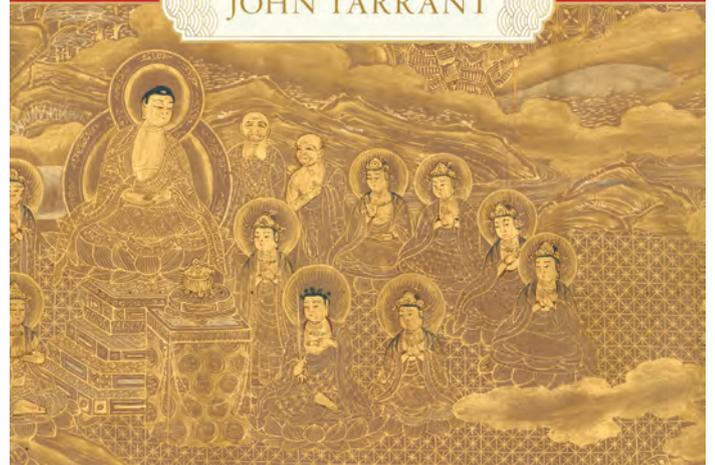
The Buddha's story becomes more personal with the concluding section of reflections and eight meditations about his life drawn from the Zen tradition. The book's gorgeous full-color historical illustrations of characters and events in the Buddha's life enrich the narrative journey. This lovely little 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: 80

ISBN: 9781645473138

Tibetan Buddhism

Embodying Tara

Twenty-One Manifestations to Awaken Your Innate Wisdom

By Chandra Easton

\$22.95 - TR

About the Book

Realize the power of Tara, the Buddhist goddess of compassion, within yourself with this modern guide to her 21 forms.

Explore down-to-earth meditations and stories of real women who embody Tara's qualities.

Tara, the Buddhist goddess of compassion, can manifest within all of us. In this illustrated introduction to Tara's twenty-one forms, respected female Buddhist teacher and practitioner Chandra Easton shows you how to invite Tara's awakened energy to come alive in yourself through:

- insight into core Buddhist concepts and teachings;
- meditations;
- mantra recitations;
- journal exercises.

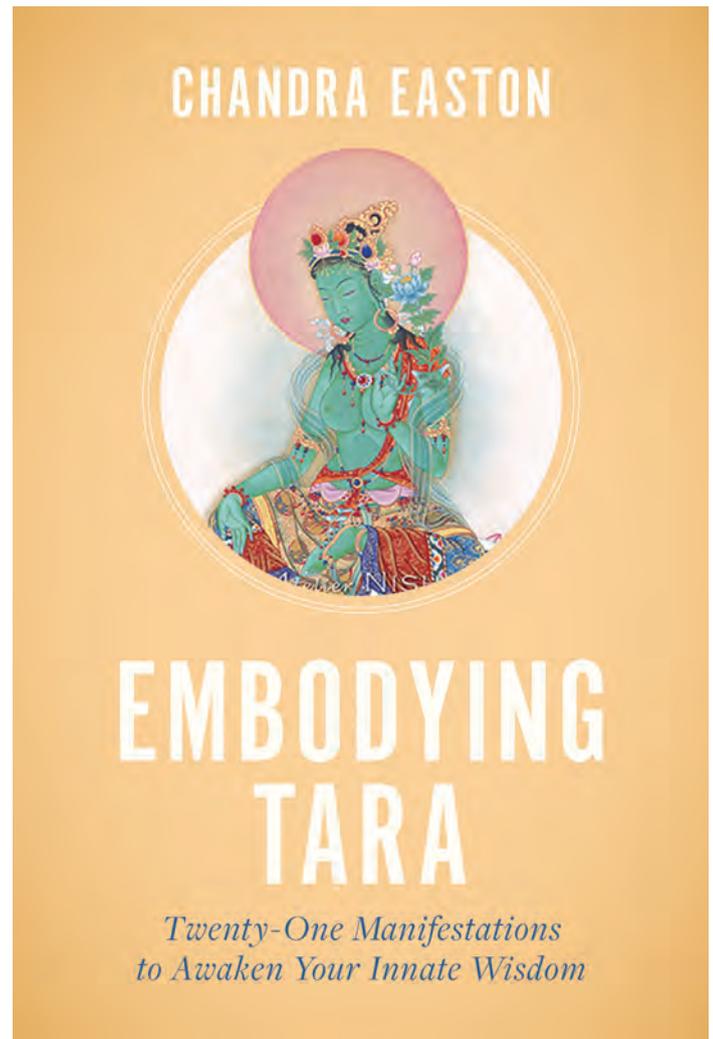
The relatable stories from Buddhist history and the author's personal reflections will give you the tools to live a more compassionate life, befriend your fears, and overcome everyday challenges.

Find out how important women and movements in modern history have achieved this through their own embodiment of Tara's enlightened activities. The stories of Jane Goodall, Nawal El Saadawi, Oprah Winfrey, Yandana Shiva, Black Lives Matter, #MeToo, and others will inspire you to bring these aspects of Tara into the world in creative and socially conscious ways for the benefit of all.

About the Author

CHANDRA EASTON is a teacher, scholar, practitioner, and translator of Tibetan Buddhism. She is the lead senior Buddhist teacher at Tara Mandala Retreat Center. She studied Buddhism and Tibetan language in Dharamsala, India, and at UCSB's religious studies department. During her studies, she co-translated with her mentor, B. Alan Wallace, *Sublime Dharma: A Compilation of Two Texts on the Great Perfection* (Vimala Publishing, 2012). Seeking to bring forth the voice of the empowered

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feminine in Buddhism, Lopön Chandra regularly leads retreats and classes on Tara for various organizations, develops programs and curricula for Tara Mandala, and teaches nationally and internationally.

Religion - Buddhism - Tibetan
Religion - Buddhism - Rituals & Practice
Religion - Meditations

SHAMBHALA
12/12/2023
PAGES: 352
ISBN: 9781645471141

From Foundation to Summit

A Guide to Ngöndro and the Dzogchen Path

By Orgyen Chowang

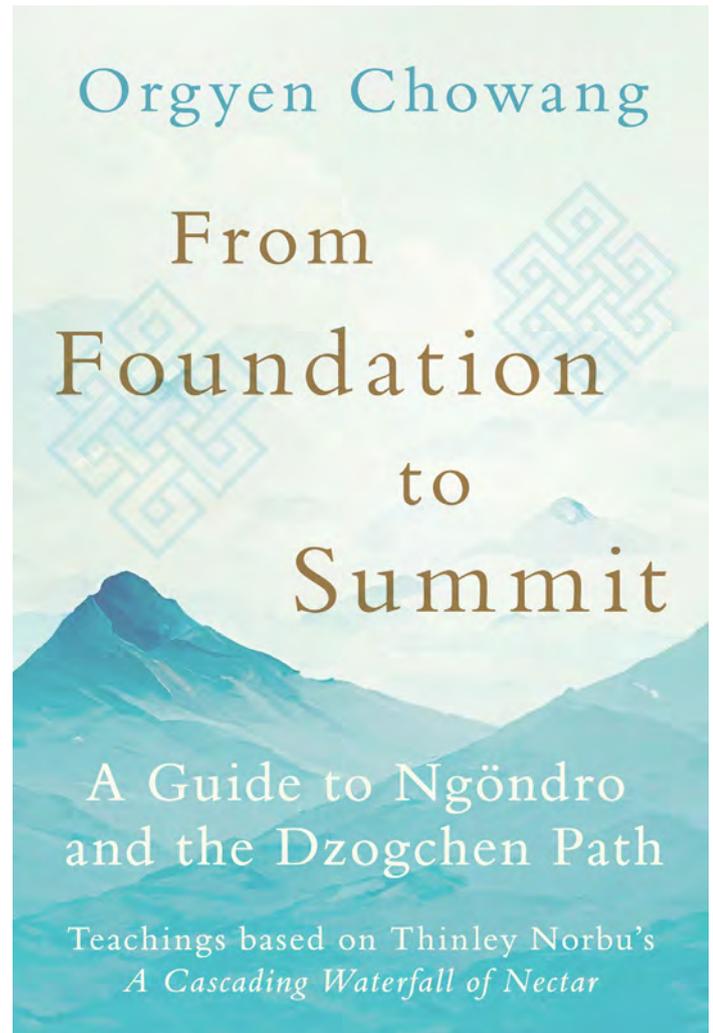
\$28.95 - TR

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: 400

ISBN: 9781645471820

The Heart of Tibetan Buddhism

Advice for Life, Death, and Enlightenment

By Khenpo Sherab Sangpo

\$21.95 - TR

About the Book

Authentic and practical teachings on what lies at the heart of Tibetan Buddhism, including karma, renunciation, *bodhichitta*, kindness, preparing for death, and much more.

Perfect for practitioners, meditators, and anyone who wishes to better understand their own mind, this is an important message from a fresh voice within the tradition.

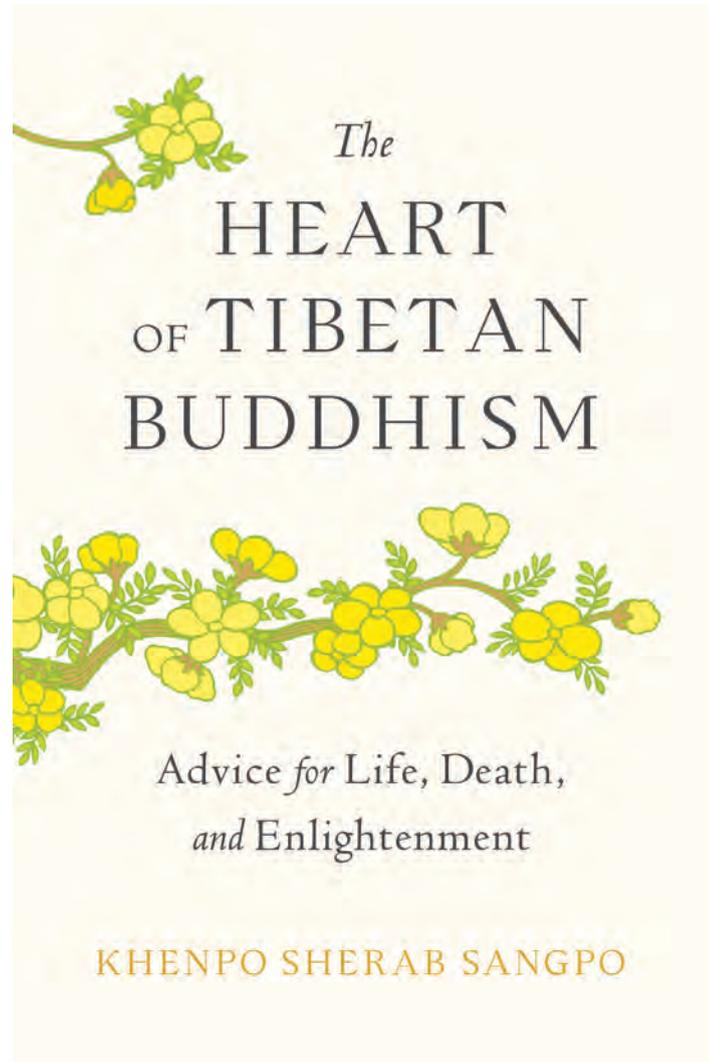
Discover thoughtful advice and applicable practices for following a genuine Buddhist path and living a meaningful life in this succinct book. This profoundly graspable introduction to the heart of Tibetan Buddhism comes from a fresh voice within the tradition who has a growing online teaching presence. Khenpo Sherab Sangpo studied for decades with some of modern history's greatest teachers in the Dzogchen lineage of Tibetan Buddhism, achieving impressive theoretical knowledge and experiential realization.

This wide-ranging book offers easy-to-follow teachings and practices to cultivate a kind mind—*bodhichitta*—in order to enter and progress along the Buddhist path toward death, rebirth, and enlightenment.

Includes:

- guided meditations on love; compassion; forgiveness; the three precepts of body, speech, and mind; and more
- guided practices of *tonglen*, *phowa*, vase breathing, and more
- advice to handle difficult emotions in relationships like jealousy, loneliness, and attachment
- teachings to develop love, kindness, and compassion for yourself and others
- instructions to prepare you for death, rebirth, and enlightenment

This is a book you will want to always keep with you as a reminder that this wisdom can ground you in daily life and beyond—whether you're Buddhist or not.



About the Author

KHENPO SHERAB SANGPO trained in Tibet with many renowned Dzogchen masters, including Khenchen Padma Tsewang and Khenchen Jigme Phuntsok, earning two degrees in Buddhist philosophy and practice from Pukang and Larung Gar's monastic universities. His innate abilities and extensive training allowed him to master the Buddhist teachings, both in terms of theoretical knowledge and experiential realization. He travels the world teaching Buddhism and is the Spiritual Director of Bodhichitta Sangha | Heart of Enlightenment Institute in Minneapolis, Minnesota, where he has taught and lived since 2006.

Religion - Buddhism - Tibetan
Religion - Buddhism - Rituals & Practice
Self-Help - Personal Growth - Happiness

SHAMBHALA

03/19/2024

PAGES: 248

ISBN: 9781645472063

Tibetan Buddhism

A Guide to Contemplation, Meditation, and Transforming Your Mind

By Khenpo Sodargye

\$21.95 - TR

About the Book

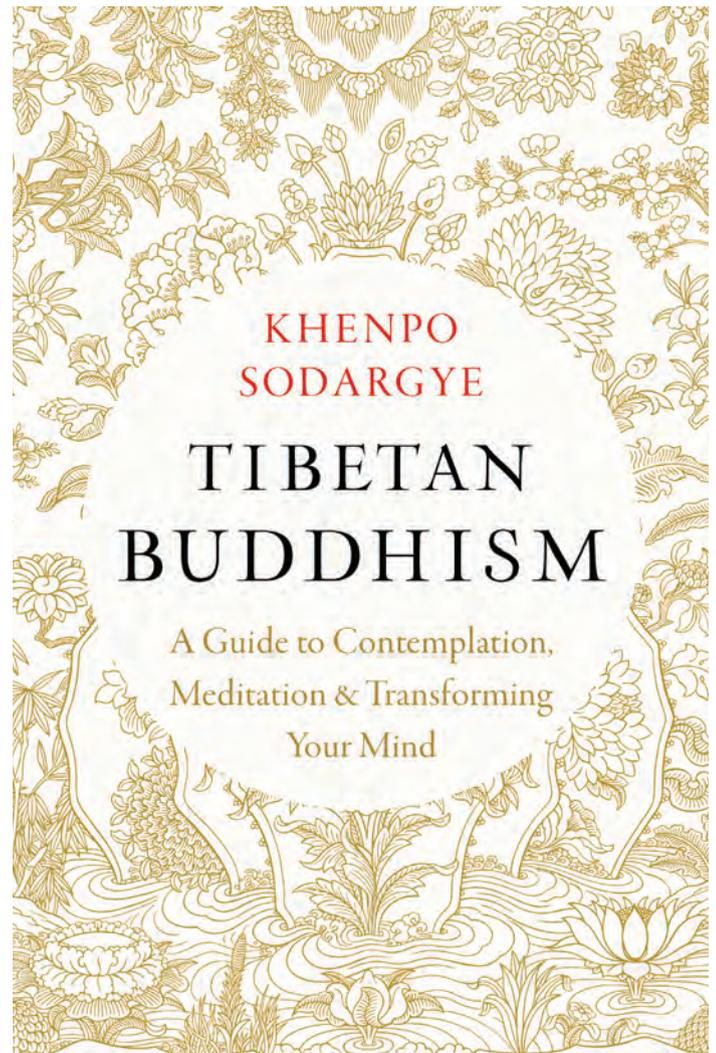
Your genuine, go-to overview of Tibetan Buddhism from a leading contemporary teacher who has traversed the wisdom path. This guide shares Tibetan Buddhist insight and tools that will benefit everyone in transforming their mind. Khenpo Sodargye, who has attracted hundreds of thousands of students worldwide with his concise, easy-to-follow teaching style, sketches the big picture of the Mahayana path in straightforward language with stories relevant to everyday life. He draws on authentic texts and teachings by renowned Buddhist masters to explain complex concepts like:

- The Four Dharma Seals
- Faith
- Bodhichitta
- The Three Supreme Methods
- The Two Truths
- Rebirth and Karma
- Spiritual Teachers
- The Great Perfection

This book introduces a systematic approach to studying Buddhism. Through proper listening, contemplating, and meditating, we can generate the wisdom that enables us to recognize, control, and uproot our afflictions, which is the essence of Buddhism. This book is the perfect companion for anyone wanting to learn more about the basics of Mahayana Buddhism or to strengthen the foundations of their spiritual practice.

About the Author

KHENPO SODARGYE has been teaching the Dharma using traditional Buddhist teaching methods since 1987. To solidify his disciples' Buddhist studies, Khenpo emphasizes a systematic approach of listening, contemplating, and meditating on the Dharma. 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 the Dzogchen lineage holder, Khenpo is empowered to transmit Vajrayana teachings and practices. Khenpo is a frequently invited speaker at top universities across the globe and a prolific author.

Religion - Buddhism - Tibetan
 Religion - Buddhism - Rituals & Practice
 Religion - Meditations

SHAMBHALA
 01/16/2024
 PAGES: 256
 ISBN: 9781645472247

Welcoming Beginner's Mind

Zen and Tibetan Buddhist Wisdom on
Experiencing Our True Nature

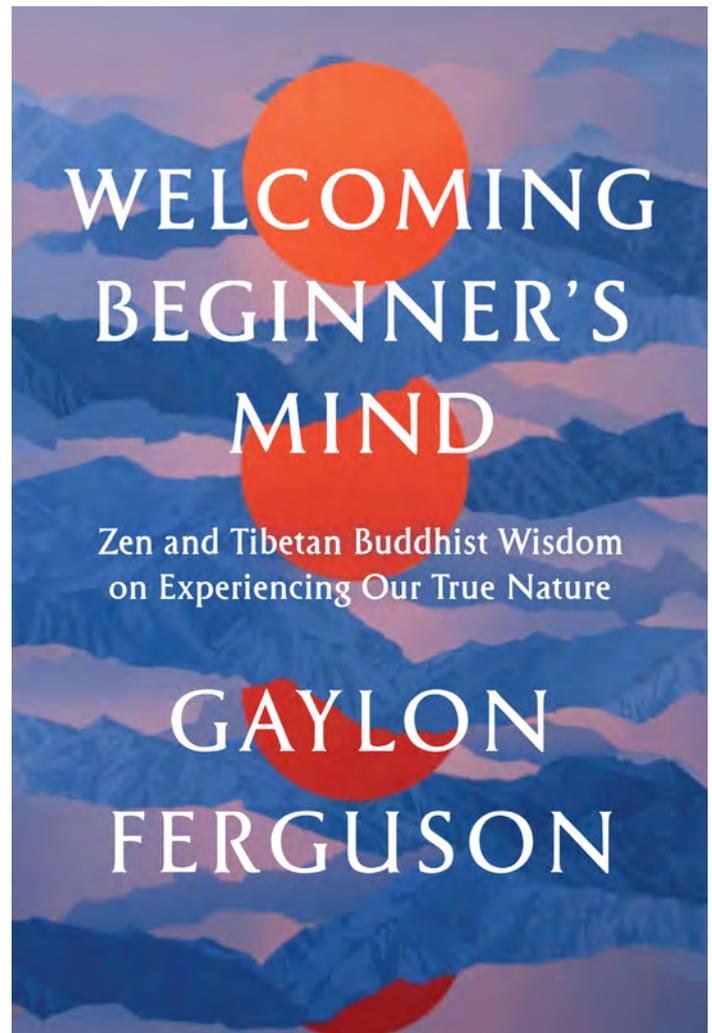
By Gaylon Ferguson
\$19.95 - TR

About the Book

This nuanced commentary on the famous Zen ox herding pictures explores the paradox of welcoming your true nature anew at each stage of spiritual development.

Many Buddhist schools teach that we each already have and express our true nature at every moment. Yet these same schools paradoxically also lay out stages on the path of spiritual development. How can a person always already have their true nature and continually be evolving into it? In the ox herding pictures from the Zen tradition, for instance, the images illustrate stages such as seeking, glimpsing, touching, and riding the ox—the representation of true nature—and also of forgetting the ox and even forgetting oneself.

In *Welcoming Beginner's Mind*, Buddhist teacher Gaylon Ferguson reflects on the ox herding images to show that the path into this contradiction can be walked with the practice of welcoming—the simple, challenging, and always new possibility of opening to exactly what's occurring in your experience. This practice, which he distinguishes from meditation, opens a middle path between spiritual bypassing (using meditation or other spiritual practices to repress or avoid parts of ourselves) and spiritual materialism (practicing with a sense of ego involvement and gain). Rich with teachings from the great Zen master and author of *Zen Mind, Beginner's Mind*, Shunryu Suzuki Roshi, Ferguson's own teacher, Chögyam Trungpa Rinpoche, and numerous others who have commented on the ox herding pictures, this book invites you into a process of spiritual maturation that never occurs elsewhere than here or other than now.



About the Author

GAYLON FERGUSON, PhD, has practiced and taught Buddhism for over four decades. He received a doctorate in cultural anthropology in 1996 and taught at several universities, including fifteen years as core faculty at Naropa. He is a senior dharma teacher in the Shambhala International Buddhist community and has led meditation programs in numerous cities in the US and internationally since 1976. He has been published in anthologies, including *Dharma, Color, and Culture*; *Mindful Politics*; and *Black and Buddhist*; and he is the author of *Natural Wakefulness* and *Natural Bravery*.

Religion - Buddhism - Tibetan

Religion - Buddhism - Zen

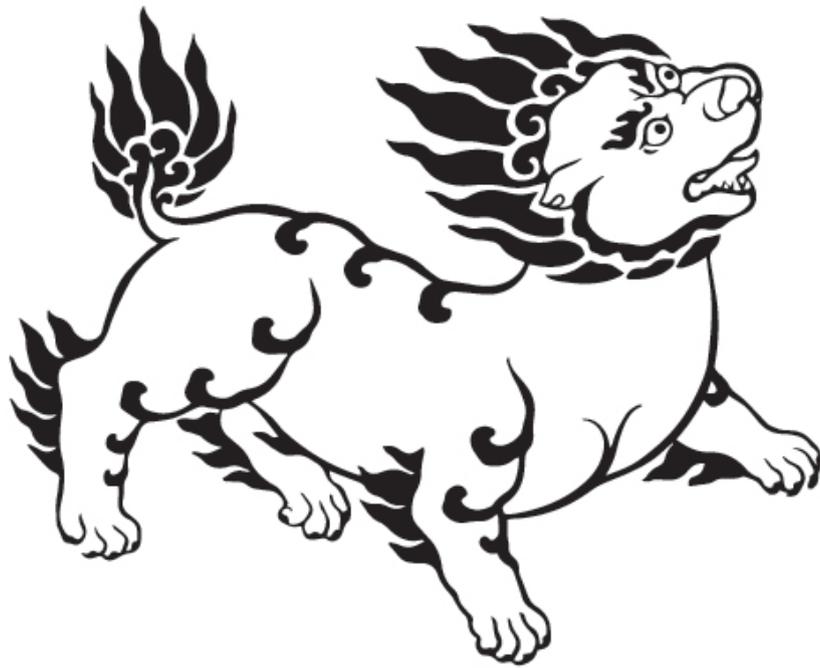
Religion - Buddhism - Rituals & Practice

SHAMBHALA

03/26/2024

PAGES: 248

ISBN: 9781645471936



SNOW LION

A Dakini's Counsel

Sera Khandro's Spiritual Advice and Dzogchen Instructions

By Sera Khandro Dewai Dorje; translated by Christina Lee Monson; foreword by Sogan Tulku
\$26.95 - TR

About the Book

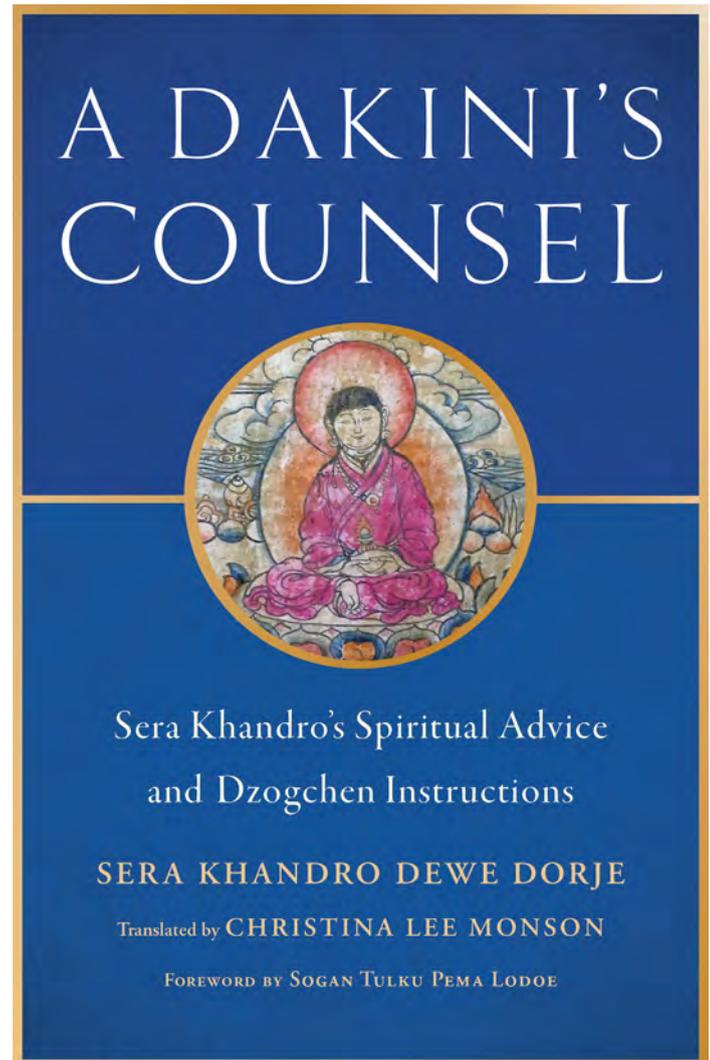
Translated here for the first time, a collection of heartfelt and intimate advice for Buddhist practice from the modern female Buddhist teacher Sera Khandro Dewai Dorje (1892–1940), revealing her firsthand experiences as a mother, wife, consort, and spiritual teacher of the Dzogchen tradition of Tibetan Buddhism.

Sera Khandro Dewai Dorje was a rare example of a well-known Tibetan woman renowned as a teacher in the modern era. While there are many notable female figures in Tibetan Buddhist history, very few left a collection of poetic, autobiographical, and devotional writings as extensive as Dewai Dorje. Both biographical and instructional, this is a collection of advice, prayers, dreams, prophecies, and treasures (*terma*) from within the Tibetan Buddhist tradition of Dzogchen, a Buddhist practice on resting in the nature of mind. Typically seen as high-level practices, these Dzogchen and other instructions are presented in Dewai Dorje's highly personal and accessible voice.

This collection of practice instructions is a window into the inner experience of a beautiful woman in love who single-pointedly pursued a life of Dharma. Born to a wealthy and powerful father in Lhasa, she left home and became a dedicated Dharma practitioner living as an unaccompanied female in the wilds of eastern Tibet in the early 1900s. She became a wife, mother, and then consort, and wrote of both highly spiritual and highly personal experiences, from spiritual realization to grief.

About the Author

CHRISTINA MONSON is a Buddhist practitioner and teacher and Tibetan language translator and interpreter. She has over thirty years of study, translation, and practice experience in Buddhism beginning with an interest in Asian philosophy as an undergraduate student at Brown University. Later, she focused her studies on Tibetan Buddhism while completing a master's degree at the University of Wisconsin-Madison. She journeyed to Nepal in 1989 where she met her root guru, Chatral Sangyé Dorjé Rinpoche, under whose guidance she studied and



practiced in periods of intensive retreat for the next twenty-seven years. Chatral Rinpoche first introduced her to the person and treasure lineage of Sera Khandro Dewai Dorje and conferred empowerment, reading transmission, and practice instructions. Christina continues to translate select sections of Sera Khandro's works into the English language as a Tsadra Foundation translator and scholar along with teaching and practicing the Dharma.

Religion - Buddhism - Tibetan
Religion - Buddhism - Rituals & Practice
Biography & Autobiography - Women

SNOW LION
05/21/2024
PAGES: 368
ISBN: 9781611808841

Kadam: Stages of the Path, Mind Training, and Esoteric Practice - Part One

Essential Teachings of the Eight Practice Lineages of Tibet, Volume 3 (The Treasury of Precious Instructions)

Compiled by Jamgön Kongtrul; translated by Artemus B. Engle
\$54.95 - HC

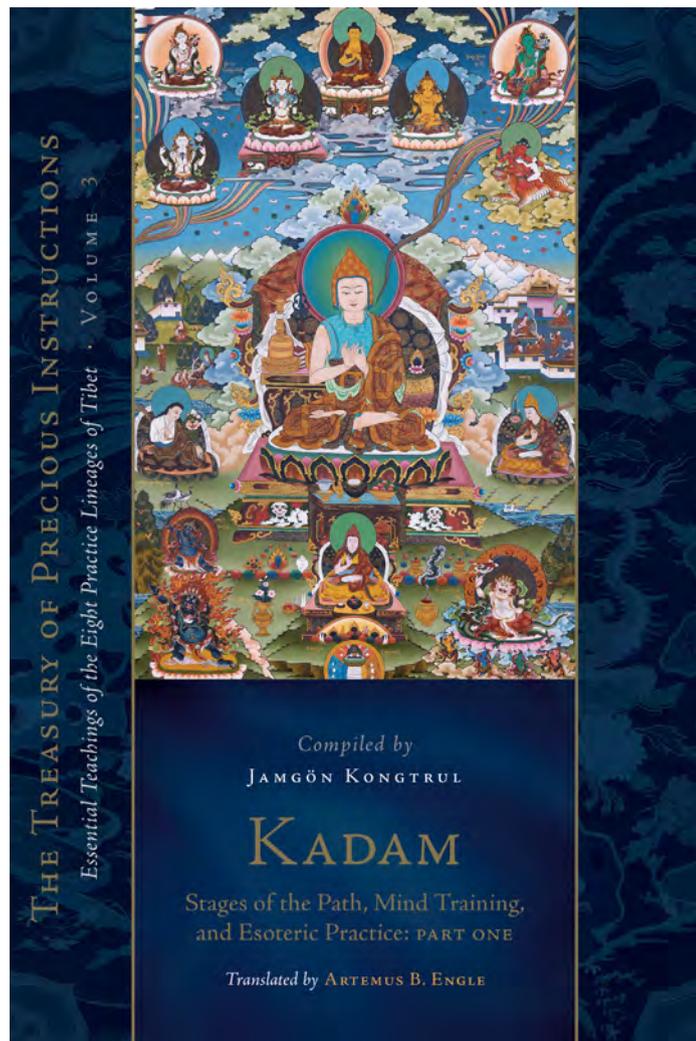
About the Book

A comprehensive selection of texts central to the Kadam lineage of Tibetan Buddhism, including topics like Mind Training, Stages of the Path, and esoteric tantric instructions.

The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice as well as authoring significant new sections of his own.

The Kadam lineage derives from the teachings and practices taught by the Indian master Atiśa and his Tibetan students. Atiśa spent twelve years in Tibet and left a scholarly and devotional lineage that would be significant to all traditions of Tibetan Buddhism, but particularly the Geluk, the tradition of the Dalai Lamas, which fashioned themselves as the New Kadam tradition. Jamgön Kongtrul's catalog to The Treasury of Precious Instructions classifies Kadam literature into five categories: treatise, instruction, esoteric practice, ancillary works, and associated works. The first two are the main topics covered in this volume: Lamrim, or Stages of the Path, and Lojong, or Mind Training. These two Kadam teachings continue to exert a significant influence on Tibetan Buddhism and therefore represent the legacy of the Kadam tradition.

The first centers around "The Lamp for the Path to Enlightenment," written by the eleventh-century Indian master Atiśa who spent twelve years in Tibet, and this volume also includes stories of Atiśa's life and travels. The second set of teachings consists of aphorisms known as the Seven-Point Mind Training, meant to be used as contemplative practices to develop compassion and transform the mind. These selections show not only the foundational texts of the Kadam tradition but also the widespread impact these teachings continued to have across traditions.



About the Authors

JAMGÖN KONGTRUL LODRÖ TAYE (1813–1900) was a versatile and prolific scholar and one of the most outstanding writers and teachers of his time in Tibet. He was a pivotal figure in eastern Tibet's nonsectarian movement and made major contributions to education, politics, and medicine.

ARTEMUS B. ENGLE studied Buddhism with the late Sera Mey Khensur Lobsang Tharchin Rinpoche for more than thirty years. Over much of the past decade, he has continued his studies as a student of Gyumé Khensur Lobsang Jampa Rinpoche. In 1983, he earned a doctorate in Buddhist Studies from the University of Wisconsin and is currently a fellow with the Tsadra Foundation.

Religion - Buddhism - General
Religion - Buddhism - History
Religion - Buddhism - Rituals & Practice

SNOW LION
04/02/2024
PAGES: 1,048
ISBN: 9781559395052

Shangpa Kagyu: The Tradition of Khyungpo Naljor, Part Two

Essential Teachings of the Eight Practice Lineages of Tibet,
Volume 12 (The Treasury of Precious Instructions)

By Jamgön Kongtrul Lodrö Taye;
translated by Sarah Harding
\$49.95 - HC

About the Book

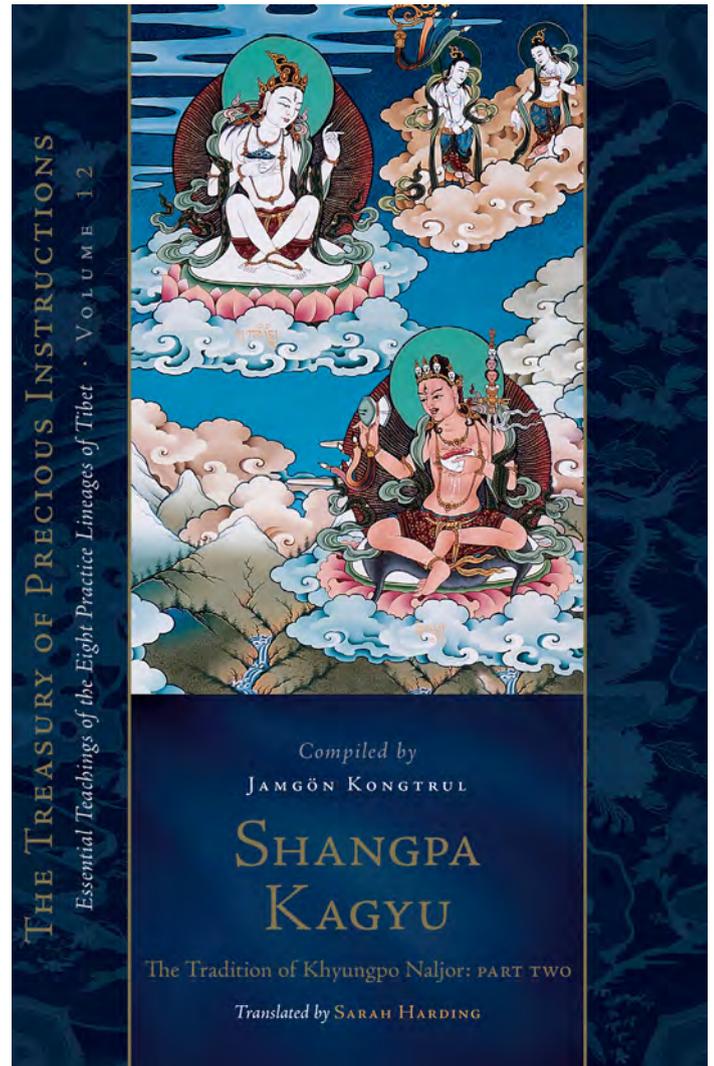
In this twelfth volume of *The Treasury of Precious Instructions*, Jamgön Kongtrul Lodrö Taye presents a second collection of compiled teachings and practices of the Shangpa Kagyu tradition of Tibetan Buddhism, focusing on the teachings of the lineages of two Indian female celestial beings, Niguma and Sukkhasiddhi.

The *Treasury of Precious Instructions* by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, presents essential teachings from a broad spectrum of practice lineages that existed in Tibet. Volumes in this series may be engaged as practice manuals while also preserving ancient teachings significant to the literature and history of world religions. Volume 12 of the series is the second of two volumes that present teachings and practices from the Shangpa Kagyu practice lineage of Tibetan Buddhism. This tradition derives from the female celestial beings, or dakinis, Niguma and Sukhasiddhi and their disciple, the eleventh-century Tibetan yogi Khyungpo Naljor Tsultrim Gönpö of the Shang region of Tibet.

There are forty texts in this volume, beginning with Jonang Taranatha classic commentary and its supplement expounding the Six Dharmas of Niguma. It includes the definitive collection of the tantric basis of the Shangpa Kagyu—the five principal deities of the new translation (*sarma*) traditions and the Five-Deity Cakrasamvara practice. The source scriptures, liturgies, supplications, empowerment texts, instructions, and practice manuals were composed by Tangtong Gyalpo, Taranatha, Jamgön Kongtrul, and others.

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JAMGÖN KONGTRUL LODRÖ TAYE (1813–1900) was a versatile and prolific scholar and one of the most outstanding writers and teachers of his time in Tibet. He was a pivotal figure in eastern Tibet's nonsectarian



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SARAH HARDING has been a Buddhist practitioner since 1974 and has been teaching and translating since completing a three-year retreat in 1980 under the guidance of Kyabje Kalu Rinpoche. Her publications include *Zhije* and *Chöd*, respectively the thirteenth and fourteenth volumes of *The Treasury of Precious Instructions* series. She was an associate professor at Naropa University in Boulder, Colorado, starting in 1992, and has been a fellow of the Tsadra Foundation since 2000.

Religion - Buddhism - Tibetan
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SNOW LION
10/10/2023
PAGES: 1,024
ISBN: 9781645472117

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