Ajahn Brahm

Don't Worry, Be Grumpy
Inspiring Stories for Making the Most of Each Moment

Laugh aloud even as you look at life anew with these stories from the bestselling author of Who Ordered This Truckload of Dung?

In 108 brief stories with titles like "The Bad Elephant," "Girlfriend Power," and "The Happiness License," Ajahn Brahm offers up more timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.

After pursuing a degree in theoretical physics from Cambridge University, Ajahn Brahm, born in London as Peter Betts, headed off to a forest monastery in Thailand, where he studied under the famed meditation master Ajahn Chah for nine years starting in the mid 1970s. A Buddhist monk for over thirty years, he is now the abbot and spiritual director of the Buddhist Society of Western Australia in Perth, and he is in demand worldwide both as a spiritual teacher and as a popular speaker. He is the author of Who Ordered This Truckload of Dung?, The Art of Disappearing, and Mindfulness, Bliss, and Beyond.
Dalai Lama and Thubten Chodron

Buddhism
One Teacher, Many Traditions

Explore the common ground underlying the diverse expressions of the Buddha’s teachings with two of Tibetan Buddhism’s bestselling authors.

Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism–the Mahayana traditions of Central and East Asia and the Theravada traditions of South and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths, the practice of meditation, the meaning of nirvana, and enlightenment.

The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

The Dalai Lama is the spiritual leader of the Tibetan people. A beacon of inspiration for both Buddhists and non-Buddhists, he has persistently reached out across religious lines and to political leaders and scientists in dialogues advancing peace and understanding. For sixty years, he was the political leader of the Tibetan people, and in 1989 he was awarded the Nobel Peace Prize for his efforts to secure a peaceful resolution to the Chinese occupation of his homeland.

Venerable Thubten Chodron, born 1950, has been a Buddhist nun since 1977. A native of Los Angeles and a graduate of UCLA, she is the founder and abbess of Sravasti Abbey in eastern Washington State. She is a popular speaker for her practical explanations of how to apply Buddhist teachings in daily life, and she is the author of several bestselling books, including Buddhism for Beginners. She lives in Newport, WA.
Learn to use your later years for awakening and spiritual growth.

Encouraging, inspiring, and practical, The Grace in Aging invites all those who have ever experienced spiritual longing to awaken in their twilight years. Since aging, in and of itself, does not lead to spiritual maturity, The Grace in Aging suggests and explores causes and conditions that we can create in our lives, just as we are living them, to allow awakening to unfold—transforming the predictable sufferings of aging into profound opportunities for growth in clarity, love, compassion, and peace.

Kathleen Dowling Singh streamlines vast and complex teachings into skillful means and wise views. Straightforward language and piercing questions bring Singh’s teachings into the sharp focus of our own lives; the contemplative nature of each chapter allows for an uncommon depth of inquiry. Examples from our lives and from the chatter in our own minds touch the reader personally, offering the chance to absorb the implications deeply and do the work of freeing his or her own mind. Ecumenical in spirit, tone, and language, Singh offers wisdom from teachers from a variety of spiritual backgrounds: Chogyam Trungpa, the Apostles, Annie Dillard, and more. Lessening our attachments, decreasing our aversions, unbinding what binds us, we bear witness to the possibility of awakening for all beings.

The Grace in Aging offers guidelines for older individuals of any wisdom tradition who wish to awaken before they die; no need for caves or seven-year retreats. This is spiritual practice for the lives we live.

Kathleen Dowling Singh is a Dharma practitioner, psychotherapist, and in-demand speaker and teacher. She is the author of The Grace in Dying: How We Are Transformed Spiritually As We Die. A mother and grandmother, she is old enough to be eligible for Medicare. Kathleen lives in Sarasota, FL.
Suzanne Friedman
Zen Cancer Wisdom
Tips for Making Each Day Better

With a much-needed sense of levity, Daju Suzanne Friedman teaches the art of keeping one’s body, mind, and spirit together while living with cancer.

"Layman Wang once asked his attendant,'What would you do if a dragon suddenly arrived here?' His attendant answered, 'I wouldn't pay attention to anything else.' This is how it feels when you've been diagnosed with cancer. Your attention and focus shift dramatically towards just this one thing. While single-minded focus can be beneficial, it is also important to remember that you are more than your diagnosis, and that there is more to life than being a patient."

--from the introduction

In Zen Cancer Wisdom, Daju Suzanne Friedman--Zen teacher, Chinese medicine doctor, and Qigong specialist--shares the inspirations, insights, and humor that helped her to continue to live fully in the face of cancer. With sections devoted to soothing the spirit, harnessing the mind, nourishing the body, and qigong stretches for soothing aches and pains, Friedman provides thoughtful guidance on topics ranging from hair loss and constipation to coping with stress and learning to laugh again. Each chapter begins with an anecdote drawn from the Zen tradition, followed by personal reflection, and a brief guided practice specifically for cancer patients. Pocket-sized, with short, buoyant chapters, and meditation exercises designed to be practicable anywhere in only a few minutes time, Zen Cancer Wisdom is the perfect companion book for cancer patients.

Daju Suzanne Friedman was a Zen teacher in the Hollow Bones Rinzai Zen Sangha. Having first encountered Zen at the Nagaoka Zen Juku, a Rinzai Zen monastery in Japan, she went on to become a doctor and professor of Chinese medicine doctor and professor, as well as a scholar or Daoism, and a qigong master. Daju taught Daoist qigong and spirituality at two Chinese medicine schools in the San Francisco Bay Area. She lead Hollow Bones Zen meditation and services in San Francisco as well. She twice survived cancer, and studied and played the shakuhachi (Japanese Zen bamboo flute) as a meditative practice. Suzanne passed away in March of 2014.
David R. Loy
A New Buddhist Path
Enlightenment, Evolution, and Ethics in the Modern World

Engage with a new vision of Buddhism and the modern world with the bestselling author of *Money Sex War Karma: Notes for a Buddhist Revolution*.

David R. Loy addresses head-on the most pressing issues of Buddhist philosophy in our time. What is the meaning of enlightenment—is it an escape from the world, or is it a form of psychological healing? How can one reconcile modern scientific theory with ancient religious teachings? What is our role in the universe?

Loy shows us that neither Buddhism nor secular society by itself is sufficient to answer these questions. Instead, he investigates the unexpected intersections of the two. Through this exchange, he uncovers a new Buddhist way, one that is faithful to the important traditions of Buddhism but compatible with modernity. This way, we can see the world as it is truly is, realize our indivisibility from it, and learn that the world's problems are our problems. This is a new path for a new world.

David R. Loy's books include the acclaimed *Money, Sex, War, Karma: Notes for a Buddhist Revolution, The Great Awakening: A Buddhist Social Theory, The World Is Made of Stories, A Buddhist Response to the Climate Emergency, and The Dharma of Dragons and Daemons*, a finalist for the 2006 Mythopoeic Scholarship Award. He was the Besl Professor of Ethics/Religion and Society at Cincinnati's Xavier University and is qualified as a teacher in the Sanbo Kyodan tradition of Japanese Buddhism.

His articles appear regularly in the pages of major journals such as *Tikkun* and Buddhist magazines including *Tricycle, Turning Wheel, Shambhala Sun* and *Buddhadharma*, as well as in a variety of scholarly journals. He is on the editorial or advisory boards of the journals *Cultural Dynamics, Worldviews, Contemporary Buddhism, Journal of Transpersonal Psychology*, and *World Fellowship of Buddhists Review*. He is also on the advisory boards of Buddhist Global Relief, the Clear View Project, Zen Peacemakers, and the Ernest Becker Foundation. He lives in Boulder, CO.

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**David R. Loy's Books**

- *The World Is Made of Stories* 9780861716159  
  $15.95/$15.95 Can.
- *Money, Sex, War, Karma* 9780861715589  
  $15.95/$15.95 Can.
- *The Dharma of Dragons and Daemons* 9780861714766  
  $14.95/$14.95 Can.
Earthlyn Manuel
The Way of Tenderness
Awakening through Race, Sexuality, and Gender

“What does liberation mean when I have incarnated in a particular body, with a particular shape, color, and sex?”

In The Way of Tenderness, Zen priest Zenju Earthlyn Manuel brings Buddhist philosophies of emptiness and appearance to bear on race, sexuality, and gender, using wisdom forged through personal experience and practice to rethink problems of identity and privilege. Manuel brings her own experiences as a lesbian black woman into conversation with Buddhism to square our ultimately empty nature with superficial perspectives of everyday life. Her hard-won insights reveal that dry wisdom alone is not sufficient to heal the wounds of the marginalized; an effective practice must embrace the tenderness found where conventional reality and emptiness intersect. Only warmth and compassion can cure hatred and heal the damage it wreaks within us.

This is a book that will teach us all.

Rev. Zenju Earthlyn Manuel, PhD, author, visual artist, drummer, and Zen Buddhist priest, is the guiding teacher of Still Breathing Meditation Center in East Oakland, CA. She was raised with two sisters in Los Angeles after her parents migrated there from Creole Louisiana. She is the author of Tell Me Something About Buddhism and contributing author to many books, including Dharma, Color and Culture: Voices From Western Buddhist Teachers of Color and The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women. She lives in Oakland, CA.
Carolyn Hobbs
Free Yourself
Ten Life-Changing Powers of Your Wise Heart

Discover your inherent capacity to overcome obstacles and find unlimited joy—with these quick and easy tools.

Though the voice of our heart may be buried beneath the shouts of our ego and the clamors of our worries, our heart already has all the characteristics of the person we want to be in the world -- it's trusting, curious, aware, resourceful, compassionate, kind, grateful, forgiving, truthful, and peaceful. And if we manage to listen deeply, we can access these traits and the strengths they bring.

In an encouraging, uplifting voice, therapist Carolyn Hobbs draws from her years of counseling experience and her spiritual practice to present the liberating truth: each of us has within ourselves the power to release ourselves from fear, from past traumas, from our ingrained habits of mistrust and defensiveness. All we have to do is listen to our wise hearts.

Each chapter in this gentle, pragmatic book focuses on a single power of our heart and contains illustrating examples drawn from real life. Hobbs concludes each chapter with clear tools we can use to develop and apply these strengths amid the challenges of daily life. Busy people of all faiths will be able to use these tools to find freedom and inner peace -- to tame anxiety, anger, grief, and despair while awakening fearless love.

Warm and inspiring, Free Yourself maps the path to lasting peace and freedom -- a path that absolutely anyone can follow, as the way lies within our own hearts.

As author, therapist, teacher, and workshop leader, Carolyn Hobbs has used the heart tools outlined in this book with clients, couples, and workshop students for over thirty years. A licensed marriage and family therapist with a masters degree in humanistic psychology, Hobbs blends her two lifelong passions -- Buddhist meditative wisdom and body-centered therapy -- into her work, which draws from studies in bioenergetics, Feldenkrais work, Breathwork, as well as Buddhism. Prior to this, she was a visiting professor at Naropa Institute in Boulder, CO, and Ft. Lewis College in Durango, CO. Excerpts and reviews of her first book appeared in such magazines and professional journals as Woman's World, Woman's Day, Shambhala Sun, AHP Perspective, Imagine, and Essence. Certified since 1992 as a body-centered therapist by Gay and Kathlyn Hendricks, she works with clients nationally from her home base in Durango, CO.
Experience a complete meditation course with one of the West’s most renowned Buddhist teachers.

*Know Where You're Going* provides a full course of instruction in Buddhist meditation and reflection, and contains a wealth of exercises and advice to help the reader grow. As we put these teachings into practice over time, we learn to see things as they really are and discover transcendence right here in our everyday lives.

Ayya Khema shows us how to live a wholehearted spiritual life, even amid our day to day concerns and responsibilities. Her teachings unfold simply, free of jargon, and are ideal for the contemporary world. Grounding the practice of more advanced meditations in a deeply cultivated sense of mindfulness, love, and altruism, Khema shows us, step by step, how to access to liberation and freedom.

Born in Berlin in 1923 to Jewish parents, Ayya Khema was educated in Scotland and China and later emigrated to the United States. She was ordained as a nun in Sri Lanka in 1979 and established several Buddhist centers, including Wat Buddha Dhamma in Australia, Parapuddua Nun’s Island in Sri Lanka, and Buddha Haus in Germany. In 1987 she coordinated the first-ever International Conference of Buddhist Nuns. She is the author of twenty-five books including the best-selling Being Nobody, Going Nowhere. She passed away in 1997.
Rediscover the mystery and wonder of life through gentle reflections on death and dying.

What can death teach the living? Former monk and hospice worker Rodney Smith teaches us that through intimately considering our own inevitable end we can reawaken to the sublime miracle of life we so often take for granted. A well of stories, personal anecdotes, and direct advice gleaned from years of working with the dying in their final moments, Lessons from the Dying helps us redefine our conception of what it means to truly live. Each chapter contains guided reflections and exercises that allow the reader to integrate the wisdom in its pages more fully into their lives. With a sense of compassion, Lessons from the Dying provides all the tools of mind one needs to rediscover, in this very moment, the mystery and wonder of a lifetime.

From the foreword by Joseph Goldstein: “Lessons from the Dying could also be called “lessons for the living” because of the courageous honesty revealed in so many of the stories told here. These accounts reflect back to us our own attitudes toward death and love, and they prompt us to examine the way we are living our lives right now. In the busyness of our lives we rarely take time to consider our mortality and the implications that it might have for the choices we make. Yet when we do cultivate this awareness it becomes a powerful force for wise discrimination.”

Rodney Smith worked for over fourteen years in the field of hospice care as a hospice social worker, bereavement coordinator, program director, and executive director. He is the founding and guiding teacher of the Seattle Insight Meditation Society and a guiding teacher at the Insight Meditation Society, Barre, Massachusetts. He is also the author of Stepping Out of Self-Deception: The Buddha’s Liberating Teaching of No-Self. Smith spent eight years as a Buddhist monk in Asia, where he ordained with Mahasi Sayadaw in Burma and practiced several years with Ajahn Buddhadāsa at Wat Suan Mokkh in Thailand. He lives in Seattle, WA.
Jean Smith

Life Is Spiritual Practice
Achieving Happiness with the Ten Perfections

With this guide, find, and keep, true happiness by discovering and practicing Buddhism's ten virtues.

Discover the ten perfections—qualities of the heart and mind that cultivate happiness, wisdom, and compassion—and learn how to bring them into your life with this in-depth practice manual. Life Is Spiritual Practice carefully lays out the perfections, or paramis: the Buddha's foundational teaching for true happiness.

Generosity • Ethical Integrity • Renunciation • Wisdom • Wise Effort • Patience • Truthfulness • Resolve • Loving-Kindness • Equanimity

Drawing on her more than twenty years of teaching experience, Jean Smith teases out the subtleties of the perfections and offers helpful exercises, real-life examples, and instructions for an independent self-retreat for their practical application. With this book in hand, embody the ten perfections and achieve lasting happiness, regardless of your spiritual tradition.

Jean Smith is the author/editor of numerous successful books on Buddhism, including 365 Zen, A Beginner's Guide to Insight Meditation, Breath Sweeps Mind, and 12 Steps on the Buddha's Path. A longtime associate of the Insight Meditation Society, she is the head of the executive board of the Mountain Retreat Center, in Taos, New Mexico, where she lives.
Enter into the presence of a wise Buddhist master through this modern distillation of a spiritual classic.

The most enduring and widely read spiritual work to emerge from Buddhism's classical age in India is surely Shantideva's *Bodhisattva Way of Life*. Among its many fans is the Dalai Lama, who quotes from it frequently. Here much-loved monk and meditator Rene Feusi distills Shantideva's masterpiece verse by verse. Reflecting both the lyricism of the original verses and their wealth of inspiring reflections on the virtues to be cultivated by bodhisattvas, *The Beautiful Way of Life* is a brilliant condensation of a masterpiece and a lucid entryway into timeless insights. Feusi also provides tips for using the verses in a series of guided contemplations.

Ordained by the Dalai Lama more than thirty years ago, Swiss monk Rene Feusi has studied with some of the greatest scholars and inspiring lamas in the Tibetan diaspora. He has also performed numerous extensive retreats, including a two-and-a-half-year seclusion focused on developing mental stability. He has led large Buddhist events in Europe, Asia, and North America, and he has students worldwide. The resident teacher at Vajrapani Institute in the Santa Cruz mountains from 2001 to 2007, he now splits his time equally between teaching and retreat. He lives in Tonasket, WA.
Melvin McLeod

Twenty-First-Century Buddhists in Conversation

Leading voices of Buddhism discuss issues and ideas important to Buddhists in the twenty-first century.

Twenty-First-Century Buddhists collects the very best of the round-table discussions recorded in the pages of Buddhadharma magazine over the past twenty years. These conversations between a who’s who of contemporary Buddhist teachers, ranging over topics from student-teacher relationships to the place of prayer and the leadership roles of women in modern Buddhism, are always lively and insightful. With participants such as Bhante Gunaratana, Shohaku Okumura, Sharon Salzberg, John Tarrant, and Jack Kornfield, discussions equally represent old-school and newly emergent Buddhist traditions.

Contributors include:
Bhikkhu Bodhi
Jack Kornfield
Joseph Goldstein
David R. Loy
Robert Thurman
Yongey Mingyur Rinpoche
Anne Carolyn Klein
B. Alan Wallace
Taigen Dan Leighton
Andrew Olendzki
Reginald Ray
Ringu Tulku
and many more.

Melvin McLeod is the editor-in-chief of two of America’s leading Buddhist magazines, Buddhadharma: The Practitioner’s Quarterly and Shambhala Sun, and is the editorial director of Mindful magazine. McLeod has edited three books of teachings by Thich Nhat Hanh, Mindful Politics: A Buddhist Guide to Making the World a Better Place, and is the series editor for The Best Buddhist Writing series. He lives in Dartmouth, Nova Scotia.
Who cares for the caregivers? No matter what inspires a provider's commitment, the wise words found here will soothe and rejuvenate while offering practical advice. A new 10th anniversary expanded edition.

It is estimated that nearly one-third of the U.S. adult population acts as informal caregivers for ill or disabled loved ones. We can add to these countless workers in the fields of health and human service, and yet there is still not enough help to go around.

Sure to be welcomed by caregivers of all types, this new edition of the groundbreaking Medicine and Compassion can help anyone reconnect with the true spirit of their caregiving task. In a clear and very modern voice, Chokyi Nyima Rinpoche and Dr. David R. Shlim use the teachings of Tibetan Buddhism to present practical tools for revitalizing the caring spirit.

Offering practical advice on dealing with people who are angry at their medical conditions or their care providers, people who are dying, or the families of those who are critically ill, Medicine and Compassion provides needed inspiration to any who wish to reenergize their patience, kindness, and effectiveness. The warmth and care in these pages is sure to strike a resonant cord with medical professionals, hospice workers, teachers and parents of children with special needs, and those caring for aging and infirm loved ones.

Chokyi Nyima Rinpoche is the abbot of one of the largest monasteries in Nepal, with over 250 monks. He was born in 1951 in Tibet and fled that country with his family when he was eight years old. He trained in Sikkim, then founded his monastery near Kathmandu in 1976. He has focused on making authentic Tibetan Buddhist teachings available to Westerners. He has authored six books, and he regularly visits and teaches at retreat centers in many countries, including his North American retreat center in California, Rangjung Yeshe Gomde.

David R. Shlim MD ran the world's busiest destination travel medicine clinic in Kathmandu, Nepal for fifteen years, and was the attending physician for all the survivors of the 1996 Mount Everest disaster chronicled in Jon Krakauer's Into Thin Air. He currently lives in Jackson Hole, Wyoming.
Peter Alan Roberts

The Mind of Mahamudra
Advice from the Kagyu Masters

Enjoy six key texts on the cornerstone meditation practice of the Kagyu school of Tibetan Buddhism by some of its most celebrated forebearers.

This third volume in the Tibetan Classics series highlights mahamudra, the central meditation practice of the Kagyu school of Tibetan Buddhism. The six texts range in date from the twelfth to the seventeenth century and include such celebrated authors as Lama Shang and the Third Karmapa. Mahamudra is essentially a simple, direct method for looking beyond our thoughts to the very nature of conscious experience. Mahamudra literally means "the great seal" and masters of this tradition have explained it to mean that everything is sealed with buddhahood, and there is no liberation to be attained other than what is already present. Mahamudra, it is said, is not attained not because it is too difficult, but because it is too easy; not because it is too far, but because it is too close; and not because it is hidden but because it is too evident. Because of its universality and directness, mahamudra meditation is particularly suited to the modern West. Eminent scholar Peter Alan Roberts draws on his thirty-plus years of experience of translating for Tibetan lamas to illuminate these benchmark translations.

Peter Alan Roberts was born in Wales and lives in Hollywood, California. He obtained a B.A. in Sanskrit and Pali and a Ph.D. in Tibetan Studies from Oxford University. For more than thirty years he has been working as an interpreter for lamas and as a translator of Tibetan texts.
Learn the ropes of cultivating a resilient and warm heart, even in the face of great difficulty, from one of the most beloved of the last generation of lamas trained in pre-invasion Tibet.

The aphorisms of the Seven-Point Mind Training present a powerful and counter-intuitive call to Buddhist practice—view reality as dreamlike, contemplate the kindness of your enemies, give up expectations of reward, change yourself but remain as you are! When he fled Tibet, Gomo Tulku carried in his heart this widely studied Tibetan text, which he turned to time and again when faced with difficulties in life. Having relied on this practice to transform his own hardships, he shares here an inspired commentary to help us get through ours. Mirroring the simplicity of the original, Seven Steps to Train Your Mind succinctly provides a practical description of how to train the mind and develop the mental qualities of peace, joy, and wisdom that will carry one through any circumstance.

Gomo Tulku (1922-1985), an accomplished Buddhist master born in Tibet, was confirmed by the Thirteenth Dalai Lama to be the reincarnation of a highly realized Tibetan yogi. Holder of many rare lineages of initiation, Gomo Tulku taught and inspired many students throughout the West at the end of his life.

Joan Nicell took her Buddhist vows of ordination with His Holiness the Dalai Lama in 1989. For nearly twenty years she has worked as an editor and translator of Tibetan books. She edited Everlasting Rain of Nectar: Purification Practice in Tibetan Buddhism by Geshe Jampa Gyatso, edited and translated Seven-Point Mind Training: An Introduction by Gomo Tulku, and has translated numerous Tibetan works used in the master's program at Istituto Lama Tzong Khapa in Pomaia, Italy, where she lives and works as educational program coordinator.
Embark on a poignant and sometimes comic journey through Zen, poetry, and the transformative, personal practice of writing.

In *Zen Encounters with Loneliness* Terrance Keenan weaves together poetry, memoir, and raw insight to give voice to the lonely “nobody” in everyone. From his memories of early childhood to his struggles with addiction, writer’s block, and human relationship, Keenan delivers a heart-rending portrayal of the human hunger for selfhood and connection. Through his beautifully crafted literary reflections, he finds that Zen does not comfort our dream of being somebody, rather, it reveals connection only when we face who we really are—nobody. *Zen Encounters* intimately calls us to recognize that the well of emptiness is also a well of potential—to grow, learn, and overcome adversity.

Terrance Keenan was formerly a special collections librarian and head monk at the Zen Center of Syracuse. His poetry, essays, and reviews have appeared in national journals, including *The Georgia Review, Epoch, White Pine*, and *River*, as well as in numerous anthologies. Keenan was trained as a Rinzai Zen Buddhist priest under Roko Sherry Chayat and Eido T. Shimano Roshi. He lives in County Cork, Ireland.
Abandon your treasured delusions and hit the road with one of the most important Zen masters of twentieth-century Japan.

Eschewing the entrapments of vanity, power, and money, "Homeless" Kodo Sawaki Roshi refused to accept a permanent position as a temple abbot, despite repeated offers. Instead, he lived a traveling, "homeless" life, going from temple to temple, student to student, teaching and instructing and never allowing himself to stray from his chosen path. He is responsible for making Soto Zen available to the common people outside of monasteries.

His teachings are short, sharp, and powerful. Always clear, often funny, and sometimes uncomfortably close to home, they jolt us into awakening.

Kosho Uchiyama expands and explains his teacher's wisdom with his commentary. Trained in Western philosophy, he draws parallels between Zen teachings and the Bible, Descartes, and Pascal. Shohaku Okumura has also added his own commentary, grounding his teachers' power and sagacity for the contemporary, Western practitioner.

Experience the timeless, practical wisdom of three generations of Zen masters.

Kosho Uchiyama was born in Tokyo in 1912. He received a master's degree in Western philosophy at Waseda University in 1937 and became a Zen priest three years later under Kodo Sawaki Roshi. Upon Sawaki's death in 1965, he became abbot of Antaiji, a temple and monastery then located on the outskirts of Kyoto. Uchiyama Roshi developed the practice at Antaiji and traveled extensively throughout Japan, lecturing and leading sesshins. He retired from Antaiji in 1975 and lived with his wife at Noke-in, a small temple outside Kyoto, where he continued to write, publish, and meet with the many people who found their way to his door, until his death in 1999. He wrote over twenty books on Zen, including translations of Dogen Zenji in modern Japanese with commentaries, as are various shorter essays. His Opening the Hand of Thought: Foundations of Zen Buddhist Practice is available in English from Wisdom Publications. He was an origami master as well as a Zen master and published several books on origami.

Shohaku Okumura is a Soto Zen priest and Dharma successor of Kosho Uchiyama Roshi. He is a graduate of Komazawa University and has practiced in Japan at Antaiji, Zuioji, and the Kyoto Soto Zen Center, and in Massachusetts at the Pioneer Valley Zendo. He is the former director of the Soto Zen Buddhism International Center in San Francisco. His previously published books of translation include Uchiyama Roshi's Opening the Hand of Thought, as well as Dogen's Extensive Record: A Translation of the Eihei Koroku, with Taigen Dan Leighton. He is the author of Living by Vow: A Practical Introduction to Eight Essential Zen Chants and Texts and Realizing Genjokoan: The Key to Dogen's Shobogenzo. He is the founding teacher of the Sanshin Zen Community, based in Bloomington, Indiana, where he lives with his family.
Sekkei Harada
Unfathomable Depths
Drawing Wisdom for Today from a Classical Zen Poem

Navigate a forgotten classic poem and enrich your practice with famed Zen master Sekkei Harada.

Three of the most pressing issues in any discussion of modern Zen are the true nature and function of Dharma transmission, how to appropriately practice with koans, and how to understand the "just sitting" of Soto Zen. Zen master Sekkei Harada uses the enigmatic "Ten Verses of Unfathomable Depth" as the basis of his practical and theoretical discussion of these concerns. Unfathomable Depths presents a concise treatment of Soto theory and practice, while delivering approachable and workable advice from one of Zen's most esteemed teachers. Rooting himself in Tong'an Changcha's classical poem, Harada intimately speaks to the world of Zen today.

Sekkei Harada is the abbot of Hosshinji, a Sōtō Zen monastery and temple in Japan. Born in 1926, he was ordained as a Zen priest in 1951 and recognized as a certified Zen master in 1976. Harada frequently travels abroad to teaching in Europe, the United States, and India. He also leads zazen groups within Japan, in Tokyo and Saitama.

Daigaku Rummé was born in 1950 in Mason City, Iowa. In 1976, he entered Hosshinji as a layman and was ordained by Harada Roshi in 1978. He lived and practiced at Hosshinji until 2003. On several occasions he accompanied Harada on his visits to Europe, India, and the United States, as his interpreter. Rummé has been head of the Soto Zen Mission in North America since 2010.

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Andree Salom

When the Anger Ogre Visits

Use this playful, read-along story to teach that anger as a natural and manageable part of life.

"The Anger Ogre visits everybody's lives, just remember to be patient whenever it arrives."

When the Anger Ogre Visits gives children symbolic and concrete guidance about how to deal with anger as a natural part of their inner lives. Rather than squelching anger or pushing it away, the book invites children to sit with and observe anger, removing its overwhelming aspects. This playfully illustrated story, written in memorable rhyme, centers on discovering and using internal resources and portrays anger as manageable.

Andree Salom has been a clinical art therapist for over twelve years. She is a founding member of the Colombian Art Therapy Association and an advocate for the development of art therapy in Colombia. Andree works with both adults and children to open creative paths for health and development through mindfulness, art, and emotional education. She is the author of a number of children's books in Spanish and lives in Bogota, Colombia.

Ivette Salom is a professional illustrator. She earned her MFA at the School of the Museum of Fine Arts in Boston, MA. She has illustrated and authored a number of children's books and has provided spot illustrations for the New York Times and the Miami Herald, among others. Ivette lives with her husband in Cambridge, MA.
Cuddle up with this playful, warm tale of discovery and winter wonder that will introduce mindfulness and delight your children.

Zen and Bodhi are two koala bears on a snowy day, out to learn about the world. Where does snow come from? Where does wind go?

Lively verses are full of mischievous fun as Zen and Bodhi explore their world; rhythm and rhyme introduce the concept of impermanence to the very young in this magical, cozy bedtime story. The two koalas sniff, taste, hear, feel, and see, exploring their senses and the world around them. Gorgeous illustrations capture the wide-eyed awe of children in snowfall in vibrant color.

Gina Bates Brown is a mother of two and has been an educator for twenty-four years, teaching children as young as preschool and as old as high school dance, yoga, and meditation. She's also a certified ChildLight Yoga instructor, a two-hundred-hour registered yoga teacher with Yoga Alliance, certified Reiki master, and a member of the White Plum Zen Community. This is her first book.

Sarah Jane Hinder has a graphic design degree from Teesside University and a PGCE in teaching art and design. She is a fulltime freelance illustrator.