



# **New Releases**

## **Contemplative Studies**

### **2015**

compiled by

Mag. Dennis Johnson

Academic Library and Information Expert





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## Introduction

On the next 40 pages, you will find a selection of 90 monographs published this year on the topic of Buddhist contemplative traditions and their diverse cultural, historical, and contemporary settings. The majority of these are academic studies which cover a whole range of disciplines from the humanities and science, however a number of contemporary contemplative writings and some practical literature on mindfulness is also included.

The monographs are grouped according to their respective disciplines or subjects and the entries feature full bibliographic information, respective subject headings, as well as links to publishers, Google Book previews, and Worldcat entries, followed by a short descriptive text freely taken from the publisher.

As you will see, the list is exhaustive neither in content nor format – many more books could easily have been added and the selection is currently restricted to monographs and thus does not cover other available formats of published academic information such as periodical articles and thesis or dissertations. Please also note that I cannot guarantee complete accuracy of the bibliographic information provided, so please excuse an occasional glitch.

If you would like to share this document despite its imperfect nature, you are welcome to do so freely by linking to [this page](#). If you find it helpful and enjoyable, then you may also want to have a look at the collection I put together last year [here](#). Finally, if you would like to share something in return, you are invited to contribute to an important educational project I am crowdfunding for on [Indigogo](#).

With best wishes,

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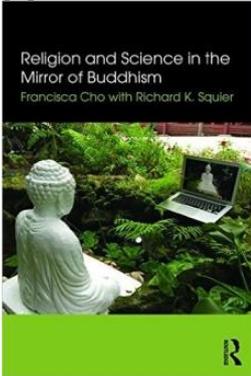
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<sup>1</sup> The website is currently experiencing some display issues with Mozilla Firefox browsers.



## Buddhism and Science (4)

[1]

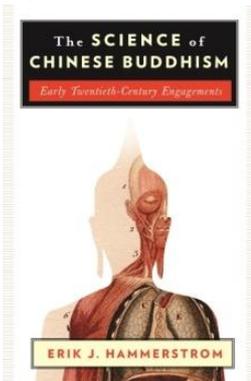


Cho, Francisca, and Richard K. Squier  
*Religion and Science in the Mirror of Buddhism*  
 Routledge, 2015  
 180 pages  
 ISBN 9781138910881

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
 Buddhism and science.

This book offers a Buddhist perspective on the conflict between religion and science in contemporary western society. Examining Buddhist history, authors Francisca Cho and Richard K. Squier offer a comparative analysis of Buddhist and western scientific epistemologies that transcends the limitations of non-Buddhist approaches to the subject of religion and science. The book is appropriate for undergraduates, graduate students, and researchers interested in comparative religion or in the intersection of religion and science and Buddhist Studies.

[2]



Hammerstrom, Erik J.  
*The Science of Chinese Buddhism: Early Twentieth-Century Engagements*  
 Columbia University Press, 2015  
 264 Pages  
 ISBN 9780231170345

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism and science -- China -- History -- 20th century. China -- Intellectual life -- 20th century. Buddhism and science.

Kexue, or science, captured the Chinese imagination in the early twentieth century, promising new knowledge about the world and a dynamic path to prosperity. Chinese Buddhists embraced scientific language and ideas to carve out a place for their religion within a rapidly modernizing society. Examining dozens of previously unstudied writings from the Chinese Buddhist press, this book maps Buddhists' efforts to rethink their traditions through science in the initial decades of the twentieth century. Buddhists believed science offered an exciting, alternative route to knowledge grounded in empirical thought, much like their own. They encouraged young scholars to study subatomic and relativistic physics while still maintaining Buddhism's vital illumination of human nature and its crucial support of an ethical system rooted in radical egalitarianism. This volume offers a key perspective on how a major Eastern power transitioned to modernity in the twentieth century and how its intellectuals anticipated many of the ideas debated by scholars of science and Buddhism today.

[3]



Janesick, Valerie J.  
*Contemplative Qualitative Inquiry: Practicing the Zen of Research*  
 Left Coast Press, 2015  
 183 pages  
 ISBN 9781611329551

[Publisher](#) | [Worldcat](#)

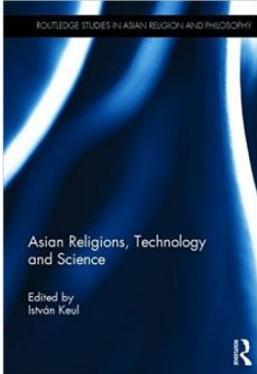
Qualitative research. Social sciences -- Research -- Methodology. Zen Buddhism. Creative ability -- Religious aspects -- Buddhism.

Qualitative researchers incorporate the principles of holism, storytelling, ethics, body and mind links, relational focus, and creativity as key features of their



practice, and so do practitioners of Zen Buddhism. The author describes how qualitative inquiry can be informed and improved through an understanding of Zen principles. She calls for a contemplative qualitative inquiry that draws on the understandings of both East and West. In the book, she explains how principles of impermanence, non-self, and nirvana apply to qualitative research projects; advocates important Zen-based practices of meditation, journaling, and poetic thinking; presents Zen stories, meditation techniques, and writing exercises to improve research practice.

[4]



Keul, István  
*Asian Religions, Technology and Science*  
 Routledge, 2015  
 258 pages  
 ISBN 9781138779662

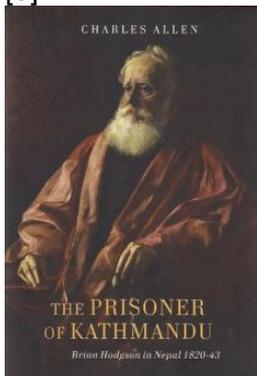
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Religion and science -- South Asia. Religion and science -- East Asia.

This volume explores the historical and contemporary perspectives of the relationship between religion, technology and science with a focus on South and East Asia. These three areas are not seen as monolithic entities, but as discursive fields embedded in dynamic processes of cultural exchange and transformation. Bridging these arenas of knowledge and practice traditionally seen as distinct and disconnected, the book reflects on the ways of exploring the various dimensions of their interconnection. Through its various chapters, the collection provides an examination of the use of modern scientific concepts in the theologies of new religious organizations, and challenges the traditional notions of space by Western scientific conceptions in the 19th century. Using case studies grounded in carefully delineated temporal and regional frameworks, chapters are grouped in two sections; one on religion and science, and another on religion and technology.

### Buddhist Studies (15)

[5]



Allen, Charles  
*Prisoner of Kathmandu: Brian Hodgson in Nepal 1820-43*  
 Haus Publishing Limited, 2015  
 288 pages  
 ISBN 9781910376119

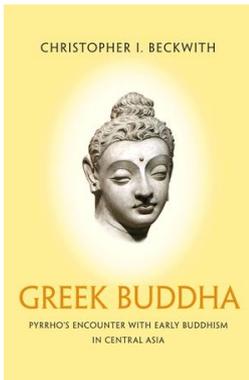
[Publisher](#) | [Worldcat](#)

Hodgson, B. H. -- (Brian Houghton), -- 1800-1894. India -- Officials and employees -- Biography. Nepal -- Study and teaching. Himalaya Mountains Region -- Study and teaching.

Posted to Kathmandu in 1820 as a junior political officer, Brian Hodgson found himself isolated and trapped in a fiercely xenophobic mountain kingdom that seemed bent on making war on the all-powerful British East India Company. For twenty-three years Hodgson struggled to keep the two sides apart. His legacy survives in the lasting peace and friendship between Britain and Nepal. At the heart of this biography is the Orientalist movement driven by the European Enlightenment, which inspired Hodgson and others to devote themselves to the exploration of Asian culture, leading Hodgson to study Tibetan and Nepalese Buddhism, and much else besides. Hodgson became a forgotten man in his own lifetime but this biography re-establishes his importance as a pioneering natural historian and ethnologist, revealing a tortured individual who turned adversity to his advantage as the prisoner who learned to love his jail.



[6]



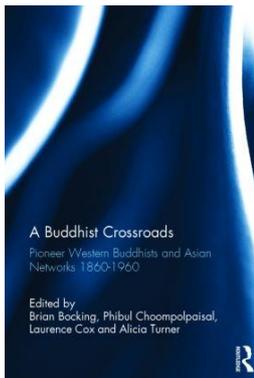
Beckwith, Christopher I.  
*Greek Buddha: Pyrrho's encounter with early Buddhism in Central Asia*  
 Princeton University Press, 2015  
 304 pages  
 ISBN 9780691166445

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Pyrrhon, -- of Elis. Buddhism -- History -- To ca. 100 A.D. Buddhism -- Influence. Buddhism and philosophy.

Pyrrho of Elis went with Alexander the Great to Central Asia and India during the Greek invasion and conquest of the Persian Empire in 334–324 BC, where he met with early Buddhist masters. This book shows how Early Buddhism influenced the famous founder of Pyrrhonian scepticism in ancient Greece, and thus the author traces the origins of a major tradition in Western philosophy to Gandhara, a country in Central Asia and northwestern India. Beckwith systematically examines the teachings and practices of Pyrrho and of Early Buddhism, and demonstrates how the teachings of Pyrrho agree closely with those of the Buddha Sakyamuni, "the Scythian Sage." He further shows the influence of Pyrrho's brand of scepticism on the evolution of Western thought, first in Antiquity, and later, during the Enlightenment, on the great philosopher and self-proclaimed Pyrrhonian, David Hume. Beckwith demonstrates that through Pyrrho, Early Buddhist thought had a major impact on Western philosophy.

[7]



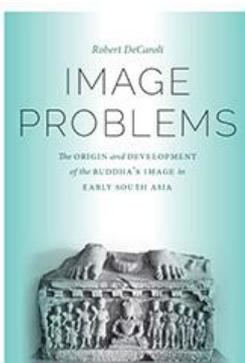
Bocking, Brian (ed.)  
*A Buddhist Crossroads: Pioneer Western Buddhists and Asian networks 1860-1960*  
 Routledge, 2015  
 192 pages  
 ISBN 9781138789586

[Publisher](#) | [Worldcat](#)

Buddhist philosophy. Buddhism -- History -- 19th century. Buddhism -- History -- 20th century. Buddhism -- Western countries.

In the late 19th and early 20th centuries, Buddhism in Asia was transformed by the impact of colonial modernity and new technologies and began to spread in earnest to the West. Transnational networking among Asian Buddhists and early western converts engendered pioneering attempts to develop new kinds of Buddhism for a globalized world, in ways not controlled by any single sect or region. This book brings together some of the most extraordinary episodes and personalities of a period of almost a century from 1860-1960. Some of these stories represent creative failures, paths not taken, which may show us alternative possibilities for a more diverse Buddhism in a world dominated by religious nationalisms. Other pioneers paved the way for the mainstreaming of new forms of Buddhism in later decades, in time for the post-1960s takeoff of 'global Buddhism'.

[8]



DeCaroli, Robert  
*Image Problems: The Origin and Development of the Buddha's Image in Early South Asia*  
 University of Washington, 2015.  
 280 pages  
 ISBN 9780295994567

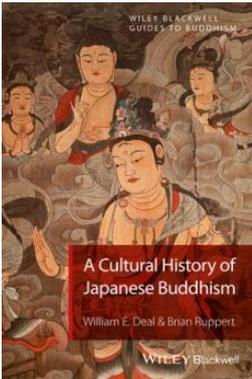
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhist art and symbolism -- South Asia. Gautama Buddha – Art.



Explores the questions of how and why the earliest verifiable images of the historical Buddha were created. Comparing innovations in Brahmanical, Jain, and royal artistic practice, the author examines why no image of the Buddha was made until approximately five hundred years after his death and what changed in the centuries surrounding the start of the Common Era to suddenly make those images desirable and acceptable. The textual and archaeological sources reveal that figural likenesses held special importance in South Asia and were seen as having a significant amount of agency and power. Anxiety over image use extended well beyond the Buddhists, helping to explain why images of Vedic gods, Jain teachers, and political elites also are absent from the material record of the centuries BCE. DeCaroli shows how the emergence of powerful dynasties and rulers, who benefited from novel modes of visual authority, was at the root of the changes in attitude toward figural images. However, as DeCaroli demonstrates, a strain of unease with figural art persisted, even after a tradition of images of the Buddha had become established.

[9]



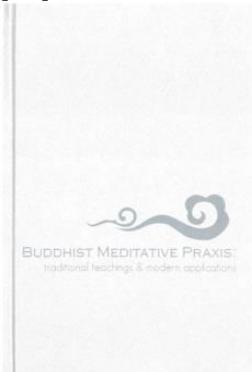
Deal, William E. and Brian Ruppert  
*A Cultural History of Japanese Buddhism*  
 Wiley-Blackwell, 2015  
 314 pages  
 ISBN 9781405167000

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism -- Japan. Buddhism -- Social aspects -- Japan.

Offers a comprehensive, nuanced, and chronological account of the evolution of Buddhist religion in Japan from the sixth century to the present day. Traces each period of Japanese history to reveal the complex and often controversial histories of Japanese Buddhists and their unfolding narratives. Examines relevant social, political, and transcultural contexts, and places an emphasis on Japanese Buddhist discourses and material culture. Addresses the increasing competition between Buddhist, Shinto, and Neo-Confucian world-views through to the mid-nineteenth century.

[10]



Dhammajoti, K.L. (ed.)  
*Buddhist Meditative Praxis: Traditional Teachings and Modern Applications*  
 The Centre of Buddhist Studies, University of Hong Kong, 2015  
 307 pages  
 ISBN 9789881684332

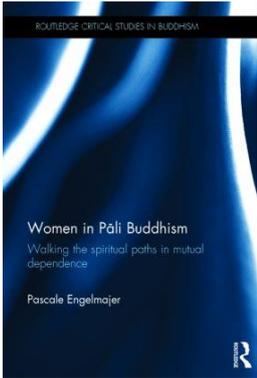
[Publisher](#) | [Worldcat](#)

Buddhism -- Doctrines. Meditation -- Buddhism.

Proceedings of an international conference on 24 to 25 August, 2013, with the theme "Buddhist Meditative Praxis: Traditional Teachings and Modern Application", organized by The Centre of Buddhist Studies of The University of Hong Kong. An eminent group of international Buddhist scholars have presented papers which are published here in two parts: Part I – Buddhist meditative praxis: history, doctrines and philosophical implications, and Part II – Buddhist meditative praxis: modern applications and interdisciplinary studies.



[10]



Engelmajer, Pascale

*Women in Pali Buddhism: Walking With Spiritual Paths in Mutual Dependence*

Routledge, 2015

138 pages

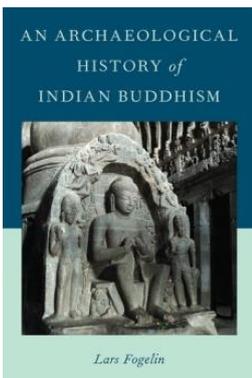
ISBN 9780415629942

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Women in Buddhism. Tipiṭaka -- Criticism, interpretation, etc.

The Pali tradition presents a diverse and often contradictory picture of women. This book examines women's roles as they are described in the Pali canon and its commentaries. Taking into consideration the wider socio-religious context and drawing from early brahmanical literature and epigraphical findings, it contrasts these descriptions with the doctrinal account of women's spiritual abilities. This book explores gender in the Pali texts in order to delineate what it means to be a woman both in the context in which the texts were composed and in the context of their ultimate goal - that of achieving escape from the round of rebirths. By considering whether and how women's roles fit within this path, the author examines whether women have spiritual agency not only as Buddhist nuns, but also as wives and mothers. It offers a new understanding that focuses on how the tradition construes women's traditional roles within an interdependent community. It aims to understand how what many scholars have seen as contradictory and inconsistent characterizations of women in Buddhism have been accepted and endorsed by the Pali tradition.

[11]



Fogelin, Lars

*An Archaeological History of Indian Buddhism*

Oxford University Press, 2015

264 pages

ISBN 9780199948215

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism -- India -- History. Buddhist antiquities -- India.

A comprehensive survey of Indian Buddhism from its origins in the 6th century BCE, through its ascendance in the 1st millennium CE, and its eventual decline in mainland South Asia by the mid-2nd millennium CE. Weaving together studies of archaeological remains, architecture, iconography, inscriptions, and Buddhist historical sources, this book uncovers the quotidian concerns and practices of Buddhist monks and nuns, and their lay adherents - concerns and practices often obscured in studies of Buddhism premised largely on Buddhist texts. At the heart of Indian Buddhism lies a persistent social contradiction between the desire for individual asceticism versus the need to maintain a coherent community of Buddhists. Before the early 1st millennium CE, the sangha relied heavily on the patronage of kings, guilds, and ordinary Buddhists to support themselves. During this period, the sangha emphasized the communal elements of Buddhism as they sought to establish themselves as the leaders of a coherent religious order. By the mid-1st millennium CE, Buddhist monasteries had become powerful political and economic institutions with extensive landholdings and wealth. This new economic self-sufficiency allowed the sangha to limit their day-to-day interaction with the laity and begin to more fully satisfy their ascetic desires for the first time. This withdrawal from regular interaction with the laity led to the collapse of Buddhism in India in the early-to-mid 2nd millennium CE. In contrast to the ever-changing religious practices of the Buddhist sangha, the Buddhist laity were more conservative—maintaining their religious practices for almost two millennia, even as they nominally shifted their allegiances to rival religious orders.



[12]



Hermann, Adrian

*Unterscheidungen der Religion: Analysen zum globalen Religionsdiskurs und dem Problem der Differenzierung von ‚Religion‘ in buddhistischen Kontexten des 19. und frühen 20. Jahrhunderts.*

Vandenhoeck &amp; Ruprecht, 2015

485 pages

ISBN 9783525540404

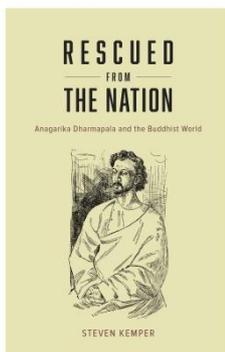
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Religion -- History. Europe -- Religion. Buddhism -- History. Religion -- Study and teaching -- History -- 19th century. Religion -- Study and teaching -- History -- 20th century.

Welche Unterscheidungen charakterisieren den globalen Diskurs um Religion? Adrian Hermann befasst sich in seiner Studie mit dieser Frage aus diskurstheoretischer Sicht, ausgehend von der Unterscheidung zwischen einer religionstheoretischen und einer diskurstheoretischen Auseinandersetzung mit ‚Religion‘. In der Debatte um den Eurozentrismus des Religionsbegriffs und die Identifikation von außereuropäischen Äquivalenten von ‚Religion‘ schlägt Hermann einen Perspektivenwechsel vor. Die Suche nach Äquivalenten wird durch eine Genealogie der Herstellung hypothetischer Äquivalenzen in einer historischen Praxis ersetzt. Dies verweist auf die Frage nach Charakteristika des globalen Religionsdiskurses, die er hier heuristisch als ‚Pluralität‘ und ‚Differenzierung‘, zwei ‚Unterscheidungen der Religion‘, bestimmt.

Diese theoretischen Überlegungen entwickelt Hermann in einer Beschäftigung mit Religionsdiskursen des buddhistischen Modernismus, insbesondere im Thailand des 19. Jahrhunderts, weiter, wo sich in der Begegnung zwischen indigenen Eliten und christlichen Missionaren diejenigen Unterscheidungen andeuten, die den globalen Religionsdiskurs im 19. und frühen 20. Jahrhundert entscheidend geprägt haben. In Auseinandersetzung mit der Weltgesellschaftstheorie Niklas Luhmanns stellt Hermann im Anschluss die Frage nach den Chancen und Problemen einer religionswissenschaftlichen Differenzierungstheorie. Überlegungen zu den Voraussetzungen einer globalen Religionsgeschichte aus Sicht einer kulturwissenschaftlichen Religionswissenschaft schließen die Studie ab.

[13]



Kemper, Steven

*Rescued from the Nation: Anagarika Dharmapala and the Buddhist World*

University of Chicago Press, 2015

480 pages

ISBN 9780226199078

[Publisher](#) | [Google Books](#) | [Worldcat](#)

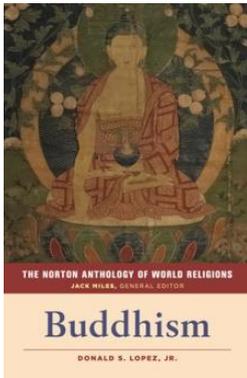
Dharmapala, Anagarika, -- 1864-1933. Buddhist monks -- Sri Lanka -- Biography.

Anagarika Dharmapala is one of the most galvanizing figures in Sri Lanka's recent turbulent history. He is widely regarded as the nationalist hero who saved the Sinhala people from cultural collapse and whose "protestant" reformation of Buddhism drove monks toward increased political involvement and ethnic confrontation. Yet as tied to Sri Lankan nationalism as Dharmapala is in popular memory, he spent the vast majority of his life abroad, engaging other concerns. In *Rescued from the Nation*, Steven Kemper reevaluates this important figure in the light of an unprecedented number of his writings, ones that paint a picture not of a nationalist zealot but of a spiritual seeker earnest in his pursuit of salvation. Drawing on huge stores of source materials—nearly one hundred diaries and notebooks—Kemper reconfigures Dharmapala as a world-renouncer first and a political activist second. Following Dharmapala on his travels between East Asia, South Asia, Europe, and the United States, he traces his lifelong project of creating a unified Buddhist world, recovering the place of the Buddha's Enlightenment, and imitating the



Buddha's life course. The result is a needed corrective to Dharmapala's embattled legacy, one that resituates Sri Lanka's political awakening within the religious one that was Dharmapala's life project.

[14]



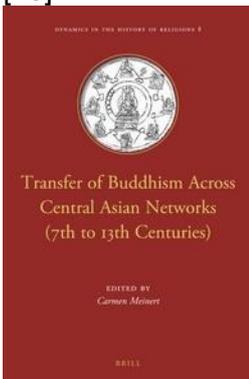
Lopez, Donald S., and Jack Miles (eds.)  
*Norton Anthology of World Religions: Buddhism*  
 W. W. Norton & Company, 2015  
 848 pages  
 ISBN 9780393912593

[Publisher](#) | [Worldcat](#)

Buddhism -- History -- Sources.

Unprecedented in scope and approach, this volume brings together over 100 substantial selections from the fifth century B.C.E. to the present day, organized by country to mirror the spread of Buddhism from India to China, Korea, Japan, Tibet, and the United States. The volume features an introduction by Jack Miles on "How the West Learned to Compare Religions" as well as Donald S. Lopez "In the World of the Buddha," a lively primer on the history and core tenets of Buddhism.

[15]



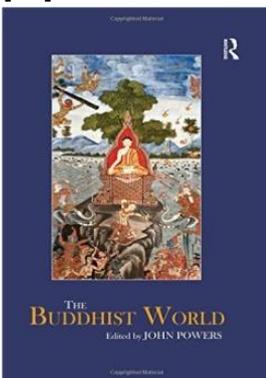
Meinert, Carmen (ed.)  
*Transfer of Buddhism Across Central Asian Networks: 7th to 13th Centuries*  
 Brill, 2015  
 330 pages  
 ISBN 9789004307414

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism and culture -- Asia, Central. Culture diffusion -- Asia, Central.  
 Buddhism and culture. Culture diffusion. Asia, Central.

This interdisciplinary volume offers a new transregional and transcultural vision for religious transfer processes in Central Asian history. It looks at the region as an integrated whole rather than from the perspective of fragmented sub-disciplines and analyses the spread of Buddhism as a driving force in a societal and cultural change of pan-Asian importance. One particular dimension of this 'Buddhist globalisation' was the rise of local forms of Buddhism, which here are explored through manuscripts and material culture in the multiethnic oases of the Tarim basin, the Transhimalyan region of Zangskar, Ladakh and Kashmir and the Western Tibetan Kingdom of Purang-Guge.

[16]



Powers, John (ed.)  
*The Buddhist World*  
 Routledge, 2015  
 700 pages  
 ISBN 9780415610445

[Publisher](#) | [Google Books](#) | [Worldcat](#)

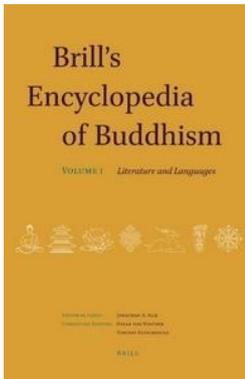
Buddhism.

Offers a lively and up-to-date survey of Buddhist studies for students and scholars alike. The book explores regional varieties of Buddhism and core topics such as Buddha-nature, ritual, and pilgrimage. In addition to historical and geo-political views of Buddhism, it features thematic chapters on philosophical concepts as well as social constructs and categories such as community and family. The book also addresses lived



Buddhism in its many forms, examining the ways in which modernity is reshaping traditional structures, ancient doctrines, and cosmological beliefs.

[17]



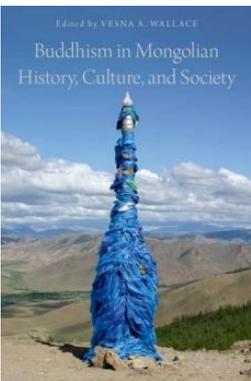
Silk, Jonathan A., Oskar Von Hinüber, and Vincent Eltschinger (eds.)  
*Brill's Encyclopedia of Buddhism*  
*Volume 1: Literature and Languages*  
 Handbook of Oriental Studies  
 Brill, 2015  
 1018 pages  
 ISBN 9789004283435

[Publisher](#) | [Worldcat](#)

The first authoritative, reliable, and up-to-date reference work on Buddhism. The collection of six thematic volumes will address issues of global and regional importance, which will be followed by an ever-expanding online resource providing access both to synthetic and comprehensive treatments and to more individuated details on persons, places, texts, and doctrinal matters. The print version of the thematic encyclopedia is illustrated with maps and photographs and supplemented with extensive online resources. It will present the latest research on the main aspects of the Buddhist traditions in original essays written by the world's foremost scholars. The encyclopedia aims at a balanced and even-handed view of Buddhist traditions, emphasizing that Buddhism is simultaneously constituted by a plurality of regional traditions and a far-reaching phenomenon spanning almost all of Asia and more recently far beyond as well.

Volume I surveys Buddhist literatures and offers discussions of the languages of Buddhist traditions and the physical bases available for such study. Subsequent volumes will address issues of personages, communities, history, life and practice, doctrine, space and time, and Buddhism in the modern world.

[18]



Wallace, Vesna A. (ed.)  
*Buddhism in Mongolian History, Culture, and Society*  
 Oxford University Press, 2015  
 352 pages  
 ISBN 9780199958641

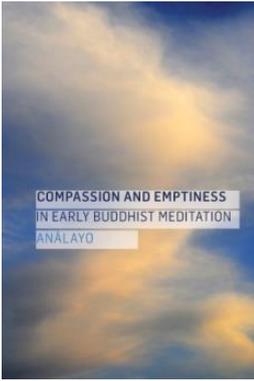
[Publisher](#) | [Google Books](#) | [Worldcat](#)  
 Buddhism -- Mongolia -- History.

Explores the unique historical and cultural elements of Mongolian Buddhism while challenging its stereotyped image as a mere replica of Tibetan Buddhism. Bringing together an interdisciplinary group of scholars, this work explores the interaction between Mongolian indigenous culture and Buddhism, the features that Buddhism acquired through its adaptation to the Mongolian cultural sphere, and the ways Mongols have been constructing their Mongolian Buddhist identity. In a collection of fifteen chapters, the book illuminates the historical, social, and cultural contexts within which Buddhism has operated as a major social and cultural force among various groups Mongolian ethnic groups. The volume covers an array of topics pertaining to important historical events, social and political conditions, and influential personages in Mongolian Buddhism from the sixteenth century to the present. It shows how Buddhism underwent a series of transformations, adapting itself to the social, political, and nomadic cultures of the Mongols.



## Contemplative Practice (6)

[19]



Analayo, Ven.

*Compassion and Emptiness in Early Buddhist Meditation*

Windhorse Publications, 2015

220 pages

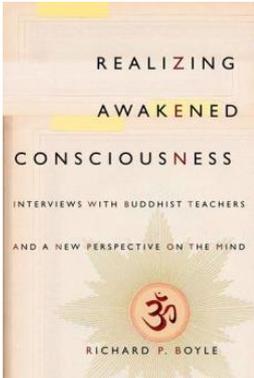
ISBN 9781909314559

[Publisher](#) | [Worldcat](#)

Meditation -- Buddhism. Compassion -- Religious aspects -- Buddhism.

Anālayo investigates the meditative practices of compassion and emptiness by examining and interpreting material from the early Buddhist discourses. Similar to his previous study of satipathāna, he brings a new dimension to our understanding by comparing the Pali texts with versions that have survived in Chinese, Sanskrit and Tibetan. The result is a wide-ranging exploration of what these practices meant in early Buddhism. While his presentation is based on academic methodology, this book is meant for practitioners, and he focuses on passages in light of their relevance to meditation.

[20]



Boyle, Richard P.

*Realizing Awakened Consciousness: Interviews with Buddhist Teachers and a New Perspective on the Mind*

Columbia University Press, 2015

368 pages

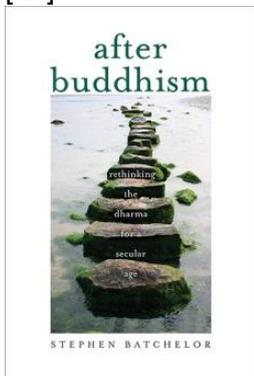
ISBN 9780231170758

[Publisher](#) | [Google Books](#)

Enlightenment (Buddhism). Buddhists -- Interviews. Buddhists.

A student of cognitive social science and a Zen practitioner for more than forty years, Richard P. Boyle brings his sophisticated perspective to bear on the development of a theoretical model for both ordinary and awakened consciousness. He conducts probing interviews with eleven prominent Western Buddhist teachers (Shinzen Young, John Tarrant, Ken McLeod, Ajahn Amaro, Martine Batchelor, Shaila Catherine, Gil Fronsdal, Stephen Batchelor, Pat Enkyo O'Hara, Bernie Glassman, and Joseph Goldstein) and one scientist (James Austin) who have experienced awakening. From there he derives three fundamental properties of awakened consciousness and then constructs an overarching model that explains how Buddhist practices help attain these by freeing the mind from attachments to reality and the self.

[21]



Batchelor, Stephen

*After Buddhism: Rethinking the Dharma for a Secular Age*

Yale University Press, 2015

400 pages

ISBN 9780300205183

[Publisher](#) | [Google Books](#) | [Worldcat](#)

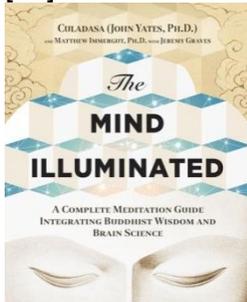
Dharma (Buddhism). Buddhism -- Doctrines.

Some twenty-five centuries after the Buddha started teaching, his message continues to inspire people across the globe, including those living in predominantly secular societies. What does it mean to adapt religious practices to secular contexts? Stephen Batchelor, an internationally known author and teacher, is committed to a secularized version of the Buddha's teachings. The time has come, he feels, to articulate a coherent ethical, contemplative, and philosophical vision of Buddhism for our age. After Buddhism, the



culmination of four decades of study and practice in the Tibetan, Zen, and Theravada traditions, is his attempt to set the record straight about who the Buddha was and what he was trying to teach. Combining critical readings of the earliest canonical texts with narrative accounts of five members of the Buddha's inner circle, Batchelor depicts the Buddha as a pragmatic ethicist rather than a dogmatic metaphysician. He envisions Buddhism as a constantly evolving culture of awakening whose long survival is due to its capacity to reinvent itself and interact creatively with each society it encounters. This original and provocative book presents a new framework for understanding the remarkable spread of Buddhism in today's globalized world. It also reminds us of what was so startling about the Buddha's vision of human flourishing.

[22]

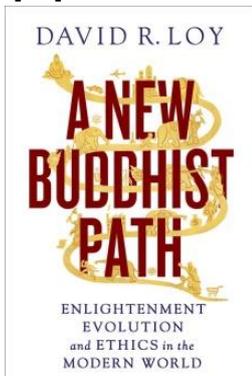


Culadasa (John Yates), Jeremy Graves, and Matthew Immergut  
*The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science*  
 Dharma Treasure Press, 2015  
 504 page  
 ISBN 9780990847700

[Publisher](#) | [Worldcat](#)  
 Meditation -- Buddhism.

Providing step-by-step guidance for every stage of the meditation path, this uniquely comprehensive guide for a Western audience combines the wisdom from the teachings of the Buddha with the latest research in cognitive psychology and neuroscience. Clear and friendly, this in-depth practice manual builds on the nine-stage model of meditation originally articulated by the ancient Indian sage Asanga, crystallizing the entire meditative journey into 10 clearly-defined stages. The book also introduces a new and fascinating model of how the mind works, and uses illustrations and charts to help the reader work through each stage. This manual is an essential read for the beginner to the seasoned veteran of meditation and can be read from front to back, or used as a reference guide, choosing chapters as needed based on the current state of the reader's practice.

[23]



Loy, David  
*A New Buddhist Path: Enlightenment, Evolution, and Ethics in the Modern World*  
 Wisdom Publications, 2015  
 176 pages  
 ISBN 9781614290025

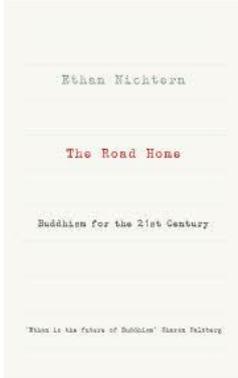
[Publisher](#) | [Worldcat](#)  
 Buddhism -- Social aspects. Buddhist philosophy.

Addresses head-on the most pressing issues of Buddhist philosophy in our time, such as: What is the meaning of enlightenment? How can one reconcile modern scientific theory with ancient religious teachings? What is our role in the universe?

Loy shows that neither Buddhism nor secular society by itself is sufficient to answer these questions, instead investigating the unexpected intersections of the two. Through this exchange, he attempts to uncover a new Buddhist way that is faithful to the important traditions of Buddhism but compatible with modernity.



[24]



Nichtern, Ethan  
*The Road Home: Buddhism for the 21st century*  
 Rider Books, 2015  
 288 pages  
 ISBN 9781846044694

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
 Meditation -- Buddhism. Buddhism.

Do you feel at home? Are you comfortable in your own skin? Do you have a sense of belonging? In this book, senior Buddhist teacher Ethan Nichtern addresses these questions and guides us on the path we all take to find out who we really are and where we really belong. Feeling truly at home, he believes, comes not from our physical location but the ability to belong in the present moment, without worrying about yesterday's regrets or tomorrow's to-do list. Nichtern provides the tools needed to reach this awakening. Once we feel relaxed and comfortable in our own skin, our lives improve. We become less anxious, uncertain and stressed about the future; we become more able to listen, to be compassionate and engage in meaningful relationships and activities. We can all achieve this, if only we can feel at home with ourselves and others. This book is not about navel-gazing or escapism, instead it is a map to use in everyday life - one that ultimately leads you home.

### Cultural Studies (9)

[25]



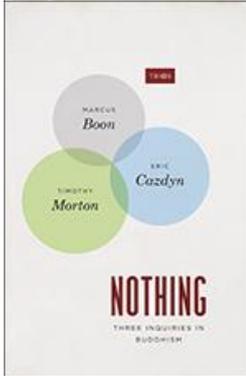
Bao, Jiemin  
*Creating a Buddhist Community: A Thai Temple in Silicon Valley*  
 Temple University Press, 2015  
 204 pages  
 ISBN 9781439909553

[Publisher](#) | [Worldcat](#)  
 Wat Thai of Silicon Valley. Buddhism -- Social aspects -- California -- Santa Clara Valley (Santa Clara County)

The Wat Thai Buddhist Temple in Silicon Valley was founded in 1983 by a group of predominantly middle-class men and women with different ethnic and racial identities. The temple, which functions as a religious, social, economic, educational, and cultural hub, has become a place for the community members to engage in spiritual and cultural practices. This volume shows how the Wat Thai participants practice Buddhism and rework gender relationships in the course of organizing temple space, teaching meditation, merit making, fundraising, and celebrating festivals. It gives a detailed account of the process of creating an inclusive temple community with Thai immigrants as the majority helps to deconstruct the exoticized view of Buddhism in American culture. *Creating a Buddhist Community* also explores Wat Thai's identification with both the United States and Thailand and how this transnational perspective reimagines and reterritorializes what is called American Buddhism.



[26]



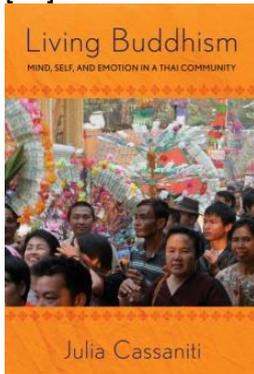
Boon, Marcus, Eric Cazedyn and Timothy Morton  
*Nothing: Three Inquiries in Buddhism*  
 University of Chicago Press, 2015  
 296 pages  
 ISBN 9780226233260

[Publisher](#) | [Worldcat](#)

Buddhism. Buddhism and philosophy. Critical theory.

Though contemporary European philosophy and critical theory have long had a robust engagement with Christianity, there has been no similar engagement with Buddhism—a surprising lack, given Buddhism’s global reach and obvious affinities with much of Continental philosophy. This volume fills that gap, focusing on “nothing”—essential to Buddhism, of course, but also a key concept in critical theory from Hegel and Marx through deconstruction, queer theory, and contemporary speculative philosophy. Through an elaboration of emptiness in both critical and Buddhist traditions; an examination of the problem of praxis in Buddhism, Marxism, and psychoanalysis; and an explication of a “Buddhaphobia” that is rooted in modern anxieties about nothingness, *Nothing* opens up new spaces in which the radical cores of Buddhism and critical theory are renewed and revealed.

[27]



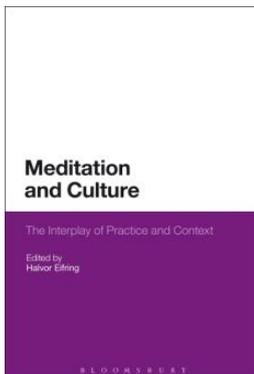
Cassaniti, Julia  
*Living Buddhism: Mind, Self, and Emotion in a Thai Community*  
 Cornell University Press, 2015  
 232 pages  
 ISBN 9780801454004

[Publisher](#) | [Worldcat](#)

Health -- Religious aspects -- Buddhism. Buddhism -- Thailand -- Chiang Mai. Chiang Mai (Thailand : Province) -- Social life and customs.

Explores Buddhist ideas of impermanence, nonattachment, and intention as they are translated into everyday practice in contemporary Thailand. Although these may be difficult to grasp for lay people, Cassaniti shows that they do make an effort to comprehend and integrate them in everyday lives. She makes a case that philosophical concepts are not the sole property of religious specialists and that lay Buddhists find in them a means for dealing with life's difficulties. More broadly, the book speaks to the ways that culturally informed ideas are part of the psychological processes that we all use to make sense of the world around us. In an approachable first-person narrative style that combines interview and participant-observation material gathered over the course of two years in the community, Cassaniti shows how Buddhist ideas are understood, interrelated, and reinforced through secular and religious practices in everyday life. She compares the emotional experiences of Buddhist villagers with religious and cultural practices in a nearby Christian village. *Living Buddhism* highlights the importance of change, calmness (as captured in the Thai phrase *jai yen*, or a cool heart), and karma; Cassaniti's narrative untangles the Thai villagers' feelings and problems and the solutions they seek.

[28]



Eifring, Halvor  
*Meditation and Culture: The Interplay of Practice and Context*  
 Bloomsbury Academic, 2015  
 240 pages  
 ISBN 9781472579911

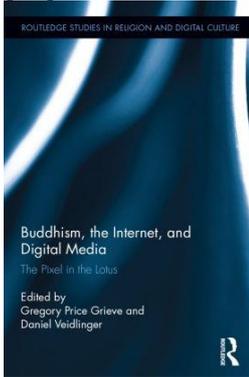
[Publisher](#) | [Google Books](#) | [Worldcat](#)



## Meditation. Religion and culture.

This book explores cases in which the relation between meditative practice and cultural context is particularly complex. It discusses such cases where practices travel from one culture to another or are surrounded by competing cultures, as well as cases in which cultures bring together competing practices or those that are themselves mosaics of elements of different origins. The author posits that the effects of meditation may arise from its symbolic value within larger webs of cultural meaning, while alternatively these may also stem from psychobiological responses to the practice itself, the cultural context merely acting as a catalyst for processes originating in the body and mind of the practitioner. *Meditation and Culture* gives no single definitive explanation but rather points to the complexity of the relationship.

[29]



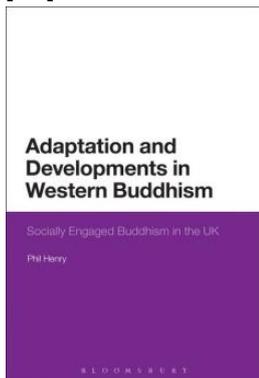
Grieve, Gregory Price and Veidlinger, Daniel (eds.)  
*Buddhism, the Internet, and Digital Media: The Pixel in the Lotus.*  
 New York: Routledge, 2015.  
 232 pages  
 ISBN 9780415721660

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism -- Social aspects -- Congresses. Internet -- Religious aspects -- Buddhism -- Congresses. Digital media -- Congresses.

*Buddhism, the Internet and Digital Media: The Pixel in the Lotus* explores Buddhist practice and teachings in an increasingly networked and digital era. Contributors consider the ways Buddhism plays a role and is present in digital media through a variety of methods including concrete case studies, ethnographic research, and content analysis, as well as interviews with practitioners and cyber-communities. In addition to considering Buddhism in the context of technologies such as virtual worlds, social media, and mobile devices, authors ask how the Internet affects identity, authority and community, and what effect this might have on the development, proliferation, and perception of Buddhism in an online environment. Together, these essays make the case that studying contemporary online Buddhist practice can provide valuable insights into the shifting role religion plays in our constantly changing, mediated, hurried, and uncertain culture.

[30]



Henry, Phil  
*Adaptation and Developments in Western Buddhism: Socially Engaged Buddhism in the UK*  
 Bloomsbury, 2015  
 256 pages  
 ISBN 9781474223782

[Publisher](#) | [Google Books](#) | [Worldcat](#)

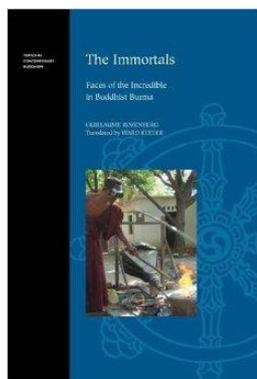
Buddhism -- Doctrines. Buddhism -- Social aspects -- Great Britain. Buddhism -- Social aspects. Great Britain.

The contemporary Buddhist phenomenon known as Engaged, or Socially Engaged Buddhism (SEB) is a contested phenomenon variously associated with finding Buddhist solutions for social, political and ecological problems, and the debate about its origins, practice and legitimacy has stirred academics and practitioners alike. Firstly, does such an approach to Buddhist practice constitute a departure with the past, in which case a new expression of an ancient practice is being experienced all around us? Or is this really a continuity of practice, adapted to inform current understanding given that some would describe Buddhism as always having been engaged? This volume examines the UK Socially Engaged Buddhist experience captured through a series of five case studies of Buddhist groups and a survey undertaken over two years in the field. The volume locates Socially Engaged Buddhism in the UK and places it within the broader and global context of an



emerging “Western Buddhism”, characterising the phenomenon and its relationships to the wider Buddhist world.

[31]



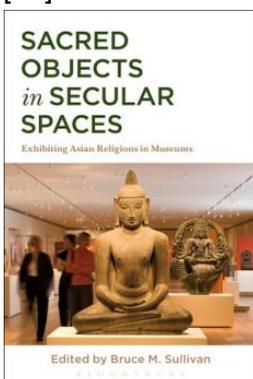
Rozenberg, Guillaume, translated by Ward Keeler  
*The Immortals: Faces of the Incredible in Buddhist Burma*  
 University of Hawai'i Press, 2015  
 316 pages  
 ISBN 9780824840969

[Publisher](#) | [Worldcat](#)

Anthropology of religion -- Burma. Buddhist cults -- Burma. Weikza.

Weikza are part of a cult that centers on humans with extraordinary powers, including immortality, which are key figures in Burmese Buddhism. They do not die but live on in an invisible realm, from where they re-enter the world through possession to care for people's temporal and spiritual needs while protecting and propagating Buddhism. This book plunges us into the midst of this cult, which continues to attract followers from all over the country who seek to pay homage to the weikza, receive their teaching, and benefit from their power. The cult of the four weikza raises a number of classic anthropological issues, particularly for the anthropology of religion: the nature of the supernatural and of belief; the relations among religion, magic, and science; the experience of possession. It also provides a window on contemporary Burmese society. To contemplate both, the author adopts an unconventional approach, which itself reflects representation in anthropology. The writing makes clear both the indigenous take on reality and the work of anthropological understanding as it is being elaborated, along with the ties that connect the latter to the former. Mixing narration of the incredible with reflection on the forms religious experience takes, it offers a way to accompany the author into the field and to grasp—to take up and make our own—the anthropologist's interpretations and the realities to which they pertain.

[32]



Sullivan, Bruce M. (ed.)  
*Sacred Objects in Secular Spaces: Exhibiting Asian Religions in Museums*  
 Bloomsbury, 2015  
 256 pages  
 ISBN 9781472590831

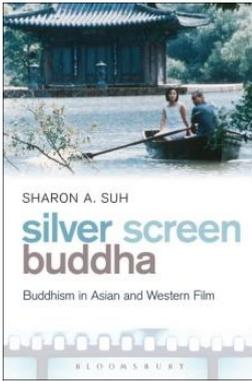
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Museum exhibits -- Social aspects. Museums -- Religious aspects. Museum exhibits -- Religious aspects. Religious articles -- Asia. Religion and culture. Asia -- Religion -- Sources. Hinduism -- History -- Sources. Buddhism -- History -- Sources. Sikhism -- History -- Sources.

We have long recognized that many objects in museums were originally on display in temples, shrines, or monasteries, and were religiously significant to the communities that created and used them. How, though, are such objects to be understood, described, exhibited, and handled now that they are in museums? Are they still sacred objects, or formerly sacred objects that are now art objects, or are they simultaneously objects of religious and artistic significance, depending on who is viewing the object? These objects not only raise questions about their own identities, but also about the ways we understand the religious traditions in which these objects were created and which they represent in museums today. This book is the first volume to focus on Asian religions in relation to these questions. The contributors analyze an array of issues related to the exhibition in museums of objects of religious significance from Hindu, Buddhist, and Sikh traditions. The “lives” of objects are considered, along with the categories of “sacred” and “profane”, “religious” and “secular”.



[33]



Suh, Sharon A.  
*Silver screen Buddha: Buddhism in Asian and Western Film*  
 Bloomsbury Academic, 2015  
 231 pages  
 ISBN 9781441189257

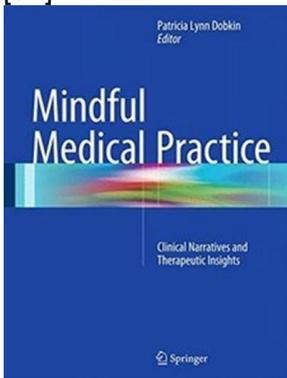
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism in motion pictures. Motion pictures -- Religious aspects -- Buddhism.

Silver Screen Buddha is the first book to explore the intersecting representations of Buddhism, race, and gender in contemporary films. The author examines the cinematic encounter with Buddhism that has flourished in Asia and in the West in the past century, thus demonstrating that representations of Buddhism in Asia and in the West are fraught with political, gendered, and racist undertones. This book draws significant attention to ordinary lay Buddhism, a form of the tradition given little play in popular film, and by uncovering the differences between a fictionalized, commodified, and exoticized Buddhism, it brings to light expressions of the tradition that highlight laity and women, on the one hand, and Asian and Asian Americans, on the other. Suh engages in a re-visioning of Buddhism that expands the popular understanding of the tradition, moving from the dominance of meditating monks to the everyday world of raced, gendered, and embodied lay Buddhists.

## Mindfulness (8)

[34]



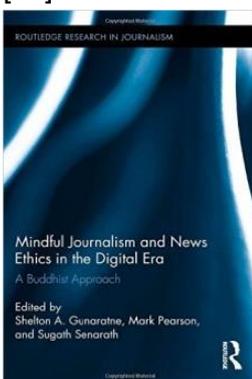
Dobkin, Patricia Lynn (ed.)  
*Mindful Medical Practice: Clinical Narratives and Therapeutic Insights*  
 Springer, 2015  
 163 pages  
 ISBN 9783319157771

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Clinical medicine -- Philosophy. Meditation -- Therapeutic use.

This book is about being mindful in clinical practice and how mindfulness enhances the quality of patient care while adding depth and meaning to a clinicians' work. Chapters include narratives from clinicians who consciously apply mindfulness in real life settings. Authors from various settings provide examples that capture how emergent mindfulness is. Mindful Medical Practice demonstrates to physicians, residents and students how mindfulness enriches both their practices and lives.

[35]



Gunaratne, Shelton A., Mark Pearson, and Sugath Senarath (eds.)  
*Mindful Journalism and News Ethics in the Digital Era: A Buddhist Approach*  
 Routledge, 2015  
 252 pages  
 ISBN 9781138852723

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Journalism -- Philosophy. Buddhism and culture. Journalism -- Technological innovations.

This book aims to be the first comprehensive exposition of "mindful journalism"—drawn from core Buddhist ethical principles—as a fresh approach to journalism ethics. It suggests that Buddhist mindfulness strategies can be applied purposively in journalism to



add clarity, fairness and equity to news decision-making and to offer a moral compass to journalists facing ethical dilemmas in their work. It comes at a time when ethical values in the news media are in crisis from a range of technological, commercial and social factors, and when both Buddhism and mindfulness have gained considerable acceptance in Western societies. Further, it aims to set out foundational principles to assist journalists dealing with vulnerable sources and recovering from traumatic assignments.

[36]

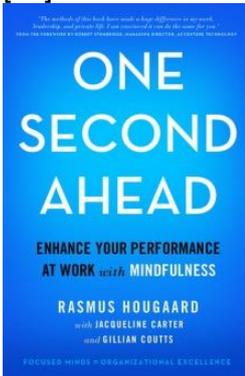


Gunatillake, Rohan  
*This is Happening: Redesigning Mindfulness for our Very Modern Lives*  
 Pan Macmillan, 2016  
 224 pages  
 ISBN 9781509803125

[Publisher](#) | [Google Books](#)

Ditch the 'Digital Detox'. Rohan Gunatillake shows us how we can be mindful in our lives as they are: with our tablets in hand, on our phones and in the digital worlds we inevitably inhabit. In *This is Happening*, Rohan Gunatillake, creator of the best-selling buddhify app, argues that to lead more mindful, calm and happy lives, switching off is the last thing we need to do. Instead he gives you the ideas, principles and techniques to bring awareness, composure and kindness to wherever you are and whatever you are doing. Filled with over sixty practical exercises which you can plug into your life straight away, the book's mobile mindfulness approach presents a way to get the benefits from meditation however busy your life is.

[37]



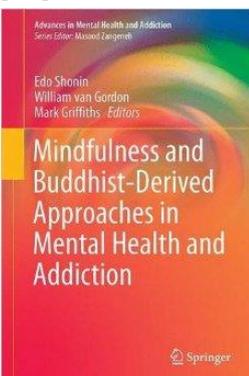
Hougaard, Rasmus, Jacqueline Carter, and Gillian Coutts  
*One Second Ahead: Enhance Your Performance at Work with Mindfulness*  
 Palgrave Macmillan, 2015  
 256 pages  
 ISBN 9781137551900

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Mental efficiency. Performance -- Psychological aspects. Work -- Psychological aspects.

Demonstrate that it is possible to train the brain to respond differently to today's constant pressures and distraction. All it takes is one second. The authors propose that we need to learn to work differently so we are more focused, calm and have less clutter in our mind so we can better manage our time and attention. Based on a program in corporate mindfulness designed by Hougaard and the partners of The Potential Project, *One Second Ahead* provides practical tools and techniques as well as real-world examples and lessons from organizations that have implemented mindfulness on a large scale. Thoroughly tested in a diverse range of industries, this program has resulted in measurable increases in productivity, effectiveness, and job satisfaction.

[38]



Shonin, Edo , William van Gordon, and Mark Griffiths (eds.)  
*Mindfulness and Buddhist-Derived Approaches in Mental Health and Addiction*  
 Springer, 2015  
 420 pages  
 ISBN 9783319222547

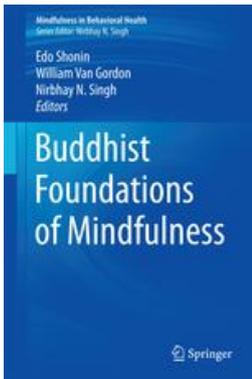
[Publisher](#) | [Google Books](#) | [Worldcat](#)



Mental health. Mindfulness (Psychology). Alternative medicine. Substance abuse.

This book provides a timely synthesis and discussion of recent developments in mindfulness research and practice within mental health and addiction domains. The book also discusses other Buddhist-derived interventions – such as loving-kindness meditation and compassion meditation – that are gaining momentum in clinical settings. It will be an essential text for researchers and mental health practitioners wishing to keep up-to-date with developments in mindfulness clinical research, as well as any professionals wishing to equip themselves with the necessary theoretical and practical tools to effectively utilize mindfulness in mental health and addiction settings.

[39]



Shonin, Edo, William Van Gordon, and Nirbhay Singh (eds.)

*Buddhist Foundations of Mindfulness*

Springer, 2015

365 pages

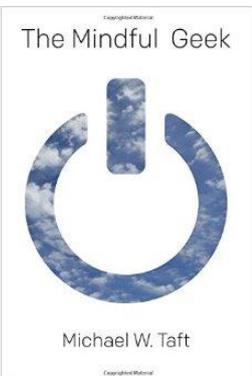
ISBN 9783319185910

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Mindfulness (Psychology) -- Religious aspects -- Buddhism.

Explores a wide range of meditative practices and traditions across Buddhism, thus attempting to deepen contemporary understanding of mindfulness by examining its relationship with key Buddhist teachings. The volume further explores how traditional mindfulness can be more meaningfully incorporated into current psychological research and clinical practice with individuals and groups.

[40]



Taft, Michael W.

*The Mindful Geek: Secular Meditation for Smart Skeptics*

Cephalopod Rex, 2015

242 pages

ISBN 9780692475386

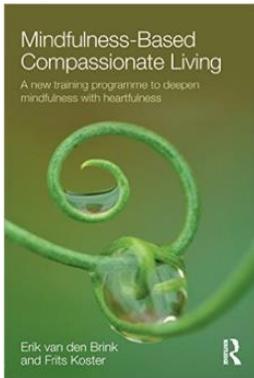
[Publisher](#) | [Worldcat](#)

Meditation -- Therapeutic use. Mindfulness (Psychology)

The Mindful Geek tells you how to derive the real world benefits of hardcore mindfulness meditation without drinking the metaphysical Kool-Aid. Meditation teacher, Michael W. Taft gives you step-by-step instructions in the powerful and reliable techniques of mindfulness meditation, and outlines the psychological and neuroscientific research underpinning these practices. By treating mindfulness as a scientifically-based, psychological technique, you can keep your atheistic or agnostic secular skepticism and still maintain a powerful, regular, and deeply effective meditation practice. That's because meditation doesn't require you to believe in it to work. Like any good technology, if you use it correctly, it will do the job reliably whether you believe in it or not. And—make no mistake—meditation is a kind of technology; a technology for hacking the human wetware in order to improve your life. This book is a practical, hands-on manual about how to make the most of that technology for yourself. If you are smart, skeptical, technically-inclined, and have a desire to see what meditation is really all about, this book is for you. Michael has taught a lot of meditation programs at tech corporations like Google, so this material has been field-tested on some world-class geeks.



[41]



Van den Brink, Erik, and Frits Koster  
*Mindfulness-Based Compassionate Living: A New Training Programme to Deepen Mindfulness With Heartfulness*  
 Routledge, 2015  
 296 pages  
 ISBN 9781138022157

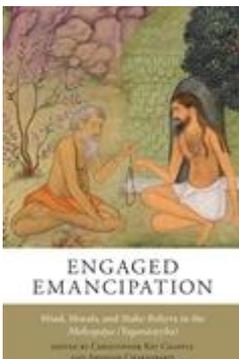
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Attention. Self-esteem. Mindfulness-based cognitive therapy.

The Mindfulness-Based Compassionate Living programme presents a new way of learning how to face the pressures of modern living by providing an antidote which teaches us how to cultivate kindness and compassion – starting with being kind to ourselves. Compassion involves both sensitivity to our own and others' suffering and the courage to deal with it. Integrating the work of various experts in the field, the authors have established an eight stage step-by-step compassion training programme, supported by practical exercises and free audio downloads, which builds on basic mindfulness skills. They demonstrate how being compassionate shapes our minds and brains, and benefits our health and relationships. The programme will be helpful to many, including people with various types of chronic or recurring mental health problems, and can be an effective means of coping better with low self-esteem, self-reproach or shame, enabling participants to experience more warmth, safeness, acceptance and connection with themselves and others.

### South Asian Studies (3)

[42]



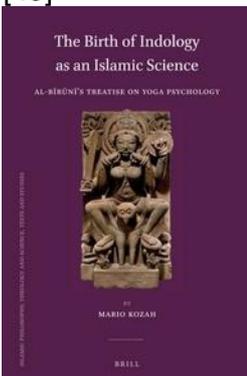
Key Chapple, Christopher, and Arindam Chakrabarti (eds.)  
*Engaged Emancipation: Mind, Morals, and Make-believe in the Mokṣopā-Yogāvāsiṣṭha*  
 SUNY Press, 2015  
 325 pages  
 ISBN 9781438458670

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Mokṣopāya. Mokṣa. Hindu philosophy.

In the Mokṣopāya (also known as the Yogavāsiṣṭha), an eleventh-century Sanskrit poetic text, the great Vedic philosopher Vasiṣṭha counsels his young protégé Lord Rāma about the ways of the world through sixty-four stories designed to bring Rāma from ignorance to wisdom. Much beloved, this work reflects the philosophy of Kashmir Śaivism. Precisely because all worldly pursuits are dreamlike and fiction-like, the human soul must first come to an experience of non-dualistic, mind-only metaphysics, and after attaining this wisdom, promote moral activism. Engaged Emancipation is a wide-ranging consideration of this work and the philosophical and spiritual questions it addresses by philosophers, Sanskritists, and scholars of religion, literature, and science. Contributors allow readers to walk with Rāma as his melancholy and angst transform into connectivity, peace, and spiritual equipoise.

[43]



Kozah, Mario  
*The Birth of Indology as an Islamic Science: Al-Biruni's Treatise on Yoga Psychology*  
 Brill, 2014  
 240 pages  
 ISBN 9789004290297

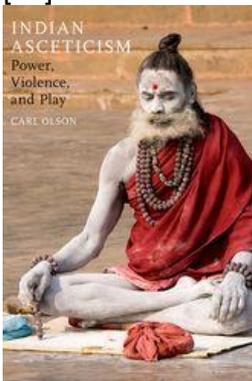


[Publisher](#) | [Google Books](#) | [Worldcat](#)

Bīrūnī, Muḥammad ibn Aḥmad, -- 973?-1048. -- Kitāb Bātanjal al-Hindī fī al-khalāṣ min al-irtibāk. Patañjali. -- Yogasūtra. Yoga -- History. India -- Civilization -- Study and teaching -- Islamic Empire. Indian philosophy.

In *The Birth of Indology as an Islamic Science* Mario Kozah closely examines the pioneering contribution by Bīrūnī (d. ca. 1048) to the study of comparative religion in his major work on India. Kozah concludes that a process of Islamisation is employed through a meticulous systematization of Hindu beliefs into one "Indian religion", preceding by almost a millennium the earliest definitions of Hinduism by nineteenth-century European Orientalists. This formulation of Hinduism draws on Bīrūnī's interpretation of Yoga psychology articulated in the Kitāb Bātanjal, his Arabic translation of the Yoga-Sūtra of Patañjali. Bīrūnī's Islamic reading of Hinduism relies on certain common denominators that he identifies as being of fundamental importance. In the case of Hinduism he identifies metempsychosis as its unifying banner.

[44]



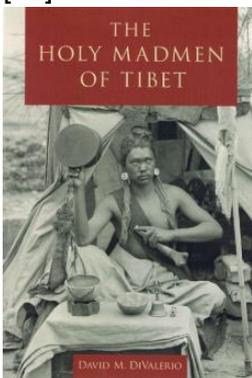
Olson, Carl  
*Indian Asceticism: Power, Violence, and Play*  
Oxford University of Press, 2015  
304 Pages  
ISBN 9780190225315

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Asceticism. India -- Religion.

Throughout the history of Indian religions, the ascetic figure is most closely identified with power. Using religio-philosophical discourses and narratives from epic, puranic, and hagiographical literature, *Indian Asceticism* focuses on the powers exhibited by ascetics of India from ancient to modern time. Olson discusses the erotic, the demonic, the comic, and the miraculous forms of play and their connections to power and violence. His focus is on Hinduism, from early Indian religious history to more modern times, but evidence is also presented from both Buddhism and Jainism, which provides evidence that the subject matter of this book pervades India's major indigenous religious traditions. The book also includes a look at the extent to which contemporary findings in cognitive science can add to our understanding about these various powers. Asceticism culminates with an attempt to rethink the nature of power in a way that does justice to the literary evidence from Hindu, Buddhist, and Jain sources.

## Tibetan Studies (8)

[45]



DiValerio, David M.  
*The Holy Madmen of Tibet*  
Oxford University Press, 2015  
368 pages  
ISBN 9780199391202

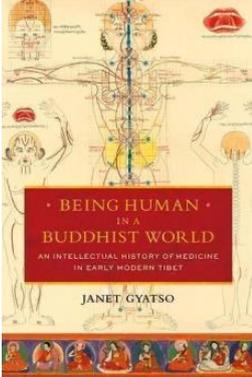
[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Yogis -- Tibet Region -- History. Tantric Buddhism -- Tibet Region -- History.

Throughout the past millennium, certain Tibetan Buddhist yogins have taken on profoundly norm-overturing modes of dress and behavior. They became known far and wide as "madmen", achieving a degree of saintliness in the process. This book offers the first comprehensive study of Tibet's "holy madmen" drawing on their biographies and writings, as well as tantric commentaries, later histories, oral traditions, and more. Much of this volume is dedicated to examining the lives and legacies of the three most famous "holy madmen": the



Madman of Tsang, the Madman of Ü, and Drukpa Künlé, Madman of the Drukpa Kagyü. Each born in the 1450s, they rose to prominence during a period of civil war and of great shifts in Tibet's religious culture. This book offers in-depth looks at the narrative and social processes out of which sainthood arises, and at the role biographical literature can play in the formation of sectarian identities. By showing how understandings of the "madmen" have changed over time, this study allows for new insights into current notions of "crazy wisdom." In the end, the "holy madmen" are seen as self-aware and purposeful individuals who were anything but insane.

[46]



Gyatso, Janet

*Being Human in a Buddhist World: An Intellectual History of Medicine in Early Modern Tibet*

Columbia University Press, 2015

544 pages

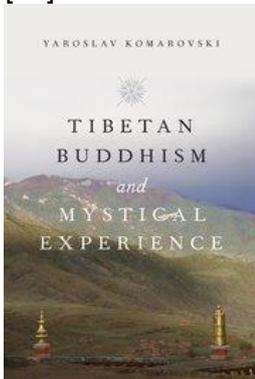
ISBN 9780231164962

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism -- Tibet Region -- History. Medicine, Tibetan -- History. Medicine -- Religious aspects -- Buddhism.

Critically exploring medical thought in a cultural milieu with no discernible influence from the European Enlightenment, this work reveals an otherwise unnoticed intersection of early modern sensibilities and religious values in traditional Tibetan medicine. It further studies the adaptation of Buddhist concepts and values to medical concerns and suggests important dimensions of Buddhism's role in the development of Asian and global civilization. This book thus adds a crucial chapter in the larger historiography of science and religion. It ultimately finds that Tibetan medical scholars absorbed ethical and epistemological categories from Buddhism yet shied away from ideal systems and absolutes, instead embracing the imperfectability of the human condition.

[47]



Komarovski, Yaroslav

*Tibetan Buddhism and Mystical Experience*

Oxford University Press, 2015

304 pages

ISBN 9780190244958

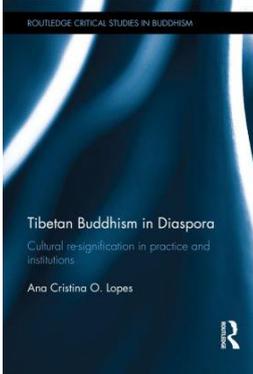
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Tantric Buddhism -- Philosophy. Mysticism. Buddhist philosophy.

In this book, Yaroslav Komarovski argues that the Tibetan Buddhist interpretations of the realization of ultimate reality both contribute to and challenge contemporary interpretations of unmediated mystical experience. The model used by the majority of Tibetan Buddhist thinkers states that the realization of ultimate reality, while unmediated during its actual occurrence, is necessarily filtered and mediated by the conditioning contemplative processes leading to it, and Komarovski argues that therefore, in order to understand this mystical experience, one must focus on these processes, rather than on the experience itself. Komarovski also provides an in-depth comparison of seminal Tibetan Geluk thinker Tsongkhapa and his major Sakya critic Gorampa's accounts of the realization of ultimate reality, demonstrating that the differences between these two interpretations lie primarily in their conflicting descriptions of the compatible conditioning processes that lead to this realization. Komarovski maintains that Tsongkhapa and Gorampa's views are virtually irreconcilable, but demonstrates that the differing processes outlined by these two thinkers are equally effective in terms of actually attaining the realization of ultimate reality. *Tibetan Buddhism and Mystical Experience* speaks to the plurality of mystical experience, perhaps even suggesting that the diversity of mystical experience is one of its primary features.



[48]



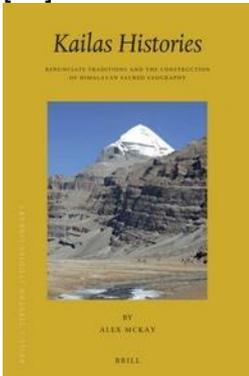
Lopes, Ana Cristina  
*Tibetan Buddhism in Diaspora: Cultural Re-signification in Practice and Institutions*  
 Routledge, 2015  
 266 pages  
 ISBN 9780415719117

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhism -- Tibet Region -- History -- 20th century. Buddhism -- Tibet Region -- History -- 21st century. Tibetan diaspora.

The book analyses the nature of the Tibetan Buddhism in the Diaspora. It examines how the re-signification of Tibetan Buddhist practices and organizational structures in the present refers back to the dismantlement of the Tibetan state headed by the Dalai Lama and the fragmentation of Tibetan Buddhist religious organizations in general. It includes extensive multi-sited fieldwork conducted in the United States, Brazil, Europe, and Asia and a detailed analysis of contemporary documents relating to the global spread of Tibetan Buddhism. The author demonstrates that there is a "de-institutionalized" and "de-territorialized" project of political power and religious organization, which, among several other consequences, engenders the gradual "autonomization" of lamas and lineages inside the religious field of Tibetan Buddhism. Thus, a spectre of these previous institutions continues to exist outside their original contexts, and they are continually activated in ever-new settings. Using a combination of two different academic traditions – namely, the Brazilian anthropological tradition and the American Buddhist studies tradition – it investigates the "process of cultural re-signification" of Tibetan Buddhism in the context of its Diaspora.

[49]



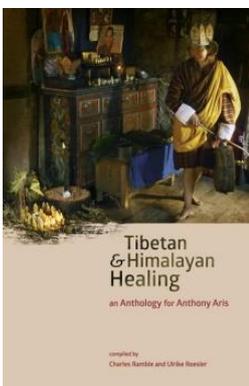
McKay, Alex  
*Kailas Histories: Renunciate Traditions and the Construction of Himalayan Sacred Geography*  
 Brill, 2015  
 530 pages  
 ISBN 9789004304581

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Hindu pilgrims and pilgrimages -- China -- Kailas, Mount. Tibet Autonomous Region (China) -- History. Tibet Region -- Religious life and customs. Kailas, Mount (China)

Tibet's Mount Kailas is known as one of the world's great pilgrimage centres, renowned as an ancient sacred site that embodies a universal sacrality. This book however demonstrates that this understanding is a recent construction by British colonial, Hindu modernist, and New Age interests. Using multiple sources, including fieldwork, the author describes how the early Indic vision of a heavenly mountain named Kailas became identified with actual mountains. He emphasises renunciate agency in demonstrating how local beliefs were subsumed as Kailas developed within Hindu, Buddhist, and Bön traditions, how five mountains in the Indian Himalayan are also named Kailas, and how Kailas sacred geography constructions and a sacred Ganges source region were related.

[50]



Ramble, Charles and Ulrike Roesler (ed.)  
*Tibetan and Himalayan Healing: An Anthology for Anthony Aris*  
 Vajra Publications, 2015  
 764 pages  
 ISBN 9789937623353

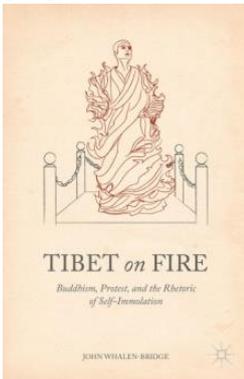


[Publisher](#) | [Worldcat](#)

Medicine, Tibetan. Buddhist medicine -- China -- Tibet Autonomous Region. Traditional medicine -- China -- Tibet Autonomous Region -- Ladakh -- Bhutan.

We all know the cause of ill-health: germs and viruses; and, of course, genetic propensity. To these we should add: the ripening of recent or ancient karma; predatory demons and witches; adverse astrological configurations; the retaliation of earth-gods angered by humans' callous treatment of the environment; spilling milk on the stove. The afflictions resulting from these various pathogens manifest in physical, mental and social disorders of commensurate diversity and complexity. The treatment is also well known: allopathic care, whether Western, Tibetan or Ayurvedic; or the accumulation of merit to dissipate the burden of karma; or the shamanic hunt for lost souls; or violent exorcism; or any number of remedial techniques that have their home in the expanse of the Himalayan and Tibetan region. These techniques, and the world-views that underpin them, have in turn spawned a vast wealth of art, literature and performance, and no single disciplinary approach can possibly hope to do justice to such an extraordinary range of forms. Accepting that this state of affairs is best addressed not by an attempt at synthesis but a celebration of diversity, sixty specialists of Tibet and the Himalaya were given free rein to write about any aspect of healing in the region, and this book is the result.

[51]



Whalen-Bridge, John

*Tibet on Fire: Buddhism, Protest, and the Rhetoric of Self-Immolation*

Palgrave Macmillan, 2015

244 pages

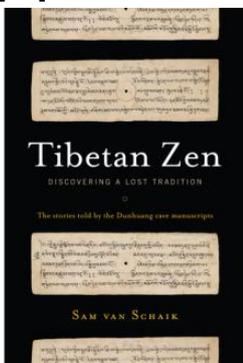
ISBN 9781137373731

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Self-immolation -- Political aspects -- Tibet Region. Self-immolation -- Religious aspects -- Buddhism. Rhetoric -- Political aspects -- Tibet Region. Rhetoric -- Religious aspects -- Buddhism. China -- Politics and government -- 2002-

Contradictions between the Buddhist rhetoric of non-harm and the agony of self-immolation have been accounted for variously. Interpreters create descriptions that reflect, select, and sometimes deflect the reality of the burning corpse, calling attention to a certain place and time. In this volume, Kenneth Burke's interpretive suggestions are applied to the Buddhist-inflected self-immolation movement. The book interprets self-burnings as an extension of the struggle that constitutes part of what is called a 'logomachy.' Thus, it seeks to open up the possibility of multiple motivations, explain the significance of shifting contexts, and explore the pervasive substitutions in which the self-immolator and the Dalai Lama trade places in attempts to understand the Tibetan situation.

[52]



Van Schaik, Sam

*Tibetan Zen: Discovering a Lost Tradition. The Stories Told by the Dunhuang Cave Manuscripts*

Snow Lion Publications, 2015

240 pages

ISBN 9781559394468

[Publisher](#) | [Worldcat](#)

Zen Buddhism -- Tibet Region -- Doctrines -- History. Zen literature -- China -- Dunhuang Caves -- Translations into English.

Until the early twentieth century, hardly any traces of the Tibetan tradition of Chinese Chan Buddhism, or Zen, remained. Then the discovery of a sealed cave in Dunhuang, full of manuscripts in various languages dating from the first millennium CE, transformed our understanding



of early Zen. This book translates some of the earliest surviving Tibetan Zen manuscripts preserved in Dunhuang. The translations illuminate different aspects of the Zen tradition, with brief introductions that not only discuss the roles of ritual, debate, lineage, and meditation in the early Zen tradition but also explain how these texts were embedded in actual practices.

## Religious Studies (9)

[53]

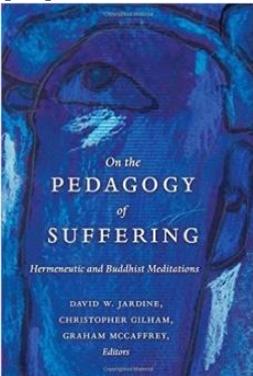


Freiberger, Oliver and Christoph Kleine  
*Buddhismus: Handbuch und kritische Einführung*  
Vandenhoeck & Ruprecht, 2015  
2. rev. ed.  
536 pages  
ISBN 9783525500057

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Buddhism.

Eine aktuelle Einführung in die Geschichte und die vielfältigen Lehren und Praktiken des Buddhismus. Gibt einen Überblick zur historischen Entwicklung des Buddhismus in Asien und dem Westen und behandelt im Anschluss diverse Themenkomplexe: buddhistische Sprachen und Texte, Weltbilder, religiöse Praxis, Sozialformen, Staat und Politik, Ökonomie, Kunst und Architektur, Modernisierung und Globalisierung, sowie die Interaktion mit anderen Religionen. Zahlreiche Beispiele illustrieren die Vielfalt der buddhistischen Haltungen zu diesen Fragen in Geschichte und Gegenwart. Oliver Freiberger und Christoph Kleine versuchen, anhand von Beispielen die reale und faszinierende Komplexität des Buddhismus anzudeuten und damit das Interesse auch für weniger populäre, aber nicht minder bedeutsame Facetten dieser Religion zu wecken.

[54]

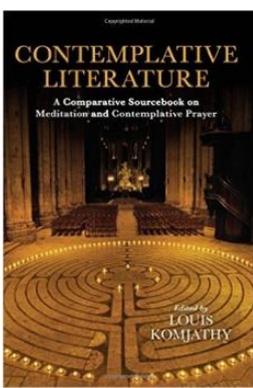


Jardine, David W., Graham McCaffrey, and Christopher Gilham (eds.)  
*On the Pedagogy of Suffering: Hermeneutic and Buddhist Meditations*  
Lang, 2015  
282 pages  
ISBN 9781433125256

[Publisher](#) | [Worldcat](#)

Suffering -- Study and teaching. Education -- Study and teaching. Suffering -- Religious aspects -- Buddhism.

This text articulates how and why suffering can be pedagogical in character and how it is often key to authentic and meaningful acts of teaching and learning. This is an ancient idea from the Greek tragedies of Aeschylus (c. 525 BCE) – *pathei mathos* or «learning through suffering». In our understandable rush to ameliorate suffering at every turn and to consider every instance of it as an error to be avoided at all costs, we explore how the pedagogy that can come from suffering becomes obscured and something vital to a rich and vibrant pedagogy can be lost. This collection threads through education, nursing, psychiatry, ecology, and medicine, through scholarship and intimate breaths, and blends together affinities between hermeneutic conceptions of the cultivation of character and Buddhist meditations on suffering and its locale in our lives.



[55]  
Komjathy, Louis (ed.)  
*Contemplative Literature: A Comparative Sourcebook on Meditation and Contemplative Prayer*  
SUNY Press, 2015

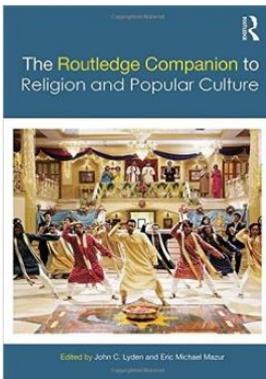


848 pages  
ISBN 9781438457055

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Contemplation. Meditation. Religions.

This is the first theoretically informed and historically accurate comparative anthology of primary texts on meditation and contemplative prayer. The volume provides introductions to and primary sources on contemplative practice from various religious traditions. Contributors explore classical Daoist apophatic meditation, Quaker silent prayer, Jewish Kabbalah, Southern Buddhist meditation, Sufi contemplation, Eastern Orthodox prayer, Pure Land Buddhist visualization, Hindu classical Yoga, Dominican Catholic prayer, Daoist internal alchemy, and modern therapeutic meditation. Each introduction to a contemplative text discusses its historical context, the associated religious tradition and literature, the method of contemplative practice, and the text's legacy and influence. Volume editor Louis Komjathy opens the work with a thoughtful consideration of interpretive issues in the emerging interdisciplinary field of contemplative studies.

[56]

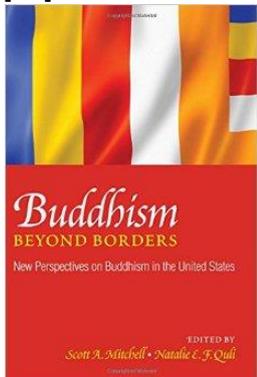


Lyden, John C., Eric Michael Mazur (eds.)  
*The Routledge Companion to Religion and Popular Culture*  
Routledge, 2015  
584 pages  
ISBN 9780415638661

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Popular culture -- Religious aspects. Religion and culture.

Religion and popular culture is a fast-growing field that spans a variety of disciplines. This volume offers the first real survey of the field to date and provides a guide for the work of future scholars. It explores: key issues of definition and of methodology religious encounters with popular culture across media, material culture and space, ranging from videogames and social networks to cooking and kitsch, architecture and national monuments the representation of different religious traditions within the media and popular culture, mainly in the West but also including important non-western spheres such as Bollywood. Students will find the Companion an enjoyable and informative resource, whilst scholars will find it a stimulus to future work in the field.

[57]



Mitchell, S. and N. Quli  
*Buddhism Beyond Borders: New Perspectives on Buddhism in the United States*  
SUNY Press, 2015  
289 pages  
ISBN 9781438456386

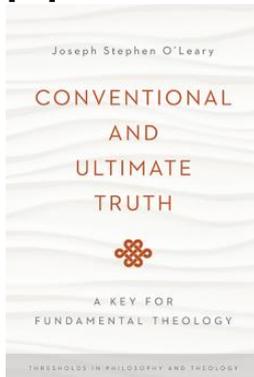
[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Buddhism -- United States. Buddhism. United States.

Buddhism beyond Borders provides a fresh consideration of Buddhism in the American context. It includes both theoretical discussions and case studies to highlight the tension between studies that locate Buddhist communities in regionally specific areas and those that highlight the translocal nature of an increasingly interconnected world. Whereas previous examinations of Buddhism in North America have assumed a more or less essentialized and homogeneous "American" culture, the essays in this volume offer a corrective, situating American Buddhist groups within the framework of globalized cultural flows, while exploring the effects of local forces. Contributors examine regionalism within American Buddhisms,



Buddhist identity and ethnicity as academic typologies, Buddhist modernities, the secularization and hybridization of Buddhism, Buddhist fiction, and Buddhist controversies involving the Internet, among other issues.

[58]



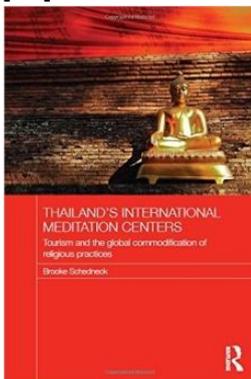
O'Leary, Joseph Stephen  
*Conventional and Ultimate Truth: A Key for Fundamental Theology*  
 University of Notre Dame Press, 2015  
 424 pages  
 ISBN 9780268037406

[Publisher](#) | [Worldcat](#)

Truth -- Religious aspects -- Christianity. Philosophical theology. Christianity -- Philosophy.

The final volume of the author's trilogy on contemporary fundamental theology, along with the *Questioning Back* (1985) and *Religious Pluralism and Christian Truth* (1996). Common to his works are dialogues with European philosophers Heidegger, Derrida, Hegel, and the Madhyamaka school of Buddhism. In the current volume, O'Leary deals with the nature of theological rationality today, recommending the practice of reflective judgment as opposed to systematic determinative judgment. Inspired by the Buddhist notion of conventional truth, O'Leary claims that if we fully accept the fragility and conventionality of religious language, we can find a secure basis for a critical, reflective theology. This proposal is fleshed out in a dialogue with classical negative theology and with the implications of twentieth-century art and literature for religious epistemology. Embracing conventionality does not mean that the dimension of ultimacy is lost. The two are intimately conjoined in the Buddhist two-truths doctrine. Revisiting traditional sites of theological ultimacy, such as the authority of scripture and Christian dogma and the appeal to religious experience, O'Leary argues that we do justice to them only when we fully accept the conventionality of their historical articulation.

[59]



Schedneck, Brooke  
*Thailand's International Meditation Centers: Tourism and the Global Commodification of Religious Practices*  
 Routledge, 2015  
 197 pages  
 ISBN 9780415819589

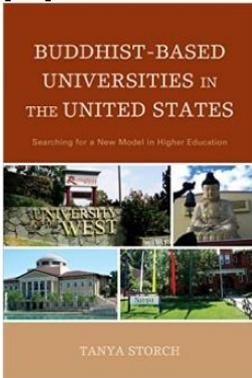
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Meditation -- Thailand -- Buddhism. Globalization -- Religious aspects -- Buddhism. Tourism -- Thailand. Buddhism -- Thailand.

This book explores contemporary practices within the new institution of international meditation centers in Thailand. It discusses the development of the lay vipassana meditation movement in Thailand and relates Thai Buddhism to contemporary processes of commodification and globalisation. Through an examination of how meditation centers are promoted internationally, the author considers how Thai Buddhism is translated for and embodied within international tourists who participate in meditation retreats in Thailand. Shedding new light on the decontextualization of religious practices, and raising new questions concerning tourism and religion, this book focuses on the nature of cultural exchange, spiritual tourism, and religious choice in modernity. With an aim of reframing questions of religious modernity, each chapter offers a new perspective on the phenomenon of spiritual seeking in Thailand. Offering an analysis of why meditation practices appeal to non-Buddhists, this book contends that religions do not travel as whole entities but instead that partial elements resonate with different cultures, and are appropriated over time.



[60]



Storch, Tanya

*Buddhist-Based Universities in the United States: Searching for a New Model in Higher Education*

Lexington Books, 2015

136 pages

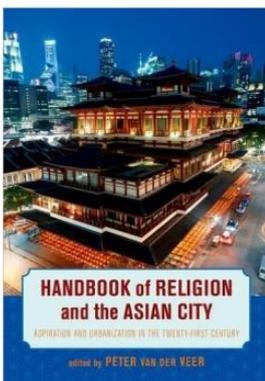
ISBN 9780739184080

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhist universities and colleges -- United States. Education, Higher -- Religious aspects -- Buddhism.

Investigates in depth four American Buddhist universities, namely, the Dharma Realm Buddhist University, the University of the West, the Soka University of America, and the Naropa University, all of which offer degrees in liberal arts and professional fields, and at the same time educate their students in the philosophy and practices of Buddhism. Buddhist universities in the United States are unique because there are no comparable universities based on the philosophy and practices of other Asian religions also popular in the United States, such as Hinduism, Confucianism, or Sikhism. Even the Jewish community has created only two universities in which professional skills and liberal arts are taught from the position of the moral-philosophical principles of Judaism. This book presents the institutional history and academic programs of four Buddhist universities in America and analyzes Buddhist-based pedagogical principles, as well as teaching and learning techniques, which can be very useful for other colleges and universities in the United States.

[61]



Van der Veer, Peter (ed.)

*Handbook of Religion and the Asian City: Aspiration and Urbanization in the Twenty-First Century*

University of California Press, 2015

488 pages

ISBN 9780520281226

[Publisher](#) | [Worldcat](#)

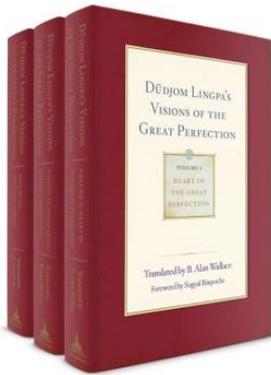
Cities and towns -- Religious aspects. Cities and towns -- Asia. City planning -- Religious aspects. City planning -- Asia. Religion and politics -- Asia. City dwellers -- Religious life -- Asia. Asia -- Religious life and customs.

Highlights the creative and innovative role of urban aspirations in Asian world cities. It does not assume that religion is of the past and that the urban is secular, but instead points out that urban politics and governance often manifest religious boundaries and sensibilities—in short, that public religion is politics. The essays in this book show how projects of secularism come up against projects and ambitions of a religious nature, a particular form of contestation that takes the city as its public arena. Questioning the limits of cities like Mumbai, Singapore, Seoul, Beijing, Bangkok, and Shanghai, the authors assert that Asian cities have to be understood not as global models of futuristic city planning but as larger landscapes of spatial imagination that have specific cultural and political trajectories. Religion plays a central role in the politics of heritage that is emerging from the debris of modernist city planning.



## Translation (7)

[62]

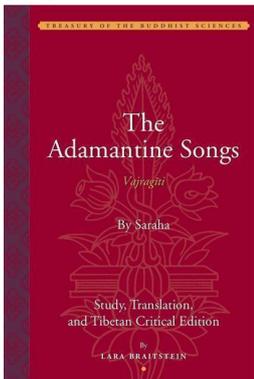


Bdud 'joms gling pa, Wallace, B. Allan (transl.)  
*Dudjom Lingpa's Visions of the Great Perfection*  
 Volume 1. Heart of the Great Perfection  
 Volume 2. Buddhahood without meditation  
 Volume 3. The Vajra essence.  
 950 pages  
 ISBN 9781614293149

[Publisher](#) | [Worldcat](#)  
 Rdzogs-chen.

Düdjom Lingpa (1835–1904) was one of the foremost tantric masters of nineteenth-century Tibet. This new series includes Düdjom Lingpa's five visionary teachings on the Great Perfection (Dzogchen), the pinnacle of practice in Tibet's oldest Buddhist school, along with three essential commentaries. The teachings in this series have inspired generations of Tibetans. Volume 1 contains four works, beginning with *The Sharp Vajra of Conscious Awareness Tantra*, considered the root distillation of Düdjom Lingpa's wisdom. Unpacking these quintessential verses is the *Essence of Clear Meaning*, a definitive commentary based on Düdjom Lingpa's oral teachings recorded by his disciple Pema Tashi. In *The Foolish Dharma of an Idiot Clothed in Mud and Feathers*, Düdjom Lingpa narrates the essential Dharma teachings from the perspective of an old man rejecting superficial appearances. Finally, *The Enlightened View of Samantabhadra* is a masterful exposition of the Great Perfection revealed as a dialogue between wisdom beings who bestow a treasury of pith instructions and specific advice for practitioners. Volume 2 includes Düdjom Lingpa's most widely taught work, *Buddhism Without Meditation*, and two complementary works by his charismatic female disciple, Sera Khandro, who is accomplished and well loved in her own right. Her *Garland for the Delight of the Fortunate* spells out the implications of the root text's highly condensed verses. Volume 3 contains Düdjom Lingpa's magisterial *Vajra Essence*, his most extended meditation on the path of Great Perfection, in many senses a commentary on all his other Dzogchen works.

[63]



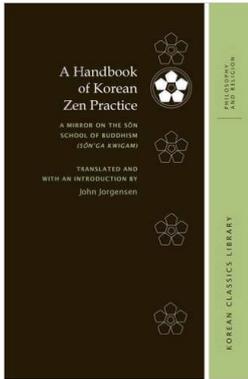
Braitstein, Lara (transl.)  
*The Adamantine Songs (Vajragīti) by Saraha: Study, Translation, and Tibetan Critical Edition*  
 The American Institute of Buddhist Studies, 2015  
 ISBN 9781935011170  
 256 pages

[Publisher](#) | [Worldcat](#)  
 Mahāmudrā. Sarahapāda, -- active 8th century.

Presented here in English for the first time is a set of three of Saraha's "Adamantine Songs" (Skt. vajragiti), poetic works that play a central role in the Great Seal (mahamudra) tantric tradition of both India and Tibet. The tantric adept (siddha) Saraha was among the most notable figures from India's late first millennium, a time of rich religious and literary activity. His influence on Buddhist practice and poetry extended beyond the Indian subcontinent into Tibet, where his influence continues to impact every tradition that engages the practice and philosophy of the esoteric Great Seal. In these songs, Saraha's views on the nature of mind are presented as both evocative poetry and theoretical exegesis. These songs offer a new perspective on the religious life of Buddhist India and the figure of one of its most famous adepts. The author includes an elegant translation, critical edition of the Tibetan texts, and in-depth analysis of the three poems. She also situates Saraha and his work both in the Tibetan Buddhist sphere and in a broader South Asian literary and religious context, closely treating the central themes in Saraha's poems, highlighting the specific siddha worldview espoused in his oeuvre, and at the same time unpacking the cryptic references contained in the songs' individual verses.



[64]

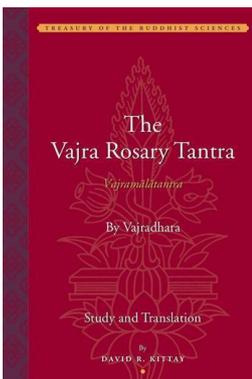


Hyujŏng, transl. by , John Jorgensen  
*A Handbook of Korean Zen Practice: A Mirror on the Sŏn School of Buddhism*  
 University of Hawai'i Press, 2015  
 290 pages  
 ISBN 9780824840976

[Publisher](#) | [Worldcat](#)  
 Zen Buddhism -- Early works to 1800.

Sŏn (Japanese Zen) has been the dominant form of Buddhism in Korea from medieval times to the present. This text with its original title Sŏn'ga kwigam was the most popular guide for Sŏn practice and life ever published in Korea. It was compiled before 1569 by Sŏsan Hyujŏng (1520-1604). In addition to succinct quotations from sutras, the text also contained quotations from selected Chinese and Korean works together with Hyujŏng's explanations. Because of its brevity and organization, the work proved popular and was reprinted many times in Korea and Japan before 1909. The text commences with the ineffability of the enlightened state, and after a tour through doctrine and practice it returns to its starting point. The version of the text translated here is the earliest and the longest extant. It was "translated" into Korean from Chinese by one of Hyujŏng's students to aid Korean readers. The present volume contains a brief history of hwadu practice and theory, a life of Hyujŏng, and a summary of the text, plus a detailed, annotated translation.

[65]

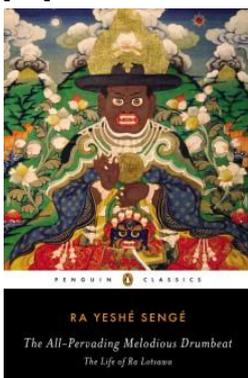


Kittay, David R. (transl.)  
*The Vajra Rosary Tantra (Vajramālāntara): Study and Translation*  
 American Institute of Buddhist Studies, 2015  
 700 pages  
 ISBN 9781935011187

[Publisher](#) | [Worldcat](#)  
 Tantric Buddhism -- Sacred books. Tantric Buddhism -- Sacred books -- Translations into English.

Historical introduction, study, and first complete English translation of the Vajra Rosary Tantra, one of the key Explanatory Tantras of the Secret Community (Guhyasamaja) and other Tantric systems. Contains a detailed discussion of yogic practices, focusing on the completion stage (*niṣpannakrama*) and and speech isolation (*vajrajapa*), but spanning all of the levels of practice up to the stage of integration (*yuganaddha*) or Buddhahood. A highly distinctive feature of this text is its description of the manipulation of the cakras and the mobilization of the subtle energy-winds (*prāṇa*), as well as a discussion of how these manifest during the cycles of life and death. In this work, the translator has drawn heavily on the only extant commentary on the Vajra Rosary by Alamkākāśa, which includes a detailed summary and commentary.

[66]



Cuevas, Bryan J.  
*The All-Pervading Melodious Drumbeat: The Life of Ra Lotsawa*  
 Random House, 2015  
 416 pages  
 ISBN 9780142422618

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
 Chen-po Rdo-rje-grags, -- Rwa Lo-tṣā-ba, -- active 12th century. Bka'-brgyud-pa lamas -- China -- Tibet Autonomous Region -- Biography. Translators -- China -- Tibet Autonomous Region -- Biography. Tibet Autonomous Region (China) -- Biography.



An essential sacred text of Tibetan Buddhism, *The All-Pervading Melodious Drumbeat* tells the wondrous story of Ra Lotsawa Dorjé Drak. Though he was canonized as a saint and a fully enlightened buddha, the eleventh-century Ra Lotsawa's life story presents a darker path than those taken by Siddhartha Gautama and Milarepa. Viewed by some as a murderous villain and by others as a liberator of human suffering, Ra Lotsawa used his formidable power and magical abilities to defeat his rivals, accumulate wealth, and amass a devoted following. His life offers a rare view into the often overlooked roles of magic and sorcery in the Buddhist tradition. Despite this sinister legacy, his fame also rests on an illustrious career as a translator of Buddhist scriptures, through which he helped spark a renaissance of Buddhism in Tibet. This spirited new translation gives readers in English their first opportunity to encounter one of the most colorful and memorable figures in Tibetan Buddhist history.

[67]

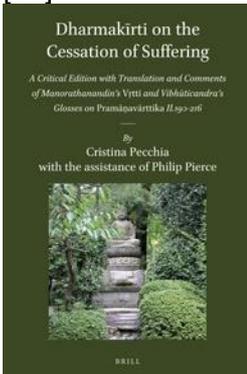


MacDonald, Anne  
*In Clear Words: The Prasannapadā, Chapter One*  
 Vol.I: Introduction, Manuscript Description, Sanskrit Text.  
 Vol.II: Annotated Translation, Tibetan Text  
 Austrian Academy of Sciences Press, 2015  
 367, 584 pages  
 ISBN 9783700176732

[Publisher](#) | [Worldcat](#)  
 Candrakīrti. -- Prasannapadā.

The Prasannapadā is one of Candrakīrti's most important compositions. Of its twenty-seven chapters commenting on Nāgārjuna's Mūlamadhyamakakārikā, the first, which would influence the later course of the Madhyamaka school, is the longest and most wide-ranging. It is here that Candrakīrti, in addition to elucidating Nāgārjuna's refutation of the real existence of causes and conditions, defends his own views on critical issues of ontology and epistemology against those of prominent Buddhist scholars such as the Mādhyamika Bhāviveka and the founder of the logical-epistemological school, i. e., Dignāga, as well as non-Buddhist adversaries such as the Naiyāyikas. His detailed defense of the earlier Mūlamadhyamakakārikā commentator Buddhapālita from Bhāviveka's critique became a topic of intense debate for Tibetan exegetes, and is often pinpointed as the source of the bifurcation of the Madhya-maka school into discrete streams and as holding the key to the controversial "Prāsaṅgika-Svātantrika distinction." Of utmost importance for the correct understanding of the philosophical views presented in Candrakīrti's works are reliably edited texts of the original Sanskrit. In the century since the publication of Louis de La Vallée Poussin's edition of the Prasannapadā, a number of old Sanskrit manuscripts of the work have been discovered, and Anne MacDonald has harvested their riches for this new edition of its first chapter. Her accompanying copiously annotated English translation makes accessible in all their complexity and brilliance Candrakīrti's arguments against his opponents, and significantly enhances our understanding of seminal aspects of his Madhyamaka vision.

[68]



Pecchia, Cristina and Philip Pierce  
*Dharmakīrti on the Cessation of Suffering: A Critical Edition with Translation and Comments of Manorathanandin's Vitti and Vibhūticandra's Glosses On Pramāṇavārttika - II.190-216*  
 Brill, 2015  
 318 pages  
 ISBN 9789004293410

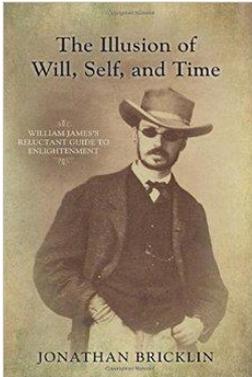
[Publisher](#) | [Google Books](#) | [Worldcat](#)  
 Dharmakīrti, -- active 7th century. -- Pramāṇasiddhi. Nirodhasamāpatti. Suffering -- Religious aspects -- Buddhism. Buddhist logic. Pramāṇasiddhi (Dharmakīrti)



Liberation is a fundamental subject in South Asian doctrinal and philosophical reflection. This book is a study of the discussion of liberation from suffering presented by Dharmakīrti, one of the most influential Indian philosophers. It includes an edition and translation of the section on the cessation of suffering according to Manorathanandin, the last commentator on Dharmakīrti's *Pramāṇavārttika* in the Sanskrit cosmopolis. The edition is based on the manuscript used by Sāṅkṛtyāyana and other sources. Methodological issues related to editing ancient Sanskrit texts are examined, while expanding on the activity of ancient pandits and modern editors.

## Transpersonal Psychology (6)

[69]



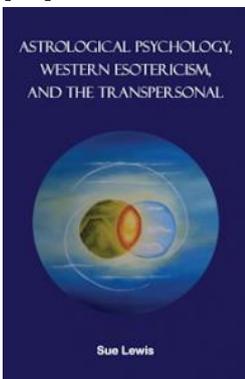
Bricklin, Jonathan  
*The Illusion of Will, Self, and Time: William James's Reluctant Guide to Enlightenment*  
 SUNY Press, 2015  
 402 pages  
 ISBN 9781438456270

[Publisher](#) | [Google Books](#) | [Worldcat](#)

James, William, -- 1842-1910. Psychologists -- United States. Philosophers -- United States. Transpersonal psychology. Philosophers. Psychologists. United States. Psychology -- history. Philosophy -- history.

William James is often considered a scientist compromised by his advocacy of mysticism and parapsychology. Jonathan Bricklin argues James can also be viewed as a mystic compromised by his commitment to common sense. James wanted to believe in will, self, and time, but his deepest insights suggested otherwise. "Is consciousness already there waiting to be uncovered and is it a veridical revelation of reality?" James asked shortly before his death in 1910. A century after his death, research from neuroscience, physics, psychology, and parapsychology is making the case, both theoretically and experimentally, that answers James's question in the affirmative. By separating what James passionately wanted to believe, based on common sense, from what his insights and researches led him to believe, Bricklin shows how James himself laid the groundwork for this more challenging view of existence. The non-reality of will, self, and time is consistent with James's psychology of volition, his epistemology of self, and his belief that Newtonian, objective, even-flowing time does not exist.

[70]



Hopewell, Barry and Sue Lewis  
*Astrological Psychology, Western Esotericism, and the Transpersonal*  
 Hopewell, 2015  
 212 pages  
 ISBN 9780955833984

[Publisher](#) | [Worldcat](#)

Huber, Bruno. Huber, Louise. Astrology and psychology. Psychoanalysis. Occultism.

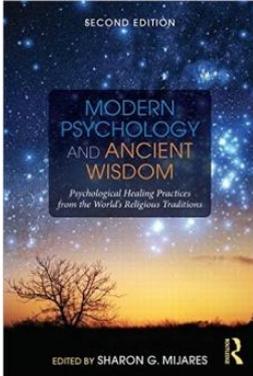
Looks at the hitherto unacknowledged links between the astrological psychology of Bruno and Louise Huber and the Western esoteric tradition, as well as ways in which its visual method of astrological interpretation engages imagination as well as technique, and its ongoing relevance to transpersonal astrologers and therapists as we grapple with the increasingly complex intercommunication of microcosm and macrocosm in our postmodern world.

The arguments, whose point of departure is Jacob Needleman's assertion that 'the understanding of any level of esotericism, insofar as it embraces both the outer and the inner movement of the mind,



requires that the seeker and the scholar each honour the other', are presented in a scholarly manner with clear attributions, while parts of book, notably discussion of the author's chart in chapter 4, show how astrology—and this method in particular—can become the symbolic structure that facilitates the healing of deep wounds in the divided self and guides the journey to wholeness.

[71]



Mijares, Sharon G.

*Modern Psychology and Ancient Wisdom: Psychological Healing Practices from the World's Religious Traditions*

Routledge, 2015 (2. ed.)

244 pages

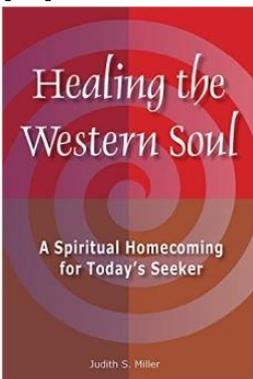
ISBN 9781138884502

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Spiritual healing.

Brings together experts who explore the use of ancient healing techniques from Buddhism, Christianity, Goddess, Shamanism, Taoism, and Yogic traditions as well as the mystical practices of Judaism and Islam and their application to modern counseling and therapy professions. Each chapter lays out techniques used by teachers, guides, and practitioners to facilitate psychological healing, embraces a wide variety of cultural perspectives, and offers a large, varied, and meaningful view of the world. This new edition includes added material on Islam, indigenous, and shamanic healing perspectives and practices, as well as new findings in the fields of neuropsychology and epigenetics.

[72]



Miller, Judith S.

*Healing the Western Soul: A Spiritual Homecoming for Today's Seeker*

Paragone House, 2015

252 pages

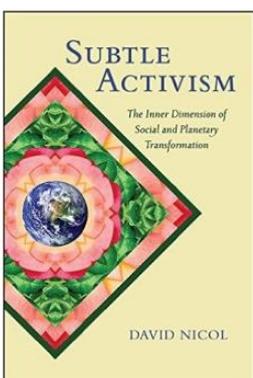
ISBN 9781557789174

[Publisher](#) | [Worldcat](#)

Mind and body. Civilization, Western.

The search for meaning, which is so crucial for psychological health, has lost its traditional anchors. As a result, millions of individuals are creating their own belief systems. This shift began back in the Sixties, as people left traditional religion and began exploring other forms of spirituality. Social contradictions demonstrate the complex factors around the topic of the spiritual life in the West. We have reached a pivotal moment where many negative forces seem to be pulling us apart, even while powerful forces for the good, especially seen through rapidly growing global communication, are bringing people around the world ever closer together. Today's meaning will be found through reclaiming and transforming our traditional spiritual anchors.

[73]



Nicol, David

*Subtle Activism: The Inner Dimension of Social and Planetary Transformation*

SUNY Press, 2015

246 pages

ISBN 9781438457512

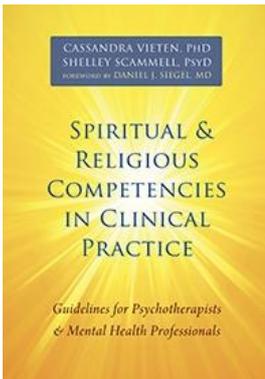
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Transpersonal psychology. Human evolution. Self-actualization (Psychology). Consciousness.



Can awakened consciousness contribute to social change and, if so, how? David Nicol introduces the concept of “subtle activism” to describe the use of consciousness-based practices like meditation and prayer to support collective transformation, such as global meditation directed toward peaceful resolution of a conflict. Subtle activism represents a bridge between the consciousness movement and the movements for peace, environmental sustainability, and social justice. It is not a substitute for physical action but rather a potentially crucial component of a more integrated approach to social change. Although ancient lore is rife with tales of shamans and adepts intervening on spiritual levels for the benefit of humanity, this book is the first comprehensive treatment of this topic. Nicol grounds his consideration in the available scientific research and in dialogue with a broad range of thinkers in the fields of consciousness studies, transpersonal theory, and New Paradigm thought.

[74]



Vieten, Cassandra and Shelley Scammell  
*Spiritual and Religious Competencies in Clinical Practice: Guidelines for Psychotherapists and Mental Health Professionals*  
 New Harbinger, 2015  
 256 pages  
 ISBN 9781626251052

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Psychotherapy -- Religious aspects. Psychotherapy patients -- Religious life. Psychotherapist and patient.

Spirituality lies at the heart of many clients' core values, and helps shape their perception of themselves and the world around them. In this book, two clinical psychologists provide a much-needed, research-based road map to help professionals appropriately address their clients' spiritual or religious beliefs in treatment sessions. More and more, it has become essential for mental health professionals to understand and competently navigate clients' religious and spiritual beliefs in treatment. In *Spiritual and Religious Competencies in Clinical Practice*, you'll find sixteen research-based guidelines and best practices to help you provide effective therapy while being conscious of your clients' unique spiritual or cultural background.

## Philosophy (5)

[75]



Garfield, Jay L.  
*Engaging Buddhism: Why It Matters to Philosophy*  
 Oxford University Press, 2015  
 400 pages  
 ISBN 9780190204334

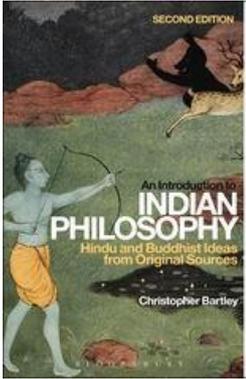
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhist philosophy. Buddhism -- History.

This is a book for scholars of Western philosophy who wish to engage with Buddhist philosophy, or who simply want to extend their philosophical horizons. It is also a book for scholars of Buddhist studies who want to see how Buddhist theory articulates with contemporary philosophy. The book articulates the basic metaphysical framework common to Buddhist traditions. It then explores questions in metaphysics, the philosophy of mind, phenomenology, epistemology, the philosophy of language and ethics as they are raised and addressed in a variety of Asian Buddhist traditions. In each case, the focus is on philosophical problems and the connections between Buddhist and contemporary Western debates are addressed, as are the distinctive contributions that the Buddhist tradition can make to Western discussions. The book concludes with methodological reflections on how to prosecute dialogue between Buddhist and Western traditions.



[76]

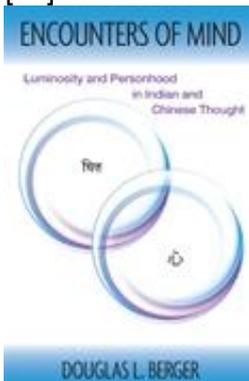


Bartley, Christopher  
*An Introduction to Indian Philosophy: Hindu and Buddhist Ideas from Original Sources*  
 Bloomsbury, 2015 (2. ed.)  
 304 pages  
 ISBN 9781472524379

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
 Philosophy, Indic.

Introducing the topics, themes and arguments of the most influential Hindu and Buddhist Indian philosophers, *An Introduction to Indian Philosophy* leads the reader through the main schools of Indian thought from the origins of Buddhism to the Saiva Philosophies of Kashmir. By covering Buddhist philosophies before the Brahmanical schools, this engaging introduction shows how philosophers from the Brahmanical schools—including Samkhya, Yoga, Nyaya, Vaisheshika, and Mimamsa, as well as Vedanta—were to some extent responding to Buddhist viewpoints. Together with clear translations of primary texts, this fully-updated edition features a glossary of Sanskrit terms, a guide to pronunciation, and a chronological list of philosophers & works. With study tools and constant reference to original texts, *An Introduction to Indian Philosophy* provides students with deeper understanding of the foundations of Indian philosophy.

[77]



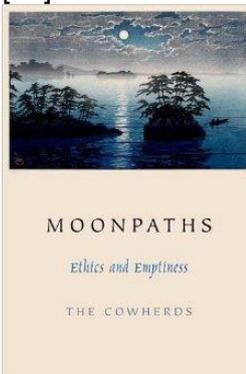
Berger, Douglas L.  
*Encounters of Mind: Luminosity and Personhood in Indian and Chinese Thought*  
 SUNY Press, 2015  
 262 pages  
 ISBN 9781438454733

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Buddhist philosophy. Buddhism -- India -- Doctrines. Buddhism -- China -- Doctrines.

*Encounters of Mind* explores a crucial step in the philosophical journey of Buddhism from India to China, and what influence this step, once taken, had on Chinese thought in a broader scope. The relationship of concepts of mind, or awareness, to the constitution of personhood in Chinese traditions of reflection was to change profoundly after the Cognition School of Buddhism made its way to China during the sixth century. India's Buddhist philosophers had formulated the idea that, in order for human beings to achieve perfect enlightenment, they had to produce a state of awareness through practice that they described as "luminous." However, once introduced to the Chinese tradition, the concept of the "luminous mind" was to become a condition already found within human nature for the possibility of achieving human ideals. This notion of the luminous mind was to have far-reaching significance both for Chinese Buddhism and for medieval Confucianism. Douglas L. Berger follows the transforming path of conceptions of the luminosity of consciousness and the perfectibility of personhood in order to bring into clearer relief the history of Indian and Chinese philosophical dialogue, as well as in the hope that such dialogue will be reignited.

[78]



The Cowherds  
*Moonpaths: Ethics and Emptiness*  
 Oxford University Press, 2015  
 288 pages  
 ISBN 9780190260507

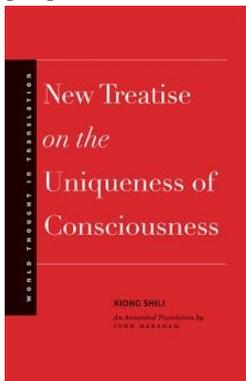


[Publisher](#) | [Google Books](#) | [Worldcat](#)

Truth -- Religious aspects -- Buddhism. Buddhist philosophy.

The Mahayana tradition in Buddhist philosophy is defined by its ethical orientation—the adoption of bodhicitta, the aspiration to attain awakening for the benefit of all sentient beings. And indeed, this tradition is known for its literature on ethics, which reflect the Madhyamaka tradition of philosophy, and all emphasize both the imperative to cultivate an attitude of universal care (karuna) grounded in the realization of emptiness, impermanence, independence and the absence of any self in persons or other phenomena. This position is morally very attractive, but raises an important problem: if all phenomena, including persons and actions, are only conventionally real, can moral injunctions or principles be binding, or does the conventional status of the reality we inhabit condemn us to an ethical relativism or nihilism? In *Moonshadows*, the international collective known as the Cowherds addresses an analogous problem in the domain of epistemology and argues that the Madhyamaka tradition has the resources to develop a robust account of truth and knowledge within the context of conventional reality. The essays explore a variety of ways in which to understand important Buddhist texts on ethics and Mahayana moral theory so as to make sense of the genuine force of morality. The volume combines careful textual analysis and doctrinal exposition with philosophical reconstruction and reflection, and considers a variety of ways to understand the structure of Mahayana Buddhist ethics.

[79]



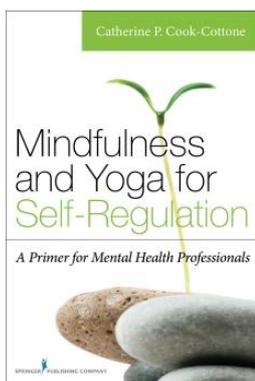
Xiong Shili, transl.by John Makeham  
*New Treatise on the Uniqueness of Consciousness*  
Yale University Press, 2015  
416 pages  
ISBN 9780300191578

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Knowledge, Theory of.

This book, the first English translation of what many consider to be the most original work of Chinese philosophy produced in the twentieth century, draws from Buddhist and Confucian philosophy to develop a critical inquiry into the relation between the ontological and the phenomenal. This annotated edition examines Xiong Shili's complex engagement with Buddhist thought and the legacy of Xiong's thought in New Confucian philosophy. It will be an indispensable resource for students of Eastern philosophy and Chinese intellectual history, as well as for philosophers who may not be familiar with the Chinese tradition. Xiong Shili (1885–1968) was a luminary in Modern New Confucianism and Buddhist philosophy, especially Yogacara. He shaped modern Chinese philosophy by developing new syncretic approaches to the interpretation of traditional Chinese philosophy.

## Yoga Studies (5)

[80]



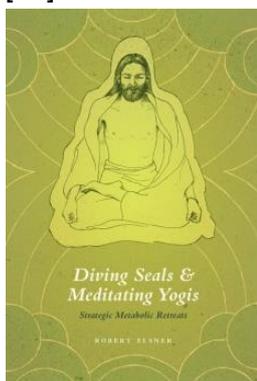
Cook-Cottone, Catherine P.  
*Mindfulness and Yoga for Self-Regulation: A Primer for Mental Health Professionals*  
Springer, 2015  
348 pages  
ISBN 9780826198631

[Publisher](#) | [Google Books](#) | [Worldcat](#)  
Mind and body. Self. Yoga -- Psychological aspects.



Mindfulness and yoga-based approaches as beneficial supplements to traditional mental health paradigms are well supported by empirical research. Although numerous texts have examined these approaches for treatment of depression, anxiety, and eating disorders, this is the first to address mindfulness and yoga-based approaches as embodied tools for reducing dysregulation associated with self-destructive and consumption-oriented behaviors. Introducing the basic theoretical foundations, key practices, and comprehensive protocols of mindfulness and yoga-based approaches for the treatment of externally oriented behaviors, the text is targeted at mental health professionals who wish to learn how to incorporate these techniques into their practice. The book explores the societal influences that lead to the externally oriented, idealized, and ultimately self-defeating concept of the individual. It provides the structure and practical applications for clinicians to help their clients overcome struggles with externally oriented behaviors and discover an internal sense of satisfaction and peace of mind. Tapping into the concept of a "hungry self" within the context of consumerism, the book advocates mindfulness and yoga approaches as alternate pathways toward a contented, regulated, and authentic experience of self. It addresses various aspects of the consumptive self and defines related syndromes such as disordered eating, compulsive shopping, substance use, and gambling. Creating a context for using alternative and complementary approaches, the book describes the challenges of traditional therapies. It then covers the conceptual aspects of mindfulness and yoga and describes specific protocols that facilitate behaviors associated with a healthy experience of the self for a variety of disorders.

[81]



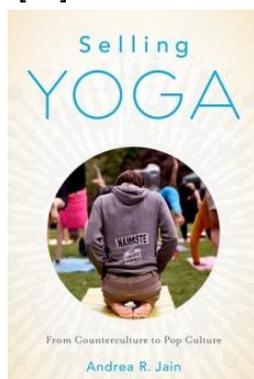
Elsner, Robert  
*Diving Seals and Meditating Yogis: Strategic Metabolic Retreats*  
 University of Chicago Press, 2015  
 192 pages  
 ISBN 9780226246710

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Seals (Animals) -- Behavior. Diving. Metabolism -- Regulation.

Examines the comparative physiology of diving seals and meditating yogis. Reveals that survival in extreme conditions such as those faced by seals is often not about running for cover or coming up for air, but rather about working within the confines of an environment and. Animals in this withdrawn state display reduced resting metabolic rates and are temporarily less dependent upon customary levels of oxygen. Diving seals are able to suppress normal bodily function which enables lengthened dive endurance. While human divers may share modest, brief adjustments of suppressed metabolism, the practiced response achieved during deep meditation is characterized by metabolic rates well below normal levels. Further instances of reduced metabolisms include hibernating animals, infants during birth, near-drowning victims, and clams at low tide. By investigating these states and the regulatory functions that help maintain them across a range of species, the author offers suggestive insight into the linked biology of survival and well-being.

[82]



Jain, Andrea  
*Selling Yoga: From Counterculture to Pop Culture*  
 Oxford University Press, 2015  
 264 pages  
 ISBN 9780199390243

[Publisher](#) | [Book preview](#) | [Worldcat](#)

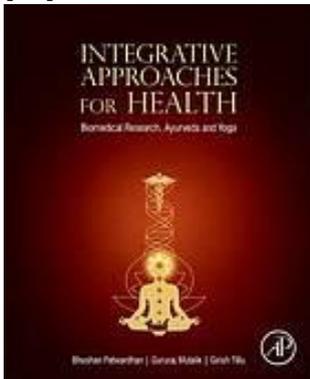
Yoga -- Economic aspects. Popular culture. Yoga.

Premodern and early modern yoga comprise techniques with a wide range of aims, from turning inward in quest of the true self, to turning outward for divine union, to channeling bodily energy in pursuit of sexual pleasure. Early modern



yoga also encompassed countercultural beliefs and practices. In contrast, today, modern yoga aims at the enhancement of the mind-body complex but does so according to contemporary dominant metaphysical, health, and fitness paradigms. Consequently, yoga is now a part of popular culture. In *Selling Yoga*, Andrea R. Jain explores the popularization of yoga in the context of late-twentieth-century consumer culture. She departs from conventional approaches by undermining essentialist definitions of yoga as well as assumptions that yoga underwent a linear trajectory of increasing popularization. While some studies trivialize popularized yoga systems by reducing them to the mere commodification or corruption of what is perceived as an otherwise fixed, authentic system, Jain suggests that this dichotomy oversimplifies the history of yoga as well as its meanings for contemporary practitioners. By discussing a wide array of modern yoga types, from Iyengar Yoga to Bikram Yoga, Jain argues that popularized yoga cannot be dismissed—that it has a variety of religious meanings and functions. Yoga brands destabilize the basic utility of yoga commodities and assign to them new meanings that represent the fulfillment of self-developmental needs often deemed sacred in contemporary consumer culture.

[83]



Patwardhan, B., Mutalik, G., & Tillu, G  
*Integrative Approaches for Health: Biomedical Research, Ayurveda and Yoga.*

Academic Press, 2015

357 pages

ISBN 9780128012826

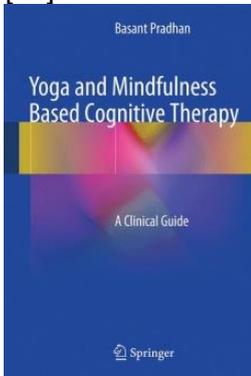
[Publisher](#) | [Worldcat](#)

Integrative medicine. Medicine -- Research. Medicine, Ayurvedic. Yoga.

Modern medicine has not led to a significant decrease in chronic diseases like diabetes, obesity, and other degenerative and autoimmune diseases.

The authors believe that modern medicine needs to experience a paradigm shift, an integration of traditions—in particular from the ancient systems like Ayurveda and Yoga. This work thus brings together the basic principles of interdisciplinary systems approach for an evolving construct of future medicine. Such an approach is already emerging at the cutting edge of current research in omics, bioinformatics, computational and systems biology. Several leading institutions of medicine have adopted Yoga and complementary medicine to widen their reach, and deepen effectiveness in therapeutic practices. The amalgam of modern medicine, with its strengths in scientific rigor, blended with the basic principles of life drawn from Ayurveda and Yoga might evolve into a medicine of tomorrow. Integrative approaches are no longer alternative, perhaps taking these approaches is the only possible way to heal our sick planet. This book introduces important trends and tools for biomedical researchers and physicians alike, to innovate the practice of medicine for the better.

[84]



Pradhan, Basant

*Yoga and Mindfulness Based Cognitive Therapy: A Clinical Guide*

Springer, 2015

244 pages

ISBN 9783319091044

[Publisher](#) | [Worldcat](#)

Mindfulness-based cognitive therapy. Yoga -- Therapeutic use.

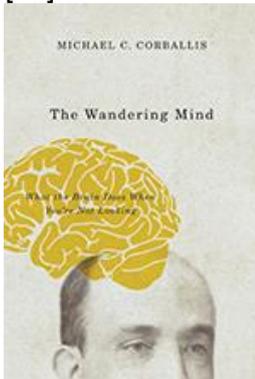
This book attempts to bridge the considerable gaps that exist between spiritual philosophies and evidence-based medicine and between the psychotherapeutic models of the East and the West. Based on the insights of both the ancient wisdom and modern medicine, this book presents Yogic science not just as a set of physical exercises or religious rituals but as theories about the mind that have bio-psycho-social implications in relation to health and illness. Drawing on his years of monastic training and his extensive experiential, clinical



and research knowledge on the utility of Yoga meditation in standardized and evidence-based medicine protocols, the author describes symptom-specific clinical applications of Yogic/meditative techniques using standardized protocols for the various psychiatric and psychosomatic conditions. In addition, he explains the value of these techniques in reducing stress and improving quality of life in healthy populations. Dr. Pradhan names the proposed integrative model of psychotherapy Yoga and Mindfulness Based Cognitive Therapy (Y-MBCT). Unlike other models, Y-MBCT uses Yoga in its entirety (all eight limbs, including meditation) rather than piecemeal. The standardized and evidence-based format of Yoga meditation described in this book will help all aspiring Yoga practitioners and will hopefully also provide the impetus for multicenter research studies on the value of this ancient wisdom.

## Varia (5)

[85]



Corballis, Michael C.  
*The Wandering Mind: What the Brain Does When You're Not Looking*  
 University of Chicago Press, 2015  
 184 pages  
 ISBN 9780226238616

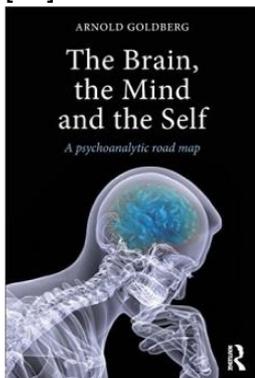
[Publisher](#) | [Google Books](#) | [Worldcat](#)

Brain. Cognition. Absent-mindedness. Thought and thinking. Attention. Brain -- physiology. Awareness. Memory.

If we've done our job well—and, let's be honest, if we're lucky—you'll read to the end of this description. Most likely, however, you won't. Somewhere in the middle of the next paragraph, your mind will wander off. Minds wander. That's just how it is.

That may be bad news for me, but is it bad news for people in general? Does the fact that as much as fifty percent of our waking hours find us failing to focus on the task at hand represent a problem? Michael Corballis doesn't think so, and with *The Wandering Mind*, he shows us why, rehabilitating woolgathering and revealing its incredibly useful effects. Drawing on the latest research from cognitive science and evolutionary biology, Corballis shows us how mind-wandering not only frees us from moment-to-moment drudgery, but also from the limitations of our immediate selves. Mind-wandering strengthens our imagination, fueling the flights of invention, storytelling, and empathy that underlie our shared humanity; furthermore, he explains, our tendency to wander back and forth through the timeline of our lives is fundamental to our very sense of ourselves as coherent, continuing personalities.

[86]



Goldberg, Arnold  
*The Brain, the Mind and the Self: A Psychoanalytic Road Map*  
 Routledge, 2015  
 168 pages  
 ISBN 9781138788336

[Publisher](#) | [Google Books](#) | [Worldcat](#)

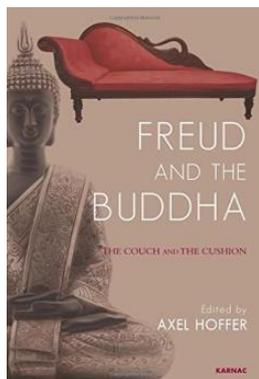
Psychoanalysis. Psychoanalytic Theory. Mental Processes. Neurosciences.

How do we distinguish between the brain, the mind and the self? In his new book, Arnold Goldberg approaches this question from a psychoanalytic perspective, and examines how recent research findings can shed light on it. He repositions psychoanalysis as an interpretive science that is a different activity to most other sciences that are considered empirical. Giving clear coverage of the various psychoanalytic models of the mind and the self, Goldberg examines how these theories fare against neuroscientific evidence, and what implications these have for psychoanalytic clinical practice. This work sets up evidence-based, robust



psychoanalytic theory and practice that will give psychoanalysts, social workers and practicing psychologists a valuable insight into the future of psychoanalysis.

[87]



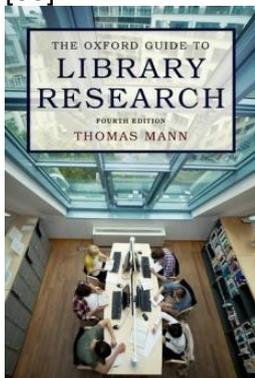
Hoffer, Axel (ed.)  
*Freud and the Buddha: The Couch and the Cushion*  
 Karnac Books, 2015  
 224 pages  
 ISBN 9781782201472

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Psychoanalysis. Psychology. Social psychology. Buddhism and psychoanalysis.

This book investigates what psychoanalysis and Buddhism can learn from each other, and offers chapters by a Buddhist scholar, a psychiatrist-author, and a number of leading psychoanalysts. It begins with a discussion of the basic understanding of both psychoanalysis and Buddhism, viewed not as a religion but as a psychology and a philosophy with ethical principles. The focus of the book rests on the commonality between the psychoanalyst's neutrality as he listens to his freely associating patient, and the Buddhist monk's non-judgmental attention to his mind. The psychoanalytic concepts of free association, the unconscious, transference and countertransference are compared to the implications of the Buddhist principles of impermanence, non-clinging (non-attachment), the hard-to-grasp concept of the "not-self", and the practice of meditation. The differences between the role of the analyst and that of the Buddhist teacher of meditation are explored, and the important difference between the analyst's emphasis on insight and thinking is compared to the Buddhist attention to awareness and experience. Mention is made of the authors' implicit recognition of the dissolution of the mind-body split and the relevance of neuroscientific discoveries of the increasingly important role of the right brain in thinking is noted. The book concludes with a discussion of the controversies about free association, words, and understanding, in both psychoanalysis and Buddhism.

[88]



Mann, Thomas (ed.)  
*The Oxford Guide to Library Research*  
 Oxford University Press, 2015 (4. ed.)  
 392 pages  
 ISBN 9780199931064

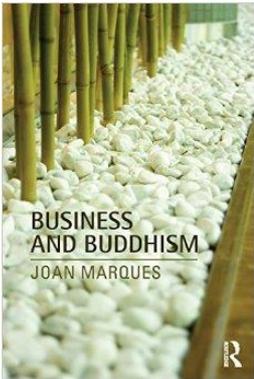
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Library research -- United States. Reference -- Research.

The information world has undergone drastic changes since the publication of the 3rd edition of *The Oxford Guide to Library Research* in 2005. This updated edition shows researchers how to do comprehensive research on any topic. It explains the variety of search mechanisms available, so that the researcher can have the reasonable confidence that s/he has not overlooked something important. This includes not just lists of resources, but discussions of the ways to search within them: how to find the best search terms, how to combine the terms, and how to make the databases (and other sources) show relevant material even when you don't know how to specify the best search terms in advance. The book's overall structuring by nine methods of searching that are applicable in any subject area, rather than by subjects or by types of literature, is unique among guides to research. Also unique is the range and variety of concrete examples of what to do—and of what not to do. The book is not "about" the Internet: it is about the best alternatives to the Internet—the sources that are not on the open Web to begin with, that can be found only through research libraries and that are more than ever necessary for any kind of substantive scholarly research. More than any other research guide available, this book directly addresses and provides solutions to the serious problems outlined in recent studies documenting the profound lack of research skills possessed by today's "digital natives."



[89]



Marques, Joan  
*Business and Buddhism*  
Routledge, 2015  
170 pages  
ISBN 9781138786066

[Publisher](#) | [Google Books](#) | [Worldcat](#)

Entrepreneurship -- Religious aspects -- Buddhism. Leadership -- Religious aspects -- Buddhism.

This book explores shifts in business perspectives as more value is placed on soft skills like emotional intelligence and listening, and introduces the reader to the principles in Buddhist philosophy that can be applied in the workplace. Buddhist practices are increasingly understood as spiritual, rather than religious per se. In fact, Buddhism is alternately referred to as a philosophy or psychology. In this book, Marques explores the value of applying the positive psychology of Buddhism to work settings. She outlines the ways in which it offers highly effective solutions to addressing important management and organizational behavior related issues, but also flags up critical areas for caution. The book includes end of chapter questions to promote reflection and critical thinking, and examples of Buddhist leaders in action.

Mag. Dennis Johnson  
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[office@dennis-johnson.com](mailto:office@dennis-johnson.com)

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<sup>2</sup> The website is currently experiencing some display issues with Mozilla Firefox browsers.

