

Snow Lion

Snow Lion Publications

PO Box 6483, Ithaca, NY 14851 607-273-8519

ISSN 1059-3691
Volume 11, Number 4

FALL 1996
NEWSLETTER AND CATALOG



A Bodhisattva's Ordeal

An interview with
Ven. Palden Gyatso,
Tibet's longest-held
political prisoner

by Victoria Huckenpahler

His voice is low but firm, his body slender, but wiry. Four years after his escape from Tibet, nothing in Ven. Palden Gyatso's outer appearance betrays the fact that he spent the previous 33 years in Chinese-run prisons where, in his words, "pain is a constant companion." That he has survived and can now tour the world pleading for Tibet's freedom testifies to the power inherent in the Buddha's teachings, and to the stability of Palden Gyatso's own practice, which began at an early age.

"I was born in the Panam district in southern Tibet (Tsang Province)," he recounts during a recent trip to the east coast following his participation in a 300-mile freedom march beginning at the Chinese embassy in Washington, DC, and ending at the United Nations in New York. "My parents were strong practitioners. They owned a complete set of the Kangyur texts. At the age of 10, according to my wish and theirs, I took vows from the Abbot of Gadong Monastery, Khenpo Kunsang Thonden." Gadong, affiliated with Drepung-Loseling, is one of Tibet's oldest monasteries, having been founded by Khacho Panchen Sakya Shri before the 11th century. Housing close to 400 monks, it offered training in all the tantric practices, plus a school for dialectics. "I remained there until I was 17,"



Ven. Palden Gyatso

Palden Gyatso continues, "studying basic religious doctrine and learning to create sand mandalas and tormas and to play traditional instruments. Then I decided to go to Lhasa to continue my studies. Because my parents didn't want me to go so far from home, I had to run away. I eventually joined the Drepung Loseling monastery." There, Palden Gyatso studied with Kunu Geshe Rigdzin Tenpa, a lama so highly realized that even the Dalai Lama took teachings from him.

It was Palden Gyatso's intention to remain indefinitely at Drepung, but the Cultural Revolution intervened.

When the safety of Kunu Lama was threatened in 1959, Palden Gyatso took the 73-year-old teacher to Tsang province, carrying him on his back the length of the route. From there, Kunu Lama obtained permission from Chinese authorities to return to India, his birthplace, where he eventually died at the age of 96.

Meanwhile, Palden Gyatso was arrested on the grounds that he was "a reactionary element," and sentenced to a 7-year term at the Panam District prison. There, he endured forced labor 9 or more hours a day,

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MEDICINE BUDDHA and the SCIENCE of TIBETAN MEDICINE comes to Namgyal Monastery, Ithaca, NY

Men-Tsee-Khang, the Tibetan Medical and Astrological Institute of His Holiness the Dalai Lama, is planning a tour to eight sites in the United States, with a program of medical and astrological exhibition, private consultations, and lectures from January 20-April 6, 1997. The medical and astrological team consists of Dr. Tenzin Choedrak, personal physician to the Dalai Lama, Drs. Dawa and Dakpa, Senior Astrologer Mrs. Tsering Choezom, and secretary Mrs. Ngawang Lhamo.

The aim of the tour is to increase awareness of the science and philosophy of Tibetan medicine and to offer members of the public the opportunity to consult Tibetan physicians. The tour schedule and contacts are as follows: January 20-26, New York City (the Office of Tibet, 212 213-5051); February 7-13, Ithaca, New York (Namgyal Monastery Institute of Buddhist Studies, 607 273-0739); February 16-23, Cleveland, Ohio (Dr. L.B. Grotte, 216 321-1388); February 26-March 1, Freeport, Maine (Dr. Walter and Elinor Christie, 207 865-9410); March 4-12, Minneapolis, MN (Mr. Thupten Dadak, 612 633-8020); March

15-21, Seattle, WA (Dr. Bradley Bobos, 206 323-7846); March 24-31, San Diego, Ca (Dr. Walter Rutherford, 619 623-9058); and April 4-6, Santa Rosa CA (Dr. Sidney Kurn, 707 576-1461).

His Holiness the Dalai Lama, in a message about the tour, writes: "Tibetan medicine is deeply integrated with Buddhist practice and theory which stresses the indivisible interdependence of mind, body and vitality." Exemplifying this, when the medical team goes to Ithaca, New York from February 7-13th, they will join the monks of Namgyal Monastery, the personal monastery of the Dalai Lama, in an extraordinary one-week program: "Medicine for the Mind and Body: Medicine Buddha and the Science of Tibetan Medicine."

There is still a few opening for the all-day week-long Ithaca retreat program which will be composed of a morning session dedicated to teaching, practice and guided meditation on Medicine Buddha. Teaching will be Khensur Rinpoche, former abbot of Namgyal Monastery and now senior teacher at Namgyal in Ithaca along with the resident Namgyal monks.

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INTERVIEW WITH ANI TENZIN PALMO

The Creation of Tashi Choling Nunnery

by Mary Pernal
October 1996

Mary: Anila Tenzin Palmo, you are committed to building a center for Buddhist nuns. Could you describe this project and your motivations for undertaking it?

Anila: We are planning to start a nunnery in Himachal Pradesh as a sister to Tashi Jong Monastery. As of now there are no Drukpa Kagyu nunneries in India, and yet there is a tremendous need. There are many nuns who have taken ordination who have no where to go. For example, there are many nuns in Ladakh, Lahaul and Kinnaur, regions that have been homes for Buddhist traditions for centuries, who have no opportunity to receive adequate training. In some cases they end up cooking in kitchens for monks, and many spend their time in their family homes cooking, spinning wool and weaving just to receive sustenance. They have no access to philosophical training and are have very little opportunity to practice.

For this reason, we want to start a nunnery where young women can come together to train in Buddhist ritual and philosophy, and in particular so that those with an aptitude have an opportunity to train in the special yogic tradition of the Drukpa Kagyu Lineage.

M: How far along are you?

A: I've spent the past year traveling in Malaysia and Singapore giving Dharma talks and raising funds. We now have enough to purchase land and start building, but I hope that further funds will come so we can finish (laughter). As you know I'm present touring the United States and giving talks. I hope to return to India by the end of the year and start construction.

M: Where is the best place to send donations for support?

A: Right now, the best place is:
Tashi Choling Nunnery Fund
c/o Wong Pee Lee
108D Oxley Rise
Singapore

M: What motivated you to begin this project?

A: The previous Khamtrul Rinpoche (the 8th) asked me to start this project several times in the 1980s, but there was no way I could start at that time. Then in 1993 the Tulkus of Tashi Jong got together and asked me to begin and offered their full support.

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Vajrayana Foundation's Buddhist Studies Program to Begin Instruction



Lama Tharchin Rinpoche envisioned his activity in the West to consist of producing Dharma Art, establishing a Drubta (a site for 3-year retreats), and founding a Shedra, or Buddhist College. In January 1997, the Vajrayana Foundation will begin offering the first section of Shedra teachings. The course work will focus on instruction in fundamental Buddhist concepts, the development of Buddhist philosophy, and Tibetan language.

The Treasury of Sutra and Tantra, long thought to be lost until its recent rediscovery, will be the primary text used in the Shedra's curriculum. For the past three years, the Foundation

has employed Tulku Thubten Rinpoche, Lama Nawang, Lama Yeshe Wangmo, and Yeshe Nyima as the translation team for this monumental undertaking. Now, a significant portion of the texts have been translated sufficiently for use in the Shedra.

Tulku Thubten Rinpoche has been overseeing the development of the translation and curriculum. When asked about the goal of the Shedra, he described it as similar to climbing a mountain. From the top of the mountain one can see in all directions. Having completed the Shedra instruction, one can realize, in minute detail, a deep experience of Buddhism.

The purpose of the Shedra is not only philosophical education; it will also focus on the practices which lead to enlightenment. This is accomplished by balancing the development of correct view with actual practice.

Based on centuries of training students, the methodology of the Shedra has been designed to meet the needs of those wishing to rapidly develop their abilities in the study and practice of Buddhism. For more information, contact the Vajrayana Foundation, 2013 Eureka Canyon Road, Watsonville, CA 95076, or call 408-761-6283. ■

A BODHISATTVA'S ORDEAL

Continued from page 1

tilling the prison fields yoked to a plow like an ox. On days when he was too exhausted to pull the plow, he was kicked and beaten for insubordination. In summer, he and fellow prisoners were chained to the ceiling, a fire built beneath them, while in winter they were doused with freezing water. Malnutrition was so extreme that besides eating mice, worms and grass, Palden Gyatso was reduced to chewing his own leather shoes.

Through it all, spiritual practice sustained him. "I am not a learned Buddhist scholar," he states, "and during my years in prison I was not allowed to engage in formal practice. But I had the background knowledge and I practiced from within. I would meditate on karma and on refuge, praying especially to my two lamas (Khenpo Kunsang Thonden and Kunu Lama) and to Kundun (HH the Dalai Lama). They were my refuge and inspiration." He was also inspired by the example of Khenchen Jampel Sangpo, the root lama of HH the Sakya Trizin, who was imprisoned in the same cell block. "The Chinese prison guards turned the Sakya prison community upside down. Prisoners were not allowed to show respect to the lamas, or use their proper titles. They would shout disrespectfully at Khenchen Sangpo, but he would always respond gracefully." Eventually, Khenchen Sangpo died in Drapchi prison of an ailment which began in one leg and soon spread uncontrollably, as authorities continued to send him to a construction brigade instead of to a hospital.

In 1962 Palden Gyatso managed to escape prison, but he was caught near the Indo-Tibetan border, his term increased to 15 years during part of which both his hands and feet were shackled around the clock. Upon release, he was not allowed to return home, but was sent to Nyethang labor camp, 15 miles west of Lhasa. Where a lesser person would have put his own safety uppermost, Palden Gyatso concluded: "If I don't use my many years of suffering to help bring liberation for Tibet and all sentient beings, I will continue to face indefinite pain." Convinced that he would serve his purpose only if he fought to regain Tibet's rights, he stole out of the labor camp one night in 1979 and walked to Lhasa's School of Medicine, where he covered over excerpts of Mao's speeches posted on a wall with his own signs calling for Tibetan independence. "When the Chinese found out, they were very angry. Normally, I would have been executed immediately, but it happened that at that time the Dalai Lama's first delegation to Tibet, headed by his brother Lobsang Samten, had just arrived. So for appearances I was allowed to escape."

Retribution came in 1983, however, when Palden Gyatso was re-arrested and taken to Sangyip prison, from which he was later transferred to Drapchi. During these years the continual torture reached a crescendo surpassing imagination. "I had boiling water poured on me by a guard because he didn't like my attitude; no medical treatment was given to me afterward. Another guard jabbed me all over, including in my mouth, with an electric cattle prod. When I regained consciousness, most of my teeth were gone." It was then that Palden Gyatso understood the true value of the *tong len* (taking and sending) practice he had been taught in his monastery days. "I would meditate on *tong len* when they gave me electric shocks. Normally, the body is gripped by convulsions, but I often felt the electricity as just something cold. This is how I survived — by putting more energy into my interior practice and transforming negativity into benefit."

In 1992 Palden Gyatso was released from Drapchi prison, escaping to India exactly 13 days later. Before leaving, he bribed an official to steal the kinds of torture instruments which had been used on him so he

could present them to the Dalai Lama. "Long before I left Tibet, His Holiness knew of me. In 1982 a signed photo of him with the message, 'As a source of inspiration and prayers,' was sent to my family. But I was in prison at the time, so my family kept it until I was released." Today, Palden Gyatso cherishes this photo, alongside one of Kunu Lama that had been willed to him and relayed through Serkong Rinpoche, as among his most precious possessions.

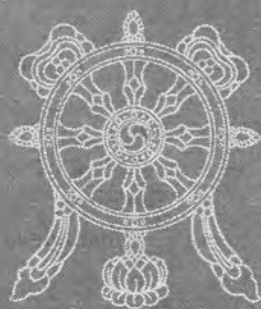
Six days after arriving in India, Palden Gyatso, along with several other Tibetans, had an audience with the Dalai Lama. "I thought I was dreaming," Palden Gyatso recalls. "For one thing, Kundun looked much older than when he had left Tibet. He asked others in our group fairly mundane questions, but I was told afterward that he asked me many details. I honestly don't remember because at the time I was so overwhelmed, I could only sob."

Today, Palden Gyatso is a busy man. In Dharamsala, where he is based, he is constantly interviewed by journalists and extended speaking invitations by local schools. Globally, he has realized the dream which, along with his spiritual practice, kept him alive: since 1992 he has testified to the truth of Chinese atrocity as he lived it before the British House of Commons, the UN Commission on Human Rights, and the House of Representatives International Relations Committee. He is also writing a book of his life experiences. "My practice has been strengthened, but not in a formal way," he concedes. "I am not able to do much practice as such because wherever I go I am asked to speak. But I don't see much point to strengthening my formal practice until we get political freedom, because in Tibet the flourishing of Buddhism in its pure form is dependent on political stability. I served the longest term of any Tibetan political pris-

- "I would meditate on *tong*
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- something cold. This is how
- I survived—by putting more
- energy into my interior
- practice and transforming
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oner. Many who served around 20 years were being released just as I was returning! So I know first-hand that unless you have political freedom, you cannot pursue your practice. In my travels I have observed that Buddhism is increasingly popular in the West, but some people shy away from the political aspect. This is wrong. The essence of Mahayana is to help all sentient beings. And I am informed that in the Christian tradition it is said that if you help others, God helps you. The different religions are different paths, but they all lead to the same objective: helping others. Amnesty International, which works toward the alleviation of suffering, doesn't call its work Dharma, but their mission is in fact religious. Bear this in mind."

Though Palden Gyatso is one-pointedly focused on enlightening the West about the plight of his country, he is, miraculously, not a bitter man. "I am not angry with the Chinese," he has said repeatedly, "but the truth must be told." During a ride to testify before the House of Representatives, he was accompanied by an American woman who has herself been active in the cause of Tibet's freedom. Confronted by the reality of his presence and all it implied, she began to weep. "Then," she later recounted, "he started to stroke my hand as if to comfort me! His mute gesture attested that the Dharma had not only enabled Palden Gyatso to survive the hell realms, but to do so with compassion. ■



མི་འགུར་དོན་མཉམ་པོ་ལྟོས་པ་བཤད་སྤྱད་བྱེད་སྒྲིལ་བཤུགས་ Migyur Dorje Institute (MDI) Summer Study Intensive June 2–July 11, 1997

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Declaration of Expulsion of Kelsang Gyatso from Sera Je Monastery August 22, 1996

This is a message to all non-sectarian friends of the Dharma in the world, especially all Tibetans, inside and outside Tibet.

His Holiness Tenzin Gyatso, the 14th Dalai Lama, is the embodiment of the compassion of all Buddhas, the golden flower of the land of snows, Tibet, the form of the deity who has appeared in Tibet, the representative of the Buddha Shakyamuni, the spiritual leader of all Buddhists in the world, and the great advocate of non-violence.

For those who come from the land of snow mountains, to find in His Holiness our sacred source of refuge for this and future lives is truly our inborn nature, like our eyes which give us sight and our innermost heart.

However, as it says in *The Well-Spoken Advice*:

If you keep striving at faults,
There will never be any room for virtues,
Like a deluded person with a strainer,
You think that the dregs are actually the juice.

So, a person who acts with a mistaken understanding of which actions should be undertaken and which should be abandoned is the definition of an evil person. These days, [in Kelsang Gyatso] the demonic cloud of overwhelming arrogance displays itself with a mass of deluded pride, like a bat who thinks he is above the sky.

He upholds the lineage of Bhikshu Legpai Karma (Legs pa'i skar ma), who in ancient times used the perverted prayer. This demon with broken commitments, Kelsang Gyatso, burns with the flame of unbearable spite towards the unsurpassed omniscient 14th Dalai Lama, the only staff of life of religious people in Tibet, whose activities and kindness are equal to the sky. Since his own Guru [His Holiness] is without fault, he is throwing away the practice of guru devotion, the eight benefits of following one's spiritual teacher, the eight disadvantages of not following him, and so forth, just as one would cast away a stone.

Possessed by a terrible demon, without shame, embarrassment, or modesty, he doesn't have even the slightest care or concern for any of the commitments of the three vows [pratimoksha, bodhicitta, and tantric] which he undertook.

He continuously broadcasts blatantly shameless mad pronouncements, attacking with baseless slander His Holiness the Dalai Lama, whose kindness for us, the people of Tibet, has been greater than the Buddhas of the three times. These unimaginable

statements which defame the name of His Holiness have created an urgent adverse situation which no Tibetan can tolerate.

Therefore, all those connected with Sera Je College, lamas and tulkus, abbots, former executives, senior and junior geshe, together with the leaders of the individual *khangtse* [regional houses], all together, in agreement, with one voice, hereby proclaim that on this day, August 22, 1996, Kelsang Gyatso, the one with broken commitments and wrong view, is cast out with the "ritual nine expulsions," and is thereby banished from this place, and from being a part of the rule of our College.

This means that we request all of our brothers and sisters, the Tibetan people inside and outside Tibet, to completely sever any relationship with him. Concerning the practice of worshiping divine protectors at this Monastery in particular, the protector who was directed by the previous great masters to advise, command, and look after our Monastery is the Dharma protector Dregpa Chamsing (Dregs Pa lCam Sring). Aside from this protector there has traditionally been no worship of Dolgyal [Dorje Shugden].

These days, we keep in the honored position on the crown of our heads the instructions of our Government, the great Ganden Potrang. Therefore, all the sangha who reside here, as evidence of their commitment not to worship the protector Dolgyal, have freely signed such a pledge, and offered it before the clear eye of His Holiness. Beyond that, anyone who is not blind should be able to comprehend this with their ordinary eye of understanding and mind of attachment and aversion; as they say, no one needs a lamp to make things clear in the light of the sun and moon.

For the future, we publicly make the strongest request to everyone not to associate the good name of Sera Je Monastery with this holder of broken commitments and wrong view.



Sealed by the General Assembly of Sera Je Monastery
August 23, 1996

Translated by Sera Je Geshe Gendun Gyatso and David Patt



SAKYA RETREAT CENTER

"Sometimes, in the space of the sky, there is bliss; in the state without extremes or center, there is bliss. Sometimes, in the depth of the ocean, there is bliss; in the state without movement or agitation, there is bliss. Sometimes, at the sun and the moon, there is bliss; in the state of clarity without obscuration, there is bliss. Sometimes, in the middle of a river, there is bliss; in the state without ceasing, there is bliss. Sometimes, residing in retreat, there is bliss; in practicing in solitude, there is bliss." —excerpt from Jetsun Dragpa Gyaltsen's *Doha, Song of Experience*

Barre, a small colonial New England town settled in 1722, is located in the Nashoba Valley in Central Massachusetts. In the past two decades, Barre has become a popular center for Buddhist study and retreat, housing the Sakya Retreat Center, the Insight Meditation Society, and the Buddhist Study Center.

A tradition of emphasizing meditation retreats impelled the Sakyas to found the Sakya Retreat Center. The Retreat Center is nestled on 165 secluded acres of forest abutted by state conservation forest land. Located at the end of a mountainous private road, the Sakya Retreat Center offers a peaceful place to develop meditation and practice.

Once a rustic hunting camp, the property has been transformed into a place much like the one Shantideva described when he said, "When shall I come to dwell in forests amongst the deer, the birds, and the trees?"

"Town, home and market—three—are the places the wild horse of the mind wanders. Because the rider, vipashyana, is bad, and the bridle, shamatha, is weak, having run and run on the field of bad karma, one risks falling into the ravine of suffering. Similar to a wild animal which has been injured, reside in seclusion and practice." —Dragpa Gyaltsen's *Doha*

With the encouragement and blessings of the late Most Venerable Deshung Rinpoche, the land for the Sakya Retreat Center was purchased in 1984. Subsequently, it has been blessed by other prominent Sakya masters, including His Eminence Ludhing Khen Rinpoche, His Eminence Chogye Trichen Rinpoche, and His Holiness Sakya Trizin. In 1989 Sakya Trizin appointed Acharya Lama Migmar Tseten as the head of the Sakya Retreat Center.

• "When shall I come to
• dwell in forests amongst
• the deer, the birds, and
• the trees?"—Shantideva

Sakya students perform graduated retreats starting with Common Foundations Retreat (meditating on the faults of samsara, the preciousness of human life, impermanence and death, and the karma of cause and effect). The Center also offers retreats for the Uncommon Foundations (100,000 repetitions of refuge, prostrations, bodhicitta, Vajrasattva, mandala offerings, and guru yoga), as well as a Vajrapani retreat and a Vidam retreat.

Lama Migmar Tseten has led various group retreats at the center, and has instructed students for solitary retreats, ranging in time from two days to three years.

The center is currently working on expanding and modernizing its facilities, constructing dormitory spaces for students, and improving the plumbing systems of its existing buildings. Planning is also underway for the creation of a secluded garden called Nirvana Grove, which will contain stupas and rocks carved with mantras, to be used to honor the remains of Buddhist practitioners and to create a place for the bereaved to dedicate merit.

For further information, or to make a contribution to the Sakya Retreat Center, contact project director Karin Phillips at P.O. Box 391042, Cambridge, MA 02139, or call (617) 876-8787.



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GYUMED Tour Encore in Ottawa and Montreal

After successfully completing a tour of North America, the Gyumed monks led by Venerable Abbot Lobsang Jampa will re-visit Ottawa and Montreal before departing for India.

The monks will be in Ottawa from November 6th through the 17th, creating an Avalokiteshvara sand mandala, and giving teachings. Contact the Tu An Temple at (613) 521-0263 or the Pho Da Temple at (613) 231-2516 for further information.

The tour will be in Montreal on November 22nd through the 24th, where Venerable Abbot Lobsang Jampa will give Yamantaka and Vajrayogini initiations to all interested practitioners. Contact the Quan Am Temple at (514) 735-9425 for information concerning the initiations. For general information about the tour, contact Dang Tan Hau at (416) 462-9759. ■



TWO NEW TITLES FROM

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The Yoga of Six Limbs: An Introduction to the History of Sadangayoga, by Günter Grönbold, translated from the German by Robert Hürwöl, gives the teacher and textual lineages associated with the ancient six-limbed yoga, called Sadangayoga. It is an important basis for the Kalacakra-tantra. \$14.50 US + \$2 postage in US; \$2.50 to Canada.

Kalacakra Sadhana and Social Responsibility, by David Reigle, relates the importance of why practice this highest yoga sadhana, and demonstrates the Sambhala and Kalacakra-tantra connection. An appendix contains the mind mandala deities. \$12.95 US + \$2 postage in US; \$2.50 to Canada.



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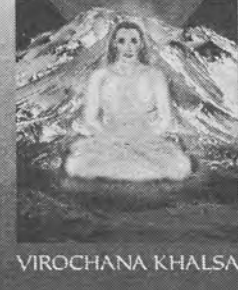
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Translated & edited by
Sonam T. Kazi

The Oral Instruction of Kün-zang La-ma on the Preliminary Practices of Dzog-ch'en Long-ch'en Nying-tig by Jig-me Gyal-way Nyu-gu, as transcribed by Dza Pal-trül Rin-po-ch'e

"It is a universal truth that it is extremely enjoyable to live in this phenomenal world. Nobody wants to part with worldly pleasure. It is also a universal truth that everything that conditionally exists, sooner or later, must face ultimate destruction. . . .

Those of us who are aware of this, in time, search for a solution to transcend death. Some of us come across the Buddhist teaching called Dzog-ch'en, whose superlative virtues excite us so much that we totally forget the proper approach to it. Just as a towering building must have an equally sound foundation, success in ultimate realization through Dzog-ch'en teaching depends entirely on a thorough understanding of the law of karma at the relative level. KÜN-ZANG LA-MAY ZHAL-LUNG explains how to attain the proper balance between the relative and absolute aspects of the practice in very simple language."

— S.T. Kazi

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A Glimpse of Tibet

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But this is Lhasa!
A city no one calls
Comfortable,
Immaculate
Or dull.

Bare-boned mountains
Rising round the city;
Prayer flags on hilltops
Flutter in the wind.

Down in the Barkhor
Crowded stalls and tribesmen
Prayer wheels a-whirring
Yellow dogs are barking.
Agile laughing child-monks
Chasing midst the tourists.
Ladies who are bargaining,
Trying on the jewelry:
Heavy ropes of turquoise,
Coral beads and amber.

Sharp-eyed Chinese soldiers
Always on the look-out
For any sign of loyalty
To the Dalai Lama.

But the tired pilgrim,
Three hundred miles behind her,
Clutching tight her rosary,
Stretches out her body,
Whispers through her cracked lips
"Om Mani Padme Hum."

Now from the Jokhang,
From the Jokhang Temple,
You can hear the booming
Of trumpets six feet long.

Listen to the drum beat
And the deep-voiced chanting.
Suddenly the silver tone
Of a bell rings clearly.

Everywhere there's color,
Brightly painted ceilings,
Pillars hung with banners.
Rows of monks in crimson robes,
While behind yak-butter lamps
Shines the golden Buddha.

Midnight at the Guest House,
At the Western Highrise.
Everyone is sleeping.
Everything is silent.
But standing on the balcony
I can see the dust storms
Racing down the mountains.
Dark clouds scudding,
Wild wind blowing,
Soughing through the willows
By the Tsangpo's banks.

Now the clouds are parting
And the brilliant moonlight
Streams across the city
To the city to its sacred places.

White walls soaring,
Gold roofs glinting,
Rows of empty windows
Gazing ever southward
Where the Himalayas
Raise their mighty barrier.

I stand there staring,
Drinking in the beauty;
There it is—the Potala—
Palace of the Princes,
Rising up majestically,
Waiting for its Loved One.

Midnight in Lhasa
And my heart is stilled. ■

by Eileen Bellows

MEDICINE BUDDHA

Continued from page 1

According to the *Four Medical Tantras*, which form the basis of Tibetan medicine, the fundamental cause of every disease is to be found in the tree poisonous delusions—ignorance, attachment, and hatred. If ignorance and its associated delusions remain festering inside, sooner or later they will give rise to disease and the recurring miseries of cyclic existence. Medicine Buddha, called the Healing Master of Lapis Lazuli Radiance, is referred to as a great physician because of the use of compassion, wisdom and skillful means to diagnose and treat the root delusions underlying all mental and physical malaise.

The afternoon sessions will be devoted to topics of Tibetan medicine and astrology by Drs. Choedrak, Dawa, and Mrs. Choezom, including the relation between Tibetan Buddhism and Tibetan medicine and astrology, ways of keeping a healthy body and mind, method of diagnosis and treatment, comparison of Western and Tibetan astrology, and the making of Tibetan medicines.

Each site on the tour will include opportunity for private health consultations with the physicians at a fee of \$20 per half hour as well as private astrological readings with Mrs. Choezom on marriage combination, chart interpretation (from an already-existing western chart) and divination at a fee of \$30 per 45-minute session.

Each site will also sponsor an exhibition of plants, medicines, astrological paintings, graphical charts, and tools from the Tibetan Medical and Astrological Institute as well as items for purchase.

This tour, which travelled in 1995 for three months throughout Europe and one month this year in Japan, is an invaluable experience for those

Continued on page 9

A VIEW FROM THE PATH

Interview with Namgyal student Scott Palmer

Snow Lion's Jesse Townsley interviewed Scott Palmer to discover what it's like being a Westerner studying at Namgyal Monastery and Institute in Ithaca, NY.

Jesse: How did you hear about Namgyal Monastery and Institute? How did you come to be here?

Scott: I was an English and Philosophy major in college and in my final year I received an opportunity to study in Beijing, China. Part of what I wanted to do in China was to pursue my interests in Tibet, so I went to Lhasa for a couple of months and also travelled to some remote areas of Amdo.

I met a lot of monks, and talked about the Dharma and about Tibet and about what had been going on there. All of this was in Chinese, I didn't know any Tibetan at the time. Also I became interested in the role that Tibetan Buddhism has played in Inner Asia—Xinjiang, Inner and Outer Mongolia, and west-central China, places where Tibetan Buddhism has, at one time at least, been a cultural interface of sorts.

When I came back to the states, I talked to a professor friend about preparing for graduate programs. I had decided that it was in my best interest to learn the Tibetan language before actually doing graduate work. This professor had just come back from His Holiness' teachings in Tucson and had picked up a brochure on Namgyal Institute.

It seemed that Namgyal was a place where qualified teachers were giving accurate and traditional teach-

ings on an ongoing basis, a place for both serious academically inclined students and people looking for a reliable dharma center. This really appealed to me, so I researched it and took the plunge. I've been here almost three years.

J: What do you think it was about Tibetan Buddhism that attracted you?

S: I've always been very attracted to the way it seemed that Tibetan Buddhists were engaged in some kind of scientific experiment, a strict critical analysis of the Doctrine, of pots and tables, and persons, and whatever. I understood that there were leaps of faith, but they seem to make sense—they seemed well thought out. It wasn't just sit down and let the innate enlightened mind arise. There is some of that, don't get me wrong, but it has a time and place. Just sitting wasn't accessible to me. I would sit and all this stuff would arise. I wasn't convinced I had any tools, any handholds, any clues to go on. So I guess it appealed to my disposition as an "I've got to think through everything" kind of person.

And there are a lot of other things. There is the emphasis on developing a warm and compassionate heart and there are people, warm and compassionate people, that stand as proof. A tradition of love, who couldn't learn something from that? Travelling through Inner Asia, meeting a lot of different people from different religious and cultural backgrounds, there was something about the Tibetans as a people that struck me. Regular folks, who were not necessarily monks or nuns or scholars, just folks in fields and jeeps, wherever, they

were such wonderful, warm people. This inspired me to try to figure out what it was about their culture in general that could inform this wonderful, warm, optimistic outlook in the midst of very hard, oppressive situations. I also met a lot of ordained sangha, nuns and monks, from various traditions of Tibetan Buddhism who had spent a considerable amount of their time meditating and thinking about



Khensur Rinpoche (right) and Scott Palmer

the Dharma, and a few of them really struck me as wise, as if they hadn't wasted any of their lives. Of course there are perhaps inspiring people like this in all religions, but, well, I was convinced. So it's all this that struck me. It was so beautiful and huge that I felt that I really needed to investigate it.

Maybe I've lost some of my starry-eyed infatuation, but I'm still convinced there is something behind all of this practice. It seems the more I study, the more I'm convinced that it could work; but much like a scientific theory, it has to be tested.

Of course the Tibetans don't have exclusive rights to the path, but some of them know it pretty well. I guess that's why I'm here.

J: So how are your classes this year?

S: My classes at Namgyal this year are great. This is perhaps the first year that I feel as if I have gained enough experience with the Tibetan language to actually read the texts. I mean, I still have so much work to do, but I feel as if I am experiencing the fruition of past hard work. This is a good feeling, no doubt, and it's taken over two years to get here. I'm definitely learning. And with Khensur Rinpoche here now, we have access to so much. He's really a phenomenal teacher.

J: What makes him such a good teacher?

S: Khensur Rinpoche is a veritable storehouse of traditional wisdom. Sidney calls him a "heavy"—I think it's a big enough word (laughter). [Eds. note: Sidney Pibum is Program Director at Namgyal Monastery Institute.] What he means, what I mean is not that he's a big guy, which he is, no doubt, but that he's got a big presence. I remember walking into the shrine room before he gave a particular initiation and I thought the whole room was on fire. I'd never felt a space like that before. He totally affects the atmosphere of a place—sometimes it's goofy laughter, it depends.

I can put my engagement with him in context. For instance, I'm taking a practice class where Rinpoche is giving us teachings on a particular highest yoga tantra sadhana. This is going to last the whole year, which is really amazing. Just the fact that I can receive this practice is extraordinary, but to get ongoing teachings...there are very few places where Westerners, or non-ordained practitioners have access to this. And to get teachings on a sadhana practice for an entire year from someone as qualified as Khensur Rinpoche is absolutely phenomenal.

Which brings up the whole issue of qualifications which is quite funny. I mean it's traditional for the lama to say that he or she isn't qualified—you know what I mean—but because they've had great teachers, they'll try their best. It just sounds funny when a lama says this and then proceeds to narrate fifteen or so odd years, maybe most of their lifetimes in earnest practice, and however many retreats they've taken. It puts it in such huge perspective. I mean, Khensur Rinpoche was the abbot of Namgyal Monastery in Dharamsala for three or four years and, well, they don't just pick anyone off the street to fill this position. But that's really not it, it's what he's done, it's hard work and practice.

Anyway, Khensur Rinpoche isn't somber or anything like that, he's just serious, even when he laughs. In two other classes with him, one where we are reading a *blo rigs* text and the other a tenets text, he will turn a mind-bending debate topic into a really hilarious joke. Or he will throw out an anecdote and just cool everything off. He is definitely a skillful teacher.

And not only do we have Khensur Rinpoche at Namgyal now, he is flanked with this power group: Tenzin Yingyin-la, Tondup-la, Tenzin Legdin-la and Palden Choedak-la. It's like naming the line-up for Coltrane's "Live in Paris" album.

I think one of the really great things about Namgyal is that you really get this one-on-one engagement with the monks, with the instructors. And with Craig Preston around we've got a really good thing going. I was at the AAR last year and a pretty well-respected translator told me he thinks Tibetan doesn't have a grammar. I couldn't believe I was hearing this. Craig teaches us grammar. It's pretty rigorous. We have to be able to explain everything that is going on in a sentence, dot for dot. I tried to sell this scholar our textbook. Tibetan might be strange at times, but there is definitely grammar going on.

J: What's the difference between the larger and smaller classes?

S: Well, the larger classes tend to be more general topics classes. For instance, the largest class this semester is a class where Rinpoche is giving an extensive commentary on Je Tsong-ka-ba's *Lam gto nam gsum*, or the Three Principal Aspects of the Path. This could be seen as an introductory class, but someone having

Continued on page 24

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Teachers Needed at Drepung Loseling School

In 1959 the Indian Government donated tracts of land in the state of Karnataka to the Tibetan refugees for the reconstruction of Drepung Monastery.

For many years, classes at Loseling, one of the colleges of Drepung, were confined to Buddhism and were conducted in the teachers' private quarters. The 1970s heralded a dramatic increase in the number of novice monks, and therefore the need for a proper teaching area became vital.

Drepung Loseling School was founded in 1975. The idea for the school was conceived by the college administrators, and construction was made possible by a generous financial contribution from Madam Tica Broch of Switzerland.

Initially the school was not very comprehensive in its approach to teaching. Tibetan language and calligraphy were the focus of learning, with a view to equipping the students with the skills they would need in their future studies of Buddhism. After some time, mathematics, science, and English were incorporated into the curriculum, but once again the problem of teaching space arose. A proper school with adequate teaching facilities, staff room, assembly hall, and playground area was needed.

With the financial assistance of Madam E. Toetenel of Holland and the Dutch Foreign Ministry, a new school was built and opened in July 1995. Hindi, geography, history, and civics were introduced to the curriculum at the same time.

These improvements boosted enthusiasm among both the pupils and teachers, and the progress which has been made since the establishment of the new school is quite remarkable. Eagerness to learn seems to be higher

among the monks than the lay students owing to the fact that they have fewer distractions.

However, the school continues to be burdened with financial problems. With the increase in the population of the monastery, the cost of running it has become exceedingly high and the strain on resources critical. Because the emphasis of the curriculum is on Buddhism and Tibetan language, the school does not satisfy the requirements for affiliation to the Central Tibetan School Administration, an Indian governmental organization which caters to the educational needs of Tibetan refugees. Attempts have been made to receive a grant from the CTSA by bringing the syllabus closer into line with the CTSA syllabus, but justifiably the monastery remains steadfast in its focus on Buddhist teachings, as it would be wrong to sacrifice the monks' religious instruction for the sake of financial gain. Because of these changes, however, the CTSA has agreed to cover a portion of the school's expenses.

CTSA teachers earn an average salary of 4,000 rupees per month, whereas Loseling school teachers receive between 1,000 and 2,000 rupees. The Loseling teachers are in fact semi-volunteers whose concern for the pupils' education exceeds their own desire for financial gain.

Another problem facing the school is the lack of qualified and experienced teachers; this is of course linked to the problem of low salaries. Further training in pedagogical skills and English would be very beneficial for some of the teachers, but the school does not have the time or means to provide this training. Other difficulties include the rehabilitation of a large number of new entrants from Tibet and the lack of comfort-

able living quarters for the teachers. If these difficulties could be overcome, the monks of Drepung Loseling would be assured of a high standard of monastic education.

If you are a teacher of any of the

subjects taught in the school and would like to teach at Drepung Loseling, your help would be very much appreciated. For further details, contact Tinley Kalsang, Principal of Drepung Loseling School, Ti-

betan Colony 581411, Mundgod, Dist. North Kanara, Karnataka, India. Readers who would like to make a donation or receive further information about the school should contact the principal as well. ■

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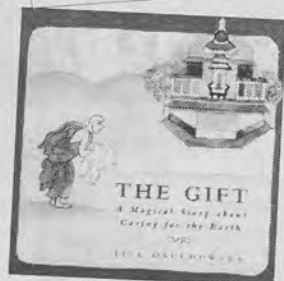
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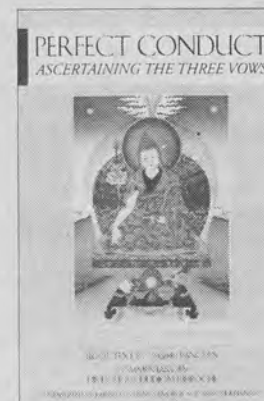
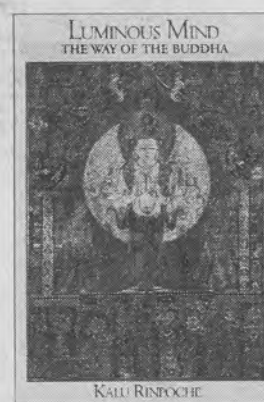
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Please make contributions payable to the Tibet Fund, and earmarked for Bod-kyi-dus-bab, and send to The Tibet Fund, 241 E. 32nd St. New York, NY 10016. To subscribe, contact Bod-Kyi-Dus-Bab (Tibet Times), Sessions Road 176215, Dharamsala, H.P. India. ■

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Adopt-a-Yak

Dear Snow Lion Newsletter Readers,

With the worst snowstorms in over a century hitting the eastern and northern regions of Tibet last winter, Tibetan nomads and their livestock have faced unbelievable death and destruction. Relief workers estimate that in Jyekundo county alone, 25,000 people have lost all of their livestock and a further 55,000 people have lost more than 80% of them. In the Zachukha area, 100,547 livestock are dead and 72,174 have suffered miscarriages.

The Tibet Fund plans to help the nomads begin to rebuild their herds by purchasing 2,000 sheep and 2,000 yak, which will be given to nomadic families suffering from the effects of the harsh winter. If you would like to "sponsor" a yak or sheep, or if you have any questions regarding the appeal, please contact the Tibet Fund at 212-213-5010 or fax 212-779-9245. ■

Medical Center in Katsel, Tibet

Pittsburgh Friends of Tibet is entering into the final phase of their Katsel Medical Dispensary project. They need to raise an additional \$8000 to reach their final goal of \$50,000.

The group is building a fully equipped medical care unit for 170 school children and the villagers of Katsel, Tibet. Basic care will be offered in both Western and traditional Tibetan medicine. Illnesses to be treated include common skin infections, dysentery, tuberculosis, anemia, arthritis, stomach disorder, ear

and throat infections, and malnutrition. Simple injuries will be treated and childhood immunizations given.

Katsel is in critical need of this medical center. The walls, floor, and roof of the building have been constructed, but the solar panels and the water and plumbing systems still must be purchased and installed. The three-room structure will be completely solar-powered for heat and electricity. Please send your tax-deductible donation to: Pittsburgh



Friends of Tibet, Inc., 514 Gilmore Avenue, Trafford, PA 15085-1144. ■

MEDICINE BUDDHA

Continued from page 5

who attend, offering participants personal insight into an ancient form of traditional medicine and a means to support the work of the Medical and Astrological Institute. ■



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Tibetan Refuge Assistance Program

One of the most crucial responsibilities of Tibetans in India is to educate the children who are the future seeds of Tibet. To ensure the education of the next generation, a sponsorship program has been established for Tibetan refugees, mainly in South India. This program is under the administration of the Council for Tibetan Education, Dharamsala, India.

Sponsorship for a Tibetan child to attend boarding school is \$10 per month. Sponsors send an annual sum of \$120 and additional \$1 per month

(optional) to help defray the administrative expenses of the program here in U.S.A. The U.S. representative forwards all funds to the Council for Tibetan Education to make the international money transfer efficient. Please join TRA Program and make a difference in Tibetan children's lives.

Contact: Ngawang Jorden, P.O. Box 381144, Cambridge, MA 02238, (617) 547-5481.

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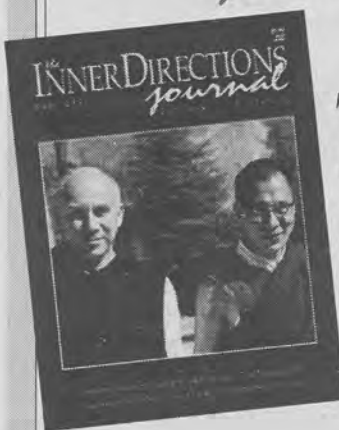


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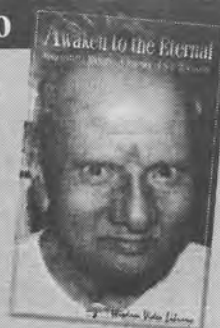
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Donations for Dharamsala Public Facilities Sought

This past spring after visiting Dharamsala for the New Year festivities and spring teachings (Monlam), Ms. Dolma Tulotsang of Toronto, concerned about the poor public facilities, undertook to collect donations to have public washrooms constructed near the Thekchen Temple. She presented her idea to Tenzin Geyche Tethong, Secretary to His Holiness the Dalai Lama, and received this reply:

"I have been quite concerned about the poor facilities for the people who come to public teachings of His Holiness during the Monlam. Over a year ago I sought the approval of His Holiness to set up a committee to try and improve the conditions. Since then I have been able to set up this committee consisting of Secretaries/Representatives of the Department of Religion and Culture, Department of Health, Department of Security, The Environmental Desk (DIRR), the Namgyal Monastery, and Tibetan Welfare Office of McLeod Ganj. During the last Monlam teachings, March

this year, we were able to plan properly, and in advance, the various things we needed during the teachings. The additional facilities we were able to provide as a result of this committee (which we could call

Project Monlam Teachings) were putting up a canopy in one section of the area for the public, and the running of a cheap, vegetarian canteen. Both these were very much appreciated. I think the vegetarian canteen, providing hot meals cheaply, was particularly appreciated.

larly appreciated.

"The department of Health, which has been providing temporary and very basic urinal facilities and a medical clinic during the teachings, has plans to build several toilets. They have been having much difficulty in getting the necessary permission to build this because the area falls under the jurisdiction of the Forest Department. There is generally stringent restriction against the development of forest land, which is applicable even to the local Indian authorities

themselves! Anyway, I am sending under separate cover the plan and estimate costs for the toilets and parking area that the Department of Health are working on. Their overall project is large, but you could help sponsor a part or parts of it."

Questions about this project can be directed to Tibet Fund. Donations (marked "Dharamsala washroom facilities") should go to the Tibet Fund, c/o Office of Tibet, 241 E. 32nd Street, New York, NY 10016. Their phone is 212-213-5012. ■



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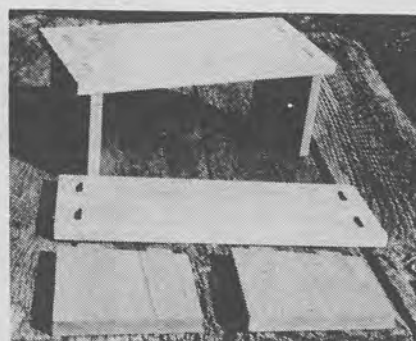
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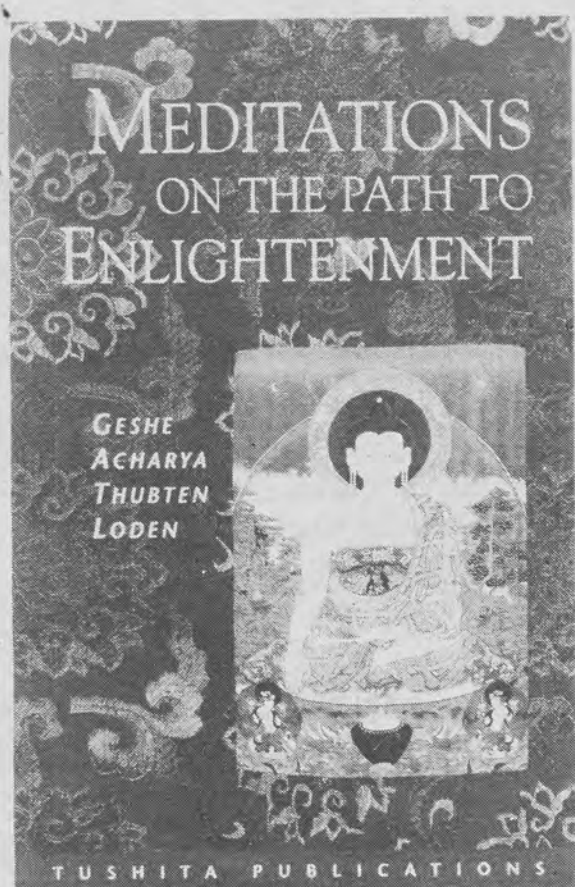


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DANIEL PUTTERMAN, WHERE ARE YOU? After you left Cornell, we lost track of your whereabouts. We would like to contact you in regard to some of your photographs. Please contact Sidney at Snow Lion: 607-277-2168 or 273-8506; Fax: 607-273-8508.

Oops

In the summer issue credit was not given for the photo of Lama Lodu Rinpoche. It was taken by Michael Walsh, and the interview was conducted by Michael Walsh and Hilece Rose. It will appear in a future book on practitioners and their daily living of spiritual principles in the world. ■



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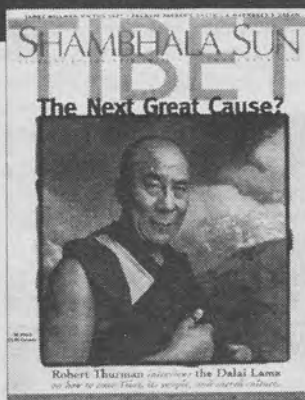
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News Tibet (quarterly, \$15/yr. suggested donation) and the **US Tibet Committee Newsletter** (USTC, 241 E 32 St, NY, NY 10016 (tel: 212-213-5010). Political and cultural news. They need your support to raise awareness for Tibet, contact them for information on how you can help.

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. We are also on the World Wide Web: <http://www.well.com/user/snowlion/>. From our home page you can connect to many others. Please let your friends know about Snow Lion!

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

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 The Office of Tibet, 241 E 32 St., New York, NY 10016 (tel: 212-213-5010). Independent publication by Tibetans in Delhi.

Tibet Monitor (monthly, \$20/year). The only monthly publication of articles and action items in support of the Tibetan cause. Two-month free trial period to try it out! Tibetan Rights Campaign, 4649 Sunnyside Ave. N., #342, PO Box 31966, Seattle, WA 98103, 206-547-1015; fax# 206-547-3758.

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, 2288 Fulton Street #312, Berkeley, CA 94704, 510-486-0588, fax# 510-548-3785, email iclt@iga.apc.org

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On the cultural side, we recommend **The Tibet House Drum**, Tibet House New York, 241 East 32nd Street, New York, NY 10016, 212-213-5592. Features Tibetan activities in the NYC area. ■

TASHI CHOLING NUNNERY

Continued from page 1

M: *Could you describe Tashi Jong?*

A: It's a community of 300-400 people which focuses on the practice of the traditional arts of Tibet. The Monastery itself has 19 monks—not very big but very special. The head of the Monastery is Khamtrul Rinpoche, the head of the Drukpa Kagyu, of Kham, Tibet. The previous Khamtrul Rinpoche was a great artist, so he inspired a very high level of artistic achievement among both monks and lay people. The monks are also noted for their Lama dances.

M: *Am I correct in assuming that although the nuns will come primarily from Tibet and India, this is not exclusively the case?*

A: The nuns can come from anywhere. But, the teachings and practice will be in Tibetan. Nevertheless, it's open to anyone. Several Malaysian Chinese women, for example, have expressed an interest in becoming nuns once the center is started.

M: *Will there be facilities for visitors who are not nuns?*

A: There will be a guest house and international retreat house for women where women can practice in a conducive atmosphere. Eventually I would like to see some of the nuns learn English in order to give teachings to English speakers.

M: *What will the nuns' training entail?*

A: First they will train in the basics, such as learning to recite pujas such

as Tara and Mahakala. Every nunnery and monastery has its own cycle of ritual that has to be memorized. In addition, classic texts and logic must be studied. After covering this basic education they will be able to enter meditation retreat. Eventually, some will have the chance to study with yogis; the yogis of Tashi Jong Monastery will decide out of the willing candidates who is ready for yogic teachings.

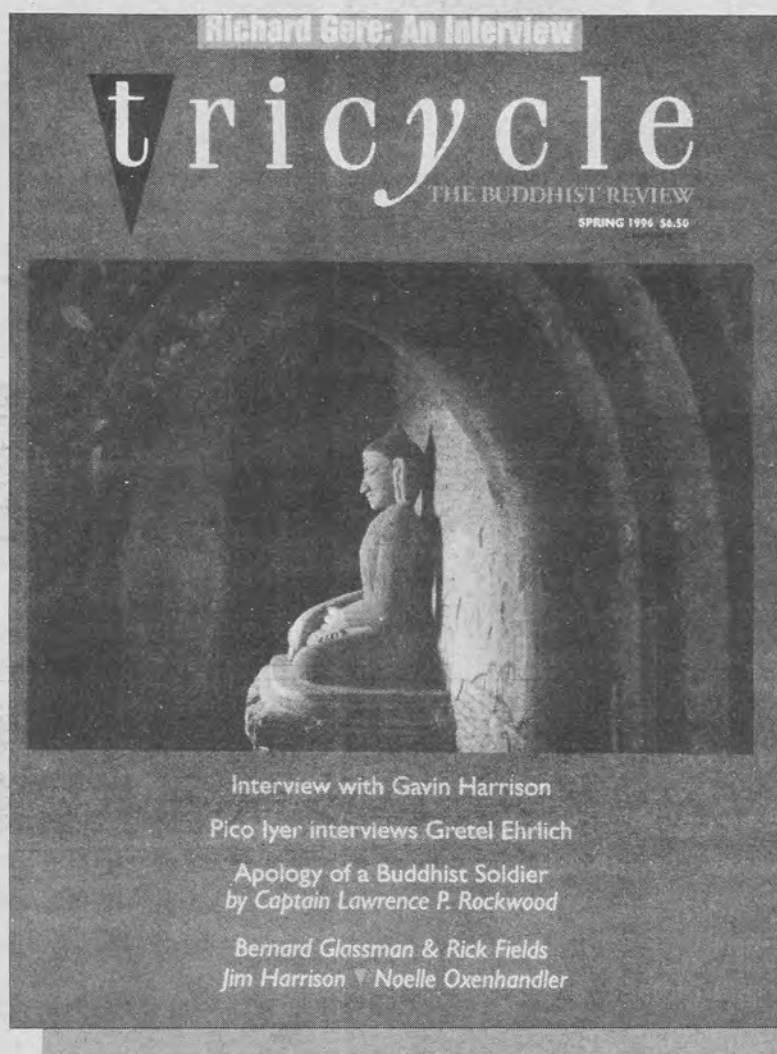
M: *It sounds quite unusual for nuns to have the opportunity to study in such depth.*

A: It is. Even though a lot of progress is taking place it is difficult for nuns to study. A few have studied at Sarnath, but in the cases I know of, there was difficulty in attaining sponsorship, so that one nun I know had to recite rituals in lay Buddhist homes to support her studies. She did very well, anyway, and in fact was the top in her class. After two years, however, she was told to return to her nunnery, that she had learned enough. However, there are nuns presently studying at the School of Dialectics in Dharamsala. Recently some nuns who had begun to follow a parallel course of study under the tutelage of monks from the School of Dialectics showed up to debate. It was an historic moment, one without precedent. Sixty-some nuns debated in front of the monks, the teachers and H. H. the Dalai Lama, and did very well.

M: *Can you describe this yogic*

Continued on page 17

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and in addition to our complete catalog it contains selected current news items, a growing archive of news articles, essays on cultural topics, a self-mailer for your comments,

news about Namgyal Monastery in Ithaca, NY, profiles of Tibet organizations, an extensive list of Internet resources for Tibet including Web links and e-mail addresses, a current item about where the Dalai Lama is today, a recent photo of the Dalai Lama, an image of the Tibetan Flag, and examples of work being done today on behalf of Tibet. It was designed with NetScape in mind, but much of it is text and many browsers including Lynx can view it effectively.

We hope that you enjoy our Web site and find its references useful. If there are other Internet resources we have overlooked or not yet discovered, please let us know!

Calvin D. Smith
Snow Lion Publications
75061.1026@compuserve.com ■

DOCUMENTARY FILM TO AID TIBETANS IN INDIA




Ven. K. C. Ayang Rinpoche

Cinematographer and photographer from the Rhode Island School of Design seek contributions to fund a documentary film which will publicize the plight of Tibetans in poor settlements in southern India.

By invitation of the Ven. K.C. Ayang Rinpoche, they will spend several months in the restricted area of Bylakuppe to document the daily lives and extraordinary challenges facing the exiles. The non-profit film will be used for educational purposes and fund-raising worldwide.

All who donate \$35 will receive a VHS video of the movie, and those donating \$75 will be named in the movie credits. All donations are welcome and fully tax deductible. Please send checks to the: Amitabha Foundation, 19 Woodside Road, Harvard, MA 01451. Inquiries? 508.456.8922



The Rose Garden

a quarterly magazine

was born with the intent to be an individual and community vehicle for expression, inspiration, information and networking with the knowledge that supporting and encouraging each other is a way to draw abundance to ourselves, our families and our communities.

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His Holiness Rizong Rinpochey

A YEAR OF TEACHINGS AND RETREATS IN AMERICA, Nov. 1996-Aug. 1997

A UNIQUE OPPORTUNITY TO STUDY AND PRACTICE WITH ONE OF THE MOST ACCOMPLISHED TIBETAN BUDDHIST MASTERS
HOSTED BY LOSEL SHEDRUP LING, THE NORTH AMERICAN SEAT OF DREPUNG LOSELING MONASTERY

His Holiness Rizong Rinpochey is one of the most highly respected lamas alive today. Born in Ladakh, as an infant he was recognized and enthroned as the reincarnation of the Rizong Tulku, and since that time has dedicated his life to spiritual study and practice. He joined Drepung Loseling Monastery, Lhasa, in the mid-1940s, where he remained until the Chinese take-over of Tibet in 1959. After completing his geshe degree in Drepung Loseling and his tantric studies in Gyumey Tantric College, he served first as abbot of Gyumey and then Drepung Loseling Monastery. At present he holds the post of Jangtsey Chojey Rinpochey, one of the three highest seats in the Gelukpa School.

In Tibetan spiritual circles Rinpochey is regarded as a modern-day Milarepa, having lived a life of simplicity and meditation since his youth. In the summer of 1995 he completed his third three-year retreat, this time in a remote cave in Ladakh that is so inaccessible that it is snowed in for six months a year.

Losel Shedrup Ling is very honored to have the permission and blessings of H.H. the Dalai Lama to bring to North America a lama of this calibre, who is so tremendously skilled in carrying the depth of experience into his teachings.

COURSES IN ATLANTA (Pre-registration required for all retreats & classes)

Over the winter and spring months Rinpochey will give three series of teachings at Losel Shedrup Ling in Atlanta.

- (1) **Cultivating the Stages of the Path to Enlightenment**
(Every Tuesday evening, beginning on Dec. 10, 1996)
"The Stages of the Path to Enlightenment," or Lam Rim, is the name of the contemplative approach to inner transformation as formulated by the eleventh-century Indian master Atisha and practiced by all schools of Tibetan Buddhism. It extracts the essence of all teachings of the Buddha, while combining philosophical training with meditative application. Rinpochey will give an in-depth experiential presentation of this meditative system based on the eight great Lam Rim treatises of Tibet, three of which were composed by Lama Tsongkhapa, founder of the Gelukpa Tradition, and another two by the Third and Fifth Dalai Lamas.
- (2) **Guided Meditations on the Foundation Practices**
(Every Thursday night, beginning on Feb. 6, 1997)
The six preliminary practices, or Ngondro Jorwai Chodruk, which are outlined in the Lam Rim teachings, are a supreme method for preparing the ground for spiritual enrichment through purification of the mind and enhancing inner strength. Fluency in these preliminaries is considered to be essential to unobstructed accomplishment of the enlightenment path. **It is a prerequisite to complete the 5 foundation retreats before beginning Ngondro practice.** Rinpochey will teach the six preliminary practices, and lead students through the stages of meditation associated with them.
- (3) **Mahamudra: Mind, Bliss and the Great Seal of Wisdom**
(Every Sunday 10:00am-1:00pm, beginning Feb. 8, 1997, until May 4th)
This series of teachings focuses on the tradition known as mahamudra, or the Great Seal, which points to the naked nature of the mind, and arouses the wisdom of bliss and emptiness with which every experience is to be stamped. This twelve-week Spring course will culminate with a retreat during the first weekend of May.

FOUNDATION RETREATS LEADING TO GURU YOGA PRACTICE

During the autumn Rinpochey will lead a number of one-day retreats focusing on the foundation series in the meditation program of Losel Shedrup Ling.

1. **Oct. 26th, Atlanta:** Shamatha, the meditative training in tranquil focus, the ability to place the mind in single-pointed absorption on an object of contemplation.
2. **Nov. 2nd, Knoxville:** The three higher trainings: self-discipline, meditative concentration and wisdom. These three are essential pillars of the spiritual path.
3. **Nov. 23rd, Asheville:** Lam tso nam sum, the three principal paths to enlightenment: spiritual detachment, bodhichitta (mind of the universal hero) and the wisdom of emptiness, or shunyata.
4. **Dec. 8th, Atlanta:** Refuge, which invokes the guidance of the Buddhas, Dharma and Sangha
5. **Dec 21st, Atlanta:** The six preliminary practices (as described above in Teaching Series Two).

INTERMEDIATE RETREATS LEADING TO HIGHEST YOGA TANTRA PRACTICE

1. **Jan. 11th, Atlanta:** Guru Yoga, "Oneness with the Guru," a concise and complete meditation technique for cultivating union with the guru, the Dharmakaya enlightenment mind, the seed of which we carry within ourselves. The technique facilitates communion between the existential Dharmakaya wisdom and our own inner potentiality.
2. **Feb. 1st, Atlanta:** Prostrations, one of the ngondro purification practices, that eliminates physical obstacles to realization, as well as inner obstacles such as pride, and secret obstacles to the kundalini energies.
3. **Mar. 1st, Atlanta:** Mandala offering, another of the ngondro preliminary practices, which is a method for enhancing one's appreciation of the enlightenment qualities through the visualized offering of the universe, of which one's inner reality is the microcosm.
4. **April 5th, Atlanta:** Meditations to cultivate the ultimate and relative bodhichitta, the mind of the universal hero. This consciousness is the heart of the Great Way.

LONGER RETREATS

His Holiness Rizong Rinpochey will also lead a number of longer retreats during his visit to North America.

1. **Nov. 29-Dec. 7th, Atlanta:** White Tara retreat for healing and longevity. The retreat begins with Rinpochey giving the Tara tantric empowerment and mantra transmission, and then involves guided meditation sessions with mantra recitation and sadhana visualization.
2. **Dec. 28-Jan 5th, Atlanta:** Vajrasattva tantric empowerment, mantra transmission and retreat. Vajrasattva is the mandala deity associated with purification, and this practice is regarded as a **prerequisite to engaging in highest yoga tantra practice.**
3. **Saka Dawa 16-25 May, exact dates to be established, Atlanta:** Avalokiteshvara empowerment and retreat, with nyung-ney fasting practice.
4. **June 1997, Atlanta:** A 21-day retreat on the Lam Rim meditations, in accordance with the experiential transmission.
5. **July 1997, Atlanta:** Empowerment and fifteen-day retreat focussing on the highest yoga tantra mandala known as Yamantaka, "The Destroyer of Death," that symbolizes the wisdom of all the Buddhas manifest in wrathful form. Rinpochey has just completed a three year retreat on this mandala cycle, so sharing this time with him is an especially great blessing.
6. **August 1997, Atlanta:** A non-residential retreat with teachings on the Lama Chopa, the popular Gelukpa practice that combines sutra and tantra techniques into a tantric feast celebrating oneness with the guru.

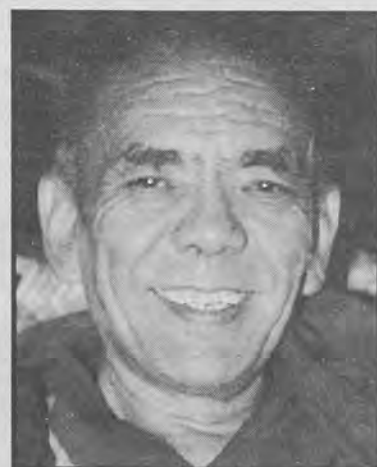
Drepung Monastery was established near Lhasa, Tibet, in 1416, by Jamyang Chojey Rinpochey. Its largest department was Drepung Loseling, which at times in its history housed between nine and twelve thousand monks. Its students came from all over Central Asia, from as far north as the Mongol Republics of Eastern Russia, to the Himalayan kingdoms of India. It was closed by the invasion of the Chinese Communists in the 1950s, and most of its inhabitants either killed or imprisoned. 250 monks managed to escape, and eventually re-established themselves under the guidance of H.H. the Dalai Lama in Mundgod, South India, on a piece of land generously donated by the Indian Government.

Over the past decade Loseling has allowed groups of their monks to undertake several one-year tours of North America in order to share the Tibetan tradition of sacred music and dance for world peace and healing. As part of these tours the lamas have spoken in American universities, colleges, museums and churches on Tibet's spiritual culture. In addition, they have given numerous traditional teachings and tantric initiations in Buddhist meditation centers and temples across the country.

This activity produced many requests for more in-depth teachings, advanced tantric initiations, and longer retreats. This was conveyed to His Holiness the Dalai Lama and to the elders of the monastery in India. Blessings were granted, and His Holiness Rizong Rinpochey has been appointed to serve as the master.

Losel Shedrup Ling, "The Hermitage of the Radiant Mind," was established in Atlanta in 1990 as the **North American Seat of Drepung Loseling Monastery** by Geshe Lobsang Tenzin, a Loseling monk who had travelled in America and Europe with the first Loseling tour. Geshe-la had been brought to America to do his Ph.D. in cognitive psychology at Emory University. In the spring of 1994, the idea of an affiliation between Losel Shedrup Ling and Emory University was conceived, and, during H.H. the Dalai Lama's visit to Emory in September of 1995, a committee from Emory Univ. discussed the project with him. The outcome was positive, and currently the aim is to have full official affiliation by the spring of 1998. This will provide a most unique opportunity for the accredited academic study of Tibet's ancient spiritual heritage.

For an updated list of Rinpoche's activities in America, as well as for a schedule of Drepung Loseling's 1996-1997 performances of **Sacred Music Sacred Dance for World Healing**, please visit our web site at <http://www.drepung.org>; or contact us at **Drepung Loseling's headquarters in America:** 2625 Piedmont Rd., NE, # 56473 Atlanta GA 30324; phone and fax (404) 816-5635 or (770) 908-3358 24-Hours Activity Line.



Mail List Update

Snow Lion periodically sells (for one-time use) its mail list to companies offering products, magazines or services that we think are compatible with our goals. If you do not wish to receive any of these, please send us a card or note asking to have your name coded NO as far as these mailings are concerned. ■

TASHI CHOLING NUNNERY

Continued from page 14

tradition?

A: In the Khampagar monastery of Tashi Jong there are a group of yogis known as Tokden who practice the traditions of Naropa and Milarepa. These practices are unique. Before the invasion into Tibet there was a female lineage of Tokdenma...who were wiped out. We want to re-establish this lineage while there are a few of these yogis still left to hand down the tradition.

M: Are these yogis monks?

A: Yes, and yogis at the same time.

M: Can you say more?

A: Well, actually, the recent issue of *Cho Yang* (No. 7) out of Dharamsala has several articles on Tashi Jong Monastery, and on the yogis residing there. I strongly recommend it. It's very well done and informative. Personally, I lived near them for one year in Dalhousie. The impression they made on me was strong, but very low key, not outwardly spectacular or amazing. They were completely simple and non-judgmental. It made me realize how extremely artificial people usually are. The yogis have a very special quality which is ineffable, but you can feel it. And certainly they are the most egoless people.

M: Thank you. Best of luck in your project.

A: Thank you. ■

Win a trip to the MANI RIMDU FESTIVAL!

Drawing on
February 8



SNOW LION PUBLICATIONS HAS MADE an arrangement with Snow Lion Expeditions to give one of our customers a free tour to the annual week-long Mani Rimdu Festival at the end of November 1997. In exchange for advertising space, Snow Lion Expeditions will take our lucky winner to the Festival, the most spectacular religious festival of the Everest region. Conducted in Nepal's Khumbu, Mani Rimdu celebrates the victory of Guru Rinpoche over the demons and his introduction of Buddhism to Tibet. Mani Rimdu exemplifies the vibrant and festive nature of Tibetan Buddhism and Sherpa culture and provides an opportunity for Sherpas to commune with friends and relatives as well as to obtain spiritual blessings.

Our customers who have a yearning to experience Nepal's Himalayas and this festival held at Chewang Monastery need to let us know that they want to enter by checking the appropriate box on the order form or by telling our customer service staff when you order by phone. **Every time you order from us between now and Monday, February 8, 1997, you will receive a chance to win—just let us know that you want to go.**

Included in the trip is the roundtrip airfare from any major US gateway (48 states—if you live in Canada or Western Europe, you may also be included depending on where you would fly from) to Kathmandu on Thai Airways; full service Mani Rimdu Festival Trek; services of trekking leader and staff; three meals a day in the field; tented accommodations and roundtrip transportation to the trailhead; hotel accommodations in Kathmandu before and after the trek with breakfast; airport transfers and transit hotel accommodations in the connecting Asian cities en route to Kathmandu. If our winner likes, there is an option to trek up the Khumbu Valley to view the newly constructed Thyangboche Monastery at the gateway to Everest at no additional cost. This leg of the trip is from

November 20-December 7. Not included are: lunch and dinner to, in, and from Kathmandu; passport and visa fees; airport departure taxes; tips; any medical treatments associated with the trip including immunizations or emergency evacuations; insurance of any kind; excess baggage charges; and a few other personal items. Some restrictions apply.

For more information about the trip, contact: Snow Lion Expeditions, Oquirrh Place, 350 South 400 East, #G2, Salt Lake City, UT 84111, Tel. 801-355-6555.

(Even though Snow Lion Publications and Snow Lion Expeditions share the name Snow Lion, they are independent and unaffiliated.)

1996 Winner: Geoffrey Biggs, Encinitas, CA. ■



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Over three decades have passed since many Tibetans fled their homeland to escape the Chinese invasion. Today, many of them are in their 70's and 80's. They suffered the loss of their country and separation from their families. With no means of support, they face impoverished lives. These elder Tibetans need your compassionate care.

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PEACEMAKING: The Power of Nonviolence

*A Conference with H.H. the Dalai Lama,
Social Advocates and Front-line Activists*

The long awaited *Peacemaking: the Power of Nonviolence* conference with His Holiness the Dalai Lama, social advocates and front line activists is scheduled for June 8-11, 1997 at the Bill Graham Civic Auditorium in downtown San Francisco. This event is sponsored by Tibet House NY and will be co-convened by Robert Thurman, Columbia University Religion Professor, and Daniel Goleman, author of *Emotional Intelligence* and a New York Times journalist.

The *Peacemaking* conference on activism and contemplation will include violence-prevention professionals, inner-city youth, teachers, artists, martial artists, community leaders, and contemplation practitioners who facilitate the transformation of violence into peace. The focus of the conference is upon nonviolent methods as the most practical and effective key to positive social change.

The conference aims to change the perception in the public mind, particularly prevalent among young people, that violence is powerful and gentleness is weak and to bring

greater awareness to proven methods that can help prevent violence. The conference will provide a forum within which those working to create peace in local communities can benefit from each other's experiences and success.

The plenary sessions will be brief statements of guiding themes (insight, compassion, learning, tolerance, justice, individual and universal responsibility) by His Holiness the Dalai Lama and other distinguished activist presenters, who will then interact in an hour-long dialog format. There will be experiential and participatory workshops, which will assess methods of violence prevention. There will also be tracks on martial arts, ritual, meditation, and healing arts. These methods derive from the teachings of Buddha, Mahatma Gandhi, the Reverend Martin Luther King, Jr. and current grassroots community organizers.

The conference is expected to attract more than fifteen hundred people from the contemplative and activist communities, the former learning the hands-on methods of the

latter, and the latter learning ways of strengthening and sustaining their inner work on a daily level. Several hundred young people from communities in California and around the nation, including youth from Tibetan exile communities, will participate.

Some of the invited participants are: Alice Walker (author of *The Color Purple*), Bo Lozoff (Human Kindness Foundation, Durham, NC), Joe Marshall, Jr. (Omega Boys Club, San Francisco), Yolanda King (High Ground Foundation, Atlanta, GA), John Bess (The Valley Inc., New York, NY), Sharon Salzberg (Insight Meditation Center, Barre, MA), Jack Kornfield (author of *A Path with Heart*), Jon Kabat-Zinn (Center for Mindfulness, Lexington, MA), Dolores Huertes (United Farm Workers, Keene, CA), James Bell (Youth Law Center, San Francisco), Nane Alejandrez (Barrios Unidos, Santa Cruz, CA), Ting-Jue Zhou (Qi-Gong Master, Los Angeles), Edward James Olmos (actor), and many others.

For more information about registration call (800)937-8728. ■

KHATSA RECIPES

We introduced Khatsa, Tibetan hot sauces, in our previous issue. A package of three jars includes hot sauce, salsa and barbecue sauce made by Tibetan refugees in Seattle.

The sauces have been getting rave reviews, including from us. (See page *** for more information on Khatsa sauces.)

Khatsa sauces seem to have an endless variety of uses. Many of us Snow Lion have taken to eating the hot sauce and the salsa with tortilla chips. One of our designers is fond of avocado and tomato sandwiches with the barbecue sauce.

Here's a couple of recipes that might give you some more ideas.

Khatsa Pasta

2 heaping tablespoons of Khatsa Hot Sauce	3 tablespoons butter
1 16-ounce package small pasta shells	1/2 tablespoon garlic salt
1 bunch fresh cilantro, coarsely chopped	3 tablespoons olive oil

Cook pasta according to package instructions. Drain pasta and add butter and olive oil. Add Khatsa hot sauce (more if you like it hotter.) Stir to coat. Add cilantro and garlic salt. Mix thoroughly. Serve with fresh grated Parmesan on the side. Serves 4 as a side dish. (Recipe: Katie Magowan)

MoMos (Tibetan Meat Dumplings)

Dough:	Filling:
4 cups all-purpose flour	1 pound ground beef
1 package dry yeast	1/2 cup chopped scallions
1/2 tablespoon salt	1/2 cup collard greens or celery
1 tablespoon sugar	1/2 tablespoon salt
2 tablespoons canola oil	1 tablespoon soy sauce
1 cup water	1/4 tablespoon black pepper

Mix yeast, sugar, oil, and salt in lukewarm water, making sure all the yeast dissolves. Pour in flour and knead into a smooth ball. Let the dough rise (consult yeast package for full directions) about 2 to 4 hours. Leave dough covered with a cloth in a large pan.

Pour oil in a pan or wok and fry the beef until cooked through. Add the rest of the filling ingredients and mix well. Set aside in a glass bowl to cool.

Separate the dough into small golf ball-sized portions. Flatten each ball of dough into a circle, about 4 inches across, with a rolling pin, taking care not to handle the dough too much. Place about a teaspoon of beef mix in the center of a dough circle and close the edges together. Set aside the momos for an hour to let the dough rise again. Fill a steamer half-full with water and boil the water. Make sure to oil the bottom of the momos so they don't stick to the steamer rack; also make sure that the momos are spaced so that they don't touch while cooking. Steam for 10-12 minutes on the highest temperature setting. Serve with Khatsa hot sauce and some soy sauce.

Kurt's Corner

.....
The sheer immensity of our catalog inevitably buries several outstanding items in obscurity. As a customer service specialist at Snow Lion, I would like to point out a few really notable pieces: some new acquisitions, as well as some old favorites.
.....

THANGKAS

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STATUES



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#3, \$675, 13"

Unusual, intense rendition of the wrathful deity, wings outstretched, mounted upon a phurba, with flaming aureole.

VIDEOS

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#COEX \$40
Still the best-produced video on HH the Dalai Lama and Tibetan culture.

MESSAGE OF THE TIBETANS

PT. 1 & 2, #METIBU & #METTTA
\$29.95 each
Unique footage of some of the most revered teachers in all lineages, most of whom have since passed on.

AUDIO

OM MANI PADME HUM

#OMCD \$18 (CD only)
Don't let the simple title fool you. This is the best-produced recording of Tibetan chanting that we have ever heard. It replaces GYUTO MONKS TIBETAN TANTRIC CHOIR (Windham Hill) as our in-house favorite. How the German engineering team was able to capture the intense you-are-there live quality eludes me. The vibrancy of the production surpasses most recordings that I have heard in ANY musical genre. OK, enough gushing..

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#DALASP \$42.00
From India, black and white format, superb photos. HH the Dalai Lama speaks in a question/answer format on a variety of topics, very worthwhile no matter what you have already read (or have not) by him.

MEDITATION CARPET

(SMALL), #TIMECS \$150, 27" x 27"
Designed by Ngodrup Sangpo, this colorfully sculpted carpet is quite attractive. Ask for a photo.

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Great photography by Galen Rowell, great heart-text by HH the Dalai Lama. It continues as one of the best in the genre.

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RECENTLY PUBLISHED
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THE GOLDEN LETTERS: The Tibetan Teachings of Garab Dorje, First Dzogchen Master

trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 389 pp. #GOLE \$18.95

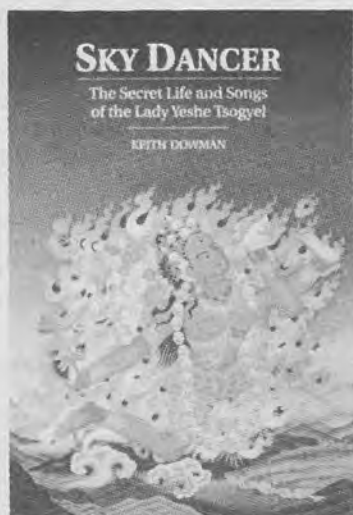
According to the Nyingmapa school of Tibetan Buddhism, the teachings of Dzogchen were first expounded by the Buddhist master Garab Dorje in the country of Uddiyana. This tradition of Buddhist teaching, which directly introduces the practitioner to the Nature of Mind, was then transmitted to India and later to Tibet.

The essence of Garab Dorje's message is found in "The Three Statements that Strike the Essential Points." In the nineteenth century, the famous master Patrul Rinpoche wrote a brilliant commentary on these three statements together with the practices relating to them, entitled "The Special Teaching of the Wise and Glorious King." These important Dzogchen texts are here translated from the Tibetan; notes, commentaries, and glossary of terms are also included.

THE NEPAL COOKBOOK

by the Association of Nepalis in the Americas. 132 pp., #NECO \$10.95

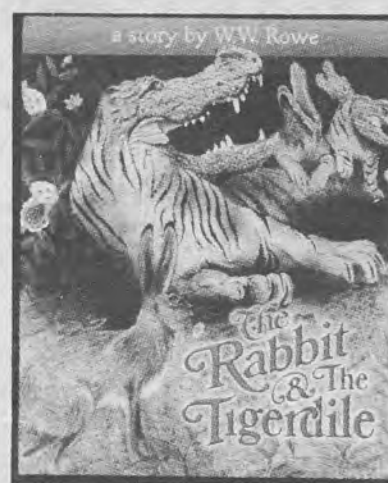
This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures.



SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel

by Keith Dowman, illustrations by Eva van Dam. 400 pp. #SKDA \$18.95

Yeshe Tsogyel, consort of Padma Sambhava, is the most famous of the enlightened women of Tibet. Women have a special place in tantra but except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here, women are in an eminent position, and a path of practice is given for initiates to emulate. Tsogyel's experiences and detailed instructions are very relevant for today.



THE RABBIT & THE TIGERDILE

by W.W. Rowe, illus. by Chris Banigan. Ages 4-10, 32 pp., 8 x 10", #RATI \$8.95 December

This past-life story of the Buddha explains why we can see the image of a rabbit on the face of the moon. When the god Sakra tested four animals, only the rabbit showed true compassion and selfless generosity. In this exciting adaptation of the tale, Sakra assumes a frightening form—half tiger, half crocodile. During their jungle adventures, the selfish failings of the fox, monkey, and weasel are humorously revealed.

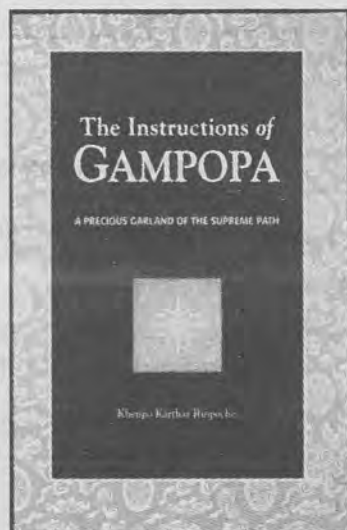
Beautiful full-color illustrations bring the story magically to life. It is delightful to read aloud: the animals can be identified by characteristic noises or sounds.



TSONGKHAPA'S SIX YOGAS OF NAROPA

trans., ed. and intro. by Glenn H. Mullin. 276 pp. #TSSIYO \$18.95

Anyone who has read more than a few books on Tibetan Buddhism will have encountered references to the *Six Yogas of Naropa*. These six—inner heat, illusory body, clear light, consciousness transference, forceful projection, and the bardo yoga—represent one of the most popular Tibetan Buddhist presentations of yogic technology. These teachings, given by the Indian sage Naropa to Marpa gradually pervaded thousands of monasteries and hermitages throughout Central Asia regardless of sect. Tsongkhapa's discussion of the *Six Yogas* is regarded as one of the finest on the subject to come out of Tibet. His treatise has served as the fundamental guide to the system as practiced in the more than three thousand Gelukpa monasteries, nunneries and hermitages across Central Asia over the past five-and-a-half centuries.



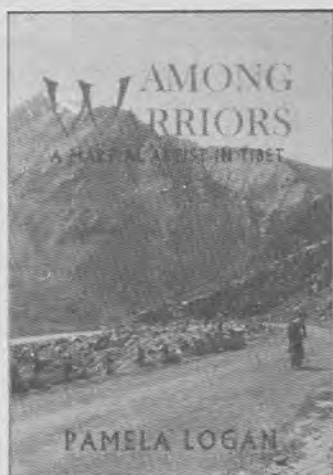
THE INSTRUCTIONS OF GAMPOPA: A Precious Garland of the Supreme Path

commentary by Khenpo Karthar Rinpoche, translated by Lama Yeshe Gyamtso ed. by Laura Roth & David McCarthy. 213 pp. #INGA \$14.95

Khenpo Karthar Rinpoche came to the United States at the request of H.H. the Sixteenth Karmapa to establish the N. American seat of the Karma Kagyu lineage. Under Rinpoche's guidance over twenty-five affiliated centers have formed, and the magnificent Karma Triyana Dharmachakra Monastery in Woodstock, New York was constructed.

Rinpoche delivers profound insights in direct and inspiring language. In this commentary on the *Precious Garland*, one of Gampopa's masterworks, he outlines what practitioners of varying levels need to know to perfect their spiritual practice. He instructs on the correct view, meditation, and conduct, and offers frank answers to common questions concerning obstacles to Dharma practice.

Gampopa (1070-1153) was the father of the Kagyu tradition and foremost student of Milarepa. "For those with faith in Gampopa, studying this text can be exactly the same as receiving teachings directly from him."—Khenpo Karthar Rinpoche



AMONG WARRIORS: A Martial Artist in Tibet

by Pamela Logan. 264 pp., 16 color photographs, 5 maps, #AMWA \$23.95

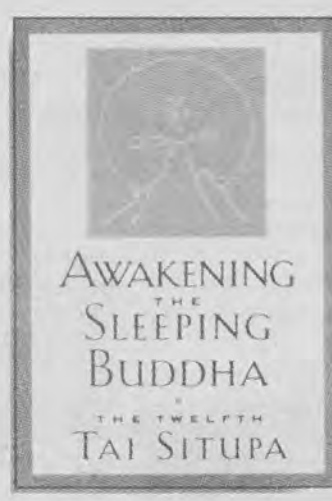
Dr. Pamela Logan, an aerospace scientist and third-degree black belt in karate, embarked on a rare journey to investigate warrior tribes in Kham in eastern Tibet. From her initial stopping-off post, the monastery of Kumbum, to her final destination Logan details the challenges and rewards of her trek as she travels across Tibet by mountain bike, train, truck, horseback and foot. She uses all of her resources to gain entrance to both the physical and spiritual Tibet.



ATISHA AND TIBET: Life and Works of Dipamkara Srijnana in relation to the History and Religion of Tibet with Tibetan Sources

by Alaka Chattopadhyaya, trans. under Prof. Lama Chimpa. 593 pp. #ATTI \$23.95 cloth

Here is a comprehensive account of the baffling personality of the great Bengali Pandit Atisha, also known as Dipamkara Srijnana, the great teacher and reformer of Tibetan Buddhism. After telling his life story, the author presents the Tibetan account of their own history and the place of Atisha in it. This is followed by a presentation of biographical material on Atisha from Tibetan sources such as Brom-stonpa, and selected teachings of Atisha that are available in English and a listing of those only available in Tibetan.



AWAKENING THE SLEEPING BUDDHA

by The Twelfth Tai Situpa, 160 pp., 10 calligraphies, #AWSLBU \$12 November

With a simple and direct approach, Tai Situ discusses enlightenment, reincarnation, and karma, and interprets cosmological principles in commonsense terms with practical examples.

BUDDHADAMMA: Natural Laws and Values for Life

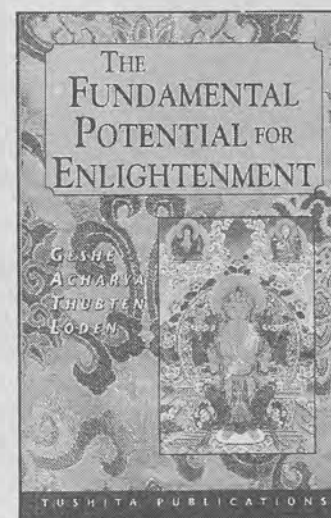
by Phra Prayudh Payutto. 302 pp. #BUNALA \$19.95

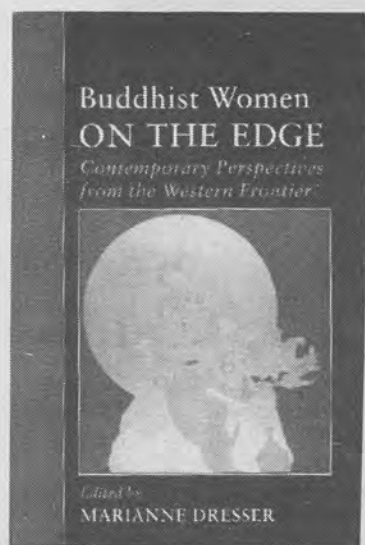
This is a major contribution that summarizes the Buddha's key teachings recorded in a large portion of the Pali Texts. Teachings on the five aggregates of existence, attachment, suffering, the twelve elements in the chain of causation, practicing the middle way and the eightfold path of proper understanding, action, speech, etc.

THE FUNDAMENTAL POTENTIAL FOR ENLIGHTENMENT

by Geshe Acharya Thubten Loden. 312 pp., 15 illustrations, #FUPOEN \$27.00 January

Sets forth an analysis of the natural and developed Buddha potential from the Mind-Only and Middle Way schools, drawn from three of Maitreya's five great treatises on the subject—the *Sublime Continuum of the Mahayana*, the *Ornament for the Mahayana Sutra*, and the *Ornament for Clear Realisation*. These famous texts explain how our potential to become a Buddha is transformed into the state of enlightenment. Also included are definitions and explanations of natural and developed potential, the six clairvoyances, the four Buddha bodies, the major signs and minor marks of a Buddha.





BUDDHIST WOMEN ON THE EDGE: Contemporary Perspectives from the Western Frontier

ed. by Marianne Dresser. 321 pp. #BUWO \$16.95

Brings together thirty ordained teachers, monastics, and longtime practitioners—these writings plunge into issues of gender, race, class and sexuality; lineage, tradition, and authority; teacher-student relationships; role of the emotions; how spiritual practice informs creativity; and more. Some of the writers: Tsultrim Allione, Pema Chodron, Barbara Gates, Jane Hirshfield, bell hooks, Anne C. Klein, Susan Moon, and others.



DHARMA ART

by Chogyam Trungpa. 192 pp., 20 photos, 8 x 9", #DHAR \$17 November

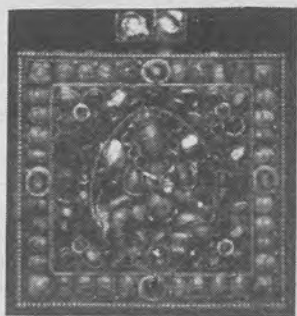
Presents Trungpa Rinpoche's teachings about the power of art to awaken and liberate. Dharma art is art that springs from the meditative state—a condition of directness, unself-consciousness and nonaggression. It provides a vehicle to appreciate the nature of things as they are and express this without any desire to achieve. Art was a primary means of expression for Chogyam Trungpa during his twenty years of teaching Buddhism—particularly calligraphy, poetry, and photography.



THE FIRST DISCOURSE OF THE BUDDHA

by the Ven. Dr. Rewata Dhamma, fore. by Ajahn Sumedho. 128 pp., #FIDIBU \$14.95 December

After his enlightenment, the Buddha delivered a discourse on the Four Noble Truths which forms the foundation of all his teachings. Dr. Dhamma is a Burmese monk and close friend of freedom fighter Aung San Suu Kyi. He includes a history of Buddha's life, background on Buddhism and a commentary on the Four Noble Truths.



GOLD JEWELRY FROM TIBET AND NEPAL

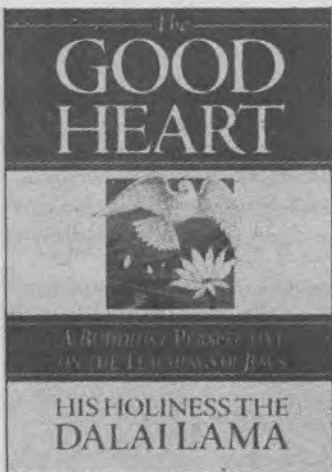
by Jane Casey Singer. 144 pp., 10 x 9", 110 color photos, 20 illus., #GOJE \$35

In Tibet and Nepal, jewelry reflected the owner's personal wealth and social status. Gold was ready cash and a woman's jewelry collection, frequently worn in its entirety on her body, served as a kind of personal financial portfolio. In Buddhism gems connote preciousness, rarity, and supreme refinement, serving as metaphors for the ideals of the tradition, and Tibet's deities were adorned with jewels and gold. Some of the finest examples of gold jewelry are represented here—earrings, ornate jewelry ensembles, and gem-encrusted amulet boxes.

THE GIFT: A Magical Story about Caring for the Earth

story and illus. by Isia Osuchowska. 32 pp., 8" sq., 30 color illus., #GI \$14.95 cloth

Ananda, the Buddha's principal disciple, teaches a small-minded king the importance of sharing—not only personal wealth but also the resources of the Earth. For children 4-10.



THE GOOD HEART: A Buddhist Perspective on the Teachings of Jesus

by the Dalai Lama. 192 pp., 2 photos, 4 illus., #GOHE \$24 cloth

At an historic interfaith encounter, His Holiness commented on passages from the four Gospels, providing a unique reading of these familiar sources of faith—the Sermon on the Mount, the Beatitudes, the parable of the mustard seed, the Resurrection, etc. Throughout his commentary, the Dalai Lama opens windows of understanding and transformation for seekers of any faith.



THE HEART OF THE MATTER

by Tsele Natsok Rangdrol. 108 pp. #HEMA \$11

Lucidly covers the meaning of the view, meditation, conduct and fruition.



THE HEALING POWER OF MIND: Simple Meditation Exercises for Health, Well-Being, and Enlightenment

by Tulku Thondup, foreword by Daniel Goleman. 250 pp. #HEPOMI \$22 cloth

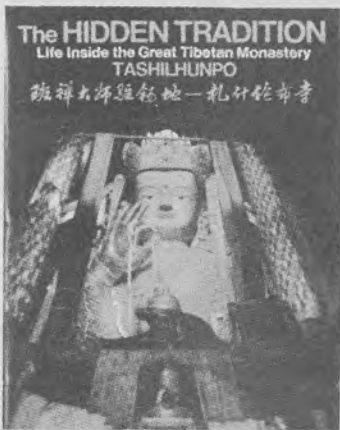
Awaken the healing power of the mind through inspiring images, sounds, positive perceptions, soothing feelings, trusting confidence and openness. Following an overview of healing meditation are 48 specific exercises for healing various mental and physical problems plus seven major Buddhist meditations for healing everyday problems and releasing the grip of our habits. We can heal simply by being what we truly are, by manifesting our own natural healing qualities of a peaceful and open mind, a positive attitude and a warm and joyful energy.



HER FATHER'S GARDEN

by Janet Brooke. 40 pp., 8 x 11", 20 color illus., #HEFAGA \$12.95

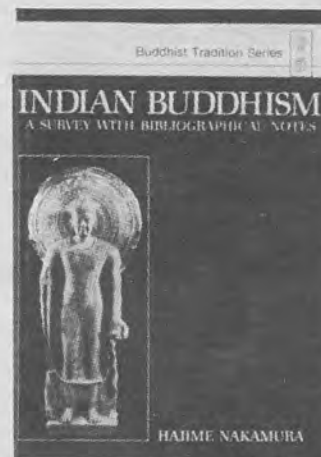
In a village high above the clouds where people are unhappy and nothing grows, a little girl dreams of a garden behind her father's house. The skeptical villagers mock her gardening efforts, but the garden flourishes and in the end the villagers are transformed and renewed.



THE HIDDEN TRADITION: Life Inside the Great Tibetan Monastery, Tashilhunpo

published by the Foreign Languages Press, Beijing. 176 pp., 200 color photos, 9 x 12+", #HITRA \$69.95

Tashilhunpo, located in Shigatse, the second largest city in Tibet, is one of the four great monasteries of the Gelugpa order. Constructed in the 15th century, it has been the permanent residence of seven Panchen Lamas. These great photos record the life of the monastery and show the magnificence of its architecture, murals, and sculptures. This book was published in China and the text is biased in that direction.

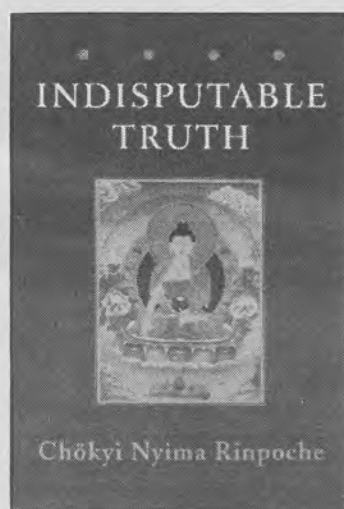


INDIAN BUDDHISM: A Survey

by Hajime Nakamura. 423 pp. #INBUDD \$19.95

"This is a remarkable survey of Buddhist literature."—Alex Wayman

This is perhaps the most comprehensive bibliographic reference available. Professor Hajime Nakamura was a Professor of Indian and Buddhist Philosophy at the University of Tokyo for thirty years. He is a distinguished scholar and internationally respected for his work.



INDISPUTABLE TRUTH

by Chökyi Nyima Rinpoche. 208 pp. #INTR \$18

Latest teaching by Chökyi Nyima Rinpoche: it contains fresh clarifications on the trademark of all buddhas, the four basic principles that mark the teachings of all enlightened beings—impermanence, suffering, egolessness, and peace—and unveils reality as it is.



JOURNEY TO ENLIGHTENMENT: The Life and World of Khyentse Rinpoche, Spiritual Teacher from Tibet

text selections & photos by Matthieu Ricard. 152 pp., 11 x 9 +", 130 color photos, #JOEN \$45 cloth

Matthieu Ricard's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's own writings comprise this personal study of one of the most significant teachers of Tibetan Buddhism, his world, and its spirit. Matthieu Ricard spent fourteen years as Khyentse Rinpoche's personal assistant and is highly regarded for his scholarship and knowledge of Tibetan religion and culture as well as his outstanding photography.

BACK! Closeout Sale!

**LHASA: Tibet's Forbidden City**

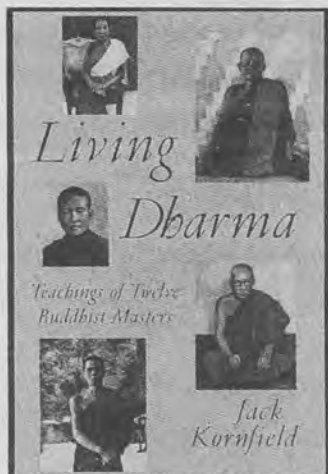
by Christine & Frank Brignoli. 107 pp., 11 x 11", 79 color photos, #LHTIFO was \$29.95, now \$15.95!

The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this large book of photos. The daily life of the Tibetans in and about Lhasa is well-documented with special emphasis on the Potala Palace, Barkhor, sacred Jokhang temple, Norbulinka Summer Palace of the Dalai Lama and the massive Drepung and Sera monasteries.

LECTURES ON TIBETAN MEDICINE

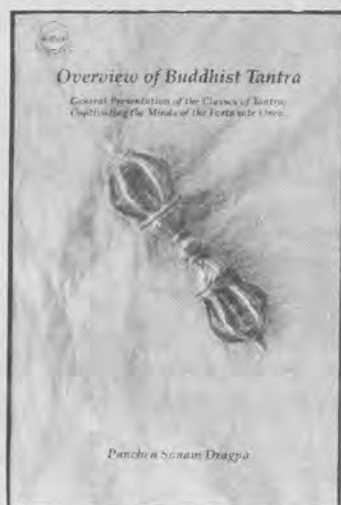
by Dr. Lobsang Dolma Khangkar. 218 pp. #LETIME \$12.95

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. This excellent book contains her lectures on Tibetan medicine and answers to numerous questions. She discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

**LIVING DHARMA: Teachings of Twelve Buddhist Masters**

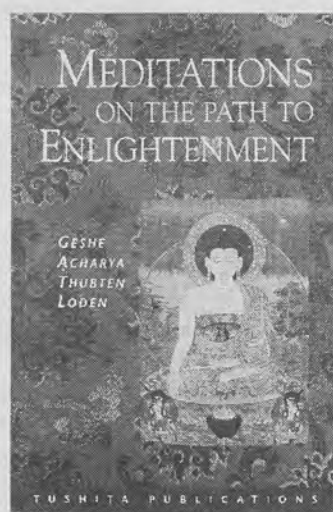
by Jack Kornfield, foreword by Chogyam Trungpa & Ram Dass. 336 pp. 14 photos, #LIDH \$16

Kornfield presents the heart of Buddhist meditation practice as taught by twelve Buddhist masters from Thailand, Burma, and Laos. Here, renowned teachers such as Mahasi Sayadaw, U Ba Khin, Achaan Dhammaddaro, and Achaan Buddhadasa describe a rich variety of meditation techniques—practices that can lead to the dissolution of the limited sense of self, an awakening of insight and compassion and the realization of Nirvana.

**OVERVIEW OF BUDDHIST TANTRA: General Presentation of the Classes of Tantra, Captivating the Minds of the Fortunate Ones**

by Panchen Sonam Dragpa. 159 pp. #OVBUA \$15

This is an outstanding sourcebook for information on the tantric grounds and paths. The process of empowerment—the role of the teacher, the student, the steps involved—is detailed and the bodhisattva and tantric vows and commitments are discussed. Mandala theory, the classes of tantra and tantric terminology are discussed. This is a must read for all students of tantra. From the Library of Tibetan Works and Archives.

**MEDITATIONS ON THE PATH TO ENLIGHTENMENT**

by Geshe Acharya Thubten Loden. 604 pp., 26 line drawings, #MEPAEN \$35

A condensed version of Geshe Loden's massive book *Path to Enlightenment*. Structured as a meditation guidebook, the subject matter of each stage of the path is presented with clear instructions on generating enlightened qualities through analytical and single-pointed meditation techniques. This is the best way to ground the teachings deeply in oneself and effect the desired transformation. Geshe Loden is a traditionally trained elder lama and head of the Tibetan Buddhist Society in Australia.

MEDITATIVE STATES IN TIBETAN BUDDHISM

by Lati Rinbochay and Denma Locho Rinbochay, ed., trans. & annot. by Leah Zahler, co-trans. by Jeffrey Hopkins. 208 pp., charts, #MEST \$15.95

Here is a detailed description of meditative practices for developing a calm mind that is alert, powerful, and capable of gaining insight into reality. Lati Rinbochay and Denma Locho Rinbochay lead the practitioner through the preliminary process of freeing the mind from habitual patterns culminating in the four concentrations and four formless meditative absorptions.

THE MIRROR: Advice on the Presence of Awareness

by Namkhai Norbu. 110 pp., Tibetan text, #MIADPR \$9.95

The principle of awareness in Dzogchen teachings is of central importance. Namkhai Norbu Rinpoche gives a detailed explanation of what awareness is and how to apply it. He also presents the quintessence of Dzogchen meditation—a sophisticated and refined, yet pristinely simple and direct path to spiritual attainment.

OPENING THE DOOR TO CERTAINTY

by the Ninth Karmapa, Tibetan text and English trans. by Bokar Rinpoche. 62 pp., glossary, #OPDOCE \$9.95

This is a condensed version of the inspiring Ninth Karmapa's work which introduces one to the direct understanding of the absolute nature of the mind—Mahamudra. It treats the preliminaries, mental calming, superior vision pointing out the nature of mind, and the post-meditation enhancement of the practice. Brief, to the point, and excellent.

**THE MYSTICAL ART OF TIBET: Featuring Personal Sacred Objects of the Dalai Lama**

by Glenn H. Mullin & Andrew Weber, with a foreword by H.H. the Dalai Lama. 176 pp., 8 x 10", #MYARTI \$16.95

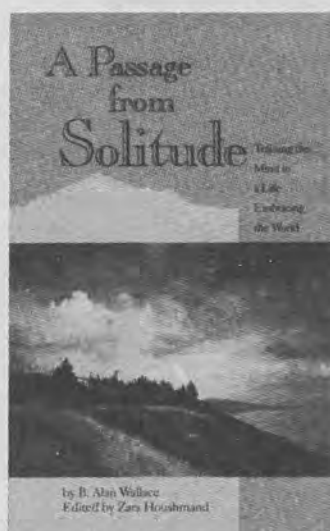
"This is not just a catalog of an exhibit, rather it is an introduction to the artistic history of Tibet and the world of its mysticism. It attempts to look into the heart and spirit of the unique and ancient culture of Tibet as reflected in its artwork."—Glenn Mullin

Presents religious and secular arts, including thangka paintings, bronze and silver statues, temple musical instruments, ritual objects, etc. The book has three parts: twenty-one personal items of H.H. the Dalai Lama; ancient pieces from the surviving collection of Drepung Loseling Monastery in India; and a selection of contemporary pieces made by the Tibetan refugees in India and Nepal. Text and art are great.

RECOGNIZING REALITY: Dharmakirti's Philosophy and Its Tibetan Interpretations

by Georges Dreyfus. 480 pp. #RECRE \$22.95

Georges Dreyfus is a Tibetan geshe and also very knowledgeable of Western philosophy, Indian thought and other Tibetan schools—so he is able to adopt a fully critical approach and does not shy away from criticisms of the Gelug material. This makes him a scholar most qualified to write on the central ideas of Dharmakirti and their reception by Tibetan thinkers. Dreyfus presents a detailed picture of this tradition of thought and its relevance to the history of human ideas.

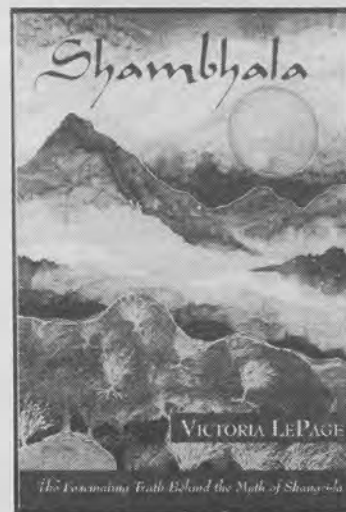
**A PASSAGE FROM SOLITUDE: Training the Mind in a Life Embracing the World**

by B. Alan Wallace, ed. by Zara Houshmand. 120 pp. #PASO \$9.95

"I have recently become very interested in the lojong teachings, and have read many books on the subject. I have found Alan's book by far the clearest, warmest, most practical introduction to the subject...my practice has become richer and deeper as a result of reading this book."—Tad Davis

In 1987, ending fourteen years as a Tibetan monk, Alan went into solitary retreat in the Sierra Nevada mountains. Drawing on this period, he shares his experience with anyone seeking to move from isolated self-centeredness to altruistic engagement with others. The approach presented here is a cherished practice among Tibetans and is of equal value for contemplatives and people actively involved in society. His alive and friendly discussion shows how to transform life's vicissitudes into occasions for spiritual growth.

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

**SHAMBHALA: Behind the Myth of the Fabled Himalayan Kingdom**

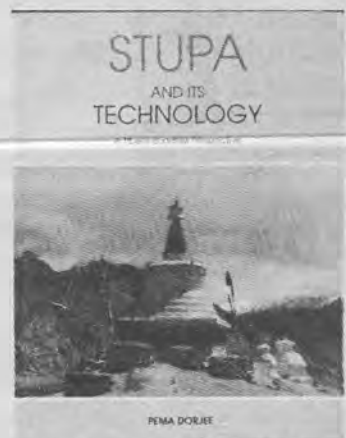
by Victoria LePage. 304 pp. #SHBEMY \$16

In this look behind the myth, Victoria LePage traces the links between this legendary Utopia and the mythologies of the world. She argues that Shambhala is real and may be becoming more available as humans learn to perceive other dimensions of reality. Not a traditional Tibetan presentation, but still interesting.

SISTERS IN SOLITUDE: Two Traditions of Buddhist Monastic Ethics for Women

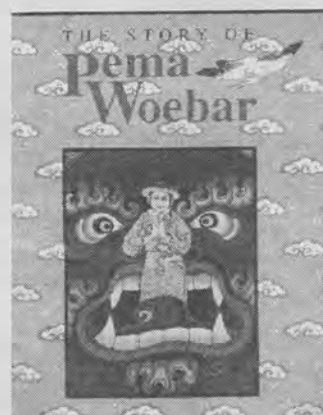
by Karma Lekshe Tsomo. 192 pp. #SISO \$15.95

Documents the earliest system of ethics formulated especially for women and presents the first translations of the original texts. An essential sourcebook for studies on women's religious history and feminist ethics, it details the monastic guidelines that link Buddhist nuns of the different traditions.

**STUPA AND ITS TECHNOLOGY: A Tibeto-Buddhist Perspective**

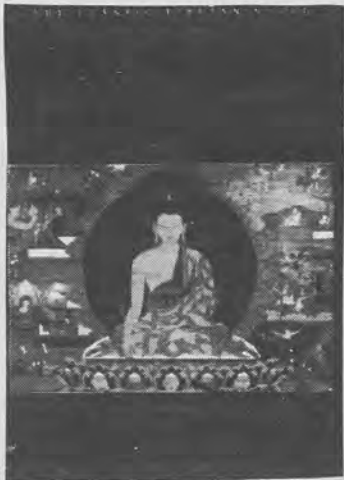
by Pema Dorjee. 189 pp., 60 b&w photos and line drawings, #STTE \$26 cloth

An in-depth study of the Tibetan stupa that focuses on important texts that explain stupa architecture. Various ritual activities associated with the construction of the stupa are described along with the eight fundamental types of Tibeto-Buddhist stupas and their main structural components.

**THE STORY OF PEMA WOEBAR: A Traditional Tibetan Tale**

50 pp., 37 b&w illustrations, ages 5 to 12, #STPEWO \$12.95

Published by Tibetans at the Norbulinka Institute in India, this is the exciting folktale of Pema Woobar, child of Padmasambhava who overthrows an evil king through his courage and insight.



THE TALE OF THE INCOMPARABLE PRINCE

by Tshe-ring-dbang-rgyal, trans. by Beth Newman. 240 pp. #TAINPR \$25 cloth

This is a sweeping epic of intrigue, passion, war and religion set in the context of a traditional Buddhist world-view. This is Tibet's only novel. The story tells the life of a prince from the realm of Kumaradvitiya, who, after a series of adventures that teach life lessons, goes into self-imposed exile and arrives at the bodhisattva state of selflessness. Because his life story mirrors that of the Buddha, *The Tale of the Incomparable Prince* is an elucidation of Buddhism as well as an extraordinary work of literature.



TIBET HANDBOOK with Bhutan

ed. by Gyurme Dorje. 768 pp., over 200 maps and plans, #TIHABH \$21.95

This new handbook has authoritative details of the entire country, county by county, including the far west, north and the eastern provinces of Kham and Amdo—not previously covered in any other guidebook. Informative details on monasteries and sacred sites, accommodations, culture, history, places to eat, transportation, festivals, staying healthy, money, documents, trekking, adventure travel, etc. Gyurme Dorje has travelled to Tibet over 30 times since 1985, on family visits, academic research projects and as tour guide. He has a Ph.D in Tibetan Studies.



TIBETAN MEDICINE and Other Holistic Health-Care Systems

by Tom Dummer. 308 pp. #TIME \$19.95

Westerners will appreciate this well-researched contribution to Tibetan medicine. The author makes Tibetan medical philosophy understandable: the tantric cosmology and symbolism relevant to Tibetan medicine including the chakras and psychic channels and energies; the causes of disease and types of illnesses and diagnosis; mind and mental disorders; diet and treatments. Then he shows how Tibetan and Western holistic medicine can be practiced together—Western herbal medicine and homeopathy with Tibetan herbal treatments, the similarities between osteopathy and Tibetan massage, and the use of Tibetan medical philosophy and Buddhist dharma as a basis for counseling therapy.

TIBETAN NATION

A History of Tibetan Nationalism and Sino-Tibetan Relations



TIBETAN NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations

by Warren W. Smith, Jr. 733 pp. #TINA \$79.95 cloth

This detailed history offers the most comprehensive account available of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Warren Smith explores Tibet's ethnic and national origins, the birth of the Tibetan state, the Buddhist state and its relations with China, Tibet's quest for independence, and the Chinese takeover of Tibet after 1950. Focusing especially on post-1950 Tibet under Chinese Communist rule, Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism. Concluding that the essence of the Tibetan issue is self-determination, Smith bolsters his argument with a comprehensive analysis of modern Tibetan and Chinese political histories.

Tibetan Portrait



TIBETAN PORTRAIT: The Power of Compassion

photos by Phil Borges, text by the Dalai Lama. 41 photos, 98 pp., 9 + " sq., #TIPOR \$27.50 cloth

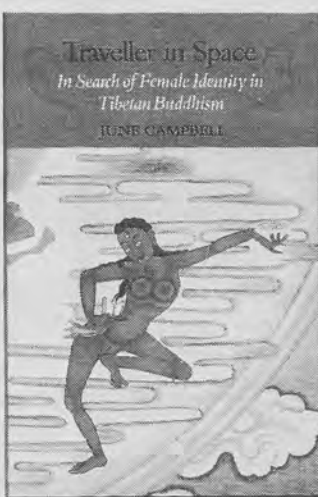
Opening this year in the Capitol Rotunda in Washington, D.C., this collection of riveting portraits paired with the words of the Dalai Lama provides a unique understanding of the Tibetan people and the Buddhist teaching of non-violence and compassion. From the Capitol, the show goes to major galleries in the US, Canada and London. Phil Borges' work has received numerous awards.



TIBETAN VOICES: A Traditional Memoir

photos by Brian Harris, written & ed. by Heather Wardle, Elizabeth Cass, Iain Marrs, George Koller. 150 pp., 50 photos, #TIVO \$31.95

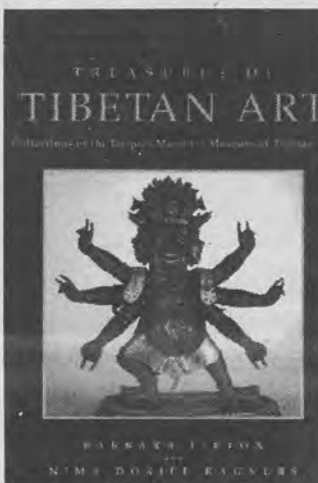
Brian Harris has combined images of Himalayan Buddhist culture with memoir-style accounts of Tibetan elders in India and the West—the photos and text are rich and moving. Royalties are being donated to Seva Service Society, The Tibetan Health Education Organisation, The Nuns Project and Delek Hospital Aid Foundation.



TRAVELLER IN SPACE: In Search of Female Identity in Tibetan Buddhism

by June Campbell. 225 pp. #TRSP \$27.50 cloth

Raises important questions concerning the secret sexual practices of Tibetan Tantra, and power issues as they relate to the subjectivity of women today. June Campbell approaches female identity through the historical context of archaic female images, and gives a psycho-analytic perspective on the dakini philosophy and the Tibetan patriarchal system. She discusses tantric rituals and sexual relations with high lamas, the identity of the dakini and the problems that arise through the Tibetan philosophy and iconography and its constrictions on women.



TREASURES OF TIBETAN ART: The Collections of the Jacques Marchais Museum of Tibetan Art

by Barbara Lipton & Nima Dorjee Ragnubs. 295 pp., 81 color photos, 109 b&w photos, 8 + x 11", #TRTIAR \$29.95

The most important works from the renowned collection are beautifully illustrated and described in this monumental volume of Tibetan art from Tibet, China, Mongolia and Nepal. They include sculptures and thangka depicting the Buddha, arhats, and lamas, meditational deities, bodhisattvas, protector and guardian deities, ritual objects, musical instruments, jewelry, and decorative objects. The essays contribute new information on Tibetan culture, iconography, history, and folklore. Barbara Lipton has been director and curator of the Jacques Marchais Museum of Tibetan Art since 1985. She is an art historian and author.



AUDIO & VIDEO



FOUR YOGAS OF MAHAMUDRA

by H. H. Drikung Kyabgon Chetsang Rinpoche. 2.90-min. cassettes #FOYO \$20

Teachings on Mahamudra based on Gampopa's advice on the different stages of Mahamudra meditation and how to work with difficulties that arise on the path. His Holiness describes the characteristics of a qualified teacher and student, the four different ways of falling off the path of Mahamudra, results of practice, the four different levels of yogic meditation, and the four levels of yogic attainment.

THE MUSIC OF NAWANG KHECHOG

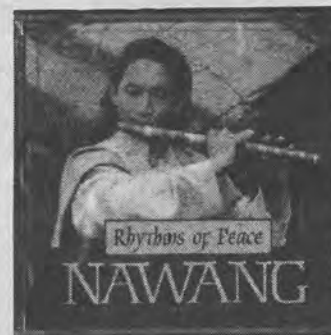
Born in Tibet, Nawang now lives in the USA. He has been a musician since childhood and was a Tibetan monk for 11 years. The experience of peace is very present in his lyrical and spacious flute music. Nawang is now touring with the world-renowned artist Kitaro. Four recordings are available:

KARUNA

by Nawang Khechog. Cassette #KA \$12, CD #KACD \$18

"I rely on music to promote understanding and harmony between people and toward nature."

This is the latest offering from a fine Tibetan flute player. All of the songs are performed on Tibetan and other ancient instruments from Australian, African, Japanese, and Native American cultures. We recommend this production as one of Nawang's best!



New CD!

RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic Chanting.

Cassette #RHPE \$10, CD #RHPECD \$16.95.

The meditative sounds of Nawang Khechog. This is an otherworldly masterpiece that uses soothing melodic textures to explore the inner stillness.

SOUNDS OF INNER PEACE: Bamboo Flute, Didgeridoo, Okharina, Incan Pan Pipes and Silver Flute

Cassette #SOINPE \$10

A blissful, deeply-felt prayer for the ears and spirit.

New CD!

SOUNDS OF PEACE: Bamboo Flute & Didgeridoo

Cassette #SOPE \$10, CD #SOPECD \$16.95

This spontaneous music captures the feeling and peace of the mountains of Tibet.

New Tape Sets in Vinyl Cases

KHENPO KONCHOG GYALTSEN RINPOCHE



GREEN TARA: Teachings and Practice

3 90-min. cassettes #GRTAT \$30

Contains a commentary on a supplication to Tara, questions and answers on Tara practice, a practice of Tara in Tibetan.

HEART SUTRA & BODHICITTA: Teachings and Practice

7 90-min. cassettes #HEBOT \$65

Combines the essential Heart Sutra teachings with the teachings on Bodhicitta, the single most important factor for attaining enlightenment. The Heart Sutra is chanted in Tibetan.

ILLUSORY BODY TEACHINGS

5 90-min. cassettes #ILBOTE \$50

The illusory body practice is one of the six Yogas of Naropa involving seeing all phenomena as lacking inherent existence. Khenpo unfolds the practice, step-by-step teaching the practices of the impure and pure illusory body.

TONGLÉN: The Practice of Sending and Receiving

4 90-min. cassettes #TOPRT \$40

Tonglen is a powerful practice for generating loving-kindness and unconditional compassion for all beings, a vital element in bodhisattva training. Included are guided meditations, visualizations and mantra practices.

UNDERSTANDING DEATH and the Process of Dying

4 90-min. cassettes #UNDET \$40

Four lectures: *Death Without Fear* by H.H. Chetsang Rinpoche; and *The Experience of Death, The Bardo States, Suffering, Death and Dying*, all by Khenpo Konchog Gyaltzen Rinpoche.

Also available by Khenpo:

CHOD TEACHINGS

(7) #CHTE \$60

This is a seven-tape set of teachings and commentary on Chod practice. One of the tapes contains a guided Mahamudra meditation and Chod practice.

COMPLETE NGONDRO TEACHINGS

(9) #CONGTE \$90

MEDICINE BUDDHA TEACHINGS

(2) #MEBUTE \$22

Khenpo gives a teaching, commentary and practice on the Medicine Buddha sadhana.

YARLUNG: Tibetan Songs of Love & Freedom

by Techung. Cassette #YATISO \$12

Techung's songs have a traditional folk flavor. They spring mainly from his inspiration but are rooted in several Tibetan styles. Techung trained for twelve years with the Tibetan Institute of Performing Arts in Dharamsala and subsequently founded Chakam-pa Tibetan Dance and Opera Company of San Francisco. He is the artistic director of the company. Techung has a lovely voice and plays several instruments. We enjoyed this tape a lot.

LIBERATE YOUR SENSES!



KHATSA! Tibetan Hot Sauce, Barbecue Marinade and Salsa

by Khatsa & Co. Three 9-oz. jars, #KHHOSA \$17.95

Khatsa means "hot mouth" and these three Tibetan sauces come from Dachen Kyaping's father who was able to leave Tibet after 21 years as a political prisoner. Khatsa is a family business and Dachen and her father oversee the production of each batch of sauce.

These sauces are not only authentic but they taste fabulous—spicy but not too hot for most people—we are enthusiastically recommending that you try them. The ingredients are vegetarian and are packaged in a gift box made from recycled cardboard.

Seven percent of the profits are donated to a nature preserve in Tibet and to provide educational opportunities for Tibetan children. This is a great gift item.

[Businesses in the food industry that would like to order Khatsa wholesale, the minimum order is \$100. Contact Khatsa & Co. 206-649-5508.]



THE NEPAL COOKBOOK

by the Association of Nepalis in the Americas. 132 pp. #NECO \$10.95

"The Nepal Cookbook is an ideal reference for gourmet clubs and any chef with an adventurous nature. A terrific addition to any kitchen bookshelf!"—Midwest Book Review

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures.

Nepali food, which is simple to prepare and subtle in flavor, is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal: appetizers, soups and lentils, vegetables, meats, pickles and chutneys, rice and breads, and desserts. The most commonly used flavorings include cumin, red and green chilies, garlic, ginger, szechwan pepper, cilantro, and scallions. Special cooking methods and ingredients unfamiliar to a Western audience are fully explained.

"Compendium of family recipes...a unique resource"—Library Journal



TANTRIC CHANTS

by Gyudmed Tantric Monastery. 50 min., CD #TACHCD \$18.95

Four tantric chants by eight monks of the Gyudmed Tantric Monastery: *Guhyasamaja Initiation, Consecration Puja, Instrumental Melody to Kalarupa*, and a *Ceremony of Auspiciousness*. Half of the money from the sale of this CD will be used to build accommodations urgently needed for the monks in India. Recorded in the USA.

BROCADE BAG

6 x 8" #BRBA \$8

Made by Tibetans, this bag has two zippered and one additional pocket for holding many small items. It comes with a shoulder cord.

TIBET: Road Map

19 x 26" #TIROMA \$9.95

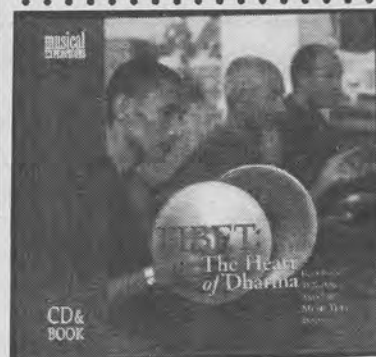
This laminated road map of Tibet also artistically shows the topography and includes much of old Tibet, not just central Tibet. There is a good detail of Lhasa. The map indicates places of interest to Tibetan Buddhists.

NEW DEITY CARDS FROM ROBERT BEER! 4 x 6" \$1 ea.

- BDC1 White Syllable AH
- BDC2 Shakyamuni Buddha
- BDC3 Manjushri
- BDC4 Four-Armed Avalokiteshvara
- BDC5 1000-Armed Avalokiteshvara



- BDC6 Standing Avalokiteshvara
- BDC7 Green Tara
- BDC8 White Tara



TIBET: The Heart of Dharma, Buddha's Teachings and the Music They Inspired

produced and written by David Lewiston, Glenn H. Mullin, Cynthia Josaya, et al.; music by the monks of Loseling Dratsang of Drepung Monastery and Khampagar Monastery. 63 pp. book, 29 color photos and other illus. & CD #TIHECD \$19.95

A lovely package, and a wonderful gift—this book and CD contain the philosophy and music of Tibetan Buddhism. The major teachers and teachings of the four lineages are presented, the Dalai Lama is introduced as well as three meditational deities: Chenrezig, Tara, Kalachakra. The chants are *Ornament for Clear Realization, The Hundred Buddhas of Tushita, The Eastern Snowy Mountain, Splendid Knowledge, and Life Enhancement*.



- BDC9 Face of White Tara
- BDC10 Vajrasattva
- BDC11 Padmasambhava
- BDC12 Vajra Varahi
- BDC13 Simhamukha
- BDC14 White Mahakala
- BDC15 Rahula
- BDC16 Vajrakila



SNOW LION T-SHIRT

#SLTSL (large), #SLTSX (x-tra large) \$15

Beautiful embroidered t-shirt with orange, yellow, red, green snow lion and letters.



ETERNAL KNOT T-SHIRT

white large #WHKNSL & extra large

#WHKNSX; black large #BLKNSL & extra large #BLKNSX \$15

"We are all connected" is the message of this great-looking shirt. It comes in black with red and white designs or white with black and red designs on 100% Fruit of the Loom cotton.

NEW DEITY POSTERS FROM
ROBERT BEER!

11 3/4 x 16", \$7.50 ea.

- BDP1 Four-Armed Avalokiteshvara
BDP2 1000-Armed Avalokiteshvara
BDP3 Green Tara
BDP4 White Tara

THE EASTERN REGIONS
OF TIBETby *Academica Tibetica*, 24 x 29", #EARETI
\$13.50

This has a full-size map on one side and 5 historical maps on the reverse with essays examining the diffusion and settlement of the Tibetan peoples and Tibetan Buddhism in the eastern borderlands of Kham and Amdo.



THE DALAI LAMA

8 1/4 x 11 3/4" #DALAPO \$4.50

A poster image of His Holiness—a beautiful close-up of his face and shoulders.

NEW CARDS FROM ANDY
WEBER!

4 X 6" \$1 ea.

- WDC1 Long Life Thangka
WDC2 Four Friends
WDC3 Eyes of the Stupa
WDC4 Eight Auspicious Symbols
WDC5 Om Mani Padme Hung
WDC6 Hri
WDC7 Om Ah Hung
WDC8 Double Dorje



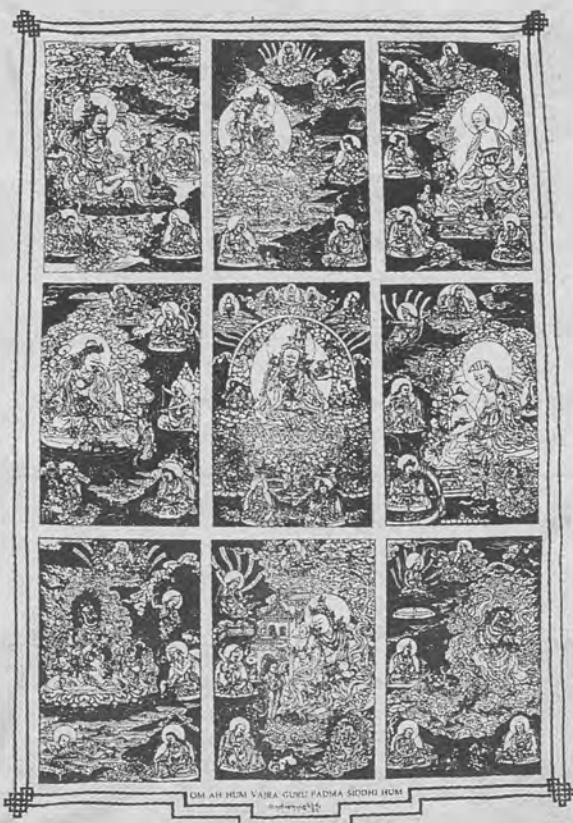
TOUCHING PEACE

by *Thich Nhat Hanh*. 2 cassettes, #TOPE
\$16.95

"Breathing in I'm aware of my heart. Breathing out I smile through my heart. This is the practice of awareness."

RADIANT HEART PRAYER FLAGS

Printed on 100% cotton with non-toxic colorfast textile paints, these flags are exquisitely designed and beautifully made.



Eight Manifestations of Guru Rinpoche

25 x 37", #EIMAGU \$16



Prayer to the Twenty-one Taras

20 x 26" #PRTWPR \$8



Sampa Lhundrup

19 x 28" #SALUPR \$8

"The Quick Wish-Fulfilling Prayer of Padmasambhava" is the subject of this flag. The four sacred animals are in the corners with Guru Rinpoche in the center.

Gyaltzan Semo

20 x 26" #GYSEPR \$8

This is the Banner of Victory given to Indra by Buddha Shakyamuni to overcome all obstacles and enemies. Contains the Eight Auspicious Symbols, the eight precious possessions of a monarch, the windhorse and five sensuous offerings.



Shakyamuni Buddha

14 x 20" #SHBUPR \$8

Green Tara

14 x 20" #GRTAPR \$8

VIEW FROM THE PATH

Continued from page 5

years of familiarity with these topics could come to class and get a lot out of it.

Khensur Rinpoche also has a habit, or pedagogical strategy, or skill-in-means, or all of the above, to engage the students in a playful debate. In other words, he will be talking about a particular topic and he will stop at a real meaty issue, turn to the class and will ask a question. And whatever the answer, Rinpoche will say, "Well, you say this, but what about such and such." So there is this engagement too. Khensur

Rinpoche is like this in all the classes, not just the big ones.

J: What do you think you've learned at Namgyal so far?

S: This is a big question. I came here perhaps for several reasons. As I said, I wanted to learn Tibetan and to learn how to translate texts. Why? Yes, because I wanted to make this a springboard into academia, and for that I feel well prepared. And I definitely wanted to develop an understanding of the Prasangka presentation of emptiness, but there seems a greater distance between me-here-now and that goal. It is a hard thing to get a grip on, espe-

cially without a foundation in the whole epistemological tradition that undergirds all of this talk about emptiness. I came into this with a lot of ideas about the world, about what I thought emptiness was all about...these are pretty culturally bound ideas, all of this conceptual gear, all of these ideas I've lugged with me. I used to think emptiness was some a priori something-or-other, or a cool place to go, I didn't know. This stuff, so much of what I've identified with isn't necessarily the case in the tradition I've been studying here. I've got to be careful if I ever end up translating something that other people will read and contemplate, or if I

become a teacher. I'm in this constant process of uncovering what I've brought to this endeavor.

I also came here to get a strong basis and understanding of the stages of the path, and to get some life skills, and to basically learn how to meditate, how to make and accept change in my life. For me this isn't a path of turning away from the world. I need the world, my relationships, all this frustrating stuff. I do however need to change a lot of things in my mind. Perhaps what I've learned is like what Socrates used to say, that he didn't know so much. That's how it is. That's what I've learned. ■

Snow Lion is pleased to be able to offer you this selection of new titles on Tibetan Buddhism and culture.

We hope that this publication, our web site, plus the services our staff provide you—answering questions, filling your orders promptly and with care, and publishing new books—are of value to you. We are able to offer these services and our newsletter because people purchase the items they want from Snow Lion.

We would also like to let you know that items are returnable within ten days of receiving them—so if you order something and it is not what you wanted, you can return it for a refund. We appreciate your continued support of this project.



THE BON RELIGION OF TIBET: The Iconography of a Living Tradition

by Per Kvaerne. 155 pp., 8 1/2 x 12", 79 color plates, #BORETI \$55

Although conforming to the stylistic conventions of Tibetan Buddhist art, an entire and unique pantheon of deities is revealed by this pioneering study which introduces the main characteristics and doctrines of Bon, as well as its monastic life and its meditational and ritual practices. The iconography of the Bon tradition is presented through a series of thangkas, miniatures and bronzes. The peaceful, tutelary, protector and local deities as well as the Bon siddhas, lamas and dakinis are identified and fully described.

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 \$90

The great stupa of Gyantse, about 100 miles southwest of Lhasa, may be the chief wonder of the Tibetan Buddhist world. Within its 75 chapels and temples is nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. The author explains the structure of the stupa, the iconography 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.

BUDDHISM: Flammarion Iconographic Guides

by Louis Frederic. 360 pp., 600 b&w illus., 32 in color, #BUFLIC \$24.95

With over three thousand divinities in its pantheon, Buddhist iconography is challenging. With the aid of abundant illustrations, this guide distinguishes each holy figure, providing clear and concise explanations of the differing names and attributes by which they are known in India, Nepal, Tibet, China, Japan and Southeast Asia. Included are comparative tables, extensive bibliography, index and notes. Louis Frederic is a renowned specialist on Buddhism and the author of over fifty books on Far Eastern art and culture.



EAST OF LO MONTHANG: In the Land of Mustang

by Peter Matthiessen, photos by Thomas Laird. 192 pp., 9 x 12", 160 color photos, #EALOMO cloth—now \$30

This is a photo-documentary of two men's journey into the once-forbidden Himalayan region called the Kingdom of Mustang. From the city of Lo Monthang, popularly known as Mustang, the pair began a horseback adventure across arid plateaus and through narrow river chasms. Together, in word and image, they reveal a place where mountains five miles high cast their shadows over the deepest canyon in the world, where nomads live herding their flocks on desolate slopes and fear the nightly advance of snow leopards.

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings, #IMENL \$24.95

"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

"...a concise introduction to the fundamental points of tantric Buddhism as practiced in the Tibetan traditions."—*The Mirror*

"A clear and straightforward guide to the inner world of this sacred art."—NAPRA Trade Journal

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 \$24.95

Hugh Richardson provides his own first-hand pictorial account of the calendar of spectacular rituals and festivals that occupied the entire populace of Lhasa—a rich panoply of processions, sacred dances, oracular seances, ritual competitions and official feasting. Richardson was head of the last British and first Indian missions to Tibet before the Chinese takeover.



FROM THE LAND OF THE THUNDER DRAGON: Textile Arts of Bhutan

by Diana Myers, Michael Aris, Francoise Pommaret, and Susan Bean. 247 pp., 9 x 11", 130 color plates, 20 b&w photos, #FRLATH \$29.95

From the *Land of the Thunder Dragon* reveals the richness, originality, and striking beauty of Bhutanese textiles—unmatched anywhere in the world. This copiously-illustrated book covers all aspects of Bhutan's textile and weaving heritage, from the central role of women, to fibers, dyes and looms, to the functioning of beautiful cloth as an item of trade and an indicator of historical change and social identity.

A HISTORY OF TIBETAN PAINTING

by David Jackson. 432 pp., 60 color plates, 190 b&w, 2 maps, #HITIPA \$140 January '97

This richly illustrated work explores the sacred painting traditions of Tibet from the mid-15th through 20th centuries on the basis of both the surviving pictorial remains and the extensive written sources that survive in Tibetan language. The present study identifies the great founders of the main schools of Tibetan painting and locates references to their surviving works of sacred art. It also includes a survey of the main Tibetan sources and studies, both traditional and modern, as well as a detailed summary of previous Western research on this subject.



JOURNEY TO ENLIGHTENMENT: The Life and World of Khyentse Rinpoche, Spiritual Teacher from Tibet

text selections & photos by Matthieu Ricard. 152 pp., 11 x 9", 130 color photos, #JOEN \$45 cloth

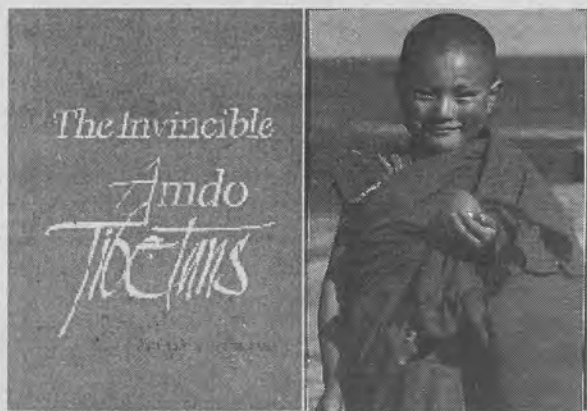
Matthieu Ricard's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's own writings comprise this personal study of one of the most significant teachers of Tibetan Buddhism, his world, and its spirit. Matthieu Ricard spent fourteen years as Khyentse Rinpoche's personal assistant and is highly regarded for his scholarship and knowledge of Tibetan religion and culture as well as his outstanding photography.

HOLIDAY SEASON SALE! \$20 OFF!

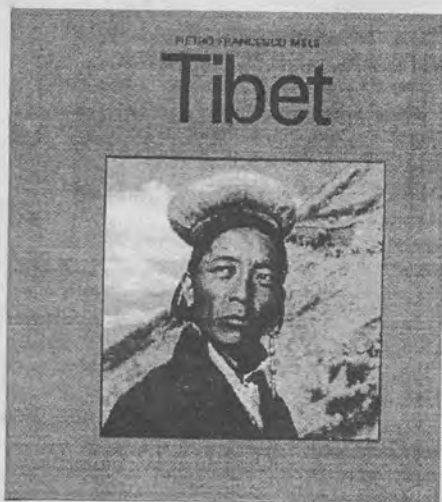
THE INVINCIBLE AMDO TIBETANS

by Paulius Normantas, 120 pp., 32 full-color photos, 64 two-color photos, 9 x 12" #INAMTI was \$58 cloth, now \$38!

This unusual collection of photos from Amdo is a sensitive portrayal of the Tibetan people of this region—their religious and secular life, their monasteries and dwellings against the background of the massive Tibetan landscape. We are pleased to offer this fine collection.



CLOSEOUT SALE!



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)

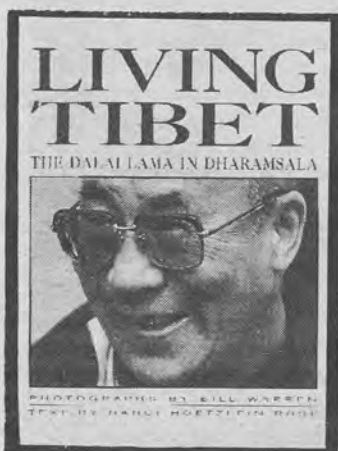
"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book."—H. H. the Dalai Lama

Pietro Francesco Mele was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci in the 1940s.

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 making this book historically valuable as well as artistically beautiful.



WINNER! National Press Photographers Assoc. 1995 Award of Excellence



LIVING TIBET

The Dalai Lama in Dharamsala

Photographs by Bill Warren, Text by Nanci Rose. 138 pp., 160 color photos, 8 x 10 1/2", #LITI \$26.95

"Bill Warren's photographs wonderfully evoke the true spirit of Dharamsala, a place where Tibetan culture is more complete and can be better observed, than in Tibet itself."—Galen Rowell

Living Tibet is an engaging and dramatic exploration of Tibet's rich artistic and cultural heritage as preserved in one of the most successful refugee communities in history. Sheltered by the Himalayas of northern India, Dharamsala has been the home of H.H. the Dalai Lama and the government and cultural headquarters for the Tibetan people since 1960. Photojournalist Bill Warren and writer Nanci Rose take us on a colorful and informative journey through the winding streets and behind the scenes, revealing the rich tapestry of life in Dharamsala. There are special sections on the Dalai Lama and the Nechung Oracle as well as helpful travel information.

"*Living Tibet* is a glorious tribute to the magnificent culture of Tibet."—*New Age Retailer*

THE LAST FORBIDDEN KINGDOM: Mustang, Land of Tibetan Buddhism

photos by Vanessa Boeye, text by Clara Marullo. 156 pp., 100 full-color photographs, 11 x 11", #LAFOKI \$40 cloth

Opened in 1992, the doors to Mustang were unlocked and a few foreigners made the arduous trek to photograph and write about this fabled land. This book is a riveting account of the authors' experience and a unique view of the society that exists there. It is an evocative visual record of some of the most dramatic and beautiful landscape in the world.



LOST LHASA: Heinrich Harrer's Tibet

by Heinrich Harrer, 224 pp., 200 photographs, 9 x 11" #LOLH \$39.95

A visual sequel to the author's great *Seven Years in Tibet*, *Lost Lhasa* is Heinrich Harrer's intimate photographic portrayal of a vanished way of life. The astonishing photos, together with Harrer's commentary, capture the "forbidden city" in its ceremonies and secular life—and shows us Tibet as it was.

LIVING BUDDHISM

by Andrew Powell, photos by Graham Harrison. 200 pp., 150 color plates, 8 1/2 x 11", #LIBUD \$24.95

This is a photographic treasure house that immerses the reader in the landscapes of the Buddhist East—Tibet, China, Japan, Sri Lanka, Thailand, Burma, Nepal, and India. The author and photographer visited Buddhist communities and interviewed some of the religion's leading figures, including the Dalai Lama.

MANDALA

by Jose and Miriam Arguelles, for. by Chogyam Trungpa. 144 pp., 8 1/2 x 11", 81 b&w illus., 11 color illus., line art, #MAN \$20

This is one of the first books to present comprehensively the principle of the mandala, the center as a universal image, a vision, a way of growth, a ritual technique and an essential life process.

THE MIRROR OF MIND: Art of Vajrayana Buddhism

by Deborah Ashenaden and Dr. Gennady Leonov. 108 pp., 8 x 11 1/2", 114 plates—most in color, #MIMIAR \$35

This impressive book contains outstanding examples of Tibetan art in many different classes: statues in metal and wood; thangkas; ivory carvings, ritual objects, furniture, carpets, and textiles. The statues of Vajra Yogini, Marpa, Ushnishaśitatapatra, Samantabhadra, Hevajra, Chakrasamvara, Mahakala and Maitreya are wonderful to see. We also liked the ritual objects—phurbas, vajras, masks, butter lamps and well-crafted altar furniture.

SACRED MOUNTAINS OF ASIA

ed. by John Einarsen. 151 pp., 8 1/2 x 11", 135 b&w photos and illus. #SAMOAS \$16

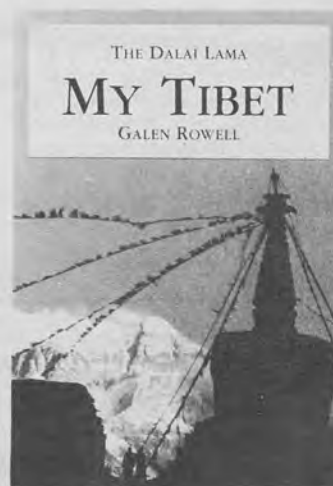
"To see the greatness of a mountain, one must keep one's distance; to understand its form, one must move around it; to experience its moods, one must see it at sunrise and sunset, at noon and at midnight, in sun and in rain, through all the seasons. **He who can see the mountain like this comes near to the life of the mountain.**"—Lama Anagarika Govinda

Twenty-nine pieces celebrate many sacred peaks through prose, art, photographs, poetry and spiritual texts.

MONGOLIA: The Legacy of Chinggis Khan

by Patricia Berger & Terese Tse Bartholomew. 339 pp., 320 illustrations, 237 in color, 9 x 12", #MOLECH \$60 cloth

Spanning the late seventeenth to the early twentieth centuries, the Mongolian renaissance produced marvelous art and culture. Drawn from Mongolia's national museums and library, this collection is outstanding! It provides a unique view of Mongolian Tibetan Buddhist life in symbol-rich art forms that reveal the country's spiritual, political, and social beliefs: opulent headdresses; radiant bronze sculptures by the brilliant artist Zanabazar; colorful, exotic ritual masks used in the tsam dance; richly decorated manuscripts and book covers; thangkas; and the spun-gold robe of the Bogdo Khan.



MY TIBET

by the Dalai Lama & Galen Rowell, 168 pp., oversize cloth edition, 108 color photos. #MYTIP \$15 paper, #MYTI \$40 cloth

His Holiness the Dalai Lama and Galen Rowell have produced a great photographic study of Tibet. Rowell's photos of Tibet are remarkable in quality and composition. His Holiness has written the captions for the photos and also 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

Photography and text by Melvyn Goldstein and Cynthia Beall. 192 pp., 190 color photos, #NOWETI \$21.95

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.

KATHMANDU

POWER PLACES OF KATHMANDU: Hindu and Buddhist Holy Sites in the Sacred Valley of Nepal

by Keith Dowman, photos by Kevin Bubriski. 144 pp., 108 color photos, 10 1/2 x 13 1/2", #POPLKA \$39.95 cloth

In Nepal's Kathmandu Valley, numerous power places—focal points of divine energy—open their windows into the realm of the gods. Geomantic forces, divine myths, human history and legend combine to make these locations potent sources of spiritual and psychic renewal. *Power Places* is a gorgeous photo book that follows the pilgrimage routes through Kathmandu, Patan and Bhaktapur capturing for the reader the mystery and grandeur of these vortexes.



NEPAL: A Guide to the Art and Architecture of the Kathmandu Valley

by Michael Hutt, et al. 248 pp., 8 1/2 x 11", 312 b&w illustrations, 16 pp. of full color illus. #NEGUAR \$37.50

This illustrated guide describes the extraordinary cultural flowering that has occurred in the Kathmandu Valley. Maps, diagrams, line drawings, and photos beautifully illustrate the palaces, temples, stupas, sculptures, paintings, both Hindu and Buddhist.



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

Spectacular photography and narrative provide a journey through Himalayan scenery to Kailas, Asia's most sacred mountain. Sublime, this snow-clad pyramid has been a place of pilgrimage for over a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape traversed by vital and determined pilgrims.

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, this catalog contains photos of sculpture—metal, wood, ivory, lacquer, stone and clay; thangkas—painted, applied and embroidered; wall paintings; and iconography—body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking."



TIBETAN BUDDHIST ALTAR

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

This unusual museum catalog records the construction, decoration and consecration (by the Dalai Lama) of the new Tibetan Altar at the Newark Museum. The contents of this elaborate shrine are extensively described—it was traditionally constructed and contains the requisite items for practice.

THE SAND MANDALA OF VAJRABHAIKAVA

by Daniel Cozart with the monks of Namgyal Monastery. 40 pp., 4 color photos, 30 b&w photos, 9 x 8", #SAMAVA \$8.95

Mandalas are perhaps the world's richest religious symbols, intricate designs that in Buddhism symbolize the ideal worlds of Buddhas and the many facets of Buddhist teachings. This book explains the symbolism of the colorful mandala of Buddha Vajrabhairava (wrathful form of the Buddha of Wisdom—Manjushri) created in sand by monks of Namgyal Monastery (the Dalai Lama's personal monastery). It places mandala-making in the context of Buddhist tantra and describes the process whereby a mandala is planned, executed and finally dismantled.

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 in this photo book 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.

TIBETAN THANGKA PAINTING: Methods & Materials

by David & Janice Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, large format, #TITHPA \$29.95

"An indispensable reference manual for anyone who is interested in Tibetan art."—Parabola

Tibetan Thangka Painting is a detailed step-by-step description of the techniques and principles of this sacred art. The many line drawings of symbols and motifs aid artists and serve as a unique sourcebook for designers. This handbook includes valuable guidelines for using modern techniques and materials. Robert Beer has also added many line drawings of the primary deities to show the geometrical proportions.



TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOB0 \$9.95

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.

THE WHEEL OF TIME SAND MANDALA

by Barry Bryant with the Monks of Namgyal Monastery. 272 pp., over 150 photos, #WHTISA \$24

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."



TIBETAN MANDALAS

by Prof. Raghu Vira and Lokesh Chandra. 270 pp., 8 1/2 x 11", #TIMAN \$55 cloth

This is a fascinating collection of 158 mandalas of major and minor tantric deities—actually it is comprised of two famous collections of large line drawings. The first is the *Vajravali* by Abhayakaragupta, containing 26 mandalas such as Manjuvajra, Akshobhya, Vajrasattva, Heruka, Hevajra, and Ushnisha-tapatra. The second collection is the *Tantra-samuccaya* and contains 132 mandalas of major and minor deities divided into the four tantras and other classes with special emphasis on the Anuttara Yogini Tantras.

BEST SELLING!

NEW EXPANDED CLOTH EDITION!



WISDOM AND COMPASSION The Sacred Art of Tibet

by Marglin Rhie & Robert Thurman, photos by John Taylor. 408 pp., 278 illus., 263 in full color, 9 x 12", #WICO \$75 cloth, #WICOP \$40 paperback

This landmark volume illustrates, explains, and celebrates 160 of the finest and most beautiful examples of Tibetan sacred art spanning 1,000 years and drawn from museums and private collections around the world. The text offers insights into the significance, iconography, and aesthetics of the thangka paintings, sculptures, and mandalas pictured.

The expanded cloth edition contains 81 new color plates of statues and thangkas, making this book even more definitive at no extra cost.



BIOGRAPHY

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. Sherab Chodzin Kohn was a close student of Trungpa Rinpoche and has been a teacher since 1973.

THE CHARIOT FOR TRAVELING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche

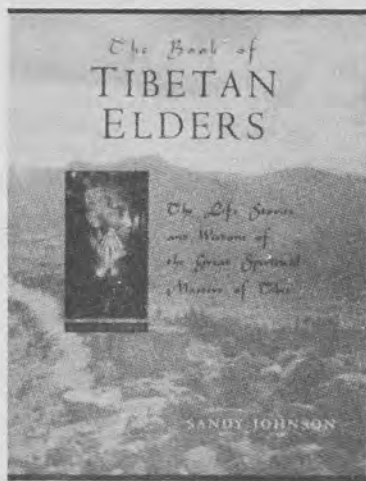
by Ken McLeod. 101 pp., 91 photos & illustrations. #CHTRPA \$18.75

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 \$9.95

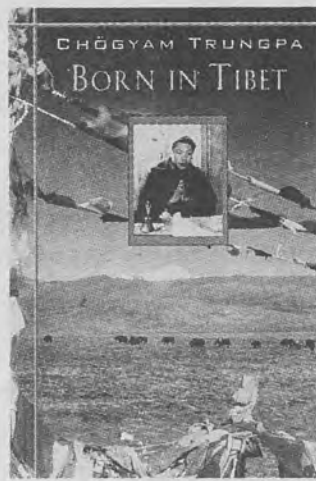
This book about Khyentse Rinpoche was published during the latter part of his life. The photos alone are easily worth the price of the booklet. You might want to buy two—one to cut up for framing.



THE BOOK OF TIBETAN ELDERS: Life Stories and Wisdom of the Great Spiritual Masters of Tibet

by Sandy Johnson. 288 pp., b&w photos, 6 x 8", #BOTIEL \$23.95

Sandy Johnson travelled to gather the wisdom of spiritual masters of Tibet. Incarnate teachers tell their stories, Tibetan doctors share their secrets, oracles talk about what it is like to be possessed—a rare documentation of a special group of teachers.



BORN IN TIBET

by Chogyam Trungpa. 296 pp., 36 photos, 18 line drawings, #BOTI \$15

Identified at the age of thirteen months as a major reincarnation of an enlightened teacher, Chogyam Trungpa underwent a period of intensive training in meditation, philosophy, and fine arts, receiving full ordination as a monk in 1958. He then narrowly escaped the Chinese army in Tibet—this memoir concludes with his safe arrival in India and his life in start of his life in the West.

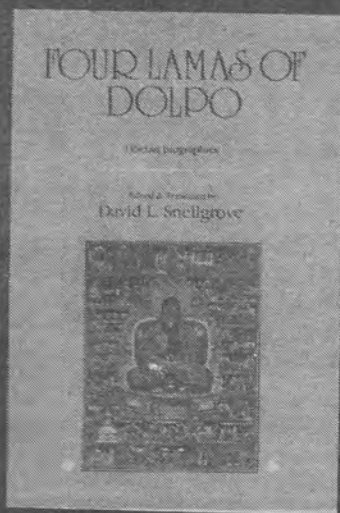


CHILDREN OF TIBET: An Oral History of the First Tibetans to Grow up in Exile

ed. by Vyvyan Cayley. 217 pp., 20 photos, maps. #CHTI \$14.95

"A refreshing contribution to the burgeoning literature on Tibet, which remains notably (and regrettably) uninterested in the day-to-day lives of contemporary lay Tibetans."—*Tibetan Review*

These are the personal accounts of twenty Tibetans who survived the trials and tribulations of growing up outside their homeland. They are the first generation raised in exile and living around the world. Their lives have been extraordinary in terms of the extremes of hardship they have undergone, and they have lived with a sense of the unremitting tragedy imposed upon their nation by the Chinese occupation. Their stories are full of humor and sadness and reflect their enduring faith and their love and respect for the Dalai Lama.



FOUR LAMAS OF DOLPO

Autobiographies of Four Tibetan Lamas

ed. by David Snellgrove
302 pp., plus 46 b&w plates, fold-out map, #FOLA \$21

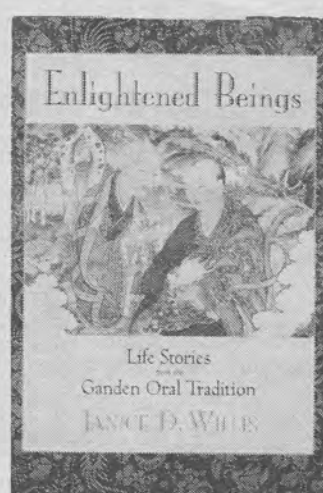


This unusual volume presents the autobiographies of four Tibetan lamas in the land of Dolpo, which was part of Western Tibet. Three of them were born in the 16th century, and one in the 17th. These life stories were dictated by the lamas themselves in response to the disciples' requests and one hand-written copy was preserved. Snellgrove's introduction describes religious practices in Dolpo—which are practically unchanged for a thousand years.

ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition

compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18.

Here are the life stories of six great tantric masters from the Gelugpa school of Tibetan Buddhism. In the Gelugpa tradition there are many siddhas and Jan Willis has meticulously presented the liberation life stories of the first six lineage holders of the Ganden Oral Tradition, the system of highest yoga tantric practice designed and developed by the great Tsongkhapa.



IN SEARCH OF THE DHARMA: Memoirs of a Modern Chinese Buddhist Pilgrim

by Chen-Hua. 292 pp., 10 illus. #SEDH \$16.95

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. He made pilgrimages to major monasteries and holy sites, and sought instruction from many famous masters.

HIS HOLINESS THE XVII GYALWANG KARMAPA

18 pp., 25 photos, 9 x 14" #KAR \$9.95

This is a photo documentary of the discovery 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.



THE GREAT KAGYU MASTERS

trans. by Khenpo Konchog Gyaltzen, ed. by Victoria Huckenpahler. 240 pp. #GRKAMA \$14.95

"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

LIFE OF MARPA THE TRANSLATOR

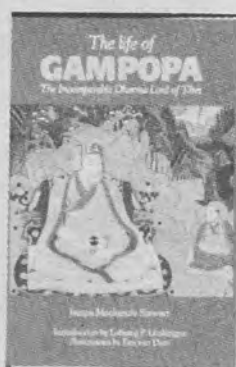
the Nalanda Translation Committee. 320 pp. #LIMA \$15

Marpa exemplifies the ideal of the person who devotes himself to spirituality without neglecting his worldly obligations. He was the student of Naropa and teacher of Milarepa. This biography paints a vivid picture of the young Tibetan's three journeys to India to study the Buddhist teachings. Despite many hardships, he mastered the tantric teachings, translated Sanskrit texts into Tibetan and established the Kagyu lineage.

LIFE OF THE MAHASIDDHA TILOPA

96 pp. #LIMATI \$9.95

Thought to have been composed in the 11th century by Marpa, this account of the complete liberation of Tilopa is accompanied by a translation of the original Tibetan text.



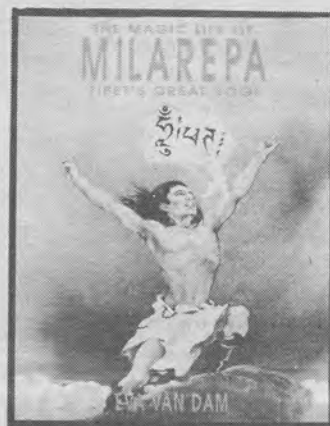
THE LIFE OF GAMPOPA: the Incomparable Dharma Lord of Tibet

by Jampa Mackenzie Stewart, illus. by Eva van Dam, intro. by Lobsang P. Lhalungpa. 175 pp. #LIGA \$12.95

Here is the first complete life story of Gampopa, the foremost disciple of Milarepa forefather of the Kagyu lineages. It is said that over 50,000 disciples gathered around him after his enlightenment. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's advanced meditative experiences, and presents direct insights into the practice and realization of Mahamudra. Beautiful drawings by Dutch artist Eva van Dam illustrate this compelling and moving tale.

"J.M. Stewart has rendered a great service by collecting all the available and often divergent information about Gampopa and presenting a plausible synthesis of known facts."—Georg Feuerstein for Quest Magazine

A history of the Kagyu lineage by Lobsang P. Lhalungpa supplements the story of Gampopa's life, and provides the fullest possible picture of the development of the Kagyu lineages of Tibetan Buddhism.



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.



THE LIFE OF MILAREPA

by Lobsang Lhalungpa. 220 pp. #LIMI \$13.95

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.



सरोहवज्र

A GARLAND OF IMMORTAL WISH-FULFILLING TREES

by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sangye 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 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. H.H. Penor Rinpoche is the present head of the Nyingma lineage and the Palyul tradition.

HOUSE OF THE TURQUOISE ROOF

by Dorje Yuthok, trans. & edited by Michael Harlin, foreword by Heinrich Harrer. 330 pp., photos #HOTURO \$16.95

"...a superior book."—*The Tibet Journal*

Mrs. Dorje Yuthok offers readers a fascinating account of life in upper-class Lhasa. This frank autobiography of a noblewoman describes life in Lhasa before the Chinese occupation. It is also a quiet, dignified description of women's status in the family and the community. The author possesses an insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

"Dorje Yuthok's book, rich in vignettes of the quotidian life of Tibetan aristocrats prior to the Chinese invasion, reflects a sensitivity to readers' interests in finely drawn portraits of Tibetan social interaction, ritual observances, and material culture. Yuthok's detailed descriptions of the intimacies of family life deftly convey the immediacy of her experience to readers."—Marcia Calkowski, *The Journal of Asian Studies*

THE LIFE OF SHABKAR: Autobiography of a Tibetan Yogi

trans. by Matthieu Ricard, intro. by the Dalai Lama. 650 pp. #LISH \$24.95

The Life of Shabkar has long been recognized by Tibetans as a master work about a Tibetan yogi. Following his inspired youth and early training in Amdo in the 1800's under the guidance of several extraordinary Buddhist masters, Shabkar Tsodruk Rangdrol devoted himself to years of solitary meditation. With determination, he mastered the most esoteric Dzogchen practices. He then wandered far and wide over the Himalayan region living his realization.



LORD OF THE DANCE: The Autobiography of Chagdud Tulku

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. This account of his childhood in Tibet, where his mother was one of Tibet's five supreme female realization holders, tells of his training as a tulku. His life is 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.

KARMAPA: Urgyen Trinley Dorje

by Ken Holmes, 152 pp., 18 color plates, 38 b&w photos and line drawings, 7 x 9" #KAURTR \$22.95

Drawing on twenty-five years of experience close to the senior lamas of the Kagyu tradition, Ken Holmes presents extremely useful and not always widely available information on topics such as the Karmapa's lineage, reincarnation, Tibet and Tibetan Buddhism. Contains photos of the new incarnation, the 16th Karmapa and other lamas.



THE LOTUS-BORN: The Life Story of Padmasambhava

by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$17

This biography of Tibetan Buddhism's founder, 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 future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.



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 great Siddhas—the magicians and saints who founded the Tantric lineages. The lives of the mahasiddhas demonstrate that enlightenment is to be found in the most unexpected of circumstances and places, independent of 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 \$21.95

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.

MASTERS OF MEDITATION AND MIRACLES: The Longchen Nyingthig Lineage of Tibetan Buddhism

by Tulku Thondup. 478 pp. #MAMEMI \$35 cloth

Lively biographies of 34 important masters in the Nyingma lineage of the Longchen Nyingthig. Beginning with Garap Dorje these stories convey exemplary lives led in monasteries, mountains, woods, and caves—lives of great austerity and dedication, superb humility and peace, profound learning and wisdom, amazing miracles and joy.



MIPAM: A Tibetan Love Story

by Lama Yongden. 340 pp. #MI \$11.95

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, ed. by Joseph Campbell. 280 pp. #LILI \$14.95

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.

In 1928, elder monks of the Gelugpa sect divined that a five-year-old boy was the reincarnation of the ninth Khyongla of Tibet. On his sixth birthday, monks took him to Rato monastery some distance away to be installed as its spiritual head. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet, until the Chinese invasion. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in the New York.

OLD PATH WHITE CLOUDS: Walking in the Footsteps of the Buddha

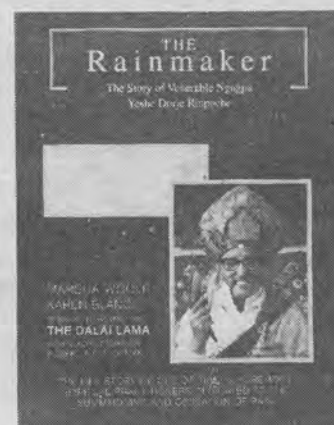
by Thich Nhat Hanh. 600 pp., 40 drawings #OLPAWH \$25

This is a biography of the Buddha drawn directly from 24 Pali, Sanskrit, and Chinese sources, and retold by Thich Nhat Hanh in his inimitable and 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.

PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth

by Sir Charles Bell. 460 pp. #PODALA \$22.95

The author was the British political representative to Tibet during the crucial early years of this century. Fluent in Tibetan, he became closely associated with the Thirteenth Dalai Lama and the turbulent affairs of that time. This is an immensely readable personal account of the life of this great Tibetan leader and the events that helped shape modern Tibet.



THE RAINMAKER: The Story of Venerable Ngagpa Yeshe Dorje Rinpoche

by Marsha Woolf & Karen Blanc. 106 pp., 19 color photos plus other illustrations, #RA \$16.95

This is the life story of one of Tibet's foremost spiritual practitioners who is famous for his ability to summon and stop rain. In Tibet, he meditated in caves and remote places and was dependent on the support of local people who he helped by summoning and preventing rain—very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often asked by the Dalai Lama to help with the weather during large outdoor teachings.

REINCARNATION: The Spanish Boy Whose Destiny Was To Be A Tibetan Lama

by Vicki Mackenzie. 183 pp., 15 color photos, #REBOLA \$12.95

Tells the extraordinary story of an apparently ordinary Spanish child who, at the age of 14 months, was recognized by the Dalai Lama as the reincarnation of Lama Yeshe, who founded many Buddhist centers in the West. Osel Hita Torres is destined to become one of the most important and unusual spiritual leaders of our time. It is also a riveting account of reincarnation and Tibetan Buddhism.



THE LITTLE LAMA OF TIBET

by Lois Raimondo. 40 pp., 41 color photos #LILATI \$15.95

This most impressive book on the present life of a prominent Tibetan tulku is a children's book about the new incarnation of Ling Rinpoche, the senior tutor of the Dalai Lama. However, it is an inspiration for Tibetan Buddhists of any age—a fascinating look at the bright young boy who represents hope for the future of Tibet.

THE WARRIOR SONG OF KING GESAR

by Douglas Penick, foreword by Sakyong Mipham Rinpoche, intro. by Tulku Thondup Rinpoche. 176 pp., 6 illus., #WASOKI \$16.95

This is the epic tale in verse and prose of the legendary Tibetan warrior king, Gesar of Ling. Born into harsh circumstances at a time of decline, Gesar succeeded in becoming ruler of Ling. Embodying the Buddhist teachings, he subdued demonic lords who sought to undermine and enslave people's minds.



THE TEACHER: Eleven Aspects of Guru Rinpoche

23 pp. #TE \$2.95

This little book reproduces woodblock images of Padmasambhava in his eleven forms or aspects. A really great book for the price!



TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, Brother of the Dalai Lama, as Told to Heinrich Harrer

trans. by Edward Fitzgerald. 276 pp. THSMY \$16.95

For many years Heinrich Harrer kept a close friendship with Thubten Norbu and together they wrote this autobiography of Norbu's own life and the last decades of free Tibet's history.

THE TWELVE DEEDS: A Brief Life Story of Tonpa Shenrab, the Founder of the Bon Religion

trans. by Sangye Tandar, ed. by Richard Guard. #TWDE \$5

Tonpa Shenrab, the founder of Bon was the first Buddha to appear in the Kaliyuga with the express purpose of relieving the sufferings sentient beings. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.

CHILDREN'S CORNER



AMY AND GULLY IN RAINBOWLAND

by W. W. Rowe, illus. by Adam Chow. Ages 5-10, 96 pp., illus., #AMGU \$5.95

These are the adventures of Amy Trent and her brother Gully. Finding themselves in Rainbowland, they meet a magical man dressed in Buddhist robes who sends them in quest of the wishing stone. Along the way, they discover that special qualities within themselves are needed to overcome threatening situations—they learn to be courageous, to look beyond appearances, to do no harm and to practice loving kindness. With these powers they undo an evil witch's spells and bring beauty and peace back to Rainbowland.



THE BOY WHO HAD A DREAM

by Ringu Tulku Rinpoche, illus. by Pankaj Thapa. 32 pages, 9 x 11", full color #BOWHHA \$12.95

Beautifully illustrated in cartoon style, this is a delightful adventure story of a Tibetan boy who dreams that he becomes king. It is a traditional folktale from Tibet. Ages 5 and up.

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 as part of Newark Museum's project "Tibet: The Living Tradition." *Explore Tibet* introduces Tibetan culture—exploring unknown places, meeting new people, and seeing different ways of life are childhood joys. Hands-on activities, stories and illustrations offer something for every child—meet a Tibetan family, construct a festival tent, make Tibetan food, play a karma board game, negotiate a mandala maze, and more! Ages 3-10.

BUDDHA

by Demi. 44 pp., 40 color illustrations, 10 x 10" #BUD \$18.95 cloth

This is the life story of the Buddha rendered in richly-colored, elegant paintings. The Buddha's life is told simply with the main events illustrated. For people ages 4 to 10 and for adults who love illustrated books.

THE BUDDHA'S QUESTION

by W.W. Rowe, illus. by Pamlyn Grider. 24 pp., 8.5 x 11", #BUQU \$9.95

Queen Videhi of Rajagaha asks the Buddha to teach four hundred children about 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, teach wisdom and compassion. This beautifully-illustrated, rhymed version makes the story enjoyable for children ages 5-10.

DHARMA FAMILY TREASURES: Sharing Mindfulness with Children

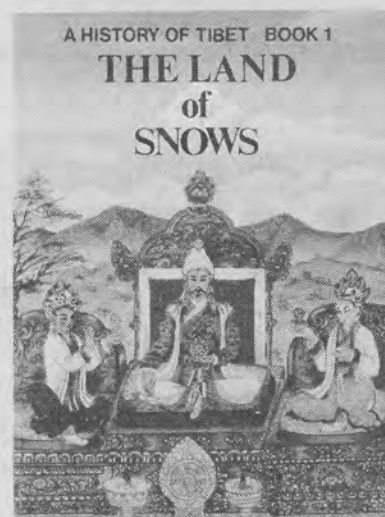
ed. by Sandy Eastoak. 240 pp. #DHFA \$14.95

A collection of writings by Thich Nhat Hanh, Diane Di Prima, Robert Aitken, Christina Feldman, and others on how to share mindfulness practice with children and introduce them to basic Buddhist principles. Contains essays, poems, songs and stories valuable to any parent active in their children's spiritual growth.

THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17, #FODALA \$17.95 cloth (see Biography)

Whitney Stewart recounts the Dalai Lama's fascinating life story.



THE LAND OF SNOWS

by Christopher Gibb. 93 pp., many illustrations and photos, #LASN \$7.95

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. Ages 8-14.

WINNER OF THE 1996 SKIPPING STONES BOOK AWARD



THE GOLDEN GOOSE KING: A Tale Told by the Buddha

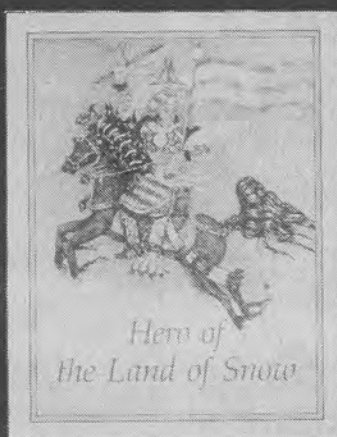
by Judith Ernst. 32 pp., color illustrations, 8 3/4 x 11 1/2", #GOGOKI \$19.95 cloth

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose, king of 94,000 geese dwelling near Benares. The goose was the Buddha in a past life—and his wise teachings serve to guide a king, his wife and the readers of this lovely story. Excellent illustrations. For ages 6-12 and their parents.

INDEPENDENCE TO EXILE

by Christopher Gibb. 94 pp., many illustrations and photos, #INEX \$7.95

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. Ages 8-14



HERO OF THE LAND OF SNOW

Illus. by Julia Witwer. #HELASN \$6.95

This tale of Gesar recounts his birth, defiance of tyranny, exile, and the maiden who awakens him to fulfill his destiny and helps him find the wonder-horse Kyan-shay. Wonderful full-page illustrations. Ages 5 and up.



NEW EDITION!



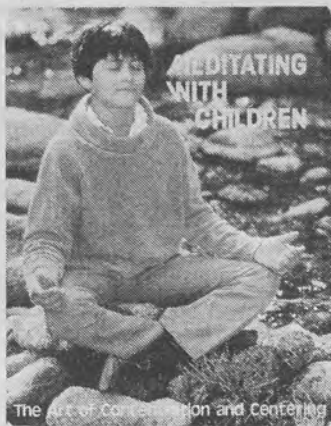
PRINCE SIDDHARTHA
by Landaw & Brooke. 144 pp. 8 x 10", 63 color illus., #PRSI \$16.95 August

This is the story of Prince Siddhartha and how he became Buddha, the Awakened One. Beautiful full-color illustrations depict each major life event in Siddhartha's development. Ages 4 and up.

PRINCE SIDDHARTHA COLORING BOOK

by Jonathan Landaw, line drawings by Janet and Lara Brooke. 48 pp., 8 x 11", 62 images, #PRSICO \$6.95 August

Children can make the story of the Buddha come alive by coloring the images from his life. A brief narrative accompanies and explains each drawing.



MEDITATING WITH CHILDREN: The Art of Concentration and Centering

by Deborah Rozman. 160 pp. #MEWICH \$14.95

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

SPIRITUAL PARENTING

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

A practical, accessible guide to the spiritual development of children from infancy to adolescence. It draws on the great 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 \$9.95

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.

THE THREE SILVER COINS: A Story from Tibet

by Veronica Leo & Tashi Daknewa. 32 pp., fully illustrated, 8 x 10" #THSICO \$12.95

"This children's story has all the elements of the best folktales: magic, a kind-hearted and likable hero, and good triumphing over bad...readers also become aware of many subtle aspects of Tibetan life, making this a delightful vehicle for multicultural awareness."—NAPRA ReVIEW

Once there was a poor boy named Jinpa who lived in the high mountains of Tibet. For his hard work he received one day three gleaming silver coins. "With these you can become rich!" his mother told him. "Invest them wisely, and they will increase a hundredfold." So into the world Jinpa went, carrying his three silver coins, to seek his fortune...

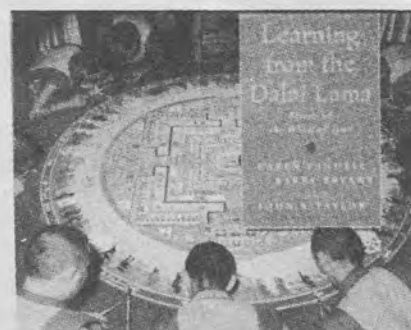
This is one of our very best books for young readers! The illustrations are gorgeous. Ages 4 and up.



TINTIN IN TIBET

by Hergé. 62 pp. #TTTI \$8.95

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



LEARNING FROM THE DALAI LAMA: Secrets of the Wheel of Time

by Karen Pandell with Barry Bryant, for. by Richard Gere. #LEDALA \$16.99 cloth

Here is a simple and creative introduction to the Buddhist way of life and to the teachings of the Dalai Lama. A craft book, cultural lesson, and spiritual primer all in one—this book teaches through the ceremony of Kalachakra and its sand mandala.

TIBETAN FOLK TALES

by Fredrick & Audrey Hyde-Chambers, illus. by Kusho Ralla. 208 pp., 58 line drawings #TIFOTA \$14.50 (see Religion & Philosophy for description.)

TWENTY JATAKA TALES

retold by Noor Inayat Khan, illus. by H. Willebeek Le Mair. 154 pp., 21 illus. #TWJATA \$9.95

Drawn from famous legends concerning the former lives of the Buddha, these twenty stories tell of people and animals moved to acts of altruism by the noble example of their fellow creatures. They are highly dramatic adventures resolved by non-violent and compassionate means. Exquisite illustrations. Ages 5 and up.

COOKBOOKS

LIBERATE YOUR SENSES!

KHATSA! Tibetan Hot Sauce, Barbecue Marinade and Salsa

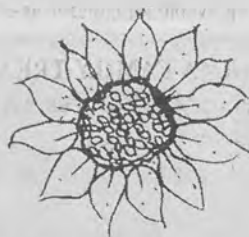
by Khalsa & Co. Three 9 oz. jars, #KHHOSA \$17.95 (See pg. *** for more information.)



THE NEPAL COOKBOOK

by the Association of Nepalis in the Americas. 132 pp., #NECO \$10.95

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, the recipes included here reflect the many facets of Nepal's colorful and diverse cultures.



TASSAJARA BREAD BOOK

by Edward Espe Brown. 160 pp., 2 b&w illus., 31 line drawings, #TABRBO \$12

Now with exciting new recipes—the international best-seller that is the bible for bread baking. 113 recipes for breads, pastries, desserts, and more!



THE DALAI LAMA

ARYASURA'S ASPIRATION & A MEDITATION ON COMPASSION

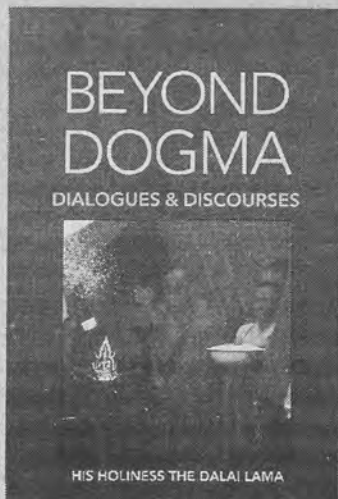
by H.H. the Dalai Lama. 148 pp., Tibetan text, #ARAS \$9.95

Aryasura's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hungry tigress. This translation has a commentary by the 2nd Dalai Lama. The Chenrezig sadhana text *A Meditation on Compassion* has a commentary by the present Dalai Lama.

AWAKENING THE MIND, LIGHTENING THE HEART: Core Teachings of Tibetan Buddhism

by H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr. 176 pp., #AWMILI \$20.00 cloth

His Holiness shows how the feeling and activity of compassion can be developed through simple practices that incorporate past and present relationships. He offers techniques for increasing the experience of compassion in our lives.



BEYOND DOGMA

Dialogues & Discourses

by H.H. the Dalai Lama. 230 pp. #BEDO \$14.95

During his meetings with many different groups in France during his 1993 visit, His Holiness responded to a wide range of contemporary social, political and religious issues. The discussions can be grouped in five areas: reflections on the millennium, spirituality and politics, nonviolence, beyond dogma, interdependence and emptiness. His Holiness provides us with an astonishing variety of incisive reflections on the problems and possibilities facing humanity as we near the millennium.

COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF A BODHISATTVA

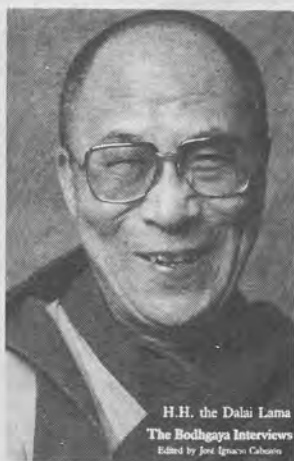
by H.H. the Dalai Lama. 106 pp. #COTHSE \$9.95

This is one of Tibetan Buddhism's most popular texts, and this commentary by His Holiness in Bodhgaya, India during the Kalachakra teachings clearly explains each stanza. At the start of each day's talks the Dalai Lama gives a teaching on aspects of the dharma that helps students understand the text.

CULTIVATING A DAILY MEDITATION

by the Dalai Lama. 137 pp., #CUDAME \$7.95

The Dalai Lama explains how one should proceed to cultivate a daily meditational practice. He also presents tantric meditations and discusses how and why they are effective in transforming the mind. The visualizations used are that of the Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara.



THE BODHGAYA INTERVIEWS 1981-85

by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104 pp., photos, #BOIN \$8.95

"He reveals his inimitable wit and gently exemplifies the true nature of a Bodhisattva."—*East West Journal*

In these sparkling interviews, His Holiness the Dalai Lama 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.

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 is a concise introduction to the principle topics and central practices of Buddhism. Included are: *The Key to the Middle Way* by the Dalai Lama—an insightful presentation on the nature of emptiness. *The Precious Garland* by Nagarjuna—describes the Bodhisattva path of compassion and a clear, concise teaching on emptiness. *The Song of the Four Mindfulnesses* 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.

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 an in-depth introduction to Buddhist theory and practice in a series of lectures at Harvard University. Using the foundational Buddhist topic of the Four Noble Truths, he covers a spectrum of topics such as: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.

ESSENTIAL TEACHINGS

by the Dalai Lama. 127 pp. #ESTE \$12.95

This is an oral teaching on the path of the Bodhisattva—the 37 practices for the cultivation of bodhicitta, the mind of awakening. The Dalai Lama offers instruction on how to follow these guidelines for compassionate living and a teaches the middle way beyond all dualistic perceptions and thought.

A FLASH OF LIGHTNING IN THE DARK OF NIGHT

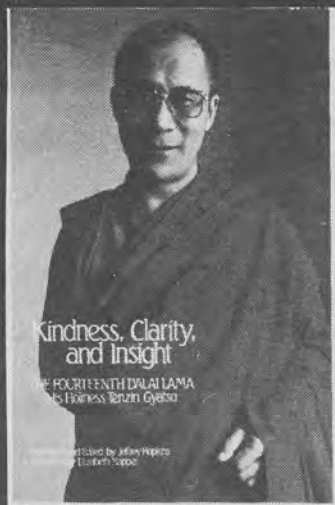
by Dalai Lama. 141 pp. #FLLIDA \$10

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 shows how to make the bodhisattva ideal a living experience.

BEST SELLING!

KINDNESS, CLARITY, AND INSIGHT

by H.H. the Fourteenth Dalai Lama
trans. & ed. by Jeffrey Hopkins
co-ed. by Elizabeth Napper
239 pp., ISBN 0-937938-18-1 \$12.95



"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 book, *Kindness, Clarity and Insight*."—*Time Magazine*

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.

ner with his characteristic warmth, wit and perception.

His talks are arranged so that they become progressively deeper, beginning with Religious Values and Human Society and moving on to topics such as: Altruism and the Six Perfections; The Luminous Nature of the Mind; Deities; Transforming the Mind through Meditation; Om Mani Padme Hum; The Path to Enlightenment; Tibetan Views on Dying; Self and Selflessness.

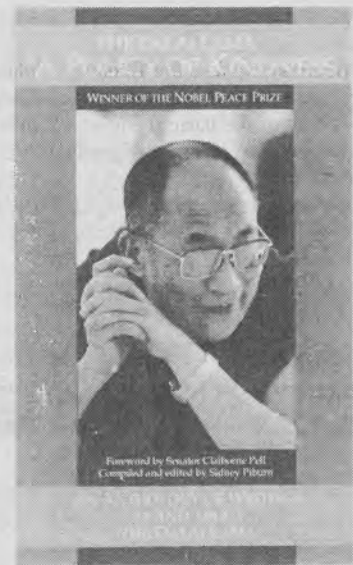
"This is an excellent book."—*Choice*

BEST SELLING!

FREEDOM IN EXILE: The Autobiography of the Dalai Lama

256 pp., 16 black & white photos, #FREX \$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. THE D



THE DALAI LAMA: A POLICY OF KINDNESS

compiled & edited by Sidney Piburn. 152 pp., #POKI \$10.95

"...This is a very important collection...the writings are well chosen...most highly recommended."—*Library Journal*

"The Dalai Lama: A Policy of Kindness brought me gently and pleasantly into the life and mind of this extraordinary spiritual leader and assured the success of my interview with him."—Bill Moyers, PBS Television, Public Affairs TV, Inc.

"The style with which the editor captured the essence of this remarkable individual prevails in the excellent choice of material. *A Policy of Kindness* is ideal...the selections have substance, are beautifully written, and cultivate a rich sense of depth and versatility on themes that range from an intimate look into the life of the Dalai Lama to his thoughts on an assortment of current topics...elegant, inexpensive and captivating."—*The Book Review*

Book-of-the Month Club Selection

MY LAND AND MY PEOPLE

by the Dalai Lama. 271 pp. #LAPE \$8.95

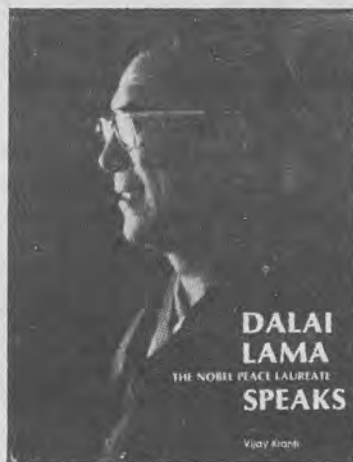
This is the famous autobiography—the only life account written by the Dalai Lama himself.

TANTRIC MANUAL!

DEITY YOGA in Action and Performance Tantras

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp., many photos of mudras, #DEYO \$18.95

Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is the basis of all higher tantric practices. This is an invaluable book for anyone who is practicing or interested in Buddhist tantra. Contains: 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; *Parts 2 & 3 of the Great Exposition of Secret Mantra* 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. This book is the sequel to *Tantra in Tibet*.



DALAI LAMA, The Nobel Peace Laureate, SPEAKS

by Vijay Kranti. 198 pp., 132 b&w photos, 8 3/4 x 11", #DALASP \$42 cloth

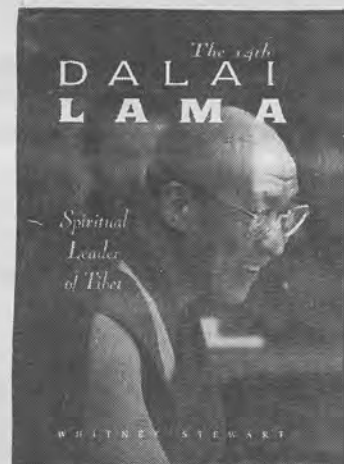
As long as space remains,
As long as living beings' sufferings remain,
I will be there to serve them,
And to dispel their misery.—H.H. the Dalai Lama, quoting Shantideva

Fantastic photos by a senior correspondent for *India Today*—Vijay Kranti has been following His Holiness for over 17 years. He interviewed the Dalai Lama on at least three dozen occasions and also accompanied him twice during his journeys to the remote Himalayan regions of Zaskar, Kargil and Leh in Ladakh. The photos, combined with an excellent text and long personal interview with His Holiness, make this a book to own.

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*.



THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to adult, #FODALA \$17.95 cloth

Whitney Stewart recounts the Dalai Lama's fascinating life story. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989. He is a spiritual leader known and loved around the world.

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.

MY TIBET

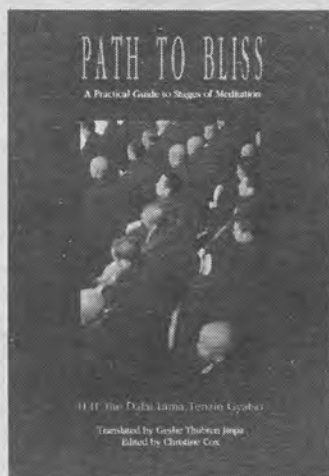
by the Dalai Lama & Galen Rowell. 168 pp., oversize cloth edition, 108 color photos. #MYTI \$40

(see Art & Photography)

MYSTICAL VERSES OF A MAD DALAI LAMA

by Glenn Mullin. 270 pp. #MYVEMA \$14

"The Second Dalai Lama's mystical poems and lyrical visions 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



PATH TO BLISS

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

Path to Bliss presents a systematic approach to personal development through visualization, reason and contemplation. The presentation is clear and eloquent. 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.

"...sets a new standard for accessibility and sheer pleasure of reading for translations from Tibetan."—Daniel Goleman, *Parabola Magazine*

SONGS OF THE SIXTH DALAI LAMA

ed. by K. Dondup. 188 pp. #SOSI \$5.95

The love poems of the Sixth Dalai Lama are beautiful in their expression and a treasure of passionate sentiment.



THE PATH TO ENLIGHTENMENT

by The Dalai Lama, trans. & ed. by Glenn H. Mullin. 271 pp. #PAEN \$14.95

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

The Dalai Lama provides an extensive teaching on the path to enlightenment. His discourse draws out the meaning of the Third Dalai Lama's famous "Essence of Refined Gold" and he speaks directly to the reader offering spiritual advice, personal reflections, and scriptural commentary. He says in practical terms what the student must do to attain enlightenment. This book is one of the most accessible introductions to Tibetan Buddhism.

Path to Enlightenment is a new edition of *Essence of Refined Gold*.

THE POWER OF COMPASSION

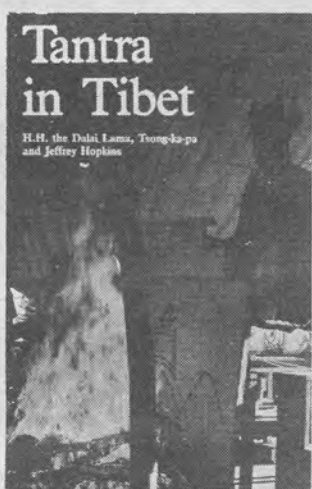
by H.H. the Dalai Lama. 192 pp. #POCO \$12

Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face the confusion and suffering of the world and bring wisdom and compassion into their lives. His Holiness emphasizes the vital need for peace and tolerance as they apply to modern issues—such as the strife in Bosnia, racial hatred, abortion, the environment and relationships.

NOBEL PEACE PRIZE AND THE DALAI LAMA

compiled & ed. by Sidney Piburn. 72 pp. #NOPEPR \$4.50

Here are the two major addresses given by the Dalai Lama in Oslo, Norway and statements by the Nobel Committee on the presentation of the award. Comprising a succinct statement of his personal and political philosophy, these addresses also show the great depth, warmth and humor of the Dalai Lama as a person and statesman.



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 contains *Essence of Tantra* which explains how tantra is a highly practical and compassionate system of spiritual development. His Holiness discusses refuge, the three paths, greatness of mantra, clear light and initiation; *Part 1 of the Great Exposition of Secret Mantra* by Tsong-ka-pa, presents the paths to Buddhahood, vajra vehicle, deity yoga, and method in the four tantras; Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

COMMENTARY ON SHANTIDEVA!

TRANSCENDENT WISDOM

by H.H. the Dalai Lama; trans., ed. & annotated by B. Alan Wallace. 146 pp., #TRWI \$12.95

"*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 extraordinarily clear exposition by the Dalai Lama 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*

VIOLENCE & COMPASSION

by H.H. The Dalai Lama and Jean-Claude Carrière. 248 pp., #VICO \$20.00

French film writer Jean-Claude Carrière's conversations with the Dalai Lama give readers a wonderful opportunity to understand his views and insightful guidance on a wide range of topics—issues and problems important to everyone. Women's rights, education, terrorism, the population explosion, environmental dangers, violence—the Dalai Lama cuts through to the essence of each issue and offers insightful guidance. Recommended. Jean-Claude Carrière was the screen writer of *The Return of Martin Guerre*, *The Unbearable Lightness of Being*, and *The Mahabharata*.



THE TURQUOISE BEE: The Lovesongs of the Sixth Dalai Lama

trans. by Rick Fields & Brian Cuttill, illus. by Mayumi Oda. 138 pp. #TUBE \$15 cloth

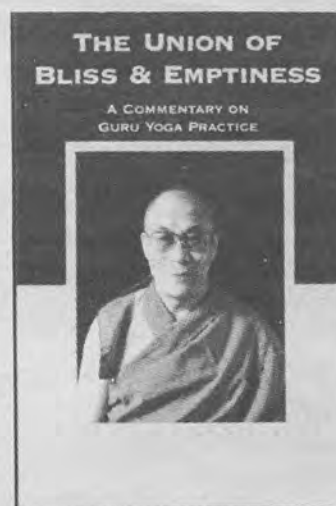
The poems and love songs of the Sixth Dalai Lama (1683-1706) express the inner life of a legendary spiritual leader. Eloquent set in historical context, astutely translated, and beautifully illustrated, these poems articulate the mysteries, struggles, and joys of spiritual and sensual life with enduring relevance.

THE WORLD OF TIBETAN BUDDHISM: An Overview of Its Philosophy and Practice

by The Dalai Lama, trans., ed., annotated by Geshe Thupten Jinpa. 240 pp. #WOTIBU \$14

"His Holiness offers a clear and penetrating overview of Tibetan Buddhist practice from the Four Noble Truths to Highest Yoga Tantra with special emphasis on the practice of love, kindness, and universal responsibility."—Richard Gere

His Holiness explains the Tibetan Buddhist path to enlightenment. This consists of a general overview of the basic theories and practices, a commentary on selected readings from Santideva's *Bodhicaryavatara*, focus on the practice of love, kindness, and compassion, and lastly, a discussion of Vajrayana Buddhism and the path of tantra—we like this book!



THE UNION OF BLISS AND EMPTINESS

H.H. the Dalai Lama. 191 pp. #UNBLEM \$14.95

Guru yoga is an important aspect of tantric practice and the foundation for the whole tantric structure; it is the force that gives vitality to a serious practitioner's meditation. Unlike other systems, tantric meditation depends upon inspiration transmitted in an unbroken lineage through a living guru.

This book presents practical instructions which blend essential aspects of the sutra path together with profound tantric techniques that activate latent spiritual forces within. By laying the framework of the entire Buddhist path, it also sets down guidelines for a complete form of daily practice that is both inspiring and compelling.



THE WAY TO FREEDOM

Core Teachings of Tibetan Buddhism

by H.H. the Dalai Lama, ed. by Don Lopez. 144 pp. #WAFR \$16



The Way to Freedom contains teachings by His Holiness on the preciousness opportunity of human birth, importance of hearing and practicing the Dharma, Karma, the Bodhisattva, etc. Presented in easy-to-understand steps, this is the essential primer on Tibetan Buddhism for both nonpractitioners and avid students.





BARDO TEACHINGS: The Way of Death and Rebirth

by Ven. Lama Lodo, 73 pp., illustrations
#BATE \$8.95

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra, 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 Chogyi Nyima Rinpoche, 187 pp.
#BAGU \$14.95

Rinpoche offers new information on the four bardos in this commentary on *The Mirror of Mindfulness* and provides a guide for practitioners desiring liberation.

DEATH AND DYING: The Tibetan Tradition

by Glenn Mullin, 251 pp. #DEDY \$11.95

This well-written book covers such topics as: meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, methods to facilitate the transition to new modes of consciousness, and explanations of karma and re-incarnation.

"This one volume presents the Tibetan understanding of death as a whole; circumambulating it, as we might say, to view it in the round."—Prof. Huston Smith

THE TIBETAN BOOK OF THE DEAD

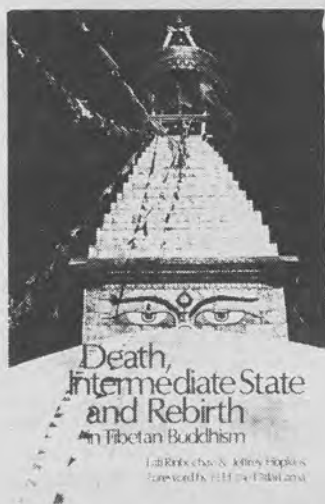
by Robert Thurman, 278 pp., 8 color photos, #TIBO \$12.95

This authoritative new translation was prepared especially for Western readers. Its introduction to Buddhism, meditation instruction, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative versions available.

DEATH AND THE ART OF DYING in Tibetan Buddhism

by Bokar Rinpoche, 144 pp. #DEARDY \$14.95

Bokar Rinpoche offers ways of helping the dying and dead based on his intimate knowledge and experience of caring for the dying. This guide through the stages of dying explains how to encounter death without fear and how to maintain constant awareness of impermanence and inevitability of death—to enrich our life and to prepare for death.



DEATH, INTERMEDIATE STATE AND REBIRTH

by Lati Rinbochay & Jeffrey Hopkins 86 pp., numerous charts, biblio., #DEINST \$9.95

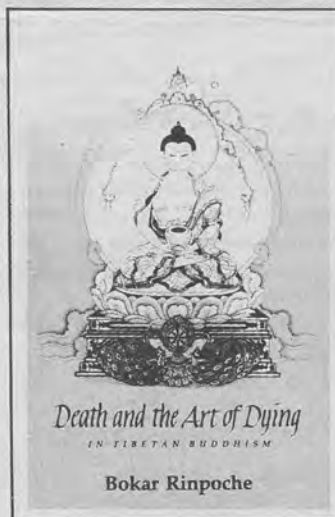
This fascinating book unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness. Highest Yoga Tantra simulates processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them.

"The work forms an excellent companion volume to the 'Tibetan Books of the Dead,' and also to contemporary Western works on death and dying."—Prof. Janice Willis, *Religious Studies Review*

THE MIRROR OF MINDFULNESS The Cycle of the Four Bardos

Tsele Natsok Rangdrol, 140 pp. #MIMI2 \$14

This concise handbook of teachings on the cycle of life, death, afterlife, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.



THE TIBETAN BOOK OF THE DEAD: The Great Liberation Through Hearing in the Bardo

trans. by Francesca Fremantle and Chogyam Trungpa, 119 pp. #TIBODD \$10

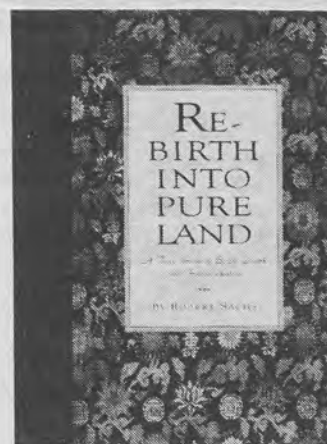
This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains what the text teaches us about human psychology.



DELOG: Journey to Realms Beyond Death

by Delog Dawa Drolma, trans. by Richard Barron & H.E. Chagdud Tulku Rinpoche, 162 pp. #DELO \$13.95

"Delog" refers to one who has intentionally crossed the threshold of death and returned to tell about it. For Delog Dawa Drolma, a woman renowned as one of the great realization holders of Vajrayana Buddhism in this century and mother of Chagdud Tulku Rinpoche, being a delog meant that she lay in a death trance without any vital sign of breath, pulse, or warmth for five days. The link between her mind and body was released and she journeyed to other realms where she experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion.



REBIRTH INTO PURE LAND: A True Story of Birth, Death and Transformation

by Robert Sachs, 108 pp. #REINPU \$10.95

This is a moving autobiographical account of the loss of Shamara Sachs, the author's daughter, to "Sudden Infant Death Syndrome" and the healing of the parents and others that followed. Khenpo Karthar Rinpoche and Ole Nydahl played special roles as Buddhist teachers during this period—Ole performed phowa for the daughter and assisted the release of her psyche to a pure land. There were definite signs on Shamara's body that the phowa had been effective.



THE TIBETAN BOOK OF LIVING AND DYING

by Sogyal Rinpoche, 356 pp., photos, #TIBOLP \$16 paper, #TIBOLI \$24 cloth

Rinpoche examines the dramatic healing that is released when we view death as the beginning of another chapter of life. He teaches us to transform our experience of death through practices and disciplines including contemplation and mindfulness. He discusses rebirth, near-death experience, and caring for the dying. (Also available on tape.)

WHO DIES? An Investigation of Conscious Living and Conscious Dying

by Stephen Levine, 317 pp., #WHDI? \$10.95

"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.

DZOGCHEN

ANCIENT WISDOM Nyingma Teachings of Dream Yoga, Meditation and Transformation

by Gyatrul Rinpoche, 150 pp., #ANWI \$14.95

"In *Ancient Wisdom*, Ven. Gyatrul Rinpoche offers precious and beautiful commentaries on three texts, along with eminently clear translations of the root texts themselves—there is something here for all of us, at all times, day or night—its advice is completely in tune with the present."—Robin Cooke, *The Mirror*

Includes: Dzogchen meditation practices of shamatha and vipassana written by H.H. Dudjom Rinpoche; one of the most direct and useful dream yoga accomplishment manuals; the third section, entitled *Transforming Felicity and Adversity into the Spiritual Path*, is a contemporary classic for improving the quality of daily life experiences.



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

"...an inspiring text that no doubt will help to vindicate Bon as an indispensable source of Dzogchen teachings."—*TRICYCLE: The Buddhist Review*

This is the first complete Dzogchen meditation text in English. 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 as personal instruction from Shardza to his students, the text is supplemented with a commentary by Lopon Tenzin Namdak clarifies many points about the practice.

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.



THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen

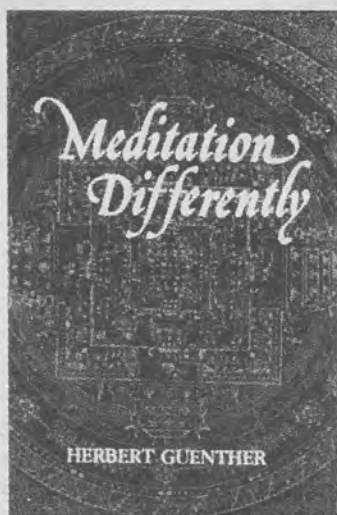
by Chögyal Namkhai Norbu Rinpoche, compiled and ed. by John Shane, 176 pp., 28 b&w photos, 23 line drawings, #CRWALI \$13.95

This popular book examines the spiritual path from the viewpoint of Dzogchen. Rinpoche interweaves his life story with Dzogchen teachings, making them accessible through his living example. He gives teachings on the base, path and fruit of Dzogchen practice, discusses his education and how he met his principal master who showed him the real meaning of "direct introduction to Dzogchen." Illustrated with line drawings and thangkas of many Buddhist masters and well as with photos of meditation postures to enhance concentration.

MEDITATION DIFFERENTLY

by Herbert Guenther
210 pp. #MEDI \$17.50 cloth

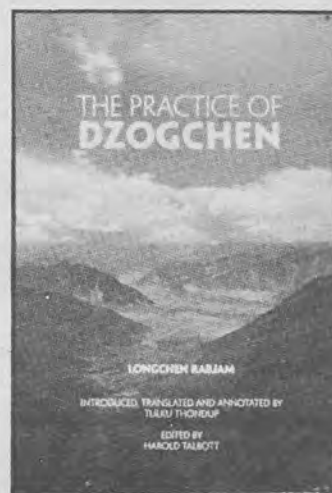
Meditation Differently is a translation and commentary contrasting Dzogchen and Mahamudra. The translation of Padmakarpo's definitive work on four tuning-in phases introduces the Mahamudra approach to meditation. The Dzogchen understanding of reality is presented as well as a discussion of empowerments which serve as stepping stones to realization.



DZOGCHEN: The Self-Perfect State

by Chogyal Namkhai Norbu, ed. by Adriano Clemente, trans. by John Shane.
150 pp., 5 line drawings, #DZSEPE \$12.95

As Chogyal Namkhai Norbu explains in this very readable book, our natural condition is self-perfected from the very beginning. What is necessary is that we re-awaken and remain in our true nature. Through understanding and practice, we can rediscover the effortless knowledge of the Self-Perfect State that lies beyond our habitual anguish and confusion, and remain in this uninterrupted flow of contemplation, completely relaxed but fully present, through all activities. Rinpoche begins by clearly explaining the Dzogchen teachings and then reveals, in a simple and non-intellectual manner, what is meant by the practice of Dzogchen.



PRACTICE OF DZOGCHEN

by Longchen Rabjam, introduced, trans. and annotated by Tulku Thondup Rinpoche, ed. by Harold Talbott, 482 pp.
#PRDZ \$22.95

"This is undoubtedly one of the most comprehensive work on the Nyingma to appear in English."—Glenn H. Mullin, *Tibetan Review*

The Practice of Dzogchen contains the writings on Dzogchen by Longchen Rabjam (1308-1363), a celebrated adept of the Nyingma School of Tibetan Buddhism. Dzogchen 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. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself.

This book was originally published as *Buddha Mind*.

KINDLY BENT TO EASE US II

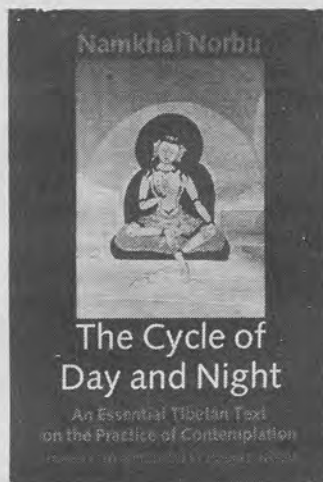
by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$12.95

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.



THE CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation

by Namkhai Norbu. 128 pp. #CYDANI \$12.95

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.



DZOGCHEN MEDITATION

by Khamtul Rinpoche, annotated by Gareth Sparham. 117 pp. #DZME \$15

This is an explanation of the complete dzogchen meditation practice. It is Lochan Dharmasri's guide through a treasure text, a text first taught by Padmasambhava to his inner circle of thirty extraordinary women with wisdom. The text is explained by Khamtul Rinpoche, a master of Dzogchen practice.

FOUR-THEMED PRECIOUS GARLAND

by H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche. 44 pp. #FOTHPR \$7.95

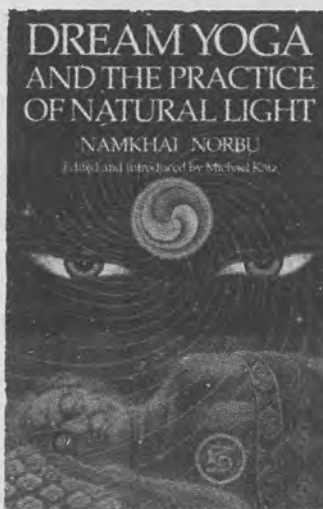
Dzogchen is the realization of the indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzogchen methods.



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. The first section 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.



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. The development of lucidity in the dream state is seen in the context of attaining greater awareness in the after-death bardo states and ultimately attaining liberation. Namkhai Norbu Rinpoche is a master of dream yoga and presents much of the material in a lively question and answer format.

DZOGCHEN: INNERMOST ESSENCE

by Tulku Thondup, ed. by Brian Beresford. 129 pp., Tibetan text, #DZINES \$8.95

This is one of the best presentations of the practice of Dzogchen meditation. It begins with the Prayer of the Preliminary Practice of Dzogpachenpo Longchen Nyingthig, then presents the common and uncommon preliminary practices, the actual path of guru yoga and the nine yantras.



RAINBOW PAINTING

by Tulku Ugyen Rinpoche
210 pp. #RAPA \$20

Tulku Ugyen explains how we become enlightened through experiencing what is always present within us. However, stability in this unexcelled state of unity is not attained independently of proper conduct and correct view of reality. The practices of accumulating merit and purifying karma soften our rigid character. He describes the complete path of practice of becoming established in our true nature.

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.

MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Sonada Translation Committee. 365 pp., #MYWO \$19.95 (see Religion & Philosophy section)

NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs

by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp. #NAGRPE \$14.95

This inspiring collection of Khenpo's teachings provides the deepest possible insight into how to understand and how to practice the Dzogchen path. He is one of the principal lineage holders of the nonsectarian practice lineage, specializing in Longchenpa's Dzogchen Nyingtig teachings.

"Nyoshul Khenpo Rinpoche is a spiritual gem—the collection is an inspiration for practice, and a wonderful companion for retreat."—Daniel Goleman, author of *The Meditative Mind*

"This book is wonderful—a treasure house of liberating Dharma."—Joseph Goldstein

THE SIX VAJRA VERSES (Rigba Kujyug)

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 tranquillity, you must have experience of the state of knowledge and know how to relax. 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.

UNION OF MAHAMUDRA & DZOGCHEN

by Tulku Chokyi Nyima Rinpoche. 240 pp. #UNMADZ \$18 Second edition!

A commentary on two great vajrayana teachings based on eight spontaneous songs by Karma Chagme, a renowned 17th-century master. Tulku Chokyi Nyima covers the essential teachings of all the stages of the path.

WHOLENESS LOST AND WHOLENESS REGAINED: Forgotten Tales of Individuation from Ancient Tibet

by Herbert Guenther. 128 pp. #WHLOWH \$12.95

The quest of coming to know oneself directly is intimately intertwined with a phenomenological exploration of the dynamics of psychic life as it expresses itself in images as symbolic descriptions of itself. Guenther draws on the experiential vocabulary of phenomenology and hermeneutics to interpret two stories from the *Rigpa Rangshar*, (one of the oldest Dzogchen texts) making it highly relevant to contemporary currents of thought.

WONDERS OF THE NATURAL MIND: The Essence of Dzogchen in the Bon Tradition of Tibet

by Tenzin Wangyal, foreword by Lopen Tenzin Namdak. 256 pp. #WONAMI \$14.95

Tenzin Wangyal gives Dzogchen 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 on the path to enlightenment.



TANTRIC PRACTICE IN NYING-MA

by Khetsun Sangpo, Rinbochay, trans. & ed. by Jeffrey Hopkins, co-edited by Anne Klein. 239 pp. #TAPRNY \$14.95

Rinbochay's commentary on the Instructions on the "Preliminaries to the Great Perfection Teaching" contains the classical Nying-ma presentation of the Dzogchen preliminaries and practices which lead to Buddhahood. It is an oral commentary on Patrul Rinboche's *Kunzang Lamai Shelung (Words of My Perfect Teacher)*.

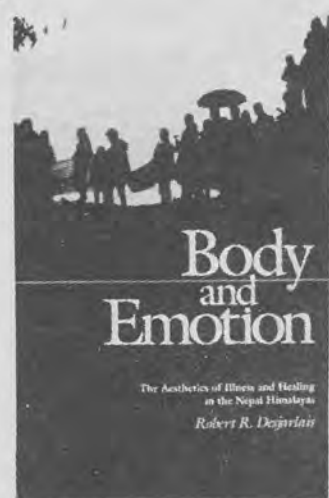
"...this text offers an all-encompassing presentation of Vajrayana philosophy and practice...the virtue of this work is its technical completeness. There is much here for repeated reading, contemplation and absorption."—Vajradhatu Sun

HEALTH & FITNESS

THE COMPLETE HOME HEALER: Your Guide to Every Treatment Available for Over 300 of the Most Common Health Problems

by Angela Smyth. 534 pp., illus. #COHOHE \$5.99

A comprehensive home reference guide to more than 300 of the most common diseases, and general difficult health conditions. Assembling the full range of tested and respected alternative therapies and current Western medical techniques, each entry offers a concise description of a symptom or ailment, its possible causes, and a variety of approaches to treatment including: acupressure, aromatherapy, bodywork, chiropractic, herbalism, meditation, acupuncture, biofeedback, Chinese medicine, diet and exercise, homeopathy, as well as allopathic medicine.



BODY AND EMOTION: The Aesthetics of Illness and Healing in the Nepal Himalayas

by Robert Desjarlais. 300 pp., 27 illus. #BOEM \$16 cloth

This is an insightful study of the experience of "soul loss" among the Helambu people of north-central Nepal. Robert Desjarlais served as an apprentice healer to a traditional shaman among the Yolmo Sherpa, a Tibetan Buddhist people. Through his privileged access to the healer, he is able to discuss the relationship between culture and emotional distress, and examine the cultural forces that influence, make sense of, and heal severe pain and malaise.

ANNOTATED BIBLIOGRAPHY OF TIBETAN MEDICINE (1789-1995)

by Jürgen Aschoff. 426 pp. #ANBITI \$86 cloth

Jürgen Aschoff has collected and annotated more than 1700 written sources on Tibetan medicine from all over the world. This annotated bibliography offers a great amount of information on Tibetan medicine. The author has also included shamanistic as well as the religious and philosophically based healing rituals. A rich resource for the person deeply interested in Tibetan forms of healing—published in Switzerland and hence the price. 20% of the entries are in German.

EAT MORE, WEIGH LESS

by Dean Ornish, M.D. #EAMO \$14

This diet plan from the author of the renowned program for reversing heart disease tells how to take off unwanted weight, and reduce the risk of heart disease to improve overall health. Includes 250 heart-healthy gourmet recipes.

ESSENTIAL REIKI: A Complete Guide to an Ancient Healing Art

by Diane Stein. 156 pp., many line drawings, #ESRE \$18.95

Reiki is a profoundly simple system of "laying on of hands" healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. *Essential Reiki* presents full information on all three degrees of this healing. Taught from the perspective that Reiki healing belongs to all people, Diane provides everything that the healer, practitioner and teacher of this system needs except for the "attunements."

HEALING INTO LIFE AND DEATH

by Stephen Levine. 294 pp. #HELIDE \$9.95

Stephen Levine is a Buddhist teacher who is experienced in working with both mental and physical illness. He knows the roots of suffering intimately and offers many healing. He explores the healing process and offers original techniques for working with pain and grief including sixteen guided meditations and merciful awareness.



THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

trans. by Dr. Barry Clark, foreword by H.H. the Dalai Lama. 250 pp. #QUTATI \$22.95

"I am happy that after more than ten years studying Tibetan medicine, both in theory and practice under the tutelage of a number of Tibetan physicians, Dr. Barry Clark has compiled *The Quintessence Tantras of Tibetan Medicine*. In it he presents clear and accurate translations of the Root and Explanatory Tantras, two works of such fundamental importance in the Tibetan medical system that they are commonly memorised by medical students."—The Dalai Lama

Quintessence Tantras of Tibetan Medicine is a thorough, detailed and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle and behavioral factors, and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.

TIBETAN MASSAGE CHART

by Dr. Rapgay, 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. Clear and easy to follow.

HEALTH FOR LIFE: Secrets of Tibetan Ayurveda

by Robert Sachs, foreword by Dr. Lobsang Rapgay. 240 pp., 34 illus. #HEFOLI \$14.95

This is a comprehensive guide containing a wealth of traditional Tibetan health practices, a preventive health manual containing guidelines on nutrition, exercise, relaxation, rejuvenation, detoxification, meditation and spiritual practices, as well as activities for creating strength, vitality, and mental clarity. A self-profile test helps readers determine their physical/personality type according to the Tibetan system.

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 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*

Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments including diet, behavior modification, and the use of medicine and accessory therapy. Tibetan medicine is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are clearly explained in this book.

POSITIVE HEALTH IN TIBETAN MEDICINE

by Vaidya Bhagwan Dash & Ven. Doboom Tulku. 115 pp. #POHETI \$14.95 cloth

In Tibetan medicine emphasis is placed on food, drinks, life style and conduct for the preservation and promotion of positive health—one of the eight special branches of traditional medicine. Food and regimens for different parts of the day, night, and seasons form the basis of this branch.

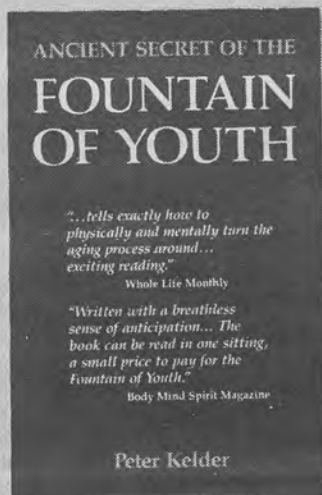
THE FAMOUS BESTSELLERS!



ANCIENT SECRET OF THE FOUNTAIN OF YOUTH

by Peter Kelder. 64 pp.
#ANSE \$5.95

Five exercises purported to be Tibetan hold the key to rejuvenation, health and vitality. Requiring 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.



THE FIVE TIBETANS

Five Dynamic Exercises for Health, Energy, and Personal Power

by Christopher Kilham. 84 pp., 15 photos, #FTTI \$9.95

The Five Tibetans are a Himalayan yogic system of simple and highly energizing exercises. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught them to thousands of people seeking a healthier lifestyle. The Five Tibetans take a minimum of daily time and effort and can dramatically increase physical strength, suppleness,



TAOIST SECRETS OF LOVE:

Cultivating Male Sexual Energy

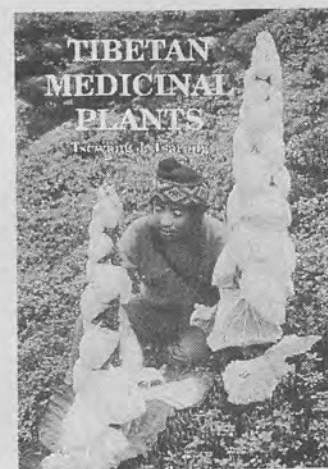
by Mantak Chia & Michael Winn. 290 pp., many illus. #TASELO \$14.95

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.

THE TIBETAN BOOK OF HEALING

by Dr. Lobsang Rapgay. #TIBOHE \$16.95

This is a comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rapgay has presented the preventive health care aspects—diet, exercise, relaxation, detoxification, rejuvenation, meditation—of the Tibetan medical tantras. He explains how to develop a well-grounded spiritual practice that accords with body/mind types and which people of all traditions can heartily embrace.



TIBETAN MEDICINAL PLANTS

by T. J. Tsarong. 120 pp., 95 color photos
#TIMEPL \$19.95

In the Himalayas grow wild and exotic plants used for centuries as ritual offerings and healing drugs by the lama-physicians of Tibet. These healers have identified these plants and documented their therapeutic action and uses in herbals. This book contains excellent photos and descriptions of many medicinal plants giving both the Tibetan and Latin names as well as indigenous information about their taste, potency, action, uses and the parts that are to be utilized in medicine.

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage

by T.J. Tsarong. 101 pp. #HATRTI \$6

Gives the composition, use, action, and dosage of 175 popular Tibetan natural drugs.



TIBETAN MEDICAL PAINTINGS

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

Sangye Gyantso, regent of the Fifth Dalai Lama and founder of the monastic medical school at Chakpori in Lhasa created *The Blue Beryl* treatise which integrates Tibetan medicine's complex and diverse wisdom into a coherent body of knowledge visually presented in 76 brilliant paintings. A foreword by the Dalai Lama, an introduction, summaries of the treatise, and translations of the inscriptions on the colorplates put the facsimiles in context.

THE SIMPLE PATH TO HEALTH: A Guide to Oriental Nutrition & Well-Being

by Kim Le, Ph.D. 230 pp., 20 illus., 10 charts, 70 recipes, #SIPAHE \$12.95

This is a useful guide to Oriental nutrition and healing by a Vietnamese Tibetan Buddhist nun. Kim Le shows how mental and emotional imbalances appear physically and that food intake is directly related to a person's psychological and physical health. She clearly explains the five elements, the seven universal principles of health, cooking and preserving methods, categories of harmful foods, recipes and food plans for vegetarians and meat eaters, and how to lose weight and improve health and vitality.

Price Reduced!

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. It presents the Tibetan medical tree and diagrams all its parts.

Contents: Tibetan Medicine: Theory and Practice; The System of Tibetan Medicine; Notes on Pulsology; Characteristics of Pharmacology; Constitutional Types.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford. #TIBUMD \$12.95

Here is a comprehensive and clearly laid-out introduction to the Tibetan art of healing. In straightforward language, the author discusses its religious, philosophical and psychological foundations, history and deities, tantric and ritual aspects, meditations for healing and views on dying, humoral theory, and unusual methods of diagnosis and cure.



TIBETAN ARTS OF LOVE

by Gedun Chopel, extensive intro. & trans. by Jeffrey Hopkins with Dorje Yuthok. 282 pp. #TIARLO \$14.95

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

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 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. He gives titillating advice to shun inhibitions and explains how to increase female sexual pleasure. An over-arching focus is sexual ecstasy as a door to spiritual experience—the sky experience of the mind of clear light pervades the scintillating descriptions of erotic acts.

TIBETAN MEDICINE SERIES: A Publication of the Study of Tibetan Medicine

by physicians & scholars of Tibetan medicine. 12 volume set, #TIMESE \$29.95

This series is devoted to the study of Tibetan medicine and contains articles of scholarly and general interest by teachers and doctors. Twelve are available covering a wide and fascinating range of subjects. Many of the articles are by Dr. Yeshe Dhonden, Dr. Lobsang Rapgay, Dr. Lobsang Dolma Khangkar, and Dr. Pema Dorjee. Topics include: overviews, diagnosis, pharmacognosy, childbirth, cancer, dermatology, pulse and urine analysis, glossary of plants and their relation to modern chemical activity, specific diseases and their treatment, mind and mental disorders, rituals of the dead and diagnosis of the signs of death, relaxation yoga, the secrets of the black pill.



TRADITIONAL CHINESE MEDICINE

by Sheila McNamara. 274 pp. #TRCHME \$14

Traditional Chinese medicine has proven effective in easing a wide range of conditions using herbs, nutritional balance, acupuncture and other methods. With an A-Z list of conditions and their remedies, this comprehensive manual tells how Chinese medicine works and includes a detailed discussion of Qi Gong, the foundational system of mental and physical discipline.

KALACHAKRA TANTRA

by Geshe Ngawang Gyey. 180 pp.
#KAT 180 \$12.95

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

THE WHEEL OF TIME SAND MANDALA

by Barry Bryant with the Monks of Namgyal Monastery. 256 pp., over 150 photos, #WHTISA \$24

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 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 interweaves yoga, astrology, physiology, and mythology into a meditational system embracing the entire universe. The Kalachakra Initiation is frequently offered, but information on this complex system and practice is 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 PRACTICE OF KALACHAKRA

by Glenn H. Mullin, foreword by H.H. the Dalai Lama. 350 pp., illus. #PRKA \$16.95

The Kalachakra spiritual legacy is central to Tibetan Buddhism. This is a detailed and practical overview of the Kalachakra Tantra. Glenn Mullin discusses the tantric path to enlightenment, drawing on great teachers' writings. He outlines the four classes of tantras, compares the Kalachakra generation and completion stage yogas to mainstream tantras and details the unique Kalachakra methods for attaining enlightenment in this lifetime. Translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama round out this excellent book.

The Practice of Kalachakra



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

LANGUAGE

New!

A BASIC GRAMMAR OF MODERN SPOKEN TIBETAN: A Practical Handbook

by Tashi. 184 pp. #BAGRMO \$12.95

This grammar textbook of spoken Tibetan is based on 12 years teaching experience at the Library of Tibetan Works and Archives, Dharamsala and a year in the USA. It presents colloquial Tibetan grammatical structures in useful sentences and not in the abstract. A good book!



BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism

by José Cabezon. 300 pp. #BULAN \$21.95

Taking language as its general theme, this book explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. The book investigates Buddhist scholastic theory and use of scripture, the nature of doctrine and its transcendence in experience, Mahayana Buddhist hermeneutics, the theory and practice of exegesis, and questions concerning the authority of sacred texts. It also deals with the Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies.

THE CLASSICAL TIBETAN LANGUAGE

by Stephan Beyer. 503 pp., #CLTILA \$19.95

This is an excellent reference for linguists and others interested in a comprehensive description of the Tibetan language. It treats the classical language on its own terms rather than by categories appropriate to other languages. Beyer presents the language as a medium of literary expression and deals with linguistic phenomena 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. With its 16,000 main entries and 29,000 subentries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

New!

A SANSKRIT-ENGLISH DICTIONARY

by M. Monier-Williams. 1369 pp., #SAENDI \$40 cloth

This is the classic Sanskrit dictionary and is an excellent resource for Buddhist studies. Contains 180,000 words arranged etymologically and philologically. This book is printed in India.

Dictionaries from Lhasa!

We have a few copies of two dictionaries printed in Lhasa. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, and as we only have a few, please telephone us to see if there is still one left for you.

ENGLISH-TIBETAN-CHINESE DICTIONARY

#ENTICH \$45

TIBETAN-CHINESE DICTIONARY

2 volumes, #TICHDI \$120

This was formerly a 3-volume set and has now been printed in two volumes

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY

Tsepak Rigzin. 479 pp. #TIENDI \$40 cloth

Based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—a Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, and supplemented from works of Tibetan lamas. 6,000 main entries and over 8,000 sub-entries, with Sanskrit equivalents where possible. New edition—revised and enlarged 40%.

ལྷོ་ཁྱ་བ།

TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN

by Melvyn Goldstein. 1234 pp., #MOTIDI \$64 cloth

Because of rapid changes in contemporary Tibetan culture, modern literary Tibetan is extremely difficult for non-Tibetans to read. Scholars who are able to read lofty Buddhist texts in Tibetan have difficulty with a simple newspaper story. Melvyn Goldstein has compiled between 35-40,000 entries including items from modern sources. This dictionary comes from India.

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 Narkyid, Geshe Thupten Jinpa, Kunsang Y. King, Jules B. Levinson, Jigme Ngapo, Daniel E. Perdue, Dolma Tenpa and Steven N. Weinberger. 1010 page, 4-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 language experts working in conjunction with indigenous speakers at the University of Virginia under a grant from the International Research and Studies Program of the Department of Education in Washington, D.C.

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

The package consists of textbooks and 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. With unit four, vocabulary and grammatical patterns are introduced in situational dialogues. Each dialogue is followed by extensive drills repeating the vocabulary and grammatical patterns in different contexts thereby teaching how to use the language creatively. The exceptionally clear voices in the dialogues and drills are both male and female indigenous Tibetans. The glossary is both Tibetan-English and English-Tibetan.



A TIBETAN-ENGLISH DICTIONARY (compact edition)

Sarat Chandra Das. #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works.

TIBETAN FONTS FOR THE MACINTOSH

by Pierre Robillard. #TIFOMA \$59.95

"This Tibetan font for the Macintosh is a superlative system for typing and editing Tibetan, and is unquestionably the best available. I have been using it for several projects and it is 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 various Sanskrit letters needed 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, desk-top 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.

Now runs on Windows 95!

TIBETAN FOR WINDOWS

by Marvin Moser. #TIWIN \$60

Now it's possible to use Tibetan in the popular Microsoft Windows environment 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. Tibetan text can be easily cut and pasted between different Windows programs. The program runs under Windows 3.1 or Windows 95, using either Word for Windows 6.0 or WordPerfect for Windows 5.2 and up. (If you are using Windows 3.1, you can also use the Write editor included free with Windows).

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 Tibetan and phonetic formats. This version also includes the Lmantra font for expanded Tibetanized Sanskrit stacks.

TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS

by Acharya Sangye T. Naga & Tsepak Rigzin. 264 pp. #TIQUPH \$18

This compilation of idioms and phrases bridges the gap between Tibetan literary and colloquial forms. Each phrase has an English equivalent and is also used in a complete sentence. A must for Tibetan language students.

TIBETAN PHRASEBOOK

by Andrew Bloomfield & Yanki Tshering. 152 pp. #TIPH \$8.95, Two 90 min. cassette tapes #TIPHT \$14.95

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 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 Tibetan customs and etiquette. Appendices include helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

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.

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

This complete textbook on classical Tibetan has 19 chapters suitable for beginning or intermediate students. *Translating Buddhism from Tibetan* begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns seen in the formation of words, and into the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference.

Translating Buddhism from Tibetan balances traditional Tibetan grammatical and syntactic analysis with a use of terminology that reflects English preconceptions about sentence structure. Based on the system developed by

Jeffrey Hopkins at the University of Virginia, this book presents in lessons, with drills and reading exercises, a practical introduction to Tibetan grammar, syntax and technical vocabulary used in Buddhist works on philosophy and meditation. An extremely well designed learning system, serving as an introduction to reading and translating and to Buddhist philosophy and meditation. It is the best book available for learning Tibetan Buddhist language and is the standard text in universities and Buddhist centers.

Through easily memorizable paradigms, the student comes to recognize and understand the recurrent patterns of the Tibetan language. Each chapter contains a vocabulary full of helpful Buddhist terms.

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

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 book *Translating Buddhism From Tibetan*.

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NEPALI FOR TREKKERS

by Stephen Bezrukhka. 58 pp. plus 90-minute cassette. #NETR \$16.95

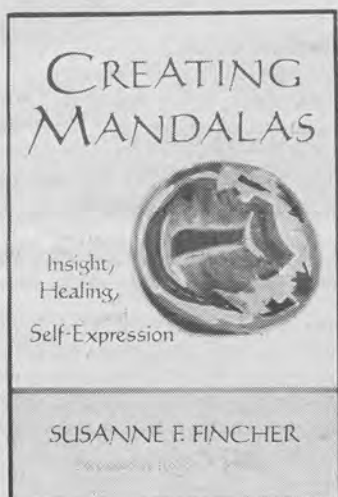
This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases. Words and phrases spoken by a native Nepali—good package for visitors to Nepal.

BOOKS FROM OTHER TRADITIONS

THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$11.95

Merton's 1968 trip to Asia is a remarkable account of spiritual life in the East. He met many prominent people—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.



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 introducing the history and ritual use of mandalas in world cultures, Fincher discusses art materials, techniques and colors for creating personal mandalas and explains color symbolism, numbers, shapes, and motifs. Susanne Fincher is an art therapist and mandala workshops teacher.

EMBRACING THE BELOVED: Relationship as a Path of Awakening

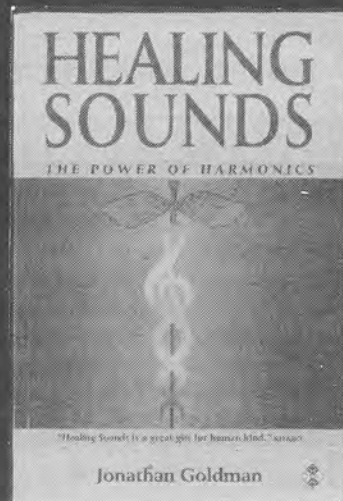
by Stephen and Ondrea Levine. 305 pp. #EMBE \$11

Relationships have enormous power for physical, spiritual and emotional healing. Stephen and Ondrea demonstrate through many exercises how relationships can heal and offer a path for spiritual renewal and merciful awareness of life.

GREAT SWAN: Meetings with Ramakrishna

by Lex Hixon. 314 pp. #GRSW \$16.00

The great Bengali sage Ramakrishna experienced the oneness of all religions and union with the blissful Divine Mother. He is a playful, brilliant, tender visionary who offers instruction, inspiration, and thrilling glimpses into his state of spiritual intoxication as he meets with devotees and visitors in his room beside the Ganges River.



HEALING SOUNDS The Power of Harmonics

by Jonathan Goldman. 170 pp. #HESO \$14.95

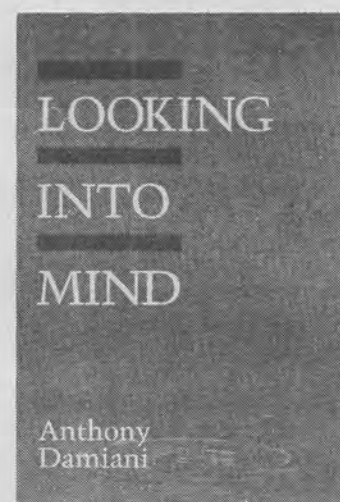
Healing Sounds explains the ancient secrets of sound and the extraordinary power of harmonics to heal and transform. Jonathan Goldman discusses the overtone chanting of the Tibetan monks, relates sounds to the energy centers of the body, instructs how to produce and use these vocal harmonics, and offers information on the ancient shamanic, mystical and spiritual traditions that employed sound in their rituals.



THE INNER TEACHINGS OF TAOISM

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

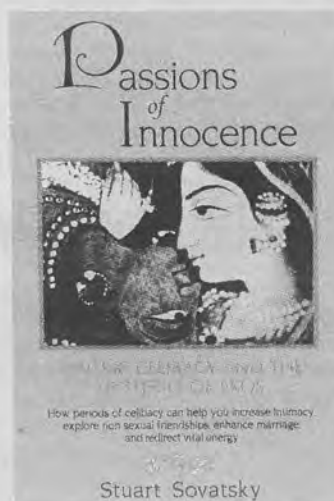
This book unlocks many secrets of Taoist alchemy. Known as the *Four Hundred Words on the Gold Elixir*, the root text describes the process of reunification of the fragmented self into a complete human being. The lucid commentary makes clear the meaning of the alchemical symbolism so that the underlying 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. It teaches meditation as a means to experience the mind directly, free of any images. From the side of reason, its clear analysis of everyday experience shows that the world and 'I' are thought into existence by the same creative mind. This combined approach is a direct way to intimate knowledge of one's own basic mind, a sure route to reliable spiritual independence.



PASSIONS OF INNOCENCE: Tantric Celibacy and Other Erotic Mysteries

by Stuart Sovatsky. 256 pp., 50 illus., 8" x 10" #PAIN \$14.95

Periods of celibacy can enhance our awareness of the erotic impulse and its myriad forms of expression. These periods can also 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

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?

This in-depth approach to these issues makes *Standing in Your Own Way* the most invigorating and comprehensive treatment 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.



TAOISM: The Road to Immortality

by John Blofeld. 195 pp. #TAROIM \$16

John Blofeld explains Taoism, tells many stories of ancient masters, and provides incisive reflections on Taoist verse and yoga. He describes visits to Taoist hermitages in China and talks with masters. Blofeld captures the spirit of the Tao, communicating its serenity and timeless wisdom.

THE YOGA OF POWER: Tantra, Shakti, and the Secret Way

by Julius Evola. 240 pp. #YOPO \$16.95

Hindu Tantrism and Shaktism emphasize the path of action and mastery over secret energies latent in the body, practices which use human passions and the power of nature to conquer the world of the senses. Evola describes traditional methods of self-mastery, including the awakening of the serpent power, initiatory sexual rites and evoking the mantras of power.

The editors at Snow Lion offer you this large alphabetized selection of books. We have considered various divisions of this literature to make it less massive but none of them are completely satisfactory.

ADVICE FROM A SPIRITUAL FRIEND

by Geshe Rabten and Geshe Dhargyey. 180 pp., 14 photos and line drawings, #ADSPFR \$14.95

Like wise old friends, two Tibetan masters explain how to fill our lives with loving kindness, compassion, and wisdom. By learning to respond to difficulties with patience and joy, gradually changing our attitudes, we can enjoy peace of mind in every situation. Based on *The Seven Point Thought Transformation* and *The Jewel Rosary of the Awakening Warrior*.

ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples

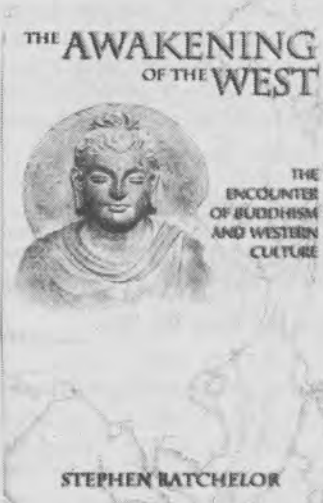
intro. by H.E. Tulku Urgyen Rinpoche. 184 pp. #ADLOBO \$18

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. The profundity of this advice is meant to be personally applied by all individuals in all circumstances.

AN ANTHOLOGY OF WELL-SPOKEN ADVICE on the Graded Paths of the Mind

by Geshe Ngawang Dhargyey, compiled and ed. by Alexander Berzin. 442 pp. #ANWESP \$14.95

A massive compendium of oral teachings based on Kyabje Phabongka's "A Personal Gift for Being Utterly Freed" (*Liberation in Our Hands*) and Tsongkhapa's "A Grand Presentation of the Graded Paths of the Mind" (*Lam Rim Chenmo*)—presenting the levels of spiritual training for overcoming obstacles to Buddhahood.



AWAKENING OF THE WEST: The Encounter of Buddhism and Western Culture

by Stephen Batchelor. 416 pp. #AWWE \$18

A beautifully written history of the encounters of Buddhism with the West during the past 2000 years—a chronicle of missed opportunities, cultural arrogance, political tragedy, and unfulfilled dreams. Since the time of Alexander the Great, European kings and popes longed for the power they would gain through the conquest of Asia, but their narrow-mindedness prevented them from learning much at all about Buddhism—until the last hundred years.

ANATMAN: The No-Self Nature

by Charlie Singer, foreword by Ven. Lama Pema Wangdak. 38 pp. #ANA \$5

The doctrine of no-self is difficult to penetrate yet liberating in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and things we attain the transcendent wisdom of the Prajanaparamita, and come to an understanding of things as they are.

BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path

by Ayia Khema. 192 pp. #BENO \$12.95

Ayia Khema gives meditations and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deep insight, a sense of calm well-being, and a greater capacity to love and feel loved.

"A valuable guide to the path of meditative insight...direct, clear, and inspiring."—Sharon Salzberg



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. "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." Over 100,000 copies sold.

THE BODHICARYAVATARA

by Shantideva, trans. by Kate Crosby & Andrew Skilton. 191 pp. #BO \$9.95

A new translation of Shantideva's classic work on the bodhisattva path of awakening, setting out what the bodhisattva must do and become, and the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction putting the work in context and explaining its structure.

AWAKENING THE MIND:

Explanations of Basic Buddhist Meditation

by Geshe Namgyal Wangchen. 272 pp., 15 line drawings #AWMI \$14.95 October

Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain. Based on Tsong Khapa's teachings, he shows how to develop ourselves.



THE BEAUTIFUL ORNAMENT OF THE THREE VISIONS

by Ngorchon Konchog Lhundrub, foreword by H.H. Sakya Trizin. 234 pp. #BEORTH \$12.95

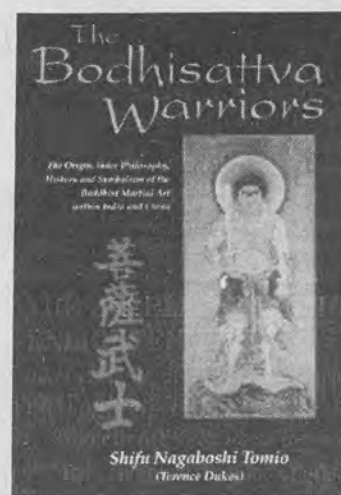
Virupa, one of the 84 Mahasiddhas, was known for his miraculous powers and unseemly conduct. He sang of himself, "Ugly one, ugly one, that's what people mock me as. But what I have is what they all wish for." The happiness and peace of unconditioned freedom is what he had achieved, and he displayed it in his unconventional attitude and behavior in the world.

The liberating meditations and methods Virupa employed were revealed by him in a teaching known as the Vajra Verses. These were later expanded into a systematic teaching known as the *Lam Dre*, the first part of which is a meditation manual known as *The Beautiful Ornament of the Three Visions*. These visions represent stages of mental-clarity starting with the vision of suffering and ending with the pure vision of peace and enlightened activities.

BUDDHA NATURE: The Seed of Happiness

Ven. Thrangu Rinpoche. 180 pp. #BUNA \$13.95

Buddha Nature explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.



THE BODHISATTVA WARRIORS: The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art within India and China

by Shifu Nagaboshi Tomio. 530 pp., 128 illus., 9 tables, #BOWA \$19.95

This study of the earliest form of Buddhist self-defense practiced by Chuan Fa monks and mystics presents their philosophical and physical basis. The practices of the North Chinese Chuan Movement Meditation Traditions and the South Chinese Esoteric School explained here are both secret traditions. These martial arts are a meditation mandala in action and complement other Buddhist practices.

BODY OF LIGHT: History and Practical Techniques for Awakening Your Subtle Body

by John Mann & Lar Short. 192 pp., 10 diagrams, #BOLI \$12.95

"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

BIG SKY MIND: Buddhism and the Beat Generation

ed. by Carole Tonkinson. 387 pp. #BISKMI \$15

"Between the beauty and deep charm of its excerpts, and the intelligence of its commentary, Big Sky Mind reads more like a Golden Treasury than just another Beat anthology. A moving and fascinating look at a critical chapter in the history of Dharma in America."—Michael Herr



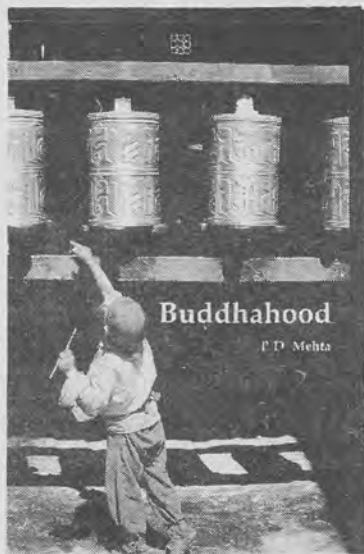
Big Sky Mind: BUDDHISM AND THE BEAT GENERATION

Carole Tonkinson, ed.

"...a long-awaited inspirational collection—full of awesome, creative work and challenging spiritual testimony."—bell hooks

...from below
...n falls for centuries
...ing the loose rocks in space
...et rain, the fires out
...black snag glistens in the rain
...wisp of smoke floats up
...ate cold
...whorls of fire
...f the Milk Way
...ase in an
...d high
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CLOSEOUT SALE! \$10



BUDDHAHOOD

by P.D. Mehta. 187 pp. #BU \$15.95, now \$10

Buddhahood contains essays from *The Middle Way*, a leading U.K. Buddhist journal. Phiroz Mehta discusses Buddhism, yoga, chakras, and kundalini; meditation and the levels of absorption (form & formless); the nature of realization its stages; mindfulness and selflessness.

THE BOOK OF BUDDHAS: Ritual Symbolism Used on Buddhist Statuary and Ritual Objects

by Eva Rudy Jansen. 112 pp. #BOBU \$10.95

This is a compact overview of the iconography of Tibet illustrating and describing the popular images, positions and symbols of Mahayana and Tantrayana Buddhism. Some of the deities discussed: Medicine Buddha, Avalokitesvara, Vajrapani, Tara, 35 Buddhas of Purification, Begtse, Hayagriva, Mahakala, Palden Lhamo, Jambhala, Sarasvati.

BUDDHISM: An Outline of Its Teachings and Schools

by Hans Wolfgang Schumann, trans. by Georg Feuerstein. 200 pp., 39 line drawings & photos, tables, index, #BUOUTE \$8.95

This is an excellent book—it is a systematic, reliable and accessible guide to Buddhist doctrine.

"Striking flashes of insight. In some ways comparable to Edward Conze's *Buddhism*."—*Choice Magazine*

BUDDHISM IN PRACTICE

ed. by Donald S. Lopez, Jr. 608 pp. #BUPR \$19.95

Buddhist practice in Asia is represented in forty-eight translated texts divided into those pertaining to the Buddha, Dharma, and Sangha. Originating from the Buddhist literature of nine countries and from the three vehicles of practice, each text is preceded by a substantial introduction by its translator and illustrate the remarkable diversity of Buddhist practices. Some topics are: *Consecrating the Buddha, The Way to Meditation, On Becoming a Buddhist Wizard, Auspicious Things, The Chinese Life of Nagarjuna, Aryadeva and Candrakirti on Self and Selfishness, Sutra on the Merit of Bathing the Buddha, Reading Others' Minds, The Whole Universe as a Sutra, A Discussion of Seated Zen, The Great Bliss Queen, The Legend of the Iron Stupa, Two Tantric Meditations: Visualizing the Deity.*

BUDDHISM, SEXUALITY, AND GENDER

ed. by José Cabezon. 241 pp. #BUSEGE \$21.95

This book explores historical, textual, and social questions relating to the place of women and gay people in the Buddhist world in India, Tibet, 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 Buddhist societies.

BUDDHIST HERMENEUTICS

ed. by Donald S. Lopez, Jr. 298 pp. #BUHE \$15.95

Conference publication containing essays on Buddhist hermeneutics presented at a Kuroda Institute for the Study of Buddhism and Human Values. Topics include: *On the Interpretation of the Mahayana Sutras* (Lopez); *Killing, Lying Stealing, and Adultery: A Problem of Interpretation in the Tantras* (Broido); *Vajra Hermeneutics* (Thurman); *Mipham's Theory of Interpretation* (Kapstein).

THE BUDDHA WITHIN

by S.K. Hookham. 422 pp. #BUWI \$21.95

Central to understanding Mahamudra and Dzogchen is 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. An excellent presentation of Kagyu views on liberation and a good starting place for dialogue with other lineages.

THE BUDDHIST I CHING

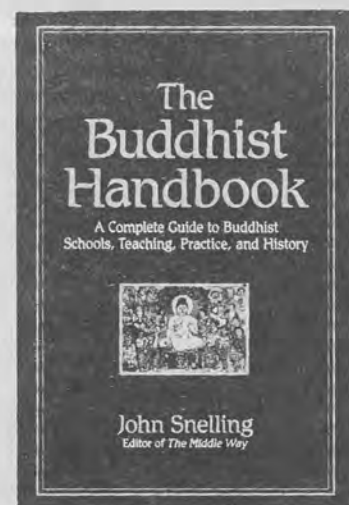
trans. by Thomas Cleary. 240 pp. #BUIC \$16

For centuries the *I Ching* has been used as a map of conscious development. Chih-hsu Ou-e, a Chinese Buddhist meditation master, offers three levels of *I Ching* interpretation: social, Buddhist and meditational. He elucidates the text using the principles of concentration, calmness, insight, and levels of realization.

THE BUDDHIST PATH TO ENLIGHTENMENT: Tibetan Buddhist Philosophy and Practice

by Lama Doboom Tulku. 183 pp. #BUPAEN \$14.95

Lama Doboom Tulku is a respected Buddhist scholar and leader in the engagement of Buddhist ideals. He discusses the Buddha Nature, Nirvana and the path to enlightenment; aspects of tantra and the meaning of mandalas as well as world peace, green Buddhism and Buddhist principles for a just society. He is director of Tibet House in New Delhi.



THE BUDDHIST HANDBOOK: A Complete Guide to Buddhist Schools, Teaching, Practice, and History

by John Snelling. 337 pp. #BUHA \$14.95

This is an illuminating guide to Buddhist teaching, practice, schools, and history. It provides a comprehensive, world-wide, and non-sectarian survey of traditions and their contemporary exponents.

THE BUDDHIST WORLD OF SOUTHEAST ASIA

by Donald K. Swearer. 258 pp., 45 photos & illus. #BUWOSO \$16.95

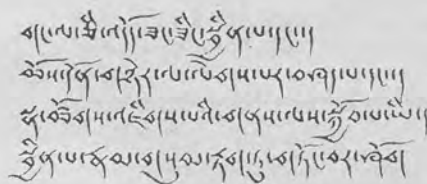
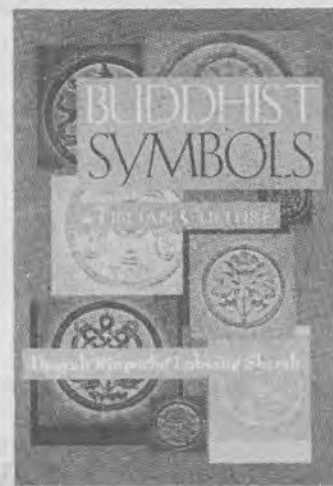
A remarkable in-depth presentation that balances scholarly interpretation and sensitive first-person portrayal of Southeast Asian Buddhism. Theravada Buddhism is a dynamic, complex system of thought and practice imbedded in the cultures, societies, and histories of Burma, Thailand, Laos, Cambodia, and Sri Lanka. The author discusses three aspects of this system: the popular tradition—paradigms of ideal action, rituals, festivals, and rites of passage; Buddhism as civil religion—King Asoka as the paradigmatic Buddhist monarch, cosmology and kingship, Buddhism and the modern nation state; modern transformations of the tradition—the changing roles of monk and laity, reform movements, and Buddhism in the West.



BUDDHIST SYMBOLS IN TIBETAN CULTURE

by Loden Sherap Dagab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

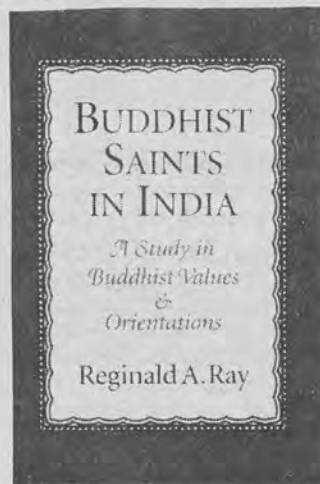
Rinpoche presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts. He shows how they serve as bridges between the inner and outer worlds and can point the way to reality. Included are the Eight Auspicious Symbols; the Eight Bringers of Good Fortune; Seven Jewels of Royal Power; Seven Gems; Five Qualities of Enjoyment.



CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEEGR \$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, Tibetan text, phonetics, translation, and discusses the six perfections.



BUDDHIST SAINTS IN INDIA: A Study in Buddhist Values & Orientations

by Reginald Ray. 508 pp. #BUSAIN \$52 cloth

A complicated problem in buddhology is the saint. This is the first comprehensive examination of Buddhist saints in various Indian Buddhist contexts. Reginald Ray, co-chair of Buddhist Studies at Naropa Institute, seeks to identify the prototypical Buddhist saint as a "renunciant of the forest." This classical type informs the different major Buddhist saintly types—the buddha, pratyekabuddha, arhant, and bodhisattva. Ray surveys the ascetic codes, conventions, and traditions of saints, and the cults of living saints and of those who have "passed beyond." He traces the role of the saints in Indian Buddhist history, particularly at the times of Buddhist origins and the formation of the Mahayana.

The American Academy of Religions has awarded an Honorable Mention in its Best First Book competition to the author for this book.



CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp. #CHLOLO \$11.95

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



CALMING THE MIND: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

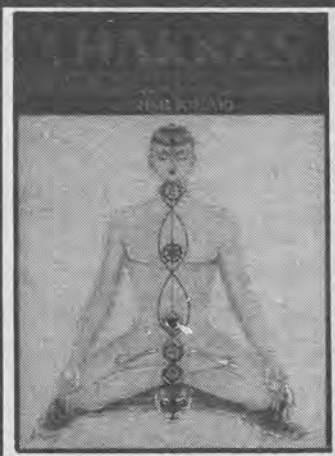
by Gen Lamrimpa, translated by B. Alan Wallace, edited by Hart Sprager. 148 pp. #CAMI \$12.95, A Namgyal Institute Textbook

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, Tibetan Review

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 Dharamsala 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.

"*Calming the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations."—Joe B. Wilson, *The Tibet Journal*.

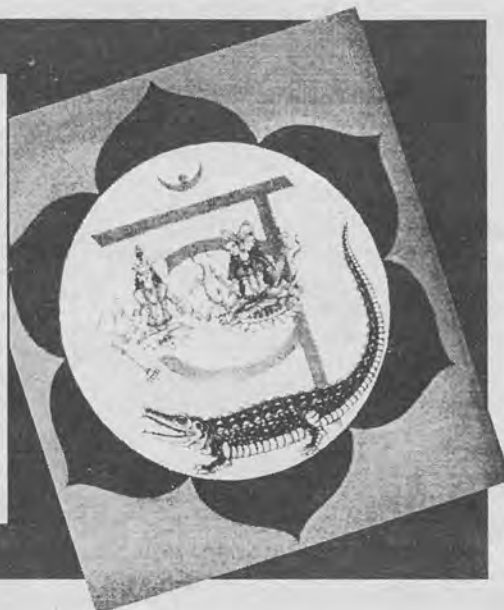
Previously titled *Shamatha Meditation*, relevant to our own time.



CHAKRAS: Energy Centers of Transformation

Harish Johari. 116 pp., 36 color illus., #CHA \$14.95

Harish Johari, Indian scholar and tantric practitioner unfolds the mysteries of these subtle centers of transformation using techniques of visualization essential to tantric practice and realization according to Hindu tantra. Beautiful illustrations provide images of each chakra, and meditation on these vitalizes the cerebrospinal centers and harmonize the entire physical and psychic system.



CHINNAMASTA: the Awful Buddhist and Hindu Tantric Goddess

by Elisabeth Benard. 162 pp. #CH \$14.95

Three rare texts of tantric practice examine Chinnamasta, the awesome Buddhist and Hindu tantric goddess and offer a large amount of information about tantric practice. In Buddhism, Chinnamasta is the severed-head form of Vajravahni or Vajrayogini. This marvellous and frightening Goddess pushes us beyond dualities into the unconditioned.

CHOOSING REALITY: A Buddhist View of Physics and the Mind

by B. Alan Wallace. 227 pp. #CHRE \$15.95

Choosing Reality shows how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology.

How shall we understand the relationship between the way we experience reality and the way 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 concepts cannot describe what exists independently of them. Finding both of these philosophies of science inadequate, the author explores the Buddhist middle way view and the relevance for modern physics of Buddhist contemplative methods of investigating reality. He also examines the ideas of body, mind, and reincarnation from the viewpoint of Tibetan Buddhism.

"This thought-provoking book is accessible to a general readership and will also be of special interest to scientists and Buddhist scholars"—NAPRA REVIEW

CHO YANG V

by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 132 pp., 75 color photos, 80 b&w photos and line drawings, #CHYA5 \$18.95

Another lavish volume full of wonderful images and hard-to-find information. Includes: *Sacred Sites of Tibet*; *A Survey of the Paths of Tibetan Buddhism* by H.H. the Dalai Lama, which contains an explicit discussion of tantric practice; *A Modern-Day Yogini* about a twelve-year solitary retreat by an American woman; *Inside the Mind and Brain: Tibetan Philosophy and Western Neuroscience*; *The Tibetan Women's Uprising*; *Lamas, Tsars and Commissars: Buddhism in Russia*; *Symbolism and Ritual in Tibetan Architecture*; *Precious Jewels of Tibet* on Tibetan jewelry; *Ocean of Sound* on Tibetan chanting and ritual instruments; *Tibetan Clay Sculpture and the Construction of Colossal Statues*.

CHO YANG VII

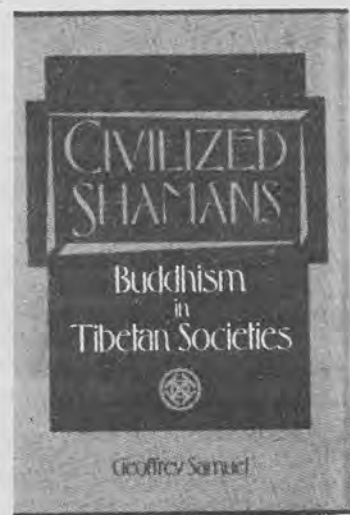
by the Council of Religious and Cultural Affairs of H.H. the Dalai Lama, ed. by Pedron Yeshe & Jeremy Russell. 124 pp., 91 color photos, 32 b&w photos and line drawings, #CHYA7 \$18.95

Another great issue of *Cho Yang*—full of captivating stories and information. *The Tokdens* (realized yogis) of *Khampagar*; *Tormas*; *Treasures of the Drukpa Kargyu in Kham*; *Interview with Jetsun Kushab and the 100th Holder of the Ganden Throne*; *Offerings*; *Qualities of a Spiritual Guide*; *The Dalai Lama on The Stages of the Path*; *Statue Construction*; *Tibetan Painters*; and more!

THE CHRIST AND THE BODHISATTVA

Donald S. Lopez, Jr. & S. C. Rockefeller, editors. 274 pp. #CHBO \$19.95

Explores the contemporary significance of Christ and the Bodhisattva: Langdon Gilkey, Brother David Steindl-Rast, and Ann Belford Ulanov investigate Christ from the Catholic contemplative tradition, depth psychology, and liberal Protestantism; H.H. the Dalai Lama, Robert Thurman, and Luis Gomez investigate the Bodhisattva.



CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp., 7 maps, #CISH \$66 cloth

"*Civilized Shamans* is an astonishing work...and clearly a landmark study. Beautifully produced and elegantly written."—*Asian Affairs*

Geoffrey Samuel 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 form Tibetan Buddhism has taken is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of the Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

"...comprehensive, a solid reference for the scholar."—*Library Journal*

A CONCISE HISTORY OF BUDDHISM

by Andrew Skilton. 264 pp., maps, index, bibliography, #COHIBU \$19.95

"...an excellent synopsis of current scholarship."—Alan Sponberg, Prof. of Asian Philosophy and Religion

Skilton sets the evolution of Buddhism's doctrines and schools within the context of the external events and institutions that influenced their development. An ideal introduction to the history of Buddhism.

THE CLEAR MIRROR: A Traditional Account of Tibet's Golden Age

by Sakyapa Sonam Gyaltzen, translated by McComas Taylor and Lama Choedak Yuthok. 315 pp., 16 line drawings, 2 maps, #CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the often-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet.

Compiled in 1368 from earlier histories and a rich oral tradition, the text treats the era during which Buddhism came to Tibet, Lhasa became the capital, and the Jokhang and Ramoche temples were founded.

The compiler, the renowned Sakya scholar Sonam Gyaltzen, narrates the traditional accounts in an engaging and highly readable style, in his words, 'to give pleasure to the faithful and to those who desire a history of the propagation of the Teachings'. Written to inform and entertain, the book has a preeminent position in Tibetan society and is popularly read today.



A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA

by Geshe Lobsang Tharchin. 80 pp. #COGYUO \$7.95

Ganden Lha Gyema "Hundred Deities of the Land of Joy" is the standard Tsongkhapa guru yoga. It guides the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin explains the text and gives instructions for practice.

The main way to achieve Buddhahood is by accumulating enlightening power, and mandala offering is a most effective practice for this purpose. Three forms of offering are described: outer mandala—the symbolic world; inner mandala—one's own body; secret mandala—for tantric practitioners.

CRAZY WISDOM

by Chogyam Trungpa. 160 pp. #CRWI \$19

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.

A COMPENDIUM OF WAYS OF KNOWING

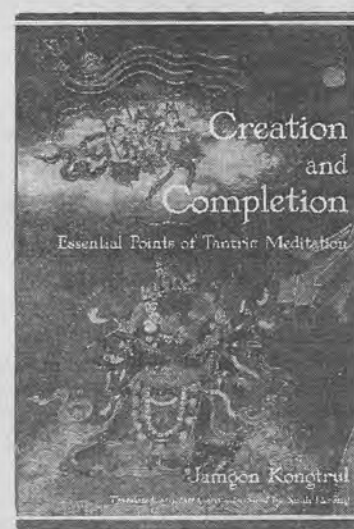
by Akya Yongdzin Yangchen Gawai Lodro, comm. by Geshe Dhargyey. 67 pp. #COWAKN \$7.95

A compendium on the nature of mind and the ways in which it knows. It is traditionally memorized for debate. Of the seven ways of knowing, two are considered valid. Understanding the nature of knowing and the known forms the basis of properly understanding emptiness.

CONCEALED ESSENCE OF THE HEVAJRA TANTRA

trans. by G.W. Farrow and I. Menon. 364 pp. #COESHE \$20 cloth

The Hevajra Tantra is a non-dual, Yogini tantra introduced into Tibet during the 10th century. Also included is *Yogaratanmalā*, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the uninhibited Indian classic period.



CREATION AND COMPLETION: Essential Points of Tantric Meditation

by Jamgon Kongtrul, trans. by Sarah Harding. 128 pp. #CRCO \$14.95 February

An excellent guide tantric Buddhist meditation practice. It leads the way along a clear path of meditative self-transformation: from visualization of oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

"...very beneficial...will resolve all doubts about tantric practice."—Thrangu Rinpoche

THE CREATIVE VISION: The Developing Phase of Tibetan Tantra

by Herbert Guenther. 192 pp. #CRVI \$15

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

THE CULT OF TARA: Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16 photos, 45 illus. #CUTA \$18

Features the practices and philosophic basis of tantra and especially the Tara Tantra: 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 SPIRITUAL MATERIALISM

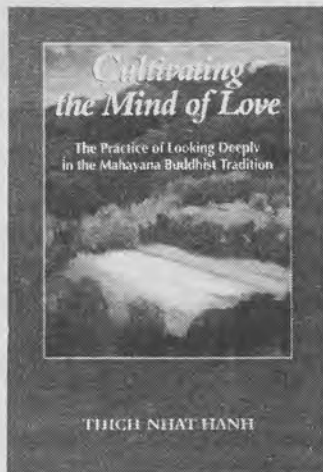
by Chogyam Trungpa. 250 pp. #CUTHSP \$14

Walking the spiritual path properly is a 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 common spiritual self-deceptions.

CURATORS OF THE BUDDHA: The Study of Buddhism under Colonialism

ed. by Donald S. Lopez, Jr. 298 pp. #CUBU \$16.95

This is a critical history of western Buddhist study. Chronicling the emergence of Buddhist academic study in Europe and America in the context of the ideologies of empire, this volume begins with the nineteenth century origins of Buddhist studies and then focuses on Aurel Stein, D.T. Suzuki, Carl Jung and others who played a significant role in disseminating knowledge about Buddhism. The essays discuss social, political, and cultural conditions that have shaped Buddhist studies.



CULTIVATING THE MIND OF LOVE: The Practice of Looking Deeply in the Mahayana Buddhist Tradition

by Thich Nhat Hanh, foreword by Natalie Goldberg. 126 pp. #CUMILO \$14

Thich Nhat Hanh shares heartfelt moments in his own formation—drinking the clear water of a hermit's well; seeing the Buddha on a magazine cover; becoming a monk to practice for his generation, his society, and the world; and falling in love. Interweaving these episodes with a close examination of the *Diamond*, *Lotus*, and *Avatamsaka Sutras*, he shows how to cultivate our "mind of love" and bring joy to ourselves and others.

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal

by Erik Pema Kunsang. 200 pp., #DATE \$18

This is a terma text of teachings given to Yeshe Tsogyal recorded in a coded language called "dakini script" and concealed until years later. The teachings translated here are instructions on the three levels of Buddhist practice.



DHARMA PATHS

by Khenpo Karthar Rinpoche
ed. by Laura Roth

270 pp. #DHPA \$14.95

Khenpo Karthar Rinpoche is the abbot of Karma Triyana Dharma-chakra Monastery in Woodstock, New York, and head of affiliate centers throughout the United States. In *Dharma Paths*, Rinpoche tells how to practice discipline and meditation. This solid introduction cuts through the complexity of the Tibetan tradition, revealing a flexible approach oriented to our individual capacities. He teaches us how to develop the mind of compassion, how to approach profound methods of practice, and what the stages are of the Buddhist path to enlightenment.

CUTTING THROUGH APPEAR- ANCES: Practice and Theory of Tibetan Buddhism

by Geshe Sopa & Jeffrey Hopkins. 376 pp.
#CUTHAP \$15.95 paper, A Namgyal
Institute Textbook.

An authentic presentation of the practice and theory of Tibetan Buddhism, set down in a beautiful text. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path.

Next is the *Presentation of Tenets*, written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.

THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon

by Kalu Rinpoche. 222 pp. #DHILAL \$18.95

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

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 Tibetan Buddhist logic and epistemology 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 Buddhist philosophy by sharpening analytical capacities. Since the Tibetan commentarial tradition incorporates the debate style as the means of conveying philosophical concepts, to understand the various philosophical stances in Tibetan studies it is essential to master the procedure of debate.

Using a debate manual by Pur-bu-jok Jam-ba-gya-tso, (1825-1901) as its basis, Daniel Perdue covers the form and substance of elementary debate and demonstrates the application of debate to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.



DEPENDENT-ARISING AND EMPTINESS

by Elizabeth Napper. 849 pp. #DEARM
\$37.50 cloth

One of the best Tibetan Buddhist interpretations of Madhyamika philosophy. It emphasizes the compatibility of emptiness and conventional phenomena. An understanding of their integral relationship shows how the Madhyamika completely denies any concrete, solid status to the world and yet maintains a valid presentation of that world based on ethical principles. Includes critical review of contemporary Western interpretations of Madhyamika.

THE DIRECT AND UNMISTAKEN METHOD OF PURIFYING YOUR- SELF AND PROTECTING YOUR- SELF, ETC.: The Practice and Benefits of the Eight Mahayana Precepts

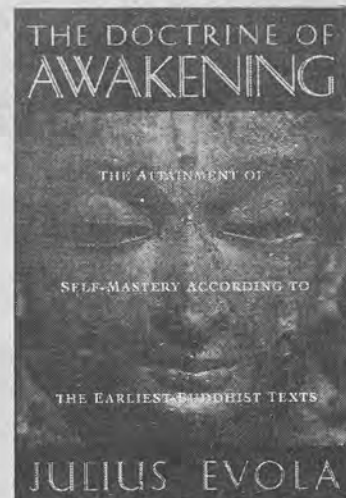
Compiled by Lama Thubten Zopa
Rinpoche with commentaries by Trijang
Dorje Chang & Geshe Lamrimpa. 40 pp.
#DIUNME \$3.95

DISPUTERS OF THE TAO: Philo- sophical Argument in Ancient China

by A.C. Graham. 502 pp., #DITA \$19.95

The classical age of Chinese philosophy (500-200 B.C.) coincides with the final decline of the Chou empire and the period of warring States, an exceptional era in Chinese history when a hundred schools of thought blossomed. Philosophical argument flourished as never before or since.

"This is far more than an exceptionally readable and authoritative history of classical Chinese thought. It is a work of philosophical originality, subtlety, and deep insight...the newcomer's preferred guide to the field."—Herbert Fingarette, Univ. of California



THE DOCTRINE OF AWAKEN- ING: The Attainment of Self- Mastery according to the Earliest Buddhist Texts

by Julius Evola. 246 pp. #DOAW \$16.95

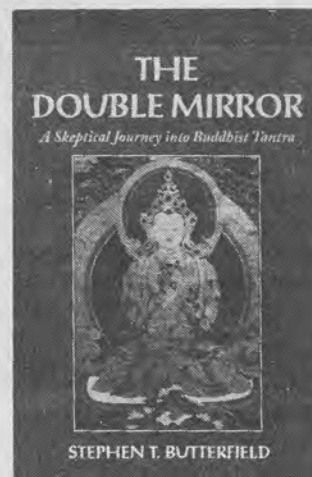
Buddhist teachings offer an heroic spirituality that differs from the more passive forms of theistic religion based on faith and dogma. Evola is a Westerner who offers a sophisticated, highly readable analysis of Buddhism—he elucidates the central truths of the eightfold path and describes methods for transcendence of dualistic thinking. Especially impressive are his discussions of the consuming fire of samsaric consciousness and the destruction of the demon of dialectics. This book will appeal to practitioners with a will bent on freedom. Written in the 1930s in Italy, Evola was influenced by that political culture—we are offering this book to you because of his valuable Buddhist insights into the nature of samsaric life.

THE DOOR OF LIBERATION

by Geshe Wangyal. 240 pp. #DOLI \$15

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. Robert Thurman and Jeffrey Hopkins are two of his most prominent students.

"The scholar-adept Geshe Wangyal was the first to bring Tibetan Buddhism to America. He had extraordinary love and humor as well as ferocity. He taught untiringly and was both the most beautiful and the most terrifying person I have known. To live with him was to live with emptiness."—Jeffrey Hopkins



THE DOUBLE MIRROR: A Skeptical Journey Into Buddhist Tantra

by Stephen Butterfield. 250 pp. #DOMI
\$14.95

An incisive, eloquent portrayal of the perils and rewards of a deep, transformative spiritual journey. Butterfield draws from his personal experience as a Tibetan Buddhist and student of Chogyam Trungpa—known for his "crazy wisdom." The author examines the effects of practice on himself and the compatibility of Buddhism with American life. He offers an insider's perspective and a dose of healthy skepticism in this balanced portrayal of spiritual life.



DOOR TO INCONCEIVABLE WISDOM AND COMPASSION

by Khenpo Palden Sherab Rinpoche,
trans. By Khenpo Tsewang Dongyal
Rinpoche. 176 pp. #DOINWI \$17.00

Bodhicitta refers to the union of loving-kindness, compassion, and wisdom of ultimate reality. Khenpo Palden Sherab Rinpoche skillfully presents a full spectrum of teachings and everyday applications regarding this powerful, immediate and practical means of spiritual transformation and realization.

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.,
#DOSA \$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*, compiled by Lodro Gyaltsen, a fifteenth-century Tibetan yogi. Lama Zopa reveals the essential meaning of this text which he discovered in his Himalayan retreat cave. Only after he read this text did he understand the real meaning of Buddhist practice.

A DOSE OF EMPTINESS: An Annotated Translation of the *sTong thun chen mo* of mKhas grub dGe legs dpal bzang

by José Cabezon. 590 pp. #DOEM \$29.95

This is a detailed, critical exposition of emptiness as taught in the major Mahayana schools: 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.

DRINKING THE MOUNTAIN STREAM: Inspiring Songs of Tibet's Beloved Saint, Milarepa

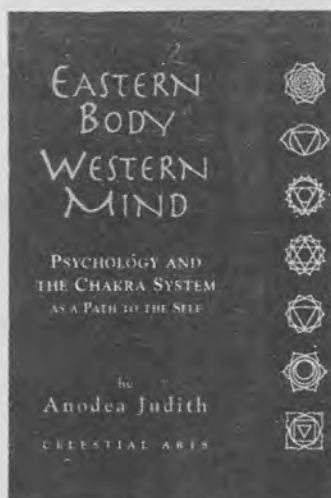
trans. by Lama Kunga Rinpoche & Brian
Cuttillo. 192 pp., b&w illus. #DRMOST
\$14.95

"Revered for the depth of his realization and extraordinary ability to transmit the Buddha's teachings, Milarepa wandered the terrain of eleventh-century Tibet and Nepal guiding countless followers through his songs of liberation.

DRUNG, DEU AND BON: Narrations, Symbolic Languages and the Bon Traditions in Ancient Tibet

by Namkhai Norbu Rinpoche. 348 pp. #DRDEBO \$19.95

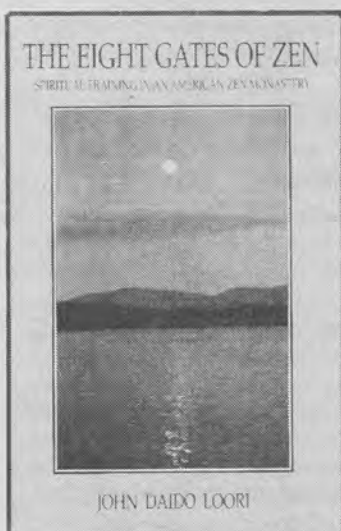
Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu begins by investigating the epic poems and legends of Tibet's secular culture (*drung*), then he explains the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms (*deu*). Lastly, he elucidates the complexities of the pre-Buddhist Bon tradition.



EASTERN BODY, WESTERN MIND: Psychology and the Chakra System

by Anodea Judith. 416 pp., #EABOWE \$18.95

Anodea Judith's latest book chakras explains the system through Western psychology. The developmental tasks associated with each chakra is presented, followed by detailed explanations of balancing characteristics, traumas and abuses, and physical malfunctions. There are sections on healing practices, body types and pathologies.



THE EIGHT GATES OF ZEN: Spiritual Training in an American Zen Monastery

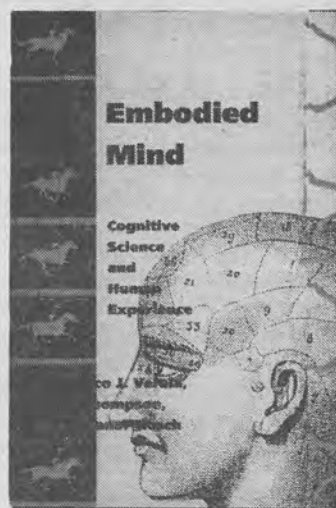
by John Daido Loori. 275 pp. #EIGAZE \$12.95

Shows how to intimately contact our stillness and clarity. This is an excellent practice manual on Zen training. The eight gates are: meditation, study with the teacher, ritual, ethical precepts, art and body practice, Buddhist study, and work practice. The emphasis is on the experience of doing. When totally committed, the experience reveals our true nature and transforms our world through wisdom and compassion.

ELABORATIONS ON EMPTINESS: Uses of the Heart Sutra

by Donald S. Lopez, Jr. 320 pp. #ELEM \$39.50

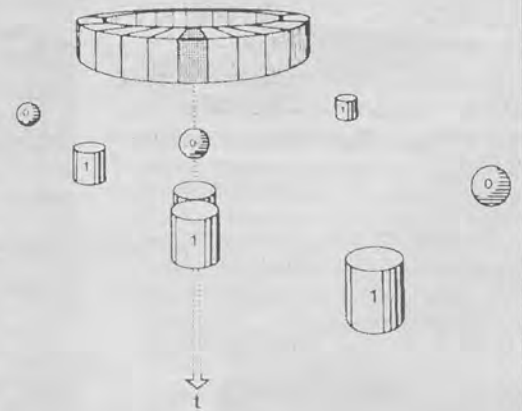
The *Heart Sutra* is the most famous Buddhist text—a potent expression of emptiness and the Buddha's perfect wisdom with more commentaries than any other sutra. Donald Lopez, Jr. explores the *Heart Sutra's* elaborate philosophical and ritual uses in India, Tibet, and the West.



THE EMBODIED MIND: Cognitive Science and Human Experience

by Francisco J. Varela, Evan Thompson and Eleanor Rosch. 308 pp. #EMMI \$14.95

The *Embodied Mind* is a sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in science and mind in experience can our understanding of cognition be complete. They develop a dialogue between cognitive science and Buddhist meditative psychology and relate it to phenomenology and psychoanalysis. Recommended as one of the very best treatments of Buddhism and cognitive science.



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* makes understanding voidness easier by presenting it from three different perspectives: devotional, logical and experiential.

ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha

by Herbert Guenther. 241 pp. #ECSPP \$25

After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the three songs. The Indian source material has been supplemented with references to the Dzogchen/Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.

EMPOWERMENT

by Tsele Natsok Rangdrol. 128 pp. #EM \$14

The empowerment ritual is 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 Buddhist training, particularly Mahamudra and Dzogchen.

THE EMPTINESS OF EMPTINESS: An Introduction to Early Indian Madhyamika

by C.W. Huntington, Jr. & with Geshe Namgyal Wangchen. 287 pp., #EMEM \$17.00

This is the first readable translation and study of Candrakirti's *The Entry into the Middle Way*, a treatise of critical importance to Buddhism's development in Tibet.

"Huntington's philosophical interpretation... is argued with force and clarity. It corrects (with panache) many misinterpretations of Madhyamika current among Anglophone writers."—*Journal of the American Oriental Society*

ENLIGHTENED COURAGE

by H.H. Dilgo Khyentse Rinpoche. 120 pp. #ENCO \$12.95

"This is a book to keep and reread, a book to jolt one out of oneself and back to one's senses."—*Tricycle: The Buddhist Review*

Kyabje Dilgo Khyentse Rinpoche, whose remarkable life ended in 1991, was one of the foremost poets, scholars, philosophers and meditation masters of the Mahayana, Mahamudra and Great Perfection traditions of Vajrayana Buddhism.

Rinpoche presents the Seven Point Mind Training which is the very core of the entire practice of Tibetan Buddhism. It condenses the compassionate path to Buddhahood into practical instructions which use the circumstances of everyday life. He speaks frankly from his heart, drawing on his own life-long experience.

"Filled with stories and examples, the great strength of *Enlightened Courage* is that it makes you realize the compulsive quality of the dream of ego, and the possibility of a radically different point of view."—*Shambhala Sun*

(Outside N. America, please order *Enlightened Courage* from Padmakara in France.)

EMPTINESS YOGA



EMPTINESS YOGA: The Tibetan Middle Way

by Jeffrey Hopkins. 504 pp., #EMYOP \$22.95, #EMYOC \$39.95 cloth
A Namgyal Institute Textbook

"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargay, *Religious Studies Review*

An absorbing, lively exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Professor Jeffrey Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism.

His personal and accessible presentation is based on Jang-gya's famous work which was studied in Tibet's largest monasteries. The original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are presented in the context of meditative practice.

This exposition includes a masterful treatment of the compatibility of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.

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With more than four thousand entries and over one hundred illustrations, this encyclopedia offers a survey of four Asian religious traditions. Among the subjects: lives and teachings of philosophers and meditation masters, basic texts and scriptures, sects and schools of thought, mythological figures and events, and many important terms.

ENLIGHTENED JOURNEY: The Practice of Buddhism as Daily Life

by Tulku Thondup. 240 pp. #ENJO \$16

A manual showing how to transmute life's situations into spiritual disciplines and experiences. Tulku Thondup, a Nyingma teacher, explains how suffering can be a more powerful tool than happiness for achieving enlightenment and how meditation can arouse compassion. He discusses the symbolism of holy places, temples, and statues, and how Tibetan art is a source of teaching, inspiration, and power. He explains the experience of dying, the after-death state, and the Longchen Nyingthig ngondro practices.

THE ENTRANCE GATE FOR THE WISE, Saskya Pandita on Indian and Tibetan Traditions of Pramana and Philosophical Debate

by David P. Jackson. 2 vols., 299pp. & 319 pp., #ENGAWI \$79

Contains the life and thought of Sakya Pandita (Sa-pan), one of Tibet's most influential translators and interpreters of Indian Buddhist philosophy, particularly known for propagating Dharmakirti's "pramana" tradition in Tibet. This is an extensive study of Sakya Pandita's treatise *The Entrance Gate for the Wise* (*Mkhas pa mams 'jug pa'i sgo*), which delineates the three main activities of the traditional Buddhist scholar: composition, exposition, and debate.



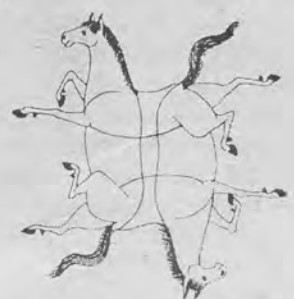
ENLIGHTENMENT BY A SINGLE MEANS: Tibetan Controversies on the "Self-Sufficient White Remedy"

by David Jackson. 220 pp. #ENSIME \$46

This is a detailed investigation of a doctrinal controversy rooted in the 8th-century Samye Debate and taken up again by the 12th century Sakya Pandita. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual factor or insight? This question arose again in Tibet with certain masters' teachings about Mahamudra.

To clarify the positions of masters representing the "simultaneous" or "all-at-once" doctrine, Jackson has presented the references in Gampopa's and Lama Ahang's writings. On the other side, Sakya Pandita criticized the notion that any single teaching or spiritual factor was sufficient, including meditative stoppage of conceptual processes known as "seeing the nature of mind."

Links between these masters' teachings and earlier Ch'an-influenced Tibetan traditions were discovered in addition to parallels to certain Indian siddhas' teachings. This book will interest anyone practicing Mahamudra, tantra or Dzogchen.



EPISTEMOLOGY AND SPIRITUAL AUTHORITY: The Development of Epistemology and Logic in the Old Nyaya and the Buddhist School of Epistemology with an Annotated Translation of Dharmakirti's *Pramanavarttika*

by Vittorio A. van Bijlert. 191 pp. #EPSPAU \$31

An excellent resource for understanding "pramana" or "valid cognition," the foundation of Buddhist logic. It has a thorough commentary of pramana as presented by Dharmakirti in his *Pramanavarttika*. Included is a translation of relevant parts of Dharmakirti's text, along with its oldest commentary, the *Pramanavarttika-Panjika*, written by Dharmakirti's direct disciple, Devendrabuddha.



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, *The Little Buddha*. Includes the life of the Buddha, key writings, discussion of reincarnation, basic teachings of the three types of Buddhist practice, and Buddhist historical background.

ESSENCE OF NECTAR

by Yeshe Tsöndu. 110 pp., notes, glossary, #ESNEC \$8.95

This is an extensive commentary/prayer on the Buddhist path presented in the *Great Exposition of the Graded Path (Lam-rim chenmo)* by Tsongkhapa.

THE EXPERIENCE OF INSIGHT: A Simple & Direct Guide to Buddhist Meditation

by Joseph Goldstein. 169 pp. #EXIN \$14

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THE ESSENTIAL NECTAR

by Geshe Rabten, trans. & ed. by Martin Willson. 308 pp. #ESNE \$14

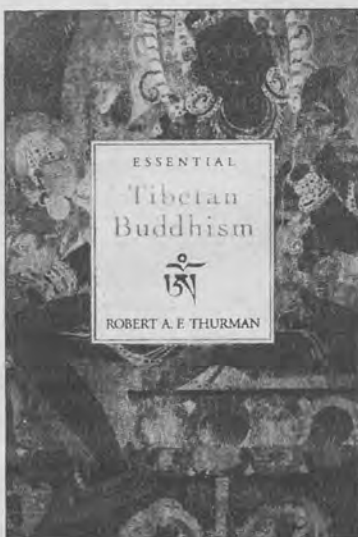
Teachings on the stages of the path are presented here as meditations to be practised; they are methods for investigating and transforming one's attitudes and behavior, leading to the complete eradication of negative mental states and the development of the qualities of the enlightened mind.

EVERLASTING RAIN OF NECTAR: Purification Practice in Tibetan Buddhism

by Geshe Jampa Gyatso, ed. by Joan Nicell. 160 pp. #EVRANE \$14.95

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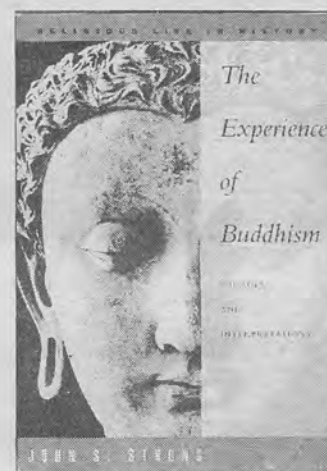
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Ven. Lobsang Gyatso is the Director of the Institute of Buddhist Dialectics in Dharamsala, India, one of the major institutions for Buddhist philosophy.

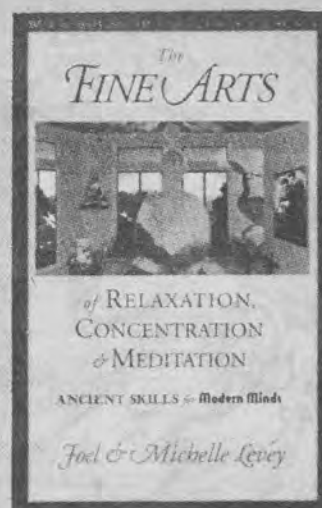


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by Ven. Gyatrul Rinpoche. 139 pp., 19 b&w photos, #GEDE \$14.95

H.H. Dudjom Rinpoche selected Ven. Gyatrul Rinpoche to be his spiritual representative at the Pacific Region Yeshe Nyingpo centers. During his twenty-one years of teaching westerners, Gyatrul Rinpoche established seven centers and developed an unusual ability to communicate the Tibetan Buddhist path. He is a master of the Palyul tradition, which contains teachings from the Nyingma and Kagyu schools.

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THE HARMONY OF EMPTINESS AND DEPENDENT-ARISING

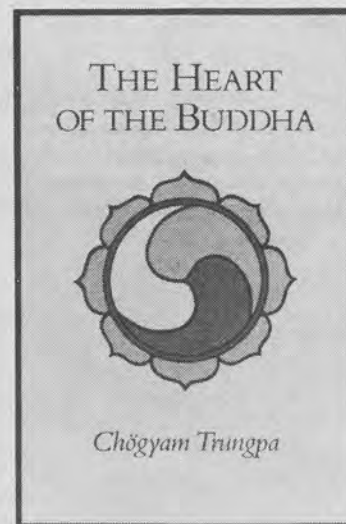
by Ven. Lobsang Gyatso. 156 pp. #HAEMDE \$10.95

Ven. Lobsang Gyatso skillfully explains the different Buddhist schools' views on the relationship of emptiness and dependent-arising in this commentary to Tsongkhapa's *The Essence of Eloquent Speech*.

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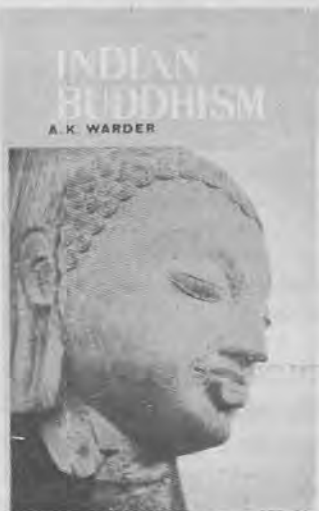
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"Professor Snellgrove was the ideal person to undertake such an enormous task, and his book can be expected to remain the standard work on the subject for many years to come."—*Journal of the Royal Asiatic Society*

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by Geshe Wangyal. 176 pp. #JEST \$10.95

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During the 28 years that Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of Buddhist doctrine. At the end of his life, Geshe-la wrote this book which presents clearly and precisely the essential topics for western Buddhists—the nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

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INTRODUCTION TO TIBETAN BUDDHISM

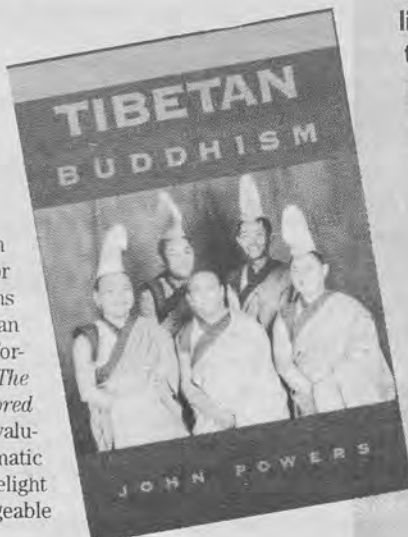
by John Powers

520 pp. #INTIBC \$34.95 cloth,
#INTIBU \$18.95 paper

"For a comprehensive and eminently comprehensible overview of Tibetan Buddhism, look to Power's substantial *Introduction to Tibetan Buddhism*."—*Booklist*, the American Library Association

"...presents the wide spectrum of Tibetan Buddhism in clear, concise form with Western methodology and critical appreciation."—Lobsang Lhalungpa

This is the first thorough introduction to Tibetan Buddhism, its doctrines, practices, history and major figures. Beginning with a summary of its Indian origins and how it was brought to Tibet, it explores Tibetan Mahayana philosophy and tantric methods for transformation involving visualization, ritual and meditation. *The tantric systems of the four main lineages are explored impartially and in depth.* A comprehensive and invaluable book list accompanies each chapter. This systematic and clear presentation of Tibetan Buddhism will delight both new readers as well as those already knowledgeable of the subject. We highly recommend it.



"Tantra...[provides] methods to redirect the force of desire by utilizing it in the spiritual path, so that desire itself becomes a means to overcome desire. The process is compared to the way two sticks can rubbed together to create a fire that consumes the sticks.

This does not mean, however that tantra involves unrestrained involvement in pleasure. Rather, desire and bliss are carefully channelled through meditative practices."

JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM

by Radmila Moacanin. 144 pp. #JUPSTI \$12.95

The author discusses the ideas and methods of Tibetan Buddhism and Jungian psychology. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious," successfully bridging the gap between our deep yearnings for spiritual fulfillment and the demands of mundane life.

KEYS TO GREAT ENLIGHTENMENT

by Geshe Tsulim Gyeltsen. 176 pp., #KEGREN \$12.95

Geshe Gyeltsen gives a verse by verse exposition on *Eight Verses of Thought Training* and *The Thirty-Seven Bodhisattva Practices*.

KING OF SAMADHI: Commentaries on the Samadhi Raja Sutra & the Song of Lodro Thaye

by Thrangu Rinpoche. 192 pp. #KISA \$17.

The *Samadhi Raja Sutra* links the mahayana bodhisattva training and the profound tradition of mahamudra practice.

"It is my request that all dharma practitioners take the meaning of these extremely precious teachings to heart and make it personal experience through correct practice."—Chokyi Nyima Rinpoche.

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 forms the basis for Madhyamika epistemology.

The systematization of Sautrantika assertions has interested generations of Tibetan scholars to the present. Three major types of scholastic literature developed: presentations of the whole tenet system; syllogistic debate texts on problematic topics; and expository treatment of single important issues.

Klein annotates translations of outstanding texts in these categories and supplements them with commentary from Tibetan yogi/scholars. This is a challenging book on the nitty-gritty issues of Sautrantika philosophy.

King Udrayana and THE WHEEL OF LIFE

by Sermei Geshe Lobsang Tharchin. 248 pp., line drawings, #KIUDWH \$9.50

Geshe Tharchin presents texts on *The Wheel of Life* that explain in detail the many symbols contained in this picture of samsara. Includes Tibetan text.

**KNOWLEDGE & LIBERATION**

by Anne Klein. 283 pp. #KNLIP \$18.95
A Namgyal Institute Textbook

Buddhist philosophy is concerned with defining and overcoming the limitations and errors of perception for it is essential to Buddhism's purpose of establishing a method for attaining liberation. Conceptual thought, in this view, can lead to a liberating understanding, a transformative religious experience.

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

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. #LIPAHA \$37.50

Pabongka Rinpoche, one of the best teachers in contemporary Tibet, gave an elaborate explanation of the path to enlightenment using Je Tsong Khapa's outline. 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 volume contains the entire commentary.

KUNDALINI: The Arousal of the Inner Energy

by Ajit Mookerjee. 112 pp., 61 illus., #KU \$14.95

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.

THE LARGE SUTRA ON PERFECT WISDOM with the Divisions of the Abhisamayalankara

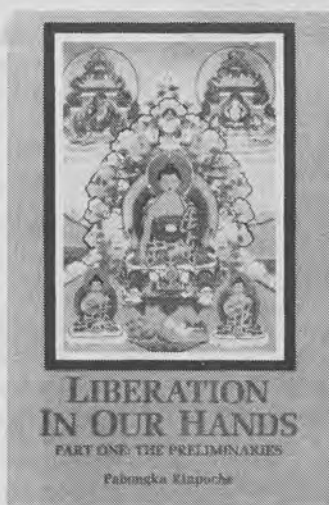
trans. & ed. By Edward Conze. 679 pp. #LASUPE \$22

A full translation of the 100,000 line perfection of wisdom sutra. Buddha Shakyamuni explains the evolution of beings into bodhisattvas and buddhas. A major portion of the traditional training offered in Tibetan monasteries is based on this text.

**LHAMO: Opera from the Roof of the World**

by Joanna Ross. 130 pp. #LHOPRO \$12

Describes the history of Tibetan opera and looks at each aspect of opera as preserved by the Tibetan Institute of Performing Arts in Dharamsala. Synopses of nine enchanting opera stories are included.

**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

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 marvelous stories to bring his teachings alive. First of three volumes.

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

Covers the initial Lamrim meditation topics: refuge, karma, serving a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The principle focus is overcoming of attachment for this life and pursuing the causes of a favorable rebirth in future lives. Also included is Pabongka's *How to Meditate on the Stages of the Path to Enlightenment* that presents analytic meditation on each of the topics and the signs to look for when one has generated the appropriate realizations.

**LIKE AN ECHO**

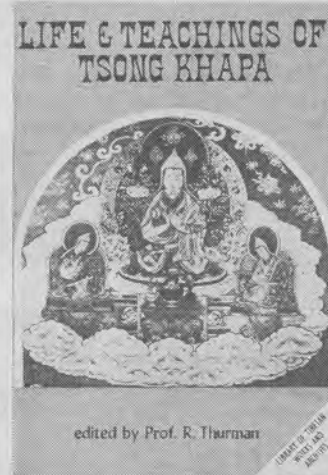
ed. by Julie Rogers and Diane Taudvin. 51 pp. #LIEC \$5.95

This Buddhist poetry is inspired by classic Tibetan style. These poems appeal to seasoned practitioners who live closely to their tantric meditations. Written by the Nyingma students of Gyatrul Rinpoche in Oregon.

LIFE AND TEACHING OF NAROPA

Translated by Herbert Guenther. 312 pp. #LITENA \$17

In addition to Naropa's inspired biography, this book contains a detailed analysis of his teachings and Guenther's philosophical commentary relating Buddhist concepts to Western analytic philosophy, psychiatry, and depth psychology.

**LIFE AND TEACHING OF TSONG KHAPA**

by Robert A.F. Thurman. 258 pp. #LITETS \$11.95

Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of the path, madhyamika and insight meditation.

LIGHT OF WISDOM

by Padmasambhava, commentary by Jamgon Kongtrul the Great, trans. by Erik Pema Kunsang, foreword by Dilgo Khyentse. 352 pp. #LIWI \$18

Contains *The Gradual Path of the Wisdom Essence*, a terma record of oral teachings of Padmasambhava recorded by Yeshe Tsoygal and *The Light of Wisdom*, a commentary on this text by Jamgon Kongtrul.

LIVING BUDDHA, LIVING CHRIST

by Thich Nhat Hanh, for. by David Steindl-Rast, intro. by Elaine Pagels. 208 pp. #LIBULI \$20 cloth

Thich Nhat Hanh has a deep appreciation for these two contemplative traditions, and brings to Christianity an appreciation of its beauty. In lucid, meditative prose, he explores the crossroads of compassion and holiness where the two traditions meet.

**THE LION'S ROAR: An Introduction to Tantra**

by Chogyam Trungpa. 256 pp. #LIROB \$13

Based on historic seminars on the nine vehicles in which Chogyam Trungpa introduced tantric teachings on the whole Buddhist path. His experiential approach opens a world of fundamental insights.

**LIVING BUDDHA ZEN**

by Lex Hixon. 255 pp. #LIBUZE \$15.95

What really happens in the moment of awakening? What leads up to it? What follows? *Living Buddha Zen* inspires those who desire awakening. Here are breathtaking re-creations of 52 ineffable moments, 52 transmissions of the Light—from Buddha and continuously from master to successor through India and China to the flowering of Soto in Japan.

koan

The one destined to be the living Buddha for his generation now approaches the Third Chinese Ancestor: "Holy master, please demonstrate great compassion by pointing directly to the liberating teaching of emptiness." The Awakened One responds brusquely: "Who or what is imprisoning you?" Startled, this brilliant practitioner of Buddhist wisdom gazes deeply for a moment, and firmly replies: "No one and nothing imprisons me!" The old sage now points directly: "So why do you consider emptiness to be a liberating teaching? Why are you seeking liberation in the first place? Since no one is actually bound, how can liberation ever be demonstrated?" Total Awakening alone is now manifest.

LOVING-KINDNESS: The Revolutionary Art of Happiness

by Sharon Salzberg. 193 pp. #LOKI \$18 cloth

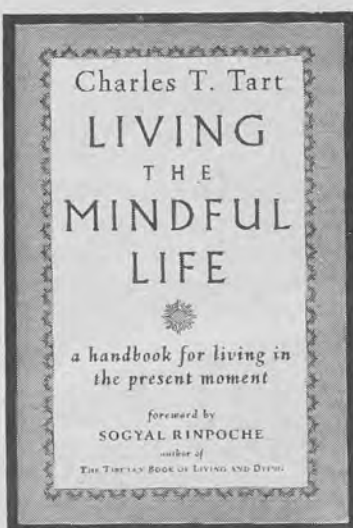
"From one of our finest meditation teachers comes the genuine article: the practice of the heart, of loving-kindness, by a heart made genuine through more than twenty years of committed practice."—Stephen Levine

Sharon Salzberg shows us how loving-kindness leads us to the radiant, joyful heart within. She offers twenty-three practices and moving stories that inspire understanding and compassion.

LIGHTING THE LAMP: An Approach to the Tibetan Path

by Alfred Woll. 160 pp. #LILA \$12

"I've sat with Alfred Woll and his teacher Gelek Rinpoche, and admire Mr. Woll for his persistence, energy, and calm humility. His book contains delicate instruction for meditation practice."—Allen Ginsberg



LIVING THE MINDFUL LIFE: A Handbook for Living in the Present Moment

by Charles Tart. 252 pp. #LIMILI \$14

Being awake—why is something that sounds so simple the primary goal of the spiritual path? In this workshop-in-a-book, Charles Tart shows why—the seeming simplicity of the awakened state belies its transformative effect. These uncomplicated exercises put within everyone's reach the elusive art of "waking up" to live in the glorious present.



LIVING WITH KUNDALINI: The Autobiography of Pandit Gopi Krishna

352 pp. #LIKU \$18

Gopi Krishna, an ordinary Indian householder, suddenly experienced the awakening of kundalini. His transformative experience, and his struggle to find balance amid the powerful physiological and psychic side effects, forms the core of this autobiography. With the help of his wife, he stabilized at a higher level of consciousness. This is a valuable classic of spiritual awakening.

LONG DISCOURSES OF THE BUDDHA: A Translation of the Digha Nikaya

by Maurice Walshe. 648 pp. #LODIBU \$34.95 cloth

Contains thirty-four longer length suttas from the Pali Canon. Includes the Buddha's teachings on mindfulness, morality, concentration, wisdom, dependent origination, the roots and causes of wrong views and a long description of Buddha's passing.

LONG ROAD TURNS TO JOY: A Guide to Walking Meditation

by Thich Nhat Hanh. 80 pp. #GUWAME \$8.00

Instruction in "walking not in order to arrive, walking just for walking"—enjoy each step, each breath, the blue sky, and the many sights and fragrances along the path. This practice brings a spirit of gentle mindfulness into our everyday lives.



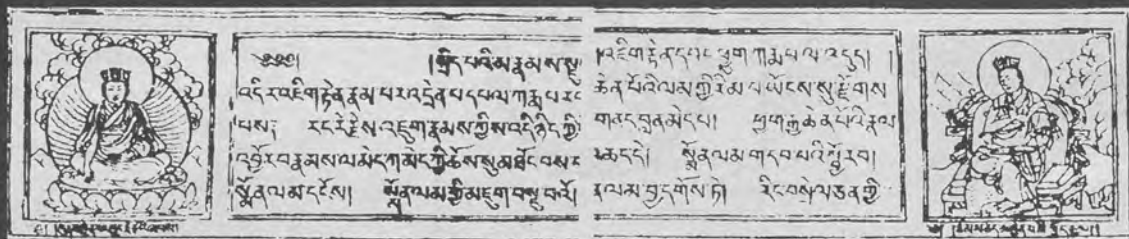
MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS

by the Eighth Situpa Tenpa'i Nyinchay, H.H. the Third Gyalwa Karmapa Rangjung Dorje, intro. by Trangu Rinpoche, trans. & ed. by Lama Sherab Dorje. 201 pp. #MATESU \$15.95

Reveals powerful mahamudra practices for realizing the mind's fundamental nature. The advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

"All students of the Kagyu traditions are familiar with Karmapa III Rangjung Dorje's beautiful prayer, known as the *Aspiration of Mahamudra*, recited daily in countless Tibetan temples, retreats and homes.

"Lama Sherab Dorje offers an accurate and highly readable translation of this masterwork that is to be read with profit both by those who wish to learn something about the system of Mahamudra and by those practicing within the tradition—it deserves to be studied until the intentions of the author have become fully integrated with one's own meditations."—Matthew Kapstein



LUMINOUS MIND: Fundamentals of Spiritual Practice

by Kalu Rinpoche, foreword by H.H. the Dalai Lama, pref. by Lama Denis Tondrup, trans. by Maria Montenegro. 320 pp., 15 illus., #LUMI \$18.95

Kalu Rinpoche elucidates the fundamentals of spiritual life—from the most basic concepts to the development of the open, wise and compassionate mind of enlightenment. Filled with delightful stories and anecdotes.

MACHIG LABDRON AND THE FOUNDATIONS OF CHOD

by Jerome Edou. 270 pp. \$16.95

"Provides wonderful material on Chod, Machig Labdron's biography, and investigations into the origins of Mahamudra Chod. These Chod teachings are inspirational."—Tsultrim Allione, *The Mirror*

Chod refers to cutting through the ego and emotional entanglements. This mahamudra practice of chod is a powerful practice which frees one from fear and arouses the mind's primordial clarity.

"Jerome Edou deftly expounds her great teaching of the Mahamudra Chod. Consider reading this book as a spiritual investment."—Dr. Elisabeth Benard, author of *Chinnamasta, the Awful Buddhist and Hindu Tantric Goddess*.

MAHAMUDRA: The Quintessence of Mind and Meditation

by Takpo Tashi Namgyal, Trans. by Lobsang P. Lhalungpa. 550 pp. #MAQU \$30

The primary source used by Tibetan meditation masters for instructing their disciples. The meditation levels are covered as follows: the differentiation between stages of tranquility and insight meditation; meditation on two kinds of selflessness; preparation for mahamudra meditation; the methods of mahamudra; how one achieves realization; and the four yogas of mahamudra.

MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp. #MAMYTI \$7.95

A story of psychic exploration among the lamas and magicians of Tibet—a description of occult and mystical theories and psychic training with detailed instructions for tumo (yoga of heat control) and the creation of thought-projections.

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.

MAHAYANA BUDDHISM: The Doctrinal Foundations

by Paul Williams. 272 pp. #MABU, \$18.95

Discusses the principles of Mahayana Buddhism in its Indo-Tibetan and East Asian forms. It explores different Mahayana accounts of the ultimate nature then unfolds the path to perfect Buddhahood and the manifold ways Buddhas act for the benefit of suffering sentient beings.

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MANIFESTATION OF THE TATHAGATA: Buddhahood According to the Avatamsaka Sutra

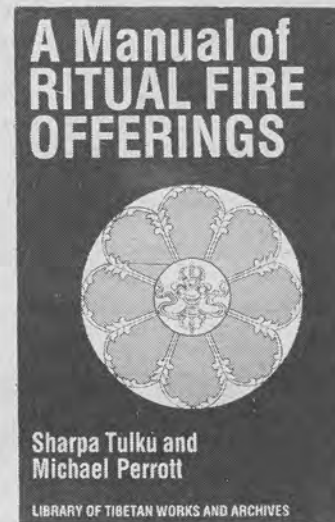
trans. & ed. by Cheng Chien Bhikshu. 172 pp., #MATA \$12.50

What does it mean to be a Buddha? This translation of the "Manifestation of the Tathagata" chapter from the *Avatamsaka Sutra* offers a rare glimpse of the sublime realm of Buddhahood in language rich in meaning and captivating imagery.

MATERIALS FOR THE STUDY OF ARYADEVA, DHARMAPALA AND CHANDRAKIRTI

by Tom J.F. Tillemans. 2 vols., 326 and 192 pp. #MASTAR \$66.95

This scholarly study and translation of two pivotal chapters from Aryadeva's *Chatur+atka* includes commentaries from Chandrakirti and Dharmapala along with introduction, translation, Sanskrit, Tibetan and Chinese texts and notes. Has an exhaustive critique of heretical views of opponents to early Madhyamika through commentaries from the Prasangika-Madhyamika perspective of Chandrakirti, and by Dharmapala, an Idealist. Includes primary text material and an impressive bibliography.



MANUAL OF RITUAL FIRE OFFERINGS

by Sharpa Tulku & Michael Perrott. 180 pp., #MARIFI \$14.95

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. Here are fire offering practices for: Solitary and Thirteen-Deity Vajrabhairava, Guhyasamaja, Heruka, Vajra Yogini, and Cittamani Tara.

A MANUAL OF KEY BUDDHIST TERMS: Categorization of Buddhist Terminology with Commentary

trans. by Thupten Rikey & Andrew Ruskin. 119 pp. #MAKEBU \$10.95

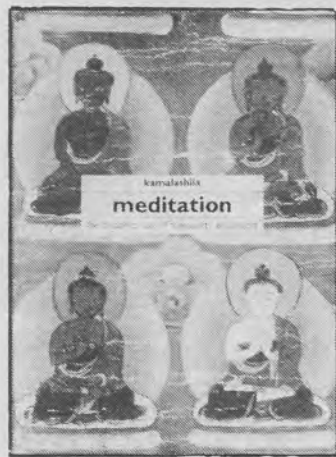
To understand Buddhism, it is essential to understand Buddhist terminology. Kaba Paltseg, an 8th century Tibetan, categorized and explained many Buddhist terms. By studying these you will learn about Buddhist psychology, cosmology, and philosophy.



MEDITATION: Advice to Beginners

by Bokar Rinpoche. 150 pp. #MEA \$14.95

A meditation manual for calming the mind, developing insight and practicing mahamudra.



MEDITATION: The Buddhist Way of Tranquillity and Insight

Kamalashila. 276 pp., large format #ME \$22.95

A comprehensive guide to Buddhist meditation—it provides a complete introduction to the techniques, physical exercises for improving meditation, detailed advice for experienced meditators wanting to deepen their practice and understanding of the meditative process, and many useful diagrams. The author has taught in England for over seventeen years.

MIND AND ITS FUNCTIONS

by Geshe Rabten. 189 pp. #MIFU \$25

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.

MEDITATION ON EMPTINESS

by Jeffrey Hopkins. 1022 pp. 21 line drawings, 51 charts, glossary, bibliography, index, Tibetan text, #MEEM \$29.95

This is the most comprehensive work on emptiness. In bringing this remarkable exposition of the Prasangika-Madhyamaka view of emptiness to life, Hopkins describes the meditational practices by which emptiness can be realized and shows how the teachings are utterly practical. He also covers dependent arising, the four noble truths, Buddhist logic, and tenets, and non-Buddhist schools of philosophy.



MEDITATION IN ACTION

by Chogyam Trungpa. 168 pp. #MEAC \$10

Meditation is based on trying to see what is, rather than trying to achieve a higher state. It might be called "working meditation," for it is not a retreat from the world but increases one's capacity for compassion, awareness, and creativity.

MEETING THE BUDDHAS: A Guide to Buddhas, Bodhisattvas, and Tantric Deities

by Vessantara. 356 pp., many photos & illus., #MEBU \$24

A great reference for understanding the iconography, visualization and qualities of the Buddhas and Five Dhyani Buddhas, many of the most popular bodhisattvas and tantric deities.

THE MIND AND THE WAY

by Ajahn Sumedho. 304 pp. #MIWA \$16.95

Ajahn Sumedho offers advice for freeing the mind and opening the heart—through formal meditation and in daily life. Here are 100 of his talks. Ajahn Sumedho is eloquent and direct as he explains mindfulness, impermanence, non-attachment, and compassion.

MINDFULNESS IN PLAIN ENGLISH

Venerable Henepola Gunaratana. 185 pp. #MIPLEN \$12.95

This guide to insight meditation is the culmination of 40 years of teaching students across the US. Questions about mindfulness practice are answered—the conversational style and examples from everyday life make this a refreshing presentation. Its of the practice—health, calm, and clarity.

MINDFULNESS WITH BREATHING: A Manual for Serious Beginners

by Ajahn Buddhadasa Bhikkhu, trans. & ed. By Ven. Santikaro Bhikkhu. 160 pages, #MIBR \$14.95 September

This book shows you how to meditate on your breath and the benefit

MIND ONLY SCHOOL AND BUDDHIST LOGIC

ed. by Doboom Tulku. 135 pp. #MIONSC \$15

Understanding the mind-only school (Cittamatra) is necessary to follow discussions on the nature of the mind. Dignaga was a major figure in the development of Buddhist logic. These two topics were discussed in seminars 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 \$13.95

What is the relationship between mind and body? What can scientists learn about this relationship from masters of Buddhist thought? Can a combined effort lead to 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 develop the altruistic mind of enlightenment, are directed towards the practitioner of great capacity, and concern the transforming of our mental attitudes and turning adversity into advantage.



MIND IN TIBETAN BUDDHISM

by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$10.95

A Namgyal Institute Textbook.

In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*. Through understanding the nature of the mind and the process of cognition, inner peace can be attained. This text plus Lati Rinbochay's rich and extensive commentary give a comprehensive explanation of the nature and function of the mind, the different types of mind and mental factors, and how we develop knowledge and understanding. In her introduction, Elizabeth Napper give an overview of the principal divisions of consciousness and mind.

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

THE MIRACLE OF MINDFULNESS

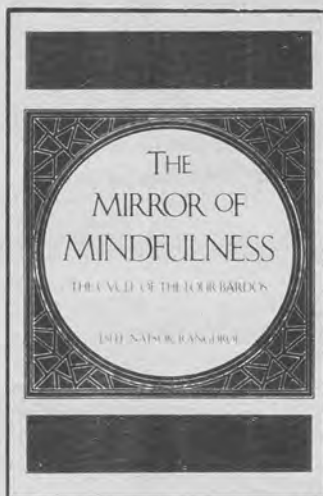
by Thich Nhat Hanh. 140 pp. #MIMI \$11

This is a classic meditation manual 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 that were formerly preserved and sung by wandering yogis.



MIRROR OF MINDFULNESS

by Tsele Natsok Rangdrol. 144 pp. #MIMIN \$14

These 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 for the benefit of others.

MIDDLE LENGTH DISCOURSES OF THE BUDDHA

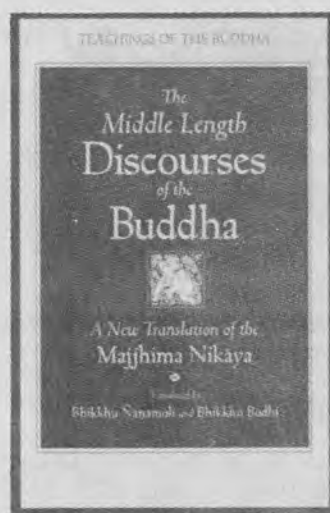
A New Translation of the Majjhima Nikaya

trans. by Bhikkhu Nanamoli & Bhikkhu Bodhi. 1416 pp. #MILEDI \$75 cloth

These teachings, a 152 suttas, which range from basic ethics to instructions in meditation and liberating insight, unfold in fascinating scenarios that show the Buddha in living dialogue. Replete with drama, reasoned argument, and illuminating parables and similes, the Buddha displays the full glory of his resplendent wisdom, majestic sublimity, and compassionate humanity.



Today the effort must be made;
Tomorrow Death may come, who knows?
No bargain with Mortality
Can keep him and his hordes away.
But one who dwells thus ardently,
Relentlessly, by day, by night—
It is he, the Peaceful Sage has said,
Who has one fortunate attachment.



MO: THE TIBETAN DIVINATION SYSTEM

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

The *MO* is to Tibet what the *I-Ching* is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a dice inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The cards visually portray the images described in the book and have a brief description on the reverse. 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.

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 Mahayana scripture—sets forth the bodhisattva path 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 Wilbur

MUTUAL CAUSALITY IN BUDDHISM AND GENERAL SYSTEMS THEORY: The Dharma of Natural Systems

by Joanna Macy. 236 pp. #MUCA \$19.95

Remarkable convergences appear between Buddhist teaching on dependent co-arising and the general systems view of reality, arising in our century from biology and extending into the social and cognitive sciences. Giving a cogent introduction to both bodies of thought, this book shows how the interdependence of all beings clarifies the role of meditative practice and provides guidelines for effective action.

**MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen**

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Translation Committee founded by the V.V. Kalu Rinpoche. 365 pp., #MYWO \$19.95

Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work and it describes four major cosmological systems which are matched to the spiritual capacities of different grades of beings: the numerically definite cosmology of the Hinayana; the cosmology of infinite buddha-fields of the Mahayana; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone. Each of these cosmologies shows how the world arises from mind, whether through the accumulated results of past actions or from the constant striving of awareness to know itself.

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 and even our spiritual practices become chains that bind us to patterns of frustration and despair. He explains how meditation brings into focus the causes of frustration and how these negative forces become aids in advancing toward true freedom.

NAGARJUNIAN DISPUTATIONS: A Philosophical Journey through an Indian Looking-Glass

by Thomas E. Wood. 409 pp. #NADI \$22

Disputations is Thomas Wood's defense of the original nihilist interpretation of the Madhyamaka and a cogent critique of recent non-nihilist views. Wood addresses the textual and epistemological arguments of the non-nihilist school and offers an interpretation of the Buddhist fourfold rejection or negation that is consistent with nihilism. Thomas Wood is adjunct professor at the California Institute of Integral Studies in San Francisco, where he teaches comparative philosophy and religion.

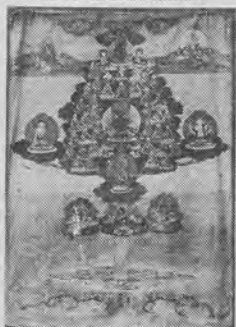
A NECKLACE OF GOOD FORTUNE

by Geshe Lam Rim. 70 pp., Tibetan text #NEGOFO \$4.95

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NGÖNDRO

THE FOUR FOUNDATIONAL PRACTICES OF TIBETAN BUDDHISM



OLE NYDAHL
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NGONDRO: The Four Foundational Practices of Tibetan Buddhism

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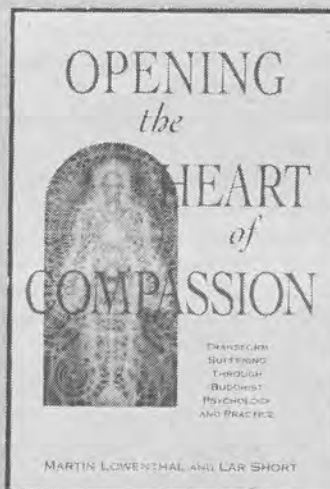
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Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia. He received his full training at Sera monastery in Tibet and finished first among candidates from the three great monasteries in examinations for the Geshe lharampa degree. In India, he completed studies at Gyumed Tantric College and Varanasi Sanskrit University. Since 1976, Geshe-la has taught thousands of students in Australia and the US.



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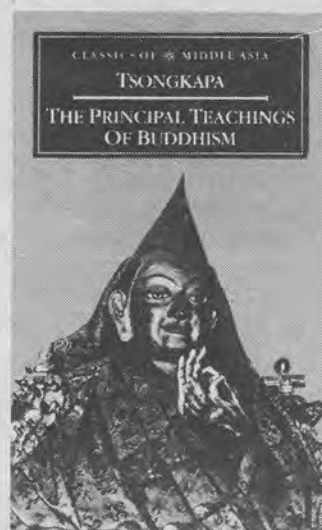
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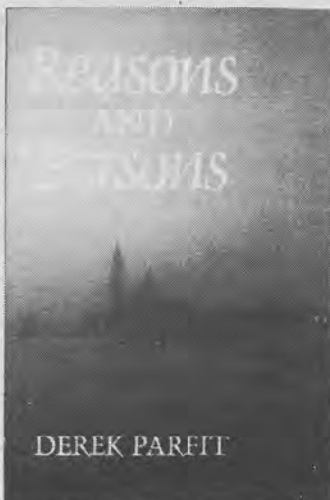
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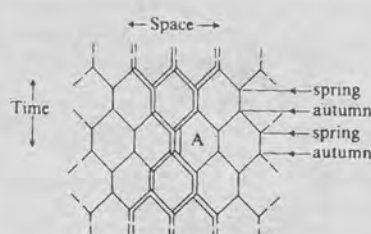
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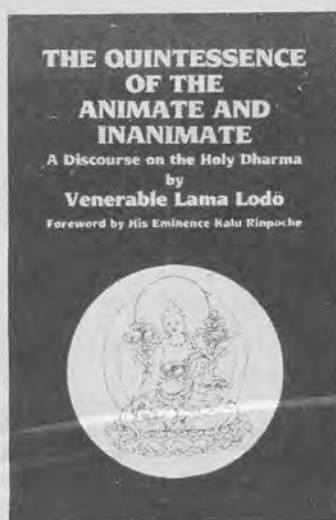
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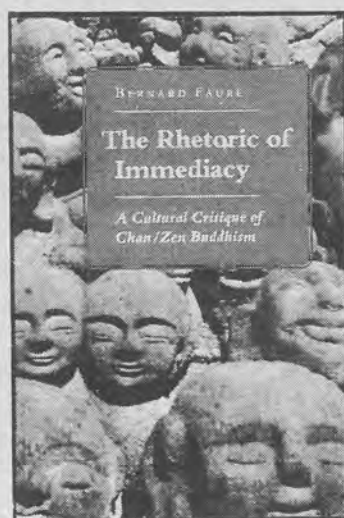
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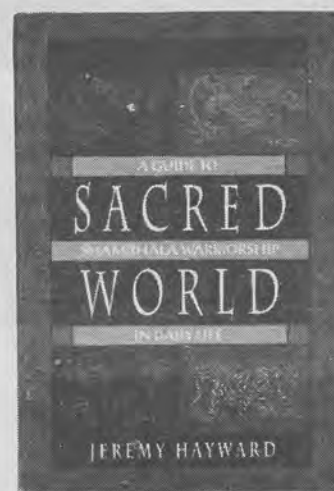
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Dr. Hayward taught with Chogyam Trungpa and helped him develop Shambhala training in the United States. Hayward was an administrator at Naropa Institute for many years, is now education director at Shambhala Training International, and teaches warriorship retreats around the world.



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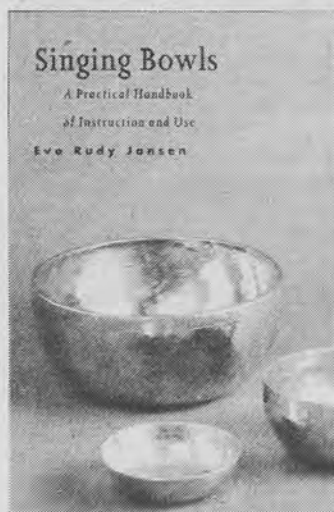
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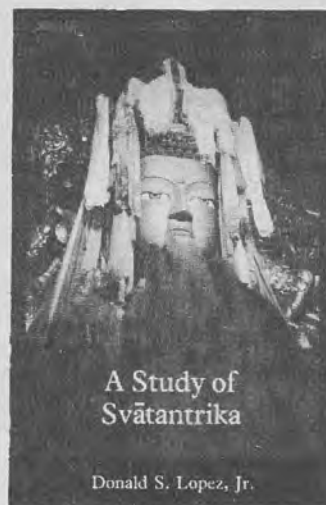
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A STUDY OF SVATANTRIKA

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 a clear and extensive picture of Svatantrika Madhyamika through analysis of issues and positions central to Indian philosophy during the final development of Buddhist thought in India. 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 reasoning employed to refute the existence of a self. Included are overviews of Madhyamika in general and Svatantrika in particular.

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

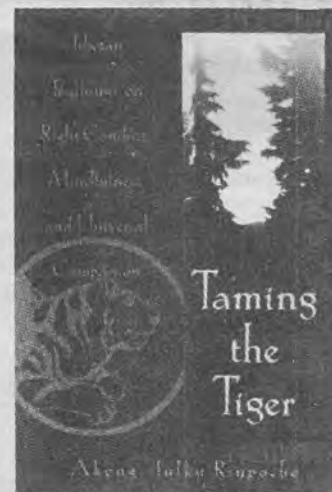
"I recommend Sangharakshita's book as the best survey of Buddhism."—Dr. Edward Conze



THE SUBLIME PATH OF THE VICTORIOUS

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 TIGER: Tibetan Teachings on Right Conduct, Mindfulness, and Universal Compassion

by Akong Tulku Rinpoche. 208 pp. #TATIG \$12.95

With his wit and wisdom, Akong Tulku teaches how to subdue the ceaseless mental chatter within. Peace can be achieved through a practical program for cultivating awareness—he provides a series of potent exercises to do so.

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.

THE TANTRIC PATH OF PURIFICATION: The Yoga Method of Heruka Vajrasattva

by Lama Yeshe, compiled & ed. by Nicholas Ribush. 280 pp. #TAPAPU \$15

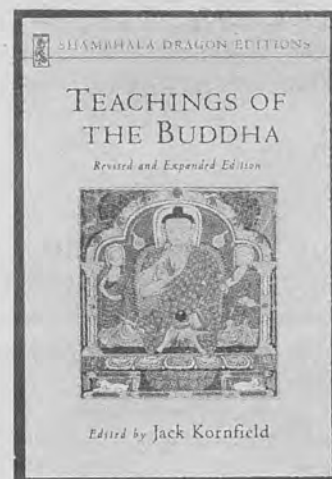
Lama Yeshe explains why purification is essential for spiritual advancement and how to accomplish purification with the practice of Vajrasattva (including retreat instructions). Vajrasattva is a manifestation of the purity of enlightenment. Vajrasattva purification practice overcomes negative karma.



THE TEACHER: Eleven Aspects of Guru Rinpoche

23 pp. #TE \$2.95

This little book reproduces wood block images of Padmasambhava in his eleven forms or aspects. A great book for the price!



TEACHINGS OF THE BUDDHA

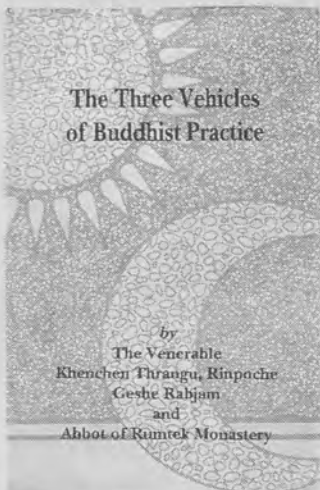
ed. by Jack Kornfield. 160 pp. #TEBU \$12

An inspirational treasury of essential teachings from Buddhist literature—selected by one of the best-known American Buddhist teachers. He offers Buddha's instructions on sitting meditation, cultivating calm awareness and living with compassion, freedom and wisdom.

SPIRITUAL PERCEPTION

by *Deshung Rinpoche*, trans. by *Jared Rhoton*. 553 pp., 10 photos. #THLESP \$24.95

Deshung Rinpoche explains the Lam-dre, or "Path with Its Result" system of meditation, special to the Sakya lineage for over a thousand years. Discussed are the three levels of perception of beings on the path—ordinary beings, beings who meditate, and the pure vision of enlightened beings. Contains an excellent biography of Deshung Rinpoche.



THE THREE VEHICLES OF BUDDHIST PRACTICE

by *Ven. Khenchen Thrangu*. 116 pp. #THVEBU \$12 cloth

Thrangu Rinpoche, abbot of Rumtek Monastery, discusses the three paths—Theravada, with its emphasis on the four noble truths and certain types of meditation; the Mahayana path of the bodhisattva, where he discusses the nature of emptiness; and Buddhist. All three were practiced in Tibet according to the aspirants' natural inclinations.

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 BOOK OF THE GREAT
LIBERATION: Or the Method
of Realizing Nirvana Through
Knowing the Mind

ed. by *Evans-Wentz*. 307 pp. #TIBOGR \$13.95

Presents the life and teachings of Tibet's great guru Padmasambhava. It includes the famous Dzogchen text *the Yoga of Knowing the Mind, the Seeing of Reality, Called Self-Liberation*, also known as *the Yoga of Knowing the Mind in Its Nakedness*.

TIBETAN ASTRONOMY &
ASTROLOGY

by the *Astro. Dept. Of the Tibetan Medical and Astro. Institute*. 65 pp. #TIASAS \$6.95

This brief introduction discusses the importance of astrology in medical science and the traditional role of the astrologer in Tibetan society. The structure of the Tibetan horoscope and cosmological rSipa-Ho are presented and commonly asked questions are answered.

TIBETAN BUDDHISM: From
the Ground Up

by *B. Alan Wallace*. 214 pp. #TIBUGR \$14

This fascinating book challenges us to question and investigate life's issues for ourselves in the light of an effective approach to the human condition. This is an overview of Tibetan Buddhism, beginning with the basic themes of the sutras and continuing through the esoteric concepts and advanced practices of Tantra.

THE TIBETAN DHAMMAPADA:
Sayings of the Buddha

by *Gareth Sparham*. 240 pp. #TIDH \$14.95

The Dhammapada is considered an important source for ethical guidance—the basis for a calm and happy mind.

"Known among Tibetans for its poetic beauty and the universality of its message, **there is no Buddhist for whom this teaching is irrelevant.**"—the Dalai Lama.



TIBETAN FOLK TALES

by *Fredrick & Audrey Hyde-Chambers*, illus. by *Kusho Ralla*. 208 pp., 58 line drawings #TIFOTA \$14.50

These authentic Tibetan folklore narratives include myths of creation, stories of the origins of important deities and ancient rulers, parables, verses, riddles, and proverbs. Some of the famous Jataka tales are retold to illustrate the practical wisdom of the Buddha. Gleaned from an ancient oral tradition, these imaginative and wisdom-filled tales represent the spectrum of Tibetan life and delight adults and children.

TIBETAN TRADITION OF
MENTAL DEVELOPMENT

by *Geshe Dhargyey*. 255 pp. #TTTRME \$10.95

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

TIBETAN YOGA AND SECRET
DOCTRINES

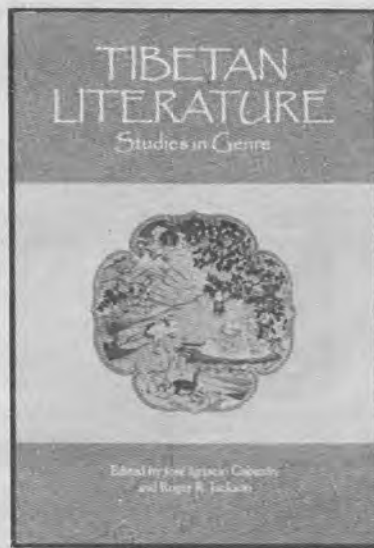
ed. by *Evans-Wentz*. 433 pp. #TIYOSE \$14.95

This book contains seven pivotal Tibetan texts. It begins with Gampopa's famous *Precious Rosary*; the *Epitome of the Great Seal* by Padma-Karpo; the *Six Yogas of Naropa*; the *Yoga of Consciousness-Transference* (Phowa); the *Path of the Mystic Sacrifice*; the *Yoga of Subduing the Lower Self* (Chod); the *Path of the Five Wisdoms*; the *Yoga of the Long HUM*; and the *Yoga of the Voidness* (Heart Sutra).

TORCH OF CERTAINTY

by *Jamgon Kongtrul the Great*. 161 pp. #TOCE \$12

Describes the four ordinary and four special (refuge, Vajrasattva, mandala offering, guru-yoga) foundation practices that practitioners of Vajrayana Buddhism must complete. This book also discusses the nature of impermanence, the effects of karma, the development of an enlightened attitude, and devotion to the guru. Interviews with three Tibetan masters—Kalu Rinpoche, Deshung Rinpoche, and Chogyam Trungpa Rinpoche—enhance the student's understanding of the text's significance.

TIBETAN LITERATURE:
Studies in Genre

ed. by *Roger R. Jackson and José Cabezón*. 530 pp. #TILI \$29.95, #TILIC \$45 cloth

"An outstanding introduction to the panorama of the literary arts in Tibet. **Everyone with interest in this civilization should study these essays**, which range from religion to history, from law to poetry. The true wealth of Tibetan intellectual life becomes clear in the pages of this work. An excellent contribution to the field and a fine offering to Geshe Sopa, who has inspired so many of the contributors."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

Tibetan Literature is the first book to address the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet, and to understand some of the ways in which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are distributed among eight major rubrics: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.

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

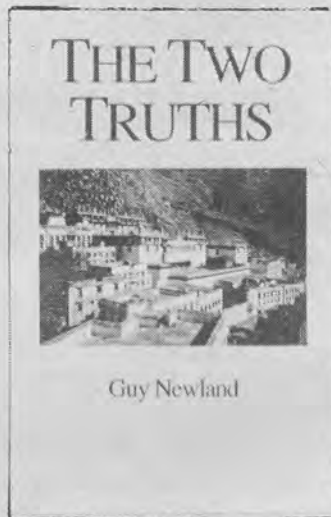
Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9

This is a guide to 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.

TRANSFORMING PROBLEMS:
How To Be Happy When You're
Not

by *Lama Thubten Zopa Rinpoche*. 110 pp., #TRPR \$11.95

We experience a flux of happiness and suffering. The hope and fear that ensue from both agitate our minds and cause suffering. 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

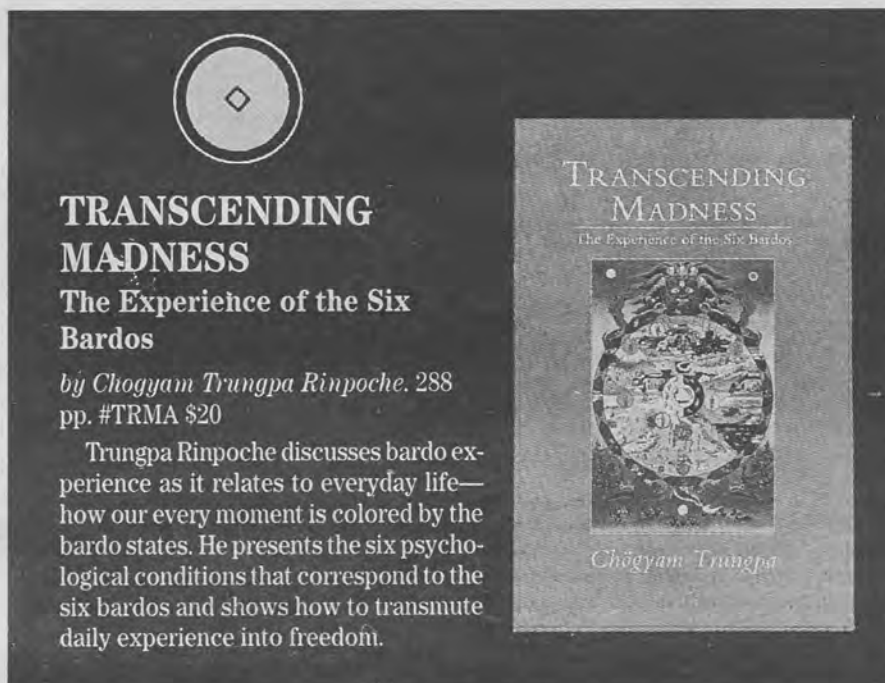
by *Guy Newland*. 312 pp., Bibliography, Notes, Index #TWTRP \$19.95 paper, #TWTRP \$39.95 cloth

A Namgyal Institute Textbook & *Studies in Indo-Tibetan Buddhism Series*

"...a challenging, and worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College.

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

Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality, and thus builds a Madhyamika system that is both ethically salutary and rationally coherent.

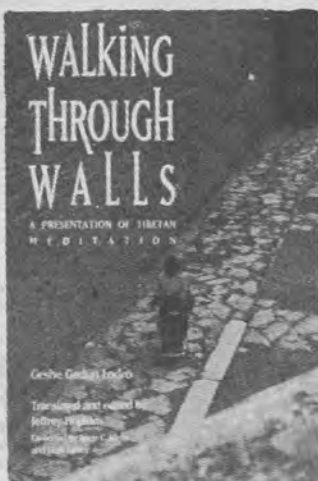


WALKING THROUGH WALLS Buddhist Meditation in the Tibetan Tradition

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 Series

An intimate and detailed picture of the intricacies of meditation. Geshe Gendun presents the landscape of mental development, revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. *Walking Through Walls* refers metaphorically to the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear. The title also refers to an extraordinary feat of non-solidity that can be attained in various ways. In Tibetan Buddhism physical feats are consequences of the profound internal transformation accomplished through meditation.



"The false sense of solidity of inner distortions and outer world prevents the unfolding of the mind's potential."

WHITE SAIL: Crossing the Waves of Ocean Mind to the Serene Continent of the Triple Gems

by Thinley Norbu. 205 pp. #WHS \$15

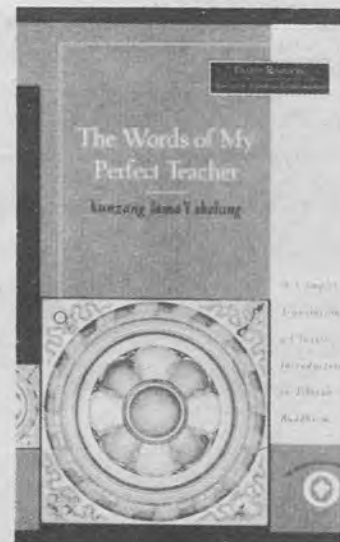
Buddhism teaches that enlightenment is our natural state; the problem is that we do not recognize this state, owing to the mind's confusion about its true nature. This book presents the Buddhist view in a way meant to clear up misconceptions and awaken innate wisdom.



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* are written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.



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 Ratnaguna-Samcayagatha Sutra are pivotal texts for understanding reality. 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.

WORDS OF MY PERFECT TEACHER

by Patrul Rinpoche. 467 pp., illus.
#WOPETE \$32 cloth

This classic commentary on the Longchen Nyingtig preliminary practices is one of the best known teachings of the Nyingma school. Topics include: karma, impermanence, defects of samsara, causes leading to liberation, selecting and following a teacher, refuge, the mind of compassion, six perfections, Vajrasattva practice, offering the mandala, cho practice, guru yoga, transference of consciousness at the time of death.

WISDOM ENERGY

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

This compelling introduction 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.

WISDOM ENERGY 2

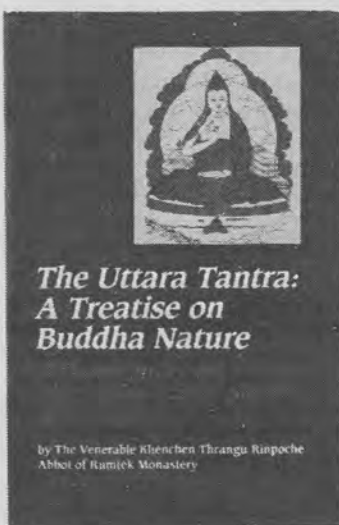
by Lama Yeshe, Kaku Rinpoche, Geshe
Kelsang Gyatso, Lama Zopa, Seventh
Dalai Lama. 94 pp. #WIEN2 \$4.95

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.

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 UTTARA TANTRA: A Treatise on Buddha Nature

Commentary by Ven. Khenchen Thrangu
Rinpoche. 200 pp., #UTT \$20 cloth

One of the most studied texts on the Buddha nature. It answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the *Uttara Tantra* by the Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.

WHAT COLOR IS YOUR MIND?

by Thubten Chodron. 192 pp. #WHCOMI
\$12.95

"Chodron's work, frank in its questions and precise in its answers, is a welcome addition to the introductory literature on Tibetan Buddhism."—*Shambhala Sun*

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? The second section, *Working with Anger*, describes practical techniques for dealing with anger. 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

WISDOM OF NO ESCAPE and the Path of Loving-Kindness

by Pema Chodron. 110 pp. #WINO \$10

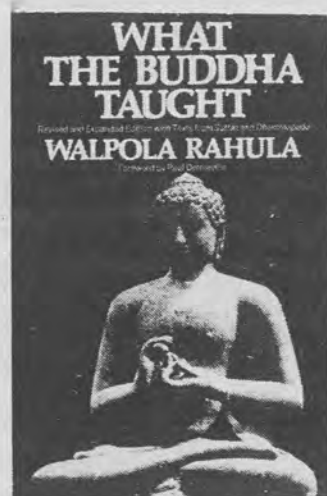
This is a book about saying YES to life, about making friends with ourselves and our world, about accepting the delightful and painful situation of "no exit." It asks us to wake up wholeheartedly to everything and to use the abundant, richly textured fabric of everyday life as our primary spiritual teacher and guide. Pema Chodron is an American Buddhist nun and one of the foremost students of Chogyam Trungpa.

THE VISION OF BUDDHISM

by Roger Corless. 329 pp., #VIBU \$14.95

"Every introductory Buddhism course needs this book! It is the first to tackle the array of national Buddhisms in a thematic way and with considerable wit and insight. Corless' vision of Buddhism is both intriguing and stimulating."—Jeffrey Hopkins

Roger Corless treats Buddhist teachings and practices according to the topics suggested by events in the Buddha's life, without emphasis on their chronological emergence and without the lineage bias found in the traditional accounts that come from within Buddhism itself. Topics include the life of the Buddha and birth of Buddhas, Buddhism in culture, family and monastic life, Buddhist cosmology, removing obstacles, psychic powers, complete openness.



WHAT THE BUDDHA TAUGHT

by Walpola Rahula. 151 pp. #WHBUTA \$9.95

This introduction to Buddhism focusses on the Four Noble Truths, selflessness and meditation. In addition, it contains texts from the Suttas and the *Dhammapadam*. Dr. Rahula is a Buddhist monk and scholar.

THE WHEEL OF SHARP WEAPONS

by Geshe Dhargye. #WHSWE \$6.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego.

WISDOM OF BUDDHA: The Samdhinirmocana Mahayana Sutra—Essential Questions and Direct Answers for Realizing Enlightenment

trans. by John Powers. 390 pp., 1 color
plate, illus. #WIBU \$25

In this sutra, great Bodhisattvas question the Buddha about the nature of consciousness and the ultimate reality, the stages of the Bodhisattva path, and the embodiment of the Tathagata. The Buddha responds with the clear voice of perfect realization, illuminating the meditative practices and views that eliminate obstacles to enlightenment.



WISH-FULFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthig Tradition

by Dilgo Khyentse Rinpoche. 120 pp.
#WIFUJE \$10

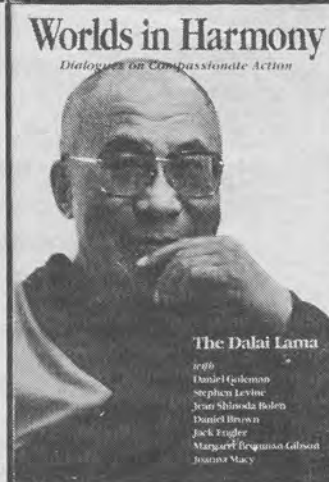
In Tibetan Buddhism, devotion to and confidence in the spiritual master are indispensable for enlightenment. Based upon the teachings of Rigdzin Jigme Lingpa, the instructions of Dilgo Khyentse Rinpoche focus on the practices of guru yoga, "Merging with the Mind of the Guru."



WORLD AS LOVER; WORLD AS SELF

by Joanna Macy, foreword by Thich Nhat
Hanh. 252 pp. #WOLO \$15

Dependent co-arising is a fundamental and complex concept of Buddhism. Joanna Macy provides many insights on applying 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

Discusses 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.

WRITINGS OF KALU RINPOCHE

by Kenneth McLeod. 71 pp. #WRKARI \$9.95

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.

YOGIC DEEDS OF BODHISATTVAS:

Gyeltsap on Aryadeva's Four Hundred

by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam. 450 pp., #YODEBO \$24.95, #YODEBC \$40

Aryadeva's *Four Hundred Stanzas* was written to explain how 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 enquiry and reasoning. Aryadeva's text is more than commentary on Nagarjuna'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. In addition, Geshe Sonam Rinchen, main instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.

SADHANAS & COMMENTARIES

THE ASSEMBLAGE OF VIDYADHARAS of Long-Chen Nying-Thig

trans. by Tulku Thondup. 146 pp. #ASVI \$12.95

Jigned Lingpa discovered this terma. It is a guru sadhana of Padmasambhava as the embodiment of all the Knowledge-holders. Included are instructions for the Tsog ceremony. The Tibetan, English transliteration, and translation are given line-by-line.

THE HEALING BUDDHA: A Practice for the Prevention and Healing of Disease

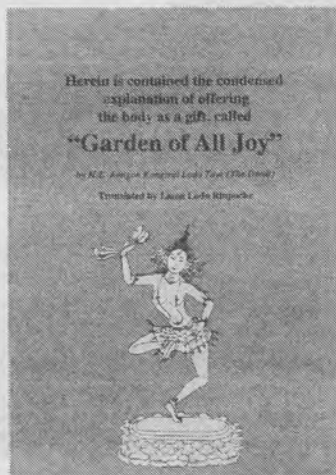
composed & trans. by Lama Thubten Zopa Rinpoche. 24 pp. #HEBU \$4

This is a Medicine Buddha practice—meditation on an enlightened being who prevents and cures disease. Included is *The Prayer Liberating Sakya from Disease*, a powerful prayer that brings great blessings.

MEDITATIONS ON TANTRAS

by Glenn WER. #MELOTA \$10.95

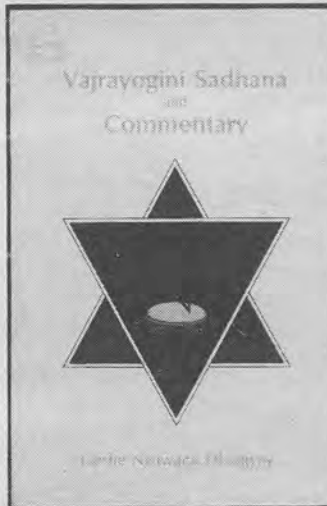
Texts and sadhanas by previous Dalai Lamas including preliminary teachings for tantric initiation and practice texts for a dozen major deities such as Avalokiteshvara, Manjushri, Tara, Maitreya, Sarasvati, Sitatapatra, Vajra Vidarana, Vajrasattva.



GARDEN OF ALL JOY

by Jamgon Kongtrul Lodo Taye (*The Great*), trans. by Lama Lodo Rinpoche. 100 pp., illus. #GAJO \$15.95

This is a commentary on Chod practice—an explanation of offering the body as a gift. It contains Machig Labdron's biography, a commentary on the "feasts," very valuable illustrations of the visualizations, and Tibetan text.



VAJRAYOGINI SADHANA & COMMENTARY

by Geshe Ngawang Dhargyey. 72 pp. #VASA \$9.95

Published for highest yoga initiates only. The text is a short sadhana of Vajrayogini and the commentary discusses the yogas composing the practice.

MEDITATION ON VAJRABHAIKAVA

by Kyabje Phabongkha, trans. by Sharpa Tulku with Richard Guard. 143 pp. #MEVA \$9.95

A manual for initiates doing a short retreat on the Solitary Hero Vajrabhairava. Contains an annotated full-length sadhana supplemented with appendices, including a tsog offering and sadhana outline.

THE QUEEN OF GREAT BLISS of the Long-Chen Nying-Thig

trans. by Tulku Thondup. 166 pp. #QUGRBP \$12.95

The sadhana of the wisdom dakini Yeshe Tsogyal is one a root practice of the Longchen Nyingthig tradition. Through this Anu Yoga Tantra practice one understands the Dakini as embodying the three kayas. Includes texts for the performance of Tsog.

RED TARA: An Open Door to Bliss and Ultimate Awareness

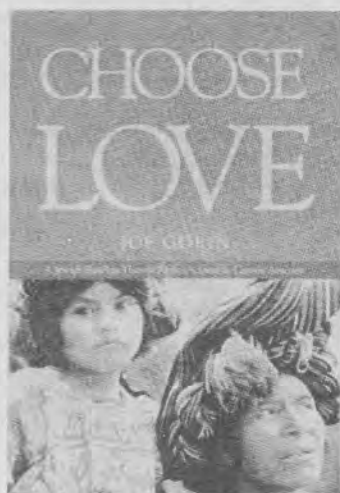
by Chagdud Gonpa. #RETA \$8

RED TARA COMMENTARY: Instructions for the Concise Practice Known as Red Tara

by Chagdud Tulku, ed. by Jane Tromge. 85 pp. #RETACO \$7

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

SOCIAL ACTION, HISTORY & POLITICS



CHOOSE LOVE A Buddhist Jewish Human Rights Activist in Central America

by Joe Gorin. #CHLO \$12

With warmth, humor and passion, Gorin describes his days accompanying men and women threatened by death squads, documenting human rights violations in remote areas of Nicaragua's war zone, working with campesinos and labor activists in the Guatemalan popular movement, and just sharing times those who courageously maintain hope in the face of brutal oppression and war.

"Joe Gorin is a Buddhist 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



BITTER WINDS: A Memoir of My Years in China's Gulag

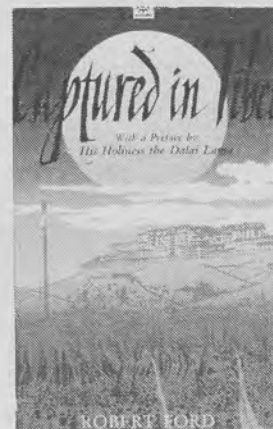
by Harry Wu & Carolyn Wakeman. 290 pp. #BIWI \$14.95

In 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. Released in 1979, he came to the US. Determined to expose the truth of the gulag, he returned to China in 1991 with a "60 Minutes" news crew. Posing as a US businessman buying prison goods, he risked his life by smuggling a hidden camera into the camps and capturing on film haunting images of life behind those forbidding walls.

DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows

by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.50 cloth

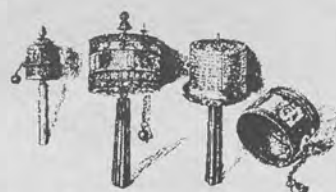
An authoritative and up-to-date view of the history and culture of Tibet. Lee Feigon, chair of the East Asian Studies Dept. at Colby College, examines the country behind the myths to locate the origins of modern Tibet and to sort out its controversial relationship with China. His book brings the Tibetan issues into the mid 90s—a good read.

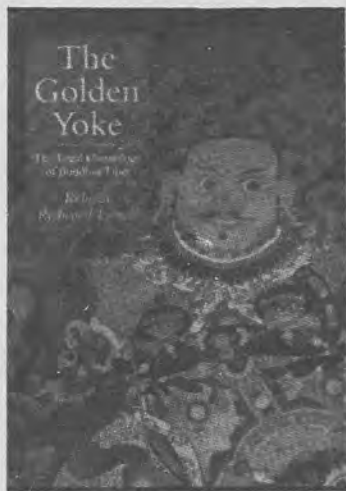


CAPTURED IN TIBET

by Robert Ford, pref. by H.H. the Dalai Lama. 266 pp., 31 illus. #CATI \$8.95

In 1950, Robert Ford was working as a Tibetan government radio officer when the Chinese invaded. His loyalty to Tibet led to his five year imprisonment—accused of espionage, anti-Communist propaganda, and murder. This is an exciting book!





THE GOLDEN YOKE: The Legal Cosmology of Buddhist Tibet
by Rebecca French. 528 pp, 64 b&w photos, 16 drawings, 3 maps, 7 x 10", #GOYO \$35 cloth

This is the first elaboration of the legal, cultural and ideological dimensions of precommunist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. Rebecca French reconstructs the Tibetan legal system as a series of layered narratives from the people who participated in the daily operation of law in Tibet prior to 1959. The practice of law in this unique legal world ranged from the fantastic use of oracles in the search for evidence to the more mundane presentation of cases in court.

IN THE PRESENCE OF MY ENEMIES: Memoirs of Tibetan Nobleman Tsipon Shuguba

by Sumner Carnahan with Lama Kunga Rinpoche, intro. by R. Thurman. 236 pp., 46 photos #INPREN \$14.95

After his release from Chinese prison in 1980, the Dalai Lama instructed Tsipon Shuguba to tell his story. Shuguba, the last surviving high official from the Dalai Lama's government, reveals information that was concealed for over three decades. His recollections offer intimate views of a unique traditional society that is now all but extinct. Shuguba recounts the Chinese invasion and Tibetan military resistance against overwhelming odds; the bombings, executions, and massacres; the deaths of his wife and daughter and of his own nineteen-year imprisonment.



CULTURAL HISTORY OF TIBET
by David Snellgrove & Hugh Richardson. 309 pp., 66 pages of photos #CUHITI \$20

This intimate portrait of Tibetan civilization traces its cultural evolution from its sixth-century pre-Buddhist origins to the present. Richly illustrated with many rare photographs depicting aspects of Tibetan life, this work is a tribute to the accomplishments of the Tibetan people.



FESTIVALS OF TIBET
by Tsepa Rigzin, 70 pp. #FETI \$7.95

The yearly cycle of festivals Tibetans enjoy are described in their historical and Buddhist context. A valuable way to understand the Tibetan traditions and to know what Tibetans like to celebrate.

IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$13.

"The detailed life stories Avedon recounts are nothing short of stunning."—*Denver Post*

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—*Boston Globe*



INNER PEACE, WORLD PEACE: Essays on Buddhism and Nonviolence

ed. by Kenneth Draft. 148 pp. #INPEWO \$18.95 cloth

"Recommended both for scholars who would like to learn more about modern and historical Buddhist views of nonviolence, and for practitioners who would like to look more closely at how they manifest nonviolence in their own lives."—*Mountain Record*

Some of the eight selections: Luis Gomez on "Nonviolence and the Self in Early Buddhism," Christopher Chapple on "Nonviolence to Animals in Buddhism," Robert Thurman on "Tibet and the Monastic Army of Peace," Gene Sharp on "Nonviolent Struggle: An Effective Alternative."



THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995

by the International Campaign for Tibet. #INTIRE \$7

A pocket-sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, International NGO's, etc.

A SEASON TO PURGE: Religious Repression in Tibet, A Report by the International Campaign for Tibet.

102 pp. #SEPU \$5

This is the latest report on religious repression in Tibet and includes a discussion of the Panchen Lama. A necessary read for anyone interested in the preservation of Tibetan Buddhism.

FORTHCOMING!

ONE HUNDRED THOUSAND MOONS: A Political History of Tibet

by Shakabpa Wang-Chug-Day-Den, Trans. by Derek Maher. 800 pp. #ONHUV1 \$40

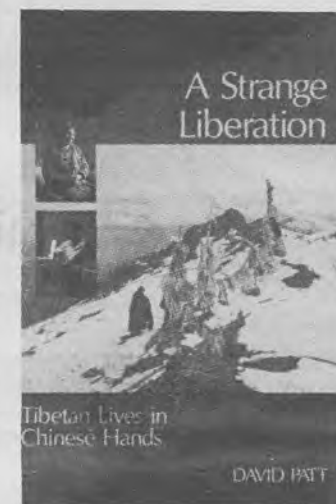
The most important work of Tibetan history ever written, this is the first of two-volumes and has been endorsed by the Dalai Lama as the definitive Tibetan history. Shakabpa was a high official in the Tibetan government until the Chinese takeover. He provides a narrative of the religious and political history of his country, from its ancient past to the Chinese occupation. Volume 1 has been delayed by the publisher.

THE STATUS OF TIBET: History, Rights, and Prospects in International Law

by Michael C. van Walt van Praag. 450 pp. #STTI \$24.95 cloth

This study reviews the Tibetan history 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 the 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

"...an intensely moving account of the plight of the Tibetans."—*The Tibet Journal*

David Patt presents the inspiring and unforgettable accounts of two Tibetans who tell what it was like to be in Chinese hands during thirty years of Chinese occupation.

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

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

Tenpa Soepa was a government official 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 fall of Tibet.

TIBET: A Political History

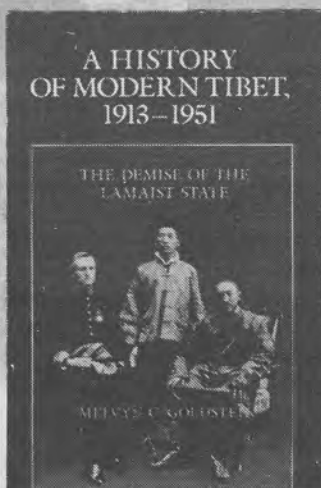
by Tsepon W. D. Shakabpa. 369 pp. #TIPOHI \$15.00

Essential reading for anyone interested in Asian affairs. Written by former official in the Tibetan government prior to 1959. An abridgement of the two-volume work.

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 its viewpoint on the events it documents.



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 and 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.

TIBET AND THE UNITED STATES OF AMERICA: An Annotated Chronology of Relations in the 20th Century

by the International Committee of Lawyers for Tibet. 81 pp. #TIUNST \$7

This is an excellent document on Tibet, Tibet-US and China-US relations in the context of major world events from 1900 to 1994. It is basically a history in brief giving dates of major and minor events in the evolution of the Tibet situation. It is enjoyable and informative to browse this chronology!



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 China's continuing campaign to obliterate Tibetan religion, culture and national identity. Accepted as a standard reference, it is a "must read" for all those interested in Tibet.

TIBET: The Position in International Law

ed. by Robert McCorquodale & Nicholas Orosz. 238 pp., #TIPOIN \$25

In 1993 a conference of leading international lawyers from 14 countries was held in London to consider claims for self-determination and for an independent Tibet. Two Committees on evidence examined the material evidence, including submissions by the Chinese government. The discussions were lively, constructive, and conclusions were reached about Tibetan people's rights. This conference report will assist governments, the international community, international lawyers and all concerned about human rights.

TIBET: The Issue Is Independence

ed. by Edward Lazar. 80 pp. #TIISIS \$9.50

Eight Tibetans confront both the weakness of international response to the occupation of Tibet and the lack of direction of many supporters of Tibet. They focus on the central issue for Tibet—the issue of independence. They counter the complacency and defeatism which has allowed the Chinese occupation to continue without persistent challenge.

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 concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

TIBET: Survival in Question

by Pierre-Antoine Donnet. 267 pp. #TISUQU \$25

This excellent book explains the changing political strategy pursued by the Chinese—brought to an abrupt and brutal halt with the popular explosion of 1987 and the declaration of martial law. The underdevelopment of the Tibetan economy, continuing assault on Tibetan society and environment, violations of human rights, events since 1987 and role of the Panchen Lama in Tibetan politics are discussed. The author had access to both the Chinese and Tibetan leaderships—he tells of the confidential negotiations between them, and delineates the political prospects for the future.

THE TIBETAN EMPIRE IN CENTRAL ASIA

by Christopher Beckwith. 290 pp. #TIEMAS \$18.95

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.

TIBETAN NATIONAL FLAG

Authorized by the Kashag of H.H. the Dalai Lama. 12 pp. #TINAFI \$2

The origin and symbolism of the Tibetan National Flag, designed by the 13th Dalai Lama, are explained in this brief but very informative booklet. The design of the Tibetan National Flag clearly indicates all aspects of Tibetan culture. A two-sided color page of the Flag and Tibetan text are included.



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 a vivid and heartfelt story of a Tibetan Khampa warrior. Aten recalls his life as a child, their simple lifestyle and the beauty of the land. This was shattered by the Chinese. Aten tells of the battles, the terrible suffering of his people, and finally of his family's murder and his escape across the Himalayas to Dharamsala.



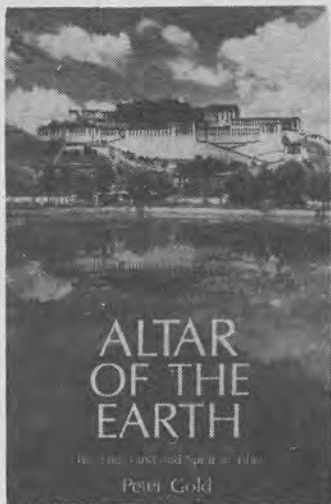
T RAVEL & ADVENTURE



ALLURING TARGET: In Search of the Secrets of Central Asia

by Kenneth Wimmel. 256 pp., 57 photos and illus., #ALTA \$16.95

Daring expeditions on camel and yak; biplanes buffeted by gales in the Himalayas; shootouts with bandits as paleontologists race across the Mongolian steppes; lost cities beneath desert dunes, priceless art treasures and manuscripts along the ancient Silk Road—here are real-life stories of famous adventurers and explorers in the great uncharted Central Asia during the period from 1890 to 1935.



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

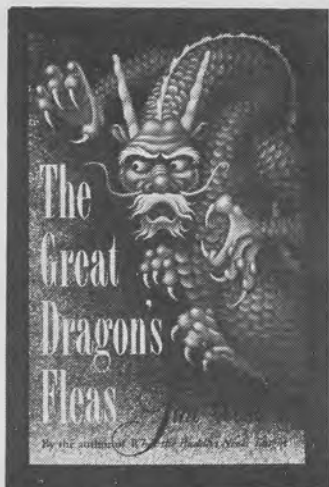
by Jeff Long. 284 pp. #AS \$20 cloth

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

DELHI-JAIPUR-AGRA: India's Golden Triangle

ed. by Manjulika Dubey, photos by David Beatty and Shalini Saran. 292 pp., many photos, line art and maps, #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 guidebook explores the entire region of the Golden Triangle.



THE GREAT DRAGON'S FLEAS

by Tim Ward. 252 pp. #GRDRFL \$14.95

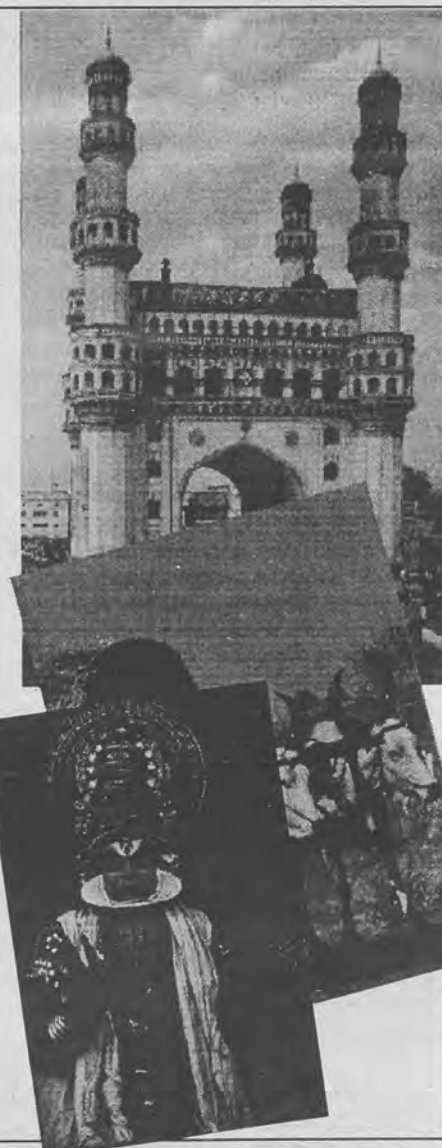
Thought-provoking and wonderfully irreverent, *The Great Dragon's Fleas* is Tim Ward's story of a two-year spiritual search. The journey begins with a private meeting with the Dalai Lama, then moves to Kashmir and an Islamic cult that venerates Jesus and believes he went to India. He studies with a Buddhist 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.



INDIA

by Jay Itzkowitz, Samuel Israel, Bikram Grewal, Toby Sinclair and Lisa Choegyal. 361 pp., many photos, line art and maps, #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.



A JOURNEY IN LADAKH

by Andrew Harvey. 236 pp. #JOLA \$11.95

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

by 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.

SIXTH EDITION!

INDIA: A Travel Survival Kit

by Crowther, Raj and Wheeler. 1139 pp., 205 maps, 224 color photos #INTRSU \$24.95

The best and most popular guide to India—winner of the Thomas Cook Guidebook of the Year award—just got better. 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.

MEETING THE BUDDHA: On Pilgrimage in Buddhist India

Ed. by Molly Emma Aitken. 370 pp., 38 photos and maps. #MEBUP1 \$12

"Meeting the Buddha will stimulate a renewal of faith in all who have made the Buddhist pilgrimage, and will immerse all who want to set out in the love and wisdom of the sages. This rare and rich collection of pilgrims' voices from the origins of Buddhist India to the present redefines what great anthologies are all about."—Andrew Harvey

The eight places of Buddhist pilgrimage seen through the eyes of these marvelous writers opens us to the special qualities of Buddha's life that live on in the land and his doctrine.

**MONGOLIA**

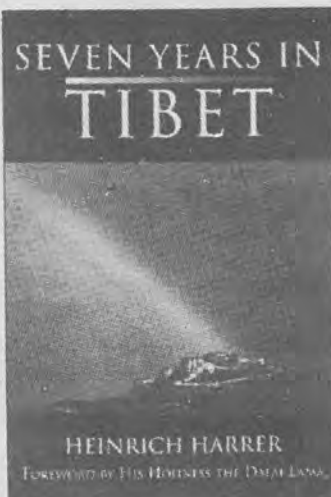
by Robert Storey. 232 pp., 16 pp. color #MON \$13.95

A comprehensive, reliable travel guide to Mongolia: 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.

NEPAL: Travel Survival Kit

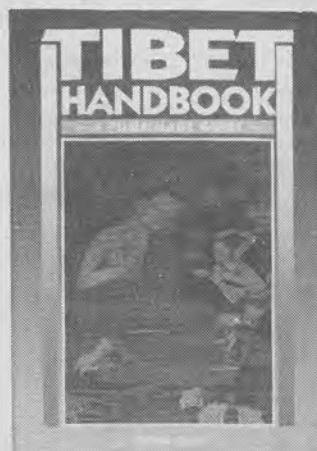
by Tony Wheeler & Richard Everist. 428 pp., 56 maps, 200 illus. & color phot. #NETRSU \$14.95

This is the 2nd edition of a great guidebook with lots of maps and illustrations; all-new mountain-biking, rafting and kayaking sections; comprehensive information on flora, fauna & ecology; extensive accommodation & restaurant listings; detailed information on festivals & other cultural events; and guidelines for responsible tourism.

**SEVEN YEARS IN TIBET**

by Heinrich Harrer. #SEYETI \$12.95

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.

**TIBET HANDBOOK: A Pilgrimage Guide**

by Victor Chan. 1099 pp., 250 maps, #TIHA \$30

"This is by far the most detailed guide to Tibet ever to appear in a Western language."—Dr. Michael Aris, St. Anthony's College, Oxford

This remarkable book is both a comprehensive trekking guide to mountain paths and plateau trails, and a pilgrimage guide that draws on Tibetan literature and religious history. Victor Chan has covered 42,000 kilometers in Tibet on foot and by bus, truck, horse, and yak. The result is indisputably the most authoritative sourcebook to Tibet. Contains: 60 major pilgrimage and trekking itineraries; 250 detailed maps and plans; essays on Tibetan pilgrimage, art and history, practical information on visas, health and medicine, accommodations and transportation options.

TIBET: Travel Survival Kit

by Chris Taylor. 241 pp., 108 illus., maps and color photos. #TITRSU \$14.95

This is another edition (3rd) of the excellent guide to Tibet. It has been completely rewritten, with 29 new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.

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—its rugged practicality and spiritual mysteries.

To cap the *Tibetan Pilgrimage*, Peter Gold joins two hundred thousand other pilgrims at Bodh Gaya, India 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.

**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

"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.

**VEGETARIAN ASIA: A Travel Guide**

by Teresa Bergen. 112 pp., travel size, #VEAS \$9.95

Hunting for vegetarian food in a country where you don't speak the language can make you want to fly straight back home. *Vegetarian Asia* will help you get the food you need, with a minimum of hassles. This book tells you: which dishes in each country are typically vegetarian; Asian food customs that tell you how to eat like a local; restaurant recommendations; dining etiquette; how to say "I'm a vegetarian" in 10 Asian languages; the vegetarian traditions of Asia. Countries include: Tibet, Nepal, India, Southeast and Northeast coastal countries, Chinese-speaking countries.

MAPS**MAP AND INDEX OF LHASA CITY**

by Amnye Machen Institute, Centre for Occupied Tibet Studies. #MPINLH \$20

This is the most detailed map of Lhasa city—with over 590 names, located by grid and numbered references, the map provides the correct names and exact locations of all monuments, temples, monasteries, schools, hospitals, hotels, shopping centres, various offices of the Chinese Communist occupation administration, etc. In addition to road, street, lane and place names, all the mountains surrounding Lhasa have been identified and delineated with precise contour lines. A separate main index in both Tibetan and English includes a historical survey of Lhasa and a recollection of the old city by the eminent Tibetan historian, the late W.D. Shakabpa.

New!**TIBET, NEPAL, BHUTAN**

#TINEBH \$11.95

This is a road map with topography pictured and scale of 1:2mil.

These are two excellent country maps with a lot of detail:

INDIA

#MAIN \$11.95

NEPAL

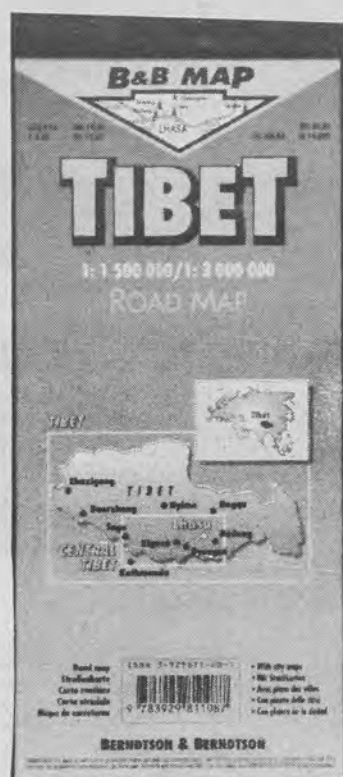
#MANE \$8.95

Includes detailed maps of Kathmandu.

MONGOLIA Travel Map

#MOMA \$7.95

This is a road map of Mongolia with city plan for Ulaan Baatar.

New!**Tibet: Road Map**

#TIROMA \$9.95

This laminated road map of Tibet also artistically shows the topography and includes much of old Tibet, not just central Tibet. There is a good detail of Lhasa. The map includes places of interest to Tibetan Buddhists.



Buddhism Through American Women's Eyes

by Karma Lekshe Tsomo. 180 pp. #BUAMWO \$12.95

Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

Thirteen women contributed a wealth of thought-provoking material on topics such as: *Bringing Dharma into Relationships, Dealing with Stress, Abortion, Buddhism and the Twelve Steps, Bodhisattva Peace Training, The Monastic Experience, and Forging a Kind Heart in an Age of Alienation.* Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.

"Bravo! This book is so engaging, so readable, and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University

Monastic: An Ordained Tibetan Buddhist Speaks on Behalf of Full Ordination for Women

by Rev. Mary Teal Coleman (Ven. Tenzin Yeshe). 99 pp., 8 color plates, 8 1/2 x 11" #MOORTI \$15

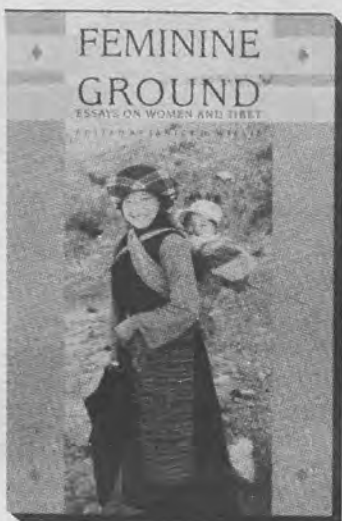
"This excellent book maps the territory, orients the participants and clears the path persons who wish to help resolve the issue of bhikshuni ordination. Monastic and lay are fortunate to have such a clear and fair-minded guide in this subject."—Dr. Margaret Blanchard, Vermont College

Discusses the issues and obstacles for women wishing to receive the full bhikshuni ordination within the Tibetan tradition. Recommended reading on the problems surrounding the inequalities of monastic life.

House of the Turquoise Roof

by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$16.95 (see biography section!)

"...a superior book."—Carebanu Cooper, *The Tibet Journal*



Feminine Ground: Essays on Women and Tibet

ed. by Janice D. Willis. 166 pp. #FEGR \$12.95

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism."—*Pacific World*

Six western women scholars and practitioners explore issues of "women" and "the feminine" in Tibet. These critical and provocative essays discuss female role models, the nun's life, and gender and role identity as these manifested in Tibet. Contents: Jan Willis writes on *Dakini: Some Comments on its Nature and Meaning* and on *Tibetan Anis: The Nun's Life in Tibet*; Rita Gross on *Yeshe Tsogyel: Enlightened Consort*; Janet Gyatso on *Down with the Demoness*; Miranda Shaw on *An Ecstatic Song by Laksminkara*; Barbara Aziz on *Moving Towards a Sociology of Tibet*; and Karma Lekshe Tsomo on *Tibetan Nuns and Nunneries*.



Women of Wisdom

by Tsaltrim Allione. 224 pp. #WOWI \$10.95

The Tibetan women in these biographies serve as role models and inspire others on the path.

Longing for Darkness: Tara and the Black Madonna

by China Galland. 400 pp., #LODA \$13.95

Raised a Catholic and subsequently a Zen Buddhist, China Galland felt the need for a dynamic female image of God. When she heard of Tara, the female Buddha who vowed to be enlightened as a woman, she went on an incredible ten year spiritual journey around the world and wrote this account of her meetings and experiences.



Meeting the Great Bliss Queen: Buddhists, Feminists, and the Art of the Self

by Anne C. Klein. 288 pp. #MEGRBL \$14

"Klein presents literature on the blissful red queen relevant to women seeking connectedness, self-empowerment and active engagement with the world."—*Publishers Weekly*

The Great Bliss Queen Yeshey Tsogyel embodies mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that Klein puts in conversation with contemporary feminist concerns, and especially with women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources and the writings of contemporary Western women.

Weavers of Wisdom: Women Mystics of the Twentieth Century

by Anne Bancroft. 177 pp. #WEWI \$10

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

Sakyadhita: Daughters of the Buddha

ed. Bhikshuni Karma Lekshe Tsomo. 346 pp., #SADABU \$14.95

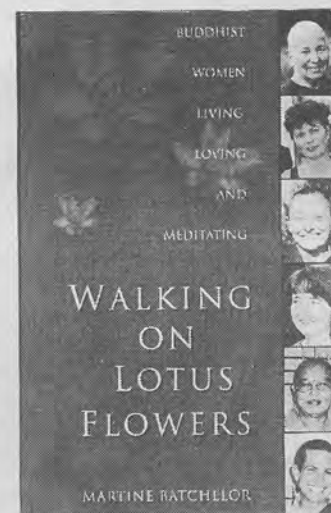
The first International Conference on Buddhist Nuns linked and encouraged women on the spiritual path by sharing ideas and experience of Buddhist women from various countries and traditions. They investigated how women can avoid exploitation and maximize their potential for enlightenment, how to institute full bhikshuni ordination worldwide, and correct the gender imbalance as a major step toward planetary healing.

"Inspiring and heart-warming."—Martine Batchelor

Sisters in Solitude: Two Traditions of Buddhist Monastic Ethics for Women

by Karma Lekshe Tsomo. 192 pp. #SISO \$15.95 October

Documents the earliest system of ethics formulated for women and presents translations of original texts. A sourcebook on women's religious history and feminist ethics, it details the monastic guidelines that link Buddhist nuns of different traditions.



Walking on Lotus Flowers: Buddhist Women Living, Loving and Meditating

ed. by Martine Batchelor. 205 pp. #WALOFL \$18

This is a lovely book—eighteen teachings by leading Buddhist women on the meditative path, training the mind, the creative life, and healing the world.

CALENDARS 1997



Tibet: Holy Places 1997

11 x 11" #THOPL \$11.95

Yarlung Valley, Dorjedrak Monastery, meditation caves, Ando temples, valley view from Padmasambhava's cave.



Tibetan Voices Calendar

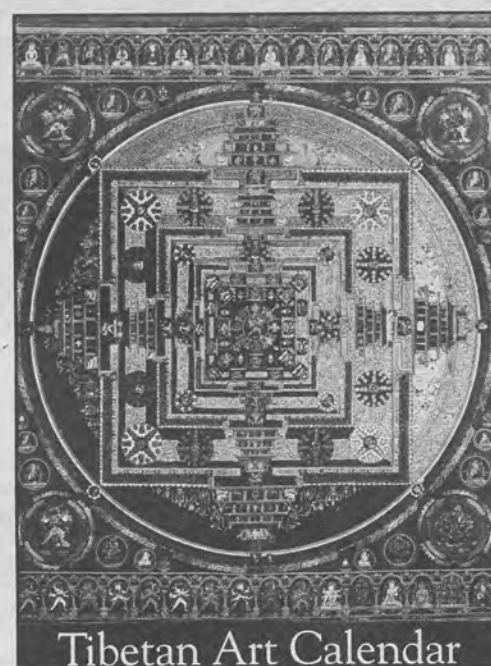
photos by Brian Harris. 12 x 13" #TIVOCA \$11.95

Gorgeous photos of Tibetan scenes. Royalties divided among Seva Service Society, The Tietan Health Education Organisation, The Nuns Project and the Delek Hospital Aid Foundation.

1997 Tibetan Art Calendar

#TIARCA \$28.95

Now in its 23rd year, the Tibetan Art Calendar contains 13 poster-size, full-color reproductions of some of the best thangka paintings from museums and private collections around the world. Measures 16 x 23" and contains a description of each thangka. The calendar will be available in September, but you can reserve one now and we will ship it out as soon as we receive them.



Sacred Tibet

11 x 11" #SATI \$11.95

Monasteries, stupas, monks and statues in Tibet.

Rigpa Calendar

#RIGPA \$8.95

This is the annual pocket calendar from Rigpa with Buddhist holidays and special practice days as well as information on Tibetan Buddhism and photos of prominent lamas. Not available until February 1997 after Losar.

H.H. THE DALAI LAMA

TEACHINGS ON PATIENCE

(8) #TEPA \$100

An outstanding teaching on the practice of patience given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic. During each of the sessions, His Holiness combined his own personal experience with his extensive scholarship to explicate the text. This is an excellent teaching in which to immerse oneself.

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 in *The Dalai Lama at Harvard*.

THE NOBEL PEACE PRIZE ADDRESS

(1) #NOEVAD \$7

This is the Dalai Lama's Nobel Lecture given in Oslo. His talk summarizes his religious message and his political views on Tibet. He speaks entirely in English. There are brief sections of Norwegian translation.



COMPASSION: THE HEART OF ENLIGHTENMENT

95 min. #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.

VAJRASATTVA

(1) #VAME \$7

Visualization & commentary. Trans. by Jeffrey Hopkins.

LAMA SOGYAL RINPOCHE

The following are tapes by Sogyal Rinpoche and a few by his senior students.

TIBETAN WISDOM FOR LIVING AND DYING

(6) 9 hrs. #TIWIT \$59.95

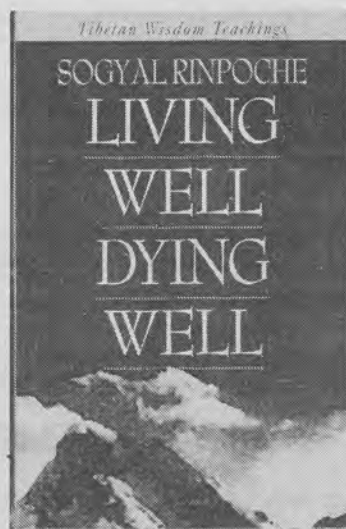
The definitive workshop on the teachings of Sogyal Rinpoche. He covers many, many topics—here are a few: active laziness; facing the truth of yourself; death as a mirror; what survives; discipline; futility of grasping; spacious mind in meditation; bardo teachings; buddha-nature; rigpa; obstacles; giving inspiration to 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.

FINDING HOPE AND INSPIRATION IN DEATH

by Christine Longaker. (3)

#FIHOIN \$26.95

Christine Longaker skillfully combines insights and methods drawn from years of hospice experience with instruction and meditation practices from the heart of the Tibetan Buddhist tradition. With many heartwarming and revealing stories, she describes how to transcend fear and grief and make use of the opportunity that death affords. She covers: the four tasks of dying and of living; finding meaning in life and peace in death; healing past difficulties in relationships; the natural process of bereavement; transforming grief; understanding our fears of death and preparing for death.



LIVING WELL, DYING WELL

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.

RIGHT VIEW: Living Your Dying

#RIVI \$9.95

Seeing death as a mirror of life, reflecting 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 \$9.95

In the midst of a busy life you can remain calm and clear through the practice of mindfulness. Here Rinpoche reveals ways to awaken with meditative methods.

TURNING SUFFERING INTO ENLIGHTENMENT

#TUSUEN \$9.95

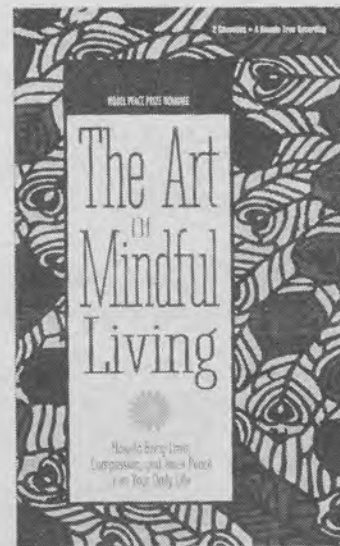
Everyone experiences some form of suffering in varying degrees. Rinpoche shows us how to alleviate pain and actually transform it into a tool to develop clarity of mind.

UNTANGLING OUR EMOTIONS

#UNEM \$9.95

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.

THICH NHAT HANH



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.

PEACE IS EVERY STEP: A Buddhist Monk and Meditation Master Looks at War, and the Peacemaking Process

by Thich Nhat Hanh. (1)

#PEEVST \$9.95

Join Thich Nhat Hanh as he addresses such issues as how true peace is achieved, the tradition of nonviolence, lessons from Vietnam and the Persian Gulf, protests and patriotism, dealing with anger, despair and helplessness.

THE PRESENT MOMENT: A

PRACTICE OF MINDFULNESS IN PSYCHOTHERAPY: Working with Anger, Nourishing Inner Peace

by Thich Nhat Hanh. (2) 3 hrs. #PRMIPS \$17.95

Recorded live with a group of practicing psychotherapists.

Retreat on the Practice of Mindfulness

by Thich Nhat Hanh. 6 cassettes in vinyl case (7 1/2 hrs.), #PRMO \$59.95

The present moment contains the seeds of all things, including liberation from samsara. In this live retreat, Thich Nhat Hanh presents the traditional Buddhist practices designed to "touch the energy of mindfulness" carried within, and open to the joy that is always present and waiting to enter our lives.



TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation

by Thich Nhat Hanh with Sister Chan Khong 75 min. #TOEA

\$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the basis for the time-honored Buddhist meditation practice that joins the mind and body in graceful prayer to divine creation and is designed to release anger and cultivate compassion.

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.

Nyingma Tradition: DZOGCHEN

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

This set focuses primarily on the nine yantras.

AWAKENING COMPASSION

by Pema Chodron (6) #AWCO \$59.95

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or mind training, to transform difficulties into insights. Lojong is grounded in a special meditation technique, and is complemented here by 59 written maxims—a treasury of practical wisdom that inspires everyday awakening. Pema Chodron shows how painful emotions can be used as stepping stones to wisdom, compassion and fearlessness.



Bon Tradition: NATURE OF MIND

by Ven. Lopon Tenzin Namdhak Rinpoche, trans. Matthew Kapstein. (3) #BONAMI \$30

BUDDHA DHARMA IN THE WEST

with H.H. Gyalwa Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cutillo et al. (4) #BUDHWE \$30

These four hours of recordings feature some of the leading Buddhists from around the world—an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.

Kagyu Tradition: MAHAMUDRA

by Ven. Tenga Rinpoche. (3) #KAMA \$30

Sakya Tradition: INSEPARABILITY OF SAMSARA & NIRVANA

Kyabje Sakya Trizin Rinpoche. (3) #SAINSA \$30

Gelug Tradition: UNION OF BLISS AND EMPTINESS

Ven. Lati Rinpoche, trans. Tenzin Dorje. (3) #GEUN \$30

MAHAMUDRA:

The Quintessence of Meditation

by Thrangu Rinpoche. (14) #MAQUME \$80

This is the complete set of tapes from the 10 day 1995 Big Bear Mahamudra Seminar offered by Thrangu Rinpoche. During this retreat, Rinpoche revealed the essential inner teachings on Mahamudra practice, enabling us to gain deeper insight into the true nature of our minds.



COMPASSION AND WISDOM IN CARE FOR THE DYING

by Christine Longaker. 100 min. #COWICA \$10.95

A student of Sogyal Rinpoche for 15 years, Christine Longaker is the former director and staff trainer of Hospice of Santa Cruz County, California, and teaches on spiritual care for the dying throughout the world. She explores the relevance of the spiritual path to care for the dying. The practices of reflection, meditation, compassion and the essential "phowa" are given as powerful ways to prepare for our own death, and to strengthen the confidence of those who care for the dying.

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.

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

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.

Christina Feldman MODELS

(1) #MOD \$10

Examining how standards of expectation begin as guidelines for reassurance and end up as obstacles to true understanding.

JACK KORNFIELD

THE INNER ART OF MEDITATION

(6) 8 1/2 hrs. #INAR \$49.95

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-knowing 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 covers a meditation class of 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.

MEDITATIONS OF THE HEART

Jack Kornfield. #MEHE \$10.95

Jack offers four essential meditations which take less than 10 minutes each to practice yet will take you to the heart of essential Buddhist teachings on awakening and freedom, opening to truth, the nature of suffering, forgiveness, and fearlessness.

THE ROOTS OF BUDDHIST PSYCHOLOGY

by Jack Kornfield. 6 cassettes in vinyl case, 9 hrs., #ROBUPS \$60

Buddhism has a rich, intricate psychology for healing the human predicament. Jack Kornfield offers practical ideas on the interior life and what brings awakening, freedom and happiness. Topics include turning unskillful states into root opposites, meditation, grasping, resisting and delusion, fear and separateness, skillful anger, liberation of the heart, vows of Bodhisattvas, happiness and connection, types of giving, liberation, compassion, the limits of intention, Buddha and the four heavenly messengers.

INTRODUCTION TO DZOGCHEN

by Lama Surya Das. Cassette #INDZ \$12

This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

TEN PERFECTIONS SERIES

(10) #TEPE \$100

Ten talks on the perfections of Buddha and how these can be awakened—complete with stories, examples and practical teachings. Generosity, integrity & virtue, renunciation, wisdom, vitality & energy, patience, truthfulness, determination, lovingkindness, balance & equanimity.

WHEN BUDDHA MEETS THE PSYCHOTHERAPIST: Cultural and Psychotherapeutic Issues in Buddhist Teachings

by Harvey Aronson, Ph.D., LMSW. 4 tapes, #WHBUME \$34

This series explores how East/West issues of culture, psychology, and values lead to difficulties in Buddhist practice and suggest ways to resolve these. Harvey explains the cultural and spiritual values of Buddhism in juxtaposition to those Westerners unconsciously carry. He considers Buddhist prohibitions against anger and modern values of expression; he clarifies the confusion of Buddhist usage of "ego" and "self" as opposed to psychological use; he helps us to address the way childhood issues may adversely influence altruism. Harvey Aronson received his Ph.D. in Buddhist Studies from the Univ. Of Wisconsin and an Masters in Social Work from Boston University. Since 1984 he has been a psychotherapist with a focus on spirituality and fulfilling relationships.

1993 BUDDHISM & PSYCHOTHERAPY: An East/West 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 Imanura, Ed.D.: *Buddhism & Psychotherapy—the Similarities and the Differences*; Geshe Janyang Tsaltrim: *Therapeutic Applications of Principle Buddhist Teachings*; Mark Hart, Ph.D.: *Buddhism & Psychotherapy—Beyond Concepts*; May Cl Lu, Ph.D.: *Counseling Buddhist Asian Immigrants*.

BOOKS ON TAPE

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.

OPEN HEART, CLEAR MIND

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

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

Tape 1—Working Effectively with Emotions #OPHET1

Tape 2—Rebirth and Karma #OPHET2

Tape 3—The Path from Confusion to Enlightenment #OPHET1

THE THREE PILLARS OF ZEN: Teaching, Practice, Enlightenment

by Roshi Philip Kapleau. 2 tapes, #THPIZE \$16.95

This modern spiritual classic has had a profound influence on the development and understanding of Zen. Contains luminous essays and lectures by contemporary Zen masters, as well as personal accounts of the experience of enlightenment—providing listeners a vital introduction to the insights of Zen.

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.

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 Rinpoche 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.



SHAMBHALA WARRIOR TRAINING: How to Manifest Courage, Authenticity and Gentleness in Every Situation of Your Life

by Cynthia Kneen. 6 cassettes, 8-page booklet, #SHWATR \$59.95

From the discovery of basic goodness—your innate human capacity for direct, personal experience through the rousing of windhorse energy—Kneen offers time-tested methods for meeting your moment-to-moment experience with a brave and open heart. You learn how to balance your physical and mental energies; how to break free of the cocoon that stifles your intrinsic richness; how to move beyond fear into fearlessness, how to overcome the obstacles to meditation, the relationship between fear and courage, why vulnerability makes the warrior strong, etc.

LIFE OF TIBETAN AND CHRISTIAN NUNS

Bhikshuni Thupten Chodron and Sister Donald Concoran, O.S.B. 1 1/2 hrs. #LINU \$10

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.

VIDEO DHARMA

ATTENTION PLEASE! These films are available in NTSC VHS format only, (i.e. the US standard). If you live in another country (especially in Europe), your video player may be in the PAL format. If so, our videos will not work.

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 prefaced by an account of Tibetan history that uses footage from the 1920's.



THE ART OF DYING: A Window into the Tibetan Way of Life

by J. Casper Jensen & Majbritt Munk. 63 min. #ARDY \$29.95

This film could have been called the *Art of Living*—it is a wonderful view into the life of the people of Mustang and the words are entirely that of the people shown. It is the story of an ancient culture tucked away in the largest mountains in the world, and of joyful people who strive to sustain themselves under great odds. The slow moving scenes allow one to soak up the images and the dialogue is presented through the people themselves: simple villagers, the king of the remote village of Mustang, and Tibetan monks. *The Art of Dying* explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs, throughout the centuries. There is a graphic sequence of a sky burial—cutting up of a body and offering it to the birds. This is an absorbing film.

DAKINI WISDOM

by Lama Chagdud Tulku Rinpoche. 93 min. #DAWIVI \$35

Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respooken by Tsering Everest.



CHANTS ENCOUNTER & GANDEN JANGTSE MONKS: Sacred Music and Dance

50 min. #CHEN \$29.95

This is a great film about overtone chanting—Tibetan monks, Gregorian Chanters and Mongolian overtone singers demonstrate the powerful healing and meditative qualities of ritual chanting and overtone harmonics. In a second part, the monks of Ganden Jangtse Monastery perform sacred dances and ritual overtone chanting and create a sand mandala.

H.H. THE DALAI LAMA


**ARISING FROM FLAMES:
Overcoming Anger Through
Patience**

by The Dalai Lama. 1 hr. video,
#ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.

**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 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.


**THE GOOD HEART:
The 14th Dalai Lama Com-
ments on the Four Christian
Gospels**

#GOHEV \$33

This video is a summary of the 1994 John Main Seminar held in London. His Holiness gave an extensive commentary of the Four Gospels: Matthew, Mark, Luke, and John for both Christians and Buddhists. He insists on the need to see the fundamental differences between Buddhism and Christianity—such as the idea of a Creator God. He also highlights the striking parallels between the lives of Jesus and Buddha, their teachings on non-violence and the progressive stages of spiritual development.

"Both the life of Jesus Christ and of the Buddha show that it is only through effort, dedication, commitment and standing firm on one's principles that one can grow spiritually and achieve liberation."—The Dalai Lama

**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.


**GUIDE TO THE
BODHISATTVA'S WAY
OF LIFE**

by His Holiness, the Dalai Lama.
Eight video tapes averaging two
hours each. #GUBOV \$200

This outstanding teaching on the practice of patience was given by His Holiness in Tucson in 1993. It is a detailed commentary on the 6th chapter of Shantideva's classic work which focusses on the practices of bodhisattvas. During each of the first seven sessions, His Holiness combined his own personal experience in the development of patience with his extensive scholarship to explicate the text, followed by a short meditation practice. These sessions concluded with nearly an hour-long question and answer period. The eighth session started with a q&a period and ended with a detailed teachings of the 12 links of dependent arising. We highly recommend this boxed set of eight videos.

**THE DALAI LAMA OF TIBET
OVERCOMING
DIFFERENCES**

Best Selling!
**OVERCOMING
DIFFERENCES: An
Historic Public Address
by the Dalai Lama**

by Trueheart Productions. 90
min. #OVDIV \$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 as well as to survive.

**LIFE, DEATH, DREAMS AND
MEDITATION: Bardo Teach-
ings of Tibetan Buddhism**

by Ven. Lama Chagdud Tulku
Rinpoche. 115 min. #LIDEDR \$39.95

The six bardos include this life, the moment of death, the dawning of true reality, the passing towards rebirth, dreaming and meditation. These experiences are filled with the potential for confusion, bewilderment and unskillfulness, as well as for realizing profound wisdom and all embracing compassion. Rinpoche explains how we can relate to these bardos as a path to personal fulfillment and great benefit for others.

**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 respokey by Tsering Everest.


**LORD OF THE DANCE,
DESTROYER OF
ILLUSION**

108 min. #LODAV \$39.95

This film beautifully records the Mani Rimdu, an ancient Tibetan ceremony as it is practiced today in a Buddhist monastery in Nepal. Elaborate preparations ensue—the creation of dough sculptures, and mandalas and magical pills. Week-long rituals include the worship of various protector-gods and the transference of the power of Chenrezig, the lord of the dance, into the pills. Dances are performed by monks enacting episodes from Tibetan Buddhist traditions.

**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.

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

**"an extraordinary visual
aid."**—TRICYCLE: The Buddhist Re-
view

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 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 of Yamantaka) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the sequence of visualization, presenting a visual introduction to Tibetan mandalas.

**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.

**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.


**FIVE RITES OF
REJUVENATION**

30 min. #FIRIRE \$29.95

The Five Rites of Rejuvenation utilize simple movements and visualizations to activate and balance the energy flow in the body. It taps a reservoir of youthful power and can enhance mental clarity and increase physical vigor so that you can look and feel younger. These are the movements described in the books: *The Five Tibetans & Ancient Secret of the Fountain of Youth*. These exercises are supposed to be Tibetan—they may be—in any case they are similar to yoga movements and our friends find them very useful. They take about 20 minutes to perform.

**HEALING ORACLES OF
LADAKH**

by Elan Golomb, with voice-over
by Joan Halifax, author. 28 min.
#HEORLA \$29.95

Western concepts of health and disease are not universally recognized and often are not as effective in promoting and maintaining well-being as they could be. Cultures that have practiced other types of healing and ritual recognize the effect of our "spirit" on our physical being. This film (on videotape) candidly shows native Ladakhi medicine women treating patients. They go into trance and healing oracles speak through them. The connection between healing deities and spiritual teachings is beautifully demonstrated in this video of an almost lost tradition.

**HOME TO TIBET: The Story
of Sonam Lama's Return to
His Homeland**

by Alan Dater and Lisa Merton.
55 min. #HOTI \$29.95

Home to Tibet documents the return of the Tibetan stone mason, Sonam Lama, to his homeland for the first time since his escape twelve years ago. His sister had asked that he return in order that she might prepare her mind for old age and death. Despite the fact that Sonam has become an American citizen, returning to Tibet is dangerous for him. He first pilgrimages in India where he meets the Dalai Lama and goes to Nepal where he seeks the blessings and advice of lamas there. This is the best film to watch if you want an intimate experience of what it is like for Tibetans to travel to Tibet and to feel the many conflicting forces at play in the minds and hearts of the Tibetan people—very insightful.

**KALACHAKRA, THE WHEEL
OF TIME**

by Bearfoot Productions. 30 min.
#KAWHIT \$29.95

Watching the creation of the Kalachakra sand mandala can be a transforming experience. Four monks from Namgyal Monastery performed this ritual at the Douglas Hyde Gallery in Trinity College, Ireland. In addition to seeing the creation of the mandala from its innermost center outward, you see the monks perform some of the dancing and chanting of the Kalachakra ritual. This video offers many close-ups of sections of the mandala, offering a rare glimpse of the details of the mandala.

**TIBET: A Prayer for the
Future**

by Martin McGee. 55 min.
#TIPRFU \$24.95

This documentary explores Tibet's rich heritage and traces its history up to the crisis under Chinese occupation. For over a thousand years the people of Tibet lived in peace until the Chinese takeover. Eyewitness accounts of China's shocking brutality and repression underscore the extreme plight of Tibet. Journey clandestinely with the filmmaker to discover a devout nation struggling to restore its independence and preserve its Buddhist faith. Enter ancient monasteries to observe sacred rituals and ceremonies never before photographed. Travel with pilgrims along centuries-old trails and experience the enduring culture of Tibetans living in remote villages. The world stands to lose a wealth of Tibetan art, literature, and spiritual, medical, and scientific knowledge spanning 2,000 years.

TIBETAN BOOK OF THE DEAD, Part 1

narrated by Leonard Cohen. 46 min. #TIBOV1 \$29.95

Filed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. Includes interviews with H.H. the Dalai Lama in which he speaks of his own view of life and death.

TIBETAN BOOK OF THE DEAD, Part 2

narrated by Leonard Cohen. 45 min. #TIBOV2 \$29.95

The Great Liberation presents a vividly detailed account of the contents of the Book of the Dead and of the traditional Buddhist teachings on compassion and the search for truth which are its foundations. The film portrays an elderly priest and his young student as they guide the soul of a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.

MAHAMUDRA

by Kalu Rinpoche. #MAHAV \$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. This was the last teaching of Kalu Rinpoche that was filmed.

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.

MANDALA: World of the Mystic Circle

produced by Martin McGee & Cathy Steffan. 53 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 Science. The mandala, a universal motif and archetype, is explored on a myriad of levels through revealing interviews with the monks as well as an architectural historian, philosophy professor, physicist, and psychotherapist. Numerous examples of mandalas from nature and other cultures are depicted and described. This is a definitive presentation of this intriguing subject.

NICHOLAS ROERICH: MESSENGER OF BEAUTY

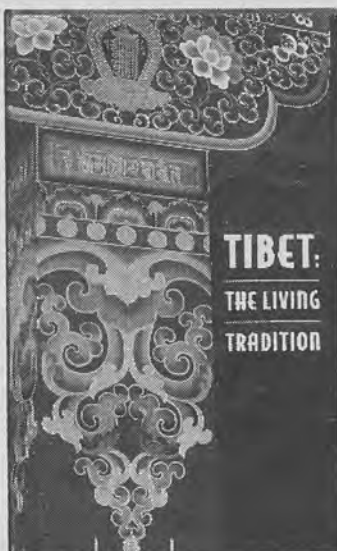
43 minutes. #ROMEBO \$24.95

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.

WE WILL MEET AGAIN IN THE LAND OF THE DAKINI

30 min. #MEAG \$29.95

Now in her eighties, Doljin Kandro Suren, is a Buddhist lama and spiritual guide for thousands who come to her from all over Mongolia and Russia. Through the terrible years of religious persecution in Mongolia, she survived finding the strength to overcome the despair that surrounded her people. After seventy years of Communism, she is the only remaining keeper of the Chod lineage in Mongolia. Tibetan master Namkhai Norbu Rinpoche, invited to give Dzogchen teachings, participates in a Chod ritual with her.

**TIBETAN MEDICINE: A Buddhist Approach to Healing**

29 min. #TIMEV \$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 the body and mind by treating the patient rather than the disease.

TIBET'S HOLY MOUNTAIN

52 min. #TIHOMO \$29.95

Where Tibet, Nepal, and India meet rises a 22,000 foot-high mountain thought by Hindus and Buddhists to hold at its peak the throne of the foremost gods. This program follows the trail to Mt. Kailash with visits to shrines and other sacred sites at Tsaparang, and at Lhasa, whose architecture and rich decorative arts illustrate the Buddhist concept of the world.

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.

MUSTANG:**The Hidden Kingdom**

The Discovery Channel. 1 1/2 hrs. #MUHIKI \$19.95

Nestled high in the Himalayas, a feudal kingdom lies suspended in time. Long closed to outsiders, it is the last outpost of pure Tibetan Buddhist culture. Journey with the Dalai Lama's personal envoy, Khamtrul Rinpoche, on a diplomatic mission to Mustang and experience an intimate view of this traditional way of life.

TIMELESS WISDOM: Being the Knowing

Thubten Chodron & Ajahn Amaro. 1 hr. #TIWIBE \$29.95

Two western Buddhist monastics, Thubten Chodron is a Tibetan Buddhist nun and Ajahn Amaro is a member of the Thai Forest tradition. They discuss these five major themes of spiritual life and practice with a large group of students in Seattle: embracing mystery, teaching approaches, Buddha nature, family challenges, Buddhist traditions. It is a lively discussion with many relevant personal anecdotes that give a grounded perspective on spiritual endeavor.

KARMAPA**THE XVII KARMAPA'S RETURN TO TSURPHU**

by Tsurphu Foundation. 100 min. #KAREV \$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!

KARMAPA: The Thangka Ceremony

presented by Tsurphu Foundation, produced by Ward Holmes. 1/2 hour #KATHCE \$29.95

In May, 1994 members of the Tsurphu Foundation joined H.H. the XVII Karmapa and the monks of Tsurphu Monastery for the unveiling of the new silk applique thangka—one of the largest in the world. Measuring 60 x 100' it was re-constructed in the traditional style designed by the 9th Karmapa. The old thangka was destroyed during the cultural revolution. There are wonderful segments of the new Karmapa.

TSURPHU KARMAPA**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.

THE MESSAGE OF THE TIBETANS

by Arnaud Desjardins

Part 1: Buddhism, 52 min.

#METIBU \$29.95

Part 2: Tantrism, 52 min.

#METITA \$29.95

This is some of the most impressive footage we have seen. Filmed in the mid-sixties in India, Sikkim and Bhutan by Arnaud Desjardins in consultation with Sonam Topgey Kazi, the senior interpreter to the Dalai Lama at that time. There are many of the older renowned masters shown here: H.H. the Dalai Lama, H.H. Dilgo Khyentse Rinpoche, H.H. Dudjom Rinpoche, H.H. Gyalwa Karmapa, H.H. Sakya Trizin, Dugpa Dukse Rinpoche, Chatral Rinpoche, the yogis Abo Rinpoche and Lopon Sonam Zangpo, H.E. Tai Situ Rinpoche and H.E. Shamar Rinpoche as young tulku, as well as many other eminent masters! Each film is full of wonderful images of these lamas and monks performing rituals and meditations. There are scenes of yogis performing preparatory meditation exercises that are quite unusual.

"These portraits of the legendary Tibetan masters are not simply a unique historical record, not only a stunning and moving inspiration for now and for the future, but an extraordinary testimony, a treasure. I believe that it was not by chance that Arnaud Desjardins made his films."—Sogyal Rinpoche

**NADIA STEPANOVA, BURYATIAN SHAMAN**

30 min. #NAST \$29.95

"It's very easy to treat people when their soul is open and full of kindness, because in that case you see a miracle taking place—their own kindness returns to them as if reflected in a mirror."

Nadia Stepanova is a Buryatian shaman who is reviving the ritual ceremonies that for centuries have been part of the people. The Republic of Buryatia is often said to be the cradle of shamanism, which appeared at the dawn of civilization and was repressed by Stalin in the 1930s.

POSTERS**TIBETAN DEITY ART POSTERS**

by Marianna Rydvald \$40

These outstanding images by Marianna are simply gorgeous. We were pleased that she chose to make art posters of two of the best (our opinion)—Four-Armed Chenrezig and White Tara. The faces in particular communicate profound love and compassion. Measuring 23" wide by 31" high, this is a limited edition. Her work includes large indoor and outdoor murals—she painted the life of the Buddha in eight scenes in Bero Khyentse's monastery in Kathmandu. Marianna lives in Maui and her work is in galleries there.

**WHITE TARA**

WHTAPO \$40

FOUR-ARM CHENREZIG

#FOARCH \$40

MEDICINE BUDDHA

painted by Robert Beer. #MEBUBE \$6

11 x 16" image of this deity—simple and penetrating.

THE MEDICINE BUDDHA

painted by Peter Iseli. #MEBUPO \$5

From the cover of *The Healing Buddha* by Lama Thubten Zopa Rinpoche.

CHENREZIG SAND MANDALA POSTERS**Wheel of Compassion Sand Mandala Poster**

24 x 30", #WHCOPO \$15

This is a full-color reproduction of the Chenrezig Sand Mandala. On a blue background.

Wheel of Compassion (Explained) Sand Mandala Poster

24 x 30", #WHCOEX \$15

This is a two-tone image of the Chenrezig sand mandala with names and descriptions of the many parts of the mandala.

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

POTALA PALACE

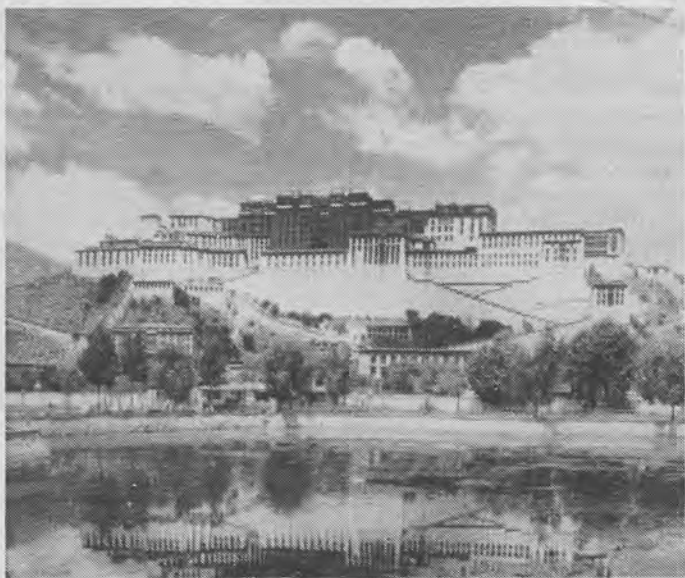
#POPAPO \$9

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

JOWO SHAKYAMUNI BUDDHA STATUE

#SHBUST \$9

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



KALACHAKRA DEITY POSTER

19 x 27" #GAKADE \$9

This is the finest quality poster of Kalachakra and Consort that we've seen. At the top are images of the Buddha, Dalai Lama and the King of Shambhala. At the bottom are protector deities.

KALACHAKRA DEITY POSTER

11 x 17 1/2" #SMKADE \$6

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 SAND MANDALA POSTER

24 x 24" #KASAP \$16

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

VAJRADHARA POSTER

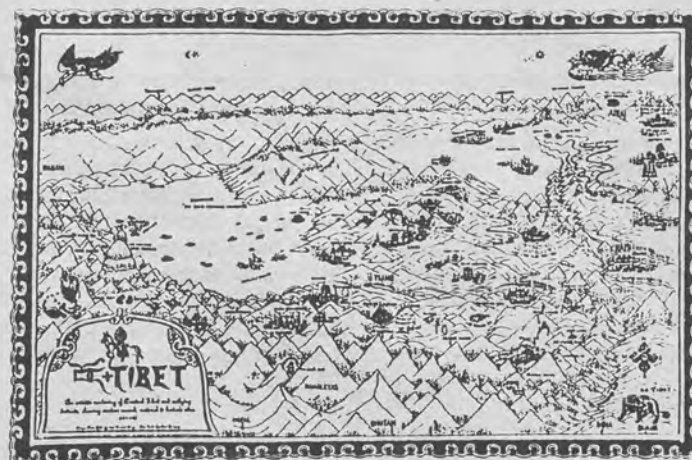
24 x 36" #VAPO \$15

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

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. There are six different categories of size and color:

1. GOLD ON BLACK, 12 x 15" \$8 ea.
Guhyasamaja #BEGUPO
Vajrapani #BEVAPO
Six-Armed Mahakala #BESAR
Vajrakila #BEVASI
2. GOLD ON BLACK, 18 x 23" \$14 ea.
Kalachakra #BEKAPO
3. RED ON GOLD, 9 x 11" \$5 ea.
Milarepa #BEMIPO
Yeshe Tsogyal #BEYEP
4. RED ON GOLD, 12 x 15" \$8 ea.
Green Tara #BEGTPR
Nagarjuna #BENAPO
Padmasambhava #BEPAPO
White Tara #BEWHTA
5. GOLD ON RED, 12 x 16" \$8 ea.
Sakyamuni Buddha #BESBPR
6. GREEN ON GOLD, 19 x 23" \$14 ea.
Large Green Tara #BELAGR



LHASA MANDALA (Stylized Map)

by Peter Gold, J. Jigme, T.G. Gangzey. 20 x 17", #LHMA \$5

This mandala (a stylized map) of the region around Lhasa shows major Tibetan sacred sites, monasteries, nunneries, temples, hermitages and holy peaks.



NYUNG NA LINEAGE LAMAS

Painted by Peter Iseli. #NYNAPO \$5

1000 arm Avalokiteshvara and many other protectors and lineage lamas.

MUSIC & DANCE

TIBETAN CHANTS



BUDDHIST CHANT I: Namgyal Monastery, Dharamsala

CD 63 min. #BUCH1\$20

This CD features 50 Tibetan Buddhist Monks of Namgyal Monastery performing the Goddess Palden Lhamo ritual—the sutra is recited in a low-toned voice beyond the reach of most trained singers. These voices plus huge five-meter long horns create an atmosphere of extreme spirituality.

BUDDHIST CHANT II: Gyuto Monastery, Bomdile

CD 53 min. #BUCH2 \$20

Recorded at the Gyuto Monastery in India, the many voices on this CD use their overtone chanting in the Sangwa Duepa ritual. They create a spiritual world through sound that results from their combined awakened vocal expression and visualization.

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.*

SACRED TIBETAN CHANTS FROM THE GREAT PRAYER FESTIVAL

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SATC \$12, CD #SATCD \$18

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



THE GYUTO MONKS: Freedom Chants

Cassette #GYMOFR \$12
#GYFRCD \$16.95

Mickey Hart, recorded the Gyuto Monks sacred chants at George Lucas' Skywalker Ranch Soundstage. The monks perform chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro recorded live at the Cathedral of St. John the Divine in NYC.

THE GYUTO MONKS

Gyuto Tibetan Tantric Choir. Cassette #GYMOTA \$10.95, CD #GYMOTC \$16.95

This music invokes Tibetan Buddhist deities with its astoundingly rich and atmospheric tonal texture. Mickey Hart produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto monks in India.



OM MANI PADME HUM: Tibetan Monk Chants

by the Monks of Maitri Vihar Monastery. CD #OMCD \$18

These chants of Yamantaka contain the deepest and most resonant chanting that we have heard. The CD contains a sadhana, not simply mantras, and is over an hour long.

QUEEN OF GREAT BLISS—DECHEN GYALMO PUJA

by the Nuns of Nyingma Ozer Ling, Tibet (1) Cassette #QUGRBL \$10

Dechen Gyalmo is the deified form of Yeshe Tsogyal, the great female practitioner. Forty nuns from Nyingma Ozer Ling in Eastern Tibet made this recording.

SACRED HEALING CHANTS OF TIBET

by the monks of Gaden Shartse Monastery. #SAHECT \$9.95
Cassette, #SAHECC \$16.95 CD

"This musical program confers healing benefits...sacred, significant parts of colorful, elaborate healing ceremonies which magically open up consciousness."—Lobsang Rapgay.



SACRED MUSIC, SACRED DANCE FOR PLANETARY HEALING

Monks from Drepung Loseling. Text by Glenn H. Mullin and Damdul Namgyal. Cassette #SAMUSC \$12, CD #SAMUSA \$18

Ten vocal and instrumental pieces exemplifying 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: *The Black Hat Dance, A Propitiatory Prayer to Palden Lhamo, A Call to the Spirits of Tibet.*

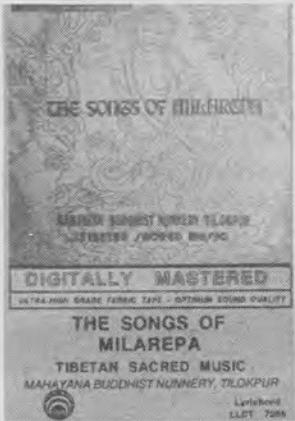
SHITRO: Adjunct Ritual to the Tibetan Book of the Dead

by the nuns of Nyima Ozer Ling, Tibet. Cassette #SHTA \$10
The Shitro Puja honors the 100 peaceful and wrathful deities (*Tibetan Book of the Dead*) that appear to a deceased person during the 49-day intermediary state between death and rebirth. This ritual helps the practitioner to realize the visions in the bardo as manifestations of mind, thereby effecting liberation of the consciousness from cyclic existence.

SONGS OF LIBERATION

by Ganden Jangtse Monastic Choir. cassette, #SOLI \$10

The Ganden Jangtse monks have recorded these chants: *Musical Procession, Praise to Lord Buddha, Homage to Je Tsong Khapa, Offering to Guhyasamaja, Invocation and Offering to 6-Armed Mahakala, Victory of Goodness and the Awakened Mind*. This is a fund-raiser for Tibetan schools. For information regarding this project, contact Thupten Dadak, Heart of Tibet, 612-822-3535.



THE SONGS OF MILAREPA

by the Mahayana Buddhist Nunnery, Tilokpur. #SOMI \$10 cassette

Songs by the great master sung by Tilokpur nuns.

TIBETAN BUDDHIST CHANTS OF NAMGYAL MONASTERY

by the Monks of Namgyal Monastery. Cassette #TIBUCH \$10

This invocation and prayers to Palden Lhamo, the protector of Tibet, are very powerful, creating in sound and feeling an electric atmosphere—the long horns invite Palden Lhamo in thundering, dramatic tones to appear, and the monks supplicate the deity to perform virtuous actions. This tape was created by monks of Namgyal Monastery, Dharamsala, India, the monastery of the Dalai Lama. On the second side, the merit field assembly is invoked and prayers requesting teachings and blessings are chanted in the melodious Namgyal style.

TANTRIC HARMONICS

by monks of the Gyurme Tantric College. Cassette #TAHA \$10.00

Each monk chants three notes simultaneously, employing the technique of one-voice chording. The sound evokes awe, transfixing the mind as the monks chant the Guhyasamaja Tantra and Invocation of the Dharma Protector Kalarupa.



TIBETAN PRAYER: The Singing Nuns at Chuchikjall
CD #TIPRCD \$18

Moving prayers and pujas sung in hypnotic voices by the nuns of Chuchikjall.



TIBET IS NEAR: Sacred Music of Ganden Jangtse
Cassette #TINE \$10

Founded in 1409 by Lama Tsong Khapa, Ganden Monastery was the first monastery of the Gelupa tradition. Revived in S. India, the monks carry on their practice and traditions. Selections include: Homage to Tsong Khapa, Receiving the High Teacher, Purification, Mandala Offering, Invitation to Palden Lhamo, Offerings to Palden Lhamo, Praises to White Tara, and A Prayer for Peace.

TIBETAN SACRED TEMPLE

MUSIC: Eight Lamas from Drepung

Cassette #SATEDR \$10

A powerful collection of Drepung Loseling sacred temple music. The chants and music are prayers which invoke the higher Buddhist deities for healing and transformation and offers a rare opportunity to receive this transmission. In addition to overtone chanting, they also perform beautiful midrange chanting and play traditional Tibetan temple instruments creating haunting and mystical effects.

OTHER TAPES:



ECHOES OF TIBET: Traditional Tibetan Songs of Peace, Beauty and Freedom
by Tsering Wangmo. Cassette #ECTI \$12

Beautiful folk songs from Amdo and Kham sung solo by Tsering Wangmo, trained as an opera and folk singer at the Tibetan Institute of Performing Arts. She co-founded the Chaksampa Dance and Opera Company.

MEDITATIVE MUSIC OF SINGING BOWLS

GOLDEN BOWLS

by Karma Moffett. CD #GOBO \$18

Thirteen Tibetan singing bowls create a meditative sound environment, easing the mind out of its chatter. Rich tones and harmonics unfold and dissolve into ever-changing patterns.

HIMALAYAN BOWLS I

by Karma Moffett. Cassette #HIBO1 \$10

Twenty-two singing bowls express the mystic feeling of the Himalayas.

HIMALAYAN BELLS II

by Karma Moffett. Cassette #HIBE \$10

This is a harmonic and meditative recording of Himalayan bowls and bells.



SINGING BOWL MEDITATION 1

by Hans de Back. Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch inviting listeners inward.

RANGZEN

by the Yak Band. Cassette #YABA \$12

Modern music written and performed by Tibetan refugees in Northern India. Pleasing pop rock, the songs are about love and the plight of the Tibetans—the title song means "Independence". You won't get western sound recording quality, but you'll get honest, straight-ahead Tibetan rock and roll.

TURTLE ISLAND FLUTE

by Joe Salzano. Cassette #TUISFL \$10

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

SONGS OF THE JATAKA TALES

by Penny Nichols and members of the Karma Kagyu Institute. Cassette #SOJATA \$12 #SOJATC \$20 CD

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.

TIBETAN HORN

by Phil Thornton & Steven Cragg. Cassette #TIHOT \$12, #TIHOC \$16

A kaleidoscope of incredible musical invention that compels the listener along a journey of inner awakening from Himalayan mountain monasteries to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.

TWO MANTRAS: The Vajra Guru Mantra and the Mantra of the Buddha of Compassion

#TWMA \$6

Produced by Sogyal Rinpoche's Rigpa center, these two mantras are helpful for meditation.

THE TWENTY-ONE PRAISES OF TARA

by Prema Dasara & Jeff Monoz. #TWPRTT \$12, plus \$3 for booklet containing transcription of text #TWPRTTP (optional).

Chanting Tara's Twenty-One Praises is an ancient ritual. By contemplating her qualities dispels the mental cloud of afflictions. Free from fear, one meets 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.

WOODLANDS FLUTE

by Joe Salzano. Cassette #WOFL \$10

Native American flute music from the Eastern Woodlands is scarce due to cultural disintegration over the many years since the European invasion. These twelve selections are beautiful and include nature sounds, drum and rattle as well as nine different cedar, pine and cane flutes.

CARDS

DZOGCHEN LINEAGE NOTECARDS

eight notecards with envelopes, #DZNO \$15.95

These notecards were produced by The Shang-Shung Institute in Italy. They are reproductions of sacred images that were painted in Namkhai Norbu's Merigar Gonpa in Tuscany. The artists are Dugu Choegyal Rinpoche and Tsering Wangchuk from Tashi Jong.

Kun-tu-bzang-po (Samantabhadra): the Primordial Buddha representing Dharmakaya.



Tonpa Khyeu Wod Mitrugpa: the second of the twelve Primordial Dzogchen Lineage Masters

Tonpa Pel Jigpa Kyopei Yid: the third Master of twelve.

Mandarava: the Nirmanakaya emanation of the Jnana Dakini & consort of Padmasambhava.

Jomo Menmo: Vajravahini gave her a teaching; later she disappeared into the sky.

Khandroma Kunga Bumpa: 14th century tertön who realized the body of light.

Dung-mtsho-ras-pa Phyi-ma: tertön of objects hidden by Gampopa.

Mug nag rGyal mo (the Maroon Queen): form of Ekajati.

YIDAMS OF MERIGAR GOMPA

ten cards, 5 x 7" in holder #YIMEGO \$20

These ten images are painted on the supporting beams of Chogyal Namkhai Norbu's Merigar Gompa.

Vajrapani, Guru Tragpo, Guhyajñana, Vajrakilaya, Korwa Tongtrug, Green Tara, Ozer Chenma, Nondzog Gyalpo Yab-Yum, Amitayus Yab-Yum, and Simhamukha.



Green Tara in Jungle

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 images of Green Tara, White Tara, Chenrezig and the Medicine Buddha. The cards are 5-color with gold border.

GYUTO HIGHEST YOGA TANTRA CARDS

\$1.25 ea

These deities, mandalas, and protectors are produced in India and came from the Gyuto Tantric Monastery.

GY1 Chakrasamvara
GY2 Chakrasamvara Mandala
GY3 Sambhogakaya Buddha
GY4 Guhyasamaja
GY5 Guhyasamaja Mandala
GY6 Six-Armed Mahakala
GY7 Yamantaka (Vajrabhairava)
GY8 Yamantaka Mandala
GY9 Kalarupa

GY7 Yamantaka (Vajrabhairava)



TUSHITA POSTCARDS

\$1 ea.

TU30 Dalai Lama, Ling Rinpoche,
Trijang Rinpoche
TU39 Dalai Lama: reading the news
TU40 Dalai Lama: blessing the land
TU41 Dalai Lama & H.H. XVI
Karmapa
TU42 Tanks in Lhasa



TU43 Dalai Lama on Yak
TU64 H.H. Sakya Trizin

ROBERT BEER POSTCARDS

\$1 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 \$1 ea.

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

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

REHO CARDS \$1 ea.

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

#REHHCA H.H. the Dalai Lama
#REGECA Gelugpa Assembly Tree
#REWHCA Wheel of Life
#RELOCA Lotus Pool-Bodh Gaya



#REROCA Rock Paintings-Lhasa
#REPACA Padmasambhava-in
Jokhang
#REMACA Maitreya-in Potala
#REPOCA Potala Palace

MACHIG LABDRON

5 x 7" #MALAC \$2

From the cover of the book, this is
one of the best images we've seen of
this deity.

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



THE BUDDHA

5 x 6 1/2" #BUC \$2

This is a radiant image of the Bud-
dha from the cover of *Calming the
Mind*.

THE BUDDHA

4 + x 6" #SMBUC \$2

This is a strikingly simple image from
the cover of *Four Noble Truths*.

TWENTY-ONE TARAS CARD

#WETWTA \$1

This is the well-known image of
the 21 Taras painted by Andy Weber.

PHOTOS OF H.H. the XVIIth
KARMAPA

\$15 ea.

Ward Holmes of Tsurphu Founda-
tion is offering through us a number
of photos of the new incarnation of
H.H. the Karmapa. These photos are
made from a CD and measure approx.
8 x 10". A portion of the proceeds
from the sale of these photos goes to
benefit Tsurphu Monastery in Tibet.

#HHKA14 Wearing Circular Hat
#HHKA17 Wearing Black Hat
#HHKA21 With Tai Situ
#HHKA49 Wearing Red Hat
#HHKA59 Wearing Gampopa Hat



#HHKA60 With Younger Brother

GARUDA POSTCARDS

\$1 ea.

Traditional thangka images.

GAC1 Gelugpa Guru Tree
GAC2 Anitabha in Dewachen
GAC5 Buddha with Discip.
GAC6 Tsong-ka-pa on Lion



GAC7 Avalokitesvara
GAC8 Vajrayogini
GAC9 Machig Labdron
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
GAC132 1st Karmapa
GAC136 Manjushri
GAC139 Vajrayogini
GAC142 Green Tara & 21 Taras
GAC148 Mandala with Simhanada-
Avalokitesvara
GAC149 Sitatapatra
GAC150 Amitayus
GAC151 Domtonpa

KALACHAKRA SAND
MANDALA POSTCARD

#KASAC \$1

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

SAND MANDALA
NOTE CARDSWheel of Compassion Sand
Mandala

#WHCOSA \$1.50

This is the sand mandala of
Chenrezig made by the monks of
Namgyal Monastery at the Watts Tow-
ers Arts Center in Los Angeles.

Wheel of Time Sand Mandala

#WHTICA \$1.50

This is the sand mandala of
Kalachakra made in the American
Museum of Natural History in NYC by
Namgyal monks.

THE DALAI LAMA

H.H. THE 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 com-
munities.

#DALAWO The Dalai Lama

5 x 7" \$1

From the cover of *World of Tibetan
Buddhism*.

#PACO H.H. the Dalai Lama
Photo

5 1/2 x 7" \$2

This is the cover photo on the book
Path to Enlightenment by the Dalai
Lama. It is one of the best photos that
we have seen!

#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 saguaro
cactus in Arizona at a recent public
teaching.

#REHHCA H.H. the Dalai
Lama

postcard-size image, close-up of
his face. \$1

BUDDHA EYES BOOKMARK

#BUEYBO \$1.50

BUDDHA EYES NOTE CARD

#BUEYNO \$2

The "Buddha Eyes" is one of our
favorite images.

H.H. DILGO KHYENTSE
RINPOCHE

Photo, 5 1/2 x 5 1/2" #HHDI \$2

This is an impressive photo of His
Holiness from the cover of *Enlight-
ened Courage*.

THE TIBETAN PAINTINGS
OF NICOLAS ROERICH

12 postcards, #TIPANI \$9.95

We have selected 12 of the best im-
ages 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
TIBET CARDSIMAGES 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, land-
scapes 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.

Special—Choose any 25 Snow
Lion IMAGES OF TIBETAN
CULTURE and pay only \$10!

CUCA1 Statue
CUCA6 Monastery Courtyard
CUCA7 Landscape Sunset
CUCA9 Long-life Offering
CUCA11 Tibetan Pilgrim



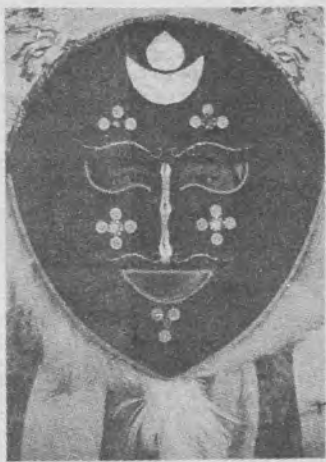
CUCA12 Masked Dancer
CUCA13 Tibetan Man & Child
CUCA14 Tibetan Monk in Prayer
CUCA16 Potala Palace



CUCA17 Young Tibetan Monk
CUCA18 Potala from Back Side



CUCA19 White Masked Dancer
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

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 Yeshu Dorje, Weather
Controller

HELP SUPPORT THE TIBETAN REFUGEES

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



IMTI7 Potala During Losar



IMTI9 Tibetan Men & Horses



CUCA61 Nomadic Tent

NEW!



These two stupas were designed by Andy Weber, a long-time Tibetan Buddhist and artist. They are plated in gold and silver respectively and measure 2 + " high. They are jewels.

GOLD STUPA

#GOST \$45

SILVER STUPA

#SIST \$40

STUPA

#STBR \$55

This Tibetan Buddhist stupa is 7 1/2" high and has a brass gilt covering. It is the stupa most often

NEW!



BRONZE STUPA

8 1/2" #BRST \$360

This enlightenment stupa is made with the same care and quality materials as our statues. It is a heavy bronze with gold plating, inlaid stones and an opening for a small photo of your lama to be displayed.

seen at centers. It is reasonably good looking for \$55 and is suitable for consecration.

BANNERS AND HANGINGS

AUSPICIOUS SYMBOL BANNER

approx. 28" long and 4 1/2" wide, #AUBA \$16.

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.

LARGE AUSPICIOUS SYMBOL BANNER

5' long x 1' wide, #LAAUBA \$40

Embroidered auspicious symbols with brocade banner—long and beautiful!



BUDDHA AUSPICIOUS SYMBOL BANNER

5' long x 17" wide #BUAUBA \$60

Eight auspicious symbols on red or yellow background with brocade border and embroidered Buddha at the top.



DOUBLE DORJE BANNER

42 x 72", #DODOBA \$150

This banner is black with a gold double dorje. It has a stick in the top and bottom to keep it spread out. Very dramatic.



HUM

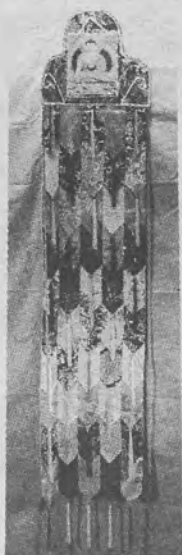
14 x 28" #HUBA \$50.00

The banner has a white background, blue Hum, red horizontal stripes and blue geometric design.

DHARMACHAKRA

13" x 15" #DHBA \$28.00

The banner is yellow-gold with the wheel printed in Tibetan red.



BUDDHA KADHEN BANNER

5' long x 17" wide #BUKABA \$85

All brocade banner with the Buddha embroidered at the top.



KALACHAKRA EMBLEM BANNER

13 x 24" #KABRBA \$25.00

The precious mantra of Kalachakra is embroidered and then mounted in brocade.



LARGE MANI BANNER

approx. 4 1/2' long x 13" wide, #LAMABA \$40

Embroidered Om Mani Padme Hum mounted in brocade.

KNOT OF INFINITY

13 x 15" #KNBA \$28.00

The banner is yellow-gold with the knot printed in Tibetan red.



EXTRA WIDE MANI BANNER

approx. 5' long x 17" wide

#EXWIMA \$60

Beautiful background for the Mani Mantra with brocade border. This banner is wider than the standard large banner.

DEITY HANGINGS

Fancy brocade borders with five embroidered deity images. 4 1/2' wide x 22" high.

Buddha Hanging

#BUHAN \$95

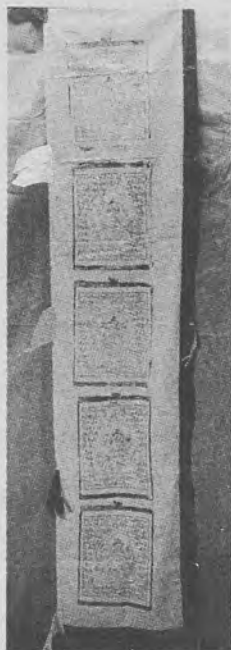
Green Tara Hanging

#GRTAHA \$95

Padmasambhava Hanging

#PAHA \$95

DEITY BANNERS FROM INDIA!



These vertical banners are approx. six feet long and eighteen inches wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.

CHENREZIG BANNER

#CHBA \$16

KALACHAKRA BANNER

#KABA \$16

MAHAKALA BANNER

#MABAN \$16

MANJUSHRI BANNER

#MNBAN \$16

MILAREPA BANNER

#MIBA \$16

PADMASAMBHAVA BANNER

#PABA \$16

TARA BANNER

#TABA \$16

WINDHORSE BANNER

#WIBA \$16

VAJRAYOGINI BANNER

#VABA \$16

PRAYER FLAGS



Auspicious Wish Flag

#AUWIFL \$20

This is the prayer wish of H.H. Dudjom Rinpoche. Each of the five flags is 15" wide x 16" high. These are American-made quality-printed and -constructed flags with nylon cord.

Tibetan Nun's Prayer Flags—Support Tibetan Nuns

#SEPRFL \$12 for set of five.

This is a set of traditional prayer flags in the five colors with windhorse 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.

Windhorse Prayer Flag set

#WIPRFL \$12

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, Kalachakra, Mahakala and many others. Each flag measures 13" x 16".

Each of the following sets of deity prayer flags has five flags, one in each of the Tibetan colors and they are strung on a cord. Each flag measures approx. 13 x 16" and has the mantras of the deity printed on it:

CHENREZIG PRAYER FLAG SET

#CHPRFL \$12

KALACHAKRA PRAYER FLAG SET

#KAPRFL \$12

MAHAKALA PRAYER FLAG SET

#MAPRFL \$12

MANJUSHRI PRAYER FLAG SET

#MNPFL \$12

MILAREPA PRAYER FLAG SET

#MIPRFL \$12

PADMASAMBHAVA PRAYER FLAG SET

#PAPRFL \$12

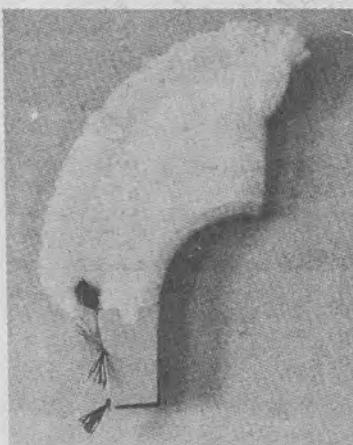
TARA PRAYER FLAGS

#SETAPR \$12

VAJRAYOGINI PRAYER FLAGS

#VAPRFL \$12

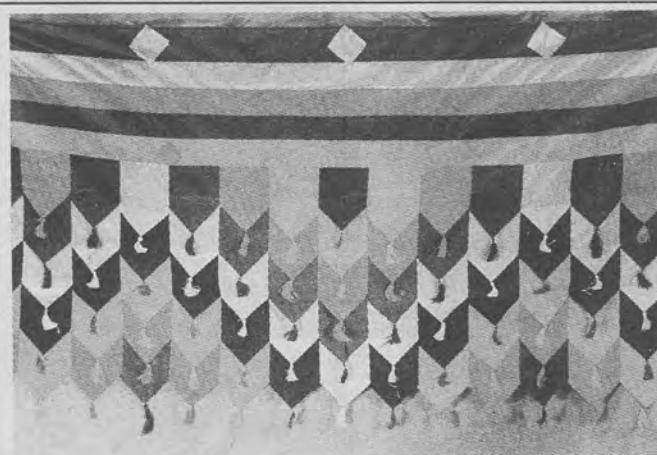
Please note that most prayer flags are designed to destruct over time. In this way, the earth as well as the wind receives the prayers.



THE YELLOW HAT

#YEHA \$20

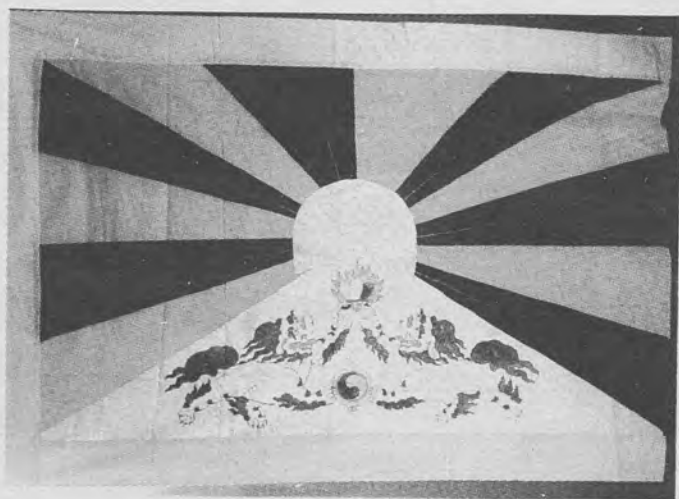
Hand-crafted by a Nambgyal monk, these miniature Tibetan yellow hats are really neat! Approx. 5" high.



TASHI TARING BANNER

18 x 60" #TATAFL \$75

Tashi Taring is an auspicious flag having multicolors flown for the achievement of all good things. It is raised high on roof tops and gates on different occasions, such as Losar, the enthronement of spiritual masters, the reception of teachers, etc. It is used for good luck, prosperity, well-being, long-life, and the fulfillment of various wholesome deeds or activities of spiritual masters. The five Buddhist colors represent the five families, wisdoms, bodies, and activities of Buddhas. A large 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!



TIBETAN NATIONAL FLAG

44" x 32" #LATIFL \$35

This lovely large cotton flag is pieced and the lions are silk-screened. It can be hung with pins or on a dowel.

TIBETAN NATIONAL FLAG

10" x 14" #SMTIFL \$6

A smallish Tibetan flag printed on cotton.



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.



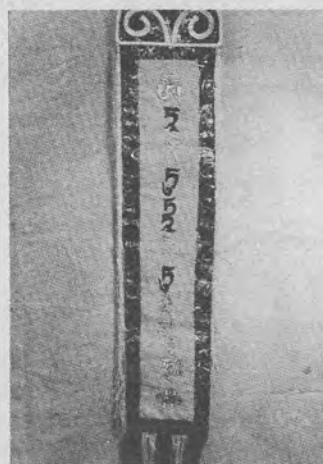
MANI HANGING

18" high x 40" wide #MAHA \$40

The hanging has embroidered Tibetan letters *Om Mani Padme Hum* and is mounted in brocade.

DEITY MANTRA BANNERS

Vertical banners 6 x 36", brocade with embroidered mantras in Tibetan.



BUDDHA MANTRA BANNER

#BUMAMB \$22

KALACHAKRA MANTRA BANNER

#KAMABA \$22

MANJUSHRI MANTRA BANNER

#MAMABA \$22

PADMASAMBHAVA MANTRA BANNER

#PAMABA \$22

TARA MANTRA BANNER

#TAMABA \$22



MANI BANNER

26" long x 4 1/2" wide, #MABANN \$16

Embroidered *Om Mani Padme Hum* mounted in brocade.

KATAS

A standard offering scarf.

Plain Offering Scarf

#PLOFSC \$4

Brocade Offering Scarf

with auspicious symbols
#BROFSC \$12

Fancy Brocade Offering Scarf

(8' long) with auspicious symbols
#FABROF \$25



FOUR ETERNAL KNOT DOOR CURTAIN

#FOKNCU \$75

Four Eternal Knots, one in each panel are sewn on this traditional door cover.

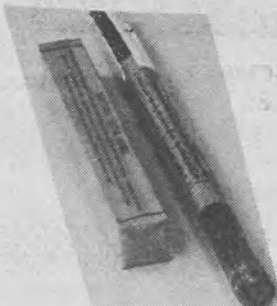


INCENSE HOLDERS

These are Tibetan incense holders in copper w/ white metal and brass ornamentation. Very fine and traditional looking.

Small, 10" long, #INHOS \$40

Large, 15 1/2", #INHOL \$50



TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades depending on the amount of aromatic substances added to the basic mix.

Highest Grade

#BL \$8

Medium Grade

#RE \$6

SALE! 5 BOXES FOR \$20

Ritual Grade Tibetan Incense

#CHTIIN \$5.00

Pure Sandalwood

8" bundle #SAIN \$5

Extra-Grade Tibetan Incense

#EXGRTI \$10

This incense comes from another source and is a popular high grade product.

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.

ON SALE UNTIL JAN. 31ST!

AGAR 31 HERBAL INCENSE

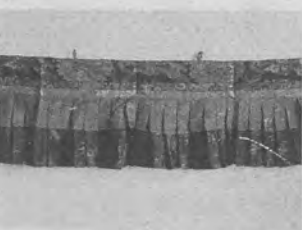
made by Dr. Dolkar. #BLAG was \$7.95, now \$5

Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds." We bought a large quantity at a good price and we are passing the savings to you for as long as it lasts!

NIRVANA BRAND

#NIBRIN \$6

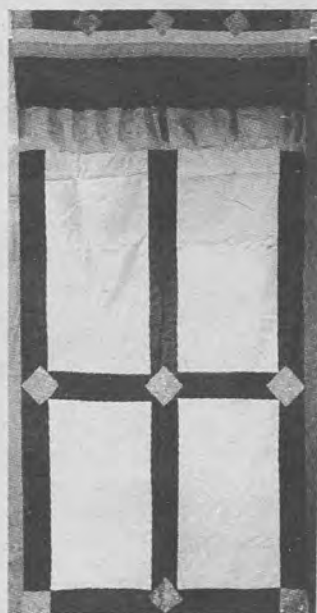
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.



SILK WINDOW TRIM

39" #WITR \$45

Top of horizontal blue, yellow and red brocade, drape of green and red silk.



DOOR CURTAIN

#DOCU \$95

Beautifully designed and sewn by a Namgyal monk. This curtain is in the traditional colors and measures approx. 38" wide by 74" high.



38" x 74" and looks great. EIGHT AUSPICIOUS SYMBOLS DOOR CURTAIN

#EIAUDO \$125

Embroidered with the 8 Auspicious Symbols, this door curtain is awesome. It measures 3' x 6'.



ETERNAL KNOT DOOR CURTAIN

#ETKNDU \$75

This curtain has the eternal knot sewn onto the cloth. It measures

Win a trip to the 1997 MANI RIMDU FESTIVAL

Your name will be entered in the drawing every time you order from us before February 8, 1997—be sure to mark the Mani Rimdu box on the order form.

MALAS



Bodhiseed
#BOSEMA \$40



Linden Nut Disc Mala
#LINUDI \$36
This beautiful mala has chocolate-colored beads with tiny beige speckles made from the linden tree that are shaped like abacus beads.



Bone Malas
Strung on a red cord these malas have bone counters too!
White Bone Mala #WHBOMA \$22
Regular Bone Mala #BOMA \$22
Brown bone beads.

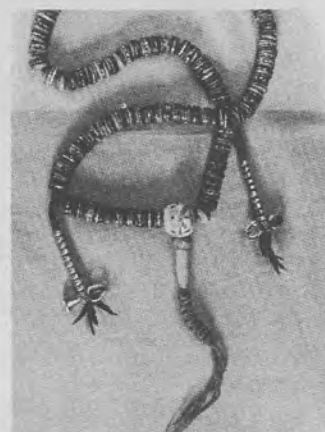


Lotus Seed Mala
With semi-precious marker beads. #LOMA \$30

Lotus Seed Pocket Mala
With 27 beads, Red Jasper Guru bead. #LOHAMA \$15

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

Wood
#WOMA \$16



Yak Bone Mala
#YABOMA \$70
Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje. Looks old and is remarkable to see.

Lotus Seed Mala
#LOSEMA \$24
Mala has lotus seed guru bead and tassel.



Turquoise Mala #TUMA \$80

SEMI-PRECIOUS STONE & CRYSTAL MALAS



Rock Crystal Mala
#CRMA \$80

Rock Crystal Hand Mala
#CRHAMA \$28

Red Crystal Mala
#REMAMA \$30

Cobalt Blue Glass Mala
#COMA \$30

Cobalt Blue Glass Pocket Mala
With 27 beads. #COHAMA \$15

The following malas are special order items and are hand-made according to your specifications. The mala beads are 8mm unless otherwise noted. Please allow 4-6 weeks for delivery:

Amethyst #AMMA \$250

Amethyst Hand Mala
#AMHAMA \$90

Aventurine (jade family) 6mm.
#AVMA \$50

Aventurine Hand Mala 6mm.
#AVHAMA \$28

Black Onyx #BLONMA \$80

Black Onyx Hand Mala
#BLHAMA \$28

Crystal Mala #CRMA \$70.00

Crystal Hand Mala #CRHAMA \$28.00

Hematite 6mm. #HEMA \$50

Lapis Lazuli #LALAMA \$250

Lapis Lazuli Hand Mala
#LAHAMA \$90

These excellent quality lapis malas contain lapis guru bead and blue tassels. Perfect for Medicine Buddha practice.

Malachite 6mm. #MAMA \$120

Malachite Hand Mala
#MAHAMA \$70

Mother of Pearl #MOPEMA \$50

Mother of Pearl Hand Mala
#MOHAMA \$24

Rhodonite (pink with black)
#RHMA \$120

Red Crystal Mala #RECRMA \$30.00

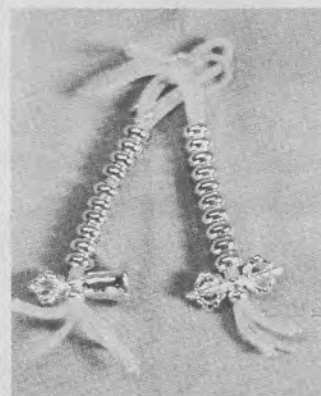
Rose Quartz #ROQUMA \$60

Rose Quartz Hand Mala
#ROHAMA \$28

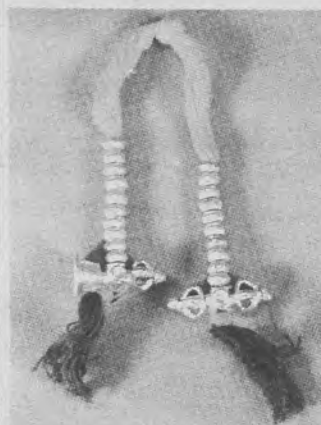
Tiger Eye #TIEYMA \$100

MALA COUNTERS

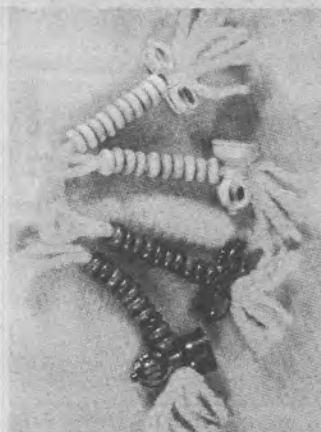
These pairs of counters have a bell and a dorje, multi-colored tassels and attach to any mala.



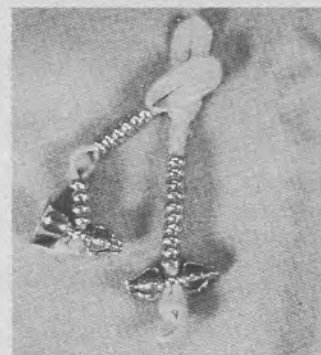
Gold Counters
Gold plated bell & dorje. #GOCO \$22



White Metal Counters
#WHMECO \$14



Sandlewood Counters
These have a bell and dorje and are strung on red cord.
Regular Sandlewood Counters
#RESACO \$10
Red Sandlewood Counters
#RESACO \$10



Pewter Counters
#PECO \$26



Silver Counters
#LASICO \$50
Counters on thick red cord with red and yellow tassels with bell & dorje.

NEW!

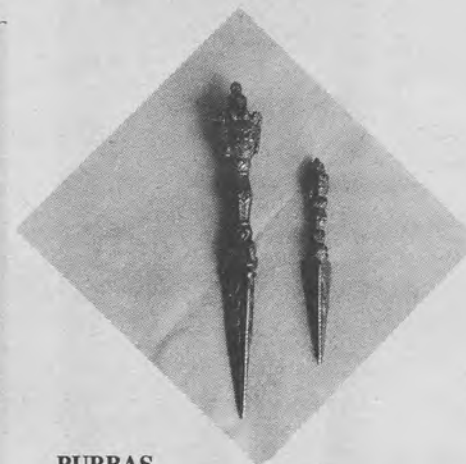


Wheel of Dharma Counters
#WHDHCO \$40
Silver Dharmachakras strung on red cord with multicolored tassels.



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 used to expel negative forces.
9" #9PU \$30
5" #5PU \$12

KAPALA (skull cup)

It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

Medium Brass Kapala
#MEBRKA was \$30, now \$20



Win a trip to the 1997 MANI RIMDU FESTIVAL

Your name will be entered in the drawing every time you order from us before February 8, 1997—be sure to mark the Mani Rimdu box on the order form.



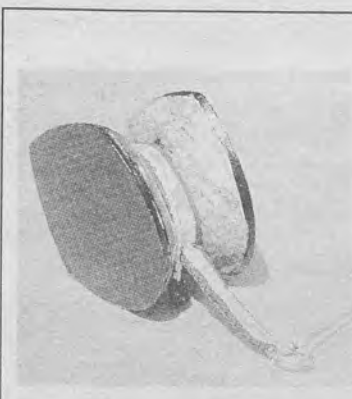
BHUMPA
#BH \$28

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



BHUMPA FEATHERS
#BHFE \$12

Traditional peacock feather arrangement which is used in bhumpa.



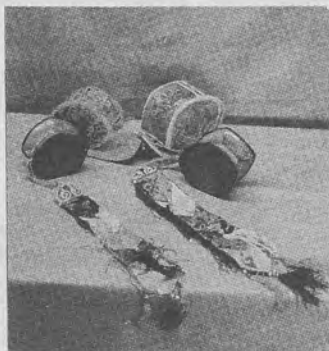
DAMARUS (wood)
4" in diameter #DA was \$30, now \$20

This is the hand drum used in many tantric practices.



DAMARU BANNERS
#DABA \$20

Beautiful brocade banners in 5 traditional colors. They attach to the Damaru to make a lovely tail.



DAMARU, BANNER & BROCADE CASE SET
4 1/2" at longest diameter #DASE \$50
5" at longest diameter #DASEL \$55

Find us on the World-Wide Web at:

<http://www.well.com/user/snowlion/>



BUTTER LAMPS

4 1/4" high with auspicious symbols in silver-like metal.

COPPER BUTTER LAMP,
#COBULA \$19

SILVER-LIKE BUTTER LAMP,
#SIBULA \$19

.....

BUTTER LAMP #BULA

\$16

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



DHARMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 6" high and 6" in diameter.

White Metal Serkyem, #SEWH
\$28

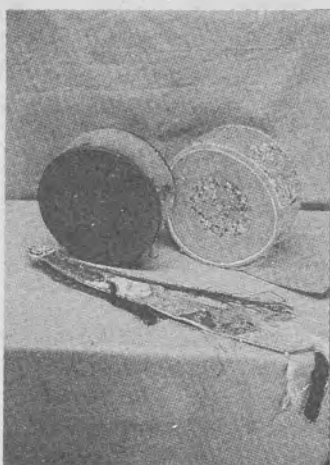
Brass Serkyem, #BRSE \$26



DINGSHA BELLS (cymbals) #DI \$20

The sound of these bells is psychically cleansing.

Buddhist design. Made by Tibetans in India.



CHOD DRUM

#CHDR \$150

This is the authentic chod drum. It has a diameter of 9.75 inches and is 4.5 inches wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



BELL & DORJE

#BEDO was \$60, now \$36

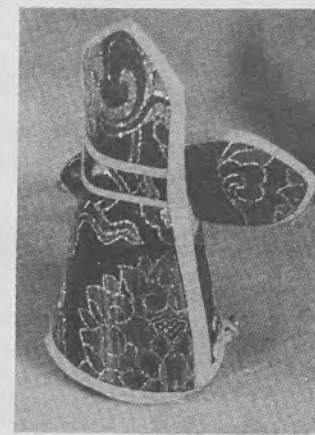
The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje has five prongs, four at each end curved around the central prong, 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.

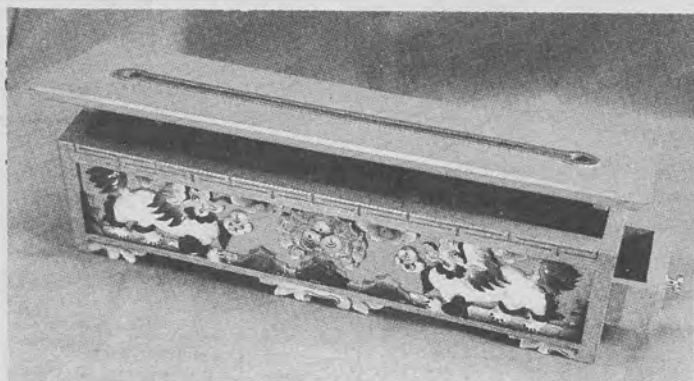
INCENSE BURNERS



INCENSE BURNER

#INBUR \$36

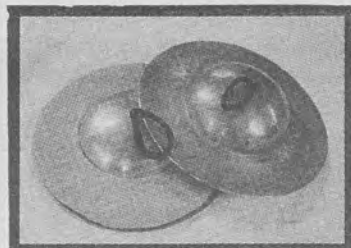
A traditional burner—10" long, 2 1/2" high, 2 3/4" wide—fill it with rice and put incense in it. It is made out of copper with touches of silver and brass alloys.



INCENSE BURNER

#INBUWO \$80

This is a painted wood incense burner that measures 19" long, 5 1/2" deep and high. It has a carved front with snow lions and the three jewels. A 16" drawer slides out and hold incense. You fill the burner with sand or rice, lay the burning incense stick down on top of it and the smoke flows out through a slot on the top of the box.



TIBETAN CYMBALS

#TICY \$150

Tibetan cymbals (12.5 inches in dia.) with pad and cover for storage. Call for availability.



CURVED KNIFE

#CUKN \$40

This is the ritual knife referred to in many tantric practices.

ETERNAL KNOT BOWL & VASE

Fine, white porcelain vessels for shrines, gifts or for use in the home. Both have clear glaze interior as does the exterior of the vase. The exterior of the bowl is unglazed to reveal the soft luster of the porcelain.



Bowl, 3" high & 5" in dia.
#ETKNBO \$20

Vase, 7" high & 4" in dia.
#ETKNVA \$35



MANDALA PLATES
#MAPLA

We have available mandala plates for mandala offerings. The sizes are either large (7" approx.) or small (6" approx.) in diameter. We recommend calling us for sizes and prices of available stock. The type of metal(s) in these plates varies considerably. We have set of copper and a set of silvery (an alloy) in large and small for:

Large \$80
Small \$70

We also have two higher grades in the small size:

Silver & copper (alloys) \$100
Gold & silver (alloys) \$150

**SINGING BOWLS**

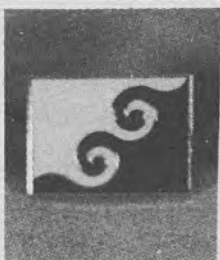
Singing bowls produce a marvelous sound when struck or rubbed on the rim. They are ideal for meditation practice. We import two sizes from Assam in India—known for the best metals; the larger ones have lower tones. We send two strikers. These bowls have been cleaned by us to look as good as possible. They are not museum pieces but sound great.

Medium Singing Bowl
#MESIBO \$95

6 1/2" to 8 1/2" in diameter.

Small Singing Bowl #SMSIBO
\$50

Approx. 6" in diameter.

**DHARMA PINS**

H.H. Karmapa Dream Flag Pin
#KADRPI \$5

**MANJUSHRI SWORD**

15-16" #MASW was \$40, now \$20

This sword symbolizes the wisdom and clarity of the buddhas. It has a flaming tip and purba-dragon handle. Handle dragon design may vary slightly.



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.

OFFERING BOWLS

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items.



Copper Offering Bowls (set of 7)
#COOFBO \$38 I-9

Silvery Offering Bowls #SIOFBO
\$33 set of 7

Silvery offering bowls that measure 3 1/4" dia.—lovely etched pattern.

Silvery Offering Bowls #SIOFBO
\$33 set of 7

Plain Silvery offering bowls that measure 2 1/4" dia.—good looking.



FANCY OFFERING BOWLS
Fancy Copper Offering Bowls,
#FACOFB \$35
Fancy Silvery Offering Bowls,
#FASIOF \$35

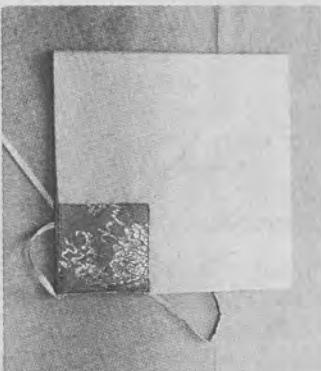
PECHA COVERS

Used to cover sacred texts.

**Standard**

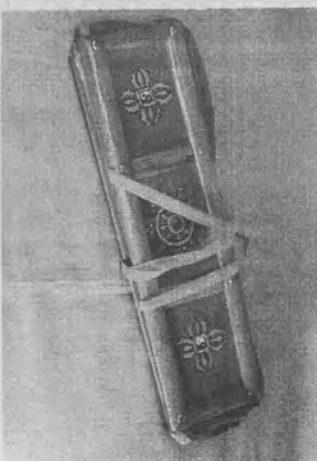
Two sizes of traditional book covers in red cloth with yellow square and cord.

22" sq. #PEWR \$15
30" sq. #PEWRL \$15

**Fancy**

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

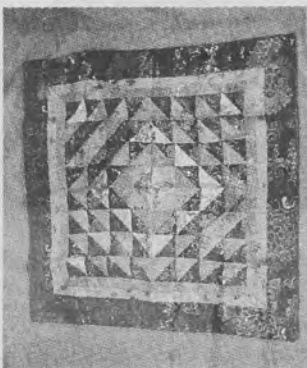
21" sq. #FAPE \$17
30" sq. #FAPEL \$20

**PECHA HOLDERS**

A wooden frame with red backing—embroidered with Double Dorjes, Wheel of Dharma, and OM Ah Hung mantra. Comes in two sizes with tie cord.

Regular, 15 x 3 3/4" PEHO \$30

Large, 17 x 4" #PEHOL \$35



LARGE FANCY ALTAR CLOTH

30 x 30" #ALCL \$45

All brocade piece with triangle

pattern in the center.

Large Dragon Altar Cloth
30 x 30" #DRALCL \$60

Quality brocade design with dragons.

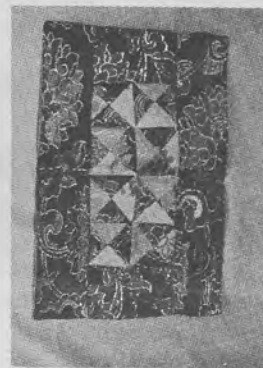
**CANOPY**

40" square #CA \$120

This is a standard brocaded canopy that hangs over the lama's throne.

CHEPHUR

This are typically present in Tibetan monasteries hanging around the sides of the room. They are cylindrical and contain the 5 colors in brocade pieces, beautifully

**TIBETAN-STYLE TILDEN**

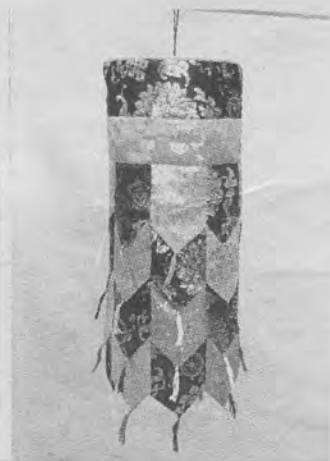
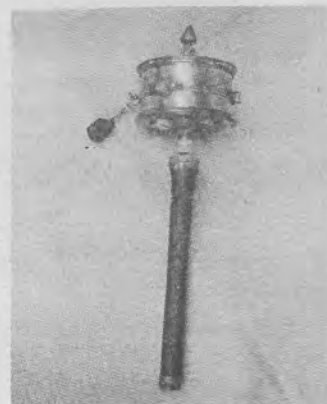
#TITIL \$25

This brocade tilden has piece triangle design in the middle. The brocade is the kind you find on many thangkas.

**FANCY BROCADE TILDEN**

#FABRTIL \$25

Lovely blue and red silk brocade cover for sadhana table.



alternating to give a dramatic effect.

Small Chephur, 2' long and 6 1/2" in dia. #SMCH \$45

Large Chephur, over 6 feet long.
#LACH \$150

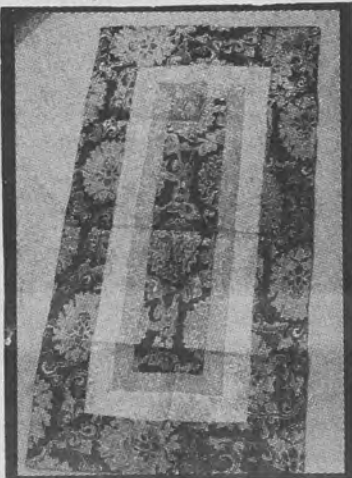
**Large Canopy Chephur**

5' long and 1' dia. canopies are in the five colors and are made of silk and brocade. #LACACH \$95

LARGE BANNER

#LABA \$125

These banners are brocaded with the 5 colors, alternating in the traditional way. They are over 6 feet long and 15 inches wide.

**LARGE TIBETAN-STYLE TILDEN**

#LATIL \$40

This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".

PRAYER WHEEL

#PRWH was \$50, now \$40

Authentic Tibetan prayer wheel. It is approx. 10" long and contains the mani prayers of Chenrezig.

TIBETAN
JEWELRY

BRACELETS



OM BRACELET with stones
#SAOMBR \$35. This features the OM MANI PADME HUM in Tibetan letters and has small coral or turquoise stones and filigree silver work.



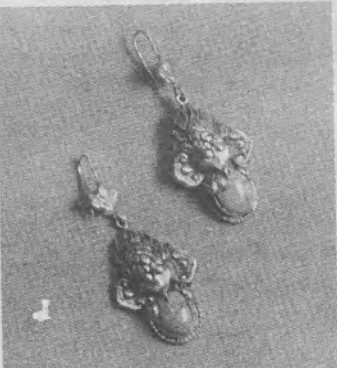
YAK BONE BRACELET
#YABOB \$10. This bracelet features six oval panels with auspicious symbols.

YAK BONE NECKLACE
#YABON \$10. This necklace has eight panels and ties with a black cord.

SILVER EARRINGS!



Auspicious Fish Earrings
#AUFIEA \$24
Silver fish with turquoise stones.



Garuda Earrings
#GAEA \$28
The garuda protector holds a beautiful disc of turquoise. 1 1/4" long.

Traditional Lapis Earrings
#LAEA \$36
Contains a circle of lapis pieces and red coral embellishments. 2" long excluding hooks.



Traditional Turquoise Earrings
#TUEA \$36
Contains a circle of turquoise pieces and red coral embellishments. 2" long excluding hooks.



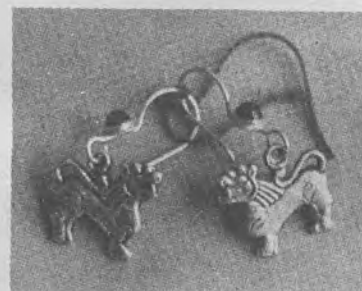
Phurba Earrings
#PUEA \$24
The phurbas are 1 1/2" long.

Other Dharma Items
Available on Request

Call or write to us
for information.



Curved Knife Earrings
#CUKNEA \$24
The knives are 1 1/4" long.



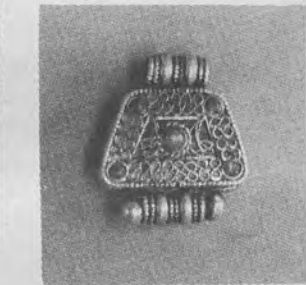
Snow Lion Earrings
#SNLIEA \$12
Silver snow lions with semi-precious stone.



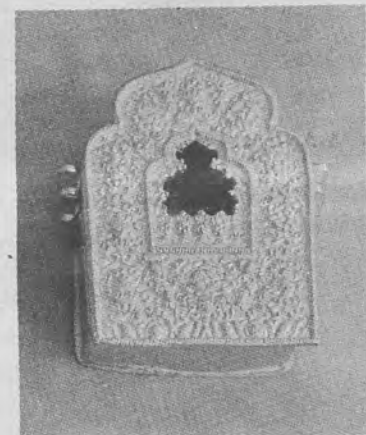
BUDDHA LOCKET
#BULO \$30
Silver locket that has a gold-plated Buddha. It is 1 1/4" high with ring for silver chain.



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".

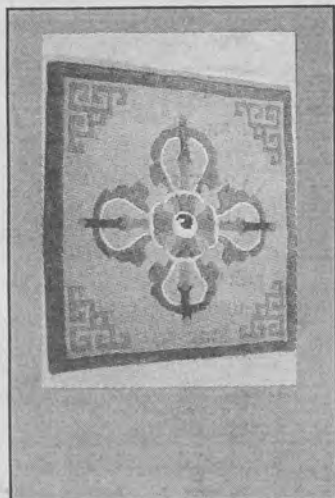


SMALL FILIGREE GAU
#SMFIGA \$24
Exquisite detail with 5 pieces of coral and turquoise integrated into the design. Made of silver. We special-ordered these too! Measure 3/4 x 1".



LARGE GAU
#LAGA \$18
Made from copper with brass cover, this 4" gau will hold many precious objects.

CARPETS

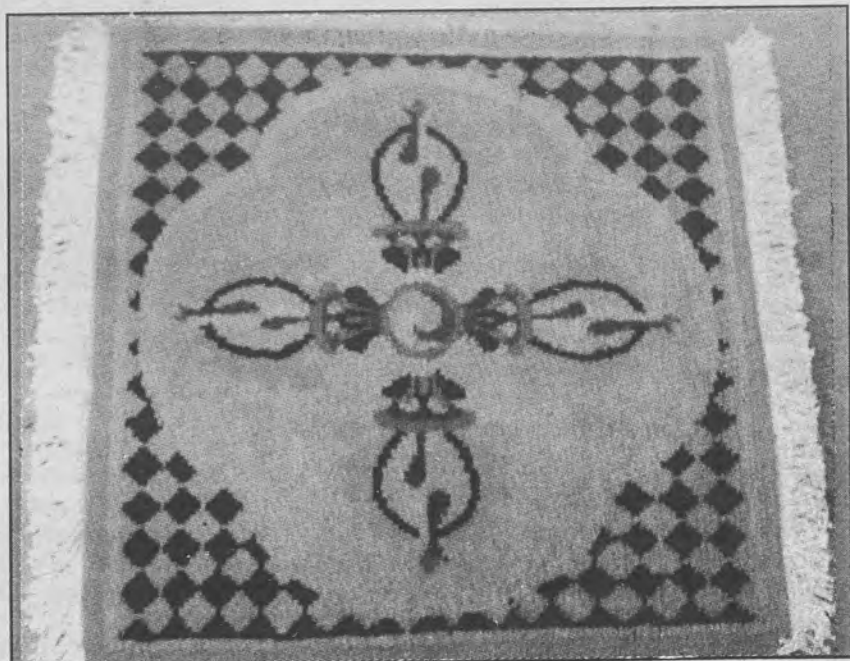


TIBETAN MEDITATION CARPET (small)
29" square, #TIMECS \$150

Now we have a second double dorje meditation carpet, as traditional as before but smaller. It is a size typically used by monks. The floor side has been backed with maroon cloth so that the fringe does not show. Also made by Tibetans from wool.

TIBETAN MEDITATION CARPET (large)
3 x 3 feet, #TIMECA \$250

We are pleased to offer a custom-designed, traditional Tibetan style meditation carpet. The central image is the double dorje, which is often placed below the meditator on retreat. This carpet will enhance your meditation space with its auspicious design and gold, red, orange and blue colors. The carpet is woven by Tibetans from 100% wool.



*Find us on the
World-Wide Web
at:*

[http://www.well.com/
user/snowlion/](http://www.well.com/user/snowlion/)

ENDLESS KNOT
EARRINGS &
PENDANT

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion—the Buddha Nature in all. Dedicated to a free Tibet and to the Tibet Resettlement Project, Marta Macbeth has designed and produced beautiful sterling silver pendants and earrings featuring the endless knot symbol. A percentage of the sale of Endless Knot purchases go to the Tibetan Resettlement Project in Ithaca.

Endless Knot Earrings, all silver, 1 1/4" long, #ENKNEA \$36

Endless Knot Pendant, silver w/beaded cord, 1 3/8" dia., #ENKNPE \$24



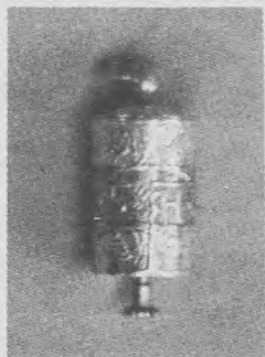
FANCY ETERNAL KNOT EARRINGS

Matte Silver Eternal Knot Earrings w/turquoise bead
#MASIEA \$20

Gold Eternal Knot Earrings w/red glass bead #GOEA \$20

DHARMA ITEMS

PENDANTS



Prayer Wheel
#PRWHPE \$30

Lovely pendant with gold and silver plating. Has Om Mani Padme Hum mantra on it and it spins!

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.



Manjushri #SMMASI \$12



Tara #SMTASI \$12



Chenrezig #SMCHSI \$12



Padmasambhava #LAPASI \$30



Buddha #LABUSI \$30

Other Silver Pendants



Bell & Dorje #SIBEDO \$30

Buddha #SIBUPE \$15



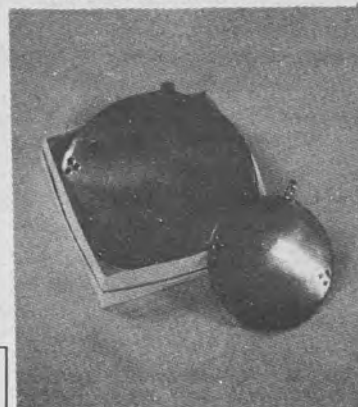
Virocana #SIVIPE \$16



Dorje #SIDOPE \$18



Garuda #SIGAPE \$10

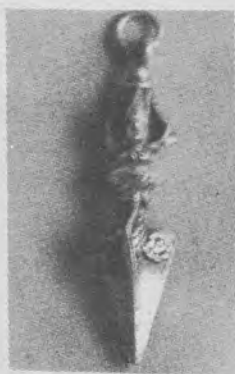


MELONGS

Brass concave circular ritual mirrors.

Small Melong, 2 3/4" #MES \$14

Large Melong, 4" #MEL \$18



PURBA PENDANT

#PUPE \$14

Silver purba 1.5" long—looks great!



MANI KEY CHAIN

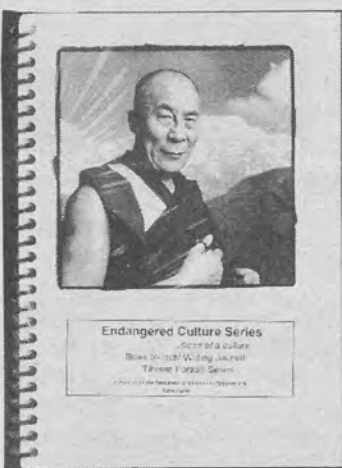
#KECH \$10

Brass with raised OM MANI PADME HUM letters and textured background with key ring attached.

OM MANI PADME HUM RINGS

#OMRI \$17

Women and men's styles; adjustable.



DALAI LAMA JOURNAL

#DALAJO \$8.50

Spiral-bound, measuring 5 x 7", this journal has a striking photo of His Holiness on the cover. A portion of the proceeds is donated to the Tibet Fund.



Tibetan Medicine Bracelets

Were \$10, now \$6

The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

Woven 3-metal band #WOTHME \$6

3-metal design with beaded edge #BEEDBR \$6

WEARABLES & OTHER THINGS



TIBETAN BACKPACK

#BAC \$35

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

COTTON CHANGE POUCH

#CHPO \$3

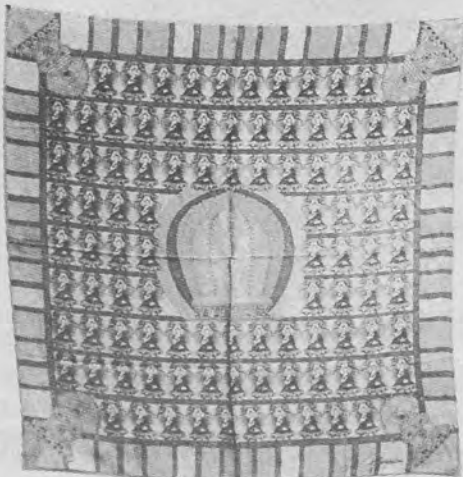
Traditional Tibetan designs in cotton with draw strings to open and close. Holds money or other valuables and measures approx. 5" wide by 4" high.



TIBETAN SHOULDER BAGS

#TISHBA \$16 ea.

Handwoven with black background and multi-colored patterns. Zippered outside pocket. Two designs: one features the wheel of dharma and the other has a striped geometric design. Specify design.



BUDDHA SILK SCARF

36" square, #SIBUSC \$50

Many Buddhas adorn this subtly colored scarf—blue, taupe, lavender, muted yellow. A lovely gift.



TIBETAN WOOL SCARF

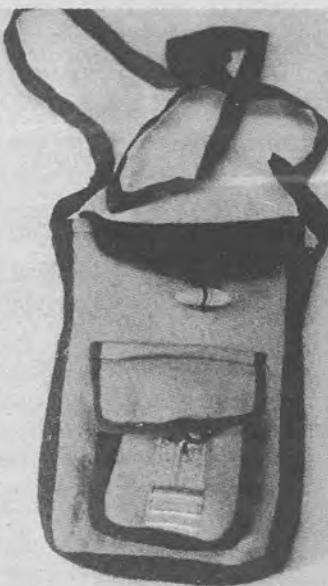
#WOSC \$20

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

TIGER SILK SCARF

39" Square, #SISCT \$50

Tibetan design, hand-screened, pure silk scarf, ideal for gifts. Made by Tibetans in India.



TIBETAN BAG

5 X 7 X 1.5" #TIBA \$8.50

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

KALACHAKRA WATCH

#KAWA \$120



This designer's watch whose creation is inspired by Tibetan sacred art and endorsed by His Holiness the Dalai Lama, is dedicated to the pursuit of enlightenment, world peace and a free Tibet.

This is a Swiss Quartz watch with Sport-3 hands, water-resistant stainless steel construction with blue leather strap. The dial has a blue background with silver Kalachakra pattern. Produced in a limited edition of 1000. Comes with warranty booklet (warranted for one year by the manufacturer for defects) that also explains the significance of Kalachakra and the prophecy of Shambhala.

Other Dharma Items Available on Request

Call or write to us for information.

DHARMA ITEMS

TIBETAN BELT POUCHES AND SHOULDER BAGS

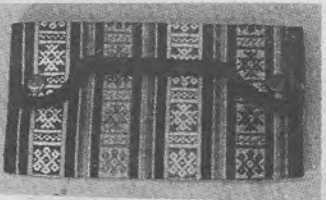
\$35 ea.

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

#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 MONEY POUCH

#CHSIPO Checkbook Sized Pouch \$8

This pouch will easily hold money and credit cards.

T-SHIRTS

All these shirts are good quality 100% cotton.



NAMGYAL T-SHIRT

#NATL (large), #NATX (x-tra large) \$18

Golden mandala on black. The Dalai Lama's Ithaca branch of Namgyal Monastery is benefiting from the sale.



TIBETAN FLAG SHIRT

#TIFLTL (large), #TIFLTX (x-tra large) \$15

The Tibetan Flag is on yellow and says "freedom" in Tibetan script.

OM MANI PADME HUM SHIRT

#OMTL (large), #OMTX (x-tra large) \$15

This has a gold mantra circle on navy blue.

DOUBLE DORJE SHIRT

#DODOTL (large), #DODOTX (x-tra large) \$15

Gold double dorje on red.

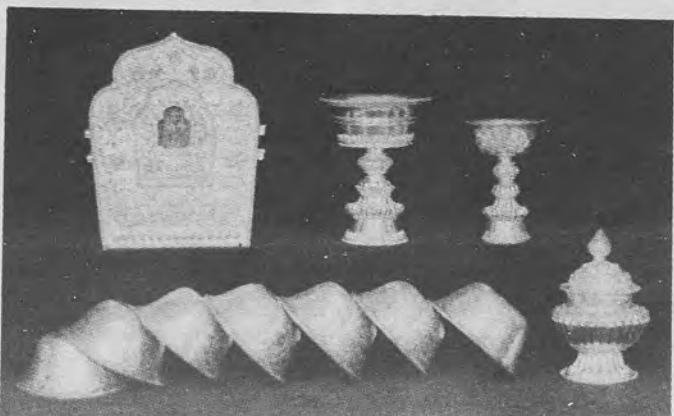
HIGHEST QUALITY HANDCRAFTED PURE SILVER RITUAL ITEMS



Snow Lion is happy to announce a new arrangement with master silversmiths in Nepal to produce the highest monastery quality pure silver ritual items for customers who want very fine objects. The items available are superb, individually crafted sets of offering bowls, butter lamps, gaus, kapalas, and grain vessels. Cost for these items is based on the quality of the craftsmanship and the quantity of silver used. Most of these silver ritual items are fairly heavy and deeply

carved with the skill of a fine jeweler. Because of their weight and need for adequate protection, the crating and shipping from Nepal are expensive and add to the overall cost.

The following items will give a rough idea of costs. None of these items are kept in stock. All items must be specially commissioned so allow 4-8 weeks for delivery. A 50% deposit is required at the time of order.



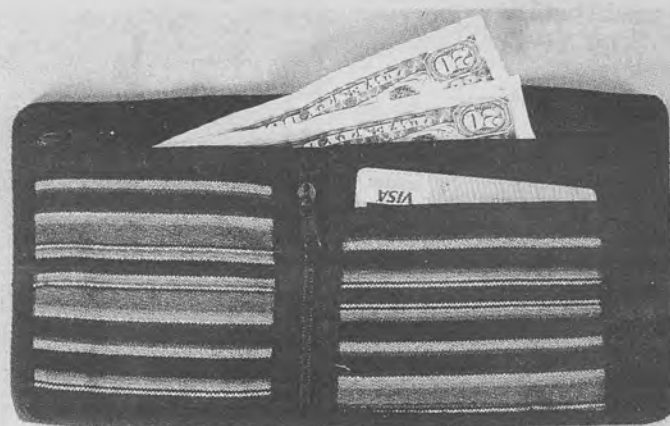
Large gau (7" high x 5" wide) \$594

Large butter lamp with flat bottom (5" high x 3 3/4" dia.) \$276

Smaller, lighter-weight butter lamp with rounded bottom (4" high x 2 3/4" dia.) \$84

Set of silver offering bowls (3 3/4" dia. x 1 3/4" high) \$534 (the cost is due to the quantity of silver)

Grain vessel (4 3/4" high x 3" dia.) \$96



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 closure.



TIBETAN FREEDOM BANDS

#BLWHFR \$4

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



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



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.

STATUES—STATUES—STATUES!!!

You can select from this current list high quality statues of various deities. These are among the very best that we have seen and we highly recommend them to you. Statues are gilded bronze with gold-painted faces unless otherwise stated. Contact us for photos of the images that you want:

Our First-Ever Statue Sale ends Jan. 1

For the Holiday Season, we are offering \$100 off any statues marked (*). \$200 off (**) our two fabulous 1000-arm Chenrezig (Avalokitesvara) statues. Call/fax/e-mail/write for photos. You always have 100% right of approval upon receipt of items!

AMITAYUS

#24 \$400 12" (*)

BUDDHA SHAKYAMUNI

#2D \$395 12" (*)

CHENREZIG

#32 \$1000 18" 1000-arm (**)

#69 \$900 13" 1000-arm (**)

DORJE PHURBA

#3 \$675 13"

DZAMBALA

#27 \$295 7"

#28 \$140 6"

GREEN TARA

#12 \$425 13" (*)

KARMAPA

#58 \$325 8" 16th Karmapa

MAHAKALA

#53 \$225 6" bronze 6-arm

MANJUSRI

#20 \$250 8"

#49 \$325 8"

MEDICINE BUDDHA

#107E \$295 7 1/2"

#108C \$150 5"

MIPHAM

#72 \$295 8" bronze

NAMGYALMA

#4 \$230 9"

PADMASAMBHAVA

#1 \$425 13"

#8A \$425 13" (*)

#8B \$425 13" (*)

#105 \$325 9"

VAJRADHARA

#23A \$400 12" (*)

VAJRASATTVA

#21 \$425 12" (*)

#22 \$400 12" (*)

WHITE TARA

#11A \$425 12" (*)



DORJE PHURBA #3 \$675 13"



AMITAYUS #24 \$400 12" (*)



WHITE TARA #11A \$425 12" (*)



CHENREZIG
#32 \$1000 18" 1000-arm (**)



KARMAPA
#58 \$325 8" 16th Karmapa



CHENREZIG
#69 \$900 13" 1000-arm (**)



PADMASAMBHAVA
#8A \$425 13" (*)

BUMPER STICKERS!



TIBETAN FLAG MUG

#TIPLMU \$12

The Tibetan National Flag on a white mug. Printed in four colors. This mug is made in the USA!

Special price on Flag Mugs! Purchase five and receive one free.

BOYCOTT CHINESE GOODS

New!

"BOYCOTT CHINESE GOODS"

#BOCHGO \$1.50

Yellow letter on strong red background. Show your support for human rights and Tibet and encourage others to do the same.

COMMIT RANDOM ACTS OF KINDNESS

"COMMIT RANDOM ACTS OF KINDNESS"

#CORAAC \$1.50

Red letters on yellow background.

I ♥ TIBET

"I (HEART) TIBET"

#HEBUST \$1.50

Blue letters, red heart and yellow background.

FREE TIBET!

"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!

TIBET FOREVER

ENDLESSLY CONNECTED

"TIBET FOREVER" BUMPER STICKER

#TIFOBUS \$1.50

With endless knot design.

DOOR MANTRA

#HECEDO \$2.50

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



METAL DOOR MANTRA: Om Mani Padme Hum

#MEDOMA \$10

This mantra of Chenrezig is a ideal blessing to mount at a doorway. It is stamped in silver-like metal and has two holes for tacks or brads. Measures 1 1/8" x 2 3/8".



MEDICINE BUDDHA
#107E \$295 7 1/2"



VAJRASATTVA
#21 \$425 12" (*)



VAJRADHARA
#23A \$400 12" (*)



VAJRASATTVA
#22 \$400 12" (*)

BROCADE BAG

#BRBA \$8

Cotton bag with shoulder cord. Outside has beautiful silver threaded brocade. Measures 8" high by 6" wide and has two compartments, one with zipper.

THANGKAS

Free shipping until Jan. 1st!

We want to thank our customers for their enthusiastic response to our first-ever sale on thangkas. We are beginning to see some wall-space! Although the sale is over, we will offer **free rush 2-day shipping (UPS Blue Label)** for the holiday season to anywhere in the USA.

These thangkas are excellent in quality and are all properly mounted and brocaded for hanging. Our stock is always changing, what is listed below is our current stock. We can always commission a special image for you—call us for information as to price and availability. Contact us for photos.

BUDDHA SHAKYAMUNI

#3-\$325M with two arhats
#35-\$495M B
#36-\$495M B
#38-\$525XL with two arhats, exceptional face
#59-\$495M

CHAKRASAMVARA

#91-\$395M
#116-\$495M

DUDJOM LINEAGE

#66-\$350 M
#79-\$350 M

DZAMBALA

#99-\$395M

EKAJATI

#56-\$325M red
#95-\$395M colored

GREEN TARA

#14-\$320M
#15-\$495M
#30-\$495M five additional figures
#45-\$495M B
#47-\$490M
#75-\$750L XB with 21 Taras
#76-\$495M B

GUHYASAMAJA

#114-\$850XL B consecrated

GYALWA GYATSO

(highest yoga tantra form of chenrezig, with consort)
#115-\$395

KARMAPA

#51-\$350M 3rd Karmapa
#53-\$325M 16th Karmapa

KINKARA SKELETON COUPLE

#52-\$350M

LION-FACED DAKINI

#12-\$325M black

MACHIG LABDRON

#112-\$425M consecrated

MAHAKALA

#18-\$325M 4-Armed black
#61-\$325M 6-Armed red
#67-\$400M 6-Armed white
#97-\$495L 6-Armed black
#98-\$495M 6-Armed white

MANJUSRI

#7-\$295M
#117-\$545M

MEDICINE BUDDHA

#26-\$325M
#54-\$545M B consecrated
#70-\$600XL K with 46 additional figures
#92-\$395M
#118-\$700XL

NYINGMA PROTECTORS

#41-\$325M
#42-\$325M

PADMASAMBHAVA

(GURU RINPOCHE)
#32-\$700XL B
#37-\$590XL Nyingma Lineage Tree
#46-\$495M XB, K standing
#55-\$360M standing

PALDEN LHAMO

(Protector deity of Tibet)
#19-\$325M
#27-\$325M
#28-\$325M

PEHAR

(The Nechung Diety)
#58-\$325M

TSONGKAPA

#48-\$495M

VAJRADHARA

#6-\$325M
#93-\$495M
#113-\$435M consecrated

VAJRAKILAYA

#94-\$495M colored, Nyingma, with 7 figures

VAJRAPANI

#111-\$425M B consecrated

VAJRASATTVA

#31-\$495M with consort
#96-\$375M, solitary
#100-\$495L
#105-\$460M with consort

VAJRVARAHI

(form of Vajrayogini with Sow's head: Dorje Pakmo)
#110-\$425M consecrated

WHITE TARA

#10-\$495M B
#44-\$495M B
#77-\$350M

Size Codes:

M (image 14x20, overall 25x36) approx.

L (image 17x22, overall 30x46) approx.

XL (image 24x36, overall 34x60) approx.

Special Codes:

B = special brocade, also longer by 6"-12"

XB = extra special brocade, also longer by 6"-12"

K = has bottom rod with metal knobs

**KARMAPA**

#53-\$325M 16th Karmapa

**KINKARA SKELETON COUPLE**

#52-\$350M

**MACHIG LABDRON**

#112-\$425M consecrated

**MEDICINE BUDDHA**

#70-\$600XL K with 46 additional figures

**NYINGMA PROTECTORS**

#41-\$325M

**PADMASAMBHAVA**

(GURU RINPOCHE)

#32-\$700XL B

**VAJRAPANI**

#111-\$425M B consecrated

**VAJRASATTVA**

#105-\$460M with consort

**SMALL THANGKAS**

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

Year-end closeout sale, \$20 off!

Thangka print, laminated, mounted in brocade with multi-color fringe at bottom, measures 14 x 26" \$60, now \$40. Selections: Gelukpa Guru Tree #GTLATH; Milarepa #MILATH; Kalachakra KALATH.

Year-end closeout sale, \$25 off!

Thangka print, laminated, mounted in brocade with wooden rod at bottom, measures 20 x 23" \$75, now \$50. Selections: Kalachakra #KATHPR, Milarepa #MITHPR.

**PALDEN LHAMO**

(Protector deity of Tibet)
#28-\$325M

**VAJRASATTVA**

#31-\$495M with consort

CONSECRATION OF STATUES AND THANGKAS!

When you purchase a statue or thangka from Snow Lion, you also have the option to have it consecrated. Snow Lion has made an arrangement with Namgyal Monastery to have this special empowering ceremony performed for the pieces you purchase from us. In addition to the cost of materials, it requires several monks working for an entire day to consecrate a statue or a thangka. Although Namgyal does not have a set donation fee for consecration, Snow Lion recommends a minimum donation to the Monastery of \$100 for statues and \$50 for thangkas. This is tax-deductible and check should be made out to Namgyal Monastery (if ordering by phone, mail check directly to the monastery at PO Box 127, Ithaca, NY 14851). We will deliver your statue or thangka to them and send it to you after it is consecrated as part of the service we provide.

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Snow Lion's retail store continues to grow. We have all our mail order items on display as well as other dharma goods that are difficult to advertise—rugs, thangkas, statues and other practice materials. We are open weekdays and occasional weekends, so if you plan to visit Ithaca, give us a call at 607-273-8519. The store is located in the Westgate Plaza, 605 W. State Street (Green Street entrance).

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