

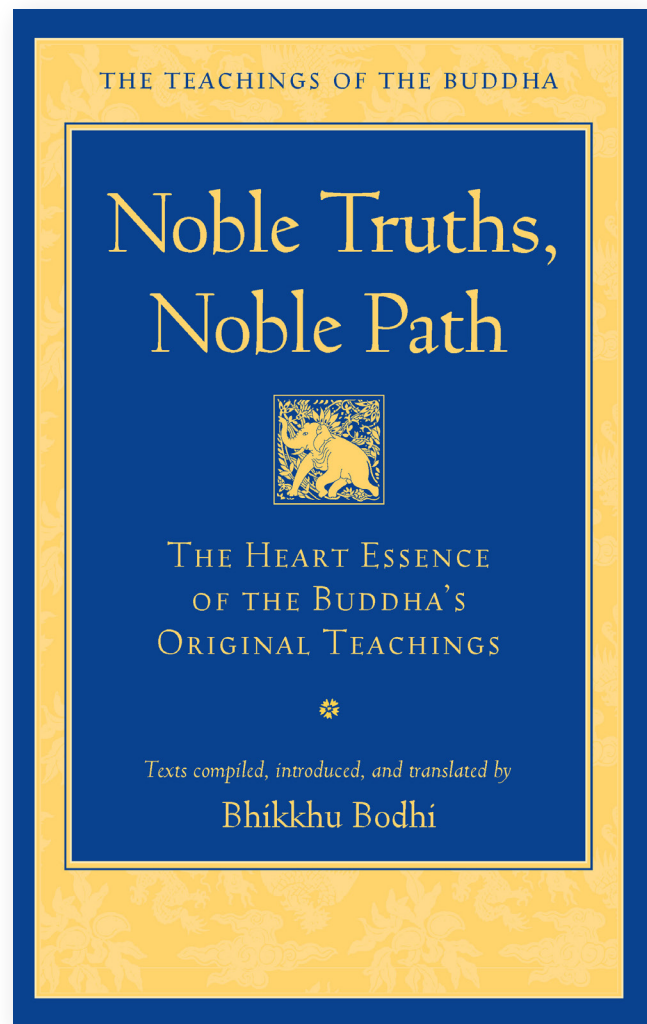
NOBLE TRUTHS,
NOBLE PATH
*THE HEART ESSENCE OF
THE BUDDHA'S ORIGINAL
TEACHINGS*

Bhikkhu Bodhi

January 9, 2024 | Paperback | 200 pages

\$19.95 | 6" x 9" | 9781614299189

This anthology of
suttas from the
Samyutta Nikaya
enables students of
Early Buddhism to
penetrate into the
heart of the Buddha's
teachings on the four
noble truths and the
eightfold path.



Brilliantly translated by Bhikkhu Bodhi, this anthology of suttas from the Samyutta Nikaya takes us straight to the heart of the Buddha's teaching on liberation through the four noble truths and the noble eightfold path—the two mainstays of Buddhist doctrine that illuminate the nature of things by generating direct insight into the teachings. These suttas all pertain to the ultimate good, the attainment of nibbana, or liberation. They illuminate the Buddha's radical diagnosis of the human condition—and more broadly, the condition of all sentient existence—in light of the four noble truths. They underscore the pervasive flaws inherent in the round of rebirths, trace our existential predicament to its deepest roots, and lay out the path to unraveling our bondage and winning irreversible release. Ven. Bodhi arranged the chapters, each with its own introduction, to provide an overview of the Dhamma that mirrors the four noble truths, thus enabling students of Early Buddhism to see into the heart of the Buddha's teachings as directly and clearly as possible.

PERSEVERANCE

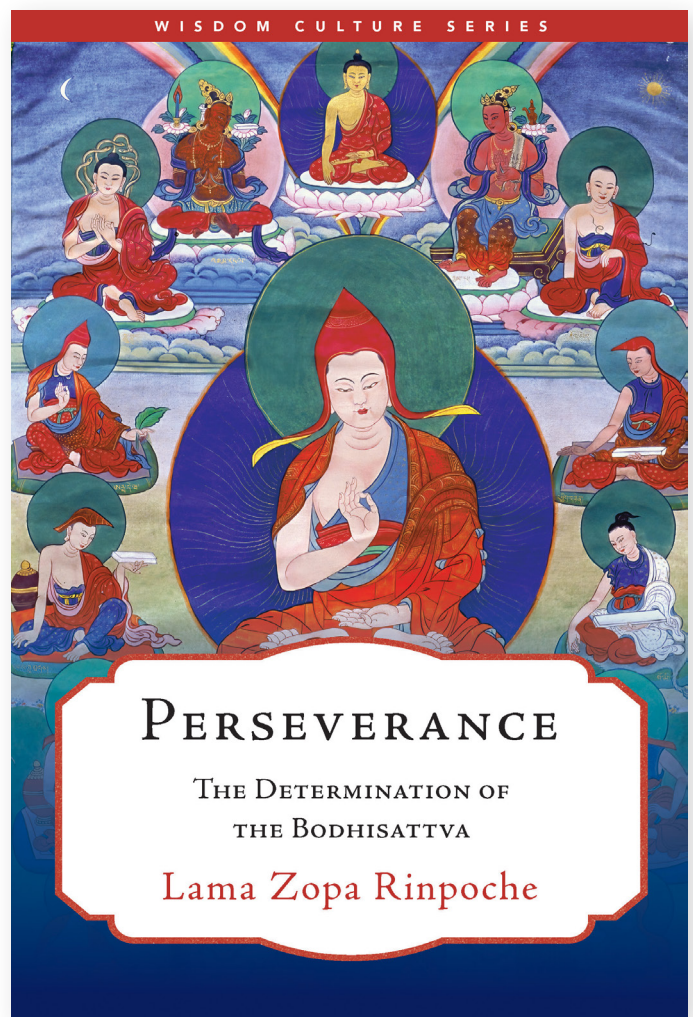
THE DETERMINATION OF THE BODHISATTVA

Lama Zopa Rinpoche

January 23, 2024 | Paperback | 216 pages

\$24.95 | 6" x 9" | 9781614298977

Dive deep into perseverance, one of the core practices of the bodhisattvas, with beloved teacher Lama Zopa Rinpoche as a guide.



Perseverance, or *virya*, is also translated as “energy,” “fortitude,” or “vigor.” One of the six perfections, or *paramitas*, it is one of the trainings of the bodhisattvas and a deeply necessary quality for the Buddhist path. But it’s far from the kind of head-down, stubborn determination the name could imply; instead, it’s joyful energy that enables us to practice.

Rinpoche’s commentary is structured around the fifth and seventh chapters of the beloved *Guide to the Bodhisattva’s Way of Life* by the eighth-century philosopher-poet Shantideva. Interweaving his teaching with Shantideva’s verses, Rinpoche elucidates this prerequisite for enlightenment, explaining what it is and how to cultivate it: guard your mind, gather virtue, work for others—and find incredible joy in these things.

“When we have perseverance, we will have no obstacles, which means obstacles to any happiness, especially to ultimate happiness, the freedom from the oceans of samsaric suffering, and most importantly to peerless happiness, the state of the omniscience that is enlightenment.”

—Lama Zopa Rinpoche

BUDDHA'S WORDS FOR TOUGH TIMES

AN ANTHOLOGY

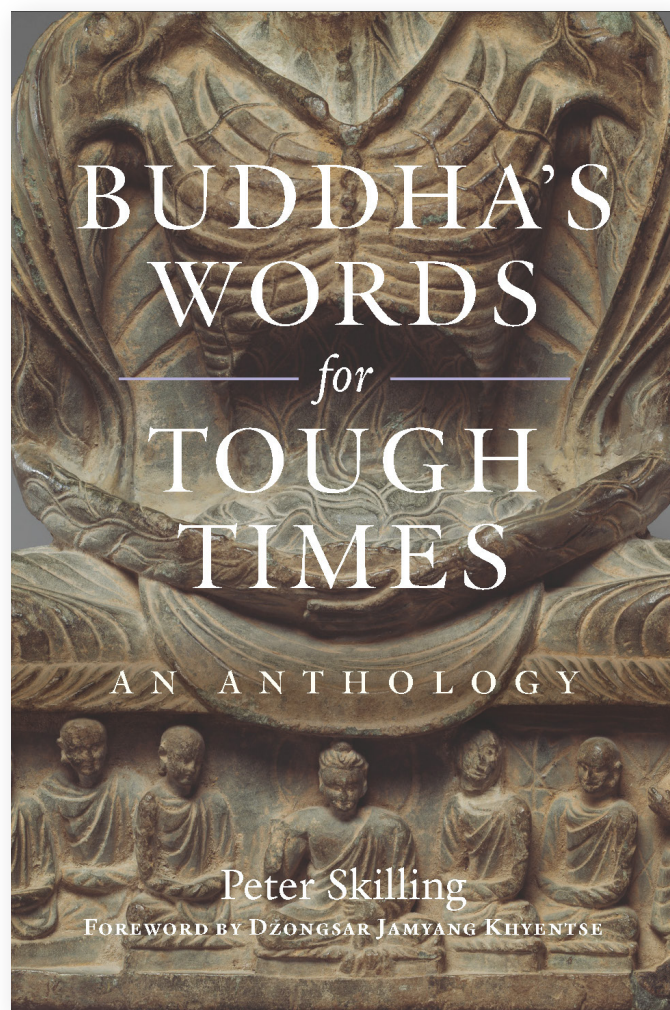
Peter Skilling

Foreword by Dzongsar
Jamyang Khyentse

February 20, 2024 | Paperback | 552 pages

\$49.95 | 6" x 9" | 9781614298892

Twenty translations
from the vast corpus
of Buddhist literature
come alive in this
full-color anthology
of ancient wisdom
for turbulent times,
as a master scholar
uncovers their sources
and significance.



Change and loss have always been part of the human condition, but in today's world, the pace and intensity of uncertainty has reached new extremes. The Buddha observed the truth of impermanence more than 2,500 years ago and diagnosed the source of the anxiety it engenders so incisively that his prescription still resonates and heals here and now.

In *Buddha's Words for Tough Times*, Peter Skilling, one of the world's foremost authorities on Buddhist scripture, brings the reader face to face with the wealth of Buddhist literature, from a teaching in a single word, to a seminal collection of verses on impermanence, to narrations of the Buddha's teaching journeys across the Gangetic Plain. Translating from sources in Tibetan, Sanskrit, and Pāli, he uncovers the complex history of the vast writings of the Buddhist canons, and his skill in revealing the meaning of twenty gems from within those riches brings them alive for English readers. We could have no better guide for this exploration, an exploration whose value is more urgent than ever.

NĀGĀRJUNA'S PRECIOUS GARLAND RATNĀVALĪ

Sara L. McClintock and
John D. Dunne

March 5, 2024 | Paperback | 368 pages
\$34.95 | 6" x 9" | 9781614298465

Discover the
eloquence and insight
of the philosopher
Nāgārjuna in this
concise instruction
for a king that
is considered a
masterpiece of
Buddhist literature.

Nāgārjuna's Precious Garland रत्नावली *Ratnāvalī*

CLASSICS OF INDIAN BUDDHISM



Sara McClintock and John Dunne

In this profound work of five hundred verses, we encounter a presentation of Buddhism that integrates both the worldly and the transcendent. The clear and sagacious advice laid out on every page serves as a road map to one's highest goal—whether that goal is a better life, here called the Dharma of ascendance, or the ultimate one of spiritual freedom, the Dharma of the highest good. The verses, written for an unnamed ruler, touch on questions of statecraft, but their broader themes speak to us today because they tackle the difficulty of integrating one's spiritual journey with the social and political demands of daily life.

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

This sixth volume in Wisdom's Classics of Indian Buddhism series is an elegant and precise rendering of Nāgārjuna's work and is certain to become the touchstone translation of this celebrated Buddhist text.

ABIDING IN EMPTINESS

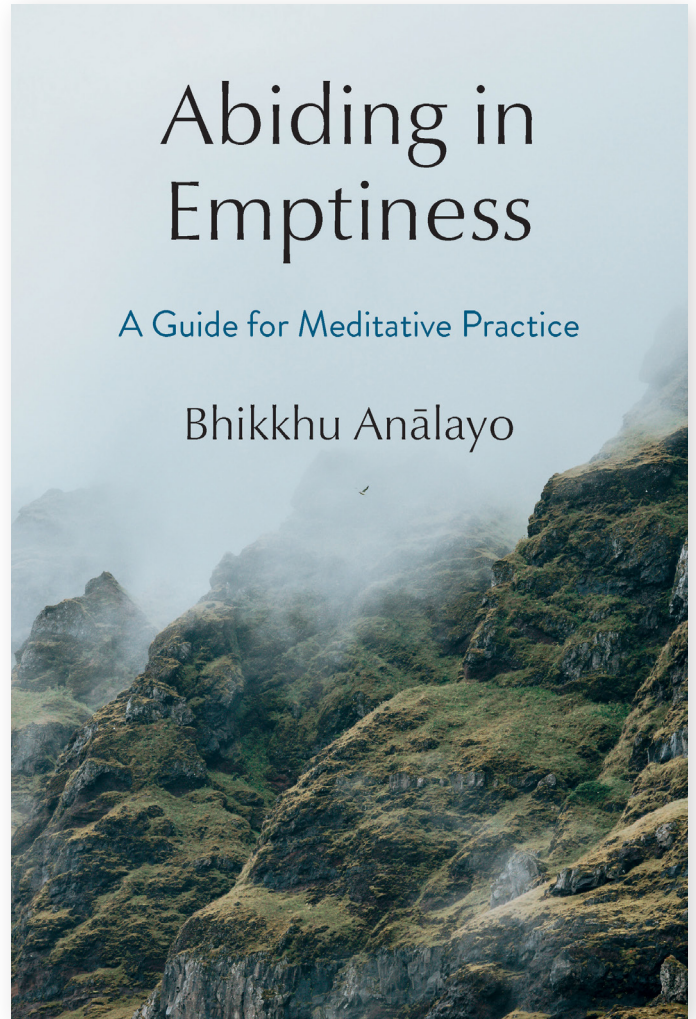
A GUIDE FOR MEDITATIVE PRACTICE

Ven. Bhikkhu Anālayo

March 12, 2024 | Hardcover | 200 pages

\$26.95 | 6" x 9" | 9781614299172

An incisive look
into the early
Buddhist teachings
on emptiness, and a
manual for bringing
those teachings into
our everyday lives.



Before the growth of the Mahāyāna and the Perfection of Wisdom, before Avalokiteśvara taught Śāriputra the meaning of emptiness, the Buddha gave his own teachings, to his attendant Ānanda, on the importance of emptiness (Pāli: *suññatā*, Sanskrit: *śūnyatā*) in everyday practice. In this volume, renowned scholar-monk Bhikkhu Anālayo explores these teachings and shows us how to integrate them into our lives.

In this practical companion to his scholarly work *The Signless and the Deathless: On the Realization of Nirvana*, Bhikkhu Anālayo draws from instructions found in the Greater and the Smaller Discourses on Emptiness (the *Mahāsuññatasutta* and the *Cūlasuññatasutta*). In each chapter, he provides a translation of a pertinent excerpt from the discourses, follows this with clear and precise explanations of the text, and concludes by offering instructions for practice.

Step by step, beginning with daily life and concluding with Nirvana, Bhikkhu Anālayo unpacks the Buddha's teachings on this foundational concept.

FOOTPRINTS ON THE JOURNEY

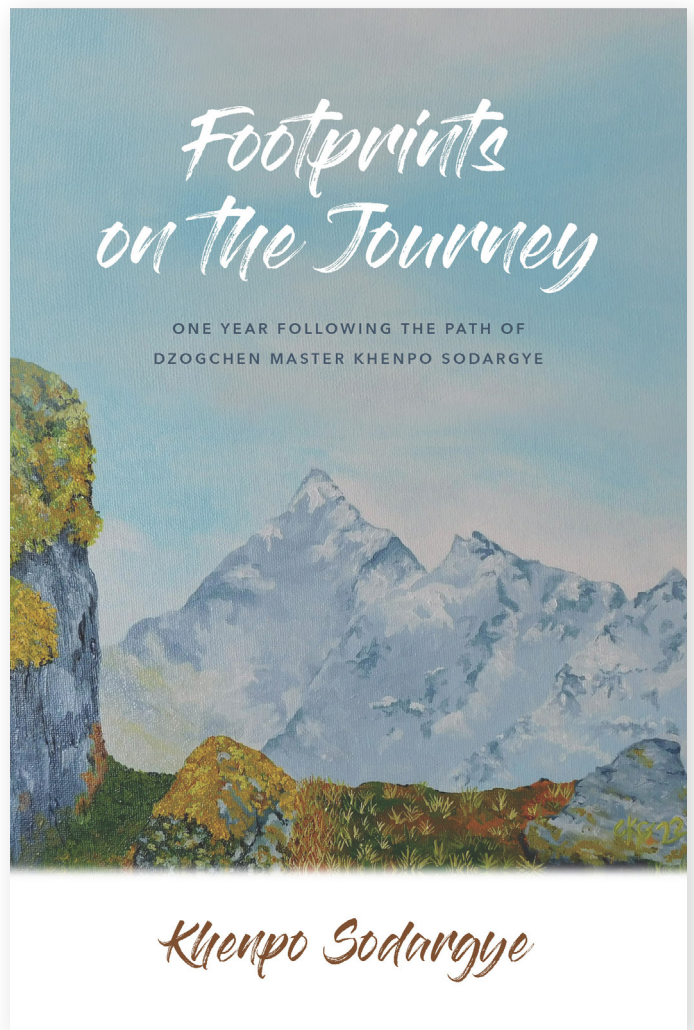
ONE YEAR FOLLOWING
THE PATH OF DZOGCHEN
MASTER KHENPO SODARGYE

Khenpo Sodargye

March 26, 2024 | Paperback | 344 pages

\$29.95 | 6" x 9" | 9781614298922

Inspiring diary entries
from one challenging
year in the life of the
renowned Dzogchen
master Khenpo
Sodargye to guide
Dharma practitioners
in right conduct for
their journey on the
path.



This personal diary of one year in the life of the renowned Dzogchen master Khenpo Sodargye gives serious Dharma practitioners a lifetime of inspiring, wise guidance for practicing right conduct on the path. The backdrop of this journal is the Tibetan plateau, from where Khenpo invites us to see the world—from hospital staff to a spider, from vast galaxies to a water droplet—as he does, with candor and humor, and with a Dzogchen master's sharp analysis. He shares with us his perceptions of this world, describing his ups and downs in a way that we can relate to and be inspired by, even if we do not have the fortitude to stand up to the oppression of crustaceans or to ransom yaks from the slaughterhouse. Spontaneous and lively, the entries play out the vicissitudes of his life throughout a challenging year, tracking the passage of his days and thoughts, leaving footprints for whoever is able to follow.

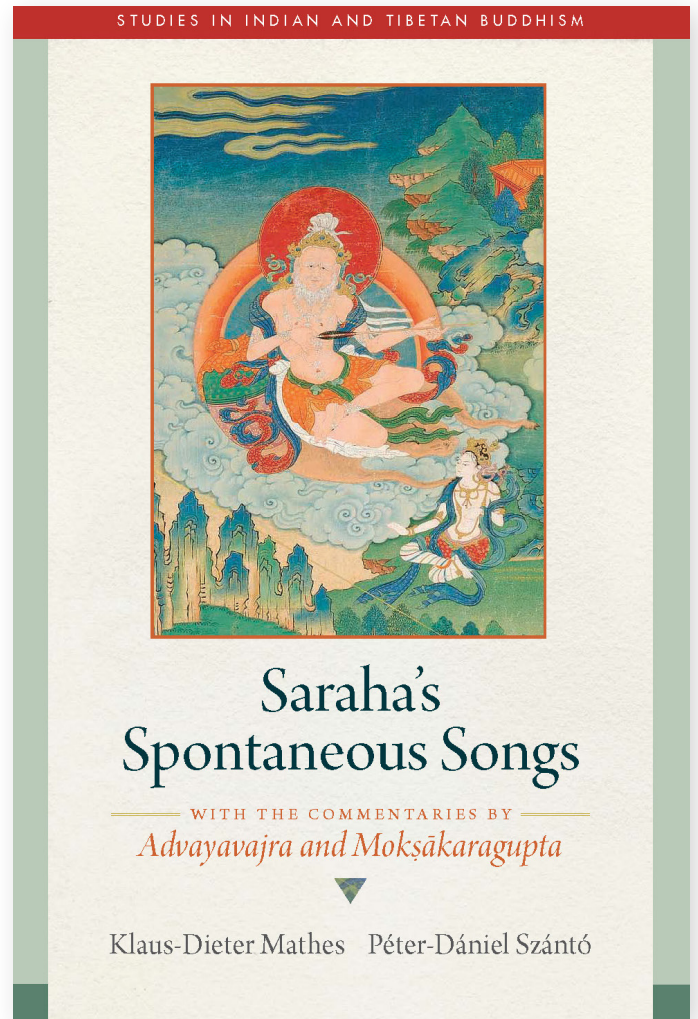
SARAHĀ'S SPONTANEOUS SONGS

WITH THE COMMENTARIES
BY ADVAYAVAJRA AND
MOKSĀKARAGUPTA

Klaus-Dieter Mathes and
Péter-Dániel Szántó

April 9, 2024 | Hardcover | 592 pages
\$69.95 | 6" x 9" | 9781614297284

The first volume in
over six decades to
bring to light new
original material on
Saraha's *Treasury of
Spontaneous Songs*
(*Dohākosa*).



To find liberation and realize the true nature of reality, the Indian Buddhist master Saraha says we must leave behind any conceptual assessment of reality, since no model of it has ever been known to withstand critical analysis. Saraha's spontaneous songs, or *dohās*, represent the Buddhist art of expressing the inexpressible. The most important collection of Saraha's songs is the *Dohākosagīti*, better known in Tibet as the *Songs for the People*, and the Tibetan mahāmudrā tradition has done the most to preserve the lineage of Saraha's instructions to the present day.

But Saraha was also widely cited in Indian sources starting around the eleventh century, and one Indic commentary, by the Newar scholar Advayavajra, still exists in Sanskrit. In addition, we have independent root texts of Saraha's songs in the vernacular Apabhramśa in which they were recorded. These Indian texts, together with their Tibetan translations, are here presented in masterful new critical editions, along with the Tibetan translation of the commentary no longer extant in Sanskrit by Mokṣākaragupta. Finally, both commentaries are rendered in elegant English, and the authors offer a brisk but comprehensive introduction.

OCEAN OF ATTAINMENTS



*The Creation Stage of the
Guhyasamāja Tantra*
according to
Khedrup Jé

Translated by Yael Bentor and Penpa Dorjee

OCEAN OF ATTAINMENTS THE CREATION STAGE OF GUHYASAMĀJA TANTRA ACCORDING TO KHEDRUP JÉ

Translated by Yael Bentor and
Penpa Dorjee

April 16, 2024 | Hardcover | 784 pages
\$74.95 | 6" x 9" | 9781614298304

This commentary on
Guhyasamāja tantra is
the seminal guide to
deity yoga and tantric
visualization for
the Geluk school of
Tibetan Buddhism.

Ocean of Attainments was composed by Khedrup Jé Gelek Palsang (1385–1438), one of Tsongkhapa Losang Drakpa's most prominent disciples. Its subject is the creation stage, a quintessential Buddhist tantric meditation that together with the completion stage comprises the path of unexcelled tantra. The *Guhyasamāja Tantra*, referred to as the "king of all tantras," is one of the tantras of the unexcelled mantra; it is revered in Tibet, especially by the Geluk school, for its hermeneutic methods, which are in turn applied to other tantras.

While the previously published *Essence of the Ocean of Attainments* is a concise manual for practice of the Guhyasamāja sādhana, *Ocean of Attainments* is much more detailed, providing extensive scriptural citations, clear explanation of the body mandala, arguments on points of contention, reference to other tantric systems, and critiques of misinterpretations. Complemented by the extensive and clear introduction, this volume is a vital contribution to the growing body of scholarship on Guhyasamāja and on Buddhist tantra in general.

BEARING THE UNBEARABLE

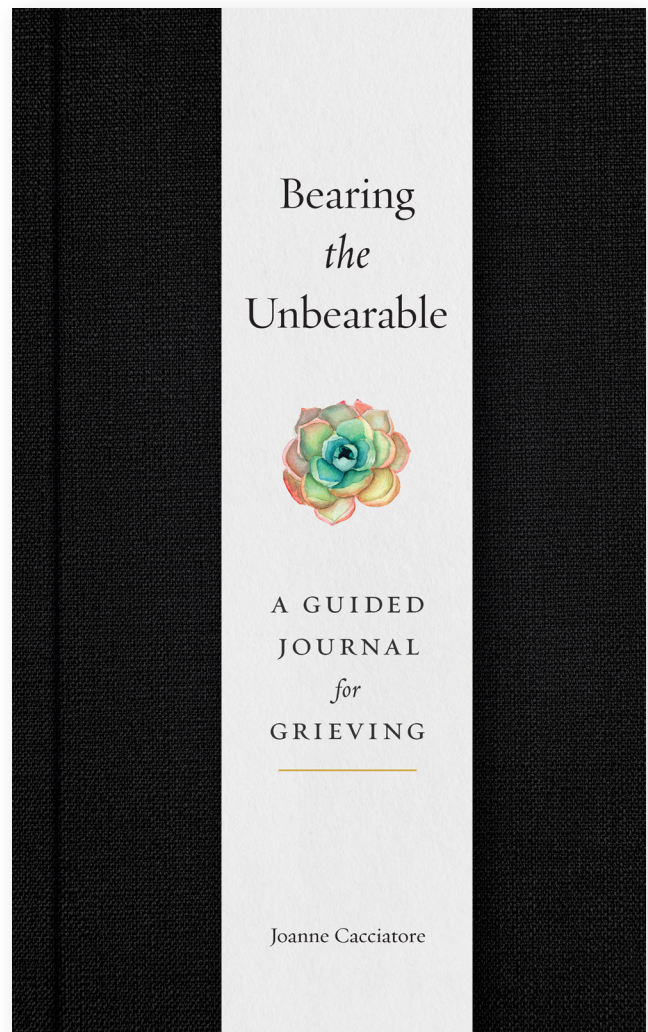
A GUIDED JOURNAL FOR
GRIEVING

Joanne Cacciatore

April 30, 2024 | Hardcover | 209 pages

\$18.95 | 5" x 8.25" | 9781614298991

Grief expert Joanne Cacciatore (author of the bestselling *Bearing the Unbearable*) provides support and guidance, as writing prompts, for anyone experiencing traumatic loss and grief.



From the bestselling author of *Bearing the Unbearable* and *Grieving Is Loving*, here are 52 writing prompts for exploring grief and journaling about those whom we've lost. Writing about those we've lost can be part of a contemplative practice, alone or with therapists, family, friends, or with a grief support group. However you use this journal and its writing prompts, please take the time to write from the heart, really be with each prompt, dive deeply—and do so with a spirit of love and compassion for all beings, including yourself.

THE JHANAS

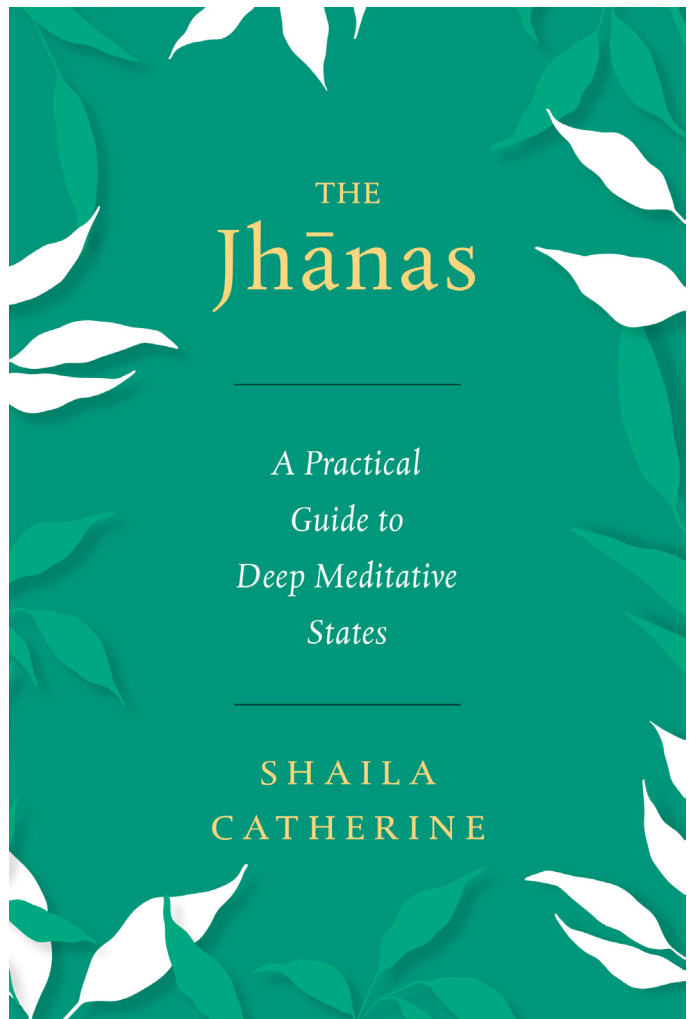
A PRACTICAL GUIDE TO DEEP MEDITATIVE STATES

Shaila Catherine

May 7, 2024 | Paperback | 314 pages

\$19.95 | 6" x 9" | 9781614299462

The Jhanas is about
much more than
mere meditation
or concentration.
It offers a complete
path toward bliss,
fearlessness, and true
awakening.



With this accessible guide, meditators (and non-meditators) can understand how to attain extraordinary states with relative ease. Blended with contemporary examples and pragmatic “how-to” instructions that anyone can try, *The Jhānas* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhānas) that lead to liberating insight. Previously published as *Focused and Fearless*, this new edition clarifies crucial points and offers twenty-one additional exercises, making this a great book for both those new to jhāna practice and those looking to deepen their practice.

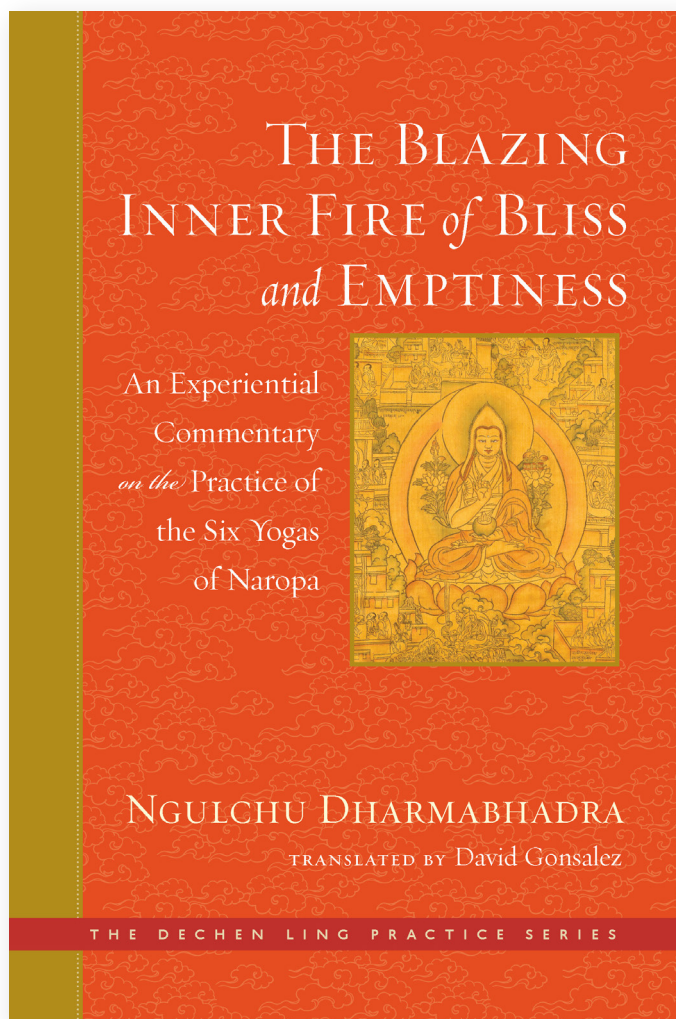
THE BLAZING
INNER FIRE
OF BLISS AND
EMPTINESS
AN EXPERIENTIAL
COMMENTARY ON THE
PRACTICE OF THE SIX YOGAS
OF NAROPA

Translated by David Gonzalez

May 28, 2024 | Hardcover | 194 pages

\$29.95 | 6" x 9" | 9781614295440

A set of commentaries
that present some of
the most rarefied and
secret teachings within
Tibetan Buddhism
from the perspective
of the Dalai Lama's
Gelug school.



The Blazing Inner Fire of Bliss and Emptiness presents lucid translations of a pair of detailed commentaries by the famed Tibetan tantric master Ngulchu Dharmabhadra, illuminating a set of extremely secret and restricted tantric practices of highest yoga tantra.

The first of these commentaries details the practices of the Six Yogas of Naropa, one of the most celebrated and revered systems of completion-stage practice in Tibet. Dharmabhadra's commentary is unique in that it presents the Six Yogas within the context of Vajrayogini practice, making this book a perfect companion piece to *The Extremely Secret Dakini of Naropa* (Wisdom Publications, 2020).

Also contained in this book is Ngulchu Dharmabhadra's lucid commentary on the First Panchen Lama's famous *Supplication for Liberation from [Fear of] the Perilous Journey of the Intermediate State*. The prayer extols the efficacy of the "nine mixings" of the completion stage as direct means of transforming our ordinary death process by using advanced yogas presented in the first commentary on the Six Yogas.

Together, these works present the reader with a profound vision of spiritual transformation.

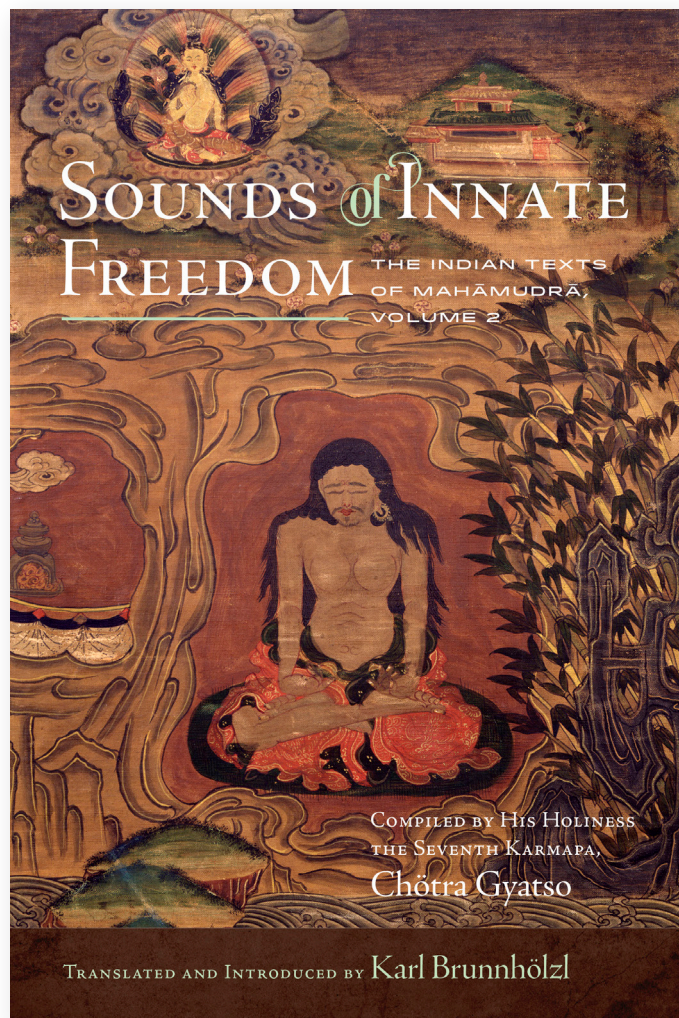
SOUNDS OF INNATE FREEDOM

THE INDIAN TEXTS OF
MAHĀMUDRĀ, VOLUME 2

Karl Brunnhölzl

June 4, 2024 | Hardcover | 951 pages
\$79.95 | 6" x 9" | 9781614297093

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



Sounds of Innate Freedom: The Indian Texts of Mahāmudrā are historic volumes containing many of the first English translations of the classic Mahāmudrā literature. The texts and songs in these volumes constitute the large compendium called *The Indian Texts of the Mahāmudrā of Definitive Meaning*, compiled by the Seventh Karmapa, Chötra Gyatso (1456–1539). Translated, introduced, and annotated by Karl Brunnhölzl, acclaimed senior teacher at the Nalandabodhi community of Dzogchen Ponlop Rinpoche, the collection offers a brilliant window into the richness of the vast ocean of Indian Mahāmudrā texts cherished in all Tibetan lineages, particularly in the Kagyü tradition, giving us a clear view of the sources of one of the world’s great contemplative traditions.

This volume (thirty-four texts) contains two long-established sets of Mahāmudrā works: “The Sixfold Pith Cycle” and short texts of Maitripa’s “Twenty-Five Dharmas of Mental Nonengagement,” which present a blend of Madhyamaka, Mahāmudrā, and certain tantric principles, as well as two commentaries by Maitripa’s students. The vital focus of this volume is the accomplishment of true reality.

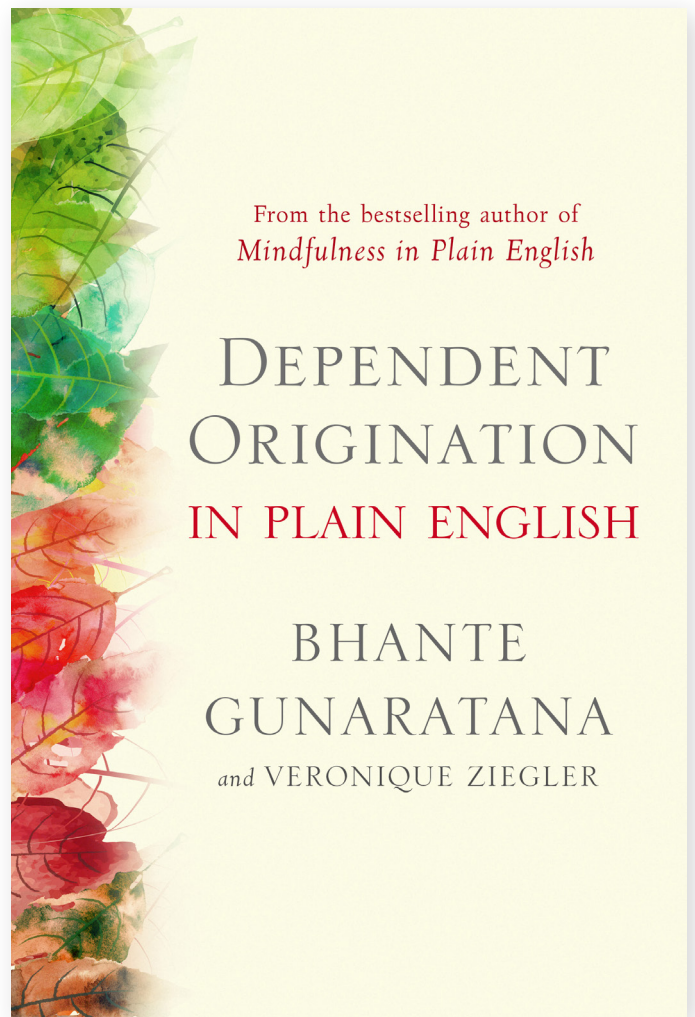
DEPENDENT ORIGINATION IN PLAIN ENGLISH

Bhante Gunaratana and
Veronique Ziegler

June 11, 2024 | Paperback | 135 pages

\$18.95 | 6" x 9" | 9781614298984

The author of
*Mindfulness in Plain
English* unpacks the
foundational Buddhist
theory of dependent
origination, showing
us how by eliminating
ignorance we can
eliminate suffering.



From the bestselling author of
Mindfulness in Plain English

DEPENDENT ORIGINATION IN PLAIN ENGLISH

BHANTE
GUNARATANA
and VERONIQUE ZIEGLER

Nothing happens by accident. All things, no matter how mundane or meaningful, arise based on causes and conditions. And without those causes and conditions, they would not arise at all. This, in short, is the Buddha's teaching of dependent origination. Embedded in this fundamental theory are central teachings, such as nonself, impermanence, and the four noble truths. And from it we can see for ourselves how suffering and rebirth, the great problems lying at the heart of the dhamma, arise—and how they pass away.

In *Dependent Origination in Plain English*, the venerable scholar-monk Bhante Gunaratana and his student Veronique Ziegler break down this keystone Buddhist teaching from the Pali canon into its core components, guiding the reader step by step from ignorance to suffering and its end. The process leading to future rebirths may seem far off, but it's not some distant event. It's happening now, with every breath you take.

A MONK'S GUIDE TO FINDING JOY

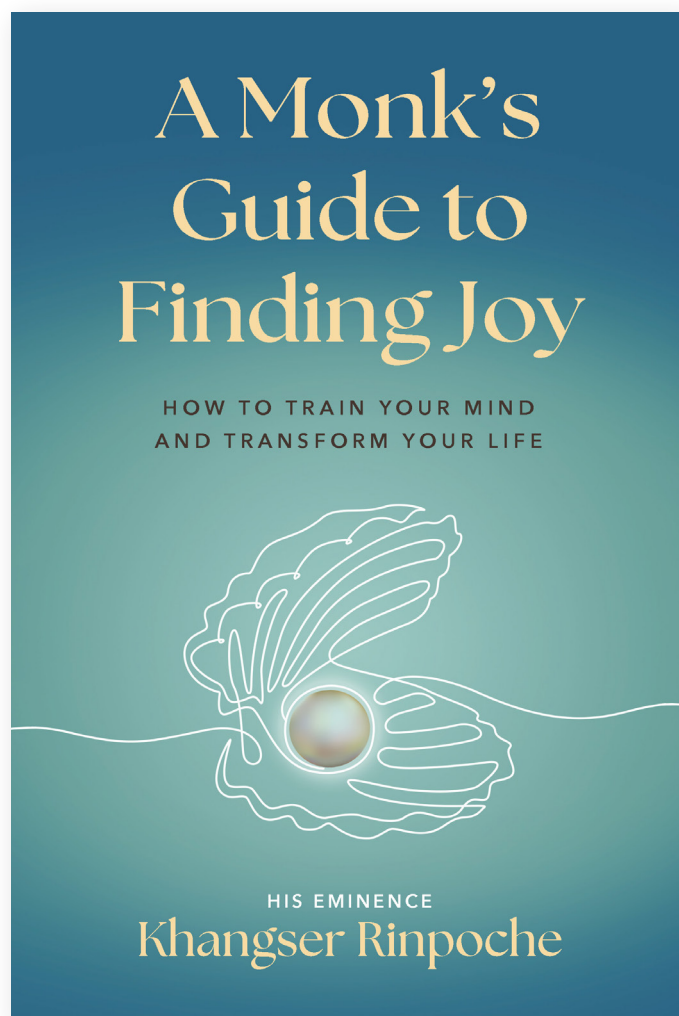
HOW TO TRAIN YOUR MIND
AND TRANSFORM YOUR
HEART

His Eminence Khangser
Rinpoche

July 2, 2024 | Paperback | 204 pages

\$19.95 | 6" x 9" | 9781614299158

A profound and
practical guide to
uncovering your own
wise mind and kind
heart.



We all want to find happiness. But how do we go about it? In this easygoing and clear-sighted guide, celebrated Buddhist meditation and philosophy master Khangser Rinpoche provides us with down-to-earth advice on how to train our minds and find our own innate wisdom and kindness along the way. He helps us see the profound insight that is open to us all, and how it can awaken us to the truth of the way things are. This insight into the truth, and the practices that help you cultivate this awareness, transform suffering into wisdom and compassion—and ultimately joy.

A Monk's Guide to Finding Joy brings the ancient Tibetan mind-training tradition into our twenty-first-century lives. Through stories, real-life examples, reflections, and meditation practices—all told with warmth and humor—Khangser Rinpoche shows us how we can transform the suffering of our life into happiness. When we train the mind from within the context of our difficult emotions, we can find true joy, just as the oyster transforms sand into a pearl.

THE POWER OF MEDITATION

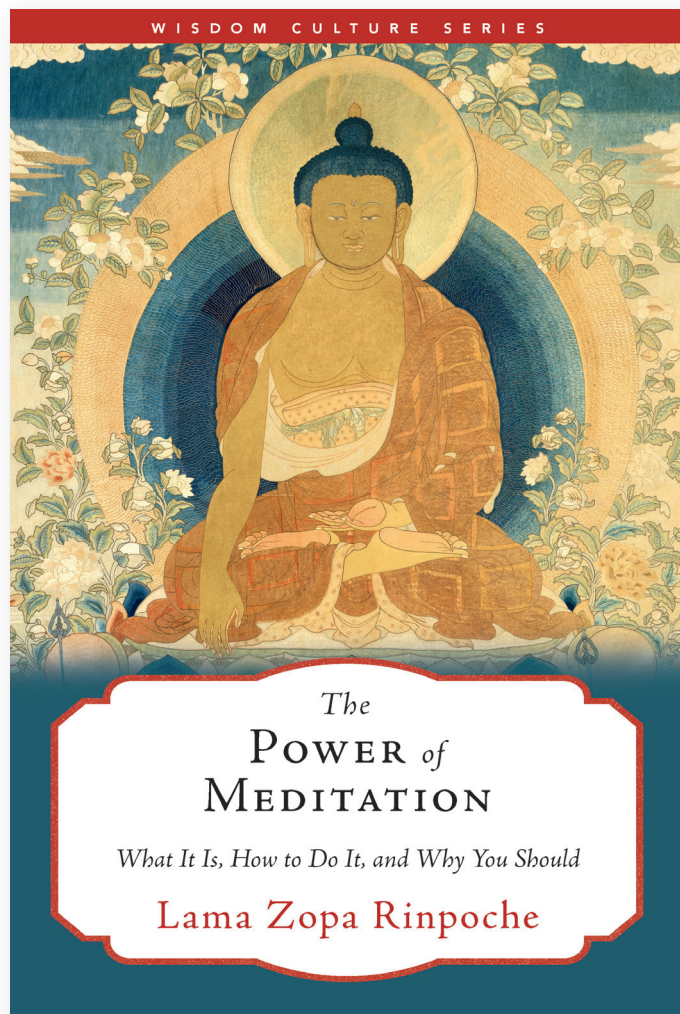
A COMPLETE GUIDE TO TRANSFORMING YOUR MIND

Lama Zopa Rinpoche

July 23, 2024 | Paperback | 306 pages

\$24.95 | 6" x 9" | 9781614297888

What is meditation,
and how do we
practice it?



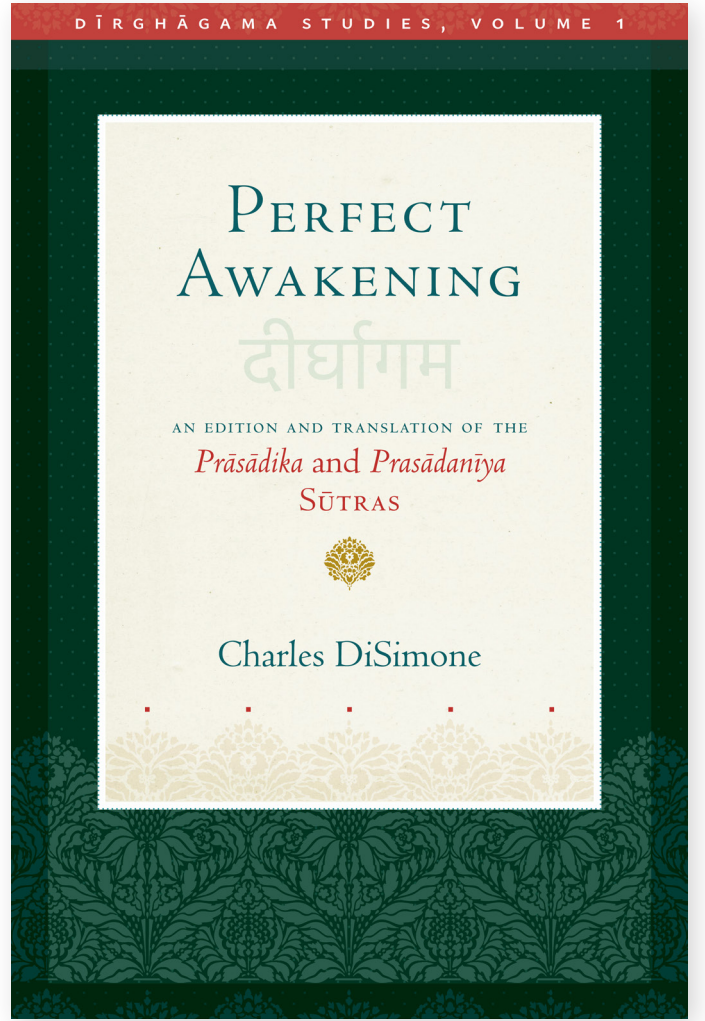
In *The Power of Meditation*, Lama Zopa Rinpoche, beloved teacher and co-founder of the Foundation for the Preservation of the Mahayana Tradition, offers clear explanations and instructions for the life-changing practice of meditation.

From preparatory procedures, such as selecting a space and adopting the proper motivation, to the details of posture and how to focus the mind, Rinpoche offers step-by-step instruction that serves as both a starting point for beginners and a new vantage on familiar techniques for more experienced sitters. In his own direct and plain-spoken style, Rinpoche offers concise explanations for different kinds of meditation, such as *shamatha*, or calm abiding meditation, and *vipashyana*, or insight meditation, delineating their specific techniques and applications. And finally, Rinpoche presents tips for bringing our newfound clarity off of the cushion and into our daily lives, making each moment meaningful.

PERFECT
AWAKENING
AN EDITION AND
TRANSLATION OF
THE PRĀSĀDIKA AND
PRASĀDANĪYA SŪTRAS
Charles DiSimone

August 13, 2024 | Hardcover | 496 pages
\$59.95 | 6" x 9" | 9781614296539

The first in a three-volume series to present a rare manuscript of The Long Discourses in Sanskrit, with a study, translation, and critical edition of two of the sūtras in the collection.



This book provides a translation, critical reconstruction, and study of two of the sūtras in the *Dirghāgama*: the *Prāsādika-sūtra* and the *Prasādanīya-sūtra*. Both sūtras offer what appears to have been late teachings of the Buddha on the nature of faith and the preeminence of the Buddha over all other teachers. The *Prasādanīya-sūtra*, in particular, is the locus classicus for the doctrine that only one Buddha and his teachings can exist at a time, ensuring that the Buddhist community would not be tempted to follow another teacher but would hold true to the Dharma of Śākyamuni Buddha.

These sūtras are from the Sarvāstivāda or Mūlasarvāstivāda sect. Their reconstructions and translations are accompanied by parallels from the corresponding Long Discourses in Pali and Chinese and parallels elsewhere in Buddhist literature. In addition, the work contains a full transliteration of the manuscript folios, an introduction with palaeographic explanations, and a study of intertextuality among the different Long Discourses collections.

THE LION'S ROAR OF A YOGI-POET

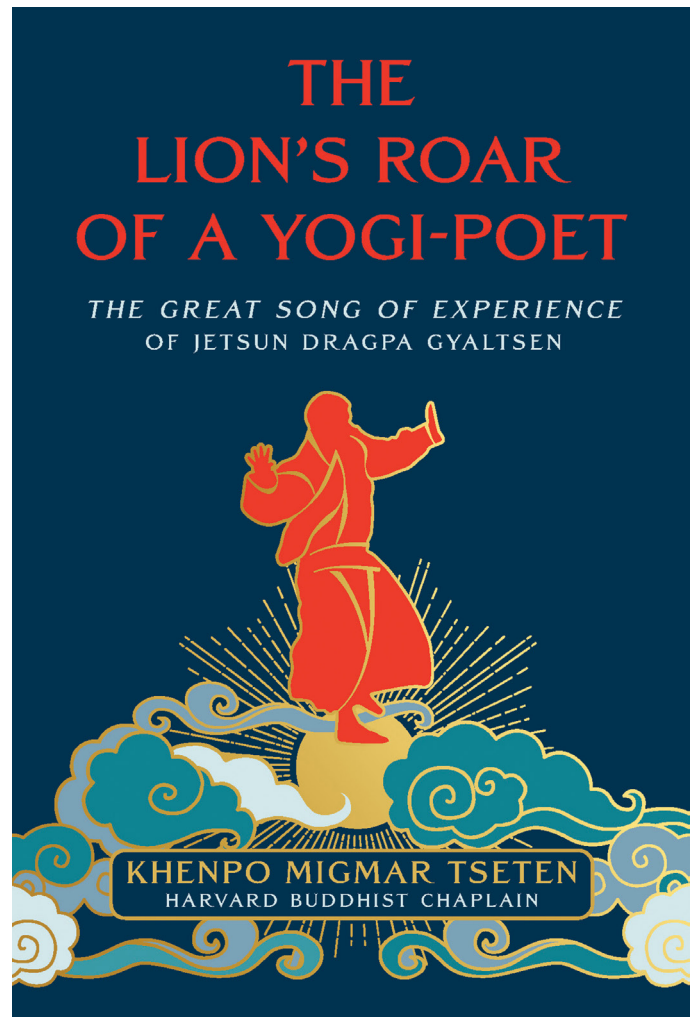
THE GREAT SONG OF
EXPERIENCE OF JETSUN
DRAGPA GYALTSEN

Khenpo Migmar

August 27, 2024 | Paperback | 388 pages

\$24.95 | 6" x 9" | 9781614298960

An exultant song of
realization by one
of Tibet's greatest
yogis, explained and
elaborated upon by a
beloved contemporary
Tibetan teacher.



Jetsun Rinpoche Dragpa Gyaltsen (1147–1216) composed his *Great Song of Experience* as a way to distill and communicate the essence of the Buddhist path to enlightenment. Shimmering with double meanings, seeming tautologies, and ribald references, Dragpa Gyaltsen's verses resound with insights thrown out like bolts of lightning: "When mind itself is comprehended, that is Buddha; do not seek elsewhere for the Buddha!"

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

In addition to Khenpo Migmar's extensive verse-by-verse commentary, the book includes facing-page English and Tibetan editions of the root text of *Great Song of Experience*, and the laudatory poem *Praise to Jetsun Rinpoche Dragpa Gyaltsen* by Dragpa Gyaltsen's nephew and student, the great Sakya Pandita (1182–1251).

THE REASON SIXTY SECOND EDITION

Joseph J. Loizzo

August 27, 2024 | Hardcover | 314 pages
\$49.95 | 6" x 9" | 9781949163230

Two key Indian
Buddhist philosophical
masterpieces that
integrate the Buddhist
ethos of wisdom and
compassion with their
profound relevance
to contemporary
thought.

This volume contains English translations of two critical treatises of the Middle Way (Madhyamaka) Buddhist philosophical school: the *Reason Sixty*, by the most important of Indian thinkers, Nagarjuna (2nd century CE), and the commentary by his most influential successor, Chandrakirti (7th century CE). These two treatises emphasize the non-foundationalist reasoning for which Madhyamaka thought is famed, here within the context of that quintessential Buddhist topic, universal compassion, thereby illuminating the nondual nature of these two fundamental components of Indian Buddhist thought. The full import of Nagarjuna's verses are brought to life by Chandrakirti, whose influence in Tibetan Buddhist educational institutions remains profound to the present. Translator Joseph Loizzo, a Harvard-trained psychiatrist and Columbia-trained Buddhologist, elucidates the relevance of these two treatises to the linguistic turn in contemporary philosophy and emphasizes their practical, therapeutic possibilities. Comparing, in particular, the deep resonances between Chandrakirti's commentary and Wittgenstein's later work, Loizzo presents a masterful analysis in cross-cultural thought that highlights the transformative potential of philosophy.

