

Media

BOOKS

Dressage in the Fourth Dimension

By Sherry Ackerman

In the horse world the balletic beauty of dressage events, for both observer and rider, is like a glimpse of nirvana. And even if you have never been on a horse in your life, this intriguing book about the balance and harmony between horse and rider represents the universal search for liberation from the egotistical self. "Harmony cannot grow between horse and rider if the horse is constantly being evaluated on isolated performance abilities," says Ackerman. So why do we ride roughshod through our own lives, slumped like a sack of potatoes on a horse's back? This philosophy professor and dressage instructor shows us that rider and horse are the same – yet different – as we dance with our shadow selves. A truly remarkable reading experience.

Published by New World Library

Hardcover US\$17.95

www.newworldlibrary.com

Saltwater Buddha: A Surfer's Quest to Find Zen on the Sea

By Jaimal Yogis

The Tao Te Ching says, "Nothing is more flexible and yielding than water. Yet when it attacks the firm and the strong, nothing can withstand it." In a series of blissful essays, this first-time author sweeps us along in a joyous ride as he learns how to walk on water, how to deal with surf Nazis (and how *not* to be one), finds a guru in a friend with Elephant Man's disease, teaches Tibetan

monks English and almost decides to become a monk after a visit to Plum Village. Even landlubbers will experience a spiritual sea-change as we ask ourselves why we are carrying our surfboard around on our heads, instead of using it to get closer to freedom. The ocean, like life, ebbs and flows and displays impermanence. We need to know how to ride the waves. A book to be shared and re-read.

Published by Wisdom Publications

Paperback US\$15.95

www.wisdompubs.org

The Bodhi Tree Grows in L.A.

By Bhante Walpola Piyandana

This Sri Lankan-born Theravadin Buddhist abbot has written a wise and good-hearted sequel to *Saffron Days in L.A.* Lots of anecdotes and homilies, with riveting accounts of how he talked a dangerously unhinged man out of buying a gun, helped gamblers reform and showed the faithful how to welcome back a fallen-from-grace roshi who had just come out of a rehab center. Wars, friendships, meditation techniques, music, marriages – he casts his net wide to capture stories from his life experiences that awaken and delight. Ah, how easily we are deceived by our own

thoughts – he shines a bright light on *that* bad habit!

Published by Shambhala Publications

Paperback US\$14.95

www.shambhala.com

Yantra Yoga: The Tibetan Yoga of Movement

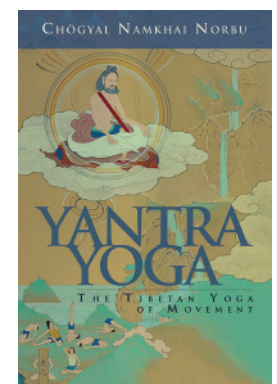
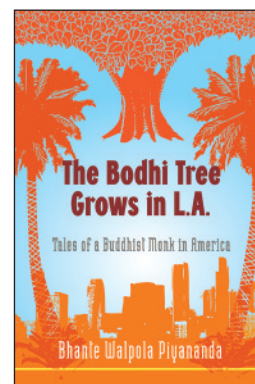
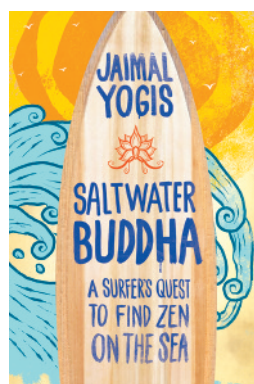
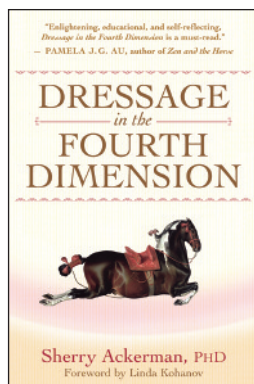
By Chögyal Namkhai Norbu

Such a beautiful book about a system of practice that involves bodily movements, breathing exercises and visualizations. We learn to twist like a conch, arch like a camel, flame like a lotus, curve like a bow – and know exactly why we are doing it. This book has beautiful illustrations, plus many sketches to take us through each pose, and an original Tibetan text taken from *The Oral Transmission of Vairocana*. Vairocana was a great scholar and translator of sacred texts in the eighth century and this "union of the sun and moon" is regarded as the most ancient of all Yantra systems. It contains many positions that are found in classic Yoga. The author, himself a living master, started transmitting this system in the seventies. All Western practitioners will benefit from the clear and precise instructions.

Published by Snow Lion Publications

Paperback US\$34.95

www.snowlionpub.com



Tibetan Logic

By Katherine Manchester Rogers

This is the first English translation of a fundamental Gelug logic manual that trains Tibetan monks to reason clearly and decisively. The vocabulary, concepts and principles are all clearly explained, helping us to understand how this logical approach can produce a mind that is trained, powerful and flexible. The author illustrates the diversity of the oral traditions in competing monastic colleges by comparing various points of view. But this is a general presentation of Gelug logic rather than an historical account of how it developed. Rogers has certainly done her homework – her interest in the project dates back to 1976 – and she has received instruction and commentaries from many luminaries, at one stage spending several months at Lo-sel-ling College. A welcome addition to the library of serious students of debate.

Published by Snow Lion Publications
Paperback US\$39. 95
www.snowlionpub.com

Going on Being: Life at the Crossroads of Buddhism and Psychotherapy

By Mark Epstein, M.D.

This brilliant, compassionate book is rich in insight: the author describes his own journey, not just as a psychiatrist, but as a spiritual seeker like the rest

of us. Whether he is relating as a counselor, a friend, a student, a partner or a parent, his journey is universal, described in liquid prose that flows effortlessly. He illustrates so many human situations with mini case studies that we feel we have met a bunch of new friends. Underpinning every chapter is Buddhism's principle of being in the moment. It's a rare book that can make this reviewer feel calmer and freer with every page. Highly recommended.

Published by Wisdom Publications
Paperback \$US16.95
www.wisdompubs.org

Dreaming Me: Black, Baptist, and Buddhist

By Jan Willis

The spiritual journey of an African American woman who became a beloved “daughter” to Lama Yeshe is described in a frank and forthright style which makes for a compelling read. Her story is testimony to the way in which an ordinary life can be transformed. Well, maybe her life was not so ordinary. Smart and quick-tongued, and also fiendishly clever, she ran the gauntlet of all kinds of prejudices and overcame personal fears to emerge as the “beautiful and strong” Buddhist woman Lama Yeshe knew she could be. She and her contemporaries have forged a new world of racial equality and Wisdom's updated reissue of this courageous

story is very timely and so welcome. Highly recommended.

Published by Wisdom Publications
Paperback \$US16.95
www.wisdompubs.org

DVD

Bringing Dharma to the West

By Lama Yeshe with Geoff Jukes and Brian Beresford

What better way to hear a small fraction of FPMT's immense history than from the mouth of its charismatic and compassionate founder, Lama Yeshe? *Bringing Dharma to the West* is a remarkable, intimate and candid experience. In his first interview, Lama touches on how he and Lama Zopa Rinpoche began teaching Westerners, how to teach Dharma in the West, and the form Buddhism might take in its transition into the West, among other topics. His second interview details in depth his understanding of the purpose of an FPMT center, how they should be run from an administrative viewpoint, and how the different members of the community – ordained and lay students – should interact with each other. This highly affordable DVD is a brilliant production, well worth watching and a valuable record of Lama's unique charm and insight.

Lama Yeshe Wisdom Archive
DVD \$US10.00
www.lamayeshe.com

