

# Snow Lion

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photo: Patrick Deason, copyright 1995

## INTERVIEW WITH

## Chökyi Nyima Rinpoche

Chökyi Nyima Rinpoche was born near Lhasa in central Tibet in 1951. When 18 months old, he was recognized by His Holiness the Gyalwang Karmapa as the seventh incarnation of the great yogi Gar Drubchen, an emanation of Nagarjuna. Rinpoche left Tibet before the 1959 communist takeover. In 1974, he moved to Boudhanath, near Kathmandu, and helped his father build the Ka-Nying Shedrup Ling Monastery. Later he was made abbot by H.H. the Karmapa. Fulfilling the wish of his teachers, he has over two decades generously given his time and energy to teaching people from all corners of the world.

The following recent interview with Rinpoche was given to Erik Schmidt for Snow Lion.

Q: We would like to hear some details of your early childhood, and how you were brought up.

Rinpoche: The place I was born is Nakchukha, which lies somewhat near Lhasa. My father, Tulku Ugyen Rinpoche, came from Kham; my mother near Lhasa. What follows simply happened, even though it may sound as if I am praising myself. People remarked that my birth was accompanied by various signs; I don't remember all of them right now. However, the sun, the moon, and a star were seen in the sky at the same time; a moment considered to very auspicious. Among the local people my mother's family was quite popular. Her father was the provincial governor, as well as a highly regarded practitioner. This caused the people to say, "Something good has happened. The sun, moon and a star were seen. It must be a rebirth of a great lama." Other people, said, "No, it isn't good. For sure some monastery will come and claim him as the reincarnation of

their lama and take the boy away. That will be of no use for us. It is definitely not a good sign."

My grandmother got fed up with the gossiping and said, "You don't have to worry about this matter. The child is a girl." This satisfied the local people and they said, "Then it's fine. A girl is OK. At least she will remain around here." My grandmother's secret lasted for one month. When the word slipped out, people were unhappy. "It must be a tulku. For sure he will be taken away. He will not become our future governor."

As a baby it was said that I pointed my finger in the direction of the regional monastery, Bong Gumpa, and was heard to say, "Bong, bong."

A small group of senior monks arrived on horseback several months later. They went from house to house, making inquiries about newborn

(Continued on page 4)

## "MY TRIP TO NEPAL"

### 1996 Mani Rimdu Contest Winner's Story

by Geoff Biggs

This most exciting adventure started with me entering a drawing when I ordered some books from Snow Lion.

From the day I won the drawing last year until I actually flew to Kathmandu, I spent time getting in the best shape ever. I bought a great pair of hiking boots and started hiking. I also started amassing trekking gear. I began to rediscover the great outdoors.

I was quite thrilled to be going to Kathmandu and began to study my Dharma literature with renewed zeal. There's nothing like winning a trip to the land of Buddhism to renew one's practice!

After landing in Kathmandu and getting settled at the Shangri-La hotel, I took a cab to Boudhanath Stupa. In addition to being the center of a mandala with numerous monasteries, monks and devout Buddhists in the area, the Great Stupa also turned out to be a place for some great shopping. I found thangkhas, bells, dorjes, prayer wheels, phurbas, and malas all for sale at very good prices in the stores that open on the square surrounding the Stupa. It was amazing to see the relative and absolute levels of Bodhicitta juxtaposed in such harmony.

In the day or two we had before going on our trek, I also took in the Stupa of Swayambhu. It is easy to identify because it is also the home of numerous monkeys. The Stupa at Swayambhu is on a hill and there are 365 steps to get up to the Stupa. It offers a beautiful view of Kathmandu.

Geoff Biggs in front of Ama Dablam during his free trip to the Himalayas



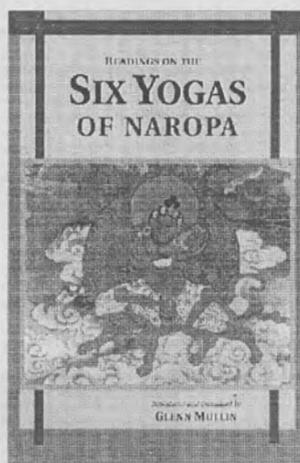
On our first night camping in the hamlet of Phakding (approximately 8000 ft.), I was up late at night and looking at the sky. There were more stars in the night sky than I have ever seen anywhere, even in places far away from cities in the U.S.

Next day's trek was up 3000 feet to the town of Namche (11,000 ft.), also called Namche Bazaar, so named for the market they have there on Saturdays. This was by far the most difficult hike. The road to Namache was full of happy trekkers. On that day I also learned about trail etiquette. Certainly one gets out of the way for people hiking faster. One especially gets out of the way on the uphill side of a group of yaks. The yaks, as gentle as they are, have horns that unfortunately point forward. It only took a few close encounters to pay them a healthy respect and get out of their way when they were coming through. The yak herders are also courteous in that they always make sure that the yaks had bells on, sort of a yak early warning system.

Just above Namche, we had our first view of Everest. Actually seeing the highest point in the world caused me to stop and realize just how far I had come. By winning a drawing for the vacation of a lifetime, I had come from the shores of California all the way to the other side of

(Continued on page 19)

## READINGS ON THE SIX YOGAS OF NAROPA



Translated, edited and introduced by Glenn H. Mullin  
200 pp. #RESIYO \$16.95 May

This collection of readings on the six yogas contains important texts on this esoteric doctrine, including original Indian works by Tilopa and Naropa, and Tibetan writings by Tsongkhapa the Great, Gyalwa Wensapa, the First Panchen Lama and Lama Jey Sherab Gyatso. The following text by Tilopa is the earliest known work on the Six Yogas of Naropa.

### THE ORAL INSTRUCTION OF THE SIX YOGAS

by the Indian Mahasiddha Tilopa

#### Translator's Preamble

The Indian master Tilopa is regarded as the formulator of the Six Yogas system. He was born in 988 in Bengal to a brahmin family and as a youth helped support his family by tending buffaloes. This work gave him plenty of spare time, and as he sat in the

(Continued on page 8)

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# ENTHRONEMENT

## The Recognition of the Reincarnate Masters of Tibet and the Himalayas

by Jamgon Kongtrul Lodrö Tayé  
translated and introduced by  
Ngawang Zangpo  
190 pp. #EN \$14.95

### Preface

This book began as an attempt to come to terms with an unusual event in my life: in 1991, the Dalai Lama announced that a child that I have known practically since his birth is the reincarnation of Kalu Rinpoché, the Tibetan meditation teacher and spiritual guide I had studied with from 1972 until his death in 1989. The announcement of his rebirth was good news, joyous news, incredible and wonderful news... but it signaled to me that the time had come to learn more about an aspect of Himalayan tantric Buddhism I had casually ignored — the rebirth of meditation masters who reassume their work — study, meditation, and teaching — and their thrones.

To understand the arrival in my world of a one-and-a-half-year-old "little buddha" in diapers, who was about to inherit the place once occupied by the eighty-four-year-old man I had known and loved, I turned to the writings of Jamgon Kongtrul, a meditation master of the nineteenth century. His work, always reliable and authoritative, provided the authentic picture I was searching for. It offers a traditional view of the enthronement of reincarnate masters, with not the slightest attempt at interpretation for a modern audience.

I was unable to find any book by Jamgon Kongtrul on the related subject of how such children are recognized as reincarnate masters: I doubt that he wrote such a book or that one

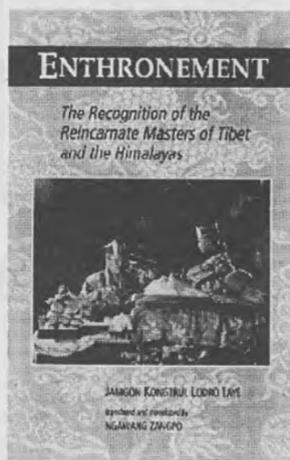
exists by any Tibetan writer. To answer some of my questions on that subject, I visited Tai Situpa, a Tibetan meditation master who is often asked by Tibetans of all schools to find reincarnate masters. He is not the only modern master who does this work, but I chose to interview him for two reasons. First, the present-day Tai Situpa is, in the eyes of Tibetan Buddhists, the same person that we read of in Kongtrul's book. Kongtrul eagerly awaited the enthronement of the reincarnation of his teacher, the tenth Tai Situpa; the Tai Situpa who speaks of his work as a finder of reincarnate masters in the interview is the twelfth of the line. Second, as is mentioned in the course of the interview, Tai Situpa was the master responsible for first suggesting to the Dalai Lama the identity of my teacher's reincarnation. This is a connection that is significant to me personally, and I feel deeply grateful for that act.

Thus, *Enthronement* focuses on two aspects of the life of reincarnate lamas: their recognition and their enthronement. In making this text available in English, I hope it will contribute to an accurate picture of this crucial aspect of the spiritual life of the Himalayan region as it was and as it continues to be. While I have wished to be as objective as possible in presenting this information, I cannot pretend to be impartial toward the reincarnate masters of Tibet. Since I began studying under the guidance of Tibetan meditation masters in 1972, I have met close to one hundred men and one woman (the remarkable Khandro Rinpoché) who are acknowledged as reincarnate masters. Whether one chooses to believe in re-

incarnation or dismisses the idea as nonsense, I believe anyone would be struck by these individuals. If the outstanding qualities they seem to share — uncommon compassion, patience, vigor, wisdom, humor, loving-kindness, goodness, and often genius — are due to a selection system capable of recognizing prodigies before they are able to talk, it is a system that deserves serious study. If these impressive individuals are the results of education and environment alone, these are equally commendable; extraordinary, in fact, and probably unique. The goal of Buddha's teaching and of Himalayan Buddhist culture is to produce not Buddhists but buddhas, enlightened persons. It is this goal of enlightenment that I feel Tibet's great masters personify and it is with the wish that their wisdom be added to the sum of enlightenment in the world that this book is written.

The first part of this book contains an interview with Tai Situpa Rinpoche, a contemporary reincarnate master and leader of the Kagyu lineage of Tibetan Buddhism, who is often requested to find and recognize other reincarnate masters. He describes the fascinating process of recognizing reincarnations.

The second part contains a translation of a text by Jamgon Kongtrul Lodrö Tayé, one of the most outstanding writers and meditation masters of nineteenth-century Tibet, which offers a traditional view of the enthronement of reincarnate masters. ■



### ENTHRONEMENT

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Led by Thubten Jigme Norbu, Toronto to New York  
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We hope thousands of Tibet supporters will stand with us for the conclusion of the walk in front of the U.N. Individuals from Eastern Turkestan, Taiwan, Hong Kong, Southern Mongolia and Burma will be there displaying their own flags which are outlawed by the PRC and missing from the U.N. We also hope that supporters of Asian countries illegally occupied by the PRC will engage in similar activities.

Why are we walking?

- Because Tibet belongs to Tibetans
- Tibet is illegally occupied
- To release Gendhun Choekyi Nyima

- To educate the public about the PRC
- To promote boycotting China's goods
- For the Tibetans in Tibet

Help with the following is needed: media coverage, housing, arranging presentations in your area, volunteers to walk with us or sponsor a walker for \$1500 or recruit a high-profile person to walk.

Further information: Lawrence H. Gerstein, Ph.D., Director, Int'l Tibet Independence Movement, PO Box 194, Fishers, Indiana 46038-0194, 317-579-9015, fax: 317-579-0914, e-mail: Rangzen@aol.com ■

Starting on March 10th, Thubten Jigme Norbu, Taktser Rinpoche, will once again lead the "March for Tibet's Independence." The three-month walk begins at the People's Republic of China Consulate in Toronto and ends at the United Nations in New York City on June 14th (U.S. Flag Day).

### A Special Visit to NEW YORK CITY



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the Dalai  
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### PUBLIC TALK

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## His Holiness the Dalai Lama to Visit the USA

### HIS HOLINESS' SCHEDULE

**April 24, Interfaith Gathering for Religious Freedom in Tibet, Washington National Cathedral, Wash. D.C.**

5:30 PM. Contact: International Campaign for Tibet, 1825 K Street, NW, #520, Washington, D.C. 20006, Send self-addressed, stamped envelope with \$10 entrance fee. 202-785-1515.

**May 25-27, Chuang-Yen Monastery, Carmel, NY**

914-225-6117 (Teachings on *The Thirty-seven Practices of Bodhisattvas* and a 4-armed Chenrezig Initiation)

**May 29, 7 PM, Public Talk, Cathedral of St. John the Divine, New York City**

Contact: Ven. Lobsang Ngodup, The Tibetan Monastery, 212-898-4134

**May 31, Public Talk, Mackey Auditorium, Boulder, Colorado**

**June 1, Public Talk, McNichols Arena, Denver**

**June 1, Interfaith Celebration, McNichols Arena**

Contact: Colorado Friends of Tibet 303-499-4168

**June 1, His Holiness attends the Naropa Institute Spirituality in Education conference**

800-411-5229

**June 5, UCLA Extension presents "A Conversation with H.H. the Dalai Lama and Prof. Huston Smith"**

Call 310-825-2301 or check web site at [www.unex.ucla.edu](http://www.unex.ucla.edu)

**June 6, Public Talk, "A Vision for the New Millennium," Pauley Pavilion, UCLA**

Tickets \$15

**June 5-7, His Holiness gives teachings on Nagarjuna's Precious Garland in Pauley Pavilion, UCLA**

Four hours each day. Translation from English into Chinese, Vietnamese and Spanish. Tickets \$100, \$200, \$400.

**June 8, Shakyamuni Buddha initiation 10-12 AM, Pauley Pavilion, UCLA**

Contact: UCLA Central Ticket Office 310-825-2101. For more information call Thubten Dhargye Ling, 310-916-0840.

At the invitation of Ven. Geshe Gyeltsen and Thubten Dhargye Ling, His Holiness is returning to Los Angeles, where many of the world's Buddhist traditions are represented. The initiation of the Lord Buddha honors all Buddhist traditions, each a living treasury of wisdom and compassion. Buddhists from many nationalities will be present. Before the initiation, His Holiness will explain how to develop compassion and understand wisdom. The teaching of Nagarjuna explains that morality, generosity and truth are the foundation of a just and compassionate society. His Holiness will help us understand the relevance of Nagarjuna's advice today.

**June 9-11, His Holiness attends Peacemaking: The Power of Nonviolence Conference, co-convened by Robert Thurman and Daniel Goleman, San Francisco**

800-937-8728

**June 8, 6:30 PM, Peace Concert, San Francisco**

Tickets: 510-762-2277

**June 9, 6:30 PM, Public Talk with His Holiness, Rigoberta Menchu, and Jose Ramos-Horta, San Francisco**

Tickets: 510-762-2277 ■

## PEACEMAKING The Power of Nonviolence

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June 9-11, 1997

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## CHÖKYI NYIMA RINPOCHE

*Continued from page 1*

children and made a list of their parent's names. They came to our door. Here they showed a prediction-letter from the Karmapa that stated that the child's father was a vidyadhara, the mother's name was such-and-such, and the birth year sign was such-and-such. The child has moles at the three places of body, speech and mind. The letter held several other precise specifications. After investigating these details the monks became convinced that I was the tulku of the head lama of Bong Gompa.

My father took me on a visit back to Kham to see his monastery. On pilgrimage to Central Tibet I met with the Karmapa. Earlier my father had named me Chökyi Senge. The Karmapa gave me the long name Karma Samten Yongdü Chökyi Nyima.

When it came time to learn to read my father taught me the alphabet. My father gave teachings every day and I would listen when he explained to people how samsaric pursuits are futile, how nothing lasts, and so forth. My mother also taught me. She used to read aloud from Milarepa's life story and songs. Hearing these stories repeatedly I developed a strong faith in this great master. It inspired in me a deep-felt renunciation for samsara. The thought "Unless I practice the Dharma, nothing else has any real substance" was acutely on my mind. While she read we both often wept.

My mother also read from the biographies of Tilopa, Naropa and Marpa. Especially inspiring was the life of Buddha Shakyamuni and the stories from his former lives, the Jataka and the Sutra of the Wise and the Foolish. She would read in a very clear voice, not just reading from a history book of dry facts, but in a way that was most moving. She could really touch a child's heart with these profound stories.

Since I don't have any special qualities, it must be due to my parents that from early childhood there was a natural sense of compassion. I never felt to harm anyone, and towards anyone who needed help I would give it. At this time I felt the pointlessness of clinging to samsaric things such as the fleeting pleasures of this life. To attain liberation and enlightenment, I thought, is probably not that easy, but though very young I did form the wish to be able to embark on that path. Those were some of my good sides. I had many nasty sides as well — all the various disturbing emotions.

After arriving in India I was sent to Young Lamas Home School, probably at the age of eleven, and stayed there for a little less than a year. Here were assembled many learned teachers from all four schools: Geluk, Sakya, Kagyü, and Nyingma. We were

52 young refugee tulkus. At some point a messenger came and said that the Karmapa ordered me to go to Rumtek. It happened all of a sudden; even my parents didn't know. They had sent someone to fetch me for the holidays, but the escort found that I had already left.

At Rumtek, the Karmapa's monastery in Sikkim, I stayed for many years. This was a time for studying the main Buddhist scriptures and some of the traditional sciences. Especially we had the fortune to

- As our understanding and
- experience deepen, it is a
- natural consequence that
- our trust in and apprecia-
- tion of true spiritual
- qualities in others deepen
- as well, with no prejudice
- to who they are.

receive many transmissions of empowerments and teachings. During these years many other important masters visited Rumtek like Kyabje Dilgo Khyentse and Khamtrül Rinpoche. Not only from them but from many other great masters I was able to receive teachings. These masters include Kunu Lama Tendzin Gyaltzen, Khenpo Rinchen, and Khenpo Dazer.

Since then I have met many masters from all traditions, including His Holiness the Dalai Lama, the lord of the Dharma in the Land of Snow, Gyalwang Karmapa, Sakya Gongma Rinpoche, and Mingling Trichen Rinpoche. From such grand masters, I have had the fortune to receive many empowerments, reading transmissions and instructions. Besides them I have pursued with great interest instructions from a variety of teachers from all schools, with or without lofty position, who were monks or ngakpas. These instructions have greatly benefited my mind and I consider myself very fortunate. To practice these teachings is my responsibility; if I don't, it is my mistake. Nevertheless, I have the confidence that I indeed have received a wealth of instruction.

To be satisfied with only that type of confidence can be a grave error. My mother told me this when she was at the verge of death, "There is no point in being proud because you are a tulku. There is also no point in being proud because you have studied the books and received a lot of empowerments and transmissions. You need to soften your heart, make your stream of being gentle, practice a lot. Without practicing, it is not enough to be conceited and think 'I'm a tulku!' There is nothing flabbergasting about having read through stacks of scriptures. The main point is to

scrutinize your attitude and practice to improve yourself. The Buddhist practice should be taken personally to heart. Make yourself more gentle, soft, peaceful, loving, compassionate, and insightful concerning the empty nature of things. Always check yourself to see whether you improve in these areas. Check yourself, but also question an authentic master, make an offering of your understanding. Behave in a straightforward way, don't pretend to be special, otherwise your life becomes a great delusion. You won't find many people who dare to tell you this. Most people will simply offer praise, telling how nice you are. I am honestly telling you this."

On the one hand, what she said was very kind, but on the other hand it was like a scolding. When she was about to die, my mother first gave a white scarf, then said this. It went straight into my heart and was extremely helpful. She was tearful, she was about to die, she knew that she was dying, we also knew she was on the verge of passing away. She had no anxiety about that. She continued by saying, "The best practitioner is someone who dies gladly. I am not exactly glad, but I am definitely not depressed. I have no regrets and no fear. This is due to having received many pithy instructions and practiced a little. I have trained in order for it to be useful for leaving this life."

Since what she said was a teaching in itself, I therefore consider my mother as one of my teachers. I do so now, but not before she passed away.

*Q: Please tell some stories about the more unusual of your teachers.*

Rinpoche: Among the more unusual of my teachers, there is Khenpo Rinchen. Once he said to me, "You are really fond of studying the scriptures. We get along quite well. It would therefore be good if I share with you some explanations of the difficult points of Buddhist philosophy." He would make sure the door was locked and then dive into the intricate world of scholars. After a while of speaking, he would close the books, take off his glasses, shut his eyes, and talk for hours. He could speak hours upon end and yet not exhaust the topics.

Khenpo Rinchen did many unusual things, like walking around without shoes, or without his monk shawl, having forgotten to put them on. One time he went to relieve himself on a field near where Kyabje Dilgo Khyentse's monastery now stands. While squatting, he began to read a book, and continued to read even after. His deep interest absorbed him to such an extent that he totally forgot time and place. After a while he sat down right on top of it. When he returned, people had to hold their noses.

This khenpo had no interest in ordinary things like food and clothes. His whole attention was absorbed in the books. He often became oblivious to the rest of the world. As he regarded all other affairs as unimportant and paid no attention to them, they were forgotten. He was one unusual teacher.

Another unusual among my teachers, though in another way, was Kunu Lama Tendzin Gyaltzen. Whenever you saw him, he was always practicing, always in samadhi, peaceful and wide awake. He didn't seem to require any shrine objects. No matter which philosophical treatise he was expounding, no matter what difficult point, he would always connect them with the practice [of the awakened state]. "No training, no use!" he would say. When you compare and align the statements in the words of the Indian panditas and the writing of the learned masters of Tibet, you can surely find discrepancies in intent and meaning, but Kunu Lama was able to establish how all the levels of philosophy are without conflict, without any real contradiction. That truly helped my understanding.

Khenpo Rinchen, on the other hand, would line everything up as being in conflict, nothing was totally the same. Then he would explain how and why, and break into laughter. That approach actually also helps in developing the power of insight.

At the feet of Kyabje Dilgo Khyentse, I received so many transmissions. Rinpoche's manner of speaking was markedly beautiful, his words were eloquent, like reading from a commentary without a single mistake. His speech came like a unbroken flow, even while taking a sip of tea. You had the feeling that he was inexhaustible, and yet the unending words were all meaningful and new. Something learned by heart you can

*(Continued on page 6)*

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## Namgyal Monastery Offers Three Summer Retreats in 1997

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### Annual "Get Acquainted with Namgyal" Retreat: An Introduction to Tibetan Buddhism Aug. 2-9, 1997

This retreat is characterized by individual attention from the monks and is a unique introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayana teachings, deity yoga, mandala theory, debate, and Tibetan language, and engage in hands on art workshops on drawing Tibetan images and mandalas. The retreat is informal and the monks are accessible throughout the day and evening. After the last meditation and dinner each day, evenings consist of discussion groups, slide lectures, videos on Tibetan culture, and volleyball and badminton.

This is Namgyal's main summer event. The retreat is staffed by all of the Namgyal monks. Other retreats may be staffed by only two or three monks. Cost for this retreat is \$240 plus \$14 per day for lodging and \$15 per day for meals (three ample and delicious vegetarian meals each day).

### Intermediate Level "Get Acquainted" Retreat Aug. 9-16, 1997

This retreat was designed as a follow-up to the popular "Get Acquainted with Namgyal" Retreats and is aimed at those who have already attended at the "Get Acquainted" Retreat, although it is open to anyone.

This retreat, like the "Get Acquainted Intro. Retreat," is characterized by individual attention from the monks from the Dalai Lama's own personal monastery. Students will practice daily prayers and meditations, receive teachings on the Three Principal Aspects of the Path, the four uncommon preliminaries of tantra (prostration, Vajrasattva meditation, mandala offering and guru yoga) and engage in these practices. There will be an Avalokiteshvara initiation and instruction on and daily practice of the Avalokiteshvara sadhana. The retreat is informal and the monks are accessible throughout the day and evening. After the last meditation and dinner each day, evenings consist of discussion groups, slide lectures, videos on Tibetan culture, and volleyball and badminton.

The retreat is also staffed by all of the Namgyal monks. Cost for this retreat is \$240 plus \$14 per day for lodging and \$15 per day for meals (three ample and delicious vegetarian meals each day).



### Yamantaka Meditation Retreat

June 15-30

This retreat is restricted to those who have already received the Solitary Yamantaka initiation. This is a full 100,000 mantra repetition retreat of the highest yoga tantra Solitary Yamantaka. The retreat will be conducted by Khensur Rinpoche Lobsang Tenzin, former abbot of Namgyal Monastery in Dharamsala, India and currently senior teacher at Namgyal Monastery Institute of Buddhist Studies. Those wishing to attend must indicate when and from whom they received the initiation. Teaching at this retreat will be minimal as the primary purpose of this retreat is intensive meditation practice. Cost for this retreat is \$295 plus \$14 per day for lodging and \$15 per day for meals.

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**CHÖKYI NYIMA RINPOCHE**  
*Continued from page 6*

of course recite like that, but it will always sound the same. This quality, on the other hand, is known as longdöl, 'overflowing from within.' This overflow of wisdom from within happens when someone reaches a high level of practice.

Kyabje Dilgo Khyentse's brother, Sangye Nyenpa Rinpoche, lived at Benchen Gompa in eastern Tibet. As the grand lama of a huge monastery he was free to invite many khenpos to give teachings, and he became well studied. Kyabje Dilgo Khyentse at that time had no monastery and didn't have the name of a tulku. He wandered from place to place, receiving teachings from various lamas, sometimes staying in retreat in the mountains. Once, when he came to Benchen after a retreat, Tenga Rinpoche asked Sangye Nyenpa, "Of you two brothers, who is the most learned?" He replied, "In the past it was I. Due to my status and monastery, I was able to invite so many good teachers. Now, after all his years of retreat, I am no match for him any longer. His knowledge has totally overflowed from within. His type of knowledge is the one that results from meditation training. Mine is mainly from study and reflection."

After that Sangye Nyenpa always showed immense respect for Dilgo Khyentse.

The knowledge through meditation is unlike what you can learn and figure out, which is always limited. Wisdom that overflows from within is inexhaustible. Another point is, it is totally free from mistakes, in both words and meaning. Otherwise, even an extremely learned person sometimes does make an error, for instance getting the sequence wrong, or forgetting to say a few words in a sentence. When knowledge truly overflows from within there is no error in words or meaning. It is all right to call that 'mind-treasure'. Kyabje Dilgo Khyentse was truly amazing.

From Kyabje Dudjom Rinpoche I received the Tersar empowerments, and my father brought me along many times for "mind-teachings," instructions on the nature of mind. At the end of each instruction I felt, "Today I really understand!" After a few months, I walked away with the feeling, "Today was totally different, even clearer than before." Every time you met him there was some new depth of benefit. I don't know what it is; probably his great blessings.

In short, I had the chance to assimilate knowledge from many sources, without prejudice to lin-

eages, and these masters helped my understanding improve. On the other hand, since it fell upon me to help found a monastery, create the resources for a sangha of monks, and meet with many people, I haven't found the time to single-heartedly pursue the "knowledge from learning, reflection and meditation." All this work is of course supposed to be for the sake of the Dharma, but how much it benefits will have to be seen. My aim is wholeheartedly to assist in spreading the Buddha's teachings. In this my intention is pure. When receiving people I want to help them. I always try my best to teach them in the most beneficial way. However, it may be difficult to benefit others deeply since I don't have the necessary qualities of wisdom, compassion, and abilities.

This was my life story in brief.

*Q: Please comment on your relationship to your father.*

Rinpoche: Tulku Urgyen Rinpoche was my father so in that respect he was 'daddy,' but at the same time he was also my guru. When someone is both your father and your guru the relationship becomes quite unusual. As one's father, there is of course the family closeness and affection. When connected to someone through the master-disciple link, there is a deeper

trust. The main reason for this trust consists in having received many pithy instructions which you have tried out and proved useful in a very real way. Such trust is something natural; it can be called 'faith through knowing the reasons.' There is not much point in trusting someone unconditionally merely because he is your father. This trust is also not only because he has given me empowerments and teachings. There is a certain type of trust that grows stronger as you understand more, as you progress in your personal experience, as the inner tightness loosens from deep within. I'm not simply talking about my father here, but one's relationship to the great masters of all the lineages. As our understanding and experience deepen, it is a natural consequence that our trust in and appreciation of true spiritual qualities in others deepen as well, with no prejudice to who they are. Before that we may be inclined to have faith only in our particular lineage masters, or only those from whom we personally received some transmission in the form of empowerment or instruction.

Isn't this because the real substance of the Buddha's teachings consists of knowledge and compassion? Knowledge here refers to emptiness,

or what the general teachings call the 'knowledge that realizes egolessness,' or what the tantric teachings call intrinsic awareness or self-existing wakefulness. In the Dzogchen instructions it is called the primordially pure awakened state, in Mahamudra it is 'mental nondoing.' In our studies it is the true meaning of this we are supposed to reflect upon repeatedly to discover and apply in our training and to gain personal experience of. As our understanding and experience begin to unfold, even to a small degree, isn't it true that we begin to appreciate genuine spiritual qualities in all masters, no matter to what school they belong? Isn't it true that we can't help it; that it arises naturally? The consequence is that narrow-minded prejudice and sectarianism begin to shrink. We begin to acknowledge that all the different philosophical schools and lineages have their place and individual, unique qualities. It is said that we should become able to see all scriptures as personal instruction and establish that all teachings are without conflict. This is true.

*Q: What changed in your life by your father's passing?*

Rinpoche: It wasn't only my father who died; it was the passing of my root guru as well. It gave a very

*(Continued on page 20)*



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**KÜN-ZANG LA-MAY ZHAL-LUNG**

Translated & edited by  
Sonam T. Kazi

The Oral Instruction of Kün-zang La-ma on the Preliminary Practices of Dzog-ch'en Long-ch'en Nying-tig by Jig-me Gyal-way Nyu-gu, as transcribed by Dza Pal-trül Rin-po-ch'e

*"It is a universal truth that it is extremely enjoyable to live in this phenomenal world. Nobody wants to part with worldly pleasure. It is also a universal truth that everything that conditionally exists, sooner or later, must face ultimate destruction. . . ."*

*Those of us who are aware of this, in time, search for a solution to transcend death. Some of us come across the Buddhist teaching called Dzog-ch'en, whose superlative virtues excite us so much that we totally forget the proper approach to it. Just as a towering building must have an equally sound foundation, success in ultimate realization through Dzog-ch'en teaching depends entirely on a thorough understanding of the law of karma at the relative level. KÜN-ZANG LA-MAY ZHAL-LUNG explains how to attain the proper balance between the relative and absolute aspects of the practice in very simple language."*

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Top: Gala Khamba demonstrating his art.  
Bottom left: An array of Zagyel rugs.  
Bottom right: Zagyel Studio in Woodstock, NY.

## A Tibetan Master Weaver in America

by David McCarthy

Getting to know master weaver Gala Khamba is a glimpse into the culture of Tibet and the challenges of its recent history.

Now living and working near Woodstock, New York, Gala was born at the base of sacred Mt. Kailash as his family was making a three-year journey on foot from Eastern Tibet to Nepal, escaping the Chinese invasion. Growing up in refugee camps in Nepal, he was apprenticed to a respected weaver named Tsering Topgyal and learned all aspects of the traditional Tibetan art of carpet production. Gala's training included preparation and dyeing of wool, traditional knotting techniques, building looms, pattern design and, later, supervising and training other weavers. Possessing this knowledge makes him a very rare person, someone who can uphold the tradition of Tibet's endangered culture. Yet like all refugees, he faces the challenges of moving into an entirely different culture, one in which his knowledge and skills may not be considered valuable or relevant at all.

One way Gala made the difficult transition of life in exile was by working for a dealer of fine antique oriental rugs for five years. There he did extensive restoration work, and learned a great deal about rugs from all parts of the world, especially the traditional rug-producing areas of the Middle East.

Gala is now married to artist Elizabeth Kelly, and together they operate their carpet business, Zagyel Studio. (Zagyel is the name of a famous mountain in Gala's home region of Eastern Tibet.) Zagyel Studio does repair and cleaning work on all types of fine handmade rugs.

The studio also has one of the finest collections anywhere of antique Tibetan rugs. Elizabeth says she is encouraged that there are some Americans who are able to see the antique rugs not as merchandise, but as rare examples of an endangered art form. Working with the antique Tibetan rugs, Gala's tremendous knowledge of the tradition comes into play. His ability to evaluate authenticity, condition, and value is based not only on long experience as a dealer. He knows the tradition as a craftsman—someone who works at the creative level with raw materials, design elements and symbolism.

Seeing the vivid but subtle colors and designs of this rug collection, along with the ordered chaos of the repair room, is a glimpse into a culture now mostly gone. But it is a glimpse that also gives a sense of continuity and potential for the Tibetan weaving tradition. At Zagyel Studio in the Catskills, and despite all odds, the tradition is alive and well.

Contact: Zagyel Studio, Gala Geru Khamba, 283 Grog Kill Road, Willow, NY 12495, 914-688-5602, fax #914-688-7616. ■

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## READINGS ON THE SIX YOGAS OF NAROPA

Continued from page 1

fields with his herds he passed the hours first by learning to read and write, and then by studying and memorizing many of the great Buddhist scriptures. By the time he reached his teens he had become self-educated in the classics.

After he reached adulthood he journeyed to Oddiyana (the present-day Swat Valley of Pakistan), where he received numerous transmissions from a group of female mystics. Later

he traveled widely and studied under many different Buddhist masters. He spent years in the intensive practice of meditation and eventually achieved enlightenment.<sup>1</sup>

His biography states that the main lineages he received and emphasized in his personal practice were the Madhyamaka doctrines and the *Guhyasamaja Tantra* transmissions descending from the mahasiddha Nagarjuna; the clear light and bardo doctrines of the mahasiddha Lawapa; the Heruka Chakrasamvara lineages descending from the mahasiddha Luipada; the Mahamudra lineages of

the mahasiddha Shavari; and the inner heat doctrines of the *Hevajra Tantra* as transmitted through Krishnacharya.

In his later life Tilopa manifested countless miraculous activities in order to inspire and enlighten trainees. He could stop the sun in its path, shape-shift by changing himself into animal forms, fly through the sky, and visibly manifest tantric mandalas in space. Sometimes he lived quietly as a monk, and at others dwelled with corpses in charnel grounds. To provide conditions by which beings could collect merit he sometimes sus-

tained himself by begging for alms, sometimes by operating a whorehouse.

Tilopa's name, in the colophon to our text spelled "Tillipa," means "Sesame-seed Man." He earned this name because as a part of his enlightenment path he worked as a pounder of sesame seeds for producing oil, taking his work as a metaphor for how the oil of enlightenment is extracted from the seed of mundane experience. He had many disciples, but the greatest of all was Naropa, to whom he transmitted the Six Yogas that he had formulated.

Several short texts on the Six Yogas that are attributed to Tilopa exist in Tibetan, but only the verse work herein translated was considered authentic beyond question, and therefore was the only one to be included in the Tibetan canon of Indian commentaries, the *Tengyur*.

Tilopa's text is only a few verses in length but is nonetheless important in that it is the earliest known work on the Six Yogas. It mentions four important lineage masters from whom the Six Yogas had come to him: Krishnacharya, Nagarjuna, Lawapa

(Continued on page 15)

## TIBETAN FILM SECRETLY SHOT IN TIBET

A small US and Tibetan film crew have managed to secretly film part of a movie in Tibet, reported AFP January 18, quoting the film's production company, Paul Wagner Productions.

The statement said, "In early October, a small crew of American independent film makers and Tibetan political activists entered Chinese-occupied Tibet and secretly filmed exterior scenes on a small digital camera" for the movie *The Wind Horse*, which tells the story of an aspiring Tibetan pop singer who wins favor with the Chinese government in Tibet but faces a crisis of conscience when her cousin, a Buddhist nun, is imprisoned and tortured for her religious beliefs.

The role of the singer is played by a Tibetan woman named Dadon who left Tibet some years back and now lives in the United States. Paul Wagner won an Academy Award in 1985 for his documentary "The Stone Carvers" and also directed "Out of Ireland" in 1995. ■

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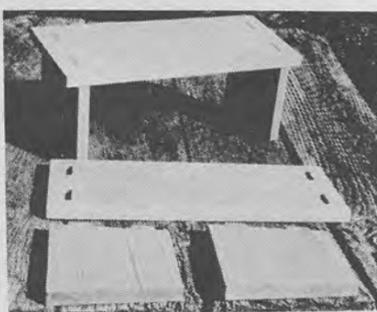
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### FROM THE VIDEO

*There was a spontaneous simplicity and humility about him, a sense of universal equality and heart-melting love. His actions were natural and spontaneous, and reflected a life that was fully identified with the One Consciousness — the Self in all beings.*

— Ram Dass

*Bhagavan was always silent, that is everyone's true nature . . . In this quietness the mind will automatically return to its source and there will be a tremendous fountain of peace. All doubts are cleared and one remains quiet in the heart.* — H.W.L. Poonja

*In Self-Inquiry rests a felicity, everything the heart could desire, and ignorance of who we are is the great trouble; it's the problem of our life. And when we see who we are, we find incredible blessing — all along, in every possible way.*

— Douglas Harding

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### New Dalai Lama Print!

H.H. the 14th Dalai Lama, Tenzin Gyatso (16" x 24"), Kalachakra Initiation, Bodhgaya, India 1974, Photo: John Smart  
Fine Art Print 1997 Snow Lion Publications, \$15  
#DALAPR

This is one of the most beautiful photographs of His Holiness that we have ever come across. It was taken by world-renowned photographer John Smart in 1974 when His Holiness was thirty-nine years of age and conducting the Kalachakra Initiation before an audience of three hundred and fifty thousand. With the scene around His Holiness enveloped in beautiful natural light there is remarkable presence and participation in the photograph as the Dalai Lama's eyes meet the camera. The photographer used a Linhof large format 4" x 5" camera for incredible detail in creating this superb photograph. Then in a supervised custom tri-tone printing these poster sized fine art prints were produced. The photographic image measures 12" x 16" on a 16" x 24" sturdy weight, acid free, high quality printing paper. ■

## THE DALAI LAMA VISITS TAIWAN

Crowds lined his route, waving his portrait and Tibetan snow lion flags. A huge portrait of him was suspended from the ceiling of the lobby of the hotel where he stayed. The Taiwanese, including 500,000 followers of Tibetan Buddhism living on the island, had their chance to see the Dalai Lama, which one called "the chance of a thousand years."

In a stadium packed with 50,000 people at Kaohsiung, His Holiness urged everyone to fill their hearts with love and tolerance. At Chungshan University, he received an honorary doctorate in social science for his "relentless efforts to promote freedom of religion and world peace."

During his week-long visit to the island, the Dalai Lama also had meetings with Taiwanese President Lee Teng-hui, Premier Lien Chan, and the head of the pro-independence party, Hsu Hsin-liang. Hsu Hsin-liang praised His Holiness as a "champion of nonviolence," adding that "we very much support his approach in dealing with China."

The Dalai Lama, who was interviewed by the press at numerous times during his visit, gave such statements as: "My position is very clear. I am not seeking independence. I am seeking a genuine self-rule" [for all matters except foreign affairs and defense]. "We are not anti-Chinese. I always consider that a close understanding between Tibet and the Chinese is extremely important." "As soon as some positive indications or responses come from mainland China, I am ready to talk without any precondition," the Dalai Lama said.

Beijing, however, watched in horror as its rival government in Taiwan welcomed Tibet's leader-in-exile. For Beijing, this had the makings of a nightmare scenario. The People's Daily spoke of "collusion between splittist forces in Taiwan and Tibetan independence forces to split the political system of the motherland."

Chinese leaders are apparently having quite a bit to worry about in the way of "splittists" lately. China's whole periphery, from Xinjiang to Tibet and Yunnan, is now a necklace of ethnic discontent. Xinjiang's Uigur Muslims delivered their separatist message with bombs after Deng Xiaoping's death. Now, they are calling for strikes. Hui Muslims late last year blocked streets in the Shaanxi city of Xian for days after a Hui died in police custody.

Meanwhile, Vice-President Al Gore and Speaker of the House Newt Gingrich were in Beijing to meet with China's Premier Li Peng. While Gore tried to smooth the easily ruffled feathers of his new Chinese friends, Gingrich repeatedly stated that "America cannot remain silent about the basic lack of freedom—speech, religion, assembly, the press—in China."

The Dalai Lama will get a chance to plead his case with U.S. Congressional leaders in private meetings on April 22. His Holiness will also deliver the keynote address at a meeting of international elected officials on Capitol Hill April 23.

(Compiled from articles provided by Reuter, AFP and International Campaign for Tibet.)



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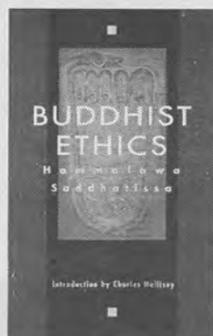
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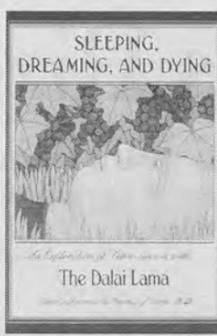
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HIS HOLINESS THE DALAI LAMA  
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## KALACHAKRA 1997 for World Peace His Holiness Penor Rinpoche

Rochester, New York  
July 22-24, 1997

Something remarkable is happening in Rochester, New York. His Holiness Penor Rinpoche, the head of the Nyingma school of Tibetan Buddhism, will come to Rochester from India to give the Kalachakra Teachings and Empowerment. Penor Rinpoche has been invited by Ven. Ayang Rinpoche, founder of both the Amitabha Foundation and Rochester's Drikung Institute. Additionally, they plan to have one week of Kalachakra teachings will precede the empowerment and a week of retreat will follow.

Events are shaping up that will communicate the spirit of the Dharma to the non-Buddhist community. The University of Rochester's Memorial Art Gallery have invited the Namgyal monks to create the Kalachakra Sand Mandala during a seven-week exhibit in May and June,

1997. School Without Walls, one of Rochester's high schools, is making Tibet the theme of its 1996-97 academic year. In May, students from the school, working with the monks, will make a children's mandala utilizing their own symbols to express the common aspiration to happiness of a diverse community. The business community, a local hospital, and the interfaith community are all planning seminars or lectures related to the healing spirit of this empowerment. Rochester's media will provide extensive coverage and community leaders will take part.

The empowerment will take place in the heart of downtown Rochester on the falls of the Genesee River.

For more information, contact: Frank Howard, Amitabha Foundation, 45 Knolltop Drive, Rochester, NY 14610, 716-454-3644, info@dkei.com ■

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## His Holiness Rizong Rinpochey

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His Holiness Rizong Rinpochey is one of the most highly respected lamas alive today. Born in Ladakh, as an infant he was recognized and enthroned as the reincarnation of the Rizong Tulku, and since that time has dedicated his life to spiritual study and practice. He joined Drepung Loseling Monastery, Lhasa, in the mid-1940s, where he remained until the Chinese take-over of Tibet in 1959. After completing his geshe degree in Drepung Loseling and his tantric studies in Gyumey Tantric College, he served first as abbot of Gyumey and then Drepung Loseling Monastery. At present he holds the post of Jangtsey Chojey Rinpochey, one of the three highest seats in the Gelukpa School.

Losel Shedrup Ling is very honored to have the permission and blessings of H.H. the Dalai Lama to bring to North America a lama of this calibre, who is so tremendously skilled in carrying the depth of experience into his teachings.

### EMPOWERMENTS AND RETREATS (Pre-registration is required)

His Holiness Rizong Rinpochey will lead a number of retreats during his visit to North America.

1. **May 16-23, 1997: \$ 320.00 for retreat, Atlanta: Saka Dawa**, Avalokiteshvara empowerment and retreat, with nyung-ney "purification through fasting" retreat. This practice, taught by the Buddha and widely popularized in eighth century India by the female sidha Gelongma Pelmo, is considered to be one of the most powerful methods for accomplishing personal, social and environmental healing. It was most prevalent among the lay community of Tibet throughout the centuries and was popular in all four schools of Tibetan Buddhism. Because the focus of the practice is the Avalokiteshvara mandala, it has been closely connected to all the early Dalai Lamas. To introduce the tradition Rinpochey will give initiation into the Avalokiteshvara mandala, based on the Nyingmapa cycle of practices known as Sangwa Gyachen, or "Visions Sealed by Secrecy".
2. **June 1997, \$ 840.00 for retreat, Atlanta:** A 21-day retreat on the Lam Rim meditations. "The Stages of the Path to Enlightenment," or Lam Rim, is the name of the contemplative approach to inner transformation as formulated by the eleventh-century Indian master Atisha and practiced by all schools of Tibetan Buddhism. It extracts the essence of all teachings of the Buddha, while combining philosophical training with meditative application. Rinpochey will give an in-depth experiential presentation of this meditative system based on the eight great Lam Rim treatises of Tibet, three of which were composed by Lama Tsongkhapa, founder of the Gelukpa Tradition, and another two by the Third and Fifth Dalai Lamas.
3. **July 18-27, 1997: \$ 400.00 for retreat, Atlanta:** Empowerment and ten-day retreat focussing on the highest yoga tantra mandala known as Yamantaka. "The Destroyer of Death," that symbolizes the wisdom of all the Buddhas manifest in wrathful form. Rinpochey has just completed a three year retreat on this mandala cycle, so sharing this time with him is an especially great blessing. Rinpochey will also be giving teachings on Lama Chopu, the popular Gelukpa practice that combines sutra and tantra techniques into a tantric feast celebrating oneness with the guru. *It is necessary that one has completed Lam Rim teachings to participate in the Yamantaka empowerment and retreat.*

Prices for retreats do not include room and boarding costs.

For an updated list of Rinpoche's activities in America, as well as for a schedule of Drepung Loseling's 1997 performances of **Sacred Music Sacred Dance for World Healing**, please visit our web site at <http://www.drepung.org>; or contact us at:

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## Abbey of Subiaco Invites Tibetan Monks from Dharamsala



Left: Ven. Lobsang Chodak. Right: Ven. Tenzin Chogyal

by Mary Margaret Funk, OSB

Ven. Tenzin Chogyal of Namgyal Monastery and Ven. Lobsang Chodak of the Institute of Dialectics are currently visiting the Abbey of Subiaco in Arkansas. These monks are hosted by Abbot Jerome Kodell, OSB, Brother Paul Edmonson, and the community as part of the Educational Exchange Program sponsored by Monastic Interreligious Dialogue.

Monastic Interreligious Dialogue

has had an ongoing exchange program with the Department of Religion and Culture since the 1980's. There were six exchanges of Buddhist and Christian monastics both in India and the USA to share topics of common interest. The exchange program formally completed its goal when H.H. the Dalai Lama came to the Abbey of Gethsemani in the summer of 1996 for a five-day conference on meditation and spirituality.

H.H. the Dalai Lama said at the

Gethsemani Encounter that he wants his monastics to learn the service of compassion from their Western brothers and sisters.

The Christian monastics are delighted to witness the discipline in spiritual practices and diligence about their studies of their Eastern counterparts. As an elderly nun from Beech Grove said, "When Tibetan nuns are here with us I feel more like a nun myself!" ■



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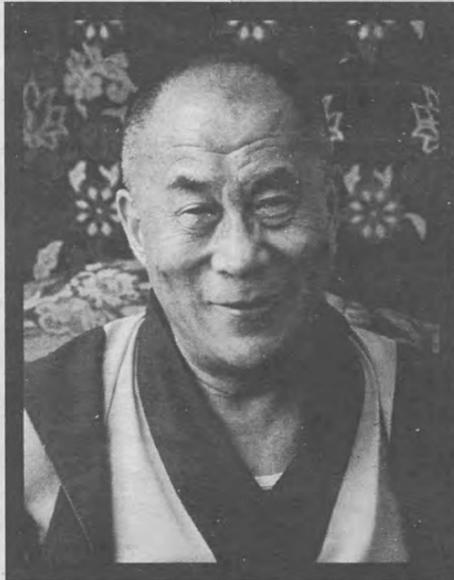


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by Dr. Kalsang Shak, Switzerland

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It is my sincere hope that many more people will learn about this ancient cultural heritage, and that it will thus survive for many generations to come.

#### A Brief Introduction to Tibetan Buddhist Medicine

Tibetan medicine is also referred to as Tibetan Buddhist medicine because the original source of medical texts, "Gyu-shi," the Four Secret Medical Tantras, consisting of 156 chapters in four volumes, came from the Buddha Shakyamuni's "Vimalagotra" teaching 2500 years ago. So from the very beginning Tibetan medicine has been an inseparable part of Tibetan Buddhism.

The following are the Four Noble Truths taught by the Lord Buddha in his first public teaching in Saranath, India, after his enlightenment: the First Noble Truth is to know the true nature of suffering; the Second Noble Truth is to know the true cause of suffering; the Third Noble Truth is to know the true end of suffering; the Fourth Noble Truth is to know the true path to end suffering.

In the Second Noble Truth Lord Buddha said that knowing the true cause of suffering means knowing the three poisons of mind which are the true causes of suffering. These three poisons of mind are:

1. Desire
2. Hatred
3. Resistance to the truth

These three unhealthy states of mind are the main cause of imbalance in the three biochemical humours of the body. They are manifested in various disturbances and disorders, and later in diseases. These three biochemical humours are:

1. Loong (Wind)
2. Tripa (Bile)
3. Begen (Phlegm)

Each of these three humours originates from one of the Three Mental Poisons.

Loong (wind) imbalance is primarily caused by the mental poison of desire.

Tripa (bile) imbalance is primarily caused by the mental poison of hatred.

Begen (phlegm) imbalance is primarily caused by the mental poison of resistance to the truth.

We should understand that these causes do not spring up overnight, but are wrong mental attitudes accumulated over a long period of time. It is these wrong mental attitudes which bring about the first imbalances in the three biochemical humours in the body. These imbalances remain dormant, with the potential to manifest as diseases whenever other factors, such as unwholesome dietary patterns, improper conduct, seasonal changes, or influences of evil spirits and planets interact with them.

At the physiological level, the Three biochemical humours correspond to various physiological systems of the body: **Loong (wind)** acts through the central and autonomic nervous system and affects all the physiological functions of the body. It is therefore the most important of the three humours. Both the Tripa and Begen humours are also under the influence of Loong. It is called "wind" because it has all the physical properties of the element air: it is light, dry, cool, subtle, soft, volatile, mobile and odourless. **Tripa (bile)** acts through the digestive system and is responsible for all the metabolic processes of the body. By nature, bile is hot, like fire. So it has the same physical effects and properties as the element Fire: it is hot rough, pungent, bitter, dry, mobile and has a strong odour. **Begen (phlegm)** acts through the structural and fluid systems. It is responsible for all the supportive structures and all the fluids in the body. Phlegm has similar properties and effects to the elements earth and water: it is cool, heavy, dull, sticky, sluggish, moist, stable, soft, smooth, slimy and viscous.

The three biochemical humours at the physical level are by nature composed of five cosmic elements. They are:

1. Air (wind humour)
2. Space
3. Fire (bile humour)
4. Earth (phlegm humour)
5. Water

By studying the correspondence shown above between the three humours and the five elements, one can see that the various properties of each humour are closely related to the properties of the corresponding elements. All animate and inanimate phenomena, according to Buddhism, have the same material basis of these five cosmic elements. The application of the science of Tibetan medicine to the fields of anatomy, embryology, pathology and pharmacology is based on the theory of the five cosmic elements. From this theory one can deduce that a disease and the medicines used to treat it are also composed of five elements. According to the law of similarity and dissimilarity, a doctor would generally treat a disease by using medicines with properties opposite to those of the disease. For example, any disorders due to cold are normally treated with hot remedies and vice versa. But how does a physician know which herbs or medicines have the different properties he requires? Through his knowledge of the six tastes and eight inherent potencies of a herb. The tastes of an herb result from the predominance of elements in the place where it grows. Therefore the same herb grown in different regions does not necessarily have the same taste and qualities.

The six tastes are:

1. Sweet—earth & water
2. Sour—fire & earth
3. Salty—water & fire
4. Sharp—fire & air
5. Bitter—water & air
6. Astringent—earth & air

The eight inherent potencies are:

1. Heavy
2. Oily
3. Cool
4. Dull
5. Light
6. Coarse
7. Spicy
8. Astringent

These eight inherent potencies of plants, together with the seventeen secondary qualities of the five Elements, are represented in the tastes of plants by an arbitrary grade from

one to ten, representing their quality and quantity. A specific herb is thus chosen for a particular disease according to its taste and its inherent potencies as well as its grade.

#### Description of Dr. Kalsang Shak's Natural Health Herbal Teas

##### "Tashi-Delek"—Day Tea

Based on the principles of three biochemical humours and five cosmic energies of Tibetan Buddhist medicine, this mixture of twenty-six herbs restores the balance of all the psycho-physiological energies of the body. This tea is suitable for daily drinks during working hours in offices and other places where one is under constant mental and physical stress. The tea is also appropriate for any occasions where one feels that his or her system is out of balance. On drinking a cup of Tashi-Delek tea, one feels fresh and energetic, and at the same time calm and tolerant.

##### "Gonka"—Winter Tea

Health is regarded as a state of equilibrium between the three biochemical humours. When they are in balance, the three humours function effectively to maintain health, but if they are out of balance, they become definite source of disorders. The unhealthy body is considered to be one in which the potential for disorders has met with appropriate conditions for those disorders to manifest. The various conditions which may cause the manifestation of disorders include improper diet, improper mental and physical behaviors, disregard of spiritual wisdom, evil spirits, and environmental conditions like heat, cold, wet, dryness and wind. This Gonka Tea is especially prepared from thirty different herbs for the cold and wet seasons when the humours called "wind" and "phlegm" are dominant. On drinking a cup of this herbal tea, one feels warm and protected from disorders.

##### "Meto"—After Meals Tea

According to Tibetan Buddhist medicine, the most important criterion of a healthy body and mind is that the metabolic processes should be functioning properly at all tissue levels. In Tibetan medicine this metabolic process is called the "fire of life," or "Meto." All of the physiologi-

cal functions depend on this fire of life. Therefore the correct intake of food and drinks and a properly functioning digestive system are the basic requirements for a long and healthy life. It is important to remember that the quality of nutrients is far more significant than their quantity.

The Meto herbal tea is prepared from thirty-three aromatic herbs and makes the fire of life strong. It is especially suitable after heavy meals in restaurants, at home and outdoors, or after cold dishes which make your stomach feel uncomfortable. Drinking a cup of this tea soon after meals facilitates digestion and the assimilation of nutrients.

##### "Datsen"—Lady Tea

The three biochemical humours on which all psycho-physiological processes depend change in both quantity and quality as a woman becomes older. These changes manifest themselves in the form of disturbances. This herbal Datsen tea, composed of twenty-one herbs, facilitates the smooth transition through the stages of a woman's life, and eases pre-menstrual and menopausal disturbances.

##### "Seru-thang"

According to Tibetan medical philosophy, there is a constant separation of the pure and impure parts of food during the process of digestion. This separation is carried out by the actions of the three biochemical humours at the level of the digestive system. The refined parts of these assimilated nutrients then undergo further metabolic changes at the tissue level and also help to form tissues. All along this chain of transformation at the tissue level, separations into pure and impure nutrients continue. The final outcome of all these separations is an extremely refined, subtle essence which is known as the life-energy, "dhang". This life-energy is responsible for all the vital functions of the organism in this life. It also acts as an energy base for the transformation of consciousness during death. In a healthy individual it normally takes about six days from the time of ingestion for food to be transformed into dhang. In diseased persons it takes longer than six days and if it does take place the quality of Dhang is diminished. By taking good herbal rejuvenating pills or "Seru-thang"

from time to time, one can shorten this period of transformation and ensure that high quality dhang is produced.

In case of chronic indigestion, there is always inadequate separation of pure and impure nutrients during the process of digestion. This inadequate separation results in the constant production and accumulation of impurities called "nin-ma," toxic substances which are carried to all parts of the body by the blood and causes disorders and diseases at any weak points of the organism. Taking Seru-thang improves the entire process of digestion and thus minimizes the formation of this toxic sludge called "nin-ma."

#### A Short Biography of Dr. Shak

Dr. Kalsang Shak was born in 1952, the second son of a well-known Tibetan family in Lithang in the eastern part of Tibet. For over fourteen generations the Shak family has produced an unbroken succession of lamas and wise men. In 1976, after completing his studies in western medicine in the Armed Forces Medical College at Poona University in India, Kalsang Shak became interested in the ancient ways of healing, particularly in Ayurveda, Tibetan and Chinese medicine. In 1981 he went to Taiwan to study Chinese medicine at the Veteran General Hospital under Dr. Chieh Chung. In 1986 he spent one year at Zurich University, again studying western medicine, after which he opened his acupuncture clinic in Zug, Switzerland.

Dr. Shak's Tibetan Herbal Teas can be directly ordered at the following address with the minimum order of \$100.—(excluding postage)

**Hepar AG**  
8267 Berlingen  
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## The Jew in the Lotus Movie Project

There is another Tibet-related film in the making: *The Jew in the Lotus*, inspired by Rodger Kamenetz's book. The story, as told by filmmaker Laurel Chiten, follows Kamenetz's unintentional spiritual journey.

In 1990, eight Jewish delegates traveled to Dharamsala, India, to meet with the Dalai Lama. Conscious of the parallels to Jewish history, the Dalai Lama had asked the Jews, "Tell me your secret of Jewish spiritual survival in exile." Rodger's life-long friend, Dr. Marc Lieberman, a self-proclaimed JUBU (a Jewish-Buddhist) had organized this meeting. He asked Rodger to come along and chronicle the event. A confirmed materialist who never looked to religion for answers to life's problems, Kamenetz was an unlikely pilgrim. But he was the perfect person to question. He was a man who was lost and didn't quite know it.

When he set out on the trip to India, Rodger wasn't even sure if he could rise to the occasion. His life had slipped its moorings. The death of his infant son and the derailing of his career had left him adrift in a sea of self-doubt. For the Jewish leaders who were asked to meet with the Dalai Lama, there were also doubts. What did they have to share? Was there, in fact, a secret? Weren't many Jews looking elsewhere for answers, turning to other religions...such as Buddhism? Marc Lieberman wondered if the Jews and the Tibetans could

bridge the gap between their vastly different worlds. Rodger was more concerned whether these two groups of people would be able to communicate. "Monks are inclined to silence and Jews like to yak."

In Dharamsala, Rodger was surrounded by suffering—the overwhelming poverty of India, the diaspora of the Tibetans. Yet in the Dalai Lama and the Tibetan Buddhists he encountered people who faced suffering with equanimity, with resolve, with compassion. For the first time, he felt the power of a spiritual tradition. His finely wrought defense system began to crack, leaving him open to his own grief, despair and longing.

An observer no more, he began to look for a way out of his own pain, his own exile. He found it in a very unexpected place. In the encounter between the Dalai Lama and the Jewish leaders, Rodger began to discover the beauty and power of his own tradition. "The Dalai Lama provided us with a pool of nectar to look into. In it we saw Judaism reflected more sweetly than we had ever experienced it in our everyday lives. And in that sweet reflection, we saw the richness, the value, and the depth of Judaism."

"As a filmmaker," Chiten says, "I saw the potential for *The Jew in the Lotus* to reach far beyond the Jewish community and appeal to a broad and diverse audience because it focuses



Filmmaker Laurel Chiten

on the personal transformation of a non-seeker. Kamenetz as 'every man'—as an outsider, rather than a disciple—enables viewers to wonder and stumble along with him as he uncovers what it might be like to have one's life guided by a spiritual tradition."

Chiten's film has not had any direct opposition from China, unlike the other film projects. She faces another obstacle, however, as an independent producer. Chiten is dependent on grants and private donations to finish the film. With the film's expected release by the end of the year, financial support is still urgently needed. All contributions are tax deductible. For more information please contact: The Jew in the Lotus Film Project, Blind Dog Films, PO 238, Waban, MA 02168, 617-965-0712. Make checks payable to: The Newton Television Foundation. ■

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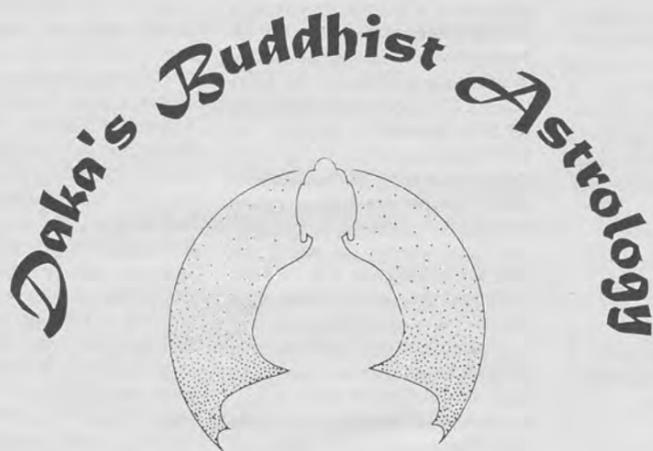
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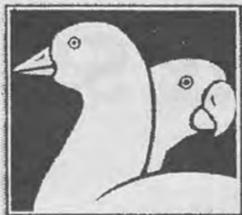
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Founded in 1981 with the blessing and advice of H.H. the Dalai Lama, the Tibet Fund presently administers more financial assistance to the Tibetan community than any other single aid organization. They support economic and community development projects in the refugee communities in India and Nepal, provide emergency relief and resettling for new refugees who have fled Tibet, improve health conditions in the refu-

gee communities, preserve the traditional Tibetan medical system, provide scholarships to Tibetans students and professionals, preserve Tibetan culture and promote cultural exchange, and provide assistance for health, education and economic development projects inside Tibet. If you would like detailed information on how you can help, please contact: Tibet Fund, 241 East 32nd Street, New York, NY 10016, 212-213-5011. ■

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His Eminence, the 8th Gar Konchok Nyetong Tenpe Nyima was born in 1936 in Nangchen, Kham. He is the reincarnation of the 7th Gar Trinley Yongkyab. He was recognized & enthroned by the late Drikung Kyabgon Shiwe Lodo. Until the age of 22, he administered at Lho Miyalgon monastery & studied with Chime Dorje & Lho Tshen Nyingpo. After his ngondro he went into 3 year retreat which was interrupted by political turmoil in Tibet. While in a labor camp for 20 years, he received Dzog Chen teachings from Khenpo Munsel & practiced secretly. Astonished by his great achievement, Khenpo called him a Bodhisattva emanation. Since Gar Rinpoche's release from prison in 1979, he has been rebuilding Drikung monasteries in Eastern Tibet. He has given the Yamantaka wang & lung to H.H. Chetsang Rinpoche, the Drikung Kyabgon. This is his first visit to the U.S.

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## HIS HOLINESS LUNGTOK TENPA NYIMA Head Lineage Master of the Bon Religion Coming to the U. S.

His Holiness Lungtok Tenpa Nyima, head of the Bon religion and Abbot of Menri Monastery in Dolanji, India, will visit the United States for the first time in June.

The Abbot of Menri is the most senior lineage holder of the Bon religion, and spiritual head of all Bon-po monasteries in Tibet, India, and Nepal, a position he has held since 1969. During more than thirty years in exile, he has worked hand-in-hand with Lopon Tenzin Namdak, the lineage's most senior teacher, to rebuild both lay and monastic aspects of the Bon community. Together they created the Bon-po community in Dolanji, the heart of which is Menri Monastery, where they reinstated a rigorous training for the monks who study philosophy, debate and rituals, among other subjects, as they pursue their Geshe degree (an equivalent to a Ph.D. and Th. D.). In fact it is there that Tenzin Wangyal Rinpoche, founder of Ligmicha Institute and its associated Khyung Dzongs and the only Bon-po Lama (teacher) who resides in the West, obtained his Geshe degree.

In most locations, the Abbot will impart weekend-long teachings. Undoubtedly the major event of his visit will be the three-week-long summer retreat, the fifth organized by Ligmicha Institute. This will take place from June 30 to July 20 in Sunrise Springs, NM, only 15 miles away from Santa Fe, providing majestic views of the Sangre de Cristo and Sandia mountain ranges.

The teachings will focus on the path of meditation from the Mother

Tantra (Ma Gyu) of the Tibetan Ancient Bon Tradition, in particular on the "Essence of the Elements" and "Phowa" chapters. After the transmission of the practice, three different kinds of Phowa will be explained:

- 1) A Dzogchen form of Phowa
- 2) The transference of consciousness of Dzok-ku, the body of perfection of the wisdom deities, which is a tantric form of Phowa
- 3) The transference of consciousness of Chang-chub chen-bo, the Great Enlightenment, which is a sutric form of Phowa

The second and third weeks will be devoted to the chapter on "Essence of the Elements," explained through the principles of *tsa*, the channels of our body; *lung*, the energetic winds; *thigle*, the essential sphere or seminal essence; and *yi-ge*, the syllables. These practices utilize sacred syllables in order to open and purify the channels, heal diseases and cultivate wisdom.

Also for the first time ever, Kyangtrul Rinpoche will be giving complete instructions on the sacred dance of the goddess Yeshe Walmo. And as in the past, instruction on Trul Khor ("Magical Wheel"), the physical yoga of the Bon tradition from the Zhang Zhung Nyan Gyud, will also be offered. These two practices will be taught throughout the three weeks.

The retreat center can accommodate a maximum of 75 overnight guests, and up to 100 sitting in the meditation hall. The cost is \$275 per week plus housing. These fees include teachings, instruction in meditation, sacred dance and Trul

Khor, and three meals a day. A limited number of work-study positions are available.

### His Holiness Lungtok Tenpa Nyima's tentative schedule:

Houston, TX—June 26-28. Contact: Houston Khyung Dzong 713-523-7330 or eddy@hti.net

Sunrise Springs, NM—June 30-July 20. Summer Retreat—Teachings and Practices from the Mother Tantra. Contact: Ligmicha Institute 804-977-6161 or Ligmicha@aol.com

Santa Fe, NM—July 25-27, Weekend Retreat. Contact: Jim Casilio 505-474-5881

Boston, MA—August 2-3, Dzogchen Teachings from the Bon Tradition. Contact: Jim and Wanda Mangianello 617-661-9400

Conway, MA—August 8-10, Teachings on Medicine Buddha and Healing. Contact: Tsegyalgar Dzogchen Community, 413-369-4153 or 74404.1141@compuserve.com

Washington, D.C.—August 15-17, Teachings at the Shambhala Center. Contacts: Mark Hoyer 703-931-9319 and Jill Sidford 703-486-0448

Charlottesville, VA—August 23-24, Stories of the Lives of Dzogchen Masters. Contact: Ligmicha Institute 804-977-6161 or Ligmicha@aol.com

For more information contact: Alejandro Chaoul-Reich and John Jackson, Ligmicha Institute, 804-977-6161, fax: 804-977-7020, e-mail: Ligmicha@aol.com, web page: http://www.comet.chv.va.us/ligmicha ■

### READINGS ON THE SIX YOGAS OF NAROPA

Continued from page 8

and Sukhasiddhi. These four are the sources of the longer list given above, as gleaned from his biography.

In the translation I have added sub-heads giving the name of each of the six yogas. This may perhaps break the flow created by Tilopa's continuous style, but as compensation clarifies the ideas embodied in the work.

Tilopa's arrangement of the Six Yogas seems to be slightly different from that which became popular in Tibet in the Pakmo Drupa Kargyu school and subsequently in the Geluk. He lists them as (1) inner heat yoga from Krishnacharya, whom he refers to as Charyapa; (2) illusory body yoga from Nagarjuna; (3) dream yoga from Lawapa; (4) clear light yoga, also from Nagarjuna; (5) bardo yoga from Sukhasiddhi; and finally (6) the consciousness transference and

forceful projection yogas, also from Sukhasiddhi. My subheads indicate how they are grouped in the Pakmo Drupa Kargyu and Geluk schools.

### The Oral Instruction of the Six Yogas

by the Indian Mahasiddha Tilopa

Homage to Glorious Chakrasamvara.<sup>3</sup> Take advantage of the karmic process<sup>4</sup> And extract the essence of the human potential.

#### Inner Heat Yoga

The yogic body, a collection of energy channels, Coarse and subtle, possessing the energy fields, Is to be brought under control. The method begins with the physical exercises. The vital airs [i.e., energies] are drawn in,

Filled, retained and dissolved. There are the two side channels, The central channel *avadhuti*, And the four chakras. Flames rise from the *chandali* fire<sup>5</sup> at the navel.

A stream of nectar drips down From the syllable *HAM* at the crown, Invoking the four joys. There are four results, like that similar to the cause, And six exercises that expand them. This is the instruction of Charyapa.<sup>6</sup>

#### Illusory Body Yoga

All animate and inanimate things of the three worlds Are like the examples of an illusion, a dream and so forth. See this at all times, both in movement and in stillness. Contemplate an illusory deity reflected in a mirror; Take a drawn image of Vajrasattva, and consider<sup>7</sup>

(Continued on page 23)

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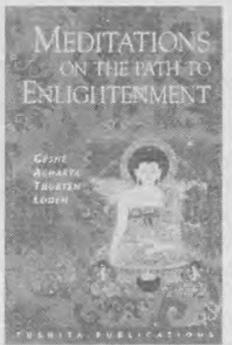


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### Geshe Acharya Thubten Loden



Geshe Acharya Thubten Loden is the Spiritual Leader of the Tibetan Buddhist Society in Australia.

Born in 1924, Geshe-la achieved the highest possible degree of Geshe Lharampa and of the candidates he was graded first among the first. He also completed an Acharya (Master's) degree at Varanasi Sanskrit University and then gained a Master's qualification in vajrayana Buddhism after six years at the Gyumed Tantric College.

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**Canada Tibet Newsletter** (quarterly, \$20) Canada Tibet Committee, 4675 Coolbrook Ave, Montreal, Quebec H3X 2K7, Canada. International news as well as information of interest to Tibet supporters in Canada.

**News Tibet** (quarterly, \$15/yr. suggested donation) and the **US Tibet Committee Newsletter**. USTC, 241 E 32 St, NY, NY 10016 (tel: 212-213-5010). Political and cultural news. They need your support to raise awareness for Tibet, contact them for information on how you can help.

**Snow Lion Newsletter** (quarterly, free) Snow Lion Publications, PO Box 6483, Ithaca, New York 14851. tel: 607-273-8506. This is the paper you are presently reading. It is available to anyone on request and sent for free. We are also on the World Wide Web: <http://www.well.com/user/snowlion/>. From our home page you can connect to many others. Please let your friends know about Snow Lion!

**Tibetan Bulletin** (bi-monthly, free; donation to defray postage is appreciated) The Department of Information and International Relations, Central Tibetan Administration, Gangchen Kyishong, Dharamsala (H.P.) 176215, India. Official publication of the Government-in-Exile.

**Tibetan Environment & Development News** (periodic) From the International Campaign for Tibet, 1825 K Street NW #520, Washington, DC 20006. Tel: 202-785-1515 Fax: 202-785-4343, e-mail: [ict@peacetnet.org](mailto:ict@peacetnet.org)

**Tibet Information Network** (quarterly "News Reviews" \$90/year, urgent news "Updates" \$60/year). An independent research and information center with sources inside Tibet, T.I.N. publishes accurate and balanced information regarding the Tibetan situation. TIN/USA, PO Box 2270, Jackson Hole, WY 83001, e-mail: [tinusa@wyoming.com](mailto:tinusa@wyoming.com), Fax/phone: 307-733-4670

**Tibetan Review** (annual subscription of 12 issues is \$20 including airmail postage) c/o Tibetan SOS Youth Hostel, Sector 14 Extn, Rohini, Delhi-85, India, North American subscriptions through The Office of Tibet, 241 E 32 St., New York, NY 10016 (tel: 212-213-5010). Independent publication by Tibetans in Delhi.

**Tibet Monitor** (monthly, \$20/year). The only monthly publication of articles and action items in support of the Tibetan cause. Two-month free trial period to try it out! Tibetan Rights Campaign, 4649 Sunnyside Ave. N., #342, PO Box 31966, Seattle, WA 98103, 206-547-1015; fax# 206-547-3758.

**Tibet Brief** International Committee of Lawyers for Tibet (quarterly, free). A group of volunteer lawyers who, through legal channels, work to improve conditions in Tibet. For more information contact: ICTL, 2288 Fulton Street #312, Berkeley, CA 94704, 510-486-0588, fax# 510-548-3785, email [ictl@iga.apc.org](mailto:ictl@iga.apc.org)

**Tibet Press Watch** (bi-monthly, \$25) From the International Campaign for Tibet, 1825 K Street NW #520, Washington, DC 20006. Tel: 202-785-1515 Fax: 202-785-4343. Reproduces news articles from worldwide sources.

**World Tibet News** via Internet. Get the daily news on Tibet from this source! Subscribe by sending e-mail to: [LISTSERV@VM1.MCGILL.CA](mailto:LISTSERV@VM1.MCGILL.CA) with the following message body: SUB WTN-L <your name here, without the angle brackets>.

On the cultural side, we recommend **The Tibet House Drum**, Tibet House New York, 241 East 32nd Street, New York, NY 10016, 212-213-5592. Features Tibetan activities in the NYC area. ■

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May 27–June 4  
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June 6–14  
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June 18 Orgyan Jambhala  
Wealth Ceremony

### H.E. Namkha Drimed Rinpoche

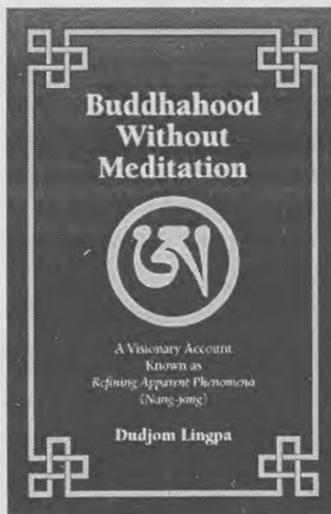
June 20–July 10  
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Transmissions from the  
Tagsham Terma Cycles

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TRIP TO NEPAL

Continued from page 1

world. At this point in the trek, Everest (Sagarmatha) was merely a mountain peeking over the Lhotse-Nuptse wall. The mountain that really piqued my interest was Ama Dablam, one of the most pleasant surprises on the trip. On the previous day, Singeli, our fearless trekking leader, had told us that we would see Ama Dablam and that it was a beautiful mountain, but nothing prepared me for how beautiful it was. The rest of the day was just a beautiful hike to the small town of Phortse, the only town in the Khumbu region where they grow buckwheat.

Now would be a good time to talk about our trekking leader and crew. I have nothing but praise for them. First and foremost was Singeli Agnew (originally from Montana), our trekking leader. Her easygoing yet serious manner instilled confidence and camaraderie in me. Her knowledge of trekking, Nepali, and the Khumbu region were invaluable. We were also blessed with a wonderful crew consisting of a *sirdar* (Nepali team leader) named Yila, a cook named Pasang, several porters, and a yak herder. These people did their jobs so well that I wasn't aware until halfway through the trek how much work they were doing. Anybody who can schlep 75 pounds of cooking gear 6 miles, up 2000 feet in elevation, and then cook a fantastic pizza over a kerosene stove at 14,000 feet definitely has my respect. Pasang, our cook, turned out some incredible meals; pizza, apple fritters, tomato soup, momos, and of course dhal baat, the unofficial national dish of Nepal. The rest of the crew, in addition to helping with the cooking and serving, were wonderful when they would come to our tents in the morning with washing water and hot chocolate. Yes, we were roughing it.

After hiking from Phortse (11,000 ft.) to Pheriche (14,000 ft.), we had the privilege of staying at Yila's lodge. Yila has a lodge/tea house in Pheriche during the trekking season that his wife and children run. Pheriche has a commanding view of Taboche, yet another stunning mountain. We spent an extra day in Pheriche to adjust to the altitude.

On to Kala Patar and its beautiful view of Everest. We set out on a gorgeous hiking day. The temperature was in the mid-30's, but by that time we had become quite accustomed to the cold. Along the way, it actually warmed up to about 50 degrees in the afternoon, so we stopped to take a short siesta on the sun-warmed rocks. When we arrived in Lobuche later that afternoon, our wonderful crew had all of the tents up and dinner was being prepared. The next day was to be our ascent of Kala Patar.

The next morning greeted us with clouds and snow flurries. Though the weather was sloppy, we decided to go anyway. By the time we had reached Gorak Shep, the weather had turned worse with more snow and more cold. Several trekkers and I decided to turn back to Lobuche. However, Cate from my group, and several other trekkers decided to make a go of it, and actually made it to Kala Patar, the Everest Base Camp.

Now that the hiking uphill part of the trip was over, my thoughts turned to Mani Rimdu, the Buddhist/Sherpa dance festival that would be taking place in Tengpoche several days later. Unfortunately, Yila, our sirdar, had heard from the other sirdars and trekking leaders, that the Rinpoche at Tengpoche had moved the Mani Rimdu festival to two days later. By that time, however, we would be back in Kathmandu. When we heard this news, we were extremely disappointed and frustrated. Oh well, the change in schedule made me realize that I and all the other tourists were not the reason they were putting on the festival, and that my disappointment was of no importance in the grand scheme of things. We were, of course, going to go to Tengpoche as it was on the way back to the heli-

TRIGG IN TIBET



copter port at Syangpoche, and we were at least going to see the monastery there. We hiked the next day from Pheriche (14,000 ft) all the way down to a small village called Deboche that is right next to Tengpoche. This gave us the chance to visit the local nunnery and be treated to Tibetan tea by the nuns. They were quite hospitable and excellent hosts.

Tengpoche Day. Today we were supposed to attend the Mani Rimdu festival. It was raining and it had rained and snowed the better part of the night. Dirt roads had become mud, mud, and more mud. We slogged up the trail from Deboche to Tengpoche. Slogging uphill in mud is a tenuous exercise at best. Traction is only a sometimes thing, and often we would lose one foot backward for every two steps forward. Once we got up to Tengpoche, we were amazed at the number of trekkers. Even though the festival was two days later, there were a myriad of tents set up. After attending the morning puja in the monastery, Cate and I were walking around taking pictures and doing the usual tourist gawking. On the previous day our trekking leader had told us about Michael Schmitz, who spoke German, Tibetan, and English and worked at the monastery as translator/tour guide/water conservation engineer/general ambassador of good will. We happened by his office after the puja and asked him if it would be possible to have an audience with the Rinpoche sometime later in the day. As friendly as can be, he said in his

booming voice, "Well, let's just see if he's not busy right now!" and led us through several doorways, under several arches, and around several buildings. "Sit right here, and I'll see if he's available." In a few moments, he came back with the Rinpoche and some hot tea. What followed was beyond all my expectations and more that made up for not being able to see the Mani Rimdu festival. Cate and I were privileged to spend approximately the next hour and a half talking with the Rinpoche about faith, Buddhism in the west, the impact of tourists on Tengpoche, and our personal beliefs. He was a very personable man, as was Michael, the translator. He took a large part of his busy day to be with us. Immediately after our audience with the Rinpoche, Cate and I sat down and tried our best to reconstruct our conversation with him. This experience was the highlight of the entire trip.

There many more experiences of the people and the most beautiful mountains in the world that I would love to relate, but the high note was meeting with the Rinpoche. The trip was a quintessential blend of hiking, vacationing, adventure, and spiritual retreat all rolled into one. I only hope that the person who wins the drawing this year has as wonderful an experience as I was blessed with. Namaste.  
(Ed. Note: Tiah Foster, from North Dakota, is the winner of the 1997 Mani Rimdu drawing and will be attending the festival at the end of the year!) ■

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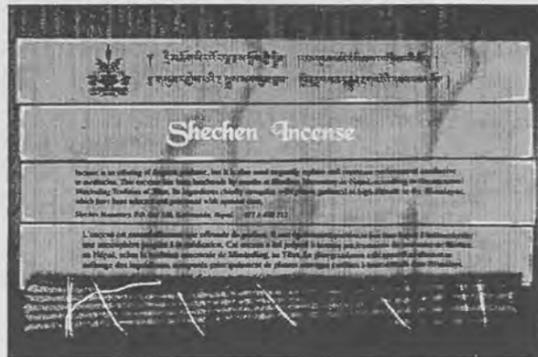
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**CHÖKYI NYIMA RINPOCHE**

*Continued from page 6*

strange and difficult feeling. When both die it is as if two people very close to you pass away at the same time. Unless you can raise your view and think on a larger scale, it is a very hard time. Luckily, thanks to the Buddhadharmas, we know that all things must pass. Since I have heard many true teachings and paid heed to them, this troublesome point in my life didn't turn overwhelming or unbearable. We have to face the facts now. Take care!" In short, it has sharpened my vow to help others in learning and practice.

*Q: How did it come about that you have links to so many foreigners?*

Rinpoche: The teachings of Buddha Shakyamuni should flourish all over the world and there are many predictions that this will happen. I feel it has to happen because the Buddhadharmas is simply the nature of things. It helps your heart and attitude. Whoever practices sincerely is in harmony with others, has less conflict, and finds him or herself in better circumstances. Why? Because the main principles in Buddhism are knowledge and compassion. It is the deepening of compassion that brings welfare and happiness to all. It is the deepening of knowledge that eradicates ignorance, misunderstanding, doubt and imperfect understanding, after which sublime wisdom overflows from within. Don't you also feel that the time is right for the Buddha's teachings?

Another reason is that I always had, even as a small child, the impetus to help people understand whatever it is they haven't understood. On top of that, the Gyalwang Karmapa, Dudjom Rinpoche, Kyabje Dilgo Khyentse, and also my precious father told me to uphold the Buddhadharmas. Even though from time to time I asked if it wouldn't be better to stay in retreat, they said, "Uphold the teachings, uphold the teachings." Once I asked the Karmapa to do the three-year retreat at Rumtek; he didn't give permission. Later I asked my father many times if I could build a small meditation cabin at Nagi Gompa and remain in retreat for a couple of months every year. His response was, "Of course it's good, but there are not so many to uphold the Buddhadharmas." Therefore I try

to practice while at the same time helping the Dharma and others. Maybe it's not right for me this time around to stay in strict retreat. Maybe I don't have the karma. I don't know.

When I was about fourteen, while staying at Rumtek I knew some foreigners. The number increased after coming here to Nepal. They have told me that they find what I say helpful, suitable. From my side, it is my impression that Westerners are inclined to immediately understand teachings on emptiness and compassion. There is a certain lack of readiness to accept the law of karma and rebirth. I don't feel that this is an insurmountable problem; it will be solved as we go along. I feel that faith, karma and rebirth are not the main issue in Buddhism. The main point is to be compassionate and gain certainty in the view of emptiness and dependent origination. I have the conviction that once you gain such certainty, the other secondary points come easily.

*Q: Please explain your main activities here.*

Rinpoche: We built the monastery Kanying Shedrub Ling to house the representations of enlightened body, speech and mind, in Boudhanath, Nepal. We built monk's quarters and let monks reside there to pursue the knowledge resulting from learning, reflection and meditation, and to train in the skills of teaching, debate, and composition in order to help others.

Without the proper basis in studies and reflection it is difficult to immediately have success in meditation practice. That is why we have a Shedra section, a monastic college where the monks study the main scriptures. Those who have gained a sufficient understanding are allowed to do the three-year retreat. After having completed the traditional retreat, there are some of the retreatants, though not every one of them, who have reached a quite good level of practice, and so are able to function as a lama. These are the people I send out to assist others wherever there is a need. They are capable to give instructions and spread the Dharma.

Additionally, my father expanded the nunnery at Nagi Gompa to include more than one hundred nuns. With his passing I have taken over the responsibility for Nagi Gompa. Some of the nuns do sadhana practice in retreat,

*(Continued on page 21)*

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### CHÖKYI NYIMA RINPOCHE Continued from page 20

while the majority study the scriptures with the resident khenpo. At present we have five nuns in the three-year retreat soon followed by an additional ten. I also offer guidance and support for the Asura Temple and retreat center, and a few additional temples here and there including a small monastery on the border with India. I am embarking upon a project for a large temple in Lumbini, the birth place of Lord Buddha.

These days I see a growing interest among foreigners in the Buddha's teachings. Erik, my translator, under my direction has translated more than 20 books. It is my wish that these will 'travel' and be of help to people in many different countries. In the future as well, I hope that this effort will continue by educating foreigners here, to translate a great number of Buddhist texts for the welfare of people everywhere.

In connection with this, when I visited some countries abroad, I was repeatedly faced with this question, sometimes in a rather pushing way: "Where can we study the Dharma more seriously? Why are you not arranging something? If you don't, who will?" In India, there are study places for foreigners in Varanasi and Dharamsala, but in Nepal there is no solid school establishment besides a few sporadic sets of teaching. I have therefore since a quite a few years formed the wish that we should make a Shedra for foreigners in Boudhanath. Until this year, however, the plan hasn't been realized. The Rangjung Yeshe Shedra will begin this autumn, 1997. The main participants will be the khenpos, below them the translators, and then all the students, whatever their number.

**Q:** You also teach university programs from the West, from Antioch and so forth, in India and here at the yearly seminar. Could you mention those?

Rinpoche: I visited the Antioch program in Bodhgaya for the first time in 1984. Every year since then I have taught there. I have always found the students to be young and fresh, quite intelligent and open-minded. It has been a delight to teach them the Dharma. Many students end up taking the refuge precepts out of sincere trust. Some are quite serious and I see them again after a couple of years, some after ten years. Many come and tell me they are studying the Buddha's teachings, practicing meditation.

The seminar in Boudha has gone on since 1981, for 16 years. For 15 of these years we were fortunate enough to receive teachings and do practice with my father. Last year was the first time without him and we have added the opportunity to do more intensive practice at his hermitage. Two of my brothers, Chokling Rinpoche and Tsok Nyi Rinpoche also taught last year and this will continue in the future.

My activities are taking root in the West. Currently we have a retreat cen-

ter in Denmark and are planning one for California in the USA.

**Q:** As a conclusion, what is the essence of Buddhism?

Rinpoche: Knowledge and compassion are the basis to which the word Buddhism refers. Whoever trains in knowledge and compassion will be in harmony with others both right now and ultimately. This is an indisputable truth. All of us should try our best to study about knowledge and compassion, next to reflect upon them, but especially to gain direct insight within ourselves. That brings immense benefit.

Tashi delek to all of you.

### Chökyi Nyima Rinpoche's Teaching Schedule '97

#### Three Yanas Retreat:

July 21-27. Co-teacher: Tsok-Nyi Rinpoche.  
Vajrayana Retreat: July 28th - August 3rd.

Rangjung Yeshe Gomde, Smedehalden 3, Esby, DK-8420 Knebel, Denmark Tel: +45 86 35 68 35; Fax: +45 86 35 68 40; E-mail: gomde@post4.tele.dk

#### Indisputable Truth, public talks:

Stockholm: Aug. 6, Swedish Tibetan Society; tel. 46 8 740 66 63, fax: 46 8 710 60 11; E-mail: tibet-school@swipnet.se

Munich: Aug 8, Lutz, tel: 08191-42344, fax: 08191-942261

Dayton, Ohio: Aug. 14-15, Robert Pryor; 513-767-6366, e-mail: dwanicek@college.antioch.edu

New York City: Aug. 17, Vajradhatu Washington DC: Aug 18, Shambhala Center; 301 588 7020

Boulder, Colorado: Aug. 20, Karma Dzong, 303-444-0217

Berkeley: Aug. 29, Rigpa Center, 510-644-1858

Berkeley: Aug. 30- Sep 1, Rigpa/CTF, 510-644-1858

Contact person for USA: Michele; 2500 E. Harmony Rd. #104; Ft. Collins, CO 80525, USA; e-mail: Scarriz@aol.com

Bodhgaya: Oct 28-Nov 3, Antioch Program.

Boudhanath, Nepal: Nov. 5-28, Indisputable Truth Seminar & Retreat. Teachings also by Chokling Rinpoche and Tsok-Nyi Rinpoche. Box 1200, Kathmandu, Nepal.

### Books by Chökyi Nyima Rinpoche:

*Indisputable Truth*

*Bardo Guidebook*

*Union of Mahamudra and Dzogchen*

*Song of Karmapa*

### Books by Tulku Ugyen Rinpoche:

*Rainbow Painting*

*Repeating the Words of the Buddha*

*Advice from the Lotus-Born* ■



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# K<sup>1</sup> A<sup>9</sup> L<sup>9</sup> A<sup>9</sup> C<sup>9</sup> H<sup>9</sup> A<sup>9</sup> K<sup>9</sup> R<sup>7</sup> A

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## THANK YOU FOR RESPONDING TO OUR URGENT REQUEST FOR FUNDS

A Tibetan Buddhist community of 2000 in a restricted zone in Bylakuppe, Karnataka State, southern India, is without medical care. The Ven. Ayang Rinpoche, a renowned Phowa master in the Drikung Kagyu lineage, is asking the world community to help him establish a dispensary there.



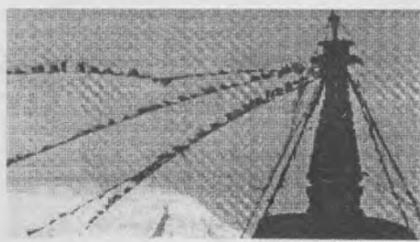
The Ven. Ayang Rinpoche

Wonderful people from everywhere have shown an overwhelming response to his 1996 appeal. Enough funds were generously donated that Rinpoche's dream is now near reality.

However, gifts are still urgently needed to complete his dream. All those giving \$75 or more will be honored on a plaque at the new dispensary. Any amount is vital and appreciated. Your donation is fully tax deductible, and will be confirmed immediately by letter.

✻ 100% of all donations go to the dispensary ✻

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## Days Not to Hang Prayer Flags

When you put up prayer flags to bring success, if you put them up on the wrong astrological dates [*paden tharwo*], you will continuously receive obstacles. For as long as the prayer flags last, obstacles will continuously arise. This also applies to long prayer flags and to banners.

The following are the wrong dates according to the Tibetan calendar:

- 10th and 22nd of the first, fifth and ninth months

- 7th and 19th of the second, sixth and tenth months
- 4th and 16th of the third, seventh and eleventh months
- 1st and 13th of the fourth, eighth and twelfth months

(Reprinted from an article by Lama Zopa Rinpoche in *Mandala Magazine*, March/April 1997)

\* Please note that the Western dates in the chart to the right are only applicable to the years shown.

### The inauspicious days converted to the Western Calendar\*

1	10th:	Feb. 16	1997
	22nd:	Mar. 1	
2	7th:	Mar. 15	
	19th:	Mar. 28	
3	4th:	Apr. 11	
	16th:	Apr. 23	
4	1st:	May 7	
	13th:	May 20	
5	10th:	June 15, July 15	
	22nd:	June 27, July 26	
6	7th:	Aug. 10	
	19th:	Aug. 22	
7	4th:	Sept. 6	
	16th:	Sept. 17	
8	1st:	Oct. 2	
	13th:	Oct. 14	
9	10th:	skipped	
	22nd:	Nov. 21	
10	7th:	Dec. 6	
	19th:	Dec. 17	
11	4th:	Jan. 2	1998
	16th:	Jan. 13	
12	1st:	Jan. 29	
	13th:	Feb. 9	

## HIS HOLINESS the DALAI LAMA VISITS LOS ANGELES IN JUNE 1997

JUNE 5-7 Teachings on the "Precious Garland", written by the great bodhisattva Nagarjuna.

JUNE 8 Shakyamuni Buddha Empowerment

Join us to celebrate all Buddhist traditions, reaching across the centuries, touching minds and hearts with wisdom and compassion.

To receive registration information in January 1997 about this event, send name and address to:

THUBTEN DHARGYE LING  
 P.O. BOX 91418  
 LONG BEACH, CA 90809  
 WWW.DALAI.CERF.NET

Also, Thubten Dhargye Ling and UCLA Extension



are co-sponsoring a course, "Buddhism in the Modern World" in the January 1997 quarter. This will be taught by Dr. B. Alan Wallace, featuring masters from seven Buddhist traditions and professors of psychiatry, psychology and physics.

For information about the extension course, call UCLA Extension 310-825-2301.

### READINGS ON THE SIX YOGAS

Continued from page 15

How the reflected image vividly appears.

Just as that image is an illusory appearance,

So it is with all things.

The yogi thus contemplates the twelve similes

And sees the reality of how all things are illusory.

This is the instruction of Nagarjuna.<sup>7</sup> Know dreams as dreams, and constantly

Meditate on their profound significance. Visualize the seed syllables of the five natures

With the drop, the *nada* and so forth. One perceives buddhas and buddhahelds.

The time of sleep is the time for the method

That brings realization of great bliss. This is the instruction of Lawapa.<sup>8</sup>

*Clear Light Yoga*

The yogi working with the central channel

Places the mind in the central channel And fixes concentration on the drop at the heart.

Visions arise, like lights, light-rays, rainbows,

The sunlight and moonlight at dawn, The sun, the moon, and then The appearances of deities and forms.

In this way the myriads of worlds are purified.

This most wondrous yogic path Is the instruction of Nagarjuna.

*Bardo Yoga*

The yogi at the time of death withdraws The energies of the senses and elements, and

Directs energies of sun and moon to the heart,

Giving rise to a myriad of yogic samadhis.

Consciousness goes to outer objects, but

He regards them as objects of a dream. The appearances of death persist for seven days,

Or perhaps as much as seven times seven,

And then one must take rebirth.

At that time meditate on deity yoga

Or simply remain absorbed in emptiness.

After that, when the time comes for rebirth,

Use the deity yoga of a tantric master

And meditate on guru yoga with whatever appears.

Doing that will arrest the experience of the bardo.

This is the instruction of Sukhasiddhi.<sup>9</sup>

*Yogas of Consciousness Transference and Forceful Projection*

By means of these yogas, at the time of transference

And also of forceful projection into another body,

The yogi can utilize the mantric seed syllable of the deity

And train in the deity yoga practice in conjunction

With the exhalation and inhalation [of the breath], long and short,

And project consciousness to wherever is desired.

Alternatively, those desiring to transfer to a higher realm

Can apply themselves to two syllables of YAM, and also

HI-KA, and HUM-HUM.

Consciousness is thrown to the heart

Of the deity inseparable from the guru, And from there to whatever buddhaheld is desired.

This too is the instruction of Sukhasiddhi.

*The colophon:* Written from the words of the Mahasiddha Tillipa; translated by the Indian sage Pandit Naropa and Marpa Lodrakpa Chokyi Lotru at the Kashmiri holy site known as Mount Pushpahara. ■

## The Golden Yoke



### The Legal Cosmology of Buddhist Tibet

REBECCA REDWOOD FRENCH

*The Golden Yoke* illuminates Tibetan culture and religion as it explores the daily operation of law in Buddhist Tibet. Through fascinating stories from Tibetans at home and in exile, Rebecca Redwood French reveals methods used to resolve murder cases, property disputes, and divorce. She shows that Tibetan law is deeply imbedded in Buddhist culture and describes the myths, notions of time, inner morality, language patterns, rituals, use of space, symbols, and concepts that shape it.

64 b&w photos, 16 drawings  
 \$35.00

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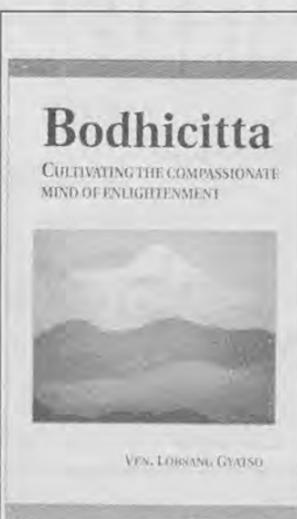
**ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT**  
by Geshe Sonam Rinchen,  
translated and edited by Ruth  
Sonam. 188 pp., includes Tibetan  
text, #ATLA \$12.95 June

Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wö,

and his nephew Jangchub Wö. His coming initiated the period of the "second transmission" of Buddhism to Tibet, the revival which followed the persecution of Buddhism by the Tibetan king Langdarma in the ninth century, formative for the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism.

Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, was written for the Tibetan people at the request of Jangchub Wö. It sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner, represented by the Hinayana, Mahayana and Vajrayana paths. Atisha's text thus became the source of the *lamrim* tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism.

Geshe Sonam Rinchen's lucid and engaging commentary draws out Atisha's meaning for today's practitioners with warmth and wit, bringing the light of this age-old wisdom into the modern world.



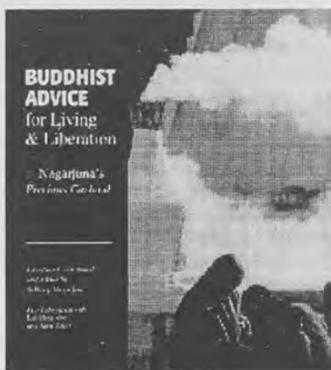
**BODHICITTA: Cultivating the Compassionate Mind of Enlightenment**  
by Ven. Lobsang Gyatso, trans.  
by Sherab Gyatso. 146 pp.  
#BOCUCO \$12.95

One is unlikely ever to receive a Tibetan Buddhist teaching on either

sutra or tantra in which Bodhicitta does not have a central role. Bodhicitta, the compassionate mind which aspires to attain full enlightenment in order to benefit beings, is the very quintessence of the Mahayana path of Buddhist practice.

In this practical handbook, Ven. Lobsang Gyatso describes the classical methods for developing the mind of enlightenment and, based on his experience as a meditator and a teacher, examines a wide range of obstacles to its development. His concern is to clarify the goal and the means to its achievement. Anyone who wishes to understand the heart of Buddhist practice will benefit from reading this book.

Ven. Lobsang Gyatso (1928-97) was born in Kham, Tibet, and educated at Drepung Monastic University. In 1973, with the blessing of H. H. the Dalai Lama, he founded the Institute of Buddhist Dialectics in Dharamsala, where he was the Director since its inception. He was above all a meditation master who lived his life according to the Buddhist philosophy of wisdom and compassion.

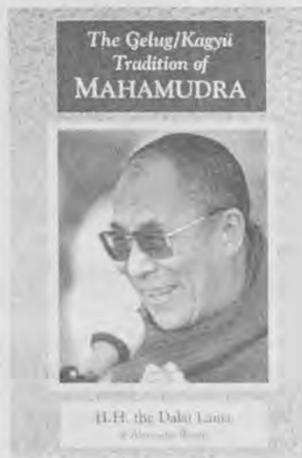


**BUDDHIST ADVICE FOR LIVING AND LIBERATION: Nagarjuna's Precious Garland**  
by Jeffrey Hopkins in collaboration with Lati Rinpoche and Anne Klein. 185 pp. including Tibetan text, 8" high x 9" wide, #BUAD \$15.95 June

"Of all the religious writings of the mahayana Buddhist tradition, it could be said that Shantideva's *Guide to the Bodhisattva Way of Life* and Nagarjuna's *Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

Nagarjuna is renowned for his penetrating analysis of reality. In the *Precious Garland*, he offers intimate counsel on how to conduct one's life and how to construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for development of happiness within ordinary life as well as the practices of wisdom realizing emptiness and compassion that lead to enlightenment. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood. Nagarjuna also identifies fifty-seven counter-productive attitudes followed by seven virtues and their results. He provides a moving prayer of twenty stanzas for recitation three times daily.

In his advice on social and governmental policy, Nagarjuna emphasizes education, compassionate care for all living beings, not using the death penalty but reforming criminals, charity for the homeless, and support of religious education. Calling for the appointment of government figures who are not out after profit or fame, he advises that any other motivation will lead to misfortune.



**THE GELUG/KAGYU TRADITION OF MAHAMUDRA**  
by H. H. the Dalai Lama and  
Alexander Berzin. 400 pp.  
#GEKATR 18.95

Mahamudra, the great sealing nature, refers to systems of meditation on both the conventional and ultimate natures of the mind. These have been transmitted through the Kagyü, Sakya and Gelug traditions of Tibetan Buddhism. Within the Gelug, mahamudra teachings also occur in a combined Gelug/Kagyü tradition, exemplified in the First Panchen Lama's *Root Text for the Precious Gelug/Kagyü Tradition of Mahamudra*.

The work presented here contains two brilliant commentaries by the Dalai Lama. The first is a teaching based directly on the First Panchen Lama's root text. In the second, His Holiness bases his discussion on the First Panchen Lama's own commentary to this text. The book opens with an overview of mahamudra by Alexander Berzin that discusses the relation of mind, appearances and reality and offers practical techniques for overcoming problems due to excessive worry, anxiety and disturbing thought.

This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of mahamudra, and the compatibility of Dzogchen and anuttarayoga tantra.

Alexander Berzin received a Ph.D. from Harvard University in 1972 from the Departments of Far Eastern Languages and Sanskrit and Indian Studies. A member of the Translation Bureau of the Library of Tibetan Works and Archives since 1972, he is the author of numerous books and articles. He frequently travels to Central and Eastern Europe, Central Asia, Africa and the Middle East, lecturing on Buddhism and Tibetan culture and helping to establish programs of cooperation between the Tibetan community and academic and religious institutions.

A GUIDE TO THE  
BODHISATTVA WAY OF  
LIFE

by Vesna A. Wallace & B. Alan  
Wallace. 175 pages, #GUBOSL  
\$12.95

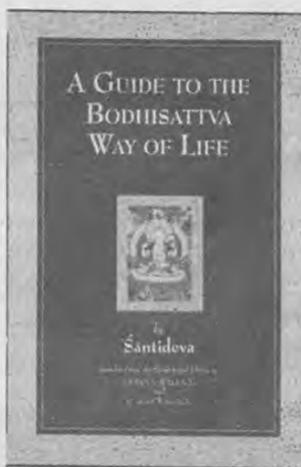
In the whole of the Tibetan Buddhist tradition there is no single treatise more deeply revered or widely practiced than *A Guide to the Bodhisattva Way of Life*. Composed in the eighth century by the Indian Bodhisattva Santideva, it became an instant classic in the curricula of the Buddhist monastic universities of India, and its renown has grown ever since.

Santideva's presentation of the methods to harmonize one's own way of life with the Bodhisattva ideal begins with a praise of the spirit of awakening, the Bodhisattva's altruistic aspiration to achieve enlightenment for the sake of all beings. In the chapters that follow, Santideva inspires the reader to cultivate each of the six perfections that provide the basis for the Bodhisattva way of life—generosity, ethics, patience, zeal, meditative concentration and wisdom.

This authoritative translation by Vesna A. Wallace and B. Alan Wallace is the first English rendering of the original Sanskrit that also takes into account the canonical Tibetan translation.

"Offers insight upon insight as to the way a life should be led."—*Library Journal*

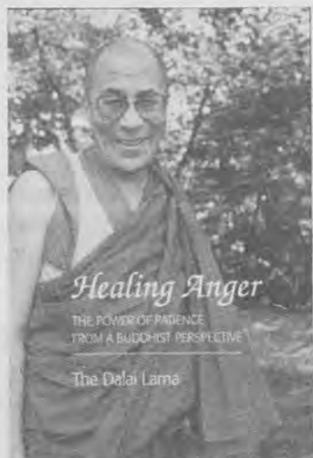
Vesna A. Wallace received her Ph.D. in South and Southeast Asian Studies from the University of Cali-



fornia, Berkeley, and is currently a Visiting Scholar in the Religious Studies Department at Stanford University. She has also taught Sanskrit and comparative ethics in Indian religions at Stanford University.

B. Alan Wallace has devoted himself to the study and practice of Tibetan Buddhist philosophy, psychology and meditation since 1970. After training for more than ten years in Buddhist monasteries in India and Switzerland, he studied physics at Amherst College. In 1995 he completed a doctorate in religious studies at Stanford University.

"This new translation is a faithful representation of Santideva's teachings. The Wallace and Wallace edition will thus stand for many years as the standard English translation of this key Tibetan Buddhist text."—*Publishers Weekly*



**HEALING ANGER: The Power of Patience from a Buddhist Perspective**  
by the Dalai Lama, trans. by  
Thupten Jinpa. 176 pp. #HEAN  
\$12.95

All the world's major religions emphasize the importance of the practice of love, compassion and tol-

erance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred.

In this book the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on *A Guide to the Bodhisattva's Way of Life*, the classic work on the activities of Bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings.

The techniques and methods presented are relevant not only for Buddhist practitioners but for all who seek to improve themselves. Through these teachings and by his own example, the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world. This book is based on the 1993 Arizona teachings in Tucson.

**Back in Print!**

**IMAGES of ENLIGHTENMENT**  
Tibetan Art in Practice

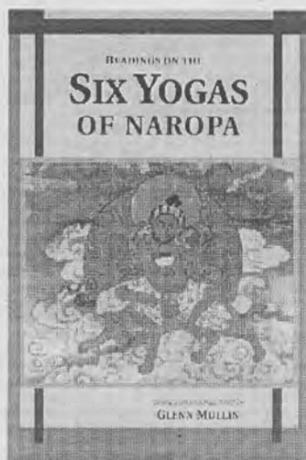
Jonathan Landaw and Andy Weber

**IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice**  
by Jonathan Landaw & Andy Weber. 305 pp., 32 color plates, 13 line drawings, 6 tables, #IMENL \$24.95 May

*Images of Enlightenment* answers the need for a clear and straight-forward guide to the inner world of Tibetan Buddhist sacred art. Focusing on many of its most important and representative figures, this richly illustrated book introduces the tradition of spiritual self-transformation embodied in these depictions of enlightened energy through clear iconographic representations and descriptions.

"Among the few guides we have to the immense richness of Tibetan religious art, *Images of Enlightenment* stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."—Dan Cozort, Dickinson College

"...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan traditions."—*The Mirror*

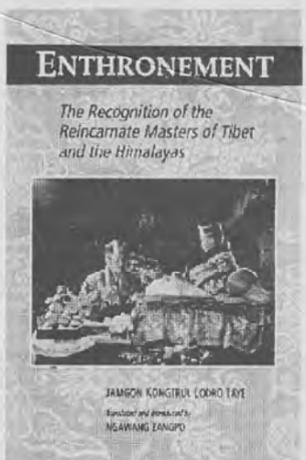


**READINGS ON THE SIX YOGAS OF NAROPA**

Translated, edited and introduced by Glenn H. Mullin, 200 pp. #RESIYO \$16.95 May

The Tibetan tradition known as the Six Yogas of Naropa is one of the most popular tantric systems with all schools of Tibetan Buddhism. Structured and arranged by the eleventh-century Indian masters Tilopa and Naropa from various Buddhist tantric legacies, this system of yogic practice was carried to Tibet by Marpa the Translator a generation later. These "six yogas"—inner heat, illusory body, clear light, consciousness transference, forceful projection and bardo yoga—continue to be one of the most important living meditation traditions in the Land of Snows.

This collection of readings on the six yogas contains important texts on this esoteric doctrine, including original Indian works by Tilopa and Naropa, and Tibetan writings by Tsongkhapa the Great, Gyalwa Wensapa, the First Panchen Lama and Lama Jey Sherab Gyatso. *Readings* discusses the practices, their context and the historical continuity of this most important tradition, which is said to bring full enlightenment in one lifetime.

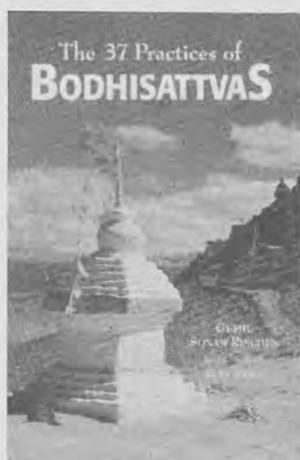


**ENTHRONEMENT: The Recognition of the Reincarnate Masters of Tibet and the Himalayas**

by Jamgon Kongtrul Lodro Taye, translated and introduced by Ngawang Zangpo. 190 pp. #EN \$14.95

Even the most casual contact with the culture, politics, or religion of Tibet and the surrounding region brings outsiders face-to-face with the institution of reincarnate spiritual masters. In a tradition that is both uniquely Tibetan and genuinely Buddhist, past masters are identified as small children, installed in their predecessor's monastery in a ceremony called *enthronement*, and educated to continue the work of their former incarnation. This custom has provided a principal source of spiritual renewal for Himalayan Buddhists for the past thousand years.

The introduction places the subject of reincarnate meditation masters



**THE 37 PRACTICES OF BODHISATTVAS**

by Geshe Sonam Rinchen, trans. & ed. by Ruth Sonam. 112 pp. #THSEPR \$12.95

"Rinchen makes the meaning and the demanding character of the Bodhisattva ideal realistic for the contemporary reader. Offers insight upon insight as to the way a life should be led." —*Library Journal*

Recognizing their true potential and letting go of everything which could hinder them on their spiritual journey, Bodhisattvas entrust themselves to the path taught by the Buddha. Resisting disturbing emotions, they learn to respond to difficult situations in a constructive way. Fully understanding nature of reality and the illusion-like nature of pleasure and pain, they overcome clinging attachment and aversion. In these ways Bodhisattvas come to cherish living beings as the source of all happiness and are ultimately able to work solely for the good of all.

Gyelsay Togmay Sangpo wrote *The Thirty-seven Practices of Bodhisattvas* in the fourteenth century. His succinct and simple verses of advice summarize the quintessence of the Mahayana path to perfection. Geshe Sonam Rinchen's oral teachings elucidate these practices for the modern reader and show how we can transform our actions, feelings and ways of thinking to become Bodhisattvas ourselves.

Geshe Sonam Rinchen was born in Tibet in 1933. He studied at Sera Je Monastery and in 1980 received the Lharampa Geshe degree. He is currently resident scholar at the Library of Tibetan Works and Archives in Dharamsala, India, where he teaches Buddhist philosophy and practice. Ruth Sonam was raised in Ireland and graduated from Oxford University with an M.A. in Modern Languages. She began studying with Geshe Sonam Rinchen in 1978 and has worked as his interpreter since 1983. They have published *Yogic Deeds of Bodhisattvas*, a translation of Gyeltsap's commentary on Aryadeva's *Four Hundred Stanzas*.

within two major contexts—in the activity of bodhisattvas, those highly realized beings who vow to return to the world in order to help others; and in modern Tibetan society, where the reappearance of past masters is both perfectly natural and profoundly moving.

Part One contains an interview with Tai Situpa Rinpoche, a contemporary reincarnate master and leader of the Kagyu lineage of Tibetan Buddhism, who is often requested to find and recognize other reincarnate masters. He describes the fascinating process of recognizing reincarnations.

Part Two contains a translation of a text by Jamgon Kongtrul Lodro Taye, one of the most outstanding writers and meditation masters of nineteenth-century Tibet, which offers a traditional view of the enthrone-ment of reincarnate masters.



**AMBROSIA HEART TANTRA: The Secret Oral Teachings on the Eight Branches of the Science of Healing**

annotated by Dr. Yeshe Dhonden, trans. by Jhampa Kelsang. 126 pp. #AMHETA \$8.95

Lucidly written, this is a useful guide to Tibetan medicine. It contains a translation of Book 1 and 15 chapters of Book 2 with explanatory notes.



**ART OF TIBET**

by Pratapaditya Pal. 343 pp., 9 x 12", 277 illus. including 56 in color. #ARTI \$60

The Tibetan art collection of the Los Angeles County Museum of Art is one of the most significant and comprehensive. Tibetan culture is introduced followed by numerous beautiful images of Tibetan painting, sculpture and ritual objects are presented with expert descriptions of iconography. Remarkable for its clarity and breadth.



**BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening**

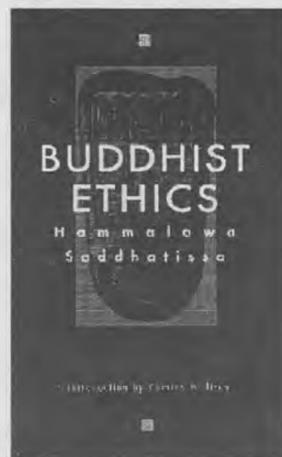
by Stephen Batchelor. 144 pp. #BUWIBE \$21.95 cloth

What the Buddha taught is not something to believe in but rather something to do. He challenged people to understand the nature of suffering and to realize its cessation through a way of life that is available to all of us. Each chapter of *Buddhism Without Beliefs* examines how to work toward awakening realistically, with the understanding that embarking on this path does not mean never deviating from it.

**BUDDHAHOOD WITHOUT MEDITATION**

by Dudjom Lingpa, Tibetan text edited by H.H. Dudjom Rinpoche, trans. by Richard Barron. 254 pp. #BUWIME \$21.95

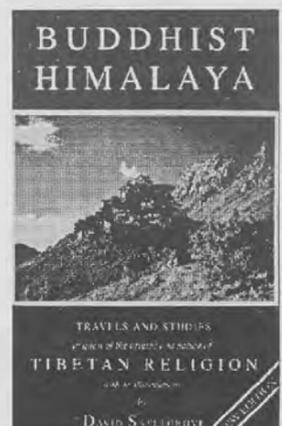
*Buddhahood Without Meditation*, widely known by its subtitle, *Nangjang (Refining Apparent Phenomena)*, presents the view of the Great Perfection through the approach known as t'hreg-chhod (cutting through solidity). From the short lineage of the nineteenth-century master Dudjom Lingpa, it is a direct transmission of Dzogchen so powerful that even hearing it read aloud ensures that the listener will escape the suffering of cyclic existence. Dudjom Lingpa received these teachings in visionary dialogue with fourteen enlightened beings, among them Avalokiteshvara, Vajrapani, Longchenpa, and Saraha. Includes the Tibetan text as edited by H.H. Dudjom Rinpoche and features a glossary that incorporates equivalent English terms of present-day teachers and translators of Dzogchen.



**BUDDHIST ETHICS**

by Hammalawa Saddhatissa. 224 pp. #BUET \$14.95 May

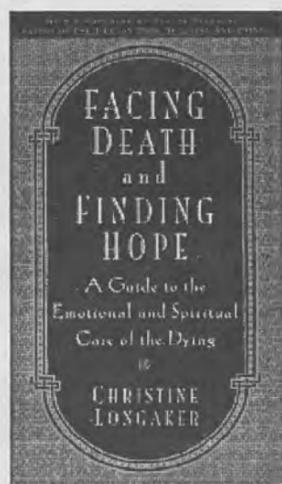
Beginning with an examination of Western notions of ethics, from Greece until now, Saddhatissa goes on to show us how the study of morality is crucial to a clear understanding of the Buddhist tradition. He explains the development and position of Buddhist precepts from a traditional perspective and how to live the moral life of a lay Buddhist practitioner.



**BUDDHIST HIMALAYA: Travels and Studies in quest of the Origins and Nature of Tibetan Religion**

by David Snellgrove. 344 pp., 86 illus., map, #BUHI \$20

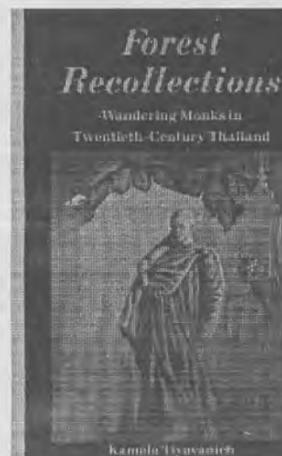
Snellgrove explains well the history of Tibetan Buddhism from the earliest period until now. While the substance of such an account must be sound research, the inspiration has been provided by the author's own travels in these remote areas. In the present case he refers to his early travels in Spiti and Lahul, once an old part of Western Tibet, also in the district of Solu-Kumbu in eastern Nepal and in the Nepal Valley itself. He discusses Tantric Buddhism, the kings and religious teachers of Tibet, Tibetan ceremonies and Buddhism in Nepal.



**FACING DEATH AND FINDING HOPE: A Guide to the Emotional and Spiritual Care of the Dying**

by Christine Longaker. 263 pp. #FADE \$23.95 cloth

"*Facing Death and Finding Hope* is an ideal and much-needed guidebook for caregivers, friends, and family of the dying. I have known Christine Longaker for eighteen years, during which time she has studied the Buddhist teachings with me. The courses and training she gives, for which she now has a considerable reputation, are exceptional in that they blend her very real experience of hospice work with the insights she has gleaned from her study and practice of Tibetan Buddhism. There is no greater gift you can give than to help a person die well." —Sogyal Rinpoche



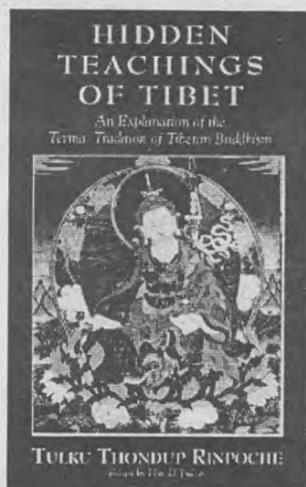
**FOREST RECOLLECTIONS: Wandering Monks in Twentieth-Century Thailand**

by Kamala Tiyavanich. 410 pp., 8 maps and charts #FORE \$29.95

During the first half of this century the forests of Thailand were home to wandering ascetic monks. They were Buddhists, but their brand of Buddhism found expression in living in the forest and in contending with the mental and physical challenges of hunger, pain, fear, and desire. Combining interviews and biographies with an exhaustive knowledge of archival materials and modern resources, the author documents the monastic lives of three generations of forest-dwelling ascetics.

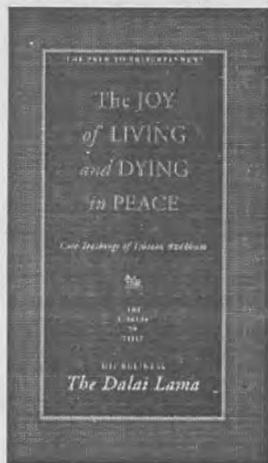


NEW BOOKS



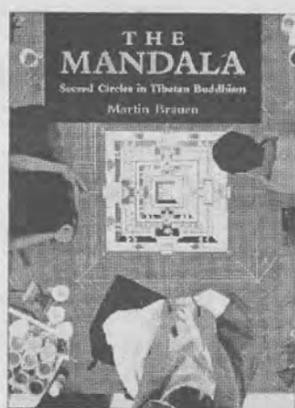
**HIDDEN TEACHINGS OF TIBET: An Explanation of the Terma Tradition of Tibetan Buddhism**  
by Tulku Thondup Rinpoche, ed. by Harold Talbot. 304 pp. #HITETI \$18.95

Throughout the world, sacred texts and material objects have appeared miraculously to sages and saints. The terma tradition of Tibet refers to treasures of knowledge and realization hidden throughout the landscape by buddhas to be discovered at the appropriate moment by realized masters. Tulku Thondup tells the story of the special terma tradition initiated by Padmasambhava.



**THE JOY OF LIVING AND DYING IN PEACE: Core Teachings of Tibetan Buddhism**  
by His Holiness the Dalai Lama, ed. by Donald Lopez, Jr. 176 pp., #JOLIDY \$16

The Dalai Lama offers teachings on death, dying and living a meaningful life. He combines lessons on living well through compassion, patience, wisdom and effort with teachings on impermanence, the acceptance of death, and the achievement of joy, peace, and spiritual wisdom.



**THE MANDALA: Sacred Circles in Tantric Buddhism**  
by Martin Brauen, foreword by H.H. the Dalai Lama. 152 pp., 9 x 12", 49 color & 62 b&w photos, #MASAP \$45 cloth

The mandala serves as a metaphor for the way that all beings and things have their place in the universe. *The Mandala* provides a thorough study of the different aspects of this sacred art. There are photos of sand mandalas, painted and butter mandalas; diagrams showing the different aspects of the form itself—the significance of the outer circle, the four gates and their qualities, the many details such as vases, sculptures and architectural models, all representations of the principles of the mandala. There are also photos of the Dalai Lama performing the Kalachakra Initiation.



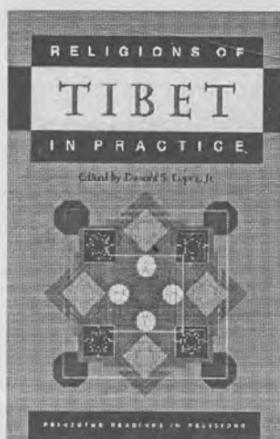
**ORIGIN OF THE TARA TANTRA**  
by Jonang Taranatha, trans. & ed. by David Templeman. 104 pp., extensive bibliography #ORTATA \$8.95

Provides an important and accurate account of the powers of Tara and the lineages of the Siddhas who worshiped her and passed on her teachings, revelations and tantra.



**PERSPECTIVES: The Timeless Way of Wisdom**  
by Paul Brunton. 406 pp. #PE \$16.95

*Perspectives* offers insight into the essence of East-West spiritual philosophy. Going to the heart of virtually every aspect of the spiritual quest, it offers a balanced, grounded approach to life's spiritual truths. Paul Brunton's writings offer a way to bring Eastern teachings (both Buddhist and Hindu) to the West. "Sensible and compelling. His work can stand beside that of such East-West 'bridges' as Merton, Suzuki, Watts, and Radhakrishnan."—Choice



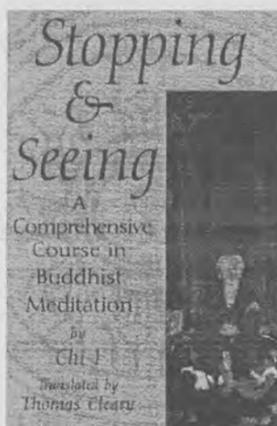
**RELIGIONS OF TIBET IN PRACTICE**  
ed. by Donald S. Lopez, Jr. 560 pp. #RETIPR \$22.50

The thirty-six chapters in this landmark volume display the vast scope of religious practice in the Tibetan world and offers works unknown until now. The chapters are organized under five headings: Accounts of Time and Place, Remarkable Lives, Rites and Techniques, Prayers and Sermons, and Dealing with Death and Other Demons. This is the largest sourcebook on Tibetan religions ever assembled—hagiographies, pilgrimage guides, prayers, accounts of visits to hell, epics, consecration manuals, sermons, and exorcism texts.



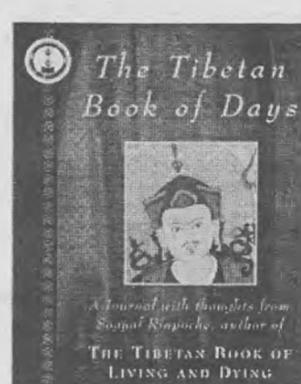
**SLEEPING, DREAMING, AND DYING: An Exploration of Consciousness with The Dalai Lama**  
ed. and narrated by Francisco J. Varela, Ph.D. 224 pp. #SLDRDY \$16.95

Whether to topic is lucid dreaming, near death experiences, or the very structure of consciousness itself, the participants in this unique dialog continually surprise us with their discoveries of convergences and divergences between their traditions. The discussion revolves around the three key moments of consciousness of sleep, dreams, and death—what neuroscientist Francisco Varela calls the ego's shadow zones. The Dalai Lama and leading western scientists discuss the significance that these transitional states offer to our understanding of the nature of mind.



**STOPPING AND SEEING: A Comprehensive Course in Buddhist Meditation**  
by Chih-i, trans. by Thomas Cleary. 208 pp. #STSE \$12

Stopping (shamatha) and seeing (vipashyana) refer to stopping delusion and seeing truth, the twin processes basic to Buddhist meditation. The Chinese Buddhist master Chih-i covers the principles, dynamics, and methods Buddhist meditation practices.



**TIBETAN BOOK OF DAYS: A Journal with Thoughts from Sogyal Rinpoche**

by Sogyal Rinpoche. 160 pp., 6 x 7", 12 color illus., #TIBODA \$14.95  
An elegant book to inspire meditation and reflection. It is designed in the daybook format with undated calendar pages featuring provocative quotes with illustrations and photographs.

Booklet from Chogyal Namkhai Norbu Rinpoche

**THE STAIRWAY TO LIBERATION: Instructions on Ngondro**  
by Chogyal Namkhai Norbu. 70 pp. #STLIB \$15

In addition to the traditional preliminary practices, there are Ngondro practices unique to Dzogchen teachings and these are explained in this book.

This is a hard to find teaching on Dzogchen. It is a nicely designed book and costs more because not many were printed.



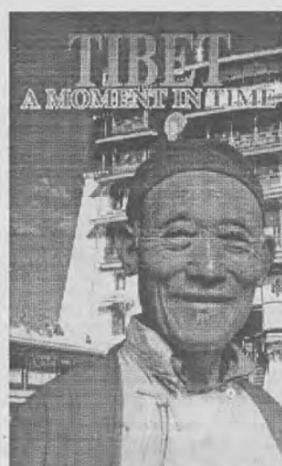
NEW VIDEOS

**MANDALA: The Sacred Circle of Vajrabhairava**  
featuring monks of Namgyal Monastery, written & produced by Dan Cozart & Lonna Malmsheimer. 55 min. #MASACI \$29.95

This is a fascinating look at the creation and profound inner meaning of the world's richest religious symbol, the Buddhist mandala, an intricate and vividly colored pattern that represents an enlightened universe. This ground breaking video was shot during the construction of the colored sand mandala of the Buddha Vajrabhairava (the Diamond Terrifier) by Tibetan monks of Namgyal Monastery, the Dalai Lama's personal monastery. It intimately shows the artistry of the Namgyal monks as they build the mandala grain by grain, stage by stage. It explains the detailed symbolism of the



mandala, as well as being a captivating introduction to Buddhism and tantra.



**TIBET: A Moment in Time**  
by William Bacon III. 55 min. #TIMOTI \$29.95

From its glacial peak of 25,436 ft. To the turbulent waters of the Yarlung Tsangpo River, the world's deepest canyon is 19,386 ft. deep. This film offers the first glimpse any westerner has had since 1900. It is a sacred land that Tibetans believe to be the body of Vajrayogini, mother of all Buddhas. This is a photographically stunning journey among Tibetans living the life they have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where yak-powered ploughs till the rich soil. The latter part of the film contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.



## NEW TAPES

### GREAT WOMEN PRACTITIONERS

by H.E. Chagdud Tulku Rinpoche. 2 cassettes, 180 min., #GRWOPR \$14

Many women have achieved profound spiritual realization through lifetimes of dedicated practice and mind training. Rinpoche recounts the life histories of several women in the Tibetan tradition: Machig Labdron, Yeshe Tsogyal, mandarava and his mother, Delog Dawa Drolma. These accounts make clear for men and women alike, anyone who exerts enthusiastic and one-pointed effort can attain enlightenment.



### SIX KEYS TO HAPPINESS

by Lama Tsering Everest. 2 cassettes, 120 min., #SIKEHA \$12

Our inability to find lasting happiness stems from our mistaken focus on self and our failure to recognize the true nature of mind. In this audio tape, Lama Tsering addresses this situation from the perspective of six key issues: impermanence, compassion, karma, self-centeredness, the relative truth of ordinary reality, and the perfection of absolute reality.



### Book on Tape

**A JOURNEY IN LADAKH**  
written and read by Andrew Harvey, two cassettes, 3 hrs., #JOLA \$17.95

The mountains of Ladakh are bordered by Pakistan and Tibet. Andrew Harvey traveled there in sears of the old Tibetan traditions. Journey to Ladakh is a magical tale of travel, blending the sacred and the hilarious—one of Harvey's best stories.

## NEW MUSIC & CHANTS



### MAHAKALA DAILY PRACTICE

by Bardor Tulku Rinpoche, Tenzin Chonyi, and the retreatants and students at Karma Triyana Dharmachakra Monastery. Cassette, 88 min. #MADAPR \$12

Recorded in the shrine of Karma Triyana Dharmachakra, the Seat of His Holiness, the Seventeenth Gyalwa Karmapa, Ugyen Trinley Dorje on July 26, 1996.



### MAHAKALA CHANTS

by Bardor Tulku Rinpoche, Tenzin Chonyi, and the retreatants and students at Karma Triyana Dharmachakra Monastery. CD, 69 min. #MACH \$18

Recorded in the shrine of Karma Triyana Dharmachakra, the Seat of His Holiness, the Seventeenth Gyalwa Karmapa, Ugyen Trinley Dorje on July 26, 1996.



### SHOWER OF BLESSINGS

by H.E. Chagdud Tulku Rinpoche. 1 cassette, 60 min., #SHBL \$8

This is a concise, powerful guru yoga sadhana that invokes the blessings of the incomparable master Padmasambhava through recitation of the Seven-Line Prayer and Vajra Guru mantra. This practice awakens the realization of the lama in the heart of the devoted student. Rinpoche's voice is inspiring.

### TIBET, TIBET

by Yungchen Lhamo. CD, #TI \$18

Yungchen Lhamo was given her name by a Buddhist Lama—it means Goddess of Song. Born and raised in Tibet, her spirituality and her voice were nurtured by her family. At 25, she walked over the Himalayan mountains from Tibet to India to receive the blessings of H.H. the Dalai Lama. The power and purity of Yungchen's voice gives heart to her spiritual devotion. This CD contains a number of prayers (refuge) and chants (such as Om Mani Padme Hum) as well as some beautiful folk songs from Tibet. Put out by Peter Gabriel's WOMAD/Real World Records, this is a very well done CD. We recommend it.



## NEW DHARMA ITEMS

### MORE RADIANTHEART PRAYER FLAGS!



### KALACHAKRA MONOGRAM

9 x 16", #KAMOPR \$5  
This symbol contains the seed syllables of the Kalachakra Heruka. It presents the essence of the teachings of the Kalachakra Tantra concerning the energy which transcends the relative concepts of time and space. These ten syllables of power represent the 84,000 teachings of enlightenment. Rainbow colored.



### WHEEL OF LIFE

12 x 16", WHLIPR \$5  
This traditional print depicts the cycle of worldly states of existence. The pictorial forms symbolize the self-perpetuating process of deluded existence. The entire Wheel of Life is in the grasp of Yama, Lord of Death. At the upper right, away from the endless circle stands a Bodhisattva who points toward the Wheel of Dharma which represents the teachings of liberation.



### SMALL WIND HORSE

13 x 16", #SMWIPR \$5  
The Wind Horse carries the wish-fulfilling jewel of enlightenment. At the top is a symbolic representation of the Buddha's first teaching at Deer Park. The text inscribes the mantras of many deities: Manjushri, Avalokiteshvara, Vajrapani, Amita-bha, Amitayus, Padmasambhava, The Peaceful Deities, the Wrathful Deities, Tara, Vajrakilaya, and Vajrasattva.



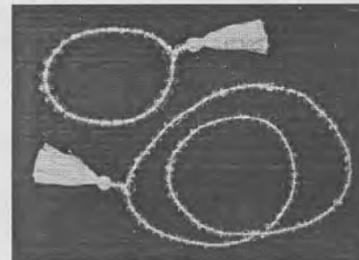
### TIBETAN WOOL BELT

40.5" plus braided end cords, 1.25" wide, #TIWOBE \$9  
Made by Tibetans, this is a bright multi-colored belt in traditional design. Its two braided end cords can tie onto a bag, camera or other object and the belt can double as a shoulder strap.



### TURQUOISE DRAGON

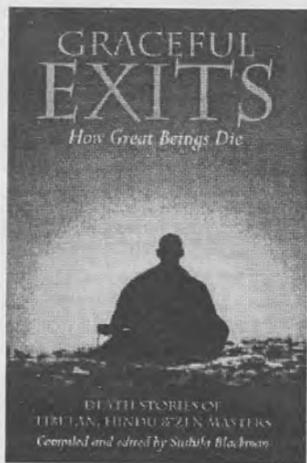
28 x 13", turquoise on white, #TUDR \$8  
In heaven the Turquoise Dragon thunders, the sound of compassion that awakens us from delusion and increases what we can know through hearing. Dragons have the power of complete communication and protect one from slander.



### New malas!

**AMBER (Russian) HAND MALA**  
8mm #AMHAMA \$22

**AMBER (Baltic)**  
6mm #AMMA \$130



**GRACEFUL EXITS:**  
**How Great Beings Die**  
by *Sushila Blackman*. 160 pp., 20 photos, #GREX \$12.95

Here are 108 stories recounting the ways in which Tibetan, Hindu, and Zen Buddhist masters, both ancient and modern, have confronted their own deaths. It recounts the grace, clarity, and even humor with which these teachers have met the end of their days. Kalu Rinpoche, Ling Rinpoche, Jamyang Khyentse Rinpoche, Dilgo Khyentse Rinpoche, Trijang Rinpoche, H.H. Gyalwa Karmapa, and Lama Yeshe are among those famous people whose stories are recounted here.

**NAMGYAL T-SHIRT**  
#NABTL (large), #NABTX (x-tra large) \$18

Golden mandala on maroon. The Dalai Lama's Ithaca branch of Namgyal Monastery is benefiting from the sale. (See photo on page 72.)



**Children's Book**

**WHERE IS TIBET?**  
by *Gina Halpern*. 48 pp., 43 color illus., 9 x 12," For ages 3-10, #WHTI \$12.95

"Where is Tibet?" is really a way of asking "Where is happiness?" Gina Halpern's enchanting book takes children on a double journey...to a real country and into their own hearts.

Brilliantly illustrated with Tibetan images and colors, this sensitively rendered, cross-cultural book follows the search of a refugee Tibetan boy and girl for their native Himalayan land. The children could be two of the real exiled children now living in India and Nepal, but their search goes far beyond the geographical and personal. In Gina Halpern's hands their quest becomes the universal search of all who seek a place of peace.

Where is Tibet? celebrates a delightful spirit. Its answer to its own question, "Look into your heart," sends a message of hope and empowerment to all children. There is no book like it today.



**Sacred Chants**

**CHÖ**  
by *Choying Drolma & Steve Tibbetts*. Cassette #CHO \$12; CD #CHOCD \$18

The religious songs on this recording have been passed to the nuns of Nagi Gompa by Tulku Urygen Rinpoche, his wife Kunzang Dechen, and other teachers. Choying Drolma is a member of Nagi Gompa, a Nunnery in the foothills of the Himalayas. Her captivating voice combines here with the guitar of Steve Tibbetts who provides a gentle melodic background to her chants. Proceeds from the sale of Chö will go to purchase a solar heating system for Nagi Gompa's water supply.



**Now on tape**

**THE FOUR NOBLE TRUTHS**  
by *the Dalai Lama*. 4 cassettes, 6 hours, #FONOC \$35

In July, 1996, the Dalai Lama gave a wonderful teaching in London on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as being ultimate objects of refuge.



**TIBETAN ART: Toward a Definition of Style**

by *Jane Casey Singer and Philip Denwood*. 320 pp. 9 x 12", 341 illustrations, 257 in color, 2 maps, #TIAR \$100

This book provides the most comprehensive coverage of Tibetan art yet published. Illustrated with works of an unprecedented range and quality, all the major types of Tibetan art are presented: painting, sculpture, textiles, architecture and cave drawings. The essays are based on papers of the much celebrated international symposium on Tibetan art, organized by the School of Oriental and African Studies in association with the Victoria and Albert Museum. We are impressed!



**TIBETAN CAMERA BAG**  
#TICABA \$36

This is a lovely cloth bag made by Tibetans for holding camera equipment. It can easily double as a handbag for men or women. It measures 8" wide, 6" high and more than 2.5" deep with a zipper around the top. Adjustable shoulder strap. An additional zippered pouch on the front measures 4" high by 6" wide. Earth-tone colors are very attractive.



**LION-FACED DAKINI** Painted face, 10", \$325



**VAJRADHARA** 12", \$450



**MILAREPA** 3.5", \$120



**MACHIG LABDRÖN** 9", \$180



**LION-FACED DAKINI** Bronze, 8", \$120



**VAJRADHARA** Bronze, 8", \$295

Snow Lion is pleased to be able to offer you this selection of titles on Tibetan Buddhism and culture.



We hope that this publication, our web site, plus the services our staff provide you—answering questions, filling your orders promptly and with care, and publishing new books—are of value to you. We are able to offer these services and our newsletter because people purchase the items they want from Snow Lion. We would also like to let you know that items are returnable within ten days of receiving them—so if you order something and it is not what you wanted, you can return it for a refund. We appreciate your continued support of this project.

#### BUDDHISM: Flammarion Iconographic Guides

by Louis Frederic. 360 pp., 600 b&w illus., 32 in color, #BUFLIC \$24.95

With over three thousand divinities in its pantheon, Buddhist iconography is challenging. With the aid of abundant illustrations, this guide distinguishes each holy figure, providing clear and concise explanations of the differing names and attributes by which they are known in India, Nepal, Tibet, China, Japan and Southeast Asia. Included are comparative tables, extensive bibliography, index and notes. Louis Frederic is a renowned specialist on Buddhism and the author of over fifty books on Far Eastern art and culture.



#### THE BON RELIGION OF TIBET: The Iconography of a Living Tradition

by Per Kvaerne. 155 pp., 8 1/2 x 12", 79 color plates, #BORETI \$55

Although conforming to the stylistic conventions of Tibetan Buddhist art, an entire and unique pantheon of deities is revealed by this pioneering study which introduces the main characteristics and doctrines of Bon, as well as its monastic life and its meditational and ritual practices. The iconography of the Bon tradition is presented through a series of thangkas, miniatures and bronzes. The peaceful, tutelary, protector and local deities as well as the Bon siddhas, lamas and dakinis are identified and fully described.

#### CEREMONIES OF THE LHASA YEAR

by Hugh Richardson, ed. Michael Aris. 136 pp., 80 b&w photos, 2 maps, 8 1/2 x 11" #CELHYE \$24.95

Hugh Richardson provides his own first-hand pictorial account of the calendar of spectacular rituals and festivals that occupied the entire populace of Lhasa—a rich panoply of processions, sacred dances, oracular seances, ritual competitions and official feasting. Richardson was head of the last British and first Indian missions to Tibet before the Chinese takeover.

#### DHARMA ART

by Chogyam Trungpa. 192 pp., 20 photos, 8 x 9", #DHAR \$17

Presents Trungpa Rinpoche's teachings about the power of art to awaken and liberate. Dharma art is art that springs from the meditative state—a condition of directness, self-consciousness and nonaggression. It provides a vehicle to appreciate the nature of things as they are and express this without any desire to achieve. Art was a primary means of expression for Chogyam Trungpa during his twenty years of teaching Buddhism—particularly calligraphy, poetry, and photography.

#### EAST OF LO MONTHANG: In the Land of Mustang

by Peter Matthiessen, photos by Thomas Laird. 192 pp., 9 x 12", 160 color photos, #EALOMO \$25 cloth

This is a photo-documentary of two men's journey into the once-forbidden Himalayan region called the Kingdom of Mustang. From the city of Lo Monthang, popularly known as Mustang, the pair began a horseback adventure across arid plateaus and through narrow river chasms. Together, in word and image, they reveal a place where mountains five miles high cast their shadows over the deepest canyon in the world, where nomads live herding their flocks on desolate slopes and fear the nightly advance of snow leopards.

#### THE GREAT STUPA OF GYANTSE: A Complete Tibetan Pantheon of the Fifteenth Century

by Franco Ricca & Erberto Lo Bue. 320 pp., 8 1/2 x 12", 112 color and 76 b&w photos, numerous plans, #GRSTGY \$90

The great stupa of Gyantse, about 100 miles southwest of Lhasa, may be the chief wonder of the Tibetan Buddhist world. Within its 75 chapels and temples is nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. The author explains the structure of the stupa, the iconography of the paintings and statues, and provides a thorough survey of the 75 chapels and temples. This book is very well-organized, beautifully illustrated and constructed.

#### THE HIDDEN TRADITION: Life Inside the Great Tibetan Monastery, Tashilhunpo

published by the Foreign Languages Press, Beijing. 176 pp., 200 color photos, 9 x 12", #HITRA \$69.95

Tashilhunpo, located in Shigatse, the second largest city in Tibet, is one of the four great monasteries of the Gelugpa order. Constructed in the 15th century, it has been the permanent residence of seven Panchen Lamas. These great photos record the life of the monastery and show the magnificence of its architecture, murals, and sculptures. This book was published in China and the text is biased in that direction.

#### IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95

"Among the few guides we have to the immense richness of Tibetan religious art, *Images of Enlightenment* stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."—Dan Cozort, Dickinson College

"...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan traditions."—*The Mirror*

"A clear and straightforward guide to the inner world of this sacred art."—*NAPRA Trade Journal*

#### IN STOCK!



#### A HISTORY OF TIBETAN PAINTING

by David Jackson. 432 pp., 60 color plates, 190 b&w, 2 maps, #HITIPA \$140, Available now!

This richly illustrated work explores the sacred painting traditions of Tibet from the mid-15th through 20th centuries on the basis of both the surviving pictorial remains and the extensive written sources that survive in Tibetan language. The present study identifies the great founders of the main schools of Tibetan painting and locates references to their surviving works of sacred art. It also includes a survey of the main Tibetan sources and studies, both traditional and modern, as well as a detailed summary of previous Western research on this subject.

#### THE INVINCIBLE AMDO TIBETANS

by Paulius Normantas. 120 pp., 32 full-color photos, 64 two-color photos, 9 x 12" #INAMTI \$58 cloth

This unusual collection of photos from Amdo is a sensitive portrayal of the Tibetan people of this region—their religious and secular life, their monasteries and dwellings against the background of the massive Tibetan landscape. A wonderful photo book of a little-known region of Tibet.

#### JOURNEY TO ENLIGHTENMENT: The Life and World of Khyentse Rinpoche, Spiritual Teacher from Tibet

Text selections & photos by Matthieu Richard. 152 pp., 11 x 9", 130 color photos, #JOEN \$45 cloth

Matthieu Richard's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's own writings comprise this personal study of one of the most significant teachers of Tibetan Buddhism, his world, and its spirit. Matthieu Richard spent fourteen years as Khyentse Rinpoche's personal assistant and is highly regarded for his scholarship and knowledge of Tibetan religion and culture as well as his outstanding photography.

#### THE LAST FORBIDDEN KINGDOM: Mustang, Land of Tibetan Buddhism

Photos by Vanessa Boeye, text by Clara Marullo. 156 pp., 100 full-color photographs, 11 x 11", #LAFOKI \$40 cloth

In 1992 the doors to Mustang were unlocked and a few foreigners made the arduous trek to photograph and write about this fabled land. This book is a riveting account of the authors' experience and a unique view of the society that exists there. It is an evocative visual record of some of the most dramatic and beautiful landscape in the world.

#### MANDALA

by Jose and Miriam Arguelles, for. by Chogyam Trungpa. 144 pp., 8 1/2 x 11", 81 b&w illus., 11 color illus., line art, #MAN \$20

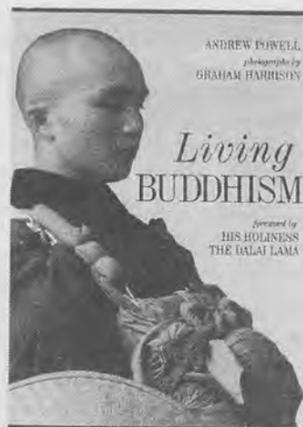
This is one of the first books to present comprehensively the principle of the mandala, the center as a universal image, a vision, a way of growth, a ritual technique and an essential life process.

#### Closeout Sale!

#### LHASA: Tibet's Forbidden City

by Christine & Frank Brignoli. 107 pp., 11 x 11", 79 color photos, #LHTIFO was \$29.95, now \$15.95!

The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this large book of photos. The daily life of the Tibetans in and about Lhasa is well-documented with special emphasis on the Potala Palace, Barkhor, sacred Jokhang temple, Norbulinka Summer Palace of the Dalai Lama and the massive Drepung and Sera monasteries.



#### LIVING BUDDHISM

by Andrew Powell, photos by Graham Harrison. 200 pp., 150 color plates, 8 1/2 x 11", #LIBUD \$24.95

This is a photographic treasure house that immerses the reader in the landscapes of the Buddhist East—Tibet, China, Japan, Sri Lanka, Thailand, Burma, Nepal, and India. The author and photographer visited Buddhist communities and interviewed some of the religions's leading figures, including the Dalai Lama.

#### Winner, National Press Photographers Assoc. 1995 Award of Excellence!



#### LIVING TIBET: The Dalai Lama in Dharamsala

Photographs by Bill Warren, Text by Nanci Rose. 138 pp., 160 color photos, 8 x 10 1/2", #LITI \$26.95

"Bill Warren's photographs wonderfully evoke the true spirit of Dharamsala, a place where Tibetan culture is more complete and can be better observed, than in Tibet itself."—Galen Rowell

*Living Tibet* is an engaging and dramatic exploration of Tibet's rich artistic and cultural heritage as preserved in one of the most successful refugee communities in history. Sheltered by the Himalayas of northern India, Dharamsala has been the home of H.H. the Dalai Lama and the government and cultural headquarters for the Tibetan people since 1960. Photojournalist Bill Warren and writer Nanci Rose take us on a colorful and informative journey through the winding streets and behind the scenes of this unusual place—revealing the rich tapestry of life in Dharamsala. Contains exclusive sections on the Dalai Lama and the Nechung Oracle as well as helpful travel information.

"*Living Tibet* is a glorious tribute to the magnificent culture of Tibet, but the real magic is in the overwhelmingly wonderful photographs throughout."—*New Age Retailer*

## GOLD JEWELRY FROM TIBET AND NEPAL

by Jane Casey Singer. 144 pp., 10 x 9", 110 color photos, 20 illus., #GOJE \$35

In Tibet and Nepal, jewelry reflected the owner's personal wealth and social status. Gold was ready cash and a woman's jewelry collection, frequently worn in its entirety on her body, served as a kind of personal financial portfolio. In Buddhism gems connote preciousness, rarity, and supreme refinement, serving as metaphors for the ideals of the tradition, and Tibet's deities were adorned with jewels and gold. Some of the finest examples of gold jewelry are represented here—earrings, ornate jewelry ensembles, and gem-encrusted amulet boxes.





### MONGOLIA: The Legacy of Chinggis Khan

by Patricia Berger & Terese Tse Bartholomew. 339 pp., 320 illustrations, 237 in color, 9 x 12", #MOLECH \$60 cloth

Spanning the late seventeenth to the early twentieth centuries, the Mongolian renaissance produced marvelous art and culture. Drawn from Mongolia's national museums and library, this collection is outstanding! It provides a unique view of Mongolian Tibetan Buddhist life in symbol-rich art forms that reveal the country's spiritual, political, and social beliefs: opulent headdresses; radiant bronze sculptures by the brilliant artist Zanabazar; colorful, exotic ritual masks used in the tsam dance; richly decorated manuscripts and book covers; thangkas; and the spun-gold robe of the Bogdo Khan.

### THE MYSTICAL ART OF TIBET: Featuring Personal Sacred Objects of the Dalai Lama

by Glenn H. Mullin & Andrew Weber, with a foreword by H.H. the Dalai Lama. 176 pp., 8 x 10", #MYARTI \$16.95

"This is not just a catalog of an exhibit, rather it is an introduction to the artistic history of Tibet and the world of its mysticism. It attempts to look into the heart and spirit of the unique and ancient culture of Tibet as reflected in its artwork."—Glenn Mullin

Presents religious and secular arts, including thangka paintings, bronze and silver statues, temple musical instruments, ritual objects, etc. The book has three parts: twenty-one personal items of H.H. the Dalai Lama; ancient pieces from the surviving collection of Drepung Loseling Monastery in India; and a selection of contemporary pieces made by the Tibetan refugees in India and Nepal. Text and art are great.

### MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTIP \$25 paper; #MYTI \$40 cloth

His Holiness the Dalai Lama and Galen Rowell have produced a great photographic study of Tibet. Rowell's photos of Tibet are remarkable in quality and composition. His Holiness has written the captions for the photos and also essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.

### NEPAL: A Guide to the Art and Architecture of the Kathmandu Valley

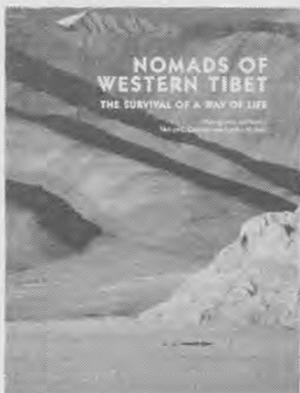
by Michael Hutt, et al. 248 pp., 8 1/2 x 11", 312 b&w illustrations, 16 pp. of full color illus. #NEGUAR \$37.50

This illustrated guide describes the extraordinary cultural flowering that has occurred in the Kathmandu Valley. Maps, diagrams, line drawings, and photos beautifully illustrate the palaces, temples, stupas, sculptures, paintings, both Hindu and Buddhist.

### POWER PLACES OF KATHMANDU: Hindu and Buddhist Holy Sites in the Sacred Valley of Nepal

by Keith Dowman, photos by Kevin Bubriski. 144 pp., 108 color photos, 10 1/2 x 13 1/2", #POPLKA \$39.95 cloth

In Nepal's Kathmandu Valley, numerous power places—focal points of divine energy—open their windows into the realm of the gods. Geomantic forces, divine myths, human history and legend combine to make these locations potent sources of spiritual and psychic renewal. *Power Places* is a gorgeous photo book that follows the pilgrimage routes through Kathmandu, Patan and Bhaktapur capturing for the reader the mystery and grandeur of these vortexes.



### NOMADS OF WESTERN TIBET: The Survival of a Way of Life

by Melvyn Goldstein and Cynthia Beall. 192 pp., 190 color photos, #NOWETI \$21.95

For 16 months between 1986-88, Melvyn Goldstein and Cynthia Beall lived and studied in a community of roughly 300 western Tibetan nomads. This copiously illustrated book is an intimate and fascinating account of these remarkable people, of their tradition and struggle for cultural survival.

### THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas

by Russell Johnson & Kerry Moran. 128 pp., 116 color plates, 8 3/4 x 10 1/2", #SAMOTI \$24.95

Spectacular photography and narrative provide a journey through Himalayan scenery to Kailas, Asia's most sacred mountain. Sublime, this snow-clad pyramid has been a place of pilgrimage for over a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape traversed by vital and determined pilgrims.



### SACRED MOUNTAINS OF ASIA

ed. by John Einarson. 151 pp., 8 1/2 x 11" 135 b&w photos and illus. #SAMOAS \$16

Twenty-nine pieces celebrate many sacred peaks through prose, art, photographs, poetry and spiritual texts.

"To see the greatness of a mountain, one must keep one's distance; to understand its form, one must move around it; to experience its moods, one must see it at sunrise and sunset, at noon and at midnight, in sun and in rain, through all the seasons. He who can see the mountain like

## TIBETAN NOMADS

by Schuyler Jones. 463 pp., over 200 illus., 100 in color, 9 x 11" #TINO \$50 cloth

This is the first book to place the material culture of the Tibetan people in a cultural and environmental context and examines Tibetan nomadism and the trade networks throughout Asia. The National Museum of Denmark has an outstanding collection of everyday objects: clothing, jewelry, weapons, musical instruments, tools, armor, religious objects, agricultural implements, horse and yak trappings—these plus photos of nomadic life give a view into the lives of these peoples.



### THE SAND MANDALA OF VAJRABHAIKAVA

by Daniel Cozart with the monks of Namgyal Monastery. 40 pp., 4 color photos, 30 b&w photos, 9 x 8", #SAMAVA \$8.95

Mandalas are perhaps the world's richest religious symbols, intricate designs that in Buddhism symbolize the ideal worlds of Buddhas and the many facets of Buddhist teachings. This book explains the symbolism of the colorful mandala of Buddha Vajrabhairava (wrathful form of the Buddha of Wisdom—Manjushri) created in sand by monks of Namgyal Monastery (the Dalai Lama's personal monastery). It places mandala-making in the context of Buddhist tantra and describes the process whereby a mandala is planned, executed and finally dismantled.

### TARA'S COLORING BOOK

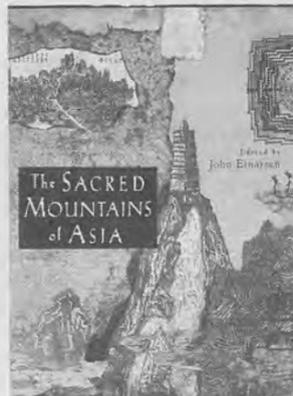
by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOCO \$9.95

A book of twelve exquisite line drawings of famous Tibetan icons—Buddha, Chenrezig, Tara, Manjushri and others with instructions on how to color the drawings.

### TEMPLE, HOUSEHOLD, HORSEBACK: Rugs of the Tibetan Plateau

by Diana Myers. 111 pp., large format, 83 b&w and color photos #TEHOHO \$27.50

Tibetan rugs in this photo book are significant not only for their rarity but also for the unique role they performed as objects of both the sacred and the secular realms. They were used in temples, in homes of rich and poor alike, and on horseback. The rugs are notable for their supreme, lively sense of rhythm and color.



this comes near to the life of the mountain."—Lama Anagarika Govinda

### Closeout sale!

#### TIBET

by Pietro F. Mele; intro. by Michael C. van Walt van Praag. 9 1/2 x 9 1/2", B&W Photos, #TIM \$7.95 cloth (was \$25)

"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book."—H. H. the Dalai Lama

Pietro Francesco Mele was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci in the 40s.

In his introduction, Michael van Walt, Dutch expert in international law, updates the reader on the major events in Tibet that have occurred since Mele traveled there.

#### TIBETAN BUDDHIST ALTAR

by Vabre Reynolds. 32 pp., 8 1/2 x 11", 36 photos, most in color, #TIBUAL \$8

This unusual museum catalog records the construction, decoration and consecration (by the Dalai Lama) of the Tibetan Altar at the Newark Museum. The contents of this elaborate shrine are extensively described—it was traditionally constructed and contains the requisite items for practice.

#### TIBETAN MANDALAS

by Prof. Raghu Vira and Lokesh Chandra. 270 pp., 8 1/2 x 11", #TIMAN \$55 cloth

This is a fascinating collection of 158 mandalas of major and minor tantric deities—actually it is comprised of two famous collections of large line drawings. The first is the *Vajravali* by Abhayakaragupta and containing 26 mandalas such as Manjuvajra, Akshobhya, Vajrasattva, Heruka, Hevajra, and Ushnisa-sitatapatra. The second collection is the *Tantra-samuccaya* and contains 132 mandalas of major and minor deities divided into the four tantras and other classes with special emphasis on the Anuttara Yogini Tantras.

#### TIBETAN PORTRAIT: The Power of Compassion

photos by Phil Borges, text by the Dalai Lama. 41 photos, 98 pp., 9" sq., #TIPOR \$27.50 cloth

This collection of riveting portraits paired with the words of the Dalai Lama provides a unique understanding of the Tibetan people and the Buddhist teaching of non-violence and compassion. An exhibit of the photos opened in the Capitol Rotunda in Washington, D.C. and is appearing in major galleries in the US, Canada and London. Phil Borges' work has received numerous awards.

#### TIBETAN COLLECTION: Sculpture and Painting

by Vabre Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATIC3 \$20

Based on the excellent art collection at the Newark Museum, this catalog contains photos of sculpture—metal, wood, ivory, lacquer, stone and clay; thangkas—painted, applied and embroidered; wall paintings; and iconography—body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking."

### WE HAVE A NEW WEB ADDRESS!

<http://www.snowlionpub.com>

You'll find our Newsletter and Catalog, lists of events, the Dalai Lama's current schedule and much more!

#### TIBETAN THANGKA PAINTING: Methods & Materials

by David & Janice Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, large format, #TITHPA \$29.95

"An indispensable reference manual for anyone who is interested in Tibetan art."—Parabola

*Tibetan Thangka Painting* is a detailed step-by-step description of the techniques and principles of this sacred art. The many line drawings of symbols and motifs aid artists and serve as a unique sourcebook for designers. This handbook includes valuable guidelines for using modern techniques and materials. Robert Beer has also added many line drawings of the primary deities to show the geometrical proportions.

#### TIBETAN VOICES: A Traditional Memoir

photos by Brian Harris, written & ed. by Heather Wardle, Elizabeth Cass, Iain Marrs, George Koller. 8 3/4" x 11" wide, 150 pp., 50 photos, #TIVO \$31.95

Great book!  
Brian Harris has combined images of Himalayan Buddhist culture with memoir-style accounts of Tibetan elders in India and the West—the photos and text are rich and moving. Royalties are being donated to Seva Service Society, The Tibetan Health Education Organisation, The Nuns Project and Delek Hospital Aid Foundation.

### TREASURES OF TIBETAN ART: The Collections of the Jacques Marchais Museum of Tibetan Art

by Barbara Lipton & Nima Dorjee Ragnubs. 295 pp., 81 color photos, 109 b&w photos, 8 x 11", #TRTIAR \$29.95

The most important works from the renowned collection are beautifully illustrated and described in this monumental volume of Tibetan art from Tibet, China, Mongolia and

Nepal. They include sculptures and thangkas depicting the Buddha, arhats, lamas, meditational deities, bodhisattvas, protector and guardian deities, ritual objects, musical instruments, jewelry, and decorative objects. The essays contribute new information on Tibetan culture, iconography, history, and folklore. Barbara Lipton has been director and curator of the Jacques Marchais Museum of Tibetan Art since 1985. She is an art historian and author.

### New Expanded Cloth Version!

#### WISDOM AND COMPASSION:

##### The Sacred Art of Tibet

by Marilyn Rhie & Robert Thurman, photos by John Taylor. 488 pp., 353 illus., 338 in full color, 9 x 12", #WICO \$75 cloth

This landmark volume illustrates, explains, and celebrates hundreds of

the finest and most beautiful examples of Tibetan sacred art spanning 1,000 years and drawn from museums and private collections around the world. The text offers insights into the significance, iconography, and aesthetics of the tangka paintings, sculptures, and mandalas pictured. This expanded cloth edition contains 81 new color plates of statues and thangkas, making this book even more remarkable.



## BIOGRAPHY

### THE AWAKENED ONE:

#### A Life of the Buddha

by Sherab Chodzin Kohn. 155 pp. #AWON \$9

The Buddha's life story is a universal tale of the awakening of consciousness. A blend of legend and history filled with stories of wisdom and compassion, this ancient tale offers inspiration and insight to spiritual seekers of all traditions. Sherab Chodzin Kohn was a close student of Trungpa Rinpoche and teacher since 1973.

### THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche

by Ken McLeod. 101 pp., 91 photos & illustrations. #CHTRPA \$18.75

This exquisite book contains the autobiography and writings of one of the most outstanding lamas of this century.

### DILGO KHYENTSE RINPOCHE

by Editions Padmakara. 16 pp., 8 color and b&w photos, #DIKHRI \$9.95

This book about Khyentse Rinpoche was published during the latter part of his life. The photos alone are easily worth the price of the booklet. You might want to buy two—one to cut up for framing.

### ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition

compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18

Here are the life stories of six great tantric masters from the Gelugpa school of Tibetan Buddhism. In the Gelugpa tradition there are many siddhas and Jan Willis has meticulously presented the liberation life stories of the first six lineage holders of the Ganden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.

### THE BOOK OF TIBETAN ELDERS: Life Stories and Wisdom of the Great Spiritual Masters of Tibet

by Sandy Johnson. 288 pp., b&w photos, 6 x 8", #BOTIEL \$23.95

Sandy Johnson travelled to gather the wisdom of spiritual masters of Tibet. Incarnate teachers tell their stories, Tibetan doctors share their secrets, oracles talk about what it is like to be possessed—a rare, documentation of a special group of teachers.

### LIFE OF THE MAHASIDDHA TILOPA

86 pp. #LIMATI \$9.95

Thought to have been composed in the 11th century by Marpa, this account of the complete liberation of Tilopa is accompanied by a transliteration of the original Tibetan text.



### THE GREAT KAGYU MASTERS

trans. by Khenpo Konchog Gyaltzen, ed. by Victoria Huckenpahler. 240 pp. #GKAMA \$14.95

"This most inspiring, authentic and important book is a timely shower that certainly quenches our thirst for knowledge of the early sages of the Kagyu lineage of Tibet, many of whose lives are unknown to non-Tibetans. A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only in the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Shakyamuni Buddha, the sources of the lineage, the book then expounds upon the outer and inner biographies of Kagyu lineage masters, including Tilopa, Naropa, Marpa, Milarepa, Atisha, Gampopa and others."—Tulku Thondup Rinpoche.

### ATISHA AND TIBET: Life and Works of Dipamkara Srijnana in relation to the History and Religion of Tibet with Tibetan Sources

by Alaka Chattopadhyaya, trans. under Prof. Lama Chimpa. 593 pp. #ATTI \$23.95 cloth

Here is a comprehensive account of the baffling personality of the great Bengali Pandit Atisha also known as Dipamkara Srijnana, the great teacher and reformer of Tibetan Buddhism. After telling his life story, the author presents the Tibetan account of their own history and the place of Atisha in it. This is followed by a presentation of biographical material on Atisha from Tibetan sources such as Brom-ston-pa, and selected teachings of Atisha that are available in English and a listing of those only available in Tibetan.

### A GARLAND OF IMMORTAL WISH-FULFILLING TREES

by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sangye Khandro. 187 pp. 23 plates, 14 in color, #GAWIFU \$15.95

In the snowy land of Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. In the east, the principal monastery of these six is the glorious and powerful Palyul. This book presents a comprehensive explanation of the Palyul tradition. Within this tradition, the Non-dual Great Seal Mahamudra-Great Perfection Ati Yoga and the Kama and Terma lineages are joined together as one great river of practice. H.H. Penor Rinpoche is the present head of the Nyingma lineage and the Palyul tradition.

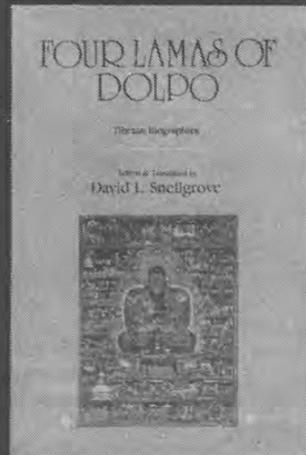
## FOUR LAMAS OF DOLPO

### Autobiographies of Four Tibetan Lamas

ed. by David Snellgrove. 302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21



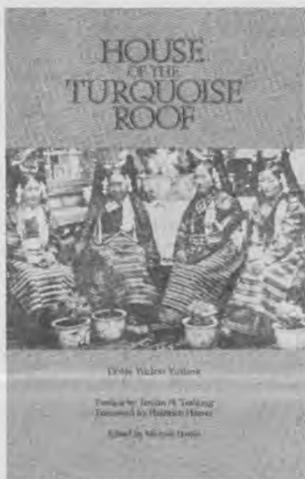
This unusual volume presents the autobiographies of four Tibetan lamas in the land of Dolpo, which was part of Western Tibet. Three of them were born in the 16th century, and one in the 17th. These life stories were dictated by the lamas themselves in response to the disciples' requests and one hand-written copy was preserved. Snellgrove's introduction describes religious practices in Dolpo—which are practically unchanged for a thousand years.



### BORN IN TIBET

by Chogyam Trungpa. 296 pp., 36 photos, 18 line drawings, #BOTI \$15

Identified at the age of thirteen months as a major reincarnation of an enlightened teacher, Chogyam Trungpa underwent a period of intensive training in meditation, philosophy, and fine arts, receiving full ordination as a monk in 1958. He then narrowly escaped the Chinese army in Tibet—this memoir concludes with his safe arrival in India and his life in the West.



### HOUSE OF THE TURQUOISE ROOF

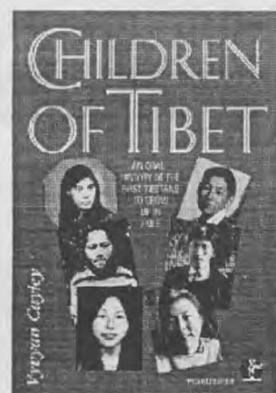
by Dorje Yuthok, trans. & edited by Michael Harlin, foreword by Heinrich Harrer. 330 pp., photos #HOTURO \$16.95

"...a superior book."—*The Tibet Journal* Mrs. Dorje Yuthok offers readers a fascinating account of life in upper-class Lhasa. This frank autobiography of a noblewoman describes life in Lhasa before the Chinese occupation. It is also a quiet, dignified description of women's status in the family and the community. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers. "Dorje Yuthok's book, rich in vignettes of the quotidian life of Tibetan aristocrats prior to the Chinese invasion, reflects a sensitivity to readers' interests in finely drawn portraits of Tibetan social interaction, ritual observances, and material culture. Yuthok's detailed descriptions of the intimacies of family life deftly convey the immediacy of her experience to readers."—Marcia Calkowski, *The Journal of Asian Studies*

### HIS HOLINESS THE XVII GYALWANG KARMAPA

18 pp., 25 photos, 9 x 14" #KAR \$9.95

This is a photo documentary of the discovery and enthronement of the 17th Gyalwang Karmapa. It contains large, beautiful photos of His Holiness plus many other lamas, the previous Karmapa and H.H. the Dalai Lama.



### CHILDREN OF TIBET: An Oral History of the First Tibetans to Grow up in Exile

ed. by Vyvyan Cateley. 217 pp., 20 photos, maps. #CHTI \$14.95

"A refreshing contribution to the burgeoning literature on Tibet, which remains notably (and regrettably) uninterested in the day-to-day lives of contemporary lay Tibetans."—*Tibetan Review*

These are the personal accounts of twenty Tibetans who survived the trials and tribulations of growing up outside their homeland. They are the first generation raised in exile and living around the world. Their lives have been extraordinary in terms of the extremes of hardship they have undergone, and they have lived with a sense of the unremitting tragedy imposed upon their nation by the Chinese occupation. Their stories are full of humor and sadness and reflect their enduring faith and their love and respect for the Dalai Lama.

### IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim

by Chen-Hua. 292 pp., 10 illus. #SEDH \$16.95

This is the only book in English on modern Chinese Buddhism written by a practicing Chinese monk. Chen-Hua provides a rare eyewitness account of Chinese monastic life and Buddhist practices before they were changed forever by the Communist revolution. He made pilgrimages to major monasteries and holy sites, and sought instruction from many famous masters.



### THE LIFE OF MARPA THE TRANSLATOR

the Nalanda Translation Committee. 320 pp. #LIMA \$15

Marpa exemplifies the ideal of the person who devotes himself to spirituality without neglecting his worldly obligations. He was the student of Naropa and teacher of Milarepa. This biography paints a vivid picture of the young Tibetan's three journeys to India to study the Buddhist teachings. Despite many hardships, he mastered the tantric teachings, translated Sanskrit texts into Tibetan and established the Kagyu lineage.



**JOURNEY TO ENLIGHTENMENT: The Life and World of Khyentse Rinpoche, Spiritual Teacher from Tibet**

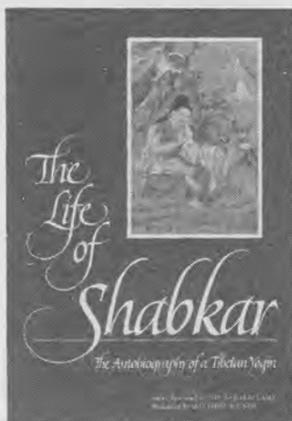
text selections & photos by *Matthieu Ricard*. 152 pp., 11 x 9", 130 color photos, #JOEN \$45 cloth

Matthieu Ricard's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's own writings comprise this personal study of one of the most significant teachers of Tibetan Buddhism, his world, and its spirit. Matthieu Ricard spent fourteen years as Khyentse Rinpoche's personal assistant and is highly regarded for his scholarship and knowledge of Tibetan religion and culture as well as his outstanding photography.

**KARMAPA: Urgyen Trinley Dorje**

by *Ken Holmes*. 152 pp., 18 color plates, 38 b&w photos and line drawings, 7 x 9" #KAURTR \$22.95

Drawing on twenty-five years of experience close to the senior lamas of the Kagyu tradition, Ken Holmes presents extremely useful and not always widely available information on topics such as the Karmapa's lineage, reincarnation, Tibet and Tibetan Buddhism. Contains photos of the new incarnation, the 16th Karmapa and other lamas.



**THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi**

trans. by *Matthieu Ricard*, intro. by the Dalai Lama. 650 pp. #LISH \$24.95

*The Life of Shabkar* has long been recognized by Tibetans as a master work about a Tibetan yogi. Following his inspired youth and early training in Amdo in the 1800's under the guidance of several extraordinary Buddhist masters, Shabkar Tsodruk Rangdrol devoted himself to years of solitary meditation. With determination, he mastered the most esoteric Dzogchen practices. He then wandered far and wide over the Himalayan region living his realization.

**THE LITTLE LAMA OF TIBET**

by *Lois Raimondo*. 40 pp., 41 color photos #LILATI \$15.95

This most impressive book on the present life of a prominent Tibetan tulku is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. However, it is an inspiration for Tibetan Buddhists of any age—a fascinating look at the bright young boy who represents hope for the future of Tibet.

**LORD OF THE DANCE, The Autobiography of Chagdud Tulku**

246 pp. #LODAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. This account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, tells of his training as a tulku. His life is a rich weaving of spiritual insight, high adventure and Tibetan culture as it was transplanted into the refugee communities of India and Nepal. He is presently the head of a major center in California.



**THE LIFE OF MILAREPA**

by *Lobsang Lhalungpa*. 220 pp. #LIMI \$13.95

The Life of Milarepa is the most beloved story of the Tibetan people and one of the greatest source books for the contemplative life in all of the world's literature. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.

**THE LOTUS-BORN: The Life Story of Padmasambhava**

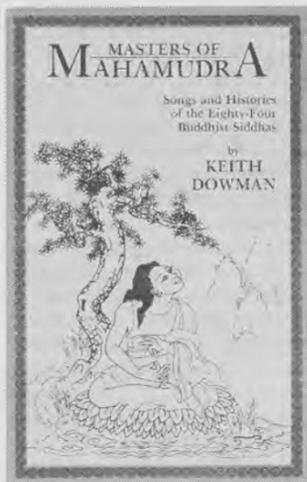
by *Yeshe Tsogyal*, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$17

This biography of Tibetan Buddhism's founder, Padmasambhava (755-797), was written by his most important female student. A combination of history and legend, the book narrates the story of this outstanding spiritual person and also contains instructions and advice that he gave for future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.

**THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi**

by *Eva van Dam*. 80 pp., large format, full-color illus. #MAMI \$16

Story of the legendary exploits of Tibet's great yogi, in a full-color graphic novel.



**MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas**

by *Keith Dowman*. 454 pp. #MAMA \$21.95

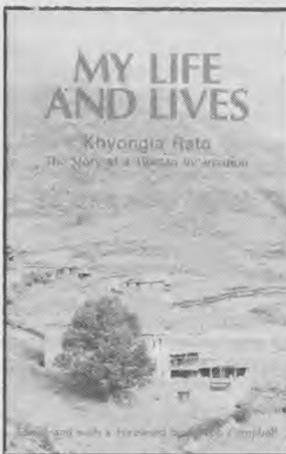
These eighty-four masters who led unconventional lives include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman translated their songs of realization and the legends about them and gives a commentary on each of the Great Adepts.



**MASTERS OF MEDITATION AND MIRACLES: The Longchen Nyingthig Lineage of Tibetan Buddhism**

by *Tulku Thondup*. 478 pp. #MAMEMI \$35 cloth

Lively biographies of 34 important masters in the Nyingma lineage of the Longchen Nyingthig. Beginning with Garap Dorje, these stories convey exemplary lives led in monasteries, mountains, woods, and caves—lives of great austerity and dedication, superb humility and peace, profound learning and wisdom, amazing miracles and joy.



**MY LIFE AND LIVES: The Story of a Tibetan Incarnation**

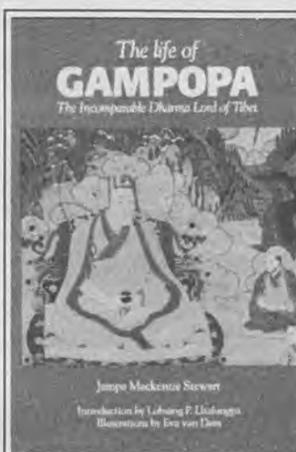
by *Khyongla Rato*, ed. by *Joseph Campbell*. 280 pp. #LILI \$14.95

Never before has there been a book by a Tibetan to describe with such care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, elder monks of the Gelugpa sect divined that a five-year-old boy was the reincarnation of the ninth Khyongla of Tibet. On his sixth birthday, monks took him to Rato-monastery some distance away to be installed as its spiritual head. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet, until the Chinese invasion. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in the New York.

**THE RAINMAKER: The Story of Venerable Ngagpa Yeshe Dorje Rinpoche**

by *Marsha Wolf & Karen Blanc*. 106 pp., 19 color photos plus other illustrations, #RA \$16.95

This is the life story of one of Tibet's foremost spiritual practitioners who is famous for his ability to summon and stop rain. In Tibet, he meditated in caves and remote places and was dependent on the support of local people who he helped by summoning and preventing rain—very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often asked by the Dalai Lama to help with the weather during large outdoor teachings.



**THE LIFE OF GAMPOPA**

The Incomparable Dharma Lord of Tibet

by *Jampa Mackenzie Stewart* illus. by *Eva van Dam* intro. by *Lobsang P. Lhalungpa* 175 pp. #LIGA \$12.95

Here is the first complete life story of Milarepa and forefather of the Kagyu lineages. It is said that over 50,000 disciples gathered around him after his enlightenment. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's advanced meditative experiences, and presents direct insights into the practice and realization of Mahamudra. Beautiful drawings by Dutch artist Eva van Dam illustrate this compelling and moving tale. A history of the Kagyu lineage by Lobsang P. Lhalungpa supplements the story of Gampopa's life, and provides the fullest possible picture of the development of the Kagyu lineages of Tibetan Buddhism.



"J.M. Stewart has rendered a great service by collecting all the available and often divergent information about Gampopa and presenting a plausible synthesis of known facts."—Georg Feuerstein for *Quest Magazine*

"Comprehensive and inspiring."—*Midwest Book Review*

**MIPAM: A Tibetan Love Story**

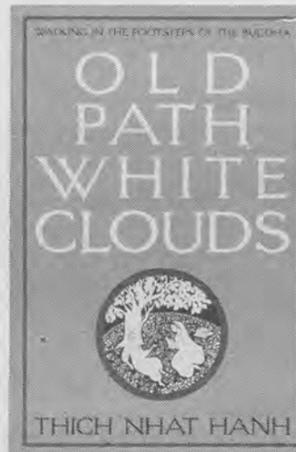
by *Lama Yongden*. 340 pp. #MI \$11.95

This is the only novel ever written by a Tibetan lama especially for western readers. The characters are clearly types and composites, yet they are drawn with such affection and attention to human detail that they remain thoroughly engaging. It is a romantic story that conveys life as it is in Tibet.

**PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth**

by *Sir Charles Bell*. 460 pp. #PODALA \$22.95

The author was the British political representative to Tibet during the crucial early years of this century. Fluent in Tibetan, he became closely associated with the Thirteenth Dalai Lama and the turbulent affairs of that time. This is an immensely readable personal account of the life of this great Tibetan leader and the events that helped shape modern Tibet.



**OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha**

by *Thich Nhat Hanh*. 600 pp., 40 drawings #OLPAWH \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitable and beautiful style. It traces the Buddha's life, slowly and gently over the course of 80 years and 600 pages, partly through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and partly through the eyes of the Buddha himself. It brings to life the story of the Buddha in a most vibrant way.



**REBORN IN THE WEST: The Reincarnation Masters**

by *Vicki Mackenzie*. 213 pp. #REWE \$13.95

Among the wealth of information that currently fuels the reincarnation debate, there is one story that towers above the rest. For the first time "reincarnation masters" (tulkus) are appearing in the West. Vicki Mackenzie seeks them out and tells their stories—how they were identified and what their mission is. Nine western tulkus are presented.

**REINCARNATION: The Spanish Boy Whose Destiny Was To Be A Tibetan Lama**

by *Vicki Mackenzie*. 183 pp., 15 color photos, #REBOLA \$12.95

Tells the extraordinary story of an apparently ordinary Spanish child who, at the age of 14 months, was recognized by the Dalai Lama as the reincarnation of Lama Yeshe, who founded many Buddhist centers in the West. Osel Hita Torres is destined to become one of the most important and unusual spiritual leaders of our time. It is also a riveting account of reincarnation and Tibetan Buddhism.

**THE TWELVE DEEDS: A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion**

trans. by Sangye Tandar, ed. by Richard Guard. #TWDE \$5

Tonpa Shenrab, the founder of Bon, was the first Buddha to appear in the Kaliyuga with the express purpose of relieving the sufferings of sentient beings. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.



**THE TEACHER: Eleven Aspects of Guru Rinpoche**  
23 pp. #TE \$2.95

This little book reproduces woodblock images of Padmasambhava in his eleven forms or aspects. A really great book for the price!

**TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, Brother of the Dalai Lama, as Told to Heinrich Harrer**

trans. by Edward Fitzgerald. 276 pp. #TIISMY \$16.95

For many years Heinrich Harrer kept a close friendship with Thubten Norbu and together they wrote this autobiography of Norbu's own life and the last decades of free Tibet's history.

**THE WARRIOR SONG OF KING GESAR**

by Douglas Penick, foreword by Sakyong Mipham Rinpoche, intro. by Tulku Thondup Rinpoche. 176 pp., 6 illus., #WASOKI \$16.95

This is the epic tale in verse and prose of the legendary Tibetan warrior king, Gesar of Ling. Born into harsh circumstances at a time of decline, Gesar succeeded in becoming ruler of Ling. Embodying the Bud-



dhist teachings, he subdued demonic lords who sought to undermine and enslave people's minds.

**C CHILDREN'S CORNER**



**AMY AND GULLY IN RAINBOWLAND**

by W. W. Rowe, illus. by Adam Chow. Ages 5-10, 96 pp., illus., #AMGU \$5.95

These are the adventures of Amy Trent and her brother Gully. Finding themselves in Rainbowland, they meet a magical man dressed in Buddhist robes who sends them in quest of the wishing stone. Along the way, they discover that special qualities within themselves are needed to overcome threatening situations—they learn to be courageous, to look beyond appearances, to do no harm and to practice loving kindness. With these powers they undo an evil witch's spells and bring beauty and peace back to Rainbowland.

**THE BOY WHO HAD A DREAM**

by Rinpoche Tulku Rinpoche, illus. by Pankaj Thapa. 32 pages, 9 x 11", full color #BOWHHA \$12.95

Beautifully illustrated in cartoon style, this is a delightful adventure story of a Tibetan boy who dreams that he becomes king. It is a traditional folktale from Tibet. Ages 5 and up.

**BUDDHA**

by Demi. 44 pp., 40 color illustrations, 10 x 10" #BUD \$18.95 cloth

This is the life story of the Buddha rendered in richly-colored, elegant paintings. The Buddha's life is told simply with the main events illustrated. For people ages 4 to 10 and for adults who love illustrated books.

**DHARMA FAMILY TREASURES: Sharing Mindfulness with Children**  
ed. by Sandy Eastoak. 240 pp. #DHFA \$14.95

A collection of writings by Thich Nhat Hanh, Diane Di Prima, Robert Aitken, Christina Feldman, and others on how to share mindfulness practice with children and introduce them to basic Buddhist principles. Contains essays, poems, songs and stories valuable to any parent active in their children's spiritual growth.

**THE GOLDEN GOOSE KING: A Tale Told by the Buddha**

by Judith Ernst. 32 pp., color illustrations, 8 3/4 x 11 1/2", #GOGOKI \$19.95 cloth

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose, king of 94,000 geese dwelling near Benares. The goose was the Buddha in a past life—and his wise teachings serve to guide a king, his wife and the readers of this lovely story. Excellent illustrations. For ages 6-12 and their parents.

Winner of the 1996 *Skipping Stones Book Award*.

**THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet**

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$17.95 cloth (see *Biography*)

Whitney Stewart recounts the Dalai Lama's fascinating life story.

**THE GIFT: A Magical Story about Caring for the Earth**

story and illus. by Isia Osuchowska. 32 pp., 8" sq., 30 color illus., #GI \$14.95 cloth

Ananda, the Buddha's principal disciple, teaches a small-minded king the importance of sharing—not only personal wealth but also the resources of the Earth. For children 4-10.

**HER FATHER'S GARDEN**

by Janet Brooke. 40 pp., 8 x 11", 20 color illus., #HEFAGA \$12.95

In a village high above the clouds where people are unhappy and nothing grows, a little girl dreams of a garden behind her father's house. The skeptical villagers mock her gardening efforts, but the garden flourishes and in the end the villagers are transformed and renewed.

**INDEPENDENCE TO EXILE**

by Christopher Gibb. 94 pp., many illustrations and photos, #INEX \$7.95

Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese invasion. Designed and illustrated by students of the Tibetan Children's Village. Ages 8-14

**THE LAND OF SNOWS**

by Christopher Gibb. 93 pp., many illustrations and photos, #LASN \$7.95

This history of Tibet, written for children up to 15 years old, is a concise, colorful and lively introduction to the history and daily life of the Tibetan people. The Tibetan Children's Village published this book. Ages 8-14.

**LEARNING FROM THE DALAI LAMA: Secrets of the Wheel of Time**

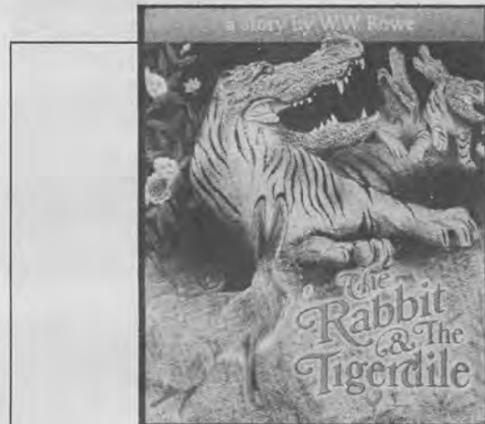
by Karen Pandell with Barry Bryant, for. by Richard Gere. #LEDALA \$16.99 cloth

Here is a simple and creative introduction to the Buddhist way of life and to the teachings of the Dalai Lama. A craft book, cultural lesson, and spiritual primer all in one—this book teaches through the ceremony of Kalachakra and its sand mandala.

**MEDITATING WITH CHILDREN: The Art of Concentration and Centering**

by Deborah Rozman. 160 pp. #MEWICH \$14.95

A practical handbook for parents and teachers wanting to develop concentration and imagination in their children, including lesson plans for children through 8th grade.



**THE RABBIT & THE TIGERDILE**

by W.W. Rowe, illus. by Chris Banigan  
Ages 4-10, 32 pp., 8 x 10", #RATI \$8.95

This past-life story of the Buddha explains why we can see the image of a rabbit on the face of the moon. When the god Sakra tested four animals, only the rabbit showed true compassion and selfless generosity. In this exciting adaptation of the tale, Sakra assumes a frightening form—half tiger, half crocodile. During their jungle adventures, the selfish failings of the fox, monkey, and weasel are humorously revealed.

Beautiful full-color illustrations bring the story magically to life. It is delightful to read aloud: the animals can be identified by characteristic noises or sounds.



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**THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha**

by George Hulskramer, illus. Bijay Raj Shakya & Raju Babu Shakya. 72 pp., 8 1/2 x 11" #LJBU \$14.95

This beautiful hardcover comic book tells the life story of the Buddha and is historically accurate and well-illustrated. Ages 7 and up.

**THE STORY OF PEMA WOEBAR: A Traditional Tibetan Tale**

50 pp., 37 b&w illustrations, ages 5 to 12, #STPEWO \$12.95

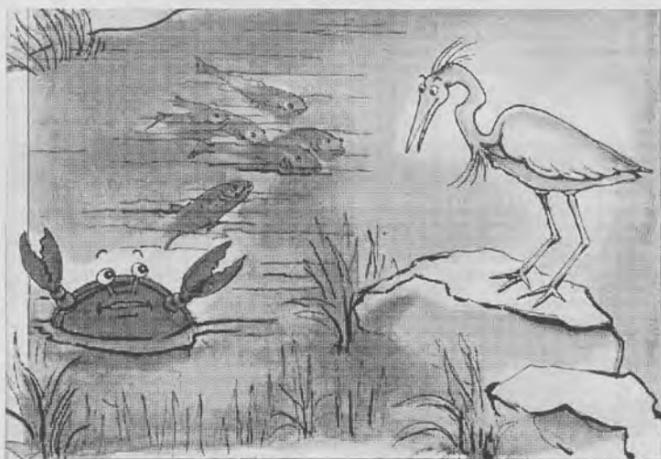
Published by Tibetans at the Norbulinka Institute in India, this is the exciting folktale of Pema Woobar, child of Padmasambhava who overthrows an evil king through his courage and insight.



**EXPLORE TIBET**

by the Junior Museum Staff of the Newark Museum. 32 pp., 9 x 12", #EXTI \$9.95

This is an activity book that was developed as part of Newark Museum's project "Tibet: The Living Tradition." *Explore Tibet* introduces Tibetan culture—exploring unknown places, meeting new people, and seeing different ways of life are childhood joys. Hands-on activities, stories and illustrations offer something for every child—meet a Tibetan family, construct a festival tent, make Tibetan food, play a karma board game, negotiate a mandala maze, and more! Ages 3-10.



**THE BUDDHA'S QUESTION**

by W.W. Rowe, illus. by Pamlyn Grider  
24 pp., 8.5 x 11", #BUQU \$9.95

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences. Jataka Tales,

or past-life stories of the Buddha, teach wisdom and compassion. This beautifully-illustrated, rhymed version makes the story enjoyable for children ages 5-10.

"*The Buddha's Question* has been a nightly favorite. We read it at bedtime over and over. I marvel at its beauty and heartwrenching message. It is so well done."—A Customer

## The THREE SILVER COINS

A Story from Tibet

by Veronica Leo & Tashi Daknewa

32 pp., fully illustrated, 8 x 10" #THSICO \$12.95



"This children's story has all the elements of the best folktales: magic, a kind-hearted and likable hero, and good triumphing over bad...readers also become aware of many subtle aspects of Tibetan life, making this a delightful vehicle for multicultural awareness."—*NAPRA ReVIEW*

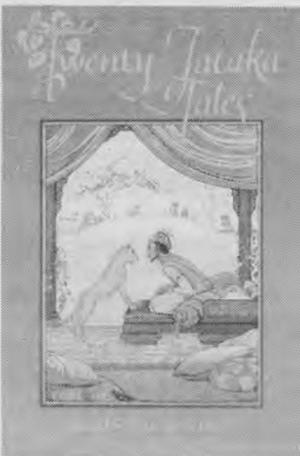
Once there was a poor boy named Jinpa who lived in the high mountains of Tibet. For his hard work he received one day three gleaming silver coins. "With these you can become rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold." So into the world Jinpa went, carrying his three silver coins, to seek his fortune..." This is one of our very best books for young readers! Ages 4 and up.

### TIBETAN FOLK TALES

by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$14.50 (see Religion & Philosophy for description.)

### TINTIN IN TIBET

by Hergé. 62 pp. #TITI \$8.95  
Tintin meets intrigue, lamas, yaks and yeti in rugged Tibet.



### TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOBO \$9.95

A book of twelve exquisite line drawings of famous Tibetan icons. Buddha, Chenrezig, Tara, Manjushri and others with instructions on how to color the drawings.



### PRINCE SIDDHARTHA

by Landaw & Brooke. 144 pp. 8 x 10", 63 color illus, #PRSI \$16.95

This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. Beautiful full-color illustrations depict each major life event in Siddhartha's development. Ages 4 and up.

### PRINCE SIDDHARTHA COLORING BOOK

by Jonathan Landaw, line drawings by Janet and Lara Brooke. 48 pp., 8 x 11", 62 images, #PRSI \$6.95

Children can make the story of the Buddha come alive by coloring the images from his life. A brief narrative accompanies and explains each drawing.

## COOKING

### THE NEPAL COOKBOOK

by the Association of Nepalis in the Americas

132 pp. #NECO \$10.95

"The Nepal Cookbook is an ideal reference for gourmet clubs and any chef with an adventurous nature. A terrific addition to any kitchen bookshelf!"—*Midwest Book Review*

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures.

Nepali food, which is simple to prepare and subtle in flavor, is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal: appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, szechwan pepper,



cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained.

"Compendium of family recipes...a unique resource"—*Library Journal*



KHATSA

Now with Tibetan Fire Sauce!!!

### KHATSA! Tibetan Hot Sauce, Tibetan Fire Sauce and Nettle Salsa

by Khatsa & Co. Three 9-oz. jars, #KHHOSA \$17.95 (outside N. America, please allow \$15 for shipping by surface)

Khatsa means "hot mouth" and these three Tibetan sauces come from Dachen Kyaping's father who was able to leave Tibet after 21 years as a political prisoner. Khatsa is a family business and Dachen and her father oversee the production of each batch of sauce. These sauces are not only authentic but they taste fabulous—

spicy but not too hot for most people—we are enthusiastically recommending that you try them. The ingredients are vegetarian and are packaged in a gift box made from recycled cardboard. The nettles come from Milarepa's cave! Seven percent of the profits are donated to a nature preserve in Tibet and to provide educational opportunities for Tibetan children. This is a great gift item.

\*Businesses in the food industry that would like to order Khatsa wholesale, the minimum order is \$100. Contact Khatsa & Co. 206-649-5508.

## THE DALAI LAMA

### ARYASURA'S ASPIRATION & A MEDITATION ON COMPASSION

by H.H. the Dalai Lama. 148 pp., Tibetan text, #ARAS \$9.95

Aryasura's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hungry tigress. This translation has a commentary by the 2nd Dalai Lama. The Chenrezig sadhana text *A Meditation on Compassion* was composed by the present Dalai Lama.

### FOUR ESSENTIAL BUDDHIST COMMENTARIES

by The Dalai Lama. 154 pp. #FOESBC \$9.95

The Dalai Lama discusses the meaning of four central texts on Tibetan Buddhist practice: *Thirty Seven Practices of Bodhisattvas*, the *Three Principle Aspects of the Path*, the *Eight Verses on Mind Training*, and the *Song of Four Mindfulnesses*.

### ESSENTIAL TEACHINGS

by the Dalai Lama. 127 pp. #ESTE \$12.95

This is an oral teaching on the path of the Bodhisattva—the 37 practices for the cultivation of bodhicitta, the mind of awakening. The Dalai Lama offers instruction on compassionate living and teaches the middle way beyond all dualistic perceptions and thought.

### A FLASH OF LIGHTNING IN THE DARK OF NIGHT

by the Dalai Lama. 141 pp. #FLLIDA \$10

This is a commentary on the *Guide to the Bodhisattva's Way of Life*. The theme is the development of compassion—the guiding principle of the bodhisattva. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom. The Dalai Lama shows how to make the bodhisattva ideal a living experience.

### DALAI LAMA, The Nobel Peace Laureate, SPEAKS

by Vijay Kranti. 198 pp., 132 b&w photos, 8 3/4 x 11", #DALASP \$42 cloth

*As long as space remains,  
As long as living beings' sufferings remain,  
I will be there to serve them,  
And to dispel their misery.*  
—H.H. the Dalai Lama, quoting Shantideva

Fantastic photos by a senior correspondent for *India Today*—Vijay Kranti has been following His Holiness for over 17 years. He interviewed the Dalai Lama on at least three dozen occasions and also accompanied him twice during his journeys to the remote Himalayan regions of Zaskar, Kargil and Leh in Ladakh. The photos, combined with an excellent text and long personal interview with His Holiness, make this a book to own.



### THE BUDDHISM OF TIBET

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #BUTI \$12.95

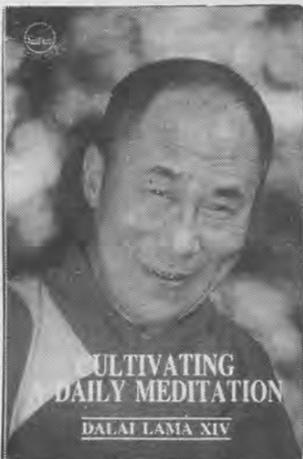
"The book will give the beginner an excellent foundation in Tibetan Buddhism."—*The Tibet Journal*

*The Buddhism of Tibet* is a concise introduction to the principal topics and central practices of Buddhism. Included are: *The Key to the Middle Way* by the Dalai Lama—an insightful presentation on the nature of emptiness. *The Precious Garland* by Nagarjuna—describes the Bodhisattva path of compassion and a clear, concise teaching on emptiness. *The Song of the Four Mindfulnesses* contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

**COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF A BODHISATTVA**

by H.H. the Dalai Lama. 106 pp. #COTHE \$9.95

This is one of Tibetan Buddhism's most popular texts, and this commentary by His Holiness in Bodhgaya, India during the Kalachakra teachings clearly explains each stanza. At the start of each day's talks the Dalai Lama gives a teaching on aspects of the dharma that helps students understand the text.



**CULTIVATING A DAILY MEDITATION**

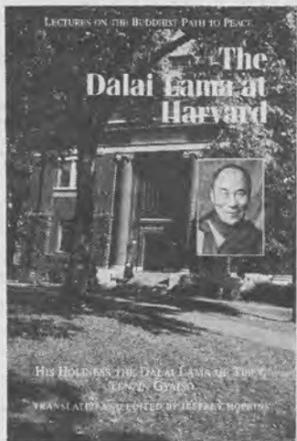
by the Dalai Lama. 137 pp., #CUDAME \$7.95

The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara.

**THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet**

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to adult, #FODALA \$17.95 cloth

Whitney Stewart recounts the Dalai Lama's fascinating life story. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989. He is a spiritual leader known and loved around the world



**THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace**

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp. #DALAHA \$14.95

"The best teachings from the East are the ones given by the Dalai Lama."—Joseph Campbell

In 1981, His Holiness the Dalai Lama gave an in-depth introduction to Buddhist theory and practice in a series of lectures at Harvard University. Using the foundational Buddhist topic of the Four Noble Truths, he covers a spectrum of topics such as: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.

**MY TIBET**

by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTI \$40 (see Art & Photography).

**NOBEL PEACE PRIZE AND THE DALAI LAMA**

compiled & ed. by Sidney Piburn. 72 pp. #NOPEPR \$4.50

Here are the two major addresses given by the Dalai Lama in Oslo, Norway and statements by the Nobel Committee on the presentation of the award. Comprising a succinct statement of his personal and political philosophy, these addresses also show the great depth, warmth and humor of the Dalai Lama as a person and statesman.

**Best Selling**

**THE DALAI LAMA: A POLICY OF KINDNESS**

compiled & edited by Sidney Piburn. 152 pp., #POKI \$10.95

"...This is a very important collection...the writings are well chosen...most highly recommended."—Library Journal

"The Dalai Lama: A Policy of Kindness brought me gently and pleasantly into the life and mind of this extraordinary spiritual leader and assured the success of my interview with him."—Bill Moyers, PBS Television, Public Affairs TV, Inc.

"The style with which the editor captured the essence of this remarkable individual prevails in the excellent choice of material. A Policy of Kindness is ideal...the selections have substance, are beautifully written, and cultivate a rich sense of depth and versatility on themes that range from an intimate look into the life of the Dalai Lama to his thoughts on an assortment of current topics...elegant, inexpensive and captivating."—The Book Review

**BOOK-OF-THE-MONTH CLUB SELECTION**

**Tantric Manual**

**DEITY YOGA in Action and Performance Tantras**

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp., many photos of mudras, #DEYO \$18.95

Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is the basis of all higher tantric practices. This is an invaluable book for anyone who is practicing or interested in Buddhist tantra. Contains: a lucid exposition of the meditative rites of deity yoga—the distinctly tantric process in which yogis visualize themselves in the form of a Buddha's divine body as a manifestation of compassionate wisdom; Parts 2 & 3 of the Great Exposition of Secret Mantra by Tsong-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of exercises. The mudras (hand gestures) that accompany the meditations are clearly illustrated. This book is the sequel to *Tantra in Tibet*.

**MYSTICAL VERSES OF A MAD DALAI LAMA**

by Glenn Mullin. 270 pp. #MYVEMA \$14

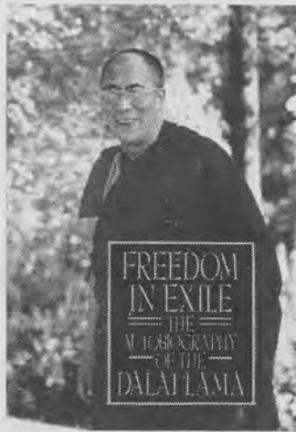
"The Second Dalai Lama's mystical poems and lyrical visions are permeated with the ecstasy of enlightenment and born of genuine selflessness. He sometimes signed his works 'The Yogi of Space'; sometimes, 'The Melodious Laughing Vajra'; but more often, 'The Mad Beggar'...referring to that state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness."—Richard Gere

**PATH TO BLISS**

by The Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240 pp. #PABL \$14.95

Path to Bliss presents a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and eloquent. It does not presuppose any prior experience on the part of the beginner, while providing rich material for the more advanced practitioner. Beginning with practices that develop an effective mental outlook in one's life, this book guides the student to more advanced techniques for developing the mind's deepest potentials and happiness.

"...sets a new standard for accessibility and sheer pleasure of reading for translations from Tibetan."—Daniel Goleman, *Parabola Magazine*



**FREEDOM IN EXILE: The Autobiography of the Dalai Lama**

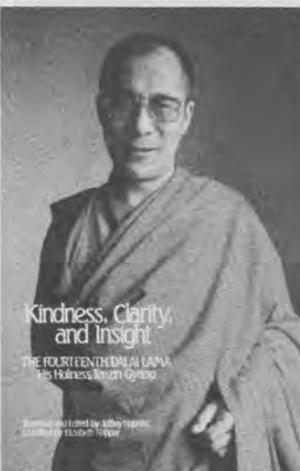
256 pp., 16 black & white photos, #FREX \$12

In this landmark book the Dalai Lama tells his story—from his remarkable childhood as the leader of 6 million Tibetans through the crisis of the Chinese invasion up to the present life in exile and re-establishment of his culture in India.

**THE GOOD HEART: A Buddhist Perspective on the Teachings of Jesus**

by the Dalai Lama. 192 pp., 2 photos, 4 illus., #GOHE \$24 cloth

At an historic interfaith encounter, His Holiness commented on passages from the four Gospels, providing a unique reading of these familiar sources of faith—the Sermon on the Mount, the Beatitudes, the parable of the mustard seed, the Resurrection, etc. Throughout his commentary, the Dalai Lama opens windows of understanding and transformation for seekers of any faith.



**KINDNESS, CLARITY, AND INSIGHT**

by H.H. the Fourteenth Dalai Lama, Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239 pp. #KICLIN \$12.95

"Though [the Dalai Lama] is one of the most erudite scholars...he has a gift for reducing his doctrine to a core of lucid practicality, crystallized in the title of his book, *Kindness, Clarity and Insight*."—*Time Magazine*

This best-selling book contains a collection of talks given by the Dalai Lama to Western audiences during his tours of North America. His Holiness covers a wide variety of spiritual and human concerns in a practical and direct manner with his characteristic warmth, wit and perception.

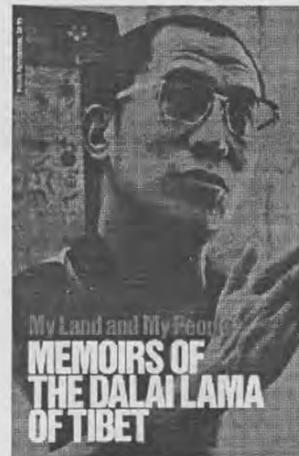
Beginning with Religious Values and Human Society, his talks move on to topics such as: The Luminous Nature of the Mind, Altruism and the Six Perfections; Deities; Transforming the Mind Through Meditation; Eight Verses of Training the Mind; Om Mani Padme Hum; The Path to Enlightenment; Tibetan Views on Dying; Self and Selflessness; The Two Truths.

"This is an excellent book."—*Choice*

**THE MEANING OF LIFE**

by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 130 pp. #MELI \$12.50

The Dalai Lama presents the basic world view of Buddhism while answering some of life's most profound and challenging questions. He bases his explanation on the twelve links of dependent-arising depicted in the famous Buddhist image of the Wheel of Life. Edited from a series of talks given in London, the book includes the Dalai Lama's answers to both philosophical and personal questions from the audience.



**MY LAND AND MY PEOPLE**

by the Dalai Lama. 271 pp. #LAPE \$8.95

This is the famous autobiography. It is the *only* life account written by the Dalai Lama himself.



**THE PATH TO ENLIGHTENMENT**

by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 271 pp. #PAEN \$14.95

"For its down-to-earth style and rich spiritual teachings, this must rank as one of the finest Buddhist books to date."—*The Middle Way*

The Dalai Lama's discourse draws out the meaning of the Third Dalai Lama's famous "Essence of Refined Gold" and he speaks directly to the reader offering spiritual advice, personal reflections, and scriptural commentary. He says in practical terms what the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism.

Path to Enlightenment is a new edition of *Essence of Refined Gold*.

**THE POWER OF COMPASSION**

by H.H. the Dalai Lama. 192 pp. #POCO \$12

Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face the confusion and suffering of the world and bring wisdom and compassion into their lives. His Holiness emphasizes the vital need for peace and tolerance as they apply to modern issues—such as the strife in Bosnia, racial hatred, abortion, the environment and relationships.

**The BODHGAYA INTERVIEWS 1981-85**

by His Holiness the Dalai Lama

ed. by José Ignacio Cabezón. 104 pp., photos, #BOIN \$8.95



"He reveals his inimitable wit and gently exemplifies the true nature of a Bodhisattva."—*East West Journal*

In these sparkling interviews, His Holiness the Dalai Lama covers a spectrum of religious and secular concerns in a most candid and stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, meditation, mantra, gurus, protector deities, and particle physics are some of the topics discussed—much of this information is unavailable elsewhere.



**SONGS OF THE SIXTH DALAI LAMA**

ed. by K. Dondup. 188 pp. #SOSI \$5.95

The love poems of the Sixth Dalai Lama are beautiful in their expression and a treasure of passionate sentiment.

**TANTRA IN TIBET**

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also trans. & ed.). 252 pp. #TATI \$14.95

"This is a most valuable book for the serious seeker."—*The Tibet Journal*

*Tantra in Tibet* contains *Essence of Tantra* which explains how tantra is a highly practical and compassionate system of spiritual development. His Holiness discusses refuge, the three paths, greatness of mantra, clear light and initiation; *Part 1 of the Great Exposition of Secret Mantra* by Tsong-ka-pa presents the paths to Buddhahood, vajra vehicle, deity yoga, and method in the four tantras; Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

**Commentary on Shantideva**



**TRANSCENDENT WISDOM**

by H.H. the Dalai Lama; trans., ed. & annotated by B. Alan Wallace. 146 pp., #TRWI \$12.95

"The *Guide to the Bodhisattva Way of Life*" is one of the books most highly recommended by the Dalai Lama for Mahayana practice. The ninth chapter of that book, the chapter on Transcendent Wisdom, is known among Buddhist scholars as

a challenging and profound exposition of the Madhyamika philosophy. This extraordinarily clear exposition by the Dalai Lama with its precise elucidation of core issues of Tibetan Buddhism stands as a key work in Buddhist literature.

"In this work we have the Dalai Lama at full strength...a profound work."—*Parabola*

**THE UNION OF BLISS AND EMPTINESS**

H.H. the Dalai Lama. 191 pp. #UNBLEM \$14.95

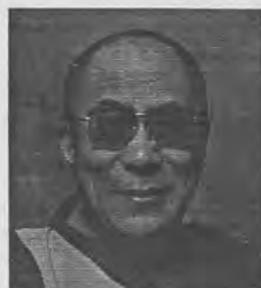
Guru yoga is an important aspect of tantric practice and the foundation for the whole tantric structure; it is the force that gives vitality to a serious practitioner's meditation. Unlike other systems, tantric meditation depends upon inspiration transmitted in an unbroken lineage through a living guru.

This book presents practical instructions which blend essential aspects of the sutra path together with profound tantric techniques that activate latent spiritual forces within. By laying the framework of the entire Buddhist path, it also sets down guidelines for a complete form of daily practice that is both inspiring and compelling.

**VIOLENCE & COMPASSION**

by H.H. The Dalai Lama and Jean-Claude Carrière. 248 pp., #VICO \$20.00

French film writer Jean-Claude Carrière's conversations with the Dalai Lama give readers a wonderful opportunity to understand his views and insightful guidance on a wide range of topics—issues and problems important to everyone. Women's rights, education, terrorism, the population explosion, environmental dangers, violence—the Dalai Lama cuts through to the essence of each issue and offers insightful guidance. Recommended. Jean-Claude Carrière was the screen writer of *The Return of Martin Guerre*, *The Unbearable Lightness of Being*, and *The Mahabharata*.



**THE WORLD OF TIBETAN BUDDHISM: An Overview of Its Philosophy and Practice**

by The Dalai Lama, trans., ed., annotated by Geshe Thupten Jinpa. 240 pp. #WOTIBU \$14.

"His Holiness offers a clear and penetrating overview of Tibetan Buddhist practice from the Four Noble Truths to Highest Yoga Tantra with special emphasis on the practice of love, kindness, and universal responsibility."—Richard Gere

His Holiness explains the Tibetan Buddhist path to enlightenment. This consists of a general overview of the basic theories and practices, a commentary on selected readings from Shantideva's *Bodhicaryavatara*, focus on the practice of love, kindness, and compassion, and lastly, a discussion of Vajrayana Buddhism and the path of tantra—we like this book!

**THE WAY TO FREEDOM: Core Teachings of Tibetan Buddhism**

by H.H. the Dalai Lama, ed. by Don Lopez. 144 pp. #WAFR \$16

*The Way to Freedom* contains teachings by His Holiness on the precious opportunity of human birth, importance of hearing and practicing the Dharma, Karma, the Bodhisattva, etc. Presented in easy-to-understand steps, this is the essential primer on Tibetan Buddhism for both non-practitioners and avid students.

**DEATH & DYING**

**THE BARDO GUIDEBOOK**

by Chogyi Nyima Rinpoche. 187 pp. #BAGU \$14.95

Rinpoche offers new information on the four bardos in this commentary on *The Mirror of Mindfulness* and provides a guide for practitioners desiring liberation.



**DEATH AND THE ART OF DYING in Tibetan Buddhism**

by Bokar Rinpoche. 144 pp. #DEARDY \$14.95

Bokar Rinpoche offers ways of helping the dying and dead based on his intimate knowledge and experience of caring for the dying. This guide through the stages of dying explains how to encounter death without fear and how to maintain constant awareness of impermanence and inevitability of death—to enrich our life and to prepare for death.

**DEATH AND DYING: The Tibetan Tradition**

by Glenn Mullin. 251 pp. #DEDY \$11.95

This well-written book covers such topics as: meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, methods to facilitate the transition to new modes of consciousness, and explanations of karma and re-incarnation.

"This one volume presents the Tibetan understanding of death as a whole; circumambulating it, as we might say, to view it in the round."—Prof. Huston Smith

**DELOG: Journey to Realms Beyond Death**

by Delog Dawa Drolma, trans. by Richard Barron & H.E. Chagdud Tulku Rinpoche. 162 pp. #DELO \$13.95

"Delog" refers to one who has intentionally crossed the threshold of death and returned to tell about it. For Delog Dawa Drolma, a woman renowned as one of the great realization holders of Vajrayana Buddhism in this century and mother of Chagdud Tulku Rinpoche, being a delog meant that she lay in a death trance without any vital sign of breath, pulse, or warmth for five days. The link between her mind and body was released and she journeyed to other realms where she experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion.

**THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos**

Tsele Natsok Rangdrol. 140 pp. #MIMI2 \$14

This concise handbook of teachings on the cycle of life, death, after-life, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.

**DEATH, INTERMEDIATE STATE AND REBIRTH**

by Lati Rinbochay & Jeffrey Hopkins 86 pp., numerous charts, biblio., #DEINST \$9.95

This fascinating book unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness. Highest Yoga Tantra simulates processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them.

"The work forms an excellent companion volume to the 'Tibetan Books of the Dead,' and also to contemporary Western

**REBIRTH INTO PURE LAND: A True Story of Birth, Death and Transformation**

by Robert Sachs. 108 pp. #REINPU \$10.95

This is a moving autobiographical account of the loss of Shamara Sachs, the author's daughter, to "Sudden Infant Death Syndrome" and the healing of the parents and others that followed. Khenpo Karthar Rinpoche and Ole Nydahl played special roles as Buddhist teachers during this period—Ole performed phowa for the daughter and assisted the release of her psyche to a pure land. There were definite signs on Shamara's body that the phowa had been effective.

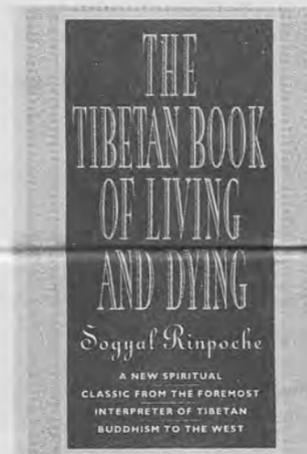
**WHO DIES? An Investigation of Conscious Living and Conscious Dying**

by Stephen Levine. 317 pp., #WHDI? \$10.95

"The bible of the conscious dying movement."—*Harper's*

"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elizabeth Kubler-Ross

This is a rare and insightful book. It prepares you for life as well as death.



**THE TIBETAN BOOK OF LIVING AND DYING**

by Sogyal Rinpoche. 356 pp., photos, #TIBOLP \$16 paper, #TIBOLI \$24 cloth

Rinpoche examines the dramatic healing that is released when we view death as the beginning of another chapter of life. He teaches us to transform our experience of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, near-death experience, and caring for the dying. (Also available on tape.)

**THE TIBETAN BOOK OF THE DEAD**

by Robert Thurman. 278 pp., 8 color photos., #TIBO \$12.95

This authoritative new translation was prepared especially for Western readers. Its introduction to Buddhism, meditation instruction, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative versions available.

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo**

trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #TIBODD \$10

This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains what the text teaches us about human psychology.



**BARDO TEACHINGS The Way of Death and Rebirth**

by Ven. Lama Lodo, 73 pp., illustrations #BATE \$8.95

"Bardo Teachings is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra, a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—*San Francisco Chronicle*



works on death and dying."—Prof. Janice Willis, *Religious Studies Review*

**ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation**

by Gyatrol Rinpoche. 150 pp., #ANWI \$14.95

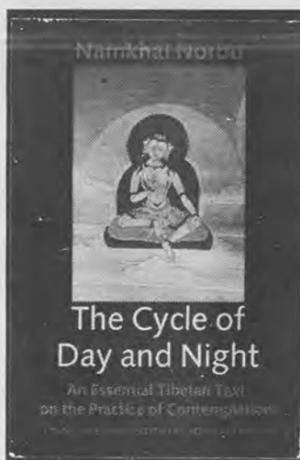
"In *Ancient Wisdom*, Ven. Gyatrol Rinpoche offers precious and beautiful commentaries on three texts, along with eminently clear translations of the root texts themselves—there is something here for all of us, at all times, day or night—its advice is completely in tune with the present."—Robin Cooke, *The Mirror*

Includes: Dzogchen meditation practices of shamatha and vipassana written by H.H. Dudjom Rinpoche; one of the most direct and useful dream yoga accomplishment manuals; the third section, entitled *Transforming Felicity and Adversity into the Spiritual Path*, is a contemporary classic for improving the quality of daily life experiences.

**THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen**

by Chögyal Namkhai Norbu, compiled and ed. by John Shane. 176 pp., 28 b&w photos, 23 line drawings, #CRWALI \$13.95

This popular book examines the spiritual path from the viewpoint of Dzogchen. Rinpoche interweaves his life story with Dzogchen teachings, making them accessible through his living example. He gives teachings on the base, path and fruit of Dzogchen practice, discusses his education and how he met his principal master who showed him the real meaning of "direct introduction to Dzogchen." Illustrated with line drawings and thangkas of many Buddhist masters and well as with photos of meditation postures to enhance concentration.



**CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation**

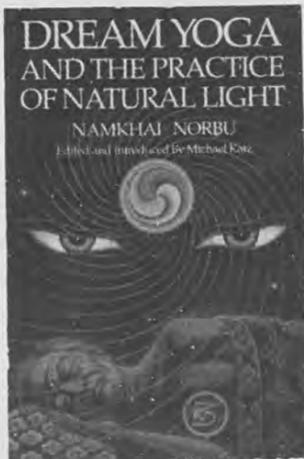
by Namkhai Norbu. 128 pp., #CYDANI \$12.95

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.

**DZOGCHEN MEDITATION**

by Khamtrul Rinpoche, annotated by Gareth Sparham. 117 pp., #DZME \$15

This is an explanation of the complete dzogchen meditation practice. It is Lochen Dharmasri's guide through a treasure text, a text first taught by Padmasambhava to his inner circle of thirty extraordinary women with wisdom. The text is explained by Khamtrul Rinpoche, a master of Dzogchen practice.



**DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT**

by Namkhai Norbu Rinpoche, ed. by Michael Katz. 128 pp., #DRYO \$12.95

"Filled with fascinating accounts."—*Yoga Journal*

Going beyond the practices of lucid dreaming that have been popularized in the West, this groundbreaking book presents the hidden Tibetan methods for manipulating dream states. In this tradition, the development of lucidity in the dream state is seen in the context of attaining greater awareness in the after-death bardo states and ultimately attaining liberation. Namkhai Norbu Rinpoche is a master of dream yoga and presents much of the material in a lively question and answer format.

**DZOGCHEN: INNERMOST ESSENCE**

by Tulku Thondup, ed. by Brian Beresford. 129 pp., Tibetan text, #DZINES \$8.95

This is one of the best presentations of the practice of Dzogchen meditation. It begins with the Prayer of the Preliminary Practice of Dzogpachenpo Longchen Nyingthig, then presents the common and uncommon preliminary practices, the actual path of guru yoga and the nine yanas.

**KINDLY BENT TO EASE US I**

by Longchenpa, trans. by H. Guenther. 312 pp., #KIBEE1 \$14.95

These three books are an inspiring introduction to Dzogchen by a leading master. The first section sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

**KINDLY BENT TO EASE US II**

by Longchenpa, trans. by H. Guenther. 126 pp., #KIBEE2 \$12.95

This section clarifies the qualities useful for meditators. The experience of meditation presented is like the sun emerging from the clouds.

**KINDLY BENT TO EASE US III**

by Longchenpa, trans. by H. Guenther. 171 pp., #KIBEE3 \$12.95

Interweaving teachings of Sutra and Tantra, Longchenpa develops the imagery Nagarjuna used to evoke understanding of shunyata, the essential openness of existence. This work offers a broader view of reality, revealing world and experience as an interdependent whole, fluid and alive with meaning. Permeated by the warmth of felt knowledge and the rich imagery that derives from immediate experience.

**FOUR-THEMED PRECIOUS GARLAND**

by H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche. 44 pp., #FOTHPR \$7.95

Dzogchen is the realization of the indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzogchen methods.



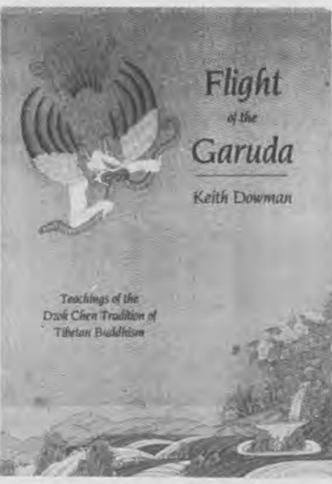
**DZOGCHEN: The Self-Perfected State**

by Chögyal Namkhai Norbu, ed. by Adriano Clemente, trans. by John Shane. 150 pp., 5 line drawings, #DZSEPE \$12.95

As Chögyal Namkhai Norbu explains in this very readable book, our natural condition is self-perfected from the very beginning. What is necessary is that we re-awaken and remain in our true nature. Through understanding and practice, we can rediscover the effortless knowledge of the Self-Perfected State that lies beyond our habitual anguish and confusion, and remain in this uninterrupted flow of contemplation, completely relaxed but fully present, through all activities. Rinpoche begins by clearly explaining the Dzogchen teachings and then reveals, in a simple and non-intellectual manner, what is meant by the practice of Dzogchen.



"Rinpoche's explanations and analogies simply and convincingly map a path to the self-perfected."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College



**THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition**

by Keith Dowman. 225 pp., #FLGA \$15

Contains the English translation of four fundamental Dzogchen texts: *Secret Instruction in a Garland of Vision*, *The Flight of the Garuda*, *Emptying the Depths of Hell*, *The Wish-Granting Prayer of Kuntu Zangpo*. The author's illuminating introduction explains Dzogchen, focusing on its non-dogmatic, practical and human nature.

**HEART DROPS OF DHARMAKAYA: Dzogchen Practice of the Bon Tradition**

by Shardza Tashi Gyaltzen, trans. & comm. by Lopon Tenzin Namdak, intro. by Per Kvaerne, ed. by Richard Dixey. 200 pp., #HEDRDH \$15.95

"...an inspiring text that no doubt will help to vindicate Bon as an indispensable source of Dzogchen teachings."—*TRICYCLE: The Buddhist Review*

This complete Dzogchen meditation text comes from the ancient Bonpo tradition of Tibet, which predates the advent of Buddhism. Dzogchen is an ancient system for realizing the foundational nature of mind. Written as personal instruction from Shardza to his students, the text is supplemented with a commentary by Lopon Tenzin Namdak that clarifies many points about the practice.

The book has six parts: preliminary practices; the practice of trekcho; the practice of togel; phowa and bardo practice; the rainbow body; a short history of Bon.



**THE MIRROR: Advice on the Presence of Awareness**

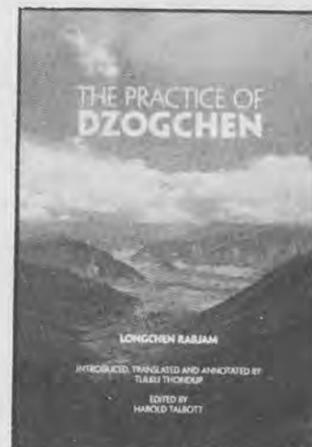
by Namkhai Norbu. 110 pp., Tibetan text, #MIADPR \$9.95

The principle of awareness in Dzogchen teachings is of central importance. Namkhai Norbu Rinpoche gives a detailed explanation of what awareness is and how to apply it. He also presents the quintessence of Dzogchen meditation—a sophisticated and refined, yet pristinely simple and direct path to spiritual attainment.

**MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis**

by Thinley Norbu. 167 pp., #MADA \$12.00

Explains how all personal and general phenomena, including all spiritual traditions, depend on the outer, inner and secret manifestations of the five wisdom dakinis.



**PRACTICE OF DZOGCHEN**

by Longchen Rabjampa, introduced, trans. and annotated by Tulku Thondup Rinpoche, ed. by Harold Talbot, 482 pp., #PRDZ \$22.95

"This is undoubtedly one of the most comprehensive work on the Nyingma to appear in English."—Glenn H. Mullin, *Tibetan Review*

*The Practice of Dzogchen* contains the writings on Dzogchen by Longchen Rabjam (1308-1363), a celebrated adept of the Nyingma School of Tibetan Buddhism. Dzogchen is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself.

This book was originally published as *Buddha Mind*.

**THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master**

trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 389 pp., #GOLE \$18.95

According to the Nyingmapa school of Tibetan Buddhism, the teachings of Dzogchen were first expounded by the Buddhist master Garab Dorje in the country of Uddiyana. This tradition of Buddhist teaching, which directly introduces the practitioner to the Nature of Mind, was then transmitted to India and later to Tibet.

The essence of Garab Dorje's message is found in "The Three Statements that Strike the Essential Points." In the nineteenth century, the famous master Patrul Rinpoche wrote a brilliant commentary on these three statements together with the practices relating to them, entitled "The Special Teaching of the Wise and Glorious King." These important Dzogchen texts are here translated from the Tibetan; notes, commentaries, and glossary of terms are also included.

"Contains clear translations and detailed commentaries. John Reynolds is exceptionally qualified to translate Dzogchen teachings. Careful study and practice of the knowledge revealed in *The Golden Letters* is indispensable."—*The Mirror*



"In many ways the best guide to the Dzogchen teachings. Includes explanations of texts that were previously thought too secret to publish."—*Tricycle: The Buddhist Review*

**MEDITATION DIFFERENTLY**

by Herbert Guenther. 210 pp. #MEDI \$17.50 cloth

*Meditation Differently* is a translation and commentary contrasting Dzogchen and Mahamudra. The translation of Padmakarpo's definitive work on four tuning-in phases introduces the Mahamudra approach to meditation. The Dzogchen understanding of reality is presented as well as a discussion of empowerments which serve as stepping stones to realization.



**NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs**

by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp. #NAGRPE \$14.95

This inspiring collection of Khenpo's teachings provides the deepest possible insight into how to understand and how to practice the Dzogchen path. He is one of the principal lineage holders of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingting teachings.

"Nyoshul Khenpo Rinpoche is a spiritual gem—the collection is an inspiration for practice, and a wonderful companion for retreat."—Daniel Goleman, author of *The Meditative Mind*

"This book is wonderful—a treasure house of liberating Dharma."—Joseph Goldstein

"...a testament to the vibrancy of Dzogchen lineages, proof that the natural Great Perfection is alive and well."—*The Mirror*



**RAINBOW PAINTING**

by Tulku Urgyen Rinpoche. 210 pp. #RAPA \$20

Tulku Urgyen explains how we become enlightened through experiencing what is always present within us. However, stability in this unexcelled state of unity is not attained independently of proper conduct and correct view of reality. The practices of accumulating merit and purifying karma soften our rigid character. He describes the complete path of practice of becoming established in our true nature.

**THE SIX VAJRA VERSES (Rigbai Kujyug)**

by Garab Dorje, comm. by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

"The Dzogchen teaching is a living knowledge which is transmitted and applied. The teaching is useful for those who want to go on living. To find real tranquillity, you must have experience of the state of knowledge and know how to relax. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

**SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION**

by Sogyal Rinpoche. 25 pp., #SOESAD \$4.50

Four talks by one of the leading Dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

**UNION OF MAHAMUDRA & DZOGCHEN**

by Tulku Chokyi Nyima Rinpoche. 240 pp. #UNMADZ \$18 Second edition!

A commentary on two great vajrayana teachings based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master. Tulku Chokyi Nyima covers the essential teachings of all the stages of the path.

**WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet**

by Herbert Guenther. 128 pp. #WHLOWH \$12.95.

The quest of coming to know oneself directly is intimately intertwined with a phenomenological exploration of the dynamics of psychic life as it expresses itself in images as symbolic descriptions of itself. Guenther draws on the experiential vocabulary of phenomenology and hermeneutics to interpret two stories from the *Rigpa Rangshar*, (one of the oldest Dzogchen texts) making it highly relevant to contemporary currents of thought.



**TANTRIC PRACTICE IN NYING-MA**

by Khetsun Sangpo, Rinbochay, trans. & ed. by Jeffrey Hopkins, co-edited by Anne Klein. 239 pp. #TAPRNY \$14.95

Rinbochay's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching" contains the classical Nying-ma presentation of the Dzogchen preliminaries and practices which lead to Buddhahood. It is an oral commentary on Patrul Rinboche's *Kunzang Lamai Shelung (Words of My Perfect Teacher)*.

"...this text offers an all-encompassing presentation of Vajrayana philosophy and practice...the virtue of this work is its technical completeness. There is much here for repeated reading, contemplation and absorption."—*Vajradhatu Sun*



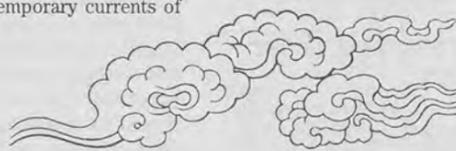
**WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet**

by Tenzin Wangyal, foreword by Lopon Tenzin Namdak. 256 pp. #WONAMI \$14.95

Tenzin Wangyal gives Dzogchen teachings, and takes the reader step-by-step through their practice. He covers both meditation and the visionary aspects of Dzogchen previously regarded as secret. Including examples from his own life, with drawings and photos, Wangyal explains the various kinds of energy and states of mind the reader is likely to experience on the path to enlightenment.

**MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen**

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Sonada Translation Committee. 365 pp., #MYWO \$19.95 (see Religion & Philosophy section)



**HEALTH & FITNESS**

**AMBROSIA HEART TANTRA**  
annotated by Dr. Yeshi Dhonden, trans. by Jhampa Kelsang. 128 pp. #AMHETA \$11

Back in print, this is the first volume of a key medical treatise known as *The Four Secret Oral Teachings on the Eight Branches of the Science of Healing*—the body, pediatrics, gynecology, disorders of wounds, toxicology, geriatrics, fertility and reproductivity.

**ANNOTATED BIBLIOGRAPHY OF TIBETAN MEDICINE (1789-1995)**

by Jürgen Aschoff. 426 pp. #ANBITI \$86 cloth

Jürgen Aschoff has collected and annotated more than 1700 written sources on Tibetan medicine from all over the world. This annotated bibliography offers a great amount of information on Tibetan medicine. The author has also included shamanistic as well as the religious and philosophically based healing rituals. A rich resource for the person deeply interested in Tibetan forms of healing—published in Switzerland and hence the price. 20% of the entries are in German.

**ANCIENT SECRET OF THE FOUNTAIN OF YOUTH**

by Peter Kelder. 64 pp. #ANSE \$5.95

Five exercises purported to be Tibetan hold the key to rejuvenation, health and vitality. Requiring little time to practice, yet many people have reported remarkable changes in their health conditions. The exercises appear to stimulate the core chakra energies to keep them moving in their youthful way.



**THE COMPLETE HOME HEALER: Your Guide to Every Treatment Available for Over 300 of the Most Common Health Problems**

by Angela Smyth. 534 pp., illus. #COHOHE \$5.99

A comprehensive home reference guide to more than 300 of the most common diseases, and general difficult health conditions. Assembling the full range of tested and respected alternative therapies and current Western medical techniques, each entry offers a concise description of a symptom or ailment, its possible causes, and a variety of approaches to treatment, including acupressure, aromatherapy, bodywork, chiropractic, herbalism, meditation, acupuncture, biofeedback, Chinese medicine, diet and exercise, homeopathy, as well as allopathic medicine.

**BODY AND EMOTION: The Aesthetics of Illness and Healing in the Nepal Himalayas**

by Robert Desjarlais. 300 pp., 27 illus. #BOEM \$16 cloth

This is an insightful study of the experience of "soul loss" among the Helambu people of north-central Nepal. Robert Desjarlais served as an apprentice healer to a traditional shaman among the Yolmo Sherpa, a Tibetan Buddhist people. Through his privileged access to the healer, he is able to discuss the relationship between culture and emotional distress, and examine the cultural forces that influence, make sense of, and heal severe pain and malaise.



**THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power**

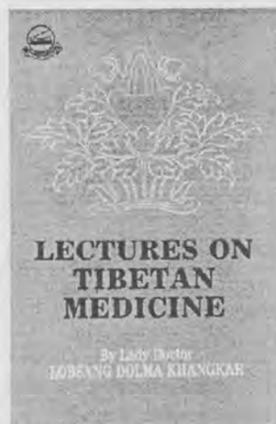
by Christopher Kilham. 84 pp., 15 photos, #FITTI \$9.95

The *Five Tibetans* are a Himalayan yogic system of simple and highly energizing exercises. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught them to thousands of people seeking a healthier lifestyle. The *Five Tibetans* take a minimum of daily time and effort and can dramatically increase physical strength, suppleness, and mental acuity.

**HEALING INTO LIFE AND DEATH**

by Stephen Levine. 294 pp. #HELIDE \$9.95

Stephen Levine is a Buddhist teacher who is experienced in working with both mental and physical illness. He knows the roots of suffering intimately. In this book he explores the healing process and offers original techniques for working with pain and grief, including sixteen guided meditations and merciful awareness.



**LECTURES ON TIBETAN MEDICINE**

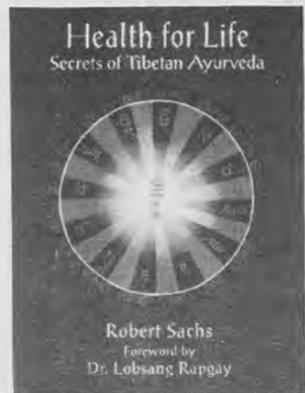
by Dr. Lobsang Dolma Khangkar. 218 pp. #LETIME \$12.95

The famous Tibetan lady-doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. This excellent book contains her lectures on Tibetan medicine and answers to numerous questions. She discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

**HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage**

by T.J. Tsarong. 101 pp. #HATRTI \$6

Gives the composition, use, action, and dosage of 175 popular Tibetan natural drugs.



**HEALTH FOR LIFE: Secrets of Tibetan Ayurveda**

by Robert Sachs, foreword by Dr. Lobsang Rappay. 240 pp., 34 illus. #HEFOLI \$14.95

This is a comprehensive guide containing a wealth of traditional Tibetan health practices, a preventive health manual containing guidelines on nutrition, exercise, relaxation, rejuvenation, detoxification, meditation and spiritual practices, as well as activities for creating strength, vitality, and mental clarity. A self-profile test helps readers determine their physical/personality type according to the Tibetan system.

## Positive Health in Tibetan Medicine



Vaidya Bhagwan Dash  
Ven. Doboorn Tulku

### POSITIVE HEALTH IN TIBETAN MEDICINE

by Vaidya Bhagwan Dash & Ven. Doboorn Tulku. 115 pp. #POHETI \$14.95 cloth

In Tibetan medicine emphasis is placed on food, drinks, life style and conduct for the preservation and promotion of positive health—one of the eight special branches of traditional medicine. Food and regimens for different parts of the day, night and seasons form the basis of this branch. This work deals with all the different aspects of positive health, conveyed through excerpts translated and commented on from Tibetan and Ayurvedic medical works.

### THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

trans. by Dr. Barry Clark, foreword by H.H. the Dalai Lama. 250 pp. #QUTATI \$22.95

"I am happy that after more than ten years studying Tibetan medicine, both in theory and practice under the tutelage of a number of Tibetan physicians, Dr. Barry Clark has compiled *The Quintessence Tantras of Tibetan Medicine*. In it he presents clear and accurate translations of the Root and Explanatory Tantras, two works of such fundamental importance in the Tibetan medical system that they are commonly memorised by medical students."—The Dalai Lama

*Quintessence Tantras of Tibetan Medicine* is a thorough, detailed and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle and behavioral factors, and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.

### STUDIES IN TIBETAN MEDICINE

by Elisabeth Finckh. 90 pp. #STTIME \$9.95, NOW \$7.95!

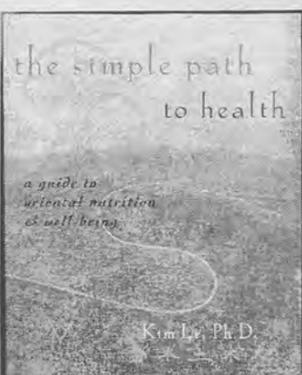
This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system. It presents the Tibetan medical tree and diagrams all its parts.

Contents: Tibetan Medicine: Theory and Practice; The System of Tibetan Medicine; Notes on Pulsology; Characteristics of Pharmacology; Constitutional Types.

### TAOIST SECRETS OF LOVE: Cultivating Male Sexual Energy

by Mantak Chia & Michael Winn. 290 pp., many illus. #TASELO \$14.95

The secrets revealed here enable men to conserve and transform sexual energy through its circulation in the microcosmic orbit, invigorating and rejuvenating the body's vital functions. Hidden for centuries, these esoteric techniques and principles make the process of linking sexual energy and transcendent states accessible.



### THE SIMPLE PATH TO HEALTH: A Guide to Oriental Nutrition & Well-Being

by Kim Le, Ph.D. 230 pp., 20 illus., 10 charts, 70 recipes, #SIPAHE \$12.95

This is a useful guide to Oriental nutrition and healing by a Vietnamese Tibetan Buddhist nun. Kim Le shows how mental and emotional imbalances appear physically and that food intake is directly related to a person's psychological and physical health. She clearly explains the five elements, the seven universal principles of health, cooking and preserving methods, categories of harmful foods, recipes and food plans for vegetarians and meat eaters, and how to lose weight and improve health and vitality.

### TIBETAN ARTS OF LOVE

by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$14.95

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—José Cabezon

*Tibetan Arts of Love* presents in lucid detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It includes a complete translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk whom many consider to be Tibet's foremost intellect of the twentieth century. He gives titillating advice to shun inhibitions and explains how to increase female sexual pleasure. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

### THE TIBETAN BOOK OF HEALING

by Dr. Lobsang Rappay. #TIBOHE \$12.95

This is a comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rappay has presented the preventive health care aspects—diet, exercise, relaxation, detoxification, rejuvenation, meditation—of the Tibetan medical tantras. He explains how to develop a well-grounded spiritual practice that accords with body/mind types and which people of all traditions can heartily embrace.

### TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford. #TIBUMD \$12.95

Here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In straightforward language, the author discusses its religious, philosophical and psychological foundations, history and deities, tantric and ritual aspects, meditations for healing and views on dying, humoral theory, and unusual methods of diagnosis and cure.

### TIBETAN MASSAGE CHART

by Dr. Rappay, 18" x 24" #TIMAAC \$6.95

Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy problems with headache, anxiety, insomnia, female difficulties, and many more. Clear and easy to follow.

## HEALTH THROUGH BALANCE

### An Introduction to Tibetan Medicine

by Dr. Yeshe Donden ed. & trans. by Jeffrey Hopkins

252 pp. #HETHBA \$14.95



"I think this book is the best work on Tibetan medicine ever to appear in English."—Dr. Barry Clark

"*Health Through Balance* represents Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—*East-West Journal*

Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments including diet, behavior modification, and the use of medicine and accessory therapy. Tibetan medicine is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are clearly explained in this book.

### TIBETAN MEDICAL PAINTINGS

ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195

Sangye Gyamtso, regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa, created *The Blue Beryl* treatise which integrates Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge visually presented in 76 brilliant paintings. A foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates put the facsimiles in context.

### TIBETAN MEDICINAL PLANTS

by T. J. Tsarong. 120 pp., 95 color photos #TIMEPL \$19.95

In the Himalayas grow wild and exotic plants used for centuries as ritual offerings and healing drugs by the lama-physicians of Tibet. These healers have identified these plants and documented their therapeutic action and uses in herbals. This book contains excellent photos and descriptions of many medicinal plants giving both the Tibetan and Latin names as well as indigenous information about their taste, potency, action, uses and the parts that are to be utilized in medicine.

### TIBETAN MEDICINE and Other Holistic Health-Care Systems

by Tom Dummer. 308 pp. #TIME \$19.95

Westerners will appreciate this well-researched contribution to Tibetan medicine. The author makes Tibetan medical philosophy understandable: the tantric cosmology and symbolism relevant to Tibetan medicine including the chakras and psychic channels and energies; the causes of disease and types of illnesses and diagnosis; mind and mental disorders; diet and treatments. Then he shows how Tibetan and Western holistic medicine can be practiced together—Western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhaharma as a basis for counseling therapy.

### TRADITIONAL CHINESE MEDICINE

by Sheila McNamara. 274 pp. #TRCHME \$14

Traditional Chinese medicine has proven effective in easing a wide range of conditions using herbs, nutritional balance, acupuncture and other methods. With an A-Z list of conditions and their remedies, this comprehensive manual tells how Chinese medicine works and includes a detailed discussion of Qi Gong, the foundational system of mental and physical discipline.

## KALACHAKRA



Back!

### KALACHAKRA: RITE OF INITIATION

by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIIN \$22.95

This book details the entire rite of initiation which usually lasts three days. The book is introduced by Jeffrey Hopkins and many key ideas are explained.



### KALACHAKRA TANTRA

by Geshe Ngawang Dhargyey 180 pp., #KATA \$12.00

This book provides a sound explanation of the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.

### THE PRACTICE OF KALACHAKRA

by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., illus. #PKA \$16.95

The Kalachakra spiritual legacy is central to Tibetan Buddhism. This is a detailed and practical overview of the Kalachakra Tantra. Glenn Mullin discusses the tantric path to enlightenment, drawing on great teachers' writings. He outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama, round out this excellent book.



### THE WHEEL OF TIME: The Kalachakra in Context

by Geshe Lhundub Sopa, Roger Jackson, John Newman, foreword by H.H. the Dalai Lama. 158 pp., #WHTI \$12.95

The Kalachakra interweaves yoga, astrology, physiology, and mythology into a meditational system embracing the entire universe. The Kalachakra Initiation is frequently offered, but information on this complex system and practice is sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices of the Kalachakra tantra.

**A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN: A Practical Handbook**

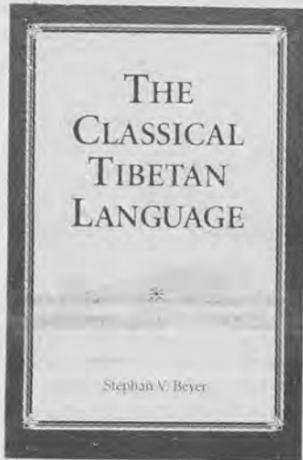
by Tashi. 184 pp. #BAGRMO \$12.95

This grammar textbook of spoken Tibetan is based on 12 years teaching experience at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA. It presents colloquial Tibetan grammatical structures in useful sentences and not in the abstract. A good book!

**BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism**

by José Cabezon. 300 pp. #BULAN \$21.95

Taking language as its general theme, this book explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. The book investigates Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. It also deals with the Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies.



**THE CLASSICAL TIBETAN LANGUAGE**

by Stephan Beyer. 503 pp., #CLTILA \$19.95

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language. It treats the classical language on its own terms rather than by categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with linguistic phenomena encountered in the classical texts.

**ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN**

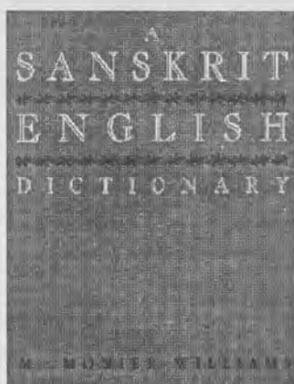
by Melvyn Goldstein. 486 pp., #ENTIDI \$60 cloth

The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. With its 16,000 main entries and 29,000 sub-entries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

**TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN**

by Melvyn Goldstein. 1234 pp., #MOTIDI \$64 cloth

Because of rapid changes in contemporary Tibetan culture, modern literary Tibetan is extremely difficult for non-Tibetans to read. Scholars who are able to read lofty Buddhist texts in Tibetan have difficulty with a simple newspaper story. Melvyn Goldstein has compiled between 35-40,000 entries including items from modern sources. This dictionary comes from India.



**A SANSKRIT-ENGLISH DICTIONARY**

by M. Monier-Williams. 1369 pp., #SAENDI \$40 cloth

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**A TIBETAN-ENGLISH DICTIONARY (compact edition)**

Sarat Chandra Das. #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works.

**NEPALI FOR TREKKERS**

by Stephen Bezručka. 58 pp. plus 90-minute cassette. #NETR \$16.95

This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases. Words and phrases spoken by a native Nepali—good package for visitors to Nepal.

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#ENTICH \$45

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2 volumes, #TICCHI \$120

This was formerly a 3-volume set and has now been printed in two volumes.

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Based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—a Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, and supplemented from works of Tibetan lamas. 6,000 main entries and over 8,000 sub-entries, with Sanskrit equivalents where possible. New edition—revised and enlarged 40%.

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System 7 compatible postscript Type 1 and TrueType fonts; works with Apple Style Writer and Personal Laser Writer LS printers; includes System 7 custom keyboard layouts; includes English fonts with diacritics for transliterated Sanskrit; works with word processors, desk-top publishing programs, databases, etc.; capable of printing Tibetanized Sanskrit for mantras; includes WylieEdit for typing in Wylie transliteration for automatic conversion to Tibetan. For System 6.0.x, MacKeymeleon II is needed. Package contains manual, disks, and keyboard stickers.

**Now runs on Windows 95!**

**TIBETAN FOR WINDOWS**

by Marvin Moser. #TIWIN \$60

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You can print your text to almost any graphics printer and easily exchange Tibetan files between IBM PCs and Macintoshes. Also included is the Tibetan File Converter to translate between Wylie, ACIP, Macintosh Ltibetan and phonetic formats. This version also includes the Lmantra font for expanded Tibetanized Sanskrit stacks.

**TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS**

by Acharya Sangye T. Naga & Tsepak Rigzin. 264 pp. #TIQUPH \$18

This compilation of idioms and phrases bridges the gap between Tibetan literary and colloquial forms. Each phrase has an English equivalent and is also used in a complete sentence. A must for Tibetan language students.



**TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan**

by Joe Wilson, Jr. 810 pp., 7 x 9" #TRBUTI \$50 cloth, A Namgyal Institute Textbook

This complete textbook on classical Tibetan has 19 chapters suitable for beginning or intermediate students. *Translating Buddhism from Tibetan* begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns seen in the formation of words, and into the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference.

*Translating Buddhism from Tibetan* balances traditional Tibetan grammatical and syntactic analysis with a use of terminology that reflects English preconceptions about sentence structure. Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lessons, with drills and reading exercises, a practical introduction to Tibetan grammar, syntax and technical vocabulary used in Buddhist works on philosophy and meditation. An extremely well designed learning system, serving as an introduction to reading and translating and to Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and is the standard text in universities and Buddhist centers.

Through easily memorizable paradigms, the student comes to recognize and understand the recurrent patterns of the Tibetan language. Each chapter contains a vocabulary full of helpful Buddhist terms.

"What an impressive production! It is a superb piece of work."—Richard Hayes, Dept. of Religious Studies, McGill University

**TRANSLATING BUDDHISM FROM TIBETAN TAPE**

by Joe Wilson. 90 min. #TRBUTT \$10

This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our book *Translating Buddhism From Tibetan*.

**TIBETAN PHRASEBOOK**

by Andrew Bloomfield & Yanki Tshering. 152 pp. #TIPH \$8.95, Two 90 min. cassette tapes #TIPHT \$14.95

The *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

*Tibetan Phrasebook* begins by introducing a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and Tibetan customs and etiquette. Appendices include helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

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"*Fluent Tibetan* is a significant and unmatched achievement in the field of teaching colloquial Tibetan."—*The Tibet Journal*

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

*Fluent Tibetan* is based upon courses developed by the U.S. State Department's Foreign Service Institute (FSI) for diplomats needing to learn a language quickly—a model unsurpassed in its effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling the quick mastery of increasingly complex structures, and thereby promoting rapid progress in speaking the language. *Fluent Tibetan* is the best course available anywhere for learning on your own.

The package consists of textbooks and tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. With unit four, vocabulary and grammatical patterns are introduced in situational dialogues. Each dialogue is followed by extensive drills repeating the vocabulary and grammatical patterns in different contexts thereby teaching how to use the language creatively. The exceptionally clear voices in the dialogues and drills are both male and female indigenous Tibetans. The glossary is both Tibetan-English and English-Tibetan.

*Fluent Tibetan* roughly corresponds to two semesters of college-level language study. Having completed this course, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee.



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Central to understanding Mahamudra and Dzogchen is insight into the Buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. An excellent presentation of Kagyu views on liberation and a good starting place for dialogue with other lineages.



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by Kalu Rinpoche. 222 pp. #DHILAL \$18.95

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by the 9th Karmapa, trans. Alex Berzin. 194 pp. #MA \$9.95  
Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text.

**ENLIGHTENMENT BY A SINGLE MEANS: Tibetan Controversies on the "Self-Sufficient White Remedy"**

by David Jackson. 220 pp. #ENSIME \$46

This is a detailed investigation of a doctrinal controversy rooted in the 8th-century Samye Debate and taken up again by the 12th-century Sakya Pandita. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual factor or insight? This question arose again in Tibet with certain masters' teachings about Mahamudra.

To clarify the positions of masters representing the "simultaneous" or "all-at-once" doctrine, Jackson has presented the references in Gampopa's and Lama Ahang's writings. On the other side, Sakya Pandita criticized the notion that any single teaching or spiritual factor was sufficient, including meditative stoppage of conceptual processes known as "seeing the nature of mind."

Links between these masters' teachings and earlier Ch'an-influenced Tibetan traditions were discovered in addition to parallels to certain Indian siddhas' teachings. This book will interest anyone practicing Mahamudra, tantra or Dzogchen.

**MEDITATION: Advice to Beginners**

by Bokar Rinpoche. 150 pp. #MEA \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra.

**OPENING THE DOOR TO CERTAINTY**

by the Ninth Karmapa, Tibetan text and English trans. by Bokar Rinpoche. 62 pp., glossary, #OPDOCE \$9.95

This is a condensed version of the inspiring Ninth Karmapa's work which introduces one to the direct understanding of the absolute nature of the mind—Mahamudra. It treats the preliminaries, mental calming, superior vision pointing out the nature of mind, and the post-meditation enhancement of the practice. Brief, to the point, and excellent.

**MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS**

by the Eighth Situpa Tenpa'i Nyinchoy, H.H. the Third Gyalwa Karmapa Rangjung Dorje, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 201 pp. #MATESU \$15.95

Reveals powerful mahamudra practices for realizing the mind's fundamental nature. The advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

"All students of the Kagyu traditions are familiar with Karmapa III Rangjung Dorje's beautiful prayer, known as the *Aspiration of Mahamudra*, recited daily in countless Tibetan temples, retreats and homes.

"Lama Sherab Dorje offers an accurate and highly readable translation of this masterwork that is to be read with profit both by those who wish to learn something about the system of Mahamudra and by those practicing within the tradition."—Matthew Kapstein



**MAHAMUDRA: The Quintessence of Mind and Meditation**

by Takpo Tashi Namgyal, Trans. by Lobsang P. Lhalungpa. 550 pp. #MAQU \$30

The primary source used by Tibetan meditation masters for instructing their disciples. The meditation levels are covered as follows: the differentiation between stages of tranquility and insight meditation; meditation on two kinds of selflessness; preparation for mahamudra meditation; the methods of mahamudra; how one achieves realization; and the four yogas of mahamudra.

**PRAYER FLAGS**

The Spiritual Life and Songs of Jigten Sumgon

by Khenpo Konchog Gyaltsen 96 pp. #PRFL \$6.95



"Followers of the Kagyu tradition will revere this book, and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

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**SONG OF KARMAPA**

by Chokyi Nyima Rinpoche. 128 pp. #SOKA \$12.95

The third Karmapa's *Aspiration of Mahamudra* is one of the most famous meditation manuals. It clearly states the key points of Mahamudra, Madhyamika and Dzogchen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chokyi Nyima gives instructions for the practice of these teachings.



**THE PRACTICE OF THE CO-EMERGENT MAHAMUDRA**

by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sensei. 26 pp., #PRCOMA \$6.00

A classic Tibetan text on the four yogas of Mahamudra.



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by Peter Barth, forewords by Thrangu Rinpoche & Khenpo Konchog Gyaltsen. 128 pp. #PIAUSK \$9.95

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by Susanne Fincher. 192 pp., color plates & line drawings, #CRMAN \$16

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**EMBRACING THE BELOVED: Relationship as a Path of Awakening**

by Stephen and Andrea Levine. 305 pp. #EMBE \$11

Relationships have enormous power for physical, spiritual and emotional healing. Stephen and Andrea demonstrate through many exercises how relationships can heal and offer a path for spiritual renewal and merciful awareness of life.

**HEALING SOUNDS: The Power of Harmonics**

by Jonathan Goldman. 170 pp. #HESO \$14.95

*Healing Sounds* explains the ancient secrets of sound and the extraordinary power of harmonics to heal and transform. Jonathan Goldman discusses the overtone chanting of the Tibetan monks, relates sounds to the energy centers of the body, instructs how to produce and use these vocal harmonics, and offers information on the ancient shamanic, mystical and spiritual traditions that employed sound in their rituals.

**PLOTINUS: The Enneads**

by Stephen MacKenna. 768 pp. #PL \$65 cloth

"For the rapture of its wild genius, MacKenna's Plotinus has been for near to forty years the most instructive and inspiring single volume in my library. It is a source of the deepest ideas the mind can think; it is also a bible of beauty."—James Hillman

**LOOKING INTO MIND**

by Anthony Damiani. 282 pp. #LOMI \$14.95

This is an invitation to discover and explore one's own basic mind from two standpoints. It teaches meditation as a means to experience the mind directly, free of any images. From the side of reason, its clear analysis of everyday experience shows that the world and 'I' are thought into existence by the same creative mind. This combined approach is a direct way to intimate knowledge of one's own basic mind, a sure route to reliable spiritual independence.

**PASSIONS OF INNOCENCE: Tantric Celibacy and Other Erotic Mysteries**

by Stuart Sovatsky. 256 pp., 50 illus., 8" x 10" #PAIN \$14.95

Periods of celibacy can enhance our awareness of the erotic impulse and its myriad forms of expression. These periods can also redirect sexual energy toward friendship, deepen a life partnership, heal from sexual abuse, etc. Far from the

stereotype of repressive sexual abstinence, the tantric form of sublimation is a passionate and spiritual celebration of the erotic. Includes exercises based on yoga, kundalini and chakra meditation.

**STANDING IN YOUR OWN WAY: Talks on the Nature of Ego**

by Anthony Damiani. 272 pp. #STWA \$15.95

"Anthony Damiani is a truly great man...one of my closest spiritual brothers."—The Dalai Lama

What is this "ego" that some tell us to assert, others tell us to deny, and still others say we must transform and transcend? Why is it there? When do we have it, and when does it have us?

This in-depth approach to these issues makes *Standing in Your Own Way* the most invigorating and comprehensive treatment to date. Readers will see the ego's appropriate role in human fulfillment, and will understand why life's shattering blows are sometimes moments of Grace.



**THE YOGA OF POWER: Tantra, Shakti, and the Secret Way**

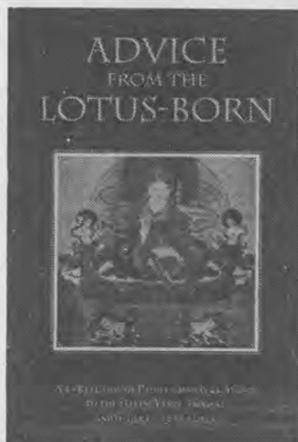
by Julius Evola. 240 pp. #YOPO \$16.95

Hindu Tantrism and Shaktism emphasize the path of action and mastery over secret energies latent in the body, practices which use human passions and the power of nature to conquer the world of the senses. Evola describes traditional methods of self-mastery, including the awakening of the serpent power, initiatory sexual rites and evoking the mantras of power.

The editors at Snow Lion offer you this large alphabetized selection of books. We have considered various divisions of this literature to make it less massive but none of them are completely satisfactory. We suggest that Buddhist centers compile a suggested reading list for their members and especially for new students to guide their selection of recommended titles.

**ANATMAN: The No-Self Nature**  
by Charlie Singer, foreword by Ven. Lama Pema Wangdak. 38 pp. #ANA \$5

The doctrine of no-self is difficult to penetrate yet liberating in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and things we attain the transcendent wisdom of the Prajnaparamita, and come to an understanding of things as they are.



**ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples**  
intro. by H.E. Tulku Urgyen Rinpoche. 184 pp. #ADLOBO \$18.

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances.



**ADVICE FROM A SPIRITUAL FRIEND**  
by Geshe Rabten and Geshe Dhargyey. 180 pp., 14 photos and line drawings, #ADSPFR \$14.95

Like wise old friends, two Tibetan masters explain how to fill our lives with loving kindness, compassion, and wisdom. By learning to respond to difficulties with patience and joy, gradually changing our attitudes, we can enjoy peace of mind in every situation. Based on *The Seven Point Thought Transformation* and *The Jewel Rosary of the Awakening Warrior*.

**AN ANTHOLOGY OF WELL-SPOKEN ADVICE on the Graded Paths of the Mind**  
by Geshe Ngawang Dhargyey, compiled and ed. by Alexander Berzin. 442 pp. #ANWESP \$14.95

A massive compendium of oral teachings based on Kyabje Phabongka's "A Personal Gift for Being Utterly Freed" (*Liberation in Our Hands*) and Tsongkhapa's "A Grand Presentation of the Graded Paths of the Mind" (*Lam Rim Chenmo*)—presenting the levels of spiritual training for overcoming obstacles to Buddhahood.

**AWAKENING OF THE WEST: The Encounter of Buddhism and Western Culture**  
by Stephen Batchelor. 416 pp. #AWWE \$18

A beautifully written history of the encounters of Buddhism with the West during the past 2000 years—a chronicle of missed opportunities, cultural arrogance, political tragedy, and unfulfilled dreams. Since the time of Alexander the Great, European kings and popes longed for the power they would gain through the conquest of Asia, but their narrow-mindedness prevented them from learning much at all about Buddhism—until the last hundred years.

**AWAKENING THE MIND: Explanations of Basic Buddhist Meditation**  
by Geshe Namgyal Wangchen. 272 pp., 15 line drawings #AWMI \$14.95

Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on Tsong Khapa's teachings, he shows how to develop ourselves.

**BIG SKY MIND: Buddhism and the Beat Generation**  
ed. by Carole Tonkinson. 387 pp. #BISKMI \$15

"Between the beauty and deep charm of its excerpts, and the intelligence of its commentary, Big Sky Mind reads more like a Golden Treasury than just another Beat anthology. A moving and fascinating look at a critical chapter in the history of Dharma in America."—Michael Herr  
"...a long-awaited inspirational collection—full of awesome, creative work and challenging spiritual testimony."—bell hooks

**THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS**  
by Ngorchon Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #BEORTH \$12.95

Virupa, one of the 84 Mahasiddhas, was known for his miraculous powers and unseemly conduct. He sang of himself, "Ugly one, ugly one, that's what people mock me as. But what I have is what they all wish for." The happiness and peace of unconditioned freedom is what he had achieved, and he displayed it in his unconventional attitude and behavior in the world.

The liberating meditations and methods Virupa employed were revealed by him in a teaching known as the Vajra Verses. These were later expanded into a systematic teaching known as the *Lam Dre*, the first part of which is a meditation manual known as *The Beautiful Ornament of the Three Visions*. These visions represent stages of mental clarity starting with the vision of suffering and ending with the pure vision of peace and enlightened activities.

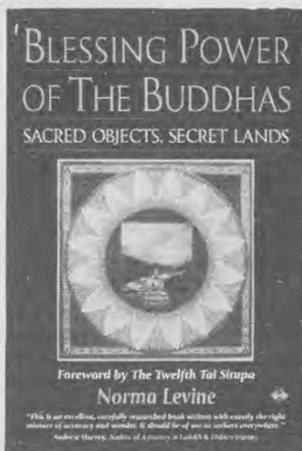
**AWAKENING THE SLEEPING BUDDHA**  
by The Twelfth Tai Situpa. 160 pp., 10 calligraphies, #AWSLBU \$12

With a simple and direct approach, Tai Situ discusses enlightenment, reincarnation, and karma, and interprets cosmological principles in commonsense terms with practical examples.

**BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path**  
by Ayya Khema. 192 pp. #BENO \$12.95

Ayya Khema gives meditations and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deep insight, a sense of calm well-being, and a greater capacity to love and feel loved.

"A valuable guide to the path of meditative insight...direct, clear, and inspiring."—Sharon Salzberg



**BLESSING POWER OF THE BUDDHAS: Sacred Objects, Secret Lands**

by Norma Levine, foreword by The Twelfth Tai Situpa. 155 pp., b&w photos, #BLPOBU \$15.95

Discusses the significance and power contained in Buddhist sacred objects. Levine explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas—she spent five years at Tai Situpa's monastery. Along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas—a powerful story of spiritual quest and adventure.

**CHOOSING REALITY**

**A Buddhist View of Physics and the Mind**

by B. Alan Wallace  
227 pp. #CHRE \$15.95

"Choosing Reality shares the podium with *The Tao of Physics* and *The Dancing Wu Li Masters* and wears the gold medal. It is a triumphant commentary on the relationship between physics and mind, science and religion."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

**THE BODHICARYAVATARA**  
by Shantideva, trans. by Kate Crosby & Andrew Skilton. 191 pp. #BO \$9.95

A new translation of Shantideva's classic work on the bodhisattva path of awakening, setting out what the bodhisattva must do and become, and the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction putting the work in context and explaining its structure.

**THE BODHISATTVA WARRIORS: The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art within India and China**

by Shifu Nagaboshi Tomio. 530 pp., 128 illus., 9 tables. #BOWA \$19.95

This study of the earliest form of Buddhist self-defense practiced by Chuan Fa monks and mystics presents their philosophical and physical basis. The practices of the North Chinese Chuan Movement Meditation Traditions and the South Chinese Esoteric School explained here are both secret traditions. These martial arts are a meditation mandala in action and complement other Buddhist practices.

**BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body**  
by John Mann & Lar Short. 192 pp., 10 diagrams, #BOLI \$12.95

"Reveals actual secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it."—Mantak Chia, founder, the Healing Tao Center

**THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects**

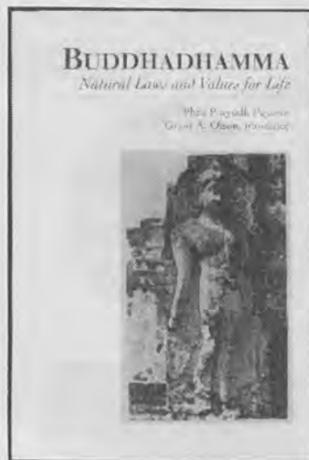
by Eva Rudy Jansen. 112 pp. #BOBU \$10.95

This is a compact overview of the iconography of Tibet illustrating and describing the popular images, positions and symbols of Mahayana and Tantrayana Buddhism. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

**BEING PEACE**  
by Thich Nhat Hanh. 115 pp. #BEPE \$10

This is a book on meditation—finding peace in the moment-to-moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace. "If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment."

Over 100,000 copies sold.



**BUDDHADHAMMA: Natural Laws and Values for Life**

by Phra Prayudh Payutto. 302 pp. #BUNALA \$19.95

This is a major contribution that summarizes the Buddha's key teachings recorded in a large portion of the Pali Texts. Teachings on the five aggregates of existence, attachment, suffering, the twelve elements in the chain of causation, practicing the middle way and the eightfold path of proper understanding, action, speech, etc.

**BUDDHA NATURE: The Seed of Happiness**

Ven. Tharangu Rinpoche. 180 pp. #BUNA \$13.95

*Buddha Nature* explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

**BUDDHISM: An Outline of Its Teachings and Schools**

by Hans Wolfgang Schumann, trans. by Georg Feuerstein. 200 pp., 39 line drawings & photos, tables, index, #BUOUTE \$8.95

This is an excellent book—it is a systematic, reliable and accessible guide to Buddhist doctrine.

"Striking flashes of insight. In some ways comparable to Edward Conze's *Buddhism*."—Choice Magazine



"This thought-provoking book is accessible to a general readership and will also be of special interest to scientists and Buddhist scholars."—NAPRA ReView

## BUDDHISM IN PRACTICE

ed. by Donald S. Lopez, Jr. 608 pp. #BUPR \$19.95

Buddhist practice in Asia is represented in forty-eight translated texts divided into those pertaining to the Buddha, Dharma, and Sangha. Originating from the Buddhist literature of nine countries and from the three vehicles of practice, each text is preceded by a substantial introduction by its translator. Together they illustrate the remarkable diversity of Buddhist practices. Some topics are: *Consecrating the Buddha, The Way to Meditation, On Becoming a Buddhist Wizard, Auspicious Things, The Chinese Life of Nagarjuna, Aryadeva and Candrakirti on Self and Selfishness, Sutra on the Merit of Bathing the Buddha, Reading Others' Minds, The Whole Universe as a Sutra, A Discussion of Seated Zen, The Great Bliss Queen, The Legend of the Iron Stupa, Two Tantric Meditations, Visualizing the Deity.*

## BUDDHISM, SEXUALITY, AND GENDER

ed. by José Cabezon. 241 pp. #BUSEGE \$21.95

This book explores historical, textual, and social questions relating to the place of women and gay people in the Buddhist world in India, Tibet, Sri Lanka, China, and Japan. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality. The author offers new perspectives on the history of the attitudes toward women in Buddhist societies.

## BUDDHIST SYMBOLS IN TIBETAN CULTURE

by Loden Sherap Daggyab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Rinpoche presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols; the Eight Bringers of Good Fortune; Seven Jewels of Royal Power; Seven Gems; Five Qualities of Enjoyment

## THE BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History

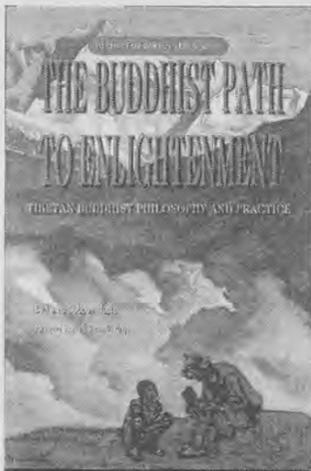
by John Snelling. 337 pp. #BUHA \$14.95

This is an illuminating guide to Buddhist teaching, practice, schools, and history. It provides a comprehensive, world-wide, and non-sectarian survey of traditions and their contemporary exponents.

## THE BUDDHIST I CHING

trans. by Thomas Cleary. 240 pp. #BUIC \$16

For centuries the *I Ching* has been used as a map of conscious development. Chih-hsu Ou-e, a Chinese Buddhist meditation master, offers three levels of *I Ching* interpretation: social, Buddhist and meditational. He elucidates the text using the principles of concentration, calmness, insight, and levels of realization.



## THE BUDDHIST PATH TO ENLIGHTENMENT: Tibetan Buddhist Philosophy and Practice

by Lama Daboom Tulku. 183 pp. #BUPAEN \$14.95

Lama Daboom Tulku is a respected Buddhist scholar and leader in the engagement of Buddhist ideals. He discusses the Buddha Nature, Nirvana and the path to enlightenment; aspects of tantra and the meaning of mandalas as well as world peace, green Buddhism and Buddhist principles for a just society. He is director of Tibet House in New Delhi.

## BUDDHIST SAINTS IN INDIA: A Study in Buddhist Values &amp; Orientations

by Reginald Ray. 508 pp. #BUSAIN \$52 cloth

A complicated problem in buddhology is the saint. This is the first comprehensive examination of Buddhist saints in various Indian Buddhist contexts. Reginald Ray, co-chair of Buddhist Studies at Naropa Institute, seeks to identify the prototypical Buddhist saint as a "renunciant of the forest." This classical type informs the different major Buddhist saintly types—the buddha, pratyeka-buddha, arhant, and bodhisattva. Ray surveys the ascetic codes, conventions, and traditions of saints, and the cults of living saints and of those who have "passed beyond." He traces the role of the saints in Indian Buddhist history, particularly at the times of Buddhist origins and the formation of the Mahayana.

The American Academy of Religions has awarded an Honorable Mention in its Best First Book competition to the author for this book.

## THE BUDDHIST WORLD OF SOUTHEAST ASIA

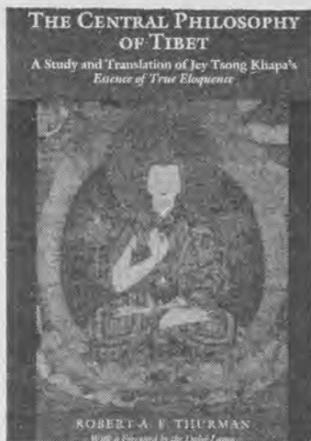
by Donald K. Swearer. 258 pp., 45 photos & illus. #BUWOSO \$16.95

A remarkable in-depth presentation that balances scholarly interpretation and sensitive first-person portrayal of Southeast Asian Buddhism. Theravada Buddhism is a dynamic, complex system of thought and practice imbedded in the cultures, societies, and histories of Burma, Thailand, Laos, Cambodia, and Sri Lanka. The author discusses three aspects of this system: the popular tradition—paradigms of ideal action, rituals, festivals, and rites of passage; Buddhism as civil religion—King Asoka as the paradigmatic Buddhist monarch, cosmology and kingship, Buddhism and the modern nation state; modern transformations of the tradition—the changing roles of monk and laity, reform movements, and Buddhism in the West.

## CHAKRAS: Energy Centers of Transformation

by Harish Johari. 116 pp., 36 color illus., #CHA \$14.95

Harish Johari, Indian scholar and tantric practitioner, unfolds the mysteries of these subtle centers of transformation using techniques of visualization essential to tantric practice and realization. Beautiful illustrations provide images of each chakra, and meditation on these vitalizes the cerebrospinal centers and harmonizes the entire physical and psychic system.



## THE CENTRAL PHILOSOPHY OF TIBET

by Robert A. F. Thurman. 442 pp. #CEPHTI \$19.95

This is the first full study of Tsong Khapa's *Essence of True Eloquence*—a study of Vijnanavada and Prasangika Madhyamika. This translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal how the Prasangika is a rigorous, critical philosophy relevant to our own time.



## CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEEGR \$15

The *Heart Sutra* presents the path to the perfect view. It is the Prajnaparamita in its most abbreviated and memorable form. This detailed commentary gives line-by-line explanation, Tibetan text, phonetics, translation, and discusses the six perfections.



## CALMING THE MIND: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

by Gen Lamrimpa, translated by B. Alan Wallace, edited by Hart Springer. 148 pp. #CAMI \$12.95, A Namgyal Institute Textbook.

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

"...a step-by-step instruction manual on how to calm a busy mind, cultivate devotion, and bring awareness into each moment of living."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in Dharamsala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers.

"*Calming the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*.

Previously titled *Shamatha Meditation*.

## CHINNAMASTA: the Awful Buddhist and Hindu Tantric Goddess

by Elisabeth Benard. 162 pp. #CH \$14.95

Three rare texts of tantric practice examine Chinnamasta, the awesome Buddhist and Hindu tantric goddess and offer a large amount of information about tantric practice. In Buddhism, Chinnamasta is the severed-head form of Vajravahini or Vajrayogini. This marvellous and frightening Goddess pushes us beyond dualities into the unconditioned.

## CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp. #CHLOLO \$11.95

Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are sleep state practices.



## THE CHRIST AND THE BODHISATTVA

by Donald S. Lopez, Jr. & S. C. Rockefeller, editors. 274 pp. #CHBO \$19.95

Explores the contemporary significance of Christ and the Bodhisattva: Langdon Gilkey, Brother David Steindl-Rast, and Ann Belford Ulanov investigate Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism; H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the Bodhisattva.

## Now in Paper!

## CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp., 7 maps, #CISH \$66 cloth, CISHP \$24.95 paper

"*Civilized Shamans* is an astonishing work...and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Geoffrey Samuel explores the relationship between Tibet's social and political institutions and the emergence of new modes of consciousness that characterize Tibetan Buddhist spirituality. Samuel identifies the two main orientations of this religion as monastic and shamanic (associated with tantric yoga). The form Tibetan Buddhism has taken is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of the Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

"...comprehensive, a solid reference for the scholar."—*Library Journal*



## A COMPENDIUM OF WAYS OF KNOWING

by Akya Yongdzin Yangchan Gawai Lodro, comm. by Geshe Dhargyey. 67 pp. #COWAKN \$7.95

A compendium on the nature of mind and the ways in which it knows. It is traditionally memorized for debate. Of the seven ways of knowing, two are considered valid. Understanding the nature of knowing and the known forms the basis of properly understanding emptiness.



## CHO YANG VII

by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshi & Jeremy Russell. 124 pp., 91 color photos, 32 b&w photos and line drawings, #CHYA7 \$18.95

Another great issue of *Cho Yang*—full of captivating stories and information. *The Tokdens* (realized yogis) of Khampagar; *Tormas*; *Treasures of the Drukpa Kargyu in Kham*; *Interview with Jetsun Kushab and the 100th Holder of the Ganden Throne*; *Offerings*; *Qualities of a Spiritual Guide*; *The Dalai Lama on The Stages of the Path*; *Statue Construction*; *Tibetan Painters*; and more!



### A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA

by Geshe Lobsang Tharchin. 80 pp. #COGUYO \$7.95

*Ganden Lha Gyema* "Hundred Deities of the Land of Joy" is the standard Tsongkhapa guru yoga. It guides the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin explains the text and gives instructions for practice.

The main way to achieve Buddhahood is by accumulating enlightening power, and mandala offering is a most effective practice for this purpose. Three forms of offering are described: outer mandala—the symbolic world; inner mandala—one's own body; secret mandala—for tantric practitioners.



### THE CLEAR MIRROR: A Traditional Account of Tibet's Golden Age

by Sakyapa Sonam Gyaltzen, translated by McComas Taylor and Lama Choedak Yuthok. 315 pp., 16 line drawings, 2 maps, #CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the oft-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

Compiled in 1368 from earlier histories and a rich oral tradition, the text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded.

The compiler, the renowned Sakya scholar Sonam Gyaltzen, narrates the traditional accounts in an engaging and highly readable style, in his words, 'to give pleasure to the faithful and to those who desire a history of the propagation of the Teachings'. Written to inform and entertain, the book has a preeminent position in Tibetan society and is popularly read today.

### CULTIVATING THE MIND OF LOVE: The Practice of Looking Deeply in the Mahayana Buddhist Tradition

by Thich Nhat Hanh, foreword by Natalie Goldberg. 126 pp. #CUMILO \$14

### DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal

by Erik Pema Kunsang. 200 pp., #DATE \$18

This is a terma text of teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until years later. The teachings translated here are instructions on the three levels of Buddhist practice.

### CONCEALED ESSENCE OF THE HEVAJRA TANTRA

trans. by G.W. Farrow and I. Menon. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is *Yogaratanmala*, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the uninhibited Indian classic period.

### A CONCISE HISTORY OF BUDDHISM

by Andrew Skilton. 264 pp., maps, index, bibliography, #COHIBU \$19.95

"...an excellent synopsis of current scholarship."—Alan Sponberg, Prof. of Asian Philosophy and Religion

Skilton sets the evolution of Buddhism's doctrines and schools within the context of the external events and institutions that influenced their development. An ideal introduction to the history of Buddhism.

### CRAZY WISDOM

by Chogyam Trungpa. 160 pp. #CRWI \$19

Trungpa Rinpoche shows how to meet the challenges of life with unconventional wisdom. "Crazy wisdom" is an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. Drawing on the life of Padmasambhava, he illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.

### CREATION AND COMPLETION: Essential Points of Tantric Meditation

by Jamgon Kongtrul, trans. by Sarah Harding. 128 pp. #CRCO \$14.95

An excellent guide to tantric Buddhist meditation practice. It leads the way along a clear path of meditative self-transformation; from visualization of oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

"...very beneficial...will resolve all doubts about tantric practice."—Thrangu Rinpoche



### THE CULT OF TARA: Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16 photos, 45 illus. #CUTA \$18

Features the practices and philosophic basis of tantra and especially the Tara Tantra: initiation and ritual service, offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.



### DHARMA PATHS

by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHPA \$14.95

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharma-chakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States. In *Dharma Paths*, Rinpoche tells how to practice discipline and meditation. This solid introduction cuts through the complexity of the Tibetan tradition, revealing a flexible approach oriented to our individual capacities. He teaches us how to develop the mind of compassion, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.



### THE CREATIVE VISION: The Developing Phase of Tibetan Tantra

by Herbert Guenther. 192 pp. #CRVI \$15

This pioneering work makes tantric symbolism practical. Life, according to *The Creative Vision*, evolves by recreating and re-envisioning experience. This book decodes the real-life meaning of the complex array of symbols developed by Tibetans to express their insight into life.

### DEBATE IN TIBETAN BUDDHISM

by Daniel E. Perdue. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Namgyal Institute Textbook.

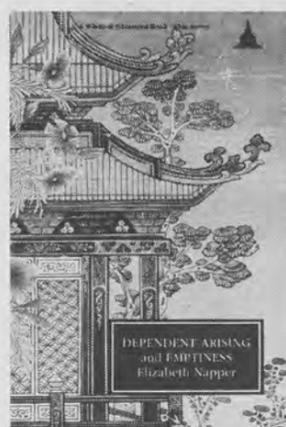
The practice and theory of Tibetan Buddhist logic and epistemology is the focus of this clear and thorough exposition. An essential prerequisite in Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach Buddhist philosophy by sharpening analytical capacities. Since the Tibetan commentarial tradition incorporates the debate style as the means of conveying philosophical concepts, to understand the various philosophical stances in Tibetan studies it is essential to master the procedure of debate.

Using a debate manual by Pur-buk-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue covers the form and substance of elementary debate and demonstrates the application of debate to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.

### THE DOCTRINE OF AWAKENING: The Attainment of Self-Mastery According to the Earliest Buddhist Texts

by Julius Evola. 246 pp. #DOAW \$16.95

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by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp. #DOSA \$12.50

This is a teaching based on *Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment*, compiled by Lodro Gyaltsen, a fifteenth-century Tibetan yogi. Lama Zopa reveals the essential meaning of this text which he discovered in his Himalayan retreat cave. Only after he read this text did he understand the real meaning of Buddhist practice.

### A DOSE OF EMPTINESS: An Annotated Translation of the sTong thun chen mo of mKhas grub dGe legs dpal bzang

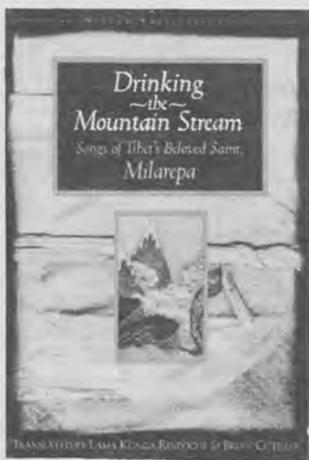
by José Cabezón. 590 pp. #DOEM \$29.95

This is a detailed, critical exposition of emptiness as taught in the major Mahayana schools: Yogacara, Svatantrika and Prasangika. It is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

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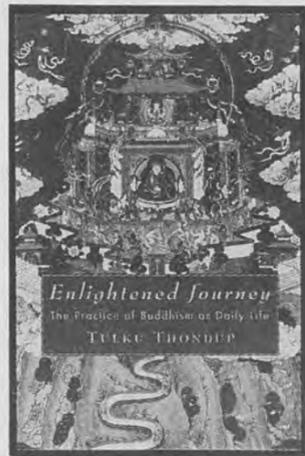
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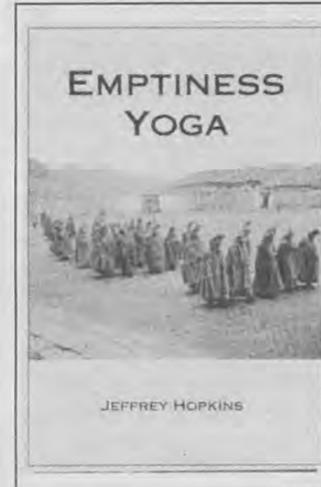
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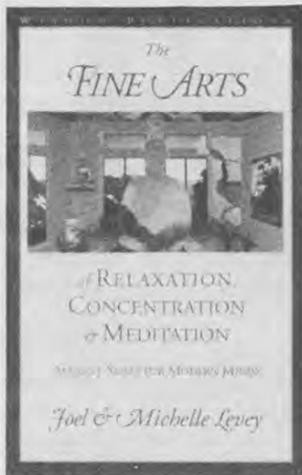
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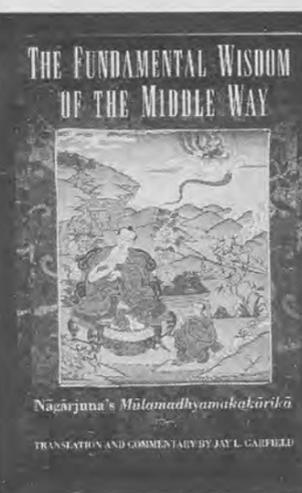
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The late Ven. Lobsang Gyatso was the Director of the Institute of Buddhist Dialectics in Dharamsala, India, one of the major institutions for Buddhist philosophy.

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by *Sakya Pandita*. 192 pp. #IL \$14.00

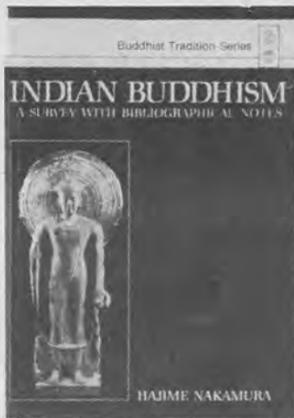
Sakya Pandita presents a complete Buddhist guide giving specific practices for the stages of spiritual development.



**ILLUSION'S GAME: The Life and Teaching of Naropa**

by *Chogyam Trungpa*. 136 pp. #ILGA \$10

The path to enlightenment is a radical process of unlearning that draws us from the comfort of conventional expectations to a naked encounter with reality. Trungpa shows the modern relevance of Naropa's extraordinary journey and the levels of development required before meeting the Buddha's mind.



**INDIAN BUDDHISM: A Survey**

by *Hajime Nakamura*. 423 pp. #INBUDD \$19.95

"This is a remarkable survey of Buddhist literature."—Alex Wayman

This is perhaps the most comprehensive bibliographic reference available. Professor Hajime Nakamura was a Professor of Indian and Buddhist Philosophy at the University of Tokyo for thirty years. He is a distinguished scholar and internationally respected for his work.

**INDISPUTABLE TRUTH**

by *Chokyi Nyima Rinpoche*. 208 pp. #INTR \$18

Latest teaching by Chokyi Nyima Rinpoche: it contains fresh clarifications on the trademark of all buddhas, the four basic principles that mark the teachings of all enlightened beings—impermanence, suffering, egolessness, and peace—and unveils reality as it is.

**INDO-TIBETAN BUDDHISM: Indian Buddhists and Their Tibetan Successors**

by *David Snellgrove*. 640 pp. 120 b&w plates, 5 maps #INDOTI \$65 cloth

This comprehensive survey of Indian Buddhism and its establishment in Tibet encompasses more than fifteen centuries. Based throughout on a careful study of literary, archaeological and iconographical sources, it especially focusses on the tantric period of Buddhist theory and practice from the eighth to the thirteenth centuries, but also deals with the earlier evolution of Buddhist doctrine.

"Professor Snellgrove was the ideal person to undertake such an enormous task, and his book can be expected to remain the standard work on the subject for many years to come."—*Journal of the Royal Asiatic Society*

**INITIATIONS AND INITIATES IN TIBET**

by *Alexandra David-Neel*. 240 pp., 27 photos, #ININ \$5.95

Alexandra David-Neel delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the psychic training methods employed. Examined in detail are the various kinds of initiations, the spiritual guide's role and the choice of a master, oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises.



**IN PRAISE OF TARA: Songs to the Saviouress**

by *Martin Willson*. 496 pp., 8 color plates, #INPRTA \$24.95

"This book is an outstanding collection of Tibetan and Indian praises and contemplations centered on Tara."—Anne C. Klein

Tara is the embodiment of enlightened virtuous activity, the archetype of the fully evolved spiritual person in female form. This comprehensive collection of literature inspired by Tara includes a history of the origin of the Tara Tantra, canonical texts, sadhanas for practice, and lyrical praises to Tara.

**INSIGHT MEDITATION: A Psychology of Freedom**

by *Joseph Goldstein*. 184 pp. #INMED \$11

The fruit of more than twenty years' experience leading Buddhist meditation retreats, this book discusses topics repeatedly raised by students of all levels of insight meditation practice (vipassana).

**THE HEALING POWER OF MIND**

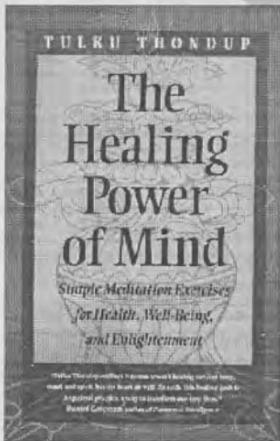
Simple Meditation Exercises for Health, Well-Being, and Enlightenment

by *Tulku Thondup* foreword by *Daniel Goleman*

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Awaken the healing power of the mind by working with your energies. Following an overview of healing meditation there are 48 exercises for healing various mental and physical problems: clearing energy blocks, healing our emotions, healing through sound, healing with light and the elements, healing with nature's energy and daily activities that become healing experiences. Also, Tulku Thondup offers seven major Buddhist meditations for healing everyday problems and releasing the grip of our habits.





**THE INSTRUCTIONS OF GAMPOPA: A Precious Garland of the Supreme Path**  
commentary by Khenpo Karthar Rinpoche, translated by Lama Yeshe Gyamtso, ed. by Laura Roth & David McCarthy. 213 pp. #INGA \$14.95

Khenpo Karthar Rinpoche came to the United States at the request of H.H. the Sixteenth Karmapa to establish the N. American seat of the Karma Kagyu lineage. Under Rinpoche's guidance over twenty-five affiliated centers have formed, and the magnificent Karma Triyana Dharmachakra Monastery in Woodstock, New York was constructed.

Rinpoche delivers profound insights in direct and inspiring language. In this commentary on the *Precious Garland*, one of Gampopa's masterworks, he outlines what practitioners of varying levels need to know to perfect their spiritual practice. He instructs on the correct view, meditation, and conduct, and offers frank answers to common questions concerning obstacles to Dharma practice.

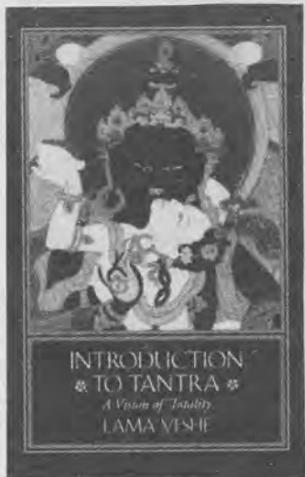
Gampopa (1070-1153) was the father of the Kagyu tradition and foremost student of Milarepa. "For those with faith in Gampopa, studying this text can be exactly the same as receiving teachings directly from him."—Khenpo Karthar Rinpoche

"Specific and pragmatic, they are applicable to every state of practice."—*Booklist*, published by the American Library Association

**IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism**

ed. Janet Gyatso. 320 pp. #MIME \$19.95

This is a study of the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, dharani practice, and the recollection of infinite previous lives that immediately preceded Sakyamuni's attainment of buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.



**INTRODUCTION TO TANTRA: A Vision of Totality**  
by Lama Yeshe. 176 pp. #INTA \$14.95

Explains how to use desire skillfully to break down our distorted and deeply entrenched way of seeing things. By learning to use pleasure correctly, we awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.

**INTRODUCTION TO TIBETAN BUDDHISM**

by John Powers. 520 pp. #INTIBC \$34.95 cloth, #INTIBU \$18.95 paper

"For a comprehensive and eminently comprehensible overview of Tibetan Buddhism, look to Power's substantial *Introduction to Tibetan Buddhism*."—*Booklist*, the American Library Association

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation."—Lobsang Lhalungpa

This is the first thorough introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. Beginning with a summary of its Indian origins and how it was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for transformation involving visualization, ritual and meditation. *The tantric systems of the four main lineages are explored impartially and in depth.* A comprehensive and invaluable book list accompanies each chapter. This systematic and clear presentation of Tibetan Buddhism will both new readers as well as those already knowledgeable of the subject. We highly recommend it.

**IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and rGyal tshab rje on Knowledge, Rebirth, No-Self and Liberation**

by Roger Jackson. 576 pp. #ENPOC \$45 cloth

Explores the most sustained and sophisticated argument for the truth of the Buddhist world-view. Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from body, mind's nature is such that enlightenment is possible, and enlightenment requires realization of the Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have cogency that makes them interesting to anyone concerned with the problems of religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

"The arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhological work now being done."—*The Reader's Review*

**JAMGON KONGTRUL'S RETREAT MANUAL**

trans. & intro. by Ngawang Zangpo. 255 pp., #JAKORE \$15.95

In the Kagyu and Nyingma traditions, a three-year, three-month meditation retreat must be completed before a person is considered a lama (teacher). *Jamgon Kongtrul's Retreat Manual* was written for individuals wanting this rigorous training. Its program consists of those spiritual practices Kongtrul considered most essential—he guides students in preparing for retreat, provides full details of the meditation program and offers advice for re-entry into the world.

**THE JEWEL LADDER: A Preliminary Nyingma Lamrim**

by Minling Terchen Gyurme Dorjee, commentary by Garje Khamtrul Rinpoche, trans. & ed. by Tsepak Rigzin. 236 pp. #JELA \$12

A comprehensive Nyingma Lamrim by Terdak Lingpa, who was both a teacher and disciple of the Great Fifth Dalai Lama. The text explains the preliminaries required for higher spiritual development such as the four basic ways of concentrating one's mind on the Dharma and the Four Noble Truths.

**THE JEWELLED STAIRCASE**

by Geshe Wangyal. 176 pp. #JEST \$10.95

"...explores subtle points of Buddhist philosophy with rare lightness and agility...we are presented with a series of living insights, an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

During the 28 years that Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. At the end of his life, Geshe-la wrote this book which presents clearly and precisely the essential topics for western Buddhists—the nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

*The Jewelled Staircase* is a delightful volume, a quintessential map of the overall structure of Buddhist meditation and a fitting tribute to its late author."—*Vajradhatu Sun*

**THE JEW IN THE LOTUS**

by Rodger Kamenetz. 225 pp. #JELO \$12

"With humor, compassion, and unflinching honesty, Rodger Kamenetz tells of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz deepens his understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists."—Jane Hirshfield, author

**JNANAGARBHA'S COMMENTARY ON THE DISTINCTION BETWEEN THE TWO TRUTHS: An Eighth Century Handbook of Madhyamaka Philosophy**

by Malcolm David Eckel. 220 pp. #JNCODI \$21.95 cloth

A lucid introduction to the issues and personalities that dominated Indian Madhyamaka thought on the eve of its introduction to Tibet. In the search for truth, Jnanagarbha shows how the commitment to reason shaped the dialogue between Madhyamaka thinkers and members of other Buddhist schools.



**JOURNEY WITHOUT GOAL: The Tantric Wisdom of the Buddha**

by Chogyam Trungpa. 151 pp., 10 illus., #JOWIGO \$18

Rinpoche introduces the principles of tantric meditation which lead to the discovery of egolessness. He provides an experiential picture of the tantric world, explaining self-existing energy, the mandala principle, differences between Buddhist and Hindu tantra, the teacher's role and tantric transmission.

**JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM**

by Radmila Moacanin. 144 pp. #JUPSTI \$12.95

The author discusses the ideas and methods of Tibetan Buddhism and Jungian psychology. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious," successfully bridging the gap between our deep yearnings for spiritual fulfillment and the demands of mundane life.

**KEYS TO GREAT ENLIGHTENMENT**

by Geshe Tsultim Gyeltsen. 176 pp., #KEGREN \$12.95

Geshe Gyeltsen gives a verse by verse exposition on *Eight Verses of Thought Training* and *The Thirty-Seven Bodhisattva Practices*.

**KING OF SAMADHI:**

**Commentaries on the Samadhi Raja Sutra & the Song of Lodro Thaye**

by Thrangu Rinpoche. 192 pp. #KISA \$17.

The *Samadhi Raja Sutra* links the mahayana bodhisattva training and the profound tradition of mahamudra practice.

"It is my request that all dharma practitioners take the meaning of these extremely precious teachings to heart and make it personal experience through correct practice."—Chokyi Nyima Rinpoche.

**King Udrayana and THE WHEEL OF LIFE**

by Sermei Geshe Lobsang Tharchin. 248 pp., line drawings, #KIUDWH \$9.50

Geshe Tharchin presents texts on *The Wheel of Life* that explain in detail the many symbolisms contained in this picture of samsara. Includes Tibetan text.



**KNOWLEDGE & LIBERATION**

by Anne Klein. 283 pp. #KNLIC \$27.50 cloth, A Namgyal Institute Textbook

Buddhist philosophy is concerned with defining and overcoming the limitations and errors of perception, essential to Buddhism's purpose of establishing a method for attaining liberation. Conceptual thought, in this view, can lead to a liberating understanding, a transformative religious experience.

"Anne Klein presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy and for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins

**KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology**

by Anne Klein. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Textbook

Several years in the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet system, for it forms the basis for Madhyamika epistemology.

The systematization of Sautrantika assertions has interested generations of Tibetan scholars to the present. Three major types of scholastic literature developed: presentations of the whole tenet system; syllogistic debate texts on problematic topics; and expository treatments of single important issues.

Klein annotates translations of outstanding texts in these categories and supplements them with commentary from Tibetan yogi/scholars. This is a challenging book on the nitty-gritty issues of Sautrantika philosophy.

**MACHIG LABDRÖN AND THE FOUNDATIONS OF CHÖD**



JÉRÔME EDOU

**MACHIG LABDRÖN AND THE FOUNDATIONS OF CHÖD**

by Jérôme Edou  
270 pp. \$16.95

"Provides wonderful material on Chöd, Machig Labdrön's biography, and investigations into the origins of Mahamudra Chöd. These Chöd teachings are inspirational."—Tsultrim Allione, *The Mirror*

Chöd refers to cutting through the ego and emotional entanglements. This mahamudra practice of chod is a powerful practice which frees one from fear and arouses the mind's primordial clarity.

"Jérôme Edou deftly expounds her great teaching of the Mahamudra Chöd. Consider reading this book as a spiritual investment."—Dr. Elisabeth Benard, author of *Chinnamasta, the Awful Buddhist and Hindu Tantric Goddess*.



**THE LARGE SUTRA ON PERFECT WISDOM with the Divisions of the Abhisamayalankara**

trans. & ed. by Edward Conze. 679 pp. #LASUPE \$22

A full translation of the 100,000 line perfection of wisdom sutra. Buddha Shakyamuni explains the evolution of beings into bodhisattvas and buddhas. A major portion of the traditional training offered in Tibetan monasteries is based on this text.

**LHAMO: Opera from the Roof of the World**

by Joanna Ross. 130 pp. #LHOPRO \$12

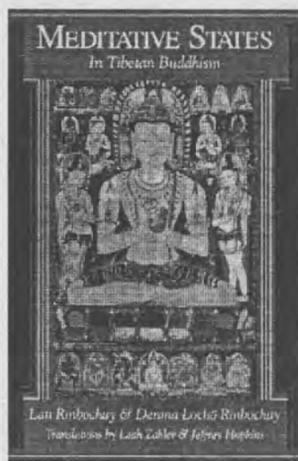
Describes the history of Tibetan opera and looks at each aspect of opera as preserved by the Tibetan Institute of Performing Arts in Dharamsala. Synopses of nine enchanting opera stories are included.



**MATERIALS FOR THE STUDY OF ARYADEVA, DHARMAPALA AND CHANDRAKIRTI**

by Tom J.F. Tillemans. 2 vols., 326 and 192 pp. #MASTAR \$66.95

This scholarly study and translation of two pivotal chapters from Aryadeva's *Chatushataka* includes commentaries from Chandrakirti and Dharmapala along with introduction, translation, Sanskrit, Tibetan and Chinese texts and notes. Has an exhaustive critique of heretical views of opponents to early Madhyamika through commentaries from the Prasangika-Madhyamika perspective of Chandrakirti, and by Dharmapala, an Idealist. Includes primary text material and an impressive bibliography.



**MEDITATIVE STATES IN TIBETAN BUDDHISM**

by Lati Rinbochay and Denma Locho Rinbochay, ed., trans. & annot. by Leah Zahler, co-trans. by Jeffrey Hopkins. 208 pp., charts, #MEST \$15.95

Here is a detailed description of meditative practices for developing a calm mind that is alert, powerful, and capable of gaining insight into reality. Lati Rinbochay and Denma Locho Rinbochay lead the practitioner through the preliminary process of freeing the mind from habitual patterns culminating in the four concentrations and four formless meditative absorptions.

**MEDITATIONS ON THE PATH TO ENLIGHTENMENT**

by Geshe Acharya Thubten Loden. 604 pp., 26 line drawings, #MEPAEN \$35

A condensed version of Geshe Loden's massive book *Path to Enlightenment*. Structured as a meditation guidebook, the subject matter of each stage of the path is presented with clear instructions on generating enlightened qualities through analytical and single-pointed meditation techniques. This is the best way to ground the teachings deeply in oneself and effect the desired transformation. Geshe Loden is a traditionally trained elder lama and head of the Tibetan Buddhist Society in Australia.

**MIDDLE LENGTH DISCOURSES OF THE BUDDHA: A New Translation of the Majjhima Nikaya**

trans. by Bhikkhu Nanamoli & Bhikkhu Bodhi. 1416 pp. #MLEDI \$75 cloth

This collection of 152 suttas, which range from basic ethics to instructions in meditation and liberating insight, unfolds in fascinating scenarios that show the Buddha in living dialogue. Replete with drama, reasoned argument, and illuminating parables and similes, the Buddha displays the full glory of his resplendent wisdom, majestic sublimity, and compassionate humanity.

**MIND AND ITS FUNCTIONS**

by Geshe Rabten. 189 pp. #MIFU \$25

The structure and function of the mind in Tibetan Buddhism is presented in two parts—epistemology, and the psychology of Abhidharma. Oral commentary is provided by Geshe Rabten, who authored many books and taught westerners the dharma for 20 years.

**THE MIND AND THE WAY**

by Ajahn Sumedho. 304 pp. #MIWA \$16.95

Ajahn Sumedho offers advice for freeing the mind and opening the heart—through formal meditation and in daily life. Here are 100 of his talks. Ajahn Sumedho is eloquent and direct as he explains mindfulness, impermanence, non-attachment, and compassion.

**MINDFULNESS IN PLAIN ENGLISH**

by Venerable Henepola Gunaratana. 185 pp. #MIPLN \$12.95

This guide to insight meditation is the culmination of 40 years of teaching students across the US. Questions about mindfulness practice are answered—the conversational style and examples from everyday life make this a refreshing presentation.

**MINDFULNESS WITH BREATHING: A Manual for Serious Beginners**

by Ajahn Buddhadasa Bhikkhu, trans. & ed. By Ven. Santikaro Bhikkhu. 160 pages, #MIBR \$14.95

This book shows how to meditate on the breath and the benefits of the practice—health, calm, and clarity.



**MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities**

by Vessantara. 356 pp., many photos & illus., #MEBU \$24

A great reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many of the most popular bodhisattvas and tantric deities.

**MIND SCIENCE: An East-West Dialogue**

by the Dalai Lama, Herbert Benson, Robert Thurman, Daniel Goleman, et al. 152 pp. #MISC \$13.95

What is the relationship between mind and body? What can scientists learn about this relationship from masters of Buddhist thought? Can a combined effort lead to new understanding of the nature of mind? Based on a Spring 1991 Harvard Medical School symposium involving the Dalai Lama and leading Western thinkers, this book documents the dialogue between Western scientists of mind and Buddhism.

**NAVAJO & TIBETAN SACRED WISDOM**  
**The Circle of the Spirit**

by Peter Gold. 320 pp., 25 b&w photos, 127 illus. 8 x 10," #NATISA \$29.95

This book documents shared universal principles underlying the philosophies and practices of the Navajos and Tibetans. Peter Gold draws extensive parallels between their creation myths, cosmology, geomancy, psychology, visionary arts, and healing and initiation rituals. His sensitive comparison shows us how to recover a sense of the sacred through our own cultural paradigms. Peter has lived many years in these two cultures and is uniquely prepared to bring this remarkable study to light.



**MIND IN TIBETAN BUDDHISM**

by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$10.95, A Namgyal Institute Textbook.

In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*. Through understanding the nature of the mind and the process of cognition, inner peace can be attained. This text plus Lati Rinbochay's rich and extensive commentary give a comprehensive explanation of the nature and function of the mind, the different types of mind and mental factors, and how we develop knowledge and understanding. In her introduction, Elizabeth Napper gives an overview of the principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated. The oral commentary on the textbook is sparkling."—Prof. Janice Willis, *Religious Studies Review*

**MIND ONLY SCHOOL AND BUDDHIST LOGIC**

ed. by Doboorn Tulku. 135 pp. #MIONSC \$15

Understanding the mind-only school (Cittamatra) is necessary to follow discussions on the nature of the mind. Dignaga was a major figure in the development of Buddhist logic. These two topics were discussed in seminars at Sera and Ganden Monasteries in 1987-88.

**MIND TRAINING LIKE THE RAYS OF THE SUN**

by Nam-kha Pel, trans. by Brian Beresford, ed. by Jeremy Russell. 170 pp. #MITR \$8.95

The mind training teachings develop the altruistic mind of enlightenment, are directed towards the practitioner of great capacity, and concern the transformation of mental attitudes to turn adversity into advantage.

**THE MIRACLE OF MINDFULNESS**

by Thich Nhat Hanh. 140 pp. #MIMI \$11

**SOLD OUT!** This manual beautifully illustrated by Vo-Dinh Mai.



**MIRACULOUS JOURNEY**

by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cuttill. 232 pp. #MIJO \$14.95

This work is a compilation of Milarepa's previously unpublished narratives and songs that were formerly preserved and sung by wandering yogis.

**MIRROR OF MINDFULNESS**

by Tsele Natsok Rangdrol. 144 pp. #MIMIN \$14

These teachings on the endless cycle of experience, the four bardos—life, death, after-death, and rebirth—inspire the practitioner to achieve liberation from deluded existence for the benefit of others.



**MO: TIBETAN DIVINATION SYSTEM**

by Mipham, trans. & ed. by Jay Goldberg, illus. by Doya Nardin. 124 pp. book, 36 color cards, dice, #MO \$29.95

The MO is to Tibet what the *I-Ching* is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The cards visually portray the images described in the book and have a brief description on the reverse. The volume begins with an introduction by H.H. Sakya Trizin, one of the most highly-esteemed Tibetan lamas who is proficient in this system. This is a unique item, never before made available to Westerners.

**MUTUAL CAUSALITY IN BUDDHISM AND GENERAL SYSTEMS THEORY: The Dharma of Natural Systems**

by Joanna Macy. 236 pp. #MUCA \$21.95

Remarkable convergences appear between Buddhist teaching on dependent co-arising and the general systems view of reality arising in our century from biology and extending into the social and cognitive sciences. Giving a cogent introduction to both bodies of thought, this book shows how the interdependence of all beings clarifies the role of meditative practice and provides guidelines for effective action.

**MOTHER OF THE BUDDHAS**

Meditation on the Prajnaparamita Sutra



**MOTHER OF THE BUDDHAS: Meditation on the Prajnaparamita Sutra**

by Lex Hixon. 275 pp. #MOBU \$16

The *Prajnaparamita Sutra* in 8,000 Lines—the basic Mahayana scripture—sets forth the bodhisattva path in conversations between the Buddha and his disciples Sariputra, Subhuti, and Ananda. Lex Hixon's "contemplative expansion" of forty passages from the original Sutra yields a text of devotional beauty that is dramatic and uplifting.

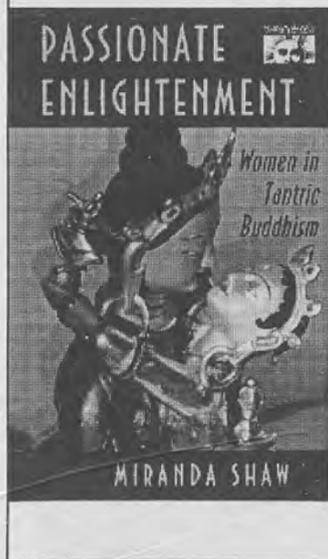
"Lex's translation of the *Prajnaparamita Sutra* is wonderful. Lex phrases the concepts in a way people can hear, with empathy and an undeniable spiritual quality. I give this text my highest recommendation."—Ken Wilbur





**PASSIONATE ENLIGHTENMENT  
Women in Tantric Buddhism**

by Miranda Shaw. 312 pp., 18 illus. #PAENL \$13.95



The crowning cultural achievement of medieval India, Tantric Buddhism is known in the West primarily for its sexual practices which transform erotic passion into spiritual ecstasy. Historians of religion have held that the enlightenment thus attempted was for men only, and that women in the movement were subordinate and at worst degraded and exploited. Miranda Shaw presents extensive new evidence of outspoken and independent female founders of the Tantric movement and their creative role in shaping sacred sexuality. In her view, the Tantric theory of this period promotes cooperative, mutually liberative relationships that rely on women as a source of spiritual insight and power.

**MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen**

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Translation Committee founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$19.95

Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work and it describes four major cosmological systems which are matched to the spiritual capacities of different grades of beings: the numerically definite cosmology of the Hinayana; the cosmology of infinite buddha-fields of the Mahayana; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone. Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.



**THE MYTH OF FREEDOM and the Way of Meditation**

by Chogyam Trungpa. 178 pp. #MYFR \$13

What is the meaning of freedom in the profound context of Tibetan Buddhism? Trungpa Rinpoche shows how our attitudes and even our spiritual practices become chains that bind us to patterns of frustration and despair. He explains how meditation brings into focus the causes of frustration and how these negative forces become aids in advancing toward true freedom.

**NAGARJUNIAN DISPUTATIONS: A Philosophical Journey through an Indian Looking-Glass**

by Thomas E. Wood. 409 pp. #NADI \$22

*Disputations* is Thomas Wood's defense of the original nihilist interpretation of the Madhyamaka and a cogent critique of recent non-nihilist views. Wood addresses the textual and epistemological arguments of the non-nihilist school and offers an interpretation of the Buddhist fourfold rejection or negation that is consistent with nihilism. Thomas Wood is adjunct professor at the California Institute of Integral Studies in San Francisco, where he teaches comparative philosophy and religion.

**A NECKLACE OF GOOD FORTUNE**

by Geshe Lam Rim. 70 pp., Tibetan text #NEGOFO \$4.95

Composed at the height of the cultural revolution when Tibetan Buddhism was attacked for its reliance on the Three Jewels and the belief in gods, past and future lives, and actions and their results, this book clearly explains the Buddhist doctrine of past and future lives and karma.

**THE NYINGMA SCHOOL OF TIBETAN BUDDHISM**

by Dudjom Rinpoche. 1600 pp., 110 color and b&w plates, 131 line drawings, two cloth volumes, #NYSC \$240.

In this massive work, Rinpoche explains the doctrine of samsara and nirvana, the buddha nature, the causal vehicle of dialectics, the resultant vehicles of secret mantra culminating in the Dzogpachenpo. The *History* section explains the lives and lineages of Nyingma masters.

**NGONDRO COMMENTARY: Instructions for the Concise Preliminary Practices of the New Treasure of Dudjom; Compiled from the Teachings of H.E. Chagdud Tulku**

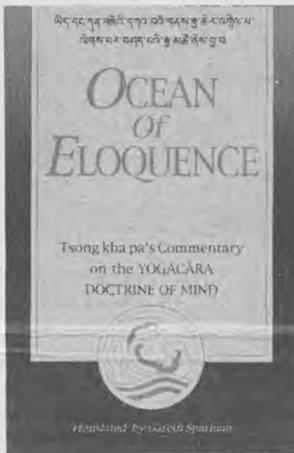
by Jane Tromge. 144 pp. #NGCO \$11.95

Written, then concealed by Padmasambhava, this concise ngondro was intended for these degenerate times when few people have leisure to practice. This ngondro is an extremely powerful practice for turning the mind toward dharma, for purifying obscurations, and for opening the mind to the Dzogchen perspective.

**NYUNG NA: The Means of Achievement of the Eleven-Faced Great Compassionate One, Avalokiteshvara**

by The Seventh Dalai Lama, trans. by Lama Thubten Zopa Rinpoche and George Churinoff. 208 pp., #NYNA \$16

Nyung Na is a powerful two-day fasting retreat based on Avalokiteshvara used for purification and the accumulation of positive energy. It involves maintaining the eight Mahayana precepts and, on the second day, fasting and not talking. The meditation sessions include praises, prostrations, and mantra recitation.



**OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind**

by Gareth Sparham. 260 pp. #OCEL \$16.95

Although the Madhyamika school flourished in Tibet, Yogacara doctrines were also studied and practiced. The former stresses the inexpressible ultimate, the latter, the natural luminosity of mind. This remarkable study of the eight consciousness systems of Yogacara explains how a person trapped in a deluded personality can attain liberation. Tsongkhapa offers profound insights on the transformation process.

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The four preliminary practices allow us to purify negativity and accumulate merit. This short and easily understandable text on the Mahamudra preliminaries is especially recommended to followers of the Karma Kagyu School by H.E. Gyaltshab Rinpoche.



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This definitive study of Tibetan protector deities reveals much about the early shamanistic stratum from which the Bon religion developed. The secrecy with which Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking, was overcome by the author and he received instruction on these topics. He classifies the protective deities, details their appearance and attributes, and describes sacrificial objects, offerings, ceremonies, and oracles—their trances, ceremonies and attire.



**OVERVIEW OF BUDDHIST TANTRA: General Presentation of the Classes of Tantra, Captivating the Minds of the Fortunate Ones**

by Panchen Sonam Dragpa. 159 pp. #OVBUA \$15

This is an outstanding sourcebook for information on the tantric grounds and paths. The process of empowerment—the role of the teacher, the student, the steps involved—is detailed and the bodhisattva and tantric vows and commitments are discussed. Mandala theory, the classes of tantra and tantric terminology are discussed. This is a must read for all students of tantra. From the Library of Tibetan Works and Archives.

**OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice**

by Martin Lowenthal & Lar Short. 194 pp. #OPHECO \$12.95

Combining traditional descriptions of the six bardos or realms of experience with modern psychological insights and meditative exercises, this book shows how compassion leads to greater clarity and personal freedom. "This work is an important contribution to the ongoing vital field of East/West psychology and spirituality."—Geshe Tenzin Wangyal Rinpoche

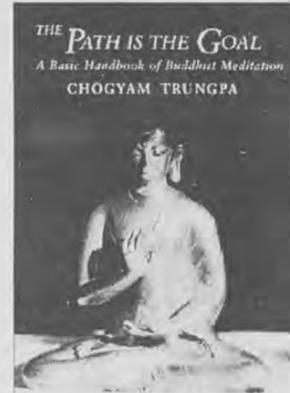
**A PASSAGE FROM SOLITUDE: Training the Mind in a Life Embracing the World**

by B. Alan Wallace, ed. by Zera Houshmand. 120 pp. #PASO \$9.95

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In 1987, ending fourteen years as a Tibetan monk, Alan went into solitary retreat in the Sierra Nevada mountains. Drawing on this period, he shares his experience with anyone seeking to move from isolated self-centeredness to altruistic engagement with others. The approach presented here is a cherished practice among Tibetans and is of equal value for contemplatives and people actively involved in society. His alive and friendly discussion shows how to transform life's vicissitudes into occasions for spiritual growth.

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**PATH OF SERENITY AND INSIGHT**

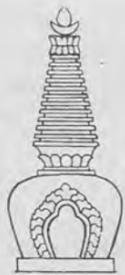
by Henepola Gunaratana. 263 pp. #PASEIN \$16

A clear presentation of the eight stages of concentration: four realizations with form and the four formless absorptions. The process of attainment, the character of each realization, and the obstacles encountered are detailed. The successive concentrations bring increasing peace and bliss and lead to the development of higher faculties of knowledge, supernatural powers, and wisdom.

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by Anne C. Klein. 288 pp. #PAMI \$19.95

Does a Bodhisattva's initial direct cognition of emptiness differ from subsequent ones? Can one "improve" a nondualistic understanding of the unconditioned and, if so, what role might subtle states of concentration play in the process? Kensur Yeshey Tupden addresses many crucial issues of Buddhism to provide a rich presentation of Tibetan philosophy.

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Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia. He received his full training at Sera monastery in Tibet and finished first among candidates from the three great monasteries in examinations for the Geshe lharampa degree. In India, he completed studies at Gyumed Tantric College and Varanasi Sanskrit University. Since 1976, Geshe-la has taught thousands of students in Australia and the US.

**PATHS AND GROUNDS OF GUHYASAMAJA ACCORDING TO ARYA NAGARJUNA**

by Yangchen Gawai Lodoe, comm. by Geshe Losang Tsephel. 184 pp. #PAGRGU \$15.95

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**THE RELIGIONS OF TIBET**

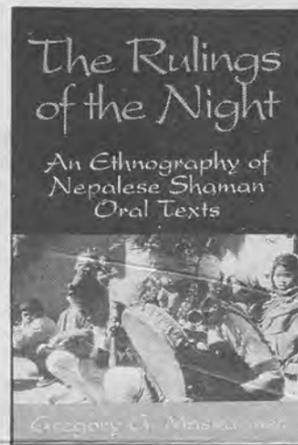
by Giuseppe Tucci. 352 pp. #RETI \$15

"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual knowledge are graciously combined in this valuable and highly readable volume."—Barbara Aziz, *Journal of Asian Studies*.

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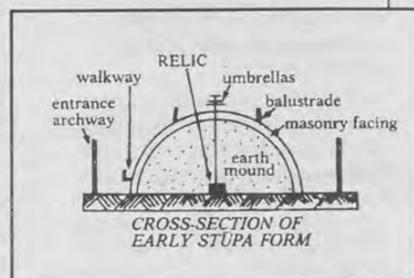
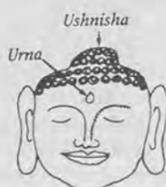
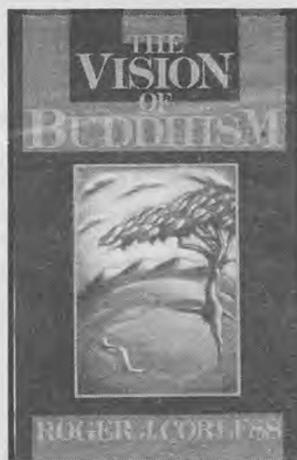
A first-rate account of shamanic practice in Western Nepal. The chants of the shamans are imbued with meaning, constituting a coherent cosmological system—Gregory Maskarinec is a faithful recorder of shamanic chants. He studied with fifteen shamans and they revealed the shamanic world and their life course within it.

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*Sayings of the Buddha*  
by Gareth Sparham. 240 pp. #TIDH \$14.95

The *Dhammapada* is considered an important source for ethical guidance—the basis for a calm and happy mind. "Known among Tibetans for its poetic beauty and the universality of its message, there is no Buddhist for whom this teaching is irrelevant."—the Dalai Lama.

### TIBETAN LITERATURE: Studies in Genre

ed. by José Cabezon and Roger R. Jackson and . 530 pp. #TILI \$29.95, #TILIC \$45 cloth

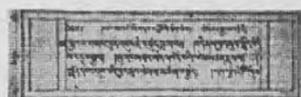
"An outstanding introduction to the panorama of the literary arts in Tibet. Everyone with interest in this civilization should study these essays, which range from religion to history, from law to poetry. The true wealth of Tibetan intellectual life becomes clear in the pages of this work. An excellent contribution to the field and a fine offering to Geshe Sopa, who has inspired so many of the contributors."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

*Tibetan Literature* is the first book to address the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet, and to understand some of the ways in which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are distributed among eight major rubrics: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.

### TIBETAN TRADITION OF MENTAL DEVELOPMENT

by Geshe Dhargyey. 255 pp. #TITRME \$10.95

A comprehensive presentation of the graded path to enlightenment based on teachings he gave in the philosophy class at the Library of Tibetan Works and Archives.



### TIBETAN YOGA AND SECRET DOCTRINES

ed. by Evans-Wentz. 433 pp. #TIYOSE \$14.95

This book contains seven pivotal Tibetan texts. It begins with Gampopa's famous *Precious Rosary*; the *Epitome of the Great Seal* by Padma-Karpo; the *Six Yogas of Naropa*; the *Yoga of Consciousness-Transference* (Phowa); the *Path of the Mystic Sacrifice: the Yoga of Subduing the Lower Self* (Chod); the *Path of the Five Wisdoms: the Yoga of the Long HUM*; and the *Yoga of the Voidness* (Heart Sutra).

### TORCH OF CERTAINTY

by Jamgon Kongtrul the Great. 161 pp. #TOCE \$12.

Describes the four ordinary and four special (refuge, Vajrasattva, mandala offering, guru-yoga) foundation practices that practitioners of Vajrayana Buddhism must complete. This book also discusses the nature of impermanence, the effects of karma, the development of an enlightened attitude, and devotion to the guru. Interviews with three Tibetan masters—Kalu Rinpoche, Deshung Rinpoche, and Chogyam Trungpa Rinpoche—enhance the student's understanding of the text's significance.

### TOUCHING PEACE: Practicing the Art of Mindful Living

Thich Nhat Hanh. 130 pp. #TOPE \$9.50

In this sequel to the best-selling *Being Peace* based on recent talks in Europe and N. America, Thich Nhat Hanh begins with mindful breathing and awareness of what is healing and then shows how this awareness can be used to look deeply at the roots of war and violence, the plagues of alcohol and drugs, alienation, family values, community, and the realization of reality.

### TRAINING THE MIND and Cultivating Loving-Kindness

Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9

This is a guide to traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.



### THE TWO TRUTHS

by Guy Newland. 312 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$39.95 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series

"...a challenging, and worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College.

When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an incipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see no real sentient beings, no real suffering, how is it that they are moved by great compassion? The persistent problem of Buddhist philosophy has been to find the middle way: an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (sunyata).

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious transrational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality and thus build a Madhyamika system that is both ethically salutary and rationally coherent.

### TRANSCENDING MADNESS: The Experience of the Six Bardos

by Chogyam Trungpa Rinpoche. 288 pp. #TRMA \$20

Trungpa Rinpoche discusses bardo experience as it relates to everyday life—how our every moment is colored by the bardo states. He presents the six psychological conditions that correspond to the six bardos and shows how to transmute daily experience into freedom.

### TRANSFORMING PROBLEMS: How To Be Happy When You're Not

by Lama Thubten Zopa Rinpoche. 110 pp., #TRPR \$11.95

We experience a flux of happiness and suffering. The hope and fear that ensue from both agitate our minds and cause suffering. Lama Zopa presents the steps that enable spiritual growth which go beyond the blind aversion to obstacles as well as clinging to happiness.

### THE UTTARA TANTRA: A Treatise on Buddha Nature

Commentary by Ven. Khenchen Thrangu Rinpoche. 200 pp., #UTT \$20 cloth

One of the most studied texts on the Buddha nature. It answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the *Uttara Tantra* by Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.

### WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition

by Geshe Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WAWAP \$19.95, #WAWAC \$35 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series.

An intimate and detailed picture of the intricacies of meditation. Geshe Gedun presents the landscape of mental development, revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. *Walking Through Walls* refers metaphorically to the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear. The false sense of solidity of inner distortions and outer world prevents the unfolding of the mind's potential. The title also refers to an extraordinary feat of non-solidity that can be attained in various ways. In Tibetan Buddhism physical feats are consequences of the profound internal transformation accomplished through meditation.



### THE WAY OF THE BODHISATTVA: A Translation of the Bodhicharyavatara

by the Padmakara Translation Group. 240 pp. #WABO \$14

Bodhisattvas are beings who renounce nirvana and vow to work for the welfare of all beings. This book is an outline of the path that bodhisattvas should follow as they seek to teach others the path to nirvana. It contains moral instruction and meditation exercises for bodhisattvas to practice as they engage in their work. This is one of the central works that Tibetan Buddhists should deeply study.



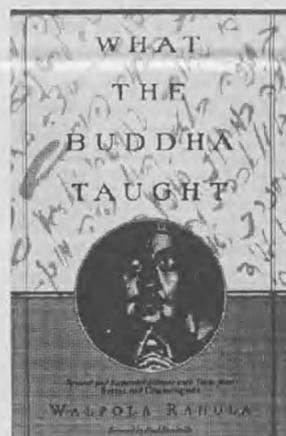
### WHAT COLOR IS YOUR MIND?

by Thubten Chodron. 192 pp. #WHCOMI \$12.95

"Chodron's work, frank in its questions and precise in its answers, is a welcome addition to the introductory literature on Tibetan Buddhism."—*Shambhala Sun*

The first section of the book responds to questions people often ask about Buddhism: What is rebirth? How is Buddhism helpful in working with emotions? How can we practice in daily life? The second section, *Working with Anger*, describes practical techniques for dealing with anger. The approach presented here emerges from the author's discussions with mental health professionals, people in therapy, and conflict mediators, and is based upon the Buddha's unique prescription for transforming anger.

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development...a tremendous resource for those interested in Buddhist practice."—Karma Lekshe Tsomo, author



### WHAT THE BUDDHA TAUGHT

by Walpola Rahula. 151 pp. #WHBUTA \$11

This introduction to Buddhism focuses on the Four Noble Truths, selflessness and meditation. In addition, it contains texts from the Suttas and the *Dhammapada*. Dr. Rahula is a Buddhist monk and scholar.

### THE WHEEL OF SHARP WEAPONS

by Geshe Dhargyey. #WHSHE \$6.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego.

### WHITE SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems

by Thinley Norbu. 205 pp. #WHS \$15

Buddhism teaches that enlightenment is our natural state; the problem is that we do not recognize this state, owing to the mind's confusion about its true nature. This book presents the Buddhist view in a way meant to clear up misconceptions and awaken innate wisdom.

**WISDOM BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition**

by Sangharakshita. 295 pp. #WI \$17.95

*The Heart Sutra, The Diamond Sutra, and the Ratnaguna-Samcayagatha Sutra* are pivotal texts for understanding reality. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life.

**WISDOM ENERGY**

by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landaw with Alexander Berzin. 152 pp. #WIEN \$10

This compelling introduction discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them.

**WISDOM ENERGY 2**

by Lama Yeshe, Kalu Rinpoche, Geshe Kelsang Gyatso, Lama Zopa, Seventh Dalai Lama. 94 pp. #WIEN2 \$4.95

Teachings by leading masters on refuge, mind impulses, turning the wheel, renunciation, dissolution, karma, emptiness, reaching beyond anger, making space, mantra, seeking the "I," non-duality, and the complete path.

**THE WISDOM OF NO ESCAPE and the Path of Loving-Kindness**

by Pema Chodron. 110 pp. #WINO \$10

This is a book about saying YES to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It asks us to wake up wholeheartedly to everything and to use the abundant, richly textured fabric of everyday life as our primary spiritual teacher and guide. Pema Chodron is an American Buddhist nun and one of the foremost students of Chogyam Trungpa.

**WISDOM OF BUDDHA: The Samdhinirmocana Mahayana Sutra—Essential Questions and Direct Answers for Realizing Enlightenment**

trans. by John Powers. 390 pp., 1 color plate, illus. #WIBU \$25

In this sutra, great Bodhisattvas question the Buddha about the nature of consciousness and the ultimate reality, the stages of the Bodhisattva path, and the embodiment of the Tathagata. The Buddha responds with the clear voice of perfect realization, illuminating the meditative practices and views that eliminate obstacles to enlightenment.

**WISDOM: TWO BUDDHIST COMMENTARIES**

trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

These two commentaries on the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* are written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

**WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthig Tradition**

by Dilgo Khyentse Rinpoche. 120 pp. #WIFUJE \$10

In Tibetan Buddhism, devotion to and confidence in the spiritual master are indispensable for enlightenment. Based upon the teachings of Rigdzin Jigme Lingpa, the instructions of Dilgo Khyentse Rinpoche focus on the practices of guru yoga, "Merging with the Mind of the Guru."

**WORDS OF MY PERFECT TEACHER**

by Patrul Rinpoche. 467 pp., illus. #WOPETE \$32 cloth

This classic commentary on the Longchen Nyingthig preliminary practices is one of the best known teachings of the Nyingma school. Topics include: karma, impermanence, defects of samsara, causes leading to liberation, selecting and following a teacher, refuge, the mind of compassion, six perfections, Vajrasattva practice, offering the mandala, cho practice, guru yoga, transference of consciousness at the time of death.

**WORKING WITH THE EMOTIONS & A CHANGE OF EXPRESSION**

by Lama Gendun Rinpoche & Shamara Rinpoche. 122 pp. #WOEM \$17.95

*Working with the Emotions* is an insightful teaching on how to abandon, remedy, transform and see into the true nature of the emotions. Lama Gendun Rinpoche finishes by showing how to use the emotions as a spiritual path. *A Change of Expression* is a teaching on how to differentiate between ordinary consciousness and original awareness.

**YOGIC DEEDS OF BODHISATTVAS: Gyeltsap on Aryadeva's Four Hundred**

by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam. 450 pp., #YODEBO \$24.95, #YODEBC \$40

Aryadeva's *Four Hundred Stanzas* was written to explain how the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic enquiry and reasoning. Aryadeva's text is more than commentary on Nagarjuna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths.

Mahayana practitioners must eliminate not only obstructions to liberation but also obstructions to the perfect knowledge of all phenomena. This requires a powerful understanding of selflessness coupled with a vast accumulation of merit or positive energy resulting from the kind of love, compassion and altruistic intention cultivated by bodhisattvas. The first half of the text focuses on the development of merit by showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness.

Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue. In addition, Geshe Sonam Rinchen, instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

**WISDOM TRANSCRIPTS BY Lama Zopa Rinpoche and Lama Yeshe****HEART-SPOON: Encouragement through Recollecting Impermanence**

Kyabje Pabongka Rinpoche, trans. by Lama Zopa Rinpoche & Jampa Gendun. 16 pp. #HESP \$4

A prayer of essential advice by the great lama Pabongka Rinpoche to hold the teachings dear and develop realizations in this lifetime. "Who's the faster: Yama, the Lord of Death, or you in your practice of realizing the essence of your eternal dream?"

**HOW TO DEVELOP LOVING COMPASSION: A Commentary on the Practice of Thought Transformation and Bodhicitta in Everyday Life**

by Lama Zopa Rinpoche. 80 pp. #HODELO \$7

A personal teaching on the generation of compassion and the realization of emptiness given during the course of a meditation retreat.

**THE KINDNESS OF THE GURU**

by Lama Zopa Rinpoche. 55 pp. #KIGU \$6

Lama Zopa remembers his own kind guru and offers advice on how to show proper devotion.

**LIFE, DEATH AND AFTER DEATH**

by Lama Thubten Yeshe. 45 pp. #LIDEAF \$5

The various stages of the death process are explained in the context of the Buddhist attitude to life.

**WORLD AS LOVER; WORLD AS SELF**

by Joanna Macy, foreword by Thich Nhat Hanh. 252 pp. #WOLO \$15

Dependent co-arising is a fundamental and complex concept of Buddhism. Joanna Macy provides many insights on applying this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves.

"Here is the manual of human decency for our time—**profoundly and broadly thought through, personally tested, and beautifully composed.**"—Robert Aitken

**LIGHT OF DHARMA**

by Lama Thubten Yeshe. 65 pp. #LIDHA \$6

Lama Yeshe addresses problems faced by Westerners who sincerely wish to meditate but find it difficult to generate realizations.

**PERFECT FREEDOM: The Great Value of Being Human**

by Lama Zopa Rinpoche. 84 pp. #PEFR \$8

Generating Bodhicitta; Renouncing Samsara; The Eight Freedoms; The Ten Richnesses; The Perfect Human Body; Why We Need to Practice Tantra; Mahayana Thought Transformation; Living with Bodhicitta.

**PRACTICING THE GOOD HEART**

by Lama Zopa Rinpoche. 70 pp. #PRGOHE \$5

Practicing the Good Heart; The Nature of Compassion, Tantra and Compassion.

**TARA THE LIBERATOR**

by Lama Zopa Rinpoche. 26 pp. #TALI \$4

Describes the qualities of Tara and how to engage in her practice.

**TRANSFERENCE OF CONSCIOUSNESS at the Time of Death**

by Lama Thubten Yeshe. 42 pp. #TRCO \$5

An explanation of the phowa practice for achieving rebirth in the pure land at the time of one's death.

**WRITINGS OF KALU RINPOCHE**

by Kenneth McLeod. 71 pp. #WRKARI \$9.95

Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic-show nature of reality.

**SADHANAS & COMMENTARIES****A DAILY MEDITATION PRACTICE: How to Meditate on the Graded Path to Enlightenment**

by Lama Zopa Rinpoche. 22 pp. #DAMEPR \$4

Contains all the elements necessary for a successful and heartfelt daily practice—prostrations, offerings, refuge, bodhicitta, seven limbs, lam rim meditation, mantra recitation, dedication.

**THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nying-Thig**

trans. by Tulku Thondup. 146 pp. #ASVI \$12.95

Jigmed Lingpa discovered this terma. It is a guru sadhana of Padmasambhava as the embodiment of all the Knowledge-holders. Included are instructions for the Tsog ceremony. The Tibetan, English translation, and translation are given line-by-line.

**GARDEN OF ALL JOY**

by Jamgon Kongtrul Lodo Taye (*The Great*), trans. by Lama Lodo Rinpoche. 100 pp., illus. #GAJO \$15.95

This is a commentary on Chod practice—an explanation of offering the body as a gift. It contains Machig Labdron's biography, a commentary on the "feasts," very valuable illustrations of the visualizations, and Tibetan text.

**THE HEALING BUDDHA: A Practice for the Prevention and Healing of Disease**

composed & trans. by Lama Thubten Zopa Rinpoche. 24 pp. #HEBU \$4

This is a Medicine Buddha practice—meditation on an enlightened being who prevents and cures disease. Included is *The Prayer Liberating Sakya from Disease*, a powerful prayer that brings great blessings.

**RED TARA: An Open Door to Bliss and Ultimate Awareness**

by Chagdud Gonpa. #RETA \$8

**RED TARA COMMENTARY: Instructions for the Concise Practice Known as Red Tara**

by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7

The lineage of Red Tara practice and commentary to the sadhana.

**MEDITATION ON VAJRABHAIKAVA**

by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$9.95

A manual for initiates doing a short retreat on the Solitary Hero Vajrabhairava. Contains an annotated full-length sadhana supplemented with appendices, including a tsog offering and sadhana outline.

**THE QUEEN OF GREAT BLISS of the Long-Chen Nying-Thig**

trans. by Tulku Thondup. 166 pp. #QUGRBP \$12.95

The sadhana of the wisdom dakini Yeshe Tsogyal is a root practice of the Longchen Nyingthig tradition. Through this Anu Yoga Tantra practice one understands the Dakini as embodying the three kayas. Includes texts for the performance of Tsog.

**SELF-INITIATION OF VAJRABHAIKAVA**

trans. by Sharpa Tulku with Richard Guard. 62 pp., #SEINVA \$7.95

An intermediate-length sadhana and concise self-initiation ritual of the Solitary Hero Vajrabhairava. The self-initiation restores broken vows and tantric commitments. It can be used after one completes the retreat and ritual fire offering of peace.

**VAJRAYOGINI SADHANA & COMMENTARY**

by Geshe Ngawang Dhargyey. 72 pp. #VASA \$9.95

Published for highest yoga initiates only. The text is a short sadhana of Vajrayogini and the commentary discusses the yogas composing the practice.

## BITTER WINDS

### A Memoir of My Years in China's Gulag



by Harry Wu & Carolyn Wakeman

290 pp. #BIWI \$14.95

In 1960, Harry Wu, a senior at Beijing's Geology Institute, was arrested by Chinese authorities and, without ever being formally charged or tried, spent the next nineteen years in hellish prison labor camps. Released in 1979, he came to the U.S. Determined to expose the truth of the gulag, he returned to China in 1991 with a "60 Minutes" news crew. Posing as a US businessman buying prison goods, he risked his life by smuggling a hidden camera into the camps and capturing on film haunting images of life behind those forbidding walls.



## SEEDS OF PEACE: A Buddhist Vision for Renewing Society

by Sulak Sivaraksa, foreword by H.H. the Dalai Lama, preface by Thich Nhat Hanh. 133 pp. #SEPE \$12

"Sulak Sivaraksa is one of the heroes of our time. To the soul and Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

Sulak is one of Asia's leading social thinkers and activists. He draws on his experience of Buddhism to approach a wide range of subjects, including economic development, the environment, women in Buddhism and Japan's role in Asia.

## A SEASON TO PURGE: Religious Repression in Tibet

A Report by the International Campaign for Tibet. 102 pp. #SEPU \$5

This is the latest report on religious repression in Tibet and includes a discussion of the Panchen Lama. A necessary read for anyone interested in the preservation of Tibetan Buddhism.

## THE STATUS OF TIBET: History, Rights, and Prospects in International Law

by Michael C. van Walt van Praag. 450 pp. #STTI \$24.95 cloth

This study reviews the history of Tibet from its unification in the seventh century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet, the book provides the basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.

## A STRANGE LIBERATION: Tibetan Lives in Chinese Hands

by David Patt. 270 pp. #STLI \$12.95

"...an intensely moving account of the plight of the Tibetans."—*The Tibet Journal*

David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be in Chinese hands during thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities and recalls the events that followed.

"Her story is incredible."—*Buddhism Now*

Tenpa Soepa was a government official intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959. In the dramatic story of his escape, eventual capture and years of imprisonment, he presents a vivid picture of the fall of Tibet.

## TIBET: A Political History

by Tsepon W. D. Shakabpa. 369 pp. #TIPOHI \$15.00

Essential reading for anyone interested in Asian affairs. Written by former official in the Tibetan government prior to 1959. An abridgement of the two-volume work.



## TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights

384 pp., 17 photos and illus. #TIFA \$10.50

This is an unbiased and powerful account of China's invasion and occupation of Tibet, and China's continuing campaign to obliterate Tibetan religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.



## CAPTURED IN TIBET

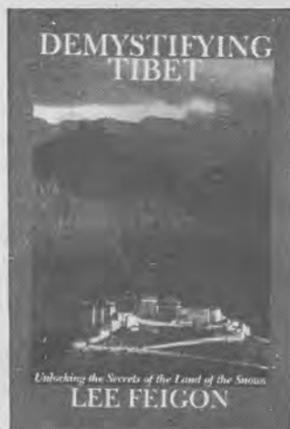
by Robert Ford, pref. by H.H. the Dalai Lama. 266 pp., 31 illus. #CATI \$8.95

In 1950, Robert Ford was working as a Tibetan government radio officer when the Chinese invaded. His loyalty to Tibet led to his five year imprisonment—accused of espionage, anti-Communist propaganda, and murder. This is an exciting book!

## CULTURAL HISTORY OF TIBET

by David Snellgrove & Hugh Richardson. 309 pp., 66 pages of photos #CUHITI \$20

This intimate portrait of Tibetan civilization traces its cultural evolution from its sixth-century pre-Buddhist origins to the present. Richly illustrated with many rare photographs depicting various aspects of Tibetan life, this work is a tribute to the accomplishments of the Tibetan people.



## DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows

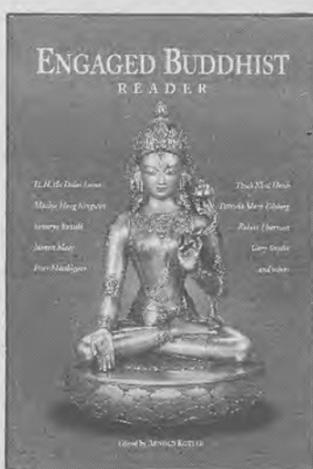
by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.50 cloth

An authoritative and up-to-date view of the history and culture of Tibet. Lee Feigon, chair of the East Asian Studies Dept. at Colby College, examines the country behind the myths to locate the origins of modern Tibet and to sort out its controversial relationship with China. His book brings the Tibetan issues into the mid 90s—a good read.

## FESTIVALS OF TIBET

by Tsepa Rigzin. 70 pp. #FETI \$7.95

The yearly cycle of festivals Tibetans enjoy are described in their historical and Buddhist context. A valuable way to understand the Tibetan traditions and to know what Tibetans like to celebrate.



## ENGAGED BUDDHIST READER

ed. by Arnold Kotler. 264 pp. #ENBURE \$18

When Parallax Press was founded in 1986, there were few books on engaged Buddhism—a term coined by Thich Nhat Hanh in the 1950s to mean Buddhism which pervades our everyday lives and concerns. Parallax Press has since published sixty books on this subject, and a worldwide movement is underway. *Engaged Buddhist Reader* represents the "cream" of these sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosana, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

## A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State

by Melvyn Goldstein. 898 pp. #HIMOTI \$25

This is a valuable book in its presentation of a large number of historical documents that reveal the play of forces at the time leading up to the Chinese invasion of Tibet. It is well-researched even though it has been criticized for its viewpoint on the events it documents.

## THE GOLDEN YOKE: The Legal Cosmology of Buddhist Tibet

by Rebecca French. 528 pp, 64 b&w photos, 16 drawings, 3 maps, 7 x 10", #GOYO \$35 cloth

This is the first elaboration of the legal, cultural and ideological dimensions of precommunist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. Rebecca French reconstructs the Tibetan legal

system as a series of layered narratives from the people who participated in the daily operation of law in Tibet prior to 1959. The practice of law in this unique legal world ranged from the fantastic use of oracles in the search for evidence to the more mundane presentation of cases in court.

## IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$13.

"The detailed life stories Avedon recounts are nothing short of stunning."—*Dever Post*

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—*Boston Globe*



## INNER PEACE, WORLD PEACE: Essays on Buddhism and Nonviolence

ed. by Kenneth Draft. 148 pp. #INPEWO \$18.95 cloth

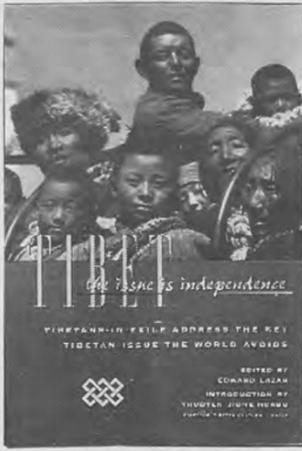
"Recommended both for scholars who would like to learn more about modern and historical Buddhist views of nonviolence, and for practitioners who would like to look more closely at how they manifest nonviolence in their own lives."—*Mountain Record*

Some of the eight selections: Luis Gomez on "Nonviolence and the Self in Early Buddhism," Christopher Chapple on "Nonviolence to Animals in Buddhism," Robert Thurman on "Tibet and the Monastic Army of Peace," Gene Sharp on "Nonviolent Struggle: An Effective Alternative."

## THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995

by the International Campaign for Tibet. #INTIRE \$7

A pocket-sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, International NGO's, etc.



**TIBET: The Issue Is Independence**  
ed. by Edward Lazar. 80 pp.  
#TIISIS \$9.50

Eight Tibetans confront both the weakness of international response to the occupation of Tibet and the lack of direction of many supporters of Tibet. They focus on the central issue for Tibet—the issue of independence. They counter the complacency and defeatism which has allowed the Chinese occupation to continue without persistent challenge.

**TIBET: The Position in International Law**  
ed. by Robert McCorquodale & Nicholas Orosz. 238 pp., #TIPOIN \$25

In 1993 a conference of leading international lawyers from 14 countries was held in London to consider claims for self-determination and for an independent Tibet. Two Committees on evidence examined the material evidence, including submissions by the Chinese government. The discussions were lively, constructive, and conclusions were reached about Tibetan people's rights. This conference report will assist governments, the international community, international lawyers and all concerned about human rights

**THE TIBETAN EMPIRE IN CENTRAL ASIA**  
by Christopher Beckwith. 290 pp.  
#TIEMAS \$18.95

This narrative history of the Tibetan Empire in Central Asia from about 600-866 AD depicts the struggles of the great Tibetan, Turkic, Arab, and Chinese powers for dominance over the Silk Road lands that connected Europe and East Asia. It elucidates Tibet's role in the conflict over Central Asia.

**TIBETAN NATIONAL FLAG**  
Authorized by the Kashag of H.H. the Dalai Lama. 12 pp.  
#TINAFL \$2

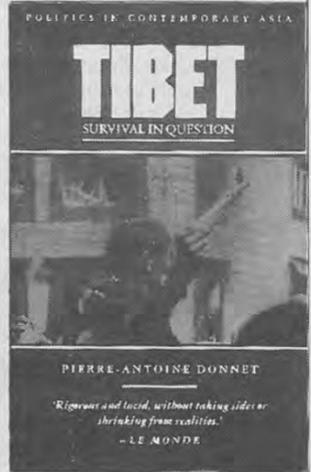
The origin and symbolism of the Tibetan National Flag, designed by the 13th Dalai Lama, are explained in this brief but very informative booklet. The design of the Tibetan National Flag clearly indicates all aspects of Tibetan culture. A two-sided color page of the Flag and Tibetan text are included.

**TRIGG IN TIBET**

64 pp. #TRTIB \$6.95. *TRIGG in Tibet* is a series of topical cartoons from *The Hongkong Standard*, a daily newspaper. The creator of the series uses satire, barbed humor, symbolism—any device at hand to express the concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

**TIBET**  
**Survival in Question**  
by Pierre-Antoine Donnet. 267 pp. #TISUQU \$25

This excellent book explains the changing political strategy pursued by the Chinese—brought to an abrupt and brutal halt with the popular explosion of 1987 and the declaration of martial law. The underdevelopment of the Tibetan economy, continuing assault on Tibetan society and environment, violations of human rights, events since 1987 and role of the Panchen Lama in Tibetan politics are discussed. The author had access to both the Chinese and Tibetan leaderships—he tells of the confidential negotiations between them, and delineates the political prospects for the future.



**WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of Their Country**  
by Jamyang Norbu. 152 pp. #WATI \$12.95

This is a vivid and heartfelt story of a Tibetan Khampa warrior. Aten recalls his life as a child, their simple lifestyle and the beauty of the land. This was shattered by the Chinese invasion. Aten tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Dharamsala.

**T RAVEL & ADVENTURE**

**ALLURING TARGET: In Search of the Secrets of Central Asia**

by Kenneth Wimmel. 256 pp., 57 photos and illus., #ALTA \$16.95

Daring expeditions on camel and yak; biplanes buffeted by gales in the Himalayas; shootouts with bandits as paleontologists race across the Mongolian steppes; lost cities beneath desert dunes, priceless art treasures and manuscripts along the ancient Silk Road—here are real-life stories of famous adventurers and explorers in the great uncharted Central Asia during the period from 1890 to 1935.

**THE ASIAN JOURNAL OF THOMAS MERTON**  
445 pp., many photos #ASJOTH \$14.95

Merton's 1968 trip to Asia is a remarkable account of spiritual life in the East. He met many prominent people—The Dalai Lama, Kalu Rinpoche, Nyanaponika Thera, Trungpa Rinpoche, Lobsang Lhalungpa—and writes candidly of them and of his adventures in India, Ceylon and Bangkok.



**ALTAR OF THE EARTH**  
by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95

*Altar of the Earth* goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture, fascinating to adventurers and arm-chair travelers alike. Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places, events and ways of life.

"...humorous and insightful, as well as poetic...a readable introduction to Tibetan civilization."—*Tibet Journal*

**THE ASCENT**

by Jeff Long. 284 pp. #AS \$20 cloth

"*The Ascent* is an astonishing novel, a darkly brilliant tale... [and]...including the climb of a new route on Everest within the larger story of the cultural tragedy of Tibet, Jeff Long weds suspense and moral vision in a fashion reminiscent of Joseph Conrad."—David Roberts, author.

**TIBET: Travel Survival Kit**  
by Chris Taylor. 241 pp., 108 illus., maps and color photos. #TITRSU \$14.95

This is another edition (3rd) of the excellent guide to Tibet. It has been completely rewritten, with 29 new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.

**AMONG WARRIORS: A Martial Artist in Tibet**

by Pamela Logan. 264 pp., 16 color photographs, 5 maps, #AMWA \$23.95

Dr. Pamela Logan, an aerospace scientist and third-degree black belt in karate, embarked on a rare journey to investigate warrior tribes in Kham in eastern Tibet. From her initial stopping-off post, the monastery of Kumbum, to her final destination Logan details the challenges and rewards of her trek as she travels across Tibet by mountain bike, train, truck, horseback and foot. She uses all of her resources to gain entrance to both the physical and spiritual Tibet.

**THE GREAT DRAGON'S FLEAS**

by Tim Ward. 252 pp. #GRDRFL \$14.95

Thought-provoking and wonderfully irreverent, *The Great Dragon's Fleas* is Tim Ward's story of a two-year spiritual search. The journey begins with a private meeting with the Dalai Lama, then moves to Kashmir and an Islamic cult that venerates Jesus and believes he went to India. He studies with a Buddhist lama called The Great Dragon in Ladakh, visits Sai Baba, a Thai trance channeler, a female buddha in a Chinese monastery, and narrowly escapes capture by Chinese soldiers as he travels illegally in Tibet. This is a lively account of spiritual life in Asia.

**MEETING THE BUDDHA: On Pilgrimage in Buddhist India**

Ed. by Molly Emma Aitken. 370 pp., 38 photos and maps. #MEBUPI \$12

"*Meeting the Buddha* will stimulate a renewal of faith in all who have made the Buddhist pilgrimage, and will immerse all who want to set out in the love and wisdom of the sages. This rare and rich collection of pilgrims' voices from the origins of Buddhist India to the present redefines what great anthologies are all about."—Andrew Harvey

The eight places of Buddhist pilgrimage seen through the eyes of these marvelous writers opens us to the special qualities of Buddha's life that live on in the land and his doctrine.

**Sixth Edition!**



**INDIA: A Travel Survival Kit**  
by Crowther, Raj and Wheeler, 1139 pp., 205 maps, 224 color photos #INRSU \$24.95

The most popular guide to India—winner of the Thomas Cook Guidebook of the Year award—just got better. Want to find a houseboat in Kashmir or a palace in Rajasthan—or your way around Dharamsala? The facts are all in this definitive guide.



**INDIA**

by Jay Itzkowitz, Samuel Israel, Bikram Grewal, Toby Sinclair and Lisa Choegygal. 361 pp., many photos, line art and maps, #IN \$19.95

A superbly qualified team of talented Indian and foreign writers and photographers have contributed to this book, providing a uniquely indigenous perspective. This guide captures the complex unity of this most diverse and beautiful land.

**MAGIC AND MYSTERY IN TIBET**

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$7.95

Experiences among lamas, magicians, sages, sorcerers and Bonpo wizards. A true adventure into psychic discovery.

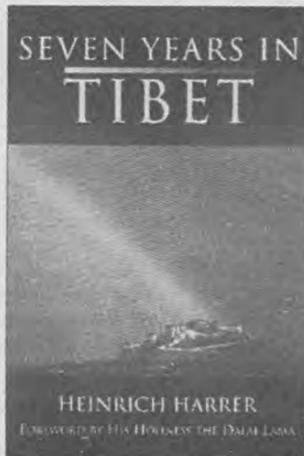
Soon to be a major motion picture!

**SEVEN YEARS IN TIBET** by Heinrich Harrer



#SEYETI \$12.95

This exciting and enjoyable classic work of travel and brilliant observation is now reissued with 15 photographs. During WWII, Heinrich Harrer, a youthful Austrian adventurer, escaped from an Indian internment camp into Tibet to become a confidant to the young Dalai Lama.



**MONGOLIA**

by Robert Storey. 232 pp., 16 pp. color #MON \$13.95

A comprehensive, reliable travel guide to Mongolia: how to get there, where to stay and eat, and what to do is provided for the bustling capital, Ulaan Bataar, and the arid Gobi desert, and many other places.



**TALE OF THE INCOMPARABLE PRINCE**

by Tshe-ring-dbang-rgyal, trans. by Beth Newman. 240 pp. #TAINPR \$25 cloth

This is a sweeping epic of intrigue, passion, war and religion set in the context of a traditional Buddhist world-view. This is Tibet's only novel. The story tells the life of a prince from the realm of Kumaradvitiya, who, after a series of adventures that teach life lessons, goes into self-imposed exile and arrives at the bodhisattva state of selflessness. Because his life story mirrors that of the Buddha, *The Tale of the Incomparable Prince* is an elucidation of Buddhism as well as an extraordinary work of literature.

**TIBET HANDBOOK: A Pilgrimage Guide**

by Victor Chan. 1099 pp., 250 maps, #TIHA \$30

"This is by far the most detailed guide to Tibet ever to appear in a Western language."—Dr. Michael Aris, St. Anthony's College, Oxford

This remarkable book is both a comprehensive trekking guide to mountain paths and plateau trails, and a pilgrimage guide that draws on Tibetan literature and religious history. Victor Chan has covered 42,000 kilometers in Tibet on foot and by bus, truck, horse, and yak. The result is indisputably the most authoritative sourcebook to Tibet. Contains: 60 major pilgrimage and trekking itineraries; 250 detailed maps and plans; essays on Tibetan pilgrimage, art and history, practical information on visas, health and medicine, accommodations and transportation options.

**NEPAL: The Rough Guide**

by David Reed. 400 pp., 56 maps, #NEROGU \$13.95

The most complete Nepal travel handbook, with up-to-date information and insights on all aspects of this tiny, rapidly changing kingdom. Includes: in-depth coverage of the sights; and comprehensive restaurant and accommodation listing for all price brackets; practical advice and information on trekking, rafting and mountain biking—plus sections on meditation, yoga and alternative therapies; all the information you need to get off the beaten track—to tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hill-top forts.

**TIBET HANDBOOK with Bhutan**

ed. by Gyurme Dorje. 768 pp., over 200 maps and plans, #TIHABH \$21.95

This new handbook has authoritative details of the entire country, county by county, including the far west, north and the eastern provinces of Kham and Amdo—not previously covered in any other guidebook. Informative details on monasteries and sacred sites, accommodations, culture, history, places to eat, transportation, festivals, staying healthy, money, documents, trekking, adventure travel, etc. Gyurme Dorje has travelled to Tibet over 30 times since 1985, on family visits, academic research projects and as tour guide. He has a Ph.D in Tibetan Studies.

**TO LHASA AND BEYOND**

by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama. 193 pp. 24 photos #LHBE \$14.95

"Tucci's description of the timeless civilization of the Tibetan people is as perceptive and relevant today as it was when he wrote the book thirty years ago. It is hoped that this book will contribute towards a better understanding of the Tibetan people and their values."—His Holiness, the Dalai Lama

"A classic valued for its lucid descriptions of Tibetan religious culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*

"...provides excellent reading for anyone contemplating a visit to Central Tibet. It helps travelers to put what they see in a historical and cultural context so that they can understand it better and appreciate how much of profound value has been lost in Tibet. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum.



**MAP AND INDEX OF LHASA CITY**

by Amnye Machen Institute, Centre for Occupied Tibet Studies. #MPINLH \$20

This is the most detailed map of Lhasa city—with over 590 names, located by grid and numbered references, the map provides the correct names and exact locations of all monuments, temples, monasteries, schools, hospitals, hotels, shopping centres, various offices of the Chinese Communist occupation administration, etc. In addition to road, street, lane and place names, all the mountains surrounding Lhasa have been identified and delineated with precise contour lines. A separate main index in both Tibetan and English includes a historical survey of Lhasa and a recollection of the old city by the eminent Tibetan historian, the late W.D. Shakabpa.

**THE EASTERN REGIONS OF TIBET**

by *Academica Tibetica*, 24 x 29", #EARETI \$13.50

This has a full-size map on one side and 5 historical maps on the reverse with essays examining the diffusion and settlement of the Tibetan peoples and Tibetan Buddhism in the eastern borderlands of Kham and Amdo.

**TIBETAN PILGRIMAGE**

by Peter Gold. 175 pp., color photos, #TIPI \$14.95

Travel not only stirs the blood, it also gives birth to the spirit.

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.

**MAPS**



**MONGOLIA Travel Map**

#MOMA \$7.95

This is a road map of Mongolia with city plan for Ulaan Baatar.



**TIBET: Road Map, 19 x 26**

#TIROMA \$9.95

This laminated road map of Tibet also artistically shows the topography and includes much of old Tibet, not just central Tibet. There is a good detail of Lhasa. The map indicates places of interest to Tibetan Buddhists.

**TIBET, NEPAL, BHUTAN**

#TINEBH \$11.95

This is a road map with topography pictured a scale of 1:2mil.

**VEGETARIAN ASIA: A Travel Guide**

by Teresa Bergen. 112 pp., travel size, #VEAS \$9.95

Hunting for vegetarian food in a



**ON THIS SPOT: An Unconventional Map and Guide to Lhasa**

by *International Campaign for Tibet*. 20 x 24" #SP \$6.95

This is the most current cultural map of Lhasa. It is full-color, two-sided, with 11 color photos. It tells the uncensored stories behind Lhasa's tourist sites and gives accounts of previous travelers. This map is also an irreverent romp through the underworld of Lhasa, with anecdotes and jokes about places in Lhasa from the Tibetans who live there. This map begins where other guide books and maps end. *On This Spot* contains a wealth of information telling both the stories of Lhasa's long, rich history and its tragic contemporary human rights situation. It locates and tells of the demonstrations for self-determination, Tibetan prisoners of conscience and the exact locations of the prisons where they are being held. It also includes practical travel details such as locations and phone numbers of hotels, travel companies, monasteries and hospitals.

These are two excellent country maps with a lot of detail:

**INDIA #MAIN \$11.95**

**NEPAL #MANE \$8.95**

Includes detailed maps of Kathmandu.

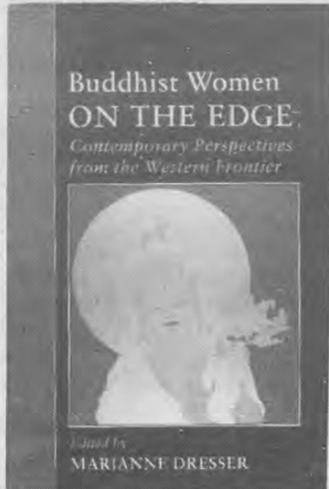
country where you don't speak the language can make you want to fly straight back home. *Vegetarian Asia* will help you get the food you need, with a minimum of hassles. This book tells you: which dishes in each country are typically vegetarian; Asian food customs that tell you how to eat like a local; restaurant recommendations; dining etiquette; how to say "I'm a vegetarian" in 10 Asian languages; the vegetarian traditions of Asia. Countries include: Tibet, Nepal, India, Southeast and Northeast coastal countries, Chinese-speaking countries.

**WOMEN & BUDDHISM**

**BUDDHIST WOMEN ON THE EDGE: Contemporary Perspectives from the Western Frontier**

ed. by Marianne Dresser. 321 pp. #BUWO \$16.95

Brings together thirty ordained teachers, monastics, and longtime practitioners—these writings plunge into issues of gender, race, class and sexuality; lineage, tradition, and authority; teacher-student relationships; role of the emotions; how spiritual practice informs creativity; and more. Some of the writers: Tsultrim Allione, Pema Chodron, Barbara Gates, Jane Hirshfield, bell hooks, Anne C. Klein, Susan Moon, and others.



**BUDDHISM THROUGH AMERICAN WOMEN'S EYES**

edited by Karma Lekshe Tsomo. 180 pp. #BUAMWO \$12.95

Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

Thirteen women contributed a wealth of thought-provoking material on topics such as: *Bringing Dharma into Relationships, Dealing with Stress, Abortion, Buddhism and the Twelve Steps, Bodhisattva Peace Training, The Monastic Experience, and Forging a Kind Heart in an Age of Alienation*. Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.



"Bravo! This book is so engaging, so readable, and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University

**MONASTIC: An Ordained Tibetan Buddhist Speaks on Behalf of Full Ordination for Women**

by Rev. Mary Teal Coleman (Ven. Tenzin Yeshe). 99 pp., 8 color plates, 8 1/2 x 11" #MOORTI \$15

"Maps the territory, orients the participants and clears the path for persons who wish to help resolve the issue of bhikshuni ordination. Monastic and lay are fortunate to have such a clear and fair-minded guide in this subject."—Dr. Margaret Blanchard, Vermont College

Discusses the issues and obstacles for women wishing to receive the full bhikshuni ordination within the Tibetan tradition. Recommended reading on the problems surrounding the inequalities of monastic life.



**HOUSE OF THE TURQUOISE ROOF**

by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$16.95 (see biography section!)

"...a superior book."—Carebanu Cooper, *The Tibet Journal*

**LONGING FOR DARKNESS: Tara and the Black Madonna** by China Galland. 400 pp., #LODA \$13.95

Raised a Catholic and subsequently a Zen Buddhist, China Galland felt the need for a dynamic female image of God. When she heard of Tara, the female Buddha who vowed to be enlightened as a woman, she went on an incredible ten year spiritual journey around the world and wrote this account of her meetings and experiences.



**WALKING ON LOTUS FLOWERS: Buddhist Women Living, Loving and Meditating**

ed. by Martine Batchelor. 205 pp. #WALOF \$18

This is a lovely book—eighteen teachings by leading Buddhist women on the meditative path, training the mind, the creative life, and healing the world.

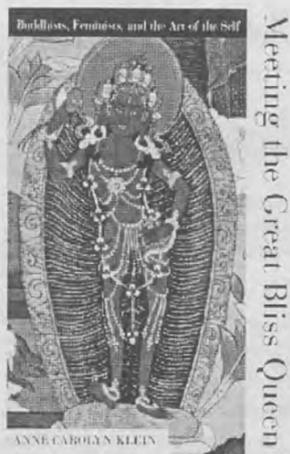
**FEMININE GROUND: Essays on Women and Tibet** ed. by Janice D. Willis. 166 pp. #FEGR \$12.95

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism."—*Pacific World*

Six western women scholars and practitioners explore issues of "women" and "the feminine" in Tibet. These critical and provocative essays discuss female role models, the nun's life, and gender and role identity as these manifested in Tibet. Contents: Jan Willis writes on *Dakini: Some Comments on its Nature and Meaning* and on *Tibetan Anis*; Rita Gross on *Yeshe Tsogyel: Enlightened Consort*; Janet Gyatso on *Down with the Demoness*; Miranda Shaw on *An Ecstatic Song by Laksminkara*; Barbara Aziz on *Moving Towards a Sociology of Tibet*; and Karma Lekshe Tsomo on *Tibetan Nuns and Numerics*.

**SISTERS IN SOLITUDE: Two Traditions of Buddhist Monastic Ethics for Women** by Karma Lekshe Tsomo. 192 pp. #SISO \$15.95

Documents the earliest system of ethics formulated especially for women and presents the first translations of the original texts. An essential sourcebook for studies on women's religious history and feminist ethics, it details the monastic guidelines that link Buddhist nuns of the different traditions.



**MEETING THE GREAT BLISS QUEEN: Buddhists, Feminists, and the Art of the Self**

by Anne C. Klein. 288 pp. #MEGRBL \$14

Klein presents literature on the blissful red queen relevant to women seeking connectedness, self-empowerment and active engagement with the world."—*Publishers Weekly*

The Great Bliss Queen Yeshey Tsogyel embodies mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that Klein puts in conversation with contemporary feminist concerns, and especially with women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources and the writings of contemporary Western women.

**SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel** by Keith Dowman, illustrations by Eva van Dam. 400 pp. #SKDA \$18.95

Yeshe Tsogyel, consort of Padma Sambhava, is the most famous of the enlightened women of Tibet. Women have a special place in tantra but except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here, women are in an eminent position, and a path of practice is given for initiates to emulate. Tsogyel's experiences and detailed instructions are very relevant for today.

**TRAVELLER IN SPACE: In Search of Female Identity in Tibetan Buddhism** by June Campbell. 225 pp. #TRSP \$27.50 cloth

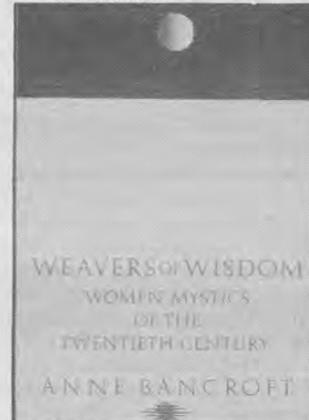
Raises important questions concerning the secret sexual practices of Tibetan Tantra, and power issues as they relate to the subjectivity of women today. June Campbell approaches female identity through the historical context of archaic female images, and gives a psychoanalytic perspective on the dakini philosophy and the Tibetan patriarchal system. She discusses tantric rituals and sexual relations with high lamas, the identity of the dakini and the problems that arise through the Tibetan philosophy and iconography and its constrictions on women.

**WOMEN OF WISDOM** by Tsultrim Allione. 224 pp. #WOWI \$10.95

The Tibetan women in these biographies serve as role models and inspire others on the path.

**SAKYADHITA: DAUGHTERS OF THE BUDDHA** ed. Bhikshuni Karma Lekshe Tsomo. 346 pp., #SADABU \$14.95

The first International Conference on Buddhist Nuns linked and encouraged women on the spiritual path by sharing ideas and experience of Buddhist women from various countries and traditions. They investigated how women can avoid exploitation and maximize their potential for enlightenment, how to institute full bhikshuni ordination worldwide, and correct the gender imbalance as a major step toward planetary healing. "Inspiring and heart-warming."—Martine Batchelor



**WEAVERS OF WISDOM: Women Mystics of the Twentieth Century** by Anne Bancroft. 177 pp. #WEWI \$10

Anne Bancroft explores the feminine approach to mysticism by examining the methods and teachings of fifteen women mystics—each has developed unique insights into the "truth that goes beyond the ordinary," and together they give a rare and cohesive view of women's ways of liberation.

**AUDIO TAPES**

**THE NATURE OF MIND**

The following five tape sets (each has three tapes) were recorded at the NYC Kalachakra. Each set is a three hour talk by lamas who are the recognized heads of their lineages or who were selected to represent their lineage. We are pleased to be able to offer you these excellent talks.

**Bon Tradition: NATURE OF MIND**

by Ven. Lopon Tenzin Namdhak Rinpoche, trans. Matthew Kapstein. (3) #BONAMI \$30

**Nyingma Tradition: DZOGCHEN**

by Ven. Trulshik Rinpoche, trans. Sogyal Rinpoche. (3) #NYDZ \$30  
This set focuses primarily on the nine yantras.

**Kagyü Tradition: MAHAMUDRA**

by Ven. Tenga Rinpoche. (3) #KAMA \$30

**Sakya Tradition: INSEPARABILITY OF SAMSARA & NIRVANA**

Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

**Gelug Tradition: UNION OF BLISS AND EMPTINESS**

Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30



**AWAKENING COMPASSION** by Pema Chodron. (6) #AWCO \$59.95

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or mind training, to transform difficulties into insights. Lojong is grounded in a special meditation technique, and is complemented here by 59 written maxims—a treasury of practical wisdom that inspires everyday awakening. Pema Chodron shows how painful emotions can be used as stepping stones to wisdom, compassion and fearlessness.

**BUDDHA DHARMA IN THE WEST**

with H.H. Gyalwa Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cuttillo et al. (4) #BUDHWE \$30

These four hours of recordings feature some of the leading Buddhists from around the world—an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.



**DHARMA IN DAILY LIFE**

by Ani Tenzin Palmo. 4 cassettes, #DHDALI \$40

Ani Tenzin Palmo went to India in 1964 and became a nun under Khamtrul Rinpoche. She spent 14 years in retreat in Lahoul in the Himalayas and studied with great masters of the Drukpa Kagyu lineage. Topics: Women in Buddhism; Mindfulness in Everyday Life; Bringing Dharma into Daily Life; Retreat: Deepening Your Practice.



**DHARMA WISDOM**

interview with Kalu Rinpoche. (1) #DHWI \$9.95

Rinpoche speaks to the relevance of Buddhist principles in modern contemporary life. His simplicity, clarity and directness provide a thoughtful and enheartening message for the spirit.

**PSYCHOLOGY SEMINAR**

by Tara Tulku. (7) #PSSE \$49  
Trans. Robert Thurman

The late Venerable Tara Tulku gives us an overview of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice.

**MAHAMUDRA: The Quintessence of Meditation**

by Thrangu Rinpoche. (14) #MAQUME \$80

This is the complete set of tapes from the 10 day 1995 Big Bear Mahamudra Seminar offered by Thrangu Rinpoche. During this retreat, Rinpoche revealed the essential inner teachings on Mahamudra practice, enabling us to gain deeper insight into the true nature of our minds.

**H.H. THE DALAI LAMA**



**COMPASSION: THE HEART OF ENLIGHTENMENT**

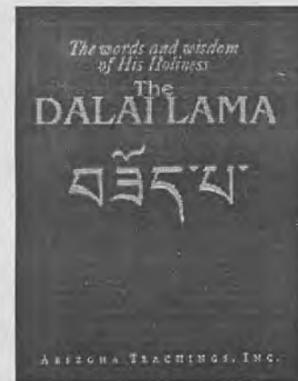
95 min. #COHEEN \$10  
This talk was given after the Nobel Award announcement. His Holiness speaks on affection, altruism, loneliness, love, anger, inner peace and world peace, and the Tibetan cause.

**HARVARD SEMINARS**

(12) #HASE \$84  
Trans. by Jeffrey Hopkins—AIBS Program  
For five days in 1981, the Dalai Lama presented a synthesis of the entire Buddhist path. Topics include: refuge, logic, death, karma, three trainings, meditation instruction, compassion, selflessness, suffering, five paths and the factors of enlightenment. These talks are in *The Dalai Lama at Harvard*.

**THE NOBEL PEACE PRIZE ADDRESS**

(1) #NOEVAD \$7  
This is the Dalai Lama's Nobel Lecture given in Oslo. His talk summarizes his religious message and his political views on Tibet. He speaks entirely in English. There are brief sections of Norwegian translation.



**TEACHINGS ON PATIENCE**

by the Dalai Lama. 8 tapes #TEPA \$100

An outstanding teaching on the practice of patience given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic. During each of the sessions, His Holiness combined his own personal experience with his extensive scholarship to explicate the text. This is an excellent teaching in which to immerse oneself.



**VAJRASATTVA**

(1) #VAME \$7 Trans. by Jeffrey Hopkins  
Visualization & commentary.

**LAMA SOGYAL RINPOCHE**

The following tapes are by Sogyal Rinpoche his senior students.



**COMPASSION AND WISDOM IN CARE FOR THE DYING**

by Christine Longaker. 100 min. #COWICA \$10.95

A student of Sogyal Rinpoche for 15 years, Christine Longaker is the former director and staff trainer of Hospice of Santa Cruz County, California, and teaches spiritual care for the dying throughout the world. She explores the relevance of the spiritual path to care for the dying. The practices of reflection, meditation, compassion and the essential "phowa" are given as powerful ways to prepare for our own death, and to strengthen the confidence of those who care for the dying.

**FINDING HOPE AND INSPIRATION IN DEATH**

by Christine Longaker. (3) #FIHOIN \$26.95

Christine Longaker skillfully combines insights and methods drawn from years of hospice experience with instruction and meditation practices from the heart of the Tibetan Buddhist tradition. With many heart-warming and revealing stories, she describes how to transcend fear and grief and make use of the opportunity that death affords. She covers: the four tasks of dying and of living; finding meaning in life and peace in death; healing past difficulties in relationships; the natural process of bereavement; transforming grief; understanding our fears of death and preparing for death.

**LIVING WELL, DYING WELL**

1 1/2 hrs. #LIWE \$10.95

To learn how to die is to learn how to live—this is part of the sacred wisdom of Tibet. Rinpoche discusses the fear of death; aging; impermanence; the great truth; two aspects of the mind; three wisdom tools; care of the dying; finding your true nature.

**RIGHT VIEW: Living Your Dying**

#RIVI \$9.95

Seeing death as a mirror of life reflective of all the numerous changes which occur during daily living underscores this insightful dialogue. Letting go spontaneously, laughing with life, releasing egoic identity, and living with clarity—these increase as we more deeply understand death and dying.

**TAMING THE MIND**

#TAMI \$9.95

In the midst of a busy life you can remain calm and clear through the practice of mindfulness. Here Rinpoche reveals ways to awaken with meditative methods.

**TIBETAN WISDOM FOR LIVING AND DYING**

(6) 9 hrs. #TIWIT \$59.95

The definitive workshop on the teachings of Sogyal Rinpoche. He covers many, many topics—here are a few: active laziness; facing the truth of yourself; death as a mirror; what survives; discipline; futility of grasping; spacious mind in meditation; bardo teachings; buddha-nature; rigpa; obstacles; giving inspiration to the dying; taking on the suffering of others; openness and truth in relationships; working with people in pain; purifying negative karma; love as the only security; grieving; the inner and outer teacher; Padmasambhava's instructions for the bardos; power of prayer; traumatic death; dissolving into light; recognition of the clear light; arising and dissolving of karma.

**TURNING SUFFERING INTO ENLIGHTENMENT**

#TUSUEN \$9.95

Everyone experiences some form of suffering in varying degrees. Rinpoche shows us how to alleviate pain and actually transform it into a tool to develop clarity of mind.

**UNTANGLING OUR EMOTIONS**

#UNEM \$9.95

So often our emotions seem muddled and problematic, and instead of feeling emotionally fulfilled we feel upset. How to break the cycle of emotional frustration? Rinpoche leads us through our emotional debris, and shows us how to experience love, peace and emotional fulfillment.

**WHEN BUDDHA MEETS THE PSYCHOTHERAPIST: Cultural and Psychotherapeutic Issues in Buddhist Teachings**

by Harvey Aronson, Ph.D., LMSW. 4 tapes, #WHBUME \$34

This series explores how East/West issues of culture, psychology, and values lead to difficulties in Buddhist practice and suggests ways to resolve these. Harvey explains the cultural and spiritual values of Buddhism in juxtaposition to those Westerners unconsciously carry. He considers Buddhist prohibitions against anger and modern values of expression; he clarifies the confusion of Buddhist usage of "ego" and "self" as opposed to psychological use; he helps us to address the way childhood issues may adversely influence altruism. Harvey Aronson received his Ph.D. in Buddhist Studies from the Univ. Of Wisconsin and an Masters in Social Work from Boston University. Since 1984 he has been a psychotherapist with a focus on spirituality and fulfilling relationships.



**1993 BUDDHISM & PSYCHOTHERAPY: An East/West Dialog**

5.25 hrs., (6) #BUPS \$35

This conference has a lot to offer people interested in the integration of Buddhism with western models for psychological growth. Speakers and topics: Dr. Lobsang Rapgay: *Jungian Analysis & Tibetan Buddhism*; Ven. Thubten Chodron: *A Spiritual Teacher's Perspective on Therapy and Buddhism*; Judith Gordon, Ph.D.: *A Psychotherapist's Application of Buddhist Principles to Therapy*; Ryo Imamura, Ed.D.: *Buddhism & Psychotherapy—the Similarities and the Differences*; Geshe Janyang Tsultrim: *Therapeutic Applications of Principle Buddhist Teachings*; Mark Hart, Ph.D.: *Buddhism & Psychotherapy—Beyond Concepts*; May Cl Lu, Ph.D.: *Counseling Buddhist Asian Immigrants*.

**KHENPO KONCHOG GYALTSEN RINPOCHE**

**GREEN TARA: Teachings and Practice**

3 90-min. cassettes #GRTAT \$30  
Contains a commentary on a supplication to Tara, questions and answers on Tara practice, a practice of Tara in Tibetan.

**HEART SUTRA & BODHICITTA: Teachings and Practice**

7 90-min. cassettes #HEBOT \$65  
Combines the essential Heart Sutra teachings with the teachings on Bodhicitta, the single most important factor for attaining enlightenment. The Heart Sutra is chanted in Tibetan.

**ILLUSORY BODY TEACHINGS**

5 90-min. cassettes #ILBOTE \$50  
The illusory body practice is one of the six Yogas of Naropa involving seeing all phenomenon as lacking inherent existence. Khenpo unfolds the practice, step-by-step teaching the practices of the impure and pure illusory body.

**LOJONG: Mahayana Teaching of the Seven Points of Mind Training**

by Khenpo Konchog Gyaltsen Rinpoche. 6 cassettes, #LO \$60

One of the main characteristics of Lojong practice is the skillful transformation of circumstances, which might normally be considered adverse or harmful, into conditions favorable to one's practice. Khenpo skillfully guides practitioners through a series of profound meditations on ultimate bodhicitta, subtle obscurations, the four kayas, and the awareness nature of the mind.

**TONGLEN: The Practice of Sending and Receiving**

4 90-min. cassettes #TOPRT \$40  
Tonglen is a powerful practice for generating loving-kindness and unconditional compassion for all beings, a vital element in bodhisattva training. Included are guided meditations, visualizations and mantra practices.

**UNDERSTANDING DEATH and the Process of Dying**

4 90-min. cassettes #UNDET \$40  
Four lectures: *Death Without Fear* by H.H. Chetsang Rinpoche; and *The Experience of Death, The Bardo States, Suffering, Death and Dying*, all by Khenpo Konchog Gyaltsen Rinpoche.

**Also available by Khenpo:**



**COMPLETE NGONDRO TEACHINGS**

(9) #CONGTE \$90

**MEDICINE BUDDHA TEACHINGS**

(2) #MEBUTE \$22

Khenpo gives a teaching, commentary and practice on the Medicine Buddha sadhana.

**THICH NHAT HANH**



**THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life**

by Thich Nhat Hanh. (2) 3 hrs. #ARMILI \$18.95

Contents: How to meditate; true love versus possessive love; inter-being; meditating with children; communication between fathers and sons; handling hurt feelings; understanding impermanence; five-fold meditation based on breathing, contemplation, and imagery.

**PEACE IS EVERY STEP: A Buddhist Monk and Meditation Master Looks at War, and the Peacemaking Process**

by Thich Nhat Hanh. (1) #PEEVST \$9.95

Join Thich Nhat Hanh as he addresses such issues as how true peace is achieved, the tradition of nonviolence, lessons from Vietnam and the Persian Gulf, protests and patriotism, dealing with anger, despair and helplessness.

**PRACTICE OF MINDFULNESS IN PSYCHOTHERAPY: Working with Anger, Nourishing Inner Peace**

by Thich Nhat Hanh. (2) 3 hrs. #PRMIPS \$17.95

Recorded live with a group of practicing psychotherapists.



**THE PRESENT MOMENT: A Retreat on the Practice of Mindfulness**

by Thich Nhat Hanh. 6 cassettes in vinyl case (7 1/2 hrs.), #PRMO \$59.95

The present moment contains the seeds of all things, including liberation from samsara. In this live retreat, Thich Nhat Hanh presents the traditional Buddhist practices designed to "touch the energy of mindfulness" carried within, and open to the joy that is always present and waiting to enter our lives.

**TOUCHING PEACE**

by Thich Nhat Hanh. 2 cassettes, #TOPE \$16.95

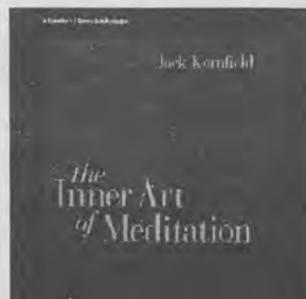
"Breathing in I'm aware of my heart. Breathing out I smile through my heart. This is the practice of awareness."

**TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation**

by Thich Nhat Hanh with Sister Chan Khong. 75 min. #TOEA \$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the basis for the time-honored Buddhist meditation practice that joins the mind and body in graceful prayer to divine creation and is designed to release anger and cultivate compassion.

**JACK KORNFIELD**



**THE INNER ART OF MEDITATION**

(6) 8 1/2 hrs. #INAR \$49.95

A comprehensive course on vipassana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowledge and inner peace. Some contents: four foundations of mindfulness; eightfold path; karma; listening to yourself; being present; proper postures; constancy; union of head and heart; meditation as healing; how emotions affect experience; working with the five difficult energies; opening to your feelings; experience and truth; exploring awareness; qualities of mindfulness; integrating meditation into your life; eating meditation; walking meditation.

**INTRODUCTION TO MEDITATION**

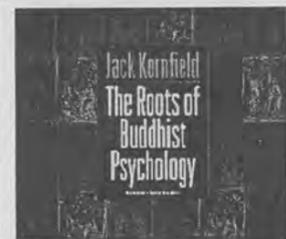
(8) #INME \$80

This series of eight cassettes covers a meditation class of 8 weeks. Jack Kornfield's instruction in the practice of the eightfold path of the Buddha leading to enlightenment: right understanding, attitude, speech, action, livelihood, effort, concentration, awareness.

**MEDITATIONS OF THE HEART**

Jack Kornfield. #MEHE \$10.95

Jack offers four essential meditations which take less than 10 minutes each to practice yet will take you to the heart of essential Buddhist teachings on awakening and freedom, opening to truth, the nature of suffering, forgiveness, and fearlessness.



**THE ROOTS OF BUDDHIST PSYCHOLOGY**

by Jack Kornfield. 6 cassettes in vinyl case, 9 hrs., #ROBUPS \$60

Buddhism has a rich, intricate psychology for healing the human predicament. Jack Kornfield offers practical ideas on the interior life and what brings awakening, freedom and happiness. Topics include turning unskillful states into root opposites, meditation, grasping, resisting and delusion, fear and separateness, skillful anger, liberation of the heart, vows of Bodhisattvas, happiness and connection, types of giving, liberation, compassion, the limits of intention, Buddha and the four heavenly messengers.

**TEN PERFECTIONS SERIES**

(10) #TEPE \$100

Ten talks on the perfections of Buddha and how these awaken us to the path of enlightenment. Generosity, integrity & virtue, renunciation, wisdom, vitality & energy, patience, truthfulness, determination, lovingkindness, balance & equanimity.

**INTRODUCTION TO DZOGCHEN**

by Lama Surya Das. Cassette #INDZ \$12

This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

**LIFE OF TIBETAN AND CHRISTIAN NUNS**

Bhikshuni Thupten Chodron and Sister Donald Concoran, O.S.B. 1 1/2 hrs. #LINU \$10

A candid account by two Americans who became nuns in two very different traditions. They share their reasons for joining their monastic orders and discuss how they adjusted to the rigors of monastic life. During the latter part of the discussion, they answer questions about God, karma, reincarnation and other topics.

**JEFFREY HOPKINS**

**DEATH & DYING**

(4) #DEDT \$28

Discussion of the stages of death, intermediate state and rebirth.

**BOOKS ON TAPE**

**THE THREE PILLARS OF ZEN: Teaching, Practice, Enlightenment**

by Roshi Philip Kapleau. 2 tapes, #THPIZE \$16.95

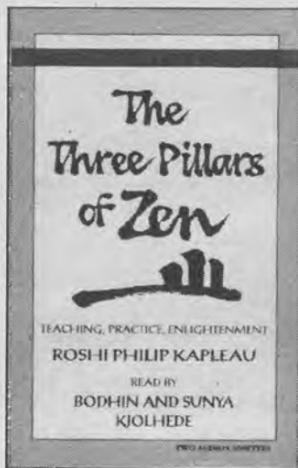
This modern spiritual classic has had a profound influence on the development and understanding of Zen. Contains luminous essays and lectures by contemporary Zen masters, as well as personal accounts of the experience of enlightenment—providing listeners a vital introduction to the insights of Zen.

**OPEN HEART, CLEAR MIND**

by Ani Thubten Chodron. (3) 4 1/2 hrs. #OPHETS \$21

"...presents a clear and complete survey of the teachings of the Buddha."—Thich Nhat Hanh.

This best selling book is available on tape—Chodron discusses: working effectively with emotions, rebirth and karma, the path from confusion to enlightenment.



**SHAMBHALA WARRIOR TRAINING: How to Manifest Courage, Authenticity and Gentleness in Every Situation of Your Life**

by Cynthia Kneen. 6 cassettes, 8-page booklet, #SHWATR \$59.95

From the discovery of basic goodness—your innate human capacity for direct, personal experience through the rousing of windhorse energy—Kneen offers time-tested methods for meeting your moment-to-moment experience with a brave and open heart. You learn how to balance your physical and mental energies; how to move beyond fear into fearlessness, how to overcome the obstacles to meditation, the relationship between fear and courage, why vulnerability makes the warrior strong.

**THE TIBETAN BOOK OF LIVING AND DYING**

by Sogyal Rinpoche. (4) 6 hrs. #TIBOLT \$27.95

Rinpoche examines the dramatic possibility for healing that can be released when we learn to view death as the beginning of another chapter of life. He outlines how we can transform our understanding of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, methods of meditation, near-death experience, caring for the dying, and acceptance.

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo**

trans. by Francesca Fremantle & Chogyam Trungpa, narrated by Richard Gere. 2 Cassettes, 2 1/2 hrs., Unabridged #TIBODE \$15.95

This classic Buddhist scripture is traditionally read aloud to the dying to help them attain liberation. It emphasizes the application of the experience of death to any situation of transition and impermanence.

**FOUR YOGAS OF MAHAMUDRA**

by H. H. Drikung Kyabgon Chetsang Rinpoche. 2 90-min. cassettes #FOYO \$20

Teachings on Mahamudra based on Gampopa's advice on the different stages of Mahamudra meditation and how to work with difficulties that arise on the path. His Holiness describes the characteristics of a qualified teacher and student, the four different ways of falling off the path of Mahamudra, results of practice, the four different levels of yogic meditation, and the four levels of yogic attainment.

**MUSIC & CHANTS**

**TIBETAN CHANTS**

**BUDDHIST CHANT I: Namgyal Monastery, Dharamsala**

CD 63 min. #BUCH1\$20

This CD features 50 Tibetan Buddhist Monks of Namgyal Monastery performing the Goddess Palden Lhamo ritual—the sutra is recited in a low-toned voice beyond the reach of most trained singers. These voices plus huge five-meter long horns create an extraordinary atmosphere.

**BUDDHIST CHANT II: Gyuto Monastery, Bomdile**

CD 53 min. #BUCH2 \$20

Recorded at the Gyuto Monastery in India, the many voices on this CD use their overtone chanting in the Sangwa Duepa ritual. They create a spiritual world through sound that results from their combined awakened vocal expression and visualization.

**CHENREZIK**

CD #CHCD \$18; Tape #CHT \$12

Produced by the Karma Kagyu Institute in Woodstock. Chants by Tenzin Chonyi, Lekshey Chonyi, Pema Chodron, Greg Eakin. Some selections: *Mahamudra Lineage Prayer, Chenrezik Sadhana, Amitabha Sadhana, Seven Verse Prayer of Guru Rinpoche, Calling the Guru From Afar, Long Life Prayer for H.H. Gyalwa Karmapa's Lineage Holders, Long Life Prayer for Khenpo Karthar Rinpoche, Praise to the Buddha Activity of the Gyalwa Karmapa.*

**SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING**

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SAMUSC \$12, CD #SAMUSA \$18

Ten vocal and instrumental pieces exemplifying three types of music: vocal pieces typical of the chanting done in Loseling's assembly hall; pieces combining vocal and instrumental elements; sacred dance music. Some of the selections: *The Black Hat Dance, Offering of the Universe, A Propitiatory Prayer to Palden Lhamo, A Call to the Spirits of Tibet.*

**THE GYUTO MONKS: Freedom Chants**

Cassette #GYMOFR \$12 CD #GYFRCD \$16.95

Grateful Dead percussionist Mickey Hart recorded the Gyuto Monk's sacred chants at George Lucas' Skywalker Ranch Soundstage in northern California. The monks perform chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro recorded live at the Cathedral of St. John the Divine in NYC.

**THE GYUTO MONKS**

*Gyuto Tibetan Tantric Choir.* Cassette #GYMOTA \$10.95, CD #GYMOTC \$16.95

This music invokes Tibetan Buddhist deities with its astoundingly rich and atmospheric tonal texture. Mickey Hart produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto monks in India.

**OM MANI PADME HUM: Tibetan Monk Chants**

by the Monks of Maitri Vihar Monastery. CD #OMCD \$18

These chants of Yamantaka contain the deepest and most resonant chanting that we have heard. The CD contains a sadhana, not simply mantras, and is over an hour long.

**QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA**

by the Nuns of Nyingma Ozer Ling, Tibet (1) Cassette #QUGRBL \$10

Dechen Gyamo is the deified form of Yeshe Tsogyal, the great female practitioner. Forty ams from Nyingma Ozer Ling in Eastern Tibet made this recording.

**SACRED HEALING CHANTS OF TIBET**

by the monks of Gaden Shartse Monastery. #SAHECT \$9.95 Cassette, #SAHECC \$16.95 CD

"Listening to this musical program confers healing benefits. The compositions are sacred, significant parts of colorful, elaborate healing ceremonies which magically open up consciousness."—Lobsang Rapgay.

**SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL**

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SATIC \$12, CD #SATICD \$18

Five historic sacred chants from the *Monlam Chenmo*, the commemoration of Shakyamuni Buddha's public display of miracle powers. Contains five pieces: *A Crown Ornament for the Wise*, a verse dedicated to Tara by the First Dalai Lama; *Prayer to the Victorious Masters*, hymn to the various incarnations of Avalokiteshvara by the First Panchen Lama; *Until Supreme Illumination*, Lama Tsongkhapa's prayer for the attainment of Amitabha's Pure Land; *From Here to Enlightenment*, First Panchen Lama's prayer to achieve enlightenment for the sake of others; *A Mystical Biography*, the mystical experiences of Lama Tsongkhapa are praised by the founder of Drepung Monastery.



**SONGS OF LIBERATION**

by Ganden Jangtse Monastic Choir. cassette, #SOLI \$10

The Ganden Jangtse monks have recorded these chants: *Musical Procession, Praise to Lord Buddha, Homage to Je Tsong Khapa, Offering to Guyasamaja, Invocation and Offering to 6-Armed Mahakala, Victory of Goodness and the Awakened Mind.* This is a fund-raiser for Tibetan schools. For information regarding this project, contact Thupten Dadak, Heart of Tibet, 612-822-3535.

**SHITRO: Adjunct Ritual to the Tibetan Book of the Dead**

by the nuns of Nyima Ozer Ling, Tibet. Cassette #SHTA \$10

Famous for its haunting melodies, the Shitro Puja honors the 100 peaceful and wrathful deities (*Tibetan Book of the Dead*) that appear to a deceased person during the 49-day intermediary state between death and rebirth. This ritual helps the practitioner to realize the visions in the bardo as manifestations of mind, thereby effecting liberation of the consciousness from cyclic existence.

**THE SONGS OF MILAREPA**

by the Mahayana Buddhist Nunnery, Tilokpur. #SOMI \$10 cassette

Songs by the great master sung by Tilokpur nuns.

**TANTRIC CHANTS**

by Gyudmed Tantric Monastery. 50 min., CD #TACHCD \$18.95

Four tantric chants by eight monks of the Gyudmed Tantric Monastery: *Guhyasamaja Initiation, Consecration Puja, Instrumental Melody to Kalarupa*, and a *Ceremony of Auspiciousness*. Half of the money from the sale of this CD will be used to build accommodations urgently needed for the monks in India. Recorded in the USA.

**TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY**

by the Monks of Namgyal Monastery. Cassette #TIBUCH \$10

This invocation and prayers to Palden Lhamo, the protector of Tibet, are very powerful, creating in sound and feeling an electric atmosphere—the long horns invite Palden Lhamo in thundering, dramatic tones to appear, and the monks supplicate the deity to perform virtuous actions. This tape was created by monks of Namgyal Monastery, Dharamsala, India, the monastery of the Dalai Lama. On the second side, the merit field assembly is invoked and prayers requesting teachings and blessings are chanted in the melodious Namgyal style.

**TANTRIC HARMONICS**

by monks of the Gyume Tantric College. Cassette #TAHA \$10.00

Each monk chants three notes simultaneously, employing the technique of one-voice chording. The sound evokes awe, transfixing the mind as the monks chant the Guhyasamaja Tantra and Invocation of the Dharma Protector Kalarupa.



**TIBET: The Heart of Dharma, Buddha's Teachings and the Music They Inspired**

produced and written by David Lewiston, Glenn H. Mullin, Cynthia Josaya, et al.; music by the monks of Loseling Dratsang of Drepung Monastery and Khampagar Monastery. 63 pp. book, 29 color photos and other illus. & CD #TIECD \$19.95

A lovely package, and a wonderful gift—this book and CD contain the philosophy and music of Tibetan Buddhism. The major teachers and teachings of the four lineages are presented, the Dalai Lama is introduced as well as three meditational deities: Chenrezig, Tara, Kalachakra. The chants are *Ornament for Clear Realization, The Hundred Buddhas of Tushita, The Eastern Snowy Mountain, Splendid Knowledge, and Life Enhancement.*



**TIBETAN PRAYER: The Singing Nuns at Chuchikjall**

CD #TIPRCD \$18

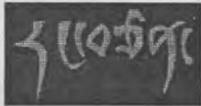
Moving prayers and pujas sung in hypnotic voices by the nuns of Chuchikjall.

**TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung**

Cassette #SATEDR \$10  
A powerful collection of Drepung Loseling sacred temple music. The chants and music are prayers which invoke the Buddhist deities for healing and transformation. In addition to overtone chanting, the monks also perform beautiful midrange chanting and play traditional Tibetan temple instruments creating haunting and mystical effects.

**TIBET IS NEAR: Sacred Music of Ganden Jangtse**

Cassette #TINE \$10  
Founded in 1409 by Lama Tsong Khapa, Ganden Monastery was the first monastery of the Gelukpa tradition. In S. India, where the monastery has been re-established, the monks carry on their practice and traditions. Selections include: Homage to Tsong Khapa, Receiving the High Teacher, Purification, Mandala Offering, Invitation to Palden Lhamo, Offerings to Palden Lhamo, Praises to White Tara, and A Prayer for Peace.



**RANGZEN**

by the Yak Band, Cassette #YABA \$12

Modern music written and performed by Tibetan refugees in Northern India. Pleasing pop rock, the songs are about love and the plight of the Tibetans—the title song means "Independence". You won't get western sound recording quality, but you'll get honest, straight-ahead Tibetan rock and roll.

**TURTLE ISLAND FLUTE**

by Joe Salzano, Cassette #TUISFL \$10

The indigenous flute music of Turtle Island (N. American continent) has passed down the stories, songs and traditions of the Mother Earth, courtship and love. The practice of young men paying homage to the Earth's (or a woman's) beauty and grace has created an ever-growing repertoire that is wonderfully rich. This is one of the best Native American flute tapes we have heard.

**WOODLANDS FLUTE**

by Joe Salzano, Cassette #WOFL \$10

Native American flute music from the Eastern Woodlands is scarce due to cultural disintegration over the many years since the European invasion. These twelve selections are beautiful and include nature sounds, drum and rattle as well as nine different cedar, pine and cane flutes.

**OTHER TAPES**

**ECHOES OF TIBET: Traditional Tibetan Songs of Peace, Beauty and Freedom**  
by Tsering Wangmo, Cassette #ECTI \$12

Beautiful folk songs from Amdo and Kham sung solo by Tsering Wangmo, trained as an opera and folk singer at the Tibetan Institute of Performing Arts. She co-founded the Chaksampa Dance and Opera Company.



**YARLUNG: Tibetan Songs of Love & Freedom**

by Techung, Cassette #YATISO \$12

Techung's songs have a traditional folk flavor. They spring mainly from his inspiration but are rooted in several Tibetan styles. Techung trained for twelve years with the Tibetan Institute of Performing Arts in Dharamsala and subsequently founded Chaksam-pa Tibetan Dance and Opera Company of San Francisco. He is the artistic director of the company. Techung has a lovely voice and plays several instruments. We enjoyed this tape a lot.



**SONGS OF THE JATAKA TALES**

by Penny Nichols and members of the Karma Kagyu Institute, Cassette #SOJATA \$12 #SOJATC \$20 CD

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.

**MEDITATIVE MUSIC OF SINGING BOWLS**



**GOLDEN BOWLS**

by Karma Moffett, CD #GOBO \$18

Thirteen Tibetan singing bowls create a meditative sound environment, easing the mind out of its chatter. Rich tones and harmonics unfold and dissolve into ever-changing patterns.

**HIMALAYAN BOWLS I**

by Karma Moffett, Cassette #HIBO1 \$10

Twenty-two singing bowls express the mystic feeling of the Himalayas.

**HIMALAYAN BELLS II**

by Karma Moffett, Cassette #HIBE10

This is a harmonic and meditative recording of Himalayan bowls and bells.

**SINGING BOWL MEDITATION I**

by Hans de Back, Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch inviting listeners inward.

**SEEING NOTHING BUT THE SKY: The Songs of Tibetan Nuns Recorded in a Chinese Prison**

by 14 imprisoned Tibetan nuns, 29 songs, approx. 1 hr., #SENOCD \$15 CD

In October 1993, 14 Tibetan nuns held in Drapchi prison recorded songs with a tape recorder that had been smuggled into the prison. They are serving sentences for participation in the 1989 pro-independence rally. Because of this recording, their sentences were doubled. The songs are patriotic and sung in folk style. The sale of this CD supports the Free Tibet Campaign.

**TWO MANTRAS: The Vajra Guru Mantra and the Mantra of the Buddha of Compassion**

by Phil Thornton & Steven Cragg, Cassette #TIHOT \$12, #TIHOC \$16

Produced by Sogyal Rinpoche's Rigpa center, these two mantras are helpful for meditation.

**THE MUSIC OF NAWANG KHECHOG**

Born in Tibet, Nawang now lives in the USA. He has been a musician since childhood and was a Tibetan monk for 11 years. The experience of peace is very present in his lyrical and spacious flute music. Nawang has toured with the world-renowned artist Kitaro. Four recordings are available:



**RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic Chanting**

Cassette #RHPE \$10, CD #RHPECD \$16.95.

The meditative sounds of Nawang Khechog. This is an otherworldly masterpiece that uses soothing melodic textures to explore the inner stillness.

**SOUNDS OF INNER PEACE: Bamboo Flute, Didgeridoo, Okharina, Incan Pan Pipes and Silver Flute**

Cassette #SOINPE \$10.

A blissful, deeply-felt prayer for the ears and spirit

**SOUNDS OF PEACE: Bamboo Flute & Didgeridoo**

Cassette #SOPE \$10 CD #SOPECD \$16.95

This spontaneous music captures the feeling and peace of the mountains of Tibet.

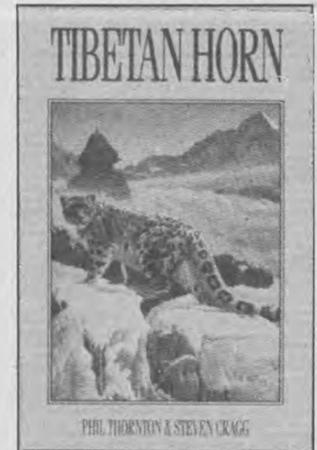


**KARUNA**

by Nawang Khechog, Cassette #KA \$12, CD #KACD \$18

"I rely on music to promote understanding and harmony between people and toward nature."

This is the latest offering from a fine Tibetan flute player. All of the songs are performed on Tibetan and other ancient instruments from Australian, African, Japanese, and Native American culture. We recommend this production as one of Nawang's best!



**TIBETAN HORN**

by Phil Thornton & Steven Cragg, Cassette #TIHOT \$12, #TIHOC \$16

A kaleidoscope of incredible musical invention that compels the listener along a journey of inner awakening from Himalayan mountain monasteries to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.

**THE TWENTY-ONE PRAISES OF TARA**

by Prema Dasara & Jeff Monoz, #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTTP (optional).

Chanting Tara's Twenty-One Praises is an ancient ritual. Contemplating her qualities dispels the mental cloud of afflictions. Free from fear, one meets life with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places. Chanting and booklet are in English.

**VIDEO DHARMA**

**ATTENTION PLEASE!** These films are available in NTSC VHS format only, (i.e. the US standard). If you live in another country (especially in Europe), your video player may be in the PAL format. If so, our videos will not work.



**CHANTS ENCOUNTER & GANDEN JANGTSE MONKS: Sacred Music and Dance**

50 min. #CHEN \$29.95

This is a great film about overtone chanting—Tibetan monks, Gregorian Chanters and Mongolian overtone singers demonstrate the powerful healing and meditative qualities of ritual chanting and overtone harmonics. In a second part, the monks of Ganden Jangtse Monastery perform sacred dances and ritual overtone chanting and create a sand mandala.

**ARISING FROM FLAMES: Overcoming Anger Through Patience**

by The Dalai Lama, 1 hr. video, #ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.

**COMPASSION IN EXILE: The Story of the 14th Dalai Lama**

by Mickey Lemle, 60 min. #COEX \$40

An intimate portrait of the Dalai Lama. Behind the story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day footage open the mystery of Tibet, the country that inspired the legend of Shangri-la. This is the best film we have seen the current plight of the Tibetans.

**THE ART OF DYING: A Window into the Tibetan Way of Life**

by J. Casper Jensen & Majbritt Munk, 63 min. #ARDY \$29.95

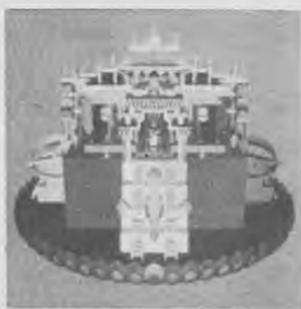
This film could have been called *The Art of Living*—it is a wonderful view into the life of the people of Mustang and the words are entirely those of the people shown. It is the story of an ancient culture tucked away in the largest mountains in the world, and of joyful people who strive to sustain themselves under great odds. The slow moving scenes allow one to soak up the images, and the dialogue is presented through the people themselves: simple villagers, the king of a remote village of

Mustang, and Tibetan monks. *The Art of Dying* explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs, throughout the centuries. There is a graphic sequence of a sky burial—cutting up of a body and offering it to the birds. This is an absorbing film.

**DAKINI WISDOM**

by Lama Chagdud Tulku Rinpoche, 93 min. #DAWIVI \$35

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respoen by Tsering Everest.



**EXPLORING THE MANDALA**  
by Pema Losang Chogyen. 10 min. #EXMA \$19.95

"an extraordinary visual aid."  
—TRICYCLE: *The Buddhist Review*

This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala of Yamantaka) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the sequence of visualization, presenting a visual introduction to Tibetan mandalas.



**THE FOUR NOBLE TRUTHS**  
by the Dalai Lama. 4 videos, 6 hours, #FONOV \$108

In July, 1996, the Dalai Lama gave a wonderful teaching in London on the four noble truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as ultimate objects of refuge.

**THE GOOD HEART: The 14th Dalai Lama Comments on the Four Christian Gospels**  
#GOHEV \$33

This video is a summary of the 1994 John Main Seminar held in London. His Holiness gave an extensive commentary of the Four Gospels: Matthew, Mark, Luke, and John for both Christians and Buddhists. He insists on the need to see the fundamental differences between Buddhism and Christianity—such as the idea of a Creator God. He also highlights the striking parallels between the lives of Jesus and Buddha, their teachings on non-violence and the progressive stages of spiritual development. "Both the life of Jesus Christ and of the Buddha show that it is only through effort, dedication, commitment and standing firm on one's principles that one can grow spiritually and achieve liberation."—The Dalai Lama

**THE INNER ART OF MEDITATION**

by Jack Kornfield. 90 min. video, #INARV \$19.95

This is a beginner's course on insight meditation that helps generate calm and awaken to truth. Meditations include: awareness of breath, body sensations, thoughts and feelings; practice of forgiveness and lovingkindness.

**GUIDE TO THE BODHISATTVA'S WAY OF LIFE**

by His Holiness, the Dalai Lama. Eight video tapes averaging two hours each. #GUBOV \$200

This outstanding teaching is a detailed commentary on the 6th chapter of Shantideva's classic work on the practices of bodhisattvas. His Holiness combined his own personal experience with his extensive scholarship to explicate the text, followed by a short meditation practice. These sessions concluded with a meditation and nearly hour-long question and answer period. The eighth session started with a q&a period and ended with a detailed teachings of the 12 links of dependent arising. We highly recommend this boxed set of eight videos.



**A GUIDE TO WALKING MEDITATION**

by Thich Nhat Hanh. 30 min. #GUWAMV \$35

Thich Nhat Hanh instructs a group of students in the joys of this simple practice. His underlying theme: Be happy, peaceful, and serene. On this video you can see and feel the power that emanates from the deep experience of a man who truly lives his teaching.

**HEALING ORACLES OF LADAKH**

by Elan Golomb, with voice-over by Joan Halifax, author. 28 min. #HEORLA \$29.95

Western concepts of health and disease are not universally recognized and often are not as effective in promoting and maintaining well-being as they could be. Cultures that have practiced other types of healing and ritual recognize the effect of our "spirit" on our physical being. This film (on videotape) candidly shows native Ladakhi medicine women treating patients. They go into trance and healing oracles speak through them. The connection between healing deities and spiritual teachings is beautifully demonstrated in this video of an almost lost tradition.

**HEART OF TIBET: An intimate profile of His Holiness the Dalai Lama**

60 min. #HETIV \$29.95  
*Heart of Tibet* is a very candid view of His Holiness during his 1989 visit in Los Angeles to give the Kalachakra Initiation. Starting his day with 4 AM meditation, he conducts press interviews, complex Kalachakra rituals and touches the hearts of everyone he encounters.

**HOME TO TIBET: The Story of Sonam Lama's Return to His Homeland**

55 min. #HOTI \$29.95  
*Home to Tibet* documents the return of the Tibetan stone mason Sonam Lama to his homeland for the first time since his escape twelve years ago. His sister had asked that he return in order that she might prepare her mind for old age and death. Despite the fact that Sonam has become an American citizen, returning to Tibet is dangerous for him. He first pilgrimages in India where he meets the Dalai Lama and goes to Nepal where he seeks the blessings and advice of lamas there. This is the best film to watch if you want an intimate experience of what it is like for Tibetans to travel to Tibet and to feel the many conflicting forces at play in the minds and hearts of the Tibetan people—very insightful.

**KALACHAKRA, THE WHEEL OF TIME**

by Bearfoot Productions. 30 min. #KAWHTI \$29.95

Watching the creation of the Kalachakra sand mandala is one of the most beautiful and fascinating experiences. Four monks from Namgyal Monastery performed this ritual at the Douglas Hyde Gallery in Trinity College, Ireland. In addition to seeing the creation of the mandala from its innermost center outward, you see the monks perform some of the dancing and chanting of the Kalachakra ritual. This video offers many close-ups of sections of the mandala, offering a rare glimpse of the details of the mandala.

**KARMAPA: The Thangka Ceremony**

presented by Tsurphu Foundation, produced by Ward Holmes. 1/2 hour #KATHCE \$29.95

In May, 1994 members of the Tsurphu Foundation joined H.H. the XVII Karmapa and the monks of Tsurphu Monastery for the unveiling of the new silk applique thangka—one of the largest in the world. Measuring 60 x 100' it was re-constructed in the traditional style designed by the 9th Karmapa. The old thangka was destroyed during the cultural revolution. There are wonderful segments of the new Karmapa.



**LADAKH: In Harmony with the Spirit**

by Clemens Kuby. 86 min. #LAV \$29.95

Nestled high in the Himalayas, Ladakh has been isolated from most of the pressures and politics of the modern world. Life in Ladakh today gives an immediate impression of what daily life in neighboring Tibet was like before the wholesale disruption of its cultural and religious life by the Chinese government. The ancient rhythms of Ladakhi life unfold in a landscape of sun and shadow, brilliant blue skies, towering mountains and deep, dark valleys, and the play of deities and demons.

**LIFE, DEATH, DREAMS AND MEDITATION: Bardo Teachings of Tibetan Buddhism**

by Ven. Lama Chagdud Tulku Rinpoche. 115 min. #LIDEDR \$39.95

The six bardos include this life, the moment of death, the dawning of true reality, the passing towards rebirth, dreaming and meditation. These experiences are filled with the potential for confusion, bewilderment and unskillfulness, as well as for realizing profound wisdom and all embracing compassion. Rinpoche explains how we can relate to these bardos as a path to personal fulfillment and great benefit for others.

**THE LION'S ROAR**

50 minutes, #LIROVI \$49.95  
This video documents the life, teachings, and death of the 16th Gyalwang Karmapa, head of the Kagyu order.

**MAHAMUDRA**

by Kalu Rinpoche. #MAHAV \$33

As the highest goal and practice of the Kagyu tradition, Mahamudra is a teaching on Sunyata (voidness) which leads to the realization of the Dharmakaya or Primordial Mind. In 1986, the Venerable Kalu Rinpoche gave this lecture in San Francisco. He describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness. This was the last teaching of Kalu Rinpoche that was filmed.

**MANDALA: World of the Mystic Circle**

produced by Martin McGee & Cathy Steffan. 53 min. #MAWOMY \$29.95

This documentary follows the creation and ritual dismantling of the sacred Kalachakra sand mandala by four Tibetan monks during August, 1991, in the Buffalo Museum of Science. The mandala, a universal motif and archetype, is explored on a myriad of levels through revealing interviews with the monks as well as an architectural historian, philosophy professor, physicist, and psychotherapist. Numerous examples of mandalas from nature and other cultures are depicted and described. This is a definitive presentation of this intriguing subject.

**MEDITATION: Bringing the Mind Home**

by Sogyal Rinpoche. 90 min. #MEBRMI \$24.95

Sogyal Rinpoche introduces the practice of meditation and essentializes the entire practice in one phrase: "being spacious". Through vivid and compelling examples and stories, Rinpoche conveys a feeling and a personal experience of the practice.

**THE MESSAGE OF THE TIBETANS**

by Arnaud Desjardins.

Part 1: Buddhism, 52 min. #METIBU \$29.95

Part 2: Tantrism, 52 min. #METITA \$29.95

This is some of the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgey Kazi, the senior interpreter to the Dalai Lama at that time. There are many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche, H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chatral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulkus, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are scenes of yogis performing preparatory meditation exercises that are quite unusual.

"These portraits of the legendary Tibetan masters are not simply a unique historical record, not only a stunning and moving inspiration for now and for the future, but an extraordinary testimony, a treasure. I believe that it was not by chance that Arnaud Desjardins made his films."—Sogyal Rinpoche

**SAND PAINTING: Sacred Art of Tibetan Buddhism**

30 min. #SAPAVI \$34.95

This video was made during the 1991 Asian Art Museum exhibit of Tibetan art. Monks of the Namgyal Monastery, led by Lobsang Samten, created the Kalachakra mandala. This program explores the meaning of the symbols within the mandala with its five levels and hundreds of deities.

**MUSTANG: The Hidden Kingdom**

The Discovery Channel. 1 1/2 hrs. #MUHIMI \$19.95

Nestled high in the Himalayas, a feudal kingdom lies suspended in time. Long closed to outsiders, it is the last outpost of pure Tibetan Buddhist culture. Journey with the Dalai Lama's personal envoy, Khamtrul Rinpoche, on a diplomatic mission to Mustang and experience an intimate view of this traditional way of life.

**NADIA STEPANOVA, BURYATIAN SHAMAN**

30 min., #NAST \$29.95

"It's very easy to treat people when their soul is open and full of kindness, because in that case you see a miracle taking place—their own kindness returns to them as if reflected in a mirror."

Nadia Stepanova is a Buryatian shaman who is reviving the ritual ceremonies that for centuries have been part of the people. The Republic of Buryatia is often said to be the cradle of shamanism, which appeared at the dawn of civilization and was repressed by Stalin in the 1930s.

**NICHOLAS ROERICH: MESSENGER OF BEAUTY**

43 minutes. #ROMEBE \$24.95

Introduces the ennobling example of Roerich's life through his Himalayan art and spiritual philosophy. Roerich was born in Russia and painted over 6000 canvases—he was an artist, explorer of Tibet and philosopher who labored in the name of beauty. And this film is just that—beautiful.

**OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama**

by Trueheart Productions. 90 min. #OVDIVI \$29.95

On March 26th, 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the XIVth Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed many important issues based on the relationship of world peace and inner peace. Peppering his address with his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in order to achieve happiness as well as to survive.

**REINCARNATION OF KHENSUR RINPOCHE**

62 min. #REKHRI \$29.95

This is the story of a monk's search for his reincarnated Rinpoche. The film follows the footsteps of the monk as he seeks the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.



**TANTRA OF GYUTO: Sacred Rituals of Tibet**

52 min. #TAGY \$29.95

Sacred Tibetan Buddhist chants are performed by Gyuto monks. Through ritual and mantric power, the monks use sound to effect a specific change in the environment. The rituals are introduced by the Dalai Lama and interwoven with images of sacred art. The film is prefaced by an account of Tibetan history that uses footage from the 1920's.

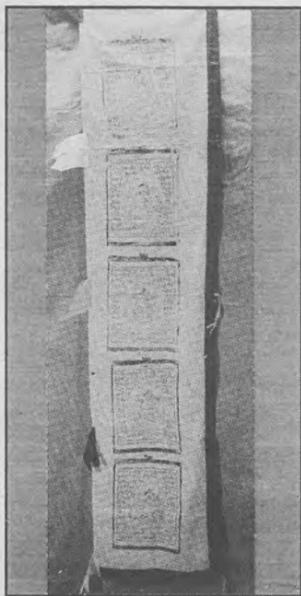




**MANI BANNER**  
26" long x 4 1/2" wide, #MABANN \$16  
Embroidered *Om Mani Padme Hum* mounted in brocade.



**HUM**  
14 x 28" #HUBA \$50.00  
The banner has a white background, blue Hum, red horizontal stripes and blue geometric design.



**DEITY BANNERS FROM INDIA!**

These vertical banners are approx. six feet long and eighteen inches wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.

**CHENREZIG BANNER**  
#CHBA \$16

**KALACHAKRA BANNER**  
#KABA \$16

**MAHAKALA BANNER**  
#MABAN \$16

**MANJUSHRI BANNER**  
#MNBAN \$16

**MILAREPA BANNER**  
#MIBA \$16

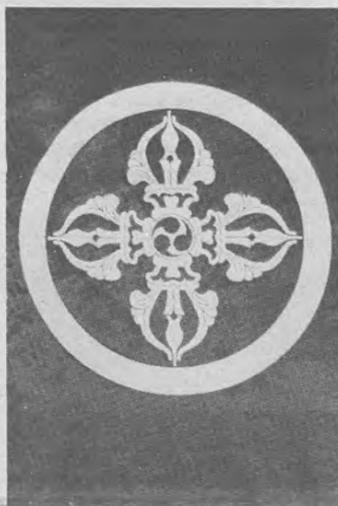
**PADMASAMBHAVA BANNER**  
#PABA \$16

**TARA BANNER**  
#TABA \$16

**WINDHORSE BANNER**  
#WIBA \$16

**VAJRAYOGINI BANNER**  
#VABA \$16

**On Sale!  
Only three left.**



**DOUBLE DORJE**  
42 x 72" #DODOBA \$150, now \$95!

The banner is black with a gold double dorje. It has a stick in the top and bottom to keep it spread out. Very dramatic.



**KALACHAKRA BANNER**  
12 x 15" #KABAWH, \$45  
A colorful Kalachakra mantra printed on white satin.

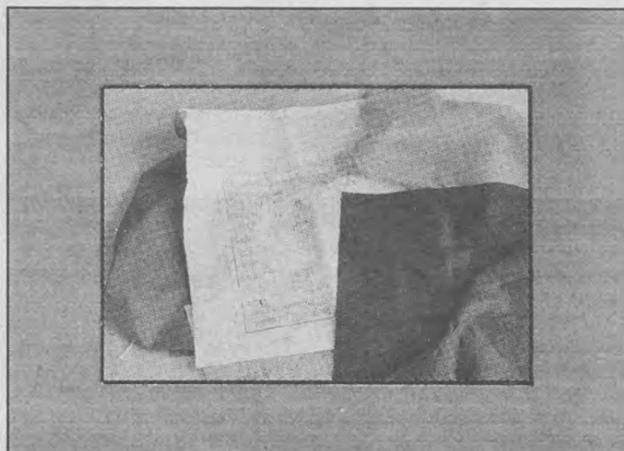


**LARGE MANI BANNER**  
approx. 4' long x 13" wide, #LAMABA \$40  
Embroidered *Om Mani Padme Hum* mounted in brocade.



**EXTRA WIDE MANI BANNER**  
approx. 5' long x 17" wide, #EXWIMA \$60  
Beautiful background for the Mani Mantra with brocade border. This banner is wider than the standard large banner.

**PRAYER FLAGS**



Each of the following sets of deity prayer flags has five flags, one in each of the Tibetan colors and they are strung on a cord. Each flag measures approx. 13 x 16" and has the mantras of the deity printed on it:

**CHENREZIG PRAYER FLAG SET**  
#CHPRFL \$12

**KALACHAKRA PRAYER FLAG SET**  
#KAPRFL \$12

**MAHAKALA PRAYER FLAG SET**  
#MAPRFL \$12

**MANJUSHRI PRAYER FLAG SET**  
#MNPRFL \$12

**TARA PRAYER FLAGS**  
#SETAPR \$12

**MILAREPA PRAYER FLAG SET**  
#MIPRFL \$12

**PADMASAMBHAVA PRAYER FLAG SET**  
#PAPRFL \$12

**VAJRAYOGINI PRAYER FLAGS**  
**Auspicious Wish Flag**  
#AUWIFL \$20

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high. These are American-made quality-printed and -constructed flags with nylon cord.

**Tibetan Nun's Windhorse Prayer Flags—Support Tibetan Nuns**  
#SEPRFL \$12 for set of five.

This is a set of traditional prayer flags in the five colors with windhorse and other animals and mantras printed on them. They are pre-strung for easy hanging and look great. The Tibetan nuns of Lobsering, India have made these and will receive payment for them as they sell. The purchase of one set of flags will feed a nun for a month.

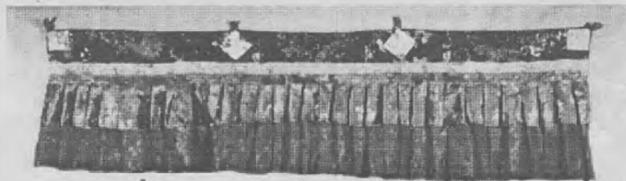
**Auspicious Wish Flag**  
#AUWIFL \$20 set of five.

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high. These are American-made quality-printed and -constructed flags with nylon cord.

**Windhorse Prayer Flag set**  
#WIPRFL \$12 set of five.

In the symbolism of the prayer flag, the windhorse represents the process of the wind carrying prayers as do the four animals in the corners of the flag. The mantras are for Vajra Guru, Chenrezig, Kalachakra, Mahakala and many others. Each flag measures 13" x 16".

Please note that most prayer flags are designed to de-struct over time. In this way, the earth as well as the wind receives the prayers.

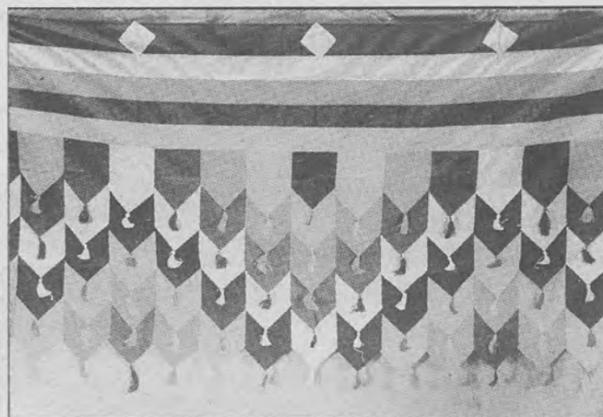


**On Sale! 25% off!**

**SILK WINDOW TRIM**  
39" #WTRR \$45, now \$33.70  
Top of horizontal blue, yellow and red brocade, drape of green and red silk.

**KATAS**

- A standard offering scarf.
- Plain Offering Scarf**  
#PLOFSC \$4
- Brocade Offering Scarf**  
with auspicious symbols  
#BROFSC \$12
- Fancy Brocade Offering Scarf**  
(8' long) with auspicious symbols.  
#FABROF \$25



**TASHI TARING BANNER**  
18 x 60" #TATAFL \$75

Tashi Taring is an auspicious flag having multicolors flown for the achievement of all good things. It is raised high on roof tops and gates on different occasions, such as Losar, the enthronement of spiritual masters, the reception of teachers, etc. It is used for good luck, prosperity, well-being, long-life, and the fulfillment of various wholesome deeds or activities of spiritual masters. The five Buddhist colors represent the five families, wisdoms, bodies, and activities of Buddhas. A large version of this banner was raised on the roof of the Potala Palace whenever His Holiness was in residence. Hang it in your shrine room or on special Buddhist days!



**On Sale! 25% off!**

**MANI HANGING**  
18" high x 40" wide #MAHA \$40, now \$30  
The hanging has embroidered Tibetan letters *Om Mani Padme Hum* and is mounted in brocade.



**RADIANT HEART PRAYER FLAGS**

Printed on 100% cotton with non-toxic colorfast textile paints, these flags are exquisitely designed and beautifully made.



**Shakyamuni Buddha**  
14 x 20" #SHBUPR \$8



**Green Tara**  
14 x 20" #GRTAPR \$8



**Sampa Lhundrup**  
19 x 28" #SALUPR \$8

"The Quick Wish-Fulfilling Prayer of Padmasambhava" is the subject of this flag. The four sacred animals are in the corners with Guru Rinpoche in the center.

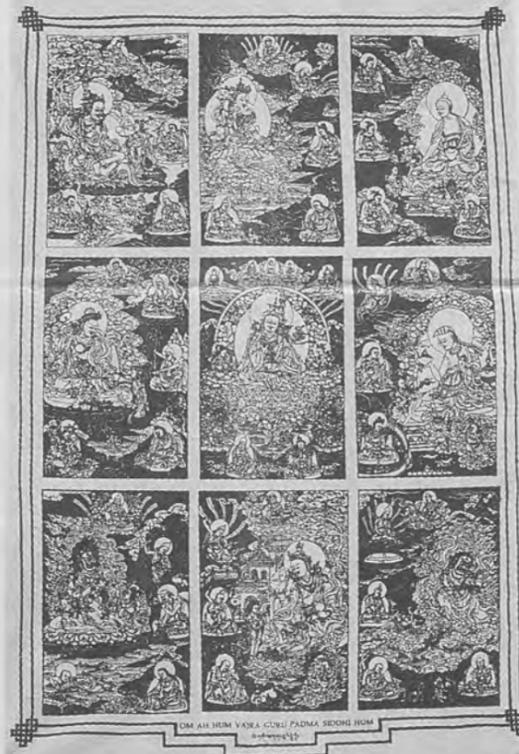


**Gyaltsan Semo**  
20 x 26" #GYSEPR \$8

This is the Banner of Victory given to Indra by Buddha Shakyamuni to overcome all obstacles and enemies. Contains the Eight Auspicious Symbols, the eight precious possessions of a monarch, the windhorse and five sensuous offerings.



**Eight Manifestations of Guru Rinpoche**  
25 x 37" #EIMAGU \$16

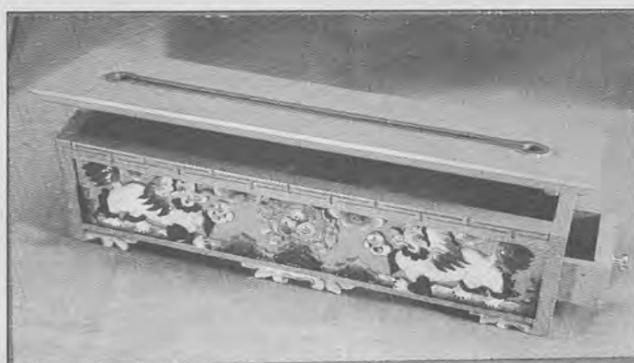


**Prayer to the Twenty-one Taras**  
20 x 26" #PRTWPR \$8



**INCENSE BURNER**  
#INBUR \$36

A traditional burner—10" long, 2 1/2" high, 2 3/4" wide—fill it with rice and put incense in it. It is made out of copper with touches of silver and brass alloys.



**INCENSE BURNER**  
#INBUWO \$80

This is a painted wood incense burner that measures 19" long, 5 1/2" deep and high. It has a carved front with snow lions and the three jewels. A 16" sliding drawer holds incense. You fill the burner with sand or rice, lay the burning incense stick down on top of it and the smoke flows out through a slot on the top of the box.

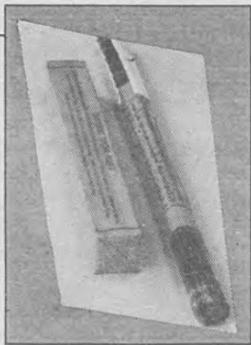


**On Sale! 25% off**

**INCENSE HOLDERS**

These are Tibetan incense holders in copper w/ white metal and brass ornamentation. Very fine and traditional looking.

**Small**, 10" long, #INHOS \$40, now \$30  
**Large**, 15 1/2", #INHOL \$50, now \$37.50



**TIBETAN INCENSE**

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades depending on the amount of aromatic substances added to the basic mix.

**Highest Grade**  
#BL \$8

**Medium Grade**  
#RE \$6

**Ritual Grade Tibetan Incense**  
#CHTIN \$5.00

**Pure Sandalwood**  
8" bundle #SAIN \$5

**Extra-Grade Tibetan Incense**  
#EXGRTI \$10

This incense comes from another source and is a popular high grade product.

**THERAPEUTIC INCENSE!**

**TARA HEALING INCENSE**  
#TAIN \$5

Tara healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are 19 six-inch sticks per box.

**Sale!**

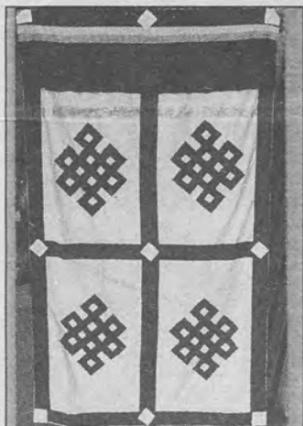
**AGAR 31 HERBAL INCENSE**  
made by Dr. Dolkar. #BLAG was \$7.95, now \$5!

Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds." We bought a large quantity at a good price and we are passing the savings to you for as long as it lasts!

**NIRVANA BRAND**  
#NIBRIN \$6

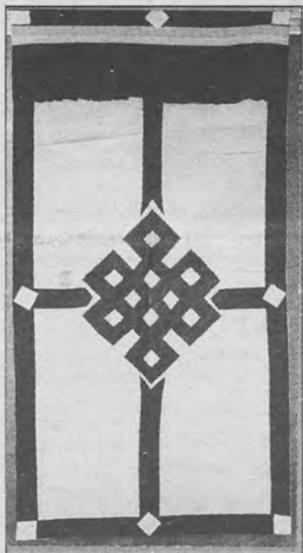
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aroma-therapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.

**DOOR CURTAINS**



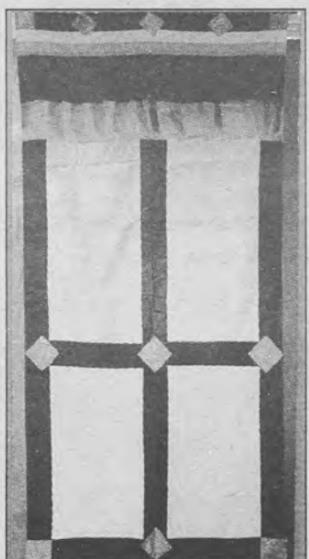
**FOUR ETERNAL KNOT DOOR CURTAIN**  
#FOKNCU \$75

Four Eternal Knots, one in each panel, are sewn on this traditional door cover.



**ETERNAL KNOT DOOR CURTAIN**  
#ETKND0 \$75

This curtain has the eternal knot sewn onto the cloth. It measures 38" x 74" and looks great.



**DOOR CURTAIN**  
#DOCU \$95

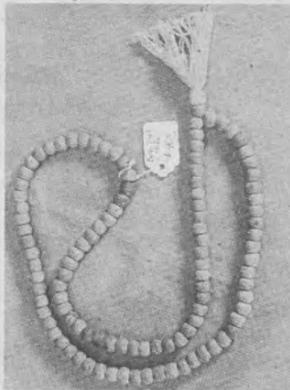
Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 74" high.



**EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN**  
#EIAUDO \$125

Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 3' x 6'.

**MALAS**



**Bodhi seed**  
#BOSEMA \$40



**Linden Nut Disc Mala**  
#LINUDI \$36

This beautiful mala has abacus shaped beads that are chocolate color with tiny beige speckles from the Linden tree.

**Sandalwood Malas**

Red or natural color sandalwood malas with guru bead and tassels. They smell wonderful! \$14

**Red Sandalwood** #RESAMA  
**Regular Sandalwood** #RGSAMA

**Wood**  
#WOMA \$16

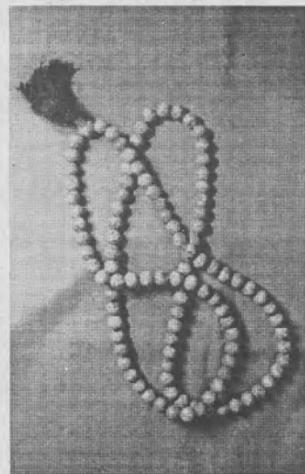
**Lotus Seed Pocket Mala**  
#LOHAMA \$15  
With 27 beads, Red Jasper Guru bead.



**Bone Malas**

Strung on a red cord these malas have bone counters too!

**White Bone Mala** #WHBOMA \$22  
**Regular Bone Mala** #BOMA \$22  
Brown bone beads.



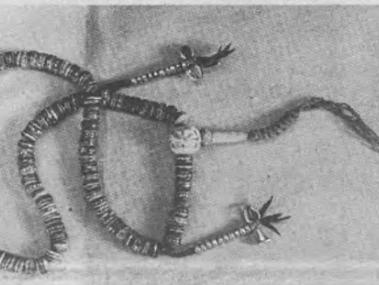
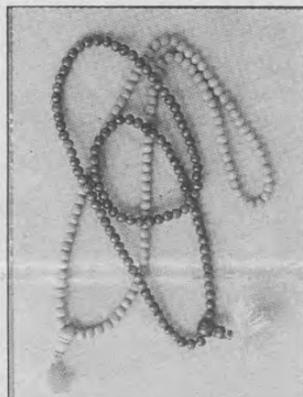
**Lotus Seed Mala**  
#LOSEMA \$24

Mala has lotus seed guru bead and tassel.



**Lotus Seed Mala**  
#LOMA \$30

With semi-precious marker beads.



**Yak Bone Mala**  
#YABOMA \$70

Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje.

**SEMI-PRECIOUS STONE & CRYSTAL MALAS**

**Cobalt Blue Glass Mala**  
#COMA \$30

**Cobalt Blue Glass Pocket Mala**  
with 27 beads. #COHAMA \$15

**Rock Crystal Mala**  
#CRMA \$80

**Rock Crystal Hand Mala**  
#CRHAMA \$28

**Red Crystal Mala**  
#REMAMA \$30

*The following malas are special order items and are hand-made according to your specifications. The mala beads are 8mm unless otherwise noted. Please allow 4-6 weeks for delivery:*

**New!**

**Amber (Russian) Hand Mala**  
8mm #AMRUHA \$22

**Amber (Baltic)**  
6mm #AMBAMA \$130

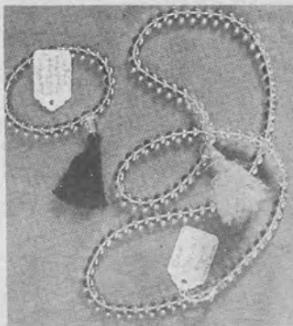
**Amethyst**  
#AMMA \$250

**Amethyst Hand Mala**  
#AMHAMA \$90

**Aventurine**  
6mm. #AVMA \$50

**Aventurine Hand Mala**  
6mm. #AVHAMA \$28

**Black Onyx**  
#BLONMA \$80



**Crystal Mala**  
#CRMA \$70.00

**Black Onyx Hand Mala**  
#BLHAMA \$28

**Crystal Hand Mala**  
#CRHAMA \$28.00

**Hematite**  
6mm. #HEMA \$50

**Lapis Lazuli**  
#LALAMA \$270

**Lapis Lazuli Hand Mala**  
#LAHAMA \$90

These excellent quality lapis malas contain lapis guru bead and blue tassels. Perfect for Medicine Buddha practice.

**Malachite**  
6mm. #MAMA \$120

**Malachite Hand Mala**  
#MAHAMA \$70

**Mother of Pearl**  
#MOPEMA \$50

**Mother of Pearl Hand Mala**  
#MOHAMA \$24

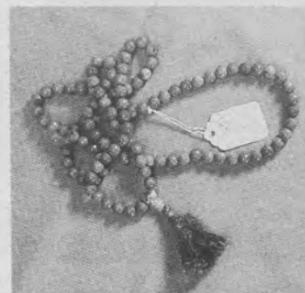
**Rhodonite**  
(pink with black) #RHMA \$120

**Red Crystal Mala**  
#RECRMA \$30.00

**Rose Quartz**  
#ROQUMA \$60

**Rose Quartz Hand Mala**  
#ROHAMA \$28

**Tiger Eye**  
#TIEYMA \$100



**Turquoise Mala**  
#TUMA \$80

**MALA COUNTERS**

These pairs of counters have a bell and a dorje, multicolored tassels and attach to any mala.



**Gold Counters**  
#GOCO \$22

Gold plated bell & dorje.



**Wheel of Dharma Counters**  
#WHDHCO \$40

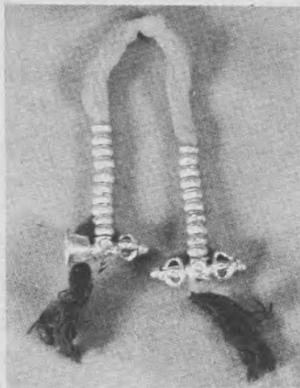
Silver Dharmachakras strung on red cord with multicolored tassels.

**Sandalwood Counters**

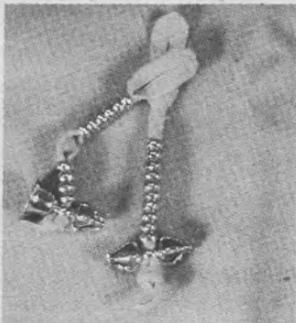
These have a bell and dorje and are strung on red cord.

**Regular Sandalwood Counters**  
#RGSACO \$10

**Red Sandalwood Counters**  
#RESACO \$10



**White Metal Counters**  
#WHMECO \$14

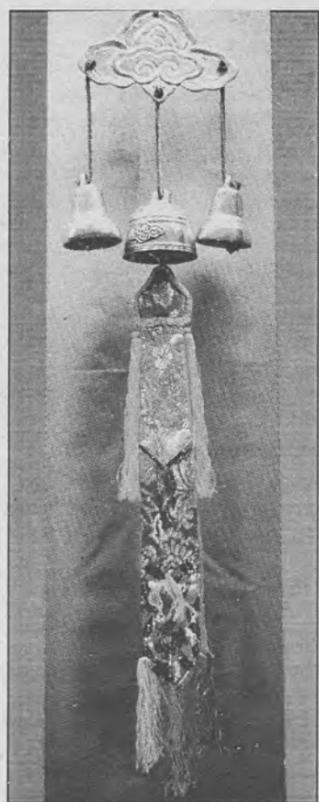
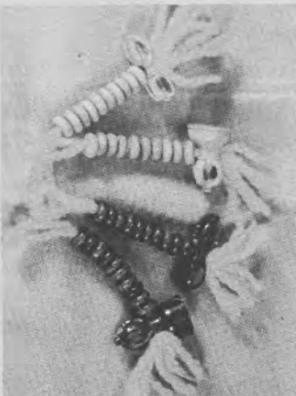


**Pewter Counters**  
#PECO \$26

These look like silver, have red tassels, and the bell has a clapper.

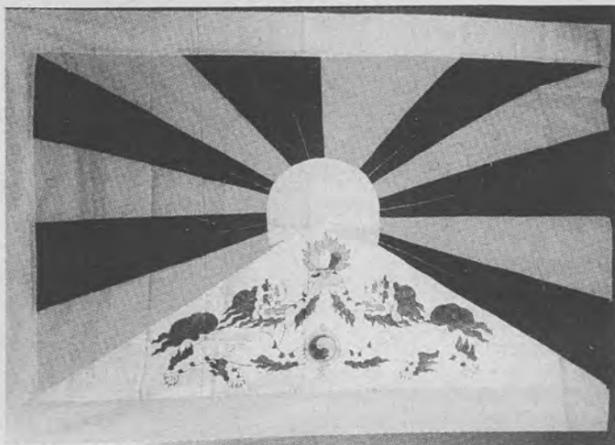
**Silver Counters**  
#LASICO \$50

Counters on thick red cord with red and yellow tassels with bell & dorje.



**TIBETAN WINDCHIMES**  
#TIWI \$50

Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch. Made by Tibetans in India.



**TIBETAN NATIONAL FLAG**  
5 x 3 ft. #LATIFL \$35

This lovely large cotton flag is pieced and the lions are silk-screened. It can be hung with pins or on a dowel.

**TIBETAN NATIONAL FLAG**  
10" x 14" #SMTIFL \$6

A smallish Tibetan flag printed on cotton.

**MALA BAG**  
#MABA \$8

These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift item.



**RITUAL ITEMS**

**Highest Quality Handcrafted Pure Silver Ritual Items**

Snow Lion is happy to announce a new arrangement with master silversmiths in Nepal to produce the highest monastery quality pure silver ritual items for customers who want very fine objects. The items available are superb, individually crafted sets of offering bowls, butter lamps, gaus, kapalas, and grain vessels. Cost for these items is based on the quality of the craftsmanship and the quantity of silver used. Most of these silver ritual items are fairly heavy and deeply carved with the skill of a fine jeweler. Because of their weight and need for adequate protection, the crating and shipping from Nepal are expensive and add to the overall cost.

The following items will give a rough idea of costs. None of these items are kept in stock. All items must be specially commissioned so

allow 4-8 weeks for delivery. A 50% deposit is required at the time of order.

**Large gau**  
(7" high x 5" wide) \$594

**Large butter lamp with flat bottom**  
(5" high x 3 3/4" dia.) \$276

**Smaller, lighter-weight butter lamp with rounded bottom**  
(4" high x 2 3/4" dia.) \$84

**Set of silver offering bowls**  
(3 3/4" dia. x 1 3/4" high) \$534 (the cost is due to the quantity of silver)

**Grain vessel**  
(4 3/4" high x 3" dia.) \$96



**BHUMPA**  
#BH \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is used for blessed water.



**BHUMPA FEATHERS**  
#BHFE \$12

Traditional peacock feather arrangement which is used in bhumpa.



**BELL & DORJE**  
#BEDO was \$60, now \$36

The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is composed of an alloy of several metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.

**BELLS & DORJES**

Supreme Grade #DABEDO \$225

Fine-detail two-metal bell and dorje sets. There are a few still available at this price.



**BELL & DORJE COVERS**  
#BEDOCO \$20

These are elaborately brocaded covers that are perfect for the standard size bell and dorje.



**BUTTER LAMP**  
#BULA \$16

White metal, well-made, 3 1/2" high.



**BUTTER LAMPS**  
4 1/4" high with auspicious symbols in silver-like metal.

**Copper Butter Lamp**  
#COBULA \$19

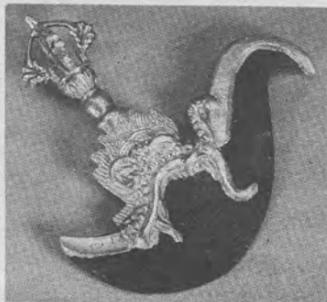
**Silver-like Butter Lamp**  
#SIBULA \$19



**DHARMAPALA OFFERING SETS (Serkyem)**

They are used in protector deity practice and measure 6" high and 6" in diameter.

**White Metal Serkyem, #SEWH \$28**  
**Brass Serkyem, #BRSE \$26**



**CURVED KNIFE**  
#CUKN \$40

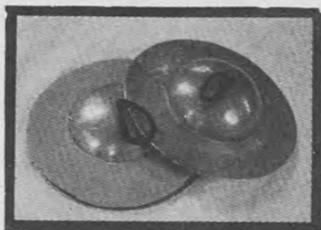
This is the ritual knife referred to in many tantric practices.

**DHARMA ITEMS**



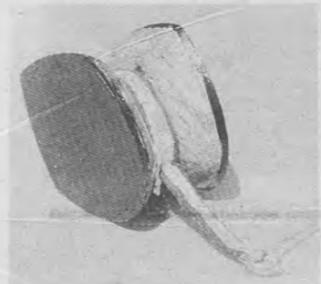
**CHOD DRUM**  
#CHDR \$170

This is the authentic chod drum. It has a diameter of 9.75 inches and is 4.5 inches wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



**TIBETAN CYMBALS**  
#TICY \$100

Tibetan cymbals (11 inches in dia.).



**DAMARUS (wood)**  
4" in diameter #DA was \$30, now \$20

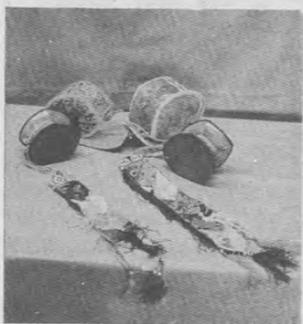
This is the hand drum used in many tantric practices.



**DAMARU BANNERS**  
#DABA \$20

Beautiful brocade banners in 5 traditional colors. They attach to the Damaru to make a lovely tail.

**Special Offer:** Damaru and Banner are \$45 when ordered together!



**DAMARU, BANNER & BROCADE CASE SET**  
4 1/2" at longest diameter #DASE \$50  
5" at longest diameter #DASEL \$55

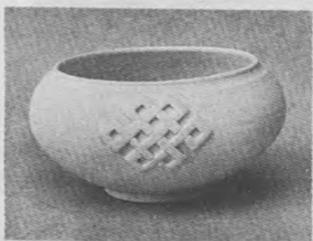


**DINGSHA BELLS (cymbals)**  
#DI \$20

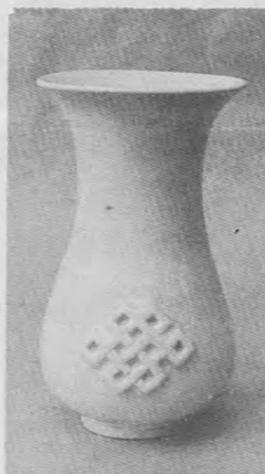
The sound of these bells is psychically cleansing.

**ETERNAL KNOT BOWL & VASE**

Fine, white porcelain vessels for shrines, gifts or for use in the home. Both have clear glaze interior as does the exterior of the vase. The exterior of the bowl is unglazed to reveal the soft luster of the porcelain.



**Bowl**  
3" high & 5" in dia. #ETKNBO \$20



**Vase**  
7" high & 4" in dia. #ETKNVA \$35



**KAPALAS (skull cup)**  
It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

**Medium Brass Kapala**  
#MEBRKA was \$30, now \$20

**TIBETAN PICTURE FRAME**

#TIPIF \$15  
Gao-shaped frame holds 2-1/2" x 3" photo. Cast metal relief with Buddhist design. Made by Tibetans in India.



**MANDALA PLATES**  
#MAPLA

We have available mandala plates for mandala offerings. The sizes are either large (7" approx.) or small (6" approx.) in diameter. We recommend calling us for sizes and prices of available stock. The type of metal(s) in these plates varies considerably. We have set of copper and a set of silvery (an alloy) in large and small for:

**Large \$80**  
**Small \$70**

We also have two higher grades in the small size:

**Silver & copper (alloys) \$100**  
**Gold & silver (alloys) \$150**



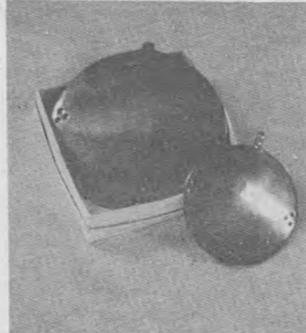
**MANJUSHRI SWORD**

15-16" #MASW was \$40, now \$20  
This sword symbolizes the wisdom and clarity of the buddhas. It has a flaming tip and purba-dragon handle. Handle dragon design may vary slightly.



**MEDITATION BELL & CUSHION**  
#MEBECU \$45

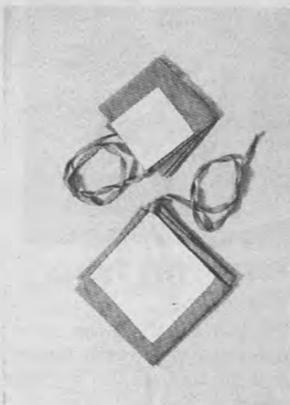
This is a finely crafted Japanese meditation bell is nearly 2" high and 3" in diameter. It produces a long, multi-toned pulsating ring when struck and with the proper striker, can be used as a singing bowl. It sits on a purple and white cushion and comes with a 5 1/4" black striker.



**MELONGS**  
Brass concave circular ritual mirrors.  
**Small Melong, 2 3/4" #MES \$14**  
**Large Melong, 4" #MEL \$18**

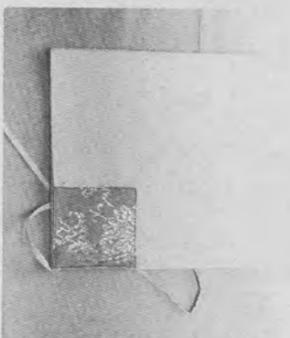
**PECHA COVERS**

Used to cover sacred texts.



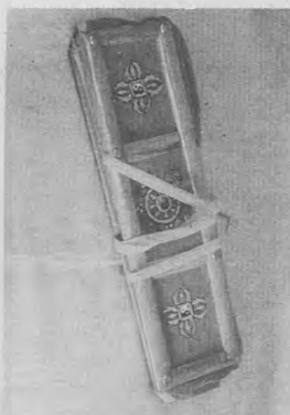
**Standard**  
Two sizes of traditional book covers in red cloth with yellow square and cord.

22" sq. #PEWR \$15  
30" sq. #PEWRL \$15



**Fancy**  
Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.

21" sq. #FAPE \$17  
30" sq. #FAPEL \$20



**PECHA HOLDERS**

A wooden frame with red backing—embroidered with Double Dorjes, Wheel of Dharma and Om Ah Hung mantra. Comes in two sizes with tie cord.

Regular, 15 x 3 3/4" #PEHO \$30  
Large, 17 x 4" #PEHOL \$35

**OFFERING BOWLS**

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items.



**Copper Offering Bowls**  
(set of 7) #COOFBO \$38

**Silvery Offering Bowls**

#SIOFBO \$33 set of 7  
Silvery offering bowls that measure 3 1/4" dia.—lovely etched pattern.

**Silvery Offering Bowls**

#PLSIOF \$33 set of 7  
Plain silvery offering bowls that measure 2 1/4" dia.—Good-looking.



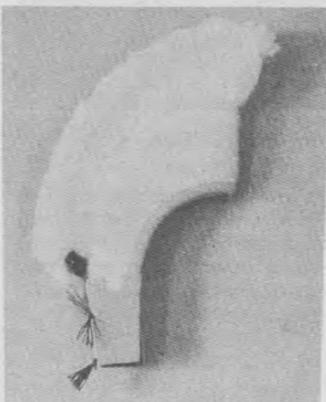
**Fancy Silvery Offering Bowls**  
#FASIOF \$35

4" in diameter with silver-like auspicious symbols.



**PRAYER WHEEL**

#PRWH was \$50, now \$40  
Authentic Tibetan prayer wheel. It is approx. 10" long and contains the mani prayers of Chenrezig.



**THE YELLOW HAT**  
#YEHA \$20

Hand-crafted by a Namgyal monk, these miniature Tibetan yellow hats are really neat! Approx. 5" high. All the lineages use them.

**KALACHAKRA PLAQUE**

One left!  
Lovely handcarved, handpainted wooden Kalachakra symbol.  
12" x 9". \$60



**DHARMA ITEMS**

**STUPAS!**



These two stupas were designed by Andy Weber, a long-time Tibetan Buddhist and artist. They are plated in gold and silver respectively and measure 2" high. They are jewels.

**GOLD STUPA #GOST \$45**  
**SILVER STUPA #SIST \$40**



**STUPA**  
**#STBR \$55**

This Tibetan Buddhist stupa is 7 1/2" high and has a brass gilt covering. It is the stupa most often seen at centers. It is reasonably good looking for \$55 and is suitable for consecration.



**BRONZE STUPA**  
**8 1/2" #BRST \$360**

This enlightenment stupa is made with the same care and quality materials as our statues. It is a heavy bronze with gold plating, inlaid stones and an opening for a small photo of your lama to be displayed.



**PURBAS**

Tantric daggers made of iron used to expel negative forces.

**9" #9PU \$30**  
**5" #5PU \$12**



**On Sale! 25% off**

**CANOPY**

40" square #CA \$120, now \$90

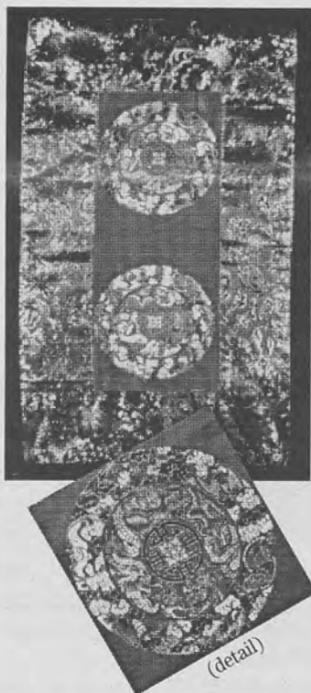
This is a standard brocaded canopy that hangs over the lama's throne.



**TIBETAN-STYLE TILDEN**

**#TITIL \$25**

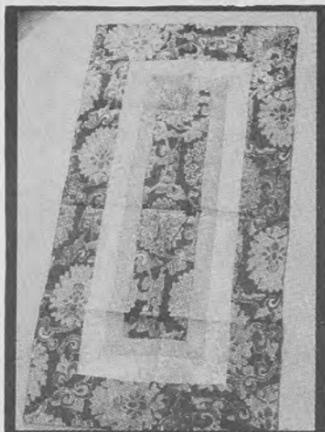
This brocade tilden has pieced triangle design in the middle. The brocade is the kind you find on many thangkas.



**FANCY BROCADE-TILDEN**

**#FABRTI \$25**

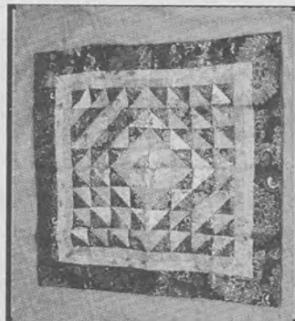
Lovely blue and red silk brocade cover for sadhana table



**LARGE TIBETAN-STYLE TILDEN**

**#LATIL \$40**

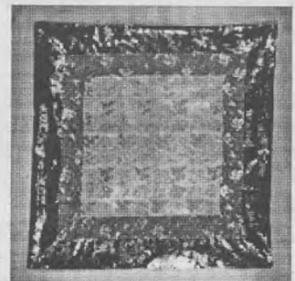
This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".



**LARGE FANCY ALTAR CLOTH**

30 x 30" #ALCL \$45

All brocade piece with triangle pattern in the center.



**LARGE DRAGON ALTAR CLOTH**

30 x 30" #DRALCL \$60

Quality brocade design with dragons.

**On Sale, 25% off**

**CHEPHURS**

This are typically present in Tibetan monasteries hanging in the sides of the room. They are cylindrical and contain the 5 colors in beautifully alternating brocade pieces.



**Large Canopy Chephur**

**#LACACH \$95, now \$71.25.**

5' long and 1' dia. canopies are in the five colors and are made of silk and brocade.



**Small Chephur**

2' long and 6 1/2" in dia. #SMCH \$45, now \$33.75

**TIBETAN JEWELRY**

**BRACELETS**



**OM BRACELET with stones**

**#SAOMBR \$35.**

This features the *OM MANI PADME HUM* in Tibetan letters and has small coral or turquoise stones and filigree silver work.



**YAK BONE BRACELET**

**#YABOB \$10.**

This bracelet features six oval panels with auspicious symbols.

**YAK BONE NECKLACE**

**#YABON \$10.**

This necklace has eight panels and ties with a black cord.

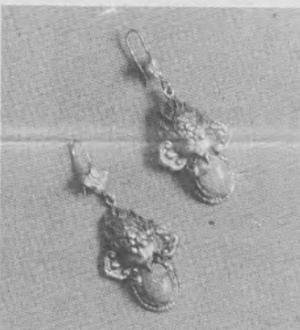
**SILVER EARRINGS!**



**Auspicious Fish Earrings**

**#AUFIEA \$24**

Silver fish with turquoise stones.



**Curved Knife Earrings**

**#CUKNEA \$24**

The knives are 1 1/4" long.

**Garuda Earrings**

**#GAEA \$28**

The garuda protector holds a beautiful disc of turquoise. 1 1/4" long.

**Traditional Lapis Earrings**

**#LAEA \$36**

Contains a circle of lapis pieces and red coral embellishments. 2" long excluding hooks.



**Traditional Turquoise Earrings**

**#TUEA \$36**

Contains a circle of turquoise pieces and red coral embellishments. 2" long excluding hooks.

**Large Chephur**

over 6 feet long. #LACH \$150, now \$112.50

**Phurba Earrings**

**#PUEA \$24**

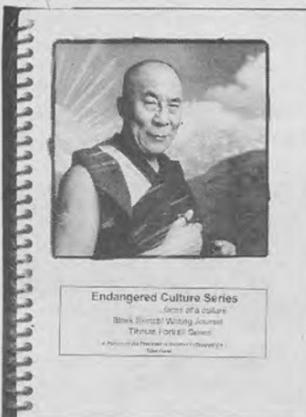
The phurbas are 1 1/2" long.



**Snow Lion Earrings**

**#SNLIEA \$12**

Silver snow lions with semi-precious stone.



**DALAI LAMA JOURNAL**

**#DALAJO \$8.50**

Spiral-bound, measuring 5 x 7", this journal has a striking photo of His Holiness on the cover. A portion of the proceeds is donated to the Tibet Fund.

**CARPETS**

**TIBETAN MEDITATION CARPET (small)**

29" square, #TIMECS \$150

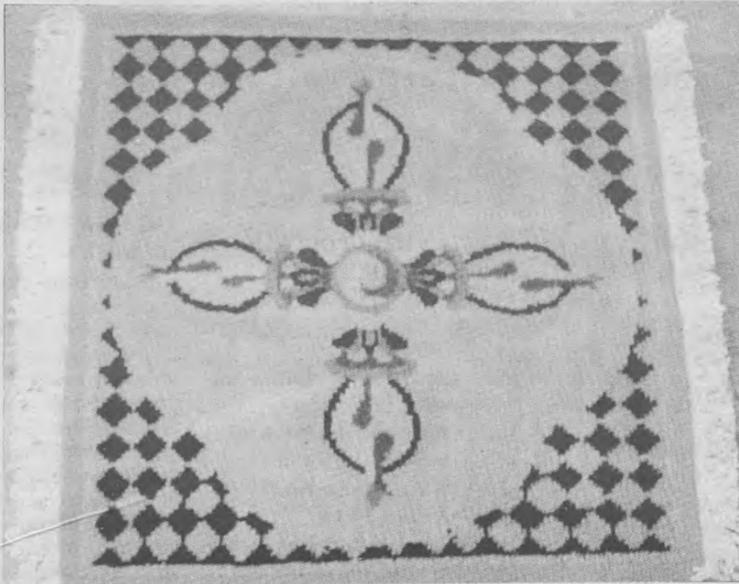
Now we have a second double dorje meditation carpet, as traditional as before but smaller. It is a size typically used by monks. The floor side has been backed with maroon cloth so that the fringe does not show. Also made by Tibetans from wool.



**TIBETAN MEDITATION CARPET (large)**

3 x 3 feet, #TIMECA \$250

We are pleased to offer a custom-designed, traditional Tibetan style meditation carpet. The central image is the double dorje, which is often placed below the meditator on retreat. This carpet will enhance your meditation space with its auspicious design and gold, red, orange and blue colors. The carpet is woven by Tibetans from 100% wool.



**ENDLESS KNOT EARRINGS & PENDANT**

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion—the Buddha Nature in all. Dedicated to a free Tibet and to the Tibet Resettlement Project, Marta Macbeth has designed and produced beautiful sterling silver pendants and earrings featuring the endless knot symbol. A percentage of the sale of Endless Knot purchases go to the Tibetan Resettlement Project in Ithaca.

**Endless Knot Earrings**, all silver, 1 1/4" long, #ENKNEA \$36

**Endless Knot Pendant**, silver w/ cord, 1 3/8" dia., #ENKNPE \$24



**FANCY ETERNAL KNOT EARRINGS**

**Matte Silver Eternal Knot Earrings w/turquoise bead** #MASIEA \$20

**Gold Eternal Knot Earrings w/red glass bead** #GOEA \$20



**TIBETAN MEDICINE BRACELETS**

were \$10, now \$6

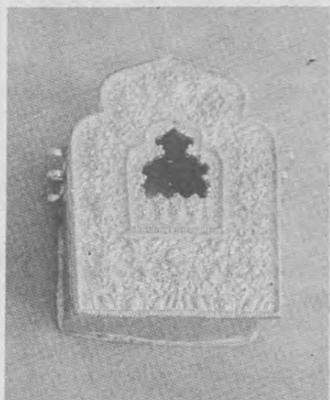
The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

**Woven 3-metal band** #WOTHME \$6  
**3-metal design with beaded edge** #BEEDBR \$6



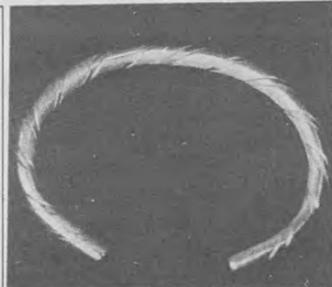
**LARGE FILIGREE GAU**  
#LAFIGA \$60

Exquisite detail with 32 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these from India because of their beauty. Measure 2 x 2".



**LARGE GAU**  
LAGA \$18

Made from copper with brass cover, this 4" gau will hold many precious objects.



**SHERPA'S ROPE, a finely crafted three-metal medicine bracelet**

by Sergio Lub. #SHROBR \$25

This finely crafted silver, copper and brass Tibetan medicine bracelet was hand-crafted by Sergio Lub, a westerner who learned from the Tibetans how to make these bands and has refined the technique to a high degree. They are gorgeous!

**KALACHAKRA WATCH**

#KAWA \$120



*This designer's watch whose creation is inspired by Tibetan sacred art and endorsed by His Holiness the Dalai Lama, is dedicated to the pursuit of enlightenment, world peace and a free Tibet.*

This is a Swiss Quartz watch with Sport-3 hands, water-resistant stainless steel construction with blue leather strap. The dial has a blue background with silver Kalachakra pattern. Produced in a limited edition of 1000. Comes with warranty booklet (warranted for one year by the manufacturer for defects) that also explains the significance of Kalachakra and the prophecy of Shambhala.

**On Sale!**  
**PENDANTS**

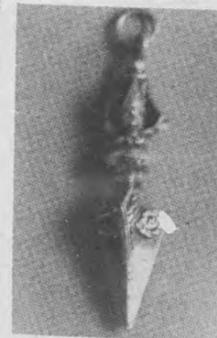
TAKE 25% OFF the price of any of the following fine silver pendants from Nepal. The small ones are 1 1/4" high and are \$12. The large pendants measure 1 3/4" high and are \$30.



**Curved Knife**  
#CRKNPE \$20  
Silver, 1.5" long



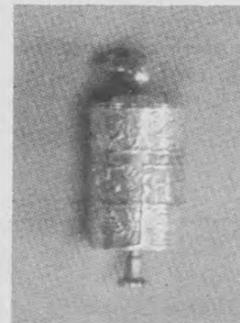
**Tara**  
#SMTASI \$12



**Purba Pendant**  
#PUPE \$14  
Silver purba 1.5" long—looks great!



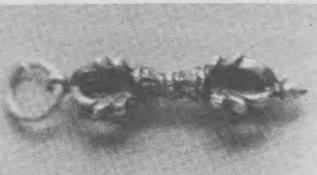
**Chenrezig**  
#SMCHSI \$12



**Prayer Wheel**  
#PRWHPE \$30  
Lovely pendant with gold and silver plating. Has *Om Mani Padme Hum* mantra on it and it spins!



**Buddha**  
#SIBUPE \$15



**Dorje**  
#SIDOPE \$18

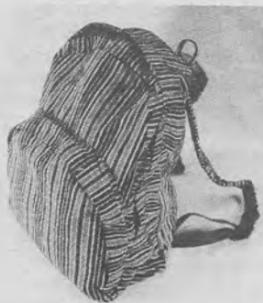


**OM MANI PADME HUM RINGS**

#OMRI \$17  
Women and men's styles; adjustable. (Photo shows design on ring if flattened out.)

**DHARMA ITEMS**

**WEARABLES & OTHER THINGS**



**TIBETAN BACKPACK**  
#BAC \$35

This sturdy, attractive cotton backpack is well-designed and washable. The main compartment measures 16" high, 14" deep and 12" wide and has a double zipper. Another smaller compartment measures 6" deep and has other pockets inside including an 8" one with zipper. Loop at top makes it easy to hang. Cloth design is Tibetan and pack is made by Tibetans in Dharamsala.



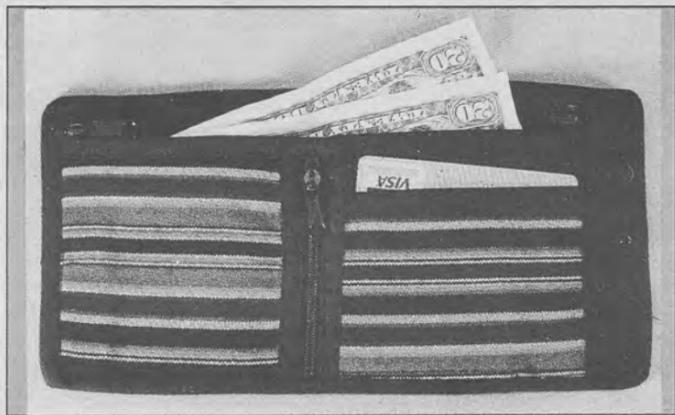
**COTTON CHANGE POUCH**  
#CHPO \$3

Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures approx. 5" wide by 4" high.



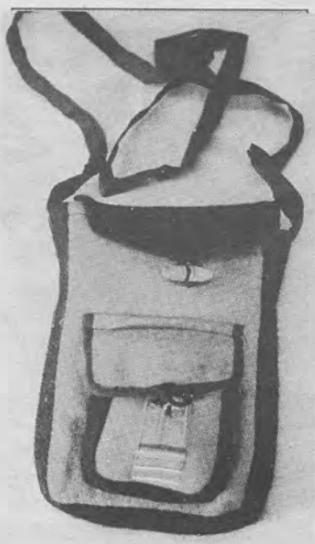
**BROCADE BAG**  
6 x 8" #BRBA \$8

Made by Tibetans, this bag has two zippered and one additional pocket for holding many small items. It comes with a shoulder cord.



**TIBETAN WALLET**  
#TIWA \$8

Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro closure.



**TIBETAN BAG**  
5 X 7 X 1.5" #TIBA \$8.50

Maroon and black with brightly colored trim, this woolen bag has three pouches for holding valuables. Two pouches have wooden buttons.



**TIBETAN SHOULDER BAGS**  
#TISHBA \$16 ea.

Handwoven shoulder bags with black background and bright, multi-colored patterns, one featuring the wheel of dharma and the other has a lively striped geometric design. Both have zippered outside pocket. Specify design choice.



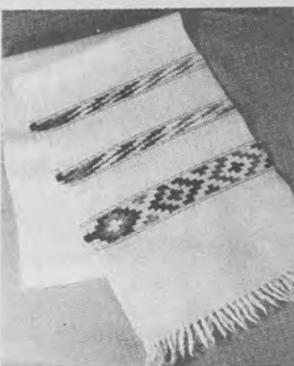
**TIBETAN MONEY POUCH**  
#CHSIPO Checkbook Sized Pouch \$8

This pouch will easily hold money and credit cards.



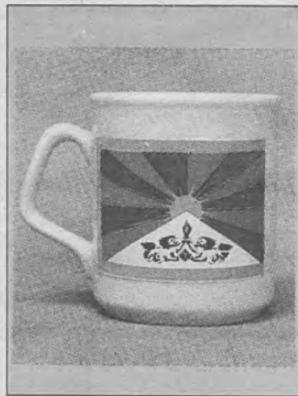
**TIGER SILK SCARF**  
39" Square, #SISCT \$50

Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India.



**TIBETAN WOOL SCARF**  
#WOSC \$20

Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' long and 10" wide.

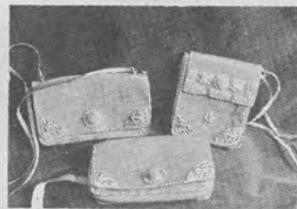


**TIBETAN FLAG MUG**  
#TIFLMU \$12

The Tibetan National Flag on a white mug. Printed in four colors. This mug is made in the USA.

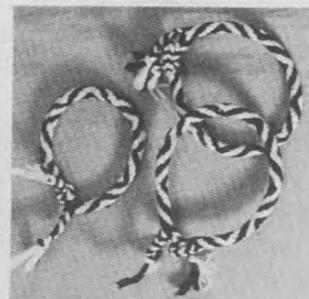
Special price on Flag Mugs: purchase five and receive one free.

*Closeout sale, now \$25 ea.*



**TIBETAN BELT POUCHES AND SHOULDER BAGS**

\$35 ea.  
Made of leather with metal ornaments these pouches and bag are attractive as well as useful. There are three designs:  
#LEPUHB Rectangular Pouch with belt, 4.5 x 8"  
#LEPUHS Rectangular Pouch with shoulder strap, 4.5 x 8"  
#LEPUV Square Pouch with shoulder strap or belt attachment, 4.5 x 6"



**TIBETAN FREEDOM BANDS**  
#BLWHFR \$4

In Tibet where there is no freedom of expression, where the singing of the national anthem is prohibited and the national flag is banned, the means of communicating resistance and solidarity must go underground. The Rangzen band, now worn by thousands in Tibet and in the Tibetan community-in-exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. They are black & white and are worn like friendship bands.

**T-SHIRTS!** All shirts are high quality cotton.



**TIBETAN FLAG SHIRT**  
#TIFLTL (large), #TIFLTX (x-tra large) \$15

The Tibetan Flag is on yellow and says "freedom" in Tibetan script.

**OM MANI PADME HUM SHIRT**  
#OMTL (large), #OMTX (x-tra large) \$15

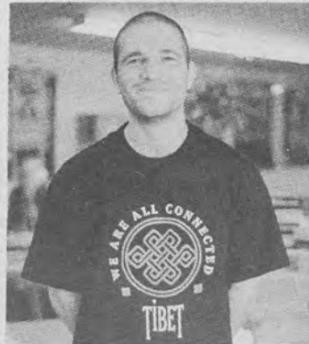
This has a gold mantra circle on navy blue.

**DOUBLE DORJE SHIRT**  
#DODOTL (large), #DODOTX (x-tra large) \$15  
Gold double dorje on red.



**SNOW LION T-SHIRT**  
#SLTSL (large), #SLTSX (extra large) \$15

Beautiful embroidered t-shirt with orange, yellow, red, and green snow lion and letters.



**ETERNAL KNOT T-SHIRT**  
white large #WHKNSL & extra-large #WHKNSX; black large #BLKNSL & extra-large #BLKNSX \$15

"We are all connected" is the message of this great-looking shirt. It comes in black with red and white designs, or white with black and red designs.



**NAMGYAL T-SHIRT**  
#NATL (large), #NATX (x-tra large) \$18

Golden mandala on black. The Dalai Lama's Ithaca branch of Namgyal Monastery is benefiting from the sale.

## DHARMA ITEMS

### BUMPER STICKERS!

#### BOYCOTT CHINESE GOODS

"BOYCOTT CHINESE GOODS"

#BOCHGO \$1.50

Yellow letter on strong red background. Show your support for human rights and Tibet and encourage others to do the same.

#### COMMIT RANDOM ACTS OF KINDNESS

"COMMIT RANDOM ACTS OF KINDNESS"

#CORAAAC \$1.50

Red letters on yellow background.

#### I ♥ TIBET

"I (HEART) TIBET"

#HEBUST \$1.50

Blue letters, red heart and yellow background.

#### FREE TIBET!

"FREE TIBET"

#FRTIBU \$1.50

Help keep Tibet in the public awareness by displaying this "Free Tibet" sticker on your bumper or any prominent place. One size fits all!

#### TIBET FOREVER

ENDLESSLY CONNECTED

"TIBET FOREVER" BUMPER STICKER

#TIFOBU \$1.50

With endless knot design.



"FREE TIBET" Buttons

2 1/2" Diameter. \$1

Yellow letters on red.

Call us for information on wholesale pricing & quantities.



TIBETAN STAMPS

#TIST \$5

60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.

### STATUES

We have some fine statues made by a top craftsman recently arrived from India.

Call/fax/e-mail/write for photos. You always have 100% right of approval upon receipt of statues & thangkas!

#### BUDDHA SHAKYAMUNI

#201 \$295 8"

#202 \$395 12"

#### CHENREZIG

#203 \$295 8"

#### GREEN TARA

#205 \$295 8"

#206 \$295 8"

#207 \$295 8"

#12 \$425 13"

#### KARMAPA

#58 \$325 8" 16th Karmapa

#### MEDICINE BUDDHA

(#301, 303 in the style of the Dalai Lama's personal collection, see "Mystical Arts of Tibet")

#301 \$295 8"

#303 \$295 8"

#305 \$120 4"

#### MIPHAM

(One of the great Nyingma teachers, 1848-1912, in the lineage of Longchen Rapjampa)

#72 \$295 8" bronze

#### PADMASAMBHAVA

#105 \$325 9"

#### STUPA OF ENLIGHTENMENT

#100 \$360 9"

#### VAJRADHARA

#215 \$295 8"

#### VAJRAPANI

#209 \$295 7"

#### VAJRASATTVA

#211 \$295 8"

#### WHITE TARA

#11A \$425 12"



KARMAPA

#58 \$325 8" 16th Karmapa



MIPHAM

#72 \$295 8" bronze



CHENREZIG

#203 \$295 8"



WHITE TARA

#11A \$425 12"



MEDICINE BUDDHA

#303 \$295 8"

### THANGKAS

Here is a list of quality thangkas. In addition, we are expecting two dozen thangkas by one of the finest Tibetan artists to arrive by the end of April.

#### Size Codes:

M (image 14x20, overall 25x36) approx.

L (image 17x22, overall 30x46) approx.

XL (image 24x36, overall 34x60) approx.

#### Special Codes:

B = special brocade, also longer by 6"-12"

XB = extra special brocade, also longer by 6"-12"

K = has bottom rod with metal knobs



MANJUSRI

#117-\$545M



WHITE TARA

#44-\$495M B

#### BUDDHA SHAKYAMUNI

#3-\$325M with two arhats

#35-\$495M B

#36-\$495M B

#### CHAKRASAMVARA

#91-\$395M

#116-\$495M

#### DUDJOM LINEAGE

#66-\$350 M

#79-\$350 M

#### GREEN TARA

#14-\$320M

#30-\$495M five additional figures

#76-\$495M B

#### GUHYASAMAJA

#114-\$850XL B consecrated

#### KARMAPA

#53-\$325M 16th Karmapa

#### MANJUSRI

#117-\$545M

#### MEDICINE BUDDHA

#70-\$600XL K with 46 additional figures

#118-\$700XL

#502-\$435M

#503-\$395M

#### PADMASAMBHAVA (Guru Rinpoche)

#46-\$495M XB, K standing

#55-\$360M standing

#### PALDEN LHAMO (Protector deity of Tibet)

#27-\$325M

#### PEHAR (The Nechung Deity, see the video "Lord of the Dance")

#58-\$325M

#### TSONGKAPA

#48-\$495M

#### VAJRADHARA

#93-\$495M

#### VAJRASATTVA

#31-\$495M with consort

#### VAJRAYOGINI

#501-\$395M

#### WHITE TARA

#10-\$495M B

#44-\$495M B



CHAKRASAMVARA

#116-\$495M



MEDICINE BUDDHA

#502-\$435M

### CONSECRATION OF STATUES AND THANGKAS!

When you purchase a statue or thangka from Snow Lion, you also have the option to have it consecrated. Snow Lion has made an arrangement with Namgyal Monastery to have this special empowering ceremony performed for the pieces you purchase from us. In addition to the cost of materials, it requires several monks working for an entire day to consecrate a statue or a thangka. Although Namgyal does not have a set donation fee for consecration, Snow Lion recommends a minimum donation to the Monastery of \$100 for statues and \$50 for thangkas. This is tax-deductible and check should be made out to Namgyal Monastery (if ordering by phone, mail check directly to the monastery at PO Box 127, Ithaca, NY 14851). We will deliver your statue or thangka to them and send it to you after it is consecrated as part of the service we provide.



#### DOOR MANTRA

#HECEDO \$2.50

This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

**OTHER DHARMA ITEMS AVAILABLE ON REQUEST**

ART PRINTS

These are gold on black and red on gold thangka images by the artist Robert Beer. The colors are very striking and the images well-drawn. There are six different categories of size and color (all illustrations are details):

- 1. GOLD ON BLACK, 12 x 15" \$8 ea. Guhyasamaja #BEGUPO Vajrapani #BEVAPO Six-Armed Mahakala #BESLAR Vajrakila #BEVASI
- 2. GOLD ON BLACK, 18 x 23" \$14 ea. Kalachakra #BEKAPO
- 3. RED ON GOLD, 9 x 11" \$5 ea.



Milarepa #BEMIPO



Yeshe Tsogyal #BEYEP

- 4. RED ON GOLD, 12 x 15" \$8 ea. Green Tara #BEGTPR



Nagarjuna #BENAPO Padmasambhava #BEPAPO



White Tara #BEWHTA

- 5. GOLD ON RED, 12 x 16" \$8 ea.



Sakyamuni Buddha #BESBPR  
6. GREEN ON GOLD, 19 x 23" \$14 ea. Large Green Tara #BELAGR

DEITY POSTERS FROM ROBERT BEER!

- 11 3/4 x 16" \$7.50 ea. BDP1 Four-Armed Avalokiteshvara BDP2 1000-Armed Avalokiteshvara BDP3 Green Tara BDP4 White Tara

THE DALAI LAMA

8 1/4 x 11 3/4" #DALAPO \$4.50  
A poster image of His Holiness—a beautiful close-up of his face and shoulders.

TIBETAN DEITY ART POSTERS

by Marianna Rydvald \$40  
These outstanding images by Marianna are simply gorgeous. We were pleased that she chose to make art posters of two of the best (our opinion)—Four-Armed Chenrezig and White Tara. The faces in particular communicate profound love and compassion. Measuring 23" wide by 31" high, this is a limited edition. Her work includes large indoor and outdoor murals—she painted the life of the Buddha in eight scenes in Bero Khyentse's monastery in Kathmandu. Marianna lives in Maui and her work is in galleries there.

FOUR-ARM CHENREZIG #FOARCH \$40

WHITE TARA WHTAPO \$40

The following two Snow Lion Posters are high-quality, full-color reproductions which measure 20 x 25 1/2" (including border):

POTALA PALACE #POPAPO \$9

One of the most outstanding pictures of the Potala Palace we've seen!

CHENREZIG SAND MANDALA POSTERS

Wheel of Compassion Sand Mandala Poster

24 x 30", #WHCOPO \$15  
This is a full-color reproduction of the Chenrezig Sand Mandala. On a blue background.

Wheel of Compassion (Explained) Sand Mandala Poster

24 x 30", #WHCOEX \$15  
This is a two-tone image of the Chenrezig sand mandala with names and descriptions of the many parts of the mandala.

LHASA MANDALA

by Peter Gold, J. Jigme, T.G. Gangzey. 20 x 17", #LHMA \$5  
This mandala of the region around Lhasa shows major Tibetan sacred sites, monasteries, nunneries, temples, hermitages and holy peaks.

MEDICINE BUDDHA

Painted by Robert Beer. #MEBUBE \$6  
11 x 16" image of this deity—simple and penetrating.

THE MEDICINE BUDDHA

Painted by Peter Iseli. #MEBUPO \$5  
From the cover of *The Healing Buddha* by Lama Thubten Zopa Rinpoche.

JOWO SHAKYAMUNI BUDDHA STATUE

#SHBUST \$9  
Stunning view of this sacred statue located in the Jokhang Temple in Lhasa. It is the focal point of Tibetan prayers and pilgrimages.

DALAI LAMA POSTERS

- 16 1/2 x 23 1/2", \$12.95 ea. DALAI LAMA, VISUALIZE WORLD PEACE #VIWOPE DALAI LAMA OF TIBET IN ZANSKAR #ZOPE

NYUNG NA LINEAGE LAMAS

Painted by Peter Iseli. #NYNAPO \$5  
1000 arm Avalokiteshvara and many other protectors and lineage lamas.

KALACHAKRA DEITY POSTER

11 x 17 1/2" #SMKADE \$6  
This poster is of the great thangka that also appears on the cover of *Kalachakra Tantra: Rite of Initiation*. It comes to us from India and the edges are a little wrinkled. Because we think you'll enjoy it, we are selling it at a reduced price. At the bottom of the poster are the mantras associated with the deity, written in Tibetan.

KALACHAKRA DEITY POSTER

19 x 27" #GAKADE \$9  
This is the finest quality poster of Kalachakra and Consort that we've seen. At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector deities.

KALACHAKRA SAND MANDALA POSTER

24 x 24" #KASAP \$16  
The large full color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

VAJRADHARA POSTER

24 x 36" #VAPO \$15  
It is truly a beautiful poster, with fine gold ink.

CARDS

SNOW LION TIBET CARDS



CUCA17

IMAGES OF TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodhi Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself. Cards measure 4-1/4" x 6" and are only .75 each.

Special—Choose any 25 Snow Lion IMAGES OF TIBETAN CULTURE and pay only \$10!

- CUCA1 Statue
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- CUCA9 Long-life Offering
- CUCA11 Tibetan Pilgrim
- CUCA12 Masked Dancer

- CUCA13 Tibetan Man & Child
- CUCA14 Tibetan Monk in Prayer
- CUCA16 Potala Palace
- CUCA17 Young Tibetan Monk
- CUCA18 Potala from Back Side
- CUCA19 White Masked Dancer
- CUCA21 Red-Masked Dancer
- CUCA23 Tibetan Horseman
- CUCA24 Elderly Man with Prayer Wheel
- CUCA25 Bashful Khampa Girl
- CUCA26 Tibetan Thangka Painter
- CUCA27 Tibetan Mask
- CUCA29 Tibetan Ngakpa
- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA32 Woman with Prayer Wheels
- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA36 Jo Rinpoche Statue
- CUCA37 Young Monk on Roof
- CUCA39 Potala Rooftop
- CUCA40 Tashilunpo Monastery
- CUCA41 Rebuilding of Ganden
- CUCA42 Monks of Nechung
- CUCA43 Dharmachakra
- CUCA44 Mandala Offering
- CUCA46 Chorten of Gyantse
- CUCA47 Sakya Monastery
- CUCA48 Milarepa's Cave
- CUCA49 Drepung Monastery
- CUCA50 Kumbum Monastery
- CUCA51 Sera Monastery
- CUCA53 Maitreya Statue
- CUCA54 Woman with Headdress
- CUCA55 Lamayuru Monastery
- CUCA56 Woman Chanting
- CUCA59 Horseman
- CUCA61 Nomadic Tent
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof
- CUCA69 Golden Buddha

HELP SUPPORT THE TIBETAN REFUGEES: To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of the price of every Tibet Card that you purchase to the Tibet Fund to help support the Tibetan refugees.



FATI53

IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now opening to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

Fifteen very high-quality black and white postcard images—5 revealing the Tibetan character and 10 of the best pictures from the Newark Museum's collection of rare photographs of old Tibet—are available in this series of cards. Cards measure 4-1/4" x 6" and are on sale for only .75 cents each.

SPECIAL SALE \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!

IMAGES OF LOST TIBET

- IMT11 Tibetan from Chamdo
- IMT12 Monks Sounding Trumpets
- IMT13 Tibetan Nomad Tent
- IMT14 Norbu Linga & 13th Dalai Lama
- IMT15 Officials During Losar
- IMT17 Potala During Losar
- IMT18 Tantric Meditator
- IMT19 Tibetan Men & Horses
- IMT111 Wife of Tibetan Governor

FACES OF TIBET

- FATI51 Nomad Yogi
- FATI52 Yogi of Milarepa Tradition
- FATI53 Woman with Prayer Beads
- FATI54 Young Tibetan Girl
- FATI55 Yeshi Dorje, Weather Controller

GYUTO HIGHEST YOGA TANTRA DEITY CARDS

- \$1.25 ea. These deities, mandalas and protectors are produced in India and came from the Gyuto Tantric Monastery.
- GY1 Chakrasamvara
- GY2 Chakrasamvara Mandala

- GY3 Sambhogakaya Buddha
- GY4 Guhyasamaja
- GY5 Guhyasamaja Mandala
- GY6 Six-Armed Mahakala
- GY7 Yamantaka (Vajrabhairava)
- GY8 Yamantaka Mandala
- GY9 Kalarupa

DZOGCHEN LINEAGE NOTECARDS

eight notecards with envelopes, #DZNO \$15.95

These notecards were produced by The Shang-Shung Institute in Italy. They are reproductions of sacred images that were painted in Namkhai Norbu's Merigar Gonpa in Tuscany. The artists are Dugu Choegyal Rinpoche and Tsering Wangchuk from Tashi Jong.

Kun-tu-bzang-po (Samantabhadra): the Primordial Buddha representing Dharmakaya.

Tonpa Khyeu Wod Mitrugpa: the second of the twelve Primordial Dzogchen Lineage Masters

Tonpa Pel Jigpa Kyopei Yid: the third Master of twelve.

Mandarava: the Nirmanakaya emanation of the Jnana Dakini & consort of Padmasambhava.

Jomo Menmo: Vajravahini gave her a teaching; later she disappeared into the sky.

Khandroma Kunga Bumpa: 14th century tertion who realized the body of light.

Dung-mtsho-ras-pa Phyi-ma: tertion of objects hidden by Gampopa.

Mug nag rGyal mo (the Maroon Queen): form of Ekajati.

**YIDAMS OF MERIGAR GOMPA**

ten cards, 5 x 7" in holder  
#YIMEGO \$20

These ten images are painted on the supporting beams of Chogyal Namkhai Norbu's Merigar Gompa. Vajrapani, Guru Tragpo, Guhyajnana, Vajrakilaya, Korwa Tongtrug, Green Tara, Ozer Chenma, Nondzog Gyalpo Yab-Yum, Amitayus Yab-Yum, and Simhamukha.

**TRANSFORMATIVE ART NOTECARD SET**

12 cards w/envelopes, #TRARNO \$24

These thangkas, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see. They are full of myth, fun and spirituality. Two of the images are life of the Buddha murals that she painted in Bero Khyentse's monastery in Kathmandu. Some are huge murals that were painted on the sides of buildings. There are also images of Green Tara, White Tara, Chenrezig and the Medicine Buddha. The cards are 5-color with gold border.

**TUSHITA POSTCARDS**

\$1 ea.  
TU30 Dalai Lama, Ling Rinpoche, Trijang Rinpoche  
TU39 Dalai Lama: reading the news  
TU40 Dalai Lama: blessing the land  
TU41 Dalai Lama & H.H. XVI Karmapa  
TU42 Tanks in Lhasa  
TU43 Dalai Lama on Yak  
TU64 H.H. Sakya Trizin

**NEW DEITY CARDS FROM ROBERT BEER!**

4 x 6" \$1 ea.  
BDC1 White Syllable AH  
BDC2 Shakyamuni Buddha  
BDC3 Manjushri  
BDC4 Four-Armed Avalokiteshvara  
BDC5 1000-Armed Avalokiteshvara  
BDC6 Standing Avalokiteshvara  
BDC7 Green Tara  
BDC8 White Tara  
BDC9 Face of White Tara  
BDC10 Vajrasattva  
BDC11 Padmasambhava  
BDC12 Vajra Varahi  
BDC13 Simhamukha  
BDC14 6-Arm Mahakala  
BDC15 Rahula  
BDC16 Vajrakila

**ROBERT BEER POSTCARDS**

\$1 ea.  
Robert is one of the very best Tibetan style painters. You'll like these images:

#BEMEBU Medicine Buddha  
#BENGCA Nagarjuna  
#BENACA Naropa  
#BESHCA Shantideva  
#BETICA Tilopa  
#BEFAVA Face of Vajrasattva

**MANTRA CARDS**

\$1 ea.  
Andy Weber has created these cards to aid in mantra visualization.

#BEAVMA Avalokitesvara



#WEAMMA Amitayus  
#BEGRTA Green Tara  
#BEMAMA Manjushri  
#BEMBMA Medicine Buddha  
#BESHMA Shakyamuni

**NEW CARDS FROM ANDY WEBER!**

4 X 6" \$1 ea.  
WDC1 Long Life Thangka



WDC2 Four Friends  
WDC3 Eyes of the Stupa  
WDC4 Eight Auspicious Symbols  
WDC5 Om Mani Padme Hung  
WDC6 Hri  
WDC7 Om Ah Hung  
WDC8 Double Dorje

**REHO CARDS**

\$1 ea.  
Excellent images from thangkas, Dalai Lama, India and photos from Tibet!  
#REHCA H.H. the Dalai Lama  
#REGECA Gelugpa Assembly Tree  
#REWHCA Wheel of Life  
#RELOCA Lotus Pool-Bodh Gaya  
#REROCA Rock Paintings-Lhasa  
#REPACA Padmasambhava-in Jokhang  
#REMACA Maitreya-in Potala  
#REPOCA Potala Palace

**ROBERT BEER GREETING CARDS**

\$1.25 ea. with envelope.  
Fine line drawings of deities and lineage gurus:  
#BEGADO Garab Dorje  
#BEMANO Marpa  
#BEMINO Milarepa  
#BEPANO Padmasambhava  
#BESHBU Shakyamuni Buddha  
#BESAGR Samantabhadra  
#BESHGR Shantideva  
#BETSKH Tsongkhapa  
#BEVANO Vajradhara  
#BEYETS Yeshe Tsogyal

**THE BUDDHA**

5 x 6 1/2" #BUC \$2  
This is a radiant image of the Buddha from the cover of *Calming the Mind*.

**THE BUDDHA**

4 x 6" #SMBUC \$2  
This a strikingly simple image from the cover of *Four Noble Truths*.

**MACHIG LABDRON**

5 x 7" #MALAC \$2  
From the cover of the book, this is one of the best images we've seen of this deity.

**MEDICINE BUDDHA**

Painted by Peter Iseli #WIMEBU \$1

**PAINTINGS OF DAWA DHONDUP NGOCHETSANG**

6 x 8.5", color, \$3 ea.  
BUDDHA SHAKYAMUNI, #DDC1  
GREEN TARA with Manjushri, Chenrezig, Vajrapani, #DDC2  
MACHIG LABDRON, #DDC3

**THE TIBETAN PAINTINGS OF NICOLAS ROERICH**

12 postcards, #TIPANI \$9.95  
We have selected 12 of the best images painted by Nicolas Roerich of Tibetan landscapes and monasteries. The colors are strong, striking and otherworldly—he really captured the grandeur of Himalayan spirituality.

**GARUDA POSTCARDS**

\$1 ea.  
Traditional thangka images.  
GAC1 Gelugpa Guru Tree  
GAC2 Amitabha in Dewachen  
GAC5 Buddha with Discip.  
GAC6 Tsong-ka-pa on Lion  
GAC7 Avalokitesvara  
GAC8 Vajrayogini  
GAC9 Machig Labdron  
GAC11 35 Buddhas  
GAC12 Padmasambhava  
GAC13 White Tara  
GAC14 Cakrasamvara  
GAC111 Jambhala  
GAC113 Vairocana  
GAC114 Sinhavaktra  
GAC115 White Mahakala  
GAC116 Vajrapani  
GAC118 Peaceful Bardo Deities  
GAC119 Wrathful Bardo Deities  
GAC124 Yamantaka  
GAC126 Ushnishavinijaya  
GAC127 White Tara Mandala  
GAC128 Depiction of Universe  
GAC130 Vajrasattva w/Consort



GAC132 1st Karmapa  
GAC136 Manjushri  
GAC139 Vajrayogini  
GAC142 Green Tara & 21 Taras  
GAC148 Mandala with Simhanada-Avalokitesvara  
GAC149 Sitatapatra  
GAC150 Amitayus  
GAC151 Domtonpa

**THE DALAI LAMA**

**H.H. THE FOURTEENTH DALAI LAMA PORTRAITS**

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.

**#PACO H.H. the Dalai Lama**

Photo, 5 1/2 x 7" \$2  
This is the cover photo on the book *Path to Enlightenment* by the Dalai Lama. It is one of the best photos that we have seen!

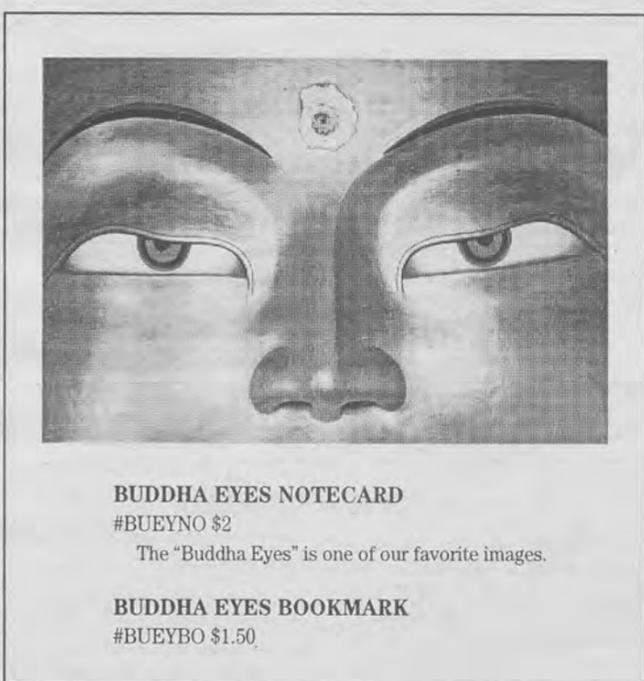
#DALAPP The Dalai Lama pocket puja with long-life prayer in Tibetan and English on the reverse side. Laminated, 2 1/2 x 3 1/2" \$2.50

**#DALMAR The Dalai Lama in Arizona**

8 x 10" \$15  
This is a lovely closeup photo of His Holiness standing next to saguaro cactus in Arizona at a recent public teaching.



#REHCA H.H. the Dalai Lama, postcard-size image, close-up of his face. \$1



**BUDDHA EYES NOTECARD**

#BUEYNO \$2  
The "Buddha Eyes" is one of our favorite images.

**BUDDHA EYES BOOKMARK**

#BUEYBO \$1.50

**PHOTOS OF H.H. the XVIIth KARMAPA**

\$15 ea.  
Ward Holmes of Tsurphu Foundation is offering through us a number of photos of the new incarnation of H.H. the Karmapa. These photos are made from a CD and measure approx. 8 x 10". A portion of the proceeds from the sale of these photos goes to benefit Tsurphu Monastery in Tibet.

#HHKA14 Wearing Circular Hat  
#HHKA17 Wearing Black Hat  
#HHKA21 With Tai Situ  
#HHKA49 Wearing Red Hat  
#HHKA59 Wearing Gampopa Hat  
#HHKA60 With Younger Brother

**H.H. DILGO KHYENTSE RINPOCHE**

Photo, 5 1/2 x 5 1/2" #HHDI \$2  
This is an impressive photo of His Holiness from the cover of *Enlightened Courage*.

**KALACHAKRA SAND MANDALA POSTCARD**

#KASAC \$1  
Full-color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

**SAND MANDALA NOTECARDS**

**Wheel of Compassion Sand Mandala, #WHCOSA \$1.50**

This is the sand mandala of Chenrezig made by the monks of Namgyal Monastery at the Watts Towers Arts Center in Los Angeles.



**Wheel of Time Sand Mandala, #WHTICA \$1.50**

This is the sand mandala of Kalachakra made in the American Museum of Natural History in NYC by Namgyal monks.



**TWENTY-ONE TARAS CARD**

#WETWTA \$1  
This is the well-known image of the 21 Taras painted by Andy Weber.

