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VOLUME 6, NUMBER 2



The Great Kagyu Masters: The Golden Lineage Treasury

Translated by Khenpo Konchog Gyaltsen

Edited by Victoria Huckenpahler

Forthcoming from Snow Lion May 1991 \$12.95

No one is insincere in his own regard, but ignorance and confusion cause most beings to create their own suffering. For this reason the Buddha, who began as an ordinary being, determined throughout three limitless kalpas to sacrifice his own comfort, and with great effort and loving motivation to accumulate merit and wisdom and purify all obscurations. In Bodh'gaya he completely annihilated the mountain of ego and fully developed pervading compassion and primordial wisdom; thereafter he turned the wheel of Dharma three times not out of the intention to establish a religion, but rather to free all beings. He taught for forty-five years.

By the strength of his boundless compassion, the Buddha's holy and precious teachings travelled generally throughout all of Asia, and particularly in Tibet, producing scholars and realized beings as numerous as stars in the sky. One way in which these teachings were perpetuated was through the system of lineages in which the instructions were transmitted from one lineage member to the next, from guru to disciple, in an unbroken succession. This method maintains the continuity of blessing and experiences.

The present text, compiled by Dorje Dze Od, recounts the lives of the great beings forming the

Kagyu lineage, also known as the lineage of transmission. This noble line has been likened to a golden rosary, for each of the individuals constituting it is as precious and perfect as the finest gold.

The following are extracts from the life of Tilopa:

Manifesting as a Human Being and Overpowering the Dakinis

In East Bengal in a city called Zako lived a family of three: the father was known as the Brahmin Salwa; the mother was known as the Brahmin Saldema; and the daughter was known as the Brahmin Saldron. As no son had been born to them, the man and woman made offerings and prayed to the worldly gods, the triplegem, the spiritual friends (gurus) and Chakrasamvara. In this way a son was born. When he was shown to astrologers and others who read signs, some recognized in him the marks of a god, others the marks of a human being, and still others the mark of a Buddha. None could agree on who he was:

*We do not know if this child
Is a god, naga, or yaksha.
Still, guard this excellent being
with care.*

The boy was given the name Brahmin Salvo.

When he was growing up, a fear-

Continued on page 8

Statement by His Holiness the Dalai Lama March 10, 1991

Two days ago, on March 8th, special prayers were held for all those brave Tibetans who sacrificed their lives for the Tibetan cause and for those who continue to demonstrate for freedom throughout Tibet. This is the day when martial law was declared in Tibet two years ago. We especially remember young Lhakpa Tsering, who was tortured to death in prison recently, and Lobsang Tenzin and others who are reportedly in imminent danger of being executed any day. I hope that March

8th will be commemorated annually as a day of remembrance and prayer for all those who are being arrested, tortured and executed in Tibet, and for the family members of these victims who also suffer. Today on this 32nd commemoration of the March 10, 1959 National Uprising, we remember these brave Tibetans once again.

In Tibet, the situation remains grim. On 1 May last year Chinese authorities announced the lifting of martial law in Tibet. However, there is clear evidence to conclude

that the lifting of martial law is in name only. The People's Armed Police which was withdrawn has been replaced by thousands of plainclothes policemen. If the situation is normal as the Chinese claim, then they should immediately withdraw all the plainclothes policemen and let Lhasa be run by civilian authorities. Before the lifting of martial law, several hundred monks and nuns were expelled from various monasteries and nunneries in Tibet. Unfortunately, some of the most intelligent and serious practitioners of Buddhism have been expelled from these institutions. After the July visit to Tibet of Jiang Zemin, General Secretary of the Chinese Communist Party, more stringent measures were ordered to suppress all activities of the Tibetans in Lhasa which the Chinese perceive as being political. They have officially declared that "heavy" and "firm punishments" should be meted out "swiftly." In spite of all this, the spirit of the Tibetan people remains unbroken and they have continued to demonstrate at least a dozen times for the freedom of Tibet.

My deep concern for the unending cycle of repression and the massive influx of Chinese into Tibet, which endangers the very survival of our people and culture, led me to initiate two important proposals with the Chinese: my Five-Point Peace Plan in 1987 and the Strasbourg Proposal in 1988.

The Strasbourg Proposal was made with a conviction that it met with the basic hopes of the Tibetan people without denying the reality of present day Chinese rule in Tibet. Many Tibetans have been disappointed and many have criticized this proposal as too conciliatory with unwarranted concessions.

My proposals have not elicited any official response from the Chinese leadership. In fact their state media has been critical. Because of this closed and negative attitude, I feel my personal commitment.

Continued on page 2



Peace Music of Nawang Khechog

Nawang Khechog was born in Tibet and fled into exile in India after the invasion by communist China. A Tibetan monk for 11 years, he studied philosophy and meditation under various highly qualified Tibetan lamas. He also spent several years meditating in the foothills of the Himalayas. Since 1986 Ngawang has been living in Australia.

Ngawang's musical talents have developed naturally since he was a very young boy. Most of his music is original and performed as an expression of his deep feeling in a spontaneity of harmony and balance of touch, breath, hearing, concentration, and feeling.

Nawang's music brings a deep sense of peace and captures the feeling of the mysterious and gigantic mountains of Tibet. His music is performed on the bamboo flute, the Australian Aboriginal wood-wind instrument called *didgeridoo*, and the South American *okharina*. He also performs his unique style of harmonic chanting.

Nawang has performed widely in Australia since 1986 and the overwhelming response of the au-

diences inspired him to continue his musical performance. He is regarded as one of the leading musicians in the field of peaceful, relaxing and meditative new age music in Australia, attracting a dedicated following. Apart from numerous radio and television performances, he has released two albums and made soundtracks for several documentary films on Tibet, Nepal, and the Australian Aboriginal TV serial, *Blackout*.

Ngawang Khechog is currently touring the U.S. in conjunction with the Year of Tibet: see the Year of Tibet calendar in this issue.

Catalog Contents:

Adventure & Travel	28
Art & Photography	29
Audio Tapes	38
Biography	27
Cards	22
Children	24
Cookbooks	25
Dalai Lama	20
Death & Dying	40
Dharma Items	18
Health & Fitness	25
History & Politics	27
Kalachakra	21

Language	26
Music & Chants	39
Ordering Info.	44
Other Traditions	41
Posters	22
Psychology	40
Religion & Phil.	31
Sale Items	42
Videos	37
Women's Studies	25
Year of Tibet	
Calendar of Events	16

SPECIAL "YEAR OF TIBET" ISSUE

NEWS

Statement by His Holiness the Dalai Lama

Continued from page 1.

ment to these ideas has become ineffectual. I believe that the logical step is to acknowledge our failure in this endeavor to reach out to the Chinese leadership. If in the near future there are no new initiatives from the Chinese, I will consider myself free of any obligation to the proposals I made in the Strasbourg address. However, my dedication to the freedom and the legitimate rights of the Tibetan people will always remain steadfast. I also remain committed to a dialogue with the Chinese for a peaceful solution to the Tibetan problem.

Last year, many positive and far-reaching changes took place in the world. In the Soviet Union, the steps taken by President Gorbachev to introduce a more representative and responsible form of government had significant and widespread impact. In many countries, in Eastern Europe especially, one-party dictatorships were replaced by popularly elected governments. The dismantling of the Berlin Wall and the unification of the two Germanys are testimonies to the end of the Cold War and a step towards a world no longer haunted by the prospect of a war between the East and the West.

In Mongolia too the people went to the polls to elect a new government. I particularly welcome the revival of Buddhism in Mongolia, which had uniquely close cultural and religious ties with Tibet. In our part of the world I must commend the people of Nepal for their efforts in reviving a multi-party system and His Majesty King Birendra for facilitating the process. Regrettably in many other countries, such as Burma, although the people speak out loudly for greater freedom, the governments have

not responded positively.

With such fundamental shifts taking place in the world, I am confident that China cannot remain isolated and unchanging. The Chinese people will one day see that only through a genuinely democratic form of government will they be able to unleash their creative energies for the good of China, and for peace and progress in the world. Signs of this change are also evident. The crushing of the democratic movement, led by students and intellectuals, in June 1989 in Beijing, may have been a temporary setback. However in the long run, this event will give the Chinese people inspiration to continue their struggle for greater freedom and democracy.

A peaceful and politically stable future for China lies not just in the success of its wish for a more democratic system, but in the wishes of some 80 million so-called minorities to regain their own freedom. For stability and peace to return to Asia, the People's Republic of China should transform into a democratic and cooperative community of states. Such a community need not be limited to the Chinese, Tibetans, Uigurs and Mongolians who wish to rid themselves of the yoke of Chinese Communist rule, but could include Vietnam, Cambodia, Laos and other nations interested in building an Asian community. This idea needs much detailed thought and I hope that others will come forward to discuss it and to make it a reality.

I was very saddened by the recent Gulf War and the loss of so many human lives. I consider this crisis an exception in an otherwise encouraging atmosphere. Too often situations that turn explosive are a result of neglect at the early stages when diplomacy and peaceful methods are not adequately applied. A contributing factor to

such hostilities is the "strategies" that many nations adopt in an attempt to achieve a balance of power that is supposedly in their interest. Above all, the worst contributing factor to conflicts such as the Gulf War is the arms trade in which individuals and nations indulge for financial gain. Such trade seems senseless, irresponsible, and completely lacking in human considerations. If we want to avoid such tragic confrontations we must pay greater attention to situations of potential conflict right from the beginning. We must also change our limited selfish strategies and interests and strive for a greater sense of responsibility beyond one's immediate area. Such a concept will not only preserve peace for one particular nation but will lay the foundation for a lasting peace for all.

Ever since I was young, I looked forward to the time when we could devise a political system, suited both to our traditions and the demands of the modern world. Since we came into exile we have tried to build up the Chithu, the elected assembly of representatives, as a key feature of our effort to develop such a system. We are now embarking on changes which will further democratize and strengthen our Administration in exile. I hope that these changes will allow the people of Tibet to have a clear say in determining the future of their country. It is therefore a matter of great pride for me, and I am sure for all of you, that last month the Tibetan exiles went to the polls for the eleventh time to elect a new assembly of representatives. This assembly will have many more members and will have a much greater role in determining the executive branch of our Administration. Already, since the special congress held last May, the members of the Kashag, the executive head of our Administration, are

elected officials, no longer appointed by me.

I believe that future generations of Tibetans will consider these changes among the most important achievements of our experience in exile. Just as the introduction of Buddhism to Tibet cemented our nation, I am confident that the democratization of our society will add to the vitality of the Tibetan people and enable our decision-making institutions to reflect the heartfelt needs and aspirations of all Tibetans.

During the last few years, I have been most encouraged by the expression of support for the Tibetan cause both at the government and individual level throughout the world. In recent years the U.S. Congress and several parliaments in Europe and in Australia have adopted resolutions of concern and support for Tibet and the Tibetan people. The Friends of Tibet meeting in Dharamsala last March was another encouraging indication of the extent of the support.

Today, this national day has also been declared the first day of the International Year of Tibet 1991-92, a year-long commemoration of Tibet, its people and its cultural heritage. On behalf of all of us, I thank each of you involved in the numerous exhibitions, conferences, seminars, publications and other events and projects dedicated to this global educational effort.

In conclusion, I want to once again thank the voluntary agencies and individuals still involved in assisting the Tibetan refugee community. A special note of gratitude must be extended to the people and Government of India for their hospitality and understanding all these years, in spite of the many problems and responsibilities of their own.

1991 Homestay Project

The Tokyo chapter of Friends of Tibet is working to bring two or three gifted students from the New Tibetan School in Bir, India, to the U.S. to study—initially to get high school equivalency certificates and eventually to go on for college degrees.

Their initial effort is to find two or three families who would be willing to act as host families for the students for up to a year while they work toward high school degrees. The Friends of Tibet are currently holding fundraisers in Tokyo to finance plane fares and living expenses for the students' first year.

Friends of Tibet is looking for American families interested in hosting a Tibetan refugee student for the school year beginning in September 1992. The student will study in conjunction with local high school and GED programs. The family would be responsible for providing room and board for the student. Air fare from New Delhi to the United States, as well as some living expenses for the student would be provided. Each student considered for the project will be carefully screened in India by both officials of the Tibetan Government-in-Exile and American Homestay representatives. Interested families will be interviewed in December 1991 and notified in January 1992.

This project is being administered in conjunction with the Office of Tibet and the Cathedral of St. John the Divine, both in New York City. For more information please write to Robin Bidgood, Momura 241, Komiya Heights, Inagi-shi, 206, Tokyo, JAPAN.



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NEWS

THE VENERABLE LAMA THARCHIN RINPOCHE

Third Annual Retreat

The Venerable Lama Tharchin Rinpoche is a Dzog-chen master of Vajrayana Buddhism. He is the tenth lineage holder of the Repkong Ngakpas (yogis). Lama Tharchin Rinpoche's unique ability to explain complex spiritual truths in a few words is a result of his many years in solitary retreat. Rinpoche's inspiring teaching of Buddhist philosophy and meditation are complemented by his artistry and knowledge of Tibetan monastic arts. His gentleness and jewel like qualities embody the living expression of the wisdom and compassion of the Buddha-Dharma.

Lama Tharchin and his students established the VAJRAYANA FOUNDATION, a non-profit religious organization in 1988 to promote the practice and transmission of Vajrayana Buddhism, specifically that of the Dudjom Ter-sar lineage. In addition to upholding the Dharma, another goal is the preservation of Tibetan ritual arts and monastic traditions. These include music, dance, mandala and thangka painting, translation and printing of Dharma texts, and the fabrication of statues and stupas.

The Retreat Schedule is as follows:

VAJRAKILIYA

July 14 - 20

The root of receiving Siddhis and of removing obstacles on the Dharma path.

NGONDRO

July 21 - 27

The extraordinary Preliminary Practices.

GURU YOGA and DZOG-CHEN

July 28 - August 10

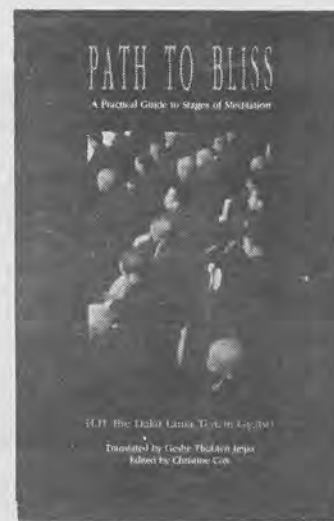
Introduction to the View, Meditation and Action.

The cost of the entire retreat is \$750.00. A deposit of \$100.00 is due by June 14. Weekly rates for partial attendance are available. However Rinpoche strongly encourages his students to attend the entire retreat. Pre-registration is required and the deadline for registration is June 14. For more registration information please contact the VAJRAYANA FOUNDATION at P.O. Box 2542, Aptos, CA 95001 or (408) 685-3921.

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Extracts from the chapter on Death and Impermanence.

You should develop the conviction that awareness of death and impermanence is an important element of the Buddha's teaching, and that this is why the Buddha taught impermanence at the beginning of all his teachings when he first taught the Four Noble Truths.

The first phase of the practice is to restrain the negative actions that could propel you to lower realms of existence. The cause of your body is contaminated actions and delusions, and as long as you are under their influence there is no place for happiness. In a similar way there is no possibility of happiness and peace while someone is under the leadership of a very negative person. Therefore, reflect upon the fact that you are under the rule of ignorance; ignorance is like the despotic king, and anger and attachment are like his ministers. We live under the tyranny and influence of ignorance, the self-grasping attitude, and also the self-cherishing attitude—factors that all the buddhas and bodhisattvas treat as real enemies. The worst thing is to be under the influence and grip of these negative factors.

The second phase is to engage in the method of rooting out the delusions that are the root of these negative actions. This is done by applying their opponent force, the wisdom realizing emptiness, which eliminates the grasping at self-existence. Eliminating these delusions, together with their root, marks the achievement of liberation.

The third phase is to eliminate the dispositions or imprints left by the delusions that obstruct you from achieving omniscience, the direct knowledge of all phenomena. This should be done by complementing the wisdom realizing emptiness with the factors of method—compassion, bodhicitta, patience, generosity and so forth. If you are able to cultivate a powerful mind that focuses on the welfare of infinite numbers of sentient beings, you will develop a courage that is able to endure infinite hardships for their benefit. Because of the great power of this practice, you will be able to accumulate great stores of merit. When you accumulate these stores of merit by complementing the wisdom of emptiness with the powerful factor of method, you will be able to free yourself totally from all wrong views and misconceptions.

Even in ordinary terms, you would need to have a certain fear of impending danger in order to seek a refuge. Similarly, in order to have a firm practice of refuge, it is first very important to recognize the danger that you are facing. Doing this depends upon a recognition of the unsatisfactory and pain-producing nature of life in this cyclic existence. When you have clearly recognized the frustrating nature of life in this cycle of existence in general, and the sufferings in the lower realms in

particular, a genuine desire to seek refuge will follow. To achieve such a recognition, some reflection on impermanence and death is essential. Therefore, when the Buddha taught the Four Noble Truths, he first spoke of impermanence.

The lack of death awareness prevents one from undertaking the practice of dharma. This is very true: If one is not aware of the eventuality of death, one will be totally concerned and preoccupied with the affairs of this lifetime alone, and with actions that are just for the benefit of this lifetime. Such ventures may take all one's time and energy, but no matter how important they appear to be, since they are directly related to this lifetime alone, their benefits are limited—once one leaves the present body, their benefit ends. Even though one might have a best friend, when one has to leave the body, one cannot take the friend along.

So many people have been born in this world in the past, but all of them are now just memories. Just as the texts say, great buddhas and bodhisattvas of the past, although great beings, also are only memories. The same is true of great kings and so forth. Reflect upon the fact that even the Buddha himself has passed into nirvana. The same will happen to us. Think of how things will look after one hundred years: none of the people assembled now inside this temple will be alive. Even this building may not remain. To prove this, it is not necessary to quote from scriptures nor to give any logical reasons. Even since last year's teachings, I can see that some of my friends have passed away. The same will happen to those who have gathered here this year—next year when we gather for the teachings it is definite that some of us will be no more—but none of us will even have the thought, "It will be me," because of our strong habituation to the apprehension of permanence.

Think that after twenty or thirty years even the Dalai Lama, who has been talking so much, will also be no more. While I am alive, there will be people who are, from the depths of their hearts, prepared to give their lives for my sake, but on the day when I have to leave, I cannot take even one among them with me. Neither will I be able to take any of my possessions, even the body which has been with me since the time of my birth and which I have always preserved and protected. This also will be left behind. At that time of my death, what will benefit is only the positive seeds that are imprinted upon my consciousness. No other factors will help at that time. This is very true, a fact that can be proved and observed.

Therefore, if you are totally concerned and preoccupied with the affairs of this lifetime, there is a great danger of causing your own downfall. If by such concern you were able to achieve the desired happiness, that is okay, but this is not the case. We all let ourselves be caught in this web of preoccu-

pation with the activities and confusion of this lifetime. Having too much worldly involvement ends in confusion. We spend our whole lives thinking that this might be better than that, I should do this, or perhaps something else is better and I should do that. If you reflect upon the underlying dissatisfaction, then you will be able to find that, well, after all, whatever they might be, the affairs of this lifetime are not that important, because they yield a limited benefit. This does not mean that you should not work for your own livelihood, but it does indicate that you should not be preoccupied with that alone.

Your meditation on death and impermanence should be inspired by great delight. You should see this meditation as a factor that will really encourage you to engage in dharma practice.

If you have the awareness of death you stand to gain a lot. It is important not only at the initial stage, but also during the actual path. When you possess such awareness and mindfulness, although you may work for your own livelihood, you will not take that as the most important thing. If a person has prepared for death from a long time back, when death comes it will not come as a shock because he will be well prepared; he will feel that death is merely like changing his clothes. Whereas if a person just avoids the question of death, trying to forget about it, then when death comes, he might be caught totally unprepared and be bewildered by it.

But if you are mindful of death and have this death awareness, you will always think of the future and make preparations for it, and when death strikes it will not come as a surprise, so you will not be so anxious. Consequently, at that point you will be able to maintain your calmness of mind.

Just requesting prayers from others at the time of death and not doing anything yourself is very improper and contradicts any claim that you are a follower of dharma. Sometimes I actually say this when people come to seek my prayers for them. I know an old Tibetan lady who always used to ask me, "Oh, Your Holiness, do not let me fall in the hell realms"—as though I have that in my hand! There is nothing I can do if she has done nothing on her part. Not only I, but even the Buddha does not have the power to save such a being. Therefore, the Buddha taught the infallibility of karmic law. If the great beings like the Buddha have the power to determine the fate of the living beings, then there is no need for him to talk about the infallibility of karmic law. If you are equipped with this death awareness, you will always work to accumulate virtuous actions to prepare for your future.

[This section is followed by a meditation on death.] ■



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PRESERVING THE ANCIENT SAKYA TRADITION

According to Sakya tradition, the great Indian Buddhist saint, Atisha, was traveling through Tibet in 1042, when he stopped at the sight of pale-grey earth on a nearby mountain. While his companions made camp, Atisha made obeisance toward the area of pale earth, explaining that many emanations of the great Bodhisattvas Chenrezi, Vajrapani and Manjushri would come from that spot in the future to spread religious doctrine and benefit all living creatures. A generation later in 1073, the Sakya lineage of Tibetan Buddhism began with the building of the first Sakya Monastery on that pale-grey earth. This lineage became one of the four major Tibetan Buddhist traditions.

After the Chinese communist takeover of Tibet, His Holiness Jigdal Dagchen Sakya, lineage holder of the Phuntsok Phodrang branch of the Sakya tradition, came to the United States. His Holiness has been supervising the remodeling of a church building into a traditional Tibetan monastery that will become the new seat of the lineage in the West. Though His Holiness is not building the new Sakya Monastery on pale-grey earth, he is building it on the solid foundation of Tibetan tradition. Every part of the monastery has religious significance, from the main beam in the shrine room, which is filled with Buddhist scriptures, down to the boards, which are cut according to auspicious lengths.

A Tibetan Master-Artist in Seattle

Painted upon the walls and ceiling of traditional shrine rooms are mandalas and images of deities, lamas, and lineage holders. To decorate the Sakya Monastery in this traditional manner, His Holiness the Dalai Lama's Religious Office has sent Tibetan master-artist Dhawa Dhondrup to Seattle.

Dhawa, who is now 23 years old, attended a small settlement school for Tibetan refugees in India. Due to his early interest and skill in drawing as a child, at the age of eleven Dhawa was given a scholarship to study at a special art school in Dharamsala which had been set up by His Holiness the Dalai Lama to preserve the Tibetan style of religious drawing and painting. There were only five other students in the school and they had already been studying for two years. The youngest of them was seven years older than Dhawa. This was the beginning of a rigorous course of training which was to last nine years and to separate him from his family, except for short annual visits.

Dhawa's teacher at the Tibetan Library Thangka Painting School, Sangye Yeshe, is a monk master painter who was appointed directly by His Holiness the Dalai Lama to head this school to train young Tibetans to carry on the practice of Tibetan sacred art. Dhawa recalls his teacher as a man who has no need to use discipline with his students because he lives so gracefully that he is respected and obeyed by all of them. The school that he heads is regarded as the best training center for Tibetan fine arts outside of Tibet.

Dhawa, like his fellow students, began his training by copying drawings created by his teacher. Starting with the head of Buddha, he worked and reworked his draw-

ings on graph paper to hone his sense of proportion. He moved on to the next drawing only when he mastered the ability to duplicate the drawing he was working on. Progressing next to the full figure of the Buddha and then to ever more complex figures, Dhawa completed the full course of 25 drawings over four and a half years.

The initial training in drawing was followed by a course in painting. For the Tibetan artist, painting is a dangerous job. Once a painting is completed it becomes a religious object and cannot be destroyed. Dhawa's teacher explained that if an artist paints poor images of the gods it will affect his life very negatively, but if he paints fine images it will bring great benefit not only to the artist but to his whole community. First the students were only allowed to paint pictures that had been drawn by the teacher. Later they were allowed to both draw and paint.

Dalai Lama, there was great support for this art. The style which Dhawa practices is the style most favored from that time—the Menying, or Old Medicine Style. As with the separate religious lineages, there is great respect for each art style that has developed. They are never mixed together but always preserved in their pure form.

At Sakya Monastery, Dhawa works five days a week on high scaffolding, bringing the walls to life with religious images. He says that religion is the main wealth that Tibetans have now that there is so little left of the Tibetan way of life and culture. He feels a strong responsibility to his teacher to keep the painting tradition alive, both by practicing and teaching it. He feels an equal responsibility to Tibet to preserve its tradition and culture:

"I'm very happy to use my art in such a place as Sakya Monastery. The Monastery will benefit so many people and will have such



Dhawa Dhondrup painting Sakya Monastery, Seattle.

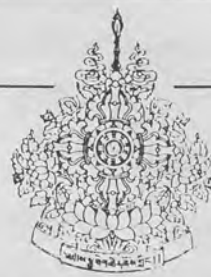
Although the course of training had been planned as a five-year program, it became clear that the range of knowledge that the teacher possessed could not be imparted in that time. The course stretched to seven then to nine years. Due to Dhawa's dedication and skill in this art form, he graduated at the top of his class.

The Tibetan style of painting has come from the time of the Buddha. According to tradition, one Indian king was puzzled about what gift he could make to another, much richer king. His advisor suggested that he offer a portrait of the Buddha, which would be considered more precious than any other gift. This was the beginning of Indian Buddhist art and became the basis for a stylized, traditional type of painting. It was brought to Tibet, where different styles developed in each part of the country. At the time of the great Fifth

king, there was great support for this art. They will judge it by this work, so it's a great responsibility to do it well."

Dhawa is quick to express his thanks to the Tibetan government in Dharamsala which gave him this opportunity to study art and to become a caretaker of such precious traditional skills.

It is the custom in Tibetan monasteries for lay patrons to sponsor the paintings of the various mandalas, deities, and lineage holders that adorn the walls and ceiling. We at Sakya Monastery are continuing this tradition. All contributions are welcome and the names of our donors will be inscribed on one of the walls. If any of our readers would be interested in supporting Dhawa's work, contributions may be sent to Sakya Monastery, 108 NW 83rd Street, Seattle, WA 98117.



SAKYA LAM DRE TEACHINGS BESTOWED BY HIS HOLINESS JIGDAL DAGCHEN SAKYA

By Dennis Oliver and Jeffrey Schoening

The bestowal of the Khon lineage Lam Dre teachings in Nepal by His Holiness Jigdal Dagchen Sakya was one of the most notable events which occurred in the Tibetan community in 1990. The bestowal of this series of teachings by His Holiness marked the first time he has given the teachings in over thirty years and the first time he has given the teachings outside of Tibet.

The Lam Dre transmission is the Sakya's most precious teaching. Its initial section, called the Triple Vision, presents contemplations of Hinayana topics to cultivate the mind that seeks liberation, and Mahayana practices to develop Bodhicitta, the mind to enlightenment for the sake of all beings, and emptiness, the view of the nature of reality. In the second portion, the Triple Continuum, the disciple prepares for and receives initiation into the great tantra of Hevajra, intended to bring about the total unfolding or transformation of the practitioner to full enlightenment. First revealed to the Indian Buddhist master Virupa in the 7th century, the Lam Dre passed from teacher to disciple in a lineage that reached Tibet and became the specialty of the glorious Sakya sect. His Holiness Jigdal Dagchen Sakya is part of that unbroken tradition.

The event was widely covered in the Tibetan press. The Tibetan language magazine *Shes bya* (Knowledge), January 1991 edition, published by the Tibetan government's Department of Economic Development, reported the event as follows:

The Lam Dre teachings were given in November 1990 by His Holiness Jigdal Dagchen Sakya at the request of many Tibetan Lamas, Tulkus, and others from Nepal, India, and Tibet. These teachings were given in Nepal at the new Tharlam Monastery being built in Boudnath.

His Holiness arrived from the United States to bestow the teachings which began on the 14th day of the 9th month of the Tibetan historical calendar. This day is very auspicious as it is the memorial day of Sachen Kunga Nyingpo, founder of the Sakya lineage, who displayed six bodies upon passing into the pure realms. Over 500 people attended the entire month long teachings and initiations. Present were three of His Holiness's sons, his wife Dagmo Kusho and many Tulkus, Lamas, Kenpos and monks from all the traditions of Tibetan Buddhism. The teachings were also attended by many Tibetan lay people and many of His Holiness's students from Nepal, China, Singapore, Malaysia, Europe, Australia, United States and Canada.

The month long teachings consisted of two daily sessions, a morning session from 8-11am and an afternoon session from 1-4pm. Each day patrons and sponsors made mandala offering and offerings of food and tea to those attending with as many as six offerings given each day.

The final day of the teachings was celebrated with a large Tsok offering in thanksgiving for receiving the Lam Dre instructions and to celebrate the birthday of His Holiness. Many individuals contributed to sponsor the Tsok which consisted of blessings from the Lama and a food offering which was distributed to those who attended and the Tibetan community of Boudnath.

We, who live in the Pacific Northwest, feel particularly blessed to have His Holiness Jigdal Dagchen Sakya living in Seattle, where he is actively building a Tibetan monastery. He regularly gives teachings and initiations in the tradition of Vajrayana Buddhism of Tibet, and leads weekly meditation practice, which is open to all. For further information on Sakya Monastery, His Holiness's teaching schedule or on the Sakya tradition, please contact Sakya Monastery, 108 NW 83rd Street, Seattle, WA, 98117.



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NEWS

VAJRAKILAYA EMPOWERMENT AND DANCE TOUR

Jetsun Sakya Center invites Buddhists of all traditions to receive the Vajrakilaya Empowerment of the Sermon Long Lineage in grand form from H.H. Sakya Trizin, head of the Sakya Order of Tibetan Buddhism. The Empowerment will take place in New York in the early part of October 1991, and will take three days to complete. As part of the Empowerment, ten Tibetan monks will perform the Vajrakilaya dance, which portrays the entire practice, following which His Holiness will bestow an explanation in English of the practice and path of Vajrakilaya. The teachings will be held at a time that will not conflict with the Kalachakra Initiation of H.H. the Dalai Lama and the surrounding teaching program offered under the auspices of the Tibet Center.

One of the highest tantric teachings in the Buddhist tradition, Vajrakilaya is the manifestation of all of the Buddha's activities in a wrathful form. The practice of Vajrakilaya is an essential method to dispel the many obstacles that arise to block spiritual progress.

The Vajrakilaya of the Khon Lineage is unique in several aspects. The Khon lineage itself is historically descended directly from celestial beings. Formerly known as the "Clear Light Celestial Race," the descendants of Khon settled in Tibet where they subjugated and intermarried with local rakshas (wrathful spirits). The name Khon, which actually means "subjugator," was thus derived. The meaning of the Vajrakilaya tantra was explained through pith instructions by Guru Padmasambhava. This particular Vajrakilaya teaching was given in its complete form by him to Khon Nagendra Rakshita (one of the first seven fully ordained Tibetan monks) and his younger brother, Vajra Ratna, descendants of the Khon Lineage, H.H. Sakya Trizin's familial line. Since Khon Nagendra's time, this Vajrakilaya teaching has been passed from father to son only within the Khon lineage, making it unique in that the hereditary lineage and the teaching lineage are the same.

In the 13th century Khon Sakya Pandita, the first religious king of Tibet and one of the greatest scholars in Tibetan history, confirmed the authenticity of this teaching by discovering and translating the original Sanskrit text, which is now included in the Kangyur (the collection of the Buddha's original teachings).

All of the lineage holders from Adi Buddha until now have attained very high realization and have accomplished all of the common and excellent siddhis. The signs of this have been the many great miracles performed by each one of the lineage holders, such as stopping the flow of rivers, imbedding the phurba into solid rock, leaving impressions of feet and hands in solid rock, subduing the many worldly deities, and destroying the evil forces which are harmful to the teachings and practice of Dharma. There are many stories of the great accomplishments of each of these masters in all of the four activities, i.e., pacification, power, wrathfulness and increasing.

The Vajrakilaya practice consists of three main parts: (1) the empowerment, which serves to ripen, the student for practice; (2) the teachings and explanation of the profound path, including the generation and completion stages as well as other related teachings; and (3) the actual practice, which includes (a) *Nyenba*, a retreat for accumula-

tion of mantra, which is referred to as the practice of "calling the deity"; (b) *Drupba*, in which one practices to accomplish the deity; and (c) *Lajor*, having accomplished the deity, one works for the benefit of sentient beings through the four activities.

In the Vajrakilaya of the Khon Lineage there are many elaborate rituals which incorporate melodic chanting and also sacred dances. The sacred dances consist of two parts: (1) the upper action, which is performed for the purpose of accomplishing enlightenment, and (2) the lower action, which is performed to destroy evil forces and obstacles.

The upper action has a very long and complicated dance which portrays the entire practice, beginning with the consecration of the place of performance, the blessing of the earth, the sky, etc., then continuing with the creation of the celestial mansion and the entire mandala of 51 main deities and 40 surrounding deities.

The second part of the dance, the lower action, which is meant to destroy the evil forces, is done in wrathful form, with the dancers wearing fierce masks representing emanations of the 20 wrathful deities.

At one time, as there was an inclination by the descendants of Khon toward learning the "new" tantras, there was an attempt by them to "conceal" or hide this Vajrakilaya teaching along with the other teachings of the ancient tradition. Due to the extraordinary power of the protectors associated with the Vajrakilaya of the Khon Lineage, this teaching alone was unable to be concealed, and thus remains to this day one of the most important practices of the Khon Lineage. At the same time the Khon Lineage through the establishment of a new order emphasizing the "new" tantras, came to be called the Sakya Lineage.

In Tibet, the sacred dances of the Khon Lineage Vajrakilaya Ritual were performed traditionally every year during the seventh month of the lunar calendar. For the duration of the month, the assembly of monks in Sakya performed this extremely complex and elaborate ritual. Before the creation of the sand mandala, approximately 100 dancers would perform the Vajrakilaya upper action dance with traditional costumes and ornaments. Then came the creation of the sand mandala, to be followed by many days of chanting and prayers. At the end of the month, to conclude the ritual, the dancers would perform the lower action wrathful dance, wearing the special masks.

Even now, this tradition of the Vajrakilaya ritual of the Khon Lineage is performed by the assembly of monks in Sakya Centre, Rajpur, India every year during the seventh lunar month, which falls usually during August/September. The ritual includes the creation of a sand mandala and chanting for eleven days.

More recently, H.H. Sakya Trizin has revived the sacred Vajrakilaya dances by teaching them himself to some of his monks. As it would be extremely difficult to perform the dance in its entirety, certain sections have been chosen for presentation to the general public, as a very basic introduction to this ancient and unique Khon Lineage Vajrakilaya Ritual.

Independently of the empowerment ten monks will tour the country during October and November

offering cultural presentations of the Vajrakilaya dances in honor of the Year of Tibet. The monks are expected to perform in the following cities: New York, Boston, Washington DC, Miami, Minneapolis, Boulder, Vancouver and Victoria (Canada), Seattle, Portland, San Francisco and Los Angeles.

The performance will be in two one-hour segments, with a fifteen-minute break in between. The first dance will be the presentation of the Black Hat dance, which is the very beginning of the Vajrakilaya ritual. This will be followed by the dance of the Nectar Offerings. Both of these are from the upper action category. From the lower action wrathful aspect, two masked dancers will perform a dance representing the twenty emanations of the wrathful deities. This will be followed by two masked dancers representing the four direction guardians, and finally, two masked dancers representing the twelve protectors.

The program will conclude with five dancers who dance with drums and represent the Dakas, or celestial heroes. Although the final segment is not actually part of the traditional Vajrakilaya sacred dances, these celestial heroes are mentioned in the Vajrakilaya practice, so we have included this dance for variation. This final dance is also considered to be especially auspicious for those who have the opportunity to view it, and so gives a favorable conclusion to the performance.

All of the dances and melodies are in their ancient and authentic form, as are the costumes and masks. These dances, originally taught by the famous Guru Padmasambhava, are being performed publicly for the first time outside of Tibet. The occasion provides a rare and unique opportunity for unrestricted viewing of some of the most esoteric rituals of the Tibetan Buddhist tradition.

To raise the needed money to bring the monks to the U.S., the center is offering advance registration at a reduced rate of \$90 for those who send in their checks by April 30, 1991. The regular fee is \$140. Make checks payable to "Vajrakilaya Empowerment." To register or for further information about either the Vajrakilaya empowerment or the tour of the Vajrakilaya dancers please contact: Jetsun Sakya Center, Vajrakilaya, PO Box 1603, Cathedral Station, New York, NY 10025.

CHAGDUD TULKU RINPOCHE



DREAM YOGA RETREAT

San Francisco Bay Area
June 16-23, 1991

Dream yoga is a vajrayana practice, a technique for recognizing illusion. It includes three stages. In the first, by recognizing the illusion of daily reality, one penetrates the nightdream illusion and can recognize that one is dreaming. One can become aware of the illusory nature of reality—the daytime dream. This leads to the second stage, in which one uses the dream state to meditate. This involves dream manipulation—using one's awareness of the illusory nature of the dream to transform its content. The third stage involves the dissolution of the dream, whereby one dissolves the dream into clear light recognition. This retreat will concentrate on the first stage of dream yoga.

Dream yoga is a meditation practice. It does not involve the analysis of dreams, as is done in some Western traditions. Rather, it is practiced with the awareness of impermanence: that our lives are short and we do not have much time to practice. Dream yoga teaches us how to use the time at night to further our spiritual practice and path of compassion.

A one-week ngondro (preliminaries) retreat will precede the dream yoga retreat: June 8-15.

Preregistration required by May 28, please;
nonrefundable 50% deposit.

For more information, contact Robert or Mary Racine,
P.O. Box 90, Oakville, CA 94562, 415-849-3300.

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For more information, to register or to be on mailing list, contact: Rangrig Yeshe Center, Woodlake Rd. #30-8, Albany, NY 12203, (518) 452-3012

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NEWS

EXHIBITION OF LOSEL DOLLS



Uchen style.

Tibetan Calligraphy Competition

As part of its Silver Jubilee Celebrations, Tibet House New Delhi recently held a calligraphy competition in Tibetan scripts.

Traditionally the practice of calligraphy in Tibet was considered to be a form of meditation or sadhana, and not just an art form. For centuries calligraphy was an important dimension of traditional Tibetan education; it was not considered a separate subject or a specialized art, but rather the foundation for all studies. All students had to undergo rigorous training in calligraphy for 10 to 15 years, spending at least a couple of years on each style.

Tibetan calligraphic styles fall into two main categories. *Uchen* has a header line above each letter. It is the most formal style, and is used in printing scriptures and the Buddhist sutras. *Ume* has no header and all the other styles are the developments of *Ume*.

Of these, *Tsuring*, or the "long style," was the first to be learned by students who had perfected its long strokes on wooden slates. *Tsugthung*, or the "short style," was taken up next. Only after the basic strokes had been thoroughly mastered and the student had acquired complete discipline over his style was he allowed to write on paper. *Tsugmakhyuk* has the same shape as *Tsugthung*, but is smaller. Stylistically, it is considered to be between formal calligraphy and *Khyuk*, which is used

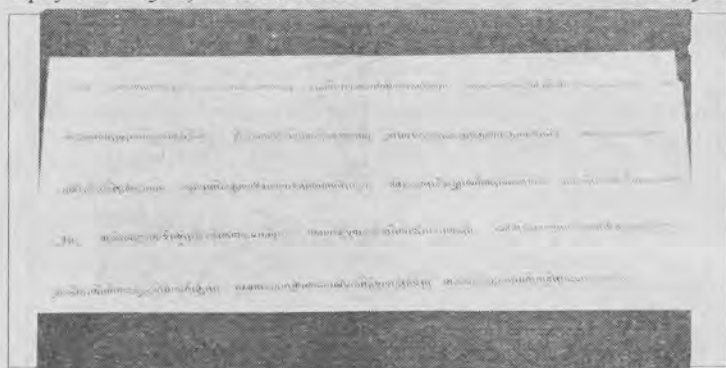
for ordinary writing.

Petsug is used for non-spiritual texts, such as epics, stories, and special rituals. Finally, there are the ornamental styles such as the *Drutsha*, with long graceful lines and flamboyant gestures. These are used for non-scriptural book titles, documents, and government decrees. Other older styles have generally fallen into disuse. In traditional Tibetan calligraphy, pens were made of bamboo, with the ribs cut at a prescribed angle. The ink was either indigenously made lamp-black or from imported Chinese ink tablets. The writing surface was hand-made paper or occasionally silk.

Since the Tibetan dispersion, Tibetan calligraphy has suffered a decline. The calligraphy competition was conceived as a vehicle to regenerate interest in this deep and spiritual art form.

The response to the competition was extremely encouraging with nearly 990 entries from all over India and abroad. The First Prize entries were exhibited from November 15 until November 27, 1990, at the Tibet House. The event was blessed by His Holiness the Dalai Lama when he visited the exhibition on November 27th. Significantly His Holiness made an observation on calligraphic technique that had escaped the notice of some of the master calligraphers.

Ume style.



TIBETAN FESTIVAL AT MINGEI INTERNATIONAL MUSEUM

The Mingei International Museum of World Folk Art in La Jolla, California, is pleased to announce a Tibetan festival in celebration of the Year of Tibet. "Tibet: Art of the People from the Roof of the World," a unique exhibition of religious and cultural art, will be on view from March 9 through June 2, 1991, accompanied by special events and activities.

The exhibit represents three aspects of Tibetan traditional arts. The "Wheel of Life" at the entrance will lead viewers to a reconstructed shrine room, where, in front of a three-tiered altar, four

Tibetan monks from Namgyal Monastery in Dharamsala, India will create a sand mandala. The monastic life of Tibetan Buddhism is represented next, in an exhibit of ritual instruments, dance masks, prayer wheels and statuary. Objects of everyday use, including a Tibetan tent, saddles and clothing from nomadic peoples of Tibet, complete the exhibit.

In conjunction with the exhibition, Mingei International Museum will offer illustrated lectures, films, music and dance programs. For more information, please call 619-453-5300.

In 1984, the Losel doll "cottage industry" project was initiated. A small group of Drepung Loseling monks, working under the direction of Kim Yeshe in Dharamsala, have created miniature Tibetan figurines representing all aspects of Tibetan life. These Losel dolls represent a unique model of achievement in areas of cultural preservation, craft artistry, and traditional Tibetan art forms including clay modeling, applique, painting, and braiding. The dolls are made to exacting standards in material quality, workmanship and historically documented detail. Using photographs, text descriptions and consultations with elders the team of five monks and the Western coordinator have recaptured the spirit of old Tibet.

During the Year of Tibet, a traveling exhibition of the dolls will open in New York City at the American Museum of Natural History in mid-October, 1991. The exhibit's focus will be on the integration of 45 Losel figurines into a supporting display of historical photographs and artifacts. The dolls will be placed in miniaturized traditional settings created especially for this exhibition. These will include a display of masked dancers performing in a temple courtyard, a group of aristocratic Tibetans enjoying a picnic beside their colorful tents, and a nomad camp with yaks and nomad family.

Demonstrations by five Drepung Loseling monks who produce the dolls, as well as a video of the monks at work, will be part of the exhibition. Demonstrating their arts will be a monk who creates the clay heads, another who paints the faces, a tailor, and a monk who assembles the



Pema Lundrup puts the finishing touches on a Losel Doll at a workshop in Dharamsala. He is one of four Tibetan monks accompanying the Losel Exhibit at the American Museum of Natural History this October.



SLIDE PRESENTATIONS BY PETER GOLD

In conjunction with the Year of Tibet, Peter Gold (author of *Tibetan Pilgrimage* and *Altar of the Earth*) will be touring North America with a series of special slide presentations dealing with Tibet's sacred arts and ecology, its universal philosophy and spiritual way of daily living, and its relation to other spiritual cultures, particularly the Navajo Indians of North America.

Peter's engaging and enlightening talks are given in conjunction with a double projection of color slides and on-location sound recordings that create an uncanny sense of "being there."

The following programs are available: "Timeless Tibet: The Universal Message of Tibet," "Earth of the Gods: The Spiritu-

al Ecology of the Tibetan Plateau," "Art, Life and Spirit in Tibet," "Tibetan Pilgrimage: Spirituality in Tibetan Daily Life," "Altar of the Earth: The Life, Land and Spirit of Tibet," and "Circle of the Spirit: The Sacred Journey of Tibetans and the Navajo Indians."

Tour schedule: Peter will be on the west coast and in the Rocky Mountain region of U.S. and Canada in August, late November and December of 1991; east coast: October and early November; midwestern U.S. and central Canada: November.

If you or your organization would like to sponsor one or more of these presentations, please contact Peter Gold c/o Snow Lion Publications.

dolls. An illustrated catalog, *Losel, Alternative Forms of Tibetan Art*, will be available for purchase.

This exhibition is co-sponsored by Tibet House and Tibet Living Craft. If any of our Drepung Loseling friends around the country are interested in having the exhibition of Losel dolls come to their city or town, please contact Mac McCoy, c/o Tibet Living Craft, 1744 Kilbourne Place, N.W., Washington, D.C., 20010. tel. 202-332-4555.



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NEWS

THE ABBOT OF DREPUNG LOSELING VISITS THE WEST

In June 1990, the abbot of Drepung Loseling Monastery, Venerable Rinzong Tulku Rinpoche, made his first trip to the West under the auspices of His Holiness the Dalai Lama. The purpose of his visit was to consecrate the land in North Georgia donated to Drepung Loseling for the establishment of a branch monastery in the United States.

Rinzong Rinpoche designated a beautiful site for the monastery on a hilltop, land that was once sacred to the Cherokee Indians. The next day he performed an ancient fire ritual to consecrate and purify the area. The three-hour ceremony was attended by seventy-five people, both neighbors and members of the Dharma community from Atlanta.

Afterwards Rinpoche expressed his hopes for the center in this way: "During my two-month visit in the U.S., I had the opportunity to stay with people in their homes, which gave me an understanding of this great nation and its culture. My impression of the people is that they seem to be friendly, well educated and disciplined. They appear to be very open minded and respectful of other cultures. People seem to have so much freedom. Perhaps due to this there is a small but flourishing Buddhist community. There seems to be a growing interest in Buddhist teachings, and for this reason it is appropriate that

Drepung Loseling Learning Center is being established in the mountains of north Georgia.

"My hope is that it will be a genuine learning place for all interested people. Our efforts will be directed toward assisting and benefiting the students and practitioners. To expedite this, I will send Jampa Rinpoche, a very learned, highly accomplished teacher. It is our hope that he will arrive in the spring of 1991."

During his stay in Atlanta, Rinzong Rinpoche spoke at the Southern Center for International Studies, an independent center for thought and opinion, where he discussed the situation in Tibet and the Dalai Lama's approach to world peace. He also visited the Trappist Monastery of the Holy Spirit, and had a warm dialogue with the abbot Dom Armand Vellieux. Rinpoche also gave teachings to the Buddhist community in Atlanta and in several other cities, including Raleigh and Wainessville NC, Little Rock, Miami, Chicago, Detroit and New York City.

Currently plans are underway to raise funds to bring Ven. Jampa Rinpoche to Georgia to teach and tour the cities in the south where there is interest in Buddhist teachings. For more information, contact the Drepung Loseling Monastery Learning Center, 656 Murphey Highway, Mineral Bluff, GA, 30559. ■

Ven. Ayya Khema in California

Deva Loka, a group of Ayya Khema's students who have organized to bring her teachings to the United States, is pleased to announce the 1991 California visit of the internationally known Theravadan Buddhist meditation teacher, Bhikkuni nun and author, Ven. Ayya Khema.

Two retreats are planned: the first, in Lafayette, runs from June 21 to 28; the second, in Oakland, is for experienced meditators, from June 29 to July 28. A full thirty-day commitment is required for the second retreat, which will be limited to 24 people. At both, detailed instructions in Vipassana (Insight) meditation and the meditative absorptions will be given as taught in the Pali Canon.

Ayya Khema was born in Berlin in 1923. In 1949 she became an American citizen, married and had two children. She moved to Australia in 1964. There she co-founded Wat Buddha Dhamma, a forest monastery in the Theravadan tradition near Sydney. In 1979 she ordained as a nun in Sri Lanka, where she set up a training center for Sri Lankan nuns, and Parappuduwa Nuns Island for women practicing intensively or wishing to ordain as nuns.

Ayya Khema holds seminars,

lectures and meditation retreats throughout Europe and Australia. She is the spiritual director of Buddha Haus in Mittelberg, Germany. She has written books on meditation and the Buddha's



teaching in English and German. Her *Being Nobody, Going Nowhere*, winner of the 1988 Christmas Humphreys Memorial Award, is available from Snow Lion.

For more information, contact Isha Mayim, 6463 Benvenue #3, Oakland, CA 94618, tel. 415-655-3246. ■

MILAREPA CENTER

Located in the beautiful mountainous Connecticut River Valley of Northern Vermont, the Milarepa Center provides retreat space, fresh air and a peaceful environment for solo and group retreats. Each year they offer a full program of teaching and guided retreats by qualified sangha and teachers of the Foundation for the Preservation of the Mahayana Tradition. This year they are organizing a Kalachakra retreat. They also offer

for an annual Christmas Milarepa retreat (Dec. 26 to Jan. 1) and a 3-month Heruka-Vajrasattva retreat (mid Jan. to mid April). They invite short and long term residents to help with general retreat and program services, as cooks, gardeners, and as craftspeople to help them complete their building renovations. Contact: Milarepa Center, PO Box 151, Barnet, VT 05821, 802-633-4136, Martha Tack, Director. ■

THE MANDALA DANCE OF THE 21 PRAISES OF TARA

Sacred dance has been cultivated as a treasure in the East for millennia. In the early Vajrayana Buddhist monasteries of Orissa (500-700 A.D.) there were large numbers of dancers attached to the temples. The iconography of those ancient temples and the postures of the deities represented on Tibetan thangkas clearly shows their relationship with the classical dance form of Orissa as it is practiced today.

Although there is presently no Tibetan tradition of women dancing in the sadhana practices, there is a group of Newari Vajrayana Buddhists who claim their ancestors came from Orissa and to this day use women dancers in the sadhana practices in their temples.

The Mandala Dance of the 21 Praises of Tara is the inspiration of Prema Dasara, a dancer who had studied sacred dance in Orissa and Nepal. Having received the Empowerment of Tara from His Eminence Tai Situ Rinpoche, she felt inspired to express the sadhana in dance form.

When Lama Sonam Tenzin was sent to the island of Maui by the Venerable Kalu Rinpoche in 1983, he realized the need to make the traditional Tibetan Buddhist practices more accessible to his Western students. He asked Prema for assistance and, together with devotional singer Jeff Munoz, they shaped the sadhana of the 21 Praises of Tara so that it could be sung in English.

Prema had studied sacred music and dance in the East for many years. She could easily imagine the Praises danced. With Kalu Rinpoche's blessing and the assistance of Lauryn Galindo, another experienced dancer-practitioner, the

ritual began to take form.

When His Eminence returned to the islands, a dance celebration was offered to him by the women practitioners of the island and Prema's children and men dance students. Rinpoche was taken by the Tara Dance and shared his observations and suggestions. He was very moved by the depth of devotion expressed and encouraged



Prema to refine the practice and to eventually share it in other parts of the world.

When Sogyal Rinpoche came to Maui in preparation for the Dzogchen teachings of His Holiness the Dalai Lama the sangha presented a dance offering in his honor. He laughed with delight and proclaimed it an excellent method of communal Dharma practice.

The Venerable Tara Rinpoche, recently on Maui, joyfully proclaimed that the dance and song would bring many people the blessings of Tara. His translator said Rinpoche played the tape non-stop on his tour in Tokyo. The

tape is available from Snow Lion (see music section).

Tara, the Saviouress, is the embodiment of wisdom and compassion. Tara vowed to remain in the body of a woman until the end of time, saving beings from the sufferings of conditioned existence. She affirms the dignity of all women and affirms their ability to achieve the highest spiritual perfection. As a being awakened to her own perfection she is swift to assist any who call out to her, overpowering obstacles and dissolving ignorance. She is a deity of Buddhist Tantra and a potentiality latent within every sentient being. To praise her and embody her is to discover one's own inner perfection.

It is the combination of body, speech and mind, dedicated properly and used skillfully, that empowers a practitioner and uplifts her or his awareness. May all beings be blessed by the Bodhisattva, the Great Mother, the Protector, Tara.

Prema will be teaching and presenting The Mandala Dance of the 21 Praises of Tara this spring in these locations:

- April 14-20, Boulder, CO, The Chenrizig Institute, 303-447-1532
- April 21-27, Santa Cruz, CA, Deva Productions, 408-426-9713
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The Great Kagyu Masters

Continued from page 1.

some, ugly woman came to care for him. She said, "There is no place where one can avoid death." The boy's mother therefore asked her, "What can I do for him?" And the woman replied, addressing the boy:

*Herd buffalo
And read scriptures.
There you will find the prophecies
of the Dakinis.*

With this she disappeared.

One day, while the Brahmin Salyo was herding buffalo and reading the scriptures under the shapa tree, the woman appeared again, this time asking his name, the country of his birth, and the name of his parents. "My country is Zako in the East. My father is the Brahmin Salwa; my mother is the Brahmin Saldema; my sister is the Brahmin Saldron; and I am the Brahmin Salyo. This tree is the shapa root and I am tending buffalo to earn my living, as well as practicing the Dharma by reading scriptures." She replied: "This is not how it is." He asked: "Then what is the truth?" She replied: "Your country is Oddiyana in the North; your father is Chakrasamvara; your mother is Pantasapana; your brother is Pantasapana; and I am your sister, Bliss-giver. If you want to find the true buffalo go to the forest of the bodhi tree. There the stainless Dakinis hold the ear-whispered teachings." He replied: "If I go there, the Dakinis will pose obstacles and prevent me from succeeding." She said:

*Yogi, you can get the teachings.
You have received the predictions
And kept the samaya vows.*

Acting as a Non-human Teacher

The Saint Tilopa became famous by receiving the teachings directly from the Wisdom Dakinis in Oddiyana. When he was asked who his Lama was, Tilopa replied:

*I have no human teacher;
My Lama is the Omniscient One.*

Looking down from the sky, the Dakinis said:

*Tilopa, who realized the two
truths*

*And is expert in the five aspects of
knowledge,
You have no human teacher;
All your Lamas are omniscient
ones.*

Subduing the Heretics

Seeing a heretic doing harm to the Buddha's teaching, Tilopa said to himself: "It is time to subjugate this being." He therefore agreed to enter a debate whose outcome would determine which man's path would prevail. The king acted as mediator in this debate on language, logic and other subjects. As in the building and destroying of the mandala shrine, the heretic stopped the sun in its course and Ru (Tilopa) caused it to set. Then he halted the sun, but the heretic could not cause it to set. Ru said, "Cut your locks and enter my path." But the yogin became angry and radiated flames in his direction, saying:

*I can shake the three realms;
There is no yogin I cannot terrify.*

Tilopa then manifested a larger flame, and sent both it and the heretic's fire back to him. Thus, the heretic's belongings were completely burned, even to his thick mane of hair.

*I am Tilopa,
Who has achieved omniscience.*

The heretic developed great devotion, and with all his disciples did prostrations, offering a mandala and requesting teachings. Thus the assembly were liberated. The heretic became known as Yogin Nakpo Kewa and thereafter resided in the Central Wood Forest Cemetery.

Showing the Evident Cause and Effect

A heretic, holding the view of the Lokayatas (atheists of ancient India), was preaching this doctrine to all the people of the Rada country. A Buddhist scholar refuted his arguments, saying that cause and effect exist. But it could not be determined which of the two men was right because there was no judge present. When Tilopa arrived in the midst of the debate, the men asked him to act as judge. At the end, Tilopa said, "He who acknowledges cause and effect is the victor." The heretic then said, "I wish to debate with you." Tilopa

defeated him by his extraordinary insights, and gave him the teachings. Then the heretic said, "Since I don't see cause and effect directly, I don't accept your doctrine. If it is true, please show me directly. Only then will I accept the Buddha's teachings." With a snap of the fingers, Tilopa showed the heretic the burning tortures of the hell realms. The heretic saw a copper pot filled with molten metal, but empty of human beings. He asked the guardian of hell, "Why are there no beings in this pot?" The man replied, "In the Rada country in Jambudvipa there is a heretic who doesn't believe in cause and effect, and who is creating negative karma by spreading wrong views. After his death we will cook him in this pot!" The heretic then said to Tilopa, "It may be true that one is born in hell through negative karma, but perhaps it is not necessary to engage in virtuous actions." Tilopa said, "Come, I will show you." In a moment Tilopa took him to the Heaven of the Thirty-Three Gods. There, in each god's palace was a divine couple—a god and goddess. In one palace, however, was a goddess standing alone. The heretic asked, "Why has she no consort?" The goddess replied directly, "In Jambudvipa there is a being who is just now changing his view, understanding cause and effect, giving up non-virtuous action and practicing virtuous action. After his death, he will be reborn here." Thus, the heretic developed deep devotion. Tilopa said, "Sinful beings, motivated by negative karma, suffer the mental phenomena of hell, but virtuous beings, motivated by positive karma, enjoy the mental phenomena of the higher realms." He then gave the heretic the teachings and liberated him. From that day he became known as Yogin Dina, and resided in Palkyiri.

Subjugating the Butcher

A butcher was taking the lives of many animals and giving their meat to his son. Tilopa, seeing that it was time to tame him, transformed the meat into the cooked flesh of the butcher's son, meanwhile hiding the son himself. When the butcher took the lid off the cooking pot and saw his son's

flesh, he began to weep. Tilopa said, "If you cease taking life, I will restore your son to you." The butcher agreed and Tilopa returned his son to him. The man purified his negative karma, promised not to engage in any further wrong action, and developed devotion. Tilopa gave him the teachings and liberated him, saying:

*The result of one's negative actions
Will return to oneself.*

In this way Tilopa chose him as a disciple. From that day the man became known as Yogin Dechye Gawa and resided in the land of the Rakshas.

Subjugating the Singer

Once there was a skillful singer who was in the habit of entertaining the assembled crowd. When Tilopa arrived he said to the man, "Why are you howling so?" The singer became angry and said, "Let us engage in a singing contest." The singer knew only worldly songs. With enlightened voice Tilopa sang many celestial songs. The singer developed deep devotion and asked to be his disciple:

*Where, precious one, do you come
from?*

You have subjugated me.

Tilopa replied:

*I am the singer Tilopa
Inhabiting the entire world of
Brahma.*

*I come here as a beautiful singer;
Now I wander off, directionless.*

Tilopa then gave him the teachings and liberated him. From that day the man became known as Yogin Yangdan, and resided in Nagara.

Appearing as a Manifestation of Chakrasamvara

Tilopa took the vows of a monk at the temple on the grounds of the Blazing Cemetery of Lakshetra, in the Ashoka garden, near the river Salanadi, because the Abbot there was his uncle and the Acharya his mother. He became known as the Bhikshu Kalapa. In the morning he meditated in a small hut; in the evening the monks gathered and said ritual prayers. Occasionally they had to do the monk's purification renewal practice, and were punished if they violated the dis-

cipline. Tilopa did the opposite: Early in the morning he killed a mass of locusts on the road, separated their heads from their bodies, and heaped them up in two piles; in the evening he went to a tavern and ate the barley residue left over from making beer. His uncle, Dawo Shonnu, who was in charge of the monastery, could no longer tolerate such behavior. He and other monastery officials spoke privately to Tilopa and told him to cease his unconventional behavior. They also warned that if he missed the purification renewal practice he would be severely punished. But Tilopa went out and killed more locusts. At one point he was seen by the King who was journeying toward the monastery for ceremonial prayers. The King was so shocked that he asked, "Who is your Abbot and who your Acharya?" Tilopa replied:

*The place is the Ashoka garden.
My uncle is Abbot and my mother
Acharya.*

*I am Bhikshu Kalapa.
Many millions of kalpas ago
I spoke with the victorious
Shakyamuni,
Nagarjuna, Aryadeva, and
Vajradhara.*

*I have travelled to a hundred
Buddhafields
And I have seen the one hundred
faces of the Buddha.*

*I have attained the blissful level
And have understood the inter-
dependence of cause and effect.
I have realized the Dharmakaya
of Dharmata.*

*Even the great Saraha
Cannot match my realization.
I have not killed any sentient
beings.*

Thus he sang, and with a snap of the finger caused all the locusts to spring to life and fly away in radiant light. Then everyone understood that Tilopa was an emanation of Chakrasamvara. He became widely known and everyone felt deep devotion for him. ■

CLASSIFIED AD

Greeting cards are available from the Tibetan Institute of Medicine and Astrology (TIMA) in Dharamsala, India. Text of the cards includes a brief description of the history of TIMA and an explanation of a useful mantra. Cards come in a package of ten with envelopes for \$5.00 plus \$1.00 postage. Please write: Tibetan Institute of Medicine and Astrology, Khara Danda Road, Dharamsala 176215, Distt. Kangra, H.P. India. Please send a check; do not send cash. Please allow 8-10 weeks for delivery.

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NEWS

KEEPING UP WITH BUSINESS The Tibetan Handcraft Development Project

How can we invite the thousands of Tibetan refugees living in India to participate more directly in the Year of Tibet? There are probably many ways we haven't thought of, but here's one being avidly pursued by a new program called the Tibetan Handcraft Development Project.

The Handcraft Project's main objective is to help Tibetan artisans in India to design and produce appealing and high quality arts and crafts for distribution in the U.S. Their goal is to link artisans with new markets through a "social venture" in export/import. The development objectives are to help provide greater income opportunities to Tibetans living in the settlements.

The Project effectively began in 1988 when the Planning Council in the Tibetan Administration commissioned a survey of market interest for Tibetan handcrafts in the U.S. The survey was carried out by Mac McCoy, a Tibet supporter living in Washington, D.C. He quizzed boutique owners, mail order catalogs, department stores and chain store owners to determine the market potential for handmade Tibetan products. In brief, the response was favorable, plans were made and the Handcraft Project is now getting ready for business under the trade name of Tibetan Living Crafts.

Preparing to do business with India, however, is no easy job when it comes to producing and importing products. "We found that there's only a handful of Tibetans in India who are capable and ready to produce sweaters, jackets, boxes, metalwork, or whatever it may be, that are first-class, price competitive and with any significant volume. However, there are a quite a few craftspeople who have a basic level of skills which can be upgraded. So we took a few steps back and developed a program to use the skilled to help the under-skilled and we're also coordinating professional training in production and design."

Last December, the Ford Foundation gave a grant of \$30,000 for just this purpose and the first group of Tibetans trainees are now starting their work. The Project has also retained two craft development groups, Aid to Artisans from Farmington, Connecticut, and SHARE, an India-based nonprofit in Bombay, to assist with training efforts. Meanwhile, there are several new handcrafts which the Project is beginning to promote.

"The most exciting art craft we're representing is the Tibetan Losel Dolls. They're expensive but a worthwhile investment as a collector's item. For more general markets there will be the Losel Rag Dolls and a special brand of incense that's also under the Losel name. There is also a community that specializes in woodblock graphics is providing designs for tee shirts, posters and cards."

One thing unique in the Handcraft Project's program is its plan to emphasize the artisans' personalities as an important component of the products. "We want to recognize and credit the Tibetan artisans who make the different products with informative tagging. The intent is to give Western customers a greater sense of appreciation for where these pieces are coming from," says Mr. McCoy.

"Sometimes we think of these new products as a sophisticated collection of 'Tibetan designer crafts', something special which people can



buy and feel good about by knowing their purchase supports the hard work that Tibetan artisans are doing. The result can be seen as a sort of international calling card for Tibetan culture."

Although the Project is planning to market its new products to a wider range of audiences than

Tibet support groups, the people organizing Year of Tibet events are considered an important market with immediate potential. "Once larger scale production can be sufficiently developed, we'll be active in large trade show markets, mailorder catalogs and with advertising. But we will certainly look to Tibet groups who are interested in helping Tibetans in India by supporting their business. We want these products to complement the work being done by Tibet support groups who need to fundraise and to educate. It makes a very nice match."

For further information about these new products and their availability, contact Mac McCoy at Tibetan Handcraft Development Project, 1744 Kilbourne Pl, NW, Washington, DC 20010, 202-332-4555. ■

Construction Project at Mundgod

Construction recently began on a dormitory-study hall at Mundgod for the monks of Gajang Tsawa Khangtsen, a monastic college within Gajang Monastery. The dormitory will contain twenty rooms for monks (three to a room) and a large study and meditation room, all on one floor. A second floor may be added in the future. The khangtsen was able to begin construction after receiving a loan from local businessmen, and they are in the process of clearing this debt by a number of means. Some monks leave the monastery to raise donations, and others do prayers in the surrounding Tibetan settlements. The dormitory will help to relieve the serious overcrowding at the monastery due to the influx of refugees from Tibet. Any donation to help retire this debt would be greatly appreciated, and can be sent directly to: Geshe Lamsang, Director, Gajang Tsawa Khangtsen—Lama Camp No. 1, P.O. Tibetan Colony—581411, Distt. N. Kanara (via Mundgod), Karnataka State, India. ■



Dear Snow Lion:

I have been corresponding with the director one of the khangtsens of Gajang Monastery at Mundgod for a little more than a year now, and have been following with interest the khangtsen's efforts in constructing a new dormitory-study hall for some of their monks. As you know, the accommodation problems at Mundgod are critical across the board. It would be a great blessing for them to receive any donations at all, and great merit for anyone wishing to donate.

Sincerely,
H.P. Bamman

HIS HOLINESS THE SAKYA TRIZIN LAM DRE TEACHING CYCLE

October 27 - November 17
Washington, D.C.



Venerable Lama Kalsang Gyaltsen and the members of Sakya Phuntsok Ling are delighted to announce that His Holiness the Sakya Trizin has consented to bestow the Lam Dre teaching cycle and initiations in suburban Washington, D.C., in autumn 1991. In commemoration of the International Year of Tibet, the teaching will be arranged to facilitate the attendance of Dharma students throughout the country.

The Lam Dre teaching is the highest and most special teaching of the Sakya Order. It incorporates the Hevajra Cause and Path initiations, condenses the complete teaching of the sutra and tantra, and provides detailed instruction on the stage of path and result. It is given only rarely by the highest lamas of the Sakya Order. His Holiness has bestowed the Lam Dre on six previous occasions in other countries, but this will be the first time he will bestow the teaching in the United States.

His Holiness the Sakya Trizin is the head of the Sakya Order. Widely revered as a great master, he is reputed to be an emanation of both Manjushri and Virupa, the founder of

the Lam Dre teaching. The clarity and incisiveness of His Holiness' teaching is remarkable. As an extra blessing for Western students, he will bestow the Lam Dre teaching directly in English.

Serious Dharma students of all lineages are welcome. For a registration packet and information on dates, accommodations, costs, transportation, and other details, please call or write:

Sakya Phuntsok Ling, 608 Ray Drive, Silver Spring, MD 20910 (301) 589-3115

NEWS

BE INFORMED
ABOUT TIBET

It is vitally important that the people who are concerned about saving Tibetan culture know about the key issues and do what they can to help. The way to be informed is to read some of the following journals and newsletters, which provide up-to-date news and information. We especially recommend *News Tibet*, which carries valuable news items that we don't need to duplicate since they are easy to obtain.

**News Tibet* (quarterly, free) The Office of Tibet, 107 E. 31st St., 4th Floor, NY, NY 10016 (tel. 212-213-5010). Political and cultural news from the New York office of the Tibetan Government-in-Exile.

• *Tibet Press Watch* (bi-monthly, \$25) 1511 K St., NW, Suite 739, Washington D.C., 20005. From the International Campaign for Tibet, reproduces news articles from worldwide sources.

• *Tibetan Review* (monthly, \$18) D-11 East of Kailash, New Delhi 110065 India. North Ameri-

can subscriptions through Potala Publications, 107 E. 31st St., 4th Floor, NY, NY 10016. Independent publication by Tibetans in Delhi.

• *Tibetan Bulletin* (bi-monthly, \$18) The Office of Information and International Relations, Central Tibetan Secretariat, Gangchen Kyishong, Dharamsala (H.P.) 176215 India. Official publication of the Government-in-Exile.

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

• *Snow Lion Newsletter* (quarterly, free) Snow Lion Publications, PO Box 6483, Ithaca, NY 14851 (tel. 607-273-8506). This is the paper you are presently reading. It is available to anyone on request and sent for free. Please let your friends know about Snow Lion!

At the suggestion of Michael van Walt of the International Committee of Lawyers for Tibet, we encourage you to display the Tibetan flag, especially on the following days:

July 6: His Holiness the Dalai Lama's Birthday: Tibetans and supporters unite in honoring His Holiness with long life prayers and expressions of respect and support for the spiritual and political leader of the Tibetan people.

December 10: United Nations Human Rights Day, Nobel Peace Prize Day: The United Nations sponsors a day of global awareness of all peoples struggling to draw world attention to human rights abuse. The date coincides with the annual awarding of the Nobel Peace Prize in Oslo, Norway.

A Tibetan flag is a persuasive

reminder of the worldwide effort underway to preserve the ancient culture of Tibet and support its people. Displaying the Tibetan flag can stimulate questions and discussion about the status of Tibet, producing positive results in furthering the cause of Tibet and in increasing the number of active Tibet supporters.

Tibetan flags are available through Snow Lion for \$20; see catalog section.

BOYCOTT TOYS MADE
IN CHINA

In light of increased human rights abuses in China and Tibet, the U.S. Tibet Committee, together with other human rights groups and labor unions, is calling for a boycott of toys made in China.

The "toycott" has been called to protest China's (1) use of forced labor to produce toys and other goods, (2) exploitative use of child labor, and (3) continued imprisonment and suppression of both Tibetans and Chinese as a form of

political control.

Each year exports of toys to the United States bring billions of dollars of foreign trade to China. The toycott represents one way of letting the Chinese government know that China cannot enjoy business as usual as long as Chinese and Tibetan citizens are persecuted for political and religious beliefs.

The boycott forges alliances between Tibet supporters and labor organizations as well as with Chi-

nese student and democracy groups. Frontlash, the AFL-CIO's youth organization, the Support Democracy in China group and others have joined the U.S. Tibet Committee in organizing the toycott.

For information on how to initiate a toycott in your area, please contact the U.S. Tibet Committee, 107 E. 31st Street, 4th Floor, NY, NY 10016; tel. 212-213-5011.

St. Louis Post-Dispatch, January 9, 1991

COMMENTARY

Double Standard On Human Rights

Bush Sympathizes With Kuwaitis But Ignores Chinese Treatment Of Tibetans

By Cindy Galbraith Curley

On the one hand, we hear President Bush and Secretary of State James Baker speak with righteous indignation about Iraq's illegal invasion and occupation of Kuwait, and the Kuwaiti people's right to self-determination. At the same time, they turn a blind eye to China's remarkably similar devastation in Tibet, and the inherent rights of the Tibetan people.

Something is rotten in the state of Moral Imperatives.

With military oppression at its worst since Tibet was invaded 40 years ago, our president received China's foreign minister, Qian Qichen, in the Oval Office, providing armloads of great public relations material for the Chinese presses back home — all delivered in the name of making sure that China merely abstained from a vote condemning an intolerant oppressor.

Given their dire need to re-secure some stature in global politics since the Tiananmen Square tragedy, it's hard to imagine why China's leaders would seriously consider anything but abstaining on the U.N. use-of-force resolution. What would they gain from bucking world opinion on Iraqi aggression? It would only cause their image to sink lower, at a time when they are spending millions on international public relations. That our leaders were so cowed by their presumed veto threat as to provide a private presidential audience for Qian is embarrassing.

And to what end? To uphold the unalienable mandate of a U.N. resolution?

Well, U.N. resolutions on Tibet merit enforcement, too. The United Nations, as well as the U.S. Congress, the European Parliament, Asia Watch and Amnesty International, formally condemned China's repeated violations of international law and human rights in Tibet. The International Commission of Jurists ascertained that China committed acts of genocide in Tibet that warrant interna-

tional scrutiny. But little scrutiny or public denunciation, much less intervention, has been forthcoming.

Bush and national security adviser Gen. Brent Scowcroft do not answer requests for meetings with leaders of Tibet's government-in-exile. Their agencies lobby against an address to Congress by the Dalai Lama, Tibet's exiled leader and last year's Nobel Peace Prize laureate. During this past session of Congress, U.S. State Department functionaries tried to derail a comparatively meager



\$1 million aid allotment to those Tibetan refugees who survived escape on foot over the Himalayas.

There was a time when the CIA provided covert aid to the Tibetans in the way of Special Forces training aimed at destroying Chinese communist arsenals in Tibet. But President Richard Nixon's rapprochement with China in the 1970s put an end to that. He and Secretary of State Henry Kissinger determined that Tibet had little to offer the United States relative to China. So, ethics and holocaust aside, Kissinger initiated overtures to Red China. A young George Bush was named special U.S. diplomatic liaison to Beijing, and a course of U.S.-China complicity on the Tibet issue has ensued.

Sure, Tibet doesn't have oil, or the promise of mass markets, or any other goods for which we Americans hunger. What it does have is a very devout, open-

hearted and soft-spoken people with an unshakable determination to live and let live as each may choose. But they are gravely threatened by Chinese communism's intolerance of their unique way of life. Tibetans are, in every sense, an endangered race of humans. Over 1 million — one in six — have died under Chinese colonization. The practice of Buddhism, the cornerstone of Tibet's culture, is actively suppressed. Most sacred institutions have been methodically ransacked, looted and leveled. To this day, Tibetans are terrorized by China's sizable police and military forces. Those protesting China's avowed policy of "merciless repression" face torture, forced labor and imprisonment in remote gulags.

Despite this brutality, the Dalai Lama, and his exile government in northern India, pursue nonviolent strategies in seeking an end to China's bloody occupation of their homeland. Use of force is anathema to their Buddhist faith and practice. By any name, it can only cause more suffering, they say.

Without international pressure, Tibet will soon go the way of Manchuria, where one is hard-pressed to find a Manchu, or remnants of the culture that once flourished there. By the moment, a massive transfer of Chinese to Tibet's high plateau is vanquishing the native culture.

At a time when the use of force, violence and aggression command the world's stage, mightn't a people pursuing a nonviolent quest for survival also merit the attention and respect of our leaders? If Bush is talking with Lithuanians about their struggle for independence, and pursuing all options for Kuwait, how, in good conscience, can he continue to turn his back on the people of Tibet?

Cindy Galbraith Curley is director of Friends of Tibet, a nonprofit, Midwest regional group working for the survival of Tibet's people, culture and environment.

BOYCOTT

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The Buddhist Peace Fellowship publishes a quarterly journal of articles by and about Buddhist peace-workers of all traditions.

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P.O. Box 4650, Berkeley, CA 94704
415-525-8596

NEWS

New York Newsday, Dec 31, 90

SECOND OPINION

Why Doesn't UN Outrage Apply to Tibet?

By Tsheten Samdup

IS THERE a better example of the United Nations' hypocritical stance on human rights than its recent condemnation of Iraq's occupation of Kuwait, while it has historically turned a blind eye to China's similar expropriation of Tibet?

Four months after Iraq invaded Kuwait, the UN sanctioned the use of force if Iraq doesn't withdraw by Jan. 15. It has been 40 years since China invaded Tibet, and all the UN has done is pass, without any follow-up, three resolutions condemning human rights violations but not China's takeover of my country.

The UN's double standard vividly underscores that Tibet is not an important enough issue for world powers to risk upsetting China, which has veto power in the Security Council, by even trying to address Tibet's plight. Despite the bloody massacre of Chinese students last year in Tiananmen Square, let alone the killing of Tibetans, the Beijing leadership continues to receive red-carpet treatment.

Tashi Dolma, a 25-year-old paramedic from eastern Tibet, escaped to India last summer. She described to me and the human rights officer of the exiled Tibetan government in India how she was forced to undergo an abortion during her second pregnancy. The baby in her womb was 84 days old.

Dolma said a Chinese doctor repeatedly inserted a spoon-shaped instrument to extract bits and pieces of the child's body from her womb. "Then an electrical spinning machine was inserted into my vagina, and all the fragmented bits and pieces of the child were sucked out," she said. "Some bigger pieces would block the tube now and then. The operation lasted over half an hour."

"Thus an unborn child was quietly and brutally executed right there, inside my womb," she said, sobbing. The abortion was conducted without anesthesia, she said.

Why is she the first to talk? Dolma, a Buddhist, believes the abortion was tantamount to murder. She spoke out about it despite her fears of reprisal against her family members back in Tibet. Forced sterilizations and abortions are carried out by mobile teams that go from village to village, as well as in hospitals.

The International Commission of Jurists, in its 1960 report, described China's forced sterilization program as an attempt to prevent Tibetans from propagating. While the government now also limits Chinese to one child per family, Tibetans worry about

becoming a minority in their own country.

Despite the issue being raised as recently as last summer at a UN human rights sub-commission meeting, nothing has been done to stop China from systematically assimilating the Tibetan people, through the huge influx of Chinese into Tibet. Some 7.5 million Chinese now live in Tibet, compared with 6 million native Tibetans.

Asia Watch, a Manhattan-based human rights organization, charged in May that abuses have greatly increased in Chinese-occupied Tibet. China had used its tight control of Buddhist monasteries to expel hundreds of monks and nuns this year, according to "Forbidden Freedoms: Beijing's Control of Religion in Tibet," a report by the International Campaign for Tibet, which lobbies for the Tibetan struggle on Capitol Hill. "The effect of these policies is that monks and lay Tibetans are prohibited from revitalizing the sacred traditions that would keep Tibetan Buddhism alive," the report concluded.

China continues to imprison and torture hundreds of monks and nuns who participated in demonstrations against its rule. Tibetans escaping to India say that electric cattle prods and severe beatings during interrogation are regularly used to torture protesters. Prisoners receive little food and bedding during Tibet's long, cold winter.

A Chinese journalist, Tang Daxian, now exiled in Paris, was quoted recently by The Observer, a British newspaper, saying that more than 450 Tibetans were killed by Chinese security forces in March, 1989.

Based on his own observations and official documents he obtained while working for the Chinese government, Tang said that a Beijing People's Armed Police commander had ordered 300 police to disguise themselves as Tibetans and join pro-independence demonstrators in Lhasa, Tibet's capital. The police smashed store windows and overturned cars, providing troops with an excuse to use deadly force, he said.

Tang said that Chinese security forces ambushed Tibetan protesters on March 6, 1989, firing machine

guns from rooftops, killing 300 Tibetans in 10 minutes. Chinese officials said only 16 people died, while some western journalists reported that 30 to 100 Tibetans were killed.

While the UN Security Council within days condemned Israel for the October killing of 20 Palestinians at Temple Mount in Jerusalem, neither the UN nor the secretary general express sorrow at the loss of innocent lives in Tibet.

A 14-year-old Lhasa boy was recently sentenced to two years' imprisonment after being caught making pro-independence leaflets at school, according to a report from Tibet that the exiled Tibetan government received recently.

For 40 years Tibet's spiritual and political leader, the Dalai Lama, winner of the 1989 Nobel Peace Prize, has advocated non-violence to free his people from Chinese rule. He has visited the United States nine times since 1979, yet has never been invited to the White House or met with any senior U.S. officials. All the while, the State Department continues to kowtow to butchers like Chinese Foreign Minister Qian Qichen, who was recently received at the White House.

Iraq — expansionist, like China — claims that Kuwait was once part of its province of Basra under the Ottoman Empire. China's claims on Tibet are similar. Because an Eighth-Century Tibetan king married a Chinese princess, China claims that Tibet is a part of China. The same Tibetan king also married a Nepalese princess, but Nepal has never claimed that it owns Tibet.

Iraq must withdraw from Kuwait. But the world must also look beyond its immediate financial interests and help other oppressed countries like Tibet. More than 1.2 million people — one-sixth of Tibet's population — have died since the 1950 Chinese invasion. More than 6,000 monasteries, the center of Tibet's culture and religion, have been destroyed.

What we Tibetans are demanding is nothing more than the restoration of our historic rights and basic human rights. We want the right to live as Tibetans — to enjoy and preserve the Tibetan way of life.



Photo by Peter Leyden

In 1989, Chinese police arrest a Buddhist nun who chanted 'Free Tibet.'

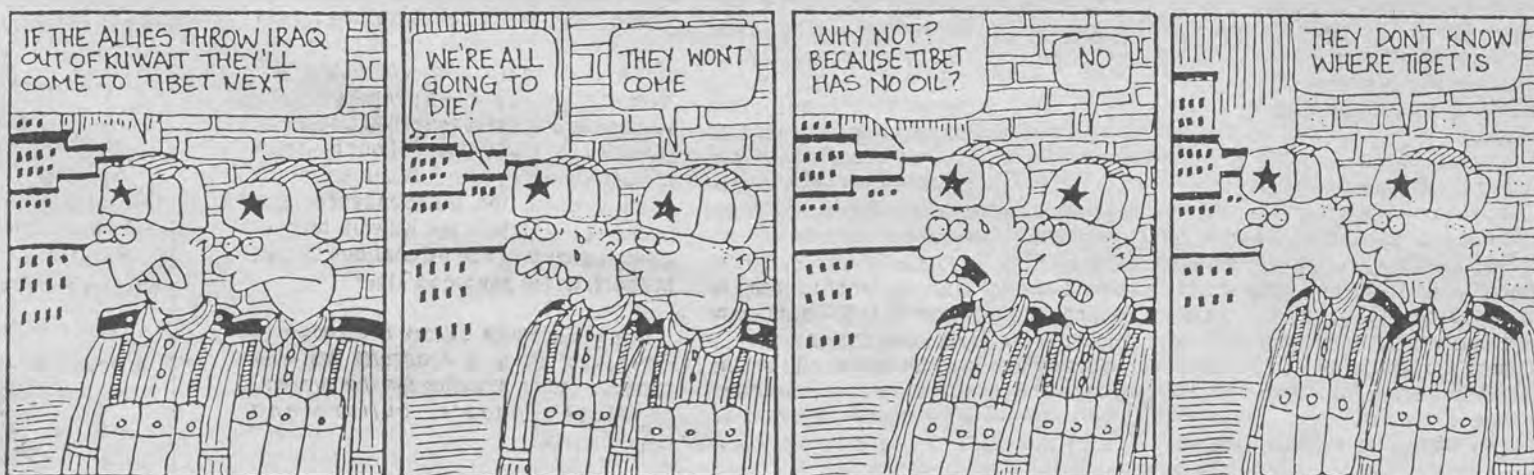
TRIGG

THE HONGKONG STANDARD WEDNESDAY, JANUARY 9, 1991



TRIGG

THE HONGKONG STANDARD THURSDAY, JANUARY 17, 1991



NEWS

THE MYSTERIES OF TIBET

Reading About the Dalai Lama

by Gerald Dine

THE DALAI LAMA: A POLICY OF KINDNESS
An Anthology of Writings by and about the Dalai Lama
Snow Lion \$6.95

MY TIBET
The Dalai Lama and Galen Rowell
University of California Press
\$35.00

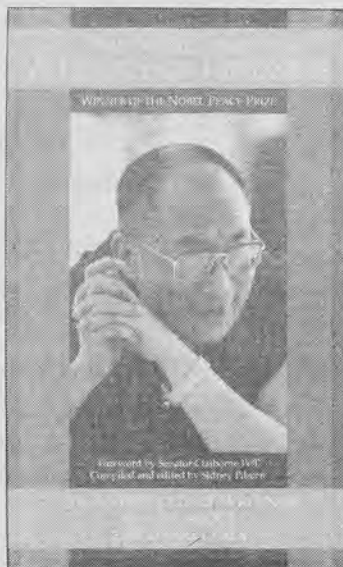
FREEDOM IN EXILE
The Autobiography of the Dalai Lama
Harper Collins \$22.95

Until fairly recent times, Western images of Tibet were framed in mythological terms. Imaginary places such as Shambhala or Shangri-la—a remote, beautiful land where life approached perfection—had become synonymous with Tibet. Likewise, Tibet's leader, the Dalai Lama, was shrouded in mystery, most often described as the "God-King."

But times change. So much so that in 1989 the Nobel Committee awarded the Peace Prize to the Dalai Lama of Tibet, distinguishing him not as a religious figure, but as a national leader who, in the face of armed aggression, has "consistently opposed the use of violence" and who, as an international leader, "has come forward with constructive and forward-looking proposals for the solution of international conflicts, human rights issues, and global environmental problems." How did Tibet and its leader make the transition from near-obscurity to international recognition?

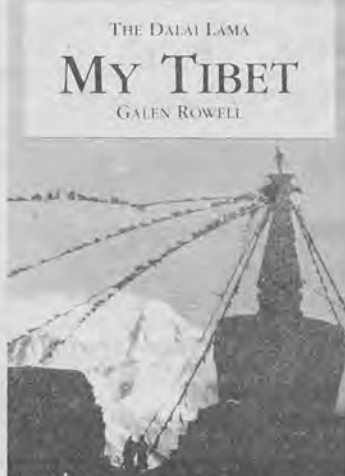
One of the most succinct descriptions of the Dalai Lama of Tibet appears in the Introduction to *The Dalai Lama: A Policy of Kindness*: "Although claiming to be only a simple human being, he is known the world over as a tireless worker for peace, a great spiritual teacher, and a man with a gift for conveying great truths in a manner accessible to all. His combination of genuine warmth, infectious sense of humor, penetrating intellect and disarming humility have won him many friends and admirers throughout the world."

The editor's splendid choice of material compiled for this book captures the essence of this remarkable individual. *A Policy of Kindness* is ideal for the reader who is curious about the Dalai Lama

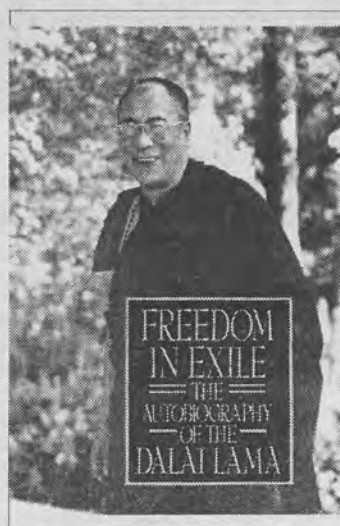


and Tibet but prefers an overview rather than a specialized text. This is not to say that the book is cursory; the selections have substance, are beautifully written, and cultivate a rich sense of depth and versatility on themes that range from an intimate look into the life of the Dalai Lama to his thoughts on an assortment of current topics. The Nobel lecture and address are included as well as a look into the current situation in Tibet and the Dalai Lama's thoughts for the future of his country. *A Policy of Kindness* conveys the animate personality and progressive scope of this unusually accessible world leader whose manner explains the book's title. *A Policy of Kindness* is laid out so that it can be read a chapter or section at a time without losing the flavor; but be forewarned, it's hard to stop reading once you've started. All this in a paperback that is elegant, inexpensive, and captivating. You will find yourself referring to it more than once. One last afternote, you'll see *A Policy of Kindness* in Bill Moyers' hands in a PBS interview he did with the Dalai Lama to be aired on June 5th.

If yours is a more visual orientation, do not miss picking up *My Tibet*. Like *A Policy of Kindness*, it is quality at a bargain price. How the book came into being is a story in itself. Galen Rowell travelled through Tibet several times in the 1980s on assignment as a photographer for *National Geographic*. After his last trip in 1988, his experience influenced him to compose a book on Tibet. His idea to show the Dalai Lama slides of the photographs taken of Tibet and



combine them with the Dalai Lama's spontaneous comments turned into a collaboration which was expanded to include six essays by the Dalai Lama. The outcome is nothing less than exquisite: from the special paper used to print the book, to the layout, the photographs portray a vision of Tibet that speaks for itself. The Dalai Lama's unrehearsed remarks are refreshingly devoid of pretention and the essays depict yet another portrait of Tibetan culture. Perhaps it is here that we gain insight into the allusion to Shangri-la. *My Tibet* will grace your coffee table for years to come.



Freedom in Exile: The Autobiography of the Dalai Lama is quite popular, although it seems to lack the spark and personality that characterize the other two books. In my opinion, the editorial style loses something of the person of the Dalai Lama and lessens the degree of authenticity in the process. However, the book does offer an up-to-date and easily readable view of the person and his history. ■

Reprinted from The Grapevine Book Review.

VAJRAYOGINI RETREAT

Keep in mind that there will be a three-week Vajrayogini Retreat at Gaden Tenzin Ling Retreat Center from August 3 to 23, 1991, led by Zasep Tulku Rinpoche of Toronto. Rinpoche will give the commentary on the Vajrayogini practice during the first ten days of the retreat. The retreat will be concluded with a fire puja.

On the first day of the retreat, Zasep Rinpoche will bestow the Naro Khacho initiation of Vajrayogini. Those students wishing to attend the retreat who do not already have the initiation must have received either the Yamantaka, Heruka, or Guhyasamaja initiation as a prerequisite. These initiations will not be given as part of the

retreat.

Early registration is advisable as space is limited to 25. A limited number of people may take part in the retreat for seven or ten days (Aug. 3-9 or 3-12) but first consideration will be given to those committed to attending the full retreat. A deposit of \$100.00 is required before June 1 to reserve your place. Total cost will be \$500, or \$350 for the first ten days. Included in the price of the retreat are camping facilities and light meals.

For more information please contact: Gaden Tenzin Ling Retreat Center at 27 Connecticut Hill Road, Newfield, NY, 14867. Tel. 607-564-7346. ■

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guidance of H.H. Dudjom Rinpoche, including the complete transmission of the Nyingma lineage. ❖ Chhoje Rinpoche is the founder of Padma Shedrup Ling, a Tibetan Buddhist Meditation Center dedicated to the tradition of Padmasambhava.

ASHLAND, OREGON

May 5, 10 a.m.-5 p.m. EXPLANATION OF THE HEART SUTRA
May 6, 7:30 p.m. TRANSFORMING THE HABIT OF BLAME
May 8, 7:30 p.m. TRANSFORMING ANGER
For more information on teachings in Oregon, call (503) 482-4470.

NEW YORK CITY & POOLESVILLE, MARYLAND

May 17-23 (NYC teachings tentative)
Please call (212) 696-0918 for information on teachings in New York.
For Maryland teachings, call Kunzang Palyul Choling, (301) 428-8116.

MARIN COUNTY, CALIFORNIA

May 13-15, 7:30 p.m. SITTING MEDITATION PRACTICE
May 28, 5 p.m. FULL MOON FISH LIBERATION
June 1-2, 10-5 p.m. A TEACHING ON DZOG CHEN
June 3, 7:30 p.m. THE FOURTEEN ROOT SAMAYAS

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"This Tibetan font for the Macintosh is, in a word, simply a superlative system for typing and editing Tibetan, and is unquestionably the best available anywhere in the world, including Tibet. It is བོད་ཀྱི་སྐད་ཀྱི་ཡི་ཟིན་པ་. I have been using prototypes of it over the past year and a half for several projects (e.g. to revise my Tibetan-English dictionary and my grammar of literary Tibetan) and have found it flawless. It is easy to use with on-the-screen editing and multiple size fonts, can accommodate both English and Tibetan on the same line, and has the various Sanskrit letters one needs for Buddhist terms. It is a must for anyone seriously interested in reading and writing Tibetan language." Professor Melvyn C. Goldstein, Director, Center for Research on Tibet, Case Western Reserve University.



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NEWS

tricycle

THE BUDDHIST REVIEW

We would like to announce the arrival of *Tricycle*, a national Buddhist quarterly designed for newsstand sales as well as subscription. *Tricycle* was conceived by Helen Tworok (author of *Zen in America*) and Rick Fields (former editor of *The Vajradhatu Sun* and author of *How the Swans Came to the Lake*). The review is designed to provide a public forum for Buddhists from different traditions to talk to each other and to society at large. Says Tworok, "My hope is that we can refine our views by clarifying our own ideas and issues for a non-Buddhist audience."

Tricycle hopes to attract Buddhists and non-Buddhists alike who are open to fresh possibilities and to inspire and awaken people's vision to a life that is more radically sane than what is generally offered in the media. It hopes to become a mainstream outlet for those many writers and visual artists whose visibility is hampered by conservative critics and consumer oriented media.

To honor "1991: Year of Tibet"

Tricycle's premier issue in June will feature His Holiness the Dalai Lama interviewed by avant-garde performer Spalding Gray; an interview with Heinrich Harrer, author of *Seven Years in Tibet*; and "Confessions of a Political Buddhist Junkie," an essay by Joel McCleary. In addition, Gary Snyder has contributed a new essay on meditation and poetry. Coming issues include interviews with dharma teachers Jack Kornfield, Ane Pema Chodron, Gelek Rinpoche and Maezumi Roshi as well as contemporary artists such as Philip Glass, Laurie Anderson, and John Cage. What the Vietnamese Zen master Thich Nhat Hanh calls "Engaged Buddhism" will be expressed in articles on AIDS Hospice projects, homeless programs and prison work. Poetry, artwork and photographs will also appear in this wide ranging "beginner's" vehicle for an American Buddhist voice.

Contact: *Tricycle: The Buddhist Review*, 163 West 22nd Street, NY, NY 10011.

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Here is a resource of over 2000 English-language magazines, newspapers and newsletters representing nearly every foreign country worldwide—including India, Nepal and Tibet. It is \$38.50 and is available from Greensleeves Publishing, PO Box 339, Nevada City, CA 95959, 916-273-4646.

Florida Organization Hosts Buddhist Nun

T. Detong, an American Mahayana Buddhist Nun, residing in Clearwater at the Foundation of Peace, is offering workshops, classes and retreats. Contact the Foundation of Peace to arrange for topics and schedules: 2328 Black Oak Lane, Clearwater, FL 34623, 813-733-9172.

Benefit Pilgrimages to Nepal and Tibet—Summer 1991

with Tsultrim Allione and Jamyang Singe

Nepal: July 15-31

Tibet: July 31-August 10

In honor of the Year of Tibet, Tsultrim Allione, author of *Women of Wisdom*, will lead two pilgrimages to Nepal and Tibet to benefit Tibetan relief projects. Jamyang Singe, a Tibetan tangka painter raised in Kalu Rinpoche's monastery in Darjeeling, will accompany the group and act as guide and translator.

The tour will begin in the Kathmandu Valley where the group will visit sacred sites as pilgrims rather than as tourists. Tsultrim will teach both the Dakini Simhamukha and the practice of Chod. Teachings and group meditation

will be combined with group pilgrimages and free time. In Nepal, the tour will visit the Bodhi and Swayambhu stupas, sacred caves and monasteries, and the self-arisen Ranjung Tara and Vajra Yogi statue at Parping.

Those continuing on to Tibet will fly from Kathmandu to Lhasa. The pilgrimage will begin at the Jokhang Temple, the heart of Tibetan Buddhism, and include the Potala, the Dalai Lama's former residence. Visits will also be made to Samye Monastery, the oldest monastery in Tibet which was built by Padmasambhava; to Sangri Karmar, the seat of Machig Lapdron; to the Panchen Lama's monastery in Shigatse; and to the

Kumbum Stupa in Gyantse. After the return to Nepal on August 10, departures will be flexible as tickets will be valid for three months.

The cost of the trip to Nepal is \$3400 and to Tibet \$2545. A reduced rate is available for those who wish to sign up for both pilgrimages. To register, call 813-923-3108 or write David Less Tours, 2103 Lueitania, Sarasota, FL 34231. Space is limited. A deposit of \$300 must be received by May 1, 1991.

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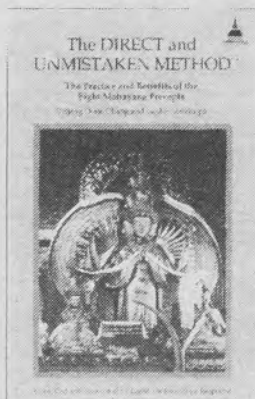
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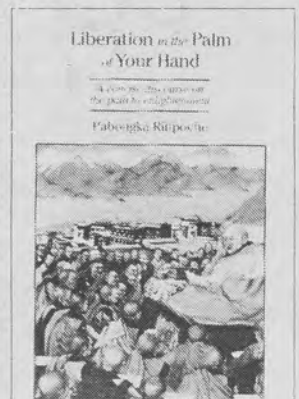


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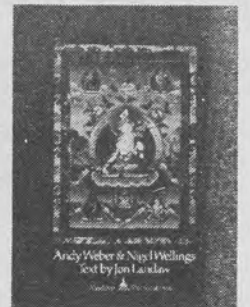
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YEAR OF TIBET

YEAR OF TIBET CALENDAR OF EVENTS (AS OF APRIL 1, 1991)

Please note that this is only a preliminary calendar. Three issues of the "Year of Tibet" Calendar of Events will be published: March 1991, September 1991, and January 1992. The deadline for the March 1991 calendar is January 31, 1991. If you miss this or other deadlines, please contact us anyway with past or future program details, as we will want to include all events in the calendars.

MARCH 1991

Tibetan Cultural Display, throughout the month of March at the Rose Street Market, Kalamazoo, MI. March 1-31

Exploring Sacred Tibet An exhibit of Tibetan paintings and sculpture and an exhibit of photographs by Keven Bubriski at the Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 5-March 31

Entering the Mandala Video. A Three-dimensional computer-generated Tibetan mandala produced by the Cornell Computer Graphics Laboratory in collaboration with the Tibetan monk, Pema Losang Chogyen, Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 5-31

The Dalai Lama and the Philosophy of Tibet, a six week lecture series by sponsored by: The South Asia Program and CRESO, Cornell University, Ithaca, New York, Feb. 11-March 18

Yamantaka Sand Mandala by monks from the Namgyal Monastery at the Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 8-March 10

Travels in Tibet, a slide/lecture by Sidney Piburn at the Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 14 and March 23

Tibet and the Dalai Lama, a slide/lecture by Sidney Piburn, State University of New York at Oneonta, March 14

Exhibit of Tibetan Manuscripts, Olin Library, Cornell University, Ithaca, New York, March 8-31

Exhibit of Books on Tibet, Tompkins County Library, Ithaca, New York, March 16-31

The World of Tibet, Art by Children of the Ithaca Area Schools, Display windows, The Commons, Downtown Ithaca, New York, March 16-31

A Day Celebrating the Culture of Tibet, Exhibits, performances, videos, slide/lectures and more, Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 23

Public Welcome for H.H. the Dalai Lama at the Tompkins County Airport, includes welcoming song by 500 Ithaca school children, Ithaca, New York, March 25

Dances and Songs of Tibet performed by the Potale Dance Troupe and other Tibetans from Canada. Outdoors at the Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 26

Tibetan Ceremonial Tent and Bazaar, Tibetan food and Handicrafts, Outdoors at the Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 26

Brief comments on the "Year of Tibet" by H.H. the Dalai Lama from the front steps of the Herbert F. Johnson Museum of Art, Cornell University, Ithaca, New York, March 26

Peace Music, Nawang Khechog, flutist from Tibet, Sage Chapel, Cornell University, Ithaca, New York, March 26

"Overcoming Differences", A Public Address by H.H. the Dalai Lama of Tibet, Barton Hall, Cornell University, Ithaca, New York, March 26

"The Buddhism of Tibet", a talk by H.H. the Dalai Lama, Bailey Hall, Cornell University, Ithaca, New York, March 27

Sand Mandala by monks from the Namgyal Monastery. Upon completion, a blessing ceremony and explanatory lecture will be given on March 30th at the Mingei International Museum of World Folk Art, La Jolla, CA. March 9-March 30

"Tibet: Art of the People From the Roof Top of the World", an exhibition on Tibet at the Mingei International Museum of World Folk Art, La Jolla, CA. March 10-June 1

Classes on Meditation, Culture, Travel, Buddhism, Dalai Lama, and History, at the Boston Center for Adult Education (267-4430), Boston, MA. March 12-April 17

"Facing the Gods: Ritual Masks of the Himalayas", a travelling exhibit of Himalayan Masks from the Smithsonian Institute to be shown at the Santa Fe Community College, Gainesville, FL. March 17-April 28

March, The Tibetan Cultural Awareness Month, a month-long series of programs and events in Findlay, OH.

Multi-media Slide and Video Presentations on Tibetan culture at schools, clubs, and civic organizations. **Exhibitions of Tibetan Artworks and Artifacts** in local store-front windows and galleries.

"Visions of Tibet", a Photography exhibition at the Findlay Art League.

"White Lotus", a statewide PBS airing of the video of Tibet. "White Lotus" book signing and promotion of the companion book to the video.

Radio Interviews given by artists Carole Elchert and Philip Sugden about Tibetan culture.

Series of Informative Articles on Tibetan culture published in the "Courier" (Findlay's local paper) and other area newspapers.

Lecture and Film Presentation by a Tibetan Scholar at the Mingei International Museum of World Folk Art, La Jolla, CA. March 29

"Thangkas and Flowers" in Celebration of the Bud-

dha's Birthday, exhibition of paintings by Jan Hansen at the Gallery on the Pali, at the Unitarian Church, The Unitarian Church, Honolulu, HI. March 29-April 16

Booths on Tibetan Information at the International Awareness Expo, at the Hartford Civic Center, Hartford, CT. March 30

Video and Film Festival on Tibet at Cornell University, Ithaca, NY. Contact: Sidney Piburn (607) 273 8508. March

Tibetan Cultural Artifacts Exhibit at the Norwalk Library, Norwalk, CT. March

Lecture on Tibet by Michael van Walt at the World Affairs Council, St. Louis, MO. March

Everest Peace Climb, slide show and lecture by Ian Wade at the Easton Library, Easton, CT. March

Shantideva's Bodhisattva Way of Life, teachings by Geshe Lobsang Jampa during the Year of Tibet every Sunday at 10:00 A.M. at the Kurkulla Center, Brookline, MA. Through the year.

APRIL 1991

"Tibetan Religious Life", a month long exhibit at the 8th Day Bookstore, Kalamazoo, MI. April 1-30

Lecture on forced abortion and sterilization by the National Organization of Women, Cambridge, MA. April 1

Video Biography and Story Telling on the Life of the Dalai Lama, course on the Dalai Lama and Tibet given by Leslie Freilich at the Boston Center for Adult Education, Boston, Mass. April 1

Visit of His Holiness the Dalai Lama to New Mexico, by organized by Project Tibet and Friends of Tibet-New Mexico from April 2-5. His schedule will be as follows:

His Holiness the Dalai Lama will give two public lectures at the Popejo Hall in the University of New Mexico, Santa Fe, NM, on:

—"Universal Responsibility to all Things Living and Nature"

—"World Peace Through Compassion and Non-Violence"

—Press Conference and reception with His Holiness at Rancho Encantado, April 2nd, by invitation only.

—"Bodhisattva of Compassion", public teachings at the KSK Buddhist Stupa in Santa Fe.

—His Holiness will meet American Indian religious and tribal leaders, and with New Mexico congressional, religious and civic leaders.

Tibetan Booth, displaying jewelry, clothing etc. at the Curry College, Milton, Mass. April 2

History and Politics of Tibet: Storm on the Roof of the World, course on Tibet and Tibetan History by Leslie Freilich with video presentations and guest speakers at the Boston Center for Adult Education, Boston, Mass. April 3

American Himalayan Foundation Dinner, San Francisco Asian Art Museum, San Francisco, CA. April 12

"Tibet: the Roof of the World and a Flight Below", Dinner/Lecture presentation by Lauren Hartley at the University of Wisconsin-Green Bay, Green Bay, WI. April 15

Tibetan Performing Arts, Chaksam-pa will be part of the Asian American Pacific Performing Arts Festival at the Cowell Theater, San Francisco, CA. April 5, 6 and 7

Banquet sponsored by the Nuclear Age Peace Foundation to grant the Distinguished Peace Leadership Award to His Holiness the Dalai Lama. This reception will be held at the Redline Resort, Santa Barbara, CA. April 6

Lecture by His Holiness the Dalai Lama, at the Royce Hall, UCLA, Westwood, CA. April 6

Freedom and Responsibility in a Global Village, public lecture by His Holiness the Dalai Lama at the Events Center in the University of California, Santa Barbara, CA. April 7

Dog Shows featuring National Specialty and Pennsylvania Regional shows of Tibetan Mastiffs, organized by the American-Tibetan Mastiff Association, Dover, PA. April 6 and 7

Sand Mandala by monks from the Namgyal Monastery at Asian Art Museum of San Francisco, CA. April 17-May 15

Tibetan: Fundamental of the Language, Tibetan beginners language course at the School of Sacred Art, NY. April 10-May 22

Video Presentation, on an interview with His Holiness the Dalai Lama at the Shalom Community, Kalamazoo, MI. April 12

Tibetan Thangka Painting, a course on Thangka painting at the School of Sacred Art, NY. April 12-May 4

"My Tibet", a photography exhibition by Galen Rowell at the California Academy of Sciences, San Francisco, CA. April 15-September

Year of Tibet Official Reception, with Heinrich Harrer and other featured guests, at the Sumner School, Washington, D.C. April 15

April 16-June 4

Tibet: Past, Present and Future, eight-week course co-sponsored by Tibet House, New York, the D.C. Area Year of Tibet Committee and the Smithsonian and its Resident Associate program to be held at the Smithsonian Institute, Washington D.C.

"Seven Years in Tibet" by Heinrich Harrer and introduced by Richard Gere. April 16

An Evening with His Holiness the Dalai Lama. April 17

"Endangered Tibet—A Personal Account" lecture by Galen Rowell. April 23.

"Out of This World: 1949 Lowell Thomas Family Expedition to Tibet" by Lowell Thomas, Jr. April 30.

"Beyond the Wind" by Robert Ford. May 7.

"Tibetan Buddhism and the Modern Tibetan Identity" by Prof. Robert Thurman. May 14.

"Tibetan in Exile: The Struggle for Cultural Survival" by Lodi Gyari Rinpoche. May 21.

"Images of Enlightenment: Buddhist Vision in Masterworks of Art" by Dr. Marilyn M. Rhie. May 28.

"Tibet: Future Prospectus", moderator Hugh Downs, Orville Schell, Dan Sutherland, Shen Tong and Michael van Walt. June 4

Altruism and World Peace, public lecture by the His Holiness the Dalai Lama. Co-sponsored by the Smithsonian Institution and the International Campaign for Tibet. Lisner Auditorium, Washington D.C. April 17, 7:00 pm

"Wisdom and Compassion: Sacred Art of Tibet" Art Exhibition. Asian Art Museum of San Francisco, CA. April 17-October 1991

Tibetan Performing Arts, Chaksam-pa will be part of the Asian Pacific Performing Arts Festival which will perform at the Luis Valdes Performing Arts, San Jose, California. April 18

"To Celebrate Tibet", Spring benefit for the Tibet Fund, proceeds will go to the Human Rights Initiative and for educational and health care needs for Tibetan refugee children. Featuring performances by Meredith Monk, Folk artist Odetta, David Murray from the World Saxophone Quartet, Rafael Mostel composer for the Tibetan Bowl Ensemble, Lama Pema reading poetry with a slide show presented by Blake Kerr. Cooper Union Great Hall, New York. April 18

Lecture by Robert Thurman and Marilyn Rhie at the Asian Art Museum of San Francisco, CA. April 19

Story Telling and Torma Making at the Asian Art Museum of San Francisco, CA. April 19, 26 and May 3, 10, 17, 24

Tibetan Performing Arts, Chaksam-pa will be part of the Asian Pacific Performing Arts Festival which will perform at Oakland Museum, Oakland, CA. April 20

Himalayan Bazaar, with handicrafts, entertainment and food, with a small cover charge at the entrance. This will be at the Hall of Flowers in Golden Gate, San Francisco, CA. April 20

Ritual Dance, by Namgyal Monks at the Asian Art Museum of San Francisco, CA. April 21, 27 and May 1

Tibetan Film Festival at the Biograph Theatre, Washington D.C. April 24-25

"Sand Mandalas, a Work of Art", lecture by Lobsang Samten at the Asian Art Museum of San Francisco, CA. April 25

Benefit Piano Concert, at the home of Leslie Carol Hamilton, Beverly Hills, CA. April 27

Photograph Exhibit by Ani Phelgye at the Brookdale Community College, Lincroft, N.J. April

Tibetan Cultural Artifacts, exhibit at the West Hartford Library, West Hartford, CT. April

Lectures, by Amchi Lobsang tenzin from the Medical and Astrological Institute Dharamsala, with interpreter Tenzin Dorje, who will tour throughout MT, Idaho, California and Utah, organized by the Osel Shen Phen Ling FPMT from Missoula, MT. April and May

Butter Sculpture Demonstration by Wang-du Tenzin Thokme from Namgyal Monastery at the Mingei International Museum of World Folk Art, La Jolla, CA. April

Tibet Week by the Utah Friends of Tibet, Salt Lake City, UT. Contact: Bob Pelly (801) 359 1329. April 6

MAY 1991

"Tibet Today", photography exhibition by Erhard Hirsch at the Boston Public Library, Boston, MA. May 1-June 15

Kalachakra and Other Ritual Dances by monks from Namgyal Monastery at the Asian Art Museum of San Francisco, CA. May 1

Story Telling and Torma Making at the Asian Art Museum of San Francisco, CA. May 3, 10, 17, 24, 31.

Chaksam-pa, Tibetan performing arts in a special program for children at the Asian Art Museum, San Francisco, CA. May 3, 10, 17, 23, 31.

The Tibetan Sand Mandala, lecture by the Venerable Lobsang Samten on Sand Mandalas and their meaning, at the Open Center, New York. May 5

Green Tara Celebration, Everyone must dress in green and will be given flowers and plants to decorate themselves. There will be Green Tara stories, a parade and much more. This will take place at the Strybing Arboretum, San Francisco, CA. May 11

Tibetan Carpet Weaving Classes, by Stephanie Morton Lane, at the Fraser Studio, Manchester, CT. May 11, first of eight courses

YEAR OF TIBET

Book Display at the North Reading Public Library, Cambridge, MA. May 15

Lecture by Valrae Reynolds, Curator at Newark Museum, to be given at the Asian Art Museum of San Francisco, CA. May 16

Sounds of Peace concert by Nawang Khechog at the Open Center, New York, NY. May 18

Tibetan Film Festival and Multi-Cultural Dinner at the Mingei International Museum of World Folk Art, La Jolla, CA. May

Lecture by Terese Bartholomew at the Asian Art Museum of San Francisco, CA. May 23

Bridgeport Ethnic Festival, at Captain's Cove, Norwalk, CT. May

"Tibet: A View of the Sacred", a very special trip to Tibet sponsored by Friends of Tibet, Missouri and Distant Horizons, with lecturer Paul Nietupski. May 15 to June 4

Day of Tibet, day dedicated to Tibet, which will include butter sculptures by Wangdu Tenzin, Musical performance of Tibetan bells by One Hand Clapping, Tibetan Dances by Southern California Tibetan Association, costumes and video show. It will be held at the Pacific Asia Museum, Pasadena, CA. May 19

Tibet Today, photo display, lecture and films, at Bristol Community College, Bristol, MA. May 27-June 7

Tibetan Cultural Artifacts Exhibit, at the Danbury Library, Danbury, CT. May

Visits and Teachings by Ven. Gungbu Tulku Rinpoche, Lobsang Yeshe Jampel Gyatso, sponsored by the Atisha Foundation, a non-profit Mahayana Buddhist Center, Kalamazoo, MI. May-October

JUNE 1991

Sand Mandala by monks from the Namgyal Monastery at the Field Museum of Natural History, Chicago, IL. June 1-June 31

Painting of mural, with squares to be sold, organized by the U.S. Tibet Committee, Boston, MA. June 1

Video series on Tibet to be shown on Public Access Television stations, Cambridge, MA. June 1-30

Carpet Weaving Workshop, two day workshop by Stephanie Morton-Lane at the Brookfield Craft Center, Brookfield, CT. June 1 and 2

PBS Special Television Broadcast of Bill Moyers' interview with the Dalai Lama. June 5

Danbury Ethnic Festival at Roger's Park, Danbury, CT. June

Tibetan Cultural Artifacts Exhibit at the Waterbury Library, Waterbury, CT. June

Anniversary Celebration, of the Tibetan Cultural Center's Fifth Chorten Anniversary, at the Tibetan Cultural Center, Bloomington, Indiana. June

Joint Vesack Celebration sponsored by five Tibetan Buddhist Centers, Washington D.C. June

Tibetan Medical Seminar held at the Flathead Indian reservation, near Arlee, MT. June, fourth week

JULY 1991

Film Series with Panel discussion on Tibet at the Asian Art Museum of San Francisco, CA. July 3, 6, 10, 13, 17, 20 and 31 Chaksam-Pa, Tibetan performing arts troop to perform at the Hartford State House, Hartford, CT. July 18

Chenrezig Sand Mandala in Little Rock, Arkansas. Contact: Anna Cox (501) 374 3605. July

Tibet Today by Erhard Hursh in Little Rock, Arkansas. Contact: Anna Cox (501) 374 3605. July

Concert for Tibet, organized by the YOT DC Committee at the Sylvan Theatre, the Mall, Washington, D.C. July

AUGUST 1991

Lecture by Richard Kohn and Performance by Chaksam-Pa at the Asian Art Museum of San Francisco, San Francisco, CA. August 1

"The Value of Friends", a Jakarta Tale sponsored and presented by the international urban performing arts group of children and adults named the Whole Art Company's Theater of the Blue Door, Kalamazoo, MI. August 2, 3, 4

Lecture by Jeff Greenwald at the Asian Art Museum of San Francisco, San Francisco, CA. August 8

Series of Films on Tibet at the Asian Art Museum of San Francisco, San Francisco, CA. August 3, 7, 10, 14, and 17

Teachings, given by Ven. Gungbu Rinpoche at the Tibetan Cultural Center, Bloomington, Indiana. August 23-October 7

SEPTEMBER 1991

"Tibetan Locks and Keys": Wall reliefs and three-

dimensional works by Robert Rauschenberg at the Nicholas Roerich Museum, New York, NY. September 1-22

Sand Mandala, created by Namgyal Monks at the St. Louis Museum of Art as part of the six month gallery exhibit entitled: "Demonic and Divine: Tantric Buddhist Arts", St. Louis, MO. September 16-30

Celebration of Tibetan Culture, including exhibits of Tibetan performing and visual arts, and videos and films on Tibetan history and culture, sponsored by Chagdud Gonpa Foundation and Trinity County Arts, Weaver-ville, CA. September 14-15

Lectures and Exhibit at the Clark University, Worcester, MA. September 15-22

In Tibet photo exhibit by Kevin Bubriski at the University Gallery at Clark, Worcester, MA. September 17

Presentation on Yaks, an American Yak breeder will discuss his work, other Tibetan activities will also take place, including Tibetan folk dancers from Calgary, at the Osel Shen Phen Ling from Missoula, MT. September 21

Tibetan Carpet Weaving Class, weekend workshop at the Brookfield Craft Center, Brookfield, CT. September 21 and 28

Lecture on Tibetan Art, by Prof. John Huntington of the Ohio State University at the St. Louis Museum of Art, St. Louis, MI. September 28

Tibetan Carpet Weaving Demonstration at a textile art gallery, Enfield, CT. September

"Life in Tibet", one year children's exhibit on Tibet at the Monadnock Children's Museum in Keene, New Hampshire, with an opening festival. Keene, NH. September

A Tibetan Cultural Exhibit, on Tibetan artifacts at the Marion-County Public Library, organized by the U.S. Tibet Committee, Indianapolis, Indiana. September

Tibetan Cultural Artifacts Exhibit, at the Bridgeport Library, Bridgeport, CT. September

"Where the World Meets the Sky": photographs of Ladakh and Tibet at the University Museum of Archeology and Anthropology, Philadelphia, PA. Contact: University of Philadelphia (215) 898 4000. September 25

"Tibet-Realm of The Sacred", photographs by Dr. Edwin Bernbaum at the Nicholas Roerich Museum, New York, NY. September 29-October 20

"Visions from the Silk Road", an exhibition of ink drawings by Philip Sugden at Bowling Green State University, Bowling Green, OH. September

Tibetan Exhibit of artifacts and photographs and a Gala opening with Congressional leaders and Tibetan supporters at the Rotunda of the Canon House Office Building, Washington D.C. September

OCTOBER 1991

Films and Exhibit, at the Boston Public Library, Boston, MA. October 1-31

Gyuto Monk Performance, Civic Auditorium, Santa Cruz, CA. October 4

Gyuto Monk Performance, Luther Burbank Center, Santa Cruz, CA. October 5

Gyuto Monk Performance, Zellerbach Auditorium, Berkeley, CA. October 9

"From the Top of the World: a Window to an Ancient Culture", an art exhibition at La Mama Gallery, New York, NY. October 10-27

Buddhist Teachings by Lamas of the Different Lineages at the Felt Forum, New York, NY. October 12-15

Gyuto Monk Performance, at the Berkeley Performance Center, Boston, MA. October 12

Gyuto Monk Performance, at the Berkeley Performance Center, Boston, MA. October 12

Gyuto Monk Performance, Berkeley School of Music, Boston, MA. October 12

Gyuto Monk Performance, Smith College, North Hampton, MA. October 13

"Wisdom and Compassion: Sacred Art of Tibet" opens at the IBM Gallery, New York, NY. October 15-December 28

Sand Mandala, by monks from the Namgyal Monastery at the IBM Gallery, New York, NY. October 15-November 7

Kalachakra Initiation by His Holiness The Dalai Lama at the Felt Forum, New York, NY. October 16-24

Gyuto Monk Performance, Tilles Center, Long Island University, Long Island, NY. October 17

Gyuto Monk Performance, Town Hall, New York, NY. October 24

Video Presentation by Philip Sugden and Carole Elchert at the Open Center, New York, NY. October 25 and 26

Gyuto Monk Performance, Irvine Theater, Philadelphia, PA. October 25

Lhamo Folk Opera of Tibet, will perform as part of the Washington University's Edison Theater Series, St. Louis, MI. October 25 and 26

Gyuto Monk Performance, in Kutztown, PA. October 26

"Visions from the Silk Road": Multi-media works by the artists of the Cultural Arts Expedition to the Himalayas and Tibet: Carole Elchert, John Westmore, Philip Sugden, Roger Sugden at the Nicholas Roerich Museum, New York, NY. October 27-November 17

Lam Dre Teaching Cycle and Initiations, by His Holiness Sakya Trizin. Complete teaching of the sutra and tantra, with detailed instructions of the stage path and result. It is the most special teaching of the Sakya Order. Silver Spring, Maryland. Contact: Lama Kalsang Gyaltsen or Ani Kunga Chodron (301) 589 3118. October-November

Publishing of the Jim Reynolds book Exploring the Outer Path in Tibet to commemorate the Year of Tibet. Fair Oaks Publishing Company, Sunnyville, CA. October

"My Tibet", photography exhibition by Galen Rowell at the International Center for Photography, New York, NY. October

"Losel Dolls Exhibit", an exhibition of dolls made by monks from Drepung Losel Monastery at the American Museum of Natural History, New York, NY. October

NOVEMBER 1991

Gyuto Monks Performance, Lisner Auditorium, Washington, D.C. November 1

Gyuto Monks Performance, Fifth Avenue Theater, Seattle, WA. November 9

San Mandala at the Trout Gallery in the Dickenson College, Carlisle, PA. November 10-24

Gyuto Monks Performance, Hult Center, Eugene, OR. November 11

Gyuto Monks Performance, Royce Hall, Los Angeles, CA. November 14

Gyuto Monks Performance, Clairmont College, Clairmont, CA. November 15

Gyuto Monks Performance, U.C. Santa Barbara, Santa Barbara, CA. November 16

Gyuto Monks Performance, San Diego, CA. November 17

Gyuto Monks Performance, Marin Center, San Rafael, CA. November 22

"The Sacred Mountain Of Tibet-On Pilgrimage To Kailas", a photography exhibition by Russell Johnson and Barbara Ierelli at the Nicholas Roerich Museum, New York, NY. November 24-December 15

Snow Leopard, an opera by William Harper and Roger Nieboer and performed by Minnesota Opera New Music-Theater Ensemble. Artistic director Ben Krywos. Minnesota, November

DECEMBER 1991

In Tibet photograph exhibition by Kevin Bubriski at the Erie Art Museum, Erie, PA. December

JANUARY 1992

Panorama Photographs by George Berticevich and photographs by Don Weiss. Opening reception by Prof. Robert Thurman, at the Nicholas Roerich Museum, New York, NY. January 19-February 9 1992

Vision From The Silk Road: Multimedia works by the artists of the Cultural Arts Expedition to the Himalayas and Tibet: Carole Elchert, John Westmore, Philip Sugden, Roger Sugden. Pittsburgh Center for The Arts, Pittsburgh, PA. January 1992

Cham-The Heroic Dance of the Soul, photography exhibit by Don Weiss, at the Nicholas Roerich Museum, New York, NY. January 19

FEBRUARY 1992

Fragments From Another World. Paintings by Mindi Katzman, Bergen Ruse, Marcia Clark, Michail Dupille, at the Nicholas Roerich Museum, New York, N.Y. February 16

MARCH 1992

Paintings From the Fields of Merit: Thangka Paintings by Phuntsok Dorje at the Nicholas Roerich Museum, New York City. Nicholas Roerich Museum, New York, N.Y. March 15-April 5 1992

APRIL 1992

When the Iron Bird Flies, photography exhibition by ASUPI and graphic arts by Vicki Khuzami. sponsored by the Office of Tibet at the Nicholas Roerich Museum, New York, N.Y. April 12-May 3 1992

MEMBERSHIP:

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The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is composed of an alloy of several metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.

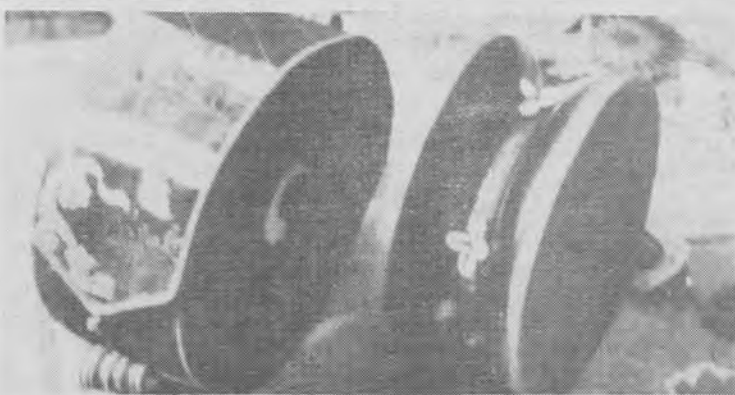


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DAMARU BANNERS #DAMARUB \$20 Beautiful brocade banners in 5 traditional colors.

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The sound of these bells is psychically cleansing.

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TIBETAN INCENSE 16" bundle, #IWTI \$5.00
Authentic Tibetan incense made by refugees in India. We are offering an excellent brand of Chandan (sandalwood) incense.

TRADITIONAL TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades. Each box contains approximately 50 eleven-inch sticks:
Highest Grade #JCBLUE \$8
Medium Grade #JCRED \$6
Common Grade #JCYELLOW \$5

KAPALAS (skull cup)
Medium brass #KAPALAB \$30

KATAS

A standard offering scarf.
White #KATA2 \$8
Banana color #KATA3 \$8
Long white silk scarves with auspicious symbols embroidered into them. Call for availability. #KATA \$36

MALAS (prayer beads)

We have a wide variety to choose from:
Wood #MALAW \$16
Bodhi seed #MALAB \$40
Lotus Seed #MALAL \$58
Crystal Mala #MALAC Call\$
These crystal malas are very clear and come from the Himalayas.

BONE MALAS, \$22

We have small bone malas with counters and head bead. They are light beige and strung on a black cord. #MALA

MALA COUNTERS

These pairs of counters have a bell and a dorje, multicolored tassels and attach to any mala.
White Metal Counters #COUNTERS-W \$14
Silver Counters #COUNTERS-S \$40

MALA POUCH #MALABAG \$8

These are lovely silk brocade pouches with draw strings. They are 6" in diameter. Beautiful gift item.



OFFERING BOWLS (set of 7)
Copper #BOWLC \$38
White Metal #BOWLW \$30
OFFERING BOWLS #BOWL-S \$44 set of 7
Ornately designed silver-plated offering bowls that measure 3" dia.

PURBAS

Tantric daggers made of iron.
9" PURBALG \$30
5" PURBASM \$12

GAU, #GAU \$36

Made from white metal with kalachakra symbol on one side and double dorje on the reverse.



STATUES

High quality statues of the Buddha and various deities are available on request. We have numerous rupas and our stock is always changing. Materials range from brass to copper with gold and painted faces. We have the following:

Shakyamuni Buddha 8" \$510
Padmasambhava 9" \$540
Manjushri 6" \$300
Vajrasattva 8" \$540
Vajrasattva 5 1/2" \$165
Vajrasattva 6" \$158
Manjushri 8" \$380
Medicine Buddha 4" \$89
Shakyamuni Buddha 4" \$80



White Milarepa 24 x 40" \$750

THANGKAS!

Sizes are the measurements of the painting only. They are all properly mounted and brocade for hanging. Please call us for information as to availability. We have the following in stock:

Vajrasattva with consort 19 x 28" \$750
Green Tara 14 x 20" \$450
Green Tara 14 x 19" \$350
Green Milarepa 18 x 27" \$525
White Milarepa 24 x 40" \$750
Life of Buddha 13 x 18" \$450
Seated Buddha with many surrounding golden Buddhas 16 x 20" \$1200
Large figure of a seated Buddha 18 x 24" \$750
Yamantaka 14 x 19" \$495
Padmasambhava 14 x 19" \$495
Two-Arm Mahakala (Bernochen) 14 x 20" \$475



MAHAKALA

AUTHENTIC MINIATURES, (tsa-tsa sculptures)

The following ceramic images are available in small (average 2") for \$7 ea.:

Avalokita #TSA:AVALO-S
Sakyamuni #TSA:BUDDHA-S
Mahakala #TSA:MAHAK-S
Green Tara #TSA:TARA-S
Akshobhya #TSA:AKSHO-S

The following images are available in large (average 4") for \$14 ea.:
Avalokita #TSA:AVALO-L
Green Tara #TSA:TARA-L

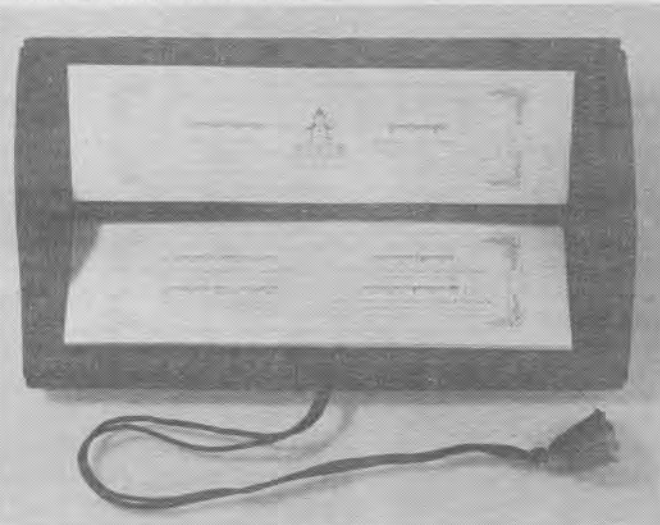


PECHA COVERS

We now have two types of pecha covers for sadhanas:
BROCADED PECHA COVER #BSBPC \$70

This is a solidly constructed pecha

holder that has a wooden frame measuring 5 x 16". It opens easily hold your sadhana texts up to 2" thick. It is brocade and has a cord with a tassel.



PECHA WRAP #BSPC \$15

This has a 21" square maroon cloth with 4" brocade patch and cord with tassel.

MEDITATION CUSHIONS

Carolina Morning Designs produces high-quality cushions at competitive prices and ensures customer satisfaction. These hand-crafted cushions are available in six colors: burgundy, royal blue, forest green, plum, navy blue and black. Specify the color of your choice. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery.

Zafu (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #CMZAFU \$32.50
Support Cushion is a square cushion which measures 12 x 12 x 3" and is filled with cotton batting. #CMSUPPORT \$14
Zabuton (base cushion) measures 25 x 31 x 3" and is filled with cotton batting. #CMZABUTON \$38.50

INFLATABLE ZAFU
#CMINFL \$17.50

Just the thing for traveling meditators! A zafu cushion that can be inflated to just the right height and deflated for easy storage. Inside the fine quality zafu cover is a beachball. Inflated it provides dependable support for sitting meditation. Deflated it weighs about 8 ounces and can be folded to fit a small space. The cover is machine washable and dryable. There is an opening from which the beachball can be removed and reinserted. So, if later you prefer a more traditional zafu, you can simply remove the beachball and stuff the cushion cover with kapok.



Shakyamuni Buddha 8" \$510

RUPAS & THANGKAS

Contact us for images and prices of high-quality statues and thangkas.

"POCKET" PUJAS \$2.50 ea.

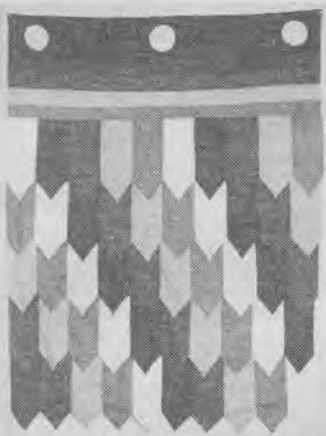
Green Tara #BSGT
Medicine Buddha #BSMB
Guru Rinpoche #BSGR
Sakyamuni #BSS
Chenrezi #BSC
Plastic coated cards with deity image on front and a short recitation with Tibetan on the reverse. Measure 2 1/2 x 3 1/2."



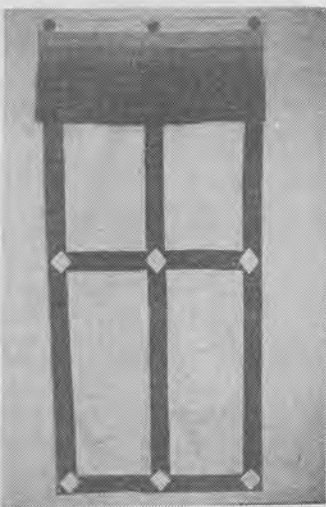
SPECIAL ITEMS



NEW!
CRYSTAL PENDANTS, by Henry Mettler. \$250
Very detailed, finely crafted quartz pendants of Tara and a 4-arm Chenrezig. They measure 1" long x 3/4" wide x 1/2" thick. They have a gold band for attaching a chain. They are cut so that the long axis of the crystal comes out of the front of the Buddha.
#HMCPT Tara
#HMCPC 4-arm Chenrezig



TRADITIONAL 5-COLOR HANGING FOR COLUMNS OR WALL #TGMH \$150
Used in shrines and monasteries, it measures 50" wide by 68" high.



DOOR CURTAIN #TGDC \$65
Measures 36 x 78" and is ideal for doorways and windows.

DOOR & WALL TRIM #TGDT \$40 (2 yds.)
Sold in two yard lengths. White, yellow, green and red bands above wider pleated blue band. It is 16" high.



TIBETAN MONEY #TGTM \$100
A 100 sang serigraph note beautifully printed on Nepali rice paper. It is multi-colored, unframed and measures 16 x 20".

NEW!
CRYSTAL BUDDHAS, by Henry Mettler. #HMCB \$60
These are exceptionally fine engravings of a Medicine Buddha on a double terminated quartz crystal. The crystal is high-quality optical quartz and measures 2 to 3". It is a perfect instrument for meditation, healing or blessing. These Medicine Buddha crystals have received very positive feedback from our customers.

PENDANTS
Made from sterling silver:
Dorje #JLDP \$30
Kalachakra #JLKP \$30



STUPA PIN (white) #PINS \$5



YEAR OF TIBET WIND-SOCK, #TGSK \$30 Nylon fabric in five colors with "Year of Tibet" logo on top. It measures 8" in diameter by 32" long and looks great.



TIBETAN STAMPS #JCS \$5
60 Tibetan stamps that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.



MANI STONE #TGMS \$50
Comes with a black lacquer stand and measures 10" wide by 14" high.

NEW!
PRAYER FLAGS—Support Tibetan Nuns, \$12 for set of five #PDPF
This is a set of traditional prayer flags in the five colors with wind-horse and other animals and mantras printed on them. They are pre-strung for easy hanging and look great. The Tibetan nuns of Lobsering, India have made these and will receive payment for them as they sell. One set of flags will feed a nun for a month. The story of the nuns was in our fall 90 newsletter.

1991 TIBETAN CALENDAR! RIGPA TIBETAN CALENDAR, 1991-92, #RIGPA \$8
This pocket calendar features the main Buddhist festivals, anniversaries and special practice days of all traditions. Contains photos of lamas and line drawings. With this little calendar you'll have no excuse for missing Tsog days. Order now. Becomes available in Feb. 1991 and runs from one Losar to the next.



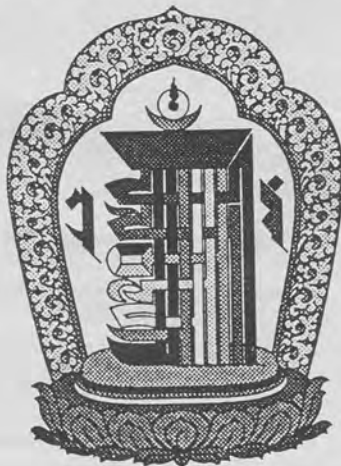
TIBET CAP #TGTC \$12
Adjustable maroon cap with Tibet symbol on it.

CLEARANCE SALE!
HALF PRICE ON SWEAT-SHIRTS!

Cotton/poly (50-50) sweatshirts for men and women. They are high-quality shirts. Please give full description (color, size, design) on your order form and a second choice in case we are out of your first selection. The price listed is 1/2 the original retail price.
Sweatshirts: NOW 1/2 PRICE!
Om Mani Padme Hum, Small Only, Red, Blue, White, Yellow, #PHSHIRT2 NOW \$12
Double Dorje, Small Only, Red, White, Yellow, #PHSHIRT2 NOW \$12
Tibetan Flag, Medium Only, White & Blue, #PHSHIRT2 NOW \$14



NEW!
KALACHAKRA & DZOGCHEN DESIGN TEESHIRTS \$14, #ABSHIRTK & #ABSHIRTD
These are 4-color on white 100% cotton high-grade shirts in M, L, XL. Choose either the Kalachakra symbol or Dzogchen design.



SHOW YOUR SUPPORT FOR TIBET!

Stamp envelopes and other correspondence with these two great logos:



THE YEAR OF TIBET
#SLYTS \$5.95



SAVE TIBET
#SLST \$5.95

Both are high-quality rubber stamps and measure 1 3/4" wide by 1 1/8" high.



"FREE TIBET" Buttons 2 1/2" Diameter.
#SLFTB-W (white), #SLFTB-G (blue-green) \$1
White on Blue Green or vice versa.
TIBETAN FLAG PIN, #SLFP \$1
Wear the Tibetan flag to show your support for Tibet.

TIBETAN FLAG, 36 x 54" #POTF1 \$20
This flag is well-designed and is printed on polyester.



"FREE TIBET" Bumper Stickers #SLTBS \$1.50
Help keep Tibet in the public awareness by displaying this "Free Tibet" sticker on your bumper or any prominent place. One size fits all!

FREE TIBET!

SNOW LION Button 2" Diameter. #SLSLB \$.60
Red drawing on yellow.

"YEAR OF TIBET" DECAL, #DECAL11 \$3
Great air-brushed design!

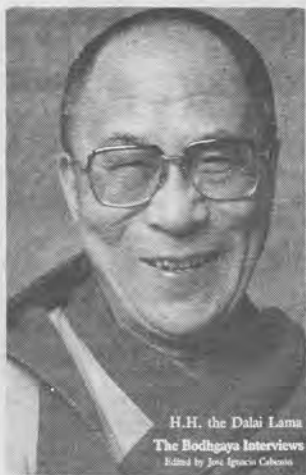


NEW T-SHIRTS!

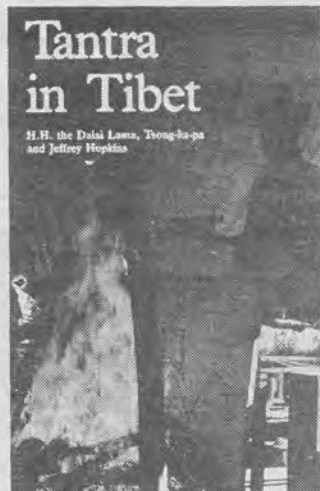
Exquisite 100% cotton, 4-color shirts in M, L, XL.
Double Dorje on black shirt #TGDD \$14
Potlha on maroon shirt #TGP \$14
Year of Tibet on white shirt #TGYT \$14
Tibet Flag on white shirt #TGTF \$14
Tibet Symbol on black shirt #TGTS \$14
SNOW LION T-SHIRT \$14, #SLTSHIRT
These are 100% cotton, hand-dyed and hand-screened for unsurpassed richness and subtlety of color. Lion is maroon, and shirt is cantelope. Very beautiful! Sized M, L, XL.



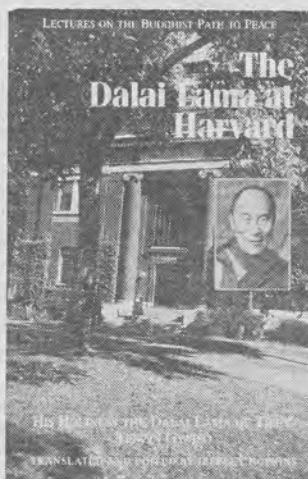
BOOKS BY THE DALAI LAMA



H.H. the Dalai Lama
The Bodhgaya Interviews
Edited by Jose Ignacio Cabezon



Tantra
in Tibet
H.H. the Dalai Lama, Tsong-ka-pa
and Jeffrey Hopkins



LECTURES ON THE BUDDHIST PATH TO PEACE
The Dalai Lama at Harvard
H.H. the Dalai Lama, Tsong-ka-pa
and Jeffrey Hopkins
TRANSLATED AND EDITED BY JEFFREY HOPKINS

OCEAN OF WISDOM
Guidelines for Living

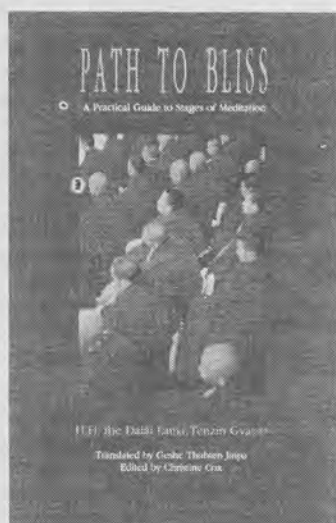


The Dalai Lama
of Tibet

Foreword by Richard Gere
Photographs by Mark A. Fox

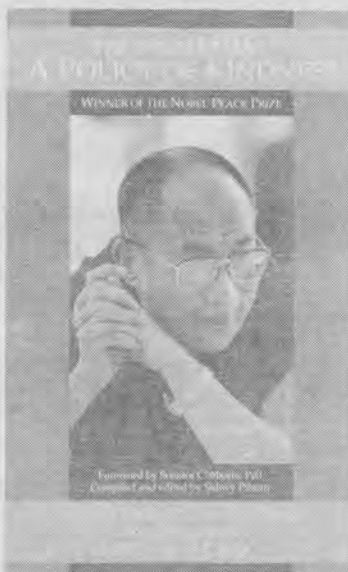


THE NOBEL PEACE PRIZE
and the DALAI LAMA



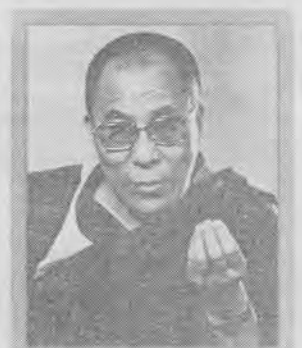
PATH TO BLISS
A Practical Guide to Stages of Meditation

H.H. the Dalai Lama, Tenzin Gyatso
Translated by Gendun Chopel
Edited by Christine Cox



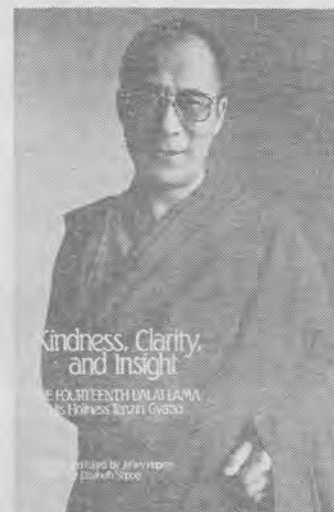
A WALK TO LHASA
WINNER OF THE NOBEL PEACE PRIZE

Foreword by Seneca C. Morris, Ph.D.
Compiled and edited by Sidney Piburn



TRANSCENDENT WISDOM

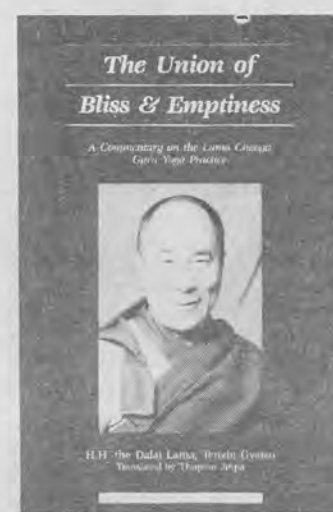
A Commentary on the Ninth Chapter of
Shantideva's Guide to the Bodhisattva Way of Life
H.H. the Dalai Lama
Trans. Ed. & Introduction by T. Aris-Visser



Kindness, Clarity,
and Insight

THE FOURTEENTH DALAI LAMA
by His Holiness Tenzin Gyatso

Foreword by Jeffrey Hopkins
Translated by Jeffrey Hopkins



The Union of
Bliss & Emptiness

A Commentary on the Lamas' Great
Lama's Great

H.H. the Dalai Lama, Tenzin Gyatso
Foreword by Tenzin Gyatso

Featured:

AVAILABLE NOW!

PATH TO BLISS, by The Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240pp. #SLBKPB \$12.95

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

GREAT BOOK!

THE BODHGAYA INTERVIEWS 1981-85, by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104pp., photos, #SLBKBI \$8.95

"In these spontaneous interviews he reveals his inimitable wit and gently exemplifies the true nature of a Bodhisattva."—*East West Journal*

These sparkling interviews with His Holiness the Dalai Lama are sure to interest Buddhists and non-Buddhists alike. His Holiness covers a spectrum of religious and secular concerns in a most candid and stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, meditation, mantra, gurus, protector deities, and particle physics are some of the topics discussed—much of this information is unavailable elsewhere. These interviews were held at the close of annual teachings and initiations in Bodhgaya, India, the place most sacred to Buddhists.

BUDDHISM OF TIBET, by His Holiness the Dalai Lama Trans. & Ed. by Jeffrey Hopkins. 219pp. #SLBKBT \$12.95

Excellent introduction to Tibetan Buddhism and the important concept of emptiness.

THE DALAI LAMA: A POLICY OF KINDNESS, Compiled & edited by Sidney Piburn. 152pp., #SLBKPK \$6.95

"This small book is a comprehen-

sive and engaging introduction to this great man... This is an excellent anthology."—*Karina*

"... This is a very important collection... most highly recommended."—*Library Journal*

"Clear, concise, interweaving practical discussion with things of a more ethereal nature, this is an essential and wonderfully inexpensive purchase."—*Booklist*, American Library Association

Who is the Dalai Lama and why was he awarded the Nobel Peace Prize? Beginning with the Nobel Lecture which presents his policy of kindness, this book offers a comprehensive view of his personal life, his wide-ranging interests, and his thoughts on issues of global concern. These addresses, interviews and biographical essays reveal a highly pragmatic man, dedicated to the establishment of non-violent solutions to human problems in the personal, environmental and political arenas. A captivating picture emerges of the Dalai Lama whose goodwill, understanding and practicality have brought him respect from world leaders and the acclaim of millions around the world. Foreword by Senator Claiborne Pell, Chairman of the Senate Foreign Relations Committee.

BOOK OF THE MONTH CLUB SELECTION AND FEATURED BY BILL MOYERS ON PBS.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255pp. #SLBKDLHP \$14.95 paper, #SLBKDLHC \$22.95 cloth

"... The best teachings from the East are the ones given by the Dalai Lama."—Joseph Campbell in *An Open Life*

In 1981, His Holiness the Dalai Lama gave a series of lectures at Harvard University which fulfilled magnificently his intention of providing an in-depth introduction to Buddhist theory and practice. The combination of powerful intellect, expository skill, and practical, compassionate application which characterize the Dalai Lama himself also highlight these lectures. He covers a spectrum of issues important to anyone concerned about individual and world

peace and answers questions that those interested in Buddhism have long hoped to see addressed.

"Presents a richer picture of the Dalai Lama... as a deeply accomplished scholar of Buddhist theory and practice. He displays a sensitivity to human concerns and an openness to the discoveries of science. His excellent sense of humor is also very much in evidence."—*Parabola*

DEITY YOGA in Action and Performance Tantras, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274pp. #SLBKDY \$14.95

Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is an invaluable book for anyone who is practicing or interested in Buddhist tantra. It is comprised of three parts:

Heart of Mantra by the Dalai Lama is a lucid exposition of the meditative rites of deity yoga—the distinctly tantric process in which yogis visualize themselves in the form of a Buddha's divine body as a manifestation of compassionate wisdom.

The Great Exposition of Secret Mantra—parts 2 & 3, by Tsong-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of yogic exercises. The mudras (hand gestures) that accompany the meditations are clearly illustrated.

Supplement by Jeffrey Hopkins outlines in detail the structure of Action Tantra practices as well as the need for the development of special yogic powers.

Formerly titled: *Yoga of Tibet*.

ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271pp. #SLBKERG \$12.95

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

Continuing the living Tibetan tradition to the present day the present Dalai Lama, provides an extensive commentary to the Third Dalai Lama's "Essence of Refined Gold" drawn from his own pene-

trating 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. This book forms the most accessible introduction to Tibetan Buddhism available.

"... 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*

KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper 239pp. #SLBKICI \$12.95

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.

Not limited to Buddhist 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."—*Choice*

"Though [the Dalai Lama] is one of the most erudite scholars... he has a gift for reducing his doctrine to a core of lucid practicality, crystallized in the title of his 1984 book, *Kindness, Clarity and Insight*."—*Time Magazine*

A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet, by Glenn H. Mullin. 29 pages. #SLBKLLH \$2

In this... discusses his views on many timely political issues, on

himself as a spiritual and secular leader, on the Thirteenth Dalai Lama, and on the likelihood of himself traveling to Tibet.

THE NOBEL PEACE PRIZE AND THE DALAI LAMA, Compiled and edited by Sidney Piburn. 72pp., #SLBKPNP \$4.50

This year's Nobel Peace Prize has been awarded to H.H. the Dalai Lama, first and foremost for his practice of non-violence and his human approach to world peace. Included here are the two major addresses given by the Dalai Lama in Oslo, Norway and statements by the Nobel Committee on the presentation of the award.

These talks detail the constructive and forward-looking proposals for solving international conflicts, human rights issues, and global environmental problems that earned the Dalai Lama the recognition of the Nobel Committee. Comprising a succinct statement of his personal and political philosophy, these addresses also show the great depth, warmth and humor of the Dalai Lama as a person and statesman. Foreword by Tenzin Tethong, Director of the International Campaign for Tibet.

TANTRA IN TIBET, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 252pp. #SLBKTT \$14.95

"This is a most valuable book for the serious seeker."—*The Tibet Journal*

Tantra in Tibet consists of three parts published under the auspices of the Dalai Lama:

Essence of Tantra by H.H. the Dalai Lama reveals the highly practical and compassionate use of this science of spiritual development. Contents include: tantra for practice, refuge, the three paths, greatness of mantra, clear light and initiation.

The Great Exposition of Secret Mantra—Part 1 by Tsong-ka-pa, is one of the principle classic texts on tantra. It presents the main features common to all the Buddhist tantra systems as well as the differences between sutra and tantra. Contents include: paths to Buddhahood, vajra vehicle, deity yoga, and method in the four tantras.

Supplement by Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

THE DALAI LAMA/KALACHAKRA TEACHINGS

THE DALAI LAMA

TO THE LION THRONE, by Whitney Stewart. 60pp., large format #SLBKTLT \$8.95

This is an exciting and engaging biography of the Dalai Lama for children. The day the Dalai Lama was born, a rainbow touched his house, two crows rested on his roof top and kept guard and his father jumped from his sick bed and declared himself cured by his son's birth. This biography follows the life of the young, spirited boy who became a monk at age three, moved to the Potala Palace in Lhasa and became the spiritual and political leader of his people by age fifteen. To her careful research into the early years of the Dalai Lama, Whitney Stewart adds many touching stories from the Dalai Lama himself, as well as spirited illustrations to produce a book that will leave a lasting impression on young readers.

Whitney Stewart writes fiction and non-fiction for children. She has been a children's librarian and a tutor of English, French, creative writing, and children's theater. Her experience as a puppeteer and actor has been a base for writing for and working with children in elementary and high school.

TRANSCENDENT WISDOM: A Commentary on the Ninth Chapter of Shantideva's [Guide to the Bodhisattva Way of Life], by H.H. the Dalai Lama; Trans., ed. & annotated by B. Alan Wallace. 146pp., #SLBKTW \$9.95

"A clear exposition..." —*Vajradhatu Sun*
 "The Guide to the Bodhisattva Way of Life" is one of the most highly recommended texts for Mahayana practice. The ninth chapter of that book, the chapter on Transcendent Wisdom, is known among Buddhist scholars as a challenging and profound exposition of the Madhyamika View of Buddhist philosophy. It is difficult to understand without a commentary.

"In this work we have the Dalai Lama at full strength... a profound work." —*Parabola*

In 1979, His Holiness the Dalai Lama delivered an oral teaching on this text before an assembly of over a thousand Tibetans and Westerners. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary.

THE UNION OF BLISS AND EMPTINESS, H.H. the Dalai Lama. 191pp. #SLBKUBE \$12.95

The origins of the instructions on this Lama Choepa (guru yoga) practice are traced back to the explanatory tantra called Vajramala, in which the visualization of the body mandala deities on the guru's body is explained according to Guhyasamaja. Since the integral practice of Yamantaka, Guhyasamaja and Heruka has great merit and advantages, Lama Choepa explains how to do it on the basis of this guru yoga practice. The actual practice is explained on the basis of Guhyasamaja, the preliminaries such as the self-generation are explained on the basis of Yamantaka, and performing offerings and so forth is explained according to Heruka. This guru yoga is widespread within the Gelug system and most followers know it by heart. This volume present useful tantric material unavailable elsewhere.

Other Titles:

BRIDGING THE SUTRAS AND TANTRAS, by the First Dalai Lama & Glenn H. Mullin. 288pp. #SLBKSW1 \$12.95
 Contains teachings on the Kalachakra Tantra, Arya Tara, and mind-training.

FREEDOM IN EXILE: The Autobiography of the Dalai Lama. 256pp., 16 black & white photos, #HRFE \$22.95

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

KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95 (see Kalachakra)

OCEAN OF WISDOM: Guidelines for Living, text by Dalai Lama, photos by Marcia Keegan. 112pp. 19 color photos. #HROW \$8.95 paper #CLOW \$14.95 cloth
 The Dalai Lama's message is interwoven with many photos of him.

PATH OF THE BODHISATTVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin. 387pp. #SLBKPBW \$14.95 (See Religion Section)

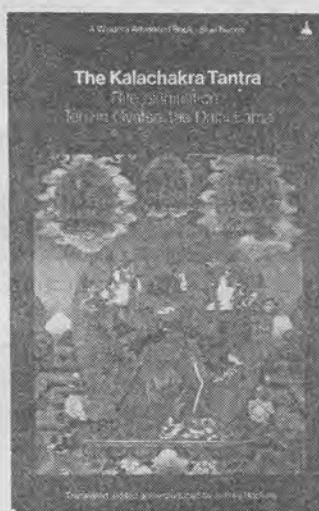
SONGS OF SPIRITUAL CHANGE, by the Seventh Dalai Lama & Glenn H. Mullin. 205pp. #SLBKSW7 \$10.95 (See Religion Section)

TANTRIC YOGAS OF SISTER NIGUMA, by the Second Dalai Lama & Glenn H. Mullin. 240pp. #SLBKSW2 \$12.95 (See Religion Section)

POSTER OF H.H. THE DALAI LAMA, 12 x 19" #SLPODL \$3.75

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."

KALACHAKRA TEACHINGS



HIGHEST YOGA TANTRA, by Daniel Cozart. 192pp. #SLBKHYT \$10.95 (see Religion section)

For anyone interested in practicing Kalachakra, this book is a great general presentation of tantra and in addition has a special section comparing the completion stages of the Guhyasamaja and Kalachakra systems.

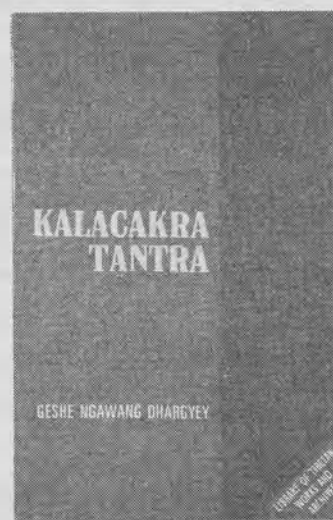
KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95

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

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

This book provides a sound explanation of the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.

TIBETAN PILGRIMAGE, by Peter Gold. 175pp., color photos, #SLBKTP1 \$14.95 (see Travel)



KALACHAKRA DEITY POSTER 11 x 17 1/2" #TBPOKD \$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.



GARUDA POSTERS \$7 ea.

Very fine quality posters.
 GAPO2 Kalachakra Deity
 GAPO3 Kalachakra Mandala

IMAGES OF TIBETAN CULTURE

These full-color Tibet Cards measure 4 1/4" x 6" and are only 60 cents each. They capture some of the most moving images of the 1985 Kalachakra in Bodhgaya, India.

SLSTC9 Long-life Offering



SLSTC10 Dalai Lama at Kalachakra

SLSTC14 Tibetan Monk in Prayer

SLSTC20 Tibetan Lamas

SLSTC22 Dalai Lama & Dingo

Khentse R.

SLSTC31 High Lamas at Kalachakra

KALACHAKRA SAND MANDALA POSTER, 24 x 35" #SYKP \$15

Large, full-color photo reproduction of the sand mandala constructed in the American Museum of Natural History, New York City.

KALACHAKRA SAND MANDALA POSTCARD, #SYKC \$0.75

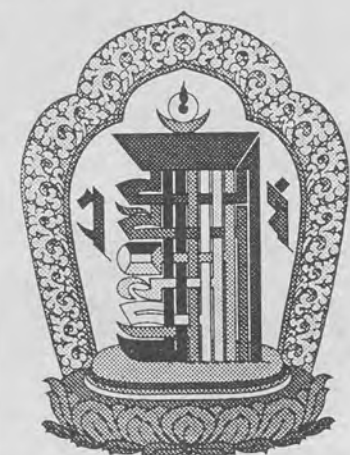
Same image as poster only in postcard size.

GARUDA POSTCARDS \$.75 ea.

Traditional thangka images.
 GAC3 Kalachakra Deity

KALACHAKRA EMBLEM NOTECARDS \$12 for 10 cards plus envelopes. #HCNC2 These are full-color cards of the Kalachakra mantra.

KALACHAKRA EMBLEM PRINT 8 X 10" full-color #HCPR1 \$12



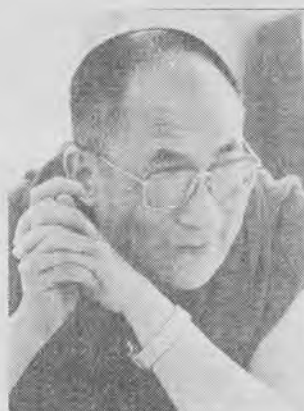
THE DALAI LAMA

H.H. THE FOURTEENTH DALAI LAMA PORTRAITS

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.



SLCDL1 The Dalai Lama Leading the Great Prayer Festival 4 1/4 x 6" \$.60 (postcard)



NEW PHOTO!
 DFDLW The Dalai Lama, Man of Compassion, 5 x 7" \$9; 8 x 10" \$12



NEW PHOTO!
 DFDLB The Dalai Lama, Winner of the Nobel Peace Prize, 5 x 7" \$9; 8 x 10" \$12



NEW PHOTO!
 DFDLG The Dalai Lama, Man of Wisdom, 5 x 7" \$9; 8 x 10" \$12

SNOW LION TIBET CARDS

SNOW LION TIBET CARDS



SLSTC54



SLSTC66



SLSTC46



SLSTC53



SLSTC57

IMAGES OF TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself.

Cards measure 4 1/4" x 6" and are only 60 cents each.

- SLSTC1 Statue
- SLSTC2 Monastery Interior
- SLSTC3 Thikse Monastery
- SLSTC4 Tibetan Rug Weaver
- SLSTC5 Mountain Sunset
- SLSTC6 Monastery Courtyard
- SLSTC7 Landscape Sunset
- SLSTC8 Smiling Lady
- SLSTC9 Long-life Offering
- SLSTC10 Dalai Lama at Kalachakra
- SLSTC11 Tibetan Pilgrim
- SLSTC12 Masked Dancer
- SLSTC13 Tibetan Man & Child
- SLSTC14 Tibetan Monk in Prayer
- SLSTC16 Potala Palace
- SLSTC17 Young Tibetan Monk
- SLSTC18 Potala from Back Side
- SLSTC19 White Masked Dancer
- SLSTC20 Tibetan Lamas
- SLSTC21 Red-Masked Dancer
- SLSTC23 Tibetan Horseman
- SLSTC24 Elderly Man with Prayer Wheel
- SLSTC25 Bashful Khampa Girl
- SLSTC26 Tibetan Thangka Painter
- SLSTC27 Tibetan Mask
- SLSTC28 Swayambhu Dorje
- SLSTC29 Tibetan Ngakpa
- SLSTC30 Woman with Dog
- SLSTC31 High Lamas at Kalachakra



SLSTC5



SLSTC16



SLSTC44



SLSTC4



SLSTC60



SLSTC19



SLSTC59



SLSTC27

- SLSTC32 Woman with Prayer Wheels
- SLSTC34 Jokhang Temple
- SLSTC35 Jokhang Rooftop
- SLSTC36 Jo Rinpoche Statue
- SLSTC37 Young Monk on Roof
- SLSTC38 Potala Palace
- SLSTC39 Potala Rooftop
- SLSTC40 Tashilunpo Monastery
- SLSTC41 Rebuilding of Ganden
- SLSTC42 Monks of Nechung
- SLSTC43 Dharmachakra
- SLSTC44 Mandala Offering
- SLSTC46 Chorten of Gyantse
- SLSTC47 Sakya Monastery
- SLSTC48 Milarepa's Cave
- SLSTC49 Drepung Monastery
- SLSTC50 Kumbum Monastery
- SLSTC51 Sera Monastery
- SLSTC52 Tibetan Women
- SLSTC53 Maitreya Statue
- SLSTC54 Woman with Headdress
- SLSTC55 Lamayuru Monastery
- SLSTC56 Woman Chanting
- SLSTC57 Monk in Meditation
- SLSTC59 Horseman
- SLSTC60 Yak
- SLSTC61 Nomadic Tent
- SLSTC62 Ceremonial Tent
- SLSTC63 Monks Debating
- SLSTC64 Potala Stairs
- SLSTC65 View from Jokhang Roof
- SLSTC66 Young Monks Studying
- SLSTC68 Chorten Detail
- SLSTC69 Golden Buddha

HELP SUPPORT THE TIBETAN REFUGEES: To express our gratitude to the many Tibetans who made these cards possible, Snow Lion will donate a percentage of the price of every Tibet Card that you purchase to the Tibet Fund to help support the Tibetan refugees.

#PMBEP
PMBE

IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now opening to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

Fifteen very high-quality black and white postcard images—5 revealing the Tibetan character and 10 of the best pictures from the Newark Museum's collection of rare photographs of old Tibet—are available in this series of cards.

Cards measure 4 1/4" x 6" and are only 60 cents each.

IMAGES OF LOST TIBET

- SLSC1 Tibetan from Chamdo
- SLSC2 Monks Sounding Trumpets
- SLSC3 Tibetan Nomad Tent
- SLSC4 Norbu Linga & 13th Dalai Lama
- SLSC5 Officials During Losar
- SLSC7 Potala During Losar
- SLSC8 Tantric Meditator
- SLSC9 Tibetan Men & Horses
- SLSC10 Mani Stones—Tibet-China border
- SLSC11 Wife of Tibetan Governor

FACES OF TIBET

- SLSC51 Nomad Yogi
- SLSC52 Yogi of Milarepa Tradition
- SLSC53 Woman with Prayer Beads
- SLSC54 Young Tibetan Girl
- SLSC55 Yeshe Dorje, Weather Controller



SLSC11



SLSC51



SLSC7



SLSC54



SLSC53

POSTERS

These posters can only be sent to North American customers because of damage problems. They also must go only by the US Post Office.

The following two Snow Lion Posters are high-quality, full-color reproductions which measure 20 x 25 1/2" (including border):

POTALA PALACE, #SLPOPP
\$8

One of the most outstanding pictures of the Potala Palace we've seen.

JOWO SHAKYAMUNI BUDDHA STATUE, #SLPOBS
\$8

Stunning view of this sacred statue located in the Jokhang Temple in Lhasa. It is the focal point of Tibetan prayers and pilgrimages.

BONPO LAMA NAMGYAL ANGDU 17 x 26" #DLBL \$10
A meditating Bonpo Lama in traditional religious dress photographed at Samung Monastery, Dolpo, Nepal. B & W. Very powerful and atmospheric.

BUDDHA EYES, 24 x 36"
#PMBEP \$5

Mind-stopping close-up of the eyes of a Tibetan Buddhist statue.

HAYAGRIVA POSTER 19 x 25"
#JMH \$8

Stunning photo of one of the best statues from the Jacques Marchais Museum of Tibetan Art.

KALACHAKRA SAND MANDALA POSTER, 24 x 35"
#SYKP \$15

The large full color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

VAJRADHARA POSTER 24 x 36" #DRPO1 \$20

It is truly a beautiful poster, with fine gold ink.

WHEEL OF LIFE, 17 x 24"
#THPRWL \$10.95

The best painting of this famous image that we have seen.

GARUDA POSTERS \$7 ea.

Fine quality posters of three important images.

GAPO1 Amitabha in Dewachen

GAPO2 Kalachakra Deity

GAPO3 Kalachakra Mandala

SPECIAL ITEMS

CARDS & PRINTS

THARPA FINE ART DEITY CARDS

These superb fine art cards depict some of the most important figures of Tibetan Buddhist iconographic art. The cards measure 4 x 6" and sell for \$.90 ea. They have been beautifully reproduced in full color and high gloss finish.

THARPA DEITY CARDS \$.90 ea.

- THC1 Shakyamuni Buddha
- THC2 Avalokiteshvara
- THC3 Manjushri
- THC4 Vajrapani
- THC6 White Tara
- THC7 Amitabha
- THC8 Amitayus
- THC9 Medicine Buddha
- THC10 Je Tsongkhapa
- THC11 Vajradhara w/Consort
- THC12 Vajrasattva w/Consort
- THC13 Yamantaka
- THC14 Heruka
- THC15 Vajrayogini
- THC16 Mahakala
- THC17 Guyhasamaja
- THC18 Vajradharma
- THC19 Maitreya
- THC20 Vaishnavana
- THC21 Vajrasattva
- THC22 Prajnaparamita
- THC23 Wheel of Life
- THC24 Stupa of Enlightenment

THARPA GREETING CARDS

\$2.00 ea. w/envelope Painted by Robert Beer, 5 x 7"

- THGC1 Wish-fulfilling Tree
- THGC2 Lotus
- THGC3 Eight Auspicious Symbols
- THGC4 Dragon & Tiger
- THGC5 Offering Goddess



THGC2

THARPA FINE ART DEITY PRINTS

These superb fine art prints depict some of the most important figures of Tibetan Buddhist iconographic art.

The fine art prints have been beautifully reproduced in full color using long-lasting colorfast inks and fine matte art paper. 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 \$19.95 ea.

THARPA FINE ART PRINTS \$19.95 ea.

- THPR1 Shakyamuni Buddha
- THPR3 Manjushri
- THPR5 Green Tara
- THPR7 Amitabha
- THPR9 Medicine Buddha
- THPR10 Je Tsongkhapa
- THPR11 Vajradhara w/Consort
- THPR15 Vajrayogini



THPR5

#THPRWL
THC23

#DFKR



WIC9



WINC8



#TMC

THARPA BODHISATTVA CARDS

#THBC \$8.95 for set Painted by Lama Jamyang

Atisha, Shantideva, Nagarjuna, Chandrakirti, Asanga, Geshe Chekhawa, Geshe Langri Tangpa, Je Tsongkhapa.



Chandrakirti



CHIN GOMPA & MT. KAILAS #AM901

NEW!

NOTECARDS!

These great cards are 5 x 7" and cost \$1.50 ea.

SHOTUN FESTIVAL #AM906

VILLAGE WOMEN #AM904

CHIN GOMPA & MT. KAILAS #AM901

GARUDA POSTCARDS \$1 ea.

Traditional thangka images.

- GAC1 Gelupa Guru Tree
- GAC2 Amitabha in Dewachen
- GAC3 Kalachakra Deity
- GAC5 Buddha with Discip.
- GAC6 Tsong-ka-pa on Lion
- GAC7 Avalokitesvara
- GAC8 Vajrayogini
- GAC9 Labchig Drolma
- GAC10 4 Sakya Lamas
- GAC11 35 Buddhas
- GAC12 Padmasambhava
- GAC13 White Tara
- GAC14 Cakrasamvara
- GAC15 Green Tara
- GAC111 Jambhala
- GAC113 Vairocana
- GAC114 Simhavaktra
- GAC115 White Mahakala
- GAC116 Vajrapani
- GAC118 Peaceful Bardo Deities
- GAC119 Wrathful Bardo Deities
- GAC124 Yamantaka
- GAC126 Ushnishavinijaya

- GAC127 White Tara Mandala
- GAC128 Depiction of Universe
- GAC129 Yogambara Mandala
- GAC130 Vajrasattva w/Consort



GAC7 Avalokitesvara

WISDOM DEITY CARDS

\$.75 ea.

- WIC1 Je Tsong Khapa
- WIC2 Shakyamuni Buddha
- WIC3 1000-Armed Chenrezig
- WIC4 Tara
- WIC6 4-Armed Chenrezig
- WIC7 Heruka Vajrasattva
- WIC8 Prajnaparamita
- WIC9 Saravati

NOTECARDS OF THE FIVE DHYANI BUDDHAS \$7 for 10 cards plus envelopes. There are two cards for each Buddha—they portray the seed syllable in its appropriate color. #HCNC1

8 AUSPICIOUS SYMBOLS NOTECARDS \$5 for 8 cards plus envelopes. #HCNC3

WISDOM NOTECARDS \$1.50 ea. Four paintings by Robert Beer are now available as notecards with envelopes. They are beautiful.

- WINC6 Naropa
- WINC8 Tilopa
- WINC9 Heruka & Vajravahni
- WINC10 Vajrasattva

PORTRAIT!

KALU RINPOCHE, 5 x 7" \$9; 8 x 10" #DFKR \$12

Remember this exquisite teacher with this very candid photograph.

TIBETAN POSTAGE AND MONEY NOTECARD, #TMC \$9.25 for set of 10.

This unusual card illustrates that Tibet had its own currency and postal system prior to 1959.

KALACHAKRA SAND MANDALA POSTCARD, #SYKC \$.75

Full-color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

POMEGRANATE NOTECARDS \$1 ea. with envelope

- PMBE Buddha Eyes
- PMPF Prayer Flags



#RBMD

MASKED DANCERS OF NAMGYAL MONASTERY, Set of 5 postcards #RBMD \$4

Skeleton dancers, deer, old man, protectors in full costume. These are very handsome and sales help support the monastery.

CHILDREN'S BOOKS



THE YEAR OF TIBET

KALACHAKRA FOR WORLD PEACE H.H. THE DALAI LAMA NEW YORK CITY 1991



In celebration of the "Year of Tibet," His Holiness The Dalai Lama will confer the Kalachakra Initiation (Oct. 21-23rd) and give preliminary teachings on the *Guide to the Bodhisattva's Way of Life* (Oct. 16-19th).

There will also be teachings on THE NATURE OF MIND from Oct. 12-15th by representatives of the five traditions of Tibet:

Kyabje Sakya Trizin Rinpoche—Sakya Lineage

Ven. Trulshik Rinpoche—Nyingma Lineage

Ven. Tenga Rinpoche—Kagyu Lineage

Ven. Tara Rinpoche—Geluk Lineage

Ven. Lopon Tenzin Namdhak—Bon Lineage

We are pleased to announce that the Ven. Sogyal Rinpoche will translate for Ven. Trulshik Rinpoche.

For further information, contact:

Tibet House, Dept. Kalachakra,
636 Broadway 12th Floor
NY, NY 10012 • 212-353-8823



TO THE LION THRONE
Whitney Stewart

TO THE LION THRONE

*The Story of
the Fourteenth
Dalai Lama*

Whitney Stewart

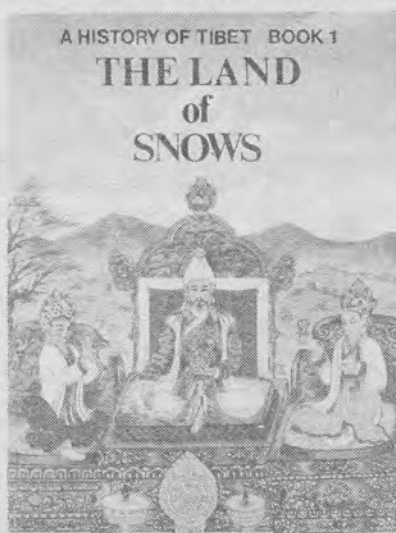
Engaging and enchanting biography of the Dalai Lama for children (ages nine and up). The story follows the life of the

young, spirited boy who became a monk at age three and moved into the Potala Palace in Lhasa installed as spiritual leader of Tibet. He became both the spiritual and political leader of his people by age fifteen and then won the Nobel Peace Prize in 1989. It will leave a lasting impression on young readers.

ISBN 0-937938-75-0, Illus.
Biography/Juvenile Literature
\$8.95

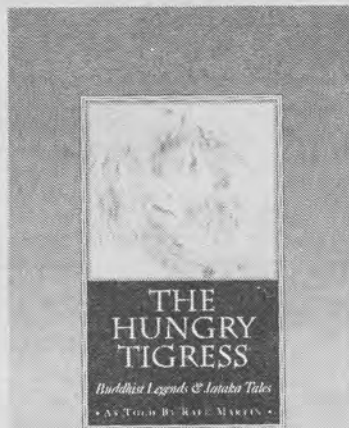
Snow Lion Publications

CHILDREN'S BOOKS



A HISTORY OF TIBET BOOK 1

THE LAND of SNOWS



THE HUNGRY TIGRESS

Buddhist Legends & Jataka Tales
by Rafe Martin

NEW!

WORKBOOK & TEACHER'S GUIDE ON TIBET, by Yvonne Piburn. 50pp. #YPW \$6.50 for two booklets.

These photocopied workbooks can be used by teachers or parents as an educational activity book for introducing Tibetan culture. Ideal as prep for a visit to a Tibetan art exhibit.

NEW!

THE HUNGRY TIGRESS: Buddhist Legends & Jataka Tales, by Rafe Martin. 288pp. #PAHT \$15

Respect, love, courage, perseverance, humor, and faith are the universal messages of these stories, retold here by famous storyteller Rafe Martin. This is the widest selection of Jataka tales (stories of the Buddha's earlier births) currently available.

THE LAND OF SNOWS, by Christopher Gibb. 93pp., many illustrations and photos, #POLOS, \$6.95

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

THE MOUNTAINS OF TIBET, by Mordicai Gerstein. Color illus., 7 and up, #HRMT \$4.95

In a tiny village, high in the mountains of Tibet, lives a woodcutter. All his life he has longed to travel to faraway places, to see the world. But he grows old without ever leaving the mountain. When he dies, he is offered the chance to live another life, in any form he wants, anywhere in the galaxies. Carefully he decides... and finds himself in a place he never thought he would choose.

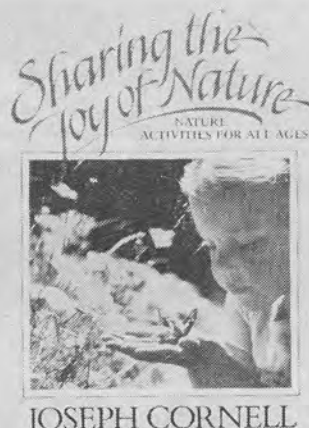
People Who Have Helped the World

This is an excellent series that describes the lives of extraordinary people who held strong beliefs, and acted on those beliefs with courage and commitment for the benefit of the world. They are cloth bound and contain many photos in color and B&W. Each is

People Who Have Helped the World

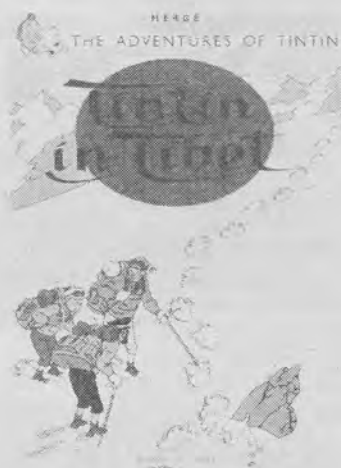
MOTHER TERESA

Her mission to serve God
by caring for the poor



JOSEPH CORNELL

Author of
SHARING NATURE
WITH CHILDREN



\$12.95 and are suitable for ages 10 and up.

THE DALAI LAMA: The leader of the exiled people of Tibet and tireless worker for world peace. #GSDL

MOTHER TERESA: Her mission to serve God by caring for the poor. #GSMT

PRINCE SIDDHARTHA, by Landaw & Brooke. Color drawings, #WIBKPS \$15.95

A delightful children's book on the life of Gautama Buddha.

SAINT GEORGE AND THE DRAGON, by Margaret Hodges, illus. by Trina Hymen. 32 beautifully illus. pages, ages 4-10. #LBSG \$14.95

Set in the days when monsters and giants and fairy folk lived in England, this classic and well-loved tale recounts the battle between Saint George and the Dragon—a creature so huge and fearsome that his tail swept the land behind him for almost half a mile. The exquisitely detailed drawings and powerful story make this book a classic.

SHARING NATURE WITH CHILDREN, by Joseph Cornell. 143pp. #GTSNC \$6.95

Puts the emphasis on developing the heart and intuitive qualities to stimulate joyful, enlightening experiences. What is taught is patience, awareness, empathy, trust, and concentration in wholesome, uncompetitive games.

SHARING THE JOY OF NATURE, by Joseph Cornell. 209pp. #GTSJN \$9.95

A treasury of new games and activities for both adults and children.

SPINNING INWARD: Using Guided Imagery with Children for Learning, Creativity & Relaxation, by Maureen Murdock. 158pp., 7 1/2 x 11". #SHSI \$17.95 "Spinning Inward can be the critical event in children's lives as it gives them ways to open to potentials of mind and body that will greatly enhance their capacities for learning and discovery."—Jean Houston

SPIRITUAL PARENTING, by David Carroll. 416pp., #PGSP \$12.95

A practical, accessible guide to the spiritual development of children from infancy to adolescence. Written with no particular religious perspective, it draws on the great Eastern and Western religious traditions and aims at helping parents to effectively communicate spiritual ideas to their children. David Carroll has degrees from Harvard and Columbia and is the author of twenty-two books.

TARA'S COLORING BOOK, by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #WITCB \$7.95

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

TIBET, by Bobbie Kalman. 32pp., 33 full-color photos, 8 1/2 x 11", ages 8 to 14, #CTT \$7.95

Candid, intimate photographs highlight this study of Tibetan culture and daily life. The photos are excellent and the whole book is very inviting to look at and read.

TINTIN IN TIBET, by Hergé. 62pp. #LBT \$6.95

Tintin meets intrigue, lamas, yaks and yeti in rugged Tibet.

TO THE LION THRONE, by Whitney Stewart. 55pp. #SLBKTLT \$8.95

"Offers a fine introduction to the life and teachings of the fourteenth Dalai Lama, spiritual leader of Tibet. Intr-woven are short tales about the culture and people of Tibet. The Dalai Lama always says, 'If you can't help people, at least don't hurt them.'—*Skippping Stones*



TO THE LION THRONE
Whitney Stewart

HEALTH & FITNESS / COOKBOOKS

HEALTH & FITNESS

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

BACK TROUBLE: A New Approach to Prevention and Recovery, by Deborah Calplan 170pp., illus. #BPBT \$9.95

The techniques described in this book are remarkably effective in the treatment and prevention of back and neck disorders. Written by a well-known Alexander Technique professional of 22 years.

BEYOND THE DEVILS IN THE WIND, Dorris Still, 141pp., 66 photos & illus., #SBB \$16.95 cloth

The exciting story of Dr. Albert Shelton, the first American medical doctor to venture into the forbidding and isolated Land of Snows, told by his daughter, Dorris Still, who was born in China and raised in Tibet until she was sixteen. Relates the Shelton family's background and travels that led them to the Eastern Tibetan city of Batang, where Dr. Shelton established the first Western-style hospital in Tibet's history.

CANCER AND CONSCIOUSNESS, by Barry Bryant, 240pp. #SPCC \$16.95

Cancer and Consciousness is about dialogue—the patient's inner dialogue with himself and his disease, dialogue between doctor or healer and patient, dialogue between often competitive healing techniques, but first and foremost the meta-dialogue of soul and body, of East and West. Bryant guides us through fascinating and provocative dialogues with fifteen of the world's greatest cancer researchers and healers including Elisabeth Kubler-Ross, Julian Beck, Bernie Siegel, and His Holiness the Dalai Lama.

NEW!

DOLMA & DOLKAR: Mother & Daughter of Tibetan Medicine, by Tashi Tsering Josayma & K. Dhondup, 76pp. #MLDD \$7.95

Here is an account of the life and work of one of the most famous Tibetan medical families. Dr. Lobsang Dolma passed away in Dec. 1989, but her memory and work live on in her daughters who are continuing the medical tradition. An unusually good overview of Tibetan medicine is also contained in this book.

DRAGON RISES, RED BIRD FLIES: Psychology & Chinese Medicine, by Leon Hammer, M.D., 426pp. #STDR \$28.95 cloth

Leon Hammer is an American doctor, psychiatrist and long-time practitioner of Chinese medicine. Behind the acupuncture, herbal remedies and a complex array of diagnostics, he finds a congenial system of healing that embodies the unification of body and mind. "Dr. Hammer has provided a view of the life process that is fully respectful of traditional thought, while building a bridge to Western clinical psychology. It is an excellent piece of work—honest, illuminating and creative—and I would recommend it to anyone with a serious interest in Oriental Medicine."—Peter Eckman, M.D., Chairman, Schools Subcommittee of the California Acupuncture Examining Committee.

FORMULARY OF TIBETAN MEDICINE, Vaidya Bhagwan Dash, 453pp., 23 illus., #CIFTM \$35 cloth

164 popularly used and therapeutically effective recipes from the treasure of Tibetan medicine are described in this work. The ingredients, their weight, methods of preparation, therapeutic indications and dosage are given.

FOUNDATIONS OF TIBETAN MEDICINE, by E. Finckh, Vol. 1, 104pp. #ELFTM1 \$17; Vol. 2, Second Edition, 126pp. #ELFTM2 \$17

Vol. 1: Study and System of Tibetan Medicine, Healthy and Diseased Organisms

Vol. 2: System and Nine Disciplines of Tibetan Medicine, Diagnosis, Therapy, Constitutional Types

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, by T.J. Tsarong, 101pp. #TMHTD \$5

Gives the composition of 175 popular Tibetan natural drugs.

THE HEALING BUDDHA, by Raoul Birnbaum, 318pp., illus. #SHHB \$15.95

This is the study of the Healing Buddha, who specializes in the healing of illnesses of all kinds, psychological and physical. Discussed are the role of healing in Buddhism, the various Buddhas and scriptures involved in this process, and the rituals through which curative power is released.

NEW!

THE HEALING HERBS: The Ultimate Guide to the Curative Power of Nature's Medicines, by Michael Castleman, 448pp., 100 illus., large format #RPHH \$26.95 cloth

This book reviews world-wide scientific literature (especially from Japan and Germany) on which herbs really work and how to use them safely. Featured are 100 readily obtainable herbs, many of which are common in households. Contains easy-to-follow directions for preparing and using each herb as well as a listing of conditions and symptoms with the herbs that are useful for treating that condition.

HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine, by Dr. Yeshe Donden, Ed. & Trans. by Jeffrey Hopkins, 252pp. #SLBKHTB \$12.95

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

"*Health Through Balance* represents Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—*East-West Journal*

The fascinating Tibetan medical system is over one thousands years old. It has never been so clearly explained as in this collection of outstanding lectures presented at the University of Virginia in 1980. Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments which include diet and behavior modification as well as the use of medicine and accessory therapy. The great strength of Tibetan medicine is that it is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. It's wide variety of curative techniques are described in this book.

Dr. Yeshe Donden received the traditional Tibetan medical training in Lhasa, Tibet, and served for over two decades as the personal physician to H.H. the Dalai Lama in Dharamsala, India. There he re-established the Tibetan Medical Center and achieved fame by his successful treatment of many renowned people.

"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 Medical Center

"*Health Through Balance* offers a fresh and insightful perspective

on American eating habits as seen from the viewpoint of a Tibetan physician... is a theoretical and inspirational book that offers a grand overview and some practical information."—*The Journal of Traditional Acupuncture*

MIND AND MENTAL HEALTH IN TIBETAN MEDICINE, 61pp. #POMMH \$5.95

Three excellent essays are contained here: *Mind and Mental Disorders in Tibetan Medicine* by Sonam Topgay and Mark Epstein, *Sleep and the Inner Landscape* by Dr. Dhonden, *Mind-Made Health: a Tibetan Perspective* by Dr. Lobsang Rappagay.

STAYING HEALTHY WITH THE SEASONS, by Elson Haas, M.D., 252pp., illustrated, 8 x 10" #TSSH \$9.95

This is one of the most popular of the new health books. It contains a balanced blend of Western and Eastern medicines, nutrition, herbology, exercise, and a wealth of other health topics. An excellent textbook on preventative medicine that has been used in many courses.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY, by Terry Clifford, #WETBM \$12.95

Presented here is a comprehensive and clearly laid-out 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, and its humoral theory and unusual methods of diagnosis and cure.

TIBETAN MEDICINE: A Wholistic Approach, by Lobsang Rappagay, Ph.D., 100pp. #TMTM \$7.00

YOU CAN RELIEVE PAIN, by Ken Dachman & John Lyons, 161pp., #HRYRP \$18.95 cloth

Are you one of the many who suffer daily from the chronic pain of arthritis, back injuries, migraines, cancer, or other afflictions? If so, here are simple but effective methods, using the proven techniques of guided imagery, to relieve pain or end it altogether. In a study of one thousand patients who worked with these techniques, 90% of the cases had pain reductions of more than half.

THERAPEUTIC INCENSE!

AQUILARIA-R #AQ \$5.00

A unique, entirely natural herbal preparation for the relief of stress and tension. Prepared by Lobsang Rappagay and the Holistic Medical Center, India. Aquilaria-R formula is one of the most popular and well-known stress formulas prepared from therapeutic and non-toxic herbal ingredients handrolled into sticks.

NIRVANA BRAND #TMNIR \$6

For relief of stress and tension. A totally natural, safe, non-toxic and non-habit forming aromatic therapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.

TIBETAN THERAPEUTIC MASSAGE OIL #RAMO \$8.50

34 Himalayan Herbs are blended in olive oil. Heat before use.

TIBETAN MEDICINE BRACELETS #3METAL

The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

Bracelet:

Thin 3-metal band \$14

Medium 3-metal band \$19

THE HEALING BUDDHA



RAOUL BIRNBAUM

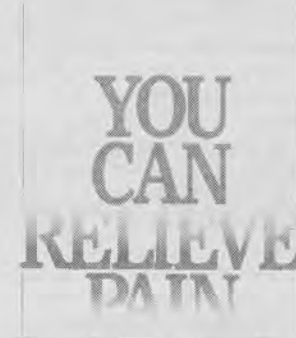
MIND AND MENTAL HEALTH IN TIBETAN MEDICINE



TERRY CLIFFORD



dragon rises - red bird flies



How Guided Imagery Can Help You Reduce Pain or Eliminate It Altogether
Ken Dachman and John Lyons



TIBETAN MASSAGE CHART

18" x 24" #SLTAC \$6.95

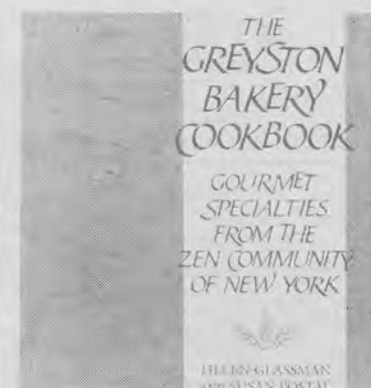
Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy problems with headache, anxiety, insomnia, female difficulties, and many more. Very clear and easy to follow. Written by Dr. Rappagay, well-known Tibetan physician.

COOKBOOKS

Snow Lion is pleased to offer some of the very finest vegetarian (mostly) cookbooks for those of you who would like to experience delectable and non-violent cuisine.

THE GREENS COOKBOOK: Extradordinary Vegetarian Cuisine from the Celebrated Restaurant, 396pp. #DDGC \$22.95 cloth

A rare book that truly represents a revolution in cooking. Here are the recipes that created the boldly original and highly successful restaurant on San Francisco Bay. This book caters to everyone who seeks delight in cooking and eating. Using an extraordinary range of fresh ingredients in imaginative and delicious ways, it shows how to present a feast for the eyes as well as for the palate.



THE GREYSTON BAKERY COOKBOOK: Gourmet Specialties from the Zen Community of New York, by Helen Glassman & Susan Postal, 148pp., illus. #SHGBC \$9.95

"Eighty scrumptious recipes. All are easy to prepare, and the spectacular results belie their simplicity."—*Bon Appetit*

The superb cakes, cookies, pastries, pies, and breads in this book—made with mindfulness and care by the Zen monks who run the Greyston Bakery—contain rich natural ingredients that will satisfy the most demanding gourmet tastes.

INDIAN VEGETARIAN COOKING



MICHAEL PANDYA

INDIAN VEGETARIAN COOKING, by Michael Pandya, 208pp., illus. #ITIVC 10.95

This is a definitive collection of vegetarian dishes covering every aspect of the Indian meal, from a multitude of curries, breads, sauces, and side dishes to desserts, drinks, and appetizers. A tempting array of picnic and party food adds special enjoyment and flair to the art of Indian cooking. The author includes valuable information on Indian herbs and spices and the proper presentation and balance of an Indian meal.

NEW!

RECIPES FROM MOOSEWOOD RESTAURANT, by the Moosewood Collective, 320pp., color photos. #TSNRM \$12.95

200 recipes celebrating the varieties of vegetarian cooking offer an endless array of creative combinations. "Superior, innovative vegetarian cuisine."—*Publisher's Weekly*

LANGUAGE/WOMEN'S STUDIES

LANGUAGE

WOMEN'S STUDIES



ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN, by Melvyn Goldstein. 486pp., #UCETD \$55 cloth. The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. It is essential for everyone who wants to write or speak modern Tibetan. With its 16,000 main entries and 29,000 subentries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

ENGLISH-TIBETAN-CHINESE DICTIONARY, Tashi Tshering. 1233pp., #ETCD \$45 cloth.

The first listing is in English, so it is very easy to find the Tibetan and Chinese equivalents. It consists of about 50,000 lexical items, including derivatives and compounds, with about 15,000 headwords. The author, Tashi Tshering, is a lecturer at the University of Tibet and lives in Lhasa. These books are sent from Lhasa in bur-lap and sometimes show signs of the difficulty of the journey.

MODERN SPOKEN TIBETAN: Lhasa Dialect, by Melvyn C. Goldstein and Nawang Nor-nang. 286pp., #UVMST \$25. This revised version of part one of *Modern Spoken Tibetan* is based very closely on the original 1970 edition. In place of Prof. Goldstein's phonetic system are sentences in Tibetan script. This manual is an introductory course to the Lhasa dialect of spoken Tibetan. There are twenty lessons that comprise the basic patterns of spoken Tibetan and a working vocabulary of about seven hundred words, accompanied by glossaries. It assumes a familiarity with the Tibetan alphabet.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepa Rigzin. 479pp., #LTED \$35 cloth. This is the first such dictionary in English and is based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—the first Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, supplemented from the works of various Tibetan lamas. The work contains 4,000 main entries and over 6,000 subentries, providing Sanskrit equivalents where possible.

A TIBETAN-ENGLISH DICTIONARY (compact edition), Sarat Chandra Das. #MBTD \$19.95. Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with their accepted Sanskrit equivalents, followed by the English meaning. All the technical terms are illustrated with extracts from Sanskrit and Tibetan works.

FORTHCOMING! TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of

Buddhist Texts from Tibetan, by Joe Wilson, Jr., textbook & cassettes, #SLBKTBT \$45, forthcoming 1991.

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 as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. We apologize for the time it has taken to complete this book. We believe it will be well worth the wait.

FEMININE GROUND
Essays on Women and Tibet
Edited by Janice Willis



FEMININE GROUND: Essays on Women and Tibet, Ed. by Janice Willis. 200pp., approx. #SLBKFG \$11.95.

In this volume six western women scholars and practitioners of Tibetan Buddhism come together to explore the issues of "women" and of "the feminine" in Tibet. In a group of critical and provocative essays, they discuss female role models, the nun's life, and gender and role identity as these have manifested in the context of Tibet. By doing so, these essays help to fill a gap in this important area of study; and the volume makes a valuable contribution to several disciplines, including Buddhist studies, comparative studies and women's studies.

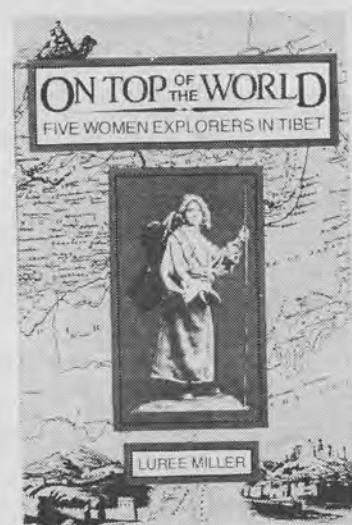
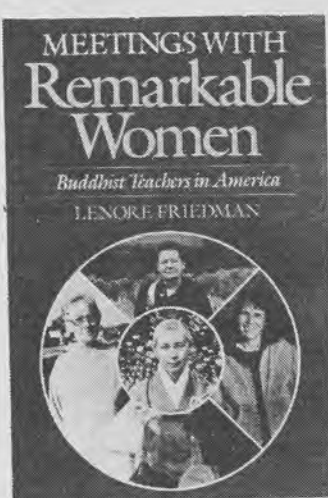
Contents: Jan Willis writes on "Dakini: Some Comments on Its Nature and Meaning" and on "Tibetan Anis: The Nun's Life in Tibet;" Rita Gross on "Yeshe Tsogyel: Enlightened Consort, Great Teacher, Female Role Model;" Janet Gyatso on "Down with the Demoness: Reflections on a Feminine Ground in Tibet;" Miranda Shaw on "An Ecstatic Song by Laksminkara;" Barbara Aziz on "Moving Towards a Sociology of Tibet;" and Karma Lekshe Tsomo on "Tibetan Nuns and Nunneries."

KNOWING WOMAN: A Feminine Psychology, by Irene Claremont de Castillejo. 192pp., #SHKW \$9.95.

In this classic work a noted Jungian analyst explores the division of the psyche into masculine and feminine. The author discusses such topics as the four female personality types—the maternal woman, the companion, the amazon, and the medium—as well as issues such as abortion and aging.

MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America, Lenore Friedman. 250pp., illustrated, #SHMRW \$13.95.

Lenore Friedman presents interviews with seventeen women



teaching Buddhism in America. The women included in the book are of various backgrounds, with a wide range of personalities and forms of teaching.

ON TOP OF THE WORLD: Five Women Explorers in Tibet. 224pp., 26 illus. #MGTW \$9.95 (see Adventure).

SAKYADHITA: DAUGHTERS OF THE BUDDHA, ed. Bhikshuni Karma Lekshe Tsomo. 300pp., approx., #SLBKSD \$14.95. *Sakyadhita: Daughters of the Buddha* is the fruit of the first International Conference on Buddhist Nuns. At this gathering women Buddhist renunciates from East and West talked candidly about their lives—their joys, their problems and their future as Buddhist nuns in the modern world.

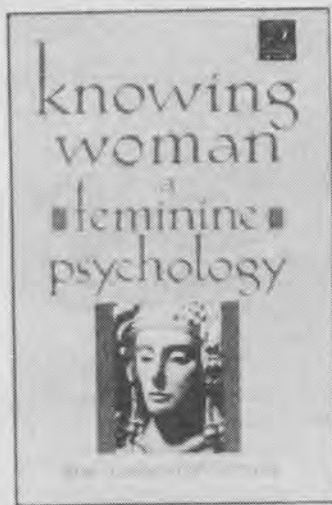
This book aims at linking and encouraging women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment, as well as how to effectively help institute full bhiksuni ordination worldwide and contribute to redressing the gender imbalance as a major step toward planetary well-being.

Out of this historic meeting has grown an international organiza-

DAUGHTERS OF THE BUDDHA



Edited by Karma Lekshe Tsomo



tion called Sakyadhita: International Association of Buddhist Women.

Karma Lekshe Tsomo received a Master's Degree in Asian Studies from the University of Hawaii in 1971 and studied for five years at the Library of Tibetan Works and Archives, Dharamsala. She received bhiksuni ordination in 1982, and is currently studying at the Institute of Buddhist Dialectics in Dharamsala.

SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel, by Dowman. 350pp. #RKPSD \$12.95.

The spiritual practices and evolution of the famous woman saint Yeshe Tsogyel.

THE SPIRAL PATH: Essays and Interviews on Women's Spirituality, by Theresa King O'Brien. 465pp., 22 photos. #YESP \$15.95.

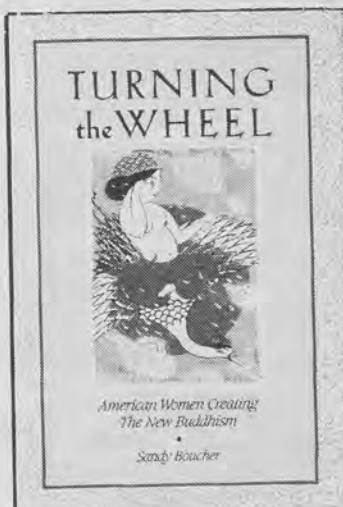
Twenty-two writers including Irina Tweedie, Tessa Bielecki, Brooke Medicine Eagle, Swami Radha, Rabbi Gottlieb, Abbess Hoshino, Mary Giles, and Tenzin Dechin. *The Spiral Path* discusses women's spirituality in all its aspects and applications by those who really live it.

"...Original perceptions of the feminine spiritual quest. Empowers, encourages, enlightens."—*Creation*

NEW! TIBETAN BUDDHIST NUNS, by Hanna Havnevik. 251pp., 16 photos, #OXTBN \$40 cloth. Based on an extensive stay in an exile nunnery in India and on historical research, this study gives a detailed description of the life of Tibetan Buddhist nuns past and present. Chapters include: Women in Buddhist Literature; Nunneries and Nuns in Tibet; Accomplished Nuns; A Tibetan Nunnery in Exile; Cultural Norms and Social Reality; Changes in the Position of Tibetan Nuns in Exile. This book is a limited edition from Norway.

TURNING THE WHEEL, Sandy Boucher. 401pp. #HRTW \$22.95 cloth.

Turning the Wheel presents the



combined insights and experiences of more than 85 women representing the entire spectrum of Buddhist practice. It deals frankly with controversial issues and provides a fascinating firsthand perspective on the many ways that women teach and practice Buddhism.

WOMEN & BUDDHISM, *Spring Wind-Buddhist Cultural Forum*. 400pp. #SWWB \$17.

An interesting collection of articles primarily concerning women's issues in the context of Buddhism. The writers relate their personal experiences and informed views on many topics ranging from feminist ideas about compassion, Buddhist views on abortion, women and monastic life, a history of women in Buddhism, etc.

WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition, by Diana Paul. #UCWB \$12.95.

The various roles and sexual stereotypes played by women within the Buddhist tradition are brilliantly discussed: the temptress, mother, nun, friend, bodhisattvas with and without sexual transformation, Kuan Yin and the female Buddha.

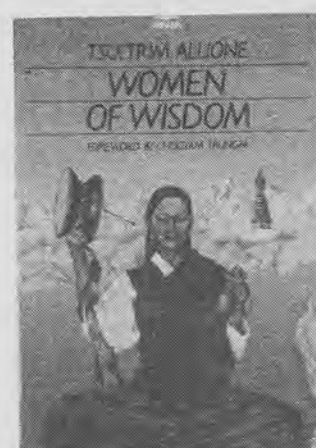
WOMEN OF WISDOM, *Tsultim Allione*. 224pp. #ARWW \$8.95.

The Tibetan women in this collection of biographies will serve as life-models and inspiration to others on the spiritual path.

Hanna Havnevik
Tibetan Buddhist Nuns



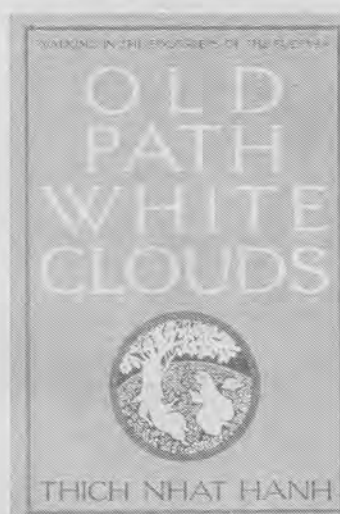
Norwegian University Press
The Institute for Comparative Research in Human Culture



BIOGRAPHY/HISTORY & POLITICS

BIOGRAPHIES

HISTORY & POLITICS



ADVENTURES OF A TIBETAN FIGHTING MONK, compiled by Hugh Richardson. 135pp., #POAFM \$8.95

This engaging story tells the life of Tashi Khedrup prior to 1959: born into a rural Tibetan village isolated from the modern world; ordained as a young boy into one of the great monasteries; maturing in a special realm of this powerful religious cosmos—the world of the Dob-dob, the 'fighting monks' of Tibet. He experiences the futility of the monks' final struggle against Chinese domination, then flees into India, the new world of Tibetan exile.

THE BOY LAMA, by Vicki Mackenzie. 183pp., #HRBL \$9.95 This is the remarkable story of Osel Torres, who at the age of two was identified by the Dalai Lama as the reincarnation of Lama Yeshe, a prominent Tibetan lama who died in California in March 1984. Lama Yeshe contributed greatly to the spread of Tibetan Buddhism in the West. This is a riveting account of Osel Torres, a story filled with mystery, mysticism, humanity and hope.

BUDDHA: His Quest for Serenity, by George Marshall, intro. by Huston Smith. 240pp., #SBBQS \$15.95

"A very meaningful book of the Buddha's life, written as biographies in the West are written, that makes it easy for Americans to accept and venerate him. It gave me a sense for the superior way offered by the Buddha and made it easier for me to enter the gate into the mysteries of Tibetan Buddhism."—letter from a customer

THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche, by McLeod. 101pp., 91 photos & illustrations. #KDCTP \$18.75

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

EMPTY CLOUD: Autobiography of the Chinese Zen Master Xu Yun, trans. by Charles Luk. 244pp., #ELEC \$14.95

When Master Xu Yun died at the remarkable age of 120, he was justifiably recognized as the most eminent Han Chinese Buddhist in the Middle Kingdom. He succeeded in retrieving Chinese Buddhism from abysmal decline and injected fresh vigor into it.

FORBIDDEN JOURNEY: The Life of Alexandra David-Neel, by Barbara & Michael Foster. 320pp., #HRFJ \$12.95

This is the first full-length English biography of the remarkable Alexandra David-Neel, one of the great women of modern times.

THE HISTORICAL BUDDHA, by H.W. Schumann. 274pp., #RKHB \$9.95

This is a "realistic" account of the life and times of the Buddha. The Buddha is treated in a demythologized way—he is discussed in the



context of the age in which he lived and with the political and social conditions which made his mission possible and permitted its success. This is a truly interesting book.

HOUSE OF THE TURQUOISE ROOF, by Dorje Yutok, Edited by Michael Harlin, Foreword by Heinrich Harrer, 300pp., photos #SLBKHT \$14.95

A unique account of the fascinating life of upper-class Lhasa. This very frank and thoughtful autobiography of a Tibetan noblewoman describes life in Lhasa before the Chinese occupation. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister.

The timelessness of this world, its slow but unmistakable modernization, and the abrupt transition brought about by the Chinese invasion are vividly presented. Through all, her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

THE LIFE & TEACHINGS OF CHOKGYUR LINGPA, Orgyen Tobegyal Rinpoche. 70pp., #LTCL \$7.95

A biography of the great tertön of the 19th century as well as descriptions of his revealed treasures, following incarnations and family lineage. One-third of the Rinchen Terzog as practiced in the Karma Kagyu and Nyingma lineages was revealed by him.

THE LIFE OF MILAREPA, by Lobsang P. Lhalungpa. 220pp., #SHLM \$13.95

This biography of Tibet's most renowned saint, poet and mystic, traces the path of a great sinner who becomes a great saint.

NEW!

THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi, by Eva van Dam. 80pp., large format, full-color illus. #SHMLM \$16

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

MASTERS OF ENCHANTMENT, by Keith Dowman, 30 illustrations by Robert Beer. #ITME, \$19.95 oversize paperback

Presented in a beautifully illustrated format are the stories and practices of the great Siddhas—the magicians and saints who founded the lineages of the Tantric tradition. The lives of the mahasiddhas demonstrate that enlightenment is to be found in the most unexpected of circumstances and places, independent of any preconceived notions about behavior or the ultimate nature of reality.

OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha, by Thich Nhat Hanh. 600pp., 40 drawings #PAOP \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitably beautiful style. It traces

the Buddha's life, slowly and gently over the course of 80 years and 600 pages, partly through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and partly through the eyes of the Buddha himself. It brings to life the story of the Buddha in a most vibrant way.

PRINCESS IN THE LAND OF SNOWS, by Jamyang Sakya & Julie Emery. 288pp., #SHPLS \$14.95

This is a vivid firsthand account of life in pre-Communist Tibet. It is the story of a determined woman who overcame great obstacles in order to achieve religious freedom. Jamyang Sakya married into one of the country's most powerful families, the Sakya, spiritual advisers of Kublai Khan and for years rulers of most of Central Asia.

THE SUPERHUMAN LIFE OF GESAR OF LING, Trans. by Alexandra David-Neel & Lama Yongden, Foreword by Chogyam Trungpa Rinpoche. 271pp., #SHSLG \$14.95

The legendary adventures of a great, fearless warrior-king are recounted in this Tibetan national epic. With his magic weapons, riding on his winged horse, Gesar of Ling triumphs over the evil forces of the four directions which would turn people's minds from the sacred teachings that point the way to ultimate self-realization.

A THOUSAND JOURNEYS: Biography of Lama Anagarika Govinda, by Ken Winkler. 128pp., illustrated, #GTTJ \$17.95

Born in Germany at the turn of the century, Lama Govinda developed a reputation for his understanding and practice of Tibetan Buddhism. The author tells the fascinating details of the life and times of a man who was a soldier, artist, poet, pilgrim and especially a lama.

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

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

TO THE LION THRONE, by Whitney Stewart. 55pp., #SLBKTLT \$8.95

This is an exciting and engaging biography of the Dalai Lama which adults appreciate as much as children. "Your book is not only an engaging and enchanting biography of the Dalai Lama for children. I took great delight in reading it as an adult. I never would have had the time to read a long book on this subject."—a customer

"Whitney does a fine job of integrating information about Buddhist beliefs and Tibetan political history, both of which are crucial to an understanding of the Dalai Lama's life."—Booklist

THE WHEEL OF LIFE: The Autobiography of a Western Buddhist, John Blofeld. 305pp., #SHWOL \$18.95

This spiritual autobiography of a noted scholar of Buddhism and Taoism ranges from humorous anecdotes to profound philosophical observations, from informative descriptions to magical tales of wisdom. John Blofeld (1913–1987) describes his early life in England, his years in prerevolutionary China, and his travels through Tibet, India, Burma, and Mongolia. With honesty and humility he portrays both the joys and the disappointments of the spiritual quest.

The Status of Tibet

History, Rights, and Prospects in International Law

Michael C. van Walt van Praag



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

ESSENTIAL ENVIRONMENTAL MATERIALS ON TIBET, by the International Campaign for Tibet. 72pp., #ICEEM \$5

Articles on deforestation, exploitation of natural resources and industry, grasslands and overgrazing, wildlife, nuclear and toxics, conservation strategies as well as several overviews of the Tibetan environmental crisis.

FORBIDDEN FREEDOMS: A Report by the International Campaign for Tibet On Beijing's control of Religion in Tibet. 100pp., #ICFF \$6

"An excellent contribution to understanding the continuing religious persecution in Tibet. I encourage all those concerned with China's policies in Tibet and the survival of Tibetan Buddhism to read this."—The Dalai Lama

GOVERNMENT RESOLUTIONS & INTERNATIONAL DOCUMENTS ON TIBET, #ICGR \$5

This volume contains the most important political documents on Tibet since the Chinese invasion. The book is essential background for all those working to promote justice in Tibet. Included are: The Dalai Lama's Peace Proposals; Government resolutions condemning China; United Nations resolutions; and much more.

IN EXILE FROM THE LAND OF SNOWS, by Avedon. 386pp., #RHELS \$14.95

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.



THE RENAISSANCE OF TIBETAN CIVILIZATION, by Christoph von Furer-Haimendorf. 121pp., 65 illus., #GTRTC \$11.95

This is an inspiring story of the power of courage and hope—the story of refugees who arrived destitute at the frontiers of India and Nepal, yet a mere forty years later had managed to rebuild the essential patterns of Tibetan culture in exile as a legacy for the future. "It is very welcome... especially since it is from the pen of a distinguished anthropologist. I warmly recommend the work."—Dr. Robert Thurman.

SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal, by Ann Ambricht Forbes. 184pp., photos, #CSSH \$10



This is the story of the Tibetan refugees who resettled in Nepal. Because of the unique confluence of eastern & western influences here, the refugees are forced to make choices that more isolated refugees have yet to encounter. Their efforts to balance the age-old traditions of Tibetan culture with the pressures and opportunities of an increasingly mechanized world are thus a harbinger of future challenges to be faced by all Tibetans.

NEW PRICE!

THE STATUS OF TIBET: History, Rights, and Prospects in International Law, by Michael C. van Walt van Praag. 450pp., #WVST, was \$32.50, now \$24.95 cloth

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.

SUPPRESSION OF A PEOPLE: Accounts of Torture and Imprisonment in Tibet, A Physicians for Human Rights Report, by John Ackerly & Dr. Blake Kerr. #ICSP \$5

Describes the prisons around Lhasa, details prison life and torture, the medical effects of torture, and the Chinese attitudes.

TIBET: A Political History, by Tsepon W. D. Shakabpa. 369pp., #POTPH \$15.00

Essential reading for anyone interested in Asian affairs.

TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights. 384pp., 17 photos and illus. #POTFA \$15

This is an unbiased and powerful account of China's invasion, occupation, and continuing campaign to obliterate Tibetan religion, culture and national identity. Accepted as a standard reference on Tibet, it is a "must read" for all those interested in Tibet.

TIBET TODAY: Current Conditions and Prospects, John Avedon. 32pp., #WIBKTT \$3.95

John Avedon assesses the legacy of nearly forty years of Chinese rule in Tibet, and looks at the future prospects of survival for Tibet as a nation with its own unique cultural identity.

NEW!

THE ANGUISH OF TIBET, Ed. by Petra Kelly, Ger Bastian, & Pat Aiello. 240 pp. #PAAT \$14 Since the 1950s when China invaded and occupied Tibet, more than 1 million Tibetans have died, and nearly all of the 6,000 monasteries have been destroyed. This is a collection of writings describing this horrific situation and the inspiration of the Dalai Lama's commitment to nonviolence in the face of this adversity. A definitive book on the situation in Tibet.

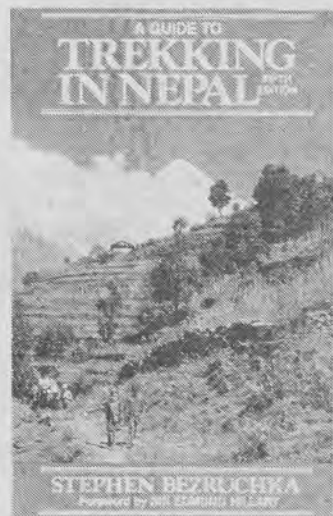
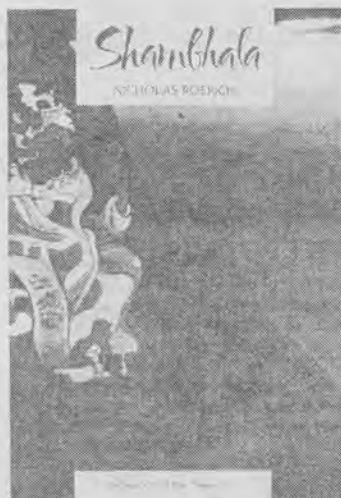
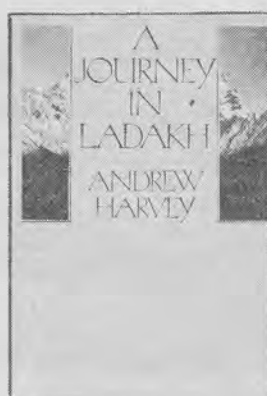
ADVENTURE/TRAVEL

India

a travel survival kit



horizon press



BUDDHIST AMERICA: Centers, Retreats, Practices, Don Morreale, ed., 360pp. 48 photos, #JMBA \$12.95

Over 500 centers in N. America are described in this "must have" directory of Buddhist centers. Contains all pertinent details down to diet and the experiences of participants. An introduction by Jack Kornfield is followed by many other essays and then pages describing Theravadin, Mahayana, Vajrayana and other Buddhist centers.

A GUIDE TO TREKKING IN NEPAL, by Stephen Bezruchka. 352pp. #MGGTN \$12.95
This is the essential guidebook for anyone planning a visit to Nepal for trekking or climbing.

HEART OF ASIA: Memoirs from the Himalayas, by Nicholas Roerich. 192pp. #ITHA \$10.95
One of the world's great artists, visionaries and humanitarians, Nicholas Roerich is best known for his Himalayan landscapes. This book, in exquisite detail, describes

his expeditions through Central Asia where he sketched, painted and studied the people and places with the same richness, vigor and brilliance that have made his paintings famous.

INDIA: A Travel Survival Kit, by Crowther, Raj and Wheeler. 792pp. #LPITSK \$19.95

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? The facts are all in this definitive guide.

A JOURNEY IN LADAKH, by Andrew Harvey. 236pp. #HMJIL \$8.95

An exceptional and very well-written book, one whose magic is compounded by a singular blending of the wondrous and the commonplace, the sacred and the humorous.

NEW!

LHASA: The Holy City, by F. Spencer Chapman. 342pp., many rare photos #MBL \$27 cloth
This is a beautiful first-hand account of Lhasa just after the time of the 13th Dalai Lama, when the capital was at its peak. The accounts of the city, its great monasteries, festivals and the fascinating Potala Palace are truly magnificent.

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

ON TOP OF THE WORLD: Five Women Explorers in Tibet. 224pp., 26 illus. #MGTW \$9.95
In the late 1800s, when women were bound by both cumbersome clothing and strict Victorian morals, five remarkable women explorers went on the ultimate adventure—to Tibet.

SEVEN YEARS IN TIBET, by Harrer. #SMSYT \$8.95

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

SHAMBHALA: In Search of the New Era, by Nicholas Roerich. 328pp. #ITS \$10.95

Nicholas Roerich evokes the coming of Shambhala, the new era of human achievement and destiny through the experiences of his travels through Central Asia and Tibet. He reveals the many facets of the theme of Shambhala in chapters on Buddhism, Tibetan art, desert cities, subterranean dwellers and the Great Mother.

TIBET, by Elisabeth Booz. 208pp. #PATIB \$12.95

Tibet provides essential practical information about Lhasa—the principal city of business and devotion—and places far beyond. Contains many beautiful color photographs!

TIBET: A Travel Survival Kit, by Buckley and Strauss. #LPTSK \$7.95

Contains many color photos and useful descriptions of the region.

TO LHASA AND BEYOND, by Giuseppe Tucci. Foreword by His Holiness the Dalai Lama 193pp. 24 photos #SLBKTLB \$14.95

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

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

"A classic valued for its lucid descriptions of Tibetan religious culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*

"...provides excellent reading for anyone contemplating a visit to Central Tibet. It helps travelers to put what they see in a historical and cultural context so that they can understand it better and appreciate how much of profound value has been lost in Tibet. In addition to his profound knowledge of Tibetan history and culture, Tucci brings to bear on his subject a deep personal interest and empathy. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum.

TREKKING IN NEPAL, WEST TIBET AND BHUTAN, by Hugh Swift. 420pp., 14 maps, photos, #SCNTB, \$14.95

This Sierra Club Adventure Travel Guide is essential for the novice or veteran visitor. It provides a history of Himalayan trekking and covers natural history, scenic attractions, and cultural sites, peoples, and events. There is lots of info on preparing for travel and other practical guidance. It covers Tibet's 'Wide Open West' (including Mt. Kailas, the headwaters of the Indus river, and the lost cities of Tsaparang and Toling).

THE WAY OF THE WHITE CLOUDS: A Buddhist Pilgrim in Tibet, by Lama Anagarika Govinda. 305pp. #SHWWC \$15.95
An account by Lama Govinda of his mystical pilgrimage through Tibet.



NEW! FOR THE "YEAR OF TIBET"

WISDOM AND COMPASSION: The Sacred Art of Tibet, by Marilyn Rhiie & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12", #ABWC \$60

This landmark volume illustrates, explains, and celebrates 160 of the finest and most beautiful examples of Tibetan sacred art. Drawn from museums and private collections around the world, almost half of the pieces have never before been published, nearly all are reproduced here for the first time in color.

The text offers unprecedented insights into the religious meaning and use, iconography, and aesthetics of the tangka paintings, sculptures, and mandalas pictured. The art spans 1000 years from the 9th through the 19th century and was created to accompany the most comprehensive exhibition of Tibetan art ever seen in the West. Opening at the Asian Art Museum of San Francisco in April and New York in the fall.

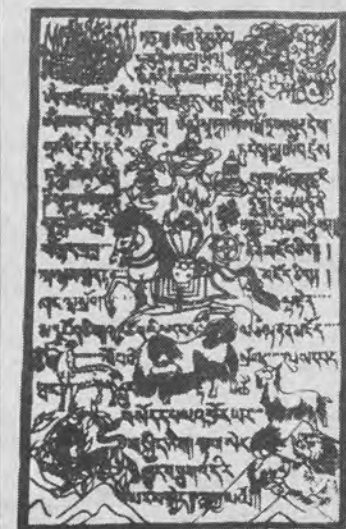
MAPS



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Kathmandu Valley: 1:50,000 #MLKV \$11.95
Khumbu Himal: 1:50,000 #MLKH \$11.95

OTHER MAPS
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With trekking routes and Lhasa city map.

Map of Tibet, 1919 w. Tibetan script \$12
Kathmandu City: 1:10,000 #MLKC \$6.95
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OM MANI PADME HUM, 18 x 18", Carmine #LFMANI

TIBETAN OM, 18 x 18", Carmine #LFTOM

VAST LUCK, 20 x 20", peacock blue #LFVL

The four propitious animals and four auspicious symbols with Om in the center of a double vajra.

ART & PHOTOGRAPHY

EARLY TEMPLES CENTRAL TIBET



ARTISTIC FORM AND YOGA IN THE SACRED IMAGES OF INDIA, by Heinrich Zimmer. 320pp., 30 pages of plates. #PRAF \$14.95

This is the clearest introduction to the essence of Indian art and yoga for both the specialist and general reader. It unfolds the meaning of mandalas and yantras. "The book is as vital today as it was the year it was written, still unmatched for the eloquence of its recognition and celebration of this inspiration of Indian art."—Joseph Campbell

BUDDHIST ART OF THE TIBETAN PLATEAU, ed. by Liu Lishong. 358pp., 13" x 10 1/2", 665 color photos, #CBBA \$100 cloth

Published by China Books, this collection captures some of the most beautiful art to be found at the Buddhist Monasteries in Tibet. Divided into sections covering architecture, sculpture, painting, relics and monastic activities. The text is written from the Chinese viewpoint of Tibet.

BUDDHIST ICONOGRAPHY, by Tibet House. 247pp. plus 73 plates, #TIBI \$18.95.

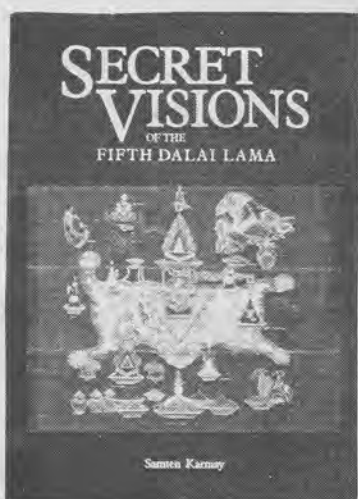
Buddhist iconography holds an unique position in the spiritual and cultural life and tradition of the Tibetan people. Its study is one of the best ways of understanding Buddhism. Tibet House of New Delhi published this comprehensive survey of the history, significance, philosophy, symbolism, variety and impact of Buddhist iconography.

CRAFTS OF KASHMIR, JAMMU & LADAKH, by Jaya Jaitly & Kamal Sahai. 228pp., 170 full-color photos, 10 x 10" #ABC \$55 cloth

Crafts introduces us to the almost unbelievable creativity of this region's people. In this sophisticated and splendidly illustrated book, scholars and artists with an intimate knowledge of the area write about the lives of Buddhist, Hindu and Muslim craftspeople, their methods of production and the historical context of their designs.

EARLY TEMPLES OF CENTRAL TIBET, by Roberto Vitali. 208 pp, 85 color plates, 25 b&w photos, large format #SPET \$65 cloth

This book records little-known monuments and artistic styles that have barely survived the effects of time and the Chinese occupation. The photographs are of Tibetan Buddhist paintings and statues in half-a-dozen temples. Kachu (728-39 AD) is the only temple known to have survived from the Yarlung dynasty and contains the oldest known statues in Tibet. Yemar and Drathang bear witness to the resurrection of Buddhism in the 11th century and which provided the foundation for Tibet's culture until recent times. A little-known chapel in the Jokhang Temple provides evidence for the early history of this famous site up to the 12th century when the various Tibetan religious schools were established. Shalu is a temple which mirrors in its artistic styles



the relations between Tibet and China during the Yuan rule of the country in the fourteenth century. The nine-storeyed stupa of Riwoche with its many painted chapels record the art of the 14th and 15th centuries. This book contains a very rare collection of art and is recommended by us.

THE HIMALAYAN JOURNEY OF BUDDHISM, by Nancy M. Gettelman. 96pp., 133 photos in full-color & black & white, oversize. NGHJB \$14.95

A highly illustrated account of the birth of Buddhism in India and how it spread to Nepal, Tibet, Sikkim, and Bhutan.

KATHMANDU: City at the Edge of the World, by Thomas Kelly & Patricia Roberts. 204pp., 10 x 10", 200 full-color illus. #ABK \$49.95

This is another great photography book from Abbeville. Kathmandu, one of the most exotic and cosmopolitan cities is captured here in all its charming facets: lamas and pilgrims, mountains and valleys, copper pagoda roofs, merchants, natives, the religions and temples.

LHASA: Tibet's Forbidden City, by Christine & Frank Brignoli. 107pp., 11 x 11 1/2", 79 color illustrations #SLBKL \$29.95 cloth

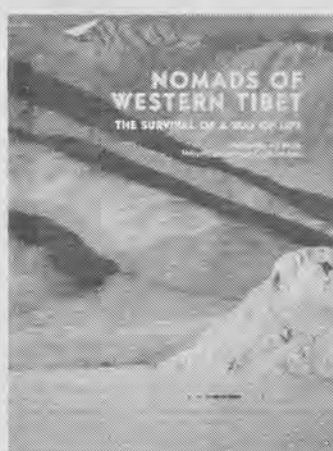
The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this coffee-table book of photos. The daily life of the Tibetans in and about Lhasa is well-documented with special emphasis on the majestic Potala Palace, the lively Barkhor area, the sacred Jokhang temple, Norbulingka Summer Palace of the Dalai Lama, and the massive Drepung and Sera Monasteries. Christine & Frank Brignoli are photojournalists who have lived many years in the Middle East and traveled extensively in Asia and Europe. They currently reside in Egypt.

NEW! THE MONASTERIES OF THE HIMALAYAS: Tibet, Bhutan, Ladakh & Sikkim, by Suzanne Held. 10 x 12" #MLMH \$40

An unusually good photographic account of Himalayan Buddhist monasteries. Suzanne Held portrays in large photographs the monastic life, art, architecture, rituals, dances and colorful festivals of the Tibetan people in this region.

MY TIBET, by the Dalai Lama & Galen Rowell. 168pp., oversize cloth edition, 108 color photos. #UCMT \$35

His Holiness the Dalai Lama and Galen Rowell have produced a great photographic study of Tibet. Galen is well-known for his Sierra Club books. His photos of Tibet are unlike any we've seen before. They are remarkable in quality and composition. His Holiness has written the captions for the photos and also six essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.



NOMADS OF WESTERN TIBET: The Survival of a Way of Life. 192pp., 190 color photos, #UCNWT \$17.95 paper

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

A PORTRAIT OF LOST TIBET, by Rosemary Jones Tung, Photographs by Ilya Tolstoy & Brooke Dolan. 224pp. #SLBKPLT \$15.95

A Portrait of Lost Tibet is alive with fascinating details painted by two obviously curious, scientifically-minded, observant explorers... the pictures here are grand."—*The Fessenden Review*

Tibetan culture, just before its extensive destruction during the Chinese occupation, is evoked in these 131 rare and handsome photographs. *A Portrait of Lost Tibet* gives an unforgettable glimpse into this exotic land, as recorded by Brooke Dolan and Ilya Tolstoy (grandson of the writer), as they traveled through the country in 1942 on a diplomatic mission for the Allies. Their ten-month trek produced thousands of photographs that represent the best pictorial study of Tibetan civilization in existence.

"...the houses, nomads, monks and monasteries, religious ceremonies and mountains of the high plateau offer a poignant glimpse of what once was."—*The Washington Times*

"This may be the finest pictorial representation to date of Tibetan culture and customs."—*Religious Humanism*

Rosemary Jones Tung, Professor of Oriental Art History and student of Tibetan Buddhism, has traveled widely in the Far East and was a curator of the Jacques Marchais Center of Tibetan Art.

THE RELIGION OF ART, by Sangharakshita. 170pp., #SBRA, \$11.95

True religion and true art should both aim to expand our consciousness, to give access to states of heightened awareness.

THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas, by Russell Johnson & Kerry Moran. 128pp., 116 color plates, 8 3/4 x 10 1/2", #ITSMT, \$19.95 paper

Spectacular photography and vivid narrative provide a journey through the stunning Himalayan scenery to the majesty of Kailas, Asia's most sacred mountain. This sublime, snow-clad pyramid of rock has been visited by pilgrims for more than a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape and reveal the vitality and determination of the pilgrims. Moran describes their path in which every step has its own legend and every feature of the landscape its own divinity.

SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, by Samten Gyaltsen Karmay. Measures 10 x 14 1/2", 260pp. (104pp. color illus.) #SPSV \$190

This beautifully painted tantric manuscript recounts the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyatso (1617-1682). A new discovery, it was hitherto totally concealed from Tibetans and others alike. Recently acquired for the Fournier Collection, it is only now that this extraordinary document has come to light and is available for study.

The Fifth Dalai Lama was a skillful politician and outstanding statesman. With the publication of the Gold Manuscript, another aspect of the life of this great ruler is now unveiled: an inner world of profound mysticism, magical powers and often disturbing theophanic visions.

The manuscript is thus also a precise manual of ritual practice and ritual paraphernalia as well as a unique artistic masterpiece.

TEMPLE, HOUSEHOLD, HORSEBACK: Rugs of the Tibetan Plateau, by Diana Myers. 111pp., large format, 83 b&w and color photos #TXXTH \$27.50

Tibetan rugs are significant not only for their rarity but also for the unique role they performed as objects of both the sacred and the secular realms. They were used in temples, in homes of rich and poor alike, and on horseback. The rugs are notable for their supreme, lively sense of rhythm and color. This book contains rugs from the first major exhibition devoted exclusively to Tibetan rugs which took place at the Textile Museum in Wash., D.C.

THREE KINGDOMS ON THE ROOF OF THE WORLD: Bhutan, Nepal, Ladakh, by Robert Apte. 128pp., oversized, 147 full-color photos. #PATK \$35

The beautiful photographs and engaging text draw us into the heart of this traditional culture, giving us glimpses of the people, magnificent landscape, art, religion, architecture, and everyday village life.

SPECIAL OFFER FOR YEAR OF TIBET!

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

"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book and feel confident that it will give a glimpse of Tibet to those who have not visited our country."—His Holiness the Dalai Lama

Pietro Francesco Mele is regarded as one of the world's most outstanding photographers. He was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci, one of the greatest authorities on Tibetan history, literature and religion. This opportunity gave Mele a unique opportunity to partake of Tibetan life. This book presents a series of photos that exemplify Tibetan culture. Each page frames a facet of the Tibetan people and Tibetan landscape.

In his introduction, Michael van Walt, Dutch expert in international law, updates the reader on the major events in Tibet that have occurred since Mele traveled there: cataclysmic changes have drastically altered the face of Tibet, making this book's record historically valuable as well as artistically beautiful.

TIBET: A Lost Civilization, by Simon Normanton. 192pp., b&w photos throughout, 8 1/4 x 11". #VPTLC \$40 cloth

Simon Normanton has skillfully

woven together the firsthand accounts of the early expeditions (from Younghusband's to Lhasa in 1904 through Heinrich Harrer's in 1952), adding remarkable early photographs—few of which have ever before been seen—to bring to life the discovery of Lhasa and the various ancient religious ceremonies, festivals, and customs of a unique civilization.

TIBETAN COLLECTION: Sculpture and Painting, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208pp. #NM-3 \$20

Contains photos of sculpture, including metal, wood, ivory, lacquer, stone and clay; thangkas, including painted, applied and embroidered examples; wall paintings; and 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 THANGKA PAINTING: Methods & Materials, by David P. & Janice A. Jackson with appendix by Robert Beer. 216pp. 8-1/4" x 11-3/4" #SLBKTTT \$24.95

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

This extraordinary handbook for artists and art historians has been newly updated with a unique section, unavailable elsewhere, of valuable guidelines for thangka painting using modern techniques and materials. The highly respected thangka painter, Robert Beer, has also added many line drawings of the primary deities to show the geometrical proportions.

Tibetan Thangka Painting is the first detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind each completed figure.

It includes a description of the pigments, and how they are mixed and applied. The theories underlying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figure proportions.

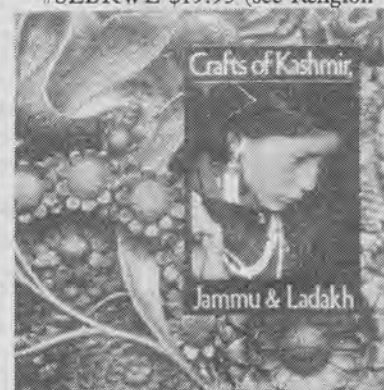
A wealth of drawings and photographs illustrates each step, and the many line drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

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

THE TIGER RUGS OF TIBET, ed. by Mimi Lipton. 191pp., large format, 108 color plates and 50 illustrations, #WNTRT \$50

Owned by the Tibetan elite, who used them both to sit on and to cover their luggage on journeys, tiger rugs are very rare—there are possibly fewer than two hundred in existence. Here are 108 of them in full color and accompanied by four essays by specialists on carpet art.

WHITE LOTUS: An Introduction to Tibetan Culture, Ed. by Carole Elchen. 240pp., 38 color and 70 black & white illus. #SLBKWL \$19.95 (see Religion)



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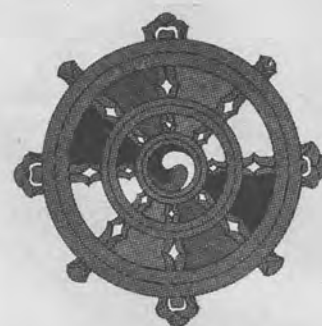


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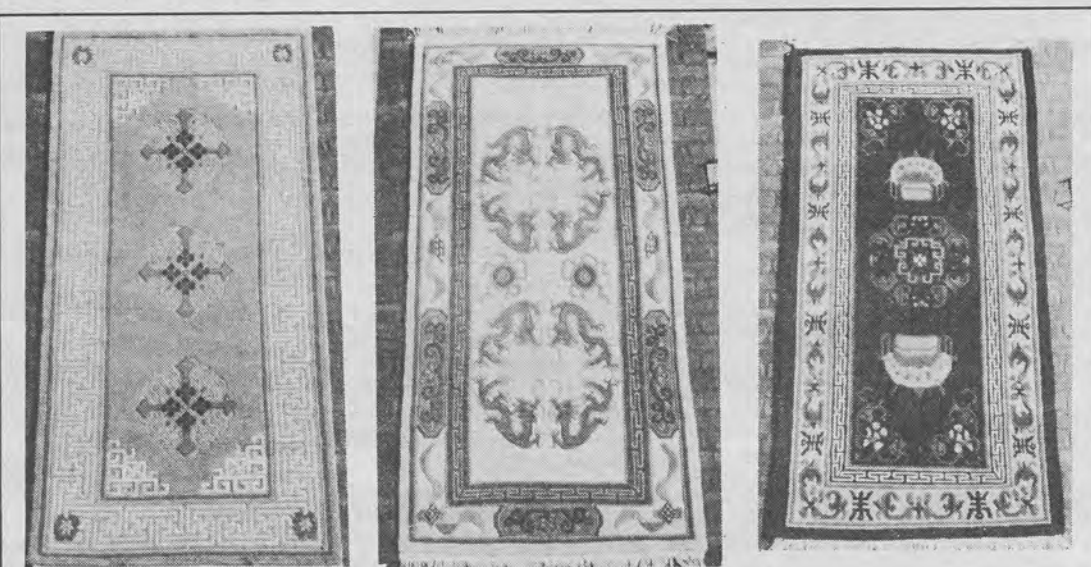
Your ad will reach nearly 20,000 people interested in Buddhism, Tibet and Himalayan culture. The rates are very low and the editors appreciate being able to convey your message to Snow Lion's readers. Contact us for a specifications sheet.

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NEW! SHIPMENT OF EXQUISITE HAND-WOVEN 100% WOOL TIBETAN CARPETS

Encouraged by the response that we have received to our Tibetan carpets, we have now commissioned the manufacture of beautiful high-quality traditional style carpets. The designs selected were from photos of carpets in museum publications we've been admiring but were unable to find. Tibetan weavers were located who could produce them. We don't think you have seen carpets like these before since weavers have, for some time, been selling de-

signs that are more mass-marketable but lack the refined look of these new carpets. You may be interested to know that a number of these are hard-to-find Tibetan Tiger Rugs.

The new carpets vary in pile density and the price varies according to this and according to the size (most are approximately 3 x 6'). Please contact us for photos of available carpets. Prices will begin at \$450.



MO: Tibetan Divination System

By Mipham

Trans. & ed. by Jay Goldberg

Illus. by Doya Nardin

The MO is to Tibet what the I-Ching is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri

mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The volume begins with an introduction by H.H. Sakya Trizin, one of the most highly esteemed Tibetan lamas who is proficient in this system. This is a unique item, never before made available to Westerners.

"This translation together with the beautiful paintings created for the west, presents to the English-speaking world another addition to the accurate and growing body of literature concerning our land of Tibet."—H.H. Sakya Trizin

Box contains:
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Snow Lion Publications



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by Thubten Chodron

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—Ven. Thich Nhat Hanh

This introduction to the Buddhist world-view by an American Tibetan Buddhist nun focuses on the practical application of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, the author sets forth the fundamental points of the path taught by the Buddha for transforming habitual attitudes and realizing our full human potential.

"...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language."

—His Holiness the Dalai Lama.

Snow Lion Publications

ISBN 0-937938-87-4
180 pp., \$9.95

RELIGION & PHILOSOPHY



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

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

ART OF HAPPINESS: Teachings of Buddhist Psychology, by Mirko Fryba. 368pp. illus., #SHAH, \$15.95

Based on the earliest works of Buddhist psychology and philosophy (Abhidharma), this book offers advice and 30 practical techniques for nurturing one's innate capacity for happiness. True happiness, the author states, cannot be manufactured or conjured up but arises spontaneously when one is freed from external conditioning.

NEW!

THE ART OF TANTRA, by Philip Rawson. 216pp., 169 illus., 25 in color #NDAT \$11.95

In this comprehensive survey of tantric art, an engaging text and a striking collection of illustrations reveal much that is normally hidden about the methods of tantra and the theory behind them. Both Buddhist and Indian tantra are explored and there is much to think upon in this well-written book.

ARYASURA'S ASPIRATION AND A MEDITATION ON COMPASSION, by H.H. the Dalai Lama, trans. Brian Beresford. 148pp. #LTAA \$6.95

A bodhisattva's aspirational prayer in seventy stanzas by Aryasura is supplemented by a rare commentary. It also contains a sadhana on the inseparability of the spiritual master and Avalokiteshvara, and a discourse by the Dalai Lama on the activation of compassion and bodhicitta (includes Tibetan text).

ASPIRATIONS JOURNAL, #AMAJ \$7.95

This is a wire-bound journal for recording reflections or taking notes. It measures 7 x 10" and has a Tibetan lama blowing a horn on the cover.

BEING NOBODY, GOING NOWHERE, Ayya Khema. 192pp. #WIBKBN \$12.95

Based on a ten-day meditation course in Sri Lanka by a Western Buddhist nun, *Being Nobody, Going Nowhere* is full of clear, helpful instructions on meditation and mindfulness, and all the essential points of the Theravadin Buddhist path.

BEING PEACE, Thich Nhat Hanh. 115pp. #PABP \$8.50

Thich Nhat Hanh, poet and Zen master, was nominated by Dr. Martin Luther King, Jr. for the Nobel Peace Prize. Emphasizes the importance of being peace in order to make peace.

NEW!

BUDDHA NATURE, by Sallie B. King. 205pp. #SUBN \$12.95 This is a translation and discussion of Vasubandhu's *Buddha Nature Treatise*. The author defends the Buddha nature as being a Buddhist concept and not a form of



monism akin to Hindu thought. "King's work combines Buddhological detail with relevant philosophical concepts and distinctions. Buddha nature is one of the most important concepts in Mahayana Buddhism."—Frank J. Hoffman.

THE BODHGAYA INTERVIEWS 1981-85, by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104pp. photos, #SLBKBI \$8.95 (see Dalai Lama section).

BREATH! YOU ARE ALIVE, by Thich Nhat Hanh. 72pp. #PASAB, \$6.00

This is one of the main meditation texts of early Buddhism in a new translation and commentary: "I am breathing in and making my whole body calm and at peace. It is like drinking a cool glass of lemonade on a hot day and feeling your body become cool inside. When you breathe in, the air enters your body and calms all the cells of your body. At the same time, each 'cell' of your breathing becomes more peaceful and each 'cell' of your mind also becomes more peaceful. The three are one. This is the key to meditation. Breathing brings the sweet joy of meditation to you."

BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo, Tulku Thondup Rinpoche, Ed. by Harold Talbott. 482pp. #SLBKBM \$18.95 paper, #SLBKBMC \$28.95 cloth

"Tulku Thondup Rinpoche has performed a service of inestimable value for all serious students of Buddhist thought. One of Tibet's greatest philosopher-sages, Kunkhyen Klong-chen-pa is here made accessible to the specialist and interested non-specialist in a manner that is authoritative, comprehensive and clear. . . This book fills a major gap."—Matthew Kapstein, *The University of Chicago*

Buddha Mind is an anthology of writings on Dzogpa Chenpo (Dzogchen) by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingmapa School of Tibetan Buddhism. Dzogpa Chenpo is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. Dzogpa Chenpo employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddha Mind or Buddhahood itself.

Buddha Mind has two parts. The first half of the book is an introduction which summarizes Buddhist teachings characterizing the common exoteric view through to the resultant perspective and practice of the Dzogpa Chenpo proficient. Every point is extensively illustrated with quotations from the scriptures and early writings.

The second part is an anthology in thirteen sections. It addresses topics beginning with the basis of



delusion up to the attainment of Buddhahood. It also includes a detailed biography of Longchen Rabjam.

Tulku Thondup Rinpoche was born in 1939 in Eastern Tibet. At age four he was identified as the rebirth of a great Lama named Konme Khenpo. At six he began his training at Dodrup Chen Monastery, and after years of study attained the degree of Dorje Lopon (Vajracarya). He has taught in Indian universities and from 1980-83 was a visiting scholar at Harvard. Presently, he is writing on Tibetan Buddhism and translating Nyingmapa scriptures under the auspices of the Buddhayana Foundation.

BUDDHA NATURE: The Seed of Happiness, Ven. Thrangu Rinpoche. 180pp. #ESBN \$13.95 *Buddha Nature* expounds in a simple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.

BUDDHISM IN THE TIBETAN TRADITION: A Guide, Geshe Kelsang Gyatso. 132pp. #RKBT \$10.95

THE BUDDHIST I CHING, Trans. by Thomas Cleary. 290pp. #SHBIC \$13.95

The Buddhist I Ching is the only full-length interpretation of the I Ching by a Chinese Buddhist meditation master. Chih-hsu Ou-i (1599-1655) offers three levels of interpretation: social, Buddhist, and meditational.

NEW!

BUDDHIST REFLECTIONS, by Lama Anagarika Govinda. 256pp., #WEBR \$14.95

Written shortly before his death in 1985, Lama Govinda provides a rich overview of Buddhism with much food for thought for the Western student.

CHANDRAKIRTI'S SEVEN-FOLD REASONING, by Wilson. 69pp. #LTCR \$4.95

An astute discussion on emptiness and selflessness.

CHOOSING REALITY: A Contemplative View of Physics and the Mind, by B. Alan Wallace. 216pp. #SHCR, \$15.95

How shall we understand the relationship between reality as we experience it and reality as science describes it? In examining this question, Alan Wallace discusses two opposing views: the 'realist' view, which argues that scientific theories represent objective reality, and the 'instrumentalist' view, which states that our human concepts cannot presume to describe what exists independently of them. Finding both inadequate, the author goes on to explore a middle way between the two and shows the relevance for modern physics of Buddhist contemplative methods of investigating reality.

THE CHRIST AND THE BODHISATTVA, Donald S. Lopez, Jr. & S. G. Rockefeller, Editors. 274pp. #SUCB \$17.95

The contemporary significance of the Christ and the Bodhisattva is explored in essays by theologians and Buddhist scholars. Langdon Gilkey, Brother David Steindl-



Rast, and Ann Belford Ulanov examine the significance of the Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA, by Geshe Lobsang Tharchin. 80pp. #SLBKCGY \$7.95

Guru yoga is one of the most accessible and profound practices for spiritual development. By his words and living example, the teacher serves as the representative of the Buddha's doctrines. The guru, as a spiritual friend, helps students to discover their own Buddha-nature; by their practice of guru yoga meditation the enlightened qualities of the Buddha become their own.

The guru yoga text used here consists of 12 short verses which guide the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin unfolds the meaning of the verses in his commentary and gives precise instructions for their practice.

No matter what path one follows, the only way that one can actually achieve Buddhahood is through accumulating enlightening power, and mandala offering is a most effective practice for this purpose.

Here, for the first time in English, are presented the three forms of mandala offering:

- outer mandala—the symbolic world
- inner mandala—one's own body
- secret mandala—the offering of the two minds, that of the altruistic aspiration to enlightenment and the wisdom that perceives emptiness. This last offering is reserved for tantric practitioners.

COMPASSION IN TIBETAN BUDDHISM, Trans. & Ed. by Jeffrey Hopkins Co-ed. by Anne Klein. 263pp. #SLBKCTB \$10.95

Practical methods for generating compassion according to oral and written traditions of Tibetan Buddhism are clearly presented in this compelling work.

Part One: "Meditations of a Tantric Abbot" by Kensur Lekden (1900-71), former abbot of the Tantric College of Lower Lhasa, Tibet. 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.

Part Two: "Way of Compassion" is a work by Tibet's great 14th century yogi/scholar Tsongka-pa entitled "Illumination of the Thought". In a philosophic as well as practical context the importance of compassion at all levels is surveyed, detailing its types, and describing the deeds motivated by it.

...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 Kensur Lekden."—Prof. David Komito, *Journal of the American Academy of Religion*

A COMPENDIUM OF WAYS OF KNOWING, A-kyä Yong-dzin Yangchen Gawai Lodro. 67pp. #LTCWK \$2.95

A CONTINUOUS RAIN TO BENEFIT BEINGS, by 15th Karmapa. 33pp. #KKCR \$5.00 This commentary by the 15th Karmapa on Tang Tong Gyalpo's work on the meditation and mantra of Supreme Compassion is a supporting text recommended for students wishing to perfect the practice of Chenrezi.

NEW!

CRAZY WISDOM, by Chogyam Trungpa. 160pp. #SHCW \$13

Trungpa Rinpoche shows how to meet the challenges of life with unconventional wisdom. "Crazy wisdom" is an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. Drawing on the life of Padmasambhava, he illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.

THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen, by Namkhai Norbu, Compiled and Ed. by John Shane. 176pp. #RKCWL \$12.95 This popular book examines the various levels of the spiritual path from the point of view of the highest teaching.

CULT OF TARA: Magic and Ritual in Tibet, by Beyer. 542pp. #UCCT \$16.95

The practices and philosophic basis of tantra and in particular the Tara Tantra are featured: initiation and ritual service; offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism, by Geshe Sopa & Jeffrey Hopkins. 376pp. #SLBKCTAP \$15.95 paper

Here is an authentic presentation of the fundamental aspects of the practice and theory of Tibetan Buddhism, set down in a beautiful text especially useful to those interested in the study and practice of this tradition. The first part of the book, a meditation manual written by the Fourth Pan-chen Lama (1781-1852), covers much of the daily practice of Tibetan monks and yogis. It details how to prepare for and how to conduct a meditation session that contains within it the important essentials of the entire scope of the Buddhist path.

The second part presents a solid introduction to the theory behind the practice. Written by Gonchok-jik-may-wang-bo in the eighteenth century, it covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. The topics include the two truths, conscious-

RELIGION & PHILOSOPHY

Dagger Blessing



ness, the hindrances to enlightenment, the paths to freedom, and the fruits of practice.

Geshe Lhundup Sopa is a top-rank recipient of the highest degree of traditional Tibetan studies from Sera Monastic University in Lhasa. He is now professor of South Asian Studies at the University of Wisconsin, near which he founded the Evam Monastery and the Deer Park Center for the study of Indo-Tibetan Buddhism.

Jeffrey Hopkins is professor of Indo-Tibetan Buddhist Studies at the Univ. of Virginia, where he is also Director of the Center for South Asian Studies. He has authored and translated over a dozen books on Tibetan Buddhism.

CUTTING THROUGH SPIRITUAL MATERIALISM, by Ven. Chogyam Trungpa. #SHCSM \$12.95

THE CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation, by Namkhai Norbu. 128pp. #STCDN \$10.95

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.

DAGGER BLESSING: The Tibetan Phurba Cult, by Thomas Marcotty. 107pp., 8 1/2 x 11," 46 illus. #DKDB \$17.95 cloth

This is the most authoritative work we've seen on phurbas and the rituals associated with their use. The text discusses the history and practice of the phurba rituals and contains translations of Tibetan texts on the dagger doctrine and tantra. It is accompanied with many illustrations and photos.

DAILY RECITATIONS OF PRELIMINARIES, by Library of Tibetan Works and Archives. #LTD RP \$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.

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal, by Erik Pema Kunsang. 200pp., #SHDT \$14.95 This is a terma text of the oral teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until their revelation centuries later. The teachings translated here are short, direct instructions relating to the three levels of Buddhist practice.

THE DALAI LAMA: A Policy of Kindness, Compiled & Edited by Sidney Piburn. 152pp., SLBKDLPK \$6.95 (see Dalai Lama Section).

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hop-



kins. 255pp. #SLBKDLHP \$14.95 paper, #SLBKDLHC \$22.95 cloth (see Dalai Lama section).

NEW!

DEBATE IN TIBETAN BUDDHISM, by Dan Perdue. 1025pp., Bibliography, Notes, Index, #SLBKDTBP #SLBKDTBC \$55.00 cloth July

The practice and theory of introductory Buddhist logic and epistemology, as found in Tibetan Buddhism, is the focus of this clear and thorough exposition. A cornerstone of Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach students Buddhist philosophy by sharpening their analytical capacities. Also, since a significant part of the Tibetan commentary tradition employs the debate style as the principal means of conveying philosophical concepts, in order to understand the various philosophical stances in Tibetan religious studies it is essential to master the procedure of debate.

This volume takes as its basis a translation of *The Introductory Path of Reasoning in The Presentation of Collected Topics Revealing the Meaning of the Texts on Valid Cognition, the Magical Key to the Path of Reasoning*, composed by Purbu-jok Jam-ba-gya-tso, (1825-1901). Using this debate manual as its basis, Dan Perdue's foundational book covers the form and substance of elementary debate and demonstrates the application of this form to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from the oral explanations by Tibetan teachers expert in debate. In addition to comparative studies of debate in the several Tibetan traditions, the final section of the work relates the Tibetan system to the categorical logic of Aristotle, explicates the logic through the use of Euler diagrams, and describes the predication theory implied in the Tibetan debate manuals by reference to John Stuart Mill's theory of naming.

DEITY YOGA in Action and Performance Tantras, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274pp. #SLBKDY \$14.95 (see Dalai Lama section).

DEBATE IN TIBETAN BUDDHIST EDUCATION, by Dan Perdue. 111pp. #LTDJB \$5.95 An introduction to Tibetan debate, as well as Buddhist logic and epistemology.

DEPENDENT-ARISING AND EMPTINESS, by Elizabeth Napper. 849pp. #WIBKDAE, \$49.95 cloth

This is one of the best Tibetan Buddhist interpretations of Madhyamika philosophy and emphasizes the compatibility of emptiness and conventional phenomena. An understanding of their integral relationship shows how the highest school of Buddhist philosophy, Madhyamika, completely denies any concrete, solid status to the

DZOGCHEN
And Padmasambhava

world around us and yet maintains a valid presentation of that world based on ethical principles. Includes critical review of contemporary Western interpretations of Madhyamika.

THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon, by Kalu Rinpoche. 222pp. #SUD \$10.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharma of Gampopa, the four noble truths, etc.

DHARMA GAIA: A Harvest of Essays in Buddhism and Ecology, Ed. by Allan Badiner. 265pp. #PADG \$15

Published for Earth Day 1990, Dharma Gaia explores the ground where Buddhism and ecology meet. Through the writings of 30 celebrated Buddhist thinkers and ecologists, we see how Buddhist philosophy and practices can help us renew our relationships with one another, with other forms of life, and with the Earth. Includes writings of Gary Snyder, Thich Nhat Hanh, Joanna Macy, Joan Halifax, Robert Aitken, Bill Devall, John Seed, Rick Fields, and Deena Metzger, with a foreword by H. H. the Dalai Lama.

THE DIAMOND SUTRA & THE SUTRA OF HUI NENG, trans. by A. F. Price & Wong Mou-Lam. 192pp. #SHDS \$12.95

These two scriptures present the central teachings of Mahayana Buddhism and are essential presentations of the correct view.

NEW!

THE DIRECT AND UNMISTAKEN METHOD OF PURIFYING YOURSELF AND PROTECTING YOURSELF, etc.: The Practice and Benefits of the Eight Mahayana Precepts, Compiled by Lama Thubten Zopa Rinpoche with commentaries by Trijang Dorje Chang & Geshe Lamrimpa. 40pp. #WIDUM \$4.95

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

DZOGCHEN & PADMASAMBHAVA, by Sogyal Rinpoche. 103pp. #RIGPADP \$8

This is an excellent introduction to Dzogchen practice expressing the heart and spirit of Dzogchen. It describes the practice, path and the guru. It includes an accessible survey of the nine yana approach and the history of the Nyingma School. Illustrated with many photos of the lineage holders.

DZOGCHEN: The Self-Perfected State, by Namkhai Norbu. 96pp. #RKD \$7.95

This is a manual of Dzogchen practice that is remarkably complete for its size.

EMPTINESS YOGA, by Jeffrey Hopkins. 504pp. #SLBKEYP \$19.95; cloth #SLBKEYC \$35

"...Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance. The generous layout of the

Emptiness
Yoga

book makes it much easier to follow the argument and sophisticated technical terminology."

—*Spectrum Review*
Emptiness Yoga 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 of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika).

His personal and accessible presentation is based on a famous work by Jang-gya which was used as a primary text in Tibet's largest monasteries. A translation of this text is included.

The many reasonings used to analyze persons and phenomena and to establish their true mode of existence are presented in the context of meditative practice.

This exposition includes a masterful treatment of the compatibility in thought and experience of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.

ENLIGHTENED LIVING: Teachings of Tibetan Buddhist Masters, by Tulku Thondup. 144pp., #SHEL \$12.95

These writings focus on how to live harmoniously in the world through the practice of social and spiritual values. They offer advice on ethical conduct from several prominent teachers including Patrul Rinpoche.

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

Teachings by outstanding Tibetan masters of the four Tibetan Buddhist traditions: Kyabgon Sakya Trizin Rinpoche, Kyabje Yongzin Ling Rinpoche, Kyabje Dilgo Khyentse Rinpoche, and Venerable Lama Kalu Rinpoche.

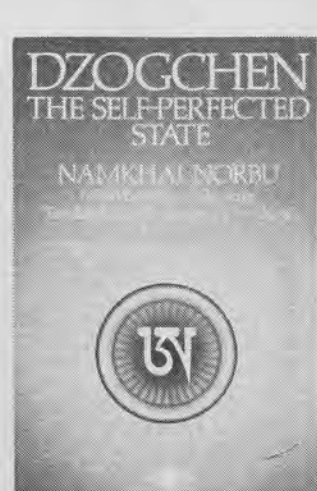
ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271pp. #SLBKERG \$12.95 (see Dalai Lama section).

THE EXCELLENT PATH OF ENLIGHTENMENT, H.H. Dilgo Khyentse Rinpoche. 120pp. #ESEPE \$9.95

Teachings on the tantric preliminary practices of the Nyingma School of Buddhism including liturgy, calligraphy and line drawings by one of the greatest living masters. Based on a text by Jamyang Khyentse Wangpo, the former incarnation of His Holiness, these teachings cover ngondro for all Nyingma lineages.

THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life, by Joel Levey. 350pp. #WIBKFAC \$14.95

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions.



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.

FOUNDATIONS OF TIBETAN MYSTICISM, by Lama Anagarika Govinda. 331pp., many illus. #WEFTM \$12.95

A thorough presentation of Tibetan esoteric principles written by a Western Kargyu monk of over 20 years. The inner meaning of mantra is explained with special reference to the Dhyani Buddhas.

FOUR ESSENTIAL BUDDHIST TEXTS, 117pp. #LTFBT \$6.50

Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on Mahamudra, Madhyamika, and meditation.

THE FOUR FOUNDATIONS OF MINDFULNESS, by Ven. U Silananda. WIBKFFM \$12.95

This discourse of the Buddha has been the strong foundation for meditation practice in the Theravada Buddhist countries. This basic method of meditation has a commentary which provides fresh insight for anyone who meditates. It tells how to clear away habitual patterns so that meditation can be continuously renewed and insight into the fundamental nature of existence deepened.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentse Rinpoche. 44pp. #LTPPG \$5.95

Dzog-chen is the realization of the 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.

A GARLAND OF IMMORTAL WISH-FULFILLING TREES, by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sanghe Khadro. 187pp. 23 plates, 14 in color, #SLBKGT \$15.95

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

THE GARLAND OF MAHAMUDRA PRACTICES, Trans. by Khenpo Rinpoche Konchog Gyaltsen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140pp. #SLBKGM \$9.95

"An important work... a clear and concise summary of the Vajrayana path."—*Religious Studies Review*
Mahamudra or the "Great Seal" refers to a direct path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa

RELIGION & PHILOSOPHY



GENTLY WHISPERED

THE GREAT KAGYU MASTERS

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.

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 the essential points of this direct path.

THE GEM ORNAMENT of Manifold Oral Instructions Which Benefits Each and Everyone Appropriately, by His Eminence Kalu Rinpoche. 206pp. photos. #SLBKGO \$12.95 This great introductory volume of talks includes, in a very accessible manner, all of the quintessential points for the practice of Tibetan Buddhism.

Kalu Rinpoche was born in 1905 in eastern Tibet. From the age of eighteen, Rinpoche studied with several eminent teachers in Tibet and then went on a twelve-year mountain retreat. Afterwards, Rinpoche spent many years teaching and directing retreats in Tibet. In 1962 he established a monastery in Sonada, India for exiled Tibetans. Since 1971, Rinpoche made six trips to the West, during which he founded numerous dharma and retreat centers. He passed away in 1989.

NEW!

GENTLY WHISPERED, by Ven. Kalu Rinpoche, foreword by H.E. Tai Siupa Rinpoche, Compiled & Ed. by Elizabeth Selandia. 250pp. #SLBKGW \$14.95

"In all my years with Kalu Rinpoche, I never heard him raise his voice above a whisper. The title wonderfully brings the feeling of Rinpoche's presence to mind and the warm and gentle tone of the book recreates the atmosphere that was always present when he taught."—Ken McLeod.

During the years preceding his death, Kalu Rinpoche gave many valuable oral teachings on Buddhist practice. In this memorial volume, many of these talks are presented: the Nature of the Mind; Taking Refuge in the Buddha; Working with the Emotions; Teachings on Death and Rebirth; Meditation; Tantra; Mahamudra and more.

NEW!

THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master, trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 150pp. #STGL \$14.95

Three Statements That Strike the Essential Path is an ancient Dzogchen revelation that introduces the practitioner to the nature of his or her own mind. Included are commentaries by Patrul Rinpoche and H.H. Dudjom Rinpoche.

NEW!

THE GREAT KAGYU MASTERS, trans. by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenpähler. 240pp. #SLBKGM \$12.95

"The Great Kagyu Masters: The Golden Lineage Treasury is a compilation of many important writings elucidating the origin of the Kagyu teachings and the 'lives and liberation' of the major masters of the Kagyu lineage.

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

THE GREAT GATE, by Chokgyur Lingpa. #ESGG \$12.95

Lucidly explains the preliminary practices and their application as well as a daily meditation on Padmakara, with commentaries. This is a terma text by the 19th century master Chokgyur Lingpa.

THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training, Jamgon Kongtrul, Trans. Ken McLeod. 100pp. #SHGPA \$9.95 Written by the prolific 19th century scholar Jamgon Kongtrul, the book provides clear instructions for the realization of bodhicitta, or "awakened heart." Specific guidelines are given for everyday practice.

A GUIDE TO THE BODHISATTVA'S WAY OF LIFE, Shantideva, trans. Stephen Batchelor. 199pp. #LTGBW \$11.95

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.

A GUIDE TO WALKING MEDITATION, by Thich Nhat Hanh. 64pp. #PAGWM \$7

Instruction in "walking not in order to arrive, walking just for walking." With lovely illustrations by Yasuhide Kobashi.

THE GURU PUJA, 67pp. #LTGP \$3.95

This presentation of the offering to the spiritual masters includes the tsog offering and Song of the Spring Queen and is accompanied by The Hundred Deities of the Land of Joy, the lam-rim dedication prayer and so forth. In Tibetan phonetics and in English.

NEW!

THE HEART OF THE BUDDHA, by Chogyam Trungpa. 176pp. #SHHB \$13

This is a compelling new collection of articles, talks, and seminars that presents basic Buddhist teach-

ings as they relate to everyday life.

THE HEART OF UNDERSTANDING: Commentaries on the Prajnaparamita Heart Sutra, by Thich Nhat Hanh. 72pp. #PAHU \$6.00

This is a charming and straightforward commentary on the Heart Sutra which explains the nature of emptiness and dependent arising. This translation and commentary are the fruit of the author's more than 40 years of monastic practice. "We cannot just be by ourselves alone; we have to inter-be with every other thing."

HEART OF WISDOM, by Geshe Kelsang Gyatso. 150pp. #THBKHOW \$17.95

Because of its condensed form and the profundity of its subject, the Heart Sutra is difficult to understand correctly without a clear commentary. *Heart of Wisdom* provides both explicit and implicit meanings of the sutra, and relates them to the five Mahayana paths to enlightenment.

THE HEART SUTRA EXPLAINED, by Donald S. Lopez, Jr., 227pp. #SUHSE \$14.95

The Heart Sutra Explained offers new insights on emptiness and form, on the mantra "gate gate paragate parasamgate bodhi svaha," and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India. It also includes two 19th-century Tibetan commentaries.

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

Dharma Treasures, *Terma*, have been concealed and later discovered at appropriate times by realized masters. The tradition of passing on teachings of the great 9th-century saint, Guru Padmasambhava, is elaborated here by Tulku Thondup. He outlines the Nyingma teachings on terma and then translates and gives commentary on *Wonder Ocean*, by the third *Dodrup Chen Rinpoche*, a text that clearly explains the entire *Terma* tradition.

HIGHEST YOGA TANTRA, by Daniel Cozart. 192pp. #SLBKHYT \$12.95

"This book can be recommended as an extremely lucid overview of both the stages of generation and completion in Highest Yoga Tantra."—*The Middle Way*

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-belden 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 comple-

tion stage yogas; and 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.

Daniel Cozart teaches Buddhist studies at Dickinson College.

HOW TO MEDITATE, by MacDonald. 216pp. #WIBKHTM \$10.95

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!

I WONDER WHY, Thubten Chodron. 80pp. #TCIWW \$2

An American Buddhist nun living in Singapore has produced this little gem of a book which skilfully answers basic but intelligent questions on Buddhism. Her answers are thoughtful, and we recommend this book to anyone who is new to the subject or who instructs others.

ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism, by Sakya Pandita. 192pp. #LOI \$14.00

This translation of Sakya Pandita's basic manual for Buddhist practice presents a complete guide to the path. The master scholar of the Sakya school lays out the reasons for taking up a spiritual approach to life, the method of acting on that inclination, and the specific practices and stages of spiritual development.

IN PRAISE OF TARA: Songs to the Saviouress, Trans. & Ed. by Martin Willson. 480pp. #WIBKIPT \$26.95

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. It is thorough and scholarly, but at the same time inspirational and an expression of devotion to Tara.

IN SEARCH OF THE STAINLESS AMBROSIA, by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenpähler. 150pp. #SLBKSSA \$12.95

The teachings in this volume constitute a direct path which is easy to practice and quickly leads to liberation. Indeed, this is a remarkable collection of texts. Khenpo Gyaltsen, the abbot for the Drikung in North America, has produced this handbook especially for Western students.

In Search of the Stainless Ambrosia provides the practitioner with the basic tools needed to overcome afflictive attitudes and self-centered feeling. Also included are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

IN THE FOOTSTEPS OF GANDHI: Conversations with Spiritual Social Activists, Ed. by

Catherine Ingram. 284pp. #PAFG \$15

Twelve renowned spiritual social activists speak on compassionate action. "To live for the benefit of others heals us. These are interviews with women and men who tread the path of compassionate action and leave markers to point the way. A wonderful book!"—Stephen and Ondrea Levine. Writers include: The Dalai Lama, Desmond Tutu, Joan Baez, Thich Nhat Hanh, Joanna Macy, David Steindl-Rast and others.

THE JEWEL ORNAMENT OF LIBERATION, by Gampopa, trans. & ed. by Guenther. 353pp. #SHJOL \$18.95

A comprehensive and authoritative exposition of the stages on the Buddhist path.

THE JEWELLED STAIRCASE, by Geshe Wangyal. 176pp. #SLBKJS \$10.95

"...explores the more subtle points of Buddhist philosophy with a rare lightness and agility... what we are presented with are a series of living insights... an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

The Jewelled Staircase is a delightful volume... it is a quintessential map to the overall structure of Buddhist meditation; its publication makes a fitting tribute to its late author."—*Vajradhatu Sun*

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. During 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 nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

JOURNEY INTO VASTNESS: A Handbook of Tibetan Meditation Techniques, by Ngakpa Chogyam. 288pp. #ELJV \$13.95

Ngakpa Chogyam offers here a previously unpublished collection of practical Tibetan meditation techniques.

JOYFUL PATH OF GOOD FORTUNE: The Stages of the Path to Enlightenment, by Geshe Kelsang Gyatso. 448pp. #THBKJP \$22.95

Joyful Path of Good Fortune is one of the clearest and most extensive commentaries on the stages of the path to enlightenment to be made available in English. Included are detailed explanations of how to prepare the mind for meditation, and a guide for the practitioner through each successive meditation, showing its purpose and demonstrating how

RELIGION & PHILOSOPHY



each one brings about a new stage of mental development. In this way Geshe Kelsang offers a thorough and practical approach to the entire Buddhist path to enlightenment, enabling the reader to fully appreciate the essential meaning of Buddha's teachings and apply them in his or her own daily life.

KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95 (see Kalachakra section).

KALACHAKRA TANTRA, Geshe Ngawang Dhargyey. 180pp. #LTKT \$12.00 (See Kalachakra Section)

KEYS TO GREAT ENLIGHTENMENT, by Geshe Tzultim Gyeltsen. 176pp., #TDKGE \$12.95

Contains commentaries on two key Mahayana Buddhist texts: *Eight Verses of Thought Training* and *The Thirty-Seven Bodhisattva Practices*. Geshe Gyeltsen gives a verse by verse exposition of the full root texts in accordance with the oral tradition.

KHYENTSE ÖZER: Radiance of wisdom and Compassion, by the Rigpa Fellowship. 54pp., over-size with 14 illustrations #RIGPAKO \$12.95

A great book; the contents are well worth the price. His Holiness the Dalai Lama speaks on Dzogchen; A biography of His Holiness Dilgo Khyentse Rinpoche; Venerable Kalu Rinpoche on the union of Mahamudra and Dzogchen; Sogyal Rinpoche: Beyond Birth and Death—The Key to the Bardos.

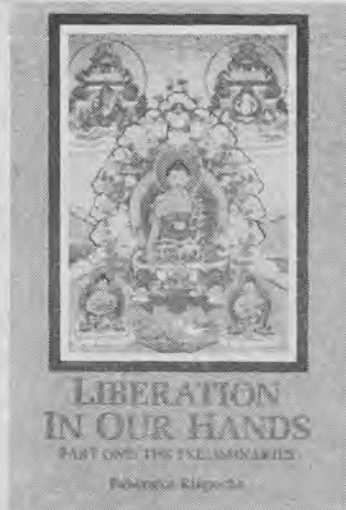
KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper 239pp. #SLBKCCI \$12.95 (see Dalai Lama section).

NEW! KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology, by Anne Klein. 220pp. approx. #SLBKKNP \$16.95 paper, #SLBKKNC \$27.50 cloth

Several years in the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet system, for it is here that the basis for Madhyamika epistemology is found.

The systematization of Sautrantika assertions has held the interest of many generations of Tibetan scholars, down to the modern period. Three major types of scholastic literature have developed in this regard: presentations of the tenet system as a whole; syllogistic debate texts on problematic topics in the system; and expository treatment of a single important issue.

Translations of outstanding texts in each of these categories are found here in the English language for the first time, annotated by the translator and supplemented with interspersed commentary from leading modern Tibetan yogi/scholars. This is a challeng-



ing book that presents the nitty-gritty issues of Sautrantika philosophy.

Knowing, Naming and Negation has been approved for the "Translations in Indo-Tibetan Buddhism" series by the Snow Lion Editorial Board of Advisors.

KNOWLEDGE & LIBERATION, by Anne Klein. 283pp. #SLBKCLP \$15.95, #SLBKCLC \$27.50 cloth 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 current issues 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.

LAMP OF MAHAMUDRA, by Tsele Natsok Rangdrol. 140pp. #SHLMA, \$9.95

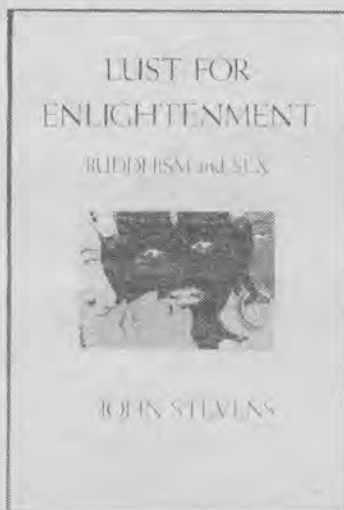
This simple and insightful guide takes the reader through the stages of Mahamudra practice: from the cultivation of clarity and one-pointedness of mind to a mode of experiencing beyond duality.

LIVING BUDDHISM, by Andrew Powell & Graham Harrison, Foreword by His Holiness, the Dalai Lama. 210pp., 150 photos. #RHLB \$24.95 cloth

"Living Buddhism illuminates the human face of the Buddhist tradition, showing the vital role that the Buddha's teaching plays in the lives of his many followers." —H.H. the Dalai Lama. Andrew Powell describes the development of Buddhism around the world and through the centuries, explains the fundamentals of Buddhist philosophy, and presents an unusual up-to-date picture of Buddhism's place in contemporary society. Graham Harrison intimately portrays the splendor of Buddhist art and architecture as well as the living face of Buddhism, bringing the religion to life before our eyes.

LIBERATION IN OUR HANDS, by Pabongka Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300pp. #MSLOH \$12.50

Based on a 24-day teaching in Tibet in 1921, Pabongka Rinpoche, a lama famous for his direct, no-nonsense but nonethe-



less compassionate approach, gave a clear and elaborate explanation of the path to enlightenment based on Je Tsong Khapa. Throughout, he tells marvellous stories to bring his teachings alive. This volume is the first of three to appear and covers the first 1/3 of the material. Do not confuse this three-volume edition with the forthcoming one-volume edition that Wisdom Publications has advertized.

FORTHCOMING! LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment, by Pabongka Rinpoche. 1000pp. approx. #WIBKLPH, \$37.50

Based on a 24-day teaching in Tibet in 1921, given to a group of some 700 people. Pabongka Rinpoche, a lama famous for his direct, no-nonsense but nonetheless compassionate approach, gave a clear and elaborate explanation of the path to enlightenment based on the outline of Je Tsong Khapa. Throughout, he tells marvellous stories to bring his teachings alive.

The teaching was originally edited and published in Tibetan by Trijang Rinpoche, the late junior tutor to the Dalai Lama, and is used widely by lamas.

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

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

LIFE AND TEACHING OF TSONG KHAPA, by Thurman. 258pp. #LTLTT \$11.95

LUST FOR ENLIGHTENMENT: Buddhism and Sex, by John Stevens. 160pp. #SHLE \$9.95

This is a survey of Buddhist responses to sexuality. Beginning with Shakyamuni Buddha himself the author discusses a wide range of approaches leading to the tantra of India, China and Japan.

MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis, by Thinley Norbu. 167pp. #JEMD \$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.

MAHAMUDRA: Eliminating the Darkness of Ignorance, by the 9th Karmapa, trans. Alex Berzin. 194pp. #LTMAH \$9.95

Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text.

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

This text is still the primary source

Geshe Kelsang Gyatso

A MEDITATION HANDBOOK



used by living Tibetan meditation masters for instructing their disciples in this practice. 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.

MAHAYANA BUDDHISM: The Doctrinal Foundations, by Paul Williams. 272pp. #MEMB, \$17.95

This book is divided into two parts. The section on wisdom explores different Mahayana accounts of the way things really are, the ultimate nature of all things and man's place within it. The part on compassion explores the path to perfect Buddhahood and the manifold ways in which those who tread this path, and the many Buddhas of the Mahayana, act for the benefit of suffering sentient beings. This volume provides an account of the principles of Mahayana Buddhism as found in both its Indo-Tibetan and East Asian forms.

MAHAYANA PURIFICATION, trans. & ed. by Brian Beresford. 124pp. #LTMP \$6.95

A commentary to the main practices of mental purification in Tibetan Buddhism.



MANUAL OF RITUAL FIRE OFFERINGS, by Sharpa Tulku & Michael Perrott. 180pp., #LTMRO \$14.95

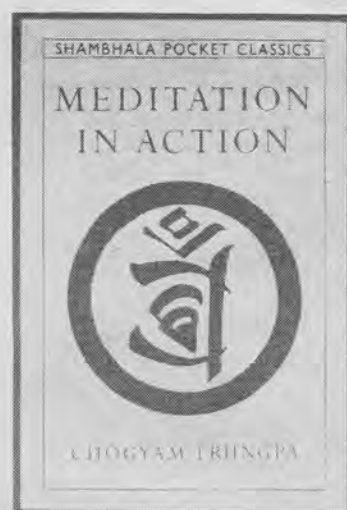
The ritual fire offering plays an important part in tantric practice. The fire offering for peace is commonly performed at the conclusion of meditation retreats associated with specific deities, in order to compensate for any errors that may have occurred during the practice. It can also pacify hindrances, increase merit, wealth, life span, etc. In this manual are fire offering practices for six meditational deities: Solitary and Thirteen Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by Keith Dowman. 454pp. #SUMM \$16.95

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

MEDITATION HANDBOOK, by Geshe Kelsang Gyatso. #THBKM \$13.95

An excellent introduction to meditation for beginners and experienced meditators. The procedure of meditation and 21 meditations are presented on the various aspects of the Buddhist



path. The handbook concludes with advice on how to maintain the experience of meditation throughout the day, how to combine these meditations into a cycle for daily meditation, and advice on how to do a simple meditation retreat.

NEW! MEDITATION IN ACTION, by Chogyam Trungpa. 168pp. #SHMA \$6

Meditation is based on trying to see what is, rather than trying to achieve a higher state. It is a form that might be called "working meditation," for it is not a retreat from the world but builds the foundation for compassion, awareness, and creativity in all aspects of a person.

MEDITATION ON EMPTINESS, by Jeffrey Hopkins. 1017pp. #WIBKME \$35 cloth

MEDITATIONS ON THE LOWER TANTRAS, by Glenn Mullin. #LTMLT \$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, Sitatapatra, Vajra Vidarana, Vajrasattva.

THE MEETING OF SCIENCE AND SPIRIT, by John White. 289pp., #GTMSS \$18.95 cloth

These fascinating essays on a variety of topics reveal how a higher state of consciousness can be explained in spiritual and scientific terms. John White tackles the old conflict between the rationalist and religious world-views to show how an understanding of their complementary natures can clarify our view of reality and form the basis of a new model for the future.

MIND IN TIBETAN BUDDHISM by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper 181pp., Tibetan Text, #SLBKMTB \$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], the text which forms the core of this key work.

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*

"...Highly recommended for those wishing a greater under-

RELIGION & PHILOSOPHY

MO: The Tibetan Divination System



standing of the mind."—*The Middle Way*

Lati Rinbochay, a Tibetan master of the highest rank, entered Ganden Monastery in Lhasa at an early age and later received his Geshey degree, after which he attended the Tantric College of Upper Lhasa.

MIND ONLY SCHOOL AND BUDDHIST LOGIC, ed. by Doboom Tulku. 135pp. #TIMOS \$12.95

The mind-only school (Cittamātrīn) is one of the four Buddhist schools of thought. Buddhist logic assumed a definite form due to the works of Dignāga. This book is a collection of papers on these two topics that were presented at the Dialogue Seminars organized by Tibet House at Sera and Ganden monasteries in 1987-88.

THE MIRACLE OF MINDFULNESS, by Thich Nhat Hanh. 140pp. #PAMM \$9

This is a classic manual on meditation beautifully illustrated by Vo-Dinh Mai.

NOW AVAILABLE!

MO: THE TIBETAN DIVINATION SYSTEM, by Mipham, trans. & ed. by Jay Goldberg, illus. by Doya Nardin. 124pp. book, 36 color cards, dice, \$29.95

The MO is to Tibet what the I-Ching is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The volume begins with an introduction by H.H. Sakya Trizin, one of the most highly esteemed Tibetan lamas who is proficient in this system. This is a unique item, never before made available to Westerners.

"This translation together with the beautiful paintings created for the west, presents to the English-speaking world another addition to the accurate and growing body of literature concerning our land of Tibet."—H.H. Sakya Trizin

NAGARJUNA'S SEVENTY STANZAS: A Buddhist Psychology of Emptiness, by David Ross Komito, Trans. and Commentary by Geshe Sonam Rinchen, Tenzin Dorjee, and David Ross Komito. 240pp. #SLBKNS \$14.95

For almost two thousand years Nagarjuna's teachings have occupied a central position in Mahayana Buddhism. This volume contains a translation of a fundamental work of Nagarjuna, along with a new commentary on it by Geshe Sonam Rinchen which, while based on traditional sources, was created expressly for the contemporary English reader.

In addition, David Komito summarizes those basic Buddhist doctrines on perception and the creation of concepts which have traditionally served as the backdrop for Nagarjuna's teachings about how people consistently misperceive and misunderstand the nature of the reality in which they live and the means through

mind only school and buddhist logic



A COLLECTION OF SEMINAR PAPERS
EDITED BY DOBOOM TULKU

which they experience it.

This book will be of interest to practitioners and scholars of Buddhism as well as psychologists who seek a deeper understanding of Buddhist psychology and epistemology.

David Komito has published numerous articles on Buddhism and on the relationship of Buddhism and psychotherapy. He is currently a Dean and Associate Professor at JFK University.

A NECKLACE OF GOOD FORTUNE, by Geshe Lam Rim. 70pp. with Tibetan text, #LTNGF \$4.95

This is a series of instructions on the effect of actions past and present on our life and future lives.

NGONDRO: The Four Foundational Practices of Tibetan Buddhism, by Ole Nydahl. 96pp. #BDN \$9.95

The four preliminary practices are methods which allow us, in the most efficient way, to purify negativity and accumulate merit. This short and easily understandable text on the preliminaries of Mahamudra is especially recommended to followers of the Karma Kagyu School by H.E. Gyaltsab Rinpoche.

NIRVANA IN TIBETAN BUDDHISM, by E. Obermiller. 76pp. cloth #CINTB \$6.95

This book is based on two commentaries to the Abhisamayalan-kara of Maitreya Asanga, one by Tsongkhapa and the other by Jamyanashadpa. It analyses the concept of Nirvana according to the Tibetan tradition.

THE 'NO-SELF' NATURE OF PEOPLE AND THINGS, by Charlie Singer. 25pp. #CSNS \$3

The Buddha presented three ideas as fundamental conditions pervading human experience: suffering, impermanence and lack of self-nature. This no-self doctrine is hard to penetrate and liberating in its effect, when once understood. This thought-provoking study explores the idea of no-self of persons and phenomena and provides the reader with many jewels to reflect upon.

NEW!

OPEN HEART, CLEAR MIND, by Thubten Chodron. 180pp., #SLBKOH \$9.95

"...presents a clear and complete survey of the teachings of the Buddha. *Open Heart, clear Mind* will help many on the open path of meditation and in dealing with the challenges of everyday life."—Ven. Thich Nhat Hanh

This introduction to the Buddhist world-view by an American Tibetan Buddhist nun focuses on the practical application of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, the author sets forth the fundamental points of the path taught by the Buddha for transforming habitual attitudes and realizing our full human potential.

"...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily



comprehensible language."—His Holiness the Dalai Lama.

THE ORIGIN OF THE TARA TANTRA, by Jonan Taranatha, trans. & ed. by David Templeman. 104pp. #LTOTT \$4.95

This book provides an important and accurate account of the powers of Tara and the lineages of the Siddhas who worshipped her and passed on her teachings, revelations and tantra.

OUR APPOINTMENT WITH LIFE: Buddha's Teaching on Living in the Present. 54pp. #PAOAL \$6

This is a translation and commentary on the *Sutra on Knowing the Better Way to Live Alone*, the earliest teaching of the Buddha on living fully in the present moment.

PATH OF THE BODHISATTVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin. 387pp. #SLBKPBW \$14.95

"A well-written and well-illustrated book...gives many valuable insights into the Tibetan culture and religion."—*Theosophy*

The Thirteenth Dalai Lama (1876-1933) is known to Tibetans as the "Great Thirteenth," for he provided a successful political as well as spiritual leadership in difficult and turbulent times, and thus perfectly exemplified the Mahayana ideal of the bodhisattva warrior.

Path of the Bodhisattva Warrior brings into English for the first time many of the most important writings of this astounding leader—precise details are given concerning how to begin and conduct an effective meditation practice; an overview is given of the Buddhist tantras as well as his writings on the Hayagriva Tantra and various meditational practices.

The dynamic life of this Dalai Lama is presented in an intriguing and comprehensive biography, researched using 18 primary sources, Tibetan and Western. Mr. Mullin has produced the most impressive biography available on the life of the Thirteenth.

AVAILABLE NOW!

PATH TO BLISS, by The Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240pp. #SLBKPB \$12.95

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

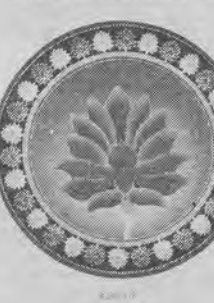
PRAJNAPARAMITA: The Six Perfections, Ven. Khenpo Palden Sherab & trans. by Ven. Khenpo Tsewang Dongyal. 101pp. #PSP \$10

The step-by-step training of the

PRAJNAPARAMITA: The Six Perfections

Venerable Khenpo Palden Sherab Rinpoche

Commentary by
Khenpo Tsewang Dongyal Rinpoche



Painted by
Jamy Khyentse

mind of enlightenment by means of the six perfections and five paths is dynamically discussed.



PRESENT MOMENT WONDERFUL MOMENT: Mindfulness Verses for Daily Living, by Thich Nhat Hanh, Drawings by Mayumi Oda. 76pp. 10 illus. #PAPMWM \$7

An inspiring handbook of 50 verses with commentaries by Thich Nhat Hanh. These poetic and practical exercises help us to slow down and enjoy each moment of our lives.

THE PRINCIPAL TEACHINGS OF BUDDHISM, by Tsongkhapa & Pabongka Rinpoche. 209pp. #MSPTB \$4.95

Tsongkhapa's renowned fourteen-verse poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche, one of the foremost modern teachers in Tibet. A great introduction to Buddhism.

RAINBOW OF LIBERATED ENERGY: Working with Emotions through the Colour and Element Symbolism of Tibetan Tantra, by Ngakpa Chogyam. 185pp. #ELRLE \$9.95

Ngakpa Chogyam presents a unique view of the color and element symbolism of Tibetan Tantra. The author explores the nature and pattern of our emotions and how they relate to the five elemental energies of Tantra.

THE RELIGIONS OF TIBET, Giuseppe Tucci. 352pp. #UCRT \$11.95

"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual knowledge are graciously combined in this valuable and highly readable volume."—Barbara Aziz, *Journal of Asian Studies*.

SEEKING THE HEART OF WISDOM: The Path of Insight Meditation, Goldstein & Kornfield. 176pp. #SHSHW \$10.95

Focuses on the deepening of insight meditation practice, the hindrances that the practitioner encounters, skillful means of overcoming them, and ways to integrate into everyday life the wisdom that arises in meditation.

SELF-LIBERATION: Through Seeing Everything With Naked Awareness, Trans. & Ed. by John M. Reynolds, Foreword by Namkhai Norbu. 240pp. #STSL \$14.95

The famous classic known in the West as *The Tibetan Book of the Great Liberation* has been available only in rough translation by Evans-Wentz. Now a celebrated Tibetologist reveals clearly what is said in the original, the essence of Buddhist Dzogchen teaching. Reynolds' commentary is based on the teachings of Namkhai Norbu Rinpoche.

The Six Yogas of Naropa

and
Teachings on Mahamudra

Garma C.C. Chogyam

SHAMBALA: Sacred Path of the Warrior, by Ven. Chogyam Trungpa. 209pp. #SHSH \$9.95

THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA, by Garma C.C. Chogyam. 128pp. #SLBKSYN \$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 illuminating texts:

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

THE SMALL GOLDEN KEY, by Thinley Norbu. 111pp. #JESGK \$12.00

This book covers many interesting topics: empowerment, three kayas, Sambhogakaya Deities, Mani, Ngondro meditation, stages of dissolving, refuge, three yantras, two truths, emptiness, history of the Nyingmapa Lineage.

NEW!

THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet, by Surya Das. 256pp., illus. #HRTM \$24.95 cloth

Seventy tales from the oral tradition that Tibetan masters tell to entertain and enlighten. Replete with Himalayan folklore, magic, ribaldry, and whimsy, these tales express Buddhist values and universal spiritual truths. Introduced by the Dalai Lama.

SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION, by Sogyal Rinpoche. 25pp., #RIGPAM \$4.50

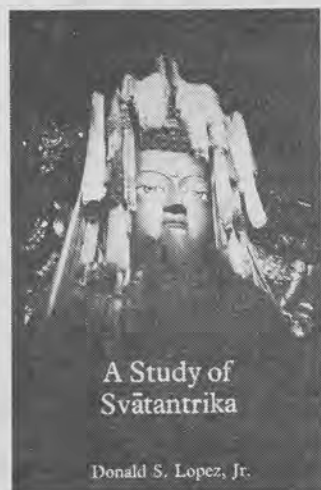
Four talks by one of the leading dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

SONG OF THE PROFOUND VIEW, by Geshe Rabten, trans. by Stephen Batchelor. 90pp. #WIBKSPV, \$12.95 October

Twelve short verses and commentary by Geshe Rabten describing the process of his intensive retreat in Dharamsala, India in the late 1960's. Written as a direct result of his own deep meditation experience. The *SONG* has been described as one of his most essential literary works.

SONGS OF SPIRITUAL CHANGE, by the Seventh Dalai Lama & Glenn H. Mullin. 205pp. #SLBKSW7 \$10.95

RELIGION & PHILOSOPHY



"...inspiring...of immense importance to all the major Tibetan sects..."—*Religious Studies Review*

"Reading these poems impresses the mind with the beautiful simplicity of Buddha's teachings..."—*The Middle Way*

This highly valuable collection of tantric songs and poems of spiritual instruction for taming and developing the mind was written by one of the greatest of the early Dalai Lamas.

"The publications of these songs, reminiscent in many ways of those of Milarepa, provide a useful view...of Tibetan Buddhism."—*Parabola*

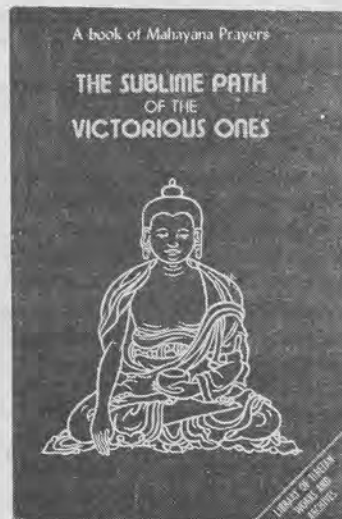
SPEAKING OF SILENCE: Christians and Buddhists on the Contemplative Way, ed. Susan Walker. 327pp. #PPSS, \$12.95 Since 1981 Christians and Buddhists have been meeting informally at Naropa Institute to share their experiences of the spiritual way. Several dozen spiritual teachers, such as David Steindl-Rast, Thomas Keating, Joseph Goldstein, Tai Situpa, Judith Lief, and Jack Engler, representing many varieties of Buddhism and Christianity, have explored together the value of prayer and contemplation, attitudes toward God and emptiness, and practical topics such as silence, virtue, compassion, sin, suffering, the self and the ego.

A STUDY OF SVATANTRIKA, by Donald S. Lopez, Jr. 450pp. #SLBKSSP \$19.95, #SLBKSSC \$35 cloth "Lopez's book is a very welcome addition to the more advanced material available on Madhyamaka in general, and the Tibetan treatment and exposition of Madhyamaka in particular.—Paul Williams, *The Middle Way*

This study presents for the first time in English a clear and extensive picture of the Svatantrika Madhyamika system through an analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Several central issues are considered: the division of Madhyamika into Svatantrika and Prasangika, the meaning of emptiness, the root cause of suffering, the division of objects of knowledge into the two truths, and the types of reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

"Lopez explains and translates difficult material with considerable lucidity...it provides a crucial perspective on an important Buddhist philosophical school."—*Choice*

"Lopez's excellent introduction and commentary set Jang-gya's work within its larger Indian and Tibetan context and place Lopez's own study within the tradition of Western Buddhology. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika."—*Religious Studies Review*



THE SUBLIME PATH OF THE VICTORIOUS ONES, compiled by The Office of H.H. the Dalai Lama. 87pp. #LTSP \$5.95 H.H. the Dalai Lama requested that his Private Office compile a book of practices to serve as a recitation manual for all pilgrims to the holy places, suitable for monks and laymen, formal Buddhists and others. It is also useful at general Buddhist gatherings on special occasions and as a daily reading practice for interested individuals.

THE SUN MY HEART, Thich Nhat Hanh. 139pp. #PASM \$9.50

Uses Buddhist psychology, epistemology, and contemporary physics as well as many anecdotes to accompany the reader on this compassionate journey from mindfulness to insight.

A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, *Maha Shavira Sangharakshita*. 496pp. #THBKSOB \$19.95

"It would be difficult to find a single book in which the history and development of Buddhist thought has been described as vividly and clearly as in this survey...for all those who wish to know the heart, the essence of Buddhism as an integrated whole, there can be no better guide than this book."—Lama Anagarika Govinda.

THE SYMBOLISM OF THE STUPA, Adrian Snodgrass. 469pp. #CUSOS \$22.95

The stupa is a symbolic form used throughout South, Southeast, and East Asia. This scholarly 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 IN TIBET, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 252pp. #SLBKTT \$14.95 (see Dalai Lama section).

THE TANTRIC DISTINCTION, by Jeffrey Hopkins. 184pp. #WIBKTD \$8.95

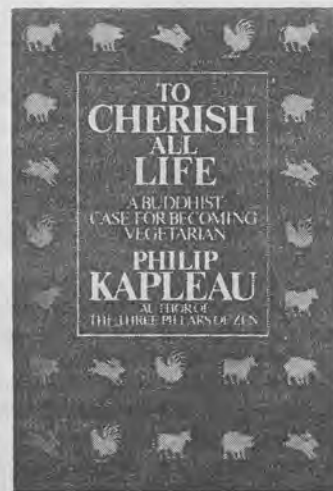
A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

TANTRIC PRACTICE IN NYING-MA, by Khesun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239pp. #SLBKTP \$14.95

"This book presents one of those rare introductions to Tibetan Buddhism, which really can be recommended because of the splendid combination of authenticity and clarity."—*Tibet Forum*

Rinpoche's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching" contains the classical Nyingma presentation of the Tantric practices which lead to the realization of Buddhahood.

Topics include external & internal preparatory practices, and a valuable explication of the direct breakthrough and leap-over paths



to realization of the Buddha-mind. The book concludes with a useful section on daily 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."—*Vajradhanu Sun*

Khesun Sangpo Rinbochay, a lay priest and renowned yogi/scholar, was trained in all four lineages of Tibetan Buddhism and taught in Japan for ten years.

TANTRIC YOGAS OF SISTER NIGUMA, by the Second Dalai Lama & Glenn H. Mullin. 240pp. #SLBKSW2 \$12.95

"This has been the most enjoyable book on Buddhism I've read in many years...one of the best survey books about Tibetan Buddhism on the market today."—Bruce Wilson, *The Tibet Bulletin*

In this collection of important texts, Glenn Mullin has chosen works that vividly convey the Second Dalai Lama's scriptural mastery and breadth of tantric experience. Among the texts translated are:

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 (Yaman-taka): 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.

"The great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—*Gaden Choling Newsletter*

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism. The book contains lots of practical advice..."—*The Middle Way*

TEACHINGS OF A BUDDHIST MONK, by Ajahn Sumedho, foreword by Jack Kornfield. 109pp. #GTTBM \$10.95

Spiritual life is not about becoming someone special but discovering a greatness of heart within every being. It is an invitation to inwardly drop our opinions and to come to rest free of fixed positions. Ajahn Sumedho is the abbot of a Buddhist center in England and lectures and leads retreats around the world.

TIBETAN TRADITION OF MENTAL DEVELOPMENT, by

TRANSFORMATION & HEALING
Sutra on the Four Establishments of Mindfulness



THICH NHAT HANH

Geshe Dhargye. 255pp. #LTTT \$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 CHERISH ALL LIFE: A Buddhist Case for Becoming Vegetarian, by Philip Kapleau. 104pp. #DDCAL, \$7.95

Clear, direct, and concise, *TO CHERISH ALL LIFE* marshals the basic religious, humanitarian, and scientific reasons for becoming vegetarian. Expanding on the Buddhist principle of cherishing all life, Kapleau's compelling discussion examines crucial Buddhist texts, thoughtfully considers the spiritual-ethical dimensions of the issue, and speaks cogently to those with a religious or humanitarian respect for all life.

TRANSCENDENT WISDOM: A Commentary on the Ninth Chapter of Shantideva's Guide to the Bodhisattva Way of Life, by H.H. the Dalai Lama; Trans., ed. & annotated by B. Alan Wallace. #SLBKTTW \$9.95 (see Dalai Lama section).

TRANSFORMATION AND HEALING: Sutra on the Four establishments of Mindfulness, by Thich Nhat Hanh. 180pp. #PATH \$10

Mindfulness is the most basic meditation practice—awareness of what is going on in the body, the feelings, the mind, and the world. The author explores the psychological implications of the sutra of the Buddha.

TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course, by Geshe Rabten. 224pp. #THBKTD \$14.95

Geshe Rabten describes the mental roots of happiness and suffering, the wholesome and unwholesome tendencies of the mind, and introduces different meditative techniques for effectively counteracting our misconceptions and negative emotions. He emphasizes the responsibility we have to the world and the necessity of adopting the altruistic values of the bodhisattva. The book concludes with a detailed analysis of emptiness, the ultimate nature of reality, an understanding of which lies at the very heart of Buddhist practice.

TRANSFORMATIONS OF CONSCIOUSNESS, by Ken Wilber, Jack Engler & Daniel Brown. 356pp. #SHTC, \$24.95

Drawing on modern psychology and psychiatry as well as the world's great meditative traditions, this innovative book presents a full-spectrum model of human development, one that includes both the conventional stages of psychological growth and the higher levels of spiritual development. Highly recommended for meditators in any tradition who are interested in how mystical experience fits with normal and abnormal psychological development.



NOW YOU CAN AFFORD IT! TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE, by Robert A. F. Thurman. 442pp. #PRSOG \$16.95

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 Vijnanavada and Madhyamika, and an explanation of the Prasangika 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 Prasangika to our own time. This text shows that critical reason and contemplative realization are mutually indispensable for the attainment of enlightenment.

FORTHCOMING!

THE TWO TRUTHS, by Guy Newland. 700pp., Bibliography, Notes, Index #SLBKTTTRP \$29.95 paper, #SLBKTTTRC \$39.95 cloth

"...a challenging, but worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College

When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an insipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see no real sentient beings, no real suffering, how is it that they are moved by great compassion? The persistent problem of Buddhist philosophy has been to find the middle way: an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (*sunyata*).

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality, and thus builds a Madhyamika system that is both ethically salutary and rationally coherent.

THE UNION OF BLISS AND EMPTINESS, H.H. the Dalai Lama. 191pp. #SLBKUBE \$12.95 (see Dalai Lama section).

UNION OF MAHAMUDRA & DZOGCHEN, by Tulku Chokyi Nyima Rinpoche. 267pp. #ESUMD \$15.95

A commentary on two great vajrayana teachings by one of the

RELIGION & PHILOSOPHY

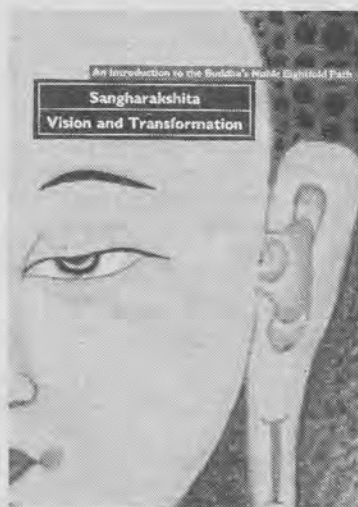


foremost teachers. This book is based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master, and concisely puts forth the oral instructions of a contemporary master. Tulku Chokyi Nyima focuses on the essential teachings of Buddhism while covering all the stages of the path.

UNIVERSAL COMPASSION: A Commentary to Bodhisattva Chekhawa's Training the Mind in Seven Points, by Geshe Kelsang Gyatso. 160pp. #THBKUC \$15.95

Universal Compassion is an excellent introduction to the mind-training and transformation teachings of present-day Mahayana Buddhism. Geshe Kelsang sets out the actual methods for developing the mind of universal compassion and explains in detail how all life situations can be used to transform our habitual self-centered behavior into authentic loving kindness and concern for others.

UTTARATANTRA: The Sublime Science of the Great Vehicle to Salvation of Maitreya, by Obermiller. 306pp. #CPU \$27.50 This is one of the famed Five



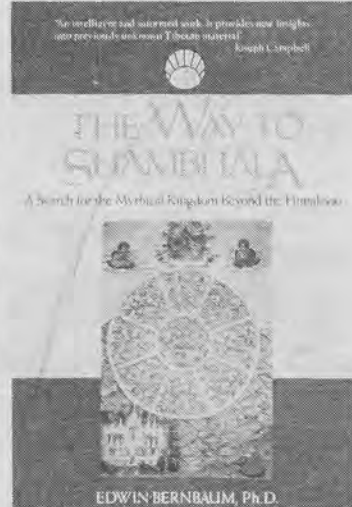
Treatises of the coming Buddha, Maitreya, received from him by the founder of the Yogacara school, Aryasanga, after twelve years of one-pointed meditation. It is an analysis of the Tathagatagarbha teaching. Often used in the Tibetan tradition to bridge the sutras and tantras.

NEW! VISION AND TRANSFORMATION: An Introduction to the Buddha's Noble Eightfold Path, by Sangharakshita. 169pp. #WHVT \$12.95

The eightfold path is the most widely known formulation of the Buddha's teaching and it is highly respected as a treasury of practical guidance.

NEW! VISION OF BUDDHISM, by Roger Corless. 329pp. #BPVB \$12.95

"Every introductory Buddhism course needs just this book! It is the first book to tackle the array of national Buddhisms in a thematic way and with considerable wit and insight. Corless' vision of Buddhism is both intriguing and stimulating."—Jeffrey Hopkins



NEW! THE WAY TO SHAMBHALA, by Edwin Bernbaum. 316pp., illus. #SMWS \$12.95

"Bernbaum... is a first-rate interpreter of Shambhala and Tibetan Buddhism. His prose is clear and jargon-free, and he speaks with on-the-scene authority."—*Smithsonian*

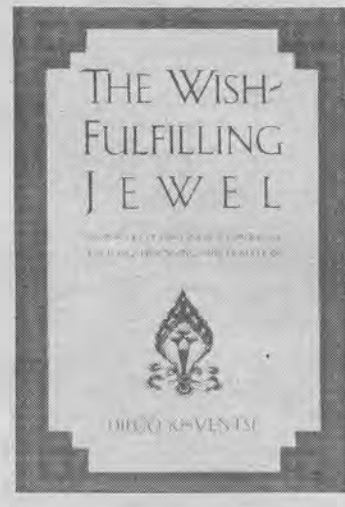
Shambhala is a reality to many Tibetans and Mongolians who await the emergence of its king with his magical armies to conquer materialism and inaugurate the golden Age. Guidebooks to the kingdom, its antecedents in literature, and its role as a metaphor for the inner sanctuary of the heart are among the topics explored in this engaging work.

WHEEL OF SHARP WEAPONS, by Geshe Dhargye. #LTWSW \$4.95

An inspiring Yamantaka text for the Bodhisattva warrior.

WHITE LOTUS: An Introduction to Tibetan Culture, Ed. by Carole Elchert. 240pp., 38 color and 70 black & white illus. #SLBKWL \$19.95

"...an excellent introduction to our complex culture. Through the



images, writings and recordings, viewers and readers will be able to share and participate in something of the experience of being a Tibetan."—H.H. the Dalai Lama

In 1988 an expedition of five artists from three continents traveled together for six months and covered over 7000 land miles to visit Tibetan communities in Tibet, India, Nepal and Ladakh. They returned home with thousands of photos, paintings, drawings, and field recordings. From these a PBS documentary has been produced to introduce people to the many facets of Tibetan culture.

White Lotus is a companion volume to the documentary. Presented here are sixteen essays, each written by an expert in the field, covering Tibetan life, art, architecture, literature and history. The accompanying photographs and artwork provide a rich sensory experience of the culture that survives today among Tibetans.

THE WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthing Tradition, by Dilgo Khyentse Rinpoche. 108pp. #SHWJ \$14.95

Based on the teachings of Jigme

Lingpa, a great eighteenth-century saint and visionary, the instructions in this book focus on the devotional practice known as Guru Yoga. The author, H.H. Dilgo Khyentse Rinpoche, is a highly-revered meditation master and scholar.

NEW! WORKING WITH ANGER, by Thubten Chodron. 34pp. #TCWA \$4.50

Contains practical techniques for working with anger and pain in our daily lives.

WRITINGS OF KALU RINPOCHE, by Kenneth McLeod. 71pp. #KKKR \$5.95

Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic-show nature of reality.

YOU ARE THE EYES OF THE WORLD, by Longchenpa. 128pp. #LOY \$16.00

Longchenpa's guide to the Kunbyed Rgyal-po presents a method for connecting with intrinsic awareness all the time. This book shows how to live within the source of all life, the unified field where all experience takes place. Translated by Kennard Lipman and Merrill Peterson; introduction by Namkhai Norbu.

ZEN AND THE PSYCHOLOGY OF TRANSFORMATION: The Supreme Doctrine, by Hubert Benoit. 264pp. #ITZPT \$12.95

This is one of the most powerful expositions of Zen ever written. It explains the psychological setting of the unenlightened mind and the psychological revolution required to develop insight. Benoit is a master psychologist and has presented the inner working of enlightenment in Western terms. This book is suitable for the followers of any tradition Eastern or Western.

VIDEO DHARMA

These films are available in VHS format only.

BUDDHIST PILGRIMAGE TO INDIA AND NEPAL, by Robert Pryor. 32 min. #ISBP \$19.95

This documentary uses 35mm color photos to portray the journey of a group of Americans to the Buddhist sacred places. The major sights are presented in the context of the Buddha's life: Lumbini, Bodhi Gaya, Sarnath, Rajgir, Nalanda and Kushinagar.

JOSEPH GOLDSTEIN: Purity of Action, Purity of Mind & The Way of the Tao. 2 hours, #DSJGPA \$19.95

How to lay the groundwork for meditation practice. The meaning of emptiness and dependent arising.

JACK KORNFIELD 1: The Sacred Journey & The Seven Factors of enlightenment. 2 hours, #DSJKSJ \$19.95

How to undertake a spiritual discipline. Living with energy, power, and joy.

JACK KORNFIELD 2: Bringing the Practice into Everyday Life & Our Life of Expansion and Contraction. 2 hours, #DSJKBP \$19.95

Acting from what you value. Supports to keep the practice going. Wonderful rhythms and deep wisdom. How our lives are always new.

NEW! KYIMOLUNG, A HIDDEN VALLEY IN THE HIMALAYA, by Fred Lane. #NOK \$45

This is a remarkable video of a pilgrimage into one of the most remote regions in the Nepal Himalayas. It is an incredible view into an ancient stronghold of the

Nyingma and Kagyu traditions. Kyimolung is the "valley of happiness" and is one of the legendary "hidden" places of Guru Rinpoche. Only 20 foreigners have ever been there.

THE LION'S ROAR, 50 minutes, #WWLR \$49.95

This video documents the life, teachings, and death of the 16th Gyalwang Karmapa, head of the Kagyu order.

LORD OF THE DANCE/ DESTROYER OF ILLUSION, dir. by Richard Kohn, 113 minutes. #FRLD \$59

The Lord of the Dance is Garwang Tojay Chenpo, a form of Chenrezi, and the Mani Rimdu is the major religious festival of the Everest region. During three weeks of ancient and secret ceremonies, the monks of Thubten Choling and Chiwong become Lord of the Dance, and with the compassion and the power of gods, undertake heroic tasks.

THE MEANING OF TIBETAN BUDDHIST CHANTING, by Thubten Pende. 27 min. #THMC \$21.95

This program features Thubten Pende, an American Buddhist monk in the Tibetan tradition, who studied in Dharamsala, India, with the Dalai Lama. The video is a presentation not only of chanting but of Tibetan Buddhism and its disciplines in general, and includes beautiful visuals of Tibetan art symbolic of the ideas and techniques discussed.

MERTON: A Film Biography, by Paul Wilkes & Audrey Glynn. 1 hour #FRM \$39.95

In his lifetime, Thomas Merton was hailed as prophet and censured for his outspoken social criti-

cism. During his 27 years as a monk of the austere Trappist order, he became an eloquent spiritual writer and mystic as well as an anti-war advocate and witness to peace. This critically acclaimed film examines Merton's life and work through insightful interviews with those who knew him including the Dalai Lama, poet Lawrence Ferlinghetti, Nicaragua's Minister of Culture Ernesto Cardenal, publisher Robert Giroux and Joan Baez. Interwoven are passages from Merton's writings and scenes from the significant places of his life.

NEW! NICHOLAS ROERICH: MESSENGER OF BEAUTY, 43 minutes. #TPNR \$21.95

Introduces the ennobling example of Roerich's life, through his Himalayan art and spiritual philosophy. Roerich was born in Russia and painted over 6000 canvases—he was an artist, explorer of Tibet and philosopher who labored in the name of beauty. And this film is just that—beautiful.

OCEAN OF WISDOM Video Presentation of the Life and Teachings of H.H. The Fourteenth Dalai Lama. 35 minutes. #POOW \$49.95

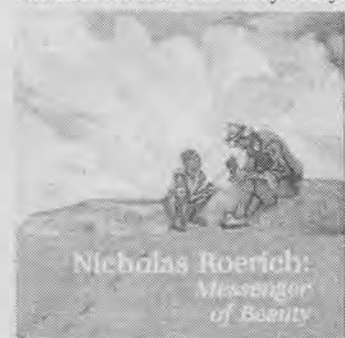
Ocean of Wisdom offers an intimate profile of His Holiness as a monk and as a spiritual leader, as a statesman for our troubled times and as a crusader for world peace. In rare footage, the Dalai Lama is seen during his private religious practices, his daily routine and his infrequent recreation: personal moments that contrast with his public role as the world's foremost Buddhist leader.

REQUIEM FOR A FAITH, by Houston Smith. 28 minutes. #HFRF \$89

This award-winning film tells the story of Tibetan Buddhism. The poetic narration guides us through a world of ancient rituals, continuous meditation, deep compassion and a profound faith in the divinity of man.

THE SOUND OF WISDOM, directed by Robyn Brentano, 1 hour. #HFSW Was \$89 now \$49!

THE SOUND OF WISDOM is a one-hour documentary about the One World Music Festival of Sacred Chant held at the Cathedral of St. John the Divine in New York City. In a historic two-day program of concerts and symposia, the festival brought together the Tibetan Buddhist monks of Gyuto Tantric College and Western composers—David Hykes, Pauline Oliveros and Terry Riley.



NEW LOW PRICE TIBET: A Seed for Transformation, 34 min. #JVTST \$25.

This is an excellent video on the Chinese takeover of Tibet and how this may affect the rest of the world. Contents: Tibet's location, customs and culture; China's nuclear activities, human rights violations, environmental destruc-

tion of Tibet and what we might do to help Tibetans. Filmed in Tibet and N. India.

TIBET: Where Continents Collide, by David Howell. 45 min. #EVT \$45

Melding geologic history with glimpses into the culture of Tibet, this video field trip will delight all who care about the Earth, about mountains, and about ancient cultures. Visit the Yarlung Tsangpo suture and observe the players in the India-Eurasia collision—the Gangdise volcanic arc; see the India plate as it descends beneath Eurasia and listen while David Howell of the US Geological Survey describes the history of this collision with the aid of simple, clear diagrams and graphic animation.

TIBETAN MEDICINE: A Buddhist Approach to Healing, 29 min. #MFTM \$49.95

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.

YANTRA TIBETAN YOGA: System of Namkhai Norbu, Dir. by Michael Katz. #NNYY \$35

Five senior Yantra Yoga practitioners demonstrate the movements of this ancient system. Yantra Yoga has been practiced as part of the Tibetan Buddhist tradition for over 1000 years. Similar to Hatha yoga in that it includes basic asanas (postures), breathing exercises and movements, Yantra Yoga differs in its initial emphasis on more continuous movements. More equally balanced energy and breath, relaxation, and inner development are the benefits of its practice.

SPECIAL ITEMS

SNOW LION AUDIO TAPES

H.H. THE DALAI LAMA INNER SCIENCE CONFERENCE, (10) #IRISC \$60

In 1984 there was an historic conference of the Dalai Lama and Western scientists at Amherst College in Massachusetts. The purpose was to compare traditional Buddhist teachings with Western scientific observations and theories. The scientists give fascinating reports on psychological and perceptual tests before and after enlightenment; the ability of the mind to control pain and heal the body; a comparison of Buddhist and Western psychology, etc.

THE NOBEL PEACE PRIZE ADDRESS (1) #SLTPNPP \$7

On December 11, the Dalai Lama gave his Nobel Lecture to an international audience in Oslo. His talk summarizes his religious message and his political views on Tibet. He speaks entirely in English. There are brief sections of Norwegian translation.

COMPASSION: THE HEART OF ENLIGHTENMENT, 95 min. #RIGPATPC \$10

This talk was given after the Nobel Award announcement. His Holiness speaks on affection, altruism, loneliness, love, anger, inner peace and world peace, and the Tibetan cause.

HARVARD SEMINARS (12) #SLTPHHHS \$84 Trans. by Jeffrey Hopkins—AIBS Program For five days in 1981, the Dalai Lama presented a synthesis of the entire Buddhist path. Topics include: refuge, logic, death, karma, three trainings, meditation instruction, compassion, selflessness, suffering, five paths and the factors of enlightenment. These talks are now available in a Snow Lion book: **THE DALAI LAMA AT HARVARD**.

37 PRACTICES OF ALL BUDDHA'S SONS—A COMMENTARY (4) #SLTPHH37 \$28 Trans. by Jeffrey Hopkins. These are the preliminary teachings on the path of the Bodhisattva given by His Holiness prior to the Kalachakra initiation in Madison, WI.

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

WISDOM & COMPASSION IN TANTRA (1) #SLTPHHWC \$7 Trans. Jeffrey Hopkins

KYABJE LING RINPOCHE IN PRAISE OF DEPENDENT ARISING (5) #SLTPKLPDA \$35

This is a commentary on a classic Tsong-kha-pa text.

TARA TULKU

These talks were made possible by the AIBS.

PSYCHOLOGY SEMINAR (7) #SLTPPTPS \$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.

H.H. DRIKUNG KYABGON NATURE OF MIND (1) #SLTPCRNM \$7

KHENPO PALDEN SHERAB

VAJRAYANA BUDDHISM (2) #PSVB \$20

In the Vajrayana, life is seen as an experience that bears infinite richness and creative energy. Nothing is rejected since the practitioner has sufficient skill and sensitivity to relate to the beneficial aspect of

all existence. Also: *The Sadhana of Vajrasattva and Nongdro Meditation Practice* which purify the body, speech and mind. Trans. by Khenpo Tsewang Dongyal.

DR. LOBSANG RAPGAY, PHD.

DEALING WITH ANGER: A Buddhist Psychotherapeutic Approach (1) #RAWA \$10

JEFFREY HOPKINS

APPROACHING THE TANTRAS (3) #SLTPJHAT \$21

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

DEATH & DYING (4) #SLTPJHDD \$28

Discussion of the stages of death, intermediate state and rebirth.

SEMINAR ON COMPASSION (5) #SLTPJHSOC \$35

SEMINAR ON DEATH AND IMPERMANENCE (3) #SLTPJHSDI \$21

DHARMA SEED TAPE LIBRARY

Here are some excellent tapes on meditation practice by Joseph Goldstein, Jack Kornfield, Christina Feldman and others well-known for their meditation workshops and books.

Joseph Goldstein

BARE ATTENTION & THE FIVE HINDRANCES (1) #DSTPJGBA \$8

Learning to see what is happening in the present moment with simplicity and directness. Learning to recognize and work with desire, aversion, sluggishness, restlessness and doubt.

OPENING, BALANCING & INVESTIGATING (1) #DSTPJGOB \$8

Opening what is closed in us, balancing what is reactive, investigating what is hidden.

DEVELOPING THE FIVE SPIRITUAL FACULTIES (1) #DSTPJGDF \$8

Knowledge of impermanence, care and meticulousness with the practice, continuity, understanding heroic effort, and balancing the factors of enlightenment, suggestions for strengthening the spiritual faculties.

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Experiencing the reality of the moment instead of our concepts about things.

Jack Kornfield

FAITH IN THE HEART, FAITH IN THE DHARMA (1) #DSTPJKFH \$8

In this mysterious world, what can we trust—change, the law of karma, the moment, liberation.

DEEPENING PRACTICE & PRACTICING A BALANCE: COMPASSION AND SOCIAL RESPONSIBILITY (1) #DSTPJKDP \$8

Getting quiet, observing, opening, letting be. Balancing the inner work of meditation with the outer work of social action.

COURAGE AND SIMPLICITY & WISDOM, POWER, KNOWLEDGE (1) #DSTPJKCS \$8

Courage of going into the unknown, being simple. A discussion of the many kinds of knowledge and power and of the wisdom of being present.

Christina Feldman

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Discovering our own spirituality as women, looking at traditional forms that may inhibit its expression.

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Seeing all relationships with people and with the world as rich potential for understanding. The workings of avoidance, inner and outer, in our lives and its effect on ourselves and others.

LETTING GO & DEATH (1) #DSTPCFLG \$10.50

Exploring why we cling, we can go beyond the field of pain and pleasure. Learning to live totally, seeing through our ideas about death.

DAILY LIFE AS SPIRITUALITY & DEVELOPMENT OF SERENITY (1) #DSTPCFDL \$10.50

Nurturing balance, understanding, and the heart in the midst of every moment, finding the essence of spirituality. Becoming spacious, relaxed, willing to be with what is without willpower, being in harmony with the present moment.

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The inner solitude where we no longer cling to things for support and reinforcement. Celebrating the uniqueness of all things and acting from a heart that truly touches and can be touched.

Sharon Salzberg

BUDDHIST ETHICS: A SERIES IN 3 PARTS

CONNECTING TO LIFE/KARMA (1) #DSTPSSCL \$8

Illuminating the significance of karma as a process that reduces our sense of individual separateness and increases our sense of connection to all life.

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When meditation rests on a foundation of sound morality, the practice moves toward joy and peacefulness.

LECTURES BY VEN. SANGHARAKSHITA

SANGHARAKSHITA LECTURES ON BUDDHISM Single tape lectures are \$7, double tape sets \$10

#53 Levels of Awareness: Right Mindfulness Forgetfulness and distraction are the rule in ordinary life, but awareness and a fullness of mind is at the heart of human growth and development. Sangharakshita distinguishes four dimensions of awareness, each with its own qualities: awareness of things, self, others, and of reality.

#55 How Buddhism Came to Tibet

#56 The Schools of Tibetan Buddhism (2)

#57 The Dalai Lama: His Reincarnations

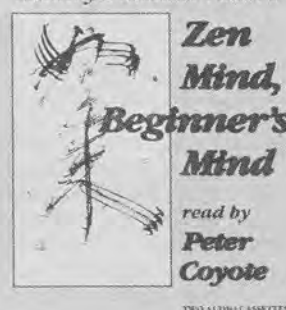
BOOKS ON TAPE

ZEN MIND, BEGINNERS'S MIND, Shunryu Suzuki-roshi, read by Peter Coyote (2) #AUTPZM \$15.95

This program is about how to practice Zen as a workable discipline and religion. Here one begins to understand what Zen is really about. Every word breathes with the joy and simplicity that make a liberated life possible.

AUDIO LITERATURE PRESENTS:

Shunryu Suzuki-roshi's



THE TAO TE CHING, trans. Tolbert McCarroll, read by Jacob Needleman. (1) #AUTPTTC \$15.95

"For those who do not know *The Tao Te Ching*, this reading will be a revelation. For those who do know *The Tao Te Ching*, this reading will be a revelation."

THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo, trans. by Francesca Fremantle & Chogyam Trungpa. 2 Cassettes, 2 1/2 hrs., Unabridged #SHTBDT \$15.95

This classic Buddhist scripture is traditionally read aloud to the dying to help them attain liberation. It emphasizes the application of the experience of death to any situation of transition and impermanence.

THE MERIDIAN TRUST

The Buddhist Film and Video Archive



THE MERIDIAN TRUST is a charity, founded in 1985, to provide both the Buddhist and general audience with a wider access to teachings from all traditions of Buddhism. To further this aim:

- ★ archival documentation of Buddhist philosophy, Tibet and its related culture is on-going
- ★ video programmes of teachings by Buddhist masters from many traditions and documentaries of Buddhist cultures, principally of Tibet, are available on both PAL and NTSC - VHS systems

THE LAMA PROJECT

Initiated by His Holiness the Dalai Lama in 1986, The Meridian Trust co-ordinates this project, carried out in India by the Tibetans themselves, to video document the teachings of the ageing Lamas of all traditions including Bon. The purpose of the project is to preserve this unique tradition for future generations.

The Lama Project in India is directed by Ven Thubten P Wangchen, a monk from the Namgyal Monastery in Dharamsala, who has wide experience of living in the West. He is assisted by three monks who co-ordinate and carry out the video documentation in specific areas. The Lama Project has the full support and co-operation of His Holiness the Dalai Lama's Private Office and The Council for Religious & Cultural Affairs.

Video equipment, tapes and on-going training for those who are responsible for the project are provided by The Meridian Trust. Donations are urgently needed to up-grade the video equipment being used to record this precious spiritual heritage.

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#58 Monks and Laymen in Buddhist Tibet (2)

#59 Symbolism of Tibetan Buddhist Art

#60 The Four Foundation Yogas of the Tibetan Tantra

#61 Tibetan Buddhist Meditation (2)

The five stages of Tibetan meditation and the visualization of Green Tara.

#103 Symbolism of the Wheel of Life

The Wheel of Life, described here in all its wealth of detail, is not only a painting but a mirror, giving one increasingly profound insights into oneself, and revealing the steps toward escaping the endless round.

#104 Tantric Symbolism of the Stupa (2)

#105 Symbolism of the Diamond Sceptre

#106 Symbolism of the Cosmic Refuge Tree and Archetypal Guru (2)

#107 Symbolism of the Creamation Ground and Celestial Maidens

#108 Symbolism of the Offerings and Self-Sacrifice (2)

#109 Symbolism of Colors and Mantric Sound (2)

Color and sound have rich symbolic significance, and so are crucial agents of transformation. The lecture concludes with a brief introduction to the figure of Manjughosha, the Bodhisattva of Wisdom.

#110 Symbolism of the Five Buddhas, Male and Female (2)

MUSIC & CHANTS



TIBETAN FOLK MUSIC

HEART DANCE, RIVER FLOW..., Cassette #DLHD \$10
Anthology of Tibetan folk music. The rarely heard music and dance of nomadic mountain folk as well as the delicate sound of old traditional instrumental ensembles of Lhasa and central Tibet.

SONGS FROM OLD TIBET, Tibetan Institute of the Performing Arts. Cassette #WMSFOT \$10

TIBETAN CHANTS

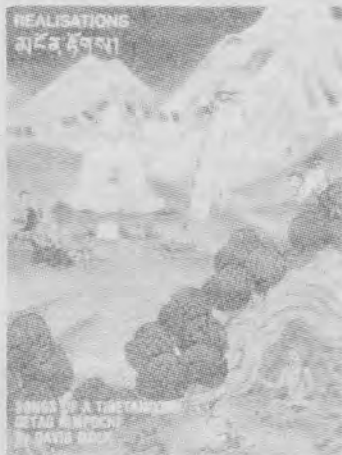
CHO-GA: Tantric and Ritual Music of Tibet. Cassette #DLC-G \$9.95 A unique anthology of tantric instrumental music and chants performed by Tibetan lamas. Recorded in monasteries, this tape contains powerful mantric rituals from this profound culture. Represented here are the monasteries of Gyuto, Gyume, 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.

THE GYUTO MONKS: Freedom Chants. Cassette #RYGM \$9.95

Under the guidance of Grateful Dead percussionist Mickey Hart, the Gyuto Monks recorded their sacred chants at George Lucas' Skywalker Ranch Soundstage in northern California. The Monks' wondrous vocalizing is featured, performing the chants of Yaman-taka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro that were recorded live on Dec. 3, 1988 at the Cathedral of St. John the Divine in NYC.

THE GYUTO MONKS: Gyuto Tantric Choir. Cassette #WHGM \$10.95

This music, which invokes Tibetan Buddhist deities, produces an astoundingly rich and atmospheric tonal texture. Mickey Hart, drum-



mer with the Grateful Dead, produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto Monks at their monastery in India.

QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA, by the Nuns of Nyingma Ozer Ling, Tibet (1) Cassette #QGB \$10

Dechen Gyalmo represents, within the Longchen Nying Thig tradition of the Nyingmapa Lineage, the deified form of the great female practitioner, Yeshe Tsogyal. Forty anis live at Nyingma Ozer Ling in Eastern Tibet where this recording was made.

SACRED HEALING CHANTS OF TIBET, by Monks of Gaden Sharise Monastery. Cassette #EWSHC \$10

The Shartze Monks offered special healing chants that were recorded during their 1989-90 tour of the USA. The monks perform significant parts of lengthy, colorful, elaborate healing ceremonies: rites for purification and invocation of the Medicine Buddha; self-generation of the Medicine Buddha; purification and blessing of the environment.

NEW!

SHITRO: Adjunct Ritual to the Tibetan Book of the Dead, by the nuns of Nyima Ozer Ling, Tibet. Cassette #SAR \$10

The Shitro Puja is famous for its haunting melodies. During the ceremony participants honor the 100 peaceful and wrathful deities described in the *Tibetan Book of the Dead* to appear to a deceased person during the 49 day intermediary state between death and rebirth. This ritual is believed to help the practitioner to realize the visions in the bardo as manifestations of the nature of mind, thereby effecting liberation of the consciousness from cyclic existence.

TANTRIC HARMONICS by monks of the Gyume Tantric College.



Cassette #SPTH \$10.00

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.

TIBETAN SACRED TEMPLE MUSIC: Eight Lamas from Drepung

Cassette #WTSTM \$10
A powerful collection of sacred temple music from the monks of Drepung Loseling Monastery in southern India. In addition to overtone chanting, they also perform their beautiful midrange chanting and play traditional Tibetan temple instruments such as tong horns, trumpets, cymbals, drums and bells which altogether create a very haunting and mystical effect.

NEW!

TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY. Cassette #RBTBC \$10

This recording was produced by Tibet House and contains numerous chants taken from daily rituals of the monks such as prayers to the lineage gurus, seven-limb puja, lam-rim prayer and a ritual chant for Palden Lhamo.

NEW!

THE TWENTY-ONE PRAISES OF TARA, by Prema Dasara & Jeff Monoz. #PDTPT \$10

The chanting of Tara's Twenty-One Praises is an ancient ritual. By contemplating her qualities the afflictions that cloud the mind are dispelled. Free from fear, the challenges of life are met with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places.

EXPLORER SERIES

These four LP records are well known for their quality and power. They are \$9.95 ea.

TANTRAS OF GYUTO: Mahakala, #NSM

Mahakala is the Great Black Lord of Transcending Awareness. He is a manifestation in wrathful form of the Buddha of Compassion and is a principal protector of the dharma.

TANTRAS OF GYUTO: Sangwa Dupa, #NSSD

This is the sacred chant of the Guhyasamaja Tantra.

These two LP's are also available on cassette for \$9.95 ea.:

TANTRAS OF GYUTO: Mahakala, Cassette #NSM

TANTRAS OF GYUTO: Sangwa Dupa, Cassette #NSSD

SHEDUR: A Ghost Exorcism Ritual, Ven. Yeshe Dorje Rinpoche, Master of the Rite. #NSGER

The Shedur, or "Disposing of the Agents of Death" ritual, is performed here by the Ven. Yeshe Dorje Rinpoche, weatherman extraordinaire to H.H. the Dalai Lama.

TIBETAN BUDDHISM: Ritual Orchestra & Chants. #NSRO

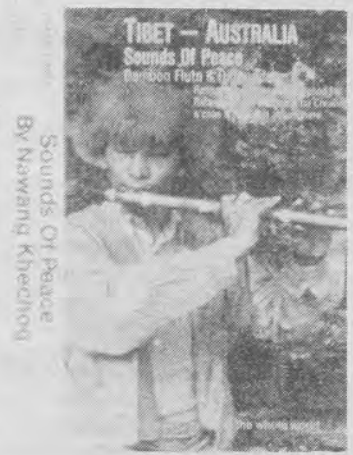
Side One: Padma Sambhava Tsechu Sadhana. This invocation to Padma Sambhava is performed on the 10th day of each Tibetan month.

Side Two: Mahakala Sadhana. The external invocation of Mahakala.

Other Tapes:

LIBERATION THROUGH HEARING: Prayers & Rituals from "The Tibetan Book of the Dead". Cassette #JFLTH \$12
Jazz-rock with prayers from the "Book of the Dead"—like nothing you ever heard or are likely to hear again. This is strictly weird in a fascinating way—Tibet meets Woodstock.

MEDITATION FOR TWENTIETH-CENTURY



PILGRIMS, by Eric Karlstrom. 1 hour. #EKMP \$12

"We are all pilgrims. Whether we know it or not, we all have souls and we're all on a spiritual journey." Eighteen solo piano pieces with 20th century themes composed in the George Winston style. The titles draw upon events and imagery which are applicable to Christians, Buddhists, Hopi Indians, Jews, scientists, agnostics and others.

NEW!

THE MUSIC OF NAWANG KHECHOG

Born in Tibet, Nawang was a Tibetan monk for 11 years. A musician since childhood, he now lives in Australia. Two tapes of his music are available:

SOUNDS OF PEACE: Bamboo Flute & Didgeeridoo. Cassette #NKSP \$10

His spontaneous music captures the feeling and peace of the mountains of Tibet.

RHYTHM OF PEACE: Bamboo Flute, Didgeeridoo, and Harmonic Chanting. Cassette #NKRK \$10

The meditative sounds of Nawang Khechog.

ONE HAND CLAPPING: Tibetan Bells with Environmental Sounds. #ILOHC \$12

The soothingly-subtle yet dynamic sounds create a meditative mood. This all-digital recording fully captures the amazingly-rich harmonic overtones of 108 bells, hand-picked and matched in the Himalayas, and skillfully played by three musicians.

REALISATIONS: Songs of a Tibetan Yogi, Getag Rinpoche, by David Molk. #DMR \$10
Great music! Tibetan vocal in folk style with accompanying guitar.

TIBETAN MEMORIES, by Jon Shore. #JSTM \$10

Music of Tibetan bells and synthesizers—a modern touch to classical Tibetan folk sounds.



WHITE LOTUS

A Multi-Media Exploration of Tibet

The Video

White Lotus is a 30-minute video introducing traditional elements and aesthetic qualities of Tibetan culture. As an ambience presentation—replacing informational narrative with an encompassing environment of sound and imagery—the program offers the viewer a sensory experience of this ancient land and its people. A unique soundtrack, composed entirely of field recordings, complements the visual experience.

The Book

White Lotus, published by Snow Lion Publications. Includes 108 color and black-and-white illustrations of photographs and artwork by members of the Cultural Arts Expedition. Sixteen chapters by well-known scholars introduce the reader to Tibetan culture. Contains a foreword by His Holiness the Dalai Lama, together with journal narratives from the Cultural Arts Expedition.

TO ORDER

BOOK: Call Snow Lion Publications toll-free at 1-800-950-0313. Price: \$19.95.

VIDEO: Write Cultural Arts Expedition, P.O. Box 572, Findlay, OH 45839. Price: \$33.00 includes shipping.

MULTIMEDIA PRESENTATIONS focusing on Tibetan culture may be arranged by writing the Cultural Arts Expedition or calling 419-422-0498 or 419-365-7131 (eves).

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The information available through the Tibet Press Watch will help you stay informed of what is currently happening in and about Tibet. TPW is a compilation of worldwide press, congressional reports, updates from the International Campaign for Tibet and much more.

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PSYCHOLOGY & SELF-HELP/DEATH & DYING

PSYCHOLOGY & SELF-HELP

NEW!

CONSCIOUSNESS, by C.A. Meier. 128pp. #SPC \$16.95

This is one of the most accessible and enjoyable to read introductions to the nature and functioning of consciousness. It contains a discussion of the chakras and the way consciousness functions at each level according to the Jungian system. It has many diagrams and is highly recommended.

DEPTH PSYCHOLOGY AND A NEW ETHIC

by Erich Neumann. 160pp. #SHDP \$9.95 June
This classic work on the Jungian concept of the shadow—the dark side of human nature—is by one of Jung's most creative pupils. Neumann advances an approach to the problem of evil based on confronting the shadow and integrating it into conscious awareness. The new ethic that he proposes, instead of denying the negative forces in the psyche, accepts and transforms them for the benefit of both individual and collective life.

DIVINE MADNESS: Archetypes of Romantic Love, by John Haule. 296pp., #SHDM \$21.95 cloth

This book describes romantic love as the paradigm of relationship, in which the instinctual depths and spiritual heights of human experience come together. Draws on psychology, the mystical traditions and literature to lead the reader inside the mind and heart of the lover. Each chapter explores a characteristic aspect of relationship: fusion, separation, quarrelling, seduction and, by focusing on the meaning of these experiences reconnects us with the wisdom of time immemorial.

FINDING EACH OTHER: A Practical Guide to Achieving Successful Relationships, by John Selby. 131pp. #GTFO \$12.95
John Selby, a psychologist specializing in interpersonal relations, explores the hidden factors which lead to success or failure in finding each other and building successful relationships.

NEW!

GODDESS IN EVERY WOMAN: A New Psychology of Women, by Jean Bolen. 335pp. #HRGEW \$8.95

Just as women used to be unconscious of the powerful effects that cultural stereotypes had on them, they may also be unconscious of powerful forces within them that influence what they do and how they feel, and which account for major differences among women. *Goddesses in Every Woman* shows readers how to identify their ruling goddesses and how to cultivate the influence of the goddesses in their lives. Psychoanalyst Jean Bolen believes that an understanding of these inner patterns and their inter-relationships offers true-to-life alternatives that take women far beyond such restrictive dichotomies as masculine/feminine, mother/lover, careerist/housewife. She demonstrates how understanding them can provide the key to self-knowledge and wholeness.

"...a handbook written for every woman intrigued by the source of her own mystery, and for every man enchanted by a woman."—Richard Bach, author.

NEW!

GODS IN EVERYMAN: A New Psychology of Men's Lives & Loves, by Jean Bolen. 338pp. #HRGE \$9.95

This is a compassionate and clear male psychology that will help all men and women to better understand themselves and their relationships with their fathers, sons, brothers, and their lovers. Dr. Bolen introduces the inner patterns of male psychology as eight archetypal gods. She shows men

how to identify their ruling gods and how to decide which to cultivate and which to overcome.

"This book will help you discover the mythic depth that is the wellspring of your life."—Sam Keen.

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

The approaches of Jung and the teachings of Tibetan Buddhism have often been compared. 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.

NEW!

KING, WARRIOR, MAGICIAN, LOVER: Rediscovering the Archetypes of the Mature Masculine, by R. Moore & D. Gillette. 159pp., illus. #HRKW \$16.95 cloth

Today's crisis in masculine identity has two major causes—the disappearance of both masculine rites of passage and patriarchy itself. The authors define the four mature male archetypes as well as the four immature patterns and with lively discussion guides the reader toward deeper self-understanding.

THE LOTUS AND THE POOL: How to Create Your Own Career, by Hilda Lee Dail. 297pp. #SHLP \$12.95

Here is a new, holistic approach to career development, involving the wisdom of the unconscious—expressed in dreams, symbols, personal myths, intuitions, and memories—as well as the analytical skills needed to set goals and plan strategies. It will help you choose a field, change career or to just get more satisfaction out of work.

NEW!

THE MEANING AND SIGNIFICANCE OF DREAMS, C.A. Meier. 163pp. #SPMSD \$16.95

This is a comprehensive and systematic account of Jung's theory of dreams and dream interpretation. It is easy to follow and a delight to read. The structure, function and symbolism of dreams are discussed in the light of Jung's theories of dreams.

NEW!

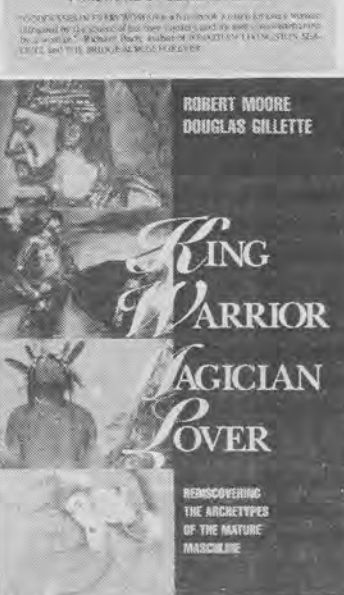
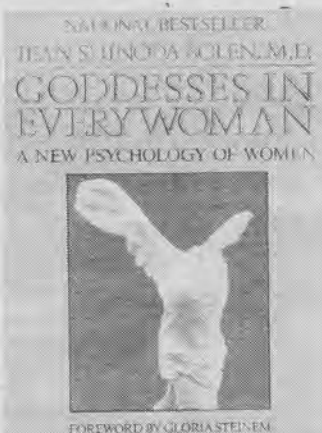
THE SYMBOLIC QUEST, Edward Whitmont. 336pp. #PRSQ \$12.95

"The reader will get what has not been available before, a clear statement of the Jungian position, that life has a pattern of wholeness which can only be comprehended symbolically at this moment in time."—*The Los Angeles Times*.

One of the most practical, straight-forward explanations of both the way the psyche functions and the archetypes that are the energetic centers of symbolic life. A manual for anyone wishing a deep understanding of the forces that move us.

WRITING DOWN THE BONES, by Natalie Goldberg. 171pp. #SHWDB \$8.95

Here is a book that tells how to create good writing. The secret of creativity is a process of uneducation rather than education. A fine poet and prose writer, Natalie's Zen background speaks to us through the many practical suggestions in this book.



BRINGING DOWN THE LIGHT: Journey of a Soul After Death, by Mother Meera. 64pp., 26 full-color plates, 9 x 11 1/2," #MPBDL \$29.95 cloth

What happens after death? Answered with unique authority by one of the most widely respected spiritual teachers of our time—Mother Meera—whose fame has swept Europe. Painted directly from Meera's inner perception of the after-death experiences of a disciple, these luminous works inspire our vision of death and comfort those who have lost loved ones.

DEATH AND DYING: The Tibetan Tradition, by Glenn H. Mullin. #ARDD \$9.95

This authoritative book 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.

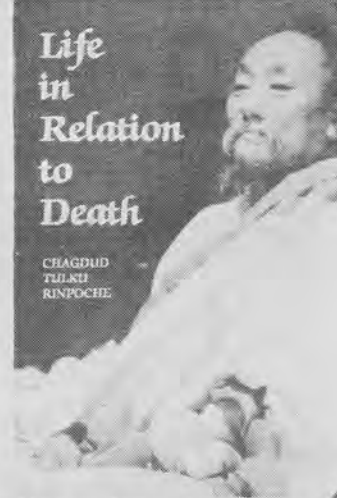
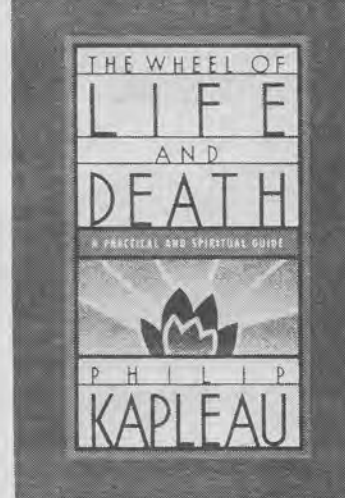
DEATH, INTERMEDIATE STATE AND REBIRTH by Lati Rinbochay & Jeffrey Hopkins. 86pp. #SLBKD \$7.95

Anyone interested in the process of dying will find this book fascinating. 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.

In the foreword by H.H. the present Dalai Lama, practical, mature advice is offered 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

DEATH & DYING



"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*

DEATHING: An Intelligent Alternative for the Final Moments of Life, by Anya Foos-Graber. 415pp., #WED \$14.95

Death is the most natural passage we will make since birth. Looking at death before the time comes is like learning about natural childbirth before having a baby. The process of conscious preparation is called "dying." The author provides exercises and meditations that teach us the dying process and how to benefit from it the most. Anya is a lecturer, yoga teacher, linguist and survivor of a near-death experience.

JAPANESE DEATH POEMS, Ed. Yoel Hoffmann. 366pp. #CTJDP \$19.95 cloth

"I raise the mirror of my life
Up to my face: sixty years.
With a swing I smash the reflection—
The world as usual
All in its place."

The consciousness of death is in most cultures very much a part of life, this is perhaps nowhere more true than in Japan, where the approach of death has given rise to a centuries-old tradition of writing such a poem, often at the very moment the poet is breathing his last. Here are hundreds of death poems, many with a commentary describing the circumstances of the poet's death.

LIFE, DEATH AND AFTER DEATH, by Lama Thubten Yeshe. 45pp. #WIBKLDA \$4.95

The stages of dying and the Buddhist attitude towards life and death are explained by Lama Yeshe.

LIFE IN RELATION TO DEATH, by Chagdud Tulku Rinpoche. 31pp. #CGLRD \$6.50

Contains a valuable teaching on death, the preparation for it and what to do while you are dying.

THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos, Tsele Natsok Rangdrol. 140pp. #SHMMI \$9.95

This concise handbook of teachings on the cycle of life, death, afterlife, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.

ON DREAMS & DEATH, by Marie Louise von Franz. 193pp. #SHODD \$12.95

"A true masterpiece of research and interpretations of dreams by patients prior to a sudden or anticipated death. Although there exists ever-increasing literature on the topic of death, very little has been studied and published on the content and meaning of unconscious material of these individuals."—Elisabeth Kubler-Ross

OTHERWORLD JOURNEYS: Accounts of Near-Death Experience in Medieval and

Modern Times, by Carol Zaleski. 275pp. #OXOJ \$8.95

This is a fascinating and thorough study of near-death experience. It explores the cultural and religious implications of near-death experiences.

REBIRTH AND THE WESTERN BUDDHIST, by Martin Willson. 96pp. #WIBKRWB \$6.95

In this essay Martin Willson presents one hundred references—devotional, scriptural, observational, logical and scientific—for and against rebirth.

THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo, Trans. by Francesca Fremantle and Chogyam Trungpa. 119pp. #SHTBD \$9.95

This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains in straightforward language what the text teaches us about human psychology.

THE TIBETAN BOOK OF THE DEAD, by Evans-Wentz. 249pp. #XTBD \$7.95

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.

NEW!

TRANSFERENCE OF CONSCIOUSNESS AT THE TIME OF DEATH, by Lama Thubten Yeshe. 45pp. #WITCTD \$4.95

An introduction to the practice of Powa, the transference of consciousness at the time of death, for the purpose of being reborn in a place where enlightenment will be easier.

THE WHEEL OF LIFE AND DEATH: A Practical and Spiritual Guide, by Philip Kapleau. 371pp., #DDWLD \$19.95 cloth

A very thorough discussion of death and dying by the famous Western Zen Rishi. Intimate in tone, he covers dying, death, karma and rebirth as traditionally understood in the world religions as well as the philosophic, scientific and humanistic traditions. One of the best books on the topic.

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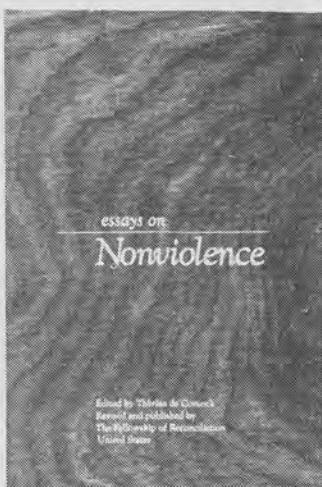
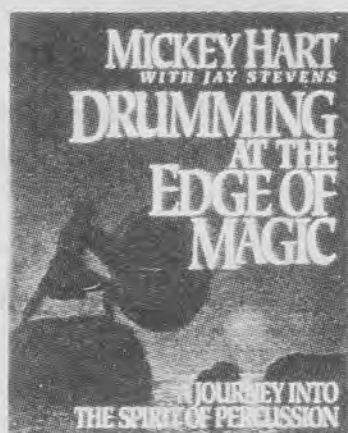
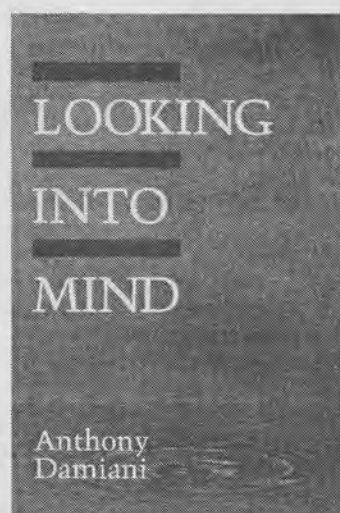
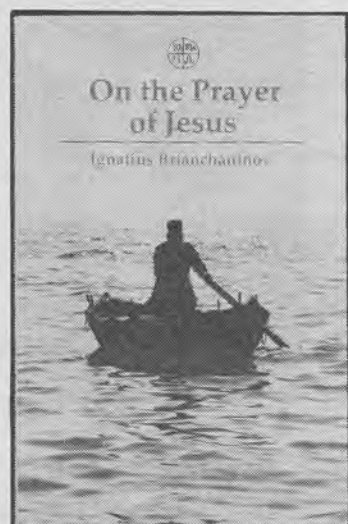
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This comprehensive, authoritative compendium of information on the world's living religions brings

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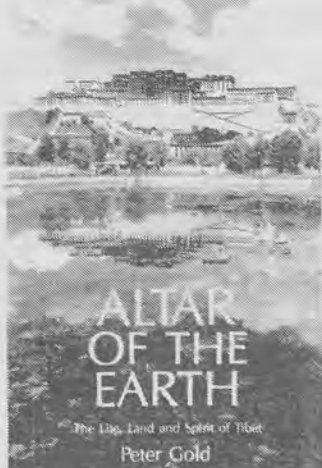
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"Followers of the Kagyu tradition will obviously revere this book and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

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Prayer Flags includes a succinct and clear discussion of the tantric path of Mahamudra, as well as texts on transforming conflicting emotions, sickness and death into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.

THE POWER PLACES OF CENTRAL TIBET: A Pilgrim's Guide, Keith Dowman. 320pp., maps & photos #RKPP \$10.95, NOW \$8.75!

THE PRINCE WHO BECAME A CUCKOO: A Tale of Liberation, by Geshe Wangyal. 200pp. #MEPBC \$10.95, NOW \$8.75! For almost a hundred and fifty years, *The Prince Who Became a Cuckoo* has been among the most popular books in Tibet. The great scholar Edward Conze has described this tale as "one of the most charming that has ever come out of the inexhaustible fund of Indian legends."

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TIBETAN PILGRIMAGE, by Peter Gold. 175pp., color photos, #SLBKTP1 \$14.95, NOW \$11.95!

Travel not only stirs the blood, it also gives birth to the spirit. Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.



We share the author's experiences in Dharamsala, India, headquarters of His Holiness the Dalai Lama and the Tibetan government-in-exile. Peter discovers the world's most unusual museum at the Tibetan Library and the curative power of Tibetan medicine. The president of the Tibetan Women's Organization speaks frankly on the position of women in Tibetan society. An oracle goes into trance as the voice of a goddess speaks through her body. Peter relates his dramatic encounter with the preserved body of Ling Rinpoche.

To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodhi Gaya, India—place of Sakyamuni Buddha's enlightenment—for the Kalachakra Tantric Initiation under the direction of the Dalai Lama. Amid a festival of deities, sights, sounds and offerings, Peter leads us into the heart of the Kalachakra mandala and into the calm center of Buddhism.

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"Peter brings an immediacy of feeling and details of information which are both fascinating and revealing."—*Middle Way*

TIBETAN TERRIER BOOK, by Jane Reif. 256pp., 200 photos. #JRTT \$16.95, NOW \$12.95! This is the book on this Tibetan breed of dog.

WIND BETWEEN THE WORLDS, by Robert Ford. 338pp. #SGWBW \$12.95, NOW \$10.35!

Robert Ford, a former British Army radio operator, was employed by the Tibetan government to head their wireless station in Chamdo, Eastern Tibet. When the Chinese forces invaded Eastern Tibet in 1950, Ford was captured. He spent five years in a communist re-education center. Upon his release in 1955, he returned to England where he wrote his unique and intriguing story.

WOMAN'S MYSTERIES: Ancient and Modern, by M. Esther Harding. 272pp., #SHWM \$9.95, NOW \$7.95!

Here is a classic study of the feminine principle in myths, dreams, and religious symbolism. In presenting the archetypal foundations of feminine psychology, the author shows how the ancient religious initiations of the moon goddess symbolized the inner development of the emotions. Understanding the psychological meaning of these initiations, she believes, can help to heal the troubled relationships of men and women today.

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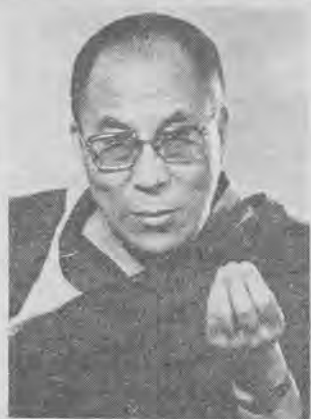
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HIS HOLINESS THE DALAI LAMA



H.H. THE DALAI LAMA

A BUDDHIST MONK: The Dalai Lama of Tibet, 11 Days in England, 40 min., \$36 (1 tape)
In April, 1988, His Holiness gave teachings in London, addressed the global conference on Human Survival in Oxford and met extensively with the media. A BUDDHIST MONK is a personal profile of His Holiness and presents him in his various roles as teacher, exiled leader and international spokesman for peace.

A MAN OF PEACE, 30 min., \$36 (1 tape)

In December 1989, His Holiness the Dalai Lama visited Norway to receive the Nobel Peace Prize in Oslo. While there, he also visited Trondheim and Bergen, and the Arctic region of Samiland. The Meridian Trust video crew travelled with him and were granted frequent access to His Holiness. The resulting documentary is unique in that it captures the qualities that so distinguish His Holiness: his warmth and wisdom, his compassion and humor.

COMPASSION & NON-VIOLENCE, 38 min., \$40 (1 tape)

During his visit to Norway to receive the Nobel Peace Prize, His Holiness gave a number of talks. This talk, given in Trondheim on Dec. 14, 1989, best encapsulates the spirit of the tour. His Holiness speaks of the value of non-violence as a path to world harmony and of how developing altruism makes for a happier person. He also makes an appeal for support for Tibet.

THE FUTURE OF RELIGION, 1 hr., \$50 (1 tape)

In a very direct and uncomplicated way, His Holiness teaches that negative mental attitudes give rise to suffering and that the antidote is provided by a variety of spiritual techniques. His Holiness concludes that the future of the various religions lies in the practice of their adherents.

GREEN TARA INITIATION, 2 hrs., 45 min., \$60 (1 tape)

His Holiness performed the common initiation of the Green Tara which grants the four empowerments in the form of a blessing. This was preceded by a lucid explanation of the initiation.

HIS HOLINESS THE DALAI LAMA: An Interview by Jonathan Landaw, 30 min., \$30 (1 tape)

In a remarkably frank interview, His Holiness speaks about his role and responsibility as a Dalai Lama and gives advice on how to conduct oneself in the world.

AN OVERVIEW OF TIBETAN BUDDHISM WITH A COMMENTARY ON BODHICHARYAVATARA, 11 hrs., \$180 (6 tapes)

This is an excellent overview of Tibetan Buddhism with the main emphasis on the four tantras, Dzogchen, and the chapters on patience and meditation from the Bodhicharyavatara. His Holiness went into great detail on many tantric topics. There was a question and answer session each day. Teaching given in London, April 1988.

NEW!

THE PATH OF NON-VIOLENCE, 1 hr. 30 min., \$62 (1 tape) Talk given in Stockholm, Sweden in the fall of 1988.

UNIVERSAL RESPONSIBILITY IN A NUCLEAR AGE, 30 min., \$30 (1 tape)

His Holiness delivered an impassioned speech in April, 1988 on the necessity of developing universal responsibility—"the universal religion"—in order for humanity to survive in the nuclear age.

Other Films by His Holiness the Dalai Lama:

CONTRIBUTION OF THE INDIVIDUAL TO WORLD PEACE, 1 hr 15 min., \$55 (1 tape)

DZOGCHEN, 4 hrs., \$110 (2 tapes)

THE ESSENCE OF BUDDHIST PHILOSOPHY, 65 mins., \$52 (1 tape)

THE ESSENCE OF MAHAYANA BUDDHISM, 1 hr., \$50 (1 tape)

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TANTRA: The Experience of Transformation, 1 hr., \$50 (1 tape)

VEN. THICH NHAT HANH ROSES AND GARBAGE: MEDITATION AND PEACE, 2 hrs., \$54 (1 tape)

This program documents a teaching given in London in 1987 by Thich Nhat Hanh in which he explains the dependent nature or "interbeing" of phenomena through the relationship of roses and garbage. Just as it is unnecessary to discriminate against garbage since the elements of compost give rise to the elements of flowers so too it is unnecessary to discriminate against anger or hatred since the energy of delusions can be transformed into love and understanding.

VEN. KALU RINPOCHE

BARDO, 45 min., \$50 (1 tape)

An interview with the late Ven. Kalu Rinpoche and teachings on the experiences of the consciousness in the period after death.

THE NATURE OF MIND, 2 hrs. 30 min., \$80 (2 tapes)

VEN. SUMEDHO

THE BUDDHIST IDEA OF A PERFECT SOCIETY, 1 hr., \$50 (1 tape)

THE FAMILY, 1 hr., \$50 (1 tape)

PRACTICE IN LAY LIFE, 1 hr., \$50 (1 tape)

TOWARDS THE FUTURE, 1 hr., \$50 (1 tape)

DR. LOBSANG RABGAY

INTRODUCTION TO BUDDHIST PSYCHOTHERAPY, 4 hrs., \$110 (3 tapes)

TIBETAN MEDICINE: AN INTRODUCTORY LECTURE, 2 hr., \$70 (1 tape)

VEN. DR. TENZIN CHOEDAK

CANCER AND AIDS: The View of Tibetan Medicine, 2 hrs., \$64 (2 tapes)

THE PRINCIPLES OF TIBETAN MEDICINE, 5 hrs., \$124 (2 tapes)

NEW!

KEN JONES

CARING AS A SPIRITUAL PRACTICE, 1 1/4 hr. \$55 (1 tape)

This excellent talk explores the different levels of motivation involved when caring for the sick and dying. He explores awareness, acceptance and generosity of spirit as vital elements of caring as a spiritual practice.

CULTURAL/ DOCUMENTARY

FOR CHILDREN!

BUDDHISM IN FOCUS: The Life and Teachings of the Buddha, Part 1, 30 min., \$64 (1 tape)
Specifically produced to introduce children between 10 and 15 years to the life and teachings of the Buddha. A dramatized explanation of the Four Noble Truths and the Noble Eight-fold Path.

BUDDHISM IN FOCUS: The Buddhist Way of Life, Part 2, 30 min., \$64 (1 tape)

Drawing upon life and practice in Buddhist communities in Britain and India, this program covers pilgrimage and worship at Bodhgaya, India, a traditional Buddhist celebration, Zen Buddhist stories, various forms of meditation practice, the monastic training in the Tibetan Buddhist communities in India and interviews with respected Buddhist teachers from both the Theravadin and Mahayana traditions.

SACRED MUSIC, SACRED DANCE, 1 1/4 hrs., \$36 (1 tape)

The monks from Drepung Loseling Monastic College on tour in the UK performing a variety of ritual dances.

SOUNDS OF TIBET, 2 hrs., \$36 (1 tape)

The Tibetan Inst. of Performing Arts from Dharamsala, India on tour in the UK performing traditional Tibetan dances.

SOTO ZEN

SERENE REFLECTION MEDITATION, 31 min., \$30 (1 tape)

How does one learn to sit still with an alert and bright attitude of mind—allowing thoughts and feelings to arise and pass away naturally? This introduction to zazen sitting shows how to start this practice for yourself. A number of suitable sitting postures are demonstrated. What happens when you sit and how you can carry over the meditation into everyday life are explained.

SOTO ZEN BUDDHISM, 42 min., \$34 (1 tape)

This film shows how the serene reflection meditation (zazen) of the Soto School is practiced. Soto Zen emphasizes the practice of meditation, the keeping of the Buddhist precepts and the awakening of the heart of compassion and expressing it through selfless activity.

MORNING SERVICE AT A SOTO ZEN MONASTERY, 22 min., \$20 (1 tape)

Filmed at Throssel Hole Priory in England, this program captures the early morning ceremony.

Other Films Available:

A TIBETAN NEW YEAR, 43 min., \$50 (1 tape)

This program documents the Tibetan New Year celebrations carried out by the monks of the only Bonpo community outside Tibet. The foothills of the Himalayas in northern India provide the backdrop for the preparations and enactment of

the annual ceremony whilst the monks and local villagers perform the rituals.

AVALOKITESHVARA: The Dalai Lama in Europe 1982, 40 min., \$50 (1 tape)

BIRTH OF A BUDDHA, 18 min., \$44 (1 tape)

THE DALAI LAMA OF TIBET: 25 Years in Exile, 52 min., \$50 (1 tape)

DAILY LIFE IN A TIBETAN MONASTERY, 30 min., \$50 (1 tape)

This film is an intimate portrayal of the everyday life in a Bonpo monastery in the Himalayan foothills in Northern India. It offers a unique look at the customs and rituals of Bon, the pre-Buddhist religion of Tibet—a lesser known aspect of Tibetan culture.

DEBATE IN THE TIBETAN TRADITION, 1 hr., \$50 (1 tape)

HHDL VISITS EUROPE, 1986, 40 min., \$50 (1 tape)

KALACHAKRA 1974, 1 hr., \$50 (1 tape)

REMEMBER TIBET, 1 hr., \$50 (1 tape)

THREE GREAT MONASTERIES, 1 hr., \$50 (1 tape)

After 30 years of hard work and reconstruction the three 'pillars' of the Gelug study and worship are functioning as important centers for the refugees. We follow them during the New Year festivities, The Great Prayer Festival, and during the daily routine.

THE TIBETAN QUESTION, 12 min., \$20 (1 tape)

This program was produced for television and was broadcast the day His Holiness received the Nobel Peace Prize. It examines the present situation in Tibet and presents His Holiness' views on non-violence as the only means of resolving the Tibetan situation. It carries excerpts from an exclusive interview with His Holiness soon after the announcement of his winning the 1989 Nobel Peace Prize; scenes of Tibetans in Lhasa celebrating the news of His Holiness' award; scenes of the Chinese police brutally suppressing peaceful demonstrators in Lhasa in March 1988; scenes of deforestation and the export of timber from Tibet to China and excerpts from interviews with Chinese students speaking out in favor of Tibetan independence. This program will be of particular interest to Tibet support groups internationally.

TWO TIBETAN NUNNERIES, 30 min., \$40 (1 tape)

TIBET: The Cultural Evolution, 1 hr., \$50

VISIONS OF HOPE: The Near Death Experience, 40 min., \$50 (1 tape)

Explores the individual experiences of six people who had been clinically certified as dead.

THE WHEEL OF TIME: Kalachakra Initiation, Switz. 1985, 45 min., \$38 (see section on Kalachakra) (1 tape)

