



SHAMBHALA  
PUBLICATIONS



# Spring 2026 Rights Guide



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**SHAMBHALA  
PUBLICATIONS**

# Hot New Titles

# Another Kind of Freedom

By Pema Chödrön  
\$24.95 - Hard Cover

## About the Book

In Pema Chödrön's much-anticipated new book, she explores the book that was pivotal in her life and how it can have the same effect on readers today, Chögyam Trungpa's *Myth of Freedom*.

Beloved Buddhist teacher and best-selling author Pema Chödrön offers an inside look at the teachings that transformed her life.

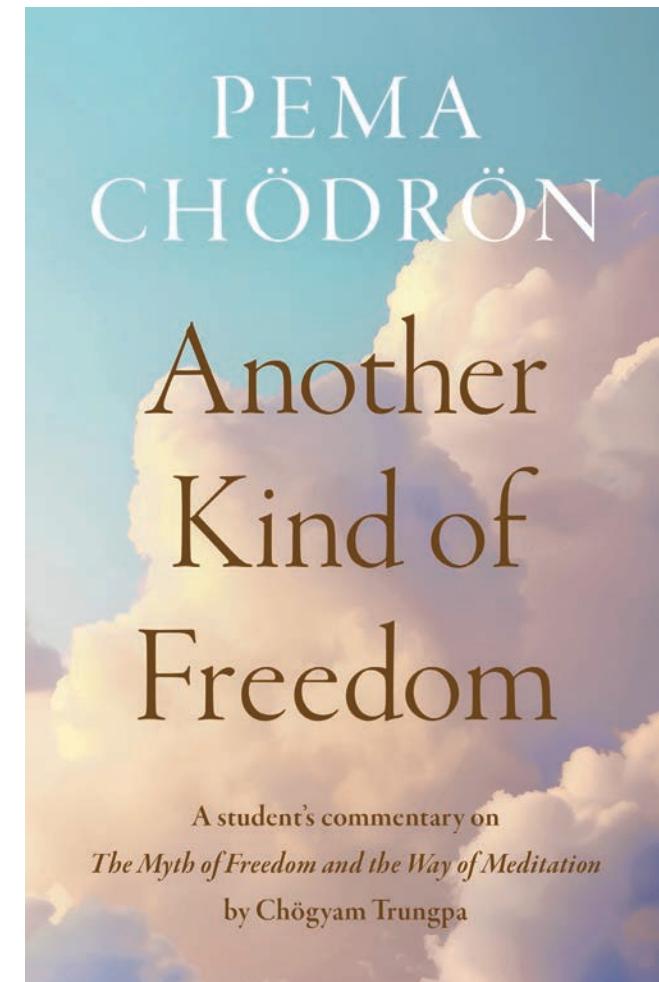
"When I first encountered the Buddhist teachings in the early 1970s, there were not many teachers who taught in a voice that Western students could connect with in a personal way. It was amazing to read Chögyam Trungpa Rinpoche's book *The Myth of Freedom and the Way of Meditation*. It didn't feel like Buddhist philosophy at all. It felt like advice for everyday life and neurosis—particularly everyday neurosis, which there was plenty of," says Pema Chödrön in the introduction to *Another Kind of Freedom*.

In this detailed commentary, Pema takes us section by section through one of the formative books that changed her life, sharing stories, insights, and personal reflections on what the teachings meant to her then and now. With her signature warmth, clarity, and humor, she brings Chögyam Trungpa's teachings to life, making them accessible for modern readers navigating their own challenges.

She explains how the practical wisdom of Buddhism can help us:

- Face life's messiness with courage
- Embrace reality as it is
- Let go of fantasies of perfection
- Work with our emotions rather than suppressing them
- Experience true freedom

If you love Pema's books, you'll recognize familiar concepts presented in a fresh way. And if you're new to Buddhism, *Another Kind of Freedom* offers a powerful introduction to Buddhist philosophy through the wisdom of two of the most influential teachers of the last century.



## About the Author

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa and resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan Buddhist monastery in North America established for Westerners. She is the author of many best-selling books, including *When Things Fall Apart* and *Welcoming the Unwelcome*.

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

**Subrights Sold:** Dutch, German, Spanish

SHAMBHALA  
04/07/2026  
PAGES: 256  
ISBN: 9781645473268

# Dreams of a White Snow Lion

**The Remarkable Life, Vision, and Deeds of the Dalai Lama**

By Mariateresa Bianca and Sherab Dhargye  
\$39.95 - Hard Cover

## About the Book

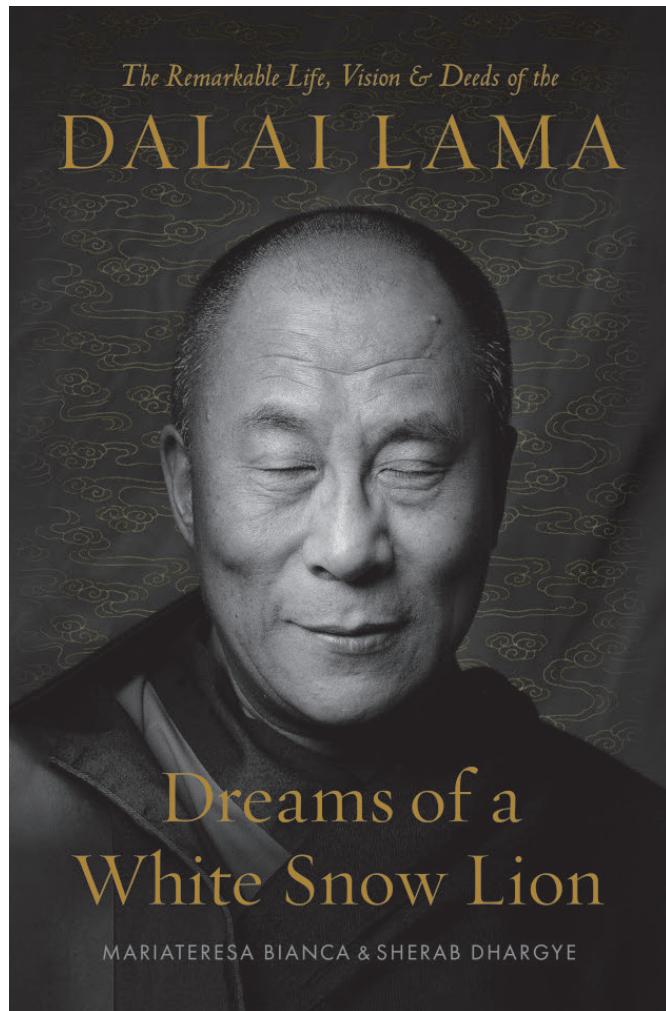
A spiritual biography of the Fourteenth Dalai Lama, Tenzin Gyatso, based on traditional Tibetan sources, presenting his united roles as political and spiritual leader in a complex global landscape.

This comprehensive biography of the Fourteenth Dalai Lama, Tenzin Gyatso, presents the unique spiritual journey of an unprecedented spiritual and political leader at the intersection of myriad complex political and geographical realms. The profound prophecies and karmic connections that shaped his leadership are revealed through a multifaceted lens of compassion, resilience, and strategic vision. This narrative explores his philosophical approach, particularly the Middle Way strategy, which advocates for dialogue and nonviolent resistance, while providing unprecedented insights into the internal dynamics of Tibetan governance and Buddhist ideals.

Beyond a mere historical account, this work draws from over fifty Tibetan sources on his life, along with the Dalai Lama's own words, from public international speeches to intimate teachings to close students. Representing a significant contribution to understanding the Dalai Lama's transformative leadership, this book offers profound reflections on resilience, cultural preservation, and the potential for compassionate action to transcend political boundaries.

## About the Authors

SHERAB DHARGYE completed his monastic education at Gomang College of Drepung Monastery in South India. He has published twenty-five books in Tibetan including biographies, three volumes on modern Tibetan history, and a significant work on the Kalachakra Tantra in nine volumes. Sherab teaches Tibetan language to both Tibetans and Westerners and produces a Tibetan-medium Facebook account focused on the Dalai Lama's



views and teachings with tens of thousands of followers.

MARIATERESA BIANCA has lived and worked in Dharamsala, India, since 1993, with a period of five years' residence in the United States. She serves as a translator and interpreter of Tibetan language, notably for the Dalai Lama and senior Tibetan teachers.

Biography & Autobiography - Religious  
Religion - Buddhism – Tibetan  
Biography & Autobiography - Political

**Subrights Sold:** No Italian or Russian

SHAMBHALA  
08/25/2026  
PAGES: 672  
ISBN: 9781645475415

# Infinite Awakening

A Guide to Nondual Wisdom and the Pathless Path

By Stephan Bodian

\$21.95 - Trade Pbk

## About the Book

Spiritual awakening is not a distant goal. The peace, joy, and wholeness you seek are waiting to be discovered in this very moment. This book is your guide.

*Infinite Awakening* is a comprehensive guide to the “pathless path” of nondual spirituality. It reveals that awakening is the recognition of your true nature—a state of peace, freedom, and interconnectedness that’s already complete and present within you. It invites you to explore the immediacy of your “natural state” and embrace awakening as a direct experience.

Drawing from decades of experience, including training in Zen, Tibetan Dzogchen, and Advaita Vedanta, author Stephan Bodian addresses essential questions, such as:

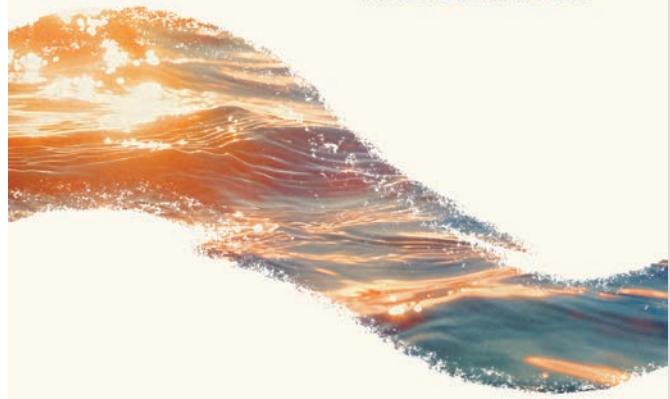
- What are the stages of spiritual awakening?
- How does the direct approach of the pathless path encourage awakening?
- What are the common challenges on this path, and how can we work with them?
- How does nondual spirituality differ from other spiritual perspectives?
- What is the role of a teacher, and what are the potential pitfalls?
- How can we live from an awakened understanding in every moment of our lives?
- How does trauma affect the awakening process?

As a spiritual teacher and psychotherapist, Bodian demystifies awakening with his down-to-earth approach, offering practical teachings, meditations, direct pointers, and exercises to help you not only wake up but also integrate your realization into the ordinary situations and relationships you encounter in everyday life.

Those new to the spiritual path, as well as fans of teachers like Adyashanti, Eckhart Tolle, Loch Kelly, and Sam Harris, will find this an invaluable guide to nondual wisdom and the pathless path.

# Infinite Awakening

*A Guide to Nondual Wisdom  
and the Pathless Path*



STEPHAN BODIAN

*Foreword by Adyashanti*

## About the Author

STEPHAN BODIAN is the founder of the School for Awakening and author of several books, including *Meditation for Dummies* (which has sold over half a million copies), *Wake Up Now*, and *Beyond Mindfulness*. A psychotherapist by training, Bodian integrates nondual wisdom with Western psychology, pioneering a unique style that combines self-inquiry and nondual insight with practical applications to address the individual needs of his students.

Self-Help - Spiritual

Religion - Spirituality

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

05/19/2026

PAGES: 224

ISBN: 9781645474722

# Hold Nothing

An Invitation to Let Go and Come Home to Yourself

By Elena Brower  
\$24.95 - Trade Pbk

## About the Book

"Elena Brower has once again offered us a radiant portal into inner realms. *Hold Nothing* is not just a book—it is a transmission of presence, a quiet summons from the soul."

—Elizabeth Gilbert, author of *Eat, Pray, Love*

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.

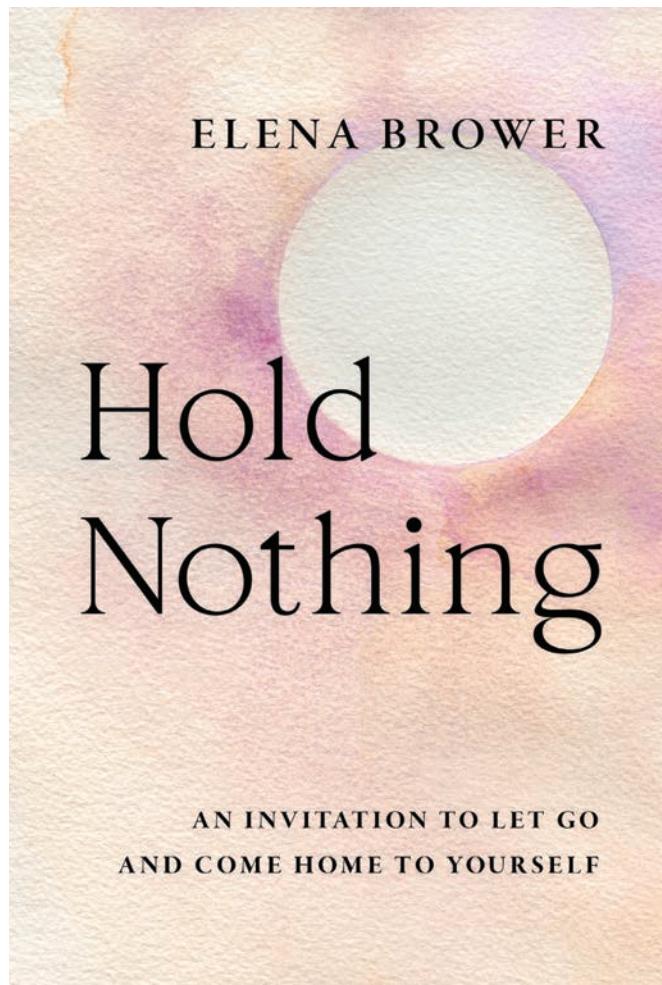
This distinctive contemplative guidebook by beloved yoga and spiritual teacher Elena Brower offers you the opportunity to slow down, connect with yourself deeply, and explore the question, "What is being asked of your life—personally, spiritually, and in relation to the world?"

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.

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: 296

ISBN: 9781645473022

# Psychedelic Therapy

## A Revolutionary Approach to Restoring Your Mental Health and Reclaiming Your Life

By Will Van Derveer and Keith Kurlander;  
Foreword by Gabor Maté  
\$21.95 - Hard Cover

### About the Book

Explore how psychedelic therapy can address deep-rooted trauma and help you create a life of balance, resilience, and meaning.

A revolutionary approach to treating anxiety, depression, PTSD, or other mental health challenges, from two leaders in the field of psychedelic therapy and trauma treatment, with a foreword by Gabor Maté.

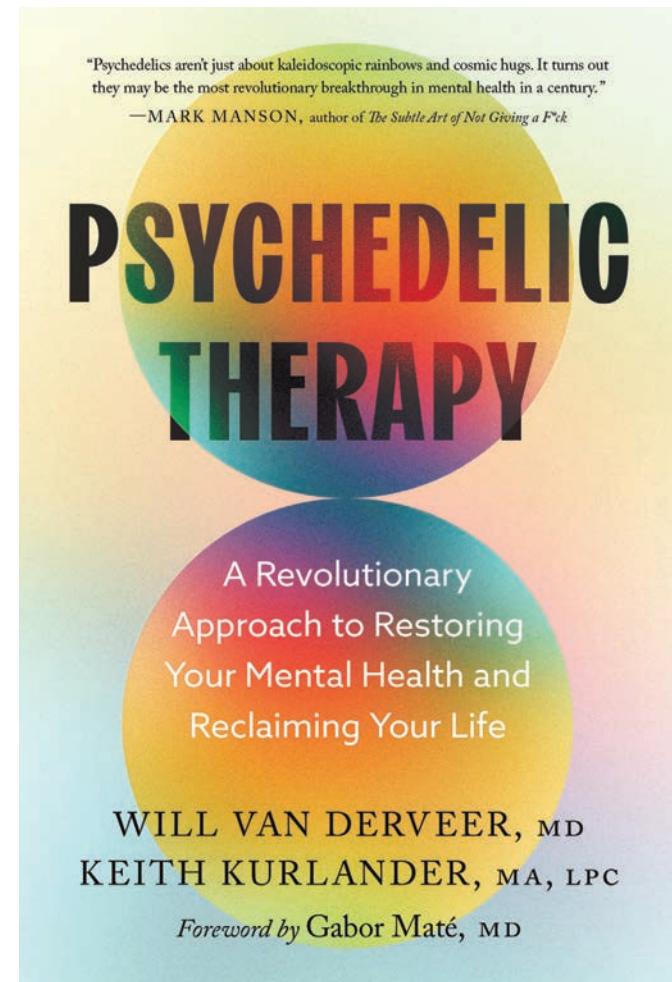
For those grappling with anxiety, depression, PTSD, or other mental health challenges—and those who feel let down by a fragmented and failing mental health system—*Psychedelic Therapy* offers a hopeful, evidence-based exploration of a novel approach to healing.

As leaders in the field of psychedelic therapy and trauma treatment, Keith Kurlander, MA, LPC, and Will Van Derveer, MD, draw on their clinical expertise, client stories, and the latest research to help you:

- Understand trauma and why psychedelic therapy is uniquely suited to addressing it
- Learn about the substances commonly used in psychedelic therapy
- Navigate the process step-by-step, including preparation, dosing, and integration
- Prioritize safety by outlining key considerations for minimizing risk
- Gain insight for navigating any spiritual or psychological challenges that may arise

### About the Authors

KEITH KURLANDER, MA, LPC, is cofounder of the Integrative Psychiatry Institute and Integrative Psychiatry Centers and cohost of *The Higher Practice Podcast for Optimal Mental Health*. He has worked with individuals, couples, and groups as an integrative psychotherapist and coach since 2005.



WILL VAN DERVEER, MD, is a leader in the adoption of integrative psychiatry practices to treat mental health issues. He is cofounder of the Integrative Psychiatry Institute and Integrative Psychiatry Centers and cohost of *The Higher Practice Podcast for Optimal Mental Health*. He has published research on MDMA-assisted psychotherapy.

Self-Help - Post-Traumatic Stress Disorder (Ptsd)  
Health & Fitness - Alternative Therapies  
Psychology - Trauma Psychology

**Subrights Sold:** Italian, Romanian, Serbian, Spanish

SHAMBHALA  
3/31/2026  
PAGES: 256  
ISBN: 9781645476047

# The Tibetan Book of Success

A Guide to Relationships, Leadership, Communication, and Happiness

Translated and introduced by Orgyen Chowang

\$19.95 - Trade Pbk

## About the Book

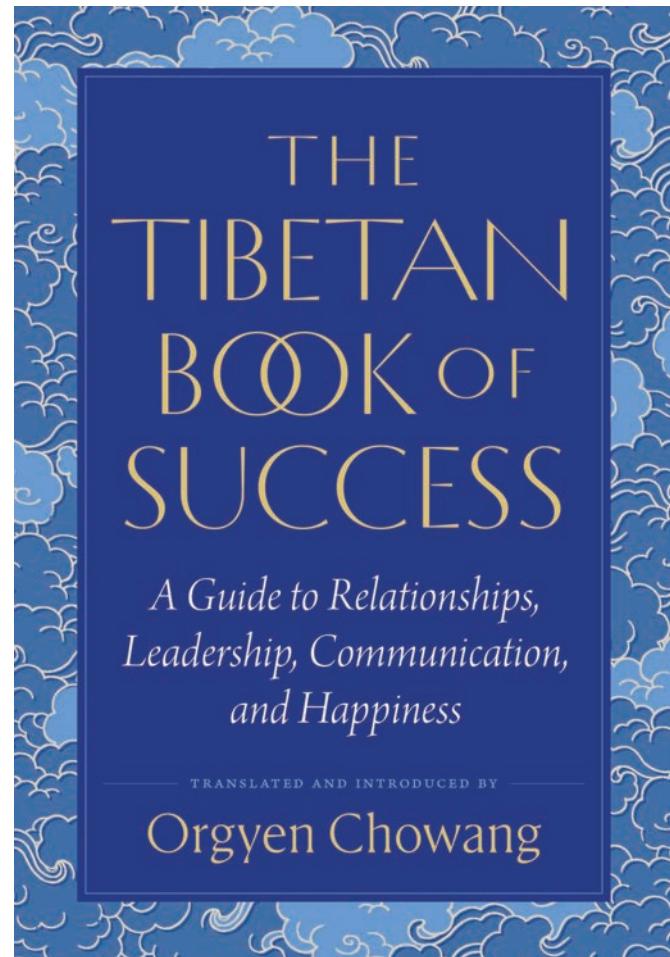
**The Tibetan equivalent of the *Meditations* of Marcus Aurelius**

Drawn from a long tradition of secular Tibetan teachings on how to live a good life, these four texts from Tibetan masters provide clear and succinct instructions for creating happiness, success, harmonious relationships, and just communities.

In the spirit of the writings of the Stoics, Dale Carnegie, Stephen R. Covey, Viktor Frankl, Don Miguel Ruiz, and others, these texts reveal that for centuries, Tibetan wisdom has extolled principles and values like honest communication, integrity, decency, fairness, reliability, respect, and generosity as the foundation for a good life.

Translated by meditation master Orgyen Chowang Rinpoche, founder of the Pristine Mind Foundation, the collection includes an eighth-century scroll from the Dunhuang caves as well as writings from some of the greatest luminaries of the Tibetan tradition: Sakya Pandita (1182–1251), Jamgon Mipham Rinpoche (1846–1912), and Patrul Rinpoche (1808–1887).

With a message that's more relevant than ever in our chaotic, disconnected times, *The Tibetan Book of Success* explains how leaders, entrepreneurs, parents, young adults, and anyone interested in improving themselves and the world can develop the compassion and wisdom required to do so in a fair and responsible way.



## About the Author

ORGYEN CHOWANG RINPOCHE is a meditation master and teacher in the Nyingma lineage of Tibetan Buddhism. He is founder of the Pristine Mind Foundation, which is dedicated to offering accessible and experiential Buddhist teachings, and author of *Our Pristine Mind: A Practical Guide to Unconditional Happiness* and *From Foundation to Summit: A Guide to Ngöndro and the Dzogchen Path*. Known for his accessible, passionate, and joyful approach to personal transformation, Rinpoche teaches regularly in the San Francisco Bay Area and travels throughout the world speaking to a broad range of audiences about how to improve their lives through meditation.

Self-Help - Personal Growth - Success

Philosophy - Eastern

Body, Mind & Spirit - Inspiration & Personal Growth

**Subrights Sold:** Serbian

SHAMBHALA

03/17/2026

PAGES: 208

ISBN: 9781645474241

# You Are the Universe in Motion

By Alan Watts  
\$16.95 - Trade Pbk

## About the Book

"You're trying to straighten out a wiggly world—no wonder you're in trouble." —Alan Watts

In an age when all knowledge is at our fingertips, Alan Watts reminds us that wisdom is something else entirely. He invites us to rediscover the vitality, spontaneity, and deep unity that underlies everything.

Alan Watts was not just a philosopher and entertainer; he was a bridge between worlds. Drawing from the spiritual traditions of both East and West, Watts illuminated ancient truths in language that is reverently irreverent and still remarkably fresh and clear half a century later.

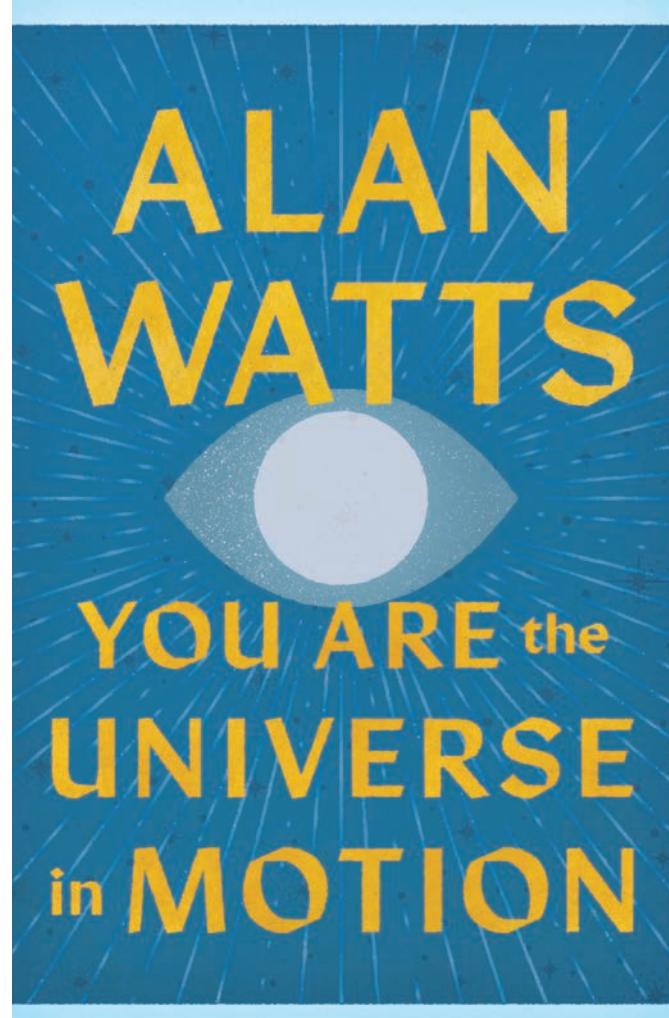
Originally published in 1977 as *The Essence of Alan Watts*, this collection is based on Watts's acclaimed 1971 television series and includes, for the first time, the original introductory talk from the show.

With characteristic humor and sharp insight, Watts explores existential questions about topics like God, ego, and death alongside practical dilemmas like meditation and our relationship with time, work, and play, challenging our most basic assumptions about language, self, and reality.

Whether you're new to Alan Watts or revisiting his work to learn how his teachings speak to the challenges of today, this collection distills his most powerful ideas into one accessible volume that can reconnect you with the deep simplicity at the heart of life—not as a concept, but as an experience. It is an invitation to meet the world with curiosity, to play with ideas, and to remember the wisdom that is always available to us in the present moment.

## About the Author

ALAN WATTS (1915–1973) was a British-born philosopher, writer, and speaker renowned for interpreting and popularizing Eastern philosophy for Western audiences. Born in Chislehurst, England, he moved to the United States in 1938 and began Zen training in New York. He received a master's degree in theology from Seabury-Western Theological Seminary and served as an Episcopal priest before leaving the ministry in 1950. Watts then moved to California, where he joined the faculty of the American Academy of Asian Studies (now the California Institute of Integral Studies). He authored more than 25 books, including *The Way of Zen* and *The Wisdom of Insecurity*, and became a prominent



lecturer, introducing millions to Eastern thought through his writings and broadcasts. His work influenced a wide range of thinkers, artists, and spiritual teachers, including John Lennon, Ken Wilber, Van Morrison, Spike Jonze, and Bruce Lee.

Philosophy - Eastern

Religion - Eastern

Religion - Buddhism - Zen

SHAMBHALA  
07/21/2026  
PAGES: 144  
ISBN: 9781645475460

# With a Single Breath

The Complete Path of Mindfulness

By Melvin McLeod

\$19.95 - Trade Pbk

## About the Book

Practice mindfulness as a complete, transformative path that expands and deepens its benefits to all aspects of our lives and society.

Includes more than fifty practices from renowned teachers such as Jon Kabat-Zinn, Tara Brach, Thich Nhat Hanh, Rhonda Magee, Diana Winston, Daniel Goleman, Sharon Salzberg, and many others.

*With a Single Breath* is the first book to introduce a step-by-step framework for practicing mindfulness as a comprehensive path of life.

Through five essential keys—Mindfulness Practice, Insight, Ethics, Love and Compassion, and Community—Melvin McLeod, draws on his fifty years of practice and wisdom to present a practical approach that expands mindfulness beyond simple meditation into a transformative life path that deepens and expands how mindfulness is defined, taught, and lived. He demonstrates how each of these interconnected keys can help you discover your natural goodness, develop deeper awareness, and create meaningful connections in an increasingly disconnected world.

The book includes fifty practices—five in each section—from renowned mindfulness teachers including **Tara Brach, Diana Winston, Thich Nhat Hanh, Sharon Salzberg, Christopher Germer, Jack Kornfield, Mark Coleman, Jon Kabat-Zinn, Rick Hanson, Rhonda Magee, Sylvia Boorstein, Dr. Robert Waldinger, Pema Chödrön, Joan Halifax, and Robert Waldinger**.

Based on universal human qualities and aspirations, not tied to any particular religion or philosophy, this transformative path is accessible to everyone and brings out the best in who we are as human beings.

MELVIN McLEOD

# With a SINGLE BREATH

## THE COMPLETE PATH OF MINDFULNESS

Includes 50 transformative practices and teachings from  
Jon Kabat-Zinn, Tara Brach, Thich Nhat Hanh, Rhonda Magee,  
Diana Winston, Daniel Goleman, Sharon Salzberg, and more

## About the Author

MELVIN MCLEOD is the founder and editor-in-chief of *Lion's Roar*, the largest Buddhist-inspired media organization in the English language, and cofounder of *Mindful Magazine*. He is a well-known, respected, and authoritative voice in the mindfulness and dharma fields. His own writings in *Lion's Roar* have been praised by leaders in the field and have attracted a large readership.

Self-Help - Meditations

Body, Mind & Spirit - Mindfulness & Meditation

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

07/07/2026

PAGES: 192

ISBN: 9781645474715

# General Trade Titles

# After Anger

What Buddhism Can Teach Us About Our Culture of Rage

By Amod Lele  
\$24.95 - Trade Pbk

## About the Book

In a world quick to embrace anger, discover a profound philosophical defense of Buddhist serenity. A timely exploration of mindfulness, justice, and the power of inner peace.

Against the rising tide of rage in contemporary discourse, *After Anger* challenges the popular assumption that anger is necessary to combat injustice and promote a more peaceful world. Drawing from classical Buddhist meditation teachings, Stoic wisdom, Western philosophy, and psychological studies, Amod Lele presents a compelling case for mindful serenity as a path to both personal and social peace.

Lele constructs a robust framework for understanding why serenity matters. He expertly dismantles arguments promoting anger as a tool for social justice while offering a nuanced perspective on how mindfulness can serve both individual well-being and collective progress. Through vivid narratives—from the Indian epic *The Mahābhārata* and the life of Kurt Cobain to the author's own experiences with racial prejudice—Lele shows why anger cannot be the transformative agent for justice many hope it to be. *After Anger* speaks directly to those questioning the efficacy of mindfulness in an age of high-stakes global crises, revealing the contemporary relevance of ancient Buddhist teachings and offering practical wisdom for anyone seeking to reduce their mental suffering without sacrificing their commitments to justice and social progress.

## About the Author

AMOD LELE has taught Asian religion and philosophy at Harvard University, Boston University, Colorado College, and Stonehill College and is now associate director of the



Ethics Institute at Northeastern University. He has published in the *Journal of Buddhist Ethics* and other journals and writes for a general audience on the Indian Philosophy Blog, which he co-manages, and on his personal blog and Substack, *Love of All Wisdom*. He has a PhD from Harvard University in the study of religion with a focus on Buddhist ethics. He is from Canada and lives with his wife in Somerville, Massachusetts.

Philosophy - Buddhist  
Social Science - Activism & Social Justice  
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA  
11/24/2026  
PAGES: 272  
ISBN: 9781645475224

# The Alchemy of Sleep

The Science, Mystery, and Magic of a Good Night's Rest

By Dr. Pedram Navab

\$22.95 - Trade Pbk

## About the Book

A comprehensive guide to the science and sacred mystery of deep rest. From neurologist, sleep specialist, and integrative medicine practitioner Dr. Pedram Navab, whose multidisciplinary approach has helped thousands reclaim the benefits of sleep.

Sleep is far more than a biological function—it is a sacred gateway to the unconscious, a nightly journey into creativity and renewal. In *The Alchemy of Sleep*, Dr. Pedram Navab blends rigorous neuroscience and sleep medicine with timeless perspectives from psychology, religion, and ancient traditions to revolutionize how we approach rest.

Moving beyond simple sleep hygiene and optimization, *The Alchemy of Sleep* explores sleep as a multidimensional phenomenon: a time of physical and emotional healing, spiritual insight, and personal growth. Through practical techniques such as shadow work, dream journaling, breathwork, sound therapy, and mindfulness, readers are invited to engage with sleep as an active process of self-discovery—one that shapes not only brain and body health but also creativity, relationships, and spiritual well-being.

Addressing sleep disorders like insomnia, sleep apnea, parasomnia, and paralysis, as well as highlighting the shortcomings of today's sleep culture—from the perils of chronic exhaustion to the obsession with data-driven sleep “perfection”—this book offers a compassionate and integrative approach to reclaiming true rest. It provides hope for anyone ready to move beyond surface-level solutions.

## About the Author

Dr. PEDRAM NAVAB, FAASM, is a neurologist and sleep medicine specialist. He completed fellowships at both the Stanford Sleep Disorders Center, where he trained under sleep medicine pioneer

“We underestimate sleep as a primary source of healing. In *The Alchemy of Sleep*, Dr. Navab reclaims it through an integrative synthesis of neuroscience and mind-body practice that is both illuminating and deeply practical.”

—DR. ANDREW WEIL

# THE ALCHEMY OF SLEEP

The Science, Mystery & Magic  
of a Good Night's Rest

DR. PEDRAM NAVAB, FAASM

Dr. Christian Guilleminault, and the Andrew Weil Center for Integrative Medicine, where he trained under integrative medicine pioneer Dr. Andrew Weil. This dual training allows him to blend cutting-edge neuroscience with holistic practices such as breathwork, shadow work, acupuncture, tai chi, and mindfulness in his approach to sleep health. Author of *Sleep Reimagined*, Dr. Navab has been featured on *The Today Show*, CBS, NBC, and in *TIME*, *HuffPost*, *Glamour*, and *Salon*. He is a Fellow of the American Academy of Sleep Medicine, serves on its public safety committee, and practices at The Clinic at Beverly Hills and Hoag Memorial Hospital.

Health & Fitness - Sleep  
Body, Mind & Spirit - Dreams  
Medical - Holistic Medicine

SHAMBHALA

10/27/2026

PAGES: 224

ISBN: 9781645474777

# Chinese Polestar Astrology

A Practical Guide to Decoding the Secrets of Your Character, Inner Nature, and Fate

By Gregory Done  
\$24.95 - Trade Pbk

## About the Book

This first comprehensive guide to Chinese Polestar Astrology invites you to use the rich cosmology, symbolism, and practical tools of this ancient system to unlock your life's purpose, overcome limitations, and thrive in every area of your life.

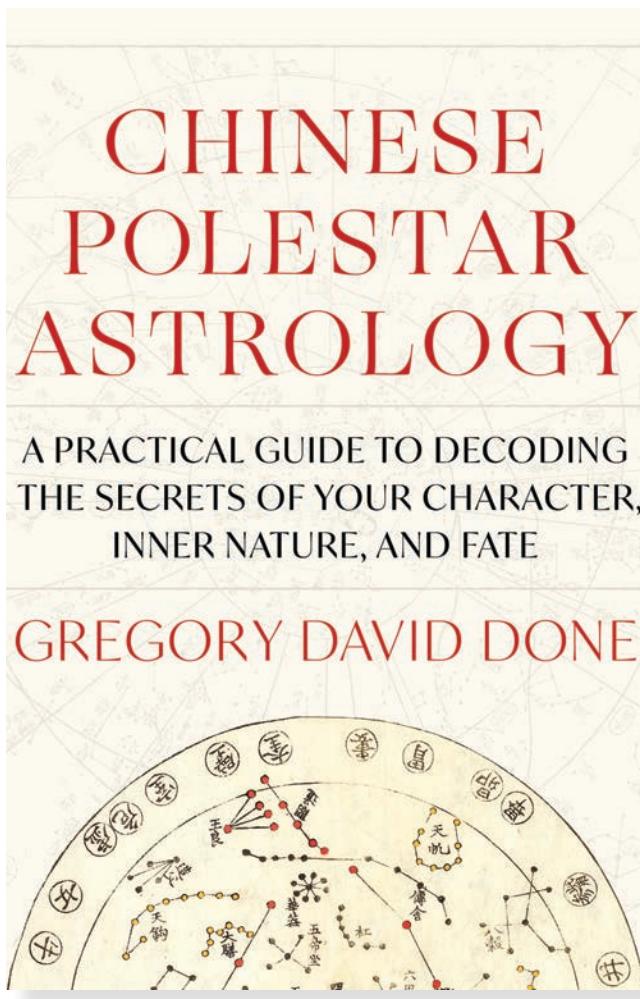
According to Chinese Polestar Astrology, life is a dance between fate, nature, and character—factors that intertwine to create patterns and layers that define our existence. Understanding or deciphering their reciprocity may hold the answer to our life's purpose, giving us a roadmap to better navigate our lives.

Though less well-known than Western or Vedic astrology, Chinese Polestar is a rich and detailed system that uses celestial positioning, the five elements, and twelve animals as metaphors to understand our human experience, tendencies, and possibilities. By determining our birth chart, and learning the tradition's cosmology and symbolism, we can—through reflection and meditation—encourage beneficial states of being and minimize or resolve our negative limitations in all areas of our life.

Longtime Taoist and Buddhist practitioner and astrology expert Gregory Done introduces us to this spiritual practice and gives us all we need to determine our birth chart, understand it, and work with what it can teach us.

## About the Author

GREGORY DAVID DONE, DSOM, L.Ac., is a practitioner of classical Chinese Medicine and Polestar Astrology and an authorized teacher of Indo-Tibetan Buddhism and tantric yoga. Gregory has an MA in Buddhist studies from Naropa University and a Doctor of Science in oriental medicine from the National University of Natural Medicine. He is a published poet and author who has written extensively on the Chinese tradition as taught by Liu Ming.



As an avid student of Asian wisdom and wellness traditions from an early age, Gregory is deeply interested in the immigration, cultural assimilation, and nature of Asian traditions in America and is a vocal proponent of a pluralistic, nonsectarian approach to spiritual practice guided by traditional culture and lineage. He currently lives in Walla Walla, WA, where he practices at the Thompson Family Acupuncture Clinic.

Body, Mind & Spirit - Astrology - Eastern  
Self-Help - Spiritual  
Religion - Eastern

SHAMBHALA  
07/28/2026  
PAGES: 352  
ISBN: 9781645473404

# Cosmic Year

Your Astrological Guide to Co-Creating with the Planets

By Claire Gallagher

\$19.95 - Trade Pbk

## About the Book

Harness the power of astrology with this practical toolkit for navigating the cosmic seasons of your life.

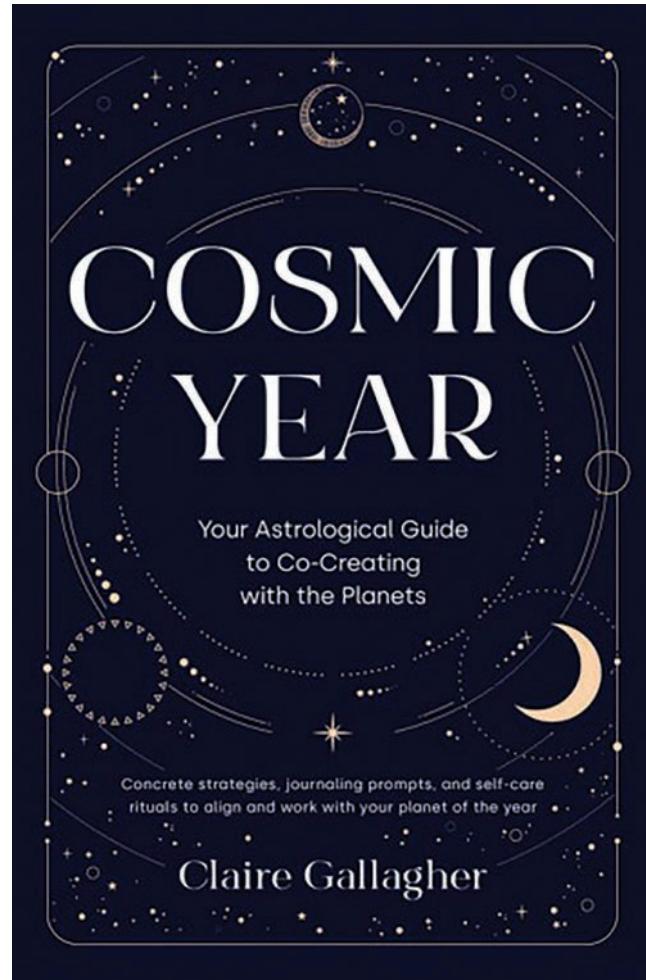
Like the seasons, cosmic cycles rise and fall, bringing opportunities for growth, wisdom, and clarity. Learn to identify the cosmic season you're in and explore the life themes and opportunities it unlocks. With a focus on presence instead of predictions, *Cosmic Year* will help guide your decisions, focus your energy, and embrace this astrological moment in your life.

Astrologer Claire Gallagher transforms popular predictive techniques—like transits, solar return charts, profections, and more—into tools that ground you in the present. You'll discover which planet is your greatest ally and pinpoint areas of your life that are ripe for positive change.

Through journaling prompts, planetary attunements, self-care rituals, and concrete todos, this encouraging guide will help you live in the astrological moment—even a challenging one—with self-compassion and grace. By the end of this journey, you'll possess a practical toolkit for living in harmony with your cosmic cycles, transforming astrological timing from mere prediction into a powerful catalyst for present-moment awareness and personal transformation.

## About the Author

CLAIRE GALLAGHER, MAc, MScN, CSCS, is a post-wellness ally, anti-diet nutritionist, intuitive movement counselor, and medical astrologer. She holds master's degrees in acupuncture and nutrition and is a certified strength and conditioning specialist. Claire uses astrology as a tool for deepening personal authority, self-



compassion, and body trust. She's a Virgo Sun, Aquarius Moon, and Sagittarius rising. Claire is the author of *Body Astrology*, and you can find her online at [clairegallagher.com](http://clairegallagher.com).

Body, Mind & Spirit - Astrology - Horoscopes  
Self-Help - Spiritual  
Religion – Spirituality

SHAMBHALA  
08/18/2026  
PAGES: 192  
ISBN: 9781645474944

# The Essence of Muay Thai

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

By Nuakai Aru  
\$24.95 - Trade Pbk

## About the Book

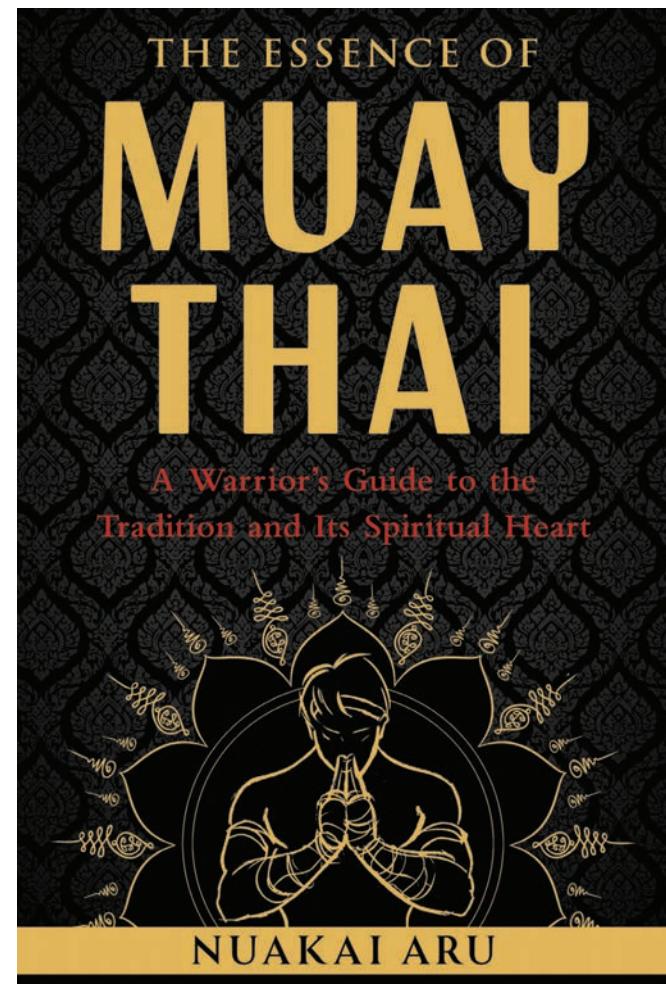
A fascinating dive into the little-known spiritual dimensions of the popular martial art of Muay Thai, as well as its rich history, traditions, and esoteric practices.

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

**Subrights Sold:** French

SHAMBHALA  
10/21/2025  
PAGES: 240  
ISBN: 9781645473817

# From Conflict to Connection

Nonviolent Communication for Saying What You Feel (Not What You'll Regret)

By Micah Salaberrios  
\$18.95 - Trade Pbk

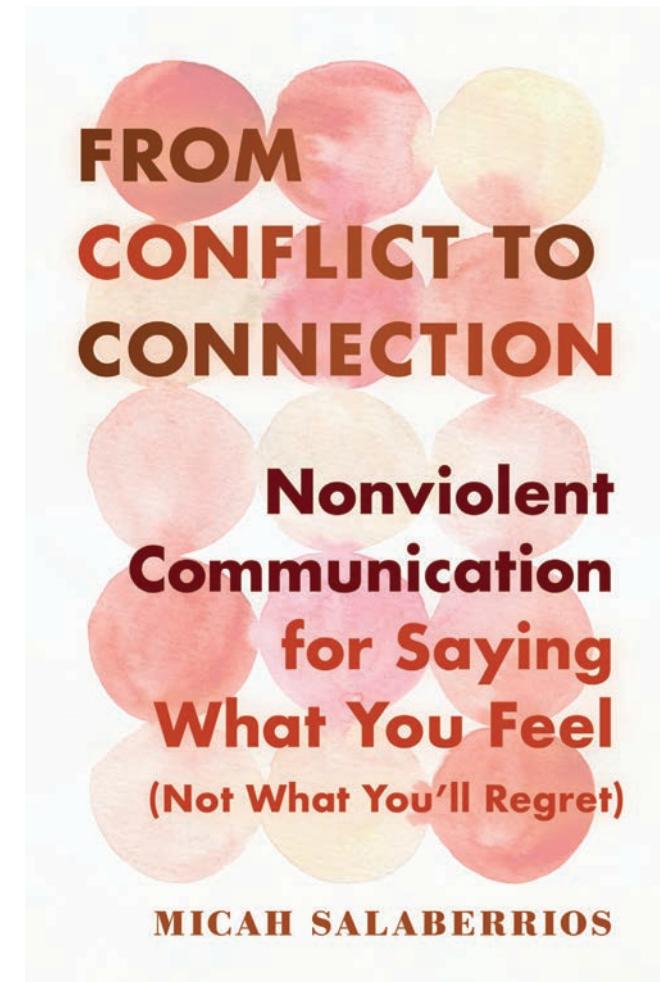
## About the Book

Stuck in a cycle of miscommunication, hurt feelings, and unresolved conflict? This easy-to-use handbook empowers you to approach conflicts both big and small with authenticity, clarity, and compassion using the principles of Nonviolent Communication.

Conflict is a natural and inevitable part of life, whether you are setting a boundary with a friend, confronting a roommate about dirty dishes, or having a serious disagreement with a partner or parent. With the right tools, you can use conflict as an opportunity to authentically express your needs, listen deeply, and even strengthen your relationships. In this book, Nonviolent Communication coach Micah Salaberrios shows you how to communicate clearly and productively with straightforward instructions and everyday tools you can start using right away. You will learn how to:

- Acknowledge, accept, and honor your emotions
- Express your feelings in a neutral and authentic way—even the most uncomfortable ones
- Communicate with facts, feelings, needs, and requests, rather than evaluations, judgments, criticisms, analysis, advice, or accusations
- Use “emergency empathy” in times of great distress
- Deal with frustration when it seems like nothing is working (and the go-to phrases that work when all else fails)
- And more

Full of relatable examples, sample dialogues, and useful techniques, *From Conflict to Connection* will empower you to handle difficult conversations with confidence.



## About the Author

MICAH SALABERRIOS, an expert in the field of Nonviolent Communication, has been teaching the practice since 2016 (his course is available on Teachable). He is a musician, video editor, and host of the podcast *The Art of NVC*. Salaberrios's belief in the transformative power of NVC has been the driving force behind his work, helping people to resolve conflicts peacefully and fostering deeper understanding in their relationships. He is dedicated to spreading the teachings of NVC to as many people as possible, empowering them to live more fulfilling and harmonious lives.

Self-Help - Communication & Social Skills  
Family & Relationships - Conflict Resolution  
Psychology - Interpersonal Relations

SHAMBHALA  
10/06/2026  
PAGES: 144  
ISBN: 9781645473725

# Ghostly Kyoto

87 Supernatural Tales from Japan

By Éric Faure

\$19.95 - Trade Pbk

## About the Book

Vengeful spirits, shape-shifting foxes, haunted objects, ghostly monks, reanimated bodies, and the King of Hell . . .

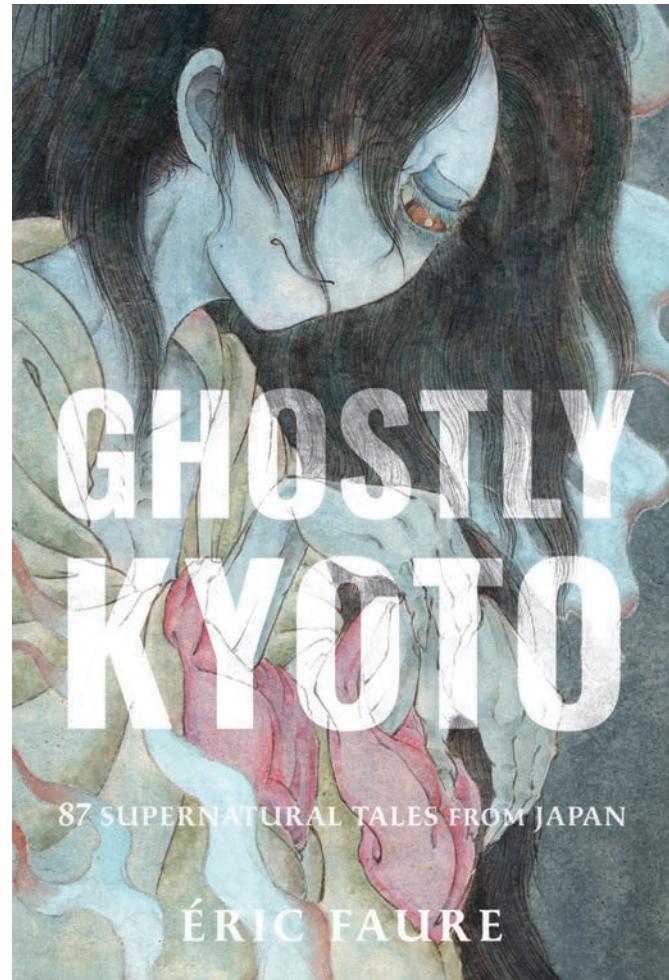
This collection of 87 eerie ghost stories paints a vivid picture of Kyoto's ancient supernatural landscape and its influence on anime, manga, and Japanese culture to this day.

This entertaining retelling of Kyoto's frightful folklore connects the macabre legends of the past to sensational supernatural stories in Japanese pop culture today. Éric Faure, a longtime resident of Kyoto, tells these stories in a pithy, engaging way. He offers historical and cultural anecdotes, and personal insights, including how these narratives have permeated contemporary Japanese media culture. From the historical practice of the "Hundred Stories" during the Obon festival to the lingering impact of vengeful spirits on the city's landmarks, these tales reveal the complex interplay between the realms of the living and the dead, exploring themes of redemption, compassion, and the consequences of human actions. Faure invites you to contemplate your own beliefs about the unseen forces that shape our existence.

Whether you're a folklore enthusiast, Japan aficionado, a fan of anime and manga, or a curious traveller, this book serves as both an entertaining anthology and an alternative guidebook to Kyoto's hidden spiritual realm. *Ghostly Kyoto* is an entertaining read and offers an understanding of the enduring power of the supernatural in Japanese society and its profound impact on the Japanese experience.

## About the Author

ÉRIC FAURE is a French researcher who has been living in Kyoto for over thirty years and, while teaching at university, has been studying Japanese legends. He defended a thesis at Inalco (National Institute of Oriental Languages



and Civilizations, Paris) on the subject, wrote for university journals and magazines, and published eleven academic and general-interest books in French. His latest publications include *The Story of the Poet Who Became a God* (2020), *Japanese Legends: Fifty Stories of Kamis* (2021), *Japanese Legends: Fifty Stories of Buddhas* (2022), and *From Kyoto to Dazaifu. A Journey into the World of Japanese Legends* (2023).

Fiction - Fairy Tales, Folk Tales, Legends & Mythology

Fiction - Ghost

History - Asia - Japan

SHAMBHALA

06/09/2026

PAGES: 176

ISBN: 9781645474975

# The Inner Beloved

The Heart's Journey to Divine Unity

By A. H. Almaas; foreword by Ram Dass

\$24.95 - Trade Pbk

## About the Book

"The three books in the Journey of Spiritual Love series by A. H. Almaas offer an excellent road map for bringing you to inner love . . . spiritual love. . . .

May these books offer a blessing to you as you make that journey—from the mind into the soul . . ."—**Ram Dass**

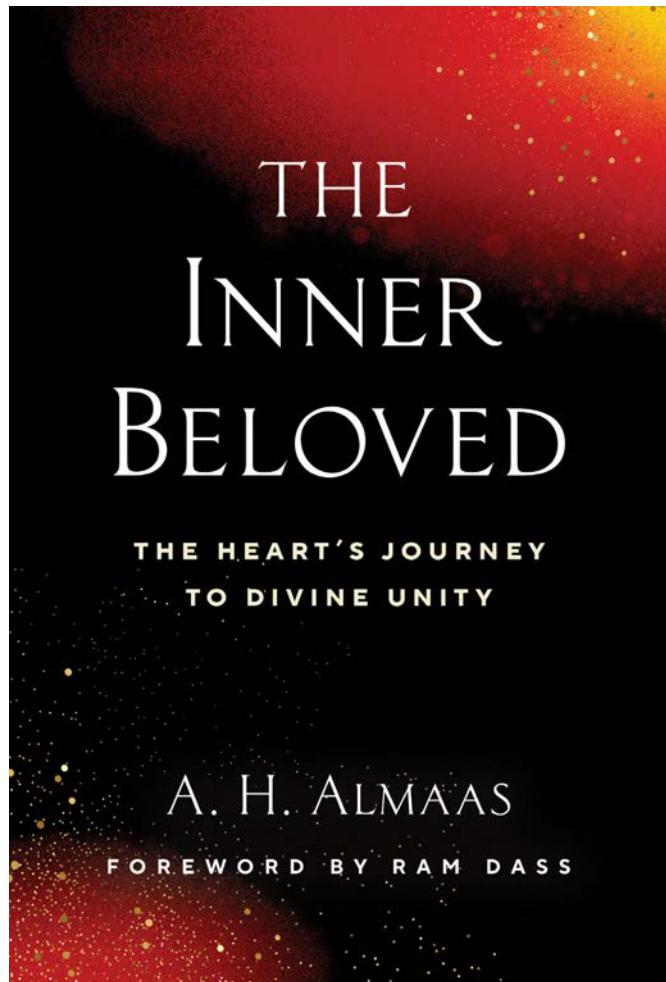
An exploration of the spiritual journey as a path of love, where the heart's discontent becomes the doorway to ultimate fulfillment.

The divided heart searches for fulfillment in people, objects, and experiences that can never fully satisfy. But no external love can answer the heart's deepest longing. True fulfillment comes when we release our attachments and make space for a love that is infinite and intangible. This love is the very nature of who and what we are.

With poetic insight, personal reflection, and practical exercises woven throughout, *The Inner Beloved* invites readers into a transformative journey of intimacy, surrender, and awakening. It is a guide to discovering the mystery of love, not as something to be found outside, but as the very nature of who and what we are.

## About the Author

A. H. ALMAAS, the author of over twenty books, is the pen name of A. Hameed Ali, the originator of the Diamond Approach to the realization of our true nature. Since 1976, he has guided individuals and groups through his school of inner work, the Ridhwan School, which has branches in the United States and Europe. His books include *Nondual Love*, *Keys to the Enneagram*, *The Alchemy of Freedom*, *The Power of Divine Eros*, *The Unfolding Now*, and *Runaway Realization*.



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

SHAMBHALA  
02/17/2026  
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ISBN: 9781645474319

# An Introduction to Daoism

A Practice Guide for Living the Way

By Gregory Ripley

\$19.95 - Trade Pbk

## About the Book

Discover ancient Daoist wisdom for modern mindfulness—with slogans, verses, and practices drawn from traditional Daoist texts to redirect our busy, chattering minds to an awareness of the sacred here and now.

In *An Introduction to Daoism*, ordained Daoist priest Gregory Ripley reveals a lesser-known treasure of spiritual practice: mindfulness verses drawn from centuries-old Daoist texts. Ripley provides historical context and commentary that reveals how uniquely fresh and relevant the Daoist view is in our contemporary world.

Drawing from two traditional texts, *The Precepts of Initial Perfection* and *The 58 Prayers of Great Clarity*, Ripley offers a complete framework for cultivating presence, compassion, and harmony with the natural world. He presents a full day's spiritual routine—from waking to sleeping—integrating meditation, altar setup and use, and embodied practices (sitting, lying down, walking, and standing), appealing to those seeking a holistic and grounded approach to Daoism beyond just philosophy.

With historical context and contemporary insights, this wise and accessible guide empowers you to integrate authentic Daoist practice into daily life, moment by moment, returning to your true self and walking the path of the ancient sages.

## About the Author

GREGORY RIPLEY is a nature and forest therapy guide and an ordained Daoist priest in the Quanzhen Longmen tradition, receiving the Daoist name Li Guan 理觀. He is the author of *The Hundred Remedies of the Tao* (Inner Traditions, 2023). He is also a trained



acupuncturist and lives in Minneapolis–Saint Paul, Minnesota, with his wife and two daughters.

Religion - Taoism

Body, Mind & Spirit - Mindfulness & Meditation

Self-Help - Spiritual

SHAMBHALA

11/24/2026

PAGES: 192

ISBN: 9781645474364

# The Magpie Spoke to Me

How the Stories We Tell Shape Our World

By Bonnie Nadzam; foreword by

Jane Hirshfield

\$19.95 - Trade Pbk

## About the Book

A profound exploration of the power of storytelling to shape our shared reality, reveal our fundamental interbeing, and transform our future for the better.

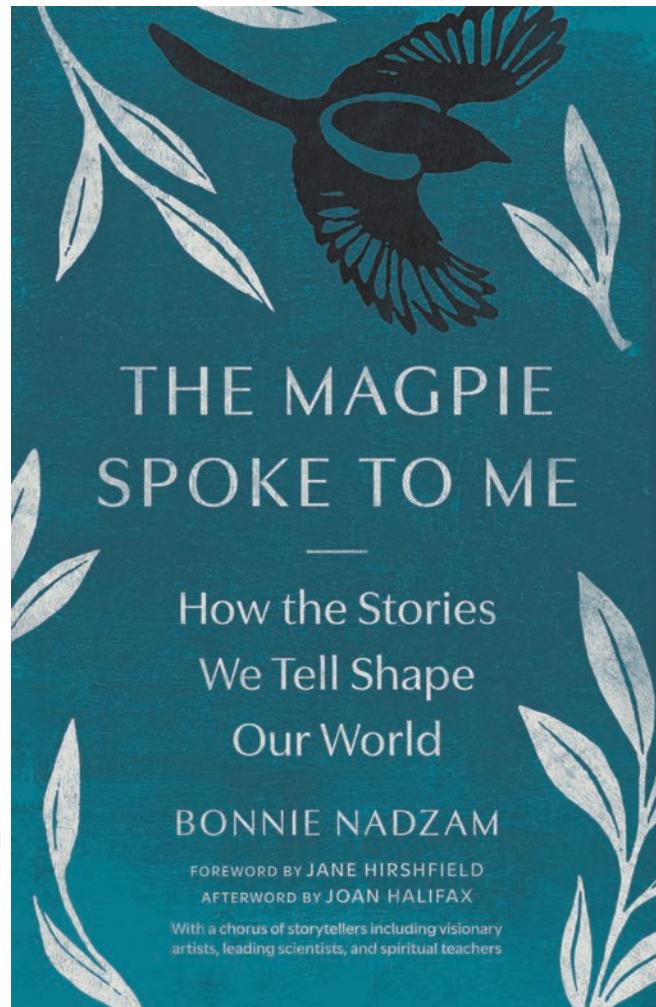
Stories show us who we really are. Really good stories show us what it means to be alive. This is a book about storytelling. A book that explores how the stories we tell shape the realities we live in. What if our most far-fetched stories, the ones we dismiss, sideline, and even pathologize, could be doorways to a better future?

In *The Magpie Spoke to Me*, Zen priest and acclaimed novelist Bonnie Nadzam confronts the dominant narrative of our time—that of separation between self and other, between humanity and nature—and shows us that different stories are possible. People around the world are meeting this era of upheaval, grief, and environmental destruction with tales of possibility, wonder, and hope. We hear from Indigenous healers, Buddhist teachers, artists, poets, musicians, students, professors, scientists, doctors, workers, parents, and children—a chorus of voices celebrating the interconnection of all life on Earth.

This is a book about relationships—with people, plants, animals, minerals, and all other manner of beings; a book that invites us to embrace creative practice and imagination; and a book that explores what it means to be fully human. Together, we might begin to write a new chapter of our human story.

## About the Author

BONNIE NADZAM is an American writer and Zen Buddhist priest and chaplain. Her poetry, essays, and fiction have appeared in *Harper's Magazine*, *Orion Magazine*, *The Iowa Review*, *The Kenyon Review*, and many other journals and magazines. Her first novel, *Lamb*, was the recipient of The Center for Fiction's Flaherty-Dunnan First Novel Prize, translated into several languages, and made into an award-winning independent film. Her second novel, *Lions*, was a finalist for the PEN USA Literary Award in Fiction. She is also co-author of *Love in the Anthropocene* with environmental ethicist Dale Jamieson. She holds a BA from Carleton College, an MFA from Arizona State University, and an MA and PhD from the University of Southern California.



She is currently a research fellow with the Harvard Animal Law and Policy Program and recently completed Upaya Zen Institute's Buddhist chaplaincy training program. She is represented by Kate Johnson (Wolf Literary Services).

Literary Criticism - Subjects & Themes - Nature  
Body, Mind & Spirit - Inspiration & Personal Growth

Nature - Environmental Conservation & Protection

SHAMBHALA  
11/03/2026  
PAGES: 144  
ISBN: 9781645474753

# Radiant Rituals

Ayurvedic and Yogic Wisdom for Deep Self-Care and Inner Strength

By Radhika Mukhija

\$24.95 - Trade Pbk

## About the Book

Heal from burnout, unplug from grind culture, and reclaim the innate wisdom of your body using the power of ritual.

Are you stuck in an unending cycle of busyness, stress, and overwhelm? Like many women, Radhika Mukhija has been there, too: a demanding corporate job, emotional exhaustion, and mental burnout. When her mother became ill, she resolved to change her priorities and break out of survival mode once and for all. Now, based on years of study and over a decade as a life and wellness coach, Mukhija offers a holistic, regenerative approach to wellness that will help you reclaim your well-being and revitalize your life.

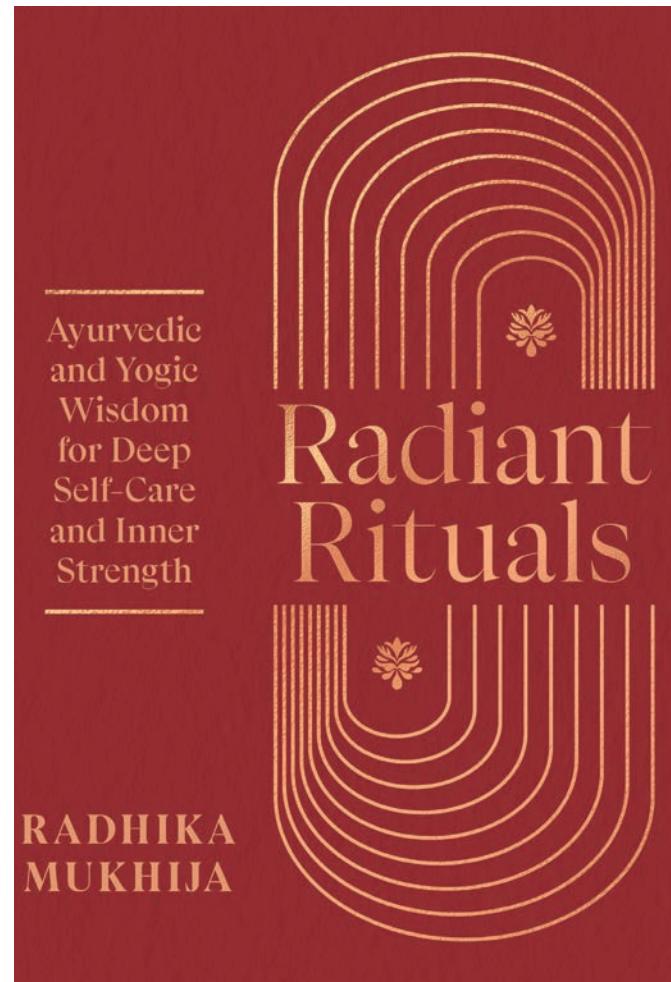
Using principles of yoga and Ayurveda, functional nutrition, cutting-edge biohacks, and mind-body awareness, Mukhija guides you on a journey to optimize your wellness and become the best version of yourself. *Radiant Rituals* includes science-backed strategies and mindful rituals to:

- Cultivate an intuitive approach to rest
- Eat well and feel energized
- Utilize supplements
- Reduce stress and manage your energy
- Use principles of Ayurveda and Pranayama for mindfulness and vitality
- And more

With a holistic approach that values spiritual and emotional wellness over “peak performance,” you will learn to (re)connect with the intuitive wisdom of your body and cultivate the awareness, clarity, and resilience to thrive in every aspect of your life. Each chapter includes prompts, practices, and meditations to help you lean into your inner knowing and create personal rituals that resonate for you.

## About the Author

RADHIKA MUKHIJA is a former executive turned wellness mentor. She is also a certified health coach, human potential coach, yoga teacher, and meditation guide. Raised in India with the consciousness of yoga and ancestral traditions, she now guides professionals to create lasting mind-body balance and resilience. Her integrative approach weaves yoga philosophy, Ayurveda,



and neuroscience with modern science to support transformation and well-being.

Health & Fitness – Women’s Health  
Body, Mind & Spirit - Ayurveda  
Self-Help - Self-Management - Stress Management

SHAMBHALA

12/15/2026

PAGES: 240

ISBN: 9781645473749

# Remembering Earth

A Spiritual Ecology

By Emmanuel Vaughan-Lee

\$18.95 - Hard Cover

## About the Book

Discover nature-based devotional practices for rekindling humanity's ancient covenant with the living world—one rooted in reverence and love—and restoring our sacred bond with Earth.

Drawing from decades of Sufi teaching, a deep relationship with nature, and the transformative power of story, Emmanuel Vaughan-Lee guides us beyond today's ecological and cultural crises to the heart of the matter: our collective forgetfulness and the severing of our primordial bond with Earth. Following the entwined threads of grief and love, he explains how this moment of crisis holds within it the seeds of transformation and regrowth.

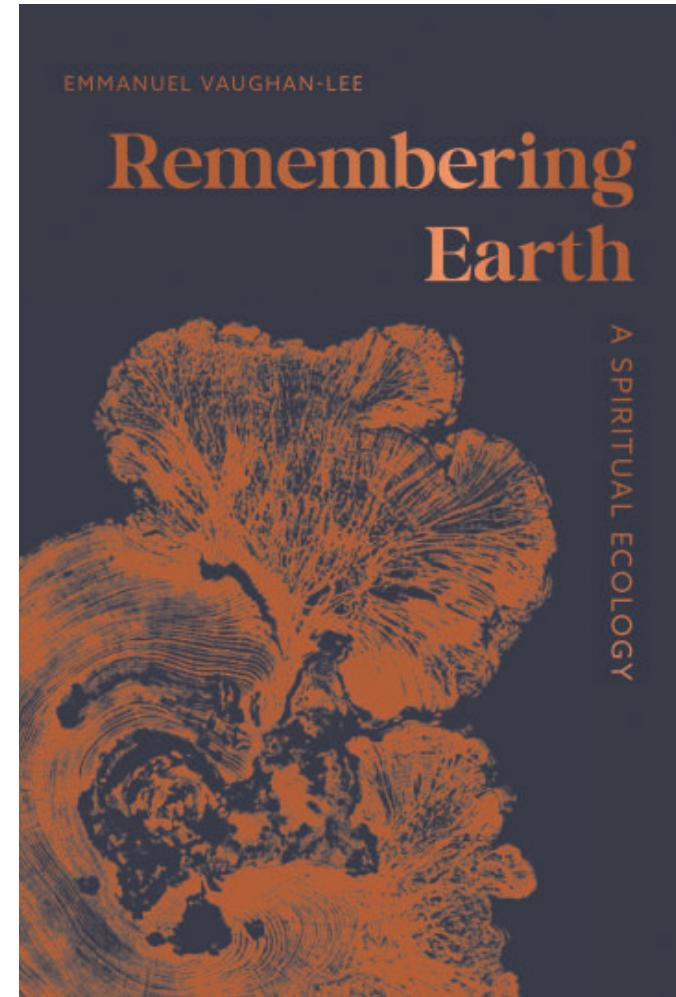
*Remembering Earth* blends reflection with practical guidance, exploring how remembrance, prayer, praise, and intimacy with Earth can restore our sacred relationship with the living world. Through a variety of practices in six key areas—Breath, Heart, Step, Listening, Time, and Prayer—the book guides you to an experience of radical belonging.

For readers of Robin Wall Kimmerer, Joanna Macy, Karen Armstrong, Wendell Berry, David Abram, Terry Tempest-Williams, and Thomas Berry, *Remembering Earth* will awaken the memory within you—a memory of kinship, devotion, and the living presence that sustains us all.

In a time of great unraveling, *Remembering Earth* offers an embodied, spiritual path of remembrance and kinship, guiding us back to the sacredness of creation and our place within the more-than-human world.

## About the Author

EMMANUEL VAUGHAN-LEE is the founder and executive editor of *Emergence Magazine*, a Webby-winning and National Magazine Award-nominated publication exploring the



intersections of ecology, culture, and spirituality. A Sufi teacher in the Naqshbandi tradition, Emmanuel leads retreats on Sufism and spiritual ecology worldwide. An Emmy and Peabody Award-nominated filmmaker, he has directed and produced over twenty documentaries, including *Taste of the Land*, *The Last Ice Age*, *Aloha Aina*, *Earthrise*, and *Sanctuaries of Silence*. His films have been screened at leading festivals such as NYFF, Tribeca, SXSW, and Hot Docs, exhibited at the Smithsonian and The Barbican, and featured by PBS, *National Geographic*, *The New York Times*, and *The Atlantic*. His work invites a deeper relationship with the living world through story, practice, and devotion.

Nature - Essays

Body, Mind & Spirit - Mindfulness & Meditation

Philosophy - Nature

SHAMBHALA

06/23/2026

PAGES: 144

ISBN: 9781645475101

# Returning to the Source

Daoist Meditations for Rediscovering the Sacred in Everyday Life

By Solala Towler

\$19.95 - Trade Pbk

## About the Book

Experience the profound benefits of meditative practices from the Daoist tradition. This practical guide by a renowned teacher offers more than 32 guided practices to support emotional balance, enhance qi (vital energy), and cultivate a sense of groundedness and inner peace.

Unlike conventional meditation approaches, practices drawn from Daoism and qigong incorporate both stillness and movement, offering a complete system for holistic well-being of body and mind. Daoist meditation teacher Solala Towler offers 32 practices with a unique blend of ancient wisdom and practical application, including Daoist energy practices, qigong, breathing techniques, and visualization methods that promote healing, vitality, and spiritual awareness. Perfect for both beginners and experienced practitioners, this guide helps you integrate meditative awareness into every aspect of life while maintaining balance between stillness and activity.

Whether you're seeking stress relief, emotional balance, or spiritual growth, these essential Daoist meditation practices—including the Small Heavenly Orbit, Internal Alchemy, and Sacred Space creation, among many others—will allow you to access deeper states of awareness while cultivating vital energy.

## About the Author

SOLALA TOWLER was editor/publisher of *The Empty Vessel: The Journal of Daoist Philosophy and Practice* for 25 years. He is the author of 14 books, some of which have been translated into Dutch, French, Italian, and Spanish. He is a founding board member and president emeritus of the National Qigong Association. He has

SOLALA TOWLER



# RETURNING TO THE SOURCE

## Daoist Meditations

for Rediscovering the Sacred in Everyday Life

taught qigong and Daoist meditation for over 35 years and leads tours to visit Daoist temples and meditation and qigong masters in the sacred mountains of China and Taiwan.

Philosophy - Taoist

Self-Help - Spiritual

Religion - Meditations

SHAMBHALA

06/02/2026

PAGES: 176

ISBN: 9781645475088

# The Spiritual Path of Nonviolent Communication

Living with Compassion, Connection, and Understanding

By Robert Gonzales

\$21.95 - Trade Pbk

## About the Book

Nonviolent Communication offers powerful skills to awaken self-compassion and deepen our connection to the “divine” within ourselves and others.

This book by a clinical psychologist who was one of the pioneers of NVC offers guidance and exercises—solo and paired—to directly experience NVC as a spiritual practice.

Nonviolent Communication (NVC) is a potent, increasingly influential communication art that benefits interpersonal communication. But clinical psychologist and NVC pioneer Robert Gonzales also taught it as a tool to cultivate self-compassion and spiritual development. This book is an introduction to experiencing NVC as a connection to the “divine” within ourselves and others.

In this book, based on a series of talks and published posthumously, Gonzales introduces basic, foundational concepts of NVC—observation, feelings, needs, and requests—and then illuminates how they can lead to compassion—and ultimately a transcendent sense of connection with others. This sense of spirit manifests as the needs, longings, and values underlying whatever we hear or say, and it can be experienced in every moment and during every conversation. Gonzales shows that by expressing what is most important to us (our passion) and listening for the essence of what others express, no matter what words they use (compassion), we embody the Divine.

Gonzales addresses anger, fear, grief, and impermanence, pointing out that choices are always present for us to embrace or resist life. Each chapter includes exercises—to do alone or with a partner—to directly embody the concepts of spirituality that Gonzales introduces, showing simple and practical ways to access the Divine right here, right now.

# *The Spiritual Path of Nonviolent Communication*

Living with Compassion, Connection & Understanding



**ROBERT GONZALES**

Edited by LYND MORRIS

## About the Author

ROBERT GONZALES'S work of Living Compassion emerged from more than thirty years of teaching Nonviolent Communication (NVC) and a lifetime of inquiry into the intersection between spirituality and human communication. His influences included Dr. Marshall Rosenberg, Stephen R. Schwartz, and other spiritual teachers. Gonzales received a PhD in clinical psychology in 1989 and practiced for many years. He began teaching NVC in 1986.

Self-Help - Communication & Social Skills  
Psychology - Psychotherapy - Spiritually Integrated  
Self-Help – Spiritual

**Subrights Sold:** No German

SHAMBHALA

04/28/2026

PAGES: 172

ISBN: 9781645474340

# Sweeter than Revenge

Getting Over Your Payback Mind

By David Richo

\$19.95 - Trade Pbk

## About the Book

“[David Richo] provides practical and purposeful approaches to improving how we can relate with characteristic gentleness and timeless wisdom. For those of us who learned *How to Be an Adult in Relationships*, *Sweeter than Revenge* is a perfect next-level companion.”—**Mayim Bialik**, actor and podcast host

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.

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

DAVID RICHO

AUTHOR OF *How to Be an Adult in Relationships*

# Sweeter than Revenge

OVERCOMING YOUR  
PAYBACK MIND

(AND ACHIEVING REAL CONNECTION  
IN ALL YOUR RELATIONSHIPS)

## 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

**Subrights Sold:** French

SHAMBHALA

11/11/2025

PAGES: 200

ISBN: 9781645474708

# The Tender Art of Grieving

Embody Practices for Letting Go and Finding Peace

By AmarAtma Singh Khalsa

\$21.95 - Trade Pbk

## About the Book

Grief changes everything—including how you breathe, move, and rest. Learn how to work with your grieving body, not against it, with more than 50 techniques for soothing emotional pain, restoring balance, and finding steadiness in loss.

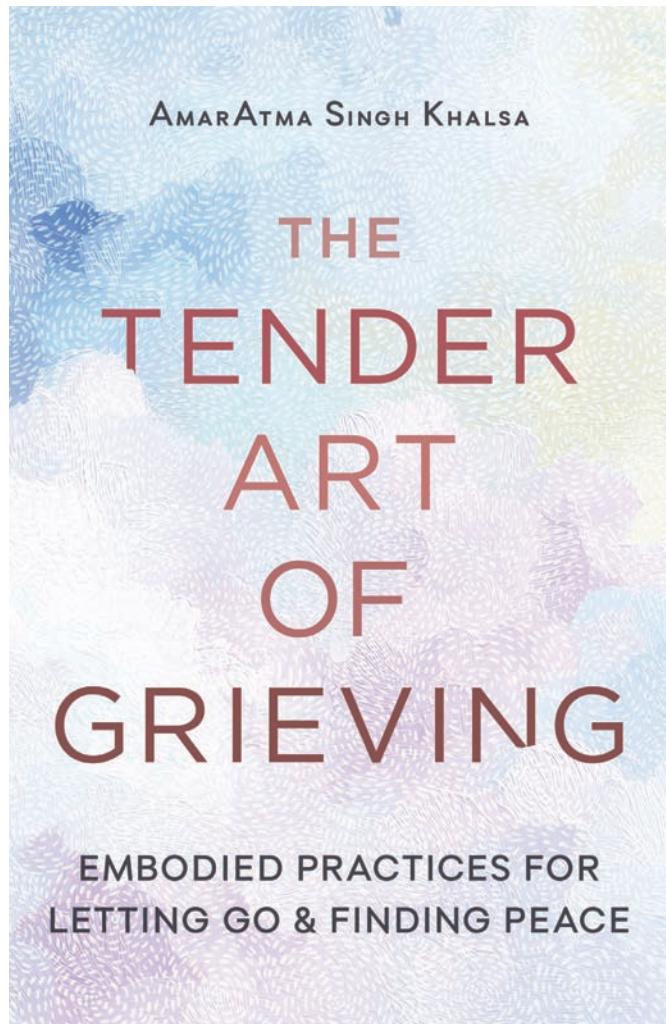
Grief isn't just something you experience in your mind—it's something you feel throughout your body. *The Tender Art of Grieving* is a practical guide for anyone seeking simple, accessible tools to navigate the physical, emotional, and spiritual impact of loss. Drawing on decades of experience as a grief counselor and chaplain, and integrating insights from neuroscience, Traditional Chinese Medicine, Ayurveda, and somatic therapy, AmarAtma Singh Khalsa offers a compassionate approach to healing that meets grief where it is: in the body.

In *The Tender Art of Grieving*, you'll find more than 50 accessible techniques for working with emotions like sadness, anxiety, anger, regret, guilt, shame, and numbness—as well as those that often get shut down in grief, such as joy, aliveness, and purpose. Through breathwork, mindful movement, yoga, qigong-inspired exercises, acupressure, creative expression, sensory practices, grounding rituals, and more, you'll discover practical ways to regulate your nervous system, process complex feelings, and create space for healing.

With heartfelt storytelling and real-life examples, this book offers a compassionate approach to grieving, one that reminds you that you are not alone—grief is a shared human experience, and healing can be eased by community and gentle presence with your pain. Whether you're grieving an illness, a death, a relationship, a dream, or a major life transition, this book offers support and a path toward greater integration, resilience, and connection—without rushing or bypassing your experience.

## About the Author

AMARATMA SINGH KHALSA is a grief specialist, educator, and founder of the Institute for Compassionate Grieving. With over 15 years in end-of-life care, he blends ancient traditions—such as Traditional Chinese Medicine



and Sikh contemplative practice—with modern grief support. As the first Sikh Board Certified Chaplain in the United States, AmarAtma has guided thousands through profound loss in both inpatient and outpatient settings. Creator of the Compassionate Grieving model, he integrates body-based somatic practices with emotional healing to offer practical, real-time relief. AmarAtma is an advocate for emotional literacy and holistic healing, sharing his expertise through retreats, workshops, and a growing online community. His work normalizes grief, challenges cultural myths, and empowers people to transform pain into resilience and renewed purpose.

Self-Help - Death, Grief, Bereavement  
Body, Mind & Spirit - Mindfulness & Meditation  
Family & Relationships - Death, Grief, Bereavement

SHAMBHALA

09/29/2026

PAGES: 288

ISBN: 9781645474951

# Walls of Time

Tales of a Bluegrass Pilgrim

By Peter Rowan

\$19.95 - Trade Pbk

## About the Book

A musician's unforgettable apprenticeship in bluegrass, spirituality, and the search for America's musical soul.

In 1965, a young Peter Rowan joined Bill Monroe's legendary Blue Grass Boys, embarking on a musical career that would take him from the hallowed stage of the Grand Ole Opry to the dusty backroads of the segregated South, from the folk clubs of England to the San Francisco psychedelic scene, and from bluegrass music to a search for wisdom in philosophy and Buddhism.

Perfect for fans of *Chronicle* by Bob Dylan and readers who enjoyed *Bluegrass: A History* by Neil V. Rosenberg, this memoir offers rare insight into the creative process of a man who helped bring bluegrass music into the mainstream. Rowan's narrative weaves together vivid portraits of legendary figures—Jerry Garcia, David Grisman, and the Father of Bluegrass himself, Bill Monroe—with explorations of Tibetan Buddhism, Native American spirituality, and the cross-cultural roots of American roots music.

More than a music memoir, *Walls of Time* traces how the "ancient tones" connect past and present, how tradition and innovation collide, how songs carry wisdom across generations, and how one artist's quest for authenticity mirrors a nation's search for its soul. Readers seeking an authentic voice from the 1960s folk revival and the birth of jamgrass will find an essential chronicle of American music's living history.

## About the Author

Grammy Award-winning singer-songwriter PETER ROWAN is one of America's most revered musical storytellers. A 2022 inductee into the International Bluegrass Music Hall of Fame and winner of the Inaugural Lifetime Achievement Award in Music given by "Your Roots are Showing" (Ireland's Folk Conference), Rowan has spent over five decades shaping the sound and spirit of American roots music—from bluegrass and folk to rock, country, and beyond.



Biography & Autobiography - Music  
Music - Genres & Styles - Country & Bluegrass  
Religion - Spirituality

SHAMBHALA  
12/08/2026  
PAGES: 208  
ISBN: 9781645475767

# The Wild and Sacred Masculine Deck

A 52-Card Oracle and Guidebook

By Niki Dewart & Elizabeth Marglin; illustrated by R. Black; foreword by Stefanos Sifandos  
\$45.00 - Cards

## About the Book

Forge a deeper connection with your authentic masculine power. From the creators of *The Wild and Sacred Feminine Deck*, this striking oracle deck and guidebook is for anyone ready to reclaim and celebrate the full spectrum of masculine energy—wild, sacred, and whole.

In a world where the masculine is often constrained by stereotypes, this 52-card deck and guidebook offers a rare invitation to rediscover what is essential, noble, and true in the masculine spirit.

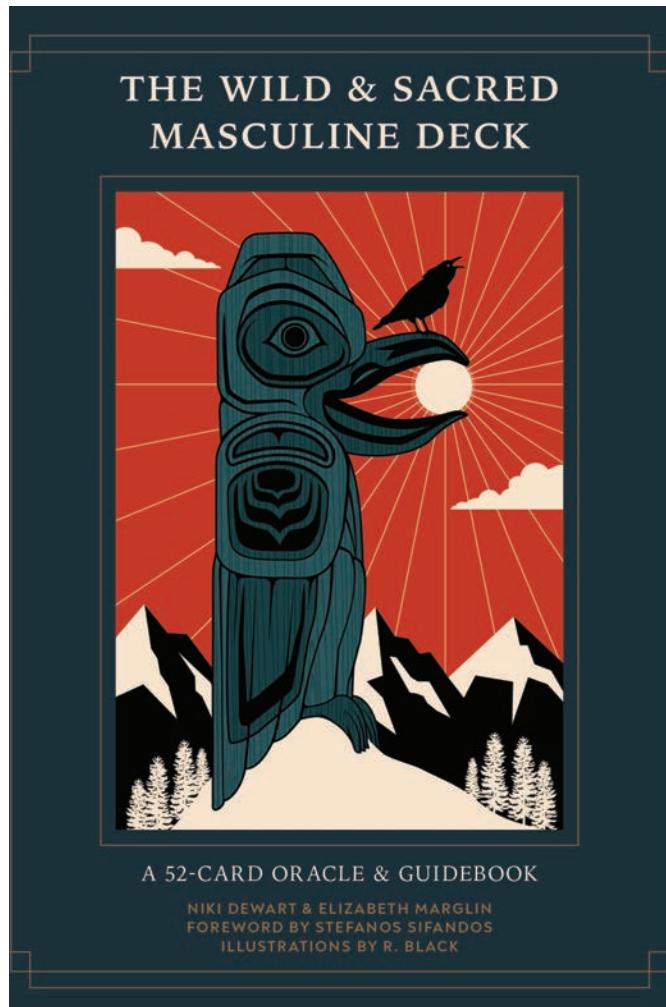
Inspired by sources ranging from Native American animal medicine to the Upanishads, this deck is organized into four suits—Wild, Elemental, Archetypal, and Divine Masculine—each reflecting a unique facet of masculine energy. The accompanying guidebook provides concise interpretations and shadow insights, inviting honest self-reflection and growth. Masculinity is presented as a force of balance: wild yet sacred, steadfast yet adaptable, powerful yet vulnerable.

Created as a companion to *The Wild and Sacred Feminine Deck*, this deck is a powerful tool for anyone who seeks to know and understand the masculine more deeply, whether within themselves, their partner, or the world around them. Designed for self-inquiry and guidance, this deck can also serve as a touchstone in men's groups, therapy, or daily life.

## About the Authors

NIKI DEWART is an unabashed lover of mystery. She has traveled worldwide to immerse herself in spiritual traditions and sit with wisdom keepers. She bows to the land and other-than-human world for soul-furthering inspiration. Following these threads of awe, she writes books, designs sacred spaces, and leads retreats. She is the coauthor of *Sacred Motherhood* and *The Wild and Sacred Feminine Deck*. She lives in Lyons, Colorado.

ELIZABETH MARGLIN is a poet and writer with a passion for mystics of all stripes. She leads poetry salons and writing circles, writes articles for a variety of publications, and is the coauthor of *The Wild and Sacred Feminine Deck*. She lives in Longmont, Colorado.



## About the Illustrator

R. BLACK is an international graphic artist specializing in event posters, book covers, and album designs. He started his 25-year career designing underground band and club fliers in San Diego until his bold, unique style was in broader demand. In 2011, he earned national attention for his posters supporting the Occupy movement. R. Black has also published an art book, as well as designed and released his own tarot deck.

Body, Mind & Spirit - Divination - Tarot  
Self-Help - Motivational & Inspirational  
Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA  
09/01/2026  
PAGES: 224  
ISBN: 9781645474265

# 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 - Trade Pbk

## 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.

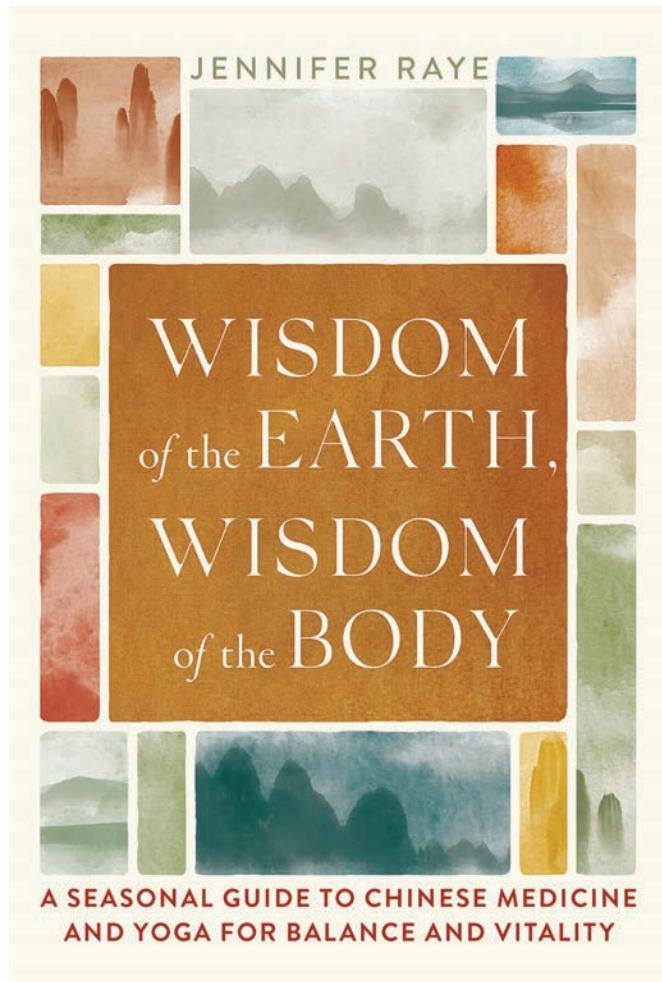
In this practical manual, experienced Traditional Chinese Medicine specialist and yoga teacher Jennifer Raye leads you through accessible movement, mindfulness, and healing practices aligned with the natural rhythm of the seasons.

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](http://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

**Subrights Sold:** Dutch, Polish

SHAMBHALA

12/09/2025

PAGES: 312

ISBN: 9781645471721

# Women in Love with the Divine

A Seeker's Exploration of Faith, Practice, and Feminine Power

By Erica Bassani

\$19.95 - Trade Pbk

## About the Book

What does it mean to be a woman committed to a relationship with the sacred in today's world?

On a quest to answer this question for herself, Erica Bassani shares stories from her encounters with a dozen women spiritual teachers from Buddhist, Taoist, Hindu, Christian, Muslim, Jewish, and Nondual traditions.

In *Women in Love with the Divine*, Erica Bassani embarks on a deeply personal journey of spiritual rediscovery after years of disciplined Buddhist practice during her 20s. Facing the end of a relationship, job loss, and physical injury, she felt the need to connect with female spiritual role models, only to realize she knew almost none.

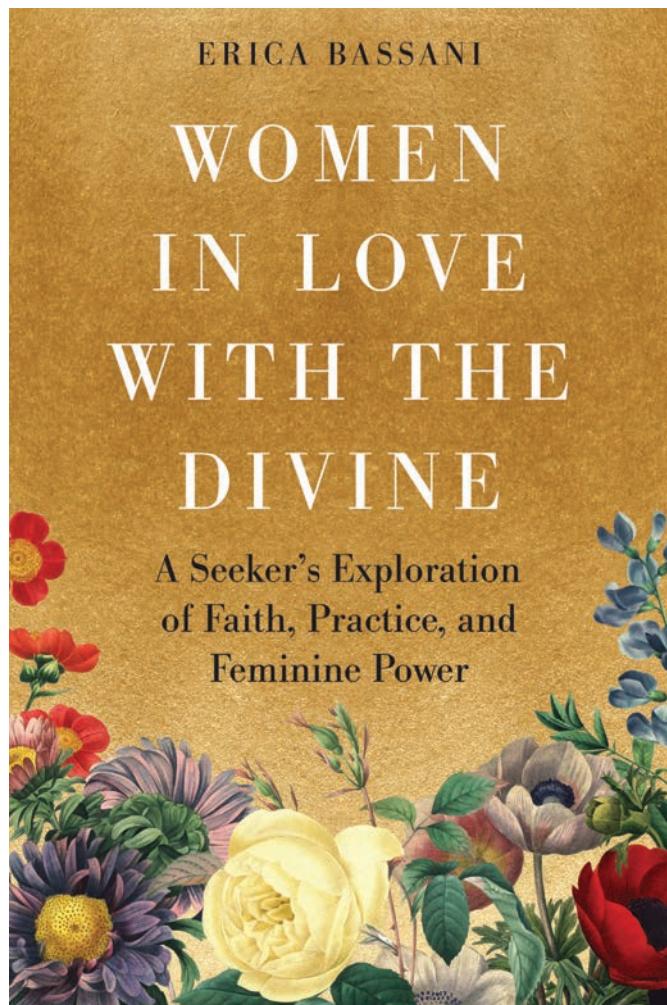
Her search for inspiration leads her to the banks of the Ganges, the peaks of the Himalayas, the streets of Florence, and the highways of the United States, where she engages in transformative conversations with twelve extraordinary female spiritual teachers from diverse traditions.

Through heartfelt and intimate exchanges, Bassani bridges generations as she shares what she learns from women like Tibetan Buddhist nun Lama Tsultrim Allione, yoga and Zen teacher Elena Brower, Taoist priestess Karine Martin, and Hindu teacher Vanamali Mataji, who share their insights on navigating the spiritual path as a woman.

Together, they explore themes of vulnerability, resilience, and surrender, contemplating questions like:

- What does it mean to approach spiritual practice as a woman?
- How do we surrender without losing our sense of agency and strength?
- In what ways can women reclaim their voices in traditions that often silence them?
- What practices help us balance the masculine and feminine energies within?
- What does it mean to be a woman in love with the Divine while trying to balance family, career, and self-care?

With evocative storytelling and meaningful insights, this book is an invitation to deepen your own spiritual journey or begin anew—guided by the voices of women who embody the fierce strength, wisdom, devotion, and tenderness of the feminine spirit.



## About the Author

ERICA BASSANI is a writer based in Italy. A graduate of the Academy of Storytelling in Turin, she spent a year living in a Theravadan Buddhist monastery at the age of 23. Since then, she has turned to female spiritual teachers from diverse traditions to help her navigate her inner journey. She created the Women Awakening Project—an initiative that highlights the wisdom of female spiritual role models and explores spiritual practice through the lens of women's experiences—to share wisdom and create a bridge between generations of seekers. Bassani is author of *Donne che Esplorano il Divino*, coauthor (with Massimo Bonomelli) of *Va Bene Così*, and the Italian translator of *The Four Noble Truths of Love* by Susan Piver.

Body, Mind & Spirit - Inspiration & Personal Growth

Biography & Autobiography - Women

Religion – Spirituality

**Subrights Sold:** Spanish, no Italian

SHAMBHALA

02/24/2026

PAGES: 208

ISBN: 9781645474425

# Your Body Never Meant You Any Harm

A Somatic Guide to Forgiving and Healing Your Relationship with Your Body

By Ann Saffi Biasetti

\$19.95 - Trade Pbk

## About the Book

A compassionate guide for women seeking to heal the rift with their bodies, from a somatic psychotherapist.

Follow a step-by-step, research-based series of somatic practices to help you forgive, reconnect with, and trust your body.

If you've spent years feeling at odds with your body, you are not alone—and you are not to blame. Our culture encourages women to mistrust, judge, and disconnect from their bodies, perpetuating cycles of shame and self-criticism. *Your Body Never Meant You Any Harm* gently helps you break free from these patterns and begin a new, nurturing relationship with your body.

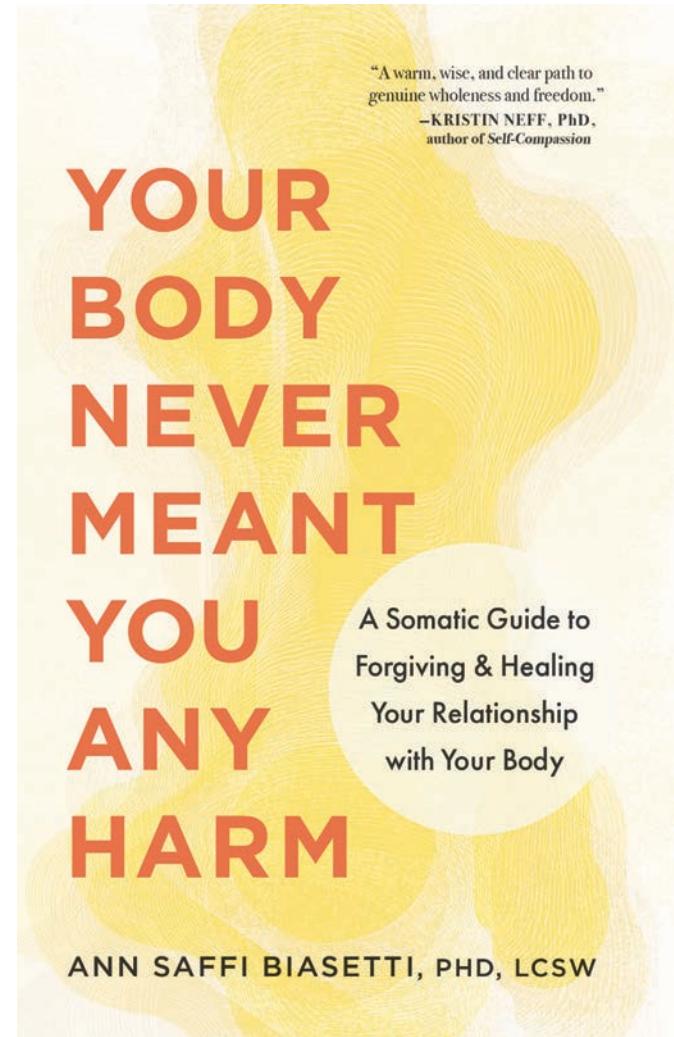
Each chapter offers gentle guidance, reflective exercises and trauma-informed somatic practices to help you uncover the roots of disconnection and attune to your body's wisdom. Thoughtfully structured, your journey begins by establishing a foundation of understanding and compassion, then moves through the tender work of meeting grief, regret, shame, and forgiveness. Along the way, you'll learn how to foster safety, acceptance, and belonging from within, opening the door to greater openness and embodied presence in your daily life.

Drawing on her clinical expertise and original research, somatic psychotherapist Ann Saffi Biasetti provides a safe and supportive path for women ready to move beyond self-criticism and rediscover a sense of wholeness. With warmth and care, she guides you through each stage of body forgiveness, offering support that helps you feel seen, understood, and empowered to create lasting change.

Whether you struggle with body image disturbance, disordered eating, illness, aging, or simply long to feel at home in your body, this book provides clear guidance and gentle encouragement. It is an invitation to return to yourself, embrace your body with kindness, and experience a more connected, embodied life.

## About the Author

ANN SAFFI BIASETTI, PhD, LCSW, CEDS, is a psychotherapist specializing in somatic psychotherapy and eating disorder recovery. She is the creator of Embodied



Self-Compassion (ESC) and the Befriending Your Body (BFYB) program, as well as a certified yoga therapist, yoga teacher, and respected trainer in interoceptive awareness and self-compassion. Ann is the author of *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating and Awakening Self-Compassion Cards: 52 Practices for Self-Care, Healing, and Growth*. She teaches for PESI (Professional Education Systems Institute) and the Center for Mindful Self-Compassion, and has led workshops, retreats, and professional trainings in the U.S., Canada, and the U.K. Ann is a frequent podcast guest and a featured author in *The Handbook of Self-Compassion in Psychotherapy*. She maintains a private practice in Saratoga Springs, New York, and is dedicated to fostering self-compassion, embodiment, and community through her writing, teaching, and clinical work.

Self-Help - Eating Disorders & Body Image

Psychology - Mental Health

Health & Fitness - Women's Health

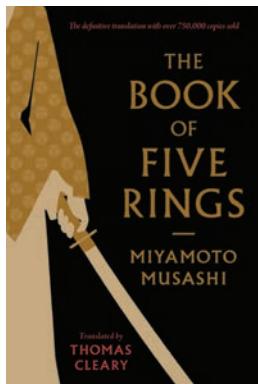
SHAMBHALA

07/21/2026

PAGES: 272

ISBN: 9781645474418

# Reissues

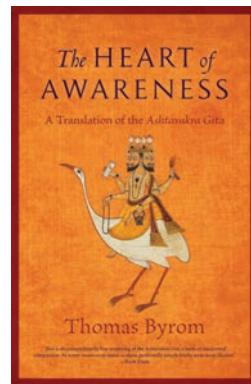


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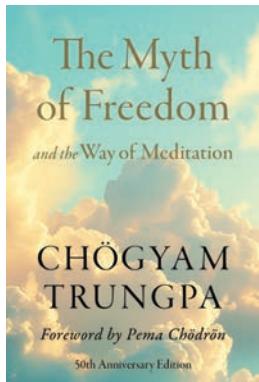


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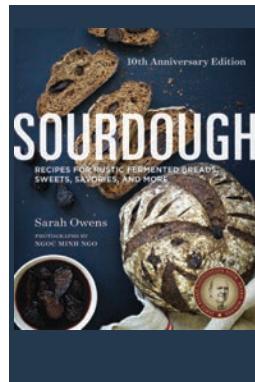
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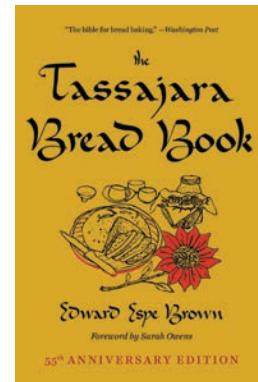
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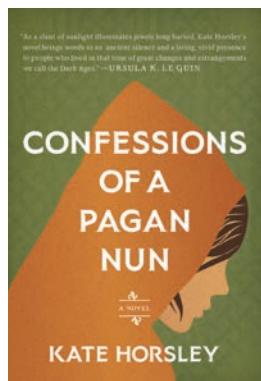


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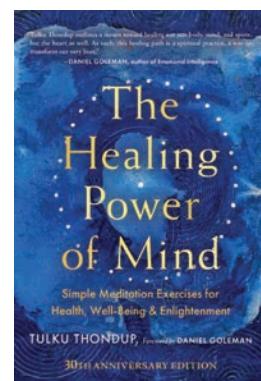


**THE TASSAJARA BREAD  
BOOK  
BY EDWARD ESPE  
BROWN; FOREWORD  
BY SARAH OWENS**



**CONFESIONS OF A  
PAGAN NUN  
BY KATE HORSLEY**

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**THE HEALING POWER OF MIND  
BY TULKU THONDUP**

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bala kids

# Kind Karl

By Sharon Salzberg and Jason Gruhl; illustrated by Sébastien Mourrain  
\$19.95 - Hard Cover

## 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.

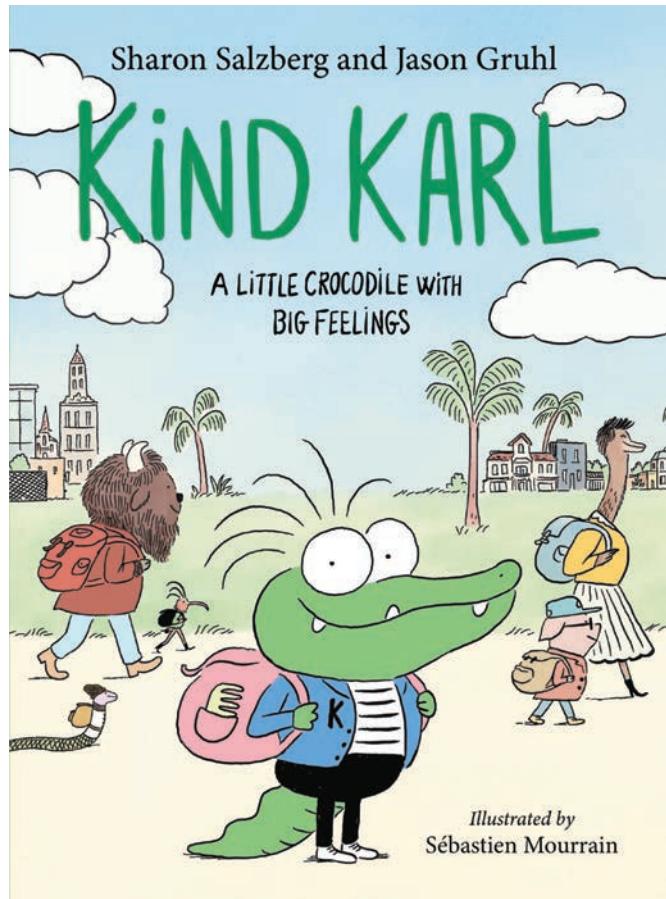
In today's divisive society, lovingkindness asks us to stop, find quiet, and look within; and in that honest reflection, answers appear. With relatable everyday examples, approachable language, and adorable illustrations, the book will inspire children to look inward with curiosity and kindness.

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

SEBASTIEN MOURRAIN is the illustrator of over forty picture books and documentaries published by Gallimard, Seuil, Bayard Editions, and Editions Milan, among others. He lives in Lyon, France. His portfolio can be viewed at [mourrain.ultra-book.com](http://mourrain.ultra-book.com).

Juvenile Fiction - Social Themes - Emotions & Feelings

Juvenile Fiction - Health & Daily Living - Mindfulness & Meditation

Juvenile Fiction - Social Themes - Values & Virtues

**Subrights Sold:** Chinese (Complex), French

BALA KIDS

12/16/2025

PAGES: 32

ISBN: 9781645472476

# Let's Grow Happiness

50 Activity Cards to Nurture Kids' Joy

By Wendy O'Leary and Helen Maffini  
\$19.95 - Card Deck

## About the Card Deck

Spark happiness and positivity with this activity deck for kids (ages 4 to 8), featuring fifty research-backed activities that encourage fun, connection, mindfulness, and self-reflection!

Did you know that feeling happy is something we can easily learn and grow inside ourselves? Research shows that happiness is a learnable skill—and this playful activity deck teaches children tried-and-true tools for emotional regulation and well-being that will last a lifetime.

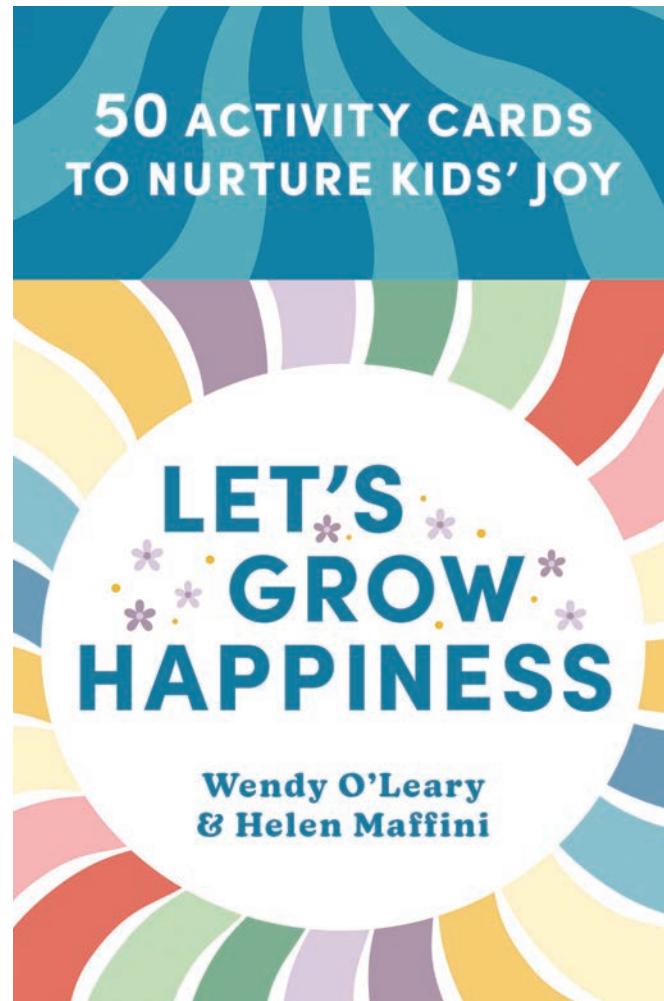
With a wonderful variety of games and practices, mindfulness educators Wendy O'Leary and Dr. Helen Maffini provide science-backed approaches to encourage positivity, joy, and contentment—while embracing and validating emotions of all flavors. The fifty activity cards are divided into five categories:

- Shine: Sunny ideas focused on playful and fun ways to grow happiness.
- Connect: Nurturing and spreading happiness through connection with ourselves and others.
- Be Mindful: Watering our happiness with mindful ways to soak it in.
- Dig In: Digging in deeper and developing happiness by turning inward.
- Bloom: Encouraging happiness to blossom by integrating it more fully into our lives.

From going on a sticker hunt in “Hide and Seek Happiness” and crafting “Beads of Balance” to starting a chain reaction of happiness in “Smile Symphony,” kids will have fun using these easy-to-follow cards while strengthening their emotional regulation skills.

## About the Authors

WENDY O'LEARY, MEd, is a mindfulness educator and a certified meditation and yoga teacher. Wendy's books are based on her fifteen-plus years of experience teaching mindfulness and skills for emotional awareness and regulation to children and “their adults.” She is a certified parent educator and



an online contributor to *Mindful Magazine*. O'Leary is coauthor of *Breathing Makes It Better, Growing Self-Compassionate Children*, and author of *It's OK* and *The Monster Parade*.

DR. HELEN MAFFINI is an international educator, author, and consultant with an extensive background in education, mindfulness, and emotional intelligence. From her research on preschool mindfulness to her work as a certified emotional intelligence trainer and NLP practitioner, Helen has dedicated her career to helping individuals and organizations reach their full potential.

Juvenile Nonfiction - Social Topics - Emotions & Feelings

Juvenile Nonfiction - Games & Activities - General

Juvenile Nonfiction - Health & Daily Living - Mental Health

# My Friend Tara

And Her Rainbow of Compassion

By Lasha Mutual and Ivan Bercholz

\$19.95 - Hard Cover

## 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.

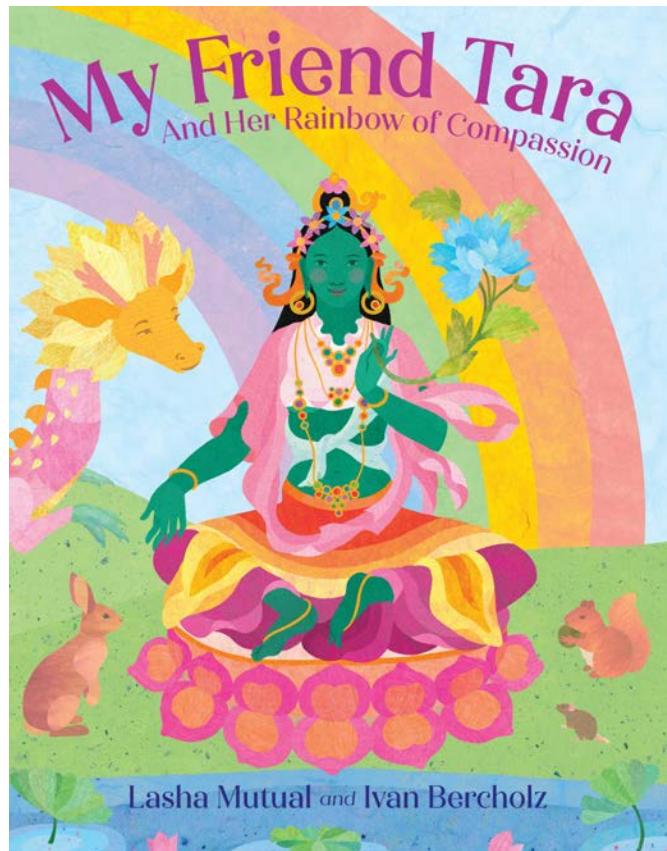
Druk the Dragon is our lovable narrator who makes the introduction to his friend Tara friendly and accessible. He explains the rainbow of her talents that kids can picture when they need her help manifesting special qualities:

- 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. Visit [lashamutual.com](http://lashamutual.com) to learn more.



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: 32

ISBN: 9781645472636

# Wisdom Stories of India

By Laura Burges and Vinita Prachi Murarka;  
illustrated by Wen Hsu  
\$19.95 - Hard Cover

## About the Book

Explore the rich cultural and spiritual heritage of India with this inspiring picture book of fourteen classic stories of timeless life lessons found in Hinduism, Buddhism, Sufism, and more.

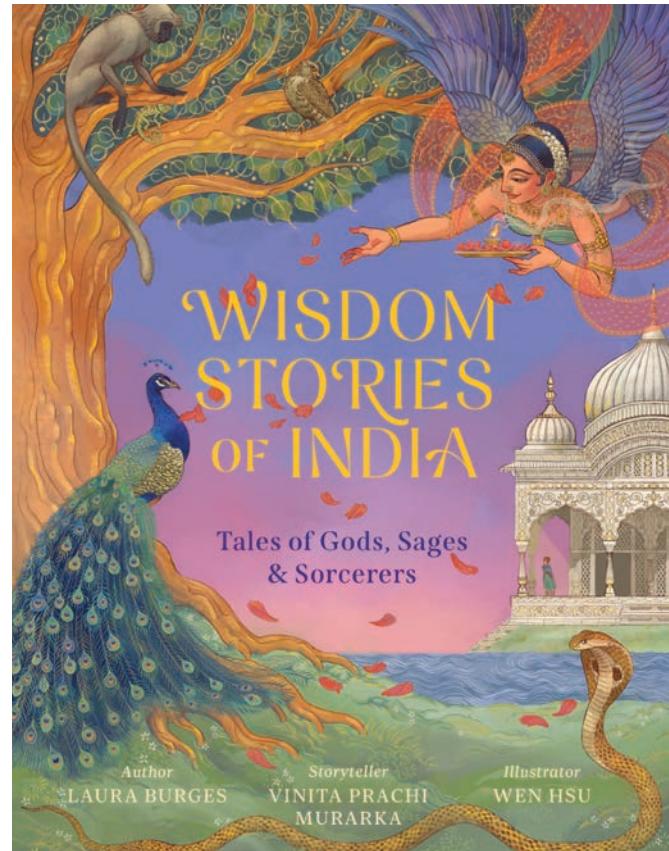
The stories in this gorgeous collection will encourage younger readers (ages 6+) and adults together to explore the essential skills needed for growing into conscientious individuals.

Wise kings and queens, kind merchants, mystical monks, sorcerers, incarnate gods, and more—this book takes readers on a journey through beloved stories that have been told throughout India for thousands of years. Accompanied by vibrant illustrations, the tales here are set in sunlit halls, crystal castles, humble villages, and vast forests, representing the many wonders of India. Each story explores different aspects of ethics, such as treating strangers with kindness, respecting nature, choosing words thoughtfully, and making informed decisions when faced with difficult choices. They include both historical and spiritual figures, such as Indra (king of the devas), Siddhartha (the historical Buddha), Akbar the Great (beloved sixteenth-century ruler of India), Kabir (acclaimed mystic poet), and more.

All fourteen tales are accompanied by a summary, offering both historical context and intuitive life lessons that can be applied today. The book also includes a glossary to describe unfamiliar terms for greater understanding of the stories and their meanings.

## About the Authors

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.



PRACHI MURARKA is an Ayurvedic practitioner, access consciousness facilitator, author, yoga and meditation teacher, animal and plant communicator, light grid scribe, and workshop facilitator. She is a bi-national globe trotter who spends her time between India and the United States.

## 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 - Social Themes - Values & Virtues

Juvenile Fiction - Legends, Myths, Fables - Asian

**Subrights Sold:** Russian

BALA KIDS

05/26/2026

PAGES: 144

ISBN: 9781645471547

# YOGA

# The Ocean of Yoga

A Complete Guide to Living the Teachings, Tradition, and Practice

By Amy Landry

\$21.95 - Trade Pbk

## About the Book

A definitive guidebook to the core principles and practice of yoga—from its traditional roots to the latest contemporary developments.

Immerse yourself in the timeless practice of yoga with this essential and accessible guide. With a commitment to honoring rather than modifying the tradition of yoga, experienced teacher Amy Landry unveils the vast ocean of yoga—from its rich history, texts, and traditions to the core principles and practice. Explore:

- A captivating overview of the history and evolution of yoga
- Key facets of subtle yogic anatomy, *including prana, koshas, nadis, kundalini, chakras, vayu*, and a map of the mind
- A practical framework inward that expands beyond the popularized eight-limbed approach
- Teachings on the tangible techniques, such as traditional joint movements, purification practices, mudra, meditation, mantra, and approaching yoga through an Ayurvedic lens
- Diverse paths, including Bhakti, Karma, Jnana, Raja, Hatha, Laya, and Tantra
- Guidance on living (and teaching) yoga through stewardship and lineage, while using the four aims and stages of life as anchors
- Foundational yoga texts, featuring the revered Bhagavad Gita and Patanjali's Yoga Sutra, alongside some lesser-known treasures
- The sanctity of Sanskrit, sound, and so much more

With a clear and inspiring voice, Landry offers pivotal insight to any student or teacher seeking a genuine connection to the depths of yoga.

"For those who yearn to transcend the trappings of Western yoga, may this book serve as a launchpad for your journey, illuminating the path toward deeper wisdom, greater peace, and an abiding experience of the power of the human spirit."

—DR. RAJ BALKARAN

# THE OCEAN OF YOGA

A COMPLETE GUIDE TO LIVING THE  
TEACHINGS, TRADITION & PRACTICE

AMY LANDRY

## About the Author

AMY LANDRY is a registered senior yoga teacher, Ayurvedic practitioner, mentor, Odissi dancer, podcast host, and founder of Shruti School of Yoga. She is known for her sold-out international retreats and has contributed extensively to *Australian Yoga Journal*, *OM Yoga & Lifestyle Magazine*, *YOGA Magazine*, and *Nature & Health Magazine*. Amy has presented across Australia at Wanderlust, evolve yoga festival, Byron Spirit Fest, and Ekam Yoga Festival.

Health & Fitness - Yoga

Body, Mind & Spirit - Mindfulness & Meditation

Health & Fitness - Exercise - Stretching

**Subrights Sold:** Portuguese (Brazil)

SHAMBHALA

03/31/2026

PAGES: 224

ISBN: 9781645474692

# Prana

## The Practice of Body, Mind, and Breath

By Prasad Rangnekar  
\$18.95 - Trade Pbk

### About the Book

A concise, practical guide to the traditional yogic concept of prana—the profound life force that extends beyond the breath to unite our physical, mental, and spiritual existence.

The first volume in the Yoga Masters Series, a landmark collection translating the timeless wisdom of traditional yoga for the modern practitioner.

This concise, practical guide to prana—the Yogic concept of breath and life force—offers a clear understanding of the ancient wisdom through modern insights, traditional teachings, and practical applications. The significance of breath and the transformative power of breathing practices have been recognized by both ancient Yogis and modern science. Yet, for yogis, prana has traditionally encompassed far more than breath—it's a profound life force that connects the physical, mental, cosmic, and spiritual dimensions of existence. This book delves into that expansive vision, exploring prana's enduring relevance for modern practitioners.

Yoga teacher Prasad Rangnekar draws on the timeless wisdom of the Vedas, Upanishads, Tantra, and Ayurveda, bridging ancient Yogic traditions with modern science. He offers insights and practices on how the principles of prana and practices of pranayama can be applied not only for respiratory health but also for physical vitality, emotional regulation, mental clarity, meditation, and self-realization.

### About the Author

PRASAD RANGNEKAR is a yoga educator and consultant based in India, with nearly 40 years of personal practice and study and 30 years of teaching experience. His work has empowered thousands of individuals in over 15 countries to access inner calm, clarity, and resilience through the transformative principles and practices of yoga. Rooted in a solid yogic tradition from his family and enriched by years of study in various philosophical and mystical lineages, his teachings seamlessly bridge timeless wisdom with modern

Prasad Rangnekar

prāṇa

THE PRACTICE OF BODY,  
MIND, AND BREATH

application. He has a BA in biology and two MAs—in philosophy and business management—which enhance his integrative approach to yoga. His deep understanding of traditional yogic lineages, combined with extensive global teaching experience, allows him to blend ancient wisdom with contemporary, multicultural perspectives.

Health & Fitness - Yoga

Philosophy - Mind & Body

Body, Mind & Spirit - Healing - Energy  
(Chakras, Qigong, Reiki)

SHAMBHALA  
10/13/2026  
PAGES: 160  
ISBN: 9781645474906

# Savasana

## The Practice of Radical Rest

By Judith Lasater and Lizzie Lasater

\$18.95 - Trade Pbk

### About the Book

Embrace rest as an essential practice for modern living with the gift that is Savasana: yoga's most powerful—and perhaps misunderstood—pose. Mother-daughter yoga duo Judith Hanson Lasater and Lizzie Lasater unpack the profound nature of this pose and reveal how deeply transformative and healing it is, personally and energetically.

In a world that glorifies constant motion and productivity, Judith Hanson Lasater and Lizzie Lasater combine decades of yoga expertise with contemporary science to illuminate the profound impact of Savasana, or “corpse pose,” on your physical, emotional, and spiritual well-being.

Through personal narratives, scientific insights, and practical instructions, this book guides you beyond the common misconception that rest is merely a luxury. The authors share their intimate journeys with Savasana—from Judith's experience with deep grief to Lizzie's postpartum healing—while offering variations suitable for all body types and lifestyles. Hand-drawn illustrations and thoughtful journaling prompts enhance your learning experience.

You'll discover how this seemingly simple pose can regulate your nervous system, improve sleep quality, and restore emotional balance. Experienced yoga practitioners and teachers will appreciate the depth and potency of this guide—and the opportunity to understand and more authentically embody this profound practice. More than just a yoga guide, this book is your invitation to embrace rest as an essential practice for modern living.

### About the Authors

JUDITH HANSON LASATER, PhD, PT, holds a PhD in East-West psychology and a BS in physical therapy. She has taught yoga since 1971, is a co-founder of *Yoga Journal*, and the author of 11 books on yoga and related topics. She has taught yoga internationally and throughout the United States. She is also a C-IAYT (certified yoga therapist) and an E-RYT-5000 (experienced registered yoga teacher).

LIZZIE LASATER has a BA in art history and an MA in architecture. She completed a 200-hour yoga teacher training in 2005 and is an E-RYT 200. Additionally, she is a Relax and Renew Level 2 trainer and leads Restorative Yoga teacher trainings both online and in-person.

Judith Hanson Lasater

Lizzie Lasater

savasana

THE PRACTICE OF  
RADICAL REST

### About the Illustrator

WREN POLANSKY is an artist, mother, and somatic healing professional based in Encinitas, CA. Her lifelong mindfulness meditation and yoga asana practice inform her creative life. This book marks her seventh Shambhala title.

Health & Fitness - Yoga

Philosophy - Mind & Body

Body, Mind & Spirit - Healing - Energy  
(Chakras, Qigong, Reiki)

SHAMBHALA

11/24/2026

PAGES: 144

ISBN: 9781645474913

# Buddhism

# At Peace, Filled with Joy

Buddhist Wisdom from the Dhammapada

By Cuong Lu

\$18.95 - Trade Pbk

## About the Book

What if your deepest struggles were the very ground from which authentic joy could grow? Through 57 carefully selected verses, Zen master Cuong Lu draws on the ancient wisdom of the Dhammapada to give us a path through suffering to insight and compassionate action.

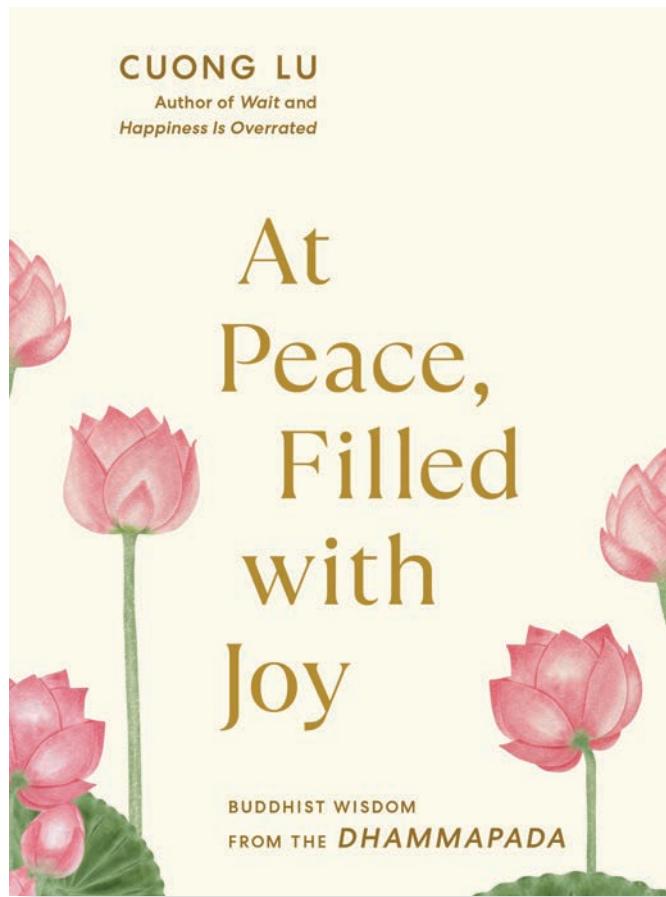
From a direct disciple of the great Thich Nhat Hanh comes a radical new way to approach suffering. Instead of burying or avoiding pain, author Cuong Lu uses the profound wisdom of the Dhammapada—the most widely known collection of sayings from the Buddha—to reveal its hidden purpose. He offers a clear path to embracing life's difficulties, showing us how to transmute our suffering into deep insight, compassionate action, and lasting joy.

Lu presents 57 verses from this treasured Buddhist text, making its timeless teachings accessible and relevant for contemporary readers seeking deeper meaning in their lives. Through clear, engaging prose, his interpretations blend Zen wisdom with practical psychology, guiding readers to reframe their relationship with difficult experiences rather than resisting them. The book includes reflective exercises and real-world applications, making complex Buddhist concepts approachable for both newcomers and experienced practitioners.

This book serves as both a meditation companion and practical guide, helping readers cultivate inner peace amid life's turbulence. Whether you're new to Buddhist teachings or a seasoned practitioner, Lu's interpretations offer fresh perspectives on timeless truths, guiding you toward greater awareness, compassion, and the joy that comes from living with presence and understanding.

## About the Author

CUONG LU is a Buddhist teacher, scholar, and writer. He was born in Vietnam in 1968 and emigrated to the Netherlands with his family in 1980. He majored in East Asian studies at the University of Leiden, and in 1993, he was ordained a monk at Plum Village in France and became a disciple of Thich Nhat Hanh. In 2000, he was authorized by Thich Nhat Hanh to teach the Dharma in the Lieu Quan line of the Linji School of Zen Buddhism. In 2009, Cuong Lu left Plum Village after sixteen years and returned to lay life in the Netherlands. He became



a chaplain in the Netherlands' penitentiary system for six years. In 2015, he received a master's degree in Buddhist spiritual care from the Free University in Amsterdam. Cuong is the founder of Mind Only Institute of Buddhist Psychology in the Netherlands and No Word Zen Practice Center in France.

Philosophy - Buddhist

Self-Help - Spiritual

Religion - Buddhism - Sacred Writings

SHAMBHALA

07/28/2026

PAGES: 160

ISBN: 9781645474968

# The Buddhist Enneagram

Nine Paths to Create a Deeper Relationship with Yourself and Others

By Susan Piver

\$19.95 - Trade Pbk

## About the Book

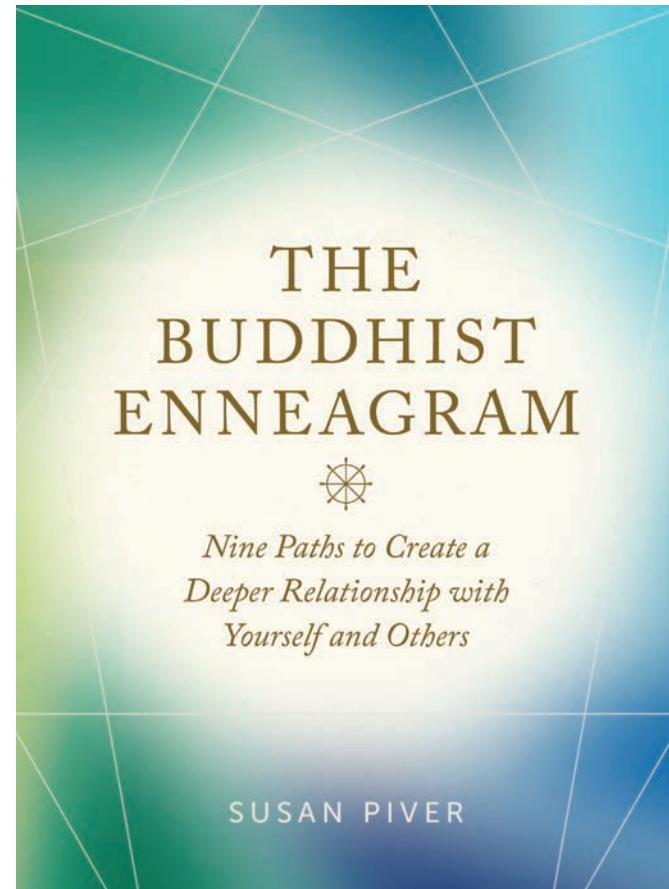
Buddhist wisdom meets the enneagram to offer spiritual guidance tailored to your unique personality.

This integrated framework, from *The New York Times* best-selling author Susan Piver, will help you become your best self, deepen your relationships, and embrace authentic connection.

This illuminating integration of the enneagram personality types with Buddhist wisdom offers a uniquely insightful path of self-discovery and spiritual growth that transcends traditional personality typing.

Meditation teacher Susan Piver combines nearly thirty years of experience as a Buddhist practitioner with enneagram teachings, offering readers a deeply personal and nuanced exploration of their spiritual journey that surpasses typical self-help narratives. Through personal anecdotes, reflective exercises, and spiritual wisdom, Piver demonstrates how understanding your type's inherent challenges and gifts can lead to profound personal transformation. The book also explores the three centers of intelligence, integration and disintegration patterns, and the unique spiritual challenges each type faces.

Readers will gain powerful tools for navigating relationships, understanding emotional patterns, and cultivating compassion for themselves and others. Whether you're new to the enneagram or a seasoned practitioner, this compelling work offers fresh perspectives on personal growth and spiritual development. Piver's authentic voice and deep insights make this an essential guide for anyone seeking to understand themselves more fully and create meaningful connections with others.



## About the Author

SUSAN PIVER is a *New York Times* best-selling author of many books, including the award-winning *How Not to Be Afraid of Your Own Life*, *The Wisdom of a Broken Heart*, *Start Here Now*, and *The Four Noble Truths of Love*. Piver has been a practicing Buddhist since 1993 and graduated from a Buddhist seminary in 2004. She is an internationally acclaimed meditation teacher, known for her ability to translate ancient practices into modern life. Her work has been featured on *The Oprah Show*, *TODAY*, *CNN*, and in *The New York Times* and *The Wall Street Journal*, among other media. In 2013, she launched the Open Heart Project, the largest virtual mindfulness community in the world with 20,000 members.

Psychology - Interpersonal Relations

Self-Help - Emotions

Religion - Buddhism – Tibetan

**Subrights Sold:** No Spanish or Turkish

SHAMBHALA

03/10/2026

PAGES: 272

ISBN: 9781645475149

# The Carefree-Ease Record

By David Hinton  
\$27.95 - Trade Pbk

## 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.

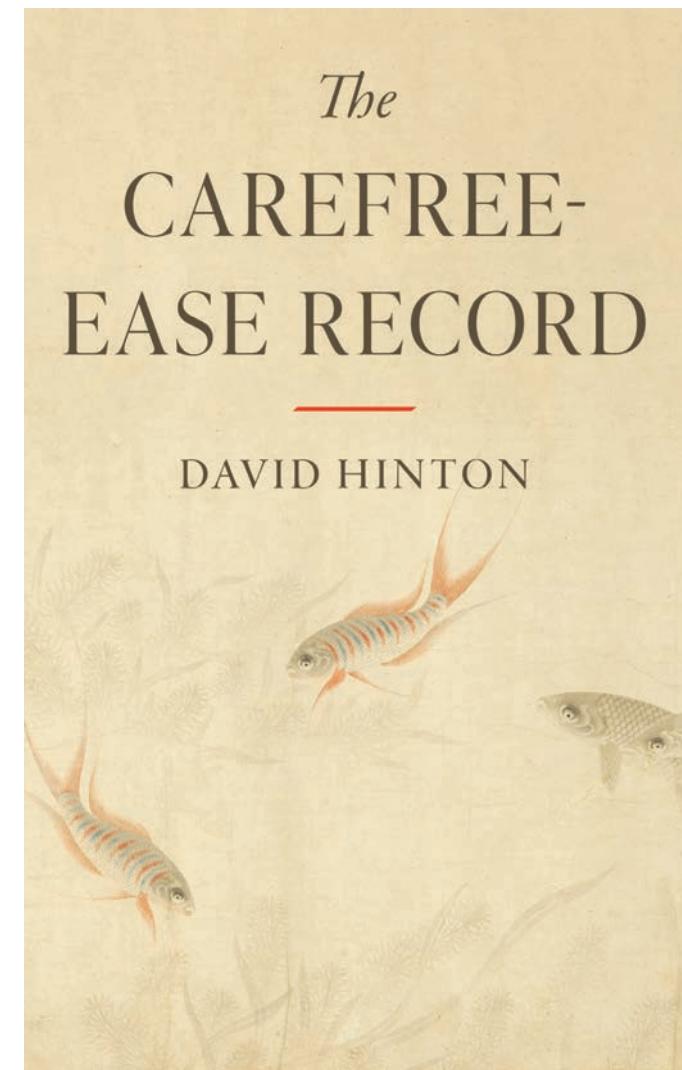
First collected by the Ch'an master Wisdom-Expanse (Hung-Chih) in the twelfth century, this collection of one hundred *kung-ans*, or koans, is an essential text for students of Ch'an and Zen. These miniature masterpieces of Chinese philosophy and literature offer a unique way of penetrating directly 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 U.S.: 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: 264

ISBN: 9781645472711

# The Great Road

Zen Master Dogen and the Art of Continuous Practice

By Norman Fischer  
\$21.95 - Trade Pbk

## About the Book

From beloved Zen teacher and poet Norman Fischer, a new collection of wise and surprising essays that explores what it means to dive fully into spiritual practice and to embody our deepest aspirations in every waking moment.

The essence of the Buddhist path is to live life itself as a continuous spiritual practice. In this wide-ranging collection of essays, Norman Fischer meditates on the philosophy of "continuous practice" as taught by Japanese Zen master Eihei Dogen. Fischer breaks Dogen's philosophy free from the Zen box, weaving together Eastern and Western perspectives with reflections from literature, Western philosophy, and his own life spent among America's Zen masters. He muses on the life of the Buddha, meditation, and the work of Western thinkers like Simone Weil and William Wordsworth—ultimately taking us on a journey into the heart of life itself.

By turns spiritual, philosophical, literary, and personal, *The Great Road* makes a compelling case for living compassionately, recognizing the extraordinary within the ordinary, and continuously engaging with fundamental mysteries of life.

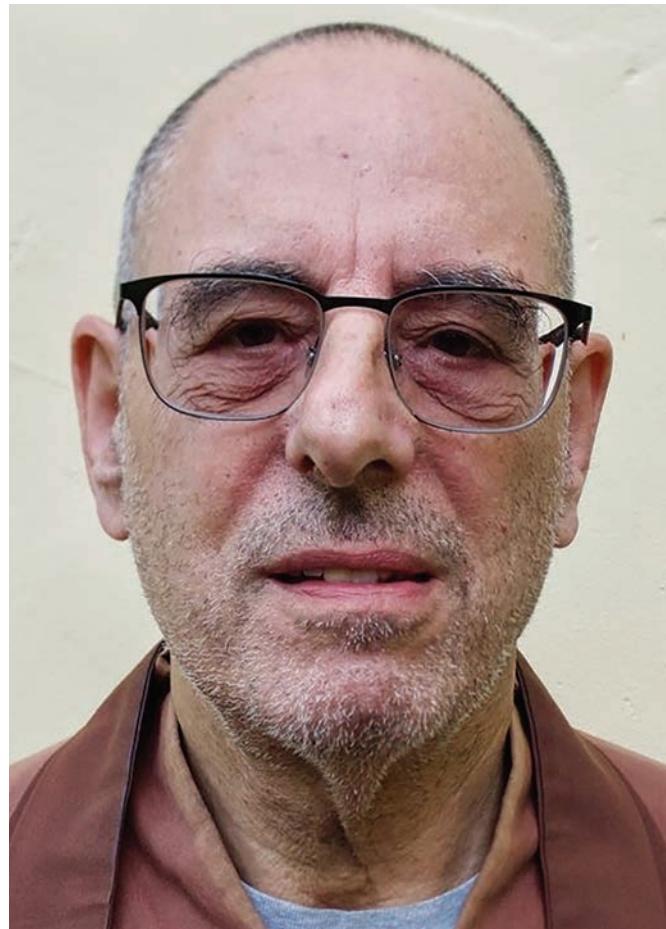
## About the Author

NORMAN FISCHER is a Zen teacher, poet, translator, and director of the Everyday Zen Foundation. A beloved figure in the Buddhist world, he is also well-known for his efforts at interreligious dialogue. His numerous books include *The World Could Be Otherwise: Imagination and the Bodhisattva Path*, *What Is Zen?: Plain Talk for a Beginner's Mind*, and *Training in Compassion: Zen Teachings on the Practice of Lojong*.

Religion - Buddhism - Zen

Philosophy - Zen

Philosophy - Essays



SHAMBHALA  
12/15/2026  
PAGES: 272  
ISBN: 9781645475231

# In Search of the Bodhisattva Way

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

By Kōsei Morimoto  
\$35.95 - Trade Pbk

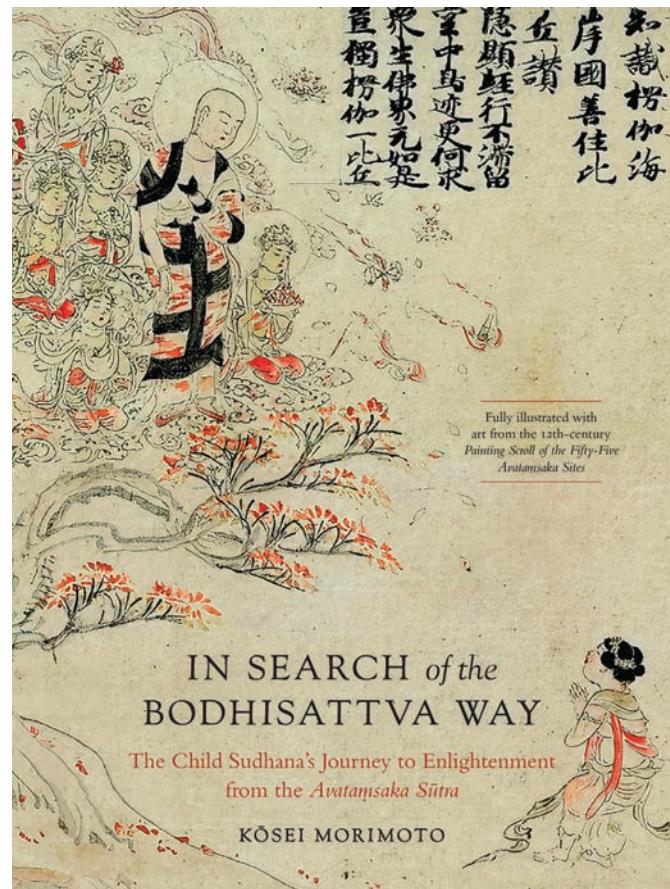
## About the Book

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 twelfth-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" (Gandavyūha), the final chapter of the *Avatamsaka Sūtra*, which had a lasting influence on painting and sculpture across Asia. This full-color book contains 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 Megasrī, the first master Sudhana visits, shows with his supernatural power that there are countless enlightened beings in an infinite number of worlds. Sāgaramegha, 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 Avatamsaka (Kegon) school and abbot of Tōdai monastery.

## About the Author

KŌSEI MORIMOTO (b. 1934) entered Tōdai Monastery at age fifteen. He received his PhD from Kyoto University in Islamic Studies. He served as the abbot of Tōdai Monastery and the head of the Kegon (Japanese Avatamsaka) 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

**Subrights Sold:** No Japanese

SHAMBHALA  
02/17/2026  
PAGES: 320  
ISBN: 9781645473831

# In the Shade of the Green Willow

Poems and Reflections of a Buddhist Woman in Modern China

By Zhang Ruzhao; Translated by Beata Grant  
\$19.95 - Trade Pbk

## About the Book

Through verse, the rural world becomes the landscape for a woman's resolute spiritual quest, set against the restless currents of twentieth-century China.

Twentieth-century China was rife with political and spiritual turmoil as it sought to shake off the shackles of its imperial past and move along the path of modernization. In the midst of this turmoil, Zhang Ruzhao (later ordained as Tiantai Master Benkong)—a prolific Buddhist, feminist, literary, and political figure—became disillusioned with what, for her, seemed a mindless and self-interested embrace of change for the sake of change. To put into practice her exploration of Buddhist and Chinese philosophical teachings, Zhang acquired a small piece of mountainside property in 1929, turning it into a hermitage where she could engage in deep and intensive study, Buddhist practice, and self-sufficiency.

Translated beautifully in its thought-provoking simplicity by Beata Grant, Zhang's account is written using an interweaving of prose and short four-line poems, an emulation of the long-observed Chinese tradition of poets and intellectuals living in rural retreats, notably all of which were men. Zhang's writings provide us with an extraordinary glimpse into one woman's determination to pursue an urgent spiritual and religious quest amidst the turbulence of her times.

## About the Author and Translator

ZHANG RUZHAO (Tiantai Master Benkong) established a reputation as a poet early in life and was actively engaged in many of the political and feminist movements of the 1920s. Disillusioned both politically and personally, she turned to Buddhism and reinvented herself as China's premier female lay Buddhist scholar, writer, and educator during the 1930s and 1940s. From 1949, she took ordination as a Buddhist nun and was officially designated a lineage holder in the Tiantai lineage. She was persecuted severely during the early years of the Cultural Revolution and died in 1969.



BEATA GRANT, professor emerita of Chinese and Religious Studies (Washington University in St. Louis), lives in Santa Fe, NM. Her publications include *Daughters of Emptiness: Poetry of Buddhist Nuns of China* (Wisdom Publications, 2003); *Eminent Nuns: Female Chan Buddhist Masters of Seventeenth Century China* (University of Hawai'i Press, 2008); *Zen Echoes: Verse Commentaries by Three Female Chan Masters* (Wisdom Publications, 2017); and most recently, *An Anthology of Poetry by Buddhist Nuns of Late Imperial China* (Oxford University Press, 2023).

Poetry - Asian - Chinese  
Religion - Buddhism - Zen  
History - Women

SHAMBHALA  
11/10/2026  
PAGES: 144  
ISBN: 9781645474807

# Nothing to Attain

Zen Stories of Faith and Understanding

By Reb Anderson

\$19.95 - Trade Pbk

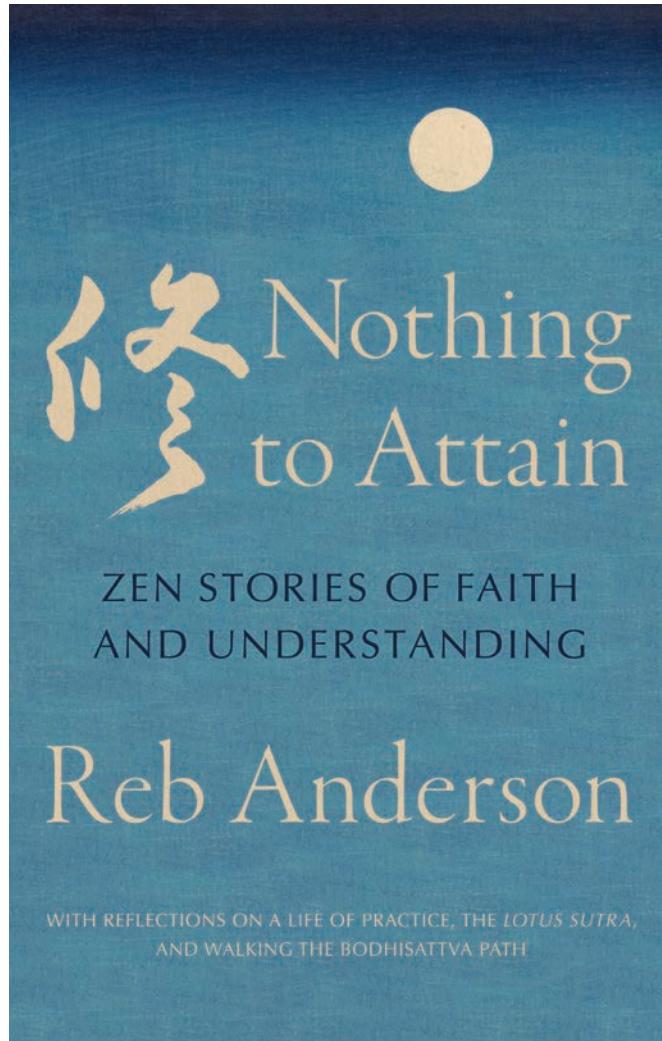
## About the Book

An exploration of the Zen Buddhist path through classic stories of the tradition—from the esteemed Zen teacher Reb Anderson.

You are a bodhisattva, a being on the path to enlightenment whose true nature is completely pure and always accessible. You just don't remember it.

In the great Buddhist text the *Lotus Sutra*, there is a striking parable that expresses this idea. A child leaves his home village and becomes a destitute young man. Years later, he comes upon his father, who has moved to a new city and become quite wealthy—but he doesn't recognize him. His father, however, recognizes the son, and sees his potential to become a great man. Slowly, his father trains him in the ways of maintaining the household, and slowly, the son gains confidence in himself. One day, having witnessed the son's growth in character, his father tells him, "From now on, you and I are to be no different." He reveals the truth of their family bond and bequeaths all his wealth to his son.

We already are what we most deeply yearn for, and yet we need training to recognize this truth—such is the essence of the Zen spiritual path. Informed by a lifetime of practice, this mature reflection explores key aspects of Zen training—including the guidance of the teacher, the taking of precepts, the study of the mind, and the cultivation of compassion—through the lens of the parable of the destitute son. With insightful reflections on additional Zen stories, as well as the author's own life stories and memories of such legendary teachers as Shunryu Suzuki Roshi and Dainin Katagiri Roshi, *Nothing to Attain* offers readers a new way of looking at their own spiritual path—not as a journey to a foreign destination but as a homecoming to the place we've always belonged.



## About the Author

REB ANDERSON moved to San Francisco from Minnesota in 1967 to study Zen Buddhism with Shunryu Suzuki Roshi, who ordained him as a priest in 1970. Since then, Reb has continued to study at San Francisco Zen Center. Reb served as abbot from 1986 to 1995 and is now a senior dharma teacher. He lives with his family and friends at Green Gulch Farm, where he teaches, lectures, and leads practice periods.

Religion - Buddhism - Zen

Philosophy - Zen

Religion - Buddhism - Rituals & Practice

SHAMBHALA

03/31/2026

PAGES: 208

ISBN: 9781645474272

# Of Mud and Lotuses

Dreaming the Lives of Buddhist Women

By Paula Arai  
\$18.95 - Trade Pbk

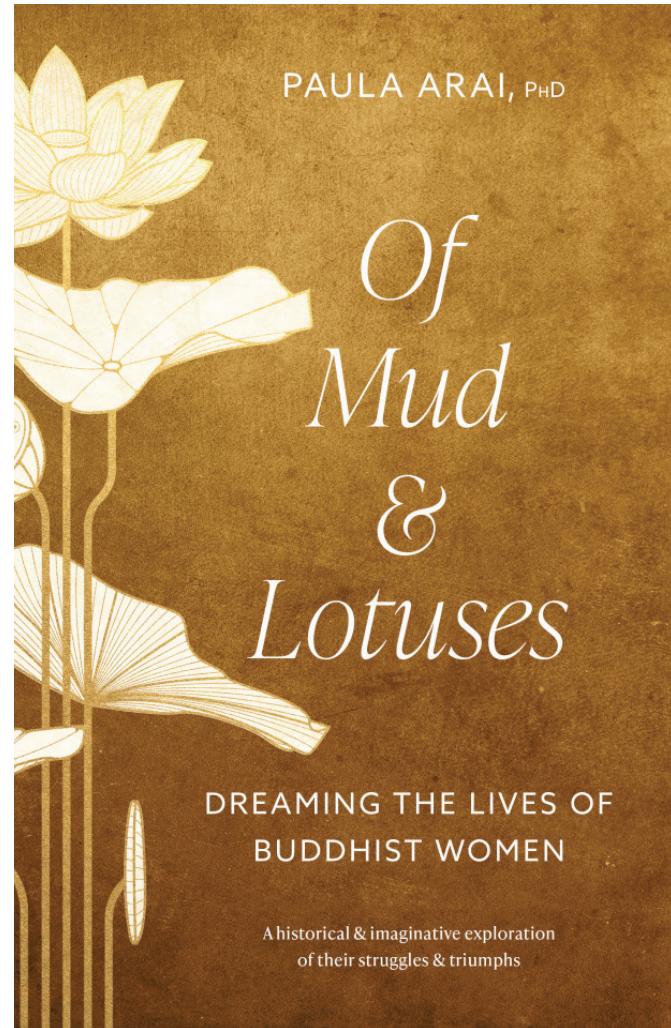
## About the Book

A unique blend of personal reflection, historical fiction, and interview-based nonfiction that vividly imagines the lives of Buddhist women over 2,500 years, illuminating their hardships, resilience, and the creative ways they adapted the Dharma to daily life—often in ways history has ignored.

With lyrical storytelling and a perspective informed by decades as a Japanese American scholar of women in Buddhism, Paula Arai conjures the kitchens, temples, and intimate moments of Buddhist women's lives across India, Sri Lanka, China, Japan, and the contemporary U.S. A mother and daughter circle a stupa amid a scent of jasmine. The Buddha exchanges letters with Mahaprajapati, his aunt and adoptive mother. An ancient Indian queen proclaims the womb as the very cradle of Buddha-nature. A woman in fifth-century Sri Lanka expresses the Dharma by cooking for the local bhikkhus even as she cares for her ill sister-in-law. A widow finds solace in the communal rituals of a Japanese nunnery. In these historical-fiction short stories, motherhood is sacred and everyday, caregiving is both burden and liberation, and the "womb of the Buddha" pulses at the heart of spiritual awakening. Complementing these fictional pieces are Arai's personal and scholarly reflections on Buddhist women's history, as well as several nonfiction narratives of contemporary American Buddhist women whose struggles and triumphs reveal a striking continuity with the ancestors who preceded them.

## About the Author

PAULA ARAI was raised in Detroit by a Japanese mother and did Zen training in Japan. She obtained her PhD in Buddhist Studies from Harvard University in 1993 and is now the



Eshinni & Kakushinni Professor of Women and Buddhist Studies at the Institute of Buddhist Studies in Berkeley, California. She is the author of *Bringing Zen Home: The Healing Heart of Japanese Women's Rituals*, *Women Living Zen: Japanese Soto Buddhist Nuns*, and *Painting Enlightenment: Healing Visions of the Heart*

History - Women

Religion - Buddhism - History

Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA

08/25/2026

PAGES: 144

ISBN: 9781645475217

# Seeing the Bodies Within

Exploring the Samma Araham Practice of Theravada Buddhism

By Potprecha Cholvijarn

\$21.95 - Trade Pbk

## 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 kammatthana* 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

POTPREECHA 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.

# SEEING the BODIES WITHIN

Exploring the Sammā Araham  
Practice of Theravada Buddhism



POTPREECHA CHOLVIJARN

The meditation tradition of  
Luang Pho Sot Candasaro

Religion - Buddhism - Theravada

Religion - Buddhism - History

History - Asia - Southeast Asia

SHAMBHALA

11/25/2025

PAGES: 168

ISBN: 9781645473381

# The Selected Poems of Yang Wan-li

By David Hinton  
\$19.95 - Trade Pbk

## About the Book

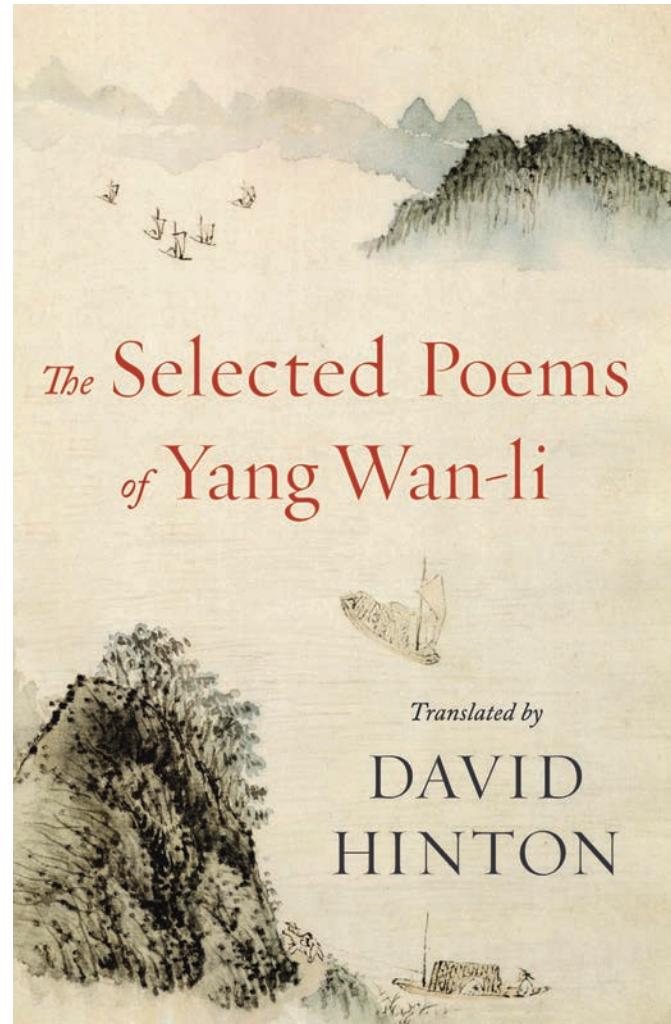
The essential works of a key Chinese poet of the Sung Dynasty, Yang Wan-Li, masterfully translated by David Hinton.

Considered one of the four great poets of the Sung Dynasty, Yang Wan-li is in many ways the quintessential Chinese landscape poet. His poems, born out of his intense and often lengthy excursions as a traveling government official, reveal the harsh difficulties of belonging in the natural world—the existential exposure to difficult weather and unknown places, the dangers of river gorges and rapids, the risks of hunger, thirst, and exhaustion. And yet they also acknowledge, with startlingly simple visual depictions, the breathtaking beauty of nature and the basic pleasures of life's quiet moments.

It is in this crucible of danger and peaceful beauty that Yang Wan-li forges a poetry of self-cultivation deeply informed by Ch'an (Zen) Buddhist insight. In finding a language to capture the pure perception at the heart of human experience, Yang Wan-li's poems embody the Ch'an experience of the meditative mind emptied of all conceptual structures. In these original translations of over two hundred of Yang Wan-li's most vital works, David Hinton takes readers on a journey through the simple beauty of nature and the perennial mystery of consciousness. Hinton's translation breathes fresh life into Yang's contemplative verse, revealing why Yang's poetry has captivated minds and hearts for nearly a millennium.

## 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.

Poetry - Asian - Chinese

Religion - Buddhism - Zen

Poetry - Subjects & Themes - Animals & Nature

SHAMBHALA  
07/14/2026  
PAGES: 272  
ISBN: 9781645475002

# Tracing the Untraceable Buddha

The Vipassana Meditator's Journey to Enlightenment

By Uffe Damborg; foreword by Joseph Goldstein  
\$24.95 - Trade Pbk

## About the Book

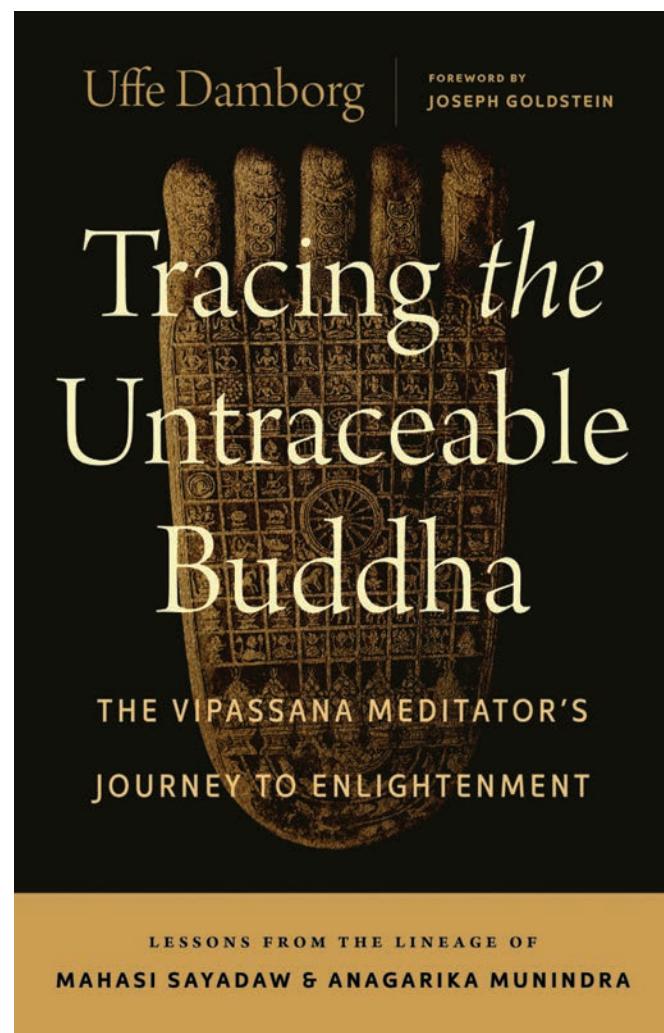
Rooted in the vipassana teachings of Anagarika Munindra, this detailed guide maps the Buddhist meditator's journey toward stream entry, the first stage of enlightenment.

Born into a Bengali Buddhist family in 1915, Anagarika Munindra became a beloved and influential Buddhist meditation teacher who contributed significantly to the dawn of Western Buddhism and the vipassana meditation movement. In the 1960s and 1970s, he taught many Western students—including Joseph Goldstein, Sharon Salzberg, and Jack Kornfield—who would go on to become highly esteemed teachers in their own right. Among these early Western students was Uffe Damborg, a Dane who lived with Munindra-Ji in Bodh Gaya, India, for six years. Here, Damborg distills everything he learned from Munindra-ji—and the forty-plus years he subsequently spent studying, practicing, and teaching Buddhism—to present the ancient path of Theravada Buddhism in modern language.

Written for practitioners of vipassana meditation, *Tracing the Untraceable Buddha* unpacks core Buddhist teachings on non-self, karma, perception, ethics, and the four noble truths not as ideas to be intellectually understood, but as meditative insights to be cultivated as one approaches the Buddhist goal of stream entry, a profound shift in consciousness that orients one's life toward nibbana, or enlightenment. With reflections on Damborg's formative years with Munindra-ji, whose teaching style emphasized direct experience over dogma, this uniquely personal work becomes a lens through which meditators can explore their own spiritual paths.

## About the Author

UFFE DAMBORG holds a M.Sc. in Psychology from the University of Copenhagen, Denmark. In the 1960s and 70s, he studied Buddhism and



meditation in monasteries and hermitages in the East and lived for six years with renowned vipassana teacher Anagarika Munindra-ji in Bodh Gaya, North India. The author lives in Sweden and teaches insight meditation (vipassana) at Scandinavian retreats.

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

SHAMBHALA

07/28/2026

PAGES: 304

ISBN: 9781645473954

# Voices of Siam

Illuminating the Buddhist Path to Natural Reality

Translated by Bruce Evans; with writings from Ajahn Buddhadasa, P.A. Payutto, and others  
\$24.95 - Trade Pbk

## About the Book

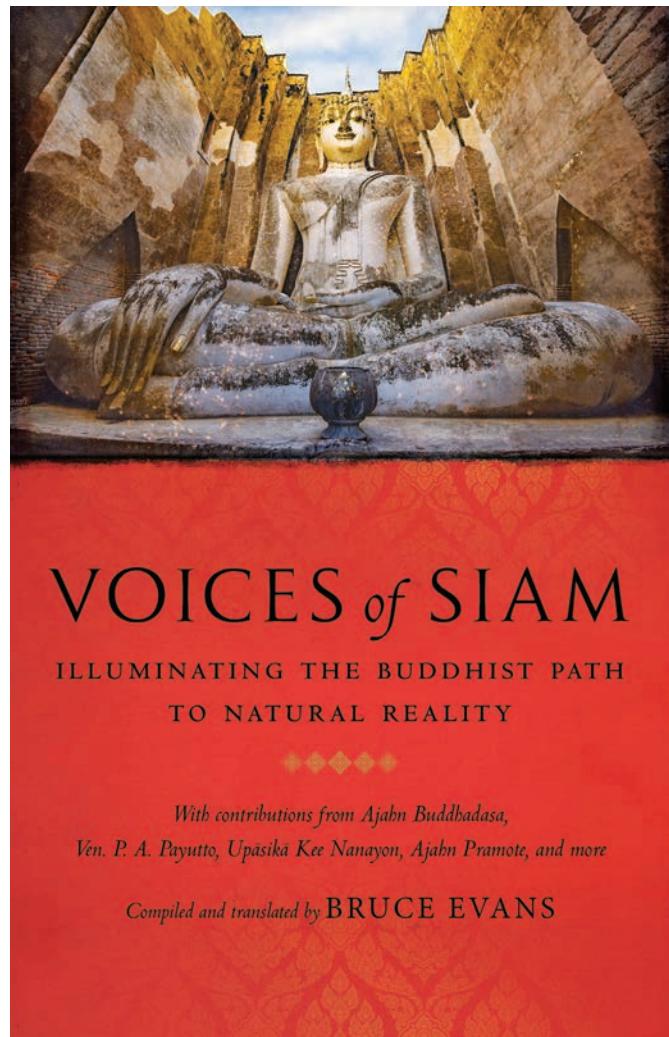
A rich compilation of teachings from revered Buddhist masters in Thailand's deep Theravada tradition.

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 of 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 Dhamma teachings in English for the first time, masterfully conveying the unique voice of each teacher—Ajahn Buddhadasa, Ven. P. A. Payutto, Upasika Kee Nanayon, Ajahn Pramote, and others. 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: 248

ISBN: 9781645473077

# Wheel-Rim River

## The Mountain Poems and Paintings

By Wang Wei; Translated by David Hinton

\$19.95 - Trade Pbk

### About the Book

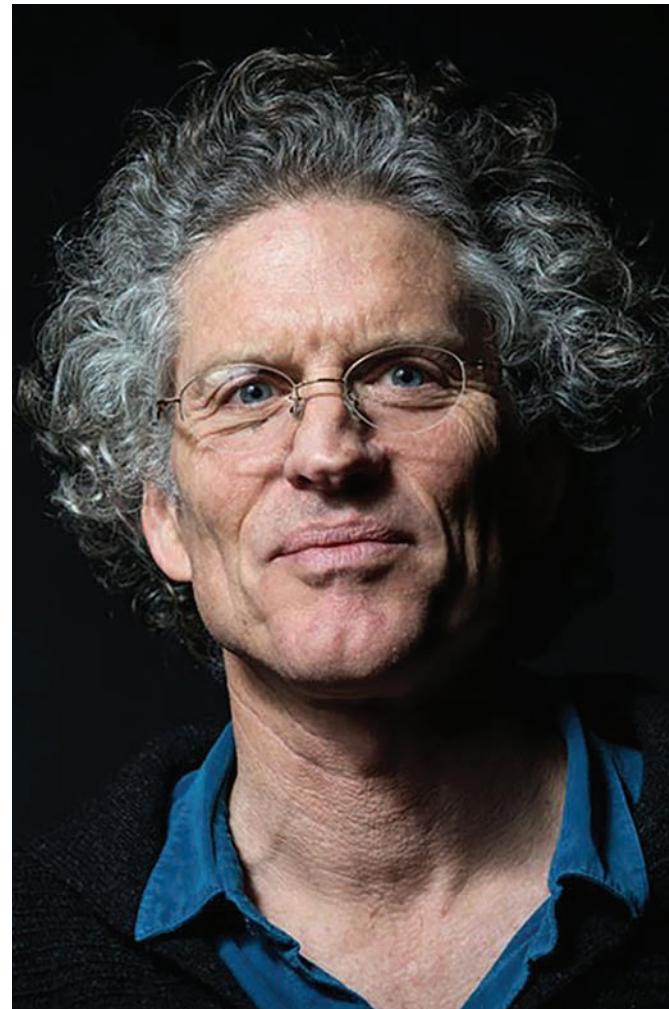
A breathtaking presentation of artistic and spiritual collaboration in the classical Chinese traditions of landscape poetry and painting—with 40 full-color artworks.

The quintessential poet of solitude of the middle Tang dynasty, Wang Wei spent much of his time in seclusion at his retreat property at Wheel-Rim River in the Whole-South Mountains, near present-day Xian, China. One autumn, his friend and fellow poet P'ei Ti came to visit him, and the two spent the season wandering the mountains and composing what would become the most celebrated poetic collaboration in the classical Chinese tradition: the Wheel-Rim River sequence. In this cycle of twenty encounters with the mountain wilderness, Wang and P'ei composed pairs of poems inspired by the landscape. Over time, this renowned series of poems inspired numerous painters to capture the very same landscapes, and so the region of the Wheel-Rim River became a fixture of the Chinese artistic tradition.

In this striking translation of the Wheel-Rim River sequence, David Hinton joins the twenty poetic collaborations with beautiful, full-color details from two different landscape scrolls that the poems inspired. Hinton's commentary situates these literary and visual masterpieces within the context of Taoist and Chan Buddhist thought, illuminating how the artists' meditative engagement with the natural world reflects the mysterious creativity through which the cosmos unfurls. Through this lens, the collaboration between Wang and P'ei emerges as a remarkable testament to the transformative potential of artistic and spiritual friendship.

### 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.

Poetry - Asian - Chinese

Art - Asian - Chinese

Philosophy - Buddhist

SHAMBHALA

12/08/2026

PAGES: 160

ISBN: 9781645474814

# You Are Good, You Are Enough

Free Yourself from the Trap of Doubt and Return to Basic Goodness

By Lodro Rinzler  
\$19.95 - Trade Pbk

## About the Book

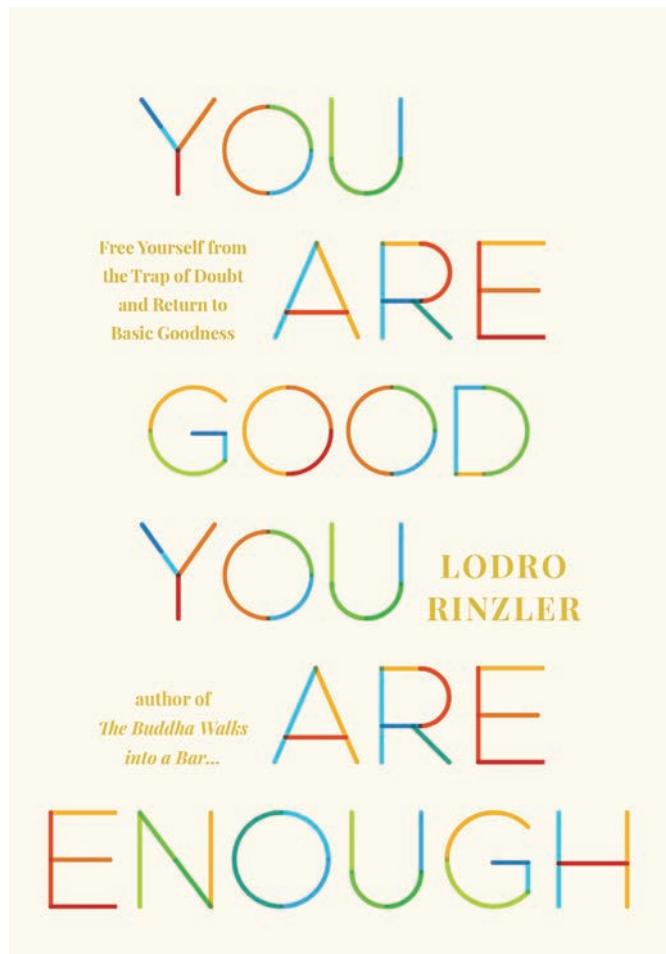
Is your inner critic running your life? Buddhist meditation teacher Lodro Rinzler shares down-to-earth wisdom to help you overcome self-doubt and find your authentic voice, with five guided meditation, and fifteen “on-the-spot” exercises.

Drawing from over two decades of teaching and leading meditation workshops, best-selling author Lodro Rinzler offers a transformative exploration of the Buddhist concept of basic goodness. In thirty-three short chapters, and through heartfelt anecdotes and practical exercises, he illustrates how recognizing our inherent self-worth can heal the wounds of isolation and fear exacerbated by modern society.

Rinzler explores:

- The core concept of basic goodness and the three steps of living a life based in basic goodness to integrate into your daily life.
- How we are born basically good, but society conditions us to doubt ourselves.
- Feelings of imposter syndrome.
- Our hyper focus on perfectionism.
- How to cultivate presence and curiosity in long-term relationships and to stay attuned to the basic goodness of your partner.
- How to combat overwhelm and connect to basic goodness when bombarded by the daily news cycle.
- And much more.

Rinzler offers us a path to rediscover our innate wholeness and cultivate compassion for ourselves and others. By embracing our basic goodness, Rinzler believes we can create a more connected, empathetic world. This book is a beacon of hope for anyone feeling disconnected or unworthy, showing that the key



to a fulfilling life lies within our true nature. The book includes five guided meditations (which readers can also access as guided recordings online via a link in the book) and fifteen practical “on-the-spot” exercises.

## About the Author

LODRO RINZLER is a Buddhist teacher and the author of several books, including the international bestseller *The Buddha Walks into a Bar*. He is also the cofounder of MNDFL meditation studios in New York City.

Body, Mind & Spirit - Mindfulness & Meditation  
Self-Help - Meditations  
Religion - Buddhism - Tibetan

SHAMBHALA  
03/24/2026  
PAGES: 192  
ISBN: 9781645474166

# Tibetan Buddhism

# Ascent of the Thunder Dragon

The Surprising Spiritual Life and Legacy of Bhutan's Founder

By Sasha Wakefield; foreword by His Eminence Samten Dorji Rinpoche  
\$24.95 - Trade Pbk

## About the Book

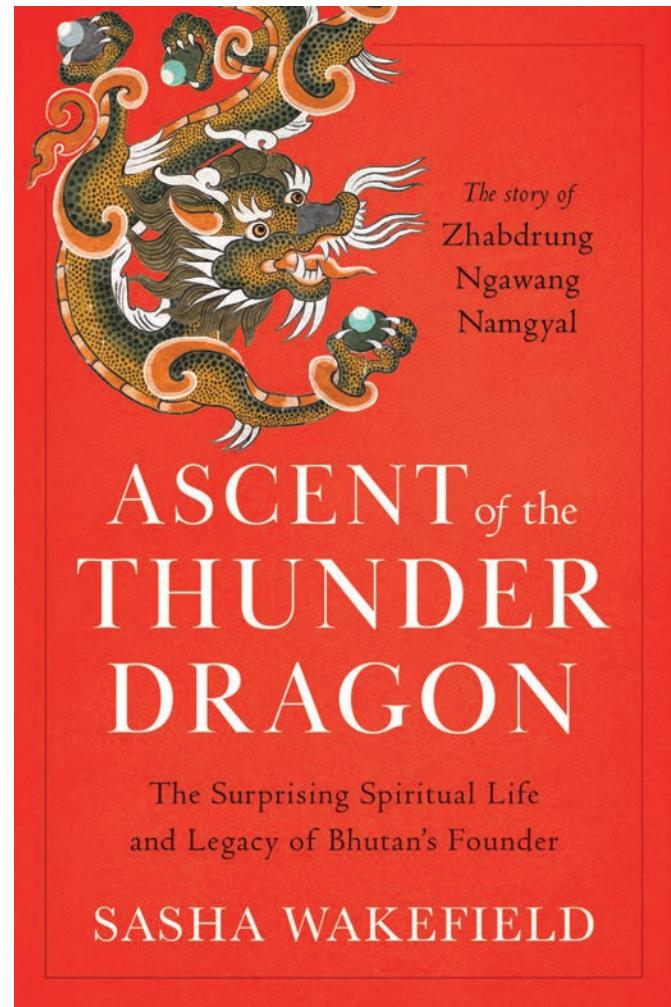
Sasha Wakefield intertwines the life and legacy of Zhabdrung Ngawang Namgyal (1594-1651) with her own personal spiritual journey as she explores Bhutan's rich history.

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 Kargyu Buddhist lineage in Bhutan and establishing Bhutan as a sovereign land.

## About the Author

SASHA WAKEFIELD is an Australian with a long-standing connection to Bhutan, where she has lived for extended periods over the past nineteen years, contributing to the preservation of its spiritual and cultural traditions. She is a direct disciple of one



of Bhutan's most revered lamas—the reincarnation of the sixty-second Je Khenpo and former Tsugla Lopen of the Central Monastic Body.

Biography & Autobiography - Religious History - Asia - Central Asia  
Religion - Buddhism - Rituals & Practice

SHAMBHALA  
01/13/2026  
PAGES: 336  
ISBN: 9781645474326

# Change Your Mind, Change Your Life

The Transformative Power of Lojong Practice

By Jetsunma Tenzin Palmo

\$19.95 - Trade Pbk

## About the Book

Transform life's difficult moments into opportunities for growth with this clear and direct guide to Tibetan *lojong*, or mind training.

Take the Tibetan Buddhist approach to mind training with *lojong*, a practice of simple contemplations and pithy "slogans" to train the mind in enlightened compassion, or *bodhichitta*. A centuries-old, time-tested method, *lojong* remains readily applicable to daily life.

One of the most essential *lojong* texts is *The Seven Points of Mind Training*, a series of slogans composed by Tibetan master Geshe Chekawa Yeshe Dorje (1102–76). In this straightforward guide to *The Seven Points*, the renowned Buddhist teacher Jetsunma Tenzin Palmo unpacks each of Chekawa's *lojong* slogans and illuminates their relevance to modern life. Jetsunma's teachings will allow you to

- discover a wellspring of compassion to guide you in your daily life;
- gain a new understanding on core Buddhist concepts like the preciousness of human life, impermanence, karma, and rebirth;
- establish or develop a meditation practice for both tranquility and insight into the nature of mind;
- and work with the totality of your life as an opportunity for spiritual practice and growth—even the most difficult experiences of adversity, illness, and despair.

## About the Author

JETSUNMA TENZIN PALMO was raised in London and became a Buddhist while still in her teens. At the age of twenty, she

*The Transformative Power of Lojong Practice*

CHANGE  
YOUR  
MIND,  
CHANGE  
YOUR  
LIFE

JETSUNMA TENZIN PALMO

author of *Reflections on a Mountain Lake* & *The Heroic Heart*

traveled to India, becoming one of the first Westerners to be ordained as a Buddhist nun. The international bestseller *Cave in the Snow* chronicles her twelve years of seclusion in a remote cave. Deeply concerned with the plight of Buddhist nuns, she established Dongyu Gatsal Ling Nunnery in India. In 2008, His Holiness the Twelfth Gyalwang Drukpa, head of the Drukpa Kagyu lineage, gave her the rare title of Jetsunma (Venerable Master).

Religion - Buddhism - Tibetan

Religion - Buddhism - Rituals & Practice

Body, Mind & Spirit - Mindfulness & Meditation

**Subrights Sold:** Spanish

SHAMBHALA

05/26/2026

PAGES: 192

ISBN: 9781645474395

# The Complete Nyingma Tradition from Sutra to Tantra, Books 19 and 20

The Ground and View of Great Perfection Atiyoga

By Choying Tobden Dorje; translated by Heidi Nevin  
\$44.95 - Hard Cover

## About the Book

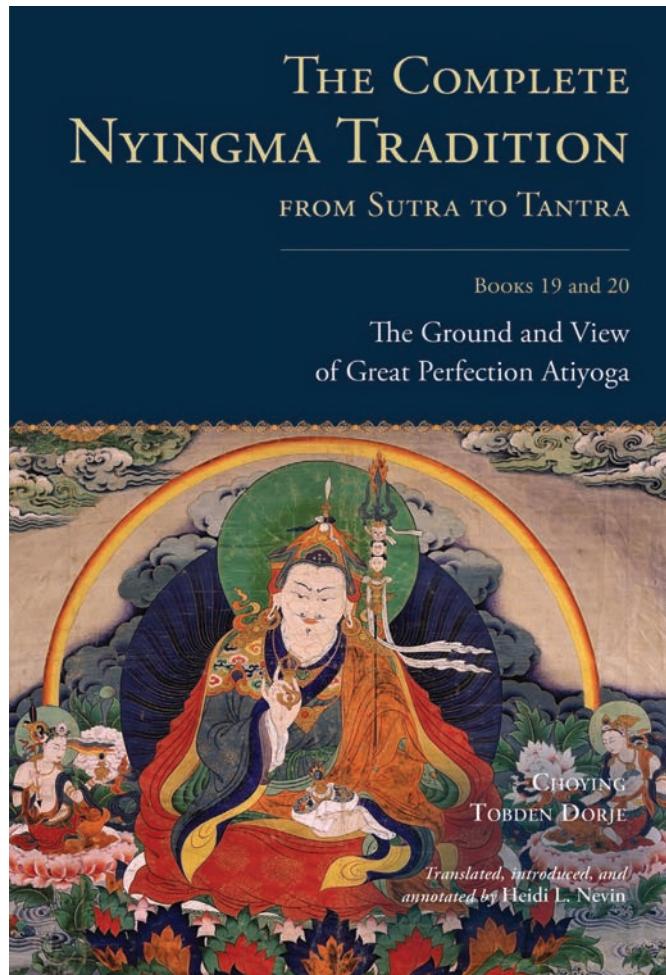
In this volume of Choying Tobden Dorje's *The Complete Nyingma Tradition from Sutra to Tantra*, Heidi Nevin translates, for the first time, books 19 and 20 on the ground and view of the great Perfection Atiyoga.

*Complete Nyingma Tradition from Sutra to Tantra, Books 19 and 20*, is a comprehensive exploration of Atiyoga, the most advanced set of practices within the Nyingma tradition of Tibetan Buddhism. This fifth volume of the Complete Nyingma Tradition series presents the profound teachings of the Great Perfection, or Dzogchen, offering an intricate examination of awareness, consciousness, and spiritual realization. The text traces the historical lineage of these teachings, illuminating the transmission of wisdom through generations of realized masters. It articulates the nuanced relationship between delusion and wisdom, samsara and nirvana, demonstrating their fundamental interconnectedness.

Masterfully translated by Heidi Nevin, this volume includes a glossary, translator's introduction, and extensive annotations to guide the reader. Through detailed analysis of mental afflictions, empowerments, and the nature of ground-appearances, the work provides a traditional investigation into the transformative potential of Nyingma Buddhist practices. It presents an understanding of consciousness that bridges philosophical discourse and experiential wisdom.

## About the Author and Translator

CHOYING TOBDEN DORJE (1787–1848) was a brilliant Vajrayana master of Eastern Tibet. His masterwork, *The Complete Nyingma Tradition from Sutra to Tantra*, remains the main text studied by Tibet's Ngakpa lineages of lay Buddhist practitioners.



HEIDI NEVIN is a disciple of Kyabje Chatral Sangye Dorje Rinpoche and Dzongsar Jamyang Khyentse Rinpoche. She began studying Tibetan in Darjeeling, India, in 1996 and has published translations of several biographical and commentarial works under the auspices of Tsadra Foundation. She is currently a member of the in-house translation team at Khyentse Vision Project. She lives in Oregon with her husband and two children.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - History

SNOW LION  
07/07/2026  
PAGES: 416  
ISBN: 9781645474432

# 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 - Trade Pbk

## 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.

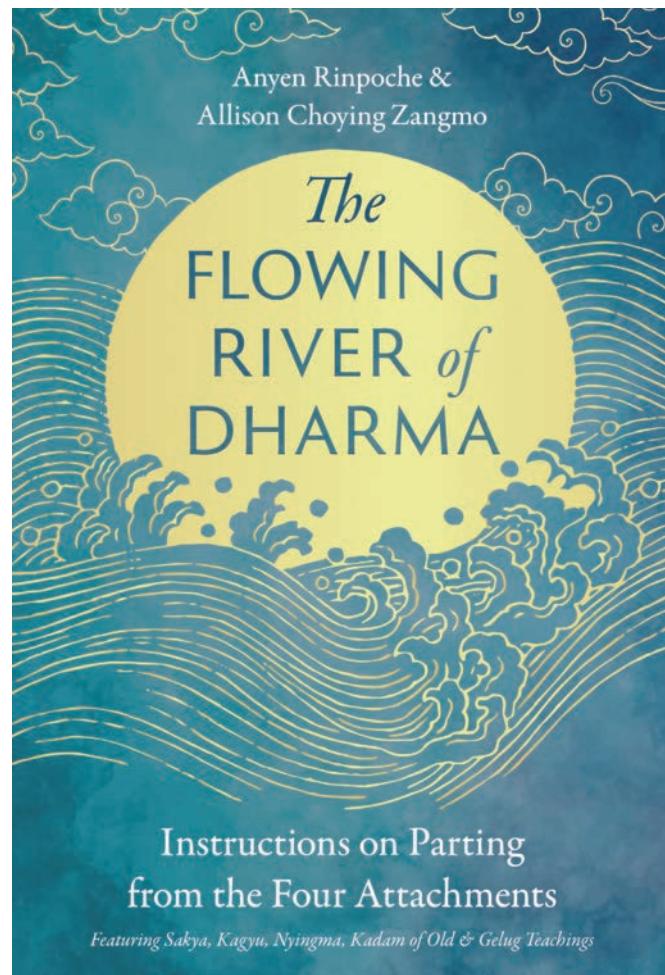
How do we break free from the habits and compulsions that bring us suffering? In the twelfth century, Sakya Drakpa Gyaltsen penned four short but significant lines, known as *Parting from the Four Attachments*, offering a concise guide to becoming a genuine dharma practitioner and charting a path to 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 rime 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 Damphel. With Anyen Rinpoche's encouragement, she began teaching through the Orgyen Khandroling Dharma Center in Denver, Colorado, in 2017.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals and Practice

SHAMBHALA

11/18/2025

PAGES: 160

ISBN: 9781645473626

# Loving All

**Stories from My Life, My Teachers, and the Path of Compassion**

By Tulku Pema Rigtsal; Translated by Laura Swan; Foreword by Matthieu Ricard  
\$24.95 - Trade Pbk

## About the Book

Tulku Pema Rigtsal weaves together personal stories and Buddhist teachings, offering practical guidance on compassion, kindness, and wisdom.

This personal and practical exploration of the Buddhist path blends together the author's own journey with the timeless wisdom of his teachers and lineage. Through vivid stories, historical anecdotes, and direct teachings, the narrative illuminates the transformative power of compassion, kindness, and wisdom. Drawing on the foundational principles of Mahayana Buddhism, the reader is guided through essential practices such as renunciation, patience, generosity, and the cultivation of bodhicitta—the altruistic intention to benefit all beings.

Tulku Pema Rigtsal emphasizes the importance of spiritual friendship, the challenges of overcoming attachment and anger, and the necessity of self-examination and mindfulness. Ultimately, this book serves as both an inspirational memoir and a practical guide, inviting readers to embrace the path of awakening in order to be of true benefit to others.

## About the Author and Translator

**TULKU PEMA RIGTSAL** is a student of Khenpo Dazer Rinpoche, Khenpo Chokhyab Rinpoche, Thinley Norbu Rinpoche, Yangtang Rinpoche, and others. He is a holder of the Namkha Khyung Dzong lineage, a subtradition of the Dudjom Tersar. He resides in Humla, Nepal, where he oversees a monastery of five hundred monks and nuns and a community of retreatants and lay practitioners.

**LAURA SWAN** is a student of Tulku Pema Rigtsal Rinpoche. She began her study of Tibetan language and Buddhadharma in 2005 at Rangjung Yeshe Institute and continued her studies at Ka-Nying Shedrub Ling's monastic shedra. She has translated for The 84000 Project, Samye Translations, Rangjung Yeshe Publications, and more recently for the Khyentse Vision Project.



Religion - Buddhism - Tibetan  
Self-Help - Spiritual  
Biography & Autobiography - Religious

SHAMBHALA  
08/18/2026  
PAGES: 304  
ISBN: 9781645474760

# Marpa Kagyu, Part Two

Methods of Liberation

By Jamgön Kongtrul, translated by

Elizabeth M. Callahan

\$39.95 - Hard Cover

## About the Book

Volume 8 of the Treasury of Precious Instructions, titled *Marpa Kagyu, Part Two*, is a translation from Tibetan of practice texts of the Marpa Kagyu lineage of Tibetan Buddhism.

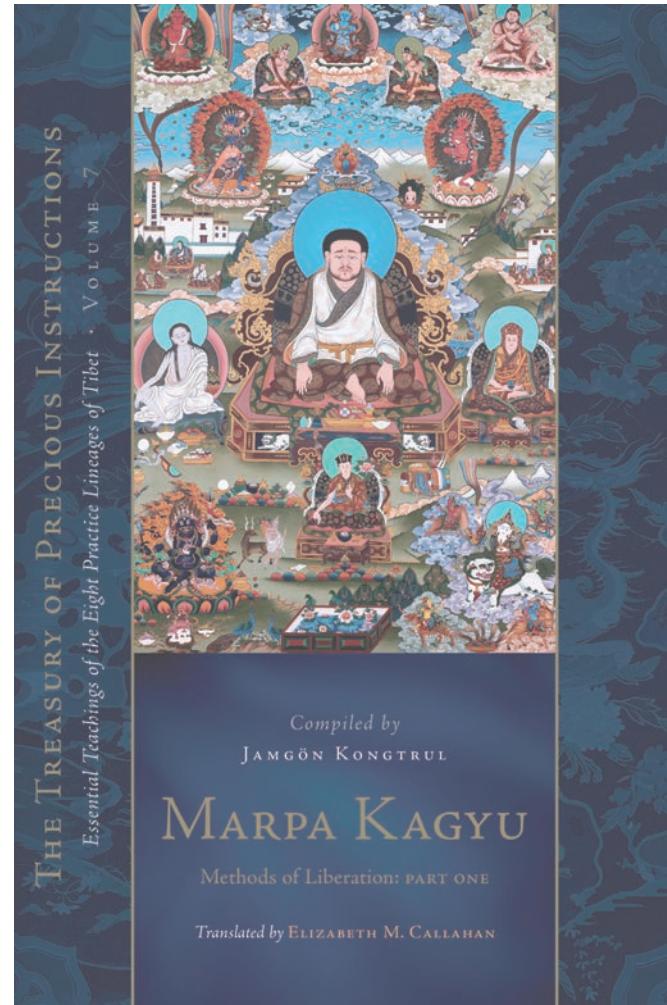
The Treasury of Precious Instructions series by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, presents essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together some of the most important texts on key topics of Buddhist thought and practice, as well as authoring significant new sections of his own. Each volume serves as both a practice manual and a preservation of ancient teachings significant to the literature and history of world religions.

Volume 8 of the series, *Marpa Kagyu, Part Two*, is the second of four volumes on teachings and practices from the Marpa Kagyu tradition of Tibetan Buddhism. The Marpa Kagyu tradition derives from the Indian masters Saraha, Tilopa, Nropo, and Maitrpa, and then the Tibetan Marpa Chökyi Lodrö. This volume continues the extensive Rechung Aural Transmission, from volume 7, and presents the intermediate Ngamdzong Aural Transmission, the abbreviated Dakpo Aural Transmission, and other unique traditional practice texts of this lineage.

## About the Author and Translator

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

ELIZABETH M. CALLAHAN is a Tibetan translator of the Kagyu tradition. She completed two three-year retreats in the Karma Kagyu tradition under the guidance of Kalu Rinpoche, is a student of Khenpo Tsültrrim Gyamtso Rinpoche, and has been a Tsadra Foundation Fellow since 2002. Her previous translations include *The Treasury of Knowledge: Frameworks of Buddhist Philosophy* by Jamgön Kongtrul and *The Profound Inner Principles* by the Third Karmapa Rangjung Dorje.



Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals & Practice

SNOW LION

12/22/2026

PAGES: 608

ISBN: 9781645474449

# Releasing the Knot of the Mind

Instructions on Resting in Stillness and Awareness

By Anam Thubten

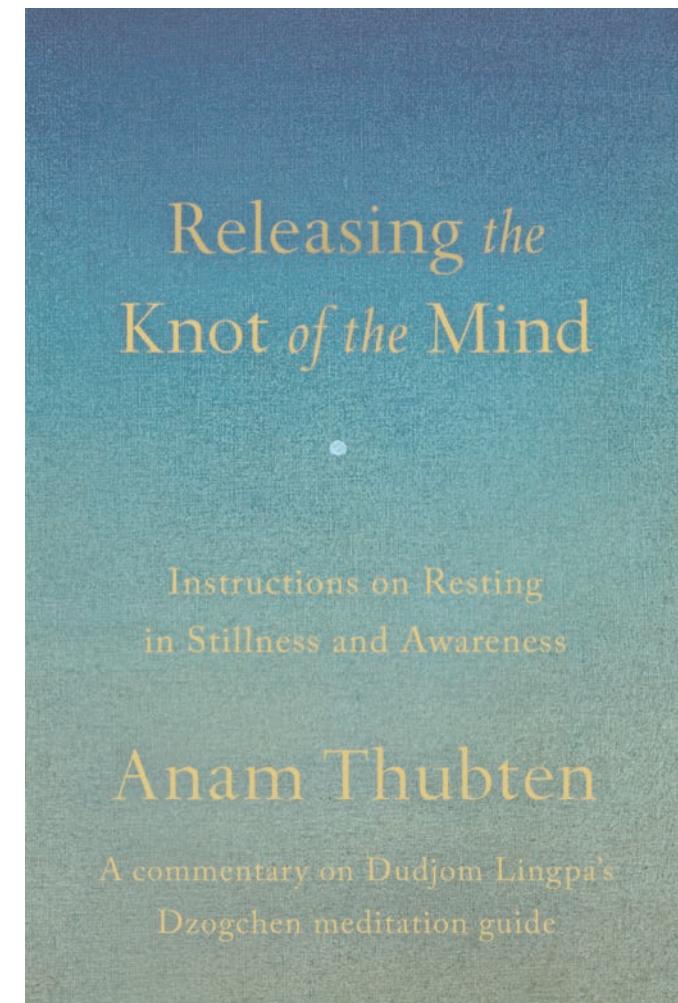
\$24.95 - Trade Pbk

## About the Book

Release the complexity of conceptual thinking to rest in the nature of mind with this accessible exploration of essential Dzogchen teachings.

Renowned Buddhist teacher Anam Thubten presents a powerful exploration of the nineteenth-century yogi Dudjom Lingpa's essential Dzogchen teachings as found in his song of realization. Through clear, accessible language, Anam Thubten reveals traditional Tibetan Buddhist methods for recognizing and resting in our natural state of awareness, according to the Dzogchen, or Great Perfection, tradition. The book seamlessly integrates traditional Buddhist wisdom with contemporary insights. Readers will discover how to work with mental hindrances, cultivate genuine presence, and access the mind's inherent clarity.

This book provides invaluable tools for awakening to your true nature. Anam Thubten's teachings guide readers toward meeting life with equanimity and genuine compassion, without getting caught up in temporary experiences meditation can generate. This book serves as an indispensable companion for anyone seeking to transform their relationship with the knots of their own minds to rest in natural clarity and awareness. Includes a link to two guided audio meditations.



## About the Author

ANAM THUBTEN is a Buddhist teacher in the Nyingma lineage of Tibetan Buddhism. He is the author of numerous books in both Tibetan and English. He is the spiritual advisor for both Dharmata Foundation and Kailash Fellowship, which is dedicated to preserving Dudjom Lingpa's lineage.

Religion - Buddhism - Tibetan

Self-Help - Meditations

Religion - Buddhism - Sacred Writings

SHAMBHALA

04/28/2026

PAGES: 208

ISBN: 9781645475446

# Rude Awakenings

An Unconventional Guide to the Buddhist Path

By Samuel Bercholz

\$24.95 - Trade Pbk

## About the Book

From the founder of Shambhala Publications, a no-nonsense, occasionally irreverent field guide to busting out of your own neuroses—mixing Buddhist wisdom and a dash of mischief to help you wake up (even in the middle of work, sex, and your bank account).

In this refreshingly unfiltered guide, Sam Bercholz—founder of Shambhala Publications and a lifelong student and teacher of Buddhism—invites you to drop the pretense, roll up your sleeves, and get real about waking up.

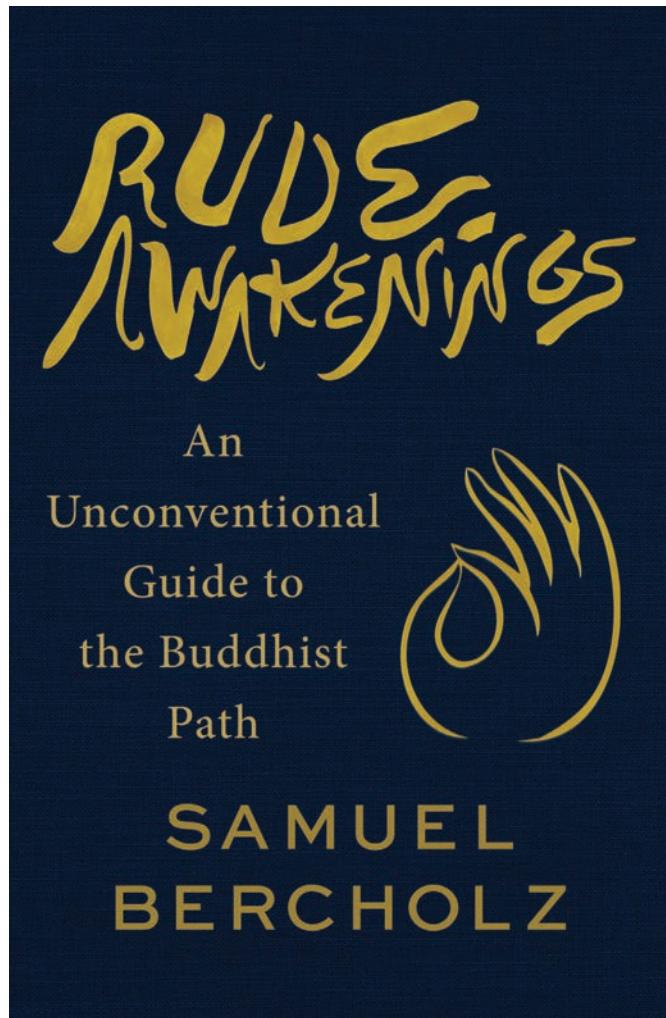
Drawing on decades of firsthand experience with some of the most influential Buddhist teachers of our time, Sam serves up the full spectrum of Buddhist teachings with a healthy dose of humor and zero sugarcoating. This isn't about sitting on a cushion and pretending you're above it all. It's about wrestling with your own distractions, addictions, and neuroses—right in the middle of your messy, beautiful, everyday life.

From meditation and tonglen to the everyday chaos of work, sex, and money, Sam gets his hands dirty with the real challenges of being human—no spiritual bypassing required. He dives into the gritty details of breaking free from habitual patterns, finding flashes of clarity in the chaos, and discovering your own basic goodness—even when you feel like a total mess.

You'll get the inside scoop on Vajrayana teachings, the power of lineage, and the Shambhala path of warriorship, all delivered with Sam's trademark irreverence and honesty. If you're looking for a guide who's been through the wringer and come out laughing—and who'll urge you to live the teachings, not just read about them—this is your invitation to wake up, lighten up, and join the dance.

## About the Author

As the founder of Shambhala Publications, SAM BERCHOLZ has been instrumental in the transmission of Buddhism and authentic lineages of wisdom from Asia to the rest of the world. He has been a close disciple of two of the great luminaries of his time, Chögyam Trungpa Rinpoche and Thinley Norbu Rinpoche, who both empowered him to teach. His books include the best-selling anthology *The Buddha and His Teachings* (coedited with Sherab Chodzin Kohn) and a graphic memoir titled *A Guided Tour of Hell* (illustrated by Pema Namdol Thaye). A senior teacher in the Nyingma and



Kagyu schools of Tibetan Buddhism. Sam has taught extensively in North America, Europe, and Australasia, often at the request of Traleg Kyabgon. His fearless, humorous, and deeply personal style makes the age-old tradition of Buddhism eminently relatable.

Self-Help - Motivational & Inspirational  
Religion - Buddhism - Tibetan  
Philosophy – Buddhist

SHAMBHALA  
08/25/2026  
PAGES: 384  
ISBN: 9781645473282

# Skymind

The Radical Path of Open Awareness

By Charlotte Rotterdam and Pieter Oosthuizen;  
foreword by Lama Tsultrim Allione

\$29.95 - Trade Pbk

## About the Book

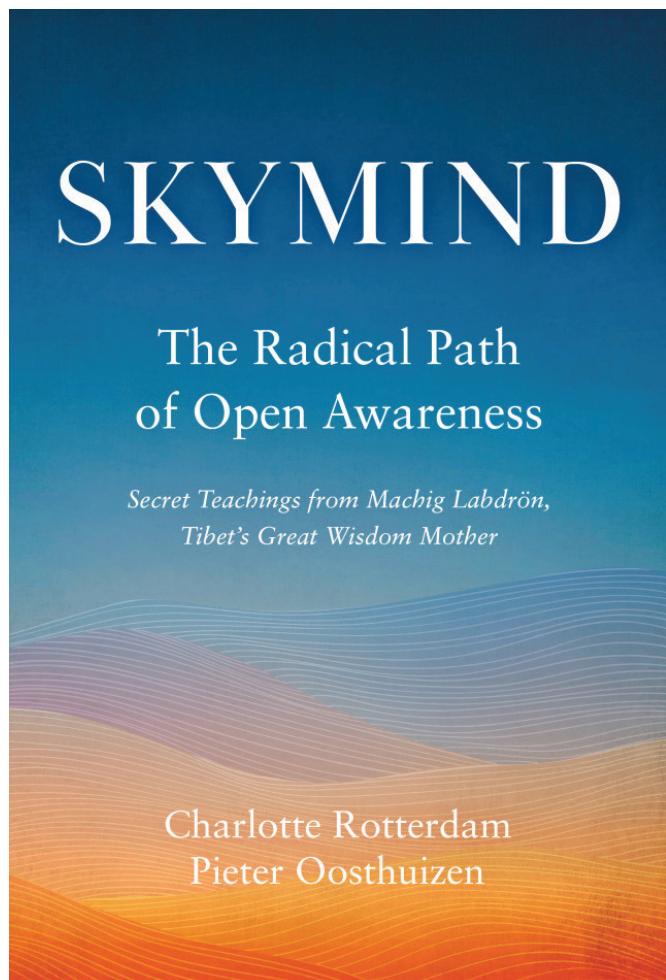
Tibetan Buddhist wisdom meets modern life in this powerful guide that teaches you to face inner obstacles with courage, embrace all of life's experiences, and live with clarity and boundless awareness—even amid constant ups and downs.

Amid life's relentless challenges, uncertainties, and endless striving, how do we find a sense of ease, clarity, and connection? *Skymind* offers a way to step back from life's constant push and pull and discover the spaciousness and wholeness that has always been within you. Inspired by the revolutionary teachings of Machig Labdrön, an eleventh-century Tibetan yogini who pioneered a radical approach to inner freedom, this book introduces Skymind meditation—a practice that helps you cultivate clarity, compassion, and resilience by resting in the sky-like nature of your mind.

Through simple exercises, contemplations, and Machig's powerful verses, you'll be guided to meet life's challenges with courage and radical acceptance. These teachings invite you to embrace every part of your experience—even the emotions and thoughts you'd rather avoid—and discover the freedom that comes from including everything in your awareness. Whether you are new to meditation or a seasoned practitioner, *Skymind* offers profound insights and practical tools to help you live with authenticity, ease, and a heart as vast as the sky.

## About the Authors

CHARLOTTE ROTTERDAM, MTS, and PIETER OOSTHUIZEN began their Dharmic paths over twenty-five years ago—Pieter through meeting the Dalai Lama in Dharmasala and later receiving teachings from Namkhai Norbu Rinpoche in South Africa; Charlotte through her graduate studies at



Harvard Divinity School. They met while directing Naropa University's School for Extended Studies in the late '90s. As program director, Charlotte invited numerous Buddhist teachers such as Lama Tharchin Rinpoche, Ponlop Rinpoche, Namkha Drimed Rinpoche, John Daido Loori Roshi, and Traleg Rinpoche. They later served as executive codirectors of Tara Mandala, the retreat center founded by Lama Tsultrim Allione, and are now senior teachers in that lineage. In 2016, Charlotte received the title Magyu Lopön from Lama Tsultrim, officially designating her lead teacher and lineage holder of the Mother Lineage at Tara Mandala. They've offered retreats at Tara Mandala and internationally since 2005.

Religion - Buddhism - Tibetan

Body, Mind & Spirit - Mindfulness & Meditation

Religion - Buddhism - Rituals & Practice

**Subrights Sold:** Czech

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## French

Ms. Catherine Lapautre  
Agence Michelle Lapautre  
91 ter, rue du Cherche-Midi  
75006 Paris  
France  
[catherine@lapautre.com](mailto:catherine@lapautre.com)

## Hungarian

Eszter Szász  
Katai & Bolza Literary Agents  
H-1068 Budapest  
Benczur u. 11.  
Hungary  
[esther@kataibolza.hu](mailto:esther@kataibolza.hu)

## Czech

Ms. Kristin Olson  
Kristin Olson Literary Agency  
Klimentská 24  
110 00 Praha 1  
Czech Republic  
[kristin.olson@litag.cz](mailto:kristin.olson@litag.cz)

## Finnish

Alexander Schwarz  
Alexander Schwarz Literary Agency  
Tolakkerweg 37  
NL-3739 JG Hollandsche Rading  
Netherlands  
[alexander@alexanderschwarzliteraryagency.com](mailto:alexander@alexanderschwarzliteraryagency.com)

## Indonesian

Mr. Santo Manurung  
Maxima Creative Agency  
Beryl Timur No.41  
Gading Serpong –Tangerang 15810  
Indonesia  
[santo@cbn.net.id](mailto:santo@cbn.net.id)

## Danish

Alexander Schwarz  
Alexander Schwarz Literary Agency  
Tolakkerweg 37  
NL-3739 JG Hollandsche Rading  
Netherlands  
[alexander@alexanderschwarzliteraryagency.com](mailto:alexander@alexanderschwarzliteraryagency.com)

## German

Maria Dürig  
Mohrbooks AG Literary Agency  
Hofackerstr. 13a  
8032 Zurich  
Switzerland  
[sales@mohrbooks.com](mailto:sales@mohrbooks.com)

## Italian

Erica Berla  
Berla & Griffini Rights Agency  
Via G.G. Mora 7  
20123 Milano  
Italy  
[berla@bgagency.it](mailto:berla@bgagency.it)

## Japanese

Ms. Nami Horike  
The English Agency Ltd.  
Sakuragi Bldg., 4F  
6-7-3 Minami Aoyama  
Minato-ku, Tokyo 107  
Japan  
Fax: (81-3) 3406-5387  
nami.horiike@eaj.co.jp

## Korean

Ms. Young-Sun Choi  
Sibylle Books Literary Agency  
42, Ilsan-ro 285beon-gil  
Ilsandong-gu, Goyang-si  
Gyeonggi-do 10411  
Republic of Korea  
youngsun.choi@sibyllebooks.com

## Latvian/Lithuanian

Tatjana Zoldnere  
Eastern European  
and Asian Rights Agency  
P.O. Box 77  
Riga, LV 1011  
Latvia  
zoldnere@eearagency.com

## Norwegian

Alexander Schwarz  
Alexander Schwarz Literary Agency  
Tolakkerweg 37  
NL-3739 JG Hollandsche Rading  
Netherlands  
alexander@  
alexanderschwarzliteraryagency.com

## Polish

Kamila Kanafa  
Macadamia Literary Agency  
ul. Nugat 3 m. 20  
02-776 Warsaw  
Poland  
Tel: 0048 793 930 360  
kamila@macadamialit.com  
macadmialit.com

## Portuguese (Portugal and Brazil)

Ms. Elizabeth Atkins  
A.C.E.R.  
Amor de Dios, 1  
28014 Madrid  
Spain  
eatkins@acerliteraria.com

## Romanian

Ms. Simona Kessler  
International Copyright Agency, Ltd.  
Str. Banul Antonache 37  
011663 Bucharest 1  
Romania  
simona@kessler-agency.ro

## Russian

Mr. Alexander Korzhenevski  
Alexander Korzhenevski Agency  
7th Parkovaya 28-100  
Moscow 105264  
Russia  
alex@aklitagency.com

## Slovak

Ms. Kristin Olson  
Kristin Olson Literary Agency  
Klimentská 24  
110 00 Praha 1  
Czech Republic  
kristin.olson@litag.cz

## Slovenian

Eszter Szász  
Katai & Bolza Literary Agents  
H-1068 Budapest  
Benczur u. 11.  
Hungary  
esther@kataibolza.hu

## Spanish

Ms. Elizabeth Atkins  
A.C.E.R.  
Amor de Dios, 1  
28014 Madrid  
Spain  
eatkins@acerliteraria.com

## Swedish

Alexander Schwarz  
Alexander Schwarz Literary Agency  
Tolakkerweg 37  
NL-3739 JG Hollandsche Rading  
Netherlands  
alexander@alexanderschwarzliteraryagency.com

## Thai

Winnie Waropas  
Right Thing Agency (RTA)  
99/399 Soi 4, Mooban Setthasiri,  
Kanchanapisek Road  
Kannayao, Kannayao, Bangkok,  
Thailand 10230  
winnie.righthingagency@gmail.com

## Turkish

Mustafa Ürgen  
Libris Agency  
Zuhtupasa Mah.  
Sefik Bey Sok. No:3 (Archerson)  
34724 Kadikoy / Istanbul  
Turkey  
mustafa@librisagency.com

## Ukrainian

Tatjana Zoldnere  
Andrew Nurnberg Associates Baltic  
P.O.Box 77  
Riga, LV 1011  
Latvia  
zoldnere@anab.apollo.lv

## Vietnamese

Winnie Waropas  
RTA Rights Agency  
99/399 Soi 4, Mooban Setthasiri,  
Kanchanapisek Road  
Kannayao, Kannayao, Bangkok,  
Thailand 10230  
winnie.righthingagency@gmail.com

## English for the Indian Subcontinent

Ritesh Singh (Director)  
Thoughts and Tales Private Limited  
T3/302, Zion Lakeview Apartments,  
Sector 48 Faridabad, Haryana  
India - 121001  
thoughtsntales@gmail.com