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NEWSLETTER & CATALOG



DISCOVERING THE SACRED

*Healing with Form, Energy and Light:
The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen*

AN INTERVIEW WITH TENZIN WANGYAL RINPOCHE

BY POLLY TURNER

Many teachings in the Yungdrung Bön tradition today are very similar to those found in other major Tibetan spiritual traditions—everything from elaborate visualizations of tantric deities to the simplicity and immediacy of the dzogchen meditations. Contributing to the richness and depth of the Bön heritage are its shamanistic practices, such as healing and soul retrieval, which carry with them a deep respect for nature and the spirits that abide there, and which continue to play an important role in Tibetan culture.

According to prominent Bön master Tenzin Wangyal Rinpoche, Bön tantra, dzogchen and shamanism today offer widely divergent approaches, yet they can be mutually supportive. All of them share at least one common essence: the integral view of the sacredness of the five elements of earth, water, fire, air and space.

Tenzin Rinpoche is author of *Wonders of the Natural Mind*, *The Tibetan Yogas of Dream and Sleep* and the new *Healing With Form*,

Energy and Light: The Five Elements in Tibetan Shamanism, Tantra and Dzogchen, published by Snow Lion Publications. Rinpoche has been instrumental in introducing Bön teachings and traditions throughout the Western world since 1988. The center of his worldwide efforts is the organization he founded in 1992, Ligmincha Institute, in Charlottesville, Virginia. Ligmincha's affiliated centers and practice groups are now located throughout the United States, Russia, Mexico, and Eastern and Western Europe.

Here, in an interview conducted by Polly Turner, editor of *Sangha Journal*, Rinpoche speaks on his latest book and the relevance of the five elements to a person's spiritual development.

Why have you chosen to write a book on the five elements?

The purpose of the book is to show how the sacredness of the elements can be discovered in every dimension of experience. One can experience the sacred in oneself in relation to these elements through connecting, or experiencing, or being. The shamans connect with nature. The tantric practitioner experiences energy, and the dzogchen practitioner



experiences a quality of abiding in the five pure lights and five pure presences.

How would you define sacred in this context?

Sacred means any situation where you encounter something that makes the experience of your self deepest and closest. For example, when shamans see a mountain, their experience of themselves fully manifests in relation to the mountain and the earth element, and this evokes devotion. The earth is where things grow, where beings live. The raw force of this earth is not only seen in the spirit of the earth mother, it is also respected as a higher entity and source of healing.

For shamans the earth is sacred earth, water is sacred water, fire is

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The "Vast Dharma of Open Space" Comes to Texas

BY ANDREW SMALL

Kyabje Pema Norbu (Penor) Rinpoche, one of the strongest beacons of the dharma alive in our world today, will bestow the Nam Chö transmissions and empowerments in Austin, Texas. The Nam Chö treasures are specifically linked to the Nyingma school's Palyul lineage (of which His Holiness Penor Rinpoche is the current throne holder), and are considered the heart transmission of that lineage.

At the request of the Venerable Gyaltrul Rinpoche, H.H. Penor Rinpoche agreed to give this cycle of initiations. The Nam Chö treasures were revealed to the 17th century tertön Migyur Dorje, and transcribed by his root teacher, the treasure owner, mahasiddha Karma Chagme Rinpoche (the great Kagyu master). They have been passed down in an unbroken lineage to the current H.H. Penor Rinpoche.

Nam Chö means "sky" or "space dharma." It encompasses virtually every wisdom sambhogakaya deity imaginable, while the main deities are Avalokiteshvara, Amitabha and Vajrasattva. A vast cycle, it comprises 13 volumes in the original Tibetan. Each transmission is concise and pithy, truly applicable to the present time. Tertön Migyur Dorje revealed these treasures when he was a mere thirteen years of age so this may be



one reason why the material is so fresh and easy to understand. Unique among all teachings in general, and among the Nyingma sect in particular, the Nam Chö merges all three lineages of *kama* (the oral tradition), *terma* (revealed teachings) and *dag nang* (pure vision). The cycle includes literally thousands of deities, sadhanas, and practices that correspond to the Great Perfection Ati Yoga. While conferring the abhisheka, Kyabje Penor Rinpoche will include perhaps as many as twenty deities in the course of a single day. Moreover, the Nam Chö is well known, among other things, for its transmission of *phowa* (transference of consciousness at the time of death). Nam Chö phowa is famous for swift results, so H.H. Penor Rinpoche continues to confer it upon hundreds and even thousands at a time on a regular basis.

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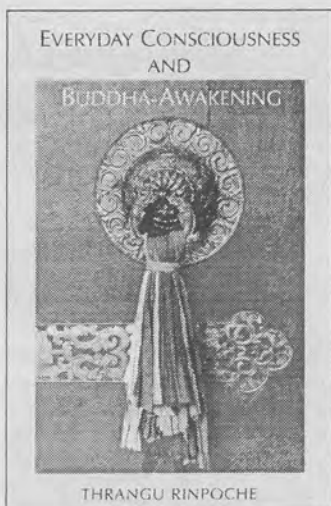
Above photo: Tenzin Wangyal Rinpoche (Photo by Jane Guldener)

Above: The Third Drubwang Pedma Norbu Rinpoche (Photo by Mannie Garcia)

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Everyday Consciousness and Buddha-Awakening



by Khenchen Thrangü Rinpoche
translated and edited by Susanne Schefczyk
112 pp., 5 1/2 x 8 1/2", glossary
#EVCO \$14.95

This introduction to Buddhist psychology supplies essential instructions for successful meditation practice. Rinpoche presents meditation practices that can powerfully influence and ultimately transform the mind into the purified mind of a Buddha. Rinpoche clearly describes how consciousnesses operate in everyday perception and how at the time of Buddhahood, these same consciousnesses express the five primordial wisdoms of the five Buddha families.

"Khenchen Thrangü Rinpoche is among the wisest and most compassionate Buddhist masters alive today. I have no doubt that this book will be a great inspiration and support for all serious Dharma students who read it and put it into practice."—Pema Chödrön, author of *Places that Scare You* and *When Things Fall Apart*

"Khenchen Thrangü Rinpoche, pre-eminent Tibetan master, has presented an accessible and precise

introduction to the inherently awakened mind at the heart of confusion and suffering. While this text is invaluable for the scholar, it is even more crucial for the Vajrayana practitioner.—Judith Simmer-Brown, Ph.D., author of *Dakini's Warm Breath*

"With characteristic cogency, clarity, and precision, Thrangü Rinpoche lays out the Buddhist description of mind, in both its conventional and tantric dimensions. Then he invites us further in, showing how these teachings give voice to the subtlety of meditation experience and can lead us to the profundity of the awakened state itself."—Reginald A. Ray, Naropa University, author of *Indestructible Truth* and *Secret of the Vajra World*

Khenchen Thrangü Rinpoche is an eminent teacher of the Kagyu Lineage of Tibetan Buddhism. He is currently tutor to H.H. the 17th

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DISCOVERING THE SACRED

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sacred fire, air is sacred air, space is sacred space. Modern society has almost entirely lost this meaning in nature. Land is seen only as a place to buy and to build. When you are in the streets of New York City, nearly every single inch is solid cement and pavement—there's almost no connection with nature there.

The shaman relates with the elements of nature in a gross, dualistic, very spirit-oriented way, but still in a way that is amazing and powerful.

In tantra, through the visualization of syllables and symbols, channels and chakras, the same five elements are experienced in the human body in the form of divine energy. Every part of our body is seen as a palace of the divine. When you see that way, feel that way, relate that way, you have that sacred dimension of experience.

It's the same thing in dzogchen, but on the level of the mind. In dzogchen, the practitioner works with all the elements as light. In their subtlest quality, the elements at this level are five sacred aspects of the luminosity that, inseparably united with emptiness, is the basis of everything. In dzogchen the elements also are associated with the five wisdom qualities, or pure presences. For example, the water element is associated with blue light and with mirror-like wisdom. The space element is associated with white light and with the wisdom of emptiness.

Is it important for a practitioner to personally experience the elements as being balanced?

There is nothing to experience in any dimension that is not composed wholly of the interactions of the five elements. Different elements are associated with different emotions, temperaments, colors, illnesses, thinking styles, and so on.

One might say that if the elements are balanced externally, then one will be physically healthy. From a tantric perspective, when elements are balanced, maybe internally one feels joy, one feels love, one feels compassion, one feels balance or equilibrium. One experiences all of these more spontaneously. In dzogchen when one has balance in the elements, one spontaneously experiences different quality of space and light. Grounding, flexibility, openness, creativity—all of these qualities are experienced as subtle aspects of the primordial energy of existence.

Generally, shamans will not have understanding of the view of tantra or dzogchen. And, a dzogchen or tantric practitioner will not necessarily go into the sweat lodge and invoke the fire god, for example. But in both dzogchen and tantra, there definitely is a need of the inner heat to develop the awakening experiences of clarity, and a need to experience the inner bliss through fire.

One connects in a raw level, one connects on a more energetic level, one connects on a more pure level of mind and light.

How can someone know if they have too much or not enough of any one element?

On the level of the raw elements, imbalance can manifest clearly in the physical dimension. Some people with too much earth element might be fat, for example. On an energetic level they may feel lazy, dull or depressed. Psychologically or internally, people might have so much earth they will forget things, be very slow, or have very little progression in their personal or spiritual development.

The imbalance of the elements from the dzogchen perspective is more on the very subtle level of the individual. Maybe somebody will have lack of stability in meditation, lack of awareness of their connection to the base, lack of concentration, lack of understanding of sunyata. Maybe a person is very unbalanced in a sense of the elements in dzogchen, but he or



Tenzin Wangyal Rinpoche (Photo by Jane Guldener)

she might not notice it because there's nothing particularly wrong physically or psychologically.

If there are a lot of places in your day-to-day life where you feel confused or run into problems, maybe it's because of a lack of stability and the earth element—or maybe it's lack of creativity, meaning you're lacking the fire element. Or maybe it's very much lack of openness—if you feel shut down, basically it's because of lack of space. Lack of the air element can manifest as lack of flexibility. Having too much of any one element also can cause problems. When you see the kinds of conditions and qualities that are manifesting, you can look within yourself and understand the causes on a deeper, emotional level.

What causes this imbalance to happen in the first place?

In some sense, in the beginning of our lives we do have pretty much a balance of elements. As we go out to face the world, we have so many good experiences and bad experiences, disappointments and hurts. We have so many intense experiences, but we don't necessarily have a way of processing them. As a result, these experiences can damage some of these elemental qualities. Maybe you have stability and then something tragic or traumatic happens; from there on you just don't feel very well grounded any more.

If you have a very strong experience and are able to process it, it won't do anything to you. Being able to process means that you can feel it anyway, but it will not damage you. It will not change you. It will not weaken you. It will not make you lose some qualities. Being able to process means that it will energize you. You are clear with it. In some sense it can make you grow, make you expand your consciousness, make you become wiser and more understanding.

Not being able to process means that it will shake you. If you are quite a strong person and you are hit by that experience, it will take your strength away. Maybe you were happy; when you face it, it will take your happiness away. Somehow it will damage that particular quality.

The five negative emotions of anger, desire, ignorance, jealousy and pride are related with the elements, too. Anger is related with air. Desire is related to fire, and so on. When one is more balanced, one can have more experiences of love. When one is imbalanced because of too much air and lack of earth or grounding, one can have an experience of anger instead. Anger feels like an explosion outward, like air blowing things away—you lose control. This is opposite the experience of when you get depressed, because of too much earth and not enough air.

How can someone know when they're connecting in a pure way with the elements?

As you actually retrieve the elements you need, the feeling may not be obvious in the beginning. But in time, it can shift your life. You can see

the way you relate and the way you do things are totally different. If you're ungrounded and feeling like you are messing up everything in your life, after you do the practice to retrieve the earth element, feel so different, so grounded.

You can retrieve the element by using a shamanic approach, a tantric approach or a dzogchen approach. The shaman basically tries to understand the energy of the earth, drawing the quality of the earth element from the earth goddess, the earth spirit, or by connecting more with the raw earth. There are a lot of forms of shamanic practices. It's the same with

tantric: There is meditation, contemplation, specific exercises to try to control the dominating qualities of the air, fire, and other elements. Dzogchen practices involve simply abiding, or being, while merging oneself with the most subtle qualities of the elements.

Is it crucial to be aware of the elements at the time of death?

Generally, there's no other way to experience than through the elements. Teenagers have a need for a lot of fire and air, so when they're able to run off and explore new experiences, they feel like they're in heaven. When you're getting older, you need more of the earth or water element, associated with stability and with comfort. You don't want to explore too much, and you experience your deepest sense of self when lying on the bed or sofa. So, during different times, different seasons, different emotional states, you have very different ways of connecting with yourself through the elements.

In the same way, during the dissolution of the elements at the time of death, we have the opportunity to experience our true self. We always experience ourselves through gross elements. But through the experience of death, as earth dissolves into water, water into fire, fire into air, and air ultimately into space, the experience of the elements naturally gets subtler and subtler. In order to achieve liberation in the bardo, one aims to experience one's self during the entire dying process, maintaining clear presence in the subtler forms of elements and in the very subtlest element form of light, and even in the clear light of space.



THREE SIMPLE ELEMENTS PRACTICES

Tenzin Wangyal Rinpoche shares these examples of simple meditation practices in shamanism, tantra and dzogchen, adapted from his forthcoming book on the five elements.

In shamanism, working with the raw natural elements involves connecting with the external element and internalizing its qualities at deeper and deeper levels, until one ultimately connects with the very essence of the element.

A shamanic practice for the fire element: When you feel the warmth of the sun on your skin, the fire of the sun, take it in to the deepest parts of yourself. Use your imagination. Feel the warmth stream through the channels of your body and into the region of your heart. Let it in even deeper, into your depths. Immerse yourself in that, feeling the warmth of your body, your channels and chakras, your central channel, your heart, your core. When you reach this level of experience, the essence of the fire element is healing you, nourishing you on all levels.

In tantra, the imagination is used to connect with the energy of the body and to transform one's internal process and experience. As one clears energy centers and channels in one's mind and energetic body, one can experience the pure elemental essence.

A tantric practice for the space element: Visualize within the space in your heart a luminous, white letter "A" (either the English or Tibetan letter). Maintaining attention there, experience and stabilize the qualities of love and openness within the heart. Imagine that your heart is opening, permitting vital energies to move smoothly throughout the body. Allow any negative emotion to arise and fade away. Maintain awareness in the space—the awareness is the opening—and continue to develop positive qualities of love and openness.

In dzogchen, the primary practice is being present. More accurately, it is being nondual presence itself. Dzogchen dissolves all energies and qualities of the elements into the pure space of awareness.

A dzogchen practice for the air element: Visualize a small sphere of green light in the space within your heart center. See and feel green light, the air element, radiating from the sphere. It flows out, pervades everything, everywhere. Stay connected to space and allow the flow of experience. Feel the green light, be the green light. Merge with the air element. You are not one point, you are everywhere. You are flexible, cannot be stuck, nothing can hold you. Feel the inner green light, be presence merged with the quality of air.

For information on Tenzin Wangyal Rinpoche, his teaching schedule, please contact Lignincha Institute, PO Box 1892, Charlottesville, VA 22903, 434-977-6161, lignincha@aol.com. ■

Maintaining this presence through these levels of experience is very difficult. So this is why it's important to be familiar with the practices of the elements, and to have understanding, knowledge, and experience.

[Polly Turner is a longtime student of Tenzin Wangyal Rinpoche and

editor of *Sangha Journal: Bringing the Tibetan Spiritual Traditions to Life*, a new, bimonthly publication that provides support and inspiration to practitioners of Tibetan Buddhist and Bön meditation. For more information about *Sangha Journal*, visit www.sanghajournal.com.] ■

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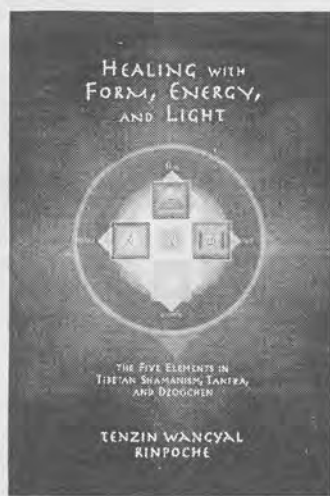
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HEALING WITH FORM, ENERGY, AND LIGHT

THE FIVE ELEMENTS IN TIBETAN SHAMANISM, TANTRA, AND DZOGCHEN



by Tenzin Wangyal Rinpoche
176 pp., 5 photos, 30 line drawings, glossary, bibliography.
#HEWIFO \$16.95

In the shamanic world-view of Tibetan Bön presented here, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. In the Tibetan tantric view, the elements are recognized as five kinds of energy in the body and are balanced with a program of yogic movements, breathing exercises, and visualizations. In these Dzogchen teachings, the elements are understood to be the radiance of being and are accessed through pure awareness. *Healing with Form, Energy, and Light* offers the reader healing meditations and yogic practices on each of these levels.

Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations practices are effective or a hindrance. This is a manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and

capable. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings.

"There is more detailed and at the same time easily understood and useful information about the body and meditative practice than any other book I have seen. Spoken with an elegance that melts into your mind."—Anne C. Klein, Professor, Dept of Religious Studies, Founding Director, Dawn Mountain Tibetan Temple, Houston, author of *Knowledge and Liberation, Meeting the Great Bliss Queen, Path to the Middle*

Tenzin Wangyal Rinpoche is one of the few Bön masters now living in the West. His skill as a teacher reflects his more than 15 years in guiding Western practitioners. He is the founder and director of the Ligmicha Institute in Charlottesville, Virginia, and is the author of *The Tibetan Yogas of Dream and Sleep* and *Wonders of the Natural Mind*.

RELATING TO NON-PHYSICAL BEINGS

Doing the ritual practices is not like going to a doctor and getting a pill. Healing is something we can do for ourselves. We need to learn to protect ourselves from illness and negativity. One way to do this is through making offerings, which pacifies spirits and also develops generosity and compassion.

In the following practices, we ritually invite four levels of guests to attend. We have a different relationship with each type of guest.

First Guests

The first guests are the fully enlightened beings, the buddhas and bodhisattvas and enlightened masters.

Included are the tutelary deities (yidam), fully realized goddesses (khandro), and all beings who are free of ignorance and who have perfected the five wisdoms. These guests we do not control. We don't tell them what to do—we ask for their blessings.

First guests are always invited in meditation practice. They are the beings to whom we bow when doing prostrations and to whom we turn for refuge. Energy is needed for healing and it is important to connect with the right source for that energy and have the right relationship with that source. The best source is the first guest.

Second Guests

The guests of the second level are generally not fully enlightened but are nevertheless powerful. They are beings from the god realms, beings in the retinues of major deities, guardians, and dharma protectors. Second guests may include powerful beings from any realm of existence. In the Western tradition, angels are considered powerful beings, often frightening to encounter; these would be considered second guests. Also included would be spirits associated with planets. In the West we don't think of the planets as beings, but they are: the moon embodies a being as do the sun and the other planets.

Many healing practices are done with the help of the second guests and we treat them with respect and devotion.

Third Guests

The guests of the third level are all those beings with whom we have karmic connections and the beings from the eight classes that I described earlier. This means everyone with whom we have connected and with whom we still have karma-friends



and enemies from this lifetime and all previous lifetimes. It doesn't have to be a negative thing that connects us; it can be something that simply needs to be completed. However, as this practice is about healing, it's most important to invite the beings with whom we have a connection in need of healing. A karmic debt means a karmic connection. For example, in the business world two people may run into difficulties with each other but because of the circumstances are unable to let the relationship go. Or there are people who seem to be intent on making things difficult for us or who irritate us for no reason. Such situations indicate a karmic debt.

Many of the disturbances and obstacles we encounter in life have to do with interference from the karmic guests. Just as we can have trouble in life with a neighbor or colleague with whom we have a bad relationship, so it is with non-physical beings. When there is a problem, it isn't helpful to think it is the fault of the other;

- Healing is something we can do for ourselves.
- We need to learn to protect ourselves from illness and negativity. One way to do this is through making offerings, which pacifies spirits and also develops generosity and compassion.

whether human or spirit. It's better to realize there is something that needs to be done, something we have to do. Like us, the spirit would rather not be involved in a disturbance.

Ritual practice is a way to finish the disturbance. Through it, debts can be paid. That's the principle in shamanic practices. We can heal these connections through ceremonies, offerings, burning food, or offering smoke, as described below.

Fourth Guests

The fourth guests are the guests of compassion. These are the beings who are weaker than we are and who can benefit from our help. In the Bön shamanic tradition it is important to develop compassion as the foundation for practice.

A motivation to do shamanic practice that is based on having some kind of spiritual adventure or becoming distinguished as a special person will not be helpful. It seems to me that many of the current shamanic traditions don't have true stages of growth. Drumming and taking journeys, leaving the body and having imaginal experiences, seem to be what is considered important. But if that's all there is, it might be more helpful for the practitioners to have vivid in-the-body experiences.

If the motivation is a desire to help others, to heal and alleviate suffering, then the intention is based on compassion. In this case shamanic practice will grow and lead naturally into the higher practices.

The more the spirits connected to us are happy, the happier our lives. This is true on every level. When the beings around us are happy-neighbors, spouses, friends, children, the people we work with-it makes us happy. When a person we are connected with is not happy, often he or she wants happiness from us. And often we don't know what we can give-and sometimes we can't give, or we don't want to give. And then we have a problem.

Similarly, beings in the spirit realms can want or need something from us and we don't know how to give it to them. We don't realize that we can give something non-physical. In the West, material is valued. It's harder to value gifts that are immaterial though we know how important they are. To be given love, trust, respect, honesty, and friendship by others is of great value; it's more than money can buy. Spirits are non-physical and can be satisfied with non-physical offerings. The best basis for these offerings is compassion.

MAKING OFFERINGS

In all traditions of Tibetan spiritual practice, offerings are regularly made to spirits. The mandala offering, part of the foundational practices of Bön as well as the four schools of Tibetan Buddhism, is an offering to the first and second guests. The practice of chöd is an offering to all four guests and particularly to karmic guests. The dedication of merit that follows every practice is an offering to all, particularly the lower three guests who are still in samsara. We offer the food we eat and whatever we drink. We offer what is beautiful to those above us. We offer our wastes to whomever can benefit from them. Everything can be offered; the only limit is whatever limit we impose. In the causal vehicles a large number of offering practices are described.

Some offering rituals are very elaborate, involving many days of preparation. The offerings can include all kinds of food, tormas (figures made from parched and dyed barley flour), alcohol, specially prepared texts, precious jewels and stones, long prayers, repetitions of mantras, and many other materials. Offerings can also be made from left-over food at dinner, or made wholly in the imagination. Although most often we simply make offerings through visualization, it is also good to make substantial offerings. It helps to focus the ritual and makes it more profound.

With some practices like soul retrieval we are recovering what is lost or healing what is damaged and making offerings is part of these practices. But we should also regularly make offerings even when everything is fine. We can make offerings to maintain harmony with non-physical beings in order to keep them from creating obstacles, to ask them to remove obstacles that already exist, to be of benefit to the spirits, to request their support in worldly and spiritual matters, to honor our obligations to protectors and guardians and tantric deities, and to develop generosity in ourselves.

Although I won't go into great detail on offering practices, I have included information on some of the ways we make regular offerings.

One offering is called chang bu, a fingerprint torma. This can be done for oneself or for another person. The torma is made from barley flour and water, although another flour can be substituted. A dough is made, not so wet as to become sticky but wet enough to hold a shape. It is shaped into a thick roll and squeezed in the

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Tibetan Buddhist Retreat with Tulku Sang-ngag Rinpoche

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Tulku Sang-ngag Rinpoche

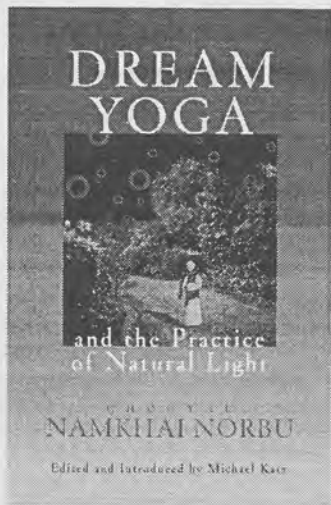
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DREAM YOGA and the Practice of Natural Light



by Chögyal Namkhai Norbu, ed.
& intro. by Michael Katz. 168 pp.
#DRYO \$14.95

This revised and enlarged edition includes additional material from a profound and personal Dzogchen book which Chögyal Namkhai Norbu has been writing for many years. This material expands and deepens the first edition's emphasis on specific exercises to develop awareness within the dream and sleep states.

Rinpoche gives instructions for developing clarity within the sleep and dream states. He goes beyond the practices of lucid dreaming that have been popularized in the West, by presenting methods for guiding dream states that are part of a broader system for enhancing self-awareness called Dzogchen. In this tradition, the development of lucidity in the dream state is understood in the context of generating greater awareness for the ultimate purpose of attaining liberation.

Also included in this book is a text written by Mipham, the nineteenth-century master of Dzogchen, which

offers additional insights into this extraordinary form of meditation and awareness.

"Chögyal Namkhai Norbu Rinpoche is one of the greatest Tibetan meditation masters and scholars teaching in the West today. His luminous *Dream Yoga* teachings are invaluable. I myself read this book with great interest, and recommend it to my own students."—Lama Surya Das, author of *Awakening the Buddha Within*

Chögyal Namkhai Norbu is a Tibetan master of the Dzogchen tradition. He has authored many books including *The Crystal and the Way of Light*, *The Supreme Source*, and *Dzogchen: The Self-Perfected State*.

The following is an excerpt from the chapter "The Practice of the Night" from *Dream Yoga and the Practice of Natural Light*.

When we start to dream, as previously mentioned, we may have one of two general types of dreams. One type is karmic dreams and the other is dreams of clarity. In addition to those dreams reflecting karma from our current life, karmic dreams can also be linked to our past lives.

The other type of dreams are dreams of clarity. Why do we have dreams of clarity? Because everybody, since the beginning, has infinite potentiality; that is a quality of the natural mind that we all possess. Sometimes, even if we are not doing a particular practice, a dream of clarity will manifest because we

have that nature. If you are doing the practice of the night and becoming more familiar with it, then not only occasionally, but on a regular basis, you will become familiar with manifestations of dreams of clarity.

You may now understand what the theory is and its importance. Now I will explain how you practice it.

If you are an agitated person, then before you go to sleep, you can do a little deep breathing to regulate the flow of air and calm yourself. Then concentrate on a white Tibetan syllable ཨ at the center of your body. If you prefer an English "A," it is acceptable. The important thing is that it corresponds in your mind to the sound *ahh*. It is important that when you see that letter, you automatically know what its sound is.

If you do not succeed in concentrating and seeing this ཨ at first, it may be that you do not know how to visualize. Try writing an ཨ on a piece of paper, put it in front of you and stare at it for a while. Close your eyes and this ཨ will appear before your mind immediately. In this way you will get a more precise image.

So, you try to concentrate on this white ཨ . Or you fix on the presence of this white ཨ , and you stay with it as long as you can.

You can also do a kind of training to have greater precision in feeling this presence: imagine that from the central ཨ , which is viewed at heart level within your body, a second arises, and from the second, a third arises, until you can see a chain of ཨ s going up to the crown of the head. Then you visualize these ཨ s

coming back down. You can repeat this a number of times if you do not fall asleep immediately. Whenever you have difficulty in feeling the presence of the ཨ it is very useful and important to do this chain. This is a way of charging your clarity.

The most important point is that when you fall asleep, you try to have this ཨ present. Initially, it should be accurate and sharp; afterwards, you relax. Relaxing does not mean you drop the ཨ or that you give it up. You retain a sense of its presence, and you relax, and thus you fall asleep.

You should try to do the practice

- If you are doing the
- practice of the night and
- becoming more familiar
- with it, then not only
- occasionally, but on a
- regular basis, you will
- become familiar with
- manifestations of dreams
- of clarity.

of natural light each night, just as you should try to be in the state of contemplation continually. For every moment and every activity there are ways to do Dzogchen practice. If, however, Dzogchen practice of the night is difficult for you, and you have had more experience doing tantric style dream practice, and you have had an initiation on a particular deity, then perhaps it would be useful for you to continue with your tantric practice. For example, if you do the practice of Vajrayogini, then upon

sleeping, you should try to visualize a very tiny Vajrayogini at the center of your body. We call this tiny being Jnanasattva, which means "wisdom manifestation."

You keep this presence and continue your sleep. There are other visualization practices similar to Guruyoga in tantric dream practices. For example, you might visualize Vajradhara as the unification of all your gurus and manifest that visualization in the center of your body. You would keep the presence of this visualization, relax, and slowly, slowly go to sleep. Because these are tantric exercises, you should practice only the special instructions you receive from your master.

By contrast, in Dzogchen we generally do the visualization of the white ཨ , as described above, for the purpose of coordinating the energy. We visualize the white ཨ at the center of the body. After having manifested this white, luminous ཨ , we slowly relax. We relax slowly but completely when we do this visualization so as not to have tension. If we do not relax completely, we will be unable to sleep. We must spontaneously manifest the white ཨ without thinking, without creating, and then relax all effort and go to sleep.

In order to remind yourself to visualize this white ཨ and to do the Dzogchen practice of the night, it is very useful to put a picture or a sign of a white ཨ near your bed. No one will know what it is; perhaps they will think it is a piece of artwork. You, however, will know its precise function.

It is also very important to remem-

(Continued on page 15)



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Death, Dying & Reincarnation



BY THE VENERABLE TRALEG KYABGON RINPOCHE, IX

Because of the ever-present fear of death and the lack of contact with death and dying, it is important, from a Buddhist point of view, to have a proper encounter with death. It is also particularly important to deal with the fear of death, because from a Buddhist point of view coming to terms with death is part of making our life worthwhile and meaningful. Death and life are therefore not opposed. Rather, death and life give rise to each other; they co-exist in a sort of complimentary fashion. From a Buddhist perspective, the

aim is not to conquer death, but to accept death and to familiarize ourselves with our sense of mortality and impermanence.

It seems to me however, that from a Christian point of view, death is viewed quite differently to this. This is particularly true of the Protestant theologies, where death is seen as the direct result of our original sin. In this view, it is only because of Adam's transgression that death came into existence in the first place. Until that point, God had created Adam as immortal. Human beings only became mortal because Adam transgressed the will of God. In these Christian theologies therefore, death is seen as unnatural. As an 11th century Christian author, Saint Anselm states:

"Moreover, it is proved that man was so made as not to be necessarily subject to death. For as we have already said it is inconsistent with God's wisdom and justice to compel man to suffer death without thought, when he made him wholly to enjoy eternal blessedness. It therefore follows that had man never sinned, he never would have died."

This view is very different from the Buddhist concept of mortality. In Buddhist doctrine we die because we are a product of causes and conditions, called Pratyasamutpada in Sanskrit. Whatever is caused is impermanent, and therefore subject to death and decay; human beings are no exception to this. It is a natural process. From the Buddhist point of view, life without death is impossible, and visa versa. The ultimate aim of Buddhist practice is to learn to accept death and not view it as something ugly and menacing that robs us of our life. This kind of thinking only leads us to ignore the reality of death and think about the possibilities of living forever. On the contrary, we should see death as part of life, because everything is transient and impermanent. Death and life are inseparably bound with one another, because death, to an extent, is present even while one is alive, the aging process itself being a part of the dying process. Life and death are inextricably bound to one other, moment to moment. When one moment has passed, that is death, and when another moment has risen that is life, or "rebirth" you could say.

Above photo: Venerable Traleg Kyabgon Rinpoche at his monastery (Tra'gu) in Tibet during his recent visit (photo by Gwen Merrick)

Thinking about death in this way may be a bit upsetting at first, but one will be much better off for having done so, because the fear of death is always there and often influences our life in a negative way. The contemplation of death is simply another aspect of Buddhist meditation. In meditation, we try to incorporate everything within our experience, even the negativities of mind. We try to deal with them rather than ignore them. In Tibet, the monks sometimes even used to go to charnel grounds to contemplate death. This may seem a bit excessive, but it helped them to deal with the fear of death, and the fear of the dead as well, I suppose. In Tibet, the charnel grounds used to be in the wilderness, so they could be very eerie places to practice by oneself. They also used such things as thighbone trumpets as part of their practice. Westerners often freak out at this, thinking it is some kind of

- When we actually
- contemplate death in
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- emotional as well as an
- intellectual level.

shamanistic black-magic implement, but for the Tibetans, these things are simply used as reminders of impermanence.

This is not to say that some Christians do not die very peaceful deaths. Some do and some do not, it is the same for Buddhists, and even atheists for that matter. As Elizabeth Kubler Ross said in one of her books, you can never judge how a person is going to respond to death. A very mild-mannered person may become aggressive and obnoxious at the time of death, while others, who are very characteristically disagreeable, may accept their death in an amiable and calm manner. What we can say though, is that doing certain meditations on death can help people to accept their own death. But we should not think that only people who do Buddhist meditation on death can accept death properly. It all depends on our habit. If we think about death and become familiar with certain ideas, then we have developed a habitual response that will help us to be more capable in dealing with our death when the time comes.

It is not simply a matter of thinking about death however; one has to have a real experience of it. In Buddhism, this can only come about through the practice of meditation. It's not enough to read what Buddhism says about death and impermanence, because this alone will not make the issue an existential concern. It has to be translated into real experience and become a real encounter with death. For when we actually contemplate death in meditation, all kinds of thoughts and emotions will arise, and we have to deal with that. In this way, a real transformation can take place on an emotional as well as an intellectual level. It is not sufficient to simply think about and say this is what Buddhists believe—I now think that everything is impermanent. Most of us already have a fair degree of intellectual understanding that everything is impermanent. That is not the point; the sense of impermanence has to be felt. Then when our relationships break up, when we get divorced, when our loved ones and relatives die, we will be able to handle those

(Continued on page 22)



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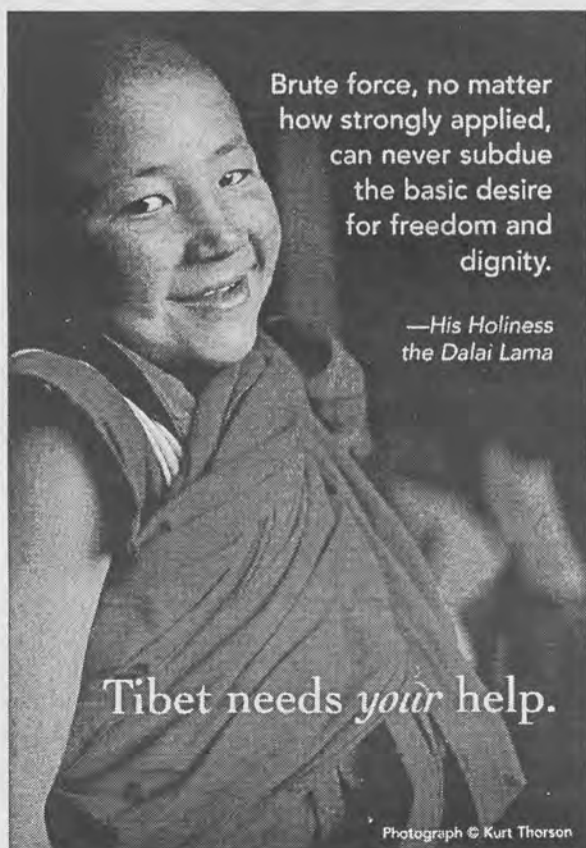
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THE THREE VISIONS

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THREE VISIONS

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OF TIBETAN BUDDHISM

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Foreword by H.H. SAKYA TRIZIN

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The most profound and fundamental teaching of the Sakya tradition of Tibetan Buddhism is that of the "Path Including Its Result." This unique teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path from the time of entering the spiritual discipline up to the attainment of full and perfect enlightenment. Though it comprehensively explains the tenets of the Buddha, its main function is to serve as a manual for contemplating and meditating upon the various stages leading to the final result of ultimate happiness and liberation.

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"The higher levels of spiritual development depend upon transforming one's level of perception of reality. When in time the deeper realities present themselves as perceptions or visions, spiritual growth is experienced and is as subjective, personal, and flexible as the perceptions themselves, not as insurmountable as once thought."—Lama Pema Wangdak, Palden Sakya New Jersey

[*The Three Visions* was originally published as *The Beautiful Ornament of the Three Visions*.]

The following is an excerpt from the "Vision of Experience" section of *The Three Visions*.

Arouse the body and mind into alertness and meditate. If unruliness arises, prevent it by relying upon the methods opposite to those (used to prevent sluggishness). When sluggishness and unruliness are pacified, relax (the mind) and meditate.

The five experiences of meditation: By meditating in this way, a continuous stream of thoughts will arise, one after another, which cannot be measured by the gross mind. Actually these thoughts were previously there, but since one never placed the mind in meditation they were

never noticed. Now having become aware of them, there will arise such ideas as, "my thoughts have become more than before," or "I have failed to produce meditation". However, this is the first experience (of meditation), the experience of recognizing thoughts, which is known as "like a steep mountain waterfall".

Through meditating in such a way, one will see one thought following after another. After a while, one's thoughts will cease, but immediately one will see the flow of thoughts arising again. In this way, one's thoughts will flow (and cease) alternately. This is the second experience (of meditation), the experience of the resting of thoughts, which is known as "like the water in a deep, narrow gorge".

Again, through meditating with great diligence upon continually placing (the mind), at some point the flow of thoughts will reverse, like at the time of sneezing, and thoughts will cease. Through meditating upon this (ceasing) with greater sharpness, one's clarity of consciousness is occasionally interrupted by a sudden stream of thoughts. This third experience is the experience of tired thoughts, which is known as "like the pool of three converging streams".

Again, through meditating in this continuous manner, most of the flow of thoughts will be allayed, and the mind will remain by resting in the state of one-pointed concentration. In that state, only one or two consecutive thoughts will arise, but then instantly they will die down again. This fourth experience is the experience of waves, which is known as "like an ocean with waves".

Again, through meditating upon the continuity of that previous meditation itself, all outward and inward projection of thoughts completely disappear. The abiding of the one-pointedness of mind along with

mind's clarity has arisen. This fifth experience is the experience of pacification of thoughts, which is known as "like an ocean devoid of waves". Even though at this time the mind remains in clear one-pointed concentration, free from the activity of thoughts, if one fails to gain the sparkling clarity of consciousness, then it is the calm abiding of the unclear elements of mind.

Therefore, to keep the mind in one-pointedness, one should meditate until the sparkling clarity of consciousness arises, which is like the flame of a lamp unagitated by air. By meditating in this way, if the clear aspect of the object arises, then without looking at the object of one's meditation, one should place one's mind on the clear aspect of one's own consciousness itself by turning the mind inward. If sluggishness and unruliness arise, dispel them by the (above) methods. Without any effort and at ease, remain within the state of the sparkling clarity of mind. By meditating in this refined way, if one's meditation is not good in the begin-

ning of the session but improves toward the end of session, then one needs diligence; therefore one should meditate upon one-pointedness diligently. After applying diligence, if one's mind projects outward, does


- To keep the mind in
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- sciousness arises, which
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- unagitated by air.

not like to remain in one-pointed concentration, and one becomes mentally and physically uncomfortable, this arises because of the application of too much diligence. So, one should meditate in a relaxed state. One should eat moderately and eat whatever is suitable for one's health. One should restore one's health by sleeping properly, not reversing day and night for sleep. When one has

restored one's health, then meditate diligently.

To contemplate on the meaning of this, one should reside in an isolated place, seated upon a comfortable cushion in Lord Valrocana's posture, and precede the session by reciting the refuge, the complimentary prayer, and the creation of the enlightenment thought. Then one should think, "Alas! From beginningless Samsara until now, my mind has been blown around by the wind of conceptualization, and has been doing whatever it desired. It has not been able to abide even the time of the snap of the fingers in one-pointed concentration on a virtuous object. Therefore I have still not crossed the ocean of worldly existence and have not obtained the power to liberate others. This is not good. So now, having relied upon the instruction of a spiritual friend, I must accomplish the special joy of complete purification of body and mind. Having placed my mind in the absorption of one-pointedness, I must obtain the great enlightenment." ■

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The Garuda Aviary of Sedona, AZ



Late last year, Alyce Zeoli, President of Garuda Aviary, a non-profit rescued parrot sanctuary in Sedona, AZ, appointed three Tibetan Buddhist monks and nuns to manage the aviary: Alana Elgin, Jampal Rowe, and Tom Fry. Ms. Zeoli, a Buddhist teacher for over 18 years, began providing a home for companion parrots in 1997 upon learning of the appalling conditions of abuse some of the highly intelligent and sensitive birds experience.

Garuda Aviary now houses 33 birds, with the commitment to provide them sanctuary for the rest of their lives. It is run entirely by volunteers, who provide more than 50 hours of service per week, with the baseline budget of \$1400 per month coming from donations of caring individuals. The Garuda, a mythical bird in Hindu and Buddhist culture, was

chosen as the Aviary's symbol because of its qualities of overcoming all obstacles and emerging in all its natural resplendence and dignity.

Tom Fry stated, "Garuda Aviary is managed on the Buddhist principle of compassionate concern for the welfare of others. Some people get parrots as playthings, not understanding that they have as complex and emotional and intellectual life as a 3-5 year old human child. So, unfortunately, we have in our flock birds that have been screamed at and tormented mercilessly, isolated for years at a time, malnourished, and even beaten. We, in turn, provide them with abundant food, a stimulating environment, positive behavior guidance and tons of love. The improvements in the birds have been dramatic."

If you would like more information on the Garuda Aviary, it's goals and programs, contact Tom Fry at 928-203-0709 or tknorbu@earthlink.net. ■


Above photo: Humans (L to R): Konchog Norbu, Jampal Rowe, and Alana Elgin. Birds: Howard, Hakan, Damara, and Dutsi. (Photo by Web Middleton)


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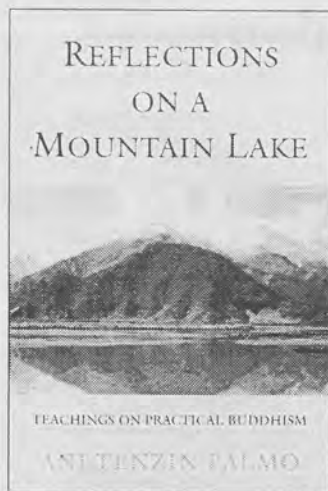
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"One of the true yoginis of our time, a woman who has dedicated her life to Buddhism, Tenzin Palmo brings her years of experience in a cave to offer us a down-to-earth inspiring approach to the spiritual path. Tenzin Palmo is a voice we need to hear, a woman who has fully experienced what she speaks about with absolute honesty, delightful humor, and real insight."—Tsultrim Allione, MA, author of *Women of Wisdom*

Venerable Tenzin Palmo was born in London in 1943. She traveled to India when she was 20, met her teacher, H.E. the 8th Khamtrul Rinpoche, and in 1964 was one of the first western women to be ordained as a Tibetan Buddhist nun. After six years of study with her teacher, he sent her to the Himalayan valley of Lahoul to undertake more intensive practice. She lived with a small group of nuns in a monastery there for another six years, doing frequent retreats in the long winter months. Seeking more seclusion and better conditions for practice, Tenzin Palmo found a nearby cave where she stayed and

practiced for another twelve years, the last three years in strict retreat. The story of her life and experiences in her remote Himalayan cave is described in the book *Cave in the Snow* by Vicki Mackenzie. Today Tenzin Palmo lives in Tashi Jong, Himachal Pradesh in northern India, where she has established Dongyu Gatsal Ling Nunnery for young women from Tibet and the Himalayan border regions. She frequently teaches around the world.

The following is excerpted from the chapter titled "Difficult Points for Westerners" from *Reflections on a Mountain Lake*.

This talk is about areas which pose difficulties for some Westerners when they first come to the Dharma, and which may continue to be problematic for them further along in their practice. I would like to begin by talking about doubt. Perhaps because of our Judeo-Christian background, we have a tendency to regard doubt as something shameful, almost as an enemy. We feel that if we have doubts it means that we are denying the teachings and that we should really have unquestioning faith. Now in certain religions, unquestioning faith is considered a desirable quality. But in the Buddhadhama, this is not necessarily so. The Buddha described the Dharma as *ehi passiko*, which means "come and see," or "come and investigate," not "come and believe." An open, questioning mind is not regarded as a drawback to followers of the Buddhadhama. However, a mind which says, "This is not part of my mental framework, therefore I don't believe it," is a closed mind, and such an attitude is a great disadvantage for those who aspire to follow any spiritual path. But an open mind, which questions and doesn't accept things simply because they are said, is no problem at all.

There is a famous sutra which tells of a group of villagers who came to visit the Buddha. They said to him, "Many teachers come through here. Each has his own doctrine. Each claims that his particular philosophy and practice is the truth, but they all contradict each other. Now we're totally confused. What do we do?" Doesn't this story sound modern? Yet this was 2,500 years ago. Same problems. The Buddha replied, "You have a right to be confused. This is a confusing situation. Do not take anything on trust merely because it has passed down through tradition, or because your teachers say it, or because your elders have taught you, or because it's written in some famous scripture. When you have seen it and experienced it for yourself to be right and true, then you can accept it."

Now that was quite a revolutionary statement, because the Buddha was certainly saying that about his own doctrine too. In fact, all through the ages it has been understood that

the doctrine is there to be investigated and experienced, "each man for himself." So one should not be afraid to doubt. Stephen Batchelor wrote a Dharma book entitled *The Faith to Doubt*. It is right for us to question. But we need to question with an open heart and an open mind, not with the idea that everything that fits our preconceived notions is right, and anything which does not is automatically wrong. The latter attitude is like the bed of Procrustes. You have a set pattern in place and everything you come across must either be stretched out or cut down to fit it. This just distorts everything and prevents learning.

If we come across certain things that we find difficult to accept even after careful investigation, that doesn't mean the whole Dharma has to be thrown overboard. Even now, after all these years, I still find certain things in the Tibetan Dharma which I'm not sure about at all. I used to go to my Lama and ask him about some of these things, and he would say, "That's fine. Obviously you don't really have a connection with that particular doctrine. It doesn't matter. Just put it aside. Don't say, 'No, it's not true.' Just say, 'At this point, my mind does not embrace this.' Maybe later you'll appreciate it, or maybe you won't. It's not important."

There is a film called *Groundhog Day*, which is really a Buddhist movie because this is exactly what the plot is about. For those of you who haven't seen it, it's about somebody who had to relive the same day again and again until he got it right. He started out with an extremely negative attitude, and so throughout the first day he created a lot of negative causes. People related back to him

from his own level of negativity, and so he had a very bad day. Then the next day he had to experience the same day all over again. Then again, and again. He became desperate to find a way out. He attempted suicide many times, but the next morning, there he was again in the same room and the same bed. The date hadn't changed, and the same song was playing on the radio. His attitude underwent many, many changes, until in the end he spent most of his time trying to help people. He forestalled tragedies he knew were going to happen because he had lived the day over so many times, and his whole attitude gradually turned around into working out ways to help others. As his inner attitude transformed, the day gradually got better and better. Finally, he was able

- The more aware we
- become, the more capable we are of making
- skillful choices. As we
- make more and more
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- become increasingly
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to break through to a new day.

The important thing is how we respond to our situation. We can transform anything if we respond in a skillful way. This is precisely what karma is about. If we greet situations with a positive attitude, we will eventually create positive returns. If we respond with a negative attitude, negative things will eventually come our way. Unlike the scenario in the movie, it doesn't always happen right

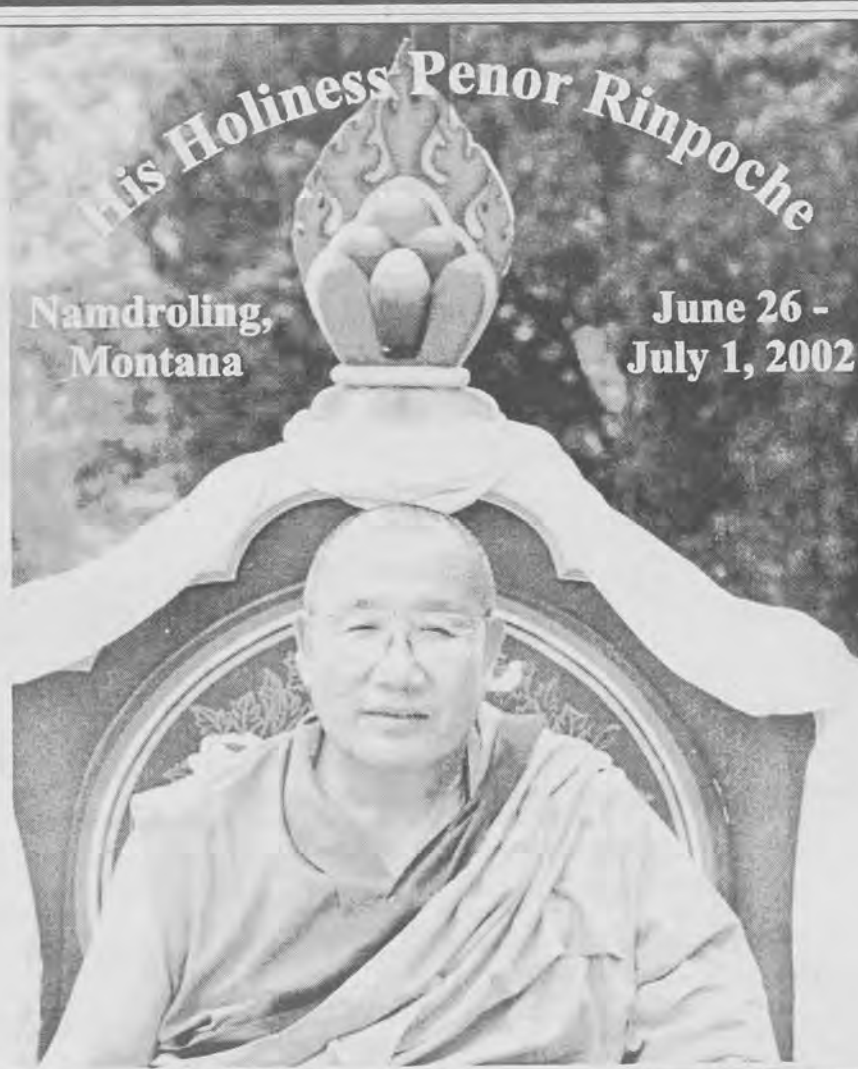
away. We can be very nice people but still have lots of problems. On the other hand, we can be awful people and have a wonderful time. But from a Buddhist perspective, it's just a matter of time before we receive the results of our conduct. And usually it is true that people with a positive attitude encounter positive circumstances. Even if the circumstances do not appear positive, they be transformed through a positive view. On the other hand people with negative minds complain even when things are going well. They also transform circumstances, but they transform positive ones into negative ones!

Both our present and our future depend on us. From moment to moment, we are creating our future. We are not a ball of dust tossed about by the winds of fate. We have full responsibility for our lives. The more aware we become, the more capable we are of making skillful choices. As we make more and more skillful choices, our lives become increasingly smooth and easy. Awareness and clarity of mind are so important because we have produced many of our problems through our confused mental states. Taking responsibility for our lives doesn't mean that we have to blame ourselves for everything. Indulging in feelings of guilt and self-flagellation is useless. Often people tell themselves, "This only happened because I'm such a stupid, worthless person." That is just a waste of time. We need to use our increasing clarity of mind to make positive choices about the present and future rather than focus on the past and wallow in self-blame. We all have innate intelligence. We just have to develop it and gradually detach ourselves from our confusion. ■

His Holiness Penor Rinpoche

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Shambhala Sun Launches *Buddhadharma:* *The Practitioner's Quarterly*

The publishers of the Shambhala Sun are launching a new journal for everyone with a serious interest in Buddhist practice.

Buddhadharma: The Practitioner's Quarterly is the first in-depth, practice-oriented journal for Buddhists of all traditions. It will feature a wide selection of outstanding Buddhist teachings, as well as stories, discussions and reviews that apply directly to readers' practice and understanding of the dharma. It

"While the existing Buddhist publications are doing an excellent job," said editor-in-chief Melvin McLeod, "we felt there was need for a publication that would help committed practitioners get deeper into their practice, further their understanding of the dharma, and connect with fellow Buddhists. For my own practice as a Buddhist,

Buddhadharma is the kind of journal I want to read."

Buddhadharma isn't slanted toward any one school of Buddhism or style of teaching. An Editorial Advisory Board representing a wide range of Buddhist communities will ensure that *Buddhadharma* presents the best Buddhist teachings available and reflects the concerns of practitioners everywhere.

In addition to a strong selection of teachings, every issue of *Buddhadharma* will offer discussions and stories of particular interest to Buddhists, in-depth reviews of new Buddhist books, and news from Buddhist sanghas across North America and abroad.

The Editor of *Buddhadharma: The Practitioner's Quarterly* is Tynette Deveaux. Story ideas, comments and community news may be

sent to her at: 902-422-8404 x23.

The first issue of *Buddhadharma: The Practitioner's Quarterly* will

• "...we felt there was need
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be published on August 15. It will be available on newsstands and by subscription. For the special charter subscription rate of \$19.95 for one year (four issues), call 1-877-786-1950 toll-free. ■

Kunsang Dechen Lingpa Healing and Teaching Tour Summer 2002



KUNSANG DECHEN LINGPA is a tertön or "treasure finder" of the Nyingmapa tradition. Renowned in his homeland in Northeastern India, he is a realized master of Dzogchen. He personifies the greatest human qualities of compassion, spiritual power, integrity and playful delight in life. His revealed texts include many powerful practices, including the special healing Chö cycle of the black goddess Troma Nakmo, the wrathful personification of enlightened activity.

TIBETAN CHÖ is a unique healing practice developed and nurtured in Tibet for a millennium. Chö merges the elemental power of shamanism with the profound wisdom of Buddhism. The result is a deep spiritual technique for healing and transformation. While Chö has been taught to a limited number of students in America as a form of meditation practice, the traditional use of these techniques for healing others has been virtually unknown. The healing Chö cycle of Kunsang Dechen Lingpa involves four rituals, performed sequentially. Each is designed to loosen, pacify and eradicate obstacles to personal wellness. These ceremonies performed by Rinpoche and his group of lamas and nuns have uniquely haunting melodies, aided by the hand drum, bell and trumpet.

The potential benefits of Chö include:

- Purifying the spiritual causes of physical disease.
- Clearing of psychological patterns of anger, fear & confusion.
- Clearing of obstacles to spiritual progress and development
- Clearing of disturbances to happiness, prosperity and security.
- Clearing of obstacles to healthy and more intimate relationships.

Basically this healing chod is appropriate for everyone from the depressed to the severely physically afflicted. It is exceptionally appropriate for children, even babies. Kunsang Dechen Lingpa Rinpoche has undertaken to make these powerful rituals available to all. Rinpoche & his lamas and nuns will conduct Healing Chö over a 2-day period in selected cities:

EAST COAST

- June 8: • Vermont
- June 15: • TheHamptons, Long Island, NY
- June 22: • NewYork City

WEST COAST

- July 4-Aug 18: • Phoenix • Tucson
- Santa Fe • Taos
- Los Angeles
- Santa Barbara • Santa Cruz
- San Francisco • Grass Valley



VAJRA DHARMA FESTIVAL Woodstock, NewYork, Aug 24-Sept 2

For serious students and those who have met Rinpoche on his previous tour, this will be a n opportunity to deepen the connection and understanding of Rinpoche's revealed teachings, including Dorje Drollo, Manjushri and Troma. Rinpoche will also give a two day discourse on Longchenpa's Cho Ying Dzo (Aug 29-30) and the Ah Ho Ye pointing out instructions for which he is famous (Aug 31)

ZANGDOKPALRI is the name of the sacred abode of Guru Rinpoche, the enlightened master who established Buddhism in Tibet. In this tradition, the Zangdokpalri Foundation is Rinpoche's North American seat, whose aim is to bring the healing power of Vajrayana Buddhism to the West. Rinpoche's renowned teachings on *Sen Zangpo* (the good mind) emphasizes the removal of the sufferings of all sentient being. All funds from the tour go towards the nuns and monks under Rinpoche's care, and for the completion of his Zandokpalri monastery project in India.

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Switzerland Calls for Self- Determination in Tibet

Geneva, 26 March—In an address to the 58th UN Commission on Human Rights, Mr. Joseph Deiss, the Swiss Foreign Minister said that Tibet requires a satisfactory form of self-determination through dialogue.

Speaking after the French Foreign Minister who called for a better human rights situation in China, Mr. Deiss said: "With regard to the rights of minorities, in Tibet, for example, a satisfactory form of self-determination must be found through dialogue. In China and elsewhere, we point out that in some cases the drive for independence would be less strong if human rights were respected, for example, in religious and cultural matters, as well as through a judicial system which ensures fair trials."

"We are grateful that Switzerland chose to raise the issue of Tibet to this UN human rights body," said Mr. Chhime R. Chhoekyapa, the Representative of H. H. the Dalai Lama for UN Affairs in Geneva, after listening to the Swiss Foreign Minister's statement. "I believe Switzerland has sent a strong message to the Chinese leadership, especially after the recent round of Swiss-China Human Rights Dialogue in Beijing," he added.

As the Commission began to discuss the item which deals with human rights situation in various countries, another written statement on Tibet submitted by German-based Society for Threatened Peoples was distributed. The full text of the statement can be found on the website: www.unhchr.ch.

[This article provided by Tibet Bureau, Geneva.] ■

Correction

Shravasti Abbey at Liberation Park is located in Missouri not Wisconsin as the last Snow Lion mentioned. To contact them:

Shravasti Abbey, P.O. Box 50373, Bellevue, WA 98015-0373, USA

(Temporary postal address until they move to St. Louis) ■

THE "VAST DHARMA OF OPEN SPACE" COMES TO TEXAS

Continued from page 1

Origin of the Nam Chö

Of all the different aspects of Tibetan Buddhism, empowerments (*wang* or *abishka*) are no doubt the most celebrated and renowned, but at the same time the most baffling. Indeed, this elaborate ceremony—sometimes several hours long—can be completely mystifying to the novice. Yet, they are unrivaled for the harmony and beauty which they evoke. A *wang* is more than just an empowerment to do a particular practice. It is also a kind of *ngondro* or introduction to the nature of mind, which, for the purposes of that ceremony or practice, takes the shape of a deity. Hence the ceremony is an introduction to our own true nature, and the elaborate mandalas of deities symbolize the qualities of the precious buddha nature—the mind's very nature.

The great Kagyu mahasiddha Karma Chagme Rinpoche (who lived at the time of the 10th Karmapa Choying Dorje) had as a primary disciple

...the elaborate mandalas of deities symbolize the qualities of the precious buddha nature—the mind's very nature.

the great Terton and vidyadhara Migyur Dorje. When the latter was still just a boy, he had visions of wisdom deities and past masters, who appeared to him just as plainly as we see one another. Then between the ages of 11 and 13 he received the *terma* or revealed teachings which, together, comprise the Nam Chö transmissions; his root teacher, Karma Chagme, acted as scribe and faithfully passed these on to heart disciples. Hence he was the first owner or keeper of these teachings, meaning he was authorized to do whatever needs to be done with that spiritual material.

Karma Chagme Rinpoche knew through his omniscience that the great vidyadhara Kunzang Sherab was destined to be the next major keeper of the Nam Chö tradition, and he bestowed the entire series of transmissions on him. As the founder and first throneholder of the Palyul tradition, Kunzang Sherab (whose current incarnation is the Venerable Gyaltrul Rinpoche) preserved these

Nam Chö teachings as the heart essence of what was to become the Palyul tradition. Since then, the Nam Chö transmissions have passed in an unbroken succession, from master to disciple, down to the current throne holder, the third Drubwang Pema Norbu Rinpoche. An account of His Holiness' life can be found in *A Garland of Immortal Wish-fulfilling Trees* (Snow Lion, 1988).

This is not the first time His Holiness has bestowed the Nam Chö in the west. He first conferred them in 1985, at the request of Venerable Gyaltrul Rinpoche, at Tashi Choling (near Ashland, Oregon). Then in 1994, he offered them again at Kunzang Palyul Choling (in Poolesville, Maryland), at the request of Jetsunma Ahkon Lamo. The event will now occur for the third time in the west in Austin, Texas, once again at the request of the Venerable Gyaltrul Rinpoche.

H.H. Penor Rinpoche: An Accomplished Vajra Master

Sangye Khandro, who will be the oral translator for the event, is a longtime student of His Holiness Penor Rinpoche, and has served as his translator on numerous occasions. She relates that while studying with H.H. Penor Rinpoche in India in 1986, she was invited by Khenpo Namdrol to stay on a bit longer to translate a book on the history of the Palyul. During that time several close students of H.H. Penor Rinpoche shared many stories of the extraordinary events they had witnessed. For instance, soon after His Holiness Penor Rinpoche arrived in India and while they were building the monastery, some monks and lamas requested protection cords. Much to their surprise, H.H. Penor Rinpoche made the knots in the cords with his tongue. This is a particular siddhi for which he was well-known as a child, but it was the first time this had occurred while he was an adult.

In addition Sangye shared that in 1987 she had the honor of accompanying H.H. Penor Rinpoche on his return to Tibet and his own mother monastery of Palyul. At that time he allowed Sangye and the two other women on the trip to live and stay right in the monastery close to his own room. This was the first time women had ever stayed at the monastery. On her recent trip to Tibet with Shikyong Mipham Rinpoche, she was astounded to see that the monastery has grown by ten times and seems to be the strongest and the

most thriving dharma center in all of eastern Kham. Sangye commented, "It is really true that the activities of the bodhisattvas are so miraculous that the activities and aspirations of just one manifestation in our world can make such a difference. Think what

it will be like when we are all able to accomplish deeds such as this!"

Ultimately, of course, most of us are not fortunate enough to witness such spectacular events or changes, and we are often just as moved by more mundane accomplishments which

relate directly to our own lives and experience. Again, Sangye Khandro:

"For myself I have to say that the siddhis I have experienced in His Holiness Penor Rinpoche's presence are more in terms of qualities that

(Continued on page 23)

RIPA LADRANG FOUNDATION has created a much needed monk sponsorship program for the monks at Rigon Thupten Mindolling monastery in Orissa, India and at Rigon Tashi Choeling monastery (now under construction for 2003 grand opening) in Pharping, Nepal

These Precious Monks Need Your Help



The Tibetan Buddhist monks in the Ripa lineage monasteries of H.E. Namkha Drimed Rinpoche and Gyetrul Jigme Rinpoche dedicate their lives to prayer, pujas, service to the suffering beings of this realm. To help pay for their housing, food, monk clothing, supplies, education, and medical care, they hope for the generous and loving sponsorship of someone like you. In gratitude, they write to you and pray for you, and become your monastic friend. Recently these monks spent weeks performing prayers and pujas, in these difficult times, for the peace of the world and the safety of humanity. Won't you please help? (See the www.ripaladrang.org website for more details on monk sponsorship) To sponsor one monk costs \$350 per year or \$30 / month. If you are able to sponsor a monk, please send your EMAIL to ripaladrang_ia@hotmail.com or WRITE to Ripa Ladrang Foundation, 333 Mamaroneck Avenue, #203, White Plains, New York 10605 USA, telling us how many monks you are able to sponsor.

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Venerable Thrangu Rinpoche,
Abbot, Rumtek Monastery; Tutor to H. H. Karmapa XVII

"For those pursuing the Buddhist teachings as their spiritual path who wish to gain a deeper, more intimate relationship with the Dharma as well as to assist others to have greater access to the teachings—for such people, learning Tibetan is particularly important."

Venerable Bokar Rinpoche,
Dharma Heir of H. E. Kyabje Kalu Rinpoche

Founding director of the Tibetan Language Institute, David Curtis has an academic background in Classical languages and has taught Tibetan extensively to Western students for nine years. He trained for five years at Kagyu Ling Monastic College in France (founded by H. E. Kalu Rinpoche), completing the traditional three-year retreat in 1992. He currently teaches Tibetan at Loyola Marymount University in Los Angeles, California.



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Books by Karma Chagme, Gyatrul Rinpoche, and Sangye Khandro

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

A Spacious Path to Freedom: Practical Instructions on the Union of Mahamudra and Aniyoga, by Karma Chagme, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace, 250 pp., #SPPAFR \$18.95

Naked Awareness: Practical Instructions on the Union of Mahamudra and Dzogchen, by Karma Chagme, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace, ed. by Lindy Steele & B. Alan Wallace, 321 pp. #NAAW \$19.95

Generating the Deity, by Ven. Gyatrul Rinpoche, 139 pp., 19 b&w photos, #GEDE \$14.95

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GURU RINPOCHE: HIS LIFE AND TIMES



by Ngawang Zangpo
360 pp., 6 x 9", cloth
#GURIHI \$29.95
—Available in August—

To Tibetan Buddhists Guru Rinpoche is a Buddha. In 763, Tibet's powerful armies overran the capital of China and installed a puppet emperor. Why didn't Tibet continue its aggressive military campaigns? This transformation was due to Guru Rinpoche who tamed and converted Tibet to Buddhism and thereby changed the course of Asian history.

This book recounts Guru Rinpoche's historical visit to Tibet and explains his continuing significance to Buddhists. Four very different Tibetan accounts of his story are presented:

Buddhist ones:

A Biography of Guru Rinpoche by Jamgon Kongtrul

The Immaculate White Lotus by Yeshe Tsogyal;

One according to the pre-Buddhist Tibetan religion, Bön:

The Bon Version of the Life of Guru Rinpoche by Jamyang Kyentse Wongpo

One based on Indian and early Tibetan historical documents:

The Indian Version of the Life of Guru Rinpoche by Taranata.

In addition, there are supplications by Guru Rinpoche and visualizations to accompany them by Jamgon Kongtrul.

"The presence of Guru Rinpoche, a figure so important to Tibetan Buddhists he is called simply 'The Precious Master', can be felt still in each of these liberating stories translated here. Read side-by-side, they reveal an even wider picture, deftly highlighted by Ngawang Zangpo's introduction, of how history and culture interact with the inner spirituality that is beyond time and place."—Sarah Harding, author of *Creation and Completion*

"With a thought-provoking introduction and stimulating cultural, religious, and literary insights, Ngawang Zangpo offers welcome translations of four biographies of Guru Rinpoche and a set of famous supplications. This new work will certainly be enjoyed by everyone interested in the vast spiritual legacy of the 'Second Buddha' in Tibet."—Cyrus Stearns, author

NGAWANG ZANGPO (Hugh Thompson) lives near Santa Cruz, California. His previous works include *Sacred Ground: Jamgon Kongtrul on "Pilgrimage and Sacred Geography."*

The following is an excerpt from *Guru Rinpoche: His Life and Times*.

Non-Tibetans can now meet Guru Rinpoche, but the encounter can only be meaningful with faith. Our faith and devotion provide the only access possible to the timeless, ever-present Guru Rinpoche, and this faith and

devotion must begin in relation to a human spiritual master and a lineage. For some people this is an impossible task, which should not be a problem unless they imagine they want to practice tantra. Persons who cannot force themselves to board an airplane cannot fly; people who cannot accept a relationship based on faith and devotion cannot practice tantra. Dzongsar Janyang Khyentse Rinpoche writes in the same book:

The purpose of Dharma practice is to attain enlightenment. Actually, attaining enlightenment is exactly the same as ridding ourselves of ignorance, and the root of ignorance is the ego. Whichever path we take, whether it's the long and disciplined route, or the short and wild one, at the end of it the essential point is that we eliminate ego.

There are many, many different ways we can do this, for example through Shamatha [tranquility] meditation, and they all work to one extent or another. However, since we have been with our ego for so many lifetimes and we are so familiar with it, every time we take to a path in our efforts to eliminate ego, that very path is hijacked by ego and manipulated in such a way that rather than crushing our ego, our path only helps to reinforce it.

That is the reason why, in the Vajrayana, guru devotion, or Guru Yoga, is taught as a vital and essential practice. As the guru is a living, breathing human being, he or she is able to deal directly with your ego. Reading a book about how to eliminate ego may be interesting, but you will never be in awe of a book, and anyway, books are entirely open to your interpretation. A book cannot talk or react to you, whereas the guru can and will stir up your ego so that eventually it will be eliminated altogether. Whether this is achieved wrathfully or gently

doesn't matter, but in the end this is what the guru is there to do, and this is why guru devotion is so important.

I believe that all tantric Buddhists should be as frank as this master about their path and what sets it apart from the other Buddhist paths: faith and devotion to the spiritual master. In Sanskrit they say, "Guru Yoga;" in English we might say, "communion

...attaining enlightenment is exactly the same as ridding ourselves of ignorance, and the root of ignorance is the ego. Whichever path we take, whether it's the long and disciplined route, or the short and wild one, at the end of it the essential point is that we eliminate ego."

with the spiritual master's mind." Tantra takes pride in its plethora of practices: it aims to answer everyone's needs with easy, accessible, and efficient ways to enlightenment. Yet every single one of those skillful means depends on the spiritual master, a human being from whom we receive transmission of empowerment, the lineage, and guidance; and, after we receive instruction, our success or failure depends not on our diligence, not on our goodness, and not on our intelligence, but on our faith and devotion to our spiritual master. Tantra cannot be all things to all people. Some of us have serious issues with a relationship

grounded in the intense devotion tantra demands. It is in no way a judgment of those individuals or of tantra to say that they were not made for one another. Tantra is not to everyone's taste, nor can it ever be made to be.

Guru Rinpoche is for most Himalayan Buddhists the second Buddha, the Buddha of every form and teaching of enlightenment, with an accent on the tantras. Just as the Great Way teaches us to identify our enlightened nature and call it "buddha-nature," tantra teaches us to first see our teachers as Guru Rinpoche. Then we see all phenomena as Guru Rinpoche, down to every atom of our own body, every atom of all beings equally, and every atom of every blade of grass, every grain of sand. Finally, when we recognize our own innate, timeless awareness, it as well is none other than Guru Rinpoche. Dzongsar Janyang Khyentse Rinpoche writes:

The first stage of guru devotion, then, is to awaken and enhance our devotion, until it becomes sound and strong and we can actually look upon the guru as the Buddha.

Gradually we will reach the second stage, where we don't simply think the guru is the Buddha, we see he is the Buddha. As our devotion becomes stronger still, it is with a growing sense of joy that we begin to rely entirely on the guru for everything. An inner confidence arises, an absolute certainty that the guru is the only source of refuge. No longer do we have to create or fabricate our devotion—now it comes quite naturally.

Then, all our experiences, good or bad, are manifestations of the guru. Everything we experience in life becomes beneficial and has a purpose; everything we encounter

(Continued on page 21)

TEACHINGS IN THE BÖN BUDDHIST TRADITION OF TIBET

YONGDZIN (LOPON) TENZIN NAMDAK



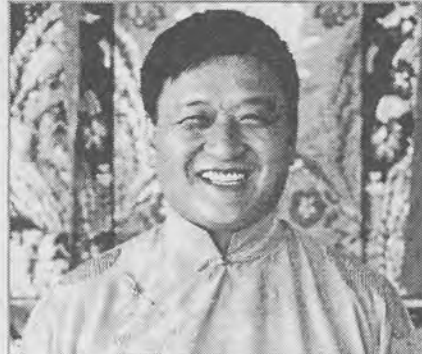
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JULY 1-21, 2002

(July 1-7, Wk 1 / July 8-14, Wk 2 / July 15-21, Wk 3)

The tantric cycle of Sherab Chamma (Wisdom Loving Mother) is one of the most important in Bön. It was the primary practice of the great Dzogchen master and teacher of teachers, Lopon Sangye Tenzin. This year, Yongdzin Rinpoche will teach from the "Eight Manifestations of Sherab Chamma," a commentary on the beautiful root text, *Praise to Chamma*. In recent years, Tenzin Wangyal Rinpoche has taught his students the practice of Sherab Chamma, which has been of great benefit to many. To receive this in-depth teaching from Yongdzin Rinpoche will be an enormous blessing.

Also, during this retreat, our teachers will continue the profound Dzogchen teachings from the *Biographies of the Masters of Zhang Zhung*, which were begun over the last several summer retreats.

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Rinpoche is also the author of *Wonders of the Natural Mind* and *The Tibetan Yogas of Dream and Sleep*, all from Snow Lion publications.

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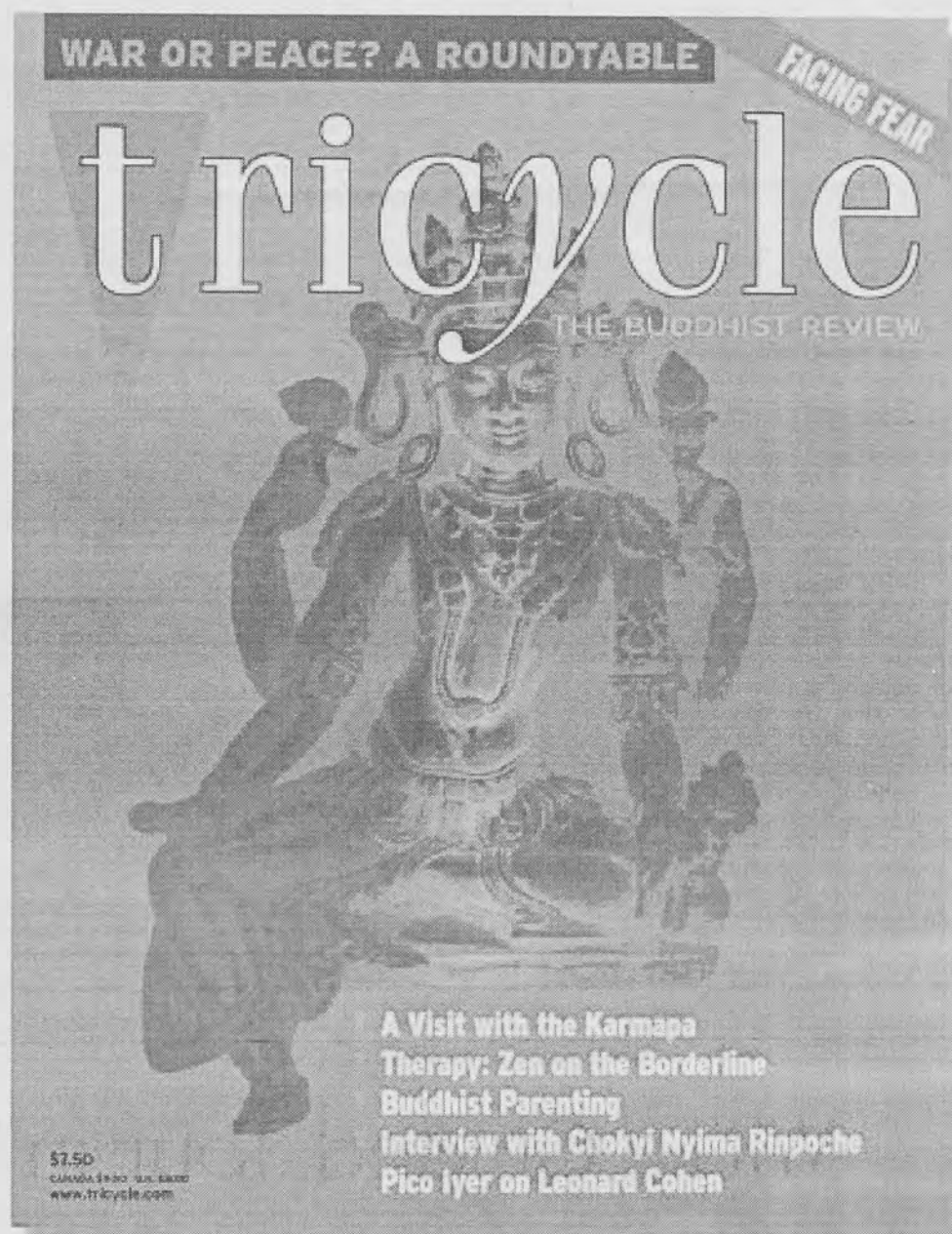
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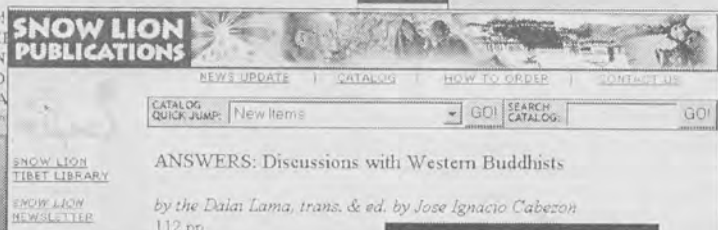
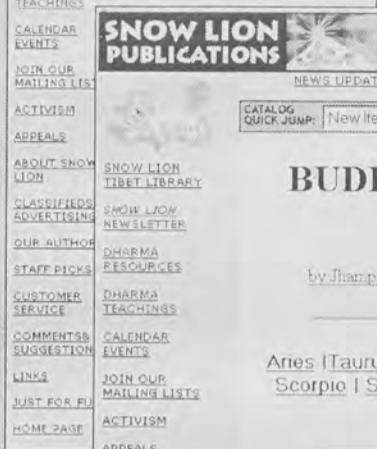
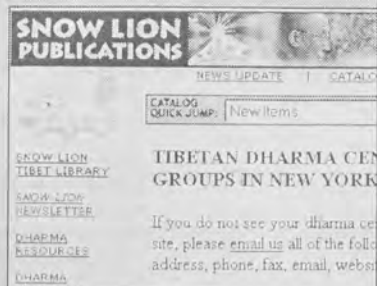
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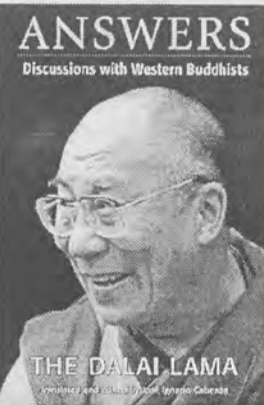
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HEALING WITH FORM, ENERGY AND LIGHT

Continued from page 3

hand as if the hand were squeezing a tube. A little oil is put on the hand first so that the dough will not stick. Men use the right hand, women the left. The dough takes on the imprint of the hand, marked with ridges and knots where the dough is squeezed into the wrinkles of the palm and the seams where the fingers lie beside each other. We correlate the impressions of the five fingers to the five elements and the lines in the dough made by the bends in the fingers to the sense offerings.

Once the dough is shaped it is touched to any part of the body that needs healing. Touch on the body draws attention to the place touched; prana follows the attention since mind and prana always move together. With the attention on a single part of the body, sensation in that part increases. We can experience this by touching any place on our bodies and putting our attention there. When this is done with the chang bu, we use our imagination to draw the illness, trauma, or negativity into the dough. We should then try to feel a release in that area of the body. Then we can move the tormo to another part of the body that needs healing. When we have finished, we have a substantial symbol of our illnesses, one that is energetically connected to us; this is offered to the third and fourth guests, the beings who may be causing and maintaining the illness. The intent behind the ritual is not only to remove the influence of the spirit from the body, but also to give the spirit something, which is done through the offering. What is given has some of the energetic properties of the illness but it is now in a purer form that will nourish and satisfy the spirit. When it accepts the offering it leaves the person whom it has afflicted.

After the ritual is finished, the offering is taken outside and thrown in the direction opposite the individual's birth year sign, the direction, it is believed, in which the negative force is most likely to originate. (If you don't know your sign, refer to the chart at the end of this book.) Traditionally, after a ritual like this we look for a dream that signifies success, such as a dream of insects, animals, liquid, or other beings or negative substances coming out of the body. ■



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DREAM YOGA

Continued from page 4

ber the practice of the white Om when you awaken in the morning. If possible, you may sound ahh immediately. If you cannot sound loudly because there is someone else sleeping, it is enough that you exhale with

ahh. As long as you can hear yourself and feel the presence of that white Om , this is a method of Guruyoga. It is not necessary to say many words or prayers; simply having the presence of the white Om and recognizing that the Om is the unification of the mind of all your gurus is sufficient. Then you integrate this into a state of

contemplation, or rigpa.

Starting your morning yoga in this way is wonderful and will help you very much with all your practices and particularly your practice of the night. There is a kind of a connection that you make by remembering the white Om when you are going to sleep and, then again, in the morning. ■

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Chögyal Namkhai Norbu was born in Eastern Tibet in 1938 and was recognized at the age of three as the incarnation of the great Dzogchen Master Adzom Drugpa. Norbu Rinpoche has established centers for the study and practice of Dzogchen throughout the world. The Dzogchen Community in America, Tsegyalgar, is based in Conway, MA.

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EVERYDAY CONSCIOUSNESS
AND BUDDHA-AWAKENING

Continued from page 1

Gyalwa Karmapa, and he teaches extensively in Asia, Europe, and North America.

I am particularly happy to have the opportunity here to explain the difference between everyday consciousness and the primordial awareness of the Buddhas. In my opinion, knowledge about the mind is very beneficial for everyone. Mind is designated as being composed of six, or sometimes eight, collections of consciousness. This is a very specific classification of mind as generally taught in Buddhist philosophy, but one which is comprehensible by means of inference.

Everyone who meditates—including those who, for example, are visualizing the creation phase of a yidam deity—will receive much greater benefit from the meditation if they know about the condition of mind. Whoever meditates on calm abiding (Skt. *shamatha*) should, while doing so, be clear about what 'the resting mind' actually is, and how it may be generated. For the meditation on deep insight (Skt. *vipashyana*) of the great seal (Skt. *mahamudra*) or of the great perfection (Skt. *mahasandi*), it is likewise of great benefit to know what the mind is composed of, what its innate essence is, and through which forms of expression it makes itself manifest.

Studying this topic is also beneficial for those who are interested in Western psychology and psychotherapy. Some psychologists conscientiously study the mind's mode of being according to the teachings of Buddhism. They are very much interested in the divisions of mind into six or eight kinds of consciousness, and how these consciousnesses function.

Knowledge about the five kinds of primordial awareness is also important, since this is the fruit that all practicing Buddhists aspire to bring forth through their meditation and dharma practice. The fruit of this practice is to reveal the ultimate primordial awareness. Since meditation takes us gradually closer to this result, it is important to know about what results may be attained.

Though the highest, ultimate result of our dharma practice is the state of a Buddha, this does not mean that we leave off being present to ourselves and our situation and pass over to somewhere else entirely. Nor are we to be concerned with developing extraordinary powers to boast about or with which to show off. Instead it is a case of revealing the primordial awareness that is primordially present within ourselves. It reveals itself through the gradual development of the three kinds of highest understanding (Skt. *prajna*): that arisen through listening, that arisen through reflecting, and that arisen through meditating. When these three are completely and perfectly developed, the primordial awareness is fully revealed.

Due to the influence of primordial awareness expanding, the stains of ignorance and obscuration become purified, and we attain the ultimate fruit that in Sanskrit is called 'Buddha'. The Tibetan equivalent of this designation is 'sang-gye' (Tib. *sangs rgyas*), 'purified and expanded'. The actual meaning of 'Buddha' is merely 'gye', 'expanded'. The Tibetan translators, however, added the syllable 'sang', 'purified', in order to indicate that due to primordial awareness revealing itself all the obscurations are purified. Thus in Tibetan the designation 'Buddha' in both its aspects, that of purification and that of expansion, points to primordial awareness.

The method to expand the primordial awareness consists principally of engaging in meditation. Therefore, in order to practice and meditate correctly, we should first of all understand what primordial awareness

is and how it reveals itself. This knowledge can be attained through the highest understanding of listening and reflecting.

When Buddha Shakyamuni introduced the Buddhist teachings (Skt. *dharma*) he taught extensively on the subject of the mind. In the context of the lesser vehicle (Skt. *hinayana*), when explaining the five aggregates, the twelve sense-sources, and the eighteen elements, the Buddha explained the mind in terms of six collections of consciousness: eye, ear, nose, tongue, and body consciousness (i.e., the five sense consciousnesses), and the mind consciousness.

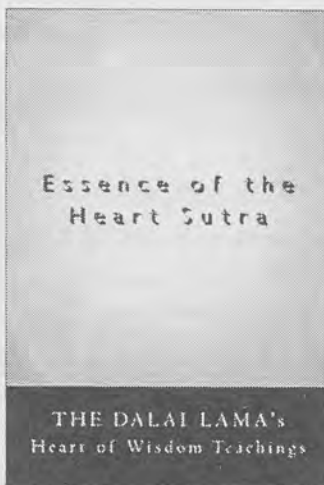
In the context of the great vehicle (Skt. *mahayana*), however, Buddha Shakyamuni explained the mind in terms of the eight collections of consciousness: the seventh consciousness is the klesha-mind and the eighth the all-base consciousness (Skt. *alayavijnana*). The reason why these two types of consciousness were not taught in the lesser vehicle is explained in the sutras. There it says, 'the absorbing consciousness is profound and subtle. If it were taken to be the self, that would not be appropriate.' The all-base consciousness functions uninterruptedly, like the flow of a river, by absorbing imprints as seeds. In many non-Buddhist philosophies—for example, that of the Indian Tirthikas—the true existence of a self is postulated. It could happen that the followers of such philosophies take the all-base consciousness to be the truly existent self; this is a mistake. In the great vehicle, however, there is no entity as such that could be viewed as the self; indeed, there is no valid cognition that could prove the true existence of such a self. Since sometimes the body is taken to be the self and sometimes also the mind, there is no definite focal point for the self. It obviously follows that the self cannot be construed as being the all-base consciousness either.

When the Buddha's teaching spread throughout India, many Indian scholars (Skt. *pandita*) wrote commentaries. When Buddhism later came to Tibet, Tibetan scholars also wrote commentaries concerning the functioning condition of the mind. Explanations of the most important points describing the functions of mind were given by Karmapa Rangjung Dorje in his text *The Commentary that Distinguishes Consciousness from Primordial Awareness*. In addition, Mipham Rinpoche addressed the same topic in his text *Gateway to Knowledge*. Both these texts describe the functions of the eight kinds of consciousness, the way they can be transformed into the five kinds of primordial awareness, and how the ultimate fruit—the level of the five buddha-families—can be attained.

Concerning the transformation of the eight consciousnesses into the five kinds of primordial awareness, however, the authors each emphasize different aspects. Karmapa Rangjung Dorje emphasizes the seventh consciousness by dividing it into two kinds: the 'immediate mind' and the 'klesha-mind'. Mipham Rinpoche, however, describes the all-base consciousness in much more detail by discriminating between the 'all-base' and the 'all-base consciousness'.

When I was seventeen years old I studied Mipham Rinpoche's text very intensely. At such a young age one learns very well, and this is why I still remember his interpretation very clearly today. The following explanations are therefore in accordance with Mipham Rinpoche's text *Gateway to Knowledge*. ■

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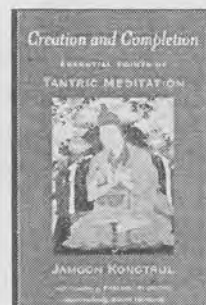
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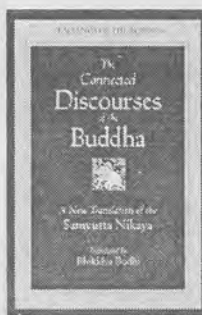
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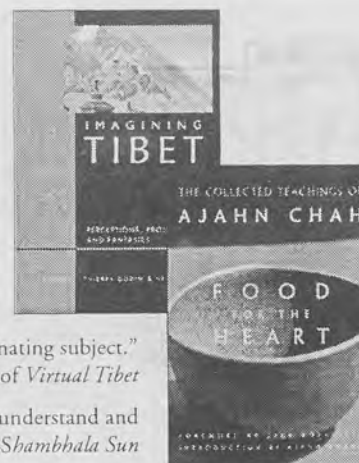
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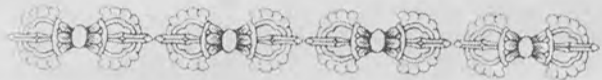
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Translated & edited by
Sonam T. Kazi

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. . . .

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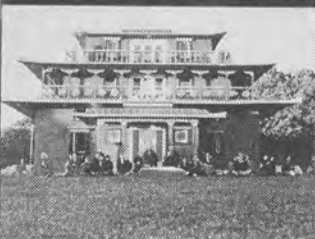
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3,200 Refugee Monks at Sera Jey Monastery in Bylakuppe, South India

SERA JEY MONASTERY

Funds for breakfast still needed



Sera Jey Main Assembly Hall

Since 1998 some things have changed.

In 1998 the monks were subsisting on one meal a day.

Some exceptions to this were specially sponsored ceremonies (pujas) where monks would receive food; or a few months in the summer when funds came for breakfast; or if a monk found their own outside funding—not easy to do as a refugee. Most were on their own.

The immaculate little hospital for Sera Monastery could not afford antibiotics. In addition, they were struggling to find means to obtain dental care for the

monks. They were treating 63 patients for Tuberculosis (down from 130 patients two years before); the TB doctor came once a month from the city. Upon inquiring it was learned that some simple medical tools and equipment were needed such as a microscope, and a sterilizer. Basic things.

From the raw jungle in which the first two hundred refugee monks began building shelters—amidst snakes, tigers, and wild elephants—a monastery in exile has arisen. They have a beautiful new assembly hall, and conditions have improved greatly. However, the struggles of exile were still evident, even to the casual observer. It was seen in the lack of plumbing and sanitation, lack of adequate

housing and medicine, and also the lack of food.

The Monastery in exile could not afford \$2,000 for plastic pipe to channel water to their newly planted coconut grove which was to produce food, drink, and building materials from the coconut husks.

In spite of the difficulties, the monks' hardworking efforts and joyful smiles were a clear demonstration of their commitment and the effectiveness of their practice!



Young monks praying

Through this effort the monks are preserving the Buddha Dharma as handed down through the Tibetan lineage from Lama Tsong Khapa, and they have made every sacrifice to do so.

People who are interested in assisting the exiled Tibetan monks are helping to preserve the Tradition: the books, the practices, and the

oral transmission, so that the teachings dedicated to help all sentient beings can continue to flourish and grow.

WHAT HAS CHANGED SINCE 1998?

What has changed at Sera Jey since 1998 is that over 700 more monks have arrived at Sera Jey's doors bringing the total of monks in the year 2002 to 3,200 monks. Monks are still fleeing Tibet as you read this, risking torture and death to reach India where they can practice in freedom.

The pressure to provide adequate housing, health care, and food is overwhelming.

HOW YOU CAN HELP

It is truly the case that you can make a difference. You can help provide a cup of tea and a piece of bread each day for a monk. Tea and bread for one monk costs \$.08 (eight cents in U.S. dollars depending on the exchange rate) \$256.00 U.S. dollars will feed all 3,200 monks tea and bread for one day.

We hope that all who are interested will join in supporting the monks in

their efforts to preserve the Tradition and will help provide breakfast to them each day.

The Sera Jey Support Committee invites philanthropists to help develop a capital fund, and in the meantime, seeks contributions to help feed the monks now.

Inquiries can be made to the address below.



Mid-day meal in the Assembly Hall



Assembly Hall entrance



Young monks drawing water for tea

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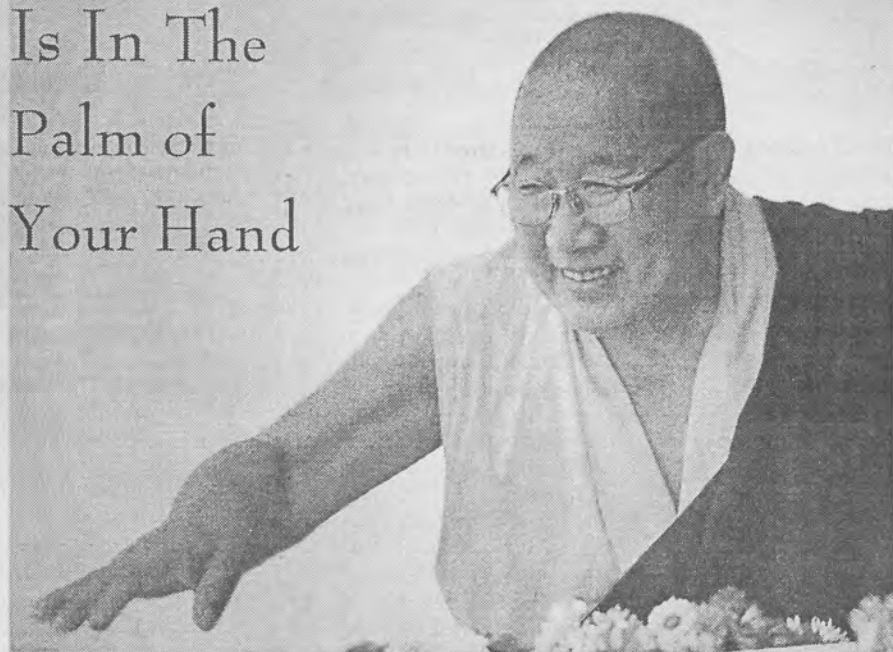


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GURU RINPOCHE: HIS LIFE AND TIMES

Continued from page 11

becomes a teaching. Total trust and devotion for the guru is born within our heart, and the blessing of the

guru dissolves into our mind. With this, we reach the third stage, which is when we realize

that our mind is none other than the guru whom we have seen as the Buddha.

This Guru Rinpoché, while timeless, is introduced to us thanks to a lineage of masters who have passed on their wisdom in an uninterrupted stream to the present. In the preface to *Masters of Meditation and Miracles*, Tulku Thondup makes a statement that should be repeated in every Tibetan translation: "It was improper and indeed impossible for me to try to avoid the typical characteristic of Tibetan biographies, namely the inclusion of endless lists of teachers, teachings, and disciples of the masters, even though those lists might be boring for readers who are not Tibetan." He then traces the lineages from Guru Rinpoché and other great masters down to the present, each an essential link. Each deserves to be honored by our attention. How many of us learned (or still learn?) the names of members of sports teams, or of rock bands, or of political parties, during their fleeting moments of fame and fortune? We definitely have the capacity to learn the names and personal histories of the enlightened individuals who have contributed to the wisdom bridge that reaches us.

Lineages of wisdom have been compared to electricity that flows from a power plant to one's home: If the flow is interrupted or faulty at any point, the flow of electricity will stop. The members of lineages from Guru Rinpoché should not be faceless, nameless persons: they have kept real and alive what is most important to us—the full presence and blessing of Guru Rinpoché. Different masters reflect the needs of their time on a superficial level, and thus might seem foreign to us, but the wisdom-electricity we receive from our teachers has passed through them and, thanks to them, is exactly the same as it was a thousand years ago.

Guru Rinpoché first appeared as

an Indian, a guise that caused his expulsion from Tibet. Yet, with some more reflection over time, Tibetans came to worship Indian spirituality and Indian masters. To the present day, the focus of Tibetan Buddhism remains fixed not upon indigenous Tibetan masters, however impressive they were, but upon non-Tibetans, Buddha Shakyamuni and Guru Rinpoché.

These days, Guru Rinpoché first appeared to us primarily in a Tibetan guise. The Tibetan masters' priceless gift to us has been to introduce foreigners worldwide to Guru Rinpoché's timeless wisdom in such ways as to make it comprehensible, attractive, and accessible. They have had to confront in their new students many non-conducive attitudes, such as distrust, self-seriousness and solemnity, but they disarmed and relaxed us with their light humor, gentle warmth, and sincere concern (or love, to be more precise). Not only did they bring Guru Rinpoché into our lives, they made it seem that the most natural, clear-headed, and light-hearted thing to do is to discover eternal Guru Rinpoché within ourselves. What we saw as insurmountably distant proved to be innate, and what intimidated us proved to be child's play.

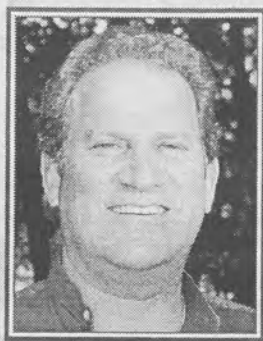
Modern spiritual masters of all races now bring Guru Rinpoché to our level, but that is not to say that it would not be wise for us, on our part, to rise to the occasion. If you feel the urge to do yourself an enormous favor, attend any lecture by the Dalai Lama (or so many other tantric masters I could name) when he visits your continent. Or plunge into *Journey to Enlightenment*, Matthieu Ricard's book on the life of Dilgo Kyentsé Rinpoché. Or read Sogyal Rinpoché's account of life with Dzongsar Kyentsé Rinpoché and Khandro Tsering Chödrön in *The Tibetan Book of Living and Dying*.

(Continued on page 23)

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DEATH, DYING AND REINCARNATION

Continued from page 5

situations differently.

Death is something that happens to everybody, not just one person, or a few people. Knowing that can at least diminish the fear of death. If you think only of the person you have lost and concentrate on your own grief about them, your focus becomes very narrow and your loss may seem overwhelming. But if you think of all the mothers in the world who have also lost their children and experienced the same grief as yourself, then the experience is more encompassing, it is no longer such a personal problem.

As the Buddha said—we come into contact with things that we do not want to come into contact with, and we get separated from things that we do not want to become separated from—that is how things are. It is very difficult not to occasionally succumb to our emotions, our anger, resentment, jealousy, and so on, but through the practice of meditation we may no longer get so overwhelmed by them when these emotions arise. In a similar way, death may still be a very fearful experience when it occurs, but one may be able to maintain a sense of awareness. This is what the *Tibetan Book of the Dead* talks about. This is the main point, the fear of death may still be there, but we can maintain a sense of equilibrium along with that.

Venerable Traleg Kyabgon, Rinpoche, IX

The Venerable Traleg Kyabgon, Rinpoche is the President and Spiritual Director of E-Vam Buddhist Institute, New York, and Kagyu E-Vam Buddhist Institute, Melbourne, Australia. Born in 1955 in Eastern Tibet, Traleg Rinpoche was recognized by His Holiness the XVI Gyalwa

Karmapa, head of the Kagyu lineage, as the ninth incarnation of the Traleg lineage, which can be traced back to the time of Salton Shogam, a contemporary of the first Karmapa. Traleg Rinpoche was enthroned at the age of two as the supreme head of Tra'gu Monastery in Tibet and following the Chinese invasion of his

country was taken to safety in India. He has returned to Tra'gu Monastery twice in the past five years, thus re-establishing his connection with the monastery and its monks, some of whom are very elderly and served Rinpoche's predecessor. In India he continued the rigorous training prescribed for tulkus born with respon-

sibilities as major lineage holders in the Tibetan tradition of Vajrayana Buddhism.

The Venerable Traleg Rinpoche has been giving lectures and seminars on Buddhism and related topics in Melbourne, Australia since 1980 where he established Kagyu E-Vam Buddhist Institute, and more

recently, Maitripa Contemplative Centre. E-Vam Buddhist Institute—New York is a newly established retreat facility in Hudson, New York where he will be conducting seminars and retreats. For further information, contact the Centre at (518) 672-6333; (718) 204-7690 or visit our website at <http://www.evam.org>. ■



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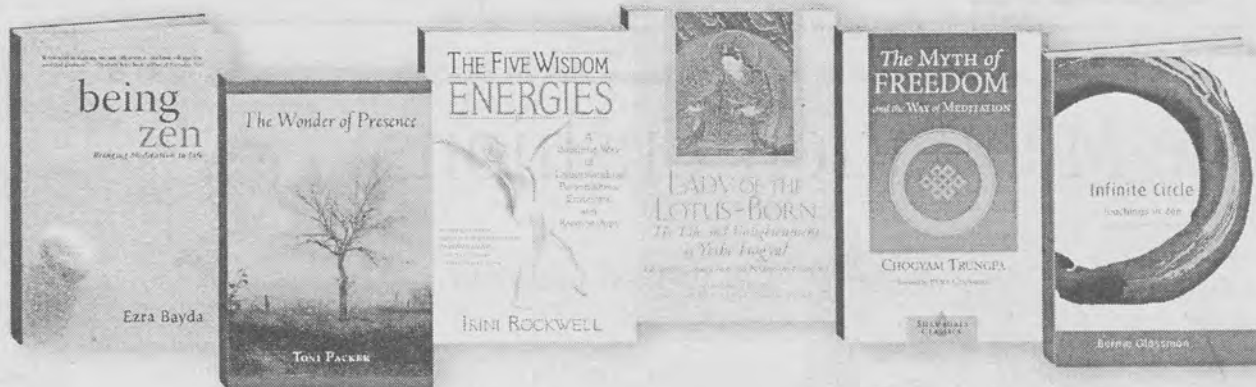
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THE "VAST DHARMA OF OPEN SPACE" COMES TO TEXAS

Continued from page 10

only a great bodhisattva like H.H. Penor Rinpoche can possess. I am speaking of immeasurable, unbiased compassion, selflessness and a view as vast as the sky itself. Twice while I was in India trying to learn the dharma at his monastery H.H. Penor Rinpoche unhesitatingly crossed over cultural boundaries to allow

me the opportunity to participate and learn the dharma on an equal standing with the other monks and lamas. This was highly unusual and unprecedented at the time, but he did it without a moment's hesitation. I was allowed to attend the all-male *tummo-tsalung* retreat, receive teachings, practice and take examinations together with the monks. Several years later when Khenpo Namdrol was teaching the *Guya Garbha Tantra* at the monastery,

H.H. Penor Rinpoche allowed western women to attend the classes held at the shedra college which had always been an all-male institution until that time. For the first time in history, our class included tulkus, lamas, monks and western students, both male and female, studying together on an equal basis. Wherever—and in whatever way—the dharma needs to be propagated, he will see to it that that is exactly what occurs."

Commitments

His Holiness Dilgo Khyentse Rinpoche once said, "H.H. Penor Rinpoche is a saint who has transcended the boundary of samaya." By this, he meant that H.H. Penor Rinpoche had actualized the experience of inner wisdom, and so realized the state in which there is nothing to grasp and nothing to release.

For the rest of us, keeping the samaya for a series of empowerments such as these would mean maintaining a regular daily practice of at least one wisdom deity while understanding that the nature of all wisdom deities is the same. There is no need to fear that receiving so many empowerments will leave us overwhelmed with practices we cannot possibly accomplish. Picking just one—for instance, Avalokiteshvara (Chenrezig) will suffice: for as the Tibetans say, if we try to practice all yidams, we will accomplish none of them; but if we practice one yidam and accomplish it, that is the same as accomplishing them all.

In addition to empowering disciples to practice all the teachings found in the Nam Chö cycle, this is an amazing opportunity to be in the presence of a great master for such a length of time. H.H. Penor Rinpoche is one of a very few teachers left from his generation who received all his training (in the traditional sense) in Tibet under the guidance of fully enlightened teachers. He is now completely dedicated to transmitting these blessings to disciples around the world. During the Nam Chö empowerments important teachings and visualizations may be translated and explained in English, and there will be spontaneous teachings given throughout—including a daily transmission of the Bodhisattva Vow. Hence the opportunity to learn, meditate and receive empowerments in the presence of such an accomplished master of this unsurpassed Tibetan tradition should be looked upon as being more rare than stars that are clearly visible in the full light of day.

For those interested in pursuing this tradition further, there are many centers around the country. In particular, the Palyul Retreat Center in McDonough, New York offers The "Liberation in the Palm of Your Hand" retreat cycle, a gradual progression of

practices, from Ngöndro (the preliminary practices), to Tsa Lung and eventually to mahamudra & dzogchen practices, over the course of seven one-month summer retreats.


The schedule for the summer of 2002 includes the Nyunge fasting purification and compassion retreat on the July 4th weekend and H.H. Penor Rinpoche will conduct the annual summer retreat from July 10th to August 10th.

For more information on His Holiness Penor Rinpoche and His endless efforts to benefit all beings visit:

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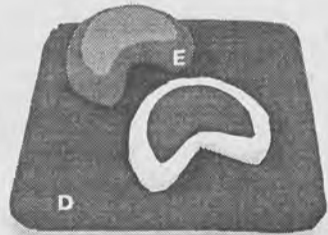
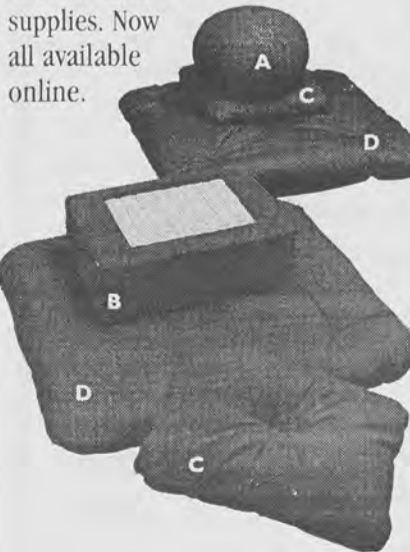
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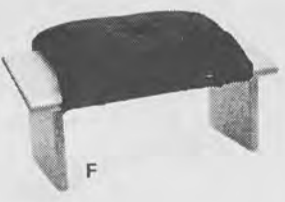


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Change of Heart: The Possibility of Hope

by
William Thomas Sly



William Thomas Sly is a poet-philosopher, a seasoned Spiritual Activist and a Master Teacher. In the book "Change of Heart. The Possibility of Hope," he reveals the truth about our present circumstances...

"As I was standing this morning, gazing out at the trees and fields around my home, I was aware of two things. In my mind, I could see bombs exploding and all life in terror. And, in my heart I could feel a profound love for all of creation. The bombs I cannot stop, but I can and will expand that profound love. There seems to be little that any of us can do to change the political dictates of those few who control our world. For the most part, we can only watch, listen, meditate, pray and vote when it is possible. Although, as many have said and I repeat here, we can change the hearts of those in the world through conscious meditation and prayer and through deeds of love. We must be involved on a Spiritual level with all that happens. I implore each of us to find peace and love and light in our hearts and let that be the chief export of our lives. Let there be peace in the world and let it begin with me. The only true peace we can ever know is the everlasting peace we have in our hearts. Perhaps now, we can make a difference in all that we consciously reach out to do. Let us feel love for all Humanity, for it is truly love that will create the positive change for the good of the whole. Now more than ever, this must be our essential thought which guides our actions. Let us take this opportunity to share with each and everyone we meet... I AM my love for you, forever. One grows by helping others. One helps others by growing."

- WTS, October 7, 2001

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GURU RINPOCHE: HIS LIFE AND TIMES

Continued from page 21

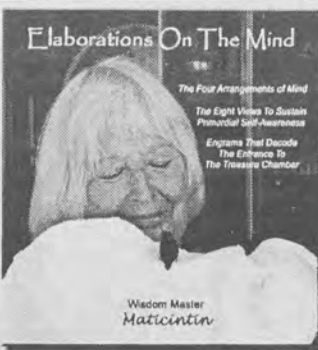
Who are these unfathomable beings if they are not Guru Rinpoché?

I cite them because they are persons of living memory, whom we can meet in person or in photographs or in words spoken directly in English, and I mention them because they

present us with a paradox. On the one hand, our recognition of our inner nature must accompany us on a "kitchen-sink level," as Trungpa Rinpoché used to remind us, and yet our inner Guru Rinpoché's positive qualities are what we call, for lack of better words, inconceivable and inexpressible. These masters, who introduce us so surely and gently to what has always been our nature,

making it seem so familiar and close, provide living proof of the wondrous qualities of that same nature's manifest expression, which surpass all measure and understanding. ■

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This edition's guest cartoonist is Lee E. Littler of La Canada, California. Lee, of mixed Celtic, Germanic, and Native American ancestry, is currently an anthropology student at Pasadena City College. He has published drawings and cartoons in various publications and is now trying to find a publisher or syndicate for his comic strip and single-panel cartoons.

You could have your cartoons printed in *The Snow Lion*. Mail your work to: Editorial and Production, Snow Lion Publications, P.O. Box 6483, Ithaca, NY 14851; or email to: editors@snowlionpub.com ■

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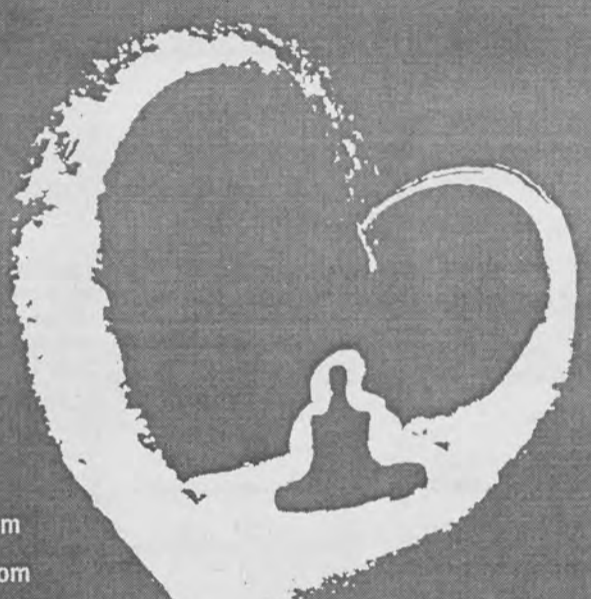
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With Glenn H. Mullin



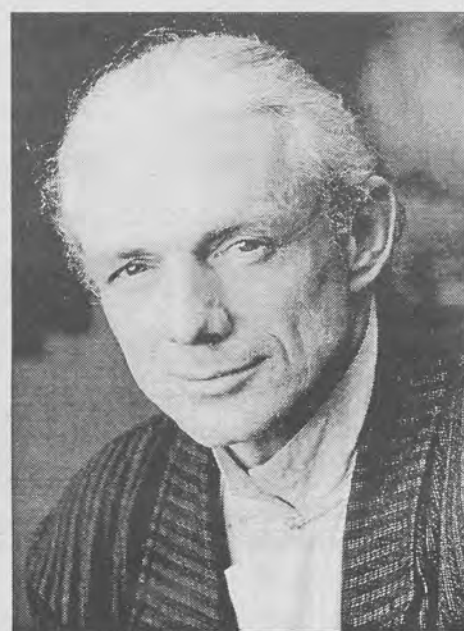
Tibet has many of the greatest power places of our planet: monasteries where early Dalai Lamas trained, temples visited for centuries by pilgrims, caves where meditators achieved enlightenment, and towering mountains that serve as the abodes of mysterious spiritual energies.

Join me on one of two adventures to Tibet this year (2002): (1) a trip to the sacred Mt. Kailash in Western Tibet, approx. 30 days in length, 20 of these involving tenting and walking (June 10-July 10th); and (2) for the more comfort-oriented adventurer, two weeks in China and Central Tibet (last half of Oct.), with NO tenting or difficult walks.

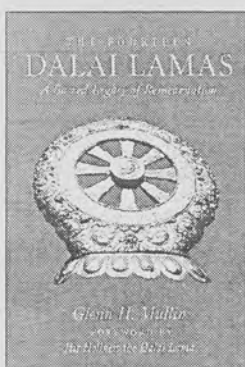
Otherwise, join me in June of 2003 on a vision quest to Central Tibet and the Sacred Oracle Lake. This will include several days of tenting by the Lake. I will also take my standard Central Tibet trip in late October, as above.

TRIP LEADER: Glenn H. Mullin studied in the Himalayas for twelve years under many of the greatest living Tibetan masters. He has written some twenty books on Tibetan Buddhism, specializing on the lives and works of the early Dalai Lamas. He divides his time between writing, undertaking teaching tours, and leading pilgrimages to the power places of Central Asia.

COSTS: Both the Mt. Kailash and Oracle Lake trips cost \$4,200, plus US/Asia flights (usually an additional \$1,350-\$1,500). The standard Central Tibet costs \$2,900 plus US/Asia flights. On previous trips we entered Tibet via Kathmandu, but due to political unrest in Nepal we will enter via Beijing, China, on our 2002-2004 schedules. To book or get more info, phone Dharma Passages, 770-907-3729. You can also visit either of my web sites (dharma-travel.com or dharma-passages.com).



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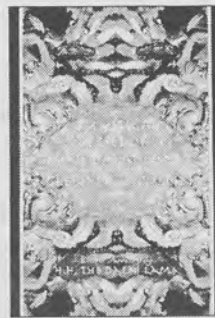


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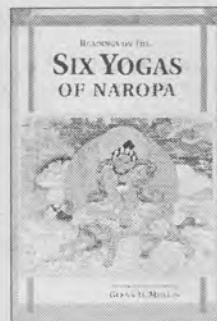
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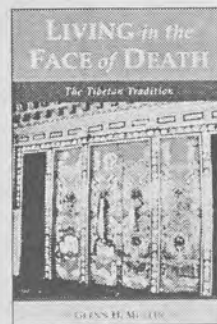
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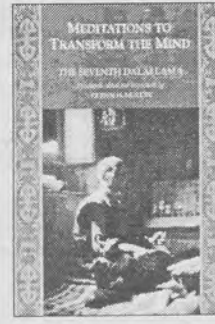


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A study of the Seventh Dalai Lama's life and times, and a translation of his mystical Lojong poetry, supplemented with commentaries to the poems by the translator.

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New enlarged and revised edition!

DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT

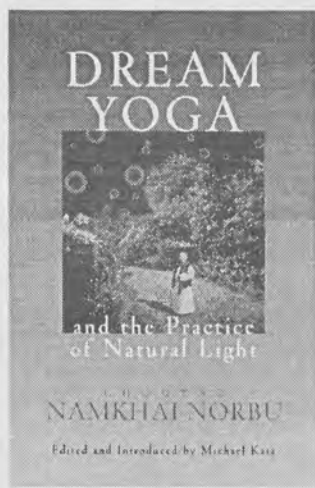
by Chögyal Namkhai Norbu, ed. & intro. by Michael Katz. 168 pp. #DRYO \$14.95

This revised and enlarged edition includes additional material from a profound and personal Dzogchen book which Chögyal Namkhai Norbu has been writing for many years. This material expands and deepens the first edition's emphasis on specific exercises to develop awareness within the dream and sleep states.

Rinpoche gives instructions for developing clarity within the sleep and dream states. He goes beyond the practices of lucid dreaming that have been popularized in the West, by presenting methods for guiding dream states that are part of a broader system for enhancing self-awareness called Dzogchen. In this tradition, the development of lucidity in the dream state is understood in the context of generating greater awareness for the ultimate purpose of attaining liberation.

Also included in this book is a text written by Mipham, the nineteenth-century master of Dzogchen, which offers additional insights into this extraordinary form of meditation and awareness.

"Chögyal Namkhai Norbu Rinpoche is one of the greatest



Tibetan meditation masters and scholars teaching in the West today. His luminous *Dream Yoga* teachings are **invaluable**. I myself read this book with great interest, and recommend it to my own students."—Lama Surya Das, author of *Awakening the Buddha Within*

Chögyal Namkhai Norbu is a Tibetan master of the Dzogchen tradition. He has authored many books including *The Crystal and the Way of Light*, *The Supreme Source*, and *Dzogchen: The Self-Perfected State*.

EVERYDAY CONSCIOUSNESS AND BUDDHA-AWAKENING

by Khenchen Thrangu Rinpoche, translated and edited by Susanne Schejczyk. 112 pp., 5 1/2 x 8 1/2", glossary. #EVCO \$14.95

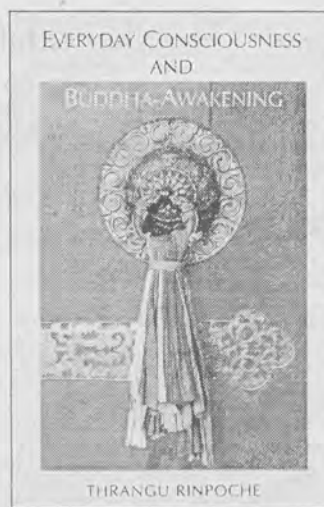
This introduction to Buddhist psychology and supplies essential instructions for successful meditation practice. Rinpoche presents meditation practices that can powerfully influence and ultimately transform the mind into the purified mind of a Buddha. Rinpoche clearly describes how consciousnesses operate in everyday perception and how at the time of Buddhahood, these same consciousnesses express the five primordial wisdoms of the five Buddha families.

"Khenchen Thrangu Rinpoche is among the wisest and most compassionate Buddhist masters alive today. I have no doubt that this book will be a **great inspiration and support for all serious Dharma students** who read it and put it into practice."—Pema Chödrön, author of *Places that Scare You*, and *When Things Fall Apart*

"Khenchen Thrangu Rinpoche, pre-eminent Tibetan master, has presented an accessible and precise introduction to the inherently awakened mind at the heart of confusion and suffering. While this text is invaluable for the scholar, it is even more crucial for the Vajrayana practitioner."—Judith Simmer-Brown, Ph.D., author of *Dakini's Warm Breath*

"With characteristic cogency, clarity, and precision, Thrangu Rinpoche lays out the Buddhist description of mind, in both its conventional and tantric dimensions. Then he invites us further in, showing how these teachings give voice to the subtlety of meditation experience and can lead us to the profundity of the awakened state itself."—Reginald A. Ray, Naropa University, author of *Indestructible Truth* and *Secret of the Vajra World*

Khenchen Thrangu Rinpoche is an eminent teacher of the Kagyu Lineage of Tibetan Buddhism. He is currently tutor to H.H. the 17th Gyalwa Karmapa, and he teaches extensively in Asia, Europe, and North America.



HEALING WITH FORM, ENERGY AND LIGHT The Five Elements in Tibetan Shamanism

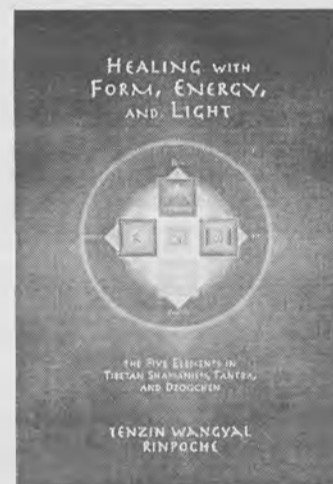
by Tenzin Wangyal Rinpoche. 176 pp., 5 photos, 30 line drawings, glossary, bibliography. #HEWIFO \$16.95

In the shamanic world-view of Tibetan Bön presented here, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. In the Tibetan tantric view, the elements are recognized as five kinds of energy in the body and are balanced with a program of yogic movements, breathing exercises, and visualizations. In these Dzogchen teachings, the elements are understood to be the radiance of being and are accessed through pure awareness. *Healing with Form, Energy, and Light* offers the reader healing meditations and yogic practices on each of these levels.

Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations practices are effective or a hindrance. This is a manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings.

"There is more detailed and at the same time easily understood and useful information about the body and meditative practice than any other book I have seen. Spoken with an elegance that melts into your mind."—Anne C. Klein, Professor, Dept of Religious Studies, Founding Director, Dawn Mountain Tibetan Temple, Houston, author of *Knowledge and Liberation, Meeting the Great Bliss Queen, Path to the Middle*

Tenzin Wangyal Rinpoche is one of the few Bön masters now living in the West. His skill as a teacher reflects his more than 15 years in guiding Western practitioners. He is the founder and director of the Ligmuncha Institute in Charlottesville, Virginia, and is the author of *The Tibetan Yogas of Dream and Sleep* and *Wonders of the Natural Mind*.



GURU RINPOCHE: HIS LIFE AND TIMES

by Ngawang Zangpo. 366 pp., 6 x 9", cloth #GURIHI \$29.95
—Available in August—

To Tibetan Buddhists Guru Rinpoche is a Buddha. In 763, Tibet's powerful armies overran the capital of China and installed a puppet emperor. Why didn't Tibet continue its aggressive military campaigns? This transformation was due to Guru Rinpoche who tamed and converted Tibet to Buddhism and thereby changed the course of Asian history.

This book recounts Guru Rinpoche's historical visit to Tibet and explains his continuing significance to Buddhists. Four very different Tibetan accounts of his story are presented:

Buddhist ones:

A Biography of Guru Rinpoche by Jamgon Kongtrul
The Immaculate White Lotus by Yeshe Tsogyal;

One according to the pre-Buddhist Tibetan religion, Bön:

The Bon Version of the Life of Guru Rinpoche by Jamyang Kyentse Wongpo

One based on Indian and early Tibetan historical documents:

The Indian Version of the Life of Guru Rinpoche by Taranata.

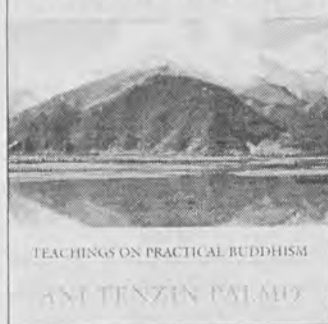
In addition, there are supplications by Guru Rinpoche and visualizations to accompany them by Jamgon Kongtrul.

"The presence of Guru Rinpoche, a figure so important to Tibetan Buddhists he is called simply 'The Precious Master', can be felt still in each of these liberating stories translated here. Read side-by-side, they reveal an even wider picture, deftly highlighted by Ngawang Zangpo's introduction, of how history and culture interact with the inner spirituality that is beyond time and place."—Sarah Harding, author of *Creation and Completion*

"With a thought-provoking introduction and stimulating cultural, religious, and literary insights, Ngawang Zangpo offers welcome translations of four biographies of Guru Rinpoche and a set of famous supplications. This new work **will certainly be enjoyed by everyone interested in the vast spiritual legacy of the "Second Buddha" in Tibet.**"—Cyrus Stearns, author

Ngawang Zangpo (Hugh Thompson) lives near Santa Cruz, California. His previous works include *Sacred Ground: Jamgon Kongtrul on "Pilgrimage and Sacred Geography."*

REFLECTIONS ON A MOUNTAIN LAKE



by Venerable Tenzin Palmo. 262 pp., 8 photos, #REMOLA \$16.95
—Available in July—

This sparkling collection of Dharma teachings by Tenzin Palmo addresses issues of common concern to Buddhist practitioners from all traditions.

"Tenzin Palmo is one of the most genuine and accomplished of western practitioners. **Her voice is simple and pure, wise and true.**"—Jack Kornfield, author of *Path with a Heart*

REFLECTIONS ON A MOUNTAIN LAKE Teachings on Practical Buddhism

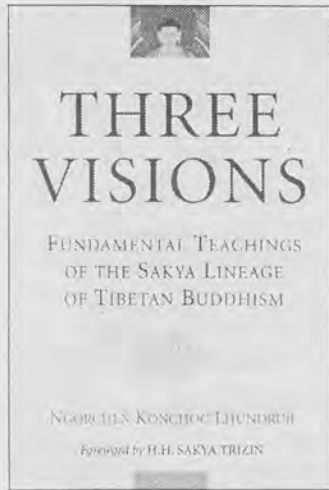
"In this book Ani Tenzin Palmo presents the most timely, **profound and lucid advice for all Buddhist practitioners.** She has torn away the thousand veils that shroud our self-deceptions. She speaks with the humility of experience rather than charisma, her words resonating with the naked simplicity of clarity and wisdom. Her voice constantly reminds me of everything I have ever loved and perceived as truthful in this life."—Robert Beer, author of *The Encyclopedia of Tibetan Symbols & Motifs*

"One of the true yoginis of our time...Tenzin Palmo is a voice we need to hear, a woman who has fully experienced what she speaks about with absolute honesty delightful humor, and real insight."—Tsultrim Allione, MA, author of *Women of Wisdom*

Venerable Tenzin Palmo was born in London in 1943. She traveled to India when she was 20, met her teacher, H.E. the 8th Khamtrul

Rinpoche, and in 1964 was one of the first western women to be ordained as a Tibetan Buddhist nun. After six years of study with her teacher, he sent her to the Himalayan valley of Lahoul to undertake more intensive practice. She lived with a small group of nuns in a monastery there for another six years, doing frequent retreats in the long winter months. Seeking more seclusion and better conditions for practice, Tenzin Palmo found a nearby cave where she stayed and practiced for another twelve years, the last three years in strict retreat. The story of her life and experiences in her remote Himalayan cave is described in the book *Cave in the Snow* by Vicki Mackenzie. Today Tenzin Palmo lives in Tashi Jong, Himachal Pradesh in northern India, where she has established Dongyu Gatsal Ling Nunnery for young women from Tibet and the Himalayan border regions. She frequently teaches around the world.

THE THREE VISIONS
Fundamental Teachings of the Sakya Lineage of Tibetan Buddhism



by Ngorchen Konchog Lhundrub, fore. by H.H. Sakya Trizin, trans. by Lobsang Dajpa and Jay Goldberg. 256 pp., #THVIFU\$15.95 -Available in June-

The most profound and fundamental teaching of the Sakya tradition of Tibetan Buddhism is that of the "Path Including Its Result." This unique teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path from the time of entering the spiritual discipline up to the attainment of full and perfect enlightenment. Though it comprehensively explains the tenets of the Buddha, its main function is to serve as a manual for contemplating and meditating upon the various stages leading to the final result of ultimate happiness and liberation.

The Three Visions examines the state of those experiencing suffering, those engaged in the methods leading towards freedom from unhappiness and misery, and those fully enlightened ones who have attained the highest goal of omniscient awakening. In a very direct and simple manner, the text leads the reader step by step over the vast path culminating in ultimate peace.

"*The Three Visions* is important to more than just the Sakya tradition, as the teachings within are relevant to Buddhists of all traditions and lineages. A comprehensive synthesis of the views and practices of the Bodhisattva path, it is a definitive handbook that guides a practitioner on the path in a manner that is **systematic, succinct and easy to understand.**"—Sakya Jetsun Chimey Luding

"I am delighted to see this republished translation of *The Three Visions*; an important teaching of benefit to all sentient beings."—His Holiness Jigdal Dagchen Sakya

"The higher levels of spiritual development depend upon transforming one's level of perception of reality. When in time the deeper realities present themselves as perceptions or visions, spiritual growth is experienced and is as subjective, personal, and flexible as the perceptions themselves, not as insurmountable as once thought."—Lama Pema Wangdak, Palden Sakya New Jersey

Originally published as *The Beautiful Ornament of the Three Visions*.

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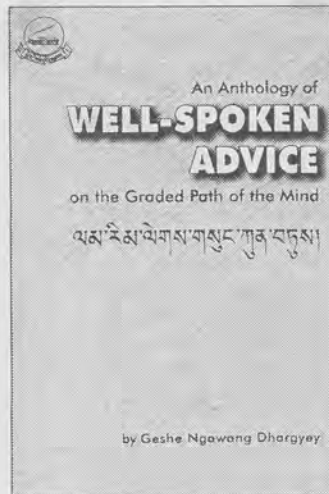
NEW BOOKS FROM OTHER PUBLISHERS



A CLEAR DIFFERENTIATION OF THE THREE CODES: Essential Distinctions among the Individual Liberation, Great Vehicle, and Tantric Systems

by Sakya Pandita Kunga Gyaltsen, trans. by Jared Rhoton. 320 pp., paperback, #CLDITH \$29.95

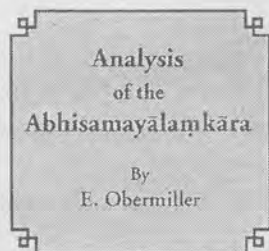
This is the first translation of *The Three Codes*, a book by the founder of the Sakya school that strongly influenced subsequent traditions in Tibet. Sakya Pandita discusses the Hinayana, Mahayana, and Tantric vows of Buddhist conduct—he sparked a number of long-lasting philosophical debates, some of which persist today.



AN ANTHOLOGY OF WELL-SPOKEN ADVICE on the Graded Path of the Mind by Geshe Ngawang Dhargyey, ed by Alexander Berzin, based on oral trans. by Sharpa Tulku, fore. by H.H. the Dalai Lama. 379 pp., line drawings, notes, bibliography, glossary. #ANWESP \$24.95

This in-depth study gives complete instructions on how to approach spiritual training and best prepare for building up beneficial habits of mind. Techniques are given for developing a whole-hearted commitment to a teacher, developing a realistic attitude towards death, refuge and karma.

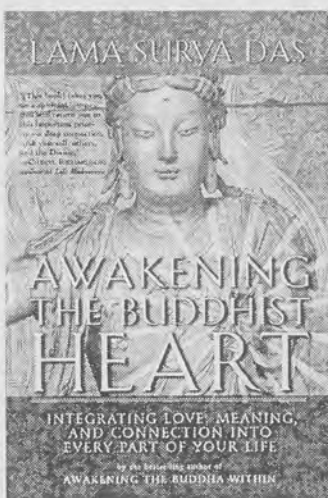
"What is presented here, then, is not a dry intellectual aspect of the Buddha's skillful methods. If pure motivation and positive enthusiasm are applied, these teachings can become a living tradition within yourself."—The Dalai Lama



ANALYSIS OF THE ABHISAMAYALAMKARA by E. Obermiller. 404 pp., English, Sanskrit, Tibetan. #ANAB \$40.00

The *Abhisamayalamkara* is the text used in the Tibetan monastic curriculum to teach the path to Buddhahood. The Indian teacher Asanga requested the future Buddha Maitreya to systematize the teachings on the path from the Prajna-paramita Sutras and this work was the result. It is studied in Tibet with commentaries. Obermiller studied it with Tibetan teachers and wrote this commentary. "This book is a classic in Buddhist scholarship and is still the most thorough analysis of the text available in a Western language (although it is not complete); it is constantly cited by scholars even today; and, last but not least, it has been so difficult to get a complete set (of three volumes, as published) that the Library of Congress only had the whole thing in a microform edition!"—Steve Rhodes, Snow Lion

Now in Paper!



AWAKENING THE BUDDHIST HEART by Lama Surya Das. 256 pp. #AWBUHE \$15.00

Lama Surya Das shows how to integrate all the experiences of our lives, both positive and negative, into our spiritual search. Our connection with others is essential to our spiritual awakening, and ultimately our happiness. He gives: five steps to dealing with anger, tools for reconnecting to your authentic self, steps to simplify your life, a text to discover your spiritual IQ, ways of practicing compassion and passion, and methods to "lighten up".

"...a helpful guide for all those walking the path to awakening while living in the world."—Joseph Goldstein, author

BEAUTIFUL SONG OF MARPA THE TRANSLATOR

by Khenpo Tsultrim Gyamtso Rinpoche. 125 pp., glossary, bibliography, index. #BESOMA \$13.95

Rinpoche gives a lucid explanation of the clear light nature of mind and how to meditate on it, how to develop compassion, and the practice of tonglen. He explains Milarepa's expression of the view, meditation, conduct and fruition based on four of his songs.

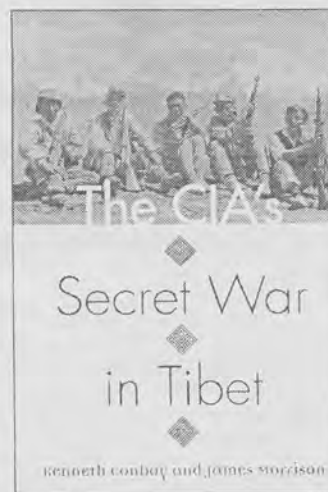
THE CIA'S SECRET WAR IN TIBET

by Kenneth Conboy & James Morrison. 320 pp., 24 photos, 9 maps. #CIA \$34.95

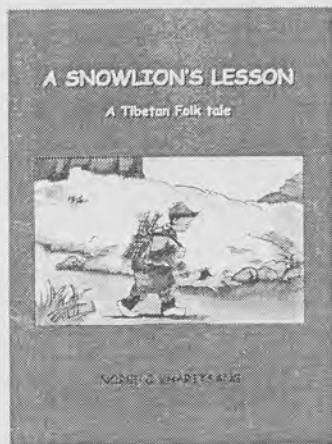
Kenneth Conboy and James Morrison reveal how America's Central Intelligence Agency encouraged Tibet's revolt against China—and eventually came to control its fledgling resistance movement. They provide the first comprehensive, as well as most compelling account of this little known agency enterprise.

The CIA's Secret War in Tibet takes readers from training camps in the Colorado Rockies to the scene of clandestine operations in the Himalayas, chronicling the agency's help in securing the Dalai Lama's safe passage to India and subsequent initiation of one of the most remote covert campaigns of the Cold War. Conboy and Morrison provide previously unreported details about secret missions undertaken in extraordinarily harsh conditions. Their book greatly expands on previous memoirs by CIA officials by putting virtually every major agency participant on record with details of clandestine operations. It also calls as witnesses the people who managed and fought in the program—including Tibetan and Nepalese agents, Indian intelligence officers, and even mission aircrews.

Conboy and Morrison take pains to tell the story from all perspectives, particularly that of the former Tibetan guerrillas, many of whom have gone on record here for the first time.

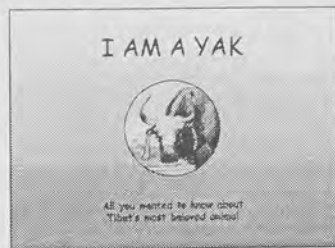


NEW CHILDREN BOOKS



A SNOW LION'S LESSON: A Tibetan Folk Tale by Norbu Kharitsang. 16 pp., 7 x 9", full color illustrations, children 4-9, English and Tibetan text. #SNLILE \$4.95

A poor relative's kindness to a snow lion is repaid generously, while the rich relative is punished for his greed.



I AM A YAK by Norbu Kharitsang. 12 pp., 9 x 7", full color illustrations, children 4-9. #IAMYA \$4.95

All you wanted to know about Tibet's most beloved animal in a beautifully illustrated Tibetan children's book.

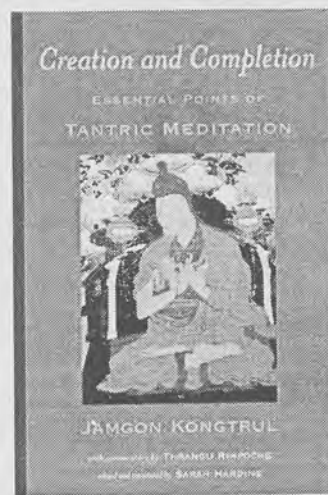
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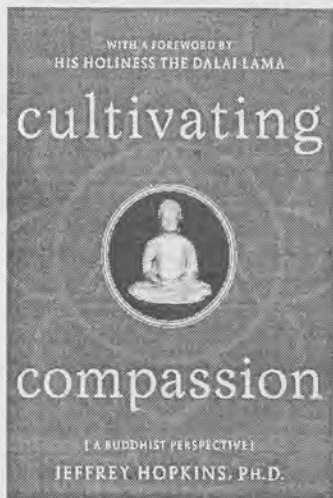
CREATION: AND COMPLETION: Essential Points of Tantric Meditation

by Jamgon Kongtrul, trans. by Sarah Harding, comm. by Khenchen Thrangu Rinpoche. 176 pp., #CRCO \$16.95 -Available in June-

This is a new edition with an extensive commentary the Khenchen Thrangu Rinpoche. It is an excellent guide to tantric Buddhist meditation practice leading the way along a clear path of meditative self-transformation; from visualizing 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

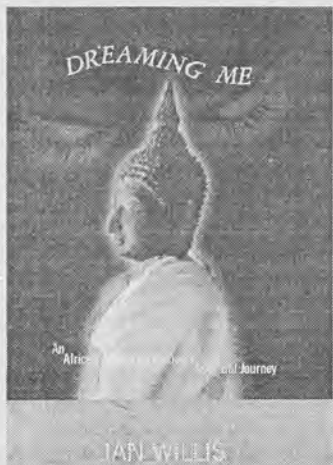




CULTIVATING COMPASSION
by Jeffrey Hopkins, Ph.D. 144 pp., now in paperback. #CUCOP \$11.95

"The exercises in this book are age-old Buddhist meditations for engendering and expanding compassion: developing equanimity, recognizing all beings as friends, reflecting on the kindness of others, and generating unlimited friendliness. Delivered in a straightforward prose and peppered with Hopkins' wry observations and personal anecdotes, these exercises have an appealing practicality." —*Shambhala Sun*

Jeffrey Hopkins guides us in developing compassion with its power to change relationships and improve the quality of life.



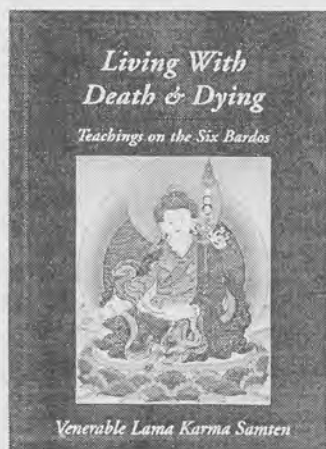
DREAMING ME: An African American Woman's Spiritual Journey
by Jan Willis. 336 pp., now in paperback. #DRMEP \$14.00

Journeying from the Jim Crow South to India, from the black Southern Baptist Church to Tibetan monasteries, *Dreaming Me* is one woman's story of overcoming the wounds of racism to bring a message of healing and hope to anyone facing insurmountable odds. She tells her story of growing up in the segregated South to becoming a professor—from being involved with the Black Panthers to cultivating a relationship with Lama Yeshe. Jan Willis has been a student of Tibetan Buddhism for nearly thirty years, is a professor of religion at Wesleyan University, and the author of *Feminine Ground: Essays on Women and Tibet* and *Enlightened Beings: Life Stories from The Gaden Oral Tradition*.



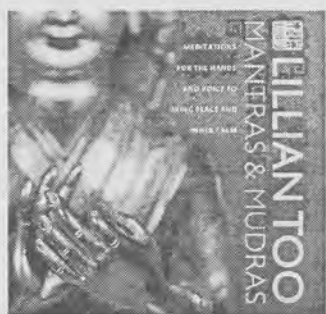
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LIVING WITH DEATH AND DYING: Teachings on the Six Bardos
by Venerable Lama Karma Samten. 105 pp., charts, glossary, index, photos, line drawing. #LIDEDY \$14.95

This is a commentary on the six bardos by one of the lamas at Karma Choeling Buddhist Monastery in New Zealand. Our lives are transitions from one bardo to another. Learning the real nature of these experiences liberates us from them and they become a path to Buddhahood. Preparing for death in every moment sets the mind on the straight course to liberation—living with death becomes your friend because it leads to true happiness.



MANTRAS AND MUDRAS: Meditations for the Hands and Voice to Bring Peace and Inner Calm
by Lillian Too. 160 pp., 40 illustrations, 7.5 x 7.5". #MAMU \$19.95

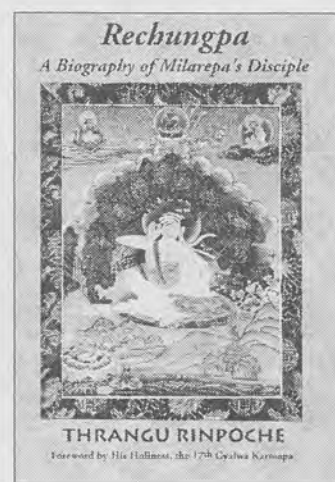
Mantras and mudras are an integral part of practice—Lillian Too's text and Andy Weber's drawings reveal the physical and spiritual benefits gained from regular use of mantras and mudras, from increased energy levels to deep inner calm. She takes you through preparations such as purifying the space and ground, making dedications and generating motivation, to the mantras for compassion, purifying karma, healing, long life, etc. Lillian is a student of Lama Zopa Rinpoche.

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ESSENCE OF THE HEART SUTRA
The Dalai Lama's Heart of Wisdom Teachings

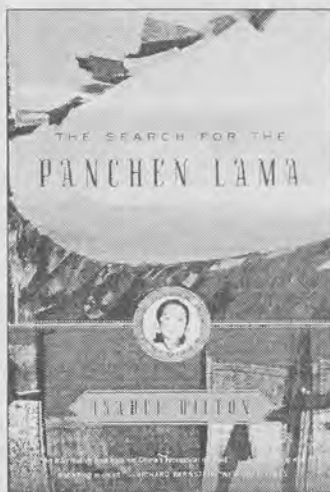
ed. & trans. by Thupten Jinpa. 192 pp., cloth. #ESHESU \$22.95

Includes the complete text of the Heart of Wisdom teachings given over several days in 2001 by the Dalai Lama in San Jose. *The Heart Sutra* is a presentation of profound wisdom on the nature of emptiness and selflessness. His Holiness identifies misconceptions and shows how an understanding of emptiness leads to the correct view of reality and a compassionate understanding. Masterfully edited by Thupten Jinpa, this book includes an overview of Buddhism.



RECHUNGPA: A Biography of Milarepa's Disciple
by Thrangu Rinpoche, fore. by H.H. the 17th Gyalwa Karmapa. 116 pp., notes, glossary, index. #REBI \$12.95

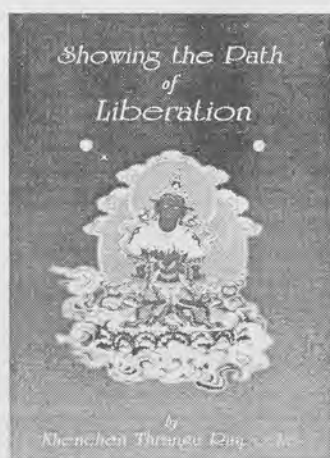
Milarepa had two major disciples, Rechungpa and Gampopa. Rechungpa's biography tells about his unorthodox development and realization. His pride and arrogance caused him to go against Milarepa's advice three times, but even so, his devotion served as the cause for enlightenment as evidenced by Rechungpa's achievement of the rainbow body at his death.



THE SEARCH FOR THE PANCHEN LAMA
by Isabel Hilton, 352 pp., now in paperback! #SEPALA, \$14.95

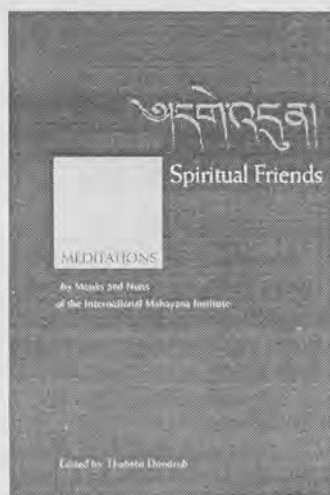
"Lively and vastly entertaining, Hilton has seen and participated in one of the final moments of a lost Tibet." —*Boston Sunday Globe*

Tells the enthralling inside story of how the young Panchen Lama became the innocent prize in a battle between the Chinese regime and the Dalai Lama. Hilton describes the intrigue surrounding the race to choose Tibet's future religious leader. Traveling from the Dalai Lama's headquarters in India to Himalayan monasteries, Hilton probes beneath the surface of a society living grudgingly under Chinese rule and provides an engaging account of this unusual situation.



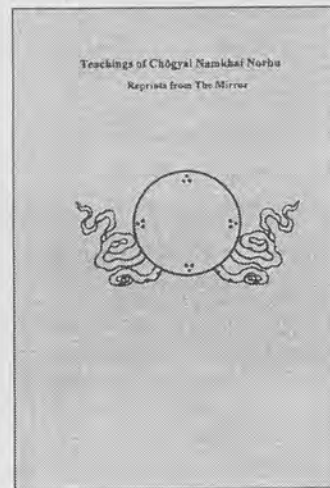
SHOWING THE PATH OF LIBERATION
by Khenchen Thrangu Rinpoche. 110 pp., glossary, bibliography, index. #SHPALI \$12.95

Rinpoche gives a verse by verse commentary to the path and practice of Mahamudra as set forth in Penkarwa's *Short Prayer to Dorje Chang*. It is regarded as especially powerful as it was written at the end of an 18 year Mahamudra retreat. There is also a brief history of the lineage masters.



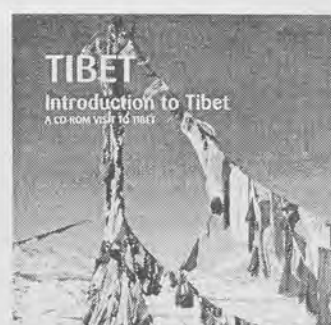
SPIRITUAL FRIENDS: Meditations by Monks and Nuns of the International Mahayana Institute
ed. by Thubten Dondrub. 160 pp. #SPFR \$14.95

Here are favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. They provide an excellent resource for meditators. Included are short biographies that trace the contributors' entry into and study of Tibetan Buddhism.



TEACHINGS OF CHOGYAL NAMKHAÏ NORBU
ed. by the Dzogchen Community. 200 pp., line drawings. #TECHNA \$20.00

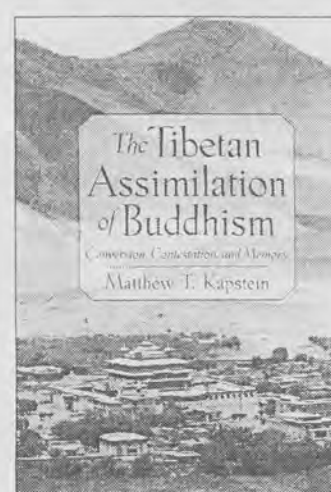
Here are 20 teachings by the Dzogchen teacher Chogyal Namkhai Norbu. They are reprinted from *The Mirror* which is the publication of the international Dzogchen Community. This is an excellent exploration of the path of Dzogchen, covering topics from contemplation in Dzogchen to Tregchöd to Yantra yoga and Samantabhadra.



TIBET: Introduction to Tibet—A CD Rom Exploration of Tibetan Buddhism & Culture

produced by Voice of Tibet and Paolo Pobbiali. PC and Mac formats—32MB Ram, 130+ MHz processor, video card with 800 x 600 or better resolution. #THINTI \$16.00

Where can you find an entire visual survey of Tibetan culture: its history, religion, society, geography, arts and architecture with 1000 pictures, 30 minutes of original sounds, animations and movies—for under \$20? Right here! The visuals really help you enter into the life, religion and history of the people and the presentation leaves a deep impression. This CD is distributed by the Voice of Tibet organization to help raise awareness about Tibet.



THE TIBETAN ASSIMILATION OF BUDDHISM: Conversion, Contestation, and Memory

by Matthew T. Kapstein. 336 pp., 14 b&w photos, glossary, biblio., index, now in paperback. #TIASPA \$27.95

Explores the manner in which Buddhism penetrated Tibetan religious thought and became a core component of Tibetan identity. Kapstein examines Tibet's eighth-century conversion to Buddhism, the tensions that arose from competing lines of transmission and interpretation, and the continuing revelation of Buddhist teaching in the myths and doctrines of the ancient Nyingmapa school.

THOUGHTS WITHOUT A THINKER

by Mark Epstein. 222 pp. #THWITH \$16.00

In a highly personal, thoughtful, illuminating synthesis, Mark Epstein draws on his own experience as therapist, meditator and patient in an unusual attempt to integrate Western psychotherapy and Buddha's teachings on suffering, delusion, wisdom and non-attachment. According to Epstein, Buddhist meditative practices can help people release repressed memories, work through painful emotions, uproot narcissism and redirect destructive energies. By recognizing his or her self-created mental suffering, the patient is able to overcome neurotic behavior patterns and may ultimately shed a deeply ingrained negative sense of self. Patients, psychologists and meditators willing to explore the arduous path outlined here will find much spiritual nourishment.

NEW BOOKS FROM OTHER PUBLISHERS



TIBETAN DESIGNS

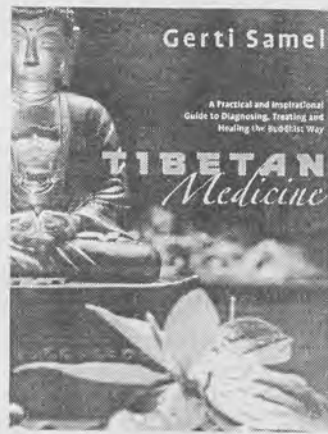
by *Mary Noble*. 8.5 x 11", 30 designs. #TIDE \$3.95

This coloring book has 30 line drawings adapted by Marty Noble from Tibetan images with captions explaining them. Fun!

TIBETAN MEDICINE: A Practical and Inspirational Guide to Diagnosing, Treating, & Healing the Buddhist Way

by *Gerti Samel*. 160 pp., 83 color photos, 7.5 x 10". #TIMEPH \$19.95

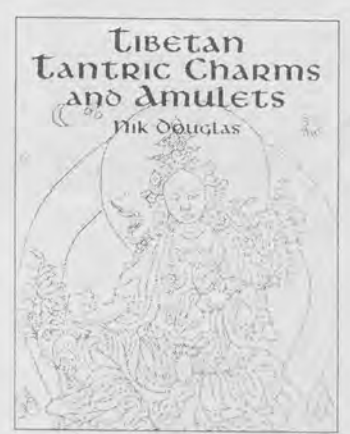
What is great about this book is that it has a lot of practical information and is beautiful to read. After a section giving a basic introduction to the principles of Tibetan medicine and diagnostic methods, there is a discussion of the types of herbal pills, useful plants for treatment, personality types and diets that help to balance these, Tibetan Kum Nye Yoga and healing meditations, Tibetan massage and acupressure.



TIBETAN TANTRIC CHARMS AND AMULETS

by *Nik Douglas*. 254 pp., 9 x 12", b&w photos, line drawings. #TTTACH \$24.95

The vast pantheon of gods, saints, demons, and protectors associated with Tibetan Buddhism fostered the development of a rich tradition of spells, charms, amulets, and talismans. Here are over 230 examples of this vibrant and expressive art of tantric charms and amulets reproduced from the original Tibetan woodblocks. They range from edible charms, prayer flags, and good-luck banners to healing amulets and charms for wealth, prosperity, long life, wisdom and favorable rebirth. Each illustration appears with a detailed commentary on the symbols depicted and on the item's purpose.



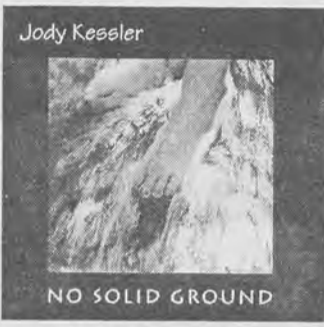
NEW DHARMA ITEMS

NEW MUSIC



THE PERFECT JEWEL:
The Gyuto Monks Tantric Choir Sacred Chants of Tibet monks of Gyuto Monastery, produced by *Mickey Hart*, 57 min. CD, #PEJE, \$16.98

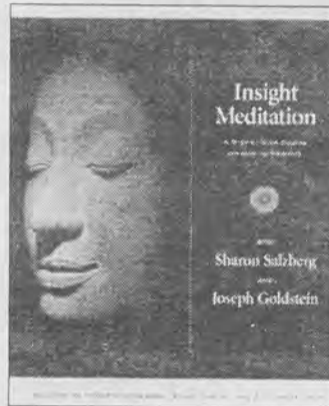
The Gyuto monks set the standard for quality chanting and are renown for their 3 note chord chants. This CD has a mix of traditional chants some with instruments and some are solo voice. Produced at the Mickey Hart studio.



NO SOLID GROUND
by *Jody Kessler*. 54 min. CD, 11 selections. #NOSGR \$15.95

Known for her blend of Buddhism and folk—Jody will pull you in with melody and grace to a sacred place. A great guitarist, with spiritually reflective lyrics as well as humor and poetic story. Her compositions include many instruments and voices.

NEW AUDIO TEACHINGS



INSIGHT MEDITATION KIT
by *Joseph Goldstein & Sharon Salzberg*. 2.5 hrs. 2 CDs, 229 page workbook, 12 study cards. #INMEKI \$29.95

Two leading teachers of insight meditation came together to produce this guide to meditation with CDs, workbook and study cards—they provide a useful discipline for getting started or for deepening your practice.

THE FOUR LIMITLESS QUALITIES: Love, Compassion, Joy, Equanimity
by *Pema Chodron*. 7 cassettes in vinyl case. #FOLIQU \$69.95

These four feelings are unlike most emotions in that they dissolve the barriers between ourselves and the world. Working with these awakens bodhicitta and overcomes self-centeredness. Each of these feelings has a negative look alike which needs to be seen to be overcome. Concentrating on the four immeasurables increases them without limit and lead to the omniscience of buddhahood.

NEW VIDEO

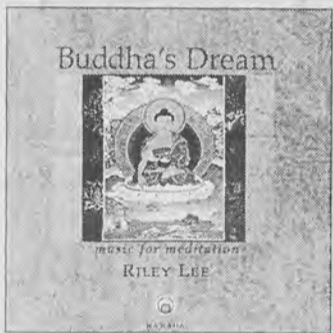


MAKING THE KARMA PAKSHI TORMAS
with *Lama Tashi Dhondrup*. 67 min. video. #MAKAPA \$24.95

Tormas are an integral part of many Vajrayana practices. They can be simple and perishable or elaborate and permanent works of art. Lama Tash Dhondrup demonstrates step-by-step how to make an entire set of Karma Pakshi tormas according to the Tsurphu torma tradition—and offers a rare glimpse of a master torma maker at work.

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www.snowlionpub.com



BUDDHA'S DREAM: Music for Meditation
by *Riley Lee*. 58 min. CD, 10 selections. #BUDR \$15.95

Riley Lee is one of the foremost performers of the shakuhachi, the Japanese bamboo flute. This music is truly meditative and inspiring to hear.



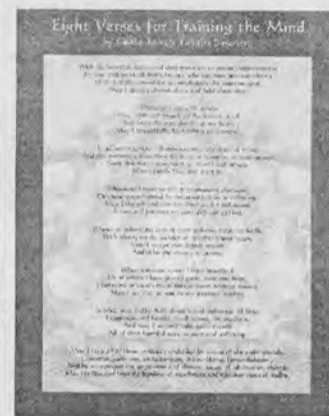
CHAKSAMPA 2002: Contemporary and Light Classical Tibetan Music
61 min. CD, 13 selections. #CH02 \$15.95

Chaksampa is a group of master performers in the Tibetan tradition. Their purpose is to preserve and promote authentic Tibetan music and this album has seven newly composed songs and six classical pieces. It was recorded at their California studio.

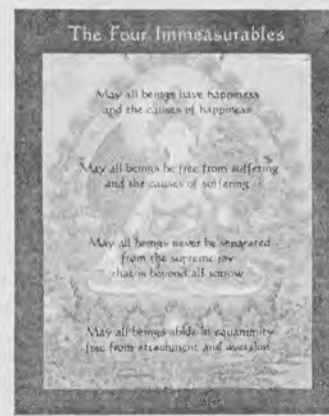
NEW PRINTS

DHARMA ALTAR PRINTS
by *Neil Cohen* \$8.95 each

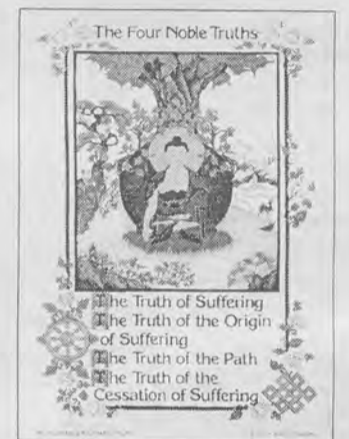
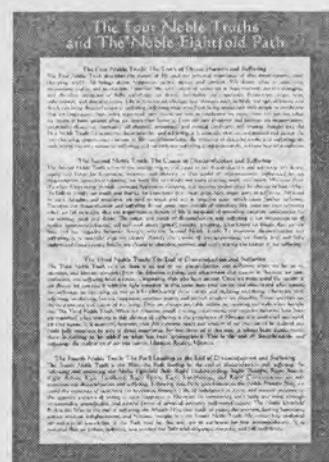
These are exquisite presentations with premium quality lamination and a practical altar-size format.



The Eight Verses for Training the Mind sums up the bodhisattva ideal. The front has a screened image of Chenrezig with the *Eight Verses* by Geshe Langri Tangpa superimposed. The meaning of each verse is carefully explained on the reverse side. 9.25 x 7.25", #EIVEP



The Four Immeasurables of loving-kindness, compassion, sympathetic joy, and equanimity—are the sublime expressions of love: the essential nature and radiance of the enlightened heart. The front has a screened image of White Tara and the back has an explanation of each of the immeasurables. 9.25 x 7.25", #FOIMP



ILLUMINATED FOUR NOBLE TRUTHS FINE ART PRINT

by *Wendy Harding*. 8.5 x 11". #ILFOPR \$9.95; 5 x 7". #ILFOPS \$3.95

This is a beautifully done color fine art reproduction of the Four Noble Truths printed on acid free cover stock. It has the Buddha sitting under a tree in a peaceful landscape setting and various Buddhist symbols around the border.



ILLUMINATED REFUGE PRAYER FINE ART PRINT

by *Wendy Harding*. 5 x 7". #ILREPS \$3.95; 8.5 x 11". #ILREPR \$14.00

This is a beautifully done color fine art reproduction of the Refuge Prayer printed on acid free cover stock. It has the Buddha at the top with two of his disciples and various Buddhist symbols around the border.

The Four Noble Truths and The Noble Eightfold Path are the foundation for all Dharma practice. The front has a screened image of the Buddha with *The Four Noble Truths*, and the back has *The Eightfold Path*—both sides clearly explained. 10 x 7.25", #FONOP

NEW DEITY CARDS FROM ROBERT BEER

\$1 each These images have the iconography explained on the back.



Offering Goddess #BDC63
This is the beautiful goddess who offers flute music.



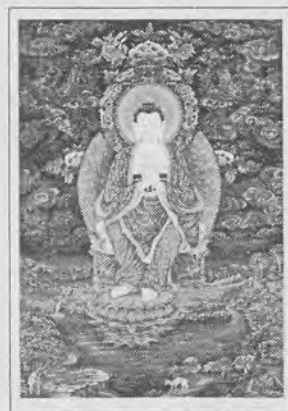
Khroma Nagmo #BDC69
The wrathful black form of the goddess Vajra Varahi, visualized during Chod practice.



Mahasiddha Udhilipa #BDC74
Udhilipa distilled the elixir of flight, attained Mahamudra and ascended into the Dakini's realm of light.



Nyingma Assembly Tree #BDC79



Maitreya Buddha #BDC84
The Buddha of the future, who presently resides in the Pure Land known as Tushita.



Citipati #BDC64
These are the brother and sister, "Masters of the Charnel Ground"—skeleton deities.



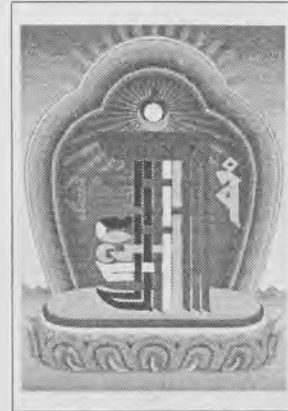
Hevajra #BDC70
A Highest Yoga tantric yidam.



Mahasiddha Carbaripa #BDC75
Had the power to turn people into stone and here flies about the mountains with his consort.



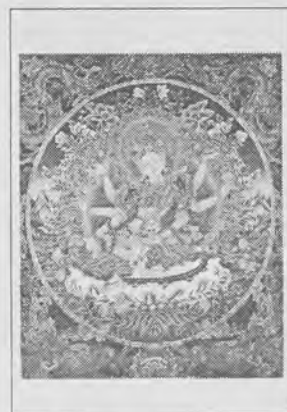
White Khecari #BDC80
The secret form of Vajra Yogini.



Syllables of the Kalachakra Mantra #BDC85
Known as "The Mighty Ten Stacked Syllables," that represent the human, the deity and the mystical cosmos.



Padmasambhava and His Eight Manifestations #BDC65
Painted gold on red, the thangka image displays Guru Rinpoche's two consorts and many manifestations.



Vasudhara #BDC71
A goddess of prosperity and the consort of the wealth god Jambhala.



Long Life Trinity #BDC76
Amitayus with Ushnishavijaya and White Tara.



Vajrasattva #BDC81
This is the main deity employed to purify body, speech and mind.



Green Tara #BDC66
The female bodhisattva of mercy and compassion who protects from fear.



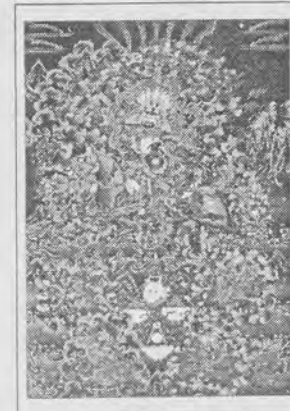
Machig Labdron #BCD72
The female yogini, founder of the Chod lineage.



White Lokeshvara #BDC77
The standing white bodhisattva of compassion depicted as White Padmapani, the holder of the lotus.



Yamantaka #BDC82
This is the yab-yum form of the wrathful manifestation of the wisdom bodhisattva Manjushri.



Paldan Lhamo Tab-Yum #BDC67
This image is unusual because it depicts the main Karma Kargyu protectors—a male deity on the lap of the female main figure.



Mahasiddha Ghantapa #BDC73
Ghantapa was a highly realized yogin who overcame the pride of a king by a marvelous display of his powers.



Milarepa #BDC78
Shown meditating in his cave.



Paldan Lhamo #BDC83
This is the main protective goddess of the Tibetan state.

FIVE ELEMENT MEDITATION CARDS
calligraphy by Tenzin Wangyal Rinpoche, 6 cards, 6 x 8.5", printed on glossy card stock, #FIELME, \$19.95

Here are the calligraphic forms of the Tibetan seed syllables for each of the five elements. Each card is designed to be used as a meditation support. The qualities that are cultivated by gazing at these sacred syllables are listed on the back of each card.

Each set has 6 cards. (one each of the seed syllables for the elements, plus one card of all five). Each card is 6" x 8 1/2", and printed on premium quality glossy card stock.

Wondering if it is the right day to hang prayer flags? Check "Dharma Resources" at: www.SnowLionPub.com

NEW CARDS



GREEN TARA with Manjushri, Chenrezig, Vajrapani Card

6 x 8.5". #DDC2 \$3.00
8 x 11". #DDC6 \$6.50

A great image of these deities floating in space above the water. It comes in two sizes.



Kurukulla #BDC68

Energetic painting with gold line on red background. Kurukulla is the red subjugating goddess whose practice is to attract all beings and enchant them with the power of love and desire.

OFFERING SCARVES (Katas)

Long brocaded offering scarf 6' long x 16" wide, with auspicious symbols, #BROFSC, \$12.00

The Kata is, first of all, the sign of a simple civility, a gesture of offering, of welcome and of courteous exchange. It is present in all ceremonies, large and small, public and private. It is usually white, sometimes golden yellow, and sky blue in Mongolia. The fanciest are made of the finest silk with long fringe and the eight auspicious symbols woven into the cloth and are quite long and wide. The most common scarves are smaller and plain.

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DEITY NOTECARDS

produced by KTD.

These deity notecards measure 5 x 7" and come in cellophane with an envelope. Each deity is beautifully depicted as a central figure in full color surrounded by a gold background with finely painted forms of the same deity (108 style). The cards are also suitable for framing.



Medicine Buddha, The Healing Buddha.

#NOMEBU \$2.75



Chenrezig, The Bodhisattva of Infinite Compassion.

#NOCH \$2.75



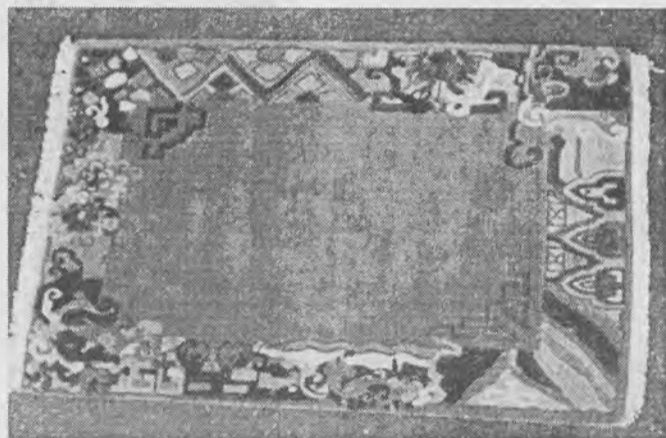
Buddha Shakyamuni.

#NOBUSH \$2.75



Green Tara, The Protectress.

#NOGRTA \$2.75



TIBETAN CARPETS: Contemporary Designs

These traditionally constructed Tibetan wool carpets feature contemporary designs.

6' 5" x 8' mostly blue, #FLCABL, \$650.00

6' 5" x 8' mostly blue with contemporary patterns, #FLCABL, \$650.00

4' x 6' Fancy Tibetan border surrounding salmon colored wool, #CAFASA, \$375.00

5' 10" x 7' 5" Tibet-Santa Fe: southwestern design, #FLCATI, \$575.00

NEW RINGS

MANI MANTRA RINGS—High Quality by Simon Day



9mm. wide, Size 9. #MARIW9 \$75.00

9mm. wide, Size 7. #MARIW7 \$75.00



4.5mm. wide, Size 9. #MARIM9 \$59.95

4.5mm. wide, Size 7. #MARIM7 \$59.95

These are finely crafted silver rings engraved with the gold Tibetan syllables: *Om Mani Padme Hung*. On the wide band the syllables are engraved vertically across the ring (parallel to the finger); on the narrow band the syllables are engraved horizontally around the band. The rings come in two standard ring sizes 7 and 9. Other sizes must be special ordered and are \$20 more.



VAJRA GURU MANTRA RING—High Quality

by Simon Day

9 mm. wide, Size 7. #VARIW7 \$75.00

9 mm. wide, Size 9. #VARIW9 \$75.00

These are finely crafted silver rings engraved with the gold Tibetan syllables: *Om Ah Hung Benza Guru Siddhi Hung*. On the wide band the syllables are engraved vertically across the ring (parallel to the finger). The rings come in two standard ring sizes 7 and 9. Other sizes must be special ordered and are \$20 more.



ETERNAL KNOT BRACELET

by Marta Macbeth. turquoise beads w/ 2 amethysts, silver eternal knot, and beautiful clasp, 8" long. #ETKNBR \$850

This is another lovely creation by Marta. The turquoise beads are flattened and delicate looking, 1/4" in diameter.

Win a FREE TOUR in TIBET!

You can enter everytime you place an order with us.

See page 13 for details.



DINGSHA BELLS

Dingshas with dragons, standard size, #DIBEDR, \$20.00

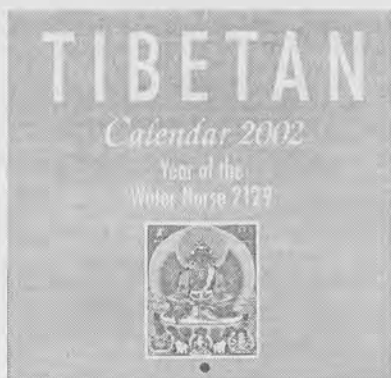
Traditional small ritual cymbals that make a clear, penetrating sound.

CALENDARS ON SALE!

TIBETAN CALENDAR 2002 Water Horse Year

by Liberation Prison Project. Opens to 6 x 12.5". #MACA \$9.00, now \$4.50!

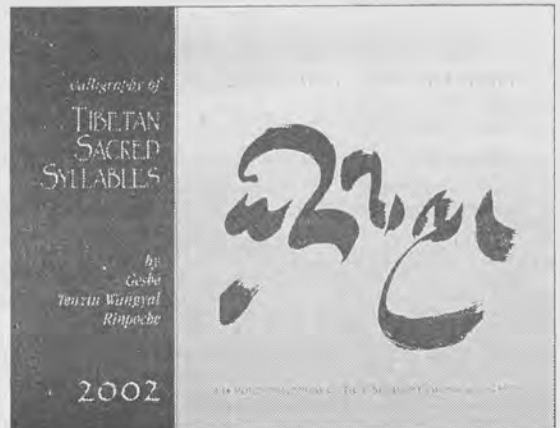
Elegant full-color wall calendar featuring Tibetan Buddhist images and including: lunar days, Tsog days, Sojong, Mahayana precept days, birthdays and anniversaries of holy beings, Shakyamuni Buddha special days. This is a fund-raiser for the Liberation Prison Project which sends Buddhist books to prisoners who want them.



UNBORN & CLEAR, LIKE THE SKY: Calligraphy of Tibetan Sacred Syllables 2002 Calendar

by Geshe Tenzin Wangyal Rinpoche. 14 month, opens to 17 x 11". #UNBOCA \$14.95, now \$7.50!

Tenzin Wangyal created these seed syllable calligraphy images as objects for meditation but they are also suitable for framing. This calendar contains Tibetan Buddhist and Bon auspicious days and Western holidays.



THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$15.95

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.

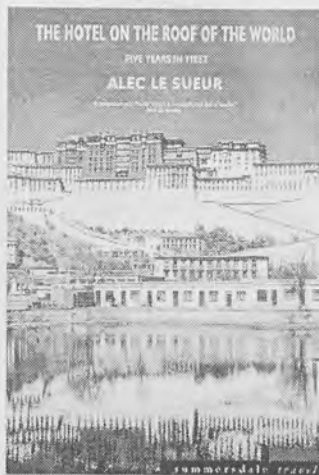
THE BUDDHIST GUIDE TO NEW YORK

by Jeff Wilson. 261 pp., line drawings. #BUGUNY \$16.95

"Provides a thorough, insightful guide through the Buddhist world of New York, unearthing many of its spiritual treasures."—Ven. Nicholas Vreeland, The Tibet Center

Contains practice centers in all five boroughs, New York State, New Jersey, and Connecticut. Tibetan stores and restaurants, Buddhist health practitioners, museums and bookstores.

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THE HOTEL ON THE ROOF OF THE WORLD: Five Years in Tibet

by Alec Le Sueur. 335 pp., 15 color photos. #RUHORO \$12.99

"Fawly Towers goes to Tibet."—*The Guardian*

Alec spent five years working as sales and marketing manager for the Holiday Inn in Lhasa and offers a highly amusing and politically enlightening account of his experiences. Le Sueur is the only foreigner since the days of Heinrich Harrer to spend so long in Tibet and he offers fascinating and humorous insights that only an insider can provide.

A JOURNEY IN LADAKH: Encounters with Buddhism

by Andrew Harvey. 242 pp. #JOLAEN \$15

This is Harvey's spiritual pilgrimage and arduous journey to Ladakh, one of the most remote places in the world. Buddhists have meditated in the mountains of Ladakh since the 3rd century before Christ.

"One of the seminal works relating spirituality and landscape in Tibetan Buddhism. Harvey illumines, entertains, and informs."—Robert Thurman

THE LHASA ATLAS: Traditional Tibetan Architecture and Townscape

by Kund Larsen and Amund Sinding-Larsen. 176 pp., 165 illus., 11 x 11" #LHAT \$75.00

This is a landmark collection of images of the historical development, architecture, townscape, and topography of Tibet's capital city, including the Potala Palace and Jokhang Temple.

MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$9.95

Experiences among lamas, magicians, sages, sorcerers and Bonpo wizards. A true adventure into psychic discovery.

MAPPING THE TIBETAN WORLD

by Kotan Publishing. 416 pp., 21 color photos, many b&w photos. #MATIWO \$27.95

With over 280 highly detailed maps, this is an excellent source of travel information to the Himalayas and all of Tibet.

"Tibet-bound travelers will find no better guidebook and introduction to the Tibetan culture. Packed with useful maps and aimed specifically to the budget traveler, this is a must-have if you're seeing Tibet."—*Big World Magazine*

MONGOLIA: Empire of the Steppes

by Claire Sermier, translated by Helen Loveday. 320 pp., 60 color photos, 7 maps. #MOEMST \$22.95

Gives insightful analysis of Mongolia's different ethnic groups, cultures and traditions, while devoting special sections to traditional crafts, music, seasonal celebrations, customs and etiquette of living in a yurt. This colorful guide provides essential and fascinating reading about the old and the new of Mongolia.

MONGOLIA: Travel Survival Kit

by Robert Storey. 232 pp., 16 pp., color. #MON \$16.95

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, Ulan Bator, and the arid Gobi desert, and many other places.

NEPAL

by Kerry Moran. 280 pp., 64 color photos, 15 maps. #NE \$19.95

Kerry Moran is one of the most knowledgeable travel writers and trekking guides for Nepal. She offers the essential information on travel, visas, accommodation, health, food and bargaining as well as cultural and outdoor adventure opportunities. This is also a very interesting book on Nepal.

Looking for a Dharma center? Check "Dharma Resources" at: www.SnowLionPub.com



NEPAL HANDBOOK

by Kerry Moran. 472 pp. 51 maps, b&w photos. #NEHA \$18.95

This is a trekking guide covering major routes, trips off the beaten path, tips on culturally sensitive travel, information on elephant safaris, mountain biking, river rafting, day trips and wisdom on negotiating Kathmandu. Winner of Lowell Thomas Gold Award for Travel Journalism.

NEPAL: The Rough Guide

by David Reed. 400 pp., 56 maps. #NEROGU \$17.95

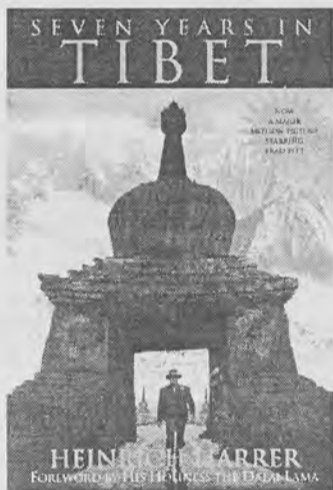
The most complete Nepal travel handbook, with up-to-date information and insights on all aspects of this tiny, rapidly changing kingdom. Includes: in-depth coverage of the sights, and comprehensive restaurant and accommodation listing for all price brackets; practical advice and information on trekking, rafting and mountain biking; all the information you need to get off the beaten track—to tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hilltop forts.

SACRED GROUND: Jamgon Kongtrul on Pilgrimage and Sacred Geography

by Ngawang Zangpo for The Tsadra Foundation. 256 pp., 14 b&w photos, cloth. #SAGR \$24.95

[See "General Tibetan Buddhism,"]

On Sale!



SEVEN YEARS IN TIBET

by Heinrich Harrer. 331 pp., 2 maps, 15 photos. #SEYETI \$13.95 now \$10.46

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.

"It tells one of the grandest and most incredible adventure stories I have ever read."—*New York Times Book Review*

SHERLOCK HOLMES: The Missing Years

by Jamyang Norbu. 279 pp., cloth. #SHHO \$23.95

In 1891, the public was horrified to learn that Sherlock had died—two years later he turned up unexpectedly and told a stunned Dr. Watson, "I travelled for two years in Tibet and amused myself by visiting Lhasa."

"A flawless and hugely enjoyable novel in the very best Holmesian tradition. Meticulously researched, Norbu nevertheless provided a cracking good read right from the start."—*Biblio*



SKY BURIAL

by Blake Kerr, photos by John Ackerly, foreword by H.H. the Dalai Lama, intro. by Heinrich Harrer. 186 pp. #SKBU \$12.95

"*Sky Burial* is the distilled truth—alternately tragic, hilarious, and rousing—of two young Americans' exposure to the joyous spirit of the Tibetan people and their courageous struggle to survive under the brutal subjugation of Chinese communist rule. It is a vivid portrait of a critical moment in Tibet's modern history. An evocative, endearing, and invaluable book."—John Avedon, author of *In Exile from the Land of Snows*

"The story is told uncommonly well by Kerr—a well-crafted text by a writer sure of his talents."—*Tibet Journal*



TALES OF THE TURQUOISE:

A Pilgrimage in Dolpo

by Corneille Jest. 190 pp., line drawings, 2 maps. #TATU \$12.95

Dr. Jest undertook a three-week circumambulation of the valley in the company of Karma, an elderly nomad from Western Tibet and a gifted story-teller.

"The old wise man Karma is a treasure store of ancient stories all retained in his mind and heart. His contribution to the theme of the book is a shining example of Tibetan spirit having its root in ancient Tibetan custom and culture. The book also serves as a code of conduct when one visits Tibetan Buddhist places and people."—*The Tibet Journal*

TIBET GUIDE

by Stephen Batchelor. 372 pp., 97 color plates, 43 line drawings, 25 b&w photos, 22 maps & diagrams, 3 tables. #TIGU \$24.95

Lavishly illustrated with color photos, maps, monastery floor plans, and rare photos of historic places as they once were, *The Tibet Guide* provides answers to questions about travel logistics as well as explanations of the history, politics and Buddhist culture of Tibet.

"This is the one—a truly important, fascinating, and utterly indispensable guidebook of Tibet."—Richard Gere

TIBET: Travel Survival Kit

351 pp., 108 illus., 42 maps and many color photos. #TITRSU \$17.95

This larger edition (4th) of the excellent guide to Tibet has 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.

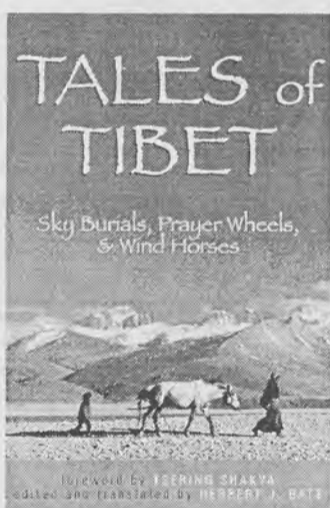
TALES OF TIBET

Sky Burials, Prayers Wheels, & Wind Horses

ed. & trans. by Hebert Batt, fore. by Tsering Shakya. 269 pp., b&w photos. #TATIB \$24.95

This landmark book is the first to offer a selection of fiction by Tibetan men and women.

Narratives of Tibetan hunters, Buddhist rituals, and burial ceremonies lure us into haunting and unfamiliar settings where life, death, love—the universal themes of literature—assume a magical aura. The Tibetan writers depict the struggles of contemporary Tibet through the eyes of traditional Buddhist culture.



From "The Circular Day"

From down the alley came a roar. Out raced a glistening red motorcycle. Its young rider couldn't take the sunlight, stopped, and covered his eyes with the pair of sunglasses hanging round his neck.

"Having a good time, brother Wangchen?"

"Sunday. Nothing's happening," the young man replied in a dull voice. "You?"

"I have something very important to do today," the girl said, "but first I have to go to Nida Temple with my mother. She's taking an offering there."

"Your mama's doing real well...taking care of that incarnate lama until his ears are good and fat."

"I don't know. I've never seen him."

"Go look. Who knows? Maybe he's your father."

"All" the girl said sadly, and sighed.

The young man pumped his accelerator. The air shook.

"Brother Wangchen...going already?"

"Yeah."

"Sometime, why not...take me along."

"Too little."

"Where am I too little?" She spread her arms.

The young man looked her up and down, screwed up his eyes, twisted the accelerator, and sped off. On the back of his shirt, embroidered in metal thread, was a savage eagle.

TIBET: Travel Adventure Guide

by Michael Buckley. 272 pp., 22 maps, 22 color photos, 10 b&w photos, #TITRAD \$17.95

Access to any kind of information—particularly maps—is severely restricted by a watchful Chinese regime. This guide concentrates on highly-detailed current maps, practical information, and details about temples and major sites. Has a large section on adventurous treks and high-altitude forays to Everest, Kailash, etc.

TIBETAN PILGRIMAGE

by Peter Gold. 175 pp., color photos, #TIPI \$14.95

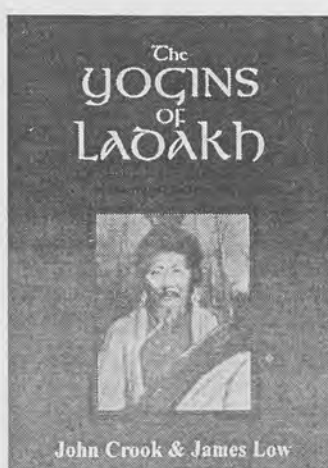
Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging style and superb color photos, Peter brings us to the heart of Tibetan life—its rugged practicality and spiritual mysteries. To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodh Gaya for the Kalachakra Initiation with the Dalai Lama.

TREKKING IN TIBET: A Traveler's Guide

by Gary McCue. 320 pp., 19 color photos, 65 b&w photos, 15 maps, 2nd ed. #TRTTR \$18.95

"Gary McCue is one of the most knowledgeable trekkers around. He loves the country and its people, he knows how to get there and what to do along the way. An absolute must for those who want to rediscover the exalted highland of Tibet."—Robert Thurman

"A comprehensive trekking guide-book."—David Breashears

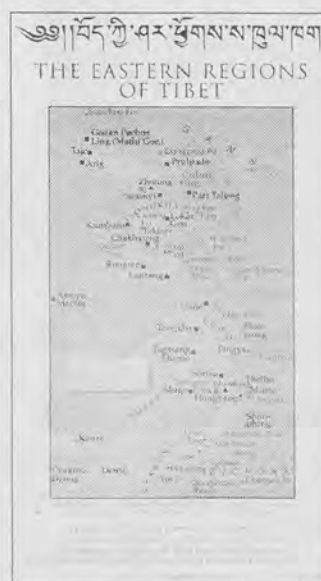


THE YOGINS OF LADAKH: A Pilgrimage Among the Hermits of the Buddhist Himalayas

by John Crook & James Low. 420 pp., 75 b&w photos. #YOLA \$25.00

In 1986 the authors investigated the meditational practices and philosophy of the yogins who live in the remote parts of Ladakh—adventurous journeys with these remarkable practitioners—an informative and enjoyable read.

MAPS



THE EASTERN REGIONS OF TIBET

by *Academica Tibetica*. 24 x 29", #EARETT \$13.50

This full-size map has 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.

MAP OF TIBET

by Amnye Machen Institute #MATI \$12.95

This is a five color 39 x 27" map on Tibet has over 4,000 names of villages, cities, monasteries, counties, prefectures, provinces, lakes, rivers, roads, railways, airports and border crossing points. The map is in Tibetan.

ON THIS SPOT LHASA: Map & Guide

by the International Campaign for Tibet. #SP \$5.95

This map describes the heart of Lhasa and shows the history. This is a highly sensitive map that the Chinese government will not appreciate seeing in Lhasa. It not only is the best map to Lhasa, it has photos and explains what changes have occurred since the Chinese takeover.

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 and places of interest to Tibetan Buddhists.

A RT & PHOTOGRAPHY

On Sale!

ART OF EXILE: Paintings by Tibetan Children in India

by Clare Harris, photos by Kitty Lenken. 160 pp., 60 color plates, 100 color photographs, 12 x 7", #AREX \$29.95, now \$19.95

The Tibetan Homes Foundation in Mussoorie, India, receives many refugee children. A painting club was established to provide these children a creative way to share their stories of leaving Tibet, their remembrances of home, and to give colorful expression to their lives as exiles. A moving collection of interviews, photographs, and paintings from these children.

ART OF TIBET

by Robert E. Fisher. 224 pp., 180 illustrations, 93 in color, #ARTIFI \$14.95

A great book for the price covering the entire history of Tibetan art, focusing on the relationship between the art and spiritual life—from the Potala in Lhasa to painting, sculpture, manuscripts, silk embroidery and a highly developed tradition of portraiture and ritual objects.

ART OF TIBET

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

The collection of the Los Angeles County Museum of Art is one of the most comprehensive. Tibetan art is accurately presented with numerous beautiful images of Tibetan painting, sculpture and ritual objects.

BUDDHISM AS/IN PERFORMANCE: Analysis of Meditation and Theatrical Practice

by David George. 225 pp., cloth #BUPEAN \$19.95

George opens out a vast panorama of the Buddhist theatrical practices in Tibet, Nepal, Japan, China, and Sri Lanka. He demonstrates three kinds of theatrical practices based on the paths of Hinayana, Mahayana, and Vajrayana.

See color images of every product on the Snow Lion website.

BUDDHISM: Flammarion Iconographic Guides

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

With over three thousand divinities in its pantheon, Buddhist iconography is challenging. With abundant illustrations, this guide provides clear and concise explanations of the differing names and attributes by which the deities are known in India, Nepal, Tibet, China, Japan and Southeast Asia.

BUDDHISM: The Illustrated Guide

Kevin Trainor, general ed. 256 pp., 9 x 11", over 150 color photos, cloth. #BUILGU \$39.95

A brilliantly clear and superbly illustrated encyclopedia of Buddhism that describes the origins and historical development of Buddhism and current trends, from the elaborate and esoteric rituals of Tantric Buddhism to the rarefied, minimalist refinement of Zen. A major section is devoted to the most important sacred writings and throughout there are magnificent illustrations of the sacred art, architecture and people of Buddhism. A fun book to look at and read.

THE BUDDHIST CANNON OF ICONOMETRY

trans. from the Tibetan by Gömpojab. 143 pp., line dwgs., #BUCAIC \$20

These are the regulations and rules for making statues and images of the Buddha. This is a translation of the Tibetan text of seventeenth century Gömpojab. He discusses the icons of bodhisattvas, wrathful deities, dharmapalas, the 5 Buddhas, on the moving, installing and storing of icons, and the merits of producing icons.

BUDDHIST STUPAS IN ASIA: The Shape of Perfection

photos by Bill Wassman, text by Joe Cummings, fore. by Robert Thurman. 176 pp., 11 x 11", more than 250 color photos, 10 pages of architectural overlays, cloth. #BUSTAS \$34.99

For Buddhists the simple contemplation of a stupa's divine form draws the observer closer to enlightenment—the living embodiment of Buddhist teachings. Cummings immerses us in the history, myth and ritual surrounding stupas. This is a comprehensive study of stupas in 12 Asian countries that transports us by witnessing the majesty, simplicity and beauty of these devotional sites.



BUDDHIST SYMBOLISM IN TIBETAN THANGKAS

by Ben Meulenbeid. 114 pp., 8 x 11", 37 color plates, glossary, index. #BUSYTI \$19.95

This sumptuously illustrated book is a guide to the meaning of Buddhist thangka painting. It begins with thangkas of the Buddha and his life and then moves on to many peaceful and wrathful deities, mahasiddhas, and mandalas. The author explains the symbolism and the ritual and the philosophic concepts that they represent.

THE DALAI LAMA'S SECRET TEMPLE: Tantric Wall Paintings from Tibet

by Ian Baker, photos by Thomas Laird, intro. by H.H. the Dalai Lama. 10 x 13", 216 pp., 188 illus., 150 in color, cloth. #DALATE \$65

Behind Tibet's Potala Palace—seat of the Dalai Lamas since 1649—lies a sacred pond. In the middle of it on a willow-covered island is the Lukhang Temple used by the Dalai Lamas as a place of meditation and spiritual retreat. During the time of the Sixth Dalai Lama, artists painted the murals depicting the path to liberation in the Dzogchen tradition—replete with Deities, yogis, nagas, cosmology—many amazing scenes of mystical life.

DEITIES OF TIBETAN BUDDHISM: The Zurich Paintings

ed. by Martin Brauen, trans by Martin Willson. 696 pp., 11 3/4 x 10", 170 color illus., cloth. #DETIBU \$240.00

This is the most encyclopedic reference book of Tibetan images of enlightenment ever presented. Full color illustrations are reproduced here from a set of hand-painted woodblock prints created in 1810. This rare collection is presented along with extensive explanations of the meditative visualizations, mantras, and symbolism around each figure.

DHARAMSALA: Tibetan Refuge

by Jeremy Russell, fore. by H.H. the Dalai Lama. 96 pp., color photos throughout, 9.5 x 11.5", cloth. #DHTIRE \$19.95

Dharamsala is home to the Dalai Lama and the Headquarters of his Government-in-Exile. The imprint of Buddhist culture comes alive through its temples, monasteries and Buddhist monks. Replete with photos, Jeremy Russell explores Dharamsala where he has lived for twenty years.

DHARMA ART

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

Presents teachings about the power of art to awaken and liberate. Dharma art springs from the meditative state. Calligraphy, poetry, and photography were Chogyam Trungpa's primary means of expression.

DISCIPLES OF THE BUDDHA: Living Images of Meditation

by Robert Newman, intro. by Chogyam Trungpa. 137 pp., 6 x 7.25", 25 full color, 26 b&w photos, 11 line drawings. #DIBULI \$16.95

"Disciples of the Buddha is a treasure of Buddhist art, history and wisdom. These centuries-old rare images, with expressions as realistic as if we were in the very presence of the living sages in their true states of being, nourish our hearts with blessings of peace, joy and power."—Tulku Thondup

"I think that these statues are expressions of nonverbal experience that the artist had in the state of arhathood."—Chogyam Trungpa

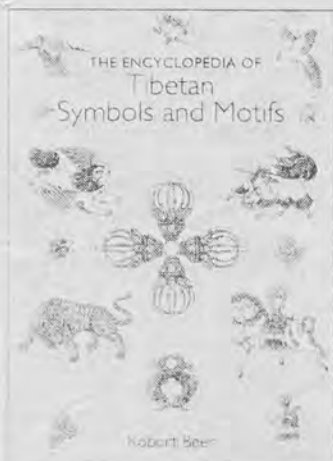
EARTH DOOR SKY DOOR: Paintings of Mustang

by Robert Powell. 112 pp., 43 color paintings, 2 gatefolds, over-size. #EADOSK \$29.95

Architectural paintings in watercolor from the Himalayan kingdom of Mustang in northern Nepal—the subject of a major traveling exhibition—presented here in stunning colors and arresting detail.

BUDDHIST ART AND ARCHITECTURE
by Robert Fisher
216 pp., 123 b&w, 33 color, many line-drawings. #BUARAR \$14.95

Buddhism is the single common thread uniting the Asian world. Innumerable symbols and images have been created beginning in India in the third century BC. This phenomenally diverse tradition includes frescoes, relief carvings, colossal statues, silk embroideries and bronze ritual objects, rock-cut shrines with a thousand Buddhas, the glorious stupas of Southeast Asia and the pagodas of the Far East, the massive mandala in stone of Borobudur and the temple complexes at Angkor in Cambodia. Fisher describes all the Buddhist schools and cultures and explains their imagery—a great book for the price!



THE ENCYCLOPEDIA OF TIBETAN SYMBOLS AND MOTIFS

by Robert Beer. 400 pp., line art throughout, 9 x 12". #SYMOTI \$65 cloth

For artists, designers, or anyone interested in Tibetan art, this is an exhaustive reference to the variety of symbols found throughout Tibetan art—in line drawings, paintings, thangkas, and ritual objects. Hundreds of Robert Beer's drawings depict animals, flowers, plants, teachers, mudras, dragons, offerings, geometric borders, etc.

THE FACE OF TIBET

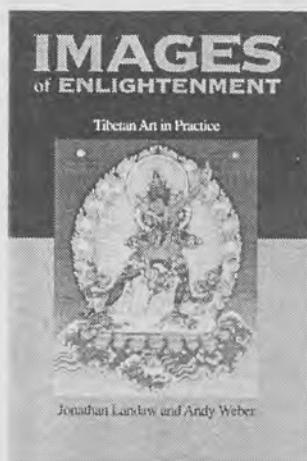
photos and text by William Chapman, fore. by the Dalai Lama. 152 pp., 122 color photos, 9 x 11", cloth, #FATI \$45.00

Over a five year period, the author lived in monasteries, camped with nomads, and trekked great mountain ranges, becoming intimately acquainted with the people and culture of the mountains and plateau of Tibet. This is a stunningly beautiful book.

A HISTORY OF TIBETAN PAINTING

by David Jackson. 432 pp., 60 color plates, 190 b&w photos, 2 maps, 9 x 12" #HITIPA \$150

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 masterpieces and the extensive written sources that survive in Tibetan language. It presents the great founders of the painting schools, the main Tibetan sources and studies, a detailed summary of previous Western research, and a survey of Tibetan sources and studies. An indispensable guide and reference by the author of *Tibetan Thangka Painting*.



IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings, #IMENL \$24.95 (see General Tibetan Buddhism)

"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*



INTO TIBET
photographs of Yeo Dong-Wan. 155 pp., 8 3/4 x 12", 160 color photos, #INTOTI \$40

These photos, primarily in Central and Kham. We imported some copies of this book from Korea because we thought some of our customers would treasure it. Most of the photos were taken outside of the cities and many awesome landscapes are depicted—often double page spreads. The photographer's artistic eye and sense for what makes good subject matter make this book inspiring to see.

LABRANG: A Tibetan Buddhist Monastery at the Crossroads of Four Civilizations

by Paul Kocot Nietupski
photos from the Griebenow Archives, 1921-1949
160 pp., 9 x 8", 36 color and 100 b&w photos.
illustrations. #LA \$24.95

Labrang Monastery, located in northeast Tibet at the strategic intersection of four major Asian civilizations—Tibetan, Mongolian, Chinese, and Muslim—was one of the largest Buddhist monastic universities. In the early twentieth century, it housed several thousand monks. Labrang was also a gathering point for numerous annual religious festivals, supported an active regional marketplace where Chinese artisans rubbed shoulders with Hui merchants and nomadic Tibetan highlanders.

Nietupski's publication of the Griebenow photographs, together with his excellent documentation of them, provides a wonderful introduction to this exquisite monastery, as well as to its people and environs."—Glenn H. Mullin for *The Quest*

THE LHASA ATLAS: Traditional Tibetan Architecture and Townscape

by Kund Larsen and Amand Sinding-Larsen. 176 pp., 165 illus., 11 x 11", #LHAT \$75.00

This is a landmark collection of images of the historical development, architecture, townscape, and topography of Tibet's capital city, including the Potala Palace and Jokhang Temple.

MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversize edition, 108 color photos. #MYTIP \$29.95 paper

A classic containing Rowell's remarkable photos with His Holiness' captions and essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.

The Snow Lion
Internet Shop

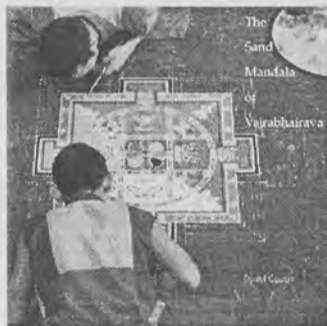
www.snowlionpub.com



OF WOOL AND LOOM: The Tradition of Tibetan Rugs

by Trinley Chodrak and Kesung Tashi. 160 pp., 9 x 11", 155 color photos. #OFWOLO \$40

The first overview of the Tibetan rug-making tradition written by Tibetan authorities. There is a history of Tibetan carpet and textile weaving from its earliest origins to the present. It has an insider's account of the arduous process required to learn the craft from apprentice to master weaver. The many uses of Tibetan rugs are illustrated. Many beautiful designs are shown—a rug feast!



THE SAND MANDALA OF VAJRABHAIKAVA

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

Mandalas are symbols 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.

SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, Musee Guimet, Paris

by Samten Gyaltzen Karmay, fore. by H.H. the Dalai Lama. 142 pp., 92 color illus., glossary, biblio, index, 10 x 13", #SEVIFT \$50 paper

Recounts in words and images the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobsang Gyamtso (1617-1682). This Dalai Lama was known as a statesman, but this book reveals his inner world of profound mysticism, magical powers and often disturbing visions. The illustrations represent the finest-known quality in the miniature style of Tibetan art and stand as the earliest manifestation of the black thangka style of painting.

A SIMPLE MONK: Writings on His Holiness the Dalai Lama

ed. by Tom Morgan, photos by Alison Wright, intro. by Robert Thurman. 144 pp., 150 color photos, 10 x 10, October. #SIMO \$35.00

This photographic survey of the Dalai Lama includes essays about him by his mother, Orville Schell and Pico Iyer. There is also an interview with His Holiness by Spalding Gray.

A portion of the proceeds will benefit Tibet House in New York.

THE SPIRIT OF TIBET: The Life and world of Khyentse Rinpoche, Spiritual Teacher

by Matthieu Ricard. 144 pp., 130 color photos, 9.5 x 11.5". #JOEN \$29.95

The Journey to Enlightenment is now in paperback with this new title. Matthieu's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's writings comprise this personal study of a great teacher of Tibetan Buddhism, his world and its spirit.

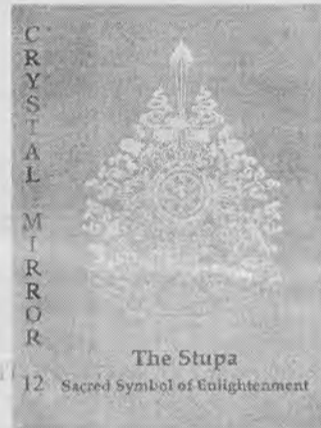
THE SPIRIT OF TIBET: Portrait of a Culture in Exile

photographs and text by Alison Wright, foreword by H.H. the Dalai Lama. 200 pages, 180 color photos, 9 1/2" high x 10" wide, #SPTI \$34.95

"Her compositions are stunning, the color and light with which she adeptly enflames her subjects exude both strength and intimacy."—John Flinn, *San Francisco Examiner*

"There are many collections of Tibetan images available these days, but Ms. Wright's work should be the first one you buy."—S.A. Hunt

"Alison Wright's pictorial book, which mirrors the charm and strength of the Tibetan culture in exile, will enable readers to have a better understanding of our culture."—H.H. the Dalai Lama



THE STUPA: Sacred Symbol of Enlightenment

Crystal Mirror Series Vol. 12, ed. by Elizabeth Cook. 437 pp., 218 photos, 140 in color, 7 x 10", #STSASY \$35

The book on stupas! Traditional texts and prayers, historical anecdotes, architectural sketches, and an in-depth exploration of the eight great stupa forms with over 200 photographs of stupas from around the world present the vast and rich tradition.

STUPA AND ITS TECHNOLOGY: A Tibeto-Buddhist Perspective

by Pema Dorjee. 189 pp., 60 b&w photos and line drawings, cloth, #STTE \$26.00

An in-depth study of the Tibetan stupa that focuses on stupa architecture. The ritual activities associated with stupa construction are described along with the eight fundamental types of Tibeto-Buddhist stupas and their main structural components.

SYMBOLS OF TIBETAN BUDDHISM

by Claude B. Levenson, photos by Laziz Hamani, fore. by H.H. the Dalai Lama. 128 pp., 6 x 9", 60 color photos. #SYTIBN \$19.95

"This beautifully presented book, displays the wealth of symbolism of Tibetan Buddhism."—the Dalai Lama.

Many symbolic ritual items are presented here, illustrated with full page photos. A great source of insight into their meaning: stupa, prayer wheel, mantra, malas, bell and dorje, bowl and dagger, mudras, fire ritual, etc.

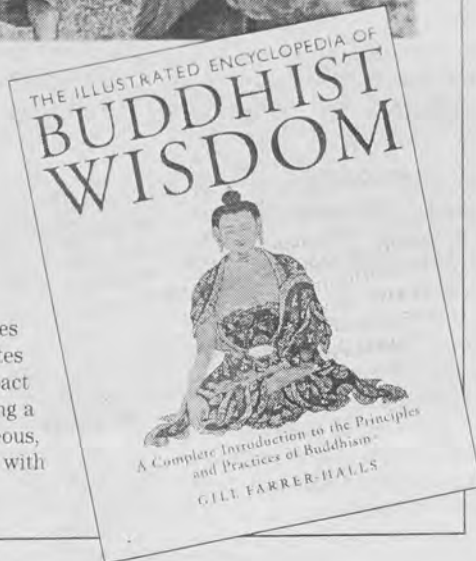


THE ILLUSTRATED ENCYCLOPEDIA OF BUDDHIST WISDOM

A Complete Introduction to the Principles and Practices of Buddhism

by Gill Farrer-Halls. 192 pp., 8.5 x 11", color photos on nearly every page.. #ILENBU \$29.95

This is an outstanding introduction to Buddhism and focuses on the principles common to all traditions and then devotes space to Theravada, Zen, and Tibetan Buddhism and their impact on Western culture. Gill explains what to expect when visiting a Buddhist center and teaches how to meditate. This is a gorgeous, accessible, and practical guide for how to live in harmony with ourselves, our communities, and our world.



TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOB0 \$12.95

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.

TIBET

by Pietro E. Mele; intro. by Michael C. van Walt van Praag. 92 pp., 9 1/2 x 9 1/2", 60 b&w photos, #TIM Closeout sale! \$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.

TIBET: Journey to the Forbidden City (Retracing the Steps of Alexandra David-Neel)

by Tiziana and Gianni Baldizzone. 160 pp., 148 photos, 133 in color, 10 x 14", #TJFO \$40.00

These photographers traveled to places in Tibet visited by Alexandra David-Neel seventy-plus years before to "give color" to the places that have inspired her writings. More than 145 illustrations showing in great detail the panoramic landscapes, the faces and expressions of individual people, and the brilliant dress styles of the people of Kham and Amdo.

On Sale!

TIBET: Photographs by Kazuyoshi Nomachi

intro. by Robert Thurman, fore. by H.H. the Dalai Lama, approx. 150 pp., color photos, #TIP \$55 cloth, now \$41.25

Spectacular color photographs of the landscapes, people and customs of Tibet—including images of Kham, Amdo, Central and Western Tibet. Nomachi received the "Best Photographers Award" from the Photographic Society of Japan.



TIBET: The Roof of the World between Past and Present

by Maria Antonia Sironi Diemberger. 224 pp., 10 x 14", color photos throughout, cloth, #TIOWO \$45

With many double-page color images, this stunning photographic study of Tibet includes visits to monasteries, hikes with nomads in the highlands, vast landscapes and Lhasa life. An excellent library addition for readers who love images of Tibet.

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 cloth

Provides the most comprehensive coverage of Tibetan art. Illustrated with works of an unprecedented range and quality—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 BUDDHIST ALTAR

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

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

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 Ushnisasitapatra. The second collection is the *Tantrasamuccaya* 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 RELIGIOUS DANCES: Tibetan Text and Annotated Translation of the Chams Yig

by Rene de Nebesky-Wojkowitz. Cloth, #TIREDA \$30.00

The author, an expert on Tibetan iconography and ritual, discusses Tibetan Sacred Dances with particular focus on the texts containing detailed instructions for the performances of the dances. The existence of such choreographical manuals explains the uniformity in the performance of temple dances and the persistence of an unchanging tradition over long periods.

TIBETAN RUGS

by Hallvard Kuley. 236 pp., 265 color, 6 b&w plates, 117 b&w illus., 7.5 x 8", #TIRU \$35.95

This comprehensive classification of Tibetan rugs presents a coherent picture of the rug tradition of Tibet. 258 rugs are illustrated in color accompanied by measurements and details as to the weaving techniques, knot counts, etc.

TIBETAN THANKA PAINTING

Portrayal of Mysticism

by Pema Namdol Thaye, pref. by H.H. the Dalai Lama. 209 pp., 99 color illus., 8.5 x 11", cloth, #TITHPO \$55

This magnificent contemporary Tibetan artist has created this masterwork of Thangka painting. The artist presents his work in five parts: the development of the art in Tibet; the philosophy of the artist; the various types of figures represented in Thankas; the process of thanka painting; many figures are explained—their stories and symbolism. Anyone who reads this book will become knowledgeable of not only the art but Tibetan Buddhism itself.



TIBETAN THANGKA PAINTING: Methods & Materials

by David & Janice Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, 8 1/4 x 11 3/4", #TITHPA \$40

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

"Absolutely incredible book, highly recommended."—Circle of Light

Tibetan Thangka Painting is the only detailed description of the techniques and principles of the sacred art of Tibetan thangka painting. It is the distillation of the authors' research carried out over a period of ten years, during which they made five journeys to Nepal and India and learned from some twenty traditional painters. It is a step by step guide from the preparation of the canvas to the final syllables behind each completed figure. It includes an appendix of guidelines for thangka painting using modern techniques and commercially available materials.

On Sale!

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, now \$23.96

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.

On Sale!

THE TIBETANS

by Art Perry. 153 pp., 78 b & w photos, 9 x 12", cloth #TIARPE \$35, now \$26.25

"These beautiful photographs of Tibet and Tibetans could only have emerged from the eye and hand and heart of a man who made every effort to share the life and feelings of the extraordinary individuals who live on the highest plateau on earth."—Robert Thurman

TIBET'S SACRED MOUNTAIN:

The Extraordinary Pilgrimage to Mount Kailas

by Russell Johnson and Kerry Moran. 128 pp., 116 color photos, 8 x 10", #TISAMO \$25

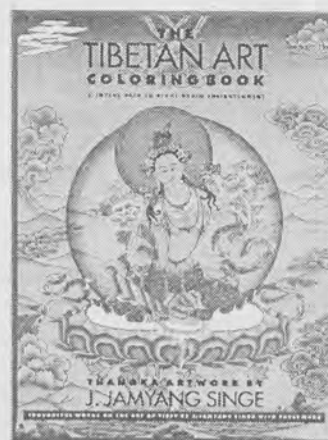
Mount Kailas is sacred to both Hindus and Buddhists, it is the place where the divine takes earthly form. Pilgrims journey here to pay homage to the mountain's mystery, circumambulating it in an ancient ritual of devotion. With spectacular color photography and vivid travel writing, this is a stunning account of this celebrated landscape and of the variety, vitality and determination of the pilgrims who venture there.

THE TIBETAN ART COLORING BOOK

A Joyful Path to Right Brain Enlightenment

art by J. Jamyang Singe. 16 pp., 9 x 12", #TIARCO \$14.95

Twelve thangka line images ready to color.



On Sale!

WHISPERED PRAYERS: Portraits and Prose of Tibetans in Exile

by Stephen Harrison, fore. by H.H. the Dalai Lama. 168 pp., 9 x 12", 92 photos. #WHPR \$59.95, now \$29.98

Harrison photographed life among the Tibetans with a large format camera. From his interviews with these refugees, riveting tales of extraordinary journeys are skillfully interwoven with their personal revelations. One by one, individuals unfold their inner lives—reminding the reader that life can be difficult and that humility and courageousness are essential attributes worthy of admiration.



WISDOM AND COMPASSION: The Sacred Art of Tibet

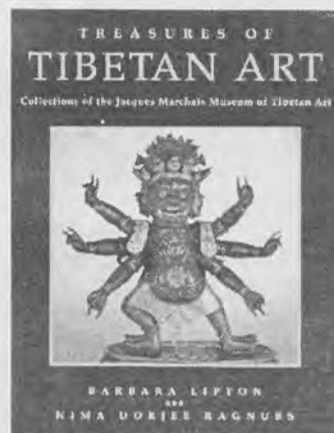
by Marilyn Rhié & Robert Thurman, photos by John Taylor. 488 pp., 353 illus., 338 in full color, 9 x 12", #WICO \$34.95 cloth

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 thangka paintings, sculptures, and mandalas pictured. This expanded cloth edition contains 81 new color plates of statues and thankas, making this book even more remarkable.

WORLDS OF TRANSFORMATION: Tibetan Art of Wisdom and Compassion

by Marilyn Rhié & Robert Thurman. 480 pp., 9 x 12", 319 illustrations, 285 in color, 2 maps. #WOTRP \$65 paperback

If you liked the *Wisdom and Compassion* art book, you will love this massive edition of Tibetan Buddhist paintings. Hundreds of sublime Tibetan thangka paintings from the premier New York collection of Shelley and Donald Rubin span the 12th through 20th centuries and the spectrum of Tibetan artistic schools. There is an analysis of each painting's iconography and religious meaning, style, regional lineage, and sources. David Jackson discusses the paintings of the Kagyupa order in the Rubin Collection.



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, 8.5 x 11", #TRTIAR \$32.50

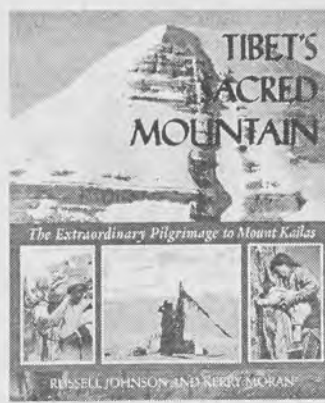
The most important works from the renowned collection are beautifully illustrated and described in this volume of Tibetan art from Tibet, China, Mongolia and Nepal. They include sculptures and thankas depicting the Buddha, arhats, lamas, meditational deities, bodhisattvas, protector and guardian deities, ritual objects, musical instruments, jewelry, and decorative objects. The essays contribute new information on Tibetan culture, iconography, history, and folklore.

On Sale!

VISIONS FROM THE FIELDS OF MERIT: Drawings of Tibet and the Himalayas

by Philip Sugden. Signed edition with 65 locations and studio drawings. #VIFIME \$30, now \$22.50

"For many centuries the arts have played a major role in the spiritual development of the Tibetan people. Over the years, it has been a pleasure to meet artists, like Philip Sugden who express this understanding in their work. Philip's artwork has been part of an ongoing pilgrimage-based on his journeys to the Himalayas and Tibet, he has created a body of work that testifies to his dedication, not just for the cause of the Tibetan people, but also to the transformation of people through the process of art."—His Holiness the Dalai Lama





AMA ADHE: The Voice that Remembers

by Ama Tapotsang and Joy Blakeslee, fore. by the Dalai Lama. 258 pp., 6 b&w photos #AMAD \$14.95

Ama Adhe spent 27 years in a Chinese labor camp for participating in the Tibetan resistance. Her story is "the voice that remembers" for those who can no longer speak of Tibet's tragic saga of occupation, genocide, and cultural destruction.

"I have never read a book as terrifying and inspiring in my life."—Psychology Today

APPARITIONS OF THE SELF: The Secret Autobiographies of a Tibetan Visionary

by Janel Gyatso. 360pp. #APSEP \$20.95 paper

Two secret autobiographies of the visionary Jigme Lingpa (1730-1798) reveal poetic and self-conscious writings that are as much about the nature of his own identity, memory, and the variability of autobiographical truth as they are about his experiences. Gyatso explores Jigme Lingpa's historical milieu, his visions and meditative practices, and investigates the unsettling role of the "dakini" in Tibetan religious literature.

THE AUTOBIOGRAPHY OF A TIBETAN MONK

by Palden Gyatso with Tsering Shakya, fore. by the Dalai Lama. 272 pp., 11 b&w illus., #AUTIMO \$13

Born in 1933, Palden Gyatso became a Buddhist monk and won a place as a student at Drepung Monastery where he came to spiritual and intellectual maturity. In 1959, he was forced into labor camps and prisons where he spent 33 years being tortured, interrogated, and persecuted simply for being a monk. After his release he escaped across the Himalayas to India, smuggling with him the instruments of his torture. Since then, he has devoted himself to revealing the extent of Chinese oppression in Tibet.

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

by Sandy Johnson, fore. by H.H. the Dalai Lama. 282 pp., 28 b&w photos, now in paperback. #BOTIEL \$14.00

These are the powerful stories of Tibetan elders from many walks of life—told in their own voices—that of famous lamas, oracles, doctors, nuns, a tailor, nobleman, etc. An engaging study of a special people and culture.

BORN IN LHASA

by Namgyal Lhamo Taklha. 201 pp., 36 b&w photos. #BOLH \$14.95

"Mrs. Taklha's incredible life story is very gripping and emotional. Her writing style swept me into the story—I enjoyed this book from cover to cover."—Rinchen Dharlo, President of the Conservancy for Tibetan Arts and Culture

"Born in Lhasa gives voice to an enduring human spirit. In fascinating detail, one woman's story documents a nation's history."—Whitney Stewart, author of The 14th Dalai Lama

Mrs. Taklha married the immediate elder brother of His Holiness the Fourteenth Dalai Lama. She is a member of the elected Parliament of the Tibetan Government-in-Exile and serves as Minister of Health. She lives in Dharamsala, India.

THE BUDDHA FROM DOLPO: A Study of the Life and Thought of the Tibetan Master Dolpopa Sherab Gyaltzen

by Cyrus Sterns. 288 pp. #BUDO \$21.95

Dolpopa Sherab Gyaltzen (1292-1361) was an important figure in Tibetan history and perhaps the greatest expert on the tantric teachings of Kalachakra. Based largely upon esoteric Buddhist knowledge believed to be preserved in Shambhala, Dolpopa's theories continue to excite controversy in Tibetan Buddhism.

BORN IN TIBET

by Chögyam Trungpa. 296 pp., 18 line drawings, 36 photos, #BOTT \$15.95

The autobiography of the legendary teacher and meditation master which offers a rare glimpse into the life and training of a tulku in Tibet. Trungpa describes his duties as the abbot and spiritual head of a great monastery and his intimate and moving relationships with his teachers. It concludes with his escape and life in the West.

CAVE IN THE SNOW: A Western Woman's Quest for Enlightenment

by Vicki Mackenzie. #CASN \$14.95

The daughter of a fishmonger from London's east end, Ani Tenzin Palmo became a spiritual leader and champion of the right of women to achieve spiritual enlightenment. In 1976, she secluded herself in a remote cave in the Himalayas where for 12 years she faced unimaginable cold, wild animals, floods and rockfalls. She emerged with a determination to build a convent in India to revive the Togdenma lineage, a long-forgotten female spiritual elite.

DGE-'DUN-CHOS-'PHEL: A Biography of the 20th-Century Tibetan Scholar

by Irmgard Mengele. 153 pp., 7 b&w photos, Tibetan text, #GECH \$12

dGe-'dun-chos-'phel (1902-1951) completed a traditional Tibetan education, left the monastic society to travel abroad where he learned languages and deepened his knowledge. Renowned in Tibet as a brilliant scholar, a talented artist, a highly gifted poet, an excellent translator, and a skillful dialectician, he was controversial and well-known non-conformist. This scholarly presentation has a Tibetan and English biography and extensive bibliography.



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.

THE DIVINE MADMAN: The Sublime Life and Songs of Drukpa Kunley

trans. by Keith Dowman. 161 pp., 7 illus., #DIMA \$12.95

Greatly loved by Tibetans for his outrageous behavior and ribald humor which were intended to awaken common people and yogis alike from religious dogmatism and egoic self-possession, Drukpa Kunley is recognized as an incarnation of Mahasiddha Saraha.

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DREAMING ME: An African American Woman's Spiritual Journey

by Jan Willis. 336 pp., cloth, #DRME \$23.95, now \$15.56

Dreaming Me is one woman's story of overcoming the wounds of racism to bring a message of healing and hope to anyone facing insurmountable odds. She tells her story of growing up in the segregated South to becoming a professor—from being involved with the Black Panthers to cultivating a relationship with Lama Yeshe. Jan Willis is the author of *Feminine Ground: Essays on Women and Tibet* and *Enlightened Beings*.



ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition

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

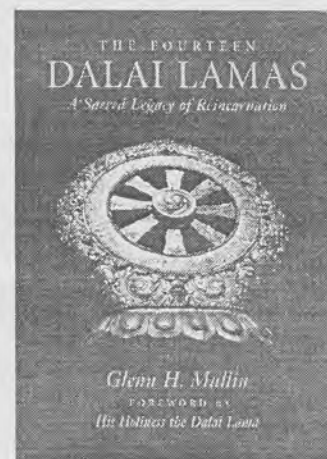
In the Gelugpa tradition there are many great tantric masters. Here are the liberation life stories of the first six lineage holders of the Ganden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.

FINDING FREEDOM: WRITINGS FROM DEATH ROW

by Jarvis Jay Masters. 179 pp. #FIFR \$12.00

Finding Freedom are critically acclaimed prison stories from Jarvis Jay Masters, an inmate who became a Buddhist on San Quentin's death row. His stories are poignant, sometimes hilarious, sometimes frightening, but always expose the vicissitudes of despair and hope with the precision of an experienced and wise observer.

"It is a privilege and joy to read Jarvis Masters' account—everyone should read this book."—Robert Thurman



THE FOURTEEN DALAI LAMAS: A Sacred Legacy of Reincarnation

by Glenn H. Mullin, fore. by H.H. the Dalai Lama. 535 pp., 15 illus., cloth #SALERE \$29.95

The 600-year Dalai Lama tradition is both inspiring and colorful. Here are the life stories of all 14 Dalai Lamas with selected characteristic excerpts from their teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism that they expressed in their lives.



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 Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. This is a comprehensive explanation of the Palyul tradition where 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.

THE GREAT DISCIPLES OF THE BUDDHA: Their Lives, Their Works, Their Legacy

by Nyanaponika Thera and Hellmuth Hecker. 448 pp. #GRDIBU \$29.95

Twenty-four of the Buddha's most distinguished disciples are brought to life in ten chapters of rich narration. Drawn from a wide range of Pali sources, the material in these stories has never before been assembled in a single volume. These stories sharpen our understanding of the Buddhist path through the people who fulfilled the early Buddhist ideals of human perfection.

HIDDEN TREASURES AND SECRET LIVES

by Michael Aris. 278 pp. #HITR \$19.95 cloth

This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry.

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BUDDHIST MASTERS OF ENCHANTMENT

The Lives and Legends of the Mahasiddhas



trans. by Keith Dowman, illus. by Robert Beer. 208 pp., 6.5 x 9," 30 color plates, 26 line drawings, #BUMAEN \$24.95

Stories of the Mahasiddhas who attained enlightenment and magical powers by both disregarding convention and penetrating to the core of life, reveal a way through human suffering into a spontaneous and free state of oneness with the divine.

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HOUSE OF THE TURQUOISE ROOF

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

"...a superior book."—*The Tibet Journal*

Mrs. Dorje Yuthok's frank and fascinating account of life in upper-class Lhasa before the Chinese occupation is also a quiet, dignified description of a noblewoman's status in the family and the community. She moved in the highest government circles—yet her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

I GIVE YOU MY LIFE: The Autobiography of a Western Buddhist Nun

by Ayya Khema, trans. by Sherab Chodzin Kohn. 240 pp., 42 b&w photos, #IGIYO, \$15.95

Ayya Khema (1923-1997) was the first Western woman to become a Theravadin Buddhist nun. She is a model and inspiration for women from all the Buddhist traditions but few know of her amazing life before her ordination at age 58.

IN THE SERVICE OF HIS COUNTRY: The Biography of Dasang Damdul Tsarong, Commander General of Tibet

by D.N. Tsarong. 164 pp., 43 b&w photos, #SEHICO \$14.95

"This is possibly one of the best books among the host of Tibetan memoirs now available...for introducing students and general readers to modern Tibetan history before the cultural revolution"—*The Journal of Asian Studies*

Dasang Damdul Tsarong (1888-1959), noted as a child for his unusual intelligence and capability, entered the personal service of the Thirteenth Dalai Lama at the age of twelve. After distinguishing himself in military service, he became commander-in-chief of the Tibetan army and one of Lhasa's leading citizens. Tsarong was a dynamic and sometimes controversial figure, a voice for modernization of Tibet's government especially in its relationship to the international community.

This book provides insight into the history and causes of the tragic loss of Tibet's power of self-government.

THE KAGYU LINEAGE & The Activity of the Karmapas

by Bardor Tulku Rinpoche. 34 pp., #KALAC \$6.95

A concise teaching on the Kagyu Lineage which presents the story of the great figures of this tradition along with the nature and place of the lineage in Buddhist history. Rinpoche also teaches about the 17th Karmapa.

KARMAPA: The Sacred Prophecy

by Kagyu Thubten Choling Publications Committee, fore. by H.H. the Dalai Lama. 120 pp. 9 x 12", 74 color illus., cloth, #KASAPO \$60.00

The prophecy of Chogyur Lingpa is cherished by the Kagyu lineage as a sacred document describing the qualities and activities of the future Karmapas. Photographs of the nineteenth century wood block text, the silk painting by Karmal Khachen, as well as paintings of each of the Karmapas (plus photos of the 16th and 17th) and the lineage masters from Dorje Chang through Gaupopa accompany the translation. In addition is the story of the finding of the 17th Karmapa.

KUNDUN: A Biography of the Family of the Dalai Lama

by Mary Craig. 392 pp., 19 b&w photos, #KUN \$20

Mary Craig's portrayal focuses on the Dalai Lama's family—his parents, four brothers, and two sisters. Her portraits of the Dalai Lama's siblings and their involvement in bringing the plight of the Tibetan people to the international scene are particularly compelling. This book is an easy, enjoyable and informative read (not related to the movie *Kundun*).

LADY OF THE LOTUS-BORN: The Life and Enlightenment of Yeshe Tsogyal

by Gyalwa Changchub and Namkhai Nyingpo, trans. by Padmakara. 176 pp. #LALOBO \$18.95

The first Tibetan Buddhist to attain enlightenment was probably Yeshe Tsogyal, the female consort of Padmasambhava.

LIFE AND TEACHINGS OF TSONGKHAPA

ed. by Prof. Robert Thurman. 258 pp. #LITETS \$14.95

Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of the path, madyanika and insight meditation.

THE LIFE OF A TIBETAN MONK

by Geshe Rabten. 320 pp., many color and b&w photos, plus line drawings, glossary, index, cloth, #LITIMO \$29.00

The autobiography of Geshe Rabten, the celebrated teacher and scholar from Tibet's Sera Monastery. His story is not only portrays the authentic lifestyle of a Tibetan Buddhist master—it is also a very precious teaching and guide for the practice of dharma. Many photos from Geshe Rabten's life are included, especially from his later years in the West, as well as some very fine line illustrations by Eva van Dam, depicting scenes from Geshe's.

LIFE OF THE MAHASIDDHA TILOPA

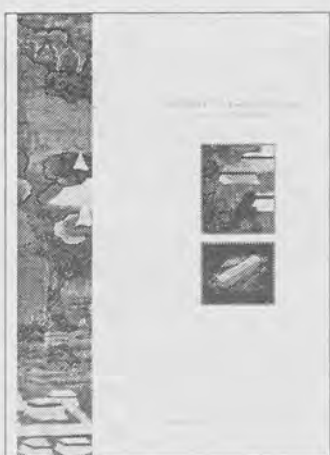
86 pp. #LIMATI \$9.95

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 LIFE OF MILAREPA

by Lobsang Lhalungpa. 220 pp. #LIMI \$14.95

The most beloved story of the Tibetan people. 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.



LIKE AN ILLUSION: Lives of the Shangpa Kagyu Masters

by Nicole Riggs, fore. by Bokar Rinpoche. 336 pp. #LIL \$26.95

This is the first translation of the biographies of the masters of the Shangpa Kagyu lineage. First recorded by the masters themselves between five hundred and one thousand years ago in Tibet, these colorful and poignant tales have retained their power to inspire and even emancipate.

"Simply hearing the life stories of such genuine beings blesses our mindstream."—*Bokar Rinpoche*

THE LIVES AND LIBERATION OF PRINCESS MANDARAVA: The Indian Consort of Padmasambhava

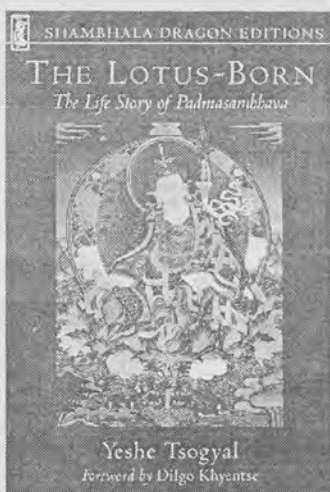
trans. by Lama Chonam & Sangye Khandro. 224 pp., #LILIPR \$16.95

Recounts Mandarava's struggles and triumphs as a Buddhist master over many lifetimes. A role model for practitioners of tantric Buddhism, she was the principal consort of Padmasambhava before he introduced tantric Buddhism to Tibet. Mandarava is a powerful figure, and her story will entertain and inspire.

LORD OF THE DANCE: The Autobiography of Chagdud Tulku

246 pp. #LADAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. His mother was one of Tibet's five supreme female realization holders. His life is a rich weaving of spiritual insight, high adventure and Tibetan culture. He is presently the head of a major center in California.



THE LOTUS-BORN: The Life Story of Padmasambhava

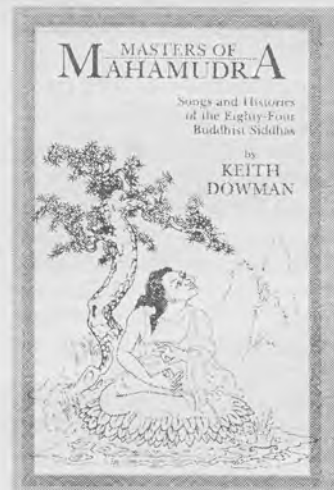
by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$24.95

This biography of Padmasambhava was written by his most important female student. The book narrates the story of the founder of Tibetan Buddhism and contains instructions and advice that he gave for future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.

LUMINOUS LIVES: The Story of the Early Masters of the Lam 'Bras Tradition in Tibet

trans. and ed. by Cyrus Stearns. 261 pp., 10 b&w, biblio., Tibetan text, index, notes, #LULI \$34.95

The tantric Buddhist tradition of the Lam 'bras, the "Path with the Result", has been practiced in Tibet for almost a thousand years, most prominently within the Sa skya lineage. *Luminous Lives* is the first in-depth study of the literature and history of the Lam 'bras in Tibet. The Central focus of the work is a rare Tibetan history that brings alive the story of the earliest men and women practitioners of the Lam 'bras. This text, records the words of the great Sa skya Pandita (1182-1251).



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

by Keith Dowman. 454 pp. #MAMA \$24.95

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

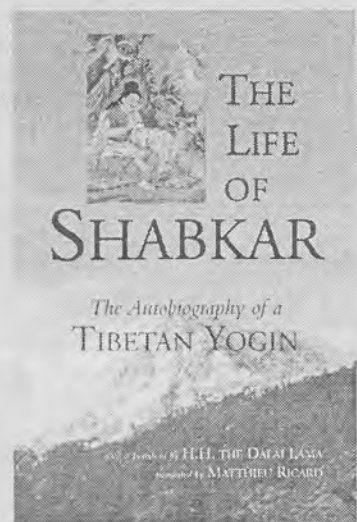
by Tulku Thondup. 478 pp. #MAMEMI \$25

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.

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THE LIFE OF SHABKAR
The Autobiography of a Tibetan Yogi



persistence in exposing all hypocrisy—these are the qualities that suffuse his work."—Matthew Kapstein, The University of Chicago

MEMOIRS OF A TIBETAN LAMA

by Lobsang Gyatso, translated and edited by Ven. Dr. Gareth Sparham, 328 pp., #METILA \$16.95

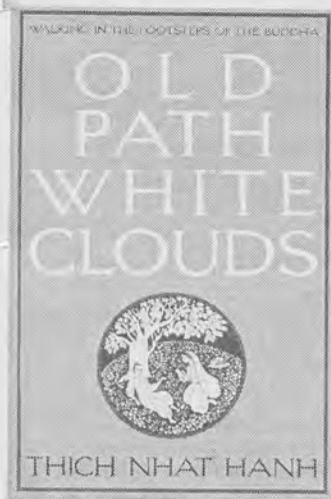
A Tibetan patriot and unwavering follower of the Dalai Lama, Lobsang Gyatso emerges from these memoirs as a master storyteller, a fearless social critic, and a devoted Buddhist monk. With unusual wit and realism he provides a picture of his country from the perspective of a common Tibetan, recounting his early life in Khan as a herder and rambunctious young monk, his travels to Lhasa, his life in one of Tibet's most famous monasteries, and his flight into exile. Lobsang Gyatso's story is about the hopes and aspirations of a man trying to live up to higher ideals while dealing openly with the pettiness and violence in the monasteries. It is also the story of the fall of Tibet seen through the eyes of a fearless patriot. Although he had only told his story as far as 1962 before he was murdered in 1997, the book constitutes a moving statement against sectarianism and rigid conformity.



MY LIFE AND LIVES: The Story of a Tibetan Incarnation

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

Describes with care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, Khyongla Rato was recognized as the reincarnation of the ninth Khyongla of Tibet. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in New York.



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

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

Thich Nhat Hanh brings to life the story of the Buddha with his beautiful and vibrant style. It traces the Buddha's life, slowly and gently through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and through the eyes of the Buddha himself.

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.

REBORN IN THE WEST:

The Reincarnation Masters
by *Vicki Mackenzie*. 213 pp., #REWE \$13.95

Among the wealth of information on the reincarnation debate, the story of nine reincarnation masters appearing in the West is very compelling. Vicki Mackenzie tells their stories—how they were identified and what their missions are.

REINCARNATION:

The Boy Lama
by *Vicki Mackenzie*. 183 pp., 15 color photos, #REBOLA \$16.95

At the age of 14 months, an apparently ordinary Spanish child was recognized by the Dalai Lama as the reincarnation of Lama Yeshe—founder of 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. This is also a riveting account of reincarnation and Tibetan Buddhism.

THE SECRET LIVES OF ALEXANDRA DAVID-NEEL: A Biography of the Explorer of Tibet and Its Forbidden Practices

by *Barbara and Michael Foster*. 329 pp., 26 b&w photos, 2 maps, #SELIAL \$32.50 cloth

In Tibet and Sikkim, Alexandra lived among hermits and shamans, bandits and pilgrims. She had a torrid love affair with the handsome Maharajah of Sikkim and studied with a genuine master in the Himalayas. David-Neel knew first-hand the Tibet of magic and mystery, the secret mystical practices of Tibetan Buddhism including out-of-body travel, telepathy, vampiric Shamanism, and tantric sex.

SIDDHARTHA

by *Hermann Hesse*, trans. by *Sherab Chodzin Kohn*. 144 pp., #SIDD \$5.95

This is a new translation of the classic tale of spiritual awakening—from a longtime student of Buddhism. Filled with timeless truths, Siddhartha chronicles the spiritual evolution of a man living in India at the time of the Buddha.

SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel

by *Keith Dowman*, fore. by *Trinley Norbu Rinpoche*, illustrations by *Eva van Dam*. 400 pp., indexes, #SKDA \$18.95

Yeshe Tsogyel, consort of Guru Padmasambhava, is the most famous of the enlightened women of Tibet. Except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here a path of practice is given for present day initiates to emulate. Keith Dowman has added a commentary on the path of inner tantra, woman and the dakini, the Nyingma lineages.

SORROW MOUNTAIN: The Journey of a Tibetan Warrior Nun

by *Ani Pachen with Adelaide Donnelley*, fore. by *Dalai Lama*, pref. by *R. Gere*. 288 pp., #SOMO \$24 cloth

Ani Pachen is a role model and heroine for Tibetans. Growing up in Tibet, her father was a powerful local chieftain. When the Chinese came she fled into the hills to become a freedom fighter, one of the few female leaders in the resistance. She was eventually captured and tortured for two years and the story continues.



THE SPIRIT OF TIBET: Journey to Enlightenment, The Life and World of Dilgo Khyentse Rinpoche

by *Matthieu Ricard*. 144 pp., 130 color photos, 9.5 x 11.5", #JOEN \$29.95

The Journey to Enlightenment is now in paperback with this new title. Matthieu's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's writings comprise this personal study of a grand teacher of Tibetan Buddhism, his world and its spirit.

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., #TICO \$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 TWELVE DEEDS: A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion

trans. by *Sangye Tondar*, 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 suffering. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.



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

WOMEN OF WISDOM

by *Tsultrim Allione*. 340 pp., new edition, 24 pp. of photos. #WOWI \$16.95

*SEE WOMEN & BUDDHISM SECTION

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

"This captivating book reads like a thriller. Amy and Gully (brother and sister) are playing in a dusty attic when a sudden, fierce wind transports them to a grassy hillside in Rainbowland. There they meet a magical monk dressed in Buddhist robes who sends them on a quest for the wishing stone that was stolen by Wogda, the witch. The children discover special qualities within themselves that are needed to overcome threatening situations—courage, nonviolence, and loving kindness."—*Mindful Parenting (for the Spiritual Enrichment of Children and Parents)*



THE BRAVE LITTLE PARROT

by *Rafe Martin*, illus. by *Susan Gaber*. 8.5 x 11" pp., #BRLIPA \$15.95 cloth

When a raging fire threatens to burn down the forest, all of the animals run away in fear—except for one brave little parrot whose efforts save the forest. This is a past-life tale of the Buddha.

"Best Children's Book of the Year"—Children's Book Committee at Bank Street College

BUDDHA

by *Demj*. 44 pp., 40 color illus., 10 x 10", #BUD \$21.95 cloth

The life story of the Buddha rendered in richly-colored, elegant paintings. For people ages 4 to 10 and for adults who love illustrated books.

THE BUDDHA'S BOOK of Daily Meditations: A Year of Wisdom, Compassion, and Happiness

ed. by *Christopher Titmuss*. 414 pp., glossary, sources. #BUBODA \$14.00

Reflect each day on one short teaching of the Buddha to open to fresh insight and freedom from the deep conditioning of our minds. Each page has room to write your thoughts. This book can be used over and over since it lists dates but not days of the week.

THE BUDDHA'S QUESTION

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

The Buddha recounts his previous life experience as the spirit of 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. This beautifully-illustrated, rhymed version makes the story enjoyable for children ages 5-10.

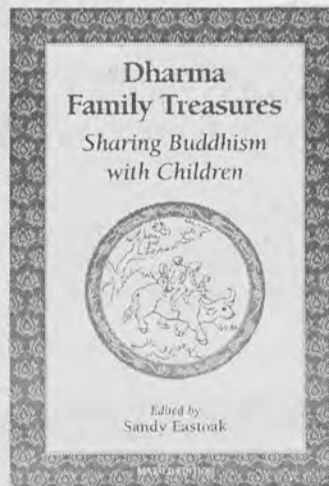
"The Buddha's Question has been a nightly favorite. We read it at bedtime over and over. I marvel at its beauty and heart-wrenching message. It is so well done."—A Customer

DHARMA FAMILY TREASURES

Sharing Mindfulness with Children

ed. by *Sandy Eastoak*. 240 pp., #DHFA \$16.95

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.



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.

BUDDHA STORIES

by *Demj*. 28 pp., gold line drawings and text on cobalt blue paper, 10 1/4" square, #BUST \$20

Eleven Jataka tales, each illumined with golden illustrations make this an excellent book for kids and adults.

THE DALAI LAMA: A Biography of the Tibetan Spiritual and Political Leader

by *Demj*, fore. by *H.H. the Dalai Lama*. 32 pp., 10 x 10" #DALADE \$17.95 cloth

In simple language and great color illustrations, Demj has paid tribute to the Dalai Lama's remarkable life. She has captured the beauty of Tibetan culture, as well as the charm, wisdom, and vision of one of the world's best-known spiritual figures.

A DOG'S TOOTH

by *W.W. Rowe*, illus. by *Chris Banigan*. 32 pp., 31 color illus., 8 1/2 x 11" #DOTO \$12.95 cloth, for children ages 5-13

In this classic Tibetan tale of the power of faith, a young man is asked by his dying mother to obtain a sacred relic to help her. He fails to do this and instead deceivingly-brings her a tooth from the skeleton of a dog and tells her it is the Buddha's tooth. The story movingly conveys how the mother's strong faith has the power to fulfill her dreams in spite of the son's deceit. The illustrations are a miracle of lively imagination.

See color images of every product on the Snow Lion website.

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

by *Whitney Stewart*. 128 pp., 53 b&w and color photos and line drawings, ages 10-17, #FODALA \$25 cloth (see Dalai Lama section)

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.

**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 who was the Buddha in a past life. Excellent illustrations. For ages 6-12 and their parents. Winner of the 1996 Skipping Stones Book Award.



HER FATHER'S GARDEN,
by Janet Brooke. 40 pp., 8.5 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 the villagers are transformed.

**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" #LIBU
\$14.95

This beautiful hardcover comic book tells the life story of the Buddha. Ages 7 and up.

THE MONKEY BRIDGE

by Rafe Martin, illus. by
Fahimeh Amiri. 9 x 11" #MOBR
\$17 cloth

"Martin successfully brings this brightly illustrated past-life tale of the Buddha about the meaning of true nobility to a new audience."—School Library Journal

THE MOUNTAINS OF TIBET

by Mordcai Gerstein. 32 pp., 8 x
9", color illustrations throughout,
#MOTTI \$6.95

In a tiny village, high in Tibet, lives a woodcutter. All his life he longs to travel but he grows old without ever leaving the mountains. When he dies, he is offered the chance to live anywhere in the universe—he chooses a place he never would have imagined.



**PIGS OVER SHAMBHALA:
An ABC for Young Warriors
of All Ages**

by Kerry MacLean. 32 pp., 9 x 11"
cloth, color illustrations through-
out, #PIOVSH \$15.95

"Pigs Over Shambhala is a sensation! It's funny and sweet alphabet rhymes touch the heart of Shambhala Buddhism, nonconceptually evoking compassion, pride in culture, and the joy of everyday warriorship for children and adults alike."—Acarya Judith Simmer-Brown

**PRINCE SIDDHARTHA
COLORING BOOK**

by Jonathan Landau, line draw-
ings by Janet and Lara Brooke.
48 pp., 8 x 11", 62 images,
#PRISCO \$6.95

Children can enter into the story of the Buddha by coloring the images from his life. A brief narrative explains each drawing.



**PRINCESS METOK LHAZEY:
A Tibetan Folk Tale**

by Paljor Publications. 20 pp., 19
line drawings. #PRMECH \$4.00

The story of Princess Metok Lhazey teaches the truth of impermanence, integrity, and the power of love and faith. It is a children's book for ages 4 and up. The Tibetan text is printed and the book is illustrated in a form that is suitable to be colored with pencils.



**THE RABBIT & THE
TIGERDILE**

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

This past-life story of the Buddha explains the image of a rabbit on the face of the moon. When the god Sakra tested four animals by assuming a frightening form—half tiger, half crocodile—only the rabbit showed true compassion and selfless generosity. Magical color illustrations bring the story to life. It's delightful to read aloud.

"An endearing tale of trust and generosity."—NAPRA ReView

**THE THREE SILVER COINS
A Story from Tibet**

by Veronica Leo & Tashi
Dakneva. 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...a delightful vehicle for multicultural awareness."—NAPRA ReView

Once there was a poor boy named Jinpa who lived in Tibet's high mountains. 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 off Jinpa went to seek his fortune..." Ages 4+.

TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings.
12 line drawings, 10 x 13",
#TACOCO \$12.95

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.

Search your favorite Dharma topic using our website catalog search.

TWENTY JATAKA TALES

retold by Noor Inayat Khan, illus.
by H. Willebeek Le Mair. 154 pp., 21
illus. #TWJATA \$12.95

Famous legends of former lives of the Buddha, these dramatic adventures tell of people and animals moved to altruism by the noble example of fellow creatures. Ages 5+.



WHERE IS TIBET?

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

"Where is Tibet?" is really a way of asking "Where is happiness?" as Gina Halpern's enchanting book takes children on a double journey...to a real country and into their own hearts. Brilliantly illustrated Tibetan images, this sensitively rendered story follows the search of a refugee Tibetan boy and girl for their native Himalayan land, but their search goes far beyond the geographical—their quest becomes the universal search of all who seek a place of peace. Where is Tibet? celebrates a delightful spirit and sends a message of hope and empowerment.



KINDNESS

A Treasury of Buddhist Wisdom for Children and Parents

collected & adapted by Sarah Conover, illus. by Valerie Wahl.
164 pp., 13 illus., 7.5 x 9". #KITRBU \$19.95

Thirty-two wonderful stories, nine of which are Jataka tales (previous life stories of the Buddha) teach through often humorous narrative journeys. They open the ancient masters' profound and gentle teachings to persons of all ages—"let go of anger, fear and greedy desire, embrace gladness, follow the path."



C COOKBOOKS

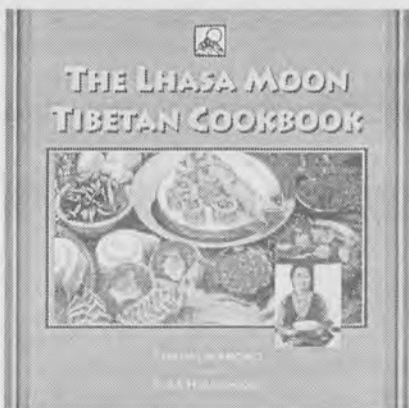
**THE LHASA MOON
TIBETAN COOKBOOK**

by Tsering Wangmo & Zara
Houshmand. 128 pp., 80 re-
cipes, 48 line drawings, 25
photos, 8 x 8", #LHMO \$14.95

Located in San Francisco's Marina District, the Lhasa Moon restaurant delights vegetarians and meat-lovers alike. The cookbook provides an excellent overview of the foods grown in Tibet and the meals served in homes, monasteries, and for celebrations.

"One of San Francisco's top restaurants!"—San Francisco Chronicle

"I was delighted by the range and depth of the cuisine in Tsering's cookbook, and after cooking some of the food I can certainly see why her restaurant in San Francisco is so popular."—Mick Vann for The Austin Chronicle.



"The best general introduction to Tibetan cooking available to home cooks...the dinners are quite ecstatic."—The Asian Foodbookery

THE NEPAL COOKBOOK

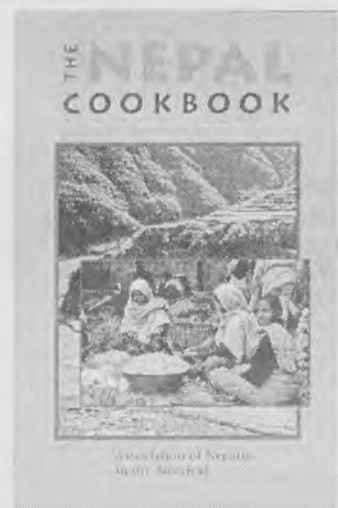
by the Association of Nepalis in the Americas
132 pp. #NECO \$10.95

"The Nepal Cookbook is an ideal reference for gourmet clubs—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, these recipes reflect many facets of Nepal's colorful and diverse cultures. Nepali food is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal. Special cooking methods and ingredients are fully explained.

"A unique compendium of family recipes"—Library Journal
"...first major source of information on Nepali recipes."—Asian Foodbookery

"These recipes are full-flavored without being overly fussy to prepare. There's a wealth of vegetarian recipes."—Ithaca Times



Win a FREE TOUR in TIBET!

You can enter everytime you place an order with us.
See page 13 for details.

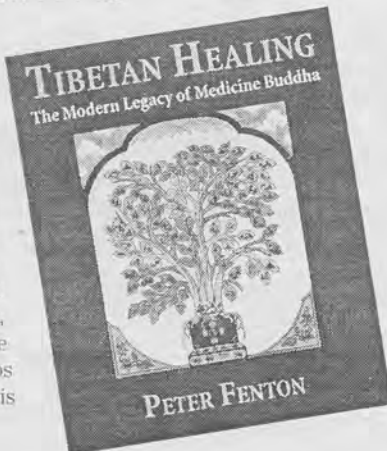
TIBETAN HEALING

The Modern Legacy of Medicine Buddha



by Peter Fenton. 206 pp., 41 b&w photos, 22 illus., tables, #TIHE \$22.95

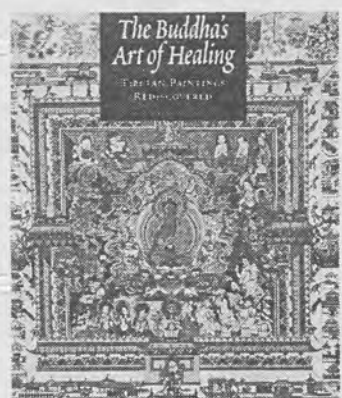
Peter Fenton traveled to India and Nepal, seeking the few places left where Tibetan refugees still practice Tibetan medicine in its entirety. He hiked with herbalists in Himalayan foothills; toured monasteries and healing centers, and he interviewed lamas, Tantric healers, and Tibetan doctors. With fascinating stories, photographs, and botanical drawings, he explains the Tibetan use of medicinal herbs and the living spiritual principles that give this medical practice its power.



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. 128 pp. #AMHETA \$11

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.



BUDDHA'S ART OF HEALING: Tibetan Paintings Rediscovered

Essays by John Avedon, Tamdin Bradley, Fernand Meyer, N.D., Bolsokhova, and K.M. Gerasimova, fore. by H.H. the Dalai Lama. 208 pp., 10 x 12", 140 illus., 120 in color, #BUARHE \$35

A rich introduction to Tibetan medicine. Illustrated with intricate and vivid scroll paintings based on *The Atlas of Tibetan Medicine*, a seventeenth-century masterpiece that is the foundation of Tibetan medical education. Essays elucidate the conceptual and theoretical foundations of Tibetan medicine. Each of the forty paintings is reproduced as a full-page plate and described with detailed commentary on its visual content and symbolism.

BUDDHIST HEALING TOUCH: A Self-Care Program for Pain Relief and Wellness

by Yen Ming-Sun, M.D., Joseph Chiang, M.D., and Myrna Chen. 192 pp., 8 x 10, 126 b&w illus. #BUHETO \$19.95

This is the first English translation of the most widely used book on self-massage in China and Taiwan. Dr. Yen was sentenced to hard manual labor during China's Cultural Revolution. His camp was near an ancient Buddhist temple in the mountains near Fuchow. There he witnessed and learned the impressive healing work performed by a Buddhist monk. He teaches us how to care for ourselves using self-massage, breathing techniques, exercises, herbal remedies and acupressure. He addresses a wide range of conditions.

A CLEAR MIRROR OF TIBETAN MEDICINAL PLANTS

by Dr. Dawa, ed. by Linda Moore, fore. by H.H. the Dalai Lama. 376 pp., 150 color illus., 9 x 12", cloth, #CLMITI \$85

Based on Dri-Med Shel-Phreng, a renowned work on Tibetan medicinal herbs in which the tastes, inherent qualities and digestive principles are described, *A Clear Mirror* provides beautiful, accurate color representations of 150 plants, keys to identification, the time a seasons for picking, places where they may be found, the process of drying, cleansing and the techniques of composing these as ingredients for the preparation of medicines. An indispensable manual for students of Tibetan medicine and lovers of botanical art.

EASTERN BODY, WESTERN MIND: Psychology and the Chakra System

by Anodea Judith. 416 pp., #EABOWE \$18.95

Explains the chakra system through Western psychology. The developmental tasks associated with each chakra are presented, followed by detailed explanations of balancing characteristics, traumas and abuses, and physical malfunctions. There are sections on healing practices, body types and pathologies.



THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power

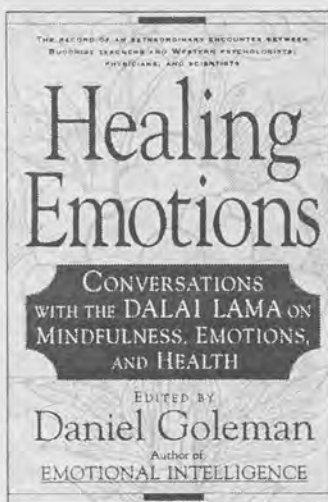
by Christopher Kilham. 84 pp., 15 photos, #FITI \$9.95

A Himalayan yogic system of simple and highly energizing exercises. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught these movements to thousands of people seeking a healthier lifestyle. They require a small amount of daily time and effort and can dramatically increase physical strength, suppleness, and mental acuity.

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage

by T.J. Tsarong. 101 pp. #HATRTI \$6

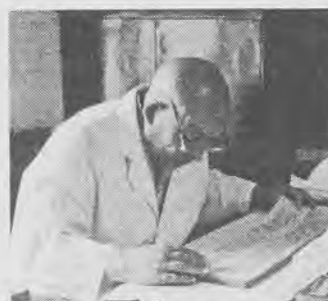
Gives the composition, use, action, and dosage of 175 popular Tibetan natural drugs.



HEALING EMOTIONS: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

edited by Daniel Goleman. 208 pp. #HEEM \$15.95

The 1991 Mind and Life Conference in Dharamsala discussed the relationship between the brain, immune system and emotions; death and the nature of mind; the effect of positive and negative self image on one's body and mind; and the possibilities and methods for using the mind to heal the body.



HEALING FROM THE SOURCE: The Science and Lore of Tibetan Medicine

by Dr. Yeshe Dhonden, trans. & ed. by B. Alan Wallace. 214 pp. #HEFRSO \$16.95

"I am very happy to learn about the publication of Dr. Yeshe Dhonden's book on Tibetan medicine—Dr. Dhonden is one of the most experienced practitioners of this system and was my personal physician for many years."—H. H. the Dalai Lama

"Dr. Dhonden demonstrates an encyclopedic grasp of his topic while also being accessible on a personal level. Many personal anecdotes (often quite humorous) are effective at providing a broader and humanizing context to his detailed knowledge."—*ForeWord Magazine*

In this remarkable presentation of Tibetan medicine, Dr. Dhonden draws from over fifty years of practicing and teaching this ancient tradition of healing. This volume vividly presents a series of lectures to health care professionals at California Pacific Medical Center in San Francisco in 1996. Dr. Dhonden elucidates the holistic Tibetan medical view of health and disease.

HEALING INTO LIFE AND DEATH

by Stephen Levine. 294 pp. #HELIDE \$12.95

Stephen Levine is a Buddhist teacher 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 that include sixteen guided meditations and merciful awareness.

HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine

by Dr. Yeshe Donden, ed. & trans. by Jeffrey Hopkins. 252 pp., line drawings, b&w photos. #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.

"An exciting and absorbing description—must reading."—John Tighe, *Explorations*

Dr. Donden's book was seen on *Dateline NBC* during a feature on Tibetan medicine and breast cancer.

LECTURES ON TIBETAN MEDICINE

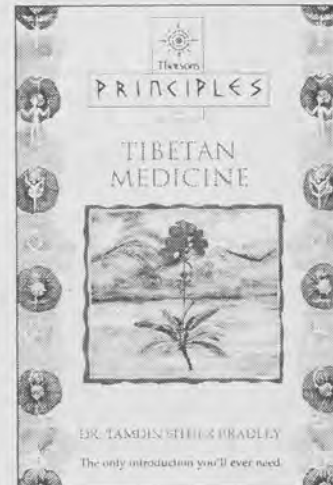
by Dr. Lobsang Dolma Khangkar. 186 pp. #LETIME \$12.95

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. In her lectures she discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

POSITIVE HEALTH IN TIBETAN MEDICINE

by Vaidya Bhagwan Dash & Ven. Daboom Tulku. 115 pp. #POHETI \$14.95 cloth

Tibetan medicine emphasizes right food, drink, 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 the different aspects of positive health.



PRINCIPLES OF TIBETAN MEDICINE

by Dr. Tamdin Sither Bradley. 160 pp., diagrams. #PRTIME \$11

Outlines the history, the techniques, and the simple and safe herbal treatments and exercises that prevent illness and create energy. There is an international resource directory and information on how to find a qualified practitioner. Dr. Tamdin Bradley studied under the senior personal physician of the Dalai Lama and is the first Tibetan doctor resident in the UK where she runs a medical clinic.

THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

trans. by Dr. Barry Clark, fore. by H.H. the Dalai Lama. 250 pp. #QUTATI \$22.95

Dr. Barry Clark 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 memorized by medical students."—The Dalai Lama

The 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. It also provides a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician.

SEX, ORGASM AND THE MIND OF CLEAR LIGHT: The Sixty-four Arts of Gay Male Love

by Jeffrey Hopkins. 123 pp. #SEORMI \$14.95

An adaptation of the *Tibetan Arts of Love* as a gay sex guide, Hopkins shows how sexual passion can open the door to spiritual growth and bring lovers to a powerful level of consciousness. He concludes with four ruminations on the sex-friendly nature of Tibetan Buddhism.

STUDIES IN TIBETAN MEDICINE

by Elisabeth Finckh. 90 pp. #STTIME \$9.95

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.



THE TIBETAN ART OF PARENTING: From Before Conception Through Early Childhood

by Anne Hubbell Maiden and Edie Farnwell. 224 pp. #TIARPA \$16.95

An invaluable guide for parents, those interested in holistic health care, and those interested in the myths, legends, and child-rearing practices of the Tibetan people. Contains an interesting compilation of real child-care practices. The authors draw on Tibetan texts and interviews with women, midwives, traditional doctors and Buddhist scholars.

TIBETAN ARTS OF LOVE

by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$16.95

Presents in 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 is a translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk. He advises 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 work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—José Cabezon

THE TIBETAN BOOK OF HEALING

by Dr. Lobsang Rappagay. 203 pp., 11 line drawings, #TIBOHE \$12.95

A comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rappagay has presented the preventative 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 AYURVEDA: Health Secrets from the Roof of the World

by Robert Sachs, fore. by Dr. Lobsang Rappagay. 255 pp., many line drawings, tables, notes, glossary, biblio., resources, index. #TIAY \$14.95

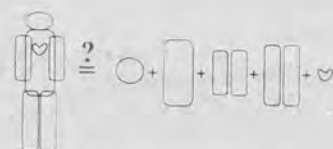
A comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Sachs goes beyond traditional herbal approaches to focus on powerful regenerative therapies, and explains their principles and methods—guidelines on nutrition, exercise, relaxation, as well as meditation. There is a self-profile test to allow you to determine your own health needs.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford, foreword by H.H. the Dalai Lama. 268 pp., 39 illus., #TIBUMD \$12.95

A comprehensive introduction to the Tibetan art of healing. 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.

"A well organized and exceptionally clear introduction."—Yoga Journal



TIBETAN MEDICINE: East Meets West/West Meets East

ed. by Jurgen Aschoff and Ina Rosing. 130pp. #TIMEEA \$20

Presents a summary of a symposium at the University of Ulm. It includes a collection of nine papers. It addresses the effectiveness of Tibetan drugs in clinically controlled conditions as well as presenting basic classificatory and documentary studies. It examines institutional issues and the problems experienced in the cross-cultural transfer of the Tibetan and Western medical systems.

TIBETAN MEDICINE and Other Holistic Health-Care Systems

by Tom Dummer. 308 pp. #TIME \$19.95

The author explains 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; and diet and treatments. He then 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 Buddhadharma as a basis for counseling therapy.

TIBETAN PRECIOUS PILLS: A Tantric Healing System

by Jurgen Aschoff & T.Y. Tashigang. 139 pp. #TIPRPI \$18.95

The Precious Pills used in Tibetan Medicine are associated with mysticism and magic. They are the most potent of all administrable pharmaceuticals in Tibetan Medicine and have remarkable therapeutic effects based on unusual ingredients and on the spiritual power of the preparing physician.



YOGA FOR YOUR LIFE

by Margaret & Martin Pierce. 160 pp., oversized, over 400 color photos, #YOYOLI \$20

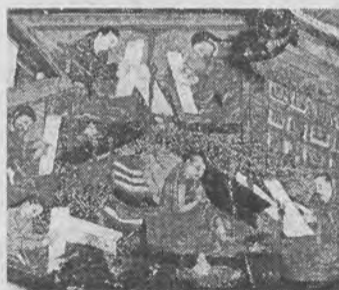
Capturing the spirit of yoga for the American lifestyle, this is the perfect book for beginners. It surpasses other guides by showing pose adaptations for different body types and eight special programs that offer innovative, useful ways to bring yoga into your life such as yoga to wake up, to prepare for meditation, to help with sleep, for a vigorous workout, or to prepare for an active day. Easy to follow text and photos.

L LANGUAGE

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 the author's 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.



BUDDHIST TRANSLATIONS: Problems and Perspectives

ed. by Lama Doboom Tulku. 249 pp., cloth. #BUTRPR \$25

Discussed are: the theory and principles of translation, the problems in translating Buddhist philosophic texts, lexicography and terminology, problems in translating from Tibetan to English. Contributions are by scholars both from India and abroad working on translations of Buddhist texts.

ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN

by Melvyn C. Goldstein. 342 pp., #ENTIDI \$40

16,000 main entries and 29,000 subentries make this an indispensable dictionary for Tibetan language students. Each entry includes the Tibetan orthography and Wylie romanization. Grammatical features are noted. And many words are shown in sentence context.

FLUENT TIBETAN: A Proficiency-Oriented Learning System Novice and Intermediate Levels

by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor. In collaboration with: Ngawang Thondup Narkyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N. Weinberger. 1010 pp., 4-vol. text, 8 1/2 x 11", 18 cassettes (26 hours), #FLTI \$250 (outside N. America, allow \$35 for shipping)

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed at the University of Virginia by language experts working in conjunction with indigenous speakers. Based upon courses for diplomats needing to learn a language quickly, its 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. *Fluent Tibetan* is the best course available 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 to broaden one's use of the language. 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* corresponds to a year of college-level language study.

"*Fluent Tibetan* is a significant and unmatched achievement in the field of teaching colloquial Tibetan."—*The Tibet Journal*

FLUENT TIBETAN CD-ROM: A Proficiency-Oriented Learning System

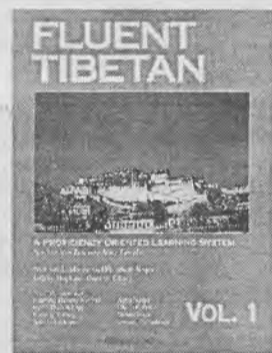
by William A. Magee and Elizabeth S. Napper, Alex Chapin, Multimedia Design, Jeffrey Hopkins, General Editor and Co-Author. Novice and Intermediate Levels. A multimedia supplement with additional dialogues. #FLTICD was \$45.00, now \$22.50

This great language system is now half-price! This CD is an excellent introduction to the Tibetan language, providing the resources needed to read Tibetan script and enough vocabulary and dialogues to develop significant mastery of the language. It is a supplement to *Fluent Tibetan*—the four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four volume textbook as well as an additional seventeen intermediate-level dialogues. A large number of vocabulary items are accompanied by context sentences which demonstrate their usage. All are linked to audio resource files so that one can hear the proper pronunciation simply by the click of a mouse. Also provided on this CD is a Tibetan-English glossary that is searchable in both Tibetan and English, and an introduction to the Tibetan alphabet along with a presentation of Tibetan phonemics. Vocabulary lists can be presented in a variety of ways for drilling purposes including a random sort with sound at varying rates, much like talking flash cards. Dialogues can be presented automatically with sound at varying rates in Tibetan with English translation below or in English with Tibetan translation. The function of this CD-ROM is to bring together sound and text in a format that allows for quick access to whatever material is currently being studied. Beyond that this CD attempts to bring the language to life by challenging the student to pick out familiar words in new contexts and to discover new words in familiar contexts.

System requirements:
—Macintosh: 68030/25 MHz or higher (native Power Macintosh) system 7.5 or later, 5 Mb free RAM, Sound Manager 3.0 or later, 256 color monitor, speakers or headphones.
—Windows: 80386/25 MHz or higher Windows 3.1 or later, 5 Mb free hard drive space, 8-bit sound card, 256 color monitor, speakers or headphones. 32-bit windows NT should use the Win95 installer.

—It is not compatible with Windows 2000 and we are not sure it works with Windows Me or XP. It is compatible with the following versions of Windows operating systems: 3.1/95/98/NT.

"Since August I've been working with the *Fluent Tibetan* tape series. In November I began a Tibetan language class at the Dharma Center here on Maui. Because *Fluent Tibetan* had given me an edge, I offered to help a few students. I'm now teaching beginning Tibetan, which is inestimably useful for learning it! Then the *Fluent Tibetan* CD ROM arrived. It is a phenomenal tool: beautifully conceived and FUN! I spend hours playing with it! Thank you so much for opening up this new world for me."—Charlotte Thomson, Maui, Hawaii



THE NEW ENGLISH-TIBETAN DICTIONARY

by Acharya Karma Mondam & the Dept. of Education of the Central Tibetan Administration. 883 pp., 7 x 10", line drawings, cloth. #NEENTI \$50.00

Years in preparation, this dictionary contains words created for Tibetans so that they can integrate the modern terminology that developed outside of the sphere of Tibetan life—sort of a Webster's dictionary in Tibetan—everything from anatomical terms to zymosis.

NEW PLAN TIBETAN GRAMMAR AND TRANSLATION

by Pema Chhünjor. 198 pp. #NEPLTI \$12

Intended for the serious student of Tibetan language, the author has compiled the best of the methods he has used during 20 years of teaching at Panjab University at Chandigarh. The basic structure of Tibetan grammar is methodically explained through well planned practical exercises.

THE NEW TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN

by Melvyn Goldstein, with T.S. Shelling & J.T. Surkhang, and Pierre Robillard. 1164 pp., 8.5 x 11", cloth. #NETIEN \$49.95

Contains more than 80,000 lexical items used in political, social, economic, literary and scientific discourse, and includes thousands of words that have come into use since Tibet was invaded. One of the very best resources for modern Tibetan.

Looking for a Dharma center?
Check "Dharma Resources"
at:
www.SnowLionPub.com

A SANSKRIT-ENGLISH DICTIONARY

by M. Monier-Williams. 1369 pp., #SAENDI \$40 cloth

This is the classic Sanskrit dictionary and is an excellent resource for Buddhist studies. Contains 180,000 words arranged etymologically and philologically. This book is printed in India.

TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS

by Acharya Sangye T. Naga & Tsepak Rigzin. 264 pp. #TIQU \$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.

TIBETAN UP-TO-DATE:

Learn to Write Tibetan with Ease

by Gonsar Tulku Rinpoche & Helmut Gassner. 104 pp. book and CD-ROM. #TIUPDA \$44.00

The manual explains Tibetan letters in all their complexity. There is multimedia software for precise pronunciation and word processing software for typing Tibetan. Windows only, 16MB RAM and sound card.

TIBETAN-CHINESE DICTIONARY

by Merig Petuen Khang. 3294 pp., 2 volumes, #TICHDI \$70

We have a few copies of a dictionary printed in Lhasa. This was formerly a 3-volume set and has now been printed in two volumes. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, so please call for availability.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST CULTURE

by Rangjung Yeshe. CD ROM version 2.0, #TIENDB \$50

This dharma dictionary is a database of approx. 66,000 entries. It is a compilation from existing dictionaries, word-lists and glossaries selected on a practical usage basis. It has an extensive glossary, a list of usage of Buddhist terms in present day works of translation, a massive amount of dictionary entries, a lexicography of places, people and literary works, and an encyclopedic covering of topics of importance to the Buddhist world. The work is published as an electronic version on CD ROM for PC and Mac so the dictionary can be an on-line tool.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY

by Tsepak Rigzin. 479 pp. #TIENDI \$40 cloth

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%.

A LARGE TIBETAN-ENGLISH DICTIONARY

by Sarat Chandra Das. 1353 pp., 6.5 x 10", cloth #COTIEL \$45

A new enlarged (it's physically bigger) edition of the famous Das dictionary. Now it is very readable! 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. (See compact edition in language section.)

A TIBETAN-ENGLISH DICTIONARY (compact edition)

by Sarat Chandra Das. 1353 pp., #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.

TRANSLATING BUDDHISM FROM TIBETAN:

An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan

by Joe Wilson, Jr. 845 pp., 7 x 9", glossary #TRBUTI \$65 cloth. A Namgyal Institute Textbook.

This complete textbook on classical Tibetan is suitable for beginning or intermediate students. It begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns used in the formation of words, and the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find that the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference. It 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, it serves as an introduction to reading and translating and to Buddhist philosophy and meditation. 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.

LANGUAGE SOFTWARE FROM PADMA KARPO TRANSLATION COMMITTEE

Technical support is provided by Tony Duff: www.tibet.dk/pkctc email: tduff@attglobal.net

ENCYCLOPEDIA WHICH IS A TREASURY OF KNOWLEDGE

by Tony Duff. CD-ROM. #TRKN \$125.00

The encyclopedic work of Jangon Kongtrul the Great containing complete definitions and expositions of all levels of the Buddha's dharma is now available in an electronic edition. All four volumes of the original come as one electronic book which can be read, printed, and/or searched with ease. The edition was typed from the original Palpung blocks and thoroughly corrected. The text comes with special software designed for archiving and viewing Tibetan texts and a complete set of high-quality Tibetan fonts. The software can be used in conjunction with the Illuminator and Sarat Chandra Das dictionaries for immediate look-ups of terms as you read. Other Tibetan texts in the same format are also available from Snow Lion Publications. Windows only; sorry, no Macintosh support.

TibetDoc word-processor for use in conjunction with the text (cut and paste and make your own notes) and better quality fonts (Tibetan Calligraphic or Tibetan Classic) are available from Snow Lion Publications, too.

THE ILLUMINATOR TIBETAN-ENGLISH ELECTRONIC DICTIONARY

by Tony Duff. CD-ROM. #ILLDI \$150

A modern Tibetan-English dictionary done using proper scholarly methods from Lotsawa Tony Duff. The dictionary comes with special software designed specifically for the purpose and complete set of high-quality Tibetan fonts. The dictionary itself has many special features and includes a range of terms not to be found in other dictionaries. It contains the complete verb listing from the Great Tibetan-Chinese Dictionary; the ancient glossary on old and new terms, The House of Cloves; a very wide selection of grammar terms; extensive definitions of mahamudra and Dzogchen terms; etc. A complete listing of features and native sources included in the dictionary can be viewed at the Padma Karpo translation committee web site <http://www.tibet.dk/pkctc>. Windows only, sorry no Macintosh support.

PADMA KARPO TRANSLATION COMMITTEE FONTS

by Tony Duff. Tibetan Classic CD-ROM. #TICLFO \$250.00

Two higher grade fonts are available:

1) Tibetan Calligraphic

A better quality typeface than the standard Tibetan Machine typeface that ships with all Padma Karpo Translation Committee products. Ideal for those wanting high quality printing or easier viewing without great expense.

2) Tibetan Classic

The highest quality typeface available for the very best in Tibetan publishing. This typeface accurately captures the original style of calligraphy that was used in Tibet for many centuries.

For more information about, and downloadable samples of Tibetan Computer Company typefaces, see their website.

THE SARAT CHANDRA DAS TIBETAN ENGLISH DICTIONARY

by Tony Duff. CD-ROM. #DADI \$175.00

The most classic of Tibetan-English dictionaries in a fully edited edition from Lotsawa Tony Duff. The dictionary comes with special software designed specifically for the purpose and complete set of high-quality Tibetan fonts. The paper edition has a large amount of valuable terminology included but much of it is positioned under entries where it is not easily found. The electronic edition, edited carefully with proper scholarly methods, solves this problem and makes this dictionary extraordinarily valuable. Windows only; sorry, no Macintosh support.

TibetDoc word-processor for use in conjunction with the text (cut and paste and make your own notes) and better quality fonts (Tibetan Calligraphic or Tibetan Classic) are available from Snow Lion Publications, too.

More information about the dictionary and software can be viewed at the Padma Karpo Translation Committee web site:

Search your favorite Dharma topic using our website catalog search.

THE TIBETAN COMPLETE WORD-PROCESSING PACKAGE

by Tony Duff. CD-ROM. #TIDO \$90.00

Contains all three Tibetan word-processing packages from Tibetan Computer Company for Windows (sorry, no Macintosh support)

TibetDoc

Tibetan! 5 for Word
Tibetan! 5 for WordPerfect.

TibetDoc is the first, stand-alone program made specifically for inputting, storing, and viewing Tibetan text. Its ease of use is much higher than any other Tibetan program. It has many specialized features not contained in the Tibetan! 5 programs. Types Tibetan/English/and Sanskrit diacriticals with ease. Tibetan spelling checker included. Export to RTF, Word, and WordPerfect. Complete on-line documentation, keyboard maps, etc. Works seamlessly with the PKTC dictionaries and electronic texts (also available from Snow Lion) allowing cut-and-paste as you use them. Allows access to the hundreds of volumes of texts available in monasteries in Asia that have been typed in the Tibetan! 4 for DOS format (these texts are available from the various monasteries e.g., such as Shechen Monastery in Kathmandu, on request).

Tibetan! 5 for Word and WordPerfect programs have less features than TibetDoc but are now freely available and can be downloaded separately for those who prefer. We recommend the purchase of the CD with all programs including TibetDoc for the best in Tibetan word-processing.

Programs come with the standard Tibetan typeface called Tibetan Machine. Additional, higher-quality typefaces are available from Tibetan Computer Company. Look for the Tibetan Calligraphic and Tibetan Classic typefaces on the Snow Lion web-site. For more information on TCC typefaces see: www.tibet.dk/tcc/typefacesa.htm

TIBETAN TEXT COLLECTION

by Tony Duff. CD-ROM. #TITE1 \$95.00

A collection of texts in electronic editions. The texts have been selected as useful for both scholars and students alike. Each text has been carefully input and edited and complete notes on the sources and editorial process are included. The editions of the Bodhisattvacaryavatara and Madhyamakavatara are derived from the Derge Tangur and other editions that have been made into a single, annotated, critical edition. Each text comes as an electronic book which can be read, printed, and/or searched with ease. The books are read with special software designed for archiving and viewing Tibetan texts and a complete, high-quality Tibetan typeface which is included. The software can be used in conjunction with the Illuminator and Sarat Chandra Das dictionaries and the Treasury which is an Encyclopaedia of Knowledge for immediate look-ups of terms as you read (those are also available from Snow Lion Publications). Windows only; sorry, no Macintosh support.

The texts in the collection are: Madhyamakavatara; Bodhisattvacaryavatara; Enumeration of Dharmas by Konchog Jigme Wangpo; Three texts of Karmapa III, Rangjung Dorje including the Profound Inner Meaning; The Jewel Ornament of Liberation by Gampopa; and the major treatise on Mahamudra called Moonbeams of Mahamudra by Dvagpo Tashi Namgyal.

TibetDoc word-processor for use in conjunction with the text (cut and paste and make your own notes) and better quality fonts (Tibetan Calligraphic or Tibetan Classic) are available from Snow Lion Publications, too.

EXCELLENT PLACES TO START

LEARN TIBETAN: Essential Words and Phrases for Absolute Beginners

by Eurotalk Interactive. CD-ROM #LETICD \$50

A lively and entertaining introduction to Tibetan language. This well-designed package makes learning Tibetan feel like a game. It offers a large vocabulary. You can record your voice and compare your pronunciation with native speakers. There are quizzes and a challenging memory game.



LEARNING PRACTICAL TIBETAN

by Andrew Bloomfield & Yanki Tshering. 175 pp. #LEPRTI \$16.95, Optional: two 90 min. cassette tapes #TIPHT \$14.95

Learning Practical Tibetan is a revised and expanded version of our Tibetan Phrasebook. Learning Practical Tibetan has a larger format than Tibetan Phrasebook and includes the Tibetan script in addition to the phonetic system to make it useful as a practical Tibetan-language study tool.

Learning Practical Tibetan begins by introducing both 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 some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: numbers, dates, days and time, dates of festivals, religious and monastic vocabulary and a general vocabulary.





THE ART OF PEACE: Nobel Peace Laureates Discuss Human Rights, Conflict and Reconciliation
 ed. by Jeffrey Hopkin. 184 pp., cloth. #ARPE \$22.95

"One of the most wonderful aspects of this remarkable book is the interaction between the laureates..."—*Today's Librarian*

While many people who strive to bring the world into peaceful balance work in relative anonymity, only a few have received international recognition for their efforts. Nine of these outstanding individuals convened recently at the University of Virginia to discuss the topics of human rights, conflict, and reconciliation.

At the core of their agenda is the conviction that ethical concern for the welfare of others is essential for personal, political, social, and economic balance. The Laureates: Jose Ramos-Horta, Betty Williams, Dr. Rigoberta Menchu Tum, Archbishop Desmond Tutu, President Oscar Arias Sanchez, Harn Yawngwe, for Aung San Suu Kyi, Bobby Muller, Jody Williams, His Holiness the Dalai Lama.

"This is education at its best and highest...inspiring and uplifting."—Julian Bond

"Readers with an interest in world affairs and human freedom will enjoy this."—*Library Journal*

"The road to world peace will be long and difficult, but Hopkin helps lead the way with this landmark book."—*Kirkus Reviews*

BEARING WITNESS: A Zen Master's Lessons in Making Peace

by Bernie Glassman. 218 pp., 6 b&w photos, #BEWI \$13

"The most important work on peacemaking written in this decade."—*Values & Visions*

Bernie Glassman takes people into situations where they experience problems first-hand, into circumstances so overwhelming—such as living on the streets of New York City or meditating on the crime of the century at Auschwitz—that they are forced to relinquish the comfort of their familiar view of the world. Out of these actions have come the three tenets of the order: letting go of fixed ideas, healing ourselves and others, and bearing witness to whatever is taking place within us and right before our eyes.

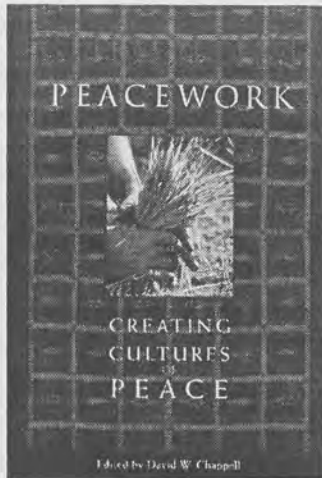
BUDDHISM AND ABORTION
 ed. by Damien Keown. 222 pp., #BUAB \$22.95

The first book to explore abortion from Buddhist cultural and ethical perspectives. Keown discusses abortion as found in Buddhist societies including Thai, Japanese and Korean and in Buddhist literature.

BUDDHISM IN CONTEMPORARY TIBET: Religious Revival and Cultural Identity

ed. by Melvyn Goldstein & Matthew Kapstein. 235 pp., 37 b&w photos, #BUCOTI \$15.95

Four leading specialists in Tibetan anthropology and religion conducted case studies in Tibet. They observed the revival of Buddhism in monastic communities and at popular pilgrimages and festivals. Since this revival contends with Chinese oppression, the Tibetans must adapt socially, politically, and economically.

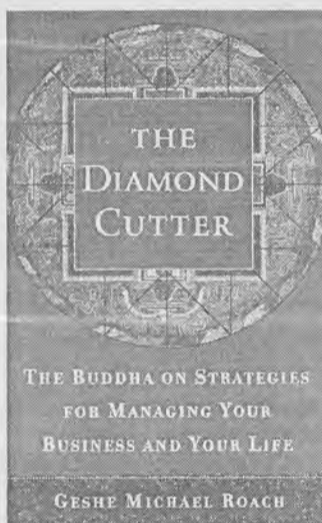


BUDDHIST PEACEWORK: Creating Cultures of Peace
 ed. by David Chappell. 253 pp., 25 b&w photos, #BUPE \$14.95

Eighteen Buddhist leaders such as the Dalai Lama, Thich Nhat Hanh, Maha Ghosananda, Daisaku Ikeda, Karma Lekshe Tsomo, Sulak Sivaraksa, Stephanie Kaza, and Judith Simmer-Brown describe their ideas and work—the principles that guide Buddhist peace activism. This is not a book of theory but of real experiences.

DHARMA RAIN: Sources of Buddhist Environmentalism
 ed. by Stephanie Kaza & Kenneth Kraft. 312 pp., #DHRA \$24.95

A comprehensive collection of classic texts, contemporary interpretations, guidelines for activists, issue-specific information, and materials for environmentally-oriented religious practice. Contributors include Basho, the Dalai Lama, Thich Nhat Hanh, Gary Snyder, Chogyam Trungpa, Gretel Ehrlich, Peter Matthiessen.



THE DIAMOND CUTTER: The Buddha on Strategies for Managing Your Business and Your Life

by Michael Roach. 256 pp., cloth #DICU \$21.95

Geshe Michael Roach first translates *The Diamond Sutra* and then quotes from some of the best Tibetan commentaries on the subject. In the next and main section, he gives fresh insight into this ancient wisdom by using examples from his own experience as founder of the successful Andin International Diamond Corporation, which he started—much of the success of Andin has come from applying the Buddhist business strategies presented in this book.

THE DRAGON IN THE LAND OF SNOWS: A History of Modern Tibet since 1947
 by Tsering Shakya. 574 pp., 12 b&w photos, #DRLASN \$29.95 cloth

"...will undoubtedly take its place as the indispensable account of modern Tibetan history."—*Literary Review*

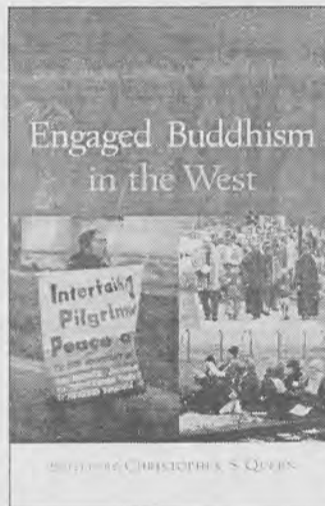
This definitive history of Tibet is based entirely on unpublished primary sources and written by a Western-educated Tibetan author. It shatters the popular perception of Tibet as an isolated Shangri-la unaffected by broader international developments and rises above the simplistic dualism so often encountered in accounts of Tibet's contested recent history. Tsering Shakya gives a balanced account of Tibet's desperate attempts to maintain her independence and safeguard her cultural identity.

"At last, the history of Tibet we have been waiting for. It will irritate both Chinese and Tibetan chauvinists as it explodes their myths, misunderstandings, and propaganda."—Jonathan Mirsky

EDUCATION IN TIBET: Policy and Practice since 1950

by Catriona Bass. 300 pp., numerous charts, graphs, and maps, #EDTI \$25

Education policies in Tibet are in danger of turning Tibetans into a poorly educated underclass with administrative and skilled technical jobs increasingly taken by Han Chinese. In this comprehensive overview of education in the Tibet Autonomous Region, Bass uses official sources in both Chinese and Tibetan, first-hand observation, interviews with Tibetan refugees and with educators.



ENGAGED BUDDHISM IN THE WEST

ed. by Christopher Queen. 512 pp., #ENBUWE \$24.95

Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society. Queen illuminates the evolution of Buddhist activism—including its history, leadership, organizations and teachings—and addresses such issues as violence and peace, race and gender, homelessness and AIDS.

"A fine map of the activist path."—Alan Senauke, Buddhist Peace Fellowship

ENGAGED BUDDHIST READER

ed. by Arnold Koller. 264 pp., #ENBURE \$18

Represents the "cream" of 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 Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.



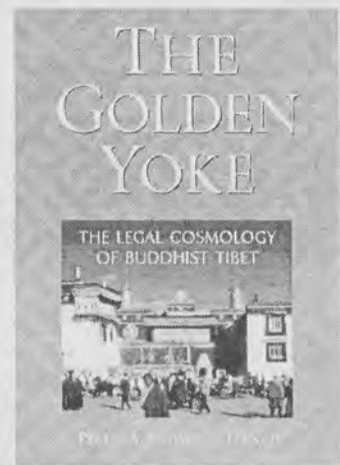
THE GOLDEN YOKE
 The Legal Cosmology of Buddhist Tibet

by Rebecca Redwood French. 424 pp., 7 x 10", 81 b&w illustrations, #GOYOK \$21.95

"To read the Golden Yoke is to walk into the daily life of Tibet last century and centuries before, go with a monk official to consult a tome of land titles kept in a monastic cellar, and then to the fields to find buried boundary markers of white and black stones, in order to settle a dispute among neighbors. It is to marvel at the sophistication of an ancient, literate, humanely organized society, that tries to maintain Buddhist ethical principles in its institutions, laws, and practices.

Her scholarship is thorough, critical, overall informed by her own sensitive conversations with the people who were there on the spot, who knew how things worked. Confronting the unique Buddhist culture of Tibet on the ground, she is unflinching about problems and compromises she discovers, while also not afraid to discover some distinctive virtues. It is a work of the highest caliber, a must-read for anyone who is not satisfied with either romanticism or negative propaganda and wants a realistic picture of life in old Tibet."—Robert A.F. Thurman

"Rebecca French has written on of the two best books of the last twenty years on the legal cultures and legal history of Asia...French will surely be the last anthropologist to have studied an undiluted pre-modern literate legal system by talking to its practitioners."—Andrew Huxley, *The Yale Law Journal*



ENLIGHTENED MANAGEMENT: Bringing Buddhist Principles to Work
 by Dona Witten with Akong Tulku Rinpoche. 168 pp., #ENMA \$14.95

Packed with exercises and techniques tailored for the workplace and shows how to draw the best out of ourselves and our colleagues to create the productive, balanced, and happy office environment in which everyone dreams of working. Dona Witten is a management consultant for Ernst and Young. Akong Tulku Rinpoche is the director of Samye Ling in Scotland.

EURASIAN MYTHOLOGY IN THE TIBETAN EPIC OF GESAR

by Siegbert Hummel. 117 pp., #EUMYTI \$12

Gesar is the most extraordinary Tibetan legendary figure. Professor Hummel provides a wealth of mythological, legendary and folkloric motifs which over the course of centuries formed around the initial kernel and he brings to life a fascinating story.

FESTIVALS OF TIBET

by Tsepak Rigzin. 70 pp., #FETI \$8.95

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.

A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State
 by Melvyn Goldstein. 898 pp., #HIMOTI \$34.95

Presents a large number of documents that reveal the play of forces before the Chinese invasion of Tibet. Very well-researched yet criticized for its viewpoint on the events it documents.

"Brilliant...the only complete picture of what occurred in Tibet. Unlike Tibetan writings (*an exception being A Political History of Tibet*), it does not gloss over the Tibetan's failure to comprehend the situation into which they walked—culminating in the loss of Tibet in the 1950s."—Glenn H. Mullin

HISTORY OF THE "WHITE CRYSTAL" (Shel dkar chos 'byung): Religion and Politics of Southern La Stod

trans. by Pasang Wangdu and Hildegard Diemberger, in cooperation with Guntram Hazod. 175 pp., 8.5 x 12", 29 color plates, maps, Tibetan text, b&w plates, #HIWHCR \$58.00

Presents a view of the evolution of Tibetan society from ancient clans to aristocratic families, and eventually to the monastic institutions at the time when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal ldan rgya mtsho of Shel dkar monastery in southern La Stod. The author outlined the history of southern La stod, its lords, and the monastery, whose early abbots adhered to the Sakya tradition.

IMAGINING TIBET: Perceptions, Projections, and Fantasies

ed. by Heinz Rother and Thierry Dodin. 512 pp., paper, #IMTIPE \$28.95

Imagining Tibet is a collection of essays that examine Western conceptions of Tibet. Providing an historical background to the West's ever-changing relationship with Tibet, Donald Lopez, Jeffrey Hopkins, Jamyang Norbu, and other noted scholars explore a variety of topics—from Western perceptions of Tibetan approaches to violence, monastic life, and life as a nation in exile, to representations of Tibet in Western literature, art, environmentalism, and the New Age movement.

IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp., #EXLASN \$16

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture. It includes An Interview with The Dalai Lama.

"The detailed life stories Avedon recounts are nothing short of stunning."—*Denver Post*

"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*

IN THE PRESENCE OF MY ENEMIES: Memoirs of Tibetan Nobleman Tsipon Shuguba

by Sumner Carnahan with Lama Kunga Rinpoche, intro. by R. Thurman. 236 pp., 46 photos, #INPREN \$14.95

After his release from Chinese prison in 1980, Tsipon Shuguba was instructed by the Dalai Lama to tell his story. Shuguba, the last surviving high official from the Dalai Lama's government, reveals information that was concealed for over three decades. Shuguba recounts the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter, and his own nineteen-year imprisonment.

IN THE SERVICE OF HIS COUNTRY: The Biography of Dasang Dandul Tsarong, Commander General of Tibet

by D.N. Tsarong. 164 pp., 43 b&w photos, #SEHICO \$14.95

"This is possibly one of the best books among the host of Tibetan memoirs now available...for introducing students and general readers to modern Tibetan history before the cultural revolution"—*The Journal of Asian Studies*

—Please see Biography—

JAMPA: The Story of Racism in Tibet

by the International Campaign for Tibet. 110 pp., photos, #JASTRA \$6.00

The portrayal of Jampa, an uneducated, dirty Tibetan in the 1963 Chinese propaganda film *The Serf*, exemplifies the longstanding ethnocentric Chinese perception of Tibetans as backward and in need of Chinese assistance. The Chinese government enforces these racial perceptions in supporting the claim that Tibetans are part of a common "Chinese" ancestry while simultaneously propagating the implementing China's "civilizing mission" in Tibet. Using this film story as its basis, Jampa analyzes the widespread racism in Tibet.

www.snowlionpub.com

THE LHASA ATLAS: Traditional Tibetan Architecture and Townscape

by Kund Larsen and Amand Sinding-Larsen. 176 pp., 165 illus., 11 x 11", #LHAT \$75.00 (see Adventure & Travel)

THE NEW BUDDHISM: The Western Transformation of an Ancient Tradition

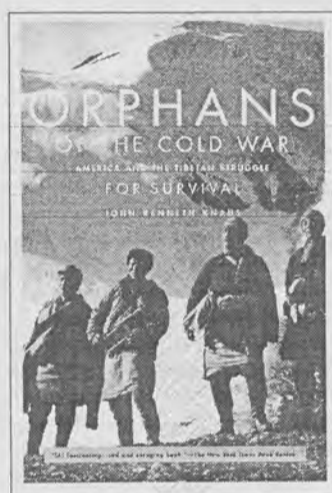
by James Coleman. 265 pp., cloth, #NEBUWE \$25.00

Coleman chronicles Buddhism's its reinterpretation by key Western teachers in the nineteenth and twentieth centuries, and how it has evolved. He discusses the blending of Buddhist traditions, the status of women, the evolution of practices, ceremonies and rituals, and the problems that have arisen regarding gender roles, sex and power.

ON ZHANG-ZHUNG

by Seibert Hummel. 166 pp., #ZHZH \$14

The country of Zhang-zhung was the stronghold of the ancient Bon religion and believed to be situated in western Tibet. Prof. Hummel revisits the issue of Zhang-zhung, concentrating primarily on its language and geographical situation and opens up new perspectives.



ORPHANS OF THE COLD WAR: America and the Tibetan Struggle for Survival

by John Kenneth Knauas. 384 pp., 54 photos, illus., #ORCOWA \$16

A secret war has been waged over Tibet involving the Chinese, Indians, British, Tibetans and Americans—this vivid account was written by the 44-year veteran of the CIA who participated in the planning, direction and execution of America's covert attempts to aid the Tibetan resistance. He describes secret UN negotiations to brutal violence in the Himalayas—gripping tales of geopolitics and courage, faith and abandonment—essential reading on the modern history of Tibet.

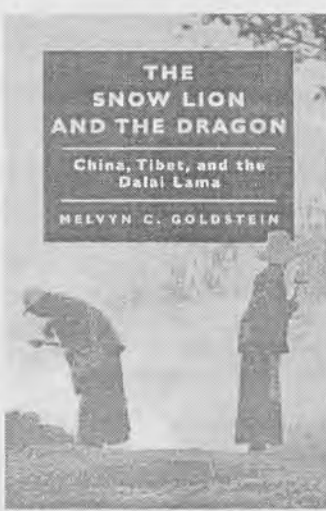
REINVENTING THE WHEEL: A Buddhist Response to the Information Age

by Peter Herschok. 320 pp., #REWH \$16.95

Herschok assesses the personal and communal costs of our global economic and technological commitments. He reveals the suppositions of western cultural dynamics, while contrasting its fundamental values such as independence, individual freedom, and a control of the world, with those of Buddhism. If people continue to accept these western cultural presuppositions, they will trap us in a wheel of existence, in life's karmic circle.

SKY BURIAL

by Blake Kerr, photos by John Ackerty, fore. by H.H. the Dalai Lama, intro. by Heinrich Harren. 186 pp., #SKBU \$12.95 (see Adventure & Travel)



THE SNOW LION AND THE DRAGON: China, Tibet, and the Dalai Lama

by Melvyn C. Goldstein. 130 pp., #SNLIDR \$13.95

With the death of Deng Xiaoping, the future of Tibet is more uncertain than ever, and Goldstein argues that the conflict could easily erupt into violence. Drawing upon his deep knowledge of the Tibetan culture and people, Goldstein takes us through the history of Tibet, concentrating on the political and cultural negotiations over the status of Tibet from the turn of the century to the present—a carefully argued presentation of the Tibet Question during this turning point in its turbulent history.

SOARING AND SETTLING: Buddhist Perspectives on Contemporary Social and Religious Issues

by Rita Gross. 258 pp., #SOSE \$19.95

This is a book about Buddhist practice, feminism, and social change. The essays, however, focus on themes not often emphasized in the Engaged Buddhist movement, beginning with feminism itself. Sixteen essays present Buddhist feminism, social issues from a feminist perspective and the feminist theology of Buddhism.

"Her reflections are incisive, and express her social activism, intellectual creativity, and personal candor."—Judith Simmer-Brown

THE STATUS OF TIBET: History, Rights, and Prospects in International Law

by Michael C. van Walt van Praag. 450 pp., #STTI \$26.95 cloth

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 STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)

by Wolfgang Bertsch. 93 pp., color plates/b&w photos, #STTIPA \$10.95

Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.



TIBET SINCE 1950: Silence, Prison or Exile

in collaboration with Human Rights Watch. 200 pp., 9 x 12", 80 color, 60 duotone photos, cloth, #TISI50 \$40

Through photographs, history, personal interviews and stories, the impact of Chinese political repression is made clear. Contains rare photos of Chinese crackdowns on Tibetan demonstrations and firsthand accounts from exiles of why they chose to leave. It looks at the past and present damage to Tibetan religious institutions. Includes a discussion of Tibetan prisons by Steve Marshall and a consideration of Tibet as myth and reality by Orville Schell, renowned journalist and China scholar.

TIBETAN NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations

by Warren W. Smith, Jr. 733 pp., #TINA \$39

"A monumental political history of Tibet, which is a triumph of discerning research."—Jamyang Norbu, Director of Amnye Machen Institute

This detailed history offers a comprehensive account of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Focusing especially on post-1950 Tibet, Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism and issue is self-determination.



TOURNAMENT OF SHADOWS: The Great Game and the Race for Empire in Central Asia

by Karl Meyer & Shaveen Brysac. 646 pp., 37 b&w photos, maps, #TOSH \$35 cloth

The world's oldest established imperial rivalry had its start during the Napoleonic age when British agents came upon the tracks of Russian rivals in snowbound Tibet. To foil these real or imagined schemes, the British dispatched an army to Lhasa to check Tsarist designs on Tibet. The authors offer a superb introduction to an absorbing history—a history vital to the understanding of today's disputes with details likely to be new even to Great Game aficionados.

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.

A book on the environment of Tibet

WILDLIFE OF THE TIBETAN STEPPE

by George B. Schaller. 374 pp., 55 b&w photos, 26 maps, 65 tables, 36 other illus., #WITIST \$55 cloth.

The author is the Director of Science for International Programs for the Wildlife Conservation Society in New York. He is the author of *The Year of the Gorilla*, *The Serengeti Lion*, *The Last Panda*, and most recently, *Tibet's Hidden Wilderness*. Since 1985, with his Tibetan and Chinese co-workers, he has surveyed the flora and fauna the vast and remote Tibetan steppe. This is the first detailed look at its natural history.

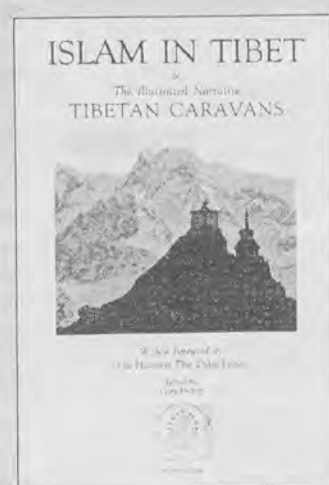


ISLAM IN TIBET & The Illustrated Narrative: TIBETAN CARAVANS

by Abdul Wahid Radhu, Dr. William Stoddart, José Ignacio Cabezón, fore. by H.H. the Dalai Lama, preface by Marco Pallis, trans. by Jane Casewit, ed. by Gray Henry. 312 pp., 33 b&w photos, 2 maps, #ISTI \$24.95

"Traditional Tibetan life was a rich tapestry woven of several strands, of which one was Islam. This work makes this aspect of Tibetan culture and society known."—Seyyed Hossein Nasr

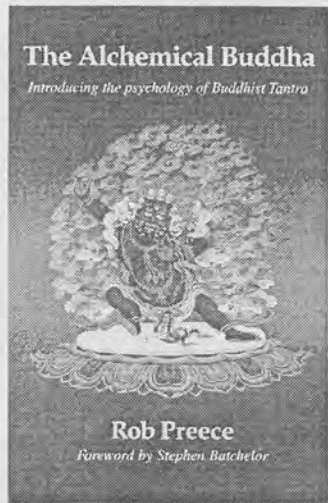
Professor Cabezón writes on Islam, followed by "Buddhist and Islamic Viewpoints of Ultimate Reality" by Dr. William Stoddart. "Tibetan Caravans" describes centuries-old trading business between India, Central Asia and Tibet and the interplay between Islam and Buddhism.



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 Urygen 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. This advice is meant to be practiced in all circumstances.

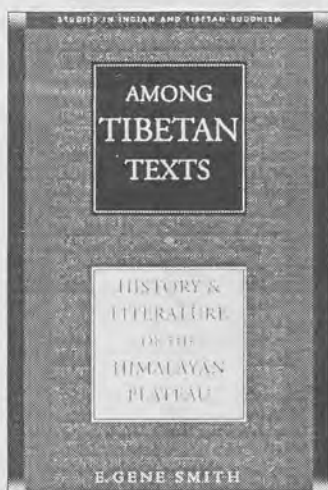


THE ALCHEMICAL BUDDHA: Introducing the Psychology of Buddhist Tantra

by Rob Preece, fore. by Stephen Batchelor. 265 pp., line drawings. #ALBU \$19.95

Rob is an experienced meditation teacher, thangka painter, and instructor at Sharpham College for Buddhist Studies in the UK. He offers insight into the nature of Buddhist Tantra, exploring a psychological perspective that draws on Jung's knowledge of alchemy to clarify the meaning behind what can often be obscure within the Tantric tradition.

"The Alchemical Buddha succeeds in clarifying the nature of tantric practice."—Stephen Batchelor



AMONG TIBETAN TEXTS: History and Literature of the Himalayan Plateau

by E. Gene Smith. 352 pp., cloth, #AMTITE \$39.95

"Gene Smith opened more doors to Tibetan Buddhism than any scholar of the 20th century. These essays are the keys."—Prof. Donald Lopez

"No one knows Tibetan literature better than Gene Smith. [These essays] are so valuable as to be priceless."—Prof. Jeffrey Hopkins, author of *Cultivating Compassion*

"These essays are all characterized by Gene's astonishingly encyclopedic knowledge, delivered with a kind of easy elegance that makes his erudition look effortless. They are a pleasure to read."—Stephan V. Beyer, author of *The Cult of Tara*

ALTRUISM AND REALITY

by Paul Williams. 288 pp. #ALRE \$55 cloth

Williams interprets the eighth and ninth chapters of the *Bodhicaryavatara*. In "The Absence of Self and the Removal of Pain: How Santideva Destroyed the Bodhisattva Path," Williams engages with central issues of Buddhist thought on the coherence of a reductionist model of the person. He shows how the text is used by different Tibetan traditions according to their religious and philosophical agendas.

ANSWERS: Discussions with Western Buddhists

by the Dalai Lama, trans. & ed. by Jose Ignacio Cabezon. 112 pp., #AN \$12.95

(See "Dalai Lama" Section)

"Even among the illustrious history of Dalai Lamas, the present 14th Dalai Lama is recognized as particularly brilliant. Here, he engages small groups of Western Buddhists who are very well informed practitioners and with his clear and penetrating insight answers their questions on a wide range of topics."—*Branches of Light*

(Originally published as *The Bodhgaya Interviews*.)

APPEARANCE & REALITY: The Two Truths in the Four Buddhist Tenet Systems

by Guy Newland. 107 pp., notes, biblio., #APRE \$14.95

When seeking to understand Buddhism, where should one start? When the Dalai Lama was asked, he suggested that for many Westerners, the two truths, conventional truth and ultimate truth, is the best place to start. When the Buddha awoke, he saw the ultimate reality of things just as they are. There are shifting appearances and conventions, and then there is the mystery of things just as they are. Each system of Buddhist philosophy has its own way of explaining what these two truths are and how they relate to one another. In exploring these systems, we are asking: What is real? This is not an idle intellectual question, but an issue which cuts to the heart of our life.

"Professor Newland's intellectually engaging examination of the four Buddhist tenet systems navigates the maze of complex theories that must be mastered to understand each system's contribution to the whole."—John Tighe, Ph.D., for *Explorations*

AS IT IS, Vol. I

by Tulku Urygen Rinpoche. 224 pp. #ASITVI \$20

These teachings on the development stage and practices are selected from talks given by Kyabje Tulku Urygen Rinpoche during the last two years of his life.

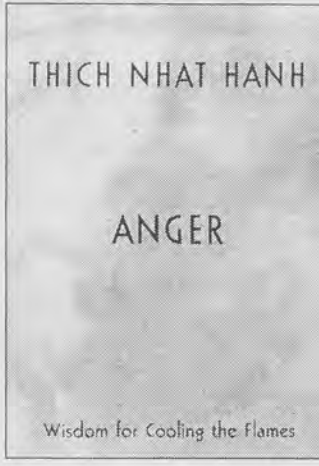
"What we need to know is that our nature is an unconfined empty cognizance. Knowing this to be "as it is" is the mandala of the victorious ones—just as the buddhas know it to be."—Tulku Urygen

AS IT IS: Volume 2

by Tulku Urygen Rinpoche. 224 pp. #ASIT2 \$20

Contains talks in 1994-5 which emphasize non-conceptual meditation practice.

"Tulku Urygen Rinpoche was someone with extraordinary experience and realization. He was unlike anyone else when it came to pointing out the nature of mind, and making sure that people both recognized it and had some actual experience."—Khenchen Thrangu Rinpoche



227 pp., cloth. #ANGER \$23.95

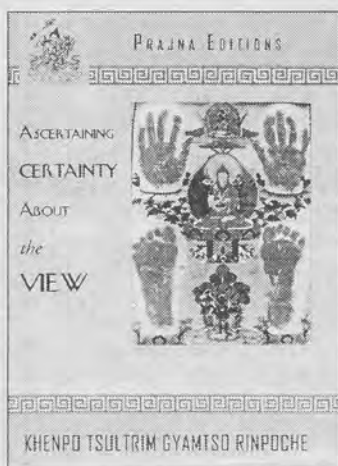
Thich Nhat Hanh offers a fresh perspective on taking care of our anger, suggesting we take care of it as we would a crying baby—touching it, talking quietly to it, probing for what's making it cry. He tells stories, offers techniques and practical advice to transform anger into peace and bring harmony and healing to all areas and relationships in our lives that have been affected by it.

ANGER: WISDOM FOR COOLING THE FLAMES

by Thich Nhat Hanh

Remember when you were a little child and you had a fever, and although they gave you aspirin and things you didn't feel better until your mother came and she put her hand on your burning forehead?...Love and compassion penetrated into your body just because you were touched by the hand of your mother. The hand of your mother is your hand. That energy is still in your hand, if you know how to breathe in and out, to be mindful. Then, touching your forehead with your very hand, you can see that your mother's hand is still alive. When you hear your baby of anger crying, you have to drop everything that you are doing, because the most important thing you have to do is to take care of your baby, anger.

—from *Anger*



ASCERTAINING CERTAINTY ABOUT THE VIEW

by Khenpo Tsaltrim Gyamtso Rinpoche, fore. by Khenchen Thrangu Rinpoche. 272 pp. #ASCEVI \$15.95

This is a detailed line by line commentary by Khenpo Tsaltrim on the seventh chapter of the third section of Jamgon Kongtrul Lodro Thaye's Treasury of Knowledge which covers seven points on gaining certainty of the correct view. It is explained from the perspective of the different Buddhist schools. Included are Jamgon Kongtrul's root verses of the text and his commentary along with several songs by Khenpo Tsaltrim and Milarepa on the views and approach's of the different schools.

ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95

Atisha's coming to Tibet initiated the period of the "second transmission" of Buddhism, formative for the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism. Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim tradition, or graduated stages of the path to enlightenment. Geshe Sonam Rinchen draws out Atisha's meaning with warmth and wit, bringing the light of this age-old wisdom into the modern world.

"...well-written and edited"—*Religious Studies Review*

AWAKENING LOVING-KINDNESS

by Pema Chodron. #AWLOKI \$6.95

This is a pocket-sized edition of *The Wisdom of No Escape*.

AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World

by Lama Surya Das. 414 pp. #AWBUP \$15.95

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Lama Surya Das begins with the claim that "We are all Buddhas." He outlines the path to "awaken the Buddha within" by presenting the teachings embodied in the Noble Eightfold Path and its Three Enlightenment Trainings (ethics, wisdom, and meditation). Peppared with stories from the author's experience, this enjoyable book can serve as a manual for applying basic Buddhist principles to life.

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 to show how to develop ourselves.

THE BLISS OF INNER FIRE: Heart Practice of the Six Yogas of Naropa

by Lama Thubten Yeshe. 224 pp. #BLINFI \$16.95

A commentary on the Six Yogas of Naropa based on Tsongkhapa's "Having the Three Convictions." Focuses on the inner fire practice (*tummo*), the first of the six yogas and the foundation stone of the path to Buddhist enlightenment. Through commentary, guided meditation, and practical advice, Lama Yeshe brings the reader a tantalizing taste of tantra's blissful technology and how to live it.

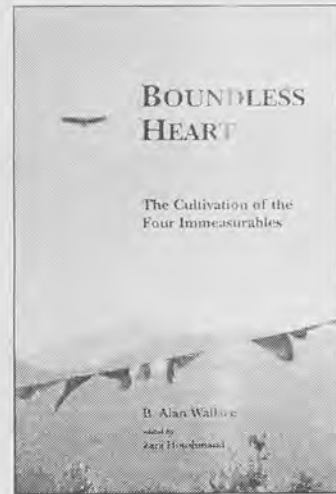
THE BON RELIGION OF TIBET: The Iconography of a Living Tradition

by Per Kvaerne. 155 pp., 8.5 x 12", 79 color illustrations, line drawings, #BORETI \$65.00 (see "Art & Photography" section.)

BOUNDLESS HEALING: Meditation Exercises to Enlighten the Mind and Heal the Body

by Tulku Thondup, fore. by Daniel Goleman. 224 pp., 10 line drawings, cloth, #BOHEA \$14.95

Offers simple meditation techniques that will awaken healing energies in the body and mind. Anyone can use this guide which offers ways to employ the four healing powers of positive images, words, feelings and belief.



BOUNDLESS HEART: The Cultivation of the Four Immeasurables

by B. Alan Wallace, ed. by Zara Houshmand. 200 pp. #BOHE \$14.95

Developing these four qualities of loving kindness, compassion, empathetic joy, and equanimity is the indispensable foundation for realizing bodhicitta, the spirit of awakening that animates the Bodhisattva way of life and inspires Vajrayana practice as a whole. Alan Wallace draws on early Buddhist sources and contemporary oral tradition to present accessible meditations on the four immeasurables, together with instructions on meditative quiescence. These teachings were originally offered during a group retreat and include lively discussions with the participants.

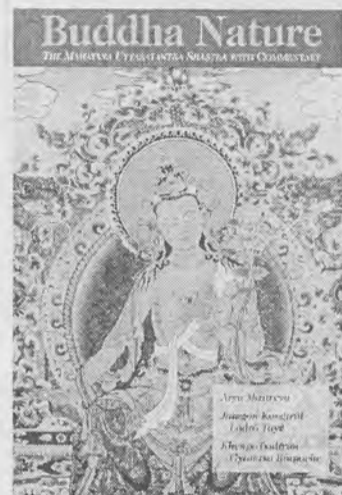
"Inspiring."—John Tighe, Ph.D., for *Explorations*

Wondering where the Dalai Lama will be teaching? Check "Calendar Events" at: www.SnowLionPub.com

THE BRIDGE OF QUIESCENCE: Experiencing Tibetan Buddhist Meditation

by B. Alan Wallace. 288pp., #BRQU \$19.95

Wallace provides valuable meditative practices and offers a bridge from Eastern meditation to Western philosophy, science, and religion. His discussion draws upon his knowledge of experimental psychology, and relates Buddhist meditation to discussions of consciousness by such Western philosophers as William James, William Christian, and John Searle. By placing Tibetan meditation in a comparative perspective, he offers a well-rounded discussion of Tibetan meditation.



Buddha Nature: The Mahayana Uttaratantra Shastra with Commentary
by Arya Maitreya, comm. by Jamgon Kongtrul Lodro Thaye, add'l. explanations by Khenpo Tsultrim Gyamtso Rinpoche, trans. by Rosemarie Fuchs. 410 pp., cloth. #BUNASL \$34.95

"The most exciting Buddhist publication of the season is actually one of Snow Lion's more esoteric offerings, Rosemarie Fuch's translation of commentaries on the *Uttaratantra Shastra* by Jamgon Kongtrul and Khenpo Tsultrim Gyamtso. The exciting thing about this translation is that it has succeeded where five previous efforts failed: it finally makes it possible for non-Tibetan speakers to study in traditional contemplative fashion one of Buddhism's principal philosophical works. In previous editions, the words were translated, but not in a form we could actually practice. Now thanks to Rosemarie Fuchs and the other learned students of Khenpo Tsultrim Gyamtso, an important mahayana meditation practice is ours to use on the cushion in order to directly realize the teachings on the essence and source of buddhahood." —Robin Kornman, *Shambhala Sun*

The Mahayana Uttaratantra Shastra, presents the Buddha's definitive teachings on how we should understand buddha nature and clarifies the nature and qualities of buddhahood. This seminal text clearly details the view which forms the basis for Vajrayana, and especially Mahamudra, practice.

Buddha Nature: Ten Teachings on The Uttara Tantra Shastra

by Ven. Thrangu Rinpoche. 128 pp. #BUNA \$14

Buddha Nature explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

Buddhism and Language: A Study of Indo-Tibetan Scholasticism

by José Cabezon. 300 pp. #BULAN \$21.95

Explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. 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. The Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies are also discussed.



Buddhism for Beginners
by Thubten Chodron. 160 pp. #BUBE \$12.95

Buddhism for Beginners answers the fundamental questions and issues that arise in the minds of modern Western individuals who are new to this tradition of practical spirituality. Written in clear and engaging language, this book presents the Buddhist approach to the fundamental issues and concerns of daily life. Thubten Chodron guides us through the basic tenets of Buddhism, encouraging and instructing us in how to live a more peaceful, mindful and satisfying life. She untangles our confusions and leads us through the most basic aspects of this rich, living spiritual tradition.

"This book is written for people wanting to understand basic Buddhist principles and how to integrate them into their lives...it will be of much benefit to its readers."—the Dalai Lama

"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 and President of Sakyadhita, International Association of Buddhist Women

"This is the perfect gift for family and friends who wish to understand one's engagement with Buddhism. Thubten Chodron combines several decades of traditional training in Tibetan Buddhism with western psychotherapeutic relevance....That quality of integration is where the Venerable Thubten Chodron is such a powerful writer and teacher."—*Branches of Light* of Banyon Books

Buddhism with an Attitude: The Tibetan Seven-Point Mind-Training

by B. Alan Wallace. 288 pp., cloth. #BUAT \$21.95

"Readers who put the advice this book contains into practice may indeed transform their minds and achieve a sense of inner peace, the key to greater peace and happiness within and in the world at large."—The Dalai Lama

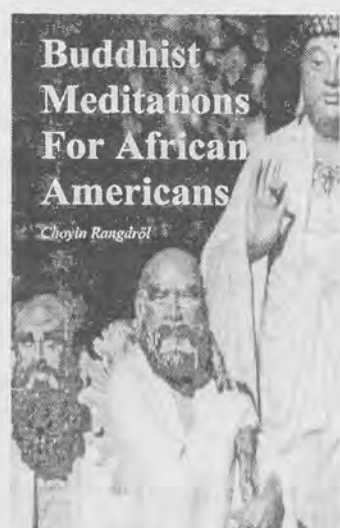
All of us have attitudes. Some of them accord with reality and serve us well throughout the course of our lives. Others are out of alignment with reality, and cause us problems. Tibetan Buddhist practice isn't just sitting in silent meditation, it's developing fresh attitudes that align our minds with reality. Attitudes need adjusting, just like a spinal column that has been knocked out of alignment. B. Alan Wallace explains a fundamental type of Buddhist mental training called lojong, which can literally be translated as attitudinal training. It is designed to shift our attitudes so that our minds become pure well-springs of joy instead of murky pools of problems, anxieties, fleeting pleasures, hopes and frustrations.

Buddhist Advice for Living and Liberation: Nagarjuna's Precious Garland

by Jeffrey Hopkins in collaboration with Lati Rinpoche and Anne Klein. 285 pp., includes Tibetan text, 9" x 8", #BUAD \$19.95

"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

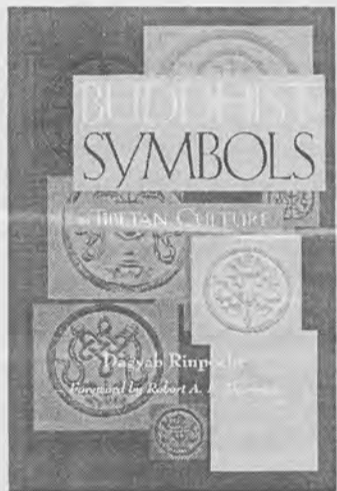
In the *Precious Garland*, Nagarjuna offers intimate counsel on how to conduct one's life and construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life and 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. 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, and charity for the poor. He calls for the appointment of government figures who are not out after profit or fame.



Buddhist Meditations For African Americans
by Choyin Rangdrol. 19 pp. #BUMEAF \$5.95

This set of Buddhist meditations specifically focuses on awakening the mental health, well-being, prosperity, and meditative life of African Americans. Choyin Rangdrol, an African American Buddhist, brings together this series of 33 insightful meditations to help re-establish the connection to diverse traditions that was destroyed by the subjugation under slavery.

These meditations bring into sharp focus our mental conditioning around diversity issues and can help release people of any background from attitudes that limit our freedom.



Buddhist Symbols in Tibetan Culture
by Loden Sherap Daggyab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts and 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.

Calm Abiding and Special Insight: Achieving Spiritual Transformation Through Meditation

by Geshe Gedun Lodro and Jeffrey Hopkins. 334 pp., glossary, bibliography, index, #CAAB \$19.95, A Namgyal Institute Textbook

This manual presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan view of spiritual development. Geshe Gedun Lodro, one of the foremost scholars of Tibet, reveals methods for overcoming afflictive states and disorders to create a mind which is stable, calm, alert, and clear. The dangers of not recognizing states contrary to successful meditation are great, and the possibilities of implementing the wrong antidote or of over-extending an appropriate one until it becomes counter-productive are many. Through such detail, Geshe Gedun Lodro makes vividly clear a Tibetan approach to meditative transformation. This is a completely revised new edition of *Walking Through Walls*.



Calming the Mind: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence
by Gen Lamrimpa, trans. by B. Alan Wallace, edited by Hart Sprager. 148 pp. #CAMI \$12.95. A Namgyal Institute Textbook.

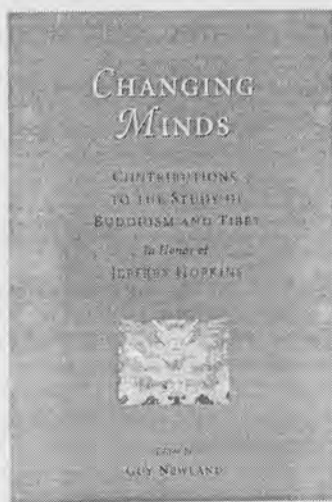
"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

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. This book was previously titled *Shamatha Meditation*.

"Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*

CHANGING MINDS:

Contributions to the Study of Buddhism and Tibet in Honor of Jeffrey Hopkins



ed. by Guy Newland. 352 pp., cloth. #CHMIND \$29.95

This is a book offered in tribute to Jeffrey Hopkins by colleagues and former students. Jeffrey Hopkins has, in his sixty years, made profound and diverse contributions to the understanding of Tibet and Tibetan Buddhism in the West. In his collaborations with the Dalai Lama, such as *Kindness, Clarity, and Insight*, and in books like *Tibetan Arts of Love and Emptiness Yoga*, Hopkins has reached out to the general reader, making the wisdom of Tibet accessible to every one. Yet there is never anything superficial about his work; his recent *Emptiness in the Mind-Only School* is a magisterial display of painstaking scholarly work.

Changing Minds contains essays that reflect the breadth and influence of Hopkin's work. Topics presented: the two truths, the object of negation, the results of anger, the founding of the Gelug order, Bon Dzogchen, mahamudra, foundational consciousness, altruism and adversity.

Contributors include: John Buescher, Guy Newland, Donald Lopez, Elizabeth Napper, Daniel Cozort, John Powers, Anne Klein, Roger Jackson, Gareth Sparham, Joe B. Wilson, Jose Cabezon, Harvey Aronson, and Paul Hackett.



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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., #CEECGR \$25

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.

THE CENTRAL PHILOSOPHY OF TIBET

by *Robert A. F. Thurman*. 442 pp. #CEPHTI \$26.95

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 show Buddhism as a contemplative and mystical religion and reveal Prasangika as a rigorous, critical philosophy relevant to our own time.

CHANTING THE NAMES OF MANJUSHRI

by *Alex Wayman*. 123 pp. #CHNAMA \$17

A revered tantric text, the *Manjushri-nama-samgiti* consists of 160 verses and mantra sentences and condenses an enormous tantric lore. Includes the Sanskrit and Tibetan texts along with Wayman's translation and commentary.

CHENREZIG, LORD OF LOVE

by *Bokar Rinpoche*. 110 pp. #CHLOLO \$12.95

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.

CHOOSING SIMPLICITY: A Commentary on the Bhikshuni Pratimoksha

by *Venerable Bhikshuni Master Wu Yin*, trans. by *Bhikshuni Jendy*, ed. by *Bhikshuni Theubten Chodron*. 338 pp. #CHSI \$15.95

"It is of great importance that Buddhist monasticism become firmly established in the West. This excellent book makes a major contribution to this becoming a reality."—Pema Chodron, Director of Gampo Abbey, Nova Scotia

Choosing Simplicity is a guide to the lifestyle of Buddhist monastics—it is also a fun book to read. In it you can discover the whys and wherefores of the simple life that provides the basis for spiritual growth. The stories of the Buddha's solutions to the problems that arose in the sangha are also entertaining—they expose the many ways people complicate their lives and how the Buddha provided his followers with simple guidelines for harmonious living."—Jeff Cox, Snow Lion

Choosing Simplicity discusses the precepts and lifestyle of fully ordained nuns within the Buddhist tradition. The ordination vows act as guidelines to promote harmony both within the individual and within the community by regulating and thereby simplifying one's relationships to other sangha members and laypeople, as well as to the needs of daily life.

"The Buddha's Vinaya teachings are applicable to all levels of practitioners. It matters little whether one observes the precepts to curb personal confusion or to better be able to benefit others—*Choosing Simplicity* puts forth the rules of the game in a most readable and personable style. I highly recommend it to both men and women."—Erik Pema Kunsang, Rangjung Yeshe Publishers

CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by *Geoffrey Samuel*. 640 pp., 7 maps, #CISH \$27.50

"*Civilized Shamans* is an astonishing work and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Samuel identifies the two main orientations of Tibetan Buddhism as monastic and shamanic (associated with tantric yoga). Tibetan Buddhism 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 Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

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 often-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. The text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded. Written to inform and entertain, the book has a pre-eminent position in Tibetan society and is popular today.

CLARIFYING THE NATURAL STATE

by *Dakpo Tashi Namgyal*. #CLNAST \$18.00

"Resolving reality through experience"

A practical manual for both teacher and student alike, *Clarifying the Natural State* covers the path from mindfulness to complete enlightenment, simply and methodically. Presenting the profound and ultimate instructions of Mahamudra, it embodies the realization of India and Tibet's greatest masters.

Elevate your experience and remain wide open like the sky.

Expand your mindfulness and remain pervasive like the earth.

Steady your attention and remain unshakable like a mountain.

Brighten your awareness and remain shining like a flame.

Clear your thoughtfree wakefulness and remain lucid like a crystal."—Dakpo Tashi Namgyal

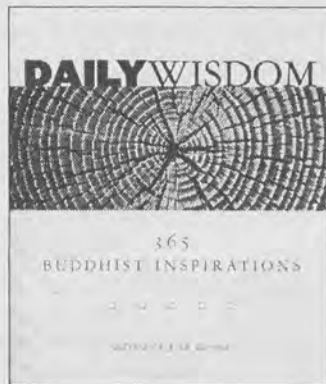
THE COMPLETE WORKS OF ATISHA

trans. & anno. by *Richard Sherburne, SJ*, fore by *H.H. the Dalai Lama*. 600 pp., cloth. #COWOAT \$35

Contains the *Lamp for the Path* and its *Commentary*, translated in 1983 by Richard Sherburne, plus his translations of the *Twenty-five Key Texts* by Atisha. These texts are found in the Tibetan *Tengyur* in a collection called *The Hundred Root Texts* which were preserved by Atisha's followers as fundamental for a proper study of Buddhist theory and practice. The texts are translated and accompanied by the Wylie.

You can expect certain benefits from meditation. The initial ones are practical things; the later stages are profoundly transcendental. They run together from the simple to the sublime.

—BHANTE HENEPOLA GUNARATANA



DAILY WISDOM: 365 Buddhist Inspirations

comp. and ed. by *Josh Bartox*. 384 pp., September. #DAWI \$16.95

Daily Wisdom draws on the richness of Buddhist writings to offer a spiritual cornucopia that will illuminate and inspire day after day. Sources include the ancient sages to modern teachers, from monks to lay people, from East to West, from poetry to prose.

CONCEALED ESSENCE OF THE HEVAJRA TANTRA

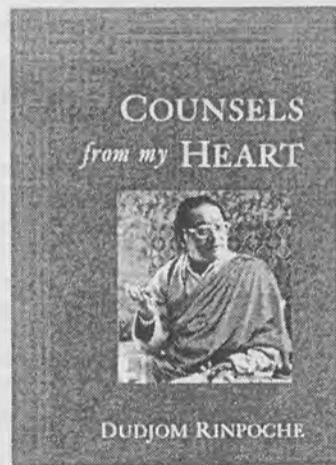
trans. by *G.W. Farrow and I. Menon*. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is *Yogaratanamala*, 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 classic period.

CONSTRUCTING TIBETAN CULTURE

edited by *Frank J. Korom*. 256 pp. #COTICU \$19.95

This book unravels earlier colonial and romantic representations of Tibet in both historical and contemporary ethnographic contexts and focuses on Tibetan culture as a dynamic process involving the interplay of different cultural groups, both indigenous and foreign. By examining a variety of themes, it relocates modern Tibetan studies squarely within the realms of anthropology and cultural studies.



COUNSELS FROM MY HEART

by *Dudjom Rinpoche*. 112 pp., cloth. #COMYE \$19.95

A person of legendary kindness and wisdom, Dudjom Rinpoche is highly regarded and this volume contains some of the few teachings that have ever been translated and published. In it he discusses the three jewels, self and cyclic existence and the bardo states between life and death.

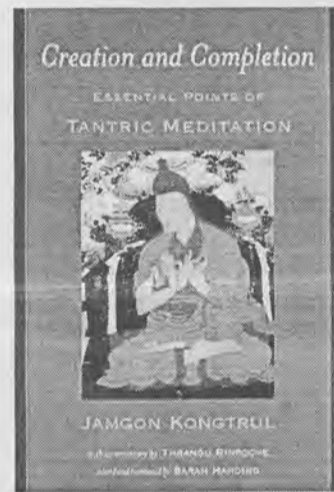
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CRAZY WISDOM

by *Chogyam Trungpa*. 216 pp. #CRWI \$16.95

An exploration of the unconventional life and teaching methods of the great master who brought Buddhism to Tibet—and the implications for those on the Buddhist path. Rinpoche examines the life of Padmasambhava to illustrate the principle of crazy wisdom. From this viewpoint, spiritual practice does not provide comfortable answers to pain or confusion—rather they are challenging opportunities for new discovery.



CREATION AND COMPLETION: Essential Points of Tantric Meditation

by *Jamgon Kongtrul*, trans. by *Sarah Harding*, comm. by *Khenchen Thrangu Rinpoche*. 176 pp., available in June. #CRCO \$16.95

This is a new edition with an extensive commentary the Khenchen Thrangu Rinpoche. It is an excellent guide to tantric Buddhist meditation practice leading the way along a clear path of meditative self-transformation; from visualizing 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

CULTIVATING COMPASSION

by *Jeffrey Hopkins, Ph.D.*. 176 pp., cloth. #CUCO \$19.95

"The exercises in this book are age-old Buddhist meditations for engendering and expanding compassion: developing equanimity, recognizing all beings as friends, reflecting on the kindness of others, and generating unlimited friendliness. Delivered in a straightforward prose and peppered with Hopkins' wry observations and personal anecdotes, these exercises have an appealing practicality."—*Shambhala Sun*

Jeffrey Hopkins guides us in developing compassion with its power to change relationships and improve the quality of life.

THE CULT OF TARA: Magic and Ritual in Tibet

by *Stephan Beyer*. 542 pp., 16 photos, 45 illus. #CUTA \$25.00

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.

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism

by *Geshe Sopa & Jeffrey Hopkins*. 376 pp. #CUTHAP \$18.95 paper.

A Namgyal Institute Textbook.

Presents the practice and theory of Tibetan Buddhism. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path. Next is the "Presentation of Tenets," written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.

CUTTING THROUGH SPIRITUAL MATERIALISM

by *Chogyam Trungpa*. 250 pp. #CUTHSP \$14.95

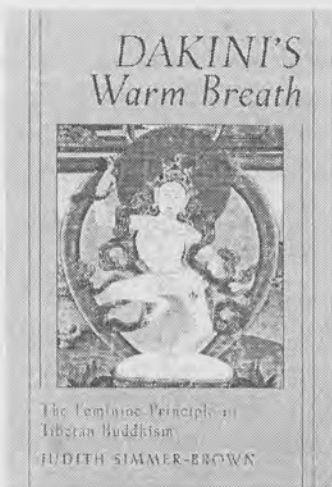
Walking the spiritual path properly is a subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of common spiritual self-deceptions.



DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal

by *Erik Pema Kunsang*. 200 pp., #DATE \$20

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.



DAKINI'S WARM BREATH: The Feminine Principle in Tibetan Buddhism

by Judith Simmer-Brown. 352 pp., line art, halftones, March, cloth. #DAWABR \$29.95

This is a comprehensive inquiry into the symbolism of the dakini, a semi-wrathful feminine spirit who manifests in visions, dreams, and meditation. When the meditator encounters the dakini, living spiritual experience is activated in a nonconceptual manner by her direct gaze, her radiant body, and her compassionate revelation of reality. Grounded in the author's personal encounter with the dakini, she demonstrates that the dakini symbolizes levels of personal realization up to the empty, spacious qualities of the mind itself.



DANGEROUS FRIEND: The Teacher-Student Relationship in Vajrayana Buddhism

by Nga-la Rig'dzin Dorje. 144 pp., #DAFR \$15.95

An in-depth exploration of the mysterious and complex bond of teacher and student, a relationship of paramount importance in Tibetan Buddhist practice. *Dangerous Friend* focuses on the following: meeting and recognizing an appropriate teacher; understanding the gravity of entering this relationship; shifting one's attitude from spiritual materialism to genuine Buddhist practice; accepting the challenge of being truly kind, honest, and courageous. The author is a western practitioner and teacher and director of centers in Europe.

THE DAWN OF TANTRA

by Herbert Guenther & Chogyam Trungpa. 104 pp., #DATA \$12.95

An excellent introduction to Tantra by two excellent authors whose synergy opens our Western minds to absorb the proper understanding of what Tantric practice truly is.

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by Bokar Rinpoche. 95 pp. #DABUPR \$8.95

For those who must juggle work, family, friends, and the corresponding emotional mayhem, Bokar Rinpoche provides practical guidance and advice for developing mindfulness and grounding one's spiritual practice in the ordinary routines of every day life.

DEBATE IN TIBETAN BUDDHISM

by Daniel E. Perdue. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Nangyal Institute Textbook.

The practice and theory of Tibetan Buddhist logic and epistemology is the focus of this clear and thorough exposition. Debate is the investigative technique used throughout Tibetan education to sharpen analytical capacities and convey philosophical concepts—it is essential to master the procedure of debate. Using a debate manual by Pur-bu-jok Jam-ba-gya-tso (1825-1901) as its basis, Daniel Perdue covers elementary debate and demonstrates its application 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.

DEVELOPING BALANCED SENSITIVITY: A Workbook of Practical Buddhist Exercises for Daily Life

by Alexander Berzin. 275 pp. #DEBASE \$14.95

Berzin introduces a series of techniques for overcoming insensitivity and hypersensitivity. Based on traditional Buddhist sources, they are presented in non-traditional forms suitable for workshops and private practice. The exercises deal with everyday difficult situations and show how to access our mind's natural talents, dispel nervousness, insecurity, and low self-esteem, make decisions, deconstruct deceptive appearances, and recognize the clear light nature of the mind.

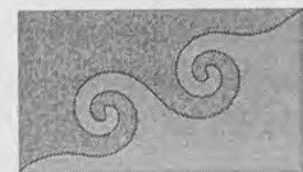
"Alex has given us a precise, thoughtful, and sophisticated book on the central question of human sensitivity. As one of Buddhism's most knowledgeable western teachers, he creatively combines analytical Buddhist psychology, trainings of the mind, intuitive heart practices and dozens of practical techniques to nurture a life of sensitivity."—Jack Kornfield

"Berzin has pulled off the tricky feat of bringing an erudite discussion of Buddhist psychology to the here and now without falling into either psycho-babble or translationese...intellectually lucid and eminently practical."—John Pettit, *Tricycle: The Buddhist Review*

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by Kalu Rinpoche. 222 pp. #DHIL \$20.95

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by Khenpo Karthar Rinpoche, ed. by Laura Rolh. 270 pp. #DHPA \$14.95

The abbot of Karma Triyana Dharma-chakra Monastery in Woodstock 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 DOOR OF LIBERATION

by Geshe Wangyal. 240 pp. #DOLI \$15.

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. The scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins

A DOSE OF EMPTINESS: An Annotated Translation of the sTong thun chen mo of mKhas grub dGe legs dpal bzang

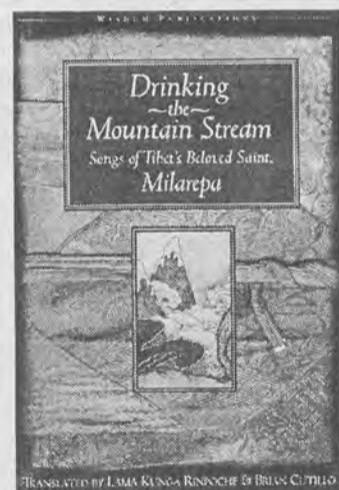
by José Cabezón. 590 pp. #DOEM \$29.95 cloth

This detailed, critical exposition of emptiness as taught in the major Mahayana schools: Yogacara, Svatantrika and Prasangka is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

THE DOUBLE MIRROR: A Skeptical Journey Into Buddhist Tantra

by Stephen Butterfield. 250 pp. #DOMI \$14.95

An incisive, eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a Tibetan Buddhist and student of Chogyam Trungpa—known for his "crazy wisdom." He examines the effects of practice on himself and the compatibility of Buddhism with American life. He offers an insider's perspective and a dose of healthy skepticism in this balanced portrayal of spiritual life.



DRINKING THE MOUNTAIN STREAM: Inspiring Songs of Tibet's Beloved Saint, Milarepa

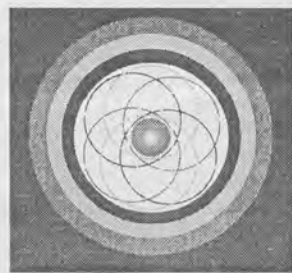
trans. by Lama Kunga Rinpoche & Brian Cuttito. 192 pp., b&w illus. #DRMOST \$14.95

Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers with his songs of liberation.

DRUNG, DEU AND BON: Narrations, Symbolic Languages and the Bon Traditions in Ancient Tibet

by Namkhai Norbu Rinpoche. 348 pp. #DRDEBO \$21.95

Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu investigates the epic poems and legends of Tibet's secular culture (*drung*), explains the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms (*deu*), and elucidates the complexities of the pre-Buddhist Bon tradition.



ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha

by Herbert Guenther. 241 pp. #ECSPP \$25

After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the three songs. The Indian source material is supplemented with references to the Dzogchen Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.

ELABORATIONS ON EMPTINESS: Uses of the Heart Sutra

by Donald S. Lopez, Jr. 320 pp. #ELEMP \$18.95

The *Heart Sutra* is the most famous Buddhist text—a potent expression of emptiness and the Buddha's perfect wisdom. Lopez explores its elaborate philosophical and ritual use in India, Tibet, and the West.

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The empowerment ritual is the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened rule over our life and spiritual practice. Empowerment contains a wealth of instructions on Buddhist training, particularly Mahamudra and Dzogchen.

EMPTINESS IN THE MIND-ONLY SCHOOL OF BUDDHISM: Dynamic Responses to Dzong-ka-ba's The Essence of Eloquence: I

by Jeffrey Hopkins. 542 pp. #EMMION \$48.00 cloth

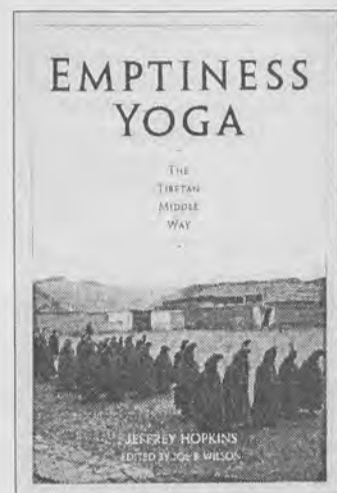
Focuses on how the conflict between appearance and reality is presented in the Mind-Only, or Yogic Practice School. *The Essence of Eloquence* is so rich that numerous Tibetan and Mongolian scholars have been drawn into a dynamic process of finding and creating consistency in Dzong-ka-ba's often terse and cryptic tract. Hopkins made extensive use of these commentaries to annotate the translation in such a way that the issues come alive. Included are historical and doctrinal introductions, a critical edition of the text, and a lengthy synopsis.

THE EMPTINESS OF EMPTINESS: An Introduction to Early Indian Madhyamika

by C.W. Huntington, Jr. with Geshe Namgyal Wangchen. 287 pp., #EMEM \$20.00

A readable translation and study of Candrakirti's *The Entry into the Middle Way*, a treatise of critical importance to Buddhism's development in Tibet.

"Huntington's philosophical interpretation is argued with force and clarity. It corrects (with panache) many misinterpretations of Madhyamika current among Anglophone writers."—*Journal of the American Oriental Society*



EMPTINESS YOGA: The Tibetan Middle Way

by Jeffrey Hopkins. 504 pp., #EMYOP \$22.95, paper #EMYOC \$39.95, cloth

An absorbing exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Prof. Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism. His presentation is based on Jang-gya's famous work—the original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are discussed in the context of meditative practice. This exposition includes a masterful treatment of the compatibility of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.

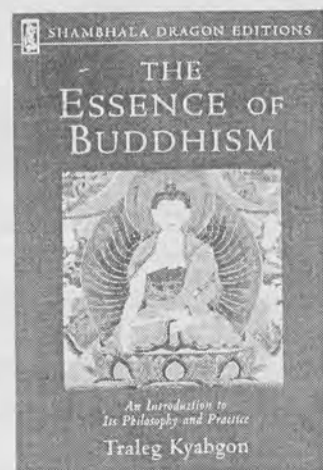
"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargyay, *Religious Studies Review*

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THE ESSENCE OF BUDDHISM: An Introduction to Its Philosophy and Practice

by Traleg Kyabgon. 191 pp. #ESBU \$13.95

This is an overview of the Buddhist path from the perspective of the three vehicles of Tibetan Buddhism—Hinayana, Mahayana, and Vajrayana. These three correspond with the basic attitudes of practitioners as embodied in the teachings of the Four Noble Truths, the Bodhisattva path and Tantra teachings. Basic to them all is the need to understand our immediate condition. The primary tool for achieving this is meditation, and Traleg Kyabgon created this handbook for the various meditative approaches as well as presenting an excellent basis in Buddhist philosophy.



EMPTY BLUE PLANET TRILOGY: Three Essays on Buddhist Philosophy

by *Charlie Singer with fore. by Ven Lama Pema Wangdak*. 80 pp., line drawings. #EMBLTR \$10.00

This brief distillation of basic doctrines of Tibetan Buddhism includes a presentation of the Four Noble Truths, bodhicitta, emptiness, the nature of mind, and Dzogchen. 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. He also explores the nature of human embodiment and the apparitional nature of the world with Buddha-nature as the common thread. Charlie Singer, a blues musician and long time student of Tibetan Buddhism, writes in a way that is clear and engaging without being popish or overly academic.

ENLIGHTENED JOURNEY: Buddhist Practice as Daily Life

by *Tulku Thondup*. 272 pp., #ENJO \$16.95

Rinpoche discusses the principles of Buddhism; how to use the practice of meditation to arouse compassion; how suffering can become a more powerful tool than happiness in achieving enlightenment; the symbolic significances of holy places, temples, statues, etc.

ENLIGHTENED LIVING: Teachings of Tibetan Buddhist Masters

by *Tulku Thondup*. 140 pp. #ENLI \$15.00

A short anthology of translated writings that offers advice on applying Buddhist teachings to daily life. It includes works from Patrul Rinpoche, Jigme Lingpa and others.

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

by *Jamgon Kongtrul Lodro Taye trans. and intro. by Ngawang Zangpo*. 190 pp. #EN \$14.95

"A fascinating book—introduces the reader in a comprehensible way to the theoretical and practical implications of the tulku system."—*The Tibet Journal*

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. Small children are identified as past masters, 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 within two major contexts—the activity of bodhisattvas, and in modern Tibetan society, where the reappearance of past masters is both natural and profoundly moving. Tai Situpa Rinpoche, a contemporary reincarnate master and a leader of the Kagyu lineage describes the process of finding other reincarnate masters. Jamgon Kongtrul Lodro Taye, an outstanding writer and meditation master offers a traditional view of the enthronement of reincarnate masters.

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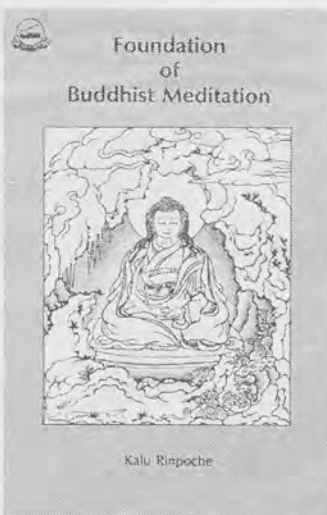
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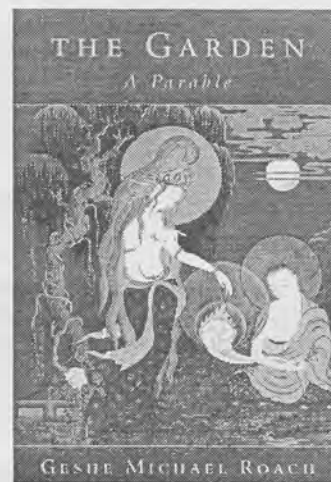
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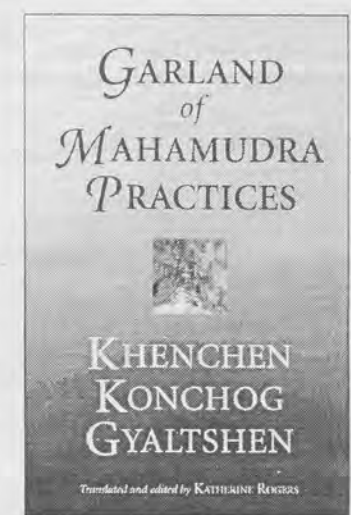
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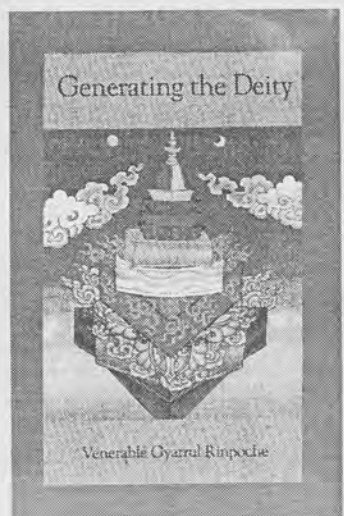
Mahamudra refers to a path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa and Milarepa. Gampopa, a disciple of Milarepa who lived in the eleventh century, brought together these teachings of the Buddha into one five-fold path consisting of an enlightened motivation, deity yoga, guru yoga, mahamudra and proper dedication, to which his main disciple, Pakmo Druba, gave the name "The Profound Five-Fold Path of Mahamudra".

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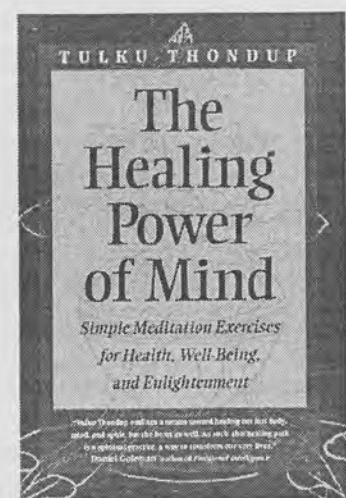
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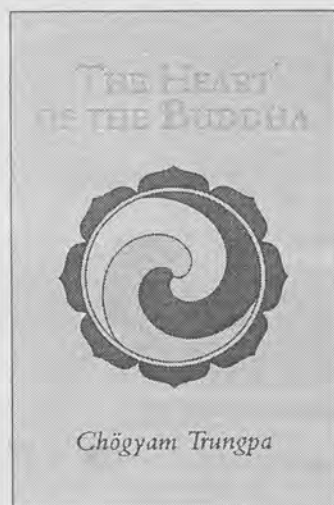
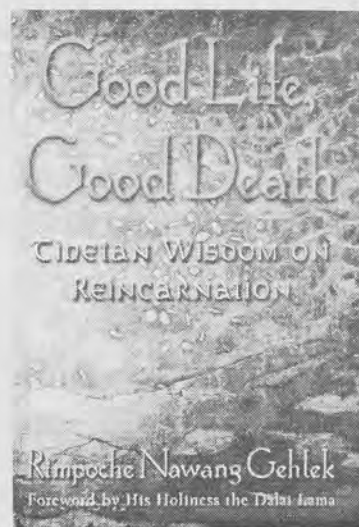


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