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## NEWSLETTER & CATALOG

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VOLUME 6, NUMBER 4



### VENERABLE LOPON TENZIN NAMDAK RINPOCHE

*Respected Elder and Teacher*

The Bonpo people hold the original tradition and culture of Tibet. Rinpoche Tenzin Namdak is the Lopon (Head Teacher) of the Bonpo people. He was born in 1926 in Kyung-po Province in Kham territory, in southeastern Tibet. Rinpoche began his studies at an early age and took his vows at age 15. He continued his studies at the two major Bonpo monasteries—gYung-Drung-Ling and Manri in Central Tibet. Rinpoche Namdak rose to the position of Lopon in 1953 at the young age of 27. At the time of the Communist Chinese invasion of Tibet, Rinpoche was forced to flee into exile in India. In 1961 he was invited to London by Professor David Snellgrove under the auspices of the Rockefeller Foundation Visiting Scholar Program. He collaborated with Professor Snellgrove on the translation of *The Nine Ways of Bon*—an extensive outline of the Bon Tradition. Returning to India in 1964 Rinpoche founded "New" Manri in Northern India, the principal seat of the Bonpo people in exile. In 1987 he founded another Bonpo Monastery and International Education Center in Kathmandu, Nepal—Tritan Norbutse. Rinpoche came to the United States in the Spring of 1989. Finding people in the US interested in helping to preserve the Tibetan Bonpo culture, he formed an organization to serve this purpose



—the Tibetan Bon Temple Foundation located in Southern California.

The Bon Monastic Center in India now has 120 monks permanently resident, engaged in many fields of traditional learning. They come from various parts of Tibet as well as from Dolpo, the Tibetan-speaking region of Nepal where the Bon religion is dominant.

The Monastic Center functions as the continuation of the former centers in Tibet; the monasteries of Menri and Yungdrungling, located in Tsang, Central Tibet, which were totally destroyed during the Chinese Cultural Revolution. Our present establishment

follows the monastic tradition of Menri founded by the Lord Menri (1356-1415). The present abbot is the 33rd in the line of the abbots of this monastery.

Rinpoche Namdak has been invited by His Holiness the Dalai Lama to teach in New York in October 1991. After teaching on "The Nature of the Mind" and attending the Kalachakra Initiation, Rinpoche will travel to Washington, DC and the western US.

If you are interested in sponsoring a visit and speaking engagement with this beloved master and respected elder this November/December please contact: Susan Clarke, Tibetan Bon Temple Foundation, 2020 Stanley Ave, Signal Hill, CA 90806; 213-498-6574.

#### Rinpoche Namdak's Schedule

October 11, 1-6 PM, Madison Sq Garden, NYC, "Nature of Mind Teachings," contact: Tibet Center 212-353-9391

October 12 & 13, New York City, contact: Phil Mardin 718-627-1925

October 25-29, Conway, MA, contact: Des Barry 413-625-9820

Nov 1-3, Healing Light Ctr Church, Los Angeles, call: 818-244-8607

Nov 7 & 8, Yun Lin Temple, Berkeley, call: 415-841-2347

Nov 9 & 10, San Francisco, contact: Mark Lieberman 415-334-4921

Nov 12 & 13, Sacramento, contact: Gloria Luz 916-443-5414

Nov 15-20, Coos Bay, Oregon, contact: Susan Clarke 213-498-6574

Nov 21-24, Portland or Seattle, contact: Susan Clarke 213-498-6574

Dec 6-8, El Paso, TX, contact: Mary Walsh 915-544-9355

The rest of the schedule is not yet fixed.



### TIBETAN HANDCRAFT PROJECT BEGINS ACTIVE MARKETING

After almost three years of preparation, the Tibetan Handcraft Development Project is announcing its entry into active trading under the name of "dZi—The Tibet Collection." As many Tibetan enthusiasts will know, a "dZi" is a uniquely styled Tibetan bead, renowned for its preciousness and collectibility by Tibetans, and some Western folks as well. Mac McCoy, president of the new company, explains that "the word's transliteration from Tibetan with the big and little letters works well as a logo. It's also a design motif that we're using extensively in our new products."

dZi represents a group of American investors who are working in partnership with the Tibetan Handcraft Development Board of the Tibetan Government in India. Their collaborative effort seeks to help Tibetan artisans to develop their skills and product designs in order to gain an international market and recognition for their handworks.

As a for-profit import company, dZi has committed itself to the development and marketing of imaginative Tibetan handcrafts.

"We've worked very closely with young and creative Tibetans to design a new and different line of garments, clothing accessories and gift items, all of which are being produced almost exclusively by Tibetan artisans," says Mr. McCoy. "We're trying to give them a market and opportunities that they haven't had until now."

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## DZOGCHEN TALK IN VENEZIA, ITALY IN 1989

by Geshe Tenzin Wangyal  
(of the Bonpo Lineage)

When one gets interested in a teaching, it is important to discover why one is doing something, what is the purpose in following a teaching, and what one's motivation is. When we practice, it is not because we have nothing else to do, or to keep us busy, but because we want to do something different from our everyday life. We have spent all our life in a cycle of the same activities, of problems, and since now we have this precious human birth, we can have a contact with the teachings which can help us to overcome these problems. This gives meaning to our life. We can discover that there is suffering, and a cause of suffering, and discover its origin. Without checking what its origin is, there can never be an end to suffering. However if there is a way to overcome suffering, this means there is a way to realize oneself.

Our problems arise from our five passions: attachment, anger, ignorance, pride and jealousy—also called the five poisons. These are what we must overcome. We have to understand that our problems—everything that has brought us to our current situation—are a creation of the mind. They are not the true condition of the mind. In the condition of the mind there are no problems. So we have to return to the original condition.

There are different ways to overcome the five poisons which are

the cause of our present and future problems. All the different religions and teachings have sought methods to overcome problems and to achieve realization; there are the methods of renunciation, transformation, and self-liberation, which are the paths of the Sutra, the Tantra and the Dzogchen. The example used is of a poisonous plant: one way is to throw it away; this is the path of renunciation, renouncing the passions. Another way is to combine the poison with another plant to transform it, so the passions are transformed into wisdom. But the way of the peacock is to eat the poisonous plant because it makes him more beautiful; that is, he frees the properties of the plant into energy which makes him grow. This is the way of Dzogchen, the way of self-liberation.

When we see our problems we see their cause—the five poisons. When we see the five poisons we do not try to renounce them, nor do we think there is something to transform into wisdom. We try to understand the condition, to get to where the problem arises. We look at the problem and where it arises, and we find there is no source; the problem vanishes; the passion vanishes; it is freed into the state in which there is no passion. Thus in Dzogchen we try to find the way to free the passions into the state from which they arise.

The origin and the nature of

problems is our condition. Just as a cloud originates from emptiness in outer reality, which is outer space, emptiness is its reality, and it frees itself into empty space. So all concepts and thoughts arise from inner vision in the inner reality, empty inner space, and vanish back into emptiness. We have to try to understand ourselves, our true condition—that all our concepts and problems arise there, live there and disappear there. Discovering this condition is finding the primordial state. This is what we have to realize.

But in order to understand our condition we have to go beyond concepts and thoughts; our condition is thoughtless, and thought cannot understand what is without thought, beyond thought. There can be explanation in words to introduce the state, but the explanation is not understanding of the condition. One can form a concept, then abandon the concept, and enter into the state. In Dzogchen there is direct understanding, without thought, not distracted by thought, and the experience without thought can be obtained through the practice of zhi.gnas concentration.

But before looking at the practice of concentration, let us look for a moment at where the Dzogchen teachings come from. In Tibet the Dzogchen teachings were kept secret. The reason for this was so that people would realize their value and importance. I always try to get people to understand the great importance of the teachings when I give them directly.

The Dzogchen teachings are found mainly in the Nyingmapa Buddhist tradition and in the pre-Buddhist Bon tradition of Tibet. Even within these two traditions, there were not many practitioners

of Dzogchen. It was not easy to receive this teaching which was kept very secret. In the Bon tradition, the founder, Shenrab Miwo, introduced this teaching to the succeeding lineage master by mental transmission. Many of the nine masters of this lineage were from Zhang Zhung, a country west of Tibet, around Mt Kailash. The next lineage, of 24 masters, is that of the oral transmission of Zhang Zhung, the Zhang Zhung Nyan Gyud, this is also the name of large collection of texts of the Bonpo Dzogchen teachings. The oral transmission from Tapihrtsa to Nanzer Lodpo in the eighth century has reached to the present. I myself have received this transmission from my own master, Lopon Sangye Tenzin. I will be using the Zhang Zhung Nyan Gyud, as well as the A-khrid, which is another system of Dzogchen teaching and practice in Bon, as sources of the teachings.

Dzogchen is the path of self-liberation. When we see the five passions we do not renounce them nor transform them into wisdom, but try to understand their condition, where they arise from, and discover that they arise from, remain in, and dissolve back into the primordial state. So, recognizing this, we can liberate, self-liberate, the passions into their own true condition, which is the primordial state.

Problems are like the clouds in the empty sky (the empty state) which obscure the sun (the clarity of the primordial state). They are of the same nature as the sky, they arise from the sky, remain there, and then dissolve into the sky. If we understand that the clouds are the same nature as the sky, that problems arise from the state and only temporarily obscure our understanding of reality, or our own natural condition, then there is self-liberation of the passions, that is, our self-liberation, that is, Dzogchen, the great perfection.

Finding this condition means finding the primordial state. It is the meaning of realization. It is beyond thoughts. It is a state without thoughts, and it cannot be understood by thought. We have to have direct understanding of our primordial state.

In the A-khrid system, after the biographies of the lineage masters, there are the basic teachings to bring one to knowledge of the state. These teachings are divided into two parts, concentration practice with an attribute or support, and practice without an attribute.

In the practice with an attribute we use the letter AH, which is the principal sound and the base of all the Tibetan alphabet, and also the symbol of the state of pure mind. Through this practice the mind is brought under control. That is, we do not follow thoughts of the past, present, or future, so that we remain in the condition of the mind without the limit of time, concentrating the mind on the AH as strongly as possible. Then we try to discover where thoughts come from. This is the way to have introduction to the state, the condition of the individual.

Thus this is one of the main Dzogchen practices for beginners, because through it one is introduced to the state. Each individual must look within to discover where thoughts arise. It is important here to distinguish between secondary causes which create or give rise to thought, and where thoughts originate. It is the place thoughts arise that we are trying to find, not the secondary



KARMA TRIYANA  
DHARMACHAKRA

### FALL/WINTER SCHEDULE 1991-92

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4-6

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11-13

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1-3

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8-10

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29 - DEC. 1

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13-15

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20-22

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27-31

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3-31

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OVERCOMING  
DIFFERENCES



THE DALAI LAMA OF TIBET  
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## THE DALAI LAMA OF TIBET

## OVERCOMING DIFFERENCES

Twelve thousand people gathered on the Cornell University campus

to hear this extraordinary talk by the Dalai Lama of Tibet, winner of the 1989 Nobel Peace Prize. Against a striking backdrop in Cornell's cavernous Barton Hall, the Dalai Lama delivered his impassioned, moving address to this large and receptive audience. Wit and warmth blended with serious purpose in an appeal to realize that the only real hope for world peace is to recognize the "oneness of humanity." Speaking as a Cornell Bartels World Affairs Fellow, the Dalai Lama's message brought numerous ovations.

Also features Tibetan flutist Nawang Khechog, and shows scenes of a sand mandala and other events during the Dalai Lama's visit inaugurating the "Year of Tibet" in North America.

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A Trueheart Productions Video

Continued on page 3



# NEWS

## DZOGCHEN

cont. from page 2

causes of thought. Thought is a kind of experience; it is a thought which recognizes thoughts. What we are trying to do is go beyond the mind and find the nature of the mind which is without thoughts, and this can only be done without thoughts, without concepts.

As I said, each individual must look within to discover the origin of thoughts. Then when one has had the experience of this discovery, the master can introduce the state, because the student has already had the experience. That is, it is not that the master introduces his own concept to the student, but that he confirms and explains to the student that what he has discovered is that thoughts arise from emptiness, which is the true condition of the individual. Each individual has this basic condition, which is Buddhahood. It is not something one receives or gets from outside. It is the true condition of the individual.

Through concentration one can control thoughts, and once one has understood what is the state, then thoughts are no longer able to distract us or disturb our practice; they are no longer an obstacle or a problem. There is the self-liberation of thoughts. In fact thoughts are not an obstacle or a problem; they are a manifestation of the natural state. Thoughts arise from the natural state, they remain in the natural state, and they return to the natural state. If we do not follow thoughts, we do not create attachment. Then there is the self-liberation of thoughts into their natural state; then thoughts are seen as an ornament of the state.

Thoughts cannot be liberated by other thoughts. "Bad" thoughts cannot be liberated by "good" thoughts, just as one cannot use blood to wash blood from a hand. Both "good" and "bad" thoughts are obstacles to direct understanding of the state. The natural state is without thought, beyond thought, and thought cannot understand what is without thought, what is beyond thought. There are two types of understanding—with thought and without thought. But direct understanding is without thought. It is undistracted by thought. There is a presence, clarity, which understands emptiness.

In contemplation practice, it is important to overcome the subtle dualism of practice and not practice—of formal practice sessions—

and to integrate presence, contemplation, with all of one's activities of body, voice and mind. This is done gradually, first by integrating presence with what are considered virtuous activities—that is, activities which do not cause distractions such as prostrations (body), recitation of mantras (voice), feeling thirsty (mind); then activities which are considered non-virtuous such as fighting (body), arguing (voice), and the passions (mind). In this way presence, contemplation, is integrated with all our activities. All of life becomes practice, becomes presence.

But first it is important to understand what is meant by presence in Dzogchen. It means presence of the awareness of the inseparability of clarity and emptiness in the primordial state. Madhyamika, the Middle Way of Mahayana Sutra Buddhism, speaks of emptiness as the absolute, and in the ordinary path of the Sutra systems one attempts to understand emptiness through the concept of emptiness. But in Dzogchen we speak of the inseparability of emptiness and clarity—that through clarity there is direct understanding, without concept, of emptiness; and that presence is not "presence" of clarity in emptiness, but these three—emptiness, clarity, and their inseparability, in the primordial state.

Emptiness is the base, *kun.gzhi*, the sky or space, the mother; clarity is knowledge, recognition, *ng.pa*, the sun shining, the son. In Tantrism one talks of the unification of these two, but in Dzogchen we talk about them as inseparable. There is nothing to unify. One has merely to recognize that clarity and emptiness are inseparable in the primordial state. This recognition is presence of awareness in Dzogchen, and it is this presence which must be integrated with all activities, virtuous, neutral and non-virtuous, of body, voice and mind, so that all of life is integrated with practice, and one can achieve realization through Dzogchen in this very life by continuing in contemplation—this is the practice of *trek.chod*, the practice of contemplation which one develops before the practice of *thod.rgal*, which is the integration of contemplation with vision. ■



## OPENING TO EFFORTLESSNESS

As part of an on-going exploration of the relationship between different schools of Buddhism, the Barre Center for Buddhist Studies presents a three-week Dzog Chen retreat led by Lama Surya Das from November 22 to December 13, 1991. Dzog Chen, the natural Great Perfection, is the ultimate teaching of Vajrayana Buddhism. It is actualized through the practice of Rigpa, or non-dual awareness.

Basic awareness, centerless openness, and natural mindfulness exercises will be introduced based on the study and practice of authentic Tibetan texts. The schedule will be similar to a silent Vipassana retreat, but periods of teaching and discussion will be included. No prior background in Dzog Chen meditation is neces-

sary, although previous meditation retreat experience is recommended.

Lama Surya Das has studied under the guidance of the Lamas of the Kagyu and Nyingma schools. He is an authorized Lama in the Practice Lineage of Tibetan Buddhism, and author of *The Snow Lion's Turquoise Mane: Wisdom Tales from Tibet*.

The Barre Center for Buddhist Studies was founded in 1989 to provide an opportunity for students of meditation to broaden their understanding of Buddhism through textual study. We are located on 90 acres of wooded land, near the Insight Meditation Society in central Massachusetts.

Contact: Barre Center for Buddhist Studies, Lockwood Road, Barre, MA 01005; 508-355-2347. ■

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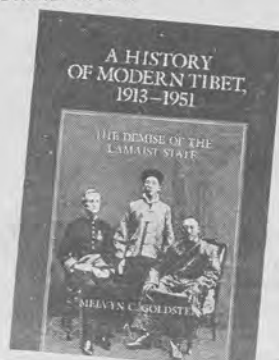
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### VAJRAKILAYA CHAM PERFORMANCE

Sacred Lama dances and music performed for the first time in America by 10 Tibetan monks from the Sakya Monastery, India.

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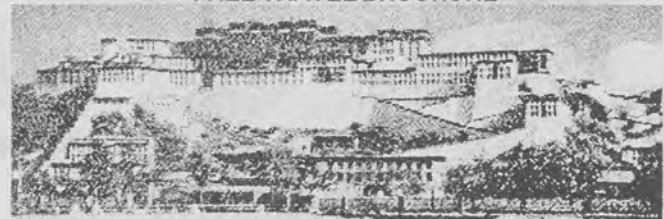
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## NEWS

# HIS HOLINESS THE DALAI LAMA VISITS USSR

## SOVIET BUDDHISTS GIVE HIS HOLINESS THE MOST JOYOUS RECEPTION EVER

by Gary Wintz

The sun has never shown brighter for Soviet Buddhists. For three weeks between July 10 and July 30, 1991, His Holiness the Dalai Lama of Tibet traveled to more Buddhist regions across the USSR than on any other of his previous visits.

Since his first trip in 1979, His Holiness has been faithfully visiting Soviet Buddhists every few years. This is the only time, however, that he has traveled to the USSR when freedom of religion has finally been respected by law and has truly blossomed. All this is thanks to the glasnost policies of Gorbachev. New radical reforms in the Russian republic, coupled with Boris Yeltsin's recent elective success, has inspired more Buddhists to feel free to greet His Holiness in record numbers.

### Siberia

The Dalai Lama joined with many thousands of Siberian Buddhists in Ulan Ude in celebrating the 250th anniversary of czarist Russia's official acceptance of Tibetan Buddhism to Buryatia.

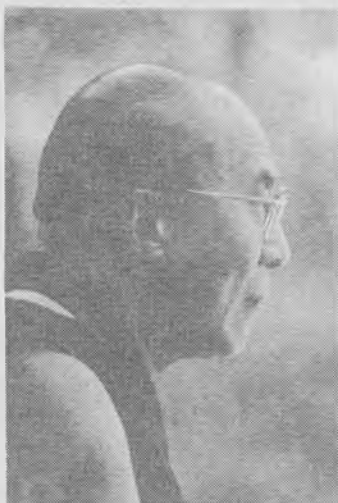
His Holiness also made pilgrimage to Mount Alkhanai—one of the holiest mountains in the world of Tibetan Buddhism—located in the Chita region of Siberia, not far from the northernmost border of China. This pristine pine-covered peak has been a center of devotion for Kalmyk, Mongolian, Buryat, Russian, and Estonian Buddhists, who perform circumambulations there. In the era before the communist's conquest of Central Asia, even devotees from as far away as Tibet would make this pilgrimage of thousands of miles across the Great Tibetan Plateau and the Gobi Desert. On Sunday, July 21, His Holiness climbed Mount Alkhanai, holding a religious service which included a puja to purify the site.

Also in Siberia, His Holiness visited the once magnificent temple of Aginskaya. This great temple was the center of the finest sutra woodblock printing press outside of Tibet itself. Thousands of the highest quality sutras were disseminated from here throughout Mongolia and Siberia, to Kalmykia in the deep southern Russian steppes, and to St. Petersburg. Unfortunately, the entire printing library of wood blocks was senselessly destroyed when Stalin's purges reached Aginsk in 1936-37.

Amidst the high rolling prairies and grasslands south of Chita, His Holiness paid his respects to several elderly Aginsk monks. Somehow this handful survived the communist persecutions and have been allowed to return to the gutted buildings of the historic complex. Many young Buryat monks, (and even a Russian monk we met there last year), under the guidance of their elders, now chant the sutras in the classical, liturgical Tibetan language. This is an unbroken—albeit sometimes underground—chain of the Gelug-

pa's learning tradition dating back to the 1700s in these regions.

This Aginsk temple also had special ties with Labrang Lamasery in Amdo, on the edge of the Tibetan plateau, not far from the region of His Holiness' birthplace.



Before the Soviet persecution of religion in the 1930s, some abbots and monks of Aginsky Datsan had studied at Labrang.

### Rebuilding of Temples

His Holiness also visited the temple at Ivolginsky—the only other token temple Stalin allowed to function, for propaganda purposes, beginning again in the 1940s. Forty-two other gompas remain in ruins today, but a number are now being reconstructed. In the neighboring Turkic-speaking Tuvan Republic, plans are also underway to rebuild lamaseries.

Even in the remote town of Orlik in western Buryatia, the

home of Ven. Samaev Tenzin Khetsun, the local temple is being rebuilt. Lama Samaev, a progressive Buryat in his forties, who was elected into the Russian parliament, is also the new abbot of the temple in Leningrad.

### Moscow

On July 30 in Moscow, His Holiness the Dalai Lama received Lama Samaev in an audience in which the Orlik Lama made a donation to His Holiness on behalf of all the Leningrad Buddhists for a puja in memory of Tara Rinpoche.

Earlier in Moscow, between July 10th and 13th, His Holiness made many public appearances, including a meeting with the Writers Union and a public talk in the huge Palace of Culture. "That place was totally packed," according to attorney David Urubshurow of Washington, D.C., who accompanied His Holiness in parts of the Soviet Union.

### Unprecedented Visit to Republic of Kalmykia

David Urubshurow is a Kalmyk American who from the age of seven was a student of Geshe Wangyal in New Jersey. Geshe Wangyal was born and raised in Kalmykia (in the Volga Delta region of southern Russia), and studied under the great Lama Dorjief there. Geshe-la fled the Stalinist repressions in Kalmykia by escaping to the lamaseries of Mongolia. He soon found himself having to flee Mongolia for the same reason and journeyed to Tibet. Geshe Wangyal finally found lasting freedom in New Jersey where he died in 1983, after having become one of the most respected teachers in American Buddhist history.

Over the years a special friendship developed between Geshe-la and H.H. the Dalai Lama. Urubshurow said that His Holiness often invoked the memory of Geshe Wangyal throughout his unprecedented visit to Geshe-la's homeland of Kalmykia in July. His Holiness also met in private audience with the relatives of his old friend, including two nephews and a grand-niece.

Of all the regions His Holiness visited this time in the USSR, his journey to the Kalmyk Republic was perhaps the most significant



## MINDSTREAM

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and most eventful.

"Everybody who was anybody in the Kalmyk Republic was there at that capital airport in Elista to greet His Holiness," said David Urubshurow.

"The republic had arranged a government charter flight and the Dalai Lama was warmly greeted by both President Basanov and by Prime Minister Mikhailov. These two leaders had actually initiated the invitation and even had the courage to stand up to the stern

warnings of the Soviet Foreign Ministry who were worried about the communist Chinese making trouble. These Kalmyks were courageous and farsighted. They held their ground over the protests of the Soviet Foreign Ministry. In fact, they flat out defied them.

"In all the Soviet Union, the largest crowds to greet His Holiness were in Kalmyk country," Urubshurow proudly recounted.

During the six-day visit, His

Continued on page 5

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IMPORTS

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## NEWS

### H.H. Dalai Lama Visits USSR

Cont. from page 4

Holiness gave Avalokiteshvara teachings for three days at the horse race track on the edge of Elista.

"Starting at six in the morning thousands upon thousands of people each day came from all over the Republic," Urubshurow said. "The crowds were overwhelming. When all the huge grounds had filled with pilgrims, His Holiness gave permission to the security guards to allow people to come into the infield with him. The infield totally filled up within minutes.

"I was amazed at the number of old people who were carrying religious objects of devotion, like prayer wheels, malas, and even thangkhas, which they brought for His Holiness to bless. The faith and courage of these people to somehow hold onto these things through seventy years of communist persecution, even through the decimating exile into Siberia—somehow they held onto these things—it was all very moving and very humbling—and this is an unemotional lawyer you are talking to!" confessed Urubshurow.

"Over and over as I spoke to older Kalmyk people," Urubshurow related, "they kept saying that this was a dream come true. Nothing short of that."

"For almost 400 years the Kalmyk Mongolians have had a loyalty to and reverence for the Gelugpa sect in general, and the institution of the Dalai Lama in particular.

"But until now no Dalai Lama had ever set foot in Kalmyk country. No one there ever thought they would see His Holiness, or any living Dalai Lama."

#### The Kalmyks and the Tibetans

"This thing didn't just happen because the Kalmyks suffered near genocide," Urubshurow continued. "It happened because Tibet suffered. His Holiness suffered upheaval and displacement. Had His Holiness not gone into exile, the dream of a Dalai Lama visiting the Soviet Union and the Kalmyk Republic would not have come true.

"This is historic. Unprecedented! His Holiness was well aware of the fate of the Kalmyk people, the destruction of their culture. The Kalmyk Mongolians were the only Asian population group on the European continent to embrace Tibetan Buddhism, and they were the first to suffer from communism as it swept toward Asia. The Buddhist Kalmyk experience with Marxism-Leninism became the paradigm for all the Tibetan Buddhist cultures of Central Asia who would later suffer under communism in Buryatia, Mongolia, Inner Mongolia and Tibet.

"The Buddhist holocaust begins in Kalmykia—the first venue where it was destroyed. The visit of the Dalai Lama represents the beginning of the renaissance of Buddhism. It is now being revived. His visit was nothing less than religious CPR. I was there on stage in Elista during the initiation by His Holiness when at least a dozen young Kalmyk monks professed their initial vows before him.

"I considered myself lucky to be there through the kindness of my Lama. The message of His Holiness emphasized the tremendous difference one man can make in the world, e.g., Geshe Wangyal. It was such a joyous celebration for Kalmyk country. It truly is a de-

pendent arising situation.

"There are now two Kalmyks in the Supreme Soviet. Both met His Holiness and were visibly moved. These two men of power will not forget Tibet. They will feel kinship and sympathy. It really is true. One person can make a difference."

Molly McGinn and Gary Wintz have lived in Tibet and have traveled to Buddhist regions of the

USSR numerous times since 1978. In 1990 they were hosted by branches of the Soviet Academy of Sciences to give talks on Tibet. They lecture around the world about the "Russian-Mongolian-Tibetan Connection." Contact them if you are interested in having them speak in your area, or to join them in tours to these regions: Molly McGinn/Gary Wintz, InterNet/Soviet-Tibet, 1341 Ocean Avenue, Suite 232, Santa Monica, CA 90401.



## RUSSIAN TIBETAN BUDDHISTS TO VISIT USA

By Ken Fung

Two prominent Russian Buddhists will be visiting the USA this fall. The Ven. Tenzing Khetsun Samayev is abbot of St. Petersburg's (formerly Leningrad) Kalachakra Temple, and is also a member of the Soviet Parliament, representing traditionally Buddhist Buryatia. Helena Nikolayeva is a Buddhist scholar, co-author of a historical survey of Buddhism in Russia, and 'foreign affairs coordinator' for their group, whose spiritual head is His Holiness the Dalai Lama. Both in their thirties and fluent in English, they will be attending the Kalachakra Initiation in NYC in October. Afterwards, they will travel around the country to speak to groups and university audiences. Samayev and Nikolayeva are looking forward to meeting with Western practitioners and observing the day-to-day workings of spiritual groups and organizations here, while acquainting us with the history of Russian Buddhism, by turns inspiring and tragic, and the needs of Buddhists there today.

At this time of economic uncertainty and political instability, their Buddhist sangha needs our support as they struggle to establish themselves. They are working to restore the historic Kalachakra Temple which was recently returned to them by Soviet authorities as

well as to begin monastic training and book publishing. Dating from the early years of this century, at a time when a group of St. Petersburg visionaries saw the empire's future in a spiritual culture uniting Russia and Tibet, this six-story Tibetan style structure was built with the support of both the Czar and the Thirteenth Dalai Lama, with materials and art work from all over Europe and Asia. Like those it served, the temple suffered greatly during Stalin's time and the difficult years that followed. The history of the Kalachakra Temple is entwined with the larger history of the Russian Buddhist culture which for centuries linked parts of the Russian Empire with Mongolia and Tibet.

The Tibetan-dominated cultural region extended all the way from the Volga River to parts of historic Tibet now annexed by China. Prior to the Communist takeovers this vast area had Tibetan as its lingua franca, with Tibet's large monastic universities drawing students from the entire region. Today we recognize the Himalayan portions of this cultural map, while information on the Russian connection is lacking. Yet important implications for Tibet's future may lie in the net of connections between Russia and the Central Asian Buddhist culture which fas-

cinated some of its greatest minds. Amidst the unfolding scenario taking place in the Soviet Union today, the visit of Lama Samayev and Helena Nikolayeva affords an opportunity to become acquainted with the Russian pieces of this giant puzzle.

Buddhism entered the Czarist Empire in the 16th and 17th centuries, as the expanding empire encountered an advancing wave of Tibetan Buddhist culture. Crossing Mongolia, the followers of Tsongkhapa had reached the Transbaikalian homeland of the Buryats and the lower Volga region settled by the Kalmyks. Within decades of the arrival of a large party of Tibetan lamas, a decree of 1741 established in Buryatia the position of Bandido Khambo Lama as Supreme Buddhist Patriarch of all Russia. Over the centuries, the number of monasteries grew. Requiring literacy in Tibetan, Mongolian, and Buryat, the Buryatian Buddhist curriculum was modeled after that used in Drepung and other Tibetan centers.

In the Imperial capital, St. Petersburg, Russian studies of Tibetan Buddhism combined a high level of scholarly attention with sympathetic interest in Buddhist ideas. Nineteenth-century Russian explorers, notably Prjevalsky, Kozlov, and Tsybikov, travelled over the vast Central Asian region, collecting scientific data documenting the ethnography of remote areas, and assembling what is now the largest extant collection of Tibetan texts. Their hopes of reaching Lhasa and seeing the Dalai Lama met with varying success, as Tibet was at that time largely closed to outsiders. Prince Esper Ukhtomsky, the leading St. Petersburg journalist, made numerous trips to Central Asia. A enthusiastic student of Buddhism, his vast collection of Northern Buddhist art, the work of Buryat, Kalmyk, Mongolian, and Chinese artists, is now largely in the Hermitage Collection and includes numerous outstanding examples to be seen in the "Wisdom and Compassion" exhibit currently on view at the IBM Gallery in New York City.

One Buryat who travelled to Lhasa was to have a lasting effect on Russian-Tibetan relations. In the closing years of the 19th century, Lama Agvan Dorjiev, after a brilliant career at Drepung Monastery, became an assistant tutor to the young thirteenth Dalai Lama, and was soon his trusted confidant and advisor. Convinced that Russian support would effectively counter British and Chinese moves against Tibet, he persuaded the Czar to make a series of overtures to the Dalai Lama, while in Tibet circulating a pamphlet which soon

had Tibetans looking north to Russia as the mythical kingdom of Shambhala and seeing Czar Nicholas as the embodiment of White Tara. The 1904 British invasion of Tibet put an end to these dreams, and Dorjiev returned to Russia, where he and the Russian Buddhists, including the eminent scholars Stcherbatsky and Oldenberg, succeeded in obtaining permission to build a Buddhist temple in the middle of the city. Something of the deep Russian fascination with Tibetan spirituality can be seen in the life and work of painter Nicholas Roerich. Seeing the temple as the embodiment of his vision of a school of philosophy uniting East and West, Roerich nevertheless left St. Petersburg before its 1915 completion eventually reaching the Himalayan foothills of Northern India.

The 1917 Bolshevik Revolution brought a period of renewed hopes for Russian Buddhists. Dorjiev, as Khambo Lama and abbot of the temple, tried to fashion a kind of progressive Buddhism which would be compatible with Bolshevism. In the end, however, the resurgence of Buddhist activity was crushed in the reign of terror launched by Stalin in 1929. The brutal destruction of the monasteries of Buryatia and Kalmykia, together with their cultural treasures, and the mass executions of monks, served as a blueprint for the Chinese Communist rape of Tibet. In 1937, the lamas of the Leningrad Temple were all arrested and shot. Arrested the same year, Dorjiev is thought to have died in 1938. The ruined temple, used as a radio station, a warehouse, and a research institute, its treasures removed or destroyed, somehow survived to the present.

In the new climate of perestroika, the Kalachakra Temple is once again the property of the Buddhist sangha. A video of the interior taken this past year shows both the extent of the destruction and the hope for renewal and rebirth. The ornate latticework in the cavernous main hall still glitters like the residence mandala of the deity. But donations are needed to restore this shrine to its original beauty.

If you would like to help bring our Russian Buddhist friends to the USA or to help restore the Kalachakra Temple, please send a tax-deductible contribution to Wisdom's Goldenrod, Ltd., c/o Ken Fung, PO Box 40, Hector, NY 14841. Wisdom's Goldenrod Center for Philosophic Studies is a sponsor for the visit of Lama Samayev and Helena Nikolayeva. If you would like to speak with these people when they come to the USA, please phone 607-546-8542 to make arrangements. ■



#### TIBET IN EXILE

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## SUPPORT TIBETAN RESETTLEMENT!

In early 1992, 1000 Tibetans will begin coming to the United States to resettle here. A large number of people have been working to provide the refugees with sponsors and jobs to make their transition to life in America easier. However, a large amount of financial support is still needed to cover the cost of transportation, insurance, housing and other necessities during the first few months after their arrival.

The endless knot emblem has been adopted as the logo for the Tibetan-US Resettlement Project because it symbolizes the interrelatedness of all things. A sterling silver pendant has been created to help raise needed funds for the project. By purchasing an endless knot, you join the many Tibetan and American organizers and sponsors in an effort to assist the Tibetans resettling in Ithaca.

The endless knot pendant is available through Rio! an ethnic boutique in Ithaca that is developing a jewelry business for Tibetans. The pendant can also be purchased as one or two earrings. They are silver and adorned with a colorful bead. Wear these to show your support of the project.

To receive your pendant, please send a check, credit card information or money order for \$10 plus \$2 shipping (and tax—NYS only) per item (earrings are \$20 plus shipping) to Rio!, 116 Center Ithaca, Ithaca, NY 14850, 607-272-2115. If you are interested in helping with a larger amount, all proceeds from the sale of these items go to support the Tibetan Resettlement Project in Ithaca.

## WOMEN IN TIBETAN BUDDHISM

In descriptions of Buddhism and Buddhists, monks have figured prominently and a wealth of detailed information is available on their way of life. The religious life was also open to women, yet little is known about the women who opted for the monastic life. Many historical events mention the presence of highly accomplished nuns, but detailed reports of their lives are lacking.

Nunneries were found throughout Tibet. Many were situated in remote, isolated locations, but there were also more than ten nunneries located in and around Lhasa. For the most part monasteries for men and those for women were distinctly separate. In exceptional cases, communities of monks and nuns would be located nearby one another, studying together with the same teacher and gathering for ceremonies in a common assembly hall. Nuns also stayed together in retreat communities or in caves with one or two nuns as companions. Others stayed with relatives who provided them with daily necessities, leaving them free to attend their practices.

In their daily lives the nuns concentrated on their spiritual practices which consisted of study, mantra recitation, and meditation. Except for those engaged in strict retreat, each resident also shared in the responsibility for maintenance of the nunnery. Education in fundamental subjects such as reading and writing was provided on an individual basis with senior nuns taking responsibility for two or three students. A great deal of emphasis was placed on the

memorization of texts, with less attention given to mastering the philosophical topics that are normally undertaken by monks. Lacking opportunities for higher studies in philosophy, fewer nuns became qualified as instructors, and tended to devote themselves chiefly to meditation and liturgical practices instead.

In theory, religious practice by men and women was regarded as equally praiseworthy, but in reality a subtle tendency developed which placed greater value on the efforts of men in spiritual matters. While in the Buddhist view enlightenment is available to men and women without discrimination, there existed and still exists some distinct impression that male rebirth is preferable to female rebirth. These and other factors may help explain why historically fewer women than men entered religious communities.

For years Tibetan nuns have been at much disadvantage since Buddhist religious life tends to center around communities of monks. Being quite humble and self-effacing by nature nuns have remained quietly in the background and continued their practices in solitude. Study of higher philosophical texts became the domain of male scholars and religious education for women was somewhat neglected. Having little access to facilities for such higher studies, women lost faith in their intellectual capabilities and turned to meditation and other practices instead. In these they excelled, and there are numerous references to highly realized female practitioners

in historical sources. Still, due to cultural conditioning, social expectations, and their own delusion of incapability, the range of religious opportunities for women was far more limited than for men. These limitations were felt most substantially in the area of education.

In the last decade, much progress has been made in reversing and mitigating these disadvantages. The quality of religious education for women has improved, but there is much more progress to be made. Educated young women who are inclined toward monastic life need to be encouraged and facilities at the nunneries need to be established and systematically organized to provide instruction in both religious and secular fields.

### Khachoe Ghakyiling Nunnery

This women's spiritual collective was initially formed in response to the growing influx of women and nuns fleeing Tibet. The severe political, religious and human rights violations by the Chinese, as well as the lack of educational opportunities and deprivation of personal dignity, gave many young women the incentive to brave the Himalayan frontier, even at the possible cost of their lives. Hoping to find suitable spiritual conditions in India and Nepal, they instead discovered that all of the few existing and poorly facilitated nunneries were already filled to overflowing. As a result they have been left stranded without even food and shelter, to say nothing of educational and spiritual opportunities.

In response to the needs of the nuns, the unsurpassably kind and compassionate one, the late Lama Yeshe, graciously accepted the nuns into his monastery. The nunnery project itself was formally es-

tablished in 1986, with the blessings of Lama Zopa Rinpoche, as Khachoe Ghakyiling Nunnery, a Buddhist Studies Centre for Women affiliated with Kopan Monastery. It is surviving today through the guidance and the kind support of the monastery.

As a Buddhist convent, Khachoe Ghakyiling Nunnery is committed to seed and strengthen the well-being of humankind, in particular that of women. This is being accomplished through working for women's full participation in society, by ending discrimination and developing equal opportunities, and through establishing the value and usefulness of the wisdom, ethics and expertise that result from women's unique experience. As a spiritual women's collective we aim to provide support and solidarity for all women, and as an institute to extend education and training services to women.

### Why We Need Your Support

As women practitioners, there is the additional burden of being a female in a culture which devalues us for it. Although Tibetan Buddhism does affirm that women and men are equally capable of reaching enlightenment, the secular culture undermines this view. Therefore it is unfortunately quite common that nuns receive much less support than do monks, little or no funding, poor education and poor facilities. Yet they too are sincere and dedicated practitioners.

There are thirty of us today. Besides the new arrivals from Tibet, we have nuns from the Tibetan exile community, local Buddhists from India and Nepal and many more who would like to join. Unfortunately we already have more than the monastery can afford to accommodate, and we live in

crowded and unhygienic conditions. Nonetheless we are appreciative of our good fortune and extremely enthusiastic in our studies and practice. We take part in a full curriculum which includes Tibetan and English language and grammar, memorization of Buddhist root texts, Buddhist philosophy and debating.

All contributions are tax-deductible. Monies are being collected by the central office of the Foundation for the Preservation of Mahayana Buddhism, a non-profit international organization headed by Lama Zopa Rinpoche of Kopan Monastery. If you are in Kathmandu the nuns would like very much to meet with you, show you the progress that has been made and offer a puja. In the future the nuns envision opening a bed and breakfast operation with the nunnery in order to be self-supporting.

Checks should be made out to: FPMT Central Office, PO Box 1778, Soquel, CA 95073. For more information contact: Mary Beth Ackerly, MD, PO Box 223, Schneider Lane, Ruby, NY 12475 (tel. 914-336-6324); or Claire (Cookie) Ritter, 55 Mercer St 5th Floor, New York, NY 10013 (tel. 211-941-1160).

## ECOLOGY INFORMATION CENTER

Fred Segal for a Better Ecology, the nation's first environmental marketplace, opens July 25, 1991. The center will provide products and promote lifestyles which sustain the environment, support ecology and encourage harmony

*Continued on page 8*



# NEWS

## TIBETAN HANDICRAFTS

cont. from page 1

### Intensive Training for Tibetan Tailors and Managers:

With the support of the Ford Foundation's New Delhi office, dZi and the Tibetan Handcraft Development Board organized a month-long training program in Dharamsala for eleven tailors and four production managers from the best of the Tibetan garment work centers in Northern India.

The participants came from New Delhi, Dehra Dun, Rajpur, MacLeod Ganj and Upper Dharamsala to join together in an intensive training workshop which concentrated on making samples of new garments and clothing accessory designs for marketing in the West. They learned the basics of pattern making, cutting, supervision, special tailoring techniques and production scheduling. A fashion show was held at the end of the program, thrilling the quiet mountain community with new ideas about Tibetan fashions for the coming decade.

### A New York Debut for dZi's New Products:

dZi exhibited its new line of products for wholesale purchase by retailers from all across the U.S. at the Gift Show and Boutique Show in New York during August. The reception was enthusiastic and Tibetan artisans in India are now hustling to produce their first orders for almost 75 shops around the U.S.

Much of dZi's first line of jack-

ets, shoulder bags and hats make use of a sumptuous woven wool fabric known as 'yarta' which is typical to Bhutan and nearby Tibetan regions. The fabrics' designs and colors were specially made for dZi at a large weaving center Dehra Dun. These weavers first learned their craft as refugees

leading certified check printer. In fact, there's only one difference between these checks and the checks you're using now. The message.

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## ST. LOUIS FRIENDS OF TIBET

### Grassroots from America's Heartland

St. Louis Friends of Tibet is a, non-profit organization generating support for the Tibetans' struggle for freedom. Cindy Curley, president and full-time administrator, works closely with a small group of active volunteers to develop and implement a range of projects. Their mission is primarily educational. To promote understanding of Tibet's situation, they have arranged speeches and interviews by the Dalai Lama's U.S. envoys in St. Louis, Chicago, and Kansas City. They are planning similar programs in Minneapolis, Houston, and Nebraska. They regularly write newspaper editorials and meet with politicians and the media, as well as civic and corporate leaders.

This fall, the monks of the Namgyal Monastery are creating a sand mandala at the St. Louis Art Museum as part of "Year of Tibet" celebrations. There will also be free lectures on the museum's Buddhist art exhibit, a talk at the Ethical Society on Tibet's plight, a performance of Lhamo Folk Opera of Tibet, and a winter film series.

To encourage recognition of the Tibet issue, they have arranged meetings between Tibetan exile government representatives, the State Department and the Bush Administration. They work closely with the International Campaign for Tibet in Washington, D.C., and network with other support groups here and overseas. Follow-

ing the Dalai Lama's receipt of the 1989 Nobel Peace Prize, the Friends of Tibet delivered 2000 pre-paid postcards to President and Mrs. Bush asking that they consider receiving His Holiness at the White House. Recently, the President sent a personal thank-you note acknowledging their effort to bring about the historic April meeting.

As an organization, the St. Louis Friends of Tibet has made steady progress since their inception in 1989. They have a regular office and volunteer staff and have galvanized concern for the Tibet issue in a broad area of central USA. They need financial support for their programs and are available to offer advice and materials for civic, church or school programs on Tibet. Supporters receive a newsletter, *Tibet Update*. Please contact: Friends of Tibet, 6611 Clayton Road, #200, St. Louis, MO 63117 or call 314-862-8770.



## TRAVEL TO TIBET

The St. Louis Friends of Tibet proudly announces its second annual trip to Tibet in May and June 1992, coordinated through Distant Horizons Travel of Boston. The tour features the principal historic and religious sites of Tibet's central region, via Hong Kong, Chengdu and Kathmandu. Buddhist scholar Paul Nietupski, fluent in Tibetan and Chinese, will lead the group. Interested parties

can contact Janet Moore at 800-333-1240.

The 1991 Friends of Tibet trip landed our group in Lhasa during the so-called "40th Anniversary of Peaceful Liberation" ceremonies undertaken by Beijing. A 12-page report on related events and conditions is available upon request from the Friends of Tibet office: 314-862-8770.

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# NEWS



## Lhamo, the Opera Tradition of Tibet by Nanci Hoetzlein

Perched on a rocky hillside overlooking northern India's expansive Kangra Valley, a horseshoe-shaped complex of concrete buildings sits well above the busy town of McLeod Ganj. Here, in an isolated niche of the Himalayas, the Tibetan Institute of Performing Arts cultivates the tradition of *lhamo*, Tibet's unique form of opera.

Affectionately known by the Dharamsala community as TIPA, the institute holds the distinction of being the first Tibetan Administration agency established in exile by His Holiness the Dalai Lama in 1959. TIPA continues to function as a live-in school and performance company of forty artists dedicated to the preservation of Tibetan music, dance and drama.

The art of *lhamo* was developed by Siddha Thangton Gyalpo, a Chang Ting Monastery monk born in 1385 near Ngari, Tibet. Credited with establishing the first Tibetan theatre troupe, it is his picture which is traditionally placed on an altar at the center of each performance space.

Several versions of the same legend are associated with the introduction of *lhamo* into Tibetan culture. In what is perhaps the most historical account, Thangton Gyalpo shoots a borrowed arrow randomly into the air. It lands in the Kyichu River, a sign which the accomplished young monk interprets as indicating he should build permanent bridges over Tibet's major rivers. Indeed, Thangton Gyalpo became the Tibetan inventor of linked chains and designed the first iron bridges constructed in his homeland. Similarly, *lhamo* became an important link in bridging cultural differences among the geographically dispersed Tibetan people.

Faced with insufficient financial resources to complete his first major bridge, Thangton Gyalpo sought a means to find additional sponsors for his project. A moment of intuition compelled him to choose, from among the laborers, seven sisters who were known to be gifted folk singers and dancers. He rigorously trained them to refine and expand the existing repertoire. Accompanied by a single drum and a set of cymbals, these performers gave concerts which quickly became popular fund-raising events for Thangton Gyalpo's bridge-building endeavors.

A more religiously-based account describes the antics of vindictive spirits determined to prevent the completion of Thangton Gyalpo's bridges. Each morning, the laborers awoke to find the previous day's work destroyed during the night. Finally, after a long period without progress, the

female deity Tara visits Thangton Gyalpo in a dream and gives him seven links of iron chain. The links immediately turn into seven lovely dancers and their performance is so captivating that the spirits forget the bridge and construction is completed.

By the late 1400s, New Year plays had been memorized and were enacted annually for the public. *Prince Norsang*, taken from the



life of Buddha and adapted from an Indian Jataka tale, became the first libretto of the *lhamo* repertoire. Written in the 18th century by Rinchen Tsering Wangdu of Dingchen, *Prince Norsang* premiered during the reign of the Seventh Dalai Lama.

By the 19th century, the annual Zho Ton (Great Yogurt Festival) was firmly established in Lhasa. A huge opera competition held at the



culmination of the harvest season in mid-August, the event gave regional opera companies an opportunity to perform for vast audiences. A feast of elegant yogurt dishes was provided by Tibet's many farmers. The winning *lhamo* company was awarded a temporary residency at the Norbulinka, the Dalai Lama's summer

palace.

There are nine major and at least fifty minor operas. Most are based on the teachings of Lord Buddha, with plots that appeal to the lay community. *Pema Woebar*, a favorite among children, is a story of the previous life of Padmasambhava, the Lotus Born Guru who brought Buddhism from India to Tibet. Performed in its entirety by TIPA last year at the thirtieth anniversary celebration of the Tibetan Children's Village in Dharamsala, *Pema Woebar* enacts the accomplishments of an adolescent confronted with worldly sufferings. The work is filled with both role models and the lure of negative influence, and sparkles with humor.

Tibetan opera is performed in the round, under a canopy encircled by an enthusiastic audience. Pots of tea and picnic lunches are heartily indulged in throughout the performance. Monks and nuns chat with small children while parents gossip during lulls in the six-hour program. The performance style is equally casual. But when a crucial sequence arrives, the crowd's full attention focuses on the play. Children squeal and adults openly laugh at the simple surrealism of *lhamo*.

Sometimes described as "folk opera," *lhamo* is actually the classical theatrical medium, apart from the monastic performing arts, of Tibet. Dialogue, vocal arrangements, and dance movements are preserved from one generation to the next, handed down from teacher to student, with minimal adaptation. Scenery is simple while costumes can be quite elaborate. Masks must strictly adhere to established designs.

Like other organizations in exile, the Tibetan Institute of Performing Arts struggles to survive. On May 1, 1984, the institute was razed by a devastating fire. Nearly the entire collection of antique masks and costumes from Tibet was destroyed. TIPA residents rejoiced, however, over the discovery of a da-thar (lucky arrow), like the one shot by Thangton Gyalpo in the 1400's. This da-thar was found intact in a box of completely scorched props, and reconstruction of the institute began almost immediately. But the long-term effects of the fire are still being felt. Faced with poverty, many of TIPA's finest artists have left the troupe to begin anew elsewhere. Morale is not as high as it once was; career opportunities are extremely limited.

Opera Master Norbu Tsering, known by the stage name "Laba" in the 1940s and 50s, was a star of the Kyimulunga company of Lhasa. Now the only living master of *lhamo* trained in Tibet, he is the guiding force behind the schooling at TIPA. As Norbu Tsering ages, however, the vibrant tradition of *lhamo*, along with Tibet's colorful folk songs and dances, passes into the hands of just a few devoted individuals, most of whom have never seen their art performed in Tibet.

It is a crucial moment in the history of *lhamo*. Either Tibetan opera will fade in the memories of those who are enjoying it for the last time, or it will gradually rise to where it belongs in the ranks of world-class traditions. It is up to us, the audiences and those interested in the survival of traditional cultures, to support its continuation.

Please call The Year of Tibet Hotline at 301-718-0357 for up to date information on scheduling and tickets.

### Ecology

cont. from page 6

with nature. A unique feature of the eco-marketplace is the Ecology Information Center, operating under the United World of the Universe Foundation, a non-profit 501(c)(3) organization.

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A computer database will be established and maintained, and a modem will allow access to EcoNet, with its wealth of environmental information and updated reports of pending legislation in Congress. Through EcoNet and

newsletters from other environmental organizations the community will have current information on whom to write or contact to influence upcoming legislation on the environment.

The Fred Segal Ecology Information Center will provide practical information on ways to minimize our impact on the earth by supplying addresses for and directions to recycling centers, as well as information on where to dispose of used motor oil and other hazardous waste. There will also be materials on water and energy conservation, and alternative products and technologies, such as solar and wind energy. The Ecology Information Center will create a warm and comfortable atmosphere with a sitting area where people can read, write letters, or watch videos from the video library.

The goal of the Ecology Information Center is to create a home where everyone can work together to make the earth a healthy and safe place for all to live. If you have an interest in being involved, the Ecology Information Center can be reached at: Fred Segal for a Better Ecology, Ecology Information Center, 420 Broadway, Santa Monica, CA 90401. Phone: 213-394-6448. Fax: 213-394-7807.

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\*A portion of the proceeds of this program will benefit the Namgyal Monastery.



# THE TARA PROJECT: A DISCUSSION WITH ITS DIRECTOR AND FOUNDER, THE VENERABLE LOBSANG NGODUP

The Tara Project was created in 1990 to help care for Tibet's refugees living in India and Nepal. Combining Tibet's Buddhist tradition of compassion and American-style social action, the goal of the Tara Project is to provide Tibetan refugees with the resources to help themselves and help others.

The major reason for this effort is the economic hardship experienced by Tibetan refugees in their host countries. After 30 years in exile, malnutrition, disease, unemployment and poverty continue to be a way of life. In South India, home of the largest Tibetan refugee settlements, most families depend on farming for survival. India's annual drought followed by punishing monsoon rains contributes to the impoverishment of these people, already deprived of their homeland.

The Tara Project was created to address two major crises the Tibetan community faces in the care of its people: education and the elderly.

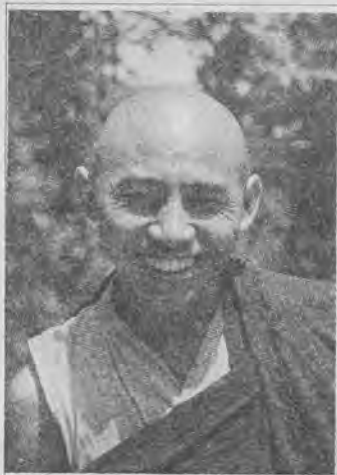
## Education

Ven. Lobsang originally founded the organization as a way of helping the poorest of the poor Tibetan children. As a child growing up in the refugee camps of South India, Lobsang experienced the hardship of the refugee's way of life. "I remember seeing my classmates drop out of school to help their parents work in the fields. It was a real dilemma: the parents knew that the only way for their children to improve the quality of their lives was through education, but at the same time their survival depended on their crop. They couldn't afford not having their children working with them. Even today, kids need to earn what they can to help the family. Every hand is needed to insure survival."

The situation has become worse for many families in the past ten years. With the easing of border restrictions between Tibet and Nepal, Tibetans still in Tibet often send their sons and daughters to live with their relatives in the safety and freedom of exile. While no Tibetan would ever think of refusing such a request, the family's resources are spread dangerously thin.

The major thrust of the Tara Project is to ease the burden on Tibetan families, enabling their children to attend either the public schools operated by the Tibetan Ministry of Education or schools run by Buddhist monasteries re-established in the refugee settlements. Based in New York City, the Tara Project matches children in need with sponsors from the United States, Canada and Europe. A sponsor contributes the equivalent of \$15 per month to the Tara Project through the US Tibet Committee, which then channels the donation directly to the refugee's family. Because the program is run by committed monks, nuns and volunteers, every dollar goes to benefit the sponsor's child.

Tara Project sponsors receive a photograph and a biographical profile of the refugees they choose to support. In addition, they receive correspondence from the children, a feature that some spon-



sorship programs don't allow. Lobsang believes this is especially important: "His Holiness the Dalai Lama often speaks of the importance of the human connection," he says. "The Tara Project was founded with the belief that the act of compassion demonstrated by sponsoring a child is as valuable as the financial contribution. The benefits of communication between the sponsor and the child cannot be overestimated."

Once a child is enrolled in the Tara Project, her/his family is assigned a case worker (often a monk or nun) to assist them in overcoming any problems they may be facing. A core goal of the organization is to serve what Lobsang calls the "whole child," and that includes the family: "We want to support the family unit, a traditional source of strength in Tibetan society. If other family members have problems, whether it be poverty or drinking or illness, you can bet the kids will have problems. We have to try to solve those problems, to remove the obstacles to a well-functioning family, so that the children can focus on their education. This is everyone's benefit."

In addition to work in the refugee settlements of South India and Nepal, the Tara Project is seeking to bring relief to other groups of young people in particular need—students in monastic schools, handicapped children and orphans.

Monastic education is a long-revered tradition in Tibetan society. One of the first acts of the refugee community was to build monasteries in exile. Because of the poverty of the refugees, however, they are merely shadows of their former splendor. As in ancient Tibet, many parents still send their children to the monasteries which are now overcrowded and very poor. As in the villages, nutrition is a major problem, and outbreaks of malaria and other diseases are not uncommon.

Handicapped kids have unique problems that the Indian school system is unprepared to address. Lobsang remembers a classmate of his growing up: "He had polio, I think, and his legs withered up. His family couldn't afford a wheelchair, so he used to push himself around on a makeshift skateboard. I felt very sorry for him. It is difficult for anyone to be handicapped, but in India these problems are magnified many times."

Tibetan orphans, too, require special attention. While His Holiness established the Tibetan Chil-

dren's Village (TCV) to care for orphans, there is a waiting list to get in. TCV can accommodate more children, but the organization's resources are stretched thin already—it can't afford to support both education and living costs (about \$25 a month) of its orphan population. With the help of a Tara Project sponsor, more students could attend this model residential educational facility.

## The Elderly

Elderly Tibetans face special problems in exile. "In India, there is no such thing as social security or pension plans," says Lobsang. While adequate health care is available and inexpensive by Western standards, it is out of the reach of most Tibetans with elderly parents and grandparents.

There are currently two nursing homes for Tibetan seniors, one in North India and one in the South. The goal of the Tara Project, however, is not to get the elderly into these institutions, but to keep them out.

"Our elders are our history," notes Lobsang. "For centuries Tibetan families, from the very young to the very old have lived together. To send them off to a separate institution is a foreign idea for most Tibetans. The nursing homes are supported by the government, though, so some very poor families have no choice."

"Our goal is to keep families together. It is more difficult for families to support their elders now because as refugees, most are quite

poor. They may not be able to afford medicine or a trip to the doctor's office. But without the strength and support of their families, many elders deteriorate more quickly and painfully."

As with the student sponsorships, the Tara Foundation seeks sponsors for Tibetan elders allowing them to live at home while providing the resources for the family to support them in old age. Sponsors are also needed for aging Buddhist monks and nuns who can no longer work in the monasteries' fields; having renounced their families when they took their monastic vows, many have nowhere else to go.

## Sponsors Needed

In its first year, Lobsang has worked to establish the mechanisms to allow the Tara Project to operate as a non-profit, non-governmental (and apolitical) organization. He has established a relationship with the US Tibet

Committee to allow sponsors to make tax-free donations, and he is currently working with a lawyer to establish the Tara Project as a federally recognized non-profit institution based in New York City. He currently has sponsors from across the United States willing to participate in the Project's mission. In December, Lobsang is embarking on a three-month journey to India and Nepal to identify the first recipients of sponsor partnerships, and to train monastic and lay volunteers as a social service workers in the refugee villages.

In the meantime, sponsors are urgently needed. Lobsang hopes to have one hundred sponsors or more signed up by the time he departs. To obtain more information regarding the Tara Project and how to participate as a sponsor, you may contact the Tara Project directly: TARA PROJECT, 51 Prince Street, New York, NY 10012; tel. 212-966-2404; fax 212-929-8590.

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## THE KARMAPA INTERNATIONAL INSTITUTE OF BUDDHIST STUDIES

by Mary Pernal

The newly opened Karmapa International Institute of Buddhist Studies, located just south of New Delhi, completed its first academic year this past spring. Inaugurated on February 6, 1990, it is under the direction of the XIV Kunzig Shamar Rinpoche, who is known as the "Red Crown Lama" of Tibet, and who is a regent of the Karma Kagyu lineage in the interim period until the new Karmapa is discovered and enthroned. The Institute is the culmination of the vision of the late XVI Gyalwa Karmapa, Rengjung Rigpe Dorje, (who passed away in 1981), to establish an international college of Buddhist studies in order to provide interested students with an academically rigorous and thorough study program in Tibetan Buddhism.

According to Kunzig Shamar Rinpoche, "Many people in western countries and elsewhere have developed a strong and sincere desire to study Dharma but they are not able to receive truly systematic or complete teachings. By studying here I believe that practitioners will gain a solid foundation of learning which will aid not only in their understanding of Buddhist ideology, but will also definitely enhance their practice of meditation."

"Meditation practice actually has two aspects, or stages. One aspect involves studying and gaining full and precise knowledge of meditation, and the other involves applying that knowledge by training in actual meditation, such as is done in a retreat center, and so on. Both are necessary."

"Furthermore, by making efforts to acquire an understanding of the Buddha's teachings, one is able to accomplish two excellent results. The first is that one is able to keep the teachings in one's mindstream purely, without any mistaken interpretations, which has the effect of maintaining the lineage in its pristine and unaltered form, in this case, as it is passed down through the lineage teachers, such as Milarepa. (Our style of meditation comes from Milarepa, so this aspect of our institute is unique to the Kagyu lineage, although in all other respects the studies in philosophy and schools of thinking are relevant to all lineages stemming from the Buddha.)"

"The second result is that through this knowledge one is able to effectively teach people. If one were interested in only one's own personal meditation practice one or two types of teachings would be a sufficient basis, according to one's interest and predisposition. The Buddha's teaching, however, is a vast and profound treasure, which contains appropriate teachings for each and every type of individual. So, if one has a desire to teach others it is necessary to attain a very broad understanding of the Buddha's instructions. To be an effective teacher requires tremendous versatility, since out of a group of one hundred practitioners, for example, there may be one hundred individual requirements concerning the teachings."

The main instructors of the Institute include His Eminence Shamar Rinpoche, as well as Khenpo Tsultrim Gyamtso Rinpoche and

Khenpo Chodrak Tenphel Rinpoche, both of whom are senior khenpos (abbots) and head instructors of Nalanda Institute of Rumtek Monastery in Sikkim, India, as well. The other instructors include highly qualified acharyas who have graduated from advanced level studies in Buddhist philosophy at Nalanda Institute. In addition, senior western students, who have extensive experience with the Tibetan language, participate in the teaching of language classes.

H.E. Shamar Rinpoche emphasizes the fact that this Institute was created mainly with the intention of serving lay practitioners, and does not function as a monastery or retreat center, since such centers exist elsewhere. Also, the reason for teaching Tibetan language in addition to Buddhist philosophy is for the simple purpose of providing students with an opportunity to obtain a clear and precise understanding of the texts, which, when studied in translation, may give one only a rough idea of the actual meaning.

The course structure has been devised to include compulsory classes in Tibetan language study and Buddhist philosophy. The latter cover such topics as the Buddha's teachings as well as the expositions and commentaries of historically significant Buddhist masters of the Vajrayana tradition. Students can choose from various elective studies according to preference, such as Buddhist history, poetry, logic and valid cognition.

This coming year the philosophy courses will cover four main schools of Buddhist thought: the Vaibashika, the Sautrantika, the Chittamatra and the Madhyamika systems, the first two of which relate to the first cycle of the Buddha's teachings (Mahayana).

The courses will examine in detail the progressive stages of the paths, their view points, conduct and fruition. The textual reference will be *The Treasury of Knowledge* by Jamgon Kongtrul Lodro Thaye (1813-1899), a proponent of the Ri-me nonsectarian movement which strove to overcome the boundaries separating the various sects of Tibetan Buddhism as well as to preserve precious teachings and to apply the teachings to daily life.

The Institute is presently in the process of becoming accredited, and starting with the new term, beginning October 20, 1991 and finishing on March 15, 1992, it will be possible to follow a four-year course of study leading to a Bachelor of Arts degree in Buddhist philosophy. Short term study is also possible, and those who don't have much time may elect to come for one semester the first year, and the second the following year. Costs will run between \$200 and \$300 per month for room, board, and tuition according to accommodation. Meals are appropriate for vegetarians and non-vegetarians alike.

Inquires may be sent to the following representatives: Sandy Roberts, 320 E 23rd St #7M, New York, NY 10010, tel. 212-777-5071; or Eleanor Mannikka, 614 Miner St., Ann Arbor, MI 48103, tel. 313-668-8246. ■



## HIS EMINENCE JAMGON KONGTRUL RINPOCHE

by Jacqueline Nalli, Rigpe Dorje Foundation

In precise accordance with the predictions of the second Jamgon Kongtrul Rinpoche, Khyentse Oser, the present and third incarnation of Jamgon Kongtrul Rinpoche was born in Central Tibet in 1954. Rinpoche is an incarnation of the extraordinary 19th-century spiritual master, Jamgon Kongtrul Lodro Thaye, the first in the Kongtrul line.

Jamgon Kongtrul Lodro Thaye (1813-1899), also known as Jamgon Kongtrul the Great, contributed widely to Tibetan Buddhism as a leader of the Rime (non-sectarian) movement among Buddhist teachings. Without sectarian bias, he sought to gather the teachings of all the lineages, learning all he could from the leading masters of his day. He compiled vast collections of teachings on instructions and practices from the sutra and tantra traditions from all sources of Tibetan Buddhism. His renown for extensive knowledge and research brought to fruition the most important teachings of all Tibetan spiritual traditions into a collection of treatises, known as the *Five Great Treasures of Jamgon Kongtrul the Great*. They occupy over 90 volumes and serve as an encyclopedia of knowledge for transmissions, empowerments, of all Buddhist teachings.

Tibetan teachings tell us that a Bodhisattva, although released at the moment of enlightenment from the forces of rebirth, may decide to continue to take human form in order to work on the earth for the benefit of all sentient beings. Jamgon Kongtrul Rinpoche is such a Bodhisattva. At the age of three, he was recognized as the third incarnation of the Kongtrul lineage by His Holiness the Sixteenth Gyalwa Karmapa, Head of the Karma Kagyu Tradition of Buddhism.

The Karma Kagyu Tradition of Tibetan Buddhism holds the transmission of the meditative teachings known as Mahamudra. These teachings were first developed through the spontaneous insight of the great Indian siddha Tilopa (988-1069). His realization was passed down from guru to disciple through the great masters: Naropa, Marpa the Great Trans-

lator, Milarepa, Gampopa, and so on until eventually transmitted successively through the sixteen incarnations of the Gyalwa Karmapas. In this great tradition of unbroken transmission of Buddhist dharma, Jamgon Kongtrul Rin-

poche received and mastered all major teachings of the lineage under the direct guidance of His Holiness the Sixteenth Karmapa.

In the year of the Fire Monkey (1956) the previous Jamgon Kongtrul Rinpoche's secretary, Yonten Phuntshok, and his servants went to Rinpoche's family home with a recognition letter given them by His Holiness. They found Rinpoche exactly according to the details set forth in His Holiness' letter as follows: On the left side of the huge Shakyamuni Buddha statue in Lhasa there is a house whose door faces south. There are eight family members living there and a mother whose name is Pema. Her child is the only one born in the year of the Wood Horse (1954) and is the incarnation of Vairochana, Jamgon Kongtrul Rinpoche's tulku. Without error, His Holiness' wisdom mind saw the child to be the third incarnation of Jamgon Kongtrul Rinpoche.

When Rinpoche was first discovered, the secretary requested permission from His Holiness to take the young Rinpoche to Palpung Monastery in eastern Tibet near the retreat caves of Tsen, seat of Jamgon Kongtrul Khyentse Oser. His Holiness foresaw that Tibet and the borderlands were in great danger of invasion by Chinese troops. Instead he ordered that the young Rinpoche and his parents be taken to the Darjeeling district of Northern India. Soon after the family left for India, the situation in Tibet worsened and the Chinese military occupied the

Continued on page 11

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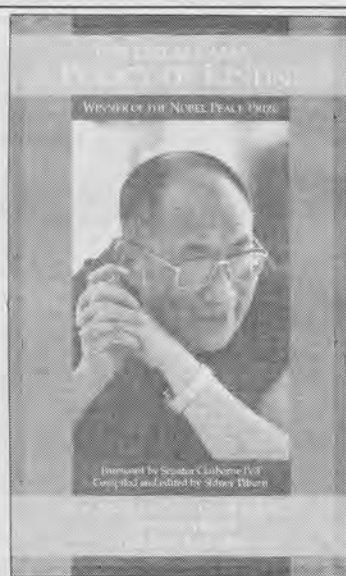
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# NEWS



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## H.E. Jamgon Kongtrul

cont. from page 10

land and tightened their grip on Tibet.

Shortly thereafter, in 1959, His Holiness Karmapa came out of Tibet to the safety of the Indian border. He felt that the natural Buddhist inclination of the people of Sikkim, located at the northern border of India and Tibet, would undoubtedly be the best location to settle and nurture the torch of Dharma. He accepted the kind invitation of Tashi Namgyal, King of Sikkim, and chose the village of Rumtek to establish his main monastery. A few months after His Holiness arrived in Rumtek, Jamgon Kongtrul Rinpoche was brought there by his family. His Holiness cut a lock of Rinpoche's hair, and gave him the name of Karma Lodro Chokyi Senge. That same year, on the auspicious occasion of Lhabab Duchen (the commemoration of the return of Shakyamuni Buddha from the celestial realm) His Holiness ceremonially enthroned Rinpoche on the Fearless Lion Throne of the Dharma at Rumtek Monastery.

The experience of moving from his parents home to Rumtek Monastery at such a young age was quite natural for Rinpoche. His Holiness was both mother and father to him and being in the presence of his root guru filled him with ineffable joy. When he was still young, about 5 or 6 years old, the three eminences, Sharmar Rinpoche, Gyalsap Rinpoche, and T'ai Situ Rinpoche joined him in Rumtek. Together they are the four principal Karma Kagyu Lineage Holders, embodying the accumulated spiritual energy of the Karma Kagyu Tradition as it was passed down in an unbroken transmission from Buddha to disciples.

Thereafter, beginning at age 11, Jamgon Kongtrul Rinpoche embarked on his training in Buddhist philosophy. Under the direct guidance of His Holiness, Rinpoche was given all the Dharma of the Kagyu Lineage, as well as all character training, such as sitting, walking, and so forth. Like a father passing on everything to his son, His Holiness bestowed upon Jamgon Kongtrul Rinpoche all major empowerments and transmissions on Mahamudra. In addition, Rinpoche studied the traditional monastic disciplines, outer and inner sutras and tantras with many other highly realized masters of the day.

During the last ten years of His Holiness's life, until 1981, Rinpoche accompanied him on teaching tours to America and Europe. Since his early twenties, Rinpoche has continued to fulfill His Holiness's vision of preserving and disseminating the Buddhadharma. He has traveled extensively in North America, Europe, Australia and Asia to teach and inspire students.

Rinpoche is also committed to the educational, social and medical developments of Rumtek Monastery and the welfare of many Tibetan communities in India and Nepal. To facilitate these project developments, Rinpoche has established Rigpe Dorje Foundation, an international organization, whose work he directs as Foundation Chairman and President. He is also Chairman of the Paramita Charitable Trust in India and Trustee of the Karmapa Charit-

able Trust at Rumtek.

Some of Rinpoche's current projects include the construction of the main center for the Karmae Shri Nalanda Institute for Higher Buddhist Studies located in Rumtek. The institute is affiliated with the educational system of the Sanskrit University in India. The program of education at Nalanda follows the ancient traditions of Tibet and focuses each year on a central text and several commentaries. The entire course of study is designed to progress along an eleven-year path, including a three-year retreat. The authenticity of the traditions of the Karma Kagyu Lineage is preserved and taught by the Ven. Kenchen Tran-gu Rinpoche, the highest abbot of the Kagyu Lineage, and Ven. Khenpo Tsaltrim Gyatso, who is especially gifted in Buddhist logic.

Rinpoche has also proposed plans for the construction of a ma-

jeor Tibetan medical institute to be built in accreditation with Nalanda Institute, which will teach and dispense medicines and treatment in the traditional Karma Kagyu Tibetan Buddhist methods. This will provide a great service to the Tibetan communities in India by offering them much-needed medical care.

As a devotional gesture to his root Guru Karmapa, Rinpoche has begun construction of Rigpe Dorje Institute, named in honor of His Holiness, Rangjung Rigpe Dorje. The Institute will be built in the holy place of Sarnath, near Deer Park where Buddha gave his first teaching, the "Four Noble Truths". It will provide both lay and ordained students of Dharma the opportunity to study and practice Buddhist view, meditation,

Continued on page 12



## TURNING WHEEL

Journal of the Buddhist  
Peace Fellowship

Turning Wheel is the quarterly journal of engaged Buddhism. Each issue contains articles, reviews, poems, and graphics speaking to Buddhist peace and ecology work in all traditions.

Recent & upcoming issues feature Thich Nhat Hanh, Joanna Macy, Tai Situ Rinpoche, and Gary Snyder; reports on engaged Buddhism in all parts of the world, including Tibet, Central America, and Burma; and articles on prison dharma, misconduct in Buddhist communities, and abortion and Buddhism. Turning Wheel also has a regular feature on Buddhist practice and education.

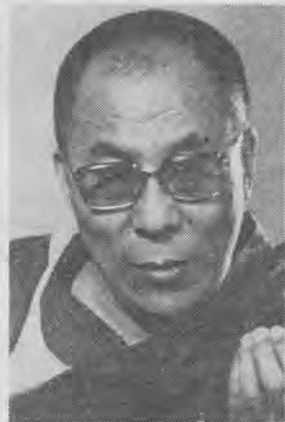
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H.H. The Dalai Lama

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## NEWS

cont. from page 11

and action with eminent masters of all Tibetan Buddhist traditions. The Institute is scheduled to be completed by 1993 and will be accessible to students from all parts of the world.

Rinpoche's observations of western culture in the United States have brought the practices of psychotherapy to his attention. He finds this profession of great interest with respect to its practices and treatments for the development of a stable mind. Rinpoche feels that Tibetan Buddhism and Western psychotherapy both have something beneficial to offer each other. On the side of Tibetan Buddhism, it is the direct experience of the mind through meditation that can be offered to psychology. The whole collection of Buddhist teachings are related to the mind. Training in Buddhism essentially means training the mind to ultimately recognize its own nature.

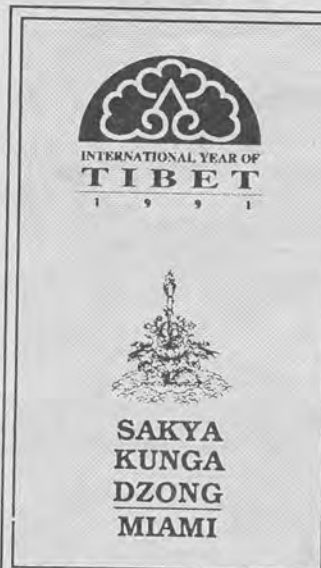
From the other side, Western psychology can contribute a great deal of information to Buddhist teachers with regard to the type of conflicts arising in the mind particular to Western culture, as well as their techniques for treating these conflicts. In this way, psychotherapists and Buddhist teachers may learn from each other. The value of engaging the views of both sides in frequent discussions inspired Rinpoche to found the annual Buddhist and Psychotherapy Conference held in New York. The first such conference was held in December of 1987 and continues to be a beneficial exchange of information and resources year after year.

Rinpoche's deep concern for the

welfare of others has created sponsorship programs for children, elder Tibetans, and monks and nuns living throughout Asia. These "Compassionate Care of Others" programs provide for the basic necessities of these individuals as well as education and the preservation of their culture. Today the sponsorship programs have improved the quality of life for many impoverished individuals by assisting them in the development of healthier, more productive lives.

These are only some of Rinpoche's many Bodhisattva activities in the world. However, his most auspicious role is that of scholar and teacher of the Karma Kagyu Lineage of Tibetan Buddhism. Earlier this year, Rinpoche gave the Kalachakra Empowerment in Hong Kong for 900 people and will give it again in Taiwan this October. Rinpoche continues to travel throughout the world doing everything he can for the benefit of others.

It is considered extremely rare for one to come into contact with a great Dharma master in one's lifetime. Moreover, it is exceptionally rare to receive the transmission of the Dharma from such a master. At this time in our lives, it is our great good fortune to be able to receive teachings from such an eminent master of the Buddhahood as Jamgon Kongtrul Rinpoche. Realizing this, Rigpe Dorje Foundation has compiled a library of tape recorded teachings by Jamgon Kongtrul Rinpoche given at various Dharma Centers throughout the US and Europe. This valuable collection has been printed in spiral bound transcripts which are now available through the Foundation. They include such topics as "The Three Roots," "The



Guru-Disciple Relationship," "Death and Dying," "The Four Immeasurables," and many others. To obtain a list of these transcripts along with ordering information, or information about any of Rinpoche's projects, please write to the following address: Rigpe Dorje Foundation, 328 North Sycamore Avenue, Los Angeles, CA 90036; 213-934-5002. ■

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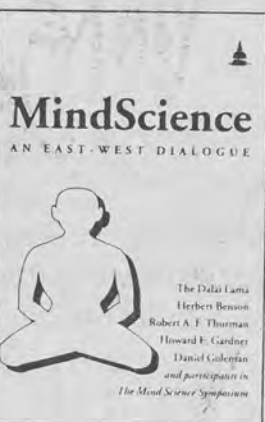


## Wisdom Publications

### NEW

#### The Dalai Lama, Robert Thurman, Daniel Goleman, Herbert Benson, et al.

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Based on a Spring 1991 Harvard Medical School symposium involving the Dalai Lama and leading western scientists, this book documents the beginning of an historic dialogue between modern scientists of the mind and Buddhism.  
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16 x 24, \$24.95

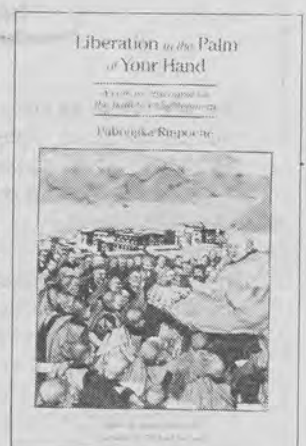


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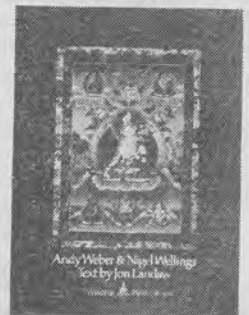
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## NEWS

# GYUTO MONKS TIBETAN TANTRIC CHOIR



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 resulting Rykodisc release, **FREEDOM CHANTS FROM THE ROOF OF THE WORLD** (RCD 20113/RACS), features the Monks' wondrous vocalizing, accented by cymbals, horns, drums and bells. The album also includes an uplifting offering by **Philip Glass, Mickey Hart** and **Kitaro**, recorded live before the Monks' benefit concert on December 3, 1988 at the Cathedral of St. John the Divine in New York City.



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## TOUR ITINERARY

Friday, October 4  
SANTA CRUZ, CALIFORNIA Santa Cruz Civic Auditorium

Saturday, October 5  
SANTA ROSA, CALIFORNIA Luther Burbank Center

Wednesday, October 9  
BERKELEY, CALIFORNIA Zellerbach Hall

Saturday, October 12  
BOSTON, MASSACHUSETTS Berklee Performance Center

Sunday, October 13  
NORTHAMPTON, MASSACHUSETTS John M. Greene Hall

Thursday, October 17  
BROOKVILLE, NEW YORK The Tillis Center

Friday, October 25  
NEW YORK, NEW YORK Town Hall

Saturday, October 26  
PHILADELPHIA, PENNSYLVANIA Harrison Auditorium/University Museum

Sunday, October 27  
KUTZTOWN, PENNSYLVANIA Schaeffer Auditorium

Sunday, October 27  
CARLISLE, PENNSYLVANIA Dickinson College

Friday, November 1  
CHICAGO, ILLINOIS Vic Theatre

Sunday, November 3  
BLOOMINGTON, INDIANA Alumni Hall

Friday, November 8  
VANCOUVER, B.C. St. Andrew Wesley's Church

Saturday, November 9  
SEATTLE, WASHINGTON The 5th Avenue Theatre

Sunday, November 10  
EUGENE, OREGON Hult Center for the Performing Arts

Thursday, November 14  
LOS ANGELES, CALIFORNIA Royce Hall

Saturday, November 16  
SANTA BARBARA, CALIFORNIA Campbell Hall

Sunday, November 17  
SAN DIEGO, CALIFORNIA Camino Theatre

Saturday, November 23  
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## TIBETAN LIBERATION THEATRE

Tibetan Liberation Theatre exists for the purpose of generating grass-roots support for the cause of Tibetan survival and the eventual restoration of the full independence (Rangzen) of Tibet.

Tibetan Liberation Theatre is attempting to increase public awareness of Tibet's plight. Like Tibet, we are small, with simple stories to tell and songs to sing. With masked dancers, puppets and music, we offer Tibet's story in streets, parks and festivals. We

seek to reach our audience on an emotional level, and then offer literature on Tibet and contact lists of organizations dealing with politics, culture, etc. for those who wish to explore the situation further.

If you would like to help us with this work, please contact Virginia Henes at (718) 981-9334. We need volunteer "actors" (no experience necessary), backstage helpers, and any and all artists and performers. We also need contributions, since

we have been supporting Tibetan Liberation Theatre ourselves (all performances to date have been free) and have numerous expenses (costumes, scenery, masks and puppets, printing, permits, postage, transportation, etc.) Contributions are tax deductible. For further information, or to be on our mailing list for announcements of future events, call or write to PO Box 47, Staten Island, NY 10301. ■



## NEWS

## BOOK REVIEWS

**OPEN HEART, CLEAR MIND**  
by Thubten Chodron  
Snow Lion Publications \$9.95

Reprinted from *Yoga Journal*,  
July/August 1991

As the Dalai Lama says in his foreword, this book "conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language." Written by an American Buddhist nun, it a primer of basic Buddhism—working with emotions, the cycle of existence, Buddha nature, the path to enlightenment, meditation and compassion. It also briefly recounts the story of the Buddha and the history of Buddhism. As the author says in her introduction, "The Buddha talked about our lives and our minds. So this book isn't about abstract philosophy, it's about experience—our experience—and the way to improve it." Written in contemporary Western idiom, this user-friendly book is recommended for anyone who wants a taste of this time-honored path.

**STUDIES IN TIBETAN MEDICINE**

by Elizabeth Finckh  
Snow Lion Publications \$9.95

Reprinted from *The American Herb Association Newsletter*,  
Vol. 7:3, 1990

Herbal medicine's relatively recent renaissance brings with it both good news and bad. The good news is that people are presumably taking a more active responsibility for their health, questioning pat, mainstream med-

ical answers and opting for a more natural approach. The bad news is that many people don't understand the power of Earth's medicinal plants and are ingesting them without giving them the respect they deserve. The result: side effects that are at best uncomfortable; at worst fatal.

To help counteract this trend, I strongly recommend this book as required reading for any serious herbal medicine practitioner. It promises to be a challenge to read and a real eye-opener. If you can suspend your Western belief structure and appreciate the Tibetan's complex (and seemingly bizarre) understanding of human physiology, you will gain valuable insight on why certain herbs should not be given to certain types of individuals and when and for whom herbal remedies can be most beneficial. Much of this book—especially the chapters on pulsology and pharmacology—will be too difficult to understand completely without guidance, no matter how many times you read it. However, the chapters on "Theory and Practice" and "Constitutional Types" will be further illuminated by reading the entire book. Do not attempt to use this book for a "crash course" in Tibetan holistic therapies; nor should you adopt bits and pieces uncritically from such a medical system for use in your own practice. Rather, use this book to gain a better understanding of a fascinating and valuable philosophy and to reaffirm respect for the powers of and proper place for herbal medicines. ■

## Letters to the Editor

Dear Sir:

I would like to introduce myself as Jampa Kunchog, the director to the Sera Jhe Monastery's Computer Club Project. I have the responsibility of raising the funds needed to ensure the success of this project. I would like to request that this proposal be published so our educational program may be considered by Snow Lion readers. We need contributions to help purchase a computer system. It will be used as an educational tool and an information resource for our monastic community.

This computer project has the full approval of the monastery. We hope that people will be willing to help us obtain a computer since it will provide us an excellent opportunity to learn much needed skills.

Sincerely yours,  
Jampa Kunchog

Project Director, Computer Club  
Project  
Sera Jhe Monastery  
P.O. Bylakuppe, Distt. Mysore  
Karnataka State, India 571104

To Dharma practitioners  
and educators:

I am seeking information on Dharma base of education for children. A member of the Tibetan Buddhist society in Perth, Australia, I am in the midst of writing a postgraduate dissertation on a search for a more wholistic education, with a spiritual base that is infused with Buddhist principles.

My sincere thanks for your help in this quest.

Regards,  
Ms Dale Irving  
6 Hickey Avenue  
Daglish 6008  
W.A. Australia

Dear Friends:

Thank you very much for sending us a copy of Andrew and Yanki's *Tibetan Phrasebook*. We are going to recommend this book to our cluster coordinators as the official language guide for learning quickly and easily some simple Tibetan phrases and greetings. Many of the Tibetans that come into this country through the Tibetan U.S. Resettlement Project will have little or no English skills. Therefore, we foresee that our sponsors, in particular, will rely on this phrasebook during the initial period when the Tibetans have yet to learn any English. We also know that the Tibetans themselves will be able to learn some English by

listening to Yanki Tshering's English version of the Tibetan phrases.

Edward J. Bednar,  
Project Coordinator  
Tibetan US Resettlement Project  
Walker Center  
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## CLASSIFIEDS

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## NEWS

### TIBET EXHIBIT OPENS AT MONADNOCK CHILDREN'S MUSEUM

The beauty and mystery of Tibet and its people will come to life for youngsters in a unique hands-on exhibit at the Monadnock Children's Museum in Keene, New Hampshire.

The "Endangered Tibet" exhibit will open September 21 and remain in place for a year to acquaint children with this unique Asian culture that is on the verge of extinction. The Monadnock Children's Museum exhibit coincides with the International Year of Tibet, organized to focus on the global effort to save Tibet before its people and culture disappear.

Children entering the exhibit will be greeted by a wall of Tibetan faces. The first gallery will concentrate on Tibet's geography so children can learn about its mountains, plateaus, valleys, lakes and rivers. A large, three-dimensional topographical puzzle of Tibet will allow children to literally move mountains. A climbable yak sculpture will sit atop a green carpeted plateau surrounded by a mural of Tibetan wildlife.

The second gallery will recreate the city of Lhasa, the capital of Tibet. Children may shop in the Barkhor Marketplace which will

include a display of Tibetan items for sale such as clothing, yak butter, cheese, wool, yarn and tea. Tibetan money will be available so children can trade and barter. Children may climb into a townhouse which includes a first floor stable and a second floor living quarters with small carpets and Tibetan seat cushions for comfort. The Jokhang Temple will also have two levels with a wall of large spinning prayer wheels and a small table where children may write their own wishes to insert in the prayer wheel. A large statue of the Buddha will be in the center of the temple and nearby will be a ladder which will lead to a balcony walkway that looks out over the town. A mural of the Potala Palace, the residence of the Dalai Lama, will be on a nearby wall along with a story-book display of how the Dalai Lama is chosen.

The Monadnock Children's Museum is located at 147 Washington Street, Keene, NH, and includes many permanent exhibits to make learning fun for youngsters. For further information, call the Museum at 603-357-5161.

### THE TIBETAN ARTISAN FUND

A special arrangement has been made with the Tibet Fund, a non-profit humanitarian assistance group in New York, to facilitate an increased supply of technical books, industry periodicals and basic tools for Tibetan refugee artisans in India. You can help provide Tibetan artisans with these materials by sending a tax-deductible donation of \$10-30 made out to "Tibet Fund" (note that it is for the Artisan Fund) and mailed to 241 E 32nd Street, New York, NY 10012. Thank you for your help!

### Dear Friends in Dharma:

This week forty young monks fresh from Kham, Tibet, arrived at Sera Monastery in South India. Finding it impossible to study the precious dharma in any advanced way in Kham, they have come to our monastery for higher studies. Although they were unexpected, it is our responsibility to feed and clothe them, house them, provide medical treatment and teach them. Only in dependence upon us will they be able to study dharma. We are happy for the opportunity and rejoice at the seriousness with which they wish to study the Buddhist dharma; however, we lack the full resources to meet all of their needs.

These young men had a very difficult time getting here. With few resources they set off on the long journey and had to travel only at night in order to escape detection by Chinese soldiers patrolling the borders. If they had been caught, they would have been imprisoned and severely punished. They did not have adequate clothing for the journey and lacked sufficient food. Much of the distance was traveled on foot. Once in Nepal and India they had difficulties traveling as communication was hard and some of them fell ill.

Now that they have arrived, we need to provide them with adequate food and clothing. The sponsored offerings and pujas cover only about one-third of their meals, or only 50 rupees (US \$2) out of 150 rupees (US \$6) per month. They will require monks' robes. Our dormitories were already packed beyond our limits before they arrived, so eventually some new rooms and toilets must be erected. Also, those ill and those who will become sick during the first months of acclimatization to the Indian conditions will require help for medicines and visits to the doctor. We are known for having monks who are dedicated and determined in their studies and we are prepared to offer these new students the instruction they have risked so much to obtain, but because there are so many of them, we need your help.

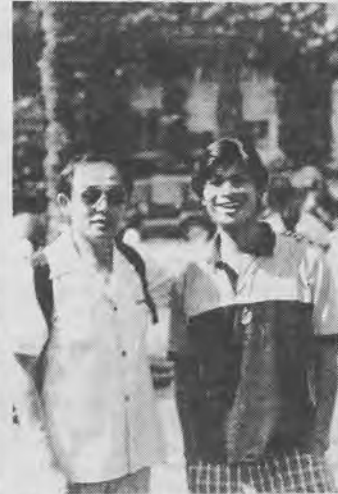
We humbly request that you consider your present situation and find some way to offer some assistance or sponsorship for these dedicated young monks, in whom the future of Buddhism will partly rest. Contributions should be sent to Tibet Fund, Office of Tibet, 241 E. 32nd St., New York, NY 10016. Please be sure that checks are clearly marked for Kham Monk Relief Project, Geshe Jampal Tsering, House No. 2, Sera Je Monastery.

Thank you,  
Geshe Jampal Tsering  
Sera Je Monastery

### TIBETAN CLUSTER SITES PREPARE FOR NEW ARRIVALS IN EARLY 1992

Now that Section 134 of the 1990 Immigration Act is making possible the migration of 1,000 Tibetan newcomers, sixteen cluster sites are currently at various stages of preparation throughout the United States.

Each site will be resettling fifty or more Tibetans within a twenty-five mile radius (except for a few micro-clusters of twenty-five people per site).



Some of the cluster sites have been several years in the making. Others are newly accepted into the program. Several more hope to join the program later in the Fall. The list of cluster sites affiliated with the Tibetan U.S. Resettlement Project now includes Boston MA, Amherst MA, New York NY, Ithaca NY, Danbury CT, Twin Cities MN, Madison WI, Boise ID, Salt Lake City UT, Santa Fe NM, San Francisco CA, and Portland OR.

The Tibetan cluster site network was initiated and developed under the auspices of the Tibetan U.S. Resettlement Project. The U.S. Government has designated the Central Tibetan Administration (CTA) of His Holiness the Dalai Lama in Dharamsala, India to implement the Tibetan U.S. resettlement program. The CTA, in turn, has designated the Tibetan U.S. Resettlement Project to coordinate all aspects of the domestic and overseas resettlement operations. All U.S. Tibetan cluster sites are

local affiliates of the Project; they are thereby organizationally linked to the CTA in Dharamsala and the international cause of Tibetan cultural survival.

As many as 20,000 Tibetans have applied for the 1,000 visas. The deadline for applications to the CTA selections committee in Dharamsala was September 1st, 1991. In the next few months, the Tibetan applicants will be going through a process of selections, match-up with U.S. sponsors, overseas orientation, embassy interviews, and a final blessing from His Holiness the Dalai Lama. The first Tibetan newcomers are now expected to arrive at their destinations in the U.S. sometime early in 1992.

The primary intention of the cluster site program is to insure that the 1,000 individuals are not scattered in random patterns of migration. Instead the program intentionally reinforces the tendencies of the Tibetan people to stay together in exile and to form networks of socially and culturally cohesive communities. We hope to have resident monks or nuns at every site, and eventually to develop Tibetan American cultural centers, with a whole gamut of artistic, religious, social and educational activities.

The Project expects to develop a network of approximately twenty sites in the United States. This means we can still consider a few more new cluster site applications. In behalf of our currently affiliated sites, we are also actively seeking U.S. resident sponsors, as well as help with housing, jobs, and fundraising. The Tibetan U.S. Resettlement Project receives no state or federal funding to finance its activities. It depends primarily on the generosity of individual donors, supplemented by a few small foundation grants. For more information contact: Tibetan U.S. Resettlement Project, 144 Hancock St., Newton MA 02459; tel. 617-332-1411 or 617-244-1188. Contributions (tax-deductible) are greatly appreciated.

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### CONSTRUCTION PROJECT AT DREPUNG

The monks of Drepung Phara Khangtsen, a monastic college within Drepung Monastery at Mundgod, have begun to construct new accommodations to help ease the serious overcrowding at the Khangtsen. Geshe Tsering Tashi, Director of the College, writes: "As you may know, in spite of the fact that monastic life can be very hard, over the past few years our community has increased by more than three times, and refugee monks continue to arrive—many of whom have serious health problems.... Our monks are working hard from ear-

ly morning, sometimes through the day (when the temperature can reach 38C), and late into the night. Still, they make time for their studies and prayers. Hopefully, the dormitory will be finished before the monsoon begins."

Any contribution to this work will be greatly appreciated, and can be sent (by check, by registered mail) directly to: Geshe Tsering Tashi, Director, Drepung Phara Khangtsen, Loseling Monastic College, P.O. Tibetan Colony 581411, Distt. N Kanara (via Mundgod), Karnataka State, India.



# YEAR OF TIBET

## YEAR OF TIBET CALENDAR OF EVENTS

**Kalachakra for World Peace**, New York, NY (October 11-24) Contact: Jean Paone (212) 353-9391

- Visions of Perfect Worlds Cathedral of St. John the Divine (October 11)
- Teachings on Nature of Mind, Felt Forum, New York (October 11-15)
- Ven. Lopon Tenzin Namdhak, Bon Tradition (October 11)
- Ven. Trulshig Rinpoche on "Dzog Chen", Nyingma Tradition (October 12)
- Ven. Tenga Rinpoche on "Mahamudra", Kagyu Tradition (October 13)
- Ven. Sakya Trizin Rinpoche on "Inseparability of Samsara and Nirvana", Sakya Tradition (October 14)
- Ven. Tara Rinpoche on "Union of Bliss and Emptiness", Gelug Tradition (October 15)
- Inner Peace, World Peace Public lecture by His Holiness the Dalai Lama, Felt Forum (October 15)
- The Path of Compassion Teachings by His Holiness the Dalai Lama, Felt Forum, New York (October 16-19)
- Ritual Dances Performed by monks from Namgyal Monastery, Felt Forum (October 20)
- Kalachakra Initiation His Holiness the Dalai Lama, Felt Forum (October 21-23)
- Viewing of the Mandala Felt Forum (October 24)

**Gyuto Monks Performance**, Berkeley School of Music, Boston, MA (October 12) Contact: Danny Rifkin (415) 457-9402

**Gyuto Monks Performance**, Smith College, Northampton, MA (October 13) Contact: Danny Rifkin (415) 457-9402

**Festival of Tibet Exhibits**, Performances and lectures being planned in the Buffalo area and local school districts, Buffalo, NY (October 14-20) Contact: Martin McGee (716) 834-3991

**Wisdom and Compassion: Sacred Art of Tibet Opening**, IBM Gallery of Arts and Sciences, New York, NY (October 15-December 28) Contact: Robert Murdoch (212) 745-5214

**Sand Mandala** by Monks from Namgyal Monastery, IBM Gallery of Arts and Sciences, New York, NY (October 15-November 7) Robert Murdoch (212) 745-5214

**"Without Tibet"**, photo exhibit by John Smart, Peace Museum, Chicago, IL. (October 15-December 31) Contact Person: Ann Connors (312) 281-3159

**Gyuto Monks Performance**, Tilles Center, Long Island University, Long Island, NY (October 17) Contact: Danny Rifkin (415) 457-9402

**Gyuto Tantric Monks Choir**, performance, Dickinson College, Philadelphia, PA. Contact: Dan Cozort (717) 245-1385

**Tibetan Institute of Performing Arts**, Nashville, TN (October 24) Contact: Dean Schultz (212) 582-2200

**Gyuto Monks Performance**, Town Hall, New York, NY (October 24) Contact: Danny Rifkin (415) 457-9402

**Video Presentation** by Philip Sugden and Carole Elchert at the Open Center, New York, NY (October 25) Contact: Nina Hagen (212) 219-2527

**Gyuto Monks Performance**, Irvine Theatre, Philadelphia, PA (October 25) Contact: Danny Rifkin (415) 457-9402

**Tibetan Institute of Performing Arts** Washington University's Edison Theater Series, St. Louis, MO (October 25-26) Contact: Dean Schultz (212) 582-2200

**Gyuto Monks Performance**, Kutztown, PA (October 26) Contact: Danny Rifkin (415) 457-9402

**Once Upon A Time...** A storytelling program featuring Tibetan and other Asian folktales, Jacques Marchais Tibetan Museum, Staten Island, NY (October 27) Contact: Dorothy Reilly (718) 987-3478

**Longing for Darkness** (October 27) New York Open Center

**"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) Contact: Daniel Entin (212) 864-7752

**Tantric Art: "Imagination and Enlightenment"** Paintings, sculptures, and ritual objects on exhibit. Dickinson Trout Gallery, Dickinson College, Carlisle, PA. (October 27-December 19) Contact: Dan Cozort (717) 245-1385

**Tibetan Institute of Performing Arts** St. Paul, MN (October 29) Contact: Dean Schultz (212) 582-2200

**Tibetan Institute of Performing Arts**, Moorhead, MN (October 20) Contact: Dean Schultz (212) 582-2200

**Longing for Darkness**, Lectures by China Galland (October 29) Boston Interface

**"Imagination and Enlightenment in Tibetan Buddhism"**, Lecture on Tibetan tantric iconography and tantric religious concepts. Dickinson College, Carlisle, PA. (October 30) Contact: Dan Cozort (717) 245-1385

**Lam Dre Teaching Cycle Initiations**, His Holiness Sakya Trizin, complete teaching of the sutra and tantra, Silver Spring, MD (October-November) Contact: B.J. Adams (301) 269-1600

**"Sun and Moon"**, photo exhibit by Marcia Keegan of New Mexico. A photo collage that explores the similarities between the Tibetans and Hopi Indians. Dickinson College, Carlisle, PA. (October-November) Contact: Dan Cozort (717) 245-1385

### NOVEMBER 1991

**Gyuto Monks Performance**, Lisner Auditorium, Washington, D.C. (November 1) Contact: Danny Rifkin (415) 457-9402

**Tibetan Institute of Performing Arts** Tibetan Losell Dolls Slide-Lecture by Kim Yeshe, Jacques Marchais Tibetan Museum, Staten Island, NY (November 3) Contact: Dorothy Reilly (718) 987-3478

**1991 Year Of Tibet, Exhibit of Photos and Art Objects**, University Museum, Indiana University of Pennsylvania, Indiana, PA (November 8-30) Contact: Anna Kuo (215) 683-4544

**Gyuto Monks Performance**, Fifth Ave. Theatre, Seattle, WA (November 9) Contact: Danny Rifkin (415) 457-9402

**Gyuto Monks Performance**, Hult Center, Eugene, OR (November 10) Contact: Danny Rifkin (415) 457-9402

**Sand Mandala** by Monks from Namgyal Monastery Little Theatre, Kutztown University, PA (November 10-24) Contact: Anna Kuo (215) 683-4544

**Sand Mandala** by Monks from Namgyal Monastery Trout Gallery, Dickinson College Carlisle, PA (November 10-24) Contact: Anna Kuo (215) 683-4544

**Gyuto Monks Performance**, Royce Hall, Los Angeles, CA (November 14) Contact: Danny Rifkin (415) 457-9402

**Gyuto Monks Performance**, University of California, Santa Barbara, CA (November 16) Contact: Danny Rifkin (415) 457-9402

**Sounds of Peace** by flutist Nawang Khechog, Bradford College, MA, November 16. Contact Person: Peter Waldran (508) 372-7161

**Gyuto Monks Performance**, TBA, San Diego, CA (November 17) Contact: Danny Rifkin (415) 457-9402

**Longing for Darkness**, Lectures by China Galland (November 20)

**Gyuto Monks Performance**, Marin Center, San Rafael, CA (November 22) Contact: Danny Rifkin (415) 457-9402

**The Tibetan Flute in the Himalayas** by flutist Nawang Khechog, Rubendall Recital Hall, Dickinson College, PA. (November 24) Contact Person: Dan Cozort

**The Sacred Mountain Of Tibet—On Pilgrimage To Kailas**, Photo exhibition by Russell Johnson and Barbara Iertelli, Nicholas Roerich Museum, New York, NY (November 24-December 15) Contact: Daniel Entin (212) 864-7752

**Snow Leopard**, an opera by William Harper and Roger Nieboer, performed by Minnesota Opera New Music-Theater Ensemble, Minnesota, MN (November) Contact: Thup-ten Dadak (612) 222-0543

**"The Future of Tibet"**, discussion with Rinchen Dharlo, personal representative of the Dalai Lama in New York, and others will review the damage of forty years of Chinese rule of Tibet and discuss changes in China's policy toward Tibet and U.S. policy toward China. Dickinson College, Carlisle, PA. (November) Contact: Dan Cozort (717) 245-1385

**Tibetan Flute**, Nawang Kechog, will perform his own compositions and improvisations on the flute. Rubendall Recital Hall, Dickinson College, Carlisle, PA. (November) Contact: Dan Cozort (717) 245-1385

**Tibet on Film**, A series of excellent documentary films: "Lama king", on the Dalai Lama; "Lost Mystery", pre-1959 Tibet; "Tantra of Gyuto", Tibetan religious education; "Lion Roar", another high Lama, the Karmapa; "Sound of Wisdom", Gyuto monks performance in New York; and "White Lotus", Tibetan landscapes, faces, and culture. Dickinson College, Carlisle, PA. (November) Contact: Dan Cozort (717) 245-1385

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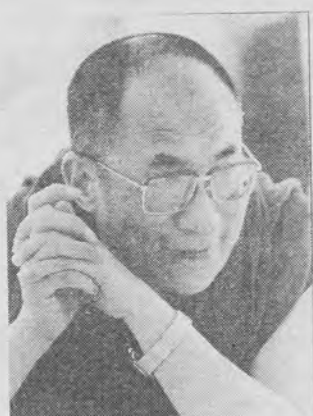
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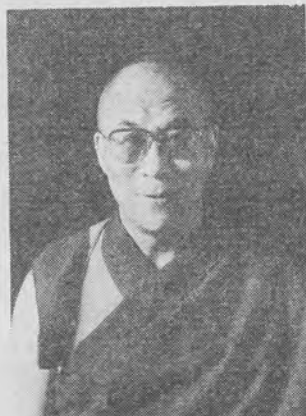
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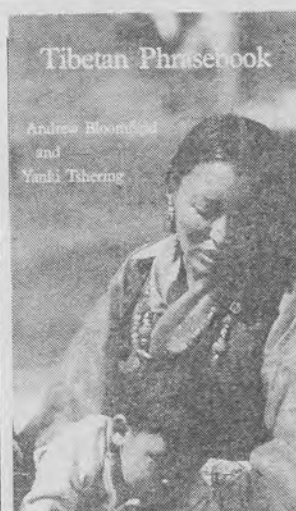
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How does one learn to sit still with an alert and bright attitude of mind—allowing thoughts and feelings to arise and pass away naturally? This introduction to zazen sitting shows how to start this practice for yourself. A number of suitable sitting 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.

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)

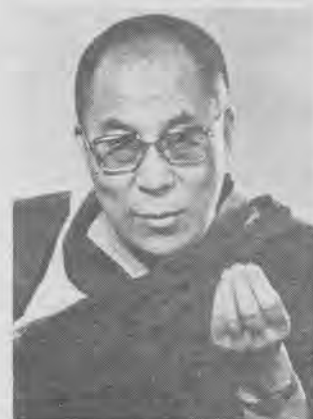
**TIBET: The Cultural Evolution**, 1 hr., \$50

**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)

# 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)

**THE EXPERIENCE OF TRANSITION**, 1 hr., \$50 (1 tape)

**THE GIFT OF PEACE: A Message for All Faiths**, 1 hr., \$50 (1 tape)

**HHDL VISITS CHRISTIAN AND BUDDHIST COMMUNITIES**, 1 hr., \$50 (1 tape)

**INDIVIDUAL RESPONSIBILITY TOWARDS WORLD PEACE**, 90 min., \$62 (1 tape)

**PEACE: A Goal of All Religions**, 1 hr., \$50 (1 tape)

**PEACE THROUGH HUMAN UNDERSTANDING**, 1 hr., \$50 (1 tape)

**PEACE OF MIND: Peace in Action**, 1 hr., \$50 (1 tape)

**THE 37 PRACTICES OF A BODHISATTVA**, Kalachakra, Rikon, July 1985, 5 hrs., \$124 (4 tapes)

**WORLD PEACE**, 1 hr., \$50 (1 tape)



# DHARMA ITEMS



actual size 1-5/16"  
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



## BELL & DORJE #NEBD \$60

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

## BELLS & DORJES, Supreme Grade #SBD \$200

Fine detail two metal bell and dorje sets. There are a few still available at this price.



## NEW!

### BHUMPA, #BHUMPA \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is used for blessed water.

## OTHER DHARMA ITEMS AVAILABLE ON REQUEST

Call or write to us for information.



## 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.

Woven 3-metal band #KBW \$19  
3-metal design with beaded edge #KBB \$19

## NEW!

### BRACELETS

We have two new beautiful silver bracelets:

#OMSMALL \$64. This is a silver bracelet with dorjes and snow lions on the ends and gold colored OM MANI PADME HUM letters. 5/8" wide.

#DORJE \$52. This bracelet is all silver and has a row of seven dorjes with snow lions on the ends. 3/4" wide.

## BUTTER LAMP \$16

White metal, well-made, 3 1/2" high.



## CHOD DRUM, #DWDRUM \$170

This is the authentic chod drum with all the extra touches made by a Tibetan yogi living in Nepal. It comes with silk tail, brocade carrying case with yantra emblem and strap, skull bone piece on handle, sea shell adornments and traditional mantras inscribed on the inside on the wood.

## CRYSTAL BUDDHAS, by Henry Mettler, #HMCB \$60

These are exceptionally fine engravings of a Medicine Buddha on a single terminated quartz crystal. The crystal is high-quality optical quartz and measures 2 to 3" and the image appears as a cameo (a little more than 1/2 inches high) on the surface of one of the larger faces. It is a perfect instrument for meditation, healing or blessing. These Medicine Buddha crystals have received very positive feedback from our customers.



## NEW!

### GAU, #GAU \$48

Made from silver with kalachakra symbol on one side and double dorje on the reverse with coral.



## 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 and loop for 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

## DINGSHA BELLS (cymbals) #DINGSHA \$30

The sound of these bells is psychically cleansing.

## DAMARUS (wood), #DAMARU \$40

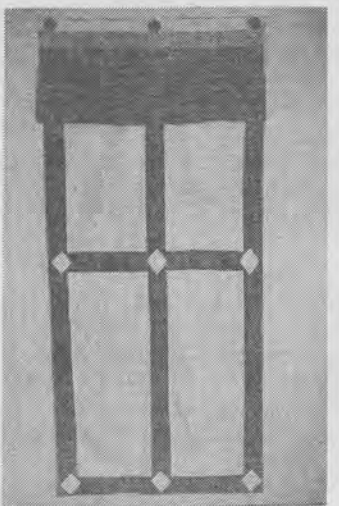
DAMARU BANNERS #DAMARUB \$20  
Beautiful brocade banners in 5 traditional colors.



## DHARMA DECALS

The following decals are 7" in diameter and are \$3.00 ea.:

Sakyamuni Buddha #DECAL5  
Amitabha Buddha #DECAL6  
Chenrezi #DECAL7  
Green Tara #DECAL8  
Dorje Chang #DECAL9



## DOOR CURTAIN #IGDC \$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.

## DOOR MANTRA #HCDM \$2.50

This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

## INCENSE

PURE SANDALWOOD 8" bundle #IWS \$5

EXTRA-GRADE TIBETAN INCENSE 16" bundle (45 sticks) #OSXG \$10

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

## MALA POUCH #MALABAG \$8

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

## MALAS (prayer beads)

We have a wide variety to choose from:

Wood #MALAW \$16

Bodhisseed #MALAB \$40

Lotus Seed #MALAL \$50

Crystal Mala #MALAC Call for price and availability.

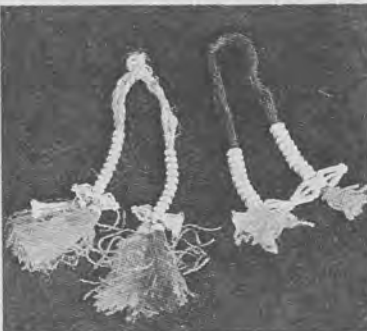
These crystal malas are very clear and come from the Himalayas.

## 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 \$60



## NEW!

These pairs of counters have beads of semi-precious stones and tassels.

Adventurine #COUNTERS-A \$12

Crystal #COUNTERS-C \$8

Mother of Pearl #COUNTERS-M \$12

Onyx #COUNTERS-O \$12

## NEW!

The following silver counters are larger, have coral and turquoise stones and multicolored tassels.

Large Silver Counters #COUNTERS-LS \$60

## BONE MALAS, \$22

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

## 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.

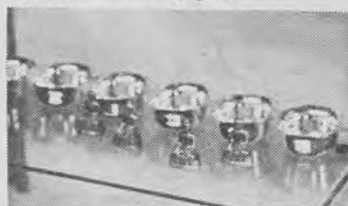
Zafu (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #CMZAFU \$32.50

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.



## OFFERING BOWLS (set of 7)

Copper #BOWL-C \$38

White Metal #BOWL-W \$30

## OFFERING BOWLS #BOWL-S

\$44 set of 7

Ornately designed silver-plated offering bowls that measure 3" dia.

## PENDANTS

Made from sterling silver:

Dorje #JLDP \$30

Kalachakra #JLKP \$30

## NEW!

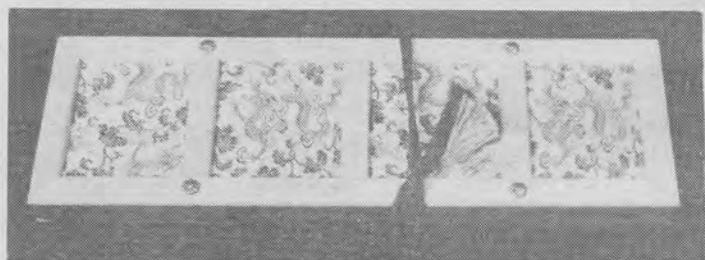
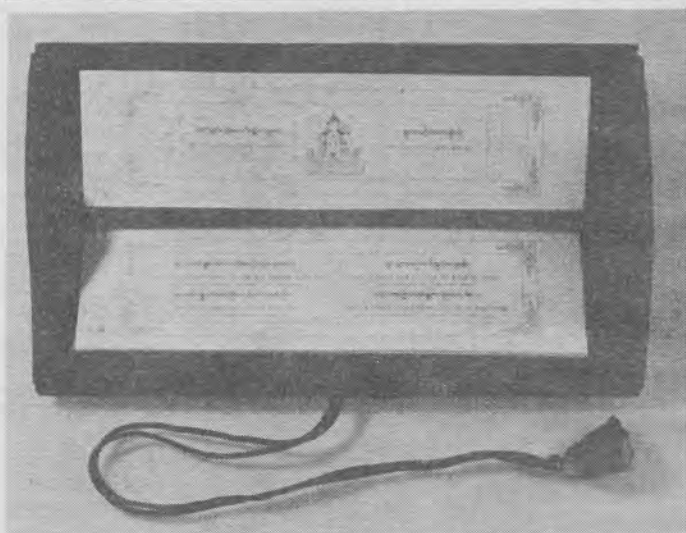
### KALACHAKRA PENDANT #KBKP \$10

This one is made with white metal (looks silver) and has the Kalachakra design on the front and a double dorje on the reverse.





# DHARMA ITEMS



## 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 to easily hold your sadhana texts up to 2" thick. It is brocaded and has a cord with a tassel.



## PRAYER FLAGS—Support Tibetan Nuns, \$12 for set of five #PDPF

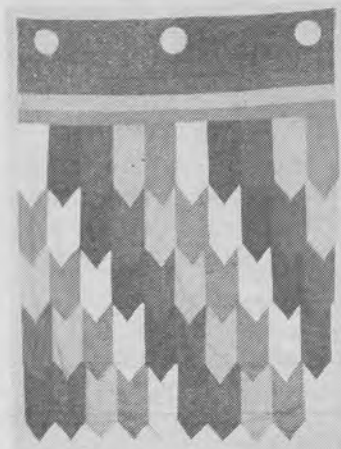
This is a set of traditional prayer flags in the five colors with wind-horse and other animals and mantras printed on them. They are pre-strung for easy hanging and look great. The Tibetan nuns of Lobsering, India have made these and will receive payment for them as they sell. The purchase of one set of flags will feed a nun for a month.



## "POCKET" PUJAS \$2.50 ea.

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."

Green Tara #BSGT  
Medicine Buddha #BSMB  
Guru Rinpoche #BSGR  
Sakyamuni #BSS  
Chenrezig #BSC



## STUPA PIN (white) #PINS \$5

## TRADITIONAL 5-COLOR HANGING FOR COLUMNS OR WALL #TGMH \$150

Used in shrines and monasteries, it measures 50" wide by 68" high.

## 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:

White Tara 5" \$350  
Manjushri 6" \$300  
Marpa 6" \$225  
Milarepa 4" \$250  
Shakyamuni Buddha 8" \$325  
Shakyamuni Buddha 8" \$350  
Shakyamuni Buddha 4" \$85  
Vajrasattva 6" \$158



Manjushri 6" \$300

## THANGKAS!

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

Four-Arm Mahakala \$350  
Two-Arm Mahakala (Bernochen) 14 x 20" \$475  
Vajrayogini \$475



Four-Arm Mahakala \$350



Shakyamuni Buddha 8" \$350



White Tara 5" \$350



Marpa 6" \$225



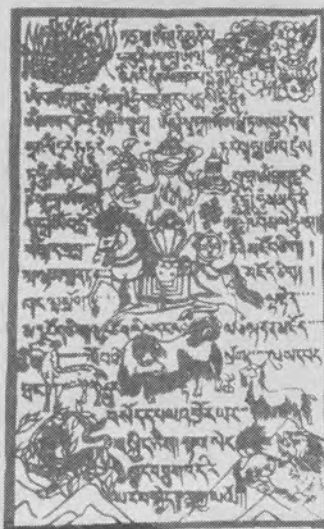
Milarepa 4" \$250



Vajrayogini \$475



Two-Arm Mahakala (Bernochen) \$475



#LFLT



#LFB



#LFTOM



#LFMA

## PRAYER FLAGS \$6 ea. These are excellent flags printed on cotton muslin.

**ASSEMBLY OF ALL LAMAS' HEARTS**, 20 x 20", orange #LFALM Mantras and prayers for protection

**BUDDHA**, 18 x 26", burnt red #LFB

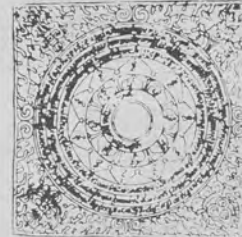
**LUNG TA, THE WIND HORSE**, 18 x 22", purple #LFLT

**MANTRA OF AMITABHA**, 18 x 18", burnt red #LFMA

**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.



#LFALM



#LFVL



#LFMANI



# DHARMA ITEMS



## FREE TIBET!

**"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!



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



**"FREE TIBET" Buttons 2 1/2" Diameter. #SLFTB-W (white), #SLFTB-G (blue-green) \$1**  
White on Blue Green or vice versa.

**TIBET PIN #SLTP \$1**  
This metal pin is in the shape of Tibet and has the Tibetan flag colors on it.

**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.

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

**"SAVE TIBET" Buttons #POSTB \$1**  
Gold with black lettering and maroon flower.

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

### 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.



**TIBET PLACE MAP, by Peter Gold, 16 x 23" -PGTPM \$5**

A charming and intriguing artist's rendering of Central Tibet and outlying areas drawn by a Tibetan in traditional Tibetan style. It shows many important sacred, historic and geographic sites. *Altar of the Earth* (also by Peter) describes many of the places depicted here (see Sale section).



**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.



**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.



### T-SHIRTS!

Exquisite 100% cotton, 4-color shirts in M, L, XL.

Double Dorje on black shirt #TGDD \$14

Potala 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

"YEAR OF TIBET" T-SHIRTS, #TGYT \$14

This is a spectacular multicolored 100% cotton shirt that will draw attention to Tibet. Sized M, L, XL.

**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.

**KALACHAKRA & DZOGCHEN DESIGN T-SHIRTS \$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.



### CLEARANCE SALE!

**HALF PRICE ON SWEAT-SHIRTS!**

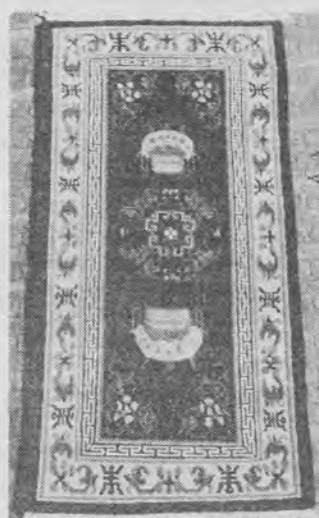
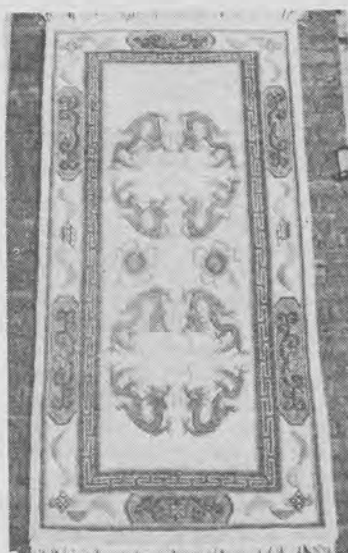
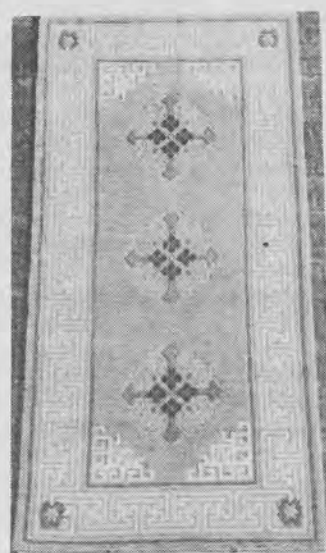
Cotton/poly (50-50) sweatshirts for men and women. They are high-quality shirts. Please give full description (color, size, design) on your order form and a second choice in case we are out of your first selection. The price listed is 1/2 the original retail price.

**Sweatshirts: NOW 1/2 PRICE:**

Om Mani Padme Hum, Small: Red, Blue, White, Yellow; Medium: White, Red #PHSHIRT2 NOW \$12

Double Dorje, Small: Red, White, Yellow; Medium: White, Red, Yellow #PHSHIRT2 NOW \$12

Tibetan Flag, Medium Only, White & Blue, #PHSHIRTF2 NOW \$14



### NEW!

## SHIPMENT OF EXQUISITE HAND-WOVEN 100% WOOL TIBETAN CARPETS

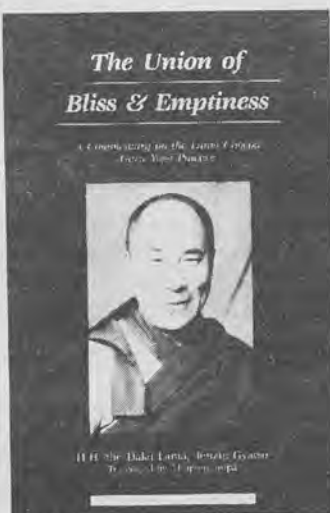
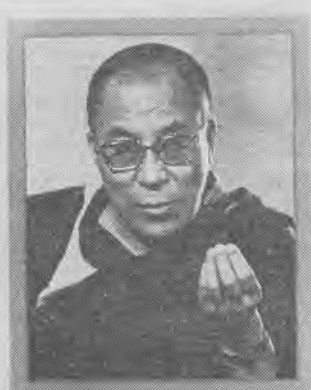
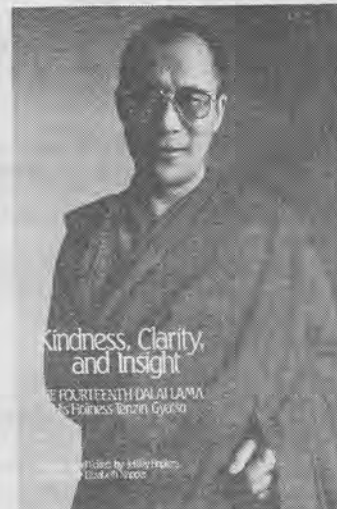
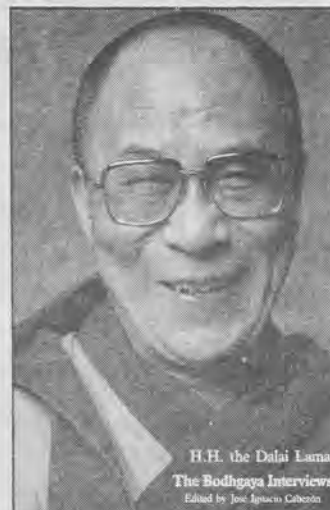
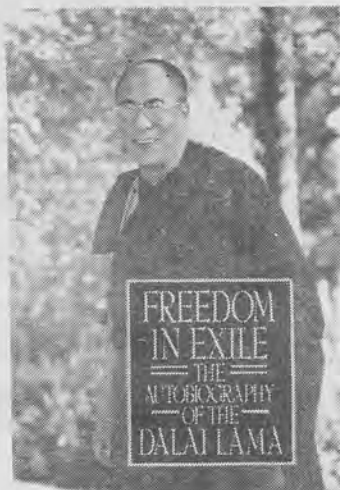
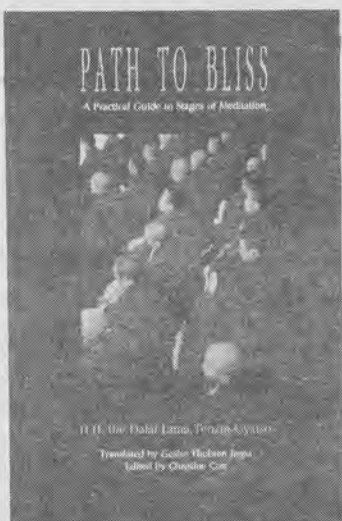
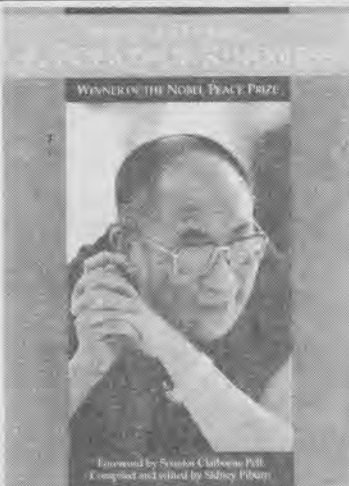
Encouraged by the response that we have received to our Tibetan carpets, we have now commissioned the manufacture of beautiful high-quality traditional style carpets. The designs selected were from photos of carpets in museum publications we've been admiring but were unable to find. Tibetan weavers were 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.



# BOOKS BY THE DALAI LAMA



## Featured:

### NEW!

**PATH TO BLISS**, by The Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240 pp. #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 on 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 Cabazon. 104 pp., 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. 219 pp. #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. 152 pp., #SLBKPK \$6.95

"This small book is a comprehensive and engaging introduction to

this great man... This is an excellent anthology."—*Karuna*

"... 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

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

"... 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 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.). 274 pp. #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. 271 pp. #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 penetrating experience. His discourse comprises the main body of this text and alternates between personal reflections, direct spiritual advice and scriptural

quotations. He elucidates in practical terms what the student must do to attain enlightenment. 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. 239 pp. #SLBKCI \$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*

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

**TO THE LION THRONE**, by Whitney Stewart. 60 pp., 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. 146 pp., #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



# THE DALAI LAMA/KALACHAKRA TEACHINGS

## THE DALAI LAMA

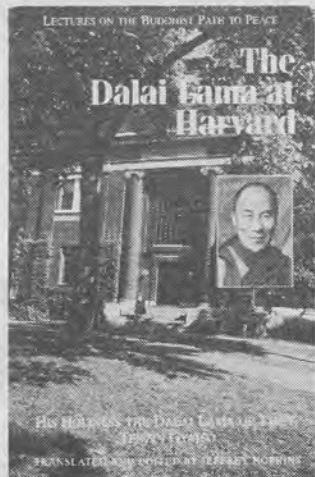
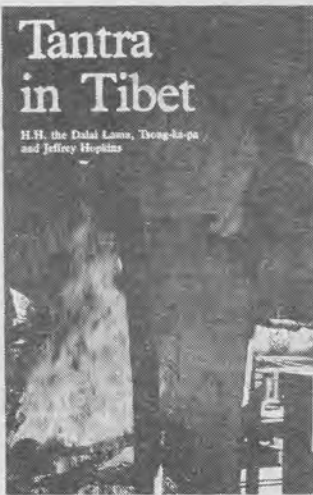
## KALACHAKRA TEACHINGS

OCEAN OF WISDOM



The Dalai Lama  
of Tibet

Foreword by His Holiness  
Photography by Martin Scorsese



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. 191 pp. #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 presents useful tantric material unavailable elsewhere.

### Other Titles:

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

**FREEDOM IN EXILE: The Autobiography of the Dalai Lama**. 256 pp., 16 black & white photos, #HRFE \$10.95

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. 511 pp. #WIBKKRI \$22.95 (see Kalachakra)

**OCEAN OF WISDOM: Guidelines for Living**, text by Dalai Lama, photos by Marcia Keegan. 112 pp. 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. 387 pp. #SLBKPBW \$14.95 (See Religion Section)

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

**TANTRIC YOGAS OF SISTER NIGUMA**, by the Second Dalai Lama & Glenn H. Mullin. 240 pp. #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."

**HIGHEST YOGA TANTRA**, by Daniel Cozart 192 pp. #SLBKHYT \$12.95 (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 H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #WIBKKRI \$22.95

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

**KALACHAKRA TANTRA**, Geshe Ngawang Dhargyey. 180 pp. #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.

### AVAILABLE NOW!

**THE PRACTICE OF KALACHAKRA**, by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., illus. #SLBKPKA \$14.95

The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism. Presented here is a detailed and practical overview of this unique spiritual path. In Part One, Glenn Mullin discusses the tantric path to enlightenment by drawing on the writings of great scholar-practitioners of the past. He describes the sutrayana and vajrayana paths, outlines the four classes of tantras, compares the Kalachakra generation and com-

pletion stage yogas to those of the mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime.

Part Two contains translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama for this book. Glenn Mullin's perceptive and very readable discussion of the theory and practice of this profound tantric system is an excellent addition to the literature on this subject.

**TIBETAN PILGRIMAGE**, by Peter Gold. 175 pp., color photos, #SLBKPTPI \$14.95 (see Sale)

### NEW!

**THE WHEEL OF TIME: The Kalachakra in Context**, by Geshe Lhundub Sopa, Roger Jackson, John Newman, foreword by H.H. the Dalai Lama. 158 pp., #SLBKWTI \$12.95

The Kalachakra is one of the most profound and sublime of the Buddhist tantric systems. It is an intricate interweaving of yoga, astrology, physiology, and mythology

into a meditational system that embraces the entire universe and leads to enlightenment.

The Kalachakra, with its special connection to the land of Shambhala and a future golden age of Dharma, has a special appeal for people of all levels of learning and practice. Initiations into its practices traditionally have been large public events, especially when granted by the Dalai Lama.

Initiation into the Kalachakra Tantra has been given with increasing frequency in recent years, but information on this complex system and practice remains sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices of the Kalachakra tantra.

**KALACHAKRA DEITY POSTER** 11 x 17 1/2" #TBPOKD \$3.00

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** \$8 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

Khyentse R.

SLSTC31 High Lamas at

Kalachakra

**KALACHAKRA SAND MANDALA POSTER**, 24 x 35" #SYKP \$16

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** \$1 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 #HCPRI \$7 (was \$12).

## THE DALAI LAMA

### H.H. THE FOURTEENTH DALAI LAMA PORTRAITS

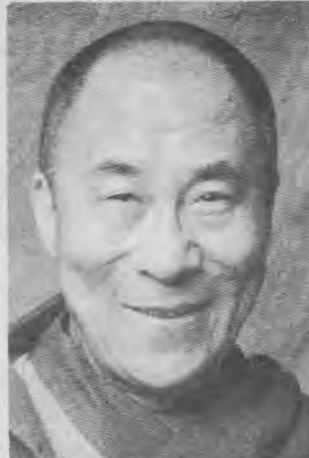
Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.



#SLCDL4 Wallet-size photo from the cover of *Policy of Kindness*. It is laminated on both sides. \$1



#BSDL The Dalai Lama plus long life prayer in Tibetan and English on the reverse side. Laminated, 2 1/2 x 3 1/2" \$2.50



#PODL1 Close-up of His Holiness' face \$0.80



# SPECIAL ITEMS

## SNOW LION TIBET CARDS



SLSTC43



SLSTC38



SLSTC5



SLSTC61

**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.



SLSC7

### 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

### IMAGES OF TIBETAN CULTURE

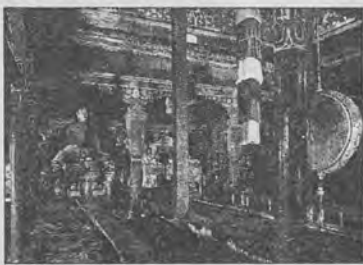
In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These 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
- SLSTC29 Tibetan Ngakpa
- SLSTC30 Woman with Dog
- SLSTC31 High Lamas at Kalachakra
- SLSTC32 Woman with Prayer Wheels



SLSTC40



SLSTC2



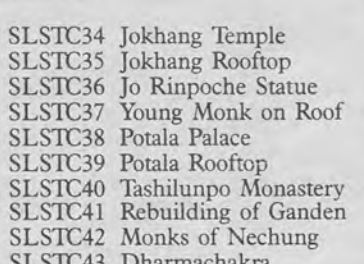
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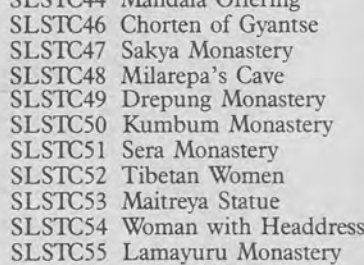
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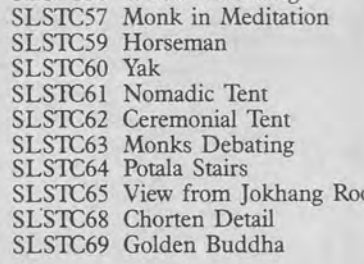
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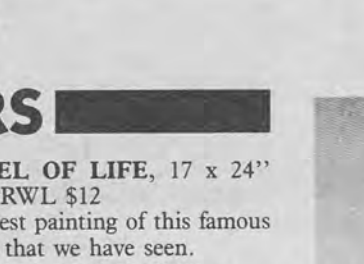
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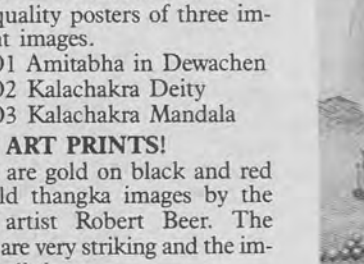
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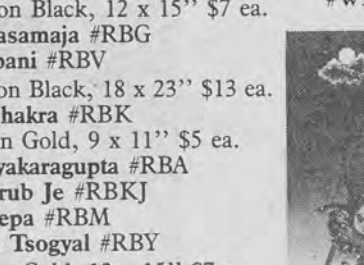
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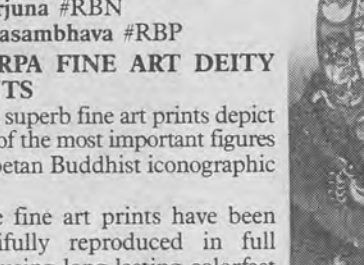
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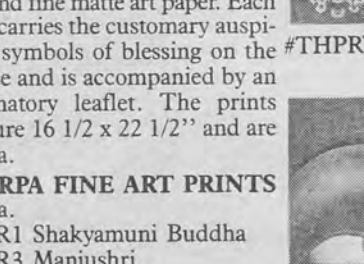
SLSTC38



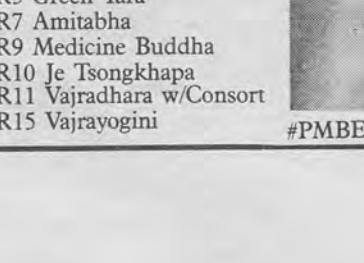
SLSTC39



SLSTC40



SLSTC41



SLSTC42



SLSTC43



SLSTC36



SLSTC37



SLSTC38



SLSTC39



SLSTC40



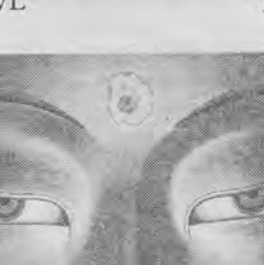
SLSTC41



SLSTC42



SLSTC43



SLSTC44



SLSTC45



SLSTC46

## 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 \$9**

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

**JOWO SHAKYAMUNI BUDDHA STATUE, #SLPOBS \$9**  
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 \$11**  
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 \$6**

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

**HAYAGRIVA POSTER 19 x 25" #JMH \$9**

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

**KALACHAKRA SAND MANDALA POSTER, 24 x 35" #SYKP \$16**

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

#### NEW!

**MEDICINE BUDDHA, 11 x 16" #WIPO10 \$6**

A fine print of the Healing Buddha by Robert Beer.

**VAJRADHARA POSTER 24 x 36" #DRPO1 \$21**

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

**WHEEL OF LIFE, 17 x 24" #THPRWL \$12**

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

**GARUDA POSTERS \$8 ea.**

Fine quality posters of three important images.

GAPO1 Amitabha in Dewachen

GAPO2 Kalachakra Deity

GAPO3 Kalachakra Mandala

**NEW ART PRINTS!**

These are gold on black and red on gold thangka images by the great artist Robert Beer. The colors are very striking and the images well-drawn.

Gold on Black, 12 x 15" \$7 ea.

Guhyasamaja #RBG

Vajrapani #RBV

Gold on Black, 18 x 23" \$13 ea.

Kalachakra #RBK

Red on Gold, 9 x 11" \$5 ea.

Abhayakaragupta #RBA

Khedrub Je #RBKJ

Milarepa #RBM

Yeshe Tsogyal #RBY

Red on Gold, 12 x 15" \$7 ea.

Nagarjuna #RBN

Padmasambhava #RBP

**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 \$22 ea.

**THARPA FINE ART PRINTS \$22 ea.**

THPR1 Shakyamuni Buddha

THPR3 Manjushri

THPR5 Green Tara

THPR7 Amitabha

THPR9 Medicine Buddha

THPR10 Je Tsongkhapa

THPR11 Vajradhara w/Consort

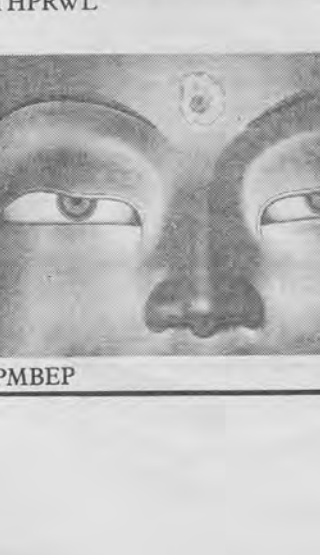
THPR15 Vajrayogini



WIPO10



THC23



PMBEP



PMBE



# SPECIAL ITEMS

## NEW!

**KAILASH PUBLICATIONS #KPC \$4.95** for set of 6. Six high quality black and white cards of:

- Actress in Costume
- Namkhai Norbu at Ralung
- Nomadic Wool Traders
- Nomads on Pilgrimage
- Padmasambhava's Vajra Hand
- Sacred Dances



Nomadic Wool Traders

## NEW!

**ROBERT BEER NOTECARDS \$1.25 ea.** with envelope.

Fine line drawings of deities and lineage gurus:

- #RBN1 Garab Dorje
- #RBN2 Kuntuzangpo
- #RBN3 Marpa
- #RBN4 Milarepa
- #RBN5 Padmasambhava
- #RBN6 Tsongkhapa
- #RBN7 Vajradhara
- #RBN8 Yeshe Tsogyal



Padmasambhava's Vajra Hand



#RBN3

## NEW!

**ROBERT BEER POSTCARDS \$.75 ea.**

Robert is one of the very best Tibetan style painters. You'll like these images:

- #RBC1 Avalokiteshvara
- #RBC2 Kalachakra
- #RBC3 Medicine Buddha
- #RBC4 Nagarjuna
- #RBC5 Naropa
- #RBC6 Shantideva
- #RBC7 Tilopa
- #RBC8 Padmapani



#RBC4



#RBC2

## GARUDA POSTCARDS \$1 ea.

Traditional thangka images.

- GAC1 Gelugpa 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



GAC126 Ushnishavinijaya



#WITC1



#WITC3

## NEW!

**WISDOM ART CALENDAR CARDS \$.50 ea.**

These are great color images.

- #WITC1 Buddha Shakyamuni
- #WITC2 Green Tara
- #WITC3 Nine Deity Hevajra

## NEW!

**POTALA PALACE NOTECARD #AMC1 \$2.75**

This is the finest photo of the Potala we have seen. The color is rich and it sparkles in the mountain light. The notecard contains an actual photo, envelope and hand inscription.



#AMC1

## 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
- THC5 Green Tara
- 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 BODHISATTVA CARDS

#THBC \$8.95 for set

Painted by Lama Jamyang Atisha, Shantideva, Nagarjuna, Chandrakirti, Asanga, Geshe Chekhawa, Geshe Langri Tangpa, Je Tsongkhapa.

**THARPA GREETING CARDS \$2 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



#DFKR



CHIN GOMPA & MT. KAILAS #AM901



THGC2



#TMC



#RBMD

## "FREE TIBET", #MWFT \$.75

This humorous and poignant color postcard shows a suggestion box from Lhasa with the request to free Tibet written on it. This is a great way to send an important message to others.



#MWFT

## 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

## 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

**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.

## NOTECARDS

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

SHOTUN FESTIVAL #AM906

VILLAGE WOMEN #AM904

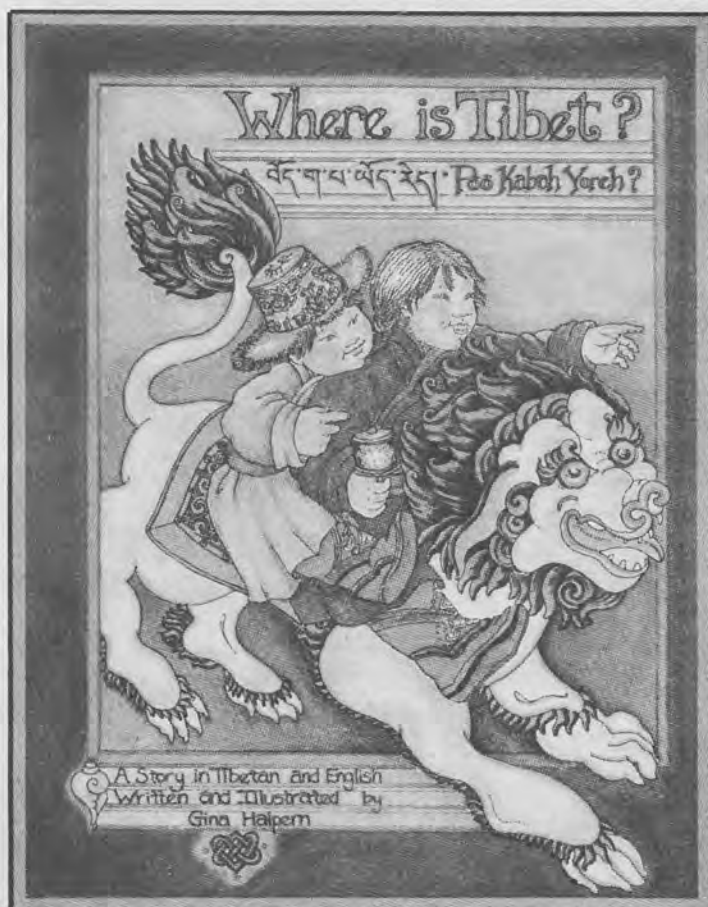
CHIN GOMPA & MT. KAILAS #AM901

## 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



## WHERE IS TIBET?

Written and illustrated by Gina Halpern

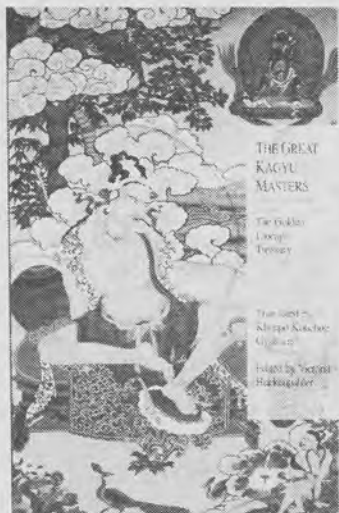
"Where is Tibet?" is really a way of asking "Where is Happiness?" Gina Halpern's enchanting book takes children on a double journey... to a real country and into their own hearts.

Brilliantly illustrated with Tibetan images and colors, this sensitively rendered, cross-cultural book follows the search of a refugee Tibetan boy and girl for their native Himalayan land.

"Where is Tibet?" celebrates a delightful spirit. Its answer to its own question, "Look into your heart," sends a message of hope and empowerment to all children. There is no book like it today.—Gene Pool, Dean of Students at The Buckingham Browne & Nichols School.

**SNOW LION PUBLICATIONS**

8 1/2 x 11", 48 pp., Full-color illus. throughout, \$12.95  
Available now



## THE GREAT KAGYU MASTERS

The Golden Lineage Treasury

Trans. by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenpahler

"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 such as Tilopa, Naropa, Marpa, Milarepa, and Gampopa who are the crown jewels of the Buddhist world."—Tulku Thondup Rinpoche

**SNOW LION PUBLICATIONS**

271 pp., \$12.95

## Five Color Double-Dorje T-Shirts

(w/ Tibetan OM in GOLD)

100% Cotton Black or White M or L

**\$15** includes shipping

ALSO; Tibetan Seed Syllable Banners,  
Rainbow-Bodied Buddha Wall Hangings  
Beautifully Silk-Screened &  
Professionally Tie-Dyed

For More Information Send \$1.00 to  
**Turtle Hill Sangha**  
334E Summertown, TN 38483

## CHILDREN'S BOOKS



**THE HUNGRY TIGRESS: Buddhist Legends & Jataka Tales**, by Rafe Martin. 288 pp. #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. 93 pp., 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.

**NEW!**

**MEDITATION FOR CHILDREN: Pathways to Happiness, Harmony, Creativity & Fun for the Family**, by Deborah Rozman. 152 pp. #PLMFC \$9.95

By following the simple and stimulating exercises offered in this book you can help your child to improve concentration, relieve anxiety and relate to life with new confidence and joy.

**NEW!**

**MEDITATING WITH CHILDREN: The Art of Concentration and Centering**, by Deborah Rozman. 160 pp. #PLMWC \$10.95

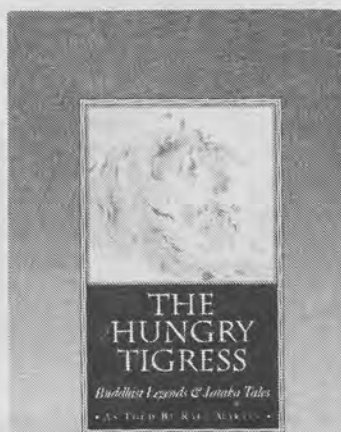
A practical handbook for parents and teachers wanting to develop concentration and imagination in their children, including lesson plans for children through 8th grade.

**THE MOUNTAINS OF TIBET**, by Mordcai 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**

**THE DALAI LAMA: The leader of the exiled people of Tibet and tireless worker for world peace.** #GSDL \$12.95



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 and are suitable for ages 10 and up.

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

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

**SHARING NATURE WITH CHILDREN**, by Joseph Cornell. 143 pp. #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. 209 pp. #GTSJN \$9.95

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

**SPIRITUAL PARENTING**, by David Carroll. 416 pp., #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.

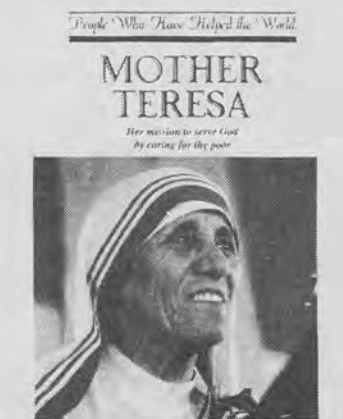
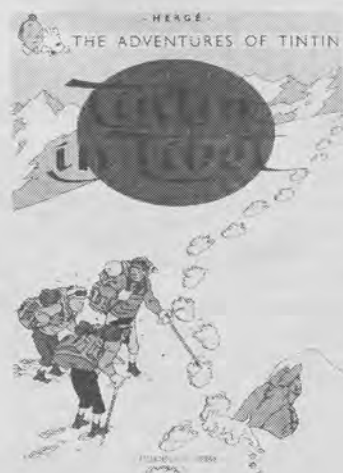
**TARA'S COLORING BOOK**, by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #WITCB \$7.95

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. 32 pp., 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. 62 pp. #LBT \$6.95  
Tintin meets intrigue, lamas, yaks and yeti in rugged Tibet.



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

"Offers a fine introduction to the life and teachings of the fourteenth Dalai Lama, spiritual leader of Tibet. Interwoven 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.'—*Skipping Stones*

**NEW!**

**TWENTY JATAKA TALES**, retold by Noor Inayat Khan, illus. by H. Willebeek Le Mair. 154 pp., 21 illus. #ITTJT \$9.95

Drawn from famous legends concerning the former lives of the Buddha, these twenty stories tell of people and animals moved to acts of altruism by the noble example of their fellow creatures. They are highly dramatic adventures resolved by non-violent and compassionate means. Exquisite illustrations.

**NEW!**

**WHERE IS TIBET?**, by Gina Halpern. 48 full-color pages, ages 3-10, #SLBKWT \$12.95 paper

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

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

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

**WORKBOOK & TEACHER'S GUIDE ON TIBET**, by Yvonne Piburn. 50 pp. #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.



# HEALTH & FITNESS/COOKBOOKS

## HEALTH & FITNESS

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

**BEYOND THE DEVILS IN THE WIND**, Dorris Still. 141 pp., 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. 240 pp. #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.

**DOLMA & DOLKAR: Mother & Daughter of Tibetan Medicine**, by Tashi Tsering Josayma & K. Dhondup. 76 pp. #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 daughter who is 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. 426 pp. #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. 453 pp., 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, 104 pp. #ELFTM1 \$17; Vol. 2, Second Edition, 126 pp. #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. 101 pp. #TMHTD \$5

Gives the composition of 175 popular Tibetan natural drugs.

**THE HEALING BUDDHA**, by Raoul Birnbaum. 318 pp., 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. 448 pp., 100 illus., large format #RPHH \$27.95 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.

**NEW!**

**HEALTH AND HARMONY THROUGH THE BALANCE IN PULSE RHYTHMS**, by Dr. Tsetang Dolkar Khangkar. 48 pp. #YEH \$6.95

Dr. Dolkar describes the various subtle and supple movements and variations of the pulse and message they convey.

**HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine**, by Dr. Yeshe Donden, Ed. & Trans. by Jeffrey Hopkins. 252 pp. #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 thousand 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. Its 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*

**NEW!**

**JOURNEY INTO THE MYSTERY OF TIBETAN MEDICINE**, by Dr. Dolma & Dr. Dolkar. 95 pp. #YEJ \$7.95

These teachings of the legendary Dr. Dolma (1935-89) offers rare glimpses into the training of a Tibetan doctor and her views on many interesting relationships of body and mind from the Tibetan perspective and in easily understood language.

**MIND AND MENTAL HEALTH IN TIBETAN MEDICINE**, 61 pp. #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 Rapgay.

**NEW!**

**RIGHT OVER THE MOUNTAIN: Travels with a Tibetan Medicine Man**, by Gill Marais. 154 pp. #ELROM \$13.95

This is a true adventure that takes place in Tibet and Ladakh. Gill Marais travels with Sonam, a Tibetan medicine man, and witnesses many miraculous examples of healing.

**NEW!**

**TIBETAN ARTS OF LOVE**, by Gedun Chopel, trans. by Jeffrey Hopkins with Dorje Yuthok. 116 pp. #SLBKAL \$9.95 Oct.

*Tibetan Arts of Love* is a modern Kama Sutra in the Tibetan tradition. It offers frank and expert advice on the many techniques of love-making. It contains the 64 arts of love for attaining bliss, harmony, love and joy.

**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.

**THERAPEUTIC INCENSE!**

**NEW!**

**AGAR 31 HERBAL INCENSE**, made by Dr. Dolkar. Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds." Red Agar 31 #YER \$6.95 Black Agar 31 #YEB \$7.95

**NIRVANA BRAND** #TMNIR \$6

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

**TIBETAN THERAPEUTIC MASSAGE OIL** #YEM \$5.95

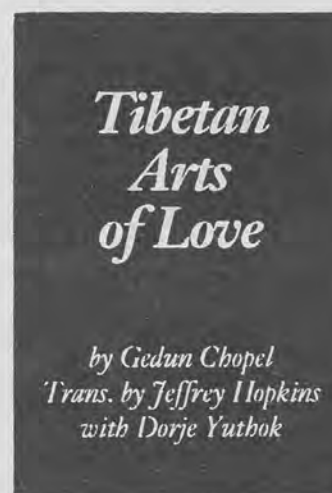
Pure Tibetan massage oil with walnut and myristica fragrances among other herbs and roots for anti-stress and anti-tension massage of back, waist, joints and other stress areas.

**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:

Woven 3-metal band #KBW \$19  
3-metal band with beaded edge #KBB \$19



**TIBETAN MASSAGE CHART**, 18" x 24" #SLTAC \$6.95

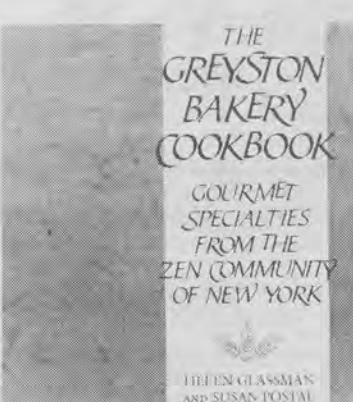
Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy problems with headache, anxiety, insomnia, female difficulties, and many more. Very clear and easy to follow. Written by Dr. Rapgay, well-known Tibetan physician.

## 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: Extraordinary Vegetarian Cuisine from the Celebrated Restaurant**. 396 pp. #DDGC \$22.95 cloth

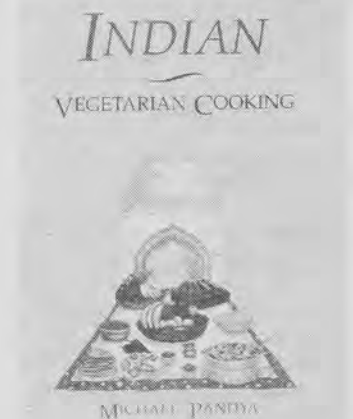
A rare book that truly represents a revolution in cooking. Here are the recipes that created the boldly original and highly successful restaurant on San Francisco Bay. This book caters to everyone who seeks delight in cooking and eating. Using an extraordinary range of fresh ingredients in imaginative 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. 148 pp., 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**, by Michael Pandya. 208 pp., 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.

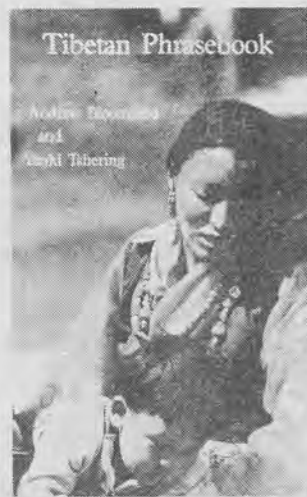
**NEW RECIPES FROM MOOSEWOOD RESTAURANT**, by the Moosewood Collective. 320 pp., color photos. #TSNRM \$12.95

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



**TIBETAN PHRASEBOOK**, by Andrew Bloomfield & Yanki Tshering. 486 pp., #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. 1233 pp., #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 burlap and sometimes show signs of the difficulty of the journey.

**TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY**, Tsepak Rigzin. 479 pp., #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.

### NEW!

**TIBETAN PHRASEBOOK**, by Andrew Bloomfield & Yanki Tshering. 152 pp., #SLBKTPH \$6.95. Two 90 min. cassette tapes #SLTPPT \$12.95.

Whether you are looking for a room, visiting a monastery, or bargaining for a bus seat, the *Tibetan Phrasebook* and accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

*Tibetan Phrasebook* begins by introducing you to both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices in-

clude these helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

Though the clear and simple form of romanization ensures that you will be understood, two 90-minute cassette tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native.

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### 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, #SLBKTB \$45, forthcoming late 1991.

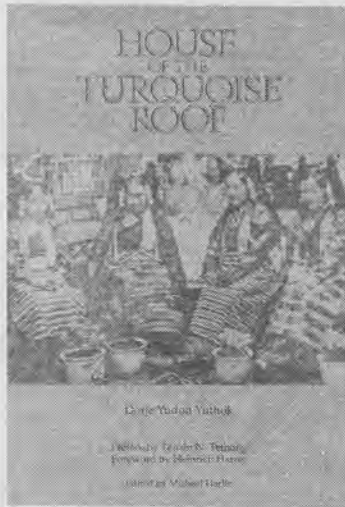
Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. 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. The book may be available before the tapes.

**FEMININE GROUND**  
Essays on Women and Tibet  
Edited by Janice Willis



**FEMININE GROUND: Essays on Women and Tibet**, ed. by Janice Willis. 200 pp. 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. 192 pp., #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.

### NEW!

**LONGING FOR DARKNESS: Tara and the Black Madonna**, by China Galland. 400 pp., #ARLD \$10.95.

Raised as a Catholic and subsequently a Zen Buddhist, China Galland felt the lack of a dynamic image of the female face of God. When she heard of Tara, the female Buddha, who vowed to be enlightened only in a woman's body, she was inspired to set off on an incredible spiritual journey which took her around the world and lasted ten years. This is an autobiographical account of her meetings and experiences.

**MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America**, Lenore Friedman. 250 pp., 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.

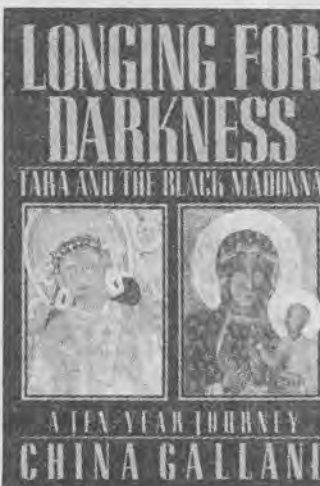
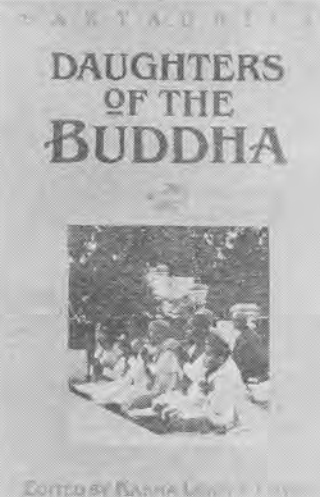
**ON TOP OF THE WORLD: Five Women Explorers in Tibet**. 224 pp., 26 illus. #MGTW \$9.95 (see Adventure).

**SAKYADHITA: DAUGHTERS OF THE BUDDHA**, ed. Bhikshuni Karma Lekshe Tsomo. 300 pp. 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

## WOMEN'S STUDIES



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 bhikshuni 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 organization called Sakyadhita: International Association of Buddhist Women.

**SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel**, by Dowman. 350 pp., #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. 465 pp., 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*

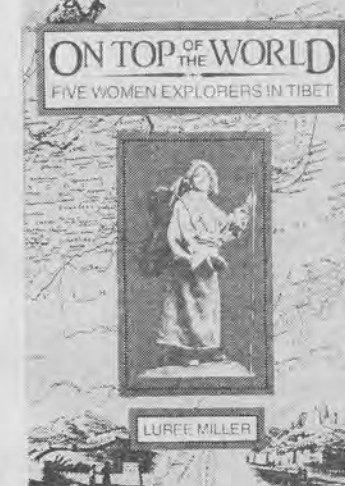
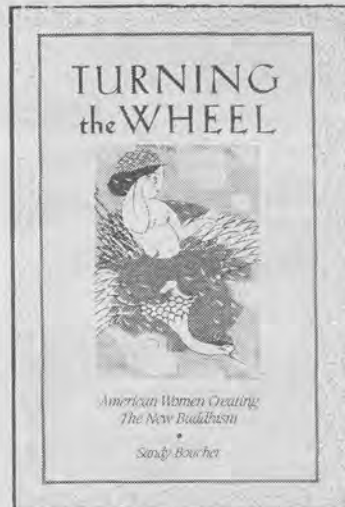
### NEW!

**TIBETAN BUDDHIST NUNS**, by Hanna Havnevik. 251 pp., 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. 401 pp., #HRTW \$22.95 cloth.

*Turning the Wheel* presents the combined insights and experiences of more than 85 women represent-



ing 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*. 400 pp., #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*. 224 pp., #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

**ADVENTURES OF A TIBETAN FIGHTING MONK**, compiled by Hugh Richardson. 135 pp., #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.

**BUDDHA: His Quest for Serenity**, by George Marshall, intro. by Huston Smith. 240 pp., #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 TRAVELING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche**, by McLeod. 101 pp., 91 photos & illustrations. #KDCPT \$18.75

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

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

### AVAILABLE NOW!

**THE GREAT KAGYU MASTERS**, trans. by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenhof. 240 pp., #SLBKGKM \$12.95

"The lives of the great Kagyupa teachers represent a living enactment of their personal trials and triumphs while vividly depicting the transformation of their existential shortcomings into transcendent perfection.

"With their concern for universal well-being and freedom as the motivating force, these teachers have shown the way to the all-around transformation of one's self-centeredness into universal concern and compassion and of self-delusion into wisdom."—Lobsang Lhalungpa.

*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 HISTORICAL BUDDHA**, by H.W. Schumann. 274 pp., #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 Yuthok, trans. & edited by Michael Harlin. Foreword by Heinrich Harrer. 300 pp., 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.

### NEW!

**LADY OF THE LOTUS: The Untold Love Story of the Buddha and His Wife**, by William E. Barrett. 384 pp., #SMLL \$11.95

A unique perspective on the life and loves of the Gautama Buddha. It tells the story of his wife Yasodhara and his son Rahula, and how they influenced the future Buddha.

**THE LIFE & TEACHINGS OF CHOKGYUR LINGPA**, Orgyen Tobegyal Rinpoche. 70 pp., #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 Terzong as practiced in the Karma Kagyu and Nyingma lineages was revealed by him.

**THE LIFE OF MILAREPA**, by Lobsang P. Lhalungpa. 220 pp., #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.

**THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi**, by Eva van Dam. 80 pp., 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. 600 pp., 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. 288 pp., #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. 271 pp., #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. 128 pp., 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**, by Thubten Norbu. 300 pp., #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. 55 pp., #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

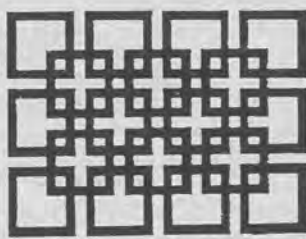
### NEW!

**THE WHEEL AND THE DIAMOND: The Life of Dhardo Tulku**, by Dharmachari Suvajra. 159 pp., #SBWD \$12

Dhardo Rinpoche was the abbot of Drepung monastery whose fate was crucially interwoven with the fate of his country and religious tradition. From his recognition as tulku, his monastic and tantric training through the crisis of the Chinese invasion, the story is a moving testament to the life of a remarkable man.

**THE WHEEL OF LIFE: The Autobiography of a Western Buddhist**, John Blofeld. 305 pp., #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.



## HISTORY & POLITICS

**THE ANGUISH OF TIBET**, ed. by Petra Kelly, Gert Bastian, & Pat Aiello. 240 pp., #PAAT \$17

Since the 1950s when China invaded and occupied Tibet, more than one 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.

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

### NEW!

**DEFYING THE DRAGON: China and Human Rights in Tibet**, A report issued jointly by The Law Association for Asia and the Pacific Human Rights Standing Committee & Tibet Information Network. 140 pp., #ICDD \$7

This excellent report focuses on Tibet from the fall 1987 protests to December 1990. It is an excellent resource documenting the savage response of the Chinese toward a series of non-violent Tibetan independence protests. There has been a marked deterioration in human rights in Tibet since 1987 and a policy of religious repression known as "merciless repression."

### NEW!

**FLIGHT AND ADAPTATION**, by Tanka Subba. 169 pp., #POFA \$7.00

This is an in-depth study of the adaptation process of the Tibetan refugees who started their exile life on the Darjeeling-Sikkim Himalaya, which is physically, culturally, climatically and linguistically similar to what exists in Tibet. This is a well-researched book for students of socio-anthropology and Tibetology.

**FORBIDDEN FREEDOMS: A Report by the International Campaign for Tibet on Beijing's Control of Religion in Tibet**. 100 pp., #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.

### NEW!

**A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State**, by Melvyn Goldstein. 898 pp., #UCHMT \$24.95

This is a valuable book in its presentation of a large number of historical documents that reveal the play of forces at the time leading up to the Chinese invasion of Tibet. It is well-researched even though it has been criticized for being narrow or biased in view.

**IN EXILE FROM THE LAND OF SNOWS**, by John Avedon. 386 pp., #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. 121 pp., 65 illus., #GTRIC \$11.95

This is an inspiring story of the power of courage and hope—the story of

## The Status of Tibet

History, Rights, and Prospects in International Law

Michael C. van Walt van Praag



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 Armbricht Forbes. 184 pp., 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.

**THE STATUS OF TIBET: History, Rights, and Prospects in International Law**, by Michael C. van Walt van Praag. 450 pp., #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. 369 pp., #POTPH \$15.00

Essential reading for anyone interested in Asian affairs.

### NEW!

**TIBET IN EXILE**, photos by Raghu Rai, text by Jane Perkins, intro. by H.H. the Dalai Lama. 160 pp., 100 full-color and 20 b&w photos very large format, #CBTE \$39.95

This book is the best visual record of the Dalai Lama and his people in exile. The introduction traces the history of Tibet and is complemented with great historical photographs. The large pictures by Magnum photographer Raghu Rai makes this book the most powerful record of the spirit and struggles of the Tibetan people.

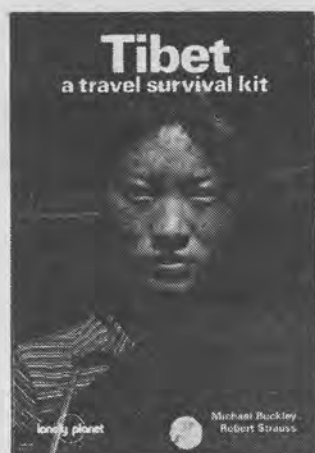
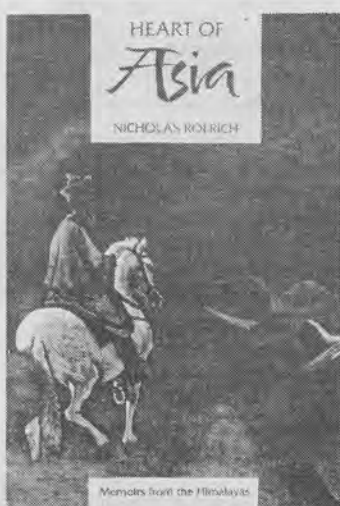
**TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights**. 384 pp., 17 photos and illus. #POTFA \$15

This is an unbiased and powerful account of China's invasion and occupation of Tibet, and continuing campaign to obliterate religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.



# ADVENTURE & TRAVEL/ART & PHOTOGRAPHY

## ADVENTURE & TRAVEL



**HEART OF ASIA: Memoirs from the Himalayas**, by Nicholas Roerich. 192 pp. #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. 792 pp. #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. 236 pp. #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. 342 pp., 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.

### NEW!

**MAGIC AND MYSTERY IN TIBET**, Alexandra David-Neel. 321 pp., 32 illus. #DOMMT \$6.95 Experiences among lamas, magicians, sages, sorcerers and Bonpo wizards. A true adventure into psychic discovery.

**MIPAM: A Tibetan Love Story**, by Lama Yongden. 360 pp., #SGM \$12.95

**ON TOP OF THE WORLD: Five Women Explorers in Tibet**. 224 pp., 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 Heinrich 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. 328 pp. #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: A Travel Survival Kit**, by Buckley and Strauss. #LPITSK \$7.95

Contains many color photos and useful descriptions of the region.

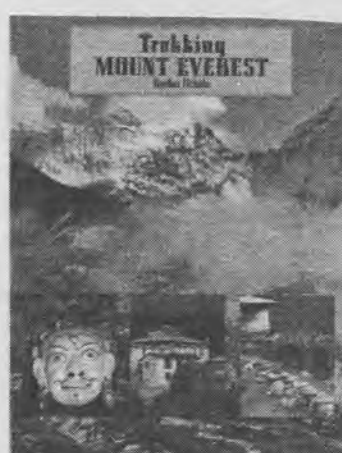
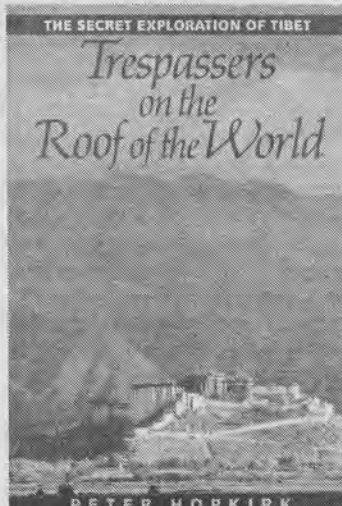
**TO LHASA AND BEYOND**, by Giuseppe Tucci. Foreword by His Holiness the Dalai Lama. 193 pp. 24 photos #SLBKTLB \$14.95

"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. 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. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum.



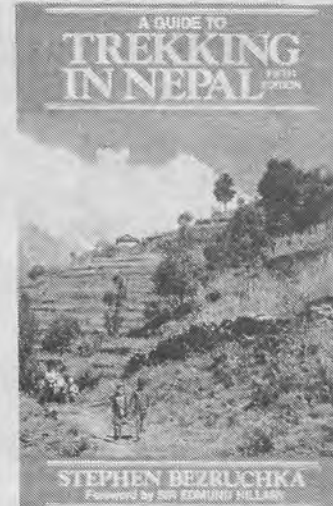
### NEW!

**TREKKING MOUNT EVEREST** by Ryohei Uchida. 128 pp., 180 full-color photos. #CBTME \$14.95

Over a period of four years around Mt. Everest, Uchida was able to capture extraordinary images of local villagers' daily lives in the presence of the beautiful Himalayas. In addition to the author's description of the region, practical information needed to travel there is provided.

**TREKKING IN NEPAL, WEST TIBET AND BHUTAN**, by Hugh Swift. 420 pp., 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).

### NEW!

**TRESPASSERS ON THE ROOF OF THE WORLD: The Secret Exploration of Tibet**, by Peter Hopkirk. 272 pp., illus. #SMTRW \$10.95

Tells of an incredible contest that spanned a century as travelers from nine different countries attempted to enter a Tibet closed to the outside world and be the first to penetrate Lhasa, its sacred capital.



## MAPS



**NEPAL HIKING MAPS**  
Helambu, Langtang: 1:100,000 #MLHL \$11.95

Kathmandu Valley: 1:50,000 #MLKV \$11.95

Khumbu Himal: 1:50,000 #MLKH \$11.95

**OTHER MAPS**  
Tibet-Kathmandu Highway and Environs: 1:1 mil #MLTK \$5

With trekking routes and Lhasa city map.

Map of Tibet, 1919 w. Tibetan script \$12

Kathmandu City: 1:10,000 #MLKC \$6.95

India (North): 1:1.5 mil #MLIN \$7.95

Nepal: 1:5 mil & 1:1.5 mil #MLN \$7.95

South-Central Tibet: 1:1 mil #MLT \$8.95

## ART & PHOTOGRAPHY

### NEW!

**ART OF TIBET**, by Pratapaditya Pal. 343 pp., large format, 277 illustrations including 56 full color. #LAATC \$49.95 cloth.

The Tibetan art collection of the LA County Museum of Art is one of the most significant and comprehensive. Tibetan painting, sculpture and ritual objects are presented with expert descriptions of iconography. Remarkable for its clarity and breadth, this book is well worth its price.

**ARTISTIC FORM AND YOGA IN THE SACRED IMAGES OF INDIA**, by Heinrich Zimmer. 320 pp., 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. 358 pp., 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. 247 pp. 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. 228 pp., 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, 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



# ART & PHOTOGRAPHY

Yuan rule of the country in the fourteenth century. The nine-story stupa of Riwoche with its many painted chapels records the art of the 14th and 15th centuries. This book contains a very rare collection of art and is recommended by us.

**KATHMANDU: City at the Edge of the World**, by Thomas Kelly & Patricia Roberts. 204 pp., 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.

## NEW!

**LADAKH**, by Rajesh Bedi & Ramesh Bedi. 112 pp., 82 color photos 11 x 10" #MML \$24.95 This is a superb pictorial study of Ladakh and its Tibetan Buddhist culture by an internationally famous Indian photographer.

**LHASA: Tibet's Forbidden City**, by Christine & Frank Brignoli. 107 pp., 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.

**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. 168 pp., 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**. 192 pp., 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. 224 pp. #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*

**THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas**, by Russell Johnson & Kerry Moran. 128 pp., 116 color plates, 8 3/4 x 10 1/2", #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", 260 pp. (104 pp. 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.

With the publication of the Gold Manuscript, an inner world of profound mysticism, magical powers and often disturbing theophanic visions is revealed. The manuscript is also a precise manual of ritual practice and ritual paraphernalia as well as a unique artistic masterpiece.

## NEW!

**SIKKIM**, by Rajesh Bedi. 103 pp., 78 color photos, 11 x 10" #MMS \$24.95

The enchanting Himalayan land of Sikkim has often been called the last Shangri-la. Its abundance of rivers and lakes and its moist air give it a lush, strangely tropical look and make it the habitat of varied fauna and exotic flowers. Its gentle people are predominantly Tibetan Buddhist and its famed monasteries are the repositories of art treasures.

**TEMPLE, HOUSEHOLD, HORSEBACK: Rugs of the**

**Tibetan Plateau**, by Diana Myers. 111 pp., large format, 83 b&w and color photos #TXTHH \$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. 128 pp., 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.

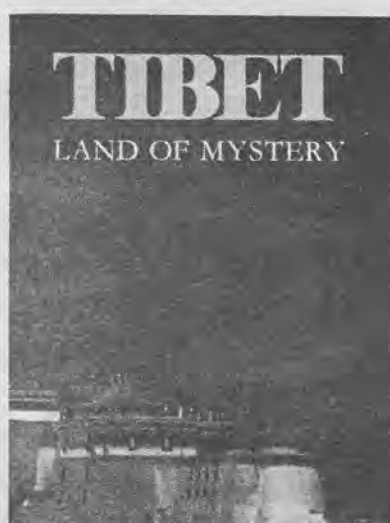
In his introduction, Michael van Walt, Dutch expert in international law, updates the reader on the major events in Tibet that have occurred since Mele traveled there: cataclysmic changes have drastically altered the face of Tibet, making this book's record historically valuable as well as artistically beautiful.

## NEW!

**TIBET**, by Kevin Kling. 104 pp., 96 color illus., 10 x 8", #NDT \$18.95

Kevin Kling traveled with geologists over thousands of miles in remote parts of the Tibetan interior. Her magnificent photographs capture the unequalled beauty and timeless essence of Tibet. We think the landscape shots are excellent. "Stunning, rich-souled photographs."—*Boston Globe*

**TIBET: A Lost Civilization**, by Simon Normanton. 192 pp., b&w photos throughout, 8 1/4 x 11". #VPTLC \$40 cloth



Simon Normanton has skilfully 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.

## NEW!

**TIBET IN EXILE**, photos by Raghu Rai, text by Jane Perkins, intro. by H.H. the Dalai Lama. 160 pp., 100 full-color and 20 b&w photos very large format, #CBTE \$39.95 (see History & Politics)

## NEW!

**TIBET: Land of Mystery**, ed. by Sun Jie. 160 pp., full color, 11 x 13", #CBTLM \$60 cloth

This is a photographic knockout. Many large and double page photographs that are rich and dramatic—these photos are remarkable in their portrayal of Tibet. The book is published in Beijing and has an introduction that is supposed to tell history the way the Chinese government would like it to be. We will include a short historical summary with the book to give you the point of view of a western international lawyer. The differences are very educational.

**TIBETAN COLLECTION: Sculpture and Painting**, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #NM-3 \$20

Based on the excellent art collection at the Newark Museum, it contains photos of sculpture, including metal, wood, ivory, lacquer, stone and clay; thangkas, including painted, appliqued 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. 216 pp. 8-1/4" x 11-3/4" #SLBKTPP \$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 be-



hind 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. 191 pp., 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 Elchert. 240 pp., 38 color and 70 black & white illus. #SLBKWL \$19.95 (see Religion section)

## 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

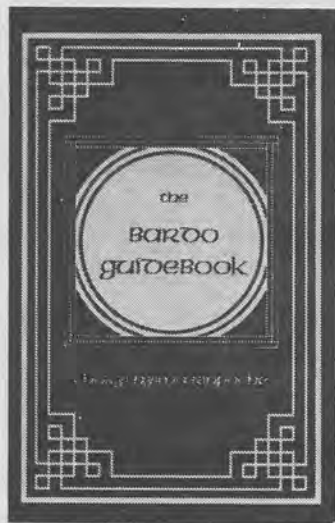
This landmark volume illustrates, explains, and celebrates 160 of the finest and most beautiful examples of Tibetan sacred art. Drawn from museums and private collections around the world, almost half of the pieces have never been published before, and nearly all are reproduced here for the first time in color.

The text offers unprecedented insights into the religious meaning and use, iconography, and aesthetics of the thangka paintings, sculptures, and mandalas pictured. The art spans 1000 years from the 9th through the 19th century. This is the most comprehensive exhibition of Tibetan art ever seen in the West. It is opening at the IBM Gallery in New York in October.





## RELIGION &amp; PHILOSOPHY



**ANTHOLOGY OF WELL-SPOKEN ADVICE ON THE GRADED PATHS OF THE MIND**, by Geshe Ngawang Dhargyey. 441 pp. #LTWSA \$14.95

**ART OF HAPPINESS: Teachings of Buddhist Psychology**, by Mirko Fryba. 368 pp. 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.

**THE ART OF TANTRA**, by Philip Rawson. 216 pp., 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.

**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.

**AVAILABLE NOW!**

**THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS**, by Ngorchen Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #SLBKBO \$12.95

The most profound and fundamental teaching of the Sakya Tradition of Tibetan Buddhism is that of the *Lam Dre* or "Path Including Its Result." This teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path. It serves as a manual for contemplating and meditating upon the various stages leading to ultimate happiness and liberation.

**BEING NOBODY, GOING NOWHERE**, Ayya Khema. 192 pp. #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.

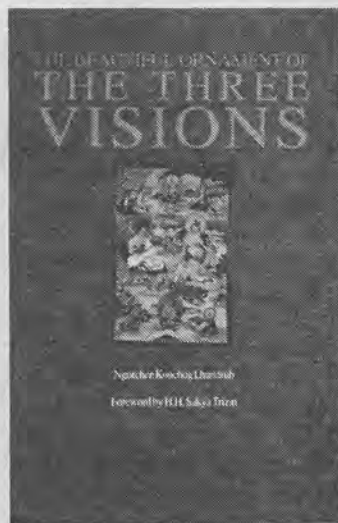
**BEING PEACE**, Thich Nhat Hanh. 115 pp. #PABP \$8.50

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!**

**THE BODHISATTVA VOW: The Essential Practices of Mahayana Buddhism**, by Geshe Kelsang Gyatso. 134 pp., #THBKCV \$14.95

An exceptionally clear and accessible introduction to the essential practices of Mahayana Buddhism. Commencing with an explanation of the Bodhisattva vows and how



to take them, Geshe Kelsang then gives advice on how to keep the vows purely and how to purify transgressions through a special purification practice.

**NEW!**

**THE BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body**, by John Mann & Lar Short, illus. by Juan Li. #GPBL \$12.95

By examining Buddhist, Hindu, Taoist and other traditions for information on the subtle body, the authors have presented a substantial amount of information on the subtle body and how to awaken and develop it. "Reveals actual secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu Masters."

—Mantak Chia.

**BREATHE! YOU ARE ALIVE**, by Thich Nhat Hanh. 72 pp. #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 NATURE**, by Sallie B. King. 205 pp. #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.

**NEW!**

**THE BUDDHA WITHIN**, by S.K. Hookham. 422 pp. #SUBW \$19.95

Central to an understanding of the Mahamudra and Dzogchen traditions is an insight into the buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. This is an excellent presentation of the Kagyu views on liberation and serves as a good starting place for further dialogue between the various lineages.

**NEW!**

**THE BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History**, by John Snelling. 384 pp. #ITBH \$12.95

Provides an overview of Buddhism, the different schools, concepts, interpretations, teachers, and organizations that exist in the



Buddhist world. Explains the history, world view, meditation practices, festivals of Buddhism, western forms of Buddhism and its contribution to psychotherapy.

**BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo**, Tulku Thondup Rinpoche, Ed. by Harold Talbot. 482 pp. #SLBKBM \$18.95 paper, #SLBKBM \$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 NATURE: The Seed of Happiness**, Ven. Thrangu Rinpoche. 180 pp. #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.

**NEW!**

**BUDDHISM**, by John Snelling. 136 pp., #ELB \$8.95

John Snelling has written a straightforward introduction that answers questions like: What is Buddhism? How did it evolve? What are the different schools? How do Buddhists meditate?

**BUDDHISM IN THE TIBETAN TRADITION: A Guide**, Geshe Kelsang Gyatso. 132 pp. #RKB \$10.95

A good introduction to Tibetan Buddhism.

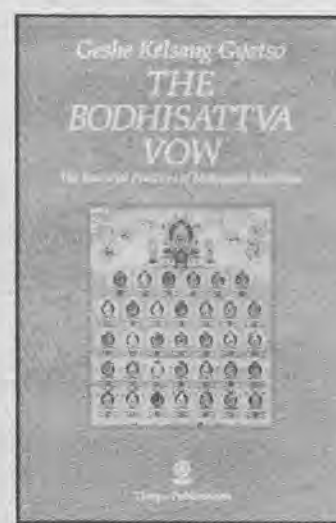
**THE BUDDHIST I CHING**, Trans. by Thomas Cleary. 290 pp. #SHBIC \$13.95

*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.

**BUDDHIST REFLECTIONS**, by Lama Anagarika Govinda. 256 pp., #WEBR \$14.95

Written shortly before his death in 1985, this collection of essays by Lama Govinda provides a rich overview of Buddhism with much food for thought for the Western student.

**THE CENTRAL PHILOSOPHY OF BUDDHISM**, by Robert



A. F. Thurman. 442 pp. #PRSOG \$18.95

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 Prasangka interpretation of Madhyamika. The translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal a rigorous, critical philosophy. Robert Thurman emphasizes the relevance of Prasangka to our own time.

**CHOOSING REALITY: A Contemplative View of Physics and the Mind**, by B. Alan Wallace. 216 pp. #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. C. Rockefeller, Editors. 274 pp. #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.

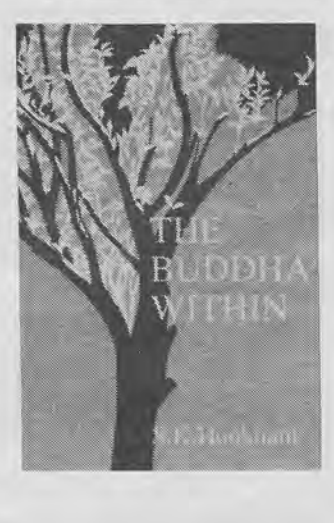
**NEW!**

**CLEAR LIGHT OF BLISS: Mahamudra in Vajrayana Buddhism**, by Geshe Kelsang Gyatso. 288 pp. #THBKCLB \$20.95 December

This is the only detailed and practical guide on Tantric Mahamudra to be published in the West. The instructions it contains, emanating from the whispered lineage of the Gelug tradition are very blessed. Written by a fully accomplished tantric master, they provide an extraordinarily clear explanation of the completion stage practices of Tantric Mahamudra, from the initial meditation on the channels, winds and drops, through the eight rounds of inner fire meditation to the final attainment of Buddhahood.

**A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA**, by Geshe Lobsang Tharchin. 80 pp. #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 yoga text used here consists of 12 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. 263 pp. #SLBKCTB \$12.95

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 Kunsur 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.

**A COMPENDIUM OF WAYS OF KNOWING**, by A-kye Yongdzin Yangchen Gawai Lodro. 67 pp. #LTCWK \$2.95

**A CONTINUOUS RAIN TO BENEFIT BEINGS**, by H.H. the 15th Karmapa. 33 pp. #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. 160 pp. #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 wis-



# RELIGION & PHILOSOPHY



dom 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. 176 pp. #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 Stephen Beyer. 542 pp. #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. 376 pp. #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 Gon-chok-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, consciousness, 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 and founder of Evam Monastery and the Deer Park Center.

**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. 128 pp. #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. 107 pp., 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.

**DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal**, by Erik Pema Kunsang. 200 pp., #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.

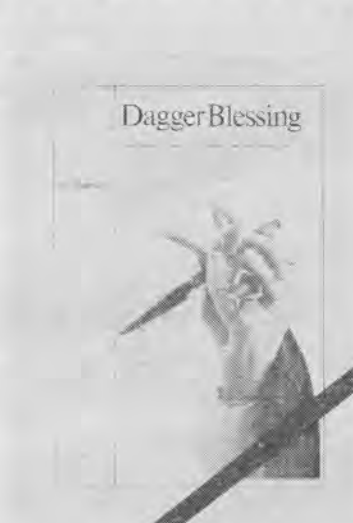
**THE DALAI LAMA: A Policy of Kindness**, Compiled & Edited by Sidney Piburn. 152 pp., SLBKDLPK \$6.95 (see Dalai Lama Section).

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

**FORTHCOMING!**

**DEBATE IN TIBETAN BUDDHISM**, by Daniel E. Perdue. 1025 pp., notes, biblio., index #SLBKDTBP \$38.95 paper, #SLBKDTBC \$55 cloth, Winter 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, Daniel 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



tion 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.). 274 pp. #SLBKDY \$14.95 (see Dalai Lama section).

**DEPENDENT-ARISING AND EMPTINESS**, by Elizabeth Napier. 849 pp. #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 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. 222 pp. #SUD \$10.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, etc.

**DHARMA GAIA: A Harvest of Essays in Buddhism and Ecology**, Ed. by Allan Badiner. 265 pp. #PADG \$15

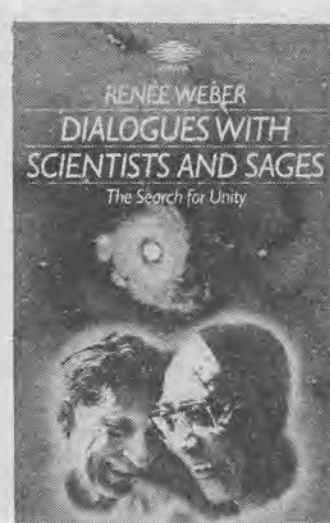
*Dharma Gaia* explores the ground where Buddhism and ecology meet. Through the writings of 30 celebrated Buddhist thinkers and ecologists, we see how Buddhist philosophy and practices can help us renew our relationships with one another, with other forms of life, and with the Earth. Includes writings 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.

**NEW!**

**DIALOGUES WITH SCIENTISTS AND SAGES: The Search for Unity**, by Renee Weber. 256 pp., #ARDSS \$9.95

Weber explores theories of space, time, energy, consciousness, compassion, the development of form in living things and the relationship between finitude and the infinite in a series of thought-provoking interviews with prominent contemporary thinkers like the Dalai Lama, Stephen Hawking, Rupert Sheldrake, Krishnamurti, Ilya Prigogine, Father Bede Griffiths, David Bohm and others.

**THE DIAMOND SUTRA & THE SUTRA OF HUI NENG**, trans. by A.F. Price & Wong Mou-Lam. 192 pp. #SHDS \$12.95



These two scriptures present the central teachings of Mahayana Buddhism and are essential presentations of the correct view.

**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. 40 pp. #WIDUM \$4.95

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

**DZOGCHEN & PADMASAMBHAVA**, by Sogyal Rinpoche. 103 pp. #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. 96 pp. #RKD \$7.95

This is a manual of Dzogchen practice that is remarkably complete for its size.

**EMPTINESS YOGA**, by Jeffrey Hopkins. 504 pp. #SLBKEYP \$19.95; cloth #SLBKEYC \$35

"...Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance."—*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).

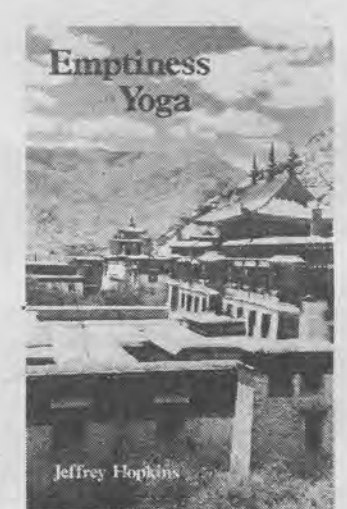
His personal and accessible presentation is based on a famous work by Jang-gya which was used as a primary text in Tibet's largest monasteries. A translation of this text is included.

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. 144 pp., #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 Paltrul Rinpoche.



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

Teachings by outstanding 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. 271 pp. #SLBKERG \$12.95 (see Dalai Lama section).

**THE EXCELLENT PATH OF ENLIGHTENMENT**, H.H. Dilgo Khyentse Rinpoche. 120 pp. #ESEPE \$9.95

Teachings on the tantric preliminary practices of the Nyingma School of Tibetan 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 (foundational practices) for all Nyingma lineages.

**THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life**, by Joel Levey. 350 pp. #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. 331 pp., many illus. #WEFTM \$12.95

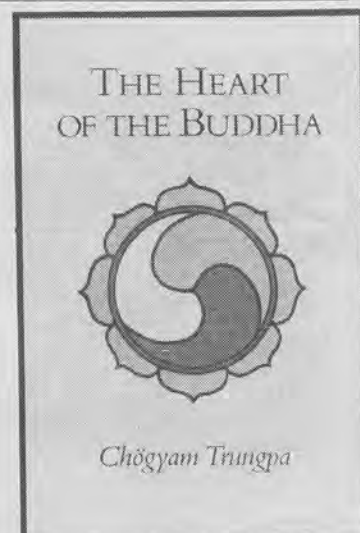
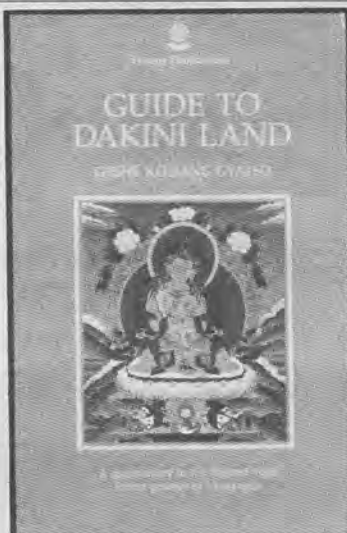
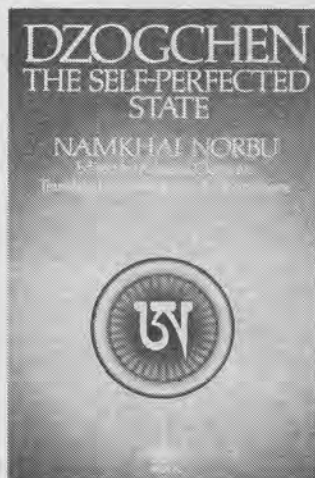
A thorough presentation of Tibetan esoteric principles written by a Western Kagyu monk of over 20 years. The inner meaning of mantra is explained with special reference to the Dhyani Buddhas.

**FOUR ESSENTIAL BUDDHIST TEXTS**, 117 pp. #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.



## RELIGION &amp; PHILOSOPHY



**FOUR-THEMED PRECIOUS GARLAND**, by H.H. Dudjom Rinpoche & Beru Khyentse Rinpoche. 44 pp. #LITPG \$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.

**FULL CATASTROPHE LIVING: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness**, by Jon Kabat-Zinn. 453 pp. #DDFCL \$12  
This is a practical guide to mindfulness, meditation and healing. What is already "right" with you holds the key for growing beyond your problems. "It can be described as a door opening both on the dharma and on the world. When the dharma is really taking care of the problems of life, it is true dharma. I thank the author for having written it."—Thich Nhat Hanh, from the preface.

**A GARLAND OF IMMORTAL WISH-FULFILLING TREES**, by The Venerable Tsering Lama Jamal Zangpo, Trans. by Sanghe Khandro. 187 pp. 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. 140 pp. #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 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. 206 pp. 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.

#### FORTHCOMING MAYBE!

**GENTLY WHISPERED**, by Ven. Kalu Rinpoche, foreword by H.E. Tai Situpa Rinpoche, ed. by Elizabeth Selandia. 290 pp., photos. #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. 150 pp. #STGL \$14.95 Delayed—Spring 92

*Three Statements That Strike the Essential Path* is an ancient Dzog-chen 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. 240 pp. #SLBKGM \$12.95

"The lives of the great Kagyupa

teachers represent a living enactment of their personal trials and triumphs while vividly depicting the transformation of their existential shortcomings into transcendent perfection.

"With their concern for universal wellbeing and freedom as the motivating force, these teachers have shown the way to the all-around transformation of one's self-centeredness into universal concern and compassion and of self-delusion into wisdom."—Lobsang Lhalungpa.

*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. 100 pp. #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. 199 pp. #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.

#### NEW!

**GUIDE TO DAKINI LAND**, Geshe Kelsang Gyatso. 576 pp. #THBKGD \$29.95

This is the first complete commentary in English of the Narokhacho system of Vajrayogini practice, as transmitted directly from Buddha Vajrayogini to the great master Naropa and then through a line-

age of fully realized practitioners to the present day. It begins with a brief history of the practice and explanation of the essential practices of completion stage, which lead to the attainment of Buddhahood. The latter part provides a number of essential sadhanas, advice on how to do a Tantric retreat, and a wealth of additional material that will be indispensable to those who wish to rely sincerely on Vajrayogini.

**A GUIDE TO WALKING MEDITATION**, by Thich Nhat Hanh. 64 pp. #PAGWM \$7

Instruction in "walking not in order to arrive, walking just for walking." With lovely illustrations by Yasuhide Kobashi.

**THE GURU PUJA**, 67 pp. #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. 176 pp. #SHHBU \$13

This is a compelling new collection of articles, talks, and seminars that presents basic Buddhist teachings as they relate to everyday life.

**THE HEART OF UNDERSTANDING: Commentaries on the Prajnaparamita Heart Sutra**, by Thich Nhat Hanh. 72 pp. #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. 150 pp. #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., 227 pp. #SUHSE \$14.95

*The Heart Sutra Explained* offers new insights on emptiness and form 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. 240 pp. #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. 192 pp. #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 completion stage yogas; and Part Four compares the Kalachakra and Guhyasamaja stages of completion.

#### NEW!

**HOLY MADNESS: The Shock Tactics and Radical Teachings of Crazy-Wise Adepts, Holy Fools, and Rascal Gurus**, by Georg Feuerstein. 296 pp. #BPHM \$24.95 cloth

Crazy wisdom is the radical style of demonstrating spiritual values that lie at the heart of the initiatory process. Crazy-wise adepts challenge our commonsense views of reality and norms of conduct. In their attempts to teach spiritual truths they shock cognitive boundaries with trickery, clowning and physical force, and jolt moral sensibilities with nudity, sex, alcohol, or drugs. Through detailed profiles, the author lays bare the foibles and strengths of modern gurus: Gurdjieff, Crowley, Rajneesh, Chogyam Trungpa and Da Love-Ananda. He provides an inside look at their activities and communities.

**HOW TO MEDITATE**, by Kathleen MacDonald. 216 pp. #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. 80 pp. #TCIWW \$3.95

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**



# RELIGION & PHILOSOPHY



**Mahayana Buddhism.** by Sakya Pandita. 192 pp. #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. 480 pp. #WIBKIP \$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 Hickenpahl. 150 pp. #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 Kagyu 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. 284 pp. #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 Andrea Levine.

Writers include: the Dalai Lama, Desmond Tutu, Joan Baez, Thich Nhat Hanh, Joanna Macy, David Steindl-Rast and others.

**INTRODUCTION TO TANTRA: A Vision of Totality.** by Lama Yeshe. 176 pp. #WIBKIT \$12.95

Lama Yeshe successfully shows how we are stuck in the misery of our guilty ego's view of itself and of the world, and that Buddhist tantric methods are powerful and effective ways of cutting through this view and transforming ourselves into satisfied and happy human beings.

**THE JEWEL ORNAMENT OF LIBERATION.** by Gampopa, trans. & ed. by Guenther. 353 pp. #SHJOL \$18.95

A comprehensive and authoritative exposition of the stages on the Buddhist path.



**THE JEWELLED STAIRCASE.** by Geshe Wangyal. 176 pp. #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. 288 pp. #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. 448 pp. #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. 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 each one brings about a new stage of mental development.

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

**KALACHAKRA TANTRA.** Geshe Ngawang Dhargyey. 180 pp. #LTKT \$12.00 (See Kalachakra Section)

**KEYS TO GREAT ENLIGHTENMENT.** by Geshe Tsalim Gyeltsen. 176 pp. #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 OZER: Radiance of Wisdom and Compassion.** by the Rigpa Fellowship. 54 pp., 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. 239 pp. #SLBKCCI \$12.95 (see Dalai Lama section).

**AVAILABLE NOW!**

**KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology.** by Anne Klein. 330 pp. #SLBKKNP \$19.95 paper, #SLBKKNNC \$35 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.

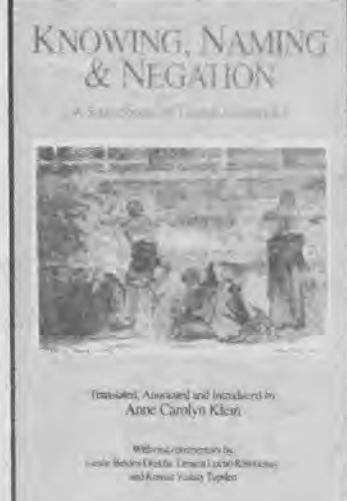
Translations of outstanding texts in each of these categories are found here in the English language for the first time, annotated by the translator and supplemented with interspersed commentary from leading modern Tibetan yogi/scholars. This is a challenging book that presents the nitty-gritty issues 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. 283 pp. #SLBKKL \$15.95, #SLBKKLK \$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



**KNOWING, NAMING, AND NEGATION.** by Anne Klein. 330 pp. #SLBKKNP \$19.95 paper, #SLBKKNNC \$35 cloth

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

**LAMP OF MAHAMUDRA.** by Tsele Natsok Rangdrol. 140 pp. #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.

**LIBERATION IN OUR HANDS.** by Pabongka Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300 pp. #MSLOH \$12.50

Based on a 24-day teaching in Tibet in 1921, 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 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 advertised.

**LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment.** by Pabongka Rinpoche, ed. by Trijang Rinpoche, trans. by Michael Richards. 1200 pp. approx. #WIBKLPH, \$37.50

Based on the same 24-day teaching in Tibet given to a group of some 700 people, Pabongka Rinpoche gave an elaborate explanation of the path to enlightenment using the outline of Je Tsong Khapa. 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. This single volume contains the entire commentary.

**THE LIFE AND TEACHING OF NAROPA.** by Herbert Guenther. 292 pp. #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 Indian scholar-saint. It is unique in that it also contains a detailed analysis of Naropa teaching which has been authoritative for the whole of Tantric Buddhism.

**LIFE AND TEACHING OF TSONG KHAPA.** by Robert A.F. Thurman. 258 pp. #LTLTT \$11.95

**LUST FOR ENLIGHTENMENT: Buddhism and Sex.** by John Stevens. 160 pp. #SHLE \$9.95

This is a survey of Buddhist responses to sexuality. Beginning



**LIFE & TEACHINGS OF TSONG KHAPA.** by Robert A.F. Thurman. 258 pp. #LTLTT \$11.95

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. 167 pp. #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. 194 pp. #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. 550 pp. #SHMAH \$25

This text is still the primary source 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 tranquility 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.

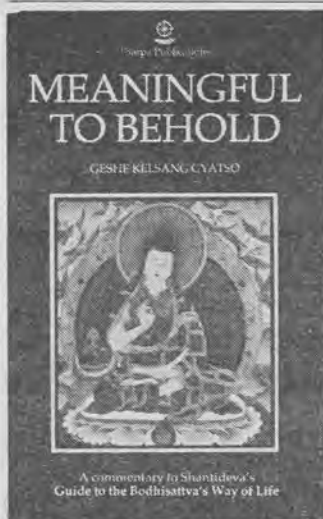
**MAHAYANA BUDDHISM: The Doctrinal Foundations.** by Paul Williams. 272 pp. #MEMB, \$17.95

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.

**MANUAL OF RITUAL FIRE OFFERINGS.** by Sharpa Tulku & Michael Perrott. 180 pp., #LTMRO \$14.95



## RELIGION &amp; PHILOSOPHY



Geshe Kelsang Gyatso

A  
MEDITATION  
HANDBOOK

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 Cittamatri Tara.

**MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas**, by Keith Dowman. 454 pp. #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.

**MEANINGFUL TO BEHOLD**, by Geshe Kelsang Gyatso. #THBKMTB \$22.95

The best commentary to Shantideva's classic work, *A Guide to the Bodhisattva's Way of Life*. It provides a clear verse-by-verse exposition of the full root text in accordance with the oral tradition transmitted to the author.

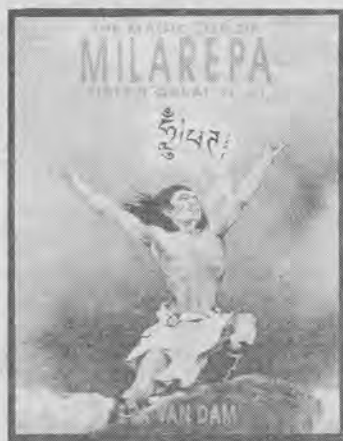
**MEDITATION HANDBOOK**, by Geshe Kelsang Gyatso. #THBKMH \$13.95

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. 168 pp. #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. This is a pocket edition.

**MEDITATION ON EMPTINESS**, by Jeffrey Hopkins. 1017 pp. #WIBKME \$35 cloth

## NEW!

**MEDITATION ON VAJRABHAIKAVA**, by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #LTMV \$9.95

This is a retreat manual for those initiates who wish to do the retreat of the Solitary Hero Vajrabhairava but are constrained by time. Contains an annotated full-length sadhana and is supplemented with six appendices including a tsog offering and outline of the sadhana.

**MEDITATIONS ON THE LOWER TANTRAS**, by Glenn Mullin. #LTMV \$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 Avalokitesvara, Manjushri, Tara, Maitreya, Sarasvati, Sitapatra, Vajra Vidarana, Vajrasattva.

**MIND IN TIBETAN BUDDHISM**, by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., 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.

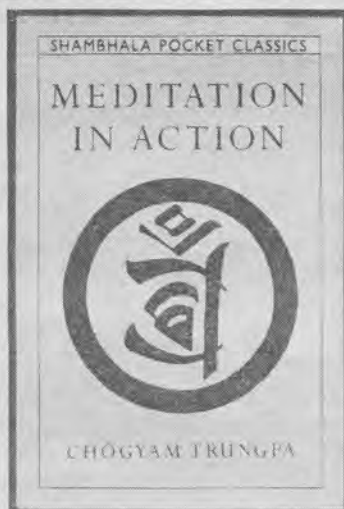
"...a valuable work written in concise form...clearly translated...oral commentary on the textbook is extensive and sparkling. A valuable contribution."—Prof. Janice Willis, *Religious Studies Review*

"...Highly recommended for those wishing a greater understanding 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 Geshe degree, after which he attended the Tantric College of Upper Lhasa.

**MIND ONLY SCHOOL AND BUDDHIST LOGIC**, ed. by Daboom Tulku. 135 pp. #TIMOS \$12.95

The mind-only school (Cittamatra) is one of the four Buddhist schools of thought. Buddhist logic assumed a definite form due to the works of Dignaga. 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. 140 pp. #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. 124 pp. book, 36 color cards, dice, #SLBKMO \$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. 240 pp. #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 which they experience it.

**NGONDRO: The Four Foundational Practices of Tibetan Buddhism**, by Ole Nydahl. 96 pp. #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.

**THE 'NO-SELF' NATURE OF PEOPLE AND THINGS**, by Charlie Singer. 25 pp. #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.

**OPEN HEART, CLEAR MIND**, by Thubten Chodron. 180 pp., #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.

## NEW!

**OPEN SECRETS: A Guide to Tibetan Buddhism for Western Spiritual Seekers**, by Walter Anderson. 240 pp. #SMOS \$9.95

*Open Secrets* presents a clear and comprehensive overview of Buddhism in general and Tibetan Buddhism specifically.

**THE ORIGIN OF THE TARA TANTRA**, by Jonan Taranatha, trans. & ed. by David Templeman. 104 pp. #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**, by Thich Nhat Hanh. 54 pp. #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. 387 pp. #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

MO: The Tibetan  
Divination System

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; also included are 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.

## NEW!

**PATH TO BLISS**, by H.H. the Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240 pp. #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.

## NEW!

**PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life**, by Thich Nhat Hanh. 135 pp. #DDPES \$17.50 cloth

The deepest fulfillment can be found in the midst of the very things we do every day and take most for granted. Thich Nhat Hanh offers dozens of creative suggestions that can be put to work immediately in life situations to keep alive to the perfection of every moment and to be truly awake.

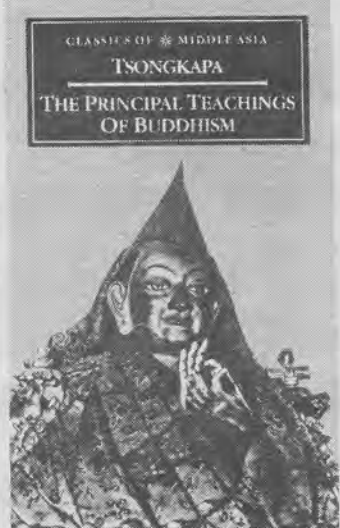
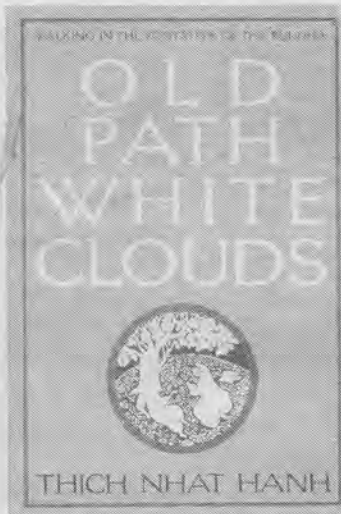
## AVAILABLE NOW!

**THE PRACTICE OF KALACHAKRA**, by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., Illus. #SLBKPKA \$14.95

The Kalachakra spiritual legacy is a vital and central part of Tibetan Buddhism. Presented here is a detailed and practical overview of this unique spiritual path. In Part One, Glenn Mullin discusses the tantric path to enlightenment by drawing on the writings of great scholar-practitioners of the past. He describes the sutrayana and vajrayana paths, outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to those of the mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Part Two contains translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama for this book. Glenn Mullin's perceptive and very readable discussion of the theory and practice of this profound tantric system is an excellent addition to the literature on this subject.



## RELIGION &amp; PHILOSOPHY



## NEW!

**THE PRACTICE OF THE CO-EMERGENT MAHAMUDRA**, by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sensei. 26 pp., #GMPM \$4.00  
This is a classic Tibetan text which presents the four yogas of the path of Mahamudra in concise and clear form.

**PRESENT MOMENT WONDERFUL MOMENT: Mindfulness Verses for Daily Living**, by Thich Nhat Hanh, Drawings by Mayumi Oda. 76 pp. 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 Tsongkapa & Pabongka Rinpoche. 209 pp. #MSPTB \$4.95.

Tsongkapa'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. 185 pp. #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. 352 pp. #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*.

**SELF-LIBERATION: Through Seeing Everything With Naked Awareness**, Trans. & Ed. by John M. Reynolds, Foreword by Namkhai Norbu. 240 pp. #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.

**SHAMBALA: Sacred Path of the Warrior**, by Ven. Chogyam Trungpa. 209 pp. #SHS \$9.95

## NEW!

**SHOPPING FOR BUDDHAS**, by Jeff Greenwald. 165 pp. #HRSB \$8.95

In his quest for the perfect Buddha statue, Greenwald takes us on a wild romp across the Himalayan

mountaintops and through the back alley bazaars of exotic Kathmandu, uncovering political corruption in the highest of these high places and seeking his identity in a land that may be losing its own. It is honest and hilarious, full of exotic moments.

**THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA**, by Gama C.C. Chang. 128 pp. #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. 111 pp. #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.

## FORTHCOMING!

**THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet**, by Surya Das. 256 pp., illus. #HRTM \$24.95 cloth, delayed until 1992.

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. 25 pp., #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.

**SONGS OF SPIRITUAL CHANGE**, by the Seventh Dalai Lama & Glenn H. Mullin. 205 pp. #SLBKSW7 \$10.95

"...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. 327 pp. #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. 450 pp. #SLBKSO \$19.95, #SLBKSO \$35 cloth

"Lopez's book is a very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika 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' own study within the tradition of Western Buddhism. 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. 87 pp. #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. 139 pp. #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 Shrivara Sangharakshita. 496 pp. #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. 469 pp. #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 is of great value in understanding the cultural context of Buddhism. The book is replete with diagrams, photos and illustrations.

**THE TANTRIC DISTINCTION**, by Jeffrey Hopkins. 184 pp. #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 Khetsun Sangpo, Rinpoche, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239 pp. #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.

"...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."—*Vajradhatu Sun*

**TANTRIC YOGAS OF SISTER NIGUMA**, by the Second Dalai Lama & Glenn H. Mullin. 240 pp. #SLBKSW2 \$12.95

*The Practice Of The Co-Emergent Mahamudra*  
BY PADMA KARPO-NGAWANG NORBU



TRANSLATED BY  
VEN. ANZAN HOUSHIN SENSEI

"This has been the most enjoyable book on Buddhism I've read in many years...one of the best books about Tibetan Buddhism on the market today."—Bruce Wilson, *The Tibet Bulletin*

Included 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* (Yamanataka): 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. 109 pp. #GTTBM \$10.95

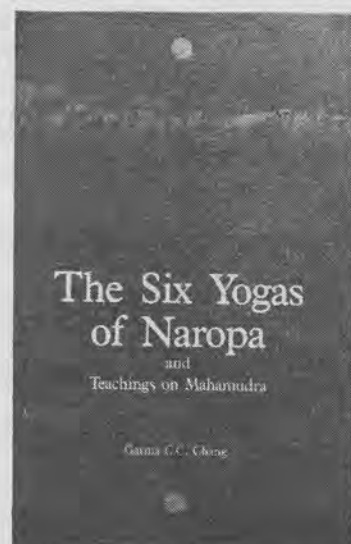
Spiritual life is not about becoming someone special but discovering a greatness of heart within every being. It is an invitation to inwardly drop our opinions and to come to rest free of fixed positions. Ajahn Sumedho is the abbot of a Buddhist center in England and lectures and leads retreats around the world.

## NEW!

**THE THREE JEWELS: An Introduction to Buddhism**, Sangharakshita. 279 pp. #SBTJ \$18  
To understand the Three Jewels is to understand the central ideals and principles of Buddhism. As an authoritative introduction to Buddhist doctrine and philosophy, *The Three Jewels* is an essential Buddhist text.



## RELIGION &amp; PHILOSOPHY



TRANSFORMATION & HEALING  
Sutra on the Four Establishments of Mindfulness



THICH NHAT HANH

**TIBETAN TRADITION OF MENTAL DEVELOPMENT**, by Geshe Dhargyey. 255 pp. #LTTT \$9.95

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. 104 pp. #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.

#### NEW!

**THE TRAINING OF THE ZEN BUDDHIST MONK**, by D.T. Suzuki, illus. by Zenchu Sato. 162 pp. #GPTZM \$9.95

This is perhaps the best introduction to Zen and the life of the Zen monk. By means of a direct and succinct description and by 43 illustrations, this book gives the most precise picture possible of Zen life.

#### NEW!

**TRAINING THE MIND IN THE GREAT WAY**, by the First Dalai Lama, trans. & ed. by Glenn H. Mullin. 170 pp. #SLBKTMT \$12.95

The attitude of self-cherishing and the habit of ego-grasping are considered by Buddhist teachers as the two greatest enemies to happiness and peace of mind. By practicing the *lojong* methods for developing great compassion and the blissful wisdom of emptiness presented in this famous teaching by the First Dalai Lama, these two syndromes can be transformed and eventually overcome.

**TRANSFORMATION AND HEALING: Sutra on the Four Establishments of Mindfulness**, by Thich Nhat Hanh. 180 pp. #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. 224 pp. #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. 356 pp. #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.

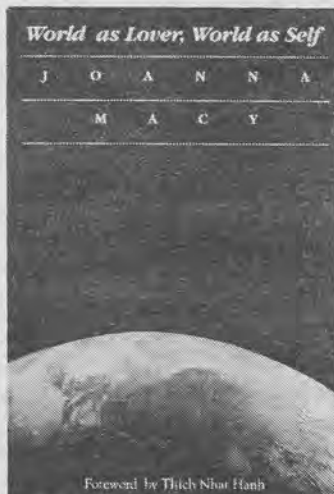
#### FORTHCOMING!

**THE TWO TRUTHS**, by Guy Newland. 700 pp., Bibliography, Notes, Index #SLBKTTTP \$29.95 paper, #SLBKTTTRC \$39.95 cloth December

"...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 incipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see no real sentient beings, no real suffering, how is it that they are moved by great compassion? The persistent problem of Buddhist philosophy has been to find the middle way: an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (*sunyata*).

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious 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.

**UNION OF MAHAMUDRA & DZOGCHEN**, by Tulku Chokyi Nyima Rinpoche. 267 pp. #ESUMD \$15.95

A commentary on two great vajrayana teachings by one of the 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. 160 pp. #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. 306 pp. #CPU \$27.50 cloth

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.

**VISION AND TRANSFORMATION: An Introduction to the Buddha's Noble Eightfold Path**, by Sangharakshita. 169 pp. #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.

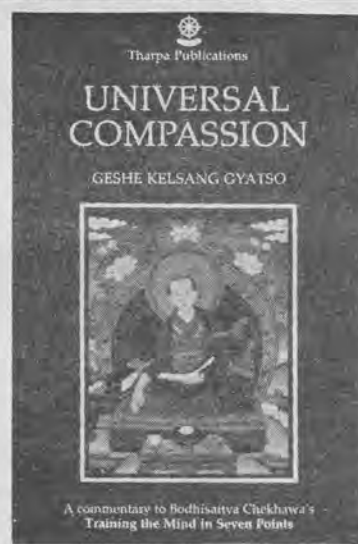
**VISION OF BUDDHISM**, by Roger Corless. 329 pp. #BPVB \$12.95

"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. 316 pp., 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 Dhargyey. #LTWSW \$4.95

An inspiring text for the Bodhisattva warrior.

#### NEW!

**THE WHEEL OF TIME: The Kalachakra in Context**, by Geshe Lhundub Sopa, Roger Jackson, John Newman, foreword by H.H. the Dalai Lama. 158 pp., #SLBKWTI \$12.95

The Kalachakra is one of the most profound and sublime of the Buddhist tantric systems. It is an intricate interweaving of yoga, astrology, physiology, and mythology into a meditational system that embraces the entire universe and leads to enlightenment.

The Kalachakra, with its special connection to the land of Shambhala and a future golden age of Dharma, has a special appeal for people of all levels of learning and practice. Initiations into its practices traditionally have been large public events, especially when granted by the Dalai Lama.

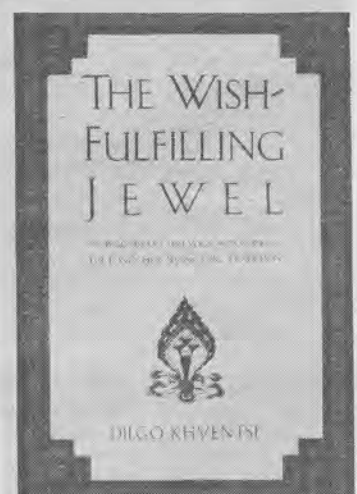
Initiation into the Kalachakra Tantra has been given with increasing frequency in recent years, but information on this complex system and practice remains sparse. *The Wheel of Time* fills the gap by discussing the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices of the Kalachakra tantra.

**WHITE LOTUS: An Introduction to Tibetan Culture**, ed. by Carole Elchert. 240 pp., 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. 108 pp. #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.

**WORKING WITH ANGER**, by Thubten Chodron. 34 pp. #TCWA \$4.50

Contains practical techniques for working with anger and pain in our daily lives.

#### NEW!

**WORLD AS LOVER; WORLD AS SELF**, by Joanna Macy, Foreword by Thich Nhat Hanh. 252 pp. #PAWL \$15

Dependent co-arising is one of the most fundamental and complex concepts of Buddhism. Joanna Macy provides many insights into how to apply this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves.

"Here is the manual of human decency for our time—profoundly and broadly thought through, personally tested, and beautifully composed."—Robert Aitken

**WRITINGS OF KALU RINPOCHE**, by Kenneth McLeod. 71 pp. #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. 128 pp. #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. 264 pp. #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.



# 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.

### NEW!

TRANSFORMATIONS OF CONSCIOUSNESS, with the Dalai Lama. (6) #IRTC \$24

Harmonia Mundi was a gathering of some of the most inspiring hearts and minds of our times in a conference with the Dalai Lama. In this discussion with the Dalai Lama, questions were addressed concerning the potential of a new world order rooted in compassion, the compatibility between spiritual teachings and current scientific models, as well as the need for personal transformation as the basis for world peace.

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

KYABJE LING RINPOCHE IN PRAISE OF DEPENDENT ARISING (5) #SLTPKLIPDA \$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.

### KHENPO PALTEN 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 *Ngondro Meditation Practice* which purify the body, speech and mind. Trans. by Khenpo Tsewang Dongyal.

DR. LOBSANG RAPGAY, PH.D.

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.

COMPLETE MEDITATION INSTRUCTIONS (1) #DSTPJGCM \$10

Detailed instructions in mindfulness of breath, touch points, sensations, thoughts, feelings, intentions; also walking meditation.

DESIRE, (1) #DSTPJGD \$8 Looking at what happens when our mind gets lost in the enchanted forest of desire.

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.

LUMINOSITY OF MIND, (1) #DSTPJGLM \$8

Exploring a way to understand the vastness of the Dharma by observing our inner expanse of consciousness.

OBSTACLES TO CONCENTRATION I, (1) #DSTPJGOC \$8

Understanding how desire and aversion stand in the way of developing one-pointedness of mind.

OBSTACLES TO CONCENTRATION II, (1) #DSTPJGOC2 \$8

Examining our sloth, torpor, restlessness, worry and skeptical doubt.

PRACTICE IN THE WORLD: LIVING IT FULLY, (1) #DSTPJGPW \$8

Practicing the Dharma after a retreat with the same alive attention and nurturing wisdom as during the retreat.

THE VISION, (1) #DSTPJGV \$8 Exploring the energy that vision has to move us toward creating changes in our life.

VIPASSANA JHANAS (1) #DSTPJGVJ \$8

An in-depth look at the deeper levels of practice when one explores impermanence, suffering and selflessness with one-pointed concentration.

### Jack Kornfield

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

SPIRITUALITY AND RELATIONSHIPS & AVOIDANCE (1) #DSTPCFSR \$10.50

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.

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.

PRACTICE OF CONFUSION & SELF ACCEPTANCE (1) #DSTPCFPC \$10.50

Seeing what lures the mind from accepting actuality—looking at expectation, fantasy, future thought. Freeing ourselves from belief systems and models, discovering the essence of ourselves.

### Ajahn Sumedho

BREATHING SPIRIT INTO FORM (1) #DSTPASBS \$10.50

Appreciating the life force that your spirit breathes into the practice.

PRACTICE OF INNER LISTENING (1) #DSTPASPI \$8

Learning to listen to the inner sound of silence as a way to quiet and center the mind.

THE RETURN TO THE SOURCE (1) #DSTPASRS \$10.50

Taking refuge in Buddha's way of knowing the truth of reality through a reflective, observing mind.

### THICH NHAT HANH

PEACE MAKING: How To Be It, How To Do It, Thich Nhat Hanh. (1) #STPM \$10

This is one of those talks which captures some of the best ideas this great person has to say. Thich Nhat Hanh reveals in his simple and charming way how to be mindful and peaceful and gives techniques for practice of these through the awakening of our natural intelligence.

THE PRACTICE OF MINDFULNESS IN PSYCHOTHERAPY, Thich Nhat Hanh. (2) #STPMP \$16

Tells us how to nourish inner peacefulness and maintain it throughout the day, how to work with anger through breathing and walking meditation, how therapists can be peace workers, how to develop the inner smile and much more.



## 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.

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.

### 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

#58 Monks and Laymen in Buddhist Tibet (2)

#61 Tibetan Buddhist Meditation (2)

The five stages of Tibetan medi-

tation 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.

#105 Symbolism of the Diamond Sceptre

#107 Symbolism of the Cremation 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)

## ALL NEW! 1992 CALENDARS



THE HIMALAYAN CALENDAR, 14 x 10" #GTHC \$9.95

This is an inspiring calendar for mountain lovers.

MOUNTAIN IMAGES, 14 x 10" #GTMI \$9.95

Spectacular mountains from around the world.

MOUNTAIN LIGHT, 14 x 10" #SMML \$9.95

Galen Rowell's passion for wild places and his expert photographic eye have combined to produce this great calendar.

MY TIBET CALENDAR, by Galen Rowell, text by the Dalai Lama. 14 x 10" #SMMT \$9.95

The snows, mountains, plains, lakes, and people of remote and magical Tibet come together in this magnificent calendar.

PRAYER/MEDITATION CALENDAR, 14 x 10" #SMP \$9.95

Images of prayer and worship from many different traditions accompanied by thoughts for meditation.

RIGPA TIBETAN CALENDAR, 1992-93, #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. 1992 which is the beginning of the Tibetan new year.

SACRED SPACES, 14 x 10" #GTSS \$9.95

Sacred architecture, art, and landscapes from around the world.

TIBETAN THANGKA CALENDAR, 16 x 24" #WICATC \$24.95

Thirteen thangka images are represented in this famous calendar from Wisdom Publications.



# MUSIC & CHANTS/VIDEO DHARMA

## 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

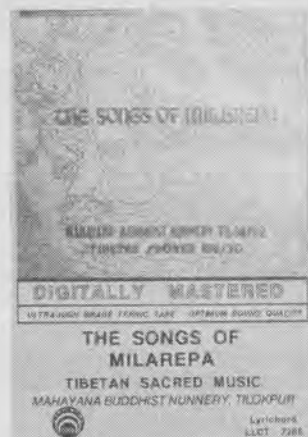
This music, which invokes Tibetan Buddhist deities, produces an astoundingly rich and atmospheric tonal texture. Mickey Hart, drummer with the Grateful Dead, produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto monks at their monastery in India.

**NEW!**  
**PADMASAMBHAVA CHOPA WITH MAHAKALA OFFERING**. LP #LCPC \$10

These rituals were recorded in Nepal and are available only on LP.

**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



**Shartse Monastery**. Cassette #EWSHC \$10

The Shartse 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.

**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.

### NEW!

**THE SONGS OF MILAREPA**, by the Mahayana Buddhist Nunery, Tilokpur. #LCSM \$10 cassette  
 Songs by the great master sung by the nuns of Tilokpur.

**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 BUDDHIST CHANTS OF NAMGYAL MONASTERY**. Cassette #RBTBC \$10

Namgyal Monastery is where the Dalai Lama teaches in Dharamsala. 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!

**TIBETAN BUDDHIST RITES: Rituals of the Drukpa Kagyu Order**, recorded by John Levy. Cassette #LCTBR \$10

Nineteen rituals with instrumentation. These are authentic Kagyu rituals in natural a monastic setting.

**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.

### EXPLORER SERIES

These three 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.

**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.

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

### 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.

### 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. Three tapes of his music are available:

**RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic Chanting**. Cassette #NKRTP \$10

The meditative sounds of Nawang Khechog.



### NEW!

**SOUNDS OF INNER PEACE: Bamboo Flute, Didgeridoo, Okharina, Incan Pan Pipes and Silver Flute**. Cassette #NKSIP \$10  
 Dedicated to the preservation of Tibetan culture.

**SOUNDS OF PEACE: Bamboo Flute & Didgeridoo**. Cassette #NKSP \$10

His spontaneous music captures the feeling and peace of the mountains of Tibet.

**ONE HAND CLAPPING: Tibetan Bells with Environmental Sounds**. #ILOHC \$12 cassette, #ILOHCD\$17 CD

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.

### NEW!

**SOLO BANSURI**, Cassette #LCSB \$10  
 Bamboo Flute of India by the famous flutist G.S. Sachdev. A truly serene performance by a master musician.

**TIBETAN MEMORIES**, by Jon Shore. #JSTM \$10

Music of Tibetan bells and synthesizers—a modern touch to classical Tibetan folk sounds.

**THE TWENTY-ONE PRAISES OF TARA**, by Prema Dasara & Jeff Monoz. #PDTP \$10, plus \$3 for booklet containing transcription of text (optional).

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, one meets the challenges of life with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places.

## VIDEO DHARMA

These films are available in VHS format only.

### NEW!

**THE AGONY OF TIBET**, by Galen Rowell. 60 min. #AVAT \$29.95

America's pre-eminent nature/adventure photographer and author shares his moving portraits of a country torn by politics and environmental devastation. Rowell brings us information and images on the current realities of life in Tibet, contrasting the present situation with the hopeful and ancient soul of Tibet.

### NEW!

**THE FUTURE OF TIBET**, The Tibet Fund. 20 min. #POFT \$15 donation.

This is the most concise presentation of the Tibet issue on video. As an educational tool, it would enhance any presentation on the problems in Tibet. Highly recommended.

**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.

**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/DE-STROYER 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 \$29.95

In his lifetime, Thomas Merton was hailed as prophet and censured for his outspoken social criticism. 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

Video Dharma continued over

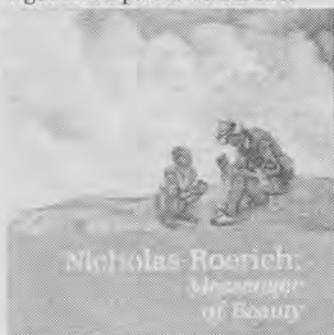


# VIDEO DHARMA/DEATH & DYING

## VIDEO DHARMA

VIDEO DHARMA continued from previous page

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.

### NEW!

**OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama**, by Trueheart Productions. 90 min. #KTOD \$29.95

On March 26th, 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the XIVth Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed many important issues based on the relationship of world peace and inner peace. Peppering his address with his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in order to achieve happiness and as well as to survive.

### NEW!

**QUANTUM HEALING**, featuring Dr. Deepak Chopra. #HFQH \$49.95

Dr. Chopra is a practicing endocrinologist and former chief of staff at the New England Memorial Hospital in Massachusetts. He was trained in India and incorporates the latest findings of modern medicine with the Ayurveda. He discusses the effect of the mind on the body and says that every cell responds to our thoughts, emotions, beliefs and self-image. He emphasizes exercise, diet and meditation as well as getting in tune with nature.

### NEW!

**REALIZING ONENESS IN ALL HUMANITY, H.H. THE DALAI LAMA**, 95 min. #AVRO \$39.95

In this rare live appearance, the Dalai Lama brings words of love and hope to the people of

America. Videotaped live at the Grace Cathedral, San Francisco in April 1991, this warm and uplifting talk reveals the gentleness and nobility of His Holiness.

**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.

### NEW VIDEO!

**SAND PAINTING: Sacred Art of Tibetan Buddhism**, 30 min. #AVSP \$34.95

This video was made during the 1991 Asian Art Museum exhibit of Tibetan art. Monks of the Namgyal Monastery, led by Lobsang Samten, created the Kalachakra mandala. This program explores the meaning of the symbols within the mandala with its five levels and hundreds of deities.

**THE SOUND OF WISDOM**, directed by Robyn Brentano, 1 hour. #HFSW \$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!

**SPIRIT AND NATURE**, Bill Moyers. 1 1/2 hrs. #MFSN \$29.95

Moyers examines religious and ethical beliefs as they pertain to the environment. He interviews the Dalai Lama, Audrey Shenandoah and other spiritual teachers. This program was broadcast on PBS June, 1991.

**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 destruction 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 Lobsang Dolma, Tibet's first woman doctor, shows the making of medicines and how acupuncture and moxibustion are used.

### NEW!

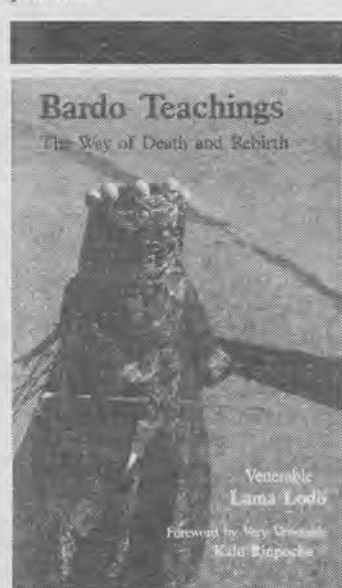
**WORLD PEACE THROUGH COMPASSION AND NON-VIOLENCE**, by the Dalai Lama. 2 hrs. #OSWP \$24.95

In April, 1991 the Dalai Lama addressed a large audience in Santa Fe about the need for compassion

in world politics and he offered constructive and forward-looking practical proposals that would make the world a more peaceful place to live in. In powerful introductions, Harmon Houghton and Robert Thurman discuss the plight of the Tibetans and their great achievements in exile under the guidance of the Dalai Lama.

**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.



### NEW!

**BARDO TEACHINGS: The Way of Death and Rebirth**, by Ven. Lama Lodo, 73 pp., illustrations #SLBKTE \$8.95

Little is known in the West about the experiences that occur during and after death. Some of the great Tibetan lamas have experientially delved into the processes and have unravelled many of their mysteries. *Bardo Teachings* presents much of this fascinating material and clears up many misconceptions that students have about the death process.

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra—not a potpourri of western self-help instructions and fragments of eastern thought."

"*Bardo Teachings* is... a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—*San Francisco Chronicle*

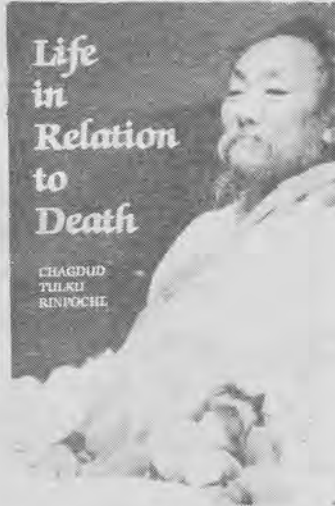
### NEW!

**THE BARDO GUIDEBOOK**, by Chokyi Nyima Rinpoche. 187 pp. #ESBG \$14.95

Rinpoche offers new information on how to deal with the four bardos and provides a guide for practitioners desiring liberation. This is a commentary on *The Mirror of Mindfulness*.

**BRINGING DOWN THE LIGHT: Journey of a Soul After Death**, by Mother Meera. 64 pp., 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—who has become popular in the USA from *Hidden Journey* by Andrew Harvey. Painted directly from Meera's inner perception of the after-death experiences of a disciple, these luminous works inspire our vi-



sion 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 86 pp. #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.

"The work forms an excellent companion volume not only to the Buddhist texts known as the 'Tibetan Books of the Dead,' but also to contemporary Western works on death and dying... handsomely arranged with numerous charts and an excellent bibliography."—Prof. Janice Willis, *Religious Studies Review*

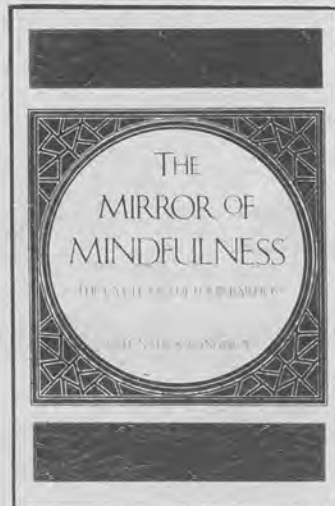
**DEATHING: An Intelligent Alternative for the Final Moments of Life**, by Anya Foos-Graber. 415 pp., #WED \$14.95

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 "deathing." 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. 366 pp. #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. 45 pp. #WIBKLD \$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. 31 pp. #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. 140 pp. #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.

**THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo**, trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #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. 249 pp. #OXTBD \$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.

**TRANSFERENCE OF CONSCIOUSNESS AT THE TIME OF DEATH**, by Lama Thubten Yeshe. 45 pp. #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. 371 pp., #DDWLD \$9.95

A very thorough discussion of death and dying by the famous Western Zen Roshi. 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.

**WHO DIES? An Investigation of Conscious Living and Conscious Dying**, by Stephen Levine. 317 pp., #DDWD \$9.95

"The bible of the conscious dying movement."—*Harper's*

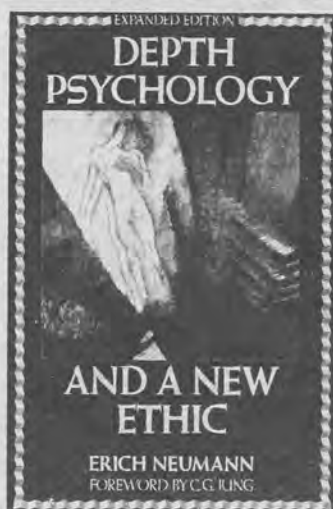
"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elizabeth Kubler-Ross

This is a rare and insightful book. It prepares you for life as well as death.



# PSYCHOLOGY & SELF-HELP/OTHER TRADITIONS

## PSYCHOLOGY & SELF-HELP ■ BOOKS FROM OTHER TRADITIONS



**DEPTH PSYCHOLOGY AND A NEW ETHIC**, by Erich Neumann. 160 pp. #SHDP \$9.95

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. 296 pp., #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, and seduction, and by focusing on the meaning of these experiences reconnects us with the wisdom of time immemorial.

**GODDESSES IN EVERY WOMAN: A New Psychology of Women**, by Jean Bolen. 335 pp. #HRGEW \$8.95

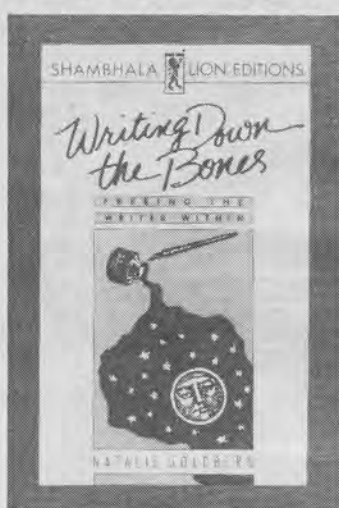
Just as women used to be unconscious of the powerful effects that cultural stereotypes had on them, they may also be unconscious of powerful forces within them that influence what they do and how they feel, and which account for major differences among women. *Goddesses in Every Woman* shows readers 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.

**GODS IN EVERYMAN: A New Psychology of Men's Lives & Loves**, by Jean Bolen. 338 pp. #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. 192 pp. #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.

**KING, WARRIOR, MAGICIAN, LOVER: Rediscovering the Archetypes of the Mature Masculine**, by R. Moore & D. Gillette. 159 pp., 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 guide the reader toward deeper self-understanding.

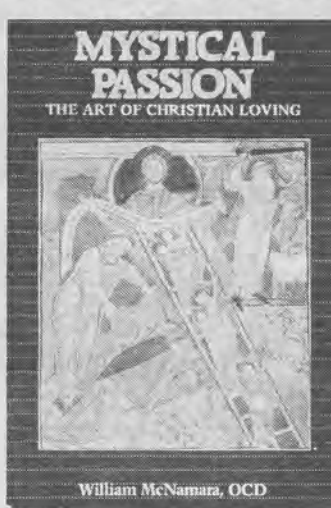
**THE SYMBOLIC QUEST**, Edward Whitmont. 336 pp. #PRSQ \$12.95

"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, straightforward 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. 171 pp. #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.



**ANIMALS HAVE RIGHTS TOO: A Primer for Parents, Teachers and Young People**, by Dr. Michael W. Fox. 144 pp., 100 illus. #HRAHR \$9.95

An internationally-recognized veterinarian and defender of animal rights helps parents and children to understand the issues and to know what can be done.

**NEW!**

**ANSWERS**, by Mother Meera. 120 pp., photos, #MPA \$9.95

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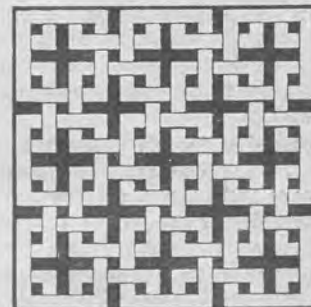
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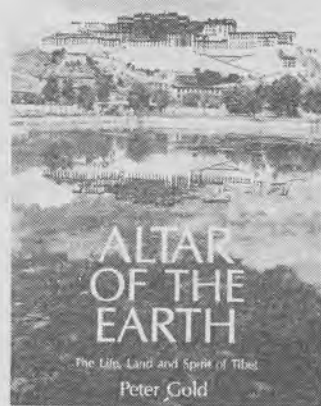
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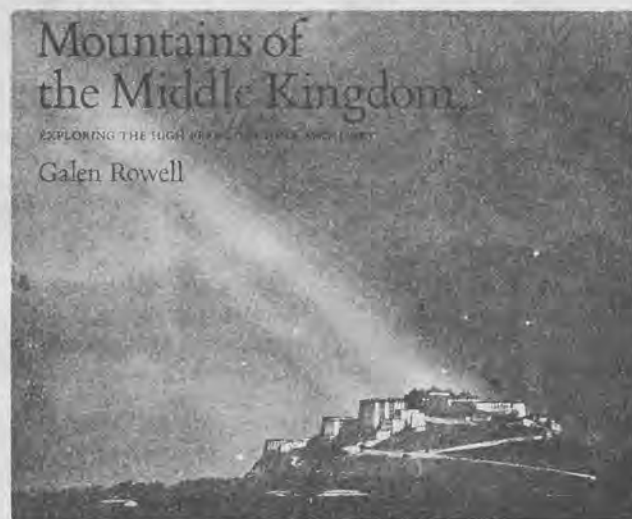
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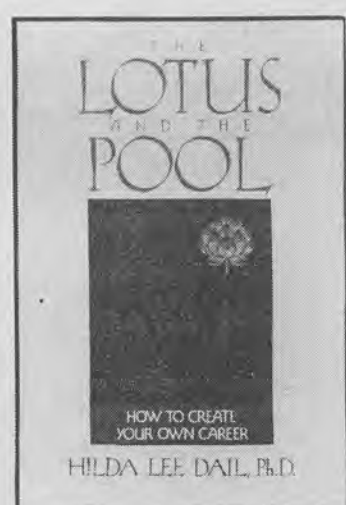
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