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STATEMENT OF HIS HOLINESS THE DALAI LAMA ON THE OCCASION OF THE 35TH ANNIVERSARY OF THE TIBETAN NATIONAL UPRISING

Today, as we observe the 35th anniversary of our National Uprising Day, I wish to take stock of our 14 years' efforts to find a peaceful and realistic solution to the Tibetan issue through honest negotiations with the Chinese government. In my endeavor to restore freedom, peace and dignity to our country and people, I have always sought to be guided by realism, patience and vision.

For the past 14 years, I have not only declared my willingness to enter into negotiations but have also made maximum concessions in a series of initiatives and proposals which clearly lie within the framework for negotiations as stated by Deng Xiaoping in 1979, that "except for independence of Tibet, all other questions can be negotiated." The ideas put forward in my Five-Point Peace Plan for Tibet in 1987 and the Strasbourg Proposal in 1988 envisage a solution which does not ask for the complete independence of Tibet. However, the Chinese government has even refused to enter into negotiations of any kind. It has also avoided discussing any questions of substance, insisting that the only issues to be resolved are those pertaining to my personal return to Tibet. The issue is not about my return to Tibet. I have stated this time and again. The issue is the survival of the six million Tibetan people along with the protection of our distinct culture, identity and civilization.

I have made it clear that the negotiations must center around ways to end China's population transfer policy, which threatens the very survival of the Tibetan people, respect for Tibetans' fundamental human rights and entitlement to democratic freedom, the de-militarization and denuclearization of Tibet, the restoration of the Tibetan people's control over all matters affecting their own affairs, the protection of Tibet's natural environment. Moreover, I have always emphasized that any negotiation must comprise the whole of Tibet, not just the area which China calls the "Tibet Autonomous Region."

I have maintained this approach for the last 14 years in spite of the disappointment and criticism expressed by many Tibetans to my moderate stand. I have not forgotten that 1.2 million Tibetans have died and that Tibet has suffered immeasurably since the occupation of our country by Communist China. I also know that every Tibetan hopes and prays for the full restoration of our nation's independence.



Nevertheless, I had hoped that my middle-way approach would eventually create an atmosphere of mutual trust conducive to fruitful negotiations and exert a restraining influence on the repressive Chinese policies in Tibet. Here I appreciate the many Tibetans who have supported my initiatives and felt they were a practical necessity.

The Chinese government has rejected my overtures one after another and has consistently attempted to confuse the real issue. Meanwhile, the magnitude and gravity of the situation inside Tibet has dramatically escalated. Developments in Tibet have been marked by and intensification of the Chinese policy of suppression, the marginalization of the Tibetan people in our own country, the gradual extermination of our unique culture and religion, and the destruction and exploitation of Tibet's environment.

I must now recognize that my approach has failed to produce any progress either for substantive negotiations or in contributing to the overall improvement of the situation in Tibet. Moreover, I am conscious of the fact that a growing number of Tibetans, both inside as well as outside Tibet, have been disheartened by my conciliatory stand not to demand complete independence for Tibet. Because of my statement, some Tibetans have come to believe that there is no hope at all for the Tibetan people regaining their basic rights and freedoms. This, and the lack of any concrete results from my conciliatory approach towards the Chinese government over the past 14 years have caused disillusionment and undermined the resolve of some Tibetans.

Internationally, my initiatives and proposals have been endorsed as realistic and reasonable by many governments, parliaments, and non-governmental organizations.

But, despite the growing support of the international community, the Chinese government has not responded constructively.

I have left no stone unturned in my attempts to reach an understanding with the Chinese. We have had to place our hopes on international support and help in bringing about meaningful negotiations, to which I still remain committed. If this fails, then I will no

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CHONOR HOUSE

The Chonor House Cultural Centre, a branch of the Norbulingka Institute, the Tibetan exile community's new cultural institution, was inaugurated in March 1993. Chonor House is a handsome, three-story stone and brick building which stands among pines on a hill behind the Thekchen Choling temple in Dharamsala, India. Chonor House was designed by David Porter, a British architect, and contains twelve guest rooms, a large living room, dining room and reception area. Five of the guest rooms and the dining room are decorated with murals depicting scenes from Tibetan life, famous monuments, wildlife, mythical creatures, trees, flowers and characters from the Lhamo, the traditional Tibetan opera. The murals were painted by three young Tibetan artists in a unique blend of traditional and contemporary styles. All the furniture and decorations in Chonor House, including several beautiful traditional thangka, were made by the Norbulingka craftsmen and their apprentices.

The facilities at Chonor House will be used to hold meetings, conferences and monthly lectures on Tibetan culture, closely linked to the activities of the Norbulingka Institute. Seminars on Tibetan culture with the participation of both foreign and Tibetan scholars, scientists and philosophers are planned. The house will also provide accommodation for special friends of Tibet and official guests of the Tibetan government in Dharamsala. Vegetarian meals, tea and cakes are offered throughout the day at the Chonor House restaurant.

Members of Chonor House have free access to classes held at the Norbulingka Institute and receive *Melong*, the newsletter of the Department of Religion and Culture, providing information on cultural activities and events. Members also have access to the facilities for accommodation and use of the premises and restaurant.

Membership Dues Member: \$50.00 per year. If you wish to become a member or obtain further information, please write Pema Chodron, Department of Religion and Culture, Gangchen Kyishong, Dharamsala 176215, H.P., India. ■

IMAGES OF ENLIGHTENMENT

Tibetan Art in Practice

By Jonathan Landaw & Andy Weber

Illustrations by Andy Weber

300 pages
32 color plates
27 line drawings & diagrams
\$24.95
Published by Snow Lion
Available Now

Images of Enlightenment: Tibetan Art in Practice answers the need for a clear and straightforward guide to the inner world of Tibetan Buddhist sacred art. Focusing on many of its most important and representative images, this richly illustrated book introduces the reader to the tradition of spiritual self-transformation embodied by these depictions of enlightened energy. It is a guide to the world of Tibetan deities for all who practice and are interested in the symbolic meaning of the deity images.

The following is an excerpt from the introduction:

VISUALIZATION OF VAJRAYANA IMAGES

Of particular interest to us here is the way the images of Vajrayana art—specifically those represented in Tibetan *tangka* paintings—play a vital part in this process of enlightening transmission. To understand how these images are used in the Vajrayana to transmit spiritual insights, we must consider the centrally important meditational method known as *visualization*.

Visualization is the process of becoming intimately acquainted with positive and beneficial states of consciousness as they are envisioned in our mind's eye in the form of enlightened beings and other images. Each visualized image functions as an archetype, evoking responses at a very subtle level of our being and thereby aiding in the delicate work of inner transformation. For example, by generating an image of Avalokiteshvara, the meditational deity symbolizing enlightened compassion, and then

focusing creatively upon it with unwavering single-pointed concentration, we stimulate the growth of our own compassion. We automatically create a peaceful inner environment into which the dissatisfied, self-centered thoughts of anger and resentment cannot easily intrude. The more we practice such visualizations—and the related disciplines that train our body, speech and mind in the appropriate manner—the more profound their effect. Eventually our mind can take on the aspect of its object to such an extent that we transcend our ordinary limited sense of self-identification and actually become Avalokiteshvara: compassion itself, or whatever enlightened quality we have been concentrating upon.

For the process of visualization to have its most profound effect—to assist the process of enlightened self-transformation—it is clearly not enough to take an occasional glance at a particular image. Vajrayana paintings are not meant as decorative wall-hangings to be admired once in a while or looked at occasionally for fleeting inspira-

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tion. Instead, their images are to be internalized to the point that we identify with them intimately at the deepest level of our being. While we may begin by looking at the painting of a particular deity with our eyes, true visualization only takes place when we can hold this image clearly in our mind without forgetting it. Nor are we meant to be visualizing a flat, inert painting of limited dimensions but rather a living, radiant being of light who may appear infinitely large or small depending upon the specific meditation we are practicing. It is only by seeing the meditational deity as truly alive yet transparent, radiant and empty of concrete *self-existence*, that our mind—which itself is boundless, clear and luminous—can be transformed in the desired manner.

One reason the Vajrayana practitioner can see the various meditational deities as alive is that these figures represent forces possessing a vital reality of their own. They are not mere arbitrary creations of a limited mind or the fanciful product of an artist's imagination. Each particular image owes its existence to the fully enlightened mind from which it originally sprang and conveys the timeless qualities of such a boundless consciousness. Furthermore, the serious practitioner does more than merely chance upon a particular image somewhere and casually decide to make it the central object of his or her meditation. Instead, the deity to be practiced is presented to the disciple within the context of an *initiation*, or ceremony of *empowerment*, presided over by a qualified tantric master in whom the disciple has already placed his or her confidence. This master has trained in the methods of the deity in question and can therefore transmit to the disciple all that is necessary for contacting its essence.

We have attempted to convey the vital inspirational quality of the images presented in this work by focusing on the part played by each deity in exemplifying the Vajrayana path as a whole. Explanations of the symbolic meanings of each image are interspersed with some of the legends, myths and anecdotes Vajrayana masters tell about the meditational deity. For the sake of those readers who wish to explore in greater detail the topics touched upon here, notes have been provided throughout the text to indicate where this additional information can be found, and a list of further readings is given separately.

OUTLINE OF THE TEXT

The images and their explanations have been organized into the following seven chapters:

One: The Founder and His Teachings. By way of introduction, this chapter begins with an abbreviated account of the life and basic teachings of Shakyamuni Buddha and includes a simple visualization practice. After this comes an explanation of the *twelve links of dependent arising*—the mechanism by which, according to Shakyamuni, ordinary beings are imprisoned by their ignorance and delusions and condemned to lives of dissatisfaction. Freedom from self-imprisonment within the *Wheel of Life*, as it is called, is indicated by an illustration of a liberated being, an *arhat*, and the chapter concludes with a representation of a *stupa*, a symbol of the fully enlightened mind.

Two: The Bodhisattva Path. In the first chapter the path to individual liberation from one's own suffering was outlined. In the second chapter we turn to those teachings that present the path of the *bodhisattva*, the supremely compassionate being intent on winning not mere self-liberation but the full enlightenment

of buddhahood for the sake of benefiting others. This *Mahayana*, or *Great Vehicle*, path has its roots in those teachings of Shakyamuni known as the *Perfection of Wisdom Sutras*, and the first image in this chapter is that of the Great Mother, Prajnaparamita, the embodiment of these profound teachings. This is followed by illustrations of the three bodhisattvas—Avalokiteshvara, Manjushri and Vajrapani—who symbolize the three major attributes of a buddha's complete enlightenment: unlimited compassion, unlimited wisdom and unlimited skillful means.

Three: The Five Buddha Families. The process of self-transformation culminating in full enlightenment is next illustrated by the *five buddha families* or lineages. These five represent the types of pristine awareness into which our accustomed delusions of ignorance and so forth are transmuted upon the attainment of complete spiritual awakening. In keeping with our stated interest in visual imagery, special mention is made here of the way in which color is used in Vajrayana art to effect and symbolize this transformation. Then the head of one of these five families, Amitabha Buddha, receives individual attention in an account of the *pure land* practices associated with this widely venerated figure.

Four: Enlightened Activity. Here the emphasis is on the ways in which an enlightenment-bound being puts compassion, wisdom and skillful means into service for others. The chapter begins with two forms of the female deity Tara, who embodies this enlightened activity, and then discusses Ushnisha Vijaya, Amitayus, Medicine Buddha and Vajrasattva—deities whose practices confer long life, health and prosperity.

Five: The Path of Bliss and Emptiness. The Vajrayana methods of enlightened self-transformation are traditionally classified into four levels of increasing profundity and effectiveness, and most of what has been presented so far is from the viewpoint of the initial, most basic level of tantric practice. In this chapter the practices of the most profound level—*highest yoga tantra*—are introduced by focusing on some of the personal meditational deities, or *yidams*, associated with this level: Vajradhara, Vajrasattva, Guhyasamaja, Yamantaka and the protector Dharmaraja, Chakrasamvara, Vajrayogini, Vajradharma and the protector Mahakala.

Six: A Living Tradition. Throughout this work efforts have been made to show how all Vajrayana practices are dependent upon the vital link of the guru-disciple relationship. In this chapter we begin by giving a survey of the various traditions—the Nyingma, Kadam, Sakya and Kagyu—through which the essential qualities of this relationship have been transmitted since Vajrayana Buddhism was first introduced into Tibet. This survey is presented in terms of brief biographies of five of the most important masters of these traditions, namely Guru Rinpoche, Atisha, Sakya Pandita, Marpa and Milarepa. Lastly, a more detailed, though still abbreviated, account of the most recent of the major traditions—the Geluk—is given in terms of the life of its founder, Je Tsong Khapa.

Seven: The Future Buddha. To emphasize the continuity of the living tradition, this work concludes with an image of Maitreya, the buddha destined to reveal the spiritual path in a future age the way Shakyamuni Buddha has done in ours.

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THIS VARSITY JACKET is custom-designed for Namgyal Monastery. The maroon body is made of 80% wool melton. The supple set-in sleeves are of especially soft black leather which develops a rich mellow look over time. The yellow and black wool-cotton ribbed knit cuffs, collar, and waistband are sewn double-weight, resist pilling and provide extra weight and are soft-not scratchy. All pockets (2 outside and one inside breast pocket) are leather-trimmed. The jacket has a durable gray acetate nylon lining and sewn-in leather hanger loop.

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NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES,
PO BOX 127, ITHACA, NEW YORK 14851

The following is an excerpt from Chapter 5, The Path of Bliss and Emptiness:

VAJRASATTVA

Vajrasattva—the diamond, or adamant, being—is the main deity employed for purification by practitioners of all levels of tantra. Depending on which type of practice is being followed, he can be visualized either alone or with consort.

Vajrasattva is white in color signifying his immaculate purity. Like Vajradhara, of whom he is an emanation, he holds a vajra symbolizing method in his right hand and the bell of wisdom in his left. Although the solo Vajrasattva is sometimes depicted as sitting with his leg partially outstretched, here he is in the unshakeable full vajra posture. As has been the case with many of the deities presented in this series so far, Vajrasattva wears the beautiful silken garments and jeweled ornaments of ancient Indian royalty.

The techniques of tantric transformation will not be able to produce their profound results as long as our present body, speech and mind remain contaminated by the

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The Kagyu Abbot Kenpo Konchog Gyaltsen Teaching Green Tara Practice at Namgyal Institute.

NEWS

NEWS FROM NAMGYAL MONASTERY INSTITUTE OF BUDDHIST STUDIES

The North American Seat of the Personal Monastery of H.H. the Dalai Lama



BECOME A STUDENT AT NAMGYAL INSTITUTE OF BUDDHIST STUDIES THIS FALL

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Study this coming year at Namgyal Institute of Buddhist Studies, operated by the North American branch of the personal monastery of H.H. the Dalai Lama, located in the beautiful Finger Lakes district of upstate New York. Tuition for full-time study is \$695-\$1200 per semester, depending upon the number of units. Students may enroll for full-time or part-time study.

Open to all qualified men and women, Namgyal has a unique 5-year program which enables serious students to follow a progressive and authentic program of study in Tibetan Buddhism. Students are able to study Tibetan language and the entire scope of Buddhist sutra and tantra. The last semester of the fifth year is conducted at Namgyal Monastery in Dharamsala, India. Those not intending to pursue the entire program or wishing to study part-time may also be admitted. The curriculum of Namgyal Monastery in India has been adapted for students at the Institute. To round-out this

rich and carefully designed curriculum, Namgyal offers a variety of

personal guidance in practice to those wishing it as well as other



Ven. Ngawang Choejor teaching Tibetan Sacred Dance.

programs and workshops in the arts and culture of Tibet. 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. In addition, the monastery provides

classes and summer retreats.

The Fall 1994 semester runs 9/5 to 12/16.

For application forms or further information regarding programs contact: Admissions Office, Namgyal Institute of Buddhist Studies, P.O. Box 127, Ithaca, NY 14851. ■

NAMGYAL MONASTERY OFFERS TWO SUMMER RETREATS IN 1994

Based upon the requests received from around the country, the monks of Namgyal Monastery are offering two summer retreats this year, providing a wide range of exposure to Tibetan Buddhist studies and meditation practice suitable for beginners through advanced students:

3rd Annual "Get Acquainted with Namgyal" Retreat: An Introduction to Tibetan Buddhism, July 31-Aug. 7, 1994

This retreat is characterized by individual attention from the monks and a unique introduction to Tibetan Buddhism as practiced by the Dalai Lama's own personal monastery. Students learn about shamatha meditation, mahayana teachings, deity yoga, mandala theory, debate, and Tibetan language, and engage in hands on art

workshops on drawing Tibetan images and mandalas. All of the monks are informal and accessible throughout the retreat. After the last meditation and dinner each day, evenings consist of volleyball, badminton, discussion groups, slide lectures, and videos on Tibetan culture.

This is Namgyal's main summer event. the retreat is staffed by all of the Namgyal monks. Other retreats may be staffed by only two or three monks. Cost for this retreat is \$230 plus \$12 per day for lodging and \$15 per day for meals (three delicious vegetarian meals each day)

Kalachakra Retreat, Aug. 12-19, 1994

One week retreat. This is a highest yoga tantra sadhana practice. To practice Kalachakra with Namgyal monks

is a very auspicious—and rare—opportunity. This retreat is open only to those who have taken the Kalachakra initiation. Applicants are asked to indicate when and where they have taken the Kalachakra initiation in order to be able to attend. Cost for this retreat is \$215 plus \$12 per day for lodging and \$15 per day for meals (three delicious vegetarian meals each day)

Both retreats are held at beautiful Arnot Forest, the secluded wooded conference center maintained by Cornell University just south of Ithaca, the center has a large central lodge and 14 cabins, and we offer three wholesome vegetarian meals each day.

To Register for One of the Above Retreats:

Send your name, address and telephone number plus a deposit of \$210 made out to Namgyal Monastery, P.O. Box 127, Ithaca, NY 14851. Deposits are fully refundable until July 1st. After

SUMMER TIBETAN LANGUAGE PROGRAMS

NAMGYAL MONASTERY
INSTITUTE OF BUDDHIST STUDIES
ITHACA, NY

INTRODUCTORY COLLOQUIAL TIBETAN

Summer Course

May 31-July 1, 1994

This unique four-week summer program offers students wishing to learn Tibetan language an opportunity for intensive introductory level spoken Tibetan. The program offers:

- 3 Hrs/day Intensive Classroom Study
- Extensive Drills and Tapes for Personal/Lab Practice

Open to anyone wishing to learn spoken Tibetan. Inquire about arranging course credit with your university or college. Equivalent of 3 credits.

Study this summer at Namgyal Monastery, the North American seat of the personal monastery of H.H. the Dalai Lama, located in the beautiful Finger Lakes district of upstate New York. Tuition for this 4 week intensive is \$430.

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

INTERMEDIATE COLLOQUIAL TIBETAN

Summer Course

May 31-July 1, 1994

This four-week intermediate colloquial Tibetan summer program is for students who have had some experience with spoken Tibetan and are able to pronounce written Tibetan. Taught by the Tibetan faculty of Namgyal Institute, the program offers:

- 3 Hrs/day Intensive Study
- Pacing According to Individual Skill Levels
- Extensive Drills and Tapes for Personal/Lab Practice

Open to all qualified students with prior language experience. Inquire about arranging course credit with your university or college. Equivalent of 3 credits.

Study this summer at Namgyal Monastery, the North American seat of the personal monastery of H.H. the Dalai Lama, located in the beautiful Finger Lakes district of upstate New York. Tuition for this 4 week intensive is \$430.

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

July 1st, deposits are 50% refundable. In late May or early June, registrants will receive a packet containing directions for getting to

the retreat, a detailed schedule and a list of suggested items to bring. The packet will be mailed in late May or early June. ■





University of Virginia
1994 Summer Session

LITERARY AND SPOKEN TIBETAN

June 13 to August 11, 1994

Offered through the Department of Religious Studies

INTRODUCTORY TIBETAN

RELB 500, 501

*Learn Buddhist Concepts
through Debating in Tibetan!*

Instructor: William Magee
and indigenous Tibetan speaker
8 credits

An intensive introduction to both literary and colloquial Tibetan. Students learn basic grammar and develop hearing and speaking proficiency through training in a formal debate technique widely used in the Tibetan educational system. This course also uses drills and tapes developed at the University of Virginia for the recently released book *Fluent Tibetan*. It covers the equivalent of a year's instruction in first-year Tibetan. ♦

STUDENTS MUST APPLY directly to the Summer Session for admission: 209 Garrett Hall, University of Virginia, Charlottesville, VA 22903 (Tel. 804/924-3371). Tuition for 1994 is \$1,088 for Virginians and \$3,344 for non-Virginians. For further information, write: Center for South Asian Studies, Hotel D, 24 East Range, University of Virginia, Charlottesville, VA 22903 (Tel. 804/924-8815). ♦

INTERMEDIATE TIBETAN

RELB 535, 536

Read Tantric Texts in Tibetan!

Instructor: Gregory Hillis
and indigenous Tibetan speaker
8 credits

This intensive intermediate class emphasizes Ge-luk and Nying-ma tantric literature, including a Ge-luk manual on Highest Yoga Tantra death meditation and selections from two Nying-ma texts, Long-chen-ba's *Treasury of Abiding Reality* and Ba-drul Rin-bochay's *Sacred Word of Lama Gun-sang*. Intermediate Tibetan also makes extensive use of tapes and drills for spoken Tibetan. It covers all the material normally taught in second-year Tibetan. ♦

ments we may have broken.

Although a full explanation of the Vajrasattva practice is beyond the scope of this work, a brief indication of what it involves can be given as follows. Above the crown of our head we visualize our root guru in the form of Vajrasattva, having a transparent body of light. At the crown of his head is Akshobhya, the head of the buddha family to which Vajrasattva belongs. At Vajrasattva's heart we visualize the letters of his hundred-syllable mantra standing upright around the edge of a moon disc, in the center of which is the seed-syllable HUM.

Having stabilized this visualization, and entreating our root guru from the depths of our heart to purify all our negative karmic imprints, we recite Vajrasattva's mantra with undistracted concentration. As we do so we visualize cleansing rays of light descending from the HUM and mantra at Vajrasattva's heart, entering us through the crown of our head, purifying us of all defilements and transforming our body into light. At the conclusion of our meditation session we generate the strong feeling that all stains and obscurations have been completely removed. Vajrasattva then dissolves into light and descends into us, becoming indistinguishable from our own body, speech and mind, and we remain for a time in a state of clear awareness without conceptualization.

For this practice to be effective, it is not enough to generate a clear image of the deity and follow the succeeding stages of the visualization practice in their proper order. Without employing what are known as the four powerful opponents, even the clearest visualization will be of little use. First we must generate an honest sense of regret for our past unwholesome actions and transgressions of our sacred word of honor, recognizing their destructive potential. Then we must vow to turn away from committing all such negativities in

THE EIGHT GATES OF ZEN

John Daido Looi



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the future. Thirdly, we invoke the power of reliance by bringing to mind both our refuge in the Three Jewels of Buddha, Dharma and Sangha and our altruistic bodhichitta motivation. Finally we engage in those remedial actions—in this case the recitation of Vajrasattva's mantra and so forth—that counterbalance, uproot and purify our accumulated obscurations. Only if these four powers of regret, vow, reliance and remedy are strong is it definite that purification will take place.

There are various signs that indicate we have been successful in purifying negativities. A number of these occur while we are dreaming, such as fighting and overcoming a person dressed in black, vomiting noxious substances, drinking milk, meeting gurus, receiving visions of meditational deities and the like. If we have such dreams repeatedly, not

just once or twice, this is an indication that our practices have been fruitful. But there are more definite signs of success that occur while we are awake. Our physical body may come to feel light and buoyant, we shall find that our need for sleep has decreased, our thinking will be clearer than before and, most importantly, we shall gain insight into areas of the spiritual path that had previously been obscure. In connection with this last point a contemporary Tibetan master has stated that if we had only an hour in which to study the profound teachings on the Perfection of Wisdom Sutras and were to spend the first forty-five minutes engaged in such "collecting and cleansing" techniques as Vajrasattva meditation, we would not be wasting our time in the slightest. Instead, we would be ensuring that whatever study we

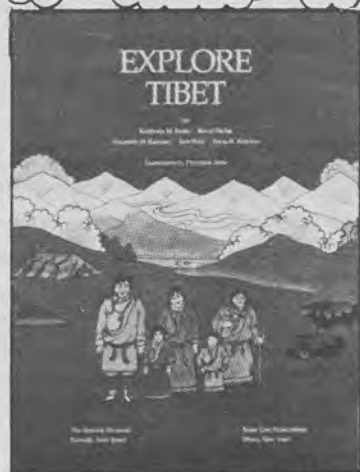
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impurities accumulated from our past unwholesome physical, verbal and mental actions. For our practices to succeed we must not only avoid such unskillful and destructive activities now and in the future, but we must cleanse ourselves of those negative imprints still with us from the past.

Vajrasattva meditation is the chief method recommended by the various traditions of Vajrayana Buddhism to accomplish this cleansing, or purification. Furthermore, it is extremely effective for rectifying transgressions of the sacred pledges made by the disciple to the tantric master at the time of empowerment and for restoring whatever tantric commit-

NEW FROM SNOW LION PUBLICATIONS



EXPLORE TIBET

The Junior Museum Staff of the
Newark Museum
32 pp., 9" x 12", \$9.95

This is an activity book that was developed in conjunction with the special Newark Museum project "Tibet: The Living Tradition." Exploring unknown places, meeting new people, and seeing different ways of life can be among the greatest joys of childhood. *Explore Tibet* is designed to introduce the young reader to Tibetan culture. The combination of hands-on activities with stories and illustrations offers something for every child. Meet a Tibetan family, construct a festival tent, cook Tibetan food, play a karma board game, negotiate a mandala maze, make a mask and more!

IMAGES OF ENLIGHTENMENT

Tibetan Art in Practice



Jon Landaw and Andy Weber

IMAGES OF ENLIGHTENMENT Tibetan Art in Practice

Jonathan Landaw & Andy Weber

350 pp., 32 color images and 10 line drawings, \$24.95

One of the most striking aspects of Tibetan Buddhism is its wealth of visual imagery. Ranging from the tranquility of a serenely poised meditator to the dynamic energy of apparently wrathful figures, this vivid and diverse imagery often leaves Western observers as puzzled as they are fascinated. Who are these figures and what do they mean?

Images of Enlightenment answers the need for a clear and straight-forward guide to the inner world of Tibetan Buddhist sacred art. Focusing on some of its most important and representative images, this richly illustrated book introduces the reader to the tradition of spiritual self-transformation embodied by these depictions of enlightened energy.

IS ENLIGHTENMENT POSSIBLE?

Dharmakirti and rGyal tshab rje
on Knowledge, Rebirth, No-Self and Liberation



Roger R. Jackson

IS ENLIGHTENMENT POSSIBLE?

Dharmakirti and Gyaltshabje on Knowledge,
Rebirth, No-Self and Liberation

Roger Jackson

576 pp., \$29.95

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.

Statement—continued from page 1

longer be able to pursue this policy with a clear conscience. I feel strongly that it would then be my responsibility, as I have stated many times in the past, to consult my people on the future course of our freedom struggle. Just as the late Indian Prime Minister, Jawaharlal Nehru, stated in the Indian parliament on December 7, 1950, I too have always maintained that the final voice with regard to Tibet should be the voice of the Tibetan people. Whatever the outcome of such a consultation, it will serve as a guideline for our future dealings with China and the reorientation of the course of our freedom struggle.

I continue to remain committed to finding a peaceful and negotiated resolution to the issue of Tibet with Chinese government directly. But the Chinese are merely paying lip service to this approach. It is evident that only increased international political and economic pressure can bring a sense of urgency to bear on the Chinese leadership not merely to pay lip service but to resolve the problem of Tibet peacefully and amicably. The tragedy of Tibet can be relieved through the determined and concerted efforts of various governments and NGOs championing human rights, liberty and democracy the world over.

If the Tibetan issue can be resolved peacefully, through mutual openness and understanding, I am convinced that it will help alleviate the anxiety felt in the minds of the six million residents of Hong Kong. It will also have a positive effect on China's relationship with Taiwan and enhance its international image.

Today, we remember those brave Tibetans who fought and died for the cause of our nation and those who are languishing in Chinese prisons. We also pay our respects to our courageous brothers and sisters in

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Tibet who are continuing the struggle for the freedom of our people under extremely adverse conditions.

The course of history and the present world atmosphere are favorable to the aspirations of our nation. Our cause is gathering momentum. Fearful of these developments, China has now formulated policies to undermine our administration in exile as well as to create discord and division in our community. Therefore, every one of us must be alert and renew our commitment to the just cause of our country.

I firmly believe that the day is close when our beloved Land of Snow will no longer be politically subjugated, culturally ravaged and economically and environmentally exploited and devastated. Our dedication, sacrifice and hard work will eventually lead our captive nation to freedom and peace in dignity. However, it is important that our struggle must be based on non-violence.

On behalf of all the Tibetan people, I want to take this opportunity to express our deep appreciation and gratitude to our many friends

throughout the world for their support of our cause. I must also thank the many parliaments and governments that have started to take a serious look at the Tibetan problem. Another positive development of recent years is support for our cause even amongst the Chinese people. For example, a long letter written on October 5, 1992, by the well-known Chinese dissident, Wei Jingsheng, to Deng Xiaoping, speaking out against his government's unjust claims over Tibet and their misguided policies there, has just become public. These expressions are the manifestations of genuine human respect for truth and justice. I take this opportunity especially to thank our Chinese brothers and sisters the world over for their support and encouragement. Finally, I wish to reiterate our immense gratitude and appreciation to all the countries where Tibetan exiles have been given asylum, particularly to the people and government of this country, which has become a second home for the majority of the Tibetans in exile.

My prayers for peace and welfare

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Dharmasala ■

Teaching Tour of His Holiness Chetsang Rinpoche, The Drikung Kyabgon.



His Holiness is one of two lineage holders of the Great Drikung Kagyu sect of Tibetan Buddhism. In order to further the growth of Dharma practice in the West, he will give a series of teachings and empowerments throughout the Americas. The main focus of this trip is to give teachings on the Fivefold Path of Mahamudra, the central teachings of the Drikung Kagyu. His Holiness will give the Phowa transmission, Chöd empowerment and many other teachings for people at all levels of practice. This tour is being coordinated by the Tibetan Meditation Center, near Frederick, Maryland, the main center for the Drikung Kagyu in the Americas.

For information about the teachings, please contact
the locations listed above or write:

Tibetan Meditation Center, 9301 Gambrill Park Road,
Frederick, MD 21702 (301) 473-5750

Locations, approximate dates and contact

- | | |
|---|--|
| <p>Los Angeles, California
April 2 - April 18
Drikung Kagyu Center
(805) 257-2943</p> <p>Mexico City, Mexico
April 20 - April 26
Casa Tibet Mexico
52-5-514-4290</p> <p>Santiago, Chile
April 28 - May 11
Centro De Meditacion Tibetana
fax: (526) 2790193</p> <p>Clearwater, FL
May 13 - May 23
Drikung Kagyu Center
(813) 593-2292</p> <p>Frederick, MD
May 25 - June 13
Tibetan Meditation Center
See below</p> <p>Vancouver, BC
July 1 - July 10
(604) 597-6963</p> <p>Portland, OR
July 16 - July 20
Combined Vajrayana Centers
(503) 224-3307</p> <p>Toronto, ON
July 22 - July 27
(416) 412-6302</p> <p>Rochester, NY
July 29 - August 4
Drikung Kagyu
Enlightenment Institute
(716) 454-3844</p> | <p>Boston, MA
Northampton, MA
August 6 - August 15
(617) 332-1835</p> <p>Bristol, VT
August 17 - August 23
Sunray Meditation Society
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GRAND OPENING AT SNOW LION

On February 12, during Tibetan New Year, Snow Lion Publications celebrated the opening of its new location and retail store. Nearly 100 people from the Ithaca community came to browse the large display of books and other

dharma items, to enjoy lavish displays of food, and to meet with friends. A special event was provided by the monks of Namgyal Monastery who consecrated the space through their beautiful chants and meditative presence. ■

THE DALAI LAMA ON ECOLOGY

An Appeal from Tibet House, New Delhi, and The Foundation for Universal Responsibility, New Delhi, India

His Holiness the Dalai Lama, in a booklet of poems entitled "The Sheltering Tree of Interdependence—A Buddhist Monk's Reflections on Ecological Responsibility," states:

Being attentive to the nature of interdependence of all creatures both animate and inanimate, one should never slacken in one's efforts to preserve and conserve nature's energy.

On a certain day, month and year one should observe the ceremony of tree planting. Thus, one fulfills one's responsibilities, serves one's fellow beings, which not only brings one happiness but benefits all.

These poems reflect His Holiness's concern for ecological balance in nature and the survival of life on earth. Emphasizing the need for environmental awareness in his inaugural address to an ecological conference, His Holiness said, "I feel that it is extremely important that individuals realize the responsibility for preserving the environment, to make it a part of daily life, create the same attitude in their families, and spread it to the community."

In observance of His Holiness's birthday on July 6 and to demonstrate commitment to the ecological balance, we appeal to all individuals and families, especially not only to Tibetans and Buddhists, to plant a tree on July 6, every year.

The Foundation for Universal Responsibility will be happy to provide seeds blessed by His Holiness the Dalai Lama to those who would like to organize collective tree plantations. The above mentioned booklet of His Holiness' poems is being distributed through welfare officers of Tibetan settlements and Tibet Offices in different part of the world.

Contact Tibet House, Cultural Centre of H.H. the Dalai Lama, 1, Institutional Area, Lodhi Road, New Delhi-110003 INDIA.

The following is the complete poem written by His Holiness:

**THE SHELTERING TREE
OF INTERDEPENDENCE**
A Buddhist Monk's Reflections
on Ecological Responsibility
By His Holiness the Dalai Lama
Published by Tibet House,
New Delhi

During the course of my extensive travelling to countries across the world, rich and poor, east and west, I have seen people revelling in pleasure, and people suffering. The advancement of science and technology seems to have achieved little more than linear, numerical improvement; development often means little more than more mansions in more cities. As a result, the ecological balance—the very basis of our life on earth—has been greatly affected.

On the other hand, in days gone by, the people of Tibet lived a happy life, untroubled by pollution, in natural conditions. Today, all over the world, including Tibet, ecological degradation is fast overtaking us. I am wholly convinced that, if all of us do not make a concerted effort, with a sense of universal responsibility, we will see the gradual breakdown of the fragile ecosystems that support us, resulting in an irreversible and irrevocable degradation of our planet, Earth.

These stanzas have been composed to underline my deep concern, and to call upon all concerned people to make continued efforts to reverse and remedy the degradation of our environment. The poem is being released on the occasion of the presentation of a statue of the Buddha to the people of India; and to mark the opening of the International Conference on Ecological Responsibility: a Dialogue with Buddhism.

1. O Lord Tathagata born of the Ikshvaku tree, peerless one who, seeing the all-pervasive nature of interdependence between the environment and sentient beings samsara and nirvana moving and unmoving, teaches the world out of compassion bestow thy benevolence on us.
2. O the savior, the one called Avalokitesvara, personifying the body of compassion of all Buddhas, we beseech thee to make our spirits ripen and fructify to observe reality bereft of illusion.
3. Our obdurate egocentricity ingrained in our minds since beginningless time contaminates, defiles and pollutes the environment created by the common karma of all sentient beings.

4. Lakes and ponds have lost their clarity, their coolness, the atmosphere is poisoned, nature's celestial canopy in the fiery firmament has burst asunder and sentient beings suffer diseases unknown before.
5. Perennial snow mountains resplendent in their glory, bow down and melt into water, the majestic oceans lose their ageless equilibrium and inundate islands.
6. The dangers of fire, water and wind are limitless sweltering heat dries up our lush forests lashing our world with unprecedented storms and the oceans surrender their salt to the elements.



7. Though people lack not wealth, they cannot afford to breathe clean air, rains and streams cleanse not but remain inert and powerless liquids.
8. Human beings and countless beings that inhabit water and land, reel under the yoke of physical pain caused by malevolent diseases, their minds are dulled with sloth, stupor and ignorance, the joys of the body and spirit are far, far away.
9. We needlessly pollute the fair bosom of our mother earth, rip out her trees to feed our short sighted greed, turning our fertile earth into a sterile desert.
10. The interdependent nature of the external environment and people's inward nature described in Tantras, works on Medicine, and astronomy has verily been vindicated by our present experience.
11. The earth is home to living beings equal and impartial to the moving and unmoving, thus spoke the Buddha in truthful voice with the great earth for witness.
12. As a noble being recognizes the kindness of a sentient mother and makes recompense for it, so the earth, the universal mother which nurtures all equally should be regarded with affection and care.
13. Forsake wastage, pollute not the clean, clear nature of the four elements and destroy the well being of people, but absorb yourself in actions that are beneficial to all.
14. Under a tree was the great Sage Buddha born, under a tree, he overcame passion and attained enlightenment, under two trees did he pass in Nirvana verily, the Buddha held the tree in great esteem.
15. Here, where Manjushri's emanation, Lama Tsongkhapa's body bloomed forth, is marked by a sandal tree bearing a hundred thousand images of the Buddha.
16. Is it not well-known that some transcendental deities, eminent local deities and spirits make their abode in trees?

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17. Flourishing trees clean the wind, help us breathe the sustaining air of life. They please the eye and soothe the mind. their shade makes a welcome resting place.
18. In Vinaya, the Buddha taught monks to care for tender trees. From this, we learn the virtue of planting, of nurturing trees.
19. The Buddha forbade monks to cut, cause others to cut living plants, destroy seeds or defile the fresh green grass. Should this not inspire us to love and protect our environment?
20. They say, in the celestial realms the trees emanate the Buddha's blessings and echo the sound of basic Buddhist doctrines like impermanence.
21. It is tree that brings rain, trees that hold the essence of the soil. Kalpa-Taru, the tree of wish-fulfillment, virtually resides on earth to serve all purposes.
22. In times of yore, our forbearers ate the fruits of trees, wore their leaves, discovered fire by the attrition of wood, took refuge amidst the foliage of trees when they encountered danger.
23. Even in this age of science, of technology, trees provide us shelter, the chairs we sit in, the bed we lie on. When the heart is ablaze with the fire of anger fueled by wrangling, trees bring refreshing, welcome coolness.
24. In the tree lie the roots of all life on earth. When it vanishes, the land exemplified by the name of the Jambu tree will remain no more than a dreary, desolate desert.
25. Nothing is dearer to the living than life. Recognizing this, in the Vinaya rules the Buddha lays down prohibitions, like the use of water with living creatures.
26. In the remoteness of the Himalayas, in the days of yore, the land of Tibet observed a ban on hunting, on fishing, and, during designated periods, even construction. These traditions are noble for they preserve and cherish the lives of humble, helpless, defenseless creatures.
27. Playing with the lives of other beings without sensitivity or hesitation as in the act of hunting or fishing for sport, is an act of heedless, needless violence—a violation of the solemn rights of all living beings.
28. Being attentive to the nature of interdependence of all creatures both animate and inanimate, one should never slacken in one's efforts to preserve and conserve nature's energy.
29. On a certain day, month and year, one should observe the ceremony of tree planting. Thus, one fulfills one's responsibilities, serves one's fellow beings, which not only brings one happiness, but benefits all.
30. May the force of observing that which is right and abstinence from wrong practices and evil deeds nourish and augment the prosperity of the world. May it invigorate living beings and help them blossom. May sylvan joy and pristine happiness ever increase, ever spread and encompass all that is.

GREENPEACE; TIBET IS TARGET FOR TOXICS

Singapore, Feb. 1, 1994 Reuters —Asia is the West's latest toxic-waste dump, swallowing millions of tons of discards from industrialized nations each year, the environmental group Greenpeace said.

Simon Divecha, toxic trade campaigner with Greenpeace, told a news conference that between 1990 and 1993, Australia, Canada, Germany, the United Kingdom and the United States shipped more than 5.4 million tons of toxic wastes to Asia.

This included household garbage, scrap lead batteries, aluminum, cadmium, plastics, and medical and radioactive wastes under the guise of recycling. Waste traders plan to ship over five million more tons if Bangladesh, Cambodia, China, India and Vietnam approve the proposals, according to a Greenpeace report. "These schemes also include plans to ship nuclear reactor and other radioactive wastes for disposal in Tibet and India," the report said.

MESSAGE FROM LODI GYARI SPECIAL ENVOY OF HIS HOLINESS THE DALAI LAMA

Dear Friends,

A unique window of opportunity to bring about a significant change in conditions inside Tibet has appeared. Future renewal of China's Most-Favored-Nation (MFN) trade status, a status they desperately want to maintain, hinges partially on the Chinese taking steps in "protecting Tibet's distinctive religious and cultural heritage." Please call your congressional representatives and urge them to keep the pressure on the Chinese to improve conditions in Tibet before the MFN renewal deadline of June 3.

Your active help right now can really make a difference. I urge you to get involved with a new Urgent Action campaign being launched by the International Campaign for Tibet. For information call (202) 628-4123. Thank you.

★Write or call your Representatives: U.S. House of Representatives, Washington, DC 20515, 202-224-3121.

★Your Senators: U.S. Senate, Washington, DC 20510, 202-224-3121.

★Your President and Vice-President:

Please write to President Clinton and encourage him to be uncompromising on the issues of MFN. Tell him that the US should definitely NOT allow special trade privileges to be granted to countries violating human rights. You might say that Americans don't want to buy products made by prison labor and from countries that suppress freedom of religion and other basic human rights.

Write to: President Clinton, The White House, 1600 Pennsylvania Ave. NW, Washington, D.C. 20500.

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For information about membership or copies of this newsletter, contact: ICT, 1518 K St. NW, Suite 410, Washington, DC 20005-1203. Tel: (202) 628-4123; Fax (202) 347-6825.

THE DESTRUCTION OF OLD LHASA

Official Plans for Lhasa 2000

Lhasa, once known as the Holy City of Tibet, the joyous destination of millions of pilgrims on the high plateau, is in the midst of a transformation that will change its face forever. In 1990, the Chinese government drafted detailed plans for the redevelopment of the capital city, the seat of centuries of secular and religious tradition. The new plans, scheduled for completion by the year 2000, hail the rebuilding of Lhasa as a "modern, socialist city," in which the Potala Palace and the Jokhang Temple, the only buildings not scheduled for destruction, will stand as isolated monuments to a disappearing civilization.

The Chinese part of Lhasa, which consists mainly of army barracks and concrete compounds, is already ten times larger than the original Tibetan city, has almost doubled in size during the last six years and will double again by the year 2000. The old city, with its distinctive, decorative architecture, has remained uniquely Tibetan amidst this continuing onslaught of cheerless Chinese modernization.

A Village Vanishes

Until the 1950's Lhasa consisted of two distinctive quarters separated by woods and marshes: a traditional village below the Potala Palace called Shol, and a cluster of old houses and narrow alleyways around the Jokhang and Ramoche temples. The link between these two quarters was an old bridge of stone and wood called the Turquoise Roof Bridge, which now stands functionless between two tall concrete buildings. Shol became important in the 17th

century, when the Tibetan government moved from Drepung Monastery into the Potala. The village housed government offices, a small prison and even a red-light district. The current inhabitants of Shol were notified in 1993 that many of their homes were scheduled to be cleared away. Villagers have been forced to move into new buildings north of the Potala, which are reported to be dark and dingy and to have developed cracks in the walls and ceilings in less than six months. Electricity is erratic and the water supply very poor. Few of the old buildings in Shol are to be incorporated into the ongoing restoration project centered on the Potala Palace.

What Should Be Done?

A United Nations Development Program (UNDP) report from 1990 called "Tourism Planning and Training for Tibet" offers critical suggestions to Lhasa's municipal planners, proposing that the Barkhor and the village of Shol be declared conservation areas with protective measures imposed and the emphasis on improving existing buildings.

Max Martin and Andrew Anders, the authors of a report printed in Berlin entitled "The Final Demolition of Lhasa," appeal to UNESCO to mediate a cooperative effort between international specialists in the preservation of old buildings and the Chinese authorities, with the following objectives:

1. All demolition of traditional houses in Lhasa should be immediately halted.
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Mongolia—NEWS FROM ULAAN BAATOR

In contemporary Mongolia, there is new religious freedom and people have strong faith in Buddhism.

An organization dedicated to publishing Buddhist texts wants to make basic information on Buddhism available because many people have lost touch with Buddhist teachings since the Communist repression. They also want to publish texts with both Tibetan and Mongolian translations, to reproduce texts already existing for the monks to study, and also to make texts available to other countries as appropriate.

The organization lacks basic

equipment to perform publishing tasks: there is no electric typewriter, no computer, no fax, no photocopier. There is nothing that a modern office would consider essential for producing and copying texts.

If anyone is interested working in Mongolia they are in need of people power.

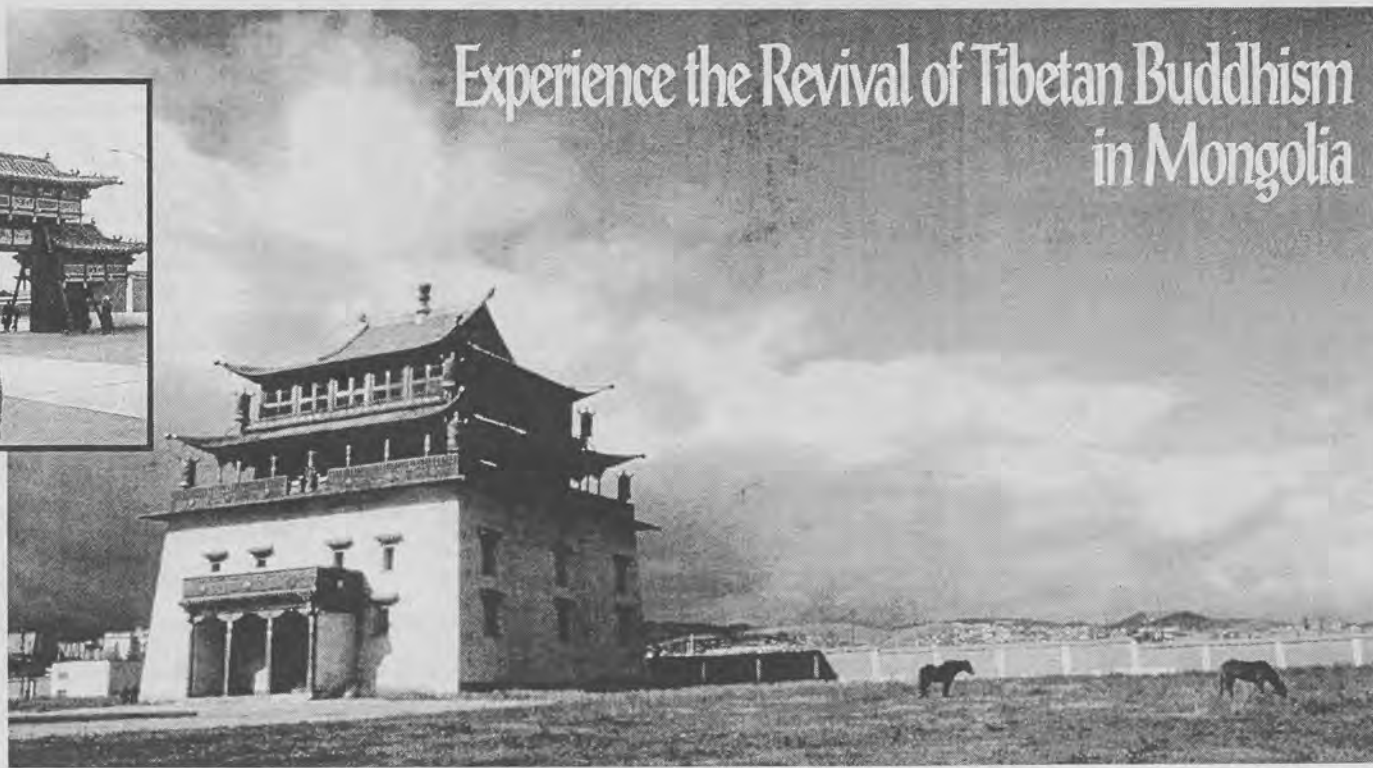
The contact is: President S. Bayartsagaan, The Mongolian Assoc. of Believers, Post Box 281, Ulaan Baator 23, Mongolia.

Please be aware that the Mongolian Post is very slow and it can take a couple of months to receive letters from abroad.



"There has been a very strong Tibetan Buddhist presence in Mongolia and of Mongolians in the monasteries of Tibet for many centuries. The revival of Buddhism which is developing rapidly in Mongolia will be extremely important for the entire Tibetan Buddhist world."

—Prof. Jeffrey Hopkins
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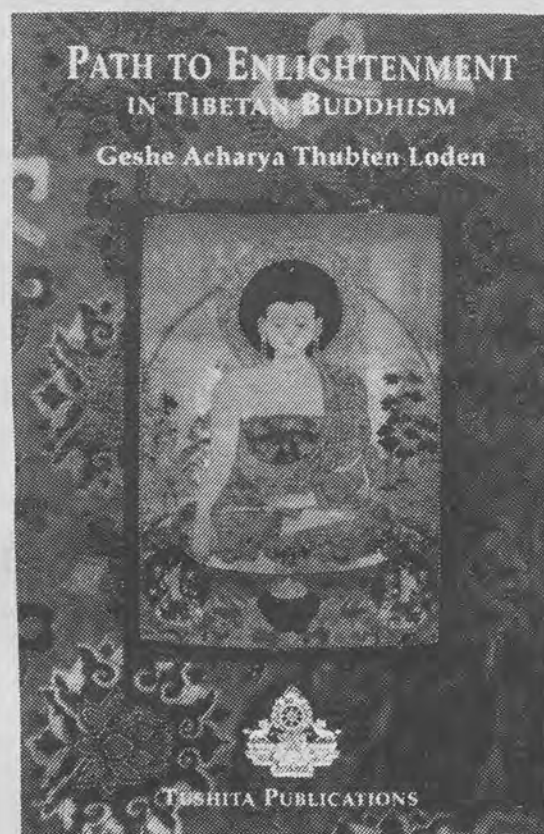
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To find out more about Tibetan! version 4.0 or about the software that we sell specifically for working with transliterated Sanskrit write to us or call us (see below).

A.C.I.P. USERS NOTE:

The Asian Classics Input Program gave a wrong address for us in their last book; we are NOT in the U.S.A. any longer. The sole contact for Tibetan Computer Company software is Tony Duff, at the above address or telephone us at country code (977)-1-472-678.

SURVEY OF TIBET SUPPORTERS PARTICIPATING IN THE 1995 WORLD CONFERENCE ON WOMEN IN BEIJING

From: John Maier, International Committee of Lawyers for Tibet

As many of you know, Tibetan women are preparing for the upcoming 1995 UN World Conference on Women in Beijing (UNWCW '95) and its parallel NGO Forum. The Women's Committee of the International Committee of Lawyers for Tibet (ICLT) in San Francisco, CA is gathering a list of individuals and organizations involved in conference preparations. The list will be used to facilitate the preparatory work through the use of electronic mail and conferencing.

The following survey will help us and other organizations update the existing database of organizations working on women's issues that has been gathered by the International Campaign for Tibet. Please answer the survey if relevant and return. A similar form is being distributed at the upcoming Regional Meetings of U.S. Tibet Support Groups in Los Angeles, St. Louis, and New York.

1. Name of your Organization
2. Contact name(s)
3. Mailing address, telephone, fax, email
4. Are you currently holding

meetings about the UNWCW '95?

5. If so, what are your priorities/strategies?
6. How many people are in your working group?
7. Are you in contact with other NGOs who will be going to the Conference? Do they have consultative status?

Please send this information along with your meeting minutes and any other pertinent information to: Nicole Coleman, ICLT Women's Committee, 347 Dolores Street, Suite 206, San Francisco, CA 94110. Phone: 415-252-5967, Fax: 415-626-0865.

A topic on Tibet under the Women's Conference will be established soon, and is available to those who subscribe to the Association of Progressive Communications (such as PeaceNet, GreenNet, Pegasus, etc.). APC will be providing the computer communications at the Beijing Conference, and is working directly with the NGO Planning Committee as it prepares for the Conference.

RINCHEN PROJECT'S CAMPAIGN FOR RELEASE OF "GARI FOURTEEN"

From: Carol Brighton and Stan Clark, Rinchen Project, Int'l Committee of Lawyers for Tibet

San Francisco, February 16, ICLT-The Rinchen Project, a volunteer effort of the International Committee of Lawyers for Tibet that was originally formed to campaign for the release of Gendun Rinchen, has taken on the case of the fourteen nuns arrested in Lhasa in June, 1993.

According to a January 10 report from the Tibet Information Network (TIN), two of the nuns have received unknown sentences for starting a brief pro-independence demonstration in the center of Lhasa on June 4, 1993. The other 12 nuns have been sentenced for taking part in a pro-independence incident on June 14, 1993, which no one seems to have seen and which may never have happened. All are now at Drapchi Prison except for Gyalsen Pelsang, a 15-year-old girl, who is being detained at Gutsa Prison in a special juvenile detention center.

Our group will keep its original name, "Rinchen Project," to honor Rinchen's bravery and to remind us all that the sort of activities engaged in and promoted by the group and all similar groups around the world really can work; Rinchen is free! The Rinchen Project joined with many others internationally to single out and spotlight a small group

of prisoners, hoping that such attention would at minimum prevent the prisoners from being tortured by their jailers until their ultimate release. We now request your help in employing a similar strategy to seek the release of the 14 nuns, whom we wish to publicize as *The Gari Fourteen* (pronounced "kha'ree" in Tibetan), from the name of the ani gompa from which they were taken. Since 1994 is being designated the year of Tibetan Women, and because Tibetan nuns have played such a prominent role in the independence movement, we feel that it is especially appropriate to focus the world's attention on this group of nuns.

Please contact the Rinchen Project for help in publicizing the plight of the Gari Fourteen: Rinchen Project, International Committee of Lawyers for Tibet, 347 Dolores Street, Suite 206, San Francisco, CA 94110, 415-252-5967 (voice, ICIT office), 415-626-0865 (fax, ICLT office), 510-526-8805 (fax, Rinchen Project chair).

The Rinchen Project, the International Committee of Lawyers for Tibet, and the Gari Fourteen thank you for your help.



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REBUILD GHADONG MONASTERY IN TIBET

Ghadong Monastery is one of the three oldest monasteries in Tibet established prior to the foundation in the fifteenth century of the three great monastic centres of Lhasa: Ganden, Sera and Drepung. It is traditionally the seat of the Ghadong Oracle which, along with the Nechung Oracle, were the most commonly consulted oracles in Tibet. It was during the time of the Great Fifth Dalai Lama that Ghadong became one of the oracles also officially consulted by the Dalai Lamas and by the Tibetan Government on important matters of state.

Ghadong Monastery traditionally follows the rituals of the Nyingma and Gelug schools of Tibetan Buddhism and is renowned for its particular ceremonies, costumes and ritual dance. The Ghadong oracle deity manifests by means of a medium, chosen centuries ago from an old family living near the monastery, whose line has continued to transmit from father to son up until the present time.

Ghadong Monastery suffered severely at the hands of the red guards during the Chinese Cultural Revolution. Many of the buildings were totally destroyed and the main Gumpa was stripped of its top two storeys, the remaining building being ransacked and robbed of its precious religious objects. Apart from the Oracle himself, no monks managed to escape to India.

We have had a strong relationship since 1980 with the reestablished Ghadong Monastery in India, and last year during a prolonged stay in Tibet, we visited the now dilapidated and run-down monastery on several occasions and saw for ourselves the urgent need for reconstruction and refurbishment of the main Gumpa buildings and upgrading of the presently-existing poor and inadequate accommodation for the twenty monks in residence.

It is our sincere wish that Ghadong Monastery should be transformed into a restored, functioning monastery, able to meet the needs of its monks and to serve as a spiritual focus for the people in the area, as many other monasteries in Tibet are now doing due to the generosity of many people throughout the world.

If you would like more information or would like to help realise this goal, please write or send your donation to: **Gelongma Tenzin Yeshe and Gelongma Tenzin Dao, P.O. Box 651, DICKSON, A.C.T., 2602, AUSTRALIA.** Cheques payable to "Tenzin Yeshe, Ghadong Gumpa Fund". With grateful thanks for your kindness in contributing to the restoration of one more Tibetan Gumpa.



A NON-SECTARIAN BUDDHIST TRADITION OF TIBET

by *Lelung Pema Shadpa'i Dorjee*

This is one of the few outstanding monasteries of Tibet following the non-sectarian tradition of Tibetan Buddhism. It was founded by the fifth Jedrung Lobsang Trinley (alias Lelung Shadpa'i Dorjee), who was a great treasure discoverer with clairvoyant power. The great Indian Tantric adept Acharya Padmasambhava had predicted that Lelung Shadpa'i Dorjee would unearth the great treasure of "Secret Exalted Wisdom Dharma" which would greatly benefit the beings of the time of five degenerations.

At present only a handful of masters are alive who hold the complete oral transmission of Lelung Rinpoche's "Secret Exalted Wisdom Dharma" treasure. Taking personal interest in this regard His Holiness the Dalai Lama asked me to go to Tibet for such a transmission and also to rescue my predecessors' works on the "Secret Exalted Wisdom Dharma" treasure. As the matter deemed urgent attention I had to break my studies at the Drepung Monastic University in South India and visited Tibet recently. On my visit to 'ol Kha it was unbelievable and heartbreaking to find the ruins of both the main and the other monasteries.

Ris Med Thekchog Namdol Ling Monastery was the place where the line of Jedrung Tulkus accomplished great spiritual attainments, and also other great masters like Je Tsongkhapa engaged in intensive meditational practices. At the main monastery there were about two hundred monks, with several other monasteries nearby. Also, in vari-

ous parts of Tibet there were large and small monasteries and nunneries connected with the line of Lelung Rinpoche and following the *Secret Exalted Wisdom Dharma* treasure.

For the revival of the non-sectarian tradition and the restoration of the Lelung's spiritual tradition, I have strongly felt the utmost need to rebuild at least the main monastery Ris Med Thekchog Namdol Ling and recruit young monks. While in Tibet, with great effort I was able to receive seventeen transmissions with regard to the "Secret Exalted Wisdom Dharma" treasure; I feel myself very fortunate with this.

During my stay in 'ol Kha, with the help of native devotees and my own contributions I was able to procure most of the wood requirements for rebuilding the main monastery. I wish to begin the construction work as soon as possible but to materialize the entire project of reconstruction I very much need your help and support. I hope you will give due attention and necessary support to my project and I must assure you that your help will not go in vain. You are most welcome to visit the new monastery in 'ol Kha for study, contemplation, meditation and also for courtesy visit.

Ris Med Thekchog Namdol Ling Monastery Rebuilding Project

Direct donations sent through: SB/A/C No. 7559, H.E. Lelung Tulku, Syndicate Bank, Tattihalli 581411, Mundgod N.K., Karnataka State, India. ■

CHAMTSE NEW MODEL SCHOOL, LADAKH

Ladakh, the land of Gonpas and Lamas in northern India, is surrounded by chains of lofty snow mountains and enriched by Tibetan Buddhist culture. The people of Ladakh have always enjoyed a peaceful and spiritual life, with religious ceremonies, dances, folklore and songs.

The kingdom of Ladakh was independent until it was annexed by the king of Jammu (Gulab Singh) in 1836 and was subsequently incorporated into Jammu and Kashmir State of independent India. Today Ladakh remains one of the most remote regions of India. For seven winter months access roads to Ladakh are blocked and air links are unreliable. Despite this isolation, Ladakh is increasingly influenced by the ways of the modern world. The future of Ladakh depends upon the improved education of its youth, not only in modern languages and methods but with respect to the local culture and traditions. The preservation of Ladakh's culture depends upon the youth of today.

Chamtse New Model School was founded in March 1992 to provide chance of better education to the children of the farming community of Matho and other villages. Ladakhi the native language of Ladakh Himalayas, Bhoti (TIBETAN) is key to the preservation of local culture and is taught as the first language at the school. English and Hindi are taught in higher classes. English is essential as it opens more jobs opportunities. The main stress is on the inculcation of the spiritual education that is so much part of the distinct Ladakhi culture. The children are encouraged to learn traditional songs and dances and say prayers. The school was established because of the initiative taken by the local people. In the face of challenges of all kinds, the school has made a remarkable beginning. It continues to be housed in a rented local house with barest facilities available for the children. The school opened with 40 children and 4 staff. And more and more parents seek admission to the school for their children. A hostel is proposed to be built for the children from remote places.

The establishment of Chamtsé New Model School has only partly fulfilled the needs of the community. The school will be able to serve the educational needs of the community only when sponsors and voluntary organizations come forward with generous donation to the school fund. When funds become sufficient the school will be upgraded.

Help the children of Ladakh. You can make a donation now for the development of the school or sponsor the education of individual children. Funds are needed immediately for:

1. Construction of a school building
2. Teaching equipments.
3. More qualified staff.
4. Individual sponsorship of poor children.
5. A dispensary for the community.

Please send an international postal money order to: Chamtsé New Model School Village Matho, Leh, Ladakh 194101 India. ■

CEASELESS ECHOES OF THE GREAT SILENCE

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A line-by-line commentary on The Heart Sutra

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Venerable Khenpo Palden Sherab Rinpoche

and translated by

Venerable Khenpo Tsewang Dongyal Rinpoche

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—from the Introduction to *Ceaseless Echoes* by Khenpo Palden Sherab Rinpoche

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Now the Society is extending its reach to the community by opening a meditation retreat center on more than 32 acres of secluded forest near High View, West Virginia. The center offers Vipassana meditation in an ideal setting, in keeping with the original 'forest tradition'. Vipassana, or insight meditation, emphasizes a calm, centered awareness of mind and body leading to a fresh perspective on oneself, others, and life. With

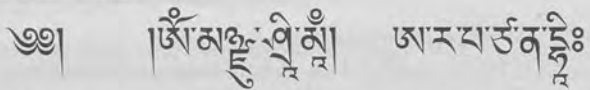
practice, the sources of internal and external conflict, confusion, and psychological and physical suffering are understood, seen through, and transcended. As mental peace is refined, warmth, kindness and compassion towards oneself and all beings naturally arise from these profound realizations.

The Bhavana Society's retreat center offers one-day, weekend, ten-day and extended sessions of meditation practice and teaching in a serene forest setting just two hours from Washington, D.C.

For information on becoming a member, a recent copy of the newsletter, and other news about the center, please write or call. Visitors are welcome at any time and need not participate in a formal retreat. The center is a place for peace and happiness, and you are welcome to "come and see".

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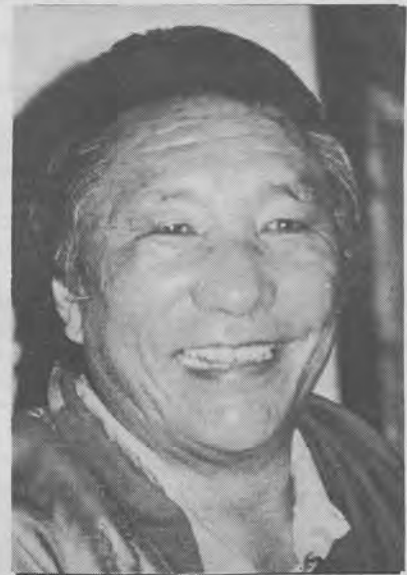
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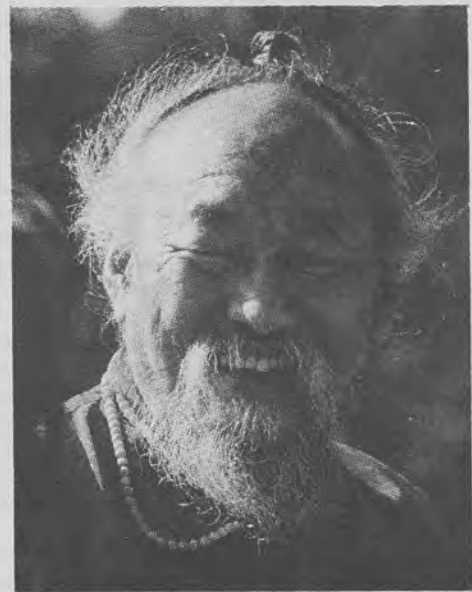
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RESERVATIONS: Both drubchens will be given at *Rigdzin Ling*, Chagdud Gonpa's center in the splendid Trinity Alps region of northern California. Preregistration required; surcharge added after June 17. Fees for each drubchen: nonmembers \$450, associate members \$405; members \$337; include food and accommodation. Please send a 50% deposit to Chagdud Gonpa, P.O. Box 279, Junction City, CA 96048. For information write or call Rambhali, (916) 623-2714.

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Terchen Padma Tumdrag Dorje Rinpoche

Chagdud Gonpa Foundation and Yeshe Nyingpo are pleased to announce that Terchen Rinpoche, a renowned treasure discoverer from the Golok region of Eastern Tibet will undertake a teaching tour in the U. S. this spring. Terchen Rinpoche will soon be returning to Tibet, so all those inspired to make connection to this powerful and supremely beneficial siddha are encouraged to attend an event. Call Chagdud Gonpa, (916) 623-2714 or Yeshe Nyingpo, (503) 488-0477.

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GALLERIES FOR SOUTH AND SOUTHEAST ASIAN ART TO OPEN AT METROPOLITAN IN APRIL 1994

The Metropolitan Museum of Art in New York City will inaugurate in April its first permanent galleries dedicated to the display of the arts of South and Southeast Asia. In a series of 18 newly constructed rooms housing some 1300 works of art from more than a dozen countries, this landmark installation will for the first time in the history of the Metropolitan offer a wide-ranging survey of the arts produced in the vast region extending from ancient India to Indonesia, and including Afghanistan, Pakistan, Nepal, Tibet, Burma, Thailand, Vietnam, and Cambodia. The works—most of which have not been displayed before—range in date from the third millennium B.C.E. to the early 19th century, and are drawn from one of the finest and most comprehensive collections in the world.

The installation is being made possible by Florence and Herbert Irving, for whom the galleries are named.

Philippe de Montebello, Director of the Metropolitan Museum, stated: "As we approach the Museum's 125th anniversary in 1995, we celebrate a major milestone toward our goal of placing all of our extensive holdings on view—part of the Museum's program of building from within. With the creation of this much-needed and grand setting for these important

collections, the Metropolitan's holdings of South and Southeast Asian art will now assume pride of place alongside other major world cultures. The arts of South and Southeast Asia are primarily works of sculpture, and in their beauty, skill, and refinement they rank with the best of any civilization. It is one of the Metropolitan's great virtues that under one roof visitors can pass from one continent to another and discover how the shared aspiration for excellence can take such different forms in a universal museum."

The new *Florence and Herbert Irving Galleries for the Arts of South and Southeast Asia* are being constructed on the second floor of the Museum, extending about two city blocks from the Great Hall to the northern end of the building and comprising some 12,500 square feet.

The \$10-million reconstruction project has been seven years in the making. "Most of the galleries are distinctive in size, volume, coloration, and architectural detailing in order to place the art in context and to lend to the visitor a sense of traveling through time and space from India to Cambodia—from inner sanctums to open air courts," said Steven M. Kossak, Assistant Curator, Department of Asian Art, and Manager and Coordinator of the project. ■

CONCH-US TIMES The Newsletter of the DBA-DEAD Buddhists of America

Announcing a new newsletter for those who are interested in the Grateful Dead and Buddhist Cultures and Meditation. The Fall/Winter issue features articles on Tibet, The 17th Karmapa, Yogi Chen, Tashi Targay, Grateful

Dead lyrics and a colorable Medicine Buddha centerspread. For more information and/or a subscription (\$8/year US, \$10/year foreign) contact: Ken Sun-Downer, Box 769, Idyllwild, CA 92549. ■

MAKING A DIFFERENCE IN CHILDREN'S LIVES

Hands in Outreach is a small, non-profit educational sponsorship program for Nepalese and Tibetan children in Nepal. The approach is grassroots—direct, personal, and unbureaucratic. The program encourages communication directly between its sponsors and children.

Your \$25.00 Annual Membership contribution will help us continue our efforts toward educating children in Nepal. Members will receive the *Hands In Outreach* newsletter plus a copy of *Tashi Delek, Stories of Children in Tibet and Nepal*, a book about several sponsored children whose lives have been changed through literacy.

All Hands in Outreach funds are hand carried to Nepal and will be used for children's academic tuition, medical services, in-service teacher training, teaching aids, improvements in teaching facilities, and books. Because we fund projects such as a school-wide medical facility, the benefits spread beyond the individually sponsored children to the schools as a whole and ultimately to the community at large.

We currently sponsor 85 children in Kathmandu and nearby rural villages with a sponsorship ceiling of 100 students. By keeping the sponsor program small, we are able to provide individual care, accomplish realistic goals, and remain volunteer-oriented. This year we will bring each sponsored child underwear, socks, and t-shirts for the coming winter. There is no heat in the classrooms where temperatures drop into the 40s. This project, among others, is small, realistic, and very direct.

Hands in Outreach support will truly make a beneficial difference in a child's life. Many of us involved find that we gain as much from our sponsored children and their families as they receive from us. Our financial commitment enables them to acquire new skills and new understanding necessary in a rapidly changing world. We gain direct experience with the respect, reverence, and courage that are so much a part of the Nepalese and Tibetan cultures. Your generous donation will help create an educational opportunity for children who otherwise may not have a chance to go to school.

Please mail your tax-deductible check to: Hands In Outreach, PO Box 375, Mattapoisett, MA 02739. ■

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THE NEW KADAMPA TRADITION

The NKT comes to America

By Kelsang Gyaltsen

In response to the growing interest which Americans have expressed in Geshe Kelsang Gyatso Rinpoche's books and study programs, in September of 1994 his heart-disciple Gen Thubten Gyatso will bring the New Kadampa Tradition to this country with the opening of Chakrasambara Buddhist Center in New York City and Vajrayogini Buddhist Center in Boston.

The New Kadampa Tradition is a Mahayana Buddhist tradition. The lineage of the New Kadampa Tradition comes directly from the Wisdom Buddha Manjushri who transmitted it to Je Tsongkhapa (1357-1419). While in content Je Tsongkhapa's teachings are identical to those of Buddha Shakyamuni, their presentation has been specially fashioned by the Wisdom Buddha to aid the practice of pure Dharma during these degenerate times. The New Kadampa Tradition emulates the approach of Atisha, the Indian Buddhist Master largely responsible for the second transmission of Buddhism in Tibet. Atisha's followers, known as the Kadampa Geshe, were not only great scholars but also spiritual practitioners of immense purity and sincerity. To encourage his students to model themselves on the Old Kadampa Masters whom he so admires, Geshe Kelsang has called his organization The New Kadampa Tradition (NKT).

The NKT is distinguished by its three programs of study and prac-

tice specifically designed by Geshe Kelsang to fulfill the needs of contemporary practitioners. These programs enable students to experience the benefits of Buddha's wisdom in accordance with different degrees of personal commitment.

The General Program consists of a series of self-contained teachings which provide a solid introduction to Buddhist view, meditation, and action. This program is at once suitable for beginners yet stimulating for those with more background. The second option, the Foundation Program, allows participants to study five of Geshe Kelsang's books in great depth so as to integrate their meaning fully in daily life. A student on the Foundation Program can commit to studying one or all of the five books, with the full program taking four years to complete. Finally, the Teacher Training Program involves studying eleven of Geshe Kelsang's books over a period of eight years. This program, which also includes completing a number of retreats, is intended for people who wish to train as authentic Dharma teachers or for those who simply wish to gain profound experience of Buddhadharma.

Today more and more American Dharma practitioners are realizing for themselves the futility of picking randomly at various teachings and meditation practices. They have come to see that such a consumeristic approach to Dharma leads only to superficiality and

confusion. Geshe Kelsang's three programs provide a remedy for this widespread malady. The programs give practitioners a much-needed structure to their practice, which in turn produces a definite sense of making progress on the path. By enrolling on these programs, students have the opportunity to delve into the vast array of Buddhist teachings and meditation practices in a systematic and graded way. It is a mark of Geshe Kelsang's immense skill and insight that he has designed programs which yield deep, authentic Dharma experience and yet are perfectly suited for the majority of American practitioners who also have commitments to their work and families.

A meditation master and scholar, Geshe Kelsang trained for nineteen years in the great monasteries of Tibet under his root Guru, the illustrious Trijang Rinpoche. Following this he spent twenty years in meditative retreat demonstrating perfectly how to realize every stage of the path to enlightenment before accepting an invitation to become the Resident Teacher at Manjushri Mahayana Buddhist Center in England, where he has lived and taught since 1975. During his nineteen years in the West, Geshe Kelsang has produced fourteen books in English, with others currently at varying stages of completion. These books present Westerners with a comprehensive guide to Buddha's teachings on both Sutra and Tantra. Providing internal consistency with regard to their terminology while at the same time covering the full range of the most essential Buddhist texts, Geshe Kelsang's books afford Dharma students an opportunity to discover the vast layers of meaning contained within key Buddhist ideas. In addition to his writing and teaching Geshe Kel-

sang has founded over one hundred NKT Centers worldwide.

Now, at the request of his American followers, Geshe Kelsang has asked his heart-disciple, the English monk Gen Thubten Gyatso to bring the unique NKT study programs and centers to America. Over the past eighteen years Gen Thubten has received from Geshe Kelsang the entire transmission of Je Tsongkhapa's teachings including the Uncommon Whispered Lineage of Vajrayana Mahamudra taught by the Wisdom Buddha Manjushri. In accordance with Geshe Kelsang's wishes, Gen Thubten has given Highest Yoga Tantra empowerments at NKT centers throughout the world. He is the first Westerner in the NKT to be recognized as a Buddhist Tantric Master, and is Geshe Kelsang's designated successor as the Spiritual Director of the NKT.

Americans will have the opportunity to receive teachings from a Western Tantric teacher who exemplifies how to combine Tantric view with moral discipline. He is renowned for his clarity, humor, and ability to convey profound Buddhist practices in a way that is easy to integrate into daily life.

Chakrasambara Buddhist Center in New York City and Vajrayogini Buddhist Center in Boston will provide the setting for Gen Thubten's teachings. If you would like more information about these Centers and the NKT programs of study and practice, or if you would like to offer help in preparing for Gen Thubten's arrival, please contact: Kelsang Gyaltsen, Chakrasambara Buddhist Center, 222 West 20th Street Apartment 9, New York, NY 10011. ■

Geshe Kelsang Gyatso's books are available from Snow Lion.

Buddhist Information Network

The Tiger Team Buddhist Information Network is an online information service dedicated to serving the Buddhist community. Tiger Team offers many services, including international forums for discussion of Buddhist issues. Both scholarly and practice-oriented forums are featured, among them internet listserves, Usenet newsgroups, and echomail conferences such as DharmaNet and BodhiNet. Tiger Team hosts several important discussion groups, including the "Buddhist Peace Fellowship" and "On Dharma" discussions. We even provide free internet e-mail to our members.

Tiger Team also has the largest collection of Buddhist materials in

the world. With over a gigabyte of files online, Tiger Team is the center for ACIP Tibetan materials, Dharma Realm translations, and hundreds of dharma talks and sutras from various Buddhist traditions. They also have a very large Asian language program area, with Chinese, Tibetan, Sanskrit, Thai Japanese and Vietnamese programs.

Tiger Team is a not-for-profit service, dedicated to serving the Buddhist community, encouraging those who can offer financial support to do so, without excluding individuals who cannot.

Tiger Team can be reached at: 510-268-0102 Data (8N1, 3 lines up to 14,400 baud); 510-540-6565 Voice; information requests from the internet: info@tigerteam.org. ■

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The Heart Advice of a Tibetan Buddhist Master

TRANSFORMING PROBLEMS INTO HAPPINESS



LIBERATION IN THE PALM OF YOUR HAND

A concise discourse on the path to enlightenment
Pabongka Rinpoche



DON'T FLINCH ON TIBET

Editorial reprinted from
The New York Times,
March 11, 1994

President Clinton has taken a tougher line than his predecessors on Chinese oppression in Tibet. In an executive order last May, he became the first American President to list improvement of human rights in Tibet as a condition for renewal of China's most-favored-nation trading status. This was followed in November by a direct appeal to Beijing to begin substantive negotiations with the Dalai Lama or his appointed representatives.

But with the trade decision deadline looming in June, many Tibetans fear the President will flub his own test. Billions of dollars in U.S.-Chinese commerce are at stake. Furthermore, Beijing's defenders argue, Tibet has been nominally part of China for centuries. They also say that in recent years Beijing has tried to make amends for past behavior by improving roads and living conditions.

China's apologists ignore a harsher reality. Tibetans are indisputably a distinct people with a unique culture and language. Because it occupies strategic terrain, Tibet has been claimed by China, coveted by India, courted by Britain and Russia. But until this disastrous century, it enjoyed cultural and political autonomy. From 1792 until the British entered Lhasa in 1904, Tibet—though nominally under Chinese suzerainty—operated independently and kept its doors to the outside world closed.

Tibet's autonomy ended when China invaded in 1950 to enforce its dormant territorial claim. The world looked the other way, as it did in

1959, when China crushed a Tibetan rebellion, and again in the 1960's when Red Guards demolished hundreds of Tibetan Buddhist monasteries. China did build roads: the better to encourage massive colonization. The pathetic result was visible in a recent "Frontline" documentary showing a traditional culture swamped by alien honky-tonk, with Tibetans reduced to providing folkloric "color" for tourists.

This attempt to extinguish an ancient civilization has provoked fierce resistance. An Asia Watch report asserts that in 1993, when China carried out the harshest crackdown since the Tiananmen massacre five years ago, there were more political arrests in Tibet than any other region. Tibetans are routinely jailed for singing songs or putting up posters. Thirteen Buddhist nuns were detained in 1992 for carrying an outlawed flag; sentences were from two to six years, subject to extension without trial if prisoners persisted in forbidden chants.

For years the Dalai Lama has called only for nonviolent resistance in his campaign for cultural autonomy, short of independence. But Beijing's persistent refusal to engage in serious talks has undermined his moderation; this gentlest of national leaders now fears that nonviolence has been discredited. It is in China's own interest to respond reasonably. And President Clinton, having staked out new ground, should not surrender it for nothing. ■

Images—continued from page 4

did in the remainder of the hour would be of maximum benefit.

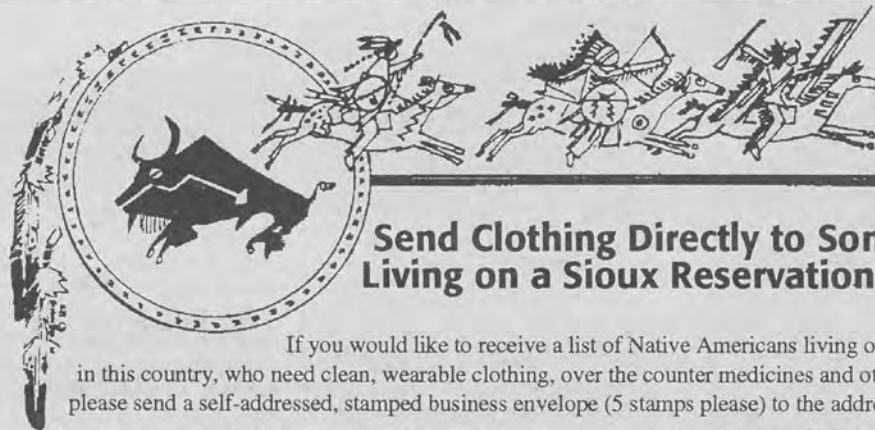
Although there is a great purpose in performing such preparatory practices as Vajrasattva visualization as part of a daily spiritual routine, Tibetan lamas highly recommend that the serious practitioner engage in prolonged meditational retreats during which the deep experience of these practices can be cultivated. Certain lamas will not give disciples the empowerment of highest yoga tantra deities until they have completed an extensive retreat on all the preliminary practices. In addition to Vajrasattva these include taking refuge and generating bodhichitta, making mandala offerings, cultivating guru-yoga, performing prostrations, and so forth. In one such retreat the disciple may recite the hundred-syllable

mantra of Vajrasattva more than one hundred thousand times, and this may be repeated many times during his or her training.

The stipulation that the advanced teachings of highest yoga tantra will not be given unless and until the disciple completes these extensive preliminary practices serves several purposes; it not only weeds out all those whose interest in pursuing tantra is superficial and those who are easily discouraged by hardships, but it also provides those who have the perseverance and dedication to complete these preliminaries with the necessary foundation for their future spiritual growth. It has even been said that for a disciple with the proper qualifications, the goal of enlightenment can be achieved through the practice of these preliminaries alone.

Those who have completed an extensive retreat of Vajrasattva purifi-

cation testify from their own experience that their perception of the phenomenal world undergoes a profound change. It is not that the world itself has been transformed but that the meditator's view of it has been purified. It is as if the doors of perception have been opened wider and subtly obscuring curtains have been drawn back from the windows of the mind. Beings and phenomena take on a pure appearance—a reflection of the practitioner's own newly-revealed purity—and the gravitational field keeping us anchored in ordinary mundane reality is relaxed. Although this exhilarating vision of a brave new world filled with infinite possibilities may fade, it provides a great incentive for pursuing the higher practices and a conviction that full enlightenment, though still a distant goal, is actually attainable. ■



Send Clothing Directly to Someone Living on a Sioux Reservation

If you would like to receive a list of Native Americans living on reservations in this country, who need clean, wearable clothing, over the counter medicines and other items, please send a self-addressed, stamped business envelope (5 stamps please) to the address below.

In addition to the clothing list, there is an Elder's program in which an Elder or Elder couple, living on a reservation are connected with an individual or family. The purpose of this program is to help supply some of the material needs of the elderly, but equally important, to open the lines of communication and bridge the cultural gaps which have separated all of us for too long.

Both of these programs offer a "one to one" approach to involvement with The People, as Native Americans often refer to themselves. If you are interested in either of these programs, please send your self-addressed, stamped (5) envelope and you will receive the list and elder program information. A \$2 donation will help cover the cost of making copies (20+ pages).

Jackee Allen • P.O. Box 139 • Ironia, NJ 07845 • 201-584-8817 (eve)

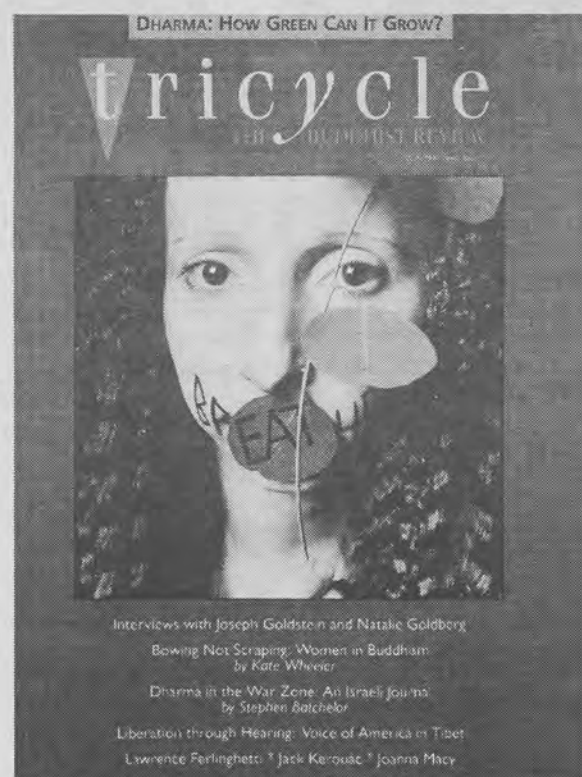
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Utne Reader, 1994



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BE INFORMED ABOUT TIBET

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

News Tibet (quarterly, free) and the **US Tibet Committee Newsletter**. USTC, 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, Dharamsala (H.P.) 176215, India. Official publication of the Government-in-Exile.

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

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

Tibet Monitor, published by Tibetan Rights Campaign (monthly, \$15 year). Articles and action items in support of the Tibetan cause. Call and ask for a two-month free trial subscription! TRC, PO Box 31966, Seattle, WA 98103-0066, 206-547-1015 (phone & fax).

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



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Daily meditations are open to everyone and are guided by Karma Tenpa Gyeltsen. Tenpa is an American monk who was ordained by His Holiness Kalu Rinpoche in Bodh-

gaya, India and remains under the compassionate guidance of the Venerable Lama Lodru Rinpoche.

It is the intention of the Bodhisattva Institute to make teachings and practices available to all who are interested. It is our hope to be able to invite Lama Lodru Rinpoche to teach at the center a few times a year so that all can benefit from his wisdom and guidance. With serious practice and intentions, we would hope to be able to host other visiting Masters.

For more information please contact: The Bodhisattva Institute, 714 N. Desert, Tucson, Arizona 85711, 602-325-2272.

The Dalai Lama ■

Show Your Support of Tibet & The Tibetan Resettlement Project!

The Endless Knot, one of the eight auspicious symbols of Tibetan Buddhism, represents the knot of life,

the interconnectedness of all life on Earth, and the interaction between wisdom and compassion. It epitomizes the best of each of us.

Dedicated to a free Tibet and to the Tibetan Resettlement Project, Marta Macbeth, of Dakini Dreams, has designed and produced beautiful sterling silver pendants, lapel pins, and earrings featuring the endless knot symbol.

- These Endless Knot items have been given to volunteers and supporters of the Tibetan Resettlement Project throughout the United States and have been used as fund raisers for the Tibetan cause.

- Profits from all Endless Knot purchases go to the Tibetan Resettlement Project / Ithaca

- Your Endless Knot order directly helps the Tibetan cause.

To receive your pendant, please send a check, credit card information or money order for \$20.00 plus \$2. shipping (and tax-NYS only) per item to Rio!, Center Ithaca, Ithaca NY 14850, 607-272-2115. Make check payable to Tibetan Resettlement Project.

For more information on The Endless Knot Project, please contact: Marta Macbeth, Dakini Dreams, Suite 404, 119 S. Cayuga Street, Ithaca, NY 14850, (607) 275-0245.

INTRODUCTION TO TIBETAN BUDDHISM

John Powers

350 pp., ISBN 1-55939-026-3 \$16.95

This is the first comprehensive introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. "The vitality of Tibetan Buddhism in exile has exceeded anything anyone could have predicted; hence the need of a book that presents its history, doctrines, lineages, practices, and tantric essence in a comprehensive and cogent overview. John Power's *Introduction to Tibetan Buddhism* does this. It could not have been written earlier, because only now is the complete picture coming to view."—Prof. Huston Smith, author

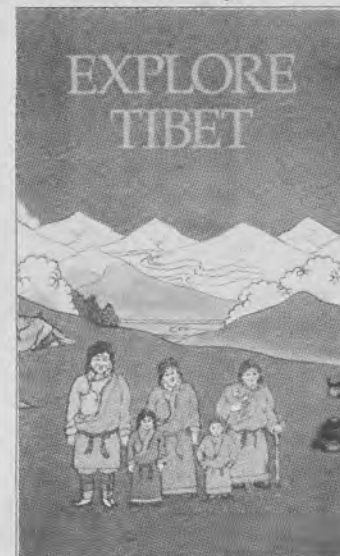
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EXPLORE TIBET

by the Junior Museum Staff
of the Newark Museum
Illustrated by Phuntsok Dorje

New from Snow Lion
34 pages, 16 in color
9" x 12"
\$9.95

This is the first activity book on Tibet for kids. It is full of games, cut-out figures and mask, recipes, mandala maze, stories to read, and things to color and do. It will appeal to children as young as preschool and as old as 10 or 11. The story follows the life of nomadic Tibetans who travel to a town with a monastery to enjoy a festival. In the context of the story, many hands-on activities are provided. They offer a pleasurable way to learn about and participate in Tibetan life.



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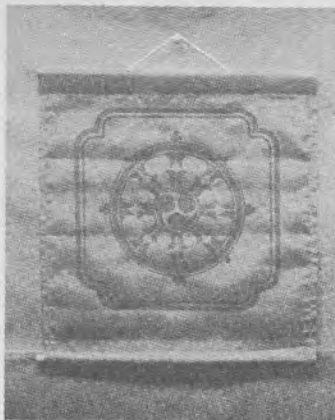
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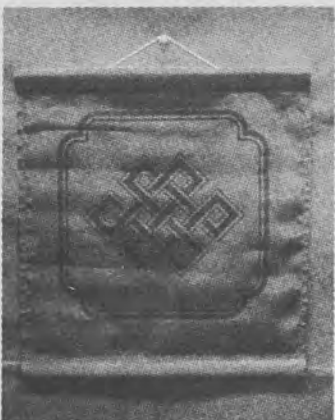
DHARMA ITEMS

NEW!**DHARMA BANNERS**

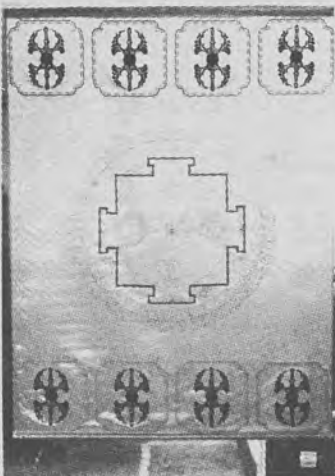
These are high-quality banners for Buddhist practitioners. They should be hung in a sacred space. The banner of the Five Buddha Families especially must only be used in a shrine room.



DHARMACHAKRA, 13 x 15"
#DHBA \$28.00
The banner is yellow-gold with Tibetan red. Only the wheel appears (no squarish border).



KNOT OF INFINITY 13 x 15"
#KNBA 28.00
The banner is yellow-gold with Tibetan red. Only the knot appears (no squarish border).



FIVE BUDDHA FAMILIES, 42 x 68"
#FIBUBA \$250.00
Beautiful yellow-gold background with Tibetan red printing.



DOUBLE DORJE, 42 x 72"
#DODOBA \$150.00
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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.

BRACELETS

We have 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 \$46. This bracelet is all silver and has a row of seven dorjes with snow lions on the ends. 5/8" wide.



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This features the OM MANI PADME HUM in Tibetan letters and has small coral or turquoise stones and filigree silver work.

**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.

**BELL & DORJE COVERS**

#BEDOCO \$20 These are elaborately brocaded covers that are perfect for the standard size bell and dorje.

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

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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.

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Women and men's styles; adjustable.

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

**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.

KATAS

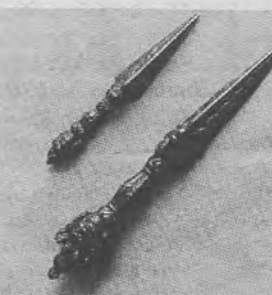
A standard offering scarf.

White #PLOFSC \$8

Long (6') white silk scarves with symbols embroidered into them #BROFSC \$18

**MALA BAG** #MABA \$8

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

**PURBAS**

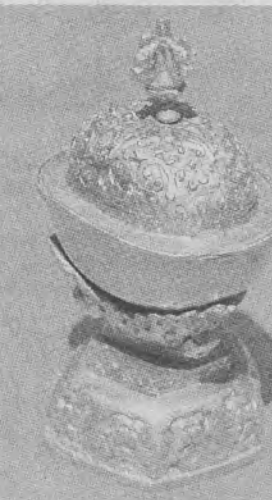
Tantric daggers made of iron.

9" #9PU \$30

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DHARMA ITEMS



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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.



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Six foot long banner that can be attached to a pole. The color is green with Chenrezig surrounded by his OM MANI PADME HUM mantra.

NEW!

MILAREPA BANNER #MIBA \$16
This is a vertical banner six feet long with attachments for a pole.

NEW!

PADMASAMBHAVA BANNER #PABA \$16
This is a vertical banner six feet long with attachments for a pole.

MALA COUNTERS

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



Gold Counters #GOCO \$22
Gold plated bell & dorje.



White Metal Counters #WHMECO \$14

Silver Counters #SICO \$60
Delicately formed.

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Five Chenrezig prayer flags with his OM MANI PADME HUM mantra, each in one of the five colors, strung on a cord. Each flag measures 13 x 16".

MILAREPA PRAYER FLAG SET #MIPRFL \$12
Five Milarepa prayer flags with a Milarepa mantra, each in one of the five colors, strung on a cord. Each flag measures 13 x 16".

PADMASAMBHAVA PRAYER FLAG SET #PAPRFL \$12
Five Padmasambhava prayer flags with Padmasambhava mantra, each in one of the five colors, strung on a cord. Each flag measures 13 x 16".

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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.

NEW!

VAJRAYOGINI PRAYER FLAGS #VAPRFL \$12
Five Vajrayogini prayer flags with mantra, each in one of the five sacred colors, strung on a cord.
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This vertical banner is six feet long and has attachments for a pole. It has prayer flags of Tara.

NEW PRAYER FLAGS!

These are western well-printed and constructed flags with nylon cord.



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In the symbolism of the prayer flag, the windhorse represents the process of the wind carrying prayers as do the four animals in the corners of the flag. The mantras are for Vajra Guru, Chenrezig and Kalachakra. Each flag measures 11" x 13".



Kalachakra Prayer Flag set #KAPRFL \$14
In addition to Kalachakra mantras it includes the magic square containing the mantra of orange Manjushri. Each of the five flags measures 8" wide x 6" high.



Auspicious Wish Flag set #AUWIFL \$20
This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high.

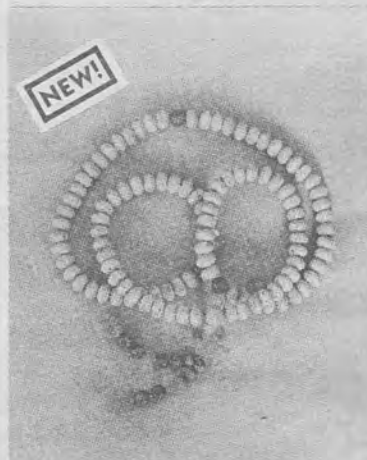
OTHER DHARMA ITEMS AVAILABLE ON REQUEST
Call or write to us for information.

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

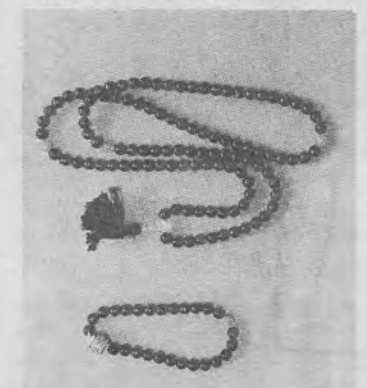


Silver Counters #LASICO \$50
Two large counters on thick red cord with red and yellow tassels.

MALAS



Abacus Lotus Seed Mala, with semi precious stone markers and lovely red woven cord on guru bead. #ABLOSE \$38



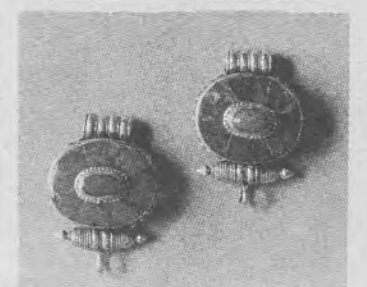
Cobalt Blue Glass Mala, with clear crystal guru and white onyx counter beads. #COMA \$30
Cobalt Blue Glass Pocket Mala, with 27 beads. #COHAMA \$15



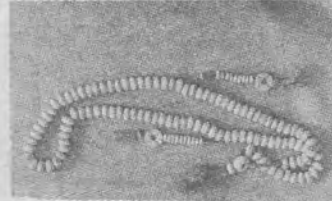
Lotus Seed Pocket Mala, with 27 beads, Red Jasper Guru bead. #LOHAMA \$15
Lotus Seed Mala, with semi-precious marker beads. #LOMA \$30



Sandalwood Malas \$14
Red or natural color sandalwood malas with guru bead and tassels. They smell wonderful!
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Regular Sandalwood #RGSAMA



PRECIOUS STONE GAUS #STGA \$52
These are some of the most beautiful we have seen. The surface is covered with either lapis or turquoise and there is an oval red coral in the middle.



Bone Mala #BOMA \$22
We have small bone malas with counters and head bead. They are brown and strung on a red cord.



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



White Disk Bone Mala with skull head bead. #WHDIBO \$20
For other hand malas and semi-precious stone malas, please call us for selection and availability. We can special order any semi-precious stone mala you wish.



Wood #WOMA \$16



Ebony Mala #EBMA \$36

Bodhiseed #BOSEMA \$40
Crystal Mala #CRMA \$80
Lotus Seed #LOSEMA \$52



NEW!

MANI MUG #MAMU \$10
This stoneware mug features the Om Mani Padme Hum mantra of Chenrezig. It was inspired by the mani stone carvings of this mantra that are common in Tibet.



NEW!

TIBETAN FLAG MUG #TIFLMU \$12
The Tibetan National Flag on a white mug. Printed in four colors.

DOOR MANTRA #HECEDO \$2.50
This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

DHARMA ITEMS

**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".

**MANDALA PLATES #MAPLA \$5CALL**

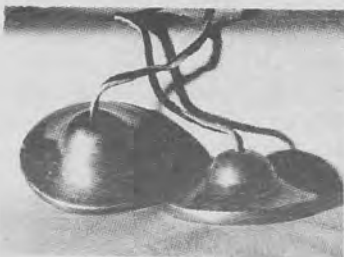
We have available mandala plates for mandala offerings. The sizes and type of metal varies considerably—copper, white metal, silver plated, pure silver—so call us for prices and style.



SINGING BOWLS #SIBO \$250
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.



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



DINGSHA BELLS (cymbals) #DI \$30
The sound of these bells is psychically cleansing.

**SACRED ART OF TIBET MAGNETS, 2 x 3", \$3.95 ea.**

Well-made images of deities mounted on magnets.

Kalachakra #KAMAG
Niguma #NIMA

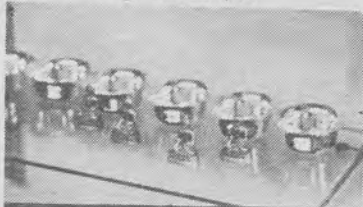
**MEDITATION CUSHIONS**

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, deep purple, 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

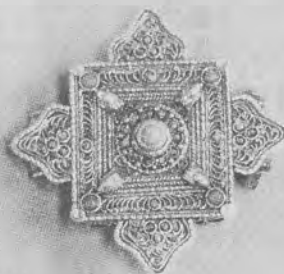
Support Cushion is a square cushion which measures 12 x 12 x 3" and is filled with cotton batting. #SUCU \$17

Zabuton (base cushion) measures 25 x 31 x 3" and is filled with cotton batting. #ZAB \$40



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.

**NEW!**

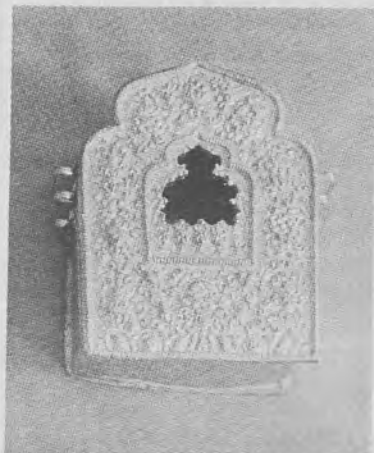
LARGE FILIGREE GAU, #LAFIGA \$60

Exquisite detail with 32 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these from India because of their beauty. Measure 2 x 2."

**NEW!**

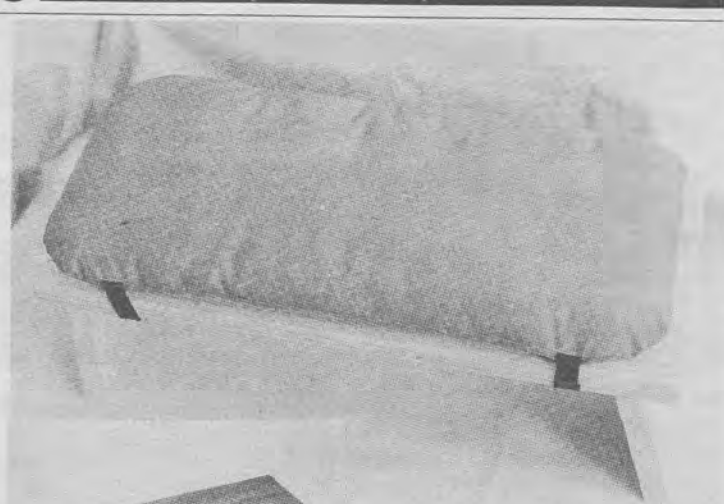
SMALL FILIGREE GAU, #SMFIGA \$24

Exquisite detail with 5 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these too! Measure 3/4 x 1".

**NEW!**

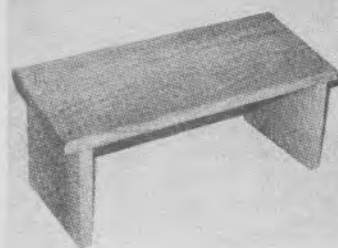
LARGE GAU, #LAGA \$18

Made from copper with brass cover, this 4" gau will hold many precious objects.

**NEW!****MEDITATION BENCH**

Handcrafted of solid oak, these sturdy benches are designed to support your body comfortably for extended periods. 18" wide x 7" deep, top rests at an angle about 6" high at front edge. We find them most comfortable when sitting with legs underneath. It allows the back to be straight with little effort and legs to be comfortable for long periods. Beautifully finished with clear matte varnish. The cushion velcros on to the benches and doesn't slide around. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery. Shipped to you directly from the manufacturer.

#MEBN Standard Bench \$37
#MEBNC Collapsible Bench \$55
#MEBNCU Attachable Cushion \$18



INFLATABLE ZAFU! #INCUCU \$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.



CURVED KNIFE #CUKN \$40
This is the ritual knife referred to in many tantric practices.



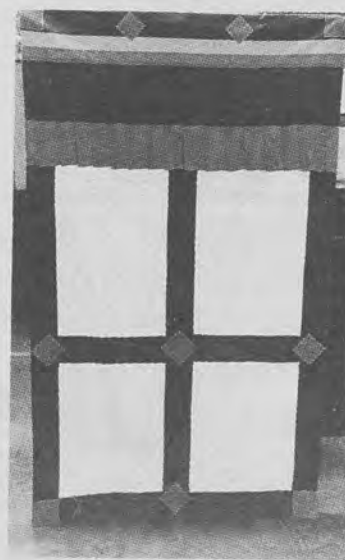
OM MANI PADME HUM Rubber Stamp, #OMRUST \$10

This rubber stamp comes with a handle and produces an elegant Tibetan script of Chenrezig's mantra.



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.

**NEW!**

DOOR CURTAIN #DOCUCU \$80
Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 67" high.

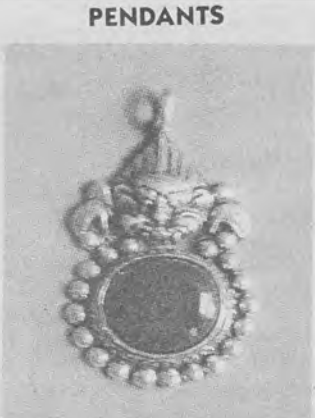


DHARMA ITEMS

PENDANTS

**NEW!**

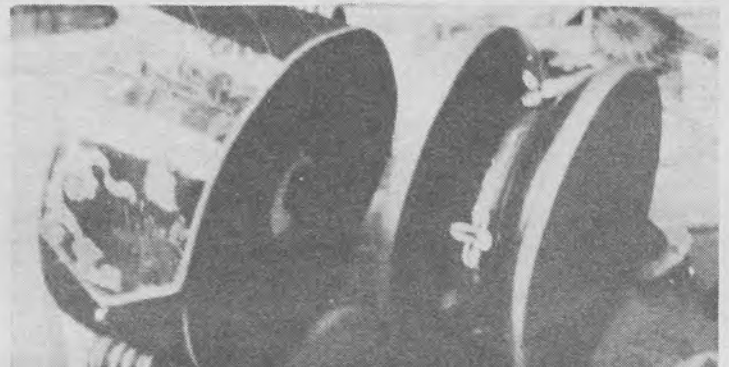
Prayer Wheel #PRWHPE \$30
Lovely pendant with gold and silver plating. Has *Om Mani Padme Hum* mantra on it and it spins!



MALACHITE PENDANTS #MAPE \$24
Lovely silver pendant with blazing green oval malachite.



PURBA PENDANT #PUPE \$14
Silver purba 1.5" long—looks great!



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.

ring case with yantra emblem and strap, skull bone piece on handle, sea shell adornments and traditional mantras inscribed on the inside on the wood.



Manjushri #SMMASI

Buddha #SIBUPE
Buddha #LABUSI

Bell & Dorje #SIBEDO \$30



Tara #SMTASI

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

Chenrezig #SMCHSI

Buddha #SMBUSI

lg. \$30

Padmasambhava #LAPASI

Buddha #LABUSI

Other Silver Pendants:

Bell & Dorje #SIBEDO \$30

Buddha #SIBUPE \$15

Dorje #SIDOPE \$18

Double Dorje #SIDODO \$30

Garuda #SIGAPE \$10

Kalachakra Pendant #KAPE \$20

Virocana #SIVIPE \$16



Chenrezig #SMCHSI



Dorje #SIDOPE \$18



Padmasambhava #LAPASI



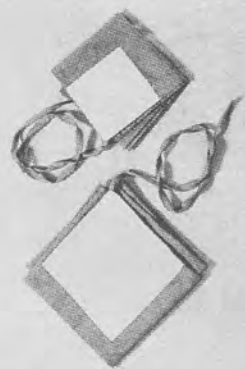
Garuda #SIGAPE \$10



Kalachakra Pendant #KAPE



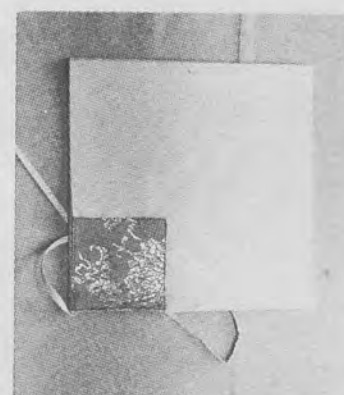
Virocana #SIVIPE

**PECHA COVERS****Standard**

Two sizes of traditional book covers in red cloth with yellow square and cord.

22" sq. #PEWR \$15

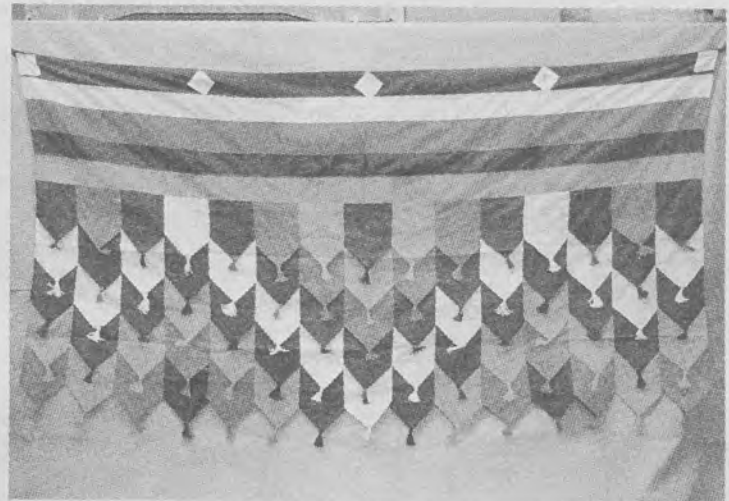
30" sq. #PEWRL \$15

**NEW!****Fancy**

Two sizes of book covers in yellow cloth with red Tibetan design brocade square and cord.

21" sq. #FAPE \$17

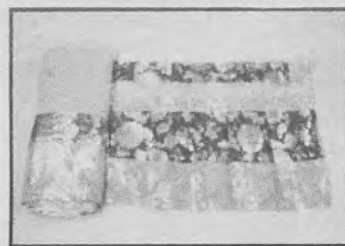
30" sq. #FAPEL \$20



TASHI TARING BANNER 29 x 64" #TATAFL \$60

Tashi taring is the custom of hoisting this special banner on auspicious occasions. The five Buddhist colors represent the five elements and Buddha lineages. A larger version of this banner was raised on the roof of the Potala Palace whenever His Holiness was in residence. Hang it in your shrine room or on special Buddhist days! **ONE OF A KIND!**

tion of this banner was raised on the roof of the Potala Palace whenever His Holiness was in residence. Hang it in your shrine room or on special Buddhist days! **ONE OF A KIND!**



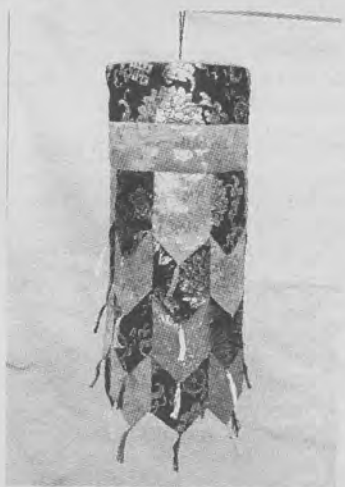
TIBETAN WALL TRIM 24 ft. long x 19" high, \$675

Made with high-quality brocade with Tibetan auspicious symbols (not the Chinese style brocade). Made by a monk from Namgyal Monastery, this is a very special piece that we hope will find an appropriate home.

**NEW!**

PILLOW COVERS, 16 x 16" #PICO \$28

Beautiful brocaded slip-covers for pillows. The fancy multicolored designs will go with just about anything.

**NEW!**

TIBETAN CHUPUR 7" diameter x 20" high, #TICH \$250 per pair.

The Tibetan Chupur is used to decorate shrine rooms. We have four of these made with expensive brocade with Tibetan auspicious symbols. They are in the five colors and are very beautiful.

**NEW!**

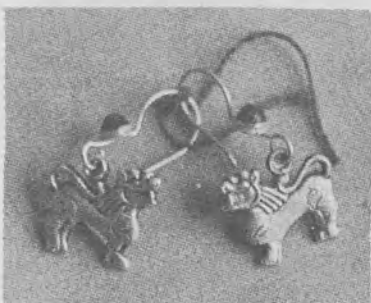
PRAYER WHEEL #PRWH \$50
Authentic Tibetan prayer wheel. It is 12" long and contains the mani prayer of Chenrezig.

TIBETAN NATIONAL FLAG #TIFL2 \$30

This is a printed flag on cotton-poly with grommets for hanging. It measures 3 x 4 1/2'. It is printed on one side and bleeds through to the other side.

TIBETAN NATIONAL FLAG 11 x 16" #TINAF \$6

This small cotton flag is pieced and silk-screened. It can be hung with pins or on a dowel. We have only a few of these so please call to order so stock can be checked.



SNOW LION EARRINGS, #SNLIE \$12

Silver snow lions with semi-precious stone for pierced ears.

DHARMA ITEMS



TIBETAN SHOULDER BAGS, #TISHBA \$16 ea.

Hand woven shoulder bags with black background and bright, multi-colored patterns, one featuring the wheel of dharma and the other has a lively striped geometric design. Both have zippered outside pocket. Specify design choice.



TIBETAN WALLET #TIWA \$8

Brightly-colored cloth wallet with four pockets (two zipper pockets)—enough room for bills, change, and cards. Folds in thirds with velcro seal.



TIBETAN WOOL SCARF #WOSC \$20

Made of fine wool. White with bands of traditional Tibetan designs. Approx. 5' long and 10" wide.



TIBETAN STAMPS #TIST \$5

60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.



TIBETAN MONEY POUCHES \$8

These pouches will easily hold money and credit cards. They can be folded like a wallet or left flat. #DOZIPO Double Zipper Pouch #CHSIPO Checkbook Sized Pouch

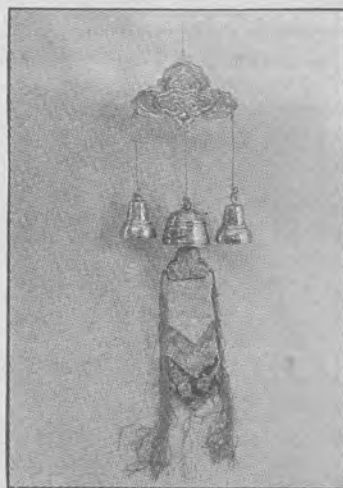


BUMPER STICKERS!

"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!

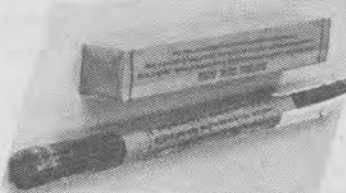


TIBETAN WINDCHIMES #TIWI \$50

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.



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



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

"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



Extra-Grade Tibetan Incense 10" bundle #EXGRS \$10

This is a high-grade incense which we have also sold in 16" bundles that contained fewer sticks.

Tibetan Incense 16" bundle, #CHTIIN \$5.00

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.

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

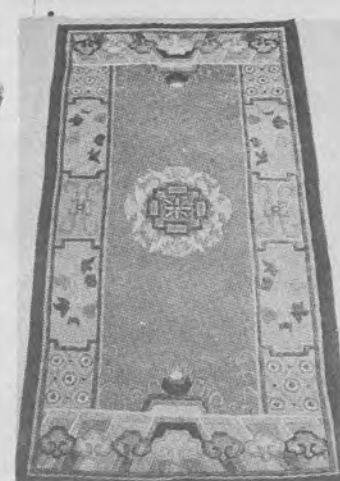
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.



DAMARUS (wood), #DA \$30

DAMARU BANNERS #DABA \$20

Beautiful brocade banners in 5 traditional colors.



SPRING SALE! 30% OFF!

EXQUISITE HAND-WOVEN 100% WOOL TIBETAN CARPETS

We have commissioned the manufacture of beautiful high-quality traditional style carpets. The designs selected are 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 carpets. You may be interested to know that a number of these are hard-to-find Tibetan Tiger Rugs.

The carpets vary in size and pile density and the price varies according to this. Most are approximately 3 x 6', some are larger, up to 6 x 9'. Please contact us for photos of available carpets. Prices range from \$400 to \$995.



ASK ABOUT OUR NEW TIGER RUGS

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"



TIBETAN BAG, 5 x 7 x 1.5" #TIBA \$8

Maroon and black with brightly colored trim, this woolen bag has three pouches for holding valuables. Two pouches have wooden buttons.

DHARMA ITEMS



TILDEN, 11 x 19" #TIL \$25
This is brocade cover for prayer tables to enhance the sacred space and provide a base for sadhana or other texts. It has a brocade red border with blue interior.



NEW!

EXTRA FANCY TIBETAN TILDEN, 11 x 18" #EXFATI \$55
This is an unusual tilden crafted by a Namgyal monk to make a sacred space even more so. The Tibetan design brocade contains the auspicious symbols and the middle is woven in diamond patterns.



NEW!

TIBETAN BROCADE TILDEN, 11 x 18" #TIBRTI \$40
This tilden is also made by Namgyal and contains Tibetan design brocade with auspicious symbols.



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 #DZPAT\$

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



Buddha 8" \$325



Green Tara 8" \$325

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 painted faces. Contact us for photos of these images:
Buddha 8" \$325
Chenrezig 8" \$295
Chenrezig 12" \$495
Green Tara 8" \$325
Jigme Lingpa 8" \$370
Karmapa 8" \$375
Maitreya 10" \$395
Medicine Buddha 5.5" \$195

Milarepa 3 1/2" \$225
Milarepa 3 1/2" \$200
Mipham 7.5" \$360
Padmasambhava 14" \$495
Rahula 12" \$595
Shakyamuni Buddha 4" \$85
Tsongkhapa 6" \$395
Vajradhara 5" \$200
Vajrapani 12" \$495
Vajrasattva 6" \$158
Vajrasattva 6" \$165
White Tara 12" \$495
Yamaraja 6" \$120

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:



4-arm Chenrezig & Manjushri & Vajrapani \$320

Amitabha \$295
Buddha & 108 Buddhas \$425
4-arm Chenrezig \$325
4-arm Chenrezig & Manjushri & Vajrapani \$320
Dorje Legpa \$325
Ekajati \$320
Garab Dorje \$325
Green Tara \$320
Green Tara & 21 Taras \$360
Guru Dragpo \$295
Guhyasamaja \$360
King of Shambhala \$320
Kinkara Skeleton Couple \$350
Lion-Faced Dakini \$290
Lion-Faced Dakini w/deities \$360
6-arm Mahakala (3 headed) \$325
6-arm Mahakala \$325
6-arm White Mahakala \$325
4-arm Mahakala \$325
2-arm Mahakala \$400
Machig Labdron \$350
Manjushri \$325
Marpa \$295
Medicine Buddha \$320
Nyingma Protectors \$330
Padmasambhava \$320
Padmasambhava (w/deities) \$320
Rainbow Body Padmasambhava \$400
Red Tara \$325
Samantabhadra \$325
16th Karmapa \$350
Ushnisha-tapatra \$325



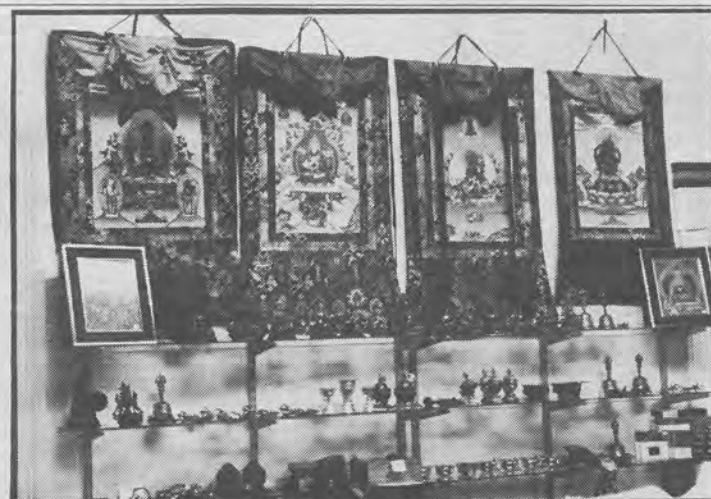
Shakyamuni Buddha 4" \$85



Karmapa 8" \$375



Tsongkhapa 6" \$395



Vajradhara \$400
Vajrakilaya \$350
Vajrayogini \$325
Vajrayogini \$325
Vajrayogini w/4 Dakinis \$320
Wheel of Life \$350
White Tara \$350
Yamantaka (w/consort) \$360
Yamantaka \$330
Yamantaka (large) \$565



Vajrayogini \$325



Marpa \$295



Singhamukha (single) \$290



6-arm Mahakala \$325

THANGKAS

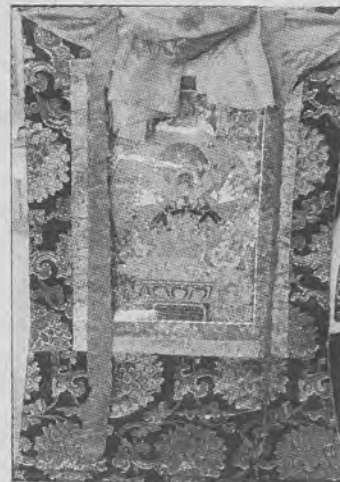
We have smaller thangkas of principle deities mounted in brocade. There are three different styles. Call to reserve the one you want.



Thangka print, laminated, mounted in brocade with multi-color fringe at bottom, measures 14 x 26" \$60. Selections: Gelukpa Guru Tree #GTLATH; 1000-Arm Avalokiteshvara #AVLATH; Milarepa #MILATH; Green Tara #GRLATH; Kalachakra #KALATH; White Tara #WTLATH; Buddha #BULATH; Padmasambhava #PALATH.



Brocaded Deity Thangka, mounted with multi-color fringe at bottom, measures 14 x 25" \$60. Selections: Padmasambhava #PAEMTH, Buddha #BUEMPR, Green Tara #GTEMTH.



Thangka print, laminated, mounted in brocade with wooden rod at bottom, measures 20 x 23" \$75. Selections: Padmasambhava #PATHPR, 1000-Arm Avalokiteshvara #AVTHPR, Milarepa #MITHPR, Buddha #BUTHPR, Kalachakra #KATHPR, Long-Life #LLTHPR.

SNOW LION TIBET CARDS

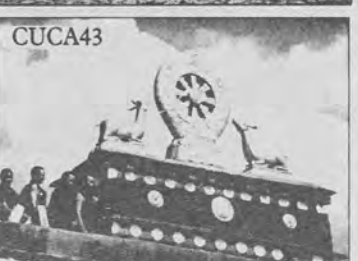
FACES OF TIBET



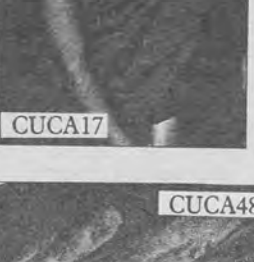
IMAGES OF TIBETAN CULTURE

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 .75 each.

- CUCA1 Statue
- CUCA3 Thikse Monastery
- CUCA4 Tibetan Rug Weaver
- CUCA5 Mountain Sunset
- CUCA6 Monastery Courtyard
- CUCA7 Landscape Sunset
- CUCA9 Long-life Offering
- CUCA11 Tibetan Pilgrim
- CUCA12 Masked Dancer
- CUCA13 Tibetan Man & Child
- CUCA14 Tibetan Monk in Prayer
- CUCA16 Potala Palace
- CUCA17 Young Tibetan Monk
- CUCA18 Potala from Back Side
- CUCA19 White Masked Dancer
- CUCA20 Tibetan Lamas
- CUCA21 Red-Masked Dancer
- CUCA23 Tibetan Horseman
- CUCA24 Elderly Man with Prayer Wheel
- CUCA25 Bashful Khampa Girl
- CUCA26 Tibetan Thangka Painter
- CUCA27 Tibetan Mask
- CUCA29 Tibetan Ngakpa
- CUCA30 Woman with Dog
- CUCA31 High Lamas at Kalachakra
- CUCA32 Woman with Prayer Wheels
- CUCA34 Jokhang Temple
- CUCA35 Jokhang Rooftop
- CUCA36 Jo Rinpoche Statue
- CUCA37 Young Monk on Roof
- 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
- CUCA59 Horseman
- CUCA61 Nomadic Tent
- CUCA62 Ceremonial Tent
- CUCA63 Monks Debating
- CUCA64 Potala Stairs
- CUCA65 View from Jokhang Roof
- 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 .75 cents each.

SPECIAL SALE \$3 for all IMAGES OF LOST TIBET and FACES OF TIBET!

IMAGES OF LOST TIBET

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

FACES OF TIBET

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



CALENDARS SPECIAL ITEMS

RIGPA TIBETAN CALENDAR, 1994-5 #RICA \$8

This pocket calendar features the main Buddhist festivals, anniversaries and special practice days of all traditions. Contains photos of lamas and line drawings. With this little calendar you'll have no excuse for missing Tsog days. Order now—it will be sent as soon as we receive it in late Feb. 6 1/2 x 3 3/4".



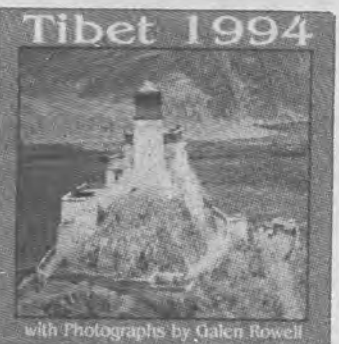
DRIKUNG TIBETAN CALENDAR, 1994-5, pocket size, #DRTICA \$8

This is a daily calendar with special festivals and ritual days marked. It belongs to all lineages. Also gives auspicious days for starting all types of activities as well as days of greatest obstacles and hindrances to one's endeavors.

ON SALE!—\$5.50

SACRED SPACES, 20 x 14" #SASPCA \$10.95

Whether they are created by nature or by artifice, these sacred spaces exude inspiration.



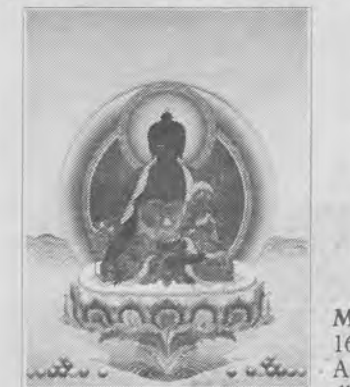
ON SALE!—\$5.50

TIBET, 22.5 x 11.25" #TICA \$10.95

Superb photos by Galen Rowell capture Tibet's rich legacy for the world.



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.



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.

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

THARPA FINE ART PRINTS \$19.95 each

These prints measure 16 x 22" and are painted by Andy Weber. They are some of his best images.

Amitabha #AMPR

Buddha Shakyamuni #BUSHPR

Je Tsongkhapa #JETSPR

Manjushri #MAPR

Medicine Buddha #MEBUPR

Vajradhara #VAPR

Vajrayogini #VAYOPR

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.



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 This poster is of the great thangka that also appears on the cover of *Kalachakra Tantra: Rite of Initiation*. It comes to us from India and the edges are a little wrinkled. Because we think you'll enjoy it, we are selling it at a reduced price. At the bottom of the poster are the mantras associated with the deity, written in Tibetan.

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

KALACHAKRA SAND MANDALA POSTCARD, #KASAC \$0.75

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

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.

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 #BEKAP

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

Milarepa #BEMIP

Yeshe Tsogyal #BEYEP

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

Green Tara #BEGTPR

Nagarjuna #BENAP

Padmasambhava #BEPAP

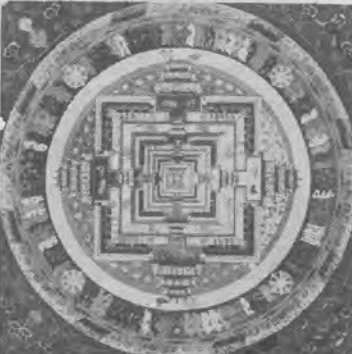
White Tara #BEWHTA

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

Sakyamuni Buddha #BESBPR

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

Large Green Tara #BELAGR



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.

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



THE TIBETAN PAINTINGS OF NICOLAS ROERICH, 12 postcards, #TIPANI \$9.95
We have selected 12 of the best images painted by Nicolas Roerich of Tibetan landscapes and monasteries. The colors are strong, striking and otherworldly—he really captured the grandeur of Himalayan spirituality.

SNOW LION NOTE CARDS, pack of 10, #SNLINO \$8
Red Snow Lion on 4 1/2 x 6 blank notecard stock—with envelopes. Part of the proceeds goes to support new refugees from Tibet.

GARUDA POSTCARDS \$1 ea.

Traditional thangka images.

- GAC1 Gelugpa Guru Tree
- GAC2 Amitabha in Dewachen
- 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
- GAC127 White Tara Mandala
- GAC128 Depiction of Universe
- GAC130 Vajrasattva w/Consort



NEW GARUDA CARDS!

These new traditional thangka images look great!

GAC132 1st Karmapa

GAC136 Manjushri

GAC139 Vajrayogini



TUSHITA POSTCARDS .75 ea

- TU30 Dalai Lama, Ling Rinpoche, Trijang Rinpoche
- TU39 Dalai Lama: meditate on world peace
- TU40 Dalai Lama: pray for peace
- TU41 Dalai Lama & H.H. XVI Karmapa
- TU42 Tanks in Lhasa
- TU43 Dalai Lama on Yak
- TU64 H.H. Sakya Trizin



SPECIAL ITEMS

THARPA FINE ART
DEITY CARDS

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

THARPA DEITY CARDS \$.90 ea.

- 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

SACRED ART OF TIBET NOTECARD SET, 8 notecards w/envelopes, #SAARTI \$12. Notecard images of Tibetan Buddhist Deities, painted in the brilliant Nepalese style: White Tara, Maitreya, Padmasambhava & Yeshe Tsogyal, Niguma, Dorje Drolo, Kalachakra, Simhavaktra, Vajrasattva.

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



REHO CARDS \$.80 ea.

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

- #REHCA 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

IMAGES OF WISDOM #IMWI \$8.95 for set of 10 cards.

Painted by Tibetan artist Chating Jamyang Lama. Buddha, Atisha, Nagarjuna, Asanga, Geshe Langri Tangpa, Je Tsongkhapa, Shantideva, Chandrakirti, Geshe Chekhawa, Lama Losang Tubwang Dorjechang.

THARPA GREETING CARDS #THGRCA \$9.50 for set of 5 cards.

These are well-painted images by Robert Beer. Offering Goddess, Lotus, Wish-fulfilling Tree, Dragon & Tiger, Eight Auspicious Symbols.

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



MANTRA CARDS \$.80 ea.

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



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.

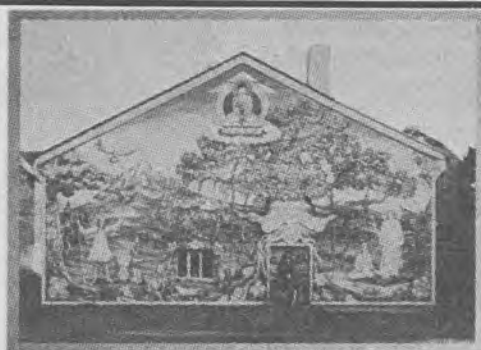
WISDOM ART THANGKA CARDS .75 ea.

These are great color images.

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



Green Tara in Jungle



Rainbowhouse



White Tara in The Rainforest



Medicine Buddha



Birthscene



Eagle Dream



Chen Rezig



The Long Journey



Awakening

TRANSFORMATIVE ART NOTECARD SET, 12 cards w/envelopes, #TRARNO \$24

These thangkas, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see. They are full of myth, fun and spirituality. Two of the images are life of the Buddha murals that she painted in Bero Khyentse's monastery in Kathmandu. Some are huge murals that were painted on the sides of buildings. There are also cards of Green Tara, White Tara, Chenrezig and the Medicine Buddha.

The cards are 5-color with gold border.



White Tara in Snowmountains

TAPES

SNOW LION AUDIO TAPES

H.H. THE DALAI LAMA

BEST SELLING!

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*.

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.

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

THE NATURE OF MIND!

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. Trulshik Rinpoche, trans. Sogyal Rinpoche. (3) #NYDZ \$30

Kagy Tradition: MAHAMUDRA, by Ven. Tenga Rinpoche. (3) #KAMA \$30

Sakya Tradition: INSEPARABILITY OF SAMSAARA & NIRVANA, Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

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

NEW!

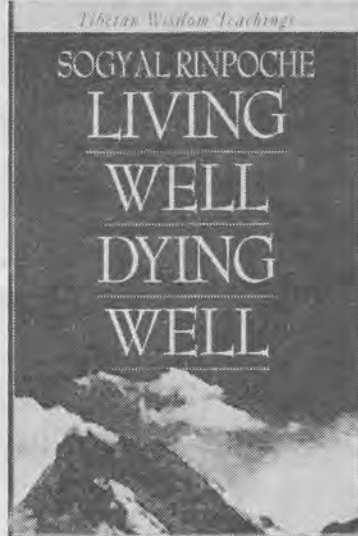
CHOGYAM TRUNGPA, LIVE, (1) #CHTRLI \$11

Two talks, "Discipline and Meditation" and "The Myth of Freedom" are simple and engaging presentations by the late Trungpa Rinpoche.

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.

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

The Khenpo tells of the sense of unti, 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.

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.

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.

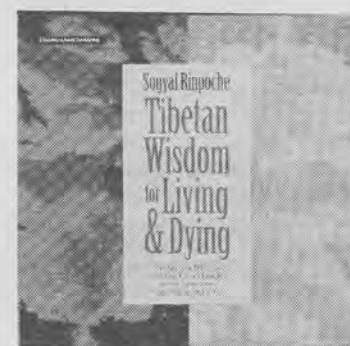
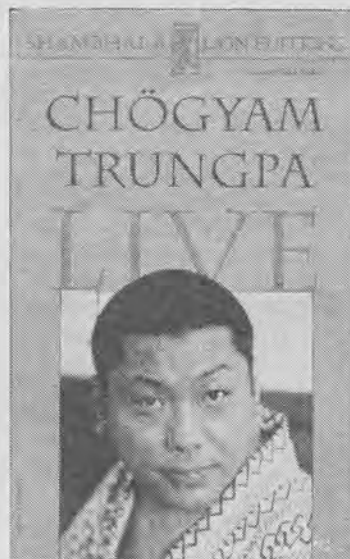
NEW!

LIVING WELL, DYING WELL, (1) 1 1/2 hrs. #LIWE \$10.95

To learn how to die is to learn how to live—this is part of the sacred wisdom of Tibet. Rinpoche discusses the fear of death; aging; impermanence; the great truth; two aspects of the mind; three wisdom tools; care of the dying; finding your true nature.

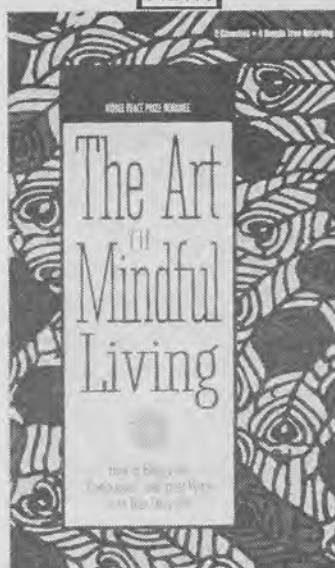
NEW!

TIBETAN WISDOM FOR LIVING AND DYING, (6) 9 hrs. #TIWIT \$58



The definitive audio workshop on the Tibetan teachings of Sogyal Rinpoche. He covers many, many topics—here are a few: active laziness; facing the truth of yourself; death as a mirror; what survives; discipline futility of grasping; spacious mind in meditation; bardo teachings; buddha-nature; rigpa; obstacles; giving inspiring the dying; taking on the suffering of others; openness and truth in relationships; working with people in pain; purifying negative karma; love as the only security; grieving; the inner and outer teacher; Padmasambhava's instructions for the bardos; power of prayer; traumatic death; dissolving into light; recognition of the clear light; arising and dissolving of karma.

NEW!



THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life, by Thich Nhat Hanh. (2) 3 hrs. #ARMILI \$18.95

Contents: How to meditate; true love versus possessive love; inter-being; meditating with children; communication between fathers and sons; handling hurt feelings; understanding impermanence; five-fold meditation based on breathing, contemplation, and imagery.

1993 BUDDHISM & PSYCHOTHERAPY: An East/West

OPEN HEART, CLEAR MIND, by Ani Thubten Chodron. (3) 4 1/2 hrs. #OPHETS \$21 for three, \$7 purchased separately.

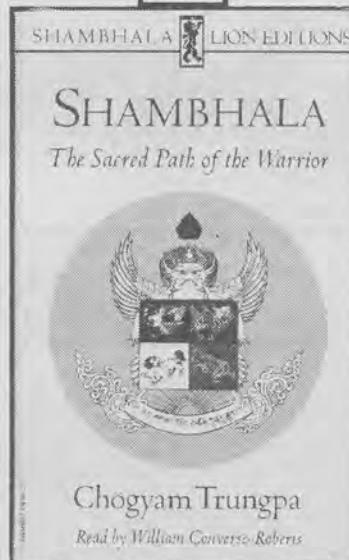
"...presents a clear and complete survey of the teachings of the Buddha."—Thich Nhat Hanh.

Tape 1—Working Effectively with Emotions #OPHET1

Tape 2—Rebirth and Karma #OPHET2

Tape 3—The Path from Confusion to Enlightenment #OPHET1

BACK!



SHAMBHALA: The Sacred Path of the Warrior, by Chogyam Trungpa, read by William Converse-Roberts. (2) 2 hrs. #SHSAPT \$16

The warrior's path is opened to contemporary men and women in search of self-mastery and greater fulfillment. Interpreting the warrior's journey in modern terms, Trungpa discusses such skills as overcoming habitual behaviors, relaxing within discipline, facing the world with openness and fearlessness, and finding the sacred dimension of everyday life.

Dialog, 5.25 hrs., (6) #BUPS \$35

This conference has a lot to offer people interested in the integration of Buddhism with western models for psychological growth. Speakers and topics: Dr. Lobsang Rapgay: *Jungian Analysis & Tibetan Buddhism*; Ven. Thubten Chodron: *A Spiritual Teacher's Perspective on Therapy and Buddhism*; Judith Gordon, Ph.D.: *A Psychotherapist's Application of Buddhist Principles to Therapy*; Ryo Imamura, Ed.D.: *Buddhism & Psychotherapy—the Similarities and the Differences*; Geshe Jamyang Tsultrim: *Therapeutic Applications of Principle Buddhist Teachings*; Mark Hart, Ph.D.: *Buddhism & Psychotherapy—Beyond Concepts*; May Cl Lu, Ph.D.—*Counseling Buddhist Asian Immigrants*.

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.

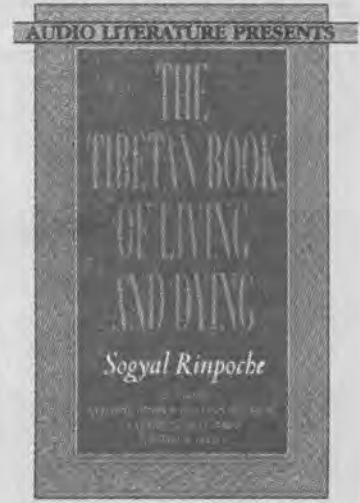
TIBETAN BOOK OF THE DEAD

TIBETAN BOOK OF THE DEAD, Joseph Campbell (1) #TIBODT \$12

The Tibetan Book of the Dead teaches the art of living, so that death is a fulfillment. Campbell describes the wanderings of the spirit through various heavens and hells, symbolized by the different chakras.

THE CULTURAL HERITAGE OF TIBET, by Lama Govinda (1) #CUHETI \$12

NEW!



THE TIBETAN BOOK OF LIVING AND DYING, by Sogyal Rinpoche. (4) 6 hrs. #TIBOLT \$27.95

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 & 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.

Govinda traces the cultural heritage of Tibet, which is more than the heritage of just one country, but is the combined heritage of Buddhism in India and its development in Tibet. He also unfolds the meaning of thangka images in a very interesting presentation.

LIFE OF TIBETAN AND CHRISTIAN NUNS, Bhikshuni Thupten 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 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.

DHARMA SEED TAPE LIBRARY

Here are some excellent tapes on meditation practice by Joseph Goldstein, Jack Kornfield, Christina Feldman and others well-known for their meditation workshops and books.

Joseph Goldstein

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

TAPES / MUSIC & CHANTS

TAPES

blessing of metta; Understanding the many faces of love through the wisdom of non-attachment.

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

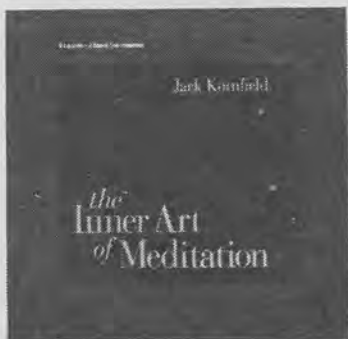
An in-depth look at the deeper levels of practice when one explores impermanence, suffering and selflessness with one-pointed concentration.

Jack Kornfield

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.

NEW!



THE INNER ART OF MEDITATION, (6) 8 1/2 hrs. #INAR \$48

A comprehensive course on vipassana, or insight meditation, which teaches you how to become fully mindful in your life. Kornfield's intensive, personal instruction will help you to awaken to greater self-knowledge and inner peace. Some contents: four foundations of mindfulness; eightfold-path; karma; listening to yourself; being present; proper postures; constancy; union of head and heart; meditation as healing; how emotions affect experience; working with the five difficult energies; opening to your feelings; experience and truth; exploring awareness; qualities of mindfulness; integrating meditation into your life; eating meditation; walking meditation.

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.

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.

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

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

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.



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.*

BEST SELLING!

CHO-GA: Tantric and Ritual Music of Tibet. Cassette #CHGA \$9.95

A unique anthology of tantric instrumental music and chants performed by Tibetan lamas. Recorded in monasteries, this tape contains powerful mantric rituals from this profound culture. Represented here are the monasteries of Gyuto, Gyume, Drepung, Ganden, Sera, and Namgyal Dratsang, the private monastery of the Dalai Lama. This tape contains a wide variety of chanting styles and is one of the best we know.

THE GYUTO MONKS: Freedom Chants. Cassette #GYMOFR \$9.95

Under the guidance of Grateful Dead percussionist Mickey Hart, the Gyuto Monks recorded their sacred chants at George Lucas' Skywalker Ranch Soundstage in northern California. The monks' wondrous vocalizing is featured, performing the chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and 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 Nyingthi tradition of the Nyingmapa Lineage, the deified form of the great female practitioner, Yeshe Tsogyal. Forty anis live at Nyingma Ozer Ling in Eastern Tibet where this recording was made.

SACRED 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.

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 Rappay.

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 Avalokitesvara by the First Panchen Lama; *Until Supreme Illumination*, a prayer for the attainment of Amitabha's Pure Land by Lama Tsongkhapa; *From Here to Enlightenment*, a prayer to achieve enlightenment for the sake of others by the First Panchen Lama; *A Mystical Biography*, the mystical experiences of Lama Tsongkhapa are praised by the founder of Drepung Monastery.

SHITRO: Adjunct Ritual to the Tibetan Book of the Dead, by the nuns of Nyima Ozer Ling, Tibet. Cassette #SHTA \$10

The Shitro Puja is famous for its haunting melodies. During the ceremony participants honor the 100 peaceful and wrathful deities described in the *Tibetan Book of the Dead* to appear to a deceased person during the 49-day intermediary state between death and rebirth. This ritual is believed to help the practitioner to realize the visions in the bardo as manifestations of the nature of mind, thereby effecting liberation of the consciousness from cyclic existence.

THE SONGS OF MILAREPA, by the Mahayana Buddhist Nunery, Tilokpur. #SOMI \$10 cassette

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

TANTRAS OF GYUTO: Sangwa Dupa, #NSSD LP \$9.95

This is the sacred chant of the Gu-

hyasamaja Tantra by the Gyuto monks.

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.



THE MUSIC OF NAWANG KHECHOG

Born in Tibet, Nawang was a Tibetan monk for 11 years. A musician since childhood, he now lives in the USA. His music is promotes world peace. **Snow Lion** is now the primary distributor for Nawang Khechog's tapes. 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.

FOUR WINDS: A New World Synthesis of Jazz and Native American Imagery, by Joe Salzano. #FOWI \$10

The four pieces on this tape celebrate the spirits of the four directions whose activities are seen in the cycles of nature and our life. This tape is a wonderful experience in sound and meaning.

TURTLE ISLAND FLUTE, by Joe Salzano. Cassette #TUISFL \$10

The indigenous flute music of Turtle Island (N. American continent) has, for centuries, passed down the stories, songs and traditions of the Mother Earth, courtship and love. The practice of young men paying homage to the beauty and grace of the Earth or a specific woman has created an ever-growing repertoire of songs that are rich in beauty and variety. This is one of the best Native American flute tapes we have heard.

THE TWENTY-ONE PRAISES OF TARA, by Prema Dasara & Jeff Monoz. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTTP (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. Chanting and booklet are in English.

VIDEO DHARMA/KALACHAKRA TEACHINGS

VIDEO DHARMA

KALACHAKRA TEACHINGS

These films are available in NTSC VHS format only, (i.e. the US standard).

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 respoken by Tsering Everest.

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.

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.

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.

Exploring THE Mandala



Pema Losang Chogyen of Namgyal Monastery and the Program of Computer Graphics, Cornell University

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 respoken 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.

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.

MAHAMUDRA, by Kalu Rinpoche. #MAHA \$33

As the highest goal and practice of the Kagyu tradition, Mahamudra is a teaching on Sunyata (voidness) which leads to the realization of the Dharmakaya or Primordial Mind. In 1986, the Venerable Kalu Rinpoche gave this lecture in San Francisco. He describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness.

MANDALA: World of the Mystic Circle, produced by Martin McGee & Cathy Steffan. 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.

MEDITATION: Bringing the Mind Home, by Sogyal Rinpoche. 90 min. #MEBRMI \$24.95

Sogyal Rinpoche introduces the practice of meditation and essentializes the entire practice in one phrase: "being spacious." Through vivid and compelling examples and stories, Rinpoche conveys a feeling and a personal experience of the practice.

NICHOLAS ROERICH: MESSENGER OF BEAUTY, 43 minutes. #ROMEBE \$24.95

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.

BEST SELLING!

OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama, by Trueheart Productions. 90 min. #OVDIVI \$29.95

On March 26th, 1991, an audience of 12,000 assembled at Cornell University to hear His Holiness the XIVth Dalai Lama inaugurate the "Year of Tibet" with an extraordinarily moving and profound talk. He discussed many important issues based on the relationship of world peace and inner peace. Peppering his address with his wonderful, spontaneous wit, the Nobel Peace Prize Laureate reminded the audience of the fact that we are social animals and must learn to live together in order to achieve happiness and as well as to survive.

THE REINCARNATION OF KHENSUR RINPOCHE, 62 min. #REKHRI \$29.95

This is the story of a monk's search for his reincarnated rinpoche. The film follows the footsteps of the monk as he seeks the advice of the Dalai Lama and the Nechung Oracle. He then travels in secret to Tibet and brings out the boy. The four-year old is ordained as a monk and returns to his monastery in South India.

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

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

THE XVII KARMAPA'S RETURN TO TSURPHU, by Tsurphu Foundation. 100 min. #KARV \$39.95

The reincarnation of the 16th Karmapa was recently discovered in Tibet, where many wondrous signs appeared at his birth. The seven year old Karmapa, destined to be one of the greatest living masters of our time, arrived in triumphal celebration at his original seat at Tsurphu Monastery and was enthroned on Sept. 27, 1992. See it all!

BACK!

TANTRA OF GYUTO: Sacred Rituals of Tibet 52 min. #TAGY \$29.95

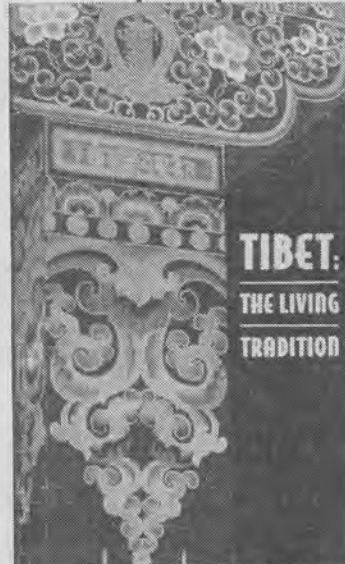
Sacred Tibetan Buddhist chants are performed by Gyuto monks. Through ritual and mantric power, the monks use sound to effect a specific change in the environment. The rituals are introduced by the Dalai Lama and interwoven with images of sacred art. The film is preface by an account of Tibetan history that uses footage from the 1920's.

BACK!

TIBETAN MEDICINE: A Buddhist Approach to Healing 29 min. #TIME \$29.95

Tibet's first woman physician, Dr. Lopsang Dolma, shows how medicines are made from animal, vegetable and mineral substances and how acupuncture and moxibustion is used during her daily rounds. The film explores the relationship of physical health to magnetic and other forces and shows how Tibetan medicine heals both the body and mind by treating the patient rather than the disease.

NEW!



TIBET: The Living Tradition, produced by Barry Bryant & Valrae Reynolds. 1 hr. #TIV \$39.95

This triptych of unique programs draws from The Newark Museum's outstanding collection of Tibetan art and historical documents. *Visions of Enlightenment* presents the 1000 year-old history of Tibetan Buddhist sculpture, painting and applique. *Music and Dance* presents archival film footage from the 1935 Cutting expedition to Tibet along with contemporary color video showing folk dances, opera, and monastic dances. *Creating a Sacred Space* shows the design and construction of the new altar built in the museum in 1989. Included is footage of Phuntsok Dorje painting the traditional decoration and the consecration of the altar by H.H. the Dalai Lama.

KALACHAKRA: RITE OF INITIATION, by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIN \$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.

BEST SELLING!

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.



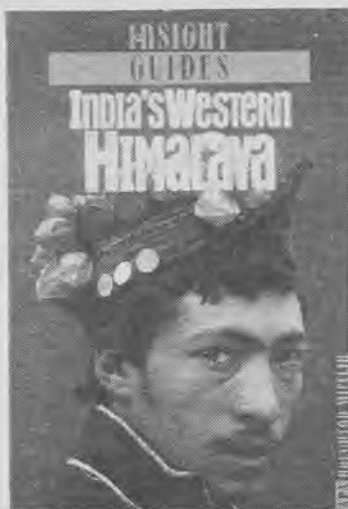
THE WHEEL OF TIME SAND MANDALA, by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$35 June!

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.

THE DALAI LAMA OF TIBET OVERCOMING DIFFERENCES



ADVENTURE & TRAVEL



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 Manjuli Dubey, photos by David Beatty and Shalini Saran. 292 pp., many photos, #DEL \$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 Manjuli 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 wind-swept 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.

ALTAR OF THE EARTH, by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95

Altar of the Earth goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture, fascinating to adventurers and arm-chair travelers alike.

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

"...humorous and insightful, as well as poetic...a readable introduction to Tibetan civilization."—*Tibet Journal*

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

"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 weaves suspense and moral vision in a fashion reminiscent of Joseph Conrad."—David Roberts, author.

NEW!



THE GREAT DRAGON'S FLEAS, by Tim Ward. 252 pp., #GRDRFL \$14.95

Deeply thought-provoking and wonderfully irreverent, *The Great Dragon's Fleas* is Tim Ward's story of a two year spiritual search in Tibet, India, Bangladesh, Indonesia, Thailand, and China. The journey begins with a private meeting with the Dalai Lama, then moves to Kashmir and an Islamic cult that venerates Jesus and believes he survived crucifixion and went to India. He studies with a Buddhist lama called The Great Dragon in Ladakh, visits Sai Baba, a Thai trance channeler, a female buddha in a Chinese monastery, and narrowly escapes capture by Chinese soldiers as he travels illegally in Tibet. This is a lively account of spiritual life in Asia.

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.

IN THE KINGDOM OF THE DALAI LAMA, by Archibald Steele. 159 pp., #KIDALA \$13.95

This is both the exciting story of a great adventurer and a historical account of the dramatic changes that happened in Tibet in the late 40's and early 50's. Archibald Steele's first hand knowledge of Tibetan life and the political struggle make this a very interesting and readable story.

NEW FIFTH EDITION!

INDIA: A Travel Survival Kit, by Crowther, Raj and Wheeler. 1100 pp., color photos #INTRSU \$24.95

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 \$10.95

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 \$7.95

Experiences among lamas, magicians, sages, sorcerers and Bonpo wizards. A true adventure into psychic discovery.

MONGOLIA, by Robert Storey. 232 pp., 16 pp. color #MON \$13.95

This is the first travel guide to focus exclusively on Mongolia—that exotic, adventurous destination. Comprehensive, reliable travel data on how to get there, where to stay and eat and what to do is provided for the bustling capital, Ulaan Bataar and the arid Gobi desert and many other places.

MY JOURNEY TO LHASA, by Alexandra David-Neel. 384 pp., 44 photos, #JOLH \$14

"This new edition with its tale of adventure and vivid portrayal of Tibet, will surely delight a whole new generation of readers."—The Dalai Lama

Originally published in 1927, *My Journey to Lhasa* involves us intensely in a world that no longer exists—that of free Tibet. Alexandra David-Neel's descriptions of the landscape are fervent and her understanding of the Tibetans is admirably unsentimental. Her Tibet is not at all the philosophers' kingdom of "Lost Horizon"; it is a fierce, filthy, frequently dangerous place, where she had to exercise the utmost ingenuity to survive.

NEW!



NEPAL: A Travel Survival Kit, by Tony Wheeler and Richard Everist. 432 pp., 22 color pages, abundance of maps and line drawings. #NETRSU \$14.95

This is a completely updated edition of *Nepal* which gives the detailed information you need to make your trip to the bustling city of Kathmandu or the many Himalayan hideaways as fulfilling as possible.

ROAD TO HEAVEN: Encounters with Chinese Hermits, by Bill Porter. 220 pp., b&w photos, #ROHE \$14

This is a brilliant essay on the traditions of Chinese hermits who continued their Buddhist and

Taoist practices through the years of Chinese oppression. Many hermits were encountered and their stories recorded.

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 \$15

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

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

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

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

BEST SELLING!

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.

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.

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

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—it's

rugged practicality and spiritual mysteries.

To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodhi Gaya, India—place of Sakyamuni Buddha's enlightenment—for the Kalachakra Tantric Initiation under the direction of the Dalai Lama. Amid a festival of deities, sights, sounds and offerings, Peter leads us into the heart of the Kalachakra mandala and into the calm center of Buddhism.

"Your descriptions and your experiences...are deeply moving and will teach even the uninitiated the beauty and spiritual achievements of Tibetan Buddhism. You have seen this through the eyes of a poet and the heart of a lover."—Lama Anagarika Govinda

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

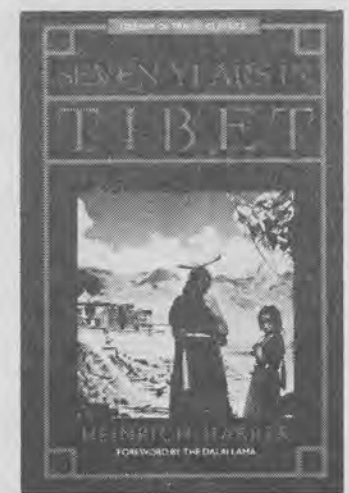
"Tucci's description of the timeless civilization of the Tibetan people is as perceptive and relevant today as it was when he wrote the book thirty years ago. It is hoped that this book will contribute towards a better understanding of the Tibetan people and their values."—His Holiness, the Dalai Lama

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

To Lhasa and Beyond is a fascinating account of Tibet as it was prior to the upheavals following the Chinese take-over in 1959. Prof. Tucci takes the reader along the roads he followed in 1949 and reveals the people, religion, art, customs and landscape of a country that very few Westerners ever had the opportunity to see—Tibet was a free country and its high civilization was intact. Replete with photos and illustrations, it is both a literary and a visual splendor.

"A classic valued for its lucid descriptions of Tibetan religious culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*

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

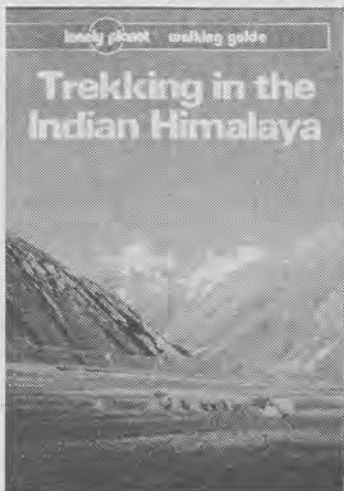


NEW!

TREKKING IN THE INDIAN HIMALAYA, by Gary Weare. 172 pp., #TRINHI \$10.95

The author has over 14 years' trekking and tour-leading experience

ADVENTURE & TRAVEL/DZOGCHEN

ADVENTURE
& TRAVEL

in the Indian Himalaya. In this practical guide he gives sound advice for planning a trip, many maps, vital health and first-aid information, plus day-by-day descriptions of some of the world's most exciting treks. Includes Himachal Pradesh (Dharamsala), Zaskar Gorge, Kashmir, Ladakh, Sikkim.

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.



ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation, by Gyatrul Rinpoche. 150 pp., #ANWI \$14.95

If dharma practices are condensed into the most essential activities necessary to accomplish realization, one must consider how time is spent during formal practice, during various daily activities and during the night. Essential teach-

ings containing practical instructions for these three times were chosen and elaborated upon by the Venerable Gyatrul Rinpoche. The first is one of the most direct and useful dream yoga accomplishment manuals available. The second is one of the most useful manuals for the Dzogchen meditation practices of shamatha and vipassana and was written by H.H. Dudjom Rinpoche. The third selection, entitled *Transforming Felicity and Adversity into the Spiritual Path* is a contemporary classic for improving the quality of daily life experiences.

BUDDHA MIND: An Anthology of Longchen Rabjam's Writings on Dzogpa Chenpo, Tulku Thondup Rinpoche, Ed. by Harold Talbott, 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.

THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen, by Namkhai Norbu, Compiled and Ed. by John Shane. 176 pp. #CRWALI \$12.95 This popular book examines the various levels of the spiritual path from the point of view of the highest teaching.

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.

BEST SELLING!

DZOGCHEN: INNERMOST ESSENCE, by Tulku Thondup. #DZINES \$8.95

This is a clear presentation of the practice of Dzogchen meditation.

DZOGCHEN & PADMASAMBHAVA, by Sogyal Rinpoche. 103 pp. #DZPA \$10

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

DZOGCHEN: The Self-Perfect State, by Namkhai

Norbu. 96 pp. #DZSEPE \$7.95 This is a manual of Dzogchen practice that is remarkably complete for its size.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Ben Khyentze Rinpoche. 44 pp. #FOTHPR \$7.95 Dzog-chen is the realization of the perfection of all reality as an indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzog-chen methods.

NOW AVAILABLE!

THE FLIGHT OF THE GARUDA: Teachings of the Dzogchen Tradition, Keith Dowman. 225 pp. #FLGA \$14

Contains the English translation of four fundamental Dzogchen texts with an illuminating introduction by the author: *Secret Instruction in a Garland of Vision*, *The Flight of the Garuda*, *Emptying the Depths of Hell*, *The Wish-Granting Prayer of Kuntu Zangpo*. The introduction provides a clear explanation of Dzogchen, focusing on its non-dogmatic, practical and human nature.

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 Summer

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.

HEART DROPS OF DHARMAKAYA: Dzogchen Practice of the Bon Tradition, by Shardza Tashi Gyaltsen, trans. & comm. by Lopon Tenzin Namdak, intro. by Per Kvaerne, ed. by Richard Dixey. 200 pp. #HEDRDH \$15.95

This is the first complete text in English concerning Dzogchen meditation. 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 mind. Written in the style of personal instruction from Shardza to his students, the text is supplemented with a commentary by Lopon Tenzin Namdak given 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.

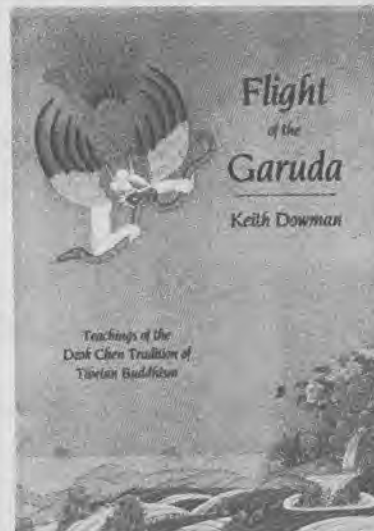
The book has six parts: preliminary practices; the practice of trekcho; the practice of togel; phowa and bardo practice; the rainbow body; a short history of Bon.

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

These three books are 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.

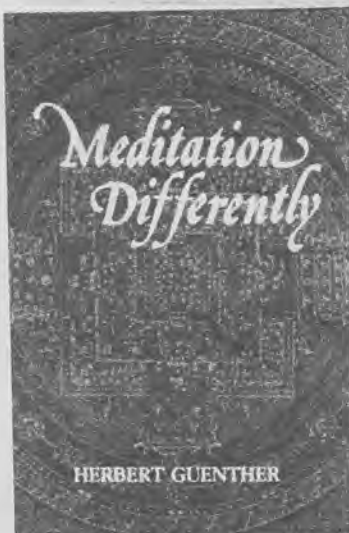


KINDLY BENT TO EASE US III, by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$12.95

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.

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.

NEW!



MEDITATION DIFFERENTLY, by Herbert Guenther. 210 pp. #MEDI \$14 cloth

Meditation Differently is a translation and commentary which contrasts Dzogchen and Mahamudra. The translation of Padmakarpo's definitive work on the four tuning-in phases introduces the Mahamudra approach to meditation. To understand the Dzogchen approach, a philosophical introduction to the Dzogchen understanding of reality is presented and a discussion of empowerments which serve as stepping stones to the recovery of the richness and fullness of experience.

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.

THE SIX VAJRA VERSES (Rig-bai Kujug), by Garab Dorje, comm. by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

"The Dzogchen teaching is a living knowledge which is transmitted and applied. The teaching is useful for those who want to go on living. To find real tranquility, you must have experience of the state of knowledge and know how to relax. When you discover the real condition for yourself and actually find yourself in this condition, you finally discover the real meaning of relaxation. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

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 Khesun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239 pp. #TAPRNY \$14.95

"This book presents one of those rare introductions to Tibetan Buddhism, which really can be recommended because of the splendid combination of authenticity and clarity."—*Tibet Forum*

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

"...this text offers an all-encompassing presentation of the Vajrayana expression of Mahayana philosophy and practice...the virtue of this work is its technical completeness...avoids the pitfalls of being a mere text translation. There is much here for repeated reading, contemplation and absorption."—*Vajradhatu Sun*

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

A commentary on two great vajrayana teachings by one of the foremost teachers. This book is based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master, and concisely puts forth the oral instructions of a contemporary master. Tulku Chokyi Nyima focuses on the essential teachings of Buddhism while covering all the stages of the path.

WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet, by Tenzin Wangyal, foreword by Lopon Tenzin Namdak. 256 pp. #WONAMI \$14.95 Summer

This is the first introduction to Dzogchen philosophy from the Bon perspective, fully compatible with the major Buddhist teachings. Tenzin Wangyal explains the specific meaning of the teachings, and takes the reader step-by-step through their practice. He covers both meditation and the visionary aspects of Dzogchen previously regarded as secret. Including examples from his own life, with drawings and photos, Wangyal explains the various kinds of energy and states of mind the reader is likely to experience. For practitioners at every level, this succinct guide will prove a key tool on the path to enlightenment.

ART & PHOTOGRAPHY

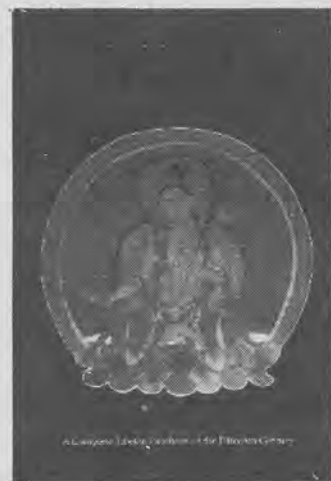
BUDDHIST ART OF THE TIBETAN PLATEAU, ed. by Liu Lishong. 358 pp., 13" x 10 1/2", 665 color photos, #BUARTI \$100 cloth

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.

CEREMONIES OF THE LHASA YEAR, by Hugh Richardson, ed. Michael Aris. 136 pp., 80 b&w photos, 2 maps, 8 1/2 x 11" #CELHYE \$34

This is a pictorial eyewitness account of the major state rituals and festivals enacted in Lhasa under the auspices of the Dalai Lama's government before the Chinese takeover. Hugh Richardson provides his own first-hand account of the calendar of spectacular rituals which served to demonstrate and legitimize the power of the old Tibetan state. Richardson was head of the last British and first Indian missions to Tibet and was present in Tibet for nine years.

Starting with the month-long ceremonies of the New Year, the reader is taken through both secular and Buddhist rites which punctuated the Tibetan year—a rich panoply of processions, sacred dances, oracular seances, ritual competitions and official feasting that occupied the entire populace of Lhasa.



THE GREAT STUPA OF GYANTSE: A Complete Tibetan Pantheon of the Fifteenth Century, Franco Ricca & Erberto Lo Bue. 320 pp., 8 1/2 x 12", 112 color and 76 b&w photos, numerous plans, #GRSTGY \$120

The great stupa of Gyantse, about 100 miles southwest of Lhasa, may well be the chief wonder of the Tibetan Buddhist world in that it records iconographically within its 75 chapels and temples nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. Built by the princes of Gyantse, it is the most important surviving Tibetan monument to predate the establishment of the Dalai Lamas' theocracy in Lhasa and the construction of the Potala Palace. The wall paintings have withstood the passage and tear of 500 years and are beautiful to see.

The text explains the physical and conceptual structure of the stupa, the iconography and style of the paintings and statues, and provides a thorough survey of the 75 chapels and temples. This book is very well organized, beautifully illustrated and constructed.

NEW!

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice, by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95 Although many books have been written in the past two decades about Tibetan art and culture, there is surprisingly little source



material that describes what the images depicted in Tibetan art represent and how they are relevant to spiritual practice. Jon Landaw and Andy Weber have spent over twenty years with Tibetan Buddhist teachers and have researched the meaning and practices of many deities. *Images of Enlightenment* is an engaging presentation of thirty-two bodhisattvas, buddhas and lineage masters that commonly occur in the four sects of Tibetan Buddhist practice. The vital inspirational quality of the images is conveyed with information on how each deity exemplifies the Vajrayana path as a whole. Explanations of the symbolic meanings are interspersed with the legends and myths that Vajrayana masters tell about these meditational images.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation. This work will, I hope, elucidate the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa

"Among the few guides we have to the immense richness of Tibetan religious art, *Images of Enlightenment* stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."—Dan Cozart, Dickinson College

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 \$20

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

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

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

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

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

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

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

SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, by Samten Gyaltsen Karma. 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.

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 exclusively to Tibetan rugs which took place at the Textile Museum in Wash., D.C.



TIBET: Reflections from the Wheel of Life, by Thomas Kelly, Carroll Dunham, Ian Baker; foreword by H.H. the Dalai Lama. 204 pages, oversize, 200 color photos, #TIREWH \$49.95

The authors take us through the Tibetan wheel of life, from birth to old age and death. Nomads, monasteries, tulkus, pilgrims and always beautiful landscape—*Tibet* portrays the many faces of an earthy yet devout people steeped in a rich heritage. This is an excellent coffee-table/gift book!

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: 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 constructed and contains the requisite items for Tibetan Buddhist practice. The contents of the altar are extensively described and explained.

TIBETAN COLLECTION: Sculpture and Painting, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATICS3 \$20 Based on the excellent art collection at the Newark Museum, it contains photos of sculpture, including metal, wood, ivory, lacquer, stone and clay; thangkas, including painted, appliqued and embroidered examples; wall paintings; and iconography, including body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking."

THE WHEEL OF TIME SAND MANDALA, by Barry Bryant with the Monks of Namgyal Monastery. 272 pp., over 150 photos, #WHTISA \$40

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. Barry Bryant traces the history and lineage of the Kalachakra sand mandala. He also takes the reader through the mandala's symbolic representation of the path to enlightenment. The magnificent sand mandala offers a glimpse of the wisdom and compassion of Kalachakra, which the Dalai Lama calls a "vehicle for world peace."

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



BEST SELLING!

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.

THREE GREAT BOOKS ON
NATIVE AMERICANS!

BOOKS FROM OTHER TRADITIONS

BECOMING BRAVE



BECOMING BRAVE: The Path to Native American Manhood, ed. by Laine Thom. 120 pp., oversize, many illustrations in color, #BEBR \$18.95

Pictured here are magnificent examples of war shirts, tomahawks, peace pipes, spears, drums, and headdresses that were part of daily life for Native American men. Functional as well as beautiful, these objects are unsurpassed in design and craftsmanship. Four vivid, first-person accounts of Indian life—the buffalo hunt, and battles with other tribes and with US soldiers—accompany historical photos of the people.

DANCING COLORS: Paths of Native American Women, ed. by C.J. Brafford & Laine Thom. 120 pp. oversize, many illustrations in color, #DACO \$18.95

Some of the very best examples of Native American jewelry, dresses, moccasins, blankets, tipis and household tools that we have seen are contained in this book. Interwoven with this inspiring craftsmanship are four intriguing stories illustrating the variety of women's roles in Native American life. The stories, photographs, and excellent commentary blend into a beautiful and informative book about the harmony of life and art in Native American culture.

THE SPIRIT OF NATIVE AMERICA: Beauty and Mysticism in American Indian Art, by Anna Lee Walters. 120 pp., oversize, many color illustrations, #SPNAAM \$18.95

Nearly 250 pieces from the magnificent David T. Vernon collection (Wyoming Colter Bay Museum) are reproduced here. Anna Walters's authoritative text removes these beautiful and mysterious objects from the usual category of museum relics and places them in their proper tribal perspective. This beautiful and intriguing book shows how spirituality and practicality are united in Native American culture and provides new insights into the people who created it.

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!

CREATING
MANDALAS

Insight,
Healing,
Self-Expression



SUSANNE F. FINCHER

CREATING MANDALAS: For Insight, Healing, and Self-Expression, by Susanne Fincher. 192 pp., color plates & line drawings, #CRMAN \$16

This is a guide to creating mandalas. After an introduction to the history and ritual use of mandalas in cultures all over the world, Susanne offers guidance in art materials, techniques and colors for creating personal mandalas—she discusses the symbolism of colors, numbers, shapes, and motifs. Susanne Fincher is an art therapist with over thirteen years' experience in teaching classes and workshops in mandala drawing.

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.

DICTIONARY OF WORLD RELIGIONS, ed. Keith Crim. 830 pp., many illustrations #DIWORE \$26

This comprehensive, authoritative compendium of information on the world's living religions brings together the work of 161 scholars from major religious traditions and related fields. Traces the historic development, beliefs, and current status of the world's living religions: Buddhism, Christianity, Judaism, Hinduism, Islam, Shintoism, Sufism, Taoism and the many other religions of the world. This is an excellent book to browse or for reference!

HEALING SOUNDS: The Power of Harmonics, by Jonathan Goldman. 170 pp. #HESO \$14.95

Healing Sounds explains the ancient secrets of sound and the extraordinary power of harmonics to heal and transform. Jonathan Goldman discusses the overtone chanting of the Tibetan monks and relates sounds to the energy

centers of the body. Along with instructions on how to produce and use these vocal harmonics. You will find information on the ancient shamanic, mystical and spiritual traditions that employed sound in their rituals.

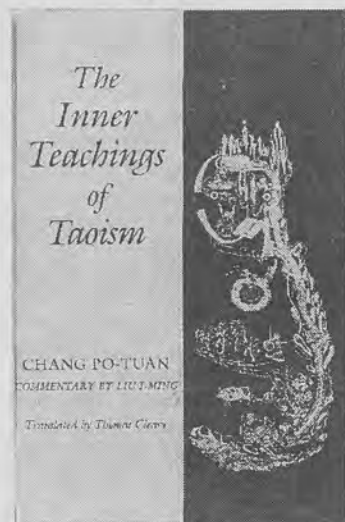
HIDDEN JOURNEY: A Spiritual Awakening, by Andrew Harvey. 256 pp. #HIJO \$10

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 Julian of Norwich and John of the Cross."—*Publishers Weekly*

NEW!



THE INNER TEACHINGS OF TAOISM, by Chang Po-Tuan, Comm. by Liu I-Ming, Trans. by Thomas Cleary. 118 pp. #INTETA \$14

This book unlocks many secrets of Taoist alchemy. Known as the *Four Hundred Words on the Gold Elixir*, this root text describes the process of reunification of the fragmented self into a complete human being. The lucid commentary makes clear the meaning of the alchemical symbolism so that the underlying principles of spiritual practice can be understood.

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, Rumi, re-created by Andrew Harvey. 118 pp. #LOFI \$9.95

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, de-

spair, 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*.

PASSIONS OF INNOCENCE: Tantric Celibacy and Other Erotic Mysteries, by Stuart Sovatsky. 256 pp., 50 illus., 8" x 10" #PAIN \$14.95

Explains how periods of celibacy can enhance our awareness of the erotic impulse and its myriad forms of expression. These periods can help redirect sexual energy toward friendship, deepen a life partnership, heal from sexual abuse, etc. Far from the stereotype of repressive sexual abstinence, the tantric form of sublimation is a passionate and spiritual celebration of the erotic. Includes exercises based on yoga, kundalini and chakra meditation.

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

BACK!



SPEAKING FLAME, Rumi, re-created by Andrew Harvey. 118 pp. #SPFL \$9.95

The mystical poetry that flamed from Rumi's communion with the Divine is unmatched in its range, poignance and passion. These poems pierce to the very heart of the mystic.

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.

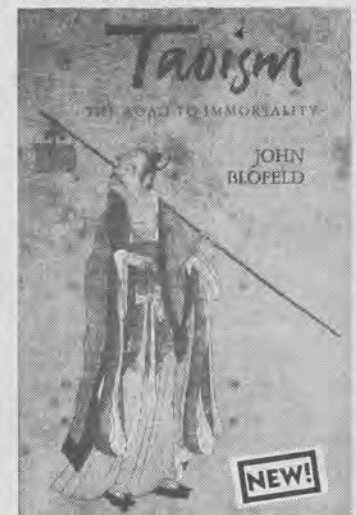
THE SUFI PATH OF KNOWLEDGE: Ibn al-'Arabi's Metaphysics of Imagination, William Chittick. 478 pp., oversize #SUPAKN \$24.50

"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.



TAOISM: The Road to Immortality, by John Blofeld. 195 pp. #TAROIM \$16

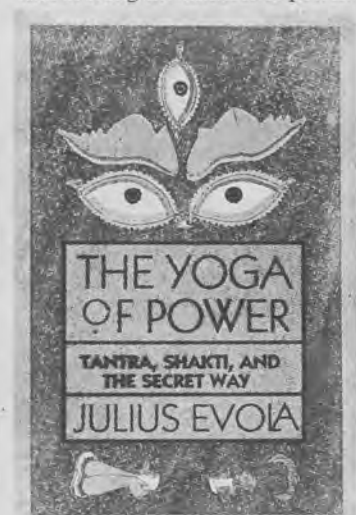
John Blofeld explains the fundamental concepts of Taoism, tells many stories of ancient masters, and provides incisive reflections on Taoist verse. He writes about his visits to Taoist hermitages in China and his talks with masters. Taoist yoga is also discussed in detail. This comprehensive work captures the spirit of the Tao, communicating the serenity and timeless wisdom of this tradition.

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.

THE YOGA OF POWER: Tantra, Shakti, and the Secret Way, by Julius Evola. 240 pp. #YOPO \$16.95

Covers the practices of Hindu Tantrism and Shaktism—both of which emphasize a path of action as well as mastery over secret energies latent in the body. Evola focuses on the perilous practices of Tantra, which use human passions and the power of nature to conquer the world of the senses. He draws from original texts to describe methods of self-mastery, including the awakening of the serpent power, initiatory sexual rites and evoking the mantras of power.



BOOKS BY THE DALAI LAMA



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 BUDDHISM OF TIBET, by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 219 pp., #BUTI \$12.95

"The book will give the beginner an excellent foundation in Tibetan Buddhism."—*The Tibet Journal*

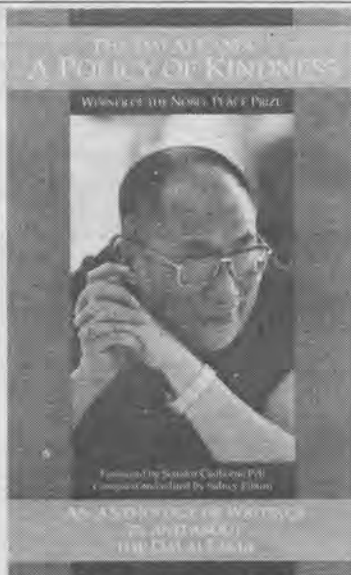
The Buddhism of Tibet consists of four texts that the Dalai Lama specially wrote or chose for Western readers:

The Buddhism of Tibet by the Dalai Lama is a concise introduction to the principle topics and central practices of Buddhism. *The Key to the Middle Way* by the Dalai Lama is an acute and precise presentation of the nature of emptiness. *The Precious Garland* by Nagarjuna. A description of the Bodhisattva path of compassion and a clear, concise analysis of the Buddha's teaching on emptiness. *The Song of the Four Mindfulnesses* by the 7th Dalai Lama. This short poem, accompanied by a commentary by the present Dalai Lama, contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

CULTIVATING A DAILY MEDITATION, by the Dalai Lama. 137 pp., #CUDAME \$7.95 The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokitesvara, Manjushri, Vajrapani and Arya Tara. He shows how to develop the expansive view and a compassionate heart. Insightful questions and answers follow each chapter.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp. #DALAHA \$14.95 "The best teachings from the East are the ones given by the Dalai Lama"—Joseph Campbell

In 1981, His Holiness the Dalai Lama gave a series of lectures at



Harvard University which fulfilled magnificently his intention of providing an in-depth introduction to Buddhist theory and practice.

The Dalai Lama's awesome intellect, power of exposition, and practical, compassionate implementation pervade these lectures. He covers a spectrum of issues important to anyone concerned about individual and world peace and answers questions that those interested in Buddhism have long hoped to see addressed.

BEST SELLING!

THE DALAI LAMA: A POLICY OF KINDNESS, compiled & edited by Sidney Piburn. 152 pp., #POKI \$10.95

"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*

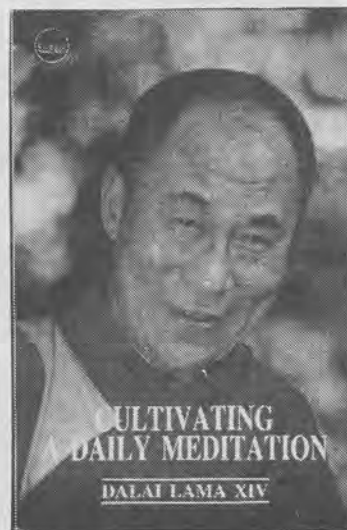
"Clear, concise, interweaving practical discussion with things of a more ethereal nature, this is an essential and wonderfully inexpensive purchase."—*Booklist*, American Library Association

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.

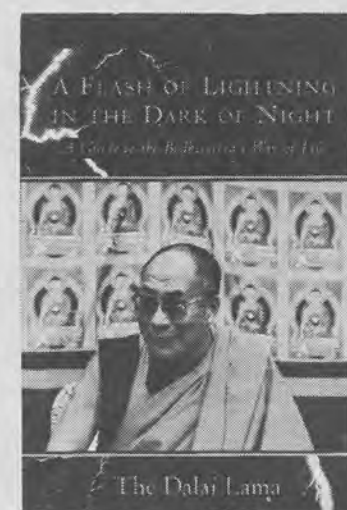
ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271 pp. #ESREGO \$12.95

"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.

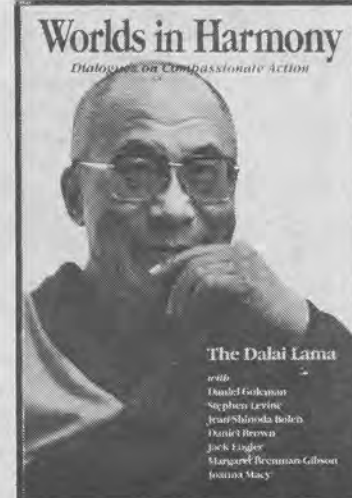
"...presented in a practical and understandable form... delightfully illustrated, well-printed and highly recommendable as a practical guide to Tibetan Buddhism"—Soami Sariputra, *The Theosophist*

NEW!



A FLASH OF LIGHTNING IN THE DARK OF NIGHT, by Dalai Lama. 141 pp. #FLLIDA \$10

This is a commentary by the Dalai Lama on the *Guide to the Bodhisattva's Way of Life*. The theme is the development of



compassion—the guiding principle of the bodhisattva. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom. The Dalai Lama teaches the way to make the bodhisattva ideal a living experience.



NEW!

FOUR ESSENTIAL BUDDHIST COMMENTARIES, by The Dalai Lama. 154 pp. #FOESBC \$9.95

The Dalai Lama discusses the meaning of four central texts on Tibetan Buddhist practice: *Thirty Seven Practices of Bodhisattvas*, the *Three Principle Aspects of the Path*, the *Eight Verses on Mind Training*,

and the *Song of Four Mindfulnesses*.

FREEDOM IN EXILE: The Autobiography of the Dalai Lama. 256 pp., 16 black & white photos, #FEX \$12

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.

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*

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.

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 The Dalai Lama photo from the cover of *Policy of Kindness*. It measures 2 1/2 x 4" and is laminated on both sides. \$1

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



#DALMAR The Dalai Lama in Arizona, 8 x 10" \$15 This is a lovely closeup photo of His Holiness standing next to Arizona cactus.

#REHCA H.H. the Dalai Lama, postcard-size image, close-up of his face. \$80

DALAI LAMA/BIOGRAPHY

THE DALAI LAMA

BIOGRAPHY

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.

NEW!



MYSTICAL VERSES OF A MAD DALAI LAMA, by Glenn Mullin. 270 pp. #MYVEMA \$14
"Having known Glenn Mullin and his work for many years, I am delighted to see yet another volume of his wonderfully heartfelt and readable studies of the works of the Dalai Lamas. The Second Dalai Lama's mystical poems and lyrical visions (with a few here just for fun) are permeated with the ecstasy of enlightenment and born of genuine selflessness. He sometimes signed his works 'The Yogi of Space'; sometimes, 'The Melodious Laughing Vajra'; but more often, 'The Mad Beggar...' referring to that state beyond all attachment and conventional modes of thought and behavior, the realization of emptiness."—Richard Gere

MY TIBET, by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTI \$35 (see Art & Photography).

OCEAN OF WISDOM: Guidelines for Living, text by Dalai Lama, photos by Marcia Keegan. 112 pp., 19 color photos. #OSWIP \$10

The Dalai Lama's ideas and answers to questions are interwoven with many photos of him. Good gift book.

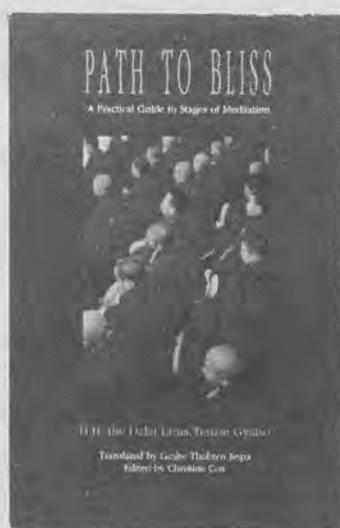
OPENING THE EYE OF NEW AWARENESS, by H.H. the Dalai Lama, trans. by Donald S. Lopez, Jr. with Jeffrey Hopkins. 144 pp. #OPEY \$12.95

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

PATH 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.



BACK!

SONGS OF THE SIXTH DALAI LAMA, ed. by K. Don-dup. 188 pp. #SOSI \$5.95
The love poems of the Sixth Dalai Lama are beautiful in their expression and a treasure of passionate sentiment.

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

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

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

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

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

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

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

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

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

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

COMMENTARY ON SHANTIDEVA!

TRANSCENDENT WISDOM, by H.H. the Dalai Lama; Trans.,



ed. & annotated by B. Alan Wallace. 146 pp., #TRWI \$9.95

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

This extraordinarily clear exposition on the wisdom by the Dalai Lama is based on an oral teaching given by His Holiness to an audience of thousands of Tibetans and Westerners.

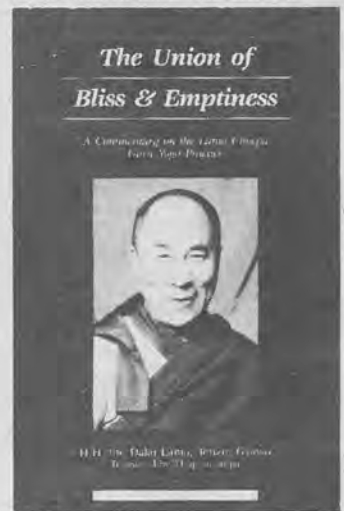
"The Guide to the Bodhisattva Way of Life" is one of the books most highly recommended by the Dalai Lama for Mahayana practice. The ninth chapter of that book, the chapter on Transcendent Wisdom, is known among Buddhist scholars as a challenging and profound exposition of the Madhyamika philosophy. This invaluable volume, with its precise elucidation of core issues of Tibetan Buddhism, stands as a key work in Buddhist literature.

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

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

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

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



THE AWAKENED ONE: A Life of the Buddha, by Sherab Chodzin Kohn. 155 pp. #AWON \$9
The Buddha's life story is a universal tale of the awakening of consciousness. A blend of legend and history filled with stories of wisdom and compassion, this ancient tale offers inspiration and insight to spiritual seekers of all traditions.

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.

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 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 transcendental 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

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.

IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim, by Chen-Hua. 292 pp., 10 illus. #SEDH \$14.95

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.

BEST SELLING!

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.

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,

BIOGRAPHY/DEATH & DYING

BIOGRAPHY

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.

NOW IN PAPER!

THE LOTUS-BORN: The Life Story of Padmasambhava, by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$17

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

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.

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by Keith Dowman. 454 pp. #MAMA \$18.95

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.

BACK!



MIPAM: A Tibetan Love Story, by Lama Yongden. 340 pp. #MI \$9.95

This is the only novel ever written by a Tibetan lama especially for western readers. The characters are clearly types and composites, yet they are drawn with such affection and attention to human detail that they remain thoroughly



engaging. It is a romantic story that conveys life as it is in Tibet.

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.

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



TO THE LION THRONE
Whitney Stewart



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*.

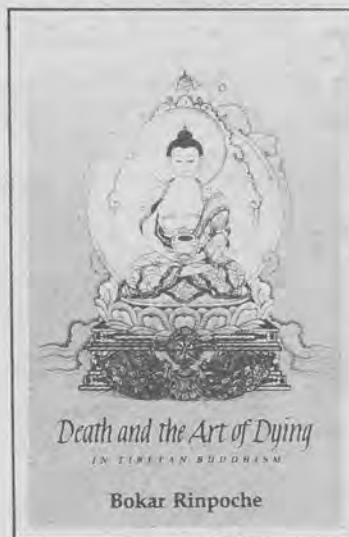
BRINGING DOWN THE LIGHT: Journey of a Soul After Death, by Mother Meera. 64 pp., 26 full-color plates, 9 x 11 1/2," #BRDOLI \$29.95 cloth

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.

NEW!

DEATH AND THE ART OF DYING in Tibetan Buddhism, by Bokar Rinpoche. 144 pp. #DEARDY \$14.95

DEATH & DYING



Based on Bokar Rinpoche's intimate knowledge and experience of caring for the dying, he offers ways of helping the dying and dead. This book serves as a guide through the different stages of dying and explains how to develop skillful means to encounter death without fear. He also teaches how to maintain constant awareness of impermanence and inevitability of death both to enrich our life and to prepare for 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*

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.

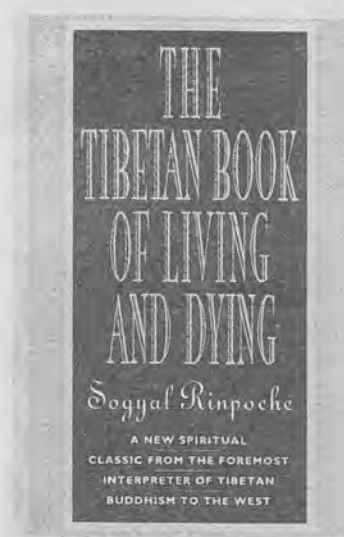
THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos, Tsele Natsok Rangdrol. 140 pp. #MIMI2 \$9.95

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.

BEST SELLING!

THE TIBETAN BOOK OF LIVING AND DYING, by Sogyal Rinpoche. 356 pp., photos, #TIBOLP \$14 paper, #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. (Also available on tape.)

THE TIBETAN BOOK OF THE DEAD, by Robert Thurman. 278 pp., 8 color photos., #TIBO \$12.95

This authoritative new translation preserves the form and spirit of the original and was prepared especially for Western readers by one of the most prominent Tibetan scholars in America. Its introduction to Buddhist doctrine, instruction in meditation, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative versions available.

THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo, trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #TIBODD \$10

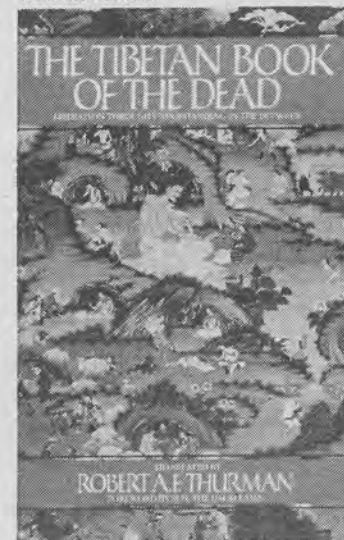
This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains in straightforward language what the text teaches us about human psychology.

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

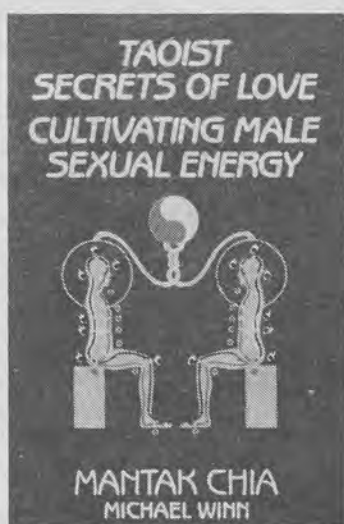
This is a rare and insightful book. It prepares you for life as well as death.



HEALTH & FITNESS/COOKBOOKS

HEALTH & FITNESS

COOKBOOKS

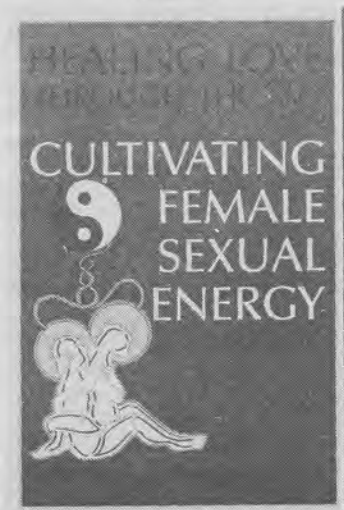


ANCIENT SECRET OF THE FOUNTAIN OF YOUTH, by Peter Kelder. 64 pp. #ANSEFO \$5.95

This book purports to be from Tibet. It contains five Tibetan exercises that hold the key to rejuvenation, health and vitality. They require little time to practice yet many people have reported remarkable changes in their health conditions. The exercises appear to stimulate the core chakra energies to keep them moving in their youthful way. This remarkable book first appeared in Germany where it has been on the best-seller list.

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, by Tj Tsarong. 101 pp. #HATRTI \$5. Gives the composition of 175 popular Tibetan natural drugs.

NEW!



HEALING LOVE THROUGH THE TAO: Cultivating Female Sexual Energy, by Mantak Chia & Maneewan Chia. 298 pp., many illus. #HELOTA \$14.95

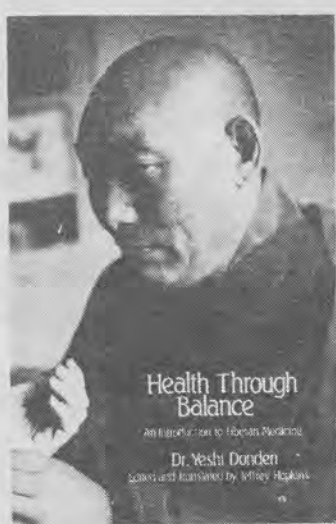
The sexual guidance and exercises presented in this book are being introduced plainly to the Western public for the first time by a Taoist master and his wife who want to share their knowledge with others.

There are two main practices which the authors teach women to cultivate and enhance their sexual energy. One is ovarian breathing, which can shorten menstruation, reduce cramps, and compress more life-force energy into the ovaries for more sexual power. Another is the orgasmic upward draw which leads to total body orgasm.

NEW!

TAOIST SECRETS OF LOVE: Cultivating Male Sexual Energy, by Mantak Chia & Michael Winn. 290 pp., many illus. #TASELO \$14.95

The secrets revealed here enable men to conserve and transform sexual energy through its circulation in the microcosmic orbit, invigorating and rejuvenating the



body's vital functions. Hidden for centuries, these esoteric techniques and principles, make the process of linking sexual energy and transcendent states accessible.

BEST SELLING!

HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine, by Dr. Yeshe Donden, Ed. & Trans. by Jeffrey Hopkins. 252 pp. #HETHBA \$14.95

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

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

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

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

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

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

THE HEART OF HEALING, by The Institute of Noetic Sciences, William Poole, ed. 225 pp., 150 color & b/w photos, 8 1/2 x 11", #HEHE \$24.95

Ask about health and healing in a culture, and you touch the deepest core of its beliefs. From the beginning of recorded time, mankind's preoccupation with healing the body, achieving happiness, and prolonging life has been an almost religious pursuit. This is no accident, because belief systems are at the heart of healing.



The Heart of Healing focuses on people and communities across the world and shows how research, clinical practice, and patient experiences are validating the mind-body connection. Matching the richness of these human experiences are amazing illustrations and graphics that take us on a new voyage into the healing system of the human body. This is a very interesting book.

QUANTUM HEALING: Exploring the Frontiers of Mind/Body Medicine, by Deepak Chopra, M.D. 278 pp. #QUHE \$10.95

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.

STUDIES IN TIBETAN MEDICINE, by Elisabeth Finckh. 90 pp. #STTIME \$9.95, NOW \$7.95!

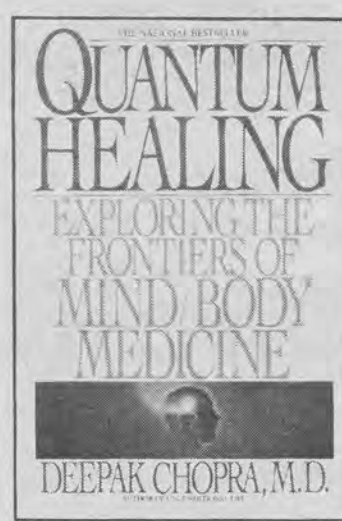
This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system.

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, extensive intro. & 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 elo-



quently 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 Gedun 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, #TMEPA \$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.

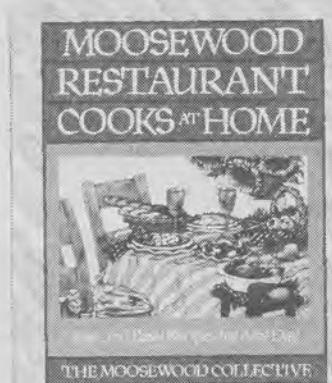
The foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates by noted specialists put the facsimiles in context.

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

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

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.

NEW!



MOOSEWOOD RESTAURANT COOKS AT HOME: Fast and Easy Recipes for Any Day, by the Moosewood Collective. 416 pp., oversize, #MORECO \$15. Contains dishes full of exciting flavors, from savory soups to substantial main-dish salads, from hearty stews to palate-teasing small dishes. Sauces, salsas, and dressings and a collection of almost-instant desserts turn the simplest meal into a delightful experience.

THE NEW FARM VEGETARIAN COOKBOOK, ed. by Louise Hagler & Dorothy Bates. 224 pp. #NEFAVE \$7.95

Here are recipes and nutritional information for a completely vegetarian diet based on the versatile and noble soybean. This book teaches you to cook tasty, nutritious, and inexpensive meals that use no eggs or dairy products and contain no cholesterol.

THE NOW AND ZEN EPICURE: Gourmet Cuisine for the Enlightened Palate, by Miyoko Nishimoto. 240 pp., color photos, #NOZEEP \$17.95

Here is a landmark collection of vegan recipes, inspired by the best of Japanese and French cooking. "If nouvelle cuisine has a vegetarian counterpart, the *Now and Zen* recipes are definitely it."—San Francisco Examiner

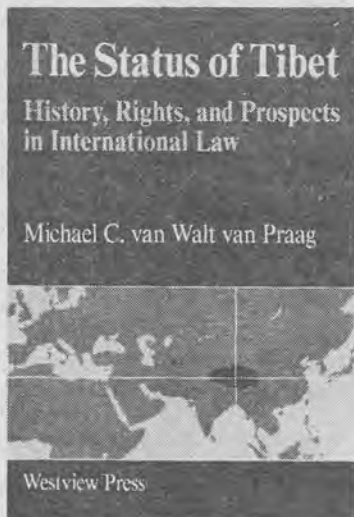
THE SHOSHONI COOKBOOK: Vegetarian Recipes from the Shoshoni Yoga Spa, by Anne Sachs & Faith Stone. 208 pp. #SHCO \$12.95

Nestled in the Rockies above Boulder, Colorado, is the Shoshoni Yoga Retreat. Shoshoni's two master cooks guide you in creating a nourishing atmosphere of great egg- and dairy-free food. Head chef Anne blends a creative touch in the kitchen with a quest for subtlety and mindfulness in this tempting array of vegan dishes: Zucchini Pinenut Tamales, Spicy Peanut Noodles, Brown Rice Crepes, and Miniature Stuffed Pumpkins, to name a few.

TOFU COOKERY, by Louise Hagler. 160 pp., color photos, large format, #TOCO \$14.95

With over 200 tasty recipes from hearty, everyday fare like Potato Tofu Salad to elegant, special occasion treats like Fresh Shiitake Stir-fry, this book offers a lot of choices that are beautiful as well as delicious.

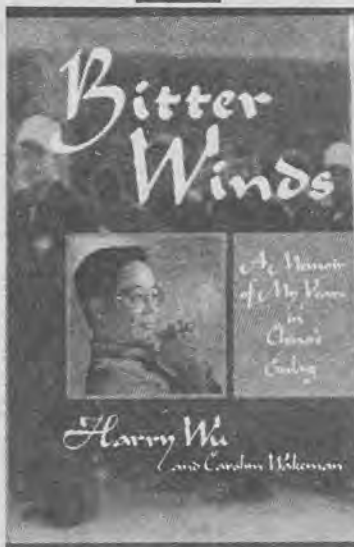
HISTORY, POLITICS, & SOCIAL ACTION



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

Ancient Futures 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.

NEW!

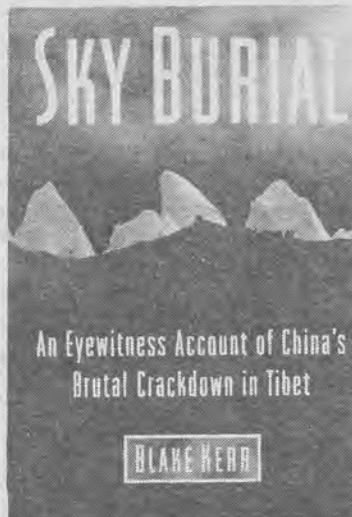


BITTER WINDS: A Memoir of My Years in China's Gulag, by Harry Wu & Carolyn Wakeman. 290 pp. #BIWI \$22.95

On April 27, 1960, Harry Wu, a senior at Beijing's Geology Institute, was arrested by Chinese authorities and, without ever being formally charged or tried, spent the next nineteen years in hellish prison labor camps. Exiled to the bitter desolation of this extensive gulag, he was transformed from a member of the privileged intellectual elite into a faceless cipher denied even the most basic human rights. He learned the harsh lessons of prison survival from the tough peasants and petty criminals imprisoned with him. He was subjected to grinding labor, systematic starvation, and torture, yet he refused to give up his passionate hold on life. Released in 1979, he came to the U.S. Determined to expose the truth of the gulag, he returned to China in 1991 with a "60 Minutes" news crew. Posing as a U.S. businessman buying prison goods, he risked his life by smuggling a hidden camera into the camps and capturing on film, for the first time, haunting images of life behind those forbidding walls.

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!

BUDDHISM IN RUSSIA



THE STORY OF AGVAN DORZHIIEV, LHASA'S EMISSARY TO THE TSAR

John Snelling

Foreword by Stephen Batchelor

BUDDHISM IN RUSSIA: The Story of Agvan Dorzhiev, Lhasa's Emissary to the Tsar, by John Snelling. 320 pp., 26 photos #BURU \$22.95

This story of political and religious intrigue recounts the extraordinary life of the Lama Agvan Dorzhiev, adviser to the Thirteenth Dalai Lama, and follows the story of Buddhism in Russia up to the present time. At the end of the last century, Tibet was caught in a super-power struggle, with the British and Russians making territorial incursions. The Dalai Lama called upon Dorzhiev, his childhood tutor, to be his emissary to the Court of Imperial Russia and the outside world. A man of great vision and political skill, Dorzhiev was instrumental in establishing Buddhism in Russia and in the building of the temple of St. Petersburg, the first in the West.

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

DETERMINATION: Tibetan Women & the Struggle for an Independent Tibet, by Carol Devine. 118 pp. #DE \$12

Presents the involvement of Buddhist nuns and laywomen in the 40-year, non-violent struggle for independence from Chinese occupation. Devine provides the reader with background information about Tibet. She then documents the courage and tenacity of Tibetan nuns and laywomen through first-person testimony and interviews. *Determination* is must reading for anyone concerned about human rights and gender equality.

NEW!

FESTIVAL OF TIBET, by Tsepak Rigzin. 70 pp. #FETI \$8.95



The yearly cycle of festivals that Tibetans enjoy are described in their historical and Buddhist context. Valuable way to both understand the traditions of Tibet and to know what Tibetans like to celebrate.

FLIGHT AND ADAPTATION, by Tanka Subba. 169 pp. #FLAD \$12

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.

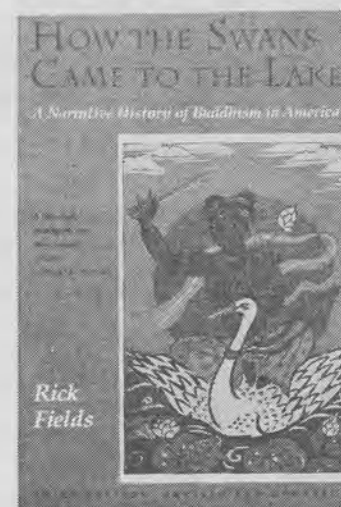
FORBIDDEN FREEDOMS: A Report by the International Campaign for Tibet on Beijing's Control of Religion in Tibet. 100 pp. #FOFR \$6

"An excellent contribution to understanding the continuing religious persecution in Tibet. I encourage all those concerned with China's policies in Tibet and the 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 \$25

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.

BACK!



HOW THE SWANS CAME TO THE LAKE: A Narrative History of Buddhism in America, by Rick Fields. 434 pp., b&w photos, #HOSWCA \$20

"A thorough, intelligent, and very valuable account."—Peter Matthiessen. This book delivers more than it promises. It takes the reader from the origins of Buddhism right up to the immediate past, through its growth in Asia to the personalities that opened it up to the West and those that brought it to America as well as those who were affected by Buddhism or nurtured it here.



This 3rd edition includes new information about recent events in American Buddhism and discusses issues of spiritual authority, the role of women and social action.

IN THE KINGDOM OF THE DALAI LAMA, by Archibald Steele. 159 pp. #INKIDA \$13.95

This is both the exciting story of a great adventurer and a historical account of the dramatic changes that happened in Tibet in the late 40's and early 50's. Archibald Steele's first hand knowledge of Tibetan life and the political struggle make this a very interesting and readable story.

THE PEOPLE OF TIBET, by Charles Bell. 319 pp. #PETI \$16

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.

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

"Sulak Sivaraksa is one of the heroes of our time. To the soul-destroying, Earth-destroying religions of consumerism, greed, and exploitation, he brings deep wisdom and refreshingly sane alternatives."—Joanna Macy

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

SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal, by Ann Armbricht Forbes. 184 pp., photos, #SEHO \$10

This is the story of the Tibetan refugees who resettled in Nepal. Because of the unique confluence of eastern & western influences here, the refugees are forced to make choices that more isolated refugees have yet to encounter. Their efforts to balance the age-old traditions of Tibetan culture with the pressures and opportunities of an increasingly mechanized world are thus a harbinger of future challenges to be faced by all Tibetans.

SKY BURIAL: An Eyewitness Account of China's Brutal Crackdown in Tibet, by Blake Kerr, M.D. 206 pp. #SKBU \$21.95

This is the remarkable story of a young American doctor traveling in the Himalayas who inadvertently walked into one of the grimmest, and least-known scenes of political oppression in the world. Traveling with an old college friend, John Ackerly (a lawyer now working for the International Campaign for Tibet), he enjoyed

the sights and sounds of Lhasa and hitch-hiked to Everest, where the two "humped loads" for an American expedition assaulting the mountain's North Ridge.

Upon returning to Lhasa, they swiftly became sensitized to and outraged by the oppressive character of the Chinese occupying forces and their efforts to eradicate Tibetan culture. They witnessed a series of demonstrations by Tibetan monks that triggered an explosion of pro-independence protests greater than anything witnessed by foreigners since China entered Tibet in 1949—protests that were swiftly and brutally quashed by Chinese police and army forces.

Kerr and Ackerly attempted to aid the rebels, but were arrested and endured a brief, harrowing imprisonment. Their efforts to alert the international media met with success and China suffered international embarrassment and condemnation as the story of the crackdown in Lhasa became news in the West. Kerr and Ackerly have continued as activists committed to ending Tibet's oppression.

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

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.

BEST SELLING!

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. "Her story is incredible."—*Buddhism Now*

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

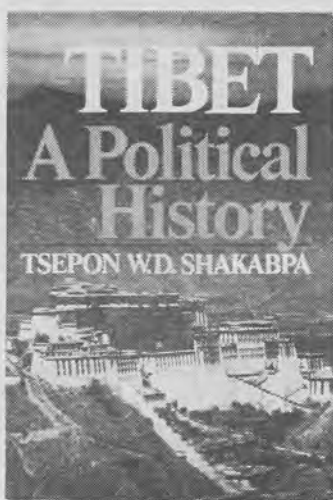
Describes the prisons around Lhasa, details prison life and torture, the medical effects of torture, and the Chinese attitudes.

TIBET: A Political History, by Tsepon W. D. Shakabpa. 369 pp. #TIPOHI \$15.00

Essential reading for anyone interested in Asian affairs. Written

HISTORY & POLITICS / WOMEN'S STUDIES / SADHANAS

HISTORY & POLITICS



by former official in the Tibetan government prior to 1959.

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 \$10.50

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.

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.

TRIGG IN TIBET 64 pp. #TRTIB \$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.

BACK!



WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of Their Country, by Jamyang Norbu. 152 pp. #WATI \$12.95

This is the most outstanding account of a Tibetan Khampa warrior. Aten recalls his life as a child, the simple style of the Khampas and the beauty of the land. This lifestyle was shattered by the Chinese. Aten tells of the battles, the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to Dharamsala. *Warriors of Tibet* is a vivid and heartfelt story.

WOMEN'S STUDIES

DETERMINATION: Tibetan Women & the Struggle for an Independent Tibet, by Carol Devine. 118 pp. #DE \$12 (for description see History & Politics)

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.

NEW!



LEARNING TRUE LOVE: How I Learned & Practiced Social Change in Vietnam, by Sister Chan Khong. 258 pp. #LETRLO \$16

Learning True Love tells the story of Sister Chan Khong's spiritual growth against the backdrop of war-torn Vietnam. She offers many inspiring examples of how to resolve difficulties and celebrate the joys of a life of service. She narrates the many considerations and decisions that a woman has to make—it is a revelation in compassion, a courageous story of social transformation brought about by a woman inspired by true loving kindness. Sister Chan Khong has worked with Thich Nhat Hanh for over thirty years.

LONGING FOR DARKNESS: Tara and the Black Madonna, by China Galland. 400 pp., #LODA \$12

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.

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

BEST SELLING!

SAKYADHITA: DAUGHTERS OF THE BUDDHA, ed. Bhikshuni Karma Lekshe Tsomo. 346 pp., #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.

"It is inspiring and heart-warming to read about all these women dedicated to the Buddhist path."—Martine Batchelor

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

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

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

Based on an extensive stay in an exile nunnery in India and on historical research, this study gives a detailed description of the life of Tibetan Buddhist nuns past and present. Chapters include: Women in Buddhist Literature; Nunneries and Nuns in Tibet; Accomplished Nuns; A Tibetan Nunnery in Exile; Cultural Norms and Social Reality; Changes in the Position of Tibetan Nuns in Exile. This book is a limited edition from Norway.

WEAVERS OF WISDOM: Women Mystics of the Twentieth Century, by Anne Bancroft. 177 pp. #WEWI \$10

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.

WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition, by Diana Paul. #WOINBU \$15

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

WOMEN OF WISDOM, Tsultrim Allione. 224 pp. #WOWI \$8.95

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

SADHANAS

The lineage of Red Tara practice and commentary to the sadhana.

NEW!



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.

MEDITATIONS ON THE LOWER TANTRAS, by Glenn Mullin. #MELOTA \$7.95

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

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.

NEW!



RED TARA: An Open Door to Bliss and Ultimate Awareness, by Chagdud Gonpa. #RETA \$8

NEW!

RED TARA COMMENTARY: Instructions for the Concise Practice Known as Red Tara, by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7

VAJRAYOGINI SADHANA & COMMENTARY, by Geshe Ngawang Dhargyey. 72 pp. #VASA \$9.95

Published for people with highest yoga initiations only. The text is a short sadhana of Vajrayogini and the commentary is a discussion of the many yogas that make up the practice.

SADHANAS FROM THARPA PUBLICATIONS

The Bodhisattva's Confession of Moral Downfalls #BOCO \$5

The purification practice of the Mahayana Sutra of the Three Superior heaps.

Chenrezig Sadhana #CHSA \$5

Dakini Yoga: Vajrayogini Six-session Guru Yoga #DAYO \$7

Essence of Good Fortune #ESGOF \$6

Prayers for the six preparatory practices for meditation on the stages of the path to enlightenment.

Essence of Vajrayana #ESVA \$8

The condensed meaning of vajrayana mahamudra and prayers of request to the lineage gurus.

Great Compassionate Mother #GRCOMO \$4

The sadhana of Arya Tara.

Great Liberation #GRLI \$3

Preliminary prayers for mahamudra meditation in conjunction with Vajrayogini Practice.

The Great Mother #GRMO \$6

A method to overcome hindrances and obstacles by reciting the Heart Sutra.

Hundreds of Deities of the Joyful Land #HUDE \$6

The guru yoga of Je Tsongkhapa.

Liberation from Sorrow #LISO \$3

Praises and requests to the Twenty-one Taras.

Medicine Guru Sadhana #MEGUSA \$6

Meditation & Recitation of Solitary Vajrasattva #MERE \$2

Offering to the Spiritual Guide #OFSPGU \$5

The extensive guru yoga practice of Je Tsongkhapa's tradition (Lama Chopa).

Prayers for Meditation #PRME \$2

A Pure Life #PULI \$2

The Mahayana precepts.

The Quick Path #QUPA \$6

Condensed practice of Heruka Five Deities according to Master Ghantapa's tradition.

Quick Path to Great Bliss #QUPAGR \$9

Vajrayogini self-generation sadhana.

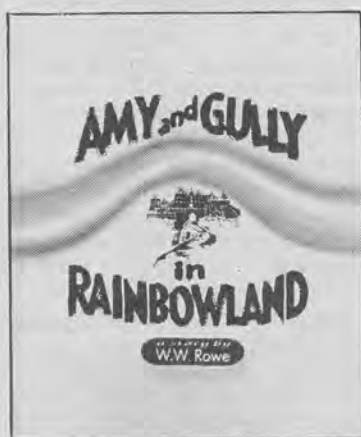
The Yoga of Buddha Amitayus #YOBUEAM \$7

A special method for increasing lifespan, wisdom and merit.

CHILDREN'S BOOKS/LANGUAGE

CHILDREN'S CORNER

LANGUAGE



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

NEW!



THE BUDDHA'S QUESTION, by W.W. Rowe, illus. by Pamlyn Grider. 24 pp., 8.5 x 11," #BUQU \$9.95 June

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about the way of awareness and love. In reply, the Buddha recounts his previous life experience as a plumeria tree. This tree painfully witnesses the cruel deceptions of a heron upon forty fish and a wise and crafty crab. Though helpless to intervene, the compassionate tree takes vows with far-reaching consequences.

Jataka Tales, or past-life stories of the Buddha, are traditionally used to teach wisdom and compassion. This beautifully illustrated, rhymed version makes the story enjoyable for modern English-speaking children ages five to ten.

AVAILABLE NOW!

EXPLORE TIBET, by the Junior Museum Staff of the Newark Museum. 32 pp., 9 x 12," #EXTI \$9.95

This is an activity book that was developed in conjunction with the special Newark Museum project "Tibet: The Living Tradition." Exploring unknown places, meeting new people, and seeing different ways of life can be among the greatest joys of childhood. *Explore Tibet* is designed to introduce the young reader to Tibetan culture.



The combination of hands-on activities with stories and illustrations offers something for every child. Meet a Tibetan family and construct a festival tent, make Tibetan food, play a karma board game, negotiate a mandala maze, and more!

FABLES FROM FAR AWAY LANDS, by Julie Hutsler. 25 min. cassette #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 Wirwer. #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.

THE MAGNIFICENT TRICKSTER, by Molly Jones. 66 pp. #MATR \$9.95

Tells the life of Milarepa, a Buddhist practitioner from eleventh-century Tibet who realized the truth through one-pointed effort and utter devotion to his teacher, Marpa. The story is perfect for young readers (ages 8-14) because it is humorous, full of action, and filled with magic and surprises.

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.

BEST SELLING!

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

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

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

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

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

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

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. 60 pp., large format #LITH \$8.95

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

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

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

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

"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*

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 Tibe-

Prince Siddhartha



Jonathan Landaw and Janet Brooke

tan 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.

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 and deals with a wide variety of linguistic phenomena as they are actually encountered in the classical texts.

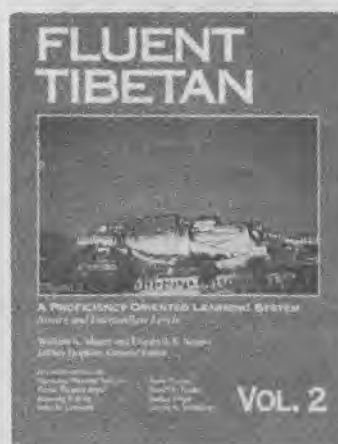
ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN, by Melvyn Goldstein. 486 pp., #ENTIDI \$60 cloth

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.

BEST SELLING!

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 Thondup Narkeyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa 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 conjunc-



VOL. 2

tion 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.

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

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

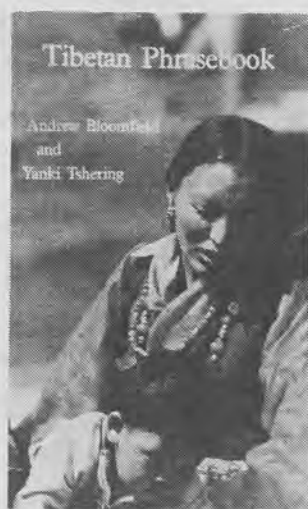
REVISED & ENLARGED 40%!

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 com-

LANGUAGE/RELIGION & PHILOSOPHY

LANGUAGE

RELIGION & PHILOSOPHY



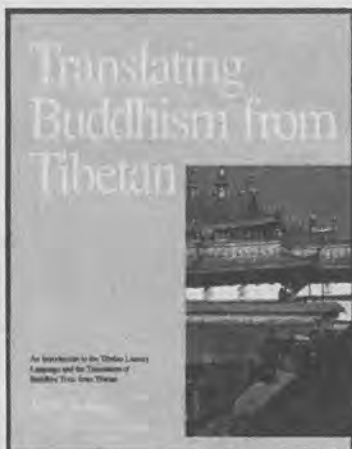
missioned by King Tri Ralpachen in the 9th century, supplemented from the works of various Tibetan lamas. The work contains 6,000 main entries and over 8,000 sub-entries, providing Sanskrit equivalents where possible.

A TIBETAN-ENGLISH DICTIONARY (compact edition), *Sarat Chandra Das*. #COTIEN \$20. 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 FONTS FOR THE MACINTOSH, by *Pierre Robillard*. #PITF \$59.95

"This Tibetan font for the Macintosh is simply a superlative system for typing and editing Tibetan, and is unquestionably the best available anywhere in the world. I have been using it for several projects 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.

System 7 compatible postscript Type 1 and TrueType fonts; works with Apple Style Writer and Personal Laser Writer 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 WylieEdit for typing in Wylie transliteration for automatic conversion to Tibetan. For System 6.0.x, MacKeymeleon II is needed. Package contains manual, disks, and keyboard stickers.



NEW!

TIBETAN FOR WINDOWS, by *Marvin Moser*. #TIWIN \$60. Now it's possible to use Tibetan in the popular Microsoft Windows en-

vironment for IBM compatible computers at a very reasonable cost!

Tibetan For Windows makes entering and editing Tibetan easy. You see Tibetan script on the screen as you type with Wylie or other input modes, using either the Microsoft Write editor (included free with Windows) or the WordPerfect for Windows editor.

Tibetan text can easily be cut and pasted between different Windows programs.

You can print your text to almost any graphics printer and easily exchange Tibetan files between IBM PCs and Macintoshes. Also included is the *Tibetan File Converter* to translate between Wylie, ACIP, Macintosh, LTibetan and phonetic formats. This updated version also includes the LMantra font for expanded Tibetanized Sanskrit stacks.

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.

"What an impressive production! It is a superb piece of work."—Richard Hayes, Dept. of Religious Studies, McGill University

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*.

BACK!



ADVICE FROM A SPIRITUAL FRIEND, by *Geshe Rabten & Geshe Dhargey*, trans. & ed. by *Brian Beresford*. 160 pp. #ADFRSP \$8.95

This is a classic compilation of mind transformation teachings showing how to change every negativity into spiritual practice. Included are excellent commentaries to the seven point and the eight point thought transformation techniques plus Atish's Jewel Rosary of An Awakening Warrior.

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

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

BACK!

BEING PEACE

THICH NHAT HANH

BEING PEACE, by *Thich Nhat Hanh*. 115 pp. #BEPE \$10

This is a book on meditation—finding peace in the moment to moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace. "Every day we do things, we are things, that have to do with peace. If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment we are alive." Over 100,000 copies sold.

NEW!

BLESSING POWER OF THE BUDDHAS: Sacred Objects, Secret Lands, by *Norma Levine*, foreword by *The Twelfth Tai Situpa*. 155 pp., b&w photos, #BLPOBU \$15.95. Norma Levine is an expert in Buddhist sacred objects and she writes

about the significance and power that they contain. She explored monasteries in Tibet, Nepal, Ladakh, and Sikkim and met with Buddhist Lamas. She spent five years at the monastery of Tai Situpa. All along the way, sacred objects, sites and shrines protected, taught and inspired her by connecting her with the blessing power of the buddhas. This extraordinary account ranks alongside other powerful stories of spiritual quest and adventure.

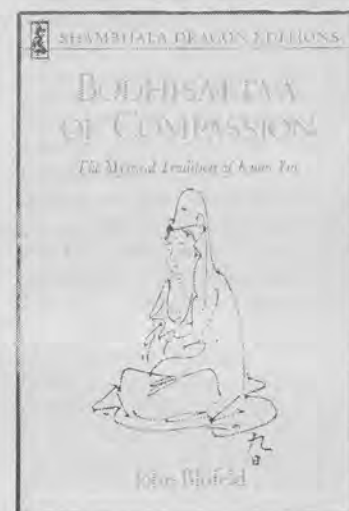
NEW!



THE BLOOMING OF A LOTUS: Guided Meditation Exercises for Healing and Transformation, by *Thich Nhat Hanh*. 112 pp. #BLLO \$12 cloth

Based in the practices of conscious breathing and mindfulness, the thirty-four guided exercises in this new meditation manual bring beginning and experienced practitioners into closer touch with the state of our body, psyche and the elements of the world around us—clarity and transformation. "This is an important and beautiful book about how we can bring peace and joy into our lives. Reading this rare book on the refinement of meditation practice is meditation itself."—Joan Halifax

NEW!



THE BODHISATTVA OF COMPASSION: The Mystical Tradition of Kuan Yin, by *John Blofeld*. 160 pp. #BOCO \$15

This is an account of the author's search for the mystical significance of the Goddess of Compassion. An object of joyous devotion in Chinese folk religion, Kuan Yin is revered for her saving power: it is said that anyone in distress who calls on her with sincerity will be rescued from suffering and harm. On a deeper level, she symbolized the liberating energy of compassion. He explores the connection between Avalokitesvara, Chenrezig, and Kuan Yin. Meditations on Kuan Yin are offered for practice.

THE BODHISATTVA VOW: The Essential Practices of Mahayana Buddhism, by *Geshe Kel-*

sang Gyatso. 134 pp., #THBKBV \$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.

BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body, by *John Mann & Lar Short*. 192 pp., 10 diagrams, #BOLI \$12.95 cloth

"Reveals actual secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it."—Mantak Chia, founder, The Healing Tao Center

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.

BUDDHA NATURE: The Seed of Happiness, Ven. *Thrangrup 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 Buddhological 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

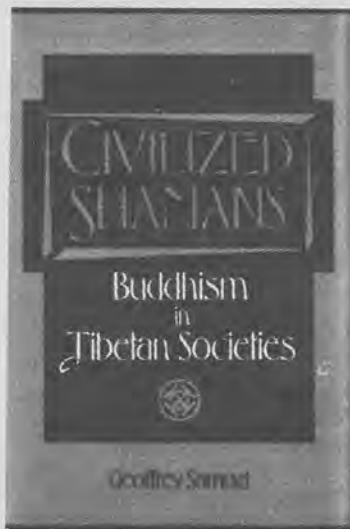
Central to an understanding of the Mahamudra and Dzogchen traditions is an insight into the buddha nature and its relationship to emptiness. Hookham analyzes the Shentong tradition which is based on the transmission of the enlightenment experience that is inaccessible to the conceptualizing mind. This 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, 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.

CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra, by *Khenpo Palden Sherab Rin-*

RELIGION & PHILOSOPHY



poche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEECGR \$15

The *Heart Sutra* presents the path to the perfect view. It is the Prajnaparamita in its most abbreviated and memorable form. This detailed commentary gives line by line explanation as well as the Tibetan text, phonetics and translation. There is also a discussion of the six perfections.

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

CHAKRAS: Energy Centers of Transformation, Harish Johari. 116 pp., 36 illus., #CH \$14.95. 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.

CIVILIZED SHAMANS: Buddhism in Tibetan Societies, by Geoffrey Samuel. 640 pp. #CISH \$66

Employing anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts, the author explores the relationship between Tibet's social and political institutions and the emergence of new modes of consciousness that characterize Tibetan Buddhist spirituality. Samuel identifies the two main orientations of this religion as monastic and shamanic (associated with tantric yoga). The specific form that Buddhism has taken in Tibet is rooted in the pursuit of enlightenment by a minority of the people—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions of achieving altered states of consciousness have been incorporated into tantric Buddhism, which aims to communicate with

tantric deities through yoga. This incorporation forms the basis for much of the Tibetan lamas' role in their society and that their subtle scholarship reflects the many ways in which they have reconciled the shamanic and monastic orientations. This is an excellent book published by the Smithsonian Institution.

CHOOSING REALITY: A Contemplative View of Physics and the Mind, by B. Alan Wallace. 216 pp. #CHRE, \$12.95

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 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 BODHISATVA, 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

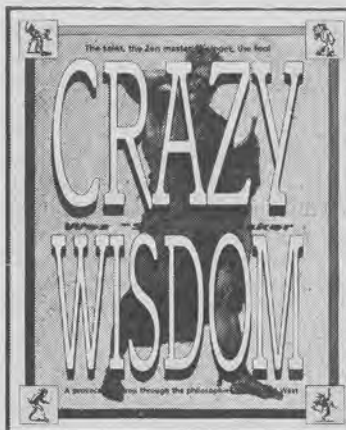
ground, path, and fruition mahamudra and offers practical instructions for mahamudra meditation.

A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA, by Geshe Lobsang Tharchin. 80 pp. #COGYUO \$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.

NEW!



CRAZY WISDOM, by Wes Nisker. 226 pp. #CRWIS \$12.95. From Socrates to Mark Twain to Albert Einstein, from Coyote legends to Taoism to Dada, Wes Nisker traces the thread of crazy wisdom throughout human history, and around the world, weaving an unusual and compelling philosophy. *Crazy Wisdom* is a joyous romp through the lighter side of enlightenment, illuminating and embracing the wisdom which lies on the other side of convention.

"Crazy Wisdom is deeply wise...wonderfully insightful and delightfully humorous."—Utne Reader

"Crazy Wisdom would breath fresh air into anyone's spiritual life. It's a Coyote love potion."—Jack Kornfield

CRAZY WISDOM, by Chogyam Trungpa. 160 pp. #CRW1 \$13

Trungpa Rinpoche shows how to meet the challenges of life with unconventional wisdom. "Crazy wisdom" is an innocent state of mind that has the quality of early morning—fresh, sparkling, and completely awake. Drawing on the life of Padmasambhava, he illustrates the principle of crazy wisdom as the starting point for an exciting spiritual journey.

THE 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 \$18

The practices and philosophic basis of tantra and in particular the Tara Tantra are featured: initiation and ritual service; offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism, by Geshe Sopa & Jeffrey Hopkins. 376 pp. #CUTHAP \$15.95 paper, A Namgyal Institute Textbook.

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

The second part presents a solid introduction to the theory behind the practice. Written by Gonchok-jik-may-wang-bo in the eighteenth century, it covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. The topics include the two truths, consciousness, the hindrances to enlightenment, the paths to freedom, and the fruits of practice.

Geshe Lhundup Sopa is a top-rank recipient of the highest degree of traditional Tibetan studies from Sera Monastic University in Lhasa.

He is now professor of South Asian Studies at the University of Wisconsin and founder of Evam Monastery and the Deer Park Center.

CUTTING THROUGH EGO-CLINGING: Commentary on the Practice of Chod, commentary by Jamgon Kongtrul, trans. by Anila Rinchen Palmo. 76 pages plus Tibetan text, #CUTHEG \$17.95

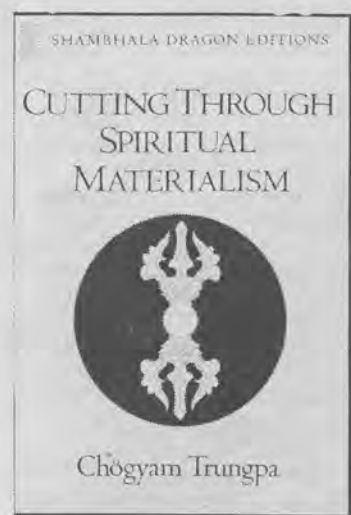
This book contains a commentary on the daily practice of Chod, *The Grove of Delights*, written by Jamgon Kongtrul. It is followed by chapter four of *Machikma's Explanations*, an extract in which Machikma, the founder of Chod, gives a detailed definition of all the different kinds of devils, gods and 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.

BACK!

CUTTING THROUGH SPIRITUAL MATERIALISM, by Chogyam Trungpa. 250 pp. #CUTHSP \$14

Walking the spiritual path properly is a very subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of spiritual self-deceptions common to all spiritual disciplines.

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.

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.

DEPENDENTARISING 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 \$14.95

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.

RELIGION & PHILOSOPHY

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.

THE DIAMOND SUTRA & THE SUTRA OF HUI NENG, trans. by A. F. Price & Wong Mou-Lam. 192 pp. #DISUSU \$14
These two scriptures present the central teachings of Mahayana Buddhism and are essential presentations of the correct view. **THE DIRECT AND UNMISTAKEN METHOD OF PURIFYING YOURSELF AND PROTECTING YOURSELF, ETC.: The Practice and Benefits of the Eight Mahayana Precepts**, Compiled by Lama Thubten Zopa Rinpoche with commentaries by Trijang Dorje Chang & Geshe Lamrimpa. 40 pp. #DIUNME \$3.95

THE DOOR TO SATISFACTION: The Heart Advice of a Tibetan Buddhist Master, by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp. #DOSAS \$12.50
This is a teaching based on *Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment*, a collection of advice of the great Kadampas, compiled by Lodro Gyaltsen, a fifteenth-century Tibetan yogi. In this book Lama Zopa reveals the essential meaning of an ancient text that he discovered in his retreat cave high in the Himalayas. Only when he read this text did he come to know what the practice of Buddhism really means.

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.

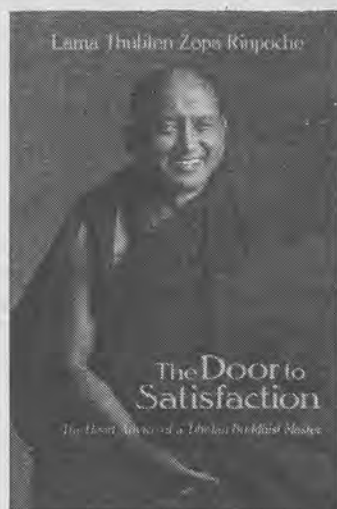
"It is encyclopedic and covers the most important ideas in the whole fabric of Indian Mahayana-Tibetan Buddhism."—Kenneth Inada

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.

NEW!

THE EIGHT GATES OF ZEN: Spiritual Training in an American Zen Monastery, by John Daido Loori. 275 pp. #EIGAZE \$12.95
The Eight Gates of Zen shows how to come into intimate contact with our stillness and clarity. This is an excellent manual of practice which is probably the most authoritative work on the subject of Zen train-



ing. The eight gates are: meditation, study with the teacher, ritual, ethical precepts, art practice, body practice, study of Buddhism, and work practice. The emphasis is on the experience of doing. When totally committed, the experience reveals our true nature and transforms the world around us with wisdom and compassion.

EMPOWERMENT, by Tsele Natsok Rangdrol. 128 pp. #EM \$14
The empowerment ritual is sometimes called the indispensable entrance door to Vajrayana Buddhism. It activates our natural right to an enlightened rule over our life and spiritual practice. *Empowerment* contains a wealth of instructions on all the key points of Buddhist training, particularly the path of liberation of Mahamudra and Dzogchen.

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

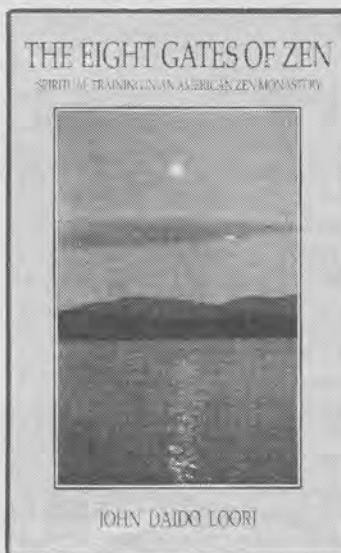
"... Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance."—*Spectrum Review*

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 compatibility in thought and experience of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.



ENLIGHTENED COURAGE, by H.H. Dilgo Khyentse Rinpoche. 120 pp. #ENCO \$12.95

Kyabje Dilgo Khyentse Rinpoche, whose remarkable life came to an end in 1991, was one of the foremost poets, scholars, philosophers and meditation masters of the Mahayana, Mahamudra and great Perfection traditions of Vajrayana Buddhism. He was highly respected by thousands of students in Tibet and throughout the world.

He presents the seven point mind training, brought to Tibet by the Indian master Atisha. This teaching is the very core of the entire practice of Tibetan Buddhism. It condenses the compassionate path to Buddhahood into practical instructions which make use of all the circumstances of everyday life.

"It is a book to keep and re-read, a book to jolt one out of oneself and back to one's senses."—*Tricycle: The Buddhist Review*

(Outside N. America, please order *Enlightened Courage* from Padmakara in France.)

ENTERING THE STREAM: An Introduction to the Buddha and His Teachings, ed. Samuel Bercholz & Sherab Chodzin Kohn, foreword by Bernardo Bertolucci. 276 pp., 24 pp. of art & photos, #ENST \$15

This is the companion reader to Bernardo Bertolucci's new movie, *Little Buddha*. It includes the life of the Buddha, key writings, discussion of reincarnation, basic teachings of the three types of Buddhist practice, Buddhist historical background.

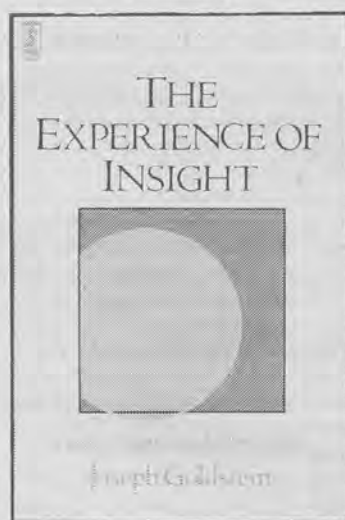
THE ESSENTIAL NECTAR, by Geshe Rabten, trans. & ed. by Martin Willson. 308 pp. #ESEN \$14

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 \$19.95

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.

NEW!



THE EXPERIENCE OF INSIGHT: A Simple & Direct Guide to Buddhist Meditation, by Joseph Goldstein. 169 pp. #EXIN \$14

Here is a modern classic of unusually clear, practical instruction for the practice of meditation: sitting and walking meditation, how one relates with the breath, feelings, thoughts, sensations, con-

sciousness and everyday activities. Goldstein is one of the best-known meditation teachers and this book is a classic of instruction.

THE FAITH TO DOUBT: Glimpses of Buddhist Uncertainty, by Stephen Batchelor. 138 pp. #FADO \$10

This is a delightful and incisive discussion of meditation, Buddhist training and the challenges Buddhism brings to the West.

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.

NEW!



FOR A FUTURE TO BE POSSIBLE: Commentaries on the Five Wonderful Precepts, by Thich Nhat Hanh and 14 prominent co-authors. 281 pp. #FOFUP \$16
The five wonderful precepts—protecting life, acting with generosity, responsible sexual behavior, deep speaking and listening, and avoiding substance abuse—are the basic statement of ethics and morality in Buddhism.

"At the foundation of each of these precepts is mindfulness, which ensures a safe and happy present and a safe and happy future. The five wonderful precepts are crucial medicine for our time. I hope that everyone will learn and practice these precepts as they are presented in this book or the way they appear in your own tradition."—Thich Nhat Hanh

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 \$7.95

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

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

This is a practical guide to mindfulness, meditation and healing. What is already "right" with you holds the key for growing beyond your problems. "It can be described as a door opening both on the dharma and on the world. When the dharma is really taking care of the problems of life, it is true dharma. I thank the author

for having written it."—Thich Nhat Hanh, from the preface.

THE GARLAND OF MAHAMUDRA PRACTICES, Trans. by Khenpo Rinpochay Konchog Gyaltsen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140 pp. #GAMAPR \$9.95
"An important work... a clear and concise summary of the Vajrayana path."—*Religious Studies Review*

Mahamudra or the "Great Seal" is a direct path to enlightenment. Gampopa, a disciple of Milarepa who lived in the 11th century, brought together these teachings of the Buddha into one five-fold path. This is a manual of practical instructions for this five-fold Mahamudra practice. Khenpo Konchog Gyaltsen has provided an extensive explanation of the text and practice.

GATES TO BUDDHIST PRACTICE, by Chagdud Tulku Rinpoche. 225 pp. #GABUPR \$14.95

This is a collection of teachings that first grounds the practitioner in the basic principles of Buddhism and then dives deep into the theory and practice of Vajrayana. It captures the warmth and vastness of Rinpoche's heart-mind, the humor of his stories and the simplicity with which he communicates the essence of the spiritual path.

GENEROUS WISDOM: Commentaries by H.H. the Dalai Lama XIV on the Jatakamala. 122 pp. #GEWI \$8.95

This is a set of four teachings on the *Jatakamala: Garland of Birth Stories of Buddha* given by His Holiness during the Great Prayer Festival in Dharamsala. The theme of these stories is the perfection of generosity of the bodhisattvas—but His Holiness also speaks on the perfection of ethics and patience, dependent-arising and karma.

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. Dharamsala 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 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 \$25.95

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

A GUIDE TO THE BODHISATTVA'S WAY OF LIFE, Shantideva, trans. Stephen Batchelor. 199 pp. #GUBOWA \$12.95
This book is very often recommended to students of Mahayana. It is a practical guide for aspirants

RELIGION & PHILOSOPHY

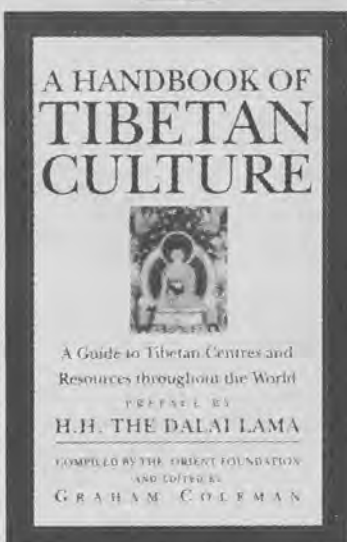
and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

A GUIDE TO WALKING MEDITATION, by *Thich Nhat Hanh*. 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 \$4.95.

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

NEW!



A HANDBOOK OF TIBETAN CULTURE: A Guide to Tibetan Centres and Resources Throughout the World, compiled and edited by *The Orient Foundation & Graham Coleman*. 431 pp. #HATICU \$18.

This is the most comprehensive reference to Tibetan centers and cultural resources worldwide. This is a large directory of: biographies of lamas and scholars, academic organizations, cultural organizations, libraries, monasteries, museums, publishers, retreat centers, and teaching centers. As an introduction, there is a historical overview of the five lineages of Tibetan Buddhism. Also, there is a comprehensive glossary of key Tibetan and Sanskrit terms written by Geshe Thupten Jinpa and Dr. Gyurme Dorje.

THE HARMONY OF EMPTINESS AND DEPENDENT-ARISING, by *Ven. Lobsang Gyatso*. 156 pp. #HAEMDE \$10.95.

This is a commentary to Tsongkhapa's *The Essence of Eloquent Speech*. The subject of the work concerns two important themes—emptiness and dependent-arising. All schools of Buddhism expound theories of emptiness and dependent-arising, but their interpretations vary greatly and are even contradictory. Ven. Lobsang Gyatso very skilfully explains these two theories through logical analysis combined with simple and concise metaphors.

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

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

THE HEART OF THE BUDDHA, by *Chogyam Trungpa*.

176 pp. #HEBUD \$14.

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

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 \$19.95.

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.

NEW!



HEARTWOOD OF THE BODHI TREE: The Buddha's Teaching on Voidness, by *Ajahn Buddhadasa*. 152 pp. #HEBOTR \$12.50.

The heart of Buddhist teachings is the practice of non-clinging. It is living with a mind void of the feelings of self. Ajahn Buddhadasa's forthrightness and teaching are renowned throughout Thailand. He does not mince words. His forest monastery is open to anyone who wants to sincerely practice. He teaches in *Heartwood* are about emptiness, and to understand emptiness is to understand all reality, to find peace and know that all is well.

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 real-

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

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.

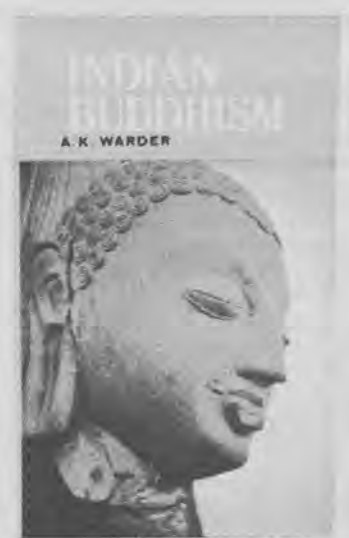
HOW TO MEDITATE, by *Kathleen MacDonald*. 216 pp. #HOME \$10.95.

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.

NEW!

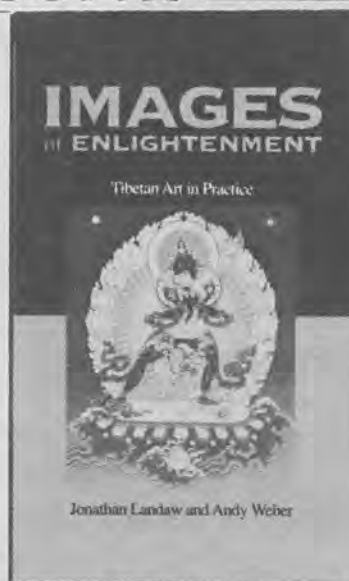


INDIAN BUDDHISM, by *A.K. Warder*. 627 pp. #INBU \$22.50.

This is a comprehensive classic text on the rise and development of Buddhism in India. The author based his research on all the available original sources in different languages. The first part of the text presents Buddhism as it was founded by Buddha himself. The second part traces the development of the eighteen schools of early Buddhism showing how they elaborated their doctrines out of the common kernel. How the Theravadin tradition added to or modified the original doctrine is discussed. The last section describes the Mahayana and Tantrayana movement, the way of the bodhisattva and the way of deity yoga. Particular attention is paid to the social teaching of Buddhism—how it can solve the problems that arise in society.

NEW!

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice, by *Jonathan Landaw & Andy Weber*. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95. Although many books have been written in the past two decades



about Tibetan art and culture, there is surprisingly little source material that describes what the images depicted in Tibetan art represent and how they are relevant to spiritual practice. Jon Landaw and Andy Weber have spent over twenty years with Tibetan Buddhist teachers and have researched the meaning and practices of many deities. *Images of Enlightenment* is an engaging presentation of thirty-two bodhisattvas, buddhas and lineage masters that commonly occur in the four sects of Tibetan Buddhist practice. The vital inspirational quality of the images is conveyed with information on how each deity exemplifies the Vajrayana path as a whole. Explanations of the symbolic meanings are interspersed with the legends and myths that Vajrayana masters tell about these meditational images.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation. This work will, I hope, elucidate the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa

"Among the few guides we have to the immense richness of Tibetan religious art, *Images of Enlightenment* stands out for the way in which depictions of Buddhist deities are grounded in concise yet detailed descriptions of the meditative practices in which those images would be used. Indeed, this is much more than an art book; it is a potent introduction to Tibetan Buddhism."—Dan Cozort, Dickinson College

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!

INITIATIONS AND INITIATES IN TIBET, by *Alexandra David-Neel*. 240 pp., 27 photos, #ININ \$5.95.

Alexandra David-Neel delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the methods of psychic training they employ. Examined in detail are the various kinds of initiations and their aims, the role of the spiritual guide and the choice of a master, traditional oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises. This is a treasure of lore from one who was there before the Chinese invasion.

IN PRAISE OF TARA: Songs to the Saviouress, Trans. & Ed. by *Martin Willson*. 480 pp. #PRTA \$26.95.

Included are a history of the ori-

gin 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 Hucksapahler*. 150 pp. #SESTAM \$12.95.

The teachings in this volume constitute a direct path which is easy to practice and quickly leads to liberation. It 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.

INSIGHT MEDITATION: A Psychology of Freedom, by *Joseph Goldstein*. 184 pp. #INMED \$18 cloth.

The fruit of more than twenty years' experience leading Buddhist meditation retreats, this book discusses on a number of topics repeatedly raised by students of all levels of insight meditation practice (vipassana).

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 Sakyamuni'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 \$9.95.

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.

BACK!

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

Lama Yeshe explains how to use desire skilfully by breaking down our distorted and deeply entrenched way of seeing things. By learning to use correctly our abil-

RELIGION & PHILOSOPHY



ity to enjoy pleasure, we can awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.

NEW!

Introduction to Tibetan Buddhism



John Powers

INTRODUCTION TO TIBETAN BUDDHISM, by John Powers. 350 pp. #INTIBU \$16.95 July

"The vitality of Tibetan Buddhism in exile has exceeded anything anyone could have predicted; hence the need of a book that presents its history, doctrines, lineages, practices, and tantric essence in a comprehensive and cogent overview. John Power's *Introduction to Tibetan Buddhism* does this. It could not have been written earlier, because only now is the complete picture coming to view."—Prof. Huston Smith, author

This is the first comprehensive introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. It begins with a summary of the Indian origins of Tibetan Buddhism and how it eventually was brought to Tibet. Then it explores Tibetan mahayana philosophy and tantric methods for personal transformation that involves visualization, ritual and meditation. The tantric systems of the four main lineages of Tibetan Buddhism are explored in depth and impartially. At the end of each chapter is a comprehensive and invaluable list of books for further reading. The systematic and clear presentation of Tibetan Buddhist views and practices will delight both new readers as well as those already knowledgeable of the subject. We highly recommend it.

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation. This work will, I hope, elucidate the nature of Tibetan Buddhism as a complex religious and philosophical discipline."—Lobsang Lhalungpa

John Powers received an M.A. in Indian Philosophy from McMaster University and a Ph.D. in Buddhist Studies from the University of Virginia. A specialist in Indo-Tibetan philosophy and

meditation theory, he has published several books and a number of articles on various topics in Buddhist thought and practice. He is currently an assistant professor at Grinnell College, where he teaches courses on Asian religions and philosophies.

NEW!

IS ENLIGHTENMENT POSSIBLE?

Dharmakirti and Gyaltsen on Knowledge, Rebirth, No-Self and Liberation



Introduced, translated and Annotated by Roger Jackson

IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and Gyaltsen on Knowledge, Rebirth, No-Self and Liberation, by Roger Jackson. 576 pp. #ENPOP \$29.95 paper, #ENPOC \$45 cloth

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. Tranquillity is central to the values, art, daily life and spiritual practice of the Japanese.

This book is for anyone who seeks inner peace and spiritual meaning within the frenetic lifestyle so common in Western society.

THE JEWEL LADDER: a Preliminary Nyingma Lamrim, by Mingling 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 \$20

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 Tsultim 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.

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 devel-

oped in this regard: presentations of the tenet system as a whole; syllogistic debate texts on problematic topics in the system; and expository treatment of a single important issue.

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

Knowing, Naming and Negation has been approved for the "Translations in Indo-Tibetan Buddhism" series by the Snow Lion Editorial Board of Advisors.

KNOWLEDGE & LIBERATION, by Anne Klein. 283 pp. #KNLIP \$18.95, #KNLIC \$27.50 cloth, A Namgyal Institute Textbook.

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

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

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

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

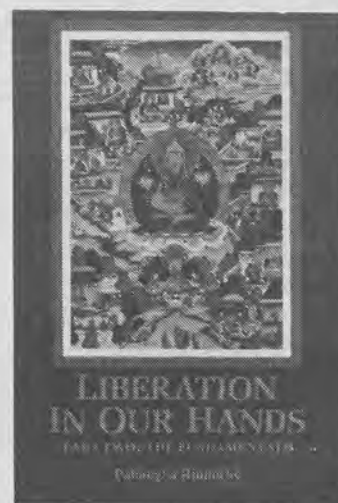
This simple and insightful guide takes the reader through the stages of Mahamudra practice: from the cultivation of clarity and one-pointedness of mind to a mode of experiencing beyond duality.

LIBERATION IN OUR HANDS: Part 1, The Preliminaries, by Pabongka Rinpoche; ed. by Yongzin Trijang 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 one-volume edition that Wisdom Publications has advertized.

NEW!



LIBERATION IN OUR HANDS: Part 2: The Fundamentals, by Pabongka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 404 pp. #LIHA2 \$12.50

The Fundamentals covers the initial meditation topics of the Lamrim tradition. Topics include refuge, karma, how to serve a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The principle focus is the overcoming of attachment for this life and pursuing the causes of a favorable rebirth in future lives. Also included is the Pabongka work: *How to Meditate on the Stages of the Path to Enlightenment* which presents the practice known as analytic meditation and the signs to look for when one has generated the appropriate realizations that relate to each of the topics.

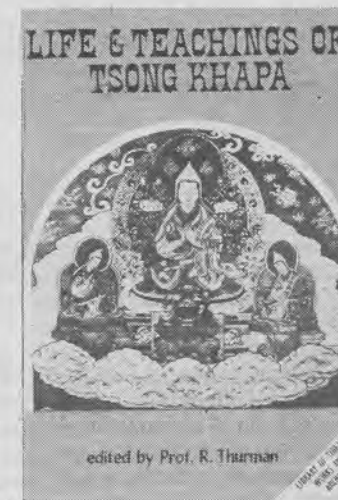
LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment, by Pabongka Rinpoche, ed. by Trijang Rinpoche, trans. by Michael Richards. 978 pp. #LIPAH \$37.50

Pabongka Rinpoche, one of the best teachers in contemporary Tibet, gave an elaborate explanation of the path to enlightenment using the outline of Je Tsong Khapa. The teaching was originally edited and published in Tibetan by Trijang Rinpoche, the late junior tutor to the Dalai Lama, and is used widely by lamas. This single volume contains the entire commentary.

LIFE AND TEACHINGS 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 ad-

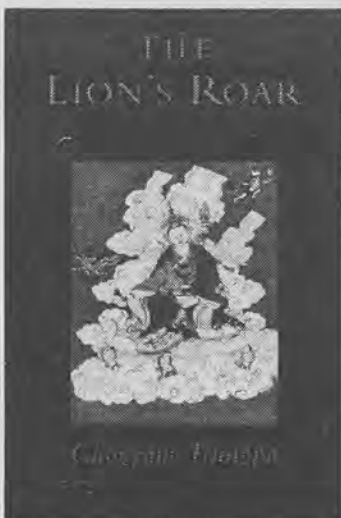


mire Mr. Woll for his persistence, energy, and calm humility. His book rests on these qualities containing delicate instruction for basic meditation practice useful universally East and West."—Allen Ginsberg

LIKE AN ECHO, ed. by Julie Rogers and Diane Taudevin. 51 pp. #LIEC \$5.95

This Buddhist poetry is inspired by classic Tibetan style. These are poems that will appeal to the seasoned practitioner, to people who live closely with their tantric meditations. Written by the Nyingma students of Gyatrul Rinpoche in Oregon.

BACK!



THE LION'S ROAR: An Introduction to Tantra, by Chogyam Trungpa. 256 pp. #LIROB \$13
This book is based on two historic seminars in which Chogyam Trungpa introduced tantric teachings to his students. Each seminar bore the title "The Nine Vehicles." These nine make up the whole path of Buddhist practice. Trungpa Rinpoche's nontheoretical, experiential approach opens up a world of fundamental insights.

LIVING WITH KUNDALINI: The Autobiography of Pandit Gopi Krishna. 352 pp. #LIKU \$16 Nov.

Gopi Krishna was an ordinary Indian householder who, after years of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice at the age of thirty-four. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of this autobiography. The author's detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

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, \$18.95

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.

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.

MANIFESTATION OF THE TATHAGATA: Buddhahood According to the Avatamsaka Sutra, trans. & ed. by Cheng Chien Bhikshu. 172 pp., #MATA \$12.50

What does it mean to be a Buddha? This new translation of the "Manifestation of the Tathagata" chapter from the *Avatamsaka Sutra*, considered the most profound and comprehensive Buddhist scripture, offers the reader a rare glimpse of the sublime realm of Buddhahood in language that is rich in meaning and in captivating imagery.

A MANUAL OF KEY BUDDHIST TERMS: Categorization of Buddhist Terminology with Commentary, trans. by Thupten Rikey & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

To understand Buddhism, it is essential to have a knowledge of Buddhist terminology. Kaba Paltseg, an 8th century Tibetan, categorized and explained many key Buddhist terms. By studying these you will learn about Buddhist psychology, cosmology, and philosophy.

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.

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.

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

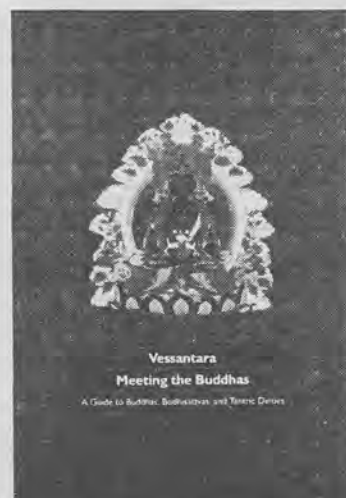
A meditation manual for calming the mind, developing insight and practicing mahamudra. Easy to read, this book guides the student through the essentials of meditation by one of the masters.

MEDITATION: The Buddhist Way of Tranquillity 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 \$9.95

An excellent "how to" meditation guide for beginners and experienced meditators. The procedure of meditation and 21 meditations are presented on the stages 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.

MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities. 356 pp., many photos & illus., #MEBU \$24.95

This is a reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many bodhisattvas and tantric deities. This is a vivid, informed and psychological account that offers information on all of the most popular icons in a single volume.

MIND AND ITS FUNCTIONS, by Geshe Rabten. 189 pp. #MIFU \$22

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 Gan-

den Monastery in Lhasa at an early age and later received his Geshey degree, after which he attended the Tantric College of Upper Lhasa.

MIND ONLY SCHOOL AND BUDDHIST LOGIC, ed. by Doboom Tulku. 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.

MIND TRAINING LIKE THE RAYS OF THE SUN, by Nam-kha Pel, trans. by Brian Beresford, ed. by Jeremy Russell. 170 pp. #MITR \$8.95

The mind training teachings are mostly concerned with developing the altruistic mind of enlightenment. They are directed primarily towards the practitioner of great capacity, and concern the transforming of our mental attitudes. One special feature is the instructions on transforming adversity into advantage.

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.

MIRACULOUS JOURNEY, by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cuttito. 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.

MIRROR OF MINDFULNESS, by Tsele Natsok Rangdrol. 144 pp. #MIMIN \$14

This presentation of teachings on the endless cycle of experience, the four bardos—life, death, after-death, and rebirth—inspires the practitioner to achieve liberation from deluded existence and awaken to complete enlightenment for the benefit of others.

MO: THE TIBETAN DIVINATION SYSTEM, by Mipham, trans. & ed. by Jay Goldberg, illus. by Doya Nandin. 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

MOTHER OF THE BUDDHAS: Meditation on the Prajnaparamita Sutra, by Lex Hixon. 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 en-

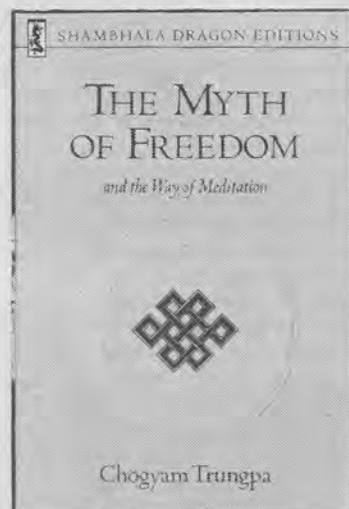
RELIGION & PHILOSOPHY

lightenment 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

BACK!



THE MYTH OF FREEDOM and the Way of Meditation, by Chogyam Trungpa. 178 pp. #MYFR \$13
What is the meaning of freedom in the profound context of Tibetan Buddhism? Trungpa Rinpoche shows how our attitudes, preconceptions and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He explains the role of meditation in bringing into focus the causes of frustration and in allowing these negative forces to become aids in advancing toward true freedom.

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, #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 Not available until late 94.
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.

OCEAN OF ELOQUENCE: Tsongkhapa's Commentary on the Yogacara Doctrine of Mind, by Gareth Sparham. 260 pp. #OCEL \$12.95

It is well known that the Madhyamika

school flourished in Tibet, but Yogacara doctrines were also studied and practiced. The former school stresses the inexpressible ultimate, the latter, the natural luminosity of mind. This is an excellent introduction to the distinctive eight consciousness systems of Yogacara. The book is remarkable in that it addresses the problem of how a person trapped within the confines of a limited and deluded personality can transcend that state and attain liberation. Tsongkhapa offers many profound insights on the process of transformation.

Gareth Sparham is a respected scholar, college professor, and has been a Buddhist monk for twenty years.

OPEN HEART, CLEAR MIND, by Thubten Chodron. 180 pp., #OPHECL \$12.95

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

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

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

BACK!



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

This book is concerned with the development of the stages of enlightenment. The author is a lama of the Sakya tradition with over twenty years of experience with both western and Tibetan students. With sincerity and conviction he describes the following powerful and practical methods for calming and developing the mind: thought training, how to part from the four attachments, training the mind in compassion and wisdom, and meditation preliminaries.

OPENING THE HEART OF COMPASSION: Transform Suffering Through Buddhist Psychology and Practice, by Martin Loeventhal & Lar Short. 194 pp. #OPHECO \$12.95

Combining traditional descriptions of the six bardos or realms of experience with modern psychological insights and meditative exercises, this book shows how to use the practice of compassion as a way to greater clarity and personal freedom. "This work will be an important contribution to the ongoing vital field of East/West psychology and spirituality."—Lama Geshe Tenzin Wangyal Rinpoche

NEW!



ORACLES AND DEMONS OF TIBET: The Cult and Iconography of the Tibetan Protective Deities, by Rene De Nebesky-Wojtkowitz. 680 pp. #ORDETI \$58 cloth

Here is the definitive study of the Tibetan protective deities which reveals new facets regarding beliefs of pre-Buddhist Tibet and their relation to the early shamanistic stratum out of which the Bon religion developed. The chief obstacle to access to this information is the secrecy with which the Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking. The author was able to overcome this obstacle and received many teachings on these topics. This book classifies the protective deities and provides minute details on their appearance and attributes. Sacrificial objects, offerings and ceremonies are described as well as oracles and their trances, ceremonies and attire.

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 \$6.95

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.

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 to 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.



NEW!

PATH OF SERENITY AND INSIGHT, by Henepola Gunaratana. 263 pp. #PASE \$16

This is a clear and definitive presentation of the eight stages of concentration: four realizations with form and the four formless absorptions. The process of attainment, the character of each realization, and the obstacles encountered are explained in detail.

The successive concentrations bring increasing peace and bliss and lead to the development of higher faculties of knowledge, supernatural powers, and wisdom. The author is a well-known and highly respected teacher in the USA.

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 meditative practices.

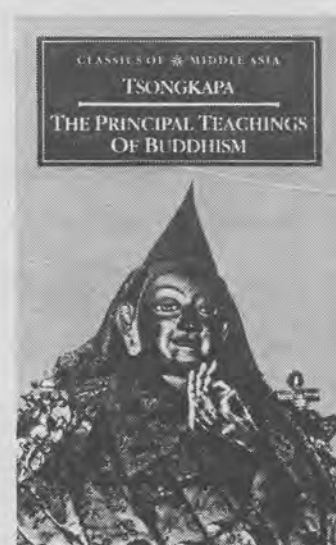
The dynamic life of this Dalai Lama is presented in an intriguing and comprehensive biography, researched using 18 primary sources, Tibetan and Western. Mr. Mullin has produced the most impressive biography available on the life of the Thirteenth.

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.

PIERCING THE AUTUMN SKY: A Guide to Discovering the Natural Freedom of Mind, by Peter Barth, forewords by Thangu Rinpoche & Khenpo Konchog Gyaltsen. 128 pp. #PIAU \$9.95

Provides clear and precise instruction



on how to discover the natural freedom of mind. 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 THE CO-EMERGENT MAHAMUDRA, by Padma Karpo Ngawang Norbu, trans. by Ven. Anzan Hoshin Sensei. 26 pp., #PRCOMA \$5.00

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

THE PRACTICE OF TRANQUILLITY AND INSIGHT: A Guide to Tibetan Buddhist Meditation, by Khenchen Thrangu. 152 pp. #PRTRIN \$12

This is a practical guide to the two types of meditation that form the core of Buddhist spiritual practice. Tranquility meditation aims at stilling the mind, while insight meditation produces complete awareness. Thrangu Rinpoche is an eminent teacher of the Kagyu lineage.

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.

PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon, by Khenpo Konchog Gyaltsen. 96 pp. #PRFL \$6.95

"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.

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

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

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

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

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

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

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.

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 \$15

"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual

knowledge are graciously combined in this valuable and highly readable volume."—Barbara Aziz, *Journal of Asian Studies*.

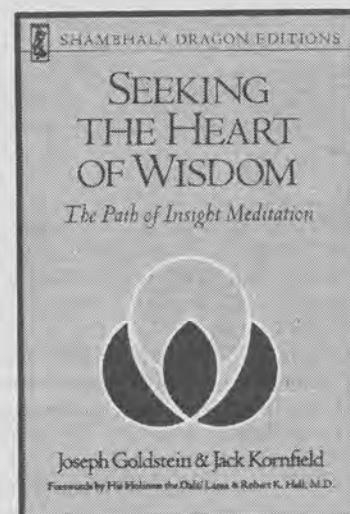
RELATIVE WORLD, ULTIMATE MIND, by The Twelfth Tai Situpa. 200 pp. #REWO \$12

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 Urgyen Rinpoche. 112 pp. #REWOB \$12.95

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

BACK!



SEEKING THE HEART OF WISDOM: The Path of Insight Meditation, by Joseph Goldstein & Jack Kornfield. 195 pp. #SEHEWI \$13

This is one of the most useful manuals ever written for those who seek to follow the path of insight meditation and to make it relevant to daily life. Insight meditation is important to all Buddhists and these teachers are among the best. Skillful methods to overcome hindrances to meditation are presented in addition to many meditation exercises and practices.

SELF AND LIBERATION: The Jung/Buddhist 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

LEARN TO MEDITATE!

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.

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in



Dharmasala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers.

"*Samatha Meditation* is recommended to those people interested in the practical side of Tibetan Buddhism and who prefer instruction based on meditative experience over scholarly detail."—*The Tibet Journal*.

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.

BACK!



SHAMBHALA: The Sacred Path of the Warrior, by Chogyam Trungpa Rinpoche. 216 pp. #SHSAPA \$13

This classic guide to enlightened living presents the ancient code of the warrior as a way for modern men and women to meet the challenges of life with fearlessness and dignity. Warriorship does not mean aggression, but rather a confidence in basic human goodness, which enables us to uplift our lives and create an enlightened society.

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

tion 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*

THE SMALL GOLDEN KEY, by Thinley Norbu. 120 pp. #SMGOKE \$11

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.

THE SOVEREIGN ALL-CREATING MIND—THE MOTHERLY BUDDHA, by E.K. Neumaier-Dargay. 288 pp. #SOALCR \$19.95

This is a translation of the eighth-century *Kun hyed 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.

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' own study within the tradition of Western Buddhism. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika."—*Religious Studies Review*

BACK!



A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, by Sangharakshita. 525 pp. #SUBU \$24.95

"It would be difficult to find a single book in which the history and development of Buddhist thought has been described as vividly and clearly as in this survey... For all those who wish to know the heart, the essence of Buddhism as an integrated whole, there can be no better guide than this book."—Lama Anagarika Govinda

Now in its seventh edition, *A Survey of Buddhism* provides an indispensable study of the entire field of Buddhist thought and practice. Covers all the major doctrines and traditions.

"I recommend Sangharakshita's book as the best survey of Buddhism."—Dr. Edward Conze

THE SUBLIME PATH OF THE VICTORIOUS ONES, compiled by The Office of H.H. the Dalai Lama. 87 pp. #SUPAVI \$8.95

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.

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

RELIGION & PHILOSOPHY

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 (Yamanataka): teachings on the generation and completion stages.

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

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

"the great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—*Gaden Choling Newsletter*

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism. The book contains lots of practical advice..."—*The Middle Way*

TEACHINGS OF A BUDDHIST MONK, by Ajahn Sumedho, foreword by Jack Kornfield. 109 pp. #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.

NEW!

TEACHINGS OF THE SUPREME SIDDHAS

The Eighth Situpa, Tenpa'i Nyinchay on "The Mahamudra of Definitive Meaning" by the Third Karmapa, Rangjung Dorje



Introduction by Venerable Khenchen Trunpa Rinpoche
Translated by Sherab Dorje

TEACHINGS OF THE SUPREME SIDDHAS, H.H. the Third Gyalwa Karmapa Rangjung Dorje, the Eighth Situpa Tenpa'i Nyinchay, intro. by Tangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 200 pp. #TESUSI \$15.95

July
Teachings of the Supreme Siddhas reveals the powerful practices of mahamudra transmitted by the Third Gyalwa Karmapa for the realization of the mind's fundamental nature. Karmapa and

Situpa Rinpoche are the supreme siddhas, enlightened beings who expound on mahamudra for the benefit of others. The text is famous throughout Tibet and is practiced in all the dharma lineages. The exemplary advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

THUNDERING SILENCE: Sutra on Knowing the Better Way to Catch a Snake, by Thich Nhat Hanh. 72 pp. #THSI \$7

When the monk Arittha declares that enjoying sense pleasure is not an obstacle to the practice of mindfulness, he precipitates a dispute among the community. The Buddha explains the important and subtle difference between indulgence and attachment on the one hand, and appreciating life's simple joys and pleasures on the other.

TIBETAN BUDDHISM: From the Ground Up, by B. Alan Wallace. 214 pp. #TIBUGR \$14

This fascinating, highly readable book asks neither unquestioning faith nor blind obedience to abstract concepts or religious beliefs. Rather, it challenges us to question and investigate life's issues for ourselves in the light of an ancient and effective approach to the sufferings and joys of the human condition. This is an organized overview of Tibetan Buddhism, beginning with the basic themes of the sutras and continuing through the esoteric concepts and advanced practices of Tantra.

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 \$10.95

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.

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.

TRAINING THE MIND and Cultivating Loving-Kindness, Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9

This is a guide to the use of traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.

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



"Beautifully translated by Glenn Mullin, who gives the freshness of a contemporary work to a transmission more than five hundred years old."—*Tricycle: The Buddhist Review*

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, these two syndromes can be transformed and eventually overcome.

"For me, the *lojong* tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care that they deserve, and also how to transcend the limitations of conventional ego-grasping. Kindness is a universal need, and it is something that we all appreciate being shown."—The Dalai Lama

TRANSCENDING MADNESS: 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 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.

THE TWO TRUTHS, by Guy Newland. 312 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 re-

birth 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. 176 pp. #UNCO \$16.95

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. It also reveals ancient techniques that were used in India and Tibet to overcome seemingly incurable mental and physical diseases.

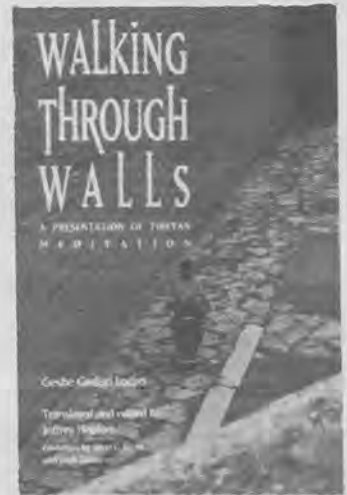
UNDERSTANDING THE MIND, by Geshe Kelsang Gyatso. 320 pp. #UNMI \$21.95

Through understanding the nature of the mind and the process of cognition, inner peace can be attained. *Understanding the Mind* gives a comprehensive explanation of the nature and function of the mind and of the different types of mind. 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 (lead to joy) and non-virtue (lead to suffering).

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

This is a Buddhist approach to the concerns of daily life and a variety of contemporary issues. Written in clear and engaging language for people who are new to Buddhism, *What Color is Your Mind?* is also interesting to people who have studied and practiced for years.

The first section of the book responds to questions people often ask about Buddhism: What is rebirth? How is Buddhism helpful in working with emotions? How can we practice in daily life? Thubten Chodron has taught widely and enjoys learning and teaching through questions. "It wakes you up!" she says.

The second section, *Working with Anger*, describes practical techniques for dealing with anger. Although the Buddha is usually thought of as a religious leader, he was also a consummate psychologist and peacemaker. The approach presented here emerges from the author's discussions with mental health professionals, people in therapy and conflict mediators, and is based upon the Buddha's unique prescription for transforming anger.

"Thubten Chodron has presented the Buddhist view on essential issues of spiritual development...a tremendous resource for those interested in Buddhist practice."—Karma Lekshe Tsomo, author and President of Sakyadhita International Association of Buddhist Women

"Ven. Thubten Chodron is especially skillful in presenting Buddhist philosophy and practices in



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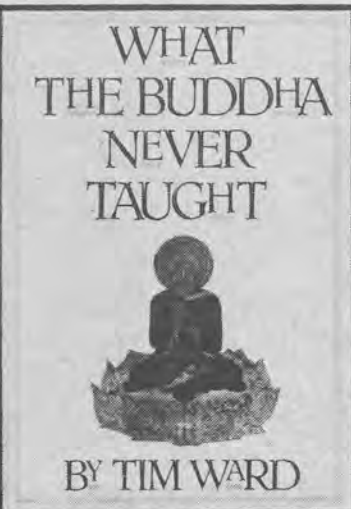
ways that are easily accessible and practical for Buddhists who live in the Western world."—Ven. Hung I Shih, Jade Buddha Temple

"Highly recommended as an introduction to Tibetan Buddhism that offers some fine approaches to self understanding and coping with negative emotions."—*The Reader's Review*

WHAT THE BUDDHA TAUGHT, by Walpola Rahula. 151 pp. #WHBUTA \$9.95

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.

NEW!



WHAT THE BUDDHA NEVER TAUGHT, by Tim Ward. 242 pp. #WHBUNE \$14.95

This is the remarkable account of Tim Ward's life among the Buddhists of Pah Nanachat jungle monastery in northeastern Thailand where over half the members are westerners. Many colorful people have found their way here including Mr. Chicago, a former American real estate millionaire who left it all for a monk's hut; Percy, the eccentric English layman, bent on unplugging a chakra; Mark, the doctor from New Zealand searching for the meaning of death. Licensed to meditate, they strike up a friendship as they struggle to fit into the hierarchy and adapt to the rigorous life-style of renunciation and emaciation of both body and mind. Tim Ward's humorous perceptions transform his struggles to live in monastic way into a delightful story.

"Ward writes with wonderful detachment. I'm at a loss to judge whether or not it's an appropriately Buddhist detachment, but I know and love irony when I see it."—*The Globe and Mail*

THE WHEEL OF SHARP WEAPONS, by Geshe Dhargye. #WHSW \$6.95 An inspiring text for the Bodhisattva warrior.

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.

NEW!



WISDOM BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition, by Sangharakshita. 295 pp. #WI \$17.95

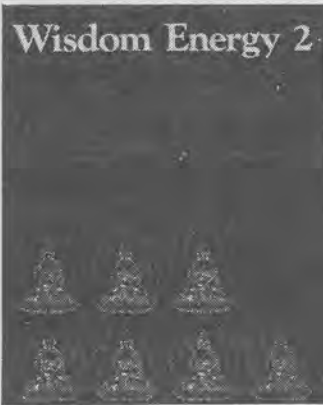
The Heart Sutra, The Diamond Sutra, and the Ratnagatrasamcayagatha Sutra are pivotal texts for understanding the nature of reality. The first two are core teachings of both Tibetan and Zen Buddhism. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life. It is in this living context that Sangharakshita explains their meaning.

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

This is a simple yet compelling introduction to Buddhism by two renowned lamas. It discusses the meaning and purpose of meditation, the causes of dissatisfaction

and unhappiness, why deluded and unwanted states of mind arise, and how to overcome them.

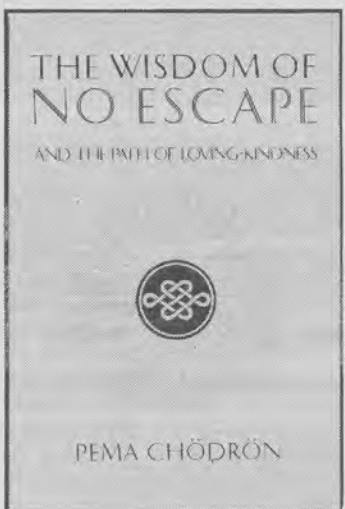
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WISDOM ENERGY 2, by Lama Yeshe, Kalu Rinpoche, Geshe Kelsang Gyatso, Lama Zopa, Seventh Dalai Lama. 94 pp. #WIEN2 \$4.95

Teachings by leading masters on refuge, mind impulses, turning the wheel, renunciation, dissolution, karma, emptiness, reaching beyond anger, making space, mantra, seeking the I, non-duality, and the complete path.

BACK!



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

This is a book about saying YES to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It asks 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. Pema Chodron is an American Buddhist nun and one of the foremost students of Chogyam Trungpa.

NEW!

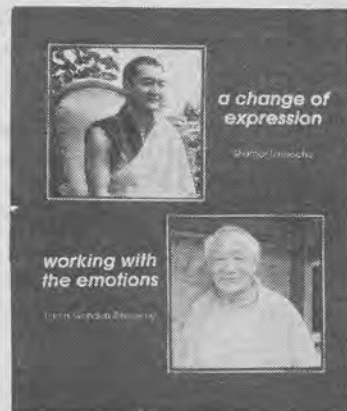
WISDOM: TWO BUDDHIST COMMENTARIES, trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

These two commentaries of the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* have been written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

NEW!

WORDS OF MY PERFECT TEACHER, by Patrul Rinpoche, trans. Assoc. Padmakara. 496 pp., 30 photos, #WOPETE \$30

This guide to inner transformation comes from one of the great Tibetan Buddhist masters. The text is known as *Kunzan Lama'i Shelung* and is a comprehensive text on the



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, Brenman-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.

NEW!

YOGIC DEEDS OF BODHISATTVAS: Gyeltsap on Aryadeva's Four Hundred, by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam. 450 pp. #YODEBO \$24.95 Sept.

According to Gyeltsap Darma Rinchen, Aryadeva's *Four Hundred Stanzas* was written to explain how, according to Nagarjuna, the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic inquiry and reasoning. Aryadeva's text is more than a commentary on Nagar

THE YOGIC DEEDS OF BODHISATTVAS

Gyeltsap on Aryadeva's Four Hundred



Commentary by Geshe Sonam Rinchen
Translated and Edited by Ruth Sonam

juna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths.

Mahayana practitioners must eliminate not only obstructions to liberation but also obstructions to the perfect knowledge of all phenomena. This requires a powerful understanding of selflessness coupled with a vast accumulation of merit or positive energy resulting from the kind of love, compassion and altruistic intention cultivated by bodhisattvas. The first half of the text focuses on the development of merit by showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness.

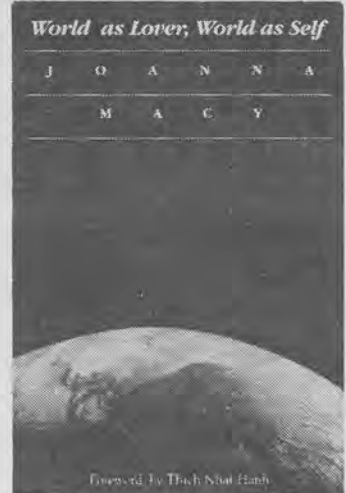
Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue and he uses the words of Aryadeva to answer hypothetical and actual assertions, questions and objections. This device is effective since the reader frequently identifies with the protagonist's psychological or philosophical position. In addition, Geshe Sonam Rinchen has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

Geshe Sonam Rinchen is the main instructor for the Library of Tibetan Works and Archives in Dharamsala, India, one of the most important educational centers for Tibetan Buddhism.

BACK!

ZEN MIND, BEGINNER'S MIND, by Shunryu Suzuki-Roshi. #ZEMIBE \$7.95

This best selling book conveys what Zen is all about. Every page breathes with the joy and simplicity that make a liberated life possible.



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CLASSIFIED

Midwest retreat on The Gradual Path to Enlightenment, July 8-17, Wisconsin, with Ven. Tupten Wommo, an American Buddhist nun with 20 years of study and practice in India and Nepal under Lama Yeshe and Lama Zopa Rinpoche. Wommo plans to both teach and lead meditations on the Tibetan Buddhist Path to Enlightenment, with deity practice for blessing and inspiration. The partially silent retreat will be held on a secluded farm in southern Wisconsin. The cost is \$150, plus an additional fee for food, to be determined soon. For more information or to register, contact the Wisdom Energy Center, 4515 N. Hamilton, Chicago, Ill., 60625; or call 312/275-9226.



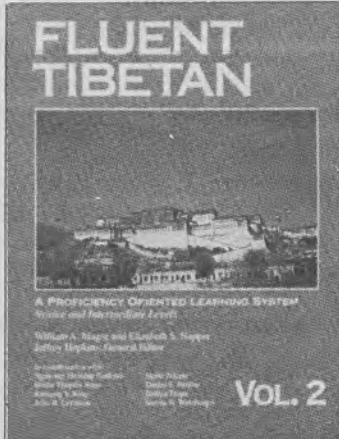
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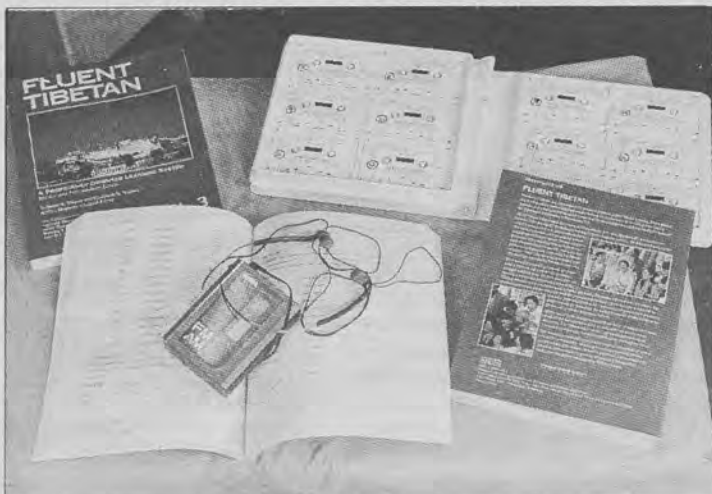
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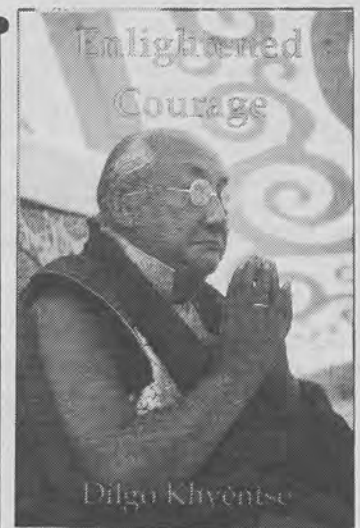


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