

Media

BOOKS

Together Under One Roof: Making a Home of the Buddha's Household

By Lin Jensen

This wise and kind collection of essays by *Mandala* editor's favorite writer is an absolute jewel of a book. Yes, Lin, we are all in it together in Buddha's household, and our simplest actions affect our whole lives and the lives of others. Such a modest humble Buddhist teacher whose view of humanity is clear-sighted – he speaks his truth like no other. He says, rightly, that it is futile to separate the mundane from the spiritual, and so he presents the everydayness of life with grace, finding beauty in the prosaic. Jensen reveals us to ourselves in his personal anecdotes about hiking in the desert, teaching in a prison, paying property taxes, washing a bowl; no matter where he is, he is entering his life from where he is at that moment. An unforgettable book – open it, and resistance is useless.

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

Accomplishing More by Doing Less

By Marc Lesser

The antidote to the franticness of modern life may well be an escape to a cave somewhere. But that's not an option

for most of us. Surprisingly, rather than advocating that we stop – and do nothing – this wise book advocates certain distractions of which meditation is one of the more obvious. But so, too, is paying attention to routine, something His Holiness once said was the one word that could be used to describe the secret of happiness. And then there's forgetting your self, which really means being fully present and open to whatever situation arises. This Buddhist teacher-cum-lifestyle coach has come up with a very practical life plan.

Published by New World Library
Paperback \$US14.95
www.newworldlibrary.com

Meditations on Living, Dying, and Loss: Ancient Knowledge for a Modern World

Edited and introduced by Graham Coleman

Graham Coleman, writer, film-maker and editor, has led a formidable team that includes His Holiness the Dalai Lama, Gyurme Dorje, Thupten Jinpa and illustrator Robert Beer to produce a selection of excerpts from *The Tibetan Book of the Dead* that shed a clear light on the poetic beauty of the original work. Coleman's essays that precede each selection are exceptionally readable, a personal riff on the twenty-first century human experience. This

slim volume is a very special and necessary addition to anyone's must-have Buddhist book collection.

Published by Penguin Books
Paperback \$US14.95; \$AUD22.95
www.penguin.com

Quiet Mind: a Beginner's Guide to Meditation

Compiled and edited by Susan Piver

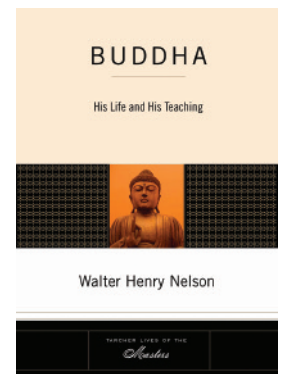
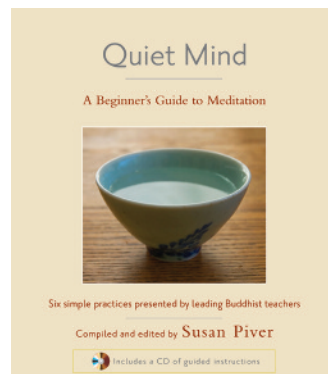
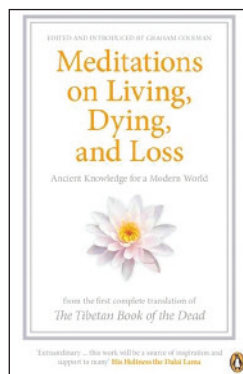
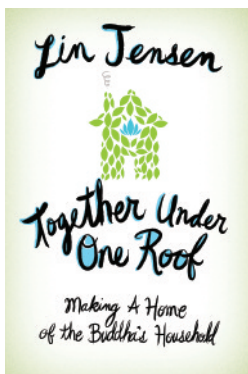
Sometimes we need help to meditate. Sitting alone in a quiet space while one's mind is trying to run the show doesn't always work. Although this fabulous little book gets us started, the real magic is in the accompanying CD which gives us access to the guidance of some very experienced teachers of meditation including Larry Rosenberg (on vipassana), Sharon Salzberg (on metta) and Tulku Thondup (on healing). The longest track is just over 12 minutes, so there's no excuse for not at least giving meditation a try. This would make a lovely gift to introduce friends and family to the benefits of a quiet mind.

Published by Shambhala Publications
Hardcover \$US14.00
www.shambhala.com

Buddha: His Life and His Teaching

By Walter Henry Nelson

We think we know enough about Buddha to call ourselves Buddhists. But



it behooves us to refresh our memories and what better way to do so than with this reissue of Nelson's accessible 1996 biography. This clear-eyed look at the life and times of the Indian flesh and blood prince who found the way to self-perfection is a thrilling history, as fresh as any of today's best-sellers and a valuable addition to our personal libraries.

Published by Tarcher/Penguin

Paperback \$US13.95

www.penguin.com

Emotional Awareness: Overcoming the Obstacles to Psychological Balance and Compassion

A Conversation Between the Dalai Lama and Paul Ekman, Ph.D.

Ekman first met the Dalai Lama at a conference on destructive emotions in 2000 and a unique bond was formed. They went on to find that they share a motivation for analyzing emotions: a commitment to reducing human suffering. These two great minds discuss profound issues such as anger, resentment, love and morals. They share very personal stories of their own experiences – and come to some surprising conclusions. Ekman himself has a personal transformation at points throughout the book. A very inspiring read which represents some forty hours of challenging interplay.

Published by Times Books

Hardcover \$US25.00

www.emotionalawareness.net

Living in the Face of Death

By Glenn H. Mullin

Death is the most important question of our time – and yet we refuse to face it. It's the 'enemy' that we live in fear of – hence it diminishes our

appreciation of the actual life we are now living. Yet in the Tibetan tradition death and dying is really a living system of practice. Mullin has translated and drawn from nine extraordinary texts by such luminaries as Geshe Ngawang Dargye from Sera Monastery, Lama Guntang Konchok Dronme (a contemporary of the Eighth Dalai Lama) and the Seventh Dalai Lama (Mullin's personal favorite). This is a practical and easy-to-understand read, a series of signposts to that doorway we must all pass through to our next life. It goes a long way towards transcending the negativity that Westerners attach to the implacability of impermanence and death.

Published by Snow Lion

Publications

Paperback \$US16.95

www.snowlionpub.com

The 12-Step Buddhist: Enhance Recovery from Any Addiction

By Darren Littlejohn

Darren Littlejohn, a recovering addict himself, knows all too well the tribulations of drug addiction. *The 12-Step Buddhist* is a unique synthesis of the traditional 12-Step model and the liberating wisdom of Dharma, bridging the divide between traditional programs, which suffer from problematic terminology and pedagogy, and Buddhist teachings, which aren't equipped to

address the some of the specific needs and concerns of the modern addict. Littlejohn carefully explores each Step in turn, suggesting alternative Buddhist perspectives and providing valuable meditation exercises to serve as additional support. Peppered with raw accounts of late-night drug binges, arduous recoveries and devastating relapse, this personal presentation of the tools Littlejohn used to find his own liberation from addiction is certainly never boring, and well worth reading.

Published by Beyond Words

Publishing, Inc.

Paperback \$US16.00

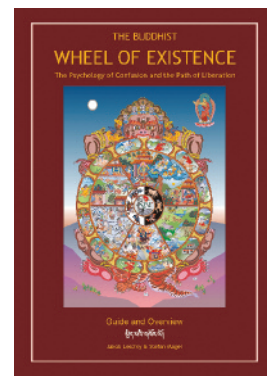
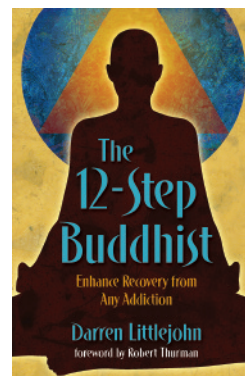
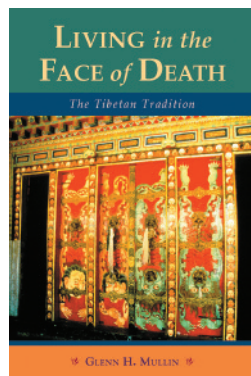
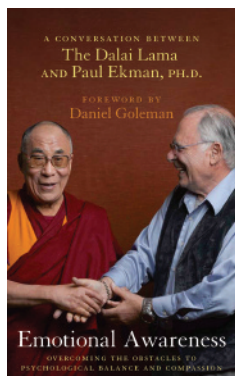
http://www.beyondword.com/

REFERENCE

The Buddhist Wheel of Existence: The Psychology of Confusion and the Path of Liberation

A Guide and Overview by Jakob Leschly & Stefan Mager

The Wheel of Existence is reputed to be the subject of the first Buddhist painting, and contains the entire teachings of the Buddha. It reminds us that the unenlightened life brings no satisfaction. Jakob Leschly, a disciple of Dilgo Khyentse Rinpoche, and Stefan Mager, publisher, designer and biodynamic farmer, have combined



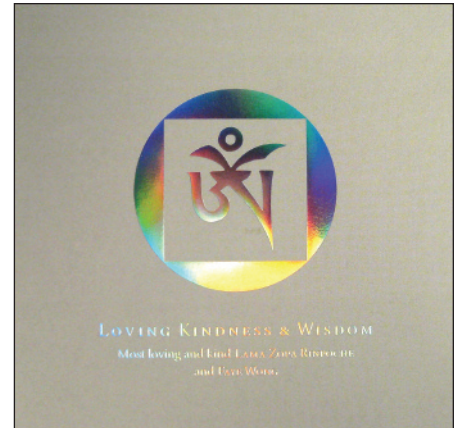
their talents to produce a version of The Wheel in an eight-page fold-out format which not only looks beautiful, but also explains what the various images mean. The monster holding the Wheel is Yama Lord of Death and Time; the pig, rooster and snake represent ignorance, attachment and aversion. There are humans going about their ordinary lives, demi-gods waging a perpetual war they can never win – and nothing appeases those hungry ghosts. Despite the apparent doom and gloom, there is a freeing beauty in these symbols, explained in logical sequence with a clear glossary. This small publishing house is the arm of a 20-year biodynamic farm project in northern New South Wales, Australia, and offers very good value at modest prices.

Published by Aracariaguides Publishing
Laminated fold-out \$AUD15.00
www.aracaria.com.au

CD

Loving Kindness & Wisdom

By Lama Zopa Rinpoche and Faye Wong
Loving Kindness & Wisdom contains over 60 minutes of Lama Zopa Rinpoche's beautiful, resonant chanting overlaid upon the accompaniment of vocals from Chinese pop diva, Faye Wong. This two-CD anthology is intensely devotional, containing the full praises to the Twenty-one Taras and their mantras, "Calling the Guru from Afar" and the "Four Immeasurables". Tracks of particular note include Faye Wong's attractive recitation of the "Sutra of the Heart of



the Perfection of Wisdom” and her rendition of the Maitreya Buddha mantra. Fans and supporters of Lama Zopa Rinpoche and Faye Wong will not want to miss this!

The Foundation Store
CD \$US15.00
www.fpmt.org/shop

Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications).

1. Publication Title: Mandala. 2. Publication Number: 019-514. 3. Filing Date: 09/25/08. 4. Issue Frequency: Quarterly. 5. Number of Issues Published Annually: 4. 6. Annual Subscription Price: \$15.00 US, \$22.50 Int'l, \$30 Membership. 7. Complete Mailing Address of Known Office of Publication: 1632 SE 11th Avenue, Portland, OR 97214 USA. Contact Person: Sandra Peterson. Telephone: 503.808.1588 x126. 8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 1632 SE 11th Avenue, Portland, OR 97214 USA. 9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor: Publisher, FPMT, Inc. 1632 SE 11th Avenue, Portland, OR 97214 USA. Editor, Nancy Patton. 1632 SE 11th Avenue, Portland, OR 97214 USA. Managing Editor, Sara Blumenthal. 1632 SE 11th Avenue, Portland, OR 97214 USA. 10. Owner: Full Name: Foundation for the Preservation of the Mahayana Tradition, Inc. (FPMT Inc.). Complete Mailing Address: 1632 SE 11th Avenue, Portland, OR 97214 USA. 11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 percent of More of Total Amount of Bonds, Mortgages, or Other Securities: none. 12. Tax Status: Has Not Changed During Preceding 12 Months. 13. Publication Title: Mandala. 14. Issue Date for Circulation Data Below: Oct-Nov 08. 15. Extent and Nature of Circulation. a. Total Number of Copies. Average No. Copies Each Issue During Preceding 12 Months: 4980. No. Copies of Single Issue Published Nearest to Filing Date: 4250. 15a. Total Number of Copies. Average No. Copies Each Issue During Preceding 12 Months: 4980. No. Copies of Single Issue Published Nearest to Filing Date: 4250. 15b. Paid Circulation. (1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541. Average No. Copies Each Issue During Preceding 12 Months: 2183. No. Copies of Single Issue Published Nearest to Filing Date: 2149. (2) Mailed In-County Paid Subscriptions Stated on PS Form 3541. Average No. Copies Each Issue During Preceding 12 Months: 1687. No. Copies of Single Issue Published Nearest to Filing Date: 1146. (3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS. Average No. Copies Each Issue During Preceding 12 Months: 512. No. Copies

of Single Issue Published Nearest to Filing Date: 375. (4) Paid Distribution by Other Classes of Mail Through the USPS. Average No. Copies Each Issue During Preceding 12 Months: 0. No. Copies of Single Issue Published Nearest to Filing Date: 0. 15c. Total Paid Distribution. Average No. Copies Each Issue During Preceding 12 Months: 4382. No. Copies of Single Issue Published Nearest to Filing Date: 3670. 15d. Free or Nominal Rate Distribution. (1) Free or Nominal Rate Outside-County Copies included on PS Form 3541. Average No. Copies Each Issue During Preceding 12 Months: 156. No. Copies of Single Issue Published Nearest to Filing Date: 156. (2) Free or Nominal Rate In-County Copies Included on PS Form 3541. Average No. Copies Each Issue During Preceding 12 Months: 56. No. Copies of Single Issue Published Nearest to Filing Date: 56. (3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS. Average No. Copies Each Issue During Preceding 12 Months: 0. No. Copies of Single Issue Published Nearest to Filing Date: 0. (4) Free or Nominal Rate Distribution Outside the Mail. Average No. Copies Each Issue During Preceding 12 Months: 42. No. Copies of Single Issue Published Nearest to Filing Date: 32. 15e. Total Free or Nominal Rate Distribution. Average No. Copies Each Issue During Preceding 12 Months: 254. No. Copies of Single Issue Published Nearest to Filing Date: 244. 15f. Total Distribution. Average No. Copies Each Issue During Preceding 12 Months: 4636. No. Copies of Single Issue Published Nearest to Filing Date: 3914. 15g. Copies not Distributed. Average No. Copies Each Issue During Preceding 12 Months: 344. No. Copies of Single Issue Published Nearest to Filing Date: 336. 15h. Total. Average No. Copies Each Issue During Preceding 12 Months: 4980. No. Copies of Single Issue Published Nearest to Filing Date: 4250. 15i. Percent Paid. Average No. Copies Each Issue During Preceding 12 Months: 94.5%. No. Copies of Single Issue Published Nearest to Filing Date: 94%. 16. Publication of Statement of Ownership: If the publication is a general publication, publication of this statement is required. Will be printed in the Jan-Mar 09 issue of this publication. 17. Signature and Title of Editor, Publisher, Business Manager, or Owner: Sara Blumenthal, Publisher, Date: 09/25/08.