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SPRING 87 CATALOG & NEWSLETTER

ALTAR OF THE EARTH

Peter Gold was recently in Tibet where he wrote a new book for us. He also shot many great photos which will be used in the book and on new postcards of Tibet. *Altar of the Earth* takes us on a vivid journey into the majestic environment, ways of life and matters of the spirit in today's Tibet. He has included in his engagingly written essays and images the most important sacred and natural places, events and ways of life—those things travelers will very likely see but not fully comprehend from the guidebooks. A lot of attention is also given to Tibetan art, dance, and song. We expect this book to be available in June. Peter is an excellent writer and *Altar of the Earth* will delight any reader interested in Tibet. Here is a sample of the contents and a "hot-off-the-press" excerpt from the book:

CONTENTS: PART III, Through the Heartland-Gyangtse, Shigatse and Sakya Place and People

The Lake of Clear Light
The Spirit of Tibet
A Taste of the Earth
The River and I
Invasion of the Booty Snatchers Spirit
One Hundred Thousand Paths to a Buddha
The God Must be Pleased
A Fierce Legacy
Time Will Tell
Tashilungpo
Where goddess and Buddha Dwell
A Stitch in Time
Phantoms in the Sunlight
A Bright Darkness
Sakya
Spirit of the Gray Earth

THE SOUNDING OF TIBET

How different the sounds, but how equally primal. And how basic to a total way of life.

From the second storey of the Jokhang, Tibet's most sacred temple, one can hear it all in a sacred and secular symphony combined.

Just now, in the courtyard below, the tinkles of the hand-held drilbu bells fire the empty space-like successive waves of the sea washing against lonely beaches. Or, are they wind chimes set into frenzied motion by the same hurricane's gale?

A few minutes ago the echoing sounds, given life by the monks, were less meditative, more powerful. They were calling up an appropriate mental state associated with the particular tantric divinity being invoked in the day-long shapten, a ceremony on behalf of the family sitting patiently in attendance.



Tibetan Ladies Singing

Photo: Peter Gold

The crow's cry of the reed shawms, the tintinabulating cymbals, the drums' earthy throbs, are precise, profound, intense and, to some, even brash. But their few tones and subtle rhythms succeed in carrying one into a universe of divine beings. One is borne on sonorous wings to their temples, floating on lotus-shaped clouds atop an awesome cosmic mountain. It's a place even well above Lhasa, the Place of the Gods here on the Altar of the Earth.

But there are other sounds that simultaneously carry the attention to differing heights. Unlike the monastic sounds that bear one to rainbow-lit temples of divinities (and, equally, their places within our minds), these sounds point to a spot scarcely a few meters above me.

A detail of Tibetan women are dancing and singing while they work. They are making a new roof for the Jokhang's third and topmost storey. Like all Tibetan-style earthen roofs this one needs to be tamped down in order to resist the effects of the weather.

With stout tamping rods (wooden sticks with circular discs of stone affixed at the bottom ends), they tamp the roof down. And as they tamp they stamp their feet. They dance a dance in work-time, to the accompaniment and exhortation of lovely tunes.

Their open, reedy voices are as natural: not the studied, high pitched litanies of Tibetan opera singers or the mesmeric, earth-shaking growls of the monks. Simply natural sounds from natural people, doing what comes naturally.

By chancing to sit between the two I have come to appreciate the full range of what is to be Tibetan. It goes from an earthy, open-hearted, "whistle while you work" approach to living to deeply introspective and serious soundings in the service of the spirit. It's a way of satisfying the needs of the world without, while inspiring the spirit within.

BUDDHIST PILGRIMAGE

Zasep Tulku Rinpoche is leading a pilgrimage to places in India that are sacred to all Buddhists. From the Buddha's birthplace to Deer Park, Bodhi Gaya, and Kushinagar, this one-month trip with Rinpoche will be very enjoyable and educational. The pilgrimage begins Oct. 29 from Toronto and returns on Nov. 22. Approximate cost will be \$3000. If you are interested in this tour, please contact Gaden Choling, 637 Christie St., Toronto, Ontario, Canada M6G 3E6, 416-651-3849.

BUDDHIST WOMEN'S ACTIVITIES

We recently received an interesting newsletter from Thailand that gives information on Buddhist women's activities and studies from various countries around the world. It also serves as a centre of communications among Buddhist women and people interested in Buddhist women's activities in different parts of the world. If you would like to receive this quarterly newsletter write to: Newsletter on International Buddhist Women's Activities, c/o Dr. Chatsumarn Kabilsingh, Faculty of Liberal

NEEDED—PHOTOS OF TIBETAN CULTURE

Snow Lion is searching for high-quality photos of Tibet and Tibetan culture for use on book covers, postcards, posters, etc. Professional and amateur photographers have been supplying us with photos but we need many more. We really need images of monasteries, monks, ceremonies, people from Kham and Amdo,

OUR PURPOSE

Snow Lion Publications has been established to help further and protect Tibet's great religious and philosophic traditions. While this rich cultural heritage is threatened within Tibet itself, its importance is being recognized with increasing enthusiasm in the West.

Our goals are to provide handsome, relevant and informative books for the general reader, as well as authoritative, scholarly presentations and translations of seminal texts within the complete Tibetan meditation and scholastic tradition. All Snow Lion Publications are translated with thoroughness and precision by highly qualified scholar-translators working in conjunction with lamas recognized for their special understanding of each text. The English renderings are true to the originals in letter and spirit.

In addition to publishing and distributing philosophic and religious works, we offer books on Tibetan medicine, art, history, biography and language, and reproductions of authentic and inspirational art work such as cards, posters and calendars.

To ensure a representative selection of books for practitioners and scholars from all four sects of Tibetan Buddhism, and provide the most comprehensive resource for those interested in Tibetan culture, we appreciate working with and receiving manuscripts from lamas and teachers of all sects and from Western scholars and practitioners. As you will see from our catalogue, we distribute a great number of excellent and hard-to-find texts from many different sources. We are also looking for other books, pamphlets, sadhanas, visual dharma, etc.—so if you can recommend items for us to offer to our international audience of Dharma practitioners and scholars, we would appreciate hearing from you.

Arts, Thammasat University, Bangkok 10200, Thailand. Subscription rates are \$6 for westerners.

nomads and pilgrims—or any great shot. Snow Lion pays standard fees and royalties for use of the photos. If possible, send us duplicates of your best slides. We will keep them on file and contact you when we decide to use them for a specific application.

WHAT'S NEW AT SNOW LION?

In an effort to provide you with better service, we have recently computerized our order fulfillment process. This will take out some of the kinks in invoicing and stock management and should noticeably improve our handling of backorders. We have also increased our office staff by hiring Yvonne Segal-Piburn and Andrew Bloomfield. Yvonne is returning to Snow Lion—she has diverse experience in many aspects of the business. Andrew worked as a buyer at the East-West Bookstore, has spent two years in Nepal, and is also co-author of our *Tibetan Phrasebook* due to appear soon.

This is our third newspaper/catalog. It continues to be a forum for the exchange of information concerning Tibetan projects, Dharma events and other news, and we appreciate the many letters and articles we receive from centers and individuals around the world. We hope that you will also discover books and other items that will help further your practice of Dharma. Please think of us when you are planning events—we would like to share this information with the Buddhist world whenever possible.

His Holiness the Drikung Kyabjion Chetsang Rinpoche visited Ithaca in February. He gave a Vajrasattva empowerment and lectured on the five-fold profound path of mahamudra. **GARLAND OF MAHAMUDRA PRACTICES** (recently published by Snow Lion) discusses this path. It was co-translated by the abbot for N. America, Khenpo Konchog Gyaltsen, who is also traveling with His Holiness.

Interest in the Buddha Dharma is rapidly growing—we plan to publish twenty books this year covering many aspects of Tibetan Buddhism! Also look for more postcards, posters, etc.

Your direct orders to us make a big difference in our ability to serve you, and they also make possible this newspaper! We offer discounts to Dharma centers who order in quantity. Please contact us for details.

BUDDHIST MONUMENTS PROJECT

Paul C. Kloppenburg (Nawang Ngo-drup) recently contacted Snow Lion asking us to help his organization locate all those centers that have built a Chorten/Pagoda in North America. He recently helped to complete the 65 foot high Chang Chub Chorten built at a Ven. Kalu Rinpoche center in Santa Fe. It is very beautiful and well proportioned, with a temple inside with exquisite thangka paintings.

He wants to put together a guide book of Chortens or Pagodas in North America. It will be a helpful aid to find the monuments and to learn more about each of them. Please write to: Buddhist Monuments Project, 500A Hapgood Street, Boulder, CO 80302, 303-444-2033.



H.H. Sakya Trizin

SAKYAS—GROWING STRONG IN THE NORTHWEST

The Sakya tradition of Tibetan Buddhism has preserved a pure unbroken lineage of Lord Buddha's teachings for over a thousand years.

The patriarchs of the Sakya Khon lineage were originally disciples of Padmasambhava and followers of the Nyingmapa school. In the 11th century Kon Konchok Gyalpo (1034-1102) established the first Sakya Monastery, which was a center for the study of the new tantras arriving from India at that time. Under the direction and inspiration of the five Founding Lamas—Sachen Kunga Nyingpo (1092-1158), Lopon sonam Tsemo (1142-1182), Jetsun Drakpa Gyaltsen (1145-1216), Sakya Pandita (1182-1251), and Chogyal Phakpa (1235-1280)—these teachings formed the basis for what is now known as the Sakya school. This tradition is best known for its emphasis on a combination of both study and practice through the teaching cycle known as the Lam Dre, The Path and its Fruit.

The Sakya tradition has been passed through the Khon family from father to son down to the present day. There are two branches of this family: the Phuntso Podrang, of which H.H.

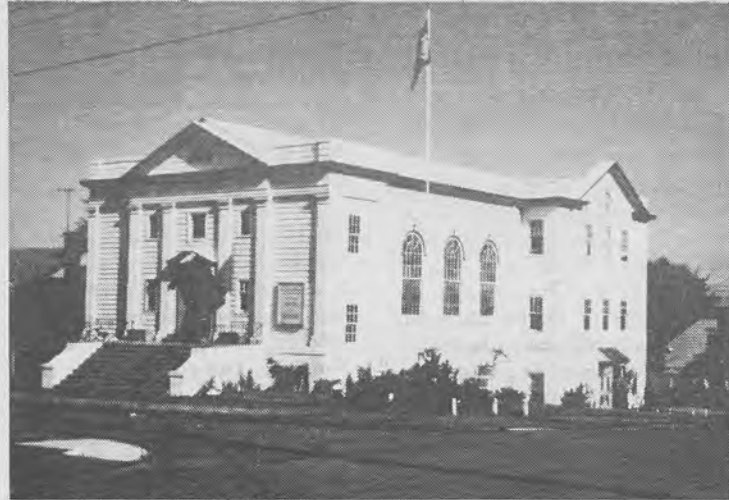
Jigdal Dagchen Sakya is the lineage-holder, and the Drolma Podrang, of which H.H. Sakya Trizin is the throne-holder.

H.H. Jigdal Dagchen Sakya has established the seat of his teachings in Seattle. He came to Seattle in 1960 on a Rockefeller Foundation Grant to do research at the University of Washington, after the communist invasion of Tibet. In 1974, he founded Sakya Tegchen Choling—center for the study of Vajrayana Buddhism and Tibetan culture.

Although H.H. Dagchen



H.H. Jigdal Dagchen Rinpoche



Sakya Monastery, Seattle, WA

H.H. SAKYA TRIZIN WILL GIVE LAM-'BRAS TEACHING

The Lam-'Bras (Path and Result) teaching is the central and distinguishing feature of the Sakyapas. Based on the Hevajra Tantra, the Lam Dre is a comprehensive system that embraces the entire range of Mahayana and Vajrayana Buddhist practice. A special characteristic of the Lam Dre is that a practitioner needs no other teaching to attain Buddhahood, once having received this profound instruction. The Indian Mahasiddha Virupa received this teaching directly from Nairatmyayogini, consort of Hevajra, and it passed to Tibet through four Indian masters in the "long transmission" and more directly from Virupa to Sachen Kunga Nyingpo, the founder of the Sakya Order, in the "short transmission". The Lam Dre is also known as the teaching of the

"non-differentiation of samsara and nirvana", which is the special view of the Sakya Order, and the equivalent of the Nyingmapa Dzogchen or the Kagyupa Mahamudra. This view directs the practitioner's mind to the ultimate reality of Buddhahood that is beyond conceptualization and is the end of ignorance and suffering.

The teaching given by His Holiness on this occasion will take about two months (May & June) and will consist of a sutra lasting three weeks and a tantra part which will have a Shri Hevajra commitment. To register and/or for more information, write to: Sakya International Foundation, Secretary, Sakya Centre, 187 Rajpur Road, 248 009 Rajpur, Dehra Dun, U.P., India.

Rinpoche is one of the most eminent living lamas, he is exceptionally available to interested students. Rinpoche offers regular teachings and formal instructions on meditation and practice. Sangha volunteers work every weekend with Rinpoche to transform a 60-year-old building into an authentic Tibetan Buddhist temple. By means of his living example and teachings, he teaches his students patience, humor, diligence, and kindness.

Rinpoche teaches students a non-sectarian approach to the Dharma and has brought many great lamas to Seattle from the four Tibetan Buddhist traditions to teach and bestow initiations. For over a year, meditations, teachings, and initiations have been held in the temporary shrine room at the monastery while work continues on the rest of the building. A new roof has been installed, Sangha practitioners' quarters have been completely renovated with new walls and fresh paint, and six foot wide Dharma seals have been hung over the two entrances. Future plans call for a permanent shrine room with large statues of Buddha, Padmasambhava, and Sachen Kunga Nyingpo. Tibetan mural artists from India will be brought to paint the shrine-room ceiling and walls in the style of Tibetan monasteries. The costs of completing the monastery, including the shrine room are estimated at \$130,000. Your support is greatly appreciated. Please contact the Sakya Monastery at: 108 N.W. 83rd St., Seattle, WA 98117, 206-789-2573.



JACQUES MARCHAIS CENTER

On Staten Island is housed one of the finest collections of Tibetan art in the US. The Jacques Marchais Center of Tibetan Art offers an outstanding program of talks, performances, and demonstrations illustrating the arts and culture of Asia. This past year the permanent exhibitions have been reorganized, public services have been expanded and improved, and visiting hours have been increased. They also have a gift shop containing rugs, woodblock prints, jewelry, clothing, as well as ceremonial and decorative objects from Nepal and Tibet. Guided tours are available. If you plan a visit to New York City and have the time, we suggest that you visit the museum. It is located at 338 Lighthouse Avenue, Staten Island, NY 10306, 718-987-3478.

LIBRARY OF TIBETAN WORKS AND ARCHIVES BRANCH IN SEATTLE

Under the direction of H.H. Jagdal Dagchen Sakya, a Head Lama of the Sakya tradition, a branch of the Library of Tibetan Works and Archives is being established in Seattle, Washington.

This new library, which will serve the Tibetan community, members of the Sakya Monastery, and the general public, will become an important resource for the preservation of the Tibetan tradition. It will include collections on Tibetan Buddhism, art, history, language as well as Tibet's unique medical system. As one of the principal repositories for Buddhist and Tibetan texts in the

West, it will provide a rich educational, cultural, and spiritual resource to North America.

The estimated cost of the planned library building is \$62,900. An addition to Sakya Monastery will be made to house this collection and will include a reading area, display space for thangkas and Tibetan artifacts, a tape collection, and an adjacent courtyard meditation garden.

Sakya Monastery welcomes your volunteer help and financial assistance for this project. Please contact: Sakya Monastery Library Project, 108 N.W. 83rd St., Seattle, Washington 98117, 206-789-2573.

NEWS & PROFILES



H.H. Drikung Kyabgon Chetsang Rinpoche

H. H. THE DRIKUNG KYABGON CHETSANG RINPOCHE TOURS U.S. AND CANADA

On December 20th, His Holiness the Drikung Kyabgon Chetsang Rinpoche, the 37th head of the Drikung Kagyu Order of Tibetan Buddhism arrived in Washington, D.C. to begin a five-month tour of the United States and Canada. The Drikung Kagyu School, one of the twelve lineages of the Kagyu Order, was founded in the 12th century by Lord Jigten Sumgon, the Dharma-heir of Phagmo Drubpa (considered by many to be the foremost of Gampopa's successors) and flourished for many centuries in Tibet, China and elsewhere before almost disappearing under the pressure of the Chinese occupation of Tibet. The lineage has been enjoying a renaissance since His Holiness' escape from Tibet in 1975 and has now begun to spread its teachings to the West.

On the 24th of December His Holiness and entourage left for Toronto at the request of the Tibetan community and Canadian Buddhists there. During his stay in Toronto, he gave teachings and empowerments to many people. The main public event in Toronto drew a crowd of 2000 people during which time His Holiness spoke on the famous Drikung Phowa (consciousness transference). This practice involves mixing of breath and consciousness at the instant of death and the projection of the principle of consciousness through the fontanel at the top on the head, with the possibility of attaining enlightenment quickly and surely at the time of death.

Konchog Tenzin Kunsang Trinley Lhundrup, the 37th Drikung Kyabgon, was born on June 4, 1947 in Lhasa to the well-known Tibetan family of Tsarong. In 1950 he was recognized as the incarnation of the previous Drikung Kyabgon. He received his religious vows from H. H. the 14th Dalai Lama at the age of five in the Drikung Monastery, the seat of the Drikung Kagyu order.

In 1959, the Chinese Communists forced him to leave the

monastery and live in Lhasa with one of his former tutors. From 1960 to 1969 he was a student in Chinese schools and then worked in communes in central Tibet. In 1975 His Holiness escaped to India. A large number of his followers gathered at Dharamsala, to celebrate his miraculous escape. That same year, he visited the U.S. where his parents were then living.

Upon his return to India in 1976, he resumed his formal religious training in order to rekindle the embers of the Drikung Kagyu lineage in more than 100 monasteries outside of Tibet, such as Lamayuru Monastery and Phiyang Monastery in Ladakh, India.

In 1979, the 800th anniversary of the founding of the Drikung Kagyu lineage was observed. The Drikung lineage embodies the teachings of all three levels of Buddhism but is especially known for those of the Phowa, Mahamudra, and the Six Yogas of Naropa. *Garland of Mahamudra Practices* has been recently published by Snow Lion. It contains a preface by His Holiness Chetsang Rinpoche and is highly recommended by him as a useful text for the study and practice of the profound five-fold path of Mahamudra.

After celebrating the Tibetan New Year on the 28th of February, 1987 at the Washington Tibetan Meditation Center, His Holiness and entourage left for Tampa, Chicago, Denver, Phoenix, Santa Fe, L.A., Seattle, and San Francisco, and finally around the end of April will leave for Hawaii and the Far East before returning to India.

For more information contact: Tibetan Meditation Center, Drikung Kagyu Lineage, 5603, 16th Street, N.W., Washington, D.C. 20011, 202-829-0005.



THE PASSING OF H. H. DUDJOM RINPOCHE

His Holiness Dudjom Rinpoche died January 17th, in Dordogne, southern France, at the age of 82. H.H. Dudjom Rinpoche was one of the greatest scholars and tantric masters of Tibetan Buddhism. The direct reincarnation of Padmasambhava himself, his life was foretold in the predictions of the great tantric master when he arrived in Tibet in the eighth century. He said that he would be reborn in our time as Dudjom Rinpoche, giving details of date, place and specific signs.

His Holiness was born on June 10th, 1904 in the province of Pemakod in southeastern Tibet. He was recognized as the reincarnation of the great Tibetan master and yogi, Dudjom Lingpa, famous for his discovery of many secret texts which had been hidden many centuries before by Guru Padmasambhava.

Considered the greatest *terton* (discoverer of hidden texts, or *terma*) of our time, His Holiness has also made a thorough and critical study of all four schools of Tibetan Buddhism, realizing the wisdom of all lineages.

His Holiness made many visits to the United States to give teachings, the last in 1984. Although he was not well at that time, he was able to give profound blessings to hundreds of persons.

His Holiness is survived by his

H. H. Dudjom Rinpoche



wife, Sangyum Kusho Rigdzin Wangmo; his sons the Ven. Shenphen Dawa Rinpoche and the Ven. Thinly Norbu Rinpoche; his daughters Chimay and Tsering; and several other children who live in Tibet.

Offerings for the ceremonies can be sent to Jane Tromge, who His Holiness. Please make checks payable to "Chagdud Gonpa—Dudjom Ceremonies" and mail them to Jane at 208 North River Road, Cottage Grove, OR 97424.

DRIKUNG RETREAT CENTER

Sixty-seven secluded acres with a house and barn have been purchased by the Drikung Kagyu Enlightenment Institute of Rochester, NY. This retreat center will be under the guidance of the most Ven. K.C. Ayang Tulku Rinpoche. Rinpoche received teachings and initiations from many great teachers, including H.H. Drikung Kyabgon, H.H. the Dalai Lama, and H.H. the Gyalwa Karmapa.

After completing a retreat, Rinpoche performed an offering puja which was attended by nags bearing offerings and reciting mantras. He took this as a sign that he would teach Phowa in the West. Although Rinpoche lives in South India, the activities at the retreat center, and at the city center in Rochester, are closely guided by him and a resident nun-teacher. For information, call or write: City Center, 407 Alexander St., Rochester, NY 14607.

DEER PARK

Affiliated with Evam Buddhist Monastery and now located on the site of the 1981 Kalachakra initiation offered by H.H. the Dalai Lama in Wisconsin south of Madison, Deer Park had its beginnings in 1976 when a group of students of Geshe Lhundup Sopa gathered and dedicated themselves to studying Buddhism with acknowledged masters of the tradition, integrating it into their own lives and preserving it so that others could benefit from it as well.



Geshe Sopa

Geshe Sopa is the main teacher at Deer Park, Abbot of Evam monastery and a Professor of South Asian Studies at the University of Wisconsin. He was born in 1923 in Tsang province in western Tibet, joined Sera Monastery in Lhasa, and attained highest honors in his Geshe exams. Like the Dalai Lama and so many other Tibetans, he fled to India in 1959. In 1962 Geshe Sopa was asked by the Dalai Lama to accompany three young Tulkus (reincarnate lamas) to America, where they would receive both Western and Buddhist education. In 1967, he was invited by Professor Richard Robinson, founder of the Buddhist Studies Program of the University of Wisconsin, to come to the Madison campus to teach.

In addition to Geshe Sopa, there are three other Tibetan monks affiliated with Evam Monastery and at least one Western monk, the other resident teacher at Deer Park, Geshe Lobsang Donyo, first came to Madison in 1980. He received his monastic training at Sera, where Geshe Sopa was one of his teachers, and he served as Gego of the Gyume Tantric College.

Over the years, a number of respected Tibetan masters have taught and led retreats. They have included Serkhong rinpoche, Zong Rinpoche and Geshe Rabten as well as the current Ganden Tripa (spiritual head of the Gelugpa lineage of Tibetan Buddhism), Lati Rinpoche, Lama Yeshe, Thubten Zopa Rinpoche and Geshe Ngawang Dhargyey, to name but a few.

Regular Sunday morning prayers and classes are held on Tsog days at Deer Park, as well as classes on Tuesday and Thursday evenings. Retreats and pujas are held during the year and, in the summer, Deer Park sponsors a program of classes and retreats. Because of growing interest by students from outside the Madison area, Deer Park is considering weekend classes on a monthly or occasional basis to serve the needs of commuters from Chicago and other surrounding areas.

The Deer Park schedule for the next few months is as follows:

March 28-30: Nyungney Retreat, Geshe Sopa & Geshe Donyo.

April 25: Geshe Sopa, Intro. to Deer Park & Intro to Tibetan Buddhism, Geshe Donyo

April 26: Deer Park Community Annual Meeting & Potluck.

May 23-31: Lam Rim Retreat with teachings by Geshe Donyo.

June 27-July 19: Vajrasattva Retreat, Geshe Donyo

June 27-July 19: Vajrayogini Retreat, Geshe Donyo

August 9-22: Teachings by Geshe Donyo & Lobsang Namgyal.

For more information, please contact Deer Park, P.O. Box 5366, Madison, WI 53705, 608-835-5572, 255-5019.



VAJRAPANI INSTITUTE

Vajrapani Institute was founded in 1977 under the inspiration of Lama Yeshe. They have steadily grown to become one of the most important dharma centers in the U.S. We received the following calendar of events:

June 5-7, 12-14: **Healing Meditation Course**, Ann McNeil.

In this course we will learn how various meditations can affect stress by transforming those blocked energies into wholeness, awareness and joyful well-being energy. We will practice learning how to be healed in order to help others be healed.

Weekend fee: \$75

Ann McNeil, a formerly Buddhist nun for 16 years, spent the last two years as a meditation instructor specializing in healing meditation in Germany, Austria, Greece.

June 15-July 23rd: **Building at Vajrapani Institute**

We will be completing the main Gumpa and building new retreat facilities. Anyone with building skills is welcome.

July 24, 25, 26: **The Wish-Fulfilling Yellow Tara Commentary and Retreat**, Geshe Tsultrim Gyaltzen

Prior Yellow Tara initiation required.

Geshe Gyaltzen, a graduate of Sera College, Lhasa is a contemporary of Geshe Sopa of Madison, WI and is presently spiritual head of Thubten Dargye Ling center in Los Angeles.

Weekend Fee: \$75

August 2-9: **Healing and Self-Healing Using the Body Energy System and Shamanism**, Antonio Costa e Silva.

This course will deal in the art and process of healing body and mind, spiritual healing, exorcism of evil forces, the way of the shaman, meditation/shamanistic ritual (drumming), body energy fields full moon shamanic ritual for cleansing and healing, and healing circles.

Antonio Costa e Silva, a native of Brazil, is a student-practitioner of spiritualism, Tibetan Buddhism, Tantric Yoga, and shamanic techniques. He worked for six years as a healer and counselor in Rio de Janeiro. Currently he is a consultant with the Family Medicine Division of the San Jose Hospital.

Course Fee: \$350 or \$50 a day.

August 16-23: **Lectures by Jeffrey Hopkins**

16th: **The Psychology of Vajrayana**

17 & 18: **Death and the Intermediate State**

19th & 20th: **Reincarnation and the Nature of the Mind**

21st-23rd: **Emptiness**

Jeffrey Hopkins is an Associate Professor at the Dept. of Religious Studies at the Univ. of Virginia and the author of numerous books on Tibetan Buddhism.

Course Fee: \$280

Weekend: \$75

August 28th-30th: **Heruka Vajrasattva Retreat**

Prior Heruka Vajrasattva initiation required. Geshe Tsultrim Gyaltzen.

Retreat Fee: \$75

Sept. 11-23: **Guhyasamaja Initiation, Commentary and Meditational Practice on the Sadhana**, Ganden Tri Rinpoche

H.H. Jampel Shenpen is the 98th Ganden Tri Rinpoche, one of the highest positions within Tibetan Buddhism.

Fee: \$425

For further information please write to: Vajrapani Institute, Box 1, Boulder Creek, CA 95006, 408-338-9540/6654.

THE MAHAYANA SUTRA AND TANTRA CENTERS

The Mahayana Sutra and Tantra Centers of New Jersey and Washington D.C. are directed by Geshe Lobsang Tharchin, who completed over 30 years of study at the Sera Mey Monastery and Gyumey Tantric College of Lhasa. Geshe Tharchin is one of only a few lamas in the world who finished this entire training in Tibet. He was recognized as a first-order Hilarampa Geshe, the highest level of a Tibetan Buddhist master. During the 1959 invasion of Tibet he escaped to India, and spent the next 12 years helping to establish the Tibetan educational system there.

Geshe Tharchin came to the U.S. in 1972 on assignment by the Dalai Lama as a visiting scholar. For the past 15 years he has conducted classes, following a course of study similar to that of traditional Tibetan monasteries. Subject areas include Abhidharma, Madhyamika, Prajna Paramita, Buddhist logic and grammar, Lam Rim, and the *Bodhicarya Avatara*. Qualified students have been taught both the *kyerim* and *dzokrim* levels of tantric studies.

All classes are conducted in English by Geshe Tharchin. Also, under his direction, members of MSTC have translated a number of important Buddhist texts and created the Mahayana Sutra and Tantra Press to publish and distribute them. Members of the group also developed the Tibetan



Geshe Lobsang Tharchin

Text Processing System, a computer program capable of printing high-quality Tibetan characters and including many word-processing features. The program runs on an IBM PC and was recently used by the Press to reprint a rare Tibetan manuscript for the Library of Congress.

Other activities at MSTC include a special retreat each summer, which in previous years has been devoted to teachings and meditations on the Vajrayogini Tantra. A children's group has studied elementary Buddhist logic and debate under a grant from the National Endowment for the Humanities.

For more information, call or write to MSTC:

216 A West Second St.
Howell, NJ 07731
(201) 364-1824

SAKYA CHOKHOR YANGTSE RETREAT CENTER

A permanent home in America for the Sakya Order of Tibetan Buddhism is quietly growing in the forests of Barre, Massachusetts. One hundred and eighty acres bordering the Prince River Reservoir with a main house and several outbuildings was acquired in 1985 at the direction of His Eminence the Ven. Rev. Deshung Tulku by Sakya Shei Drup Ling Center for Buddhist Studies and Meditation in Cambridge, Mass. At the request of His Eminence, His Holiness Sakya Trizin bestowed the name Sakya Chokhor Yangtse, meaning the Pinnacle of the Sakya Dharma Transmission. Furthermore, His Holiness has stated that Sakya Chokhor Yangtse would be the seat of the Sakya Order in the United States.

At present Sakya Chokhor Yangtse is functioning year-round as a small retreat facility, and many students have entered into retreats ranging from one week to one year on meditations such as Avalokitesvara, Tara, Vajrayogini, Mahakala, Hevajra, and the Four Foundation practices. Every three weeks, Lama Pema Wangdak, the representative of H.H. Sakya Trizin to Sakya Chokhor Yangtse, teaches a guided practical course in the Four Foundations of Buddhist meditation.

Plans for further development of Sakya Chokhor Yangtse are being guided by H.H. Sakya Trizin who has asked that the first priority be to expand and improve the currently limited retreat facilities to allow more students the opportunity of performing lengthy retreats. Improved housing and sanitation, the building of a larger shrine, and eventually the establishment of a college of Buddhist Studies, based on the highly successful Sakya College in Rajpur, India, have been placed on the agenda.

With the creation of a Buddhist college, the Sakya Order will be able to continue in America its ancient tradition of rigorous philosophical training that earned it the epithet of the



Manjushri Tradition in Tibet, and with the establishment of a meditation retreat center these profound teachings will be put into practice. This balanced path of study and meditation has been a hallmark of the Sakya Order since its beginning more than 900 years ago, and has lead countless disciples to realization and enlightenment.

The most revered lineage lama of the Sakya Order, Sakya Pandita Kunga Gyaltzen Pal Zampo, embodied this ideal of balance, mastering every doctrine in Tibet and receiving from the Abbot of Vikamalashila University, Shakyasribadra, the title of Pandit, this becoming the only Tibetan to receive that exalted title from an Indian master. Famed as a consummate scholar and faultless practitioner, Sakya Pandita achieved the highest realization, becoming endowed with the 32 signs of an Enlightened One.

The one teaching that lay at the heart of Sakya Pandita's attainment is the Lam Dre (Tib: Lam-'Bras), or "Path and Result".

Many generations have passed on this most precious teaching in a complete and flawless transmission: from India to Tibet, and now to America. In the summer of 1985 Ludhing Rinpoche of Ngor Monastery bestowed the "Path and Result" at Sakya Shei Drup Ling in Cambridge, the first time this profound teaching has

been given in America. H.E. Deshung Rinpoche has said that "the future home of Buddhism will be America".

If you are interested in contributing to this worthy project or wish more information about their activities, please write to: Sakya Center, Porter Square Station, P.O. Box 606, Cambridge, MA 02140.

RI-DRAK MONASTERY

Kalu Rinpoche has asked Lama Lodro to supervise the reconstruction of Ri-Drak Monastery in Eastern Tibet. Ri-Drak Monastery was established at the place where Kalu Rinpoche meditated for 13 years in solitary retreat after an initial three-year retreat. Currently, Ri-Drak houses 60 monks for whom Lama Lodro is responsible. The present monastery is in need of repairs and expansion. Many parents are now starting to bring their children to the monastery for their education.

Kagyü Drogen Kunchab is asking for contributions to help with this endeavor. \$5000 is needed to cover monastery reconstruction. Please contact: Carolina Elliott (Chairman, Monastery Fund), 9 Estado Court, Novato, CA 94947, 415-897-6374.



KTD SPRING COURSES

Karma Triyana Dharmachakra is offering several courses this spring that will be of interest to many dharma students.

April 4-May 3, **Tibetan Language Intensive I & II**.

I. Students will learn the alphabet and how to sound words. At the end of the course, a student should be able to slowly read aloud a Tibetan text.

II. Students with background in reading Tibetan will study excerpts from Gampopa's *Jewel Ornament of Liberation*.

May 8-10, **Women and the Dharma**, Ven. Khenpo Karthar Rinpoche & Gelongma Pema Chodron.

May 10, **Machie Lapdron Empowerment**, Ven. Khenpo Karthar Rinpoche.

May 23, **Tenth Anniversary Benefit Dinner**.

May 23-25, **The First Karmapa**, Ven. Khenpo Karthar Rinpoche. For more information, contact Karma Triyana Dharmachakra, Meads Mt. Rd., Woodstock, NY 12498, 914-679-5906.

THE SOUND OF WISDOM

Within the Tibetan Buddhist tradition, music is regarded as a vehicle of inner transformation, a meditative discipline for cultivating the wisdom and compassion of a Buddha. *Gyuto Tantric College*, founded in 1474 AD in Tibet, has evolved a special chanting technique which enables each monk to produce a low fundamental tone and two or three of its overtones simultaneously. This "deep sound" is believed to convey the blessings of the tantric deities. Although these rituals involve inner practices that are not revealed to the uninitiated, it is still considered to be very beneficial to observe their external aspects.

The ONE WORLD MUSIC Festival of Sacred Chant was a unique and unprecedented event that brought together 11 Tibetan Buddhist monks from Gyuto Tantric College with new music composers Philip Glass, David Hykes, Pauline Oliveros, and Terry Riley. In performances and symposia, the two-day festival focused on the connections between ancient ritual and contemporary music, and the impact of Asian traditional culture on Western consciousness.

The SOUND OF WISDOM, a video of this event, also provides background and analysis by intercutting performances with segments from the symposia and on-camera narration by film and television actor Kabir Bedi. This broadcast-quality program was produced by Robyn Brentano. Funds are urgently needed to complete the final edit. Inquiries may be directed to: Burchfield, 312 E. 83rd St., NY, NY 10028.

NEWS & PROFILES

TRAVELING TO TIBET?

Until recently, few travelers have been permitted access to Tibet. The mystery surrounding Tibet is in part due to its nearly impenetrable isolation which persists to the present day. There are few places where a plane can land; and it is only with the coming of uninvited Chinese that roads have been built to connect it with the outside world.

This year, however, traveling to Tibet is more feasible than ever before. Numerous travel companies offer a variety of tours that will appeal to the rugged individual as well as the average hotel hopper—to the mystic seeker as well as the sight seeker. Or you could go alone unherded and unhurried into this fascinating land.

While it is true that the tourist industry in Tibet has not enjoyed the best reputation, in some areas there has been marked improvement recently both in meals and hotel service. The Lhasa Hotel, now managed with Holiday Inn expertise, is improving daily. Other hotels are appearing in Lhasa that are run by Tibetans rather than by the Chinese. The Chinese generally benefit financially from tourism and when possible it is considerate to buy services and goods that are supplied by Tibetans. The Chinese guides and officials vary greatly in flexibility, and it may be necessary to be a little forceful in order to get what you would naturally expect on your trip. When speaking with the tour companies, ask what sort of flexibility and freedom you will be allowed.

Still, it is important to keep in mind that tourism only had its beginning in Tibet in this very decade of the 80's. Development in general has been a very recent and rushed phenomenon. It is believed that the plumbing in the "new" hotel in Shigatse is so flawed, that it may never actually function as intended. Another hotel may have to be built. It may be some years yet before there is such a thing as a luxury tour of Tibet—not before the dusty roads are turned to asphalt. But then something will also be forever lost. The "adventure" that was once Tibet will be diminished. It is one's own attitude on the trip—how tolerant and adaptable and accepting one can be to all the inefficiencies of an imperfect system—that determines how much one can learn and can enjoy the people, culture, and religion of this most intriguing land of mystics and god-kings.

Tibet is like no other place on earth. It is a special land to be revered and relished. Despite the occasional physical hardship, the spirit and faith of the people make the experience incomparably rewarding.

We have been researching companies offering tours to Tibet and we would like to pass along some information to you about them. Many of the trips have a land cost of \$3-4 thousand for two to three weeks and an additional thousand for each additional week. The peak months to go to Tibet are April through October. In winter the weather is cold and it's hard to maneuver on those mountain paths. It can rain in July and August, but that shouldn't deter one from taking the trip.

We have not personally taken any of these trips. We hope to be of some service to you by providing general information and the names of some leading companies for you to follow up on. We recommend that, if possible, travelers who have experienced the tours before should be contacted. Please mention when you call that you read about them in our newspaper!

Abercrombie & Kent, 800-323-7308, 312-954-2944 (in IL).

Boojum Expeditions, Box 2236, Leucadia, CA 92024, 619-436-3927.

Dharma World Travel, 1488A St. Francis Drive, Santa Fe, NM 87501, 800-552-0070 Ext. 283, 505-988-2211 (in NM).

Dharma World Travel offers to members and the general public customized group educational travel seminars/tours to India, Nepal, and Tibet. Dharma World Travel is a division of Wings Travel Center and Cultural Exchange, providing worldwide individual and group travel services.

Dharma World provides its patrons with a unique program of profit sharing for the benefit of any Buddhist center, community, or affiliate organization of the patrons' choice.

Contact Jean McDonnell to find out more about their excellent tours and programs.

Distant Horizons, 94 St. Botolph Street, Suite 5, Boston, MA 02116, 800-654-0181, 800-222-4054 (in MA).

Distant Horizons specializes in organizing educational trips to Tibet, India, and Southeast Asia. Their trips are accompanied by an academic with a special interest in the countries being visited. Group size is usually limited to 15 travelers, and the emphasis of the trip is very much on learning to understand and appreciate the culture and art of the area.

Amongst trips being offered this year is a trip to Tibet led by Dr. Janet Gyatso, director of the Institute for the Advanced Study of World Religions. June 29-July 19, \$4,160. This 21-day trip enters Tibet from China, visits Tsedang, Lhasa, Shigatse, Nilamu, Zhangmu, and leaves along the recently opened Tibet-Nepal route to Kathmandu.

Dr. Gyatso will conduct informal lectures and lead numerous discussion periods around the theme of the complex and rich culture, history and religion of Tibet. Great emphasis will be placed on learning to appreciate the Tibetan world view through understanding and experiencing Tibetan life, and through conversations with Tibetan people.

Lindblad Travel, Inc., 1 Sylvan Road North, P.O. Box 912, Westport, CT 06881, 800-243-5657, 203-226-8531 (in CT).

Mountain Travel, 1398 Solano Ave., Albany, CA 94706, 800-227-2384, 415-527-8100 (in CA).

Mountain Travel's latest catalog offers nine exciting adventure trips to Tibet—overland journeys, cultural expeditions, and trekking:

- *Tibet to Nepal Overland
- *Tibet: Roof of the World
- *Temples & Monasteries of Lhasa & Central Tibet—of the tours we've seen, this one visits the most monasteries.
- *Tibet: Mt. Everest & Mt. Shishapangma Tour
- *Mt. Kailas: Holy Mountain of Tibet
- *Tibet: The Namche Barwa Trek
- *Tibet: The Kula Kangri Trek

They also specialize in arrangements for independent parties: most of their group departures can be modified to fit your specific travel needs.

Overseas Adventure Travel, 6 Bigelow Street, Cambridge, MA 02139, 800-221-0814, 617-876-0533 (in MA).

They offer a number of treks in the Himalayan region which look very interesting. "Tibet to Everest" begins in Delhi and goes overland to Kathmandu into Tibet to visit Shigatse, Lhasa where you will see the Jokhang Temple, Potala, Sera, Drepung, Norbu Lingka, etc., and on to Gyantse and Mt. Everest. This trip is less expensive than many of the others.

Power Places Tours, 28802 Alta Laguna Blvd., Laguna Beach, CA 92651, 714-497-5138

They offer two trips to Tibet. Power Places Tours offers a unique travel experience—they don't just see a place, they try to provide a program that allows you to experience in a more personal way the special atmosphere of the locations they visit. Gary Wintz is the tour guide for these trips.

Travocoa, 4000 MacArthur Boulevard, Suite 650E, Newport Beach, CA 92660, 800-992-2003, 312-951-2900.

Wilderness Travel, 1760 Solano Avenue, Berkeley, CA 94707, 800-247-6700, 415-524-5111 (in CA).

Wilderness Travel offers three trips to Tibet—Kathmandu/Lhasa Overland, Everest from Tibet and Mt. Kailas Expedition. They are reasonably priced overland and trekking trips. Check them out.

TRAVEL IN TIBET

SPECIAL ADVICE FOR A SPECIAL LAND

By Gary Wintz

Tibet is a unique and incomparable travel adventure. But its remoteness, undeveloped infrastructure, and high altitude conditions require a traveler to make adequate preparations.

Altitude Sickness/Mountain Sickness

Precautions related to the high atmospheric conditions and the extremely strong sunlight will be discussed here.

Tibet is the highest land in the world. While population centers are found mostly at lower altitudes (Lhasa is at 12,000' and Shigatse is at just under 13,000'), the average elevation of the Great Tibetan Plateau is 15,000'. Tours that go from Lhasa to Shigatse will cross passes over 16,500' and/or 17,500'.

Though it is common for most visitors in their first days of arrival in Tibet to experience some of the lighter symptoms of altitude sickness such as headache, occasional light nausea, and sleeplessness, these symptoms usually go away as the body acclimates.

Some people are hit harder by altitude sickness. It has nothing to do with age or physical fitness. Marathon runners have been victims—because they thought they could go running the first day! Older people actually handle it better than children, perhaps because they know better how to pace themselves. Scientists don't really know why some people are more affected by altitude than others.

Other common symptoms include the following: dizziness,

fatigue, shortness of breath, loss of appetite, vomiting, malaise, drowsiness, frequent yawning. Even anxiety attacks, hyperventilation, and Cheyne-Stokes breathing may occur.

So, on one hand, there is not much you can do ahead to know how well your body will handle the altitude. On the other hand, there are preparations and practices you can do that definitely will help you to adjust.

1. **Conditioning.** While one's state of physical condition does not directly affect the body's reaction to altitude, indirectly it can make a big difference in how easily one adjusts. Like on any tour, you'll be doing lots of walking and climbing stairs. (The Shigatse hotel, for example has no elevator.) Wise preparatory exercise for this tour, therefore, would include lots of walking and stairs climbing. Jogging, for those so inclined, is also good physical conditioning for such a trip.

2. **Arrive in Tibet well rested.** Due to last minute preparations, travelers often unwittingly find themselves starting out their tour exhausted. You don't need exhaustion your first day in Tibet! For those who fly up to Tibet from Chengdu: those flights leave very early in the morning. A very early dinner the night before—say 5:00 or 5:30 pm—coupled with an 8 pm bedtime help assure a well-needed rest before embarking to Tibet.

3. **Take it easy** the first day in Tibet. This is perhaps the most important piece of advice. Travelers whose lifetime dream has always been to visit Tibet, are often overcome with excitement their first day in Tibet. One needs to consciously take it easy their first day in Tibet. One needs to consciously take it easy that first day. Even if you are feeling just fine for hours after arrival, the best investment you can make for the whole rest of your stay is to not run around that first day. If you wake up the next day without a headache, you are faring better than most. If but given a chance, your body will acclimate naturally second by second, hour by hour. By the time you leave Tibet, you'll be amazed what you are able to do that you could not do the first days.

4. **Relax** if you wake up at night feeling shortness of breath. That's normal. So is sleeplessness. If you find it hard to go back to sleep, sit up for a while, with your back straight to make it easier for extending lung capacity, and concentrate on your breathing and posture. Breathe deeply. Remember, the reason why your body is going through all these changes is because there is less oxygen at high altitude. Helping your body take in more oxygen is the name of the game. For this reason, light activity rather than total horizontal rest is the optimal practice because with activity comes increased respiration. That is why, even though you may suffer from some sleeplessness, you should avoid all sleeping pills and sedatives and any other medication that reduces respiration.

5. For obvious reasons, those who smoke should avoid smoking or at least reduce their smoking as much as possible, especially the first days.

6. The same applies for alcoholic consumers, as alcohol adversely affects bodily acclimatization.

7. **Consuming heavy meals should be avoided**, since extra oxygen is diverted for digestion. Light carbohydrate meals are best. Snack-

ing is good. Sweets are fine, but chocolate should be avoided towards evening because of its caffeine content, thus aggravating sleeplessness.

8. **Drink LOTS of fluids** (Because the amount of one's breathing increases at higher altitudes in order to take in more oxygen, more moisture than usual is lost from the body).

9. **Aspirin** without caffeine is OK to use for headaches & sleep. There are certain medicines, which though not designed for altitude sickness, do seem to help some persons alleviate the symptoms. Diamox and decadron are two such drugs. These are prescription medications. Most tourists who go to Tibet do not depend on these pharmacologic aids and acclimatize naturally in due time.

10. The tourist hotels in Lhasa provide oxygen tanks for those who wish to use them. Most people don't need to use them, but if you do, remember that to obtain full benefit, the oxygen should be used continuously for a minimum of 15 minutes.

11. **Sunlight.** Due to the high, thin atmosphere, the sun's ultraviolet radiation is extremely strong and all care should be taken to avoid sunburn, even a few minutes of exposure makes a difference.

Sun hats, long sleeves, dark sun glasses, number 15 Sun Screen/Sun Block and number 15 sunscreen lip "Chapstick" are all highly recommended. Put on your sunscreen and sun hat before landing at the airport in Tibet.

Things to Know Before You Go:

Practical Hints

1. **Gifts.** Tibetan people are disarmingly warm, very casual, and have a wonderful sense of humor and playful spirit. Their natural acceptance of you as a fellow human being is instinctive. They also love to trade and bargain. It is a nice idea to bring some little gifts to give to new friends you are likely to make on your travels. Candy bars, post cards, chewing gum, T-shirts, pens, cassette music tapes, etc. There is no greater gift you could give to 99% of the Tibetans than a picture of the Dalai Lama, especially a color photo. (We have had numerous people take our cards to Tibet and tell us afterwards how much they were appreciated. One traveler told us that he thought a Tibetan was begging for money and, after he gave some, received a disappointed expression—with some effort the Tibetan made it clear that what she wanted was a picture of the Dalai Lama—editors)

Tibetans also go crazy over polaroid instant photos. This makes a nice little gift of appreciation for the local guide or driver or waitress, as well as an inexpressible delight to a nomad, or pilgrim, whom you may befriend along the way. Don't give candy to kids. It encourages begging.

2. **Photography.** Tibet is super photogenic—to put it mildly. Don't count on being able to buy the exact kind of film you may want. Bring lots of film and extra batteries. Remember the sunlight is very strong. A polarizing filter is advisable. Interiors of temples are very dark. It is best not to let your film get X-rayed, especially in Hong Kong.

3. **Flashlight.** Bring one for possible power outages at night and for viewing temple murals in darkened halls.

4. **Inflatable seat/back cushion.** Good for long bus rides.

5. **Locks.** If your suitcase does

not have built in locks, be sure to have an exterior lock. sometimes the transportation services in China will demand it or they can refuse to check your bag.

6. *Tibet's climate* is "extreme continental". This means that it is common for there to be extremes in temperature between day and night any time of year. For example, during a summer day at sunrise it could be quite cold—maybe just a few degrees above freezing. By early afternoon it could be very hot in the strong direct sunlight. But the temperature could drop sharply just while the sun goes behind a cloud for a while! At sunset, temperatures will begin dropping sharply, with cold, brisk nights.

In winter, the days can get quite warm but the nights are extremely cold.

Even in summer, at the mountain passes, there can easily be snow. Cold winds are also not uncommon on the passes at any time.

Tibet's rainy season corresponds to the monsoon season in the Trans-Himalaya, but it is much lighter in accumulative rainfall. From June till September passing showers (mostly at night) are frequent, but usually of short duration. Rainbows and snow on the higher peaks surrounding the Lhasa Valley are common. So be prepared for all extremes of weather at any time of year. Other warm clothes, such as good, warm wool socks, long underwear, warm pajamas, etc., are essential to contributing to a comfortable visit. A sweater and light fold-up-in-your-pocket-type of windbreaker is also good to have as an alternate to the warm jacket. And, of course, some summer clothing for those hot day time temperatures is also good to have. Footwear should be durable, supportive, and comfortable.

Dress up clothing is not at all essential wear in Tibet—jeans are the comfortable way to go on the Roof.

A good day pack is always helpful to have along with you during your daily trips. While visiting a temple, for example, it may be very hot up on the roof, but inside it may feel like a refrigerator, in which case you will want to have your jacket handy. Other daily needs such as a little snack food, canteen, toilet paper (ALWAYS carry toilet paper), sunscreen, hat, etc. can be carried this way. Also, if suitcases are delayed, the contents of your day pack may have to sustain you in the meantime.

7. *Food.* If you are on a tour to Tibet, all your meals there will be provided by the tourism corporation. The quality of the meals can vary greatly, however, and some hotels, such as in Shigatse, are infamous for unattractive food. The picnic "box lunches" on day excursions can also be sub-standard. It also is not uncommon for tourists, whose appetites are diminished by a touch of altitude sickness, or who prefer to rest in their rooms, to forego an occasional meal. So take some food—granola or museli, trail mix, a can of tuna, peanut butter, candy bars—any high energy snack food is good.



TIBETAN PHRASEBOOK

TIBETAN PHRASEBOOK, by Andrew Bloomfield & Yanqui Tshering. 70 pp. approx., Book & Tape—\$14.95 approx., June.

To satisfy the growing demand for a usable phrasebook, the *Tibetan Phrasebook* and accompanying tape have been published to make immediate communication with Tibetans possible. It will be very useful to travellers on their way to Tibet, Nepal, and India, as well as to persons desiring to speak with Tibetans in the West.

Dialogues center around a variety of common situations the visitor is likely to encounter, including a visit to a monastery, going to a Tibetan doctor, finding a room, and bargaining for a bus seat. Not only are necessary phrases introduced in these dialogues, but specific information about nuances of Tibetan custom and etiquette are explained as well. Among others, lists of goods one may see at the bazaar, dates of monastic ceremonies, festivals, religious items and their significance, are contained in the back of the book.

Though a simple form of romanization ensures that one be understood, a tape complements the book so that one can actually hear how the words and phrases are spoken by a native. With the popularity of portable headphone tape-players, one can listen to the tape when driving, washing the dishes—whenever. Beeps at each section allow one to fast-forward to a desired location on the tape, say, for instance, if one is approaching a monastery and wants to hear the "Visiting a Monastery" dialogue. This allows one to speak the phrase immediately after listening to it on tape, or even along with the taped version.

JOURNEY INTO FORBIDDEN TIBET

Gary Wintz and Molly McGinn have had the unusually good fortune to have traveled to Tibet before most westerners. In 1981, they accepted teaching positions at Chengdu University of Science and Technology in Sichuan Province, China. Following a year of teaching in July 1982, they traveled to Lhasa and received an invitation to teach there and live on campus. They thus became the first westerners to reside in Tibet since Harter and Aufschneider fled in 1950. Later, they also traveled freely and unaccompanied through vast areas of central Tibet. They visited regions where no journalists or tourists had ever been.

Since 1985, they have been returning regularly to Tibet where they are involved as consultants in a number of education and development projects. They lead tours to Tibet and have lectured at many universities and organizations both in the U.S. and abroad. "Journey into Forbidden Tibet" is a series of lectures they give on Tibetan culture, religion, politics and geography. You may contact them at: 1341 Ocean Avenue, Suite 232, Santa Monica, CA 90401, 213-822-7908.

INTERVIEW WITH H.H. THE DALAI LAMA

By GLENN H. MULLIN

In late June I did a two hour interview, mostly centering on political issues related to the Tibet-China question with His Holiness the Dalai Lama. During our discussions His Holiness dealt in both depth and detail with the various subjects that were broached.

Anyone who has ever spoken with His Holiness will be familiar with the deliberation he gives to any question asked of him. An American journalist once commented that what most amazed him about the Dalai Lama was not so much what was said, but the manner of the saying. Questions that he is repeatedly asked are never twice answered in the same way. Each question is thought out anew, as though it were being asked for the first time. Nothing passes on formula alone.

This is the special charm and magic of the Dalai Lama, and is one of the principal reasons that the western press have fallen in love with him. He has a special ability to remain aloof from preconception, always looking at a topic with fresh eyes and thus always seeing in it a new relevance.

Waiting in His Holiness' reception room is a treat in itself. My meeting had been scheduled as his last audience of the day. This a wonderful slot to be in. Firstly one gets to sit in the waiting room as the other visitors of the day come and go, and to chat with them concerning their reasons for requesting their audience and later their experiences. This is punctuated by the occasional bubbling sounds of laughter as the merriment of His Holiness leaps from the audience room to the reception area.

Finally, when everyone else has passed through and it is one's own turn to enter, being last becomes unequivocally best. There is no time limit, for there is nobody else waiting in line. One knows that one is there until His Holiness wants to call an end to the audience and retire to his residence.

I had applied for a thirty minute interview, the audience went on for more than two hours. Between answering my questions, His Holiness conducted an interview of his own. What is the present atmosphere in the western Dharma centers? Are there any sectarian conflicts? How is the Christian community reacting to the West's newfound interest in Buddhism? And how about the academic community—what is happening where are who is doing what? Which Tibetan texts are being translated and studied? What is the present public sentiment toward the Tibet-China issue, and what type of propaganda efforts are being made by the Chinese? How about my own Dharma practice—is it going well, am I meditating consistently, are there no problems? And my American publishers, Snow Lion Publications, are they doing well and working hard? These questions and many more darted out in rapid succession as His Holiness picked my brain for impressions of the outside world as gathered by a small time translator-cum-lecturer and writer.

Later I repeated my long-standing theme that in my opinion the Tibetans should give up their non-violent stand as regards



China, and instead take the path of stealthy, violent, cunning, subversive resistance. His Holiness argued that in general he remains philosophically adverse to violence as a means to an end adding that he agrees with the Mahayana proposition that violence and radical action are perhaps condonable under certain circumstances when done on the basis of a positive, altruistic motivation. Here he commented that many of his western friends have recently begun to advise him to encourage his people to engage in violent resistance; nonetheless, he was not yet convinced that militancy would contribute to the precarious Tibetan situation.

This was the general tone of the conversation that was woven in and around the basic talk, and I will not go into it in greater detail here.

To be executed tastefully, an interview with His Holiness requires a degree of sensitivity and intuition. He is not a man who speaks and then thinks; quite to the contrary, he considers in depth before speaking, and will often pause at length in the middle of an answer in order to re-evaluate his thoughts and to further reflect upon an idea he is working through. Several times I jumped the gate and interrupted his thoughts, mistaking a contemplative pause for the conclusion of an answer. Fortunately His Holiness is not shy, and simply brushed aside my interruption to carry on his line of contemplation before going on to the next issue at hand.

Q. In recent years, at the invitation of Beijing, your Government-in-Exile has sent a number of fact-finding delegations to China and Tibet. Do you feel that any progress has been made through these exchanges?

A. In some aspects there has been progress. For example, our sense of communication and acquaintance has improved, as has our knowledge of the situation. We have also succeeded in increasing the Chinese awareness of the problems that they have created by invading Tibet.

On the other hand, concrete progress in our dialogue has proved to be elusive. The Tibet-China situation remains as before. There has been no significant break-through in this respect.

Q. On its return, the last delegation made a statement to the effect that you hoped China and Tibet could cooperate in order to establish mutual benefit. Does this mean that your government is taking a softer line on the independence issue?

A. Up to now our dialogue has aimed at creating a closer feeling, a more positive atmosphere with Beijing. Human contact, free of

the influence of dogma, is instrumental in establishing human understanding. This is something I firmly believe in...

The Tibet issue is not an easy one. It involves historical and legal considerations, the sentiments of the people of Tibet today, the geography of Central Asia, and so forth.

Moreover, the status of Tibet does not affect Tibetans and Chinese alone. It is important to India, Pakistan, Afghanistan, and the Soviet Union, as well as a number of other Central Asian countries. So the Tibet question is not a simple issue, and cannot be glossed over. It will not be easily or quickly resolved. We have understood this clearly from the beginning. Until a satisfactory solution is found, it will continue to haunt the Chinese government.

Frankly speaking, the main problem for us is that there is not much respect for truth on the Chinese side. For many years now they have simply respected the power of the gun, the power of violence and intimidation. But we hope that by making friends with them and increasing their understanding—by demonstrating to them what is really going on in the Tibetan mind, what are the relevant political and cultural realities—their attitude will improve. Also, we hope that they will realistically consider the dangers to the future of allowing their colonial attitudes to continue unchecked. By invading and taking over Tibet they have opened up a large land border touching on several countries with whom they traditionally do not have friends. This has created numerous security problems for everyone concerned, problems that cost China millions of dollars. Tibet for many centuries has served as a buffer zone. We feel that it is in everyone's interest, not least of all China's, for it to regain this status.

Also, from the Chinese side there is the factor of their own disappointment with the results they have achieved in Tibet, and their concern with our work outside. They have expressed this to us quite strongly. In the present age, when most countries are decolonizing, China persists in her policy of the colonization of Tibet. We want to lobby against this in the international arena and embarrass them for it.

Q. How determined are the people inside Tibet with respect to these issues? Are they still strongly concerned with Tibetan independence?

A. So far they are very determined, especially the younger generation.

In this respect the youth is very solid. On the other hand, many of them seem to have psychological problems resulting from the Chinese oppression, and alcoholism has become widespread. This is something very sad.

Q. These days China is widely publicizing her recent policy of liberalization in Tibet, permitting freedom of religion and also the opening of Tibet to foreigners. How do you interpret these changes? Are they sincere?

A. I think that there is no doubt that the main purpose in opening Tibet to foreign tourists is economic, and that the bulk of these benefits go to the Chinese.

But on the other hand there are side benefits for the Tibetans, mostly of a political nature. The

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opening of Tibet to foreign travel does help to increase outside awareness of the situation there. Everyone can now see the nature of Chinese colonial rule in Tibet. Particularly, if travellers equip themselves with a basic knowledge of either Tibetan or Chinese and are allowed to speak to the people without the inhibiting presence of a Chinese official, they can easily know the true Tibetan situation.

Regarding the Chinese policy of liberalization of religious expression, this is being done only on a superficial level. They have permitted the Tibetans to open a few monasteries and temples, but only as showcases for tourists. A handful of new Tibetan youths are permitted to enter these monasteries, but even then the study period allowed to them is far too inadequate to allow for real learning. On the teaching side, few qualified teachers are left; and those that exist are not permitted to teach effectively.

The problem is that the Chinese regard religion solely as a set of blind beliefs. In official Chinese policy anyone is free to believe, or not to believe, in religion but great restrictions are placed on teaching. Until recently, the 'propagation' of religion was a serious crime. They make no distinction between teaching and propagation. This makes a problem for Buddhism, which relies heavily upon study and learning for the transmission of spiritual knowledge. In old Tibet a lama would be expected to study and train for twenty or thirty years in order to become qualified. Chinese liberalization does not permit this level of training. They are more concerned with having a few monks in the monasteries to show off to tourists than they are in continuing the inner spiritual tradition. Their policy has two faces: one that claims religious freedom, the other that places restrictions.

But at the current moment the most serious problem is not their attitude toward religion or culture. Rather, what is of major concern to us today is their policy of moving hundreds of thousands of Chinese immigrants into Tibet.

Especially, in those areas outside the so-called Tibet Autonomous Region (i.e., Central Tibet), such as my own birthplace in Amdo, northeast Tibet, the number of imported Chinese is particularly alarming. Here much of the fertile land has been taken over by Chinese immigrants, while the native Tibetans are being pushed back into remote, desolate places. Even three years ago an official Chinese paper stated that in this district the Tibetan population was only seven hundred thousand, whereas the number of Chinese immigrants stood at two and a half million. As a result, the Tibetans there have become a minority in their own land.

The situation is not quite as bad in what Beijing calls the Tibet Autonomous Region. But even here, in the bigger towns such as Lhasa and Shigatse, the Chinese government has sent in large numbers of immigrants, and these now outnumber the native Tibetans there. These cities now have an 'old section' populated mainly by Tibetans, and a much larger and more affluent 'new section' populated almost exclusively by imported Chinese. To entice this immigration, Beijing offers economic incentives to Chinese willing to participate in their programme.

If this policy is allowed to continue, soon Tibet will no longer

be a Tibetan area. It will be another land populated by Chinese and dominated by Chinese culture. This is something I really want to express concern about, and to bring to the attention of the outside world. This kind of colonialism is obsolete and uncivilized, and decent people everywhere should speak out against it.

Tibet, as a people, has a very unique cultural heritage, and as a land it has great natural beauty. If it becomes a Chinese populated area, both of these factors will be harmed. Already the Chinese have cut down and carried away most of our forests and have destroyed much of our wildlife.

The preservation of the Tibetan cultural heritage is not just a Tibetan responsibility. Tibetan culture is one of the world's most ancient traditions, and as such it belongs to all of mankind. Moreover, it has many facets which are both beautiful and useful. Therefore it is something worth preserving. In that sense all members of the human community have some responsibility to see that it is preserved. If it is destroyed, the loss is not only to Central Asia. It will be a loss to the reservoir of world culture, and thus will be shared by all...

Q. A major problem in Tibet during the rule of Mao and the 'Gang of Four' was the repression of Tibetan Culture in the field of education. Children were forcibly taken to China for indoctrination, and in Tibet itself the few schools that existed provided education only in Chinese subjects. Has Chinese policy improved in this regard?

A. Officially yes, but in actual practice there has not been much improvement. In primary schools the children are officially supposed to work only in Tibetan, and Chinese is not supposed to be introduced until later. But in fact from the beginning all the emphasis is on Chinese. Tibetans emerging from the Chinese-run schools in Tibet generally cannot read or write their own language, and are discouraged from speaking it to any officials.

Here there are two factors at work. On the one hand there is the Chinese colonial attitude as described above. But on the other, there is the problem that we ourselves share in India: namely, the Tibetan language remains to be developed in such a way as to have a vocabulary for modern western subjects. Unless the Tibetan language becomes adequate in this way, it faces a problem of survival. At the moment it is not sufficiently developed in this direction. We don't have words for many of the concepts of modern science, and thus it becomes impossible for our people to receive a scientific or technical training in our own language. This is not particularly surprising and is not something that we need to feel ashamed of; our culture developed independently without intimate contact with the west, and therefore our language reflects this. This same situation exists in reverse for the west; there are many concepts in the Tibetan philosophical and spiritual sciences for which there are no precise equivalents in English. English simply has not developed sufficiently in these directions to incorporate these concepts. The words don't yet exist in English. We have the same problem when trying to translate certain western branches of learning into Tibetan. Our complaint concerning Chinese rule

in Tibet is that they are making no attempts to work this through the Tibetan language.

But on top of this natural danger to the Tibetan language and culture there is the danger posed by the Chinese colonial attitudes.

The Chinese position is understandable enough. Obviously, the more individual the Tibetan identity remains the more dissatisfied they will be with Chinese colonialism and the more dangers of the Tibetan independence movement continuing. This is natural. As with Poland, the separate culture and language make for a strong sense of nationalism. These things go together. This puts any colonial power in a difficult situation. It has to culturally destroy and integrate the conquered land, or suffer the dangers of a separatist movement.

Our own position is that this is unfair to the Tibetans, and in the long run is impractical to China. We have the right to cultural survival; and China is better off with a peaceful Tibet that can serve as a buffer on her western border.

Q. For the past few years China has permitted some Tibetans from Tibet to visit India, and refugees in India, and refugees in India to visit Tibet. What sort of restrictions are placed on them?

A. Those coming from Tibet generally have heavy restrictions. They are intensely screened, and if they don't return by the stipulated time their families are persecuted. It is almost like some family members are kept as hostages. Also, there is restriction according to area. For example, very few from Amdo, the province of my birth, are given permission to travel.

As for Tibetan refugees visiting Tibet, in order to do this they have to sign a document with the Chinese embassy classifying them as 'Chinese overseas nationals'. This is not only the case with the refugees here in India; even the Tibetans who were taken to Canada and Switzerland under official government programs and who now hold passports of those countries must sign these documents.

Also, if visitors carry any religious articles, these are often confiscated.

In particular, there is a great restriction placed upon my picture. At the Tibet-Nepal border, many copies of my photograph have been confiscated and destroyed. It's a bit of a contradiction. On the one hand the Chinese publicly are very eagerly inviting the Dalai Lama to return to Tibet. But at the same time, the Dalai Lama's picture is very much restricted.

Q. Many of these visiting Tibetans seem to be smuggling out their children and leaving them with you here in India. Why are they doing this, and has the refugee situation here developed sufficiently that you can provide for these children adequately?

A. Mainly the parents are concerned about education. The Tibetans in Tibet are generally dissatisfied with the level of education provided by the Chinese and they think that our refugee schools here in India are better. They are also concerned with spiritual issues. The atmosphere here is much better spiritually than in Tibet.

In addition, there are economic considerations. Under the Chinese occupation, Tibet has experienced poverty and deprivation surpassing anything in our recorded history. Tens of thousands of

Tibetans have starved to death since the Chinese invasion. The parents feel that their children are safer as refugees in India than they are under the unstable Chinese government.

Q. Beijing recently sent the Panchen Lama to attend a religious conference in Australia. In the early sixties the Panchen was a staunch nationalist; but fifteen years in a Chinese prison seems to have brought him closer to the Chinese line.

A. Deep down every Tibetan regards the Panchen Lama as a great hero and Tibetan nationalist. But officially he is a propaganda figurehead under the Chinese administration. So in this respect he has no freedom to express his own feelings.

Q. But when he is in a western country, such as Australia, surely he can say whatever he wishes.

A. Whether he is in China or abroad does not make much difference for him, as long as he is in the Chinese hand. Were he to defect, he would then be able to speak freely; but as long as he knows that he must return to China and continue to try and work with Beijing, he is forced to follow the Chinese guidelines.

His present situation is similar to my own of the mid-fifties. We had been invaded and defeated by the Chinese army, and had been forced into an uncomfortable treaty. Therefore, in order to prevent a blood bath and the unnecessary slaughter of my people, I had to attempt to cooperate with Beijing. Then in 1956 I was permitted to visit India to participate in a religious conference, and thus during that period I was free for a short time. Theoretically I could have voiced my personal feelings on the Tibet-China crisis, but in fact to do so would have ruined my attempts at diplomacy and the working out of a peaceful solution. Therefore I had to follow the guidelines that were laid out by the Chinese, because I had to consider that I was soon going to return to Tibet and continue to try to work with them. For me to have done otherwise would mean undermining my efforts back at home. This is the situation the Panchen finds himself in at the present moment.

Q. There was some talk that you would personally visit Beijing and Tibet in 1985. The dialogue to bring this together seems to have fallen through. Are you still pressing them to permit you to visit Tibet?

A. For some time China had been coming out with public statements to the international press, to the effect that they would like me to return to Tibet. Therefore in 1983 I replied that I would like to make a short visit in 1985. But then later on in '83 they publicly arrested and executed a large number of Tibetans on the pretext of 'removing criminal elements'. Many Tibetans simply disappeared, and have not been heard of since. These Tibetans were only criminals in the sense that they have engaged in political dissent over the years. So in the middle of our dialogue with Beijing their policies inside Tibet took this negative twist.

Also, although the Chinese had been telling the media that they wanted me to return, as soon as I expressed interest in a visit they began a propaganda campaign against me and came out with their 'five points concerning the Dalai Lama'. This was something very strange; they claimed to want to open a dialogue, but as soon as we accept they turn

around and come out with these sort of tactics. It made us doubt their sincerity.

Therefore last year we cancelled all plans of a visit. Their invitation obviously had been solely a propaganda stunt. They were not interested in real dialogue. And there were signs that they would only use my visit as a means to legitimize their claims on Tibet.

In addition, the Tibetan people feared for my safety. I received many written and verbal messages from the resistance leaders inside Tibet asking me not to trust the Chinese to the extent of placing myself in their hands.

This brought an end to the present plans for a visit, and unless the atmosphere of the Chinese leaders changes considerably I doubt that our talks will move in this direction again in the near future.

Q. It was rumoured that after your European tour of this spring you would visit Moscow and Russian Mongolia. In the end the visit didn't materialize. But you have previously made several trips to Russia. In fact, much of the eastern segment of the Soviet Union follows the Tibetan brand of Buddhism. What are your impressions of Russian policy toward the Buddhist minority groups?

A. The invitation for me to visit the Soviet Union came last December, when I was teaching in Bodh Gaya here in India. The request was that I tour Mongolia and the Buriat Republic of the Soviet Union, with a brief stop-over in Moscow on the way. But the invitation came a bit late and final arrangements couldn't be made in time. The tour was therefore postponed for a while. There were no political reasons behind the postponement.

The relationship between the Mongolian regions and the Dalai Lama office is something very unique. In fact, the name 'Dalai' is a Mongolian word dating from the visit of the Third Dalai Lama to Mongolia in 1578, when he converted the Tumed Mongols to Buddhism. Since then we have been very close. In 1979, on my first visit to Ulan Bator, the encounter was very touching. Many thousands of the Mongolian people came to greet me, and when our eyes met I saw that many of them were weeping. Their expressions were very moving. Even sixty years after the Communist revolution their faith has remained very strong.

When we Tibetans say Mongolia we do not just mean the area of the present-day state, but all the lands of the Eastern Soviet Union and Northwestern China populated by Mongolian peoples. This includes both Inner and Outer Mongolia, the Kalmuk region, the Buriat Republic, and so forth.

Concerning the Russian attitude toward Buddhism, this has definitely improved over the last twenty years. There is much greater freedom now than, say, in the sixties. The number of monks has been allowed to increase, as has the study periods allowed to them.

I discovered a number of interesting historical facts on my visit there. For example, I was told that the monastery of Ulan Ude was built by Stalin in 1945. On the one hand he very much destroyed Buddhism in the Mongolian regions, but on the other hand he built this monastery. This seems to indicate some genuine respect for Buddhism on his part. During World War II

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the Kalmyks had sided with Germany in the hope of ridding themselves of Soviet domination; but the tactic backfired, and Stalin heavily punished the Kalmyks to the extent that entire communities were destroyed or transported away. Yet, at the same time, he had this monastery constructed.

Q. During the time of the previous Dalai Lama, Tibet and Russia were close friends. It is even said that in 1901 your predecessor did a magical rite in order to help the heirless Czar conceive a son. Is the present Russian interest in the Dalai Lama essentially spiritual, or is it more in the Dalai Lama as a leader of the peoples of Central Asia?

A. I think there is no doubt that it is mainly political. Tibet is geographically important to the Soviets. It is also important to Afghanistan and India, who lie within the Soviet sphere of interest...

Q. During the life of your predecessor a huge library of Tibetan books was established at St. Petersburg (present-day Leningrad). Although one of the largest Tibetan collections in the world, access to this literature has been very restricted. With the intense destruction of Tibetan literature inside Tibet by the Chinese, this collection may prove to be vital. Have you had any contact with Russian authorities concerning it?

A. We are trying to explore this reservoir of materials. Unfortunately it is largely uncatalogued as of yet. We have asked Tibet House, our cultural institute in New Delhi, to open a dialogue with the Russian authorities. We are especially interested in its rare materials.

Q. A Tibetan friend once told me that in 1960, at a gathering of lamas, you had said that, because of the West's reliance on the scientific attitude and the theory of relativity, it was now becoming ripe for Buddhism. At that time Buddhism was almost non-existent outside of Asia. Now, only 26 years later, every major western city has many Buddhist centers. Toronto alone has more than thirty. Why do you feel that the proliferation of scientific ideas is relevant to the spread of Buddhism in the West?

A. Buddhism is very sophisticated philosophically, and strongly stresses rationality. In this sense it is very modern in its sensitivity and outlook.

There is something it can contribute to the modern world. It has much to say on the nature of matter, and on the brain, mind and nervous system. There is a basis here for cooperation and dialogue with western sciences such as neurology, psychology, cosmology, and so forth. Buddhists and scientists can work together in these fields.

Every religion has its own character and atmosphere. I truly respect Christianity and the contribution it has made and continues to make to world civilization. But no one religion is appropriate for all types of people. Just as Buddhism is not best for everyone, Christianity is not appropriate to all types of dispositions. In a restaurant a variety of food on the menu will satisfy the variety of tastes.

Especially, for those types of people who want to follow a path of sceptical inquiry and reason, rather than a path of faith, Buddhism may prove useful. Buddha himself said, "Do not

believe anything merely because I said it. Be like an analyst buying gold, cutting and burning the substance to test it in every way. Accept it only when it meets the full criteria of reason, and when it proves to be of benefit to you."

This kind of attitude is compatible with the modern scientific outlook.

Q. There are a number of prophecies concerning the spread of Buddhism to the West. Do you feel that these can be linked to the present time?

A. That is difficult to say. There is a prophecy that mentions the growth of Buddhism in 'the land of the red-faced peoples'. This is supposed to be fulfilled 2,500 years after the life of Buddha.

The problem is that there is considerable controversy concerning precisely when the Buddha lived. For example, the Tibetan scholar Sakya Pandita placed the date at more than three thousand years ago. Alternatively, Panchen Shakra Shri argues that it is about 2,500 years ago. The former theory would probably link the above prophecy to the development of Buddhism in Central Asia; the latter could link it to the introduction of Buddhism to the West.

The latter dating also accords with the beliefs that are prevalent Theravadin countries, so these days most scholars tend to accept it as the correct hypothesis.

Q. Is this the prophecy given in the *Lankavatara* sutra?

A. (Laughing). That I can't say for sure. We Tibetans just know the prophecy from oral tradition. We very much respect the original sutras of Buddha, but we don't read them very much. Mostly we study the Tibetan commentaries.

Actually, the root of Buddhism lies in the original discourses of Buddha. After that there are the commentaries of the later Indian masters, which collect and structure the many and diverse ideas found in the earlier scriptures. Then there are the Tibetan commentaries to the later Indian treatises. Up to now most of my time has been spent in the study of the Tibetan commentaries. Now I am trying to reach the second stage, the Indian commentaries. Then finally I will reach the first stage, the original sutras. (Laughing).

Q. Your Holiness is both a secular and spiritual leader of the Central Asian peoples. Are you comfortable with this dual role? Do you find the two functions complementary, or do they sometimes inhibit one another?

A. So far they have worked out well enough together. But I can't say about the future. Spirituality means your own motivation, and secular activity means working in the world. Because motivation pervades all action, it is important to have a spiritual motivation, a correct motivation. Whether we are involved in politics, education, medicine, law, engineering, science, business, industry, or whatever, the nature of the motivation determines the character of our work.

Without motivation, a person cannot move. No matter what the activity, if the motivation is negative the activity becomes negative. Conversely, when the motivation is positive the activity becomes positive.

This is the meaning of spirituality in a general sense.

One must also make a distinction between one's own religious practice and any religious institution with which one is connected.

In my case, as a refugee, being the head of the various Central Asian religious institutions doesn't mean much. There is a certain responsibility to see that they are preserved purely and that no essential lineages are lost; but most of the work in this sphere falls upon the leaders in each of the individual religious orders and not directly upon me. My job in this regard is only to see that everything is going well. And, because everyone else is working quite hard to preserve and maintain their individual traditions, this means that I don't have to interfere much. So for me, my main spiritual concern is my own practice.

A problem with being a head of religious institution is that one has to maintain the rules and attitudes of that institution, and cannot freely follow one's own ideas nor express personal opinions contradicting the traditions of the institution. One has to speak for the institution as a whole and not for oneself as an individual. Fortunately I am not a religious head in this sense. To have those kinds of restrictions on my life may create some problems. I am not the head of any one particular sect of Tibetan Buddhism, but rather, I am just an overall spiritual leader. Each sect of Tibetan Buddhism has its own administrative head, so I don't have to involve myself on that level.

My own feelings concerning religion and politics is that anyone involved in politics, especially requires a clear attitude, a pure and selfless motivation. Otherwise, politics easily becomes a dirty word. Religion teaches us how to have a selfless, altruistic motivation. Therefore a person involved in politics or administration needs more than anything else, a clear mind, a sincere attitude. Religious training is an important tool in gaining and maintaining that clarity of purpose.

In this sense I hope and pray that all national leaders and political people become more spiritually minded, more honest, more just, more respectable.

Alternatively, when political power comes into the wrong person's hand there is no honesty, no human feeling, no justice, no peace of mind. Then human beings are really made to live a troubled life. There atmosphere becomes very complicated, very negative.

On the other hand, it is dangerous to entrust the head of any one specific religion with political power. For instance, if someone like the Pope, who is the head of one specific church, were to become a national political leader, it may become difficult for him to serve both religious and political functions objectively. Combining church and state in this way may make problems, unless there is great flexibility within the two roles. If he has to follow the traditional line too closely, it may prove difficult. The role of the Dalai Lama in the religious sphere is not like that of a Pope. It is more nebulous and abstract.

When we say that the Dalai Lama office is the head of both temporal and religious activities for Tibetans, this does not indicate any sort of rigid role in either secular or religious spheres. It is just a general title meaning that the Dalai Lama is respected as a religious teacher while having a voice in Tibetan political affairs. I am free to express my opinions openly on both religious and political matters, and do not have to voice the viewpoints of any

specific religious or political institution. So I think that when we Tibetans say 'combining religious and secular functions', it does not mean what Western people think of when they say 'combining church and state'.

And of course as a refugee my function in both spiritual and temporal activities is quite different than what it would be in a free Tibet. Here there is an even greater flexibility in my role. There are no specific guidelines to be followed.

Q. Your predecessor, the Thirteenth Dalai Lama, was also said to be very flexible, very untraditional in his attitudes.

A. Yes. But the Tibetan people sometimes didn't cooperate with his ideas.

For example, when he tried to open a British school in Lhasa, a lot of obstacles arose. So he tried to send some students to England, but again the Tibetans resented his attempts at modernization and created obstacles. After this failure he attempted to have some students educated in British schools in India, but that also met with obstacles. Next he opened a British school in Gyantse, but finally that too disappeared.

Then during my childhood another British school was opened in Lhasa. I remember the English teacher there quite well. The school only survived a few months before being closed down.

The obstacles to the above attempts at modernization were created by narrow-minded people. This was something the Thirteenth Dalai Lama fought against all his life. The failure of his attempts to establish a British school is something very regrettable.

The first batch of students that he sent to England only remained a few years. But on my first visit to England I was shown the reports written on them by their teachers. The reports were generally good, and described them as hard-working and industrious. They were there between 1913 to 17.

If the Thirteenth's attempts to introduce modern education into Tibet had not met with such intense resistance by traditionalists, our history may have taken quite a different turn. Several decades passed between those attempts and the Chinese invasion.

The conservatives were afraid that too much exposure to the West would corrupt our youth and perhaps destroy their faith in Buddhism. Granted, there would perhaps have been some cultural casualties; but this would not be the fault of modern education nor of the west. It would be our own fault for failing first to provide these students with sufficiently deep philosophical grounding in their own tradition. If, as a preliminary, they had been given a thorough training in their own culture on a non-superficial level, this would have been able to sustain them within their own cultural tradition while permitting them to acquire modern knowledge.

With a modern education these students would have been able to master international diplomacy. Then, with the radical changes that ensued, during and following World War II, they perhaps would have been able to explore legal and diplomatic ways to get Tibet into the United Nations and put us beyond China's grasp. As it was, because of the failure of these attempts to create a system of modern education, we passed through this period of dynamic international change as though

asleep. Then when China decided to invade us, we were completely unprepared.

My predecessor, the Thirteenth Dalai Lama, was a very great and forward-looking man. But he was working with a conservative society, and sometimes it was difficult for him to convince the other Tibetan leaders to institute his ideas.

Q. Your Holiness has a standing invitation to visit Canada. We had hoped to have you come later this year, but it looks like that won't be possible. Will you be able to come next year?

A. The specific date has not yet been set. I had been asked to come last year, but that wasn't possible because of my schedule. Again, it is not possible this year. I hope it will come together soon. The problem is that I have to tie the tour in with my other commitments. But I greatly enjoyed my previous visit to Canada and the hospitality I received there, and I look forward to coming again. Canada is a beautiful country and I have many friends there.

Q. After Switzerland, Canada took the largest number of Tibetan refugees. Do you feel that the Canadian Tibetans are preserving their cultural heritage, or have they become overwhelmed by the North American cultural melting pot?

A. So far they have done quite well. The problem with the Tibetan refugees in Canada is that the country is extremely large, and the refugees who were taken there were settled in locations that are quite far removed from one another. For example, some were settled in Calgary, others in Winnipeg, some in Montreal, and so forth. Nonetheless, they seem to have maintained a strong cultural bond.

Generally, wherever there are any Tibetans, even if only one or two families, they seem to retain their sense of the Tibetan identity...

If time allows, during my next tour I would like to take some time out and visit Canada's north to meet with some of the native peoples, the Inuit. In addition, I would love to see their dogs, and also the northern wildlife—seals, polar bears, animals like that. Canada is famous for its northlands. I have read much about it and would love to experience it personally.

Q. Today I have concentrated on questions related to the Tibet-China political situation. But to fifty million people of Central Asia you are essentially a spiritual leader, a man of wisdom. Would you like to leave us with a brief spiritual message?

A. My message is always the same: to cultivate and practice love, kindness, compassion and tolerance. These are qualities common to all great religions.

But whether or not one follows any particular religious tradition is of no special relevance here; the benefits of love and kindness are obvious to anyone. When we are first born we depend upon it for survival; and then during the last years of our life we again depend upon the kindness of others. Is it not then ignoble if during the brief phase of our life between these two periods we are not kind and humane towards others?

Love is the supreme magical potent that turns all that it touches into gold. Everyone appreciates receiving love; everyone appreciates being in the field of kindness. With it there is happiness and peace within oneself, and one brings these qualities to one's

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environment; conversely, without it one has unhappiness and confusion within oneself, and spreads these qualities to one's environment.

We Tibetans complain over the fact that China invaded our country and now colonize it. But this isn't because we hate the Chinese. To the contrary, we are grateful to them for the opportunities they have given us to practice patience, tolerance and forgiveness. They provided us with a supreme test of courage.

On the other hand, it is almost time for them to leave. They should go home and tend to the problems of their own country. This would be better for them as well as for the Tibetans. We have a right to follow our own destiny, to live according to our own culture and identity. All people have this right. Nobody has the right to colonize others.

I feel that the Buddhist emphasis on love and patience has helped us considerably in coming through this difficult period of our history. It has helped us to maintain a sense of clarity, strength and humour, although almost a quarter of our population was killed by the Red Guard, the Tibetan people can still smile and laugh. They can still look to the future with eyes of hope. We call it *sem-zangpo*, 'the good heart'. We have been treated very brutally. Many have died, many others have spent years in concentration camps under inhuman conditions. But as a people we still possess 'the good heart'.

GLENN MULLIN TO SPEAK IN CHICAGO

Glenn Mullin will be traveling to the Chicago area in early April to give several lectures:

April 4: "Tibetan Buddhism: Traditional Methods for Spiritual Growth"—a workshop at the Midland Hotel, 172 W. Adams, Chicago from 9 AM to 5 PM. Register in advance with Oasis Center for Human Potential, 7463 N. Sheridan road, Chicago, IL 60626, 312-274-6777. Fee \$55.

April 9: "Karma and Reincarnation"—7:30 PM at the Theosophical Society, 1926 N. Main St., Wheaton, IL 60189, 312-668-1571. Fee \$2.50.

The following two talks will be held at the Field Museum of Natural History, Roosevelt Road at Lake Shore Drive, Chicago, IL 60605. Register in advance with the Dept. of Education, Adult Programs, 312-322-8855.

April 11: "The Dalai Lama: An Intimate Look"—an illustrated lecture. Fee \$15 (members \$10).

April 12: "The Spiritual Culture of Tibet"—includes a tour of The Tibet Hall.

POSTAL HIMAL

The Nepal and Tibet Philatelic Study Circle is an international organization devoted to the study of the stamps and postal history of Tibet and Nepal. It publishes a quarterly journal (*Postal Himal*) which is free to its members. Write to: George Bourke, 11180 Quirk Rd., Belleville MI 48111.



DE-CHEN YON-TEN DZO MEDITATION CENTER

Dechen Yonten Dzo Meditation Center is a Nyingma Buddhist practice center established in Boulder in 1982, under the guidance of the Ven. Ri Cham Kusho. Its members practice the Dzogpa Chenpo Longchen Nyingthig cycle of sadhanas, a graduated series of spiritual practices inspired by Guru Padmasambhava. New members begin with the Vajrasattva purification and then go on to a special Short Ngondro composed by H.H. Dudjom Rinpoche.

The teachers spend approximately half of each year in the U.S. The Ven. Jetsun Rinpoche has been recognized as the incarnation of Khandro Yeshe Tshogyal and Machik Lapdrom. The Ven. Ri Cham Kusho is the current Jetsun Rinpoche's mother, and the step-daughter of H.H. Dudjom Rinpoche. For further information, please call 442-0796 in Boulder.

BOOK REVIEW:

By Elisabeth Finckh, M.D.

Dr. Yeshe Donden, the most gifted Tibetan doctor in exile, was entrusted by H.H. the Dalai Lama in 1961 with the task of building the Medical School in Dharamsala. I have been an eye witness: Dr. Yeshe Donden—with his excellent scientific education—was my teacher and Mr. Gyatsho Tshering my intelligent interpreter when I visited this Medical School in 1962 to study Tibetan medicine. Therefore I have seen the immense difficulties to establish the Medical School and the hospital.

During these years there was no time to write books; the doctors had to take care of the many patients. Thus it is a great joy to read now the book of my teacher. The translator and editor Prof. Jeffrey Hopkins is a guarantor for the scientific character of this book. The contents are: The Body, Diagnosis, Treatment and Selected Topics. The book is a clear and scientific synopsis of Tibetan medicine. The questions between the chapters animate the difficult theme. The Selected Topics are of a great vividness. Dr. Yeshe Donden is not only an excellent teacher; with his book he has pointed out his ability to represent Tibetan medicine in an effective manner... It is advisable that everybody interested in Tibetan medicine should read this remarkable book.

Health Through Balance is available from Snow Lion.

LUMBINI —A PLEA

The following is an excerpt from a letter written to His Majesty's Government of Nepal by Kalsang Yeshe, the representative of His Holiness the Dalai Lama in Nepal:

"We would like to draw your kind attention to a humble appeal of the Tibetan Monastery at

Lumbini named Tashi Rabten Ling.

This office has learned through a reliable source that the above monastery has fallen within the site map of the master plan of the Lumbini Development Project and therefore to be demolished eventually. We are receiving many strong letters from various individuals and organizations all over the world expressing their deep anguish over the impending danger of demolition of the old Buddhist temples at Lumbini under the new development project.

Lumbini is one of the four most sacred places for all Buddhists, being the birth place of Gautama Buddha. The demolition of the old Buddhist temples to give place to new construction would not only affect the inmates of the concerned monasteries but would also greatly hurt the sentiments of Buddhists all over the world.

We welcome and appreciate your development project for Lumbini, but it remains our fear that an ugly side effect will overshadow the entire success of the development scheme. Lumbini had so far remained a real zone of peace and it can not by any means be involved in an awkward incident that would incite the tender feelings of 250 million Buddhists.

This office, therefore, would like to appeal to your committee to kindly spare the old Buddhist temples at Lumbini from impending demolition. It is our hope that the committee would consider the matter favourably."

Persons interested in expressing their opinion to the Lumbini Development Committee may write to: H.M.G. of Nepal, Lumbini Development Committee, Kathmandu 7101, Tripureswar-Teku, Nepal.

WHY STUDY SVATANTRIKA?

In the *Lankavatara Sutra* the Buddha says:

My dharma is of two types:
Advice and philosophy.
To children I give advice
To yogis I teach philosophy.

Tibetan lamas are fond of quoting this passage to indicate the importance of studying the various schools of Buddhist philosophy as a component of the practice of the dharma. Buddhism is very much a call to analysis, not merely of theoretical abstractions, but of the most fundamental components of existence, beginning with questions concerning the nature of the self and extending that analysis to all phenomena. Because of the importance of bringing one's understanding of these questions to the most profound level, it is rarely sufficient simply to accept the Buddhist pronouncements on faith; philosophical positions must be analyzed in detail from a variety of perspectives in order to arrive at an appreciation of both their subtlety and their implications.

One of the most valuable contributions of Tibet to Buddhist thought is the perspective brought to the study of Buddhist philosophy by the textbooks which chronicle the tenets of the Indian Buddhist schools of thought. The most extensive of these are the works of Jam-yang-shay-ba (1648-1721) and Jang-gya (1717-1786). These compendia of

Buddhist doctrine look back over the development of Indian Buddhist thought and catalogue the positions of the Hinayana and Mahayana schools around three major questions: What is the nature of the world and how is it known? What is the path to freedom from suffering? What is the nature of the state of freedom? Tibetan lamas discern a progression in the subtlety, sophistication, and veracity of the answers to these questions in the four major Indian schools and their sub-schools, beginning with Vaibhasika, and then moving on to Sautrantika, Cittamatra, and finally Madhyamika. The "lowest" of the four schools, Vaibhasika, upholds a position far more radical than the naive realism of ordinary experience and sets forth views of impermanence and selflessness that are essential for the understanding of the Madhyamika view of emptiness. Indeed, it is impossible to comprehend the full implications of the Madhyamika critique without having an appreciation of the philosophical context of the schools in relation to which the Madhyamika was proclaimed.

We think that our new publication, *A Study of Svatantrika* by Donald S. Lopez, Jr., marks an important contribution to an understanding of the Madhyamika school. The Madhyamika is considered to have had two sub-schools, Svatantrika and Prasangika. The Prasangika school, which is generally deemed by Tibetan scholars to be the highest school of Buddhist philosophy, is better known than Svatantrika, in part because the major work of its founder, Candrakirti's *Clear Words* (*Prasannapada*), is available in Sanskrit while the major Svatantrika texts are preserved only in Tibetan translation. In preparing this *Study of Svatantrika*, Lopez has consulted the major Indian works of the Svatantrikas as well as Tibetan expositions of the school to produce the most extensive examination of this influential system available in the West. In addition, he has explained in some detail how the progression from Vaibhasika to Prasangika is understood by scholars of the Geluk school.

The study of Svatantrika is important for both historical and philosophical reasons. The Svatantrika was the first Indian school to be expounded in Tibet, by such renowned scholars as Santaraksita and Kamalasila. The Svatantrika delineation of the structures of the Hinayana and Mahayana paths traditionally formed one of the major components of the Tibetan monastic curriculum, while Madhyamika reasonings developed by Svatantrikas, such as the reasoning of the one and the many, are among the most potent methods for coming to a conceptual understanding of emptiness. Furthermore, an appreciation of the Svatantrika positions on the nature of emptiness and the practice of path, apart from its intrinsic value, is crucial for an understanding of Prasangika. Svatantrika, the "second highest" school of Buddhist philosophy, is the school in contradistinction to which Prasangika defined itself. Indeed, it is on the basis of statements by Candrakirti that the names "Svatantrika" and "Prasangika" were coined. Without understanding the Svatantrika position on the nature of empti-

ness, it is impossible to appreciate the full force of Prasangika, a school in which, according to the Dalai Lama, "things hardly even exist".

[*A Study in Svatantrika*]

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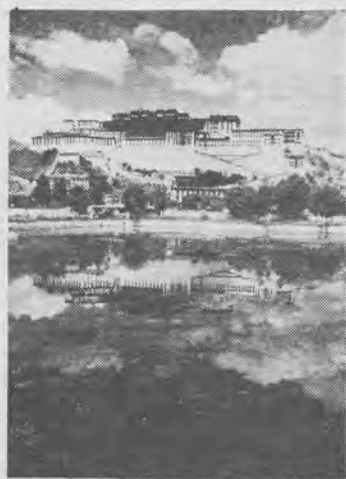
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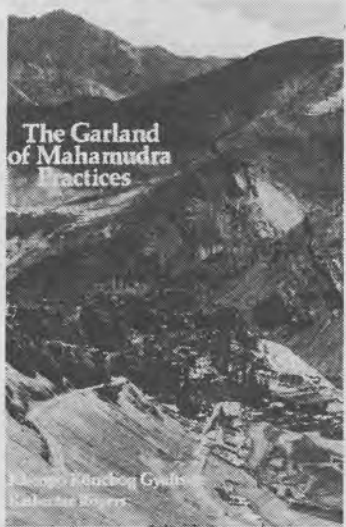
A Study in Svatantrika is available from Snow Lion for \$19.95 in paper and \$35 in cloth.



SNOW LION
TITLES

ALTAR OF THE EARTH, by Peter Gold \$12.95

Peter Gold was recently in Tibet where he wrote a new book for us. *Altar of the Earth* takes us on a vivid journey into the majestic environment, ways of life and matters of the spirit in today's Tibet. He has included in his engagingly written essays and images the most important sacred and natural places, events and ways of life—those things travelers will very likely see but not fully comprehend from the guidebooks. Peter also gave a lot of attention to Tibetan art, dance, and song. Peter is an excellent writer and photographer and *Altar of the Earth* will delight anyone interested in Tibet. 160 pp., approx., Photos, June.



THE GARLAND OF MAHAMUDRA PRACTICES: A Translation of Kunga Rinchen's Clarifying the Jewel Rosary of the Profound Five-Fold Path Trans. by Khenpo Rinpochoy Konchog Gyaltsen Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpochoy \$9.95

Mahamudra or the *Great Seal* 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 11th century, brought together these teachings of the Buddha into one five-fold path, to which his main disciple, Pakmo Druba gave the name "The Profound Five-Fold Path of Mahamudra".

Jigten Sumgon, the successor of Pakmo Druba, founded the Drikung Kagyu order and taught Mahamudra extensively. The fifteenth successor of Jigten Sumgon, Kunga Rinchen, known for the directness and clarity of his teachings, composed the text *Clarifying the Jewel Rosary of the Profound Five-Fold Path*. This text has been translated here by the Drikung Kagyu abbot, the Venerable Konchog Gyaltsen.

The Kunga Rinchen text is a manual of practical instructions for serious students who are practicing or would like to practice the path of Mahamudra in meditation. Khenpo Konchog Gyaltsen has provided an extensive introduction to the text which explains many essential points of the five-fold path of Mahamudra practice.

140 pp. approx., Notes, Index.



TIBETAN PHRASEBOOK, by Andrew Bloomfield & Yanqui Tshering. Book & Tape—\$14.95 approx.

To satisfy the growing demand for a useable phrasebook, the *Tibetan Phrasebook* and accompanying tape have been published to make immediate communication with Tibetans possible. It will be very useful to travellers on their way to Tibet, Nepal, and India, as well as to persons desiring to speak with Tibetans in the West.

Dialogues center around a variety of common situations the visitor is likely to encounter, including a visit to a monastery, going to a Tibetan doctor, finding a room, and bargaining for a bus seat. Not only are necessary phrases introduced in these dialogues, but specific information about nuances of Tibetan custom and etiquette are explained as well. Among others, lists of goods one may see at the bazaar, dates of monastic ceremonies, festivals, religious items and their significance, are contained in the back of the book.

Though a simple form of romanization ensures that one be understood, a 90 minute tape complements the book so that one can actually hear how the words and phrases are spoken by a native. With the popularity of portable headphone tape-players, one can listen to the tape when driving, washing the dishes—whenever. The tape will allow one to fast-forward to a desired location, say, for instance, if one is approaching a monastery and wants to hear the "Visiting a Monastery" dialogue. This allows one to speak the phrase immediately after listening to it on tape, or even along with the taped version. 90 pp. approx., June.



THE JEWELLED STAIRCASE, by Geshe Wangyal \$10.95

In 1955, a geshe from Drepung Monastery in Lhasa, Tibet arrived in the United States. He founded the first Tibetan Buddhist monastery in North America and was to become one of the main forces in the newly developing awareness of Tibetan Buddhism in America. Geshe Wangyal's early students have in turn become leading Buddhist scholars and practitioners. During the 28 years that the late Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. The last several years of Geshe-la's life he worked tirelessly on this, his final book, which reflects his main goal of presenting in a clear and precise way the essential topics for new Buddhists of Western countries. *The Jewelled Staircase* is his legacy to us—the culmination of his life's work. It is an excellent introduction to Buddhism. The book begins with a delightful chapter on the life of Geshe Wangyal. This is followed by a thorough discussion of all the foundational ideas of Buddhist practice. 176 pp., notes, index.

KNOWLEDGE & LIBERATION by Anne Klein \$15.95, cloth \$27.50 From its inception, Buddhist philosophy has been concerned with defining and overcoming the limitations and errors of ordinary perception. This was essential to Buddhism's central purpose of establishing a path and method for attaining liberation. Conceptual thought, in this view, is capable of leading to a liberating understanding, a transformative religious experience.

The author discusses the workings of both direct and conceptual cognition, drawing on a variety of newly translated Tibetan and Indian texts. This book is indispensable for anyone desiring a deeper understanding of the fundamental issues in Buddhist philosophy. It is also highly relevant to issues current in modern Western philosophy.

"Anne Klein's book presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy and in particular for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins, author.

Anne Klein has a Ph.D. in Religious Studies from the University of Virginia, where she specialized in Tibetan Buddhism. As a Fulbright scholar, she studied Buddhist epistemology and soteriology with leading Geluk and Nyingma scholars in India and Nepal. Since 1984 she has been a Lecturer in Religious Studies at Stanford University.

330 pp. approx. Glossary, Bibliography, Notes, Index



EMPTINESS YOGA by Jeffrey Hopkins, Co-ed. Joe B. Wilson \$19.95, cloth \$35

This is an absorbing and highly readable presentation of the highest development in Buddhist insight. Professor Jeffrey Hopkins—considered by many to be the foremost contemporary Western authority on Tibetan Buddhism—presents an in-depth, lively exposition on the compatibility of emptiness and dependent-arising as found in the Prasangika Madhyamika.

His commentary is based on Jang-gya's treatment of Prasangika Madhyamika which was used as a primary text in Tibet's largest monastery, Drepung. A translation of this text is interwoven with Prof. Hopkins' presentation.

The many reasonings used by Prasangika Madhyamika to analyze self and phenomena and to establish their true mode of existence as empty are presented in the context of the practice of meditation. This useful book helps the practitioner to avoid the pitfalls that attend the misapprehension of the meaning of emptiness by demonstrating its compatibility with nominal existence.

480 pp. approx., Glossary, Bibliography, Index, Spring 87.



A STUDY OF SVATANTRIKA by Donald S. Lopez, Jr. \$19.95, cloth \$35

A Study of Svatantrika represents an important contribution to our understanding of Madhyamika philosophy in India and Tibet. The Madhyamika is considered to have had two subschools, Svatantrika and Prasangika. The Prasangika school of Candrakirti is better known than Svatantrika, in part because the major Svatantrika texts are preserved only in Tibetan translation. The Svatantrikas, however, made important contributions to Buddhist philosophy in their expositions of the nature of reality, the role of reasoning in the process of enlightenment, and in their delineations of the paths to nirvana. The synthesis of Yogacara and Madhyamika phi-

losophy by the Svatantrika master Santarakṣita represents the final development of Buddhist thought in India. In Tibet, Svatantrika was the first Indian Buddhist school to gain currency, prior to the translation of the works of Candrakirti into Tibetan.

In preparing this *Study of Svatantrika*, the author has consulted the major Indian works of the Svatantrikas, such figures central to the development of Buddhist thought in India as Bhavaviveka, Jnanagarbha, Santarakṣita, and Kamalasila, and has analyzed a number of Tibetan expositions of Svatantrika to produce the most extensive examination of this influential school available in the West.

450 pp. approx., Glossary, Bibliography, Index, Spring 87.



HIGHEST YOGA TANTRA Daniel Cozort \$10.95

Highest Yoga Tantra is supreme among yogas. This presentation of the stages of Highest Yoga Tantra is based on a famous Tibetan text by the yogi/scholar Nga-wang-bel-den entitled *Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets*, and draws heavily on oral commentary by the present Ganden Tri Rinbochay, H.H. Jambel Shenpen.

Part One discusses the practices common to sutra and tantra.

Part Two presents the *generation stage* of highest yoga tantra.

Part Three covers the entirety of the *completion stage yogas*:

- * physical isolation
- * verbal isolation
- * mental isolation
- * illusory body
- * clear light
- * union

Part Four compares the Kalachakra and Guhyasamaja stages of completion.

Remarkable for its definitive clarity, this exposition of the stages of highest yoga tantra is the first of its kind in the English language and a must for anyone interested in these highest tantras.

192 pp., Illustrations, Glossary, Bibliography, Notes, Index



SNOW LION TITLES

PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon

by Khenpo Konchog Gyaltsen \$6.95

The great Jigten Sumgon, fountainhead of the Drikung Kagyu school was widely lauded as a bodhisattva and extraordinary master. Hundreds of thousands of students gathered to hear his teachings. These teachings, in their written form, appeal for their depth and simplicity of expression.

Prayer Flags contains many instructions for spiritual practice. Noteworthy is a succinct and clear discussion of the tantric path of Mahamudra. Also included are: texts on transforming conflicting emotions, sickness and death onto the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.

The great Jomgon Kongtrul in describing the influence of Jigten Sumgon wrote:

The mountains are filled with
Drikungpa practitioners
And the plains are filled with
Drikungpa patrons.

96 pp., notes, glossary.

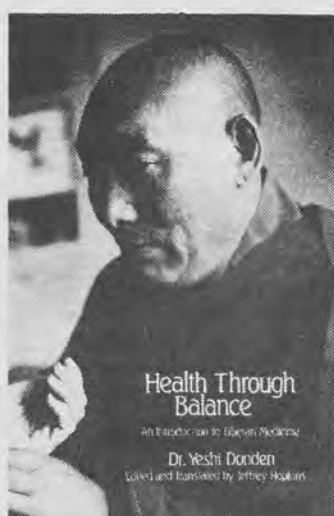
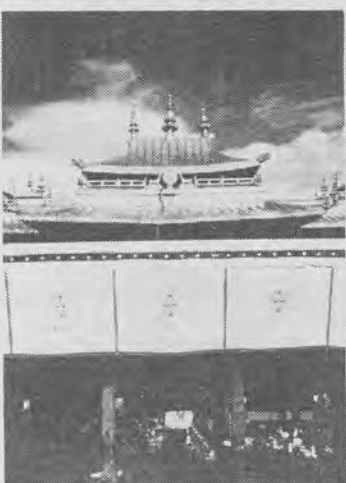
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ཐུགས་རྒྱུ་མཁའ་ལྷོ་པ་

TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan

by Joe Wilson, Jr.

Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. The book, which is accompanied by cassettes in Tibetan for use with the drills and exercises, serves both as an introduction to reading and translating Tibetan and as an introduction to the central ideas of Buddhist philosophy and meditation.

Textbook & Cassettes, Summer 1987, price not yet available



HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine

by Dr. Yeshi Donden, Ed. & Trans. by Jeffrey Hopkins \$10.95

The fascinating Tibetan medical system has never been so clearly explained as in this collection of outstanding lectures presented at the University of Virginia in 1980. Tibetan medicine restores and maintains balance of the body's various systems through a variety of treatments which includes diet and behavior modification as well as the use of medicine and accessory therapy. The basic system has been enhanced by the practical findings of Tibetan physicians who have used the system for more than a thousand years.

In addressing the means for restoring health, Dr. Donden holistically considers factors of personality, age, climatic condition, diet, behavior, and physical surroundings. The great strength of Tibetan medicine is that it is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are described in this book.

"Dr. Donden is totally attuned to everything that is going on. He uses all his senses as his medical instrument. Our patients have been very impressed."—Dr. Gerald Goldstein, Univ. of Virginia

"I think this book is going to be the best work on Tibetan medicine ever to appear in English."—Dr. Barry Clark

252 pp., Illustrations, Bibliography, Notes, Index



TANTRIC PRACTICE IN NYING-MA

by Khejtsun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein \$12.50

Rinbochay's commentary on the *Instructions on the Preliminaries to the Great Perfection Teaching* contains the classical Nying-ma presentation of the Tantric practices which lead to the realization of Buddhahood.

Part One: External Preparatory Practices—setting the proper mo-

tivation, meditation on impermanence and the faults of cyclic existence, suffering, karma, and reliance on a spiritual guide.

Part Two: Internal Preparatory Practices—refuge in the triple gem, generating the mind of enlightenment, Vajrasattva purification meditation, offering mandala, Chod practice of cutting attachment, and guru yoga.

Part Three: The Great Perfection—the direct path of breakthrough and leap-over to realize the Buddha-mind of essential purity and spontaneity.

Part Four: Daily Recitations and Meditations—practices to actualize the teachings of the previous sections.

"...this text offers an all-encompassing presentation of the Vajrayana expression of Mahayana philosophy and practice...the virtue of this work is its technical completeness...avoids the pitfalls of being a mere text translation. There is much here for repeated reading, contemplation and absorption."—Prof. Harvey Aronson, Stanford University

239 pp., Glossary, Bibliography, Notes, Index



THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA

by Garma C.C. Chang \$9.95

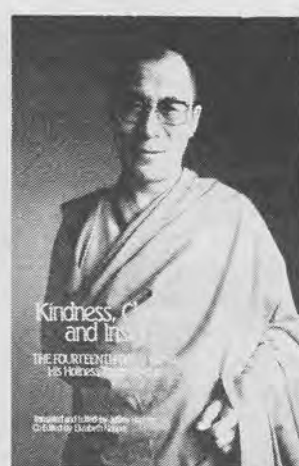
The Six Yogas of Naropa are among the most highly regarded practices of the highest yoga tantra class. By engaging in these six yogas, after the necessary preparation, the yogi's body, speech and mind are transformed into those of a Buddha and all the mundane and supermundane powers of an enlightened one are attained. The main practices of the six yogas are as follows:

- * Mystic Heat Yoga
- * Illusory Body Yoga
- * Dream Yoga
- * Clear Light Yoga
- * Bardo Yoga
- * Consciousness Transference Yoga

Mahamudra is a direct path to insight into the luminous nature of the mind—a total naturalness of mind comprised of relaxed equilibrium. Teachings on Mahamudra is composed of the following three texts:

- * Tilopa - The Song of Mahamudra
- * The Third Karmapa, Rangjung Dorje - The Vow of Mahamudra
- * Ven. Lama Kong Ka - Essentials of Mahamudra Practice

128 pp., Illustrations, Glossary, Notes



KINDNESS, CLARITY, AND INSIGHT

by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper \$10.95

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

Topics include: compassion, training the mind, deities in Tibetan Buddhism, the mind of clear light, religious values and human society, Om Mani Padme Hum, Tibetan views on dying, karma, altruism and the six perfections, the two truths, meditation, self and selflessness, the path to enlightenment and emptiness. A concluding discourse explains the basic meeting points of thought between the old and new schools in Tibet—especially the Nying-ma and Ge-luk—to show their common aim, despite their use of different techniques, to manifest the innate mind of clear light.

Not limited to Buddhists or religious believers, his message speaks to all humanity of the importance to the very fabric of society of kindness, love, and compassion. It is a message of hope, both in terms of the potential for individual and social transformation, and in terms of the indomitable human spirit.

"Hopkins has done an excellent translating and editing job, making the often-difficult terms and doctrines very accessible...gives the reader an insight into contemporary Tibetan Buddhism as presented by the gentle, intelligent exiled leader of the Tibetan people. This is an excellent book, suitable for both academic and public libraries."—Choice

239 pp., Photos, Glossary, Bibliography, Index



DEATH, INTERMEDIATE STATE AND REBIRTH

by Lati Rinbochay, Trans., Ed. & Pref. by Jeffrey Hopkins \$6.95

Anyone interested in the stages and process of death and dying will find this book indispensable. The Highest Yogas Tantras are

based on simulating the processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them. This text unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness.

It is essential for the practice of the two stages of the path in Highest Yoga Tantra to have an understanding of the bases to be purified: death, intermediate state and rebirth. Yang-jen-ga-way-lodro's text with Lati Rinbochay's and Prof. Hopkins' commentary closely examines these processes and stages.

In the foreword by H.H. the present Dalai Lama, he offers practical, mature advice on how, through correctly approaching the death experience, its spiritual potential can be enhanced for everyone involved.

"Hopkins has given us numerous translations of important Tibetan Buddhist texts. All of his works bear the stamp of authority. The present volume is a fine example. The work forms an excellent companion volume not only to the Buddhist texts known as the *Tibetan Books of the Dead*, but also to contemporary Western works on death and dying...handsomely arranged with numerous charts and an excellent bibliography."—Prof. Janice Willis, *Religious Studies Review*

86 pp., Charts, Bibliography, Notes, Index



COMPASSION IN TIBETAN BUDDHISM

Trans. & Ed. by Jeffrey Hopkins Co-ed. by Anne Klein \$10.95

Compassion in Tibetan Buddhism presents methods for generating compassion according to oral and written traditions of Tibetan Buddhism. Its chapters unfold the stages of the bodhisattva's development and provide practical instruction for aspirants to Buddhahood.

Part One: [Meditations of a Tantric Abbot] by Kentsur Lekden (1900-71), abbot of the Tantric College of Lower Lhasa, Tibet during the 1950's. Intimate in style, these meditations take one through the steps of cultivating altruism and describe in lively detail how to reflect on personal relationships so that heartfelt love and compassion are generated. These "meditations" were given in America in 1970.

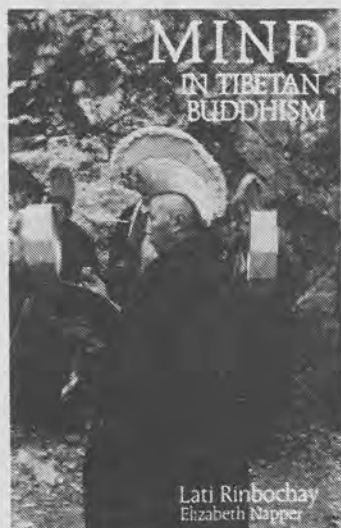
Part Two: [Way of Compassion] is a work by Tibet's great 14th century yogi/scholar Tsong-ka-pa entitled *Illumination of the Thought*. In a philosophic as well as practical context the importance of compassion at all levels is

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surveyed, detailing its types, and describing the deeds motivated by it.

The combination of Kentsur Lekden's meditations and Tsong-kha-pa's detailed explanation affords a unique blend of the oral and written traditions of Tibetan Buddhism on the principal motivation for enlightenment, compassion. Vast and profound, these teachings shine with the sun of Buddha's doctrine reflected so brightly in the snows of Tibet.

"...the Madhyamikas have, in the last two thousand years, created an impressive body of literature, an example of which has now been translated by Jeffrey Hopkins and Kentsur Lekden."—Prof. David Komito, *Journal of the American Academy of Religion* 263 pp., Glossary, Bibliography, Notes, Index



MIND IN TIBETAN BUDDHISM by Lati Rinbochay, Trans., Ed. & Intro. by Elizabeth Napper \$10.95

Buddhist practitioners in the great Tibetan monasteries of Lhasa, seeking to purify their minds and develop the correct understanding necessary for final enlightenment, began their formal inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*.

This important text identifies the different types of minds and consciousnesses, their divisions and definitions. It presents the vocabulary connected with the mind and is a means of training the student in the process of reasoning—an endeavour integrally linked with all steps of traditional monastic training.

Lati Rinbochay provides rich and extensive commentary and elucidates the penetrating instructional methods Tibetans use in their quest for higher knowledge.

In her introduction, Elizabeth Napper explains the context of this work within the Indian and Tibetan traditions and outlines the principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated...oral commentary on the textbook is extensive and sparkling. A valuable contribution."—Prof. Janice Willis, *Religious Studies Review*

181 pp., Glossary, Bibliography, Notes, Index, Tibetan Text.



Selected Works of the Dalai Lama I: BRIDGING THE SUTRAS AND TANTRAS by Glenn H. Mullin \$12.95

In sixteen works ranging from mind training to Highest Yoga Tantra, the emphasis is on practice in this collection of Buddhist texts by the first Dalai Lama, one of Tsong-kha-pa's brightest disciples. Major topics include:

Kalachakra Tantra: initiation into and practice of the most sophisticated Highest Yoga Tantra. A summary of the structure and methodology of the six completion stage yogas, representing the highest and most powerful teachings of the Buddha brought to Tibet, are translated here by permission of His Holiness, the present Dalai Lama.

Arya Tara: probably the most widely practiced devotions among both Tibetan and Western Buddhists. Included with the Twenty-one Verses in Praise of Arya Tara—a basis for numerous Tara practices—are the complete texts for three popular sadhanas of Green and White Tara practice.

Lo-jong: the heart of all Mahayana teachings. A detailed commentary on the seven aspects of Atisha's method of training the mind to develop the Bodhisattva spirit, through transforming every activity into a spiritually significant event.

In addition to two texts on emptiness, and a beautiful biography of the Buddha entitled *Crushing the forces of Evil to Dust*, a traditional biography of the First Dalai Lama as well as biographical sketches on all fourteen Dalai Lamas is included.

"There is no other book on the market that offers the same selection of information in such a concise form."—Prof. Roger Jackson, Carleton College

"...a genuine and valuable contribution to the growing library of works which illumine Tibetan Buddhism."—Janice D. Willis, *Religious Studies Review*

"...recommended as the real nuts and bolts of Kadampa practice."—Mark Tatz, *Tibetan Review*

288 pp., Illustrations, Notes, Bibliography, Glossary, Index



Selected Works of the Dalai Lama II: TANTRIC YOGAS OF SISTER NIGUMA by Glenn H. Mullin \$10.95

The Second Dalai Lama elucidated important teachings from the lesser-known sects and lineages of Tibetan Buddhism. Their special treatment of popular tantric traditions, such as Yamantaka and the yogas of Naropa, are presented here in English for the first time.

In this collection of sixteen texts, Glenn Mullin has chosen works that vividly convey the Second's scriptural mastery and breadth of tantric experience. The four main texts translated here include:

Tantric Yogas of Sister Niguma: these explicit, extraordinary yogas are a special lineage of the six yogas of Naropa transmitted by his consort, the dakini Niguma, which forms the basis of the Shang-pa Ka-gyu Sect.

Vajrabhairava Tantra (Yamantaka): teachings on the generation and completion stages.

Four tenet systems: an excellent survey of the structure and historical development of Indian Buddhism's principal schools, outlining their definitive doctrinal distinctions.

Flower essence pills: detailed instruction in the practice of making and empowering flower essence pills that free the practitioner from the need for ordinary foods.

In addition to texts on selflessness, guru yoga and emptiness, a traditional biography of the Second Dalai Lama, and brief biographical sketches of all fourteen Dalai Lamas are included.

"the great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—Sonny Cook, Gaden Choling

240 pp., Illustrations, Notes, Bibliography, Glossary, Index



Selected Works of the Dalai Lama III: ESSENCE OF REFINED GOLD by Glenn H. Mullin, Commentary by H.H. the present Dalai Lama \$10.95

The Third Dalai Lama's famous work *Essence of Refined Gold* is a powerful exposition on Atisha's *A Lamp for the Path to Enlightenment*, the basis of Lam-rim (teaching on the stages of the path).

Continuing this living tradition to the present day, Tenzin Gyatso, the present Dalai Lama, provides an extensive commentary to *Essence of Refined Gold* drawn from his own penetrating experience. His discourse comprises the main body of this text and alternates between personal reflections, direct spiritual advice and scriptural quotations. He elucidates in practical terms what the student must do to attain enlightenment.

Also included in this volume is the *Lam-rim Preliminary Rite*, a beautiful guide to the Avalokitesvara tantric methods entitled *The Tantric Yogas of the Bodhisattva of Compassion* and several verse works. A traditional biography of the Third Dalai Lama by Tsechok Ling Gyal-tsen is given as an appendix.

"...presented in a practical and understandable form...delightfully illustrated, well-printed and highly recommendable as a practical guide to Tibetan Buddhism"—Soami Sariputra, *The Theosophist*

271 pp., Illustrations, Notes, Biography, Glossary, Index \$10.95



Selected Works of the Dalai Lama VII: SONGS OF SPIRITUAL CHANGE by Glenn H. Mullin \$10.95

The Seventh Dalai Lama is often considered the greatest of the early Dalai Lamas. He wrote extensive commentaries on the Tantras, and over a thousand mystical poems and prayers. *Songs of Spiritual Change* is a highly valued collection of tantric songs and poems of spiritual instruction for taming and developing the mind. His inspired verse is an outpouring of Himalayan spirituality, an unique presentation that appeals to the heart as well as head.

"Vital energies generated by inner of outer means
Are drawn into one's own central channel,
Causing the mystic fires to blaze.
Inspire us thus to gain great insight
Into the innately produced great bliss
Generated by the touch of the secret drop."—page 162

Included is a biography of the Seventh Dalai Lama as well as biographical sketches of all fourteen Dalai Lamas.

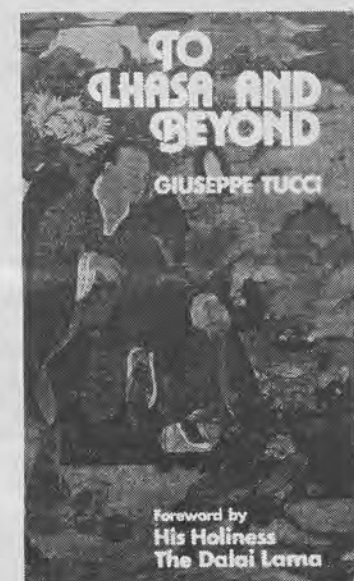
"...inspiring...of immense importance to all the major Tibetan Buddhist sects..."—Prof. Janice D. Willis, Wesleyan University
"Mullin's translations read well...these songs, reminiscent in many ways of those of Milarepa...reveal a side of dGe-lugs-pa that so far has been little known in the West,

perhaps helping to put an end to the stereotype of that order of Tibetan Buddhism as one merely concerned with pedantry and scholasticism."—Parabola 205 pp., Illustrations, Glossary, Bibliography

"It is as though a new dimension has been added to the stock of world civilization. I commend these translations of Mr. Mullin to the reading public throughout the world."—Prof. A.L. Basham, University of Toronto

Selected Works of the Dalai Lamas presents for the first time in the West the writings and life stories of each of the fourteen Dalai Lamas. The Dalai Lamas are renowned for their wisdom and compassion, and this series of books contains essential drops of nectar from their writings.

The compiler, translator and editor of this series, Glenn H. Mullin, joined the Buddhist Studies Dept. at the Library of Tibetan Works and Archives, Dharamsala, India, in 1972. He is a member of the LTWA's Research and Translation Bureau, and has published numerous books and monographs with the Tibetan Library. His special focus has been the life and works of the previous Dalai Lamas (First to Thirteenth). In the early 80's he began the present series for Snow Lion Publications.



TO LHASA AND BEYOND by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama \$17.95 cloth

Prof. Giuseppe Tucci was both a renowned orientalist and adventurer. He has received many awards and honors for his scholarship, and his publications on history, art, archaeology and ethnology have been translated into many languages.

To Lhasa and Beyond is a fascinating account of Tibet as it was prior to the upheavals following the Chinese take-over in 1959. Prof. Tucci takes the reader along the roads he followed in 1949 and reveals the people, religion, art, customs and landscape of a country that very few Westerners ever had the opportunity to see—Tibet was a free country and its high civilization was intact.

Intimate in style, this travelogue vividly captures for the reader Prof. Tucci's experiences in Tibet. Not only is this book entertaining, it is also enriched by his vast knowledge of Tibetan art and culture. Replete with nearly one hundred photos and illustrations, this book is both a literary and visual splendor.



SNOW LION CARDS & TAPES

"Tucci's description of the timeless civilization of the Tibetan people is as perceptive and relevant today as it was when he wrote the book thirty years ago. It is hoped that this book will contribute towards a better understanding of the Tibetan people and their values."—His Holiness, the Dalai Lama

193 pp., 95 Illustrations, Notes, Index, low-stock

SNOW LION CARDS

SNOW LION TIBET CARDS

You may now obtain 32 brilliant full-color and 16 very high-quality black and white postcard images of Tibetan culture. All facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself—both contemporary Tibet and exciting images from the time of the 13th Dalai Lama. All cards measure 4 1/4" x 6" and are only 50 cents each. Please include \$1.50 for shipping your order of Tibet Cards.

The complete list of Snow Lion Tibet Cards is in the back of this catalog. If you have not yet received our colorful card flyer, please write to Snow Lion for it!

SPECIAL OFFER: Receive one free card of your choice for each set of any 8 Tibet cards that you purchase OR buy the entire set of 48 cards for \$20 (save \$4).

HELP SUPPORT THE TIBETAN REFUGEES

To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of every card that you purchase to the Tibet Fund to help support the Tibetan refugees.

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STC8 Smiling lady
STC9 Long-life offering at Kalachakra
STC10 Dalai Lama at Kalachakra Initiation
STC11 Tibetan Pilgrim
STC12 Masked Tibetan dancer
STC13 Tibetan man and child with mask
STC14 Tibetan monk in prayer
STC15 Tibetan ladies singing
STC16 Potala palace, Lhasa, Tibet
STC17 Young Tibetan monk
STC18 Potala from the back side, Lhasa, Tibet
STC19 Tibetan white masked dancer
STC20 Tibetan lamas at Kalachakra
STC21 Tibetan red masked dancer
STC22 H.H. Dalai Lama & Ven. Dingo Khyentse Rinpoche
STC23 Tibetan horseman, Southern Tibet
STC24 Elderly Tibetan man with prayer wheel
STC25 Bashful Khampa girl, Lhasa, Tibet
STC26 Tibetan thangka painter
STC27 Tibetan mask
STC28 Swayambhu dorje
STC29 Tibetan ngakpa
STC30 Tibetan woman with dog
STC31 Buddhist teachings before initiation
STC32 Tibetan woman turning prayer wheels

IMAGES OF LOST TIBET \$.50 ea.

SC1 Eastern Tibetan
SC2 Monks sounding trumpets
SC3 Nomad tent
SC4 Norbu Linga w/13th Dalai Lama
SC5 Officials at Losar
SC6 Portrait of 13th Dalai Lama
SC7 Potala during Losar
SC8 Tantric meditator
SC9 Tibetan men w/horses
SC10 Tibet-China border
SC11 Woman in Lhasa dress

FACES OF TIBET \$.50 ea.

SC51 Nomad yogi from Mugu
SC52 Tibetan Yogi
SC53 Tibetan Woman w/mala
SC54 Young Tibetan girl
SC55 Young Tibetan man



SNOW LION TAPES

Lectures by prominent Tibetan Lamas and several of the foremost Western scholar/practitioners are now available from Snow Lion. These tapes will provide you with the opportunity to listen to Dharma topics as they were spoken by these teachers. A wide variety of subjects are available; many contain information not in print. The following selection is only the beginning. We plan to offer many more in the future from all four lineages. The number of tapes in each series is indicated in parentheses.

H.H. THE DALAI LAMA

HARVARD SEMINARS (12) \$84 Trans. by Jeffrey Hopkins—AIBS Program

For five days in 1981, the Dalai Lama gave a synthesis of the entire Buddhist path. Topics include: refuge, logic, death, karma, three trainings, meditation instruction, compassion, selflessness, suffering, five paths and the factors of enlightenment.

VAJRASATTVA (1) \$7 Trans. by Jeffrey Hopkins
Visualization & commentary.

COMPASSION (1) \$7
This is one of the most moving talks on this topic by His Holiness.

WISDOM & COMPASSION IN TANTRA (1) \$7 Trans. Jeffrey Hopkins
37 PRACTICES OF ALL BUDDHA'S SONS—A COMMENTARY (4) \$28 Trans. by Jeffrey Hopkins. This is the preliminary teachings on the path of the Bodhisattva given by His Holiness prior to the Kalachakra initiation in Madison.

GANDEN TRI RINPOCHE

These talks were made possible by the AIBS.
THREE PRINCIPLE ASPECTS OF THE PATH (6) \$42 Trans. Sharpa Tulku. The generation of renunciation, compassion and wisdom—the essential develop-

ment for progress on the path, are discussed in this excellent set of tapes.

REVELATION OF MANJUSHRI (14) \$98 Trans. Sharpa Tulku
A detailed discussion of the graded path to enlightenment.
BODHISATTVA VOWS (2) \$14 Trans. Sharpa Tulku

KYABJE LING RINPOCHE

IN PRAISE OF DEPENDENT ARISING (5) \$35
This is a commentary on a classic Tsong-kha-pa text.

TARA TULKU

These talks were made possible by the AIBS.

MINDFULNESS & CLEAR COMPASSION (1) \$7 Trans. Robert Thurman

PSYCHOLOGY SEMINAR (7) \$49 Trans. Robert Thurman

In this seminar, the Venerable Tara Tulku gives us an overview of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice. Topics include: normal and altered functions and states of mind; valid and distorted cognitions; issues of objectivity, reality, illusory projections; subtle minds and energies in waking, sleep, dream, trance, death and bardo states.

FOUNDATION OF EXCELLENCE (5) \$35 Trans. Robert Thurman
Tara Tulku discusses the stages of the path to enlightenment. It consists of practical instructions for any person to progress toward his or her own highest fulfillment.

H.H. DRIKUNG KYABGON CHETSANG RINPOCHE

DEATH WITHOUT FEAR (1) \$7 Trans. Robert Thurman
NATURE OF MIND (1) \$7 Trans. Robert Thurman

ZASEP TULKU RINPOCHE

SIX SESSION GURU YOGA (5) \$35

This is a helpful commentary on the practice of six session yoga by Zasep Tulku Rinpoche of Toronto, Canada.

GELEK RINPOCHE

COMPASSION (3) \$21

GEORGE DREYFUSS (Geshe Sangye Samdrup)

DEBATE IN TIBETAN BUDDHISM (5) \$35
George Dreyfuss is the first Westerner to receive his Geshe degree. He spent many years at the Tibetan School of Dialectics where he studied and practiced Tibetan Buddhism through rigorous training in debate. He presents the fundamentals of debate and its importance for spiritual development.

JEFFREY HOPKINS

APPROACHING THE TANTRAS (3) \$21

In three outstanding lectures, Jeffrey unfolds, with warmth and penetrating wit, the meaning of compassion, emptiness and deity yoga.

DEATH & DYING (4) \$28
Discussion of the stages of death, intermediate state and rebirth.

SEMINAR ON COMPASSION (5) \$35

SEMINAR ON DEATH AND IMPERMANENCE (3) \$21

SEMINAR ON GROUNDS AND PATHS (3) \$21

SEMINAR ON THE TWO TRUTHS IN THE FOUR TENET SYSEMS (4) \$28

ROBERT THURMAN

CULTURE AS MANDALA (3) \$17

Discusses the triple mandala of the Dalai Lama.

FIERCE DEITIES (2) \$14
This unusual talk is followed by an interesting commentary on a slide show of Tibetan thangkas.

FEMALE DEITIES (3) \$21

ALAN WALLACE

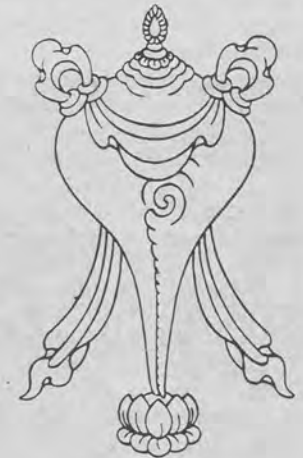
PRANAYAMA (2) \$14
THEORY & EXPLORATION OF CONSCIOUSNESS (6) \$42
Examines the nature of consciousness in a straight-forward manner.

MAHAMUDRA (2) \$14
Discusses shamatha meditation on the nature of the mind. The voice on the first five minutes of tape 1 speeds up slightly.

STABILIZING THE MIND (14) \$98 AIBS Program

Excellent in-depth discussion on how to train the mind in the cultivation and simultaneous integration of clarity and stability. Alan Wallace presents a practical course of mental discipline designed to heighten one's awareness both during active daily life and in the quiet of solitude.

STUDENT-TEACHER RELATIONSHIP (2) \$14
Includes many questions & answers.



ADDITIONAL NEW TITLES

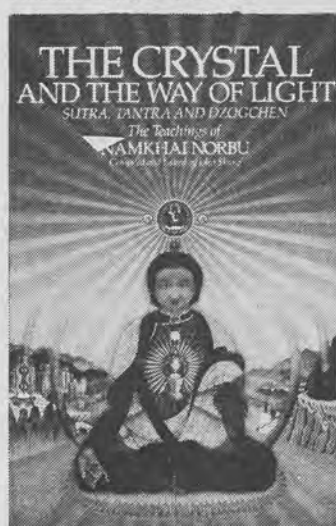
OTHER NEW TITLES

THE ART OF TIBETAN MEDICAL URINALYSIS: A Do-It-Yourself Technique. Dr. Lobsang Rapgay, Ph.D., 76 pp., \$7.00.

Urinalysis is used by the Tibetan physician for detecting a state of health as well as illness. It is routinely used with other diagnostic procedures to determine the nature of and prognosis for a disorder through techniques endifferent from modern urine examination. By following the instructions in this book, which involves close observation and repeated experimentation with urine samples over a period of one or two months it will be possible for a beginner to understand the mechanics of Tibetan urinalysis.

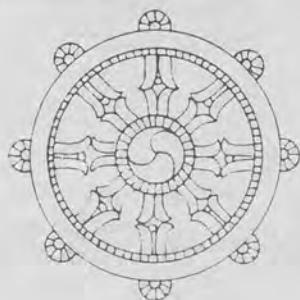
A BRIEF ACCOUNT OF 1500 YEARS OF TIBETAN HISTORY. Louis Magrath King, 51 pp., \$3.00.

This book covers the salient points of Tibetan history from the first monarchy in the 5th century B.C. through the life of the 13th Dalai Lama. Louis King was the British Consul at Thartse Do, on the Tibetan-Chinese frontier.



THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen. by Namkhai Norbu. Compiled and Ed. by John Shane. 176 pp., \$14.95.

In vivid autobiographical passages, Namkhai Norbu brilliantly brings to life one of the profound spiritual traditions of Tibet. This is the first full account of the tradition known as Dzogchen, or the Great Perfection, by a Tibetan Lama in a Western language. It examines the various levels of the spiritual path from the point of view of the highest teaching, which in Dzogchen is introduced directly by the master to the disciple from the very beginning of their relationship. This is the way Namkhai Norbu Rinpoche's own principal master taught him in Tibet, and is dramatically recounted in this book.



DAUGHTER OF TIBET. by Rinchen Dolma Taring. 300 pp., \$18.95, June.

Mary Taring was born in 1910 into one of the oldest families in Tibet and grew up in the closely-knit world of Tibetan nobility—a Buddhist society almost untouched by Western influence. She first married Dasang Dadul Tsarong, one time Commander-in-Chief of the Tibetan army, and later Jigme Taring, a prince of Sikkim. Since its first appearance in 1970, a new chapter has been added to her story, telling of her work among Tibetan refugees in India.

The Fine Arts of Relaxation, Concentration and Meditation. Ancient Skills for Modern Minds. Joel Levey.



THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life. by Joel Levey. 350 pp., \$12.95, June.

For the last fifteen years Joel Levey, a practicing Buddhist and stress management consultant, has taught thousands of people the fine art of relaxation, concentration, and stress reduction. His clients have included people from all walks of life—industrial workers, spiritual practitioners, U.S. Army personnel, etc. His skills and experience have been drawn from Zen and Tibetan Buddhism, and biofeedback and humanistic psychotherapies.

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions, and clarifies, demystifies, and informs us about such areas as: relaxation, concentration, pain control, biofeedback, and meditation.



INDO-TIBETAN BUDDHISM: Indian Buddhists and Their Tibetan Successors. by David Snellgrove. 2 volumes, 328 pp. & 344 pp., \$18.95 per volume, April. This is a masterful survey of Tibetan Buddhism, from its origins in India to its philosophical and practical development in Tibet, Nepal, and Central Asia, by a renowned Buddhist scholar. The author presents the life and teachings of the Buddha and the development of the Buddhist paths, emphasizing the Tantric teachings of Tibet. He covers the Tibetan political schools, ending with the establishment of the four main sects of Tibetan Buddhism. 96 illustrations include photographs of iconographic art as well as points of historical interest.

The Jewel in the Lotus. A Guide to the Buddhist Traditions of Tibet. Stephen Batchelor.



THE JEWEL IN THE LOTUS: A Guide to the Buddhist Traditions of Tibet. Stephen Batchelor, Ed. & Intro., 288 pp., \$16.95, March.

This is the first book to bring together a clear and down-to-earth introduction to Tibetan Buddhism with selections of teachings from each of the major traditions that have flourished in Tibet, and now in the West, for more than a thousand years.

All four major traditions—the Nyingma, Kagyu, Sakya and Gelug—as well as the earlier Kadam, are represented. The extracts illustrate the diversity and different emphasis of each as well as the undeniable unity of all the traditions—that each is a slightly different route to the same goal, enlightenment.

Included are teachings of the present Dalai Lama, Longchen Rabjampa, Ngarchen Kunga Zangpo, Je Tzong Khapa and songs and stories of Jetsun Milarepa. An ideal introductory book.

Jung and Tibetan Buddhism. Radmila Moacanin.



JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM: Western and Eastern Paths to the Heart. by Radmila Moacanin. 192 pp., \$12.95, March.

The approaches of Jung and the teachings of Tibetan Buddhism have often been looked at together. Here, Radmila Moacanin, a student of Buddhism and a

Jungian therapist, explores the similarities and differences with simplicity and straightforwardness. She examines archetypes, collective unconscious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.

A marvellously practical book, which will help increase understanding of the healing methods offered in both East and West.

KING UDRAYANA AND THE WHEEL OF LIFE.



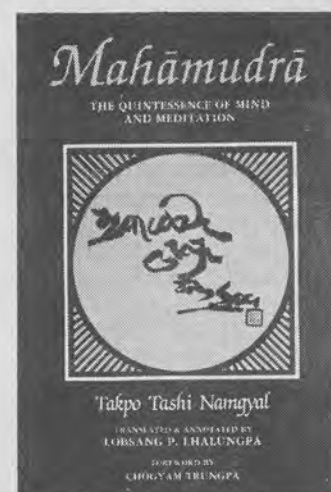
Sermey Geshe Lobsang Tharchin

KING UDRAYANA AND THE WHEEL OF LIFE. by Sermey Geshe Lobsang Tharchin. 248 pp., \$9.50.

The Wheel of Life, with its depiction of the beings of the world caught in the grasp of Death, is a traditional painting familiar to every student of Tibetan Buddhist art. Yet the wonderful events leading to its creation, the fact that it was designed by the Buddha himself, and the precise meaning of the Wheel are less well known. In this book, texts on the Wheel, its origin and meaning are presented by Geshe Tharchin (with accompanying Tibetan text) from traditional sources. He concludes with a discourse given at the Tibetan Buddhist Learning Center on the symbolism of the Wheel.

LOGIC AND DEBATE TRADITION OF INDIA, TIBET AND MONGOLIA. by Sermey Geshe Lobsang Tharchin. \$11.50

Contains three foundational texts: *Logical Reasoning* sets forth the various elements that constitute classical forms of Buddhist argument; *Mind and Mental Functions* presents the six types of consciousness and 51 mental functions; *Indirect Proofs* discusses the structure of a form of dialectic.



MAHAMUDRA: The Quintessence of Mind and Meditation. by Takpo Tashi Namgyal, Trans. by Lobsang P. Lhalungpa. 550 pp., \$25

Mahamudra is the first English translation of a major Tibetan Buddhist presentation of the theory and practice of meditation as composed by Takpo Tashi Namgyal, a great lama and a scholar of the Kagyu sect of

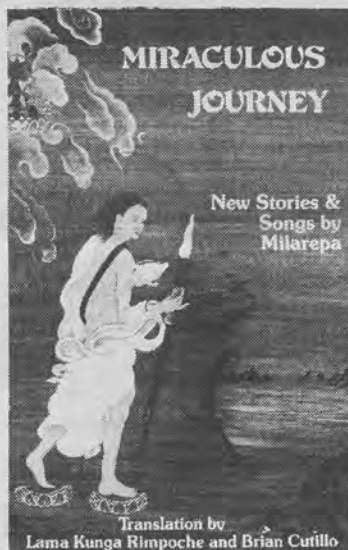
Tibetan Buddhism.

This text is still the primary source used by living Tibetan meditation masters in instructing their disciples. The levels of meditation covered are as follows: the differentiation between stages of tranquillity and insight meditation; meditation on two kinds of selflessness; preparation for mahamudra meditation; the various methods of mahamudra; how one achieves realization; and the four yogas of mahamudra.

MIPAM: A Tibetan Love Story. by Lama Yongden. 360 pp., \$9.95.

"I hesitated, in my heart, as to what form my notes should take, when one evening, while camping with my mother by adoption, the explorer Alexandra David-Neel, amid the vast grassy solitudes of Northern Tibet, I happened to speak once more of the distress I had experienced on seeing the people and things of my native land so travestied. She urged me, then and there, to attempt a faithful description of people and their ways, in the form of a novel. Never was a writer's vocation more unforeseen than in my own case."—Lama Yongden

This is the first novel ever written by a Tibetan lama especially for western readers. The characters are clearly types and composites, yet they are drawn with such affection and attention to human detail that they remain thoroughly engaging. It's a refreshing saint who sings well, has a weakness for sweets and drives a hard bargain.



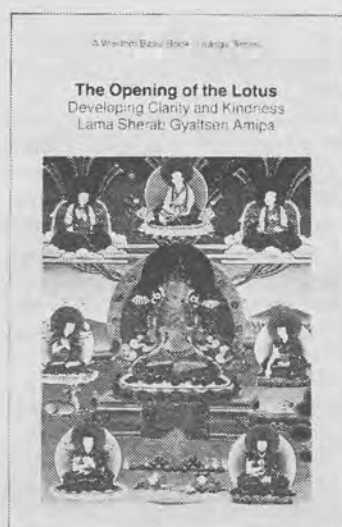
MIRACULOUS JOURNEY. by Milarepa, trans. by Lama Kunga Rimpoche & Brian Cutillo. 232 pp., \$12.95.

A rare collection of previously untranslated narratives and songs of the famous Tibetan poet-yogi Milarepa. This work is an untampered compilation of Milarepa's songs as preserved and sung by wandering yogis of the Kagyu sect. The pieces differ from those in the two popular volumes on Milarepa (the Autobiography and the Hundred-Thousand Songs), in their range of material and directness of style, while continuing a high level of poetic expression. Thus they give a more candid glimpse of this famous yogi's personality than the more official versions.

This second volume of songs contains 35 new stories about Milarepa, who informs and delights the reader with his insight, directness, and compassion.



ADDITIONAL NEW TITLES



THE OPENING OF THE LOTUS: Developing Clarity and Kindness, By Lama Sherab Gyaltsen Amipa. 128 pp., \$12.95, March.

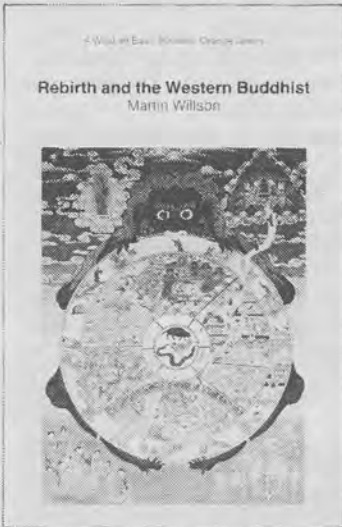
Based on teachings given to Westerners, this book is concerned with the development of the stages of enlightenment. Lama Amipa emphasizes the link between East and West. "All people wish to follow a path to peace," he says. So this book is simple and clear, and continually brings down to earth the powerful and practical methods of Buddhism for human development.

Included also are translations of short practices of Guru devotion and Refuge, as well as an autobiography of the author, who is a Sakya lama.

PRIMORDIAL EXPERIENCE: An Introduction to Dzog-chen Meditation, by Manjusrimitra. Trans. by Namkhai Norbu & Kennard Lipman. 140 pp., \$11.95, April.

This is the first English translation of one of the most revered texts in Tibetan Buddhism. A part of the Dzog-chen or Ati tradition, *Primordial Experience* was written by Manjusrimitra, an Indian disciple of the first teacher of Ati.

What is presented is a learned discourse on the relation of Ati to other systems of Indian thought, Buddhist and Hindu, through an examination of the key concept of bodhicitta or enlightened mind. Included is a preface by Namkhai Norbu which places this text in the Ati tradition, as well as a history of the text and its author, philosophical questions about the relation of Ati to Buddhist Idealism, and the meditation practice linked with this text.



REBIRTH AND THE WESTERN BUDDHIST, by Martin Willson. 96 pp., \$6.95, March. Belief in reincarnation is one of the greatest cultural differences between Eastern and Western thought. In this essay Martin Willson presents arguments—devotional, scriptural, observational, logical and scientific—for and against rebirth. This absorbing book is an excellent starting

point, with its more than one hundred references, for Westerners interested in delving into this controversial subject.

The Status of Tibet

History, Rights, and Prospects in International Law

Michael C. van Walt van Praag

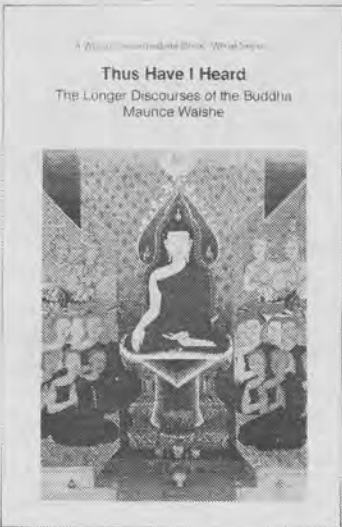


THE STATUS OF TIBET: History, Rights, and Prospects in International Law, by Michael C. van Walt van Praag. 450 pp. cloth, \$32.50.

For centuries, Tibet, located at the strategic heart of Asia, has been coveted by the continent's great empires, including the Mongols, the Russians, the Manchus, the British, and the Chinese. Nonetheless, Tibet's spiritual leaders and rulers have exerted an immense authority not only in Tibet but also over foreign powers. This study reviews the history of the Tibetan state 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 a much-needed basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics. This overview is especially timely in light of the present negotiations between representatives of the PRC and the Dalai Lama's Tibetan government-in-exile.

Michael C. Van Walt practices international law in Washington, D.C. He has taught international law and Tibetan studies at the Monterey Institute of International Studies and is a former director of the Tibetan Affairs Coordination Office in the Netherlands.

"An excellent resume of the thirteen centuries of Tibetan history, amply documented from numerous sources... In a very full but well-organized and lucid study, van Walt cites the views of a wide range of authorities on international law with regard to every point relevant to the Tibetan case.... His conclusions should stir the conscience of interested governments that have paid too little attention to the justice of the Tibetan claim to independence."—H.E. Richardson, former head of the British Mission to Tibet at Lhasa

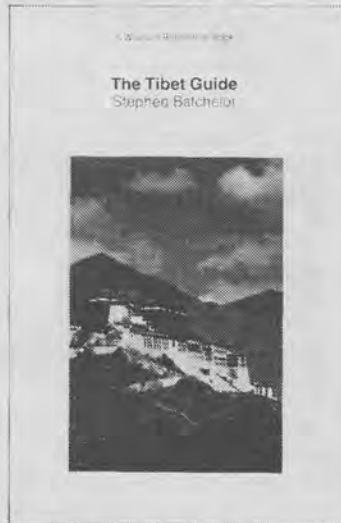


THUS HAVE I HEARD, by Maurice Walshe. 672 pp., \$34.95, June.

This is a new translation of the *Digha Nikaya*, some of the most famous scriptures in the Pali Canon, translated by the well-known Buddhist scholar, Maurice Walshe.

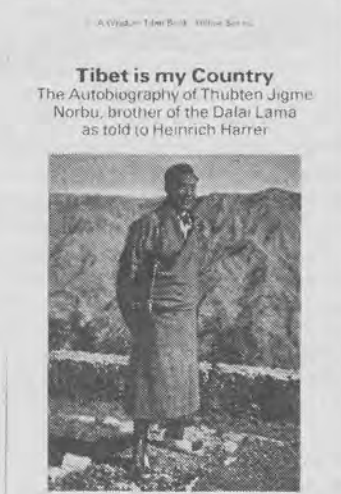
These thirty-four suttas reveal the gentleness, compassion, power and penetrating wisdom of Gotama Buddha, not only in the words he speaks, but in his very bearing and the skill with which he deals with people.

Maurice Walshe gives a vivid account of the life and times of Gotama Buddha and a short survey of his teachings in the introduction. Line drawings are by the Thai artist, Pang Chinasai.



THE TIBET GUIDE, by Stephen Batchelor. 500 pp. \$26.95, June. Closed for centuries by Tibetan isolationism and for 25 years by the Chinese Communist occupation, the borders of the Forbidden Kingdom, Tibet, are now open. It is estimated that within the next few years 200,000 people annually will be visiting this fascinating land. Already tens of thousands have done so, and Tibet is rapidly becoming a tourist destination of choice.

The Tibet Guide contains a history of Tibet, a simple description of Tibetan Buddhism, details of travel to Tibet, detailed explanations of the 44 main sites of interest in Lhasa, and important sites in the rest of central Tibet and on route from Lhasa to Nepal, Mt. Kailas and western Tibet, an iconographical guide, a phrasebook, a glossary, a recommended reading list, and many maps and color and black-and-white photographs.



Tibet is my Country
The Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama as told to Heinrich Harrer

TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama, as told to Heinrich Harrer, by Norbu. 300 pp. \$16.95, June.

Heinrich Harrer has told in *Seven Years in Tibet* how he accompanied the Dalai Lama and his family on their flight from the Chinese Communists in 1951.

For many years he kept a close friendship with Thubten Norbu, the Dalai Lama's elder brother, and together they wrote this book. Besides being the story of Norbu's own life, it is a uniquely authentic document about the last decades of free Tibet's history.

TIBETAN CALENDAR: Fire Hare Year, 2114, Rigpa Buddhist Meditation Centre. \$4, March.

This is the best Tibetan calendar for westerners that we have seen. It is pocket size (3 1/2 x 6 1/4") and contains all the important Buddhist festival days and anniversaries as well as the standard western holidays. Each calendar features one lineage of Tibetan Buddhism with photos and discussion of the history of the lineage.



TIBETAN COLLECTION: SCULPTURE AND PAINTING, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp., \$20.

The Newark Museum's Tibetan collection is regarded as one of the foremost holdings Tibetan artifacts in the world. In this volume of the *Tibetan Collection*, we see some of the finest painting and sculpture from Tibet. Included are pictures and discussions of: sculpture, including metal, wood, ivory, lacquer, stone and clay; thangkas, including painted, appliqued and embroidered examples; and wall paintings; iconography, including body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking".

TIBETAN MEDICINE: A Wholistic Approach To Better Health, by Dr. Lobsang Rapgay, Ph.D. 87 pp., \$7.00

This book discusses Tibetan medicine—the humanistic approach to health. Contents: the relation of mental disorders to physical illness, systems of psychology, wind in death meditation, wind diseases, madness, treatment of cancer, relaxation yoga.

TIBETAN THERAPEUTIC MASSAGE, by Dr. Lobsang Rapgay, Ph.D. 58 pp., \$7.00.

Tibetan massage is one of the many forms of treatment included in the wholistic system of Tibetan medicine. It further exemplifies the combination of Indian and Chinese massage techniques to create a unique Tibetan massage system. Though the information provided here on massage is based on medical Tantra texts, some additional information has also been included from other sections of the texts, as well as discussions with other Tibetan physicians and individuals who use massage.

TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE, by Robert A. F. Thurman. 442 pp. cloth, \$50.

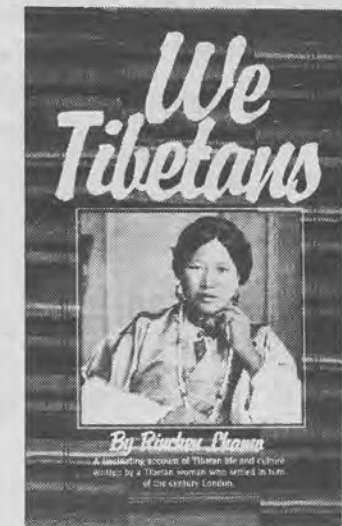
This is the first full study, translation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa. The work is a study of the major schools of Mahayana Buddhism, known as Vijnanavada and Madhyamika, and an explanation of the interpretation of Madhyamika. The translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal a rigorous, critical philosophy. Robert Thurman emphasizes the relevance of Prasangka to our own time.

This invaluable text shows that critical reason and contemplative realization are mutually indispensable for the attainment of enlightenment.

WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of their Country, by Jamyang Norbu. 160 pp. \$12.95, June.

This is a poignant story of a Tibetan Khampa warrior, Aten, and his people of Nyarong. Aten recalls his life as a child, the simple style of the Khampas, and the beauty of the land. He tells us the history of his people and the fighting spirit of the Khampas, all illustrated by his own stories and stories of the past.

Their peaceful lifestyle was shattered by the invasion and final domination of the Chinese Communists in the 1950s. He tells of the bloody battles and the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to Dharamsala.



WE TIBETANS, by Rinchen Lhamo. 228 pp., \$8.95

Sixty years after its first publication, Rinchen Lhamo's *We Tibetans* remains one of the most engaging and comprehensive accounts of Tibet and her people ever to appear. Born and raised in Kham, Tibet's easternmost province, the author was the first Tibetan woman in history to marry a European, leave her homeland and settle in the West. Throttled by her new life in an alien world, she nevertheless kept the traditional Tibetan composure, humor and keenness of observation, out of which she has forged her book. Augmented by an excellent historical introduction and a plethora of details from folk tales to children's games, *We Tibetans* is a genuine classic; simple, harmonious and totally captivating.

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* Indicates titles found in the new books section

☆ — Indicates a Snow Lion title which is described in the front section on Snow Lion's own publications.

ADVICE FROM A SPIRITUAL FRIEND, by Geshe Rabten and Geshe Dhargye. \$8.95

A compilation of essential Mahayana practices, taken from the teachings of two contemporary masters.

ANALYSIS OF GOING AND COMING, by Chandrakirti, Trans. Jeffrey Hopkins. \$2.50
This booklet contains the second chapter of Chandrakirti's commentary to Nagarjuna's treatise on the middle way. Through a masterful analysis of going and coming he shows how the Madhyamika handles the problem of existents.

AN ANTHOLOGY OF WELL-SPOKEN ADVICE ON THE GRADED PATHS OF THE MIND, by Geshe Ngawang Dhargye. 441 pp. \$14.95.

Compendium of oral teachings based primarily on Kyabje Pabongka's *A Personal Gift for Being Utterly Freed* and Tzongkapa's *A Grand Presentation of the Graded Paths of the Mind*. It includes many anecdotes and instructions from Kyabje Trijang Dorjechang, the late tutor to the Dalai Lama. This excellent book covers in depth the foundations of spiritual practice.

AQUILARIA-R \$5.00

A unique, entirely natural herbal preparation for the relief of stress and tension. Prepared by Dr. Lobsang Rappagay and the Tibetan Holistic Medical Centre of India. Aquilaria-R herbal formula is one of the most popular and well-known stress formulas prepared from therapeutic and non-toxic herbal ingredients handrolled into sticks. This item is hard to keep in stock. It is made in India and we often have to backorder it.

***THE ART OF TIBETAN MEDICAL URINALYSIS: A Do-It-Yourself Technique**, Dr. Lobsang Rappagay, Ph.D., 76 pp., \$7.00.

ARYASURA'S ASPIRATION AND A MEDITATION ON COMPASSION, by H.H. the Dalai Lama, trans. Brian Beresford. \$6.95

A bodhisattva's aspirational prayer in seventy stanzas by Aryasura is supplemented by a rare commentary based on that of the second Dalai Lama. This is followed by a reprint of a sadhana on the inseparability of the spiritual master and Avalokiteshvara with a discourse by the present Dalai Lama on the activation of compassion and bodhicitta. (bi-lingual)

ATISHA, by Thubten Kalsang Rinpoche. \$3.50

ATISHA AND THE BUDDHISM OF TIBET, by Daboom Tulku & Glenn H. Mullin. \$4.95

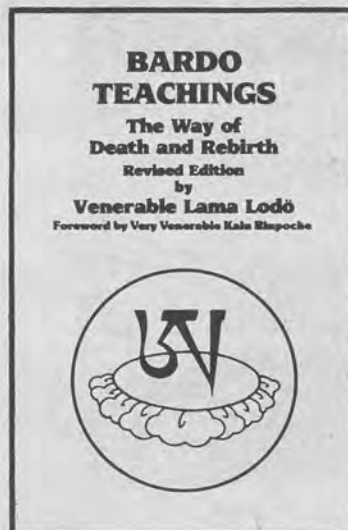
☆ **ALTAR OF THE EARTH**, by Peter Gold \$12.95

***AUTHENTIC MINIATURES**, (tsa-tsa sculptures) \$6.00 ea.; \$12 ea. for large. See description in special items section.

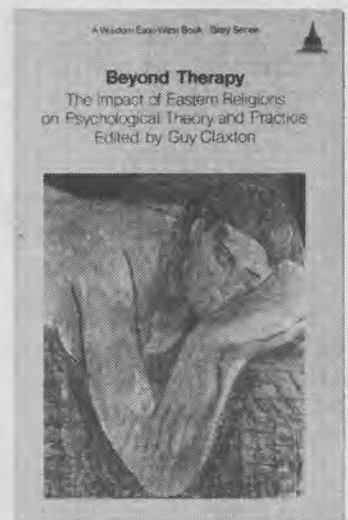
BARDO TEACHINGS: THE WAY OF DEATH AND RE-

BIRTH, by Ven. Lama Lodo. \$5.95

Describes in detail the journey through the Bardo states of death, after-death, and the search for rebirth. Supplemented with many questions and in-depth answers by Lama Lodo. Highly recommended.



BELL & DORJE SET \$58 plus \$3 shipping



BEYOND THERAPY: The Impact of Eastern Religions on Psychological Theory, ed. Guy Claxton. 352 pp. \$18.95

Guy Claxton, a psychologist at University of London, Chelsea College, has gathered together here views from psychologists present at a recent British Society conference on *Buddhism and Psychology*. The subject is the impact of psychological thought on Buddhism.

Two areas are covered. First the theoretical is examined: Buddhist ideas about self, identity and personality and how these go beyond or can be interpreted in terms of current psychological concepts. Secondly, the contributors look at the practical application such as research on meditation, the value of contemporary therapeutic techniques and the question of spiritual development and personal development.

BONE MALAS, \$22, please allow \$1.50 for shipping.

We now have small bone malas with counters and head bead. They are light beige and strung on a red cord.

***A BRIEF ACCOUNT OF 1500 YEARS OF TIBETAN HISTORY**, Louis Magrath King. 51 pp., \$3.00.

BUDDHISM OF TIBET (combined vol.), by Dalai Lama and Nagarjuna. \$12.50

Contains *Buddhism of Tibet and the Key to the Middle Way* as well as *The Precious Garland and the Song of the Four Mindfulnesses*.

BUDDHISM OF TIBET AND THE KEY TO THE MIDDLE WAY, by Dalai Lama. \$5.95 cloth.

THE BUDDHIST TANTRAS: LIGHT ON INDO-TIBETAN ESOTERICISM, by Alex Wayman. \$12.50 cloth.

Presents a broad range of selected topics from within the Buddhist tantric tradition.

CHANDRAKIRTI'S SEVENFOLD REASONING, by Wilson. \$4.95

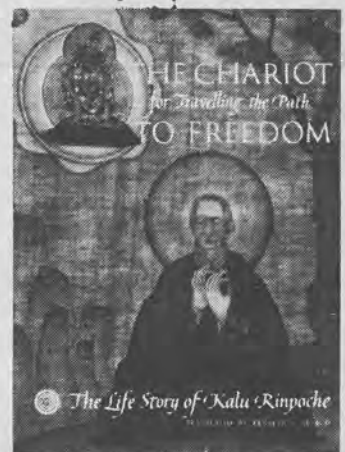
An astute discussion on emptiness and selflessness.

CHANTING THE NAMES OF MANJUSRI: A TRANSLATION OF THE MANJUSRI-NAMA-SAMGITI, by Alex Wayman. \$30.00 cloth

English translation of one of the most revered and often utilized tantric texts in the living Buddhist tradition of Tibet. Includes the Sanskrit and Tibetan texts along with Prof. Wayman's translation and explication.

THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: THE LIFE STORY OF KALU RINPOCHE, by McLeod, 91 photos & illustrations. \$16.75

This exquisite book contains the autobiography and writings of one of the most outstanding lamas alive today, the Venerable Kalu Rinpoche. Written at the request of his students and with the intention of helping the Doctrine of the Victorious One, this book is a literary and pictorial gem that communicates the depth of this lama and inspires us to ever greater realizations. Also discussed are the lineages of the Shangpa Kagyu Tradition and of the Karma Kagyu Tradition, and the life of Jamgon Kongtrul Lodru Taye (1818-1899).



CHO-GA: Tantric and Ritual Music of Tibet Cassette \$8.95

A unique anthology of tantric instrumental music and chants performed by Tibetan lamas. Recorded in monasteries, this tape contains powerful mantric rituals of this profound culture. Represented here are the monasteries of Gyuto, Gyume, Drepung, Ganden, Sera, and Namgyal Dratsang, the private monastery of the Dalai Lama. This tape contains a wide variety of chanting styles and is one of the best we know of.

CHO-YANG Council for Religious and Cultural Affairs of H.H. the Dalai Lama \$12.95

This is a great publication—full of information and many photos on the rich heritage of Tibet. Essays include: Kalachakra and the initiation in Switzerland; life and training of monks in exile; an oral teaching by H.H. the Dalai Lama on training the mind; Buddhist nuns; folk-opera of Tibet; Bonpo religion; history of the Taglung Kagyu tradition.

CLEAR LIGHT OF BLISS, by Geshe Kelsang Gyatso. \$10.95

This is an unprecedented work on tantric mahamudra which aims at

the activation of one's subtlest level of mind and subsequent contemplation by this consciousness of the ultimate nature of mind itself. Included are the eight rounds of inner fire, the generation of great bliss, tranquil abiding, meditation on emptiness, the four joys, the illusory body and clear light, and finally the great mahamudra.

COMMENTARY ON GURU YOGA, by Geshe Tharchin. \$4.00

COMPASSION: A TIBETAN ANALYSIS, by Guy Newland. \$12.95

☆ **COMPASSION IN TIBETAN BUDDHISM** Trans. & Ed. by Jeffrey Hopkins Co-ed. by Anne Klein \$10.95

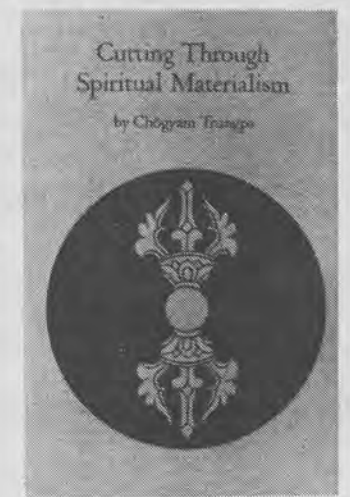
***THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen**, by Namkhai Norbu. Compiled and Ed. by John Shane. 176 pp., \$14.95.

CULT OF TARA: MAGIC AND RITUAL IN TIBET, by Beyer. \$42 pp. \$14.95

Beyer details the processes and presuppositions of Tibetan ritual tantric meditation. The practices and philosophic basis of tantra and in particular of the Tara Tantra are featured: initiation and ritual service; offerings, praises and prayer; protection and attack. The tradition of Tara and its ramifications in monastic ceremony, folklore, literature, and magic, art, medicine and divination.

A CULTURAL HISTORY OF TIBET, by David Snellgrove & Hugh Richardson. 291 pp. \$12.95

This is a comprehensive survey of a rapidly vanishing civilization, in which the authors trace the evolution of Tibetan culture from its sixth-century pre-Buddhist origins through the introduction of Buddhism, the rise of the great monasteries, the rise of the "Yellow Hats," and the establishment of the Dalai Lama, to Tibet's fall to the communists in 1959. Contains many photos.



CUTTING THROUGH SPIRITUAL MATERIALISM, by Trungpa. \$8.95

The problems of egocentricity strengthened by spiritual practices are discussed and the true spiritual path presented.

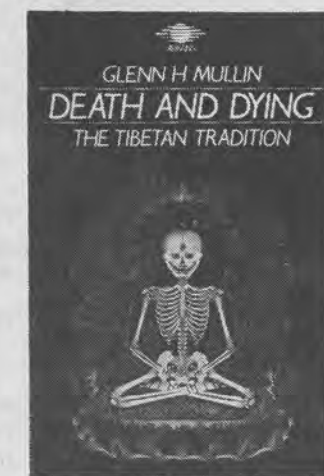
DAILY RECITATIONS OF PRELIMINARIES, by Library of Tibetan Works and Archives. \$2.50

Contained here are the Tibetan, phonetic and translated versions of requisite practices such as the seven-limbed puja, the mandala offering, praise to Manjushri and others.

DALAI LAMAS OF TIBET, by Inder Malik 188 pp. \$10.95 cloth. In the 1500's the institution of the

Dalai Lama was founded. They were the primary spiritual and secular leaders of Tibet—indeed, it is difficult to think of Tibet without also thinking of the Dalai Lamas. This book describes the lives of each of the Dalai Lamas and devotes many pages to the present Dalai Lama. Inder Malik has been associated with the Dalai Lama for two decades. Having known him closely and having exchanged views with him on matters, both mundane and philosophical, the author is able to write about him and the previous Dalai Lamas with authority. There are also chapters on the Panchen Lamas and on Buddhist philosophy.

***DAUGHTER OF TIBET**, by Rinchen Dolma Taring. 300 pp. \$18.95, June.



DEATH AND DYING: The Tibetan Tradition by Glenn H. Mullin \$12.95

The Tibetans regard an understanding of death and dying as of paramount importance and over the centuries have developed a wide and detailed reservoir of materials on death, dying and the after-death experience. This fascinating survey draws on nine Tibetan texts—including the famous *Tibetan Book of the Dead*—written by Tibet's foremost spiritual authorities. It covers topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, and methods to facilitate the transition to new modes of consciousness at death.

☆ **DEATH, INTERMEDIATE STATE AND REBIRTH** by Lati Rinbochay, Trans., Ed. & Pref. by Jeffrey Hopkins \$6.95

DEBATE IN TIBETAN BUDDHIST EDUCATION, by Dan Perdue. \$5.95

An introduction to Tibetan debate, as well as Buddhist logic and epistemology.



THE DHARMA THAT BENEFITS ALL BEINGS IMPARTIALLY LIKE THE LIGHT OF THE SUN AND MOON, by Kalu Rinpoche. 222 pp. \$9.95

A major collection of teachings by the Venerable Kalu Rinpoche. These talks were given to Western audiences in the United States. The subjects cover: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of

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Gampopa, the four noble truths, and a chapter on his teachings in North America.

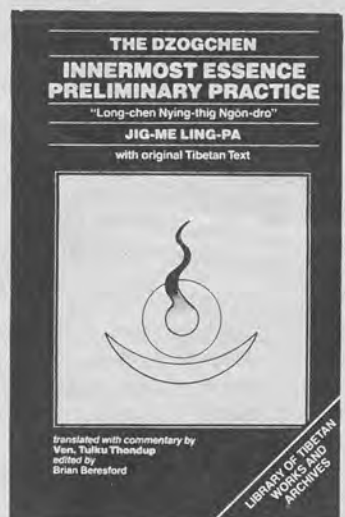
DOOR OF LIBERATION, by Geshe Wangyal. \$7.95
Contains texts that the Venerable Geshe Wangyal used to train his students.

DRINKING THE MOUNTAIN STREAM, by Lama Kunga Rinpoche & Cuillo. \$7.95
Eighteen previously unpublished stories and songs of Milarepa plus details on the Kagyu lineage of practice.



DZOG CHEN AND ZEN, by Namkhai Norbu. \$5.00

This book presents the principle of Dzog chen teaching, which, like that of Zen, is self-perfectedness, the already-being-perfect of every individual. Self-perfectedness means that the so-called objective is nothing else than the manifestation of the energy of the primordial state of the individual himself. An individual who practices Dzog chen must possess clear knowledge of the principle of energy and what it means.



DZOGCHEN: INNERMOST ESSENCE, by Tulku Thondup. \$6.95

Excellent commentary to this Great Perfection text.

ECHOES OF VOIDNESS, by Geshe Rabten. \$8.95

Echoes provides a framework for understanding voidness—emptiness—by presenting it from three different perspectives: devotional, logical and experiential. Stephen Batchelor uses the explanations of Geshe Rabten as well as those of two early masters.

THE EIGHT PLACES OF BUDDHIST PILGRIMAGE, by Jeremy Russell. \$3.50

The Buddha said, "After my passing away, the new monks who come and ask of the doctrine should be told of these places and advised that a pilgrimage to them will help purify the previously accumulated negative karma, even the five heinous actions." Jeremy Russell offers information and inspiration to all those interested

in these eight places of vital spiritual and historical importance.

☆ **EMPTINESS YOGA** by Jeffrey Hopkins, Co-ed. Joe B. Wilson \$19.95, cloth \$35, May.

ESSENCE OF BUDDHISM: Teachings at Tibet House, 212 pp. \$9.95

Since 1982, Tibet House has annually hosted teachings by outstanding Tibetan masters of the four Tibetan Buddhist traditions. These talks have been preserved in this volume.

1. *Partings from the Four Clings* by Kyabgon Sakya Trizin Rinpoche, head of the Sakya Tradition.

2. *Four Mindfulnesses* by Kyabje Yongzin Ling Rinpoche, senior tutor to His Holiness the Dalai Lama and 97th Throneholder of Ganden.

3. *Heart Treasure of the Enlightened Ones* by Kyabje Dilgo Khyentze Rinpoche, a leading master of the Nyingma Tradition.

4. *Mental Peace and Enlightenment through Meditation* by the Venerable Lama Kalu Rinpoche, a great meditation master of the Kagyu Traditions of Tibetan Buddhism.

ESSENTIAL NECTAR, by Geshe Rabten. \$11.95

The graduated path to enlightenment is presented here as meditations to be practised; they are methods for investigating and transforming one's attitudes and behaviour, leading finally to the complete eradication of negative states and the instilling of positive qualities.

THE ETERNAL LEGACY, by Sangharakshita. \$14.95

A clear and scholarly introduction to all the major sacred texts of Buddhism. The author brilliantly and concisely summarizes the essential teachings of each text and places it in both a doctrinal and historical context. A valuable reference book.

EXPERIENCE OF INSIGHT: A SIMPLE AND DIRECT GUIDE TO BUDDHIST MEDITATION, by Goldstein. \$7.95

A classic of clear, practical instruction on meditation and themes that support its proper practice.

☆ **THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life**, by Joel Levey. 350 pp., \$12.95, June.

FLOWER ORNAMENT SCRIPTURE: THE AVATAMSAKA SUTRA, Vol. 1, by Cleary. 703 pp. \$40.00 cloth

This sutra is thought by many to be the consummation of Buddhist thought and experience. Its grandeur of conception, depths of feeling and the gigantic scale of composition, shape what were once abstract truths into concrete symbols—and deliver the vision of a vast system of universes as present in the smallest particle of matter. Contents: the appearance and meditation of the Buddha; formation of the worlds, Vairocana; awakening by light; purifying practice; ascent to the peak of Mount Sumeru; ten abodes, practices, and inexhaustible treasures; ascent to Tushita Heaven.

FLOWER ORNAMENT SCRIPTURE: THE AVATAMSAKA SUTRA, Vol. 2, by Cleary. 448 pp. \$40.00 cloth See description of volume 1.

Contents: ten concentrations; qualities and marks of the Buddha; ten superknowledges; dwelling places of enlightening beings; ten stages; practice of universal good.

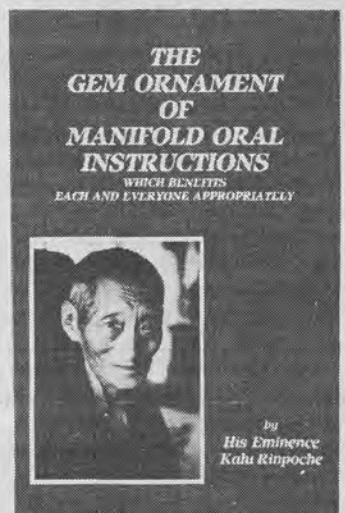
FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche. \$5.95

To realize Dzog-chen, the Great Perfection, is to realize the beginningless purity and perfection of all reality as an indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzog-chen methods.

FUNDAMENTALS OF TIBETAN MEDICINE, by T.J. Tsarong. \$8.00

Covers the causes of disease, their diagnosis and therapy—covers the entire Tibetan Medicine Tree. Illustrated with diagrams, tables, photos.

THE GARLAND OF MAHAMUDRA PRACTICES: A Translation of Kunga Rinchen's Clarifying the Jewel Rosary of the Profound Five-Fold Path Trans. by Khenpo Rinpoche Konchog Gyaltsen Co-trans. & Ed. by Katherine Rogers. Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche \$9.95



THE GEM ORNAMENT OF MANIFOLD ORAL INSTRUCTIONS WHICH BENEFITS EACH AND EVERYONE APPROPRIATELY, by His Eminence Kalu Rinpoche. \$12.95

This volume of talks by Rinpoche includes the three yanas, an extensive description of Ngondro practices, vows, shamatha with and without object of meditation, and mahamudra.

GRADUATED PATH TO ENLIGHTENMENT, by Geshe Rabten. \$3.95

GREAT OCEAN, by Hicks & Tobden. \$10.95

Biography of H.H. the Dalai Lama.

A GUIDE TO THE BODHISATVA'S WAY OF LIFE, Shantideva, trans. Stephen Batchelor. \$8.95.

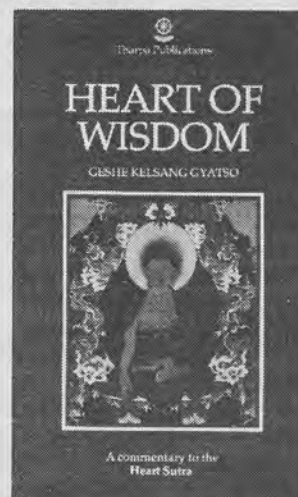
This book is very often recommended to students of Mahayana. It is a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage T.J. Tsarong \$5.00

Gives the composition of 175 popular Tibetan natural drugs. This handbook is intended for users of alternative medicines as well as scholars, researchers, and entrepreneurs who are searching

for an alternative to the highly toxic and costly modern synthetic drugs.

☆ **HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine** by Dr. Yeshe Donden, Ed. & Trans. by Jeffrey Hopkins \$10.95



HEART OF WISDOM, by Geshe Kelsang Gyatso. \$10.95 Now Here'M

Because of its condensed form and the profundity of its subject, the Heart Sutra is difficult to understand correctly without a clear commentary by a qualified master. *HEART OF WISDOM* provides both explicit and implicit meanings of the sutra, and relates them to the five Mahayana paths to enlightenment. An invaluable guide for practitioners and students'M

THE HERUKA BODY-MANDALA SADHANA \$12

Restricted to those who have had the appropriate level of initiation. Limited supply of these unbound Tibetan style texts (in English). Part 1: Concise Lam Rim by Lama Tsong Khapa. Part 2: Sadhana of the Body mandala of the Bhagavan Chakrasamvara by Pabonkha Rinpoche. Part 3: The Yoga of the Three Purifications of Shri Heruka by Pabonkha Rinpoche. Part 4: The Abbreviated Sadhana of the Body Mandala of the Glorious Chakrasamvara. Part 5: Heruka Tsog.



HIDDEN TEACHINGS OF TIBET: An Explanation of the Terma Tradition of the Nyingma School of Buddhism, by Tulku Thondup. 240 pp. \$18.95

There have been many occasions in world history when scriptures and material objects have been discovered miraculously. The Nyingma school is rich in such a tradition. Dharma Treasures, Terma, have been concealed and later discovered at appropriate times by realized masters. These Discoverers of Dharma Treasures, *Tertons*, have over the centuries found thousands of volumes of scriptures and sacred objects hidden in earth, water, sky, mountains, rocks and mind.

This tradition of passing on teachings of the great ninth century saint, Guru Padmasambhava, is elaborated here by a Nyingma lama, Tulku Thondup.

☆ **HIGHEST YOGA TANTRA** Daniel Cozort \$10.95

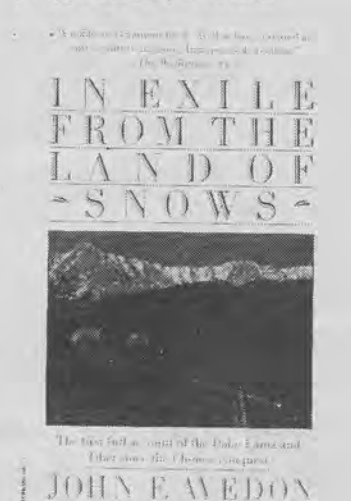
HISTORY OF THE SAKYA TRADITION, by Trichen. \$8.00

A powerful and evocative account of the history of the Sakyapa lineage of Tibetan Buddhism. Presented are the lives of the tradition's forefathers in India, magnificent yogins such as Virupa and Krishnacharya; the five great masters of the early years in Tibet; and other masters who have adorned the tradition.

HOW TO MEDITATE, by MacDonald. \$9.95

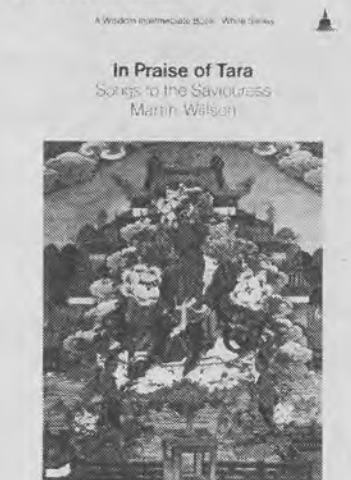
Contains a wealth of practical advice on a variety of authentic and proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in this one book.

☆ **INDO-TIBETAN BUDDHISM: Indian Buddhists and Their Tibetan Successors**, by David Snellgrove. 2 volumes, 328 pp. & 344 pp., \$18.95 per volume



IN EXILE FROM THE LAND OF SNOWS, by Avedon. \$7.95

Now in paperback'M This is the first full account of the Dalai Lama and Tibet since the Chinese conquest. It is a stunning and well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.



IN PRAISE OF TARA: SONGS TO THE SAVIOURESS, Trans. & Ed. by Martin Willson. 480 pp. \$26.95

Tara has inspired some of the most marvellous Buddhist literature throughout the centuries, and collected here is a good proportion of it, translated from Sanskrit and Tibetan. Included are a history of the origin of the Tantra of Tara, canonical texts, sadhanas for practice, and the lyrical praises to Tara of both Indian and Tibetan devotees. Included also are brief histories of

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the poets and writers themselves, and commentary and explanation throughout by Willson.

It is thorough and scholarly, but at the same time inspirational and an expression of devotion to Tara, one of the most popular of all Buddhist deities.



INDIA—A TRAVEL SURVIVAL KIT, by Crowther, Raj and Wheeler. 792 pages \$14.95
The best and most popular guide to India, winner of the Thomas Cook Guidebook of the Year award. Want to find a houseboat in Kashmir or a palace in Rajasthan—or your way around Dharamsala? Searching for faded touches of the British raj? Trying to get a seat on a crowded train or post a parcel? The facts are all in this definitive guide—it even tells you where to find the gurus.

INTERNATIONAL BUDDHIST DIRECTORY. \$8.95

A directory of more than 1800 Buddhist centres around the world.

INTERVIEW WITH THE DALAI LAMA, by Avedon. \$6.95

Presents an indepth portrait of the Tibetan leader's personal, political and religious views. Among topics discussed are dreams, memory, cults, the development of bodhicitta, and emptiness.



INTO EVERY LIFE A LITTLE ZEN MUST FALL: A Christian Philosopher looks to Alan Watts and the East, by Alan Keightley. 192 pp. \$12.95

A committed and open-hearted Christian, Alan Keightley became inspired by the works of Watts, Krishnamurti and the ideas of the East, as well as the approaches of thinkers such as Ludwig Wittgenstein, during his theological and philosophical studies in the early seventies.

From the standpoint of a Western Christian he eloquently and with the conviction of experience shows the need for each one of us to break through the institutionalized, frozen idea of religion and god-out-there, and to awaken to the very real God within.

Alan Keightley has researched into Wittgenstein's philosophy and

its implications for our understanding of religion. He is the head of Religious Studies at King Edward VI College.

INTRODUCTION TO THE BUDDHIST TANTRIC SYSTEMS, by Wayman. \$8.95 cloth

INVOCATION OF MAHAKALA. \$3.00

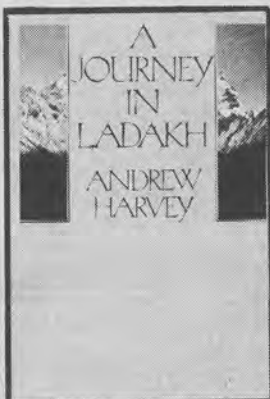
Contains descriptions of Mahakala, the act of taking refuge, the importance of the guru in Tantric Buddhism, as well as biographies of the Very Venerable Kalu Rinpoche and the Venerable Lama Lodo.

***THE JEWEL IN THE LOTUS: A Guide to the Buddhist Traditions of Tibet**, Stephen Batchelor, Ed. & Intro.. 288 pp., \$16.95, March.

THE JEWEL ORNAMENT OF LIBERATION, by Gampopa, trans. & ed. by Guenther. 353 pp. \$14.95

A comprehensive and authoritative exposition of the stages on the Buddhist path. Describes the special training necessary to attain enlightenment. It explains how an enlightened attitude is strengthened by practicing the six perfections and offers a concise presentation of Buddhism as a living experience.

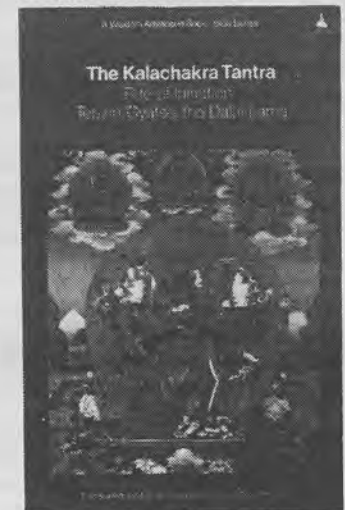
☆ **THE JEWELLED STAIRCASE** by Geshe Wangyal \$10.95



A JOURNEY IN LADAKH, by Harvey. \$7.95

An exceptional book, one whose magic is compounded by a singular blending of the wondrous and the commonplace, the sacred and the hilarious. It is a remarkable pilgrimage of the spirit and an arduous physical journey to a remote part of the world. In the mountains of Ladakh Buddhist meditations have taken place for 2300 years and Tibetan Buddhism thrives there today.

***JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM: Western and Eastern Paths to the Heart**, by Radmila Moacanin. 192 pp., \$12.95, March.



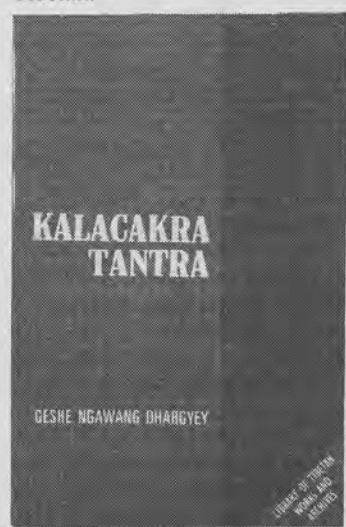
KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. \$17.95

For the first time, a tantric initiation ritual is presented in detail

in English. The techniques for transforming body, speech and mind are presented for the benefit of those who want to learn about this remarkable practice.

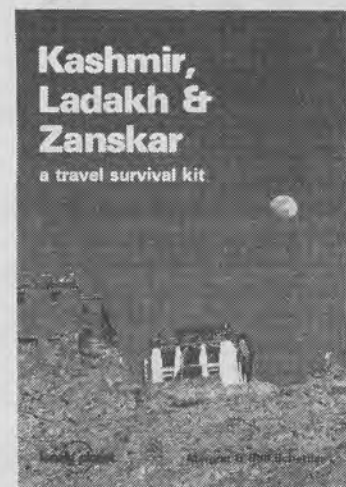
KALACHAKRA DEITY POSTER 11 x 17 1/2" \$2.00

This poster is of the great thangka that also appears on the cover of *Kalachakra Tantra: Rite of Initiation*. It comes to us from India and the edges are a little wrinkled. Because we think you'll enjoy it, we are selling it at a reduced price. At the bottom of the poster are the mantras associated with the deity, written in Tibetan.



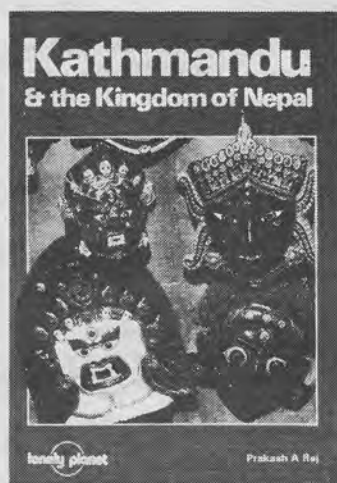
KALACHAKRA TANTRA, Geshe Ngawang Dhargyey. 180 pp. \$12.00

Originally an oral teaching, this book provides a sound explanation for those interested in engaging in the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, day and night Yogas.



KASHMIR, LADAKH AND ZANSKAR—A TRAVEL SURVIVAL KIT, by the Schettlers. \$7.95

Three contrasting Himalayan regions—the narrow Himalayan valley of Zaskar; reclusive Ladakh, only opened since the mid-70's; and the beautiful Vale of Kashmir. Information ranges from finding the best houseboat on Dal Lake in Srinagar to making treks over the Himalayan range to the stark Tibetan plateau. Great shots of Tibetan Buddhist culture.



KATHMANDU AND THE KINGDOM OF NEPAL—A TRAVEL SURVIVAL KIT, by Raj. \$6.95

This guidebook describes Nepal's amazing mixture of ethnic and racial groups, a country where Hinduism and Buddhism have coexisted for centuries. Nepal offers a vast storehouse of temples and shrines in Kathmandu, the soaring peak of Mt. Everest, and trekking trips through the Himalayas.

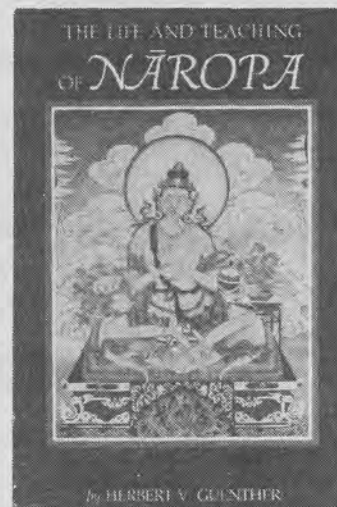
☆ **KINDNESS, CLARITY, AND INSIGHT** by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper \$10.95

***KING UDRAYANA AND THE WHEEL OF LIFE**, by Sermey Geshe Lobsang Tharchin. 248 pp., \$9.50.

☆ **KNOWLEDGE & LIBERATION** by Anne Klein \$15.95, cloth \$27.50

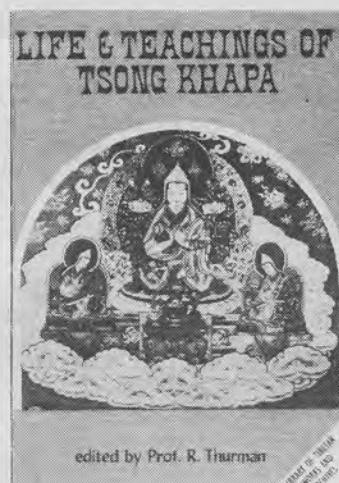
A LAMP FOR THE PATH AND COMMENTARY, Atisha. 226 pp., \$12.50.

A Lamp for the Path and its *Commentary* inspired Gampopa's *Jewel Ornament of Liberation* and Tsong Khapa's *Great Stages of the Path*. Atisha presents the intricacies of sutrayana in his discussion of the three trainings—higher conduct, higher meditation, and higher insight. These include the triple refuge, bodhicitta, monastic life, bodhisattva vows, the superknowledges, and insight. The tantrayana section discusses rites, powers, and initiations.



THE LIFE AND TEACHING OF NAROPA, by Herbert Guenther. 292 pp. \$9.95

Naropa's biography, translated by world-renowned Buddhist scholar Herbert V. Guenther from hitherto unknown sources, describes with great psychological insight the spiritual development of this scholar-saint of the Orient. It is unique in that it also contains the detailed analysis of his teaching that has been authoritative for the whole of Tantric Buddhism.



LIFE AND TEACHING OF TSONG KHAPA, by Thurman. 11.95

Biography plus important writings on the Sutra and Tantra.

THE LIFE OF MARPA THE TRANSLATOR, Nalanda Translation Committee. 320 pp. \$12.95

This lively and engrossing biography paints a vivid picture of an eleventh-century scholar and teacher who was one of the most renowned masters in Tibetan Buddhist history. Marpa, who, unlike many other Tibetan lamas, was a layman—a farmer and businessman who raised a family while training his disciples—was instrumental in establishing Buddhist traditions in Tibet.

THE LIFE OF MILAREPA, by Lobsang P. Lhalungpa. \$8.95

This illustrated biography of Tibet's most renowned saint, poet and mystic, traces the path of a great sinner who becomes a great saint. It is also a powerful and graphic story, full of magic, disaster, feuds, deceptions, and humor. Milarepa is a holy but captivatingly human figure whose story points the way to spiritual liberation and complete self-knowledge.

***LOGIC AND DEBATE TRADITION OF INDIA, TIBET AND MONGOLIA**, by Sermey Geshe Lobsang Tharchin. \$11.50

MAGIC DANCE: THE DISPLAY OF THE SELF-NATURE OF THE FIVE WISDOM DAKINIS, by Thinley Norbu. 167 pp., \$12.00

Explains how all personal and general phenomena, including all spiritual traditions, depend on the outer, inner and secret manifestations of the five wisdom dakinis. It considers such subjects as meditation practice, lineage, isolation, energy, healing, magic, art, habit, respect and tradition.

MAHAMUDRA: ELIMINATING THE DARKNESS OF IGNORANCE, by the 9th Karmapa, trans. Alex Berzin. \$9.95

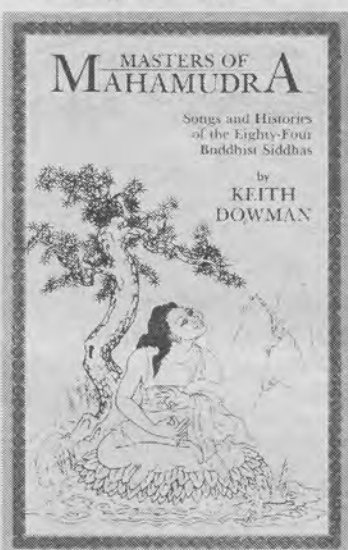
This is one of the most famous expositions of the Mahamudra system of meditation on the nature of the mind. It covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text. Also included is the renowned *Fifty Stanzas of Guru Devotion* with an oral commentary by Geshe Dhargye.

***MAHAMUDRA: The Quintessence of Mind and Meditation**, by Takpo Tashi Namgyal, Trans. by Lobsang P. Lhalungpa. 550 pp., \$25, June.



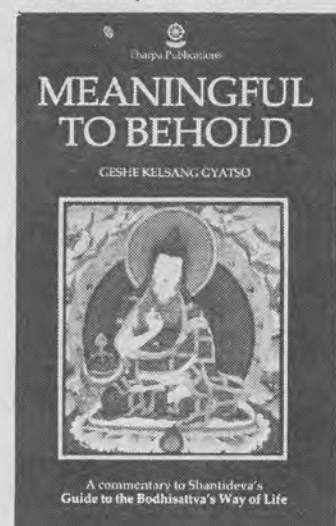
COMPLETE TITLE LIST

MAINTAINING THE BODHISATVA VOW AND THE BODHICITTA PRECEPTS. \$5.00
Sadhana for pledging, renewing and maintaining the Bodhisattva Vow. (English & Tibetan)



MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas. by Keith Dowman \$10.95
Mahamudra represents the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters accomplished this practice in India where they lived between the eighth and twelfth centuries. These siddhas, who led unconventional lives, include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman has collected and translated their songs of realization and the legends about them. In consultation with teachers, he gives a commentary on each of the Great Adepts. His extensive introduction traces the development of tantra and discusses the key concepts of Mahamudra.

MATRIX OF MYSTERY: SCIENTIFIC AND HUMANISTIC ASPECTS OF DZOG-CHEN THOUGHT. by Herbert V. Guenther. \$22.50 cloth.
World-renowned scholar Herbert V. Guenther presents the highest (Ati) teachings of the Nyingma school. By relating these teachings to modern scientific and humanistic perspectives, he demonstrates many cases where traditional religious and modern secular viewpoints interact.



MEANINGFUL TO BEHOLD. by Geshe Kelsang Gyatso. \$14.95 April
The first complete English commentary to Shantideva's classic work, *A GUIDE TO THE BODHISATVA'S WAY OF LIFE*. It provides a clear verse-by-verse exposition of the full root text in accordance with the oral tradition transmitted to the author. A great book!

MEDITATION GONG \$68
This is a large meditation gong 5 inches in diameter. It has an exquisite brocade cushion and lacquered striker. It produces a beautiful rich sound that slowly fades—meditation practice will be enhanced by its use. Please allow \$3 for shipping and handling.

MEDITATION ON EMPTINESS. by Jeffrey Hopkins. 1017 pages. \$35.00 cloth

MEDITATIONS ON THE LOWER TANTRAS. by Glenn Mullin. \$7.95

A collection of texts and sadhanas by previous Dalai Lamas including the preliminary teachings for tantric initiation and texts for the practice of a dozen major deities such as Avalokiteshvara, Manjushri, Tara, Maitreya, Sarasvati, Sitapatra, Vajra Vidarana, Vajrasattva Guru-Yoga.

MEDITATIVE STATES IN TIBETAN BUDDHISM. by Jeffrey Hopkins et al. \$10.95

Meditative States presents a vivid and detailed description of the meditative practices used for developing a calm mind that is alertly powerful and capable of gaining insight into reality. Explained is the preliminary process of freeing the mind from its tendencies to laxity and agitation and then guides the reader through the four concentrations and four formless absorptions.

✧ **MIND IN TIBETAN BUDDHISM** by Lati Rinbochay. Trans., Ed. & Intro. by Elizabeth Napper \$10.95

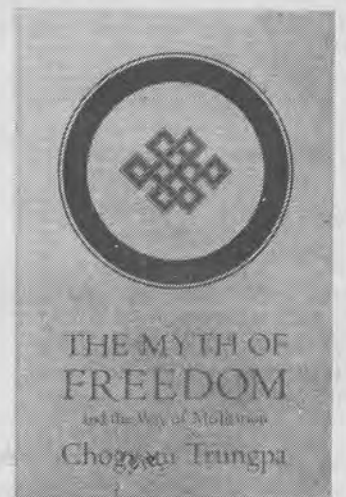
***MIPAM: A Tibetan Love Story.** by Lama Yongden. 360 pp., \$9.95.

***MIRACULOUS JOURNEY.** by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232 pp., \$12.95.

MOUNTAINS OF THE MIDDLE KINGDOM. by Rowell. \$19.95 cloth



MY LAND AND MY PEOPLE. by the Dalai Lama. \$6.95
Famous autobiography by His Holiness.



MYTH OF FREEDOM AND THE WAY OF MEDITATION. by Trungpa. \$7.95

As only Trungpa can, he shows how our attitudes, preconceptions, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He explains the significant role that meditation plays in bringing into focus the causes of frustration and in allowing these negative forces to become aids in advancing toward true freedom.

NEPAL, LAND OF THE GODS. 62 minutes. \$69.95

NEPAL PHRASEBOOK. by Meinhold and Raj. \$2.95

NIRVANA BRAND \$5.00
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.

OFFERING OF THE MANDALA. by Geshe Tharchin. \$3.00

Presents the meaning and method of performing a Buddhist mandala offering, symbolic of the world and all its wealth. Includes translation of the Tibetan recitation.

OPENING THE EYE OF NEW AWARENESS. by the Dalai Lama. \$10.95

***THE OPENING OF THE LOTUS: Developing Clarity and Kindness.** By Lama Sherab Gyaltsen Amipa. 128 pp., \$12.95, March.

✧ **POSTER OF H.H. THE DALAI LAMA.** \$3.75

✧ **PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon** by Khenpo Konchog Gyaltsen \$6.95, April.

PRAYERS FOR GENERATING GURU DEVOTION. by Shamar Rinpoche, Ken Trashi Ozer & Kalu Rinpoche. \$3.00

Four prayers invaluable for the development of Bodhicitta, subduing the ego and increasing understanding. (English & Tibetan)

PRECIOUS GARLAND AND THE SONG OF THE FOUR MINDFULNESSES. by Nagarjuna and Dalai Lama VII. \$5.95 cloth

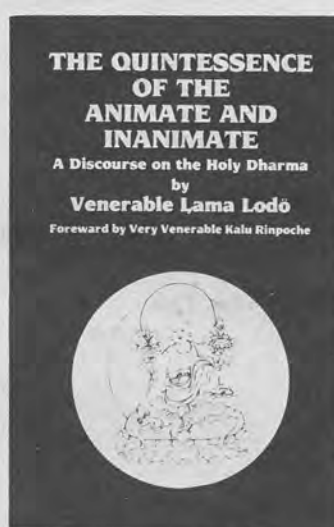
***PRIMORDIAL EXPERIENCE: An Introduction to Dzog-chen Meditation.** by Manjusrimitra. Trans. by Namkhai Norbu & Kennard Lipman. 140 pp., \$11.95, April

PRINCE SIDDHARTHA. by Landaw & Brooke. \$15.95

This is the story of Prince Siddhartha and how he became Buddha. It is a story of peace, fearlessness and love. With its vivid illustrations, this book is an inspiration for children and adults alike.

THE PROPITIOUS SPEECH FROM THE BEGINNING, MIDDLE AND END. by Thinley Norbu. 46 pp., \$8.00

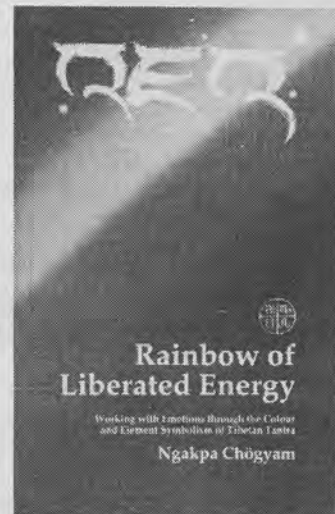
Translation of Patrul Rinpoche's sublime teaching known as *The Practice of the Essence of the Sublime Heart Jewel, View, Meditation and Action* which explains how to practice with the six syllables which are the essence of all syllables: OM MA NI PAD ME HUM. Tibetan text included.



THE QUINTESSENCE OF THE ANIMATE AND INANIMATE. by Ven. Lama Lodo. \$11.95
Presents an integrated approach to the three yantras. Features the four foundations, development of the aspirational and operational bodhicitta, and tantric topics. An excellent book.

RADIANT WISDOM. by Jamgon Kontrul. \$5.95

This text is the complete sadhana of the four Deities Meditation, a practice of the Shangpa Kagyu Lineage. It contains the Tibetan, phonetic and translated versions of the text.



RAINBOW OF LIBERATED ENERGY: Working with Emotions through the Colour and Element Symbolism of Tibetan Tantra by Ngakpa Chogyam \$9.95
Ngakpa Chogyam presents a unique view of the colour and element symbolism of Tibetan Tantra. This rich and vibrant system of experiential psychology is expressed in lively, direct language; aimed at integration with life in the West, its powerful imagery and colourful analogies make otherwise difficult Tantric concepts immediately applicable. The author explores the nature and pattern of our emotions and how they relate to the elemental energies of Tantra—Earth, Water, Fire, Air and Space.

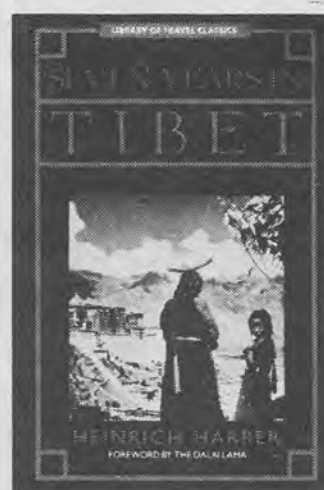
***REBIRTH AND THE WESTERN BUDDHIST.** by Martin Willson. 96 pp., \$6.95, March.

✧ **Selected Works of the Dalai Lama I: BRIDGING THE SUTRAS AND TANTRAS** by Glenn H. Mullin \$12.95

✧ **Selected Works of the Dalai Lama II: TANTRIC YOGAS OF SISTER NIGUMA** by Glenn H. Mullin \$10.95

✧ **Selected Works of the Dalai Lama III: ESSENCE OF REFINED GOLD** by Glenn H. Mullin, Commentary by H.H. the present Dalai Lama \$10.95

✧ **Selected Works of the Dalai Lama VII: SONGS OF SPIRITUAL CHANGE** by Glenn H. Mullin \$10.95



SEVEN YEARS IN TIBET. by Harrer. \$8.95

This exciting and enjoyable classic work of travel and brilliant observation is now reissued with 15 photographs. Heinrich Harrer, a youthful Austrian adventurer, escaped from an internment camp into Tibet to become a confidant to the young Dalai Lama.



SHAMBHALA
The Sacred Path of the Warrior

CHÖGYAM TRUNGPA

SHAMBALA: SACRED PATH OF THE WARRIOR. by Trungpa. \$6.95

Chogyam Trungpa speaks directly to the experience and challenge of being human. He presents the path of warriorship found in traditional Eastern cultures—Tibet in particular—to demonstrate how an individual can lead a more sacred, dignified and fearless existence.

✧ **THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA** by Garma C.C. Chang \$9.95

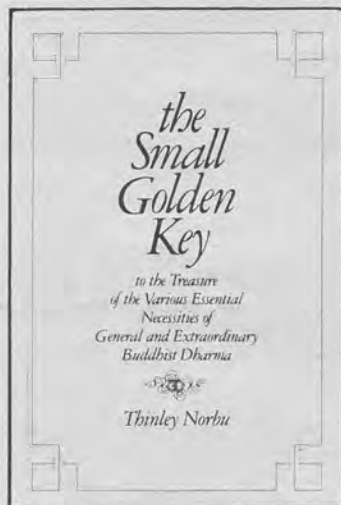


SKY DANCER: THE SECRET LIFE AND SONGS OF THE LADY YESHE TSOGYEL. by Dowman. \$14.95

The spiritual practices and evolution of the famous woman saint Yeshe Tsogyel. This inspirational guide is a revealed text admired for its beauty and profound message.



COMPLETE TITLE LIST



THE SMALL GOLDEN KEY, by Thinley Norbu. 111 pp., \$12.00. Written especially for practitioners of Buddha Dharma, this book covers many interesting topics: empowerment, three kayas, Sambhogakaya Deities, Mani, Ngondro meditation, stages of dissolving, refuge, three yanas, two truths, emptiness, history of the Buddha Dharma in India and the development of the Nyingmapa Lineage.

***THE STATUS OF TIBET: History, Rights, and Prospects in International Law**, by Michael C. van Walt van Praag. 450 pp. cloth, \$32.50.

☆ **A STUDY OF SVATANTRIKA** by Donald S. Lopez, Jr. \$19.95, cloth \$35, April.

THE SYMBOLISM OF THE STUPA Adrian Snodgrass 407 pp. \$19.95

The stupa is a symbolic form that is abundant throughout South, Southeast, and East Asia. In its Indian manifestations it has no usable interior space and its construction has a basic simplicity. This study explores the symbolism and principles of the stupa in a thought-provoking manner and will be of great value in understanding the cultural context of Buddhism. The book is replete with diagrams, photos and illustrations.

TANTRA OF GYUTO: SACRED RITUALS OF TIBET, 52 minutes. \$69.95

THE TANTRIC DISTINCTION, by Jeffrey Hopkins. \$8.95. A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

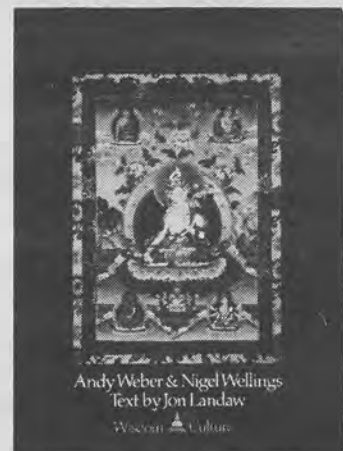
TANTRIC HARMONICS by monks of the Gyume Tantric College. \$10.00

The Venerable Abbot Lobsang Tenzin, the Chanting Master Ghen Lobsang Gyatso and six other monks from the Gyume monastery participated in this first studio recording of their ritual chants. The tape recording was produced during the 1985 visit of the monks to the US. Each monk chants three notes simultaneously, employing the technique of *one-voice chording*. The sound evokes awe and reverence and transfixes the mind of the listener as well as the chanter. Side 1: *Guhyasamaja Tantra: Rite of Self-Initiation*; Side 2: *Invocation of the Dharma Protector Kalarupa*.

☆ **TANTRIC PRACTICE IN NYING-MA** by Khetsun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins. Co-edited by Anne Klein \$12.50.

TARA POSTER 11 x 17 1/2" \$3.00

This is a lovely lithographic drawing of Tara with her mantra OM TARE TUTTARE TURE SVAHA.



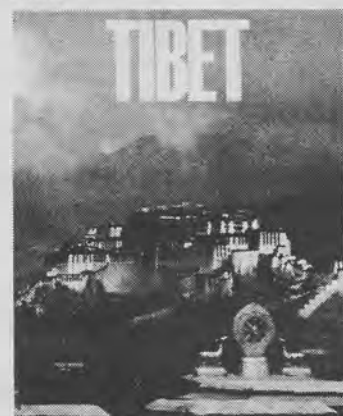
TARA'S COLOURING BOOK, by Weber and Wellings. \$5.95

Contains 12 exquisite line drawing of famous figures from Tibet with explanations of their meaning and suggestions as to their color. Fun for adults and children.

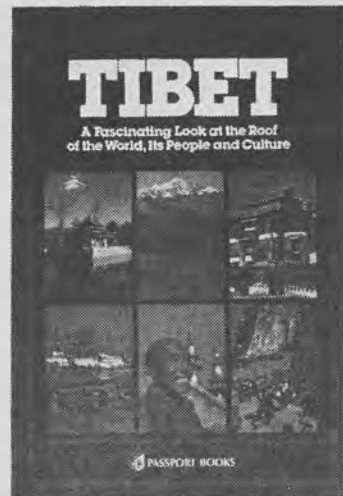
THIRTY-SEVEN PRACTICES OF ALL BUDDHA'S SONS, by Geshe Dhargyey et al. \$2.50

The path of the Bodhisattva told like it is.

***THUS HAVE I HEARD**, by Maurice Walshe. 672 pp., \$34.95, June.

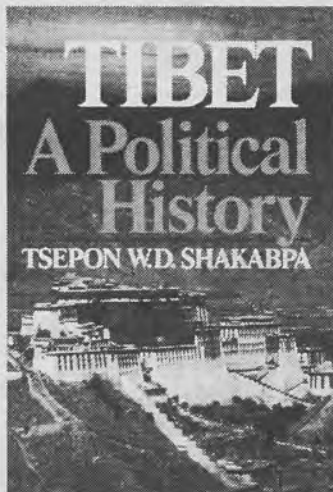


TIBET, by Jigmei et al. \$25 cloth. This lavishly illustrated volume appears in the format of a "coffee-table book" but is far more interesting and surprising than such books usually are. Originally \$60, this is one of the very finest collections of color photographs taken of Tibet.



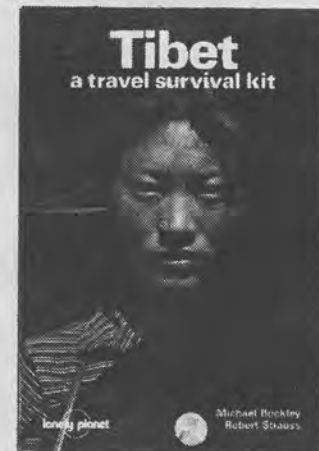
TIBET, by Elisabeth Booz. 208 pp. \$9.95

TIBET provides essential practical information for Lhasa—the principal city of business and devotion—and many places far beyond. 14 maps and diagrams provide excellent details unavailable anywhere else, while special sections on history, culture, and geography offer a superb overview of this vast and complex region. Contains many beautiful color photographs!



TIBET: A POLITICAL HISTORY, by Tsepon W. D. Shakabpa. \$15.00

This engrossing and insightful book presents a vivid picture of political personalities and the character of the Tibetan people, and is essential reading for anyone interested in Asian affairs.



TIBET—A TRAVEL SURVIVAL KIT, by Buckley and Strauss. \$7.95

The fabled mountain land of Tibet is now opening up to travelers. This premier guide has full details on this remote and fascinating region, including crossing the border to Nepal for a new Asian overland route. Contains many color photos and useful description of the region, as well as its history and culture.

TIBET AND ITS HISTORY, by Hugh Richardson. 344 pp. \$10.95. Now in paperback!

As the official representative of the British and Indian governments at Lhasa for long periods between 1936 and 1950, Richardson writes from firsthand knowledge of Tibet and its people. His lucid and straightforward presentation, illustrated by thirty photographs, opens with a brief but thorough description of Tibet's geography, economy, language, government, people, and culture. He traces the evolution of rule from the early religious kings to the Dalai Lamas and interprets the events that led to the Chinese Communist invasion in 1959.

☆ **THE TIBET GUIDE**, by Stephen Batchelor. 500 pp. \$26.95, June.

***TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama, as told to Heinrich Harrer**, by Norbu. 300 pp. \$16.95, June.

THE TIBETAN BOOK OF THE DEAD, by Evans-Wentz \$6.95. This is a classic Tibetan Buddhist scripture focusing on the nature of the mind and its projections—wrathful and peaceful—which seem to be objective. This book describes what happens after you die and the psychic experiences in the intermediate state before rebirth.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY, by Terry Clifford. \$15.95 cloth

Presented here is a comprehensive introduction to the Tibetan art of healing. In straightforward language, the author discusses the many components of Tibetan Buddhist medicine—its religious, philosophical and psychological foundations, its history and deities, its tantric and ritual aspects, meditations for healing and views on dying, its humoral theory and unusual methods of diagnosis and cure.

***TIBETAN CALENDAR: Fire Hare Year, 2114, Rigpa Buddhist Meditation Centre**. \$4, March.

TIBETAN COLLECTION: GEOGRAPHY, HISTORY, RELIGION, ARCHITECTURE AND SOCIETY, by Valrae Reynolds & Amy Heller. \$12.50.

The Newark Museum's Tibetan collection is regarded as one of the foremost holdings of such material in the world. This book covers many topics and is illustrated with 52 black and white photographs of traditional life (pre-1959) drawn from the extensive archive of the Museum. Also, there is a special section on the symbols used in Tibetan art and their meanings.

***TIBETAN COLLECTION: SCULPTURE AND PAINTING**, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp., \$20.



TIBETAN DHAMMAPADA, by Gareth Sparham. \$14.95

TIBETAN INCENSE 16" bundle, \$5.00 (includes shipping). Authentic Tibetan incense made by refugees in India. We are offering an excellent brand of Chandan (sandalwood) incense.

TIBETAN MEDICINE: A BUDDHIST APPROACH TO HEALING, 29 minutes. \$59.95

***TIBETAN MEDICINE: A Wholistic Approach To Better Health**, by Dr. Lobsang Rapgay. Ph.D. 87 pp., \$7.00

☆ **TIBETAN PHRASEBOOK**, by Andrew Bloomfield & Yanqui Tshering. Book & Tape—\$14.95 approx., June.

TIBETAN REFLECTIONS, by Peter Gold. \$11.95

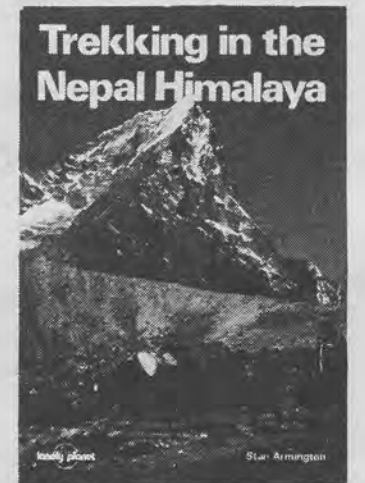
***TIBETAN THERAPEUTIC MASSAGE**, by Dr. Lobsang Rapgay, Ph.D. 58 pp., \$7.00.

TIBETAN TRADITION OF MENTAL DEVELOPMENT, by Geshe Dhargyey. \$9.95. A comprehensive presentation of the graded path to enlightenment based on a series of teachings given in the philosophy class of the Library of Tibetan Works and Archives.

☆ **TO LHASA AND BEYOND** by Giuseppe Tucci. Foreword by

His Holiness the Dalai Lama \$17.95 cloth

☆ **TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan** by Joe Wilson, Jr., Summer 87.



TREKKING IN THE NEPAL HIMALAYA, by Armington. \$7.95

***TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE**, by Robert A. F. Thurman. 442 pp. cloth, \$50.

***WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of their Country**, by Jamyang Norbu. 160 pp. \$12.95, June.

THE WAY OF THE WHITE CLOUDS: A BUDDHIST PILGRIM IN TIBET, by Lama Anagarika Govinda. \$10.95

An account by Lama Govinda of his mystical pilgrimage through Tibet—a rich mixture of prose, drawings, and photography. A classic.

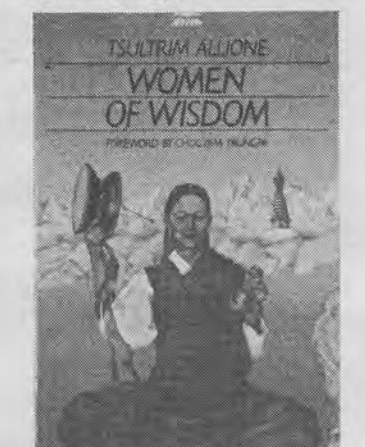
***WE TIBETANS**, by Rinchen Lhamo. 228 pp., \$8.95

WHEEL OF SHARP WEAPONS, by Geshe Dhargyey. \$4.95. An inspiring Yamantaka text for the Bodhisattva warrior.

WHEEL OF TIME, by Geshe Sopa, Jackson & Newman. \$10.95. Contains five sections: Buddhist background, history of the Kalachakra tantra, Kalachakra initiation, generation and completion stage practices of this tantra. A must for persons interested in Kalachakra.

WISDOM ENERGY, by Lamas Yeshe and Zopa. \$7.95

WISDOM ENERGY 2, by Lamas Yeshe and Zopa. \$4.95



WOMEN OF WISDOM, Tsultrim Allione. 224 pp., \$9.95.

Women of Wisdom is an exploration and celebration of the spiritual potential of all women, as exemplified by the lives of great Tibetan women. The Tibetan women in this collection of biographies will serve as life models and inspiration to others on the spiritual path.

SPECIAL ITEMS



**the lotus
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The ultimate meditation cushion for comfort. Lifetime guarantee. Raised back, sloping design eliminates low back strain and pressure points. No more "dead legs." Ideal for any sitting posture, especially for sitting full-lotus. Materials initially designed by NASA for pilot ejection seats, more recently utilized as wheelchair cushions. Two layer design. First 1 1/2" layer of soft dough-like consistency molds exactly to body contour. Second 4" layer of high density foam contours slowly to give uniform pressure distribution. Price: \$75.00 without cover, \$90.00 with cover. Cover colors: Black, maroon or brown stretch velour or terry cloth.

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HIS HOLINESS, THE FOUR-TEENTH DALAI LAMA



A beautiful full-color portrait of His Holiness taken from the cover of *Kindness, Clarity, and Insight*, on an aquamarine background with the following quotation that captures the essence of his teaching: "Out of my experience, I tell my friends wherever I go about the importance of love and compassion. Deep down we must have real affection for each other, a clear realization or recognition of our shared human status."

12 x 19" \$3.75

Tsa-Tsas

AUTHENTIC
From the 'Land

MINIATURES
of the Snows'



AVALOKITA (small)

Known as the all-Compassionate One, Avalokita holds the wish granting gem, rosary, and lotus-flower. The Dalai Lama is thought to be an incarnation of this deity.



SAKYAMUNI

As the Buddha of the present age, Sakyamuni cradles the alms bowl associated with poverty and humility—qualities He found encouraging toward self inquiry.

The images shown here are unique and authentic. Rarely found beyond the 'land of the snows', talismans, such as these were once produced only by Tibetan priests (Lama) from ancient bronze molds.

Often sought for their potency to ward off evil and bring good fortune, these remarkably detailed miniatures still call forth the creative power and distinctive art of a remote and vanishing culture.

Each piece will stand by itself and is individually hand finished—no two are ever exactly alike!



MAHAKALA

Revered by nomadic tribes as their special guardian, the Great Black One carries the magic wand and skull—symbolizing His potency to overcome any obstacles.



AKSHOBHYA

Considered a Buddha of meditation, Akshobhya represents the inner body of light. He holds the diamond scepter symbolizing the immutable consciousness of the Buddha.



GREEN TARA

Known as the Goddess of Compassion, this universal figure has vowed not to rest until all sentient beings cross the troubled ocean of existence. She holds the blue lotus flower.

SMALL BONE MALAS \$22.00
Please allow \$1.50 for shipping.

We have just received a shipment of bone malas with counters and head bead. They are light beige and strung on a red cord.

TIBETAN INCENSE 16" bundle, \$5.00 (includes shipping)
Authentic Tibetan incense made by refugees in India. We are offering an excellent brand of Chandan (sandalwood) incense.

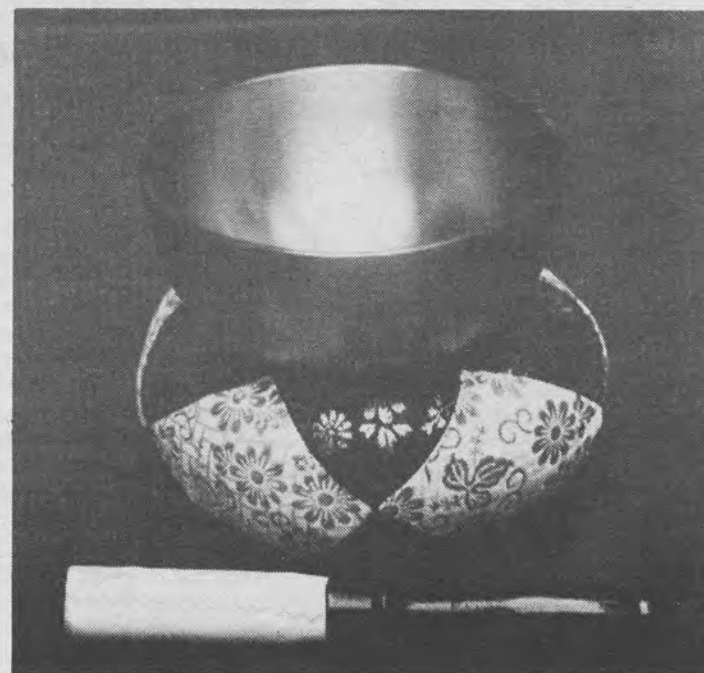
MEDITATION GONG \$68

This is a large meditation gong 5 inches in diameter. It has an exquisite brocade cushion and lacquered striker. It produces a beautiful rich sound that slowly fades—meditation practice will be enhanced by its use. Please allow \$3 for shipping and handling.



Bell & Dorje Sets

The supreme symbol of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje has five prongs, four at each end curved around the central prong symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is composed of an alloy of several metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality. The set of bell and dorje is \$58. Please include \$3 for special handling and shipping.



SNOW LION

SNOW LION
TIBET CARDS

SC11 Woman in Lhasa Dress



SC54 Young Tibetan Girl

SNOW LION POSTCARDS

Color Cards

TIBET CARDS \$.50 ea.

- STC1 Statue, Ladakh, India
STC2 Monastery interior, Ladakh, India
STC3 Thikse Monastery, Ladakh, India
STC4 Tibetan rug weaver
STC5 Mountain sunset, Ladakh, India
STC6 Monastery courtyard, Ladakh, India
STC7 Landscape sunset, Ladakh, India
STC8 Smiling lady, Ladakh, India
STC9 Long-life offering at Kalachakra initiation
STC10 Dalai Lama at Kalachakra in Bodh Gaya
STC11 Tibetan pilgrim at Kalachakra in Bodh Gaya
STC12 Masked Tibetan dancer
STC13 Tibetan man and child with mask
STC14 Tibetan monk in prayer
STC15 Tibetan ladies singing
STC16 Potala palace, Lhasa, Tibet
STC17 Young Tibetan monk
STC18 Potala from the back side, Lhasa, Tibet
STC19 Tibetan white masked dancer
STC20 Tibetan lamas at Kalachakra initiation
STC21 Tibetan red-masked dancer
STC22 H.H. Dalai Lama & Ven. Dingo Khyentse Rinpoche
STC23 Tibetan horseman, Southern Tibet
STC24 Elderly Tibetan man with prayer wheel
STC25 Bashful Khampa girl, Lhasa, Tibet
STC26 Tibetan thangka painter
STC27 Tibetan mask
STC28 Swayambhu dorje
STC29 Tibetan ngakpa
STC30 Tibetan woman with dog
STC31 Buddhist teachings before Kalachakra Initiation
STC32 Tibetan woman turning prayer wheels

IMAGES OF LOST TIBET \$.50 ea.

- SC1 Eastern Tibetan
SC2 Monks sounding trumpets
SC3 Nomad tent
SC4 Norbu Linga w/ 13th Dalai Lama
SC5 Officials at Losar
SC6 Portrait of 13th Dalai Lama
SC7 Potala during Losar
SC8 Tantric meditator
SC9 Tibetan men w/ horses
SC10 Tibet-China border
SC11 Woman in Lhasa dress

FACES OF TIBET \$.50 ea.

- SC51 Nomad yogi from Mugu
SC52 Tibetan Yogi
SC53 Tibetan Woman w/ mala
SC54 Young Tibetan girl
SC55 Young Tibetan man

SNOW LION POSTER

- SP1 H.H. Dalai Lama \$3.75



SNOW LION TIBET CARDS

You may now obtain 32 brilliant full-color and 16 very high-quality black and white postcard images of Tibetan culture. All facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself—both contemporary Tibet and exciting images from the time of the 13th Dalai Lama. All cards measure 4 1/4" x 6" and are only 50 cents each. Please include \$1.50 for shipping your order of Tibet Cards.

SPECIAL OFFER: Receive one free card of your choice for each set of any 8 Tibet cards that you purchase OR buy the entire set of 48 cards for \$20 (save \$4).

HELP SUPPORT THE TIBETAN REFUGEES

To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of every card that you purchase to the Tibet Fund to help support the Tibetan refugees.

THARPA DEITY CARDS \$.75 ea.

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TC2 Avalokiteshvara
TC3 Manjushri
TC4 Vajrapani
TC5 Green Tara
TC6 White Tara
TC7 Amitabha
TC8 Amitayus
TC9 Medicine Buddha
TC10 Je Tsongkhapa
TC11 Vajradhara w/ Consort
TC12 Vajrasattva w/ Consort
TC13 Yamantaka
TC14 Heruka
TC15 Vajrayogini
TC16 Mahakala

THARPA FINE ART PRINTS \$25.00 ea.

- TAP1 Shakyamuni Buddha
TAP3 Manjushri
TAP5 Green Tara
TAP7 Amitabha
TAP10 Je Tsongkhapa
TAP11 Vajradhara w/ Consort

GARUDA POSTCARDS \$.75 ea.

- GC1 Gelupa Guru Tree
GC2 Amitabha
GC3 Kalachakra Deity
GC4 Dalai Lama—Kalach.
GC5 Buddha with Discip.
GC6 Tsong-ka-pa on Lion
GC7 Avalokitesvara
GC8 Vajrayogini
GC9 Labchig Drolma

GARUDA POSTERS \$7 ea.

- GP1 Amitabha
GP2 Kalachakra Deity
GP3 Kalachakra Mandala

WISDOM POSTERS

- WP1 Buddha 16 Arhats \$5.00
WP2 1000-Armed Avalo. 5.00
WP3 Tara 21 Taras 5.00
WP4 Manjushri 5.00
WP5 4-Armed Avalo. 5.00
WP6 Guru Tree 7.00
WP7 Padmapani 6.00
WP8 4-Armed Chenrezig 6.00

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WC2 Shakyamuni Buddha
WC3 1000-Armed Chenrezig
WC4 Tara
WC5 Manjushri
WC6 4-Armed Chenrezig
WC7 Heruka Vajrasattva
WC8 Prajnaparamita
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- Green Tara
4-Armed Chenrezig
Manjushri
1000-Armed Chenrezig
White Tara
Maitreya
Wheel of Life
Guru Tree

WISDOM TRANSCRIPTS

Wisdom transcripts are prepared from lectures by Lama Yeshe and/or Lama Zopa, except where indicated. They are lightly edited and bound in pamphlet form. While the material is interesting, the printing is photocopy quality, i.e., less than that of a trade text.

WT1	Avalokiteshvara	\$10.50
WT2	Chenrezig	12.00
WT3	Cittamani Tara	14.25
WT4	Dam Tsig Dorje	5.00
WT5	Gyalwa Gyatso	6.50
WT6	Heruka Vajrasattva Tsog	6.50
WT7	Heruka Vajrasattva Commentary	8.50
WT8	How to Develop Compassion	7.25
WT9	Karma and Emptiness	5.00
WT10	Kindness of the Guru	4.50
WT11	Kopan Meditation Course 1983	17.50
WT12	Light of Dharma	6.25
WT13	Mahamudra	7.00
WT14	Maitreya	5.50
WT15	Manjushri	12.50
WT16	Monastic Rites, Geshe Tekchok	7.00
WT17	The 21 Taras	7.50
WT18	Transference of Consciousness	5.00
WT19	Vajra Yogini	8.25
WT20	Kyabje Song Rinpoche Biography, Zasep Tulku & Willson	2.00
WT21	Vajrapani	4.50
WT22	Life, Death and After Death	4.75

WISDOM PRAYERS & SADHANAS

Tantric teachings are intended only for those with an initiation at the appropriate level of practice.

WS1	Chod	\$5.25
WS2	Cittamani Tara; Extended Sadhana	7.00
WS3	Cittamani Tara; 4 Mandalas	4.00
WS4	Cittamani Tara; Condensed 4 Mand.	4.25
WS5	Common Prayers	4.50
WS6	Eight Mahayana Vows	3.50
WS7	Giving Breath to the Wretched	4.00
WS8	Heruka Vajrasattva	4.25
WS9	Heruka Vajrasattva; Tibetan	5.25
WS10	Medicine Buddha	4.00
WS11	Profound Method	4.25
WS12	Rites and Prayers	23.25

WISDOM TAPES (in Tibetan)

WTP1	Heruka Vajrasattva Tsog	5.00
WTP2	Jor Cho Puja	5.00
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KAGYU DRODEN KUNCHAB SADHANAS & PRAYERS

Written in Tibetan, transliterated Tibetan, and English translation. Printed in traditional unbound format by Kagyu Dronchen Kunchab. Purchase restricted to those who have had the appropriate initiation.

KS1	AMITABHA	\$4.00
KS2	AMITAYUS	4.00
KS3	CHENREZIG	6.00
KS4	GREEN TARA	8.50
KS5	MANJUSHRI	6.00
KS6	MEDICINE BUDDHA	6.00
KS7	MILAREPA	8.50
KS8	MORNING PRAYERS	5.00
KS9	NGONDRO	8.50
KS10	NYUNG NE	11.00
KS11	WHITE TARA	6.00

DRIKUNG KAGYU PRAYERS & SADHANAS

Written in Tibetan, transliterated Tibetan, and English translation. Printed in traditional unbound format. Purchase restricted to those who have had the appropriate initiation.

DK1	Buddha Amitayus Practice	\$8
DK2	Chakrasamvara	8
DK3	Chod	5
DK4	Guru Rinpoche Practice	7
DK5	4-Session Guru Yoga	8
DK6	Guru Yoga (short), Chenrezig, Long Life Prayer H.H. Drikung Kyabgon Chetsang Rinpoche	7
DK7	Great Drikung Phowa	8
DK8	Heart Sutra	4
DK9	Long Amitabha Monlam	4
DK10	Long Life Prayer for H.H. Drikung Kyabgon Chetsang Rin.	2
DK11	Mahakala Practice	4
DK12	Manjushri (short)	4
DK13	Medicine Buddha	2
DK14	Ngongro Practice	14
DK15	Nyingmapa Phowa Practice	6
DK16	Prayer for the Five Profound Paths of Mahamudra	4
DK17	Prayer to Previous Kagyu Lamas	3
DK18	Profound Prayer to the 7 Taras	2
DK19	Ser Khang-Ma (7-fold offering of the Vajrayana)	12
DK20	Tummo Sum Tseg Protection Practice	2
DK21	Vajra Yogini	6
DK22	White Tara (short)	3

SNOW LION

THARPA FINE ART DEITY PRINTS AND CARDS

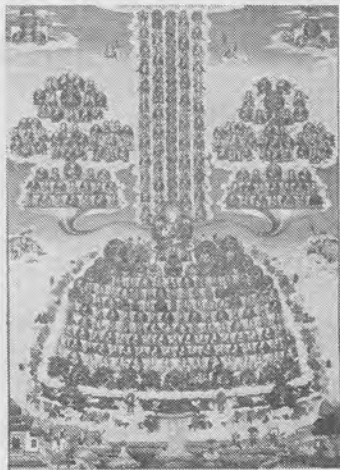
These superb fine art prints and cards depict some of the most important figures of Tibetan Buddhist iconographic art. They are reproduced from original paintings especially commissioned for this series by renowned artist Andy Weber. Many of the images are available for the first time in these formats, especially the wrathful deities. All sixteen cards and six fine art prints can be purchased now; the remaining prints will be available in the future. These art prints and cards are particularly suitable for prac-

titioners of the respective deities because of the clarity and beauty of the images.

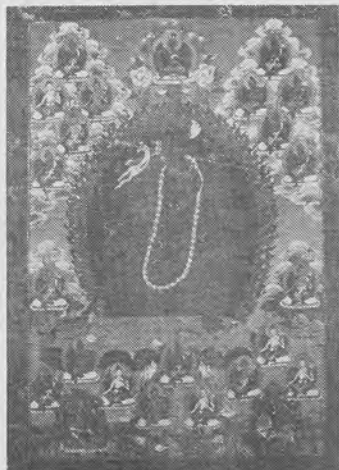
The fine art prints have been beautifully reproduced in full color using up to 8-color lithography. Long-lasting colorfast inks have been used to insure permanent color fidelity. Fine matt art paper (acid-free, 100% rag) has been specially manufactured for the prints. Each print carries the customary auspicious symbols of blessing on the reverse and is accompanied by an explanatory leaflet. The prints measure 16 1/2 x 22 1/2" and are \$25 ea.

The fine art cards measure 4 x

6" and sell for \$.75 ea. They have been beautifully reproduced in full 4-color offset lithography using colorfast inks and laminated to provide a high gloss finish.



GC1 Gelupa Guru Tree
Garuda Verlag Cards



GC8 Vajra Yogini
Garuda Verlag Cards



GC6 Tsong-ka-pa on Lion
Garuda Verlag Cards



GC5 Shakyamuni Buddha
Garuda Verlag Cards



GC7 Avalokiteshvara
Garuda Verlag Cards



GC9 Labchig Drolma
Garuda Verlag Cards

Mystic Fire Video

Three award-winning films are available from Snow Lion. When ordering, specify VHS or Beta format and allow \$1.50 for shipping and handling for the first film you purchase and \$1 for each additional. The films are shipped separately from the rest of your order.

TANTRA OF GYUTO: SACRED RITUALS OF TIBET, 52 minutes. \$69.95

Presents secret Tibetan Buddhist ceremonies by monks of the Gyuto Tantric College.

TIBETAN MEDICINE: A BUDDHIST APPROACH TO HEALING, 29 minutes. \$59.95

Filmed at the Tibetan Medical Center in Dharamsala, India. Ama Lopsang Dolma, Tibet's first woman doctor, shows the making of medicines and how acupuncture and moxibustion are used.

NEPAL, LAND OF THE GODS, 62 minutes. \$69.95

Nepal's unique mixture of Buddhism and Hinduism is the focus of this film.

WISDOM FILMS

These videos are available in VHS format only.

THE BODHISATTVA MOTIVATION: THE PERFECTION OF CONCENTRATION, by the Dalai Lama. 59 minutes. \$49.95. His Holiness teaches on the six perfections, including the methods for developing a mind of equanimity meditation stabilization leading to the perfection of concentration; and the perfection of wisdom realizing selflessness.

DEITY YOGA, by the Dalai Lama. 30 minutes. \$29.95.

Tibetan Buddhist culture is distinguished by its beautiful and elaborate religious images and statues, but as His Holiness points out, real culture is inside a person, is a matter of inner attitude. In this address, His Holiness discusses deity yoga based on wisdom and bodhisattva ideal of loving kindness and compassion, which are the necessary prerequisites for the higher practices of the tantric vehicle.

EXCERPT ON MEDITATION, by the Dalai Lama. 1.5 hours. \$59.95.

This talk on meditation was given at Harvard University and translated by Jeffrey Hopkins. It covers meditative stabilization and wisdom, cultivating calm abiding and special insight, meditation instruction, including posture and overcoming obstacles.

THE FOUNDATIONS OF BUDDHIST PHILOSOPHY, by the Dalai Lama. 50 minutes. \$49.95.

In this talk on Buddhist philosophy, His Holiness discusses the two truths—conventional and ultimate; what a Buddha is; the nature of mind; lack of inherent existence of phenomena; the path as union of the wisdom of emptiness and compassionate methods; special practices of tantra; question and answer session.

MAHAMUDRA: AN INTRODUCTION TO THE NATURE OF THE MIND, by Kalu Rinpoche. approx. 1 hour. \$49.95.

As the highest goal and practice of the Kagyud sect, Mahamudra is a teaching on Sunyata (voidness) which leads to the realization of the Dharmakaya or primordial mind. Kalu Rinpoche describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness.

THE NATURE OF THE SELF, by the Dalai Lama. 57 minutes. \$49.95.

The root of all suffering is the ignorance that conceives persons and phenomena to have true existence. The only means for eliminating that ignorance is to attain special insight, the exalted wisdom realizing selflessness. In this teaching, His Holiness presents the view of the Madhyamika Prasangika School with an analysis of the nature of the self.



SC2 Monks Sounding Trumpets

