



SHAMBHALA
PUBLICATIONS

Spring 2025 Rights Guide London Book Fair

Cover Image from *Gardens of Awakening*
by Kazuaki Tanahashui and Mitsue Nagase

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SHAMBHALA
PUBLICATIONS

Adaptive Tai Chi

An Accessible Practice for Empowering Body and Mind

By Zibin Guo

\$21.95 - TR

About the Book

A simple and inclusive Tai Chi program, completely modifiable with helpful illustrations, that empowers people of all physical abilities to experience the transformative qualities of this art.

In Tai Chi Chuan, the traditional Chinese martial and healing art, we learn to overcome challenges by empowering the mind and transforming the body. *Adaptive Tai Chi* offers an innovative approach that speaks to this powerful idea and makes Tai Chi accessible and beneficial to people with a range of physical conditions or ambulatory impairment.

The slow, circular, flowing, and graceful movements of Tai Chi require little space and no equipment, making it an ideal practice for people with different physical abilities (it's been included in the Paralympics since 2008). *Adaptive Tai Chi* introduces readers to the culture, philosophy, and physiology of Tai Chi—and gives readers four completely illustrated practices, each modified for different physical abilities, including conventional standing/moving, stationary standing, seated, and wheelchair sequences.

Along with the complete illustrated *adaptive Tai Chi* sequences, Guo includes notes and philosophical insights into each practice. The complete program offered in *Adaptive Tai Chi* allows everyone to access the profound benefits of Tai Chi practice.

About the Author

ZIBIN GUO is a professor of medical anthropology at the University of Tennessee Chattanooga and a Tai Chi Chuan Master. He specializes in Applied Medical Anthropology with a focus on applying traditional healing

Includes wheelchair, seated, and other modified practices

Adaptive Tai Chi

AN ACCESSIBLE PRACTICE FOR
EMPOWERING BODY AND MIND

ZIBIN GUO

knowledge to serve vulnerable populations. Prior to joining the University of Tennessee Chattanooga, the author served as a lecturer in the Department of Social Medicine of Harvard Medical School and the Director of Clinical Studies at New England School of Acupuncture. Funded by U.S. Department of Veterans Affairs and partnering with VA healthcare communities across the country, he has, since 2016, conducted instructional training for hundreds of health care providers from participating VA medical centers.

Health & Fitness - Tai Chi

Sports & Recreation - Martial Arts - General

Sports & Recreation - Disability Sports

SHAMBHALA

07/01/2025

PAGES: 240

ISBN: 9781645472735

By Your Side

How to Find Soulful Allies and Become One to Others

By David Richo

\$18.95 - TR

About the Book

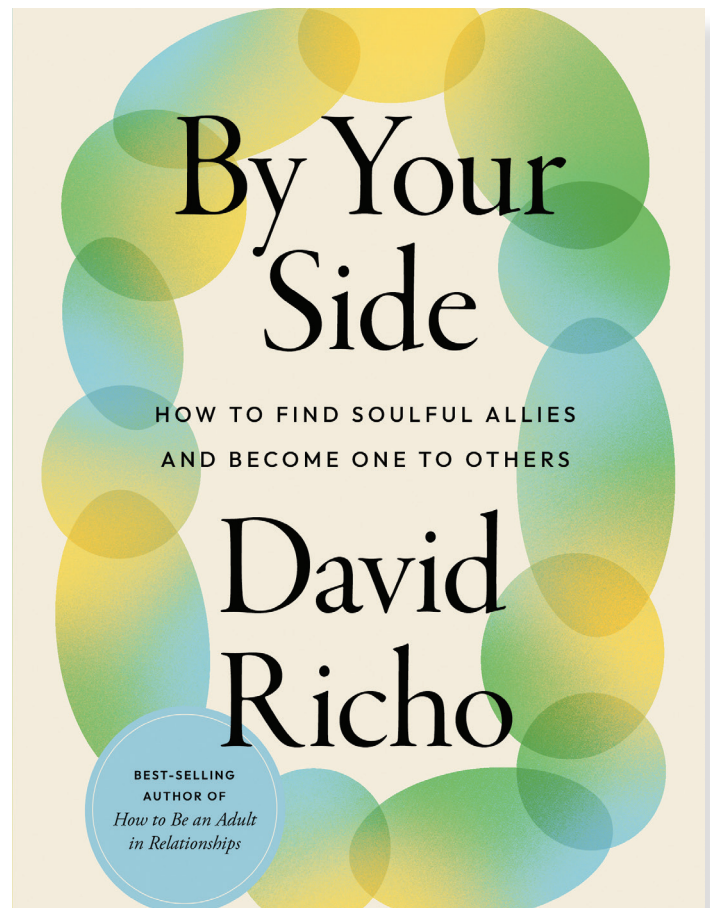
David Richo draws from history, Jungian psychology, Buddhism, nature, and other spiritual traditions to illuminate our connection to the “helpers” we call upon to navigate life. Some of the assisting forces in our lives are visible, and some are invisible. Some are with us for life; some come and go.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

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

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

About the Author

DAVID RICHO, PhD, MFT, is a psychotherapist, teacher, writer, and workshop leader whose work emphasizes the benefits of mindfulness and loving-kindness in personal growth and emotional well-being. He maintains a private practice and teaches weekly at venues including Esalen and Spirit Rock. He is the author of numerous books, including *Triggers*,



How to Be an Adult in Relationships, and *The Five Things We Cannot Change*

Self-Help - Motivational & Inspirational

Religion - Spirituality

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

09/24/2024

PAGES: 200

ISBN: 9781645473053

The Essence of Muay Thai

A Warrior's Guide to the Tradition and Its Spiritual Heart

By Nuakai Aru
\$24.95 - TR

About the Book

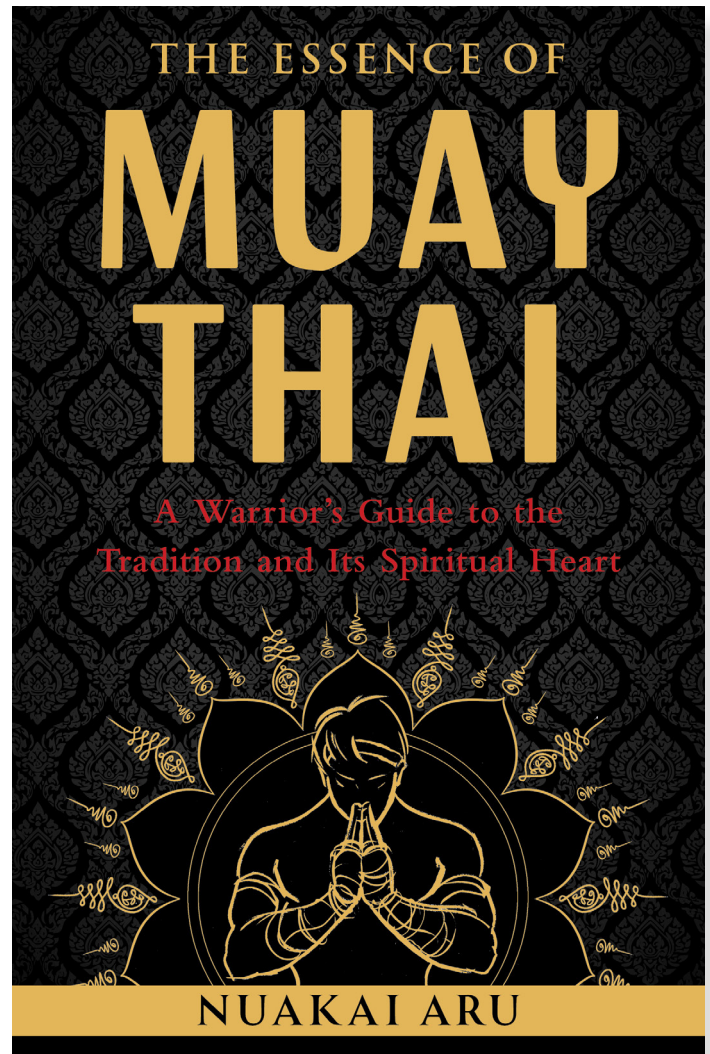
A fascinating dive into the little-known spiritual dimensions of the popular martial art of Muay Thai, as well as its rich history, traditions, and esoteric practices.

Muay Thai, or Thai boxing, is considered by many to be the most effective martial art, and its popularity has only been heightened by its dominance in the Mixed Martial Arts (MMA) arena. But one little-known aspect of this potent self-defense system is its deep spiritual roots and meditative practices.

In *The Essence of Muay Thai*, Nuakai Aru, a Muay Thai master and longtime practitioner of various other martial arts, offers a fascinating historical and philosophical view of Muay Thai—along with his personal insights and experiences on the path.

Muay Thai—originally known in its purest fighting form as Muay Boran—was developed as a military fighting system during the 13th century to protect the Sukhothai Kingdom, the first independent—and Buddhist—Thai kingdom. Buddhism infused every aspect of life and society—from governance, to art and architecture, to military strategy—and the view of the Noble Warrior was central in Muay Thai and Muay Boran. The Muay Thai warriors were tasked with protecting the kingdom and its rulers using skillful, tactical, and enlightened action.

Aru is a compelling guide into the enigmatic world of Thai martial arts—its history, legend, lore, esoteric practices, and spiritual aspects—and he shares his own fascinating personal story of physical and emotional healing through Muay Thai.



About the Author

NUAKAI ARU is a Jamaican-British martial artist, martial arts teacher, lifestyle coach, filmmaker, and actor. A martial artist for 30 years, Aru runs LionHeart Muay Thai, where he teaches both the traditional Thai martial art of Muay Boran and contemporary Muay Thai.

Sports & Recreation - Martial Arts - General
Religion - Spirituality
Philosophy - Eastern

SHAMBHALA
10/21/2025
PAGES: 160
ISBN: 9781645473817

From Self-Care to We-Care

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

By Jordan Quaglia

\$19.95 - TR

About the Book

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

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

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

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

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

About the Author

JORDAN QUAGLIA has spent over a decade researching and teaching on topics such as mindfulness, compassion, and lucidity. He is an associate professor of psychology at Naropa University, where he directs

From Self-Care to We-Care

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

JORDAN QUAGLIA

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

Psychology - Mental Health

Self-Help - Personal Growth - General

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

05/06/2025

PAGES: 288

ISBN: 9781645473473

Growing Self-Compassionate Children

A Family Guide for Nurturing Resiliency and Kindness

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

About the Book

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

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

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

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

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

About the Authors

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

Wendy O'Leary & Louise Shanagher

GROWING SELF-COMPASSION

NURTURING KINDNESS & RESILIENCY
IN OUR CHILDREN



in mindful self-compassion, trauma-informed yoga, and mindfulness and is a member of the International Mindfulness Teachers Association.

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

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

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

How Confucius Changed My Mind

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

By Charles B. Jones

\$19.95 - TR

About the Book

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

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

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

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

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

HOW CONFUCIUS CHANGED MY MIND

and What He
Can Teach You
About the Art of
Being Human



CHARLES B. JONES

About the Author

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

Self-Help - Personal Growth - General
Philosophy - Eastern
Religion - Confucianism

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

Leaves Falling Gently

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

By Susan Bauer-Wu; forewords by Joan Halifax
and Nipun Mehta

\$18.95 - TR

About the Book

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

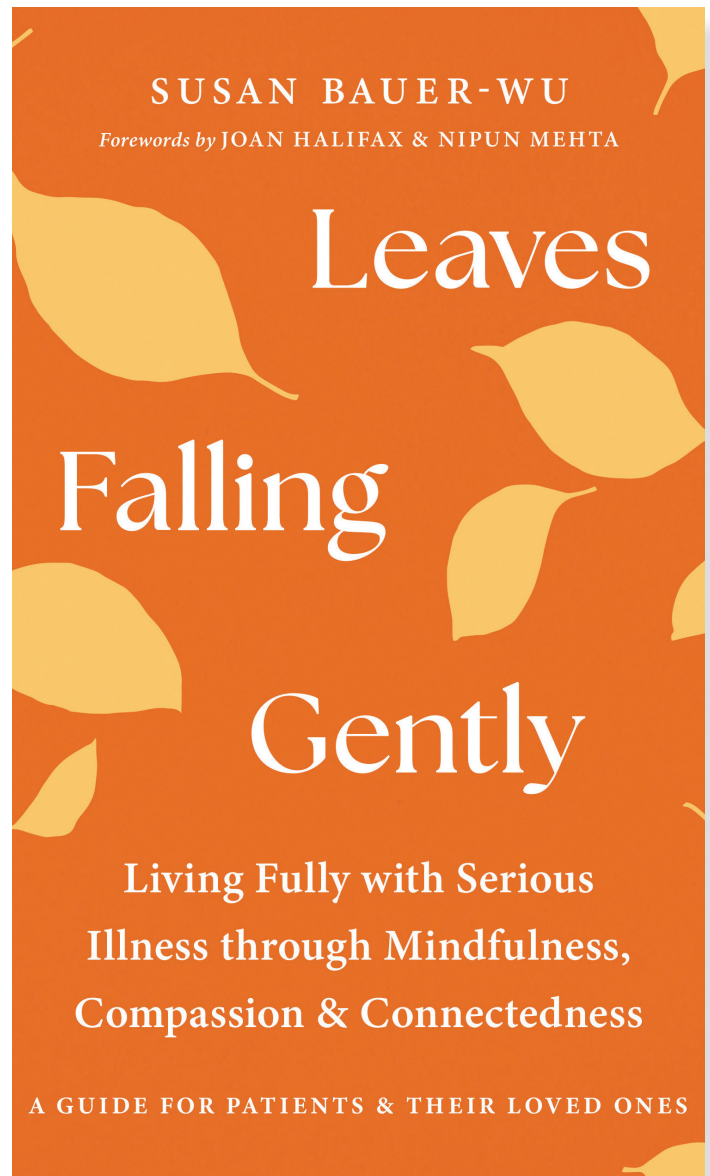
Dealing with chronic illness can be an isolating and challenging experience. Whether it's you or someone you love, it's common to struggle with feelings of fear, sadness, or anger as you navigate the uncertainty of your experience. The practices here help those facing illness, as well as their loved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

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

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

About the Author

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



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

Body, Mind & Spirit - Mindfulness & Meditation

Self-Help - Death, Grief, Bereavement

Religion - Buddhism - Rituals & Practice

Subrights Sold: No Chinese language rights

SHAMBHALA

05/27/2025

PAGES: 192

ISBN: 9781645473657

Mothershift

Reclaiming Motherhood as a Rite of Passage

By Jessie Harrold

\$21.95 - TR

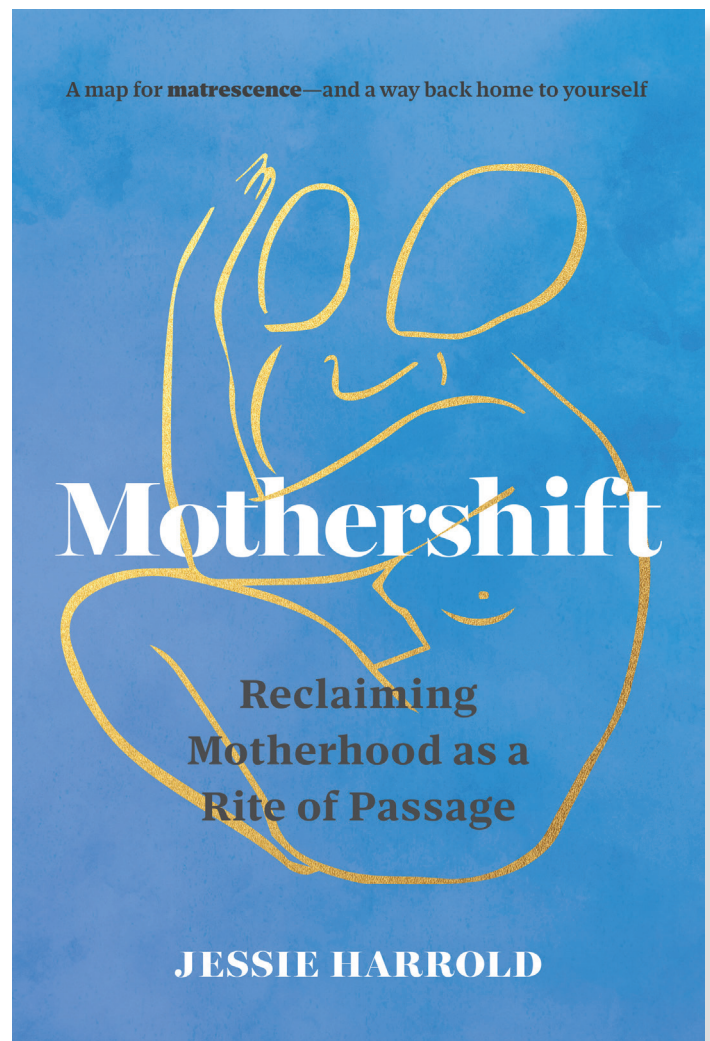
About the Book

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

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

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

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



About the Author

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

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

SHAMBHALA
11/12/2024
PAGES: 256
ISBN: 9781645473060

Orient

Two Walks at the Edge of the Human

By David Hinton

\$18.95 - TR

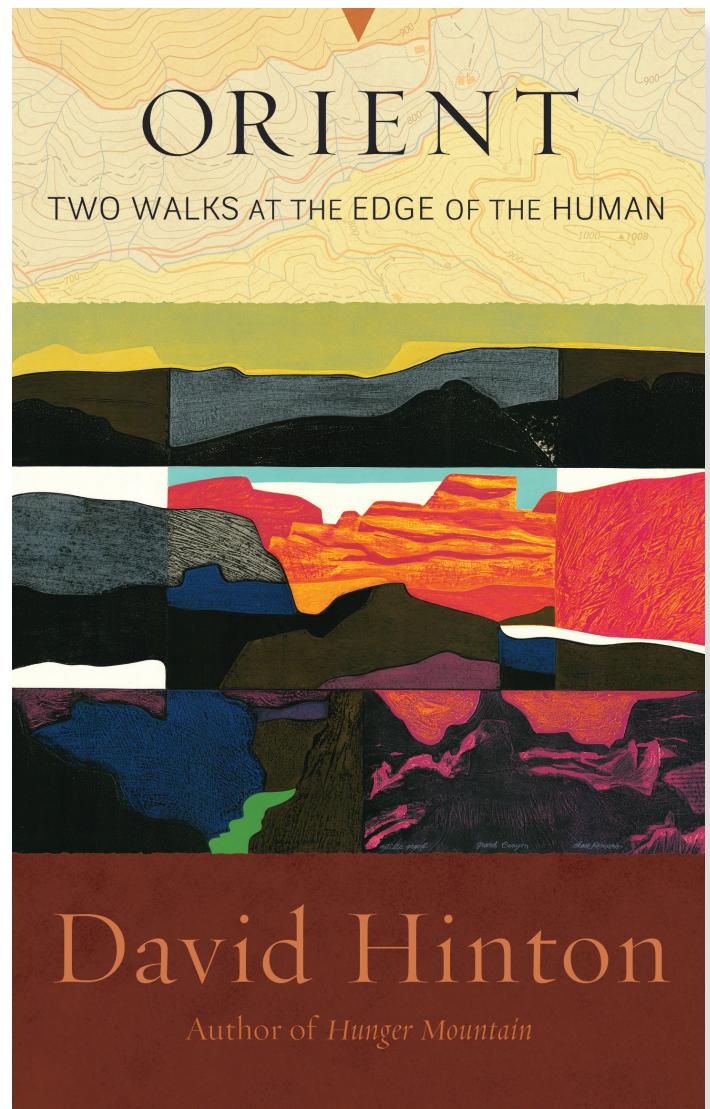
About the Book

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

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

About the Author

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



Nature - Essays

Religion - Taoism

Philosophy - Nature

SHAMBHALA

04/22/2025

PAGES: 112

ISBN: 97810645472759

Outshining Trauma

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

By Ralph De La Rosa

\$21.95 - TR

About the Book

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

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

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

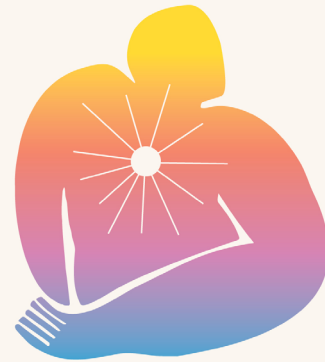
- See that your mind is made up of disparate "parts" that carry their own views and intentions which can become stuck in traumatic experiences;
- Recognize common types of inner parts in the IFS model, such as "Managers," "Firefighters," and "Exiles";
- Separate from a part inside of you that's holding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

About the Author

RALPH DE LA ROSA, LCSW (he/they), is a psychotherapist and meditation teacher known for his radically open and humorous teaching style. His work has been featured in *The New York Post*, *CNN*,

OUTSHINING TRAUMA

A New Vision of Radical
Self-Compassion



RALPH DE LA ROSA
FOREWORD BY RICHARD SCHWARTZ

Integrating Internal Family Systems and Buddhist Meditation

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

Self-Help - Emotions

Psychology - Mental Health

Philosophy - Buddhist

SHAMBHALA

11/26/2024

PAGES: 272

ISBN: 9781645472322

Sweeter than Revenge

Getting Over Your Payback Mind

By David Richo

\$19.95 - TR

About the Book

When you feel you have been wronged, the urge to retaliate can feel overwhelming and justified. In this groundbreaking work, acclaimed author and psychotherapist David Richo explores the complex dynamics of retaliation, offering profound insights into why we seek revenge and practices to help us break free from this destructive cycle.

Sweeter than Revenge delves deeply into one of humanity's most instinctive yet destructive impulses: the urge to strike back when we feel wronged. Drawing from psychology, principles of emotional intelligence, Christian and Buddhist teachings, and years of therapeutic expertise, Richo illuminates the web of emotions and triggers that drive retaliatory behavior. He challenges readers to examine their own patterns of retaliation and provides practical tools for responding to conflict with wisdom rather than reactivity.

Revenge happens in any human relationship, even intimate ones. Through compelling insights and actionable strategies, Richo guides us in understanding how to transform vengeful impulses into opportunities for growth and healing. Whether dealing with personal relationships, workplace dynamics, or internal struggles, this book offers a revolutionary framework for moving beyond the primitive urge for revenge toward more enlightened responses. We may not be able to eliminate our impulse to retaliate, but we can stop acting on it.

Readers will discover powerful techniques for managing anger, developing emotional resilience, and fostering genuine forgiveness. Through real-world examples and exercises, this book illuminates the path from reactive behavior to conscious response.

Sweeter than Revenge is an essential read for

DAVID RICHO

AUTHOR OF *How to Be an Adult in Relationships*

Sweeter than Revenge

GETTING OVER YOUR
PAYBACK MIND

(AND ACHIEVING REAL CONNECTION
IN ALL YOUR RELATIONSHIPS)

anyone seeking to be freed from destructive patterns and cultivate more constructive ways of handling life's inevitable conflicts.

About the Author

DAVID RICHO, PhD, 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 combines Jungian, poetic, and mythic perspectives with the intention of integrating the psychological and the spiritual.

Self-Help - Emotions

Psychology - Interpersonal Relations

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

11/11/2025

PAGES: 160

ISBN: 9781645474708

Thomas Keating

The Making of a Modern Christian Mystic

By Cynthia Bourgeault

\$24.95 - TR

About the Book

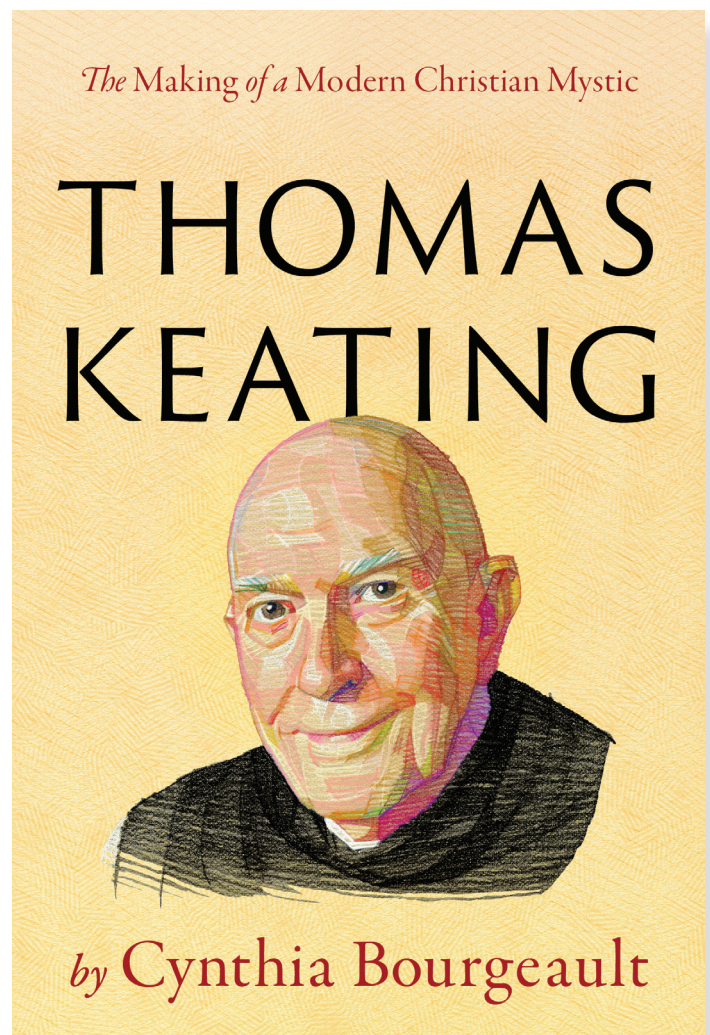
In the first four decades of his life as a Trappist monk, Thomas Keating created a comprehensive, unified psychospiritual pathway leading from healing to holiness and from contemporary psychological wellness to classic mystical sanctity and beatitude. In short, he fashioned a powerful new on-ramp to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

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

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

About the Author

CYNTHIA BOURGEAULT is a modern-day mystic, Episcopal priest, and theologian. She divides her time between solitude at her seaside hermitage in Maine and traveling globally to promote the rediscovery of the Christian contemplative path. She is a core faculty member at the Center for Action and



Contemplation and founding director of an international network of Wisdom Schools. Cynthia's articles and essays have appeared in many journals and publications, and she is the author of numerous books, including *Eye of the Heart*, *The Wisdom Jesus*, *The Meaning of Mary Magdalene*, *The Holy Trinity and the Law of Three*, and *The Heart of Centering Prayer*.

Religion - Christian Living - Prayer

Religion - Mysticism

Religion - Christian Rituals & Practice - General

Subrights Sold: Spanish

SHAMBHALA

11/26/2024

PAGES: 288

ISBN: 9781645471844

Until My Memory Fails Me

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

By Sharon Lukert

\$19.95 - TR

About the Book

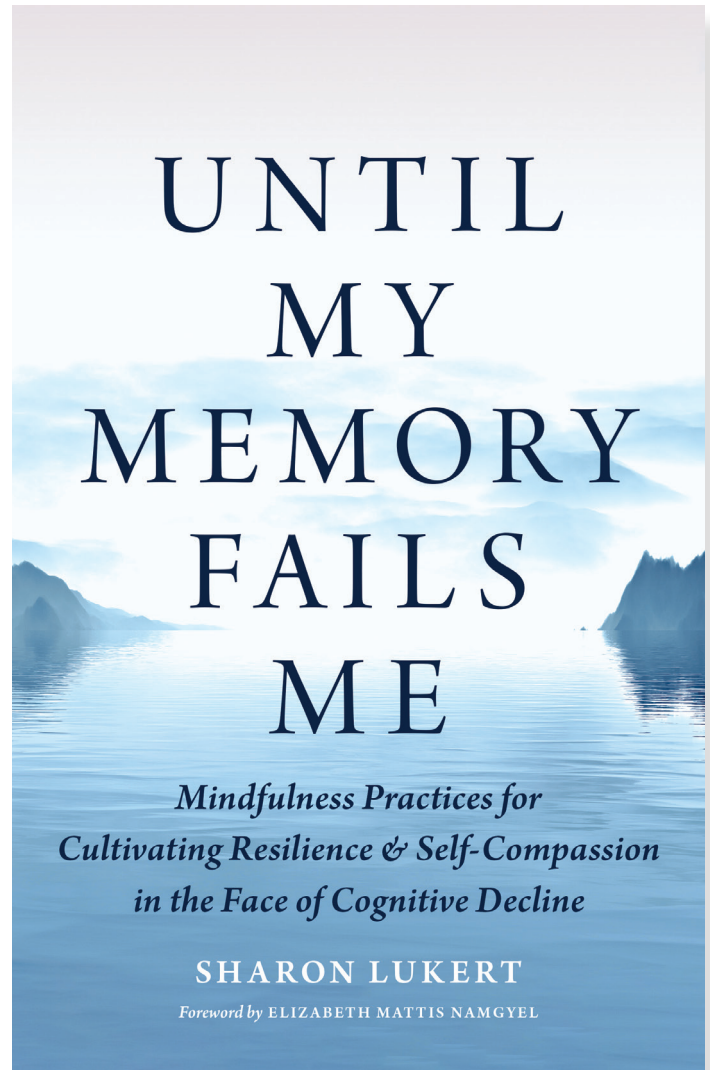
A definitive guide for navigating cognitive decline using mindfulness and meditation practices that includes practical advice and poignant stories from a Buddhist chaplain diagnosed with Mild Cognitive Impairment.

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

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

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

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



About the Authors

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

Self-Help - Aging

Body, Mind & Spirit - Mindfulness & Meditation

Philosophy - Buddhist

SHAMBHALA

06/03/2025

PAGES: 176

ISBN: 9781645472971

Wisdom of the Earth, Wisdom of the Body

A Seasonal Guide to Chinese Medicine and
Yoga for Balance and Vitality

By Jennifer Raye

\$24.95 - TR

About the Book

Experience vibrant health and harmony through a unique, seasonal self-care approach that intertwines the earth-based wisdom of Traditional Chinese Medicine with yoga and meditation.

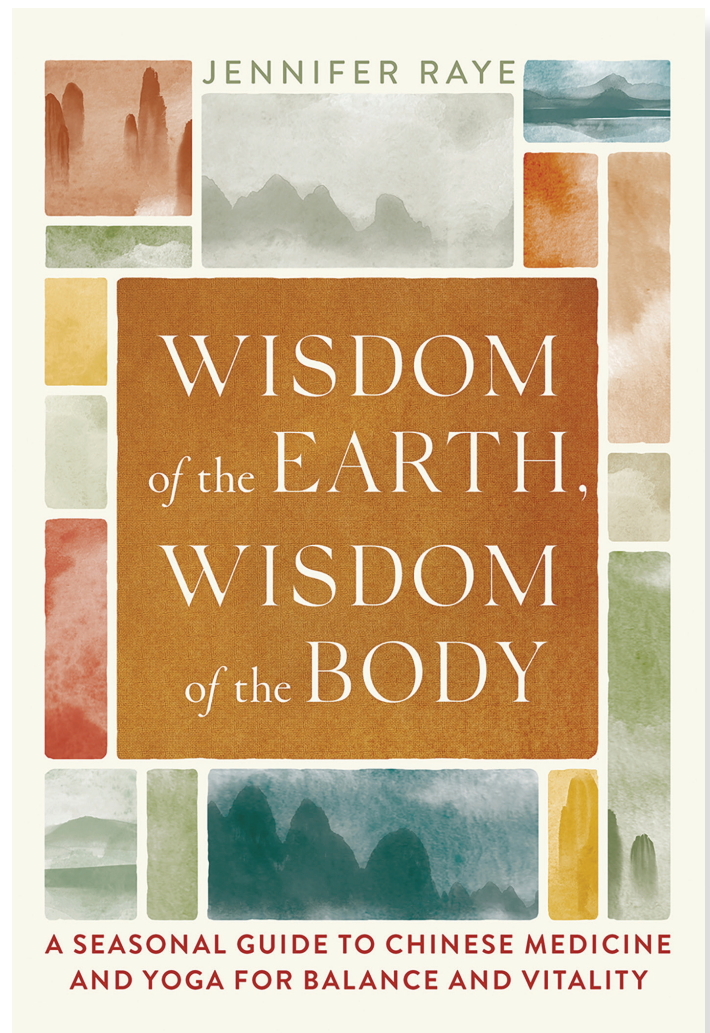
In this practical manual, experienced Traditional Chinese Medicine (TCM) specialist and yoga teacher Jennifer Raye leads you through accessible movement, mindfulness, and healing practices aligned with the natural rhythm of the seasons.

Drawing from Chinese medicine and yogic practices, Raye offers gentle guidance on using yoga postures, diet, herbal medicine, massage, and other practices in harmony with the seasons, the weather, the time of day, and other environmental influences. The book includes:

- An introduction to using acupressure points
- An introduction to the five-element theory and how it manifests in your life
- Yoga postures that target the organs and meridians according to the Chinese medicine model
- Various meditations including Brahma Vihara meditations, guided Shamata meditation, and Inner Trust meditation
- Breathing techniques such as Bhramari Pranayama
- Inquiry suggestions and journal exercises
- And much more

About the Author

JENNIFER RAYE, R.TCM.P., is an internationally recognized Traditional Chinese Medicine practitioner and teacher, specializing in the



intersection of Chinese Medicine, yoga, and mindfulness. Jennifer holds a postgraduate doctorate in Traditional Chinese Medicine, is a licensed practitioner, acupuncturist, herbalist, holistic nutritionist, and an experienced yoga and meditation teacher. Raye shares her writing on her popular website jenniferraye.com, and has been featured in print with Mantra magazine, and many online blogs.

Health & Fitness - Alternative Therapies
Body, Mind & Spirit - Mindfulness & Meditation
Health & Fitness - Yoga

SHAMBHALA
12/09/2025
PAGES: 192
ISBN: 9781645471721

Your Heart Was Made for This

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

By Oren Jay Sofer

\$24.95 - HC

About the Book

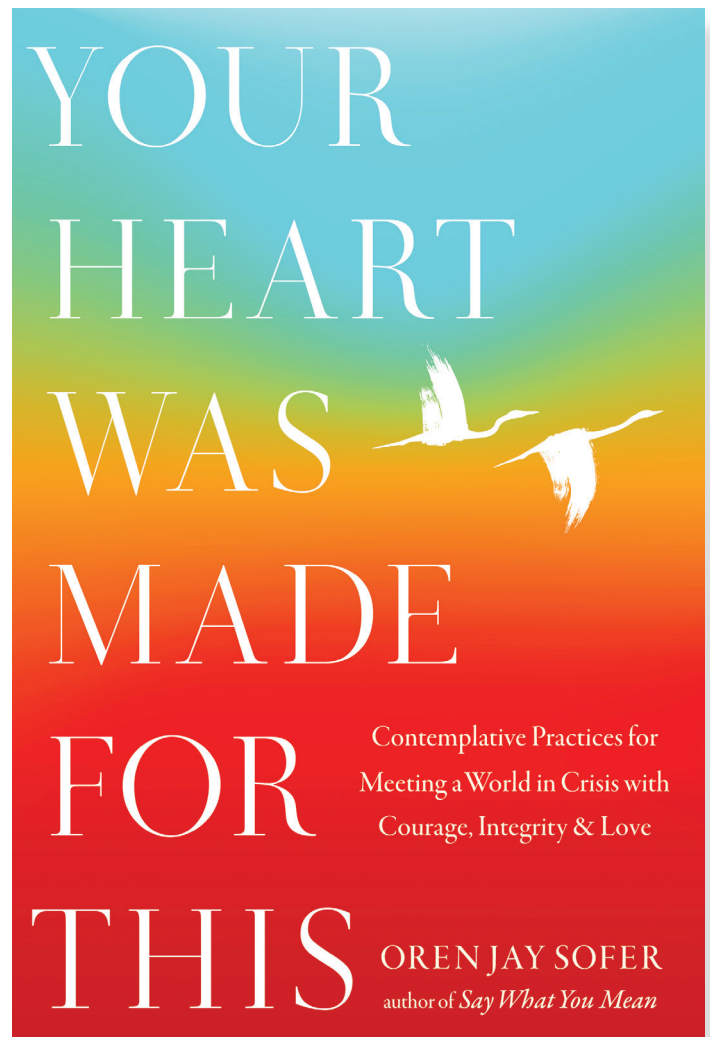
A practical roadmap to cultivating the heart's capacity to face our biggest challenges such as climate anxiety, racial stress, and work burnout head-on, from the best-selling author of *Say What You Mean*.

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

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

About the Author

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



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

Self-Help - Personal Growth - Happiness

Philosophy - Buddhist

Body, Mind & Spirit - Mindfulness & Meditation

Subrights Sold: Korean

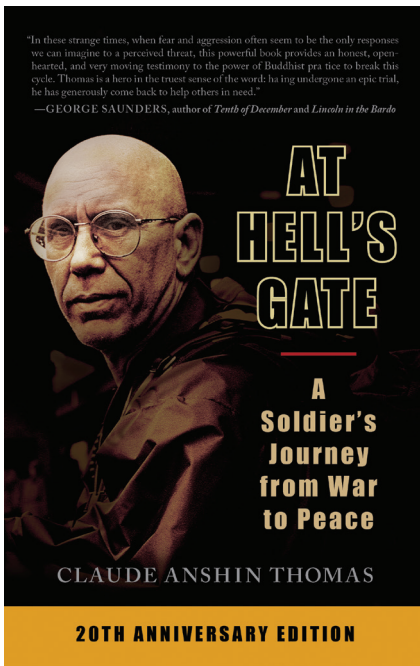
SHAMBHALA

11/21/2023

PAGES: 304

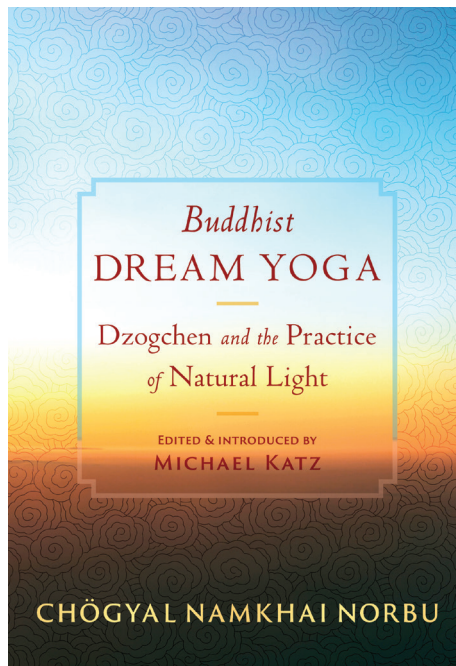
ISBN: 9781645472001

Reissues



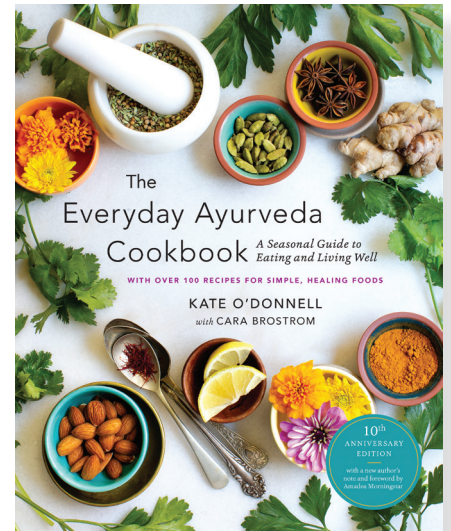
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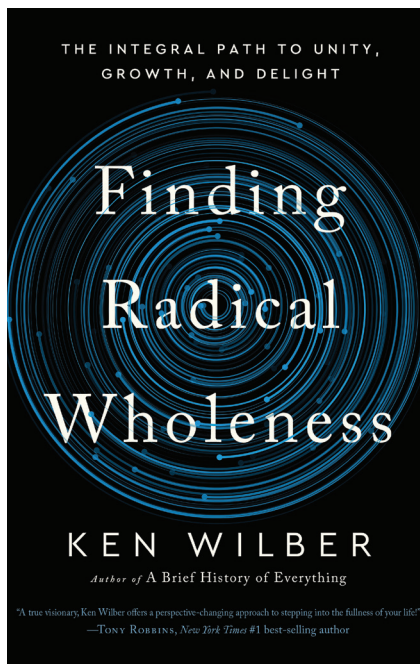
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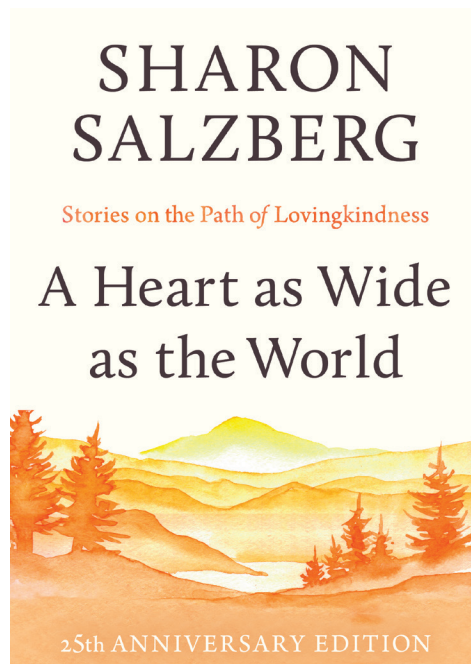
THE EVERYDAY AYURVEDA COOKBOOK BY KATE O'DONNELL

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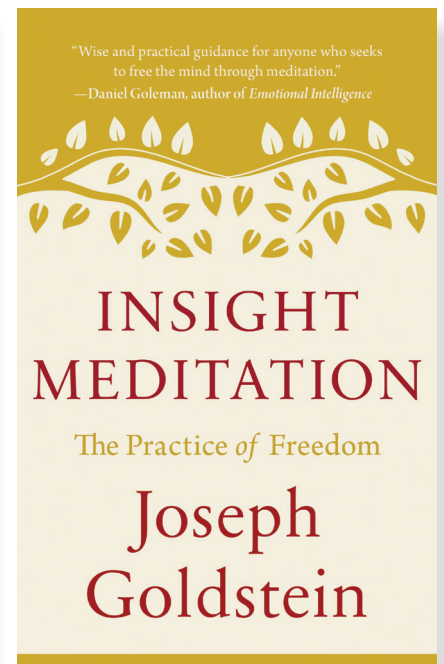
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Reissues

THE LITTLE BOOK OF ZEN HEALING

Japanese Rituals for Beauty, Harmony, and Love



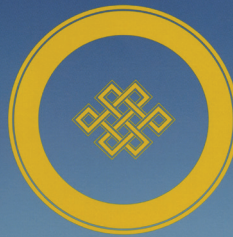
PAULA ARAI

FOREWORD BY PICO IYER

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

THE LITTLE BOOK OF ZEN HEALING BY PAULA ARAI; FOREWORD BY PICO IYER
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The MYTH of FREEDOM and the WAY of MEDITATION



CHÖGYAM TRUNGPA

foreword by PEMA CHÖDRÖN

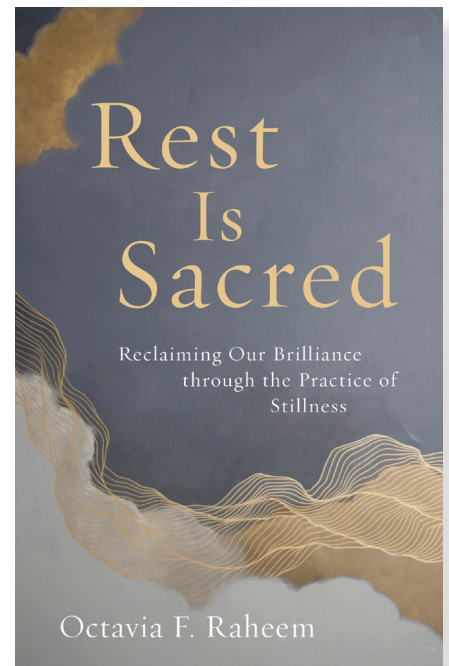
SHAMBHALA CLASSICS

THE MYTH OF FREEDOM AND THE WAY OF MEDITATION BY CHOGYAM TRUNGPA

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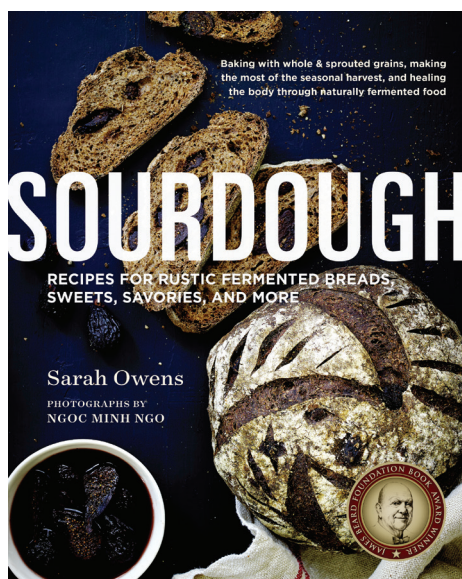
Rest Is Sacred

Reclaiming Our Brilliance through the Practice of Stillness



Octavia F. Raheem

REST IS SACRED BY OCTAVIA F. RAHEEM



SOURDOUGH

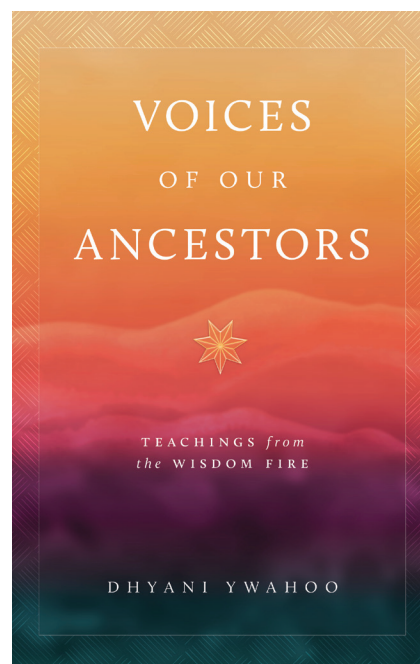
RECIPES FOR RUSTIC FERMENTED BREADS, SWEETS, SAVORIES, AND MORE

Sarah Owens

PHOTOGRAPHS BY NGOC MINH NGO

SOURDOUGH BY SARAH OWENS

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VOICES OF OUR ANCESTORS

TEACHINGS from the WISDOM FIRE

DHYANI YWAHOO

VOICES OF OUR ANCESTORS BY DHYANI YWAHOO

Subrights Sold: Dutch, French, German, Greek, Italian, Japanese, Polish, Spanish, Thai

Yoga

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

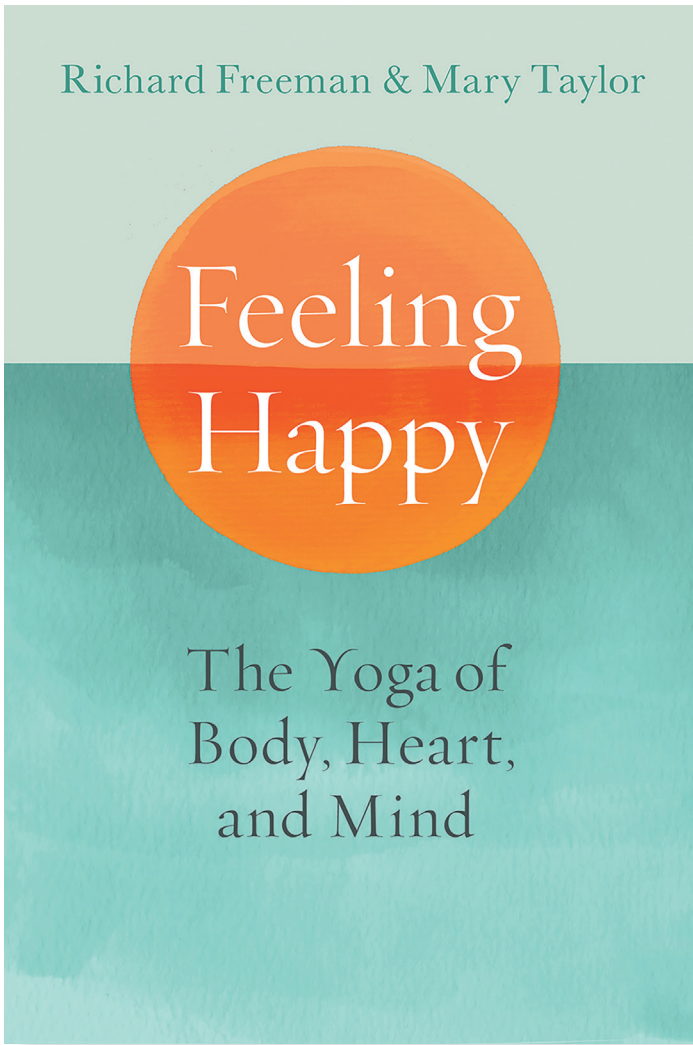
The book will address the topics of transmuting emotion, lasting happiness, and a sense of freedom—illuminating the broad wisdom that underlies the classic teachings of Buddhism and the Yoga Sutras—making them relevant to today’s reader.

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

Richard Freeman & Mary Taylor



Feeling Happy

The Yoga of Body, Heart, and Mind

and yoga practices into the health care system for integrative therapies and self-care, and she is active in Donna Karan’s Urban Zen Foundation and the Upaya Zen Center.

Self-Help - Personal Growth - Happiness

Health & Fitness - Yoga

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

11/19/2024

PAGES: 208

ISBN: 9781645472339

Ignite Your Yoga

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

By Susanna Barkataki

\$21.95 - TR

About the Book

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

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

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

About the Author

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

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: 256

ISBN: 9781611809947

Buddhism

Blossom Awakening

The Life and Poetry of Wandering Monk Saigyō

By Saigyō; translated by Peter Levitt and

Kazuaki Tanahashi

\$21.95 - TR

About the Book

The essential introduction to Saigyō one of Japan's greatest and most enduring poets.

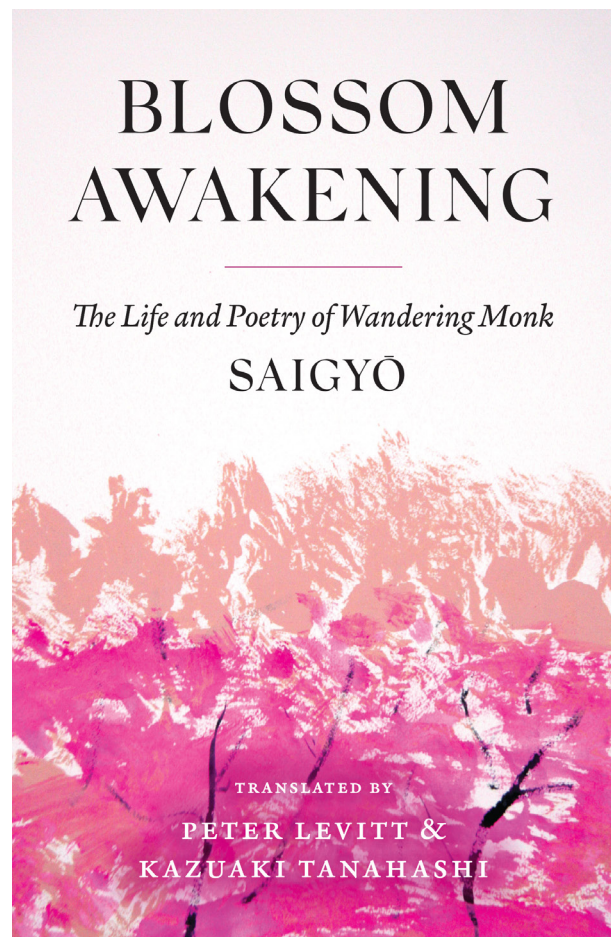
Born in the twelfth century during a time of great political upheaval and warfare, Saigyō made the shocking decision in his youth to resign from his respectable post as a guard to the emperor's family and pursue a life of Buddhist renunciation, wilderness wandering, and poetry. Over his lifetime he became one of Japan's most celebrated poets, and his aesthetics of spiritual longing and aching identification with the natural world left an indelible imprint on his country's literary culture for centuries to come.

With 193 poems on 11 themes like the moon, journeys, mountain abodes, love, and the dreamlike world, *Blossom Awakening* collects Saigyō's most poignant and impactful work, revealing him as a spiritual seeker whose perceptivity and insight remains an inspiration to this day. Translators Kazuaki Tanahashi and Peter Levitt present the poems with their original Japanese text and provide an introduction and commentary that illuminate the political, religious, and literary dimensions of Saigyō's life and work.

About the Authors

KAZUAKI TANAHASHI is a world-renowned calligraphic artist, a Zen teacher, author, environmentalist, peacemaker, and translator, particularly of the works of Eihei Dogen. He is author or translator of numerous books, and his art has been featured in shows throughout the world.

PETER LEVITT is a poet and Zen teacher who lives in British Columbia. He was authorized to teach in the lineage of Shunryu Suzuki by



Norman Zoketsu Fischer. He is the author or translator of several collections of poetry and is the recipient of the prestigious Lannan Foundation Award in Poetry. He also teaches creativity in writing and other endeavors in various venues.

Poetry - Asian - Japanese

Poetry - Ancient & Classical

Religion - Buddhism - Zen

SHAMBHALA

07/15/2025

PAGES: 224

ISBN: 9781645473633

Breathing Mindfulness

Discovering the Riches at the Heart of the
Buddhist Path

By Sarah Shaw

\$24.95 - TR

About the Book

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

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

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

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

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

About the Author

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

BREATHING MINDFULNESS

Discovering the Riches at the
Heart of the Buddhist Path

Sarah Shaw



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

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

Body, Mind & Spirit - Mindfulness & Meditation

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Theravada

SHAMBHALA

05/13/2025

PAGES: 352

ISBN: 9781611807189

The Buddha's Gift to the World

A Practitioner's Guide to the Roots of Mindfulness

By Martina Draszczyk

\$24.95 - TR

About the Book

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

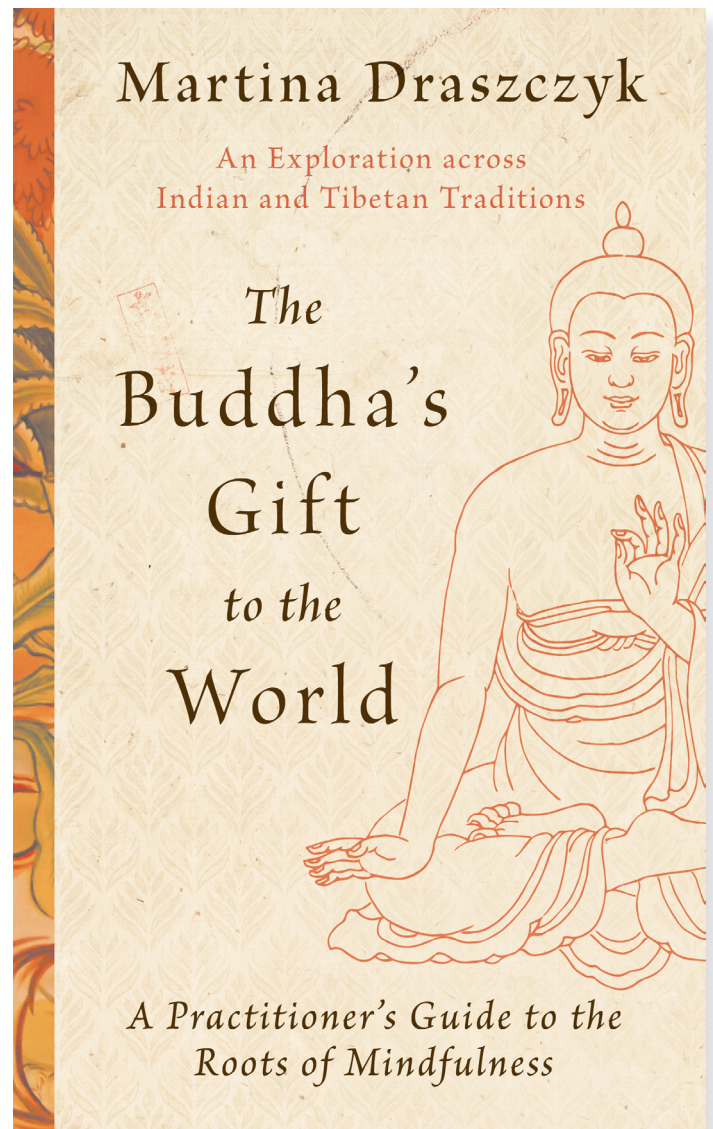
Until now, mindfulness in the West has mainly been taught and practiced based on the Theravada Buddhist tradition. This book offers the first presentation of the subject based on Mahayana Buddhist sources, including sutras and shastras, and texts by eminent Indian and Tibetan Buddhist masters—many previously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

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

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

About the Author

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



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

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

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

Buddhist Masters of Modern China

The Lives and Legacies of Eight Eminent Teachers

Edited by Benjamin Brose
\$24.95 - TR

About the Book

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

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

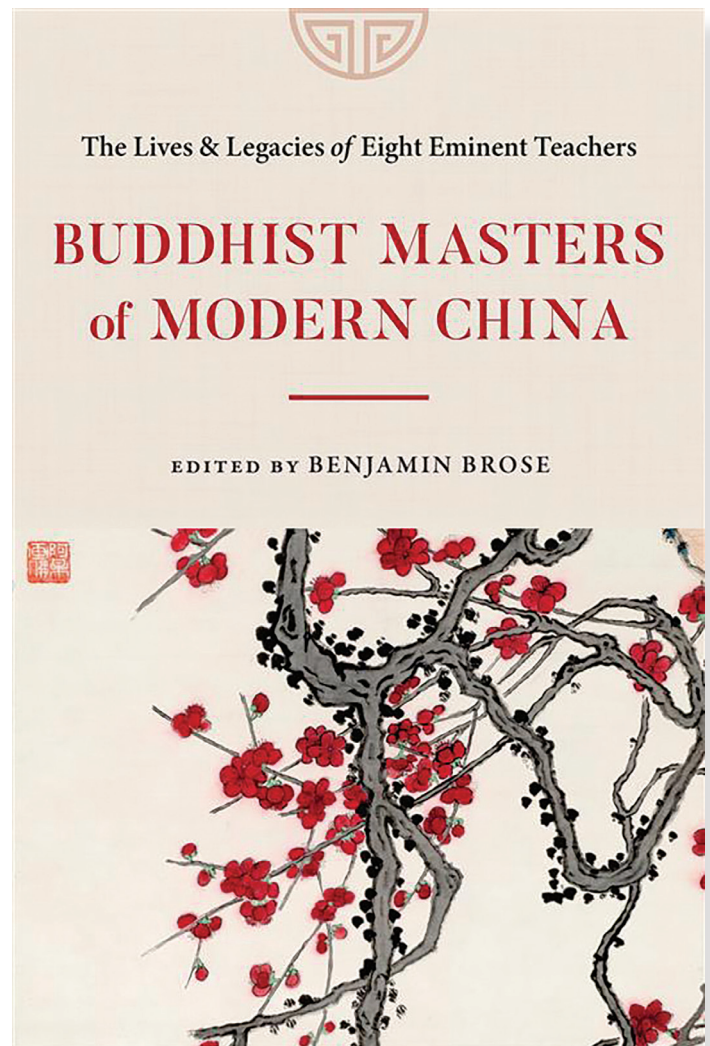
Buddhist traditions are often represented by their most renowned teachers, but in the case of Chinese Buddhism of the late nineteenth and early twentieth centuries, few such figures are known outside China, to the detriment of our knowledge of the tradition as a whole.

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

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

About the Author

BENJAMIN BROSE is an associate professor of Chinese Buddhism at the University of Michigan. His work on the history of religion in China, with a particular focus on Buddhism, has centered on



two transformational historical eras—the late ninth through the early eleventh centuries and the twentieth century—in an attempt to better understand the relationships between social, cultural, and political change and the development of religious doctrines and practices. He is the author of *Xuanzang: China's Legendary Pilgrim and Translator*, *Patrons and Patriarchs: Regional Rulers and Chan Monks during the Five Dynasties and Ten Kingdoms*, and numerous scholarly articles.

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

SHAMBHALA
05/27/2025
PAGES: 256
ISBN: 9781645472230

The Carefree-Ease Record

By David Hinton

\$27.95 - TR

About the Book

In this radical new translation of a classic Ch'an (Zen) koan collection, David Hinton illuminates the Taoist dimensions of "carefree-ease," the effortless joy of the enlightened mind in harmony with earth and cosmos.

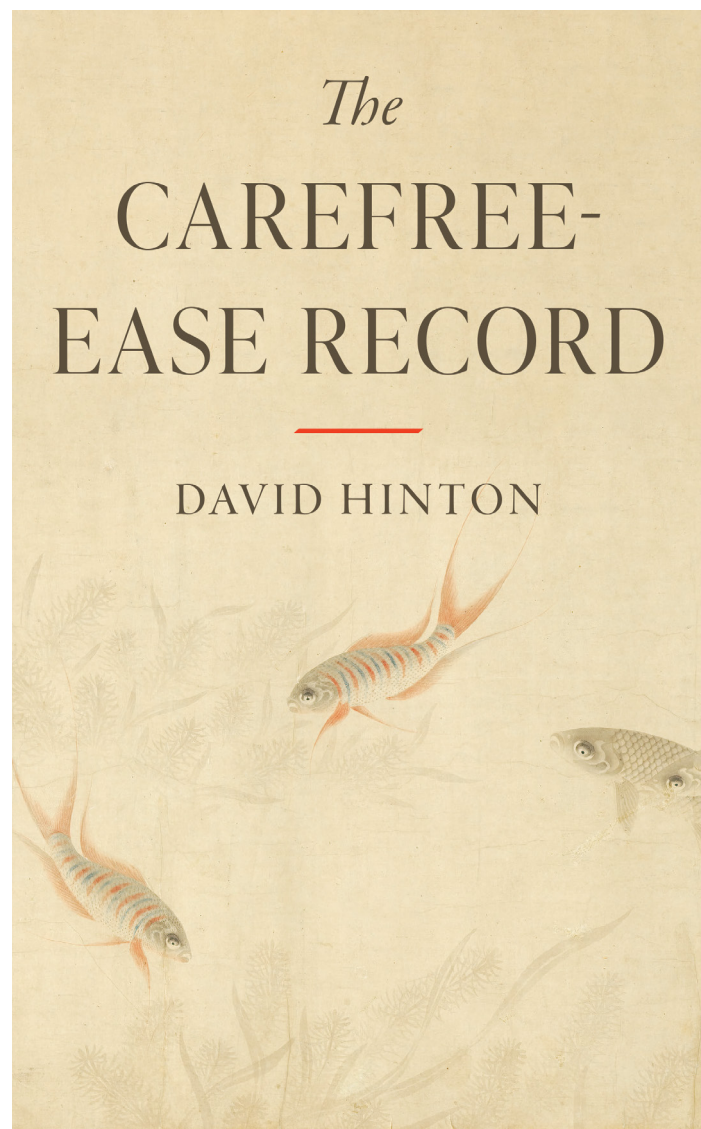
First collected by the Ch'an master Wisdom-Expanse (Hung-Chih) in the twelfth century, this collection of one hundred kung-ans, or koans, is an essential text for students of Ch'an and Zen. These miniature masterpieces of Chinese philosophy and literature offer a unique way of penetrating directly into the essence of Ch'an teaching, and in this new translation, Hinton affords readers an opportunity to experience these koans in English like never before.

Paring away the later commentaries that are usually presented with these koans, Hinton lets the original stories stand on their own, revealing themselves as nothing less than poetic expressions of the awakened mind. A far cry from the transcendence of life-and-death that typifies the traditional Buddhist goal of nirvana, this awakening is distinctly earthy and grounded in the rhythms of nature, shaped by the centuries of Taoist tradition that preceded Ch'an. "*Carefree-ease*," writes Hinton, is "to move through life with the 'profound tranquility' of the Cosmos itself as it unfurls through its perennial transformations."

Following his translation of *No-Gate Gateway* (2018) and *Blue-Cliff Record* (2024), this volume marks the completion of Hinton's project to translate all three of the classic koan collections.

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 US: the Landon Translation Award and the PEN American Translation Award. Recently, Hinton received a lifetime achievement award by the American Academy of Arts and Letters.

Religion - Buddhism - Zen

Literary Collections - Asian - Chinese

Philosophy - Taoist

SHAMBHALA

09/02/2025

PAGES: 272

ISBN: 9781645472711

Composting Our Karma

Turning Confusion into Lessons for Awakening Our Innate Wisdom

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

About the Book

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

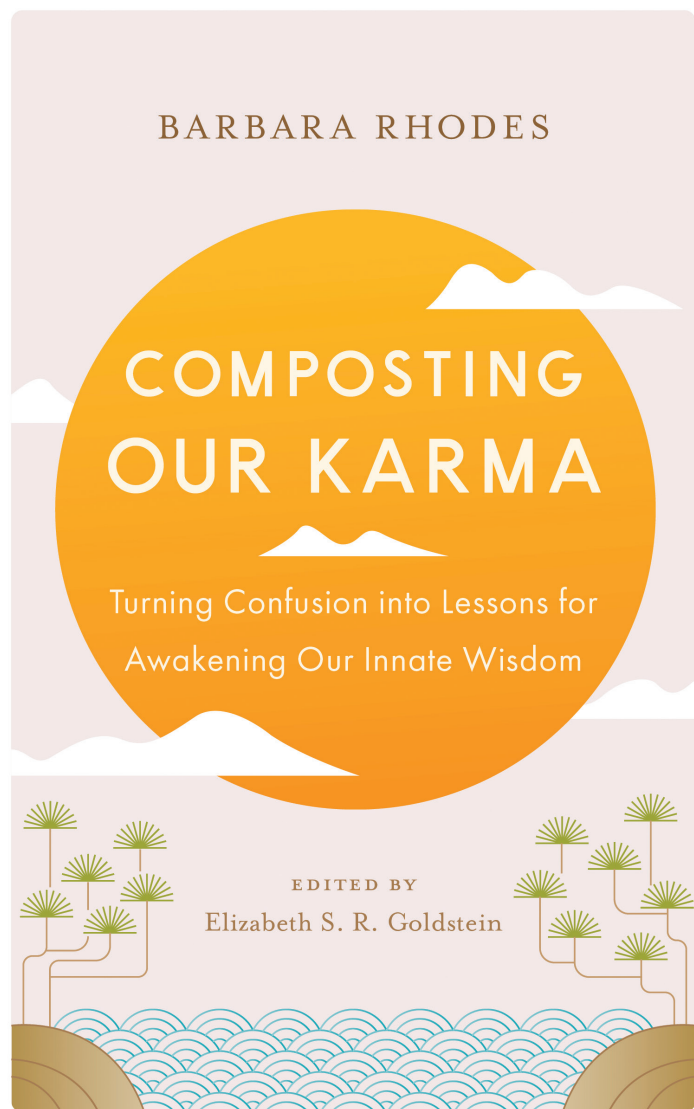
"Don't-know mind," Korean Zen's foremost teaching, points to our clear enlightened mind before suffering arises based on concepts and judgments of like and dislike. While simple, it is a lifelong exercise, with immediate benefits that get deeper with practice. By applying don't-know mind to meditation,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

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

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

About the Author

ZEN MASTER SOENG HYANG (Barbara Rhodes) is the School Zen Master of the Kwan Um School of Zen. She received dharma transmission from Zen Master Seung Sahn on October 10, 1992. She was one of Zen Master Seung Sahn's first



American students. A registered nurse since 1969, she currently works in hospice care. She helped found Providence Zen Center, and lived there for seventeen years, serving in a number of administrative capacities. Zen Master Soeng Hyang has a daughter and lives with her partner, Mary, in California.

Religion - Buddhism - Zen

Religion - Buddhism - General

Self-Help - Personal Growth - Happiness

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

The Dharma of Healing

The Path of Liberation from Stress, Pain, and Trauma

By Justin Michelson

\$21.95 - TR

About the Book

A handbook for spiritual freedom in an age of global polycrisis, offering a wise and warm path to liberation from stress, pain, and trauma through the doorway of true compassion.

The world is in turmoil because of its trauma. Our unhealed psychological wounds block our innate expressions of wisdom and compassion, setting the stage for ongoing conflict, division, and stress. Our fate, both individual and collective, lies in our capacity to heal—and healing starts with knowing the power, resilience, and essential goodness of our compassionate hearts. In *The Dharma of Healing*, Justin Michelson walks readers through an ingeniously simple approach to self-healing using the power of compassion. Step-by-step, he shows how compassion, when carefully cultivated, carries the greatest power to heal and transform.

Rooted in the ancient and proven wisdom tradition of Buddhism but written for the modern seeker, *The Dharma of Healing* is an essential guide for anyone who longs for inner peace in a world that is anything but peaceful. Michelson synergizes psychological and spiritual principles to present a clear path to freedom and provides dozens of guided audio meditations that empower readers to walk the path themselves. Whether you're just starting a healing journey or spiritual practice, or you've been walking the path for decades, this book will meet you right where you are and take you as far as you're ready to go.

About the Author

JUSTIN MICHELSON is a teacher in the insight meditation tradition with over twenty years

The DHARMA of HEALING

THE PATH OF LIBERATION
from STRESS, PAIN, and TRAUMA



JUSTIN MICHELSON

Foreword by Rodney Smith

of training at Spirit Rock Meditation Center, Insight Meditation Society, Vipassana-Metta Foundation, and Cloud Mountain Retreat Center. He is the founder and lead teacher for two meditation centers based in Eugene, Oregon — Nature's Heart: Center for Natural Mindfulness and the Eugene Insight Meditation Center.

Self-Help - Communication & Social Skills
Psychology - Mental Health
Philosophy - Buddhist

SHAMBHALA

06/17/2025

PAGES: 320

ISBN: 9781645473640

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.

REBECCA BRADSHAW

DOWN TO EARTH DHARMA

Insight Meditation to
Awaken the Heart



“Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam.”

—JOSEPH GOLDSTEIN, author of *Insight Meditation*

About the Author

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

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

Religion - Buddhism - General

SHAMBHALA

11/26/2024

PAGES: 304

ISBN: 9781645473213

The Five Ranks of Zen

Tozan's Path of Being, Nonbeing, and Compassion

By Gerry Shishin Wick; foreword by Norman Fischer

\$24.95 - TR

About the Book

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

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

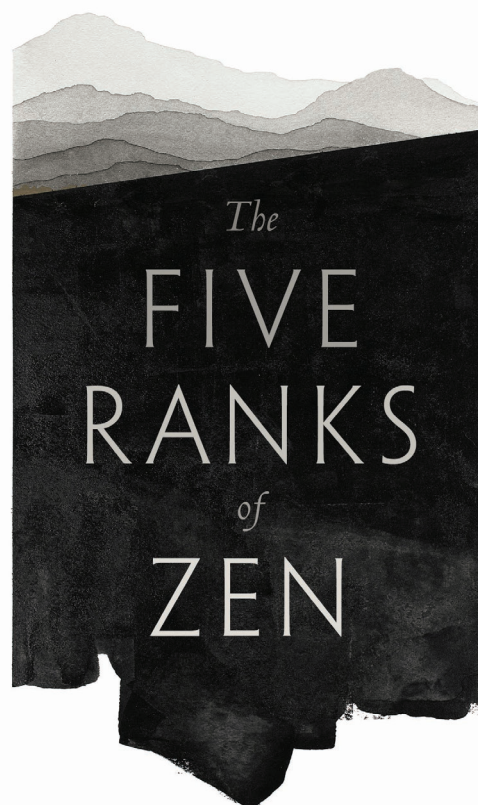
In *The Five Ranks of Zen*, American Zen teacher Shishin Wick offers an accessible entry point to each of the ranks, which Tozan created in two formulations: the first and better-known is the Five Ranks of the Relative and the Absolute; while the second set, called the Sequence of Merit, is an abbreviated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

About the Author

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

GERRY SHISHIN WICK

Foreword by Norman Fischer



Tozan's Path of Being, Nonbeing & Compassion

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

Religion - Buddhism - Zen

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals & Practice

SHAMBHALA

11/12/2024

PAGES: 328

ISBN: 9781645473220

Hold Nothing

An Invitation to Let Go and Come Home to Yourself

By Elena Brower
\$24.95 - TR

About the Book

A distinctive, artful, contemplative guide for self-discovery and self-inquiry, with wisdom, encouragement, and thought exercises by the best-selling author of *Practice You*. Includes 45 practices and full-color pieces of artwork by the author.

This distinctive contemplative guidebook by beloved yoga and spiritual teacher Elena Brower offers you the opportunity to slow down, connect with yourself deeply, and explore the question, “What is being asked of your life—personally, spiritually, and in relation to the world?”

As an evolution of, and a departure from, her best-selling journals, *Practice You* and *Being You*, Brower draws on her memories and life experiences, her practice of yoga and Nonviolent Communication, and more recently, her study of Zen, to help you discover what is being asked of you.

Each chapter offers insights, teachings, and wisdom on a single theme, such as:

- establishing presence in your daily life
- bearing witness to small moments of reverence
- embracing the art of not knowing
- invoking the wisdom of emptiness and stillness
- and more

She also includes 45 pieces of her full-color artwork to inspire deeper contemplation, insight, and creativity as readers explore each theme. Through questions, contemplations, and prompts, Brower encourages readers to experience reflection, reverence, self-empathy, and flow in their own life.



About the Author

ELENA BROWER is a mother, mentor, artist, teacher, best-selling author and host of the *Practice You* podcast. She has taught yoga and meditation since 1999. After graduating from Cornell University in 1992, she designed textiles and apparel for almost a decade before focusing on yoga, meditation, art and writing. Her first book, *Art of Attention*, has been translated into seven languages; her second, *Practice You*, is a bestseller, and is utilized as a teaching tool in a variety of settings. Elena's yoga classes and meditations are featured on Glo.

Body, Mind & Spirit - Inspiration & Personal Growth

Religion - Buddhism - Zen

Self-Help - Spiritual

SHAMBHALA

12/02/2025

PAGES: 176

ISBN: 9781645473022

How Compassion Works

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

By John Makransky and Paul Condon
\$24.95 - TR

About the Book

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

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

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

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

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

About the Authors

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

JOHN MAKRANSKY *and* PAUL CONDON



**A STEP-BY-STEP GUIDE to
CULTIVATING WELL-BEING,
LOVE, and WISDOM**

With practices drawn from Buddhism,
attachment theory, and cognitive science

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

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

Self-Help - Meditations

Religion - Buddhism - Tibetan

Psychology - Mental Health

SHAMBHALA

06/24/2025

PAGES: 272

ISBN: 9781645471738

In Search of the Bodhisattva Way

The Child Sudhana's Journey to Enlightenment from the Avatamsaka Sūtra

By Kosei Morimoto
\$35.95 - TR

About the Book

A retelling of Sudhana's story from the *Avatamsaka Sūtra*, this book chronicles a child's quest to seek spiritual wisdom from fifty-five bodhisattvas. Each chapter focuses on a different bodhisattva, with accompanying images from a 12th-century Japanese painted scroll.

What does it mean to dedicate yourself to the spiritual path with the innocence of a child? The answers to that are revealed in the story of a little boy named Sudhana, protagonist of the longest chapter in one of the oldest and most prominent Mahāyāna Buddhist sūtras.

In Search of the Bodhisattva Way is Kōsei Morimoto's summary of "Entering the Dharma Realm" (Gandavyha), the final chapter of the Avatasaka Stra, which had a lasting influence on painting and sculpture across Asia. This full-color book will contain images from *The Painting Scroll of the Fifty-Five Avatamsaka Sites*, created by an unknown artist dated to the end of the twelfth century and designated a National Treasure of Japan.

The core of the book consists of fifty-five short chapters, each of which centers around a different bodhisattva. The early Indian Mahāyāna cosmology and doctrine represented in these narratives are grounded in the idea of emptiness but also an expansive infinite notion of enlightened mind illuminating everywhere. For example, the bodhisattva Megasr, the first master Sudhana visits, shows with his supernatural power that there are countless enlightened beings in an infinite number of worlds. Sāgaremeḡha, the second master, shows how to separate one's consciousness or soul from the physical body, thereby being able to fly in the air or appear in multiple locations. It is only at the end of his journey that Sudhana is shown the direct path to enlightenment.

This work is academic, spiritual, and artistic,



including an introduction detailing the sūtra's long reception history by the author, Dr. Morimoto, the former head of the Japanese Avatasaka (Kegon) school and abbot of Tōdai monastery.

About the Author

KOSEI MORIMOTO (b. 1934) entered Tdai Monastery at age fifteen. He received his PhD from Kyoto University in Islamic Studies. He served as the abbot of Tdai Monastery and the head of the Kegon (Japanese Avatasaka) School, 2004-2007. His publications include *Sekai ni Hirake Kegon no Hana (Open for the World: Avatamsaka Blossoms)* and *The Fiscal Administration of Egypt in the Early Islamic Period* (1981).

Religion - Buddhism - Sacred Writings
Art - Asian - Japanese
Philosophy - Buddhist

SHAMBHALA
02/17/2026
PAGES: 240
ISBN: 9781645473831

In This Body, In This Lifetime

Awakening Stories of Japanese Soto Zen Women

Edited by Esho Sudan, translated by Kogen Czarnik
\$24.95 - TR

About the Book

Available for the first time in English, an intimate look into the private lives and spiritual experiences of 30 nuns and laywomen practicing under pioneering female Zen master Sozen Nagasawa Roshi in World War II-era Japan.

Born in 1888, Sozen Nagasawa Roshi was a pioneer of women's monastic Zen practice in Japan. With a profound wish to become a nun from a young age, she persevered through the extreme social pressures and material difficulties facing women of her generation to become an abbess who trained hundreds of students (primarily women), won equal rights for Japanese nuns, and established organizations to support nuns and laywomen practitioners.

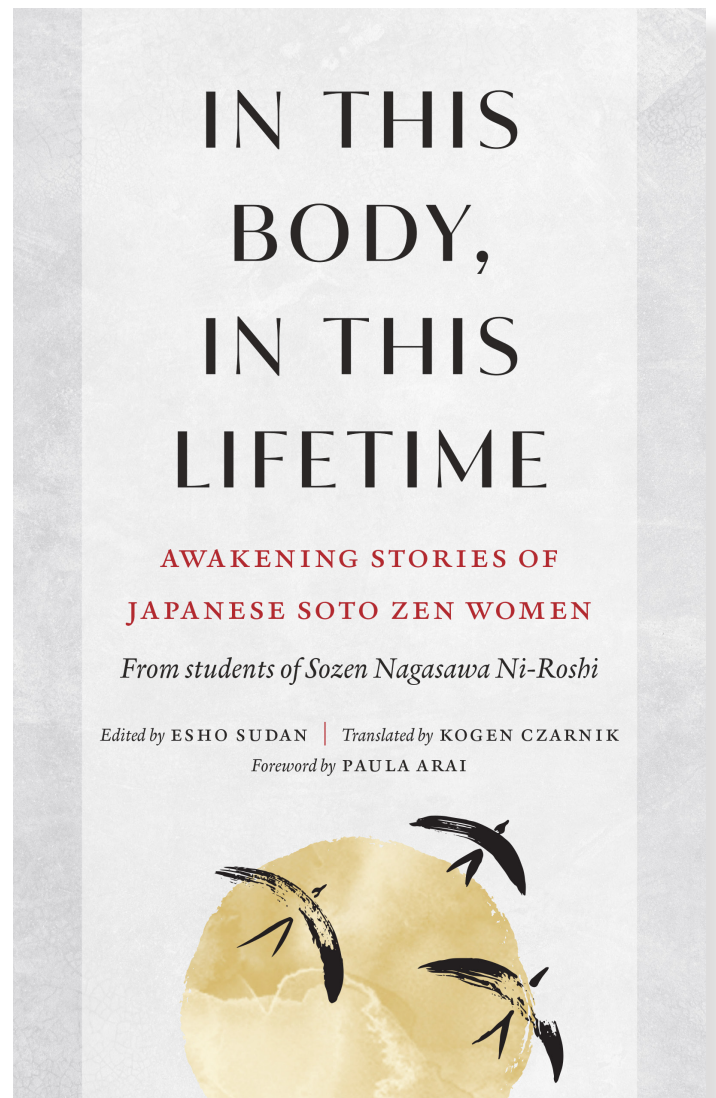
Known for her compassion and fierceness, Nagasawa Roshi used a rigorous koan practice to guide her students to *kensho* (enlightenment). As more and more students awakened, she asked them to write about their experiences. These stories were initially published in a Japanese magazine and subsequently compiled into a book published in Japan called *Collection of Experiences in Zen Practice*.

These stories offer an intimate look into the personal lives and spiritual determination of women who longed to end their suffering and awaken to their true nature despite the obstacles they faced. A rare glimpse into Zen practice in World War II-era Japan, these inspiring women confront loss, grief, food shortages, air-raid sirens, and a cultural crisis with grit and courage as they persist in their efforts to end their suffering and the suffering of all.

About the Authors

ESHO SUDAN (editor) is a Soto Zen nun and teacher based in Japan. She teaches the Baikaryu style of chanting and has worked as an editor for various monastery publications in Japan, the United States, and Australia for more than two decades.

KOGEN CZARNIK (translator) is a Zen Priest in the Soto tradition, in the lineage of Tangen Harada Roshi. He is the editor of *Throw Yourself into the House of Buddha*.



KOJUN SOZEN NAGASAWA ROSHI (1888-1971) was a pioneer of women's monastic Zen practice in Japan. She received ordination from Daiun Sogaku Harada Roshi, who arranged for her to train at Shogen-ji, a men-only monastery known for its rigorous practice. In 1935, she established Kannon-ji, a temple for nuns, where she guided generations of nuns and laywomen to an awakening experience. A fierce advocate for equal rights for female Zen practitioners, she also served as vice president of the Soto Schools Nuns Organization (established in the mid-1940s) and the Japan's Nuns Organization (established in 1951).

Religion - Buddhism - Zen
Biography & Autobiography – Women
History - Asia - Japan

SHAMBHALA
06/17/2025
PAGES: 224
ISBN: 9781645473589

A Meditator's Guide to Buddhism

The Path of Awareness, Compassion, and Wisdom

By Cortland Dahl
\$19.95 - TR

About the Book

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

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

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

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

About the Author

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

A MEDITATOR'S GUIDE TO BUDDHISM

The Path of Awareness,
Compassion, and Wisdom



CORTLAND DAHL

FOREWORD BY Yongey Mingyur Rinpoche

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

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

Subrights Sold: Spanish

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

Meeting the Myriad Things

A Zen Practitioner's Guide to Dogen's Genjokōan

By Shinshu Roberts; with contributions by Shohaku Okumura and Zuiko Redding
\$29.95 - TR

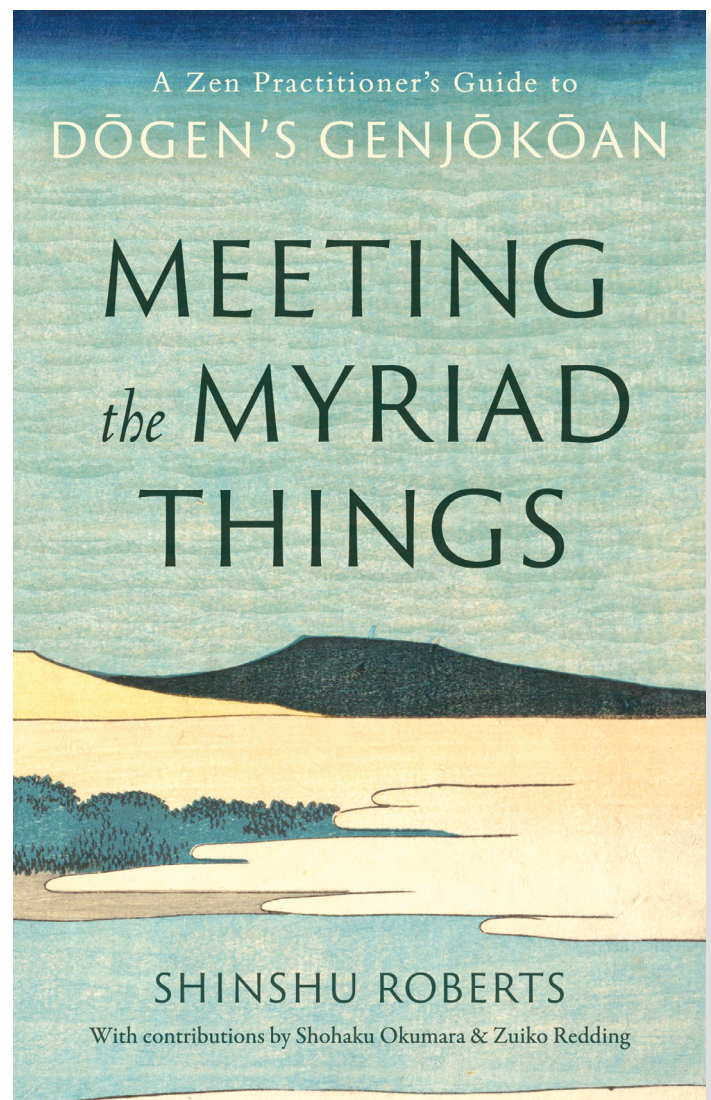
About the Book

A fresh commentary on Dōgen's most famous teaching that offers a concise guide to awakening Buddha mind for the contemporary Zen practitioner.

In the words of Eihei Dōgen, the thirteenth-century Buddhist monk who introduced the Sōtō school of Zen to Japan, "To study the Buddha way is to study the self. To study the self is to forget the self. To forget the self is to be actualized by myriad things." Centuries later, these enigmatic words from his seminal *Genjōkōan* ("Actualizing the Fundamental Point") are still studied in Zen communities the world over.

But what did Dōgen really mean when he encouraged studying the self to forget the self? In this innovative new commentary, respected Zen teacher Shinshu Roberts takes readers on a journey to understand Japan's great Buddhist philosopher. In contrast to prevailing Western commentaries, Robert's applies her deep familiarity with Dōgen's work to illuminate the text as a cohesive whole—a unified story in which Dōgen teaches how to develop one's eye of practice.

In addition to a full translation of Dōgen's *Genjōkōan*, this volume includes the commentary *Okikigaki-sho* ("Notes of What Was Heard and Extracted") written by two of Dōgen's direct students—the first time an English translation of this highly influential work has appeared in print.



About the Author

SHINSHU ROBERTS is a Dharma Heir of Sojun Mel Weitsman in the lineage of Shunryu Suzuki Roshi. She received her priest training at San Francisco Zen Center and from the North American branch of the Japanese Soto School. She has been appointed Kokusaifukyoshi (International Dharma Teacher) by the Shumuchō (Japanese Soto Administration). She cofounded Ocean Gate Zen Center in Capitola, CA, with her spouse Jaku Kinst. She is the author of *Being-Time: A Practitioner's Guide to Dogen's Shobogenzo Uji*.

Religion - Buddhism - Zen

Philosophy - Zen

Religion - Buddhism - Rituals & Practice

SHAMBHALA

08/19/2025

PAGES: 344

ISBN: 9781645472728

The Roots of Goodness

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

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

About the Book

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

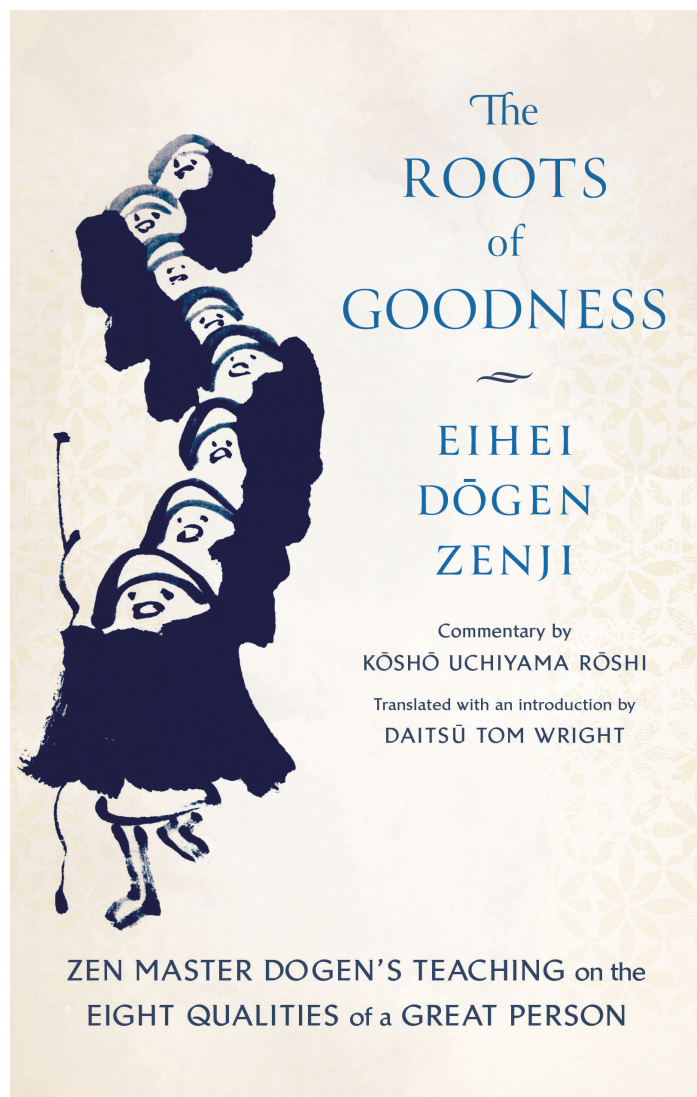
As his life drew to a close, the seminal thirteenth-century Zen master Eihei Dōgen chose to make his final teaching a commentary on the Buddha's own final teaching, which was on the eight qualities of a great person. In Dōgen's phrasing, those qualities are

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

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

About the Authors

KŌSHŌ UCHIYAMA, born in Tokyo in 1912, received a master's degree in Western philosophy in 1937 and became a Zen priest three years later under Kōdō Sawaki Rōshi. Upon Sawaki's death in 1965, he became abbot of Antaiji, a monastery then located on the outskirts of Kyoto. In addition to developing the practice at Antaiji and traveling extensively throughout Japan, lecturing and leading sesshins, Uchiyama Rōshi wrote over twenty



books on Zen, including translations of Dōgen's Zenji in modern Japanese with commentaries, as well as various shorter essays. He was an origami master as well as a Zen master and published several books on origami. He died in 1999.

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

Religion - Buddhism - Zen

Religion - Buddhism - Rituals & Practice

Philosophy - Zen

SHAMBHALA

02/18/2025

PAGES: 272

ISBN: 9781645473312

Seeing the Bodies Within

Exploring the Samma Araham Practice of Theravada Buddhism

By Jak Cholvijarn

\$21.95 - TR

About the Book

An in-depth examination of the Samma Araham tradition, a distinctive Theravada Buddhist meditation system that emphasizes visualization, mantra, and the discovery of the spiritual bodies within us.

Discovered in a vision by the monk Luang Pho Sot Candasaro in 1916, Samma Araham is a thriving meditation tradition in its native Thailand, but little understood in the West. In this fascinating overview, Jak Cholvijarn weaves together Candasaro's life story, the historical context that shaped his influential teachings, and the enduring legacy of the Samma Araham meditation system that he established. Drawing on Candasaro's own writings and sermons, Cholvijarn presents the entire Samma Araham meditation system in all its intricate detail, demonstrating how the practice incorporates elements of both canonical Buddhist texts like the *Satipatthana Sutta*, as well as the regional *boran kammattana* or "old meditation" practices that once thrived in Southeast Asia. Detailed descriptions of the meditative journey into a series of eighteen "inner bodies," each corresponding to different levels of Buddhist teaching reveal a colorful, mystical side of the Theravada tradition that has gone underappreciated in the age of mindfulness and insight meditation.

About the Author

JAK CHOLVIJARN earned his doctorate in Buddhist Studies at the University of Bristol. He is currently a special lecturer at the Thai Studies Center, Faculty of Arts, Chulalongkorn University.



Religion - Buddhism - Theravada
Religion - Buddhism - History
History - Asia - Southeast Asia

SHAMBHALA
11/25/2025
PAGES: 160
ISBN: 9781645473381

Storehouse of Treasures

Recovering the Riches of Chan and Zen

By Nelson Foster

\$24.95 - TR

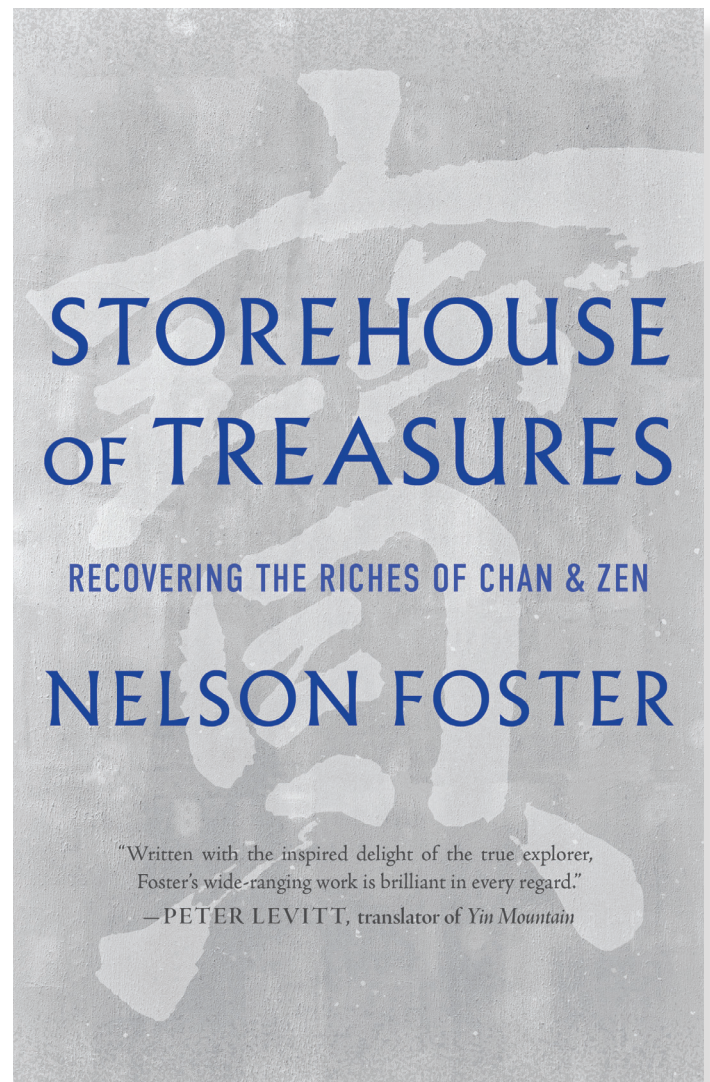
About the Book

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

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

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

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



About the Author

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

Religion - Buddhism - Zen

Religion - Buddhism - Rituals & Practice

Philosophy - Eastern

SHAMBHALA

09/10/2024

PAGES: 304

ISBN: 9781645473107

The Story of the Buddha

By John Tarrant
\$19.95 - HC

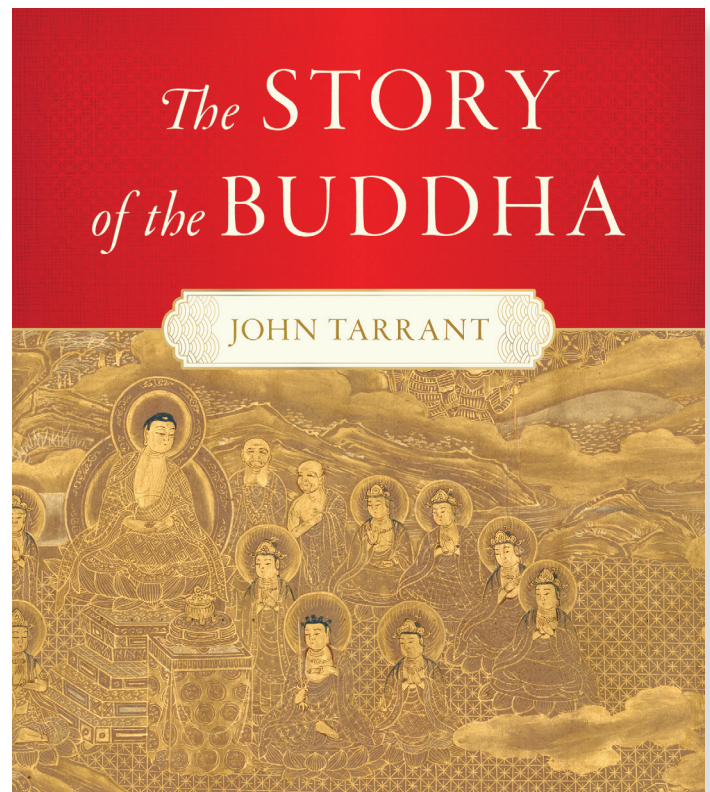
About the Book

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

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

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

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



About the Author

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

Religion - Buddhism - History

Religion - Buddhism - Zen

Social Science - Folklore & Mythology

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

Voices of Siam

Illuminating the Buddhist Path to Natural Reality

Translated by Bruce Evans; with writings from
Bhikku Buddhadasa, Ajahn Chah, P.A. Payutto,
and others

\$24.95 - TR

About the Book

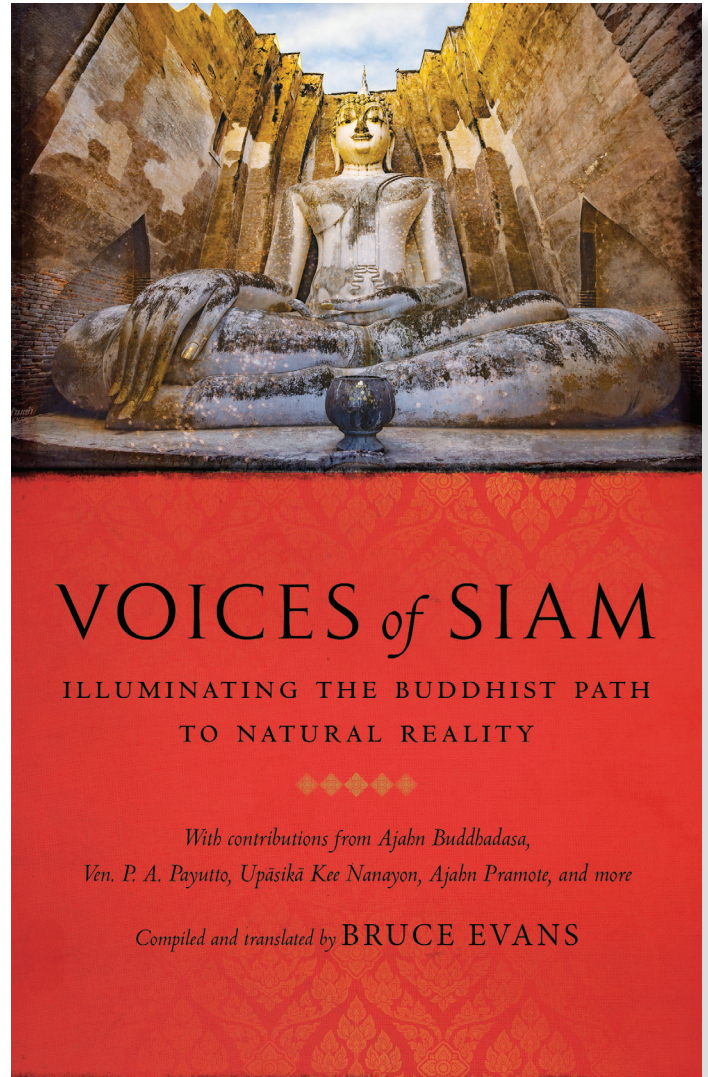
A rich compilation of teachings from revered Buddhist masters in Thailand's deep Theravada tradition.

Accessible, engaging, and inspiring, this collection of teachings reveals Thai Buddhism to be a no-nonsense, practical spiritual path with an emphasis on personal experience, mindfulness, ethical conduct, and confronting the roots of one's suffering head-on. Perfect for anyone interested in insight meditation, *Voices from Siam* showcases the bountiful wisdom of the Buddhist tradition that inspired a generation of Western teachers—including Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Sylvia Boorstein, and many more.

Translator Bruce Evans presents these timeless Dharma teachings in English for the first time, masterfully conveying the unique voice of each teacher. Each chapter presents a complete teaching that can be readily applied to daily life and meditation practice—ranging from the mysterious “Girimananda Sutta,” originally discovered on a palm-leaf manuscript and translated into modern Thai in 1922, to contemporary talks given by a new generation of Buddhist masters.

About the Author

BRUCE EVANS is a translator, editor, 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. He lives in Melbourne, Australia.

Religion - Buddhism - Theravada

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Sacred Writings

SHAMBHALA

12/16/2025

PAGES: 240

ISBN: 9781645473077

Waking Up and Growing Up

Spiritual Cross-Training for an Evolving World

By Diane Musho Hamilton and Gabriel Kaigen Wilson

\$19.95 - TR

About the Book

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

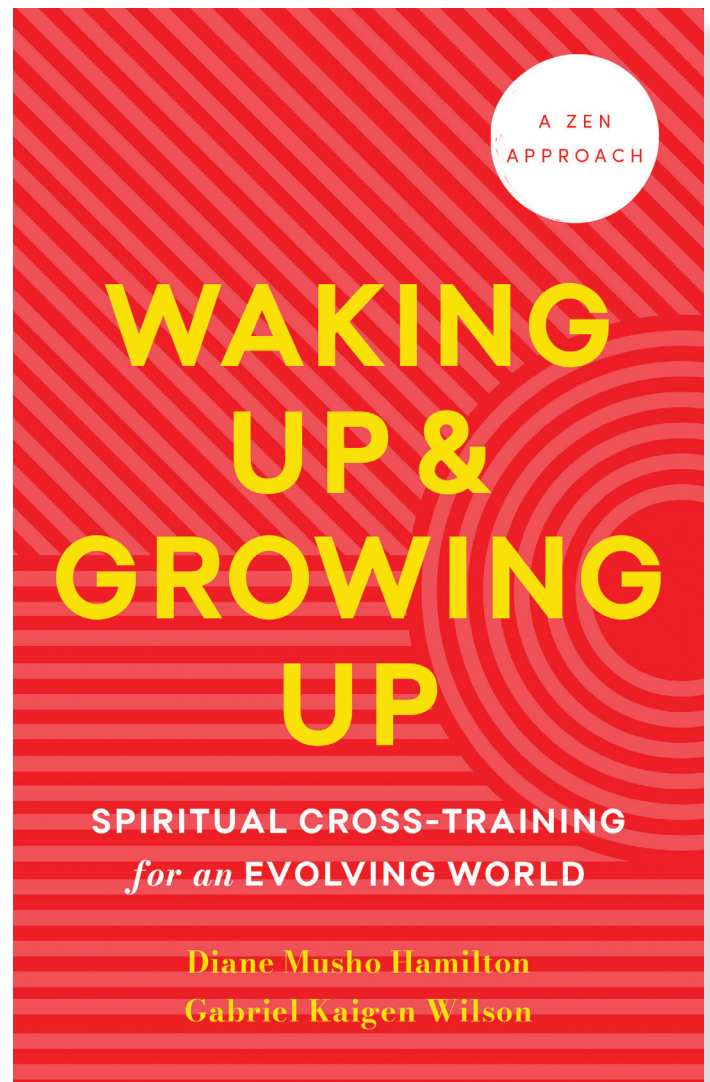
This compelling and innovative view of Zen practice gives people in their 20s and 30s a contemporary approach to spiritual development that is meaningful and actionable within the complexities of modern life. Grounded deeply in the tradition of Soto Zen, professional mediators and Zen practitioners,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

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

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

About the Authors

DIANE MUSHO HAMILTON is an award-winning professional mediator, author, and teacher of Zen meditation. She is the cofounder of Two Arrows Zen



and founder of Real LIFE programs in Utah. She is the author of *Everything Is Workable*, *The Zen of You and Me*, and *Compassionate Conversations*.

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

Religion - Buddhism - Zen

Self-Help - Communication & Social Skills

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

06/03/2025

PAGES: 192

ISBN: 9781645473114

The World Exists to Set Us Free

Straight-Up Dharma for Living a Life of Awareness

By Larry Rosenberg with Madeline Drexler
\$21.95 - TR

About the Book

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

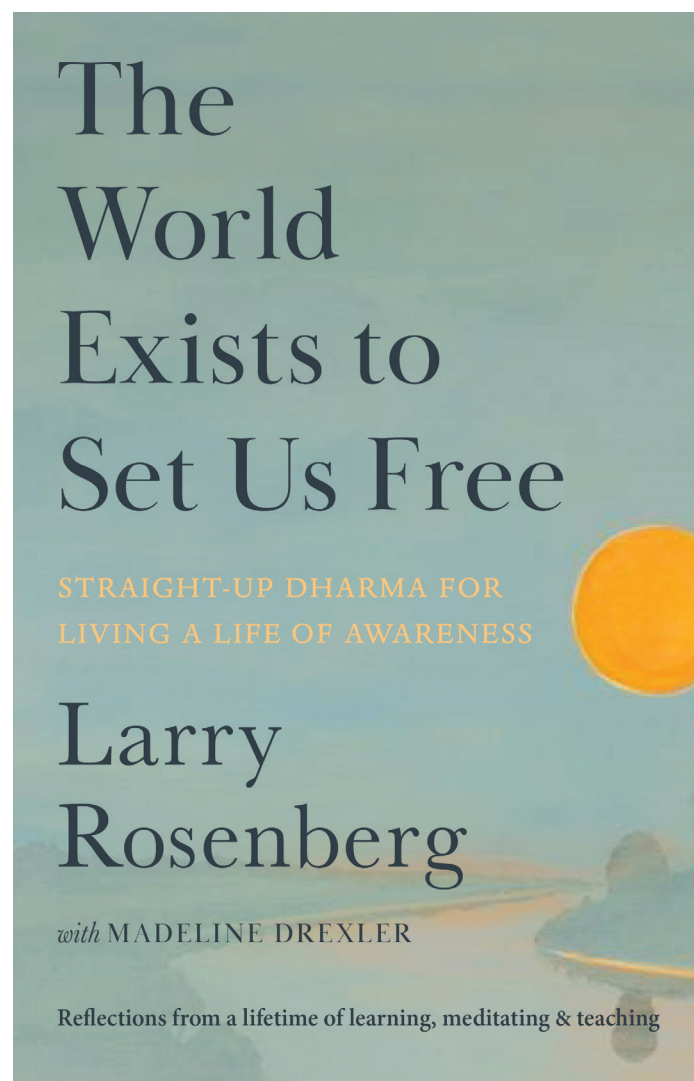
How does dharma wisdom show up in our lives every day? This collection of teachings by the beloved Insight Meditation teacher Larry Rosenberg offers clear, down-to-earth guidance on learning how to live a life informed by Buddhism—through questioning, reflective observation, and self-understanding. Rosenberg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

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

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

About the Authors

LARRY ROSENBERG is the founder and guiding teacher of the Cambridge Insight Meditation Center, in



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

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

Religion - Buddhism - General

SHAMBHALA

08/26/2025

PAGES: 208

ISBN: 9781645473947

Tibetan Buddhism

Ascent of the Thunder Dragon

The Surprising Spiritual Life and Legacy of Bhutan's Founder

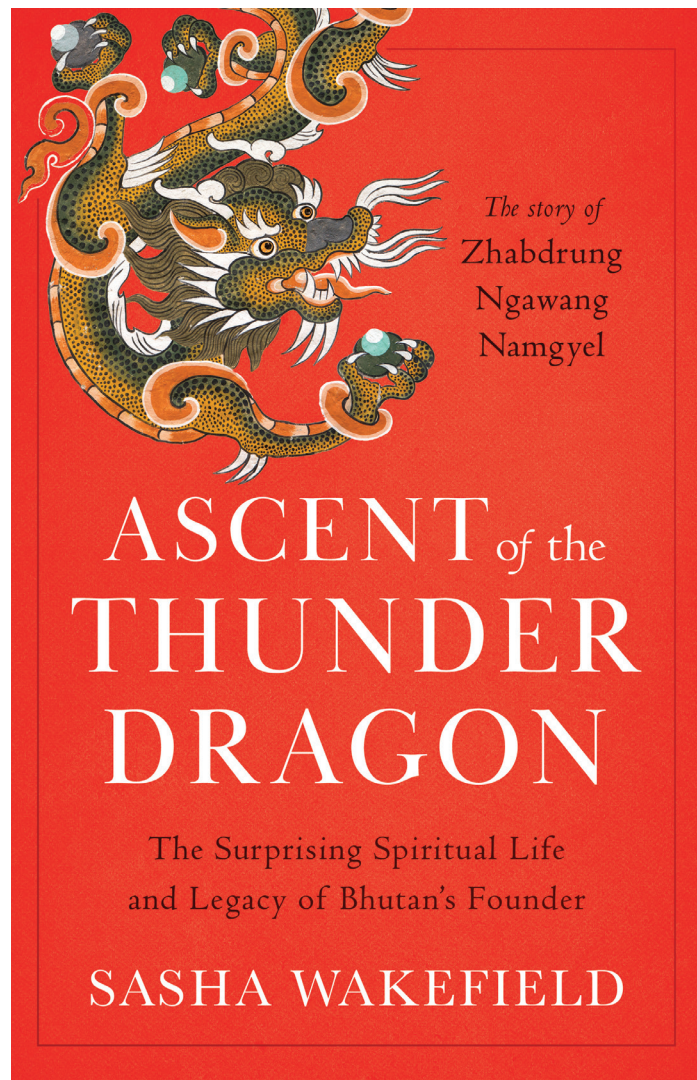
By Sasha Wakefield
\$24.95 - TR

About the Book

Sasha Wakefield intertwines the life and legacy of Zhabdrung Ngawang Namgyel (1594–1651) with her own personal spiritual journey as she explores Bhutan's rich history.

The seventeenth century was a pivotal time for the tiny but culturally vibrant kingdom of Bhutan—marked especially by the life of the influential political and spiritual leader Zhabdrung Ngawang Namgyal (1594–1651), including his remarkable past lives. Sasha Wakefield traces the life and profound spiritual accomplishment of this master in the context of her own spiritual journey from Australia to Bhutan. While unveiling the cultural and spiritual landscape of Bhutan, Wakefield delves into the fundamental Buddhist concepts of reincarnation, karma, bodhisattvas, buddhas, and enlightenment to underscore the significance of Zhabdrung's spiritual attainment, including reaching the tenth bhumi, or level, of a bodhisattva, and deliberately choosing his own rebirth.

During Zhabdrung's time as early nation-builder of the kingdom and state of Bhutan, he faced adversity and attacks from adversaries but responded with meditation, diplomacy, and unwavering commitment to serve the people of Bhutan. Wakefield shows the nature of ritual and ceremony that are inherent in the history of the Bhutanese state, weaving in the verse texts of liturgies and praises for the offering ceremonies and consecrations that were central to establishing the Drukpa Kagyu Buddhist lineage in Bhutan and establishing Bhutan as a sovereign land.



About the Author

SASHA WAKEFIELD is an Australian living in Bhutan and is a direct disciple of the senior lama of Bhutan, who is also the teacher of the young crown prince, Jigme Namgyel Wangchuk.

Biography & Autobiography - Asian & Asian American

Travel - Asia - India & South Asia

Religion - Buddhism - Tibetan

Subrights Sold: Chinese (Complex)

SHAMBHALA
01/13/2026
PAGES: 256
ISBN: 9781645474326

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 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

Dzigar Kongtrul

DILIGENCE

The JOYFUL
ENDEAVOR of
the BUDDHIST
PATH

AUTHOR OF *PEACEFUL HEART*

of Buddhist philosophy at Naropa University. He also founded Mangala Shri Bhuti, his own teaching organization, during this period. He has established a mountain retreat center, Longchen Jigme Samten Ling, in southern Colorado. When not guiding students in long-term retreats and not in retreat himself, Rinpoche travels widely throughout the world teaching and furthering his own education.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - General

SHAMBHALA

12/10/2024

PAGES: 216

ISBN: 9781645472360

The Flowing River of Dharma

Instructions on Parting from the Four Attachments Featuring Sakya, Kagyu, Nyingma, Kadam of Old, and Gelug Teachings

By Anyen Rinpoche and Allison Choying Zangmo
\$24.95 - TR

About the Book

Discover succinct instructions for ending the habits that cause you so much suffering in this contemporary exploration of a foundational four-line teaching from Vajrayana Buddhism.

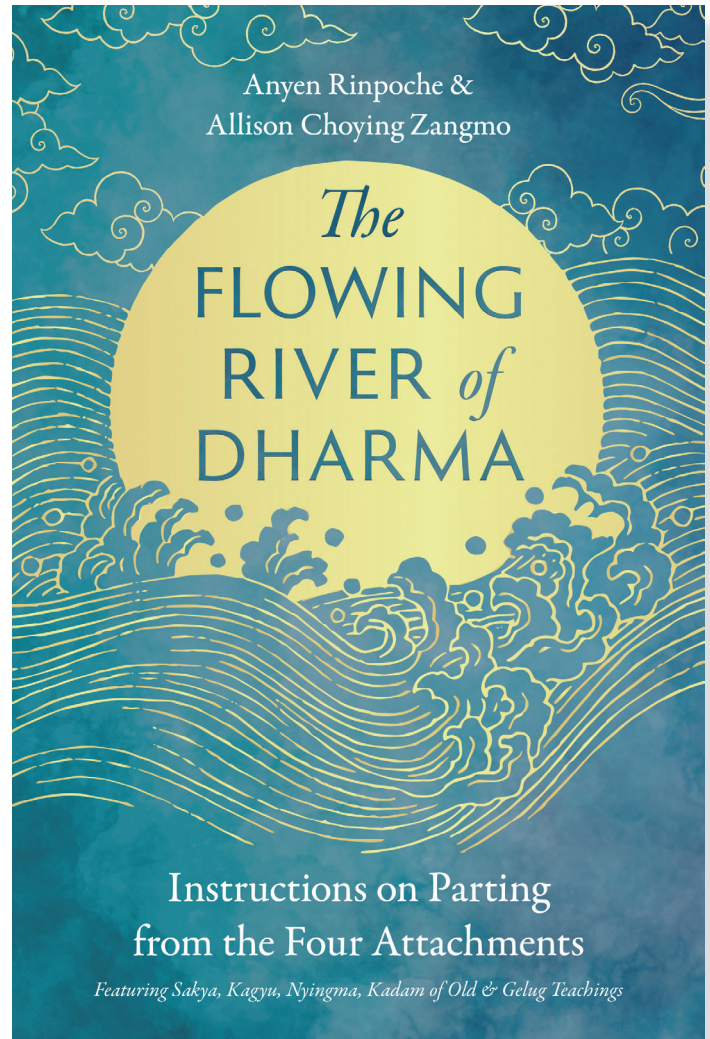
How do we break free from the habits and compulsions that bring us suffering? In the 12th century, Sakya Drakpa Gyeltsen penned four short but significant lines, known as Parting from the Four Attachments, offering a concise guide to becoming a genuine dharma practitioner and charting a path to enlightenment.

In *The Flowing River of Dharma*, Anyen Rinpoche and Allison Choying Zangmo offer a fresh, contemporary exploration of this foundational text, drawing on insights from Anyen Rinpoche's teacher, Khenchen Tsara Dharmakirti Rinpoche, and a cave-dwelling hermit known as Lama Tsepel. Introducing the rimé movement, which promotes cross-traditional learning to uncover core teachings, the authors use this approach to offer a comprehensive review of the text, referring to teachings from a variety of traditions, including The Four Dharmas of Gampopa, as well as texts from the Longchen Nyingthig lineage and Nyingma, Sakya, and Kagyud schools.

With clear language and a candid look at the challenges of dharma practice, the authors delve into the power of renunciation, understanding samsara's true nature, and cultivating bodhicitta—the altruistic intent to relieve others' suffering—as pathways to genuine happiness.

About the Authors

ANYEN RINPOCHE is a recognized tulku of the Longchen Nyingthig lineage within the Nyingma tradition. Born and raised in Amdo, Tibet, he trained extensively in Dzogchen meditation and Buddhist scholarship under his root teacher Kyabje Tsara Dharmakirti Rinpoche. Founder of the Orgyen Khandroling Buddhist Meditation Center in Denver, Colorado, Anyen Rinpoche is known for his deep spiritual insight and accessible teaching style. He is the author of many books, often in collaboration with his wife and translator, Allison Choying Zangmo, including *Union*



of Dzogchen and Bodhichitta, *Stop Biting the Tail You're Chasing*, and *The Tibetan Yoga of Breath*. He is founder of the Phowa Foundation, which focuses on preparing people for a peaceful and conscious death.

ALLISON CHOYING ZANGMO is Anyen Rinpoche's longtime student, personal translator, and collaborator. She has received extensive Buddhist training, including empowerments and teachings from various prominent Tibetan masters such as Khenchen Tsara Dharmakirti Rinpoche and Lama Damphe. With Anyen Rinpoche's encouragement, she began teaching through the Orgyen Khandroling Dharma Center in Denver, Colorado, in 2017.

Religion - Buddhism - Tibetan

SHAMBHALA
11/18/2025
PAGES: 160
ISBN: 9781645473626

The Golden Garuda

The Extraordinary Life of Modern-Day
Mahasiddha Jigme Phuntsok Rinpoche

By Khenpo Sodargye

\$21.95 - TR

About the Book

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

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

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

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

About the Author

KHENPO SODARGYE has been teaching the Dharma using traditional Buddhist methods since 1987. Hundreds of thousands of monastic disciples and lay followers worldwide study the Dharma with Khenpo through on-site, livestream, and video teachings. As a Vajra guru and Dzogchen lineage holder, Khenpo is empowered

The Extraordinary Life of Modern-Day
Mahasiddha Jigme Phuntsok Rinpoche



The GOLDEN GARUDA

KHENPO SODARGYE

to transmit Vajrayana teachings and practices. He is a frequently invited speaker at top universities across the globe and a prolific author, most recently of *Tibetan Buddhism: A Guide to Contemplation, Meditation, and Transforming Your Mind*.

Religion - Buddhism - Tibetan

Religion - Buddhism - History

Biography & Autobiography - Religious

Subrights Sold: No Chinese or Tibetan language rights

SHAMBHALA

01/07/2025

PAGES: 264

ISBN: 9781645473190

How Not to Miss the Point

The Buddha's Wisdom for a Life Well Lived

By Jetsun Khandro Rinpoche

\$21.95 - TR

About the Book

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

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

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

About the Author

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



How Not to Miss the Point

THE BUDDHA'S WISDOM
FOR A LIFE WELL LIVED

Jetsun Khandro Rinpoche

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

SHAMBHALA
06/10/2025
PAGES: 176
ISBN: 9781611808568

The Sadhana of Mahamudra

Teachings on Devotion and Crazy Wisdom

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

About the Book

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

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

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

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

About the Author

CHÖGYAM TRUNGPA (1940–1987) was a meditation master, teacher, and artist who founded Naropa University in Boulder, Colorado,

CHÖGYAM
TRUNGPA



The SADHANA
of MAHAMUDRA

Teachings on Devotion
and Crazy Wisdom

Forewords by Diana J. Mukpo & Samuel Bercholz

the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books, including *Shambhala: Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals & Practice

SHAMBHALA

03/25/2025

PAGES: 304

ISBN: 9781645473787

Saraha

Poet of Blissful Awareness

By Roger R. Jackson

\$34.95 - TR

About the Book

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

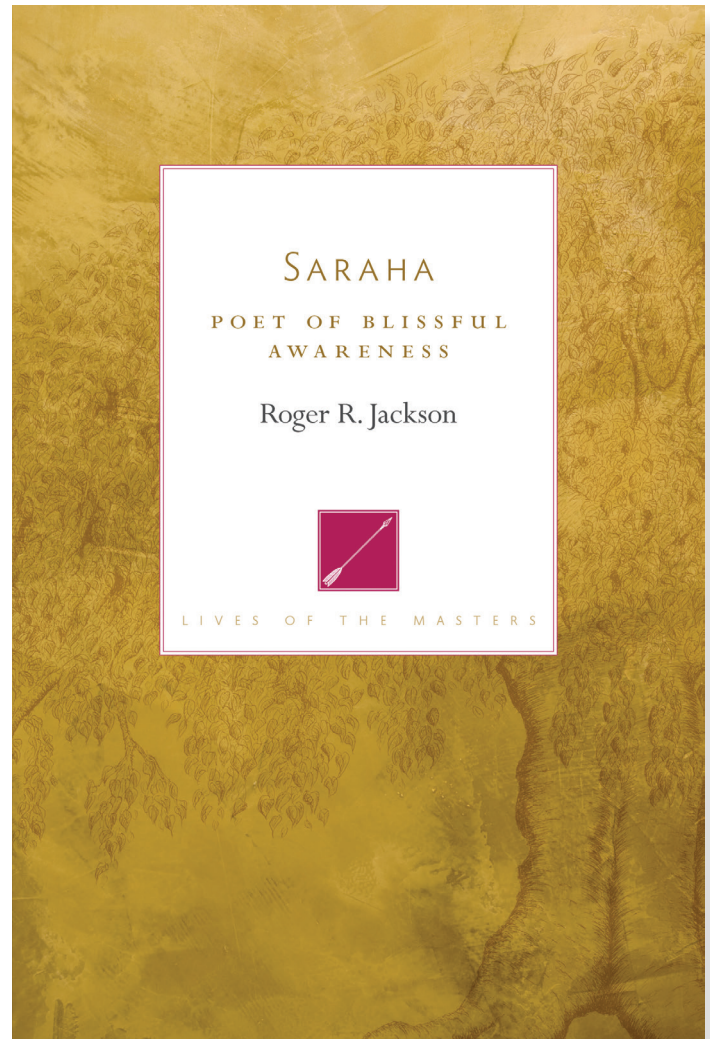
Saraha, “the Archer,” was a mysterious but influential tenth-century Indian Buddhist tantric adept who expressed his spiritual realization in mystic songs (dohās) that are enlightening, shocking, and confounding by turns. Saraha’s poetic verses made the esoteric ideas and practices of Vajrayāna accessible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

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

About the Author

ROGER R. JACKSON is a Professor Emeritus of Asian Studies and Religion at Carleton College.

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He has nearly fifty years of experience studying and practicing Buddhism and has authored numerous books on Indian and Tibetan Buddhist philosophy, meditation, and ritual.

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

SHAMBHALA

11/05/2024

PAGES: 588

ISBN: 9781611806069

The Vital Essence of Dzogchen

A Commentary on Dudjom Rinpoche's Advice for a Mountain Retreat

By Dudjom Rinpoche and B. Allan Wallace
\$27.95 - TR

About the Book

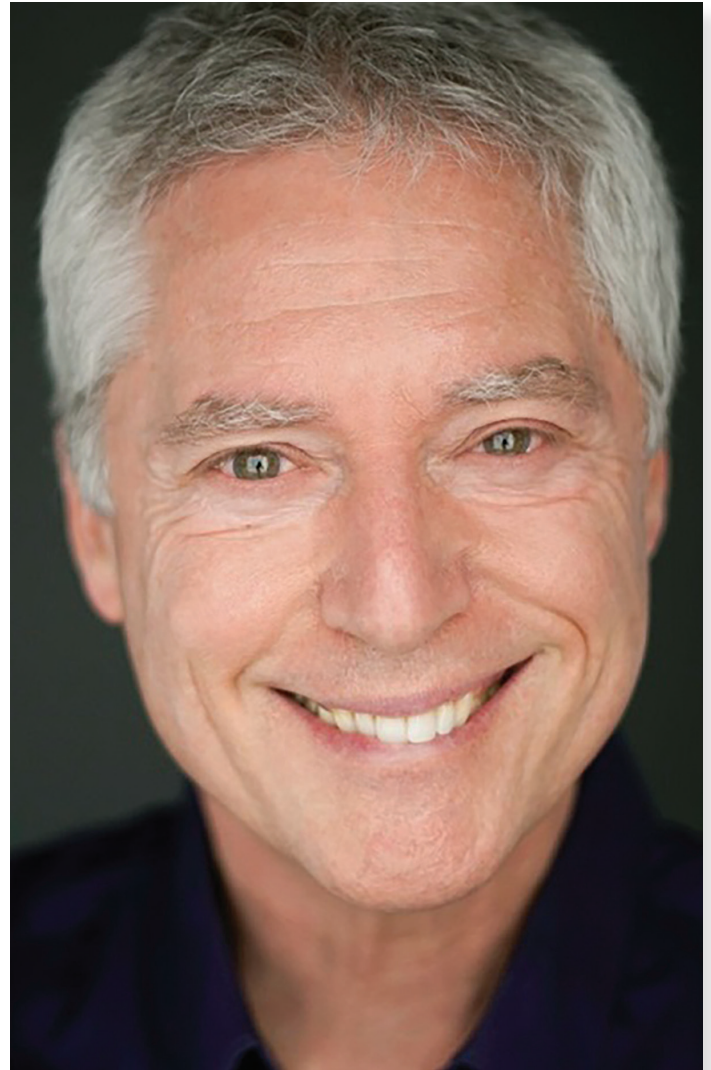
A modern commentary on a classic Tibetan text of instructions for practitioners of the Dzogchen tradition of Tibetan Buddhism, with practical step-by-step instructions for advanced Nyingma teachings on realizing the nature of mind.

B. Alan Wallace translates and comments on the text *Extracting the Vital Essence of Accomplishment: Concise and Clear Advice for Practice in a Mountain Retreat* by twentieth-century Nyingma master, Dūdjom Rinpoché, Jigdral Yeshé Dorjé. Dūdjom Rinpoché is considered one of greatest tertöns of the twentieth century and also served as the first head of the Nyingma school of Tibetan Buddhism. Wallace elucidates the Great Perfection path, with its central object of meditation being the sustained recognition of the ultimate ground of existence.

Six concise and powerful practices composed by Wallace appear throughout the commentary, and there are several robust appendixes of additional commentarial and translated material. This volume is a manual usable for seasoned Dzogchen practitioners as well as a clear representation of the Nyingma Buddhist path for those interested in broader questions about direct and unmediated spiritual realization. "By extracting the essence of all meditative accomplishment through the practice of Dzogchen," Wallace states, "you draw forth the vital essence of consciousness itself."

About the Author

TSERING LAMA was ordained at the Mugsang monastery before traveling to Palyul and receiving transmissions from the great Khenpo



Ngaga Rinpoche, the second Drubwang Pedma Norbu Rinpoche, the fourth Karma Kuchen Rinpoche, the second Chögrtrul Rinpoche, and many others. After completing all stages of inner practice, he received the title of Vajra Acharya (tantric master). During his lifetime, he taught writing, poetry, astrology, and grammar and studied all of the important tantras. Before dying at the age of eighty-four, he wrote a large volume of poetry praising gurus of the Nyingmapa tradition.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Sacred Writings

SHAMBHALA

08/19/2025

PAGES: 272

ISBN: 9781645473732

What Makes You Not a Buddhist

By Dzongsar Jamyang Khyentse
\$19.95 - TR

About the Book

With a new preface, afterword, and updated material throughout, this iconoclastic and creative Tibetan meditation master clarifies and cuts through “new age,” trendy misconceptions about what it really means to be a Buddhist.

Dzongsar Khyentse describes in accessible language—sometimes even goading and poking fun at us—what it really means to follow the Buddha’s teachings. Khyentse starts by explaining how Buddhists are not just smiling pacifists in robes. He goes from there, cutting through common misperceptions, but the real essence of the book is what a Buddhist is: namely, someone who follows the teachings of Buddha.

Khyentse presents the core teachings using the framework of the Four Seals, a traditional and well-known teaching from the Tibetan Buddhist Nyingma lineage. The Four Seals are: everything is impermanent, emotions are pain, nothing has inherent existence, and nirvana is beyond concepts. These four points are the fundamental tenets of Buddhism and Khyentse goes on to explain what they mean—with the premise that if you don’t understand and believe in these four points, you are not a Buddhist.

This book will appeal to readers who are interested in getting through all the trappings and finding out what it really means to be Buddhist. Dzongsar Khyentse has a uniquely appealing voice, tending to be edgy, funny, iconoclastic, and critical.

About the Author

DZONGSAR JAMYANG KHYENTSE (Khyentse Norbu) is a Tibetan Buddhist lama who travels and teaches internationally and is also an

SECOND EDITION



WHAT MAKES YOU *not* A BUDDHIST

DZONGSAR JAMYANG KHYENTSE

award-winning filmmaker. He is the abbot of several monasteries in Asia and the spiritual director of meditation centers in Vancouver, San Francisco, Sydney, Hong Kong, and Taipei. He is also head of a Buddhist organization called Siddhartha’s Intent.

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

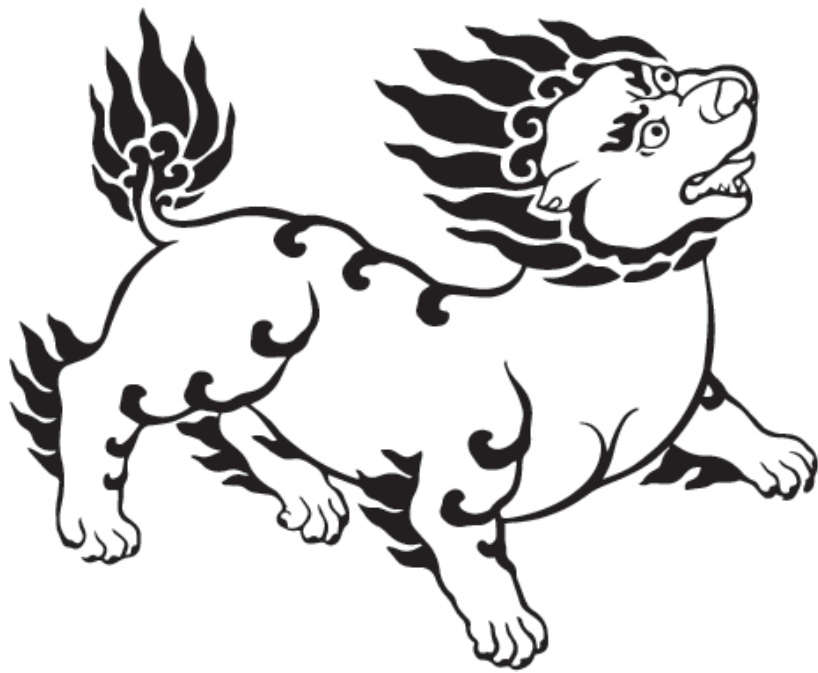
Religion - Buddhism - General

SHAMBHALA

06/03/2025

PAGES: 160

ISBN: 9781645474234



SNOW LION

Wondrous Ocean of Eloquence

Histories of the Taklung Kagyu Tradition

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

About the Book

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

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

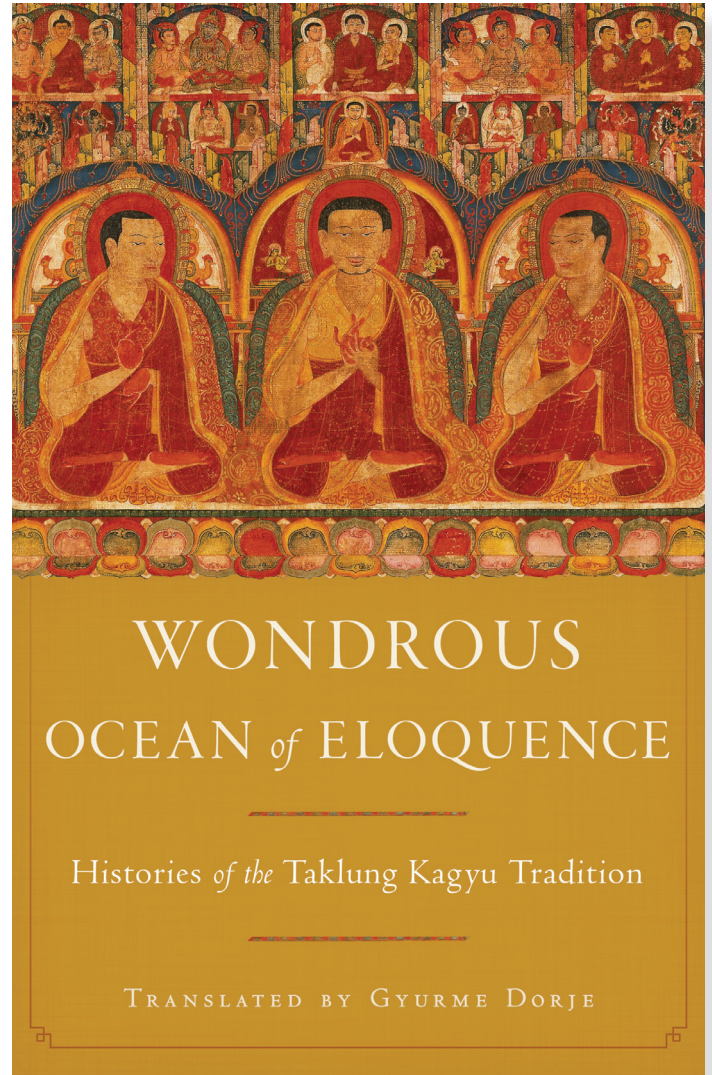
While detailing the abbatial succession of the tradition's two main monastic seats, Taklung and Riwoche Monasteries, it is also broad and vast in scale, going back to sixth-century BCE India to include early Indian Buddhist canon formulation, moving then to narratives on the Tibetan Kagyu lineage holders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

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

About the Authors

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

GYURME DORJE (1950–2020) was a Scottish Tibetologist and translator. He completed an MA in Sanskrit with

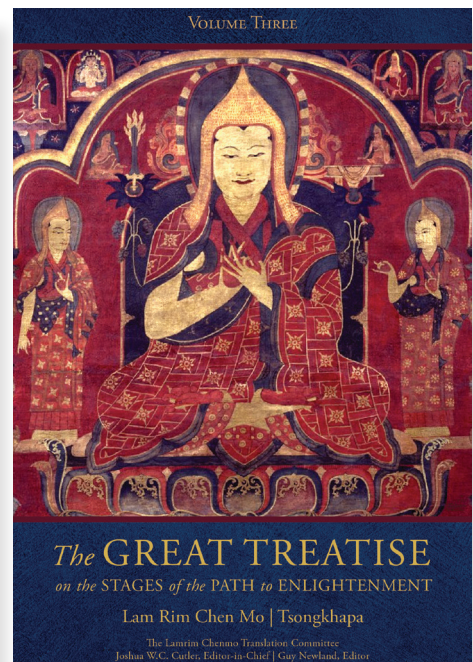
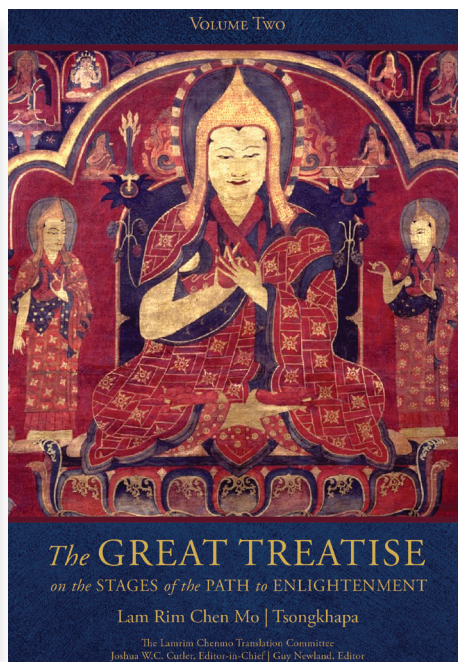
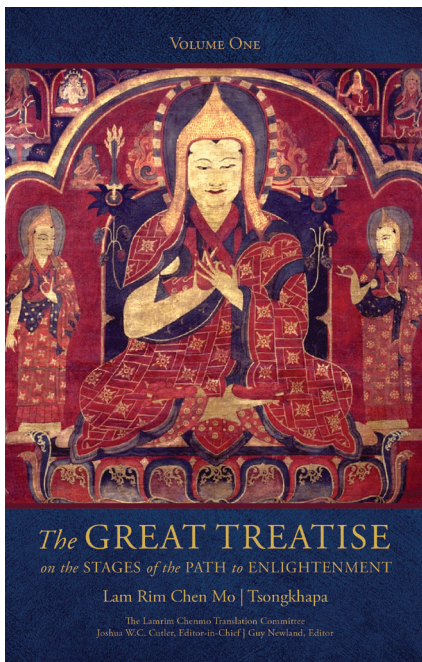
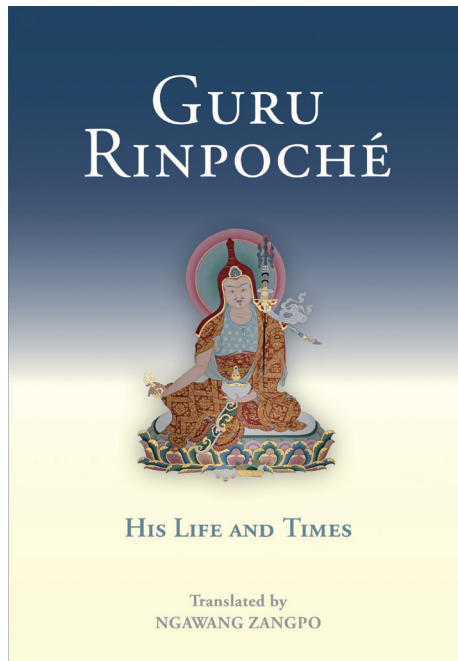
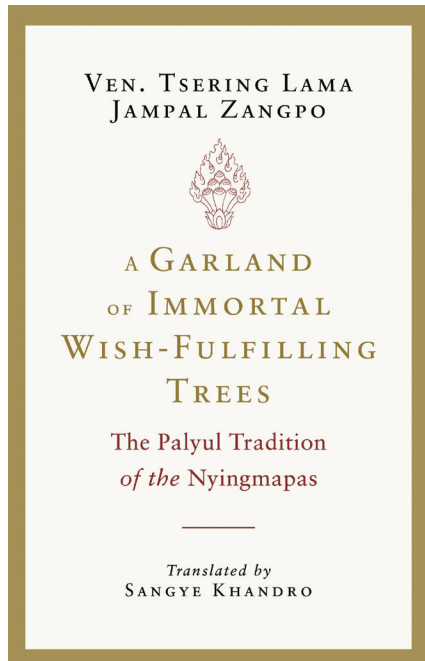


Oriental Studies (Edinburgh) and a PhD in Tibetan Literature (SOAS, London). From 1991 to 1996, he held research fellowships at London University. He translated many encyclopedic tomes from Tibetan to English, including *Jonang: The One Hundred and Eight Teaching Manuals* (The Treasury of Precious Instructions, vol. 18) (Snow Lion, 2021), *The Complete Nyingma Tradition: Book 13 and Books 15–17* (Snow Lion, 2016, 2017), *The Treasury of Knowledge: Book 6, Parts 1 and 2* (Snow Lion, 2012), and *The Nyingma School of Tibetan Buddhism: Its Fundamentals and History* (Wisdom, 2002).

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

SNOW LION
05/20/2025
PAGES: 992
ISBN: 9781559395069

Reissues



Guru Rinpoché

His Life and Times

Translated by Ngawang Zangpo
\$34.95 - TR

About the Book

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

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

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

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

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

About the Author

NGAWANG ZANGPO (HUGH LESLIE THOMPSON) completed two three-year retreats under the direction of the late Kalu Rinpoche. He is presently working on a number of translation projects that were initiated under

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GURU RINPOCHÉ



HIS LIFE AND TIMES

Translated by
NGAWANG ZANGPO

the direction of Chadrak Rinpoche and Lama Tharchin Rinpoche. He has also contributed to Kalu Rinpoche's translation group's books *Myriad Worlds* and *Buddhist Ethics*.

Religion - Buddhism - Tibetan

Religion - Buddhism - History

Biography & Autobiography - Religious

SNOW LION

12/03/2024

PAGES: 368

ISBN: 9781645473480

Nyingma: Mahayoga, Anuyoga, and Atiyoga, Part Two

Essential Teachings of the Eight Practice Lineages of Tibet, Volume 2 (The Treasury of Precious Instructions)

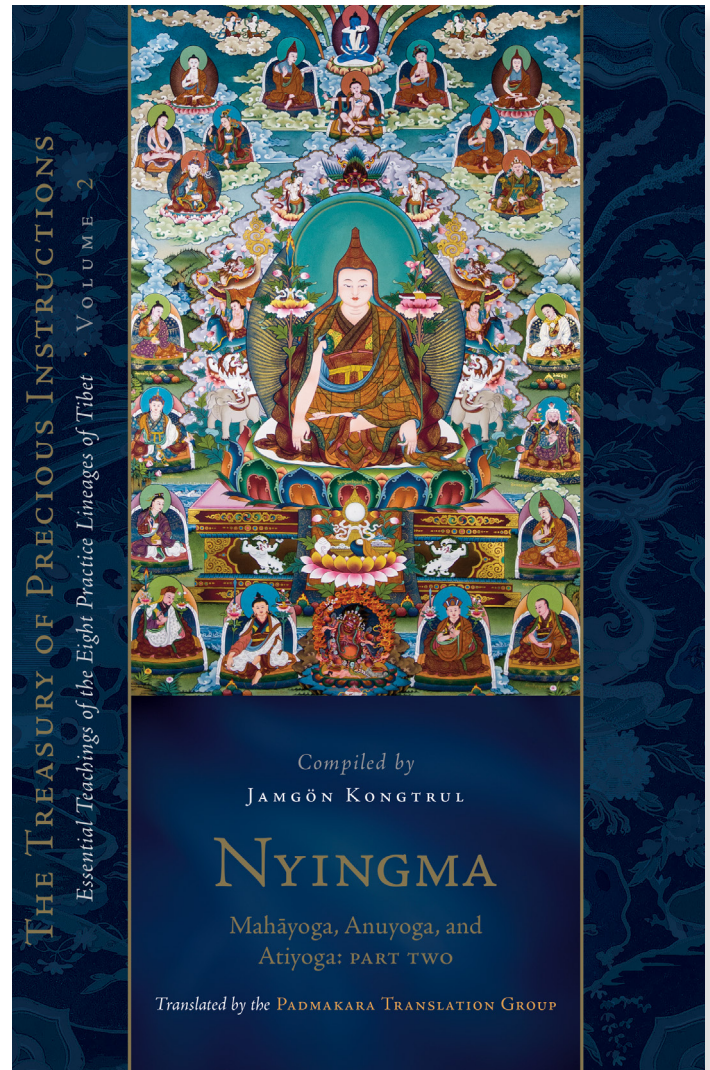
Compiled by Jamgön Kongtrul; translated by the Padmakara Translation Group
\$49.95 - HC

About the Book

This collection of texts and commentaries from the Nyingma tradition of Tibetan Buddhism on Dzogchen, or Great Perfection teachings, which introduce us to our most basic nature—the clear and pristine awareness that is the nature of the mind.

The Treasury of Precious Instructions, compiled 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.

Teachings and practices of the Nyingma lineage, the first of the eight lineages, are presented in the first and second volumes of the series, the second one of which is translated here. These texts are all related to the three yogas: Mahāyoga, Anuyoga, and Atiyoga. The first Nyingma volume includes works that are representative of the first two yogas, while this volume focuses especially on those belonging to the “pith-instruction class,” specifically those related to the unsurpassed secret section—the Heart Essence, or Nyingtik. According to the understanding of the Nyingma school, the most profound tenet of the Buddha's teachings is that within the mind of every being—as its bedrock, fundamental stratum, or element—lies the buddha nature. The teachings of this volume each present this essential tenet in a variety of ways and are composed by various Tibetan and Indian masters, including the Buddha, Garab Dorje, Mañjuśrīmitra, Śrīsimha, Jñānasūtra, Padmasambhava, Longchen Rabjam, and Jamgon Kongtrul Lodrö Taye.



About the Author

JAMGÖN KONGTRÜL 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.

PADMAKARA TRANSLATION GROUP, based in France, has a distinguished reputation for its translations of Tibetan texts and teachings. Its work has been published in several languages and is renowned for its clear and accurate literary style.

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

SNOW LION
10/15/2024
PAGES: 672
ISBN: 9781645472926



bala kids

I Dream of Ganesha

By Sonali Zohra

\$18.95 - HC

About the Book

After a hard day, Maya drifts into a dream where she meets an elephant-headed boy named Ganesha, who she learns to trust as her guide back home. Leading Maya with bravery, wisdom, and love, Ganesha teaches Maya how to overcome fear as they make their way through the challenging obstacles of a wild jungle. Upon waking, Maya is able to invoke the spirit of Ganesha as she starts her day.

The story is followed by resources for further learning about Ganesha, including an illustrated glossary of symbolism that kids can look for in the story. Of the hundreds of gods in Hindu mythology, Ganesha is one of the most beloved. Considered the guide to discovering the meaning of life and living it well, Ganesha is invoked within us whenever we choose to act like him—patient, kind, brave, thoughtful, and, above all, fearless.

About the Author

SONALI ZOHRA is an author/illustrator whose work is inspired by her love of nature, myth, and philosophy. Her illustrations evolve and grow as she does; she enjoys the process profoundly.

Juvenile Fiction - Religious - Hindu

Juvenile Fiction - Fairy Tales & Folklore - General

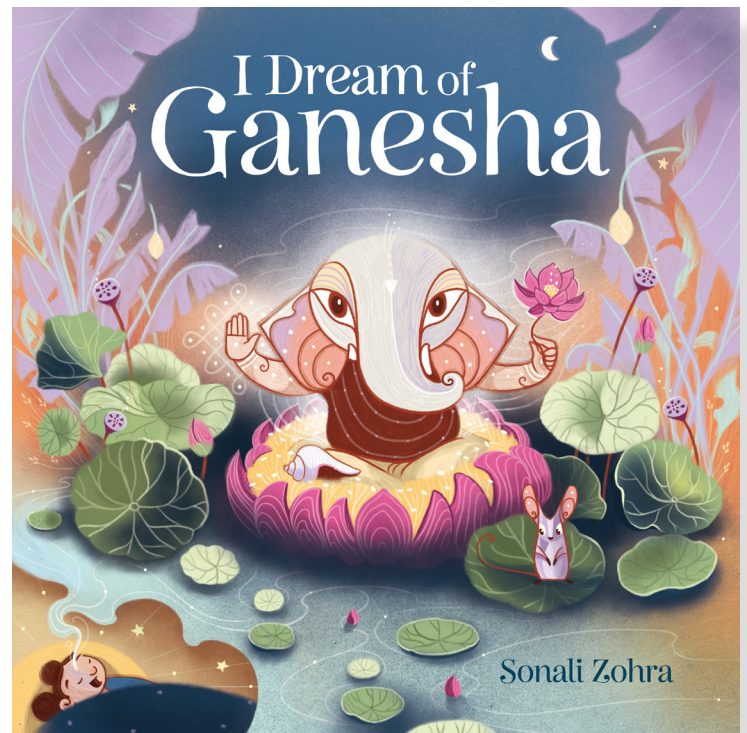
Juvenile Fiction - Social Themes - Emotions & Feelings

BALA KIDS

09/03/24

PAGES: 32

ISBN: 978-1-64547-295-7



Kind Karl

By Sharon Salzberg and Jason Gruhl; illustrated
by Sébastien Murrain
\$19.95 - HC

About the Book

Karl is a crocodile who lives in Orlando. He loves cardigans, crepes, and combing his hair. And . . . he has a terrible temper! Full of lovable animal characters, this playful story is a children's adaptation of Sharon Salzberg's beloved book *Lovingkindness: The Revolutionary Art of Happiness*. Like the original, it asks the question, "Why does what we do, say, and care about make a difference?" The book explores how generosity and mindfulness contribute to a life of happiness and connection.

In today's divisive society, lovingkindness asks us to stop, find quiet, and look within; and in that honest reflection, answers appear. With relatable everyday examples, approachable language, and adorable illustrations, the book will inspire children to look inward with curiosity and kindness.

The book includes accessible activities at the end to help kids and parents start a lovingkindness practice in their own lives.

About the Authors

SHARON SALZBERG is a meditation pioneer, industry leader, world-renowned teacher, and *New York Times*—best-selling author. As one of the first to bring meditation and mindfulness into mainstream American culture, her relatable, demystifying approach has inspired generations of meditation teachers and wellness influencers. She cofounded The Insight Meditation Society and is the author of eleven books. Sharon also hosts *The Metta Hour Podcast*, featuring interviews with top leaders in the meditation/mindfulness movement.

JASON GRUHL is the former executive director and founder of The Joshua School (a school for children with autism spectrum disorders and developmental disabilities in Colorado); a psychotherapist; and a professor (adjunct) in the Mindfulness-Based Transpersonal Counseling program at Naropa University where he teaches Mindfulness and Meditation and Therapy for Children and Adolescence. Jason is the author of several books.

About the Illustrator

SÉBASTIEN MOURRAIN is the illustrator of over forty picture books and documentaries published by Gallimard, Seuil, Bayard Editions, and Editions Milan,

Kind Karl



Sharon Salzberg and Jason Gruhl

Illustrated by Sébastien Murrain



among others. He lives in Lyon, France. His portfolio can be viewed at <https://murrain.ultra-book.com>.

Juvenile Fiction - Social Themes - Emotions & Feelings

Juvenile Fiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Fiction - Social Themes - Values & Virtues

BALA KIDS

12/16/2025

PAGES: 32

ISBN: 9781645472476

My Friend Tara

And Her Rainbow of Compassion

By Web Lasha Mutual and Ivan Bercholz
\$19.95 - HC

About the Book

The great goddess Tara manifests in a variety of forms and colors to help alleviate the suffering of those who think of her. A deity of compassion in both Hindu and Buddhist traditions, she creates a safe place to learn, increase patience, protect friends and family, end natural disasters, help crops grow, and more. She is always ready to spring into action for the benefit of the world. This book introduces how she came to be and explains the different forms she takes.

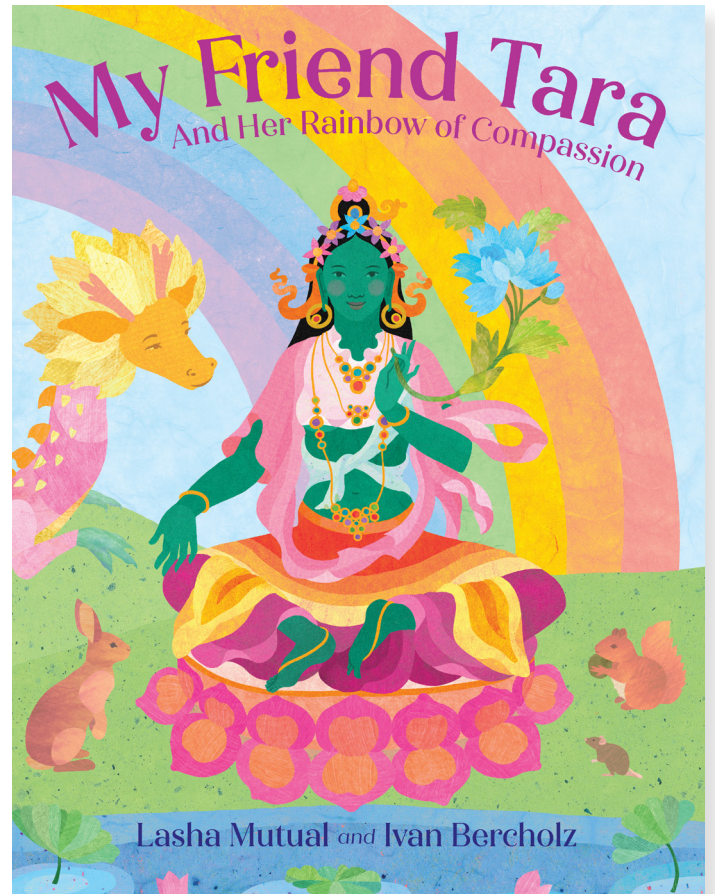
Druk the Dragon is our lovable narrator who makes the introduction to his friend Tara friendly and accessible. He explains the rainbow of her talents that kids can picture when they need her help manifesting special qualities:

- White for calm and peacefulness
- Yellow for positive richness like patience, confidence, and love
- Red for health and happiness
- Blue to clear difficult emotions
- Green for protection and compassionate action

The book includes a heartfelt author's note that explains how we can all be like Tara by emanating her vow to reduce suffering in the world. It concludes with a short, guided meditation that kids can practice with a mantra to summon the compassion of Tara.

About the Authors

LASHA MUTUAL is an artist whose deep commitment to Buddhist theory and practice has suffused her artistic expression, giving rise to a body of work that blends the action of painting with a meditative sense of contemplation and focus. Lasha's intention is to cultivate a generous, peaceful, and clear mind that becomes manifest in her artwork and that can be shared with others. She lives with



her husband, son, and abundance of pets in a little yellow brick cottage in Stratford, Ontario, Canada. <https://lashamutual.com/>

IVAN BERCHOLZ, publisher of Bala Kids and co-owner of Shambhala Publications, Inc., is a lifelong Buddhist practitioner and longtime educator. He has a deep passion for making traditional Buddhist subjects and practices accessible and relatable to young folks. Ivan lives in Boulder, Colorado, where he enjoys making jokes with his nephews, gathering people to meditate, wandering in the woods, and making chitchat at his local coffee shop.

Juvenile Fiction - Religious - Buddhist

Juvenile Fiction - Social Themes - Values & Virtues

Juvenile Fiction - Legends, Myths, Fables - Asian

BALA KIDS
09/30/2025
PAGES: 40
ISBN: 9781645472636

Wisdom Stories of Tibet

Tales of Magic, Adventure, and Bravery

By Lama Chonam and Laura Burges; illustrated by Wen Hsu

\$19.95 - HC

About the Book

The magic, mystery, and wisdom of Tibet comes alive in this stunningly illustrated collection of 14 folk tales with timeless life lessons for kids (ages 6+).

From the magical mountains and valleys of Tibet, these Buddhist-themed folk tales for kids offer a captivating view into the lore and wisdom of Tibetan culture and tradition.

Buddhism and its profound effect on Tibet's people and culture is reflected in these stories, each of which is imbued with life lessons for all ages. Threaded through these tales are the teachings of the Buddha and the special quality and relationship that Tibetans have with the mountains, trees, rocks, rivers, and sky.

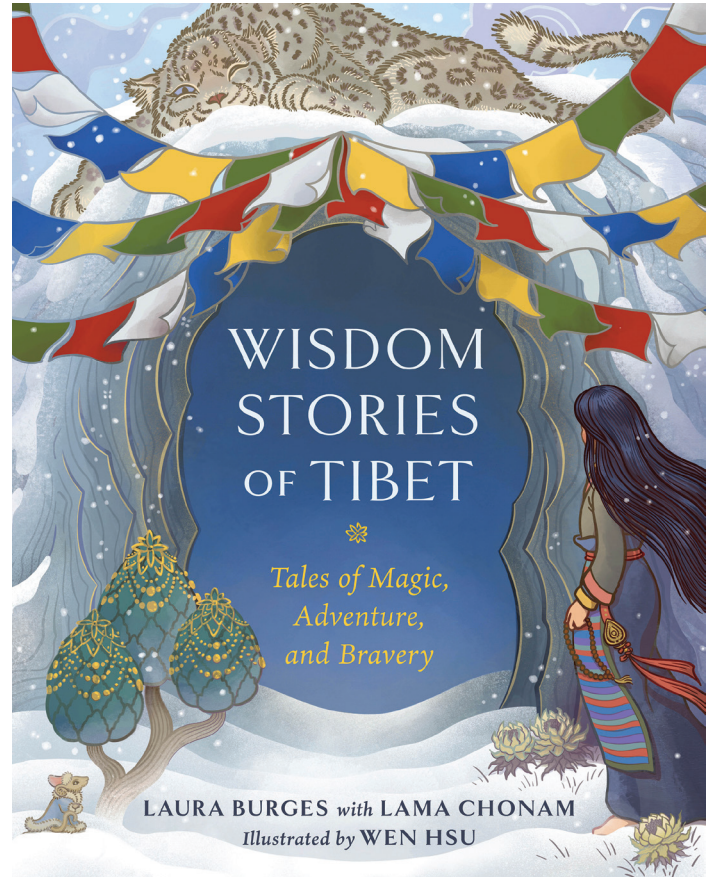
The collection features tales of renowned Tibetan Buddhist figures such as:

- Songsten Gampo, the king known as the reincarnation of the Buddha of Compassion, and how even a small creature like a mouse can have a big impact on the world
- Yeshe Tsogyal, the Mother of Tibet whose teachings have guided generations on the path of love and insight
- Gesar of Ling, the twelfth-century super-human warrior king of Tibet, a shining inspiration for overcoming life's obstacles
- Guru Rinpoche, also known as Padmasambhava, the great teacher who brought the teachings of Buddhism to Tibet

The stunningly detailed and vibrant illustrations by Wen Hsu bring these stories magically to life—making them as vivid and evocative to us today as they have been for generations of Tibetans.

About the Author

LAURA BURGES (Ryuko Eitai) is a lay-entrusted Buddhist teacher in the Soto Zen tradition. She



received monastic training at Tassajara Zen Mountain Center and lectures, teaches classes, and leads retreats at San Francisco Zen Center and other practice centers in Northern California. Her book, *Buddhist Stories for Kids* won Gold in the Moonbeam Children's Book Awards in 2023.

About the Illustrator

WEN HSU is a Taiwanese-Costa Rican illustrator. She has a wide range of styles working with papercuts, ink, watercolor, textiles, and digital art. She has illustrated stories for children in Guatemala, Nicaragua, Costa Rica, India, Japan, Korea, and China. Kuan Yin is her most recent book for Bala Kids.

Juvenile Fiction - Religious - Buddhist
Juvenile Fiction - Legends, Myths, Fables - Asian

Juvenile Fiction - Fairy Tales & Folklore - Country & Cultural

BALA KIDS

02/25/25

PAGES: 144

ISBN: 978-1-64547-156-1

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