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NEWSLETTER & CATALOG



Scaling the Heights of BUDDHA NATURE

*Khenpo Tsultrim Gyamtso comments on
Maitreya's Mahayana Uttaratantra Shastra*

BY VICTORIA HUCKENPAHLER
Who better to comment on the Buddha Nature than one who inhabits the realm of non-duality? Khenpo Tsultrim Gyamtso, a respected Kagyu scholar-yogi, is one such being whose sublime vision breathed life into the teachings he recently gave at Kagyu Dorje Kyungdzong, Ven. Lama Norlha's retreat center in Charlottesville, VA. Besides building a nunnery, school, and retreat center for Tibetan women in Nepal, founding the Marpa Institute for Translators, and serving as spiritual advisor for the Dzogchen Ponlop Rinpoche's Nalandabodhi network of Dharma centers, Khenpo Tsultrim has recently authored extensive explanations of Jamgon Kongtrul Lodro Thaye's commentary on Arya Maitreya's *Mahayana Uttaratantra Shastra* (published as *Buddha Nature* by Snow Lion Publications, 2000). The latter represents one of the famous "Five Treatises" which the Buddha Maitreya transmitted to Asanga in the Tushita Heaven, following Asanga's twelve years of arduous retreat.

In Charlottesville, Khenpo Tsultrim graciously consented to speak with me about the importance of the ancient text, its relevance to our time, and his motivation for annotating it. To begin, I asked Rinpoche why he chose to comment on this work of Arya Maitreya. In response, he told me,
"There are many translations of texts written from the Rangtong (literally, "empty of self" i.e., all phenomena have no true existence) point of view, but few from the Shentong ("empty of other," i.e., reality is the inseparable union of emptiness/cognizance) view. This text focuses precisely on the latter. It is good to start one's study with the Rangtong view, which asserts that since all phenomena are neither one nor many, they have no essence. But having understood that nothing is immutably real, it is good to go on to the Shentong view, which states that mind is not mere emptiness, nor the pacification of all conceptual fabrications, but is instead luminous, brilliant, clear light, free of imperfection. This is especially important nowadays when people often con-

fuse the Rangtong view with nihilism. They hear that the ultimate nature of reality is beyond concept, beyond all relative appearances, just like an illusion or a dream, and they feel that the nature of mind is nothingness. But when they encounter the Shentong view, which emphasizes the luminous clarity of the mind possessed of all the inconceivable qualities, they are more satisfied. Nor is the Shentong view something fabricated just to make people happy! It is soundly based, and laid out in the first chapter of Maitreya's root text through three reasons, ten explanations, and nine examples. The second chapter explains how enlightenment results from meditating on the Buddha Nature; the third chapter outlines the benefits of enlightenment and its sixty-four qualities; the fourth chapter describes how it is possible, though inconceivable to us, that the Buddha can bring limitless benefit to others while remaining in the non-conceptual state; and the final chapter explicitly details how the benefit of hearing just one word of this treatise—even if you don't understand it!—surpasses that of practicing the Six Paramitas [Perfections] for aeons."

This treatise has great meaning for those following either the Mahayana or Vajrayana path, but usually texts pertaining solely to the latter require that one receive an empow-

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Tibetan Buddhism in the West: Is it working?

AN INTERVIEW WITH
ALAN WALLACE
by Brian Hodel

Part I: A Critical Evaluation
BRIAN HODEL: *What adaptations have Tibetan teachers of Buddhism made to accommodate a growing Western Buddhist community made up primarily of laypersons—people with jobs, families, Western routines?*

ALAN WALLACE: In Asia—India, Nepal, Sikkim, and Bhutan, for example—I don't see much alteration of the content provided for Westerners, though sometimes in format. For example, in the Library of Tibetan Works and Archives in Dharamsala, since 1971, excellent quality classes in Tibetan Buddhism have been taught by highly qualified Tibetan scholars, and though the format of these teachings is sometimes altered for Western students, they are completely true to the tradition.

Likewise, since the late 1960s or early 70s, when lamas have given public teachings in Asia, although these have been primarily directed to the Tibetan community, Westerners have always been welcome to attend, unless the teachings were of a very, high level of, let's say, tantric teachings. Even then, if Westerners qualified, had the appropriate initiations, or were encouraged to attend it by their own lamas, then they were welcome to attend those as well. There are quite a number of Tibetan monasteries in the south of India, of all the four orders, and I think the

kind of training that is offered there is quite open to Westerners. That's the situation in Asia.

Now regarding the rest of the world. In these cases, when Tibetan lamas come to offer teachings of Dharma, obviously the primary audience is Westerners. And then the format is altered because these lamas are usually on tour. It's common for them to give weekend workshops, or one-night lectures. Or they may stay in a place for a longer time and give a one-week or a two-week retreat. But, for the most part, that's as long as it ever gets. Then some are resident lamas with their own centers where more sustained training is given.

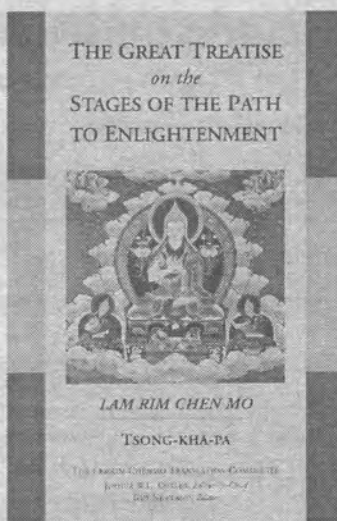
BH: *Judging from the announcements one sees, there appears to be an enormous variety of Tibetan Buddhist teachings being offered to the public. In the monastic setting, at least, teachings follow a coherent order. Is there any attempt by touring lamas to give context to their teachings? Or is it more like the preacher picking a subject he just feels like talking about on a particular Sunday?*

AW: In the West, it is very common that a lama will pass through a city and give some weekend teachings on some Vajrayana practice—Dzogchen, Mahamudra or some kind of deity practice such as Kalachakra, or guru yoga. What's missing here in the vast majority of cases is the profound context: the theoretical context, the context of faith, and the context of a mature spiritual community. The teachings them-

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by Tsong-kha-pa; translated by the Lamrim Chenmo Translation Committee, Joshua W.C. Cullen, Editor-in-Chief, Guy Newland, Editor. 434 pages, 1-55939-152-9, \$29.95 cloth

"...one of the greatest religious or secular works in the library of our human heritage."—PROF. ROBERT A.F. THURMAN

The Great Treatise on the Stages of the Path The Lamrim Chenmo: Volume One

The *Great Treatise on the Stages of the Path to Enlightenment* (Lamrim chenmo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-kha-pa (1357-1419), completed this masterpiece in 1402 and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Tsong-kha-pa took great pains to base his incisive insights on the classical Indian Buddhist literature, illustrating his points with classical citations as well as with sayings of the masters of the earlier Kadampa tradition. In this way the text demonstrates clearly how Tibetan Buddhism carefully preserved and developed the Indian Buddhist traditions.

Tsong-kha-pa's text has continued

to be essential for any student of Buddhist thought who wants to put the teachings into practice. Because it condenses all the exoteric sutra scriptures into a meditation manual that is easy to understand, scholars and practitioners have for centuries relied on its authoritative presentation as a gateway leading to full understanding of the Buddha's teachings.

The *Great Treatise* is now being translated in its entirety to be released in three volumes. This first volume establishes that the central focus of the text is the development of the spirit of enlightenment (*bodhicitta*), the heart of the Mahayana tradition. All the practices that are prerequisite for developing the spirit

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Snow Lion/Canada and GST

As a special service to our Canadian customers, Snow Lion has recently registered with the Canadian Customs and Revenue Agency for the Canadian Goods and Services Tax known as the GST.

As a result, shipments going to Canada will now include GST costs on those Snow Lion invoices which total US \$20 or more before shipping and handling charges.

We hope that this will eliminate a burden on small and mid-size purchases by Canadian residents who in the past have not only paid the

standard GST but also a \$5 processing fee; on smaller shipments the fee can add substantially (and unnecessarily) to the cost of a purchase.

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Remember: starting November 1 Snow Lion invoices to Canadian customers will include the GST. ■

SCALING THE HEIGHTS OF BUDDHA NATURE

Continued from page 1

erment. That is not the case here. Buddha Nature is beneficial to all—even to non-Buddhists. In particular, it can help modern scientists who have done subtle research into the nature of sub-atomic particles, but little study on the nature of mind. The way in which this text is composed is very accessible to readers because it includes a brief introduction, extensive explanation, and concluding summary. It is therefore an important book for this time."

Seated on the Lama's throne, Khenpo Tsultrim Gyamtso is clearly in his element. His mastery of his topic, both scholarly and experiential, gives the audience the sense of being transported back to one of the great Indian monastic universities of the sixth century. During the course of the five sessions that ensued, Khenpo Rinpoche stressed that the Buddha's Second and Third Turnings of the Wheel of Dharma differ, yet do not contradict each other. He expanded on the text's principal points: the three reasons why all sentient beings possess the Buddha Nature, the ten aspects of the Buddha Nature's existence, and the nine examples of how Buddha Nature can be present within us, yet obscured from us. "In the Second Turning of the Wheel," Khenpo Tsultrim explained, "the Buddha proclaimed that all phenomena from the grossest form on up to the mind of the Buddha are empty because they are not one or many, both or neither. So nothing has any essence and nothing exists. All appearances merely come about dependently through causes and conditions. Later, Nagarjuna clarified this point in his *Fundamental Treatise on the Wisdom of the Middle Way* in 25 chapters. People kept coming up with new reasons why things exist, so he had to keep writing new chapters refuting their belief in existence! But in the Third Turning the Buddha stated that the Buddha Nature is the essence of all beings; however, because we don't know that this nature pervades all equally, like butter existing in milk, we engage in faults, such as thinking we don't have the ability to attain enlightenment, or that some beings are superior to others. Do the Buddha's two positions contradict each other? No. The Third Turning was presented to counteract our tendency to these faults. Nor did the Buddha posit the existence of Buddha Nature just to make us feel good. He wasn't teaching that something that doesn't exist exists. In reality, only because the Buddha Nature exists do faults represent problems. The fact that we all long for peace is the sign that we have enlightened mind, otherwise we would have no wish for peace and no aversion to suffering."

Khenpo Tsultrim Gyamtso's conviction of the fundamental perfection underlying defiled appearances momentarily transmitted itself even to minds dense with obscurations.

Events which would dishearten others for him become markers pointing directly back to the ultimate reality which is their base. "Those hostile to the Dharma," he said, in a veiled reference to the Communist Chinese, "can ultimately become great disciples like Angulimala [a seeker who killed 999 men before embracing the Buddha's Path]. And the destruction of monasteries is not all bad. It allows a new generation to acquire the merit of rebuilding! Besides, enemies can act as your helpers because they strengthen your practice." When asked how a practitioner could avoid the fault of seeing him/herself as superior to the non-practitioner, Khenpo Tsultrim replied, "Recognize that all the beings' flaws are unreal—mere confused and impermanent appearances, because actually the Buddha Nature is originally perfect. It is empty of the separable, which are the fleeting stains, but not empty of the inseparable, which are the unsurpassable qualities. How is this possible? Because the stains of confusion are not intrinsic to the essence of mind, so they can be removed, whereas the qualities of enlightenment are the nature of mind, so they cannot be removed. *The Heart of Wisdom Sutra* said there are no stains and no freedom from stains. This can be seen through the example of dreams: if you dream that you are dirty and then take a bath, you later realize that because it was a dream, there never were any stains; therefore there was no true removal of stains."

Khenpo Rinpoche further transmitted a glimpse of primordial perfection when speaking of the ten aspects of Buddha Nature's existence, among which is fruition, encompassing the transcendent perfection of the qualities of purity, bliss, self, and permanence. "Transcendent purity," he stated, "goes beyond pure and impure; likewise, the transcendence of happiness and suffering is genuine bliss. That which is beyond self and selflessness is the genuine self, which is not to be confused with the Hindu notion of a permanent self, or atman. And the transcendence of a notion of permanence and impermanence is genuine permanence. It's like that."

A parallel theme was the inconceivability of a Buddha's qualities, beyond the grasp even of a tenth-level Bodhisattva. Continuing with the ten aspects of Buddha nature, Khenpo Tsultrim spoke of manifestation, which has three phases, or ways in which beings relate to their Buddha Nature: ordinary beings relate mistakenly; Bodhisattvas relate unmistakably; and Buddhas relate in a manner beyond conception. Again using the dream analogy, Khenpo Tsultrim stated: "If someone dreams and doesn't realize he is dreaming, he is relating to his dream mistakenly; if he dreams and knows he is dreaming, he relates to his dream unmistakably; and if he realizes the ultimate nature of his dream, he rests in the reality beyond conceptual fabrication. The Buddha is inconceivable like the sky. We assign the sky a center and bound-

ary according to our range of vision, but in reality it is limitless. In fact, all things are inconceivable; you really can't describe them. For example, there is no agreement globally on what time it is. Different perceptions of time are accurate according to where one is. And the fact that we can see TV images broadcast miles away shows that near and far are also relative. So everything is inconceivable, but the Buddha is super-inconceivable!"

At this and many other junctures throughout the teachings, Khenpo Tsultrim called upon his unique translator, Ari Goldfield, to sing a Milarepa *doha* (song of realization). One cannot experience the full scope of Rinpoche's teaching without factoring in Ari, who not only renders Khenpo Tsultrim's commentaries masterfully, but appears to have memorized the entire compendium of Milarepa's songs! Belting them out like a Broadway pro—to the amusement even of the Lama—he shatters preconceptions of how Dharma "should be" presented. Gaining momentum from his own enthusiasm, he ran, indefatigably, through verse after verse, sometimes punctuating them with a resounding "yeah!" Khenpo Tsultrim places considerable store in these songs. "The tradition of singing is important in Vajrayana ritual," he remarked. "We sing these profound words because they give us a chance to meditate on their meaning. Some Westerners don't like to sing. It reminds them of church." But in Tibet there is a saying, 'The Buddha and ordinary beings both walk on two legs,' meaning: everything is a bit alike. So if they sing beautiful songs in church, why can't we here? Milarepa himself said, 'Singing is the extraordinary tradition of this lineage.'"

Intellectual brilliance and perseverance alone cannot fully account for the interaction between Khenpo Tsultrim and Ari, which goes beyond that of teacher and translator, master and disciple. There is something inscrutable in their pairing, as if an

unseen agency has ordained that by updating Milarepa's message, Ari would make it more accessible than the Lama alone could do. Following a bravura lunch-break performance in which, at Khenpo Tsultrim's request, Ari danced and pantomimed his way through *doha* after *doha*, he kindly consented to comment on his association with the Lama: "The songs are Lama's unique gift," he said. "Westerners tend to be very serious, so he gets everyone singing to lighten them up. He wants people to experience the joy that is part of the Dharma. He

• "We are living on a planet with no top and no bottom, in space which has no beginning or end. So isn't it easy to see that it's all a dream?"

is also rare in combining scholarship with yogic meditation. The two are seamless because he applies everything he studies. In Tibet he spent years doing solitary retreat in caves, sometimes sealed in darkness for no one knows how long because time wasn't measured. I have traveled with him since 1995 and have seen the extent of his compassion. He can teach so many different types—old and young, European and Asian, people of all lineages—and he is able skillfully to adapt his presentation to each. He travels eight months a year, but he demonstrates equanimity in the face of whatever arises. In fact, he delights in adversity because difficulty for him is self-liberated; it is just a concept. For this reason he is able to show students that their perceived limits are just that—imagined. In reality they can do so much more. As for himself, he is constantly practicing diligence. He doesn't go to bed before midnight and he is up very early. When asked if Khenpo Tsultrim, who refers so frequently to

Milarepa, might in fact be his emanation, Ari, who has clearly picked up the Lama's evasive ways, merely smiled charmingly and said, "That depends on the degree of the student's enlightened perception."

Whether or not Khenpo Tsultrim is Mila's twenty-first century manifestation, he lives in, and is able to communicate, the nature of mind beyond concepts. "Look directly at the nature of mind," he said, when guiding the assembly through several meditation sessions. "You will see that the clear light is its perfectly existent nature. This connects with the views of Mahamudra and Dzogchen which both say that the mind is primordially pure. Nothing needs to be added because the Buddha qualities are all perfectly present in the nature of mind. Rest in the non-conceptual state." Bringing the latter within easier reach, he cited an example of how replacing one emotion with another can bring about relative non-conceptuality: "If you are really angry, you forget thoughts of fear. You can even face death and it makes no difference. You are then in the non-conceptual state." Joking, he added, "Sometimes this can be deadly. A man in India won the lottery, and he got so excited that he entered a non-conceptual state: he died!"

Sitting at this scholar-yogi's feet, I was reminded of the unparalleled good fortune of this generation of practitioners, doubtless the last to encounter meditators raised in the ancient traditions of pre-Communist Tibet. Hopefully, the lineages will continue in new, valid ways, but future students will not be studying with masters who, like Khenpo Tsultrim Gyamtso, practiced Chod for years in charnel grounds. Yet attachment even to this good fortune must be transcended. As Khenpo Tsultrim concluded, "We are living on a planet with no top and no bottom, in space which has no beginning or end. So isn't it easy to see that it's all a dream?" ■

The Great Phowa Course in Bodh Gaya January 7-19, 2001

It is essential to recognize the impermanence of life.

- Ven. Ayang Rinpoche



Each January, Ven. Ayang Rinpoche leads a Great Phowa course in Bodh Gaya, India, the site of Buddha Shakyamuni's supreme enlightenment. Phowa is a practice unique to Tibetan Buddhism that, at the time of death, transfers one's consciousness directly to Buddha Amitabha's Pure Land of Bliss. Rinpoche is widely regarded as the world's foremost Phowa master.

The 13-day course covers both Nyingma and Drikung Kagyu Phowa practices, extensive teachings on the moment of death, the intermediate state (Bardo), and the purification practice of Vajrasattva. It also includes detailed meditation instructions, empowerments and practice sessions.

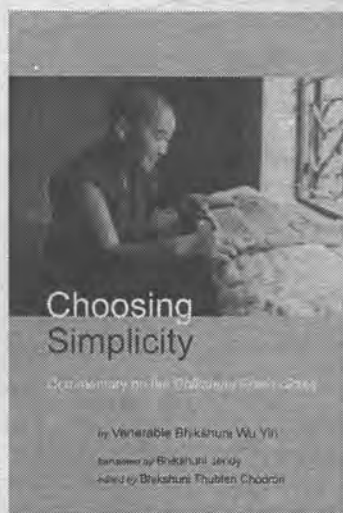
The blessings of all the auspicious circumstances—the profound practice, the special Phowa transmission lineage, the sacred place and the devotion of the students—cause many people to have transformative experiences that deeply enrich their spiritual lives.



The Great Phowa Course is free of charge. For information, contact: Amitabha Foundation Eleven South Goodman Street, Rochester, NY 14607 telephone: 716-442-5853 fax: 716-442-7630 visit our website at www.amitabhafoundation.org

Choosing Simplicity

Commentary on the *Bhikshuni Pratimoksha*



by Venerable Bhikshuni Wu Yin
trans. by Bhikshuni Jendy Shih
ed. by Bhikshuni Thubten Chodron
330 pp. #CHSI \$15.95

Choosing Simplicity discusses the precepts and lifestyle of fully ordained nuns within the Buddhist tradition. The ordination vows act as guidelines to promote harmony both within the individual and within the community by regulating and thereby simplifying one's relationships to other sangha members and laypeople, as well as to possessions, food, clothing, and shelter.

More than a handbook for a Buddhist monastic life, this text offers guidelines to all who wish to conduct their day-to-day lives more mindfully. Those who have not chosen to dwell in a religious community still need to live peacefully with their neighbors. Being clear about boundaries, motivations, and how actions may be interpreted by others can be helpful.

"Choosing simplicity in our affluent society means choosing sanity. Christians as well as Buddhists are discovering how monastic values can enrich their lives as lay people. For monastics and lay people alike, *Choosing Simplicity* will be a book worth reading."—BROTHER DAVID STEINDLER, A ST, O.S.B. author of *A Listening Heart*

"If monasticism is necessary for the establishment of Buddhism in a new land, then Western countries have some catching up to do. *Choosing Simplicity* is an important contribution. The book not only helps nurture an understanding of the meaning and value of Buddhist monasticism, but also offers essential commentary in simple language for Buddhists in the West who choose a monastic lifestyle."—ARMA LEKSHE TSOMO, Univ. of Hawaii

VENERABLE WU YIN is a Chinese bhikshuni (fully ordained Buddhist nun) from Taiwan. She was born in 1940, received her novice vows in 1957 and her bhikshuni vows in 1959.

The Importance of the Precepts

I make obeisance to all the Buddhas, the Dharma, and the Sangha. The Dharma in the Vinaya will now be expounded so the true Dharma will abide forever.

The Dharma and the Vinaya are traced back to our teacher, Shakyamuni Buddha, who lived in the sixth century B.C.E. Having initially spread throughout Asia, his teachings are now found all over the world and have benefited millions of people throughout history.

Shila, or ethical discipline, means freedom from emotional disturbance and is an attitude of non-harmfulness. Training ourselves in ethical discipline, in conjunction with training in other aspects of the Dharma, extinguishes the three poisonous attitudes of ignorance, attachment, and anger and leads us to liberation. The main body of teachings on ethical discipline are found in the Vinaya Pitaka or "basket." Thus the term "Vinaya" refers to the collection of scriptures teaching ethical discipline as well as to the process of subduing infractions.

Among the various Vinaya scriptures, the most essential ones are

the *Bhikshu Pratimoksha Sutra* and the *Bhikshuni Pratimoksha Sutra*, which detail the precepts of the fully ordained monks and nuns respectively. Pratimoksha means "self-liberation," and refers to the goal of practicing the Vinaya: one's own liberation from the bondage of cyclic existence and the attainment of nirvana. Pratimoksha can also refer to means of attaining one's own liberation, that is, the eight types of pratimoksha vows: those of the bhikshu, bhikshuni, shikshamana, shramanera, shramaneri, upasaka, upasika, and the one-day vow. In addition, in a general sense, pratimoksha may be used to refer to all the guidelines and precepts explained in the Vinaya.

Precepts are the specific rules established by the Buddha to help his disciples avoid misdeeds and wrongdoings. The scope of the precepts' influence includes our conduct, habits, character, and mental states. Precepts are not commandments, but guidelines to help us subdue our physical and verbal actions, become more aware of our mental motivations, and live harmoniously with those around us. The precepts are not an external ideal being forced upon us, but points for training that we voluntarily undertake.

As Buddhadharma spread from place to place in ancient times, different Vinaya traditions arose. Chinese Buddhists follow the Dharmaguptaka Vinaya, while the Tibetans follow the Mulasarvastivada Vinaya, and Buddhists in Sri Lanka, Thailand, Cambodia, Burma, and so on follow the Theravada Vinaya. The number of precepts in these traditions varies. For bhikshunis, the Dharmaguptaka Vinaya has 348 precepts, Mulasarvastivada has 364, and the Theravada 311. The bhikshus in those traditions respectively have 250, 253, and 227 precepts. The Vinaya of the various schools are remarkably consistent in the meaning of the precepts consid-



Venerable Bhikshuni Wu Yin

ering that each tradition was passed on orally in its own geographical area for many centuries before being written down. Nevertheless, a detailed analysis of this is beyond the scope of this book.

I have put the bhikshuni precepts into categories according to topic, for example, those concerning sexual conduct, listening to admonition, methods for procuring the requisites for daily life, and so on. In this way, the various areas of a nun's life will become clear, as will the Buddha's guidelines for relating to those areas in a healthy and pure way. The basic topics to be explained are: members of the sangha, joining the sangha, the poshadha to purify and restore our precepts, basic requirements for remaining a monastic, precepts dealing with sexual contact, stealing, and other *parajika*, accepting admonition, right livelihood, resources for monastic life, organization in the Buddhist community, and community life.

Any sincerely interested person—

whether he or she is a monastic or not—may study the monastic precepts. However, when the bhikshus or bhikshunis do their bimonthly poshadha ceremony, only the bhikshus or bhikshunis may attend. If one has not taken the full precepts, he or she has no need to purify them through the poshadha rite. In addition, the sangha members may want to discuss privately issues relating specifically to their community at that time.

As Buddhism has spread from one country to another, certain elements have changed according to different environments and cultures. In this regard, we must consider some important issues. For example, what adaptations can and should be made in different communities? How should monastics from various cultures, ethnic groups, and backgrounds be trained? How do the climate, geography, society, culture, and times in which we live affect how we practice Vinaya? I will not go into these questions at this moment, but keep them in mind as you study and practice the Vinaya. In exploring these issues, we must be open-minded and not expect to find one "right" answer.

Because the geography, climate, customs, culture, political situation, and economics have changed since the time of the Buddha, the circumstances in which we currently practice have to be taken into account. Some people advocate following every precept set up by the Buddha literally. Do you think this is possible? On the other hand, if we do not follow the Buddha's precepts, are we the Buddha's disciples? What does it mean to follow the Buddha's precepts? Are there different ways of doing so? These are serious questions to reflect upon, and people will come to different conclusions.

In investigating this, we must distinguish the fundamental from the secondary teachings of the Buddha.

(Continued on page 6)

The Story Behind *Choosing Simplicity*

BY BHIKSHUNI THUBTEN CHODRON

Behind each page of a book lies a story. This story is not necessarily expressed in the content of the book; rather, it is the story of the lives of the people involved in writing and producing it. In the case of *Choosing Simplicity*, the story encompasses the lives of many people and the way those lives intersected at certain times in history.

Growing up in middle-class America, I became a teenager in the '60s. Far from the peaceful patience that one associates with Buddhism, I was hardly what one would consider a likely candidate for monastic ordination. Yet, when I encountered the Buddha's teachings in 1975, at age twenty-four, they spoke to my heart in a powerful way, and two years later I became a nun in the Tibetan tradition.

In 1989, I was on a teaching tour in the USA, and during a stop in Seattle, my host took me to the American Evergreen Buddhist Association. There I met Bhikshuni Jendy, a Chinese nun from Taiwan. A friendship developed quickly and deepened in 1992 when I settled in Seattle as the resident teacher at Dharma Friendship Foundation. She was a student of Venerable Wu Yin, a remarkable teacher in Taiwan who had begun her own monastery, educational institute, and Buddhist press. Venerable Wu Yin had over one hundred bhikshuni disciples, who were renowned for being among the best educated in Taiwan.

After a conference in 1993, during which Bhikshuni Tenzin Palmo's presentation on the plight of Western monastics in the Tibetan tradition caused His Holiness the Dalai Lama to weep, a few of us Western nuns had the idea of organizing an educational program for Western nuns. We named this *Life as a Western Buddhist Nun* and planned it for February 1996, in Bodhgaya, India, the site of the Buddha's enlightenment.

Since the full bhikshuni ordination, for women never spread to Tibet, we turned to our Chinese sisters for guidance. Bhikshuni Jendy suggested we invite Venerable Wu Yin to teach us, and in 1995 I went to her temple in Taiwan to extend the invitation personally. Venerable Wu Yin had never taught Westerners before, and day after day I pleaded with her to endure the discomforts of life in India in order to spread the Dharma to a group of independent-minded, non-conformist Western nuns.

On February 4, 1996, the day of the opening ceremony for *Life as a Western Buddhist Nun*, the stupa marking the site of the Buddha's enlightenment at Bodhgaya, India shone in the setting sun. Gathered near the gate were nuns, monks, laypeople, teachers, participants, and staff. Drawing nearly one hundred participants from all over the world, *Life as a Western Buddhist Nun* was a grassroots endeavor whose principal aim was to help the first generation of Western nuns practicing in the Tibetan Buddhist tradition learn

the Vinaya, the monastic discipline.

With teachers and students walking in procession, we circumambulated the Enlightenment Stupa, the marble of its inner walkway feeling cool under our feet. Then we sat under the bodhi tree with its sprawling branches and offered prayers for the program to be successful and for its benefits to ripple forth and bring happiness to all beings. We entered the small sanctuary inside the stupa. In the presence of the Buddha statue and with nuns, monks, and lay practitioners, Venerable Wu Yin said:

Over twenty-five hundred years ago, the Buddha's stepmother, Mahaprajapati, and five hundred women from the Shakya clan went through incredible difficulties to request bhikshuni ordination from the Buddha. In giving them permission to enter the order, the Buddha affirmed women's ability to practice the Dharma, to liberate themselves from cyclic existence, and to become enlightened. For over twenty-five centuries, women have practiced the Dharma and achieved the beneficial results. Now we are reaping the benefit of their practice and of the Dharma that they preserved and passed down. It is our privilege and responsibility to learn and practice the Dharma not only to attain spiritual realizations, but also to benefit others by preserving and passing on these precious teachings to future generations.

Nearly every day for the next three weeks, Venerable Wu Yin taught us the bhikshuni pratimoksha, the precepts of the fully ordained nuns.

She made us think deeply, as well as laugh and cry, as she taught us, quizzed us, prayed with us, answered our questions, and even had us compose skits about our experiences as nuns. With Bhikshuni Jendy as her translator, the teachings came to us crystal clear and had a deep impact on our lives.

Wishing to make these teachings available to others, I transcribed her tapes, edited the material and bombarded Bhikshuni Jendy with innumerable points to clarify and new questions to answer. *Choosing Simplicity* is the result of this process, and it is our hope that many will benefit from reading it.

Due to increased interest in Buddhism and the prominence of remarkable monastics, such as the Nobel Peace Prize winners. His Holiness the Dalai Lama, many people are curious about the Buddhist monastic lifestyle. They see Buddhist monastics—from His Holiness the Dalai Lama and Thich Nhat Hanh to a newly ordained monk or nun—walking on the streets in every major Western city, in airports, and on television, and wonder what their life is like and what makes these people tick?

People realize that knowledge of others' traditions enriches their own spiritual practice. For example, many Catholic monks and nuns have expressed interest in learning about the precepts and lifestyle of Buddhist monastics. This book provides a tremendous opportunity for such

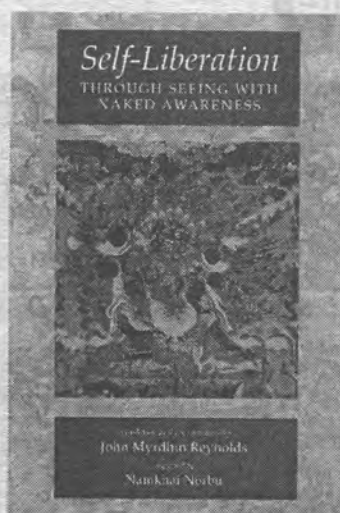
inter-religious dialogue.

Further, whether or not we are Buddhist monastics, knowing the precepts can make us more mindful of our behavior. For example, monastics have a precept not to watch entertainment with the motivation of attachment or distraction. Even if we do not have this precept, it is nonetheless valuable to become more aware of the role entertainment plays in our life. Do we turn the radio on every time we get into the car? Do we spend hours channel surfing on the TV? What is a healthy way to relate to entertainment, and how do we differentiate entertainment from gaining relevant and necessary information on current events? Such questions are important for everyone to contemplate, and learning the precepts sparks introspection and discussion on such matters.

Although university scholars have examined the Vinaya, the monastic discipline, little has been written about it with vocabulary and style suitable for the general public. *Choosing Simplicity* is readable and informative for all. Full of stories describing the activities of the Buddha's disciples that led to his establishing the precepts, it makes evident that although the social environment has changed since the Buddha's time, basic human nature has not. Our own foibles and bad habits come to life in these stories, and we come to understand the necessity of ethical

(Continued on page 6)

Self-Liberation Through Seeing with Naked Awareness



trans. & comm.
by John Myrdhin Reynolds
fore. by Namkhai Norbu
171 pp., 4 line drawings, glossary,
biblio., index. #SEL1 \$14.95

A text belonging to the same cycle as *The Tibetan Book of the Dead*, this instruction on the method of "self-liberation" presents the essence of Dzogchen, "the Great Perfection," regarded in Tibet as the highest and most esoteric teaching of the Buddha.

Teaching the attainment of Buddhahood in a single lifetime, this text was written and concealed by Guru Padmasambhava in the eighth century and rediscovered six centuries later by Karma Lingpa. The com-

mentary by the translator is based on the oral teachings of Namkhai Norbu Rinpoche and Lama Tharchin Rinpoche.

"If you understand intrinsic awareness, all of your merits and sins will be liberated into their own condition.... If he practices, then even a cowherd can realize liberation."

JOHN MYRDHIN REYNOLDS (Vajranatha) is a writer, teacher, translator, and scholar/practitioner of Tibetan Buddhism. He was trained and ordained as a Tantric Yogin, or Ngagpa, in the Nyingmapa tradition of Tibetan Buddhism. He has taught widely in the United States and Europe. He is also the author of *The Golden Letters*.

Foreword

by Namkhai Norbu Rinpoche

In the eighth century of our era, the master from the country of Uddiyana, Guru Padmasambhava, who was the individual principally responsible for establishing the teachings of the Buddhist Tantras in Tibet, gave to his group of disciples there many vast and profound teachings related to both Tantra and Dzogchen. But since the Tibetan people were not ready for all of these teachings, many of which were more directly suited to future generations, he had his consort, the Tibetan princess Yeshe

Tsogyal, write them down and hide them in various places throughout the country. Such deliberately concealed texts are known as Termas or hidden treasures. Those among his original group of disciples who were reborn in later generations in order to rediscover these texts are known as Tertons, those who reveal hidden treasures. The appearance of Termas and Tertons during the following centuries, including the present one, has been a source of unending benefit and blessing for the Tibetan people and represents the continuing revelation of the highest teachings of the Tantras and Dzogchen.

In the fourteenth century of our era, there appeared a great Terton by the name of Nyida Sangye. His eldest son in turn became a great Terton by the name of Karma Lingpa. When he was fifteen years old, from a location on the mountain of Gam-po-dar, which looks like a dancing attendant deity, in eastern Dwagpo, he discovered many profound teachings, principally the *Zab-chos zhi-khro dgongs pa rang-grol*, otherwise known as the *Kar-gling zhi-khro*.

This cycle of texts of the *Kar-gling zhi-khro* represents an introduction to the state of Dzogchen, the Great Perfection. Dzogchen is not the name of a religion, philosophy, school, or sect but the Primordial State of the individual. The essence of the teachings of all the Buddhas is the understanding of this state, which is the nature of one's own mind. Among different schools this Primordial State has many different names—Prajñāparimita, Tathāgatagarbha, Bodhicitta, or Mahāmudrā. Among Tibetan Buddhists of the old school, the Nyingmapas, and also among the Bonpos, it is generally known as Dzogchen, which means the Great

Perfection. It is also called *tha-mal gyi shes-pa*, which means "ordinary awareness"; but this is not our ordinary mind incessantly thinking of this or that throughout the day. In Dzogchen we make a radical and fundamental distinction between mind (*sems*) and the nature of mind (*sems nyid*); and here ordinary awareness refers to the latter. The nature of the mind is like a mirror which has the natural and inherent capacity to reflect whatever is set before it,

...we first need transmission from a realized master in the form of an introduction (ngo-sprod) to the state of presence and awareness (rigpa), which is the capacity of the nature of mind. This introduction, a meeting face-to-face, is precisely the function of the present text, which reports the very words of Guru Padmasambhava.

whether beautiful or ugly; but these reflections in no way affect or modify the nature of the mirror. It is the same with the state of contemplation: There is nothing to correct or alter or modify (*ma bcos-pa*). What the practitioner does when entering into contemplation is simply to discover himself in the condition of the mirror. This is our Primordial State. But in order to recognize it, we first

need transmission from a realized master in the form of an introduction (ngo-sprod) to the state of presence and awareness (rigpa), which is the capacity of the nature of mind. This introduction, a meeting face-to-face, is precisely the function of the present text, which reports the very words of Guru Padmasambhava introducing his disciples to such presence or awareness. Hence this text, which is the root text of the *Kar-gling zhi-khro* cycle, is called *Rig-pa ngo sprod*. By means of Rigpa we come to see everything with a direct immediate presence, denuded of the judgments and conceptual constructions that usually obscure our vision and obstruct our understanding. And in this way, we come to realize self-liberation (*rang grol*). In the state of contemplation, when a thought arises, it is allowed to self-liberate into its own condition, without any effort or attempt at modification. Whereas the method of the Sutras is the path of renunciation and the method of the Tantras is the path of transformation, the method proper to Dzogchen is the path of self-liberation, as is made clear in the teaching of Padmasambhava that we have here. This text, the *Rig-pa ngo-sprod gcer-mthong rang-grol*, which is part of the cycle of the *Zab-chos zhi-khro dgongs-pa rang-grol*, provides the essential view for this entire cycle of teachings relating to the six Bardos or intermediate states of existence. The *Kar-gling zhi-khro* is the most complete of all *Zhi-khro* (or Bardo) teachings and is widely known and used, especially among the Nyingmapa and the Kagyudpa schools. These teachings continue to generate activities for the benefit of beings, and in no way have they been exhausted. ■

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Founding director of the Tibetan Language Institute, David Curtis has an academic background in Classical languages and has taught Tibetan extensively to Western students for seven years. He trained for five years at Kagyu Ling Monastic College in France (founded by H. E. Kalu Rinpoche), completing the traditional three-year retreat in 1992. He currently teaches Tibetan at Loyola Marymount University in Los Angeles, California.



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Losang Thonden was born in 1942 in Lhasa, central Tibet, to a well-to-do family of traders. He lived in Lhasa until the Chinese occupation in 1959, spending the latter part of his youth with his uncle, the esteemed lama Dakgyab Rinpoche. Shortly after arriving in India he was selected to work on the government staff. He helped to establish the Library of Tibetan Works and Archives, now known as the Institute for Higher Tibetan Studies. He has composed seven books on Tibetan Language in both English and Tibetan. He has also worked on numerous translations. In 1992, he moved to the United States settling in Seattle, WA. He currently has several students of Tibetan language and continues to work on various translations.

Dakgyab Rinpoche was my uncle from my mother's side of the family. When I was very young, Rinpoche was attending Sera Monastery. Later, as the tension grew because of the Chinese occupation, Rinpoche left Lhasa to do a retreat in a place called Dakgyab Ri-troe.

When I was thirteen, I became one of his assistants. The Chinese tried to send me to China because I was considered intelligent, but my mother refused to let me go. Instead she sent me to study with Rinpoche. He had lost his sight, and the Tibetan community was convinced it was because he couldn't bear to witness the Chinese invasion of Tibet. I would mostly read him his texts and sadhanas. I asked many questions, most of which were inappropriate and Rinpoche would tell me I had to wait until I was older before he would explain them.

When I was fifteen, the situation in Lhasa became unbearable. Many people came to see Rinpoche and asked his advice about whether or not to leave. At this time he advised them to leave, but declined to do so himself saying, "The worst thing they can do is kill me and if they do, I don't mind."

Dakgyab Rinpoche was considered to be an extremely high lama, the 14th reincarnation of Ka-dam Geshe Potowa Rinchen Se, but because of his modesty he always refused any official position in the government. He said that his previous incarnations were very humble and he intended to keep it that way.

I had so much faith in Rinpoche. Whatever he said, I did it! At night he never laid down to sleep. Until morning he would be saying mantras and I could hear the click of his beads.

After His Holiness the Dalai Lama left for India, Rinpoche agreed to leave Tibet. We were staying north of Lhasa and we had to go to the south of Lhasa to get to India and were very concerned. As Rinpoche was blind and his principal attendant was unable to walk, most of us were feeling pretty hopeless.

At the start of our journey, our group numbered about 500. When we made it to the south side of Lhasa, just below Ganden Monastery, we had to cross the Kyi-chu River. On the other side was a huge Chinese camp. We thought it would be impossible to cross, so we asked Rinpoche. According to his divination, if we went at 2:00 a.m., we could make it.

When we neared the river at two a.m., a big tornado came up from behind us and completely blocked the view of the Chinese. We were able to go right past them without them ever seeing us.

After crossing the river we met with the Tibetan guerillas. Their presence helped secure our passage, for they were engaged with the Chinese troops in front of us. Most of the monks were sent to fight with the guerillas. In the morning they would go out to fight but in the evening most never returned. There were about 300 young monks helping the guerillas. About five or six actually survived.

As we continued to travel south, there were a lot of Chinese planes attempting to locate Tibetans who were trying to escape. Sometimes

When we neared the river at two a.m., a big tornado came up from behind us and completely blocked the view of the Chinese.

shots were fired, but they never managed to shoot us from the planes. Then things got really difficult. All the way to India there was so much fighting with the Chinese.

Rinpoche and our group were always very far behind the rest. We were travelling so slowly because he couldn't walk. When we would arrive at the base camp in the evening, many people had died. Along the way more people joined our group. The number increased to around 3,000, but only about 200 actually made it to India.

At this time we were travelling by horse, but when we got close to the Indian border, we had to carry Rinpoche because the mountain passes were far too steep and narrow for the horses.

Many horses died on the way because the mountain passes are very steep and narrow. The horses fell all the time. There were many times when we almost fell with Rinpoche.



We reached a place in India called Assam through a mountain pass called Magola. The residents from the Indian village said that we were the first to ever cross that mountain pass.

At this time His Holiness the Dalai Lama was in Mussoorie. Rinpoche and I went to Kalimpong in West Bengal at the request of one of his disciples who was an important Tibetan government official. The Tibetan government had established an office in Mysore, and they sent me a letter from the government to go to Dharamsala to work. I asked Rinpoche and he said it was a good idea, so I went and Rinpoche stayed in Kalimpong.

After a while His Holiness asked Rinpoche to go to southern India to build a new monastery called Thekchen Ling. At that time they hadn't yet established Sera Monastery.

When Rinpoche was staying in India, he met with a Western doctor who was able to restore his eyesight. This restoration of his eyesight had been predicted by a famous oracle in Tibet.

While Rinpoche was staying in southern India, he was appointed as the Lama for Tibetans staying there. He would give teachings and initiations and he took care of the spiritual needs of the people. Also, every year he did the retreat of Guyasamaja, Heruka and Yamantaka. As the other monasteries were slowly established and after Sera Monastery was built, Thekchen Ling became a part of Sera according to Rinpoche's wishes. Rinpoche was not as well known as Ling Rinpoche and Trijang Rinpoche because of his modesty, but they were great friends and studied together when they were younger. Rinpoche stayed in India for thirty years.

When Rinpoche passed away in 1983, he stayed in meditation for three days. Zong Rinpoche came personally to oversee the funeral proceedings as a testimony to their close friendship.


His Holiness the Dalai Lama recognized Rinpoche's reincarnation in 1986. Rinpoche is now fourteen years old. Sera Monastery has designated

a small area for his private quarters where he can study and meditate. They do not have the finances necessary to build this, so they have asked me to raise the money. It is needed to insure that he receives the proper education and training.

Our goal is to raise \$12,000 to build Mi-nyak Khangtsen. I would like to ask you all to please donate what you can so that we can build Rinpoche a Khangtsen to guarantee that he has the opportunity to become as great as his previous fourteen incarnations and help preserve Buddha's teachings throughout the world.

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CHOOSING SIMPLICITY

Continued from page 3

I will explain the original teachings in the Vinaya Pitaka and then sometimes discuss how the bhikshuni sangha at the Luminary Temple in Taiwan practices them. In this way, you will see one example of how the Chinese monastic community connects the tradition to the modern situation. With this as a background, Westerners will have some tools for

bringing the Vinaya into their own cultures in a pure, yet practical, way.

Bhikshunis are religious practitioners and are part of the sangha. The life style of a bhikshuni is one of spiritual practice. Since most bhikshunis live in a community, spiritual practice and community life are related. Joining the sangha is a voluntary act; we are willing and choose to live our lives as religious practitioners.

Because this is our wish, we want to receive proper and complete training in the life style we have chosen, and having done that, we are committed to implement it in practice. If we decide not to be a serious monastic practitioner, we can return our vow. No one forces us to become or to remain a bhikshuni. We are free to decide. The commitment to monastic practice comes from within us.

When we choose to join the sangha,

we have to make some changes because we are entering a community. The bhikshuni sangha as a whole is our community, whether or not we live in a particular monastery. To be part of the bhikshuni sangha, we need to adapt and follow its way of life. Some actions are prohibited while others are prescribed. Doing prohibited actions, such as engaging in sexual contact, killing, stealing, lying, and so forth, violates the precepts. Similarly, neglecting to do prescribed actions, such as ordination, poshadha, rains retreat, and so on, violates the precepts. These practices are done in a community with a certain number of people and the procedure has to be legal, that is, done in the manner the Buddha described. New nuns should realize that monastic ordination is not just between them and their teacher. Rather, they are entering a community of nuns and will be guided, supported, and trained by the bhikshunis.

In *The Path of Purification (Visuddhimagga)*, the bhikshuni precepts are put into four categories:

1. Moral behavior for human beings
2. The method to discipline our senses
3. The livelihood of a monastic
4. Daily encounters with people, etiquette, and interactions with people

Understanding the origin of each precept—the circumstances under which the Buddha established it—is necessary to categorize them according to importance or according to topic. The meaning of a precept is not always clear from its wording. For this reason, examining the incident triggering that precept is important.

For example, in the Buddha's time, a group of bhikshus was bathing in a pond. Beginning before sunrise, they continued for many hours, enjoying the water and helping each other put medicine on their bodies. Meanwhile, King Bimbisara waited until nightfall for the bhikshus to finish so that he could bathe. By the time the king had finished his bath, the gates of the city were locked for the evening, and he had to sleep outside. The Buddha heard about the situation and established the following precept, which for bhikshunis reads:

Prayascittika 41: A healthy bhiks-

huni may take a bath once every half month. If she bathes more than that, she is commits a prayascittika, unless it is done at an allowable time. The allowable times are when the weather is hot, when she is sick, when she works, when it is very windy, when it rains (and she gets wet), and when she is traveling. These are the times.

According to this precept, all healthy bhikshus and bhikshunis should not bathe more than once every half a month. However, when certain situations occurred and the Buddha was consulted, he made exceptions to this precept. For example, if monastic is sick, if the weather is hot, if a monastic has done manual labor or walked for a long time, he or she is exempt and may bathe. Nowadays, if we bathe only twice a month, what will the laypeople say? By paying close attention to the circumstances under which this precept was established, we will see the Buddha's real purpose and will be able to adapt it to our present circumstances. ■

Dharma Books in French

French reading Tibetan Buddhists can contact the following publisher: Editions Ganesha Inc., Collection «Méthodes et Sagesse», C.P. 484, succursale Youville, Montreal, QC, Canada, H2P 2W1, tel.: (450) 641-2395, fax: (450) 641-2989, email: cardip18@hotmail.com ■

THE STORY BEHIND CHOOSING SIMPLICITY

Continued from page 3

discipline for a harmonious society and a happy mind.

This book presents monastic life as a living tradition. It shows how to live ethically in daily life in a modern society, for the Buddha's teachings do not exist in static, dry form in books. The evolution and application of the precepts to people's lives in each generation is a living process. Further, as lay practitioners learn more about monastic lifestyles through this book, their faith in sincere monastic practitioners will increase, for they will see that monastics can help and inspire them along the path.

Through reading this book, people considering taking ordination will gain a better understanding of monastic life and will therefore be able to make well-informed and thoughtful decisions about ordination. Those who are novices will learn the full precepts and be able to train in them before actually receiving them, while those who are fully ordained will understand what to practice and what to abandon on the path, thus enabling them to keep their precepts purely and progress on the path.

On the Lunar New Year, Venerable Wu Yin told us:

Early this morning I went to the enlightenment stupa and prayed for peace to fill our world and for Dharma to be sustained. I prayed that the Buddha's wisdom and light go with each of you, so that you will bring the Buddhadharma to every corner of the world you visit, sharing it skillfully according to the dispositions of the people and culture of the place. Each of you preserves the Dharma within yourself, and by practicing the Buddha's teachings and observing the Vinaya, you will tame your actions of body, speech, and mind. For that reason, take care of yourselves, not out of selfishness, but in order to cultivate your wisdom, accumulate positive potential, and benefit all beings.

I am sure she extends these same aspirations to all those who read her book. ■

LAMA SURYA DAS



author of *Awakening the Buddha Within: Tibetan Wisdom for the Western World* and *Awakening to the Sacred: Building a Daily Spiritual Life From Scratch*

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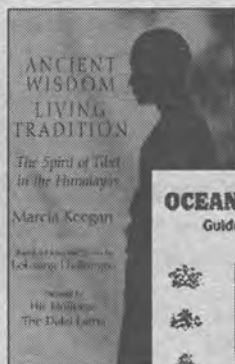


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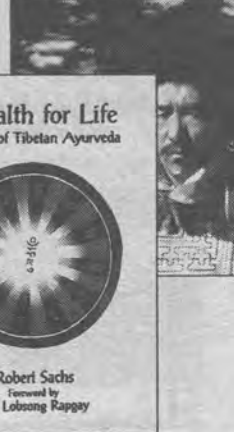
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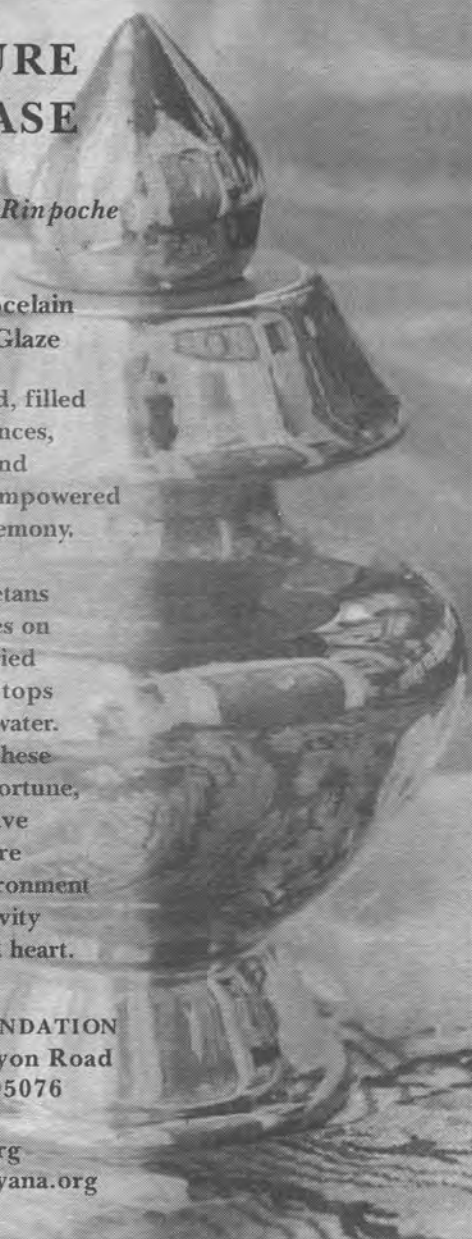
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His Holiness the Dalai Lama to teach Heart Sutra in San Jose, California

His Holiness, Tenzin Gyatso the XIV Dalai Lama, will teach the Heart of Wisdom Sutra in San Jose, California for four hours each day May 17, 18 and 19, 2001. He will give a public talk, *Peace Through Inner Peace*, on the evening of May 19 and a Medicine Buddha Empowerment on Sunday morning, May 20th.

His Holiness is coming to San Jose at the invitation of Lama Zopa Rinpoche, co-founder and Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT). The sponsoring organization is Land of Medicine Buddha, a Center in Santa Cruz devoted to healing that is one of the more than one hundred and thirty FPMT centers throughout the world.

His Holiness will teach the *Heart of Wisdom Sutra*, one of the most con-

cise, profound and beloved of all the Buddha's teachings. It takes the form of an exchange between two of the Buddha's foremost disciples and addresses how to understand the ultimate nature of all phenomena: emptiness. This precious text contains not only all the Buddha's teachings on wisdom, but also implicitly contains teachings on compassion and the way to achieve enlightenment. The guidance of a skillful teacher is essential to draw out its hidden meaning, which goes far beyond its words. So highly revered is this sutra that even the sound of it is believed to bring wisdom to those who hear it.

In his public talk, His Holiness the Dalai Lama will explain precise and scientifically validated methods for developing genuine inner peace.

Finally, the Medicine Buddha Empowerment conferred by His Holiness the Dalai Lama will establish a powerful connection between each person present and the Healing Buddha, who embodies the power of all the Buddhas to overcome suffering.

Because the *Heart Sutra* crosses all boundaries and traditions, the teachings at San Jose have special appeal. Many hundreds from the Chinese community are expected and at least five hundred people from different Vietnamese temples will also attend. His Holiness's speech will be simultaneously interpreted in Mandarin and Vietnamese.

Further information is available from the organizers by calling 831-476-0865 or on the web at: www.medicinebuddha.org. ■

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Lama Tenzin came to Tabo Monastery near Tibet as an 8 year old student of Buddhism. He is actively involved in social work especially for children in his community as well as teaching Buddhism.

The journey also includes a one day tour of Buddhist temples in Bangkok, a visit to Sarnath (where Buddha preached his first sermon) and several days in Kathmandu visiting ancient monasteries and stupas as well as meditation and teachings at Thujay Choeling Monastery. PRICE:\$4280 includes international flt on Singapore Air from LA, SF, NY.

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THE GREAT TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT

Continued from page 1

of enlightenment are covered here, making this indispensable reading for anyone who wishes to understand and practice Tibetan Buddhism.

The *Great Treatise* will be released in three volumes, with volumes 2 & 3 appearing next year.

"Of the many works of the Tibetan master Tsong-kha-pa, none compare in terms of popularity and breadth of influence with his *Great Treatise on the Stages of the Path to Enlightenment* (Lamrim Chenmo), which has been treasured by practitioners and scholars alike for centuries. What distinguishes it as one of the principal texts of Mahayana Buddhism is its scope and clarity. It expounds the entire path from the way one should rely on a spiritual teacher, which is the very root, right up to the attainment of Buddhahood, which is the final fruit. The various stages of the path are presented so clearly and systematically that they can be easily understood and are inspiring to put into practice."—H.H. THE DALAI LAMA

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The *Great Treatise* is being translated by The Lamrim Chenmo Translation Committee under the auspices of the Tibetan Buddhist Learning Center, founded in 1958 by the late Geshe Nga-

wang Wangyal in Washington, New Jersey. The Lamrim Chenmo Translation Committee is composed of: Jose Cabezon, Daniel Cozort, Joshua W.C. Cutler, Natalie Hauptman, Roger R. Jackson, Karen Lang, Donald Lopez, Jr., John Makransky, Elizabeth S. Napper, Guy Newland, John Newman, Gareth Sparham, B. Alan Wallace, and Joe B. Wilson. The Editor-in-Chief is Joshua W.C. Cutler and the Editor is Guy Newland.

The following is an excerpt from *The Great Treatise on the Stages of the Path to Enlightenment*.

The defining characteristics of the teacher to be relied upon

Generally, in the scriptures and commentaries many defining characteristics of the teacher are taught from the viewpoint of the individual vehicles. However, the following is a description of a teacher who instructs you in the stages on the paths of the three persons of different capacities and guides you to the Mahāyāna, which is the path to buddhahood. With respect to this, Maitreya says in his *Ornament for the Mahāyāna Sūtras* (Mahāyāna-sūtrālaṅkāra):

Rely on a Mahāyāna teacher who is disciplined, serene, thoroughly pacified;

Has good qualities surpassing those of the students; is energetic; has a wealth of scriptural knowledge;

Possesses loving concern; has thorough knowledge of reality and skill in instructing disciples; And has abandoned dispiritedness.

Thus Maitreya says that a student must rely on a teacher who has these ten qualities.

It is said that those who have not disciplined themselves have no basis for disciplining others. Therefore, gurus who intend to discipline others' minds must first have disciplined their own. How should they have been disciplined? It is not help-

ful for them to have done just any practice, and then have the result designated as a good quality of knowledge. They need a way to discipline the mind that accords with the general teachings of the Conqueror. The three precious trainings are definitely such a way. Therefore, Maitreya indicated them with these three terms: "disciplined," "serene," and "thoroughly pacified."

With respect to what Maitreya said, "disciplined" refers to the training in ethical discipline. The *Sūtra on the Vows of Individual Liberation* (Prātimokṣa-sūtra) states:

These vows of individual liberation Are the bridle set with sharp nails. With constant effort they are fit For the difficult-to-rein horse of the straying mind.

Also the *Exegesis of the Discipline* (Vinaya-vibhaṅga) states:

This is the bridle for undisciplined disciples.

As is implied above, the senses pursue improper objects and, like wild horses, lead you to engage in unsuitable actions. Just as a trainer tames a wild horse with a good bridle, so too teachers learn ethical discipline to control their senses and to turn toward suitable actions with great effort. Hence, teachers have "disciplined" their minds, which are like wild horses.

"Serene" refers to having accomplished the training of meditative concentration. Meditative concentration is a mental state in which the mind remains peacefully withdrawn. This is achieved by means of a reliance on mindfulness and vigilance in your ethical discipline, turning away from wrongdoing and engaging in good activities.

"Thoroughly pacified" refers to having accomplished the training of wisdom. This is done by specifically analyzing the meaning of reality in dependence on meditative serenity, wherein the mind becomes serviceable.

However, to have only the good qualities of knowledge that come

from disciplining the mind with the three trainings is not sufficient. Teachers must also have the good

qualities of scriptural learning. Therefore, "wealth of scriptural" (Continued on page 15)

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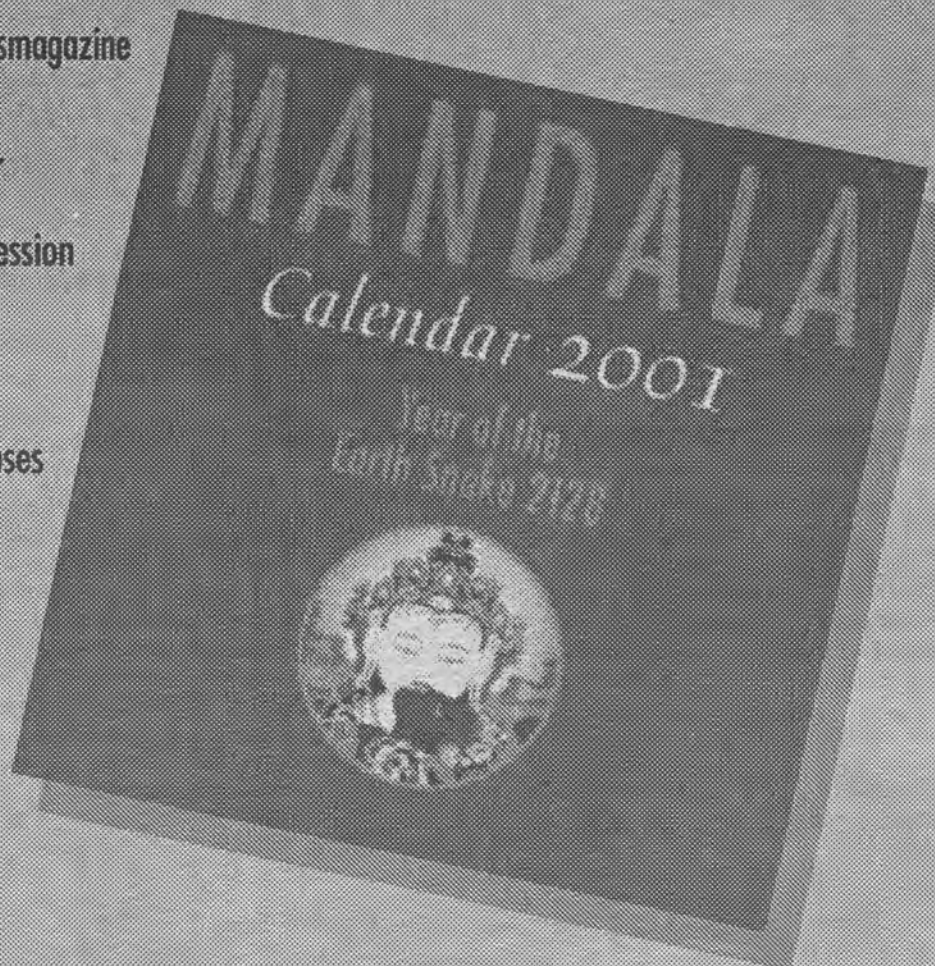
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CARAVAN: A New Movie Set in the Himalayas

[Edited from an article by Giovanni Fazio in *Japan Times*, printed on October 31, 2000]

One of the hottest tickets to be had at the Tokyo International Film Festival was for director Eric Valli's "Caravan," a stunningly shot tale of perilous mountain journeys set in the remotest regions of the Himalayas. Valli took a small crew to the Dolpo region—on the border of Nepal and Tibet—and embarked on a 32-week trek over 1,400 km, traversing passes as high as 5,000 meters, amid real-life blizzards and avalanches, in order to trace the steps of centuries of trading caravans.

"I knew it was the only way to bring this incredible atmosphere to the screen," he said. "And audiences

are touched by this."

The film is rich with detail, perfectly chosen locations and an intimate feel for the rhythms and rituals of mountain life, and this is precisely because Valli has immersed himself deeply in the culture. A Frenchman who describes himself as a "total nomad," Valli laughed while explaining how he decided to go to Nepal for a week and ended up staying 20 years.

"I like these kind of people, like Tintle, like Karma. Because your life there is always on the edge; it's not life—it's survival. Every day is a challenge. And you have to be able to trust your neighbor."

The tale of "Caravan" is fictional, but archetypal: Village elder Tintle is

enraged when his eldest son dies in an accident, and holds the caravan's new leader, Karma, responsible. Another caravan is due to set out before winter, but Tintle refuses to let Karma lead it. Karma sets out anyway, well before the shaman's auspicious date. Tintle, determined to assert his authority, enlists his second son Norbu, a Buddhist monk, and sets out at a furious pace to overtake Karma's caravan, choosing some dangerously precipitous shortcuts.

Valli used no professional actors in the film, relying on local friends, many of whom hadn't even seen a film. The script Valli wrote came out real events in their lives, "which really are epic adventures." ■

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Venerable Khenchen Palden Sherab Rinpoche is one of the most qualified scholars and teachers of the Tibetan Buddhist tradition. He is fully versed in many areas of Buddhist study and is the author of several learned works in Tibetan. He is also considered a master of Dzogchen, the highest tradition of meditation practice in Tibetan Buddhism.



Venerable Khenpo Tsewang Dongyal Rinpoche, born in eastern Tibet, was enthroned as a Nyingma Abbot by H.H. Dudjom Rinpoche. As holder of the complete Nyingma lineage—kama, terma, and Dzogchen Teachings—Khenpo Tsewang Dongyal Rinpoche is the cofounder of PBC International, whose activities include monastic institutes, Buddhist meditation, research and study centers.

Nyungne Retreat

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Suggested Donation: \$52 for PBC members, \$30/day; \$65 for non-members, \$35/day

Lha Bab Duchon, Buddha's Descent from Tushita Heaven, Empowerment & Teachings on Buddha Shakyamuni, Tsok Offering

November 18 & 19, 1-5pm • 222 Bowery, New York City

Among the one thousand and two buddhas of this Auspicious Eon, Buddha Shakyamuni is the fourth one who taught the eighty-four thousand dharma teachings. Lha Bab Duchon is a great festival of the Buddha's miraculous return to the human world after teaching in Tushita Heaven for three summer months. The empowerment, transmission and tsok offering will be given according to a mind treasure of Mipham Rinpoche.

Refuge ceremony will be performed for new sangha members.

Suggested Donation: \$52 for PBC members, \$30/day; \$65 for non-members, \$35/day

Vajrasattva Fire Offering and Vajrakilaya Practice

December 30-January 1 • 222 Bowery, New York City

Vajrasattva fire puja (Jinseg) and Vajrakilaya practice ceremonies will be held to purify obscurations and negativity, and to create harmony and peace for the coming year. **9am-Noon:** Vajrasattva fire offering. This is a profound treasure teaching of great tertön Gyurme Dorje which unites kama and terma lineages according to Mindrolling tradition of Nyingma. **2pm-5pm:** Vajrakilaya practice and tsok offering. This teaching was revealed by a great tertön Tsasum Lingpa. It comes from the terma cycle *The Dark-Red Amulet of the Unsurpassable Yang-Phur*.

Suggested Donation for this 3-day practice: \$80 for PBC members, \$30/day; \$95 for non-members, \$35/day

Annual Dzogchen Retreat

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Longchenpa's Anniversary, Dzogchen Meditation and Tsok Offering

February 10, 1-5pm • 222 Bowery, New York City

Longchenpa is a great Dzogchen master, the second Garab Dorje who elucidated Dzogchen teaching. He is the very embodiment of a great pandita Vimalamitra. This day is the anniversary of his attaining buddhahood in dharmakaya state. By practicing and meditating on Longchenpa one achieves swift realization of Dzogchen.

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Losar (Tibetan New Year)

February 19-24 • Padma Samye Ling, New York

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Snow Lion has now released a new completely redesigned website (www.snowlionpub.com). It is a large site with many subdivisions including a dharma calendar of events, a Tibetan calendar of special days, news, dharma center listings, appeals, political action items, links to other sites, history of Tibet and more. It is much faster and easier to navigate and to find items. There is a word search so you can locate every item for example with "Manjushri" in the description. We have been busy loading images of our thousands of items into the site so that you can see color illustrations of everything that is available in this catalog. It is good that you will finally be able to see how beautiful all of our cards, posters, and dharma items are—this was never possible in the printed edition of the Snow Lion. There are several important points for you to know about:

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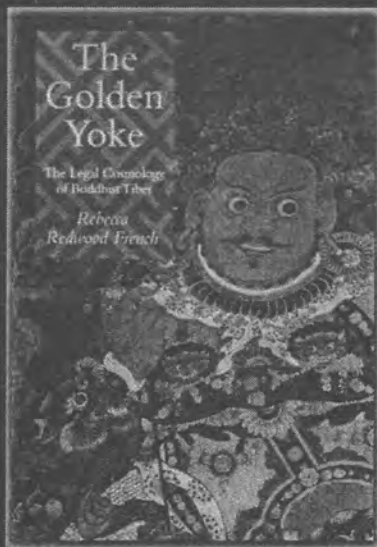
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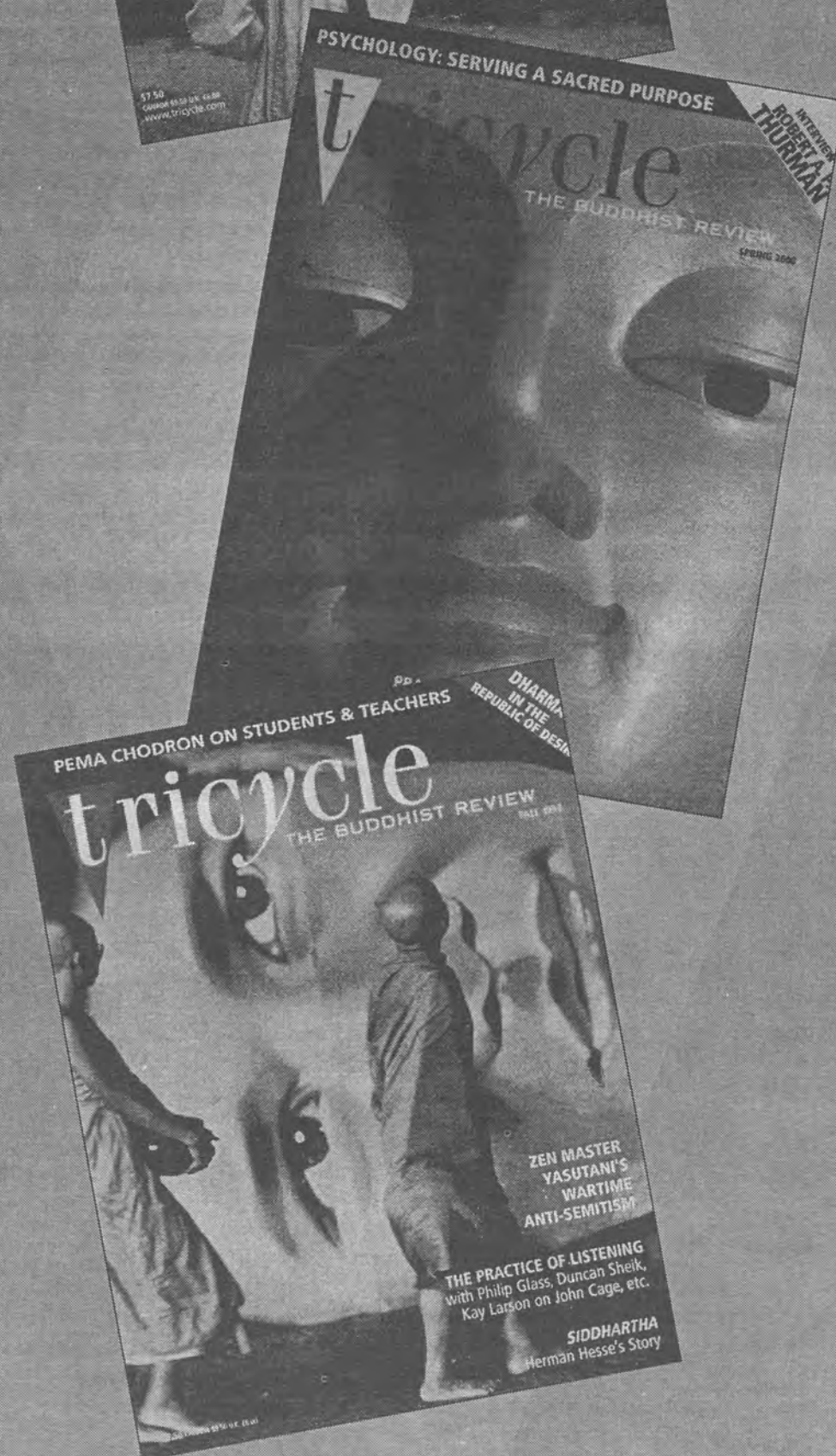
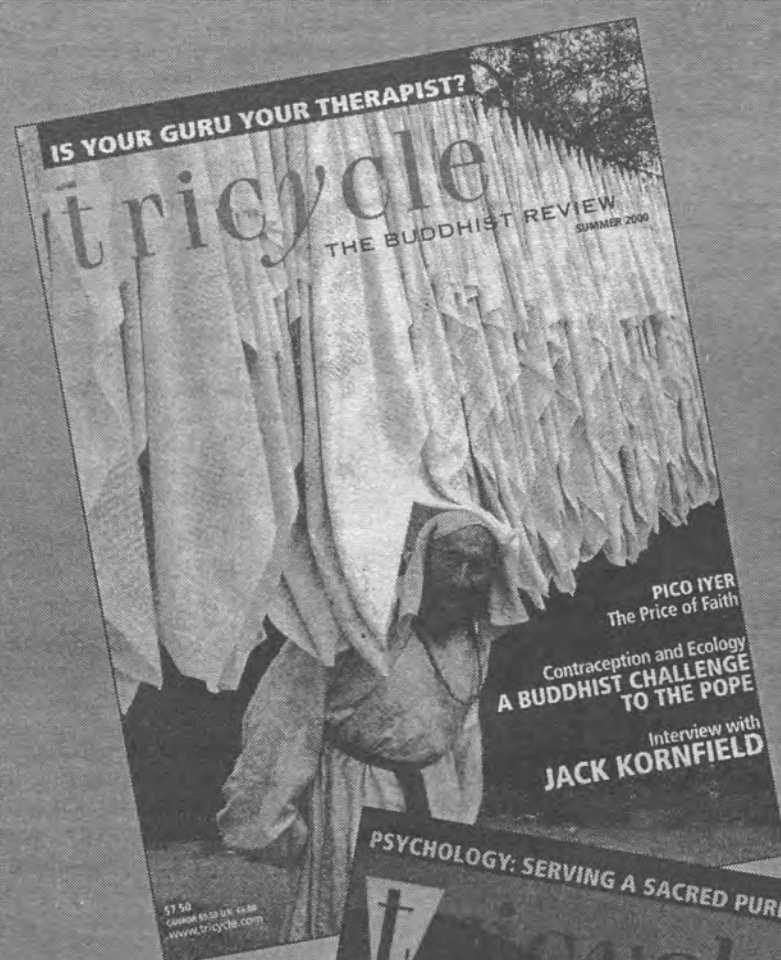


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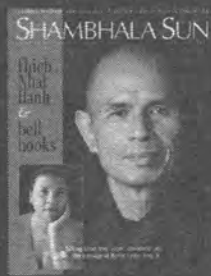
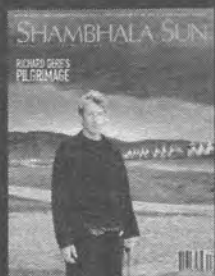
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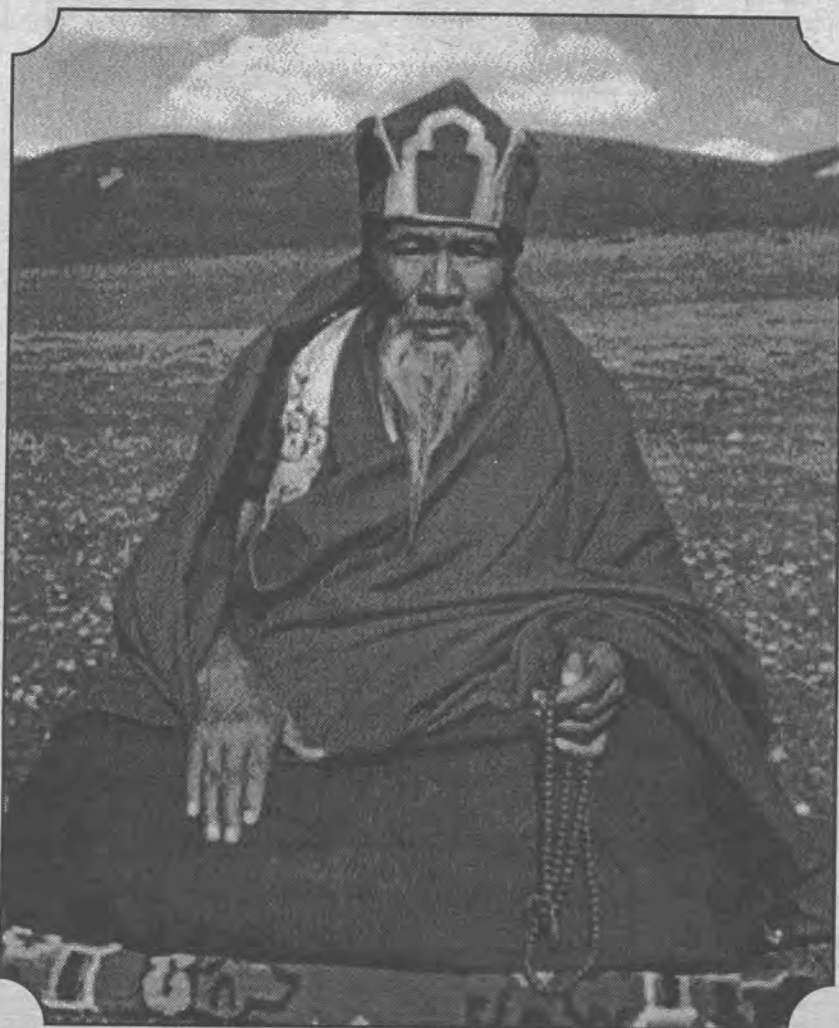
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He started his training at Lomagya Monastery in Tibet, where he was recognized as the incarnation of Jetsun Taranatha—a famous scholar who wrote the book, *History of Buddhism in India*.

Tashi Gyaltsan Rinpoche spent 7 years studying the doctrines of both historical and recent traditions of Sutra and Tantra, 3 years in solitary meditation retreat, and 1 1/2 months on six-branch Yoga of Kalachakra. Other than teaching Jonang doctrine and being involved in charitable works, he enjoys writing cryptic poetry in the traditional Buddhist master's style.

**A Cryptic poem
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One needs not contemplate the characters
of Dharmakaya

Or, what grace and beauty adorned within the
very first primordial Buddha

One needs not to seek out the resultant
in the immaculate sphere of the Dharma

Ever guarding the fortress within is the nature
of Talhagata

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THE GREAT TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT

Continued from page 8

knowledge" refers to being erudite concerning the three scriptural collections and the like. Geshe Drom-dön-ba (dGe-bshes [Brom]-ston-pa) said that when the "gurus of the Mahayana" give an explanation, they must cause their students to have a deep understanding. When they are putting the teachings into practice, they must demonstrate what is helpful at a time when the teaching is on the wane, and what is useful in the situation at hand.

"Knowledge of reality" refers to a special training in wisdom—the knowledge of the selflessness of phenomena. In another way, it is said to be best if the teachers have a perception of reality; but, if they do not have it, it is acceptable for them to know reality through scripture and reasoning.

Although teachers are endowed with these good qualities of scriptural learning and knowledge, it is not enough for them to have good qualities that are equal to or lower than those of their students; instead,

they need qualities that surpass those of their students. The *Verses about Friends* (Mitra-varga) says:

People degenerate by relying on those inferior to themselves;
By relying on equals, they stay the same;
By relying on those superior, they attain excellence;
Thus rely on those who are superior to yourself.
If you rely on whomever is superior—thoroughly pacified
And endowed with ethical discipline
And exceeding wisdom—
You will become superior even to those who are superior.

Pu-chung-wa (Phu-chung-ba) said, "When I hear the stories of excellent persons, I emulate them." Ta-shi (mTha'-bzhi) said, "I imitate the elders of the Ra-dreng (Ra-sgreng) monastic community." Thus you must emulate those whose good qualities surpass your own.

These six qualities—being disciplined, serene, and thoroughly pacified, having good qualities that surpass those of the students, the wealth of knowledge from studying many scriptures, and thorough knowledge of reality—are the good qualities obtained for oneself. The

remaining qualities—being energetic, having skill in instruction, possessing loving concern, and abandoning dispiritedness—are the good qualities for looking after others.

Further, it says:

Sages do not wash away sins with water,
They do not clear away beings' suffering with their hands,
They do not transfer their own knowledge to others;
They liberate by teaching the truth of reality.

Thus, buddhas perform no action—such as "washing away others' sins with water"—other than looking after others by accurately showing them the path.

Among the four qualities of looking after others, "skill in instructing disciples" refers to being both skilled in the process of leading disciples and adept at causing them to understand. "Possessing loving concern" refers to having a pure motivation for giving the teachings. That is, the teacher teaches with a motivation of love and compassion and does not look for gain, respect, and so on. Bo-do-wa said to Jen-nga-wa (sPyan-snga-ba), "Son of Li-mo, however many teachings I have explained, I

have never taken pleasure in even a single thanks. All beings are helpless." A teacher should be like this.

"Energetic" refers to constant delight in others' welfare. "Has abandoned dispiritedness" refers to never being tired of giving an explanation again and again—to bearing the hardships of explaining.

Bo-do-wa said:

These five qualities—loving concern, knowledge of reality, and the three trainings—are foremost. My master Shang-tsun (Zhang-btsun) is not very learned with regard to all the scriptures and cannot withstand dispiriting circumstances. Therefore, he does not even thank those who help him. However, since he has these five qualities, he is helpful to whomever is in his presence. Nyen-dön (gNyan-ston) does not have any skill in speech at all. Even when giving a single dedication of an offering, he can only think, "None of these people here understands what I am saying." But, as he has the five qualities, he is helpful to whomever enters his presence.

This being the case, those who achieve their own livelihood by praising or explaining the good qualities of the trainings, while not striving diligently to practice them, are not

suitable to be teachers. That sort of meaningless praise is only words. It is similar to when someone who diligently seeks sandalwood asks one who makes a living by explaining the good qualities of sandalwood, "Do you have any sandalwood?" and that person replies, "No."

As the *King of Concentrations Sūtra* states:¹⁰⁶

In later times there will be
Many monks without vows.
Wanting to say, "I am learned,"
They will praise ethical discipline,
But will not strive diligently at their own ethical discipline.

Having also said this concerning concentration, wisdom, and liberation, the *King of Concentrations Sūtra* states:

Some people express
The good qualities of sandalwood
Saying, "Sandalwood is like this:
It is the pleasant aspect of
incense."
Then some other people
Might ask them, "Do you possess
A bit of that sandalwood
Which you so praise?"
They then reply, "I do not have
The incense that I praise
To gain my livelihood."
Just so, in later times there will
arise
Monks who do not strive at yoga
And make a living by praising
ethical discipline.
They will have no ethical
discipline.

The sūtra states the same for the remaining three qualities—concentration, wisdom, and liberation.

The guru who helps you to achieve liberation is the foundation of your deepest aspiration. Therefore, you who wish to rely on a guru should understand these defining characteristics and strive to seek one who has them. Also, those who wish to have students should understand these characteristics and strive to possess them.

Question: Because this is a degenerate time, it is difficult to find a teacher who has these good qualities in their entirety. Therefore, what should we do if we do not find such a teacher?

Reply: The *Tantra Requested by Subāhu* (Subāhu-pariprcchā-tantra) states:¹⁰⁷

Just as a chariot with one wheel
Will not go down the path even
though it has a horse,
So too, without assistants for meditation,
People will not gain attainments.
These assistants should have intelligence, a good appearance,
great purity,
Be of reputable lineage, and
inclined toward the teachings.
They should have great confidence,
perseverance, and have disciplined the senses.
They should speak pleasantly, be generous and compassionate,
Forbear hunger, thirst, and the afflictions,
And not worship other deities and brahmins.
They should be focused, adept,
grateful,
And have faith in the three jewels.
Since those who have all such good qualities
Are very rare in this age of strife,
Mantra practitioners should rely on
an assistant who has
One half, one quarter, or an eighth
of these qualities.

Thus it says that assistants should have these defining characteristics in their entirety, or at least one eighth of these. It is explained in Döl-wa's arrangement of *Bo-do-wa's Method of Explaining* that the great Elder [Atisha] said, "It is also the same with respect to the guru." Therefore, accept as the defining characteristics of a guru a minimum of one eighth of all the defining characteristics set forth here, combining those that are easy to acquire with those that are difficult to acquire. ■



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TIBETAN BUDDHISM IN THE WEST: IS IT WORKING?

Continued from page 1

selves, though perfectly traditional, are being introduced into a radically non-traditional context. And this, I think, has on numerous occasions led to terrible misunderstandings and a great deal of unnecessary conflict, unrest, confusion and suffering.

I remember a case back in the late 1970s in which some very fine lamas came to this country and gave a number of advanced teachings. A lot of the Westerners in attendance, young men and young women, got very enthused by these lamas who were teaching in concert, and a number of them, right off the bat, decided to take monastic ordination. And they were ordained right then and there. Quite a few of them took the ordination with no context whatsoever, with no monastery, no abbot, and no proctor to teach them the vows and help them to assimilate and apply the vows in daily life. I think the vast majority, if not every single one of that group, eventually returned their vows, because there was no context for them and they entered into it with a paucity of understanding of the step that they were taking.

We live in a profoundly non-monastic and non-contemplative society. And so to adopt these profound and esoteric contemplative practices and the monastic way of life without sufficient context is highly problematic. And I am not sure that this has been sufficiently addressed by many lamas who are basically living in Asia and occasionally touring the West for weeks at a time. They feel that since what they are giving is traditional, what is being received is being received in a traditional fashion. But in many cases that just isn't so.

BH: Are you saying this group of lamas that gave the ordination vows was unaware that these people had

no context at all?

AW: It's hard to imagine they were unaware, because it was pretty obvious. So what was their rationale for giving ordination and advanced teachings in meditation? I have heard some lamas say, "I'm sowing seeds, and it's better for people to be exposed to Buddhism imperfectly than not be exposed at all." And, to take a New Testament parable, some of the grain will land on rocks or be eaten by birds and some grains will actually fall into the soil and be fertilized and they will sprout. That may be a very small proportion of the

• Within the vast range of practices taught by the Buddha and later Indian and Tibetan adepts, which ones and which sequence of practices might be especially emphasized for Western students so that they are of optimal benefit?

people attending the teachings, but for some the teachings will sow the seeds for a sustained and nourishing spiritual practice that will come to great maturity and benefit oneself and others. And as for the others, the lamas' rationale, as I've heard at least some of them express it, is that at least these people have been exposed to the Dharma.

Why do it this way? Why give these high teachings when you could just be giving basic teachings on the Ten Nonvirtues, the qualities of the Three Gems, karma, and so on. I think the simple answer is: if lamas confined themselves to teaching such topics, few people would come. Before going on tour, lamas often ask what kind of teachings Westerners would like, and the response is often a request for advanced teachings, say on Dzogchen or Mahamudra. Out of

compassion and the wish to fulfill others' wishes, many lamas comply. Perhaps their rationale is that people will probably get more benefit hearing something they are really interested in than in hearing valuable teachings in which they have no interest—in which case they probably wouldn't show up at all anyway.

So we have a commercial situation of supply and demand, very unlike the Dharma scene in Asia. In the West teachings are advertised and profit is made. So whether we like it or not, there is a commercial aspect to the teachings in the vast majority of cases. And even if lamas have wealthy benefactors who are taking care of them, still someone has to pay for their travel expenses and the teaching site. That's the long and the short of it.

BH: Isn't there a problem here of appealing to the ego? I may request the highest teachings because I want to attain realization as quickly as possible. But of what value are the higher teachings if I haven't absorbed the basics? This is a criticism I have heard from several lamas in regard to giving Dzogchen teachings right off the bat to Westerners. Isn't that like throwing seed on stones?

AW: In my experience, lamas who are willing to give these very advanced teachings will strongly emphasize the importance of the foundational teachings and practices. For example, the Dalai Lama has often given the Kalachakra empowerment in the West, but he prefaces that with days and days of the foundational teachings prior to this esoteric ritual.

Another of my teachers, Gyatrul Rinpoche, has often taught on Mahamudra and Dzogchen, but he hammers home time and time again: "Yes, these are profound teachings. Yes, it can be very helpful for you to do the practice. At the same time, do not overlook the foundational teachings, because these are the ones that, in the foreseeable future, are much

more likely to really bring about evident transformation for the better in your own minds and in your own lives." Gyatrul Rinpoche has taught for more than two decades in this country. He still emphasizes the foundational teachings, but at times students complain that they have already heard these teachings and don't want to hear them anymore. In many cases, even though these students have not realized the foundational teachings through practice, they've heard them and more or less understood them intellectually. But out of familiarity they have lost interest in these teachings, no longer wishing to practice them, and yearn instead for something new, something profound, something that promises to bring about the kind of spiritual transformation they haven't gained so far.

As Gyatrul Rinpoche has often commented, it's not that the lamas don't want us to hear or practice these higher teachings. They just don't want us to do them instead of the foundational teachings, because then we'll wind up following the more advanced practices without benefiting from them, while shunning the more basic practices and therefore getting no practical benefit at all. The advice I've heard and embrace is that we need to keep our feet planted in the ground of the foundational teachings and reach to the sky with the more advanced teachings. And then we have something of a win-win situation. Lamas of all four orders emphasize this same point.

BH: So one major difference that seems to emerge from what you are saying is that in the East—in Tibet, India, Nepal and so forth—Tibetans as well as some Westerners are getting the foundations first and then moving on progressively to the higher teachings. But here many Western students are getting the higher teachings towards the beginning but then find they have to go back to the foundational teachings.

Is this situation finally counterproductive?

AW: It certainly can be!

BH: So you spend a lot of time on higher teachings and then find you have to go back and do what you were asked to do in the first place. That doesn't sound very efficient.

AW: Overall, I don't think there is much efficiency in the way that teachings are taught or practiced in the West, even though we, being a consumer society, a business-oriented society, prioritize efficiency. And there is another major difference between the teachings and practice of Tibetan Buddhism in Asia as opposed to the West, and that is, if you are living in any major city in the West, you are likely to have various lamas of all the different orders passing through town for their weekend events. If you attend teachings and initiations from any lama who comes through town, your exposure to Buddhism becomes random. It's like going to a buffet. You pick up whatever is coming through, but there's no order to it, no continuity to it, no progressive development, and so again: it's very inefficient.

And, of course, that's just Tibetan Buddhism. That's not even counting other teachers who come through town from, let's say Theravada Buddhism, or Zen Buddhism, or from other traditions altogether like Sufism, Hinduism—and a whole array of new age teachers. And all of these are presenting their spiritual wares—maybe with very good motivation, sometimes maybe not. We are living in a consumer society where we have more access to the world's spiritual traditions than any society has had in recorded history.

Of course the outcome of this is a lack of continuity, due in part to a lack of patience. As a consumer society we want snappy results. That's part of what we consider to be efficient. If we go to a teaching we want to see results in a weekend, or at

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TIBETAN BUDDHISM IN THE WEST: IS IT WORKING?

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least in a week! And some teachers are willing to cater to that type of mentality. I've even seen advertisements for Tibetan Buddhist events that sound like Madison Avenue hype.

And the upshot of this is that a number of lamas with whom I have spoken generally regard Westerners—with many fine exceptions—as being impatient, superficial, and fickle. And in Tibetan society, fickleness is considered to be one of the worst of vices, while reliability, integrity, trustworthiness, and perseverance are held in high regard. So a few of the finest lamas are now refusing even to come to the West, because they figure they could be spending their time either teaching

Tibetans in Asia, or they could simply go into retreat and meditate. Some are feeling—given the brevity and preciousness of human life—that devoting time to people with such fickleness and so little faith is time not very well spent.

Part II — Possible Solutions

BH: You spoke earlier about some of the 'problems that stem from the "buffet-like" manner in which Tibetan Buddhist teachings have come to the West, particularly its inefficiency. Given our individualistic society and the fact that entrepreneurship is so ascendant now, isn't there also a danger that some of those interested in Tibetan Buddhism, or the spiritual path in general, will assume they can choose whatever practices they like and synthesize their own unique and

personal stairway to heaven?

AW: There's a danger, but I believe there is also a balance that needs to be struck. Let's speak first of all of the two extremes. One extreme is what you have just suggested here, individualism: "I know what's best for me! I will choose what I like." This is like a kid going into a restaurant and saying, "I'll just take what tastes good."

The underlying problem of that extreme is that, after all, we're coming to Dharma because we're not enlightened, not because we're already enlightened. If we're not enlightened, this means we're deluded. That's the core issue in Buddhism. And so a person who is ignorant and deluded says, "I'm going to set myself above the tradition with its own worked-out strategy and sequence of practices that

have been offered down over generations by enlightened beings." There's one extreme. Some may get a little benefit by going that way, but others may really do themselves a lot of harm or at least simply waste their time.

But there's another extreme here, and that is dogmatism that is radically disengaged from people's actual experiences through the practice of Dharma. Tibetans over generations have worked out strategies, teachings, rituals, and sequences of practice that were designed for Tibetans. They did not simply replicate Indian Buddhism. I have a lot of confidence that they did retain the core, the essence of Indian Buddhism. But theirs is also a tradition that modified itself over the centuries to best suit the Tibetan mentality, the Tibetan environment, Tibetan customs. Now, the proof is in the pudding, because what turned out was generation after generation of great Tibetan adepts. Going back to the time of Padmasambhava, Milarepa, Tsongkhapa, right on into the twentieth century—it's worked!

And so, with that success, it is possible to conclude that since it worked for the Tibetans, we Americans must take their tradition, the pure teachings, exactly as they were taught in Tibet, and introduce it in Los Angeles or New York City. But the reason those teachings are considered to be pure is that they worked in Tibet. The test is—do they still work? If those same teachings, in the same format, with no adaptations for the West, are transplanted in Europe or America, ignoring the difference of cultural context, this can wind-up being rigid, fundamentalist, dogmatic, and non-observant of whether those teachings are producing the same type of wonderful effects and transformations in Western practitioners as they did in Tibetan practitioners.

If they do not yield the same ben-

efits—if after thirty or forty years of Tibetan Buddhism in the West we do not have people here ascending along the path to enlightenment, such as the achievement of shamatha, vipashyana, genuine bodhichitta, the four yogas of Mahamudra, and the two stages of Dzogchen—then we have to ask the question: Are those same teachings that have worked for the Tibetans equally effective for Westerners? Do we now have Western adepts comparable to the twenty-five principal disciples of Padmasambhava?

Insofar as Tibetan lamas find that their Western disciples, apparently engaging in the same practices as their Tibetan disciples, are not gaining comparable realization, then one has to ask a number of questions, namely: How do these teachings and practices need to be modified in their format, in their sequence, in their context? To what extent do the theories need to come into dialog with Western worldviews? This is something relatively few Tibetan lamas are doing to any significant extent—drawing the presentation of Buddhist views, meditation, and way of life into dialog with Western scientific, religious, and philosophical views, values, ways of life.

We do have a civilization here after all. And to come over here as if we had no civilization at all, as if one were simply dropping the teachings into a cultural *tabula rasa*, is not reasonable. That is the other extreme, whose proponents declare, "We have the pure teachings!" and don't even notice whether those so-called "pure teachings" are really producing good results, or whether they're just producing a lot of fundamentalists who are rigid, arrogant, and elitist, declaring, "We have the only way!" To the extent that that's what's happening in the West, this seems to me like a very quick way to turn Buddhism into a museum piece or worse.

(Continued on page 20)

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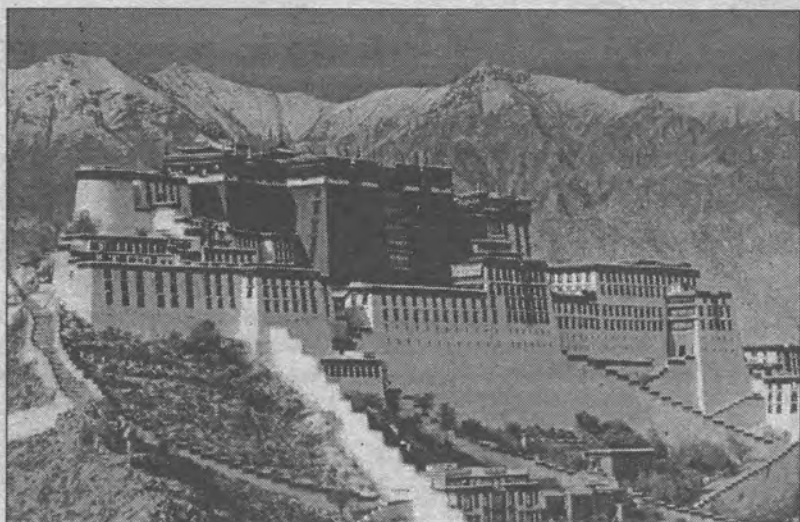
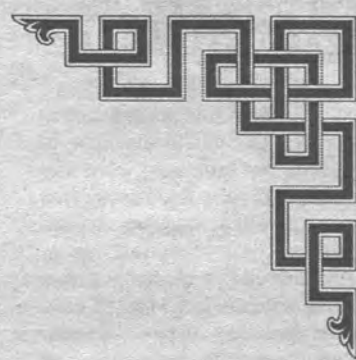
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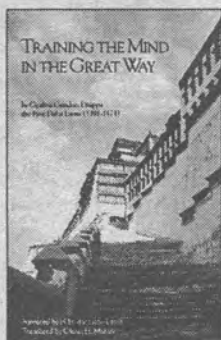
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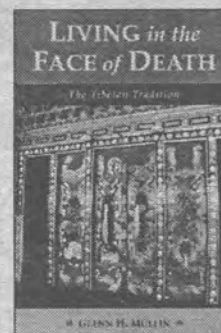
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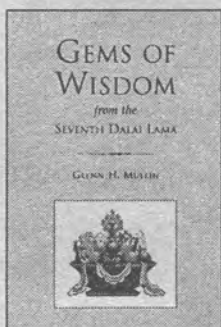
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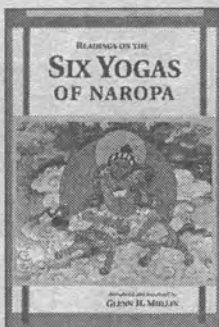
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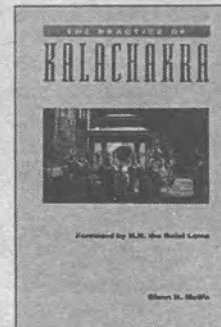
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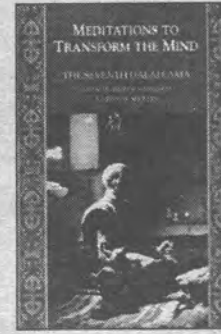
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TIBETAN BUDDHISM IN THE WEST: IS IT WORKING?

Continued from page 17

Those are the two extremes. What's in between, then? I think there's a solution, and that is in close and respectful dialog with Tibetan adepts—Tibetan lamas, scholars, contemplatives, and so forth. If they don't already know the West, try to inform them of where they're coming to, and what kind of world views and values and way of life are considered the norm here. And where there's resistance to receiving traditional Tibetan teachings, try to understand why there's resistance, whether those teachings can be modified, or whether Westerners need some preliminary teachings prior to engaging in the more traditional teachings. Really bring in a lot of creativity.

Prior to the radical transformation caused by the Chinese invasion in 1949, changes in Tibetan society took place at a far slower pace than that of the modern West. They had a spiritual tradition that was turning out a significant number of accomplished contemplatives and scholars, so there was no need to be terribly innovative. In that situation you would emphasize preservation of the tradition rather than ingenuity. But now, when the social context is changing so dramatically and rapidly for Tibetans living in Asia, let alone for Buddhism in the West, there needs to be far more of a balance between preservation and intelligent adaptation. This is a time for close and respectful dialog between Tibetans and Westerners.

BH: *Are Tibetan lamas in the West talking about this, asking questions about how effective their teachings have been?*

AW: I'm sure there must be individual teachers, both Tibetan lamas as well as Western Buddhist teachers, who are paying attention to this. But I haven't heard it very widely discussed. And in a way it's a little bit of a delicate topic. If students are not deriving deep benefits from their Buddhist practice as taught to them according to Tibetan tradition, they are often told simply that the defect is in them and not in the teachings, which are pure and infallible. The alternative is not to conclude that the Buddhadharma is defective, but to ask: Within the vast range of practices taught by the Buddha and later Indian and Tibetan adepts, which ones and which sequence of practices might be especially emphasized for Western students so that they are of optimal benefit?

To pursue this question we need to reintroduce a strong element of empiricism and pragmatism, which is perfectly consonant with the Buddha's own teachings. And that is: What really helps to purify your mind so that your mental afflictions are attenuated, you find greater contentment, greater serenity, greater wisdom, and greater compassion? What really works?

BH: *Regarding an East-West dialog that might bridge these gaps and extremes you mention, aren't the Mind and Life Conferences, in which H.H. Dalai Lama and a few other lamas have engaged with eminent Western scientists and philosophers, a good avenue for Tibetans to learn about the Western mind and cultural context?* [Note: these conferences have been on-going, semi-annually since 1987.]

AW: Yes, they are! In these conferences, in which I've had the privilege of serving as interpreter, we engage with some of the finest scientists and scholars the West has to offer. Reading the proceedings of these meetings is one way for Tibetans to learn some of the finer, intellectually challenging, interesting, and informative aspects not only of the Western mind but Western mind discoveries. Out of these conferences came an initiative to start science education in Buddhist monasteries in the south of India, which is now going on. Reading about these conferences is also

an excellent opportunity not only for Westerners to learn about some of the more subtle, profound aspects of Tibetan Buddhism, but also for Tibetan lamas and other Tibetans to learn about what's going on in the West.

I think this is extremely important for younger Asian Buddhists—not only in Tibet, but Tibetans in diaspora and Mongolians and other Buddhists everywhere. Buddhism is right now in a great danger of being viewed by the younger generation as something antiquated, unrealistic, and impractical. Buddhism is too rich to be discarded like that in one generation.

BH: *You once said that it is essential for the health of a religion, Buddhism especially, to continually produce professional contemplatives—those totally dedicated to the contemplative life. Why is this important?*

AW: The Dalai Lama commented on one occasion that in Buddhism, extraordinary claims are made about the potentials of human consciousness, about accomplishments that have been made by contemplatives in the past—including the achievement of shamatha, vipashyana, bodhichitta, deep insights into Mahamudra and Dzogchen, and wide range of mundane siddhis, and ultimately enlightenment itself—the "great siddhi." The Dalai Lama likened such accounts to paper currency, which is worth something if people are confident there's a gold standard behind it. The "gold standard" of the paper currency of such Buddhist claims is people in the present generation achieving similar states of realization.

Even if there is only one-tenth of one percent of the Buddhist population who gains such profound realization, this means you have at least a few individuals in each generation who have achieved the gold standard for the teachings. Well, if you've got a half-dozen people in a Buddhist community at any one time who can walk through walls, fly, levitate, and then when they die they go out with a rainbow body, that's pretty compelling! So if we are going to arouse our inspiration to accomplish this, we need people who are living examples. We don't have many examples of Westerners—and one can ask if there are any at all—who have achieved some of these very high states of realization. And as the older lamas are passing away, one can ask whether there are now Asian contemplatives who have achieved those states of realization. If not, our paper currency is going to look more and more like Confederate currency.

To maintain the integrity of the Buddhist teachings we need both professional scholars and contemplatives—those who are devoting themselves full-time, with pure motivation, to sustained study and meditative practice. Not just for months at a time, but for life. And the Buddhist lay public needs to dedicate itself to supporting monks, nuns, and serious lay practitioners who are willing to make such a commitment. This has been a key element to Buddhism flourishing in Asia, and it's a mistake to think that it will flourish in the West without similar commitment on the part of teachers, students, and the Buddhist community at large. ■

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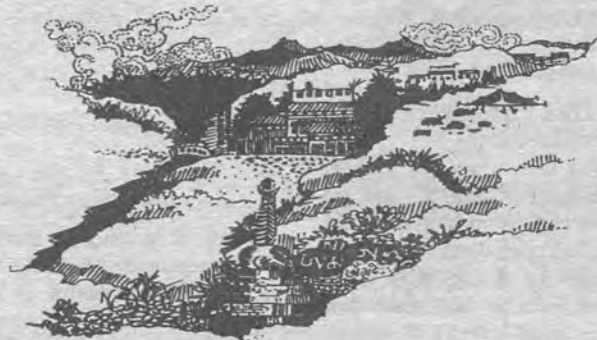
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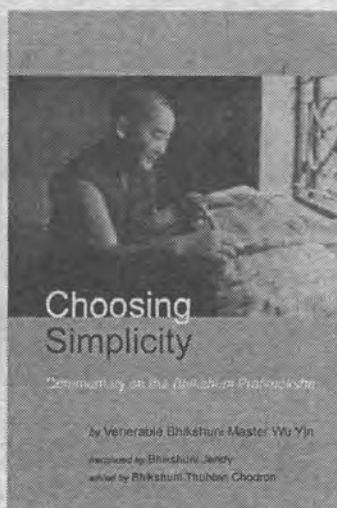
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VENERABLE WU YIN is a Chinese bhikshuni (fully ordained Buddhist nun) from Taiwan. She was born in 1940, received her novice vows in 1958 and her bhikshuni vows in 1960.



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THE BODHISATTVA VOW



An Oral Teaching by Geshe Sonam Rinchen
Translated and edited by Ruth Sonam



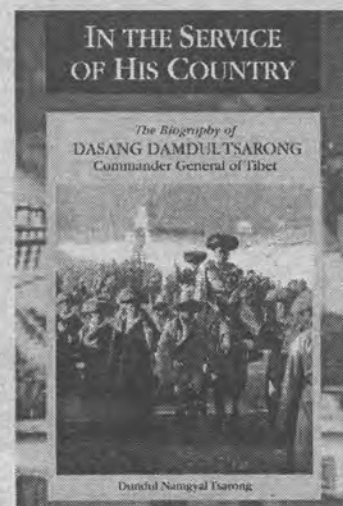
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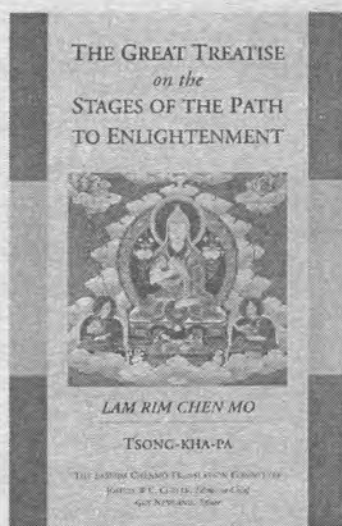
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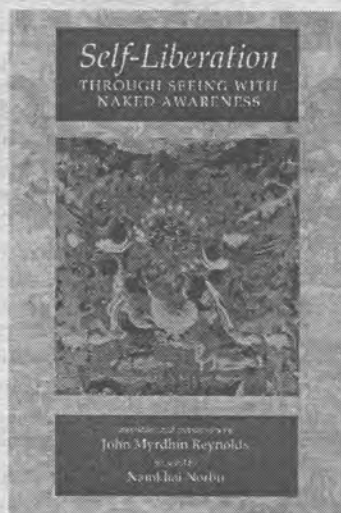
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"If you understand intrinsic awareness, all of your merits and sins will be liberated into their own condition.... If he practices, then even a cowherd can realize liberation."

JOHN MYRDHIN REYNOLDS (Vajranatha) is a writer, teacher, translator, and scholar/practitioner of Tibetan Buddhism. He was trained and ordained as a Tantric Yogi, or Ngagpa, in the Nyingmapa tradition of Tibetan Buddhism. He has taught widely in the United States and Europe. He is also the author of *The Golden Letters*.



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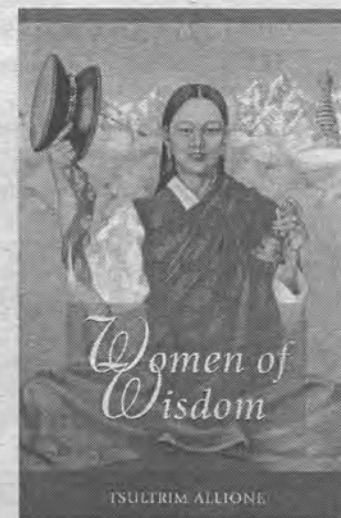
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Tsultrim Allione is one of the most widely known contemporary Western women teachers of Buddhism. She received her master's degree from Antioch University in Buddhism/Women's Studies and was among the first Western women ordained as a Tibetan Buddhist nun. She has been a practicing Buddhist for over thirty years and has taught throughout the world, making great efforts to create teaching methods which facilitate the Western understanding of Buddhism.

She is founder and director of Tara Mandala, a retreat center in Pagosa Springs, Colorado, that has been described as one of the most dynamic new Buddhist centers in North America.

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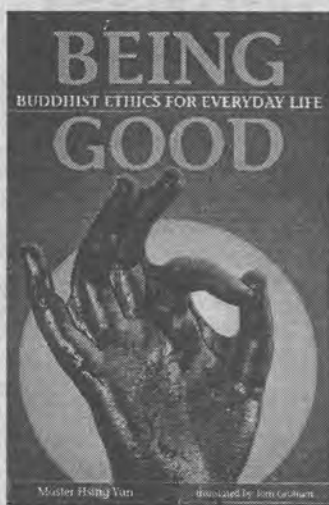
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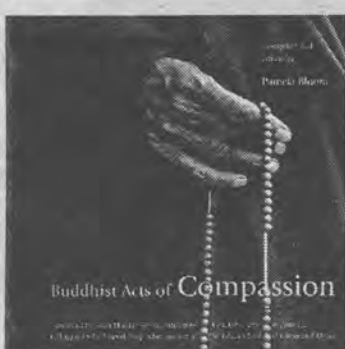


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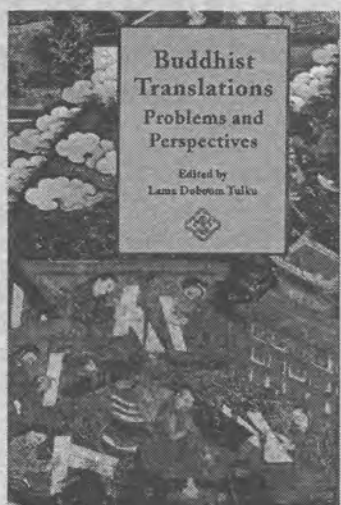
The aim of this book is simple: to invite readers to consider what it means to lead a good life and to offer practical advice, based on Buddha's teachings, as to how this can be accomplished. In each of 30 essays Master Hsing Yun, the leading Buddhist teacher from Taiwan, treats a specific moral or ethical issue. The Buddhist precepts are introduced as guideposts along this path of liberation and developing our innate goodness.



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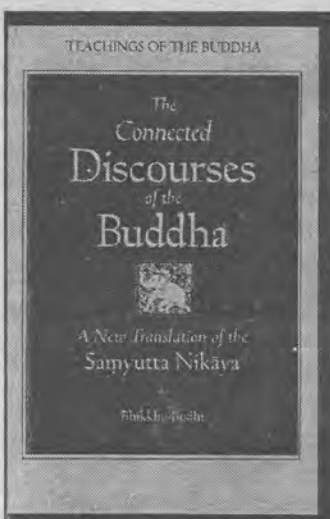
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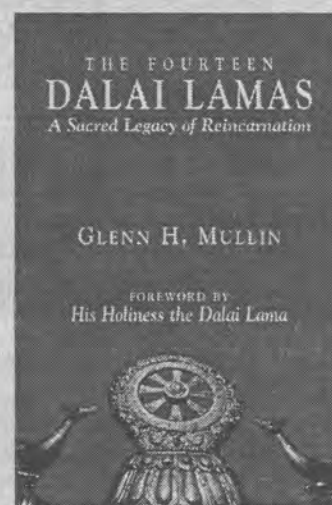
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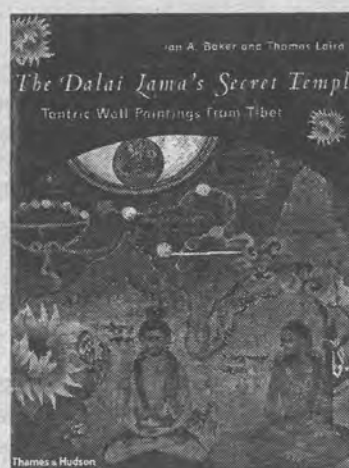
This book blends history, spiritual teachings, and the personal experience and accomplishments of the Dalai Lamas of Tibet. Here are the life stories of all 14 Dalai Lamas including excerpts from their teachings, poetry, and other writings. For almost six centuries, the Dalai Lamas have served as the Tibetans' spiritual leader and often secular leader, but each has been a unique individual with different abilities and temperament.



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by Ian Baker, photos by Thomas Laird, intro. by H.H. the Dalai Lama. 10 x 13", 216 pp., 188 illus., 150 in color, cloth. #DALATE \$65

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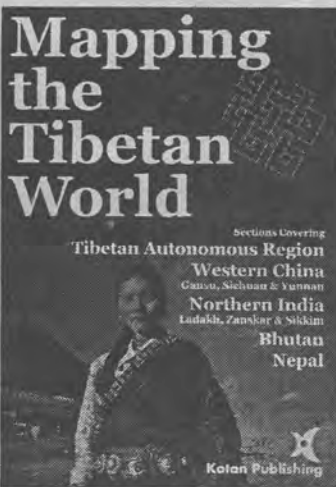
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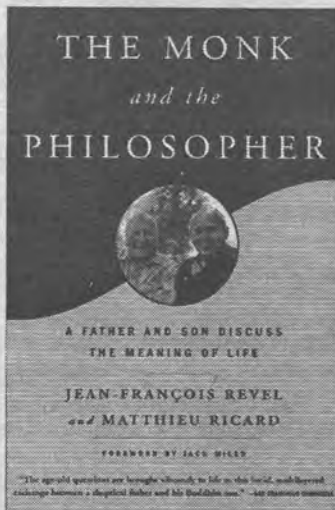
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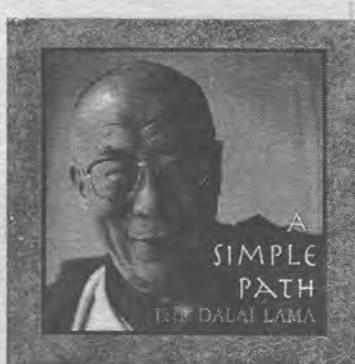
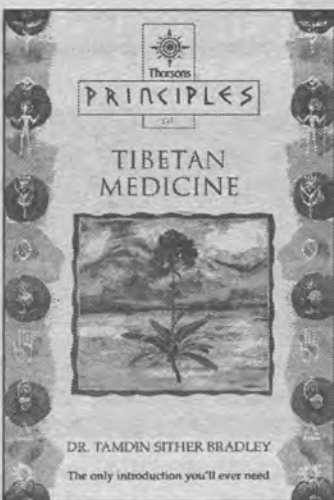
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SO CLOSE TO HEAVEN: The Vanishing Buddhist Kingdoms of the Himalayas

by Barbara Crossette. 297 pp., b&w photos, maps. #SOCLHE \$13

"There is no other full-length contemporary American account of this likable and largely unvisited kingdom.... Crossette unravels the intricacies of Buddhism with considerable clarity."—NY Times Book Review.

Bhutan is the only Tibetan Buddhist country that has been untouched by modern life. The author penetrates many recesses of this country and shares them in this colorful book.



A SIMPLE PATH: Basic Buddhist Teachings by His Holiness the Dalai Lama

by His Holiness, the Dalai Lama. 176 pp., 7 x 7", 93 color photos. #SIPA \$19.95

His Holiness' teachings on the Four Noble Truths are here presented in a beautiful photo book format at a very reasonable price. His Holiness' words inspire us to embrace the way of compassion, love, and peace in our lives and help us find a deeper satisfaction and fulfillment every day.



SONGS OF SPIRITUAL EXPERIENCE: Tibetan Buddhist Poems of Insight and Awakening

selected and translated by Thupten Jinpa & Jas Elsner, fore. by the Dalai Lama. 239 pp., glossary, notes, cloth. #SOSPEX \$25

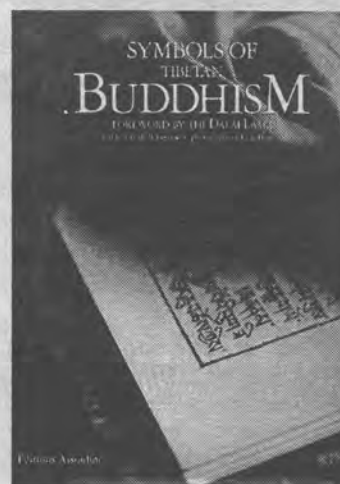
Contains original translations of 52 poems by well-known Tibetan teachers, a lengthy introduction about the role of poetry in Tibetan Buddhism, and a glossary with commentary on the poems and brief biographies of the authors. Jinpa is the well-known translator for the Dalai Lama.



THE SPIRIT OF TIBET: The Life and world of Khyentse Rinpoche, Spiritual Teacher

by Matthieu Ricard. 144 pp., 130 color photos, 9.5 x 11.5". #JOEN \$29.95

The Journey to Enlightenment is now in paperback with this new title. Matthieu's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's writings comprise this personal study of a grand teacher of Tibetan Buddhism, his world and its spirit.



SYMBOLS OF TIBETAN BUDDHISM

by Claude B. Levenson, photos by Laziz Hamani, fore. by H.H. the Dalai Lama. 128 pp., 9 x 12", 70 color photos. #SYTIBU \$40

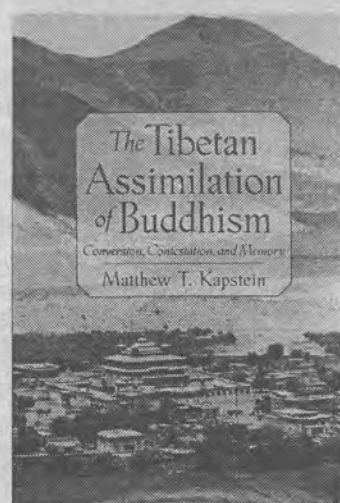
"Tibetan Buddhism is a tradition rich in symbolism. Not only do we have a multiplicity of symbols, but many of them have many layers of meaning. I feel sure that this beautifully presented book, displaying the wealth of symbolism of Tibetan Buddhism, will deepen appreciation of our culture."—The Dalai Lama

Many symbolic ritual items are presented here, illustrated with full page photos.

TANTRA IN PRACTICE

ed. by David Gordon White. 640 pp. #TAPR \$19.95

Tantra is an Asian body of philosophy and practices that seeks to channel in liberating ways the divine energy that grounds the universe. The wide geographical and temporal scope of Tantra is examined in 36 texts from Tibet, Nepal, India, Japan, and China, which represent the full spectrum of Tantric experience—Buddhist, Hindu, Jain and even Islamic.



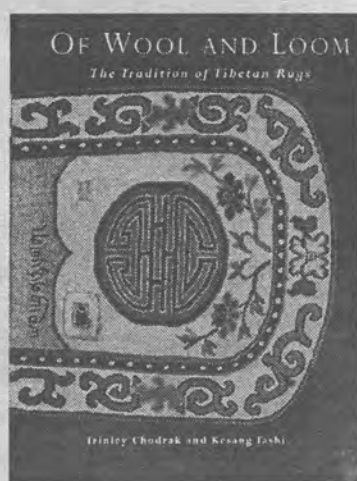
THE TIBETAN ASSIMILATION OF BUDDHISM: Conversion, contestation, and Memory

by Matthew T. Kapstein. 316 pp., 14 b&w photos, glossary, biblio., index, cloth. #TIASBU \$55

Explores the manner in which Buddhism penetrated Tibetan religious thought and became a core component of Tibetan identity. Kapstein examines Tibet's eighth-century conversion to Buddhism, the tensions that arose from competing lines of transmission and interpretation, and the continuing revelation of Buddhist teaching in the myths and doctrines of the ancient Nyingmapa school.

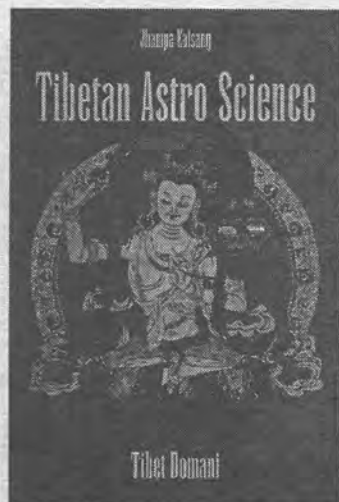
OF WOOL AND LOOM: The Tradition of Tibetan Rugs

by Trinley Chodrak and Kesang Tashi. 160 pp., 9 x 11", 155 color photos. #OFWOLO \$40



The first overview of the Tibetan rug-making tradition to be written by Tibetan authorities. There is a history of Tibetan carpet and textile weaving from its earliest origins to the present. It has an insider's account of the arduous process required to learn the craft from apprentice to master weaver. The many uses of Tibetan rugs are illustrated. Many beautiful designs are shown—a rug feast!

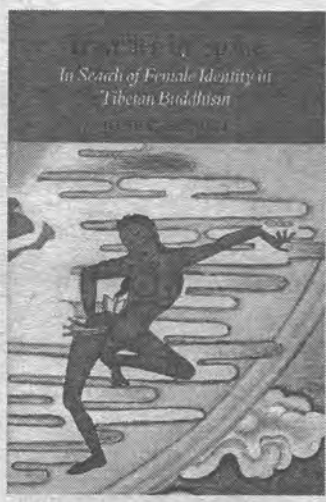




TIBETAN ASTRO SCIENCE
by Jhampa Kalsang, astrology paintings by Buchung Tsering, fore. By Prof. Robert Thurman. 148 pp., 10 x 14", over 80 color illus., cloth, 2 astrology decks of 82 cards, astrology multi-layered wheel. #TIASSC \$100

This excellent introduction to Tibetan astrology is fun to learn and use. The book, card decks and wheel provide the tools needed to explore this ancient system. In part one the Bon, Chinese and Indian contributions are presented as well as the Kalachakra Tantra astrological system, the inter-relationship of Tibetan medicine as astro-sciences and the role of the Tibetan astro-practitioner. In part two you learn the preliminaries of Elemental astrology and part three teaches the sixty-year animal cycle, how to interpret the yearly horoscope, marriage compatibility horoscope, birth parkha (eight trigram), and birth mewa (nine magic square numbers). Part four explains the astro-wheel and cards.

"Jhampa Kalsang's work proves to be extremely informative and eminently useful in presenting an overview of the tradition as well as making some of its most popular uses understandable to the lay person."—ROBERT THURMAN



TRAVELLER IN SPACE: In Search of Female Identity in Tibetan Buddhism
by June Campbell. 225 pp., cloth. #TRSP \$27.50

A cross-cultural study of the significance of the female in the philosophy and symbolism of Tibetan Buddhism. Campbell looks at the historical context of archaic images of the female and takes a psychoanalytical perspective on the philosophy surrounding the dakini. Important questions are raised concerning the meaning and relevance of the secret sexual practices of Tibetan Tantra, and the issues of power and authority as they relate to the potential subjectivity of women today.



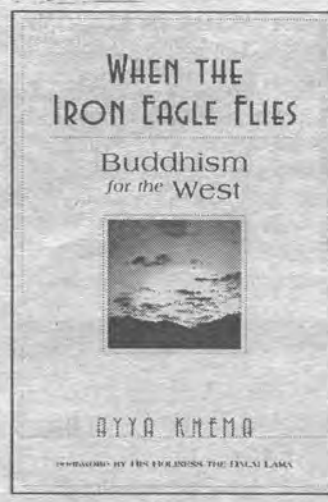
THE WHEEL OF GREAT COMPASSION: The Practice of the Prayer Wheel in Tibetan Buddhism
Compiled & ed. by Lorne Ladner. 168 pp., 10 color, 20 b&w illus., diagrams. #WHGRCO \$19.95

The first book to provide a complete understanding of the prayer wheel—an ancient and mystical practice that has been popular with Tibetan Buddhists for its ability to bless the environment, promote healing, increase compassion, and assist practitioners on their journeys to enlightenment. Offers a description of prayer wheel construction and practice with commentaries by lamas.

TURNING TOWARDS LIBERATION: The Four Reminders

by Dzogchen Ponlop Rinpoche. 53 pp., pocket size. #TUTOLI \$10

The precious human birth, impermanence, karma, shortcomings of samsara—these are the four reminders that turn the mind toward the dharma. To contemplate them deeply is to set one's feet firmly on the path to enlightenment.



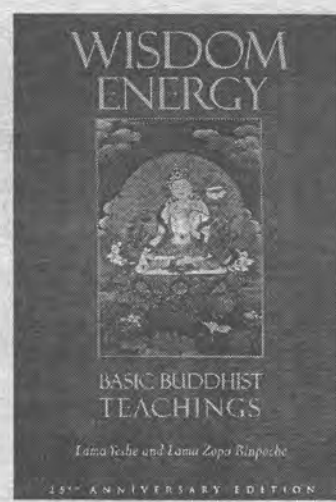
WHEN THE IRON EAGLE FLIES: Buddhism for the West
by Ayya Khema, fore. by H.H. the Dalai Lama. 224 pp. #WHIREA \$16.95

This is a meditation course containing a wealth of exercises and advice. Grounding her teaching in our everyday experiences, Ayya Khema shows how to gain access to higher realization and liberation.

"One of the best Western exponents of the Buddhist path. In disarmingly practical language, Ayya Khema teaches us that true practice is getting the tiny details of life right."—Amazon.com

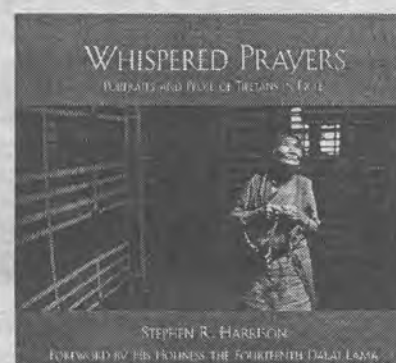
WHISPERED PRAYERS: Portraits and Prose of Tibetans in Exile
by Stephen Harrison, fore. by H.H. the Dalai Lama. 168 pp., 9 x 12", 92 photos. #WHPR \$59.95

Harrison photographed life among the Tibetans with a large format camera. From his interviews with these refugees, riveting tales of extraordinary journeys are skillfully interwoven with their personal revelations. One by one, individuals unfold their inner lives—reminding the reader that life can be difficult and that humility and courageousness are essential attributes worthy of admiration.

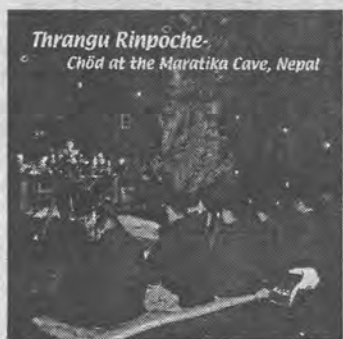


WISDOM ENERGY: Basic Buddhist Teachings 25th Anniversary Edition
by Lama Yeshe & Lama Zopa Rinpoche, ed. by Jonathan Landau with Alexander Berzin. 160 pp. #WIEN \$14.95

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. It preserves the power, humor, and directness of the lamas' first teaching tour of N. America in 1974.



MUSIC & CHANTS



CHÖD AT THE MARATIKA CAVE, NEPAL
by Thrangu Rinpoche. 62 min. CD. #CHMACA \$20

"Chöd is for cutting through obstacles. The sounds of the chanting and instruments, such as on this CD, can give blessings and a feeling of peace to the listener and this is very good."—Ven. Thrangu Rinpoche. Recorded in the lower cave of Guru Rinpoche in eastern Nepal.



GOLDEN BOWLS OF COMPASSION
by Karma Moffett. 60 min. CD. #GOBOCO \$16

This stereo recording incorporates the sounds of 22 singing bowls.



MAHAKALA: Puja with H.H. the 17th Gyalwa Karmapa
by H.H. the 17th Gyalwa Karmapa, music by Sina Vodjani. 73 min. CD, booklet with color photos. #MACD \$20

Every day in the late afternoon a puja (offering ceremony) for the Dharma Protectors is celebrated in the monasteries and retreat places. The most popular protector is Mahakala who protects the tantric practitioner from his or her own obscurations—greed, aggression and ignorance. This puja is led by the 17th Karmapa. Sina Vodjani has created a musical environment that enhances the sounds of the chant which took place in Tsurphu Monastery in 1996.



MEDICINE BUDDHA
by Khenpo Konchog Gyaltsen Rinpoche. 60 min. #MEBUCD \$16

Medicine Buddha, a vajrayana mantra to strengthen and renew caregivers, is sung by Khenpo Konchog Gyaltsen Rinpoche, Abbot for the Drikung Kagyu lineage of Tibetan Buddhism. Of the two versions included on this album, the first half-hour features his simple unaccompanied voice and the second half-hour is Khenpo Gyaltsen's voice accompanied by harmonic drones and keyboard. Tadyatha Om Bhekhaze Bhekhaze Maha Bhekhaze Raza Ramungate Svaha.

NAMDRÜK, THE SKY DRAGON: A Collection of Prayers and Mantras Recited by the Great Dragon
by H.H. the Twelfth Gyalwang Drukpa. Double CD, 85 min. #NASKCD \$20

Contains: The Seven Line Prayer of Guru Padmasambhava, refuge & bodhicitta, Amitabha mantra, Chenrezig prayer, Mani mantra, Praise to the Twenty-One Taras, Green Tara mantra, Vajra Guru mantra, Vajrasattva mantra, Yellow Jambhala Mantra, and much more.

RIISING SUN OF NANGCHEN: Tibetan Folk Songs

sung by the people of Nangchen. 33 selections on 6 tracks. CD. #RISUCD \$17

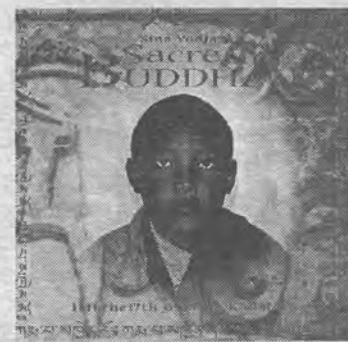
These authentic Tibetan folk songs evoke the buoyant spirit of old Tibet—a spirit that delights in the beauty of the natural environment and the intimate connection between the inner spirit and the outer world.

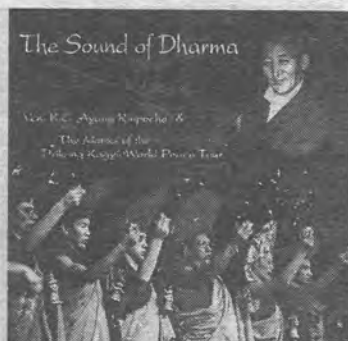
SACRED BUDDHA
music by Sina Vodjani. 60 min. CD, booklet contains photos. #SABUCD \$20

This selection of 11 sacred Tibetan prayers, mantras and sacred songs are composed by Sina Vodjani and includes the voice of H.H. the 17th Karmapa and others. There are prayers to Karmapa, Milarepa, Dorje Chang, Mahakala, mantras of Chenrezig, and Tara, song to the four immeasurables.

SACRED DRUM OF TIBET: Chöd, Cutting through Ego
by monks and nuns of Nangchen, Kham. CD. #SADRCD \$17

Traditionally practiced in charnel grounds by wandering yogis, Chöd is a sacred meditation that dissolves fear and ego-clinging into the expanse of luminous awareness. Also included is the *Eight Verses of Auspiciousness*, a traditional prayer for the removal of obstacles and the accomplishment of one's aspirations, chanted by Ven. Lama Norlha and the monks of Korche Monastery.





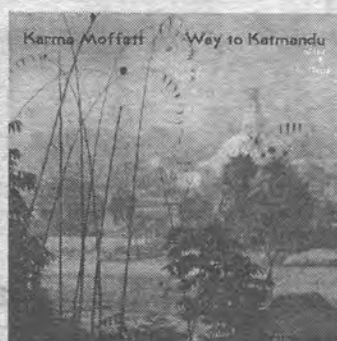
THE SOUND OF DHARMA
Ven. D.C. Ayang Rinpoche & the monks of the Drikung Kagyu World Peace Tour, 1999. 72 min. CD. #SODHCD \$18

Recorded in Germany, this CD offers many traditional chants and the booklet offers explanations for each. Included are: prayers to Milarepa, lineage lamas, Guru Padmasambhava; mantras of Vajra Guru, Amitabha, Chenrezig; also the Heart Sutra!



THE VAJRA SONGS OF THE GREAT DAGPO KAGYUD LINEAGE
by Ven. Minam Rinpoche. 35 min., CD. #VASOCD \$13

Contains supplication to Lineage Guru, Vajra Guru Mantra and long life prayers for H.H. the Twelfth Gyalwang Drukpa. Helps support Drukpa Kargyud Nangchen Wamlung Monastery.



WAY TO KATHMANDU: SITAR AND RHYTHM
by Karma Moffett. 60 min. CD. #WAKACD \$16

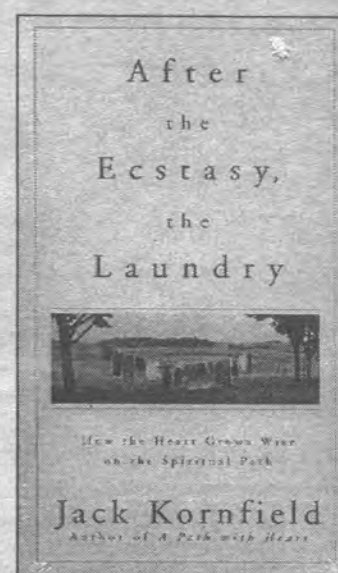
Karma takes you into the valley of Kathmandu. Floating with exhilarating music of the sitar and drums.



AFTER THE ECSTASY, THE LAUNDRY: How the Heart Grows Wise on the Spiritual Path

by Jack Kornfield
6 cassettes. #AFEC \$29.95

Perfect enlightenment appears in many texts, but how is it viewed among Western teachers and practitioners? Kornfield spoke with more than one hundred Zen masters, rabbis, nuns, lamas, monks and senior meditation students from all walks of life. The result is this extraordinary look at the hard work we all must do—our laundry—no matter how often we experience ecstatic states of consciousness.

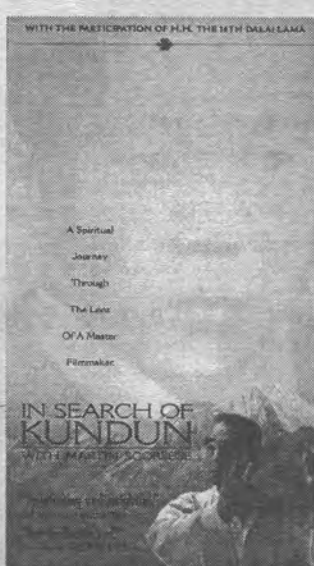


NEW VIDEOS

IN SEARCH OF KUNDUN with Martin Scorsese

84 min. video. #INSEKU \$24.95

More than a movie about a movie, In Search of Kundun documents the unique encounter of director Martin Scorsese with the Tibetan people and the 14th Dalai Lama. The film blends intimate segments of the behind-the-scenes filmmaking process with rare archival footage of Tibet and interviews with the Tibetan cast members who convey their real life experience. It is a spiritual and emotional journey as Scorsese recreates the vanishing culture and the Dalai Lama reminisces about the events of his youth, the plight of his nation and his hopes for a more humanistic future.



THE FOUR DHARMAS OF GAMPOPA

by H.E. Tai Situ Rinpoche. 3 video tapes. #FODHGA \$70

Rinpoche gives a commentary on a text by Gampopa. Turning the mind to Dharma begins with taking refuge in Buddha, Dharma, and Sangha. To make sure one's practice does not deviate from the path, it is important to practice bodhicitta, the mind of loving-kindness and compassion. Proper practice will clear up delusions leading to the recognition of primordial wisdom, symbolized by Vajradhara.



OVERCOMING THE FEAR OF DYING

by H.E. Tai Situ Rinpoche. 3 video cassettes. #OVFEDY \$70

Rinpoche discusses death and the bardo to liberate us from our fear of dying and shows how a natural death is a sacred event. He presents the view, meditation and action of the bardo practice, including an understanding of the two truths. He gives specific practices related to the bardo, such as meditating on the illusory body when awake and meditating on dream yoga during sleep.

NEW DHARMA ITEMS



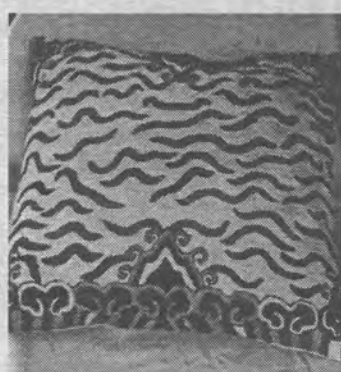
DALAI LAMA IN ARIZONA
by Kathryn Bacher. #DALAAR \$16

The Dalai Lama is standing in front of a saguaro cactus. Comes in photo folder which serves as a frame and protection when traveling.



H.H. the 17th KARMAPA
6 x 8". #KAPH \$8

This is a recent photo of His Holiness the 17th Gyalwa Karmapa. Very striking and inspiring.



TIBETAN TIGER PILLOW
18" square, stuffed. #PICOTI \$57

Traditional tiger design, chain stitch pillow, comes ready-to-use. Each hand-stitched wool cover is backed with heavy cotton and has hand-carved buttons for an artful closure.



TIBETAN CYMBALS

12" Ritual cymbals. #RICY \$210

We have various sets of Tibetan ritual cymbals. They are beautifully made with pads and covers. Call to check availability.

TIBETAN CYMBALS

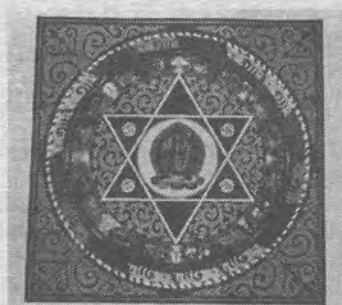
11" Ritual cymbals. #RICYSM \$200

We have various sets of Tibetan ritual cymbals. They are beautifully made with pads and covers. Call to check availability.

TIBETAN CYMBALS

13" Wrathful deity cymbals. #WRDECY \$225

We have various sets of Tibetan ritual cymbals. They are beautifully made with pads and covers. Call to check availability.



VAJRAYOGINI MANDALA
by Andy Weber. 18" square, fine art paper. #VAYOMA \$65

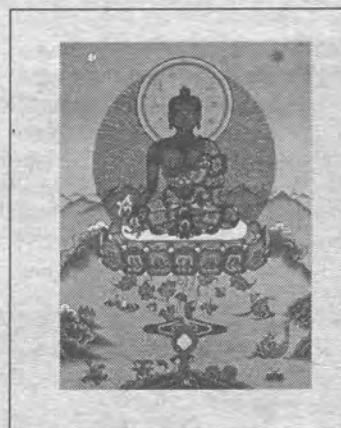
The mandala of Vajrayogini has a six pointed star with bliss whirls. Andy Weber has produced a limited printing of this fine art mandala with description on the reverse.



EIGHT MEDICINE BUDDHAS

by Andy Weber. 6 x 8", fine art paper. #EIMEBU \$7.50

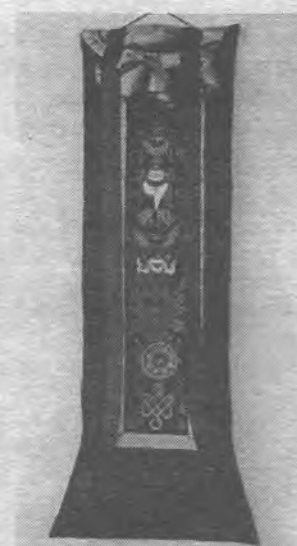
Contains the eight Medicine Buddhas and Buddha Shakyamuni with a description on the reverse of each of them.



MEDICINE BUDDHA

by Andy Weber. 6 x 8", fine art paper. #MEBUCA \$7.50

Attractive and colorful, this is an excellent painting of the Medicine Buddha. It has a description on the back.



EIGHT AUSPICIOUS SYMBOLS THANGKA

12 wide x 29" high. #EIAUTH \$55

The Eight Auspicious Symbols are hand painted and mounted thangka style to make a beautiful wall hanging.

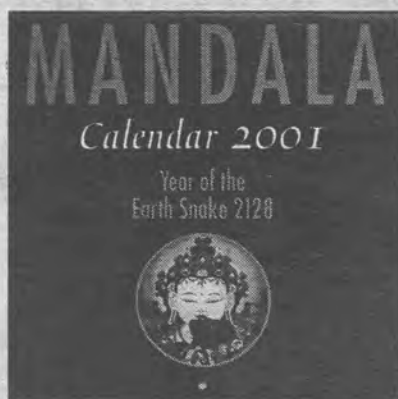


WOODEN PECHA HOLDERS
4 x 15". #WOPEHL \$40

The wooden frame, brocade, ties and cloth sides make this a very attractive item for holding sadhana and sacred texts.

WOODEN PECHA HOLDERS
4 x 12". #WOPEHS \$35

The wooden frame, brocade, ties and cloth sides make this a very attractive item for holding sadhana and sacred texts.



MANDALA CALENDAR 2001: Year of the Earth Snake 2128
by *Mandala Magazine*. 6.5 wide x 13" high. #MACA \$9

This elegant full color wall calendar includes the entire Tibetan lunar calendar and highlights: special days of Lord Buddha; birthdays and anniversaries of other holy beings; tsog days; monks & nuns' confession days; full and new moons; solar and lunar eclipses; inauspicious days for hanging

RIGPA CALENDAR 2001
by *Rigpa*. photos. #RIGPA \$10

This is the dharma pocket calendar classic with ritual days and Buddhist holidays, practice days, anniversaries as well as information on Tibetan Buddhism and photos of prominent lamas.



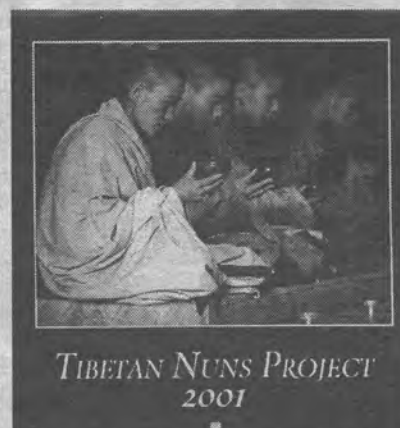
IN TIBET WALL CALENDAR
by *International Campaign for Tibet*. #INTICA \$12.00

The striking calendar includes a collection of images from renowned photographers including Galen Rowell, Ian Cummings, Alison Wright, and Sonam Zoksang. The magnificent images show the Real Tibet as it is today, from landscapes to monasteries to portraits to everyday Tibetan life.



TIBETAN ART CALENDAR 2001
by *Wolfgang Junemann & Dr. Andrea Loseries-Leick*. 16 wide x 24" high. #TIARCA \$28.95

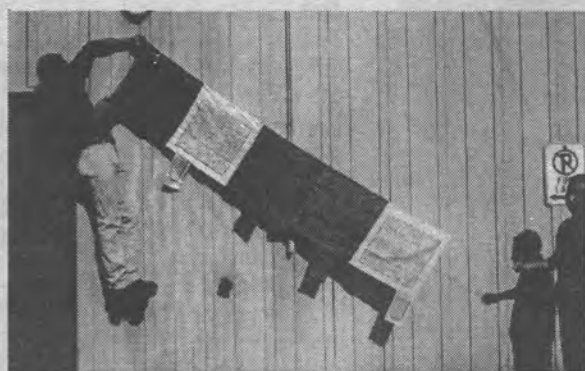
The annual large art calendar, this year featuring five beautiful mandalas as well as deities. It is like hanging a new thangka every month.



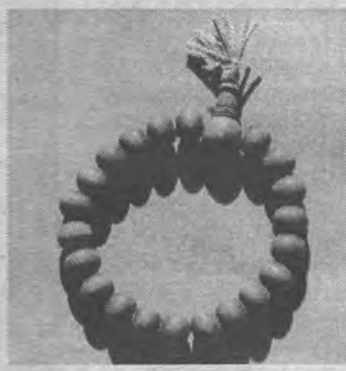
TIBETAN NUNS PROJECT CALENDAR 2001
by *Tibetan Nuns Project*. 6.5 wide x 13" high. #TINUDI \$10.00

Filled with beautiful color images of nuns and Tibetan daily life accompanied by insightful quotes for each month. Includes the full Tibetan lunar calendar with special ritual days for Tibetan Buddhist practice. Your purchase supports the Tibetan Nuns Project which provides fund for educating nuns in exile.

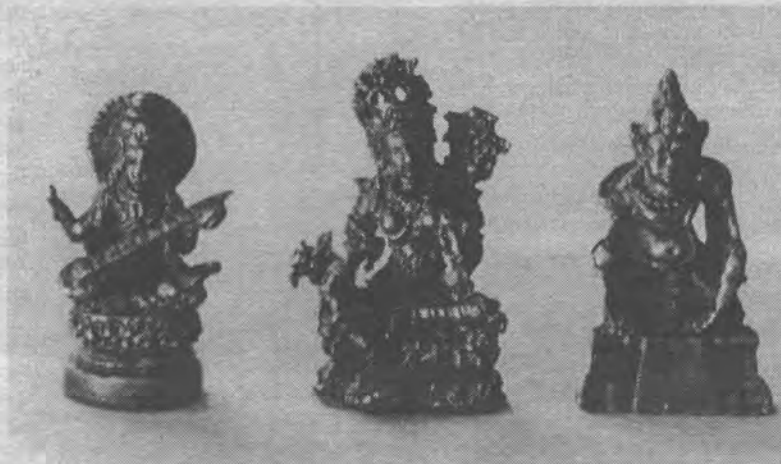
www.snowlionpub.com



WINDHORSE BANNER
70" long. #LAWIBA \$25
The windhorse and four protectors on a large banner.



REGULAR SANDALWOOD HAND MALA
#RGSABA \$7



SMALL STATUES

Sarasvati #MESA \$5

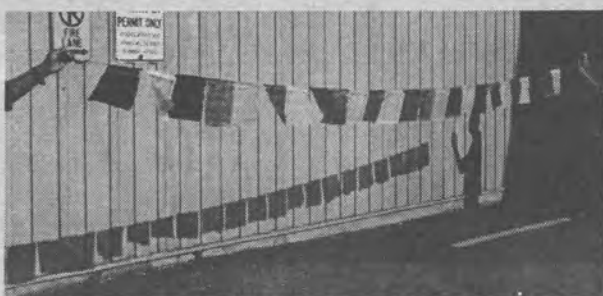
Dark metal statues with fine detail, measuring approx. 1.5" high and imported from Nepal. Ideal for small altars or discrete placement.

Green Tara #MEGRTA \$5

Dark metal statues with fine detail, measuring approx. 1.5" high and imported from Nepal. Ideal for small altars or discrete placement.

Jambhala #MEJA \$5

Dark metal statues with fine detail, measuring approx. 1.5" high and imported from Nepal. Ideal for small altars or discrete placement.



GURU RINPOCHE PRAYER FLAGS
8.5" flags, 5 different colors on string. #GURIPR \$7
A smaller set of prayer flags of Guru Rinpoche for smaller spaces.



RED SANDALWOOD HAND MALA
#RESABA \$7

TIBETAN DICTIONARIES AND STUDY AIDS

by *Tony Duff and The Padma Karpo Translation Committee*

The Illuminator Tibetan-English Electronic Dictionary

CD, #ILDI \$150

A modern Tibetan-English dictionary done using proper scholarly methods from Lotsawa Tony Duff. The dictionary comes with special software designed specifically for the purpose and complete set of high-quality Tibetan fonts. The dictionary itself has many special features and includes a range of terms not to be found in other dictionaries. It contains the complete verb listing from the Great Tibetan-Chinese Dictionary; the ancient glossary on old and new terms, The House of Claves; a very wide selection of grammar terms; extensive definitions of mahamudra and Dzogchen terms; etc. A complete listing of features and native sources included in the dictionary can be viewed at the Padma Karpo translation committee web site <http://www.tibet.dk/pkctc>. Windows only, sorry no Macintosh support.

The Sarat Chandra Das Tibetan-English Electronic Dictionary

CD, #DADI \$175

The most classic of Tibetan-English dictionaries in a fully edited edition from Lotsawa Tony Duff. The dictionary comes with special software designed specifically for the purpose and complete set of high-quality Tibetan fonts. The paper edition has a large amount of valuable terminology included but much of it is positioned under entries where it is not usually found. The electronic edition, edited carefully with proper scholarly methods, solves this problem and makes this dictionary extraordinarily valuable. More information about the dictionary and software can be viewed at the Padma Karpo Translation Committee web site <http://www.tibet.dk/pkctc>. Windows only, sorry no Macintosh support.

The Encyclopedia which is a Treasury of Knowledge

CD, #TRKN \$125

The encyclopedic work of Jamgon Kongtrul the Great containing complete definitions and expositions of all levels of the Buddha's dharma is now available in an electronic edition. All four volumes of the original come as one electronic book which can be read, printed, and/or searched with ease. The edition was typed from the original Palung blocks and thoroughly corrected. The text comes with special software designed for archiving and viewing Tibetan texts and a complete set of high-quality Tibetan fonts. The software can be used in conjunction with the Illuminator and Sarat Chandra Das dictionaries for immediate lookups of terms as you read. Other Tibetan texts in the same format available from Padma Karpo Translation Committee. Windows only, sorry no Macintosh support.

TibetDoc Word-processor

CD, #TIDO \$150

The first standalone Tibetan-script capable word-processor. TibetDoc types Tibetan/ English/ and Sanskrit diacriticals with ease. Tibetan spelling checker included. Imports files from WordPerfect for DOS containing Tibetan text perfectly. Export to RTF, Word, and WordPerfect. Comes with one standard Tibetan typeface—Tibetan Machine—and additional even higher-quality typefaces are available from Tibetan Computer Company. Works in conjunction with the above dictionaries and Tibetan texts. Quotes from the text and dictionaries can be cut and pasted into TibetDoc as you work. Complete on-line documentation, keyboard maps, etc. More information about the software and typefaces can be viewed at the Tibetan Computer Company web site <http://www.tibet.dk/tcc>. Windows only, sorry no Macintosh support.

Tibetan! 5 for Word

CD, #TI5 \$150

A complete system for typing Tibetan into Word for Windows. Includes keyboard program and a complete book on typing and using the product. Comes with one standard Tibetan typeface—Tibetan Machine—and additional even higher-quality typefaces are available from Tibetan Computer Company. Quotes from the text and dictionaries can be cut and pasted into Word as you work. Windows only, sorry no Macintosh support. More information about the software and typefaces can be viewed at the Tibetan Computer Company web site <http://www.tibet.dk/tcc>.

Win a FREE TRIP to Tibet and Nepal.
See page 18 for details.

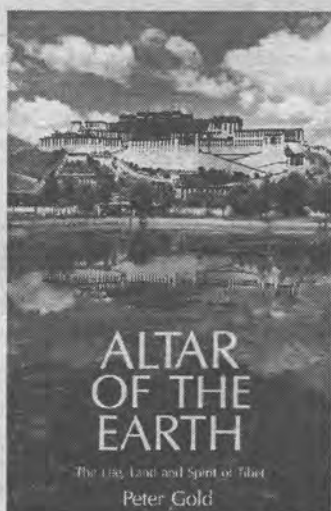


ALTAR OF THE EARTH

by Peter Gold. 222 pp., 22 color photos #ALEA \$14.95

Goes beyond guidebooks in providing an intimate and deep understanding of this exotic culture. Engagingly written with stunning color photographs that capture the magnificence of Central Tibet—its sacred and natural places and ways of life.

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



AMONG WARRIORS: A Martial Artist in Tibet

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

An aerospace scientist and third-degree black belt in karate, Pamela embarked on a rare journey to investigate warrior tribes in Kham in eastern Tibet. From Kumbum Monastery, to her final destination, Logan explores the physical and spiritual terrain and describes the challenges and rewards of her trek across Tibet by mountain bike, train, truck, horseback and foot.

THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos #ASJOTH \$15.95

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.

CIRCLING THE SACRED MOUNTAIN: A Spiritual Adventure Through the Himalayas

by Robert Thurman & Tad Wise. 384 pp., color photos #CISAMO \$25.95 cloth

It was a promise of transformation that inspired Robert Thurman, preeminent Buddhist scholar and teacher, to lead a group pilgrimage (with Tad Wise) on the trek of a lifetime—to circle Mount Kailash, the most magical place on earth where one's prayers are answered instantly. They recount their experience and counterpoint the inner teachings of Tibetan Buddhism with a magnificent description of a land of awesome beauty and unexpected hardships.

THE COMPLETE GUIDE TO BUDDHIST AMERICA

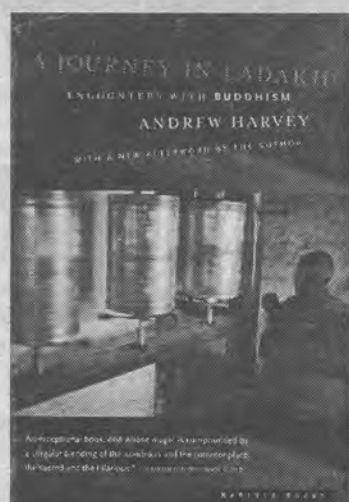
by Don Morreale, fore. by H.H. the Dalai Lama. 464 pp. 136 illus., 8 x 9, #COGU \$23.95

This is a completely revised and vastly expanded edition of Buddhist America. In addition to being thoroughly updated, this new edition contains more than twice the number of listings and articles.

INDIA: A Travel Survival Kit

by Crowther, Raj and Wheeler. 1139 pp., 205 maps, 224 color photos #INTRSU \$25.95

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.



A JOURNEY IN LADAKH: Encounters with Buddhism

by Andrew Harvey. 242 pp. #JOLAEN \$15

"An exceptional book, one whose magic is compounded by a singular blending of the wondrous and the commonplace, the sacred and the hilarious."—*Washington Post*

This is Harvey's spiritual pilgrimage and arduous journey to Ladakh, one of the most remote places in the world. Buddhists have meditated in the mountains of Ladakh since the 3rd century before Christ.

"One of the seminal works relating spirituality and landscape in Tibetan Buddhism. Harvey illumines, entertains, and informs."—ROBERT THURMAN

MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$8.95

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

MEETING THE BUDDHA: On Pilgrimage in Buddhist India

Ed. by Molly Emma Aitken. 370 pp., 38 photos and maps. #MEBUPI \$12

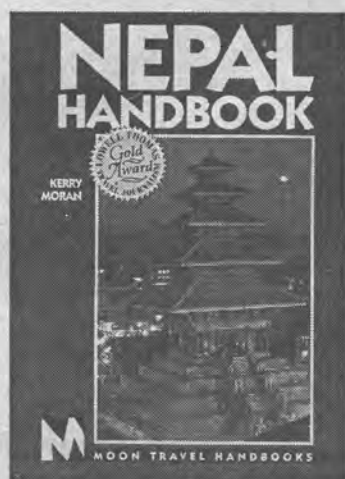
"Stimulates a renewal of faith in all who have made the Buddhist pilgrimage, and will immerse all who want to set out in the love and wisdom of the sages."—Andrew Harvey

The eight places of Buddhist pilgrimage, seen through the eyes of these marvelous writers, opens us to the special qualities of Buddha's life.

MONGOLIA: Travel Survival Kit

by Robert Storey. 232 pp., 16 pp. color #MON \$16.95

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, Ulan Bator, and the arid Gobi desert, and many other places.



NEPAL

by Kerry Moran. 280 pp., 64 color photos, 15 maps, #NE \$19.95

Kerry Moran is one of the most knowledgeable travel writers and trekking guides for Nepal. She offers the essential information on travel, visas, accommodation, health, food and bargaining as well as cultural and outdoor adventure opportunities. This is also a very interesting book on Nepal.

NEPAL HANDBOOK

by Kerry Moran. 472 pp. 51 maps, b&w photos, #NEHA \$18.95

This is a trekking guide covering major routes, trips off the beaten path, tips on culturally sensitive travel, information on elephant safaris, mountain biking, river rafting, day trips and wisdom on negotiating Kathmandu. Winner of Lowell Thomas Gold Award for Travel Journalism.

NEPAL: The Rough Guide

by David Reed. 400 pp., 56 maps, #NEROGU \$17.95

The most complete Nepal travel handbook, with up-to-date information and insights on all aspects of this tiny, rapidly changing kingdom. Includes: in-depth coverage of the sights, and comprehensive restaurant and accommodation listing for all price brackets; practical advice and information on trekking, rafting and mountain biking; all the information you need to get off the beaten track—to tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hilltop forts.

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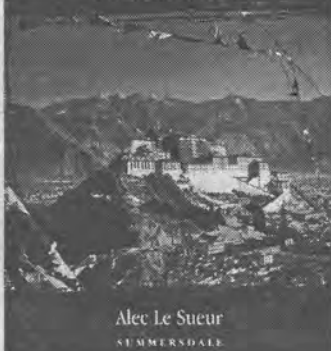
SEVEN YEARS IN TIBET

by Heinrich Harrer. 331 pp., 2 maps, 15 photos, #SEYETI \$13.95

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.

"It tells one of the grandest and most incredible adventure stories I have ever read."—*New York Times Book Review*

RUNNING A HOTEL ON THE ROOF OF THE WORLD



THE ROOF OF THE WORLD: Five Years in Tibet

by Alec Le Sueur. 255 pp., 15 color photos, #RUHORO \$12.99

"Fawlt Towers goes to Tibet."—*The Guardian*

Alec spent five years working as sales and marketing manager for the Holiday Inn in Lhasa and offers a highly amusing and politically enlightening account of his experiences. Le Sueur is the only foreigner since the days of Heinrich Harrer to spend so long in Tibet and he offers fascinating and humorous insights that only an insider can provide.

SKY BURIAL

by Blake Kerr, photos by John Ackerly, foreword by H.H. the Dalai Lama, intro. by Heinrich Harrer. 186 pp. #SKBU \$12.95

"Sky Burial is the distilled truth—alternately tragic, hilarious, and rousing—of two young Americans' exposure to the joyous spirit of the Tibetan people and their courageous struggle to survive under the brutal subjugation of Chinese communist rule. It is a vivid portrait of a critical moment in Tibet's modern history. An evocative, endearing, and invaluable book."—John Avedon, author of *In Exile from the Land of Snows*

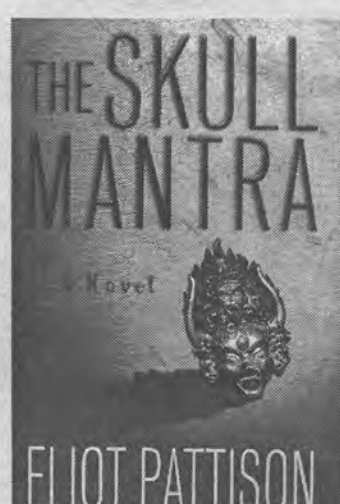
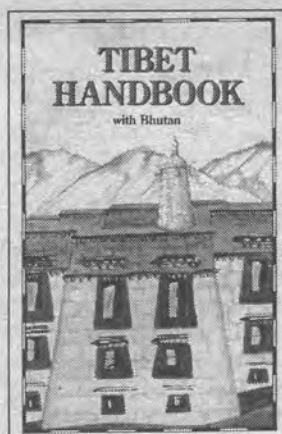
This a riveting, first-hand account by Blake Kerr, an American doctor who inadvertently walked into one of the grimmest scenes of political oppression in the world.

Kerr and his old college friend, John Ackerly had been enjoying the sights and sounds of Lhasa, the capital of Tibet, and hitch-hiking to Everest, where they "humped loads" for an American expedition assaulting the mountain. Upon returning to Lhasa, Kerr and Ackerly witnessed a series of demonstrations by Tibetan monks greater than anything witnessed by foreigners since China entered Tibet in 1949.

STILL IN SEARCH OF DHARMA: Indian and Ceylonese Travelers in Fifteenth Century Tibet

by Leonard W.J. van der Kuip. 192 pp. #STSEDH \$29.95

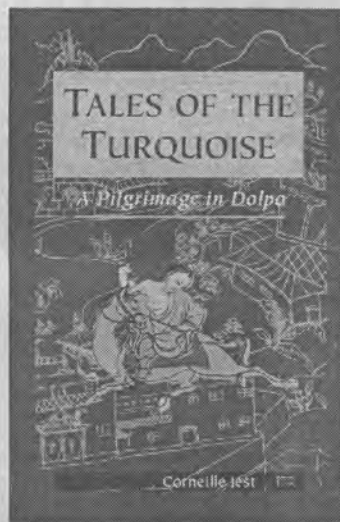
Using rare biographies and travelogues, van der Kuip tells how Indian and Tibetan texts and practices were exchanged through wanderers and travelers. He reconstructs the legacies of these travelers and explores the forms that Mahayana Buddhism took during its latest phase in the subcontinent.



THE SKULL MANTRA

by Eliot Pattison. 403 pp., cloth #SKMA \$24.95, on sale for \$17!

"Nothing that happens in life is random." When a headless corpse is found by a prison work gang on a windy Tibetan mountainside, veteran police inspector Shan Tao Yun might seem the perfect man to solve the crime—except he is in a Tibetan prison himself for offending the Party in Beijing. Set against the astonishing landscape of this beleaguered Himalayan country and the epic struggle of the Tibetan people, Shan's difficult and twisted journey to the truth becomes a passage through the many layers of tragedy inflicted by China on Tibet and its people. Good mystery reading.



TALES OF THE TURQUOISE:

A Pilgrimage in Dolpo

by Corneille Jest. 190 pp., line drawings, 2 maps #TATU \$12.95

In the early spring of 1961, Dr. Jest undertook a three-week circumambulation of the valley in the company of Tibetans, visiting temples, shrines and sacred mountains. His companion Karma, an elderly nomad from Western Tibet and a gifted story-teller, punctuated the journey with traditional tales and his own reflections.

Charmingly written, colorful and engaging, the narrative transports the reader to a world of Tibetan spirit in ways not readily accessible to outsiders.

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TIBET HANDBOOK with Bhutan

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

Full of authoritative details of the entire country including the far west, north and the eastern provinces of Kham and Amdo—not previously covered in other guidebooks. 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, for academic research and as tour guide.

TIBET: Nature-Culture-Religion, A Multimedia Adventure

CD #TINCR \$50
Containing 700 photos of Tibet, this CD is as much fun as it is informative. It covers the geology, geography, climate and flora and fauna of Tibet, the culture (dance, stories, language, traditional life, nomads, festivals, handicrafts), great places to travel and maps, a phrasebook, Buddhism of Tibet, and the history. Created by a team of designers in cooperation with Tibetans and Tibetologists, the proceeds support the Tadra Project for orphanages, schools and hospital in eastern Tibet and to the School for the Blind in Lhasa.

Lonely Planet Guide: TIBET

351 pp., 108 illus., 42 maps and many color photos. #TITRSU \$17.95
This larger edition (4th) of the excellent guide to Tibet has 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.

TIBET: Travel Adventure Guide

by Michael Buckley. 272 pp., 22 maps, 22 color photos, 10 b&w photos, #TITRAD \$17.95
Access to any kind of information—particularly maps—is severely restricted by a watchful Chinese regime. This guide concentrates on highly-detailed current maps, practical information, and details about temples and major sites. Has a large section on adventurous treks and high-altitude forays to Everest, Kailash, etc.

TIBET GUIDE

by Stephen Batchelor. 372 pp., 97 color plates, 43 line drawings, 25 b&w photos, 22 maps & diagrams, 3 tables, #TIGU \$24.95

This completely revised edition contains an illustrated iconography guide, a phrase book, and a glossary of terms. Lavishly illustrated with color photos, maps, monastery floor plans, and rare photos of historic places as they once were, *The Tibet Guide* provides answers to questions about travel logistics as well as explanations of the history, politics and Buddhist culture of Tibet.

"This is the one—a truly important, fascinating, and utterly indispensable guidebook of Tibet."—Richard Gere

TIBETAN PILGRIMAGE

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

Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging style and superb color photos, Peter brings us to 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 for the Kalachakra Initiation with the Dalai Lama.

TREKKING IN TIBET: A Traveler's Guide

by Gary McCue. 320 pp., 19 color photos, 65 b&w photos, 15 maps, 2nd ed. #TRTTR \$18.95

"Gary McCue is one of the most knowledgeable trekkers around. He loves the country and its people, he knows how to get there and what to do along the way. An absolute must for those who want to rediscover the exalted highland of Tibet."—Robert Thurman

"A comprehensive trekking guidebook."—David Breashears

MAP AND INDEX OF LHASA CITY

by Amnye Machen Institute, Centre for Occupied Tibet Studies. #MPINLH \$20

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 delineated with 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 late W.D. Shakabpa.

MAP OF TIBET

by Amnye Machen Institute #MATI \$12.95

This is a five color 39 x 27" map on Tibet has over 4,000 names of villages, cities, monasteries, counties, prefectures, provinces, lakes, rivers, roads, railways, airports and border crossing points. The map is in Tibetan.

MAPS



TIBET: Road Map

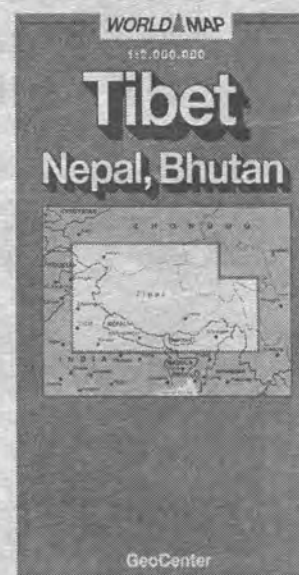
19 x 26" #TIROMA \$9.95

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 and places of interest to Tibetan Buddhists.

THE EASTERN REGIONS OF TIBET

by Academica Tibetica. 24 x 29", #EARETI \$13.50

This full-size map has 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.



TIBET, NEPAL, BHUTAN 29 x 46" #TIMA \$11.95

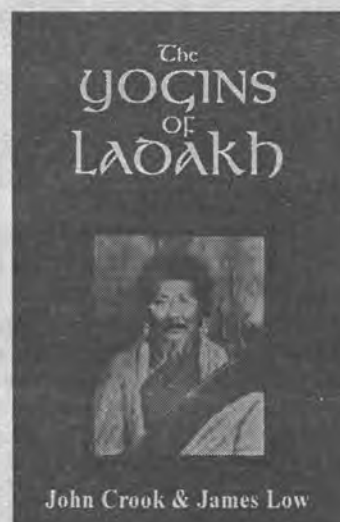
INDIA #MAIN \$11.95

NEPAL #MANE \$7.95

TWENTY YEARS IN TIBET

by David Macdonald. 318 pp., 31 b&w photos, #TWYETI \$27 cloth

Macdonald was a British emissary into Lhasa in the early part of this century. His deep knowledge of Tibetan culture and language allowed him entry into Tibetan life and religion. The period when the British and Chinese were competing for power in Tibet is well documented and he offers vivid descriptions of every day life in Tibet—marriages, rituals, food habits, healing practices, dress, etc.



THE YOGINS OF LADAKH: A Pilgrimage Among the Hermits of the Buddhist Himalayas

by John Crook & James Low. 420pp. 75 b&w photos. #YOLA \$25.00

In 1986 the authors investigated the meditational practices and philosophy of the yogins who live in the remote parts of Ladakh—adventurous journeys with these remarkable practitioners—an informative and enjoyable read.

ART OF EXILE: Paintings by Tibetan Children in India

by Clare Harris, photos by Kitty Leaken. 160 pp., 60 color plates, 100 color photographs, 12 x 7", #AREX \$29.95

The Tibetan Homes Foundation in Mussoorie, India, receives many refugee children. A painting club was established to provide these children a creative way to share their stories of leaving Tibet, their remembrances of home, and to give colorful expression to their lives as exiles. A moving collection of interviews, photographs, and paintings from these children.

ART OF TIBET

by Robert E. Fisher. 224 pp., 180 illustrations, 93 in color, #ARTIFI \$14.95

A great book for the price covering the entire history of Tibetan art, focusing on the relationship between the art and spiritual life—from the Potala in Lhasa to painting, sculpture, manuscripts, silk embroidery and a highly developed tradition of portraiture and ritual objects.

ART OF TIBET

by Pratapaditya Pal. 343 pp., 9 x 12", 277 illus. including 56 in color. #ARTI \$60

The collection of the Los Angeles County Museum of Art is one of the most comprehensive. Tibetan art is accurately presented with numerous beautiful images of Tibetan painting, sculpture and ritual objects.

BHUTAN: Kingdom of the Dragon

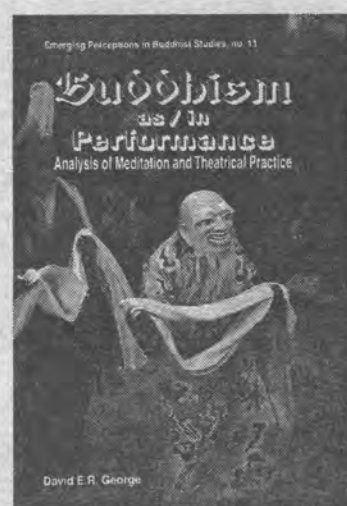
by Robert Dompnier. 177 pp., 11 x 11", over 200 color photos, #BHKIDR \$59.95

Bhutan is a unique example of original Himalayan culture. Bhutan jealously guards its lifestyle and ancient traditions, opening its doors only with caution and wisdom. Its beauty seems unreal to Westerners. Landscape patchworks of green paddy fields, buckwheat, oak forests and families living as they have for hundreds of years. The Tibetan Buddhist culture is impressive: the stupas, fluttering prayer flags, prayer wheels, monasteries. The photos here are wonderful—the reader will benefit by making quiet time to sink into the images and feel how this Tibetan culture is truly alive.

BUDDHISM: Flammarion Iconographic Guides

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

With over three thousand divinities in its pantheon, Buddhist iconography is challenging. With abundant illustrations, this guide provides clear and concise explanations of the differing names and attributes by which the deities are known in India, Nepal, Tibet, China, Japan and Southeast Asia.



BUDDHISM AS/IN PERFORMANCE: Analysis of Meditation and Theatrical Practice

by David George. 225 pp., cloth #BUPEAN \$19.95

Spelling out the epistemology of performance in all its different nuances, George opens out a vast panorama of the Buddhist theatrical practices in Tibet, Nepal, Japan, China, and Sri Lanka. He demonstrates three kinds of theatrical practices based on the paths of Hinayana, Mahayana, and Vajrayana.

THE BUDDHIST CANNON OF ICONOMETRY

trans. from the Tibetan by Gömpojab. 143 pp., line dwgs., #BUCAIC \$20

These are the regulations and rules for making statues and images of the Buddha. This is a translation of a Chinese edition of the Tibetan text of seventeenth century Gömpojab. He discusses the icons of bodhisattvas, wrathful deities, dharmapalas, the 5 Buddhas, on the moving, installing and storing of icons, and the merits of producing icons.

DIE GOTTER DES HIMALAYA: Buddhistische Kunst Tibets

by Gerd-Wolfgang Essen & Tsering Tashi Thingo, pref. by the Dalai Lama, photos by Hans Meyer-Veden. 299 pp., 206 color photos, 9 x 12", text in German, #DIGO \$50 cloth

The Gerd-Wolfgang Essen Tibetica Collection in Hamburg contains some of the finest Tibetan antiques preserved anywhere dating from the 10th century—exquisite and beautifully preserved. Contains many thangkas and statues that illustrate aspects of: Buddha, Dharma and Sangha as well as Lama, Yidam and Dakini. These are followed by mandalas, a section on Mahakala and Dharmapalas, directional guardians and a section of priceless ritual objects, masks, musical instruments, amulet boxes, and carpets.

DHARMA ART

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

Presents teachings about the power of art to awaken and liberate. Dharma art springs from the meditative state. Calligraphy, poetry, and photography were Chogyam Trungpa's primary means of expression.



THE ENCYCLOPEDIA OF TIBETAN SYMBOLS AND MOTIFS

by Robert Beer. 400 pp., line art throughout, 9 x 12", #SYMOTI \$60 cloth

For artists, designers, or anyone interested in Tibetan art, this is an exhaustive reference to the variety of symbols found throughout Tibetan art—in line drawings, paintings, thangkas, and ritual objects. Hundreds of Robert Beer's drawings depict animals, flowers, plants, teachers, mudras, dragons, offerings, geometric borders, etc.

From the Sacred Realm: TREASURES OF TIBETAN ART from the Newark Museum



by Valrae Reynolds. 264 pp., 146 color & 61 b&w illus., 106 line drawings and 1 map, 10 x 12", cloth #FRSARE \$65

Ranging from the eleventh to the twentieth century, ritual silk brocade garments, painted leather pieces, ceremonial silver objects, intricately worked ornaments, prayer wheels, and Buddhist paintings and sculpture are all lavishly illustrated. Valrae Reynolds is Curator of Asian Collections at the Newark Museum since 1970. She has written astute descriptions to accompany the art.

FROM MANCHURIA TO TIBET: A Quarter Century of Exploration

by Wong How Man with Julie Gaw. 246 pp., 11 x 11", 281 color photos, 2 maps, #FRMATI \$49.95 cloth

Provides an impressive, rare glimpse of ethnic groups whose lives and customs mirror the enchanting, but often brutal, environments in which they live. From Manchuria and Mongolia to the Silk Road and the Tibetan Plateau, traditions carry on as they have for centuries—a diverse interconnectedness of unique peoples in beautiful unusual landscapes—their history, traditions, stories and dreams.

THE GREAT STUPA OF GYANTSE: A Complete Tibetan Pantheon of the Fifteenth Century

by 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, southwest of Lhasa, may be the chief wonder of the Tibetan Buddhist world. Its 75 chapels and temples contain nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. The structure of the stupa, the iconography of the paintings and statues are explained and beautifully illustrated.



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

published by the Foreign Languages Press, Beijing. 176 pp., 200 color photos, 9 x 12.5" #HITRA \$69.95

Tashilhunpo in Shigatse, is one of the greatest Tibetan monasteries and the permanent residence of seven Panchen Lamas. These photos record the life of the monastery and show the magnificence of its architecture, murals, and sculptures.



A HISTORY OF TIBETAN PAINTING

by David Jackson. 432 pp., 60 color plates, 190 b&w photos, 2 maps, 9 x 12" #HITPA \$150

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 masterpieces and the extensive written sources that survive in Tibetan language. It presents the great founders of the painting schools, the main Tibetan sources and studies, a detailed summary of previous Western research, and a survey of Tibetan sources and studies. An indispensable guide and reference by the author of *Tibetan Thangka Painting*.

IMAGES OF ENLIGHTENMENT: Tibetan Art in Practice

by Jonathan Landaw & Andy Weber. 350 pp., 32 color images and 10 line drawings #IMENL \$24.95 (see General Tibetan Buddhism)

"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*



INTO TIBET

photographs of Yeo Dong-Wan. 155 pp., 8 3/4 x 12", 160 color photos, #INTOTI \$40

These photos were taken primarily in Central Tibet and Kham by a Korean photographer. We imported some copies of this book from Korea because it is incredible to look at and we thought some of our customers would treasure it. Most of the photos were taken outside of the cities and many awesome landscapes are depicted—often double page spreads. The photographer's artistic eye and sense for what makes good subject matter make this book inspiring to see.

THE KATHMANDU VALLEY

photos by Fredrik Arvidsson, text by Kerry Moran. 240 pp. 160 color photos, 11 x 11" #KAVA \$49.95 cloth

A perfect guide to Kathmandu and environs where the ancient and the modern live so inescapably side by side. Photos include temples and holy sites, lush landscapes, diverse ethnic groups, architecture, ritual, art, and scenes from everyday life.

LABRANG: A Tibetan Buddhist Monastery at the Crossroads of Four Civilizations

by Paul Kocot Nietupski
photos from the Griebenow Archives, 1921-1949
160 pp. 9 x 8" high, 36 color and 100 b&w photos, illustrations, #LA \$24.95

Labrang Monastery, located in northeast Tibet at the strategic intersection of four major Asian civilizations—Tibetan, Mongolian, Chinese, and Muslim—was one of the largest Buddhist monastic universities. In the early twentieth century, it housed several thousand monks. Labrang was also a gathering point for numerous annual religious festivals, supported an active regional marketplace where Chinese artisans rubbed shoulders with Hui merchants and nomadic Tibetan highlanders, and was the seat of a Tibetan power base that strove to maintain regional autonomy through the shifting alliances and bloody conflicts that took place between 1700 and 1950.

Paul Nietupski draws on the photographs and memoirs of Marion and Blance Griebenow, Christian missionaries resident for nearly twenty-seven years, as well as the memoirs of Apa Alo, a prominent leader, to detail Labrang's unique and colorful border culture.

"Nietupski's publication of the Griebenow photographs, together with his excellent documentation of them, provides a wonderful introduction to this exquisite monastery, as well as to its people and environs."—Glenn H. Mullin for *The Quest*

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

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 and a unique view of its society—an evocative visual record of some of the most dramatic and beautiful landscape in the world.



LHASA: TIBET'S FORBIDDEN CITY

by Frank and Christine Brignoli. 108 pp., 79 color photos, 11 x 11" #LHTIFO Closeout sale! Originally \$29.95, now \$15.95 cloth

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

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 of this unusual place—revealing the rich tapestry of life in Dharamsala. Contains helpful travel information.

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

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.



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

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

An introduction to the artistic history of Tibet and its mysticism. Presents religious and secular arts, including thangka paintings, bronze and silver statues, temple musical instruments, ritual objects, in three sections: 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.

MY TIBET

by the Dalai Lama & Galen Rowell. 168 pp., oversize edition, 108 color photos. #MYTIP \$29.95 paper

A classic containing Rowell's remarkable photos with His Holiness' captions and 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

by Melvyn Goldstein and Cynthia Beall. 192 pp., 190 color photos, #NOWETI \$24.95

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, their tradition and struggle for cultural survival.

PILGRIM: Photographs by Richard Gere

with a foreword by H.H. the Dalai Lama, an intro. by Richard Gere and a poem by Patti Smith. 144 pp., 12 x 13," 64 b&w photos, map, #PI \$75 cloth

An outspoken defender of the Tibetan people, a student and friend of the Dalai Lama, and traveller throughout India, Nepal, Zanskar, and Tibet—Gere's photographs are striking and atmospheric. Reproduced on luxurious, uncoated stock, *Pilgrim* draws the viewer within the aura of this spiritually vital world through the subtle use of light and motion.

SACRED VISIONS: Early Paintings from Central Tibet

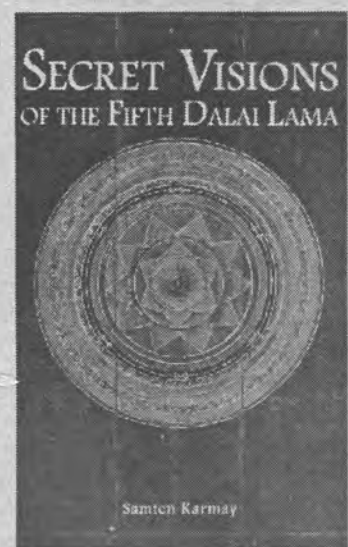
by Steven M. Kossak & Jane Casey Singer, with essay by Robert Bruce Gardner. 240 pp., 149 illus., 134 in color, map, glossary, biblio., index, 9 x 12", #SAVI \$70 cloth

This large book of Tibetan art describes thangkas in reference to their style, iconography, and origin. It documents the way that Indian, Nepalese and Chinese styles influenced the early thangka painting in Tibet and shows how Tibetans begin to synthesize by the fifteenth century a truly indigenous mode of expression.

THE SAND MANDALA OF VAJRABHAIKAVA

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

Mandalas are symbols 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.

**SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, Musee Guimet, Paris**

by Samten Gyalsen Karmay, fore. by H.H. the Dalai Lama. 142 pp., 92 color illus., glossary, biblio, index, 10 x 13" #SEVIFI \$50 paper

Recounts in words and images the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyamtso (1617-1682). This Dalai Lama was known as a statesman, but this book reveals his inner world of profound mysticism, magical powers and often disturbing visions. The illustrations represent the finest-known quality in the miniature style of Tibetan art and stand as the earliest manifestation of the black thangka style of painting.

"This is the best book on Tibetan culture I have ever seen."—NGAWANG KECHOG, Tibetan musician**THE SPIRIT OF TIBET:**

Portrait of a Culture in Exile photographs and text by Alison Wright, foreword by H.H. the Dalai Lama. 200 pages, 180 color photos, 9 1/2" high x 10" wide, #SPTI \$34.95

"Her compositions are stunning, the color and light with which she adeptly enflames her subjects exude both strength and intimacy."—John Flinn, *San Francisco Examiner*

"There are many collections of Tibetan images available these days, but Ms. Wright's work should be the first one you buy."—S.A. Hunt

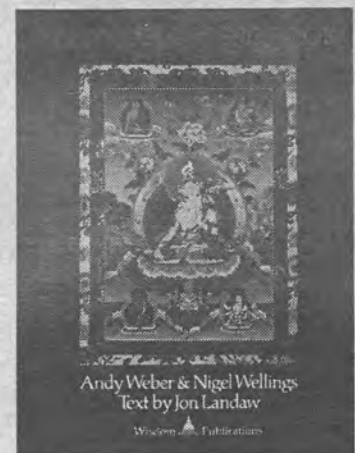
"Alison Wright's pictorial book, which mirrors the charm and strength of the Tibetan culture in exile, will enable readers to have a better understanding of our culture."—H.H. the Dalai Lama

This visually stunning, full-color portrait of Tibetan life in exile displays the spirit of Tibetan refugees living in the beautiful mountain settings of northern India. It shows how Tibetans have preserved the best of their unique culture and identity. Aided by their Buddhist faith, the Tibetan people have rebuilt productive lives for themselves, and live today in thriving communities with a strong sense of purpose: to preserve and maintain the ancient Buddhist tradition which forms the core of Tibetan culture. In this sense, Tibetan refugees have managed more than mere survival: they have created a Tibet in exile that is in many ways more truly Tibetan than their occupied homeland.

THE STUPA: Sacred Symbol of Enlightenment

Crystal Mirror Series Vol. 12, ed. by Elizabeth Cook. 437 pp., 218 photos, 140 in color, 7 x 10" #STSASY \$35

The book on stupas! Traditional texts and prayers, historical anecdotes, architectural sketches, and an in-depth exploration of the eight great stupa forms with over 200 photographs of stupas from around the world present the vast and rich tradition.

**TARA'S COLORING BOOK**

by Andy Weber & Nigel Wellings. 12 line drawings, oversize, #TACOB \$12.95

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.

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 have a unique role 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. These rugs are notable for their supreme, lively sense of rhythm and color.

TIBET

by Pietro F. Mele; intro. by Michael C. van Walt van Praag. 92 pp., 9 1/2 x 9 1/2," 60 b&w photos, #TIM Closeout sale! \$7.95 cloth (was \$25)

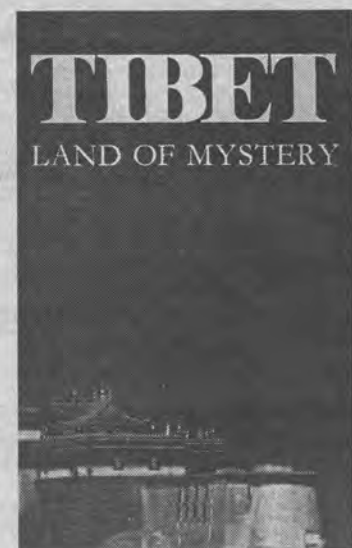
"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book."—H. H. the Dalai Lama

Pietro Francesco Mele was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci in the 40s. 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.

TIBET: Journey to the Forbidden City (Retracing the Steps of Alexandra David-Neel)

by Tiziana and Gianni Baldizzone. 160 pp. 148 photos, 133 in color, 10 x 14", #TIJOFO \$40.00

These photographers traveled to places in Tibet visited by Alexandra David-Neel seventy-plus years before to "give color" to the places that have inspired her writings. More than 145 illustrations showing in great detail the panoramic landscapes, the faces and expressions of individual people, and the brilliant dress styles of the people of Kham and Amdo.

**TIBET: Land of Mystery**

ed. by Sun Jie. 160 pp., full color, 11 x 13" cloth #TILAMY \$60, on sale for \$40!

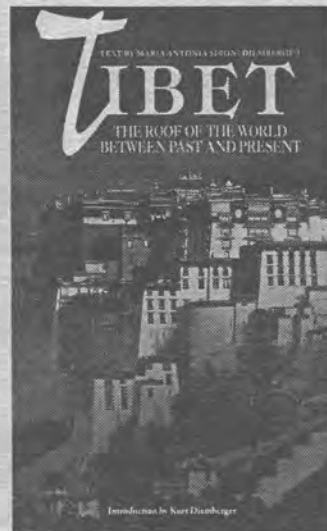
A photographic knockout. Many large and double page photographs that are rich and dramatic—these photos are remarkable in their portrayal of Tibet.

TIBET: Photographs by Kazuyoshi Nomachi

intro. by Robert Thurman, fore. by H.H. the Dalai Lama. approx. 150pp. color photos #TIP \$55 cloth

Spectacular color photographs of the landscapes, people and customs of Tibet—including images of Kham, Amdo, Central and Western Tibet. Nomachi received the "Best Photographers Award" from the Photographic Society of Japan.

The Snow Lion
Internet Shop
www.snowlionpub.com

**TIBET: The Roof of the World between Past and Present**

by Maria Antonia Sironi Diemberger. 224 pp., 10 x 14" color photos throughout, cloth #TIROWO \$45

With many double-page color images, this stunning photographic study of Tibet includes visits to monasteries, hikes with nomads in the highlands, vast landscapes and Lhasa life. An excellent library addition for readers who love images of Tibet.

THE TIBETAN ART COLORING BOOK: A Joyful Path to Right Brain Enlightenment

art by J. Jamyang Singe. 16 pp., 9 x 12", #TIARCO \$14.95
Twelve thangka line images ready to color.

TIBETAN ART: Toward a Definition of Style

by Jane Casey Singer and Philip Denwood. 320 pp. 9 x 12", 341 illustrations, 257 in color, 2 maps, #TIAR \$100 cloth

Provides the most comprehensive coverage of Tibetan art. Illustrated with works of an unprecedented range and quality—painting, sculpture, textiles, architecture and cave drawings. The essays are based on papers of the much-celebrated international symposium on Tibetan art organized by the School of Oriental and African Studies in association with the Victoria and Albert Museum. We are impressed!

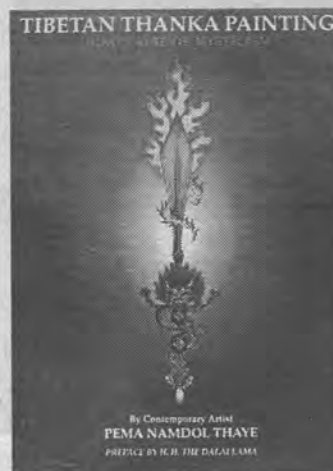
TIBETAN BUDDHIST ALTAR

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 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.

**TIBETAN THANKA PAINTING Portrayal of Mysticism**

by Pema Namdol Thaye, pref. by H.H. the Dalai Lama. 209 pp., 99 color illus., 8.5 x 11", cloth #TITHPO \$55

This magnificent contemporary Tibetan artist has created this masterwork of Thangka painting. Not only can many fine examples of his work be seen here, the text wonderfully illuminates the contents of the art. The artist presents his work in five parts: the development of the art in Tibet; the philosophy of the artist; the various types of figures represented in Thankas; the process of thangka painting; many figures are explained—their stories and symbolism. Anyone who reads this book will become knowledgeable of not only the art but Tibetan Buddhism itself.



TIBETAN COLLECTION:**Sculpture and Painting**

by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATIC33 \$20

Based on the excellent art collection at the Newark Museum, this book contains photos of sculpture—metal, wood, ivory, lacquer, stone and clay; thangkas—painted, appliqued and embroidered; wall paintings; and iconography—body positions, gestures, and symbols associated with deities.

**TIBETAN MANDALAS**

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

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 and containing 26 mandalas such as Manjuvajra, Akshobhya, Vajrasattva, Heruka, Hevajra, and Ushnisasitapatra. The second collection is the *Tantrasamuccaya* 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.

TIBETAN RUGS

by Hallvard Kuley. 236 pp., 265 color, 6 b&w plates, 117 b&w illus., 7.5 x 8", #TIRU \$35.95

This comprehensive classification of Tibetan rugs presents a coherent picture of the rug tradition of Tibet. 258 rugs are illustrated in color accompanied by measurements and details as to the weaving techniques, knot counts, etc.

TIBETAN NOMADS

by Schuyler Jones. 463 pp., over 200 illus., 100 in color, 9 x 11" #TINO \$50 cloth

This is the first book to place the material culture of the Tibetan people in a cultural and environmental context and examines Tibetan nomadism and the trade networks throughout Asia. The National Museum of Denmark has an outstanding collection of everyday objects: clothing, jewelry, weapons, musical instruments, tools, armor, religious objects, agricultural implements, horse and yak trappings—these plus photos of nomadic life give a view into the lives of these peoples.

TIBETAN THANGKA PAINTING: Methods & Materials

by David & Janice Jackson with art & appendix by Robert Beer. 216 pp., 73 photos, 500 line drawings, 8 1/4 x 11 3/4", #TITHPA \$40

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

"Absolutely incredible book, highly recommended."—*Circle of Light*

Tibetan Thangka Painting is the only detailed description of the techniques and principles of the sacred art of Tibetan thangka painting. It is the distillation of the authors' research carried out over a period of ten years, during which they made five journeys to Nepal and India and learned from some twenty traditional painters. It is a step by step guide from the preparation of the canvas to the final syllables behind each completed figure. It includes an appendix of guidelines for thangka painting using modern techniques and commercially available materials.

TIBETAN VOICES:**A Traditional Memoir**

photos by Brian Harris, written & ed. by Heather Wardle, Elizabeth Cass, Iain Marrs, George Koller. 8 3/4" x 11" wide, 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.

**THE TIBETANS**

by Art Perry. 153 pp., 78 b & w photos, 9 x 12", cloth #TIARPE \$35, on sale for \$22!

"These beautiful photographs of Tibet and Tibetans could only have emerged from the eye and hand and heart of a man who made every effort to share the life and feelings of the extraordinary individuals who live on the highest plateau on earth."—Robert Thurman

A compelling portrait of Tibetans and their remote, high country. With straightforward candor but respectful of the Tibetans' dignity, the Canadian photographer Art Perry portrays nomads, monks, city dwellers bringing sharply into focus a way of life that is insidiously threatened.

THE TIBETANS:**A Struggle to Survive**

by Steve Lehman. 200 pp., 125 illustrations, 90 in color, 10 x 9", #TISTSU \$45 cloth

This is a beautiful but disquieting portrait of the splendor and ruin that mark contemporary Tibet. Award-winning photojournalist Steve Lehman travels beyond the mountain vistas and timeless temples to uncover a different Tibet—a Tibet of lumberyards and uranium mines, of brothels and discos, of demolished temples and burned-out police stations. Documented over a ten year period, Lehman makes real the grave beauty of this culture torn by political conflict. Extensive quotes culled from hundreds of interviews with Tibetans augment the evocative color images, along with maps, propaganda and religious iconography.

TIBET'S SACRED MOUNTAIN:**The Extraordinary**

Pilgrimage to Mount Kailas
by Russell Johnson and Kerry Moran. 128 pp., 116 color photos, 8 x 10", #TISAMO \$25

Mount Kailas is sacred to both Hindus and Buddhists, it is the place where the divine takes earthly form. Pilgrims journey here to pay homage to the mountain's mystery, circumambulating it in an ancient ritual of devotion. With spectacular color photography and vivid travel writing, this is a stunning account of this celebrated landscape and of the variety, vitality and determination of the pilgrims who venture there.

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, 8.5 x 11", #TRTIAR \$32.50

The most important works from the renowned collection are beautifully illustrated and described in this volume of Tibetan art from Tibet, China, Mongolia and Nepal. They include sculptures and thangkas depicting the Buddha, arhats, 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.

WISDOM AND**COMPASSION:****The Sacred Art of Tibet**

by Marilyn Rhie & Robert Thurman, photos by John Taylor. 488 pp., 353 illus., 338 in full color, 9 x 12", #WICO \$34.95 cloth

This landmark volume illustrates, explains, and celebrates hundreds 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. This expanded cloth edition contains 81 new color plates of statues and thangkas, making this book even more remarkable.

VISIONS FROM THE FIELDS OF MERIT: Drawings of Tibet and the Himalayas

by Philip Sugden. Signed edition with 65 locations and studio drawings. #VIFIME \$30

"For many centuries the arts have played a major role in the spiritual development of the Tibetan people. Over the years, it has been a pleasure to meet artists, like Philip Sugden who express this understanding in their work. Philip's artwork has been part of an ongoing pilgrimage—based on his journeys to the Himalayas and Tibet, he has created a body of work that testifies to his dedication, not just for the cause of the Tibetan people, but also to the transformation of people through the process of art."—His Holiness the Dalai Lama

WORLDS OF**TRANSFORMATION:****Tibetan Art of Wisdom and Compassion**

by Marilyn Rhie & Robert Thurman. 480 pp., 9 x 12", 319 illustrations, 285 in color, 2 maps, #WOTRP \$65 paperback

If you liked the *Wisdom and Compassion* art book, you will love this massive edition of Tibetan Buddhist paintings. Hundreds of sublime Tibetan thangka paintings from the premier New York collection of Shelley and Donald Rubin span the 12th through 20th centuries and the spectrum of Tibetan artistic schools. There is an analysis of each painting's iconography and religious meaning, style, regional lineage, and sources. David Jackson discusses the paintings of the Kagyupa order in the Rubin Collection.

Cloth at paper price!



BIOGRAPHY

AMA ADHE: The Voice that Remembers

by Ama Tuptonsang and Joy Blakeslee, fore. by the Dalai Lama. 258 pp. 6 b&w photos #AMAD \$14.95

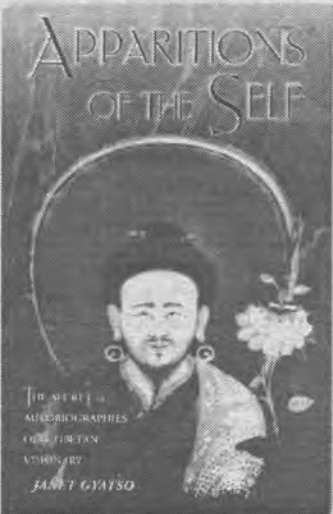
Ama Adhe spent 27 years in a Chinese labor camp for participating in the Tibetan resistance. Her story is "the voice that remembers" for those who can no longer speak of Tibet's tragic saga of occupation, genocide, and cultural destruction.

"I have never read a book as terrifying and inspiring in my life."—*Psychology Today*

APPARITIONS OF THE SELF: The Secret Autobiographies of a Tibetan Visionary

by Janet Gyatso. 360pp. #APSEP \$18.95 paper

Two secret autobiographies of the visionary Jigme Lingpa (1730-1798) reveal poetic and self-conscious writings that are as much about the nature of his own identity, memory, and the variability of autobiographical truth as they are about his experiences. Gyatso explores Jigme Lingpa's historical milieu, his visions and meditative practices, and investigates the unsettling role of the "dakini" in Tibetan religious literature.

**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

A comprehensive account of the baffling personality of the great Bengali Pandit Atisha known as the great teacher and reformer of Tibetan Buddhism. The author presents his life story, the place of Atisha in Tibetan history, followed by biographical material from other Tibetan sources such as Brom-ston-pa.

THE AUTOBIOGRAPHY OF A TIBETAN MONK

by Palden Gyatso with Tsering Shakya, fore. by the Dalai Lama. 272 pp., 11 b&w illus., #AUTIMO \$13

Born in 1933, Palden Gyatso became a Buddhist monk and won a place as a student at Drepung Monastery where he came to spiritual and intellectual maturity. In 1959, along with thousands of other monks, he was forced into labor camps and prisons where he spent 33 years being tortured, interrogated, and persecuted simply for being a monk. After his release he escaped across the Himalayas to India, smuggling with him the instruments of his torture. Since then, he has devoted himself to revealing the extent of Chinese oppression in Tibet.

THE BUDDHA FROM DOLPO: A Study of the Life and Thought of the Tibetan Master Dolpopa Sherab Gyaltsen

by Cyrus Stearns. 288 pp. #BUDO \$20.95

Dolpopa Sherab Gyaltsen (1292-1361) was an important figure in Tibetan history and perhaps the greatest expert on the tantric teachings of Kalachakra. Based largely upon esoteric Buddhist knowledge believed to be preserved in Shambhala, Dolpopa's theories continue to excite controversy in Tibetan Buddhism. He emphasized "emptiness of self-nature," which applies only to the level of relative truth, and "emptiness of other," (Zhentong) which applies only to the level of absolute truth.

**BORN IN TIBET**

by Chögyam Trungpa. 296 pp., 18 line drawings, 36 photos, #BOTI \$15.95

The autobiography of the legendary teacher and meditation master which offers a rare glimpse into the life and training of a tulku in Tibet. Trungpa describes his duties as the abbot and spiritual head of a great monastery and his intimate and moving relationships with his teachers. It concludes with his escape and life in the West.



BUDDHIST MASTERS OF ENCHANTMENT: The Lives and Legends of the Mahasiddhas

trans. by Keith Dowman, illus. by Robert Beer. 208 pp., 6.5 x 9," 30 color plates, 26 line drawings, #BUMAEN \$24.95

Stories of the Mahasiddhas who attained enlightenment and magical powers by both disregarding convention and penetrating to the core of life, reveal a way through human suffering into a spontaneous and free state of oneness with the divine.

DGE-'DUN-CHOS-'PHEL: A Biography of the 20th-Century Tibetan Scholar

by Irmgard Mengele. 153 pp., 7 b&w photos, Tibetan text, #GECH \$12

dGe-'dun-chos-'phel (1902-1951) completed a traditional Tibetan education, left the monastic society to travel abroad where he learned languages and deepened his knowledge. Renowned in Tibet as a brilliant scholar, a talented artist, a highly gifted poet, an excellent translator, and a skillful dialectician, he was controversial and well-known non-conformist. This scholarly presentation has a Tibetan and English biography and extensive bibliography.

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

by Ken McLeod. 101 pp., 91 photos & illus. #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.



THE DIVINE MADMAN: The Sublime Life and Songs of Drukpa Kunley

trans. by Keith Dowman. 161 pp., 7 illus. #DIMA \$12.95

Greatly loved by Tibetans for his outrageous behavior and ribald humor which were intended to awaken common people and yogis alike from religious dogmatism and egoic self-possession, Drukpa Kunley is recognized as an incarnation of Mahasiddha Saraha.

FINDING FREEDOM: WRITINGS FROM DEATH ROW

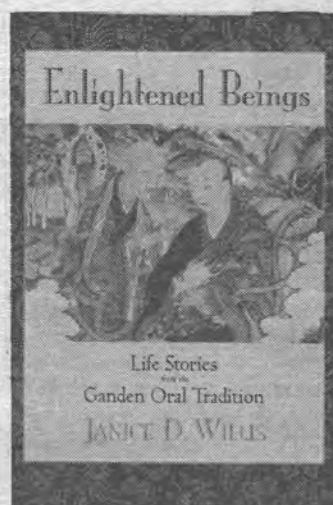
by Jarvis Jay Masters. 179pp. #FIFR \$12.00

Finding Freedom are critically acclaimed prison stories from Jarvis Jay Masters, an inmate who became a Buddhist on San Quentin's death row. His stories are poignant, sometimes hilarious, sometimes frightening, but always expose the vicissitudes of despair and hope with the precision of an experienced and wise observer. The reader is shown Jarvis' world where he meditates among chaos and squalor, creates a mala out of trouser thread and Tylenol tablets, and practices non-violence against all odds.

"It is a privilege and joy to read Jarvis Masters' account—everyone should read this book."—Robert Thurman

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ENLIGHTENED BEINGS: Life Stories from the Ganden Oral Tradition

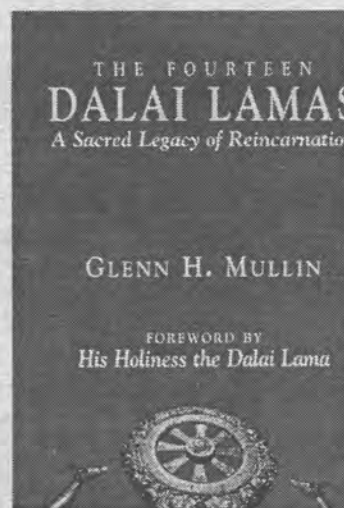
compiled, trans., and annotated by Janice D. Willis. 248 pp., 8 line drawings #ENBE \$18.

In the Gelugpa tradition there are many great tantric masters. Here are 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.

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 detailed autobiographies of four Tibetan lamas from Dolpo, which was part of Western Tibet. They lived in the 16th & 17th centuries.



THE FOURTEEN DALAI LAMAS: A Sacred Legacy of Reincarnation

by Glenn H. Mullin, fore. by H.H. the Dalai Lama. 256 pp. #SALERE \$24.95 cloth December

The 600-year Dalai Lama tradition is both inspiring and colorful. Here are the life stories of all 14 Dalai Lamas with selected characteristic excerpts from their teachings, poetry, and other writings that illuminate the principles of Tibetan Buddhism that they expressed in their lives.

A GARLAND OF IMMORTAL WISH-FULFILLING TREES

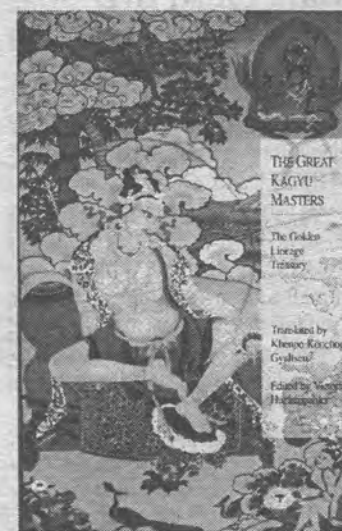
by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sangye Khandro. 187 pp. 23 plates, 14 in color, #GAWIFU \$15.95

In Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. This is a comprehensive explanation of the Palyul tradition where 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.

THE GREAT DISCIPLES OF THE BUDDHA: Their Lives, Their Works, Their Legacy

by Nyanaponika Thera and Hellmuth Hecker. 448 pp. #GRDIBU \$29.95

Twenty-four of the Buddha's most distinguished disciples are brought to life in ten chapters of rich narration. Drawn from a wide range of Pali sources, the material in these stories has never before been assembled in a single volume. These stories sharpen our understanding of the Buddhist path through the people who fulfilled the early Buddhist ideals of human perfection.



THE GREAT KAGYU MASTERS

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

"A golden treasure containing 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 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.

HIDDEN TREASURES AND SECRET LIVES

by Michael Aris. 278 pp. #HITR \$19.95 cloth

This is a study of the lives of Pemalingpa (1450-1521) and the Sixth Dalai Lama. Pemalingpa was a rediscoverer of hidden texts (terma) and an uncle of the Sixth Dalai Lama. This Dalai Lama is best remembered for his rebellious life and love poetry.

HOUSE OF THE TURQUOISE ROOF

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

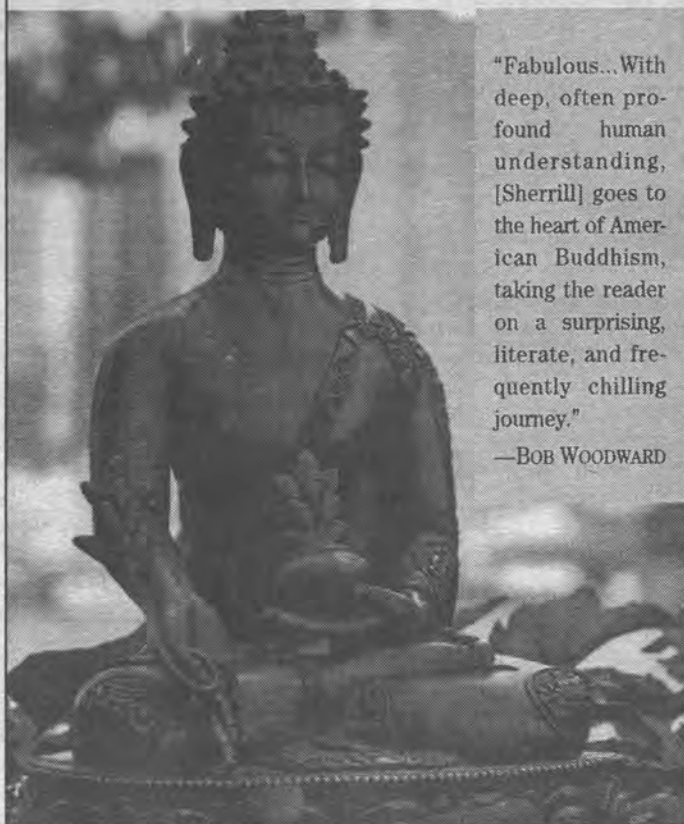
"...a superior book."—The Tibet Journal

Mrs. Dorje Yuthok's frank and fascinating account of life in upper-class Lhasa before the Chinese occupation is also a quiet, dignified description of a noblewoman's status in the family and the community. She moved in the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Yet 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 is rich in vignettes of the quotidian life of Tibetan aristocrats with detailed descriptions of the intimacies of family life deftly conveying the immediacy of her experience to readers."—Marcia Calkowski, The Journal of Asian Studies

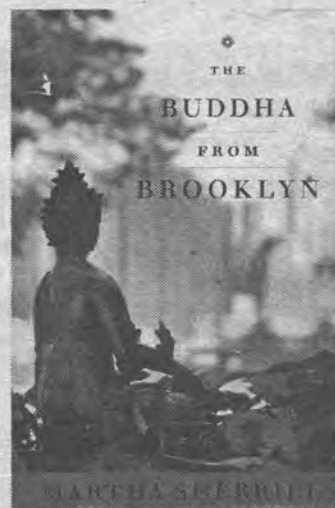
THE BUDDHA FROM BROOKLYN

by Martha Sherrill 393 pp., cloth #BUBR \$25.95

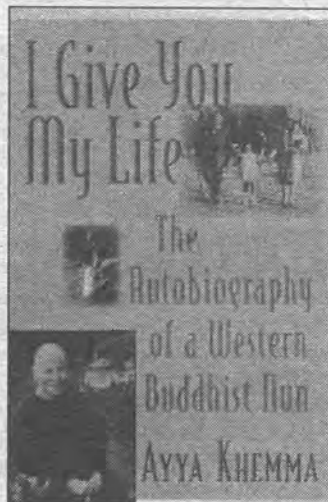


"Fabulous...With deep, often profound human understanding, [Sherrill] goes to the heart of American Buddhism, taking the reader on a surprising, literate, and frequently chilling journey."

—BOB WOODWARD



Catharine Burroughs was a psychic and spiritual advisor in suburban Maryland when H.H. Penor Rinpoche recognized her as a reincarnation of a sixteenth-century Tibetan bodhisattva, making her the first American woman to become a tulku. This book tells the story of a woman, now known as Jetsunma, from her working class childhood to her founding of a Kunzang Palyul Choling Monastery just outside Washington, D.C., where Americans from all walks of life have become monks and nuns under her direction. Sherrill demystifies and humanizes monastic life and Tibetan Buddhism—her keen eye and great sensitivity reveal the treacherous path to enlightenment. A good read.

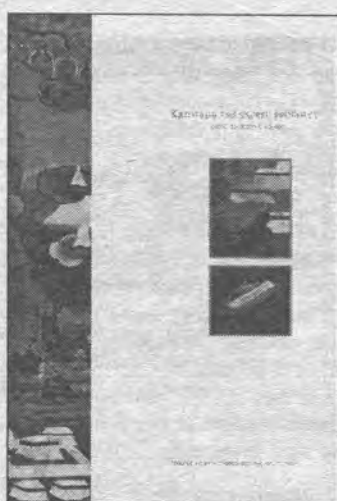


I GIVE YOU MY LIFE:
The Autobiography of a
Western Buddhist Nun
by Ayya Khema, trans. By
Sherab Chodzin Kohn. 240 pp., 42
b&w photos, Now in paperback!
#GIMYLP \$15.95

Ayya Khema (1923-1997) was the first Western woman to become a Theravadin Buddhist nun. She is a model and inspiration for women from all the Buddhist traditions but few know of her amazing life before her ordination at age 58. She was a Jew in Berlin during the Nazi era, escaped to Scotland, moved to China, survived the Japanese invasion of China, traveled the Amazon, studied in Bolivia, built a power plant in Pakistan and created the first Australian organic farm. After meeting spiritual teachers in India, her Buddhist practice began.

KUNDUN: A Biography of the Family of the Dalai Lama
by Mary Craig. 392 pp., 19 b&w photos, #KUN \$16

Mary Craig's portrayal focuses on the Dalai Lama's family—his parents, four brothers, and two sisters. Her portraits of the Dalai Lama's siblings and their involvement in bringing the plight of the Tibetan people to the international scene are particularly compelling. This book is an easy, enjoyable and informative read (not related to the movie Kundun).

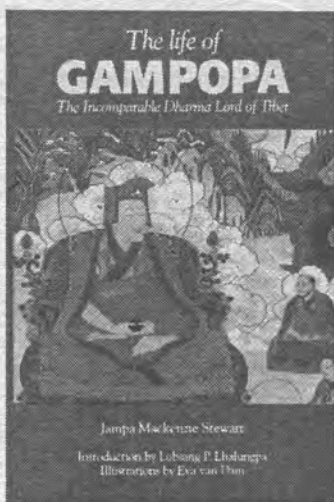


KARMAPA: The Sacred Prophecy
by Kagyu Thubten Choling Publications Committee, fore. by H.H. the Dalai Lama. 120 pp. 9 x 12", 74 color illus., #KASAP \$60 cloth
On Sale for \$42 until February

The prophecy of Chogyur Lingpa is cherished by the Kagyu lineage as a sacred document describing the qualities and activities of the future Karmapas. Photographs of the nineteenth century wood block text, the silk painting by Karmal Khachen, as well as paintings of each of the Karmapas (plus photos of the 16th and 17th) and the lineage masters from Dorje Chang through Gampopa accompany the translation. In addition is the story of the finding of the 17th Karmapa, his enthronement, long-life prayers, glossary and information about Kagyu Thubten Choling and the Venerable Lama Norlha

LADY OF THE LOTUS-BORN: The Life and Enlightenment of Yeshe Tsogyal
by Gyalwa Changchub and Namkhai Nyingpo, trans. by Padmakara. 176 pp. #LALOBO \$29.95 cloth

The first Tibetan Buddhist to attain enlightenment was probably Yeshe Tsogyal, the female consort of Padmasambhava.



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

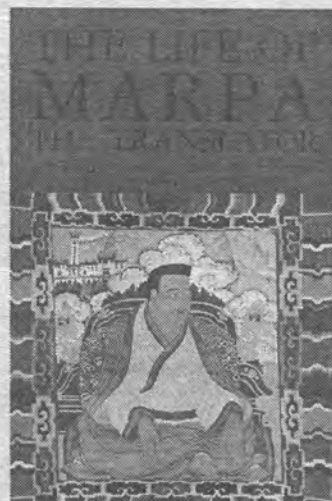
Here is the first complete life story of Gampopa, the foremost disciple of Milarepa and forefather of the Kagyu lineages. It is said that over 50,000 disciples gathered around him after his enlightenment. Compiled from numerous Tibetan biographies, this comprehensive and inspiring rendition highlights the extraordinary details of Gampopa's advanced meditative experiences, and presents direct insights into the practice and realization of Mahamudra. A history of the Kagyu lineage by Lobsang P. Lhalungpa supplements the story of Gampopa's life.

"Comprehensive and inspiring."
—Midwest Book Review



LIFE OF THE MAHASIDDHA TILOPA
86 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 transliteration of the original Tibetan text.



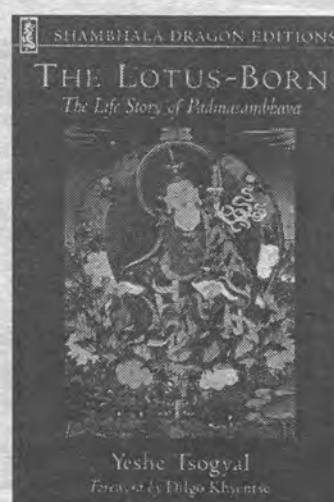
LIFE OF MARPA THE TRANSLATOR
by the Nalanda Translation Committee. 320 pp. #LIMA \$16

Marpa exemplifies the person devoted to spirituality without neglecting his worldly obligations. He was the student of Naropa and teacher of Milarepa. Despite many hardships, he mastered the tantric teachings, translated Sanskrit texts into Tibetan and established the Kagyu lineage.



THE LIFE OF MILAREPA
by Lobsang Khalingpa. 220 pp. #LIMI \$14.95

The most beloved story of the Tibetan people. It presents the quest for spiritual perfection, tracing the path of a great sinner who became a great saint. It is also a powerful and graphic tale, full of magic, disaster, feuds, and humor.



THE LOTUS-BORN: The Life Story of Padmasambhava
by Yeshe Tsogyal, foreword by H.H. Dilgo Khyentse. 264 pp. #LOBOP \$24.95

This biography of Padmasambhava was written by his most important female student. The book narrates the story of the founder of Tibetan Buddhism and contains instructions and advice that he gave for future generations. Included is a commentary by Tsele Natsok Rangdrol, a seventeenth-century author.

LUNGTÄ #10: THE LIVES OF THE PANCHEN LAMAS
by the Amnye Machen Institute. 35 pp. b&w photographs, magazine format #LUN \$7.95

Includes biographies on the lives of the Panchen Lamas (especially the last two), the relationship between the Panchen Lamas and the British and Chinese, and the story of the persecution of the last Panchen Lama.

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.

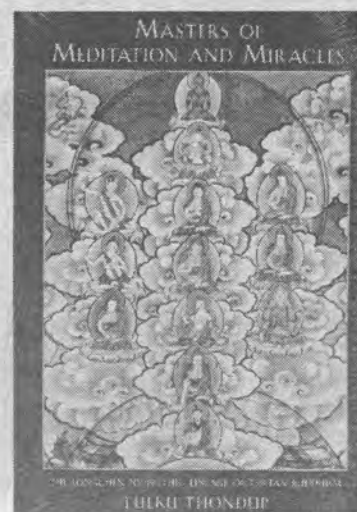


THE LIVES AND LIBERATION OF PRINCESS MANDARAVA: The Indian Consort of Padmasambhava
trans. by Lama Chonam & Sangye Khandro. 224 pp., #LILIPR \$16.95

Recounts Mandarava's struggles and triumphs as a Buddhist master over many lifetimes. A role model for practitioners of tantric Buddhism, she was the principal consort of Padmasambhava before he introduced tantric Buddhism to Tibet. Mandarava is a powerful figure, and her story will entertain and inspire.

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

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. His mother was one of Tibet's five supreme female realization holders. 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.



MASTERS OF MEDITATION AND MIRACLES: The Longchen Nyingthig Lineage of Tibetan Buddhism
by Tulku Thondup. 478 pp. #MAMEMI \$22.95

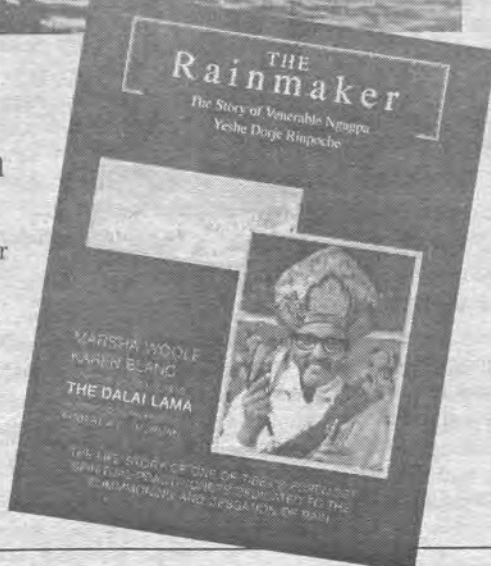
Lively biographies of 34 important masters in the Nyingma lineage of the Longchen Nyingthig. Beginning with Garab Dorje, these stories convey exemplary lives led in monasteries, mountains, woods, and caves—lives of great austerity and dedication, superb humility and peace, profound learning and wisdom,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



THE RAINMAKER:
The Story of Venerable Ngagpa Yeshe Dorje Rinpoche

by Marsha Woolf & Karen Blanc. 106 pp., 19 color photos plus other illustrations, #RA \$17.95

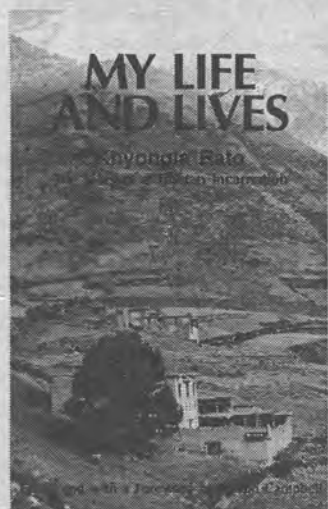
This is the life story of one of Tibet's foremost spiritual practitioners who is famous for his ability to summon and stop rain—very important in a country where drought and violent hailstorms are major disasters. Yeshe Dorje Rinpoche was often asked by the Dalai Lama to help with the weather during large outdoor teachings.



MEMOIRS OF A TIBETAN LAMA

by Lobsang Gyatso, translated and edited by Ven. Dr. Gareth Sparham, 328 pp., #METILA \$16.95

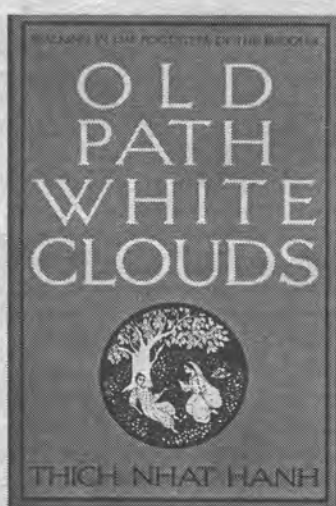
A Tibetan patriot and unswerving follower of the Dalai Lama, Lobsang Gyatso emerges from these memoirs as a master storyteller, a fearless social critic, and a devoted Buddhist monk. With unusual wit and realism he provides a picture of his country from the perspective of a common Tibetan, recounting his early life in Kham as a herder and rambunctious young monk, his travels to Lhasa, his life in one of Tibet's most famous monasteries, and his flight into exile. Lobsang Gyatso's story is about the hopes and aspirations of a man trying to live up to higher ideals while dealing openly with the pettiness and violence in the monasteries. It is also the story of the fall of Tibet seen through the eyes of a fearless patriot. Although he had only told his story as far as 1962 before he was murdered in 1997, the book constitutes a moving statement against sectarianism and rigid conformity.



MY LIFE AND LIVES: The Story of a Tibetan Incarnation

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

Describes with care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, Khyongla Rato was recognized as the reincarnation of the ninth Khyongla of Tibet. For over three decades, he lived as a monk, studying at the most famous monasteries in Tibet. Khyongla Rato escaped with the Dalai Lama to settle in India and eventually in New York.



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

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

Thich Nhat Hanh brings to life the story of the Buddha with his beautiful and vibrant style. It traces the Buddha's life, slowly and gently through the eyes of Svasti, the buffalo boy who provided kusha grass for the Buddha's enlightenment cushion, and through the eyes of the Buddha himself.

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.

REBORN IN THE WEST: The Reincarnation Masters

by Vicki Mackenzie, 213 pp. #REWE \$13.95

Among the wealth of information on the reincarnation debate, the story of nine reincarnation masters appearing in the West is very compelling. Vicki Mackenzie tells their stories—how they were identified and what their missions are.

www.snowlionpub.com

REINCARNATION:

The Boy Lama

by Vicki Mackenzie, 183 pp., 15 color photos, #REBOLA \$16.95

At the age of 14 months, an apparently ordinary Spanish child was recognized by the Dalai Lama as the reincarnation of Lama Yeshe—founder of 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. This is also a riveting account of reincarnation and Tibetan Buddhism.

THE SECRET LIVES OF ALEXANDRA DAVID-NEEL: A Biography of the Explorer of Tibet and Its Forbidden Practices

by Barbara and Michael Foster, 329 pp., 26 b&w photos, 2 maps, #SELLAL \$32.50 cloth

The first European to explore Tibet at a time when foreigners were banned. In Tibet and Sikkim, she lived among hermits and shamans, bandits and pilgrims. She had a torrid love affair with the handsome Maharajah of Sikkim and studied with a genuine master in the Himalayas. David-Neel knew first-hand the Tibet of magic and mystery, the secret mystical practices of Tibetan Buddhism including out-of-body travel, telepathy, vampiric Shamanism, and tantric sex.

SIDDHARTHA

by Hermann Hesse, trans. by Joachim Neugroschel, 176 pp. #SI \$5.95

Siddhartha is the story of a young Brahman's search for ultimate reality after meeting with the Buddha. His quest takes him from a life of profligacy to asceticism, through sensual love, wealth and fame to the painful struggles with his son and the ultimate wisdom of renunciation.

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

by Keith Dowman, fore. by Trinley Norbu Rinpoche, illustrations by Eva van Dam, 400 pp., indexes, #SKDA \$18.95

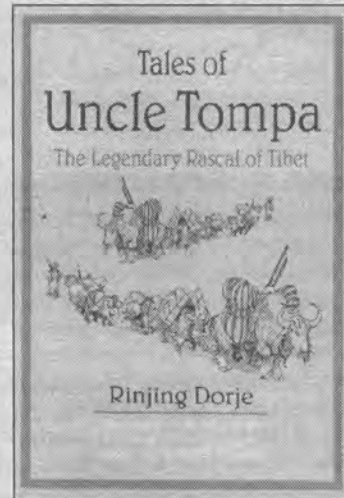
Yeshe Tsogyel, consort of Guru Padmasambhava, is the most famous of the enlightened women of Tibet. Women have a special place in tantra but except for Sky Dancer there are few writings that present the spiritual practices and evolution of female aspirants. Here, women are in an eminent position, and a path of practice is given for present day initiates to emulate. Keith Dowman has added a commentary on the path of inner tantra, woman and the dakini, the Nyingma lineages.

SORROW MOUNTAIN:

The Journey of a Tibetan Warrior Nun

by Ani Pachen with Adelaide Donnelley, fore. by Dalai Lama, pref. by R. Gere, 288 pp. #SOMO \$24 cloth

Ani Pachen is a role model and heroine for Tibetans. Growing up in Tibet, her father was a powerful local chieftain. When the Chinese came she fled into the hills to become a freedom fighter, one of the few female leaders in the resistance. She was eventually captured and tortured for two years and the story continues.



TALES OF UNCLE TOMPA: The Legendary Rascal of Tibet

by Rinjing Dorje, illus. by Addison Smith, 88 pp. #TAUNTO \$13.95

Here is a fresh glance at Tibetan folklore—delightful, whimsical and decidedly bawdy. Conman, prankster, and playboy, Uncle Tompa's exploits outwit the vain and the greedy and turn the tables on those who take advantage of others. A beloved rogue, he's the hero of the "little man" who wishes to get even with the rich and powerful.

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. #TICO \$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.

TIBET: MY STORY

by Jetsun Pema, 254 pp., 59 photos, #TIMYSP \$14.95

The Dalai Lama's sister tells her life story which began in old Tibet. In exile, she is a minister in the government and the director of the Tibetan Children's Villages.

"No book has as much of an effect on me as Jetsun Pema's. It gives the essence of what overwhelmed me when I came into contact with Tibetans: simplicity, generosity, tolerance, dignity in suffering."—Jean-Jacques Annaud, director

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 suffering. Portrayed are the major events of Tonpa Shenrab's life, including his compassionate and miraculous deeds and death.

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.

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

"This captivating book reads like a thriller. Amy and Gully (brother and sister) are playing in a dusty attic when a sudden, fierce wind transports them to a grassy hillside in Rainbowland. There they meet a magical monk dressed in Buddhist robes who sends them on a quest for the wishing stone that was stolen by Wogda, the witch. The children discover special qualities within themselves that are needed to overcome threatening situations—courage, nonviolence, and loving kindness."—*Mindful Parenting (for the Spiritual Enrichment of Children and Parents)*

THE BRAVE LITTLE PARROT

by Rafe Martin, illus. by Susan Gaber, 8.5 x 11" #BRLIPA \$15.99 cloth

When a raging fire threatens to burn down the forest, all of the animals run away in fear—except for one brave little parrot whose efforts save the forest. This is a past-life tale of the Buddha.

"Best Children's Book of the Year"—Children's Book Committee at Bank Street College

BUDDHA

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

The life story of the Buddha rendered in richly-colored, elegant paintings. For people ages 4 to 10 and for adults who love illustrated books.

THE BOY WHO HAD A DREAM

by Ringu Tulku Rinpoche, illus. by Pankaj Thapa, 32 pages, 9 x 11", full color #BODR \$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. Royalties help provide education and health-care for the author's home in Eastern Tibet.

THE DALAI LAMA: A Biography of the Tibetan Spiritual and Political Leader

by Demi, fore. by H.H. the Dalai Lama, 32 pp., 10 x 10" #DALADE \$17.95 cloth

In simple language and great color illustrations, Demi has paid tribute to the Dalai Lama's remarkable life. She has captured the beauty of Tibetan culture, as well as the charm, wisdom, and vision of one of the world's best-known spiritual figures.

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.



"The Buddha's Question has been a nightly favorite. We read it at bedtime over and over. I marvel at its beauty and heart-wrenching message. It is so well done."—A Customer

DHARMA FAMILY TREASURES: Sharing Mindfulness with Children

ed. by Sandy Eastoak, 240 pp. #DHFA \$16.95

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.



A DOG'S TOOTH

by W.W. Rowe, illus. by Chris Banigan. 32 pp., 31 color illustrations, 8 1/2 x 11" #DOTO \$12.95 cloth, for children ages 5-13

In this classic Tibetan tale of the power of faith, a young man is asked by his dying mother to obtain a sacred relic to help her. He fails to do this and instead deceptively brings her a tooth from the skeleton of a dog and tells her it is the Buddha's tooth. The story movingly conveys how the mother's strong faith has the power to fulfill her dreams in spite of the son's deceit. The illustrations are a miracle of lively imagination.



EXPLORE TIBET

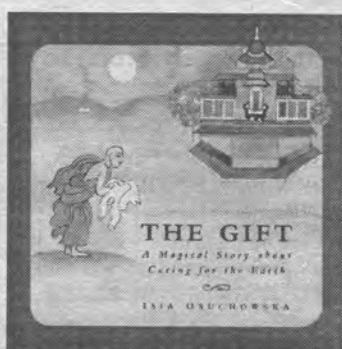
by the Junior Museum Staff of the Newark Museum. 32 pp., 9 x 12," #EXTI \$9.95

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.

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 \$25.26 cloth (see Dalai Lama section)

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



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 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 who was the Buddha in a past life. Excellent illustrations. For ages 6-12 and their parents. Winner of the 1996 Skipping Stones Book Award.

HER FATHER'S GARDEN,

by Janet Brooke. 40 pp., 8.5 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 the villagers are transformed.

THE LIFE OF BUDDHA: From Prince Siddhartha to Buddha

by George Hulskrämmer, illus. by Bijay Raj Shakya & Raju Babu Shakya. 72 pp., 8 1/2 x 11" #LIBU \$14.95

This beautiful hardcover comic book tells the life story of the Buddha. Ages 7 and up.

MEDITATING WITH CHILDREN: The Art of Concentration and Centering

by Deborah Rozman. 160 pp. #MEWICH \$16.95

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

THE MONKEY BRIDGE

by Rafe Martin, illus. by Fahimeh Amiri. 9 x 11" #MOBR \$17 cloth

"Martin successfully brings this brightly illustrated past-life tale of the Buddha about the meaning of true nobility to a new audience."—School Library Journal

PRINCE SIDDHARTHA COLORING BOOK

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

Children can enter into the story of the Buddha by coloring the images from his life. A brief narrative explains each drawing.

THE RABBIT & THE TIGERDILE

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

This past-life story of the Buddha explains the image of a rabbit on the face of the moon. When the god Sakra tested four animals by assuming a frightening form—half tiger, half crocodile—only the rabbit showed true compassion and selfless generosity. Magical color illustrations bring the story to life. It's delightful to read aloud.

"An endearing tale of trust and generosity."—NAPRA ReView

TWENTY JATAKA TALES

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

Famous legends of former lives of the Buddha, these dramatic adventures tell of people and animals moved to altruism by the noble example of fellow creatures. Ages 5+.

Check out
The Snow Lion
Internet Shop
www.snowlionpub.com

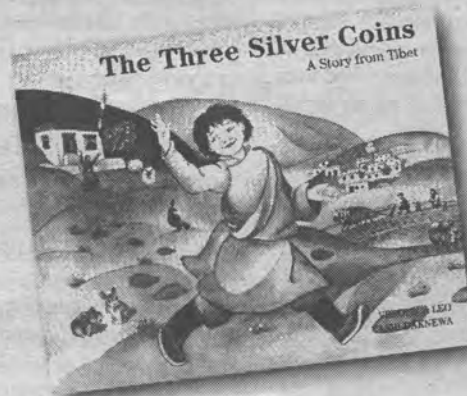


THE THREE SILVER COINS A Story from Tibet

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...a delightful vehicle for multicultural awareness."—NAPRA Review

Once there was a poor boy named Jinpa who lived in Tibet's high mountains. 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 off Jinpa went to seek his fortune..." Ages 4+.



TARA'S COLORING BOOK

by Andy Weber & Nigel Wellings. 12 line drawings, 10 x 13", #TACOCO \$12.95

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.

WHERE IS TIBET?

by Gina Halpern. 48 pp., 43 color illus., 9 x 12", For ages 3-10, #WHTTI? \$12.95

"Where is Tibet?" is really a way of asking "Where is happiness?" as Gina Halpern's enchanting book takes children on a double journey...to a real country and into their own hearts. Brilliantly illustrated Tibetan images, this sensitively rendered story follows the search of a refugee Tibetan boy and girl for their native Himalayan land, but their search goes far beyond the geographical—their quest becomes the universal search of all who seek a place of peace. Where is Tibet? celebrates a delightful spirit and sends a message of hope and empowerment.

COOKBOOKS

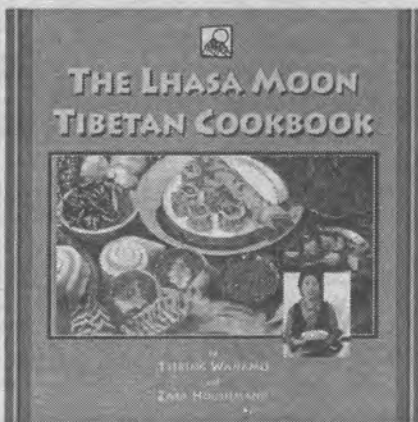
THE LHASA MOON TIBETAN COOKBOOK

by Tsering Wangmo & Zara Houshmand. 128 pp., 80 recipes, 48 line drawings, 25 photos, 8 x 8", #LHMO \$14.95

Located in San Francisco's Marina District, the Lhasa Moon restaurant delights vegetarians and meat-lovers alike. The cookbook provides an excellent overview of the foods grown in Tibet and the meals served in homes, monasteries, and for celebrations.

"One of San Francisco's top restaurants!"—San Francisco Chronicle

"I was delighted by the range and depth of the cuisine in Tsering's cookbook, and after cooking some of the food I can certainly see why her restaurant in San Francisco is so popular."—Mick Vann for The Austin Chronicle.



"The best general introduction to Tibetan cooking available to home cooks...the dinners are quite ecstatic."—The Asian Foodbookery

THE NEPAL COOKBOOK

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

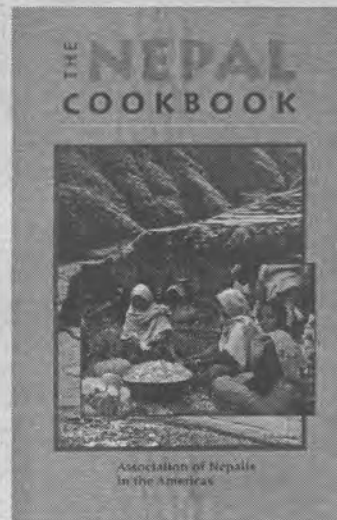
"The Nepal Cookbook is an ideal reference for gourmet clubs—a terrific addition to any kitchen bookshelf!"—Midwest Book Review

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, these recipes reflect many facets of Nepal's colorful and diverse cultures. Nepali food is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal. Special cooking methods and ingredients are fully explained.

"A unique compendium of family recipes"—Library Journal

"...first major source of information on Nepali recipes."—Asian Foodbookery

"These recipes are full-flavored without being overly fussy to prepare. There's a wealth of vegetarian recipes."—Ithaca Times



TIBETAN DEAD HOT SAUCE PACK (with compact edition of The Tibetan Book of the Dead)

by Khatsa & Co. #TIDEHO \$15

Dead Hot Sauce (9 oz.) combined with the compact edition of Chogyam Trungpa's *Tibetan Book of the Dead*—packaged in a handmade wooden crate. Includes recipes. Great gift item!

AMBROSIA HEART TANTRA: The Secret Oral Teachings on the Eight Branches of the Science of Healing

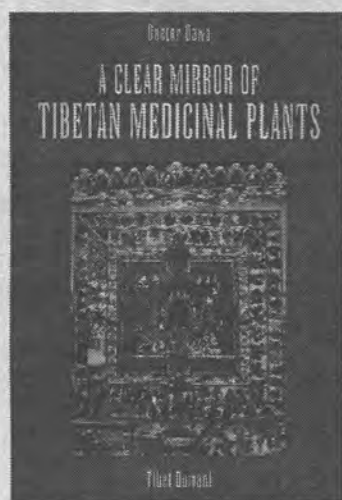
annotated by Dr. Yeshe Dhonden,
trans. by Jhampa Kelsang. 128
pp. #AMHETA \$11

This is the first volume of a key medical treatise known as *The Four Secret Oral Teachings on the Eight Branches of the Science of Healing*—the body, pediatrics, gynecology, disorders of wounds, toxicology, geriatrics, fertility and reproductivity.

BUDDHA'S ART OF HEALING: Tibetan Paintings Rediscovered

Essays by John Avedon, Tamdin Bradley, Fernand Meyer, N.D. Bolsokhoeva, and K.M. Gerasimova, fore. by H.H. the Dalai Lama. 208 pp., 10" x 12", 140 illus., 120 in color, #BUARHE \$35

A rich introduction to Tibetan medicine. Illustrated with intricate and vivid scroll paintings based on *The Atlas of Tibetan Medicine*, a seventeenth-century masterpiece that is the foundation of Tibetan medical education. Essays elucidate the conceptual and theoretical foundations of Tibetan medicine. Each of the forty paintings is reproduced as a full-page plate and described with detailed commentary on its visual content and symbolism.



A CLEAR MIRROR OF TIBETAN MEDICINAL PLANTS

by Dr. Dawa, ed. by Linda Moore,
fore. by H.H. the Dalai Lama. 376
pp., 150 color illustrations, 9 x 12",
cloth #CLMITI \$85

Based on Dri-Med Shel-Phreng, a renowned work on Tibetan medicinal herbs in which the tastes, inherent qualities and digestive principles are described, *A Clear Mirror of Tibetan Medicinal Plants* provides beautiful, accurate color representations of 150 plants, keys to identification, the time a seasons for picking, places where they may be found, the process of drying, cleansing and the techniques of composing these as ingredients for the preparation of medicines. This is an indispensable manual for students of Tibetan medicine and lovers of botanical art.

EASTERN BODY, WESTERN MIND: Psychology and the Chakra System

by Anodea Judith. 416 pp.,
#EABOWE \$18.95

Explains the chakra system through Western psychology. The developmental tasks associated with each chakra are 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 FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power

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

A Himalayan yogic system of simple and highly energizing exercises. Also known as the Five Rites of Rejuvenation, Christopher Kilham has taught these movements to thousands of people seeking a healthier lifestyle. They require a small amount of daily time and effort and can dramatically increase physical strength, suppleness, and mental acuity.

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

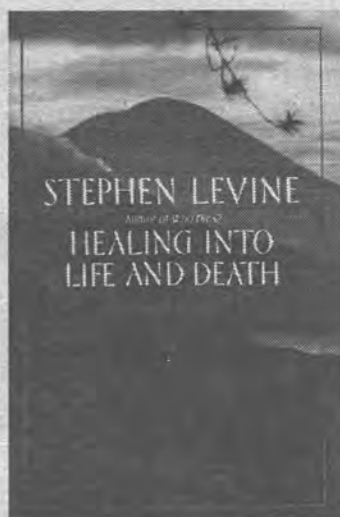
by T.J. Tsarong. 101 pp. #HATRTI
\$6

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

HEALING EMOTIONS: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

edited by Daniel Goleman. 208
pp. #HEEM \$15

The 1991 Mind and Life Conference in Dharamsala discussed the relationship between the brain, immune system and emotions; death and the nature of mind; the effect of positive and negative self image on one's body and mind; and the possibilities and methods for using the mind to heal the body.



HEALING INTO LIFE AND DEATH

by Stephen Levine. 294 pp.
#HELIDE \$12.95

Stephen Levine is a Buddhist teacher experienced in working with both mental and physical illness. He knows the roots of suffering intimately. In this book he explores the healing process and offers original techniques for working with pain and grief that include sixteen guided meditations and mercurial awareness.

"An interesting collection of writings we can all learn from, which focuses on the health and healing of the human condition."

—BERNIE SIEGEL,
author of *Love, Medicine & Miracles*

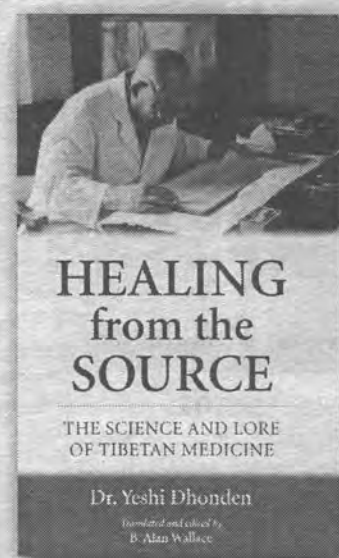
HEALING FROM THE SOURCE The Science and Lore of Tibetan Medicine

by Dr. Yeshe Dhonden, trans. & ed. by B. Alan Wallace
205 pp. #HEFRSO \$16.95

"I am very happy to learn about the publication of Dr. Yeshe Dhonden's book on Tibetan medicine—Dr. Dhonden is one of the most experienced practitioners of this system and was my personal physician for many years."—H. H. the Dalai Lama

"Dr. Dhonden demonstrates an encyclopedic grasp of his topic while also being accessible on a personal level. Many personal anecdotes (often quite humorous) are effective at providing a broader and humanizing context to his detailed knowledge."—*ForeWord Magazine*

In this remarkable presentation of Tibetan medicine, Dr. Dhonden draws from over fifty years of practicing and teaching this ancient tradition of healing. This volume vividly presents a series of lectures to health care professionals at California Pacific Medical Center in San Francisco in 1996. Dr. Dhonden elucidates the holistic Tibetan medical view of health and disease, referring to traditional Tibetan sources as well as his own experiences as a practicing doctor. His presentation is delightfully complemented by many anecdotes.



HEALING from the SOURCE

THE SCIENCE AND LORE OF
TIBETAN MEDICINE

Dr. Yeshe Dhonden

Translated and edited by
B. Alan Wallace

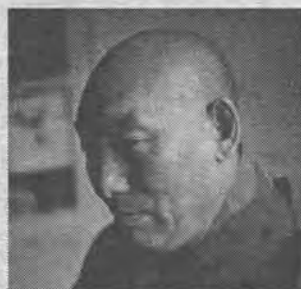


THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

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

"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 memorized by medical students."—The Dalai Lama

The 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. It also provides a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician.



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 the balance of the body's 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 is disregarded. Its wide variety of curative techniques are clearly explained.

LECTURES ON TIBETAN MEDICINE

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

The famous Tibetan lady doctor Lobsang Dolma was a well-known teacher of Tibetan medicine. In her lectures she discusses Buddhism and medicine, massage, child conception, breathing exercises, the relation between body, speech and mind, the three humours, diagnosis, diet and behavior.

POSITIVE HEALTH IN TIBETAN MEDICINE

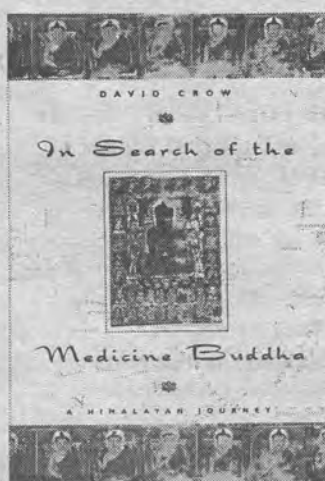
by Vaidya Bhagwan Dash & Ven.
Doboom Tulku. 115 pp. #POHETI
\$14.95 cloth

Tibetan medicine emphasizes right food, drink, 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. This work deals with the different aspects of positive health.

IN SEARCH OF THE MEDICINE BUDDHA:

A Himalayan Journey
by David Crow, L. Ac. 352 pp.
#SEMEBU \$24.95

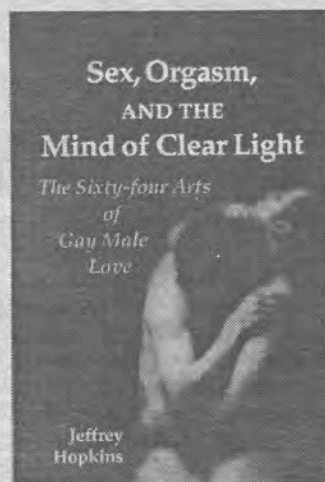
After arriving in Kathmandu, David became the student of the elderly lama-physician Dr. Ngawang Choephel. Over the next 10 years he studied with other teachers including Sarita Shreshtha, Nepal's first woman Ayurvedic physician; Bishnuprasad Aryal, an alchemist who showed Crow how to transform mercury into a potent medicine used by Ayurvedic healers; and Kalu Rinpoche. Crow opened clinics in Nepal where he treated both the rich and poor.



SEX, ORGASM AND THE MIND OF CLEAR LIGHT: The Sixty-four Arts of Gay Male Love

by Jeffrey Hopkins. 123 pp.
#SEORMI \$14.95

An adaptation of the *Tibetan Arts of Love* as a gay sex guide, Hopkins shows how sexual passion can open the door to spiritual growth and bring lovers to a powerful level of consciousness. He concludes with four ruminations on the sex-friendly nature of Tibetan Buddhism.



STUDIES IN TIBETAN MEDICINE

by Elisabeth Finckh. 90 pp. #STTIME \$9.95

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.

**You can enter to Win a FREE TRIP
to Tibet and Nepal.**
See page 18 for details.



THE TIBETAN ART OF HEALING

paintings by Romio Shrestha, text by Ian Baker, fore. by H.H. the Dalai Lama. 192 pp. 9" x 12", color illustrations throughout, #TIARHE \$29.95

This medical system—based on Buddhist beliefs, Ayurvedic healing practices, and ancient shamanic traditions—has been communicated through the centuries by intricate paintings of mandalas featuring plants, animals, deities, and mythical characters. Romio Shrestha, a Nepali master-painter created these brilliantly complex images. Tibetan scholar Ian Baker explains the artistic, spiritual and curative aspects of the paintings.

THE TIBETAN ART OF PARENTING: From Before Conception Through Early Childhood

by Anne Hubbell Maiden and Edie Farwell. 224 pp. #TIARPA \$16.95

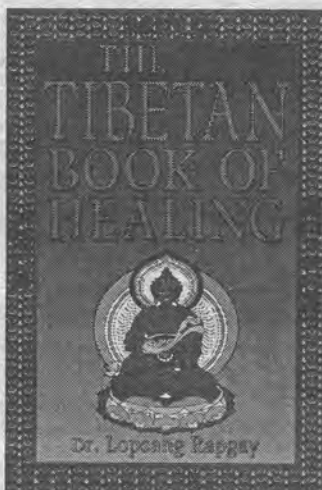
An invaluable guide for parents, those interested in holistic health care, and those interested in the myths, legends, and child-rearing practices of the Tibetan people. Contains an interesting compilation of real child-care practices. The authors draw on Tibetan texts and interviews with women, midwives, traditional doctors and Buddhist scholars.

TIBETAN ARTS OF LOVE

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

Presents in 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 is a translation of the Treatise on Passion by Gedun Chopel, the highly controversial former monk. He advises 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.

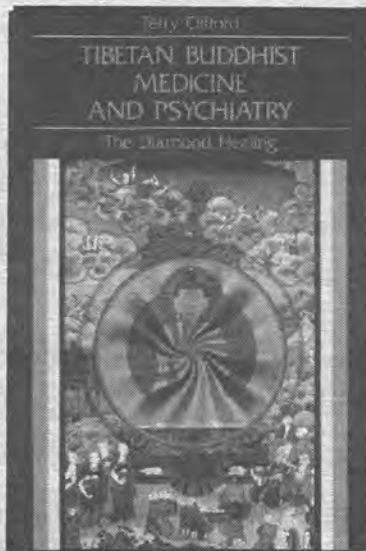
"The work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praiseworthy and insightful."—José Cabezon



THE TIBETAN BOOK OF HEALING

by Dr. Lobsang Rongpa. 203 pp., 11 line drawings, #TIBOHE \$12.95

A comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rongpa has presented the preventative 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 BUDDHIST MEDICINE AND PSYCHIATRY

by Terry Clifford, foreword by H.H. the Dalai Lama. 268 pp., 39 illus., #TIBUMD \$12.95

A comprehensive introduction to the Tibetan art of healing. 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.

"A well organized and exceptionally clear introduction."—Yoga Journal

TIBETAN HEALING: The Modern Legacy of Medicine Buddha

by Peter Fenton. 206 pp., 41 b&w photos, 22 illus., tables, #TIHE \$22.95

Peter Fenton traveled to India and Nepal, seeking the few places left where Tibetan refugees still practice Tibetan medicine in its entirety. He hiked with herbalists in Himalayan foothills; toured monasteries and healing centers, and he interviewed lamas, Tantric healers, and Tibetan doctors. With fascinating stories, photographs, and botanical drawings, he explains the Tibetan use of medicinal herbs and the living spiritual principles that give this medical practice its power.

TIBETAN MEDICINE: East Meets West/West Meets East

edited by Jurgen Aschoff and Ina Rosing. 130pp. #TIMEEA \$20

Presents a summary of a symposium at the University of Ulm. It includes a collection of nine papers. It addresses the effectiveness of Tibetan drugs in clinically controlled conditions as well as presenting basic classificatory and documentary studies. It examines institutional issues and the problems experienced in the cross-cultural transfer of the Tibetan and Western medical systems.



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 Gyamtso, 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, summaries of the treatise, and the inscriptions on the color plates put the facsimiles in context.

TIBETAN MASSAGE CHART

by Dr. Rongpa. 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.

TIBETAN MEDICINE and Other Holistic Health-Care Systems

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

The author explains 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; and diet and treatments. He then 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 Buddhahood as a basis for counseling therapy.

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.

YOGA FOR YOUR LIFE

by Margaret & Martin Pierce. 160 pp., oversized, over 400 color photos, #YOYOLI \$20

Capturing the spirit of yoga for the American lifestyle, this is the perfect book for beginners. It surpasses other guides by showing pose adaptations for different body types and eight special programs that offer innovative, useful ways to bring yoga into your life such as yoga to wake up, to prepare for meditation, to help with sleep, for a vigorous workout, or to prepare for an active day. Easy to follow text and photos.

The Snow Lion Internet Shop
www.snowlionpub.com

LANGUAGE

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 (outside N. America, allow \$35 for shipping)

The most systematic and extensive course system available in spoken Tibetan language, *Fluent Tibetan* was developed at the University of Virginia by language experts working in conjunction with indigenous speakers. Based upon courses for diplomats needing to learn a language quickly, its 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. *Fluent Tibetan* is the best course available 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 to broaden one's use of the language. 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. *Fluent Tibetan* corresponds to a year of college-level language study.

"*Fluent Tibetan* is a significant and unmatched achievement in the field of teaching colloquial Tibetan."—*The Tibet Journal*



FLUENT TIBETAN CD-ROM: A Proficiency-Oriented Learning System. Novice and Intermediate Levels. A multimedia supplement with additional dialogues

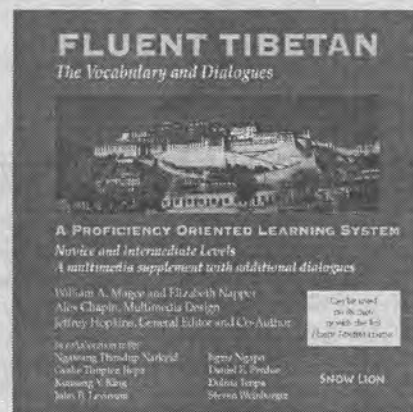
by William A. Magee and Elizabeth S. Napper, Alex Chapin, Multimedia Design, Jeffrey Hopkins, General Editor and Co-Author. #FLTICD \$45

This CD-ROM is an introduction to Tibetan language as well as a supplement to *Fluent Tibetan*—the four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four volume textbook as well as an additional seventeen intermediate-level dialogues. A large number of vocabulary words are accompanied by sentences which demonstrate their usage. All are linked to audio resource files so that one can hear the proper pronunciation simply by the click of a mouse. Also provided on this CD is a Tibetan-English glossary that is searchable in both Tibetan and English, and an introduction to the Tibetan alphabet along with a presentation of Tibetan phonemics. Vocabulary lists can be presented in a variety of ways for drilling purposes including a random sort with sound at varying rates, much like talking flash cards. Dialogues can be presented automatically with sound at varying rates in Tibetan with English translation below or in English with Tibetan translation. The function of this CD-ROM is to bring together sound and text in a format that allows for quick access to whatever material is currently being studied. Beyond that this CD attempts to bring the language to life by challenging the student to pick out familiar words in new contexts and to discover new words in familiar contexts.

This CD is an excellent introduction to the Tibetan language, providing the resources needed to read Tibetan script and enough vocabulary and dialogues to develop significant mastery of the language.

System requirements:

- Macintosh: 68030/25 MHz or higher (native Power Macintosh) system 7.5 or later, 5 Mb free RAM, Sound Manager 3.0 or later, 256 color monitor, speakers or headphones.
- Windows: 80386/25 MHz or higher Windows 3.1 or later, 5 Mb free hard drive space, 8-bit sound card, 256 color monitor, speakers or headphones. 32-bit windows NT should use the Win95 installer.



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 the author's 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.

THE CLASSICAL TIBETAN LANGUAGE
by Stephan Beyer. 503 pp. #CLTILA \$24.50

A comprehensive description of the Tibetan language. It treats the classical language on its own terms. 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 C. Goldstein. 342 pp., #ENTIDI \$40

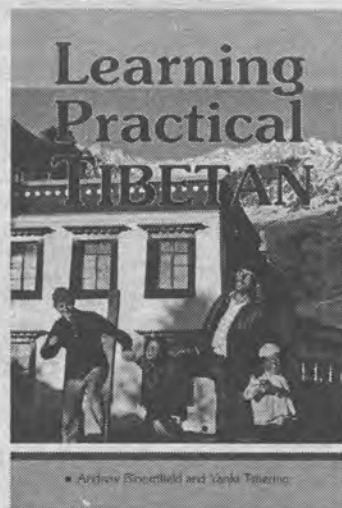
16,000 main entries and 29,000 subentries make this an indispensable dictionary for Tibetan language students. Each entry includes the Tibetan orthography and Wylie romanization. Grammatical features are noted. And many words are shown in sentence context.

Gansu TIBETAN-ENGLISH DICTIONARY
ed. by Paldan Tashi and Gansu Nationalities Press. 667 pp. #GATIE \$40

This Tibetan-English dictionary also has a smaller English-Tibetan section. It comes from Eastern Tibet and was produced by a Tibetan working with two westerners. Each Tibetan item is followed by its English equivalent, and a sentence in English and Tibetan. The English-Tibetan section is similar. The sentences make this a very valuable aid for learning Tibetan. There is no phonetic system.

A Large TIBETAN-ENGLISH DICTIONARY
Sarat Chandra Das. 1353 pp., 6.5 x 10", cloth #COTIEL \$45

A new enlarged (it's physically bigger) edition of the famous Das dictionary. Now it is very readable! 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. (See compact edition in language section.)



LEARNING PRACTICAL TIBETAN

by Andrew Bloomfield & Yanki Tshering. 175 pp. #LEPRTI \$16.95, Optional: two 90 min. cassette tapes #TIPHT \$14.95

Learning Practical Tibetan is a revised and expanded version of our *Tibetan Phrasebook*. *Learning Practical Tibetan* has a larger format than *Tibetan Phrasebook* and includes the Tibetan script in addition to the phonetic system to make it useful as a practical Tibetan-language study tool.

Learning Practical Tibetan begins by introducing both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: numbers, dates, days and time, dates of festivals, religious and monastic vocabulary and a general vocabulary.

LEARN TIBETAN: Essential Words and Phrases for Absolute Beginners
by Eurotalk Interactive. CD-ROM #LETICD \$50

A lively and entertaining introduction to Tibetan language. This well-designed package makes learning Tibetan feel like a game. It offers a large vocabulary. You can record your voice and compare your pronunciation with native speakers. There are quizzes and a challenging memory game. Windows: VGA w/256 colors, sound card, 486 or above, 8 Mb RAM, CD-ROM, microphone optional. Apple Macintosh: Color Macintosh, 68030 processor or above, 8 Mb RAM, CD-ROM, microphone optional.

NEW PLAN TIBETAN GRAMMAR AND TRANSLATION
by Pema Chhinjor. 198 pp. #NEPLTI \$12

Intended for the serious student of Tibetan language, the author has compiled the best of the methods he has used during 20 years of teaching at Panjab University at Chandigarh. The basic structure of Tibetan grammar is methodically explained through well planned practical exercises.

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.

TIBETAN-CHINESE DICTIONARY
by Merig Petuen Khang. 3294 pp., 2 volumes, #TICHDI \$120

We have a few copies of a dictionary printed in Lhasa. This was formerly a 3-volume set and has now been printed in two volumes. They are cloth bound and in so-so but very readable condition. It is difficult to obtain them, so please call for availability.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST CULTURE
by Rangjung Yeshe. CD ROM version 2.0, #TIENDB \$50

This dharma dictionary is a database of approx. 66,000 entries. It is a compilation from existing dictionaries, word-lists and glossaries selected on a practical usage basis. It has an extensive glossary, a list of usage of Buddhist terms in present day works of translation, a massive amount of dictionary entries, a lexicography of places, people and literary works, and an encyclopedic covering of topics of importance to the Buddhist world. The work is published as an electronic version on CD ROM for PC and Mac so the dictionary can be an on-line tool.

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%.

A TIBETAN-ENGLISH DICTIONARY (compact edition)

Sarat Chandra Das. 1353, #COTIE \$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 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.

TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan
by Joe Wilson, Jr. 845 pp., 7 x 9", glossary #TRBUTI \$65 cloth, A Namgyal Institute Textbook.

This complete textbook on classical Tibetan is suitable for beginning or intermediate students. It begins with rules for reading, writing, and pronouncing Tibetan, gradually carrying the reader through the patterns used in the formation of words, and the repeating patterns of Tibetan phrases, clauses, and sentences. Students with prior experience will find that the seven appendices—which review the rules of pronunciation, grammar and syntax—provide an indispensable reference. It 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, it serves as an introduction to reading and translating and to Buddhist philosophy and meditation. 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*.

SOCIAL ACTION, HISTORY, ENVIRONMENT & POLITICS

BEARING WITNESS: A Zen Master's Lessons in Making Peace

by Bernie Glassman. 218 pp., 6 b&w photos, #BEWI \$13
"The most important work on peacemaking written in this decade."—Values & Visions

Bernie Glassman takes people into situations where they experience problems first-hand, into circumstances so overwhelming—such as living on the streets of New York City or meditating on the crime of the century at Auschwitz—that they are forced to relinquish the comfort of their familiar view of the world. Out of these actions have come the three tenets of the order: letting go of fixed ideas, healing ourselves and others, and bearing witness to whatever is taking place within us and right before our eyes.

BUDDHISM AND ABORTION
ed. by Damien Keown. 222 pp. #BUAB \$22.95

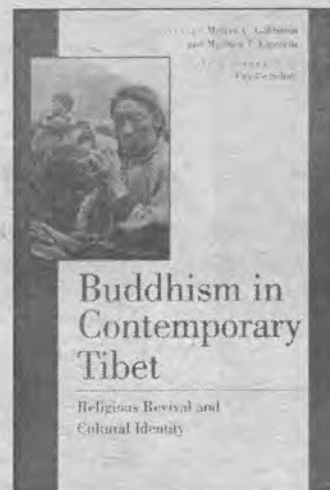
The first book to explore abortion from Buddhist cultural and ethical perspectives. Keown discusses abortion as found in Buddhist societies including Thai, Japanese and Korean and in Buddhist literature.

BUDDHISM IN CONTEMPORARY TIBET: Religious Revival and Cultural Identity

ed. by Melvyn Goldstein & Matthew Kapstein. 235 pp., 37 b&w photos, #BUCOTI \$15.95

Four leading specialists in Tibetan anthropology and religion conducted case studies in Tibet. They observed the revival of Buddhism in monastic communities and at popular pilgrimages and festivals. Since this revival contends with Chinese oppression, the Tibetans must adapt socially, politically, and economically.

Edited by Damien Keown
BUDDHISM AND ABORTION



BUDDHIST ECONOMICS: A Middle Way for the Marketplace
by Prayudh A. Payutto. 102 pp. #BUEC \$14.95

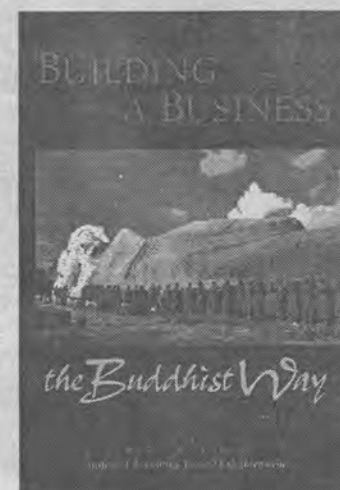
P.A. Payutto, one of Thailand's foremost Buddhist scholars, challenges the misconception that Buddhism is only for renunciants by outlining an ethically Buddhist approach to economics. Production, consumption and other economic activities are not to be treated as ends in themselves but as means to the ultimate development of individual and social well-being. Buddhist Economics provides guidelines for ethically responsible money-making.

BUDDHIST PEACEWORK: Creating Cultures of Peace
ed. by David Chappell. 253 pp., 25 b&w photos, #BUPE \$14.95

Eighteen Buddhist leaders such as the Dalai Lama, Thich Nhat Hanh, Maha Ghosananda, Daisaku Ikeda, Karma Lekshe Tsomo, Sulak Sivaraksa, Stephanie Kaza, and Judith Simmer-Brown describe their ideas and work—the principles that guide Buddhist peace activism. This is not a book of theory but of real experiences.

THE CULT OF PURE CRYSTAL MOUNTAIN: Popular Pilgrimage and Visionary Landscape in Southeast Tibet
by Toni Huber. 320 pp., 3 maps, 9 halftones, #CUPUCR \$65 cloth

The Tibetan district of Tsari with its sacred snow-covered peak of Pure Crystal Mountain has long been a major pilgrimage center of symbolic and ritual significance for Tibetans. Toni Huber of Victoria University explores its esoteric and popular ritual traditions. She documents Tibetan life patterns and cultural traditions which have largely disappeared since 1959. Huber analyzes the cultural categories of space, place, and person, and the organization of Tibetan society in relation to them.



BUILDING A BUSINESS THE BUDDHIST WAY
by Geri Larkin. 142 pp. #BUBUBU \$12.95

Presents entrepreneurship emphasizing balance and integrity. Geri guides the reader through a process of understanding oneself and one's market including developing business, marketing, and a financial plan. Although clothed in Buddhist precepts, Larkin's principles are all business—with a sense of humor and balance between Buddhist and business goals.

THE DIAMOND CUTTER The Buddha on Strategies for Managing Your Business and Your Life

by Michael Roach
256 pp., cloth #DICU \$21.95

Geshe Michael Roach first translates *The Diamond Sutra* and then quotes from some of the best Tibetan commentaries on the subject. In the next and main section, he gives fresh insight into this ancient wisdom by using examples from his own experience as founder of the successful Andin International Diamond Corporation, which he started—much of the success of Andin has come from applying the Buddhist business strategies presented in this book.



DEMYSTIFYING TIBET: Unlocking the Secrets of the Land of the Snows

by Lee Feigon. 241 pp., 21 photos and illus., #DETI \$27.95 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.



DHARMA RAIN: Sources of Buddhist Environmentalism
ed. by Stephanie Kaza & Kenneth Kraft. 312 pp. #DHRA \$24.95

A comprehensive collection of classic texts, contemporary interpretations, guidelines for activists, issue-specific information, and materials for environmentally-oriented religious practice. Contributors include Basho, the Dalai Lama, Thich Nhat Hanh, Gary Snyder, Chogyam Trungpa, Gretel Ehrlich, Peter Matthiessen.

THE DRAGON IN THE LAND OF SNOWS: A History of Modern Tibet since 1947

by Tsering Shakya. 574 pp., 12 b&w photos, #DRLASN \$29.95 cloth

"...will undoubtedly take its place as the indispensable account of modern Tibetan history."—Literary Review

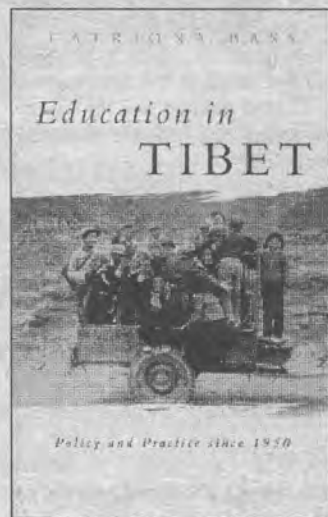
This definitive history of Tibet is based entirely on unpublished primary sources and written by a Western-educated Tibetan author. It shatters the popular perception of Tibet as an isolated Shangri-la unaffected by broader international developments and rises above the simplistic dualism so often encountered in accounts of Tibet's contested recent history. Charting a clear course through the intricacies of the historical record, Tsering Shakya gives a balanced account of Tibet's desperate attempts to maintain her independence and safeguard her cultural identity.

"At last, the history of Tibet we have been waiting for. It will irritate both Chinese and Tibetan chauvinists as it explodes their myths, misunderstandings, and propaganda."—Jonathan Mirsky

EDUCATION IN TIBET: Policy and Practice since 1950

by Catriona Bass. 300 pp., numerous charts, graphs, and maps, #EDTI \$25

Education policies in Tibet are in danger of turning Tibetans into a poorly educated underclass with administrative and skilled technical jobs increasingly taken by Han Chinese. In this comprehensive overview of education in the Tibet Autonomous Region, Bass presents its history in light of political and educational shifts in China and discusses the Chinese government's response to Tibetan nationalism and its effect on education. She uses official sources in both Chinese and Tibetan, first-hand observation, interviews with Tibetan refugees and with educators.



ENGAGED BUDDHISM IN THE WEST

ed. by Christopher Queen. 512 pp. #ENBUWE \$24.95

Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society. Queen illuminates the evolution of Buddhist activism—including its history, leadership, organizations and teachings—and addresses such issues as violence and peace, race and gender, homelessness and AIDS.

"A fine map of the activist path."—Alan Senauke, Buddhist Peace Fellowship

ENGAGED BUDDHIST READER

ed. by Arnold Kotler. 264 pp. #ENBURE \$18

Represents the "cream" of sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosanaanda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

Bringing Buddhist Principles to Work



**ENLIGHTENED
MANAGEMENT: Bringing
Buddhist Principles to Work**
by Dona Witten with Akong
Tulku Rinpoche. 168 pp. #ENMA
\$14.95

Packed with exercises and techniques tailored for the workplace and shows how to draw the best out of ourselves and our colleagues to create the productive, balanced, and happy office environment in which everyone dreams of working. Dona Witten is a management consultant for Ernst and Young. Akong Tulku Rinpoche is the director of Samye Ling in Scotland.

Eurasian Mythology
in the Tibetan Epic of Gesar



EURASIAN MYTHOLOGY IN THE TIBETAN EPIC OF GESAR

by Siegbert Hummel. 117 pp. #EUMYTI \$12

Gesar is the most extraordinary Tibetan legendary figure. Professor Hummel provides a wealth of mythological, legendary and folkloric motifs which over the course of centuries formed around the initial kernel and he brings to life a fascinating story.

FESTIVALS OF TIBET

by Tsepak Rigzin. 70 pp. #FETI \$8.95

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.

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 \$39.95 cloth

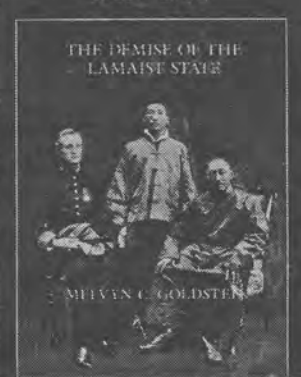
This is the best elaboration of the legal, cultural and ideological dimensions of pre-communist Tibetan jurisprudence, a unique legal system that maintains its secularism within a thoroughly Buddhist setting. French reconstructs the Tibetan legal system as a series of layered narratives from the people 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.

HIGH PEAKS, PURE EARTH: Collected Writings on Tibetan History and Culture

by Hugh Richardson. 790 pp., 104 b&w photos, maps, index, #HIPEPU \$40

The last British diplomat to serve in Tibet (in Lhasa from 1935-50), he studied Tibetan life and later became a scholar. High Peaks, Pure Earth contains 65 contributions including: the crucial and formative phase of Tibet's history in the seventh to ninth centuries; later history to the twentieth century, including a number of important studies of the Chinese and Western involvement in Tibet; Tibetan Precise, a previously classified publication summarizing British relations with Tibet; the author's testimonies and recollections of life in traditional Tibet.

A HISTORY OF MODERN TIBET, 1913-1951



**A HISTORY OF MODERN
TIBET, 1913-1951: The
Demise of the Lamaist State**
by Melvyn Goldstein. 898 pp.
#HIMOTI \$32.50

Presents a large number of documents that reveal the play of forces before the Chinese invasion of Tibet. Very well-researched yet criticized for its viewpoint on the events it documents.

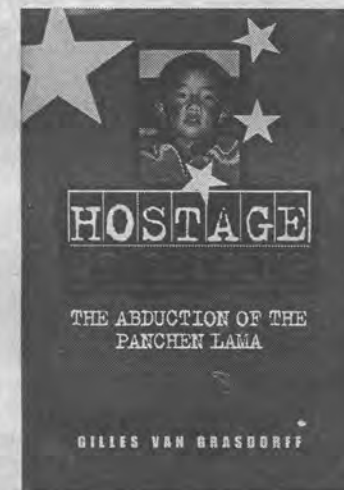
"Brilliant...the only complete picture of what occurred in Tibet. Unlike Tibetan writings (an exception being A Political History of Tibet), it does not gloss over the Tibetan's failure to comprehend the situation into which they walked—culminating in the loss of Tibet in the 1950s."—Glenn H. Mullin

Check out
The Snow Lion
Internet Shop
www.snowlionpub.com

HISTORY OF THE "WHITE CRYSTAL" (Shel dkar chos 'byung): Religion and Politics of Southern La Stod

translated by Pasang Wangdu and Hildegard Diemberger, in cooperation with Guntram Hazod. 175 pp., 8.5 by 12", 29 color plates, maps, Tibetan text, b&w plates, #HIWHCR \$58.00

Presents a view of the evolution of Tibetan society from ancient clans to aristocratic families, and eventually to the monastic institutions at the time when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal ldan rgya mtsho of Shel dkar monastery in southern La Stod. The author outlined the history of southern La stod, its lords, and the monastery, whose early abbots adhered to the Sakya tradition.



HOSTAGE OF BEIJING: The Abduction of the Panchen Lama

by Gilles van Grasdorff, fore. by Richard Gere. 320 pp., photos, maps, #HOBE \$24.95 cloth

A well-researched investigation into the kidnapping of the Panchen Lama. According to Tibetan Buddhist tradition, the Panchen Lama plays a key role in identifying the next incarnation of the Dalai Lama. Shortly after arresting Guenden Tcheukyi Nyima, the Chinese produced their own "Panchen Lama." The author presents fresh insights into the intrigue of Tibet's recent history and the current situation.

INDIA & TIBET

by Sir Francis Younghusband. 409 pp. #INTI \$14.95

Younghusband provides a detailed and revealing account of British-Indian relations with Tibet from the time of Warren Hastings in the 1770s to 1910, with special emphasis on the British Mission to Lhasa in 1904. He discusses Tibetan domestic and international relations—giving a deeper understanding of British Imperial relations with Tibet which was based primarily on trade. He shows that China's present claim to Tibet is based on sentiments that pre-date the 1950s by hundreds of years.

IN EXILE FROM THE LAND OF SNOWS

by John Avedon. 391 pp. #EXLASN \$16

This is a well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture. It includes An Interview with The Dalai Lama.

"The detailed life stories Avedon recounts are nothing short of stunning."—Denver Post

"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

**THE INTERNATIONAL
TIBET RESOURCE
DIRECTORY 1995**

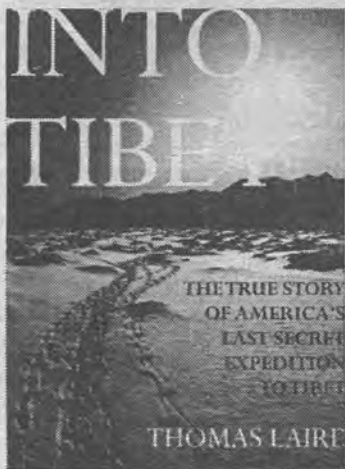
by the International Campaign
for Tibet. #INTIRE \$7

A pocket-sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, international NGOs, etc.

**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, Tsipon Shuguba was instructed by the Dalai Lama 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. 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 his own nineteen-year imprisonment.



**INTO TIBET: The True Story
of America's Last Secret
Expedition to Tibet**

by Thomas Laird. 320 pp., 16 pp.
of b&w photos, cloth #INTIAM
\$25

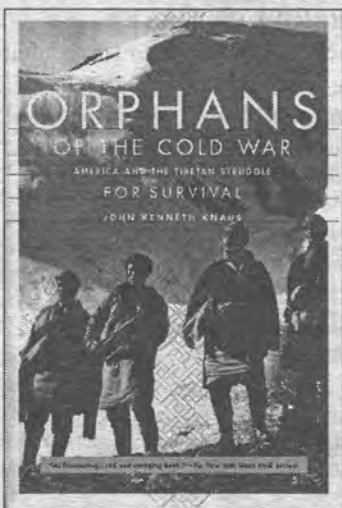
A 1949-50 American expedition across China and the deserts of inner Asia to Tibet is still secret after 50 years. Into Tibet rewrites the accepted history behind the Chinese invasion of Tibet and discloses for the first time how America's most successful atomic intelligence agent went to Tibet to establish the links America would need if it wanted to arm the Tibetans. These covert actions may have precipitated the Chinese invasion. This is a story of survival, courage, intrigue, and betrayal among the nomads, princes, bandits, and warring armies of inner Asia.

**ISLAM IN TIBET & The
Illustrated Narrative:
TIBETAN CARAVANS**

by Abdul Wahid Radhu, Dr.
William Stoddart, José Ignacio
Cabezón, fore. by H.H. the Dalai
Lama, preface by Marco Pallis,
trans. by Jane Casevitz, ed. by
Gray Henry. 312 pp., 33 b&w
photos, 2 maps, #ISTI \$24.95

"Traditional Tibetan life was a rich tapestry woven of several strands, of which one was Islam. This work makes this aspect of Tibetan culture and society known."—Seyyed Hossein Nasr

Professor Cabezón writes on Islam, followed by "Buddhist and Islamic Viewpoints of Ultimate Reality" by Dr. William Stoddart. "Tibetan Caravans" describes centuries-old trading business between India, Central Asia and Tibet and the interplay between Islam and Buddhism.



**ORPHANS OF THE COLD
WAR: America and the
Tibetan Struggle for Survival**

by John Kenneth Knaus. 384 pp.,
54 photos, illus., #ORCOWA \$16

A secret war has been waged over Tibet involving the Chinese, Indians, British, Tibetans and Americans—this vivid account was written by the 44-year veteran of the CIA who participated in the planning, direction and execution of America's covert attempts to aid the Tibetan resistance. He describes secret UN negotiations to brutal violence in the Himalayas—gripping tales of geopolitics and courage, faith and abandonment—essential reading on the modern history of Tibet.

**RECORDS OF THOLING: A
Literary and Visual Recon-
struction of the "Mother"
Monastery in Guge**

by Roberto Vitali. 226 pp., 8.5 x
11", 4 color, 11 b&w plates, 12 line
drawings, 2 maps, biblio., index,
Tibetan text, #RETH \$35

This monograph reconstructs symbolically the most important monastery of West Tibet (founded in 996 by the monk-king Ye-shes'od together with the translator Rin-chen-bzang-po) which suffered irreparable damage during the Cultural Revolution. It assesses the history of Tho-ling from its foundation until the 19th century, and introduces hitherto unknown documents belonging to Tho-ling to identify all its temples, chapels, stupas and buildings composing the monastic complex (reconstructed with sketches and paintings). The material has been cross-checked with the oral accounts provided by the surviving monks and notables of Tho-ling.

**REINVENTING THE WHEEL:
A Buddhist Response to the
Information Age**

by Peter Herschok. 320 pp.
#REWH \$16.95

Herschok assesses the personal and communal costs of our global economic and technological commitments. He reveals the suppositions of western cultural dynamics, while contrasting its fundamental values such as independence, individual freedom, and a control of the world, with those of Buddhism. If people continue to accept these western cultural presuppositions, they will trap us in a wheel of existence, in life's karmic circle.

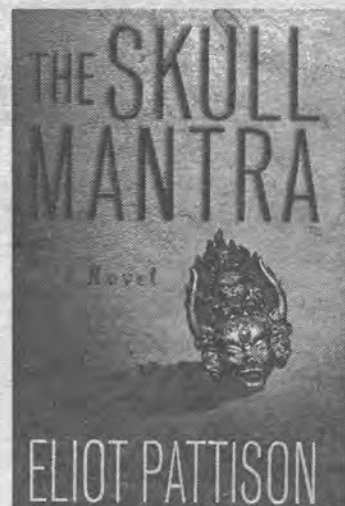
**THE SEARCH FOR THE
PANCHEN LAMA**

by Isabel Hilton. 352 pp., cloth
#SEPALA \$25.95

Tells the enthralling inside story of how the young Panchen Lama became the innocent prize in a battle between the Chinese regime and the Dalai Lama. Hilton describes the intrigue surrounding the race to choose Tibet's future religious leader. Traveling from the Dalai Lama's headquarters in India to Himalayan monasteries, Hilton probes beneath the surface of a society living grudgingly under Chinese rule and provides an engaging account of this unusual situation.

**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.



THE SKULL MANTRA

by Eliot Pattison. 403 pp. #SKMA
\$24.95 cloth

"Nothing that happens in life is random." When a headless corpse is found by a prison work gang on a windy Tibetan mountainside, veteran police inspector Shan Tao Yun might seem the perfect man to solve the crime—except he is in a Tibetan prison himself for offending the Party in Beijing. Set against the astonishing landscape of this beleaguered Himalayan country and the epic struggle of the Tibetan people, Shan's difficult and twisted journey to the truth becomes a passage through the many layers of tragedy inflicted by China on Tibet and its people.

SKY BURIAL

by Blake Kerr, photos by John
Ackertly, foreword by H.H. the
Dalai Lama, intro. by Heinrich
Harrer. 186 pp. #SKBU \$12.95
(see Adventure & Travel)

**THE SNOW LION AND THE
DRAGON: China, Tibet, and
the Dalai Lama**

by Melvyn C. Goldstein. 130pp.
#SNLDR \$13.95

With the death of Deng Xiaoping, the future of Tibet is more uncertain than ever, and Goldstein argues that the conflict could easily erupt into violence. Drawing upon his deep knowledge of the Tibetan culture and people, Goldstein takes us through the history of Tibet, concentrating on the political and cultural negotiations over the status of Tibet from the turn of the century to the present—a carefully argued presentation of the Tibet Question during this turning point in its turbulent history.

**SOARING AND SETTLING:
Buddhist Perspectives on
Contemporary Social and
Religious Issues**

by Rita Gross. 258 pp. #SOSE
\$19.95

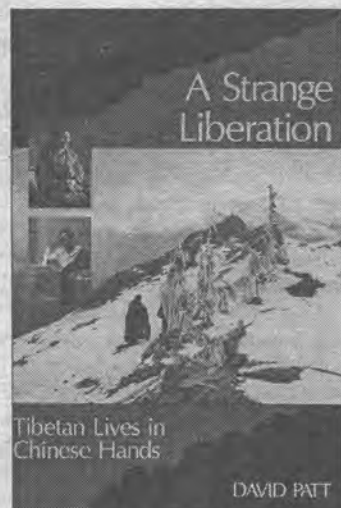
This is a book about Buddhist practice, feminism, and social change. The essays, however, focus on themes not often emphasized in the Engaged Buddhist movement, beginning with feminism itself. Sixteen essays present Buddhist feminism, social issues from a feminist perspective and the feminist theology of Buddhism.

"Her reflections are incisive, and express her social activism, intellectual creativity, and personal candor."—Judith Simmer-Brown

**THE STATUS OF TIBET:
History, Rights, and
Prospects in International
Law**

by Michael C. van Walt van
Praag. 450 pp. #STTI \$26.95 cloth

Reviews the history of Tibet 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.



**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

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.

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.



**TOURNAMENT OF SHADOWS
The Great Game and the Race for Empire in Central Asia**

by Karl Meyer & Shareen Brysac. 646 pp., 37 b&w photos, maps, #TOSH \$35 cloth



The world's oldest established imperial rivalry had its start during the Napoleonic age when British agents came upon the tracks of Russian rivals in snowbound Tibet. Was the Tsar planning to invade India, or was Russia bent on global domination? To foil these real or imagined schemes the British dispatched an army to Lhasa to check Tsarist designs on Tibet. For the general reader, the authors offer a superb introduction to an absorbing history—a history vital to the understanding of today's disputes over Russia's role in the Caucasus, the CIA's operations in Tibet and the impassioned politics of Afghanistan. This is a well-documented overview filled with details likely to be new even to Great Game aficionados.



A STUDY OF TIBETAN PAPER MONEY (With a Critical Bibliography)

by Wolfgang Bertsch. 93pp. Color plates/b&w photos #STIPA \$10.95

Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.

TEARS OF THE LOTUS: Accounts of Tibetan Resistance to the Chinese Invasion, 1950-62

by Roger E. McCarthy. 312 pp., 14 b&w photos, 3 maps, #TELOT \$49.95 cloth

As a CIA officer, Roger McCarthy trained members of the Tibetan resistance in the late 1950s. Roger tells the story of the Tibetan resistance, the role of Tibetans who collaborated with the Chinese invaders, the unforgivable Chinese brutalities, excesses, and deceptions, and the sorry role of the Free World—the United Nations and that of Prime Minister Nehru—when Tibet desperately needed help.



TIBET SINCE 1950: Silence, Prison or Exile

in collaboration with Human Rights Watch. 200 pp., 9 x 12", 80 color, 60 duotone photos, cloth #TISI50 \$40

Through photographs, history, personal interviews and stories, the impact of Chinese political repression is made clear. Contains rare photos of Chinese crackdowns on Tibetan demonstrations and first-hand accounts from Exiles of why they chose to leave. It looks at the past and present damage to Tibetan religious institutions. Includes a discussion of Tibetan prisons by Steve Marshall and a consideration of Tibet as myth and reality by Orville Schell, renowned journalist and China scholar.

TIBET AND THE BRITISH RAJ: The Frontier Cadre 1904-1947

by Alex McKay. 293 pp. #TIBR \$49.00 cloth

More than one hundred British-Indian officials lived and worked in Tibet during the years 1904-1947. Following Colonel Younghusband's 1903-1904 mission to Lhasa, these officers and their supporting staff were posted in central and southern Tibet, and after 1936-1937, at the British Mission in Lhasa. This groundbreaking work examines the character, role, and influence those who formed a small, distinct, group of Tibetan specialists—diplomatic representatives of the Raj, but also scholars, spies, and empire-builders, who influenced events in Tibet and shaped our understanding of that land.

TIBET OUTSIDE THE TAR

by Steven D. Marshall and Susette Ternent Cooke (*The Alliance for Research in Tibet*). CD-ROM #TIOUTA \$10

This unprecedented report contains 2700 pages of text, hundreds of photographs, tables, charts, and maps of the half of Tibetan land submerged under four Chinese provinces. The entire report, complete with images and graphics, has been presented in Adobe's easy-to-use Acrobat Reader software. There is a full search index. Photographic images can be zoomed into with startling detail.

"A fantastic tool for research—revealing what is actually happening in Tibet now. Replete with photographic, demographic and political information in a thorough historical framework."—Prof. Jeffrey Hopkins

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

by Warren W. Smith, Jr. 733 pp. #TINA \$34

"A monumental one-volume political history of Tibet, which is comprehensive and current on Tibet. Dr. Smith's skillful reading of Chinese propaganda material, uncovering the process of Chinese Communist takeover of Tibet, is a triumph of discerning research."—Jamyang Norbu, Director of Amnye Machen Institute

This detailed history offers a comprehensive account of Tibetan nationalism, Sino-Tibetan relations, and the issue of Tibetan self-determination. Smith explores Tibet's ethnic and national origins, 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, Smith analyzes Marxist-Leninist and Chinese Communist Party nationalities theory and policy, their application in Tibet, and the consequent rise of Tibetan nationalism and issue is self-determination.

TIBETAN HISTORIES: A Bibliography of Tibetan-Language Historical Works

by Dan Martin. 295 pp. #TIHI \$45.00 cloth

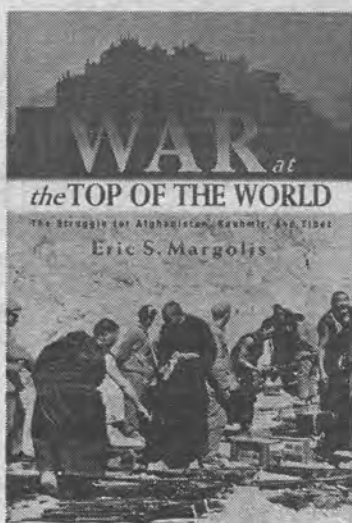
This bibliography of over seven hundred items, provides a comprehensive listing of Tibetan language works belonging to historical genres that have evolved between the 11th century and the present. Included are the dates and details of composition or publication, authorship and title, and references to the burgeoning secondary literature in other languages. An extensive alphabetical index of proper names, titles and subjects in English makes this an easy reference.



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 uses 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.



WAR AT THE TOP OF THE WORLD: The Struggle for Afghanistan, Kashmir, and Tibet

by Eric Margolis. 256 pp. #WATOWO \$26, now on sale for \$16!

A veteran foreign correspondent presents the history of the complicated and volatile conflicts that entangle Afghanistan, Kashmir, and Tibet, exploring clashes that threaten to destabilize the region today. Margolis guides the reader through the geopolitical complexities of the conflict and its key players, offering a clear analysis—an extraordinary read on the current global balance of power.

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 invasion. 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.

ON ZHANG-ZHUNG

by Seigbert Hummel. 166 pp. #ZHZH \$14

The country of Zhang-zhung was the stronghold of the ancient Bon religion and believed to be situated in western Tibet. Prof. Hummel revisits the issue of Zhang-zhung, concentrating primarily on its language and geographical situation and opens up new perspectives.

Three books on the environment of Tibet

Wildlife of the Tibetan Steppe

by George B. Schaller. 374 pp., 55 b&w photos, 26 maps, 65 tables, 36 other illus. #WITIST \$55 cloth.

TIBET: ENDURING SPIRIT EXPLOITED LAND

by Robert Apte and Andres Edwards. 192 pp., 48 color photos, 8.5 x 8.5", #TIENSP \$29.95

TREES & SHRUBS OF NEPAL AND THE HIMALAYAS

by Adrian & Jimmie Storrs. 367 pp., 650 b&w and color photos, #TRSHNE \$25

TIBET: Enduring Spirit, Exploited Land

by Robert Apte and Andres Edwards. 192 pp., 48 color photos, 8.5 x 8.5", #TIENSP \$29.95

Shows how the environment of Tibet impacts the culture and presents a compelling picture of Tibet's ongoing ecological struggle which resulted from the Chinese occupation. Photos and descriptions of Tibet's unspoiled wilderness are interwoven with the country's nomadic and farming traditions and the wisdom gathered over the centuries. The overall picture makes it clear that what happens in Tibet has direct bearing on the environmental balance of the world.

TREES & SHRUBS OF NEPAL AND THE HIMALAYAS

by Adrian & Jimmie Storrs. 367 pp., 650 b&w and color photos, #TRSHNE \$25

The Nepal Himalaya is home to many thousands of plant varieties. This comprehensive guide to the trees and shrubs of this region will be of interest to anyone that enjoys knowing about plant life. Many species are described, classified, positioned in the vertical stratification of plants and their uses discussed.

WILDLIFE OF THE TIBETAN STEPPE

by George B. Schaller. 374 pp., 55 b&w photos, 26 maps, 65 tables, 36 other illus. #WITIST \$55 cloth.

The author is the Director of Science for International Programs for the Wildlife Conservation Society in New York. He is the author of *The Year of the Gorilla*, *The Serengeti Lion*, *The Last Panda*, and most recently, *Tibet's Hidden Wilderness*. Since 1985, with his Tibetan and Chinese co-workers, he has surveyed the flora and fauna the vast and remote Tibetan steppe. This is the first detailed look at its natural history.

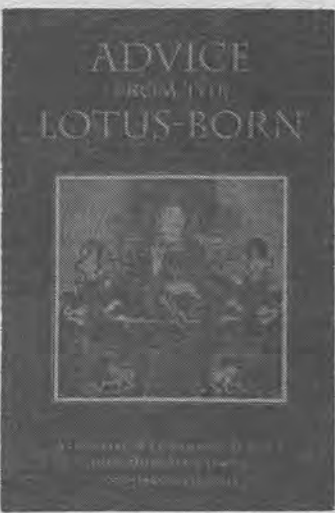
GENERAL TIBETAN BUDDHISM

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 Ugyen 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. This advice is meant to be practiced in all circumstances.



ALTRUISM AND REALITY

by Paul Williams. 288 pp. #ALRE \$55 cloth

Williams interprets the eighth and ninth chapters of the *Bodhicaryavatara*. In "The Absence of Self and the Removal of Pain: How Santideva Destroyed the Bodhisattva Path," Williams engages with central issues of Buddhist thought on the coherence of a reductionist model of the person. He shows how the text is used by different Tibetan traditions according to their religious and philosophical agendas.

www.snowlionpub.com



APPEARANCE & REALITY: The Two Truths in the Four Buddhist Tenet Systems

by Guy Newland. 107 pp., notes, biblio., #APRE \$14.95

When seeking to understand Buddhism, where should one start? When the Dalai Lama was asked, he suggested that for many Westerners, the two truths, conventional truth and ultimate truth, is the best place to start. When the Buddha awoke, he saw the ultimate reality of things just as they are. There are shifting appearances and conventions, and then there is the mystery of things just as they are. Each system of Buddhist philosophy has its own way of explaining what these two truths are and how they relate to one another. In exploring these systems, we are asking: What is real? This is not an idle intellectual question, but an issue which cuts to the heart of our life.

"Professor Newland's intellectually engaging examination of the four Buddhist tenet systems navigates the maze of complex theories that must be mastered to understand each system's contribution to the whole."—John Tighe, Ph.D., for *Explorations*

AS IT IS, Vol. I

by Tulku Ugyen Rinpoche. 224 pp. #ASITV1 \$20

These teachings on the development stage and practices are selected from talks given by Kyabje Tulku Ugyen Rinpoche during the last two years of his life.

"What we need to know is that our nature is an unconfined empty cognizance. Knowing this to be 'as it is' is the mandala of the victorious ones—just as the buddhas know it to be."—Tulku Ugyen

AS IT IS: Volume 2

by Tulku Ugyen Rinpoche. 224 pp. #ASIT2 \$20

Contains talks in 1994-5 which emphasize non-conceptual meditation practice.

"Tulku Ugyen Rinpoche was someone with extraordinary experience and realization. He was unlike anyone else when it came to pointing out the nature of mind, and making sure that people both recognized it and had some actual experience."—Khenchen Thrangu Rinpoche

ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text, #ATLA \$12.95

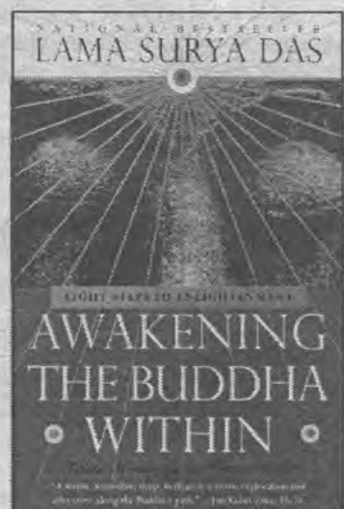
Atisha, the eleventh-century Indian Buddhist scholar and saint, came to Tibet at the invitation of the king of Western Tibet, Lha Lama Yeshe Wö, and his nephew Jangchub Wö. His coming initiated the period of the "second transmission" of Buddhism to Tibet, formative for the Sakya, Kagyu and Gelug traditions of Tibetan Buddhism. Atisha's most celebrated text, entitled *Lamp for the Path to Enlightenment*, sets forth the entire Buddhist path within the framework of three levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim tradition, or graduated stages of the path to enlightenment, an approach to spiritual practice incorporated within all schools of Tibetan Buddhism. Geshe Sonam Rinchen draws out Atisha's meaning with warmth and wit, bringing the light of this age-old wisdom into the modern world.

"...well-written and edited...a useful starting point for understanding the Gelugpa presentation of Tibetan Buddhism, and is suitable for public, undergraduate and graduate collections."—*Religious Studies Review*

AWAKENING LOVING-KINDNESS

by Pema Chodron. #AWLOKI \$6.95

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AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World

by Lama Surya Das. 414 pp. #AWBUP \$15

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Lama Surya Das begins with the claim that "We are all Buddhas." He outlines the path to "awaken the Buddha within" by presenting the teachings embodied in the Noble Eightfold Path and its Three Enlightenment Trainings (ethics, wisdom, and meditation). Peppared with stories from the author's experience, this enjoyable book can serve as a manual for applying basic Buddhist principles to life.

AWAKENING THE MIND: Explanations of Basic Buddhist Meditation

by Geshe Namgyal Wangchen. 272 pp., 15 line drawings #AWMI \$14.95

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 to show how to develop ourselves.

THE BLISS OF INNER FIRE: Heart Practice of the Six Yogas of Naropa

by Lama Thubten Yeshe. 224 pp. #BLINF \$16.95

A commentary on the Six Yogas of Naropa based on Tsongkhapa's "Having the Three Convictions." Focuses on the inner fire practice (*tummo*), the first of the six yogas and the foundation stone of the path to Buddhist enlightenment. Through commentary, guided meditation, and practical advice, Lama Yeshe brings the reader a tantalizing taste of tantra's blissful technology and how to live it.

BOUNDLESS HEALING: Meditation Exercises to Enlighten the Mind and Heal the Body

by Tulku Thondup, fore. by Daniel Goleman. 224 pp., 10 line drawings, cloth, #BOHEA \$22.95

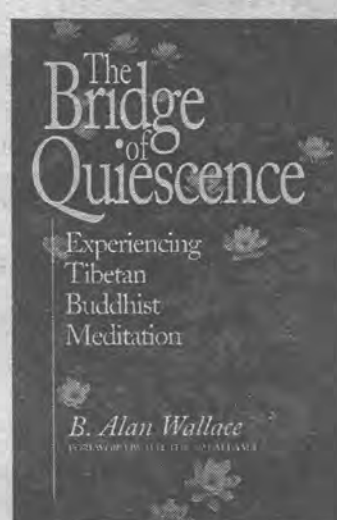
Offers simple meditation techniques that will awaken healing energies in the body and mind. Anyone can use this guide which offers ways to employ the four healing powers of positive images, words, feelings and belief; detailed instruction for healing meditations that can be done as part of a twelve-stage program; exercises to dispel anxiety; healing prayers for the dying and for the survivors.

BOUNDLESS HEART: The Cultivation of the Four Immeasurables

by B. Alan Wallace, ed. by Zara Houshmand. 200 pp. #BOHE \$14.95

"The cultivation of the Four Immeasurables, or 'divine abidings,' is a core practice of early Buddhism and an invaluable complement to insight meditation. 'Citta' refers to both the heart and mind, and their integrated cultivation is crucial to balanced spiritual practice. Developing these four qualities of loving kindness, compassion, empathetic joy, and equanimity is the indispensable foundation for realizing bodhicitta, the spirit of awakening that animates the Bodhisattva way of life and inspires Vajrayana practice as a whole. Alan Wallace draws on early Buddhist sources and contemporary oral tradition to present accessible meditations on the four immeasurables, together with instructions on meditative quiescence. These teachings were originally offered during a group retreat and include lively discussions with the participants.

"Inspiring."—John Tighe, Ph.D., for *Explorations*



THE BRIDGE OF QUIESCENCE: Experiencing Tibetan Buddhist Meditation

by B. Alan Wallace. 288pp. #BRQU \$19.95

Wallace provides valuable meditative practices and offers a bridge from Eastern meditation to Western philosophy, science, and religion. His discussion draws upon his knowledge of experimental psychology, and relates Buddhist meditation to discussions of consciousness by such Western philosophers as William James, William Christian, and John Searle. By placing Tibetan meditation in a comparative perspective, he offers a well-rounded discussion of Tibetan meditation.

BUDDHA NATURE: Ten Teachings on The Uttara Tantra Shastra

Ven. Thrangu Rinpoche. 128 pp. #BUNA \$14

Buddha Nature explains the Uttara Tantra—a core teaching for understanding Vajrayana practice.

BUDDHISM AND LANGUAGE: A Study of Indo-Tibetan Scholasticism

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

Explores how Indo-Tibetan Buddhist philosophical speculation exemplifies the character of scholasticism. 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. The Buddhist scholastic theory of conceptual thought as the mirror of language and the role of language in idealist and nominalist Mahayana ontologies are also discussed.

THE BUDDHIST PATH TO ENLIGHTENMENT: Tibetan Buddhist Philosophy and Practice

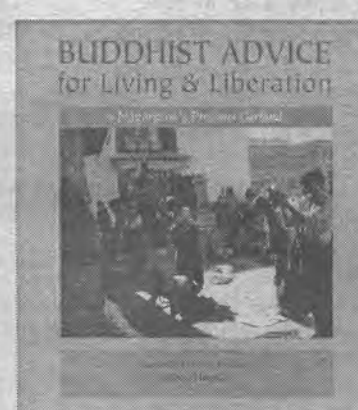
by Lama Doboom Tulku. 183 pp. #BUPAEN \$14.95

Lama Doboom Tulku discusses 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 a respected Buddhist scholar and leader in the engagement of Buddhist ideals.

BUDDHIST SYMBOLS IN TIBETAN CULTURE

by Loden Sherap Daggyab Rinpoche. 160 pp., 30 line drawings, 4 color plates, #BUSY \$14.95

Presents nine groups of Tibetan Buddhist symbols, tracing their evolution through Tibetan and Indian rituals and sacred texts and 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.



BUDDHIST ADVICE FOR LIVING AND LIBERATION: Nagarjuna's Precious Garland

by Jeffrey Hopkins in collaboration with Lati Rinpoche and Anne Klein. 285 pp. including Tibetan text, 9" x 8", #BUAD \$19.95

"Of all the religious writings of the Mahayana Buddhist tradition, it could be said that Shantideva's *Guide to the Bodhisattva Way of Life* and Nagarjuna's *Precious Garland* together remain the foundational texts outlining the noble, selfless career of the Bodhisattva."—Geshe Thupten Jinpa

In the *Precious Garland*, Nagarjuna offers intimate counsel on how to conduct one's life and construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of suffering, culminating in Buddhahood. Nagarjuna describes the cause and effect sequences for the development of happiness within ordinary life and the practices of wisdom realizing emptiness and compassion that lead to enlightenment. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood. In his advice on social and governmental policy, Nagarjuna emphasizes education, compassionate care for all living beings, not using the death penalty but reforming criminals, and charity for the poor. Calling for the appointment of government figures who are not out after profit or fame, he advises that a selfish motivation will lead to misfortune.

"A masterpiece of religious writing."—*The Middle Way*

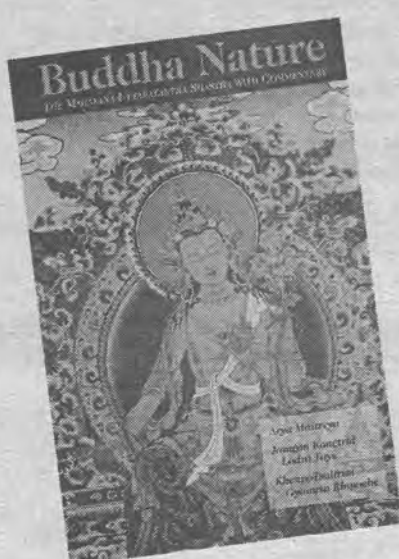
"Recommended for all graduate and undergraduate library collections."—*Religious Studies Review*

"An excellent contribution to the study of Nagarjuna."—*Indian Journal of Buddhist Studies*

CALM ABIDING AND SPECIAL INSIGHT: Achieving Spiritual Transformation Through Meditation

by Geshe Gedun Lodro and Jeffrey Hopkins. 334 pp., glossary, bibliography, index, #CAAB \$19.95, A Namgyal Institute Textbook

This manual presents an intimate and detailed picture of the intricacies of meditation so vividly that the reader is drawn into a Tibetan view of spiritual development. Geshe Gedun Lodro, one of the foremost scholars of Tibet, reveals methods for overcoming afflictive states and disorders to create a mind which is stable, calm, alert, and clear. The dangers of not recognizing states contrary to successful meditation are great, and the possibilities of implementing the wrong antidote or of over-extending an appropriate one until it becomes counter-productive are many. Through such detail, Geshe Gedun Lodro makes vividly clear a Tibetan approach to meditative transformation. This is a completely revised new edition of *Walking Through Walls*.



BUDDHA NATURE The Mahayana Uttaratantra Shastra with Commentary

by Arya Maitreya, comm. by Jamgön Kongtrül Lodrö Thayé, add'l. explanations by Khenpo Tsultrim Gyamtso Rinpoche, trans. by Rosemarie Fuchs. 410 pp. cloth #BUNASL \$34.95

All sentient beings without exception have buddha nature, the inherent purity and perfection of the mind, untouched by changing mental states.

The Mahayana Uttaratantra Shastra, one of the "Five Treatises" said to have been dictated to Asanga by the Bodhisattva Maitreya, presents the Buddha's definitive teachings on how we should understand this ground of enlightenment and clarifies the nature and qualities of buddhahood. This seminal text clearly details the view which forms the basis for Vajrayana, and especially Mahamudra, practice. Thus it builds a bridge between the Sutrayana and Vajrayana levels of the Buddha's teaching, elaborated here in Jamgön Kongtrül's commentary called the Unassailable Lion's Roar. Living through most of the nineteenth century, he became famous for his profound learning and realization, and the compilation of what is now known as "The Five Great Treasures."

Khenpo Tsultrim Gyamtso Rinpoche provided the annotations and the explanations on which the present translation is based. A renowned scholar and highly accomplished yogi, he first visited the West in 1977 at the request of H.H. the Sixteenth Karmapa.

Rosemarie Fuchs has been a student of Khen Rinpoche since 1978 and this translation was done upon his advice.



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 experi-
ential level that makes his teach-
ings so valuable and this a book
to be recommended."—Ani Jutima,
Tibetan Review

"...a step-by-step instruction
manual on how to calm a busy mind,
cultivate devotion, and bring aware-
ness into each moment of living."—
John Tighe, Dept. of Philosophy,
Religion, Humanities, Daemen Col-
lege.

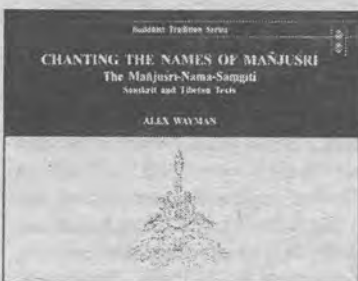
To stabilize the mind in
one-pointed concentration is the
basis of all forms of meditation. Gen
Lamrimpa is a meditation master
who lives in a meditation hut in
Dharamsala and who has been called
to teach by the Dalai Lama. He leads
the meditator step-by-step through
the stages of meditation and past
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. This book was previ-
ously titled *Shamatha Meditation*.

"*Calming the Mind* provides
very practical and experientially
grounded teachings. Gen Lamrimpa
excels in very straightforward
explanations."—Joe B. Wilson, *The
Tibet Journal*

CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab
Rinpoche, trans. by Khenpo Tse-
wang Dongyal Rinpoche. 102 pp.,
#CEECGR \$20

The Heart Sutra presents the path
to the perfect view. It is the *Prajna-
paramita* in its most abbreviated and
memorable form. This detailed com-
mentary gives line-by-line explana-
tion, Tibetan text, phonetics, transla-
tion, and discusses the six perfec-
tions.



CHANTING THE NAMES OF MANJUSHRI

by Alex Wayman. 123 pp.
#CHNAMA \$17

A revered tantric text, the *Man-
jushri-nama-samgiti* consists of
160 verses and mantra sentences and
condenses an enormous tantric lore.
Includes the Sanskrit and Tibetan
texts along with Wayman's transla-
tion and commentary.



CHENREZIG, LORD OF LOVE

by Bokar Rinpoche. 110 pp.
#CHLOLO \$12.95

Covers the principles and methods
of deity meditation in Tibetan Bud-
dhism and is an excellent introduc-
tion to the subject. Also contained
are sleep-state practices.

CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp.,
7 maps, #CISHP \$27.50

"*Civilized Shamans* is an aston-
ishing work and clearly a landmark
study. Beautifully produced
and elegantly written."—*Asian
Affairs*

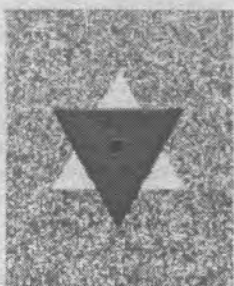
Samuel identifies the two main
orientations of Tibetan Buddhism
as monastic and shamanic (associ-
ated with tantric yoga). Tibetan Bud-
dhism is rooted in the pursuit of
enlightenment by a minority—lamas,
monks, and yogins—and the desire
for shamanic services (in quest of
health, long life, and prosperity) by
the majority. Shamanic traditions
were incorporated into tantric Bud-
dhism, which aims to communicate
with tantric deities and forms the
basis of Tibetan lamas' societal role.
Samuel employs anthropological
research, historical inquiry, rich
interview material, and a deep under-
standing of religious texts.



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 Avalokitesvara
as the patron deity of Tibet. The
text treats the era during which Bud-
dhism came to Tibet, Lhasa became
the capital, and the Jokhang and
Ramoche temples were founded.
Written to inform and entertain, the
book has a pre-eminent position
in Tibetan society and is popular
today.



CONCEALED ESSENCE OF THE HEVAJRA TANTRA

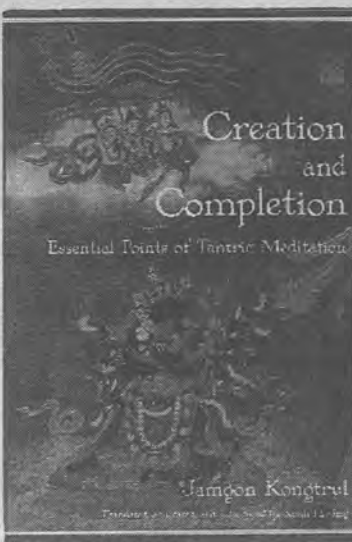
trans. by G. W. Farrow and I.
Menon. 364 pp. #COESHE \$20
cloth

The Hevajra Tantra is a non-dual,
Yogini tantra introduced into Tibet
during the 10th century. Also
included is Yogaratnamala, a famous
commentary by Mahasiddha Krish-
nacarya. 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 classic
period.

CONSTRUCTING TIBETAN CULTURE

edited by Frank J. Korom. 256pp.
#COTICU \$19.95

This book unravels earlier colonial
and romantic representations of Tibet
in both historical and contemporary
ethnographic contexts and focuses on
Tibetan culture as a dynamic process
involving the interplay of different
cultural groups, both indigenous and
foreign. By examining a variety of
themes, it relocates modern Tibetan
studies squarely within the realms of
anthropology and cultural studies.
Contributors include Mary Van Dyke,
Peter Bishop, Frank Korom, Steven
Venturino, Keila Diehl, Clare Harris,
and Donald Lopez.



CREATION AND COMPLETION: Essential Points of Tantric Meditation

by Jamgon Kongtrul, trans. by
Sarah Harding. 128 pp. #CRCO
\$14.95

An excellent guide to tantric Bud-
dhist meditation practice leading
the way along a clear path of medita-
tive self-transformation, from visual-
izing oneself in an enlightened form
(creation stage) to the direct realiza-
tion 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 tan-
tric symbolism practical. Life, accord-
ing 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 Tibet-
ans to express their insight into life.

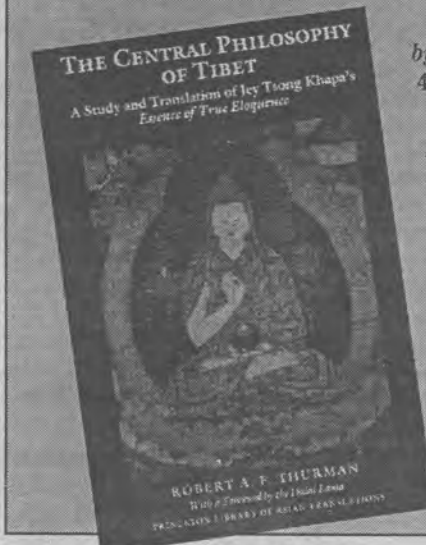


THE CULT OF TARA: Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16
photos, 45 illus. #CUTA \$22.95

Features the practices and philo-
sophic 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.

THE CENTRAL PHILOSOPHY OF TIBET



by Robert A. F. Thurman
442 pp. #CEPHTI \$24.95

This is the first full study
of Tsong Khapa's *Essence
of True Eloquence*—a study
of Vijnanavada and Pra-
sangika Madhyamika. This
translation and introduc-
tion show Buddhism as a
contemplative and mysti-
cal religion and reveal
Prasangika as a rigorous,
critical philosophy rel-
evant to our own time.

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism

by Geshe Sopa & Jeffrey Hop-
kins. 376 pp. #CUTHAP \$18.95
paper, A Namgyal Institute Text-
book.

Presents the practice and theory
of Tibetan Buddhism. First is a medi-
tation 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 "Pre-
sentation of Tenets," written by
Gon-chok-jik-may-wang-bo. It covers
Indian Buddhist schools as viewed in
Tibet and provides a solid introduc-
tion to the Buddhist theory animating
the practice. Topics include the two
truths, consciousness, hindrances
to enlightenment, paths to freedom,
and fruits of practice.

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 devel-
oping spiritually when instead we
are strengthening our egocentricity
through spiritual techniques. This
is an enlightening tour of common
spiritual self-deceptions.

DAKINI TEACHINGS: Padmasambhava's Oral Instructions to Lady Tsogyal by Erik Pema Kunsang. 200 pp., #DATE \$20

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.



THE DAY OF A BUDDHIST PRACTITIONER

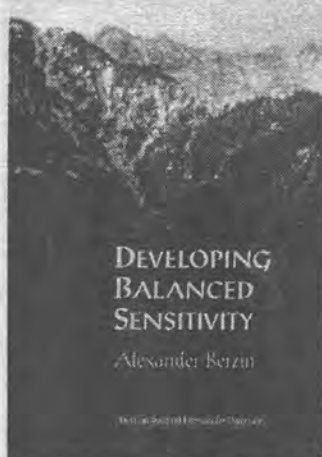
by Bokar Rinpoche. 95pp.
#DABUPR \$8.95

For those who must juggle work,
family, friends, and the corre-
sponding emotional mayhem, Bokar
Rinpoche provides practical guid-
ance and advice for developing mind-
fulness and grounding one's spiritual
practice in the ordinary routines of
every day life.

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. Debate is the investi-
gative technique used throughout
Tibetan education to sharpen analyt-
ical capacities and convey philo-
sophical concepts—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 elemen-
tary debate and demonstrates its
application to a variety of secular
and religious educational contexts.
The translation is supplied with
annotations on procedure and con-
tent drawn from Tibetan teachers
expert in debate.



DEVELOPING BALANCED SENSITIVITY: A Workbook of Practical Buddhist Exercises for Daily Life

by Alexander Berzin. 275 pp. #DEBASE \$14.95

Berzin introduces a series of techniques for overcoming insensitivity and hypersensitivity. Based on traditional Buddhist sources, they are presented in non-traditional forms suitable for workshops and private practice. The exercises deal with everyday difficult situations and show how to access our mind's natural talents, dispel nervousness, insecurity, and low self-esteem, make decisions, deconstruct deceptive appearances, and recognize the clear light nature of the mind.

"Alex has given us a precise, thoughtful, and sophisticated book on the central question of human sensitivity. As one of Buddhism's most knowledgeable western teachers, he creatively combines analytical Buddhist psychology, trainings of the mind, intuitive heart practices and dozens of practical techniques to nurture a life of sensitivity."—Jack Kornfield

"Berzin has pulled off the tricky feat of bringing an erudite discussion of Buddhist psychology to the here and now without falling into either psycho-babble or translationese....Intellectually lucid and eminently practical."—John Pettit, *Tricycle: The Buddhist Review*



THE DHARMA that Illuminates All Beings Impartially Like the Light of the Sun and Moon

by Kalu Rinpoche. 222 pp. #DHILAL \$19.95

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

DHARMA PATHS

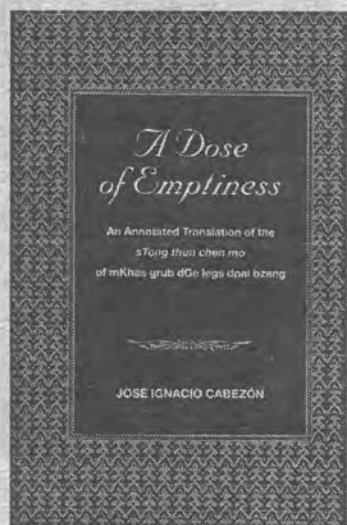
by Khenpo Karthar Rinpoche, ed. by Laura Roth. 270 pp. #DHPA \$14.95

The abbot of Karma Triyana Dharma Center in Woodstock 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.

THE DOOR OF LIBERATION

by Geshe Wangyal. 240 pp. #DOLI \$15.

Contains teachings that Geshe Wangyal considered essential to his Western students' studies. 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



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 cloth

This detailed, critical exposition of emptiness as taught in the major Mahayana schools: Yogacara, Svatantrika and Prasangika is indispensable for understanding the Tibetan Gelugpa school's synthesis of the Middle Way and the epistemological traditions of Indian Buddhism.

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." He 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.



DRUNG, DEU AND BON: Narrations, Symbolic Languages and the Bon Traditions in Ancient Tibet

by Namkhai Norbu Rinpoche. 348 pp. #DRDEBO \$21.95

Explores pre-Buddhist Tibetan culture as presented within the three categories described as the foundation of the kingdom of Tibet. Prof. Norbu investigates the epic poems and legends of Tibet's secular culture (*drung*), explains the mysteries of the ancient symbolic languages that conveyed wisdom inexpressible in conventional terms (*deu*), and elucidates the complexities of the pre-Buddhist Bon tradition.

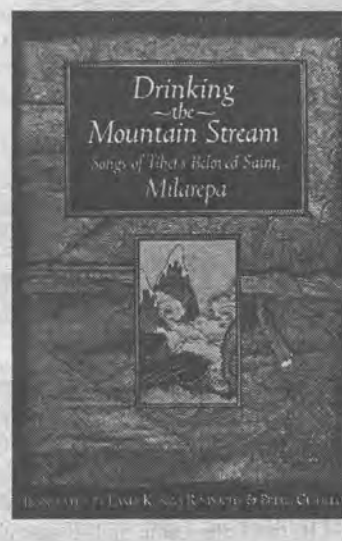


DRINKING THE MOUNTAIN STREAM

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 with his songs of liberation.



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 is 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.

EMPTINESS IN THE MIND-ONLY SCHOOL OF BUDDHISM: Dynamic Responses to Dzong-ka-ba's The Essence of Eloquence: I

by Jeffrey Hopkins. 542 pp. #EMMION \$45 cloth

Focuses on how the conflict between appearance and reality is presented in the Mind-Only, or Yogic Practice School. *The Essence of Eloquence* is so rich that numerous Tibetan and Mongolian scholars have been drawn into a dynamic process of finding and creating consistency in Dzong-ka-ba's often terse and cryptic tract. Hopkins made extensive use of these commentaries to annotate the translation in such a way that the issues come alive. Included are historical and doctrinal introductions, a critical edition of the text, and a lengthy synopsis.

Every time you order from Snow Lion you can enter to win a free trip to Tibet and Nepal.

See page 18 for details.

THE EMPTINESS OF EMPTINESS: An Introduction to Early Indian Madhyamika

by C.W. Huntington, Jr. & with Geshe Namgyal Wangchen. 287 pp., #EMEM \$20.00

A 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*



EMPTINESS YOGA: The Tibetan Middle Way

by Jeffrey Hopkins. 504 pp., #EMYOP \$22.95, #EMYOC \$39.95 cloth, A Namgyal Institute Textbook

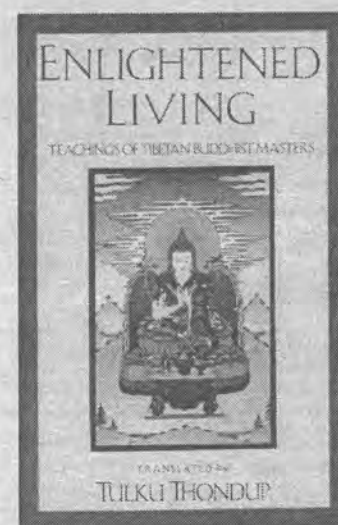
An absorbing exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Prof. Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism. His presentation is based on Jang-gya's famous work—the original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are discussed 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.

"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargay, *Religious Studies Review*

EMPTY BLUE PLANET

by Charlie Singer. 39 pp. #EMBL \$6

This brief distillation of basic doctrines of Tibetan Buddhism includes a presentation of the Four Noble Truths, bodhicitta, emptiness, the nature of mind, and Dzogchen. Charlie Singer, a blues musician and long time student of Tibetan Buddhism, writes in a way that is clear and engaging without being popish or overly academic.



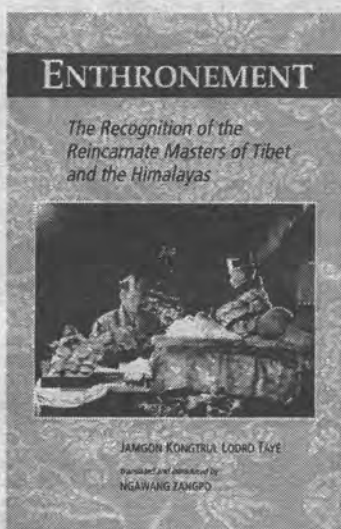
ENLIGHTENED LIVING: TEACHINGS OF TIBETAN BUDDHIST MASTERS

by Tulku Thondup. Approx 140pp. #ENLI \$15.00

A short anthology of translated writings that offers advice on applying Buddhist teachings to daily life. It includes works from Patrul Rinpoche, Jigme Lingpa and others.

ENLIGHTENMENT BY A SINGLE MEANS: Tibetan Controversies on the "Self-Sufficient White Remedy"
by David Jackson. 220 pp.
#ENSIME \$49

A detailed investigation of a doctrinal controversy rooted in the 8th-century Samye Debate and taken up again by the 12th-century Sakya Pandita that will interest anyone practicing Mahamudra, tantra or Dzogchen. The controversy involves a central question of Mahayana soteriology: Can one become enlightened by a single spiritual means? This question arose again in Tibet with Mahamudra teachings. 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."



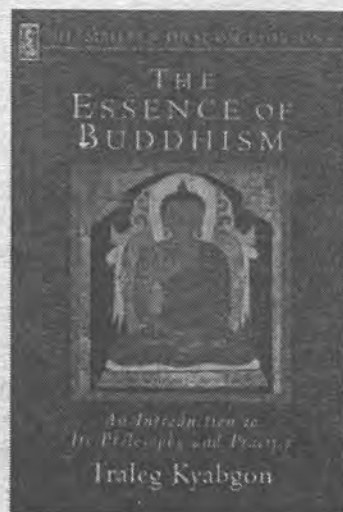
ENTHRONEMENT: The Recognition of the Reincarnate Masters of Tibet and the Himalayas
by Jamgon Kongtrul Lodro Taye
translated and introduced by Ngawang Zangpo
190 pp. #EN \$14.95

Even the most casual contact with the culture, politics, or religion of Tibet and the surrounding region brings outsiders face-to-face with the institution of reincarnate spiritual masters. Small children are identified as past masters, installed in their predecessor's monastery in a ceremony called enthronement, and educated to continue the work of their former incarnation. This custom has provided a principal source of spiritual renewal for Himalayan Buddhists for the past thousand years. The introduction places the subject of reincarnate masters within two major contexts—the activity of bodhisattvas, and in modern Tibetan society, where the reappearance of past masters is both natural and profoundly moving. Tai Situpa Rinpoche, a contemporary reincarnate master and a leader of the Kagyu lineage describes the process of finding other reincarnate masters. Jamgon Kongtrul Lodro Taye, an outstanding writer and meditation master offers a traditional view of the enthronement of reincarnate masters.

"A sort of: What You Always Wanted to Know About Reincarnation but Were Afraid to Ask."—*Publishers Weekly*

"With extraordinary intelligence and devotion, Ngawang Zangpo has produced a book which offers real insight into the profound mystery of the recognition and enthronement."—*The View*

"A fascinating book—introduces the reader in a comprehensible way to the theoretical and practical implications of the tulku system."—*The Tibet Journal*



THE ESSENCE OF BUDDHISM: An Introduction to Its Philosophy and Practice
by Traleg Kyabgon. 192 pp.
#ESBU \$13.95

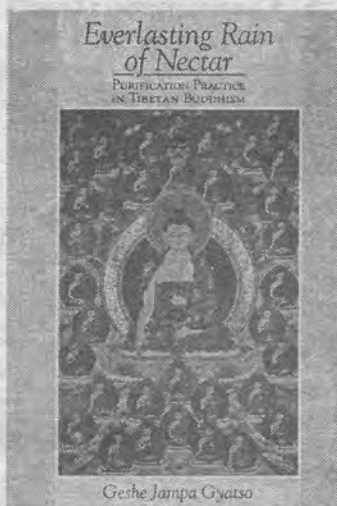
Beginning with the Four Noble Truths, Rinpoche incorporates the expansive vision of the Bodhisattva path and the transformative vision of tantra and lastly mahamudra which dispenses with all dualistic fixations and directly realizes the natural freedom of the mind itself. He explains compassion, emptiness, and Buddha-nature, and answers many questions about the path of practice.

ESSENCE OF MIND TRAINING
by Acharya Nyima Tsering. 111 pp.
#ESMITR \$9.95

Contains succinct teachings on three topics: Lam Rim, based on H.H. Dalai Lama's commentary to *The Oral Transmission of Manjushri* by the 5th Dalai Lama; an overview of the four tenet systems, based on the *Precious Garland* by Kunchok Jigme Wangpo; and a brief course on Dzogchen, based on teachings of H.H. the Dalai Lama and Khamtrul Rinpoche on "Hitting the Essential Meaning Through Three Words."

ESSENTIAL TIBETAN BUDDHISM
by Robert A.F. Thurman. 272 pp.,
#ESTIBP \$14.00

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EVERLASTING RAIN OF NECTAR: Purification Practice in Tibetan Buddhism
by Geshe Jampa Gyatso, ed. by Joan Nicell. 160 pp. #EVRANE \$14.95

Spiritual progress depends upon mental purification. The "confession of downfalls to the thirty-five buddhas" is a short, daily ritual practiced to purify oneself. The author discusses karma and how purification is essential for experiencing happiness and avoiding suffering.

EXCELLENT BUDDHISM: An Exemplary Life
by Kalu Rinpoche. 160 pp. #EXBU \$15.95

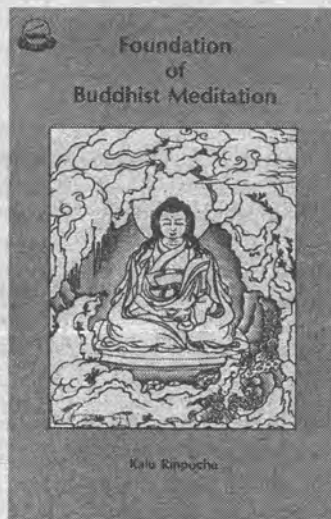
Contains biographical reminiscences on Kalu Rinpoche, his teachings and inspiring stories about Buddhist practitioners of the past, and reflections on Buddhism and the West.



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"A skillful blend of time-proven antidotes to the stress of modern life."—Dan Goleman, *New York Times*



FOUNDATION OF BUDDHIST MEDITATION
by Kalu Rinpoche. 31 pp.
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Covers the essentials of Buddhist practice by offering active meditations on topics that must be deeply realized to propel spiritual practice to the goal.

FOUNDATIONS OF TIBETAN MYSTICISM
by Lama Anagarika Govinda. 331 pp., many illus. #FOTIMY \$14.95

A thorough presentation of Tibetan esoteric principles written by a Western Tibetan Buddhist monk with over 20 years' experience in Tibet and India. The inner meaning of the mantra OM MANI PADME HUM is explained with special reference to the five Dhyani Buddhas.



THE FOUR NOBLE TRUTHS
by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 96 pp.,
#FONOTR \$9.95

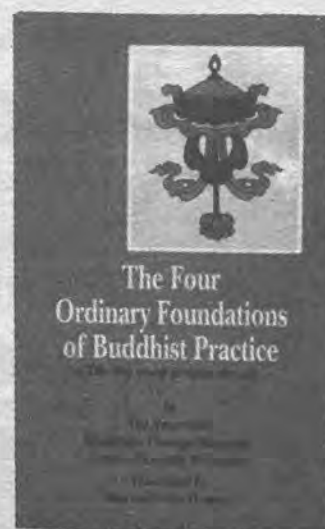
After his enlightenment, the Buddha taught the Four Noble Truths—the foundation and essence of all forms of Buddhism. The first truth diagnoses the nature of our existential illnesses. The second explores their causes and conditions. The third shows that the causes of suffering can be removed. The fourth includes the many paths Buddhism offers to realize that goal.

FUNDAMENTALS OF TIBETAN BUDDHISM
by Rebecca Novick. 208 pp.
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Covers the basic ideas of Tibetan Buddhism in an accessible way—a good overview.

"Well-written and well-organized, it provides a good introduction to the basic doctrines and practices of Tibetan Buddhism."—John Powers

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THE FOUR ORDINARY FOUNDATIONS OF BUDDHIST PRACTICE
by Ven. Khenchen Thrangu Rinpoche. 99 pp. #FOORFO \$12 cloth

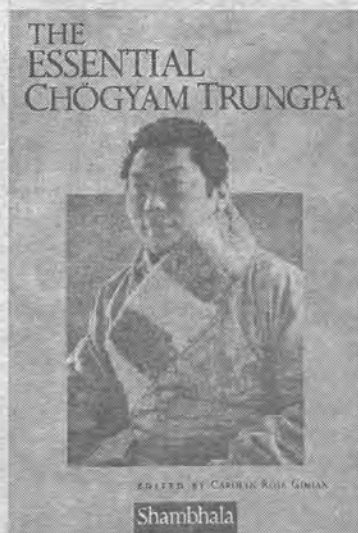
The four thoughts that turn the mind towards dharma taught by the great meditator Gampopa provide the basic reasons and motivations for practicing dharma. They are contrasted with the four special foundations (*ngondro*).

THE FUNDAMENTAL POTENTIAL FOR ENLIGHTENMENT
by Geshe Acharya Thubten Loden. 312 pp., 15 illustrations,
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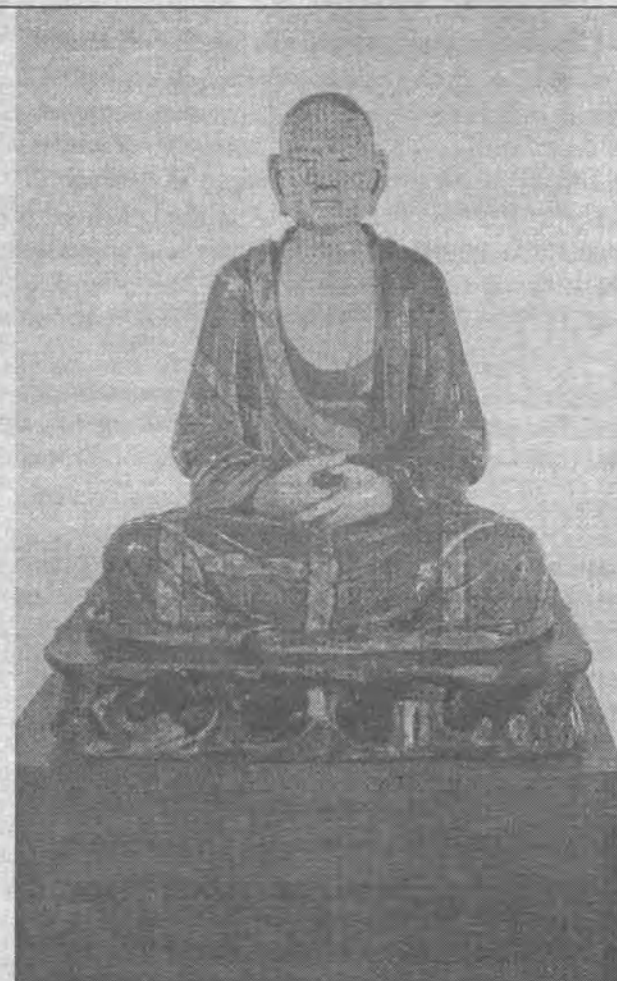
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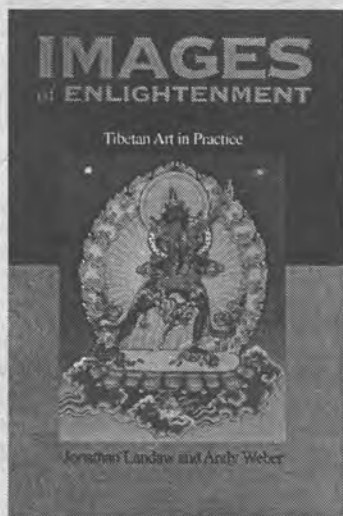
THE ESSENTIAL CHÖGYAM TRUNGPA
ed. by Carolyn Rose Gimian. 272 pp.
#ESCHTR \$14.95

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

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A condensation of the Tripitaka and its accompanying commentaries—a distillation of Abhidharma, Prajnaparamita and Madhyamika from both the Mahayana and "Hinayana" perspectives by Jamgon Mipham Rinpoche. Volume 2 elucidates the Four Noble Truths.

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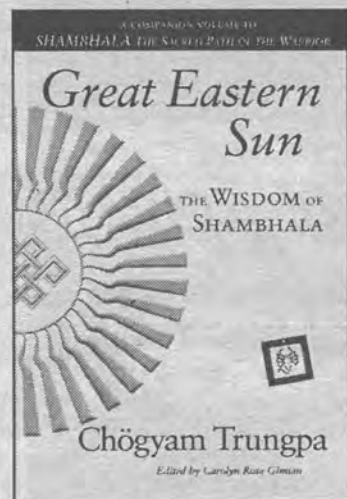
compiled, ed. and annotated by Elizabeth Selandia, foreword by H. E. Tai Situpa. 294 pp. #GEWH \$16.95

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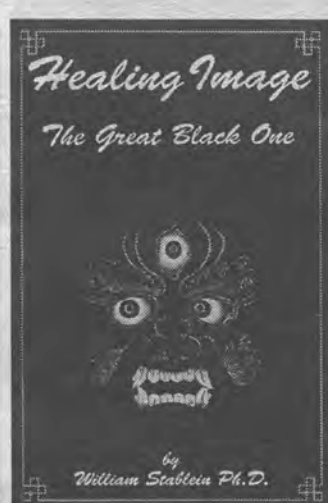
by Chogyam Trungpa, ed. by Carolyn R. Gimian. 272 pp., 2 b&w photos, #GREASU \$24.95 cloth

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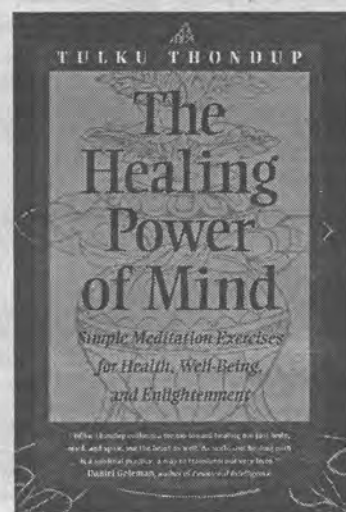
Skilfully explains the different Buddhist schools' views on the relationship of emptiness and dependent-arising in this commentary to Tsongkhapa's Praise of Dependent Arising.



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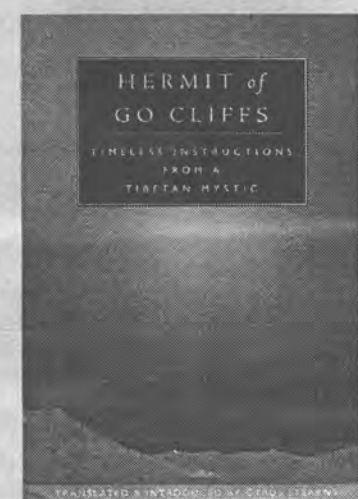
A prayer of essential advice by Pabongka Rinpoche to hold the teachings dear and develop realizations in this lifetime. "Who's the faster: Yama, the Lord of Death, or you in your practice of realizing the essence of your eternal dream?"

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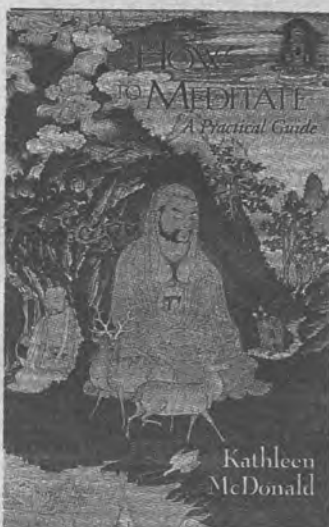
"This book is an extremely lucid overview of the generation and completion stages of Highest Yoga Tantra."—The Middle Way

This discussion of Highest Yoga Tantra is based on "Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets" by Ngawang Belden, and is explained by Ganden Tri Rinbochay, H.H. Jambel Shenpen's commentary. The text includes practices common to sutra and tantra, generation stage and completion stage yogas, and compares the Kalachakra and Guhyasamaja completion stages.

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by Alexandra David-Neel. 176 pp.
#IMRE \$12.95

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INITIATIONS AND INITIATES IN TIBET

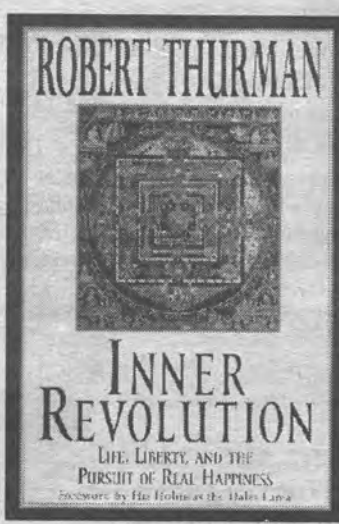
by Alexandra David-Neel. 240 pp., 27 photos, #ININ \$8.95

Delves into Tibetan mysticism, describing the masters of the mystic rites and doctrines, their disciples and the psychic training methods employed. Examined in detail are the various kinds of initiations, the spiritual guide's role and the choice of a master, oral instruction and its transmission along a line of initiates, and the initiate's daily spiritual exercises.

IN THE MIRROR OF MEMORY: Reflections on Mindfulness and Remembrance in Indian and Tibetan Buddhism

ed. Janet Gyatso. 320 pp. #MIME \$19.95

This is a study of the diverse array of species of memory which are discussed in Buddhism. Included are discussions of Buddhist meditation, visualization, prayer, dharani practice, and the recollection of infinite previous lives that immediately preceded Sakya's attainment of Buddhahood. Also explored are Buddhist views on mundane acts of memory such as recognizing, reminding, memorizing, and storing data.



INNER REVOLUTION: Life, Liberty, and the Pursuit of Real Happiness

by Robert Thurman. 322 pp., #INRE \$24.95 cloth, \$14 paperback

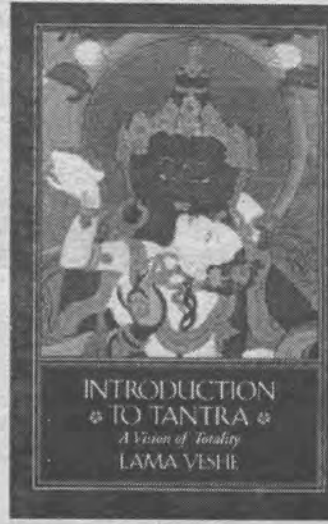
While the rest of the world turned to outer technology, to science and industry, places such as Tibet and, much earlier, India were establishing "enlightenment factories," institutions devoted to helping the individual reach total happiness and fulfillment. Inner Revolution is an intelligent primer on practical Buddhism, written in the context of a completely original understanding of the history of civilization.

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.
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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 gives instructions 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.

"Specific and pragmatic, they are applicable to every state of practice."—Booklist, American Library Association



INTRODUCTION TO TANTRA: A Vision of Totality

by Lama Yeshe. 176 pp. #INTA \$15.95

Explains how to use desire skillfully to break down our distorted and deeply entrenched way of seeing things. By learning to use pleasure correctly, we awaken our powerful inner potential. He explains tantric meditation methods and outlines the entire tantric path.



INTRODUCTION TO TIBETAN BUDDHISM

by John Powers. 520 pp. #INTIBC \$34.95 cloth, #INTIBU \$18.95 paper

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"For a comprehensive and eminently comprehensible overview of Tibetan Buddhism, look to Power's substantial Introduction to Tibetan Buddhism."—Booklist, the American Library Association

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 new readers as well as those already knowledgeable in the subject. We highly recommend it.

IS ENLIGHTENMENT POSSIBLE?: Dharmakirti and rGyal tshab rje on Knowledge, Rebirth, No-Self and Liberation

by Roger Jackson. 576 pp.
#ENPOC \$45 cloth

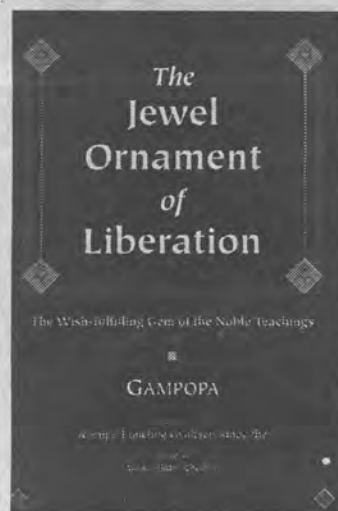
Explores the most sustained and sophisticated argument for the truth of the Buddhist world-view. Dharmakirti sets forth a rational demonstration that past and future lives are real, mind is separable from body, mind's nature is such that enlightenment is possible, and enlightenment requires realization of the Buddhist view of no-self. These arguments deeply influenced the Buddhist tradition of Tibet and have a cogency that makes them interesting to anyone concerned with the problems of religious truth.

"The arguments are very elegant and tightly formulated. The commentary and annotations are on par with the best Buddhological work now being done."—The Reader's Review

JAMGON KONGTRUL'S RETREAT MANUAL

trans. & intro. by Ngawang Zangpo. 255 pp., #JAKORE \$15.95

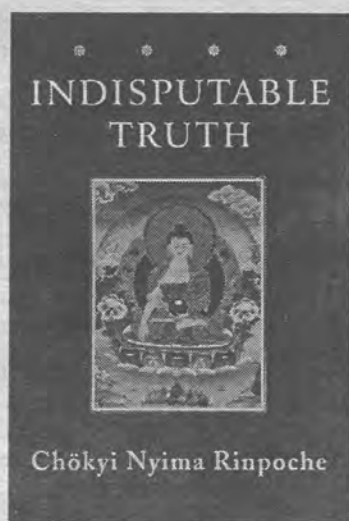
In the Kagyu and Nyingma traditions, a three-year, three-month meditation retreat must be completed before a person is considered a lama (teacher). This manual was written for individuals pursuing this rigorous training and consists of spiritual practices Kongtrul considered most essential. He guides students preparing for retreat, provides full details of the meditation program and offers advice for re-entry into the world.



THE JEWEL ORNAMENT OF LIBERATION: The Wish-fulfilling Gem of the Noble Teachings

by Gampopa, translated by Khenpo Konchog Gyaltsen Rinpoche, fore. by the Dalai Lama, ed. by Delia Emmerich. 520 pp., glossary, study guide, bibliography, notes, 6 x 9" #JEORLI \$19.95 (see Lamrim section)

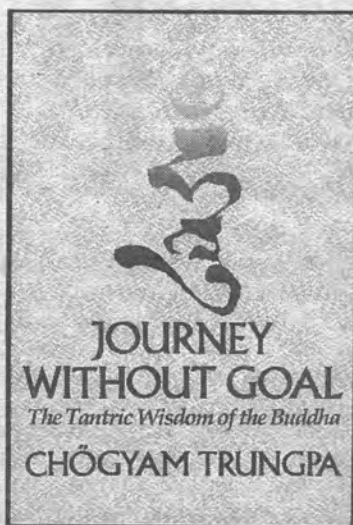
INDISPUTABLE TRUTH



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

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.





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by Chogyam Trungpa. 160 pp., 9 b&illus., #JOWIGO \$14.95

An introduction to tantra providing a direct and experiential picture of the tantric world, explaining the mandala principle, self-existing energy, the teacher's role and the difference between Buddhist and Hindu tantra.

KING UDRAYANA AND THE WHEEL OF LIFE

by Sermey Geshe Lobsang Tharchin. 248 pp., line drawings, Tibetan text, #KIUDWH \$9.50

Explained in detail are the many symbolisms contained in the wheel of life.

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 Text-book.

Several years of 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. Three major types of scholastic literature developed: presentations of the whole tenet system; syllogistic debate texts on problematic topics; and expository treatments 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.



KNOWLEDGE & LIBERATION

by Anne Klein. 283 pp. #KNLIP \$19.95, A Namgyal Institute Text-book

"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

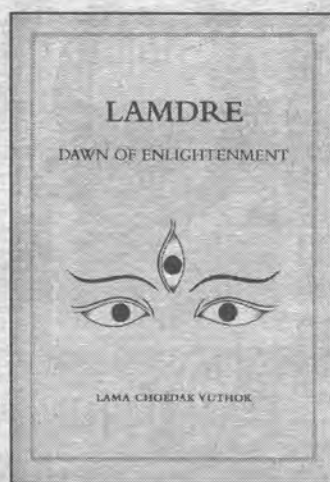
Buddhist philosophy is concerned with defining and overcoming the limitations and errors of perception. To do this is essential to Buddhism's purpose of establishing a method for attaining liberation. Conceptual thought, in this view, can lead to a liberating understanding, a transformative religious experience.

The author discusses the workings of both direct and conceptual cognition, drawing on a variety of Tibetan and Indian texts. The Gelukba interpretation of Dignaga and Dharmakirti is greatly at variance with virtually all other scholarship concerning these seminal Buddhist logicians. The author clarifies these differences, considering both traditional Buddhist and modern scholarship, thus establishing what is unique to the Gelukba presentation and, in this light, examining reasons for the validity of this school's interpretation.

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

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LAMDRE: Dawn of Enlightenment

by Lama Choedak Yuthok. 217 pp., 3 illus. #LAMDRE \$18

The Lamdre teachings are prized by students and masters of all Tibetan traditions. Topics: life of Virupa, overview of the Lamdre teachings, the vision of experience, pure vision, causal tantra, the Hevajra initiation, nature of mind, role of teacher and disciple, path, practices and result.

LAMP OF MAHAMUDRA

by Tsele Natsok Rangdrol. approx 130pp. #LAMA \$14

This meditation manual on one of the most advanced practices of the Tibetan Buddhist tradition describes the entire path of meditation leading to the ultimate enlightenment of Buddhahood—including advice from Kyabje Dilgo Khyentse Rinpoche and Kyabje Tulku Urgyen Rinpoche.

THE LAZY LAMA LOOKS AT BUDDHIST MEDITATION

by Ringu Tulku. 36 pp. #LALALO \$6

Ringu Tulku received extensive training from lamas of all Tibetan orders and is an authority on the works of Jamgon Kongtrul and the Rimay movement. Here he discusses the essentials of meditation—to learn that whatever experience arises—whether good, bad or indifferent—it doesn't matter. It's just an experience, and you can relax in that.

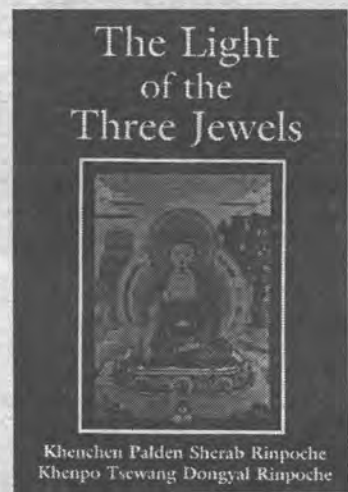


THE LAZY LAMA LOOKS AT THE FOUR NOBLE TRUTHS

by Ringu Tulku. 36 pp., #LALAFO \$6

"All Buddhist practice is for the purpose of working to become free of the basic problem of suffering, and it's all based on the possibility of an inner transformation, the transformation of our perception, our view. If we can let go of the state of mind which is always in turmoil we can find fearlessness, liberation, peace. The teaching on the four noble truths is the basis of understanding of all Buddhist teachings and practices; it's the basis of everything."

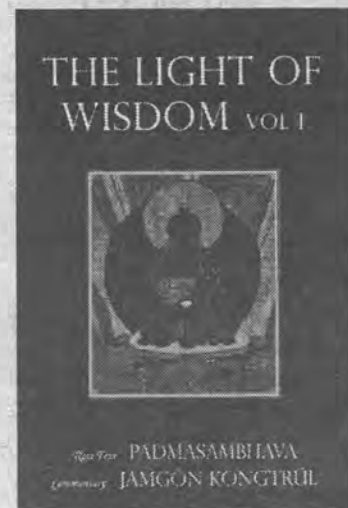
The Lazy Lama series presents a fresh look at Buddhist topics in a warm and accessible way.



THE LIGHT OF THE THREE JEWELS

by Khenchen Palden Sherab Rinpoche & Khenpo Tsewang Dongyal Rinpoche. 125 pp., 20 line drawings, #LITHJE \$15

Through a discussion of how our minds function and what our primordial nature is, the authors show how to cultivate insight, bodhichitta, and devotion so that our true nature can manifest. Contains detailed instruction on how to meditate using the tantric techniques of visualization, mantra, formless meditation, and points out how to see our fundamentally enlightened nature.



LIGHT OF WISDOM, Vol. I

by Padmasambhava & Jamgon Kongtrul. 368 pp. #LIWI \$25

This is a combination of three texts: *The Gradual Path of the Wisdom Essence* (Lamrim Yeshe Nyingpo) are instructions of Padmasambhava as recorded by Yeshe Tsogyal. *The Light of Wisdom* by Jamgon Kongtrul is an extensive commentary on this sacred terma scripture. *Entering the Path of Wisdom* consists of annotations on the commentary by Jamyang Drakpa, a student of Jamgon Kongtrul—plus an introductory discourse by Tulku Urgyen Rinpoche. These explanations of the Vajrajana Buddhist perspective begin with the buddha nature present in all beings, and continue with the teachings that are common to all vehicles, concludes with the Mahayana and the link to Vajrayana.

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LIGHT OF WISDOM, Vol. 2

by Padmasambhava & Jamgon Kongtrul. #LIWI2 \$20

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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

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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

MAGIC AND MYSTERY IN TIBET

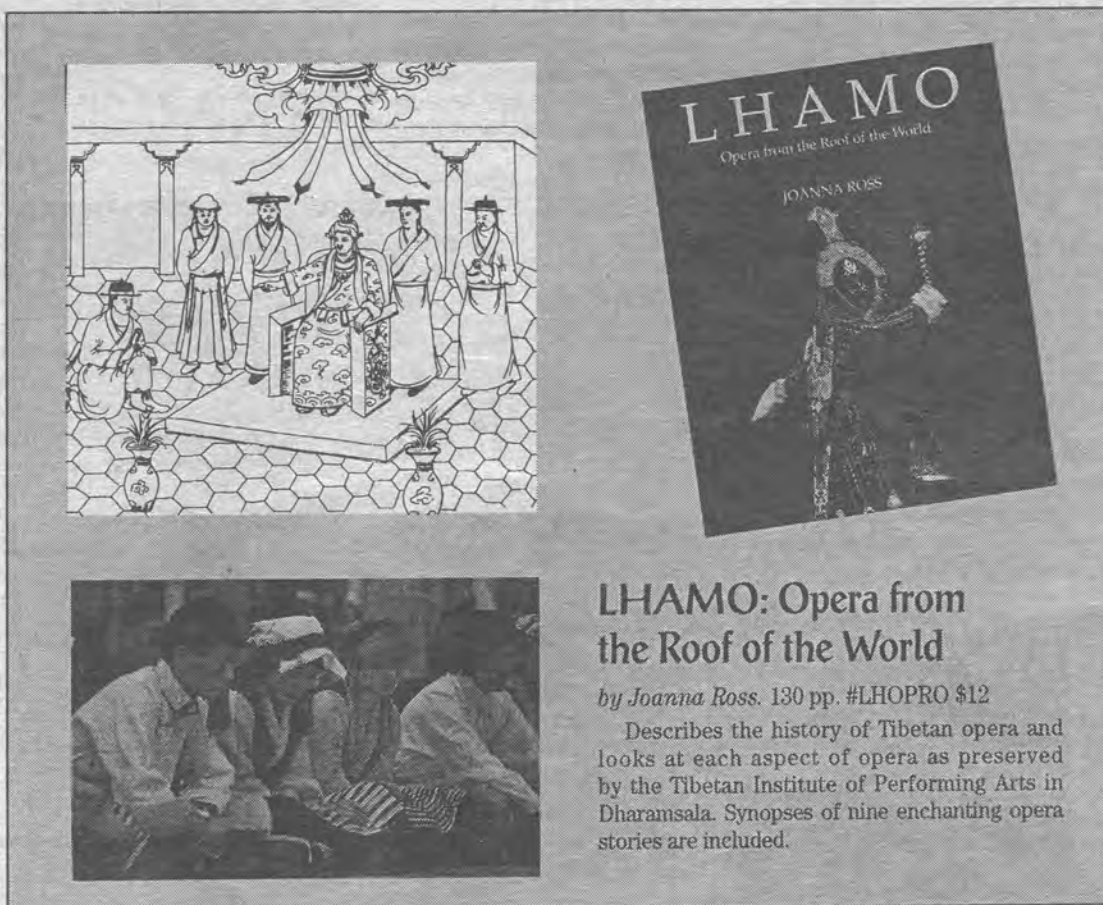
by Alexandra David-Neel. 321 pp. #MAMYTI \$9.95

A story of psychic exploration among the lamas and magicians of Tibet. Includes descriptions of occult and mystical theories and psychic training with detailed instructions for tumo (yoga of heat control) and the creation of thought-projections.

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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 illuminates the text.



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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.