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Nyingma Transmission

How 'The Cyclone' Came to the West

by Mardie Junkins

Once there lived a family in the village of Joephu, in the Palrong valley of the Dhoshul region in Eastern Tibet. There was a father, mother, two sisters, and two brothers. Like many Tibetan families they were very devout. The father taught his children and the children of the village the Buddhism of Tibet, the Dharma. He taught them to read and write and to chant the stories of the Buddha Shakyamuni and of Padmasambhava, the second Buddha who brought Buddhism to Tibet. Teachings of the Dharma and

practice were woven into their lives. If one of the children happened to wake in the night, the father's continuous chanting could be heard.

The valley was a magical place with a high mountain no one had yet climbed and a high lake with milky white water and yellow crystal sand around its edges, sand that dissolved instantly on the tongue without a taste. This mountain had extraordinary rocks with footprints embedded in them. Tsa Sum Lingpa, the Crazy Wisdom Yogi, made these footprints when

he danced on the rocks in an explosion of radiant energy. Not surprisingly, Tsa Sum Lingpa is especially revered in the Dhoshul region of Tibet.

The oldest of the brothers was nicknamed "The Cyclone" for his enormous energy. He would run up a nearby mountain to explore and play for hours. One day he found a baby goat on the mountainside and was so taken with it that he hid it under his shirt and streaked home. An upset mother goat wasn't far behind. His own mother advised him to return the baby goat, which he did reluctantly. Other times he would pick wild mushrooms and stuff them in his shirt, but they were so plentiful that they kept falling out, a predicament for a five-year-old. Many a summer day "The Cyclone" would lie down in a field of wildflowers—all with names of Tibetan deities—and gaze up into the vast blue Tibetan sky.

During his fifth year he went on a journey with his mother to a mountain miles away. They were going to visit a well-known monk named Ahtsok to whom the mother had a special devotion and who lived in lifelong retreat. Local people brought him offerings of cheese, yogurt, tea or tsampa and left them a distance away from the cave with a friendly shout; other times they stayed to visit. The mother and son were visiting on this day and climbed miles up the mountain to Ahtsok's cave above

Continued on page 6.



Ven. Khenpo Palden Sherab Rinpoche (l.), Ven. Khenpo Tsewang Dongyal Rinpoche (r.)

Dream Yoga and the Practice of Natural Light

New Book from Snow Lion

Dream Yoga and the Practice of Natural Light, by Namkhai Norbu. Edited by Michael Katz. 160 pp., \$12.95, available June.

Few of us remember the many dreams we have each night. Fewer still invent or create in our dreams, or often achieve lucidity. Lucid dreams are those in which one is aware that one is dreaming even as the dream continues, a phenomenon that has been scientifically verified. Not long ago "lucid dreaming" might have been considered an oxymoron.

Unusual dreams have helped to guide mankind's cultural, scientific and religious progress. In the Western world unusual dreams were linked with the discoveries of the benzene molecule by Kekule, the sewing machine by Howe, and even portions of Einstein's theory of relativity. Many non-Western peoples take for granted that dreams can yield cures for illness,

inventions, cultural discoveries and glimpses of the future. Systems for developing dream awareness are to be found among Australian Aborigines, Hawaiians, Native Americans, ancient Greeks and Tibetan Buddhists.

In *Dream Yoga and the Practice of Natural Light*, Norbu Rinpoche gives instructions for developing the capacity for clarity within the sleep and dream states. Going beyond the practices of lucid dreaming that have been popularized in the West, this book presents methods for manipulating dream states that are part of a system for enhancing self-awareness called Dzogchen. In this tradition, the development of lucidity in the dream state is understood in the context of attaining greater awareness in the after-death states for the ultimate purpose of attaining liberation. Much of the material is presented in a lively question and



answer format.

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

Continued on page 12

The Statement of His Holiness the Dalai Lama on the Occasion of the 33rd Anniversary of the Tibetan National Uprising

As we commemorate today the 33rd anniversary of the March 10th Uprising in 1959, I am more optimistic than ever before about the future of Tibet. This optimism stems from the determination of the Tibetan people inside Tibet and also from the dramatic changes that have taken place everywhere in the world, particularly in the erstwhile Soviet Union. I feel certain that in the next five to ten years some major changes will take place in China.

The collapse of totalitarian regimes in different parts of the world, the break-up of the Soviet empire and re-emergence of sovereign, independent nations reinforce our belief in the ultimate triumph of truth, justice, and the human spirit. The bloody October revolution of 1917, which controlled the fate of the Soviet Union for seven decades, came to an end in the bloodless, non-violent August Revolution of 1991.

We know from history that the mightiest of empires and military powers come and go. No power remains sacrosanct forever. This is particularly true in this modern age when the power of communications is so effective. It is, therefore, quite clear that China cannot remain unaffected by what is happening inside and outside the country.

The present Chinese leadership must have the vision and wisdom to learn from the current political changes in the world in order to find a lasting and peaceful solution to their problems. Today, we have on the one hand the total disintegration of the Soviet Union, and on the other, the fast emergence of one common Europe voluntarily joining together for common and mutual benefit. We are also seeing the birth of a new Commonwealth of Independent States out of the ashes of the now defunct Soviet Union.

For some years I have been putting forward similar ideas for solving the Sino-Tibetan problems. I have also said that this could be a



model for solving similar problems elsewhere in the world. In today's world of interdependence and interconnectedness, no nation can hope to survive, let alone prosper on its own. At the same time, no nation or community wants to be a colony or subservient to another.

The present Chinese leadership today has two choices. The first one is to start an enlightened political process for a smooth transition towards a fully democratic society and allow the countries they have forcibly annexed and occupied to become free and equal partners in the new world order. The second choice is to push the country to the brink of a bloody political struggle, which in a country populated by a quarter of humanity would be a great tragedy. On our part, there will be no lack of willingness or sincerity, should the Chinese government show a genuine interest in finding a solution to the Tibetan problem. Even though the Strasbourg Proposal, which I made more than three years ago, is no longer valid, we are committed to the path of negotiations. This willingness is amply demonstrated in my proposal for an early visit to Tibet. Regrettably, this proposal was turned down by the Chinese government.

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NAMGYAL IN AMERICA!

Start-up Schedule Set at NAMGYAL MONASTERY Institute of Buddhist Studies

An unusual introductory summer retreat and a start-up schedule of fall semester courses have been set by the recently established Namgyal Monastery Institute of Buddhist Studies in Ithaca, New York.

The monastery is a branch of Namgyal Monastery, the personal monastery of His Holiness the Dalai Lama in Dharamsala, India. Five monks are scheduled to arrive in Ithaca, New York from Dharamsala during late spring to begin an important new chapter in the history of Buddhism and Tibetan culture in America. Namgyal Monastery Institute of Buddhist Studies will open its doors, providing an opportunity for authentic study of Tibetan Buddhism in traditional monastic setting. The Institute is non-sectarian and courses will be open to all qualified students regardless of race, gender or religious affiliation. As an Institute of Buddhist Studies, Namgyal combines the Tibetan faculty with an adjunct faculty drawn from preeminent Western scholars of Tibetan Buddhism.

Students with an interest in Buddhism working in Anthropology, Asian Studies, Religious Studies, Art, and interfaith and cross-cultural studies will all find a place at Namgyal. In the founding documents for the Institute, the Namgyal Monastery committee wrote: "Our primary objective is to provide a qualified program of Buddhist Studies and Tibetan culture taught by monks who enthusiastically strive to offer their understanding with great zeal; and to promote a harmonious relationship of understanding with both Tibetans and Westerners." His Holiness has described the undertaking as "an excellent and important project" destined to be of great benefit to many people.

Namgyal monks are no strangers to the United States, having accompanied and assisted His Holiness the Dalai Lama on many of his journeys to the U.S., most recently as part of the International Year of Tibet. During 1991, Namgyal monks created sand mandala exhibitions and offered musical performances at museums throughout the country, acquainting many Americans with their exquisite sacred arts.

Namgyal Dratsang ("Victorious Monastery"), is a 417-year old institution founded by the Third Dalai Lama, Sonam Gyatso, in 1575. Since that time, Namgyal has served as a center of Buddhist learning, religious arts and meditation, while Namgyal monks have assisted the Dalai Lamas in their performance of religious rituals and practices. Namgyal's program of studies has been shaped by respective Dalai Lamas. His Holiness the present Dalai Lama has introduced many innovations to the monastery including a new syllabus and program of study. The program has now become a model for other Tibetan monasteries and is unique in that it combines both sutra and tantra in one diploma-granting program. This particular program is especially well suited to Western students because of its streamlined focus on essential topics.

Namgyal Institute's Western adaptation of this syllabus minimizes the extensive memorization and replaces study of English with study of Tibetan in a five-



THE "GET ACQUAINTED WITH NAMGYAL" SUMMER RETREAT AUGUST 14-21, 1992

Namgyal Monastery Institute's first official program will be a seven-day introductory retreat August 14-21, 1992. This retreat will provide an excellent opportunity to become acquainted with Namgyal. The retreat will begin Friday, August 14, with an early evening meal and afterwards a meditation led by Namgyal's Chanting Master, Ven. Tenzin Dasang.

Each day the participants will practice shamatha meditation as a group for three hours. For the remainder of the day, various classes will be available from which to choose, including: Ritual Arts (sand painting, butter sculpture, etc.); Symbolism in Tibetan Art; The Buddhist Altar and Setting Up a Daily Practice; Tibetan Language; Buddhist View and Meditation Theory.

The site for the retreat is Arnot Forest, located one-half hour from Ithaca. The wildlife forest is maintained by Cornell University's Department of Natural Resources and has a lodge, twelve cabins and shower facilities.

Partial attendance is possible for those who cannot attend the full seven days. The cost of the retreat will be \$200 without accommodations; \$270 includes cabin lodging or tenting if preferred. Meals are available at a small additional cost. Particulars about directions, meal options, etc. will be mailed by July 1. A deposit of \$100 is required, refundable until July 20. Please address registration and correspondence to: Namgyal Retreat, P.O. Box 127, Ithaca, NY 14851.



Ven. Tenzin Dawa preparing small sand painting.

year diploma program. Shorter, non-diploma courses will be available to students who are unable to pursue the complete five-year diploma. The Institute will seek affiliation with various academic institutions to allow students from those universities and colleges to register for classes and receive credit from their primary school.

BASED ON SNOW LION TEXTBOOKS

An essential part of the Namgyal Institute study program is the recent availability of key Tibetan teaching texts in English translation. Snow Lion has been working for five years on the Namgyal Textbook Project to develop this series of texts which now make it possible to follow an English curriculum modeled very closely on the same material taught in a com-

plete program of Tibetan Buddhist study traditionally found in a monastery.

Topics covered in the Snow Lion Namgyal Textbook series include classical Tibetan language; mind; logical reasoning and debate; valid cognition; the four sutra systems of Vaibhashika, Sautrantika, Chittamatra and Madhyamika (both Svatantrika and Prasangika); the four tantra sets of Kriya, Charya, Yoga and Anuttarayoga Tantra; as well as detailed presentations of the major specific meditational tantric practices and specialized topics essential for an understanding of those practices.

NAMGYAL FACULTY

Six Tibetan monks will form the core residential faculty of Namgyal Institute while also establishing the nucleus of the branch monastery. Other Namgyal monks attending universities in the U.S. or visiting for other purposes will stay at the Ithaca branch from time to time and provide specific instructional skills. Additional teaching faculty will be drawn from both visiting Tibetan scholars and a permanent adjunct faculty of Western Buddhist scholars associated with leading colleges, universities and teaching centers. Fifteen such adjunct faculty members are now formally affiliated with Namgyal Institute. It is envisioned that visiting lecturers will provide expertise not only in traditional Buddhist studies but also in such areas as Tibetan religious arts, East-West cultural exchange, and religious inter-faith dialogue.

During the 1992-93 start-up



Geshe Tenzin Rabgye



Ven. Lobsang Gyaltsen

phase, if funds allow, we hope to have William Magee, currently Instructor in Religious Studies, Tibetan Language and Literature at the University of Virginia, reside at Namgyal Institute to assist with teaching and translation.

MONKS TO VISIT UNIVERSITY OF VIRGINIA

The monks from Dharamsala are expected to arrive in May 1992, although regular classes will not begin officially until September (see the preliminary class schedule). During the summer the monks will be fixing up their living facilities and getting to know

the Ithaca community. Two monks will help teach an intensive summer program in Tibetan language and debate at the University of Virginia from June 8th through August 7th in order to gain experience working with western students. From July 6th through July 25th, three of the monks will be constructing a sand mandala at the Virginia Museum of Fine Arts in Richmond.

All of the monks will be back in Ithaca in August for the nine-day retreat which marks the first official program of the monastery. This will be a great kick-off for the program.

PRELIMINARY FALL COURSE SCHEDULE

The preliminary fall course schedule includes five courses totaling 15 units of study. Since Namgyal Institute cannot become academically accredited until a record of performance has been established, students seeking formal credit are urged to investigate special arrangements with their own (or other) accredited institutions that may be willing to offer credit upon review of Namgyal's courses and proof of satisfactory completion of study. Interested individuals may contact the Namgyal Secretary for more details or to arrange a discussion between Namgyal and an accredited institution.

The five courses to be offered this fall, subject to final review, include:

TIBETAN LANGUAGE—4 units
(Meets 4 times per week: M, T, W, TH—1 hr. per session)
Textbooks: *Translating Buddhism from Tibetan*, *Fluent Tibetan*, and *Debate in Tibetan Buddhism*

An Introduction to the Tibetan language in both its literary and colloquial forms. Students learn basic grammar and develop hearing and speaking proficiency in colloquial Tibetan as well as through training in a formal debate technique in Tibetan. There is extensive use of drill and tapes as well as training in translation techniques.

LANGUAGE LAB—2 units
(Meets twice a week: T, TH—1 hr. per session)
Tapes for Fluent Tibetan will be used.

DEBATE IN TIBETAN BUDDHISM—3 units
(Meets once a week: F—2 hrs. per session)
Textbook: *Debate in Tibetan Buddhism*

An essential prerequisite in Tibetan philosophical studies is ascertainment of the procedure in debate, for debate is the investigative technique used throughout

Tibetan education to lead students into Buddhist philosophy and to increase their sharpness and analytical capacities. This course covers content and procedure in beginning debate and contextualizes this technique with a view toward its educational efficacy and religious significance.

PRESENTATION OF TIBETAN MEDITATION—3 units

(Meets 2 times per week: T, TH—1 hr. per session)

Textbooks: *Shamatha Meditation* and *Walking Through Walls*

The focus of the topics discussed here is calm abiding and special insight. The achievement of liberation from afflictive emotions and the realization of full enlightenment depends on the successful development of calm abiding and special insight. The methods for practicing, the objects of observation, the obstacles to meditation and how to overcome them, the deepening stages of calm abiding and special insight, and the signs of achievement are dealt with from the perspectives of Hinayana, Mahayana and Tantra.

PERSONAL DIRECTED STUDY—3 units

(Meets 1 hr. per week—individually scheduled)

Students in consultation with one of the lamas will determine a topic for personal guided study. The student and lama will then meet for one hour each week privately to review the progress of the student. Students will be expected to complete a paper on the topic of study.

In addition to this core curriculum, other activities and evening and weekend courses are being planned, subject to finalization once the monks arrive and settle into a rhythm. For now, the list of other activities and courses includes:

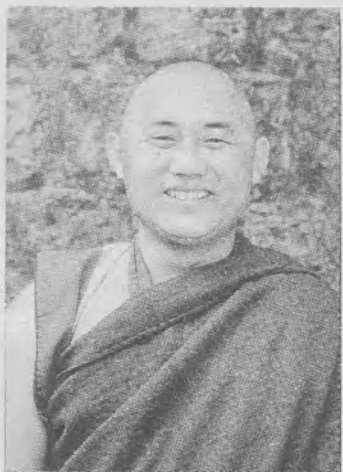
DAILY MEDITATION

5:30 p.m. each day (1 hr.)

NAMGYAL IN AMERICA!



Ven. Tenzin Lhunpo.



Ven. Tenzin Dasang.



Ven. Thubten Wangchen.



Ven. Pema Losang Chogyen.

scholar at Namgyal Institute, a monks travel fund, funding for special programs such as an annual inter-faith colloquium, and a general endowment fund.

Interested readers should write for more details on these funding objectives. Contact: Secretary, Namgyal Monastery Institute of Buddhist Studies, P.O. Box 127, Ithaca, New York 14851. ■



EVENING PROGRAMS

History and Culture of Tibet (T)
(Meets once a week—1 hr.)

Buddhist Meditation (W)
(Meets once a week—1 1/2 hrs.)

Textbook: *Shamatha Meditation*
Introduction to Tibetan Language
(TH)

(Meets once a week—1 1/2 hrs.)

Textbook: *Fluent Tibetan and Translating Buddhism From Tibetan*

SPECIAL WEEKEND PROGRAMS

One program per month is the goal, drawing from the subject areas outlined below. These programs will be taught by resident monks, adjunct faculty members or visiting teachers.

Sand Painting

Setting up an Altar and Torma Making

Symbolism in Tibetan Art

Topics in Tibetan Buddhist

Philosophy

Thangka Painting

Tibetan Medicine

Topics of Meditation

Mask Making

EDUCATIONAL EXPENSES AND PROGRAMS

a) Regular Fees (full time status is 12 or more units)

Application fee
(non-refundable)\$20

Registration fee per semester
(non-refundable)20

Tuition per unit for full-time
students65

Tuition per unit for part-time
students75

b) Fees for Special Programs

Weekend Program fee\$60

Fri. evening through Sun.
afternoon

(no charge for full-time registered students)

Special Lectures and Workshops
.....5

(no charge for full-time registered students)

Daily Meditationdonation

Evening courses per semester
.....60

(no charge for full-time registered students)

FUNDRAISING—AN URGENT AND EVER PRESENT CHALLENGE

A major fund-raising campaign to secure the future of Namgyal in North America is now underway. The effort involves both contributions from the monks of Namgyal in Dharamsala, as well as commitments from a growing number of volunteer fund-raisers and contributing individuals and foundations.

As part of the start-up cost, Namgyal Monastery, Dharamsala, is contributing the cost of the monks' travel to the U.S., a cash outlay of nearly \$5,000. This is an extraordinarily generous contribution given the general demands on the monastery in India, which helps to illustrate the importance Namgyal Monastery places on this new monastic branch and teaching institute. In addition, two Namgyal monks have already spent a month or so apiece volunteering time preparing special items which are being given to major donors in gratitude for their support (explained in the donation section below). These include the remarkable silk applique thangkas of His Holiness made by Ven. Tenzin Gawa Dorjee Wangdu and numerous sand paintings prepared by Ven. Tenzin Dawa. Namgyal's initial appeal for funds has generated about \$7,000 of the targeted one-time start-up cost of \$18,795, which includes the monks' travel, office equipment, legal fees for incorporation and visas, and furnishings for the branch monastery. Scheduled and pending museum installations of sand mandalas by the Namgyal monks after they arrive will contribute to the monastery's income. But there is still a long way to go.

Income from student fees, special events, gifts and contributions is currently projected to fall short of the first year total by about \$38,000. Readers are invited both to make contributions and to make creative suggestions about how to help meet this shortfall.

Namgyal Institute's first year costs are estimated as follows:

Educational Program Expenses	\$37,610	38% (of budget)
Living and medical expenses for the monks	\$24,140	25%
Housing for monastery and classes	\$17,142	17%
One-time start-up costs	\$19,180	20%
TOTAL FIRST YEAR COSTS	\$98,072	100%

In addition to basic funding, Namgyal Institute has also established some special funding goals which we hope to see fulfilled in order to bring to life a larger, more mature vision of Namgyal in the West. Included among these goals are special funds for: a building to permanently house the monastery and teaching facilities, development of Namgyal's library, a visiting scholars fund, endowment of a scholastic chair for a Western

Silk Appliqué Thangka of His Holiness the Fourteenth Dalai Lama

A limited number of original and unique thangkas depicting the Fourteenth Dalai Lama in classical style are being made available as a gift by Namgyal Monastery.

These superb thangkas were created by the Tibetan monk-artist Tenzin Gawa Dorjee Wangdu. Tenzin is the only artist to make a thangka of His Holiness the Dalai Lama using the ancient figurative tradition of silk-appliqué and embroidery. The 3' x 5' thangka bears His Holiness' signature and sewn into the brocade border of the thangka is a sealed panel containing a signed prayer.

Tenzin Gawa Dorjee Wangdu was born in 1961 in Lhasa. His mother died when he was only two months old; his grandmother and uncle raised him together with his brother and sister. When he was 11 years old, the family escaped from Chinese-occupied Tibet to Nepal and then India. Through the kind permission of H.H. the Dalai Lama, Tenzin was admitted to the Children's Village in

Dharamsala. He studied there for the next six years, during which time he attended classes in traditional appliqué and embroidery.

In 1978, Tenzin entered Namgyal Monastery, completing his monastic studies in 1985. These studies included: memorization of ritual texts, ritual music, instruction in the making of sand mandalas and the traditional butter sculptures. At the request of the Tibetan community in Ladakh, he repaired 115 appliqué and embroidery thangkas of Tara. It was during this time in Ladakh, that he made three Long-life Deity thangkas which were recently on display at the World Wide Art Gallery in New York City. Upon completion of the thangkas, H.H. the Dalai Lama encouraged him to continue with this work. Tenzin developed his skills within this art form and now has eight students.

Tenzin is the first Tibetan monk-artist to make the Kalachakra mandala in this ancient tradition using the technique of silk-appliqué and embroidery.



He has made two of these: the first is in Japan and the second, which he only just recently completed, was used at the Kalachakra Initiation in Madison Square Garden in October 1991.

The thangkas are available to major founding donors who give \$5,000 or more to help establish a branch of Namgyal Monastery and Institute of Buddhist Studies in the United States. Namgyal Monastery, P.O. Box 127, Ithaca, NY 14851. ■

**Namgyal Monastery
Institute of Buddhist Studies**
P.O. Box 127
Ithaca, NY 14851

Name _____

Address _____

Telephone _____

YES, I WOULD LIKE TO HELP ESTABLISH NAMGYAL IN AMERICA!

\$_____ Enclosed is a check for this amount as my donation to help establish Namgyal Monastery and the Institute of Buddhist Studies in America. (\$25+, \$60+, \$500+, \$1000+, \$5,000+) Gifts of appreciation have been provided for the following donation levels: \$5,000+ (applique thangka by Ven. T. G. Dorjee Wangdu), \$1000+ (Namgyal mask), \$500+ (sand painting by Ven. Tenzin Dawa), \$150+ ("Overcoming Differences" video), and \$60+ (8" x 10" full color group portrait of the Namgyal monks in Dharamsala, India).

_____ I am interested in participating in endowment funding.

_____ I am interested in becoming a student (either degree or non-degree) at Namgyal and I would like to be placed on the Namgyal mailing list. (Please include a donation to cover the cost of keeping you informed).

Your financial help is urgently needed.

If you previously thought about giving a contribution but didn't, please reconsider.

Your contributions are tax deductible. Namgyal Monastery Institute of Buddhist Studies is a registered 501 (c) (3) non-profit tax-exempt organization.



Ven. T.G. Dorje Wangdu starting an appliqué thangka of His Holiness the Dalai Lama.

Dalai Lama's Visit to Mongolia

by Celia Wright

Without the Mongols there might be no Dalai Lama today, in name at least. The lineage of the Dalai Lama has been linked with Mongolia for over four hundred years and the name *Dalai* ("Great Ocean") is itself Mongolian. When the powerful Mongol chief Altan Khan converted to Tibetan Buddhism in 1578, he conferred the title on his teacher, Sonam Gyatso, who subsequently became known as the Third Dalai Lama.

Although officially independent, "Outer Mongolia" was from 1921 until last year a protectorate of Soviet Russia. During those seventy years the practice of Tibetan Buddhism was brutally suppressed. Under Stalin's orders as many as 100,000 monks were executed and all but two of the hundreds of monasteries destroyed. Yet in 1990, in the wave of anti-communism that swept across Russia and Eastern Europe, Mongolia became a democratic country and the people were once again free to practice Buddhism.

In celebration of this new state of affairs, His Holiness the Fourteenth Dalai Lama was to visit Ulan Bator, the capital of the People's Republic of Mongolia, in June of 1991. For the people of this huge country, this was to be a historic moment marking their new freedom and the reconsecration of their practice of Buddhism.

But the Dalai Lama's visit was opposed by the Chinese government, which threatened to deny Mongolia the use of Chinese ports if the Dalai Lama was received in the capital. This was a crippling threat since the country is landlocked, and the Dalai Lama's proposed visit was finally cancelled by a nervous Mongolian government.

When we arrived in September we found a country close to starvation, the people desperate and demoralized. The withdrawal of Russia's support and the difficulty of changing to a market economy, which no one really understood, had led to severe shortages of everything. The shelves in the food stores were empty and the faces in the streets, red from cheap vodka, suggested hopelessness and apathy. The new 'democracy' which people had expected to solve all their problems had turned out to involve very hard work and a long-term commitment; the corruption of the old system was still in place barely beneath the surface.

At such a point of crisis in Mongolia's history, the revival of Tibetan Buddhism is clearly critical to bring back spirit and morale. But the surviving lamas are pitifully few, most of them in their eighties, with little time left to teach the new student monks before they die. Rebuilding the monasteries is another problem. The country has no money and produces very little. For now, many monasteries are functioning as they can in yurts, the traditional Mongol round tents made of felt or wood.

We found one such monastery being rebuilt amid the high-rise Russian-built apartments of the capital, Ulan Bator. Tashichoeling, or the Eastern Monastery, is literally being planted on top of what has been a children's playground since the original monastery was erased in the thirties.

Orange and yellow wooden yurts were being finished and decorated when we arrived. Sewing machines were whirring away inside the yurt-temple as monks and

lay supporters lined the walls with orange and yellow materials and set up a throne. Fresh thangkas were being hung from the newly painted red beams, and a small modern Buddha had its place on the altar. Outside, the whole compound was alive with excited yellow-robed monks, most of them teenagers and some not more than seven or eight years old. Later they packed themselves into their temple and began chanting sutras with the familiar accompaniment of cymbals, drums and horns.

The Khambo Lama (the abbot), an intelligent middle-aged man with bright eyes and a warm manner, had spent time in Dharamsala and spoke some English. He had been one of the few Mongolians allowed to continue his practice of Buddhism. He had studied at a Buddhist college in Inner Mongolia (part of China), and Sri Lanka before returning to serve under the head lama of Ganden Monastery, the main monastery of Mongolia and one of the few to survive if only as a museum. Now he has been given Tashichoeling, the Eastern Monastery, to build up from scratch.

"Buddhism had a very hard time under communism," he told us. "The worst time was in the 1930s when the lamas were purged and the monasteries destroyed. But communism couldn't destroy Buddhism. It remained hidden in people's minds and hearts. The people continued practicing it, continued their devotion to the Buddha. Otherwise it would not have been possible to revive it in such a short time. Within one short year, about 120 monasteries have been opened and the number of monks has increased to about 2,000.

Just how much Buddhist practice had been possible under such a repressive regime? Were they able to study the more advanced tantra, for instance? "Oh yes," said the Khambo Lama, "throughout the time of communism such practices as the Kalachakra Tantra and Highest Yoga Tantra continued, although secretly of course. Sutra was also practiced right through that time."

And the revival of Buddhism now—was it for the people as a whole or was it aimed at those seriously wishing to pursue enlightenment? "It's really for spreading elementary Buddhist education among the people," he said. "In a time when there are not enough trained lamas it is very difficult to concentrate on educating the tulkus. But Buddhism could be spread among the people again and I am optimistic because it has been the national religion."

"What about the tulkus?" I asked. "Apart from the Jebtsundamba Khutuktu (the reincarnate lama and political leader whose next incarnation was not searched for after he died in the 1920s), were there any other reincarnating lines of lamas in Mongolia?" "No," he said. "There are no recognized tulkus in Mongolia at the moment. To review the reincarnation of tulkus there are certain rules," he explained, "and when the time or opportunity is right, the Dalai Lama will be asked to do it."

And the Jebtsundamba Khutuktu himself? Was it true that his reincarnation was known? Did the abbot think he might return to Mongolia? "Well," he said, "his reincarnation is thought to be



A Yurt Temple of the Eastern Monastery, Ulan Bator.

living in India. Some people believe it and some don't. Whether to accept certain tulkus back to Mongolia will be up to the people to decide."

Two days later, on September 27th, 1991, the Dalai Lama himself arrived in Mongolia. The government found a formula they hoped would work, separating spiritual from secular, and allowing virtually no publicity of the visit within the country. But the people turned out in thousands, thronging the approach road to Ganden Monastery, and forcing the security police to smuggle His Holiness into the monastery by another route. When the Dalai Lama at last appeared on the platform high up on the wall of the monastery, the crowd was delirious with happiness.

The next morning before dawn he came again to Ganden to conduct a special ceremony. As he stepped into the temple the Dalai Lama gave a deep laugh at the sight of so many monks packed into every last inch of the colorful interior. Halfway to the front the yellow sea of lamas paused. His Holiness prostrated three times as aged lamas shook their heads at each other and wiped tears from

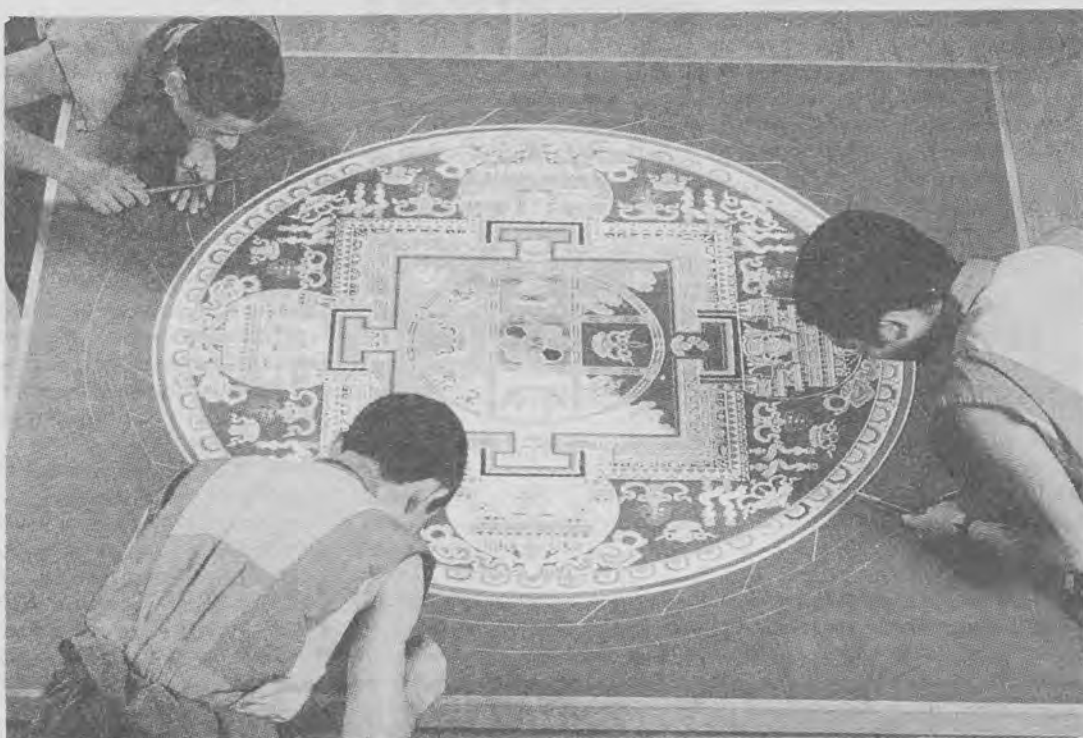
their eyes. It had been only three days since they had feared he might never step on Mongolian soil in their lifetime. Now here he was prostrating himself where they walked every day. But he had come to be with the people too. Twice that day he sat in the hot sun of a huge sports stadium and spoke to the crowd through a translator. The crowd was huge, perhaps three or four hundred thousand, almost a quarter of the whole country's population. Some were close to the loudspeakers, some were not. It did not seem to matter. They drank him in. Some knelt on the ground holding traditional blue scarves above their heads as offerings. Many, both men and women, had newly shaven heads. Others had come with their children and relatives simply to be present at such a historic occasion.

Later, His Holiness spoke about his plan for the development of Buddhism. "Because society has changed so completely," he said, "Buddhism must change too. The general public used to be content to call themselves Buddhist when they had very little real knowledge. Now they should be more educat-

ed about Buddhism." He also envisaged a smaller number of monks and nuns in the future, but of greater knowledge and wisdom. "And they should participate in more social programs such as education and health," he said.

It was the Khambo Lama of the Eastern Monastery who had told us that the Dalai Lama was about to visit. "Just how important was such a visit for Mongolia?" we asked. "Well," he said, "in every religious country the religious leaders bring a kind of blessing to the whole nation. The Dalai Lama's visit would be very important for the harmony and stabilization of the whole national situation."

The Khambo Lama of the Eastern Monastery would like to be in touch with Buddhist groups or individuals in America and England for communication and support. He would also welcome visitors. His fledgling monastery also urgently needs funds, although he was far too polite to say so directly. If you would like to be in touch or help in any way, please contact the Ven. C. Dambajav, Khambo Lama, Tashichoeling Monastery, Ulan Bator, Mongolia. Phone 72800. (The mail to Mongolia is slow.) ■



Three Namgyal Monks constructing a sand mandala.

Photo: Bill Warren.

SAND MANDALA EXHIBITS

Namgyal monks based at the Monastery in Ithaca are available for sand mandala and butter sculpture exhibits in museums and galleries in the United States. Namgyal monks have created sand mandalas at the Museum of Natural History in New York City, the Asian Art Museum of San Francisco, the Los Angeles Museum of Natural History, the

Herbert F. Johnson Museum of Art at Cornell University, the IBM Gallery in New York City and many other museums in the United States. Many of these exhibits have produced record attendance at the museums.

At the present time, three museums have expressed interest in supporting the creation of sand mandalas. If you are interested in

having a museum sponsor such an exhibit, have them contact us for more information. These exhibits could be an ongoing source of income for the monks in Ithaca as well as the parent monastery in Dharamsala and serve to increase awareness of Tibet and its culture. Contact: Namgyal Monastery, P.O. Box 127, Ithaca, NY 14850. ■

NEWS

Statement, continued from page 1.

With the increased awareness of the real situation in present-day Tibet, there has been growing world concern and support for our cause. I was very encouraged by the genuine interest and sympathy shown by political leaders I met during my travels and in the past year. We consider these favorable changes in the attitude of the governments not to be anti-Chinese, but to be pro-justice and truth.

Today also marks a very successful conclusion of the International Year of Tibet. The International Year of Tibet was celebrated in over 36 countries with more than 3,000 different events and activities. The world is much more aware of Tibet today than it was a year back as a result of International Year of Tibet activities. These activities not only reminded the world of the ongoing suffering of the Tibetan people and the destruction of its environment, but also introduced to the world the unique richness of the Tibetan civilization through the presentation of performing arts and above all through the many exhibitions. Having created tremendous enthusiasm and goodwill, we must now globally try to deal with more specific and urgent needs

confronting the Tibetan people. Therefore, I strongly endorse the call by the International Campaign for Tibet, the Washington-based organization, to dedicate June 1992 to May 1993 towards creating greater awareness and an active international role concerning Tibet's environment and human rights for Tibetans.

The indomitable courage and determination of our people in Tibet has been the strength of our movement. The unique feature of our struggle has been its non-violent nature. While we continue to strive for our legitimate rights, we must not deviate from the path of non-violence. I have no doubt that one day our people, as well as the peoples of Inner Mongolia and East Turkestan, will be re-united in full freedom in their respective countries.

Meanwhile, in exile, we are preparing the ground for a fully democratic Tibet in the future. An official document to this effect has been brought out recently. Entitled "Guidelines for Future Tibet's Polity and the Basic Features of its Constitution," this document states that the present Tibetan Administration will be dissolved the moment we return to Tibet, and that I will hand over all my traditional political power to an

interim government. This interim government, it explains, will be responsible for drawing up a democratic constitution under which the new government of Tibet will be elected by the people. It assures that there will be no political recrimination against those Tibetans who have worked in the Chinese Administration. In fact, because of their experience, the Tibetan officials of the existing administration in Tibet should shoulder the main responsibility.

The future Tibet will be an oasis of peace in the heartland of Asia where man and nature will live in perfect harmony, benefiting not only Tibet and Tibetans, but also helping to create the basis for a more cordial relationship between India and China.

When a genuinely cordial relationship is established between Tibetans and the Chinese, it will enable us not only to resolve the disputes between our two nations in this century, but will also enable the Tibetans to make a significant contribution through our rich cultural tradition for mental peace among the millions of young Chinese.

May our struggle soon lead to the restoration of our legitimate rights and to peace and prosperity in the whole region. ■



Thubten Dhargye Ling Joyfully Announces the Upcoming Visit of H.H. The Dalai Lama

His Holiness will teach on Shantideva's *Bodhisattvacharyavatara* from October 23 through 27th, 1992, at the Santa Monica Civic Auditorium. This teaching provides an important foundation for the understanding and practice of both sutra and tantra.

In 1989, His Holiness consecrated the site for a Tibetan Peace Temple in Malibu, California, at the request of Thubten Dhargye Ling. Dedicated to the preservation of Tibetan Buddhism and Culture, this temple will offer pub-

lic Dharma teachings, retreats, and cultural events as well as house a replica of the Kalachakra sand mandala. Construction, which is being funded by private donations, will begin in early 1992 and is scheduled for completion at the time of His Holiness' visit in October. Contributions are appreciated. To receive information on His Holiness' visit in October, and on the Temple, contact Thubten Dhargye Ling-TDL, 2658 La Cienega Avenue, Los Angeles, CA 90034. ■

A House for Tibet

In 1991, the Tibet Fund became the proud owner of a charming brownstone, 241 East 32nd Street. The building is now home to the Office of Tibet, (Representative Office of the Dalai Lama), the Tibet Fund (non-profit fundraising organization which aids Tibetan refugees in India and Nepal), Tibet House (coordinator of all cultural programming, including the Year of Tibet) and ancillary support groups which bring the plight of Tibet to the attention of the world.

The building was purchased for \$825,000, and thanks to donations, large and small, we were able to raise and pay \$525,000 in cash and take a two-year, interest-only mortgage from the owner for \$300,000.

We must, however, pay off this mortgage of \$300,000 in two years or the owner could conceivably reclaim the building.

During His recent visit to the United States, His Holiness was



pleased to hear of our success in purchasing the new building. He has donated \$50,000 towards the

mortgage. We now need to raise the remaining \$250,000.

Therefore, we must either raise the money or convince a bank to give us a classic mortgage, which is difficult in that we have no record of previous ownership and as a non-profit organization, we live from generous hand to hungry mouth.

We Need Your Help

Paying off this mortgage will allow us to reduce our overhead considerably and focus more of our energies and resources on helping Tibet itself. Please help us by sending a tax-deductible contribution payable to the Tibet Fund and earmarked for the Building Fund to: Tibet Fund, 241 East 32nd Street, New York, NY 10016, 212-213-5011.

If you have any questions, please feel free to call one of us at any time. Thank you so much for your consideration and support. This building means so much to us.

Rinchen Dharlo, President, Tibet Fund
Elsie Walker, President, Tibet House. ■

U.S. Tibet Committee National Grassroots Organization Seeks to Establish Professional Staff

The U.S. Tibet Committee (USTC) was established in 1977 by a group of Tibetan and American volunteers seeking to raise public awareness of Tibet's plight. Their mission: to alert people to the seriousness of the current situation in Tibet and encourage them to take action. The USTC is the leading grassroots organization setting the agenda for national and international initiatives to support Tibet. Beginning as a small group of less than ten volunteers, the committee has grown into a nationwide organization with 30 chapters, 1,000 members, and over 10,000 Tibet supporters.

In an effort to create broad awareness of the situation in Tibet, the USTC provides informational mailings to thousands of people in the Americas, Europe and Asia. The group sponsors cultural exhibits and lecture tours of prominent exiled Tibetans and recent Tibetan escapees; organizes con-

ferences, lectures and video presentations; addresses forums ranging from environmental groups to bar associations; conducts letter-writing campaigns on behalf of Tibetan prisoners of conscience, and urges U.S. officials to support the Tibetan cause.

These efforts make a difference. The U.S. Congress has enacted legislation recognizing Tibet as an occupied country. The United Nations recently passed a resolution condemning human rights abuses in Tibet, citing "continuous reports of violations... which threaten the distinct cultural, religious, and national identity of the Tibetan people." The AFL-CIO and Chinese pro-democracy groups have joined the USTC in coalition to promote a boycott on Chinese-made toys.

The U.S. Tibet Committee hopes to expand public exposure to Tibet so that people will realize the value of this ancient and

endangered culture and take an active role to preserve it. By making a positive contribution in the campaign for human rights, the Tibetan people and their culture will be given the opportunity once again to flourish.

The USTC has operated as an all-volunteer group for almost fifteen years, depending entirely on small, private donations and membership fees to sustain this work. The committee's mandate and activities have expanded well beyond the abilities of our volunteers, and require a full-time, professional staff and facilities. The USTC plans to hire an executive director and a part-time assistant. However, the costs of maintaining a full-time staff will result in a two-fold increase in the yearly USTC budget, which is simply not possible with current resources. The USTC is looking for both private and corporate sources to help raise the funds needed to sustain and expand its work. Anyone wishing to help this fund-raising campaign, please contact Lisa Keary at 212-213-5011, US Tibet Committee, 241 East 32nd St., NY, NY 10016. Thank you. ■



The Kalachakra Medal

The Kalachakra Medal issued by the Paris Mint commemorates the past, present, and future Kalachakra initiations conferred by His Holiness the 14th Dalai Lama of Tibet. Created by the world-renowned Japanese medalist, Keiichi Uryu, award winner of the American Numismatic Society in 1989, it is a powerful symbol of peace, protection, and generosity.

The medal depicts, on the obverse side, Kalachakra and his consort Vishvamata. The design was based on a thangka painting made by one of the greatest artists in Tibetan history. The mantra symbol is on the reverse. Issued in Florentine bronze, it is 72 mm diameter, 6 mm thickness and weighs 200 grams. It is also available in silver.

Of his work, Keiichi Uryu stated, "The Kalachakra art is marvellous. It is based on lofty philosophy, devotion, and skill. In creating the Kalachakra Medal, I have given all I have. It was very exacting and the most difficult work I have done so far." Keiichi Uryu has produced over 1,300 medals and reliefs.

The Tibetan Minister of Religious and Cultural Affairs of the Tibetan Government-in-Exile, Mr. Kelsang Yeshe, formally authorized the Tibet Society of Europe,

an international non-profit organization, to issue the first ever Kalachakra Medal as a fund-raising project to finance the resettlement and education of some 200 nuns who recently came to Dharamsala, India, from Tibet. Another 200 nuns are expected to arrive this year. A plot of land has already been purchased in Lower Dharamsala with a U.S. donation and the Indian Army has given tents to shelter the nuns who are constructing their own home.

A brochure is available. To order the Kalachakra Medal please send U.S. \$90 for the bronze or U.S. \$500 for the silver medal to: Dr. Armand Moury, President, Tibet Society of Europe, 23 Avenue Pirenne, B-1180 Brussels, Belgium. Tel. 011-32-02-343-3373.

"I have become quite familiar with the Tibet Society of Europe through joining two of their excellent tours to India to study the arts of the Tibetans-in-exile and participate in international conferences to share knowledge in the healing arts at the Tibetan Medical Institute in Dharamsala, and I can highly recommend the organization for its integrity and humanitarian concern."

Vivian Hunter
Box 562, Terra Cotta
Ontario, Canada L0P-1N0 ■

Nyingma Transmission, continued from page 1

the timber line. They found the monk wrapped in ragged woolen clothes with a wool shawl around his head; he never wore animal skins. The little boy was deeply struck by Ahtsok.

The children were eager scholars at early ages. They went to the village monastery for instruction. However, their prime instruction continued to be with their father at home. The younger brother was recognized as a tulku, but the family decided not to emphasize this in his upbringing. When the younger brother was born the family chose to move to another village. The baby became gravely ill, and when the illness failed to respond to ordinary remedies his parents took him to the monastery for a diagnosis. They were told to move back to the village of Joephu because the baby was the incarnation of a highly revered lama from the Dhoshul region. The family returned to their old village and the baby regained his health.

When "The Cyclone" was six years old he entered Gochen Monastery for his secular and religious education—a five-year undertaking. The family visited him at the monastery; the trip involved a days' ride on horseback or yak. In 1953, at eleven years of age, he entered Riwoche Monastery and trained to master Tibetan Buddhist philosophy and logic and the teachings of the Three Yanas.

Throughout the 1950s the Chinese were invading Tibet. The father, knowing Padmasambhava's predictions, felt that the time had come as Guru Rinpoche had said when Tibet would be destroyed and Tibetan lamas would be scattered all over the world turning the wheel of the Dharma. The father would relate these predictions to relatives and friends in the village

repeatedly. It was also foretold that the time to leave was in the winter. The others said, "No, let's wait until the spring thaw to go." Guru Rinpoche also predicted that if ever Tibetans were fleeing Tibet, the safe haven was a land to the south called Pemako, where the mountains dropped down into tropical jungle. In 1960 the father gathered the family together, called the oldest son, now eighteen, home from the monastery, and with only what belongings could be carried or packed on the yaks' backs, set out in the depth of winter. They headed for Pemako. The hardships of the journey were extraordinary—the Himalayas, the snow and cold, the Chinese taking their yaks, and having to hide from Chinese machine guns. Somehow, they made it to the safe land. But in Pemako the altitude dropped extremely, the water was not safe to drink, they were unaccustomed to the heat and they all became ill. The mother, two sisters, and the older brother were ill for months. The older brother recovered very slowly. The mother and sisters died.

Father and sons went on to a refugee camp for Tibetans in Northern India. Refugee schools were begun and the work of translating sacred texts went on. Many lamas had carried out of Tibet whatever sacred manuscripts they could. When each one had contributed what he had brought, the entire body of sacred teachings was intact. At that time the Indian government made a proposal to the United States that India print seventeen copies of each Tibetan text and the United States buy them for the Library of Congress. It was agreed; India received payment, and the U.S. Library of Congress became the repository of the treasury of Tibetan manuscripts.

The Venerable Khenpo Palden

Sherab Rinpoche, the older brother, became Abbot at the Central Institute for Higher Tibetan Studies in Sarnath, India, in charge of the Nyingma Department. Khen Rinpoche is one of the most highly qualified scholars and meditation masters of the Nyingma tradition, fully versed in Hinayana, Mahayana, and Vajrayana schools, and a master of Dzogchen, the most developed and advanced tradition of spiritual practice in the Nyingma tradition.

The younger brother, the Venerable Khenpo Tsewang Dongyal Rinpoche, graduated from Sanskrit University in Sarnath. His Holiness Dudjom Rinpoche enthroned him as Abbot in Charge at the Nyingmapa Institute in Kathmandu where he taught Buddhist philosophy, writing, calligraphy, and poetry. He was later invested with the authority of Khenpo Abbot by His Holiness and presided at Orgyen Chokholing Monastery. Khenpo Tsewang is a published author, historian, and poet, as well as an expert in the study of ancient Tantric literature. He holds the transmission and all initiations of the Nyingma Kama and Terma lineages.

In accordance with another of Padmasambhava's predictions, that when the iron bird flies and the horse goes on wheels Buddhism will go to the west, many Tibetan lamas were now teaching in the West. So in 1980, at the insistent invitation of Dr. Rhoda P. Lecocq, a professor from California who had taken teachings from Khenpo Palden Sherab Rinpoche in India, the Khenpos came to the United States for a teaching visit to California. His Holiness Dudjom Rinpoche later enlisted them in assisting with His Holiness' considerable Dharma activities in the United States. After about eight years of working in this liai-

son the time came to launch their own teaching approach in the West with His Holiness' blessing.

Since that time their teaching has become more extensive each year. Sanghas sprout up around them wherever they go. They teach together with a simple and beautiful method: Khen Rinpoche teaches in penetrating Tibetan and Khenpo Tsewang translates into English with inspired precision and wit. Their sanghas are formally called Padmasambhava Buddhist Centers, established to teach and preserve the tradition of Nyingmapa Buddhism, especially the meditation technique of the Higher Tantras. The practice of these profound techniques aims at removing the habits of mind obscuring the true, primordial Buddha Nature and revealing its boundless compassion. These teachings have been transmitted in an unknown lineage from master to master from that time to the present day.

The first center began in New York City, the Khenpos' home base. There are now Padmasambhava Buddhist Centers in West Palm Beach and Orlando, Florida; Wilmington, Delaware; Albuquerque, New Mexico; Cookeville, Tennessee; Santiago, Puerto Rico; Denver, Colorado; San Francisco, California; and in Ellsworth, Maine. Close connections and a full teaching schedule are maintained with all these centers. The Khenpos visit each center at least three times a year with one visit usually being a week's retreat.

From 1980 on, the Khenpos have maintained a strong connection to the Native American practice through the Sunray Meditation Society and its leader, the Venerable Dhyani Ywahoo. The Khenpos travel to Sunray's Vermont Peacekeeper Center to give teachings and empowerments

yearly. Sunray members come to New York for special initiations and practice instructions which bears out the Native American prophecy that Buddhism and Native American practice would join their amazing forces when the Red Hat lamas came to the west.

The Khenpos Rinpoche keep translation at the center of their attention. The entire cycle of the *Seven Treasures of the Great Longchenpa* is in the process of being translated by Khenpo Palden Sherab Rinpoche working in conjunction with Dr. Janet Gyatso of Amherst College and Dr. Anne Klein of Rice University. The first edition of *The Prajnaparamita* by Khenpo Palden Sherab Rinpoche, translated by Khenpo Tsewang Dongyal Rinpoche with Dr. Joan Kaye, has been republished with the collaboration of Phyllis and Michael Friedman.

The Khenpos regularly return to Sarnath, India, to oversee the construction on the Nyingmapa College and Monastery which they founded there. These visits occur on an average of about every other year, allowing the Khenpos to teach and spend time with their father who still lives and practices in retreat in India.

Teaching Schedule:

April 17-19, Cookeville, TN; 615-528-7897: Kriya Yoga Tantra, Avalokiteshvara Practice.

April 25-26, New York; 212-255-8774: *Mulamadhyanika-prajna* by Nagarjuna; Dakini Peals of Laughter.

May 9-10, Ellsworth, ME; 207-667-6127: Meditation.

May 23-24, New York; 212-255-8774: Dzogchen meditation & practice; the Eight Manifestations of Guru Rinpoche.

June 6-7, West Palm Beach, FL; 407-586-9941: Nagarjuna's *Letter to a Friend*.

What vehicle pulls *all* these voices together?

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NEWS

What's New at Snow Lion?

The visit of H. H. the Dalai Lama to Ithaca last spring was an inspiration to the entire community. The warm welcome that he received is now being extended to six monks of Namgyal Monastery and the first five Tibetans to arrive through the Resettlement Project all of whom are expected to arrive in May. Ithaca is rapidly becoming a place where people can receive a solid training in Tibetan Buddhism. This has of course been a remarkable experience for Snow Lion. We have always had the hope of publishing a series of books that could serve as the basis for the systematic study of Tibetan Buddhism, and now that we are seeing this goal realized, it is exciting to know that the books will be used by Tibetan monks and western scholars to teach English-speaking dharma students. By the time you read this article a major work on debate will be available (*Debate in Tibetan Buddhism*) and the first major textbook on philosophic Tibetan (*Translating Buddhism From Tibetan*) will be on its way back from the printer. The language text uses examples from all four lineages of Tibetan Buddhism—both philosophic and practice texts.

In addition to these two textbooks, Snow Lion has a number of other new books worth mentioning: *Walking Through Walls: Buddhist Meditation in the Tibetan Tradition*, by Geshe Gendun Lodro, is a practical and systematic presentation of Tibetan meditation. The methods for practicing, the objects of observation, the obstacles to meditation and how to overcome them, the deepening stages of calm abiding and special

insight and the signs of achievement are extensively described. *Shamatha Meditation: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence*, by Gen Lamrimpa, who gave two weeks of shamatha meditation instructions to students beginning a retreat. These teachings are presented here for the benefit of anyone who aspires to achieve meditative quiescence in their regular practice or in retreat. *The Two Truths*, by Guy Newland is described in Religion & Philosophy section. *Dharma Paths*, by Khenpo Karthar Rinpoche, a broad and in-depth introduction to Tibetan Buddhism by the abbot of Karma Triyana Dharmachakra. *A Passage from Solitude: Training the Mind in a Life Embracing the World*, by B. Alan Wallace. The central theme of the Tibetan method of mind training is to make the liberating passage from the constricting solitude of self-centeredness to the warm kinship with others which occurs with the cultivation of cherishing others. Alan's presentation is very readable and enjoyable. In the near future is *Tibetan Arts of Love*, by Gedun Chopel. He is considered one of the most erudite Tibetan scholars of the 20th century, and this book made him one of the more infamous. It is a full-bodied Tibetan *Kama Sutra* combined with a robust introduction by Jeffrey Hopkins. These books plus *Dream Yoga and the Practice of Natural Light*, and *Amy and Gully in Rainbowland* (are described elsewhere in the news section) will be available by the summer! Detailed descriptions of the books are in the catalog section. ■



New Children's Book!

Amy and Gully in Rainbowland

The Adventures of Amy Trent and Her Brother Gully as They Search for the Wishing Stone and Attempt to Discover Its Secrets

By W.W. Rowe
Illustrations by Adam Chow
Snow Lion Publications
Release date: June 1992
86 pp., \$5.95
For children ages 5-10

Contents:

1. Trinlay
2. Wogda's Magic
3. Hungry Lions
4. Wogda's Castle
5. More Magic
6. A New Plan
7. Cleaning the Castle
8. Lara
9. The Wishing Stone
10. The Secrets

Introduction

Finding themselves in Rainbowland, two apple-pie American kids meet a magical man dressed in Buddhist robes who sends them on a strange quest. Along the way, they are led to discover some special qualities within themselves. They learn to be courageous, to look beyond appearances, to do no harm, and to practice loving kindness.

Rainbowland is a place of magic and enchantment, so it may be only natural that words can do some strange things there. The Witch's spells are fun to read backwards; *Wobrain* is a distortion of *rainbow*; and the reader may discover a few other surprises. ■

Gift Statues for Tibetan Immigrants

For three years the Tibetan U.S. Resettlement Project has been working to bring 1,000 Tibetan immigrants to the U.S. In April, 1992, the first 30 Tibetans will arrive, to be followed by 60 each month through September 1993. Each Tibetan will resettle in one of the 15 communities across the U.S. which have been preparing for their arrival. The resettlement effort is a humanitarian response to the devastation the Tibetans have suffered for more than 40 years under the Chinese Communist Regime. Since the Tibetan immigration provisions were approved by Congress without any federal funding, the entire resettlement project needs to be privately funded.

The Tibetan Resettlement Project-Madison, an affiliate of the Tibetan U.S. Resettlement Project, is spearheading the effort to



raise money for a small gift statue of Chenrezig, the Bodhisattva of Compassion, to be presented by

H.H. the Dalai Lama to each immigrant upon departure from India. From the Tibetan perspective, these gifts will be of inestimable value, coming as they will from the hands of His Holiness. They will also be of value as transitional objects, helping the immigrants to bridge the distance between the life they have left behind and their new homes in the U.S.

The cost of each statue is \$5, which means we need to raise \$5,000 for the 1,000 immigrants. Our intent is to provide an opportunity for a large number of people to personally touch the life of a Tibetan immigrant by making a small donation.

Donations can be sent to: Tibetan Resettlement Project-Madison-Gift Statue Fund, 4548 Schneider Drive, Oregon, WI 53575; tel. 608-263-4279. ■

Gomang Monks to Tour the United States and Europe

The Gomang College of Drepung Monastery, Tibet's oldest Gelugpa monastery, is pleased to announce a tour of its monks in 1993. Under the guidance of the venerable Lama Lobsang Yeshe Rinpoche, the tour of eleven monks will be in Europe in May and June, and in the U.S. in July and August.

The monks will perform sacred dances, healing rites, and purification rituals of the Gelugpa Tibetan Buddhist tradition. Teachings and lectures will also be offered. The tour will emphasize world peace, purification of the environment, and publicity for the Tibetan struggle for freedom.

Proceeds from the tour will benefit the college, help sustain the Monastery's growing population, and help continue the unique tradition of the Gomang College.

Sponsors and organizers are needed. If you would like to assist the Gomang tour in any way, to arrange performances in your area, to make a donation toward travel expenses, or for further information, please contact, in the U.S., Roy McDonnell, 901-1/2 S. Westnedge Ave., Kalamazoo, Michigan 49008; tel. 616-383-4168. In Europe, contact Maria Toren (Ani Tenzin Khandroma) Frittema State 48, Leeuwarden, Holland. ■

Pilgrimage to Sacred Buddhist Sites with Zasep Tulku Rinpoche

To make a pilgrimage to the sacred Buddhist sites of India and Nepal is an excellent practice for dharma students. Zasep Rinpoche will be leading another group to Sarnath, Bodhgaya, Vulture's Peak and Nalanda from December 7th to 23rd, and an optional trip to Kushinagar and Lumbini in Nepal from December 22 to 29th. This is more than a guided tour, it is an opportunity to travel, study and practice with one of Tibet's fine lamas. The pilgrimage will begin in New Delhi and will be limited to 20 participants and will cost \$1190 Canadian dollars. The additional week is \$360 Canadian.

Zasep Tulku Rinpoche is the 13th in a line of reincarnate high lamas dating from the 14th century. He has been trained in the Gelukpa, Sakyapa and Kargyupa Traditions, as well as having studied the Theravadin Tradition while living as a forest monk in

Thailand.

For more information please contact Janis Mudie at 416-789-7949 (days) and 416-465-5150 evenings or write to her at Algonquin Travel, 1640 Avenue Road, Toronto, Ontario, M5M 3X9 Canada. ■

ATTENTION!

We're Updating Our Mailing List!

Snow Lion has just changed its computer business system. We are using this opportunity to update the maillists. If you have purchased anything from Snow Lion during the past year, you will be automatically transferred to the new system. If you are not a customer but would like to continue receiving

the newspaper WE NEED TO HEAR FROM YOU—please write or call. This newsletter has always been produced and mailed for free. Instead of requiring subscriptions, we hope that you will support this publication by becoming a Snow Lion customer. ■

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Author seeks information on D.T. Suzuki in New York (mid-1940s-'50s), esp. materials from Columbia University lecture/courses. Please contact: David Patterson, c/o Music Department, 709 Dodge Building, Columbia University, New York, NY 10027.

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Several years have passed since the desktop publishing revolution changed the way typesetting and ad design are done by book publishers. Snow Lion has watched and waited in anticipation of getting on board once equipment and software were sufficiently developed. However, that point long ago passed and we are using what in now stone age equipment. The problem is not unusual. We have a very tight budget and can't manage to come up with a chunk of money for new computers because we need it for other more immediate expenses such as the printing of new books. It was suggested that we ask our readers whether they have used or new Macintosh equipment that they would like to donate to the cause. It would really make a difference to Snow Lion and would in the long run substantially increase our productivity. If you are interested, please contact Jeff Cox at Snow Lion Publications, 800-950-0313 or 607-273-8506.

*Widespread Opposition to
Yamdrok Tso
Hydroelectric Station Reported
Among Tibetan Cadres*

In 1985, Members of the Tibetan Autonomous Region delegation to the National Peoples Congress in Beijing formally petitioned the government to halt the controversial Yamdrok Tso hydroelectric plant according to reports from Lhasa and Beijing. The Tibetan delegation, which numbers over 100, is made up principally of Communist Party members, and includes some Chinese who reside in the T.A.R.

These reports indicate that the opposition was much wider than previously known and included many of the Tibetans who held positions in the Chinese bureaucracy. The project was regarded as a test of Tibetan autonomy since Tibetans are supposed to have the right to regional autonomy under the Chinese constitution. This includes the right to manage and plan the local economy, and to protect, exploit, and utilize local natural resources. The Tibetan delegation to the national Peoples Congress is reported to have been

seeking to exercise these rights of autonomy, to have a degree of control over their own land, natural resources, and cultural sites and traditions.

Interviews conducted in Lhasa during October of 1991 for the International Campaign for Tibet revealed that Lhasa residents have serious concerns about the project, and many rumors exist that the Chinese are planning to drain the entire lake. The interviews, conducted by a Westerner with the assistance of Chinese officials, showed that Tibetans were particularly upset with the lack of information about the project. The secrecy under which the construction is proceeding, and the use of many Chinese security personnel, has significantly added to the frustration and opposition by Tibetans.

For more information, contact
International Campaign for Tibet,
1518 "K" Street NW, Suite 410,
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Yamdruk Tso.

Photo: Dr. Barry Clark.

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There are approximately 40,000 Tibetans, mostly refugees, living in Kathmandu, Nepal. The need for education is great, as the country's illiteracy rate is close to 64%. Education is not free in Nepal, and most families cannot afford to pay for schooling.

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phaned or live in northern villages that are so cold there are no schools there. The Tibetan chil-

dren are put in schools that teach three languages—Tibetan, Nepali, and English. E.T.C. maintains a support staff in Kathmandu that addresses the special needs of Tibetan children.

Educate the Children is a grass-roots, low budget, personalized agency unique in that the children's educational fees are paid directly to the schools, rather than to third parties. If you would like more information on how you can sponsor a Tibetan child, please write to E.T.C., P.O. Box 414, Ithaca, NY 14851, or call 607-272-1176. Sponsorships are available for either day students (at \$15 per month) or for students requiring boarding. ■

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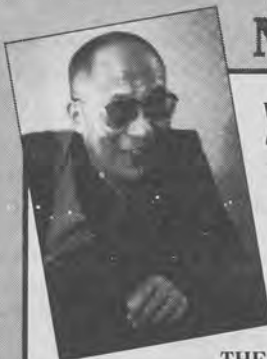
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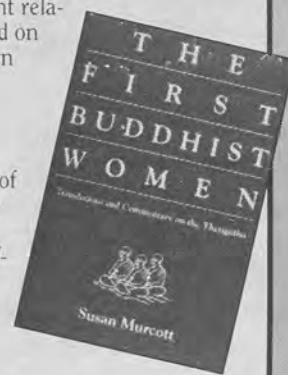


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NEWS

Native Americans and Buryats

Collaborate on New School Curriculum

by Gretchen Kaapcke



TURNING WHEEL

*Journal of the Buddhist
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In August of 1991, just weeks after His Holiness the Dalai Lama's visit to Buddhist peoples in the USSR, another foreign visitor came to the Buryat Republic to support local efforts at cultural revival. Robin Butterfield, Native American education specialist for the State of Oregon's Department of Education, arrived in the Buryat capital of Ulan Ude on the invitation of the Buryat parliament's Committee on Science, Education, Culture and Sports to begin a five-year process of sharing the expertise of the Native American community in curriculum development with Buryat education researchers at the Buryat branch of the Soviet Academy of Sciences.

The Buryat people are Tibetan Buddhists currently on the road to rebuilding the hundreds of monasteries and stupas throughout their land that were destroyed during the Stalinist government's repression. As the Gorbachev era brought new freedom to reclaim old cultural and spiritual practices, the Buryats, like their cousins the Kalmyks, have thrown themselves

into the work of reviving and strengthening their traditions.

Under the old system, educators at local and regional levels throughout the USSR were compelled to accept set curricula from Moscow—a rigid, euro-centric and authoritarian school program. Lacking experience in curriculum and teacher methodology development, the Buryats are now seeking help to transform the school program into one that fosters individual creativity and a healthy self-identity as a Buryat.

In practice, this means turning to a community with a long track record of success in addressing the special needs of indigenous students struggling amidst a foreign culture and in a European-based school system. The existence of dozens of exemplary Native-run schools and colleges across the U.S. and Canada attests to the resourcefulness and dedication of the Native American community in seeing to its own educational needs in spite of opposition, funding shortages and other obstacles. It is this experience that the Buryats have begun to tap for guidance in creating their own culturally supportive school program.


At the suggestion of Gary Wintz, who brought the Buryat's message to the U.S., the Buryat Education Project was launched in January 1991 in Seattle, Washington, for the purpose of identifying potential Native American experts in education to work with the Buryats and of raising travel funds for them. The first phase of the project was realized on a modest scale when Robin Butterfield, of Winnebago and Chippewa heritage, flew to Moscow and then Ulan Ude in August with a briefcase full of curriculum materials and step-by-step guides on how to organize curriculum projects.

Her arrival in Moscow coinciding with the week of the coup, Butterfield remained undaunted. Her first meeting was with Mikhail Kuzmin, ethnic education specialist of the Ministry of Education of the Russian Republic, of which Buryatia was a part at the time. (The Buryat Republic officially seceded from Russia in December 1991 and has been recognized by Yeltsin as a new republic seeking to form a new union with Russia.) Kuzmin briefed Butterfield on the history of ethnic education in the USSR, which became steadily more repressive after a brief liberal period under Lenin. Clearly excited about the new prospects for programming that serves the region's astonishing diversity of ethnic groups and for a more decentralized, ethnic-defined approach, Kuzmin was eager to learn of the inauguration of Native American collaboration with the Buryats.

In Ulan Ude Butterfield was warmly received by Professor Zoya Morokhoeva, head researcher for curriculum reform at the Buryat Cultural Center, an arm of the Soviet Academy of Sciences. In the busy week that followed, Butterfield spoke at a conference on Buryat education at Lake Baikal and at a seminar for seasoned professors and researchers in ethnic education at the Academy of Sciences, visited urban and rural schools, and met with Stefan Kalmykov, Chair of the Buryat Supreme Soviet's Committee on Science, Education, Culture and Sports. Kalmykov—a Buryat rather than a Kalmyk as his name might imply—was favorably impressed with the relevance of the Native American materials to the Buryat project. He not only extended an invitation for Butterfield to return in July 1992 for a month of continued collaboration, but proposed an international conference that same summer on indigenous education for Siberian and North American Native peoples.

The Buryat Education Project is currently working to raise funds for Butterfield's return trip to Buryatia, and for a small group of Native educators to participate in the Buryat conference in August. Readers interested in contacting the Project may write to Buryat Education Project, P.O. Box 95560, Seattle, WA 98145, or telephone 206-368-0981.

Gretchen Kaapcke is a specialist in indigenous affairs with a background in Tibet Studies and Russian from the University of Washington. She is currently a teaching associate in the American Indian Studies Center at U.W. and director of the Buryat Education Project.



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fective materials and well trained teachers for our schools and monasteries is important for today's refugee community and for the future in a free Tibet."

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Your financial support is also needed to reach more schools and monasteries, to provide scholarships to train Tibetans as English teachers, and to continue the series of books. With your annual contribution of \$25 or more, you will receive our newsletter updating you on the work. Individuals or organizations may sponsor one of the books in the series with a donation of \$1,500. Make your tax-deductible donations payable to the American Himalayan Foundation, noting that the funds are for the Tibetan English Book Project. Tibetan English Book Project, P.O. Box 283, Putney, VT 05346



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Lama Gondup and the Forgotten Children

Dear Editor:

While I was travelling in South Asia this summer, I visited three organizations which work with street children and working children. One of them set up by Lama Gondup was particularly impressive. I have sent you a copy of the story if you wish to publish it. I wrote not only to tell you of the ugly poverty of destitute children but to show how some people with very little means are doing a beautiful job to change the lives of these children.

Sincerely,
Françoise Remington

You see them everywhere in India. They sit on the side of the roads and cut stones all day, often not too far from their parents who are working at more physically demanding tasks. These children have no future, no possible upward mobility. They do not go to school, but instead spend their days breathing the polluted air of the road where the big Tata trucks drive by. Even when they are tired, they cut tiny bits of stone, one after the other. When they are hungry they reduce the stone to powder, and eat it to pass the time and to cut down the hunger. These working children belong to the lower castes of India and Nepal.

Yet someone with very little money is trying to do something for them. His name is Lama Gondup, and he lives in Manali, Himachal Pradesh.

"The work is bigger than myself. I am a small and ordinary person," he said with a twinkle in his eye. A bright, energetic, pure light of kindness surrounded him.

"I live in a cave where I meditate most of the time," he continued. "One day as I was walking through the slums around Manali, I noticed the poor Nepalese children who were working on the road. Their parents approached me and asked me for help. They told me they used to live on the border between Nepal and Tibet making a living in small business with the Tibetans. When the Tibetans fled to India they followed them but remained citizens of Nepal. They could not qualify for the Tibetan schools or for scholarships from the Tibetan government."

"I went back to the cave and meditated for a month. I saw how well the Tibetans have been doing. They have set up schools with the help of His Holiness the Dalai Lama and the generous contributions of foreign donors. The Nepalese have not accomplished any change. It became clear to me that if the children could become educated, they could change their way of life."

In 1989, with no money, Lama Gondup started the Kailash Bodhi school. He asked his brother, niece and nephew, who fled from Tibet with him when they were children, to help him direct the school and teach the children. They now have 50 children between the ages of 6 and 14 attending the school, which is housed in two rented rooms.

When I visited the school, I was struck by its neatness. The children sat on the floor as they do in so many schools in India. They smiled as they tried to answer my questions, though they spoke Tibetan and Hindi but not English. One of the teachers told me the children were proud of their school and would not miss a class even if they had to work.

Lama Gondup spoke of the

school's needs, and about his dream of starting a boarding school and an orphanage for homeless children in Kathmandu. He wanted to give all homeless children a chance in life—not only Buddhist children. As he was telling us about his future plans and his desperate need for financial aid, I was wondering how and when his interest in working with homeless children had started. I soon learned that it had begun, very simply, with his own life.

Although born in Kham, Tibet, after the exile Lama Gondup and his two brothers became street children in Kathmandu for seven years. The first year was particularly difficult. They were working at night in a hotel in exchange for food and clothes. They were not paid money, but were thankful to the man who hired them—he kept them alive. After a while the work became too hard for the children so they decided to live on the street, surviving with the aid of odd jobs.

At age 15, the young boy met a lama. He was an important lama, but the youth did not know that at the time. He asked the monk to teach him about the Dharma, and soon expressed his wish to become a monk himself. The lama was a disciple of H.H. Dudjom Rinpoche who gave him the name of Lama Gondup.

Lama Gondup studied for three years in Kathmandu. Later he went to live in a cave near Tso Pema, which means Lake Lotus. He does not live alone, for three disciples have joined and live near him and Lama Wandong. His Holiness the Dalai Lama comes regularly once a year to meditate with them.

In 1989, Lama Gondup was quite discouraged with the difficulty of starting the school for the children who cut stone all day. His lama advised him to seek outside help to continue his work.

Lama Gondup has a long-range plan. The school is only a first step for the younger children. His next major concern is the older children who have no place to go to continue their studies after sixth grade. The children cannot apply for Tibetan schools, nor for scholarships from the Indian government since they are of Nepalese origin. A boarding school in Kathmandu would offer them a chance to attend the university or a technical college, especially now with the new government.

As he explained his long-term plan for the working children, I could feel how passionate and devoted he was to this cause. It was not mere compassion on the part of this kind lama, after all, for he knew about their hard lives. He had been one of them, and has decided to do something to give them a chance for a brighter future.

Lama Gondup urgently needs sponsors who would be willing to help a working child to study. He will send the child's picture, and the child will write to the sponsor about his or her life and progress in school. Contributions of \$10 to \$20 a month could give an education to a child. Donations can be sent in the form of traveller's checks or American Express Gift Traveller's checks payable to: Kailash Bodhi School, Post Box N.17, Manali, Distt. Kullu, 17131 (H.P.) India, Attn: Lama Gondup.

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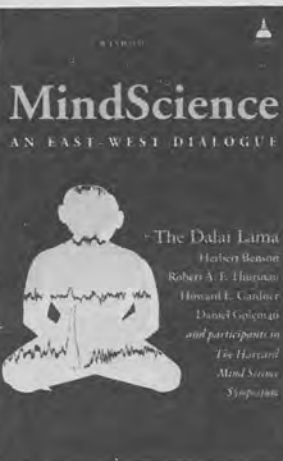
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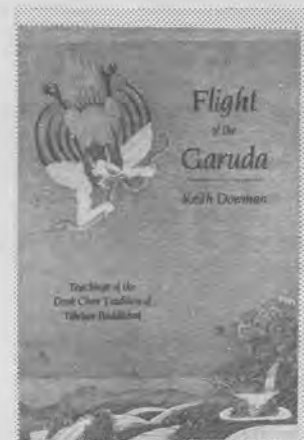
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Summer Kalachakra Teachings and Retreat

According to tradition, King
Chandrabhadra of Shambhala re-
quested Sakyamuni Buddha for a
teaching that would enable him to
attain enlightenment in this life
without having to renounce his
throne and become a monk. He
felt that as a king he would have
a greater opportunity to benefit
sentient beings. In response,
Sakyamuni Buddha taught the
Kalachakra Tantra.

Although the Annutaryoga
Tantras are all equally profound,
the Kalachakra Tantra is said to be
unique in many respects. For in-
stance, in the generation stage y-
ogas, three Kalachakras are taught:
external, internal, and alternative.
External Kalachakra refers to the
planet Earth, the stars and planets;
internal to the subtle physiology;
and alternative to the actual yogas
of the generation and completion
stages.

Another unique aspect lies in its
clear presentation of the illusory
body and the resultant presenta-
tion of emptiness. In most other
tantras, these are implied or taught
in an obscure way.

Thirdly, rather than being given
to small groups, the Kalachakra
Initiation has traditionally been
given to large groups, often num-
bering 200,000 or more.

Most people receiving the
Kalachakra Initiation have
received it as a blessing in order
to establish a karmic connection
with Kalachakra and Shambhala.
Now many sincere practitioners
are expressing the wish to benefit
sentient beings by receiving com-
mentary and performing the prac-
tices of Kalachakra, as well as
doing the Kalachakra Retreat.

In response, a number of the
U.S. centers of the Foundation for
the Preservation of the Mahayana
Tradition (FPMT) will make avail-

able a broad series of Kalachakra
teachings and a Kalachakra
retreats. At the request of Ven.
Lama Thubten Zopa Rinpoche,
spiritual director of the FPMT,
Ven. Kirti Tsenshab Rinpoche will
be touring the U.S. presenting a
series of teachings and commen-
taries on Kalachakra. His student,
Gelong Thubten Lodro (Hermes
Brandt) will also be touring in or-
der to teach and also to lead a
Kalachakra retreat.

Ven. Kirti Tsenshab Rinpoche
is one of the primary holders of
the Kalachakra tradition. Born in
Amdo Province in 1926, he was
ordained at the age of 9. When he
was 14, His Holiness the Dalai
Lama invited him to Lhasa, where
he began studies at Drepung
Loseling. Ven. Kirti Tsenshab
Rinpoche spent 15 years in retreat
in India practicing Lam Rim and
the generation and completion
stage yogas of Highest Yoga
Tantra.

Ven. Kirti Tsenshab Rinpoche
is the sole holder of the lineage of
the Kalachakra commentary, *The
Stainless Light*, a text written in
Shambhala by Pundarika.

Ven. Gelong Thubten Lodro is
a Dutch monk who has studied
the practices of Kalachakra exten-
sively with Kirti Tsenshab Rin-
poche and with senior monks of
the Namgyal Monastery at the re-
quest of Ven. Lama Zopa Rin-
poche. He has completed the *La
Rung* Approximation Retreat and
is fully qualified to lead
Kalachakra retreats, as well as to
teach all aspects of the Kalachakra
Sadhana and the Fire Puja.

The FPMT program will com-
mence at Milarepa Center in Bar-
net, VT where Ven. Kirti
Tsenshab Rinpoche will teach on
the practice of the *Six-Session
Guru Yoga*, June 13-14. He will

then give a four-day commentary
on the Practice of Kalachakra,
June 15-19, after which Ven.
Thubten Lodro will lead a two-
week Kalachakra retreat based on
the Six Session Guru Yoga in con-
nection with Kalachakra, June
20-July 4th. Participation in the
Kalachakra retreat will be limited
to those having received the full
Kalachakra Initiation (as an in-
itiation, not as a blessing only).
Ven. Kirti Tsenshab Rinpoche's
teachings will be open to anyone
with Annutaryoga Tantra initia-
tion. Students are asked to regis-
ter for all or part of this program
by June 1st. Contact Milarepa
Center, Barnet, VT 05821,
802-633-4136, for details and
registration.

Dag Shen Nyamja Center in
Chicago will host Ven Kirti Tsen-
shab Rinpoche for a short
Kalachakra Initiation on June 27.
Contact Roberto Sanchez at 4063
No. Kenmore #2, Chicago, IL
60613, tel. 312-525-6835, for fur-
ther details.

A commentary on the Practice
of Kalachakra will also be given by
Ven. Kirti Tsenshab Rinpoche on
the West Coast at the Land of
Medicine Buddha, July 10-13th.
Contact LMB, 5800 Prescott
Road, Soquel, CA 95073, tel.
408-462-8383, for more infor-
mation.

Kalachakra teachings will con-
clude at Vajrapani Institute in
Boulder Creek, CA, where Ven.
Thubten Lodro will give compre-
hensive teachings from July 14 to
August 4 on the Kalachakra Sad-
hana by Deti Rinpoche. Registra-
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Jig-me Gyal-way Nyu-gu, gave an oral instruction on it, which his disciple, Dza
Pal-trül Rin-po-ch'e transcribed and gave the title, *Kün-zang La-may Zhal-lung*.



*Preface by Cha-tral Rin-po-ch'e
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Dream Yoga, continued from page 1.

Excerpt from Chapter 1—The Practice of the Night, by Namkhai Norbu Rinpoche:

The night is very important for people because half our lives pass during it; but often we quietly sleep away all that time without any effort or commitment. There has to be real awareness that practice can occur at all times, even during sleep or eating, for example. If this does not happen, progress on the path is difficult to make. Therefore, the practice of the night is very important, and I will explain its theory and practice.

What is best known, or usually thought of, when someone says "practice of the night" is the practice of lucid dreaming. There are many explanations of lucid dreaming. But in the Dzogchen teaching, the practice of dream work, and development of lucidity, is not fundamental. It is a secondary practice. In the case of dream practice, *secondary* means that this practice can arise spontaneously or automatically from doing the principal practice, which is called the "practice of natural light."

This practice, the practice of the natural light, actually has to do with the state prior to dream. For example, a person falls asleep; *falls asleep* means that all of his senses vanish into him, and thus he is sleeping. From that point on there is a passage, a period of transition, until dreams begin. That period may be long or it may be short.

For some people, the state of dreams begins almost immediately after falling asleep. But what does it mean, that the state of dream begins? It means that the mind begins to function again.

In contrast, that which is called the state of natural light is not a moment or a state in which the mind is functioning. It is the period beginning when you fall asleep and ending when the mind begins to function again.

For example, the mind must begin working in order for reasoning to occur. First we must have an awareness of the senses. The mind

begins to receive these perceptions, but there are no reasoning and thinking yet. Slowly, step by step, thinking actually arises.

There is the presence of the state of awareness, and yet mind has not begun to enter into operations such as thinking. This is the passage through which one moves in that state which is called the state of natural light. It has always been considered that it is during this period that the practitioner of Tantra realizes himself. In Tantrism this period is also described as the moment in which one meets the mother light. It is exactly this moment after the faint in which awareness develops again, or reawakens.

In the practice we do, there has to be an awareness of, or mastery of, this state of natural light. When one has an awareness of the presence of this state of natural light, then even if afterwards the state of dreams arises, one spontaneously becomes lucidly aware that one is dreaming while dreaming, and automatically achieves mastery of one's dreams. This means that the dream does not condition the person, but the person governs his or her dream. For this reason, the practice of dreams is secondary, and I cannot overemphasize how extremely important it is to do the practice of the natural light.

When we start to dream we may have one of two general types of dreams. One type is karmic dreams and the other is dreams of clarity. In addition to those dreams reflecting karma from our current life, karmic dreams can also be linked to our past lives. For instance, if someone murdered me in a past life, I may still in this life have dreams of being murdered. It is not true that what we dream is always about our experiences from this life. If an event is very weighty, then you may feel it life after life. When you sleep very deeply, you may create a perfect potential for past karma to manifest within your dreams.

If you merely have heavy tension, it may repeat in your dreams. For example, when you are a child and someone makes a problem for

you it could repeat in your dreams. Or, if today I have a problem with someone, it may repeat tonight in my dream. The principle is that if you have heavy tension, and you sleep deeply, the tension tends to repeat. This is one kind of dream, a karmic dream of *bhaktas*. *Bhaktas* means traces of something left. For example, if there is an empty bottle which once contained perfume, you can still smell the trace of perfume. That is *bhaktas*.

The other type of dream is a dream of clarity. Why do we have dreams of clarity? Because everybody since the beginning has infinite potentiality; that is a qualification of the natural mind that we all possess. Sometimes, even if we are not doing a particular practice, a dream of clarity will manifest because we have that nature. If you are doing practice of the night and becoming more familiar with it, then not only occasionally, but on a regular basis, you will become familiar with manifestations of dreams of clarity.

What is a dream of clarity? A dream of clarity manifests when there are secondary causes; through the secondary causes it manifests as clarity. We can even obtain advice and predictions for the future because there are secondary causes for future events. A dream of clarity generally manifests in the early morning. Why? It is because when we first fall asleep, we sleep very deeply. Slowly we consume this heaviness and our sleep becomes lighter. As it becomes lighter, clarity can manifest more easily. If your practice of continuous presence succeeds, then karmic dreams diminish. This is because they are linked with tensions. The state of contemplation or presence represents total relaxation. Consequently there will be no manifestation of tension. In the place of karmic dreams, you can have more dreams of clarity.

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

Is Your Future In The Cards?

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by Richard Leviton

Tibetan Divination

Looking toward Tibet for a divination approach founded on solid philosophic ground, there I find the stunningly simple *Mo: Tibetan Divination System*, by Jay Goldberg and Doya Nardin (Snow Lion, 1990). *Mo* is an ancient Tibetan predictive technique for forecasting the outcome of events, undertakings and relationships that was first presented to the West by Jamgon Mipham, a Nyingma scholar (1846-1912). Mipham culled this system from sacred tantras, and Goldberg and Nardin have handsomely spruced it up for Western consumption.

Mo divines by the throw of one dice two times. Each side of the dice has one syllable of the six-syllable mantra of Manjushri, the great Bodhisattva of wisdom in Tibetan belief. Each syllable also pertains to one of the six formidable Buddha families and dharma protectors whose collective wisdom is embodied by Manjushri. There are 36 possible permutations of *ah-ra-pa-tsa-na-dhi*, each represented in *Mo* by an illustrated card bearing the essential maxim of that Buddha family combination, and by a concise commentary in the accompanying book. *Mo* claims that its ontological authority to give us useful guidance derives from Manjushri Himself, a transcendental deity in the Buddhist pantheon.

Mo's approach is refreshingly different from the other oracles around. Seemingly it hinges upon the toss of a dice. Following its instructions, first I visualize Manjushri, according to the full-color thangka painting of this deity on *Mo*'s introductory card. I'm to recite three mantras of invocation in English, blow on the dice to endow it with the spiritual potency of my chants, then toss it twice.



When I intone Manjushri's mantra I experience an unmistakable jag of light through my mind, as if something or someone has touched me with fingers of brilliance. When I throw the dice I get what for me is the jackpot: Dhi-dhi, the Jewelled Banner of Victory.

Dhi-dhi represents the Heruka race of Vajradhara, the upholders of the wisdom of all the Buddhas and the activities of excellence, the text informs me. Heruka is a wrathful but protective deity in the Tibetan Nyingmapa tradition, considered the original Vajrayana school in old Tibet. Vajradhara stands for the highest Buddha, the full and perfect aspect of enlightenment as recognized in the Vajrayana tantric tradition. In other words, I'm in good company and prospects couldn't look better. "If Dhi-dhi—the hoisted banner of victory—appears, then you are victorious and excel, like the raising of the banner of victors in every direction."

Even if I had—Manjushri forbid—tossed an unfavorable outcome, I would have unhesitatingly consulted this oracle again. The technique is disarmingly simple, yet powerful, calling for a direct attunement with a presumed transcendental intelligence, which to me is a remarkable possibility. *Mo*'s results seemed highly relevant, nourishing, inspiring, and best of all, authoritative. ■



Chagdud Tulku Rinpoche: Retreats 1992



RED TARA, THE WISH-FULFILLING ESSENCE

From Apong Tertön Orgyan T'hrinley Lingpa



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From His Holiness Dudjom Rinpoche's Tersar Ngondro

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Tara Temple

Dear Vajra Brothers and Sisters,

As you know, in Tibet there are many Tara temples, but today in Dharamsala, where H.H. the Dalai Lama and 5,000 Tibetan refugees are living, there is not one. My friend, Lama Thubten Nyandack of Dip Tsechokling Monastery School, and myself have asked the statue maker of Zilong Gompa if he could make statues of the Twenty-one Taras. He agreed and told us it would take a year and cost about 36,000 Indian rupees. The temple to house the 21 statues would cost about one lakh (100,000 rupees). If like me you believe that to build a Twenty-one Taras Temple in Dharamsala would be in a small way repaying the kindness of our Tibetan teachers, please send your donations to the bank account #1613 of Lama Thubten Nyandack at State Bank of India, Dharamsala, H.P. India, specifying *Tara Temple Project Fund*. May all sentient beings share in the merit of this project.

Signed,
Roger Garin-Michaud

If you are interested in this project, you may contact Roger for more information at 77 Kennedy Street, Kingston, ACT. 2604, Australia. ■

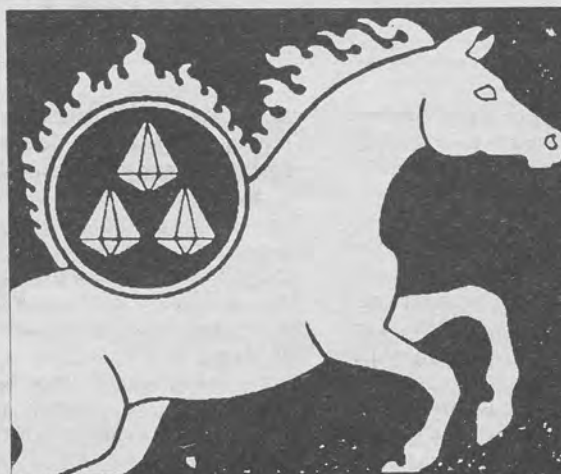
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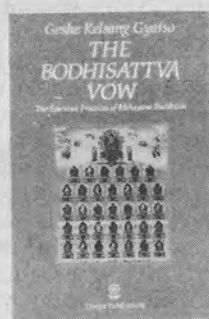
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Dakini Retreat

Interview with Tsultrim Allione
by Davine Del Valle

Tsultrim Allione, M.A., director of Tara Foundation, was ordained as a Buddhist nun by the Karmapa in 1970. After several years as a nun, she returned to the United States and began her family. In 1984, she wrote *Women of Wisdom*, a study of Tibetan Buddhist women teachers and women's spiritual quest. Since 1979, she has been studying with Namkhai Norbu Rinpoche and has been leading workshops and retreats. She is currently writing *Places She Lives* (Penguin 1993), the story of her spiritual journey and pilgrimages from the sixties to the nineties.

Davine: I think many people know you through your book, *Women of Wisdom*, but fewer people know about your retreats. Can you tell me why you began the "dakini retreats?"

Tsultrim: We began the dakini retreat in 1987. At that time I had been practicing Tibetan Buddhism for twenty years and realized that there needed to be a greater cooperation between Eastern and Western ways of working with the emotions.

Specifically, the idea for the dakini retreat came out of the death of a dear friend of mine. She

had been in retreat in a Tibetan Buddhist retreat center in France for five years. Her teachers were some of the greatest lamas of this century. She was a diligent practitioner. After five years she had returned to America and resumed her life in New York for about a year. Then, out of the blue, she was struck by cancer and a few months later she died.

I spent time with her during those three months and we talked a great deal about the Dharma coming to the West and her own process. She felt the cancer was bringing her face to face with emotional issues that had been festering under the surface. She realized that she had in some ways used the long retreats to avoid emotional issues in her family and in herself that were difficult to face.

Her sudden illness and death were dramatic for me. I realized that if such a good practitioner could have benefited from emotional work, then perhaps many others were in the same situation. I had seen people coming out of three-year retreats and going into therapy or onto antidepressant medication. Therapists were being

called into the retreats to help with emotional problems.

It seemed there could be tremendous benefits gained by actually bringing Buddhism and psychological understanding together. The psychological approach could also help Westerners who have had no contact with Buddhism to understand the teachings.

Buddhism became Zen Buddhism in Japan, Tibetan Buddhism in Tibet and it will also have to adapt to the West, otherwise it will not truly penetrate the Western psyche. It would always remain Tibetan or Japanese or Burmese Buddhism. Rather than seeing this as a failing of Buddhism, I see it as an indication of a need for a creative marriage. Why not try to bring the two ways of working with the mind into a working relationship? Certainly Buddhism is psychological in its study of the mind, and psychology could benefit from the wider vision and profound wisdom of Buddhism. Psychology could be used to make emotional wounds more conscious and thus available for transformation by Buddhist wisdom.

Some Tibetans are also seeing the mutual enrichment possible from exchanges between psychology and Buddhism. The Dalai Lama spent several hours in Los Angeles questioning psychologists

and psychotherapists about how to help his people with their stress. He also said that psychology is the language of the mind in the West and thus we must study psychology to communicate Buddhism. I want to stress that I was not interested in mixing up psychology and Buddhism, but rather to respect their boundaries in terms of the base, the path and the fruition of each and find ways for collaboration between them. I wanted to find a way to bring these two worlds together, to address the 'shadow' and at the same time respect the differences in psychology and Buddhism. An integration of East and West had to happen within individuals before it could happen in a healthy way in Buddhist communities.

Like an underwater stone that lies for years without absorbing any water, we can be immersed in the teachings yet not be penetrated by them. The problem is that our core is not altered and the old wounds inside this shell-like shield are festering. These festering wounds are a 'shadow' of repressed emotional issues which erupt in anger, sexual manipulation, the abuse of power, alcoholism, victimization, rigidity, back-biting, gossip, depression, and illness. I was aware of these problems in dharma centers and Buddhist communities with which I had been associated. It seemed

there was little real linkage between the emotional work and the institutions and teachers.

So all this made me look for creative ways to apply the wisdoms of East and West. I had studied Buddhist psychology and the psychological interpretation of the Five Buddha families with Trungpa Rinpoche. I had also studied the principles of the transformation of the five poisons into the five wisdoms. I felt that working with the five blocked emotions, the poisons or 'neuroses'—anger, ignoring, pride, passion and jealousy—would be a good basic structure. I also felt it necessary to involve kinesthetic and expressive learning and thus wanted to bring in art and movement. I envisioned a retreat in which intensive traditional practice would take place alongside therapy, artistic work, mask-making and movement. The movement is a way to embody things which are often experienced as concepts. Sometimes I think we need to talk about embodiment instead of enlightenment.

Emotions actually have the potential of insight in them. This is not to say that emotional states are wise; but they have potential. They have energy. That energy is the principle of Tantra, it is the continuum. Tantra actually means 'thread,' like the thread which runs through beads. The thread is the energy and it is the primordial intelligence which is the impetus to both enlightenment and confusion. The same thread runs through confusion and enlightenment. In Tantra we are not talking about going beyond emotions, we are talking about the wisdom of emotions that are devoid of ego clinging, as in alchemy where lead is said to contain gold. So the point of the retreat is to find a way to the direct experience of the energy underlying the confusion of each of the five emotions and thus move toward an experience of the five wisdoms.

I spoke with Namkhai Norbu Rinpoche about the idea of doing a retreat with the traditional dakini practice based on the five families in the morning and at night, and then working with the other modalities during the day. The practice was to be kept completely traditional and separate and the intensive emotional work would be done in a thematically parallel way, working with each emotion and each of the five families consecutively, two days on each family. He agreed to the experiment.

So that's how the dakini retreat was conceived. He taught me how to give the transmission of the Sadhana of Dakini Simhamukha and we did the first retreat in 1987 near Woodstock, New York. We worked very hard, very intensively, with little time to eat or sleep, making five masks and working with all five families in only ten days, but we had a lot of fun at the same time and we all experienced a great deal of growth.

D: How has the dakini retreat evolved over these five years?

T: During the first year I had a vision of a net of dakini mandalas around the world. So I began to do the retreat in different places around the world. This year we will complete the circling of the globe doing the retreat in Tuscany where Norbu Rinpoche has his principal seat. After writing about this vision I got a letter from a Tibetan scholar at Harvard who told me that the net of dakinis is mentioned in the Root Tantra of Chakrasamvara and also in the Hevajra Tantra. Tsongkhapa wrote about it in response to these two tantras as something which is

Continued on page 15.



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The Nyingma School of Tibetan Buddhism Its Fundamentals and History

by Dudjom Rinpoche, Jigdrel Yeshe Dorje

Dudjom Rinpoche was an enlightened master, a discoverer of concealed treasures and a lineage master who held all the major transmissions of the Nyingma school. He was also a prodigious scholar whose extraordinary clarity of mind manifested itself from his earliest years in an ability to communicate the profoundest teachings with a simplicity and grace that made his essential spirit readily available to all.

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VOLUME TWO

The second volume is an extensive reference work compiled by the translators, Dr. Gyurme Dorje and Dr. Matthew Kapstein, containing detailed notes, trilingual glossaries of terms and enumerations, a trilingual bibliography of texts, sectional maps of Tibet illustrating the text, and extensive indexes.

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NEWS

Dakini Retreat, continued from page 14.

created by the interconnecting of all the places the dakini sadhana is performed. This letter was a confirmation of my vision.

As the retreats moved around the world little things changed and we made adjustments according to where we were. We didn't always make five masks. Sometimes we made one mask and did several other kinds of art work like painting, sculpture or collage. The retreat is always somewhat different, because there have been different circumstances in each country and within each group. I always work with a psychologist and a movement and arts specialist.

D: What made you choose the practice of Simhamukha, the Lion-headed Dakini?

T: That was Norbu Rimpoche's suggestion. It is perfect because it is a practice that was a *gongter* (mind treasure) of Ayu Khadro, Rimpoche's great yogini teacher. I had included her biography in my book *Women of Wisdom*, and I felt close to her. Ayu Khadro received the Simhamukha sadhana in retreat from the Wisdom Dakini herself and held it in her heart practicing it for 23 years before teaching it to anyone. Norbu Rimpoche received it from her when she was 114 and he was 14. So the lineage is very fresh and the practice is very beautiful and powerful. Doing this practice has brought the blessings of the dakinis, Norbu Rimpoche and Ayu Khadro into the retreats.

For example, after the retreat in Ojai, California, we were beginning our closing ceremonies when we looked up to see in the sky behind us a cloud formed as a clear dancing dakini. She stayed there for about twenty minutes and then dissolved into space, and the sky became completely clear. That night there were several circular rainbows cast on a cloud below the moon.

When Loppon Tenzin Namdak, the head of the Bon lineage, was at Tara Foundation, he saw the photograph of the cloud dakini from Ojai on the wall and asked me about it. So I told him all about the retreat and showed him the crystal *triggug* (dakini knife) which I was guided to through a vision. He thought about it for a few days and then said that perhaps the dakini retreat was a *gongter*, a mind treasure. He said that often when a teaching is new there will be magical manifestations because otherwise people won't have faith in it. I said that I didn't think it was a *gongter* because it was just an idea. He replied that *gongters* are often responses to situations and that it would be natural for some new teachings to evolve in America. That is what he said. I am not claiming that this is a *gongter*, but I have noticed that many people seem to be helped by the experience of the retreat.

The dakini practice seemed appropriate because the dakini principle is the principle of wisdom in Tibetan Buddhism. I started with the dakini practice because I felt the archetype of the wrathful dancing feminine was something we need in our world, something connected to the emotions. I felt that this archetype had been hidden away in Western culture or burned like the witches during the Inquisition. The honoring of the wisdom of the dark goddess is necessary. The balance that the wrathful deities bring in the psyche is something we lack in Western culture. We move more and more in a fast, active world like the world of nuclear energy. The wrathful deities can meet this

energy and work with it. However, the principle of doing a practice and working with emotions, art and movement could be applied to many other practices. The retreat is about getting out of the intellectual into the experiential. How is your life actually going? How are you feeling, what are your relationships?

D: So when the retreat is over what has happened to the participants?

T: It's not that you go into a two-week dakini retreat and come out a compassionate Buddha. It's not even that you come back with anything that's stabilized, though you could. Hopefully you have a seed experience which you then develop. If you've done therapy but never meditated, then you may come out with a more meditative understanding. You also leave with certain commitments that you make at the end of working with the five emotions. These are commitments that you make by yourself to yourself. You also have the Simhamukha practice to stabilize your understanding.

What we aim for is bringing the whole being forward, not just part.

The point of the dakini retreat is to have all parts of the karmic stream of an individual brought out of dark corners. In the West, we have psychology, but psychology has its limits. It's always a question of what you're really looking for in therapy. From a Buddhist point of view, you're not looking for happiness, you're looking for the relaxation of the struggle to get happiness and to avoid suffering. So the dakini retreat is part of that process, and part of the coming of Buddhism to the West. The retreat is a lot of fun also. We play and laugh and grow very close. It's not all heavy emotional work. It's a gesture toward a collaboration between the East and the West.

For those interested in being put on the Tara Foundation mailing list, contact Tara Foundation, 361 Old Mill Road, Valley Cottage, NY 10989; tel. 914-268-3050, fax 914-268-4280. There will be a dakini transmission May 16-19 near Ithaca, NY, and a dakini retreat July 18-August 2 in Tuscany, Italy. For details contact Ellen Church-Bauer, 472 Fisher Settlement Road, Spencer, NY 14883, 607-589-7463.

SUMMER PILGRIMAGE TO TIBET WITH GLENN H. MULLIN

A pilgrimage to Tibet's most sacred places is being scheduled for this summer. This undertaking will be guided by Glenn H. Mullin and will take place from July 21 to Au-

gust 21, 1992. The proposed route will begin in Kathmandu and will visit Tibet's auspicious places—those helpful in shaping proper

Continued on page 18.

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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-plated pendant has been created to help raise needed funds for the project. By purchasing an endless knot, you may 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 comes adorned with a colorful bead. Wear these to show your support of the project.

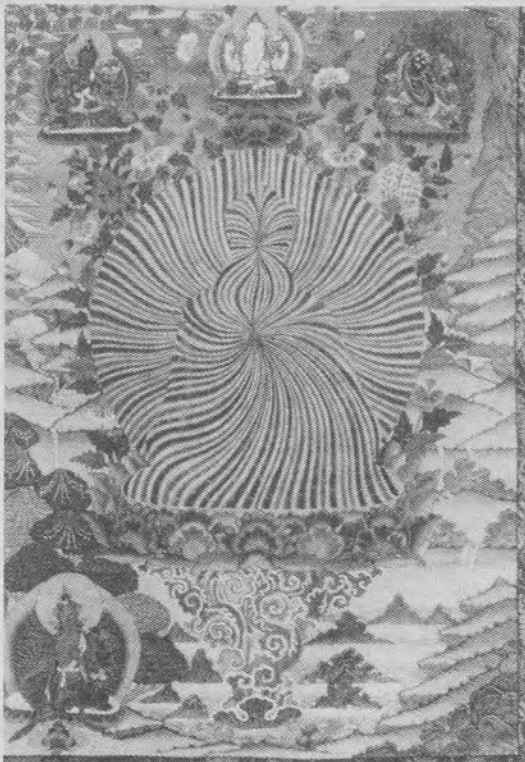
To receive your pendant, please send a check, credit card information or money order for \$10 plus \$2 shipping (And tax—NYS only) per item to *Rio!*, 116 Center Ithaca, Ithaca, NY 14850, 607-272-2115. If you are interested in helping with a larger amount, all proceeds from the sale of these items go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

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NEWS

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Tibetan Meditation Center

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April 18, Chod teaching & retreat; April 25-6, Guru Yoga & Vajrasattva teachings & practice; May 16-7, Chenrezig teaching & retreat; May 23-31, Phowa retreat; June 6-7, Medicine Buddha empowerment; June 13-4, Dealing with anger, Vajrapani practice; June 20-1, Bodhicitta. Contact Dee (202-546-5486) for details. ■

Appeal from St. Petersburg

St. Petersburg's Buddhist Community is requesting that Yabgen Rinpoche visit Russia for the purpose of giving lectures in the Nyingma tradition of Vajrayana Buddhism. To accomplish this, Chakpori Ling Foundation, a 501(c)(3) religious tax-exempt organization, is requesting donations to cover travel expenses for Rinpoche to journey to Russia. Mail your tax-deductible donations to Chakpori Ling Foundation, PO Box 370, Forestville, CA 95436. ■

Delek Hospital Aid Foundation

Delek Hospital Aid Foundation was founded in 1990 to assist the activities of Tibetan Delek Hospital (located at Gangchen Kyishong, Dharamsala (H.P.), India 176215) after discussions with the hospital administration, medical volunteers and Dr. T.D. Sadutsang of the Ministry of Health of the Tibetan Government-in-Exile. The purposes of the society are to assist in the development of programs currently in operation at Tibetan Delek Hospital for the provision of health care to Tibetan refugees and other indigent peoples of the region. Such programs now include, or will include, community and public health, primary care, hospital medicine, nursing, physiotherapy, and occupational therapy.

All funds raised by DHAF will be used in promotion of these objectives. No direct or indirect gain will accrue to its members.

About Delek Hospital

Delek is a 45-bed hospital which provides care to the Tibetan and indigent Indian communities of Dharamsala. According to the Hospital's Annual Report from January-December 1989, there were 718 hospital admissions and 24,197 outpatient visits to the hospital and its satellite clinics. Acute medical and minor surgical services are provided there as well as programs in Public Health Nursing Education, T.B. Control, Dentistry and Eye Care. Outpatient services include pediatric, adult and ante partum clinics in Dharamsala proper and in the nearby communities.

At present, the hospital is staffed by one full-time salaried physician (a Tibetan trained in India) as well as by volunteer physicians from around the world. There are 4 full-time nurses, laboratory technicians and administration staff. The hospital is overseen by the Ministry of Health of H.H. Dalai Lama's Government and it is registered as an Official Charity under the auspices of the Government of India (Section 80-G, Income Tax Act, 1961).

Why Help Delek Hospital?

Like many health care systems in the developing world, Delek Hospital has shortfalls in funding and needs which are not met at present. Budgetary restrictions allow the continuation of existing services, but financial assistance will help the hospital to improve its current services, and to provide free treatment to those who cannot afford it.

Contact: Dr. Andrew Cooper, M.D., Delek Hospital Aid Foundation, #103-876 West 16th Avenue, Vancouver, B.C., Canada V5Z 1T1, 604-872-4766. ■

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Ithaca, NY: April 25, 1992, 7:30 p.m. (315) 894-5995
Albany, NY: April 29, 1992, 7:30 p.m. (315) 894-5995
Toronto, Canada: May 1, 1992, 7:30 p.m. (413) 243-3060

SEMINARS:

Northampton, MA: April 5, 1992, 1-3 p.m. (413) 586-4269
Middletown, CT: April 11, 1992, 10 a.m. - 4 p.m. (203) 342-3534
Toronto, Canada: May 2, 1992, 10 a.m. - 4 p.m. (413) 243-3060
Rye, NY: May 16, 1992, 10 a.m. - 4 p.m. (914) 967-6025

RETREATS:

Second Annual Wisdom Dakini Retreat, May 8-10, 1992
Balsam Shade Resort, Greenville, NY (413) 243-3060

Transcending the Obstacles to Compassion, June 5-7, 1992
Pumpkin Hollow Farm, Craryville, NY (518) 325-3583

Third Annual Dzogchen Retreat, July 27 - August 5, 1992
Deerwood Resort, Great Barrington, MA (413) 298-5141

The Ven. Shyalpa Tenzin Rinpoche is a highly accomplished Lama in the Kagyu-Nyingma lineages of Tibetan Buddhism. Rinpoche emphasizes practical means for integrating the teachings into daily life, and he teaches in fluent English.

For further information about teaching and retreat topics and locations, or to be on the mailing list, contact:
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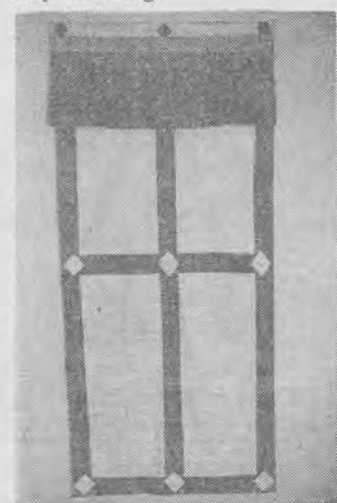
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MORE MALAS

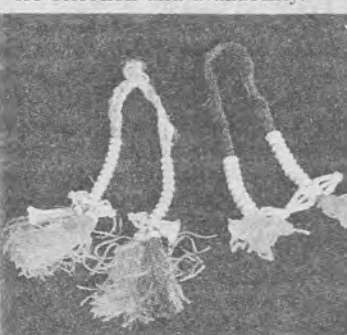
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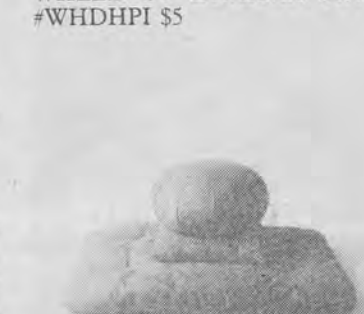
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Adjustable maroon cap with Tibet symbol on it.



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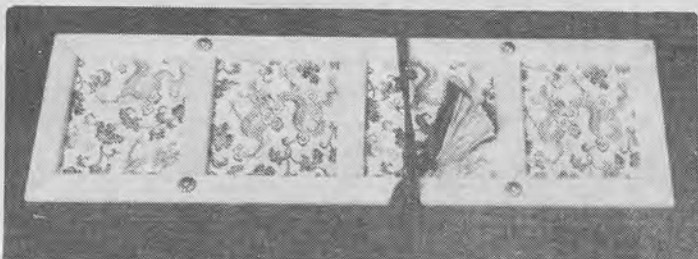
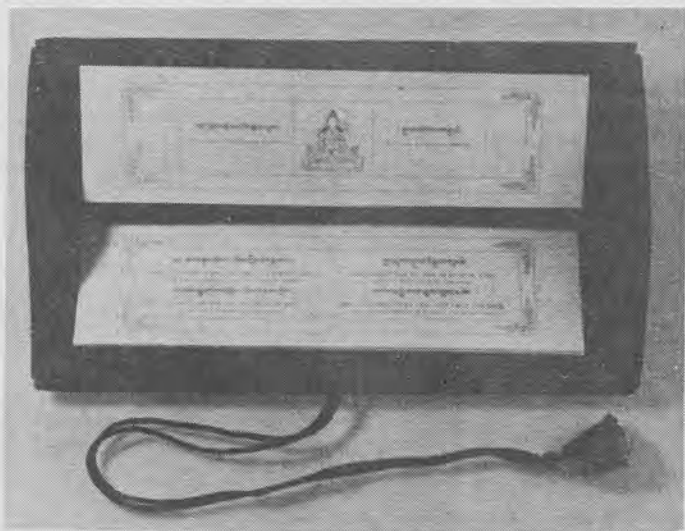
FREE TIBET!

"FREE TIBET" Buttons 2 1/2"

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White on Blue Green or vice versa.

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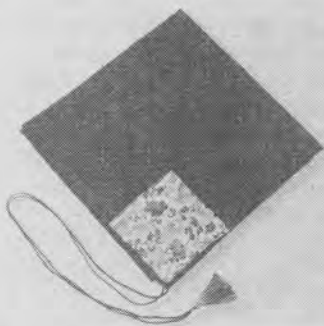
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PENDANTS

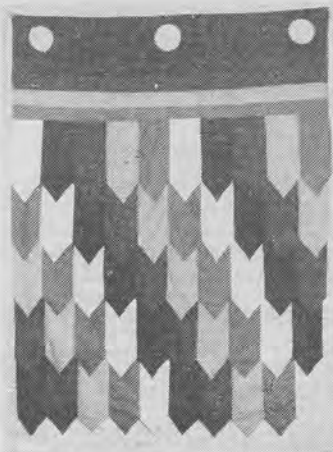
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Plastic coated cards with deity image on front and a short recitation with Tibetan on the reverse. Measure 2 1/2 x 3 1/2."

Green Tara #GRTAPO
Medicine Buddha #MEBUPO
Guru Rinpoche #GURIPO
Sakyamuni #SHBUPO
Chenrezig #CHPOPU



NEW!

TIBETAN ART CALENDAR 1993, 16 1/2 x 23 1/2" #TIARCA \$25 Fall

Order this popular calendar now. It will be sent to you as soon as it is available this fall.

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



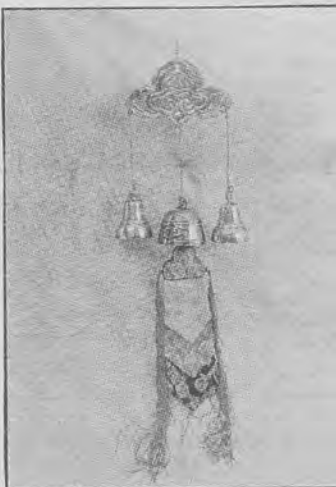
TIBETAN STAMPS #TIST \$5
60 Tibetan stamps that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.



NEW!

TIBETAN PICTURE FRAME

#TIPIF \$12
Gao-shaped frame holds 2 1/2 x 3" photo. Cast metal relief with Buddhist design. Made by Tibetans in India.



NEW!

TIBETAN WINDCHIMES

#TIWI \$50
Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch will add delightful tones to the sound of the wind. Made by Tibetans in India.



NEW!

SILK SCARVES, 39" Square, #
\$50 Four Tibetan designs, hand-screened, pure silk scarves, ideal for gifts. Made by Tibetans in India.

#SISCT Tiger
#SISCO Opera
#SISCB Bird
#SISCC Cloud

NEW!

STATUES #RU

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. Contact us for photos of these images:

Dhyani Buddha (set of 5) 4 1/2" \$1000
Green Tara 4 1/2" \$195
Manjushri 6" \$300
Manjushri 9" \$700
Medicine Buddha 15" \$1200
Shakyamuni Buddha 8" \$325
Shakyamuni Buddha 4" \$85
Shakyamuni Buddha 4 1/2" \$195
Sinhamuka 10" \$360
Vajrasattva 6" \$158
White Tara 5" \$500
Yamaraja 6" \$120

NEW!

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. Contact us for photos of the following in stock:

Hayagriva \$475
Karmapa \$475
Kurukulla \$650
Medicine Buddha \$800
Shakyamuni \$650
Shakyamuni \$450
Four-Arm Mahakala \$350
Two-Arm Mahakala \$475
Vajrakilaya \$400
Vajrayogini \$475
Vajrayogini \$495
White Tara \$1000
Yamantaka \$600



Two-Arm Mahakala (Bernochen) \$475



Shakyamuni Buddha 8" \$350



Manjushri 9" \$700



Yamaraja 6" \$120



Shakyamuni \$650



White Tara \$695



Vajrayogini \$475



Karmapa \$475

*We can now take special orders for
thangkas and statues. Ask us for details.*

DHARMA ITEMS



"SAVE TIBET" Buttons
#SATIBU \$1

Gold with black lettering and maroon flower.

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



SHOW YOUR SUPPORT FOR TIBET!

Stamp envelopes and other correspondence with these two great logos:

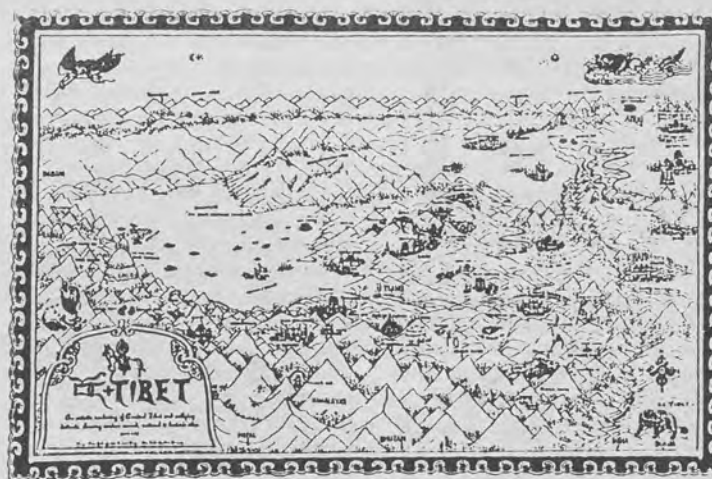


THE YEAR OF TIBET
#SLYTS \$5.95



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" #TIPLMA \$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).

PRAYER FLAGS \$6 ea.

These are excellent flags printed on cotton muslin.

ASSEMBLY OF ALL LAMAS' HEARTS, 20 x 20", orange #LAHEPR

Mantras and prayers for protection **BUDDHA**, 18 x 26", burnt red #BUPRFL

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

MANTRA OF AMITABHA, 18 x 18", burnt red #AMMAPR

OM MANI PADME HUM, 18 x 18", Carmine #OMPRFL

TIBETAN OM, 18 x 18", Carmine #LFTOM

VAST LUCK, 20 x 20", peacock blue #VALUPR

The four propitious animals and four auspicious symbols with Om in the center of a double vajra.

T-SHIRTS!

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

Double Dorje on black shirt #BLDODO \$14

Potala on yellow shirt #MAPOTE \$14

Year of Tibet on white shirt #YETITE \$14

Tibet Flag on white shirt #TIFLTE \$14

Tibet Symbol on black shirt #BLTISY \$14

KALACHAKRA DESIGN T-SHIRTS \$14, #KATESH

This is 4-color on white 100% cotton high-grade shirt in M, L, XL.

CLEARANCE SALE!

HALF PRICE ON SWEATSHIRTS!

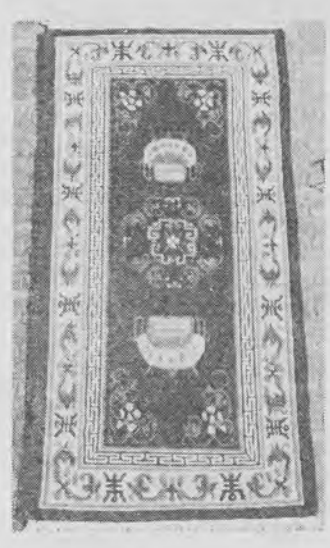
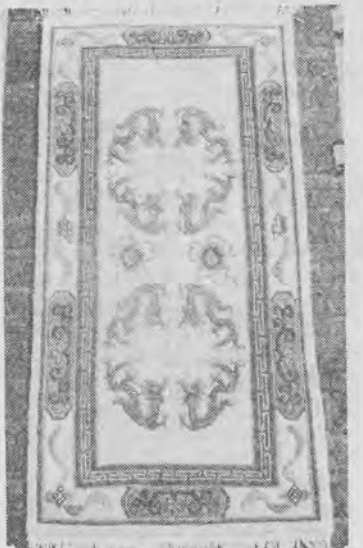
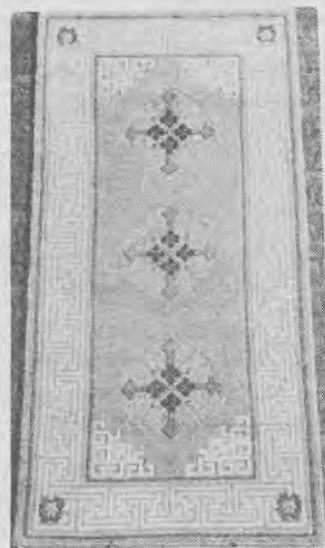
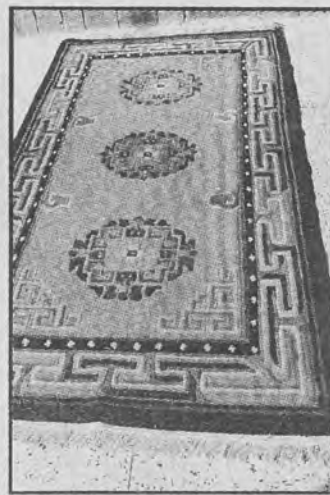
Cotton/poly (50-50) sweatshirts for men and women. They are high-quality shirts. Please give full description (color, size, design) on your order form and a second choice in case we are out of your first selection. The price listed is 1/2 the original retail price. Sweatshirts:

NOW 1/2 PRICE!

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

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

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



NEW!

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 designs 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', some are 6 x 9'). Please contact us for photos of available carpets. Prices range from \$225 to \$1695.



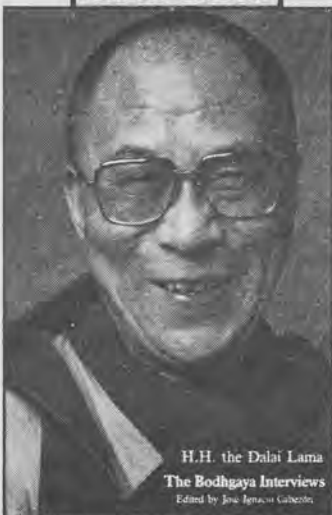
OTHER DHARMA ITEMS AVAILABLE ON REQUEST

Call or write to us for information.

BOOKS BY THE DALAI LAMA

Featured:

GREAT BOOK!



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



THE DALAI LAMA: A POLICY OF KINDNESS, compiled & edited by Sidney Piburn. 152 pp., #POKI \$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 ac-

claim of millions around the world. Foreword by Senator Claiborne Pell, Chairman of the Senate Foreign Relations Committee. **BOOK OF THE MONTH CLUB SELECTION**

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



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

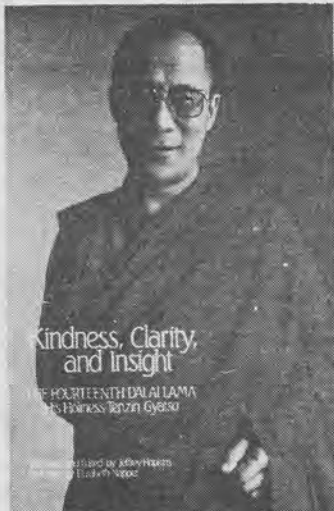
"For its down-to-earth style indicating a rich spiritual path, this must rank as one of the finest Buddhist books in English to date."—*The Middle Way*

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. #KICLIN \$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 hu-

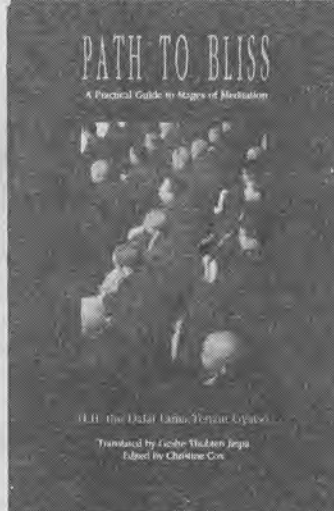


man concerns in a practical and direct manner with his characteristic warmth, wit and perception.

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*



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

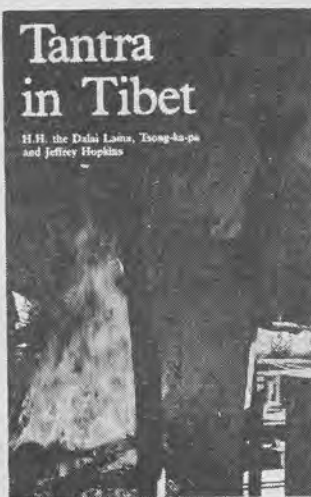
These teachings present a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and eloquent. The approach is simple yet profound. It does not presuppose any prior experience on the part of the beginner, while providing rich material for 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.

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

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

Tantra in Tibet 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

Whitney Stewart

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

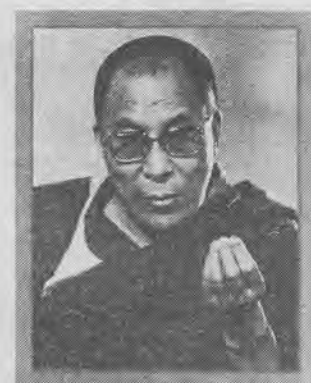
This is an exciting and engaging biography of the Dalai Lama for children. The day the Dalai Lama was born, a rainbow touched his house, two crows rested on his roof top and kept guard and his father jumped from his sick bed and declared himself cured by his son's birth. This biography follows the life 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., #TRWI \$9.95

"A clear exposition..."—*Vajradhatu Sun*

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

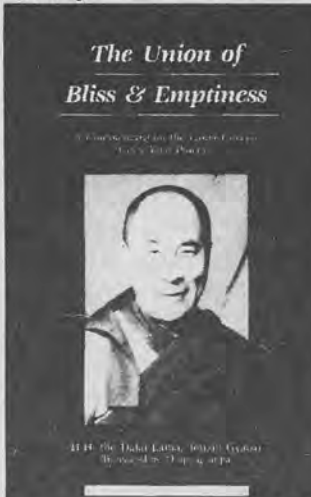


TRANSCENDENT WISDOM
A Commentary on the Ninth Chapter of
Shantideva's Guide to the Bodhisattva Way of Life

H.H. the Dalai Lama
Trans. & Annotated by B. Alan Wallace

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

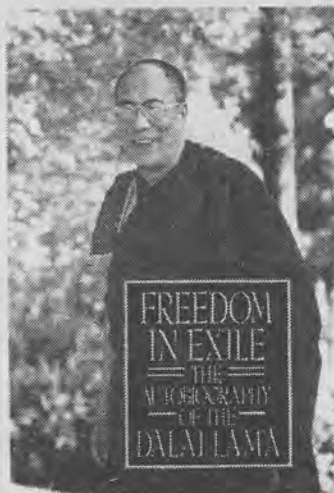
In 1979, His Holiness the Dalai Lama delivered an oral teaching on this text before an assembly of over a thousand Tibetans and Westerners. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary.



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

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

Other Titles:



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

In this landmark book the Dalai Lama tells his story—from his

THE DALAI LAMA/KALACHAKRA TEACHINGS

THE DALAI LAMA

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.

NEW!

THE DALAI LAMA

The Meaning of Life
from a Buddhist Perspective



THE MEANING OF LIFE (From A Buddhist Perspective), by the Dalai Lama, trans. by Jeffrey Hopkins. 120 pp., color photos, #MELI \$12.50 Fall

In this teaching on the twelve links of dependent-arising, His Holiness presents the basic world view of Buddhism and how humans can make life meaningful.

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

BACK!

OPENING THE EYE OF NEW AWARENESS, by H.H. the Dalai Lama, trans. by Donald S. Lopez, Jr. with Jeffrey Hopkins. 144 pp. #OPEY \$12.95

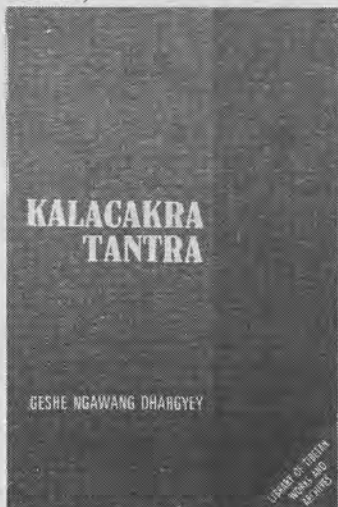
A succinct yet thorough presentation of the doctrines of Tibetan Buddhism written by the Dalai Lama for those who do not have the leisure to study the great texts. It is a good survey of the theory and practice of Buddhism.

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



CULTIVATING A DAILY MEDITATION, by the Dalai Lama. 137 pp., #CUDAME \$6.95 The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara. He shows how to develop the expansive view and a compassionate heart. Insightful questions and answers follow each chapter.

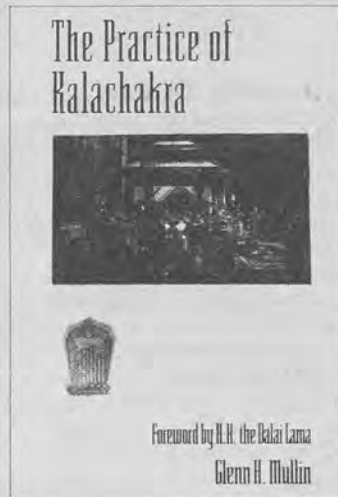
SONGS OF SPIRITUAL CHANGE, by the Seventh Dalai Lama & Glenn H. Mullin. 205 pp. #SEWOD7 \$10.95 (See Religion Section)



TANTRIC YOGAS OF SISTER NIGUMA, by the Second Dalai Lama & Glenn H. Mullin. 240 pp. #SEWOD2 \$12.95 (See Religion Section)

POSTER OF H.H. THE DALAI LAMA, 12 x 19" #DALAPO \$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. #HIYOTA \$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. #KARIIN \$22.95

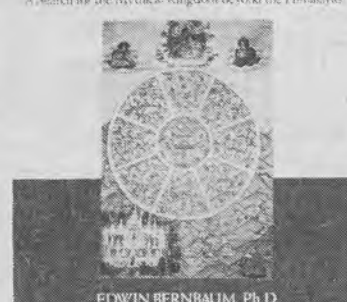
For the first time, a tantric initiation ritual is presented in detail in English.

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

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



THE WAY TO SHAMBHALA, by Edwin Bernbaum. 316 pp., illus. #WASH \$12.95



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

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

THE WAY TO SHAMBHALA, by Edwin Bernbaum. 316 pp., illus. #WASH \$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.



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

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

ogy, 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" #SMKADE \$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. **GAKADE** Kalachakra Deity **GAKAMA** 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. **CUCA9** Long-life Offering

CUCA10 Dalai Lama at Kalachakra

CUCA14 Tibetan Monk in Prayer

CUCA20 Tibetan Lamas

CUCA22 Dalai Lama & Dingo Khyentse R.

CUCA31 High Lamas at Kalachakra



KALACHAKRA SAND MANDALA POSTER, 8 1/2 x 12" #BLKAPO \$5

A high-quality reproduction of the sand mandala against a blue background.

KALACHAKRA SAND MANDALA POSTER, 24 x 35" #KASAP \$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, #KASAC \$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. #KAEMNO These are full-color cards of the Kalachakra mantra.

KALACHAKRA EMBLEM PRINT, 8 x 10" full-color #KAEMPR \$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.



#COPOK1 Wallet-size photo from the cover of *Policy of Kindness*. It is laminated on both sides. \$1



#DALAPP 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



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

SPECIAL ITEMS

SNOW LION TIBET CARDS



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.

- CUCA1 Statue
- CUCA2 Monastery Interior
- CUCA3 Thikse Monastery
- CUCA4 Tibetan Rug Weaver
- CUCA5 Mountain Sunset
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- CUCA8 Smiling Lady
- CUCA9 Long-life Offering
- CUCA11 Tibetan Pilgrim
- CUCA12 Masked Dancer
- CUCA13 Tibetan Man & Child
- CUCA14 Tibetan Monk in Prayer
- CUCA16 Potala Palace
- CUCA17 Young Tibetan Monk
- CUCA18 Potala from Back Side
- CUCA19 White Masked Dancer
- CUCA20 Tibetan Lamas
- CUCA21 Red-Masked Dancer
- CUCA23 Tibetan Horseman
- CUCA24 Elderly Man with Prayer Wheel
- CUCA25 Bashful Khampa Girl
- CUCA26 Tibetan Thangka Painter
- CUCA27 Tibetan Mask
- CUCA29 Tibetan Ngakpa
- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA32 Woman with Prayer Wheels



CUCA25



CUCA50



CUCA30



CUCA68



CUCA32



CUCA4



CUCA19



CUCA27

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.



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

- IMT11 Tibetan from Chamdo
- IMT12 Monks Sounding Trumpets
- IMT13 Tibetan Nomad Tent
- IMT14 Norbu Linga & 13th Dalai Lama
- IMT15 Officials During Losar
- IMT17 Potala During Losar
- IMT18 Tantric Meditator
- IMT19 Tibetan Men & Horses
- IMT110 Mani Stones—Tibet-China border
- IMT111 Wife of Tibetan Governor

FACES OF TIBET

- FAT151 Nomad Yogi
- FAT152 Yogi of Milarepa Tradition
- FAT153 Woman with Prayer Beads
- FAT154 Young Tibetan Girl
- FAT155 Yeshe Dorje, Weather Controller



CUCA69



FAT153



IMT11



FAT154

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, #POPAP0 \$9

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

JOWO SHAKYAMUNI BUDDHA STATUE, #SHBUST \$9

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

BONPO LAMA NAMGYAL ANGDU, 17 x 26" #BOLALI \$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" #BUEYPO \$6

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

HAYAGRIVA POSTER 19 x 25" #HASTPO \$9

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

KALACHAKRA SAND MANDALA POSTER, 8 1/2 x 12" #BLKAPO \$5

A high-quality reproduction of the sand mandala against a blue background.

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

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

NEW!

MANDALA PRINTS, Set of 12, each is 11 x 11," #MAPRI \$15
Medicine Buddha, Amitayus, 1000-Arm Chenrezig, Nirmanakaya Vajra Akshobya, Maha Mandala of the 1037-fold Vajradhatu of the Buddha Family, Guhyasamaja, Chakrasamvara, Kalachakra, Hevajra, Trailokya Vijaya & 9 Bhairavas, Vajrasattva.

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" #WHLPR \$12

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

GARUDA POSTERS \$8 ea.

Fine quality posters of three important images.

GAAMPO Amitabha in Dewachen

GAKADE Kalachakra Deity

GAKAMA 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 #BEGUPO

Vajrapani #BEVAPO

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

Kalachakra #BEKAPO

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

Abhayakaragupta #BEABPO

Khedrub Je #BEKHPO

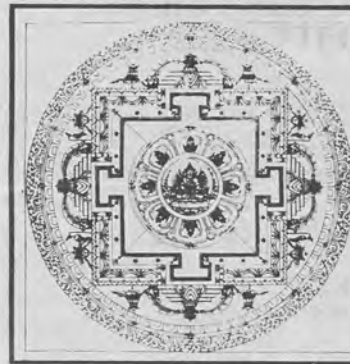
Milarepa #BEMIPO

Yeshe Tsogyal #BEYEP

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

Nagarjuna #BENAPO

Padmasambhava #BEPAPO



MAPRI



WIPO10

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.

BUPR Shakyamuni Buddha

MAPR Manjushri

GRTAPR Green Tara

AMPB Amitabha

MEBUPR Medicine Buddha

JETSPR Je Tsongkhapa

VACOPR Vajradhara w/Consort

VAPR Vajrayogini

CHILDREN'S BOOKS

ILLUSTRATED MAP OF TIBET

The most vivid and colorful map of Tibet took the Department of Religion and Cultural Affairs of His Holiness the Dalai Lama two years to research and produce.

It features not only the geographic landmarks of Tibet, but also finely painted illustrations of regional costumes, ritual dancers, farmers, nomads and Tibetan government officials, all brilliantly depicted.

40.5" by 22.5", the map is printed on durable thick matt-laminated paper suitable for framing. Educational as well as decorative, the map brings out the diverse richness of Tibetan culture.

Price: \$10. Handling and shipping charges extra.

To order please write to: Chime Wangdu, The Office of Tibet
241 E. 32nd Street
New York, NY 10016
tel.: (212) 213-5010

Cho-Yang, The Year of Tibet Issue

This special, Year of Tibet issue of Cho-Yang offers detailed perspective on Tibet in five richly illustrated sections and accompanying photo essays, comprising 348 pages in full color. It is the definitive introduction to Tibetan culture.



Section I, Religion: Articles on the four major schools of Tibetan Buddhism and Bon, the indigenous religion of Tibet. These describe the history, major monasteries and important lamas of each school.

A Guide to the Kalachakra Initiation; The Story of a Tibetan Yogini, Shungseb Jetsun; An Explanation of the Three Principle Aspects of the Path by His Holiness the Dalai Lama.

Section II, Sciences: Mind and Life, Dialogue between scientists and the Dalai Lama; Tibetan Medicine; Tibetan Astro Sciences, etc.

Section III, History & Politics: The Legal Status of Tibet; Post Invasion Tibet: Two Lives, the story of two children growing up in Tibet after the Chinese invasion, etc.

Section IV, Environment: The Environment Prior to the Chinese Invasion; The Tibetan Buddhist View of the Environment; and the Tibetan Way of Life.

Section V, Arts & Culture: Thangka Painting; Metal and Wood Craft; Ritual Dance, Tibetan Opera; and New Forms of Art, etc.

348 pages, US\$27.95, handling & shipping extra.

Tibetan Phrasebook



TIBETAN PHRASEBOOK

Andrew Bloomfield & Yanki Tshering

152 pp. ISBN 0-937938-54-8
\$6.95

Whether you are looking for a room, visiting a monastery, or bargaining for a bus seat, the *Tibetan Phrasebook* and

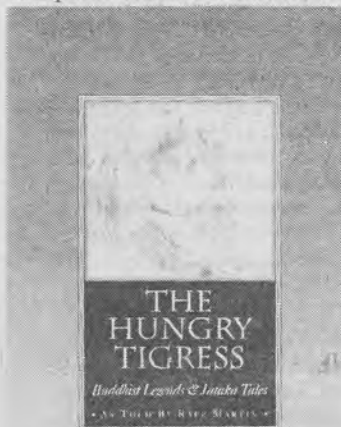
accompanying tapes make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as people wishing to speak with Tibetans in the West will find this book invaluable.

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

NEW!



AMY AND GULLY IN RAINBOWLAND, by W. W. Rowe, illus. by Adam Chow. Ages 5-10, 96 pp., illus., #AMGU \$5.95 June
These are the adventures of Amy Trent and her brother Gully. Finding themselves in Rainbowland, they meet a magical man dressed in Buddhist robes who sends them in quest of the wishing stone. Along the way, they discover that special qualities within themselves are needed to overcome threatening situations—they learn to be courageous, to look beyond appearances, to do no harm and to practice loving kindness. With these powers they undo an evil witch's spells and bring beauty and peace back to Rainbowland.



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



MEDITATION FOR CHILDREN: Pathways to Happiness, Harmony, Creativity & Fun for

the Family, by Deborah Rozman. 152 pp. #MEFOCH \$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.

MEDITATING WITH CHILDREN: The Art of Concentration and Centering, by Deborah Rozman. 160 pp. #MEWICH \$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 Mordicai Gerstein. Color illus., 7 and up, #MOTI \$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. #DALA \$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 Landaw & Brooke. Color drawings, #PRSI \$15.95

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

SHARING NATURE WITH CHILDREN, by Joseph Cornell. 143 pp. #SHNACH \$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. #SHJONA \$9.95

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

SPIRITUAL PARENTING, by David Carroll. 416 pp., #SPPA \$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, #TACOB \$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, #TI \$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. #TITI \$6.95

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



TO THE LION THRONE, by Whitney Stewart. 55 pp. #LITH \$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.'—*Skippping Stones*

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

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

BEYOND THE DEVILS IN THE WIND, Dorris Still. 141 pp., 66 photos & illus., #BEDEWI \$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. #CACO \$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. #DODO \$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. #DRRIRE \$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., #FOTIME \$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. #FOTIM1 \$17; Vol. 2, Second Edition, 126 pp. #FOTIM2 \$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. #HATRTI \$5

Gives the composition of 175 popular Tibetan natural drugs.

THE HEALING BUDDHA



RAOUL BIRNBAUM
FOREWORD BY RICHARD L. DODGE

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

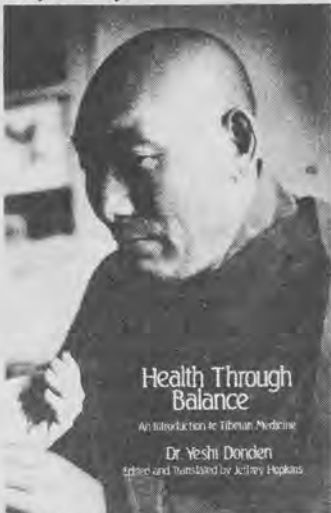
This is the study of the Healing Buddha, who specializes in the healing of illnesses of all kinds, psychological and physical. Discussed are the role of healing in Buddhism, the various Buddhas and scriptures involved in this process, and the rituals through which curative power is released.

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

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

HEALTH AND HARMONY THROUGH THE BALANCE IN PULSE RHYTHMS, by Dr. Tsewang Dolkar Khangkar. 48 pp. #HEHA \$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. #HETHBA \$14.95

"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*

JOURNEY INTO THE MYSTERY OF TIBETAN MEDICINE, by Dr. Dolma & Dr. Dolkar. 95 pp. #JOMYTI \$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. #MIMEHE \$5.95

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



RIGHT OVER THE MOUNTAIN
TRANSLATED BY
A TIBETAN
MEDICINE MAN
Gill Marais

RIGHT OVER THE MOUNTAIN: Travels with a Tibetan Medicine Man, by Gill Marais. 154 pp. #RIMO \$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. 270 pp. #TIARLO \$14.95 June

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. Jeffrey Hopkins has added a robust introduc-

Tibetan Arts of Love

by Gedun Chopel
Trans. by Jeffrey Hopkins
with Dorje Yuthok

tion that elucidates the text. He also shows how the development of subtle states of mind in Highest Yoga Tantra can be enhanced by the use of sexual methods.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY, by Terry Clifford. #TIBUMD \$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.

NEW RECIPES FROM



MOOSEWOOD RESTAURANT

THERAPEUTIC INCENSE!

NEW!

TARA HEALING INCENSE #TAIN \$5

Tara healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are 19 six inch sticks per box.

TIBETAN MEDICINAL INCENSE #POIN \$5

The Tibetan Medical Institute in Dharamsala, India has created a stress reduction incense that you will like. It is a powder that burns with a pleasing odor. A short stick of regular incense is inserted in small pile of the powder and lit. The powder will then smolder and completely burn.

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 #REAG \$6.95

Black Agar 31 #BLAG \$7.95

NIRVANA BRAND #NIBRIN \$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 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 design with beaded edge #KBB \$19

NEW!

AYURVEDIC MASSAGE OIL, 3.5 fl. oz., #AYMAOI \$9.95

Over 15 potent and effective herbs have been selected and blended with sesame oil and leaf extracts, prepared according to traditional methods for general massage use. Concentrated and long-lasting formula.



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

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

COOKBOOKS

Snow Lion is pleased to offer some of the very finest vegetarian 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. #GRCO \$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.

INDIAN VEGETARIAN COOKING, by Michael Pandya. 208 pp., illus. #INVECO \$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. #NEREMO \$15.95

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

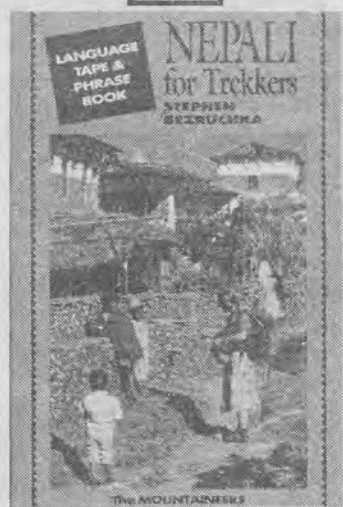
ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN, by Melvyn Goldstein. 486 pp., #ENTIDI \$60 cloth

The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. 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., #ENTICH \$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.

NEW!



NEPALI FOR TREKKERS, by Stephen Bezuchka. 58 pp. plus 90-minute cassette. #NETR \$16.95

This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases. Words and phrases are spoken by a native Nepali. This is a good package for visitors to Nepal.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepak Rigzin. 479 pp. #TIEDDI \$40 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. #COTIEN \$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.

TIBETAN PHRASEBOOK, by Andrew Bloomfield & Yanki Tshering. 152 pp. #TIPH \$6.95, Two 90 min. cassette tapes #TIPHT \$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 include 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.

NOW AVAILABLE!



TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan, by Joe Wilson, Jr. 800 pp., 7 x 9" #TRBUTI \$50 cloth, A Namgyal Institute Textbook.

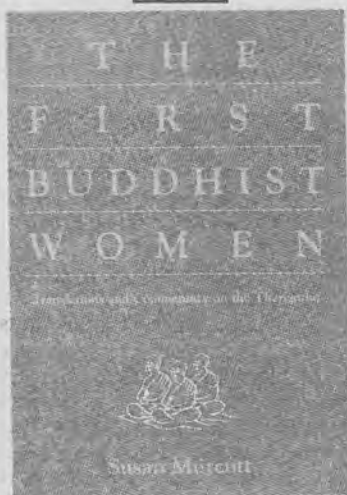
Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation. The book is extremely well designed and serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and will become a standard text in universities and Buddhist centers. The tapes will be available in the near future.

FEMININE GROUND: Essays on Women and Tibet, ed. by Janice Willis. 200 pp. approx. #FEGR \$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 "Dakinis: 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 Demons: 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."

NEW!



THE FIRST BUDDHIST WOMEN: Translation and Commentaries on the Therigatha, by Susan Murcott. #FIBUWO \$15

This is a translation and commentary on the enlightenment verses of the earliest female disciples of the Buddha. "Murcott's insightful commentaries along with her descriptions of the social context in which they were composed are bright, warming, and welcome lights for all of us who long to hear the voices of our sisters in the Dharma."—Michelle Mills, *Karuna Journal*

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

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

WOMEN'S STUDIES

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

NOT MIXING UP BUDDHISM: Essays on Women and Buddhist Practice, by Kahawai Collective. 117 pp. #WPNM \$10 An important collection of essays springing from a revolutionary encounter between Western feminism and Zen Buddhism. Contains essays on Zen practice and its relation to personal, social and political questions integral to the lives of contemporary women and men. Topics include: Buddhism and feminism, sexual power abuse, parentbirth, woman to child, abortion and practicing intimacy.

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

SAKYADHITA: DAUGHTERS OF THE BUDDHA, ed. Bhikshuni Karma Lekshe Tsomo. 300 pp. approx., #SADABU \$14.95

Sakyadhita: Daughters of the Buddha is the fruit of the first International Conference on Buddhist Nuns. At this gathering women Buddhist renunciates from East and West talked candidly about their lives—their joys, their problems and their future as Buddhist nuns in the modern world.

This book aims at linking and encouraging women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment, as well as how to effectively help institute full 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. #SKDA \$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*

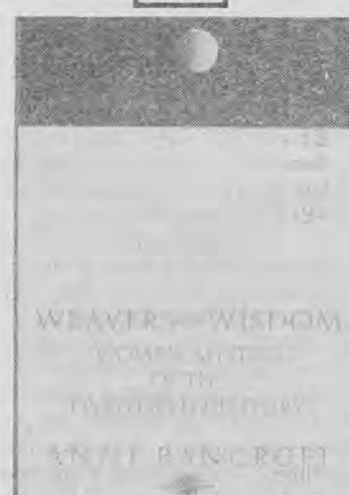
TIBETAN BUDDHIST NUNS, by Hanna Havnevik. 251 pp., 16 photos, #TIBUNU \$40 cloth

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. #TUWH \$22.95 cloth

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

NEW!



WEAVERS OF WISDOM: Women Mystics of the Twentieth Century, by Anne Bancroft. 177 pp. #WEWI \$9.95

Anne Bancroft has explored the feminine approach to mysticism by examining the methods and teachings of fifteen women mystics, each of whom has developed her own unique insights into the "truth that goes beyond the ordinary." Together they give a rare as well as cohesive view of women's ways of liberation.

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

WOMAN AWAKE: A Celebration of Women's Wisdom, by Christina Feldman. 155 pp., #WOAW \$7.95

With a growing awareness of the dignity of all life and its connection with us, we can overcome the social conditioning and myth-making that overwhelm and oppress us. Christina Feldman teaches women and men to appreciate, understand and value ourselves as the means towards our creative and joyful integration with the world.

WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition, by Diana Paul. #WOINBU \$14.95

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 Allhane*. 224 pp. #WOWI \$8.95

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

BIOGRAPHY/HISTORY & POLITICS

BIOGRAPHIES

ADVENTURES OF A TIBETAN FIGHTING MONK, compiled by Hugh Richardson. 135 pp., #ADFIMO \$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. #BUQUSE \$15.95

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

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

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

NEW!



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

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

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

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

NEW!

FREEDOM FROM FEAR, by Aung San Suu Kyi. 338 pp., photos, #FRFE \$12

Aung San Suu Kyi, human rights activist and leader of Burma's National League for Democracy, was detained in 1989 by the ruling military junta and remains under house arrest. Though her party won an overwhelming victory in May 1990, the military has refused either to release her or transfer power in accordance with its earlier promise. These writings give voice to Burma's "woman of destiny," an individual whose indomitable spirit, courage and ideals were internationally recog-



Kagyu and Nyingma lineages was revealed by him.

NEW!



THE LIFE OF MILAREPA, by Lobsang Lhalungpa. 220 pp. #LIMI \$13

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

THE MAGIC LIFE OF MILAREPA: Tibet's Great Yogi, by Eva van Dam. 80 pp., large format, full-color illus. #MALIMI \$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. #MAEN, \$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.

MY LIFE AND LIVES: The Story of a Tibetan Incarnation, by Khyongla Rato. 280 pp. #LILI \$14.95

In 1928, the elder monks of the Gelugpa sect of Tibetan Buddhism divined that a five-year-old boy living in a remote part of Tibet was the reincarnation of the ninth Khyongla of Tibet. On the boy's sixth birthday, monks on horseback took him from his parents to a monastery some distance away where he was installed as its spiritual head. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet, until the Communist Chinese took over. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in the USA.

Never before has there been a book by a Tibetan to describe with such care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. Edited by Joseph Campbell.

OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha, by Thich Nhat Hanh. 600 pp., 40 drawings #OLPAWH \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his 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., #PRLASN \$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. #SULIGE \$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, #THJO \$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. #TICO \$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. #LITH \$8.95

This is an exciting and engaging biography of the Dalai Lama which adults appreciate as much as children. "Your book is not only an engaging and enchanting biography of the Dalai Lama for children. I took great delight in reading it as an adult. I never would have had the time to read a long book on this subject."—a customer

"Whitney does a fine job of integrating information about Buddhist beliefs and Tibetan political history, both of which are crucial to an understanding of the Dalai Lama's life."—Booklist

THE WHEEL AND THE DIAMOND: The Life of Dhardo Tulku, by Dharmachari Suvarja. 159 pp. #WHDI \$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. #WHLI \$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

NEW!

ANCIENT FUTURES

LEARNING

FROM

LADAKH



Helena Norberg-Hodge

ANCIENT FUTURES: Learning from Ladakh, by Helena Norberg-Hodge. 222 pp. #ANFU \$25 cloth

Ancient Futures is much more than a book about Ladakh. Passionately argued, it raises important questions about the whole notion of progress, and explores the root causes of the malaise of industrial society. At the same time, the story of Ladakh serves as a source of inspiration for our own future. It shows us that another way is possible, and points to some of the first steps toward humane patterns of living.

THE ANGUISH OF TIBET, ed. by Petra Kelly, Gert Bastian, & Pat Aiello. 240 pp. #ANTI \$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. #BRACFI \$3.00.

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. #DEDR \$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."

FORBIDDEN FREEDOMS: A Report by the International Campaign for Tibet on Beijing's Control of Religion in Tibet. 100 pp. #FOFR \$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, #GOREIN \$5

This volume contains the most important political documents on Tibet since the Chinese invasion.

HISTORY & POLITICS/DEATH & DYING

HISTORY & POLITICS

the book is essential 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.

A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State, by Melvyn Goldstein. 898 pp. #HIMOTI \$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. #EXLASN \$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., #RETICI \$11.95

This is an inspiring story of the power of courage and hope—the story of refugees who arrived destitute at the frontiers of India and Nepal, yet a mere forty years later had managed to rebuild the essential patterns of Tibetan culture in exile as a legacy for the future. "It is very welcome... especially since it is from the pen of a distinguished anthropologist. I warmly recommend the work."—Dr. Robert Thurman.

NEW!



SEEDS OF PEACE: A Buddhist Vision for Renewing Society, by Sulak Sivaraksa, foreword by H.H. the Dalai Lama, preface by Thich Nhat Hanh. 133 pp. #SEPE \$12 "Sulak Sivaraksa is one of the heroes of our time. To the soul-destroying, Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

Sulak is one of Asia's leading social thinkers and activists. He draws on his experience of Buddhism to approach a wide range of subjects, including economic development, the environment, women in Buddhism and Japan's role in Asia.

SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal, by Ann Armbricht Forbes. 184 pp., photos, #SEHO \$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

Michael C. van Walt van Praag



Westview Press

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

Essential reading for anyone interested in Asian affairs.

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, #TIEIX \$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.

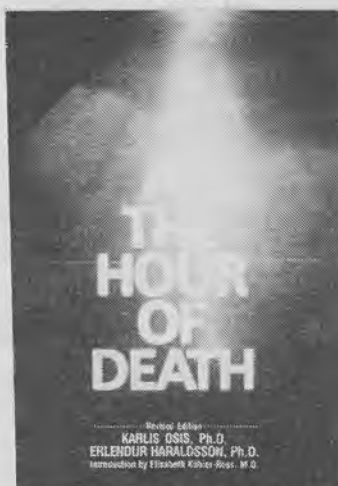
TIBET: THE FACTS, A Report Prepared by the Scientific Buddhist Association for The United Nations Commission on Human Rights. 384 pp., 17 photos and illus. #TIFA \$15

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.

TIBET IN THE WORLD: Resource Directory, by The International Campaign for Tibet. 113 pp. #TIWO \$6

A pocket-size resource directory with over 500 listings of organizations dealing with Tibet—the most comprehensive compilation to date. Includes cultural resources, Tibetan government offices, refugee and community associations, international support network, and more.

NEW!



AT THE HOUR OF DEATH, Karlis Osis & Erlendur Haraldsson. 250 pp. #HODE \$10.95

"Finally, a book that probes death and dying with modern research techniques. Osis and Haraldsson present compelling evidence that the deathbed is the gateway to another existence. The visions of the dying appear to be not hallucinations but glimpses through the windows of eternity."—*New Realities Magazine*

This book is the product of extensive interviews of over 1,000 doctors and nurses who have been present when patients have revived subsequent to "clinical death." The results are discussed in this scientific investigation of the experiences of the dying at the hour of death.



BARDO TEACHINGS: The Way of Death and Rebirth, by Ven. Lama Lodo, 73 pp., illustrations #BATE \$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*

THE BARDO GUIDEBOOK, by Chokyi Nyima Rinpoche. 187 pp. #BAGU \$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," #BRDOLI \$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 vision of death and comfort those who have lost loved ones.

DEATH AND DYING: The Tibetan Tradition, by Glenn H. Mullin #DEDY \$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. #DEINST \$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., #DE \$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. Joel Hoffmann. 366 pp. #JADEPO \$21.95 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."

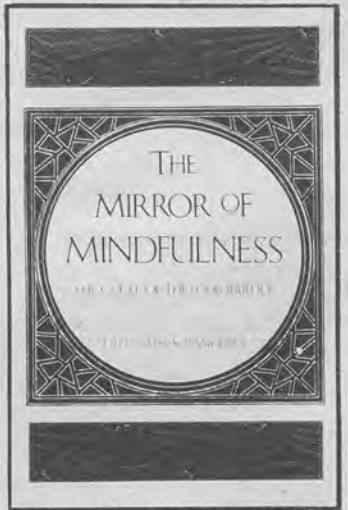
The consciousness of death is in most cultures very much a part of life, this is perhaps nowhere more true than in Japan, where the approach of death has given rise to a centuries-old tradition of writing such a poem, often at the very moment the poet is breathing his last. Here are hundreds of death poems, many with a commentary describing the circumstances of the poet's death.

LIFE, DEATH AND AFTER DEATH, by Lama Thubten Yeshe. 45 pp. #LIDEAF \$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. #LIREDE \$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. #MIMI2 \$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. #TIBODD \$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. #TIBODX \$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. #TRCO \$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., #WHLIDE \$9.95

A very thorough discussion of death and dying by the famous Western Zen Rishi. Intimate in tone, he covers dying, death, karma and rebirth as traditionally understood in the world religions as well as the philosophic, scientific and humanistic traditions. One of the best books on the topic.

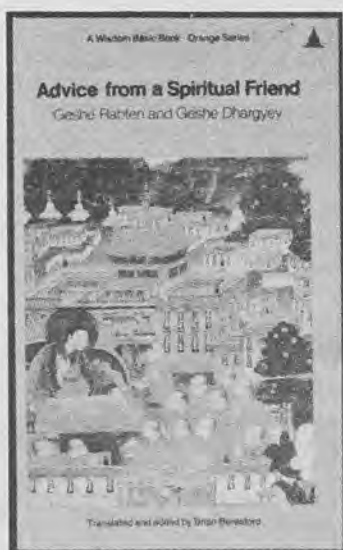
WHO DIES? An Investigation of Conscious Living and Conscious Dying, by Stephen Levine. 317 pp., #WHDI? \$9.95

"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.

RELIGION & PHILOSOPHY



ADVICE FROM A SPIRITUAL FRIEND, by Geshe Rabten & Geshe Dhargye. 160 pp. #ADSPFR \$8.95

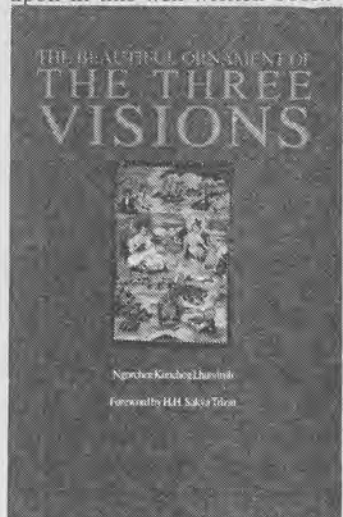
These teachings show how we can transform our restrictive self-centeredness into loving kindness, compassion and wisdom; how by gradually changing our attitudes towards ourselves and others, we can, quite literally, learn to be happy and content in any situation.

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



THE ART OF TANTRA, by Philip Rawson. 216 pp., 169 illus., 25 in color #ARTA \$12.95

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.



THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS, by Ngorchen Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #BEORTH \$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. #BENOGO \$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. #BEPE \$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.

THE BODHISATVA VOW: The Essential Practices of Mahayana Buddhism, by Geshe Kelsang Gyatso. 134 pp., #THBKVB \$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.

THE BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body, by John Mann & Lar Short, illus. by Juan Li. #BOLI \$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. #BRYOAL, \$6.00

This is one of the main meditation texts of early Buddhism in a new translation and commentary: "I am breathing in and making my whole body calm and at peace. It is like drinking a cool glass of lemonade on a hot day and feeling your body become cool inside. When you breathe in, the air enters your body and calms all the cells of your body. At the same time, each 'cell' of your breathing becomes more peaceful and each 'cell' of your mind also becomes more peaceful. The three are one. This is the key to meditation. Breathing brings the sweet joy of meditation to you."

BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo, Tulku Thondup Rinpoche, Ed. by Harold Talbot. 482 pp. #BUMIP \$18.95 paper, #BUMIC \$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, Kunmkhyen 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. #BUNA \$13.95

Buddha Nature expounds in a simple way the profound points of the Uttara Tantra which form a vital link to Vajrayana practice.

BUDDHA NATURE, by Sallie B. King. 205 pp. #BUNA2 \$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 Buddhist philosophical detail with relevant philosophical concepts and distinctions. Buddha nature is one of the most important concepts in Mahayana Buddhism."—Frank J. Hoffman.

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

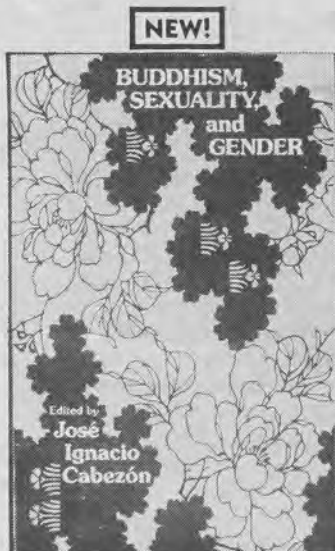
Central to an understanding of the Mahamudra and Dzogchen traditions is an insight into the buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. This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

BUDDHISM, by John Snelling. 136 pp., #BU \$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. #BUTITR \$10.95

A good introduction to Tibetan Buddhism.



BUDDHISM, SEXUALITY, AND GENDER, ed. by Jose Ignacio Cabezon. 241 pp. #BUSEGE \$16.95

This book explores historical, textual, and social questions relating to the position and experience of women and gay people in the Buddhist world from India and Tibet to Sri Lanka, China, and Japan. It focuses on four key areas: Buddhist history, contemporary culture, Buddhist symbols, and homosexuality. The author offers new perspectives on the history of the attitudes toward women in both ancient and modern Buddhist societies.

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

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

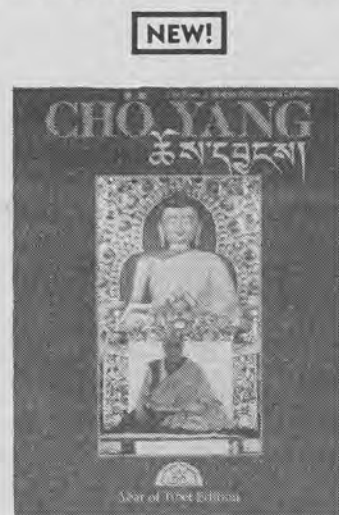
Written shortly before his death in 1985, this collection of essays by Lama Govinda provides a rich overview of Buddhism with much food for thought for the Western student.

THE CENTRAL PHILOSOPHY OF TIBET, by Robert A. F. Thurman. 442 pp. #CEPHTI \$18.95, A Namgyal Institute Textbook.

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 Vijñanavada 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. #CHRE, \$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.



CHO YANG, by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 349 pp., hundreds of color and B&W illustrations, 8 1/2 x 11" #CHYA \$27.95

This is a magnificent volume of Tibetan religion, culture, science and history in word and image. It offers the best description of the four lineages, their monasteries and practices, and it includes interviews with each of the five lamas who taught on the "Nature of Mind" prior to the 1991 Kalachakra Initiation in New York. The Dalai Lama gives a teaching on the three principal aspects of the path and a presentation of the Kalachakra Initiation. There are separate sections on the sciences, history and politics, environment, arts, crafts and culture. Also included is the life story of the famous Tibetan yogini, Shungsep Jetsun.

THE CHRIST AND THE BODHISATVA, Donald S. Lopez, Jr. & S. C. Rockefeller, Editors. 274 pp. #CHBO \$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 Pro-

testantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

NEW!

CLEAR LIGHT OF BLISS

GESHE KELSANG GYATSO



CLEAR LIGHT OF BLISS: Mahamudra in Vajrayana Buddhism, by Geshe Kelsang Gyatso. 288 pp. #CLLIBL \$19.95

June

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. #COGUYO \$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.

A COMPENDIUM OF WAYS OF KNOWING, by A-kye Yongdzin Yangchen Garwai Lodro. 67 pp. #COWAKN \$2.95

A CONTINUOUS RAIN TO BENEFIT BEINGS, by H.H. the 15th Karmapa. 33 pp. #CORÁ \$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.

CRAZY WISDOM, by Chogyam Trungpa. 160 pp. #CRWI \$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. #CRWALI \$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. #CUTA \$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. #CUTHAP \$15.95 paper, A Namgyal Institute Textbook.

Here is an authentic presentation of the fundamental aspects of the practice and theory of Tibetan Buddhism, set down in a beautiful text especially useful to those interested in the study and practice of this tradition. The first part of the book, a meditation manual written by the Fourth Pan-chen Lama (1781-1852), covers much of the daily practice of Tibetan monks and yogis. It details how to prepare for and how to conduct a meditation session that contains within it the important essentials of the entire scope of the Buddhist path.

The second part presents a solid introduction to the theory behind the practice. Written by Gonchok-jik-may-wang-bo in the eighteenth century, it covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. The topics include the two truths, 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. #CUSMA \$12.95

THE CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation, by Namkhai Norbu. 128 pp. #CYDANI \$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. #DABL \$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 Instruction to Lady Tsogyal, by Erik Pem Kunsang. 200 pp., #DATE \$14. This is a terma text of the or teachings given to Yeshe Tsogy recorded in a coded language called "dakini script" and con-

cealed 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., POKI \$6.95 (see Dalai Lama Section).

DEBATE IN TIBETAN BUDDHISM



Daniel E. Perdue

DEBATE IN TIBETAN BUDDHISM, by Daniel E. Perdue. 1025 pp., notes, biblio., index #DETIBP \$38.95 paper, #DETIBC \$45 cloth, A Namgyal Institute Textbook.

The practice and theory of introductory Buddhist logic and epistemology, as found in Tibetan Buddhism, is the focus of this clear and thorough exposition. An essential prerequisite in Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach students Buddhist philosophy by sharpening their analytical capacities. Also, since a significant part of the Tibetan commentarial tradition incorporates 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.

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

DEPENDENT-ARISING AND EMPTINESS, by Elizabeth Napper. 849 pp. #DEARM \$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.

#DHILAL \$10.95

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

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



DHARMA PATHS
VEN. KHENPO KARTHAR RINPOCHE

DHARMA PATHS, by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHPA \$14.95 Aug.

This is a broad and in-depth introduction to Tibetan Buddhism. It cuts through the complexity and apparent contradictions of the Tibetan tradition, revealing a flexible approach based on our individual capacities. Without assuming an academic background or knowledge of Buddhist terminology, DHARMA PATHS presents both basic and advanced material, making the essence of the vast Tibetan teachings surprisingly accessible.

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

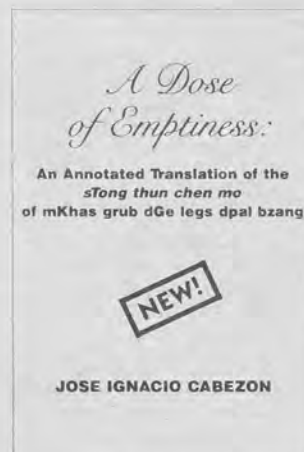
Weber explores theories of space, time, energy, consciousness, compassion, the development of form in living things and the relationship between finitude and the infinite in a series of thought-provoking interviews with prominent contemporary thinkers like the Dalai Lama, Stephen Hawking, Rupert Sheldrake, 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. #DISUSU \$14

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. #DIUNME \$4.95

A DOSE OF EMPTINESS: An Annotated Translation of the sTong thun chen mo of mKhas



grub dGe legs dpal bzang, by Jose Cabezón. 900 pp. #DOEM \$29.50 May

This text is a detailed critical exposition of the theory and practice of emptiness as expounded in the three major schools of Mahayana Buddhist philosophy: Yogacara, Svatantrika and Prasangika. It is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

"It is encyclopedic and covers the most important ideas in the whole fabric of Indian Mahayana-Tibetan Buddhism."—Kenneth Inada

NEW!



DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT, by Namkhai Norbu Rinpoche. 140 pp. #DRYO \$12.95 June

Going beyond the practices of lucid dreaming that have been popularized in the West, this ground-breaking book presents the hidden Tibetan methods for manipulating dream states. In this tradition, the development of lucidity in the dream state is seen in context of attaining greater awareness in the after-death bardo states and ultimately attaining liberation. Namkhai Norbu Rinpoche is a master of dream yoga and presents much of the material in a lively question and answer format.

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

DZOGCHEN & PADMA-SAMBHAVA, by Sogyal Rinpoche. 103 pp. #DZPA \$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. #DZSEPE \$7.95 This is a manual of Dzogchen practice that is remarkably complete for its size.

BACK!

ECHOES OF VOIDNESS, by Geshe Rabten. 148 pp. #ECVO \$8.95

Voidness—the emptiness of inherent existence—is central to Buddhist thought and practice. *Echoes* provides a framework for understanding voidness by presenting it from three different perspectives: devotional, logical and experiential.

EMPTINESS YOGA, by Jeffrey Hopkins. 504 pp. #EMYOP \$19.95; cloth #EMYOC \$35, A Namgyal Institute Textbook.

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

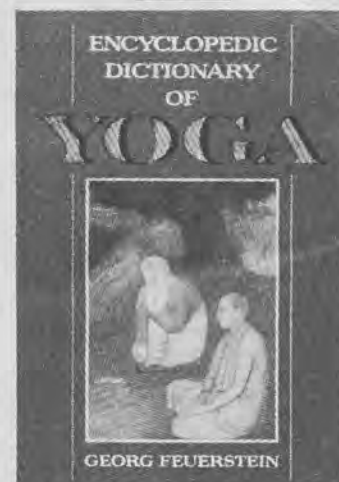
Emptiness Yoga is an absorbing and highly readable presentation of the highest development in Buddhist insight. Professor Jeffrey Hopkins—considered by many to be the foremost contemporary Western authority on Tibetan Buddhism—presents an in-depth, lively exposition of the methods of realization of the 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.

NEW!



ENCYCLOPEDIA OF YOGA, by Georg Feuerstein. 430 pp., illus., #ENDIYO \$24.95 cloth

"All Westerners interested in Eastern philosophy and religion will soon wonder how they ever did without this volume at their side."—Jacob Needleman

Covering both the metaphysical and practical dimensions of Yoga, Georg Feuerstein has distilled information using hundreds of Sanskrit texts from sources such as Patanjali, Shankara, Ramanuja and tantric yoga, and incorporates this material into a single volume. The accurate and complete information in this reference tool raises it above all previous attempts to catalog the Yoga tradition.

ENLIGHTENED LIVING: Teachings of Tibetan Buddhist Masters, by Tulku Thondup. 144 pp., #ENLI \$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. #ESBU \$9.95

Teachings by outstanding masters of the four Tibetan Buddhist traditions: Kyabgon Sakya Trizin

RELIGION & PHILOSOPHY

Rinpoche, Kyabje Yongzin Ling Rinpoche, Kyabje Dilgo Khyentze 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. #ESREGO \$12.95 (see Dalai Lama section).

ETHICS OF TIBET: Bodhisattva Section of Tsong-Kha-Pa's Lam Rim Chen Mo, by Alex Wayman, foreword by the Dalai Lama. 224 pp. #ETTI \$16.95

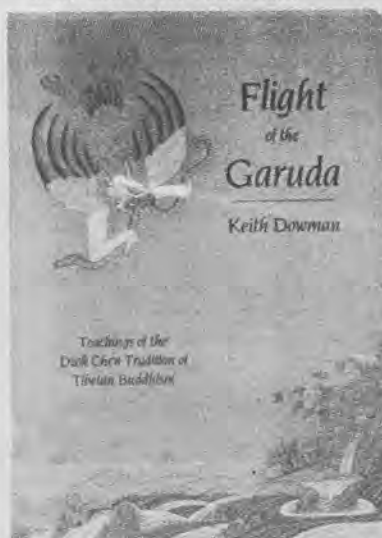
This is a systematic analysis of the conditions necessary for progress in spiritual attainment, from the awakening of the mind of enlightenment (bodhicitta) to the final insight (prajna). A clear and easy-to-read articulation of the doctrine of bodhisattva compassion.

THE EXCELLENT PATH OF ENLIGHTENMENT, H.H. Dilgo Khyentse Rinpoche. 120 pp. #EXPAEN \$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. #FIARRE \$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.



THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition, Keith Dowman. 210 pp. #FLGA \$14.95

Contains the English translation of four fundamental Dzogchen texts with an illuminating introduction by the author.

FOUNDATIONS OF TIBETAN MYSTICISM, by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$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. #FOESBU \$6.50

Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on Mahamudra, Madhyamika, and meditation.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentse Rinpoche. 44 pp. #FOTHPR \$5.95

Dzog-chen is the realization of the perfection of all reality as an in-

divisible 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. #FUCALI \$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 Jampal Zangpo, Trans. by Sanghe Khando. 187 pp. 23 plates, 14 in color. #GAWIFU \$15.95

In the snowy land of Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. In the east, the principal monastery of these six is the glorious and powerful Palyul. This book presents a comprehensive explanation of the 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. #GAMAPR \$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. #GEOR \$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.

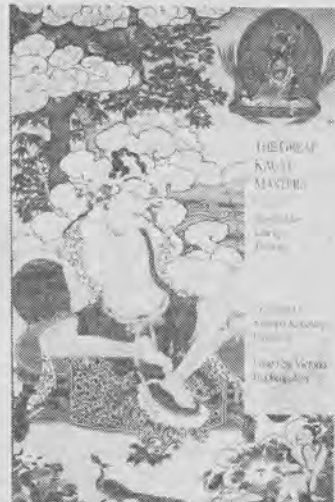
Kalu Rinpoche was born in 1905 in eastern Tibet. From the age of eighteen, Rinpoche studied with several eminent teachers in Tibet and then went on a twelve-year mountain retreat. Afterwards, Rinpoche spent many years teaching and directing retreats in Tibet. In 1962 he established a monastery in Sonada, 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!

THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master, trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 150 pp. #GOLE \$14.95

Three Statements That Strike the Essential Path is an ancient Dzogchen revelation that introduces the

practitioner to the nature of his or her own mind. Included are commentaries by Patrul Rinpoche and H.H. Dudjom Rinpoche.



THE GREAT KAGYU MASTERS, trans. by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenpähler. 240 pp. #GRKAMA \$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. #GRGA \$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. #GRPAW \$12

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. #GUBOWA \$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.

GUIDE TO DAKINI LAND,

Geshe Kelsang Gyatso. 576 pp. #GUDA \$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 lineage 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. #GUWAME \$7

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

THE GURU PUJA, 67 pp. #GUPU \$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.

HEALING IMAGE: The Great Black One, by William Stablein. 288 pp., 38 color illus., #HEIM \$14.95

The story of an American's years of Tantric Buddhist study in Nepal and India. His discovery of an ancient manuscript and healing-meditation practice leads him on a spiritual journey to find out the secrets and practices of the powerful Tibetan deity called Mahakala. William Stablein outlines ways that readers can incorporate these practices into their own lives to promote wellness, compassion and creativity.

THE HEART OF THE BUDDHA, by Chogyam Trungpa. 176 pp. #HEBUD \$14

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. #HEUN \$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. #HEWI \$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. #HESUEX \$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. #HITETI \$18.95

Dharma Treasures, *Terma*, have been concealed and later discov-

ered 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 Cozori. 192 pp. #HIYOTA \$12.95, A Namgyal Institute Textbook.

"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.

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

ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism, by Sakya Pandita. 192 pp. #IL \$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.

IMAGINATION AND ENLIGHTENMENT IN TIBETAN TANTRIC ART, by Dan Cozori. 48 pp., 75 illus., 8 1/2 x 11," #IMEN \$5

This exhibition catalog has a very straightforward explanation of tantric practice, one of the best we have read. Deity yoga, images of sex and death, protectors, dakinis, ritual objects, asanas and mudras are all discussed. It explains the iconography of many popular and less well known deities and contains images of them. Highly recommended!

IN PRAISE OF TARA: Songs to the Saviouress, Trans. & Ed. by

RELIGION & PHILOSOPHY

Martin Willson. 480 pp. #PRTA \$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. #SESTAM \$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. #FOGA \$15

Twelve renowned spiritual social activists speak on compassionate action. "To live for the benefit of others heals us. These are interviews with women and men who tread the path of compassionate action and leave markers to point the way. A wonderful book!"—Stephen and Ondrea Levine. Writers include: the Dalai Lama, Desmond Tutu, Joan Baez, Thich Nhat Hanh, Joanna Macy, David Steindl-Rast and others.

INTRODUCTION TO TANTRA: A Vision of Totality, by Lama Yeshe. 176 pp. #INTA \$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 JAPANESE CULT OF TRANQUILLITY, by Karlfried Dürckheim. 125 pp. #JACUTR \$9.95

Dürckheim explains how all facets of Japanese life, many of which are incomprehensible to Westerners, are rooted in a philosophy of a deep acceptance of life as it is, and in the great power that lies in simplicity of feeling and action. Tranquillity is central to the values, art, daily life and spiritual practice of the Japanese. This book is for anyone who seeks inner peace and spiritual meaning within the frenetic lifestyle so common in Western society.

THE JEWEL ORNAMENT OF LIBERATION, by Gampopa,

trans. & ed. by Guenther. 353 pp. #JEORLI \$18.95

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

THE JEWELLED STAIRCASE, by Geshe Wangyal. 176 pp. #JEST \$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 (Jeffrey Hopkins & Robert Thurman among others). 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. #JOVA \$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. #JOPAGO \$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. #KARIIN \$22.95 (see Kalachakra section).

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

KEYS TO GREAT ENLIGHTENMENT, by Geshe Tsulim Gyeltsen. 176 pp., #KEGREN \$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., oversize with 14 illustrations #KHOZ \$16

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. #KICLIN \$12.95 (see Dalai Lama section).

KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology, by Anne Klein. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Textbook.

Several years in the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet system, for it 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. #KNLIP \$18.95, #KNLIC \$27.50 cloth, A Namgyal Institute Textbook.

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

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

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

LAMP OF MAHAMUDRA, by Tsele Natsok Rangdrol. 140 pp. #LAMA, \$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. #LIHA \$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 advertized.

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. #LIPAH, \$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. #LITENA \$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. #LITETS \$11.95

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

This is a survey of Buddhist responses to sexuality. Beginning with Shakyamuni Buddha himself the author discusses a wide range of approaches leading to the tantra of India, China and Japan.

MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis, by Thinley Norbu. 167 pp. #MADA \$12.00

Explains how all personal and general phenomena, including all spiritual traditions, depend on the outer, inner and secret manifestations of the five wisdom dakinis.

MAHAMUDRA: Eliminating the Darkness of Ignorance, by the 9th Karmapa, trans. Alex Berzin. 194 pp. #MA \$9.95

Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text.

MAHAMUDRA: The Quintessence of Mind and Meditation, by Takpo Tashi Namgyal, Trans. by Lobsang P. Lhalungpa. 550 pp. #MAQU \$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. #MABU, \$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., #MARIFI \$14.95

The ritual fire offering plays an important part in tantric practice. The fire offering for peace is commonly performed at the conclusion of meditation retreats associated with specific deities, in order to compensate for any errors that may have occurred during the practice. It can also pacify hindrances, increase merit, wealth, life span, etc. In this manual are fire offering practices for six meditational deities: Solitary and Thirteen-Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by Keith Dowman. 454 pp. #MAMA \$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. #MEBE \$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. #MEHA \$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.

MEDITATION IN ACTION, by Chogyam Trungpa. 168 pp. #MEAC \$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. #MEEM \$35 cloth

MEDITATION ON VAJRABHAIKAVA, by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$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. #MELOTA \$7.95

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

RELIGION & PHILOSOPHY

MIND IN TIBETAN BUDDHISM, by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$10.95, A Namgyal Institute Textbook.

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 Geshey degree, after which he attended the Tantric College of Upper Lhasa.

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

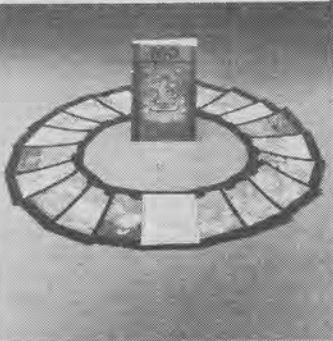
MIND SCIENCE: An East-West Dialogue, by the Dalai Lama, Herbert Benson, Robert Thurman, Daniel Goleman, et al. 152 pp. #MISC \$12.95

What is the subtle relationship between mind and body? What can today's scientists learn about this relationship from masters of Buddhist thought? Can a combined effort lead to a new understanding of the nature of mind? Based on a Spring 1991 Harvard Medical School symposium involving the Dalai Lama and leading Western thinkers, this book documents the dialogue between Western scientists of mind and Buddhism.

THE MIRACLE OF MINDFULNESS, by Thich Nhat Hanh. 140 pp. #MIMI \$9

This is a classic manual on meditation beautifully illustrated by Vo Dinh Mai.

MO: The Tibetan Divination System



MO: THE TIBETAN DIVINATION SYSTEM, by Mipham, trans. & ed. by Jay Goldberg, illus. by Doya Nardin. 124 pp. book, 36 color cards, dice, #MO \$29.95

The MO is to Tibet what the I-

Ching is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The 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

NGONDRO: The Four Foundational Practices of Tibetan Buddhism, by Ole Nydahl. 96 pp. #NG \$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. #NOSENA \$3

The Buddha presented three ideas as fundamental conditions pervading human experience: suffering, impermanence and lack of self-nature. This no-self doctrine is hard to penetrate and liberating in its effect, when once understood. This thought-provoking study explores the idea of no-self of persons and phenomena and provides the reader with many jewels to reflect upon.

NEW!

THE NYINGMA SCHOOL OF TIBETAN BUDDHISM, by Dudjom Rinpoche. 1600 pp., 110 color and b&w plates, 131 line drawings, two cloth volumes in slipcase, #NYSC \$240.

In the *Fundamentals* Rinpoche explains the doctrine of samsara and nirvana, the buddha nature, the causal vehicle of dialectics, the resultant vehicles of secret mantra culminating in the Dzogpachenpo. The *History* section explains the lives and lineages of Nyingma masters.

OPEN HEART, CLEAR MIND, by Thubten Chodron. 180 pp., #OPHECL \$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.

BACK!

THE OPENING OF THE LOTUS: Developing Clarity and Kindness, by Lama Sherab Gyaltzen Amipa. 176 pp. #OPLO \$12.95

The development of the stages of enlightenment is unfolded here by a lama of the Sakya tradition. He



describes effective methods for calming and developing the mind in wisdom and compassion.

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

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

ORDERLY CHAOS: The Mandala Principle, by Chogyam Trungpa. 184 pp. #ORCH \$13

From the perspective of the mandala principle, all phenomena are part of one reality and existence is an orderly chaos. There is chaos and confusion because everything happens by itself without any external ordering principle. At the same time, whatever happens expresses order and intelligence, wakeful energy and precision. Through meditative practices associated with mandalas, the opposites of experience are revealed as inseparable parts of a total vision of reality.

THE ORIGIN OF THE TARA TANTRA, by Jonan Taranatha, trans. & ed. by David Templeman. 104 pp. #ORTATA \$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. #APLI \$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.

NEW!



A PASSAGE FROM SOLITUDE: Training the Mind in a Life Embracing the World, by B. Alan Wallace, ed. by Zara Houshmand. 120 pp. #PASO \$9.95 July

The central theme of this Tibetan method of mind training is to make the liberating passage from the constricting solitude of self-centeredness to the warm kinship with others which occurs with the cultivation of cherishing others. This training is especially suited for an active life. It does not require that we withdraw but that we re-examine our relationships—to family, friends, enemies and strangers—and transform our

responses to the experiences of life. This is the Mahayana attitude that aspires to attain full awakening through compassion for all creatures.

PATH OF THE BODHISATTVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin. 387 pp. #PABOWA \$14.95

"A well-written and well-illustrated book...gives many valuable insights into the Tibetan culture and religion."—*Theosophy*

The Thirteenth Dalai Lama (1876-1933) is known to Tibetans as the "Great Thirteenth," for he provided a successful political as well as spiritual leadership in difficult and turbulent times, and thus perfectly exemplified the Mahayana ideal of the bodhisattva warrior.

Path of the Bodhisattva Warrior brings into English for the first time many of the most important writings of this astounding leader—precise details are given concerning how to begin and conduct an effective meditation practice; an overview is given of the Buddhist tantras; 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.

PATH TO BLISS, by H.H. the Dalai Lama, ed. by Thubten Jinpa & Christine Cox. 240 pp. #PABL \$14.95

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.

PEACE IS EVERY STEP: The Path of Mindfulness in Everyday Life, by Thich Nhat Hanh. 135 pp. #PEEVST \$8.50 paper

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 so we can remain alive to the perfection of every moment and be truly awake.

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

THE PRACTICE OF THE CO-EMERGENT MAHAMUDRA, by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sensei. 26 pp., #PRCOMA \$4.00

This is a classic Tibetan text which presents the four yogas of the path of Mahamudra in concise and clear form.

PRAJNAPARAMITA: The Six Perfections

Venerable Khenpo Palden Sherab Rinpoche

Translated by

Khenpo Tsewang Dongyal Rinpoche

Foreword by

Lama Rinpoche

Illustrations by

Lama Rinpoche

Foreword by

Lama Rinpoche

Illustrations by

Lama Rinpoche

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RELIGION & PHILOSOPHY

and astrology. Using examples from Buddhist teachings as well as everyday life, the author shows how the first nine aspects of knowledge cover all avenues of "right-livelihood," leading to the tenth and most advanced aspect of knowledge, inner truth.

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

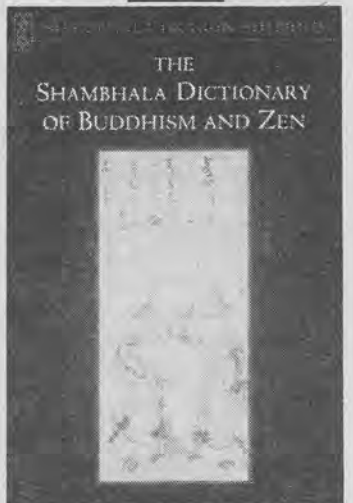
NEW!



SHAMATHA MEDITATION: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence. by Gen Lamrimpa, Translated & Ed. by B. Alan Wallace Co-edited by Hart Sprager. 140 pp. #SHME \$10.95 May, A Namgyal Institute Textbook.

On January 6, 1988, a group of twenty-four American dharma students began a shamatha meditation retreat at Cloud Mountain Retreat Center in Washington, under the guiding hand of Gen Lamrimpa, a Tibetan meditation master. Some people had committed to practice for three months, some for up to one year. Gen Lamrimpa gave two weeks of shamatha meditation instructions to these practitioners at the beginning of the retreat. These teachings are presented here for the benefit of anyone who aspires to achieve meditative quiescence in their regular practice or in retreat.

NEW!



THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN. by Ingrid Fischer-Schreiber (Buddhism), Franz-Karl Ehrhard (Tibetan Buddhism), Michael Diener (Zen), trans. by Michael Kohn. 28 pp., #SHDI \$19

Over 1500 entries make this the most complete compact reference work of its kind. It is designed for both students and others interested in Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of

practices, the basic texts and scriptures, and the range of sects and schools of thought are among the subjects covered.

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

THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA. by Garma C.C. Chang. 128 pp. #SIYONA \$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*

FORTHCOMING!

THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet. by Surya Das. 256 pp., illus. #HRTM \$24.95 cloth, July. 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., #SOESAD \$4.50 Four talks by one of the leading dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.

SONGS OF SPIRITUAL CHANGE. by the Seventh Dalai Lama & Glenn H. Mullin. 205 pp. #SEWOD7 \$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*

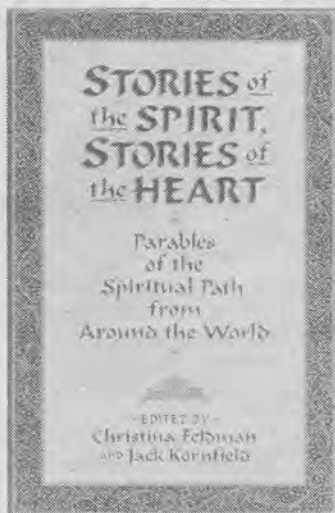
This highly valuable collection of tantric songs and poems of spiritual instruction for taming and developing the mind was written by one of the greatest of the early Dalai Lamas.

"The publications of these songs, reminiscent in many ways of those of Milarepa, provide a useful view... of Tibetan Buddhism."—*Parabola*

NEW!

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA. by E.K. Neumaier-Dargyay. 288 pp. #SOLACR \$16.95 May

This is a translation of the eighth-century *Kun byed rgyal po'i mdo* that presents being as the center of existence and as accessible in everyday experience. The fleeting existence is in its depth nirvana, a state of complete integration. It addresses themes of great concern to the present, including how to achieve a holistic world-view that integrates the phenomenological nature of existence with the ground of being, and the interrelatedness of individual and uni-

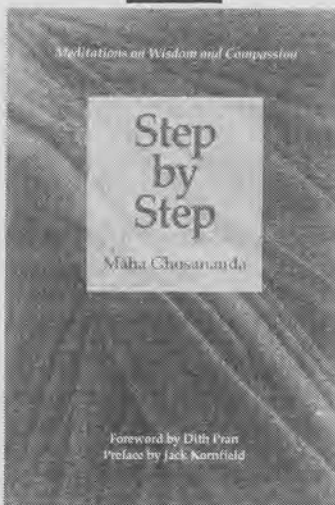


verse. When the world is seen to be beautiful and intelligible, the innate purity of the intelligent potency, the motherly Buddha, will be experienced.

SPEAKING OF SILENCE: Christians and Buddhists on the Contemplative Way. ed. Susan Walker. 327 pp. #SPSI \$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.

NEW!



STEP BY STEP: Meditations on Wisdom and Compassion. by Maha Ghosananda. 83 pp., photos, #STST \$9

"In these words, you will find the quiet simplicity and truth that underlie his loving presence."—Jack Kornfield

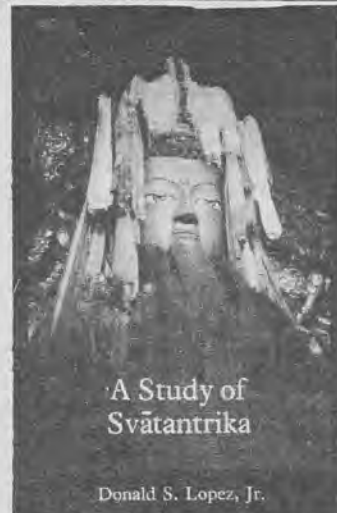
Step by Step is a collection of meditations on wisdom and compassion drawn from Maha Ghosananda's experience as a meditation master and international peacemaker.

NEW!

STORIES OF THE SPIRIT, STORIES OF THE HEART: Parables of the Spiritual Path from Around the World. ed. by Christina Feldman & Jack Kornfield. 396 pp. #STSP \$14.95

This new collection of teaching stories draws richly and widely from many cultures and centuries. Each story is alive and timely, filled with the inspiration of these traditions. Their themes illustrate the parallels of the world's great teachings on separating wisdom from folly, false ideals from the truth, and showing the way to compassion and freedom. This is a valuable book.

A STUDY OF SVATANTRIKA. by Donald S. Lopez, Jr. 450 pp. #STSV \$19.95, #STSV \$35 cloth, A Namgyal Institute Textbook. "Lopez's book is a very welcome addition to the more advanced ma-



terial available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika in particular.—Paul Williams—*The Middle Way*

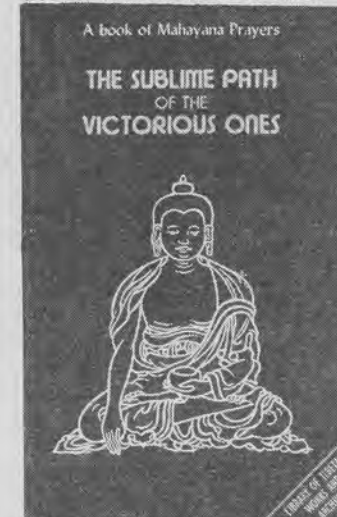
This study presents for the first time in English a clear and extensive picture of the Svatantrika Madhyamika system through an analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Several central issues are considered: the division 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's own study within the tradition of Western Buddhology. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika."—*Religious Studies Review*

THE SUBLIME PATH OF THE VICTORIOUS ONES.

compiled by The Office of H.H. the Dalai Lama. 87 pp. #SUPAVI \$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. #SUHE \$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 Sthavira Sangharakshita. 496 pp. #SUBU \$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. #SYST \$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. #TADI \$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 Khenpo Sangpo Rinbochay, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239 pp. #TAPRNY \$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. #SEWOD2 \$12.95

"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* (Yamanaka): 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 mak-

RELIGION & PHILOSOPHY

ing 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. #TEBUMO \$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.

THE THREE JEWELS: An Introduction to Buddhism, Sangharakshita. 279 pp. #THJE \$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.

THE TIBETAN DHAMMAPADA: Sayings of the Buddha, by Gareth Sparham. 240 pp. #TIDH \$14.95

This compilation of Buddha's sayings, known as *The Dhammapada*, has long been considered one of the most important sources for guidance in ethics, the basis for a calm and happy mind. "Known among Tibetans for the beauty of its poetry and the universality of its message, there is no Buddhist for whom the teaching in the book is irrelevant." —the Dalai Lama.

TIBETAN TRADITION OF MENTAL DEVELOPMENT, by Geshe Dhargye. 255 pp. #TITRME \$9.95

A comprehensive presentation of the graded path to enlightenment based on a series of teachings given in the philosophy class of the Library of Tibetan Works and Archives.

TO CHERISH ALL LIFE: A Buddhist Case for Becoming Vegetarian, by Philip Kapleau. 104 pp. #CHLI \$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.

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

FORTHCOMING!

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

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. #TRHE \$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. #TRDH \$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. #TRCOS \$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.

THE TWO TRUTHS



Guy Newland

FORTHCOMING!

THE TWO TRUTHS, by Guy Newland. 270 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$35 cloth, June, A Namgyal Institute Textbook.

"...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. #UNMADZ \$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. #UNCO \$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. #UT \$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, Ariyasanga, 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. #VITR \$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. #VIBU \$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!

WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition, by Geshe Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WATHWA \$19.95, \$35 cloth, June, A Namgyal Institute Textbook.

This is a practical and systematic presentation of Tibetan meditation. The achievement of liberation from the afflictive emotions and realization depends in Bud-



dism on the successful development of calm abiding and special insight. With calm abiding the mind rests without fluctuation on a single object of observation. With special insight it not only remains on the object of concentration but analyzes it with clarity and intensity. The methods for practicing, the objects of observation, the obstacles to meditation and how to overcome them, the deepening stages of calm abiding and special insight and the signs of achievement are extensively described.

WHEEL OF SHARP WEAPONS, by Geshe Dhargye. #WHSWE \$4.95

An inspiring text for the Bodhisattva warrior.

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

The Kalachakra 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.

WHEN THE IRON EAGLE FLIES: Buddhism for the West, by Ayya Khema. 198 pp. #WHIREA \$9.95

This clear exposition is not only Buddhist philosophy, it is a practical guide to meaning through awareness, containing a wealth of exercises and advice to help you on your way. Meditation is the way to freedom from worries and fears. "It is difficult, like swimming upstream, but sailing downstream with the crowd means we end up on the mudflats—upstream we find the clear and unpolluted source."

WHITE LOTUS: An Introduction to Tibetan Culture, ed. by Carole Elchert. 240 pp., 38 color and 70 black & white illus. #WHLO \$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.

"*White Lotus* is splendid. It is a guide to the middle path of Tibetan culture that celebrates Buddhist attitudes and endures the tremendous agony of that culture without focusing too much on one or the other. *White Lotus* strikes a fine balance with beautiful illustrations and writings." —Galen Rowell

THE WISDOM OF NO ESCAPE: and the Path of Loving Kindness, by Pema Chodron. 110 pp. #WINO \$10

This book is about saying yes to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It exhorts us to wake up wholeheartedly to everything and to use the abundant, richly textured fabric of everyday life as our primary spiritual teacher and guide.

THE WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthang Tradition, by Dilgo Khyentse Rinpoche. 108 pp. #WIFUJE \$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. #WOAN \$4.50

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

WORLD AS LOVER; WORLD AS SELF, by Joanna Macy, Foreword by Thich Nhat Hanh. 252 pp. #WOLO \$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. #WRKARI \$8.95

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.

ZEN AND THE PSYCHOLOGY OF TRANSFORMATION: The Supreme Doctrine, by Hubert Benoit. 264 pp. #ZEPSTR \$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.

ADVENTURE & TRAVEL/ART & PHOTOGRAPHY

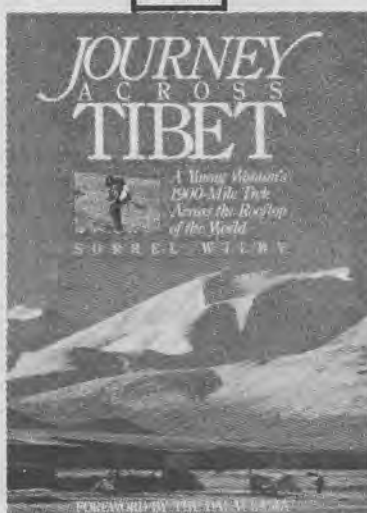
ADVENTURE & TRAVEL

HEART OF ASIA: Memoirs from the Himalayas, by Nicholas Roerich. 192 pp. #HEAS \$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. #INTRSU \$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.

NEW!



JOURNEY ACROSS TIBET: A Young Woman's 1900-Mile Trek Across the Rooftop of the World, by Sorrel Wilby, foreword by the Dalai Lama. 236 pp., color photos, # Normally \$9.95, Available from us for \$7.95.

At the age of twenty-five, Sorrel Wilby had already traveled alone on a bicycle through Japan, Korea, and China before setting out on her greatest challenge—to Walk across Tibet. Sponsored by *Australian Geographic*, she experienced three months of ordeal and ecstasy that led through barren desert plains, mountain passes and into isolated hamlets where no Westerner had ever been. Often she needed the help of nomads who, though poor in material possessions, were in their generosity and their spiritual faith, are among the richest people in the world.

A JOURNEY IN LADAKH, by Andrew Harvey. 236 pp. #JOLA \$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.

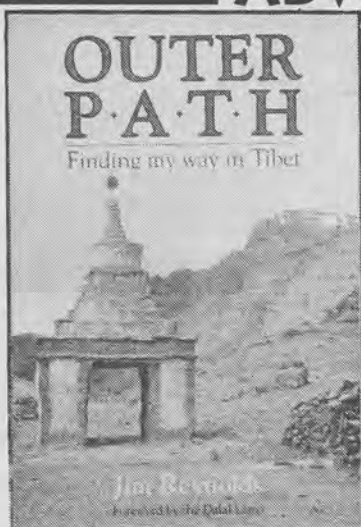
MAGIC AND MYSTERY IN TIBET, Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$6.95 Experiences among lamas, magicians, sages, sorcerers and Bonpo wizards. A true adventure into psychic discovery.

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

ON TOP OF THE WORLD: Five Women Explorers in Tibet. 224 pp., 26 illus. #TOWO \$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.

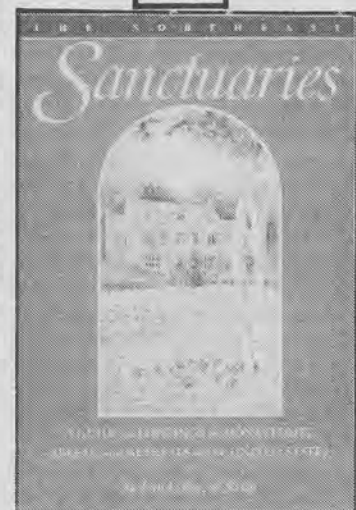
NEW!

THE OUTER PATH: Finding My Way in Tibet, by Jim Reynolds. 184 pp., photos, #OUPA \$10.95



This is the remarkable story of Jim Reynolds' 3500 mile journey across Tibet. Beginning in China, he went to Lhasa and Mt. Kailas and then across the mountains to Kathmandu by foot, bike and thumb. He was among the last Westerners to leave Tibet after China closed the borders to independent tourists in 1987. During his trip he decided to become a Buddhist monk and now resides in Thailand.

NEW!



SANCTUARIES: A Guide to Lodgings in Monasteries, Abbeys, and Retreats of the Northeast United States, by Jack and Marcia Kelly. 241 pp., line drawings, #SA \$13

More than 300 places both religious (mostly Christian, Buddhist, Hindu) and nonsectarian, where it is possible to find refuge, peace, and spiritual refreshment. "Sanctuaries" is good news indeed for the contemplative within each one of us.—Joanna Macy

SEVEN YEARS IN TIBET, by Heinrich Harrer. #SEYETI \$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. #SH \$10.95

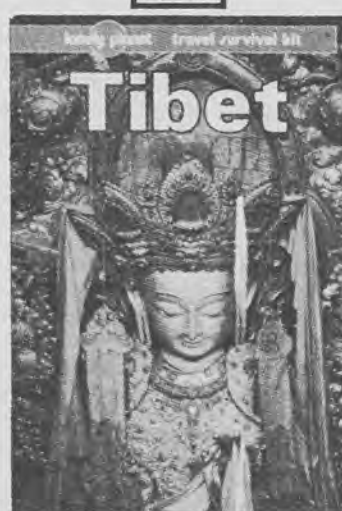
Nicholas Roerich evokes the coming of Shambhala, the new era of human achievement and destiny through the experiences of his travels through Central Asia and Tibet. He reveals the many facets of the theme of Shambhala in chapters on Buddhism, Tibetan art, desert cities, subterranean dwellers and the Great Mother.

SHOPPING FOR BUDDHAS, by Jeff Greenwald. 165 pp. #SHBU \$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.

NEW!



TIBET: Travel Survival Kit, by Robert Strauss. 232 pp., Over 100 illus., maps and color photos. #TITRSU \$13.95

This is a new edition (and much improved) of the Lonely Planet travel guide to Tibet. Since Tibet opened to tourism in 1984, official policy has changed frequently. This practical guide helps with the uncertainties of travel in Tibet. It contains comprehensive background on the history, politics, culture, Buddhism and the Dalai Lama in addition to details on travel.

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

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

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

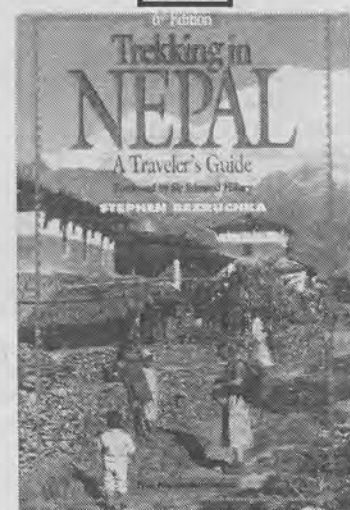
culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*

"...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.

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

NEW!



TREKKING IN NEPAL: A Traveler's Guide, by Stephen Bezruczka. 432 pp., 70 photos, 14 maps, #TRNE \$16.95

This latest edition of the bestselling book helps new and experienced trekkers reap the rewards of Nepal's extraordinary scenery and warm people. Completely updated trekking routes plus valuable information on local customs and traditions and taboos, plus a detailed chapter on the Nepali language. "Extremely useful in setting out the dos and don'ts of treks, including how to choose a trail, how to prepare, what to bring, and what precautions to take."—*The New York Times*

MAPS



NEPAL HIKING MAPS

Helambu, Langtang: 1:100,000

#MANEHE \$11.95

Kathmandu Valley: 1:50,000

#MANEKA \$11.95

Khumbu Himal: 1:50,000

#MANEKH \$11.95

OTHER MAPS

Tibet-Kathmandu Highway and Environs: 1:1 mil #MATIKA \$5

With trekking routes and Lhasa city map.

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

Kathmandu City: 1:10,000

#MAKACI \$6.95

India (North): 1:1.5 mil

#MANOIN \$7.95

Nepal: 1:1.5 mil & 1:1.5 mil

#MANE \$7.95

South-Central Tibet: 1:1 mil

#MASOCE \$8.95

TREKKING IN NEPAL, WEST TIBET AND BHUTAN, by Hugh Swifi. 420 pp., 14 maps, photos, #TRNETI \$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).

TREKKING IN TIBET: A Traveler's Guide, by Gary McCue. 350 pp., 65 photos, 12 maps, #TRTI \$16.95

Trekkers can use this up-to-date guide to hike among nomadic herders near Lhasa, to traverse the landscape of alpine lakes and mountain passes between the historic monasteries of Ganden and Samye, to walk the fertile Nyang Chhu Valley's old caravan routes near Shigatse, or spend weeks under Mt. Everest's or Mt. Kailas' famous peaks. This is a cultural guide as well as including necessary information to plan a successful trek. We recommend it.

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

THE WAY OF THE WHITE CLOUDS: A Buddhist Pilgrim in Tibet, by Lama Anagarika Govinda. 305 pp. #WAWHCL \$15.95

An account by Lama Govinda of his mystical pilgrimage through Tibet.

ART & PHOTOGRAPHY



ART OF TIBET, by Pratapaditya Pal. 343 pp., large format, 277 illustrations including 56 full color. #ARTIC \$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. #ARFOYO \$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

ART & PHOTOGRAPHY

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, #BUARTI \$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, #BUIC \$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", #CRKAJA \$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 #EATICE \$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 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. #KA \$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.

LADAKH, by Rajesh Bedi & Ramesh Bedi. 112 pp., 82 color photos 11 x 10" #LA \$24.95

This is a superb pictorial study of Ladakh and its Tibetan Buddhist culture by an internationally famous Indian photographer.

50% OFF, NOW \$14.95



LHASA: Tibet's Forbidden City, by Christine & Frank Brignoli. 107 pp., 11 x 11 1/2", 79 color illustrations #LHTIFO \$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" #MOHI \$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.

THE DALAI LAMA

MY TIBET

GALEN ROWELL



MY TIBET, by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTI \$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, #NOWETI \$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. #POLOTI \$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", #SAMOTI \$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.) #SEVI \$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.

SIKKIM, by Rajesh Bedi. 103 pp., 78 color photos, 11 x 10" #SI \$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 #TEHOHO \$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 books 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. #THKIRO \$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.

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

"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book and feel confident that it will give a glimpse of Tibet to those who have not visited our country."—His Holiness the Dalai Lama

Pietro Francesco Mele is regarded as one of the world's most outstanding photographers. He was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci, one of the greatest authorities on Tibetan history, literature and religion. This opportunity gave Mele a unique opportunity to partake of Tibetan life. This book presents a series of photos that exemplify Tibetan culture. Each page frames a facet of the Tibetan people and Tibetan landscape.

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

TIBET, by Kevin Kling. 104 pp., 96 color illus., 10 x 8", #TIK \$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". #TILOCI \$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.



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, #TIEH \$39.95 (see History & Politics)

TIBET
LAND OF MYSTERY

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

NEW!



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

This unusual museum catalog is a vivid record of the construction, decoration and consecration (by the Dalai Lama) of the new Tibetan Altar at The Newark Museum. The elaborate shrine was traditionally constructed and contains the requisite items for Tibetan Buddhist practice. The contents of the altar are extensively described and explained.

TIBETAN COLLECTION: Sculpture and Painting, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATICS3 \$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."

THE TIGER RUGS OF TIBET, ed. by Mimi Lipton. 191 pp., large format, 108 color plates and 50 illustrations, #TIRUTI \$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.

ART & PHOTOGRAPHY/OTHER TRADITIONS

ART & PHOTOGRAPHY

WHITE LOTUS: An Introduction to Tibetan Culture, ed. by Carole Elchert. 240 pp., 38 color and 70 black & white illus. #WHLO \$19.95 (see Religion section)

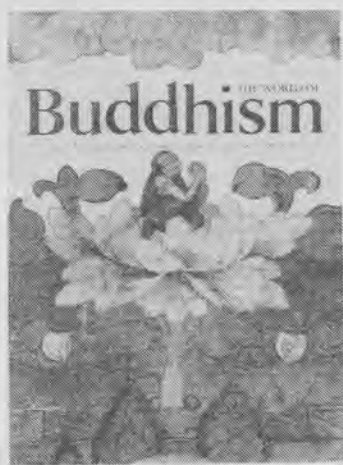
ALSO IN PAPER!



WISDOM AND COMPASSION: The Sacred Art of Tibet, by Marilyn Rhee & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12", #WICO \$60 cloth, #WICOP \$40 paperback. 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 tangka 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.

NEW!



THE WORLD OF BUDDHISM, ed. by Heinz Bechert & Richard Gombrich. 308 pp., 8 1/2 x 11", 297 illus., 82 in color, #WOBU \$29.95

The result of years of painstaking and imaginative research and preparation, this volume presents in a vivid and authoritative manner the whole of Buddhism's influence on Asiatic civilization. Richly illustrated, this remarkable survey presents Buddhist doctrine and traces the development of Buddhism over the last 2500

ANIMALS HAVE RIGHTS TOO: A Primer for Parents, Teachers and Young People, by Dr. Michael W. Fox. 144 pp., 100 illus. #ANHARI \$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.

ANSWERS, by Mother Meera. 120 pp., photos, #AN \$9.95

A radically direct path to the Divine, a path that uses the transformative power of Divine Light itself, is presented here by Mother Meera, one of several incarnations of the Divine Mother alive today. Working harmonically with any other way to the Divine, this path is one in which the Light itself works to effect the transformation and to change us, gently and protectively, from within. Mother Meera is the teacher described in the best-selling *Hidden Journey* by Andrew Harvey.

THE ASIAN JOURNAL OF THOMAS MERTON. 445 pp., many photos #ASJOTH \$11.95

Merton's trip to Asia in 1968 is a remarkable account by a Christian contemplative of spiritual life in the East. He met many prominent people during his visit—The Dalai Lama, Kalu Rinpoche, Nyana-ponika Thera, Trungpa Rinpoche, Lobsang Lhalungpa—and writes candidly of them and of his adventures in India, Ceylon and Bangkok. "The book itself is a kind of mandala, drawing the reader deep into a philosophical analysis, then abruptly forcing him out into the physical world."—*Time*

CENTERING PRAYER: Renewing an Ancient Christian Prayer Form, by M. B. Pennington, O.C.S.O. 254 pp. #CEPR \$5.95

Centering Prayer combines the best of the Eastern Christian spiritual exercises with life in the modern world. He discusses ways to overcome problems that stifle our attempts at achieving the highest possible communion with divinity.

DEPTH PSYCHOLOGY AND A NEW ETHIC, by Erich Neumann. 160 pp. #DEPSNE \$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.

DICTIONARY OF WORLD RELIGIONS, ed. Keith Crim. 830 pp., many illus., #DIWORE \$22.95

This comprehensive, authoritative compendium of information on the world's living religions brings together the work of 161 scholars from major religious traditions and related fields. Over 1600 cross-referenced entries by theologians, sociologists, historians, and anthropologists trace the historic development, beliefs, and current status of the world's living religions: Buddhism, Christianity, Judaism, Hinduism, Islam, Shintoism, Sufism, Taoism and the many other religions of the world. This is an excellent book to browse or for reference!

GANDHI AND THE H-BOMB: How Nonviolence Can Take the Place of War, by A.J. Muste. 20 pp. #GAHBO \$2

Based on the thought of Gandhi, this is a fine presentation of the rationale behind a nonviolent approach to solving international problems.

GRATEFULNESS, THE HEART OF PRAYER, by Brother David Steindl-Rast. 224 pp. #GRHEPR \$8.95

This book is about our ability to see into things, discovering the grace

that awaits us in everyday life. When we bless things simply because they are, we live life in its fullness. Brother David is a Benedictine monk who actively pioneers the East-West dialogue.

HIDDEN JOURNEY: A Spiritual Awakening, by Andrew Harvey. 256 pp. #HIJO \$10

From the author of *Journey in Ladakh*, in the tradition of the great classics on the subject, comes a long-awaited account of a spiritual transformation by one of the most gifted and respected young writers. *Hidden Journey* is Andrew's story of personal mystical transformation in the hands of skillful and very powerful teachers.

"There is no other account of such a journey and such a vision. It is the extraordinary coming close to the divine, actually spoken about and offered to our thoughts."—Iris Murdoch

"Harvey directly and convincingly describes his visions and spiritual experiences, which are in the tradition of Eastern mystics such as Aurobindo and Western mystics such as Juliana of Norwich and John of the Cross."—*Publishers Weekly*

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

LOOKING INTO MIND, by Anthony Damiani. 282 pp. #LOMI \$14.95

This is an invitation to discover and explore one's own basic mind from two standpoints. From the practical side, it shows how to use meditation as a means to experience the mind directly, free of any images. From the side of reason, its compelling, readily accessible analysis of the nature of everyday experience shows that the world and the I are thought into existence by the same creative mind. Anthony Damiani presents this combined approach as the most direct way to intimate knowledge of one's own basic mind, the surest route to reliable spiritual independence.

LOVE'S FIRE: Recreations of Rumi, by Andrew Harvey. 118 pp. #LOFI \$8.95

The incandescence and penetration of the poems of Rumi, greatest of the Sufi poet-mystics, are well-known to the enthusiastic and rapidly growing ranks of his readers. These superb translations, or "recreations," most in English for the first time, deal with universal issues of love, despair, and ultimate union with the Divine—the entire cycle common to all the world's mystical traditions. From the author of *A Journey in Ladakh*.

MYSTICAL PASSION, by William McNamara O.C.D. 124 pp. #MYP \$9.95

Authentic passion has its roots in the passion for the Divine. William McNamara, a perceptive and ardent Carmelite monk, explores a spirituality of love which becomes progressively conscious of a human growth that is as thoroughly erotic and sexual as it is spiritual. He shows the way to integrate passion into the path.

OCCULT JAPAN, by Percival Lowell. 400 pp., illus. #OCJA \$12.95

Unrivaled in its detailed description of Shinto miracles, possessions, and incarnations. Percival Lowell was an explorer who experienced the Shinto religion firsthand and wrote with frankness and objectivity, presenting its many contradictions with candor and literary grace.

ON THE PRAYER OF JESUS, by Ignatius Brianchaninov. 114 pp. #ONPRJE \$10.95

The Jesus Prayer, repeated unceasingly in silence and solitude until it enters the heart, is used in a powerful system of self-training which can lead to a spiritual transformation. This tradition of inner prayer has been revitalized by monks of the Russian Orthodox Church.

PERSPECTIVES: The Timeless Way of Wisdom, by Paul Brunton. 408 pp. #PE \$14.95

Perspectives is an inspiring insight into the essence of East-West spiritual philosophy. It goes to the heart of virtually every aspect of the spiritual quest—meditation, the body, emotions and ethics, the intellect, the ego, crisis in the world, the arts, psychic experience, the mind and the Divine Mind. "...a veritable treasure trove of philosophic-spiritual wisdom."—Elisabeth Kubler-Ross.

THE SEXUAL POLITICS OF MEAT: A Feminist-Vegetarian Critical Theory, by Carol Adams. 256 pp. #SEPOME \$12.95

This is a popular book on the hidden connections between meat eating and patriarchy, between vegetarianism and feminism. "With both scholarship and clarity of feminist perception, this book presents more than a persuasive case for vegetarianism, exposing the root connections between such cultural traditions as animal exploitation and patriarchy."—Dr. Michael Fox

SPEAKING FLAME: Rumi Recreated, by Andrew Harvey. 120 pp., #SPFL \$8.95

Stunning in their ability to evoke the mystical states, these extraordinary poems by the great Sufi master, Rumi, speak directly to spiritual seekers of every tradition. Translated by the author of *A Journey in Ladakh*. "Splendid... the rare pure sound of passion."—Iris Murdoch

NEW!



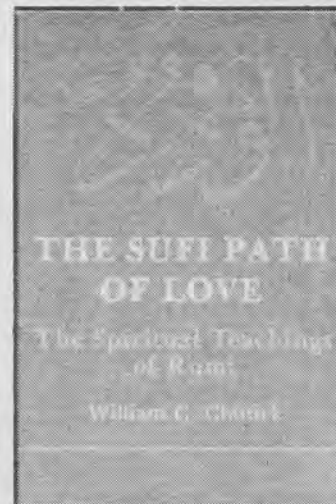
THE SUFI PATH OF KNOWLEDGE: Ibn al-'Arabi's Metaphysics of Imagination, William C. Chittick. 478 pp., oversize #SUPAKN \$24.50

"For the first time in the history of Orientalism, a thorough study of Ibn al-'Arabi's thought is now available. This book will remain a most important milestone in the study of Islamic mystical theology."—Annemarie Schimmel

NEW!

THE SUFI PATH OF LOVE: The Spiritual Teachings of Rumi, by William C. Chittick. 431 pp. #SUPALO \$14.95

This is a most impressive work on

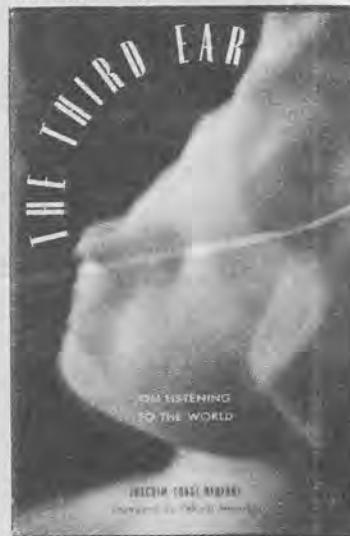


Rumi which presents in Rumi's own words the basic Sufi and Islamic doctrines concerning God and the world, the role of man in the cosmos, man's ultimate becoming, the states and stations of the mystical ascent to God. The author has masterfully arranged Rumi's teachings and poetry by topic so that the book presents Rumi's own views.

THE SYMBOLIC QUEST, Edward Whitmont. 336 pp. #SYQU \$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.



THE THIRD EAR: On Listening to the World, by Joachim-Ernst Berendt, foreword by Yehudi Menuhin. 234 pp., #THEA \$13.95

"The magic of listening brings us closer to the central core of the universe."—Yehudi Menuhin

Joachim-Ernst Berendt has lived in cultures all over the world, and has studied their music and their attitudes toward listening. He has found that dominance of the ear is directly linked to compassion and peacefulness, while reliance on the eye produces divisiveness and aggression. At the core of almost every spiritual tradition lies the knowledge that the world is made of sound and that the way to wisdom lies through the ear.

WRITING DOWN THE BONES, by Natalie Goldberg. 171 pp. #WRDOBO \$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.

SPECIAL ITEMS

SNOW LION AUDIO TAPES

H.H. THE DALAI LAMA

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.

THE DALAI LAMA ON "WISDOM AND COMPASSION", 2 hrs., #STWC \$14.95

Wisdom and Compassion records three talks from the 1991 tour of the USA: in San Francisco, "Overcoming Defenses" and "What is Compassion?"; at the White House, "The Genocide of Tibet."

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*.

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.

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.

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.

IN PRAISE OF DEPENDENT ARISING, by Kyabje Ling Rinpoche. (5) #SLTPKLIPDA \$35 This is a commentary on a classic Tsong-kha-pa text.

NEW!

DHARMA WISDOM, interview with Kalu Rinpoche. (1) #DHWI \$9.95

Rinpoche speaks to the relevance of Buddhist principles in modern contemporary life. His simplicity, clarity and directness provide a thoughtful and enheartening message for the spirit.

PSYCHOLOGY SEMINAR, by

Tara Tulku. (7) #SLTPPTPS \$49

Trans. Robert Thurman In this seminar, the late Venerable Tara Tulku gives us an overview of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice. These talks were made possible by the AIBS.

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) #STPM \$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.

NEW!

LAMA SOGYAL RINPOCHE

Each tape is 1 hr. and is \$9.95.

BUDDHA-NATURE, #BUNTA Rinpoche gives insight into the teachings of the Buddha and how they apply to Western life.

THE BUDDHIST WAY, #BUWA

Meditation in action in daily life is the recurring theme here as Rinpoche describes the relevance of Buddhist practice to everyday cares and concerns.

FROM CONFUSION TO CLARITY: UNDERSTANDING MIND, #COCL

Western culture has emphasized the rational mind, whereas in the East mind and intelligence are viewed more expansively. Here Sogyal Rinpoche provides insights into the sky-like nature of mind and how we can bring more wisdom into our lives.

ON SUFFERING, #SU

Americans have become adept at avoiding outer suffering by creating inner suffering through the use of alcohol and drugs. How to meet suffering directly and experience it with a different view.

RE-VIEWING THE WORLD, #REHO

Three qualities are very important to have clarity of mind: goodness, kindness and stability. He reveals how we can be free of our own delusions and begin to realize with humor the beliefs that hold us back.

RIGHT LIVING IN TODAY'S WORLD, #RILITO

The complexities of life require simple and pragmatic approaches to transform problems and live well. Rinpoche emphasizes the need for contemplation to draw on our capacity for wisdom.

RIGHT VIEW: LIVING YOUR DYING, #RIVI

Seeing death as a mirror of life, reflective of all the numerous changes which occur during daily living underscores this insightful dialogue. Letting go spontaneously, laughing with life, releasing egoic identity, and living with clarity—these increase as we more deeply understand death and dying.

TAMING THE MIND, #TAMI In the midst of a busy life you can remain calm and clear through the practice of mindfulness. Here Rinpoche reveals ways to awaken and with meditative methods.

TURNING SUFFERING INTO ENLIGHTENMENT, #TUSUEN

Everyone experiences some form of suffering in varying degrees. Rinpoche shows us how to alleviate pain and actually transform it into a tool to develop clarity of mind.

UNTANGLING OUR EMOTIONS, #UNEM

So often our emotions seem muddled and problematic, and instead of feeling emotionally fulfilled we feel upset. How to break the cycle of emotional frustration? Rinpoche leads us through our emotional debris, and shows us how to experience love, peace and emotional fulfillment.

NEW!

BUDDHISM & PSYCHOLOGY: An East/West Dialogue, (3) 3 1/2 hrs., #BUPS \$17

What Eastern meditative and analytical practices are currently being applied to psychotherapy? How can Eastern and Western approaches to mental health be integrated to even greater effect? A panel of distinguished speakers tackled these questions in a 1992 symposium at the Univ. of Washington: Alan Marlatt, *Meditation in Treatment of Addiction*; Thubten Chodron, *Buddhist Techniques in Working with Anger*; Robert A. Carlson, *What Can Western Psychotherapy Offer to Meditators?*; Amchok Rinpoche, *Maintaining Mental Health Through Tibetan Buddhist Practices*; Marsha Linehan, *Zen-Informed Model of Behavioral Therapy*; Ryo Imamura, *Naikan, A Pure Land Buddhist Therapy as Practiced in Japan*; Jamyang Sakya, *Buddhist Perspective on the Family*.

VAJRAYANA BUDDHISM, by Khenpo Palden Sherab. (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.

DEALING WITH ANGER: A Buddhist Psychotherapeutic Approach, by Dr. Lobsang Rappagay, Ph.D. (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

NEW!

LIFE OF TIBETAN AND CHRISTIAN NUNS, Bhikshuni Thupten Chodron and Sister Donald Concoran, O.S.B. 1 1/2 hrs. \$10 This is a candid account by two Americans who became nuns in two very different traditions. They share their reasons for joining their monastic orders and discuss how they adjusted to the rigors of monastic life. During the latter part of the discussion, they answer questions about God, karma, reincarnation and other topics.

BOOKS ON TAPE

ZEN MIND, BEGINNERS' 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, narrated by Richard Gere. 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.

NOW ON TAPE!

OPEN HEART, CLEAR MIND, by Ani Thubten Chodron. (3) 4 1/2 hrs. #OPHETS \$21 for three, \$7 purchased separately.

"...presents a clear and complete survey of the teachings of the Buddha."—Thich Nhat Hanh.

Tape 1—Working Effectively with Emotions #OPHET1

Tape 2—Rebirth and Karma #OPHET2

Tape 3—The Path from Confusion to Enlightenment #OPHET1

NEW!

A GRATEFUL HEART, by Brother David Steindl-Rast. (1) #GRHE \$9.95

Gratefulness is the key to fullness of life, true prayer and effective action in the world. If you practice gratefulness, it leads you into all the attitudes that all the great traditions have promoted. "Most of our day is gift after gift," he has discovered, "if we wake up to it."

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.

NEW!

BIG MIND MEDITATION (1) #BIMIME \$10

A guided meditation that encourages a mind of spaciousness and balance.

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.

NEW!

CREATING A SACRED CONTAINER FOR PRACTICE (1) #CRSACO \$8

Understanding the art of creating a sacred space to nourish the spirit in our life.

NEW!

EXPERIENCING THE QUALITIES OF ENLIGHTENMENT (1) #EXQUEN \$8

Shining the light of our mind on the divine, the timeless, and the sacred, even in the midst of pain and sorrow.

NEW!

INTRODUCTORY MEDITATION INSTRUCTIONS (1) #INMEIN \$10

A discussion of calm & wisdom; instructions in sitting, walking, eating; guidelines for retreats.

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.

TAPES/MUSIC & CHANTS/VIDEO DHARMA

SNOW LION AUDIO TAPES

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.

Larry Rosenberg

NEW!

TAKING THE BREATH TO HEART (2) #TABRHE \$16

Understanding how and why conscious breathing can help us become happier and release ourselves from suffering.

Sharon Salzberg

NEW!

METTA: LOVING YOURSELF (1) #MELOYO \$8

Developing loving-kindness, a talk and meditation.

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.

Christopher Titmuss

NEW!

THE DEPTH OF FEELING (1) #DEFEE \$10

Exploring the gap between our way of being in the world and what is really happening inside of us.

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 meditation and the visualization of Green Tara.

#103 Symbolism of the Wheel of Life

The Wheel of Life, described here in all its wealth of detail, is not only a painting but a mirror, giving one increasingly profound insights into oneself, and revealing the steps toward escaping the endless round. #105 Symbolism of the Diamond Sceptre

#107 Symbolism of the Cremation Ground and Celestial Maidens

#108 Symbolism of the Offering and Self-Sacrifice (2)

#109 Symbolism of Colors and Mantric Sound (2)

Color and sound have rich symbol significance, and so are crucial agents of transformation. The lecture concludes with a brief introduction to the figure of Manjusha, the Bodhisattva of Wisdom.

#110 Symbolism of the Four Buddhas, Male and Female (2)

TIBETAN FOLK MUSIC

HEART DANCE, RIVER FLOW... Cassette #HEDARI \$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 #SOOLTI \$10

TIBETAN CHANTS

CHO-GA: Tantric and Ritual Music of Tibet. Cassette #CHGA \$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 #GYMOFR \$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 Yamantaka 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 #GYMOTA \$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.

PADMASAMBHAVA CHOPA WITH MAHAKALA OFFERING. LP #PACH \$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 #QUGRBL \$10

Dechen Gyalmo represents, within the Longchen Nyin Thig tradition of the Nyingmapa Lineage, the deified form of the great female practitioner, Yeshe Tsogyal. Forty nuns live at Nyingma Ozer Ling in Eastern Tibet where this recording was made.

SACRED HEALING CHANTS OF TIBET, by Monks of Gaden Sharitse Monastery. Cassette #SATEDR \$10

The Sharitse 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 #SHTA \$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.

THE SONGS OF MILAREPA, by the Mahayana Buddhist Nunery, Tilokpur. #SOMI \$10 cassette

Songs by the great master sung by the nuns of Tilokpur.

TANTRIC HARMONICS, by monks of the Gyume Tantric College. Cassette #TAHA \$10.00

Each monk chants three notes simultaneously, employing the technique of one-voice chording. The sound evokes awe 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.

EXPLORER SERIES

These three LP records are well known for their quality and power. They are \$9.95 ea.

TANTRAS OF GYUTO: Mahakala, #MAL

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, #SADU

This is the sacred chant of the Guhyasamaja Tantra.

TIBETAN BUDDHISM: Ritual Orchestra & Chants. #RIOR

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 #LITHHE \$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. #MEPI \$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 #RHPE

\$10. The meditative sounds of Nawang Khechog.

NEW!

SOUNDS OF INNER PEACE: Bamboo Flute, Didgeridoo, Okharina, Incan Pan Pipes and Silver Flute. Cassette #SOINPE \$10. Dedicated to the preservation of Tibetan culture.

SOUNDS OF PEACE: Bamboo Flute & Didgeridoo. Cassette #SOPE \$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, #ONHACL \$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. #RESOTI \$10

Great music! Tibetan vocal in folk style with accompanying guitar.

NEW!

SOLO BANSURI, Cassette #BA \$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. #TIME \$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. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTIP (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.

These films are available in VHS format only.

THE AGONY OF TIBET, by Galen Rowell. 60 min. #AGTIVI \$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.

DAKINI WISDOM, by Lama Chagdud Tulku Rinpoche. 93 min. #DAWIV \$45

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respooken by Tsering Everest.

THE FUTURE OF TIBET, The Tibet Fund. 20 min. #FUTIVI \$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.

HEART OF TIBET: An intimate profile of His Holiness the Dalai Lama, 60 min. #HETIV \$29.95

Heart of Tibet is a very candid view of His Holiness during his 1989

VIDEO DHARMA

visit in Los Angeles to give the Kalachakra Initiation. Starting his day with 4 AM meditation, he conducts press interviews, complex Kalachakra rituals and touches the hearts of everyone he encounters.

JOSEPH GOLDSTEIN: Purity of Action, Purity of Mind & The Way of the Tao. 2 hours, #PUACVI \$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, #SAJOVI \$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, #BRPRVI \$19.95

Acting from what you value. Supports to keep the practice going. Wonderful rhythms and deep wisdom. How our lives are always new.

LIFE IN RELATION TO DEATH, by Lama Chagdud Tulku Rinpoche. 2 hrs. #SIREDV \$45

Death is life's most overwhelming event. How we meet it—terrified & helpless, or with confidence and spiritual mastery—is within our power. Rinpoche's insights into the psychology and physiology of dying and the transition of death are a valuable aid for understanding ourselves and becoming more effective when working with others. Rinpoche's English is respooken by Tsering Everest.

THE LION'S ROAR, 50 minutes, #LIROVI \$49.95

This video documents the life, teachings, and death of the 16th Gyalwang Karmapa, head of the Kagyu order.

LORD OF THE DANCE/ DESTROYER OF ILLUSION, dir. by Richard Kohn. 113 minutes. #LODAVI \$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.

NEW!

MANDALA: World of the Mystic Circle, produced by Martin McGee. 50 min. #MAWOMY \$29.95

This documentary follows the creation and ritual dismantling of the sacred Kalachakra sand mandala by four Tibetan monks during August, 1991, in the Buffalo Museum of Art. The mandala, a universal motif and archetype, is explored on a myriad of levels through revealing interviews with the monks and others. Numerous examples of mandalas from nature and other cultures are depicted and described. This is a definitive presentation of this intriguing subject.

THE MEANING OF TIBETAN BUDDHIST CHANTING, by Thubten Pende. 27 min. #MECHVI \$24.95

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.

VIDEO DHARMA/SALE

VIDEO DHARMA

MERTON: A Film Biography, by Paul Wilkes & Audrey Glynn. 1 hour #MEVI \$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 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.



NICHOLAS ROERICH: MESSENGER OF BEAUTY, 43 minutes. #ROMEBA \$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. #OCWIVI \$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.

OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama, by Tueheart Productions. 90 min. #OVDIVI \$29.95

On March 26th, 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the XIVth Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed many important issues based on the relationship of world peace and inner peace. Peppering his address with

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. #REFAVI \$89

This award-winning film tells the story of Tibetan Buddhism. The

Tibetan Buddhist monks of Gyuto Tantric College and Western composers—David Hykes, Pauline Oliveros and Terry Riley.

SPIRIT AND NATURE, Bill Moyers. 1 1/2 hrs. #SPNAVI \$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

story of this collision with the aid of simple, clear diagrams and graphic animation.

TIBETAN MEDICINE: A Buddhist Approach to Healing, 29 min. #TIMEVI \$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.

SALE—20% OFF WHILE THEY LAST!

ALTAR OF THE EARTH, by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95, NOW \$11.95!

Altar of the Earth goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture, fascinating to adventurers and arm-chair travelers alike.

Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places, events and ways of life.

"...humorous and insightful, as well as poetic...a readable introduction to Tibetan civilization."—*Tibet Journal*

CRYING FOR A DREAM: The World Through Native American Eyes, by Richard Erdoes. 128 pp., 70 color photos, 8 1/2 x 11". #CRDR \$24.95, NOW \$19.95

In this stunning collection of photographs and quotations, Richard Erdoes focuses on the mystical world of America's indigenous peoples. The ceremonial cycle of Sacred Pipe, Vision Quest, Yuwipi and Sun Dance are described in the words of Native Americans—a moving commentary on their spirituality and life today.



DRUMMING AT THE EDGE OF MAGIC: A Journey into the

Spirit of Percussion, by Mickey Hart with Jay Stevens. 192 pp., 100 illus., #DREDA \$19.95, NOW \$15.95!

This is Mickey Hart's story about the search for mastery through the vehicle of the drum. Drummer for the Grateful Dead for over 20 years, his enthusiasm for his art eventually brought him into contact with drum masters from Brazil, Tibet, and Africa and initiated him into the transformative power of rhythm.

EMPTY CLOUD: Autobiography of the Chinese Zen Master Xu Yun, trans. by Charles Luk. 244 pp. #EMCL \$14.95, NOW \$11.95!

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



THE HIDDEN HIMALAYAS, by Tom Kelly & Carroll Dunham. 200 pp., color photo book, #HIHI \$45, NOW \$36!

This is one of the finest photo books on Himalayan culture we have ever seen! Not only are the pictures great but the book is well-designed and interesting to read. Tom Kelly and Carroll Dunham

take you to remote Humla, one of the most unusual places in the world. Beautiful, bitter, joyous, and holy, it is an ancient territory bordering Tibet, hidden in the Himalayas. Here is an intimate, moving adventure in one of the last truly exotic places on earth.

LIVING BUDDHISM, by Andrew Powell & Graham Harrison, foreword by H.H. the Dalai Lama. 210 pp., 150 photos, #LIBU \$24.95, NOW \$19.95!

"*Living Buddhism* illuminates the human face of the Buddhist tradition, showing the vital role that the Buddha's teaching plays in the lives of his many followers."—H.H. the Dalai Lama. Andrew Powell describes the development of Buddhism around the world and through the centuries, explains the fundamentals of Buddhist philosophy, and presents an unusual up-to-date picture of Buddhism's place in contemporary society. Graham Harrison intimately portrays the splendor of Buddhist art and architecture as well as the living face of Buddhism, bringing the religion to life before our eyes. This is a beautiful book.

ON DREAMS & DEATH, by Marie Louise von Franz. 193 pp. #DRDE \$12.95, NOW \$10.35!

"A true masterpiece of research and interpretations of dreams by patients prior to a sudden or anticipated death. Although there exists ever-increasing literature on the topic of death, very little has been studied and published on the content and meaning of unconscious material of these individuals."—Elisabeth Kubler-Ross

PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon, by Khenpo Konchog Gyaltsen. 96 pp. #PRFL \$6.95, NOW \$5.55!

"Followers of the Kagyu tradition will obviously revere this book and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

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

Prayer Flags includes a succinct and clear discussion of the tantric path of Mahamudra, as well as texts on transforming conflicting emotions, sickness and death into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.

YOU CAN RELIEVE PAIN

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

STUDIES IN TIBETAN MEDICINE, by Elisabeth Finckh. 90 pp. #STTIME \$9.95, NOW \$7.95!

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system.

Contents: Tibetan Medicine: Theory and Practice; The System of Tibetan Medicine; Notes on Pulsology; Characteristics of Pharmacology; Constitutional Types.

"I congratulate the author for her most diligent and laudable efforts to propagate Tibetan medicine."—H.H. the Dalai Lama

TIBETAN PILGRIMAGE, by Peter Gold. 175 pp., color photos, #TIPI \$14.95, NOW \$11.95!

Travel not only stirs the blood,

It also gives birth to the spirit.

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India (especially Dharamsala) and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.

To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodhi Gaya, India—place of Sakya牟尼 Buddha's enlightenment—for the Kalachakra Tantric Initiation under the direction of the Dalai Lama. Amid a festival of deities, sights, sounds and offerings, Peter leads us into the heart of the Kalachakra mandala and into the calm center of Buddhism.

"Your descriptions and your experiences...are deeply moving and will teach even the uninitiated the beauty and spiritual achievements of Tibetan Buddhism. You have seen this through the eyes of a poet and the heart of a lover."—Lama Anagarika Govinda

YOU CAN RELIEVE PAIN, by Ken Dachman & John Lyons. 161 pp., #YOPEA \$18.95 cloth, NOW \$15.

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

