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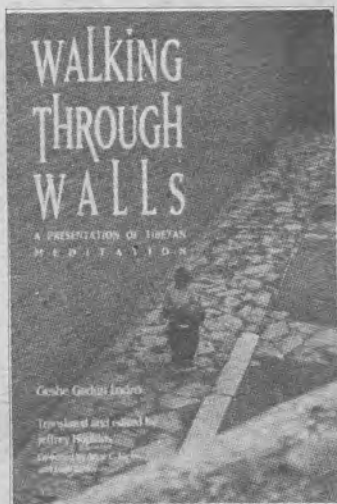
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How To Meditate! Two New Books on Shamatha Meditation

Snow Lion is pleased to announce the publication of two new books on shamatha meditation in the Tibetan tradition: *Walking Through Walls* and *Shamatha Meditation*.

Shamatha Meditation: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence

By Gen Lamrimpa (Ven. Jampal Tenzin), translated by B. Alan Wallace, edited by Hart Sprager. 148 pp., \$10.95 paper, available November.

On January 6, 1988, at Cloud Mountain Retreat Center in Castle Rock, Washington, a group of twenty-four American dharma students and aspiring meditators began a shamatha retreat under the guiding hand of the Tibetan lama Gen Lamrimpa (the Venerable Jampal Tenzin). Some had made a three-month commitment to the practice, others were there for six months, and eight had committed themselves to a year of meditation. The body of this work is made up of teachings on shamatha Gen Lamrimpa gave during the first two weeks of that retreat. The following are excerpts from the book:

THE EXCELLENT QUALITIES OF SHAMATHA

One of the excellent qualities of meditative quiescence is that upon its arising there occur both physical and mental pliancy. This brings about a tremendous state of physical and mental well-being which is called "visible joy" because it is something that you can experience in this very life. In dependence upon the joy of mental and physical pliancy experienced in this life, one's spiritual practice is greatly enhanced, and this is something of benefit in future lifetimes.

Moreover with the attainment of shamatha, mental distraction is pacified and because the compulsion for mental distraction is also pacified, one is far less prone to unwholesome behavior. Not only is one less likely to engage in un-

wholesome activities, but one's engagement in virtue is tremendously enhanced.

If one engages in a practice before the attainment of shamatha, in the cultivation of proper motivation there is a great deal of competition from all kinds of conceptual activity. One is bombarded, confused and congested with other conceptual processes right at the outset of the practice. During the course of the practice, because the mind is subject to distraction, to conceptual congestion, the virtuous practice will be diluted. Then upon the conclusion of the practice, as one seeks to dedicate the merit, again the mind is congested with other conceptualizations and the dedication gets diluted as well. So, for the whole course of the practice, from beginning to end, it is difficult for the practice to have the potency that it would if one had already attained shamatha.

When we arrive at the point of death, the determining factor for the type of birth we will take in the next life depends on whether our store of imprints from previous actions is predominantly wholesome or unwholesome. As a consequence of that predominance, one takes a more favorable or less favorable rebirth. If one has enhanced one's spiritual practice with the cultivation of meditative quiescence, which tremendously empowers one's engagement in wholesome activities, this will lead to a much greater store of wholesome imprints, which in turn will naturally lead to future favorable rebirths as well. The attainment of shamatha has long-term effects.

Moreover, upon the attainment of shamatha, it is possible to be completely focussed upon ultimate truth while cultivating insight, and by means of attaining such insight it is possible to cut the root of the cycle of existence. By doing so, one is completely and irrevocably liberated from suffering. Beyond

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H.H. the Dalai Lama and H.H. Dilgo Khyentse Rinpoche.

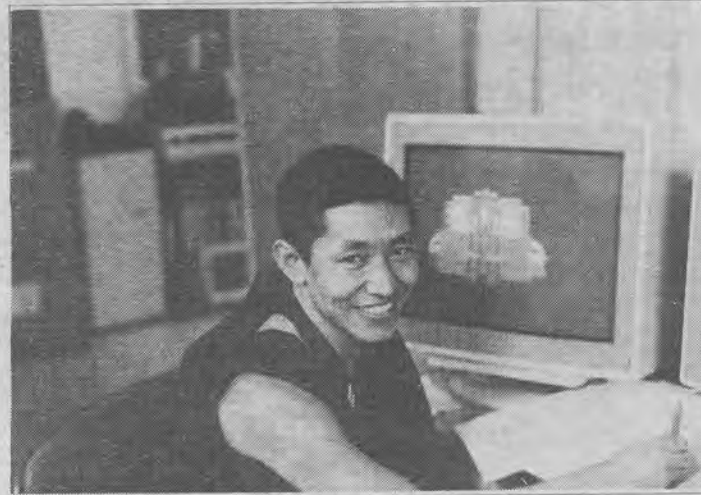
Photo: Mathieu Ricard.

Jewel Mountain: Khyentse Rinpoche on Film

The Jewel Mountain, a fifty-eight minute film, presents the Tibetan tradition of Buddhism through an intimate and direct look at the daily life of one of its most inspired teachers. Dilgo Khyentse Rinpoche (1910-1991) was a principal holder of the Nyingma lineage, and was one of the greatest exemplars of the non-sectarian tradition in modern Tibetan Buddhism.

In a touching letter written in support of this project, His Holiness the Dalai Lama states, "I believe that the unique cultural traditions of Tibet, which are presently under threat of extinction, should be preserved not simply because they form an ancient part of our world's culture, but because they have a role to play in the promotion of peace and harmonious living on the planet. In particular, Tibet's spiritual traditions have much to contribute to understanding the nature of the mind. A film about Khyentse Rinpoche, who exemplified them so well, will certainly increase awareness of the inestimable value of these traditions."

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Exploring the Mandala By Pema Losang Chogyen

New video from
Snow Lion, \$19.95

Have you ever wondered what a visualized mandala really looks like? Do you think that they are two-dimensional residences for deities with four gates and lots of sand? Now for the first time can you see a three-dimensional mandala rise out of its flat form. This dynamic computer-simulated exploration of a mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a Tibetan monk from Namgyal Monastery (the personal monastery of His Holiness the Dalai lama), and researchers at Cornell University's Program of computer Graphics worked for more than two years to produce this ten minute video. The video animation takes viewers through the course of visuali-

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A REALITY! NAMGYAL IN AMERICA!



Afternoon debate at the Namgyal Monastery Institute of Buddhist Studies.

Photo: Bill Warren

Welcome to **NAMGYAL MONASTERY** Institute of Buddhist Studies **USA**

Early in the morning of August 10th, Voice of America transmitted a Tibetan-language program into Tibet of an interview with monks of Namgyal Monastery. The monks told of the historic establishment of a branch of His Holiness the Dalai Lama's personal monastery—Namgyal Monastery and Institute of Buddhist Studies in Ithaca, New York.

The monks also described the educational program of the parent monastery, explaining that an English version of the very same program is now being taught in the United States. The broadcast,

Studies is a splendid three-story house located in downtown Ithaca. Surrounded by shade trees beside a sonorous stream, the house nicely accommodates the monks, an office, meditation and teaching facilities. Numerous sightings of Namgyal monks are now being reported in and around the Ithaca area!

What is the Namgyal Monastery Institute of Buddhist Studies

Namgyal offers a complete systematic diploma program in Tibetan Buddhist Studies available to

adapting intact for Western students the monastery's traditional curriculum devised by His Holiness the Dalai Lama. Translations have been made of all of the monastery's textbooks, and the graded series of classes with examinations are available now in English at the Institute.

The curriculum is unique in that it combines both sutra and tantra in one diploma-granting program. Students study Tibetan language intensely and the entire scope of Buddhist thought. The complete program requires four and one-half years. The final semester is conduct-



Ven. Tenzin Lhunpo being interviewed for television.

ed at Namgyal Monastery in Dharamsala, India with students taking final exams which include debates with monks of the monastery. Students are presented with

their diploma in Buddhist Studies in Dharamsala. The program may be pursued on a part-time basis and also a number of non-program

(continued next page)



Monks on the front steps of the Namgyal Monastery Institute of Buddhist Studies.

Photo: Bill Warren

heard in India, Nepal, China, and throughout the entire Asian continent, let Tibetan people become aware that Namgyal, formerly housed in the Potala in Lhasa, is now fully established and functioning in the United States.

The site of Namgyal Monastery and its Institute of Buddhist

qualified women and men on a full or part-time basis. Unlike traditional Dharma centers, where teachings often are not systematic nor following monastic textbooks, Namgyal's program is supported by a staff of resident monks working with Western scholars to innovatively tackle the challenge of



A group of Namgyal students at the summer retreat.

NAMGYAL IN AMERICA!



Geshe Rabgye teaching on Shamatha during the retreat with Prof. Joe Wilson translating.



Ven. Tenzin Lhunpo (Champa-la) in the kitchen. Photo: Patricia Devine

courses are being offered.

All of the Namgyal monks associated with the U.S. branch have been specially selected and are well qualified to serve the wide array of western needs. They possess either a Geshe degree or the "Master of Sutra and Tantra" degree which is unique to Namgyal. Namgyal Monastery is non-sectarian in that most of the monks have received teachings and initiations from major

Tibetan teachers such as H.H. the Dalai Lama, H.H. Kyabje Ling Rinpoche, Kyabje Trijang Rinpoche, the Abbots of Namgyal Dratsang, H.E. Sakya Chogyey Trichen Rinpoche, H.H. Dilgo Khenpo Rinpoche, Trulshik Rinpoche and other learned scholars. The monks who form the core faculty in Ithaca are working with one resident Western scholar and an adjunct faculty comprised of fifteen preeminent West-

ern and Tibetan scholars.

His Holiness the Dalai Lama has called the opening of Namgyal Monastery's branch monastery and institute in Ithaca "an excellent and important undertaking." In addition to providing an authentic and rigorous systematic education for Westerners, Namgyal in America will continue to provide sand mandalas and other sacred arts exhibitions for museums.

In Full Operation

The monastery moved quickly into full operation with a week-long "Get Acquainted with Namgyal" retreat in mid-August followed by the beginning of formal fall classes the first week of September.

A Successful Summer Retreat

The retreat was led by five monks working with Professor Joe Wilson (also known to us as "the Great Joe Wilson") of the University of North Carolina, Wilmington. Participants from all over the U.S. came to Arnot Forest Retreat Center south of Ithaca to receive instruction in meditation, ritual practices and related topics.

The spirit of the retreat is perhaps best captured in the words of some of the participants: "The most wonderful aspect of the week for me was the chance to spend hour after hour, day after day, with five exceptional monks. The countless interactions with them—eating meals together, having them teach everything from shamatha meditation to sand painting to how to draw a mandala to the meaning of various religious symbols, having endless opportunities to ask for explanations of profound dharma as well as silly curiosities—all of these interactions that took place over the course of the week gave me a feeling of connection and comfort that would otherwise have taken years of formal traditional retreat weekends."

"I witnessed a steadiness, a constant unwavering desire to help, to teach, to open the dharma and Tibetan practice to each of us. Many times I found a helpful easy presence at my side within minutes of opening my sketch pad to work again on my mandala or picking up a piece of cloth to make another prayer flag." And "I was amazed at the eagerness to teach."

The monks were also pleased. Said one, "A traditional Namgyal retreat emphasizes pure meditation, but here students were interested in learning about many different aspects of Tibetan religious practice and culture. The students' many questions stimulated much exchange that was helpful for us, too."

Fall Classes Begin

Fall classes at the Institute have begun with Professor Bill Magee of the University of Virginia as the resi-



Three Namgyal monks constructing a sand mandala in Ithaca.

Photo: Bill Warren



Debating at the Institute.

Photo: Bill Warren

dent western scholar at Namgyal for the 1992-93 academic year. Well-known for the exuberance of his summer intensive course in Tibetan language, he and the monks have embarked on a full schedule of classes.

Cornell University offers university credit to their students enrolled in Namgyal's Tibetan language course. Geshe Tenzin Rabgye's course "Presentation of Tibetan Meditation" uses as its texts two brand new Snow Lion books: *Shamatha Meditation* by Gen Lamrimpa and *Walking Through Walls* by Geshe Gendun Lodro. Currently the Institute has 39 full- or part-time students.

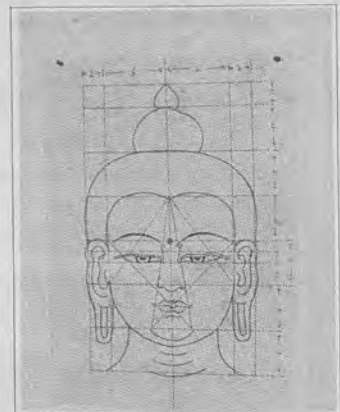
Special Events, Special Visitors, New Faculty Members

If you would like to visit Namgyal this fall, a special weekend program is planned.

MANDALA WORKSHOP [tentatively: November 12-15]. This program was introduced to such a positive response at the summer retreat that Namgyal decided to offer it again as a weekend event. Students learn the geometric principles of mandala construction and have time to practice drawing and coloring a simple design.

Readers wishing to learn more about special events should write to Namgyal. Please include a donation to cover costs for keeping you informed.

Dr. Yeshe Donden has recently accepted a position as one of Namgyal Institute's adjunct faculty. Dr. Donden served for over two decades



Student drawing.



Student working in drawing class.

as the personal physician to His Holiness the Dalai Lama, reestablished the Tibetan Medical Center, and is

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Ven. Thondup Gyaltsen assisting students in mandala class at the retreat.



Debate class at the retreat.

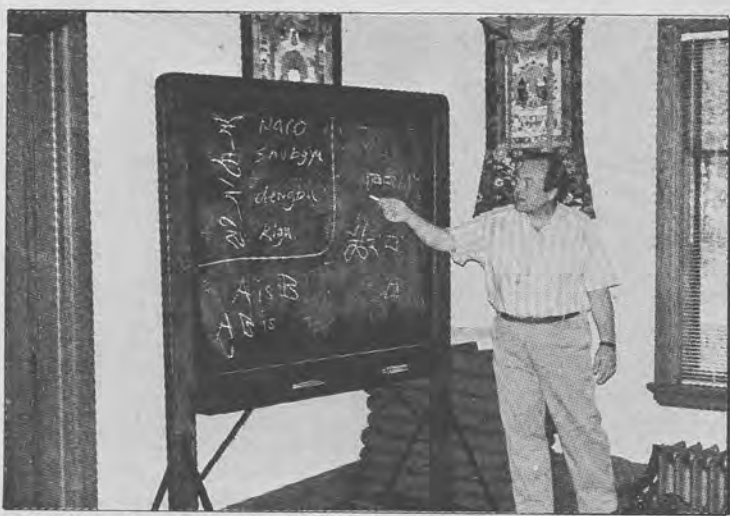
Photo: Muriel Radlwittier



Ven. Tsering Namgyal at work in the Institute office.

Photo: Bill Warren

NAMGYAL IN AMERICA!



Prof. Bill Magee teaching "Literary and Spoken Tibetan" at the Institute.



Some students in the morning "Literary and Spoken Tibetan" class.

author of *Health Through Balance* (Snow Lion, 1986).

A visit to Namgyal Institute by Khamtrul Rinpoche, a well-known Nyingmapa lama, and Zasep Rinpoche in September brought an evening of conversation over a delicious Tibetan dinner. Khamtrul Rinpoche, a revered tantric master af-

filiated with Namgyal, will be returning later in the year to give teachings on Dzogchen.

Sustaining Namgyal Monastery/Institute

Namgyal Monastery/Institute is fully committed to creating educational opportunities for Western-

ers to learn authentic Tibetan Buddhism and culture. The final "product" of this effort is to enable people to know deeper peace in their lives and to become happier, as well as to facilitate attainments in their personal meditative practice, understanding and service to others. Namgyal's vision certainly goes beyond its initial accomplishments. The response to its first six months of existence has been tremendous, demonstrating both the need for this kind of in-depth systematic program and the need to build it further.

So far, Namgyal Monastery/Institute has been built entirely by volunteer effort. The first commitment to a paid salary was to hire Professor William Magee to jumpstart the Tibetan language course and to translate for other courses. Professor Magee is working for much less than what he could earn in a conventional university setting—without family health insurance! As can be seen, Namgyal needs your financial help to further its lofty goals.

A common misconception among beginning Dharma practitioners in the West is to assume that monks don't need an outside support base to survive. In fact, there was a deep tradition in Tibet of communal support for the monasteries, for individual meditators and for mendicant monks and nuns. Western culture is too secular to work the same way. Many costs are involved with sustaining a modern religious and educational institute ranging from mortgage payments and legal fees to course catalogs to food for the monks to the costs associated with keeping records and coordinating everything. These costs must be met for Namgyal to thrive and further the understanding of Tibetan Buddhist teachings on a wide scale.

On this basis, Namgyal welcomes all levels of contributions, which are tax deductible. Many people have responded to our first calls for help with donations from \$5 to \$5,000. To help ensure that Namgyal's benefits reach you even if you live at a distance from Ithaca, we've developed some specific benefits for financial "Friends of Namgyal." You needn't become a Friend of Namgyal to help, but if you do, we'll reciprocate as shown in the accompanying box.

Some specific programs that we would like to fund and develop include:

- **Western Scholar's Chair.** This will ensure that a well-qualified Western scholar is a permanent staff member at all times able to translate

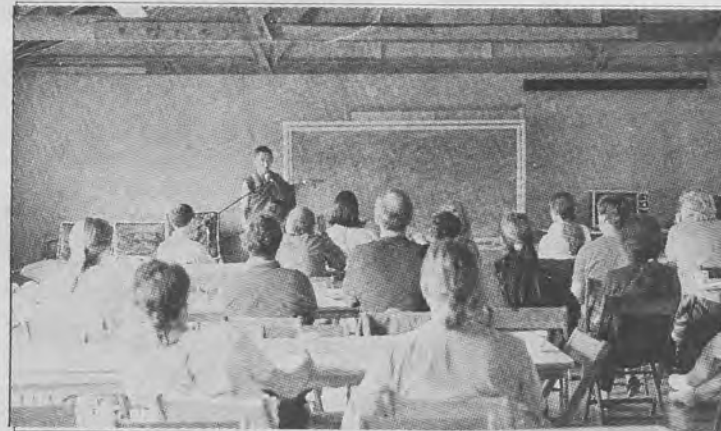


His Holiness the Dalai Lama

Photo: Don Farber/Thubten Dhargye Ling.



Working in the study.



Ven. Pema Losang Chogyen teaching "Mandala Theory" class.

and lead Namgyal's goal of interacting with both traditional Tibetan and Western educational institutions. An endowed position would enable us to secure this vital post.

- **Visiting Asian Scholars.** His Holiness the Dalai Lama has expressed the hope that the most qualified Tibetan Buddhist teachers from all sects would visit Namgyal Institute in the future to offer teachings to advanced students. Endowing this exchange program will help meet such expenses as legal fees for visas, travel, and housing for extended visits from important lamas and others.

- **Art and Cultural Archive.** Namgyal has access to some very rare thanks, robes and other artifacts from old Tibet. To facilitate study of Tibetan religious arts, we hope to establish an archive for scholars, including an extensive library of Tibetan texts.

Friends of Namgyal

- **Sustaining Member.** A \$15 per month tax deductible contribution, preferably paid in semi-annual installments of \$90 each to simplify record keeping, enables you to become a Sustaining Member of Namgyal. This commitment entitles you to a 10% discount on



Geshe Tenzin Rabgye.

courses taken not-for-credit, course materials and other articles available through Namgyal. If you live more than 200 miles away from Ithaca, it also entitles you to free attendance at one weekend workshop or seminar during the year. (Sustaining Members are always welcome at daily meditation.) We'll be developing other benefits as time goes on, but it is possible your main benefit will be enjoying the progress of Namgyal in extending its

(continued on next page)



Khamtrul Rinpoche and Zasep Tulku visiting Namgyal Institute.



Evening meditation at the Namgyal Monastery in Ithaca.

NAMGYAL IN AMERICA!



Monks in the Namgyal-Ithaca Prayer Hall.

Photo: Bill Warren

educational goals to others. Sustaining Members will be kept fully informed through bulletins and newsletters of all Namgyal events and activities.

• **Major Donor.** Tax deductible donations of \$1,000 or more per year make a Major Donor of Namgyal, of which we now have several. First of all, we'll send you a Tibetan mask from Namgyal as a small token of appreciation. Then, Major Donors receive a 20% discount on courses taken not-for-credit, course materials and other articles available through Namgyal and may attend a weekend workshop or seminar free (no matter where you live). Major Donors are also always welcome at daily meditation and are assured of receiving all news from Namgyal. We welcome your inquiry as a prospective Major Donor to discuss specific uses of your contribution, but as with most

organizations, we greatly appreciate the operational flexibility of unspecified funding.

• **Founding Benefactor.** One-time tax deductible donations of \$10,000 or more are very significant because they enable Namgyal to fund specific projects. For contributors at this level or higher, Namgyal offers the benefit of lifetime access to all Namgyal classes and programs, including retreats, free of charge. Please inquire about details. If you have already helped Namgyal with a financial contribution in the past, you will automatically be given membership at the appropriate category mentioned above.

Affirming Namgyal's Goals

Namgyal Monastery Institute of Buddhist Studies is now an active and growing religious and educational organization due to the interest and commitment of hundreds

of supporters. The fundamental goal of Namgyal Institute is to provide to Western students regardless of gender or religious faith an authentic systematic program of study based on the traditional Namgyal monastic curriculum. The summer retreat and initial course offerings mark the first milestones in bringing this goal to fruition.

Future programs of study will evolve partly from student interest and partly from the creative efforts of monks and Western scholars to bridge the gap between East and West. This challenge is more daunting than at first glance may seem: accurate translations must be available in print, fluent and knowledgeable translators must be on hand for classroom instruction, genuine interest and discipline must be offered by dedicated students. These are the fields of activity Namgyal seeks to realize.

How To Meditate

(Continued from page 1)

that, it is also possible to attain the full awakening of a Buddha by engaging in appropriate practices with the single-pointed concentration of shamatha.

A true familiarity with the excellent qualities of shamatha will be very helpful to the practice in two specific ways. First: When laziness occasionally occurs, reflecting upon these points will act as a direct antidote. And second: In a case where laxity arises, then contemplation on the advantages of shamatha will arouse the mind and act as an antidote for laxity.

ASCERTAINING THE SPECIFIC OBJECT OF MEDITATION

The breath as an object of meditation is recommended for those who are strongly inclined to conceptualization or imagination. In the practice of shamatha there are four classifications of types of objects. The breath as an object is included in the one called objects of purification for specific types of behavior. Here, behavior refers to over-conceptualization. Breath is simply one among several objects that are included in a category that specifically refers to predilections that result from habitual behavior in previous lives.

There is another object for those who have a strong predilection for attachment, and yet others for people dominated by other specific mental distortions. Those who have a low level of mental distortions, and those whose mental distortions are all about on the same level can choose anything they like.

For those who have a more or less even level of different mental distortions, there is a special purpose or benefit in focusing on the image of the Buddha. In fact, the Buddha as an object of meditation has many advantages. The development of stability in that visualization is useful for the practices of the accumulation of merit, for the purification of obscurations and unwholesome imprints. In addition, to be able to bring the Buddha image to mind at any moment is very useful. Finally, the Buddha as an image can be very useful for those who are doing or hoping to do tantric practices involving visualization.

ESTABLISHING THE FAULTLESS APPROACH

In order to establish the faultless approach, it is said that one needs to cultivate two properties of awareness. First, one's mind should be endowed with non-discursive stability. Second, it should be endowed with a vigor, or strength of clarity.

Non-discursive Stability

The manner of achieving this first required property is through mindfulness. To initiate that process, first of all there has to be an object of mindfulness with which one is already familiar. Mindfulness, then, entails a lack of forgetfulness. Its function is being free of mental distraction. It is the antidote to forgetfulness and, like forgetfulness, is a mental factor.

Concentration refers to a mental factor having the function of focusing continually upon a designated entity. Here, the expression

"designated entity" refers to a mental image or object. If the breath is the object of meditation, it would also refer to a physical object. Elsewhere it will have a different meaning. Moreover, concentration has the function of yielding insight. This is a precise definition of the term *samadhi*, which acts as a basis for the arising of insight.

Keep in mind that what we are discussing here is the manner of directing the mind to the object. Within that framework, what does directing the mind to the object mean? It means to apprehend. Remember the term. It will come up again.

Strength of Clarity

The second of the two properties one needs to cultivate in establishing the faultless approach is vigor, or strength of clarity. The term "strength of clarity" means just what it says, that one just has great clarity. This does not refer to the clarity or lucidity of the object. It refers to the mode in which the mind apprehends the object. The distinction between the clarity of the object and the clarity of the mind is an extremely important one. If the mind is very vividly apprehending its object, strength of clarity is present.

We can draw an analogy with television. Sometimes the image on the screen will be hazy around the edges—it appears with a "ghost" image. In this case, the fuzzy image with the ghost would be lacking strength of clarity. If the mind of the viewer watching the screen is apprehending its object but going in and out of focus, if its mode of apprehension is hazy

I WISH TO BE A FRIEND OF NAMGYAL MONASTERY

I wish to help sustain and develop Namgyal Monastery Institute of Buddhist Studies as a non-sectarian American resource. Namgyal is an official branch of the personal monastery of His Holiness the Dalai Lama and as an institute is open to women and men regardless of race or religious affiliation.

Name: _____

Address: _____

Telephone: _____

\$ _____ Sustaining Member—\$15 per month (\$90 semi-annual or \$180 annual payments) (Receive 10% discount on courses taken not-for-credit, course material, etc., free periodic newsletters)

\$ _____ Major Donor—\$1,000 (Gift of Tibetan mask, 20% discount on courses, course materials, etc., and one free weekend workshop, plus periodic newsletters)

\$ _____ Founding Benefactor—\$10,000 (Lifetime access to all Namgyal classes and programs, including retreats, free of charge. You will also receive our periodic newsletters)

Enclosed is a donation of \$ _____. Please inform me of courses and programs at the Namgyal Monastery Institute of Buddhist Studies.

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

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

Namgyal Monastery Institute wishes to thank all those who have written to inquire about courses or to send donations. For those who have asked to be placed on Namgyal's mailing list, we appreciate your patience. The mailing list is now computerized and periodic updates on Namgyal's activities and growth will be forthcoming shortly on a regular basis.

If you have not already asked to

be placed on our mailing list and are interested in staying in touch as Namgyal progresses toward its goals, please send us your name with a donation to cover expenses of keeping you informed. Inquiries from prospective students are always welcome. Our address is: *Namgyal Monastery Institute of Buddhist Studies, P.O. Box 127, Ithaca, NY 14851*



around the edges, then it is the mind that is lacking clarity. In this case, both the mind and the image lack clarity. If you have a really terrific thousand-dollar TV set with a perfectly sharp picture, and it is still apprehended by the mind as unfocused, then it is the mind that is lacking in clarity, not the object.

In the meditation practice, when the meditator lacks that strength of clarity of mind the object generally appears hazy. Generally, when one has strength of clarity of mind, the outlines of the object are very crisp.

Walking Through Walls: A Presentation of Tibetan Meditation

By Geshe Gedun Lodro
Translated and edited by Jeffrey Hopkins; co-edited by Anne C. Klein and Leah Zahler

441 pp., \$19.95 paper; \$35.00 cloth. Available now.

This is a systematic and detailed presentation of shamatha meditation by one of the foremost scho-

lars of Tibet. In a series of lectures at the University of Virginia during the spring and summer of 1979 Geshe Gedun Lodro gradually unfolded for a group of advanced students the Tibetan landscape of mental development. The environment for meditative change is comprised by the jungle of beings' afflicted states with hidden potential for change. The restoration of the landscape to its pristine state is wrought by techniques that are built from inner potentialities for stability, clarity, and calm, but these very techniques are fraught with pitfalls from inner habitual weaknesses. The dangers of not

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Mandala

(Continued from page 1)

zation, presenting a comprehensive visual introduction to Tibetan mandalas.

We are pleased that this unusual video is now available.

NEWS

Khamtrul Rinpoche Visits United States

Khamtrul Rinpoche is the fourth incarnation in a lineage of scholars and saints from eastern Tibet. He is a scholar, meditation teacher, and ritual master of the Nyingma lineage.

Recognized at the age of eight as the successor to Dorje Namgye, Khamtrul Rinpoche was installed as co-abbot of Gaje Kamtu Min Dol Jang Chol Monastery in Kham, Tibet. In his early years at the monastery Rinpoche studied and memorized the standard prayer books and elementary texts. He also studied medicine and astrology for two years. At the age of fourteen he commenced the study of the great texts of both the sutra and tantra collections. Part of the curriculum included the mastery of various ritual arts—sacred dance, flute, mandala construction, tormas offering creations and others. He also took many initiations and private teachings and supplemented these with the appropriate solitary retreats.

At the age of twenty-seven he assumed responsibility for the administration of the monastery. In addition to his monastic duties, Rinpoche made pilgrimages to many places, as well as trips to Lhasa. In 1960 he fled Tibet and arrived in India. In India he became responsible for the administration of five hundred refugees in Assam. He joined the Council for Religious and Cultural Affairs of the Central Tibetan Administration in Dharamsala in 1966 as the Nyingma representative. He became Assistant Secretary and then rose to Secretary of Religious Affairs, a post he held until retirement in 1986. He was asked to come back to Dharamsala by H.H. the Dalai Lama from retirement in South India to preside over the Nyingma rituals at Nam-



gyal Monastery. His Holiness refers people who are interested in Nyingma teachings to him. He also gives teachings from many other lineages.

We asked Rinpoche about his plans for the future and he had the following to say.

"Ever since 1959 I have been very much aware that I am the only living person, outside Tibet, who holds direct and unbroken empowerments, transmissions, and teachings of the Great Fifth Dalai Lama's complete works (gsang-wa rgya-chhen gyi sde) of 32 volumes. These sacred volumes include, among a vast array of other teachings, the Eight Secret Pronouncements (bkah-brgyad). I have been urged to pass on these teachings for their continuity.

"Similarly, I have been urged again and again by my followers in Tibet as well as in exile to pass on to others the traditions of Khamshung Monastery which was destroyed during the so-called Cultural Revolution. This is because I am not only the head of this very important monastery in Tibet, but also, unfortunately, the

only person who holds the whole gamut of the monastery's traditions ranging from ritual arts to much more profound teachings.

"Some years back I began working on a small project which seeks to transfer what I know to others so that these teachings may continue. With His Holiness the Dalai Lama's kind encouragement and blessings, I am now almost ready to start a small center for teaching in Dharamsala, to be located near His Holiness' Temple.

"The center will invite a selected group of fresh young minds from Tibet. These monks will receive all the knowledge and skills that I have been able to accumulate in my lifetime. I will also accept an equal number of western Dharma students who are serious enough to take courses in various aspects of Nyingmapa teachings and undergo actual practice. I will do so because a number of western students have shown a lot of enthusiasm in learning from me.

"The construction work of the center will start shortly. My plan consists of a four-storey building. The ground floor will be made up of a small prayer hall, washrooms, and four classrooms. The first floor is for myself and for my family members. Each of the second and third floors has 12 bedrooms and common washrooms. If anyone wishes to contribute towards this project, please write to me directly or to any of the following people: Khamtrul Rinpoche, Thekchen Choeling, Dharamsala, 176219 District Kangra, H.P., India; Carol Popp Weingarten, 2221 Peachtree Road N.E. #D-305, Atlanta, GA 30309, 404-262-7880; Tony Spina, 25-61 44th Street, Long Island City, New York, NY 11103, 718-274-6136; Tashi Tobgye, 61 Dowswell Drive, Scarborough, Ont. M1B 1H5, Canada, 416-412-6302."

Khamtrul Rinpoche's schedule: San Francisco, Oct. 2-9; Atlanta, Oct. 9-30; Santa Fe. ■



Snow Lion extends its best wishes to His Holiness the XVIIth Gyalwang Karmapa, Ugyen Drodul Trinley Dorje, upon his enthronement at Tolung Tsurpu Monastery, September 27, 1992. May his life be long and his wishes be fulfilled!



Ngodup Sangpo and Dupchok Gyaltsen.

Snow Lion People

Two of our newest employees, Dupchok Gyaltsen and Ngodup Sangpo, came to Ithaca in June with the Tibetan U.S. Resettlement Project. If you hear a Tibetan voice when you call Snow Lion, you can ask if it is Dupchok-la or Sangpo-la!

Dupchok Gyaltsen

Tibet is a beautiful country but when I was a child I was forced to flee to India with my other and other Tibetan people as political refugees. I attended a boarding school which was established especially for Tibetans; the curriculum was taught in English. After high school I attended the Institute of Buddhist Dialectics and received my B.A. degree. Later I served in Tibetan communities as a Tibetan

literature and English language teacher.

After being selected as one of the Tibetans to come to America I received a job offer from Snow Lion. My work is in the shipping department and I do some of the record-keeping connected with inventory. I enjoy working hard; I like Ithaca and want to learn about America. My interests are wide-ranging and include reading, music, travel and television.

Ngodup Sangpo

I was born into a nomadic farming family in Kangpo, southeastern Tibet, in 1958. In the following year my family fled from Tibet into India. At one point my father was captured and imprisoned by the Chinese for several

months before he finally managed to escape.

I have many satisfying memories of India, particularly the years I spent studying Tibetan herbal medicine at the Tibetan Medical Institute and also my work in the Central Tibetan Administration at Dharamsala.

There are two main reasons why I have come to America: firstly, through my knowledge of the political situation in Tibet I hope that I can help Americans to become more aware of the situation there; secondly, I can better help my wife, children and family who are still in India.

I am very happy to be working at Snow Lion and admire the way the company is helping the Tibetan cause. If the world values truth and non-violence I have no doubt that Tibet will one day be free again. I would like to thank people for the support they have given us in the past and would ask them to continue with their support in the future. ■



DHARMA PATHS
VEN. KHENPO KARTHAR, RINPOCHE

Snow Lion Publishes Book by Khenpo Karthar Rinpoche Abbot of Karma Triyana Dharmachakra (N. American Seat of H.H. Gyalwa Karmapa)

Dharma Paths

By
Ven. Khenpo Karthar Rinpoche
Translated by Ngodup Burkhar
and Chojor Radha
Edited by Laura M. Roth
300 pp. approx., \$14.95, available January.

Khenpo Karthar Rinpoche is the well-loved abbot of Karma Triyana Dharmachakra Monastery in Woodstock, NY which is the N. American seat of H.H. the Gyalwa Karmapa. This is the first book he has authored and it is an excellent introduction to the Tibetan Buddhist path. The following are some excerpts from the first chapter:

THE BUDDHIST PATH

Buddhism is relatively new to the West and is just beginning to become established in this country. Its history, however, goes back twenty-five hundred years to its origins in India. When we encounter the tradition of Buddhism it is natural to be curious about its fundamental nature and the role it plays in people's lives. To begin with, the founder of Buddhism was Shakyamuni Buddha, the fully awakened, fully enlightened one. The teachings of the Buddha are referred to as the Dharma or the path, and those who follow this

particular path are known as the Sangha, or the community of practitioners. The Tibetan word for the teachings of the Buddha is *cho*, which means literally "that which straightens" or "that which cures." The teachings have the quality of straightening out that which is crooked or incorrect, or of curing a kind of sickness we have.

All of us, no matter who we are, share a deep longing to experience happiness, well-being, peace, and harmony, and to experience these continuously. All of us want to eliminate whatever stands in the way of experiencing happiness and peace. Yet only a few people are able to fulfill such aspirations and longings. When we ask what the nature of Buddhism is, and what positive contribution the Dharma can make to our lives, the answer is that Buddhism is a collection of various methods or skillful means. If we understand these methods, apply them, and integrate them into our lives, they can lead us to discover our inherent ability to experience complete happiness and to develop the basic potential of our minds. Those who have the opportunity to encounter as well as to learn and apply these methods will experience the ben-

(continued on next page.)

NEWS

Dharma Paths

(Continued from previous page)

efit of developing their potential. This is not because these people are in any way unique or special, but because auspicious circumstances have enabled them to encounter and apply the methods.

In Tibetan the term for Buddha is *Sangye*. *Sang* means free from confusion and negative emotions, and *gye* means fully developed, having fully developed transcendental knowledge and wisdom. *Gye* also means fully ripened: the potential to experience ultimate wisdom has fully ripened. Initially Shakyamuni Buddha was an ordinary person like us. He had the potential to attain a completely sane and awakened state of mind, yet he had habitual neurotic patterns that needed to be removed. However, the Buddha saw the possibility of developing his potential to experience an awakened state of mind and to free himself from habitual patterns. He put this vision and understanding into practice, and he actually gained freedom from confusion and ripened his potential to experience an awakened state of mind. When he experienced complete freedom and ripening through the skillful means of the path, he realized that all people have the same potential, and he began to teach the path by which he attained this state of mind. Thus the Buddhist teachings are based on the Buddha's own experience and insight.

A person who attains the perfect awakened state of mind also develops immeasurable loving-kindness and compassion toward others. This means having a great concern for the well-being and happiness of all beings without exception, and a complete dedication to eliminating their suffering and confusion. Because of this limitless loving-kindness and compassion, an enlightened being such as the Buddha has no hesitation about sharing with others the methods to achieve perfect enlightenment, which are based on first-hand experience. He or she openly reveals to others whatever is necessary, because the means of attaining such an awakened state of mind is not to be hidden or kept secret. Thus the path has been taught and explained with untiring, unceasing commitment and dedication for many centuries.

Such compassion arises from the experience of enlightenment, because an enlightened person sees the confusion and the neuroses that ordinary beings are involved in and becomes aware that they need help. For example, suppose that in a community of blind people there is one person who can see. The blind people have certain purposes and wishes in life, but their blindness may lead to mistakes and confusion. Their sincere desires and wishes may not be fulfilled by their actions, and they may endanger themselves by walking toward cliffs or into fires. If there is a person who can see and who can help them, how could this person resist helping?

The Buddhist teachings are directed toward taming and training the mind. Taming the mind means bringing about mental stability and tranquility through the practice of meditation. After the proper foundation of a stable and tranquil mind is established, the mind is trained to develop greater insight and to begin to remove habitual emotional patterns. This quality of the teachings is often referred to as pacifying and cooling. The chaos and intensity of habitual patterns are gradually pacified through the practice of the teachings. The more such patterns of

confusion and restlessness are pacified, the more a state of clarity and joy comes about. It is like a cool breeze coming to soothe someone who is tormented by the heat.

Again using the analogy of the blind people, if these were people whose sight was only temporarily impaired, then giving them a treatment to restore their sight would cause much of their burden to be lifted. They would experience peace, happiness, and ease, because they would not be so vulnerable to dangers and they would have a better sense of direction. In the same way, although all beings have the potential to experience an awakened state of mind, because they are blinded by their confusion, they have not realized this state. Instead they remain trapped in confusion and suffering. Therefore the methods of the Dharma, the true and supreme path, are presented to show a sane way of life.

(continued on next page)

His Holiness the 17th Gyalwa Karmapa arrived in Full Glory at Tsurphu Monastery in Tibet at 11:00 AM, June 15, 1992.



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Tsurphu Foundation is a non-profit organization incorporated to act as a vehicle to raise funds to rebuilt Tsurphu Monastery, the seat of His Holiness, the Gyalwa Karmapa in Tibet. Tsurphu Monastery is the central seat for all the incarnations of the Karmapas.

KÜN-ZANG LA-MAY ZHAL-LUNG

Jig-me Ling-pa, the exponent of Dzog-pa Ch'en-po Long-ch'en Nying-tig, provides the required preliminary for the practice of Dzog-ch'en in a short liturgical prayer called *The Excellent Path to Omniscience*. One of his eminent disciples, 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
Translated and edited by Sonam T. Kazi



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Part I available from: Diamond-Lotus Publishing, P.O. Box 43242, Upper Montclair, NJ 07043. Tel: (201) 509-1868. 256 pp., 8 full-color plates, \$30.00, cloth. Add \$4.00 for shipping/handling. NJ residents please add 7% sales tax.

NEWS

Dharma Paths

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QUESTIONS

Q: On the basis of your experience of Western culture, what do you think are the problems that we should be working on? Also, what particular gifts should we be receiving from Buddhism?

A: Frankly, if I am not mistaken, the biggest problems in the United States seem to be a lack of moderation and a sense of competition. To some degree these are problems everywhere, but they are especially strong here. There are many admirable things about this country. Most people are very well educated, intelligent, and efficient, and the country is very advanced materially and technologically. However, in the midst of this, there is a sense of competition and a lack of moderation. Everyone seems to want to get ahead of other people in status, material things, and any other way possible, regardless of their talents.

The contribution Buddhism can make is not any one thing in particular. Buddhist methods are simply a very wholesome way of life, which anyone can benefit from following. Whoever applies the methods, in whatever part of the world, will be able to break through the confusion and cares of the mind and experience greater tranquility and stability, which brings with it greater moderation.

Q: What is the viewpoint of soul in the Buddhist teaching, and what is the aim of the teaching?

A: The Buddhist term for soul might be "mind" or "consciousness." It is the thinking mind, this knowing ability that we have as we are living right now. This knowing ability, this consciousness, is not material or substantial. It has no color or dimensions or form of any

kind, yet it is always present. When we die, this consciousness or awareness leaves the body, so it may be soul in the same sense you mean.

As to the aim of Buddhism, we can say that the aim is to experience perfect joy and to develop the complete potential of the mind.

Q: Would you clarify for me what are the differences in the technique of meditation between Tibetan Buddhism and, say, Zen Buddhism, which we have heard about from Japan?

A: Since the practices of the different schools of Buddhism are all in accordance with the teachings and experiences of the Buddha, they are all essentially the same. Both Japanese Buddhists and Tibetan Buddhists uphold the Buddha as the ultimate example and source of inspiration. Yet there are differences in the practices because of the way Buddhism has spread in the world and the way it has been preserved in different countries. For example, the three paths or vehicles of Buddhism—the hinayana, mahayana and vajrayana—are equally practiced, preserved, and emphasized in Tibet, whereas in many Buddhist countries they are only partially practiced. In addition, there are many techniques and practices in Buddhism at all levels, preliminary as well as advanced. Because particular lines of practice have been established, and the practitioners have particular needs, certain techniques are emphasized more by some schools of Buddhism than by others. Finally, there is the cultural aspect: how a gesture is made, what attire is worn, how certain objects are made and arranged, and so forth. In these areas there may be superficial differences. But essentially there is no difference.

Q: Are there women scholars and teachers in Buddhism?

(continued on page 10.)



The Legacy of H.E. Jamgon Kongtrul Rinpoche By Jacqueline Nalli, Rigpa Dorje Foundation

His Eminence Jamgon Kongtrul Rinpoche's pure view and one-pointed perseverance to benefit all beings gave rise to the attainment of his vast accomplishments. In his 39 years, the third Jamgon Kongtrul incarnation, Karma

Lodro Chokyi Senge's expressive vision and knowledge expanded boundlessly in all directions.

Rinpoche's exquisite and flawless devotion to His Holiness The Sixteenth Karmapa, epitomizing a perfect guru-disciple relationship,

convince us that he spent his entire life in the service of His Holiness. Rinpoche's vitality of teaching and disseminating empowerments, guidance, instructions, and transmissions of the Buddhadharma convince us that he spent his entire life in the practice and teaching of the Buddhadharma. Rinpoche's establishment of new monastic communities, the restoration and expansion of many existing monasteries, his commission of numerous new images of the Buddha's body, speech and mind, and the establishment of learning institutions, retreat centers and other such facilities convince us that he spent his entire life creating holy places for the study and practice of Dharma. Without seeking a single necessity, Rinpoche accomplished all through the power of his great merit.

During his lifetime, Rinpoche made two trips to Tibet, one in 1984 and one in 1991. During these trips he gave empowerments and teachings to hundreds of monks, tulkus, and lay people of Tibet; he obtained permission for the restoration of Tshurphu Monastery (the seat of His Holiness the Gyalwa Karmapa) in Eastern Tibet; at Palpung Monastery he ordained about 500 monks; he visited Derge Gonchen where he inspired the reconstruction of the traditional Tibetan Derge Printing House; and he gave the precious Kalachakra empowerment at Damkar Monastery in Nangchen. Rinpoche has also given the Kalachakra empowerment in Europe, Canada and Asia and he gave the Kagyu Ngakdzö empowerment (considered the heart of the Kagyu yidam transmissions) in February 1992 to the monastic community and lay people at

(continued on next page)



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Wisdom Publications is a non-profit publisher of books in all Buddhist traditions.

NEWS

The Legacy of H.E. Jamgon Kongtrul Rinpoche

(Continued from previous page.)

Rumtek Monastery, seat of the Karma Kagyu lineage in India. In the late 1980s, Rinpoche completed one of his most outstanding projects: Shri Nalanda Institute for higher Buddhist studies in Rumtek, India.

Considering the vast amount of activity Rinpoche foresaw for himself in the world, about 6 years ago, he created a network of organizations in North America, Europe and Asia that work towards the relief of suffering for the poor and underprivileged, provide basic education and higher Buddhist studies, and preserve the richness of Tibetan Buddhist traditions and culture. Thus, he initiated Rigpe Dorje Foundation in the name of His Holiness the 16th Gyalwa Karmapa. Rinpoche's extraordinary wisdom and compassion are the source of inspiration for all the Foundation's work and activities. What follows is a brief description of a few of his many projects served through Rigpe Dorje Foundations.

Perhaps Rinpoche's most joyful vision is Pullihari Retreat Center, built on a hill in Nepal overlooking the great Stupa of Boddhanath which contains the precious relics of Kashyapa Buddha who preceded Shakyamuni Buddha. The completion of the monastery at Pullihari is the first stage of a large complex that will come to be known as Rigpe Dorje Institute. It will be devoted to the study and practice of Buddhism for both the monastic and lay community of Dharma students and include a traditional three-year retreat center. Pullihari was very dear to Rinpoche and he was especially happy whenever he visited the site. In a garden on the grounds of Pullihari, Rinpoche's kudung (relic body) will be enshrined in a Bodhisattva Stupa. In this final resting place, Rinpoche's blessings will continue to emanate out in all directions to inspire the hearts of all his disciples. Currently, the Foundation's primary focus is the accomplishment of this stupa.

In the Darjeeling District of India, in the outlying area of Lava, Rinpoche established a small monastery and retreat center. Lava is a remote mountain town with a view towards the Himalayan mountain range bordering India and Tibet. Its high altitude, cold climate and peaceful setting are the perfect atmosphere for both the monastery and the traditional three-year retreat. Today, there are about 108 monks in residence, ranging in age from 7 to 15. The monks are supported primarily by the help of sponsors. They receive a monastic education which includes the study and recitation of Tibetan Buddhist texts, instruction for musical instruments and sacred rituals under the guidance of senior monks and lamas. The monastery, originally built for only 70 monks, is now planning for its expansion, as well as more sponsors for the many new monks.

An extraordinary collection of 52 thangka paintings depicting the Karma Kagyu lineage is a treasure of Rumtek Monastery. Rinpoche often commented that each of the Karma Kagyu monasteries inside Tibet should have the benefit of these lineage thangkas. It would take a great painter years to recreate a similar set of paintings. In the interim, Rinpoche asked that a full-size photo reproduction of each painting be made. The photographs have been professionally executed and funds are now being raised to print complete sets for each monastery. Rinpoche great-

ly encouraged the Foundation to send the first set of photos to Tshurphu Monastery in Tibet. With the announcement that His Holiness the Seventeenth Karmapa, Ugyen Tinley, is now in Tshurphu, it would be most auspicious for this to be accomplished as soon as possible.

Rumtek Monastery was desperately in need of new living quarters for the monks. Under Rinpoche's gentle care, the construction of the monk's new residence commenced early this year. The complex is beautifully designed in the traditional Tibetan architectural style and will surround the monastery to form an inner courtyard. For the monks who have been living in some of the most dreadful conditions, the new living quarters will provide a much healthier environment. Rigpe Dorje Foundation in the United States has funded a large portion of this construction work but still more funds are needed to complete it before the end of the year.

Rinpoche's unconditional concern for the poor created the establishment of sponsorship programs that care for young children, monks and elder Tibetans. By providing basic necessities of food, medical care and school fees, the program has lifted hundreds of individuals out of the painful existence of poverty and disadvantage. As a result, children learn skills to become self-reliant; elder Tibetans are rescued from their hardships and find restored dignity and purpose; and the monastic community is able to continue to practice and study Dharma.

In early March of this year, at Rumtek Monastery, Rinpoche met with Rigpe Dorje Foundation members from the United States, France and Denmark. Many issues were discussed, yet Rinpoche seemed most delighted when describing his childhood dream of establishing a primary school for children. When Rinpoche was about 4 or 5 years old, he played in front of a building in Kalimpong in the Darjeeling district of India. He told his mother of his vision in which this building would one day become a boarding school for destitute children. Because of his blessings, the Foundation has been able to acquire the land and its existing building where Rinpoche briefly played as a child. We are proceeding with his design for the school which will become a model educational facility for the Foundation's future projects.

In 1992 Rinpoche presided at the opening and consecration of Karma Kamgyang Khang, a school for monks in Rumtek to learn to read and write in Tibetan and English. He took an active part in the design of the school, its construction and the sponsorships of the monks.

The well-being of elder Tibetans was a concern Rinpoche often expressed. He frequently would say "elder Tibetans need a purposeful life... something to do so they can feel useful." As an effort to help them he inspired the creation of Rumtek Old People's Association to administer to the elder community. Additionally, he requested that an old people's home be established in Lava where elder Tibetans from all areas of India and Nepal could come to live together in support of each other and their Tibetan traditions. The proposed home provides living quarters for 100 residents. They can meet together for spiritual prayers, Tibetan crafts, cooking, picnics, and other activities which will maintain their sense of dignity.

Medical needs were also one of Rinpoche's concerns, especially for poor communities and settlements that were without any means of health care. He directed us again to the town of Lava where he designated land for the construction of a health clinic. This clinic will provide desperately needed basic medical care for about 10,000 members of the mountain community, including the monks at the Lava Monastery and Lava's old people's home. Once the clinic has been completed, doctors from the United States and Europe have volunteered to train local health care workers to maintain the services of the clinic.

Rinpoche's continuous interest in sharing Buddhist thought with western cultures brought about the Buddhism and Psychotherapy Conference held annually in the United States, in which he shared his views and knowledge with Western psychotherapists. He also established Rigpe Dorje Centers in San Antonio, Texas and in Montreal for the study and practice of Dharma. Rinpoche was very enthusiastic about a week-long retreat based on the Treasury of Knowledge teachings to be held in San Antonio in August, 1992. Venerable Ponlop Rinpoche taught the first retreat this year marking it as an annual event at the Rigpe Dorje Center in Texas. Rinpoche traveled tirelessly throughout North America, Europe and Asia giving teachings, empowerments and strengthening Dharma centers. An extensive transcript project of some of Rinpoche's teachings is ongoing and currently 24 transcripts are available. They include subjects such as Calling the Guru from Afar, Death and Dying, and The Guru-Disciple Relationship.

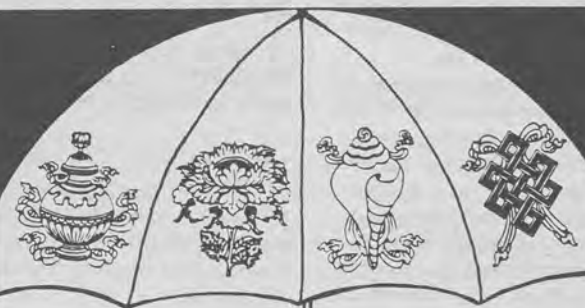
Jamgon Kongtrul Rinpoche suddenly passed away on April 26, 1992 in a car accident in India. His passing is looked upon as a profound method for benefiting sentient beings by removing obstacles for Buddhism, people in general, and for the Karma Kagyu tradition. Nevertheless, for his many disciples who knew him well, it causes in us the deepest sorrow. Now we turn our hearts towards prayers for his perfect incarnation to swiftly return.

Rinpoche gave every moment of his life to benefit others. His advice to us in our work was to "always have the right motivation and everything will come." His splendid example of profound compassion and wisdom instills in his students throughout the world the precious gift of the Buddhadharma. Carrying out Rinpoche's work as he envisioned it is a rare privilege for Rigpe Dorje Foundation and it is a commitment of the heart.

Rigpe Dorje Foundation would be most delighted if you would like to join us in our efforts. Please write or call for further information about any of the projects outlined above. If you would like a biography of Rinpoche, prayers for his swift rebirth, or a list of transcripts of his teachings, we will be happy to send them to you. Thank you and best wishes from all of us who are part of the family of Rigpe Dorje Foundations. Write: Rigpe Dorje Foundation, 328 North Sycamore Avenue, Los Angeles, California 90036, (213) 934-5002.

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NEWS

His Holiness the Dalai Lama to Offer Teachings in September 1993

Plans have been announced for His Holiness Tenzin Gyatso, the 14th Dalai Lama, to give teachings on the "Patience" chapter of Shantideva's *Guide to the Bodhisattva Way of Life* in Arizona during September 1993.

The teachings are being co-sponsored by Desert Moon Foundation of Phoenix and the Arizona Friends of Tibet, based in Tucson.

Lopon Claude d'Estrée, coordinator of the Arizona visit, said plans call for the establishment of a five-day institute with His Holiness as principal instructor in a campus-like environment at an Arizona resort. Exact date and registration will be available in November 1992, pending confirmation of details.

"This will be an unprecedented opportunity for serious students and Buddhist scholars to attend teachings with His Holiness in an intimate setting," d'Estrée

said. Between 500 and 750 students are expected. Students will be encouraged to stay at the resort to create a campus atmosphere.

In order for students to receive the maximum benefit possible, d'Estrée is designing a curriculum of study that students will be encouraged to undertake before the teachings. The books involved will be available through Snow Lion Publications.

The "Patience" teachings by His Holiness will be audio and video-taped to allow Dharma centers around the world the opportunity to share in these teachings, and Snow Lion has agreed to publish the teachings in book form.

Details of the curriculum and registration packets may be obtained by sending name and address to: Arizona Teachings, Inc., 4725 E. Sunrise Drive, #137, Tucson, AZ 85718.

Day of Compassionate Action

It has been proposed that July 6th, H.H. the Dalai Lama's birthday, become a *Day of Compassionate Action*, with any merits gained to be offered to the long life of His Holiness the Dalai Lama.

Members of the Alaska Tibet Study Group (TSG) urge your support in order to create this special day. It is not an exclusively Tibetan event but rather a day to celebrate kindness among people.

People who hear His Holiness the Dalai Lama speak are charmed by his great radiant love and clarity of mind. No one wins support for the Tibetan cause better than His Holiness. Thus, the greater number of people who know about Tibet, the greater number of Tibet supporters there will be.

Some suggestions for community events to celebrate this day are:

- Plant trees and plants
- Clean up creeks, parks, empty lots, neighborhoods
- Hold an interfaith prayer service for world peace
- Hold a giant community birthday party for His Holiness
- Have a street fair supporting Tibet
- Donate to local or international charities

The more community people are involved and responsible for initiating actions the better. Don't start any bigger than you can manage, be patient and let it grow year by year. Even cleaning up one junked city lot will earn you free press!!

For more information or suggestions contact: TSG c/o Denise Lassaw Paljor, HC67 Box 912, Anchor Point AK 99556. 907-235-4277.

Snow Lion Readers Sponsor Tibetan Children

Educate the Children, Inc., a nonprofit organization which educates impoverished Tibetan and Nepalese children in Nepal, has welcomed six new sponsors for Tibetan and Nepalese children. Following an article on E.T.C. in the spring Snow Lion Newsletter, E.T.C. received inquiries from across the United States.

Among the children newly selected to receive sponsorship is Tsering Dhondup, a student at Tsongsen Primary School in Bodhnath, one of the four schools in Nepal under the patronage of the Tibetan Government-in-Exile. Tsering comes from a village near the Tibetan border. It is so cold that the district has difficulty finding teachers. School is sporadic and few students go beyond the primary level. Tsering showed such promise that his father brought him to Kathmandu for an education. His father is a farmer with little income. The recent sponsorship by Arden Beyer assures Tsering's continued education.

Tashi Dolma, a student at the Namgyal School near Bodhnath, is an orphan in class 7. Tashi has



Lama Kalsang with Tsering Dhondup, (sponsored by Arden Beyer).

been supported through E.T.C. for several years, following the tragic death of her mother. However, this year she needed to switch to the high school, which required changing from a day scholar to a boarder. New sponsor My Pham agreed to help with the additional costs. Frequently a child's expenses increase as they get older. E.T.C. welcomes co-sponsors to help with these additional costs.



Sounds of Peace Concert Tour

Nawang Khechog, the internationally known Tibetan musician, is announcing his 1992 Sounds of Peace Tour to benefit the Tibetan-U.S. Resettlement Project. Nawang was born in Tibet and fled into exile in India after the invasion by communist China. He was a Tibetan monk for eleven years, and studied philosophy and meditation under Tibetan masters in Dharamsala, India. Since 1986 he has been living in Australia and the United States. He has performed at the Harvard University Mind/Body Institute, Tibetan Film Festival, and most memorably for him, the United Nations' International Forum on Global Environmental Sustainability.

His music has been described as warm, reflective, haunting, and spellbinding. Nawang is a leading musician in the field of world music. He plays a number of international instruments including: bamboo flute, Australian Aboriginal didgeridoo, South American clay ocarina, Tibetan dungchen (long horn trumpet), Tibetan singing bowl, Native American flute, and Japanese Shakuhachi flute, among others. His spontaneous playing is interspersed by a gently rhythmic and highly effective chanting of the phrase, "May peace prevail in the world; may all be kind to each other." His musical style stems from years of meditation in the foothills of the Himalayas.

His current tour is a mixture of concerts and workshops on music and meditation. His concerts often provoke calming effects on his audience, freeing the mind of anger, jealousy and greed. He describes his workshop as "a universal technique utilizing music, contemplation, movement and chanting to bring about mental calmness, deep relaxation and peaceful life style to all individuals from every walk of life."

Each workshop is followed by question and answer sessions and a short musical performance.

Nawang also has three tapes available from Snow Lion—*Sounds of Peace*, *Rhythm of Peace*, and *Sounds of Inner Peace*. (See catalog for ordering information.)

Concerts Pittsburgh, PA—October 14. Contact: Gissa Hamburger, 412-371-0600.

San Francisco Area—early November. Contact: Bay Area Friends of Tibet, Julia Shepardson, 415-241-9197.

New York City Open Center—November 21. Contact: Open Center, 212-219-2527.

New York City—early December. Tibet House Benefit featuring Philip Glass, Laurie Anderson and Nawang Khechog. Contact: Tibet House 212-213-5592.

Workshop

New York City—November 28, 4pm. Contact: Mokotoff Asian Arts Gallery 212-941-1901.

Possible tour locations in 1993 include Canada, US, South America, Europe, Japan, and former USSR countries. For further information contact: Sounds of Peace Concerts, 365 Westminster Rd #5B, Brooklyn, NY 11218, tel. 718-469-1473.

Dharma Paths

(Continued from page 8.)

A: Yes, definitely. As I have already mentioned, differences between people are not made by things like the color of their skin, their sex, or their age, but by whether they can generate a noble state of mind.

Q: If the Buddha was the first person to reach enlightenment, more or less on his own, can any individual arrive at the same point of knowledge by listening to her or his own inner voice, even someone who is not aware of Buddhism as such?

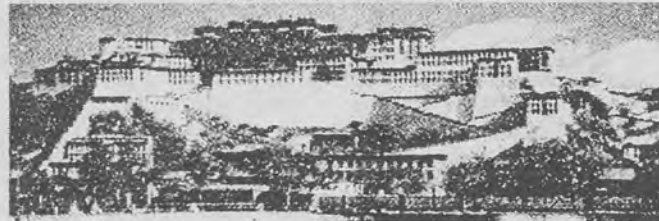
A: Actually there are two ways we can look at this. One is that the Buddha appeared as an ordinary human being but he displayed extraordinary commitment, perseverance, and decisiveness. If you read the life of the Buddha, you will see that he had a good sense of his potential. He was not caught up in the life around him but had a sound judgment about what was real. He was born into a royal family, brought up in luxury, and lavishly entertained. This was a life many people long for, yet he renounced that life. He was convinced that he had something more worthwhile to do than be a prince, so he left the palace, which took a great deal of courage. Then he went into solitary meditation for six years, which was something quite unknown among those people. After six years he had a rather good sense of his mind.

In this explanation, the Buddha was not extraordinary, but what he did was extraordinary. He did something unique, and while everyone has the opportunity and the ability to do the same, most lack the courage and commitment to grasp the opportunity. By following his example, we can reach the point of complete wakefulness even in one lifetime. Based on his experience, the Buddha made the teachings available to other people. Countless people since then have experienced an equally enlightened state of mind, or some degree of realization.

The other way to look at this is that the Buddha had studied and practiced the Dharma in former life.

(continued on next page)

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NEWS

Chinese Officials Open Tibet's Job Market to Chinese Workers

Chinese Communist Party officials have called for Chinese to move to Tibet to participate in the recently announced economic opening. Chen Kuiyan, Deputy Secretary of the Tibet Autonomous Region Central Party Committee, said that "we should... open our job market to all fellow countrymen." Another Chinese Party Deputy Secretary, Zhang Xuezhong, called for "continuously inviting talented people to work in the region."

These statements represent some of the strongest encouragement for Chinese workers to come to Tibet in recent years. "For recently appointed Chinese officials to open up Tibet to more Chinese settlers when Tibetan unemployment is high is a real insult to Tibetans," according to Jigme Ngapo, Political Analyst at the International Campaign for Tibet. "It shows China's primary goal in Tibet is complete integration with China with no regard to Tibetan autonomy or culture," Ngapo said.

Last week Chinese authorities announced that Tibet would be opened to the outside world to promote economic prosperity and national unity. The Tibetan regional government will reportedly offer foreign investment incentives, direct air links with Beijing, Kathmandu and Hong Kong, promote tourism and expand border trade with Nepal and other countries.

The opening appears to be a consolidation of many developments which have been in progress over the past year. As in China, the opening in Tibet is limited to the economic sphere and does not appear to presage any political opening. However, an economic opening will have social and political ramifications, some of which will be welcomed by Beijing, and others of which it will resolutely resist. Press access to Tibet, for example, is not expected to change drastically.

Deputy Secretary Chen Kuiyan said one of Tibet's main problems is a "shortage of qualified personnel, particularly managerial personnel, scientists, technicians, teachers and those who know how to develop village and town enterprises and a commodity economy." Replacing Tibet's traditional agriculture-based economy, which involved barter and few outside commodities, has been often cited as a major goal by Chinese development specialists and economists.

"The first economic opening in Tibet in the early 1980s displaced many Tibetan workers and the effects of the current opening could dwarf the previous one. This shows that Beijing has repeatedly chosen to import Chinese workers rather than educate and train Tibetans," said Ngapo. Tibetan Party members have recently complained that an extremely high percentage of the Tibet Autonomous Region's education budget is spent in China. A secret document from the TAR Political Consultative Committee, an advisory body to the Party, pleaded with authorities in Beijing to put the emphasis on educating the Tibetans back inside the TAR.

The Tibetan Government-in-Exile said in a statement released in Geneva that the opening could be "a step in the right direction," but Tibetans are concerned that China "will use the opening to speed up the population transfer

of Chinese into Tibet."

A Chinese editorial praising the opening said, "Earnestly implementing this decision has important significance for speeding up Tibet's economic development, maintaining the unity of the motherland, strengthening the unity of the nationalities and further deepening the superiority of the socialist system."

In testimony to the Senate Foreign Relations Committee on July 28, 1992, Sydney Jones, Executive Director of Asia Watch, said, "Chinese economic development policies are threatening the culture and ethnic identity of the Tibetans, the way such policies virtually destroyed the social fabric of the Uighur population in Xinjiang and the Mongol population in Inner Mongolia." ■

Dharma Paths

(Continued from previous page.)

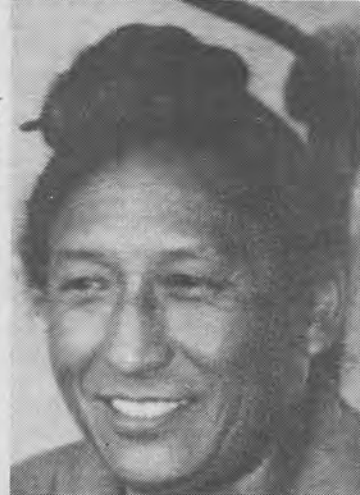
times. This leads to the subject of rebirth, which we will take up later on. The events in the Buddha's life were almost a matter of demonstrating what it is like to be enlightened and how one becomes enlightened. For example, a beautiful flower may open today, but it did not start growing just today. Some time ago the seed was sown, then the plant grew, and today the flower opened. Today it demonstrated its full potential of being a flower.

Q: Would you describe the state of consciousness of one who has achieved an awakened mind? What is that experience like and how is the world seen differently?

A: Not having achieved an awakened mind myself, I cannot tell you exactly what the experience is like. It is probably somewhat like the difference between clear water and muddy water. Looking through clear water, we can see things distinctly. There is something refreshing about it, something very bright and uplifting. Muddy water has none of these qualities. ■

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NEWS

The First Integrated Development Plan of the Tibetan Refugee Community

by Lama Wangchuk Gyaltsen and Tsering Topgyal

Between August 1991 and March 1992 the Planning Council of the Central Tibetan Administration (CTA), with the assistance of VikaSolo-Development Exchange (a U.S. non-profit development agency working in South Asia), has successfully drawn up the first Integrated Development Plan of the Tibetan Refugee Community. It was presented to His Holiness the Dalai Lama on March 10, Tibetan National Uprising Day and also the end of the International Year of Tibet. The objectives of the plan are:

1. To set forth for the Refugee Community, as well as funding agencies and support groups, the development priorities of the Community.
2. To provide a management tool with which the Refugee Community can measure its progress against clearly stated goals and objectives.
3. To assist the community with fundraising around the world by providing an integrated national plan that gives donors and supporters a concise and clear view of the Community and its development plans for the future.
4. To coordinate and integrate the activities of all the Community's institutions so as to use efficiently the limited financial and human resources available.

Contents of the Plan

The Integrated Development Plan, a document of some 250 pages, has largely met these objectives. It includes 40 programs comprising 200 projects with an outlay of Rs 1018 million (US \$40 million) over five years. One of the key innovations of the CTA has been to group related projects into programs, and related programs into sectors. The Plan is organized according to 7 sectors, rather than departments or institutions. The broad priorities set for the Plan are reflected by the chapter order, as follows:

1. Rehabilitation
2. Economic Development
3. Education and Human Resource Development
4. Health
5. Religious & Cultural Affairs
6. Information and International Relations
7. Institutional Development

Each chapter contains new data, e.g. on population, new refugees, employment, the economy, human resources and health. Development programs are outlined, including sections on implementation, human and financial resource needs, and implications for a free Tibet.

Lama Wangchuk Gyaltsen is the Executive Secretary of the Planning Council in Dharamsala, India, and Tsering Topgyal is the Planning Officer. The Planning Council is responsible for develop-

ing and administering the Central Tibetan Administration's Integrated Development Plan. Contact: Planning Council, Ganchen Kyishong, Dharamsala 176215, Kangra District, H.P., India. ■



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Announcement

The Eternal Knot Journal of the Friends of Tibetan Women's Association. FOTWA is a non-profit, non-sectarian organization founded in 1990 to support the goals of the Tibetan Woman's Association in improving the conditions of Tibetan refugees in India and preserving and promoting Tibetan culture. The main focus of support centers on the health and education needs of women (especially nuns and mothers), children and the elderly. Available from: FOTWA 1667 Las Canoas Road, Santa Barbara CA 93105. ■

Bill Clinton Shows Support for Tibet

Tibet is one of the few countries mentioned by name in the 1992 Democratic Platform, "A New Covenant with the American People." In the platform the party recommends that trade with China be conditioned "on respect for human rights in China and Tibet."

Democratic candidate Bill Clinton has mentioned Tibet several times in speeches over the past year, saying that "the administration continues to coddle China, despite its continuing crackdown on democratic reforms (and) its brutal subjugation of Tibet."

Walter Mondale, of the National Democratic Institute, invited several Tibetans to attend the

Democratic convention in New York. Lodi G. Gyari (President of the International Campaign for Tibet), Rinchen Dharlo (the Dalai Lama's North American Representative), Thubten Samphel (press officer at the Office of Tibet), and Yanki Tsering (Tibet House) were among those who attended. The Tibetans were able to meet with government officials from around the world and learn more about the democratic process in the United States.

Representatives of the International Campaign for Tibet, a non-partisan organization, also attended the Republican convention in August. ■

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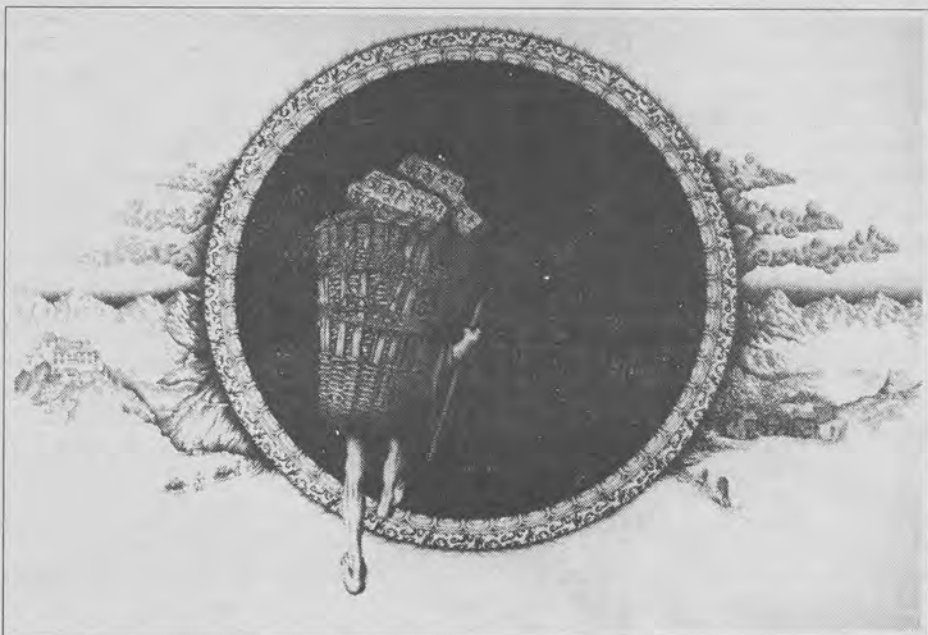
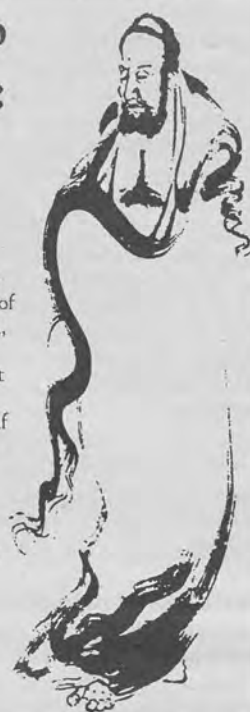
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NEWS

How to Meditate

(Continued from page 5.)

recognizing the actual causes of deprivation and distortion are great, and the possibilities of implementing the wrong antidote or of over-extending an appropriate one until it becomes counter-productive are many. Subtle distinctions between types of interfering factors are needed; there is no simple way to coax the mind back to its natural state. The very measures taken to purify it can exacerbate old problems and introduce new ones. *Walking Through Walls* refers metaphorically to the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear. The false sense of solidity of both inner distortions and the outer material world prevents the unfolding of the mind's potential.

Scholastic Buddhism is often thought to be dry, numerically oriented listings of mental and physical phenomena that fail to capture the vibrancy, the force, of life. In this series of lectures, Geshe Gedun Lodro shows that the heritage of Indian and Tibetan meditative lore that he embodied lives and breathes in a relevant and realistic atmosphere of intimately interwoven nuance. By constantly placing techniques of meditation in their larger Buddhist cultural context he reveals a living world of mental practices replete with resources for describing, facing, and counteracting both superficial and systemic disorders. The Table of Contents gives a good overview of the material covered in the book.

Preface

Part One: Calm Abiding

Introduction

- 1 Prerequisites
- 2 Physical Posture
- 3 The Physical Basis
- 4 Mental Bases
- 5 Objects of Observation: I
- 6 Objects of Observation: II
- 7 Order and Benefits of Cultivating Calm Abiding and Special Insight
- 8 The Nine Mental Abidings
- 9 Achieving Calm Abiding
- 10 Signs of Calm Abiding
- 11 Rising from Meditative Equipoise

Part Two: Special Insight

- 12 Modes of Procedure
- 13 Progressing on the Mundane Path
- 14 Mundane Path of Special Insight
- 15 Individual Knowledge of the Character
- 16 Summary

Appendices

- 1 Hinayana and Mahayana
 - 2 The Path of Seeing and Related questions
 - 3 Textbooks and Debate
- Glossary, Bibliography, Index

In chapter five is a discussion of the various types of objects of observation used for the cultivation of shamatha or calm abiding meditation. Different objects of observation (such as the breath, or an image of the Buddha) are recommended for persons of differing predispositions. Objects of observation for purifying behavior are used by persons in whom one of the afflictive emotions predominates. One example is meditation on the unpleasant as an antidote to attachment. Here is an excerpt:

Vasubandhu in his *Treasury of Manifest Knowledge* gives three meditations on the unpleasant. The first of these consists of meditating that a piece of skin is removed from the area between one's eyes, exposing the white bone underneath. One is to think that the piece of skin falls off as though causelessly, adventitiously, and one then directs the

mind to that white bone. When the meditator is able to set the mind on that, he or she gradually enlarges the area of bone until the entire body is exposed as just bone. After this, the meditator considers that all the lands and oceans of the world are filled with skeletons. Having succeeded in extending the scope of the meditation to include the whole world, one then withdraws the observation gradually until one is again observing just one's own body. At that point, one is seeing just one's own body as a skeleton and remains in contemplation of this as long as possible. This is the meditation which is the yoga of a beginner at mental contemplation.

The second meditation begins as before. The scope is extended to include all the earth and sea and is brought back again, but this time the meditator continues to withdraw the observation so that only the top half of the skull remains as skeleton. One then remains in contemplation of this as long as possible.

The third meditation also begins as before, starting with the white bone at the forehead and extending the scope. The observation is also withdrawn as before, but this time it recedes until only a small area remains between the eyebrows. The smaller, the better; but if one cannot meditate on a small area, a large one is suitable. It is good, however, to make the area as small as one's mind is capable of observing because, since the mind collects on that area, making that areas as small as possible enables the mind to remain steady there. One meditates on this small area as long as one can. This is the subtlest of the ways of meditating on the unpleasant mentioned in Vasubandhu's *Treaty of Manifest Knowledge*; it is called the yoga of one whose mental contemplation is perfected. ■

Sacred Earth and Healing Arts from Tibet

The Gaden Shartse Monks of Tibet, living in exile in southern India, are making their second visit to the US in early October. Gaden Shartse Monastic College is recognized as one of the foremost education centers for Tibetan Buddhism and was the third largest until 1959.

The theme of the tour is "Sacred Earth and Healing Arts from Tibet." They will be performing 600-year-old sacred healing chants, Buddhist monastic debates and chanting and building beautiful sand mandalas. Heading the eleven-monk tour is Ven. Geshe Konchog Tsering, a gifted teacher and scholar. Cheme Tsering, an artist and scholar, will translate and explain the rituals.

The purpose of the tour is to bring the beauty of the Tibetan culture to the Western public as well as to raise funds for the development of their monastery and continued training of teachers and for proper food and health care for the monks.

The tour sponsors are looking for local organizers to help set performance places and advertise the event. If you are interested in bringing the monks to your area, please contact: Tenzin Kacho at Thubten Dhargye Ling, 2658 La Cienega Ave., Los Angeles, CA 90034, 310-839-8057, fax# 310-204-4167. ■

Ven Gen Lamrimpa

Dharma Friendship Foundation is pleased to announce that beloved teacher Venerable Gen Lamrimpa will return to Seattle in August. His schedule so far includes a retreat at Cloud Mountain Retreat Center October 16-18, as well as other teachings to be confirmed.

Gen-la led the one-year shamatha retreat at Cloud Mountain in 1988-1989 and is the author of *Shamatha Meditation: Tibetan Buddhist Teachings on Cultivating Meditative Quiescence* (forthcoming from Snow Lion; available November).

For details, or to volunteer help in organizing Gen-la's visit, please call Chris Borland at 206-641-5469 or Vana Jakic at 206-874-2619, before 10 PM. To register for the retreat, please call Cloud Mountain at 206-274-4859. Cost is \$75 (deposit \$50). ■



The Venerable Chhoje Rinpoche

The Ven. Lama Chhoje Rinpoche is a lineage holder of both the Nyingma and the Kagyu traditions of Vajrayana Buddhism. His autumn 1992 teachings include:

- 10/16-10/23 ♦ The Hinayana & Mahayana Teachings (Intensive Retreat) Fairfax, California
- 11/2 ♦ An Introduction to Buddhism Ashland, Oregon
- 11/3 ♦ The Heart Sutra Ashland, Oregon
- 11/14 ♦ The Gesture of the Silent Voice: Sitting Meditation Teaching & Practice (Entire Day) Nevada City, California

For further information:

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Be Informed About Tibet

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

News Tibet (quarterly, free) and the **US Tibet Committee Newsletter**. The Office of Tibet, 241 E 32 St, NY, NY 10016 (tel: 212-213-5010). Political and cultural news.

Tibet Press Watch (bi-monthly, \$25) From the International Campaign for Tibet, 1518 K St NW, Suite 410, Washington, DC 20005 (tel: 202-628-4123). Reproduces news articles from worldwide sources.

Tibetan Review (monthly, \$20) c/o Tibetan SOS Youth Hostel, Sector 14 Extn, Rohini, Delhi-85, India, North American subscriptions through Potala Publications, 241 E 32 St., New York, NY 10016 (tel: 212-213-5010). In-

dependent publication by Tibetans in Delhi.

Tibetan Bulletin (bi-monthly, free; donation to defray postage is appreciated) The Office of Information and International Relations, Central Tibetan Secretariat, Gangchen Kyishong, Dharamsala (H.P.) 176215, India. Official publication of the Government-in-Exile.

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

Tibet Brief International Committee of Lawyers for Tibet (quarterly, free). A group of volunteer lawyers who, through legal channels, work to improve conditions in Tibet. For more information contact: ICLT, 347 Dolores Street, Suite 206, San Francisco, CA 94110. Tel: 415-252-5967 Fax: 415-626-0865.

Tibetan Rights Campaign (monthly, \$10/year). Articles and action items in support of the Tibetan cause. ■

Jewel Mountain: Khyentse Rinpoche on Film

(Continued from page 1.)

The Jewel Mountain is produced and directed by Vivian Kurz and Matthieu Ricard. Mr. Ricard, a noted photographer and translator, was a close personal attendant of Khyentse Rinpoche and was given permission to film all aspects of his life and activities. The film was shot in Bhutan, India, France, Nepal, America and Tibet over a seven-year period. A highlight of the *The Jewel Mountain* is Rinpoche's return trip to Eastern Tibet where he is given a spectacular welcome by thousands of Tibetans on horseback. At Khyentse Rinpoche's beautiful monastery in Boudha, Nepal, we are shown colorful dances and ceremonies, and scenes of intimacy and humor as Khyentse Rinpoche talks with other great teachers—Jamgon Kontrul Rinpoche, Tulku Orgyen Rinpoche, Tenga Rinpoche and Tulku Pema Wangyal Rinpoche. The film also moves to the West where Khyentse Rinpoche meets Chogyam Trungpa Rinpoche.

Throughout the film, Khyentse Rinpoche—with his magnificent warm compassion, his brilliant sun-like smile, and his river-like wisdom speech—is an amazing visual presence, the "jewel mountain" of the film's title. "Khyentse Rinpoche is one of my most important teachers," says His Holiness the Dalai Lama, in a touching and candid moment in the film. "He is always very gentle and humble, and shows his deep experience. This is something very remarkable."

His Holiness the Dalai Lama and a variety of narrators, including Khyentse Rinpoche's wife, his grandson and Dharma heir Ramjam Rinpoche, and Dzongsar Khyentse Rinpoche, recount anecdotes about Khyentse Rinpoche's life. They provide the informative narration which explains the inner meanings and practical applications of the powerful images on screen.

The Jewel Mountain is produced by Shechen Films, a division of Shechen Tennyi Dargyeling, a tax-exempt organization. All profits generated by *The Jewel Mountain* will be used to support and continue Dilgo Khyentse Rinpoche's work. The film is currently in the editing stage, and will be completed in 1993. It will be available both for international television broadcast and home video.

The Jewel Mountain is a rare document in which the rich and intricate tapestry of Tibetan Buddhism is shown on a personal and upclose level. For Rinpoche's students and for all those—both Buddhist and non-Buddhist—who never met him, this film, like the tradition that it reveals, conveys the energy and life of transmission. Thus it becomes in itself a part of the continuation of the lineage.

Contributions and inquiries about *The Jewel Mountain* or other projects of Khyentse Rinpoche may be addressed to Shechen Films c/o Shechen Tennyi Dargyeling, 2nd floor, 36 West 20th Street, New York, NY 10011. ■

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

NEWS

Hands in Outreach

Hands in Outreach is an all volunteer child welfare organization striving to help educate disadvantaged Nepalese and Tibetan refugee children in Nepal. The purpose of our non-profit program is to secure educational sponsorship and underwrite the quality of literacy. We are a small caring group of artists, craftspeople, and educators who collectively sponsor the education of 85 children in Kathmandu and nearby rural villages.

Hands in Outreach accepts students as day scholars and boarders. Before students can qualify for an educational scholarship, financial need and willingness of the child to diligently devote time to study is verified. A strong parental/family support structure is also encouraged.

One year of study for a day scholar is \$200. Boarding school, including tuition, food, lodging, books, uniform, and medicines is \$550 per year. As a rule, boarding students come from backgrounds with more pressing economic, family, or geographical needs.

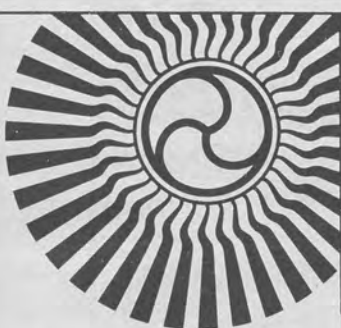
Scholarship tuition is paid one year in advance directly to the school involved. Except under circumstances of verifiable emergency need, monies are not tendered into individual hands. Sponsors receive school receipts and regular grade reports.

There is a \$25 annual membership which will help them with their efforts toward literacy in Nepal. Members will receive two newsletters per year plus a copy of *Tashi Delek, Stories of Children in Tibet and Nepal*.

For complete information on the program contact: Hands in Outreach, Howard Hill Road, Foster RI 02825. Tel. 401-397-9278. ■

THE NEW SHAMBHALA SUN newspaper goes beyond distinctions of religious and secular to bring contemplative wisdom to all aspects of modern life: livelihood and relationships, social and political commentary, new psychology and the arts.

Incorporating *The Vajradhatu Sun*, the new *Shambhala Sun* will also report on news and events of the international Buddhist world, with special emphasis on the vajrayana teachings of the Nyingma & Kagyu lineages.



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Ngakpa Chögyam Rinpoche



Ngakpa Chögyam Rinpoche is an English-born Lama, recognized as the second Incarnation of the 18th Century Tantric Yogi and Visionary artist 'a-Shul Pema Legden, by His Holiness Kyabje Khordong Terchen Tulku Chhimed Rigdzin Rinpoche (Holder of the Chang-Ter and Khordong-Ter Lineages of the Nyingma School).

Rinpoche has evolved a fiercely gleeful approach in making available powerful Teachings of Dzogchen and the Nyingma Inner Tantras that have long been obscured by both cultural and academic barriers.

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NEWS

VERY RARE VIRTUOUS ACTION OPPORTUNITY



Three activities are presently underway at Phabongkha Ladrang, Sera Monastery, which students of Buddhism may be interested in contributing to:

- * The completion of the Geshe degree by our Holy Guru, Kyabje Phabongkha Tulku.
- * Development of the Tashi Choling Monastery in Tibet.
- * The future travel of Kyabje Phabongkha Rinpoche to the west.

Contributing to any or all of these projects is a very easy way to repay Kyabje Phabongkha Rinpoche's extraordinary kindness and generosity. The Three Principle Paths, Lam Rim Chenmo (Liberation in the Palm...), and Vajrayogini commentaries; the Yamantaka sadhanas; etc., are just a few examples of Kyabje Phabongkha Rinpoche's limitless and self-sacrificing compassion for us. One need only briefly reflect upon how our dharma practice could proceed without access to these great works to appreciate the extent of Kyabje Phabongkha Rinpoche's peerless concern for us.

Making offerings also helps create the merit needed to meet Kyabje Phabongkha Rinpoche and hear his teachings, which is essential for the preservation of the Buddha-dharma for future generations.

All contributor's names will be given to the personal attention of Kyabje Phabongkha Rinpoche.

Offerings are fully tax-deductible. They should be made payable to MSTC, and sent to 47 E. 5th Street, Howell, NJ, 07731, U.S.A. Donations must be clearly marked "for Phabongkha Ladrang", and the activity your donation is intended for should be specified.

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Dancing on Top of the World

Prema Dasara has travelled around the world teaching and performing sacred dance. Schooled in the traditions of India, Nepal, Tibet and Bali, she has created ritual dance offerings choreographed to some of the ancient prayers of Tibetan Buddhism. She is recognized by some of the most respected Tibetan lamas as a bridge between the eastern transmission and the western expression of this ancient wisdom.

Prema Dasara will be touring the U.S. and Canada this fall, teaching and performing the Tara Dance. Anyone interested in joining her workshop may write for information about the schedule. Cassette tapes and texts of the 21 Praises of Tara are available from Snow Lion. Send a donation of \$40 or more and receive video footage of Prema's trip to Asia this year. Contact: Dance the Sacred Offering, PO Box 504, Kula, HI 96790.

Her tour schedule is:
Oct 22-26 Williams, OR Contact: Windsong (503) 846-6080.
Nov 1-10 Toronto, Ontario Contact: Franca (416) 368-0040. ■

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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.

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Recent & upcoming issues feature:

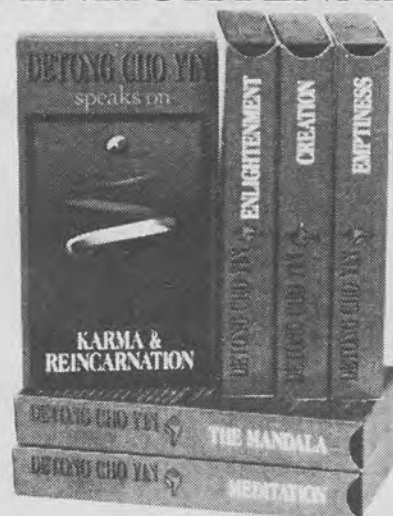
Thich Nhat Hanh, Joanna Macy, Charlene Spretnak, and Stephen & Martine Batchelor; reports on engaged Buddhism in all parts of the world, including Burma, the Middle East, and Tibet; and articles on prison dharma, misconduct in Buddhist communities, and gays & lesbians in Buddhist practice. Turning Wheel also has regular features on Buddhist approaches to ecology & education.

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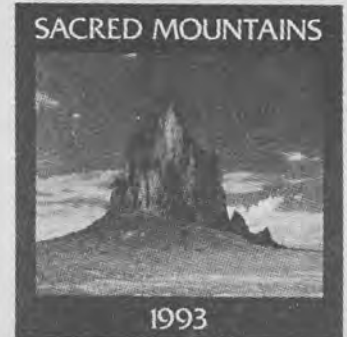
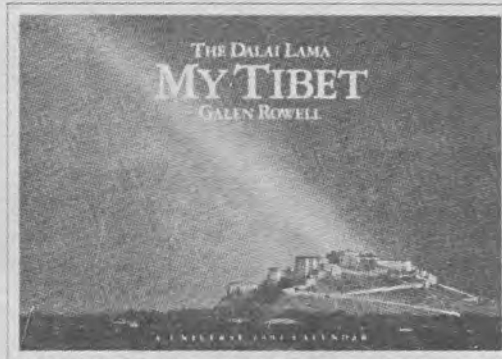
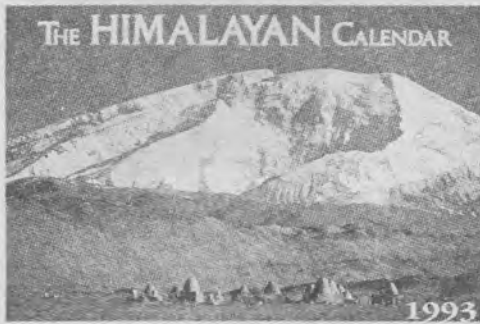
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1993 CALENDARS

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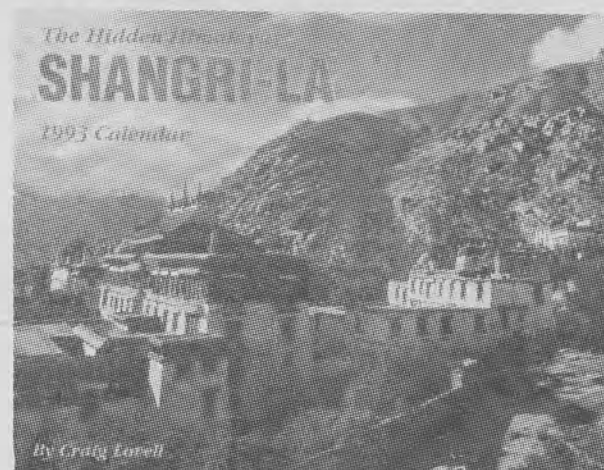
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TIBETAN REFUGEES SEEK 1,000 HELPING HANDS



The Tibetan people revere the Archen Chenrezig as the embodiment of great compassion. He has 1,000 arms with 1,000 hands so that he can extend a helping hand to everyone in need.

Over the next two years, 1,000 Tibetan refugees will come to the United States from refugee communities and camps in India and Nepal. For the past 40 years, the people and culture in Tibet have been systematically destroyed by occupying Chinese forces. We are now resettling 1,000 of the Tibetan refugees at 20 U.S. cluster sites. In April, they began arriving at a rate of 60 per month. Please help us to raise \$1,000 per refugee to assist in the cost of resettlement. Help keep this vital lifeline functioning. Won't you consider offering a hand of Chenrezig's compassion? If you can't afford \$1,000, any amount will help. Please send your check to: Tibetan Resettlement Project c/o NYANA, 17 Battery Place, 629 North, New York, NY 10004. Contributions are tax deductible.

FOR MORE INFORMATION ABOUT THE TIBETAN U.S. RESETTLEMENT PROJECT CALL TENZIN TAKLHA OR ED BEDNAR AT (212) 514-7980

Support Tibetan Resettlement!

A LARGE NUMBER OF PEOPLE HAVE BEEN WORKING TO PROVIDE THE REFUGEES with 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-U.S. Resettlement Project because it symbolizes the interrelatedness of all things. A sterling silver pendant has been created to help raise needed funds for the project. By purchasing an endless knot, you 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 \$20 plus \$2 shipping (and tax—NYS only) per item to *Rio!*, 116 Center Ithaca, Ithaca, NY 14850, 607-272-2115.

(Silver plated earrings are also now available for \$20 plus shipping, etc.) All proceeds from the sale of these items go to support the Tibetan Resettlement Project in Ithaca. You may send a larger amount if you wish to offer extra support to the project.

Support Tibetan Resettlement!



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DAMARU BANNERS #DABA \$20

Beautiful brocade banners in 5 traditional colors.



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Kyo-Nishiki (Autumn Leaves) #AULEIN \$3

Reflective and inspiring.

Ranka (Orchid) #ORIN \$6

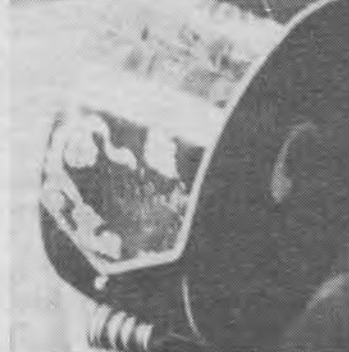
Fun and happiness.

Daigen-Koh (Great Origin) #GRORIN \$3

Comforting and insightful.

Ho-Yei-Koh (Eternal Treasure) #ETTRIN \$3

Fortune and abundance.



CHOD DRUM, #CHDR \$170

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Lotus Seed Mala, with semi-precious marker beads. #CGLM \$30

White Bone Mala with skull head bead. #WHBOMA \$20

White Disk Bone Mala3 with skull head bead. #WHDIBO \$20

MORE MALAS

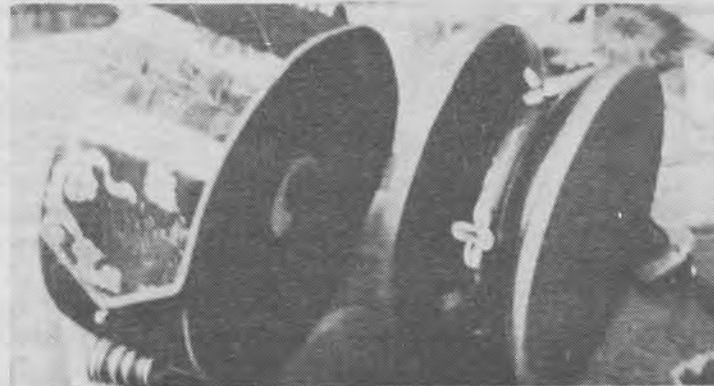
Wood #WOMA \$16

Bodhi seed #BOSEMA \$40

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For other hand malas and semi-precious stone malas, please call us for selection and availability.



DHARMA ITEMS

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These pairs of counters have a bell and a dorje, multicolored tassels and attach to any mala.

White Metal Counters
#WHMECO \$14

Silver Counters #SICO \$60



NEW!

Pewter Counters #PECO \$22

These look like silver, have red tassels, and the bell has a clapper.

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#BOMA



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Zafu (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #ZAF \$34

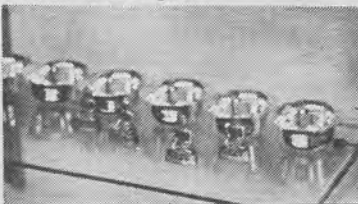
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\$33 set of 7
Ornately designed silver-plated offering bowls that measure 3" dia.



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PENDANTS

White metal Kalachakra Pendant
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WHEEL OF DHARMA PIN

#WHDHPI \$5



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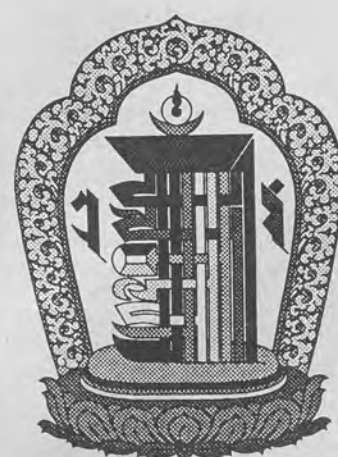
#TIPIF \$15

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



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

#SEPRFL
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KALACHAKRA DESIGN T-SHIRTS \$14, #KATESH

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



"POCKET" PUJAS \$2.50 ea.

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Sakyamuni #SHBUPO
Chenrezig #CHPOPU

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."



SALE!
ALL PRICES REDUCED
AS MUCH AS 1/3
Contact us for details

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.

DHARMA ITEMS



CRYSTAL CHENREZIG PENDANT, by Henry Mettler. \$250

Very detailed, finely crafted quartz pendant that is 1" high and 3/4" wide and 1/2" thick. They have a gold band and loop for a chain. It is cut so that the long axis of the crystal comes out of the front of the figure. We have one left, so call first.



NEW!

STUPA 9" #ST \$75

This 9" stupa is a replica of an enlightenment stupa, a traditional monument representing the mind of the Buddha. A stupa is usually one of the items that appears on a Buddhist altar. It is white with gold top and is made from plaster. Each stupa contains many mantras for peace.



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

SILVER RING: OM MANI PADME HUM #OMRI \$14

Adjustable with dorie on each end.

NEW!

21 TARA PRAYER FLAGS #TAPRFL \$16

A lovely traditional design is silk screened on the five colors of cloth and have a string for easy hanging. Comes with a detailed explanation of the 21 praises and the design.

PRICES REDUCED!

THANGKAS

These thangkas are excellent in quality and 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:



Karmapa \$475, now \$400



Padmasambhava \$475, now \$425
Shakyamuni \$650, now \$500
Vajrakilaya \$400, now \$350



Vajrayogini \$495, now \$400
Yamantaka \$600, now \$450
Yamantaka \$695, now \$500

PRICES REDUCED!

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:



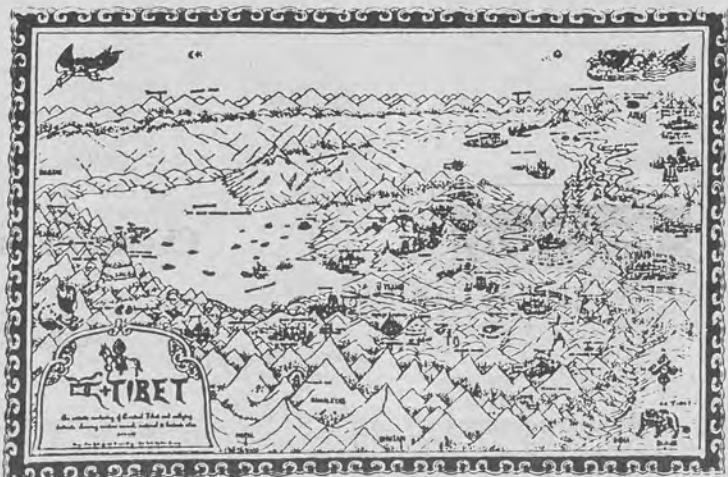
Karmapa 8" \$375
Kurukula 7" \$325
Maitreya 10" \$395
Manjushri 9" \$700 now \$495
Milarepa 3 1/2" \$225



Padmasambhava 9" \$395
Shakyamuni Buddha 8" \$325 now \$250
Shakyamuni Buddha 4" \$85
Shakyamuni Buddha 4 1/2" \$195 now \$150
Tsongkhapa Riding Tiger 5" \$195
Vajrasattva 6" \$158
White Tara 10" \$500 now \$395
White Tara 8" \$295
Yamaraja 6" \$120



SILVER WRATHFUL FIGURE WITH CONSORT, 4"
\$1200. Very fine. Not newly made.



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.

OTHER DHARMA ITEMS AVAILABLE ON REQUEST

Call or write to us for information.

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

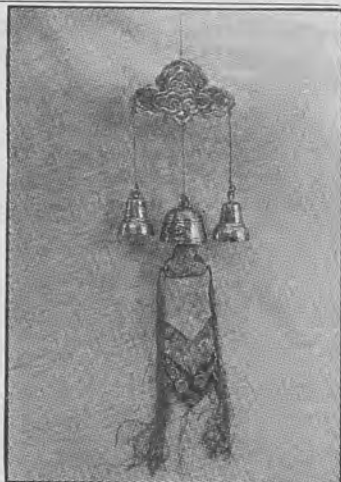
PURBAS

Tantric daggers made of iron.

9" #9PU \$30
5" #5PU \$12

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.



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.

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

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

WINNER OF 1990 INTERNATIONAL EMMY AWARD NOW AVAILABLE ON VIDEOCASSETTE



Based on the epic Sanskrit poem, this six-hour miniseries is a most unusual and beautiful creation from renowned director Peter Brook.

Ten years in the making, The Mahabharata is an intimate film journey to the very heart of Indian mythology and religion, complete with epic loves and hatreds, gods and demons, war and ritual. Like the work of Joseph Campbell, Brook's allegory seeks to open us to the power of myth and its relevance to today. Featuring an immense, multi-ethnic cast and exotic musical soundtrack.

"A MASTERPIECE... CINEMA OF THE SPIRITUALLY ENLIGHTENED."—Billboard

"... RESONATES WITH UNIVERSALITY."
—Yoga Journal

"A WORK OF BEAUTY AND ELOQUENCE"
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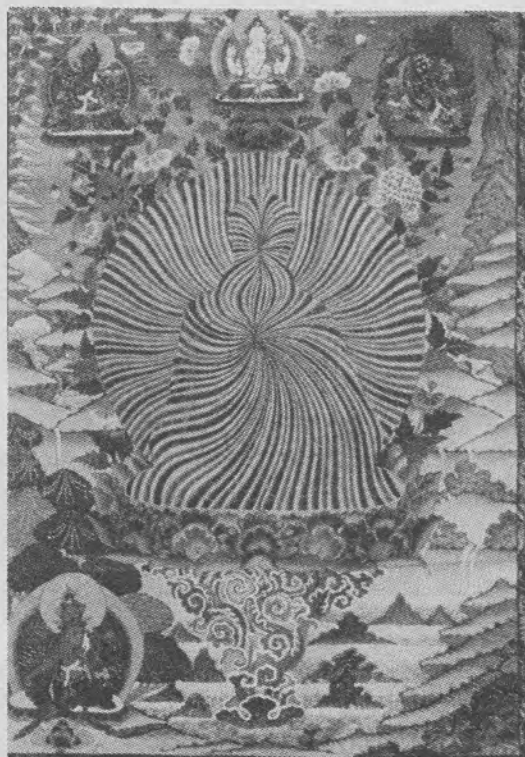
DHARMA ITEMS

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SPECIAL ITEMS

SNOW LION TIBET CARDS

CUCA48



CUCA5



CUCA8



CUCA49



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
- CUCA26 Tibetan Mask
- CUCA29 Tibetan Ngakpa
- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA32 Woman with Prayer Wheels



CUCA25



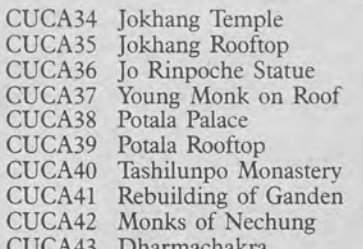
CUCA32



CUCA4



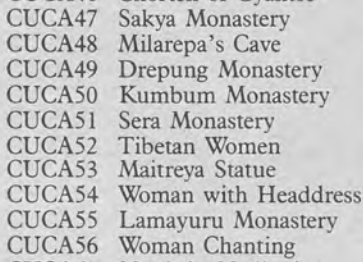
CUCA50



- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA36 Jo Rinpoche Statue
- CUCA37 Young Monk on Roof
- CUCA38 Potala Palace
- CUCA39 Potala Rooftop
- CUCA40 Tashilunpo Monastery
- CUCA41 Rebuilding of Ganden
- CUCA42 Monks of Nechung
- CUCA43 Dharmachakra
- CUCA44 Mandala Offering
- CUCA46 Chorten of Gyantse
- CUCA47 Sakya Monastery
- CUCA48 Milarepa's Cave
- CUCA49 Drepung Monastery
- CUCA50 Kumbum Monastery
- CUCA51 Sera Monastery
- CUCA52 Tibetan Women
- CUCA53 Maitreya Statue
- CUCA54 Woman with Headdress
- CUCA55 Lamayuru Monastery
- CUCA56 Woman Chanting
- CUCA57 Monk in Meditation
- CUCA59 Horseman
- CUCA60 Yak
- CUCA61 Nomadic Tent
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof
- CUCA68 Chorten Detail
- CUCA69 Golden Buddha



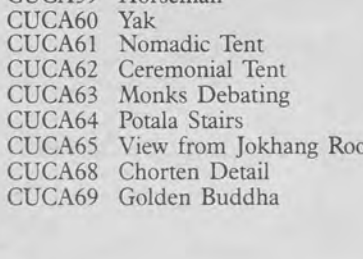
CUCA30



- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA36 Jo Rinpoche Statue
- CUCA37 Young Monk on Roof
- CUCA38 Potala Palace
- CUCA39 Potala Rooftop
- CUCA40 Tashilunpo Monastery
- CUCA41 Rebuilding of Ganden
- CUCA42 Monks of Nechung
- CUCA43 Dharmachakra
- CUCA44 Mandala Offering
- CUCA46 Chorten of Gyantse
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- CUCA50 Kumbum Monastery
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- CUCA68 Chorten Detail
- CUCA69 Golden Buddha



CUCA68



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- CUCA65 View from Jokhang Roof
- CUCA68 Chorten Detail
- CUCA69 Golden Buddha



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.

IMTI7



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

- IMTI1 Tibetan from Chamdo
- IMTI2 Monks Sounding Trumpets
- IMTI3 Tibetan Nomad Tent
- IMTI4 Norbu Linga & 13th Dalai Lama
- IMTI5 Officials During Losar
- IMTI7 Potala During Losar
- IMTI8 Tantric Meditator
- IMTI9 Tibetan Men & Horses
- IMTI10 Mani Stones—Tibet-China border
- IMTI11 Wife of Tibetan Governor

FACES OF TIBET

- FATI51 Nomad Yogi
- FATI52 Yogi of Milarepa Tradition
- FATI53 Woman with Prayer Beads
- FATI54 Young Tibetan Girl
- FATI55 Yeshe Dorje, Weather Controller



CUCA69



FATI53



IMTI11



FATI54

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.

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, 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.

VAJRADHARA POSTER 24 x 36" #VAPO \$15

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

WHEEL OF LIFE, 17 x 24" #WHLIPR \$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

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 #BEKAP0

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

Abhayakaragupta #BEABPO

Khedrub Je #BEKHPO

Milarepa #BEMIP0

BEYEP Yeshe Tsogyal #RBY

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

Nagarjuna #BENAP0

Padmasambhava #BEPAP0

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.

MEBUPR Medicine Buddha

JETSPR Je Tsongkhapa



#MAPRI

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.



MEDICINE BUDDHA, 11 x 16" #MEBUPO \$6

A fine print of the Healing Buddha by Robert Beer.

SPECIAL ITEMS

NEW!

WISDOM ART THANGKA CARDS
#WDC \$3 for set or .75 ea. These are great color images.

Blessing of Medicine
Nine Deity Hevajra
Amoghapasha Mandala
Buddha Shakyamuni

KALACHAKRA SAND MANDALA POSTCARD, #KASAC
\$.75 Full-color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.



ROBERT BEER POSTCARDS \$.75 ea.
Robert is one of the very best Tibetan style painters. You'll like these images:

#RBC1 Avalokiteshvara
#BEKACA Kalachakra
#RBC3 Medicine Buddha
#BENGCA Nagarjuna
#BENACA Naropa
#BESHCA Shantideva
#BETICA Tilopa
#BEPACA Padmapani

#BENACA



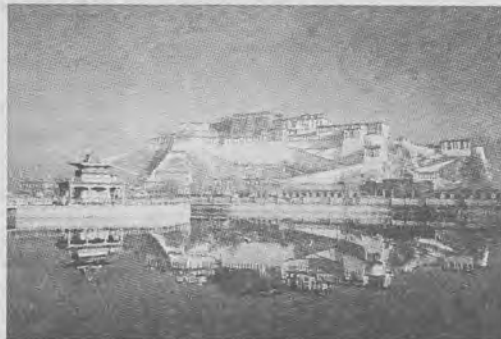
#BEKACA



POTALA PALACE NOTECARD

#POPANO \$2.75

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



ROBERT BEER NOTECARDS \$1.25 ea. with envelope.
Fine line drawings of deities and lineage gurus:

#BEGADO Garab Dorje
#BEMANO Marpa
#BEMINO Milarepa
#BEPANO Padmasambhava
#BETSKH Tsongkhapa
#BEVANO Vajradhara
#BEYETS Yeshe Tsogyal



THARPA DEITY CARDS \$.90 ea.

TDC1 Shakyamuni Buddha
TDC2 Avalokiteshvara
TDC3 Manjushri
TDC4 Vajrapani
TDC5 Green Tara
TDC6 White Tara
TDC7 Amitabha
TDC8 Amitayus
TDC9 Medicine Buddha
TDC10 Je Tsongkhapa
TDC11 Vajradhara w/Consort
TDC12 Vajrasattva w/Consort
TDC13 Yamantaka
TDC14 Heruka
TDC15 Vajrayogini
TDC16 Mahakala
TDC17 Guyhasamaja
TDC18 Vajradharma
TDC19 Maitreya
TDC20 Vaishravana
TDC21 Vajrasattva
TDC22 Prajnaparamita
TDC23 Wheel of Life
TDC24 Stupa of Enlightenment
TDC25 1000-arm Avalokiteshvara
TDC26 White Manjushri
TDC27 Ushnisha Vijaya
TDC28 Kalarupa
TDC29 Kinkara Skeleton Couple
TDC30 Mahakala (4-arm)
TDC31 Heruka Chakrasamvara (12-arm)
TDC32 Five Buddha Families

THARPA BODHISATTVA CARDS

#THBOCA \$8.95 for set of 10.

Painted by Lama Jamyang Atisha, Shantideva, Nagarjuna, Chandrakirti, Asanga, Geshe Chekhawa, Geshe Langri Tangpa, Je Tsongkhapa, Shakyamuni Buddha, Lama Losang Tubwang Dorje Chang.



NOTECARDS

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

SHOTUN FESTIVAL

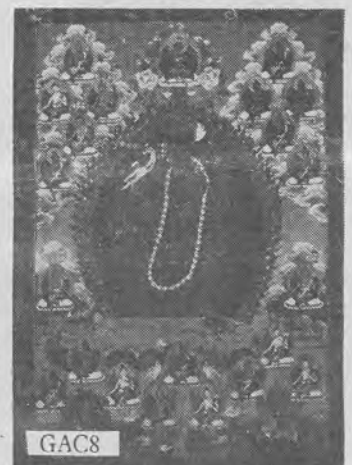
#SHFENO
VILLAGE WOMEN #VIWONO
CHIN GOMPA & MT. KAILAS
#CHGOMT



GARUDA POSTCARDS \$1 ea.

Traditional thangka images.

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



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

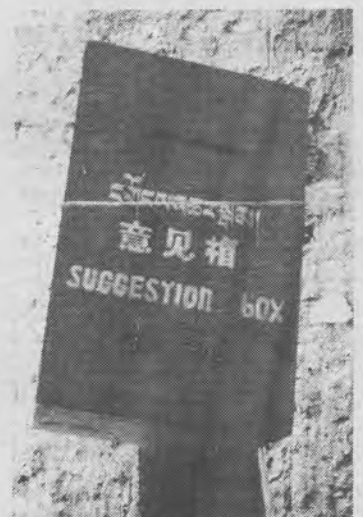
POMEGRANATE NOTECARDS \$1.25 ea. with envelope

BUEYNO Buddha Eyes
PRFLNO Prayer Flags



TIBETAN POSTAGE AND MONEY NOTECARD, #TIPOMO

\$9.25 for set of 10. This unusual card illustrates that Tibet had its own currency and postal system prior to 1959.



"FREE TIBET", #SUBOCA

\$.75 This humorous and poignant color postcard shows a suggestion box from Lhasa with the request to free Tibet written on it. This is a great way to send an important message to others.

SPECIAL ITEMS

SNOW LION AUDIO TAPES

H.H. THE DALAI LAMA

COMPASSION: THE HEART OF ENLIGHTENMENT, 95 min. #COHEEN \$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., #DALAWI \$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) #HASE \$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) #NOEVAD \$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) #THPRBU \$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) #VAME \$7 Trans. by Jeffrey Hopkins Visualization & commentary.

IN PRAISE OF DEPENDENT ARISING, by Kyabje Ling Rinpoche. (5) #PRDEAR \$35 This is a commentary on a classic Tsong-kha-pa text.

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) #PRMIPS \$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!

AWAKENING TO WISDOM, Lama Khenpo Konchog Gyaltsen. (1) #AWWI \$9.95

The Khenpo tells of the sense of unity, joy and harmony that comes from purifying the mind and developing its positive qualities.

LAMA SOGYAL RINPOCHE

Each tape is 1 hr. and is \$9.95.

BUDDHA-NATURE, #BUNATA

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, #REWOR

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.

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 *Ngendro Meditation Practice* which purify the body, speech and mind. Trans. by Khenpo Tsewang Dongyal.

DEALING WITH ANGER: A Buddhist Psychotherapeutic Approach, by Dr. Lobsang Rapgay, PhD. (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

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

A MEDITATION HANDBOOK, by Geshe Kelsang Gyatso. 3 tapes, #MEHAT \$16

Buddha taught many different types of meditation but they are all included within the "stages of the path," a structured and practical path to enlightenment. These tapes introduce the various meditations and provides a manual of practice.

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

THE TAO TE CHING, trans. Tolbert McCarroll, read by Jacob Needleman. (1) #TATECH \$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."

Teachings by JETSUMMA AHKON LHAMO

LIFE AS A KARMIC REFLECTION, #LIKARE \$10

"War is a reflection of our hatred, starvation is a reflection of our desire, and big egos that run the world in ways that kill people is a reflection of our ignorance," says Jetsunma. In this poignantly relevant teaching on correct view, karma and the three root poisons, she discusses the reality behind the difficulties we face in our lives.

PACIFYING EVER-INCREASING DESIRE, #PAEVDE \$10

"Desire is one aspect of spiritual practice students don't wish to view," says Jetsunma. In this presentation she removes the blinders we are reluctant to discard and reveals the compulsions that consume us.

PERCEPTION, OUR EXPERIENCE, #PEEX \$10

In this nature of mind teaching, Jetsunma focuses on the view which is at the heart of Vajrayana Buddhism. She describes the fluid process of perception and how to develop a more spacious mind by breaking out of the habitual clinging to desire and self nature.

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) #BAATFI \$10

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.

BIG MIND MEDITATION (1) #BIMIME \$12

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 #TIBODE \$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.

UNIVERSAL COMPASSION, by Geshe Kelsang Gyatso. 4 tapes, #UNCOT \$18

How to awaken compassion for all beings? This is the key to Mahayana Buddhism. One of the most popular methods is the seven points of Geshe Chekhawa, and this is a commentary on this text. **ZEN MIND, BEGINNERS'S MIND**, Shunryu Suzuki-roshi, read by Peter Coyote (2) #ZEMIBE \$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.

A guided meditation that encourages a mind of spaciousness and balance.

COMPLETE MEDITATION INSTRUCTIONS (1) #DSTPJGCM \$12

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

DESIRE, (1) #DSTPJGD \$10 Looking at what happens when our mind gets lost in the enchanted forest of desire.

DEVELOPING THE FIVE SPIRITUAL FACULTIES (1) #DSTPJGDF \$10

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.

NEW!

LOVE: Generosity of the Heart (2) #LO \$18 Revealing the difference between desire, enchantment, and the blessing of metta; Understanding the many faces of love through the wisdom of non-attachment.

LUMINOSITY OF MIND, (1) #DSTPJGLM \$10

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

OBSTACLES TO CONCENTRATION I, (1) #DSTPJGOC \$10

Understanding how desire and aversion stand in the way of developing one-pointedness of mind.

OBSTACLES TO CONCENTRATION II, (1) #DSTPJGOC2 \$10

Examining our sloth, torpor, restlessness, worry and skeptical doubt.

PRACTICE IN THE WORLD: LIVING IT FULLY, (1) #DSTPJGPW \$10

Practicing the Dharma after a retreat with the same alive attention and nurturing wisdom as during the retreat.

THE VISION, (1) #DSTPJGV \$10

Exploring the energy that vision has to move us toward creating changes in our life.

TAPES/MUSIC & CHANTS

■ SNOW LION AUDIO TAPES ■

MUSIC & CHANTS

VIPASSANA JHANAS (1) #DSTPJGVJ \$10

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 \$10

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.

CREATING A SACRED CONTAINER FOR PRACTICE (1) #CRSACO \$10

Understanding the art of creating a sacred space to nourish the spirit in our life.

EXPERIENCING THE QUALITIES OF ENLIGHTENMENT (1) #EXQUEN \$10

Shining the light of our mind on the divine, the timeless, and the sacred, even in the midst of pain and sorrow.

INTRODUCTORY MEDITATION INSTRUCTIONS (1) #INMEIN \$12

A discussion of calm & wisdom; instructions in sitting, walking, eating; guidelines for retreats.

NEW!

SPIRITUALITY AND SEXUALITY; SEXUALITY AND RELATIONSHIPS (1) #SPSE \$12

A thought-provoking look at our attitudes toward sexuality; an encouragement to incorporate sexuality and our relationships into our practice and as such to deeply explore the physical, psychological and interpersonal aspects.

Christina Feldman

SPIRITUALITY AND RELATIONSHIPS & ADVOCANCE (1) #DSTPCFSR \$12

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 \$12

Nurturing balance, understanding, and the heart in the midst of every moment, finding the essence of spirituality. Becoming spacious, relaxed, willing to be with what is without willpower, being in harmony with the present moment.

PRACTICE OF CONFUSION & SELF ACCEPTANCE (1) #DSTPCFPC \$12

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.

John Orr

NEW!

ENERGY MEDITATION; METTA MEDITATION (1) #ENME \$12

A guided meditation which uses color imagery to generate and radiate energy throughout our being; a guided meditation encouraging deep relaxation and an experience of "smiling into your body."

Larry Rosenberg

TAKING THE BREATH TO HEART (2) #TABRHE \$18

Understanding how and why conscious breathing can help us become happier and release ourselves from suffering.

NEW!

SAMADHI: A Guardian of the Heart (1) #SAGUHE \$10

Gathering up all the cascading energies of the mind and unifying them around the breath.

Sharon Salzberg

NEW!

LETTING GO OF ATTACHMENT (1) #LEAT \$10

Learning to transform desire into love by letting go of what is incomplete and unfulfilling in our lives.

METTA: LOVING YOURSELF (1) #MELOYO \$10

Developing loving-kindness, a talk and meditation.

Ajahn Sumedho

BREATHING SPIRIT INTO FORM (1) #DSTPASBS \$12

Appreciating the life force that your spirit breathes into the practice.

PRACTICE OF INNER LISTENING (1) #DSTPASPI \$10

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 \$12

Taking refuge in Buddha's way of knowing the truth of reality through a reflective, observing mind.

Christopher Titmuss

THE DEPTH OF FEELING (1) #DEFEE \$12

Exploring the gap between our way of being in the world and what is really happening inside of us.

U Pandita

NEW!

NOT THINKING (1) #NOTH \$10

Controlling the restless mind through the practice of Satipatthana.

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

#57 The Dalai Lama: His Reincarnations

#58 Monks and Laymen in Buddhist Tibet (2)

#60 Four Foundation Yogas of the Tibetan Tantra (1)

#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.

#107 Symbolism of the Cremation Ground and Celestial Maidens

#108 Symbolism of the Offerings and Self-Sacrifice (2)

#110 Symbolism of the Five Buddhas, Male and Female (2)

NEW CD!

ONE HAND CLAPPING: Tibetan Bells with Environmental Sounds. \$17 CD

The soothingly-subtle yet dynamic sounds create a meditative mood. 108 bells skillfully played by three musicians produce rich harmonic overtones.

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

NEW!

CHENREZIK CD #CHCD \$18; Tape #CHT \$12

Produced by the Karma Kagyu Institute in Woodstock. Chants by Tenzin Chonyi, Lekshey Chonyi, Pema Chodron, Greg Eakin. Some selections: *Mahamudra Lineage Prayer, Chenrezik Sadhana, Amitabha Sadhana, Seven Verse Prayer of Guru Rinpoche, Calling the Guru From Afar, Long Life Prayer for H.H. Gyalwa Karmapa's Lineage Holders, Long Life Prayer for Khenpo Karthar Rinpoche, Praise to the Buddha Activity of the Gyalwa Karmapa.*

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 Yaman-taka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitano 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.

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 Nying Thig tradition of the Nyingmapa Lineage, the deified form of the great female practitioner, Yeshe Tsogyal. Forty anis live at Nyingma Ozer Ling in Eastern Tibet where this recording was made.

NEW!

SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING, Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. CD #SAMUSA \$18

Ten vocal and instrumental pieces from the Roof of the World that exemplify three types of music: vocal pieces typical of the chanting done in Loseling's assembly hall; pieces combining vocal and instrumental elements; sacred dance music. Some of the selections are: *The Black Hat Dance, Offering of the Universe, A Propitiatory Prayer to Palden Lhamo, A Call to the Spirits of Tibet.*

NEW!

SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL, Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. CD #SATICD \$18

Five historic sacred chants from the *Monlam Chenmo*, the commemoration of Shakyamuni Buddha's public display of miracle powers. Contains five pieces: *A Crown Ornament for the Wise*, a verse dedicated to Tara by the First Dalai Lama; *Prayer to the Victorious Masters*, hymn to the various incarnations of Avalokiteshvara by the First Panchen Lama; *Until Supreme Illumination*, a prayer for the attainment of Amitabha's Pure Land by Lama Tsongkhapa; *From Here to Enlightenment*, a prayer to achieve enlightenment for the sake of others by the First Panchen Lama; *A Mystical Biography*, the mystical experiences of Lama Tsongkhapa are praised by the founder of Drepung Monastery.

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.

TIBETAN RITUAL MUSIC, Cassette #TIRIMU \$10

Dynamic chants to Mahakala, prayers and offering of the Guru Drakmar highlight this tape that was recorded by large groups of monks and lamas in India. Great vocals and instrumentation!

EXPLORER SERIES

These two selections are well known for their quality and power. They are \$9.95 ea.

TANTRAS OF GYUTO: Sangwa Dupa, LP #SADU

This is the sacred chant of the Guhyasamaja Tantra.

These are on cassette for \$9.95 ea.:

TANTRAS OF GYUTO: Mahakala, Cassette #NSM

TANTRAS OF GYUTO: Sangwa Dupa, Cassette #NSSD

Other Tapes:

NEW!

DHARMA BOOGIE (1) #DHBO \$10

Dharma lyrics combined with popular music: *Love Will Leave Ya; Don't Mean a Thing; Don't Know Man; Treat Yourself Well; Changes; Turnin' It Over.*

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.

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.

REALISATIONS: Songs of a Tibetan Yogi, Getag Rinpoche, by David Molk. #RESOTI \$10

Great music! Tibetan vocal in folk style with accompanying guitar.

SOLO BANSURI, Cassette #BA \$10

Bamboo Flute of India by the famous flutist G.S. Sachdev. A truly serene performance by a master musician.

THE TWENTY-ONE PRAISES OF TARA, by Prema Dasara & Jeff Monoz. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTT (optional).

The chanting of Tara's Twenty-One Praises is an ancient ritual. By contemplating her qualities the afflictions that cloud the mind are dispelled. Free from fear, one meets the challenges of life with clarity and compassion. This music has been enthusiastically received by many Tibetan lamas and the accompanying dance is being transmitted and performed in many places.



VIDEO DHARMA

VIDEO DHARMA

These films are available in VHS format only.

BUDDHIST PILGRIMAGE TO INDIA AND NEPAL, by Robert Pryor. 32 min. #BUPI \$19.95

This documentary uses 35 mm color photos to portray the journey of a group of Americans to the Buddhist sacred places. The major sights are presented in the context of the Buddha's life: Lumbini, Bodhgaya, Sarnath, Rajgir, Nalanda and Kushinagar.

NEW!



COMPASSION IN EXILE
THE STORY OF THE 14TH DALAI LAMA

A Film by Mickey Lemle

COMPASSION IN EXILE: The Story of the 14th Dalai Lama, by Mickey Lemle. 60 min. #COEX \$40

An intimate portrait of the Dalai Lama. Inherent in the story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day footage open the mystery of Tibet, the country that inspired the legend of Shangri-la.

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.

NEW!

EXPLORING THE MANDALA, by Pema Losang Chogyen. 10 min. #EXMA \$19.95

This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a Tibetan monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the course of visualization, presenting a comprehensive visual introduction to Tibetan mandalas. This project was carried out in conjunction with the Yamantaka Translation Project and with the blessings of H.H. the Dalai Lama in response to a growing interest in the cultural and religious traditions of Tibet.

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 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 \$26

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 \$26

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 \$26

Acting from what you value. Supports to keep the practice going. Wonderful rhythms and deep wisdom. How our lives are always new.

LADAKH: In Harmony with the Spirit, by Clemens Kuby. 86 min. #LAV \$29.95

Nestled high in the Himalayas, Ladakh has been isolated from most of the pressures and politics of the modern world. Life in Ladakh today gives an immediate impression of what daily life in neighboring Tibet was like before the wholesale disruption of its cultural and religious life by the Chinese government. The ancient rhythms of Ladakhi life unfold in a landscape of sun and shadow, brilliant blue skies, towering mountains and deep, dark valleys, and the play of deities and demons.

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.

NEW!

MANDALA

World of the Mystic Circle



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.

NICHOLAS ROERICH: MESSENGER OF BEAUTY, 43 minutes, #ROMEVI \$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 Trueheart 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 his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in order to achieve happiness and as well as to survive.

QUANTUM HEALING, featuring Dr. Deepak Chopra. #QUHEVI \$49.95

Dr. Chopra is a practicing endocrinologist and former chief of staff at the New England Memorial Hospital in Massachusetts. He was trained in India and incorporates the latest findings of modern medicine with the Ayurveda. He discusses the effect of the mind on the body and says that every cell responds to our thoughts, emotions, beliefs and self-image. He emphasizes exercise, diet and meditation as well as getting in tune with nature.

REALIZING ONENESS IN ALL HUMANITY, H.H. THE DALAI LAMA. 95 min. #REONVI \$39.95

In this rare live appearance, the Dalai Lama brings words of love and hope to the people of

America. Videotaped live at the Grace Cathedral, San Francisco in April 1991, this warm and uplifting talk reveals the gentleness and nobility of His Holiness.

REQUIEM FOR A FAITH, by Houston Smith. 28 minutes. #REFAVI \$89

This award-winning film tells the story of Tibetan Buddhism. The poetic narration guides us through a world of ancient rituals, continuous meditation, deep compassion and a profound faith in the divinity of man.



SAND PAINTING: Sacred Art of Tibetan Buddhism, 30 min. #SAPAVI \$34.95

This video was made during the 1991 Asian Art Museum exhibit of Tibetan art. Monks of the Namgyal Monastery, led by Lobsang Samten, created the Kalachakra mandala. This program explores the meaning of the symbols within the mandala with its five levels and hundreds of deities.

THE SOUND OF WISDOM, directed by Robyn Brentano. 1 hour. #SOWIVI \$49

THE SOUND OF WISDOM is a one-hour documentary about the One World Music Festival of Sacred Chant held at the Cathedral of St. John the Divine in New York City. In a historic two-day program of concerts and symposia, the festival brought together the Tibetan Buddhist monks of Gyuto Tantric College and Western composers—David Hykes, Pauline Oliveros and Terry Riley.

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 program was broadcast on PBS June, 1991.

TIBET: A Seed for Transformation, 34 min. #TISETR \$25.

This is an excellent video on the Chinese takeover of Tibet and how this may affect the rest of the world. Contents: Tibet's location, customs and culture; China's nuclear activities, human rights violations, environmental destruction of Tibet and what we might do to help Tibetans. Filmed in Tibet and N. India.

TIBET: The Survival of the Spirit, by Clemens Kuby. 92 min. #TISUSP \$29.95

Recently shot on location in Tibet without Chinese censorship (the director was arrested three times while making it), this film is a compelling portrayal of conditions in occupied Tibet today and the confrontation between two opposite worlds. Includes the rebuilding Tsurphu Monastery starting footage of the Jokhang Temple being stormed by Chinese police where monks were beaten to death. A document of the Tibetans' unbreakable will to survive.

**SALE—
20% OFF
While they last**

RICHARD ERDOES
CRYING



FOR A DREAM

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., #DREDMA \$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.

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*

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.

ADVENTURE & TRAVEL



NEW!

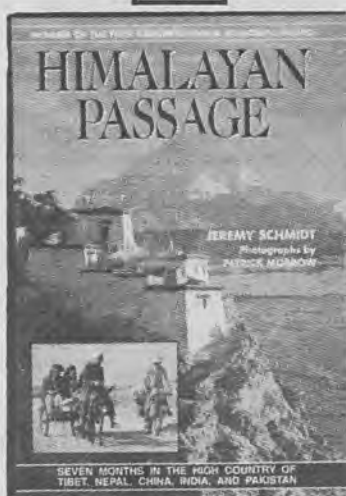
THE ASCENT, by Jeff Long. 284 pp. #AS \$20

"The Ascent is an astonishing novel, a darkly brilliant tale hunted by the ominous yet charged with hope and beauty. By embedding the climb of a new route on Everest within the larger story of the cultural tragedy of Tibet, Jeff Long weds suspense and moral vision in a fashion reminiscent of Joseph Conrad."—David Roberts, author.

Based on Jeff Long's three Himalayan expeditions and twenty-two years of mountaineering experience, *The Ascent* is a novel of danger and love that follows an American expedition up the forbidding North Face of Mount Everest. The novel vividly dramatizes as well the plight of the Tibetan people under the oppressive rule of the Chinese, with which Long became personally acquainted during a four-month stay in a Tibetan jail.

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.

NEW!



HIMALAYAN PASSAGE: Seven Months in the High Country of Tibet, Nepal, China, India, and Pakistan, by Jeremy Schmidt. 302 pp., 49 color photos, 7 maps. #HIPA \$16.95

This story of two couples' travels through the Himalaya by bike foot, truck—any mean necessary—has been praised by critics across the country. The journey revealed all that is exotic and mundane, funny and tragic beautiful and brutal about the mysterious, turbulent Himalaya.

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.

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.

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!

SACRED MOUNTAINS OF THE WORLD, by Edwin Bernbaum. 320 pp., 121 color photos. #SAMOWO \$25

Sacred Mountains investigates the myths, practices, and beliefs surrounding these legendary landscapes, revealing the symbolism of sacred mountains in religion, literature, and the arts, as well as the spiritual dimensions of modern-day mountaineering and the relevance of mountains in our everyday lives.

"In a book that is as informative as it is beautiful, Edwin Bernbaum tells the spellbinding stories of the world's most venerated peaks... He delves into the mysteries to impart the secrets of the summits."—*San Francisco Examiner*

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 \$9.95

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!

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.



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.

SPECIAL OFFER!

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 cul-

ture, 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*

SPECIAL OFFER!

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 Sakyamuni Buddha's enlightenment—for the Kalachakra Tantric Initiation under the direction of the Dalai Lama. Amid a festival of deities, sights, sounds and offerings, Peter leads us into the heart of the Kalachakra mandala and into the calm center of Buddhism.

"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

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

"Stands out as one of the few first-hand accounts of what Tibetan culture and religion were like when they were still intact in their homeland. It holds a singular place as the personal travel account of a master scholar of Tibetan civilization."—*The Pacific World*

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 ~~with~~ *in* cultural context so that ~~historical~~ *historical* 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 Bez-ruchka. 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*

TREKKING IN NEPAL, WEST TIBET AND BHUTAN, by Hugh Swift. 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.

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

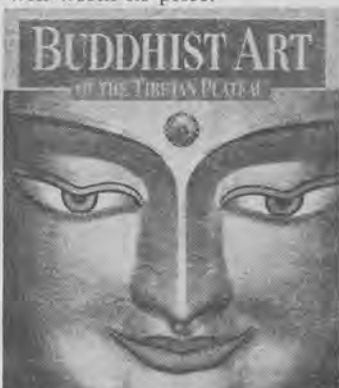
Tibet-Kathmandu Highway and Environs: 1:1 mil #MATIKA \$5
With trekking routes and Lhasa city map.

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: 1:5 mil & 1:1.5 mil #MANE \$7.95
South-Central Tibet: 1:1 mil #MASOCE \$8.95

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.



BUDDHIST ART OF THE TIBETAN PLATEAU, ed. by Liu Lizhong. 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 a 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.

ON SALE!



LHASA: Tibet's Forbidden City, by Christine & Frank Brignoli. 107 pp., 11 x 11 1/2", 79 color illustrations #LHTIFO \$29.95 cloth, now \$14.95

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.

NEW!

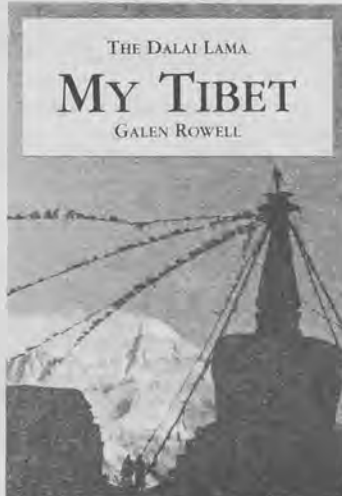


LOST LHASA: Heinrich Harrer's Tibet, by Heinrich Harrer. 224 pp., 200 photographs, 9 x 11", #LOLH \$39.95

This visual sequel to the author's great *Seven Years in Tibet*, *Lost Lhasa* is Heinrich Harrer's intimate and highly personal photographic portrayal of a vanished way of life. The astonishing photos, together with Harrer's shining commentary, capture the "forbidden city" in ceremonies, at home with families, at work, and at play. *Lost Lhasa* shows us the Tibet of our dreams. Heinrich Harrer escaped from a British internment camp in India at the outset of WWII and traveled for two years across Tibet to Lhasa where he befriended the young Dalai Lama and lived as a prominent citizen until the Chinese invasion in 1950.

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



THE DALAI LAMA: MY TIBET, by Galen Rowell. 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 book contains rugs from the first major exhibition devoted exclusively to Tibetan rugs which took place at the Textile Museum in Wash., D.C.

THREE KINGDOMS ON THE ROOF OF THE WORLD: Bhutan, Nepal, Ladakh, by Robert Apte. 128 pp., oversized, 147 full-color photos. #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.

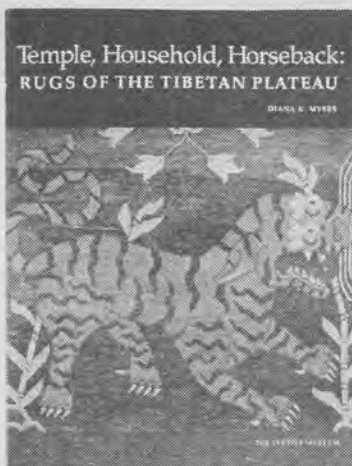
TIBET, by Pietro F. Mele; intro. by Michael C. van Walt van Praag. 9 1/2 x 9 1/2", B&W Photos, #TIM \$7.95 cloth (was \$25)

"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.



TEMPLE, HOUSEHOLD, HORSEBACK: Rugs of the Tibetan Plateau, by Diana Myers. 111 pp., large format, 83 b&w and color photos #TEHOHO \$27.50

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THE WHEEL OF TIME SAND MANDALA, by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$35

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, 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. #MATIC33 \$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, applied and embroidered examples; wall paintings; and iconography, including body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking."

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.

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)

ART & PHOTOGRAPHY/OTHER TRADITIONS

ART & PHOTOGRAPHY

ALSO IN PAPER!

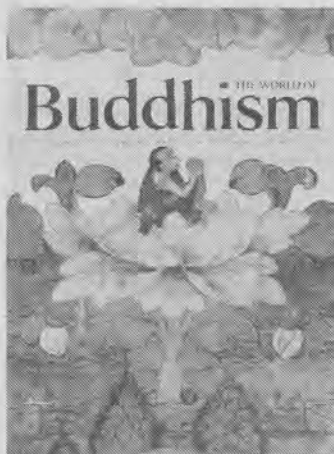


WISDOM AND COMPASSION: The Sacred Art of Tibet, by Marilyn Rhie & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12", #WICO \$60 cloth, #WICOP \$40 paperback

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.

NEW!



THE WORLD OF BUDDHISM, ed. by Heinz Bechert & Richard Gombrich. 308 pp., 8 1/2 x 11", 297 illus., 82 in color, #WOB \$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 years.

BOOKS FROM OTHER TRADITIONS

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 it-

self, 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

Brother David Steindl-Rast

gratefulness,
the heart
of prayer

An Approach to Life in Fullness

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

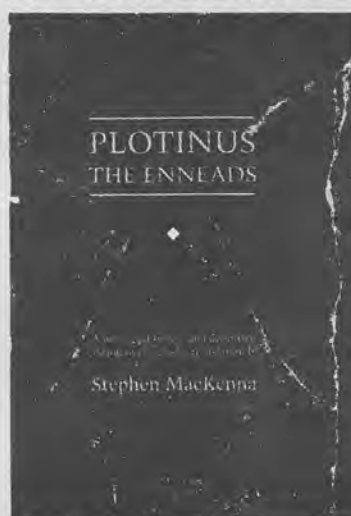
This is an invitation to discover and explore one's own basic mind from two standpoints. From the practical side, it shows how to use meditation as a means to experience the mind directly, free of any images. From the side of reason, its compelling, readily accessible analysis of the nature of everyday 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. #MYPA \$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.

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.

PLOTINUS: The Enneads, by Stephen MacKenna. 768 pp. #PL \$65 cloth

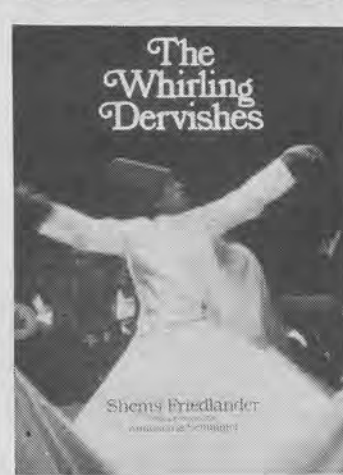
"For the rapture of its wild genius, MacKenna's Plotinus has been for near to forty years the most instructive and inspiring single volume in my library. It is a source of the deepest ideas the mind can think; it is also a bible of beauty."—James Hillman

"This truly great book is the source of much that is most precious in the whole Western spiritual tradition—whether one's interest is scholarly or whether one is seeking support for one's own spiritual search. Plotinus is a towering figure."—Jacob Needleman



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



THE SUFI PATH OF LOVE: The Spiritual Teachings of Rumi, by William 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.

THE WHIRLING DERVISHES, by Shems Friedlander. 160 pp., large format, 90 photos & illus., #WHDE \$16.95

This is the story of the Sufi order known as the Mevlevi and its founder the poet and mystic Mevlana Jalalu'ddin Rumi. These Sufis repeat the name of God as they turn—emptying their hearts of all but the thought of God and whirling in the ecstatic movements of His breath.

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 Dab-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.



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.



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 recognized when in 1991 she was awarded the Nobel Peace Prize.

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

The Great Kagyu Masters: The Golden Lineage Treasury is a compilation of many important writings elucidating the origin of the Kagyu teachings and the 'lives and liberation' of the major masters of the Kagyu lineage.

"This most inspiring, authentic and important book is a timely shower that certainly quenches our thirst for knowledge of the early sages of the Kagyu lineage of Tibet, many of whose lives are unknown to non-Tibetans. A golden treasure, this single volume contains fascinating life stories of many enlightened masters, who are important not only in the Kagyu lineage, but are the crown jewels of the Buddhist world. Starting with Vajradhara and Shakyamuni Buddha, the sources of the lineage, the book then expounds upon the outer and inner biographies of Kagyu lineage masters, including Tilopa, Naropa, Marpa, Milarepa, Atisha, Gampopa and others."—Tulku Thondup Rinpoche

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

This is a "realistic" account of the life and times of the Buddha. The Buddha is treated in a demythologized way—he is discussed in the context of the age in which he lived and with the political and social conditions which made his mission possible and permitted its success. This is a truly interesting book.

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

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

THE LIFE & TEACHINGS OF CHOKGYUR LINGPA, Orgyen Tobegal Rinpoche. 70 pp., #LITETS \$7.95

A biography of the great tertön of the 19th century as well as descriptions of his revealed treasures, following incarnations and family lineage. One-third of the Rinchen Terzog as practiced in the Karma Kagyu and Nyingma lineages was revealed by him.

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

The Life of Milarepa is the most

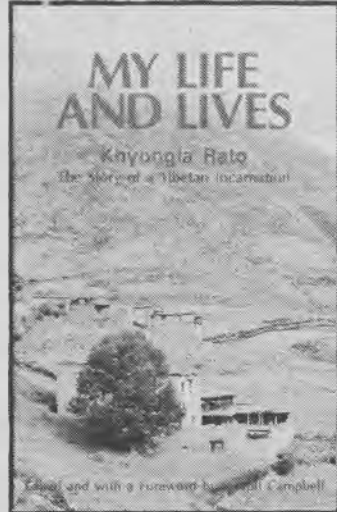
beloved story of the Tibetan people and one of the greatest source books for the contemplative life in all of the world's literature. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster,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



Helena Norberg-Hodge

ANCIENT FUTURES: Learning from Ladakh, by Helena Norberg-Hodge. 222 pp., #ANFU \$12

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. The book is essential background for all those working to promote justice in Tibet. Included are: the Dalai Lama's peace proposals; Government resolutions condemning China; United Nations resolutions; and much more.

HISTORY & POLITICS/DEATH & DYING

HISTORY & POLITICS

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.

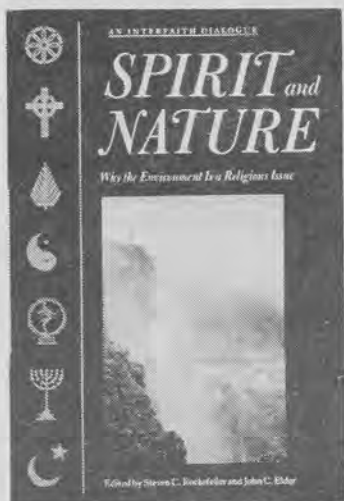
SEEDS OF PEACE: A Buddhist Vision for Renewing Society, by Sulak Sivaraksa, foreword by H.H. the Dalai Lama, preface by Thich Nhat Hanh. 133 pp. #SEPE \$12

"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 Ambrucht 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.



SPIRIT AND NATURE: Why the Environment Is a Religious Issue, ed. Steven Rockefeller & John Elder. 226 pp. #SPNA \$16

Leaders from major traditions

around the world speak out about danger to the planet. The message here is that the human community and the natural world will go into the future as a single sacred community, or both will perish on the way. Audrey Shenandoah, Chancellor Ismar Schorsch, Sallie McFague, Seyyed Hossein Nasr, J. Ronald Engel, Robert Prescott-Allen and H.H. the Dalai Lama join voices to tell us all of our moral accountability toward the earth.

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 Akerly & 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. Written by former official in the Tibetan government prior to 1959.

NEW!



TIBET: Environment and Development Issues, by the Dept. of Information and International Relations, Central Tibetan Administration, Dharamsala. 124 pp. #TIENDE \$15

The invasion and occupation of Tibet by China has left more than a million Tibetans dead, but little is known by the world of the tragic ecological destruction of this once-pristine land and its wildlife. This report details the ravaging of Tibet and the inherent dangers to our planet today.

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 Bud-

dhist 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.

DEATH & DYING

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

inpoche 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.

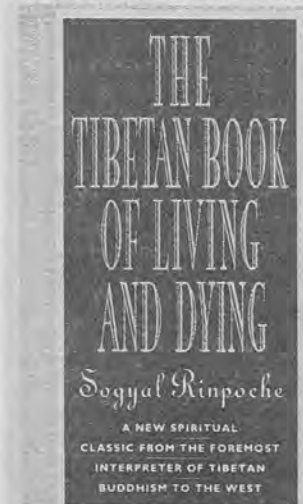
LIFE IN RELATION TO DEATH, by Chagdud Tulku Rinpoche. 31 pp. #LIREDE \$6.50

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 LIVING AND DYING, by Sogyal Rinpoche. 356 pp., photos, #TIBOLI \$22 cloth

Rinpoche examines the dramatic possibility for healing that can be released when we learn to view death as the beginning of another chapter of life. He outlines how we can transform our understanding of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, methods of meditation, near-death experience, caring for the dying, and acceptance.

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 Roshi. Intimate in tone, he covers dying, death, karma and rebirth as traditionally understood in the world religions as well as the philosophic, scientific and humanistic traditions. One of the best books on the topic.

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

BOOKS BY THE DALAI LAMA



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

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.

Featured:

GREAT BOOK!



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*

"Until now there has never been one book that contains the essential elements of thought embodied within this ancient way of life. The Dalai Lama's policy of kindness is not only a personal philosophy, it is the essence of his non-violent solution to the social, political and environmental problems of today's world."—*The Quest Reader*

"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 establish-

ment of non-violent solutions to human problems in the personal, environmental and political arenas. A captivating picture emerges of the Dalai Lama whose goodwill, understanding and practicality have brought him respect from world leaders and the acclaim of millions around the world. Foreword by Senator Claiborne Pell, Chairman of the Senate Foreign Relations Committee. **BOOK OF THE MONTH CLUB SELECTION**

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

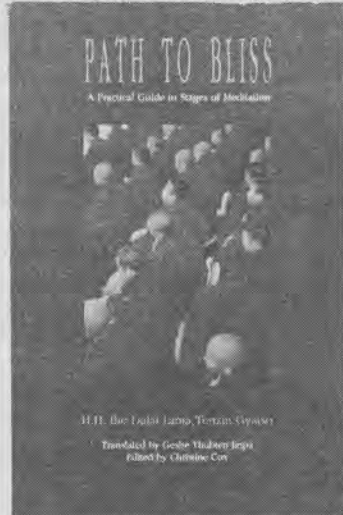
Elizabeth Napper. 239 pp. #KICLIN \$12.95

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

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

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

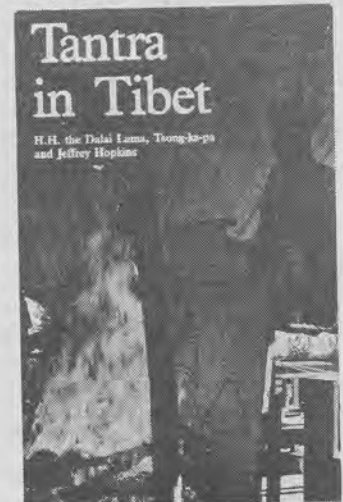
"Though [the Dalai Lama] is one of the most erudite scholars... he has a gift for reducing his doctrine to a core of lucid practicality, crystallized in the title of his 1984 book, *Kindness, Clarity and Insight*."—*Time Magazine*



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

"*Path to Bliss* sets a new standard for accessibility and sheer pleasure of reading for translations from Tibetan. The language here is clear and congenial."—Daniel Goleman, *Parabola Magazine*

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, 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.

"The author has perfectly captured the sense of wonder and childlike enthusiasm of the young monk's personality, while telling the larger story of Tibetan culture."—*The Quest Reader*

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

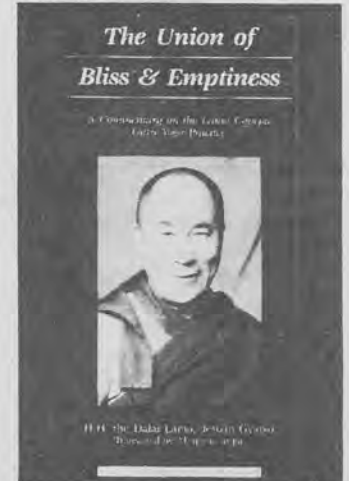
"A clear exposition..."—*Vajradhatu Sun*

"*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.

"In this work we have the Dalai

Lama at full strength... a profound work."—*Parabola*

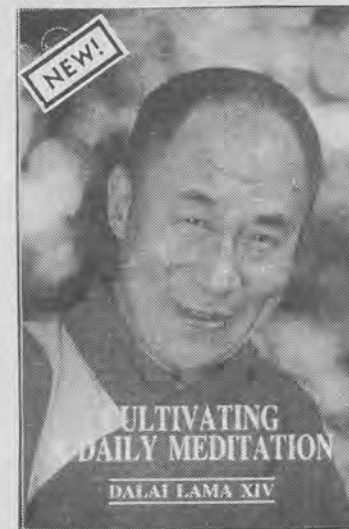
In 1979, His Holiness the Dalai Lama delivered an oral teaching on this text before an assembly of over a thousand Tibetans and Westerners. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary.



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:



CULTIVATING A DAILY MEDITATION, by the Dalai Lama. 137 pp., #CUDAME \$7.95

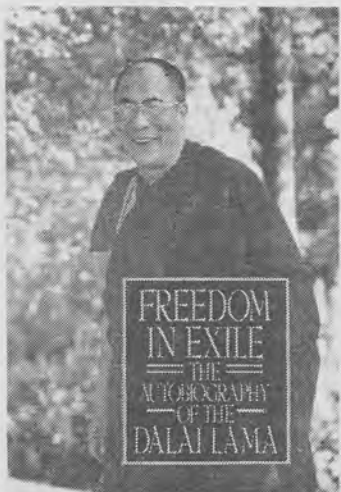
The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokitesvara, Manjushri, Vajrapani and Arya Tara. He shows how to develop the expansive view and a compassionate heart. Insightful questions and answers follow each chapter.

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 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.

THE DALAI LAMA/KALACHAKRA TEACHINGS

THE DALAI LAMA



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.

NEW!

MY LAND AND MY PEOPLE, by the Dalai Lama. 271 pp. #LAPE \$8.95

This is the famous autobiography translated from the Dalai Lama's original Tibetan manuscript.



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



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

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."



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.



#COPOKI 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

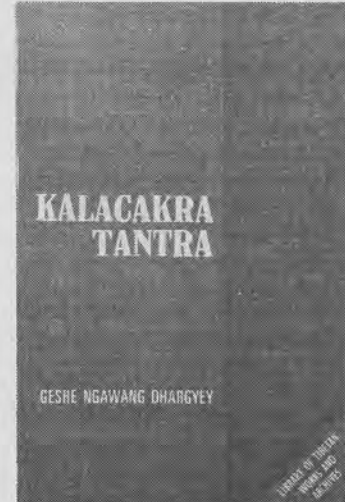
We also have some photo prints left. Please call for info.

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 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

The Practice of Kalachakra



Foreword by H.H. the Dalai Lama
Glenn H. Mullin

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 WHEEL OF TIME

The Kalachakra in Context

Geshe Lhundub Sopa
Roger Jackson
John Newman
With a Foreword by His Holiness the Dalai Lama



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.

NEW!

THE WHEEL OF TIME SAND MANDALA, by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$35

A beautifully illustrated introduction to the dazzling art and spirituality of the Kalachakra sand mandala, brought to the US by the monks of Namgyal Monastery.



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 \$.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).

DZOGCHEN/CHILDREN'S BOOKS

DZOGCHEN

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, Kunkhyen Klong-chen-pa is here made accessible to the specialist and interested non-specialist in a manner that is authoritative, comprehensive and clear. . . This book fills a major gap."—Matthew Kapstein, *The University of Chicago*

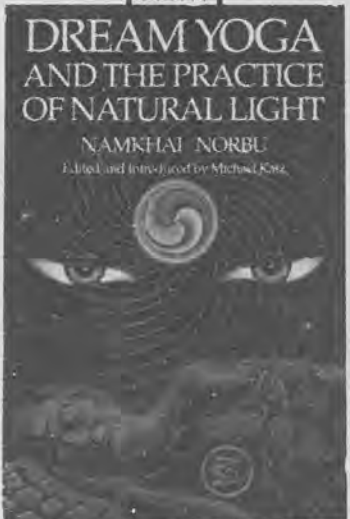
Buddha Mind is an anthology of writings on Dzogpa Chenpo (Dzogchen) by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingma School of Tibetan Buddhism. Dzogpa Chenpo is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered 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.

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.

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.

NEW!



DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT, by *Namkhai Norbu Rinpoche*, 128 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 & PAD-MASAMBHAVA, 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-Perfect State, by *Namkhai Norbu*, 96 pp. #DZSEPE \$7.95 This is a manual of Dzogchen practice that is remarkably complete for its size.

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 indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzog-chen methods.

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 JEWEL LADDER: a Preliminary Nyingma Lamrim, by *Minling Terchen Gyurme Dorjee*, commentary by *Garje Khamtrul Rinpoche*, trans. & ed. by *Tsepak Rigzin*, 236 pp. #JELA \$12

This is a comprehensive Nyingma Lamrim by one of the foremost early master-scholars of Tibet known as *Terdak Lingpa*, who was both a teacher and disciple of the Great Fifth Dalai Lama. The text introduces us to the preliminaries of the practice required for higher spiritual development such as the four basic ways of concentrating one's mind on the Dharma and the Four Noble Truths.

JOURNEY INTO VASTNESS: A Handbook of Tibetan Meditation Techniques, by *Ngakpa Chogyam*, 288 pp. #JOVA \$15.95 Ngakpa Chogyam offers here a previously unpublished collection of practical Tibetan meditation techniques.

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.

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*.

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.

TANTRIC PRACTICE IN NYING-MA, by *Khetsun Sangpo, 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*

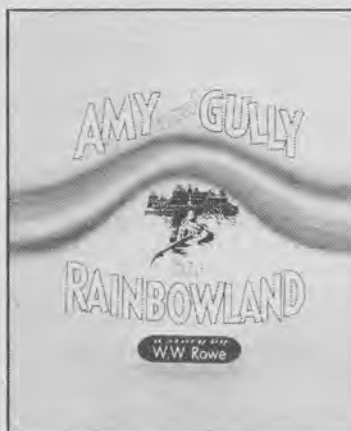
Rinpoche's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching (Dzogchen)" contains the classical Nying-ma presentation of the Tantric practices which lead to the realization of Buddhahood.

"...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*

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.

CHILDREN'S CORNER



AMY AND GULLY IN RAINBOWLAND, by *W. W. Rowe*, illus. by *Adam Chow*, Ages 5-10, 96 pp., illus., #AMGU \$5.95 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*.

FABLES FROM FAR AWAY LANDS, by *Julie Hutsler*, 25 min. #FAFALA \$7.50

This is a collection of four stories from *Nepal*, *Tibet* and *India* to enliven a child's imagination and cultivate creativity, moral strength and goodness—*The Parrot and the Cloud*; *Voices in the Graveyard*; *The Black Shoes*; *The Golden Tusk*.

THE HUNGRY TIGRESS: Buddhist Legends [Jataka Tales], by *Rafe Martin*, 288 pp. #HUTI \$15

Respect, love, courage, perseverance, humor, and faith are the

CHILDREN'S BOOKS

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 *Mordica 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 *Lawrence & 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 \$7.95

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.

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, #TACOCO \$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 *Herge*, 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.'"—*Skipping 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

"A beautifully illustrated picture book that successfully presents the rich cultural and spiritual heritage of this land."—*Shelley Garvey, School Library Journal*

"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, Doris 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, Doris 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 \$18.95

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.

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 popular 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

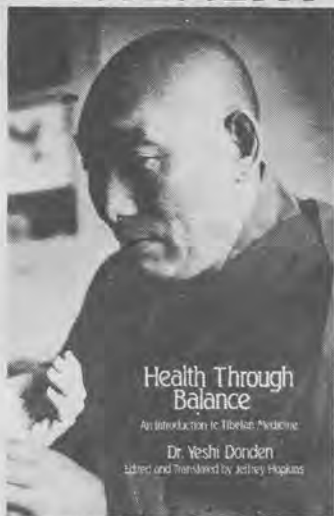
HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, by T.J. Tsarong. 101 pp. #HATRTI \$5

Gives the composition of 175 popular Tibetan natural drugs.

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

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

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

MIND AND MENTAL HEALTH IN TIBETAN MEDICINE, 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 Rapgay.

QUANTUM HEALING: Exploring the Frontiers of Mind/Body Medicine, by Deepak Chopra, M.D. 278 pp. #QUHE \$10

Chopra has brought together the current research of Western medicine, neuroscience, and physics with the insights of Ayurvedic theory to show that the human body is controlled by a "network of intelligence" grounded in quantum reality. This intelligence lies deep enough to change the basic patterns that design our physiology—with the potential to defeat serious diseases. It is great reading.

"Deepak Chopra's book is must reading for every evolved health-care giver."—Elisabeth Kubler-Ross, M.D.

RIGHT OVER THE MOUNTAIN: Travels with a Tibetan Medicine Man, by Gill Marais. 154 pp. #RIMO \$12.95

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.

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

AVAILABLE NOW!

Tibetan Arts of Love

by Gedun Chopel
Trans. by Jeffrey Hopkins
with Dorje Yuthok

TIBETAN ARTS OF LOVE, by Gedun Chopel, trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$14.95

Tibetan Arts of Love presents in lucid detail the sixty-four arts of love, divided into eight varieties of sexual play—embracing, kissing, pinching and scratching, biting, moving to and fro and pressing, erotic noises, role reversal, and positions of love-making. It includes a complete and unexpurgated translation of the *Treatise on Passion* by Gedun Chopel, the highly controversial former monk whom many consider to be Tibet's foremost intellect of the twentieth century. Gedun Chopel traveled to India where he learned Sanskrit and studied the *Kama Sutra*, yet his rendition of the arts of love is more evocative and more accessible than the erotic books of India. He gives titillating advice to shun inhibitions, describes sexual acts in detail, shows how to use sexual pleasure to enhance spiritual insight, and explains how to increase female sexual pleasure. With a mutually supportive ethic of love as a foundation, he speaks eloquently of the equality of women and their victimization by social and legal codes. An over-arching focus is sexual ecstasy as a door to spiritual experience of fundamental mind; the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

"The work is extremely relevant for the modern Western reader.

Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—Jose Cabézon

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.



TIBETAN MEDICAL PAINTINGS, ed. by Parfionovitch, Meyer, and Gyurme Dorje. Two volumes, 168 & 172 pp., 77 color & 77 b&w illus., large format, boxed, #TIMEPA \$195

This book contains the illustrations to *The Blue Beryl* treatise of Sangye Gyamtso, who was the regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa. The treatise integrated Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge which is visually presented in 76 brilliant paintings. These paintings are exact replicas of the original illustrations prepared earlier this century.

The foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates by noted specialists put the facsimiles in context.

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." *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 \$10
3-metal design with beaded edge #KBB \$10

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. Rapgay, well-known Tibetan physician.

COOKBOOKS

THE ENCHANTED BROCCOLI FOREST, by Mollie Katzen. 320 pp. #ENBRFO \$16.95

More vegetarian dishes—a wide range of soups, salads, breads, main dishes, light meals, dips and desserts. Contains a spectrum of ethnic cooking styles—quick and simple to elegant and exotic.

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.

MOOSEWOOD COOKBOOK, by Mollie Katzen. 248 pp. #MOCO \$13.95

The first and most famous of Mollie Katzen's three volumes of meatless cooking, this ground-breaking book has sold over a million copies. Step up to gourmet ethnic and American vegetarian food that originated in Ithaca, just around the corner from Snow Lion!

NEW RECIPES FROM MOOSEWOOD RESTAURANT, by the Moosewood Collective. 320 pp., color photos. #NEREMO \$15.95

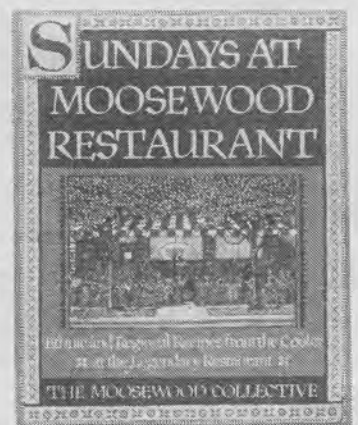
200 recipes celebrating the varieties of vegetarian cooking offer an endless array of creative combinations. "Superior, innovative vegetarian cuisine."—*Publisher's Weekly*

STILL LIFE WITH MENU COOKBOOK, by Mollie Katzen. 352 pp. #STLIME \$24.95

With this book you will be able to create wholesome, satisfying meals in the midst of busy schedules. Even with an eye toward the time involved, a wide variety of delicious meals can be prepared with this book.

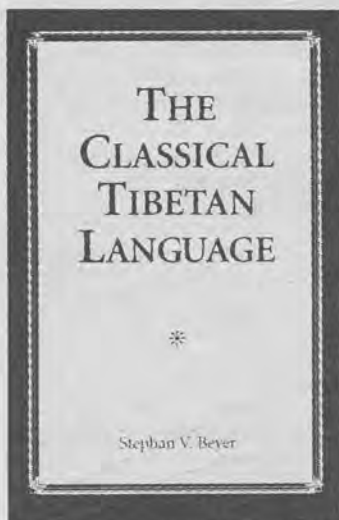
SUNDAYS AT MOOSEWOOD RESTAURANT, by The Moosewood Collective. 732 pp. #SUMORE \$18.95

Each Sunday at Moosewood Restaurant, diners experience a new ethnic or regional cuisine, sometimes exotic, sometimes familiar. From the highlands and grasslands of Africa to the lush forests of Eastern Europe, from the sun-drenched hills of Provence to the mountains of South America, the inventive chefs have drawn inspiration for these delicious adaptations of traditional recipes.



LANGUAGE/WOMEN'S STUDIES

LANGUAGE



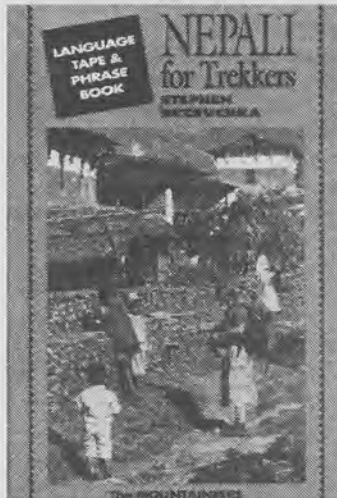
THE CLASSICAL TIBETAN LANGUAGE, by Stephan V. Beyer. 503 pp., #CLTILA \$18.95

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language that treats the classical language on its own terms rather than by means of descriptive categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with a wide variety of linguistic phenomena as they are actually encountered in the classical texts.

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.

NEW!



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

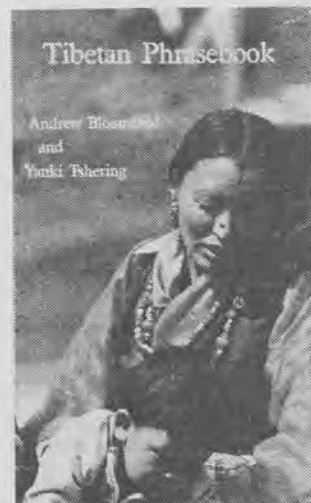
This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases. Words and phrases are spoken by a native Nepali. This is a good package for visitors to Nepal.

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 \$45

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



TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan, by Joe B. Wilson, Jr. 810 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

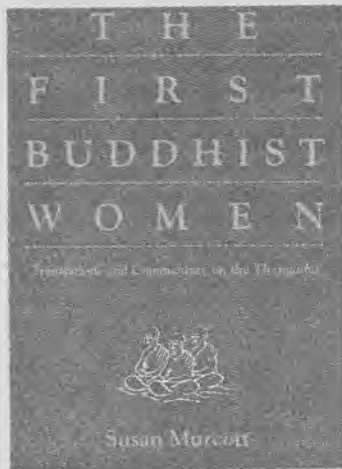
works on philosophy and meditation. The book is extremely well designed and serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and will become a standard text in universities and Buddhist centers. The tapes will be available in the near future.

WOMEN'S STUDIES

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



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

This is a translation and commentary on the Therigatha, the enlightenment verses of the earliest female disciples of the Buddha. The author traces the journeys of wives, mothers, teachers, courtesans, and wanderers who became leaders in the Buddhist community. The poetry of these women reveals their search for spiritual attainment and their struggles in society. "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

WOMEN'S STUDIES

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.

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 exploitations 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.

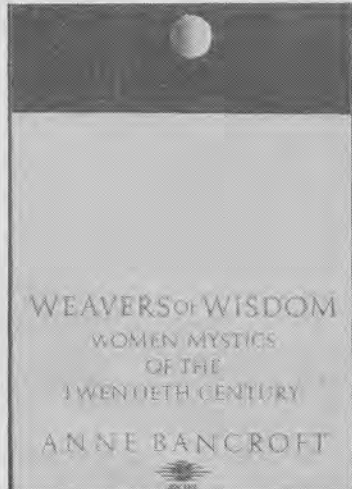
TIBETAN BUDDHIST NUNS, by Hanna Havnevik. 251 pp., 16 photos, #TIBUNU \$40 cloth

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.



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, Tsultrim Allione. 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.

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.

AWAKENING THE MIND OF ENLIGHTENMENT: Meditations on the Buddhist Path, by Geshe Wangchen. 264 pp. #AWMIEN \$12.95

This is a simple and clear presentation of powerful meditations that develop the Mahayana altruistic attitude.

THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS, by Ngorchon 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 BODHISATTVA VOW: The Essential Practices of Mahayana Buddhism, by Geshe Kelsang Gyatso. 134 pp., #THBKBV \$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 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 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 Cabézon. 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 Vijñānavāda and Madhyamika, and an explanation of the Prasāngika 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 Prasāngika to our own time.

CHENREZIG, LORD OF LOVE, by Bokar Rinpoche. 110 pp. #CH \$9.95

Covers the principles and methods of deity meditation in Tibetan Buddhism and is an excellent introduction to the subject. Also contained are practices for the sleep state.

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 II, by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 127 pp., many color and B&W illustrations, 8 1/2 x 11" #CHYA2 \$12.95

Cho Yang contains some of the most interesting and useful information that you will find in books on Tibet. In this issue are twenty articles: *Glimpses of the Nyingmapa, The Consecration Ritual, The Ritual Fire Offering, The Vajra, Bell and Beads, The Great Prayer Festival—Monlam Chenmo, The Throwing of Ritual Cakes, The Geshe Degree, Butter Sculpture, The Tale of the Dakini Princess*, etc.

CHO YANG III, 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 BODHISATTVA, 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 Protestantism. H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the significance of the Bodhisattva.

NEW!



CLEAR LIGHT OF BLISS: Mahamudra in Vajrayana Buddhism, by Geshe Kelsang Gyatso. 288 pp. #CLLIBL \$24.95

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.

NEW!



CLOUDLESS SKY: The Mahamudra Path of the Tibetan Buddhist Kagyu School, by Jamgon Kongtrul. 128 pp. #CLSK \$10

This book opens the way to a deeper knowledge of the Buddhist system of meditation known as mahamudra, a practice traditionally undertaken for realizing enlightenment. Jamgon Kongtrul elucidates the stages of ground, path, and fruition mahamudra and offers practical instructions for mahamudra meditation.

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 Yong-dzin Yangchen Gawai Lodro. 67 pp. #COWAKN \$2.95

A CONTINUOUS RAIN TO BENEFIT BEINGS, by H.H. the 15th Karmapa. 33 pp. #CORA \$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 wisdom as the starting point for an exciting spiritual journey.

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 EGO-CLINGING: Commentary on the Practice of Chod, commentary by Jamgon Kongtrul, trans. by Anila

RELIGION & PHILOSOPHY

Rinchen Palmo. 76 pages plus Tibetan text, #CUTHEG \$17.95 This book contains a commentary on the daily practice of Chod, *The Grove of Delights*, written by Jamgon Kongtrul. It is followed by chapter four of *Machikma's Explanations*, an extract in which Machikma, the founder of Chod, gives a detailed definition of all the different kinds of devils, gods and demons that plague mankind and how to cut through them. This book is imported from France and was published by a small dharma press, hence the high price.

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal, by Erik Pema Kunsang. 200 pp., #DATE \$18

This is a term text of the oral teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until their revelation centuries later. The teachings translated here are short, direct instructions relating to the three levels of Buddhist practice.

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

AVAILABLE NOW!

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 Napier. 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 \$12.95

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

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



DHARMA PATHS
VEN. KHENPO KARTHAR, RINPOCHE

NEW!

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

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.

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharma-chakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States.

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 DIAMOND THAT CUTS THROUGH ILLUSION, by Thich Nhat Hanh. 115 pp., #DICUIL \$9

In this, the Diamond Sutra, the Buddha and his disciple Subhuti teach us how to cut through our dualistic ways of looking at the world in order to have a deeper contact with the wondrous reality. In this commentary, Thich Nhat Hanh shows us how this understanding leads to a deep reverence for the environment, and he applies these teachings of the Buddha to our own lives.

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 Cabezon. 590 pp., #DOEM \$29.50 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

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.

ENCYCLOPEDIC DICTIONARY OF YOGA, by Georg Feuerstein. 430 pp., illus., #ENDIYO \$12.95

"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.

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 Rinpoche, Kyabje Yongzin Ling Rinpoche, Kyabje Dilgo Khyentse Rinpoche, and Venerable Lama Kalu Rinpoche.

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

Echoes of Voidness
Geshe Rabten



THE ESSENTIAL NECTAR, by Geshe Rabten, trans. & ed. by Martin Willson. 308 pp., #ESEN \$14

Traditional teachings on the stages of the path are presented here as meditations to be practised; they are methods for investigating and transforming one's attitudes and behavior, leading finally to the complete eradication of all negative states of mind and the development of the qualities of the enlightened mind.

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.

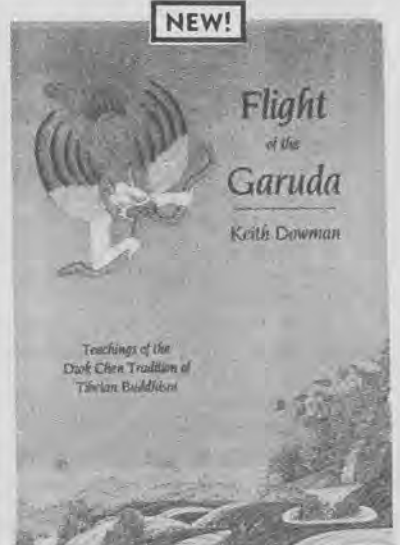
THE EXCELLENT PATH OF ENLIGHTENMENT, H.H. Dilgo Khyentse Rinpoche. 120 pp., #EXPAEN \$9.95

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, RELAXA-

TION 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 Fall 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., #FOIMY \$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 Dhyanis 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.

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 Khadro. 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 Rinpochey 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*

RELIGION & PHILOSOPHY

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.

GENTLE BRIDGES: Conversations with the Dalai Lama on the Sciences of Mind, Ed. by Jeremy Hayward & Francisco Varela. 280 pp. #GEBR \$15

This is a chronicle of the groundbreaking meeting between prominent Western scientists and the Dalai Lama in 1987. Dharmasala was the meeting place for this discussion of the interface of cognitive sciences and Buddhist psychology. Topics ranged widely over mind and brain, the self, perception, memory, evolution, artificial intelligence, and the sources of knowledge in science and Buddhism.

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.

GREAT TREASURY OF MERIT



A commentary to the practice of offering in the Vajrayana tradition

GREAT TREASURY OF MERIT, by Geshe Kelsang Gyatso. 432 pp. #GRTRME \$25.95

Offering to the Spiritual Guide, or *Lama Chopra*, is the uncommon Guru yoga of the New Kadampa Tradition of Mahayana Buddhism and the principal preliminary for the practice of Vajrayana Mahamudra. Geshe Kelsang Gyatso begins by explaining the practice of relying upon a Spiritual Guide, the root of all spiritual attainments, then how to practice the stages of the path and Vajrayana Mahamudra.

A GUIDE TO THE BODHISATVA'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.



THE HEART TREASURE OF THE ENLIGHTENED ONES: The Practice of View, Meditation, and Action, by Patrul Rinpoche with commentary by Dilgo Khyentse Rinpoche, Foreword by the Dalai Lama. 240 pp. #HETREN \$16

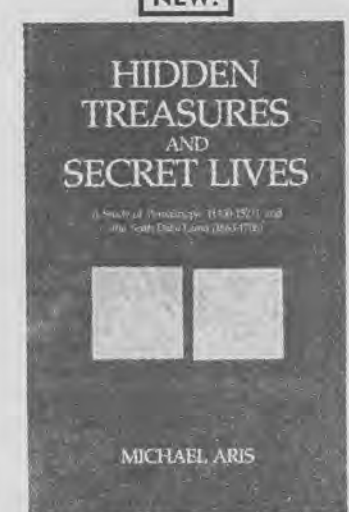
"This teaching... really is like an elixir for reviving the dead."—from the Foreword by the Dalai Lama. With his characteristic thoroughness, gentleness, and compassion, H.H. Dilgo Khyentse Rinpoche presents an extensive commentary on this text by Patrul Rinpoche, a great medi-

tation master of the Nyingma lineage. The text first urges us to reflect on our own defects and on the intense sufferings of beings. This is followed by instructions for practice of dharma. Finally His Holiness explains how the results of practice are expressed in a life free from preoccupation with worldly affairs and in harmony with the teachings.

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 discovered at appropriate times by realized masters. The tradition of passing on teachings of the great 9th-century saint, Guru Padmasambhava, is elaborated here by Tulku Thondup. He outlines the Nyingma teachings on terma and then translates and gives commentary on *Wonder Ocean*, by the third Dodrup Chen Rinpoche, a text that clearly explains the entire Terma tradition.

NEW!



HIDDEN TREASURES AND SECRET LIVES, by Michael Aris. 278 pp. #HITRSE \$14.95

This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry. Michael Aris is the author of books on Bhutan and husband of Burma's activist Aung San Suu Kyi.

HIGHEST YOGA TANTRA, by Daniel Cozart. 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 THE SWANS CAME TO THE LAKE: A Narrative History of Buddhism in America, by Rick Fields. 492 pp., illus., #SWCALA \$20

This is the third edition of the classic history of Buddhism in America, expanded and updated to include such issues as the role of women, hierarchy, and social action in American Buddhism.

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 Cozart. 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 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 Huckenpähler. 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

RELIGION & PHILOSOPHY

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.

IN THIS VERY LIFE: The Liberation Teachings of the Buddha, Sayadaw U Pandita. 298 pp. #VELI \$16

In This Very Life contains teachings given to Western students in intensive retreat with Burmese master U Pandita. He starts with basic instructions on sitting and walking meditation and goes on to describe in detail the stages of practice including dealing with problems that arise with deepening insight.

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 Durckheim. 125 pp. #JACUTR \$9.95

Durckheim 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.



JOYFUL PATH OF GOOD FORTUNE: The Stages of the

Path to Enlightenment, by Geshe Kelsang Gyatso. 620 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 Tzultim 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 per-

ception. 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

THE LAMP OF LIBERATION: A Collection of Prayers, Advice and Aspirations, by H.H. Dudjom Rinpoche, ed. by Terry Clifford et al. 95 pp. #LALI \$15 cloth

Three texts by H.H. Dudjom Rinpoche, his biography and other pieces compose this lovely book. In Tibetan and English.

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 advertised.

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

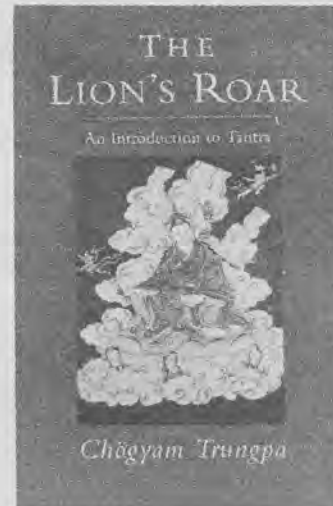
Based on the same 24-day teaching in Tibet given to a group of some 700 people, Pabongka Rinpoche gave an elaborate explanation of the path to enlightenment using the outline of Je Tsong Khapa. The teaching was originally edited and published in Tibetan by Trijang Rinpoche, the late junior tutor to the Dalai Lama, and is used widely by lamas. This single volume contains the entire commentary.

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

NEW!

THE LION'S ROAR: An Introduction to Tantra, by Chogyam Trungpa. 240 pp. #LIROB \$13

Rinpoche shows how tantra—grounded in discipline and the realization of egolessness—is a continuation of the traditional Buddhist middle way. Based on teachings in which the author first outlined the total spiritual journey of Buddhism.



LORD OF THE DANCE, The Autobiography of Chagdud Tulku, 246 pp. #LODAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of great compassion. This is an account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, and of his training as a tulku. The events of his life are a rich weaving of spiritual insight, high adventure and Tibetan culture as it was transplanted into the refugee communities of India and Nepal. He is presently the head of a major center in California.

NEW!



THE LOTUS-BORN: The Life Story of Padmasambhava, by Yeshe Tsogyal, Foreword by H.H. Dilgo Khyentse. 264 pp. #LOBO \$30 cloth

This biography of the founder of Tibetan Buddhism, Padmasambhava (755-797), was written by his most important female student. A combination of history and legend, the book narrates the story of this outstanding spiritual person and also contains instructions and advice that he gave for the benefit of future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.

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.

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.

THE MEANING OF LIFE, by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 130 pp. #MELI \$12.50

The Dalai Lama presents the basic world view of Buddhism while answering some of life's most profound and challenging questions. He bases his explanation on the twelve links of dependent-arising depicted in the famous Buddhist image of the Wheel of Life. Edited from a series of talks given in London, the book includes the Dalai Lama's answers to both philosophical and personal questions from the audience.

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.

RELIGION & PHILOSOPHY

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.

MIND AND ITS FUNCTIONS, by Geshe Rabten. 189 pp. #MIFU \$15

The structure and function of the mind in Tibetan Buddhism is presented in two parts—epistemology, and the psychology of Abhidharma. Oral commentary is provided by Geshe Rabten, who authored many books and taught westerners the dharma for 20 years.

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

MIND ONLY SCHOOL AND BUDDHIST LOGIC, ed. by Doboom Tulku. 135 pp. #MIONSC \$15

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 \$12.50

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, 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 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 \$12.95

"...presents a clear and complete survey of the teachings of the Buddha. *Open Heart, Clear Mind* will help many on the open path of meditation and in dealing with the challenges of everyday life."—Ven. Thich Nhat Hanh

This introduction to the Buddhist world-view by an American Tibetan Buddhist nun focuses on the practical application of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, the author sets forth the fundamental points of the path taught by the Buddha for transforming habitual attitudes and realizing our full human potential.

"...conveys a clear understanding of Buddhism as it has been practiced by Tibetans, in easily comprehensible language."—His Holiness the Dalai Lama.

THE 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

In 1987, ending fourteen years as a monk in the Tibetan tradition, Alan Wallace devoted himself to a solitary retreat in the Sierra Nevada mountains of California. Drawing on this experience in solitude, he offers practical instructions or anyone who wishes to make the passage from isolated self-centeredness to altruistic engagement with others. The approach presented here is one of the most cherished practices of Tibetan Buddhism and is of equal value for those who follow a contemplative life as well as those who are actively involved in society. Warm and lively discussion offers Tibetan methods in a contemporary context for transforming

life's vicissitudes into occasions for spiritual growth.

Alan Wallace teaches Tibetan Buddhism extensively in Europe and America and serves as interpreter for many distinguished Tibetan lamas. His studies in physics philosophy and Sanskrit at Amherst College culminated in the excellent book *Choosing Reality: A Contemplative View of Physics and the Mind*. He is also the translator of numerous publications on Tibetan Buddhism, medicine and culture. Alan Wallace is in the Department of Religious Studies at Stanford University.

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 EMERGENT MAHAMUDRA, by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sen-see. 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, by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 103 pp. #PR \$15

Based on his teachings at The Padmasambhava Buddhist Society in Florida, Khenpo presents the six perfections necessary in training the mind of enlightenment. Written in a clear and sublime manner, this work explains the practice of generosity, self-discipline, tolerance or patience, joyful effort, concentration and wisdom.

THE PRELIMINARY PRACTICE OF THE NEW TREASURE OF DUDJOM, by H.H. Dudjom Rinpoche. 120 pp., color photos, #PRPR \$20 cloth

Contains: *Prayer to the Legendary Incarnations Called Crystal Pearls; Prayer of Calling the Lama from Afar; Concise Recitation and Practice of the New Treasure of Dudjom; Prayers for the Long Life of Teachers and the Spread of Teachings; Ngondro Practice: The Dzogchen View; Meaning of the 100-Syllable Mantra of Vajrasattva; Calling the Lama From Afar* by Shenphen Dawa Rinpoche.

PRESENT MOMENT WONDERFUL MOMENT: Mindfulness Verses for Daily Living, by Thich Nhat Hanh, Drawings by Mayumi Oda. 76 pp. 10 illus. #PRMOWO \$7

An inspiring handbook of 50 verses with commentaries by Thich Nhat Hanh. These poetic and practical exercises help us to slow down and enjoy each moment of our lives.

THE PRINCIPAL TEACHINGS OF BUDDHISM, by Tsongkapa & Pabongka Rinpoche. 209 pp. #PRTEBU \$4.95

Tsongkapa's renowned fourteen-verse poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche, one of the foremost modern teachers in Tibet. A great introduction to Buddhism.

RAINBOW OF LIBERATED ENERGY: Working with Emotions through the Colour and Element Symbolism of Tibetan Tantra, by Ngakpa Chogyam. 185 pp. #RALIEN \$15.95

Ngakpa Chogyam presents a unique view of the color and element symbolism of Tibetan Tantra. The author explores the nature and pattern of our emotions and how they relate to the five elemental energies of Tantra.

THE RELIGIONS OF TIBET, Giuseppe Tucci. 352 pp. #RETI \$11.95

"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual knowledge are graciously combined in this valuable and highly readable volume."—Barbara Aziz, *Journal of Asian Studies*.

REPEATING THE WORDS OF THE BUDDHA, by Tulku Urgyen Rinpoche. 112 pp. #REWOBU \$12.95

RELIGION & PHILOSOPHY

Tulku Urgyen unfolds the path to enlightenment. With the benevolence and brilliance of a realized being, Rinpoche illustrates in a lucid humorous fashion the essential points of spiritual practice, inseparable from everyday life. Tulku Urgyen was regarded by the late Karmapa as his last living teacher.

RELATIVE WORLD, ULTIMATE MIND, by *The Twelfth Tai Situpa*. 200 pp. #REWO \$12

The Buddha taught about the ten aspects of knowledge—normal worldly activities through which the ordinary person can achieve understanding and realization. Tai Situpa describes and explores these activities, which encompass the creative arts, healing, poetry, 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.

SEEDS OF PEACE: A Buddhist Vision for Renewing Society, by *Sulak Sivaraksa*. 129 pp. #SEPE \$12

One of Asia's foremost social thinkers and activists examines the "religion of consumerism" and the "think-big" strategy of development that are engulfing South East Asia and many parts of the world, with disastrous effects on human rights and the environment. An outspoken critic and a compassionate thinker, Sulak offers intelligent, creative alternatives to the destructive patterns of living that threaten our survival.



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*. 148 pp. #SHME \$10.95, 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.

THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN, by *Ingrid Fischer-Schreiber* (Buddhism), *Franz-Karl Ehrhard* (Tibetan Buddhism), *Michael Diener* (Zen), trans. by *Michael Kohn*. 280 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

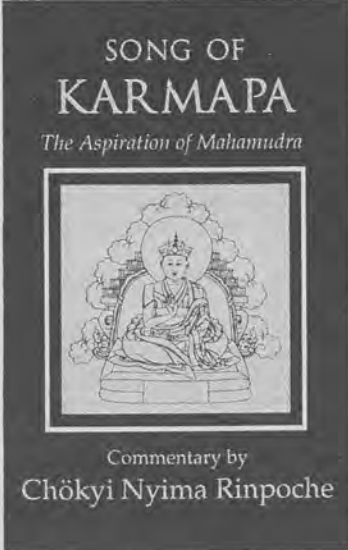
Mahamudra is a direct path to insight into the luminous nature of the mind—a total naturalness of mind comprised of relaxed equilibrium. *Teachings on Mahamudra* is composed of the following three illuminating texts:

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



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

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.



SONG OF KARMAPA, by *Chökyi Nyima Rinpoche*. 128 pp. #SOKA \$12.95

The third Karmapa's *Aspiration of Mahamudra* is one of the most famous meditation manuals for it clearly states the key points of Mahamudra, Madhyamika and Dzog-

chen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chökyi Nyima gives instructions for the practice of these teachings.

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*

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA, by *E.K. Neumaier-Dargay*. 288 pp. #SOALCR \$16.95

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 universe. 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.

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.

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. #STSVP \$19.95, #STSVC \$35

cloth, A Namgyal Institute Textbook.

"Lopez's book is a very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika in particular."—*Paul Williams—The Middle Way*

This study presents for the first time in English a clear and extensive picture of the Svatantrika Madhyamika system through an analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. Several central issues are considered: the division of Madhyamika into Svatantrika and Prasangika, the meaning of emptiness, the root cause of suffering, the division of objects of knowledge into the two truths, and the types of reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

"Lopez explains and translates difficult material with considerable lucidity... it provides a crucial perspective on an important Buddhist philosophical school."—*Choice*

"Lopez's excellent introduction and commentary set Jang-gya's work within its larger Indian and Tibetan context and place Lopez's own study within the tradition of Western Buddhism. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika."—*Religious Studies Review*

THE SUBLIME PATH OF THE VICTORIOUS ONES, compiled by *The Office of H.H. the Dalai Lama*. 87 pp. #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.

NEW!

TAMING THE MONKEY MIND, by *Thubten Chodron*. 189 pp. #TAMOMI \$12.95

"This book shows how to find peace and contentment through a practical application of the teachings of the compassionate Buddha. Ven. Thubten Chodron has chosen a wide variety of situations that we all encounter in daily life and



has explained how to deal with them from a Buddhist viewpoint in words that are easy to understand. She has made a valuable contribution to peace and human understanding."—*The Dalai Lama*

THE TANTRIC DISTINCTION, by *Jeffrey Hopkins*. 184 pp. #TADI \$10

A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

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

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

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

"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.

TIBETAN BUDDHISM: Reason and Revelation, by *Steven Goodman & Ronald Davidson*. 256 pp. #TIBU \$14.95

Ten studies examine the quest for clarity and insight via visionary and philosophical exploration in

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Tibetan Buddhism. This scholarly text includes Sakya meditational systems, Tibetan sacred biography and the evolution of deities.

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 Dhargyey. 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

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.

TRANSCENDING MADDNESS: The Experience of the Six Bardos, by Chogyam Trungpa Rinpoche. 288 pp. #TRMA \$15

Trungpa Rinpoche discusses bardo experience as it relates to everyday life—how our every moment is colored by one or more of the bardo states. He presents the six psychological conditions that correspond to the six bardos and shows how to transmute daily experience into freedom.

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.

NEW!

TRANSFORMING PROBLEMS: How To Be Happy When You're Not, by Lama Thubten Zopa Rinpoche. 110 pp., #TRPR \$10

We all experience a constant flux of happiness and suffering. When these are seen in an ordinary way, it is the hope and fear that ensue from both which agitate our minds and cause us true suffering in daily life.

To overcome this dilemma Lama Zopa presents the steps that enable spiritual growth which go beyond the blind aversion to obstacles as well as clinging to happiness.

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

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

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, Aryasanga, after twelve years of one-pointed meditation. It is an analysis of the Tathagatagarbha teaching. Often used in the Tibetan tradition to bridge the sutras and tantras.

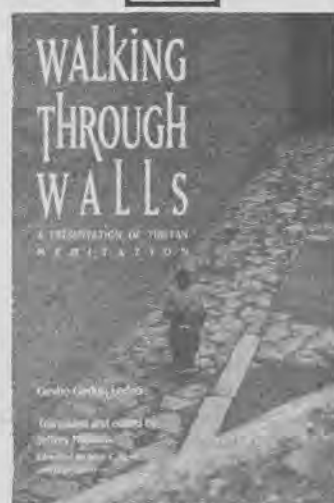
VISION AND TRANSFORMATION: An Introduction to the Buddha's Noble Eightfold Path, by Sangharakshita. 169 pp. #VITR \$11.95

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, 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 Buddhism 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.

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.

THE WHEEL OF SHARP WEAPONS, by Geshe Dhargyey. #WHSW \$4.95

An inspiring text for the Bodhisattva warrior.

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

"This fine collection of writings and art work provides a rich and stimulating overview of the many

facets of Tibetan life, culture, and religion. *White Lotus* reveals the hidden spiritual treasures that Tibet has to offer to the world."—Edwin Bernbaum

WISDOM ENERGY, by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landaw with Alexander Berzin. 152 pp. #WIEN \$10

This is a simple yet compelling introduction to Buddhism by two renowned lamas. It discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them.

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 Nyingthse 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.

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

WORLDS IN HARMONY: Dialogues on Compassionate Action, H.H. the Dalai Lama with Goleman, Levine, Bolen, Brown, Engler, Brennan-Gibson, Macy. 160 pp. #WOHA \$14

The nature of anger and ways of transforming it; working with the suffering and the dying; the application of Buddhist principles in the West; living and serving with love, compassion, and wisdom in a world where these qualities are too often disregarded—these topics are explored in dialogue.

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.

