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## NEWSLETTER & CATALOG

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### FLUENT TIBETAN

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Novice and Intermediate Levels

William A. Magee and Elizabeth S. Napper  
Jeffrey Hopkins, General Editor

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A Proficiency-Oriented Learning  
System  
Novice and Intermediate Levels

William A. Magee and Elizabeth  
S. Napper  
Jeffrey Hopkins, General Editor

In collaboration with: Ngawang  
Thondup Narkyid, Geshe Thup-  
ten Jinpa, Kunsang Y. King, Jules  
B. Levinson, Jigme Ngapo, Daniel  
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tan speech, through repetitive in-  
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learn increasingly complex struc-  
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promoting rapid progress in  
speaking the language. *Fluent  
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tional dialogues. Each dialogue is  
followed by extensive drills which  
repeat the vocabulary and gram-  
matical patterns in different con-  
texts. In this way the student  
learns not merely to mimic the  
phrases but to use the language  
creatively.

All the voices in the dialogues  
and drills are those of indigenous  
Tibetan speakers and the materi-  
al is given by both male and female  
voices alternately. The Tibetan  
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*Fluent Tibetan* is the third in Snow  
Lion's series of language tools, the  
first two being *The Tibetan Phrase-  
book* and *Translating Buddhism  
From Tibetan*. An excellent  
Tibetan-Sanskrit-English diction-  
ary developed by Jeffrey Hopkins  
et al. will be announced later this  
year.

### NEW FILM SET TO AIR ON THE DALAI LAMA'S BIRTHDAY, JULY 6 ON P.O.V.

On July 6, the 58th birthday of  
the Dalai Lama, P.O.V. presents  
COMPASSION IN EXILE the  
richly textured story of the 14th  
Dalai Lama of Tibet—spiritual  
and political leader, Nobel Laure-  
ate and amateur watch repairman.

In COMPASSION IN EXILE,  
the Dalai Lama's humble life is  
gracefully interwoven with the ur-  
gent plight the Tibetan people.  
Offering unprecedented interviews  
with the Dalai Lama and his fam-  
ily, the film chronicles his  
30-year non-violent struggle  
against China's occupation of  
Tibet as well as his tireless com-  
mitment to his people, culture and  
religion.

Rare footage from Chinese  
propaganda films and testimonials  
from exiled Tibetans paint a  
haunting portrait of brutal geno-  
cide and torture since Communist  
China entered Tibet in 1950.

COMPASSION IN EXILE will  
have its American debut on  
P.O.V.—the premiere series of in-  
dependent non-fiction films on  
PBS—on Tuesday, July 6th at  
10pm (ET, confirm local  
listings).

## Snow Lion Call To Action

Members of the Snow Lion staff  
attended a major conference on  
Tibet in Washington D.C. in Janu-  
ary. Many of the articles that ap-  
pear in this issue grew out of that  
meeting. We urge each of our  
readers to make this the time that  
you contact the many influential  
people in these articles and express  
your views on these issues. With  
the new US administration, we are  
hopeful that some changes can be  
made. The message we received  
from the Congresspeople we met  
with in Washington was that let-  
ters and telephone calls work. You  
can make a big difference!

## Conditioning China's Most Favored Nation Trading Status by Rachel Lostumbo, Legislative Director, International Campaign for Tibet

The Tibet movement is launch-  
ing a major initiative to add more  
stringent conditions on the legis-  
lation to condition Most Favored  
Nation (MFN) trading status to  
China. At the Tibet Conference of  
the Americas, held in Washington  
from January 30-February 1, par-  
ticipants emerged with a new un-  
derstanding of the importance of  
conditioning MFN. Energy is now  
focusing on this crucial legislative  
initiative.

The initiative is being carried  
out by Tibet supporters and sup-  
port groups throughout the US.  
Newly arrived Tibetan and reset-  
tlement staff and volunteers have  
provided added impetus to the in-  
itiative. The first step is to include  
tougher language on Tibet in the  
MFN conditioning bill. The sec-  
ond step is to pass the legislation  
in the Congress and have it accept-  
ed by President Clinton.

### What is MFN?

Most Favored Nation (MFN) is  
reciprocal trading status which  
provides a country with the lowest  
available tariffs on its exports to  
the US. Under US law, countries  
with non-market economies, such  
as the former Soviet Union, Cuba  
and China, are prohibited from  
receiving MFN privileges. How-  
ever, the President has the power to  
waive these restrictions on a year-  
ly basis.

Since 1980, each US President  
has waived the above restrictions  
and renewed China's MFN status.  
Since 1989, President Bush was  
pressured by Congress to condi-  
tion MFN because of China's blat-  
ant disregard for human rights.  
This effort has been spearheaded  
by Congresswoman Nancy Pelosi  
(D-CA) and Senator George  
Mitchell (D-ME). Because of  
President Bush's policy of "con-  
structive engagement" with Chi-  
na, he consistently vetoed  
legislation conditioning MFN. As  
a result, China continues to receive  
this low trade tariff today.

MFN became a symbol of the

Bush Administration's reluctance  
to pressure China on human  
rights. Since the first attempt in  
1989 to place conditions on MFN,  
a wide range of interest groups,  
from labor to human rights, have  
attempted to make their issue a  
condition on the bill.

Because China relies heavily on  
the US market, it is widely be-  
lieved that they would try to meet  
any conditions placed on MFN.  
Otherwise, China would lose this  
extremely lucrative market. Chi-  
na's desire to become a respected  
member of the international com-  
munity and its need for foreign  
currency to continue its moderni-  
zation program also render it par-  
ticularly susceptible to foreign,  
and in particular US, pressure to  
alter its policies.

### Tibet's Role in MFN

The International Campaign for  
Tibet (ICT) and the US Tibet  
Committee (USTC) were among  
the initial instigators of the move-  
ment to condition MFN. Follow-  
ing the massacre in Tiananmen  
Square in June 1989, these and  
other concerned human rights  
groups began to search for a way  
to pressure China on human  
rights. With grassroots help, Tibet  
has been an integral part of the  
MFN debate from the beginning.

Language of the past MFN bills  
has changed slightly over the  
years, but has always included lan-  
guage on Tibet. The legislation  
has generally been divided into  
three categories: human rights,  
trade practices, and weapons  
proliferation. Tibet has always been  
included in the human rights sec-  
tion. Because Congress has tried to  
make the legislation palatable to  
the President, and therefore less  
susceptible to a presidential veto,  
the bill has been substantially nar-  
rowed down over the past three  
years. The last bill only targeted  
exports from state-owned indus-  
tries in China, so as not to harm  
any private enterprise in the PRC.

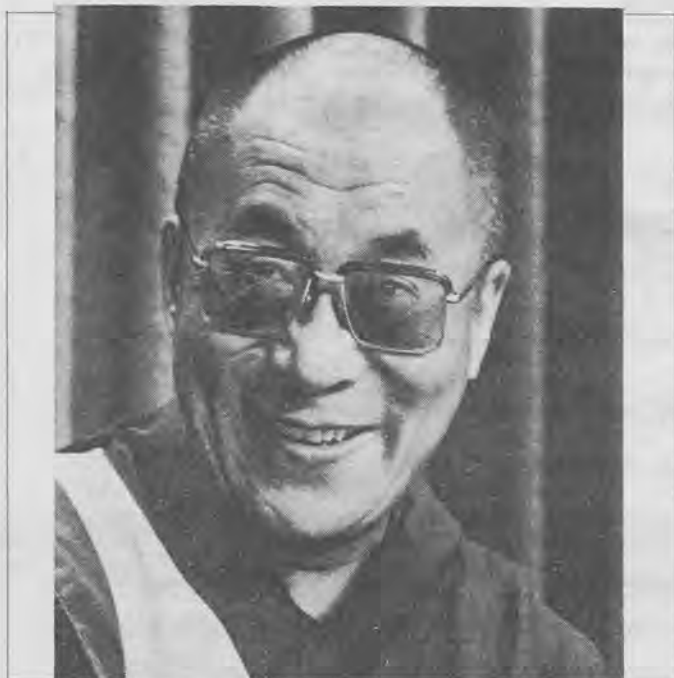
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## Buddhism in Practice by H. H. the Dalai Lama

*Rinchen Dharlo, the representative of H.H. the Dalai Lama in N. America asked us to reprint the following talk by His Holiness which was given in the fall of 1987. It remains important for Westerners to consider these thoughts carefully and for all of us to do what we can.*

I am very happy today to communicate with all of you American Buddhists from [the Tibetan Buddhist Learning Center in Washington], the oldest of the Tibetan Buddhist monastic centers in America. It is encouraging to note the present spread of Tibetan Buddhism, some 1000 centers around the world with over 250 in the United States alone. As I often say, Buddhism has a special gift for helping people calm their minds and learn to live more happily. In the midst of what can accurately be called "the Buddhist holocaust" of the 20th century, we Tibetans were forced into exile by the Chinese invasion of our homeland. Since then, we have been privileged to share the gifts of Buddhism with fellow beings of other nations, who all must face the countless difficulties of life in our restless, anxious, modern world. Perhaps the only good thing that has come from our tragedy is the spread of the teaching and practice of Tibetan Buddhism.

Of course, it would have been much better for everyone if it could have happened without such an unspeakable toll of human suffering. Imagine, Tibetan lamas could have come out to teach in different countries, travelling with their visas stamped on Tibetan passports! Western Dharma students could have freely come into Tibet's peaceful mountains to enjoy her fresh air, study at her monastic universities, and meditate in her inspiring solitudes.

I say this not just to complain about our ordeal but because I have noticed that people tend to adopt a sort of fatalism about the history and problem of Tibet; "Well, it had to happen that way—otherwise Tibetans would not have come out of isolation into the world." Thinking this way can make them slow to take action to try to improve the real Tibetan situation, to solve the Tibetan problem, the human problem of six million Tibetan human persons.

Now, it is a useful practice to reflect on one's own suffering, to think of it as the "return of one's own karma," and thus get the benefit of cultivating patience with one's difficulties. But it is not use-

ful, nor compassionate, to be patient about the sufferings of others. In fact, as Shantideva says, the bodhisattva should be absolutely intolerant of the sufferings of others, should find them utterly unbearable.

To give a personal example, I have said that I myself have actually benefitted from the hardships of losing my homeland and wandering in exile—and I meant it. Not having a sheltered life and having to suffer and struggle has helped me to grow. Worldly difficulty can lead to faster spiritual growth and greater strength of mind, and I personally am quite content with my lot. I have been given the inspiration to take the Buddha Dharma seriously and the opportunity to work hard to put it into practice. I cannot complain. Yet the plight of my people, the six million Tibetans who look to me to help them, is different—I cannot forget their cries. How can I pray and recite the bodhisattva vow to save all beings from suffering and the cause of suffering, and at the same time leave anything undone that could actually help these suffering people who are my immediate responsibility? So I am always trying to do as much as I can.

Perhaps my example can help other Buddhists who want to maintain their spiritual practice and also want to work for the good of society. In the past, scholars have said that Buddhism was single-minded in its focus on Nirvana, giving up the mundane

world as a hopeless case. With this preconception, they thought that Buddhism made very little contribution to civilization, letting social problems go their own way. Now, it may be true that Buddhist persons and institutions could have done a better job of helping people in different periods and different countries. But I believe that from the time of Buddha until today all forms of Buddhism have been continuously trying to help people, whether in social groups or individually. It has never been the case that Buddhism did not care about the world. The freedom and happiness of all living beings have always been the ultimate ideal and the working goal.

Tibetan civilization is very much a product of the socially transformative power of Buddhism. Brought from India by the great Emperor Songsten Gampo in the 7th century, Buddhist wisdom began its slow but steady work of making the people more gentle, happy and peaceful. After a few centuries, Tibetans had become so fond of the Buddha Dharma that they made great efforts to make it the center of their lives, even without the support of a royal dynasty. Finally, after one thousand years, Tibetans succeeded in expressing Buddhist ideals in the national government itself, established as the integration of the sacred and the secular by the Fifth Dalai Lama in the 17th century. We believed that the Buddha's teaching was the indispensable key to achieving national as well as individual happiness. So our whole social system—our culture, arts and life style—was centered on people's spiritual development according to the Dharma. Though we never achieved perfection, we did preserve many unique teachings and traditions, some of them long lost to other Buddhist countries. But I don't need to say too much about this, as I know many of you have come to realize the preciousness of Tibetan Buddhism, to cherish it just as we do.

I have been very moved on this trip because so many people have expressed to me, in actions as well as words, their respect, not only for the teachings of Tibetan Buddhism, but also for their source, namely, Tibetan culture and civilization, which itself is ultimately rooted nowhere else than in the living hearts of the Tibetan people. Tibetan culture belongs to all humanity, and its extinction would not just affect Tibetans, but all humanity. We, therefore, appeal to the members of all other cultures to help the Tibetans preserve our

unique and rich cultural heritage.

Our friends in the Congress of the United States have acted powerfully to express their support for our cause, urging China to cease her attempts to eliminate the Tibetan race, erase the Tibetan nation from history, and eradicate the Tibetan culture. These senators and representatives will increasingly need your help and the help of all Buddhists, all religious persons, all humanists, and all friends of Tibet, to make an even stronger push to get China to change her attitude. This push is urgent and essential to save our people and culture before it is too late. For China, too, it is an emergency because if her leaders do not change their present course, it will eventually rebound upon themselves in a negative way. But I do not wish to elaborate on this, as I am basically an optimist and still have great hope that sanity will prevail and that good and truth will triumph.

You might be surprised, but I think such optimism is quite practical. For, you see, everyone just wants happiness. If we investigate the human heart, not just to follow religious teaching, but to analyze carefully what is really there, we find that what everyone wants, what gives satisfaction, is the warm heart, the good heart, compassion and love. These give calmness, tranquillity, and real contentment; and that gives inner strength. On the other hand, hatred, anger, and greed simply produce uneasiness and always more dissatisfaction. Even nations need to control and minimize anger and hatred; it is the only way they can avoid suffering and bring their people happiness. So nations will eventually do the right thing, because it is in the ultimate best interest of their people. Goodness is finally the most practical, the most realistic solution.

Perhaps most of you already know the importance of compassion and love. The practice of compassion is what gives me greatest satisfaction. No matter

what the circumstances, no matter what kind of tragedy I am facing, I practice compassion. This gives me inner strength and happiness. This gives me the feeling that my life is useful. So you see, up to now, I have tried my best to practice these things, and will continue to do so until my last breath, my last day. I myself, you see, am the devoted servant of compassion. That is the way I really feel.

We need public support, the active expression of your goodwill towards us. Please keep this in mind, and whenever the occasion arises express your deep sympathy towards the Tibetan cause. As Buddhist practitioners, you should understand the necessity of preserving Tibetan Buddhism. For this the land, the physical country of Tibet, is crucial. We have tried our best to preserve the Tibetan traditions outside Tibet for over thirty years, and we have been comparatively successful. But eventually, after our time, there is a real danger that they will change, that they will not survive away from the protective nurture of our homeland. So, for the sake of preserving Tibetan Buddhism, which can be seen as a complete form of the Buddha Dharma, the sacred land of Tibet is vitally important. It is very unlikely that it can survive as a cultural and spiritual entity if its physical reality is smothered under Chinese occupation. So we cannot avoid taking responsibility in trying to improve its political situation.

Clearly, in this light, active support for the Tibetan cause is not just a matter of politics. It is the work of Dharma. We are not against the Chinese; we, in fact, have a deep admiration for the Chinese civilization. We are only trying to gain our rights, to save our people, and to preserve our Buddha Dharma.

I dream of a new Tibet—a free land, a zone of peace—where my six million people can restore our

*Continued on page 3*

## Khyabje Dudjom Rinpoche to be Enthroned

The reincarnation of the late Khyabje Dudjom Rinpoche (Jigdral Yeshe Dorje), supreme head of the Nyingmapa School, has been officially recognized by the Wisdom Eye of H. H. the Dalai Lama.



The reincarnation of Dudjom Rinpoche was recognized in accordance with his direct prediction of family, place and time as given before he dissolved his body into Wisdom Light.

Dudjom Sangyum Rikzin Wangmo has also proclaimed through secret revelations and with absolute certainty that the reincarnation of His Holiness is the son of Kalsang Dradul and Sonam Chokyi, born on the 9th of October 1990, the 21st of the 8th

Tibetan month in the Iron Horse Year.

We are very happy to announce his enthronement, which will take place on the 15th of the 8th Tibetan month of the Water Bird Year (September 30, 1993.).



*The late H.H. Dudjom Rinpoche*

We cordially invite those who have received the nectar-like teachings of H. H. Dudjom Rinpoche, and all our Dharma friends, to Orgyen Do Ngak Choling Monastery in Baudhanath-Kathmandu, Nepal.

On behalf of the Dudjom family and the organizing committee, we would like to wish you a year of happiness in your spiritual development, for the benefit of all beings.

Yours in the Dharma, Shenphen Dawa Rinpoche and Sangyum Rikzin Wangmo

For information on traveling to the enthronement, contact: Dudjom International Foundation, P. O. Box 40155, Berkeley, CA 94704-0155

## The Dharma Umbrella

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# NEWS

## Buddhism in Practice

(Continued from page 2)

spiritual way of life while becoming attuned to the best aspects of the modern world. I see it as a place where all people—not excluding our eastern neighbor—can visit and enjoy the fresh air and brilliant mountain light, can find inspiration in a peaceful, spiritual way of life, and perhaps can learn to understand their own worlds better by getting away for a little while to meditate at our high altitude. With your help we can return there. Now is the time when your action is practice.

Thank you very much. ■

## Conditioning China

(Continued from page 1)

### Current Strategy

As explained above, conditioning MFN became symbolic of the rift between Congress and the Administration on China policy. Today, the situation is different. During his campaign, President Clinton not only expressed his support for pressuring China on its human rights policies, but stated his support for a conditional renewal of MFN.

This legislation has been introduced and passed in the Congress several times since the Tiananmen Square massacre in 1989, but has never succeeded in overriding President Bush's veto. Now, with a new President who has stated his support for conditional MFN during his campaign, the threat of a veto has virtually disappeared.

As a result, a new window of opportunity has opened to strengthen the conditions on the bill and hold China accountable for its egregious human rights abuses in Tibet.

We believe that Tibet is one of the most critical issues troubling the China-US relationship, and that strong conditions on MFN concerning Tibet could help to alleviate some of the problems. And, because the threat of a presidential veto is gone, it is now possible to strengthen the conditions on the legislation.

### Population Transfer and MFN

This year we are focusing our efforts on having one of the conditions to the extension of MFN relate to the population transfer of Chinese into Tibet. Your support will be the key to success in this effort!

One of the gravest threats to the national and cultural identity of the Tibetan people is the population transfer. The large influx of Chinese into Tibet are marginalizing Tibetans in their own homeland. Population transfer has been used by the People's Republic of China as an instrument of discriminatory government policy toward Tibetans, as a strategy for colonizing and extending control over Tibet, and as a dubious means of justifying "historic" claims to Tibet.

Population transfer is a violation of Article 49 of the Geneva Convention, and has been defined as a violation of human rights by the United Nation. Regardless, the PRC has clearly encouraged the transfer of Chinese to Tibet through various development programs and strong incentives, including:

—Teachers, bureaucrats, and other skilled workers are encouraged to move to Tibet by salaries that are often double the rates in China. In addition, the Chinese government has raised the pay of people working in "remote areas," including Tibet.

—Thousands of Chinese laborers provide unskilled labor in Lhasa and other cities that have extremely high numbers of unemployed Tibetans.

—New Chinese towns continue to be built in traditionally rural areas in Tibet, providing the infrastructure for rapid expansion.

The exact number of Chinese and Tibetans in this vast and often remote area five times the size of France is not known. Compounding the difficulty is the fact that official statistics fluctuate widely, do not include military and security personnel, and may be used for propaganda purposes. However, it appears Tibetans are being marginalized by the influx of Chinese settlers.

Our focus over the next five months will be to pressure China to stop providing incentives to Chinese settlers to move to Tibet through conditional MFN, as one of the few points of leverage the US has with China.

### Urgent Action

Please send letters to President Clinton and to your House and Senate Representatives encouraging them to place conditions on China's Most Favored Nation status:

President Bill Clinton

The White House  
Washington, DC 20500

Representative  
US House of Representatives  
Washington, DC 20515

Senator  
US Senate  
Washington, DC 20510

SAMPLE LETTER TO PRESIDENT CLINTON  
President William J. Clinton  
The White House  
1600 Pennsylvania Avenue, NW  
Washington, DC 20500

Dear President Clinton:

I am deeply concerned about the human rights violations and the environmental degradation in Tibet which have been going on unabated for more than 40 years. During the past several years, the United States Congress has advocated preferential trade status to China only if China stopped its violation of human rights in China and Tibet.

Unfortunately, President George Bush did not share the moral outrage of the Congress and the American people, and as a consequence the People's Republic of China still enjoys the full benefit of Most Favored Nation (MFN) trade status. This has emboldened China to continue its brutal role in Tibet.

The United States Government must translate its sympathy for the Tibetan people by, at the very least, attaching conditions to the MFN privileges granted to China. China's population transfer policy in Tibet is genocidal in its purpose. It is reducing Tibetans to a sub-class level in their own country, displacing them from their homes and livelihood, and creating wanton degradation of the Tibetan plateau.

The population transfer must be stopped and its course reversed immediately to save Tibet and its peace-loving people. I urge you to make this the cornerstone of your China policy, and use your influence to engage other world leaders to join in the endeavor.

For more information on legislative issues, please contact International Campaign for Tibet, 1518 K Street, NW, Suite 410, Washington, DC 20005-1203. Tel 202-628-4123. Fax 202-347-6825. For more information on how you can help, contact US Tibet Committee, 241 E. 32nd Street, New York, NY 10016. Tel 212-213-5010. Fax 212-779-9245. ■



## Intensive Tibetan Language Summer Course

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For further information about the Intensive Tibetan Language Summer Course, write: Namgyal Institute, P.O. Box 127, Ithaca, NY 14851. Early registration is advised. (Tel.: 607-273-0739)

## 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 are easy to obtain and so are not reproduced in the Snow Lion Newsletter.

**News Tibet** (quarterly, free) and the **US Tibet Committee Newsletter** (free). USITC, 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** (annual subscription of 12 issues is \$20 including airmail postage) 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). Independent 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, Dharmasala (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. Three-month free trial period to try it out! TRC, 4649 Sunnyside Ave. N., #342, PO Box 31966, Seattle, WA 98103, 206-547-1015 (phone & fax).

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## Preventive Diplomacy in Action The Case of Tibet

by Lodi G. Gyari, President,  
International Campaign for Tibet

The Clinton Administration's stated determination to prevent national conflicts from escalating to the point of armed conflict is indeed welcome news. The turbulence that we are today witnessing in the former Soviet Union is the result of one of the largest population transfer efforts in history—the movement of over 25 million Russians into lands conquered by Moscow. In fact, many of the current international crises have their roots in territorial conquest and the forced transfer of millions of people into occupied lands. The resulting clash of ethnic groups with different cultural, religious and social values triggers discrimination, repression and even acts of genocide.

The U.S. is doing nothing to prevent a similar policy being carried out by the government of the People's Republic of China in historically non-Chinese territories such as Tibet. As China's largest trading partner, the U.S. has a special responsibility to ensure that it is not contributing to China's economic ability to transfer population. Free trade and investment is one thing; helping to bankroll cultural genocide is another.

China's population transfer program is fast rendering the Tibetans a minority and marginalizing them in their own land. For example, out of 12,827 shops in Lhasa, Tibet's capital, only 300 are owned by Tibetans. With each truckload of arriving Chinese, the distinct Tibetan national and cultural identity comes closer to extinction. The transfer of a population into an occupied territory is in direct violation of the Geneva Convention and has been denounced as a breach of fundamental human rights several times at the United Nations, most recently in a resolution passed at the U.N. Human Rights Subcommittee in 1991.

For the U.S. to promote a foreign policy based on human rights and democracy in Tibet, it must pressure the Chinese government, primarily through conditioning China's Most Favored Nation (MFN) trading status, to reverse its policy of encouraging Chinese civilians to relocate in Tibet and to help the Tibetans realize their fundamental rights of self-determination.

The international community must act quickly to save the Tibetan people and their culture. While a majority of the Tibetans are committed to the Dalai Lama's non-violent struggle against the Chinese occupiers, for which he was awarded the 1989 Nobel Peace Prize, there are some who, after 40 years of brutal oppression by Beijing, believe that armed resistance may be the only solution. Furthermore, a new campaign by Beijing to suppress Tibet by purging Tibetan officials was recently highlighted by a report released by the International Campaign for Tibet. In this report the newly appointed Communist party leader of Tibet is quoted as saying "enemy forces will increasingly infiltrate and attack us, using the Dalai Lama as a banner of separatism and as a banner of anti-Communism. . . . We can't avoid this reality. We can only respond blow for blow."

So far, the world has not rewarded the Tibetan people for their patience and restraint. The interna-

tional community, including the United Nations, pays little heed to people committed to non-violence, while giving an open forum to many who advocate violence and terrorism. They have expressed support for human rights, yet there has been no concrete action to hold China accountable for its repressive policies in Tibet.

While some may argue that the U.S. cannot afford to address the Sino-Tibetan conflict, this view is short-sighted. Both China and the U.S. have acknowledged that the Tibet question is one of the most urgent problems afflicting the bilateral relationship.

Furthermore, Russia is keenly aware of the U.S.-China relationship and is beginning to look East as opposed to West for success stories in economic growth, even if the cost is political repression. Under current U.S.-China policy, President Yeltsin sees economic

and technological cooperation extended to an unrepentant communist regime, which is a major participant in the global arms trade and whose assertions of sovereignty over neighboring areas are threatening regional stability. Despite this defiant conduct, the U.S. maintains China's MFN status. Given this example, what incentive do President Yeltsin and his supporters have to keep the fragile flame of democracy alive in beleaguered Russia?

By making trade, as well as economic, military and technological assistance to China, conditional on Beijing's cessation of its population transfer policies and realization of the Tibetan people's legitimate, historical and fundamental human rights, the U.S. will send the signal to Beijing and other totalitarian regimes that the U.S. is no longer conducting business as usual with China.

Groups and individuals with strong financial interests may have commitments to fulfill with their clients, but President Clinton has a promise to keep with the people of America and with millions of people to whom he has given new hope to help them in their fight for freedom and democracy. ■

## OLYMPIC 2000: CALL FOR ACTION

Action on the 2000 Olympics has begun and Beijing has launched an all-out campaign to be the host country for the summer Olympics. It is a great honor to be the host of the Olympics and we believe that China, under its present leadership and political system, does not deserve this internationally recognized position.

The International Campaign for Tibet, the Canadian Tibetan Association of Ontario, and CTC Toronto proposed a concerted effort to ensure that Beijing does not get selected as the site of Olympic 2000.

All indications are that China is extremely eager to win this prestigious bid: recent releases of imprisoned high-profile dissidents; the capital going into a frenzy in preparation for the Olympic inspection team which arrived on March 6—"... arguably the most anxiously awaited [visit] since that of the US president Richard Nixon," according to the Canadian national newspaper, *The Globe and Mail*.

There are five leading cities bidding to be hosts for the 2000 Summer Olympics: Beijing, Sydney, Manchester, Berlin and Istanbul and the final decision will take place on September 23, 1993, in Monte Carlo. The selection will be made by representatives from member countries sitting on the International Olympic Committee. The Canadian Olympic Association has three representatives at the IOC.

It has been recommended that you send a letter along the following lines to the President of the International Olympics Committee:

H.E. Mr. Juan Antonio Samaranch  
Marquis de Samaranch  
President of the International  
Olympics Committee  
Chateau de Vidy  
CH-1007 Lausanne  
Switzerland

Dear Mr. Samaranch,

I am deeply concerned about the highly publicized bid by the People's Republic of China to host the 2000 Summer Olympics. With the government's blatant violations of human rights, democratic freedoms and the environment in Tibet, it is unthinkable that Beijing is being considered for this high international honor.

Over 1.2 million Tibetans have died as a direct result of the forty-four years of Chinese occupation, and the government has systematically attempted to eliminate the rich and ancient Tibetan culture. Freedom of speech, religion and association are denied to the Tibetan people and torture and mistreatment of political prisoners, many of whom are monks and nuns is widespread and well-documented. Thousands of political and religious prisoners are in jail even now. Furthermore, the Chinese government has been transferring Chinese settlers to Tibet in an attempt to displace and marginalize the Tibetans within their own land.

China's actions in Tibet have not gone unnoticed by the world community. The United Nations, United States Congress, European parliaments and other international bodies have repeatedly denounced the human rights abuses against the Tibetan people and called for the Tibetan people's right to self-determination. Furthermore the United States Congress recently has recognized Tibet as an illegally occupied country.

The international community can no longer tolerate China's brutal repression of Tibet and must stand up for the Tibetan people's fundamental rights and freedoms. I strongly urge you as a member of the Executive Committee of the International Olympics Committee to recognize the destruction levied by China on Tibet, and to deny China the honor of hosting the 2000 Summer Olympics. To do otherwise would provide legitimacy to a government that is single-handedly destroying a people and a culture. We owe it to the people of Tibet, and of China, that this Chinese government not receive this honor.

Just as Chancellor Hitler was able to flaunt the 1936 Olympics as justification of acceptance by the international community, we must not give this same tool to the "butchers" of Beijing.

I sincerely hope that the International Olympics Committee will uphold the banner of freedom, and not reward the present government in Beijing. I understand that China has made many promises that it will "clean up" Beijing for the Olym-

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pics. We saw how they "cleaned up" undesirable elements at Tiananmen Square in 1989. Let's not provide them with another opportunity to sweep their streets clean of democratic forces.

Sincerely,  
(your name)

The Canadian committees have sent these suggestions for action some of which are appropriate for people from other countries to follow:

1. Letter-writing campaign to the key members of the Canadian Olympic Association with copies to the IOC (For addresses see below; sample letter available upon request).
2. Seek endorsement from the Parliamentary Friends of Tibet for the boycott (write to Parliamentary Friends of Tibet, c/o Warren Allmand (MP/LIB), House of Commons, Ottawa K1A 0A6, Tel: (613) 955-2251).
3. Seek endorsement from other organizations such as local chapters of Amnesty International, United Nations Associations, sports associations, etc.
4. Seek endorsements from high-profile people: athletes, writers, newspaper columnists, human rights activists, environmentalists, religious figures.

All endorsements from each area could be put together and sent to the COA and IOC.

5. Approach Chinese democracy groups to join forces and suggest that "No to Olympic 2000 in Beijing" be their theme at this year's June 4th rallies.

If your group becomes involved with project Olympic 2000, we would

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appreciate it if you would let us know for the purpose of communicating with media—the more groups we can claim are involved, the more attention by national media.

Comments and suggestion are very welcome and can be sent to: Canadian Tibetan Association of Ontario & CTC Toronto, PO Box 62, 260 Adelaide Street East, Toronto, Ontario M5A 1N0. Tel and Fax 416-484-4138.

Key Canadian and International Olympic officials and their addresses:

Canadian Olympic Association Head Office, 1600 James Naismith Drive, Unit 704, Ottawa, K1B 5N4. Tel 613-748-5647. Fax 613-746-6322.

H.E. Juan Samaranch, President, International Olympic Committee, Chateau de Vidy, CH-1007 Lausanne, Switzerland. Tel 41-21-253-271. Fax 41-21-241-552. Sharif Alaily, Executive Director, Olympic House, 2380 Avenue Pierre Dupuy, Montreal, Quebec H3C 3R4. Tel 514-861-3371. Fax 514-861-2896.

The following Canadian representatives on the International Olympic Committee are entitled to vote at Monte Carlo on September 23 to decide on the Olympic 2000 site: Carol Anne Letheren, President, Canadian Olympic Association, 10 Summerhill Avenue, Toronto, Ontario M4T 1A8. Tel 416-921-2311. Fax 416-921-8238.

Richard Pound, 1155 Rene Levesque Blvd., Suite 3900, Montreal, Quebec H3B 3V2. Tel 514-397-3037. Fax 514-397-3222.

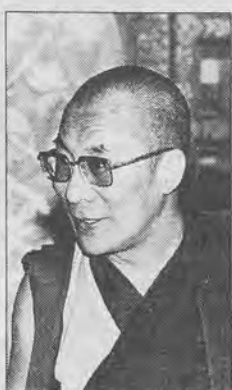
James Worrall, 45 Wynford Heights Crescent, Suite 1605, Don Mills, Ontario M3C 1L3. Tel and Fax 416-449-2484. ■



# NEWS

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## FALL PROGRAM AT NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES

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### What is the Namgyal Monastery Institute of Buddhist Studies

Namgyal Monastery Institute of Buddhist Studies was founded in 1992 as a teaching institute and as the North American seat of the personal monastery of His Holiness the Dalai Lama, exiled leader of the Tibetan people and Nobel Peace Prize winner. Following advice from His Holiness, the Administrative Committee of Namgyal Monastery in Dharamsala, India, composed the charter for the Ithaca branch monastery and its institute and selected the monks for the North American Seat. Namgyal Institute was conceived to bring to the West the study program designed by H.H. the Dalai Lama for Namgyal Monastery. Open to qualified men and women, this unique 4-year program enables serious students to follow a progressive and authentic program of study in Tibetan Buddhism.

### History of Namgyal Monastery

Namgyal Monastery was founded in the sixteenth century by the Second Dalai Lama. From its beginning, the monastery has been a center of learning, contemplation and meditation on the vast and profound Buddhist treatises.

### The Study and Practice Program of the Institute

The curriculum of Namgyal Monastery in India has been adapted, minus much of the memorization, for students at the Institute. The basic study program in Tibetan Buddhism of the Namgyal Monastery Institute is a core four-year program which may be pursued on a full or part-time basis. Those not intending to pursue the entire program may also be admitted. The Namgyal syllabus textbooks plus other educational materials have been translated into English for use by those registered in the courses. Students are able to study Tibetan language and the entire scope of Buddhist sutra and tantra. The Institute is particularly strong in Tibetan language. The last semester of the fourth year is conducted at Namgyal Monastery in Dharamsala, India where students will take their final exams.

To round-out this rich and carefully designed curriculum, Namgyal Institute offers courses and workshops in the arts and culture of Tibet, such as thangka painting, music, and mandala construction. The Institute's adjunct faculty gives special lectures and weekend programs from time to time throughout the year, including a Cornell University co-sponsored Tibetan studies lecture series. Public programs are also available. Summer offerings include an intensive Intermediate Colloquial Tibetan language six-week course. The Monastery provides personal guidance in practice to those wishing it as well as other classes and summer retreats.

### The Faculty

The Namgyal monks associated with the U.S. branch as faculty members are well qualified. The monks teach in conjunction with western scholars to promote cross-

cultural understanding and dialogue and to serve the wide array of student needs. As an Institute of Buddhist Studies, Namgyal combines its Tibetan faculty and resident Western scholars with a large adjunct faculty of preeminent scholars of Tibetan Buddhism. The Institute is thus serving as a hub in the academic world of Tibetan Buddhist studies, connecting scholars and institutions throughout North America.

### CORE PROGRAM COURSE LISTING Fall Semester 1993

(This list does not include tantric practice courses, mini-courses, and other special courses which are also offered. This list includes only program requirement courses.)

### LITERARY AND SPOKEN TIBETAN I

5 units (Meets 5 times per week 1 1/4 hrs. per session) Times: 8:00-9:15 a.m., Tuition: \$375

Literary and Spoken Tibetan is taught by western and Tibetan faculty. This course provides an introduction to Tibetan language in both its literary and spoken forms. Students learn Tibetan grammar and develop hearing and speaking proficiency. Additionally, students train in formal debate traditional to Tibetan monastic education. In-class instruction is supplemented through extensive use of drills and language tapes. Requirements: class participation, weekly quizzes and final.

### LITERARY AND SPOKEN TIBETAN III

5 units (Meets 5 times per week 1 1/4 hrs. per session) Times: 8:00-9:15 a.m., Tuition: \$375

Students will continue the Collected Topics of Prime Cognition and begin the topic of Awarenesses and Knowers. Extensive drill continues in spoken Tibetan. Requirements: class participation, weekly quizzes and final. Prerequisites: Literary and Spoken Tibetan I & II or permission of the instructor.

### INTRODUCTION TO TIBETAN BUDDHISM

2 units (Meets 1 time per week 1 1/2 hrs. per session) Time: TBA, Tuition \$120

This course will introduce the student to Tibetan Buddhism covering: the life of the Buddha in India, the spread of Buddhism into Tibet, the importance of tantra, the development of the four main Buddhist lineages in Tibet: their doctrines and practices, primary historical figures, and so fourth, and the spread of Tibetan Buddhism to the West. The course will also present important features of Tibetan culture such as its art, the phenomena of tulku, and the role of symbolism in tantric Buddhism.

### PRESENTATION OF TIBETAN MEDITATION (CALM ABIDING)

2 units (Meets 1 time per week: T 1 1/2 hrs. per session) Time: 7:30-9:00 p.m., Tuition: \$150

This course offers a detailed presentation of the development of calm abiding, the basis for more profound mental development. Topics discussed include the entity or nature of calm abiding, the objects of observation, the anti-

notes to the faults preventing calm abiding, the mental factors conjoined with calm abiding and the mode of procedure for achieving calm abiding in the sutra vehicle.

### INTRODUCTION TO THE COLLECTED TOPICS OF PRIME COGNITION

3 units Meets 2 times a week 1 1/2 hrs. per session) Time: TBA, Tuition: \$195

This class introduces the practice and theory of introductory Buddhist logic and epistemology, focusing on the content and procedure in beginning debate. The material on the technique of syllogistic reasoning is drawn from the class of textbooks called the Collected Topics of Prime Cognition. Topics covered will include established bases (Sautrantika ontology), identifying isolates, generality and particulars, sameness and difference, positive and negative phenomena and further topics.

### INTRODUCTION TO BUDDHIST TENET SYSTEMS

3 units (Meets 2 times per week: M,W 1 1/2 hrs. per session) Time: TBA, Tuition: \$195

This course offers a general introduction to the study of classical Indian and Buddhist tenet systems, i.e., the systematic study of philosophical assertions regarding ontology, epistemology, and the transformative and therapeutic potential of mind. This introductory course will serve as a foundation for the further detailed study of comparative tenets in upper-level courses. The root text will be *The Precious Garland of Tenets*, by Gon-chok-jik-may-wang-bo (1728-1791), a short clear map for the entire spectrum of Buddhist tenets. Requirements: class participation, midterm and research paper. Prerequisites: "Introduction to the Collected Topics of Prime Cognition" and "Seminar on Buddhist Epistemology" or permission of the instructor.

### SHANTIDEVA'S ENTERING THE PRACTICES OF BODHISATTVAS

2 units (Meets 1 time per week: TH 1 1/2 hrs. per session) Time: 7:30-9:00 p.m., Tuition: \$150

This course will present a detailed investigation of Shantideva's great treatise on the Bodhisattva paths from a Middle Way Consequence School point of view. Requirements: midterm and research paper.

### Student Applications and Program Information

For application forms or further information regarding programs contact:

Admissions Office  
Namgyal Institute of  
Buddhist Studies  
P.O. Box 127  
Ithaca, NY 14851









# NEWS

## The 10th March Statement of His Holiness the Dalai Lama Commemorating the 34th Anniversary of the Tibetan People's National Uprising of 1959

Today, as we commemorate the 34th anniversary of the Tibetan people's national uprising of 1959, we find the world around us in a uniquely promising moment of change. I believe that many of the recent changes work in favor of the aspirations of the Tibetans and of oppressed people elsewhere in the world. Millions who lived under the repressive yoke of communism and other forms of dictatorship are now free and democratic aspirations are on the rise in all countries.

The Tibetan people continue to resist subjugation and colonization with courage and determination. No amount of repression and propaganda has lessened their yearning for a life of freedom, peace and dignity.

On this anniversary, I pay homage to the brave men and women of Tibet, who laid down their lives for the freedom of our country, and I call upon every Tibetan to renew our dedication until we have regained our rights and freedom.

As we adjust to the changing global scene, we need to focus our efforts on four fronts. Firstly, we must continue to engage the Chinese Government in a dialogue that is mutually beneficial and will eventually lead to earnest negotiations to peacefully resolve the question of Tibet. Secondly, we need to intensify our efforts to further educate the world community of the problems of Tibet. International concern and pressure are conducive to bringing about a change in the Chinese Government's position on negotiations and respect for human rights. Thirdly, because the new economic policies in Tibet will have a profound impact on the very survival of the cultural identity of the Tibetan nation, we must carefully study and monitor these developments. Fourthly, the democratization of the Tibetan Administration-in-exile and the implementation of democracy at the grassroots level must be further encouraged.

Last June, direct contact with Beijing was again established. The Chinese ambassador in New Delhi informed us that in the past the Chinese attitude towards the Tibetans had been "conservative" and that if Tibetans were to adopt a "realistic" stand, the Chinese Government could be "flexible." Responding positively to this rapprochement and an invitation for a Tibetan representative to visit Beijing, Kalon Gyalto Thondup was sent to Beijing. The Chinese Government conveyed to Kalon Gyalto Thondup their inflexible, hard-line position with strong preconditions for negotiations.

I have responded to the Chinese Government expressing my disappointment with their position. Nevertheless, I stated my wish to send three representatives to deliver a detailed note from me explaining my views and efforts through the years to promote negotiations for the mutual benefit of the Tibetan and Chinese people. I believe it is now time for the Chinese Government to make a genuinely

meaningful proposal on how they wish to see Tibet and China live in peace. We, on our part, have gone to the fullest extent to facilitate a sincere, meaningful and substantial dialogue.

For centuries Tibet and China have lived as neighbors, and I am convinced that we can find a way to live in peace and friendship in the future, too. I have always believed that this is possible and worthy of our efforts. In this spirit I have, over the years, personally met with Chinese brothers and sisters throughout the world. I have encouraged my fellow Tibetans to engage in friendly discussions with members of the Chinese communities abroad. I am also greatly pleased with the increasing contacts and friendly dialogue between the exiled Tibetans and the members of the Chinese democracy movement. As a result, there is a growing understanding of the just aspirations of the Tibetan people and therefore, sympathy and support for Tibet among our Chinese brothers and sisters.

This year we have also been able to establish direct official contact with Taiwan. In the past, there has been considerable misunderstanding between Dharmasala and Taipei which resulted in mistrust and an absence of formal relations. Today, with Taiwan on its way to becoming a genuine democracy, it is my hope that the establishment of direct ties will pave the way for a mutually beneficial relationship.

Recently, there have been a number of international conferences discussing not only the violation of human rights in Tibet, but also the question of the legal status of Tibet and the right to self-determination of the Tibetan people. Furthermore, a number of governments and parliaments have sent fact-finding delegations to Tibet; have adopted resolutions expressing grave concern about the continuing human rights abuses in Tibet; and have urged direct negotiations between the Chinese and Tibetans. These are clear indications that the issue of Tibet has moved from the political fringe and is gaining greater international attention. Many people throughout the world who believe in compassion, justice, non-violence and in the ultimate triumph of freedom and democracy support our cause. We are especially indebted to the government and people of India for their continuing hospitality and kindness.

Despite these encouraging and hopeful developments, the situation in Tibet continues to remain bleak. Merciless repression of the slightest political dissent is the order. The demographic aggression of Tibet through a policy of population transfer continues unabated, escalating the marginalization of the Tibetan people and the assimilation of the Tibetan way of life into the Chinese mainstream. Cultural genocide is being committed, intentionally or unintentionally. Tibet, an ancient country on the roof of the world, is fast becoming a Chinese colony.

China's recent announcement of turning the so-called Tibet Autonomous Region into a special economic zone is, in principle, welcome. However, there are reasons to fear the long-term impact of the new Chinese policy on the survival of the cultural identity of the Tibetan people and on the environment of Tibet. If the best interests of the Tibetan people are not kept in the forefront, there is a real danger that this policy will only promote and intensify the transfer of more Chinese into Tibet. This will further reduce the Tibetans to an insignificant minority in their own country, thus completing the thorough colonization of Tibet which will have serious consequences to its fragile environment.

It is against such a background that I appeal to Tibetans and friends of Tibet everywhere, and to international agencies eager to undertake projects in Tibet, to always bear in mind the need to protect and to safeguard the well-being of the Tibetan people and our unique culture and identity.

To those of you who intend to involve yourselves in the development of Tibet, I must emphasize the special attention needed in the fields of education, health and development in the rural areas. You must also discourage the indiscriminate exploitation of the Tibetan people if your efforts are meant to benefit the Tibetans.

Since the dramatic events of 1959, we in exile have always aspired for freedom and democracy. In spite of our limitations, we have made significant progress in the practice of democracy. I am very keen and committed to the idea that genuine democracy must prevail in a free Tibet.

I have publicly declared that in the future I will not hold any offi-

cial position in the government of a free Tibet. I have made such a decision in order to facilitate the development of a healthy democracy. The promulgation of my "guidelines for Future Tibet's Policy and the Basic Features of Its Constitution" is a reaffirmation of my vision of a free Tibet as a peaceful and truly democratic country, dedicated to demilitarization and non-violence.

Throughout human history, dictators and totalitarian governments have learned that there is nothing more powerful than a people's

yearning for freedom and dignity. While bodies may be enslaved or imprisoned, the human spirit can never be subjugated or defeated. As long as we uphold this human spirit and determination, our aspirations and beliefs have the power to ultimately prevail. The sweeping global changes in recent years reaffirm my beliefs and I am more optimistic than ever before that freedom and peace for the Tibetan people is now within our reach.

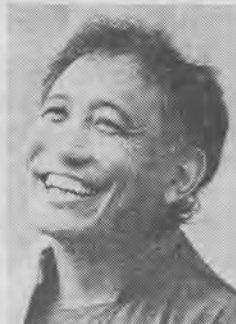
With my prayers for the well-being of all sentient beings,

The Dalai Lama ■

## Lama Chime Rinpoche

Born and educated in eastern Tibet, Lama Chime Rinpoche now lives in England. He has students worldwide.

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Located in the breathtaking Trinity Alps region of northern California, Chagdud Gonpa Foundation's main center, Rigdzin Ling, will be open for group and individual retreats in the summer of 1993. The Rigdzin Ling campground, shrine and meeting rooms, kitchen and dining facilities will be open at that time, followed within a year by the opening of dormitory and private rooms. For a brochure or further information, call or write James at Rigdzin Ling.

### Guru Rinpoche Drubchen

From His Holiness Khyentse Rinpoche  
May 23 - 30, 1993

Chagdud Gonpa Foundation is sponsoring its sixth annual Padmasambhava Drubchen to take place during Sagadawa, the anniversary of the Buddha's enlightenment, a time of great multiplication. Drubchen means "great accomplishment" and the ceremony, the most sublime and extensive form of Vajrayana ritual, is an extremely swift and profound method for accumulating merit and wisdom.

This Padmasambhava Drubchen is a treasure of His Holiness Khyentse Rinpoche entitled "Essence of Siddhi," a practice that combines the Three Roots. Guru Padmasambhava prophesied that for the practitioner bringing pure motivation and concentration to the practice, that the purification and blessings of one week of drubchen practice would be equal to a year of solitary practice and that the door to Copper-Colored Mountain, Guru Padmasambhava's Pureland, would be open to the practitioner at the time of death.

### Red Vajrasattva Drubchen

From Drodul Padgyal Lingpa  
May 31 - June 7, 1993

In the eighth century Guru Padmasambhava concealed, among a vast array of terms, the profound treasure of the red Vajrasattva so that in future generations, beings would have access to these teachings and their powerful blessings to counteract outer disturbances in the elements, inner upheavals of subtle energy and secret obstacles of mind. From Padmasambhava the lineage passed to his disciple, Nub Sang-gay Yeshe, then to the emanation of Sang-gay Yeshe, Drodul Padgyal Lingpa. After revealing the treasure in 1960, Padgyal Lingpa confirmed that Chagdud Tulku Rinpoche would be the custodian of this practice as prophesied by Padmasambhava.

Chagdud Tulku Rinpoche, who is offering this practice for the first time on a large scale in the West, has said of this Drubchen, "All who participate in a practice of this nature have the unerring means to purify their mindstreams of the obscurations that cause rebirth in lower realms of suffering, and to establish conditions for their rebirth in higher realms and attainment of the truly excellent state of enlightenment."

### Drubchen Reservations

Pre-registration required by May 10 with a non-refundable deposit of \$225 (50% of the Drubchen fee) to Chagdud Gonpa Foundation, P.O. Box 279, Junction City, CA 96048. 15% discount for registration for both Drubchens. Chagdud Gonpa member discount 25%. For further information call James: (916) 623-2714.



## NEWS

## Tibetan Thangka For Freedom

A remember Tibet project is being initiated through Tibet Fund. People are being asked to embroider or patchwork a design on a piece of material with the name of a loved one, who died in Tibet and/or anything that expresses one's feelings about the plight of Tibet. These patches will be sewn together and made into a giant

thangka to be used throughout the world to demonstrate visually the dreadful experience of the Tibetan people.

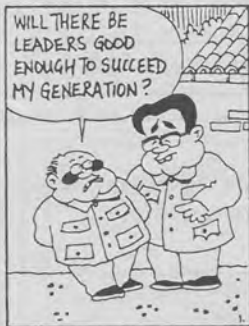
The purpose is to create a visual message of solidarity and strength. It is an opportunity to show the many colors and textures of the hearts who wish to celebrate and free the magnificent civiliza-

tion of Tibet. The patches can be one of two sizes: 47 x 47" or 24.5 x 24.5." One inch needs to be left around the perimeter so they can be sewn together. If you would like to help with the costs of production, postage, etc., please send your gift to the Tibet Fund and designate it for the Thangka Project. Tibet Fund, 241 E. 32nd St., NY, NY 10016. The coordinator of this effort is: Carolyn Holland, 3921 Patrician Drive, Philadelphia, PA 19154, 215-637-9664. ■

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Traditionally, we have begun each summer's retreat with a Vajrakilaya empowerment and transmission, followed by a week of teachings and practice. Vajrakilaya is an extremely powerful practice for the removal of outer, inner and secret obstacles on the Dharma path. It is said to bring swift attainment of the ordinary and extraordinary siddhis (spiritual accomplishments). As ordinary siddhis are attained, extraordinary siddhis naturally and spontaneously arise, bringing the realization of the pure enlightened mind.

The second week of retreat will be a Drupchen (Practice of Great Accomplishment), ending on Guru Rinpoche's birthday. A Drupchen is a group retreat using an expanded and extensive ceremony, including chanting, dancing and the rotation of practice sessions to keep the mantra going continuously day and night. Last summer we established the first Drupchen of the COLLECTION OF SEVEN TREASURES at Pema Osel Ling with the intention of doing one each year. The COLLECTION OF SEVEN TREASURES is considered a special practice for this degenerate time and is an extremely profound text, combining the lineages of seven different treasure finders by Dudjom Rinpoche into one practice. By accomplishing this practice, all seven lineages are accomplished together. What an extraordinary opportunity!

The focus of the last two weeks of retreat will be Guru Yoga and Dzogchen. I will give Guru Yoga and Mind Teachings about view, meditation and action. I will not use any specific text in the intellectual or traditional way during this part of the retreat. Instead, I want to give heart teachings from my own direct experience, introducing each of you to the taste of your own pure luminous wisdom mind. I hope you will join us.

Excerpts from Lama Tharchin Rinpoche's description of the 1993 Summer Retreat



The Venerable Lama Tharchin Rinpoche 1992 Drupchen  
Dance of the Eight Manifestations Of Padmasambhava

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Coming up in the next Shambhala Sun, **Dzongsar Khyentse Rinpoche** discusses his work on Bertolucci's new film *LITTLE BUDDHA*. ✱ The January issue of The Sun presented

*Fully Human: An Introduction to the Shambhala Tradition*,



by **Chögyam Trungpa Rinpoche**. ✱

In May, **Abbot Reb Anderson** says the true precepts are realized only

through sitting practice—and vice versa.



In January,  
the Lakota Sioux.



**Dr. Arvol Looking Horse** discussed the oral traditions of  
**Anne Waldman** proclaims her Feminafesto

in March. ✱ Sun editor Melvin McLeod surveys the Buddhist scene

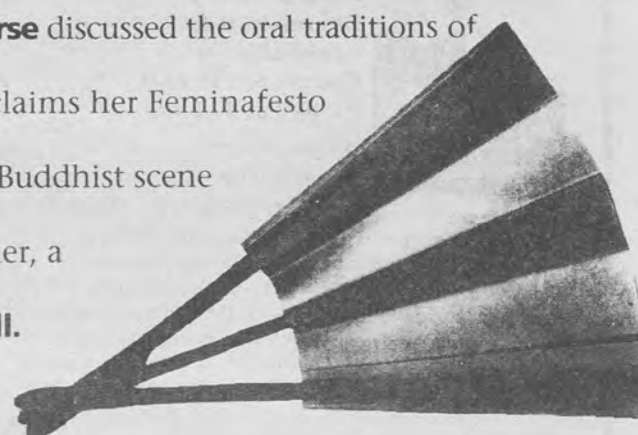
and asks, "Where are the young practitioners?" ✱ and a Buddhist prisoner, a

Christian investigator, and a "friend on the outside" practice **Dharma in Hell**.



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## THE REVIVAL OF MONGOLIAN BUDDHISM: A BRIEF REPORT

by David Urubshurow

Washington, DC, Oct. 19—Mongolia is an ancient land which has always held a special interest for me. This is mostly due to the fact that my ancestors emigrated from its western region in the beginning of the 17th Century and settled on the steppes of the Volga River during one of the last great migrations in Central Asian history. Therefore, when I first had the opportunity to visit Mongolia in 1990 at the invitation of the Prime Minister I was very excited and curious about what I would find.

I was particularly interested in determining how the recent democracy movement had affected the spiritual life in Mongolia and whether the Buddhist revival I had heard of was genuine. On the morning of my first full day I took a ride to Gandan Monastery which sits on a slight rise on the western edge of Ulaanbaatar, the capital.

Along with other worshippers, tourists and the numerous artists arriving to hawk their works, I entered the gates of the monastery's compound and was immediately impressed by the architecture of the few surviving buildings that only hinted at the former beauty and glory that this monastery had known. The main prayer hall was packed with monks chanting the prayers I had once recited as a young novice and disciple of Geshe Wangyal in suburban New Jersey.

The prayer boards outside were being used by young and old alike despite the light frost that still covered them. Dozens of people were circumambulating the main temple pausing only to spin the prayer wheels ringing the building. Monks in their red, orange and maroon colored robes were evident everywhere busily scurrying from one end of the compound to the other, talking with worshippers and feeding the numerous pigeons that covered the courtyard like a carpet.

My impression from this cursory inspection was quite favorable in that everything appeared "normal." That is, no one, monk or worshipper, seemed the least bit self-conscious or guarded in their actions and despite the presence of so many tourists (the Monastery is still being used as a museum); there was an atmosphere of easy coexistence and tolerance. I had heard so much about the Communist repression of Buddhism not only in Mongolia but in the Soviet Union that I was expecting somewhat less of a public display of religious practice, especially among the worshippers.

At that time Mongolia was just breaking loose from the economic, intellectual and political shackles of Communist ideology that had bound it for nearly 70 years. Along with the notoriety of having been only the second country after Russia to adopt Communism in 1924, Mongolia had experienced a vicious and unprecedented wave of persecution of religion in the 1930's, which meant, for the most part, the persecution of Buddhism and Buddhists. The practical effect of this campaign was the near total destruction of all centers of worship and the forced renunciation of monastic vows of the clergy and slaughter of those refusing to do so. In the more remote areas of

Mongolia temples and monasteries were completely razed and all obvious vestiges of religion obliterated.

The two main exceptions to this eradication campaign were Gandan Monastery and, to a lesser extent, the Erdene Zuu Monastery. Gandan was spared physical destruction but its monks were scattered and forbidden to practice their religion. In the case of the latter, a religious center originally founded in the 16th Century, destruction was nearly total except for a few buildings and shrines. Also, it appears that a greater number of monks were killed at Erdene Zuu during the repression, perhaps due to its more remote location. Both of these surviving religious centers, long famous in Mongolian history, were converted to museums in the 1960's and a few token monks were reinstalled to add some authenticity and local color for the thousands of East Bloc tourists who visited Mongolia during the height of the communist era.

Now that communism had departed Mongolia in the same manner it did in Eastern Europe and the former Soviet Union, there is a genuine resurgence of religious feeling and interest among the populace. This was quite evident from the public response to a visit there by His Holiness the Dalai Lama in late September 1991 despite the lack of advance notice of the visit. The feelings of admiration, respect and reverence for the Dalai Lama are still quite strong throughout Mongolia and His Holiness's picture adorns many family altars in even the most remote areas of the country.

In April of 1991 I was part of a delegation that visited Mongolia to discuss His Holiness's planned visit for later that summer. At that time I met the Rev. Chojamts, Deputy Abbot of Gandan Monastery. I was very impressed with this robust, easygoing cleric who had studied in Dharamsala and spoke Tibetan. We have maintained a cordial and friendly relationship during my subsequent visits to Mongolia. Thus, on my sixth and most recent visit in August I was delighted to learn that Chojamts had been elected Abbot of Gandan. I paid a courtesy call to offer my congratulations and hopes for his success in assisting the revival of Buddha Dharma in Mongolia.

The Abbot, a relatively young man in his 40's, asked me if there was a possibility to inform Westerners in general and Americans in particular about the situation in Mongolia with respect to the difficulties that Buddhism had experienced in the past and the challenges it faced in the future. I suggested that he could make an appeal and that I would try to have the same published in publications aimed at Dharma groups and practitioners. He also suggested that I give a brief recounting of the past troubles and an outline of the goals Mongolia's Buddhist community hopes to attain in the coming years. I reluctantly agreed.

I say "reluctantly" only because I strongly felt, and continue to feel, that the utter destruction of religious practice in Mongolia needs a far more knowledgeable voice than mine to impart to the

audience the severity of the persecution. The only comparison that readily comes to mind is the period of Cultural Revolution in China and its impact on Tibet's religious institutions. The only real distinction between these two events seems to be that Mongolia went through the nightmare 30 years before the first Chinese Red Guard picked up his little red book.

It has been observed that the 20th Century's experiment with Communism has manifested itself in a Buddhist holocaust. If that premise is correct, then a strong argument can be made that the first theater of operations was in Mongolia and for that reason the destruction there was more thorough than in subsequent ones. This is evident from the historical record that shows the total saturation of Buddhism in Mongolian culture from the 14th Century until 1935. Then virtually overnight the very underpinnings of that culture were stripped away and sanitized of any religious reference other than the derogatory and defamatory ones. All artifacts and art depicting a religious theme were declared illegal other than the few preserved for their use in state "museums" and other tourist attractions. This cynical and mindless approach to dealing with a country's legacy of spiritual search and discovery was fully developed in the Mongolia of the 1930's and served as a paradigm for future "materialist" historians, philosophers and ideologues bent upon destroying and discrediting alternative world views.

However, like the Abbot himself who displays no rancor or ill-will

when recounting the Mongolian Buddhist's plight, we must look toward the future and search for the bright spots on the horizon. The advent of democracy in Mongolia has presented a golden opportunity for the revival of Buddhism. Presently there is an ambitious effort by all believers to locate, restore and repopulate many of the destroyed religious centers throughout Mongolia. There are efforts underway to trace and reclaim the lost precious artifacts, such as the famous Chenrezi statue measuring 30 meters in height, believed to have been transported to the Soviet Union's museums and warehouses. Gandan Monastery is feverishly trying to complete construction of the Kalachakra Temple by 1993 in order to host His Holiness the Dalai Lama's anticipated visit to give the Kalachakra initiation and teachings. Funds are needed to bring other learned Tibetan lamas and scholars to Mongolia for long term intensive teachings and to send promising young monks to India and other Buddhist learning centers to obtain training in philosophy, language, medicine and astrology.

All of these projects are directed from Gandan and by Abbot Chojamts with very limited resources. Although the community of believers is expanding, access to hard currency is extremely limited for the religious community. Consequently, Abbot Chojamts personally appeals to all members of the US Buddhist community to assist their co-religionists in Mongolia in whatever manner you can. I join in the Abbot's appeal as one who has witnessed the difficulties

and hard tasks facing Mongolian Buddhists. Moreover, these problems are doubly hampered by the dire economic situation the country finds itself in at present, fully attributable, according to World Bank and IMF experts, to the disintegration of the former Soviet Union. Therefore, there is little hope that meaningful assistance will be forthcoming from the Mongolian government in these projects. Mongolian Buddhists must rely on the generosity of the Buddhist community abroad to insure the continuation of their efforts on behalf of the survival of Buddhism in Mongolia.

Any assistance you can provide should be sent to: David Urubshurow, Attorney Trust Account, 1725 K Street NW, Suite 1114, Washington DC 20006. Please indicate "Gandan Monastery Fund" on all contributions. ■

David Urubshurow is a Mongolian-American attorney in Washington DC. He is Trustee of the Tibetan Buddhist Learning Center in Washington, NJ and a member of the Boards of the International Campaign for Tibet and the Institute for Asian Democracy. He is one of the founding members of the US-Mongolia Business Council. Mr. Urubshurow has traveled extensively in the past two years throughout the former Soviet Union and Mongolia and accompanied His Holiness the Dalai Lama to the Kalmyk Autonomous Republic of Russia in the summer of 1991. He is married to Victoria Kennick Urubshurow and they live in suburban Maryland with their son and daughter.

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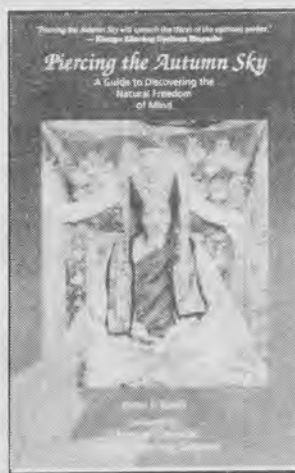
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## NEWS

### AN APPEAL FROM KHENPO CHOIJAMTS, ABBOT OF GANDAN MONASTERY, ULAAN BAATAR MONGOLIA

This is an appeal to all friends of the Buddha Dharma to help the monasteries of Mongolia in their reconstruction and to preserve and promote the teachings of Buddhism in our ancient land.

Historically, Buddhism spread into Central Asia over the past 2000 years and Mongolia became one of the biggest centers of Buddhism in the entire region from the 16th Century to the 1930's. At one time there were more than 700 temples, shrines and monasteries with more than 100,000 monks. Under the communist regime, and especially during the period of repression in the 1930s, virtually all of the religious institutions were destroyed and the monks and scholars were forced away or killed. The one remaining religious center, Gandan Monastery in the capital city of Ulaanbaatar, was preserved as a museum. Since the early 1980s Gandan was also allowed to function as a monastery and 150 mostly aged monks were allowed to perform services.

Because of the process of democratization begun at the end of 1989, religious and spiritual practice has also experienced a revival. There are currently 136 temples and monasteries throughout Mongolia that are being reconstructed and dozens more being considered. We are experiencing a resurgence in enrollment of monks, who now number about 2000.

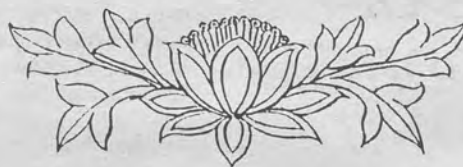
Despite these positive developments concerning the rebirth of Buddhism in Mongolia we are facing tremendous difficulties in insuring continued progress. This is due basically to the dire economic situation that Mongolia is currently experiencing which is particularly acute in the religious community that has virtually no way to earn hard currency. This lack of funds jeopardizes the reconstruction projects underway, threatens the well-being of monks in the remote areas, hinders our ability to bring learned Buddhist monk/scholars for teachings and initiations and prevents us from sending students to India to receive training in Dharma, medicine and astrology.

Because of the overwhelming obstacles in the path of Buddhist revival in Mongolia we have no alternative but to humbly appeal to all friends of the Dharma to contribute to our efforts in whatever way they can. Your generous assistance will be put to the best use possible.

With my deepest appreciation and gratitude,

Khenpo Chojjams ■

Donations can be sent in care of: DAVID URUBSHUROW, Attorney Trust Account, 1725 K Street NW, Suite 1114, Washington DC 20006. Please indicate "Gandan Monastery Fund" on all contributions.

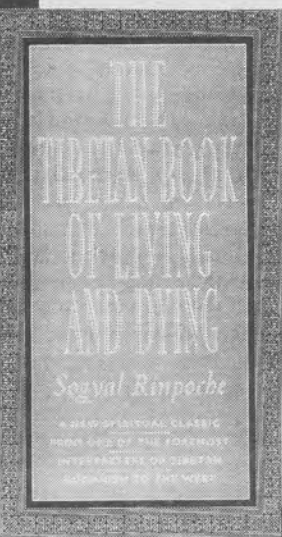


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### VISIT MONGOLIA

For all of you who may be interested in visiting Mongolia in the spring or summer to see firsthand the restoration projects underway, David Urubshurow is organizing a tour of the major monastery reconstruction projects in Mongolia with an emphasis of Mongolian cultural traditions and scenic beauty. A percentage of the tour price will be donated to Gandan Monastery for the reconstruction of the Kalachakra Temple. For more information please write to: Nomadic Expeditions, 11 Deerpark Drive, Suite 118, Monmouth Junction, NJ 08852. ■



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## NEWS

# NAMGYAL SCHOOL: NEPAL'S TIBETAN HIGH SCHOOL

by Pamela Carson and Susan Ash

Educate the Children (ETC), which educates impoverished children in Nepal, interviewed the headmaster of Namgyal High School, Mr. Ngawang Choechen in February regarding the particular challenges, problems, and concerns of the Tibetan student in Nepal. This is their report:

Namgyal School, situated 20km east of Kathmandu in the town of Gokarna, is the only high school in Nepal sponsored by the Tibetan Government-in-Exile. It is a modern facility, founded in 1988, surrounded by hills in a beautiful country setting. The building was donated by Herman Gmeiner of S.O.S. Kinderhof International.

In 1992, 380 students attended Namgyal High School in classes numbered six through ten (Class 10 is the finishing high school year in Nepal). This is an increase from 100 students its first year. In 1993, intake is expected to teach 450, creating some strain on the school's infrastructure.

88% of the students are boarders, with slightly more girls than boys. All but fifty students are Tibetan-origin, coming primarily from the twelve Tibetan primary schools in the Kathmandu area. 90% are from poor homes but most pay their own fees. All students are Buddhist, including the Nepali students, who are mostly of Newari-origin.

The bright and clean facilities of Namgyal, the emphasis on Tibetan culture and language and the ample sports and extracurricular programs has made this school a particularly attractive choice for students. It offers a rigorous academic environment with a three-language medium of English, Tibetan and Nepali. Other subjects include math, science, history, geography, finance, social studies, music and sports.

All students reaching class ten are eligible to take the SLC (school leaving certificate) exam, a national standard test issued by the Nepal Education Department. Last year, students at Namgyal had a 65% SLC pass rate.

Two Namgyal students passed the SLC exam with first division results, an achievement which assures them a school berth in Dharamsala, India, under the direction of H.H. the

Dalai Lama. In Dharamsala the students reside at Tibetan Children's Village (TCV), and either study science, commerce or the arts. The brightest can go on to university on a grant. Second division students can pay a small fee to go to school in Mussoorie,



India, with courses similar to those at the TCV. Ten Namgyal graduates qualified for this assignment. Third division students can, on payment of a fee, attend vocational training at Darjeeling, India, to learn such trades as carpentry or knitting. For those students with ungraded passes or failures, career options are limited.

At Namgyal, the day begins at 5:30 or 6 am with morning exercise, prayers and breakfast. Lessons continue throughout the day, with self study, recess and meal breaks. Classes finish at 4 or 4:30 but the evenings are tightly structured with games, prayers and study periods. Lights out at 9:30 pm.

Headmaster Choechen urges that all Tibetans preserve Tibetan identity and culture to maintain the good image of Tibetans throughout the world. He says, "His Holiness the

Dalai Lama has great hope for you in the bright future of Tibet, please do not betray him."

Mr. Choechen spoke at length to ETC about his pride in Namgyal School, its students and their futures. He also told us about his background.

Mr. Choechen's family fled Tibet in 1959, when he was 7 years old. It was a harrowing journey through steep mountains. His grandmother died during the journey and his mother soon after, exhausted by the deprivations of the journey. Having no food, his father attempted to return to his village but was caught, beat-

en and tortured by Chinese soldiers. He was left half-blind and permanently scarred.

Mr. Choechen, cared for by an uncle, attended a Swiss Aid School in Kathmandu and later was selected to study at Dharamsala and Kalimpong, India. He was an instructor at Namgyal before being appointed as Headmaster.

ETC sponsors four boarding students at Namgyal High School, including two orphans. For information on ETC's sponsorship program contact: Educate the Children, PO Box 414, Ithaca, NY 14851 (607) 272-1176. ■

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## INDIA ARCHIVE MUSIC

### DEBASHIS BHATTACHARYA • IAM CD1007

Slide-guitarist Bhattacharya plays Ahir Bhairav, an early morning raga, which combines elements of the austere and profound raga Bhairav with the romance and sorrow of Ahiri folk melodies. With Bhairavi Thumri. Samir Chatterjee, tabla. 74 min.



### TEJENDRA NARAYAN MAJUMDAR • IAM CD1008

Sarodist Majumdar performs raga Bageshri - the mood is of 'romantic love,' but the lover is absent and the mood is tinged with sadness. Raga Zilla Kafi, a Maihar gharana specialty, shares this romantic mood, but not the pathos. Pandit Kumar Bose, tabla. 73 min.



### SHUJAAT KHAN • IAM CD1009

Sitarist Shujaat Khan offers Raga Shahana Kanada (regal, 'like a shah'). Unlike the serious and majestic raga Darbari Kanada, it is suggestive of the romance and beauty that enlivened and vitalized the Mughal court's grandeur. With Pahari Dhun. Shyam Kane, tabla. 73 min.



### USTAD VILAYAT KHAN • IAM CD1010

The legendary sitarist Ustad Vilayat Khan plays raga Jaijaiwanti (literally, 'glory to the mistress of victories'), expressing the mood of shringara rasa, 'romantic love,' which in this manifestation is full of tenderness and yearning. Akram Khan, tabla. 74 min.

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## Dr. med. Elisabeth Finckh

Dr. Finckh was one of the first Western doctors to deeply study and write about Tibetan medicine. She was eighty years old when she passed away Jan. 20, 1993 in Germany. *Studies in Tibetan Medicine* is one of the books she authored. ■

## First Fifth Avenue Buddhist Parade May 23, 1993

Twenty thousand people are expected to attend the first Buddhist Parade to be held on Fifth Ave. in New York City. The Lotus Parade will have floats and bands playing and a review stand filled with thousands of lotus flowers. The event will include numerous cultural events such as a Cultural Expo at the Ramada Ballroom, a reception program, city tours and a vegetarian lunch. For more information about the Parade, please contact Dr. Kobert, PO Box 65, Westwood, NJ 07675-0065. ■



## NEWS

## Toycott (Cont. from p.6)

a coalition of Tibetan rights groups, Chinese pro-democracy organizations and the American labor movement, including the AFL-CIO. This coalition has focused the attention of the American public to how their purchase of toys made in China helps support the world's largest totalitarian regime.

## Who are the Toycotters?

YOU!!! Your family, friends, colleagues, every person you speak to. Various organizations across the country, as well as numerous concerned individuals have joined the Toycott campaign. Leading human rights activists including Joan Baez, Kerry Kennedy Cuomo and the Chinese dissident Fang Lizhi have endorsed the campaign. In addition, some local toy stores are beginning to support the Toycott, and are writing letters to their buyers asking for larger selections of toys NOT made in China.

## Organizations involved in the Toycott Coalition

During 1991, a coalition between Tibetan rights organizations, Chinese pro-democracy groups and the American labor movement was formed to spread the word about the Toycott campaign. The Tibet organizations are primarily represented by:

US Tibet Committee  
241 E 32nd St  
New York, NY 10016  
212-213-5011

Canada Tibet Committee  
4675 Coolbrook Ave  
Montreal, Quebec H3X 2K7  
514-487-0665

Tibetan Rights Campaign  
4649 Sunnyside Ave N  
Suite 342  
PO Box 31966  
Seattle, WA 98103  
206-547-1015

International Campaign for Tibet  
1518 K Street NW  
Suite 410  
Washington, DC 20005  
202-628-4123

## Useful Toycott Information and Merchandise

To obtain up-dated information on Toycott campaigns contact any of the group listed above. A full 58-page Toycott Volunteer Kit providing background information on the Toycott as well as numerous other activities you can organize in your local community is available by calling 408-534-1868 and stating your name, address and phone number.

## How Can You Help?

1. **BOYCOTT ALL TROLLS**  
To answer the frequently asked question "What toys should I avoid?", Frontlash has suggested targeting one toy that has taken the toy industry by storm: Trolls!  
2. **CIRCULATE TOYCOTT PETITION**

Contact Frontlash at 815 16th Street NW, Washington, DC 20006. Tel 202-783-3993.

3. **SEND POSTCARDS TO APPLAUSE**

Applause is one of the major US toy manufacturers selling trolls made in China. Sample postcard message:  
Dear Mr. Klein,

Your company, Applause, makes trolls manufactured in the People's Republic of China. The Chinese government is the "South Africa" of the 1990s. I am boycotting all toys made in China because I refuse to support cultural genocide against Tibetans, nuclear proliferation throughout the Third World, and the execution and torture of tens and thousands of pro-democracy students and workers. Please pull out of China!

4. **ORGANIZE A TIBET PROGRAM AT A LOCAL HIGH SCHOOL OR UNIVERSITY**

For more information contact: US Tibet Committee, 241 E 32nd St New York, NY 10016. ■

FROM  
CONFUSION TO  
ENLIGHTENMENT

The Ven. Thubten Chodron will lead a month-long retreat on the gradual path to enlightenment June 18-July 15, 1993. To register or for information, call Cloud Mountain Retreat Center (206) 274-4859 or write to Northwest Dharma Association, PO Box 807, Castle Rock, WA 98611, USA. \$280 for first week initial course only. \$700 for entire month-long course and retreat. ■

## ATTENTION!

Snow Lion is offering its mail list to companies who offer compatible services. These are one-time mailings only. We screen prospective purchasers. If you do not want to receive any of these mailings, please tell us. If you wrote to us before concerning this, we need to ask you to do it again. ■

## SNOW LION PEOPLE

Suzanne Alvarez has been working for Snow Lion for three years. However, even before she became an employee, Snow Lion had been an important part of her life. It was through Snow Lion books and the influence of the staff (Sidney Piburn and Jeff Cox) that Suzanne's interest in Tibetan Buddhism began to deepen. As a result of her growing affinity for the concepts of Buddhism and her simultaneous exposure to Tibetan teachers and monks, Suzanne has been most fortunate in having access to a wealth of knowledge regarding Tibetan Buddhist practice which she joyfully endeavors to apply in her work at Snow Lion.

Suzanne is presently working in the order fulfillment department, and is often the one who answers the phone and takes your order. She is always willing to help a customer find the right book or item or the information which best fills their needs. In addition, Suzanne is also responsible for the actual packing and shipping of many of your orders.



She takes great care in making sure your items are packaged properly to arrive safely and efficiently. Also, if you ever place a "rush" order that needs to go out the same day, Suzanne is most likely the one who will pack it for you and make sure it goes out the way you specify. Customer satisfaction is a priority for her.

A native of Tampa, Florida, Suzanne has a Bachelors Degree in Theater Arts, and has worked as a professional actress and sing-

er in Florida as well as New York. One of the highlights of her career in music occurred in March of 1991 when she had the honor of writing and performing an original song for His Holiness the Dalai Lama during his visit to Ithaca, New York.

She enjoys traveling and reading, and is presently putting together an album of original songs and a performance arts piece, hoping it will lead to "greater things." She loves cooking, watching movies, and hiking. She lives in a very cute apartment on a steep but picturesque street with her cat, Sangye, and friends. ■

## CLASSIFIED

**Maui Dharma Center Bed and Breakfast**, charming, spacious plantation home in lush country environment, and rustic Retreat Center on remote tropical grounds with spectacular ocean view. Under guidance of Venerable Lama Terzin. 172 Kokomo road, Haiku, Maui, HI, 96708. For reservations and information: 808-575-2044. ■

## MINDSCIENCE: An East-West Dialogue

The Dalai Lama, Herbert Benson, Robert A.F. Thurman, Howard Gardner, Daniel Goleman

This book documents a day-long Harvard Medical School symposium where the Dalai Lama converses with renowned Western thinkers on the subjects of perception, cognition and the mind/body connection. 1991. 140pp, 6 x 9. B066 \$12.50

## TRANSFORMING PROBLEMS Into Happiness

Lama Zopa Rinpoche

In this new commentary to a rich compilation of advice from the Tibetan "thought-transformation" tradition, Lama Zopa shows us how we can keep our minds focused and happy even in the worst of times. 1992. 110 pp, 5 1/4 x 8 1/2. B038 \$10.00

## THE MEANING OF LIFE From a Buddhist Perspective

The Dalai Lama

Translated by Jeffrey Hopkins

His Holiness the Dalai Lama presents the world-view of Buddhism while addressing many contemporary issues such as abortion, war and addiction. He bases his explanation on the twelve links of dependent-arising depicted in the famous Buddhist image of the Wheel of Life. 1992. 130pp. B096 \$12.50

## MINDFULNESS IN PLAIN ENGLISH

Venerable Henepola Gunaratana

This step-by-step guide to Insight meditation is truly practical and direct. Venerable Gunaratana's conversational style and use of everyday examples imbue the basic teachings of Vipassana meditation with unsurpassable clarity and wit. His deeply spiritual yet nondenominational approach invites readers of all backgrounds to experience the fruits of meditative awareness. 1993. 185 pp, 5 1/4 x 8 1/2. B064 \$10.00

## THE TANTRIC DISTINCTION An Introduction to Tibetan Buddhism

Jeffrey Hopkins

In the final path being the tantric one, Professor Hopkins lays out the entire Buddhist path as living experience. Tantra, considered to be the most skillful and expedient method of utilizing desire and sense perceptions to understand reality and cut the root of suffering, is clearly explained. 1992(1984, 1986). 184 pp, 5 1/4 x 8 1/2, glossary, notes. B023 \$10.00

## THE ESSENTIAL NECTAR Meditations on the Buddhist Path

Geshe Rabten

Translated and edited by Martin Willson

Success in any venture requires a clear understanding of the steps to get there. Enlightenment is a real and attainable goal, not a vague, esoteric idea, and the steps in the "graduated path" are explained by a contemporary Tibetan master, Geshe Rabten. Included are the 18 c. popular root verses. 1992(1984). 306 pp, 5 1/4 x 8 1/2, glossary, bibliography, notes. B013 \$14.00

## WISDOM ENERGY Basic Buddhist Teachings

Lama Yeshe and Lama Zopa Rinpoche

This compelling introduction to Buddhism includes a meditation course and advice on how to put it all into practice in daily life — by two lamas, who with their insight and skillful communication, go to the heart of how dissatisfaction arises and how to develop the wisdom and means to liberate ourselves from it. 1992(1976, 1982, 1984). 152pp, 5 1/4 x 8 1/2, glossary, bibliography. B008 \$10.00

LIBERATION IN THE PALM OF YOUR HAND  
A Concise Discourse on the Stages of the Path to Enlightenment

Pabongka Rinpoche

Edited by Trijang Rinpoche, Translated by Michael Richards

Illustrated by Eva van Dam

This is the first translation of the famous *Lam-rim* (path and its stages) teaching given in 1921 by Pabongka Rinpoche, masterfully edited by Trijang Rinpoche, his closest student and tutor to the present Dalai Lama. Marvelous stories and examples compliment the accessible literary style rendered by Michael Richards, together conveying the possibility of liberation in our grasp. 1991. 980 pp, 5 1/2 x 8 1/2, illus., bibliography, index, glossary, cloth, smythse-sewn. B031 \$37.50



## Wisdom Publications

Wisdom is a Boston based, non-profit publisher of books on Buddhism, Tibet, and related East-West themes. Our titles are published in appreciation of Buddhism as a living philosophy and with the special commitment to preserve and transmit important works from all the major Buddhist traditions.





# DHARMA ITEMS



## TIBETAN BACKPACK #BAC \$35

This sturdy, attractive cotton backpack is well-designed and washable. The main compartment measures 16" high, 14" deep and 12" wide and has a double zipper. Another smaller compartment measures 6" deep and has other pockets inside including an 8" one with zipper. Loop at top makes it easy to hang. Cloth design is Tibetan and pack is made by Tibetans in Dharamsala.



## BELL & DORJE #BEDO \$60

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

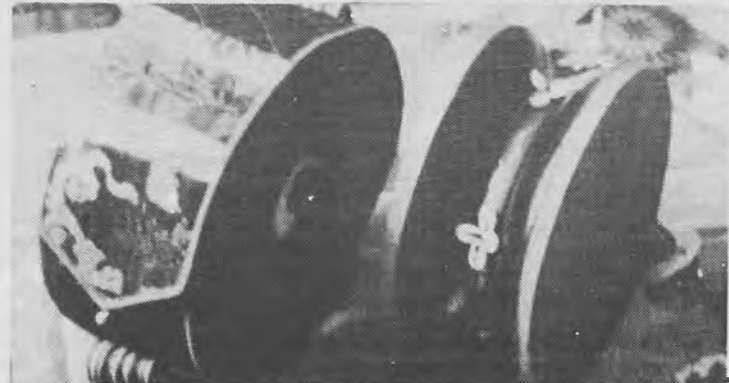
## BELLS & DORJES, Supreme Grade #DABEDO \$200

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



## BHUMPA, #BH \$28

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



SNOW LION SPRING 93 NEWSLETTER & CATALOG

## BRACELETS

We have two new beautiful silver bracelets:



#SIOMBR \$46. This is a silver bracelet with dorjes and snow lions on the ends and gold colored OM MANI PADME HUM letters. 5/8" wide.



#SIDOBR \$30. This bracelet is all silver and has a row of seven dorjes with snow lions on the ends. 3/8" wide.

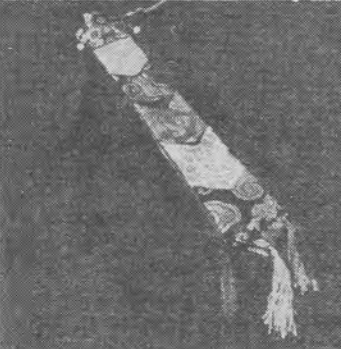


## BUTTER LAMP \$16

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

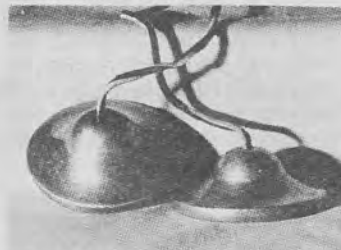


## DAMARUS (wood), #DA \$30



## DAMARU BANNERS #DABA \$20

Beautiful brocade banners in 5 traditional colors.



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

The sound of these bells is psychically cleansing.

## CHOD DRUM, #CHDR \$170

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



## DHARMA DECALS

6" sq. \$3 ea.  
Green Tara #GRTADH  
Vajradhara #VADHDE  
Karmapa #KADHDE  
Chenrezig #CHDHDE  
Amitabha #AMDHDE  
5" circle \$2 ea.  
Stupa #STDHDE  
Wheel of Dharma #WHDHDE  
Triple Gem #TRGEDH

## DOOR MANTRA #HECEDO \$2.50

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



"FREE TIBET" Buttons 2 1/2" Diameter. \$1 White on red.



## GAU, #GA \$36

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



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

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# FREE TIBET!

## BUMPER STICKERS!

"COMMIT RANDOM ACTS OF KINDNESS" #CORAAC \$1.50

Red letters on yellow background.

"I (HEART) TIBET" #HEBUST \$1.50

Blue letters, red heart and yellow background.

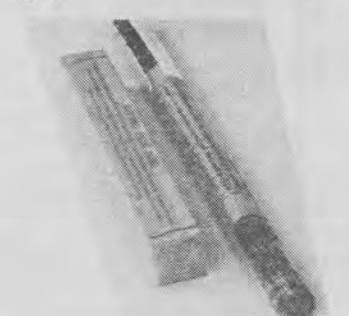
"FREE TIBET" #FRTIBU \$1.50

Help keep Tibet in the public awareness by displaying this "Free Tibet" sticker on your bumper or any prominent place. One size fits all!



## ILLUSTRATED MAP OF TIBET #MATI \$14

This poster was produced in India and shows Tibet as it was before the Chinese invasion and annexing of Eastern Tibet. Contains illustrations of Tibetan dress from the various regions. Measures 22 x 40".



## TRADITIONAL JAPANESE INCENSE

The following incenses are made according to a centuries-old tradition, contain the finest substances and burn with subtle yet aromatic scents. Each bundle contains 35 to 45 sticks depending on their length. Descriptions are given of the mood they evoke.

Haku-Un (White Cloud) #WHCLIN \$9

Use for balance, clarity.

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Calming and contemplative.

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.

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Fortune and abundance.

## INCENSE

"AROMAT" TIBETAN TRADITIONAL INCENSE #ARTIIN \$6

The formula for this incense comes from the Rinchen Terzoe. The ingredients come from the Himalayas and are packaged in a 7" tube.

PURE SANDALWOOD 8" bundle #SAIN \$5

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

TIBETAN INCENSE 16" bundle, #CHTIIN \$5.00

TRADITIONAL TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades. Each box contains approximately 50 eleven-inch sticks:

Highest Grade #BL \$8

Medium Grade #RE \$6

Common Grade #YE \$5

## KATAS

A standard offering scarf.

White #PLOFSC \$8

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Long (8') white silk scarves with auspicious symbols embroidered into them #BROFSC \$25

## SAVE TIBET FROM CHINA!

## SAVE TIBET LICENSE PLATE #LIPL \$9

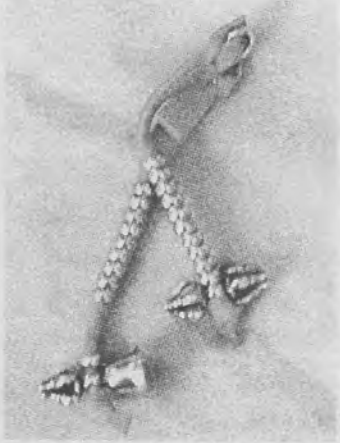
An automobile license plate based on the Tibetan flag that says "Save Tibet From China."



# DHARMA ITEMS

## MALA COUNTERS

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



**Pewter Counters #PECO \$22**  
These look like silver, have red tassels, and the bell has a clapper.



**White Metal Counters #WHMECO \$14**  
Silver Counters #SICO \$60



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**Cobalt Blue Glass Mala**, with clear crystal guru and white onyx counter beads. #CGCM \$30  
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### MORE MALAS

**Antique wood mala #ANWOMA \$12**  
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**Ebony mala #EBMA \$36**  
**Pure Sandlewood #PUSAMA \$36**  
**Wood #WOMA \$16**

**Sandlewood Mala #SAMA \$10**  
This mala has good beads but is not strung so well. The price is worth it for the beads alone. For other hand malas and semi-precious stone malas, please call us for selection and availability.



### MEDITATION CUSHIONS

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

**Zafu** (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #ZAF \$34  
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**INFLATABLE ZAFU! #INCU \$20.50**

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



### BONE MALA \$22

We have small bone malas with counters and head bead. They are brown and strung on a red cord. #BOMA

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

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



### MEDITATION BENCH #MEBEN \$35

Handcrafted of solid oak, this sturdy bench is designed to support your body comfortably for extended periods. 18" wide x 7" deep, top rests at an angle 6-3/4" high at front edge. Beautifully finished with clear matte varnish. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery. Shipped to you directly from the manufacturer.



### SILVER PENDANTS

Fine silver pendants from Nepal. The small ones are 1 1/4" high and are \$12. The large pendants measure 1 3/4" high and are \$30. sm. \$12

**Manjushri #SMMASI**  
**Tara #SMTASI**  
**Padmasambhava #SMPASI**  
**Chenrezig #SMCHSI**  
**Buddha #SMBUSI**  
lg. \$30  
**Padmasambhava #LAPASI**  
**Tara #LATASI**  
**Buddha #LABUSI**

## བོད་ཀྱི་སྐད་

### Tibetan Fonts for the Macintosh

by Pierre Robillard

Package contains manual, disks, keyboard stickers. #PITF \$59.95

- System 7 compatible postscript Type 1 and TrueType fonts
- works with Apple StyleWriter and Personal LaserWriter LS printers
- includes System 7 custom keyboard layouts
- includes English fonts with diacritics for transliterated Sanskrit
- works with word processors, desktop publishing programs, databases etc.
- capable of printing Tibetanized Sanskrit for mantras
- includes desk accessory TibetanSort for creating a sort key for use in databases
- includes WylieEdit for typing in Wylie transliteration for automatic conversion to Tibetan
- includes new "TibetanEdit II" for typing Tibetan fast!
- "MacKeymeleon II" is required if you use System 6.0.x or wish to create your own custom keyboards. Available from Snow Lion for \$120.00

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



### PENDANTS

**White metal Kalachakra Pendant #KAPE \$12**



**Other Silver Pendants:**  
**Double Dorje #SIDODO \$30**  
**Bell & Dorje #SIBEDO \$30**  
**Buddha #SIBUPE \$15**  
**Garuda #SIGAPE \$10**  
**Dorje #SIDOPE \$18**  
**Virocana #SIVIPE \$16**

**Silver Counters #LASICO \$50**  
Large counters on thick red cord with red and yellow tassels.



**BROCADE BAG #BRBA \$6**  
Cotton bag with shoulder cord. Outside has beautiful silver threaded brocade. Measures 8" high by 6" wide and has two compartments, one with zipper.

### COTTON MONEY POUCH #CHPO \$3

Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures 5" wide by 4" high.

### OFFERING BOWLS (set of 7) Copper #COOFBO \$38

White Metal #WHMEOF \$32

### OFFERING BOWLS #SIOFBO \$33 set of 7

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





# DHARMA ITEMS



**DHARMA PINS** \$5 ea.  
Karmapa Dream Flag #KADRPI  
Wheel of Dharma #WHDHPI  
Eternal Knot #ETKNPI



**PECHA COVERS** \$15  
Two sizes of traditional book covers in red cloth with yellow square and cord. Each costs \$15.  
22" sq. #PEWR  
30" sq. #PEWRL



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

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

**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.

## PURBAS

Tantric daggers made of iron.  
9" #9PU \$30  
5" #5PU \$12

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

Adjustable with dorje on each end.



**TIBETAN PICTURE FRAME** #TIPIF \$15  
Gao-shaped frame holds 2 1/2 x 3" photo. Cast metal relief with Buddhist design. Made by Tibetans in India.



**SILK SCARF**, 39" Square, \$50  
Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India.  
#SISCT Tiger



**STUPA** 9" #ST \$98

This 9" stupa is a replica of an enlightenment stupa, a traditional monument representing the mind of the Buddha. A stupa is one of the items that appears on a Buddhist altar along with a statue of the Buddha and a dharma book. It is white with gold top and contains many mantras for peace. This stupa is very well made and beautiful.



**SINGING BOWLS** #SIBO \$195  
10 to 11" in diameter, these singing bowls produce a marvelous sound when struck or rubbed on the rim with the striker. Ideal for meditation practice.



**TARA BANNER** #TABO \$20  
This vertical banner is 6' feet long and has attachments for a pole. It has green prayer flags of Tara.



**TIBETAN BELT POUCHES AND SHOULDER BAGS** \$35 ea.

Made of leather with metal ornaments these pouches and bag are attractive as well as useful. There are four designs:

- #LEPUC Half-Moon Belt Pouch, 2 x 4"
- #LEPUHB Rectangular Pouch with belt, 4.5 x 8"
- #LEPUHS Rectangular Pouch with shoulder strap, 4.5 x 8"
- #LEPUV Square Pouch with shoulder strap or belt attachment, 4.5 x 6"

## 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:

- Green Tara 8" \$295
- 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
- Vajradhara 5" \$200
- Vajrasattva 6" \$158
- Vajrasattva 6" \$165
- Yamaraja 6" \$120



Vajradhara 5" \$200



Padmasambhava 9" \$395



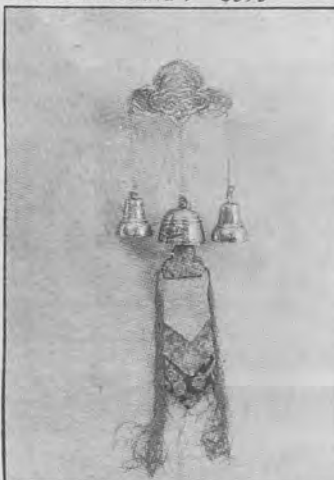
Green Tara 8" \$295



Karmapa 8" \$375



Shakyamuni Buddha 4" \$85



**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.

**OTHER DHARMA ITEMS AVAILABLE ON REQUEST**  
Call or write to us for information.



#WIHOPR

## 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

**Lungta, the Wind Horse**, 18 x 22", purple #WIHOPR

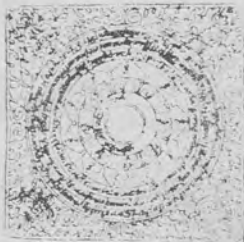
**Mantra of Amitabha**, 18 x 18", burnt red #AMMAPR

**Om Mani Padme Hum**, 18 x 18", Carmine #OMPRFL

**Tibetan Om**, 18 x 18", Carmine #LFTOM

**Vast Luck**, 20 x 20", peacock blue #VALUPR

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



#LAHEPR



#VALUPR



#BUPRFL



#LFTOM



#AMMAPR



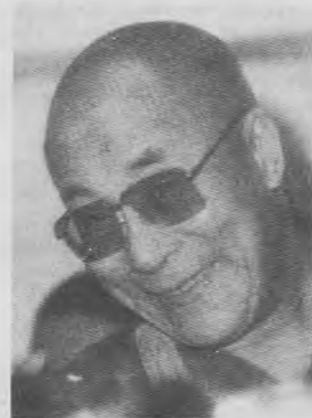
#OMPRFL

## 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.



# DHARMA ITEMS



## TIBETAN FREEDOM BANDS

In Tibet where there is no freedom of expression, where the singing of the national anthem is prohibited and the national flag is banned, the means of communicating resistance and solidarity must go underground. The Rangzen band, now worn by thousands in Tibet and in the Tibetan community in exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. They are black & white and black & red and are worn like friendship bands.

Black & White #BLWHFR \$4  
Black & Red #REBLFR \$4



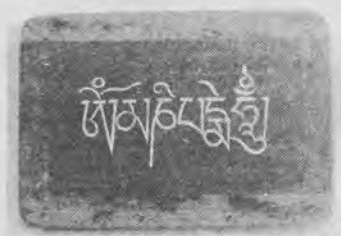
## KALACHAKRA DESIGN T-SHIRTS \$14, #KATESH

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



## 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.



## MANI PLAQUE 6 x 9" #MAPL \$50

Beautiful wooden plaque with Tibetan calligraphy of "Om Mani Padme Hum" by Ven. Bhakha Tulku Rinpoche. The script is made of maple and inlaid into a hardwood veneer background made of padauk or similar wood. The frame is one-inch hardwood and plaque is finished with non-toxic oil and wax.



## DZAMBALA TSA-TSAS

These light sand colored images are 2 1/2" high and 2" wide for \$11.50 ea. They stand up.

Shakyamuni Buddha #DZSHBO  
Padmasambhava #DZPAT5  
Chenrezig #DZCHTS

## TIBETAN NATIONAL FLAG #TIFL \$50

This is a beautiful cotton flag that has been sewn and embroidered—not printed. Best used for indoor display. Measures 3 x 4 1/2".

## 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:

Amitabha \$280  
Begtse \$350  
Buddha \$350  
Guru Dragpo \$300  
Kalachakra \$350  
Mahakala (2-Arm) \$475  
Padmasambhava (seated) \$320  
Padmasambhava (w/deities) \$320  
Padmasambhava (standing) \$350  
Padmasambhava (large) \$750  
Singhamukha \$320  
Singhamukha (single) \$290  
Vajradhara \$400  
Vajrakilaya \$400, now \$350  
Vajrayogini \$400



Padmasambhava (standing) \$350



Singhamukha (single) \$290



Mahakala (2-Arm) \$475

These two Buddha tsa-tsas are 3" high, stand up and are \$13.50 ea. Buddha (sand colored) #IVBU Buddha (mahogany colored) #MABUD



## TIBETAN NATIONAL FLAG #TIFL2 \$25

This is a printed flag on cotton-poly with grommets for hanging. It measures 3 x 4 1/2".



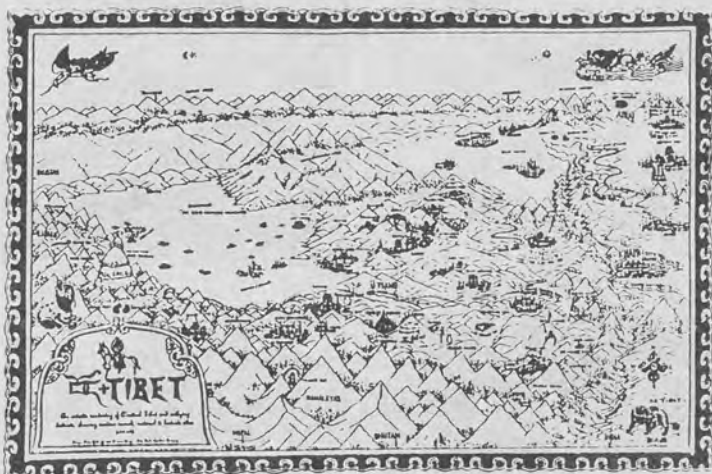
## TIBETAN CALENDAR 4.25 x 5.5" #TICA \$6

This is a daily calendar with special ritual days marked. Also gives auspicious days for starting activities.



## TIBETAN TILDENS, 11 x 19" #TIL \$25

This is a brocade cover for prayer tables to enhance the sacred space and provide a base for sadhana or other texts. It has a brocaded red border with blue interior.



## TIBET PLACE MAP, by Peter Gold, 16 x 23" #TIPLMA \$5

A charming and intriguing artist's rendering of Central Tibet and outlying areas drawn by a Tibetan

in traditional Tibetan style. It shows many important sacred, historic and geographic sites. *Altar of the Earth* (also by Peter) describes many of the places depicted here (see Sale section).



## 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.



## SPECIAL ITEMS

## SNOW LION TIBET CARDS

IMAGES OF  
TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself. Cards measure 4 1/4" x 6" and are only 60 cents each.



- CUCA1 Statue
- 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



CUCA50



CUCA68



CUCA19



CUCA27

- 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
- CUCA53 Maitreya Statue
- CUCA54 Woman with Headdress
- CUCA55 Lamayuru Monastery
- CUCA56 Woman Chanting
- CUCA57 Monk in Meditation
- CUCA59 Horseman
- CUCA61 Nomadic Tent
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof
- CUCA68 Chorten Detail
- CUCA69 Golden Buddha

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

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 on sale for only 25 cents each.

## IMAGES OF LOST TIBET

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

## FACES OF TIBET

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



CUCA69



FATI53



IMT11



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.

## ON SALE!

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

**POTALA PALACE, #POPAPO \$9, now \$4**

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

**JOWO SHAKYAMUNI BUDDHA STATUE, #SHBUST \$9, now \$4**

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 DEITY POSTER 19 x 27" #GAKADE \$8**  
This is the finest poster of Kalachakra and Consort.

**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.



Yeshe Tsogyal #BEYEP

**KALACHAKRA EMPLEM PRINT, 8 x 10" full-color #KAEMPR \$7 (was \$12).**

**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.

**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" #WIMEBU \$6**

A fine print of the Healing Buddha by Robert Beer.

**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.

## ART PRINTS

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

Gold on Black, 12 x 15" \$8 ea.

Guhyasamaja #BEGUPO

Vajrapani #BEVAPO

Six-Armed Mahakala #BESAR

Vajrakila #BEVASI

Gold on Black, 18 x 23" \$14 ea.

Kalachakra #BEKAPO

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

Milarepa #BEMIPO

Yeshe Tsogyal #BEYEP

Red on Gold, 12 x 15" \$8 ea.

Green Tara #BEGTPR

Nagarjuna #BENAPO

Padmasambhava #BEPAPO

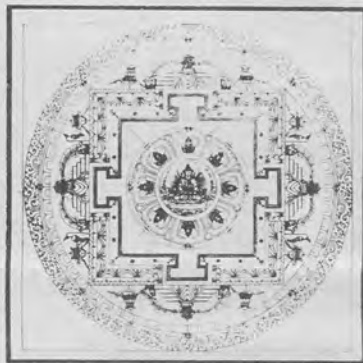
White Tara #BEWHTA

Gold on Red, 12 x 16" \$8 ea.

Sakyamuni Buddha #BESBPR

Green on Gold, 19 x 23" \$14 ea.

Large Green Tara #BELAGR



#MAPRI

MEDICINE  
BUDDHA

## NEW!

**KALU RINPOCHE, 5 x 7" #KARI \$10**

This is a beautiful photo of the new incarnation of Kalu Rinpoche.





# SPECIAL ITEMS

## WISDOM ART THANGKA CARDS \$3 for the set or .75 ea.

These are great color images.

- WDC10 Blessing of Medicine  
WDC13 Nine Deity Hevajra  
WDC14 Amoghapaśha Mandala  
WDC15 Buddha Shakyamuni

## MANTRA CARDS \$.80 ea.

Andy Weber has created these cards to aid in mantra visualization.

- #BEMBMA Medicine Buddha  
#BEGRTA Green Tara  
#BEAVMA Avalokitesvara  
#WEAMMA Amitayus  
#BEMAMA Manjushri  
#BESHCA Sakyamuni

## REHO CARDS \$.80 ea.

Excellent images from thangkās, Dalai Lama, India and photos from Tibet!

- #REHHCA H.H. the Dalai Lama  
#REGECA Gelugpa Assembly Tree  
#REWHCA Wheel of Life  
#RELOCA Lotus Pool-Bodh Gaya  
#REROCA Rock Paintings-Lhasa  
#REPACA Padmasambhava-in Jokhang  
#REMACA Maitreya-in Potala  
#REPOCA Potala Palace

## ROBERT BEER GREETING CARDS \$1.25 ea. with envelope.

Fine line drawings of deities and lineage gurus:

- #BEGADO Garab Dorje  
#BEMANO Marpa  
#BEMINO Milarepa  
#BEPANO Padmasambhava  
#BESHBU Sakyamuni Buddha  
#BESAGR Samantabhadra  
#BESHGR Shantideva  
#BETSKH Tsongkhapa  
#BEVANO Vajradhara  
#BEYETS Yeshe Tsogyal



#BEVANO Vajradhara



#BEGADO Garab Dorje



#BEMANO Marpa



#BEGRTA Green Tara



#BENACA Naropa

## 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.



#BEMINO Milarepa



#BEPANO Padmasambhava



#BESAGR Samantabhadra

## ROBERT BEER POSTCARDS \$.80 ea.

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

- #BEKAMA Kalachakra Mantra  
#BEMEBU Medicine Buddha  
#BENGCA Nagarjuna  
#BENACA Naropa  
#BESHCA Shantideva  
#BETICA Tilopa  
#BEFAVA Face of Vajrasattva



#BETICA Tilopa



#BENGCA Nagarjuna



#BEKAMA Kalachakra Mantra

## 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  
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



GAC126

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

## KALACHAKRA EMBLEM NOTECARDS \$12 for 10 cards plus envelopes. #KAEMNO

These are full-color cards of the Kalachakra mantra.

## KALACHAKRA SAND MANDALA POSTCARD, #KASAC \$1.75

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



## 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 \$1.75

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.



## POMEGRANATE NOTECARDS \$1.25 ea. with envelope

- BUEYNO Buddha Eyes  
PRFLNO Prayer Flags

## 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 Vaishnavana  
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





## 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) #INSCCO \$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.

**TRANSFORMATIONS OF CONSCIOUSNESS**, with the Dalai Lama, (6) #TRCOT \$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.

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## GREAT NEW TAPES!

The following five tape sets (each has three tapes) were recorded at the NYC Kalachakra. Each set is a three hour talk by lamas who are the recognized heads of their lineages or who were selected to represent their lineage. We are pleased to be able to offer you these excellent talks.

**Bon Tradition: NATURE OF MIND**, by Ven. Lopon Tenzin Namdhak Rinpoche, trans. Matthew Kapstein, (3) #BONAMI \$30  
**Nyingma Tradition: DZOGCHEN**, by Ven. Tulshik Rinpoche, trans. Sogyal Rinpoche, (3) #NYDZ \$30

**Kagyü Tradition: MAHAMUDRA**, by Ven. Tenga Rinpoche, (3) #KAMA \$30  
**Sakya Tradition: INSEPARABILITY OF SAMSAARA & NIR**

**VANA**, Kyabje Sakya Trizin Rinpoche, (3) #SAINSA \$30

**Gelug Tradition: UNION OF BLISS AND EMPTINESS**, Ven. Lati Rinpoche, trans. Tenzin Dorje, (3) #GEUN \$30

**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) #PSSE \$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) #PEMA \$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.

**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.

## NEW!

Also by Sogyal Rinpoche: **Living Up to Death**, #LIDE \$10

A comprehensive view of spiritual care for living and dying, touching upon impermanence, the nature of mind, meditation and care for the dying.

**Spiritual Care for Living and Dying**, #SPCA \$10

An extraordinary weekend seminar providing an in-depth exploration of the most important themes of Sogyal's *Tibetan Book of Living and Dying*.

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**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*.

## JEFFREY HOPKINS

**APPROACHING THE TANTRAS** (3) #APTA \$21

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

**DEATH & DYING** (4) #DEDT \$28

Discussion of the stages of death, intermediate state and rebirth.

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**LIFE OF TIBETAN AND CHRISTIAN NUNS**, Bhikshuni Thubten Chodron and Sister Donald Concoran, O.S.B., 1 1/2 hrs. #LINU \$10

This is a candid account by two Americans who became nuns in two very different traditions. They

## BOOKS ON TAPE

## NEW!

**JATAKA TALES**, by Noor Inayat Khan, read by Ellen Burstyn, music by Allaudin Mathieu. #JATAT \$10.95

These tales come from ancient legends about the previous lives of the Buddha. They are dramatic adventures resolved by non-violent and compassionate means. The stories present challenging circumstances which bring forth courage and the capacity to love. Eighteen stories are included.

**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 introduces 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

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.

**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."

**JETSUNMA 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.

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## 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.

*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."

**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.

**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

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

**COMPLETE MEDITATION INSTRUCTIONS** (1) #COMIEIN \$12

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

**DESIRE**, (1) #DET \$10

Looking at what happens when our mind gets lost in the enchanted forest of desire.

**FEAR**, (1) #FE \$10

Recognizing the depth of conditioned fears that keep us closed to our clearest realizations of our mind and body.

**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.

**OBSTACLES TO CONCENTRATION I**, (1) #OBCO1 \$10

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

**OBSTACLES TO CONCENTRATION II**, (1) #OBCO2 \$10

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

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

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

**VIPASSANA JHANAS** (1) #VIJH \$10

An in-depth look at the deeper levels of practice when one explores impermanence, suffering and selflessness with one-pointed concentration.



# TAPES/MUSIC & CHANTS

## AUDIO TAPES

**Jack Kornfield**  
**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.

**INTRODUCTION TO MEDITATION**, (8) #INME \$80

This series of eight cassettes is like attending a meditation class for five weeks. Jack Kornfield teaches meditation in the context of the eightfold path of the Buddha leading to enlightenment: right understanding, attitude, speech, action, livelihood, effort, concentration, awareness.

**INTRODUCTORY MEDITATION INSTRUCTIONS** (1)  
 #INMEIN \$12

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

**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.

**TEN PERFECTIONS SERIES**, (10) #TEPE \$100

Ten talks on ten cassettes, this series on the perfections of Buddha and how these can be awakened in our hearts and developed in our lives is complete with stories, examples and practical teachings. Generosity, integrity & virtue, renunciation, wisdom, vitality & energy, patience, truthfulness, determination, lovingkindness, balance & equanimity.

**Christina Feldman**

**IMAGES OF PERFECTION**, (1)  
 #IMPE \$10

Reversing the damage done by the haunting images of perfection that surround us inwardly and outwardly.

**THE LANGUAGE OF SILENCE**, (1) #LASI \$10

Revealing the full presence of all that silence offers.

**MODELS**, (1) #MO \$10  
 Examining how standards of expectation begin as guidelines for reassurance and end up as obstacles to true understanding.

**SHADOWS & LIGHT**, (1)  
 #SHLI \$10

Realizing the true nature of spirituality; a gentle, determined commitment to all that is true.

**SPIRITUALITY AND RELATIONSHIPS & AVOIDANCE** (1)  
 #SPRE \$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.

**John Orr**

**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.

**SAMADHI; A Guardian of the Heart** (2) #SAGUHE \$18



KARMA KAGYU INSTITUTE



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

**Sharon Salzberg**

**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.

**Ajahn Sumedho**

**PRACTICE OF INNER LISTENING** (1) #PRINLI \$10

Learning to listen to the inner sound of silence as a way to quiet and center the mind.

**U Pandita**

**NEW!**

**NOT THINKING** (1) #NOTH \$10

Controlling the restless mind through the practice of Satipatthana.

**ON SALE!**

**SANGHARAKSHITA LECTURES ON BUDDHISM**

Single tape lectures were \$7, now \$3.50; double tape sets were \$10, now \$5

#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)

#107 Symbolism of the Cremation Ground and Celestial Maidens

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

## TIBETAN FOLK MUSIC

**HEART DANCE, RIVER FLOW...**, Cassette #HEDARI \$10

Anthology of Tibetan folk music. The rarely heard music and dance of nomadic mountain folk as well as the delicate sound of old traditional instrumental ensembles of Lhasa and central Tibet.

## TIBETAN CHANTS

**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, CD #GYMOC \$16.95

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 EARTH**, by the monks of Gaden Shartse Monastery.

#SAECT \$9.95 Cassette, #SAECC \$17 CD

Chod; Spontaneously Arising Great Bliss; Self-Empowerment; Dedicating and Receiving; A Hundred Different Names (Palden Lhamo); Salutation/Hymn.

## MUSIC & CHANTS

**SACRED HEALING CHANTS OF TIBET**, by the monks of Gaden Shartse Monastery. #SAHECT \$9.95 Cassette, #SAHECC \$16.95 CD

"Listening to this musical program confers healing benefits on the listener. The compositions are sacred. They are significant parts of lengthy, colorful, elaborate healing ceremonies which attempt to magically open up consciousness."—Lobsang Rapgay.

**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.*

**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 Nunnery, Tilokpur. #SOMI \$10 cassette

Songs by the great master sung by the nuns of Tilokpur.

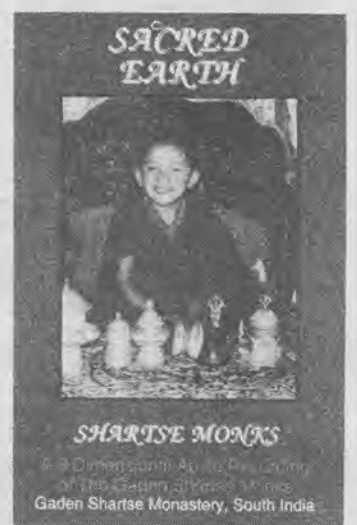
**TANTRIC HARMONICS**, by monks of the Gyume Tantric College. Cassette #TAHA \$10.00

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.

**Other Tapes:**

**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.*



**ON SALE!**

**MEDITATION FOR TWENTIETH-CENTURY PILGRIMS**, by Eric Karlstrom. 1 hour. #MEPI \$12, now \$6!

"We are all pilgrims." 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.

**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/SALE

## VIDEO DHARMA

COMPASSION IN EXILE  
THE STORY OF THE 14TH DALAI LAMACOMPASSION IN EXILE  
THE STORY OF THE 14TH DALAI LAMA

A Film by Mickey Lemle

These films are available in VHS format only.

**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. #DAWIVI \$45

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respo-ken 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.

**A GUIDE TO WALKING MEDITATION**, by Thich Nhat Hanh. 30 min. #GUWAMV \$35 Thich Nhat Hanh instructs a group of students in the joys of this simple practice. His underlying theme: Be happy, peaceful, and serene. On this video you can see and feel the power that emanates from the deep experience of a man who truly lives his teaching.

**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. #LIREDV \$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 respo-ken 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!

**LIVING UP TO DEATH**, by Sogyal Rinpoche. 90 min. #LIDEV \$29.95

In this evening talk Rinpoche gives a comprehensive introduction to spiritual care for living and dying. He shows us how we can find the true meaning of life through understanding death and impermanence and explores the innermost essential nature of mind, pointing out how it is revealed through meditation practice. He also gives practical advice on caring for the dying.

BACK!

**LORD OF THE DANCE, DESTROYER OF ILLUSION**, dir. by Richard Kohn. 113 min. #LODA \$49.95

The Lord of the Dance is Garwang Tojay Chenpo, a form of Chenrezi, and the Mani Rimdu is the major religious festival of the Everest region. During three weeks of ancient and secret



ceremonies, the monks of Thubten Choling and Chiwong become Lord of the Dance, and with the compassion and the power of gods, undertake heroic tasks. This is a deep meditative experience to watch.

**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, #ROMEVE \$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: Life and Teachings of H.H. the Fourteenth Dalai Lama**. 35 min. #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 ex-

Exploring  
THE  
MandalaPema Losang Chogyen  
of Namgyal Monastery  
and the Program of Computer Graphics  
Cornell University

traordinarily 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.

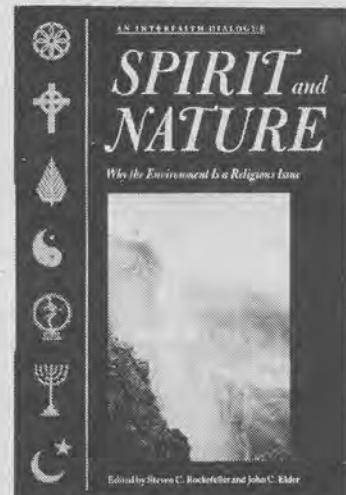
ON SALE!

**REQUIEM FOR A FAITH**, by Houston Smith. 28 minutes. #REFAVI \$89, now \$40

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.



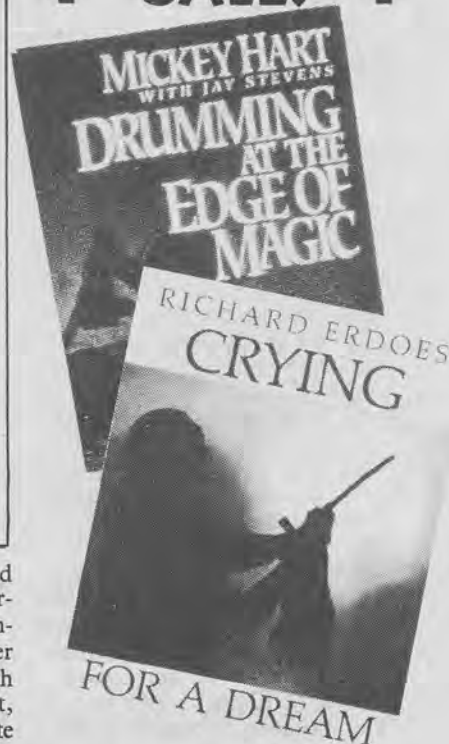
**SPIRIT AND NATURE**, Bill Moyers. 1 1/2 hrs. #SPNAVI \$29.95

Moyers examines religious and ethical beliefs as they pertain to the environment. He interviews the Dalai Lama, Audrey Shenandoah and other spiritual teachers.

**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 startling 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!



**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 \$12

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*

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

*Prayer Flags* includes a succinct and clear discussion of the tantric path of Mahamudra, as well as texts on transforming conflicting emotions, sickness and death into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i Chokyi Drolma.



# ADVENTURE & TRAVEL

## NEW!

**INSIGHT GUIDES TO NORTHERN INDIA & NEPAL!** We are pleased to offer you these well-written and very well-illustrated guidebooks to India and Nepal. The writers and photographers are indigenous and are thus able to present the inside view of their particular places. Generously illustrated with hundreds of photos, art and maps, these books are very inviting to explore. We weren't sure whether to list them under travel or photography!

"I've discovered and enjoyed the entire Insight Guide Series. Each volume deals with a country or city in sensitive depth, which is nowhere more evident than in the superb photography."—Sir Edmund Hillary

**Delhi-Jaipur-Agra: India's Golden Triangle**, ed. by Manjulika Dubey, photos by David Beatty and Shalini Saran. 292 pp., many photos, #DEJAAG \$19.95

The "Golden Triangle" is the quintessential Indian experience—from Delhi, the capital city with its overlays of monuments and modern buildings to the Jaipur of the Maharajas, and the Agra of the legendary Mughals. This guide explores the entire region of the Golden Triangle.

**India**, by Jay Itzkowitz, Samuel Israel, Bikram Grewal, Toby Sinclair and Lisa Choegyal. 361 pp., many photos, #IN \$19.95

A superbly qualified team of talented Indian and foreign writers and photographers have contributed to this book, providing a uniquely indigenous perspective. This guide captures the complex unity of this most diverse and beautiful land.

**India's Western Himalaya**, by Manjulika Dubey and Toby Sinclair, photos by R.K. Gaur, Toby Sinclair, Joanna van Gruisen. 352 pp., many photos, #INWEHI \$19.95

This guide explores Jammu & Kashmir and Himachal Pradesh—a pristine world of cool, forested hills and high, cold deserts towering peaks and rushing rivers. Scattered across this terrain is a diversity of peoples, from the rugged Hindu villagers of the Lesser Himalaya to the shepherd tribal communities, and from the hardy Buddhist folk of the windswept rainshadow to the sophisticated Muslims of the lush Srinagar Valley.

**Nepal**, by Lisa Choegyal and others. 369 pp., many photos, #NE \$19.95

This profoundly spiritual land stretches from the pinnacle of Mount Everest to the Terai lowlands, encompassing a unique cross-section of human cultures and natural habitats. Nepal has been designed to assist climbers, art-lovers and armchair travelers alike. As with other volumes in this series, the writers and photographers are citizens and residents. In these pages, the heart and soul of Nepal is revealed as never before.

## 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 culture, fascinating to adventurers and arm-chair travelers alike.

Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places, events and ways of life.

"...humorous and insightful, as well as poetic...a readable in-

roduction to Tibetan civilization."—*Tibet Journal*

**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.

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

This story of two couples' travels through the Himalaya by bike, foot, truck—any means necessary—has been praised by critics across the country. Their 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.

**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.

**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, liter-

ature, 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*

**SANCTUARIES: The West Coast and Southwest**, by Marcia and Jack Kelly. 220 pp. #SAW \$15

Over 200 religious and non-sectarian retreat centers, lodgings and monasteries are described in this guide. "Sanctuaries is a clear and pragmatic guide to many of these wonderful places of stillness."—Joseph Goldstein

**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

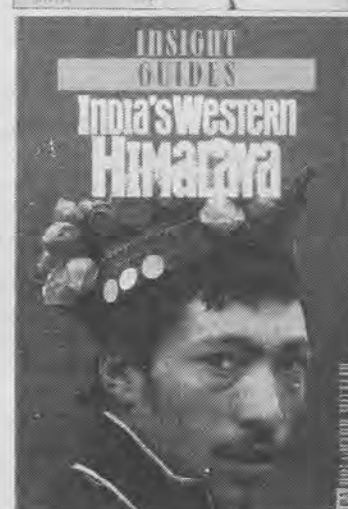
In his quest for the perfect Buddha statue, Greenwald takes us on a wild romp across the Himalayan mountaintops and through the back alley bazaars of exotic Kathmandu, uncovering political corruption in the highest of these high places and seeking his identity in a land that may be losing its own. It is honest and hilarious, full of exotic moments.

**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!

**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*

## MAPS

**NEPAL HIKING MAPS**  
Helambu-Langtang #MANEHE \$11.95

Kathmandu Valley #MANEKA \$11.95

Khumbu Himal #MANEKH \$11.95

**OTHER MAPS**  
North India #MANOIN \$7.95  
Nepal #MANE \$7.95  
South-Central Tibet #MASOCE \$8.95

"...provides excellent reading for anyone contemplating a visit to Central Tibet. It helps travelers to put what they see in a historical and cultural context so that they can understand it better and appreciate how much of profound value has been lost in Tibet. Not a dry academic exercise, the book combines in lively fashion vivid travel writing with a solid grounding in rigorous scholarship."—Edwin Bernbaum

**TREKKING 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.



## ART &amp; PHOTOGRAPHY



**ART OF TIBET**, by Pratapaditya Pal. 343 pp., large format, 277 illustrations including 56 full color. #ARTIC \$60 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 Lishong. 358 pp., 13" x 10 1/2", 665 color photos, #BUARTI \$100 cloth

Published by China Books, this collection captures some of the most beautiful art to be found at the Buddhist monasteries in Tibet. Divided into sections covering architecture, sculpture, painting, relics and monastic activities. The text is written from the Chinese viewpoint of Tibet.

**BUDDHIST ICONOGRAPHY**, by Tibet House. 247 pp. plus 73 plates, #BUIC \$18.95.

Buddhist iconography holds an unique position in the spiritual and cultural life and tradition of the Tibetan people. Its study is one of the best ways of understanding Buddhism. Tibet House of New Delhi published this comprehensive survey of the history, significance, philosophy, symbolism, variety and impact of Buddhist iconography.

**CRAFTS OF KASHMIR, JAMMU & LADAKH**, by Jaya Jaitly & Kamal Sahai. 228 pp., 170 full-color photos, 10 x 10" #CRKAJA \$55 cloth

Crafts introduces us to the almost unbelievable creativity of this region's people. In this sophisticated and splendidly illustrated book, scholars and artists with an intimate knowledge of the area write about the lives of Buddhist, Hindu and Muslim craftspeople, their methods of production and the historical context of their designs.

**ON SALE!**

**EARLY TEMPLES OF CENTRAL TIBET**, by Roberto Vuali. 208 pp., 85 color plates, 25 b&w photos, large format #EATICE \$65 cloth, now \$35!

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.

**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 captions for the photos and also six essays about world peace, the environment, the meaning of pilgrimage and on his early life in Tibet.

**NOMADS OF WESTERN TIBET: The Survival of a Way of Life**. 192 pp., 190 color photos, #NOWETI \$17.95 paper

For 16 months between 1986-88, Melvyn Goldstein and Cynthia Beall lived and studied in a community of roughly 300 western Tibetan nomads. This copiously illustrated book is an intimate and fascinating account of these remarkable people, of their tradition and struggle for cultural survival.

**NEW!**

**PEOPLE WITHIN A LANDSCAPE: Images of Nepal**, by Bert Willson & Shirley Bourke. 128 pp., 200 color photos, #PEWILA \$29.95

The Himalayan presence pervades the culture of Nepal lifting everything mundane into the presence of the gods. Two hundred rich color images follow the terrain and the people from the jungle of the Terai to the mountainous heights. A major part of the proceeds from this book are used to assist families of Sherpas who have been killed or injured while climbing or trekking.

**A PORTRAIT OF LOST TIBET**, by Rosemary Jones Tung. Photographs by Ilya Tolstoy [Brooke Dolan. 224 pp. #POLOTI \$15.95

*A Portrait of Lost Tibet* is alive with fascinating details painted by two obviously curious, scientifically-minded, observant explorers... the pictures here are grand."—*The Fessenden Review*

Tibetan culture, just before its extensive destruction during the Chinese occupation, is evoked in these 131 rare and handsome photographs. *A Portrait of Lost Tibet* gives an unforgettable glimpse into this exotic land, as recorded by Brooke Dolan and Ilya Tolstoy (grandson of the writer), as they traveled through the country in 1942 on a diplomatic mission for the Allies. Their ten-month trek produced thousands of photographs that represent the best pictorial study of Tibetan civilization in existence.

"...the houses, nomads, monks and monasteries, religious ceremonies and mountains of the high plateau offer a poignant glimpse of what once was."—*The Washington Times*

"This may be the finest pictorial representation to date of Tibetan culture and customs."—*Religious Humanism*

**THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas**, by Russell Johnson & Kerry Moran. 128 pp., 116 color plates, 8 3/4 x 10 1/2", #SAMOTI \$24.95 paper

Spectacular photography and vivid narrative provide a journey through the stunning Himalayan scenery to the majesty of Kailas, Asia's most sacred mountain. This sublime, snow-clad pyramid of rock has been visited by pilgrims for more than a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape and reveal the vitality and determination of the pilgrims. Moran describes their path in which every step has its own legend and every feature of the landscape its own divinity.

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

Tibetan rugs are significant not only for their rarity but also for the unique role they performed as objects of both the sacred and the secular realms. They were used in temples, in homes of rich and poor alike, and on horseback. The rugs are notable for their supreme, lively sense of rhythm and color. This book contains rugs from the first major exhibition devoted ex-

clusively to Tibetan rugs which took place at the Textile Museum in Wash., DC.

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

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

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

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

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

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

**TIBET 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 (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.

**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 con-

structed 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. #MATIC3 \$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, applique 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."

**ON SALE!**

**THE TIGER RUGS OF TIBET**, ed. by Mimi Lipton. 191 pp., large format, 108 color plates and 50 illustrations, #TIRUTI \$50, now \$30!

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.

**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.

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

**ALSO IN PAPER!**

**WISDOM AND COMPASSION: The Sacred Art of Tibet**, by Marilyn Rhee & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12", #WICO \$65. cloth, #WICOP \$40 paperback

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

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

**THE WORLD OF BUDDHISM**, ed. by Heinz Bechert & Richard Gombrich. 308 pp., 8 1/2 x 11", 297 illus., 82 in color, #WOBU \$29.95

The result of years of painstaking and imaginative research and preparation, this volume presents in a vivid and authoritative manner the whole of Buddhism's influence on Asiatic civilization. Richly illustrated, this remarkable survey presents Buddhist doctrine and traces the development of Buddhism over the last 2500 years.



## OTHER TRADITIONS/LANGUAGE

## 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 itself, is presented here by Mother Meera, one of several incarnations of the Divine Mother alive today. Working harmonically with any other way to the Divine, this path is one in which the Light itself works to effect the transformation and to change us, gently and protectively, from within. Mother Meera is the teacher described in the best-selling *Hidden Journey* by Andrew Harvey.

**THE ASIAN JOURNAL OF THOMAS MERTON**. 445 pp., many photos #ASJOTH \$11.95  
Merton's trip to Asia in 1968 is a remarkable account by a Christian contemplative of spiritual life in the East. He met many prominent people during his visit—The Dalai Lama, Kalu Rinpoche, Nyanaponika 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*

## NEW!

**BELONGING TO THE UNIVERSE: Explorations on the Frontiers of Science & Spirituality**, by Frijof Capra & David Steindl-Rast. 217 pp. #BEUN \$10  
This is a shining example of the new paradigm thinking—an entertaining book that make science and theology come alive.

"With the excitement of seekers after a greater truth, they probe the process of life and the spirit to find the striking interconnectedness of all reality. I recommend this book for both the beginner and the advanced in the fields of theology and science."—Matthew Fox

**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.

**DAUGHTER OF FIRE: A Diary of a Spiritual Training with a Sufi Master**, by Irina Tweedie. 822 pp. #DAFI \$19.95

Little did Irina Tweedie know that her trip to India in 1959, at the age of fifty-two, would mysteriously lead her to a Sufi master, and set her upon a journey to the "heart of hearts," the Sufi path of realization. Bhai Sahib's first request of her was to keep a complete diary of her spiritual training—everything, all the difficult parts, even all the doubts. He predicted that one day it would become a book and would benefit people around the world. This diary spans five years, making up an amazing record of spiritual transformation—the agonies, the resistance, the long and frightening bouts with the purifying fires of Kundalini, the perseverance, the movements towards surrender, the longing, and finally the all-consuming love.

## ON SALE!

**GANDHI AND THE H-BOMB: How Nonviolence Can Take the Place of War**, by A.J. Muste. 20 pp. #GAHBO \$1

Based on the thought of Gandhi, this is a fine presentation of the rationale behind a nonviolent approach to solving international problems.

**HIDDEN JOURNEY: A Spiritual Awakening**, by Andrew Harvey. 256 pp. #HIJO \$10

From the author of *Journey in Ladakh*, in the tradition of the great classics on the subject, comes a long-awaited account of a spiritual transformation by one of the most gifted and respected young writers. *Hidden Journey* is Andrew's story of personal mystical transformation in the hands of skillful and very powerful teachers.

"There is no other account of such a journey and such a vision. It is the extraordinary coming close to the divine, actually spoken about and offered to our thoughts."—Iris Murdoch

Harvey directly and convincingly describes his visions and spiritual experiences, which are in the tradition of Eastern mystics such as Aurobindo and Western mystics such as Juliana of Norwich and John of the Cross."—*Publishers Weekly*

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

The approaches of Jung and the teachings of Tibetan Buddhism have often been compared. Here, Radmila Moacanin, a student of Buddhism and a Jungian therapist, explores the similarities and differences with simplicity and straightforwardness. She examines archetypes, collective unconscious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.

**LOOKING INTO MIND**, by Anthony Damiani. 282 pp. #LOMI \$14.95

This is an invitation to discover and explore one's own basic mind from two standpoints. From the practical side, it shows how to use meditation as a means to experience the mind directly, free of any images. From the side of reason, its compelling, readily accessible analysis of the nature of everyday experience shows that the world and the I are thought into existence by the same creative mind. Anthony Damiani presents this combined approach as the most direct way to intimate knowledge of one's own basic mind, the surest route to reliable spiritual independence.

**LOVE'S FIRE: Recreations of Rumi**, by Andrew Harvey. 118 pp. #LOFI \$8.95

The incandescence and penetration of the poems of Rumi, greatest of the Sufi poet-mystics, are well-known to the enthusiastic and rapidly growing ranks of his readers. These superb translations, or "recreations," most in English for the first time, deal with universal issues of love, despair, and ultimate union with the Divine—the entire cycle common to all the world's mystical traditions. From the author of *A Journey in Ladakh*.

**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

**RELIGIOUS TRADITIONS OF THE WORLD**, ed. by H. Byron Earhart. 1205 pp., many illustrations, #RETRWO \$39 cloth

The most up-to-date resource for the study of religions—the ten volumes of the outstanding *Religious Traditions of the World* series now combined into one volume. Exploring the richness and variety of

religions from around the world, the individual studies in this acclaimed series have been written by leading experts and carefully revised for this combined edition. Included are: Africa, N. America, Mesoamerica, Judaism, Christianity, Islam, Hinduism, Buddhism, China, and Japan.

**STANDING IN YOUR OWN WAY: Talks on the Nature of Ego**, by Anthony Damiani. 272 pp. #STWA \$15.95

"Anthony Damiani is a truly great man...one of my closest spiritual brothers."—The Dalai Lama

What is this "ego" that some tell us to assert, others tell us to deny, and still others say we must transform and transcend? Why is it there? When do we have it, and when does it have us? And how will our lives be better if we know?

This in-depth, down-to-earth approach to these issues makes *Standing in Your Own Way* the most invigorating and comprehensive treatment of them to date. Readers will see the ego's appropriate role in human fulfillment, and will understand why life's shattering blows are sometimes moments of Grace.

**THE SUFI PATH OF KNOWLEDGE: Ibn al-'Arabi's Metaphysics of Imagination**, William 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 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.

## NEW!

**THE CLASSICAL TIBETAN LANGUAGE**, by Stephan 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

## LANGUAGE

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!

**FLUENT TIBETAN: A Proficiency-Oriented Learning System Novice and Intermediate Levels**, by William A. Magee and Elizabeth S. Napper, Jeffrey Hopkins, General Editor. In collaboration with: Ngawang Dondrup Narkyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tempa and Steven N. Weinberger. 1010 page, 3-vol. text, 8 1/2 x 11," 18 cassettes (26 hours), #FLTI \$250

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed by a team of language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

*Fluent Tibetan* is based upon the courses developed by the U.S. State Department's Foreign Service Institute (FSI) specifically for diplomats needing to learn a language quickly. The FSI model used for this course is unsurpassed in its proven effectiveness. The method acquaints students with the sounds and patterns of Tibetan speech, through repetitive interactive drills, enabling them to learn increasingly complex structures quickly, and in this way promotes rapid progress in speaking the Tibetan language. *Fluent Tibetan* is the best course available anywhere for learning Tibetan on your own.

The *Fluent Tibetan* package consists of a textbook and a set of tape recordings, arranged in fifteen units. The first three units are devoted to recognition and pronunciation of the Tibetan alphabet and its combinations in syllables and words. Beginning with unit four, vocabulary and grammatical patterns are introduced in the form of situational dialogues. Each dialogue is followed by extensive drills which repeat the vocabulary and grammatical patterns in different contexts. In this way the student learns not merely to mimic the phrases but to use the language creatively.

All the voices in the dialogues and drills are those of indigenous Tibetan speakers and the material is given by both male and female voices alternately. The Tibetan voices on the tape are exceptionally clear. The end-of-text glossary is both Tibetan-English and English-Tibetan.

The material covered in *Fluent Tibetan* roughly corresponds to what is covered in two semesters of college-level language study. Having completed this text, students should be capable of intermediate level speech as defined by the University of Virginia's Tibetan Oral Proficiency Guidelines formulated by William Magee.

## NEW!

**NEPALI FOR TREKKERS**, by Stephen Beznucka. 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 sub-entries, 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: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan**, by Joe Wilson, Jr. 810 pp., 7 x 9" #TRBUTI \$50 cloth, A Namgyal Institute Textbook.

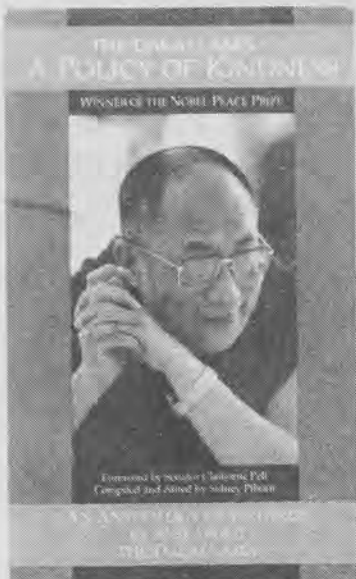
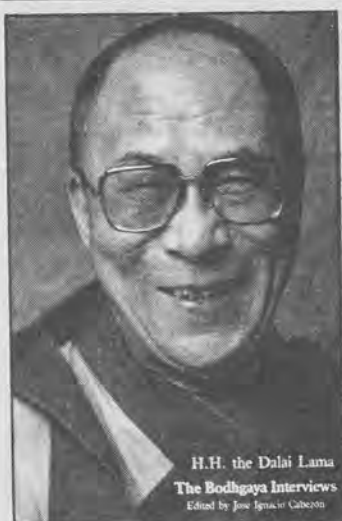
Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan language used in Buddhist works on philosophy and meditation.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

## NOW AVAILABLE!

**TRANSLATING BUDDHISM FROM TIBETAN TAPE**, by Joe Wilson. 90 min. #TRBUTT \$10  
This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our new book *Translating Buddhism From Tibetan*.



# BOOKS BY THE DALAI LAMA



## GOOD READING!

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

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

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

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

"This small book is a comprehensive and engaging introduction to this great man... This is an excellent anthology."—*Karuna*

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

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

**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.

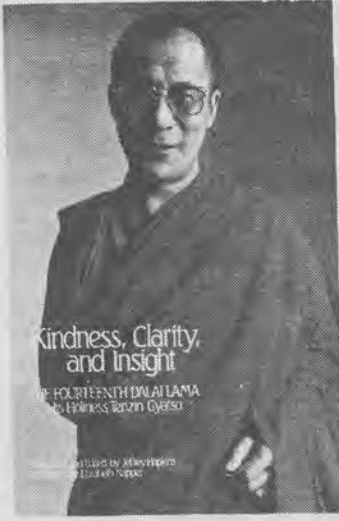
*The Great Exposition of Secret Mantra*—parts 2 & 3, by Tsong-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of yogic exercises. The mudras (hand gestures)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

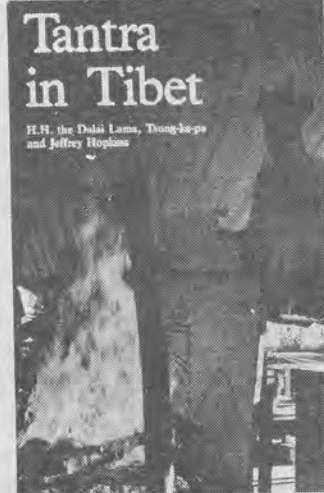
Not limited to Buddhist or religious believers, his message speaks to all humanity of the importance to the very fabric of society of kindness, love, and compassion. It is a message of hope, both in terms of the potential for individual and social transformation, and in terms of the indomitable human 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 \$14.95

"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:

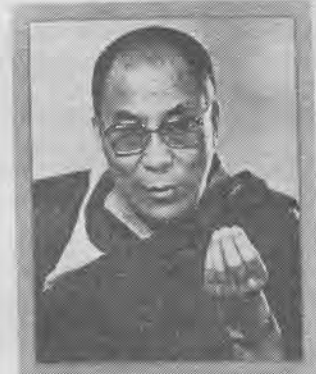
*Essence of Tantra* by H.H. the Dalai Lama reveals the highly practical and compassionate use of this science of spiritual development. Contents include: tantra for practice, refuge, the three paths, greatness of mantra, clear light and initiation.

*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



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

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



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*

• **COMMENTARY ON SHANTIDEVA:**

**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.

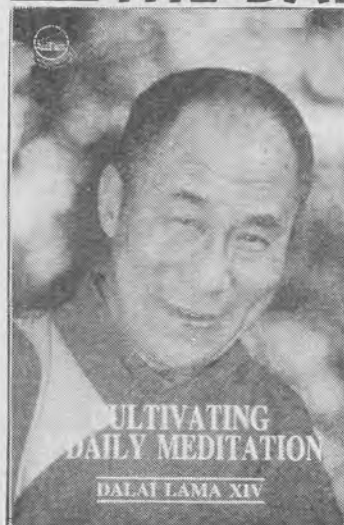
**THE UNION OF BLISS AND EMPTINESS**, H.H. the Dalai Lama. 191 pp. #UNBLEM \$12.95

The origins of the instructions on this Lama Choepa (guru yoga)

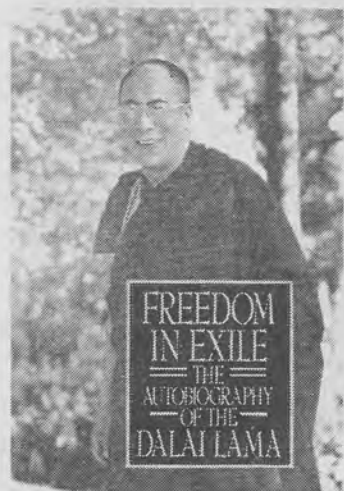


# DALAI LAMA/KALACHAKRA TEACHINGS

## THE DALAI LAMA



### THE DALAI LAMA



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, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara. He shows how to develop the expansive view and a compassionate heart. Insightful questions and answers follow each chapter.

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

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.

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

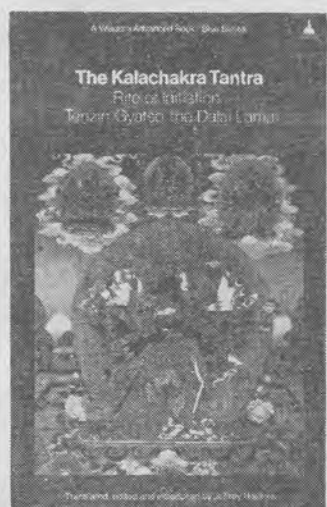
This is the famous autobiography translated from the Dalai Lama's original Tibetan manuscript.

**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.

**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.

## KALACHAKRA TEACHINGS



**HIGHEST YOGA TANTRA**, by Daniel Cozort 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 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**, 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 June!

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.

## 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.

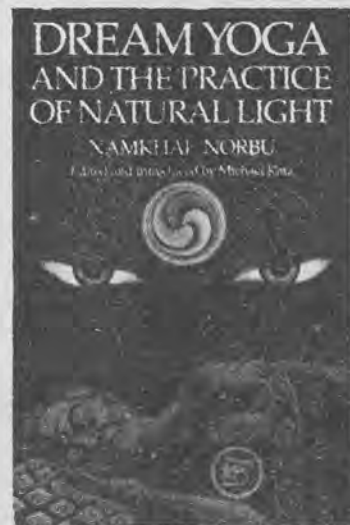
(Silver plated earrings are also now available for \$20 plus shipping, etc.) All proceeds from the sale of these items go to support the Tibetan Resettlement Project in Ithaca. You may sent a larger amount if you wish to offer extra support to the project.

*Support Tibetan Resettlement!*



# 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. #BUMIC \$28.95 cloth

"Tulku Thondup Rinpoche has performed a service of inestimable value for all serious students of Buddhist thought. One of Tibet's greatest philosopher-sages, Kunmkhyen Klong-chen-pa is here made accessible to the specialist and interested non-specialist in a manner that is authoritative, comprehensive and clear. . . This book fills a major gap."—Matthew Kapstein, *The University of Chicago*

*Buddha Mind* is an anthology of writings on Dzogpa Chenpo (Dzogchen) by Longchen Rabjam (1308-1363), the most celebrated writer and adept of the Nyingmapa School of Tibetan Buddhism. Dzogpa Chenpo is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. Dzogpa Chenpo employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddha Mind or Buddhahood itself.

### BACK IN PRINT!

**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 May

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.

**DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT,** by *Namkhai Norbu Rinpoche, ed. by Michael Katz*, 128 pp. #DRYO \$12.95

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 & PADMASAMBHAVA,** by *Sogyal Rinpoche*, 103 pp. #DZPA \$8

This is an excellent introduction to Dzogchen practice expressing the heart and spirit of Dzogchen. It describes the practice, path and the guru. It includes an accessible survey of the nine yana approach and the history of the Nyingma School. Illustrated with many photos of the lineage holders.

**DZOGCHEN: The Self-Perfected State,** by *Namkhai Norbu*, 96 pp. #DZSEPE \$7.95

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

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

Dzogchen 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 Dzogchen methods.

### SOMEDAY!

**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.

**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 June

*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. We apologize that this book has been delayed so long by the publisher.

### NEW DZOGCHEN BOOK!

**HEART DROPS OF DHARMAKAYA: Teachings on the Kunzang Nying-tig,** by *Shardza Tashi Gyaltzen*, trans. & comm. by *Lopon Tenzin Namdak*, intro. by *Per Kvaerne*, ed. by *Richard Dixey*, 200 pp. #HEDRDH \$15.95 May

This is the first complete text concerning Dzogchen meditation that has been made available to Westerners. It comes from the ancient Bonpo tradition of Tibet and pre-dates the advent of Buddhism. Dzogchen is an ancient system for realizing the foundational nature of things. The translation of *Heart Drops* was carried out by Lopon Tenzin Namdak in the course of teaching the text to a small group of Western students in his monastery in the Kathmandu Valley in Nepal. He clarified many points about the practice as he taught this method. In explicit terms, Lopon, himself an acknowledged master of Dzogchen, makes these valuable teachings available to readers today.

The book has six parts: preliminary practices; the practice of trekcho; the practice of togel; phowa and bardo practice; the rainbow body; a short history of Bon.

**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*

Rinbochay'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 Hutslar*, 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.

**HERO OF THE LAND OF SNOW,** Illus. by *Julia Witwer*, #HELASN \$6.95

This tale of Gesar recounts his birth, defiance of tyranny, exile, and the maiden who awakens him to fulfill his destiny and helps him find the wonder-horse Kyan-shay. Wonderful full-page illustrations.

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

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

**INDEPENDENCE TO EXILE,** by *Christopher Gibb*, 94 pp., many illustrations and photos, #INEX \$6.95

Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese invasion. Designed and illustrated by students of the Tibetan Children's Village.

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

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

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

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

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

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

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

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

**PRINCE SIDDHARTHA,** by *Landaw & Brooke*, Color drawings, #PRSI \$15.95

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

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

**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.'—*Shipping 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 \$13.00 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.



# BIOGRAPHY/HISTORY, POLITICS & SOCIAL ACTION

## BIOGRAPHIES



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

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

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

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

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

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

**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.

**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.

**GESAR! Tibet's Great Warrior King**, 183 pp., #GE \$11.95

Stories of Gesar, beloved epic hero, vividly express the Tibetan and Mongolian people's love of freedom and high adventure. These action-filled accounts follow Gesar from his birth to the claiming of a kingdom, to China, and to the land of the twelve-headed giant. Awakening years later from a great



sleep, he must liberate his queen and his kingdom from oppression.

**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

**NEW!**

**HIS HOLINESS THE XVII GYALWANG KARMAPA**, 18 pp., 25 photos, 9 x 14" #KAR \$9.95

This is a photo documentary of the finding and enthronement of the 17th Gyalwang Karmapa. It contains large, beautiful photos of His Holiness plus many other lamas, the previous Karmapa and H.H. the Dalai Lama.

**NEW!**

**IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim**, by Chen-Hua. 292 pp., 10 illus., #SEDH \$12.95

This is the only book in English on modern Chinese Buddhism written by a practicing Chinese monk. Chen-hua provides a rare eyewitness account of Chinese monastic life and Buddhist practices before they were changed forever by the communist revolution. Chen-hua made pilgrimages to all the major monasteries and holy



sites, and sought instruction from many famous masters.

**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.

**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.

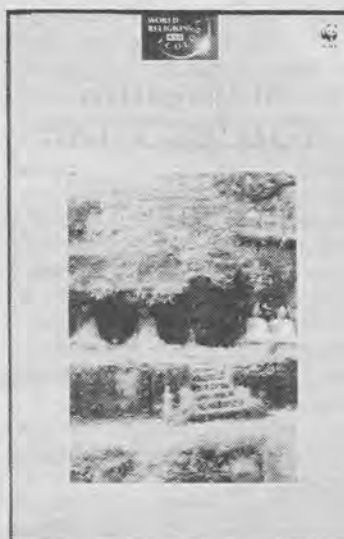
**MASTERS OF ENCHANTMENT**, by Keith Dowman, 30 illustrations by Robert Beer. #MAEN, \$19.95 oversize paperback

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 \$16.95

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.

**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 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 & SOCIAL ACTION

**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.

**ANCIENT TIBET**, Compiled by the Yeshe De Project Staff. 382 pp., #ANTIB \$16.95

A clear and readable story of Tibet and its inhabitants from the formation of the Tibetan plateau through the 9th century. 75 maps and 23 timelines and other charts complement the information compiled from ancient Tibetan and Chinese documents.

**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.

**NEW!**

**BUDDHISM & ECOLOGY**, ed. by Martine Batchelor & Kerry Brown. 114 pp., #BUEC \$9.95

Buddhists from Japan, Thailand, Sri Lanka, Vietnam, Tibet and the West offer their approaches to ecology and tell of practical activities as well as Buddhist teachings and philosophy. Stories, pictures and poems add to the picture of Buddhism and ecology. The book ends with a message from H.H. the Dalai Lama.

**NEW!**

**CHOOSE LOVE: A Buddhist Jewish Human Rights Activist in Central America**, by Joe Gorin. #CHLO \$12

"Joe Gorin is a Buddha with chutzpa. If you dare to take Guatemalan and Nicaraguan peasants and workers into your heart and to get as disturbed as he does about the way they are squashed by US sponsored low-intensity warfare, read this book."—Robert Aitken, Roshi

**FLIGHT AND ADAPTATION**, by Tanka Subba. 160 pp., #FLAD \$7

This in-depth study focuses on the adaptation process of Tibetan refugees who started their exile life in the Darjeeling-Sikkim Himalaya, which is physically, culturally, climatically and linguistically similar to what exists in Tibet. It shows that the process of rehabilitation and adaptation of refugees in these areas has been less problematic than those in other parts of India.

**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



# HISTORY, POLITICS & SOCIAL ACTION / DEATH & DYING

## HISTORY & POLITICS

survival of Tibetan Buddhism to read this."—The Dalai Lama

**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.

### NEW!

**THE PEOPLE OF TIBET**, by Charles Bell. 319 pp. #PETI \$15  
This book tells in detail about the lives of Tibetan people in all their variety—nobility, beggars, merchants, women, traders, robbers, shepherds, children. Ceremonies, etiquette, amusements, Losar, etc. are very interesting to read about. Charles Bell was a British diplomat in Tibet prior to the Chinese invasion. He is a highly regarded authority on Tibet. Contains 75 photos and 3 maps.

**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 Ambricht 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.

**A STRANGE LIBERATION: Tibetan Lives in Chinese Hands**, by David Patt. 270 pp. #STLI \$12.95

In 1949 the Chinese Communists announced their intention to "liberate" Tibet, and Chinese armies began crossing the eastern borders of the country. These events set in motion a gradual process of occupation and repression that culminated in the crushing of the 1959 Tibetan popular uprising against Chinese rule. In *A Strange Liberation*, David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be Tibetans in Chinese hands during thirty years of Chinese occupation.

Ama Adhe, now a well-known spokeswoman for the Tibetan cause, was born in Eastern Tibet to a family of nomadic farmers. A teenager when the Chinese arrived, she witnessed the first overtures of the communists in Tibetan communities, and candidly recalls the events that followed in this moving account of her life.

Tenpa Soepa was a government official who was intimately involved in organizing the flight of the Dalai Lama from Lhasa in 1959. In the dramatic story of his escape, eventual capture and years of imprisonment, he presents a vivid picture of the final fall of Tibet.

**SUPPRESSION OF A PEOPLE: Accounts of Torture and Imprisonment in Tibet, A Physicians for Human Rights Report**, by John Ackerly & Dr. Blake Kerr. #SUPE \$5

Describes the prisons around Lhasa, details prison life and torture, the medical effects of torture, and the Chinese attitudes.

### NEW!

**TIBET: Past and Present**, 326 pp., 93 photos & 2 maps, #TIPAPR \$15

Charles Bell was a personal friend of the 13th Dalai Lama, a British diplomat and one of the best authorities on the history of Tibet and especially on the critical changes in Tibet during the first half of this century which he personally witnessed. Because he gives an inside view of the Tibetans, he is one of the best authors to read.

**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.

**TIBET IN EXILE**, photos by Raghu Rai, text by Jane Perkins, in-

tro. by H.H. the Dalai Lama. 160 pp., 100 full-color and 20 b&w photos very large format, #TIEEX \$39.95

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

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

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

### NEW!

**THE TIBETAN EMPIRE IN CENTRAL ASIA**, by Christopher Beckwith. 290 pp. #TIEM \$16.95

This narrative history of the Tibetan Empire in Central Asia from about 600-866 AD depicts the struggles of the great Tibetan, Turkic, Arab, and Chinese powers for dominance over the Silk Road lands that connected Europe and East Asia. It elucidates Tibet's role in the conflict over Central Asia.

### NEW!

**TRIGG IN TIBET** 64 pp. #TRITIB \$6.95

*TRIGG in Tibet* is a series of topical cartoons from *The Hongkong Standard*, a daily newspaper. The creator of the series used satire, barbed humor, symbolism—any device at hand to express the worldwide concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

## 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

Rinpoche offers new information on how to deal with the four bardos and provides a guide for practitioners desiring liberation. This is a commentary on *The Mirror of Mindfulness*.

**BRINGING DOWN THE LIGHT: Journey of a Soul After Death**, by Mother Meera. 64 pp., 26 full-color plates, 9 x 11 1/2," #BRDOLI \$29.95 cloth

What happens after death? Answered with unique authority by one of the most widely respected spiritual teachers of our time—Mother Meera—who has become popular in the USA from *Hidden Journey* by Andrew Harvey. Painted directly from Meera's inner perception of the after-death experiences of a disciple, these luminous works inspire our vision of death and comfort those who have lost loved ones.

**DEATH AND DYING: The Tibetan Tradition**, by Glenn H. Mullin #DEDY \$9.95

This authoritative book covers topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, and methods to facilitate the transition to new modes of consciousness at death.

**DEATH, INTERMEDIATE STATE AND REBIRTH**, by Lati Rinbochay & Jeffrey Hopkins 86 pp. #DEINST \$7.95

Anyone interested in the process of dying will find this book fascinating. The Highest Yogas Tantras are based on simulating the processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them. This text unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness.

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

"The work forms an excellent companion volume not only to the Buddhist texts known as the 'Tibetan Books of the Dead,' but also to contemporary Western works on death and dying... handsomely arranged with numerous charts and an excellent bibliography."—Prof. Janice Willis, *Religious Studies Review*

**DEATHING: An Intelligent Alternative for the Final Moments of Life**, by Anya Foos-Graber. 415 pp., #DE \$14.95

Death is the most natural passage we will make since birth. Looking at death before the time comes is like learning about natural childbirth before having a baby. The process of conscious preparation is called "deathing." The author provides exercises and meditations that teach us the dying process and how to benefit from it the most. Anya is a lecturer, yoga teacher, linguist and survivor of a near-death experience.

**JAPANESE DEATH POEMS**, ed. Yoel 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 \$3.95

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 \$24 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 \$3.95

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.

**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.



# HEALTH & FITNESS/COOKBOOKS

## HEALTH & FITNESS

## COOKBOOKS



**HEALTH THROUGH BALANCE**, by Dr. Yeshe Donden. 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.

**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. Yeshe Donden, Ed. & Trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

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

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

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

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

"Dr. Donden is totally attuned to everything that is going on. He



**RIGHT OVER THE MOUNTAIN**, by Gill Marais. 154 pp. #RIMO \$12.95

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*

**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!

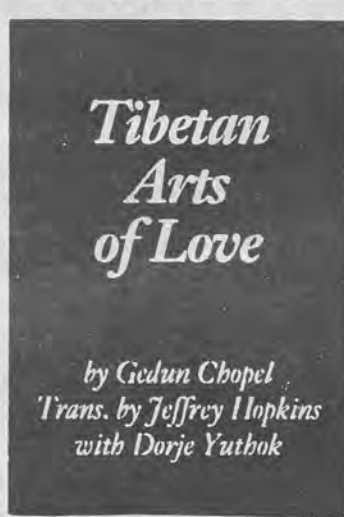
This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system.

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

**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.

*Tibetan Arts of Love* also includes a robust introduction by Professor Jeffrey Hopkins, author or translator of twenty books on Tibetan Buddhism. The introduction begins with an account of Gendun Chopel's fascinating life story. Hopkins then brings together material scattered throughout the text to reveal its major underlying themes. He also describes in detail the psychology of Highest Yoga Tantra in which a mind of orgasmic bliss is used for realizing the final nature of reality. The introduction and translation combine to make this a highly accessible, engaging, and provocative exploration of the erotic arts.

"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—Jose Cabezon

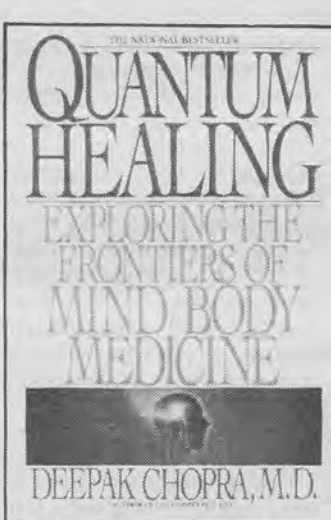
**TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY**, by Terry Clifford. #TIBUMD \$12.95

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! 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." #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.



**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.

**THE KOPAN COOKBOOK: Vegetarian Recipes from a Tibetan Monastery**, by Betty Jung, illus. by R.E. Pena. #KOCO \$9.95

Nestled amid the majestic mountains of Nepal, the world-renowned Kopan Monastery has long been a sanctuary for travelers and soul-seekers. From its kitchen, Betty Jung has collected over 40 satisfying and flavorful vegetarian recipes, making accessible to the western cook a wide variety of traditional Tibetan dishes.

**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 groundbreaking 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*

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

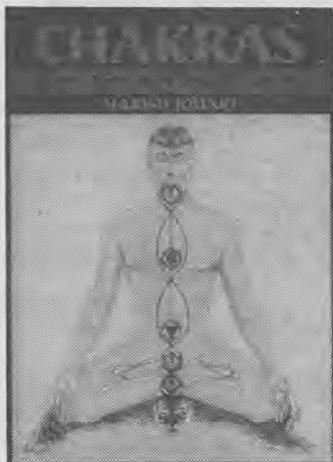
Each Sunday at Moosewood Restaurant, diners experience a new ethnic or regional cuisine, sometimes exotic, sometimes familiar. From the highlands and grasslands of Africa to the lush forests of Eastern Europe, from the sun-drenched hills of Provence to the mountains of South America, the inventive chefs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



## RELIGION &amp; PHILOSOPHY

## The Book of Buddhas

Ritual Symbolism Used on Buddhist Statuary and Ritual Objects  
Eva Rudy Jansen



## CRAZY WISDOM



Chogyam Trungpa

**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., #THBKVB \$13.95

An exceptionally clear and accessible introduction to the essential practices of Mahayana Buddhism. Commencing with an explanation of the Bodhisattva vows and how to take them, Geshe Kelsang then gives advice on how to keep the vows purely and how to purify transgressions through a special purification practice.

**NEW!**

**THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects**, by Eva Rudy Jansen. 112 pp. #BOBU \$10.95

A survey in words and images of the most common figures, positions and symbols in Mahayana and Tantrayana Buddhism. Each item is clearly illustrated and its meaning discussed. This is a reasonable overview of the iconography of Tibet. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

**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 \$16.95  
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 detail with relevant philosophical concepts and distinctions. Buddha nature is one of the most important concepts in Mahayana Buddhism."—Frank J. Hoffman.

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

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

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

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

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

A good introduction to Tibetan Buddhism.

**BUDDHISM, SEXUALITY, AND GENDER**, ed. by Jose Cabezon. 241 pp. #BUSEGE \$19.95

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.

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

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

**NEW!**

**CHAKRAS: Energy Centers of Transformation**, Harish Johari. 116 pp., 36 illus., #CH \$12.95

Harish Johari, Indian scholar and practitioner of tantra unfolds the mysteries of these subtle centers of transformation with techniques of visualization that are essential to tantric practice and realization. Beautiful, full-color illustrations provide traditional and visionary images of each chakra, and meditation on these images vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically.

**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 \$19.95

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.

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

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.

**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-kya Yongdzin Yangchen Garwai 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.

**BACK IN PRINT!**

**THE CREATIVE VISION: The Developing Phase of Tibetan Tantra**, by Herbert Guenther. 192 pp. #CRVI \$15

This pioneering work makes the symbolism of tantra practical. Life, according to *The Creative Vision* evolves by recreating and re-envisioning the experienced world. Tibetans developed a complex array of symbols to express their insight into life. This book decodes the real-life meaning of these symbols and thus their own experience.

**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.



# RELIGION & PHILOSOPHY

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

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

**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.

**NEW!**

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

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 Dharmachakra 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 Cabazon. 590 pp. #DOEM \$29.95.

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. #EMYOC \$35 cloth, 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 com-

patibility 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.

**ENCYCLOPEDIA 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).

**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 FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life**, by Joel Levey. 350 pp. #FIARRE \$14.95.

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions. For the last fifteen years Joel Levey, a practicing Buddhist and stress management consultant, has taught thousands of people the fine art of relaxation, concentration, and stress reduction.

**FOUNDATIONS OF TIBETAN MYSTICISM**, by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$12.95.

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

**FOUR ESSENTIAL BUDDHIST TEXTS**, 117 pp. #FOESBU \$6.50.

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

**FOUR FOUNDATIONS OF MINDFULNESS**, Ven. U Silananda. 232 pp. #FOFOMI \$12.95.

All instructions on the practice of vipassana are based directly or indirectly on the teachings contained in this discourse of the Buddha. Experienced practitioners will find this book useful because of its wealth of doctrinal and practical Dharma treasures.

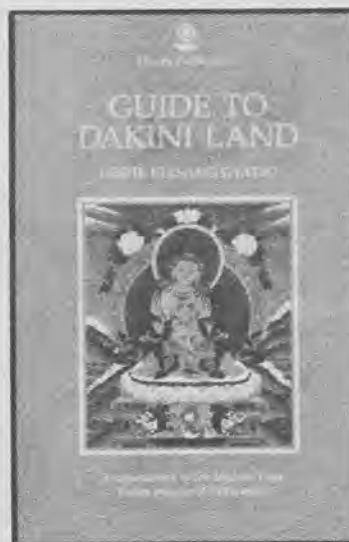
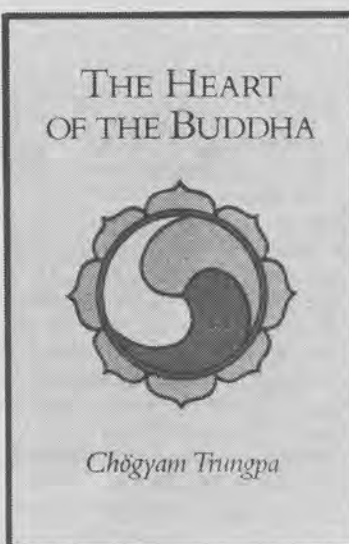
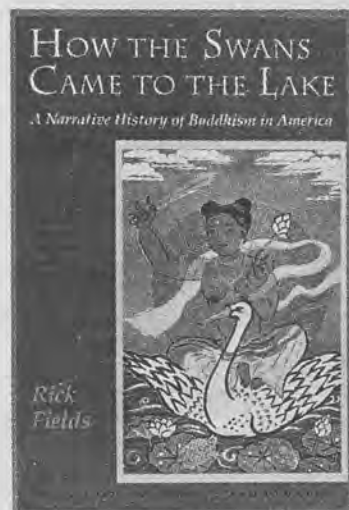
**FULL CATASTROPHE LIVING: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness**, by Jon Kabat-Zinn. 453 pp. #FUCALI \$12.

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.





## RELIGION &amp; PHILOSOPHY



**A GARLAND OF IMMORTAL WISH-FULFILLING TREES**, by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sanghe Khandro. 187 pp. 23 plates, 14 in color, #GAWIFU \$15.95  
In the snowy land of Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. In the east, the principal monastery of these six is the glorious and powerful Palyul. This book presents a comprehensive explanation of the extraordinary Palyul tradition. Within this tradition, the Non-dual Great Seal Mahamudra-Great Perfection Ati Yoga and the Kama and Terma lineages are joined together as one great river of practice.

**THE GARLAND OF MAHAMUDRA PRACTICES**, Trans. by Khenpo Rinpoche Chetsang Rinpoche, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140 pp. #GAMAPR \$9.95  
"An important work... a clear and concise summary of the Vajrayana path."—*Religious Studies Review*  
Mahamudra or the "Great Seal" refers to a direct path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa and Milarepa. Gampopa, a disciple of Milarepa who lived in the 11th century, brought together these teachings of the Buddha into one five-fold path.

The Kunga Rinchen text is a manual of practical instructions for serious students who are prac-

ticing 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.

**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 Huckenpahler. 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 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**, by Geshe Kelsang Gyatso. 432 pp. #GRTRME \$27.95  
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 BODHISATTVA'S WAY OF LIFE**, Shantideva, trans. Stephen Batchelor. 199 pp. #GUBOWA \$11.95  
This book is very often recommended to students of Mahayana.

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

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

This is the first complete commentary in English of the Narokhacho system of Vajrayogini practice, as transmitted directly from Buddha Vajrayogini to the great master Naropa and then through a lineage of fully realized practitioners to the present day. It begins with a brief history of the practice and explanation of the essential practices of completion stage, which lead to the attainment of Buddhahood. The latter part provides a number of essential sadhanas, advice on how to do a Tantric retreat, and a wealth of additional material that will be indispensable to those who wish to rely sincerely on Vajrayogini.

**A GUIDE TO WALKING MEDITATION**, by Thich Nhat Hanh. 64 pp. #GUWAME \$7  
Instruction in "walking not in order to arrive, walking just for walking." With lovely illustrations by Yasuhide Kobashi.

**THE GURU PUJA**, 67 pp. #GUPU \$3.95

This presentation of the offering to the spiritual masters includes the tsog offering and Song of the Spring Queen and is accompanied by *The Hundred Deities of the Land of Joy*, the lam-rim dedication prayer and so forth. In Tibetan phonetics and in English.

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

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

**THE HEART OF THE BUDDHA**, by Chögyam 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 \$18.95

*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 \$15

"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 meditation 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 Dordrup Chen Rinpoche, a text that clearly explains the entire Terma tradition.

**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 Cozort. 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 foi-

bles 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 Cozort. 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 Huckenpahler. 150 pp. #SESTAM \$12.95

The teachings in this volume constitute a direct path which is easy to practice and quickly leads to liberation. Indeed, this is a remarkable collection of texts. Khenpo Gyaltsen, the abbot for the Drikung Kagyu in North America, has produced this handbook especially for Western students.

*In Search of the Stainless Ambrosia* provides the practitioner with the basic tools needed to overcome afflictive attitudes and self-centered feeling. Also included are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

**IN THE FOOTSTEPS OF GANDHI: Conversations with Spiritual Social Activists**, Ed. by Catherine Ingram. 284 pp. #FOGA \$15

Twelve renowned spiritual social activists speak on compassionate action. "To live for the benefit of others heals us. These are interviews with women and men who tread the path of compassionate action and leave markers to point the way. A wonderful book!"—Stephen and Ondrea Levine.



# RELIGION & PHILOSOPHY

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

**IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism.** ed. Janet Gyatso. 320 pp. #MIME \$19.95  
This book studies the diverse array of species of memory which are discussed in Buddhist discourse, and which function in religious practice. Included are discussions of Buddhist meditation, visualization, prayer, commemoration of the Buddha, dharani practice, the use of mnemonic lists to condense lengthy scriptures, and the recollection of infinite previous lives that immediately preceded Sakya Muni's attainment of Buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.

**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 BUDDHISM.** by Geshe Kelsang Gyatso. 152 pp. #INBU \$11.95

An exceptionally clear and practical presentation of the methods taught by Buddha for transforming our mind. Beginning with an introduction to the life of Buddha, Geshe Kelsang then explains the central principles behind the Buddhist way of life, and what it means to be a Buddhist. He introduces karma, reincarnation, cyclic existence, and the bodhisattva's way of life and shows how to apply these teachings to everyday life.

**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.

**IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and Gyalshabje on Knowledge, Rebirth, No-Self and Liberation.** by Roger Jackson. 520 pp. #ENPOP \$29.95  
paper. #ENPOC \$45 cloth  
June  
*Is Enlightenment Possible?* is an exploration of the most sustained and sophisticated argument for the truth of the Buddhist world-view, that of the seventh-century Indian philosopher Dharmakirti. Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from the body, mind's nature is such that enlightenment is possible, and the attainment of enlightenment requires realization of the uniquely Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have a cogency that makes them of interest not just to Buddhists, but to anyone concerned with the problems of truth—especially religious truth. Dharmakirti's thought is challenging and important, and *Is Enlightenment Possible?* makes it accessible and comprehensible as few works before it have.

**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. Tranquility 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 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.

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

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

**THE JEWELLED STAIRCASE.** by Geshe Wangyal. 176 pp. #JEST \$10.95

"...explores the more subtle points of Buddhist philosophy with a rare lightness and agility... what we are presented with are a series of living insights... an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

*The Jewelled Staircase* is a delightful volume... it is a quintessential map to the overall structure of Buddhist meditation; its publication makes a fitting tribute to its late author."—*Vajradhatu Sun*

In 1955, a geshe from Drepung Monastery in Lhasa, Tibet arrived in the United States. He founded the first Tibetan Buddhist monastery in North America and was to become one of the main forces in the newly developing awareness of Tibetan Buddhism in America. Geshe Wangyal's early students have in turn become leading Buddhist scholars and practitioners (Jeffrey Hopkins & Robert Thurman among others). During the 28 years that the late Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. During the last several years of Geshe-la's life he worked tirelessly on this, his final book, which reflects his main goal of presenting in a clear and precise way the essential topics for new Buddhists of Western countries—the nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

**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.

**KEYS TO GREAT ENLIGHTENMENT.** by Geshe Tsultrim 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., over-size 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.

**KINDLY BENT TO EASE US I.** by Longchenpa, trans. by H. Guenther. 312 pp. #KIBEE1 \$14.95

This is an inspiring introduction to Dzogchen by a leading master. Sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

**KINDLY BENT TO EASE US II.** by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$12.95

This section clarifies the qualities useful for meditators. The experience of meditation presented is like the sun emerging from the clouds.

**KINDLY BENT TO EASE US III.** by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$12.95

Interweaving teachings of Sutra and Tantra, Longchenpa develops the imagery Nagarjuna used to evoke understanding of shunyata, the essential openness of existence. This work offers a broader view of reality, revealing world and experience as an interdependent whole, fluid and alive with meaning. Permeated by the warmth of felt knowledge and the rich imagery that derives from immediate experience.

**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 phi-

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

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

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

**NEW!**

**KUNDALINI: The Arousal of the Inner Energy.** by Ajit Mookerjee. 112 pp., 61 illus., #KU \$12.95  
The core experience of tantra is the process in which energy is awakened and rises through the energy centers to unite with pure consciousness at the crown of the head. The author relates the classical teachings to modern experiences of kundalini and helps us harness its energies for spiritual growth.

**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.

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

**LIGHTING THE LAMP: An Approach to the Tibetan Path.** by Alfred Woll. 160 pp. #LILA \$12  
"I've sat with Alfred Woll and his teacher Gelek rinpoche, and admire Mr. Woll for his persistence, energy, and calm humility. His book rests on these qualities containing delicate instruction for basic meditation practice useful universally East and West."—Allen Ginsberg

**NEW!**

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

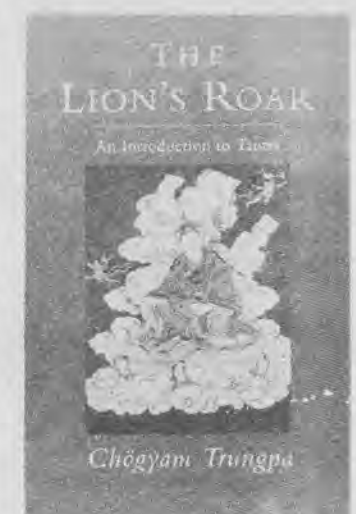
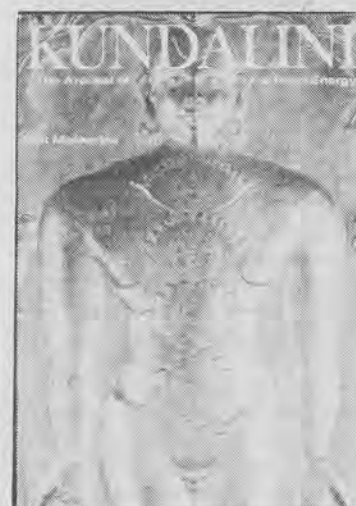
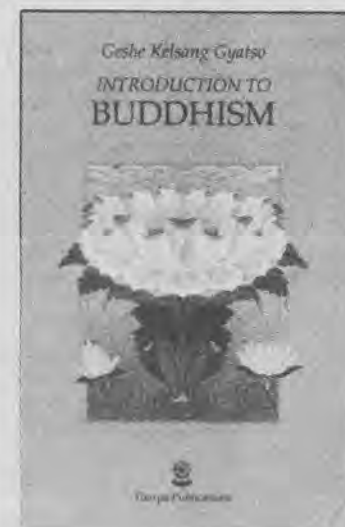
Rinpoche shows how tantra—grounded in discipline and the realization of egolessness—is a continuation of the traditional Buddhist middle way. Based on teachings in which the author first outlined the total spiritual journey of Buddhism.

**NEW!**

**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.

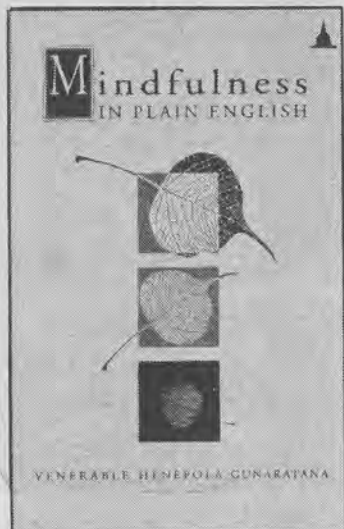
**THE LOTUS-BORN: The Life Story of Padmasambhava.** by Yeshe Tsogyal, Foreword by H.H. Dilgo Khyentse. 264 pp. #LOBO \$30 cloth

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





## RELIGION &amp; PHILOSOPHY



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 \$30

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.

**NEW!**

**MAGIC AND MYSTERY IN TIBET**, by Alexandra David-Neel. 321 pp. #MAMYTI \$7.95

This is a study of psychic discovery among the lamas and magicians of Tibet. It is a description of the occult and mystical theories and psychic training practices of Tibet. Alexandra David-Neel experienced many of the phenomena she describes. Particularly interesting is her detailed instructions for tumo (yoga of heat control) and the creation of thought projections.

**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 \$25.95

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.

**NEW!**

**MEDITATION: Advice to Beginners**, by Bokar Rinpoche. 150 pp. #MED \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra. Easy to read, this book guides the student through the essentials of meditation by one of the masters.

**MEDITATION: The Buddhist Way of Tranquility and Insight**, Kamalashila. 276 pp., large format #ME \$22.95

This book is a comprehensive guide to the methods and theory of Buddhist meditation. Written in an informal, accessible style, it provides a complete introduction to the basic techniques, as well as detailed advice for more experienced meditators seeking to deepen their practice and understanding of the meditative process. It even contains physical exercises for improving meditation. The author has been a teacher in the Western Buddhist Order in England for over seventeen years. The book has many useful and interesting diagrams.

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

An excellent introduction to meditation for beginners and experienced meditators. The procedure of meditation and 21 meditations are presented on the various aspects of the Buddhist path. The handbook concludes with advice on how to maintain the experience of meditation throughout the day, how to combine these meditations into a cycle for daily meditation, and advice on how to do a simple meditation retreat.

**MEDITATION IN ACTION**, by Chogyam Trungpa. 168 pp. #MEAC \$6

Meditation is based on trying to see what is, rather than trying to achieve a higher state. It is a form that might be called "working meditation," for it is not a retreat from the world but builds the foundation for compassion, awareness, and creativity in all aspects of a person. This is a pocket edition.

**MEDITATION ON EMPTINESS**, by Jeffrey Hopkins. 1017 pp. #MEEM \$34.95 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 Avalokitesvara, 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.

**MINDFULNESS IN PLAIN ENGLISH**, Venerable Henepola Gunaratana. 185 pp. #MIPLN \$10

This guide to insight meditation is truly practical—it is the culmination of 40 years of teaching to students across the US. The most frequently asked questions about mindfulness practice are anticipated; the conversational style and use of examples from everyday life make this a refreshing presentation of meditation.

**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 \$12.95

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

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

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

**BACK IN PRINT!**

**MIRACULOUS JOURNEY**, by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232 pp. #MIJO \$14.95

This work is a compilation of Milarepa's previously unpublished narratives and songs as preserved and sung by wandering yogis.

**MO: THE TIBETAN DIVINATION SYSTEM**, by Mipham, trans. & ed. by Jay Goldberg, Illus. by Daya 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

**NEW!**

**MOTHER OF THE BUDDHAS: Meditation on the Prajnaparamita Sutra**, 275 pp. #MOBU \$16

The *Prajnaparamita Sutra* in 8,000 Lines—the basic scripture of all schools of Mahayana Buddhism—sets forth the bodhisattva path to enlightenment in conversations between the Buddha and his disciples Sariputra, Subhuti, and Ananda. Lex Hixon's "contemplative expansion" of forty passages from the original Sutra yields a text of devotional beauty that is dramatic and uplifting.

"Lex's translation of the *Prajnaparamita Sutra* is wonderful. Lex phrases the concepts in a way people can hear, with empathy and an undeniable spiritual quality. I give this text my highest recommendation."—Ken Wilber

"From his study and practice of the perfect wisdom, he possesses an effective lever of understanding with which to pry away the rock that has been blocking the treasure cave of the text of perfect wisdom."—Robert Thurman

**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.

**OCEAN OF NECTAR**, by Geshe Kelsang Gyatso. 576 pp. #OCNE \$33.95

An extremely powerful work combining an investigation of ultimate reality with practical advice on the compassionate Buddhist way of life. *Ocean of Nectar* is the first complete commentary to Chandrakirti's celebrated masterpiece, the *Guide to the Middle Way*, one of the most important works in the Mahayana Buddhist canon and still regarded to this day as the principal text on emptiness.

**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 understand-



# RELIGION & PHILOSOPHY

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

**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.  
**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  
"A user-friendly exposition of the Tibetan seven-point mind training..."—*Yoga Journal*

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. His 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.

## NEW!

**PIERCING THE AUTUMN SKY: A Guide to Discovering the Natural Freedom of Mind**, by Peter Barth, forewords by Thrangu Rinpoche & Khenpo Konchog Gyaltsen. 128 pp. #PIAU \$9.95  
From the five aspects of mind—awareness, space, time, ground, and continuity—to working with sleep, dreams, illness and death, this book teaches how to recognize the extraordinary opportunities of our human condition. It is a basic text on mahamudra practice.

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

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

**THE PRACTICE OF THE CO-EMERGENT MAHAMUDRA**, by Padma Karpo Ngawang Norbu,

trans. by Ven. Anzan Hoshin Sensei. 26 pp., #PRCOMA \$4.00

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

**PRAJNAPARAMITA: The Six Perfections**, 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 Tsongkhapa & Pabongka Rinpoche. 209 pp. #PRTEBU \$4.95.

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

**PSYCHO-COSMIC SYMBOLISM OF THE BUDDHIST STUPA**, by Lama Govinda. 120 pp. #PSSYBU \$10.95

Describes the origins, history, forms, proportions, and power of the stupa, channel for enlightened knowledge and a force for spiritual renewal. Includes photos of famous stupas and line drawings of its components and major forms.

**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.

## NEW!

**THE RELIGION OF TIBET**, by Charles Bell. 235 pp., 69 photos & 3 maps, #RETIB \$15

Charles Bell traces the history of the introduction of Buddhism, of the resistance and general decay of the older shamanistic Bon religion, and of the developments which have taken place within Tibetan Buddhism itself. The latter part of the book deals more particularly with the religious organization, with life in the great monasteries, and with the religious customs and beliefs of the people.

**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 com-

plex 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*.

**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.

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

Tulku Ugyen 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 Ugyen was regarded by the late Karmapa as his last living teacher.

**SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection**, by Samten Gyaltsen Karmay. 10 x 14 1/2", 260 pp., 104 color illus. #SEVI \$190.

This beautifully painted tantric manuscript recounts the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyatso (1617-82). A new discovery, it was hitherto totally concealed from Tibetans and others alike. Recently acquired for the Fournier Collection, it is only now that this extraordinary document has been available for study.

The Gold Manuscript reveals another aspect of the life of this great leader: an inner world of profound mysticism, magical powers and often disturbing theophanic visions. It is a manual of ritual practice and ritual paraphernalia.

**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.

**SELF AND LIBERATION: The Jung/Buddhism Dialogue**, ed. by Daniel Meckel & Robert Moore. 352 pp. #SELIB \$19.95

"A remarkable and helpful collection of the dialogues begun by Jung and his followers with the great teachings of the East. These are visionary papers which raise profound questions about human wholeness in the spiritual and psychological world. I hope that this book sparks continued and deepening discussions."—Jack Kornfield

## NEW!

**SHAMATHA MEDITATION: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence**, by Gen Lamrimpa, Translated & Ed. by B. Alan Wallace Co-edited by Hart Sprager. 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.

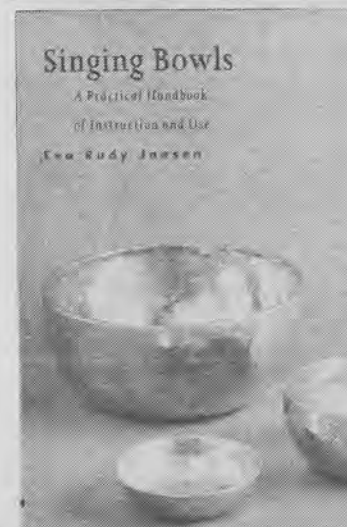
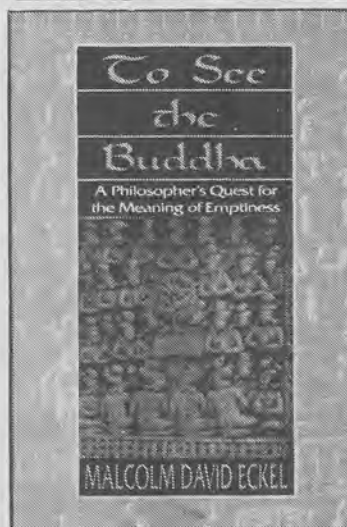
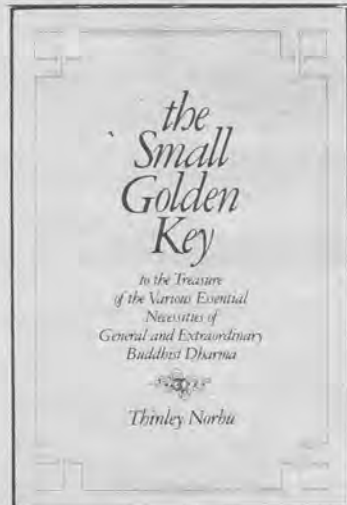
**THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN**, by Ingrid Fischer-Schreiber (Buddhism), Franz-Karl Ehrhard (Tibetan Buddhism), Michael Diener (Zen), trans. by Michael Kohn. 280 pp., #SHDI \$19

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 \$13



## RELIGION &amp; PHILOSOPHY



NEW!

**SINGING BOWLS**, by Eva Rudy Jansen. 96 pp. #SIBOB \$10.95

The Himalayan bowls, known as Tibetan or Nepalese singing bowls, the special sounds they make, how they work, synchronization and inner massage, shamanism, and practical instructions for their use are explained in this book. Their is also a valuable section on Tibetan cymbals and on the bell and dorje.

**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*

## BACK IN PRINT!

**THE SMALL GOLDEN KEY**, by Thinley Norbu. 120 pp. #SMGOKE \$14

Thinley Norbu discusses the origins of Buddhism, the important lineages of Tibetan Buddhism with emphasis on the Nyingma school; the differences between the Hinayana, Mahayana, and Vajrayana teachings.

**THE SNOW LION'S TURQUOISE MANE: Wisdom Tales From Tibet**, by Surya Das. 256 pp., illus. #HRTM \$17

150 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 Chokyi 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 Dzogchen. Reading this song reveals the ultimate transmission, the realization of our innate wisdom. Chokyi 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 eighteenth-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.

**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 peace-maker.

**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 Buddhology. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika..."—*Religious Studies Review*

**THE SUBLIME PATH OF THE VICTORIOUS ONES**, compiled by The Office of H.H. the Dalai Lama. 87 pp. #SUPAVI \$5.95

H.H. the Dalai Lama requested that his Private Office compile a book of practices to serve as a recitation manual for all pilgrims to the holy places, suitable for monks and laymen, formal Buddhists and others. It is also useful at general Buddhist gatherings on special occasions and as a daily reading practice for interested individuals.

**THE SUN MY HEART**, Thich Nhat Hanh. 139 pp. #SUHE \$9.50  
Uses Buddhist psychology, epistemology, and contemporary physics as well as many anecdotes to accompany the reader on this compassionate journey from mindfulness to insight.

**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.

**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 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 Dhargye. 255 pp. #TITRME \$9.95

A comprehensive presentation of the graded path to enlightenment based on a series of teachings given in the

philosophy class of the Library of Tibetan Works and Archives.

**TO CHERISH ALL LIFE: A Buddhist Case for Becoming Vegetarian**, by Philip Kapleau. 104 pp. #CHLI \$7.95

Clear, direct, and concise, *TO CHERISH ALL LIFE* marshals the basic religious, humanitarian, and scientific reasons for becoming vegetarian. Expanding on the Buddhist principle of cherishing all life, Kapleau's compelling discussion examines crucial Buddhist texts, thoughtfully considers the spiritual-ethical dimensions of the issue, and speaks cogently to those with a religious or humanitarian respect for all life.

**TO SEE THE BUDDHA: A Philosopher's Quest for the Meaning of Emptiness**, by Malcolm David Eckel. 262 pp. #SEBU \$24.95

David Eckel takes us on a contemporary quest to discover the essential meaning behind the Buddha's many representations. His bold thesis proposes that the proper understanding of Buddhist philosophy must be thoroughly religious—an understanding revealed in Eckel's new translation of Bhavaviveka's major work, *The Flame of Reason*. Eckel shows that the dimensions of early Indian Buddhism—popular art, conventional piety, and critical philosophy—all work together to express the same religious yearning for the fullness of emptiness that Buddha conveys.

**TOUCHING PEACE: Practicing the Art of Mindful Living**, Thich Nhat Hanh. 130 pp. #TOPE \$9.50  
In this sequel to the best-selling *Being Peace* based on recent talks in Europe and N. America, Thich Nhat Hanh begins with mindful breathing and awareness of what is healing and then shows how this awareness can be used to look deeply at the roots of war and violence, the plagues of alcohol and drugs, alienation, family values, community, and the realization of reality.

## NEW!

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

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.

**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



# RELIGION & PHILOSOPHY

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.

**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**, by Guy Newland. 270 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$39.95 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism.

"...a challenging, but worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College.

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

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality, and thus builds a Madhyamika system that is both ethically salutary and rationally coherent.

**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.

**UNDERSTANDING THE MIND**, by Geshe Kelsang Gyatso. 320 pp. #UNMI \$21.95

Gives a comprehensive explanation of the nature and function of the mind in general and of the different types of mind in particular. The first part of the book explains the different types of mind from the standpoint of how we develop knowledge and understanding.

These types of mind are clearly defined and advice is given on how they are generated and on their practical application in our spiritual development. The second part explains the many types of mind and mental factors from the standpoint of virtue and non-virtue.

**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

**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. #WAWAP \$19.95, #WAWAC \$35 cloth, A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism.

This book presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan world-view of spiritual transformation. Geshe Gendun Lodro, one of the foremost scholars of Tibet, presents the landscape of mental development in a series of lectures revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. The title *Walking Through Walls* comes from his placement of the achievement of meditative calm in the context of an extraordinary feat of non-solidity that can be acquired in various ways. The title also 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. In the context of the world-view of Tibetan Buddhism physical feats are consequences of the profound internal transformation accomplished through meditation.

**WHAT COLOR IS YOUR MIND?**, by Thubten Chodron. 192 pp. #WHCOMI \$12.95 April

*What Color is Your Mind?* is clearly written for people who are just becoming interested in Buddhism as well as those who are still unclear about various points. The author's down-to-earth approach shows the relevance of Buddha's teachings for today. The second section "Working with Anger" explains practical techniques for dealing with anger. This book is a new edition of *I Wonder Why* and *Working With Anger* and contains a lot of new material.

**WHAT THE BUDDHA TAUGHT**, by Walpola Rahula. 151 pp. #WHBUTA \$8.95

This is a clear introduction to Buddhism focussing on the Four Noble Truths, selflessness and meditation. In addition, it contains a selection of texts from the Suttas and the *Dhammapada*. Dr. Rahula is a Buddhist monk and scholar.

**THE WHEEL OF SHARP WEAPONS**, by Geshe Dhargye. #WHSW \$4.95 An inspiring text for the Bodhisattva warrior.

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

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

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

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

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

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

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

"...an excellent introduction to our complex culture. Through the images, writings and recordings, viewers and readers will be able to share and participate in something of the experience of being a Tibetan."—H.H. the Dalai Lama

In 1988 an expedition of five artists from three continents traveled together for six months and covered over 7000 land miles to visit Tibetan communities in Tibet, India, Nepal and Ladakh. They returned home with thousands of photos, paintings, drawings, and field recordings. From these a PBS documentary has been produced to introduce people to the many facets of Tibetan culture.

*White Lotus* is a companion volume to the documentary. Presented here are sixteen essays, each written by an expert in the field, covering Tibetan life, art, architecture, literature and history. The accompanying photographs and artwork provide a rich sensory experience of the culture that survives today among Tibetans.

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

"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

**WHITE SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems**, by Thinley Norbu. 205 pp. #WHSB \$15

Buddhism teaches that enlightenment is our natural state; the problem is that we do not recognize this state, owing to the mind's confusion about its true nature. This book presents the Buddhist view in a way meant to clear up misconceptions and awaken the reader's innate wisdom.

**WISDOM ENERGY**, by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landau 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 Nyingthing 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.

**NEW!**

**WORKING WITH THE EMOTIONS & A CHANGE OF EXPRESSION**, by Lama Gendun Rinpoche & Shamar Rinpoche. 122 pp. #WOEM \$17.95

*Working with the Emotions* is an insightful teaching on how to abandon, remedy, transform and see into the true nature of the emotions. Lama Gendun Rinpoche finishes by showing how to use the emotions as a spiritual path. *A Change of Expression* is a teaching on how to differentiate between ordinary consciousness and original awareness. The commentary is based on a text written by the third Karmapa.

**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 \$12.50

The nature of anger and ways of transforming it; working with the

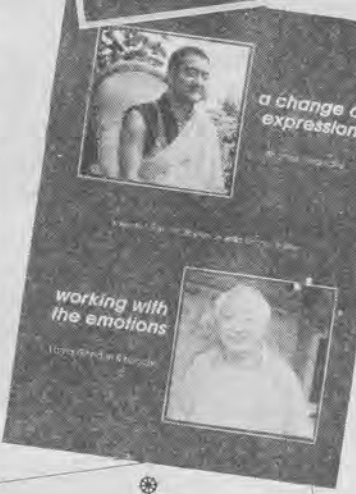
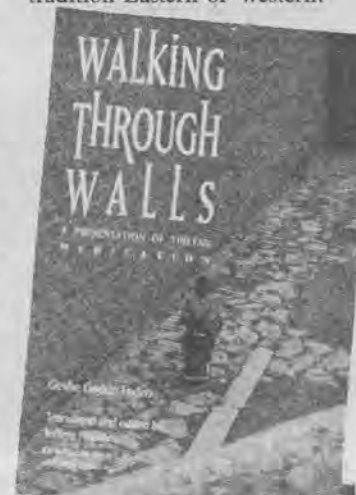
suffering and the dying; the application of Buddhist principles in the West; living and serving with love, compassion, and wisdom in a world where these qualities are too often disregarded—these topics are explored in dialogue.

**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.





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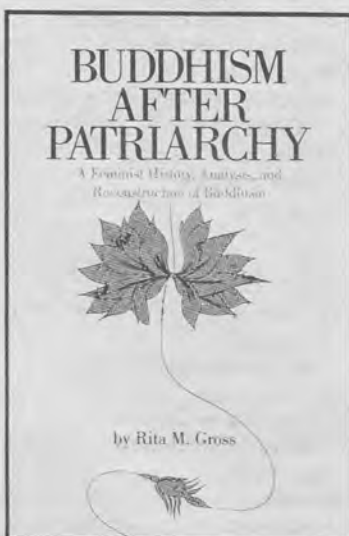
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# WOMEN'S STUDIES

## WOMEN'S STUDIES



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This book surveys the part women have played in Buddhism historically and what Buddhism might become in its post-patriarchal future. The author completes the Buddhist historical record by discussing the role of women, often ignored in histories of Buddhism, and she provides the first feminist analysis of the major concepts found in Buddhist institutions throughout history.

**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



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.

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

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

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

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

Out of this historic meeting has grown an international organization called Sakyadhita: International Association of Buddhist Women.

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

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

Hanna Havnevik  
Tibetan Buddhist Nuns



Norwegian University Press  
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**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.

**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.

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