

## Inner Revolution Robert Af Thurman

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Inside Tibetan Buddhism  
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The Dalai Lama's Little Book of Buddhism  
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The Life and Teachings of Tsongkhapa

### Circling the Sacred Mountain

Rediscover the Promise of Enlightenment As Western culture has embraced practices like meditation and yoga, has something been lost in translation? “What

we see in America today in both the yoga boom and mindfulness fad,” writes Dr. Miles Neale, “is a presentation of technique alone, sanitized and purged of the dynamic teachings in wisdom and ethics that are essential for true liberation.” For anyone seeking a path dedicated to both authentic personal growth and the overthrow of the nihilism, hedonism, and materialism that are threatening our planet, this compelling teacher presents a well-conceived, sustainable solution with Gradual Awakening. The core of this book is Tibetan Buddhism’s “gradual path”—or Lam Rim—interpreted with fresh insights from modern scientific research. Offering an illuminating new presentation of Tibet’s deep psychology, meditative techniques, and virtuous rituals, Dr. Neale presents a time-honored path of enormous transformational potential. Each chapter serves as a practical manual that will allow you to experiment with and actualize the benefits of role-modeling visualization, affirmations, contemplative themes, textual recitation, prayers, altars, offerings, and meditation. Here you’ll explore:

- Uprooting the “sickness of paradigm”—why a complete spiritual practice must directly confront the fundamental human suffering caused by the modern ethos of scientific reductionism
- The Lam Rim path—the history, heritage, and power of this 30-step “hero’s journey” of awakening
- Evolutionary self-care—understanding the Buddhist concept of renunciation as a form of self-love and healing
- Radical altruism—awakening Bodhicitta, our innate aspiration to evolve fully in service to others
- Quantum vision—how the teaching of “emptiness” allows us to pierce the illusion of materialism and accurately perceive the subtlest nature of reality
- Dr.

Neale's MAPS process (Maturity, Acceptance, Possibility, and Seeds) to integrate and manifest key insights and skills in your everyday life. The mass-market dilutions of Eastern wisdom that focus on symptom relief and easy answers have left behind the ultimate promise of spiritual practice: enlightenment.

"Enlightenment is an unfolding process—open to everyone." writes Dr. Neale. For most of us, this path to awakening must be realized through a gradual process: building on incremental insights into who we truly are, learning to care for ourselves and others, and discovering creative ways to engage the problems we all face. Gradual Awakening will serve as a lifelong companion for anyone willing to embrace a new paradigm that integrates science with spirit, theory with practice, and personal meditation with the desire to transform the world. A portion of the proceeds from this book will benefit the Buddhist nuns of Kopan Nunnery in Nepal.

## **Man of Peace**

This is the first full study, translation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa (1357-1419), universally acknowledged as the greatest Tibetan philosopher. The work is a study of the major schools of Mahayana Buddhism, known as Vijnanavada and Madhyamika, and an explanation of the Prasargika (Dialecticist") interpretation of Madhyamika ("Centrism"). Originally published in 1984. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the

distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

## **The 12-Step Buddhist**

This text outlines the development and spread of ancient Buddhism. It describes its journey west and its evolution here, sketching the lives and teachings of some of Western Buddhism's most important figures.

## **Sacred Symbols**

For centuries the people of Tibet and Mongolia have believed in the existence of Shambhala, a mythical kingdom hidden in the remote mountains of Central Asia. There, it is said, a line of enlightened kings is guarding the highest wisdom for a time when all spiritual values in the world outside will be lost in war and destruction. At that time, according to the legend, a great king will emerge from this sanctuary to defeat the forces of evil and establish a golden age. Drawing on Tibetan and Sanskrit texts, interviews with lamas in Nepal and India, and his own

experiences in the Himalayas, Edwin Bernbaum gives a detailed account of this intriguing legend, examining its basis in the history and religion of the region, as well as exploring its symbolic meaning.

## **Psychotherapy without the Self**

We all face death, but how many of us are actually ready for it? Whether our own death or that of a loved one comes first, how prepared are we, spiritually or practically? In *Preparing to Die*, Andrew Holecek presents a wide array of resources to help the reader address this unfinished business. Part One shows how to prepare one's mind and how to help others, before, during, and after death. The author explains how spiritual preparation for death can completely transform our relationship to the end of life, dissolving our fear and helping us to feel open and receptive to letting go in the dying process. Daily meditation practices, the stages of dying and how to work with them, and after-death experiences are all detailed in ways that will be particularly helpful for those with an interest in Tibetan Buddhism and in Tibetan approaches to conscious dying. Part Two addresses the practical issues that surround death. Experts in grief, hospice, the funeral business, and the medical and legal issues of death contribute chapters to prepare the reader for every practical concern, including advance directives, green funerals, the signs of death, warnings about the funeral industry, the stages of grief, and practical care for the dying. Part Three contains heart-advice from twenty of the best-known

Tibetan Buddhist masters now teaching in the West. These brief interviews provide words of solace and wisdom to guide the dying and their caregivers during this challenging time. *Preparing to Die* is for anyone interested in learning how to prepare for death from a Buddhist perspective, both spiritually and practically. It is also for those who want to learn how to help someone else who is dying, both during the time of illness and death as well as after death.

### **The Way to Shambhala**

This little book contains the core teaching on Buddhism by the Dalai Lama. It includes thought-provoking quotations about the importance of love and compassion, and the need for individual responsibility, fuses ancient wisdom with an awareness of the problems of everyday life. In addition to containing the essence of Buddhism, this book offers practical wisdom for daily life. The goal of this small gift book is to improve the reader's state of mind and to discover the deep peace that exists within. Here are pithy reflections on the need to rid oneself of preoccupations with mundane concerns and to find refuge in Buddha, Dharma, and Sangha.

### **MindScience**

Explores Tibetan Buddhism as part of a spiritual and physical journey to Mount Kailash, holiest of the Himalayan mountains, to reach sacred graveyards, majestic monasteries, and meditation caves.

## **The Tibetan Book of the Dead**

Why the "life story" of the Dalai Lama? It is a story of one man taking on an empire, calling for truth, peace, and justice for his Tibetan people. Here, in full color for the first time, people can come to know the whole drama of his lifelong struggle. Since the age of 15, the Dalai Lama has defended his people against one of the last great empires, the People's Republic of China. Under its "dictatorship of the proletariat," China began to invade Tibet in 1950, decimating and then continually oppressing its people. Since colonialism cannot be practiced in our era of self-determined nations, China always maintains that the Tibetans are a type of Chinese, using propaganda and military power to crush Tibet's unique culture and identity. Yet the Dalai Lama resists by using only the weapon of truth—along with resolute nonviolence—even worrying some of his own people by seeking dialogue and reconciliation based on his more realistic vision. The great 14th Dalai Lama of Tibet has become the first global Dalai Lama, a prominent transnational leader of all who want to make the dramatic changes actually necessary for life on earth to thrive for centuries to come. Considered the incarnation of the Buddhist savior Chenrezig or Avalokiteshvara—archangel of universal compassion—he is believed

to appear in many forms, at many different times, whenever and wherever beings suffer. Representing the plight of his beloved Tibetan people to the world, he has also engaged with all people who suffer oppression and injustice, as recognized in 1989 by his being awarded the Nobel Peace Prize. Most importantly, the Dalai Lama walks his talk throughout these pages, as he has throughout his life, and he radiates a powerful hope that we can and will prevail. Man of Peace presents the inside story of his amazing life and vision, in the high tension of the military occupation of Tibet and the ongoing genocide of its people—a moving work of political and historical nonfiction brought to life in the graphic novel form—here for all to see.

### **Anger**

### **Tsong Khapa's Speech of Gold in the Essence of True Eloquence**

### **Mandala**

## **Buddhism and Transgression**

### **Man of Peace**

A rare glimpse of the sophisticated philosophical exchange between Buddhist and non-Buddhist schools at an early stage. The Vaidalyaprakarana provides a rare glimpse of the sophisticated philosophical exchange between Buddhist and non-Buddhist schools at an early stage and will be of interest to scholars of Buddhist thought, classical Indian Philosophy, and the history of Asian thought. Belonging to a set of Nagarjuna's philosophical works known as the yukti-corpus, the Vaidalyaprakarana is noteworthy for its close engagement with the Hindu philosophers. It refutes the sixteen categories of the Nyaya school, which formed the logical and epistemological framework for many of the debates between Buddhist and Hindu philosophers. The Sanskrit original of the Vaidalyaprakarana long lost, the author translates the text from Tibetan, giving it an extensive analytical commentary. The aim is twofold: to investigate the interaction of the founder of the Madhyamika school with this influential school of Hindu thought; and to make sense of how Nagarjuna's arguments that refute the Naiyayika categories are essential to the Madhyamika path in general.

## **Inner Revolution**

Proceedings of a symposium co-sponsored by the Air Force Historical Foundation and the Air Force History and Museums Program. The symposium covered relevant Air Force technologies ranging from the turbo-jet revolution of the 1930s to the stealth revolution of the 1990s. Illustrations.

## **Inner Revolution**

The so-called "Tibetan Book of the Dead" has been recognized for centuries as a classic of Buddhist wisdom and religious thought. More recently, it has gained great influence in the Western world for its psychological insights into the process of death and dying, and for what it can teach us about our lives. It has also been helpful in the grieving processes of people who have recently lost someone they love. Composed in the 8th century AD. of C., its intention is to prepare the soul for the adversities and transformations of the beyond. His profound message is that the art of dying is as important as that of living. Drawn from Tibetan spiritual traditions, it shows us the workings of the mind in its various manifestations - terrifying and reassuring, angry and beautiful - that appear more clearly in the consciousness of the deceased. By recognizing these manifestations we can reach the state of enlightenment, both in this existence and in the next.

## **A Shrine for Tibet**

Tibetan Buddhists see the world in two realities, of relative and absolute: the relative world is experienced as either the ordinary world of samsaric suffering or the extraordinary state of universal bliss and fulfillment. This title is a celebration of this philosophy.

## **Gradual Awakening**

"Inner Revolution addresses both the history and the practical contemporary uses of Buddhism. With originality and enormous scholarship, Robert Thurman reveals the principles of the movement to celebrate individual happiness, which the Buddha initiated some 2,500 years ago, and shows how to continue it. He spreads the Buddha's message that everyone has the opportunity to become fully, completely happy and he finds hope and fascinating lessons in Tibetan Buddhism, as well as a viable way to change the world."

## **Bla Ma'i Mchod Pa**

Prisoners of Shangri-La is a provocative analysis of the romance of Tibet, a romance that, even as it is invoked by Tibetan lamas living in exile, ultimately

imprisons those who seek the goal of Tibetan independence from Chinese occupation. "Lopez lifts the veil on America's romantic vision of Tibet to reveal a country and a spiritual history more complex and less ideal than popular perceptions allow. . . . Lively and engaging, Lopez's book raises important questions about how Eastern religions are often co-opted, assimilated and misunderstood by Western culture."—Publishers Weekly "Proceeding with care and precision, Lopez reveals the extent to which scholars have behaved like intellectual colonialists. . . . Someone had to burst the bubble of pop Tibetology, and few could have done it as resoundingly as Lopez."—Booklist "Fascinating. . . [A] provocative exploration. Lopez conveys the full dizziness of the Western encounter with Tibet and Tibetan Buddhism."—Fred Pheil, Tricycle: The Buddhist Review "A timely and courageous exploration. . . . [Lopez's] book will sharpen the terms of the debate over what the Tibetans and their observers can or should be doing about the place and the idea of Tibet. And that alone is what will give us all back our Shambhala."—Jonathan Spence, Lingua Franca Book Review "Lopez's most important theme is that we should be wary of the idea . . . that Tibet has what the West lacks, that if we were only to look there we would find the answers to our problems. Lopez's book shows that, on the contrary, when the West has looked at Tibet, all that it has seen is a distorted reflection of itself."—Ben Jackson, Times Higher Education Supplement

## **The Tibetan Book of the Dead**

The face of addiction and alcoholism is a face that many have seen before -- it may be a celebrity, a colleague, or even a family member. And though the 12-step program by itself can often bring initial success, many addicts find themselves relapsing back into old ways and old patterns, or replacing one addiction with another. Author Darren Littlejohn has been there and back, and presents a complimentary guide for recovery to the traditional twelve-step program, out of his own struggles and successes through the study of Zen and Tibetan Buddhism. Working with the traditional 12-Step philosophy, the author first shares his own life path, and how he came to find the spiritual solace that has greatly enhanced his life in recovery. Then, he details out how his work integrating Buddhism into the traditional twelve-step programs validates both aspects of the recovery process. While being careful not to present himself as a Tibetan lama or Zen master, the author shows how each step -- such as admitting there is a problem, seeking help, engaging in a thorough self-examination, making amends for harm done, and helping other drug addicts who want to recover -- fits into the Bodhisattva path. This integration makes Buddhism accessible for addicts, and the 12 Steps understandable for Buddhists who may otherwise be at a loss to help those in need. The 12-Step Buddhist is designed to be a complimentary practice to the traditional 12-step journey, not a replacement. While traditional twelve-step programs help addicts become sober by removing the drug of choice and providing a spiritual path, they rarely delve deep into what causes people to suffer in the first

place. The integration of Buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep, spiritual liberation from all causes and conditions of suffering -- for good.

## **The Brilliantly Illuminating Lamp of the Five Stages**

When people and circumstances upset us, how do we deal with them? Often, we feel victimized. We become hurt, angry, and defensive. We end up seeing others as enemies, and when things don't go our way, we become enemies to ourselves. But what if we could move past this pain, anger, and defensiveness? Inspired by Buddhist philosophy, this book introduces us to the four kinds of enemies we encounter in life: the outer enemy, people, institutions, and situations that mean to harm us; the inner enemy, anger, hatred, fear, and other destructive emotions; the secret enemy, self-obsession that isolates us from others; and the super-secret enemy, deep-seated self-loathing that prevents us from finding inner freedom and true happiness. In this practical guide, we learn not only how to identify our enemies, but more important, how to transform our relationship to them. Love Your Enemies teaches us how to . . . break free from the mode of “us” versus “them” thinking develop compassion, patience, and love accept what is beyond our control embrace lovingkindness, right speech, and other core concepts Throughout, authors Sharon Salzberg and Robert Thurman share stories and exercises for achieving finding peace within yourself and with the world. Drawing from ancient

spiritual wisdom and modern psychology, Love Your Enemies presents tools that are useful for all readers.

## **Technology and the Air Force**

What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Is it possible that by combining Western and Eastern approaches, we can reach a new understanding of the nature of the mind, the human potential for growth, the possibilities for mental and physical health? MindScience explores these and other questions as it documents the beginning of a historic dialogue between modern science and Buddhism. The Harvard Mind Science Symposium brought together the Dalai Lama and authorities from the fields of psychiatry, psychology, neuroscience, and education. Here, they examine myriad questions concerning the nature of the mind and its relationship to the body.

## **Infinite Life**

His Holiness the Dalai Lama is an extraordinary example of a life dedicated to peace, communication, and unity. What he represents, and what he has accomplished, heals and transcends the current tensions between Tibet and China.

Why the Dalai Lama Matters explores just why he has earned the world's love and respect, and how restoring Tibet's autonomy within China is not only possible, but highly reasonable, and absolutely necessary for all of us together to have a peaceful future as a global community. In the few decades since the illegal Chinese invasion of Tibet, Tibetans have seen their ecosystem destroyed, their religion, language, and culture repressed, and systematic oppression and violence against anyone who dares acknowledge Tibetan sovereignty. Yet, above it all, the Dalai Lama has been a consistent voice for peace, sharing a "Middle-Way" approach that has gathered accolades from the Nobel Peace Prize to the U.S. Congressional Gold Medal. Modeling this peaceful resistance shows the world that nobody is free unless everybody is free -- and that a solution exists that can benefit all parties, not just one. And more than just his nation have taken notice. His inter-religious dialogues, honest, humble demeanor, and sense of compassionate justice sets him apart in a world at war with itself. When China changes policy and lets Tibetans be who they are, Tibet can, in turn, join with China in peaceful coexistence. Why the Dalai Lama Matters is not merely a book about Tibet or the Dalai Lama. It is a revealing, provocative solution for a world in conflict, dealing with the very fundamentals of human rights and freedoms. By showing the work that the Dalai Lama has done on behalf of his people, Thurman illuminates a worldwide call to action, showing that power gained by might means nothing in the face of a determined act of truth.

## **CLEAN 7**

The most accessible and informative version of the Buddhist classic available in English, with instruction in meditation, illuminating commentary, and guidance in the practical use of the prayers The so-called “Tibetan Book of the Dead” has been renowned for centuries as a cornerstone of Buddhist wisdom and religious thought. More recently, it has become highly influential in the Western world for its psychological insights into the processes of death and dying—and what they can teach us about the ways we live our lives. It has also been found to be helpful in the grieving process by people who have recently lost their loved ones. Composed in the eighth century C.E., it is intended to prepare the soul for the trials and transformations of the afterworld. Its profound message is that the art of dying is as important as the art of living. Drawing on Tibetan spiritual traditions, it shows us the workings of the mind in its various manifestations—terrifying and comforting, wrathful and beautiful—which appear more clearly after death in the consciousness of the deceased. By recognizing these manifestations, we can attain a state of enlightenment, both in this existence and in the existence to come. This authoritative translation preserves the form and spirit of the original and was prepared especially for Western readers by Robert A. F. Thurman, one of the most prominent Tibetan scholars in America and a close associate of His Holiness the Dalai Lama’s.

## **Crushing the Categories (Vaidalyaprakarana)**

A must-read for students of Tibetan Buddhism, *The Life and Teachings of Tsongkhapa* provides a thorough exploration of the great teacher's wisdom. In *The Life and Teachings of Tsongkhapa*, you'll discover Tsongkhapa's teachings on transcendental aspects of sutra, tantra, and insight meditation, mystic conversations with great bodhisattvas, deeply spiritual songs in praise of Manjushri and Maitreya, and much more. The anthology concludes with a number of intensely moving songs in praise of Tsongkhapa and his immeasurable contribution to Tibetan Buddhism by such realized and remarkable Tibetan Buddhists as the Seventh Dalai Lama, the Eighth Karmapa, Dulnagpa Palden, and Khedrup Je. This edition has been substantially corrected by Robert Thurman and contains a new introduction and a bibliography of all the works referenced in the text.

## **The Teaching of Vimalakīrti (Vimalakīrtinirdeśa)**

Heated words, cool malice, deadly feuds, the furious rush of adrenaline-anger is clearly the most destructive of the seven deadly sins. It can ruin families, wreck one's health, destroy peace of mind and, at its worst, lead to murder, genocide, and war. In *Anger*, Robert A. F. Thurman, best-selling author and one of America's leading authorities on Buddhism and Eastern philosophy, offers an illuminating look

at this deadliest of sins. In the West, Thurman points out, anger is seen as an inevitable part of life, an evil to be borne, not overcome. There is the tradition of the wrathful God, of Jesus driving the money-changers from the temple. If God can be angry, how can men rid themselves of this destructive emotion? Thurman shows that Eastern philosophy sees anger differently. Certainly, it is a dreadful evil, one of the "three poisons" that underlie all human suffering. But Buddhism teaches that anger can be overcome. Indeed, the defeat of anger is not only possible, but also the only thing worth doing in a lifetime. Thurman shows how to recognize the destructiveness of anger and understand its workings, and how we can go from being a slave to anger to becoming "a knight of patience." We discover finally that when this deadliest emotion is transmuted by wisdom, it can become the most powerful force in freeing us from human suffering. Drawing on the time-tested wisdom of Buddhism, Robert A. F. Thurman ranges from the individual struggle with anger to global crises spurred by dogmatic ideologies, religious fanaticism, and racial prejudice. He offers a path of calm understanding in a time of terrorism and war.

### **Why the Dalai Lama Matters**

The definitive program on detoxification just got easier, thanks to multiple New York Times bestselling author Dr. Alejandro Junger's detailed, personalized, and medically proven seven-day plan that helps us begin to rid our bodies of the

multitude of toxins that infiltrate our systems every day. Each day, too many of us struggle unnecessarily with debilitating health issues, such as colds or viruses, allergies or hay fever, stubborn extra pounds, poor sleep, recurrent indigestion, constipation, or irritable bowel syndrome, itchy rashes, acne or other skin conditions, depression, anxiety, or frequent fatigue. But we don't have to suffer any longer. In his bestseller *Clean*, the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build-up in our systems accumulated through daily living, and offered solutions for combatting them. Now, with *Clean Seven*, Dr. Junger makes his groundbreaking program easier and more accessible than ever before. *Clean Seven* is his medically proven seven-day regimen that provides all the necessary tools to support and reactivate our bodies' detoxification system to its fullest capabilities. In one week, you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal you, lose extra weight, and start to experience what it truly means to be well. The first seven days of any program are the most critical. Undertaking a new routine is stressful, and tests our commitment, willpower, and focus. Understanding exactly what's going on in your body—why you might feel fatigue on day two or cravings on day five—is the key to success. A doctor who's helped millions, Dr. Junger personally guides you through the process, offering a clear, day-by-day, meal-by-meal exploration of what's happening in your body to keep you focused on your goals. Filled with the latest science on the brain, and featuring delicious, nutritious recipes, and details on

everything from prepping your kitchen to prepping your mind, Clean Seven revolutionizes the detoxification process. If you have been searching for a book or program to help you take that next step for your overall health, Clean Seven is the answer. Discover what it truly means to be healthy.

## **Introduction to Tibetan Buddhism**

This book explores the potential interface between Foucaultian discourse analysis and the development of an indigenous rationale for the practice of contemporary Western Buddhism, along with the growing significance of such a rationale for 'traditional' Buddhism in an era dominated by disciplinary/bio-power.

## **The Tibetan Book of the Dead**

Immersed in Buddhist psychology prior to studying Western psychiatry, Dr. Mark Epstein first viewed Western therapeutic approaches through the lens of the East. This posed something of a challenge. Although both systems promise liberation through self-awareness, the central tenet of Buddha's wisdom is the notion of no-self, while the central focus of Western psychotherapy is the self. This book, which includes writings from the past twenty-five years, wrestles with the complex relationship between Buddhism and psychotherapy and offers nuanced reflections

on therapy, meditation, and psychological and spiritual development. A best-selling author and popular speaker, Epstein has long been at the forefront of the effort to introduce Buddhist psychology to the West. His unique background enables him to serve as a bridge between the two traditions, which he has found to be more compatible than at first thought. Engaging with the teachings of the Buddha as well as those of Freud and Winnicott, he offers a compelling look at desire, anger, and insight and helps reinterpret the Buddha's Four Noble Truths and central concepts such as egolessness and emptiness in the psychoanalytic language of our time.

## **Prisoners of Shangri-La**

WINNER OF THE TRICYCLE PRIZE FOR EXCELLENCE Expertly and lucidly surveying the basic varieties and teachings of Tibetan Buddhism, renowned scholar Robert Thurman makes this authentic spiritual tradition available to contemporary Western audiences

## **A Shrine for Tibet**

Why the "life story" of the Dalai Lama? It is a story of one man taking on an empire, calling for truth, peace, and justice for his Tibetan people. Here, in full

color for the first time, people can come to know the whole drama of his lifelong struggle. Since the age of 15, the Dalai Lama has defended his people against one of the last great empires, the People's Republic of China. Under its "dictatorship of the proletariat," China began to invade Tibet in 1950, decimating and then continually oppressing its people. Since colonialism cannot be practiced in our era of self-determined nations, China always maintains that the Tibetans are a type of Chinese, using propaganda and military power to crush Tibet's unique culture and identity. Yet the Dalai Lama resists by using only the weapon of truth—along with resolute nonviolence—even worrying some of his own people by seeking dialogue and reconciliation based on his more realistic vision. The great 14th Dalai Lama of Tibet has become the first global Dalai Lama, a prominent transnational leader of all who want to make the dramatic changes actually necessary for life on earth to thrive for centuries to come. Considered the incarnation of the Buddhist savior Chenrezig or Avalokiteshvara—archangel of universal compassion—he is believed to appear in many forms, at many different times, whenever and wherever beings suffer. Representing the plight of his beloved Tibetan people to the world, he has also engaged with all people who suffer oppression and injustice, as recognized in 1989 by his being awarded the Nobel Peace Prize. Most importantly, the Dalai Lama walks his talk throughout these pages, as he has throughout his life, and he radiates a powerful hope that we can and will prevail. Man of Peace presents the inside story of his amazing life and vision, in the high tension of the military occupation of Tibet and the ongoing genocide of its people—a moving work of

political and historical nonfiction brought to life in the graphic novel form—here for all to see.

## **The New Buddhism**

One of Time magazine's 25 Most Influential People in America writes about taking responsibility for our own happiness and our actions Robert Thurman is America's most popular and charismatic Buddhist. His first book, *Inner Revolution*, is an international bestseller and his lectures sell out to thousands. *Infinite Life* demonstrates that our every action has infinite consequences for ourselves and others, here and now and after we are gone. He introduces the Seven Paths to reconstructing body and mind carefully in order to reduce the negative consequences and cultivate the positive. In his powerful, pragmatic style, Thurman delivers life-changing lessons on virtues and emotions through the lens of Buddhist practices and ways of thinking. He invites us to take responsibility for our actions and their consequences while we revel in the knowledge that our lives are truly infinite. *Infinite Life* is the ultimate guidebook to understanding our place in the universe and realizing how we can personally succeed while helping others.

## **The Universal Vehicle Discourse Literature (Mahāyānasūtrālaṅkāra)**

Outlines an eleven-step system for pursuing happiness and enlightenment using a metaphor based on the Buddhist jewel tree tradition.

### **Preparing to Die**

The New York Times calls him "America's number one Buddhist." He is the co-founder of Tibet House New York, was the first American Tibetan Buddhist monk, and has shared a thirty-five-year friendship with the Dalai Lama. Now, Robert Thurman presents his first completely original book, an introduction to Buddhism and "an inspiring guide to incorporating Buddhist wisdom into daily life" (USA Today). Written with insight, enthusiasm, and impeccable scholarship, Inner Revolution is not only a national bestseller and practical primer on one of the world's most fascinating traditions, but it is also a wide-ranging look at the course of our civilization--and how we can alter it for the better. "Part spiritual memoir, part philosophical treatise and part religious history, Thurman's book is a passionate declaration of the possibilities of renewing the world" (Publishers Weekly, starred review).

### **Essential Tibetan Buddhism**

""This text offers a new translation of the ancient Buddhist text designed to

facilitate the inner liberation of the dead or dying person at the moment of death"--Provided by publisher"--

## **The Life and Teachings of Tsongkhapa**

The Universal Vehicle Discourse Literature (Mahāyānasūtrālaṃkāra) was transmitted from the bodhisattva Maitreya to Ārya Śāṅga, the fourth-century Indian Buddhist scholar-adept. The most foundational of the set of the famous Five Teachings of Maitreya, the Discourse Literature is considered the wellspring of what the Tibetans call the “magnificent deeds trend of the path,” the compassion side, which balances the “profound view trend of the path,” the wisdom side. The Discourse Literature is also considered to be metaphysically aligned with and foundational for the Idealist (Vijñānavādin) school of Mahāyāna thought. Translated from Sanskrit, Tibetan, and Chinese by Lobsang Jampal, Robert Thurman, and the AIBS team, the present work contains a fully annotated, critical English rendition of the Discourse Literature along with its commentary (bhāṣya) by Śāṅga’s brother, Vasubandhu. It also includes an introduction covering essential historical and philosophical topics, a bibliography, and a detailed index. This long-awaited work is the founding cornerstone of the AIBS Treasury of the Buddhist Sciences series.

## **Inside Tibetan Buddhism**

The most important commentary on Vajrayana from the founder of the Dalai Lama's school of Buddhism. The Brilliantly Illuminating Lamp of the Five Stages (rim lnga rab tu gsal ba'i sgron me) is Tsong Khapa's most important commentary on the perfection stage practices of the Esoteric Community (Guhyasamaja), the tantra he considered fundamental for the practice of the "father tantra" class of unexcelled yoga tantras. It draws heavily on Nagarjuna's Five Stages (Pañcakrama) and Aryadeva's Lamp that Integrates the Practices (Caryamelapakapradipa), as well as a vast range of perfection stage works included in the Tibetan canonical (Kangyur and Tengyur) collections. It is an important work for both scholars and practitioners. A reader of this work will find in it convincing evidence for Tsong Khapa's own yogic experience and attainment, in coordination with his better-known philosophical and scholarly achievements. The present revised edition of the work is a cornerstone of the Complete Works of Jey Tsong Khapa and Sons collection, a subset of the Treasury of the Buddhist Sciences series. Comprised of the collected works of Tsong Khapa (1357-1419) and his spiritual sons, Gyaltsap Darma Rinchen (1364-1432) and Khedrup Gelek Pelsang (1385-1438), the numerous works in this set of Tibetan treatises and supercommentaries are based on the thousands of works in the Tibetan Buddhist canon.

## **Love Your Enemies**

Rich in detail and visually powerful, this compelling picture book provides insight into the intricate and profound world of Tibetan Buddhism. Striking images of sacred spaces, participants, art, and ritual choreography are used to explain such precepts as karma, emptiness, compassion, death and rebirth, the Eight Fold Path, and the processes of Tantric deity practice. 150 color and black-and-white photos.

## **The Dalai Lama's Little Book of Buddhism**

The expanded edition of the classic reference, one of Snow Lion's top ten bestsellers. Thorough coverage of Tibetan Buddhism from its Indian origins to the present day; includes new information on the four schools of Tibetan Buddhism, religious practices and festivals, and the current political situation.

## **Buddha's Little Instruction Book**

Jack Kornfield had gathered together the Buddha's best and most beautiful words and those of his countless disciples to create an enlightening, accessible and practical companion for those in search of the Buddha's path of happiness. The simple, but profound, verses and quotations in BUDDHA'S LITTLE INSTRUCTION

BOOK explore the themes of individual awareness and kindness, wise relationships and the interconnection of all beings, and act as a reminder that anyone can live with the mindfulness and compassion of a Buddha. The section on the Art of Meditation includes easily followed meditations for sitting, walking, eating, loving kindness, forgiveness and compassion.

## **The Life and Teachings of Tsongkhapa**

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