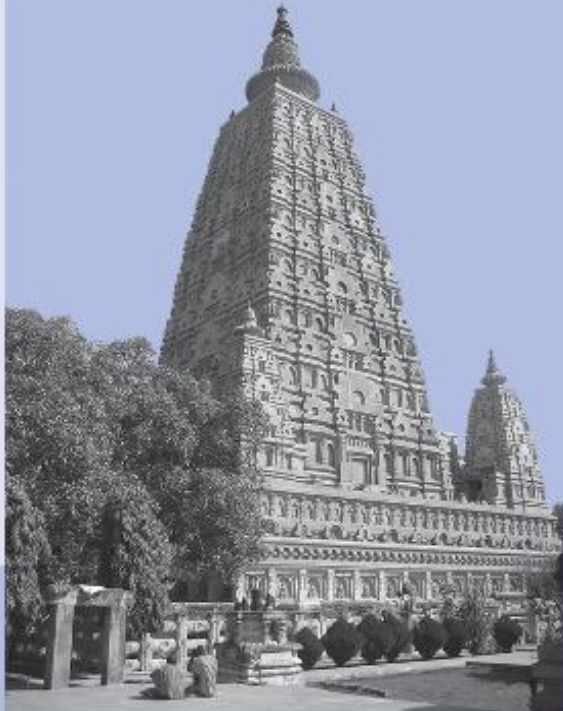




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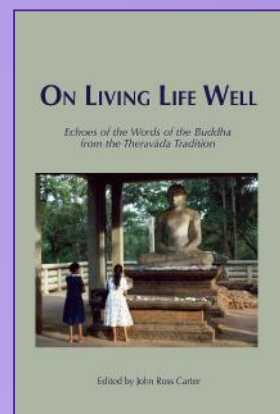
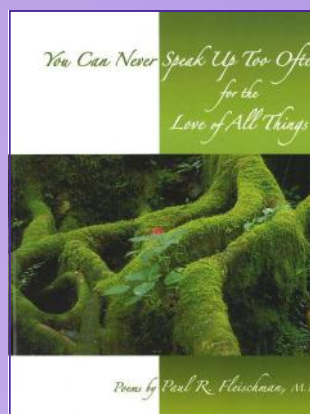
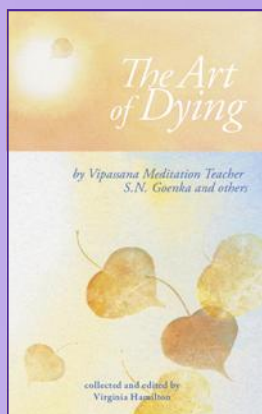
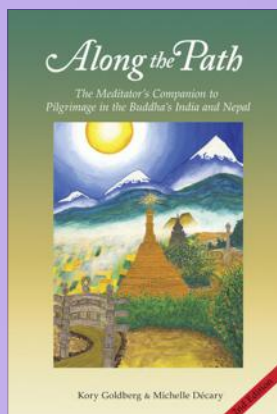


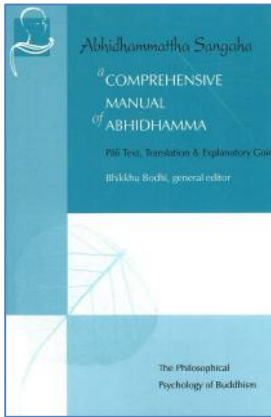
the REQUISITES of ENLIGHTENMENT



the Venerable
Ledi Sayadaw

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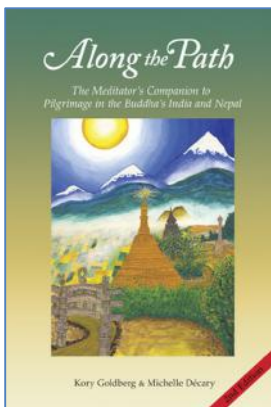


A COMPREHENSIVE MANUAL OF ABHIDHAMMA: Pali Text, Translation & Explanatory Guide Edited by Bhikkhu Bodhi

This modern translation of the Abhidhammattha Sangaha (Manual of Abhidhamma) offers an introduction to Buddhism's fundamental philosophical psychology. Originally written in the 11th or 12th century, the Sangaha has served as the key to wisdom held in the Abhidhamma. Concisely surveyed are Abhidhamma's central themes, including states of consciousness and mental factors, the functions and processes of the mind, the material world, dependent arising, and the methods and stages of meditation. This presents an exact translation of the Sangaha alongside the original Pali text. A detailed, explanatory guide with more than 40 charts and tables lead readers through the complexities of Adhidhamma.

REVIEWS: "Bhikkhu Bodhi and the others who have contributed to this truly comprehensive manual of the mind have done a masterful job." --Daniel Goleman, Ph.D., author, Emotional Intelligence

PB 9781928706021 £19.99 September 2003 Pariyatti Press 400 pages 215x139x26mm tables

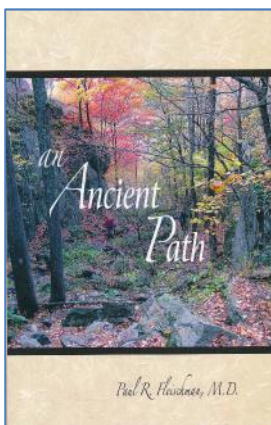


ALONG THE PATH: The Meditator's Companion to Pilgrimage in the Buddha's India & Nepal Kory Goldberg, Michelle Déarcy

Full of practical and inspiring information for meditators who plan to visit the sacred sites where the Buddha lived and taught in India and Nepal, this unique guidebook provides a rich anthology of stories relating to each of the sites, as well as helpful maps, creative artwork, and spiritual narratives from experienced travellers. Each site entry includes insider information and tips with detailed descriptions of transportation, accommodation, and local cuisine; suggested excursions and activities in the vicinity; and highlights of established Vipassana mediation centres best suited to accommodate visiting meditators. This second edition has been updated and revised to feature newly discovered pilgrimage sites and a few more stories from the Pali canon.

REVIEWS: "Kory Goldberg and Michelle Decary have written an up-to-date tour guide to Buddhist sites throughout the subcontinent. They describe in detail a plethora of locations where the world of the Buddha and of his early followers can be contacted and correlated both with ancient Pali texts and also with contemporary meaning for modern meditators. The historical sites are more than that--they are repositories of India's spiritual wealth." -- Dr Paul R Fleischman, author, "An Ancient Path, Cultivating Inner Peace, and Karma & Chaos"

PB 9781938754586 £18.50 September 2013 Pariyatti Press 453 pages 215x140mm

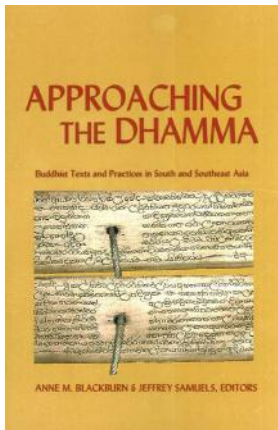


AN ANCIENT PATH: Talks on Vipassana Meditation as Taught by S.N. Goenka Paul R Fleischman

These lectures given by Dr. Paul Fleischman on Vipassana meditation as taught by S. N. Goenka, explore subjects such as mental health, mindfulness, and cultivating inner peace. They were given to diverse audiences across the world in locations including Boston, Dublin, Madrid, and Vienna. The collection is a valuable introduction to Vipassana meditation, as well as an inspiring resource for those who are already practicing.

AUTHOR INFORMATION: Paul R. Fleischman, MD, is the author of The Buddha Taught Nonviolence, Not Pacifism, The Healing Spirit, Karma and Chaos, and Spiritual Aspects of Psychiatric Practice. He has contributed to Landscape, Nature, and The Yale Review. In 1993 he was awarded the Oskar Pfister Award by the American Psychiatric Association for his writing. He lives in Amherst, Massachusetts.

PB 9781928706533 £9.50 January 2009 Pariyatti Press 192 pages 209x133mm



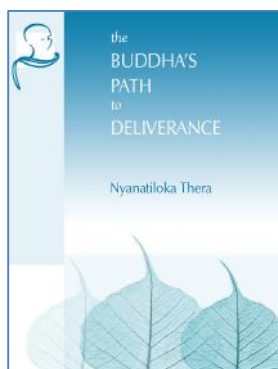
APPROACHING THE DHAMMA: Buddhist Texts and Practices in South and Southeast Asia Anne M Blackburn, Jeffrey Samuels

Eleven eminent Buddhist studies scholars have contributed essays to this collection, assembled to celebrate the life of the late Sri Lankan scholar, social worker, and meditation master Godwin Samararatne.

AUTHOR INFORMATION: Dr Anne Blackburn is an assistant professor in Asian studies at Cornell University. She lives in Ithaca, New York. Dr Jeffrey Samuels is an assistant professor at Western Kentucky University, Bowling Green, Kentucky, where he has taught Asian Religions, Hinduism, Buddhism, Buddhist-Christian Monasticism as well as courses in Pali and Sanskrit.

REVIEWS: "These fine essays by some of the best scholars in the field meaningfully enhance our collective understanding of Sri Lankan Buddhism." --Ananda Wickremeratne, PhD, theology professor, Loyola University-Chicago

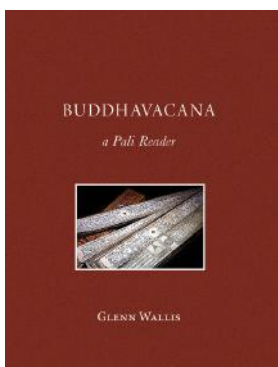
PB 9781928706199 £17.50 September 2003 Pariyatti Press 282 pages 215x139x18mm



BUDDHA'S PATH TO DELIVERANCE: A Systematic Exposition in the Words of the Sutta Pitaka Nyanatiloka Thera

A classic entry in the Pali canon, this anthology charts the entire course of spiritual development as prescribed in the most ancient Buddhist texts. Drawing upon the Buddha's own words from Sutta Pitaka, they are arranged in accordance with two overlapping schemes of practice: the threefold training in virtue, concentration, and wisdom, and the seven stages of purification. A lengthy chapter on concentration provides sutta sources for all 40 classical subjects of meditation, while a chapter on wisdom cites texts relating to the development of insight.

PB 9781928706182 £10.99 July 2002 Pariyatti Press 250 pages 180x125mm

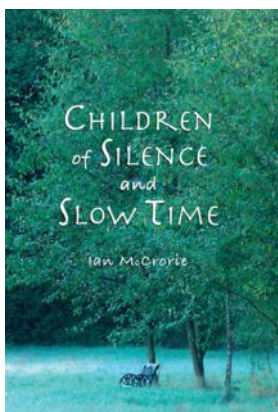


BUDDHAVACANA: A Pali Reader Glenn Wallis

Encouraging the study of Buddhist canonical literature in Pali, this reader aims to provide a reliable overview of Siddhattha Gotama's teachings, allowing students to distinguish them from historical changes, additions, and mutations. Sixteen suttas have been selected here for study, each comprising a section of the book. After each sutta are blank pages where students can write down their own renderings; a word-by-word guide to the sutta, with brief grammatical annotations; and, at the end of the book, polished translations of all the suttas offered. A familiarity with basic Pali grammar is recommended.

REVIEWS: "Those who have this intuitive gift will find that by the time they complete this book, they will be able to read virtually any sutta in the Pali Nikayas." -- Bhikkhu Bodhi, author, "The Numerical Discourses of the Buddha"

PB 9781928706854 £18.50 December 2010 Pariyatti Press 341 pages 235x190mm

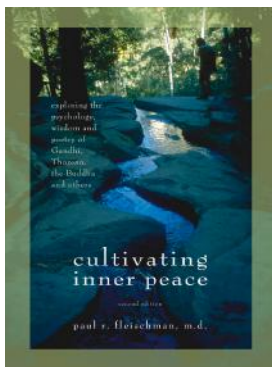


CHILDREN OF SILENCE & SLOW TIME Ian McCrorie

Written with the wisdom, humility and humour of one who has taken the time to examine themselves and the nature of the human condition, this new collection of story-poems regards concerns of the experienced meditator. The thoughtful and insightful poems serve as both inspiration and motivation to others who are trying to walk the path of self-discovery. Each one serves to nourish the spirit while also providing a fresh kind of sustenance.

AUTHOR INFORMATION: Ian McCrorie has been practising meditation for over 20 years. He has travelled the world to study with renowned teachers, lived as a recluse in meditation, and for more than 10 years has been conducting courses in Vipassana meditation. He lives in Ottawa, Ontario.

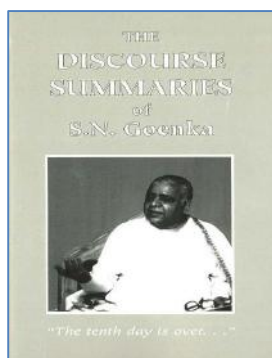
PB 9781928706458 £12.50 July 2012 Pariyatti Press 159 pages 215x140mm



CULTIVATING INNER PEACE: Exploring the Psychology, Wisdom and Poetry of Gandhi, Thoreau, the Buddha, and Others Paul R Fleischman, William Radice

The way to inner peace is illuminated in this accessible guide to tending one's inner landscape. The lives of outstanding figures such as the Buddha, Walt Whitman, and Gandhi are used to connect the ideal of inner peace with how real people cultivate peace in their everyday lives. Peacefulness as dynamic, selective, and egoless is shown through the constructive act of choosing different ways of life, such as having a smaller family or a more modest career. A message of hope and inspiration permeates this pragmatic approach and is exemplified by the author's own practice of meditation.

PB 9781928706250 £14.50 April 2004 Pariyatti Press 320 pages 203x127x7mm

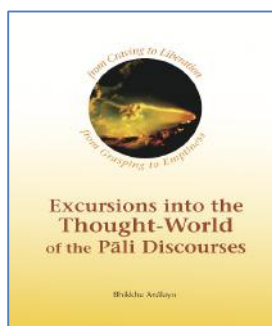


DISCOURSE SUMMARIES S. N. Goenka

The 11 discourses in this volume provide a broad overview of the teachings of Buddha to help meditators understand what to do and why, so they work in the proper way and achieve the proper results.

AUTHOR INFORMATION: S. N. Goenka is a leading teacher of Vipassana meditation. He has been invited to address the World Economic Forum, Davos, the Millennium World Peace Summit, and the United Nations. His writings include Was the Buddha a Pessimist, Dharma: Its True Nature, and The Gracious Flow of Dharma.

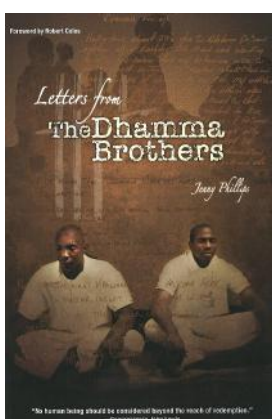
PB 9781928706090 £7.50 January 2000 Pariyatti Press 144 pages 228x152x10mm



EXCURSIONS INTO THE THOUGHT-WORLD OF THE PALI DISCOURSES Bhikkhu Analayo

For those who approach Buddhism as a system of mental development, this book is a reliable and accessible guide to understanding the significance of themes from the Pali discourses. Themes include grasping, right view, craving, passion, contemplation of feeling, happiness, and liberation. A rare combination of scholarly rigour and extensive meditation experience from the author provides veracity to these studies and explorations.

PB 9781928706984 £16.99 November 2012 Pariyatti Press 336 pages 215x140mm



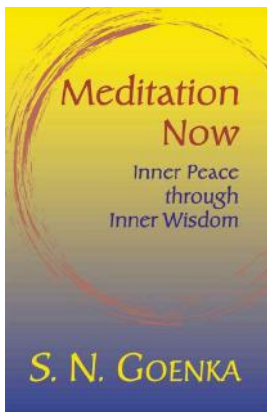
LETTERS FROM THE DHAMMA BROTHERS: Meditation Behind Bars Jenny Phillips

Through intimate letters, interviews, and stories, this narrative reveals the impact that a life-changing retreat had on a group of inmates at the highest level maximum-security state prison in Alabama. The 38 participants in the first-ever intensive, silent 10-day program inside the walls of a corrections facility--many serving life sentences without parole--detail the range of their experiences, the depth of their understanding of the Buddha's teachings gained by direct experience, and their setbacks and successes. During the Vipassana meditation program, they face the past and their miseries and emerge with a sense of peace and purpose. This compelling story shows the capacity for commitment, self-examination, renewal, and hope within a dismal penal system and a wider culture that demonizes prisoners.

AUTHOR INFORMATION: Jenny Phillips is a cultural anthropologist, a writer, and a practising psychotherapist who teaches emotional literacy skills to inmates in both county and state prisons for the Lionheart Foundation. Her article, "Culture of Manhood in Prison," was published in the American Psychological Association Journal.

REVIEWS: "[An] extraordinarily telling and inspiring book, its contents a witness to the human connection achieved. . . . Jenny Phillips manages to enable the far off, the imprisoned, to become the reader's informants and teachers." --Robert Coles, from the book's foreword

PB 9781928706311 £13.50 Sept 2008 Pariyatti Press 240 pages 228x152mm 25 b/w photos

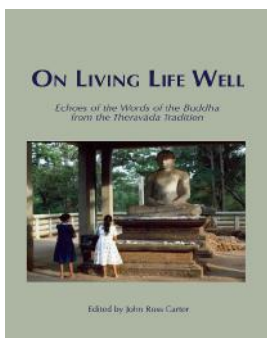


MEDITATION NOW: Inner Peace through Inner Wisdom S N Goenka

Celebrated Vipassana meditation teacher S. N. Goenka interprets the Buddha's teachings in this collection of lectures, essays, and interviews. These writings provide insights into how one of the most influential contemporary Buddhist practitioners defines Vipassana and how he uses it to achieve peace of mind and lead a happy, useful life. Included are transcripts of recent talks given at the World Economic Forum in Davos and at the Millennium World Peace Summit, and a previously unpublished interview conducted by Alan AtKisson, former editor of In Context magazine.

REVIEWS: "S. N. Goenka is another rising star in North America . . . [this book] is a good Goenka primer." -- Shambhala Sun

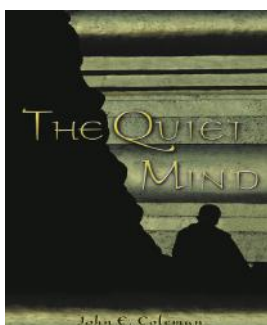
PB 9781928706236 £8.50 September 2003 Pariyatti Press 128 pages 215x139x9mm



ON LIVING LIFE WELL: Echoes of the Words of the Buddha from the Theravada Tradition John Ross Carter

Bringing together talks by internationally known Buddhist scholars, this collection presents complex Buddhist insights about living a freer life through the principles of the Noble Eightfold Path. Set in the context of Sri Lankan culture, topics include psychological well-being, the basis for ethical living, discerning meaning in this life, and the centrality of meditation. Also featured are ways to respond constructively to global human foibles and explanations of ancient religious practices still current today.

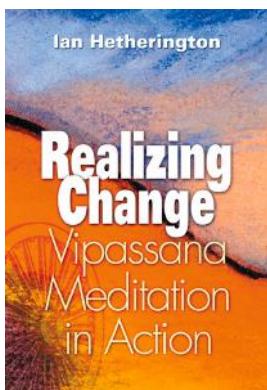
PB 9781928706892 £16.99 November 2010 Pariyatti Press 420 pages 215x140mm



QUIET MIND John E Coleman

A fascinating, engaging, and unique memoir, this story covers John Coleman's life after his cover is blown as a CIA agent in Asia in the late 1950s, leading him to embark on a vigorous pursuit of spiritual truth. In his travels through India, Burma, Japan, and Thailand, he encounters luminous teachers such as Krishnamurti, Maharishi, and D T Suzuki. Ultimately, his search for peace of mind and liberating insights comes to fruition in Yangon -- also known as Rangoon -- under the tutelage of the great Vipassana meditation master Sayagyi U Ba Khin.

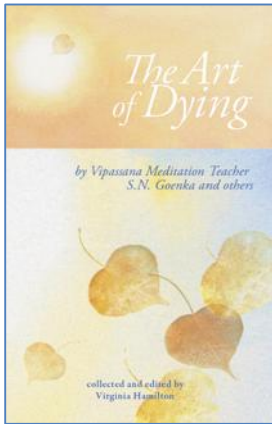
PB 9781928706069 £14.50 August 2000 Pariyatti Press 203 pages 215x140mm



REALIZING CHANGE: Vipassana Meditation in Action Ian Hetherington

Featuring accounts by practitioners living everyday lives, this introduction to Vipassana meditation provides a way for readers to learn more about its benefits. Explained is what takes place before, during, and after a ten-day silent meditation retreat. Each participant follows the same discipline: silence, a basic moral code known as the five precepts, a prescribed timetable, a vegetarian diet, and a commitment to practising only what is taught at the retreat. This first-person account of the retreat reveals the challenges and benefits of facing reality head-on through direct observation and of learning to observe instead of reacting to thoughts, emotions, and sensations. In addition, the ways in which Vipassana meditation techniques are applied to individuals, institutions, children, prisoners, work places, and fields of science and social action are examined. Although based on the teachings of the Buddha, the practice of Vipassana as illustrated in this book has broad appeal to other religious and non-sectarian audiences.

PB 9781928706212 £13.50 September 2003 Pariyatti Press 243 pages 140x250mm b/w photos

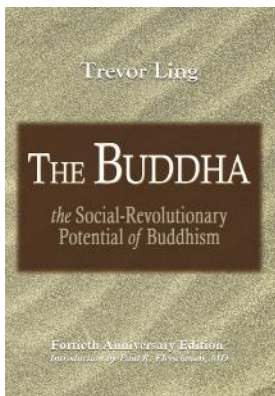


THE ART OF DYING S. N. Goenka Edited by Virginia Hamilton

Weaving together material from many sources, this collection provides a context for understanding death--whether our own or a loved one's--and experiencing it with awareness and equanimity. It features passages from the Pali texts, writings of S. N. Goenka, poems, theoretical expositions, a question-and-answer section, and compelling essays by or about meditators confronting the end of life. With humility, tenderness, and often a smile, they learn to accept their own impermanence, suffering, and nonself. Much of this material was collected from the archives of the 'International Vipassana Newsletter'.

REVIEWS: "I imagine there is no better way to experience the end of life--apart from meditating or living it oneself--than to read these beautiful stories." --Rivers Cuomo, lead singer, Weezer

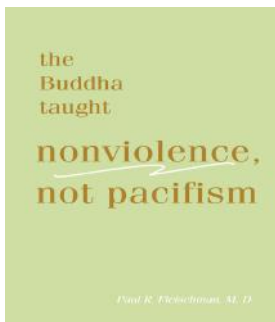
PB 9781928706359 £9.99 March 2014 Pariyatti Press 174 pages 215x139mm



THE BUDDHA: The Social-Revolutionary Potential of Buddhism Trevor Ling, Paul R. Fleischman

A warm and stimulating book, this text describes the India into which the Buddha was born, recounts what is known of his life and the development of his teachings, and then follows the course of Buddhism through succeeding centuries in India and Sri Lanka. Far from being a recluse concerned only with an inner mystical experience, the Buddha always involved himself closely in the social and political world of his time. If he preached detachment from many of the things by which ordinary men are tied, he did so as a means of enriching life rather than escaping it. These examinations and more make this a book to reveal the social-revolutionary potential of Buddhism.

PB 9781938754326 £14.99 Sept 2013 Pariyatti Press 264 pages 215x139mm 10 b/w photos

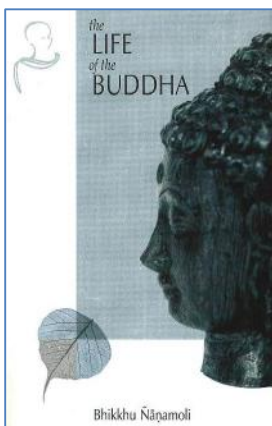


THE BUDDHA TAUGHT NONVIOLENCE, NOT PACIFISM Dr Paul R Fleischman MD

In the aftermath of the terrorist attacks of September 11, this thought-provoking essay explores the Buddha's teaching to find one prescription: not war, not pacifism but nonviolence.

REVIEWS: "This essay on nonviolence is a great joy to read. I have been deeply moved by these words of a magnificent writer and a truly sensitive and wise person." --Andrew Olendski, PhD, Pali scholar, Barre Center for Buddhist Studies

PB 9781928706229 £4.99 September 2002 Pariyatti Press 62 pages 190x114x4mm

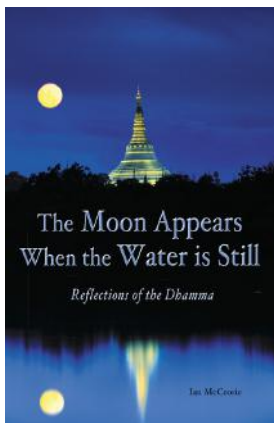


THE LIFE OF THE BUDDHA: According to the Pali Canon Bhikkhu Nanamoli

Composed entirely of texts from the Pali canon, this unique biography presents the oldest authentic record of the Buddha's life and revolutionary philosophy. The ancient texts are rendered here in a language marked by lucidity and dignity, and a framework of narrators and voices connect the canonical texts. Vivid recollections of his personal attendant Ananda and other disciples bring the reader into the Buddha's presence, where his example offers profound inspiration and guidance on the path to freedom.

REVIEWS: "If you want to read only one book about the Buddha, this is the undisputed best choice." --Paul Fleischman, author, Karma and Chaos

PB 9781928706120 £17.50 September 2003 Pariyatti Press 400 pages 215x139x22mm

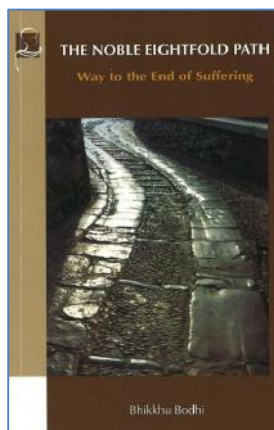


THE MOON APPEARS WHEN THE WATER IS STILL: Reflections of the Dhamma

Ian McCrorie

Drawn from the Buddha's teachings, contemporary literature, and the author's own life, this collection of stories, anecdotes, and aphorisms provides inspiration and refreshment for practitioners of meditation. A sympathetic, observant, and compassionate voice drives these narratives, offering practitioners guidance and strength in their pursuit of eternal bliss. The anecdotes pair lasting truths with contemporary concepts, pointing to Dharma in all things, from a shoe repair shop to the World Wide Web. With one story, poem, or aphorism per page, Buddhism's ancient wisdoms are presented in an easily digestible format.

PB 9781928706175 £11.99 September 2003 Pariyatti Press 116 pages 215x139x7mm

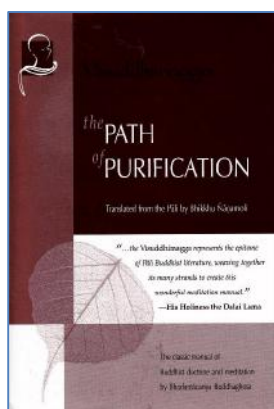


THE NOBLE EIGHTFOLD PATH: Way to the End of Suffering Bhikkhu Bodhi

This book offers a clear, concise account of the Eightfold Path prescribed to uproot and eliminate the deep underlying cause of suffering--ignorance. Each step of the path is believed to cultivate wisdom through mental training, and includes an enlightened and peaceful middle path that avoids extremes. The theoretical as well as practical angles of each of the paths--right view, right intention, right speech, right action, right livelihood, right effort, right mindfulness, and right concentration--are illustrated through examples from contemporary life. The work's final chapter addresses the Buddhist path and its culmination in enlightenment.

REVIEWS: "Unbiased, eminently readable, and most importantly, gives many insightful and pragmatic hints to both the neophyte and experienced follower." --Amaro Bhikkhu, author, Silent Rain

PB 9781928706076 £8.50 April 2006 Pariyatti Press 144 pages 196x114x10mm



THE PATH OF PURIFICATION: Visuddhimagga Bhaddantacariya Buddhaghosa, Bhikkhu Nanamoli

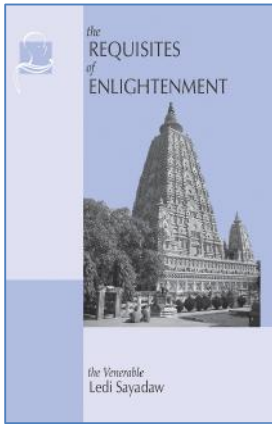
One of Buddhism's foundational texts, the Visuddhimagga is a systematic examination and condensation of Buddhist doctrine and meditation technique. The various teachings of the Buddha found throughout the Pali canon are organized in a clear, comprehensive path leading to the final goal of nibbana, the state of complete purification. Originally composed in the fifth century, this new translation provides English speakers insights into this foundational text. In the course of this treatise full and detailed instructions are given on 40 subjects of meditation aimed at concentration, an elaborate account of Buddhist Abhidhamma philosophy, and explicit descriptions of the stages of insight culminating in final liberation. This replaces 9552400236.

AUTHOR INFORMATION: Bhaddantacariya Buddhaghosa composed the Visuddhimagga in the early part of the fifth century. Bhikkhu Ñanamoli was ordained as a monk in Sri Lanka, where he spent 11 years living in a monastery and translating the texts of the Theravada Buddhism into English.

REVIEWS: "Bhaddantacariya Buddhaghosa's Visuddhimagga . . . represents the epitome of Pali Buddhist literature, weaving together its many strands to create this wonderful meditation manual, which even today retains the clarity it revealed when it was written. . . . I welcome this new edition of Bhikkhu ñanamoli's celebrated English translation of The Path of Purification . . . I offer my prayers that readers, wherever they are, may find in it advice and inspiration to develop that inner peace that will contribute to creating a happier and more peaceful world." -- His Holiness the Dalai Lama

HB 9781928706007 £49.99 September 2003 Pariyatti Press 950 pages 228x152x75mm

PB 9781928706014 £33.50 September 2003 Pariyatti Press 950 pages 228x152x75mm

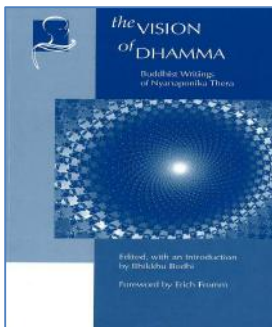


THE REQUISITES OF ENLIGHTENMENT Ledi Sayadaw

In this treatise, noted Burmese scholar and monk Ledi Sayadaw explains the bodhipakkiya dhamma: the 37 requisites of enlightenment. The requisites are comprised of the four foundations of mindfulness, four right efforts, four bases of success, five controlling faculties, five mental powers, seven factors of enlightenment, and the eight factors of the Noble Eightfold Path. This book is valuable to those interested in understanding the Buddha's teaching at a deeper level, while providing the inspiration to continue walking step by step on the path.

REVIEWS: "Written on the basis of his exhaustive textual knowledge and personal experience, Requisites of Enlightenment provides a wealth of information and practical guidance not readily obtainable from other sources available in English." -- Ven Bhikkhu Bodhi, author, "In the Buddha's Words" & "The Noble Eightfold Path"

PB 9781938754371 £8.50 April 2013 Pariyatti Press 129 pages 215x139mm 10 b/w photos

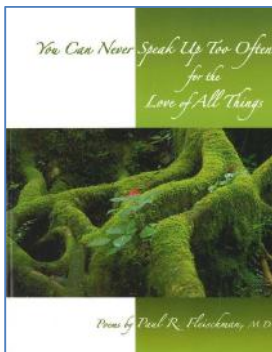


THE VISION OF DHAMMA: Buddhist Writings of Nyanaponika Thera Erich Fromm Edited by Bhikkhu Bodhi

Written by a Westerner whose life experience was as a Buddhist monastic, this collection of essays conveys a friendly spirit, in the manner of a wise and practical teacher.

REVIEWS: "How fortunate for the growing number of Dhamma students to have this collection of essays . . . in an authoritative, direct, clear and hope-inspiring voice." --Sylvia Boorstein, author, Don't Just Do Something, Sit There!

PB 9781928706038 £15.99 September 2000 Pariyatti Press 368 pages 215x139x18mm



YOU CAN NEVER SPEAK UP TOO OFTEN FOR THE LOVE OF ALL THINGS Paul R. Fleischman

Global awareness, holistic living, compassion, and self-exploration are cornerstones of this collection of symbolic and meditative poetry. Anthems of conflict and joy, disenchantment and beauty, these poems blend undercurrents of humor and wry juxtaposition with the scenery of India, Peru, Costa Rica, Canada, and New England. Confronting the darkness of death, violence, and ecological destruction, they provide inspiration to promote reverence and compassion worldwide.

REVIEWS: "[It's] a true delight to read a poet who explores the human condition in the context of all known life." --Gretchen C. Daily, coauthor, The New Economy of Nature

PB 9781928706106 £10.99 April 2005 Pariyatti Press 100 pages 228x177x7mm



Gazelle

PARIYATTI PRESS

Trevor Ling

THE BUDDHA

*the Social-Revolutionary
Potential of Buddhism*

Fortieth Anniversary Edition
Introduction by Paul R. Fleischman, MD

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