



SHAMBHALA  
PUBLICATIONS



Autumn 2023 Rights Catalog | Frankfurt



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SHAMBHALA  
PUBLICATIONS

# Ayurveda Mama

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

By Dhyana Masla  
\$39.95 - TR

## About the Book

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

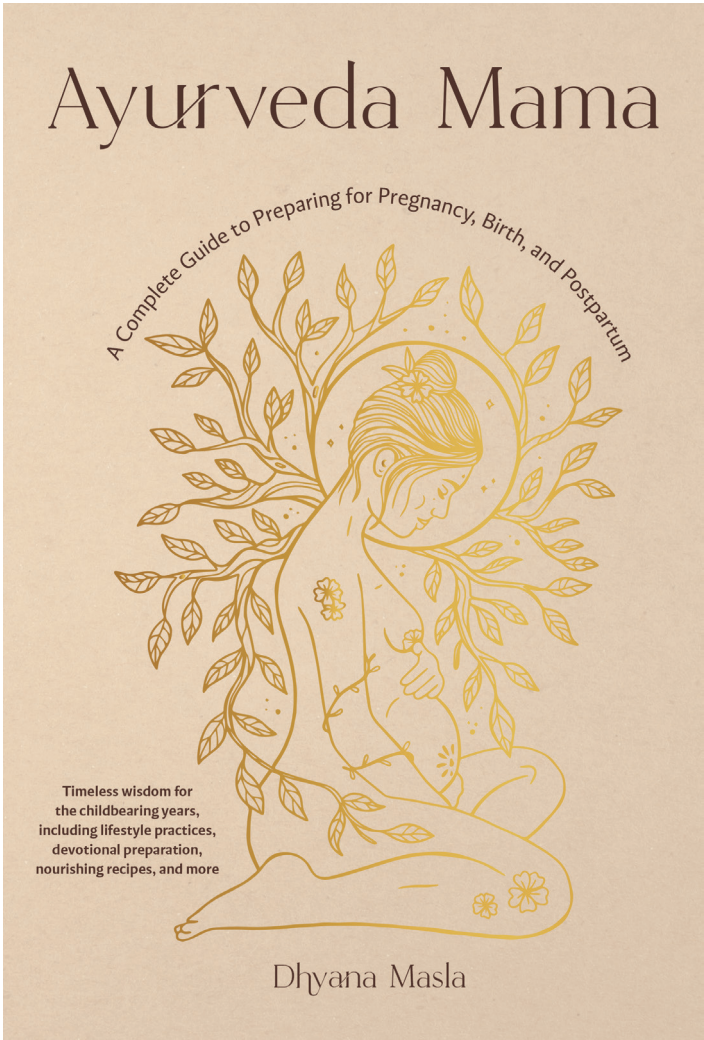
Ayurveda, India's ancient and holistic system of health, offers timeless wisdom on the sacred process of bringing life into this world. *Ayurveda Mama* offers ways to prepare your body, mind, and life before conception, and guidance on how to nourish yourself (and your little one) throughout pregnancy,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

You will:

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

## About the Author

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



## About the Illustrator

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

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

SHAMBHALA  
05/28/2024  
PAGES: 320  
ISBN: 9781645471196



# Everyday Ayurveda for Women’s Health

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

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

## About the Book

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

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

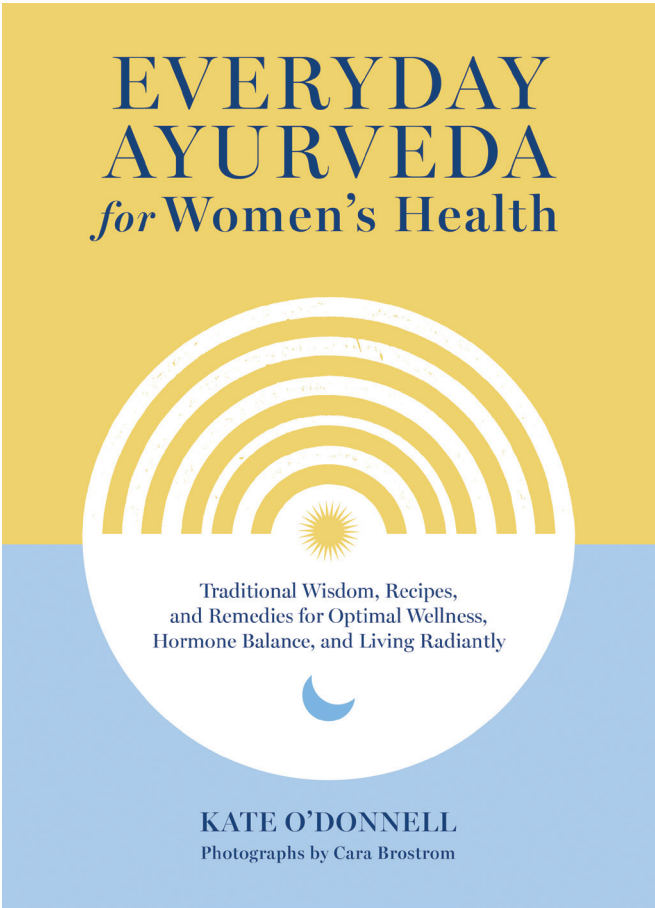
The ancient science of Ayurveda brings us back into relationship with the rhythms of our lives, streamlining our daily habits and attuning our activities by time of day and seasons. *Everyday Ayurveda for Women’s Health* delivers insights into personal health, hormonal balance, and connection to nature,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

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

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

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

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



## About the Author

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

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

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

## Finding Radical Wholeness

The Integral Path to Unity, Growth, and Delight

By Ken Wilber

\$39.95 - HC

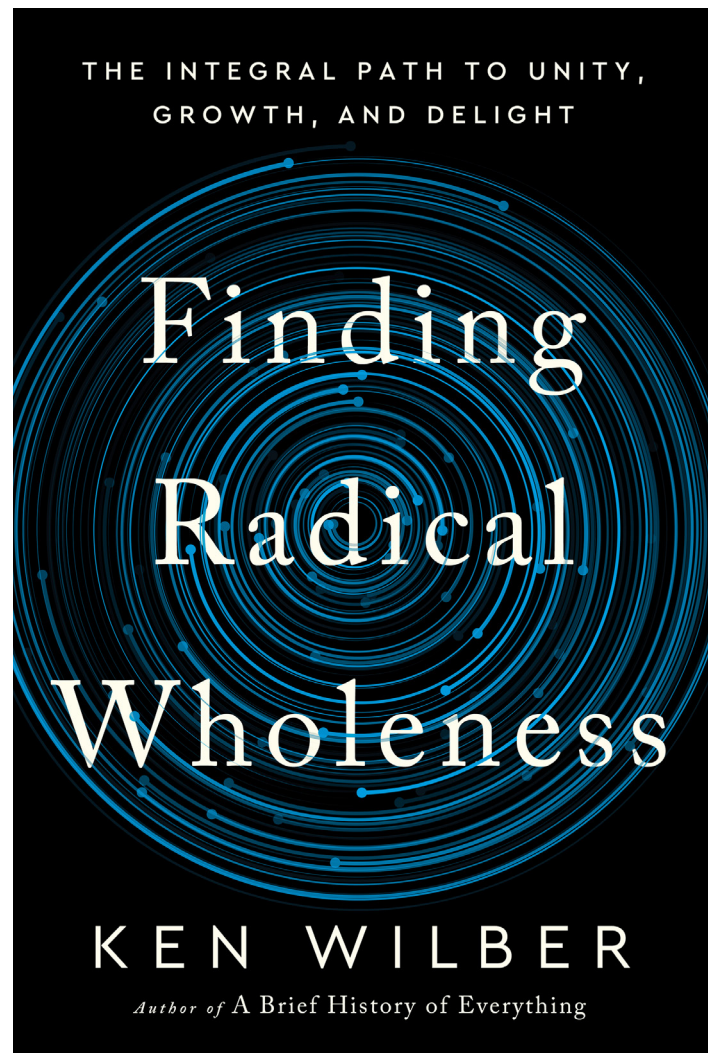
### About the Book

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

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

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

No other path of growth includes these five categories—each of which is a unique path to wholeness. By combining them and integrating them, one comes to a realization of what Wilber calls Big Wholeness—a completeness in which everything in our experience comes together to pull us into this deep meaning, where we feel in touch



not only with all of the important aspects of ourselves but also with everything in our world.

### About the Author

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

Body, Mind & Spirit - Inspiration & Personal Growth

Psychology - Movements - Transpersonal Religion - Spirituality

SHAMBHALA

04/02/2024

PAGES: 464

ISBN: 9781645471851



# Good Fengshui

A Step-by-Step Guide to Creating Balance and Harmony in Your Home

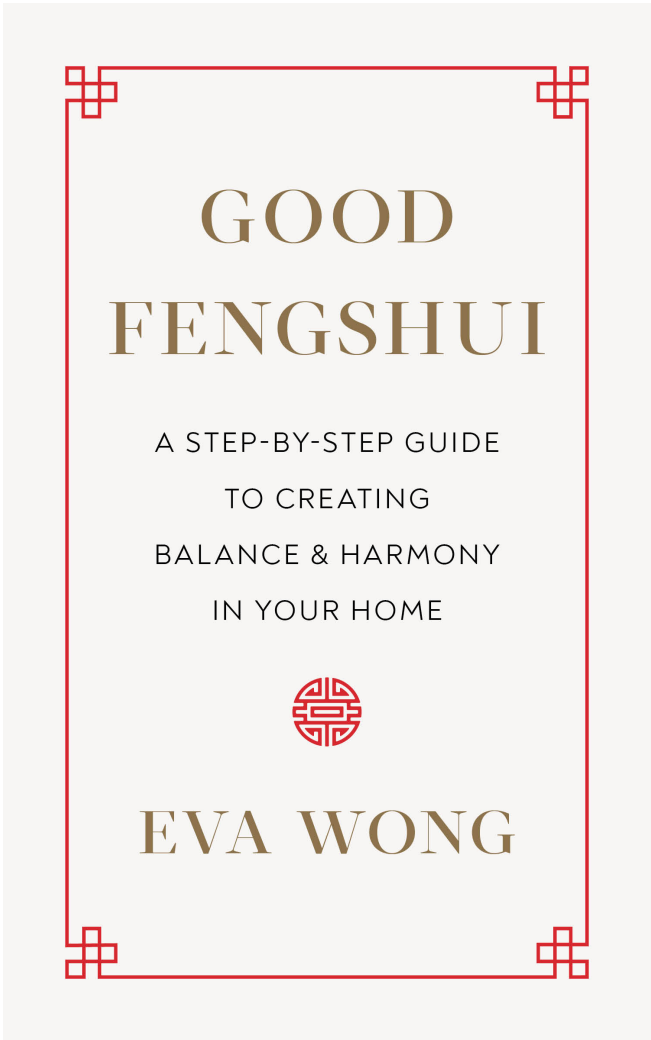
By Eva Wong  
\$21.95 - TR

## About the Book

This practical, easy-to-use guide to the ancient practice of fengshui will give you invaluable advice as you choose or build a home—and bring positive, healthy energy to your existing home, office, or garden.

Enhance the energy of your home, workplace, or garden using the principles of the Taoist art of fengshui. This primer will teach you to bring harmonizing, beneficial energy into any space. Taoist arts master Eva Wong introduces readers to the powerful traditional system of fengshui, which is deeply rooted in Taoist and shamanic origins. Fengshui is not simply a list of directives for building auspicious structures or arranging interiors for good luck—it is the art of reading the patterns of the universe and living in harmony with the environment. Bedrooms with good fengshui maximize health and minimize illnesses. Kitchens with good fengshui maximize livelihood and health. Home offices with good fengshui facilitate business vision and accumulation of wealth. Even garages, driveways, and gardens can affect our health, livelihood, and the way we interact with the world. Whether you are buying, renting, or renovating a home—or you want to change the atmosphere and energy of the home you are in—Wong will teach you to identify and work with the possibilities and limitations of your space. In this concise book, Wong explains the essential principles and guidelines of fengshui; offers tips for home buyers, including architectural positives and negatives and neighborhood perks and challenges; shows you how to assess your living and work spaces and garden and outdoor spaces; identifies fengshui problems and offers strategies for fixing them; and much more.

As the owner of a construction and engineering business, Wong's recommendations are practical, safe, and economical.



## About the Author

EVA WONG is a fengshui practitioner, independent Taoist scholar, and a practitioner of the Taoist Alchemical Arts. She has operated a fengshui consultation business worldwide, including Hong Kong, China, Taiwan, Europe, North and South America, and Australia. The range of her fengshui consultation includes residential and commercial projects, religious and spiritual centers, urban planning, and large-scale institutions such as schools, hospitals, financial institutions, and government offices. She has published over sixteen books on fengshui, Taoism, and strategy.

Body, Mind & Spirit - Feng Shui  
Architecture - Interior Design - General  
House & Home - Decorating & Furnishings

SHAMBHALA  
06/06/2023  
PAGES: 208  
ISBN: 9781645470861

# Gurdjieff and the Fourth Way

An Esoteric Legacy

By Stephen A. Grant

\$29.95 - HC

## About the Book

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

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

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

## About the Author

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

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

Philosophy - General  
Religion - Spirituality  
Philosophy - Metaphysics

SHAMBHALA  
08/20/2024  
PAGES: 320  
ISBN: 9781645473350



# The I Ching Oracle

A 64-Card Illustrated Deck and Guidebook

By Catherine Pilfrey

\$29.95 - Card Deck

## About the Book

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

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

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

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

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

The *I Ching Oracle* card box contains:

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



## About the Author

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

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

SHAMBHALA  
12/19/2023  
PAGES: 100  
ISBN: 9781645472018

# Illuminating Our True Nature

Yogic Practices for Personal and Collective Healing

By Michelle Cassandra Johnson

\$19.95 - TR

## About the Book

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

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

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

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

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

Readers will learn to:

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

## About the Author

MICHELLE JOHNSON is an activist, social justice warrior, author, anti-racism consultant and trainer, intuitive healer, and yoga teacher and practitioner. She has led dismantling



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

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

SHAMBHALA

06/04/2024

PAGES: 208

ISBN: 9781645471875



# In a Moment, in a Breath

55 Meditations to Cultivate a Courageous Heart

By Roshi Joan Halifax

\$27.95 - Card deck

## About the Book

A curated collection of 55 short meditations from Zen priest Joan Halifax, packaged in a beautiful deck with Joan's art to help you tune in, cultivate compassion, and still the mind in just a moment's notice.

These short potent meditative practices and contemplations are the perfect elixir for today's hectic, turbulent world. Collected in a practical card deck format, the 55 meditations allow you to tune in to your natural wisdom, even amid great difficulties. The cards are inspired by the elements—Earth/Grounding, Water/Living by Vow, Fire/Meeting the Boundless Heart, Air/Being with Dying, and Space/Coming Home to Wisdom. Draw a card each week for just over a year of guided practice or shuffle the deck to draw a mini-meditation as needed. Meditations like "Anchoring the Mind," "Nourishing Courage," "Transforming Grief," and "Letting Go of Fear" help cultivate compassion, mindfulness, and calmness, and will benefit both seasoned meditators and beginners alike. The deck will be accompanied by a short accordion booklet, with introductory material from the author providing context and instructions for using the deck, and the cards are paired with stunning full-color calligraphy paintings by the author. The package is a cigar-style box with a magnetic closure.

## About the Author

JOAN HALIFAX, PhD, is a Zen priest and anthropologist who has served on the faculty of Columbia University and the University of Miami School of Medicine. For the past thirty years, she has worked with dying people

Joan Halifax  
A CONTEMPLATIVE CARD DECK



# IN A MOMENT IN A BREATH

55 Meditations to Cultivate a Courageous Heart

and has lectured on the subject of death and dying at Harvard Divinity School, Harvard Medical School, Georgetown Medical School, and many other academic institutions. In 1990, she founded Upaya Zen Center, a Buddhist study and social action center in Santa Fe, New Mexico. In 1994, she founded the Project on Being with Dying, which has trained hundreds of healthcare professionals in the contemplative care of dying people.

Body, Mind & Spirit - Mindfulness & Meditation  
Religion - Buddhism - Zen  
Body, Mind & Spirit - Inspiration & Personal Growth

SHAMBHALA  
06/13/2023  
PAGES: 67  
ISBN: 9781645471103

# The Little Book of Zen Healing

Japanese Rituals for Beauty, Harmony, and Love

By Paula Arai; foreword by Pico Iyer

\$19.95 - HC

## About the Book

Experience the power of embodied mindfulness-based rituals to infuse your life with connection and healing.

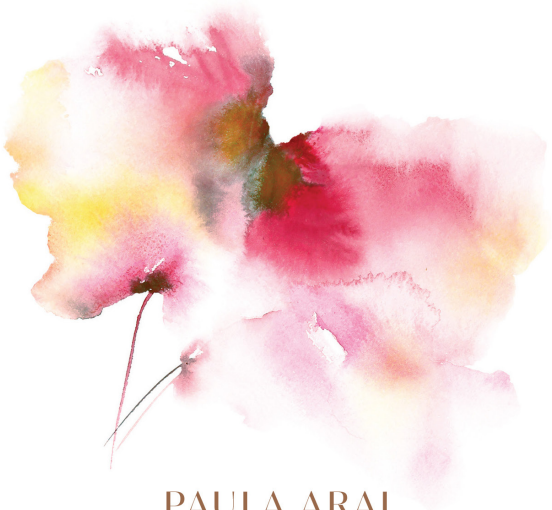
How do we make and sustain meaning amidst the messy conditions of daily life? Personalized rituals can help us blossom like lotuses right in the mud of the present. On a pilgrimage she began after her mother's death, author Paula Arai encountered numerous Japanese Buddhists who taught her the remarkable power of ritual to heal—practices you can adapt to your own cultural and personal circumstances. Applying principles of Zen practice, she offers stories and insights that illuminate how to nourish and reap a healing bounty of connection, joy, and compassion. Examples include how to: relate to a late loved one as a “personal Buddha” who supports you; create a home altar to serve as a safe space to be vulnerable, face intense emotions, and experience a depth of warm gratitude that melts fear and anger; engage in daily tasks with attentiveness, intention, and creativity such that they become opportunities for body-mind integration; develop family rituals to celebrate relationship and mark transition; approach illness and grief with a purposeful sense of connection to life-and-death in its wholeness. Like Marie Kondo's Shinto principles for decluttering, Paula Arai uses rituals influenced by Japanese Zen for personal and relation nourishment and spiritual healing.

## 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

# THE LITTLE BOOK OF ZEN HEALING

Japanese Rituals for Beauty,  
Harmony, and Love



PAULA ARAI

FOREWORD BY PICO IYER

Studies from Harvard University in 1993 and is now a professor 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 Sutra*.

Self-Help - Personal Growth - Happiness  
Philosophy - Zen  
House & Home - Cleaning, Caretaking & Organizing

SHAMBHALA

08/15/2023

PAGES: 208

ISBN: 9781645471509

# The Lost Art of Silence

Reconnecting to the Power and Beauty of Quiet

By Sarah Anderson

\$21.95 - TR

## About the Book

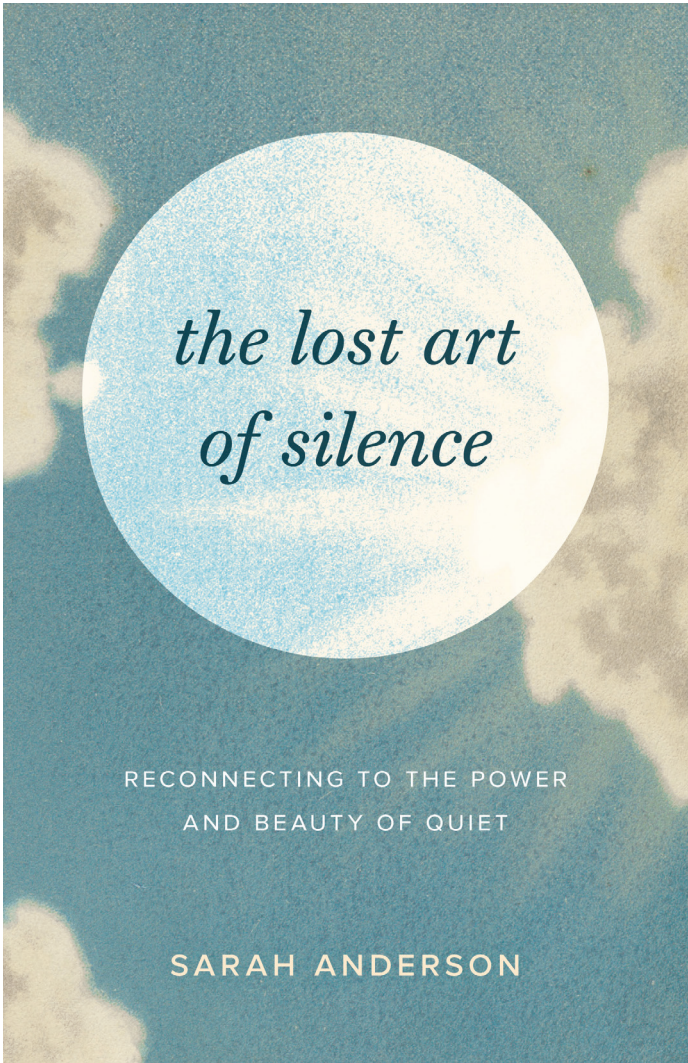
A unique celebration of silence—in art, literature, nature, and spirituality—and an exploration of its ability to bring inner peace, widen our perspectives, and inspire the human spirit in spite of the noise of contemporary life.

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

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

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

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



## About the Author

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

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

SHAMBHALA  
12/05/2023  
PAGES: 304  
ISBN: 9781645472162



# The Luminous Self

Sacred Yogic Practices and Rituals to Remember Who You Are

By Tracee Stanley  
\$21.95 - TR

## About the Book

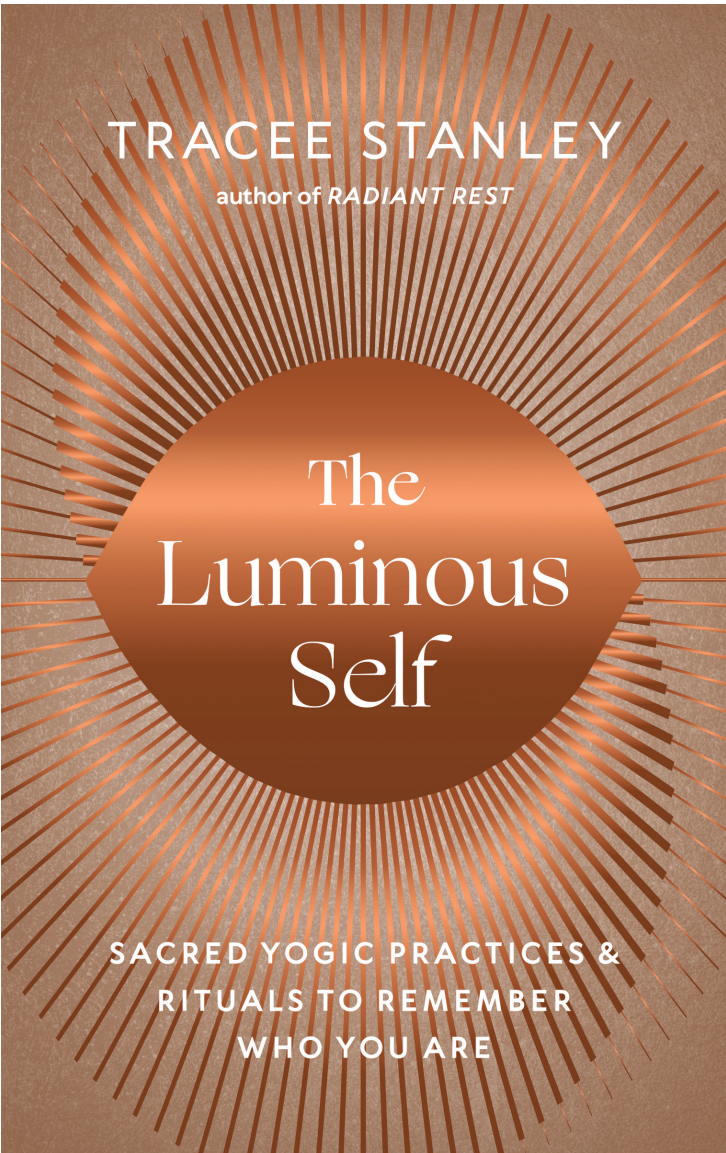
A guide to self-remembrance with practices, meditations, and self-inquiry to help you connect with your inner wisdom, remember your wholeness, and live with clarity and compassion.

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

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

## About the Author

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



## About the Illustrator

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

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

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

# The Menopause Companion

A Beginner’s Guide to Owning Your Transition,  
from Peri to Post

By Sasha Davies and Tori Hudson  
\$19.95 - TR

## About the Book

An indispensable primer on menopause that reads like advice from a close friend, co-written by a medical doctor and expert in women’s health.

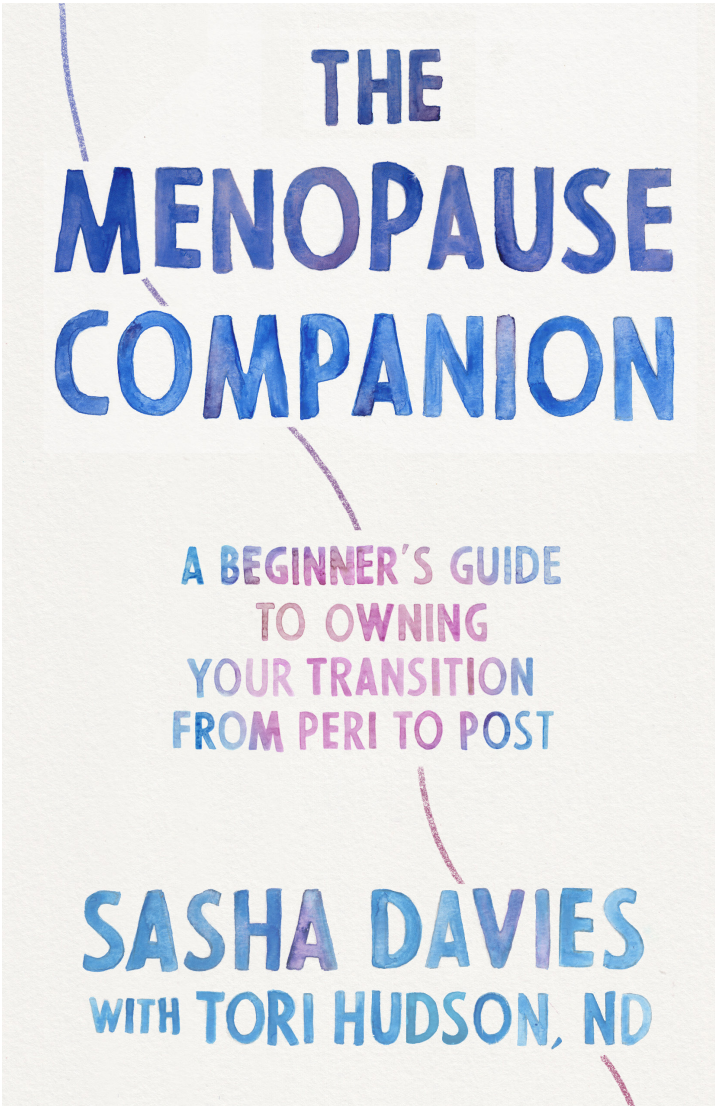
It’s one of the most important, least discussed events that happen for half the population. It’s a physiological and psychosocial event, a cultural construct, and a deeply personal experience all woven together in a jumbled knot. It’s menopause. But why is there so much mystery surrounding the topic? This accessible and to-the-point guide makes the entire landscape of menopause—not just the physiology—more transparent.

If what you need is a level-headed friend to help walk you through the litany of fears to face, questions to ask, and practical decisions to make throughout your transition, this guidebook offers no-nonsense, straightforward, medically backed information about what to expect and what you can do about it. It offers:

- A refresher course on reproductive system anatomy, life cycle, and physiology—what are hormones, and how do they influence my body?
- Information on how to recognize and what to do about common symptoms—when should I see a health practitioner and how do I talk to them?
- Context for the history of menopause medically and culturally—what do scientists actually know and what are the major myths?
- Advice on how to get ready, notice changes, and call-in support—what is available to try in terms of products, tools, medications, holistic support, or self-care practices?

## About the Authors

SASHA DAVIES has been (among other things) a restaurant owner, barista, cheese monger, and



cave manager. She has written two books about cheesemaking and also self-published *Menopause: An Imperfect Guide*.

TORI HUDSON, MD, is a naturopathic physician, clinical professor, and nationally recognized expert on menopause. She is the medical director of A Woman’s Time, founder/co-director of Naturopathic Education and Residency Consortium, and author of *Women’s Encyclopedia of Natural Medicine*.

Health & Fitness - Menopause  
Health & Fitness - Women’s Health  
Medical - Gynecology & Obstetrics

ROOST BOOKS  
06/27/2023  
PAGES: 256  
ISBN: 9781611809831



# Mythmaking

Self-Discovery and the Timeless Art of Memoir

By Maureen Murdock

\$18.95 - TR

## About the Book

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

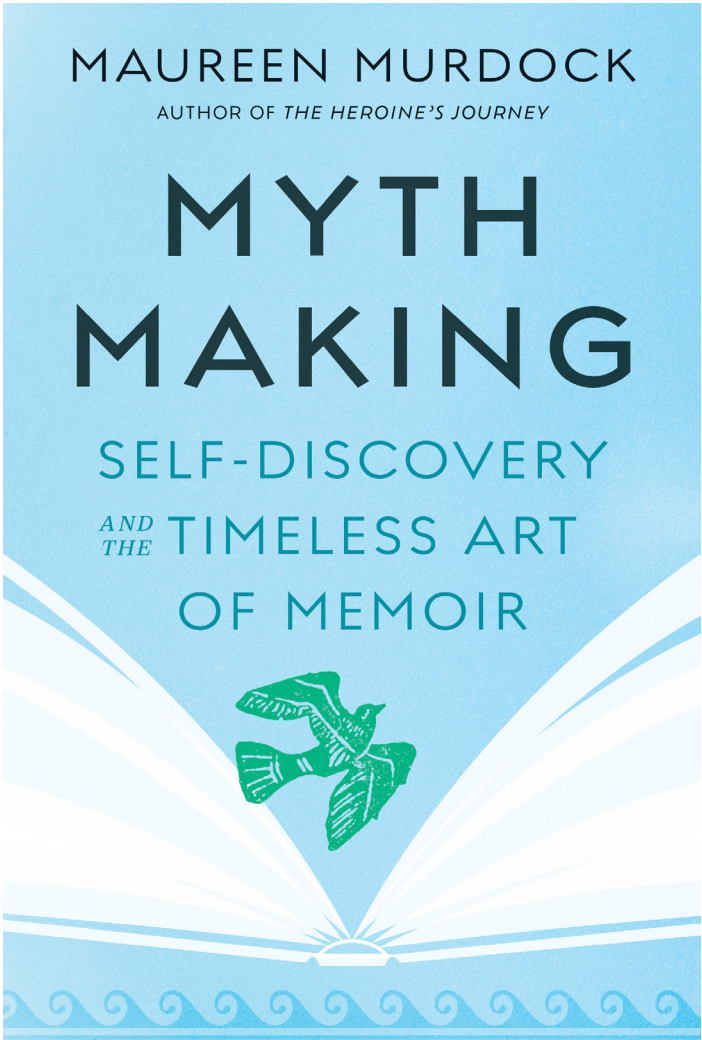
Maureen Murdock looks at thematic connections between ancient myths and contemporary memoirs to probe questions like: What is my journey? Where is home? Her background as a Jungian psychotherapist enriches her teaching—urging us to dig deep to identify our own universal archetypes.

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

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

## About the Author

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



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

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

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



# Outshining Trauma

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

By Ralph De La Rosa

\$21.95 - TR

## About the Book

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

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

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

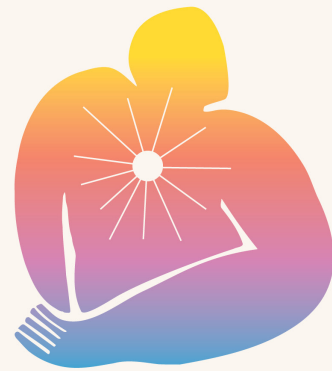
- see that your mind is made up of disparate "parts" that carry their own views and intentions which can become stuck in traumatic experiences;
- recognize common types of inner parts in the IFS model, such as "Managers," "Firefighters," and "Exiles";
- separate from a part inside of you that's holding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

## About the Author

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

# OUTSHINING TRAUMA

A New Vision of Radical  
Self-Compassion



**RALPH DE LA ROSA**

FOREWORD BY RICHARD SCHWARTZ

*Integrating Internal Family Systems and Buddhist Meditation*

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

Self-Help - Emotions

Psychology - Mental Health

Philosophy - Buddhist

SHAMBHALA

05/21/2024

PAGES: 272

ISBN: 9781645472322

# Painting from the Palette of Love

The Mystical Poetry of Kabir

By Thomas Rain Crowe  
\$17.95 - TR

## About the Book

Wrap yourself in the boundless love of the Divine with the mystical poetry of renowned Sufi saint Kabir, here brought to life for modern readers by acclaimed poet Thomas Rain Crowe.

“When you’ve come all this way to the ocean of happiness, Do not return home thirsty with an empty cup.

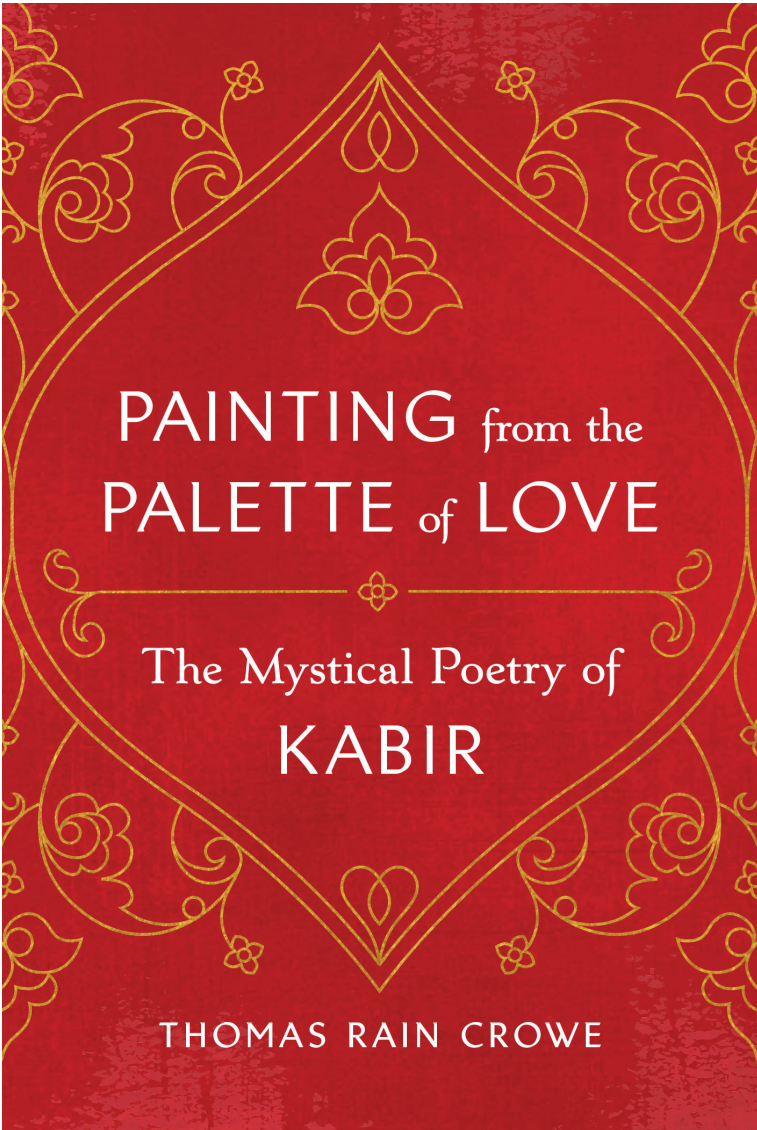
Wake up! Here is some pure water, Drink as much as you can!”

The enigmatic Indian mystical poet Kabir stands among the greatest spiritual thinkers of human history. At once a Sufi, Hindu, and unbounded disciple of the universal Divine, Kabir and his songs of union and ecstasy lead us beyond our preconceived biases about truth and reality—and invite us to see our life, through his eyes, as an ego-shattering and incomparably joyful dance with the Beloved.

This 65-poem collection of Kabir’s most rapturous spiritual songs, rendered into modern language by acclaimed poet and Sufi performing artist Thomas Rain Crowe, is brought to life in fresh, evocative language bursting with mystical power. As striking and profound now as when they were originally composed in fifteenth-century India, these poems offer a sumptuous taste of true reality—beyond boundaries of religion and culture, beyond divisions of self and other, and in joyful embrace of life and our world.

## About the Author

THOMAS RAIN CROWE is an internationally published and recognized author of more than thirty books, including the multi-award-winning nature memoir *Zoro’s Field: My Life in the Appalachian Woods* and numerous collections of poetry, including *Learning to*



*Dance, The Laugharne Poems*, and modern renditions of the poetry of the Sufi mystic poet Hafiz (In *Wineseller’s Street; Drunk on the Wine of the Beloved*). The founder and publisher of New Native Press, a small literary press started in 1979, he lives in the Tuckasegee watershed of North Carolina.

Religion - Islam - Sufi  
Poetry - Middle Eastern  
Body, Mind & Spirit - Mysticism

SHAMBHALA  
08/22/2023  
PAGES: 96  
ISBN: 9781645471868



# Presence

The Art of Being at Home in Yourself

By Tracy Cochran

\$18.95 - TR

## About the Book

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

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

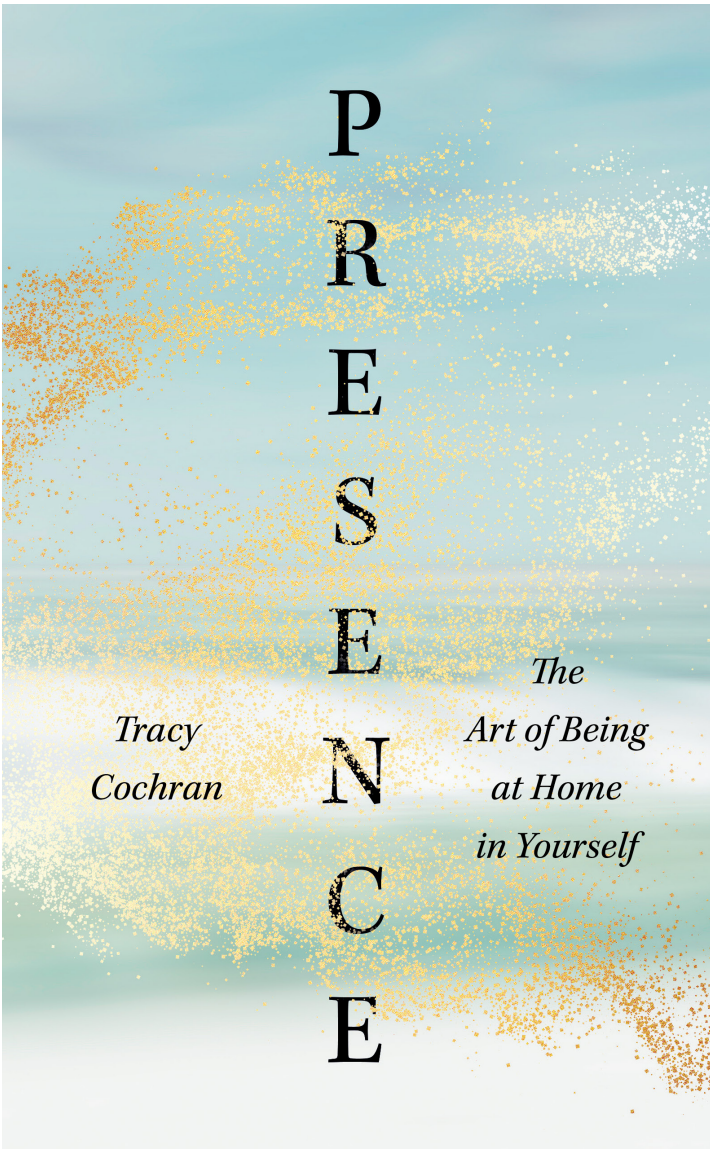
Mindfulness offers us a way to be fully in the present moment and as we start to embrace this practice, we learn that our lives are made of present moments. That gift of presence is the palpable experience of awareness that appears when we remember to be mindful of those moments.

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

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

## About the Author

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



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

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

SHAMBHALA

04/16/2024

PAGES: 256

ISBN: 9781645471806



# Real-World Enlightenment

Discovering Ordinary Magic in Everyday Life

By Susan Kaiser Greenland

\$18.95 - TR

## About the Book

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

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

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

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

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

- tapping into the sensory pleasures of music or being in nature
- finding a thought- or attention-based “anchor” when faced with stress or distraction
- using slogans such as “Drop Your Baggage” or “This is what it is right now,” to calm spiraling negative thoughts and get out of the “overwhelm zone”



- developing a *shamatha* meditation practice to slow down your thinking process and heighten awareness of the natural movement of your mind
- and much more

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

## About the Author

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

Self-Help - Personal Growth - Happiness

Self-Help - Emotions

Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA

07/16/2024

PAGES: 224

ISBN: 9781611809350

# T'ai Chi Classics

Illuminating the Ancient Teachings on the Art of Moving Meditation

Translated with commentary by Waysun Liao  
\$21.95 - TR

## About the Book

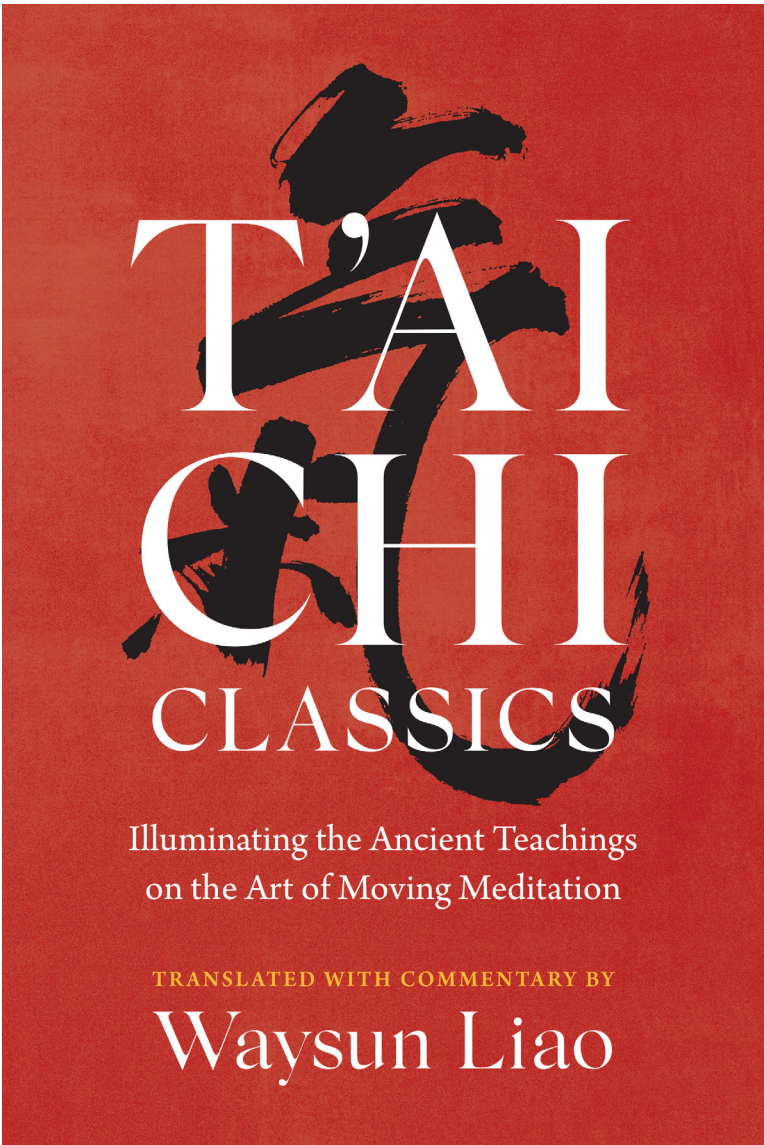
An essential guide for T'ai Chi practitioners of all skill levels—with an overview of core principles and a groundbreaking translation of three foundational classics of T'ai Chi philosophy.

One of the most enduring martial arts and forms of healing the world has ever known, the moving meditation known as T'ai Chi has grown to become one of the most widely practiced forms of exercise worldwide. But despite its popularity, few are acquainted with its profound philosophical underpinnings and theoretical foundations. Here, celebrated T'ai Chi master Waysun Liao introduces T'ai Chi's most fundamental principles and reveals the transformative healing power that T'ai Chi practice can impart on its practitioners.

Exploring all the core aspects of T'ai Chi thought and practice, this guide explains how T'ai Chi exercises increase your inner vitality (*ch'i*), enliven energetic power (*jing*), and empower you to bring your energy to bear to overcome inner and outer obstacles in every sphere of life. Master Liao also provides a description of the entire sequence of T'ai Chi movements, illustrated by his own line drawings, and a rare translation of three classics of T'ai Chi philosophy, often collectively referred to as the "T'ai Chi Bible."

## About the Author

MASTER WAYSUN LIAO has been a dedicated practitioner and teacher of traditional T'ai Chi for over fifty years, beginning as a student at a Taoist temple in his native Taiwan before later emigrating to the United States. In 1971, he founded the T'ai Chi Tao Center in Oak Park,



Illinois, where he continues to be based, and he is a respected leader of T'ai Chi workshops worldwide.

Health & Fitness - Tai Chi  
Religion - Taoism  
Sports & Recreation - Martial Arts - General

SHAMBHALA  
11/21/2023  
PAGES: 224  
ISBN: 9781645472452



# Taoist Inner Alchemy

Master Huang Yuanji's Guide to the Way of Meditation

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

## About the Book

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

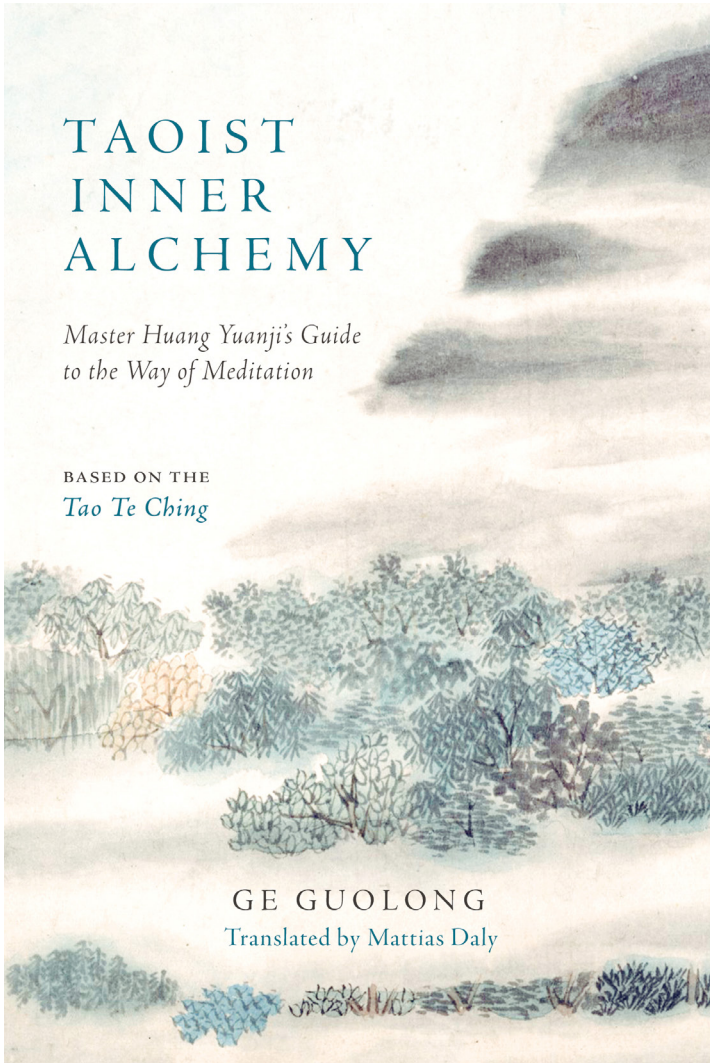
In clear and engaging language, *Taoist Inner Alchemy* shows us that alchemy is not something one does, but a process that unfolds when one “does nothing”—meaning abiding in one’s basic, primordial state. It teaches the entire process of Taoist inner alchemy cultivation through meditation practices and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

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

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

## About the Authors

GE GUOLONG has a PhD in philosophy from Peking University. Since 1999, he has worked as a researcher at the China Academy of Social Sciences



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

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

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

SHAMBHALA  
03/12/2024  
PAGES: 336  
ISBN: 9781645472124



# Which Way Is Up?

Finding Heart in the Hardest of Times

By Susan Gillis Chapman

\$19.95 - TR

## About the Book

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

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

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

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

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

## About the Author

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



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

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

SHAMBHALA  
06/04/2024  
PAGES: 208  
ISBN: 9781645472131

# Your Heart Was Made for This

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

By Oren Jay Sofer  
\$24.95 - HC

## About the Book

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

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

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

## About the Author

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

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

OREN JAY SOFER  
author of *Say What You Mean*

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

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

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

# The Zen Way of Recovery

An Illuminated Path Out of the Darkness of Addiction

By Laura Burges  
\$21.95 - TR

## About the Book

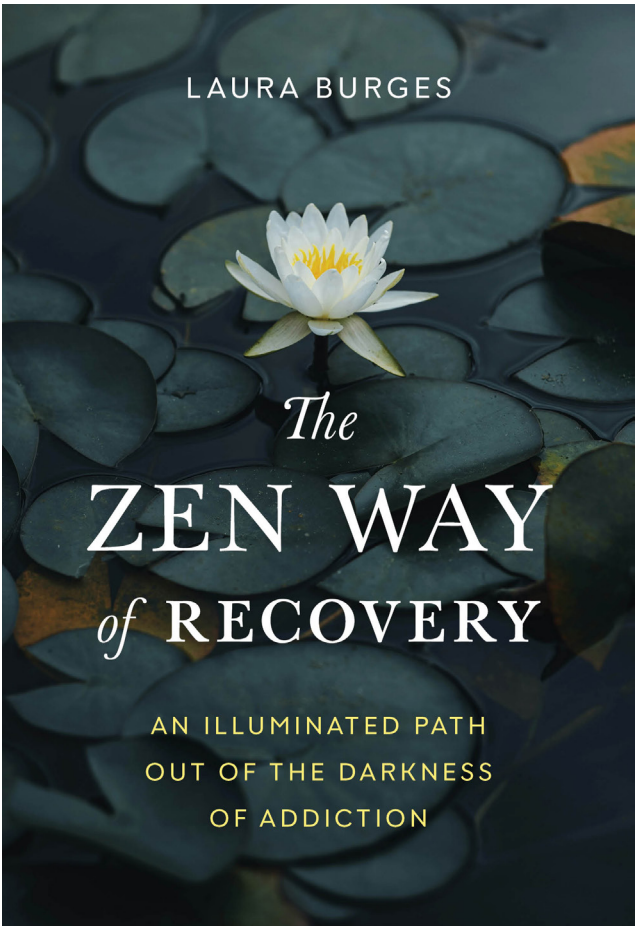
An accessible, compassionate guide to Buddhist principles and practices that can help support recovery from addictions and addictive behaviors—written by an experienced Zen lay teacher with 35 years of sobriety.

For anyone struggling with addiction, Buddhism offers powerful, grounding wisdom and tools to help support recovery. In *The Zen Way of Recovery*, Laura Burges shares her experience as a dedicated Zen practitioner who came to terms with her own addiction to alcohol and found support for her recovery. Through the lens of Buddhist teachings, Burges offers tools and practices which, together with the help of recovery programs, can offer a road to sobriety. Burges is an experienced and compassionate guide, and her message is resonant for people with any type of addictive behavior—and for people who aren’t necessarily familiar with Buddhism. Her teachings are drawn from the Buddha’s life and teachings (specifically the Eight Awarenesses of the Awakened Being and the Six Paramitas), and the wisdom of Japanese Buddhist priest Dogen Zenji, the founder of the Soto school of Zen, among others.

Examples of reflections and journaling prompts include: Do you still hear the critical, contemptuous, sarcastic voice of a parent or partner in your own head? Do you sometimes hear yourself mirroring this negative voice with others? What were the models of relationship that you grew up with? What are ways that you can cultivate more patience? Check in with yourself to see if tiredness, hunger, loneliness, or anger is affecting your thinking in the moment.

## About the Author

RYUKO LAURA BURGES, a lay entrusted dharma teacher in the Soto Zen tradition, lectures and leads retreats at practice centers



in Northern California. She received monastic training at Tassajara Zen Mountain Center, the first Zen Buddhist Monastery in the United States. A teacher of children for 35 years, she now mentors other teachers and helps bring mindfulness practice into the elementary classroom. Laura co-founded the Sangha in Recovery Program at the San Francisco Zen Center and is the abiding teacher at Lenox House Meditation Group in Oakland. She is the author of *Buddhist Stories for Kids: Jataka Tales of Kindness, Friendship, and Forgiveness*. She is a fellow at Dorland Mountain Arts Colony, a member of the Society of Children’s Book Writers and Illustrators, and is active in the Lay Zen Teachers Association. Laura lives in San Francisco.

Self-Help - Substance Abuse & Addictions - General  
Philosophy - Buddhist  
Self-Help - Personal Growth - General

SHAMBHALA  
07/18/2023  
PAGES: 232  
ISBN: 9781645471202



# Reissues

## THE ART OF PEACE



MORIHEI  
UESHIBA

TRANSLATED & EDITED BY John Stevens

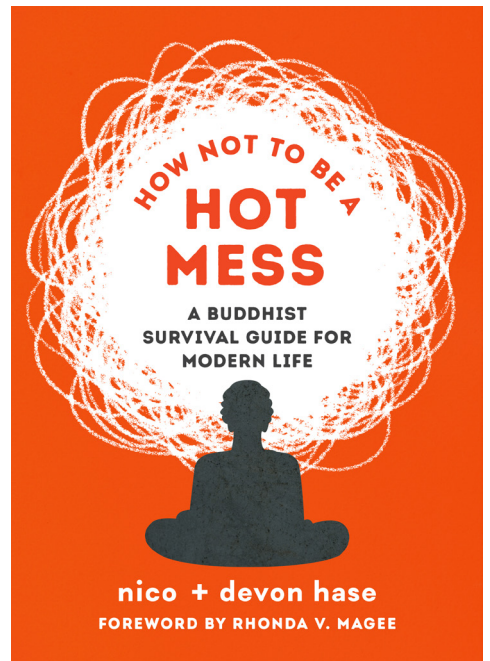
## *The* DHAMMAPADA

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GIL FRONSDAL

FOREWORD BY Jack Kornfield

SECOND EDITION



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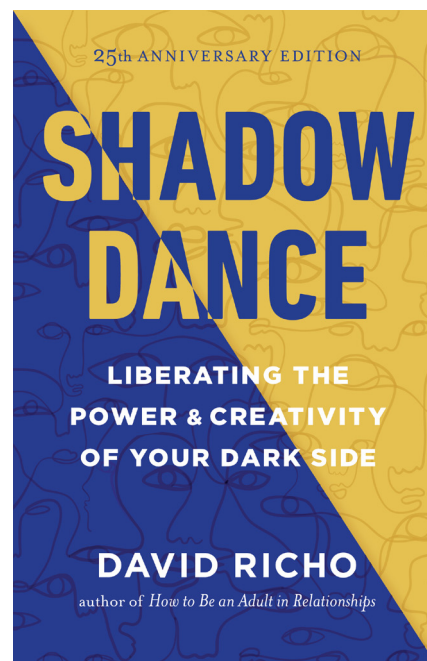
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25th ANNIVERSARY EDITION

## SHADOW DANCE

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**Yoga**

# Accessible Ashtanga

An All-Levels Guide to the Primary and Intermediate Series

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

## About the Book

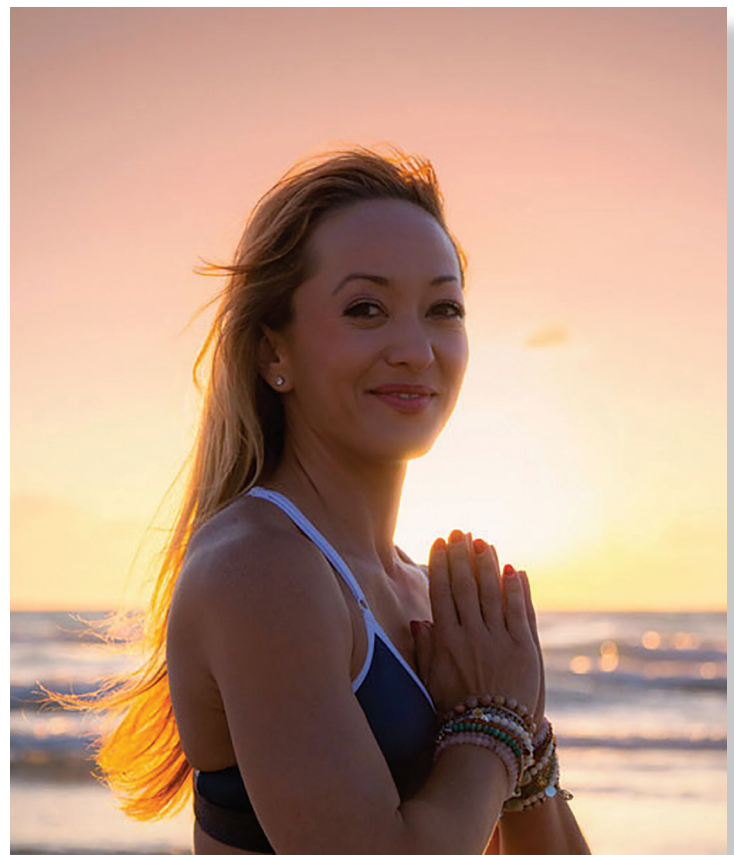
A bold, much-needed guide for Ashtanga yoga practice, useful for all levels and illustrated with 250 color photos, by one of yoga's best known and respected teachers, Kino MacGregor. This offers an updated, more accessible view of the traditional series, adapting it to serve a wider range of practitioners.

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

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

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

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



## About the Author

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

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

SHAMBHALA  
08/27/2024  
PAGES: 304  
ISBN: 9781645470816



# Get Fit Where You Sit

A Guide to the Lakshmi Voelker Chair Yoga Method

By Lakshmi Voelker and Liz Oppedijk

\$24.95 - TR

## About the Book

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

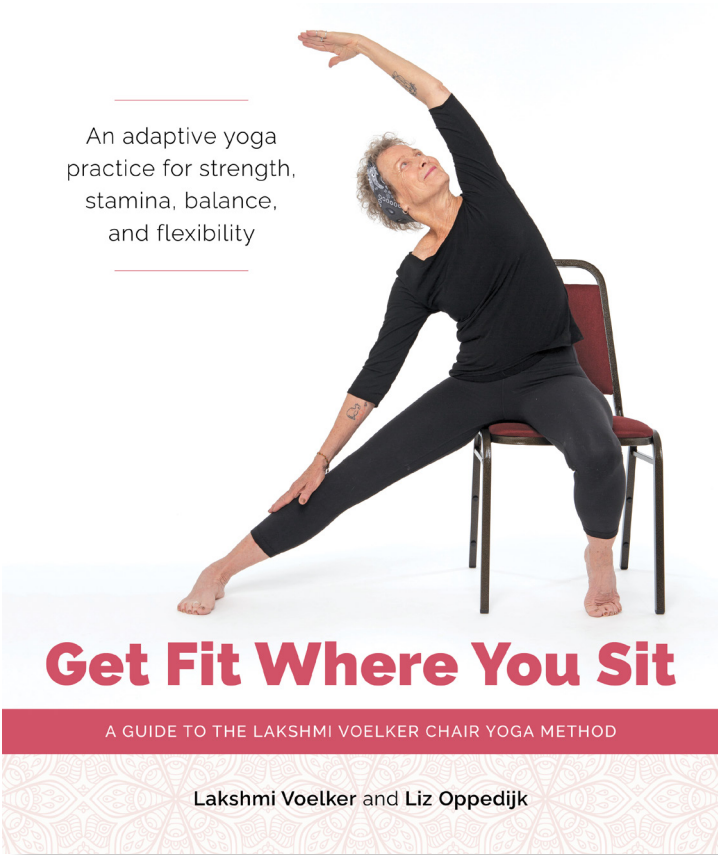
Designed and taught by Lakshmi Voelker, the LV Chair Yoga (TM) method upends the myth that yoga is only for the flexible, strong, balanced, thin, and conventionally able-bodied. This book highlights 40 active and restorative poses, including individual and partner poses, breathing techniques, and meditation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

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

## About the Authors

LAKSHMI VOELKER is a certified Kripalu Yoga instructor and a member of the Yoga Alliance and International Association of Yoga Therapists. She certifies teachers in the Lakshmi Voelker Chair Method at Kripalu, New York Open Center,

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



and Discovery Yoga, and through her online teacher training and mentoring program.

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

Health & Fitness - Yoga  
Health & Fitness - Healthy Living & Personal Hygiene  
Health & Fitness - Exercise - Stretching

SHAMBHALA  
09/26/2023  
PAGES: 248  
ISBN: 9781611809251

# Recovery with Yoga

Supportive Practices for Transcending Addiction

By Brian Hyman; foreword by Tommy Rosen  
\$21.95 - TR

## About the Book

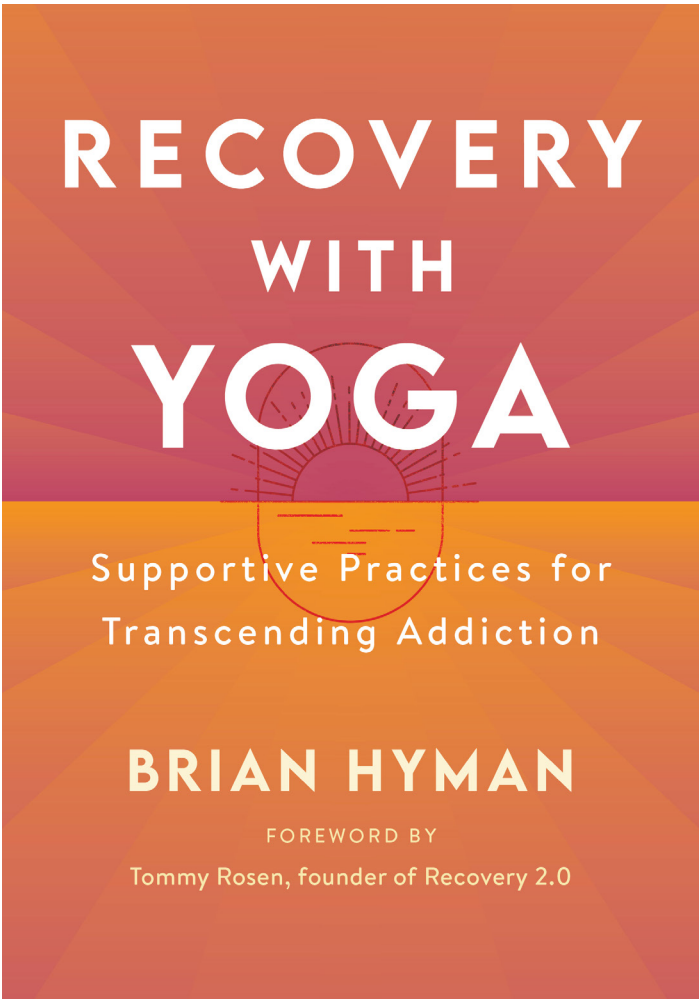
Drawn from yoga philosophy and mindfulness, this collection of 30 potent, supportive tools will bolster, inspire, and assist those in addiction recovery.

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

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

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

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



## About the Author

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

Self-Help - Substance Abuse &  
Addictions - Alcohol  
Health & Fitness - Yoga  
Self-Help - Personal Growth - Self-Esteem  
SHAMBHALA  
02/27/2024  
PAGES: 240  
ISBN: 9781611809909

# Teach People, Not Poses

Lessons in Yoga Anatomy and Functional Movement to Unlock Body Intelligence

By Mary Richards, MS  
\$24.95 - TR

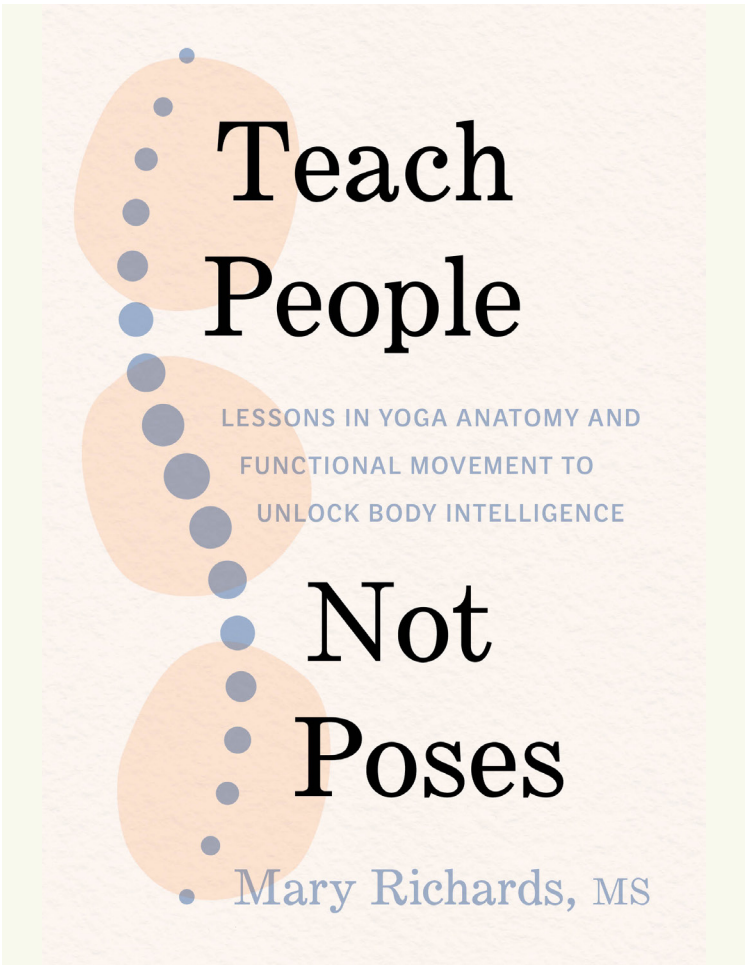
## About the Book

Honor your yoga students’ unique practice with this essential guide to identifying and supporting healthy, safe movement for every body. Includes more than 80 exercises and 43 instructional drawings.

*Teach People, Not Poses* is the manual that yoga teachers and yoga therapists need to help their students step onto the mat on their own terms, comfortably and safely. Mary Richards, a yoga teacher, yoga therapist, and expert in kinesiology and anatomy, says that we leave too many people off the mat due to overly aggressive pace, sequence, and ambition in asana. She offers advice, techniques, observations, practices, and sequences to give teachers and yoga therapists the tools they need to move beyond the popular ideas of “should” on the mat.

To safely guide others in asana, especially when people come to the mat for relief from residual effects of acute injuries, chronic pain, and repetitive strain, yoga teachers need to understand what is typical and atypical in terms of posture and movement. Richards offers teachers myriad exercises to address imbalances and promote strength, such as: “Tighten the Corset” for deep core training; “Forearm Chaturanga/Plank” to develop core strength and stability; “Revolved Warrior I with Resistance Band” for core stabilization; “Wall-supported Downward-facing Dog” to activate the abdominal muscles and support the lower back.

This unique book masterfully blends yoga philosophy with practical body knowledge and physical core stabilization skills so that asana is truly an individualized expression—and



what the Yoga Sutras describe as *sthira sukham asanam*, asana that is steady and comfortable.

## About the Author

MARY RICHARDS, MS, C-IAYT, ERYT, YACEP, has been practicing yoga for almost 30 years and travels around the country teaching anatomy, physiology, and kinesiology. A hardcore movement nerd and former NCAA athlete, Mary has a master’s degree in yoga therapy. Mary lives in the Washington, D.C. area, where she teaches syllabus-based yoga classes, sees clients privately, and trains bodyworkers, fitness professionals, and yoga instructors in movement literacy and therapeutic asana techniques.

Health & Fitness - Yoga  
Health & Fitness - Healthy Living & Personal Hygiene  
Health & Fitness - Healing

SHAMBHALA  
08/29/2023  
PAGES: 184  
ISBN: 9781611809725



# The TMJ Handbook

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

By Cator Shachoy

\$24.95 - TR

## About the Book

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

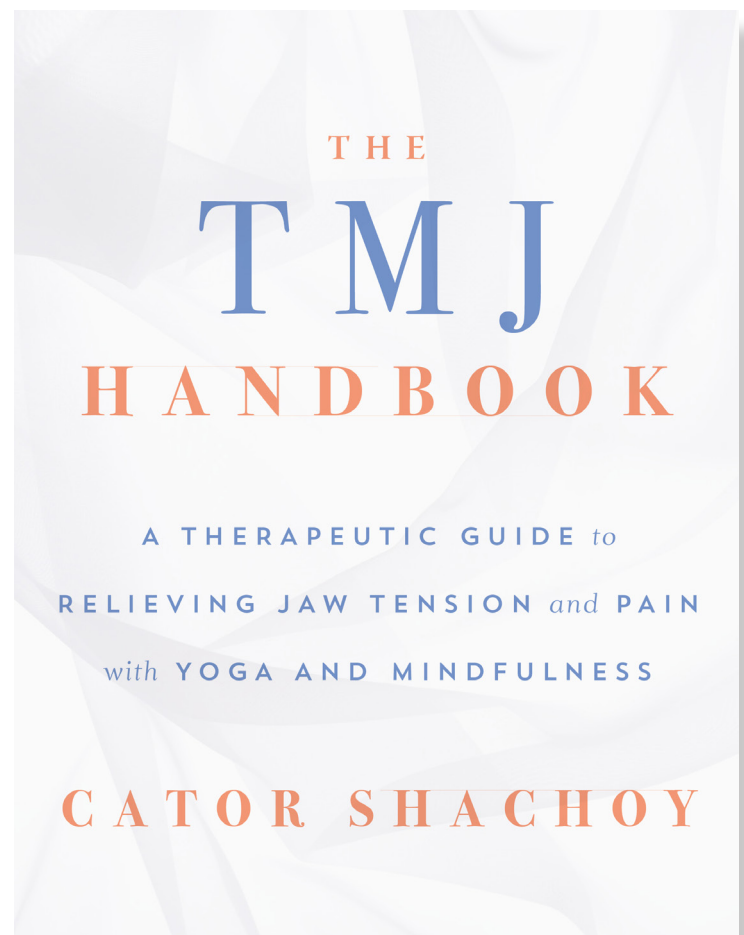
In *The TMJ Handbook*, Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction (TMD)—what we commonly refer to as “TMJ.” She unpacks the physical, emotional, and energetic reasons why this pain can occur and become so debilitating—including injury, stress and tension,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

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

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

## About the Author

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



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

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

SHAMBHALA  
11/21/2023  
PAGES: 288  
ISBN: 9781645471035

# Yoga Inversions

Your Guide to Going Upside Down

By Kat Heagberg Rebar

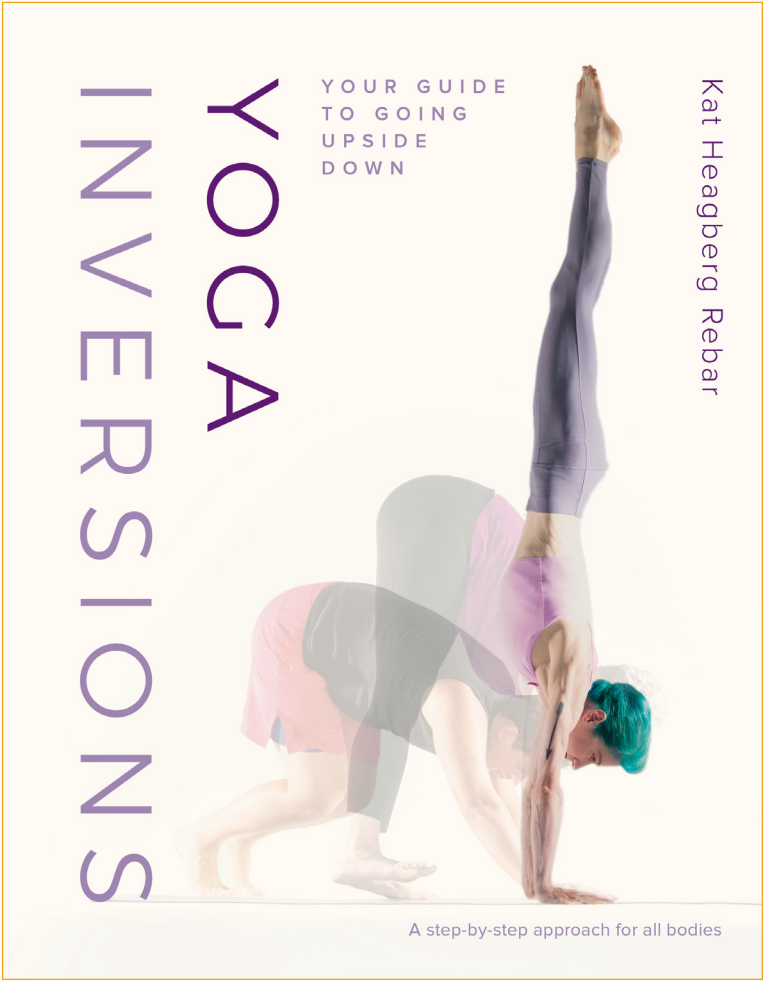
\$24.95 - TR

## About the Book

An accessible guide to inversions of all kinds, for all skill levels, featuring 85 practices that explore not only the physical side of yoga but also the emotional and spiritual aspects.

Learn to hop into a handstand, headstand with blocks—and even appreciate legs up the wall in new ways with this comprehensive and accessible guide to inversions in yoga. Inversions can offer a range of benefits, including building strength and balance, and this book is unique in that it helps yoga practitioners of any experience level welcome inversions into their practice. Kat Heagberg Rebar offers an easy-to-follow guide with 175 beautiful color photos. For each pose, Kat offers accessible adaptations, challenging variations, and everything in between. She also shares options to prepare safely and practices to build strength.

In addition to teaching the physical practice of inversions, Rebar addresses the mental, emotional, and spiritual aspects of this often-challenging practice. The book debunks common myths and explores topics like how we relate to fear, how we work with challenges, and how we embrace playfulness and humor as we learn. *Yoga Inversions* offers a progressive, biomechanically sound, body-positive, step-by-step approach to anyone who wants to try being upside down and includes: Downward dog variations; prop suggestions to customize your downward dog; Dolphin pose: finding a hand position that works for you; handstand preps and drills; hopping into handstand; jumping into handstand; handstand against the wall; handstand press drills; and more.



## About the Author

KAT HEAGBERG REBAR (eRYT-500) (she/her/they/them) has been teaching yoga since 2005. Kat is the Department Chair of Yoga Studies at Pacific College of Health and Science and the former editor-in-chief of Yoga International. She's the co-author of *Yoga Where You Are* with Dianne Bondy (Shambhala, 2020). Kat has training in many different yoga schools and styles including alignment-based traditions, vinyasa yoga, and prenatal and postpartum practices. Kat also spent several years living, working, and teaching at a yoga ashram where, in addition to asana, she studied Sanskrit, Ayurveda, Tantric and Classical yoga philosophy, and yogic meditation.

Health & Fitness - Yoga  
Health & Fitness - Exercise - Strength Training  
Health & Fitness - Exercise - General

SHAMBHALA  
08/22/2023  
PAGES: 224  
ISBN: 9781645471004

# The Yoga of Parenting

Ten Yoga-Based Practices to Help You Stay Grounded, Connect with Your Kids, and Be Kind to Yourself

By Sarah Ezrin; foreword by Jennifer Pastiloff  
\$19.95 - TR

## About the Book

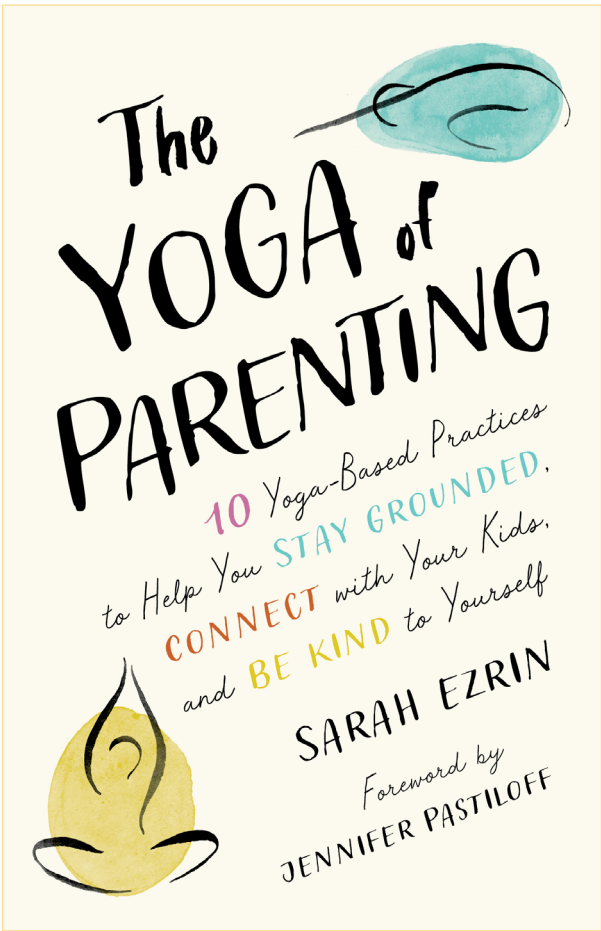
Bring the wisdom of yoga into your parenting journey with 34 practices to find more presence, patience, and acceptance—with your child and with yourself.

“I can say without a doubt that the most advanced yoga I’ve ever done is raising a child,” writes Sarah Ezrin. While many people think of yoga as poses on a mat, *The Yoga of Parenting* supports people in bringing the spiritual principles of yoga into their lives—particularly their families. Ezrin, a longtime yoga teacher, supports readers and practitioners in slowing down, becoming present with our children and ourselves, and acting with more compassion. Each chapter highlights a yogic posture and theme and explores how it relates to parenting, including presence, boundaries, balance, and nonattachment. Chapters include prompts such as intention setting, breathwork, and journaling. Ezrin also features the stories and insights of a wide range of yoga practitioner parents whose experiences include single parenting, grandparenting, and passing on intergenerational yoga traditions.

In addition to the opening posture, each chapter includes:

- “Breath Breaks” invitations to mindfully breathe
- “On the Mat” practices to show us how we can apply the lessons on our yoga mat in a more general sense
- “Parenting in Practice” offering advice from parents in the US and abroad
- “Off the Mat and Into the Family” fun exercises to help us bring the work off the mat and into our homes

Practicing yoga can help us become kinder to ourselves, more aware of our thoughts and actions,



and more present in our lives. What more important sphere to want to become kinder, more aware, and more present than with our families?

## About the Author

SARAH EZRIN is a freelance writer, yoga educator, and mama based in the San Francisco Bay Area. Her honesty and innate wisdom make her writing, classes, and social media sources of healing for many people. Sarah is a frequent contributor to *Yoga Journal*, as well as *Yoga International* and *LA Yoga*. She has been interviewed in *The Wall Street Journal*, *Forbes*, and *Bustle.com*, and she has appeared on NBC news. She also writes for parenting outlets, including *Scary Mommy*, *Motherly*, *Healthline*, and *Mind Body Green*.

Family & Relationships - Parenting - General Psychology - Developmental - General Health & Fitness - Yoga

SHAMBHALA  
06/06/2023  
PAGES: 248  
ISBN: 9781645471172



# Buddhism

# The Blue-Cliff Record

By David Hinton

\$27.95 - TR

## About the Book

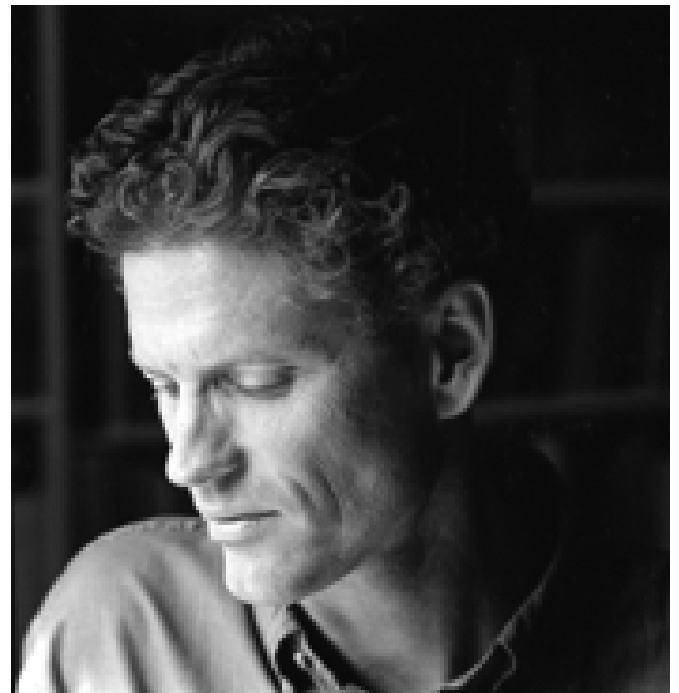
From preeminent translator David Hinton, a once-in-a-generation translation of the definitive Ch'an (Zen) koan collection.

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

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

## About the Author

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



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

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

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

# The Buddha’s Gift to the World

A Practitioner’s Guide to the Roots of Mindfulness

By Martina Draszczyk  
\$18.95 - TR

## About the Book

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

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

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

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

## About the Author

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



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

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

SHAMBHALA  
08/06/2024  
PAGES: 256  
ISBN: 9781645472469



# A Fire Runs through All Things

Zen Koans for Facing the Climate Crisis

By Susan Murphy  
\$21.95 - TR

## About the Book

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

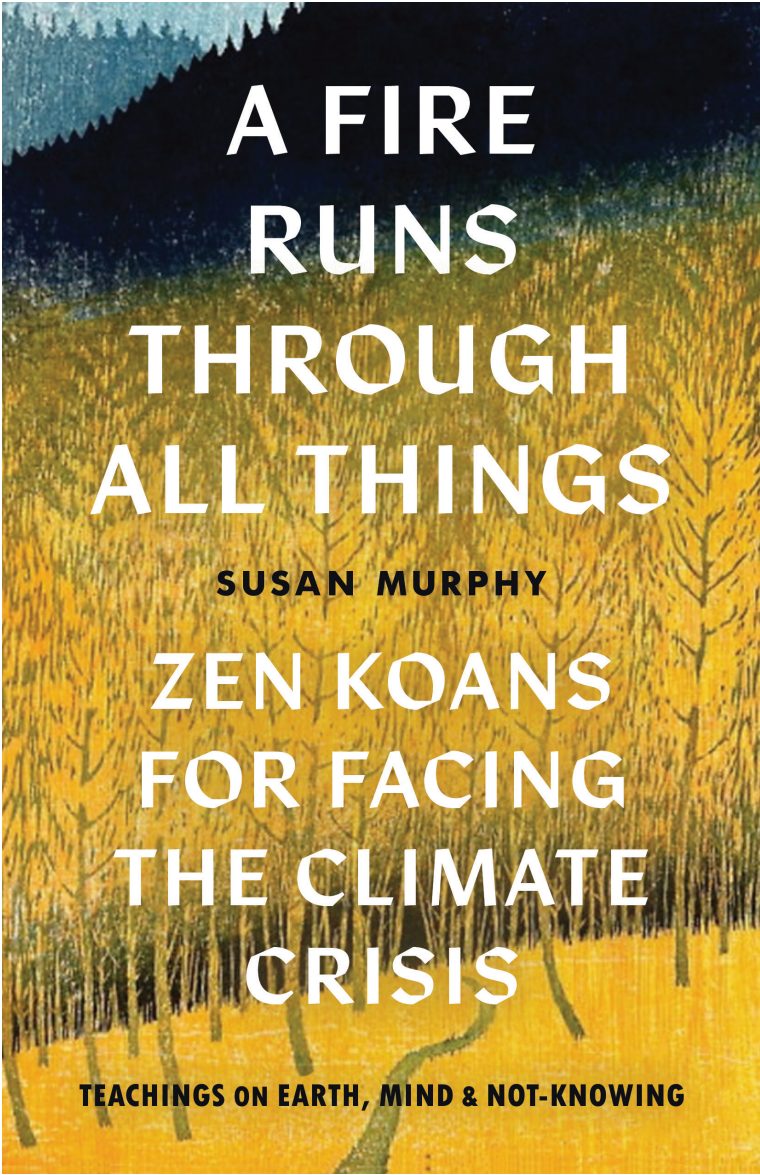
Zen koans are a tradition of holistic inquiry based on “encounter stories” from East Asia’s most radical Buddhist tradition. Turning this form of inquiry toward the climate crisis, Susan Murphy contends that koans can help us enter the mind of not-knowing from which acceptance and possibility freely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

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

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

## About the Author

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



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

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

SHAMBHALA  
11/28/2023  
PAGES: 248  
ISBN: 9781645471080

# The Free Mind

Finding Clarity in a Digitally Distracted World

By Dza Kilung Rinpoche

\$18.95 - TR

## About the Book

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

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

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

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

## About the Author

DZA KILUNG RINPOCHE was born in 1970 and is head of Kilung Monastery in the Dzachuka District of Kham, Tibet, which he



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

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

SHAMBHALA  
08/20/2024  
PAGES: 208  
ISBN: 9781645473251



# Gardens of Awakening

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

By Kazuaki Tanahashi; photography by Mitsue Nagase  
\$26.95 - HC

## About the Book

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

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

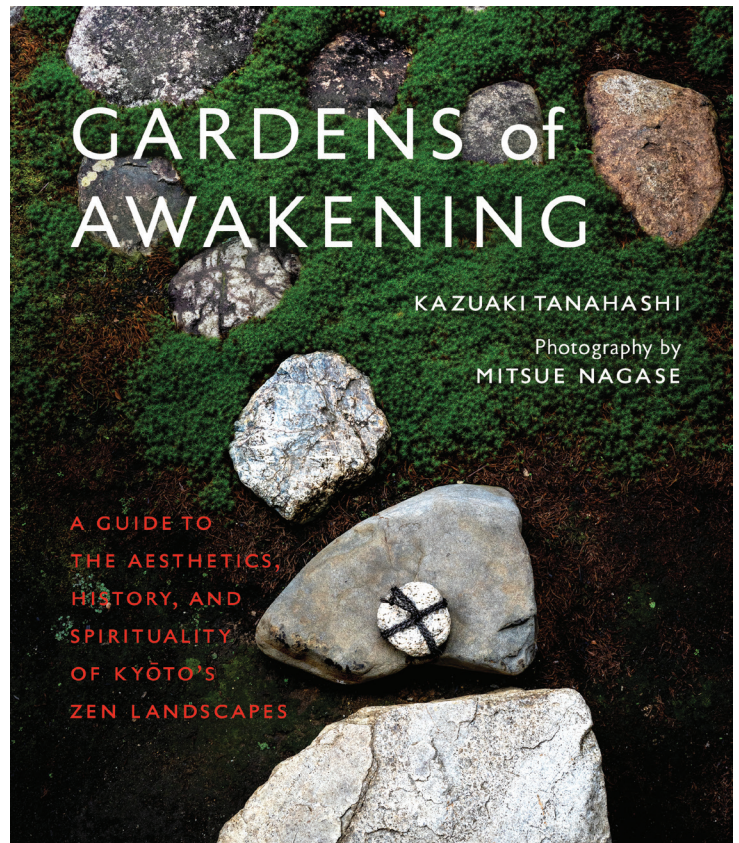
Richly illustrated with full-color photographs, *Gardens of Awakening* guides you through a series of Zen temple gardens created from the fourteenth through seventeenth centuries. Some are teeming with plants and flowing water, while others have only rocks and sand. All share in the Zen aesthetics of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

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

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

## About the Author

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



## About the Illustrator

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

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

SHAMBHALA  
04/23/2024  
PAGES: 184  
ISBN: 9781645472056



# Hakuin's Song of Zazen

Yamada Mumon Rōshi on Zen Practice

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

## About the Book

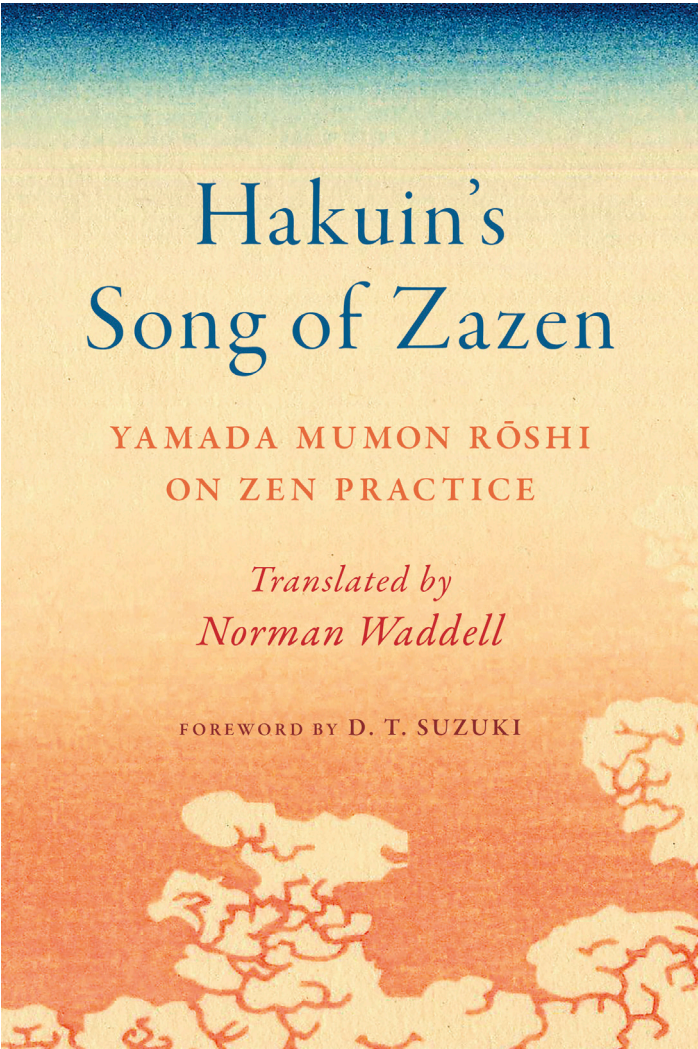
Renowned modern Zen master Yamada Mumon Rōshi uses Hakuin's famous poem of spiritual realization, "Song of Zazen," as a starting point to embark on a lively commentary on Zen practice in contemporary life.

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

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

## About the Authors

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



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

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

Religion - Buddhism - Zen  
Philosophy - Zen  
Religion - Essays

SHAMBHALA  
02/06/2024  
PAGES: 368  
ISBN: 9781645471813

# Illumination

A Guide to the Buddhist Method of No-Method

By Rebecca Li

\$21.95 - TR

## About the Book

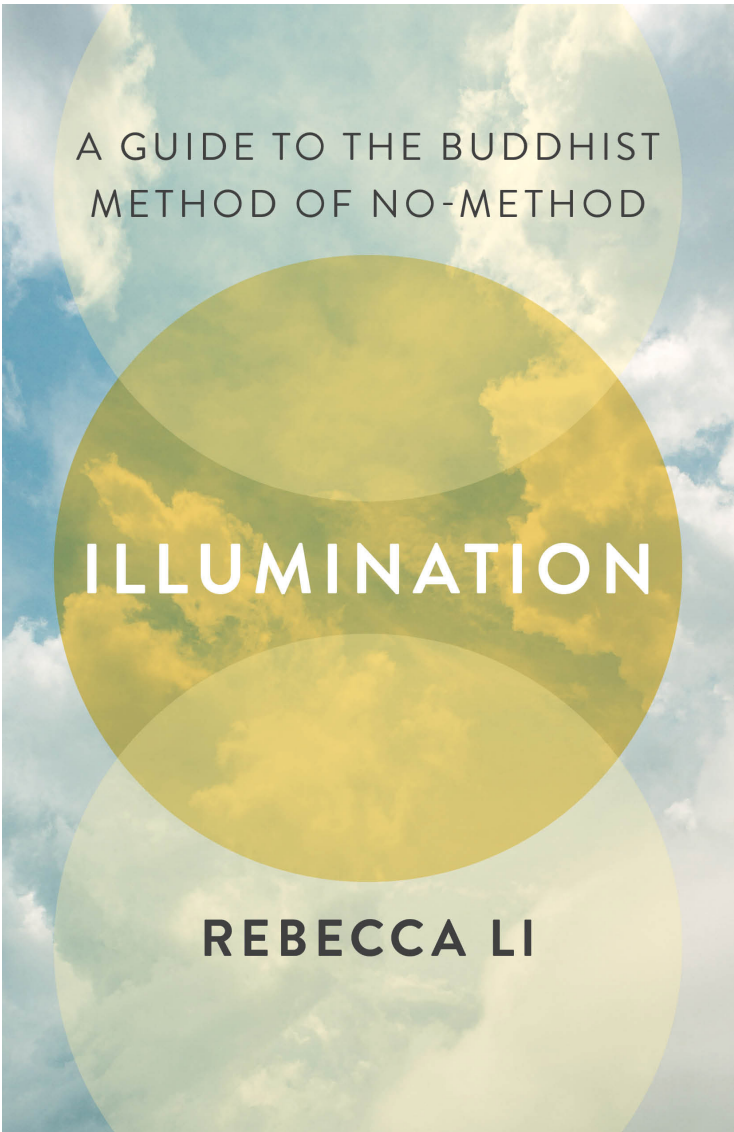
A modern guide to the transformative practice of silent illumination from Chan Buddhist teacher Rebecca Li.

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

After guiding readers through the history and practice of silent illumination, Rebecca Li shows us how we can recognize and unlearn our “modes of operation”—habits of mind that get in the way of being fully present and engaged with life. Cultivating clarity on the empty nature of these habits offers us a way to unlearn and free ourselves from unhelpful modes such as harshness to self, perfectionism, quietism, striving for spiritual attainment, and more. *Illumination* offers stories and real-life examples, references to classic Buddhist texts, and insights from Chan Master Sheng Yen to guide readers as they practice silent illumination not just on their cushions, but throughout their lives.

## About the Author

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



Chan Dharma Community. She gives Dharma talks and leads Chan retreats in North America and Europe. She is also a sociology professor and lives with her husband in New Jersey. Her talks, writings, and schedule can be found at [rebeccali.org](http://rebeccali.org).

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

SHAMBHALA  
10/31/2023  
PAGES: 280  
ISBN: 9781645470892



# The Intimate Way of Zen

Effort, Surrender, and Awakening on the Spiritual Journey

By James Ishmael Ford

\$19.95 - TR

## About the Book

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

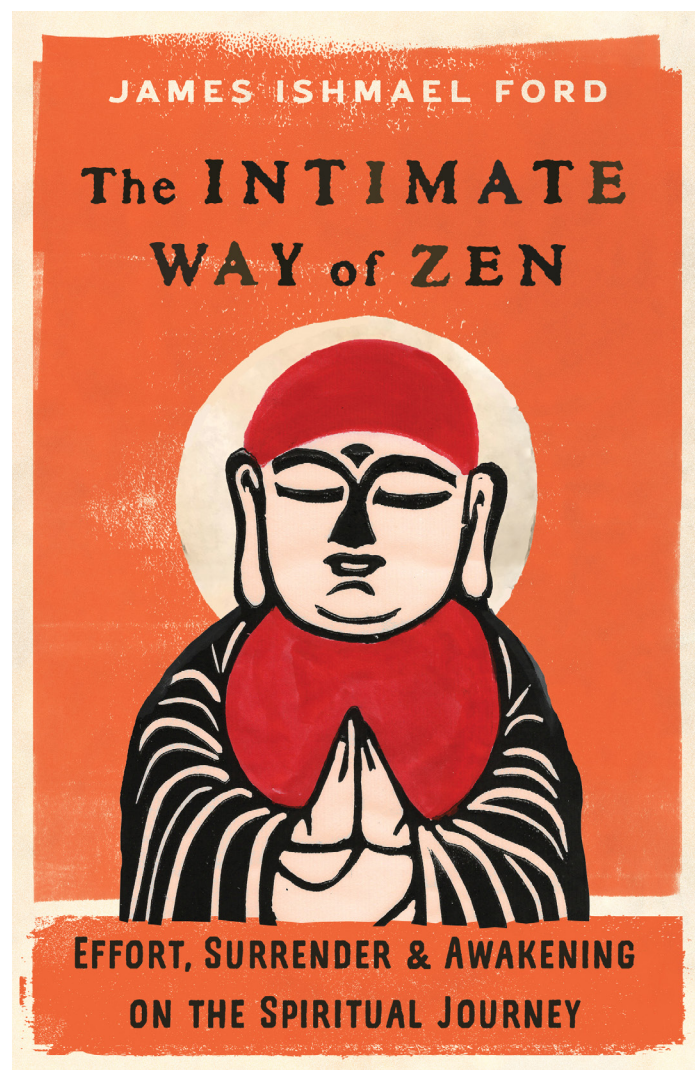
Reflecting on more than fifty years of practice in Zen Buddhism, Unitarian Universalism, and other contemplative traditions, James Ishmael Ford invites us into a journey through the stages of spiritual development.

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

Something touches us. And with that, if we are lucky and really notice some movement of some spirit within us, we turn our attention to the intimate way."

## About the Author

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



Philosophy - Zen  
Self-Help - Spiritual  
Religion - Unitarian Universalism

SHAMBHALA  
07/23/2024  
PAGES: 288  
ISBN: 9781645472186



# Lifting as They Climb

Black Women Buddhists and Collective Liberation

By Toni Pressley-Sanon

\$24.95 - TR

## About the Book

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

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

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

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

## About the Author

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

Profiles of Jan Willis, bell hooks, Zenju Earthlyn Manuel, angel Kyodo williams, Spring Washam, and Faith Adiele

# LIFTING AS THEY CLIMB

BLACK WOMEN  
BUDDHISTS  
& COLLECTIVE  
LIBERATION

TONI PRESSLEY-SANON

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

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

SHAMBHALA

02/13/2024

PAGES: 320

ISBN: 9781645470762

# Loving Life as It Is

A Buddhist Guide to Ultimate Happiness

By Chakung Jigme Wangdrak

\$19.95 - TR

## About the Book

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

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

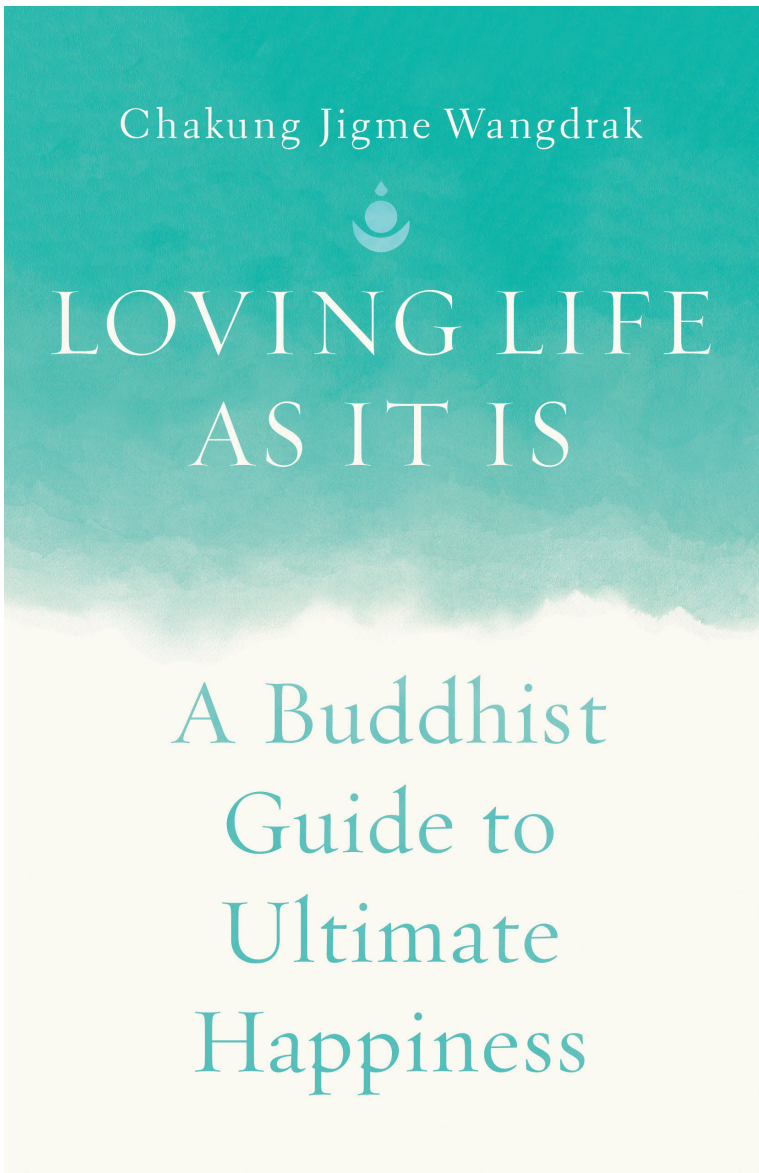
The first part of the book guides readers in recognizing and understanding suffering and happiness in their many forms. The second part is dedicated to practice. Jigme Wangdrak introduces the view and path of working directly with happiness and suffering. In clear language, he conveys the steps, stages,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

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

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

## About the Author

CHAKUNG JIGME WANGDRAK RINPOCHE was born in the Golok region of eastern Tibet as the fourth descendant of the nineteenth-century Buddhist master Dudjom Lingpa. At the age of fifteen, Jigme Wangdrak was recognized as the



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

Religion - Buddhism - Rituals & Practice

Religion - Buddhism - Tibetan

Religion - Buddhism - General

SHAMBHALA

06/11/2024

PAGES: 176

ISBN: 9781645473169



# Throw Yourself into the House of Buddha

The Life and Zen Teachings of Tange Harada Roshi

By Tange Harada; translated by Belenda Attaway Yamakawa; edited by Kogen Czarnick; afterword by Bodhin Kjolhede  
\$19.95 - TR

## About the Book

From narrowly surviving World War II through enduring the profound rigors of traditional Zen training, Tange Harada's fascinating life story and teachings present a classic picture of the Buddhist journey from suffering to realization.

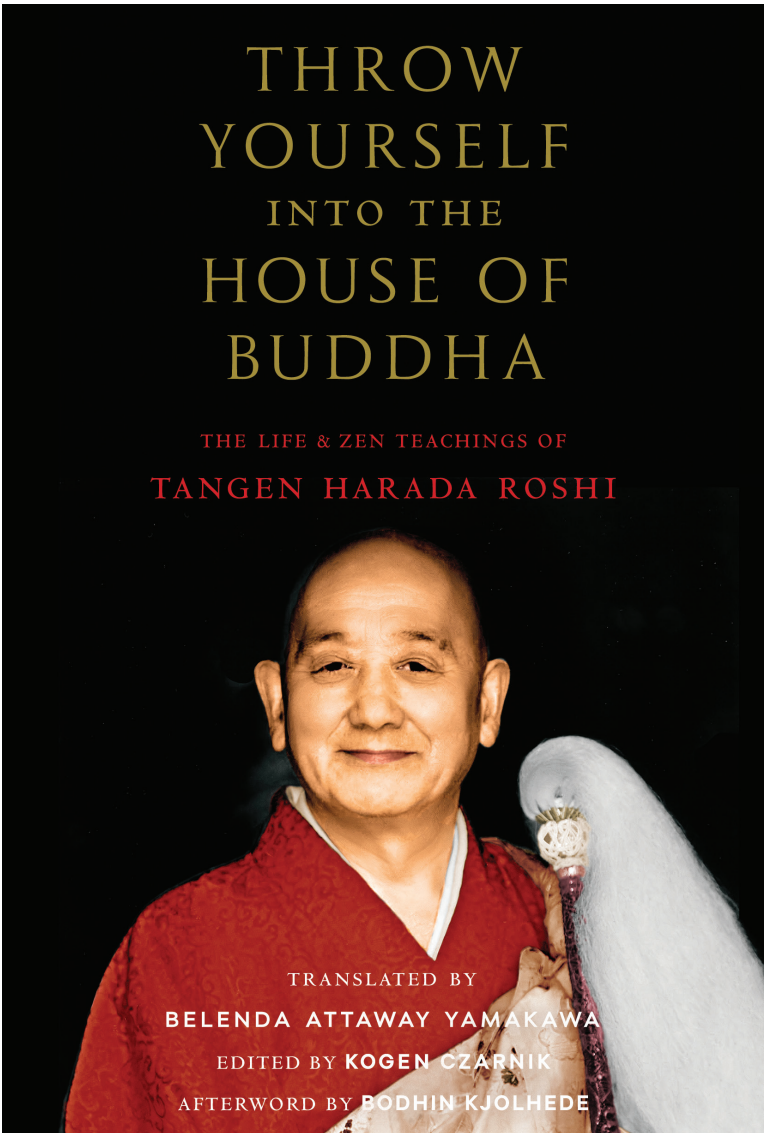
On August 15, 1945, at the age of twenty, Tange Harada stood on an airfield and prepared to board the airplane on which he would undertake a suicide mission for his country. Only the voice of Emperor Hirohito on the radio—never before heard by the Japanese public—announcing Japan's surrender saved his life. After returning from a Soviet POW camp in 1946, overcome with questions about the meaning of human life and suffering, Harada sought out the counsel of a Zen master. He thus embarked on the path of awakening and liberation to which he would commit the rest of his life, eventually teaching thousands of people from around the world.

*Throw Yourself into the House of Buddha* includes Tange Roshi's life story in his own words, as well as twenty-four teachings conveying the heart of his Zen understanding. Each chapter, paired with a beautiful calligraphy by the master, conveys his direct, uncompromising, yet encouraging message about the possibility of Zen realization.

"Wake up," writes Harada, "and you can say for yourself, 'The sun is my eye, the wind my breath, all of space my heart, the mountain and ocean my body. The sun shining brightly, vividly, is the eye of my life. The vastness of the sky is my heart.' Who is the master of this boundless heart? No one else but you. This is your reality. Heaven and earth—same root, all things—one body."

## About the Author

Born in Niigata Prefecture, Japan, in 1924, TANGEN HARADA trained as a kamikaze pilot during the



Second World War and came within hours of losing his life. In the aftermath of this and other wartime traumas, he turned to intensive monastic Zen practice to make sense of the war and his life. Following a series of realization experiences, he became abbot of Bukkoku-ji temple, where he practiced and taught for the next sixty years. Never deviating from a strict, traditional approach to the practice, he accepted all manner of students—monastic and lay, Japanese and foreign, women and men—and influenced Zen teachers around the world. "He was a simple, kind, happy man, who lived his teaching," notes one eulogy of Harada, who passed away in 2018.

Religion - Buddhism - Zen  
Philosophy - Zen  
Body, Mind & Spirit - Mindfulness & Meditation

SHAMBHALA  
08/08/2023  
PAGES: 192  
ISBN: 9781645471363



# The Way of Ch'an

Essential Texts of the Original Tradition

By David Hinton

\$27.95 - TR

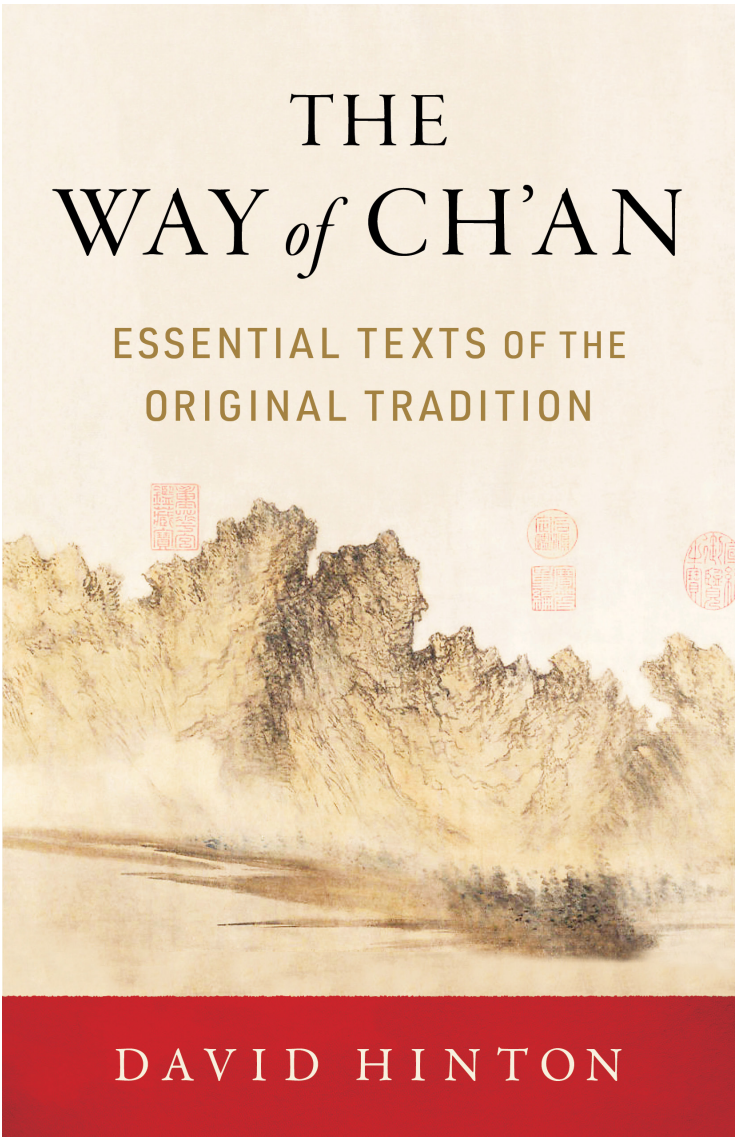
## About the Book

This sweeping collection of new translations paints a brilliant picture of the development of Ch'an (Zen) Buddhism, China's most radical philosophical and meditative tradition.

In this landmark anthology of some two dozen translations, celebrated translator David Hinton shows how Ch'an (Japanese: Zen)—too long considered a perplexing school of Chinese Buddhism—was in truth a Buddhist-inflected form of Taoism, China's native system of spiritual philosophy. The texts in *The Way of Ch'an* build from seminal Taoism through the "Dark-Enigma Learning" literature and on to the most important pieces from all stages of the classical Ch'an tradition. Guided by Hinton's accessible introductions, readers will encounter texts and authors including: *I Ching* (c. 12th century BCE); Lao Tzu (c. 6th century BCE); Bodhidharma (active c. 500–550 CE); Sixth Patriarch Prajna-Able (Hui Neng, 638–713); *Cold Mountain* (Han Shan: c. 8th–9th centuries); *Yellow-Bitterroot Mountain* (Huang Po, d. 850); *Blue-Cliff Record* (c. 1040). Through this steadily deepening and transformative reading experience, readers will see the profound and intricate connections between native Chinese philosophy, Taoism, and Ch'an. Contemporary Zen students and practitioners will never see their tradition in the same way again.

## 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.

Religion - Buddhism - General  
Religion - Buddhism - Zen  
Literary Collections - Asian - Chinese

SHAMBHALA  
07/25/2023  
PAGES: 352  
ISBN: 9781611809237

# Tibetan Buddhism

# Embodying Tara

Twenty-One Manifestations to Awaken Your Innate Wisdom

By Chandra Easton

\$22.95 - TR

## About the Book

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

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

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

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

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

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

## About the Author

CHANDRA EASTON is a teacher, scholar, practitioner, and translator of Tibetan Buddhism. She is the lead senior Buddhist teacher at Tara Mandala Retreat Center. She studied Buddhism and Tibetan language in Dharamsala, India, and at UCSB’s religious studies department. During her studies, she co-translated with her mentor, B. Alan Wallace, *Sublime Dharma: A Compilation*

CHANDRA EASTON



# EMBODYING TARA

*Twenty-One Manifestations  
to Awaken Your Innate Wisdom*

of *Two Texts on the Great Perfection* (Vimala Publishing, 2012). Seeking to bring forth the voice of the empowered feminine in Buddhism, Lopön Chandra regularly leads retreats and classes on Tara for various organizations, develops programs and curricula for Tara Mandala, and teaches nationally and internationally.

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

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



# From Foundation to Summit

A Guide to Ngöndro and the Dzogchen Path

By Orgyen Chowang

\$28.95 - TR

## About the Book

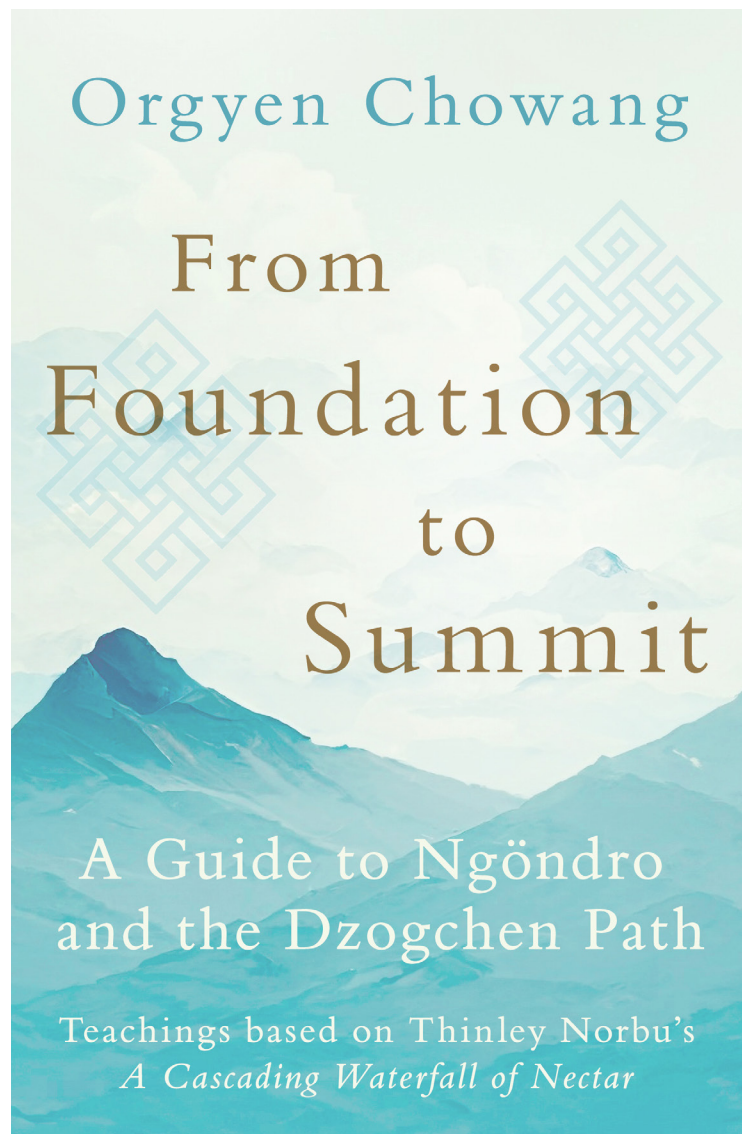
Essential instructions on the Vajrayana path to ultimate enlightenment, from the foundational contemplations about the nature of reality to the ultimate realizations of the wisdom of Dzogchen.

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

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

## About the Author

ORGYEN CHOWANG is a master of meditation, especially the pinnacle meditation



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

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

SHAMBHALA

07/30/2024

PAGES: 400

ISBN: 9781645471820

# The Heart of Tibetan Buddhism

Advice for Life, Death, and Enlightenment

By Khenpo Sherab Sangpo

\$21.95 - TR

## About the Book

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

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

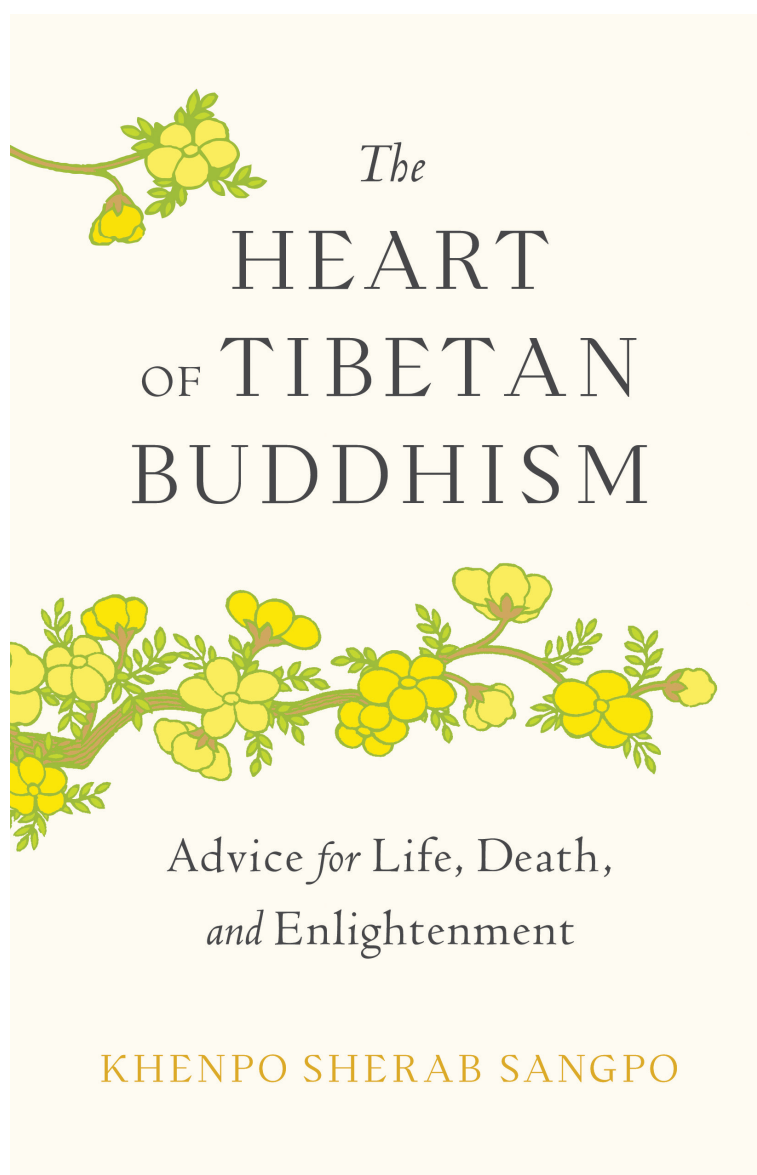
Discover thoughtful advice and applicable practices for following a genuine Buddhist path and living a meaningful life in this succinct book. This profoundly graspable introduction to the heart of Tibetan Buddhism comes from a fresh voice within the tradition who has a growing online teaching presence.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

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

Included are:

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

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



## About the Author

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

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

SHAMBHALA

03/19/2024

PAGES: 256

ISBN: 9781645472063

# Tibetan Buddhism

A Guide to Contemplation, Meditation, and Transforming Your Mind

By Khenpo Sodargye

\$21.95 - TR

## About the Book

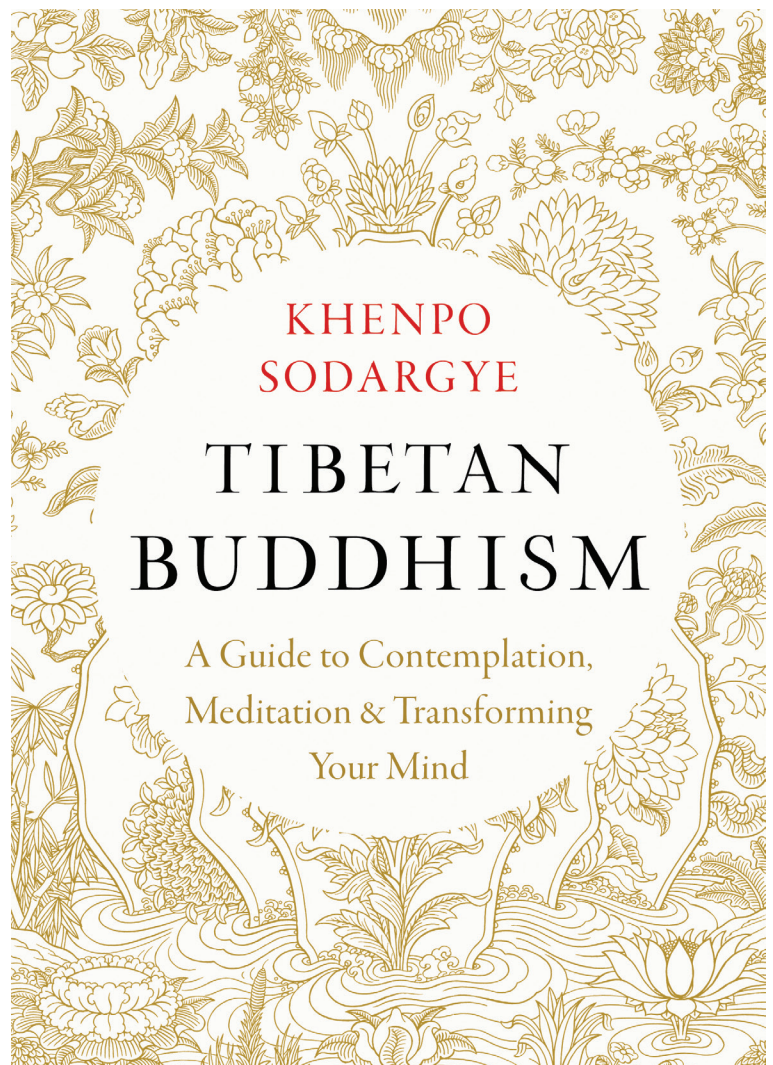
Your genuine, go-to overview of Tibetan Buddhism from a leading contemporary teacher who has traversed the wisdom path. This guide shares Tibetan Buddhist insight and tools that will benefit everyone in transforming their mind. Khenpo Sodargye, who has attracted hundreds of thousands of students worldwide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

- The Four Dharma Seals
- Faith
- Bodhicitta
- The Three Supreme Methods
- The Two Truths
- Rebirth and karma
- Spiritual teachers
- The Great Perfection

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

## About the Author

KHENPO SODARGYE has been teaching the Dharma using traditional Buddhist teaching methods since 1987. To solidify his disciples' Buddhist studies, Khenpo emphasizes a systematic approach of listening, contemplating, and meditating on



the Dharma. Hundreds of thousands of monastic disciples and lay followers worldwide study the Dharma with Khenpo through on-site, livestream, and video teachings. As a Vajra guru and the Dzogchen lineage holder, Khenpo is empowered to transmit Vajrayana teachings and practices. Khenpo is a frequently invited speaker at top universities across the globe and a prolific author.

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

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



# Welcoming Beginner's Mind

Zen and Tibetan Buddhist Wisdom on Experiencing Our True Nature

By Gaylon Ferguson  
\$19.95 - TR

## About the Book

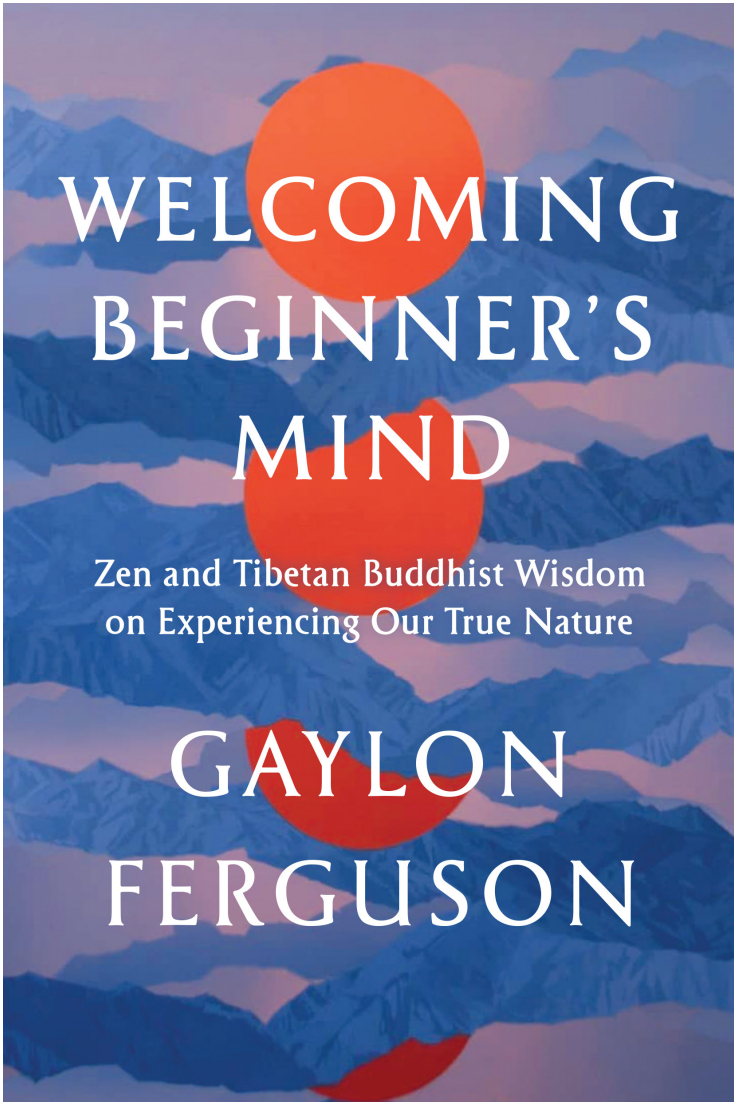
This nuanced commentary on the famous Zen ox herding pictures explores the paradox of welcoming your true nature anew at each stage of spiritual development.

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

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

## About the Author

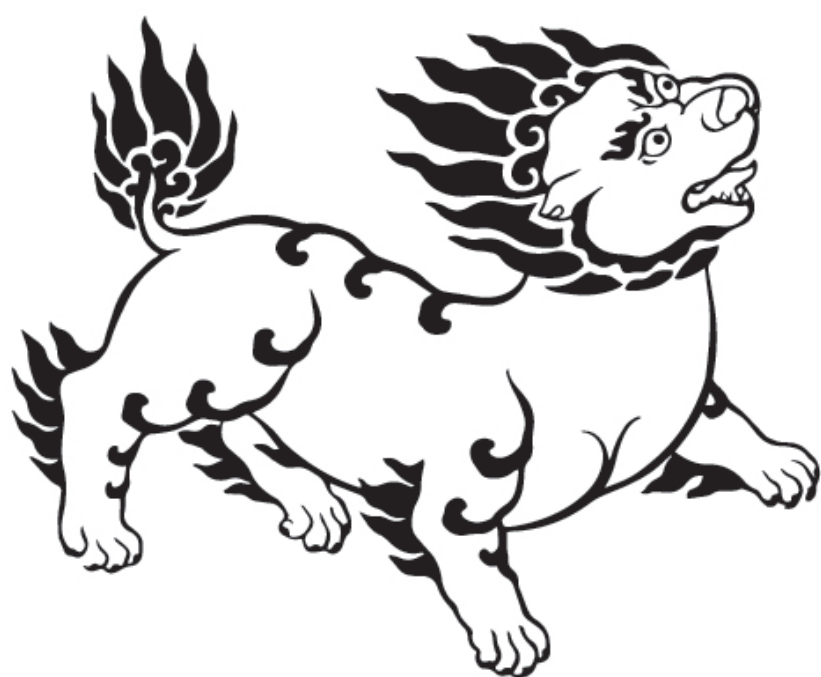
GAYLON FERGUSON, PhD, has practiced and taught Buddhism for over four decades. He received a doctorate in cultural anthropology in



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

Religion - Buddhism - Tibetan  
Religion - Buddhism - Zen  
Religion - Buddhism - Rituals & Practice

SHAMBHALA  
03/26/2024  
PAGES: 256  
ISBN: 9781645471936



SNOW LION

# A Dakini's Counsel

Sera Khandro's Spiritual Advice and Dzogchen Instructions

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

## About the Book

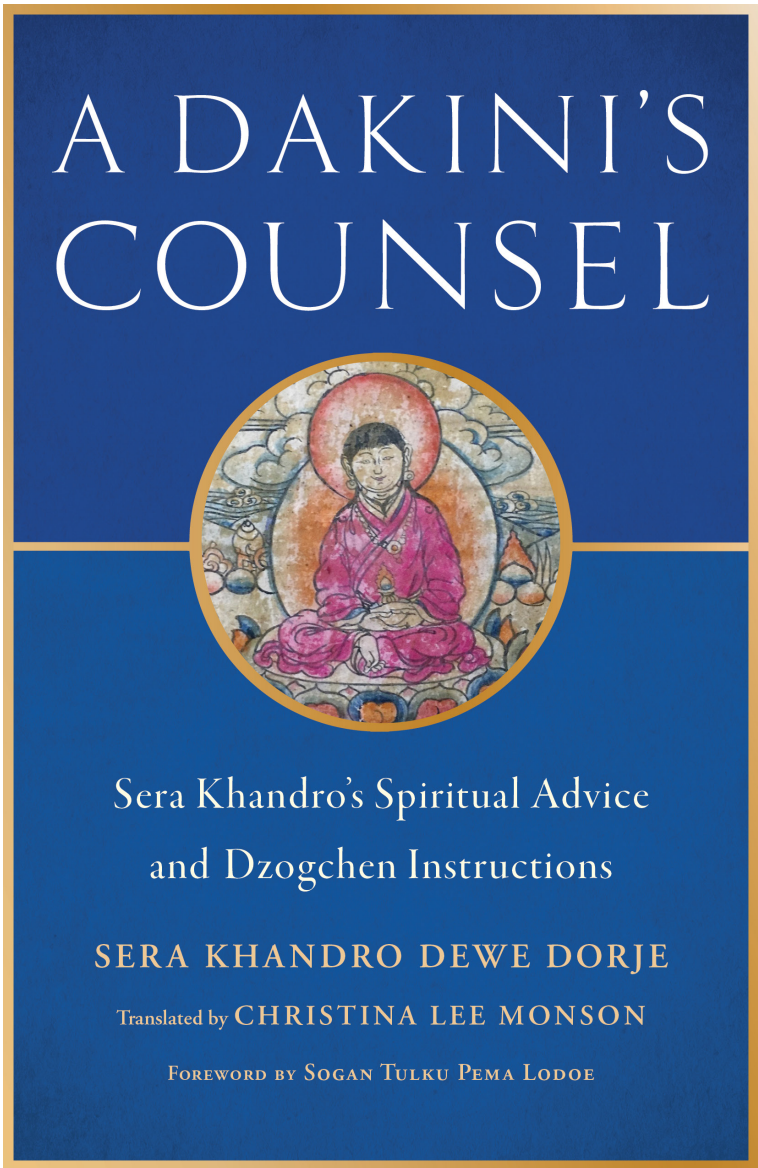
Translated here for the first time, a collection of heartfelt and intimate advice for Buddhist practice from the modern female Buddhist teacher Sera Khandro Dewai Dorje (1892–1940), revealing her firsthand experiences as a mother, wife, consort, and spiritual teacher of the Dzogchen tradition of Tibetan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

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

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

## About the Author

CHRISTINA MONSON is a Buddhist practitioner and teacher and Tibetan language translator and interpreter. She has over thirty years of study, translation, and practice experience in Buddhism beginning with an interest in Asian philosophy as an undergraduate student at Brown University. Later, she focused her studies on Tibetan Buddhism while completing a master's degree at the University of



Wisconsin-Madison. She journeyed to Nepal in 1989 where she met her root guru, Chatral Sangyé Dorjé Rinpoche, under whose guidance she studied and practiced in periods of intensive retreat for the next twenty-seven years. Chatral Rinpoche first introduced her to the person and treasure lineage of Sera Khandro Dewai Dorje and conferred empowerment, reading transmission, and practice instructions. Christina continues to translate select sections of Sera Khandro's works into the English language as a Tsadra Foundation translator and scholar along with teaching and practicing the Dharma.

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

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



# Gesar

## Tantric Practices of the Tibetan Warrior King

By Jamgön Mipham; translated and edited by Gyurme Avertin; with contributions by Chögyam Trungpa and Orgyen Tobgyal; foreword by Dzongsar Jamyang Khyentse  
\$29.95 - TR

### About the Book

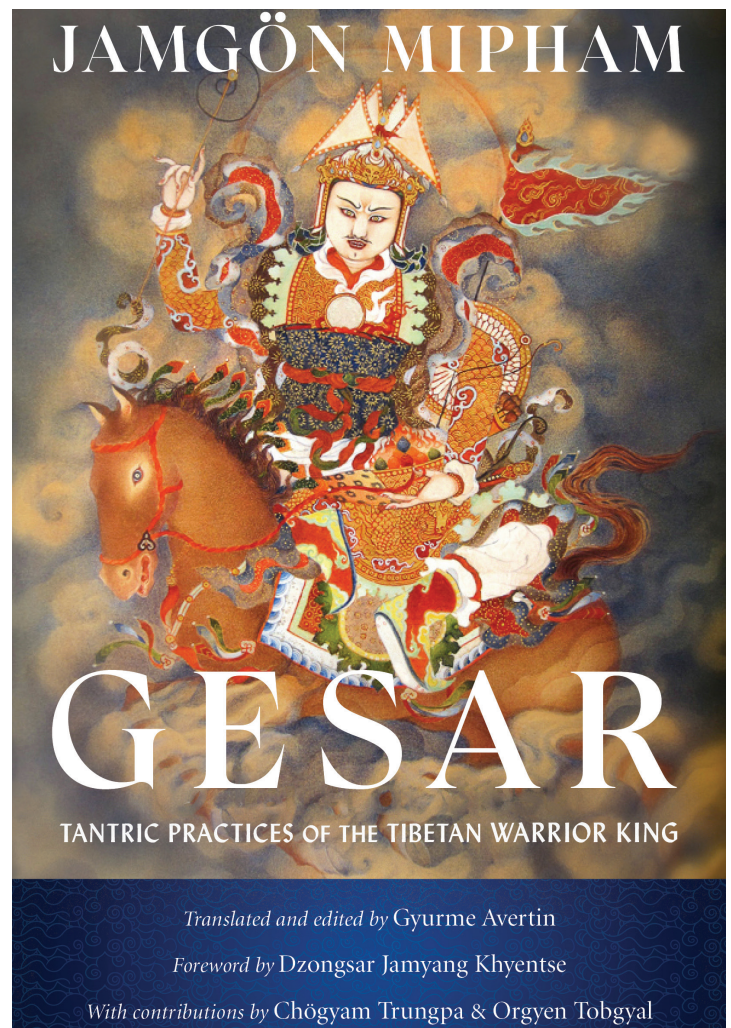
A selection of 52 short prayers and practices devoted to Tibet's cultural hero Gesar of Ling as an enlightened tantric deity to generate positive circumstances and increase one's experiences and realization in Buddhist practice.

Gesar of Ling is widely known as the hero of Tibet's national oral epic, considered the longest epic in the world. But he is also the focus of Buddhist practices in which his enlightened form, known as King Gesar the Jewel, becomes one of the numerous spiritual methods offered by Tibetan Vajrayana Buddhism to progress toward buddhahood. This work contains the complete selection of practice texts compiled by the early modern Tibetan polymath Jamgön Mipham and included in his Collected Works.

Gesar personifies the ideal of the spiritual warrior, who tames negative forces which obstruct the Buddhist path. The practices presented here detail poetic imagery of offerings and their recipients, including Gesar, his court, and the spirits who dwell in his personal belongings. Vajrayana practices such as these are considered mind treasures, meaning rather than being composed, they appeared fully formed as a transmission with the mind of a Vajrayana master.

### About the Authors

JAMGÖN MIPHAM (1846–1912), one of the great luminaries of Tibetan Buddhism in modern times, has had a dominant and vitalizing influence on the Nyingma School and beyond. He was an important member of the Rimé, or nonsectarian movement, which did much to strengthen and preserve



the entire tradition. A scholar of outstanding brilliance and versatility, his translated works are eagerly anticipated by English-language readers.

GYURME AVERTIN is a France-based translator with the Rigpa Sangha. He began his study of the Tibetan language in 1997. He spent two years following the Tibetan program at Langues'O University in Paris, then studied at the Rangjung Yeshe Institute in Nepal and the Dzongsar shedra in India. He is the translator of *The Gathering of Vidyadharas: Text and Commentaries on the Rigdzin Düpa* (Snow Lion, 2017).

Religion - Buddhism - Tibetan  
Religion - Buddhism - History  
Literary Collections - Ancient & Classical

SNOW LION  
08/29/2023  
PAGES: 368  
ISBN: 9781611809152



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

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

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

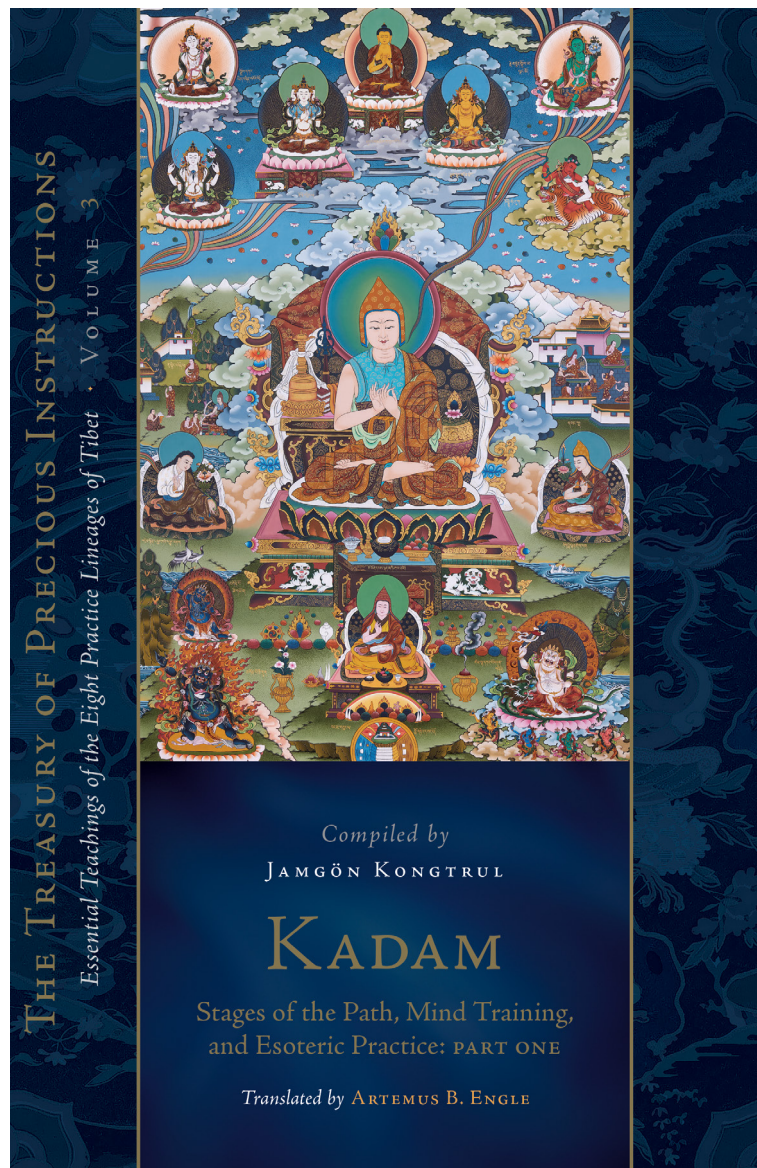
## About the Book

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

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

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

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



## About the Author

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

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

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

SNOW LION

04/02/2024

PAGES: 1,248

ISBN: 9781559395052



# Sakya: The Path with Its Result, Part Two

Essential Teachings of the Eight Practice Lineages of Tibet, Volume 6 (The Treasury of Precious Instructions)

Compiled by Jamgön Kongtrul Lodrö Taye;  
translated by Malcolm Smith  
\$39.95 - HC

## About the Book

A collection of liturgical and instructional practice texts on the Eight Ancillary Path Cycles of the Sakya lineage of Tibetan Buddhism, compiled by one of Tibet's greatest Buddhist masters.

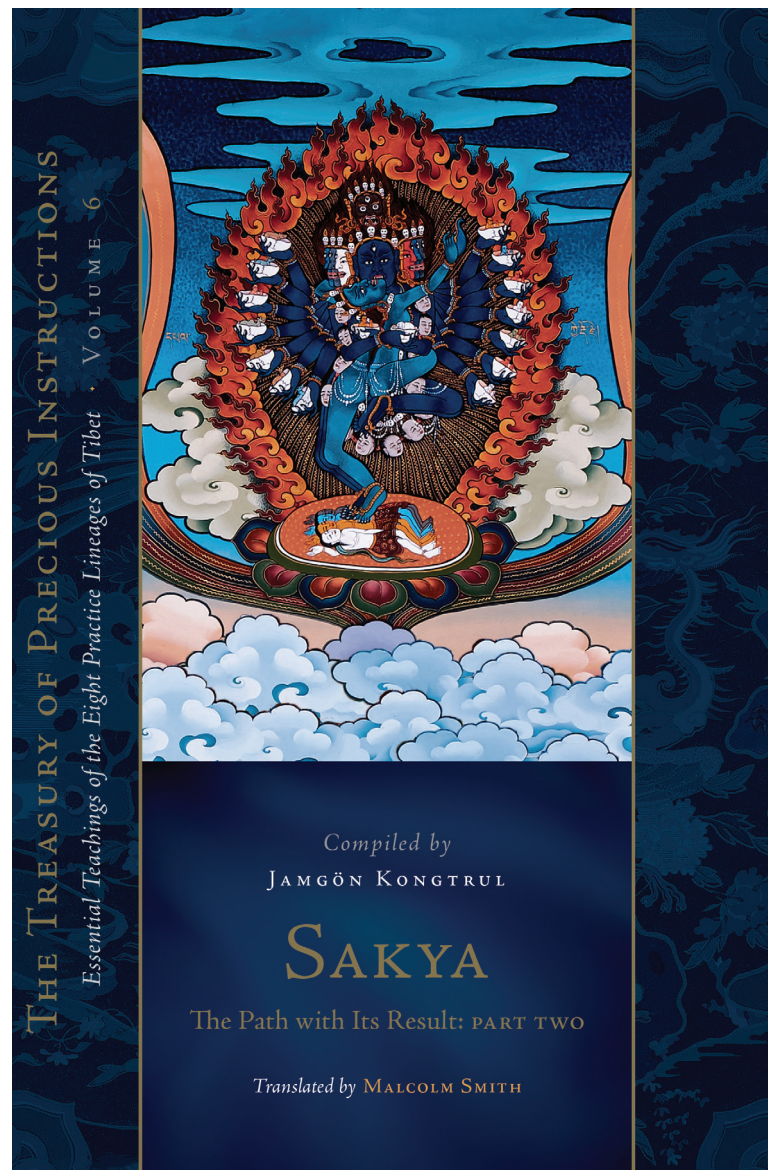
The Treasury of Precious Instructions by Jamgön Kongtrul Lodrö Taye, one of Tibet's greatest Buddhist masters, is a shining jewel of Tibetan literature, presenting essential teachings from the entire spectrum of practice lineages that existed in Tibet. In its eighteen volumes, Kongtrul brings together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

Volume 6 of the series, *Sakya: The Path with Its Result, Part Two*, presents a selection of teachings and practices from the Eight Ancillary Path Cycles of the Sakya tradition of Tibetan Buddhism. The Sakya lineage derives from Virūpa, Dombhi Heruka, and other Indian masters, or mahāsiddhas, and passes through Gayadhara and his Tibetan disciple Drokmi Lotsāwa Śākya Yeshe (992–1072).

The practice tradition centers around the teaching and transmission of the Hevajra Tantra and its subsidiary texts. This second volume of Sakya texts contains oral instructions transmitted to Drokmi Lotsāwa by the early eleventh-century Indian masters, Ācārya Viravajra, Mahāsiddha Amoghavajra, Pandita Prajñāgupta of Oddiyāna, and Pandita Gayadhara. These texts broaden our understanding of how mahāmudrā, the teaching on the nature of mind, is understood and practiced in the Sakya school.

## About the Author

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.

MALCOLM SMITH is a translator of classical Tibetan. He began his studies of Tibetan Buddhism in the Sakya school in 1989 and entered a traditional three-year solitary retreat in 1993. In 2004, he was awarded the Ācārya degree by Khenpo Migmar Tseten of the Sakya Institute for Buddhist Studies. In 2009, he graduated from Shang Shung Institute's School of Tibetan Medicine. His principal gurus are H. H. Sakya Trichen and the late Chögyal Namkhai Norbu (1938–2018).

Religion - Buddhism - Tibetan  
Religion - Buddhism - Rituals & Practice  
Religion - Buddhism - History

SNOW LION  
08/15/2023  
PAGES: 536  
ISBN: 9781611809671



# Shangpa Kagyu: The Tradition of Khyungpo Naljor, Part Two

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

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

## About the Book

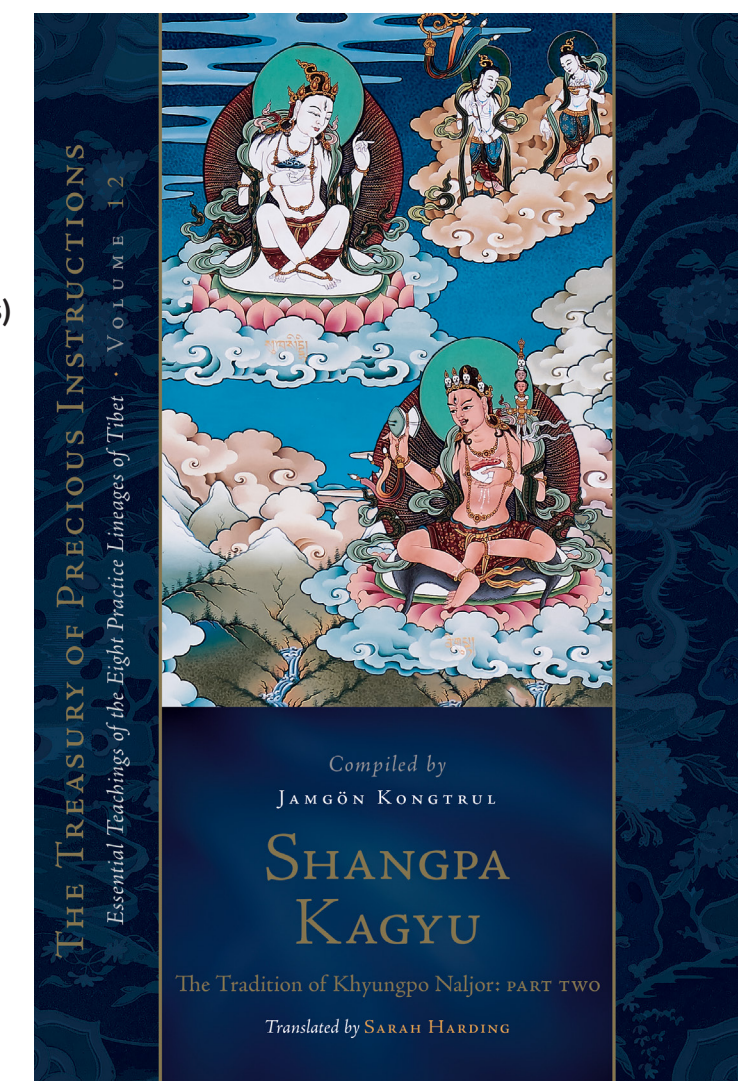
In this twelfth volume of The Treasury of Precious Instructions, Jamgön Kongtrul Lodrö Taye presents a second collection of compiled teachings and practices of the Shangpa Kagyu tradition of Tibetan Buddhism, focusing on the teachings of the lineages of two Indian female celestial beings, Niguma and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

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

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

## About the Authors

JAMGÖN KONGTRUL LODRÖ TAYE (1813–1900) was a versatile and prolific scholar and one of the



most outstanding writers and teachers of his time in Tibet. He was a pivotal figure in eastern Tibet's nonsectarian movement and made major contributions to education, politics, and medicine.

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

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

SNOW LION

10/10/2023

PAGES: 1,024

ISBN: 9781645472117

# Wisdom Nectar

## Dudjom Rinpoche's Heart Advice

Translated and introduced by Ron Garry

\$34.95 - TR

### About the Book

The essential teachings from a great master of the Nyingma school of Tibetan Buddhism.

Dudjom Rinpoche was one of the seminal figures in Tibetan Buddhism in the twentieth century, yet very few of his religious writings have been translated into English. This volume contains a generous selection of his inspiring teachings and writings, the core of which is a lengthy discussion of the entire path of Dzogchen—including key instructions on view, meditation, and conduct, along with direct advice on how to bring one's experiences onto the path.

Also included in this book in their entirety are the oral instructions, tantric songs, and songs of realization from His Holiness's Collected Works, along with a generous selection of aspiration and supplication prayers.

### About the Authors

DUDJOM RINPOCHE, JIGDREL YESHE DORJE (1904–1987) was a highly revered Buddhist meditation master and the leader of the Nyingma lineage of Tibetan Buddhism. He also traveled and taught extensively, proving instrumental in bringing Buddhism to people in Europe, North America, and other parts of Asia. He founded a teaching and meditation center in Dordogne, France, in 1980, where he lived until his death in 1987.

RON GARRY has an MA in integral psychotherapy, a PhD in Indo-Tibetan Buddhism, and has completed the traditional three-year retreat. He is also the translator of *The Teacher-Student Relationship*.

Religion - Buddhism - Tibetan

Religion - Buddhism - Sacred Writings

Religion - Buddhism - Rituals & Practice

SNOW LION

08/29/2023

PAGES: 448

ISBN: 9781645473145



bala kids



# The Down and Dirty Guide to Camping with Kids

How to Plan Memorable Family Adventures and Connect Kids to Nature

By Helen Olsson

\$24.95 - TR

## About the Book

The revised and updated edition of the best-selling guidebook that equips parents with all the confidence they need to embark on and enjoy the ultimate outdoor activity with their kids: camping.

Written by a seasoned camper, adventurer, and mother of three, this book is a practical, irreverent introductory guide to all things camping. Helen Olsson writes from a parent's point of view, giving readers a clear plan—and plenty of encouragement—for an enjoyable family camping experience. Whether you're planning a simple outing, a multiday trek with babies or teens, or camping with several families, *Down and Dirty* has you covered.

Each chapter features helpful checklists, including "Little Tykes" lists dedicated to items for babies and toddlers. The book focuses on car camping but nods to alternate ways to camp: backpacking, pull-behind campers, canoe/kayak trips, hut camping, and trips with pack animals.

The second edition is updated to reflect the latest products, outdoor etiquette, and lifestyles. You'll have guidance on:

- choosing a destination,
- packing gear and food,
- setting up the campsite,
- planning menus,
- and staying safe.

This timeless camping resource addresses the myriad unique needs and concerns of parents and children.

## About the Author

HELEN OLSSON is a writer in Boulder, Colorado. She was the executive editor of



*Skiing* magazine and is the editor in chief of *Epic Life* and *Modern Luxury Peak* magazines.

Winner of the Canadian Tourism's Northern Lights Journalism Award and a finalist in the Women's Sports Foundation's Sports Journalism Award, Olsson has written for publications such as *Self*, *Ski*, *The New York Times*, and more. She camps with her husband and their three children.

## About the Illustrator

SCOTTY REIFSNYDER is a Pennsylvania-based illustrator and designer. Scotty's work has brought fame and good fortune to such clients as Mountain Dew, Chronicle Books, Disney/Pixar, *GQ*, *Time Magazine*, *The Boston Globe*, *The New Yorker*, *The New York Times*, and *The Wall Street Journal*.

Sports & Recreation - Camping  
Family & Relationships - Activities  
Sports & Recreation - Outdoor Skills

ROOST BOOKS

04/02/2024

PAGES: 288

ISBN: 9781645470939

# Feelings Deck for Kids

30 Activities for Handling Big Emotions

By Julie Kavanagh and Seth Shugar, MFT;  
illustrated by Erika Lynne Jones  
\$19.95 - Card Deck

## About the Book

A playful card deck that teaches kids ages 5–9 to name and feel emotions in their bodies, with 30 activities to regulate emotions and teach body awareness.

Lots of kids might say they feel “good” or “bad” but miss all the other emotions in between. For children to best recognize feelings in themselves and others, they first need to have words for those feelings. Featuring a range of 30 different emotions, from angry and sad to grateful and proud, as well as a meditation or mindful activity for each, kids can use these interactive cards to develop their emotional intelligence and gain self-acceptance. They’ll find ways to better understand feelings, build self-compassion, and share their emotional experiences—all in a fun, interactive way.

The cards are illustrated with evocative ways that emotions can show up in the body to help kids start to recognize how they embody feelings—for example: “When I am worried, my mind feels tangled up like spaghetti noodles”; “When I feel scared, my belly feels cold like a popsicle”; “When I am excited, my chest feels fizzy like the bubbles in a soda.”

The deck includes meditation cards, guiding kids in simple mindfulness practices focused on the card’s emotion, and activity cards, featuring hands-on activities to regulate emotions like making a calming glitter jar, planting a seed of hope, blowing bubbles of frustration and watching them float away, and creating a “Gratitude Gumball” machine. The cards and a helpful introductory booklet are housed together in a colorful box.

## About the Authors

JULIE KAVANAGH works at Giant Steps, a leader in the field of autism in Montreal, to raise awareness and funds for the cause. With her husband, Seth Shugar, she cofounded Mindful Munchkins, a play-based parent and child mindfulness class. SETH SHUGAR practiced under Pema Chödrön at Gampo Abbey after attending McGill University. He’s now a therapist and a professor at Marianopolis College, where he also teaches meditation.

## About the Illustrator

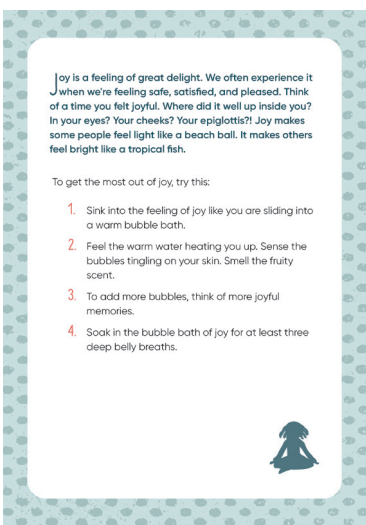
ERIKA LYNNE JONES is a children’s book author and illustrator. She creates quirky characters and stories that affirm and celebrate cultures. Her creative mission is to show every child they are worthy of positive representations of themselves in literature.



30 ACTIVITIES FOR HANDLING BIG EMOTIONS



Julie Kavanagh and Seth Shugar  
Illustrated by Erika Lynne Jones



Juvenile Nonfiction - Social Topics - Emotions & Feelings  
Juvenile Nonfiction - Social Topics - Self-Esteem & Self-Reliance  
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation

BALA KIDS  
03/26/2024  
PAGES: 30  
ISBN: 9781645471431



# The Vibes Book

By Hannah Clarke; illustrated by Aki  
\$19.95 - HC

## About the Book

A sweet and vibrant story (for kids 3–7) about something that's all around us and has an astounding impact on our lives, even though we can't touch or see it—the power of vibes!

This sweet story follows a young girl who realizes the different ways that vibes can affect our experience of the world, both passively and actively, and what happens when you start to notice all the magical energy around you.

Vibes can be a difficult concept for kids to understand, but this book immerses children in the world of vibes with simplicity and humor. It shows the negative impact bad vibes can create and the awesome power of good vibes. Bad vibes don't feel very good and tend to multiply if you let them get out of control. Good vibes can make someone's day if they are feeling down, and the power of positive vibes helps create a better, more interconnected world.

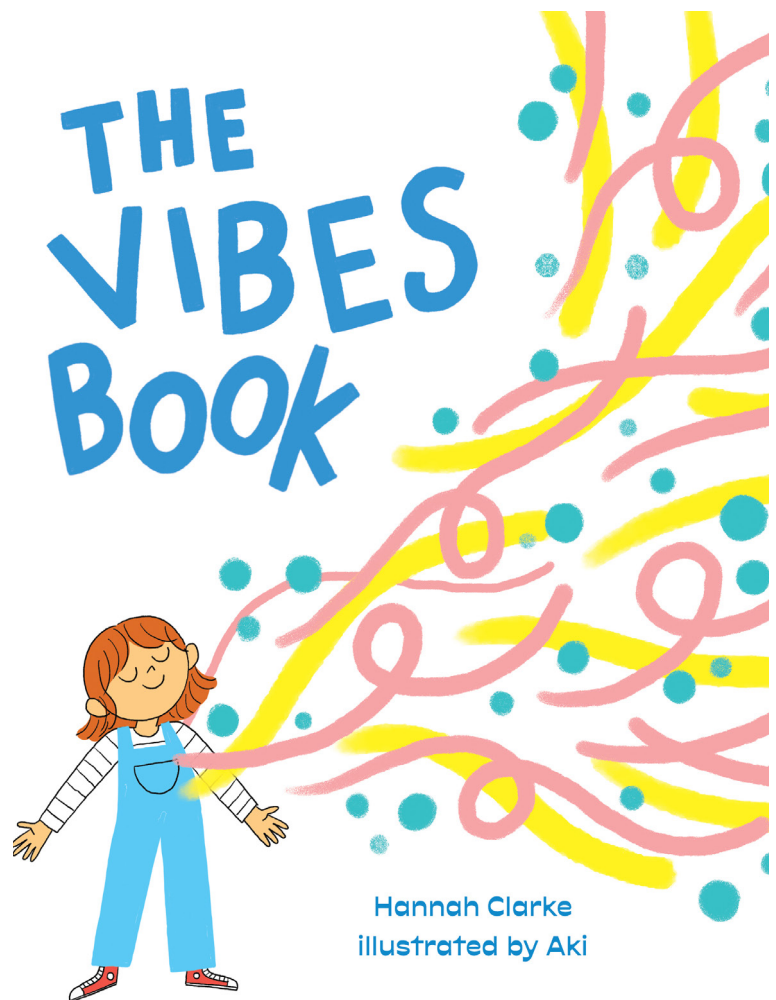
The spacious simplicity of scenes paired with the vibrant, dynamic swirls of vibes in the artwork help bring the world of vibes alive for children to explore.

## About the Author

HANNAH CLARKE is a filmmaker and publicist based in Wellington, New Zealand. She has worked for Peter Jackson's visual effects company on such films as the *Lord of the Rings* trilogy, *King Kong*, and *Avatar*. Her 2009 documentary, *Flight of the Conchords: ON AIR*, covering the rise to fame of New Zealand comedians Bret McKenzie and Jemaine Clement, screened internationally on HBO and the BBC. Hannah is a mother of three kids who often ask her about vibes. Upon discovering that no books existed on the subject, she decided to make one. This is her first book.

## About the Illustrator

AKI, whose real name is Delphine Mach, has been writing and illustrating since 2008. After studying graphic design at the Duperré School in Paris, she began her career in children's books as co-author and illustrator of the Santi & Jo series. She then developed the Pan and Chat series and wrote her book *The Weather Girls*. When she is not illustrating for editorial and publishing clients, Aki writes a culinary blog, *Les 3 Soeurs* (The 3 Sisters), that she shares with her sisters (who are equally passionate about cooking).



Juvenile Nonfiction - Social Topics - Emotions & Feelings  
Juvenile Nonfiction - Health & Daily Living - Mindfulness & Meditation  
Juvenile Nonfiction - Concepts - Senses & Sensation

BALA KIDS  
04/09/2024  
PAGES: 32  
ISBN: 9781645470823



# How Do You Know What You Know?

By Noa Jones; illustrated by Daniel Rieley

\$18.95 - HC

## About the Book

A charming and inquisitive story that celebrates tracing the origin of ideas, language, and everyday objects, for children 4–8.

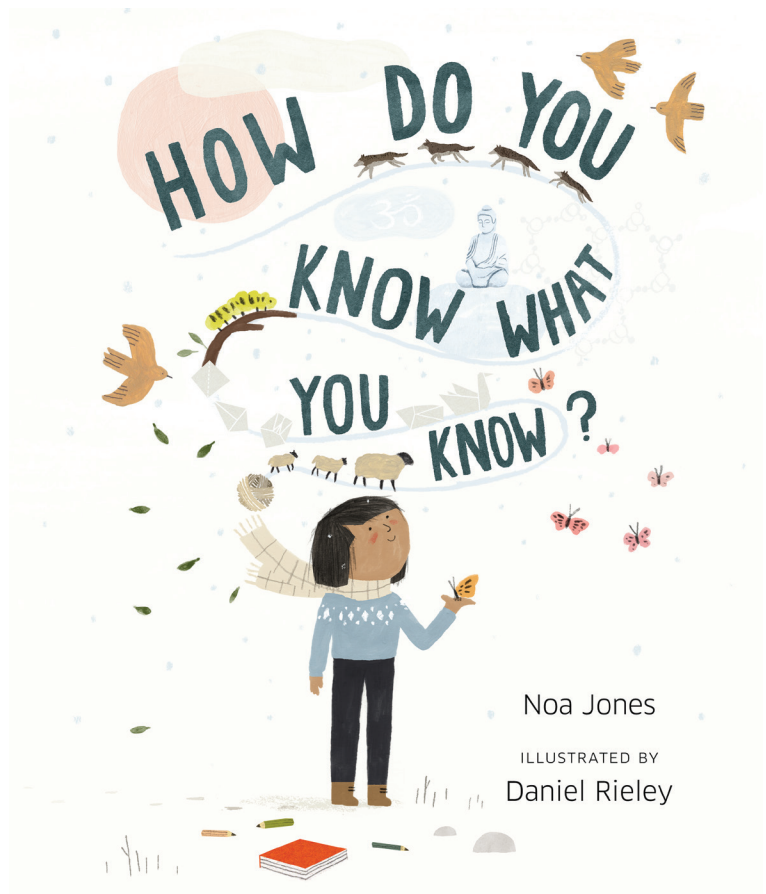
Where does snow come from? What language did the word thermos come from? And who was the Buddha's teacher?

So many problems in the world come from accepting information at face value without looking into where it comes from. *How Do You Know What You Know?* follows a child and their father on a cozy, snowy day outing. The child asks questions about how things came to be the way they are. The questions range from how the father knows how to tie a shoe to why it's not a good idea to eat yellow snow. These queries are met by the father with patience and humor that weave a delightful narrative of intergenerational knowledge sharing. In this exchange, respectful inquiry is beautifully modeled for young learners.

The journey includes an amble in the park, a trip to the library, a bus ride, and a visit to a local Buddhist temple where the father is a student. The teacher there introduces the child to the idea of lineage, that wisdom and understanding comes from generations of knowledge passed down from person to person. With a quaint and welcoming simplicity, the illustrations bring this beautiful story to life, and every spread has a subtle nod to the progression of how things come to be the way they are. The story encourages children's natural curiosity and shows them that everywhere they look there is a story to be told if we just ask.

## About the Author

NOA JONES is an educator, editor, and author. Her work can be found in *The New York Times*, *The Los Angeles Times*, *Tricycle*, *Buddhadharma*, *Vice*, *Lion's Roar*, and other publications. She is the founder and executive director of Middle Way Education, a nonprofit devoted to creating pathways for the dharma to enhance modern education. She was the founding chair of the board



Noa Jones

ILLUSTRATED BY  
Daniel Rieley

of trustees at the Middle Way School in upstate New York.

## About the Illustrator

DANIEL RIELEY is a freelance illustrator based in London. His work is influenced by his travels and “everyday adventures;” he finds hiking in remote landscapes, French cinema, the ocean, animals (the wild kind), interesting people, and surfing particularly rich sources of inspiration. Daniel works in a range of media, including pencils, watercolor, inks, and digital.

Juvenile Fiction - Social Themes - Values & Virtues

Juvenile Fiction - Concepts - General

Juvenile Fiction - Family - Parents

BALA KIDS

10/03/2023

PAGES: 32

ISBN: 9781645471097

# I Am an Antiracist Superhero

With Activities to Help You Be One Too!

By Jennifer Nicole Bacon; illustrated by Letícia Moreno  
\$18.95 - HC

## About the Book

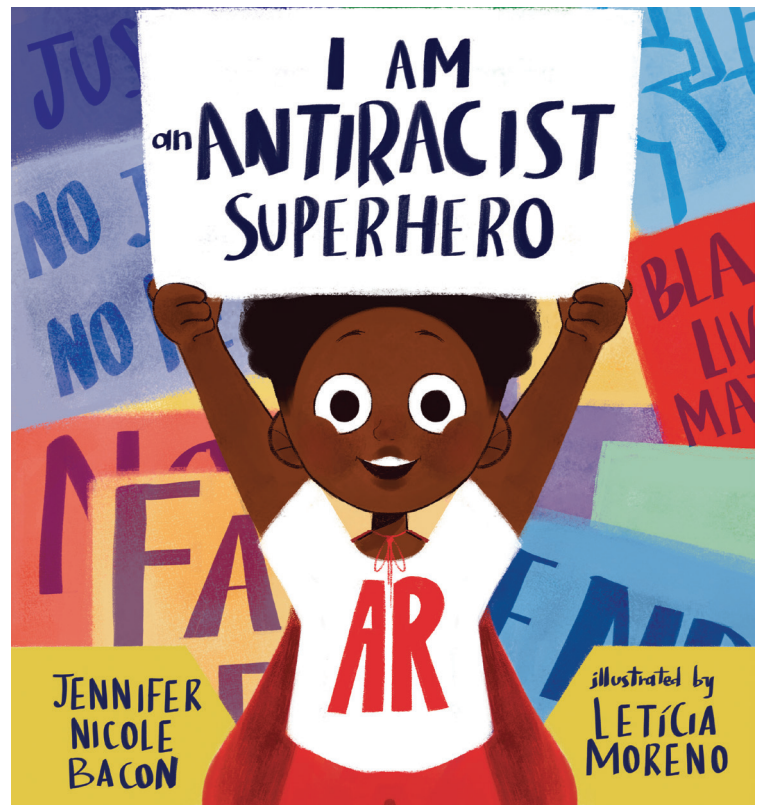
This empowering story inspires kids from all backgrounds to Look, Listen, Feel, and Act like antiracist superheroes, even in times of adversity (ages 4–8).

This book tells the story of 6-year-old Malik, who after learning about racism in the wake of the murder of George Floyd, decides to change the world by becoming an antiracist superhero. With the help of his parents and inspiration from historical figures like Rosa Parks and James Baldwin, Malik learns that even when he feels scared, he can still be a superhero by Looking, Listening, Feeling, and Acting!

Join Malik and his friends as they help other children feel safe, included, and empowered. Inviting children from all backgrounds to become superheroes, this touching story provides inspiration for children when faced with adversity. The book also includes a practical section including a glossary of relevant terms, as well as hands-on guided activities and practices (like creating a vision board and drawing their superpowers) that kids can do so that they can change the world around them by Looking, Listening, Feeling, and Acting like an antiracist superhero too!

## About the Author

DR. JENNIFER NICOLE BACON, aka “Dr. Jenn,” has a PhD in curriculum and instruction from the University of Maryland, College Park, and a MEd in Special Education from the University of Virginia. Dr. Jenn is an associate professor in Elementary Education, an associate dean of Undergraduate Studies, a mentor, and a writer. A former special education teacher, she currently teaches college



students studying to become elementary school teachers. Committed to addressing issues of overrepresentation in special education, racial and gender equity, and writing for social justice, she participates in several professional associations and mentoring organizations.

## About the Illustrator

LETÍCIA MORENO is an illustrator in Rio de Janeiro who holds a degree in art history and is represented by the T2 Agency in the United States. Her work focuses on the graphic representation of blackness in order to achieve a gentle and delicate form through her drawings, refusing stereotypes in order to humanize black bodies.

Juvenile Fiction - Social Themes - Activism & Social Justice

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance

Juvenile Fiction - Social Themes - Prejudice & Racism

BALA KIDS  
09/05/2023  
PAGES: 32  
ISBN: 9781645470984



## About the Book

The Lotus-Born is one of the most iconic and important figures in Tibetan history. Here, his magical life story is outlined in colorful and captivating detail, offering young readers a rare glimpse into his adventures that transformed Tibet, a land of malevolent spirits and wild folk, into a fertile ground for Buddhism. The rich and vibrant spiritual tradition that resulted in Tibet has thrived for over one thousand years. This timeless tale is sure to capture the imagination of future generations, just as the oral, theatrical, and written accounts of it have in the Himalayas for centuries.

## About the Author

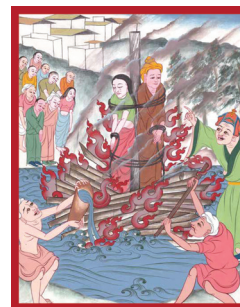
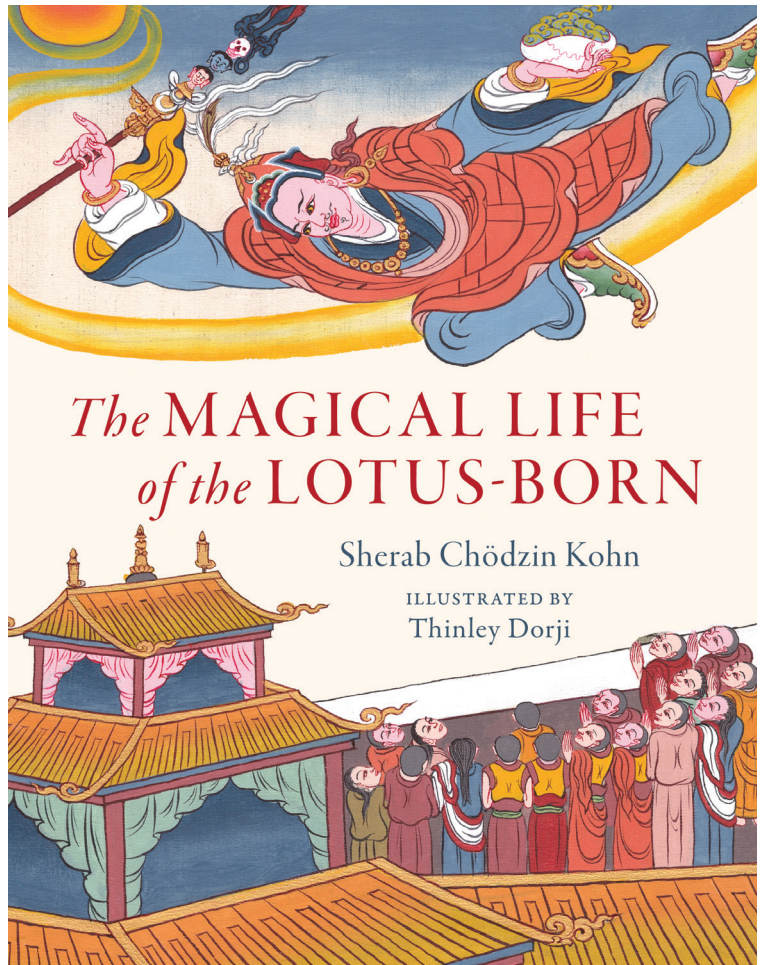
SHERAB CHÖDZIN KOHN taught Buddhism and meditation for more than thirty years, and he edited a number of the books of his teacher, the Tibetan meditation master Chögyam Trungpa. Coeditor of the best-selling anthology *The Buddha and His Teachings*, he also published numerous translations, including an acclaimed version of Hermann Hesse's *Siddhartha*.

## About the Illustrator

THINLEY DORJI is a traditionally trained thangka painter based in Paro, Bhutan, who specializes in Buddhist temple art. His stunning work can be found in many hotels and temples throughout Bhutan.

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

ISBN: 9781611807851



8  
THE LAKE OF FIRE

Lotus Born and Mandara decided to go back to the city and teach the Buddhists how they could share love and happiness with everyone. But when people saw them, instead of welcoming them, they were angry at Lotus Born because he had stolen their precious. And they were angry at the princess because she had run away and brought shame on the kingdom. Then someone recognized Lotus Born as the wild man who had been there before. A crowd gathered.

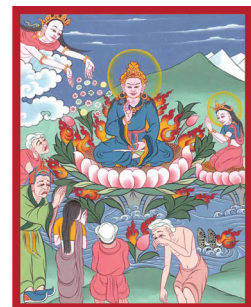
"Our prince has run away with a demon!" they shouted. The crowd got very excited. Everyone was yelling in loud as they could, and some were waving weapons.

"They must be punished!" a woman screamed.

"They must be punished!" the crowd cheered.

"We'll burn them alive!" the woman shouted.

"Burn them, burn them!" the crowd shouted. "Burn them right now!"

[illegible]

They begged and begged and bowed down again and again. Gradually the fire died down and the crowd went away. The lake disappeared and Lorea Borne and Mandarata stood among the people. Everyone fell to their knees along with the king and queen and praised Lorea Borne as the miracle being he was, and they praised their own Princes Mandarata who was new part of the miracle. They promised to try to wake up, beginning by doing no harm to other people and being kind and generous to one another.

Lorea Borne knew full well that he was doing what he was supposed to do with his life. His time with Mandarata had shown him the way to sharing his kingdom and wisdom with others. Lorea Borne had learned that living one person very much in love was to loving everybody. The best way to know if there is love in you is spread the richness of the Buddha and give to many people as possible to wake up from their suffering. Lorea Borne decided to pay with the people of Zahor to seeking to do shared coming to day with his awakening.





# Mai and the Missing Melon

By Sonoko Sakai; illustrated by Keiko Brodeur  
\$18.95 - HC

## About the Book

An exploration of Japanese food, culture, and history that celebrates the special relationship between a child, her grandmother, and the power of kindness, for kids 3–7, by the author of *Japanese Home Cooking*, Sonoko Sakai.

This charming story invites the reader on a journey through rural 1960s Japan following a little girl named Mai on the Enoden train, past the oceanside populated with fishers, and to the classic shrine-like home of her grandmother, or *obachama*.

Loosely based on an event in Sonoko's childhood, Mai wishes to share the gift of a sweet muskmelon with her grandmother but loses it on the train along the way. Obachama shares the Japanese folktale of The Stone Buddhas as an example of the power of good intentions to cheer Mai up.

After the story, Mai hears from the train station master that the melon has been found, and she and her obachama are able to enjoy the sweet muskmelon together.

This sweet story explores the cherished relationship between a young girl and her grandmother—two great friends despite the age gap—while the expressive art takes the reader through the Japanese countryside, past the sea, bamboo forests, and temples, drawn from the author's own childhood memories.

## About the Author

SONOKO SAKAI was born in New York and raised by Japanese parents. She lived in many places as a child, including San Francisco, Kamakura, Mexico City, and Tokyo. She is the author of three books, *Rice Craft* (Chronicle, 2016), *The Poetical Pursuit of Food* (Potter, 1986, now OP), and *Japanese Home Cooking* (Shambhala, 2019). She has worked as a recipe developer, producer, creative director, cooking teacher, and lecturer. She is also a grain activist. Sonoko currently lives in Los Angeles and Tehachapi, California, with her sculptor husband, Katsuhisa Sakai. Their son, Sakae, and daughter-in-law, Binah, live in Seattle, and their son, Tyler, daughter-in-law, Emmalina, and their children, Masa and Mai, live in London. Her website is [www.sonokosakai.com](http://www.sonokosakai.com), and she has almost 40k followers on Instagram @sonokosakai.



## About the Illustrator

KEIKO BRODEUR began making illustrated paper goods under the name Small Adventure in 2009 in order to explore being a self-taught illustrator after having graduated with a graphic design degree and working in a few different fields. She soon fell in love with creating illustrations for greeting cards and other products for her own small business. After several years of printing and shipping all her orders, both retail and wholesale, from home, she finally found a new home for her business in 2015 and moved into a lovely studio space in Los Angeles where all product is packed and shipped with the help of friends.

Juvenile Fiction - Social Themes - Values & Virtues  
Juvenile Fiction - Diversity & Multicultural  
Juvenile Fiction - Family - Multigenerational

BALA KIDS  
10/24/2023  
PAGES: 32  
ISBN: 9781645471240

# Share Your Love

By Susan B. Katz; illustrated by Jennie Poh

\$18.95 - HC

## About the Book

A playful, rhyming book for kids ages 3–7 on how to send loving, kind thoughts to yourself and others to make the world a better place.

Keep sharing your love  
from morning till night.

See the change you can make  
with a love that shines bright.

Worried or sad, grateful or mad, you can send good wishes to yourself, others, and the whole world with your thoughts! Just repeat these simple phrases: “May you be protected and safe. May you feel happy and pleased. May your body be healthy, and may you live with ease.”

This book teaches young readers that even from far away, you can wish others happiness, good health, peace, and safety. Starting with the individual child and extending outward to the whole universe, the rhyming couplets and beautiful art carry the reader through the thoughtful process of extending love and kindness to yourself and all those around you. The book makes a great daily ritual to increase lovingkindness, and if a child is having a rough time or witnessing outside struggles, they can use the repeated phrases in the book to find peace and calm.

## About the Author

SUSAN B. KATZ is an award-winning bilingual author, National Board Certified Teacher, educational consultant, and long-time meditation practitioner. Susan is also the founder and executive director of Connecting Authors, a national nonprofit bringing children’s book authors and illustrators into schools and libraries as role models of literacy and the arts. Katz served as the strategic partner manager for Authors at Facebook and delivers keynotes at conferences nationally and internationally. You can read more about her books and school visits at [www.susankatzbooks.com](http://www.susankatzbooks.com).



## About the Illustrator

JENNIE POH was born in London and spent her formative years in Malaysia, returning to the UK at the age of nine. She studied fine art at The Surrey Institute of Art & Design, alongside illustration courses at Central St. Martins. She mainly works digitally but enjoys making her own paintbrushes and textures, using natural materials such as leaves, bark, flowers, and anything else she may find while out walking. Jennie’s clients include Bloomsbury, Little Tiger Press, Harrods, Magination Press, Baker Publishing, Capstone Publishing, Sleeping Bear Press, Lantana Press, and Eden Cooper.

Juvenile Nonfiction - Health & Daily Living -  
Mindfulness & Meditation

Juvenile Nonfiction - Social Topics - Values & Virtues

Juvenile Nonfiction - Social Topics - Emotions &  
Feelings

BALA KIDS  
10/17/2023  
PAGES: 32  
ISBN: 9781645471110



# Weather Any Storm

By Zusei Goddard; illustrated by Paddy Donnelly  
\$18.95 - HC

## About the Book

A playful, rhyming meditation story to help kids ages 4–8 be the captain of their own ship and navigate emotional highs and lows.

Learn to breathe through storms of emotions in this nautical meditation adventure.

Whether you're grouchy or grumpy, gloomy or grey, the Wildering Billies cannot get their way.

They yell and they shout and they cry and they weep but your breath holds you steady way down in the deep.

When sailing through the open seas of life, the waters are not always calm. From out of nowhere waves of stress, worry, and anxiety known as Wildering Billies can rock our boat. Step by step, this story shows us how to calm the dreaded and colorful Wildering Billies and send them on their way. By imagining yourself as a ship, anchored by your breath, you can learn to ride through the storms of life to smoother waters.

Inspired by Zusei's years of Zen practice and working with kids, she has created this delightful introduction to the world of meditation. The book ends with a helpful recap of concrete steps such as stop, imagine, breathe, and anchor, so kids can remember how to tame the Billies whenever emotions are overwhelming.

## About the Author

VANESSA ZUISEI GODDARD is a writer and Zen teacher based in New York City. She trained full-time at Zen Mountain Monastery from 1995 to 2014, fourteen of those years as a monastic. In 2018 she received dharma transmission (authorization to teach) from Geoffrey Shugen Arnold Roshi, abbot of Zen Mountain Monastery and Head of the Mountains and Rivers Order. For the last ten years, Zusei has been leading retreats and workshops on a wide range of teachings on Buddhism and meditation—and also for children, teenagers, and adults—all with special emphasis on the power of stillness and silence to transform our lives.



## About the Illustrator

PADDY DONNELLY grew up on the beautiful north coast of Ireland, surrounded by mythical stories of giants, magical creatures, and shape-shifting animals. All of this prompted his love for nature, animals, the sea, and storytelling. His work has achieved international acclaim as he was nominated for the Kate Greenaway Medal 2022 and shortlisted for the World Illustration Awards in 2018.

Juvenile Nonfiction - Social Topics - Emotions & Feelings

Juvenile Fiction - Social Themes - Self-Esteem & Self-Reliance

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BALA KIDS  
11/07/2023  
PAGES: 32  
ISBN: 9781611809916



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