

# Snow Lion

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NEWSLETTER & CATALOG



## Nitartha Institute Summer 2001

Experienced practitioners of Buddhism may be especially interested to deepen their practice and knowledge of the dharma at Nitartha Institute this summer.

Nitartha Institute, under the direction of the Dzogchen Ponlop Rinpoche, is an annual summer program modeled on a Tibetan shedra (Buddhist college).

The fundamental goal of Nitartha Institute is to present the student with a systematic foundation in the central ideas of the Buddhist tradition, as taught by the Kagyu lineage. The Institute provides training in the specific methods that have been used to probe and understand the entire range and depth of the Buddhist view. After two years of training at the Institute, the student can expect to have a strong foundation in the core scholastic disciplines of the Kagyu path.

In Summer 2001, two sessions are being offered. You may choose to attend either session (Session 1: July 7 to 21, Session 2: July 21 to August 5) or both. This summer, the Nitartha Institute program will be held at Mt. Allison University in Sackville, New Brunswick, Canada.

Mt. Allison is approximately a two-hour drive from Halifax, Nova Scotia. It is an intimate and beautiful setting, reminiscent of a small New England campus. Bordering a large nature conservancy, Mount Allison

is an ideal setting for the contemplative and focused program at Nitartha. The program is fully residential, with all meals provided.

To study and practice at Nitartha is to experience moments of heart transmission between teacher and student as the innate meaning of the dharma arises in the stream of day-to-day teaching and practice. Nitartha offers a singular experience of the Tibetan Buddhist tradition interactively passing into Western culture, with all of its color, precision, intensity, and practical how-to-do-it detail.

### The Founding Teachers

**Ven. Khenchen Thrangu Rinpoche**  
Thrangu Rinpoche was born in Tibet in 1933 and holds the teaching degree of Geshe Rabjam. Rinpoche led Karma Shri Nalanda Institute, the shedra at Rumtek Monastery, for many years. He has taught and traveled worldwide, and is currently the main tutor for the Seventeenth Gyalwa Karmapa. The abbot of Gampo Abbey, it was his inspiration that led to the founding of Nitartha Institute.

**Ven. Khenpo Tsultrim Gyamtso Rinpoche**  
Khenpo Rinpoche is one of the most highly accomplished practitioners in the Kagyu tradition, and is widely respected as a Buddhist scholar. As



The Dzogchen Ponlop Rinpoche  
Director and Principal Teacher

senior abbot of the Nalanda Institute of Tibetan Studies in Rumtek, Sikkim, his teaching was instrumental in educating most of the younger generation of Tibetan teachers in the Karma Kagyu. He is the author of numerous books and articles, including *Lorig* and *Tagrig*, which are used for the logic and valid cognition courses at Nitartha Institute. Khenpo Rinpoche closed the third session of Nitartha in 1998 with a week-long series of teaching and spontaneous songs on the view of mahamudra.

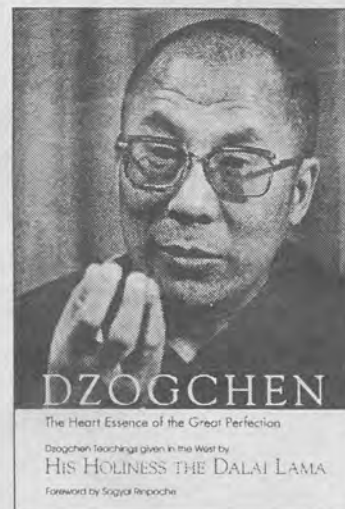
**The Dzogchen Ponlop Rinpoche**  
Nitartha's Director and principal teacher, the Dzogchen Ponlop Rinpoche, is acknowledged as one of the foremost scholars of his generation in the Kagyu and Nyingma schools of Tibetan Buddhism. Rinpoche is the founder of Nitartha International, a non-profit educational corporation dedicated to preserving the ancient literature of Tibet in computerized formats. He is a graduate of the Karma Shri Nalanda Institute at Rumtek and has completed courses of study in English and comparative religions at Columbia University. He has traveled and taught extensively in the West since 1980 and supervises the activities of meditation

(Continued on page 2)

## DZOGCHEN

The Heart Essence of the Great Perfection

by His Holiness the Dalai Lama  
translated by Thupten Jinpa and Richard Barron  
foreword by Sogyal Rinpoche  
edited by Patrick Gaffney  
272 pages, 8 pages of photos, 6 x 9"  
1-55939-157-X, \$24.95 cloth  
Available Now



This book offers an unprecedented glimpse into one of Buddhism's most profound systems of meditation. These teachings on Dzogchen, the heart essence of the ancient Nyingma tradition of Tibetan Buddhism, were given by His Holiness the Dalai Lama to Western students in Europe and North America. He explains the essence of Dzogchen practice and addresses questions such as why Dzogchen is called "the pinnacle of all vehicles," what are its special features, and what are the crucial principles of the other Buddhist paths which a Dzogchen practitioner should know. This is a book of uncommon richness, and a remarkable testimony to His Holiness' learning, insight and many-sided genius.

"His Holiness the Dalai Lama brings to his explanation of Dzogchen a perspective and breadth which are unique...To receive such teachings from His Holiness is, I feel, something quite extraordinary."—Sogyal Rinpoche, author of *The Tibetan Book of Living and Dying*

The following is an excerpt from the book.

### The Ground, Path and Fruition of Dzogchen

Let us now consider the teachings particular to the Secret Mantra Vehicle of the early transmission school of the Nyingma tradition, and what

these teachings say about the three phases of ground, path, and fruition. The way in which the *ground* of being abides, as this is definitively understood and described in the Nyingma teachings, entails its essence, its nature, and its energy, or responsiveness. In particular, the first two aspects define the ground for the Nyingma school, its essence being primordial purity or *kadak*, and its nature being spontaneous presence or *lhundrup*.

Nagarjuna, in his *Fundamental Treatise on the Middle Way* called 'Wisdom', states:

The dharma that is taught by the buddhas,  
Relies completely upon two levels of truth:  
The worldly conventional level of truth,  
And the ultimate level of truth.  
All that is knowable—all phenomena and all that is comprised within

(Continued on page 21)

## Buddhism with an Attitude

### Buddhism with an Attitude



The Tibetan Seven Point Mind Training  
B. ALAN WALLACE

by B. Alan Wallace  
288 pages, 6 x 9", 1-55939-159-6  
Cloth, #BUAT, \$21.95  
Available Now

"...an extraordinary book."  
—Howard Cutler, co-author of  
*The Art of Happiness*

All of us have attitudes. Some of them accord with reality and serve us well throughout the course of our lives. Others are out of alignment with reality, and cause us problems.

Tibetan Buddhist practice isn't just sitting in silent meditation, it's developing fresh attitudes that align our minds with reality. Attitudes need adjusting, just like a spinal column that has been knocked out of alignment. B. Alan Wallace explains a fundamental type of Buddhist mental training called *lojong*, which can literally be translated as attitudinal training. It is designed to shift our attitudes so that our minds become pure well-springs of joy instead of murky pools of problems, anxieties, fleeting pleasures, hopes and frustrations.

The author draws on his thirty-year training in Buddhism, physics, the cognitive sciences, and comparative religion to challenge readers to reappraise many of their assumptions about the nature of the mind and physical world.

The following is an excerpt from the Preface of the book.

In this book I will explain a type of mental training Tibetans call *lojong*. The Tibetan word *lojong* is made up of two parts: *lo* means attitude, mind, intelligence, and perspective; and *jong* means to train, purify, remedy, and clear away. So the word *lojong* could literally be translated as attitudinal training, but I'll stick with the more common translation of mind-training.

Over the past millennium, Tibetan lamas have devised many *lojongs*, but the most widely taught and practiced of all *lojongs* in the Tibetan language was one based on the teachings of an Indian Buddhist sage named Atisha (982-1054), whose life spanned the end of the first millennium of the common era and the beginning of the second. Atisha brought to Tibet an oral tradition of

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## NITHARTHA INSTITUTE

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centers in Europe and North America. Rinpoche lives in Vancouver, British Columbia. He is known for his intellect, sharp humor and the lucidity of his teaching style.

### Acharyas

Acharya Tenpa Gyaltzen and Acharya Sherab Negi Gyaltzen graduated from Karma Shri Nalanda Institute at Rumtek where they both excelled in their studies under some of the greatest living scholars in the Kagyu lineage. Acharya Tenpa currently resides and teaches at Kamalashila in Hamburg, Germany, and Acharya Sherab is responsible for the educational program at Lava Monastery in Kalimpong, India.

### A Typical Day

A day at Nitartha starts with morning exercises followed by breakfast at 7:30 A.M. and analytical (contemplative) meditation. It continues

with classes, main course teachings by Ponlop Rinpoche and Acharya Tenpa Gyaltzen, study periods, discussion and debate groups. Mealtimes provide opportunity for particularly animated questions, comments, and observations between participants about the day's teaching and practice. There is one day off per week. Because Nitartha is a residential program, there are plentiful opportunities to question and relate to the principal teachers before and after classes, during breaks, and while serving and attending.

### The 2001 Summer Program Courses

The following courses will be taught this summer:

#### *Studies in Hinayana and Mahayana Schools*

This course examines the fundamental views of the traditional Hinayana and Mahayana schools, and provides

the student with an overview of the key points of understanding within the schools. This field of study, in its broadest scope, ranges from such key Abhidharma views as the four marks of impermanence, egolessness, suffering and liberation up through the Mahayana understandings of mind-only and emptiness.

#### *The Collected Topics*

This course forms the foundation for all other studies in the Buddhist view, using a text compiled by Acharya Tenpa Gyaltzen specifically for Nitartha Institute. It presents the definitions and basic concepts that are key to an understanding of the Buddhist philosophical tradition. Drawn from Jamgon Kongtrul Lodro Thaye's *Treasury of Knowledge* and other sources, the course explores what we really mean by mind, perception and phenomena.

#### *Abhisamaya-alankara*

Taught by The Dzogchen Ponlop Rinpoche, and the main course for Nitartha 2001, this is one of the foundational texts in the educational curriculum of all Tibetan lineages. This course will continue with the teachings begun by Rinpoche last summer, but is open to all students. *The*

*Ornament of Clear Realization* (Skt. *Abhisamaya-alankara*) is attributed to Maitreya and was recorded by the great Buddhist master Asanga in the fourth century. Its focus is the paths and bhumis, and the stages of realization on the Buddhist path. The commentary by Mikyo Dorje, the Eighth Karmapa, is an extensive work dating from the 16th century.

#### *Classifications of Mind* (Lorig)

In precise detail, this course explores how mind perceives its world. The principal text used for this study, *Classifications of Mind*, is by Khenpo Tsultrim Gyamtso Rinpoche.

#### *Advanced Lorig* (Returning Students)

This will examine a second text by Khenpo Tsultrim Gyamtso Rinpoche based on the Classification of Mind teachings. In it, Khenpo Rinpoche deepens the understanding of certain key points in the *Lorig* and challenges students to debate and clarify the points for themselves.

#### *Madhyamaka Analysis* (Returning Students)

Students will continue to deepen their understanding of the Madhyamaka analyses through in-depth explorations and discussions.

#### *Tibetan Language Class*

Introductory Tibetan will be offered as an elective two evenings a week.

This course will assume no prior knowledge of the language. Students can expect to acquire a foundation in the Tibetan alphabet, calligraphic skills, pronunciation, and spelling.

### Nitartha Institute

Since 1996, teachers, students and translators have been gathering annually as a community based on the example of a Tibetan shedra. Nitartha Institute brings the 1,200-year-old Tibetan Buddhist tradition of learning, contemplating and meditating to North America in an enriching and practical way.

At Nitartha, participants are trained to uncover and experience the "nitartha", or definitive meaning, of the Buddha's teachings. Under the close guidance of some of the most eminent teachers in the Kagyu and Nyingma lineages, participants are inspired to take their practice and understanding of these teachings to a new level in an atmosphere of generosity, humor and precision.

### For More Information:

For more information or to receive an application, contact: Mike Munro, c/o 88 Bayview Rd., Halifax, NS B3M 1L9, CANADA. Phone: 902-431-5499, Fax: 902-429-0990, Email: info@nitarthainstitute.org Or check the web site at: http://nitarthainstitute.org ■



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#### Friday, June 1

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**Palden Sakya, Woodstock**  
15 Meads Mountain Rd.,  
Woodstock, NY • 845-679-4024  
Time: 7 PM • Cost: \$15.00

#### Saturday, June 2

#### *Medicine Buddha Initiation and Teaching*

**Ahimsa Institute**  
161 Jug End Rd.,  
So. Egremont, MA  
413-528-8858  
Time: 2:30 PM  
Cost: \$15.00

#### Sunday, June 3

An afternoon of teachings, prayers,  
meditation & reception

#### *Green Tara Initiation with Instruction & Meditation*

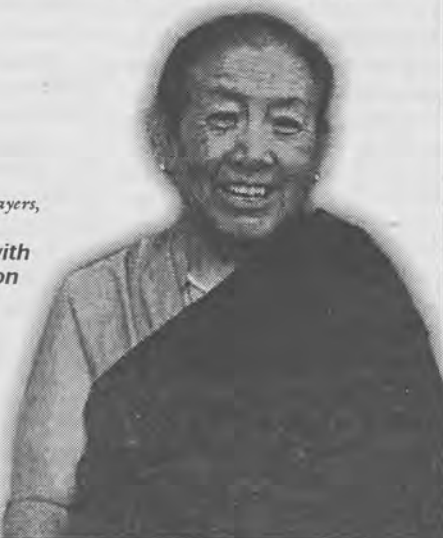
**Tibet House**  
22 West 15 St.,  
New York City  
212-807-0563  
Time: 1:30 PM  
Cost: \$30.00

#### Tuesday, June 5

#### *Medicine Buddha Initiation with Instruction*

*The Buddhist Spirituality Series at:*  
**The Vincentian Renewal Center**  
75 Mapleton Rd., Plainsboro, NJ  
609-520-9626 ext. 4201  
Time: 7:00 PM • Cost: \$15.00

For more information,  
call 201-541-0007.  
website: www.vikramasila.org  
email: sangye@aol.com



## Dharma in Community

We frequently hear comments from folks lamenting the fact that they cannot afford all of the books they would be interested in reading. Together we can make dharma teachings more accessible to the public, utilizing the community library system. Contact us and request a current copy of our trade catalog. You can use it as a resource to make ordering recommendations to your librarian or we can send it directly to your local library at your request. May the Buddha's light of wisdom shine across the nation through dharma teachings. ■

"Generally, people have a slight misconception about the relationship between study and practice in Buddhist dharma. They think that study isn't real practice, that real practice consists of things like visualizing deities and reciting mantras... But the type of study involved in the study practice of Buddhist dharma is the kind of study that increases your wisdom, your insight and your understanding. Actually, there is no better way to gather the accumulation of merit."

—The Dzogchen Ponlop Rinpoche

RIGPA 2001 PROGRAMS WITH

## Sogyal Rinpoche

AUTHOR  
OF THE CLASSIC BESTSELLER

### *The Tibetan Book of Living and Dying*



### *Awakening the Heart of Enlightened Mind: The Way of the Bodhisattva*

Bodhicitta, 'the heart of the enlightened mind,' is the spirit, source, and root of the entire spiritual path. It is, in the words of His Holiness the Dalai Lama, the very highest form of altruism and the highest form of courage, the source of all spiritual qualities and the essence of all the teachings of the Buddha.

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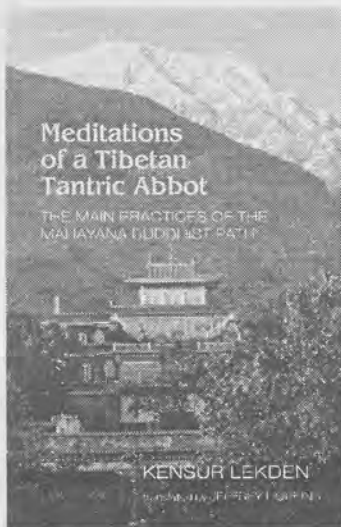
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# Meditations of a Tibetan Tantric Abbot

## The Main Practices of the Mahayana Buddhist Path



THIS BOOK PRESENTS, WITH THE intimate freshness of a personal teaching, the main practices of the Mahayana Buddhist path. It details the attitudes cultivated in meditation—ranging from turning away from cyclic existence, to developing love and compassion for all beings, to the profound view of emptiness.

"This is still about the best introduction available on the central topics of compassion and wisdom and, most especially, the philosophical and meditative synergy between them."—Prof. Anne Klein

Here is an excerpt from the first chapter, entitled "Love."

I want to offer good luck and happiness to all of you who have assembled here today.

Because all humans are doers of deeds, the Buddhist system of practice has an explanation of how to act. You do deeds by identifying that which is to be practiced or taken in hand and that which is to be forsaken or discarded. The best of what is to be adopted is effort at the means of causing everyone to possess happiness and to be free from suffering. With respect to adopting the means of causing everyone, yourself and others, to possess happiness, there are three actions to be done: hearing, thinking, and meditating.

Hearing means that you yourself hear the explanation of another or look in a book and discover what is to be done in order to obtain happiness. What will you discover with respect to possessing happiness?

First you need to have the body of a human or a god. That body must be healthy and free from pain. Also, you must have the resources, clothing, food, shelter and so forth of a human or a god. You must have a long life and be able to achieve what you seek.

by Kensur Lekden  
translated by Jeffrey Hopkins  
176 pages, 5 1/2 x 8 1/2, 1-55939-158-8  
#METISL, \$14.95 pb.  
Available Now

Since we need these, what do we do in order to get them? To obtain the body of a human or a god in the next birth, you must, during this lifetime, abandon the ten non-virtues and you must maintain the ten virtues. Having the body and resources of a god or a human is called high status; the lower types of cyclic existence are hell beings, hungry ghosts, and animals.

The main cause of high status within cyclic existence—within the round of birth, aging, sickness and death—is good ethics. Chandrakirti says in his Supplement to (Nagarjuna's) "Treatise on the Middle," "Other than ethics, there is no cause of high status." Therefore all of us living here in this world, in a former life—whenever it was—kept any of the ten virtues, and in dependence on that, we attained our present body and resources.

In determining whether our future lives will be good or not, we should analyze whether our minds are presently adopting the practices that will bring about happiness. Our teacher, Shakyamuni Buddha, said, "To determine what you did in the past, examine your present body. To determine what will exist in the future, examine your present mind." To determine whether or not your future will be good, you should analyze the mode of behavior of your mind. The life that we have now is an effect of what we did in the past.

The cause of the arising of excellent resources—happiness and comfort—is the giving of gifts. You should not steal, you should not be miserly. Also, so that in future lives there will not be a great deal of fighting, so that you will not be punished, so that disturbances of yourself and others will not arise, you need to cultivate patience in this lifetime.

Since in the future life you need good education and knowledge of how to act, in this lifetime you must make great effort at study—at giving up what is to be abandoned and at assuming what is to be adopted. Then, in order that in future lives your mind will not be distracted, in this lifetime you must cultivate meditative stabilization, samadhi, and set your mind one-pointedly.

In your next lifetime you need to be intelligent and know what is to be adopted and what is to be discarded and in order to do that, in this lifetime you need to train in the wisdom knowing what is suitable and unsuitable and in the wisdom knowing what exists. You should engage in study and training.

If the causes of happiness are achieved, the effect is happiness. Those causes of happiness are giving, ethics, patience, effort, concentration, and wisdom. If in this life you engage in the causes of happiness—the six perfections, the ten virtues,

and so forth—then in a future lifetime the effect will definitely appear; happiness definitely will arise.

It is necessary for you to form an understanding of the practice of hearing, of what hearing is and of what is to be heard. Then all the factors of thinking must be discovered in detail. Thinking means that you develop a conviction; for instance, you come to the decision that for the arising of happiness, the causes of happiness and virtue must be achieved.

Because you need to obtain the happy effects and the causes producing them, and because it is necessary for yourself and others to attain them, you must meditate. In this world there were nihilists who said that one should not meditate, doing only those activities that will bring about marvelous happiness, comfort, and prosperity in this lifetime. The nihilists said that one should gather possessions and clothing, and if one's body is sick, one should take medicine, that these activities were justified, but that nothing else was needed. Such a philosophy appeared in the world and with respect to it there is this Buddhist teaching: You need a job for your livelihood, you need to work for the sake of your country, for the sake of yourself and others, to set up factories, to plant fields; still you should act mainly for the sake of your future life, because you will not always remain in this lifetime. All persons will definitely die, and the time of death is indefinite. At the time of death, nothing helps except religious practice. This is how it is. Therefore, even though you need happiness and comfort in this life and even though it is necessary to strive for the sake of food and drink now, this lifetime is short. Our longest condition of life is our countless future lives. If you consider only this which you can see now and you do not consider all the future lives which you cannot see, you will incur immeasurable fault. You will harm yourself.

What are the reasons for this? This life will definitely end. There is not even a single person in the world who will remain without dying. At the time of death not even your parents, who have been very kind to you, will go with you. You must go alone. Even if you have family, children, brothers, sisters, friends—good friends—not even one of them can be taken along with you. It is like taking a hair out of butter; you must leave your own body as well as the place where you were lying down and go alone. Therefore you must act mainly for the welfare of future lives.

The wealth we have accumulated in this life, we cannot carry with us. The friends whom we have arranged around us, we cannot take with us. We cannot lead people with us, servants and so forth. What can be carried with us? We take with us only the predispositions of our actions; for this reason we must establish beneficial predispositions through accumulating virtues which are the causes of happiness in the future. Therefore we must hear, think, and meditate in this lifetime for the sake of future lifetimes.

If you do not accomplish the causes of happiness in this lifetime, you will not have anything at all to carry with you at the time of death. If you have accumulated non-virtues, predispositions will have been established in your mind for the arising of suffering. If you have accumulated virtues, you will have predispositions in your mind that give rise to happiness. It is like the body and its odor. Wherever the body goes, the

odor goes with it. Just so, wherever the person goes, these causes which are the accumulations of virtue and non-virtue go with him or her. Therefore, in this lifetime hearing must be done, and if through thinking understanding develops, meditation which achieves happiness and the causes of happiness must be performed.

You should cultivate this thought in meditation, "May happiness and the causes of happiness come to be possessed." Such meditation is of two types: meditation for your own welfare and meditation for other's welfare. If you cultivate in meditation the thought, "May I possess happiness and the causes of happiness in the next and all succeeding lifetimes," there is only a little benefit. How do you meditate so that there is great benefit? You meditate taking cognizance of the welfare of all sentient beings, thinking, "May all sentient beings throughout all of space, illustrated by my kind parents of this lifetime, possess happiness and the

- Our teacher,
- Shakyamuni Buddha,
- said, "To determine
- what you did in the
- past, examine your
- present body. To
- determine what will
- exist in the future,
- examine your present
- mind."

causes of happiness." If this meditation is done, the benefit is limitless, equal to space itself.

What example is there for the benefit? In the word of Buddha, it is said that if a sesame seed is squeezed, only a little bit of oil comes out, but if many are squeezed, a huge barrel can be filled with the oil. Even if you meditate only once for only five minutes taking cognizance of all sentient beings, thinking, "May all sentient beings throughout space and illustrated by my kind parents of this lifetime have happiness and the causes of happiness," then, even though there is only a little bit of help with respect to each sentient being and even though you meditate for only five minutes, because the scope is so vast, the virtue is inconceivable. If virtue had form, it would not fit in the whole world system. Virtue, however, is not physical; it is a product that is neither form nor consciousness. Virtues are latent predispositions abiding in the continuum of the mind.

Just as a little oil is taken from a single sesame seed, so with many it is possible to fill a pot with oil. In the same way, since sentient beings are limitless, if you meditate for the welfare of others, using this great field of awareness, wishing, "May all sentient beings have happiness and the causes of happiness," the benefit from that one time is immeasurably great because it establishes very beneficial predispositions in the continuum of the mind.

Within our own country, do we not act lovingly toward our own children, our own friends? In just the same measure we are to act lovingly toward all sentient beings throughout all of space. Even if someone acts like an enemy toward us, we are to cultivate love toward that person. We should cultivate love not only when someone acts well toward us, but also when someone acts badly or in a middling manner toward us. To all of them we are one-pointedly, equally, to cultivate love.

The chief of all those activities you should assume is the cultivation of love—the wish that all sen-

tient beings have happiness and the causes of happiness. This helps you in the future; in addition, you should do whatever should be done in your own country. To say, "I am doing religious practice," and not act in the service of your country is totally wrong.

Even if you are to die tomorrow or the day after tomorrow, you should meditate and study today. Why is this? Sakya Pandita said that even if one is soon to die, one should learn the sciences, that though one will not become wise in this lifetime, one is certain to in the next birth. Thus, even if you are to die tomorrow, you should study, learn, and meditate today.

There are many facets to meditation. You identify the causes of happiness, the ten virtues, the six perfections—giving, ethics, patience, effort, concentration, and wisdom—and then cultivate the wish that all sentient beings have these causes of happiness and happiness itself—lives as gods and humans, resources, comfort, and so forth.

In an actual session of practice you need to assume a meditative posture and set the mind one-pointedly without distraction on the object of meditation. You should assume the sitting posture of the Buddha Vairochana, the adamant (lotus) or the half-adamant posture. Your eyes are not to look greatly upward nor are they to be shut, but are to be set evenly. If, except for looking at the point of the nose, you look to the right or to the left, the mind will be distracted. Your backbone must be straight, without bending backward or forward or to the right or to the left. Your shoulders must be set straight without bending this way or that. Your head must be set naturally without being arched back or without being bent forward; your nose should be in line with your navel. Your lips and your teeth should be set naturally and freely, and your tongue should be set at the back of your upper teeth. Your exhalation and inhalation of breath should not be noisy and should not be done with difficulty, but softly and gently. Allow the breath soundlessly and effortlessly to move in and out without purposefully making it slower or faster.

There are many different ways to place the hands, and you should do whatever suits you. There is one way with the hands on top of one another, the right hand on top of the left and placed in the center of the lap, called the position of meditative equipoise. There is one way where the left hand is placed flat on the lap with the palm upward and the right hand extends over the right knee touching the ground. This is called the posture of meditative equipoise touching the earth. Another posture is like that of Avalokiteshvara, for the sake of resting; you set the palms of your hands flat on the ground at your sides. For those who are cramped, this is quite comfortable. In some postures, one holds a sword or a book in a hand, but the posture of meditative equipoise is easier. If you are a little uncomfortable, sit in the posture of rest. It is very comfortable.

When it is time to meditate and your posture has been set correctly, considering one exhalation and one inhalation of breath as one unit, count your breaths until twenty-one. This will prevent your mind from being distracted elsewhere; it will prevent your ears hearing sounds, your eyes seeing forms, your nose smelling odors, your tongue perceiving tastes, your body feeling touches. These will not occur. The mind will thereby be set one-pointedly with-

(Continued on page 18)



### AN APPEAL FOR THE PRECIOUS SEEDS OF TIBET

Children, nuns and monks continue to escape from Tibet by making a perilous journey across the Himalayas to seek freedom in Nepal and India. Many arrive traumatized and destitute. Through a sponsorship of \$3.50 to \$30.00 a month, you can help save a life and preserve a culture. 100% of your contribution goes directly to their support.

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## Volunteers for Dharamsala

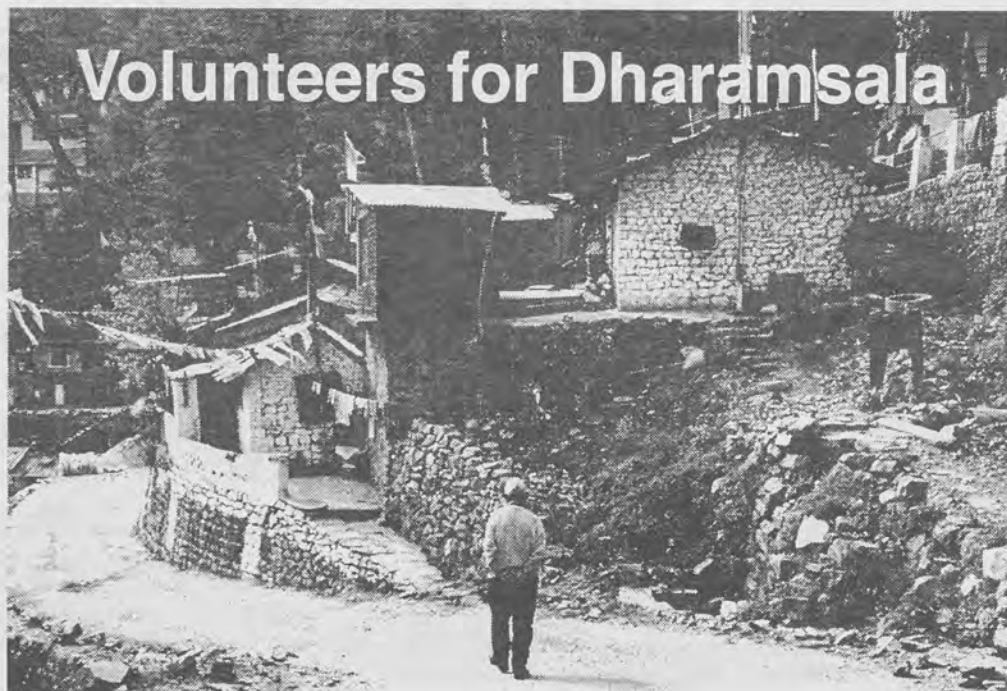


Photo: Alison Wright (from The Spirit of Tibet)

Volunteers for Dharamsala is a program designed by San Diego Friends of Tibet, an all-volunteer organization working to support the Tibetans' nonviolent struggle for independence and self-determination, and to assist Tibetans in exile.

The focus of the program is to send volunteers to Dharamsala—home of the Dalai Lama—and to other parts of India to serve the needs of Tibetans by a careful matching of volunteer skills with refugee needs.

In February of 1998, Dory Beatrice, co-founder of San Diego Friends of Tibet and Volunteer Coordinator, went to Dharamsala to create this program. Dharamsala is home to a large community of Tibetans living in exile. Lying in northern India in the foothills of the Himalayas, it draws a steady stream of international visitors. This picturesque town has plenty of candle-lit, rock-walled

cafes serving unforgettable noodles and lasagna and Tibetan pancakes. There is even email!

Dory met with the heads of the Tibetan Children's Village and the Central Tibetan Administration to assess their needs for volunteers. In getting to know the Tibetans, she found a people who live their spirituality and have found deep sources of strength in their religion to help them overcome the tremendous trauma they've been through. It was clear to her that volunteers going there would get at least as much as they would give. This kind of volunteer work can be an integration of spirituality into social action, where giving and receiving become one.

The program is open to volunteers from anywhere in the world, as long as they fluently speak at least one of the primary languages over there: English, Tibetan, or Hindi. Assignments range from one month to a

full year. They may be full- or part-time and may include positions such as teachers, computer trainers, project writers, doctors and nurses. Positions may be in Dharamsala or in Tibetan settlements in other parts of India.

As for costs, no one is paid, and no fees are charged. Basically, you need to pay your own way. Some of the positions provide housing and some don't (please request list of current openings). It is very inexpensive for Westerners to live in India: approximately U.S.\$50-\$800 per month, depending on what level of comfort you want, and whether accommodations are provided.

Being a volunteer will give you an experience of immersion in the beautiful Tibetan culture and an opportunity to really make a difference. Contact: San Diego Friends of Tibet, 619-682-7188, fax 619-282-8105, 4060 Adams Ave., San Diego, CA 92116. ■

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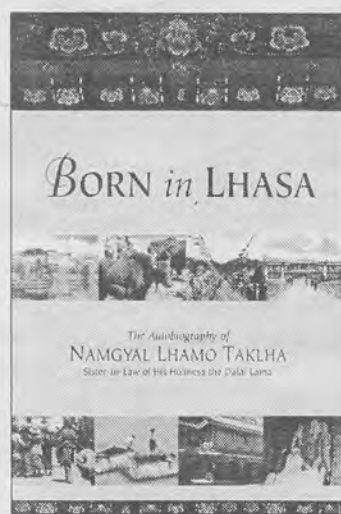
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## BORN IN LHASA



Namgyal Lhamo Taklha recounts her remarkable life in *Born in Lhasa*. It is an engaging history of the Tibetan diaspora—dramatic and filled with anecdotes. Taklha's autobiography differs from those of other prominent Tibetans because she discusses the unexpected challenges of living in America and Europe.

Mrs. Taklha married the immediate elder brother of His Holiness the Fourteenth Dalai Lama. She is a member of the elected Parliament of the Tibetan Government-in-Exile and serves as Minister of Health. She lives in Dharamsala, India.

Below is an excerpt from the Introduction to *Born in Lhasa*.

The Tibet I knew no longer exists—a free, self-ruled Tibet, isolated from the rest of the world, where simple, religious people spun their lives around harvests, picnics, festivals, and spiritual pilgrimages. With its elaborate and distinct culture, with internal political intertwinings as matted and tangled as yak hair, Tibet fiercely protected its self-determination, and closed itself off from almost all foreign influence.

raised in this household of almost sixty family members and servants, a protective net organized and ruled by our adored grandfather Tsarong, whom we called Pola—the spark, the power, and life of our family.

Pola was a broad-minded, forward-thinking patriot who had observed Russian military tactics while he served during the Thirteenth Dalai Lama's exile in Mongolia, and trained in British tactics during the Dalai Lama's exile in Darjeeling, India. Pola unnerved Tibet's monastic "Old Guards" with his plans to modernize the country. Pola wielded great influence in his position as commander-in-chief of the Tibetan army and as a minister in the government. He wanted the country to upgrade its defense, education, communications, and transportation so that it could prevent foreign military intervention, maintain its self-rule, and become an independent member of the world community.

Tibet's monastic leaders and a few of its landed aristocrats panicked at the thought of being heavily taxed and losing government monies that had been generously earmarked for ecclesiastical services, funds that would now go to civil and military services. The monasteries had a great fear of the weakening of Tibetan Buddhism, and a few people accused Pola of opportunism and disloyalty. Despite the accusations, Pola fought against Tibet's conservatism, and he persuaded the Thirteenth Dalai Lama to build up an army, to send promising students for education abroad, and to consider widespread modernizations.

Tibet's development did not last long. During a short period of peace, monastic leaders and a few conservative civil servants declared that Tibet

Pola fashioned himself into a successful international entrepreneur. He traded goods with people east and west of Tibet, and he invited merchants and diplomats of many nationalities to visit Tsarong House. Scholars, politicians, military officers, mountaineers, and Buddhist aspirants—the famous and the unknown—filled our house with stories and images of a world too far away and strange for my siblings and I to understand. We tasted bubble gum from the United States and gawked at issues of National Geographic, but we never imagined one day entering the life we saw in these magazine advertisements.

In 1922, my grand aunt Rinchen Dolma Taring was the first Tibetan woman to leave Tibet for an education in Darjeeling, India, a boarding school run by American Baptists. Years later, my father, Dundul Namgyal Tsarong, joined a Jesuit boys' school, while his siblings followed my aunt to Mount Hermon. In 1951, I went to Mount Hermon School in Darjeeling with my siblings.

At the age of nine, I was a changed girl. I went from being a privileged child protected within the comfort, love, and religious idealism of Tibet's bygone era to a minority student in a modern, sophisticated, and international society. I saw my first car, ate my first hot dog, wore my first knee-length skirt, and attended my first Sunday school class. My own clothes became costume pieces; my language was unspoken. Gradually my small landlocked world of Tibet expanded beyond time and space.

I began to study English, Western literature, world history, geography, biology, mathematics, and the Bible with my American, European, and Asian classmates. Having to learn the values and motivations of people raised not on butter tea and Buddha's compassion, but on roast beef and the parables of Christ, I could no longer retreat into my mental shelter of oblivion. I had to learn to be at ease with social unfamiliarity and to overcome my own insecurities.

This lesson, scary at first, was crucial to the rest of my life. Only a few years later everything I had known and trusted became unfashioned: my country was invaded, my family members were separated or lost, and my home was taken away. I became a refugee, homeless, stateless, lost amidst the teeming population of India.

When the Communist Chinese took over Tibet in the 1950s, they tried to uproot every aspect of Tibetan culture and to vilify our sacred teachings. While pretending to be the savior of our populace, they worked at breaking us down physically, mentally, and spiritually. Their methods were cruel and comprehensive. Craved with hunger from the famine caused by the Chinese, sorrowful at the loss of Tibetan lives, we became suspicious of our own family members, and desolate from the destruction of our cultural and spiritual norms.



Although not all of its members escaped the Chinese, my family—like so many other Tibetan families—fled into exile in India. There we faced an entirely new set of challenges: how to make a home in exile, how to cope in a foreign environment, how to preserve our language, culture and religion, how to help each other with very little money, and, most importantly, how to get our country back from the Chinese. With

hard work, perseverance, deeply rooted fortitude, and assistance from all over the world, Tibetans have become a unique community in exile, one that China cannot afford to ignore.

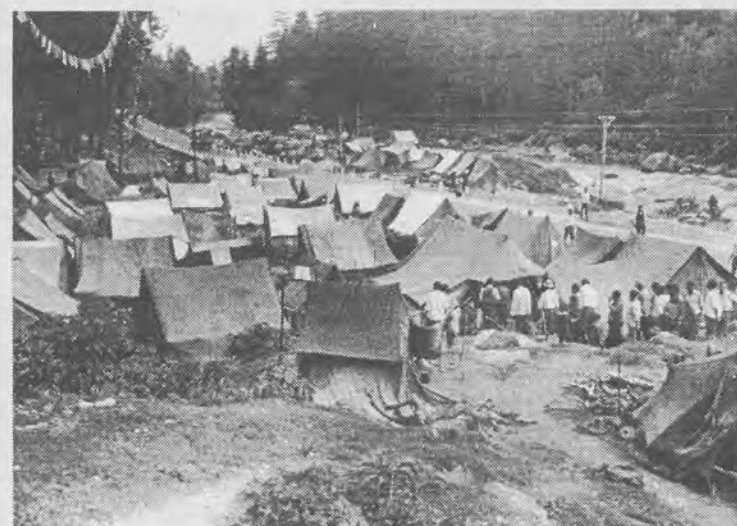
I was fortunate to have lived in India, to have met people from all over the world, and to have been well-educated. Having the skills to help the Tibetan government-in-exile,

(Continued on page 8)



I was born in Lhasa in 1942, the child of two ancient Tibetan families—Tsarong and Ragashar—whose offspring have served the Tibetan government for generations. I grew up in the house of the Tsarong family, a family which had also produced generations of doctors of traditional Tibetan medicine. My paternal grandmother, Pema Dolkar Tsarong, married the son of a farmer who, in 1910, saved the life and won the great favor of the Thirteenth Dalai Lama. During the Thirteenth Dalai Lama's flight to India, this young peasant led troops who defeated the pursuing Chinese forces at Chaksam, Tibet, thereby allowing the Tibetan ruler to escape safely into exile in India. As a reward for his bravery, my grandfather was made the commander-in-chief of the Tibetan army. He married into the Tsarong family and took this name. Thereafter, the hero of the Chaksam incident was called Dasang Dadul Tsarong. My siblings and I were

had no need for an army and pressured the Dalai Lama to order the removal of all trained officers from their military posts. The Dalai Lama advocated change, but he was unable to steer his country away from the old system before his death in 1933. As for my grandfather, he was defeated in his efforts to modernize Tibet, so he turned to the task of educating his own family members, breaking open for them the world on the other side of the Himalayas.



Clockwise from top: The author on her mother's lap (Lhasa, 1943); Abbot N. Nyima from Mongolia; Lobsang Samden, Tenzin Choegyal, Jetsun Pema, the author and other family members at a birthday celebration for His Holiness; H.H. the Dalai Lama drawing the Potala rooms for M. Mathison, M. Scorsese, B. Defina, and E. Lewis for the film Kundun; Tibetan refugee work crews in Manali; H.H. the Dalai Lama with orphans in Dharamsala, 1960; "Barkhor," the circumambulation path around the Central Temple in Lhasa City.

by Namgyal Lhamo Taklha

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ISBN 1-55939-102-2  
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## Gyuto Tantric University Opens a New Branch Center in San Jose, California

On April 8, 2001, Gyuto Tantric University opened a branch monastery in San Jose, California. The new center is staffed by five resident monks recently arrived from India, one of whom is a highly qualified senior Lama. The Center will provide a full spectrum of teachings, ranging from an introduction to Buddhism to very advanced teachings on Tantric practice. Also available: meditation retreats, fire pujas and other rituals and practices.

Founded in Tibet in 1474, Gyuto Tantric University has continued an unbroken tradition for over five hun-

dred years, providing the highest level of Tantric training in the Tibetan Buddhist Tradition. Jetsun Kunga Dhondup, the main disciple of the great philosopher-saint Lama Tsongkhapa, established Gyuto Tantric University in Tibet, where it flourished until the Communist Chinese invasion of Tibet in 1959.

The University was re-established in northeast India and continues the tradition of teaching Buddhist philosophy, Tantric meditations, and the ritual arts. Four hundred Gyuto monks study and practice major Tantras such as: Guhyasamaja,

Chakrasamvara, and Yamantaka Tantra. Despite many challenges and hardships in exile, the Gyuto tradition continues, and many young monks, mostly refugees from Tibet, continue to be educated in the classic tradition.

The monks of Gyuto Tantric University are well known in Tibet and India and have always been revered by the Tibetan people for their services to the community. Traditional Tibetan Tantric monks are believed to be healers through their ritual performance activities. The monks of the new Gyuto Vajrayana Center intend to offer traditional ritual activities to the Bay area in California such as: ceremonies and prayers for family members, business, success, long life, relieving sickness, the dying/or deceased, and house blessings. They also consecrate statues and stupas. A wide variety of classes are available on Buddhist philosophy and practice as well as rituals, the sacred arts and Tibetan language.

Gyuto Vajrayana Center is chartered in the State of California as a religious nonprofit organization and all donations are fully tax-deductible. For more information contact: Thupten Donyo, Director, Gyuto Vajrayana Center, 1470 Roberts Ave., San Jose, CA 95122. Tel: 408-279-0615; Fax: 408-885-1366; e-mail: donyo@hotmail.com; website: www.gyutocenter.org ■



Top photo: Gyuto monks at their new branch center in San Jose, CA  
Bottom photo: Assembled monks at Gyuto Tantric University, India

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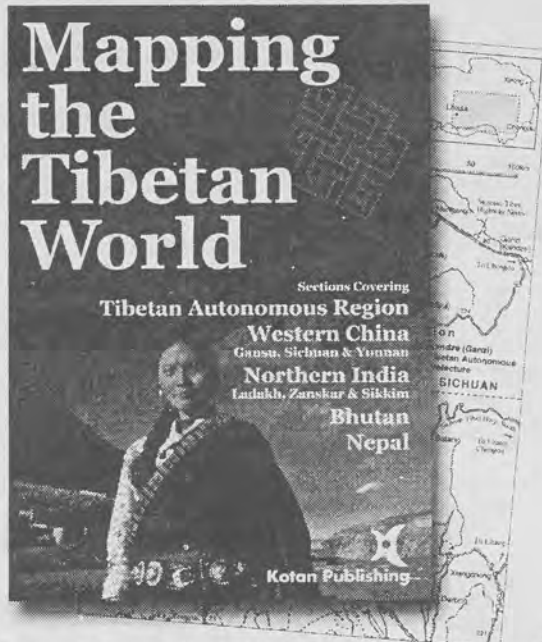
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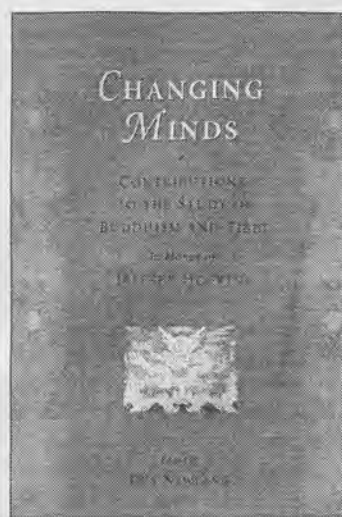
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# CHANGING MINDS

Contributions to the Study of Buddhism and Tibet  
In Honor of Jeffrey Hopkins



edited by Guy Newland  
352 pages, 6 x 9, 1-55939-160-X,  
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This is a book offered in tribute to Jeffrey Hopkins by colleagues and former students. Jeffrey Hopkins has, in his sixty years, made profound and diverse contributions to the understanding of Tibet and Tibetan Buddhism in the West. In his collaborations with the Dalai Lama, such as *Kindness, Clarity, and Insight*, and in books like *Tibetan Arts of Love and Emptiness Yoga*, Hopkins has reached out to the general reader, making the wisdom of Tibet accessible to every one. Yet there is never anything superficial about his work; his recent *Emptiness in the Mind-Only School* is a magisterial display of painstaking scholarly work.

*Changing Minds* contains essays that reflect the breadth and influence of Hopkins.

The following is an excerpt from the Editor's Introduction.

Twenty-five years ago I first met Jeffrey Hopkins as my instructor in a popular undergraduate course on Buddhist meditation at the University of Virginia. I liked the course—and studied with him for almost thirteen years—because of the way Hopkins presented Buddhist ideas. He did not posture as the authoritative curator of a mummified body of knowledge. He did not mystify the tradition and he certainly did not act as a missionary for it. On the other hand, he did not attempt to “account” for Buddhism in terms of any extrinsic academic ideology. Instead, Hopkins was interested in encountering Buddhist worldviews as living systems of human meaning; his classes were invitations to participate in that encounter. They were based on his own meticulous translations of primary-source Tibetan or Sanskrit texts, sometimes produced

in collaboration with Tibetan colleagues. The message that I got, from his teaching and his books, was: There are and long have been real people, whole communities and civilizations, for whom the ideas and texts we are now studying are profoundly important. We should show them the respect of taking their ideas seriously. That means finding out how far we can go in understanding how others make sense of the world—and seeing how our minds change in the process.

Hopkins presented Tibetan Buddhism as a living system of meaning in part by bringing to campus distinguished Tibetan scholars from the refugee communities of India. At that time, in the middle of the 1970s, this was something quite rare; most of my fellow undergraduates had heard the term “Dalai Lama” only as a Johnny Carson punch-line. Sometimes a monk would accompany Hopkins to class and speak to us in Tibetan, with Hopkins translating. Hopkins taught many undergraduate and graduate courses in this way while I was at the University of Virginia. There is no doubt that the presence of visiting Tibetan scholars on campus greatly enriched my education in the graduate Buddhist Studies program. Instead of having only Hopkins representing and mediating Tibetan Buddhism to us, we had continuing opportunities to work with scholars whose credentials to speak from within and on behalf of the tradition were unimpeachable. Some graduate students in the program likely developed, outside of class, spiritual connections with these lamas that were deeper and more important to them than their academic relationship with Hopkins.

That was not my experience; I was not drawn into the program mainly by the Tibetan scholars. After all, they could not speak English and only Hopkins and the more advanced graduate students could really question them directly. For me, the heart of the program was Hopkins. He had no superficial flash as a public speaker, but he had intellectual substance and passion. He conveyed his prodigious learning with an intensity that John Buescher conjures from the past in the opening article of this volume. Buescher gives us Hopkins at work—guiding students through the complexities of Sanskrit syntax, teaching them how to pull from the tangle something that would change their minds:

“It’s the self of persons and of things

that we’re looking for,” Jeffrey said, as he pointed to Nāgārjuna’s text in front of him. “The thing that seems to cover over them and make them a whole, single entity, assembling things out of their parts. We’ve got to take them apart to see it.” Parsing the words of the text, then translating them, the operation became unexpectedly exacting. Sweat rolled down in tight little streams under my shirt. We were unprepared for this drill, this scalpel. Jeffrey, however, proceeded on, laying bare our ignorance, peremptorily rejecting any uncertain or wrong answer. As he thundered his demand for the right answer, we searched for it. We desperately wished we could find it, some seat of the soul, some little treasure amid the remains of the words that now lay in pieces all about us.

Did these teaching methods leave room for students to challenge the tradition itself, to form their own critical evaluation of it? In my undergraduate courses with Hopkins, he seemed to regard it as satisfactory if a student could think through some of the complexities of Tibetan Buddhist doctrine. He certainly did not forbid “etic” analysis or independent critique, but he did little to encourage it. This might not seem ideal, but it did not strike me as so different from many other courses that I had taken, in Russian literature, Greek tragedy, or experimental psychology, for example. In each case, the premise was that there is a very complicated, very unfamiliar story to be told. The novice must expect to spend time on the ground of the storyteller, learning the story well and getting the details straight, before launching an idiosyncratic metanarrative on what the story (in this case someone else’s religion) is “really” about.

As a graduate student, my experience was that Hopkins wanted—even demanded—work that was not only intimately grounded in the details of the tradition, but also had something to say, something useful or insightful. As I gained mastery of a research topic (and not before), he clearly expected more of me than a re-transmission of what learned lamas had said. For example, he told me that my seminar paper on the *Abhisamayalamkāra* was “boring” because it simply reorganized information from the tradition. On another occasion, Hopkins asked me to present a paper in an interdepartmental colloquium series, assigning me a topic from the work of the Sa skya scholar sTag tshang. I decided on my own that I would instead give a psychoanalytic treatment of Tsong kha pa on the three principal aspects of the path. When he heard my talk, rather than being upset that I had presumed to offer an independent analysis, he was clearly pleased. The same was true when I submitted my dissertation; when I used various Western theories to give an independent account of the religiosity of dGe lugs scholasticism, Hopkins’s criticisms were aimed only at strengthening my argument.

Hopkins’s scholarship likewise evidences concern to avoid arrogant pseudo-objectivity on the one hand and naïve adulation on the other. Hopkins has taken special pains to avoid the first of these extremes and has been more careful in that regard than some. By being open in his appreciation for some aspects of the traditions he studies, Hopkins has at times chosen to risk appearing to some as an academic front-man for religious dogma. In books such as *Meditation on Emptiness* and *The Tantric Distinction*, Buddhist thought-systems are not specimens

to be dissected at arm’s length. Instead, Hopkins recreates his encounter with another world of meaning, a very particular and intricate Asian Buddhist world which can never again be imagined as completely separate from “our” world. Describing his version of a methodological middle way, Hopkins writes that his aim is “to evince a respect for the directions, goals, and horizons of the culture itself” without “swallowing an Asian tradition as if it had all the answers or...pretending to have a privileged position.”

\* \* \*

Don Lopez and Joe Wilson conceived that this book should come into being to honor Jeffrey Hopkins in his sixtieth year. At their suggestion and with the encouragement of Anne Klein, I undertook the project, soliciting contributions only from a close circle of Hopkins’s friends, admirers, and former students. Then, with some assistance from Snow Lion and outside readers, I selected the articles in this volume for publication. As Paul Hackett shows in the closing article of this volume, Hopkins’s research has covered a wide range of concerns, centering on dGe lugs scholarship but ranging

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• all the answers or...  
• pretending to have a  
• privileged position.”

far beyond it in several directions. A thin cross-section of that diversity is reflected in the scholarship here.

John Buescher opens our volume with an atmospheric and evocative real-life detective story. Caught in the act of teaching Madhyamika Buddhism, Hopkins appears as a philosophical sleuth on the trail of truth. Buescher then weaves into this portrait its unexpected resonances, years later, in a baffling international news-event—the sudden appearance of a previously unknown dental relic of the Buddha.

The Madhyamika theme continues through the next two articles, by Guy Newland and Donald Lopez. My article is inspired in part by the efforts of Hopkins to describe the Madhyamika view for a general readership. I summarize some of the philosophical claims Tsong kha makes in *Lam rim chen mo*, reflecting in particular on the notion of conventional reality. Lopez’s piece distills a careful synopsis of Tsong kha pa’s treatment of the object of negation (*dga’ bya*) in Madhyamika analysis. Then, based on his own new translations, he treats us to a riveting critique of this position by the brilliant twentieth-century iconoclast, dGe ’dun Chos ’phel.

Contributions by Dan Cozort and Elizabeth Napper keep the focus on Tsong kha pa and his *Lam rim chen mo*, but move away from Madhyamika. Cozort provides a useful, clear, and detailed analysis of Tsong kha pa on the special dangers of anger, which is said to “cut the roots of virtue.” What, exactly, does this mean? How deep is the damage of

anger? Cozort finds Tsong kha pa working with mixed success to explicate this doctrine and integrate it into his system. Like Cozort, Napper scrutinizes *Lam rim chen mo* in her contribution, “Ethics as the Basis of a Tantric Tradition: Tsong kha pa and the Founding of the dGe lugs Order in Tibet.” She lays out exactly how Tsong kha pa used his sources, subtly and skillfully reshaping grammar, nuance, and context in order to build a new and unique system of religious meaning. She concludes with some frank observations about the impact that the distinctive features of this system (such as its emphasis on monastic ethics) have had on the later tradition. Napper’s impeccable work, synthesizing insights from many years of work with *Lam rim chen mo* and its sources, merits the appreciation of everyone who studies the dGe lugs order.

The next pair of articles shift our attention to the contemplative traditions of rDzogs chen and Mahamudra. Anne Klein takes us into the realm of Bon rDzogs chen poetry. Her original translations gracefully depict a natural, open awareness—unrecognized by ordinary persons—in which reality is experienced as spontaneous and unbounded wholeness. She carefully explains who reads such poetry, to what end, and she compares the handling of contradiction and nonduality in Buddhist M-dhyamika with that in Bon rDzogs chen. Roger Jackson then gives us an outstanding treatment of a little-known topic, the tradition of dGe lugs Mahamudra (*phyag rgya chen po*). As he notes, Mahamudra is more usually associated with meditative practices central to the bKa’ brgyud tradition of Tibetan Buddhism. Questions about the role of and basis for a dGe lugs form of Mahamudra lead Jackson to broader insights about inter-sectarian connections.

As Hopkins suggests, our understanding of early dGe lugs has been much aided by recent advances in our grasp on the teachings of Shes rab rgyal mtshan and the Jo nang “other emptiness” doctrine. Here we offer two articles which touch on this issue, demonstrating how the self-empty vs. other-empty controversy set the stage for otherwise disparate debates. Displaying his formidable knowledge of Tibetan Perfection of Wisdom literature, Gareth Sparham shows how debates about the authorship and authority of key commentaries evolved within the context of controversy between dGe lugs and Jo nang views. Then, Joe Wilson gives us a generous and cogent explication of how and why the concept of a basis-of-all (*alayavijñāna*, *kun gzhi rnam par shes pa*) is subject to radically different constructions in the Jo nang and dGe lugs traditions.

While cross-cultural and comparative themes are touched upon in other contributions, José Cabezon and Harvey Aronson bring them into focus. Cabezon analyzes the structure and content of Tibetan colophons, looking for evidence of an implicit theory of authorship and literary production. Simplistic notions of authorship are quickly problematized by the multiple layers of productivity through which a book is generated. Cabezon has given us a unique and nuanced study, full of allusions to and connections with the conversations of Western literary theory. Such cross-cultural comparison arises from historical contact; in the case of Tibetan Buddhism, that contact includes the unprecedented

(Continued on page 11)

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### BORN IN LHASA

*Continued from page 5*

I began my services as a translator and interpreter at the Bureau of His Holiness the Dalai Lama in New Delhi. Later, I assisted with the rehabilitation of Tibetans in Europe and in health services for Tibetans in India and Nepal.

I married an elder brother of the Dalai Lama, gave birth to two children, and traveled further and further from my childhood world—from India, to Switzerland, to the United States and back to India—but due to my early exposure to foreign customs and my inner strength coming from a spiritual environment, I never

felt lost and never abandoned my sense of being Tibetan.

I am writing this book to document Tibet's unique cultural and religious tradition. When I returned to live in a Tibetan refugee community in India after my modern nomadic life, I realized the value of my roots. Mental peace became far more important to me than material acquisitions. In finding a way to care for my countrymen and women, and in contributing to the cause of regaining our homeland, I found a purpose in my life. Now I live with the hope that China will realize the need to settle the Tibetan issue honorably, honestly, and amicably. ■

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# The Venerable Shyalpa Rinpoche



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- June 8 - Syracuse, NY
- June 22 - Santa Barbara, CA
- June 26 - Los Angeles, CA
- June 29 - Salt Lake City, UT

### MEDICINE BUDDHA EMPOWERMENT

- June 7 - Lakewood, NY
- June 21 - Ojai, CA

### RETREATS

- June 2 - New York City
- July 1 - Salt Lake City, UT

### PUBLIC TALK AND SLIDE SHOW

#### Awakening Compassion Heart: Journey to Tibet

- June 1 - New York City
- June 5 - Jamestown, NY
- June 16 - Boston, MA
- June 28 - Salt Lake City, UT

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July 25 to 29 - Berkshires, MA

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## Personal Physician to H.H. the Dala Lama Passes Away



(Photo: Alison Wright)

One of the most eminent masters of Tibetan Medicine, Dr. Tenzin Choedrak, recently passed away. Born in Shigatse (Tibet) in 1924, he began his study of Tibetan Medicine at the age of 17 under the guidance of Dr. Shekar Tsultrim Tenzin.

In 1941, he joined the Lhasa Men-Tsee-Khang College and graduated in 1952 with a Menpa Kachupa Degree. Three years later he was appointed as the Personal Physician of His Holiness the XIV Dalai Lama.

After the Chinese invasion in 1959, he was imprisoned by the Chinese for nearly 20 years in Chow-Chin Prison (China), Sangvip Prison (Tibet), and Se-thue Prison (Tibet) during which he underwent severe mental and physical torture. In September, 1979, after his release from prison, he left Tibet for India and was re-appointed as the Personal Physician to His Holiness in February, 1980.

ness in February, 1980.

He served as the Chief Medical Officer, Director of the Pharmaceutical Department, Advisor to the Pharmaceutical Department, Research Department, Materia Medica Department, Herbal Product and Research Department of Men-Tsee-Khang.

Dr. Choedrak first visited the West in 1984. In 1987, he visited New York, Washington D.C., Phoenix and San Francisco. He was interested in working with Westerners to investigate the use of Tibetan Medicine for cancer, hepatitis, arthritis and AIDS.

In the following years, he frequently traveled to other countries to conduct medical consultations, lecture, and exhibit and promote Tibetan medicine at conferences. His passing—on April 6, 2001, in Dharamsala, India—is a great loss to the world of Tibetan medicine. ■

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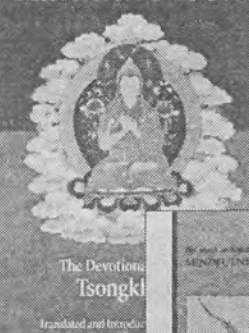
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## VISION & PURPOSE

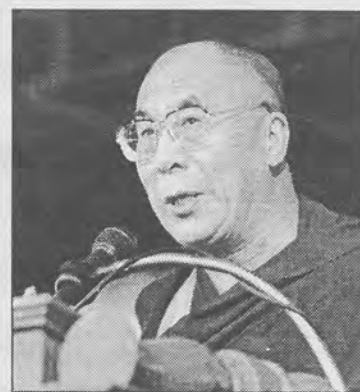
# DREPUNG LOSELING INSTITUTE

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Following the legacy of Drepung Loseling Monastery, and with the patronage of His Holiness the Dalai Lama, the Drepung Loseling Institute is dedicated to the study and preservation of the Tibetan Buddhist tradition of wisdom and compassion. A center for the cultivation of both heart and intellect, it provides a sanctuary for the nurturance of inner peace and kindness, community understanding, and global healing.

In implementing this vision, Drepung Loseling Institute has two major purposes:

To contribute to North American culture by providing theoretical knowledge and practical training in Tibetan Buddhist traditions for western students, scholars, and the public in general; and to help preserve the endangered Tibetan culture, which today leads a fragile existence in the exiled refugee communities in India and Nepal.



*H.H. the Dalai Lama at the ceremony  
marking the affiliation of Drepung  
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## BACKGROUND



*Geshe Lobsang Tenzin, DLI  
founder, holds a Lharam  
degree from Drepung and a  
Ph.D. from Emory*

With this vision and purpose, the Drepung Loseling Institute was established in April, 1990, as the North American Seat of Drepung Loseling Monastery - India.

The Institute began by offering weekly meditation and teaching sessions, as well as occasional retreats and teaching intensives by Geshe Lobsang Tenzin, the founding director of the Institute. Before long it had grown in scope, and was able to host numerous high Tibetan lamas from India and Nepal, including H.H. Ganden Tri Rinpoche, the official head of the Gelukpa tradition, and H.E. Jangtse Choeje Rinzong Rinpoche, one of the three highest position holders in the Gelukpa tradition of Tibetan Buddhism.

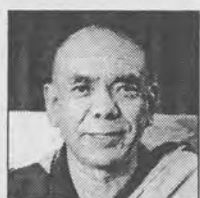
By early 1994 the Drepung Loseling Institute had developed a comprehensive program of teaching and practice, and became a major center of learning for Tibetan Buddhist studies in North America. The Institute had the honor to co-host the 1995 visit to Atlanta of His Holiness the Dalai Lama, when a committee from Emory University met with His Holiness to propose a formal academic affiliation between Emory University and Drepung Loseling Monastery. In May 1998 H.H. the Dalai Lama returned to Atlanta to inaugurate the historic affiliation between Emory University and Drepung Loseling Monastery, together with its North American Seat, the Drepung Loseling Institute.

## ONGOING PROGRAMS

To accomplish our first objective, the Institute offers (1) weekly teachings, (2) ongoing practice sessions, (3) a foundation series, (4) an intermediate series, (5) an advanced series, and (6) special programs. See our web site for details.

The Institute in conjunction with Emory University offers various academic programs, both regular courses on the Emory campus as well as study abroad programs in Dharamsala, India

## EXTRAORDINARY EVENTS



**H.E. RIZONG RINPOCHE**, the former abbot of both the Gyumed Tantric College and Drepung Loseling Monastery, will visit every other year beginning Spring 2002 to offer tantric initiations, transmissions and teachings, as well as lead retreats. Rinpoche is also the present Jangtse Choje, or "Holder of the North Peak Throne," one of the three highest positions in the Gelukpa School.



**KYABJE DENMA LOCHOE RINPOCHE**, the seniormost Rinpoche of Drepung Loseling Monastery, the holder of the complete Tantric lineages is perhaps the greatest living tantric master in the Gelukpa School today. He has served as the abbot of Namgyal monastery, the private monastery of His Holiness the Dalai Lama. He will visit us every alternative year to impart the advanced courses in tantric meditations.



**GESHE PALDEN DAKPA**, is one of the greatest living masters of the madhyamaka lineages descending from Nagarjuna and Lama Tsongkhapa. He served as scholar in residence at Tibet House in New Delhi for many years and has represented the Tibetan tradition in the Mind and Life Conferences held at H.H. the Dalai Lama's residence in Dharamsala as an interface of western contemporary sciences with the Tibetan wisdom tradition. He will visit us in the Fall for three months every year to teach and lead retreats.

## PROJECTS TO PRESERVE TIBET'S HERITAGE

To accomplish its second purpose, the Institute has launched the following three projects:

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## WIDENING THE CIRCLE

### New-look *Mandala* magazine hits the newsstands

BY NANCY PATTON

Imagine being asked to exchange the semi-tropical paradise of a seaside home, a network of loving family and friends and an absorbing job in the Australian magazine world for a tiny adobe house in Taos, New Mexico (7000 feet above sea level) and a modest salary.

My karma had ripened. A prognostic "mo" thrown by Lama Zopa Rinpoche, Spiritual Director of the Foundation for the Preservation of the Mahayana Tradition (FPMT), indicated that it would be "very beneficial" for me to take over the editorship of *Mandala* magazine from the redoubtable Ven. Robina Courtin.

FPMT, founded 30 years ago by the late Lama Thubten Yeshe and Lama Zopa Rinpoche, is today an international organization with more than 130 centers worldwide. It was time for *Mandala* to go out to a much wider audience.

The first issue of *Mandala* in its new guise—full color, perfect bound and with a March dateline—came out in February to much acclaim. The credit for its content goes mostly to the long-time staff, Julia Hengst and Jaffa

Elias, and the ghost of Ven. Robina, who has left behind a strong and Dharma-rich heritage.

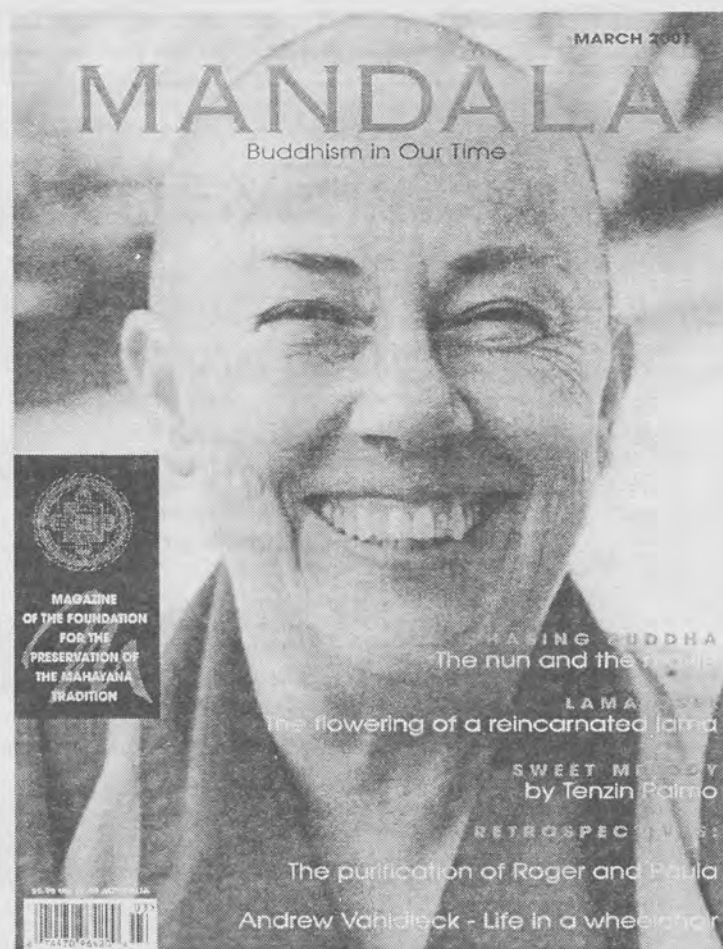
The job of editor is one continuous Dharma teaching. The product, *Mandala*, is a tangible way of showing general and already-Buddhist readers how we really are experiencing "Buddhism in our Time" (the magazine's slogan). It's full of real-life stories of the profound impact that Tibetan Buddhism is having on the lives of Westerners—and Tibetans living in the West.


To succeed in the marketplace, we have to stay lively, relevant—and faithful to the tradition of the great yogi, Lama Tsong Khapa (1357-1419). Our first issue, emblazoned with the extraordinary smile of Ven. Robina, walked off the shelves because people who saw the cover must have said, "If that's what Buddhism does for you, I want some of it."

Find out more about *Mandala* at:

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#### CHANGING MINDS

Continued from page 7

phenomenon of large numbers of Westerners taking up Buddhist practices and striving to embody Buddhist virtues. Using object-relations theory and his own experience as a clinician, Harvey Aronson warns of the pathological pitfalls that may afflict the self-sacrificing American bodhisattva, but argues for a model of healthy altruism.

Our volume concludes with Paul Hackett's comprehensive survey of the published works of Jeffrey Hopkins. We are grateful to Hackett for an ambitious essay charting the range and depth of Hopkins's oeuvre. Inasmuch as Hopkins's recently published *Emptiness in the Mind-Only School* has been hailed by many as his best work ever, and inasmuch as it is the first of a three-volume series, Hackett's work will perhaps

but serve as a starting point for future bibliographic analysis.

In sum, this volume is presented as a tribute to the work of Jeffrey Hopkins as a teacher and as a scholar. Paul Hackett has written eloquently of Hopkins's impact:

Most people who have pursued knowledge and learning would be hard pressed not to remember at least one teacher sometime, somewhere, who first inspired them and instilled in them a sense of value in learning. This ability, the capacity not only to convey meaning, but also to motivate remains an art which stands apart from mere erudition. For some, it comes naturally; for others it requires effort; though in each person who manages to master it, there is always evident an idiosyncratic artistry by which their knowledge and experience is conveyed. So it is with Jeffrey Hopkins, who has repeatedly demonstrated not only his depth of knowledge, but also his skill as a teacher and writer.

As we see in this volume, he has inspired and enlivened us in many different ways. So now we say: Thank you! ■



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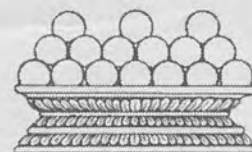
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# BUDDHISM WITH AN ATTITUDE

Continued from page 1

lojong teachings that was based on instructions that had been passed down to him through the lineage of the Indian Buddhist teachers Maitriyogin, Dharmarakshita, and Serlingpa. This oral tradition may represent the earliest such practice that was explicitly called a lojong, and it is probably the most widely practiced in the whole of Tibetan Buddhism. This training was initially given only as an oral instruction for those students who were deemed sufficiently intelligent and highly enough motivated to make good use of it. Only about a century after Atisha's death was this secret training written down and made more widely available in monasteries and hermitages, Tibet's unique kinds of attitudinal correction facility. This delay probably accounts for the minor variations in the different versions of the text we have today.

For centuries we in the West have wondered whether intelligent life exists elsewhere in the universe. If there are highly advanced, intelligent

- ...lo means attitude, mind,
- intelligence, and perspective;
- and jong means to train,
- purify, remedy, and clear
- away. So the word lojong
- could literally be translated
- as attitudinal training.

beings out there, what might they have to teach us? What have they learned that we have not? Along similar lines we can ask: is there intelligent life on our planet outside of our Euro-American civilization? Of course that sounds like a dumb question, but it's still worth asking, since there still persists an attitude in our society that we know more about everything than any previous generation and more than any other, "less developed" society today. It takes quite an ethnocentric leap of faith to swallow that, but many people seem to manage it. Indian civilization a thousand years ago, during the time of Atisha, had evolved with very little influence from European civilization; and Tibetan civilization, tracing back more than two millennia, was hardly influenced by the West until the mid-twentieth century. Ironically, Tibetans' first major encounter with Western thought occurred due to the invasion of their homeland by the Chinese Communists in 1949, who forced upon them the economic doctrine of Marxism and scientific materialism.

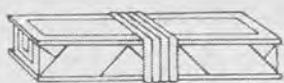
Have Indian and Tibetan civilizations made any great discoveries of their own that we have not, and might they have anything to teach us? I will be tackling these questions throughout this book, drawing on a thousand-year-old set of aphorisms that embody much of the wisdom of ancient India and Tibet. If these aphorisms strike a chord of wisdom for us living today, whose lives span the end of the second millennium and the beginning of the third, that wisdom will be something that is not uniquely Eastern or Western, and not ancient or modern. It will be a type of wisdom that cuts across such cultural divides and eras, something universal that speaks deeply to and from the hearts and minds of humanity.

Over the past millennium, Tibetan Buddhism has maintained its vitality from generation to generation by teachers passing on oral commentaries to traditional "root texts" such as the Seven-Point Mind-Training. Root texts preserve the depth and wisdom of the teachings, and the oral commentaries link these texts with the experiences and views of practitioners of each generation. In the explanation of the text I offer here, I draw upon the earliest Tibetan commentary I have been able to find, composed by Sechil Buwa, who was a direct disciple of Chekawa Yeshe

Dorje (1101-1175), who first wrote down this mind-training. Chekawa Yeshe Dorje had received the transmission of this teaching from Sharawa, and the lineage before him goes back to Langri Thangpa, Potowa, Dromtonpa, and Atisha. I also draw on a very recent commentary entitled *Enlightened Courage: An Explanation of Atisha's Seven Point Mind Training* by the late Dilgo Khyentse Rinpoche, one of the greatest Tibetan meditation masters of the twentieth century.

The teacher from whom I received the oral commentary on this training was a learned, humble, and compassionate Tibetan named Kungo Barshi. I was living in Dharamsala, India, at the time, in 1973, and there were many erudite lamas from whom I could have sought this instruction. But I was particularly drawn to Kungo Barshi for various reasons. At that time, he was the chief instructor in Tibetan medicine at the Tibetan Astro-Medical Institute, and he was renowned for his mastery of many of the fields of traditional Tibetan knowledge. But he was not only an outstanding scholar. As a member of the nobility in Tibet, he had owned several estates and devoted himself to the life of a gentleman scholar, while his wife largely took over the practical affairs of running their estates. But when the Chinese Communists invaded Tibet and especially targeted the aristocracy for imprisonment and torture, he, his wife, and one of his sons fled to India. Others of his children remained behind, only to be killed by the Chinese, and the son who fled with him into exile also met a tragic end. Adversity mounted upon adversity in Kungo Barshi's life, and yet when he was passing on this teaching to me, he told me, "Personally, I have found the Chinese invasion of Tibet to be a blessing. In Tibet before this cataclysm, I took much for granted, and my spiritual practice was casual. Now that I have been forced into exile and have lost so much, my dedication to practice has grown enormously, and I have found greater contentment than ever before." Rarely have I met anyone whose presence exuded such serenity, quiet good cheer, and wisdom as he did. He was for me a living embodiment of the efficacy of this mind-training, and his inspiration has been with me ever since.

As I pass on my own commentary to this text, I address many practical and theoretical issues that uniquely face us in the modern world. This book is based on a series of public lectures I gave in Santa Barbara, California, during the years 1997-1998. I have tried at all times to be faithful to the original teachings I received, while making them thoroughly contemporary to people living in a world so different from that of traditional Tibet. If even a fraction of the wisdom and inspiration of Atisha, Sechil Buwa, Kungo Barshi, and Dilgo Khyentse Rinpoche is conveyed to the readers of this book, our efforts will have born good fruit. ■



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the third largest monastery in Tibet, at one point housing 7,000 monks.

At the time of the Chinese invasion of Tibet, most of Tibet's Buddhist monasteries were destroyed and the vast treasures of Tibetan heritage confiscated. This tour represents efforts in the fight against cultural genocide and an attempt to generate funds to support the Ganden Jangtse Monastery in South India which now houses over 3000 monks.

With the blessings of His Holiness the Dalai Lama, construction on a new prayer hall has begun, despite the scarcity of money. All the proceeds from this tour will support the construction of the new Assembly Hall.

For more information: If you would like to invite the monks to your town, contact Janie Compton at 603-795-2804 or [janie\\_dvorak\\_compton@hotmail.com](mailto:janie_dvorak_compton@hotmail.com).

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## Excerpt from *The Life of Shabkar*

If a man has compassion, he is Buddha,  
Without compassion, he is Lord of Death.

With compassion, the root of Dharma is planted,  
Without compassion, the root of Dharma is rotten.

One with compassion is kind even when angry,  
One without compassion kills even as he smiles.

For one with compassion, even enemies turn into friends,  
Without compassion, even friends turn into enemies.

With compassion, one has all Dharmas,  
Without compassion, one has no Dharma at all.

With compassion, one is a true Buddhist,  
Without compassion, one is worse than profane.

Even meditating on voidness, one needs compassion as its  
essence.

A Dharma practitioner must have a compassionate nature.

Great compassion is like a wish-fulfilling gem.  
Great compassion fulfills the hopes of self and others.

Therefore, all of you, renunciants and householders,  
Cultivate compassion and you will achieve Buddhahood.

—SHABKAR

[from *The Life of Shabkar* by Matthieu Ricard, published by  
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## HH the Dalai Lama's teaching tour in Serajhe Monastery

In 1999, HH the Dalai Lama accepted an invitation from the former Abbot of Gyudmey Tantric College, the late Gyudmey Khensur Geshe Dorje Tashi Rinpoche, to give teachings on the Graduated Path to Enlightenment or "Lam-Rim" in Serajhe Monastery in south India.

The majority of exiled Tibetan monks are residing in south India and most are unable to afford the financial strain of traveling and living in north India, where His Holiness usually gives the annual public teachings.

As such, His Holiness's visit to the refugee camps in south India are always a momentous event attended by more than 10,000 Tibetan monks and lay people from all the four Tibetan Traditions.

This year, our society is the main organizer of HH Dalai Lama's visit to Serajhe. We invite all of you to join us in sponsoring His Holiness's visit.

Your contribution, big or small, will provide a priceless opportunity for all the monks and lay Tibetans who braved unspeakable ordeal to come into exile to see His Holiness and receive His teachings.

Friends who wish to sponsor or attend the teachings are free to e-mail us for details at: [sc23jul@singnet.com.sg](mailto:sc23jul@singnet.com.sg) or [wai\\_lit@pacific.net.sg](mailto:wai_lit@pacific.net.sg)

Websites on programmes hosted by our society can be reached at: [http://members.nbc.com/wai\\_lit/index](http://members.nbc.com/wai_lit/index)

About our beloved Teacher:

Gyudmey Khensur Geshe Dorje Tashi Rinpoche is one of the most senior Teachers in the Gelugpa Tradition and many important lamas are either Rinpoche's students or Rinpoche's students' students.

Notable disciples include Geshe Uma Gyukpa – one of the highest amongst the top scholars in Gelugpa, and Teacher to most of the younger generation monks in Serajhe; Jhado Rinpoche – the Abbot of Namgyal Monastery, His Holiness the Dalai Lama's personal monastery; Chokden Rinpoche – one of the highest and most respected yogi practitioner and one of the teachers of Lama Zopa Rinpoche of the FPMT.


Rinpoche passed away in December 1999 in Serajhe Monastery and remained in meditation in the "Clear Light" or "Tuk-Dam" for 4 days.

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## Gatsal

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## Oops!

In the last issue, two addresses were incorrect at the end of "Spinning the Magical Wheel." Here are the correct addresses: Ligmicha Institute, PO Box 1892, Charlottesville, VA 22903, 804-977-6161. Conway Dzogchen Community, PO Box 277, Conway, MA 01341, 413-369-4153. ■

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*Bodhi Magazine*, the voice of Nalandabodhi in Seattle, has stepped up to a full-color glossy format and quarterly publication and will be distributed nationwide. The magazine contains teachings of the organization's key teachers, Dzogchen Ponlop Rinpoche and Tsultrim Gyantso Rinpoche, Tibetan lamas teaching primarily in the Kagyu tradition, as well as quotes from classic texts. It is a 72-page magazine with little advertising and is available for \$42/year (incl. shipping) by contacting: Bodhi Subscriptions, attn: Rachel, 2717 Glenwood Dr. #33, Boulder, CO 80304, 303-544-0412. ■

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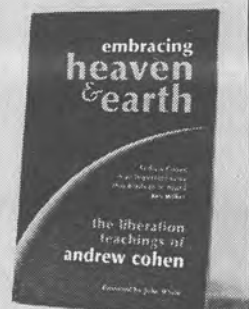
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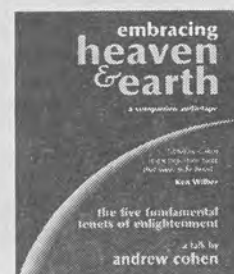
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May 16

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Great Perfection Tradition

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May 9

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MEDITATIONS OF A TIBETAN  
TANTRIC ABBOT

Continued from page 3

out distraction. Now you should call to mind your acquaintances of this lifetime and cultivate in meditation the thought, "May all sentient beings have happiness and the causes of happiness." This meditation is called the cultivation of love because you are being loving and beneficial toward all beings.

Initially, this is not to be meditated too long, just for ten or fifteen minutes, then more and more by degrees. After you have meditated this way for months or years, you can make it longer and longer. It is not good to become completely tired.

Once you have cultivated the thought, "May all sentient beings possess happiness and the causes of happiness," and this meditation has been done for many, many years, then eventually you will attain what is called immeasurable love. When you have attained immeasurable love, you have meditative stabilization, meditative equipoise, and calm abiding.

You should leave aside a suitable length of time for meditation and cultivate love every day, continuously. You can meditate just before going to bed or early in the morning when you rise. If you cultivate love little by little, very clearly, then since the field of awareness is all sentient beings, sending love to all of them, it is as if you are repaying the immeasurable kindness that they extended to you in former lifetimes. When you meditate for the sake of the welfare of others, your meditation is included within the activities of a being of greatest capacity from among the three types of beings: those of small, middling and great capacity.

Now let us break for a short period and when you return to meditate, assume the posture that I have described, begin the breathing exercise, and when about to meditate, take to mind your own father and mother of this lifetime, then make the aspiring prayer, "May all sentient beings throughout all of space, as illustrated by my own father and mother, have happiness and the causes of happiness." When you are about to leave the meditation you should dedicate it, thinking, "By the fruit of whatever virtue has arisen from the force of my hearing and thinking and meditating, may all beings be freed from cyclic existence and attain the state of a perfect Buddha." Or, it is sufficient to say at the time of dedication, "May whatever virtue there is in having cultivated the thought, 'May all sentient beings have happiness and the causes of happiness,' help everyone throughout space."

What fault is there if you do not make a dedication? Even if you meditate well every day, when a little hatred arises, when someone pushes you and you immediately become angry, it is said that these virtues are destroyed. In the commentaries on Buddha's word, it is said that the virtue accumulated over a thousand eons is destroyed with one moment of anger.

When Shakyamuni Buddha was residing in Bodhgaya, he told 2,250 Hearers, "Anger destroys the roots of virtue." The Hearers thought, "If so, there is not one among us who does not get angry; thus none of our roots of virtue have remained. In the future none will remain. Even if we do virtue, it cannot be amassed." They were very worried. They thought, "If one moment of anger can destroy the virtues accumulated over a thousand eons, then since we get angry many times every day, we do not have any virtue."

When they related this to Buddha, he poured water into a little vessel and asked, "Will this water remain without evaporating?" Because India is very hot, the Hearers thought, "In a few days the water will evapo-

rate. This must mean that our virtue will not remain at all." They were extremely worried. Then Buddha asked, "If this water is poured in the ocean, how long will it stay? It will remain until the ocean itself evaporates."

Therefore, if you do not just leave this virtue, but dedicate it, making a prayer petition that it become a cause of help and happiness for limitless sentient beings, then until that actually occurs, the virtue will not be lost. Like a small amount of water poured into the ocean, which will last until the ocean itself dries up, so the fruit of your virtue will remain until it has ripened. The benefit of hearing, thinking and meditating, in terms of causing all persons to possess happiness and the causes of happiness, is inconceivable, but if it is not dedicated, then when anger arises, it will be destroyed. This benefit cannot be seen with the eye, but it is inconceivable.

You are amazingly virtuous. I only think that it is wrong for me to sit above you. I should sit below you. It is wonderful that you feel motivated to hear about this practice and meditate and cultivate it in meditation.

Now, rest a little and then when you return to meditate, sit as was explained before, count the breath for twenty-one inhalations and exhalations, and meditate for about fifteen minutes. And when it is time to stop, dedicate it as follows: "May whatever virtue there has been in my meditation and aspiration become a cause for happiness and comfort for all." Then you can rise and the meditation will be complete. ■

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# TIBET PILGRIMAGE

With Glenn H. Mullin



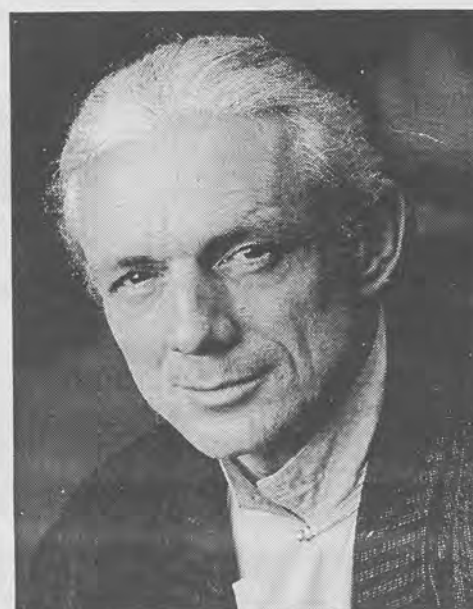
**P**ilgrimage has long been used by Tibetan Buddhists as a method of healing both body and mind, as well as for rejuvenation of the spirit, and personal growth and transformation. It is also a lot of fun.

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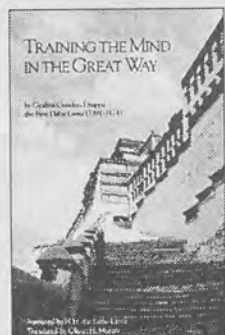
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**Pilgrimage Leader:** Glenn H. Mullin lived in the Himalayas for twelve years, studying under many of Tibet's greatest spiritual masters. He has over a dozen books in print, and divides his time between writing, lecture tours, and leading pilgrimages to the power places of Central Asia.



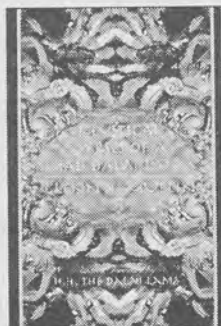
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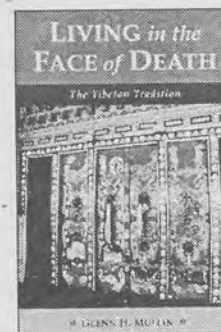
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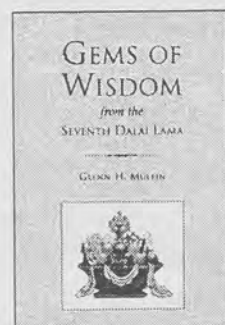
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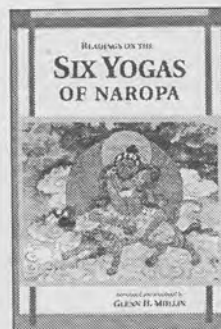
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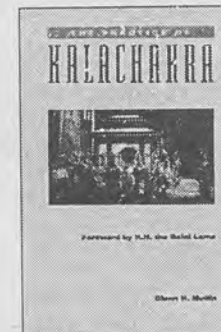
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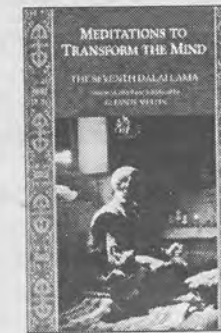
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## DZOGCHEN

Continued from page 1

an individual's mind and body—is contained within these two levels of truth, conventional and ultimate. In the Dzogchen context, the explanation given would be in terms of primordial purity and spontaneous presence, and this is analogous to a passage in the scriptures:

It is mind itself that sets in place the myriad array  
Of beings in the world, and the world that contains them.

That is to say, if we consider the agent responsible for creating samsara and nirvana, it comes down to mind. *The Sutra on the Ten Grounds* states, "These three realms are mind only". In his commentary to his own work, *Entering the Middle Way* Candrakirti elaborates on this quotation, stating that there is no other creative agent apart from mind.

When mind is explained from the point of view of the Highest Yoga Tantra teachings and the path of mantra, we find that many different levels or aspects of mind are discussed, some coarser and some more subtle. But at the very root, the most fundamental level embraced by these teachings is mind as the

fundamental, innate nature of mind. This is where we come to the distinction between the word *sem* in Tibetan, meaning 'ordinary mind' and the word *rigpa* signifying 'pure awareness'. Generally speaking, when we use the word *sem*, we are referring to mind when it is temporarily obscured and distorted by thoughts based upon the dualistic perceptions of subject and object. When we are discussing pure awareness, genuine consciousness or awareness free of such distorting thought patterns, then the term *rigpa* is employed. The teaching known as the 'Four Reliances' states: "Do not rely upon ordinary consciousness, but rely upon wisdom". Here the term *namshe*, or ordinary consciousness, refers to mind involved with dualistic perceptions. 'Yeshe', or wisdom, refers to mind free from dualistic perceptions. It is on this basis that the distinction can be made between ordinary mind and pure awareness.

When we say that 'mind' is the agent responsible for bringing the universe into being, we are talking about mind in the sense of *rigpa*, and specifically its quality of spontaneous presence. At the same time, the very essence of that spontaneously

present *rigpa* is timelessly empty, and primordially pure—totally pure by its very nature—so there is a unity of primordial purity and spontaneous presence. The Nyingma school distinguishes between the ground itself, and the ground manifesting as appearances through the 'eight doorways of spontaneous presence', and this is how this school accounts for all of the perceptions, whether pure or impure, that arise within the mind. Without ever deviating from basic space, these manifestations and the perceptions of them, pure or impure, arise in all their variety. That is the situation concerning the ground, from the point of view of the Nyingma school.

On the basis of that key point, when we talk about the path, and if we use the special vocabulary of the Dzogchen tradition and refer to its own extraordinary practices, the path is twofold, that of *trekchö* and *tögal*. The *trekchö* approach is based upon the primordial purity of mind, kadak, while the *tögal* approach is based upon its spontaneous presence, lhundrup. This is the equivalent in the Dzogchen tradition of what is more commonly referred to as the path that is the union of skillful means and wisdom.

When the fruition is attained through relying on this twofold path of *trekchö* and *tögal*, the 'inner lucidity' of primordial purity leads to dharmakaya, while the 'outer lucidity' of spontaneous presence leads to the rupakaya. This is the equivalent of the usual description of dharmakaya as the benefit that accrues to oneself and the rupakaya as the benefit that comes to others. The terminology is different, but the understanding of what the terms signify is parallel. When the latent, inner state of buddhahood becomes fully evident for the practitioner him or herself, this is referred to as 'inner lucidity' and is the state of primordial purity, which is dharmakaya. When the natural radiance of mind becomes manifest for the benefit of others, its responsiveness accounts for the entire array of form manifestations, whether pure or impure, and this is referred to as 'outer lucidity', the state of spontaneous presence which comprises the rupakaya.

In the context of the path, then, this explanation of primordial purity and spontaneous presence, and what is discussed in the newer schools of Highest Yoga Tantra both come down to the same ultimate point: the fundamental innate mind of clear

light.

What, then, is the profound and special feature of the Dzogchen teachings? According to the more recent traditions of Tibetan Buddhism, collectively known as the Sarma schools of the Secret Mantra Vehicle, in order for this fundamental innate mind of clear light to become fully evident, it is necessary first of all for the coarser levels of ordinary mind, caught up with thoughts and concepts, to be harnessed by yogas, such as the yoga of vital energies, pranayoga, or the yoga of inner heat, tummo. On the basis of these yogic practices, and in the wake of those adventitious thought patterns of ordinary mind being harnessed and purified, the fundamental innate mind of clear light-mind in that sense becomes fully evident.

From the point of view of Dzogchen, the understanding is that the adventitious level of mind, which is caught up with concepts and thoughts, is by its very nature permeated by pure awareness. In an experiential manner, the student can be directly introduced by an authentic master to the very nature of his or her mind as pure awareness. If the master is able to effect this direct introduction, the student then experiences all of these adventitious layers of conceptual thought as permeated by the pure awareness which is their nature, so that these layers of ordinary thoughts and concepts need not continue. Rather, the student experiences the nature that permeates them as the fundamental innate mind of clear light, expressing itself in all its nakedness. That is the principle by which practice proceeds on the path of Dzogchen.

### The Role of an Authentic Guru

So in Dzogchen, the direct introduction to *rigpa* requires that we rely upon an authentic guru, who already has this experience. It is when the blessings of the guru infuse our mindstream that this direct introduction is effected. But it is not an easy process. In the early translation school of the Nyingma, which is to say the Dzogchen teachings, the role of the master is therefore crucial.

In the Vajrayana approach, and especially in the context of Dzogchen, it is necessary for the instructions to be given by a qualified master. That is why, in such approaches, we take refuge in the guru as well as in the Buddha, Dharma, and Sangha. In some sense, it is not sufficient simply to take refuge in the three sources of refuge; a fourth element is added, that of taking refuge in the guru. And so we say, "I take refuge in the guru; I take refuge in the Buddha; I take refuge in the Dharma; I take refuge in the Sangha." It is not so much that the guru is in any way separate or different from the Three Jewels, but rather that there is a particular value in counting the guru separately. I have a German friend who said to me, "You Tibetans seem to hold the guru higher than the Buddha". He was astonished. But this is not quite the way to understand it. It is not as though the guru is in any way separate from the Three Jewels, but because of the crucial nature of our relationship with the guru in such practice and teachings, the guru is considered of great importance.

Now this requires that the master be qualified and authentic. If a master is authentic, he or she will be either a member of the sangha that requires no more training, or at least the sangha that still requires training but is at an advanced level of realization. An authentic guru, and I stress the word 'authentic', must fall into one of these two categories. So it is because of the crucial importance of a qualified and authentic guru, one who has such realization, that such emphasis is placed, in this tradition, on the role of the guru. This may

(Continued on page 22)

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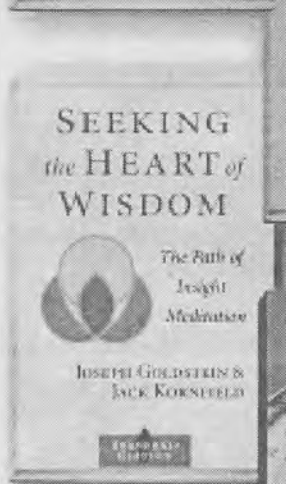
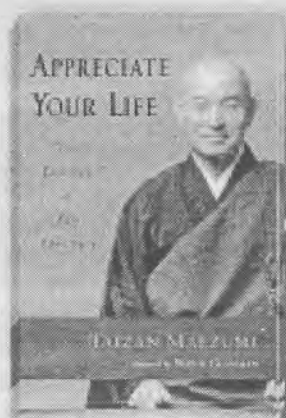
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## DZOGCHEN

Continued from page 21

have given rise to a misconception, in that people have sometimes referred to Tibetan Buddhism as a distinct school of practice called 'Lamaism', on account of this emphasis on the role of the guru. All that is really being said is that it is important to have a master, and that it is important for that master to be authentic and qualified.

Even in the case of an authentic guru, it is crucial for the student to examine the guru's behaviour and teachings. You will recall that earlier I referred to the 'Four Reliances.' These can be stated as follows:

Do not rely upon the individual, but rely upon the teaching.

As far as the teachings go, do not rely upon the words alone, but rely upon the meaning that underlies them.

Regarding the meaning, do not rely upon the provisional meaning alone, but rely upon the definitive meaning.

And regarding the definitive meaning, do not rely upon ordinary

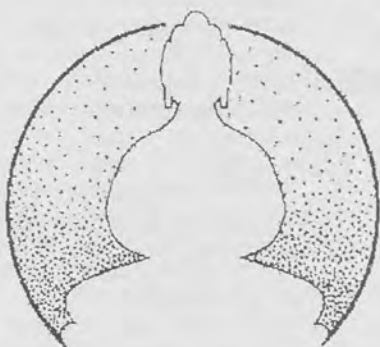
consciousness, but rely upon wisdom awareness.

This is how a student should examine a teacher, using these four reliances. Our teacher, Lord Buddha, said,

O bhiksus and wise men,  
Just as a goldsmith would test his gold  
By burning, cutting, and rubbing it,  
So you must examine my words  
and accept them,  
But not merely out of reverence for me.

All of the foregoing comments have been my way of introducing you to the background to this empowerment. What is most important during an empowerment of this nature is that: as Buddhists, we place great emphasis on taking refuge; as Mahayana Buddhists, we place great emphasis on the bodhisattva vow and arousing bodhicitta; and, as Vajrayana practitioners, we lessen our fixation on perceiving things in an ordinary way, and rely upon pure perception. This is how you should receive an empowerment. ■

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by Geshe Sonam Rinchen, trans. and ed. by Ruth Sonam. 237 pp. #BOVOW \$14.95

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### THE BODHISATTVA VOW



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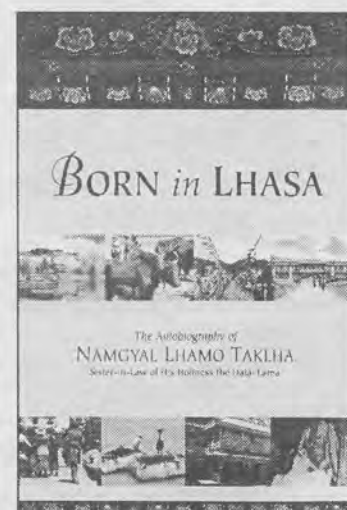
by Namgyal Lhamo Taklha. 222 pp., 24 b&w photos #BOLH \$14.95 May

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Mrs. Taklha married the immediate elder brother of His Holiness the Fourteenth Dalai Lama. She is a member of the elected Parliament of the Tibetan Government-in-Exile and serves as Minister of Health. She lives in Dharamsala, India.



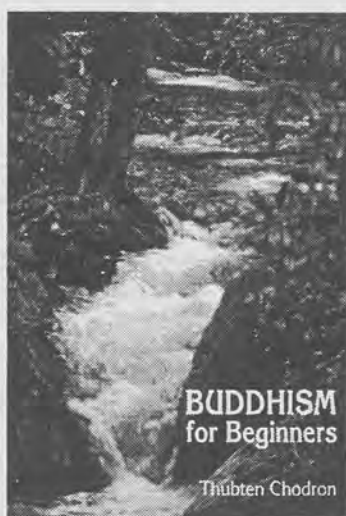
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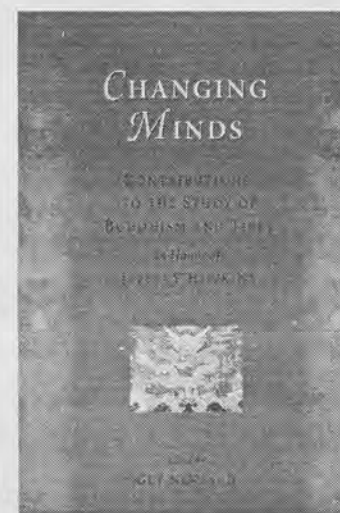
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ed. by Guy Newland. 352 pp., cloth. #CHMIND \$29.95 June



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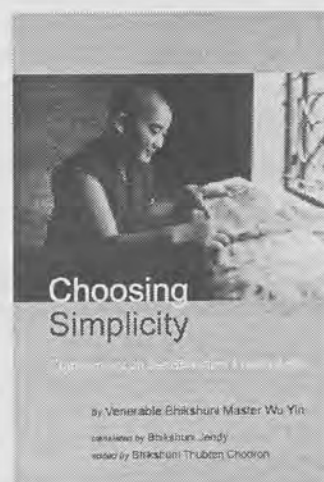
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## DZOGCHEN

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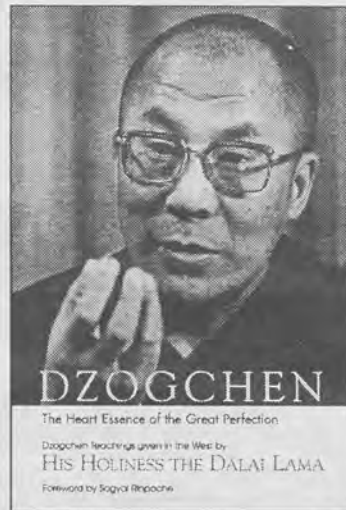
by H.H. the Dalai Lama, trans. by Thupten Jinpa & Richard Barron, fore. by Sogyal Rinpoche, ed. by Patrick Gaffney. 272 pp., 8 pp. of photos, 6 x 9", cloth. #DZDL \$24.95

This is the most informative and thorough book on Dzogchen available. These teachings on Dzogchen, the heart essence of the ancient Nyingma tradition of Tibetan Buddhism, were given by His Holiness the Dalai Lama to Western students in Paris, London, Helsinki and San Jose, California. Exploring this esoteric subject in print for the first time, His Holiness offers the reader an unprecedented glimpse into one of Buddhism's most profound systems of meditation. He discusses both the philosophic foundations and the practices of this system—taking into account the approaches of various schools and teachers.

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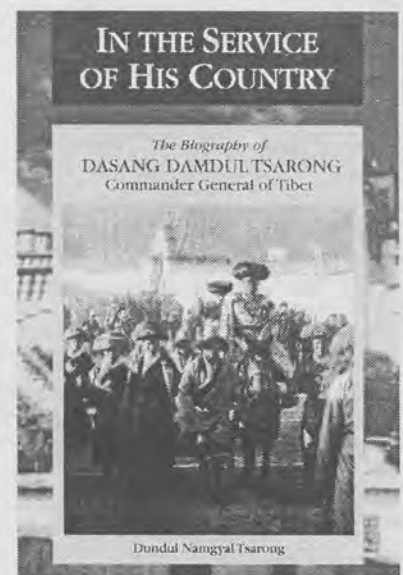
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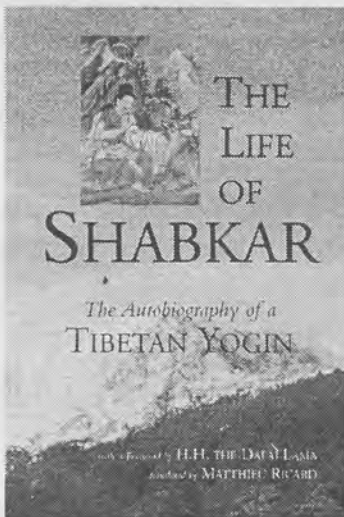
trans. by Matthieu Richard, fore. by H.H. the Dalai Lama. 712 pp. #LISH \$27.95

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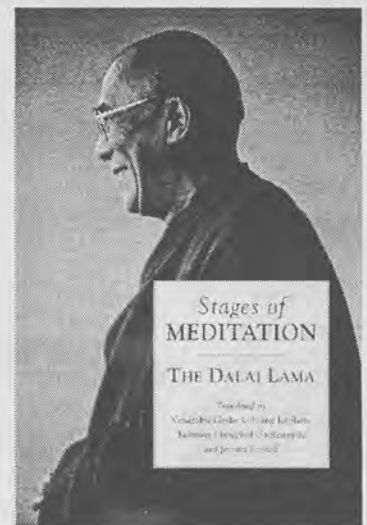
by the Dalai Lama, trans. by Ven. Geshe Lobsang Jordhen, Losang Choephel Ganchenpa, and Jeremy Russell. 216 pp., Tibetan text, cloth. #STME \$22.95

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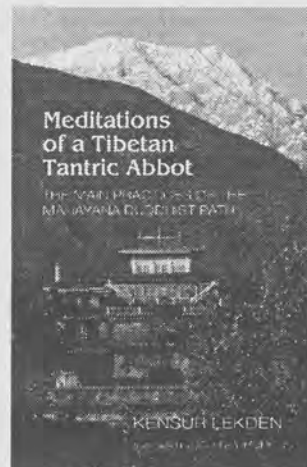
by Kensur Lekden, trans. & ed. by Jeffrey Hopkins. 176 pp. #METAAB \$14.95

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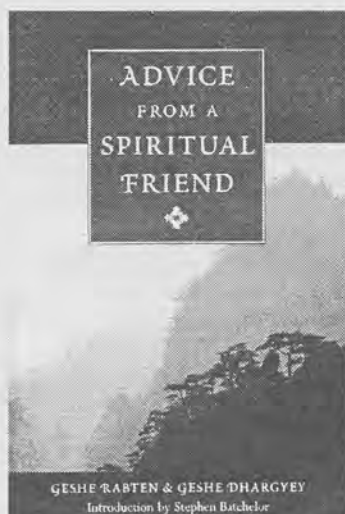
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by Geshe Rabten & Geshe Dhargye. 176 pp. #ADSPFR \$15.95

Like wise old friends, two Tibetan masters offer down-to-earth advice for cultivating compassion, wisdom, and happiness in every situation. Based on practical Buddhist verses on seven and eight point thought transformation techniques plus Atisha's *Jewel Rosary of an Awakening Warrior*, *Advice from a Spiritual Friend* teaches how to develop the inner skills that lead to contentment by responding to everyday difficulties with patience and joy.

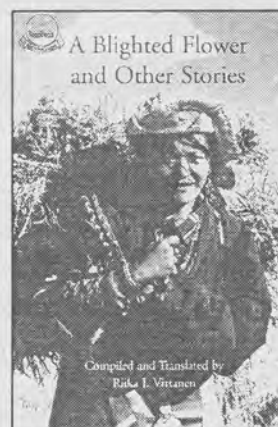
"Reading this book is akin to taking a personal retreat with two kindly and wise teachers. The instructions for realizing compassion in everyday life are readable and clear, and offer enhanced spiritual skills to readers of any background and orientation."—NAPRA REVIEW



### THE ASIAN ANIMAL ZODIAC

by Ruth Q. Sun. 218 pp., line art, cloth. #ASANZO \$7.00

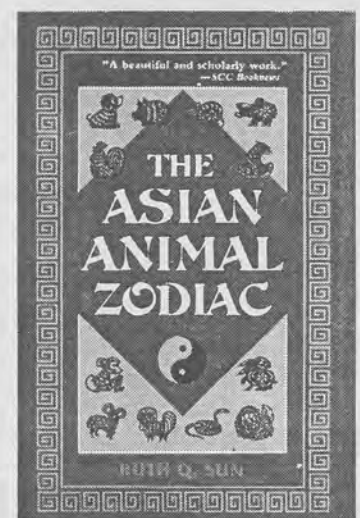
According to legend, the twelve years in the Asian animal cycle were named for the twelve animals who visited Buddha on his deathbed. This book discusses each animal of the zodiac cycle, describing its history, virtues, and flaws. Traditional folk tales from Asia illuminate the personalities of each animal—the stories are fun to read and children will like them too!



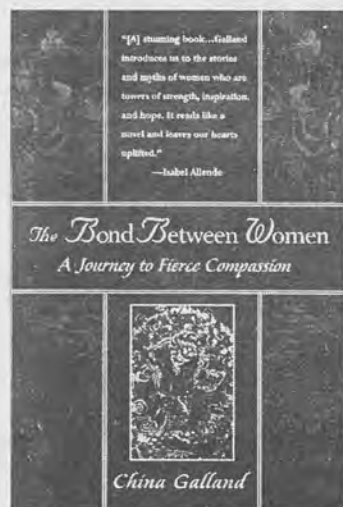
### A BLIGHTED FLOWER AND OTHER STORIES

comp. and trans. from the Tibetan originals by Riika Virtanen. 154 pp., line drawings. #BLFL \$9.00

Provides a fascinating glimpse of modern Tibetan literary art. These four stories focus on women's lives in contemporary Tibet. The translation of Dondrub Gyel's *A Blighted Flower* forms the main work in this collection. It is considered to be one of the pioneering works in modern Tibetan storytelling. Other stories are *A Shameless Bride*, *A Girl with Her Face Concealed by a Scarf*, and *The Yellow Leaves of Summer*.







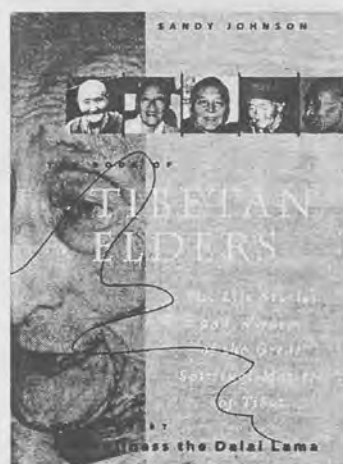
**THE BOND BETWEEN WOMEN: A Journey to Fierce Compassion**

by China Galland. 344 pp., 19 b&w photos. #BOBEWO \$14.00

"A stunning book—Galland introduces us to the stories of women who are towers of strength, inspiration, and hope. It reads like a beautiful novel, is a journey of compassion, and leaves our hearts uplifted."—Isabel Allende

Galland's pilgrimage is also a call to action to address many injustices: a Nepalese woman tirelessly rescues children sold to brothels; in India, women are working together to clean the waters of the Ganges; in Brazil, a woman teaches street children in a makeshift school under a freeway; and in the US, Mother Teresa's Sisters feed the poor and a Buddhist nun teaches the art of peacemaking.

"A wonderful book."—Jack Kornfield



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

by Sandy Johnson, fore. by H.H. the Dalai Lama. 282 pp., 28 b&w photos, now in paperback. #BOTIEL \$14.00

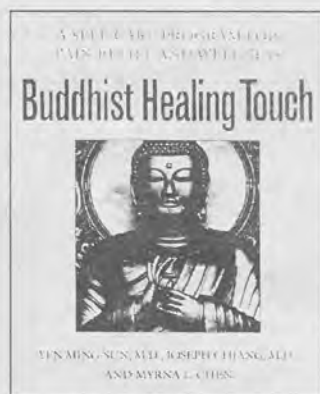
These are the powerful stories of Tibetan elders from many walks of life—told in their own voices—that of famous lamas, oracles, doctors, nuns, a tailor, nobleman, etc. An engaging study of a special people and culture.

**BUDDHIST ART AND ARCHITECTURE**

by Robert Fisher

216 pp., 123 b&w, 33 color, many line-drawings. #BUARAR \$14.95

Buddhism is the single common thread uniting the Asian world. Innumerable symbols and images have been created beginning in India in the third century BC. This phenomenally diverse tradition includes frescoes, relief carvings, colossal statues, silk embroideries and bronze ritual objects, rock-cut shrines with a thousand Buddhas, the glorious stupas of Southeast Asia and the pagodas of the Far East, the massive mandala in stone of Borobudur and the temple complexes at Angkor in Cambodia. Fisher describes all the Buddhist schools and cultures and explains their imagery—a great book for the price!



**BUDDHIST HEALING TOUCH: A Self-Care Program for Pain Relief and Wellness**

by Yen Ming-Sun, MD, Joseph Chiang, MD, and Myrna Chen. 192 pp., 8 x 10, 126 b&w illus. #BUHETO \$19.95

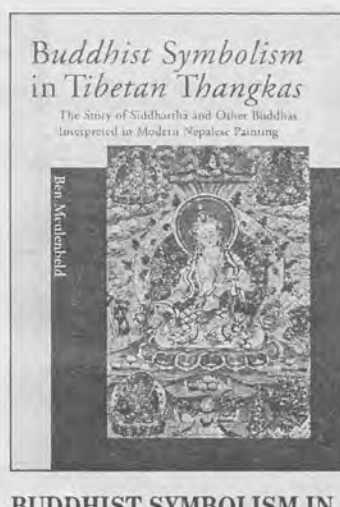
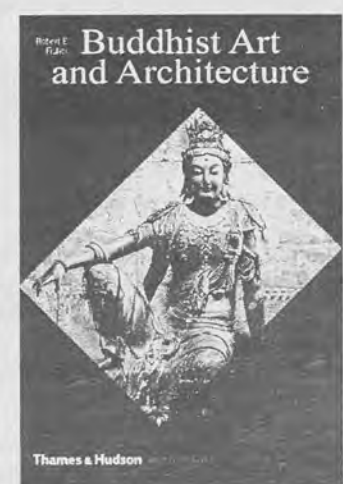
This is the first English translation of the most widely used book on self-massage in China and Taiwan. Dr. Yen was sentenced to hard manual labor during China's Cultural Revolution. His camp was near an ancient Buddhist temple in the mountains near Fuchow. There he witnessed and learned the impressive healing work performed by a Buddhist monk. He teaches us how to care for ourselves using self-massage, breathing techniques, exercises, herbal remedies and acupressure. He addresses a wide range of conditions.



**CELESTIAL GALLERY**

by Romio Shrestha, text by Ian Baker, fore. by Deepak Chopra, after. by Robert Thurman. 64 pp., 17 x 23", 61 full color paintings, glossary. #CEGA \$125.00

Romio Shrestha is a master artist of Nepalese and Tibetan styles. He directs a school of artist-craftsmen in the Kathmandu valley of Nepal, painting in the Newari Style. His work is represented in the British Museum, Victoria and Albert Museum, and the American Museum of Natural History. In this large book are 30 full-sized images of thangkas. Particularly striking are the mandalas—amazing detail and wonderful colors. The paper is high quality and heavy weight. If you wanted to frame these, they would look great.



**BUDDHIST SYMBOLISM IN TIBETAN THANGKAS**

by Ben Meulenbeld. 114 pp., 8 x 11", 37 color plates, glossary, index. #BUSYTI \$19.95

This sumptuously illustrated book is a guide to the meaning of Buddhist thangka painting. It begins with thangka of the Buddha and his life and then moves on to many peaceful and wrathful deities, mahasiddhas, and mandalas. The author explains the symbolism and the ritual and the philosophic concepts that they represent.



**CHASING ELEPHANTS: Healing Psychologically with Buddhist Wisdom**

by Diane Shainberg. 180 pp. #CHEL \$16.95

Shainberg writes as a psychotherapist, an ordained Zen Peacemaker Buddhist priest (Bernie Glassman), and Dzogchen practitioner. This book examines the question of how we really change and heal—how psychotherapy and Buddhist psychology work to create inner change. She shows how to use the methods for change on one's own or in combination with a therapist or spiritual guide.

Chasing elephants is a phrase that means looking for things outside rather than turning to ourselves and staying present and in the process discovering how things naturally transform.

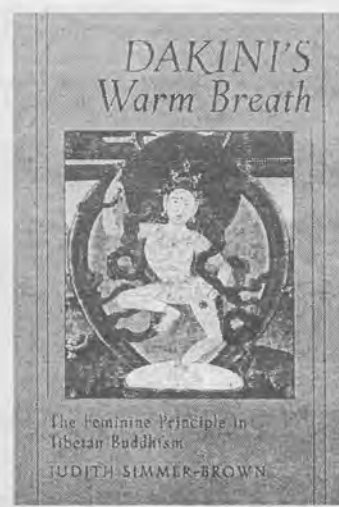


**CULTIVATING COMPASSION**

by Jeffrey Hopkins, Ph.D. 176 pp., cloth. #CUCO \$19.95

"The exercises in this book are age-old Buddhist meditations for engendering and expanding compassion: developing equanimity, recognizing all beings as friends, reflecting on the kindness of others, and generating unlimited friendliness. Delivered in a straightforward prose and peppered with Hopkins' wry observations and personal anecdotes, these exercises have an appealing practicality."—Shambhala Sun

Jeffrey Hopkins guides us in developing compassion with its power to change relationships and improve the quality of life.



**DAKINI'S WARM BREATH: The Feminine Principle in Tibetan Buddhism**

by Judith Simmer-Brown. 352 pp., line art, halftones, cloth. #DAWABR \$29.95

This is a comprehensive inquiry into the symbolism of the dakini, a semi-wrathful feminine spirit who manifests in visions, dreams, and meditation. When the meditator encounters the dakini, living spiritual experience is activated in a nonconceptual manner by her direct gaze, her radiant body, and her compassionate revelation of reality. Grounded in the author's personal encounter with the dakini, she demonstrates that the dakini symbolizes levels of personal realization up to the empty, spacious qualities of the mind itself.



**DISCIPLES OF THE BUDDHA: Living Images of Meditation**

by Robert Newman, intro. by Chogyam Trungpa. 155 pp., 6.75 x 8", 25 full color, 26 b&w photos, 11 line drawings. #DIBULI \$16.95

"Disciples of the Buddha is a treasure of Buddhist art, history and wisdom. These centuries-old rare images, with expressions as realistic as if we were in the very presence of the living sages in their true states of being, nourish our hearts with blessings of peace, joy and power."—Tulku Thondup

"The Lohans shock us with the naked reality of awareness: this individuality, this form, inhabited by infinite emptiness. A most welcome and necessary book."—Jacob Needleman

Chogyam Trungpa's introductory commentary illuminates and enriches our perception of the Chinese I-Chou Lohan statues as sacred images of meditation. To bring to life the popularity of the legend in neighboring Tibet, the book includes *The Torch of Precious Jewels*—a sadhana of the Buddha and Sixteen Arhats by His Holiness Dudjom Rinpoche.

"I think that these statues are expressions of nonverbal experience that the artist had in the state of arhathood. The statues are powerful because they are filled with a state of experience."—Chogyam Trungpa

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**DISCOVERY, RECOGNITION AND ENTHRONEMENT OF THE 14TH DALAI LAMA**

by Khemey Sonam Wangdu, Sir Basil Gould, & Hugh Richardson. 119 pp., 8 b&w photos. #DIREEN \$11.00

These exciting first hand accounts are written by people who were present for the discovery and enthronement of the present Dalai Lama. It describes the traditional Tibetan methods used to discover His Holiness.



**EIGHT MINDFUL STEPS TO HAPPINESS: Walking the Buddha's Path**

by Bhante Henepola Gunaratana. 268 pp. #EIMIST \$16.95

In the same engaging style that has endeared him to readers of *Mindfulness in Plain English*, Bhante Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the Noble Eightfold Path. He offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships as well as tools to overcome all the mental hindrances that prevent happiness. An excellent addition to anyone's practice and library.

**EMPTY BLUE PLANET TRILOGY: Three Essays on Buddhist Philosophy**

by Charlie Singer with fore. by Ven Lama Pema Wangdak. 80 pp., line drawings. #EMBLTR \$10.00

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. The doctrine of no-self is difficult to penetrate yet liberating in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and things we attain the transcendent wisdom of the Prajnaparamita, and come to an understanding of things as they are. He also explores the nature of human embodiment and the apparitional nature of the world with Buddha-nature as the common thread. 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.

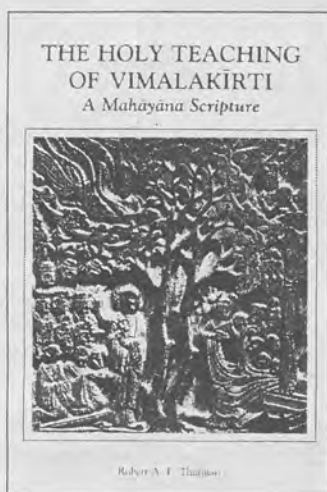




**ENLIGHTENED JOURNEY:**  
Buddhist Practice as  
Daily Life

by Tulku Thondup. 272 pp., May.  
#ENJO \$16.95

Rinpoche discusses the principles of Buddhism; how to use the practice of meditation to arouse compassion; how suffering can become a more powerful tool than happiness in achieving enlightenment; the symbolic significance of holy places, temples, statues, etc.



**THE HOLY TEACHING OF  
VIMALAKIRTI: A Mahayana  
Scripture**

by Robert Thurman. 166 pp.,  
notes, glossary. #HOTEVI \$14.95

Called the jewel of the Mahayana Sutras—it presents the major teachings of Mahayana Buddhism in a precise, dramatic, and even humorous form. Vimalakirti specializes in a discourse that is subtle, lucid, one that balances on the razor's edge of paradox. He shows how the realization of emptiness leads to a joyous and compassionate commitment to living beings that is born from an unwavering confrontation with the inconceivable profundity of ultimate reality. Robert Thurman's translation will open your mind to the vastness of reality born from emptiness.

**THE PRECIOUS TREASURY  
OF THE BASIC SPACE OF  
PHENOMENA**

#PRTBBA \$14.95

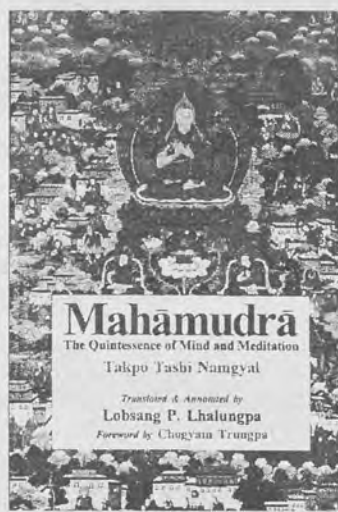
The Treasury commonly known as the *Chöying Dzöd* concerns the spiritual approach known as trekchö (cutting through solidity), which brings spiritual practitioners of the highest acumen to freedom effortlessly. It consists of two companion volumes, Longchen Rabjam's source verses and his own commentary on them. Together, these summarize the definitive topics of trekchö from the perspective of the basic space of phenomena—naturally occurring timeless awareness, awakened mind. *The Precious Treasury of the Basic Space of Phenomena* contains the source verses (English translation and original Tibetan text). Longchen Rabjam's own commentary of the source verses is contained in *A Treasure Trove of Scriptural Transmission* (see below).



**LORD OF THE DANCE: The  
Mani Rimdu Festival in Tibet  
and Nepal**

by Richard Kohn. 320 pp., 22  
tables, 39 drawings, 8 b&w  
photos. #LODAMA \$29.95

Travel to the Himalayas for an in-depth look at the inner workings of the three-week long Mani Rimdu festival. Kohn describes the structure of the ritual thoroughly and places it in the broader context of ritual as an art form. The festival requires the preparation of many religious art forms—mandalas, tormas and other sculptures. There are two days of public performance, a day of spiritual empowerment, and a day of masked dances. Mani pills are produced that carry the healing power of Chenrezig.



**MAHAMUDRA: The  
Quintessence of Mind and  
Meditation**

by Takpo Tashi Namgyal,  
trans. & annotated by Lobsang  
Lhalungpa, fore. by Chogyam  
Trungpa. 488 pp. #MAQUMI \$30

"I am so delighted that this text is being published in the English language. It will greatly benefit English speaking students of Buddhism. I myself have used this text in working with my students, and I have always found that it communicates, clearly and simply, the mahamudra teachings of the Practice Lineage."—Chogyam Trungpa

This great Tibetan classic, which is widely recognized as an outstanding work, reveals profound wisdom. The text draws systematically on the vital knowledge and the practical methods of Buddhism that form the major part of the monastic syllabus.

**MEDITATION ON  
VAJRABHAIKAVA**

by Kyabje Phabongkha, trans.  
by Sharpa Tulku with Richard  
Guard. 143 pp. #MEVA \$14.95

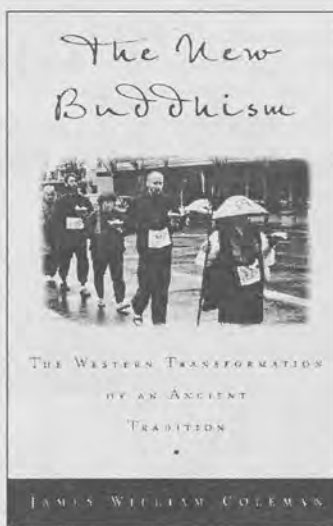
This is a retreat manual for those initiates who wish to do the retreat of the Solitary Hero Vajrabhairava but are constrained by time. Contains an annotated full-length sadhana and is supplemented with six appendices including a tsog offering and outline of the sadhana.



**MUDRA: Early Poems and  
Songs**

by Chogyam Trungpa. 112 pp.,  
May. #MUEAPO \$11.95

This book of poetry and songs of devotion, written by Chogyam Trungpa between 1959 and 1971, is spontaneous and celebratory. He also includes the 10 oxherding pictures with his commentary that is unmistakably Tibetan.



**THE NEW BUDDHISM:  
The Western Transformation  
of an Ancient Tradition**

by James Coleman. 265 pp., cloth.  
#NEBUWE \$25.00

Sheds new light on the recent evolution of Buddhist practice in the West. After briefly recounting the beginnings and spread of Buddhism in the East, Coleman chronicles its reinterpretation by key Western teachers in the nineteenth and twentieth centuries, and how it has evolved regarding a blending of Buddhist traditions, the status of women, the evolution of practices, ceremonies and rituals, and the problems that have arisen regarding gender roles, sex and power.

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**MONGOLIA: Empire of the Steppes**



by Claire Sermier  
translated by Helen Loveday  
#MOEMST \$22.95

Gives insightful analysis of Mongolia's different ethnic groups, cultures and traditions, while devoting special sections to traditional crafts, music, seasonal celebrations, customs and etiquette of living in a yurt. This colorful guide provides essential and fascinating reading about the old and the new of Mongolia.

**THE NEW ENGLISH-TIBETAN  
DICTIONARY**

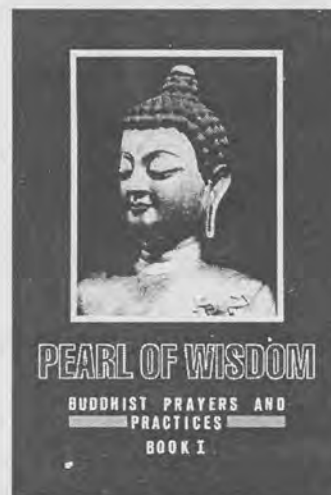
**THE NEW ENGLISH-  
TIBETAN DICTIONARY**  
by Acharya Karma Monlam &  
the Dept. of Education of the  
Central Tibetan Administration.  
883 pp., 7 x 10", line drawings.  
#NEENTI \$75.00

Years in preparation, this dictionary contains words created for Tibetans so that they can integrate the modern terminology that developed outside of the sphere of Tibetan life—sort of a Webster's Dictionary in Tibetan—everything from anatomical terms to zymosis.

**THE NEW TIBETAN-  
ENGLISH DICTIONARY OF  
MODERN TIBETAN**

by Melvyn Goldstein, with T.S.  
Shelling & J.T. Surkhang, and  
Pierre Robillard. 1164 pp., 8.5 x  
11", cloth. #NETIEN \$49.95

Contains more than 80,000 lexical items used in political, social, economic, literary and scientific discourse, and includes thousands of words that have come into use since Tibet was invaded. One of the very best resources for modern Tibetan.



**PEARL OF WISDOM:  
Buddhist Prayers and  
Practices**

compiled by Ven. Thubten Chodron. Book 1, 88 pp., line drawings. #PEW1 \$10.00; Book 2, 72 pp., line drawings. #PEW2 \$10.00

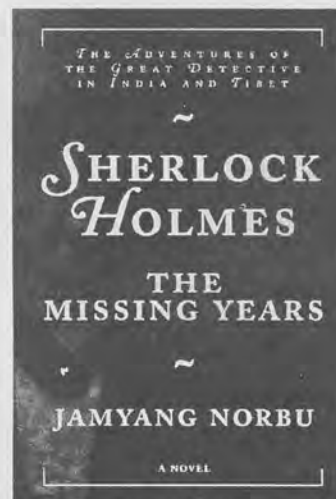
These two spiral bound books contain essential Buddhist prayers and sadhanas for daily practice. Most are accompanied with a Tibetan phonetic so you can learn to say the prayers in their original language if you wish. Book 1 has fifteen practices including: morning prayers, purification practices, long life prayers, offering food, eight Mahayana precepts, refuge, three principles of the path, Heart Sutra, meditation on the Buddha, etc. Book 2 contains lower tantra deity practices appropriate for people who have been introduced to them by a teacher: 1000-Armed Chenresig, 21 Taras, Lama Tzong Khapa Guru Yoga, Vajrasattva Purification, Bodhicitta, mantras, etc.



**SECRET OF THE VAJRA  
WORLD: The Tantric  
Buddhism of Tibet**

by Reginald Ray. 432 pp., cloth.  
#SEVAWO \$26.95

A comprehensive introduction to the Tantric practices and traditions of Tibetan Buddhism. Ray demonstrates how the practice of Tantra fosters an appreciation for ordinary life—the world of sensory experience, of happiness and sorrow—as the place where ultimate revelation occurs. He discusses the visualizations, liturgies, and inner yogas; the role of the tantric mentor; the preliminary practices that prepare the student for initiation; the practice of solitary retreat.



**SHERLOCK HOLMES:  
The Missing Years**

by Jamyang Norbu. 279 pp.,  
cloth. #SHHO \$23.95

In 1891, the public was horrified to learn that Sherlock had died—two years later he turned up unexpectedly and told a stunned Dr. Watson, "I travelled for two years in Tibet and amused myself by visiting Lhasa." Nothing was known of those missing years until Jamyang Norbu discovered a package in a rusting box which revealed Hurree Mookerjee's own account of his travels with the great detective.

"A flawless and hugely enjoyable novel in the very best Holmesian tradition. Meticulously researched, Norbu nevertheless provided a cracking good read right from the start."—*Biblio*

**SYMBOLS OF TIBETAN  
BUDDHISM**

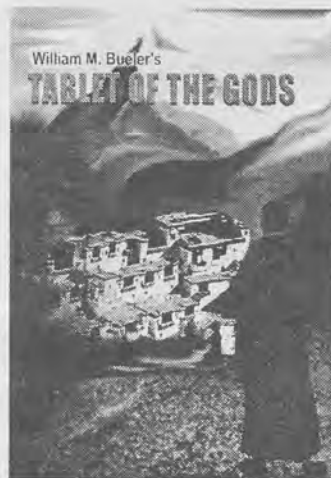
by Claude B. Levenson, photos by  
Laziz Hamani, fore. by H.H. the  
Dalai Lama. 128 pp., 6 x 9", 60  
color photos. #SYTIBN \$19.95

"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. A great source of insight into their meaning: stupa, prayer wheel, mantra, malas, bell and dorje, bowl and dagger, mudras, fire ritual, etc.

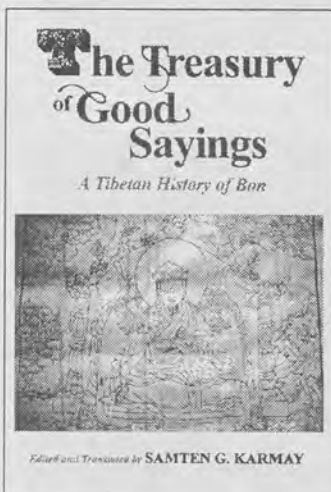
This is a smaller edition of the book that sold for \$40.





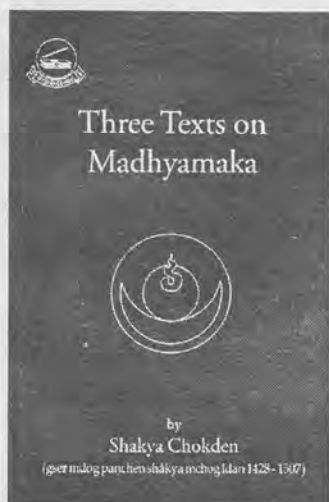
**TABLET OF THE GODS**  
by William Bueler. 343 pp.  
#TAGO \$9.00

Deep in the mountain wilderness of southeastern Tibet, a remote monastery preserves a mysterious tablet. Few people have seen it, though a number of refugees from Chinese controlled Tibet have heard of it. Roger Hanson, a mountaineer, has evidence that it exists and sneaks into Tibet with the help of Tibetan resistance fighters to find the tablet and the secrets it holds. A new Tibetan adventure story published by Paljor.



**THE TREASURY OF GOOD SAYINGS: A Tibetan History of Bon**  
ed. and trans. by Samten Karmay. 365 pp., Wylie Tibetan text, biblio., glossary, index, cloth.  
#TRGOSA \$25

The *Legs bshad mdzod* is a history of the Tibetan religion known as Bon. It gives a full account of this ancient religion, its origins and development, its struggles against the later imported Buddhism, and its fight for survival in spite of persecutions and even abolition on two occasions. The editor assesses the historical value of the work and considers the extent of its reliability and factual accuracy.



**THREE TEXTS ON MADHYAMAKA**

by Shakya Chokden. 101 pp., outline, notes, glossary, bibliography.  
#THTEME \$11.00

This great Sakyapa teacher wrote these three texts. *The Wish-fulfilling Meru* presents the Madhyamaka view that includes the Tantric-madhyamaka and its spread in India and Tibet. *Drop of Definitive Meaning* explains the spheres of definitive meaning by means of the two truths. *The Great Ship of Discrimination that Sails into the Ocean of Definitive Meaning* explains the divergence of the Madhyamaka into Svatantrika and Prasangika.



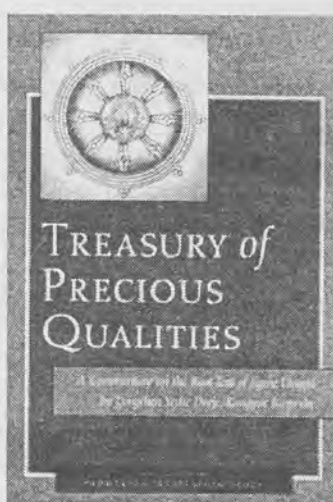
**TRANSFORMING PROBLEMS INTO HAPPINESS**

by Lama Thubten Zopa Rinpoche. 96 pp. #TRPR \$12.95

Lama Zopa brings contemporary relevance to timeless teaching on Buddhist psychology and everyday spiritual living. Commenting on a nineteenth-century Tibetan text, Lama Zopa inspires us to be happy by transforming our attitude and radically changing our approach to life's inevitable problems.

"A masterfully brief statement of Buddhist teachings on the nature of humanity and human suffering... This book should be read as the words of a wise, loving parent whose sternness underlines the importance of what is being taught."—*Utne Reader*

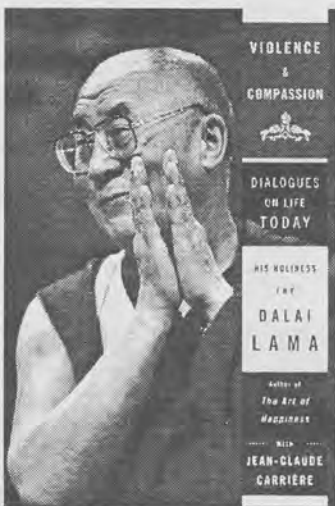
"In seven short chapters, the informal and personal style of commentary makes this volume a useful companion."—*Tricycle*



**TREASURY OF PRECIOUS QUALITIES: A Commentary on the Root Text of Jigme Lingpa**

by Longchen Yeshe Dorje, Kangyur Rinpoche. 464 pp., cloth. #TRPRQU \$30.00

The root text of this study is by Jigme Lingpa. It presents the entire Buddhist path of the Nyingma school—both the sutras and the tantras. The sutra section is the subject of this volume and it covers the ethical, psychological, and philosophical teachings shared by all schools of Tibetan Buddhism.



**VIOLENCE AND COMPASSION: Dialogues on Life Today**

by the Dalai Lama, Jean-Claude Carriere. 256 pp. #VICO \$10.95

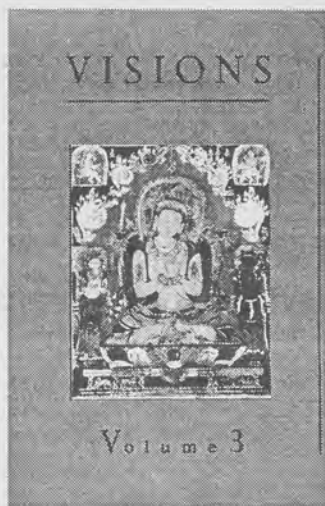
French film writer Jean-Claude Carriere's conversations with the Dalai Lama cover the various issues and problems that challenge the world today—women's rights, education, terrorism, population explosion, environmental dangers, increases in violence. The Dalai Lama is able to cut through to the essence of each issue and offer insightful guidance.



**VISIBLE HERE & NOW: The Buddha's Teachings on the Rewards of Spiritual Practice**

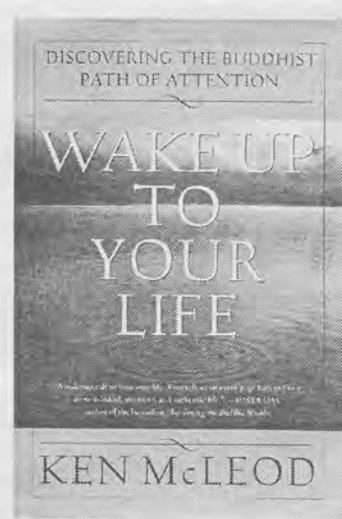
by Ayya Khema. 214 pp.  
#VIHENO \$14.95

In response to questions posed by King Ajatasattu on why we should give up the satisfactions of worldly life and devote ourselves to meditation, the Buddha explained the tangible benefits of spiritual life. An important topic of this teaching was an account of the eight meditative absorptions, or jhanas—states of mind that bring joy, serenity, and peace and that open the way to clarity and liberation. Ayya Khema's commentary inspires us to roll up our sleeves and accomplish the meditative goals to the highest extent of our talents and efforts.



**VISIONS: Vol. 3**  
compiled & ed. by Acharya Migmar Tseten. 135 pp. #VI3 \$14.95

This is volume 3 of teachings: The Life of the Buddha by Peter Della Santina; The Buddha Nature, Five Paths, the Ten Bhumis, Qualities of Buddha by Khenpo Appey Rinpoche; Buddhist Tantra by H.H. Sakya Trizin; parting from the four attachments, how to guide students by Jetsun Rinpoche Dragpa Gyaltsen.



**WAKE UP TO YOUR LIFE: Discovering the Buddhist Path of Attention**

by Ken McLeod. 480 pp., cloth.  
#WAUP \$28.00

Ken's book is a systematic curriculum to Tibetan Buddhism. His insight, clear instructions and entertaining stories make this a manual for a lifetime of spiritual work. In addition to covering the variety of topics of any thorough Buddhist manual, he breaks new ground frequently. For example, he delineates the differences and synergies between mindfulness, awareness, and attention. He also clarifies the important distinctions between the purpose, methods, effects, and results of meditation practice—he packs the book with tools to help with many aspects of meditation practice. The relationship of the six realms and our negative emotions is explained and how understanding the five elements and dakinis can transform the energies of our reactivity.

**A TREASURE TROVE OF SCRIPTURAL TRANSMISSION**

#TRTRSC \$39.95

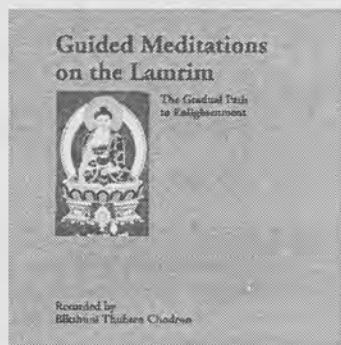
In this commentary, Longchen Rabjam expands on the topics presented in his source verses, quoting extensively from the tantras and pith instructions of the dzogchen tradition. About the *Chöying Dzöd*, Longchen Rabjam states, "To those of you fortunate enough to have a devoted interest in this sublime spiritual approach, my earnest advice is: This text will serve as your eyes, so treat it with the highest respect."

This volume also includes a foreword by His Eminence Chagdud Tulku Rinpoche, an introduction by Venerable Tulku Thondup Rinpoche, and Patrul Rinpoche's "Exhortation to Read *The Seven Treasures*."

## AUDIO TEACHINGS



**GOOD MEDICINE: How to Turn Pain into Compassion with Tonglen Meditation**  
by Pema Chodron. 3 hrs., study guide, tape set. #GOMETA \$18.95; 2 1/2 hrs. CD, 12-page digital study guide #GOMECD \$24.95



Chodron shares the simple and elegant meditation system of tonglen. It allows the practitioner to use the difficulties in life—those that cause the most suffering—as a way to befriend ourselves, accept the past we have rejected, and widen our circle of compassion.

The enhanced CD includes rare live video footage with Pema Chodron, interview excerpts, and music. It will be available in May.

**GUIDED MEDITATIONS ON THE LAMRIM: The Gradual Path to Enlightenment**

by Bhikshuni Thubten Chodron. 14 CDs, booklet & guide to the meditations. #GUMELA \$99.95

"As I often tell people, the analytical meditations on the points of the Lamrim will transform our minds and enable us to become more compassionate and wise. I encourage people to do these meditations as part of their daily practice."—the Dalai Lama

Bhikshuni Thubten Chodron provides a simple, directed way to bring into one's daily meditation practice all the points of the Gradual Path to Enlightenment. She leads you through analytical meditations on anger and attachment, joyous effort, karma, death, rebirth, and much more—it will enable you to bring your life and the Buddhist path together.

**THE FOUR IMMEASURABLES**

by Lama Tsering Everest. 2 cassettes, 120 min. #FOIMT \$14.00

The four immeasurables of love, compassion, joy, and equanimity are qualities of the bodhisattva that can grow limitlessly. In learning how to develop them, Lama Tsering teaches that all beings have been our mothers and how this is a difficult perspective for Westerners. Yet it is just this perspective when applied to daily life that gives rise to the four immeasurables in us. Lama Tsering also discusses relative and absolute truth and the importance of working with a spiritual teacher.

**RELATIONSHIPS IN SPIRITUAL LIFE**

by Lama Tsering Everest. 2 cassettes, 100 min. #RESPLI \$14.00

In the warm, direct, and humorous manner for which she is known, Lama Tsering Everest discusses how to make relationships an important element of spiritual growth. From the Buddhist perspective, relationships are about giving selflessly, without expecting anything in return—and this begins with our closest relationships. Lama Tsering shows us how to overcome self-interest and transform small-mindedness in order to alleviate the suffering of others. She has studied extensively with H.E. Chagdud Tulku Rinpoche and is now Chagdud Gonpa's resident lama in Brazil.

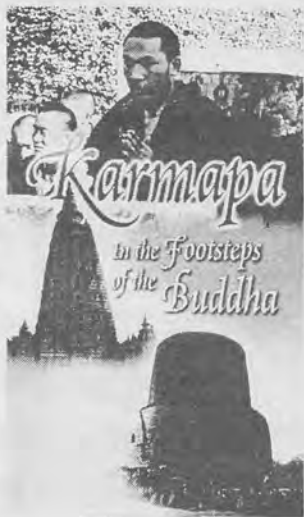


## NEW DHARMA ITEMS

### KARMAPA: In the Footsteps of the Buddha

produced by Ward Holmes & Charles Marrow. 75 min., video. #KAFOBU \$29.95

This is a film documentary of H.H. the 17th Gyalwa Karmapa's first Indian pilgrimage which took place early 2001. It begins with his arrival at Vajra Vidya Monastery in Sarnath where he celebrates Losar, a Mahakala offering and Amitayus empowerment. Then he goes to Deer Park, Bodhgaya, Nalanda University, Vulture's Peak and other important Buddhist sites. An interesting and inspiring video.



### THE SPIRIT OF TIBET: Journey to Enlightenment, The Life and World of Dilgo Khyentse Rinpoche

narrated by Richard Gere. 46 min. #SPTIV \$29.95

A video documentary of the life of one of the greatest Tibetan teachers of this century—Dilgo Khyentse Rinpoche. Filled with footage of rarely photographed parts of Tibet, Bhutan and Nepal, this unique tribute tells Rinpoche's story from birth to death to rebirth. Includes an interview with His Holiness the Dalai Lama.



### TIBETAN CYMBALS

We have various sets of Tibetan ritual cymbals. They are beautifully made with pads and covers. Call to check availability.  
12" Ritual cymbals. #RICY \$210  
11" Ritual cymbals. #RICYSM \$200  
13" Wrathful deity cymbals. #WRDECY \$225

## MUSIC & CHANTS



### CHANT RETROSPECTIVE 2000

by the Gyuto Tantric University. 70 min. CD. #CHRECD \$20.00

The monks of the Gyuto Tantric University are well known for their vocal and chanting skills. They perfected the overtone chants—each monk is capable of producing three tones simultaneously. On this CD you will hear chants of Palden Lhamo, Yamantaka, Mahakala, Guhyasamaja, and others.

www.snowlionpub.com



### PRAISES OF TARA

by the Tibetan Buddhist Nuns of Kopan Monastery. 50 min., CD. #PRTACD \$18.00

Almost every Tibetan knows by heart the prayer/song that is the core of this recording. Tara is known as "The Mother of All Enlightened Beings." She inspires beings toward peace, happiness, prosperity, growth and transformation. The nuns of Kopan beautifully sing this practice which is performed on new or full moon days—it is known as Dolma Mandel Zhichok, "The Universe Four Times to Tara the Liberator." This CD is a fund-raiser.



### PRAISES TO CHENREZIG: Nyung Ne Prayers

by the Tibetan Buddhist Nuns of Khachoe Ghakyil Ling Nunnery. 42 min., CD. #PRCHCD \$18.00

The Nyung Ne fasting practice is a powerful and skillful means of purification and accumulating merit. It combines special vows, fasting, silence, mantra recitation and prostrations and can be done in two days. This selection of devotional songs from this practice are sung by the nuns of Khachoe Ghakyil Ling in Nepal. This CD is a fund-raiser.

### DRAYANG: The Best Selection of Tibetan Songs

by the Tibetan Institute of Performing Arts. 73 min., CD. #DRCD \$19

TIPA was founded in 1959 in India to preserve the traditions of performing arts. The members perform around the world. The 14 selections represent the classical music of Tibet—lively singing voices, friendly melodies, and music that makes life colorful. Nature, tradition and the breath of freedom are found in the songs of the Tibetan people.

### TOUR 2000 PRAYERS

by the Drepung Tehor Khangtzen. 70 min., CD. #DRTECD \$20.00

Drepung Monastery is one of the largest and best known—these monks have toured in the West numerous times sharing their ritual talents freely. There are eight selections on this CD: Making Prostrations to the Buddhas, Inviting the Buddhas and Making Offerings, Guru Yoga Prayer, Tsok Offering, Torma Offerings to the Dharma Protectors, Lam Rim Prayer, Praise to Tsongkhapa.



### TURQUOISE LEAF

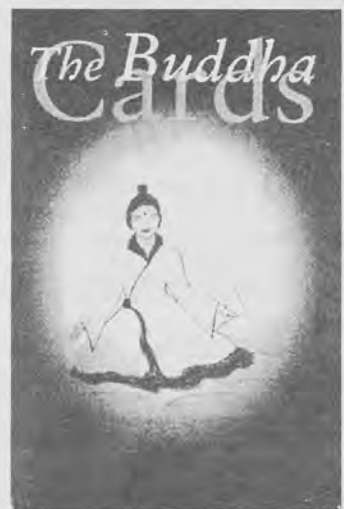
by Ani Tsering Wangmo. 59 min., CD. #TULECD \$15.98

Chants of Chod, Om Mani Padme Hung, Vajra Guru Mantra, Vajra Offerings, Praises to the 21 Taras, beautifully chanted by Ani Tsering Wangmo of the Turquoise Leaf Nunnery. Ani Wangmo was originally from Shuksep Nunnery near Lhasa. The CD is a fund-raiser—for more information contact Ewam.

Win a FREE TRIP to Tibet and Nepal.

See page 20 for details.

## NEW DHARMA ITEMS



### BUDDHA CARDS

created by Lin McNulty & Gayan Sylvie Winter. 60 cards, 1.75 x 2.75", text booklet. #BUCA \$10.00

The Buddha Cards offer insight and awareness into the ever-changing movement of energy. This deck of 60 full-color cards with text describing their use offers the opportunity to connect with the ideas of Buddhism as guides in our lives.

**NO OLYMPICS FOR CHINA UNTIL TIBET IS FREE!**

**NO OLYMPICS FOR CHINA UNTIL TIBET IS FREE!**

by the Ithaca Tibetan Association. White letters on red. #NOOLBU \$1

This bumper sticker will show your support for Tibet. It is also a fund-raiser for the Ithaca Tibetan Association that helps refugees.



### DZOGCHEN NOTECARDS

by Glen Eddy. 7 cards w/ envelopes. #DZNOCA \$14.00

Glen Eddy is part of the Dzogchen Community and an excellent artist. He created these fine line art notecards: Garab Dorje, Vajrapani, Ozer Chenma (Tara), Vajrasattva w/ Samantabhadra, Simhamukha, Machik Lapdron, and Vajrasattva yab/yum. They are lovely to look at.



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by Robert Sachs & Robert Beer. 2.25 x 3.5", gold card in plastic. #TIASTA \$3.00

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Kagyu Refuge Tree. #RETRKA \$11.00



Sakya Refuge Tree. #RETRSA \$11.00

Here are the refuge trees of the Kagyu and Sakya lineages. In the near future, we will also have the Gelupa and Nyingma lineage trees. These are posters measuring 11.5 x 16.5", and are beautiful to see.



## NEW DHARMA ITEMS

NEW CARDS BY ANDY WEBER \$1 each



**Amitabha #WDC34**  
He is the Buddha of infinite light.



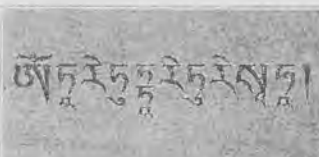
**Avalokitesvara (Four Arm) #WDC33**  
The deity of compassion and patron deity of Tibet.



**Buddha Shakyamuni #WDC31**



**Heruka Chakrasamvara #WDC40**  
He is with Vajrayogini, his consort.



**Tara Mantra #WDC38**  
"Om Tare Tuttare Ture Soha"



**Mount Kailash #WDC41**  
The most sacred mountain of Tibet.



**Vaishnavana #WDC35**  
Guardian of the North. Devotions to him are meant to bring riches



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Represents the power of all the Buddhas.



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Padma Karpo Translation Committee Electronic Texts and Software

### THE TIBETAN COMPLETE WORD-PROCESSING PACKAGE

by Tony Duff. CD-Rom. #TIDO \$90.00

Contains all three Tibetan word-processing packages from Tibetan Computer Company for Windows (sorry, no Macintosh support); TibetDoc, Tibetan! 5 for Word, Tibetan! 5 for WordPerfect.

TibetDoc is the first, standalone program made specifically for inputting, storing, and viewing Tibetan text. Its ease of use is much higher than any other Tibetan program. It has many specialized features not contained in the Tibetan! 5 programs. Types Tibetan/English/and Sanskrit diacriticals with ease. Tibetan spelling checker included. Export to RTF, Word, and WordPerfect. Complete on-line documentation, keyboard maps, etc. Works seamlessly with the PKTC dictionaries and electronic texts (also available from Snow Lion) allowing cut-and-paste as you use them. Allows access to the hundreds of volumes of texts available in monasteries in Asia that have been typed in the Tibetan! 4 for DOS format (these texts are available from the various monasteries e.g., such as Shechen Monastery in Kathmandu, on request).

Tibetan! 5 for Word and WordPerfect programs have less features than TibetDoc but are now freely available and can be downloaded separately for those who prefer. We recommend the purchase of the CD with all programs including TibetDoc for the best in Tibetan word-processing.

For more information about the software see: <http://www.tibet.dk/tcc>. For an overview of all word-processors see: <http://www.tibet.dk/tcc/wprocessa.htm>. For free downloads of Tibetan! 5 see: <http://www.tibet.dk/tcc/download.htm>. Programs come with the standard Tibetan typeface called Tibetan Machine.

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by Tony Duff.

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For more information: <http://www.dk/pkctc/diction.htm>. TibetDoc word-processor can be used in conjunction with the text (cut and paste and make your own notes).

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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.

For more information: <http://www.dk/pkctc/diction.htm>. TibetDoc word-processor can be used in conjunction with the text (cut and paste and make your own notes).

### ENCYCLOPEDIA WHICH IS A TREASURY OF KNOWLEDGE

by Tony Duff. CD-Rom. #TRKN \$125.00

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 Palpung 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 look-ups of terms as you read. Other Tibetan texts in the same format are also available from Snow Lion Publications. Windows only; sorry, no Macintosh support.

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The texts in the collection are: *Madhyamakavatara*; *Bodhisattvacaryavatara*; *Enumeration of Dharmas* by Konchog Jigme Wangpo; Three texts of Karmapa III, Rangjung Dorje, including the *Profound Inner Meaning*; *The Jewel Ornament of Liberation* by Gampopa; and the major treatise on Mahamudra called *Moonbeams of Mahamudra* by Dragpo Tashi Namgyal.

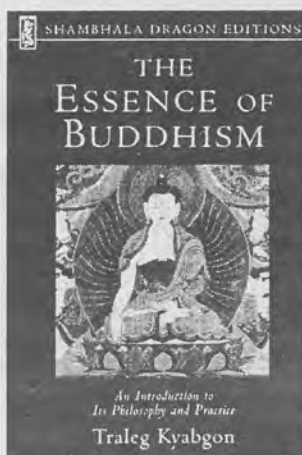
For more information: <http://www.tibet.dk/pkctc/electronic.htm>. TibetDoc word-processor can be used in conjunction with the text (cut and paste and make your own notes).

## LATE ARRIVALS

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by Traleg Kyabgon. 191 pp., #ESBU \$13.95

This is an overview of the Buddhist path from the perspective of the three vehicles of Tibetan Buddhism—Hinayana, Mahayana, and Vajrayana. These three correspond with the basic attitudes of practitioners as embodied in the teachings of the Four Noble Truths, the Bodhisattva path and Tantra teachings. Basic to them all is the need to understand our immediate condition. The primary tool for achieving this is meditation, and Traleg Kyabgon created this handbook for the various meditative approaches as well as presenting an excellent basis in Buddhist philosophy.



### LIBERATION IN OUR HANDS: Part 3, The Ultimate Goals

by Pabonka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 393 pp., #LIHA3 \$12.50

This is the remaining third of Pabonka Rinpoche's famous teaching. In this section, he discusses the complete liberation from samsara and also the unsurpassed enlightenment of Buddhahood. The first part of the teachings engenders a deep aversion for samsaric existence, along with the aspiration to attain permanent freedom from it. Perfect enlightenment involves the generation of Bodhicitta and practicing the six perfections, with special emphasis on concentration and wisdom.





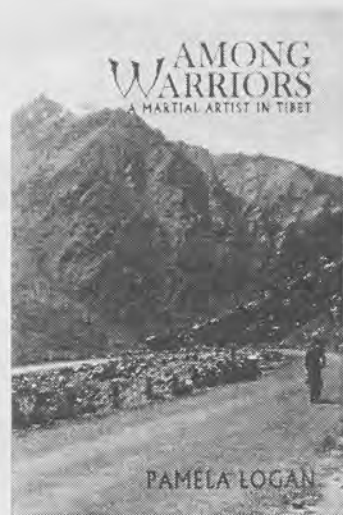
## ALTAR OF THE EARTH

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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.

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Contains practice centers in all five boroughs, New York State, New Jersey, and Connecticut. Tibetan stores and restaurants, Buddhist health practitioners, museums and cultural resources, bookstores, publications, educational institutions.

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

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With over 280 highly detailed, tried and tested maps, this is an excellent source of travel information to the Himalayas and all of Tibet.

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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

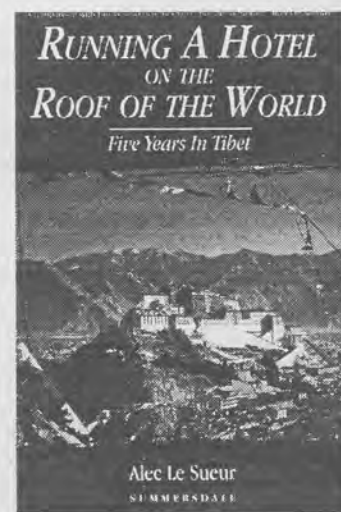
by Kerry Moran. 472 pp. 51 maps, b&w photos, #NEHA \$18.95

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.

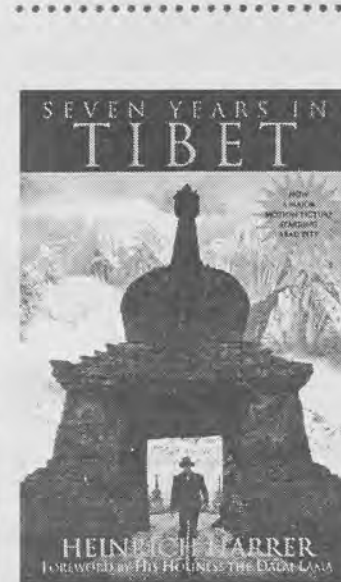


## RUNNING A HOTEL ON THE ROOF OF THE WORLD: Five Years in Tibet

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.



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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.

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

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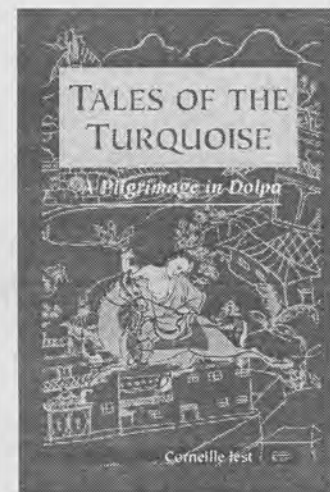
"There is no other full-length contemporary American account of this likable and largely unvisited kingdom.... Crossette unravels the intricacies of Buddhism with considerable clarity."—*New York Times Book Review*

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.

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

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

Using rare biographies and travel-ogues, van der Kuijp 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.



## 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.

"The old wise man Karma is a treasure store of ancient stories all retained in his mind and heart. His contribution to the theme of the book is a shining example of Tibetan spirit having its root in ancient Tibetan custom and culture. The book also serves as a code of conduct when one visits Tibetan Buddhist places and people."—*The Tibet Journal*

## 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.



## 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

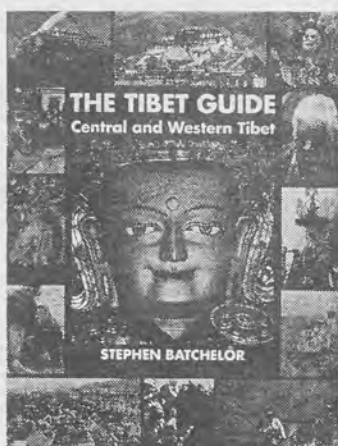
"*Sky Burial* is the distilled truth—alternately tragic, hilarious, and rousing—of two young Americans' exposure to the joyous spirit of the Tibetan people and their courageous struggle to survive under the brutal subjugation of Chinese communist rule. It is a vivid portrait of a critical moment in Tibet's 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.







### 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

### 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: 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.

### 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.

### TIBETAN PILGRIMAGE

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

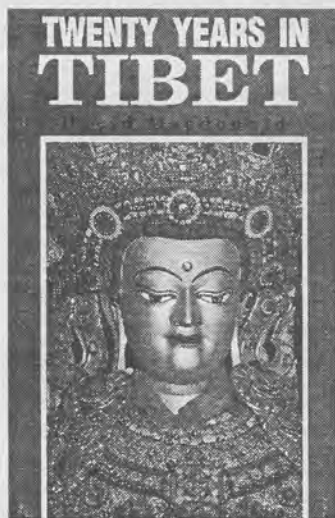
Peter Gold takes us on a wondrous pilgrimage to the Tibetan communities of India and Nepal and offers us an intimate view of their art, spiritual practices, sacred places, arts, and way of life. Through his engaging style and superb color photos, Peter brings us to the heart of Tibetan life—its rugged 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

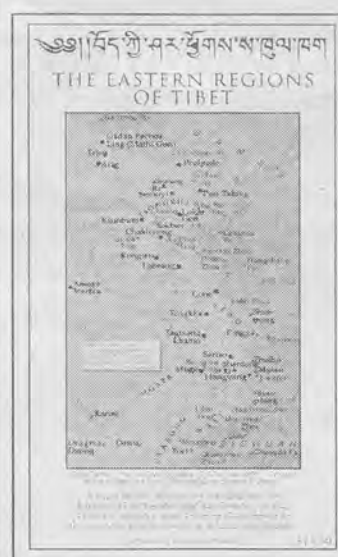


### TWENTY YEARS IN TIBET

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.

### MAPS



### 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.

### 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.

### 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, shops, etc., various official and Communist 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. Shakappa.

### MAP OF NEPAL

#MANE \$7.95

This is a road map of Nepal with details of Kathmandu Valley and the city.

### 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.

### 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.

### TIBET, NEPAL, BHUTAN

29 x 46". #TIMA \$11.95

## ART & PHOTOGRAPHY

### 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

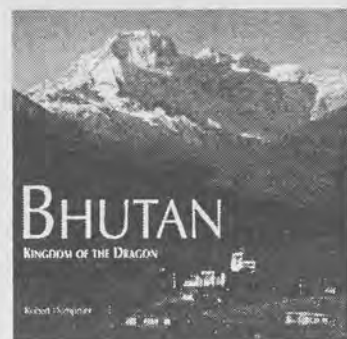
by Robert E. Fisher. 224 pp., 180 illustrations, 93 in color, #ARTIFI \$14.95

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—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 are wonderful.



### 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.

### 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.

### 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.



### 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 DALAI LAMA'S SECRET TEMPLE: Tantric Wall Paintings from Tibet

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

Behind Tibet's Potala Palace—seat of the Dalai Lamas since 1649—lies a sacred pond. In the middle of it on a willow-covered island is the Lukhang Temple used by the Dalai Lamas as a place of meditation and spiritual retreat. During the time of the Sixth Dalai Lama, artists painted the murals depicting the path to liberation in the Dzogchen tradition—replete with Deities, yogis, nagas, cosmology—many amazing scenes of mystical life.



### 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.

### EARTH DOOR SKY DOOR: Paintings of Mustang

by Robert Powell. 112 pp., 43 color paintings, 2 gatefolds, over-size. #EADOSK \$29.95

Architectural paintings in watercolor from the Himalayan kingdom of Mustang in northern Nepal—the subject of a major traveling exhibition—presented here in stunning colors and arresting detail.

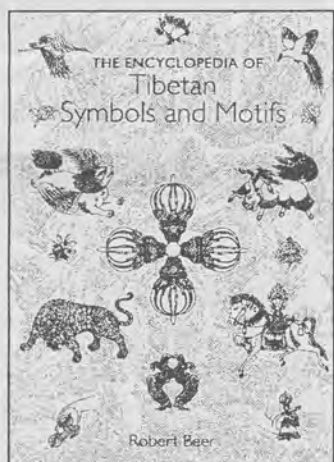
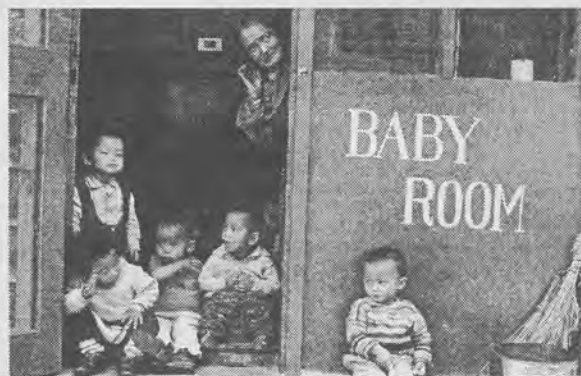
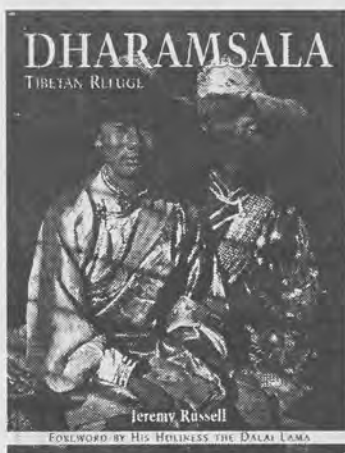




## DHARAMSALA: Tibetan Refuge

by Jeremy Russell, fore. by H.H. the Dalai Lama. 96 pp., color photos throughout, 9.5 x 11.5", cloth. #DHTIRE \$19.95

Dharamsala ("a place for shelter") is home to the Dalai Lama and the Headquarters of his Government-in-Exile, this tiny dot on India's vast landscape is steeped in history. Overlooking the stunningly beautiful Kangra valley and interspersed with the magnificent Deodar, the imprint of Buddhist culture comes alive through its temples, monasteries and the orange robes of Buddhist monks. The aura of the Buddhist spiritual culture, its pervading serenity, the patient preparedness of the Tibetans towards returning to their homeland—fill the land with a silent grace that leaves a visitor with a feeling that he has indeed, visited a 'chosen land'. Replete with photos, Jeremy Russell explores the cultural centers of Dharamsala where he has lived for twenty years. He works on publications in the Norbulingka Institute for the Dept. of Religion and Culture.



## THE ENCYCLOPEDIA OF TIBETAN SYMBOLS AND MOTIFS

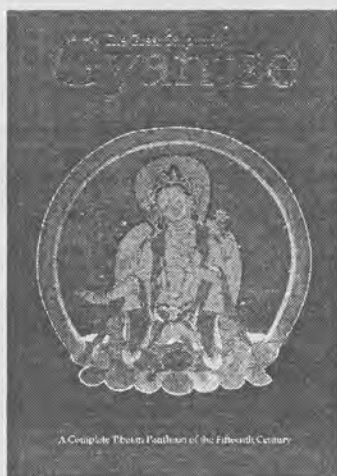
by Robert Beer. 400 pp., line art throughout, 9 x 12", #SYMOTI \$60 cloth

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 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

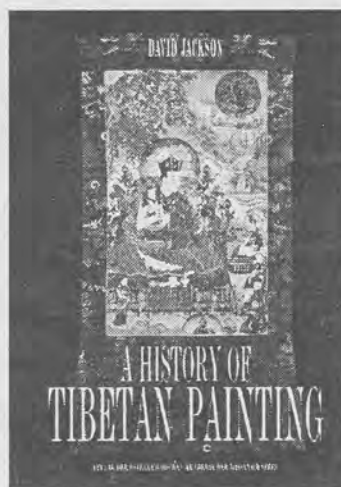
The great stupa of Gyantse, southwest of Lhasa, may be the chief wonder of the Tibetan Buddhist world. Its 75 chapels and temples contain nearly the entire pantheon of Indo-Tibetan religion up to the early 15th century. The structure of the stupa, the iconography of the paintings and statues are explained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

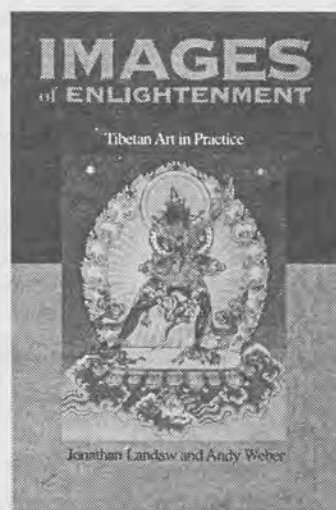
Tashilhunpo in Shigatse, is one of the greatest Tibetan monasteries and the permanent residence of seven Panchen Lamas. These photos record the life of the monastery and show the magnificence of its architecture, murals, and sculptures.



## 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*

"... it is a very interesting book to read, with fascinating images and insightful comments."—*The Tibet Journal*

## 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.

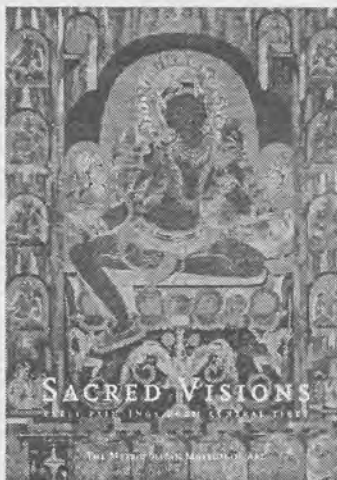


## OF WOOL AND LOOM: The Tradition of Tibetan Rugs

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!





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

Mandalas are 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, Musée Guimet, Paris**  
by Samten Gyaltzen 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.

**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.

**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.

**SYMBOLS OF TIBETAN BUDDHISM**

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

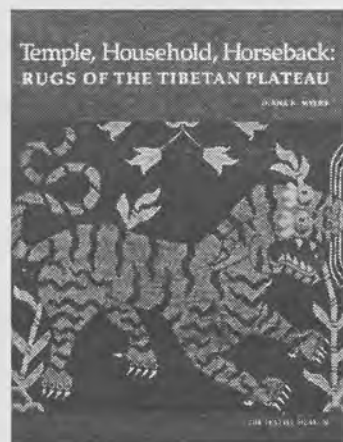
Many symbolic ritual items are presented here, illustrated with full page photos. A great source of insight into their meaning: stupa, prayer wheel, mantra, malas, bell and dorjee, bowl and dagger, mudras, fire ritual, etc., etc.

www.snowlionpub.com

**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", #TLJOFO \$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: 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.



**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.



**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.



**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!

**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 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 COLLECTION: Sculpture and Painting**

by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #MATICS3 \$20

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



## 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 THANGKA PAINTING: Methods &amp; 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.

## 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.

## 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.

## 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

## 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 AND COMPASSION:

## The Sacred Art of Tibet

by Marilyn Rhiie & 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.



## WORLDS OF TRANSFORMATION:

## Tibetan Art of Wisdom and Compassion

by Marilyn Rhiie & 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.

## BIOGRAPHY

## AMA ADHE: The Voice that Remembers

by Ama Tapontsang 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.

## THE AUTOBIOGRAPHY OF A TIBETAN MONK

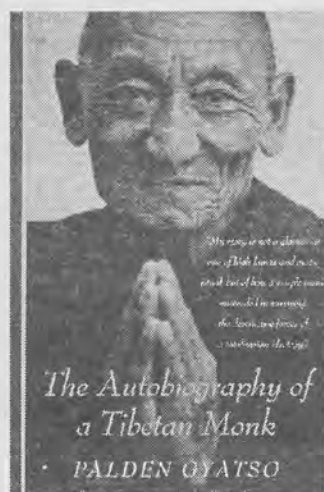
by Palden Gyatso with Tsering Shakya, fore. by the Dalai Lama. 272 pp., 11 b&w illus., #AUTIMO \$13

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

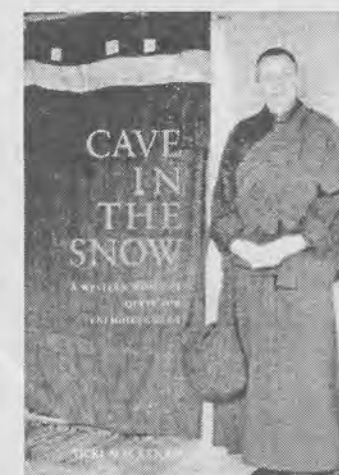
The autobiography of the legendary teacher and meditation master which offers a rare glimpse into the life and training of a tulku in Tibet. Trungpa describes his duties as the abbot and spiritual head of a great monastery and his intimate and moving relationships with his teachers. It concludes with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

www.snowlionpub.com



## CAVE IN THE SNOW: A Western Woman's Quest for Enlightenment

by Vicki Mackenzie. #CASN \$14.95

The daughter of a fishmonger from London's east end, Ani Tenzin Palmo became a spiritual leader and champion of the right of women to achieve spiritual enlightenment. In 1976, she secluded herself in a remote cave in the Himalayas where for 12 years she faced unimaginable cold, wild animals, floods and rockfalls. She emerged with a determination to build a convent in India to revive the Togdenma lineage, a long-forgotten female spiritual elite.





**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.

**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.

**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.



**DILGO KHYENTSE  
RINPOCHE**

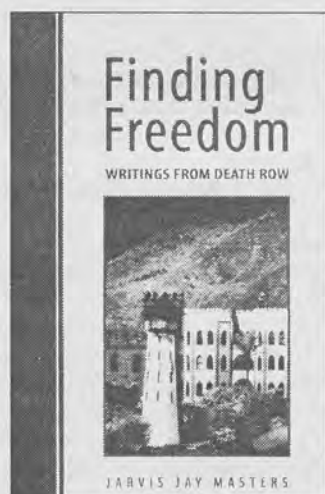
by Editions Padmakara. 16 pp.,  
8 color and b&w photos, #DIKHRI  
\$9.95

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.

**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.



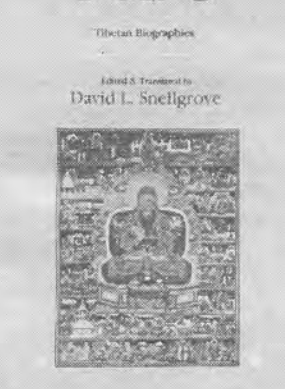
**FINDING FREEDOM:**  
WRITINGS FROM DEATH  
ROW

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

*Finding Freedom* is a collection of acclaimed prison stories from 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.

"...everyone should read this book."—Robert Thurman

**FOUR LAMAS OF  
DOLPO**



**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 16<sup>th</sup> & 17<sup>th</sup> centuries.

**THE FOURTEEN DALAI  
LAMAS: A Sacred Legacy  
of Reincarnation**

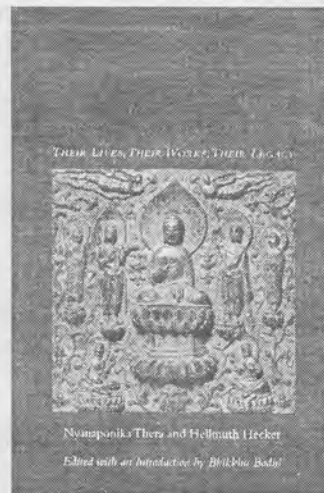
by Glenn H. Mullin, fore. by  
H.H. the Dalai Lama. 256 pp.  
#SALERE \$24.95 cloth Spring

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 Hell-  
muth 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**

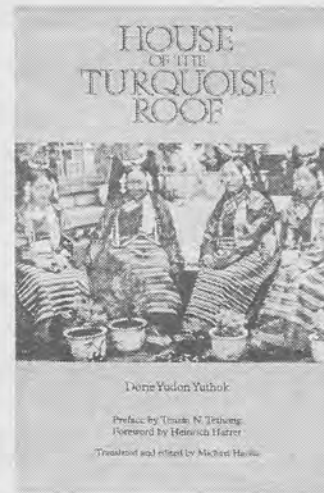
trans. by Khenpo Konchog Gyal-  
shen, ed. by Victoria Hucken-  
pahler. 240 pp. #GRKAMA \$14.95

"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 Harrer  
330 pp., photos #HOTURO \$16.95

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

*House of the Turquoise Roof* is a frank and fascinating account of life in upper-class Lhasa before the Chinese occupation. 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*

**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.

**IN THE SERVICE OF HIS  
COUNTRY: The Biography of  
Dasang Damdul Tsarong,  
Commander General of Tibet**

by D.N. Tsarong. 164 pp., 43 b&w  
photos. #SEHICO \$14.95

*In the Service of His Country* tells the story of a remarkable individual who rose from humble origins as the son of a farmer to become one of the outstanding figures in the social and political life of Tibet prior to the Chinese takeover in the 1950s.

Dasang Damdul Tsarong (1888-1959) entered the personal service of the Thirteenth Dalai Lama at the age of twelve. After distinguishing himself in military service he was promoted to a high rank in the Tibetan government, married into an aristocratic family, and soon became commander-in-chief of the Tibetan army and one of Lhasa's leading citizens. Tsarong was a dynamic and sometimes controversial figure, a voice for modernization of Tibet's government especially in its relationship to the international community.

This book provides insight into the history and causes of the tragic loss of Tibet's power of self-government. Included are forty photographs taken in Tibet at this critical time, many by D.D. Tsarong himself.

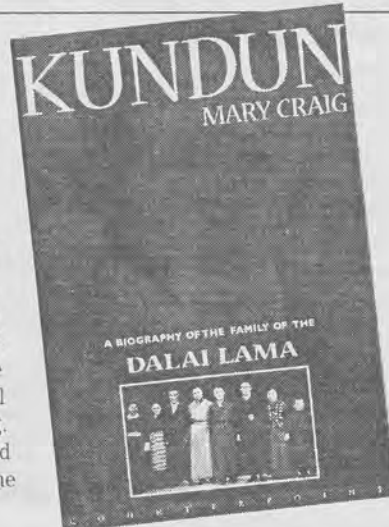


**KUNDUN**

**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).

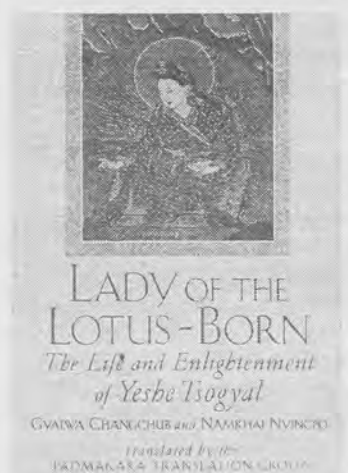




## KARMAPA: The Sacred Prophecy

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 Karma Khenchen, 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. #LALOB \$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 Mahanidra. 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 translation of the original Tibetan text.

## THE LIFE OF MILAREPA

by Lobsang Lhalungpa. 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 LIFE OF SHABKAR: The Autobiography of a Tibetan Yogi

trans. by Matthieu Richard, fore. by H.H. the Dalai Lama. 712 pp. #LISH \$27.95

The Life of Shabkar has long been recognized by Tibetans as one of the masterworks of their religious heritage.

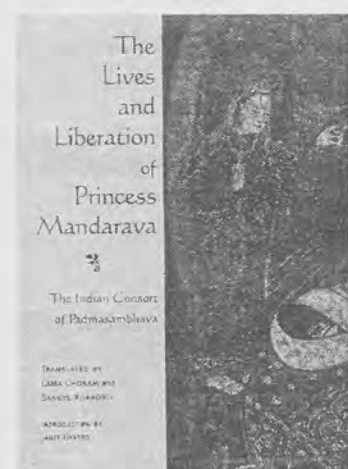
Shabkar Tsogdruk Rangdrol devoted himself to many years of meditation in solitary retreat after his inspired youth and early training in the province of Amdo under the guidance of several extraordinary Buddhist masters. With determination and courage, he mastered the highest and most esoteric practices of the Tibetan tradition of the Great Perfection. He then wandered far and wide over the Himalayan region expressing his realization.

Shabkar's autobiography vividly reflects the values and visionary imagery of Tibetan Buddhism as well as the social and cultural life of early nineteenth-century Tibet.

"Regarded by many as the greatest yogi after Milarepa to gain enlightenment in one lifetime...a source of inspiration to Buddhist practitioners and general readers alike."—the Dalai Lama

"Shabkar's life is the world of the Buddhist adept, a world of intense self-discipline, but also of humor, vision and joy....Shabkar's wit and playfulness, his magnificent flights of imagination, his persistence in exposing all hypocrisy—these are the qualities that suffuse his work."—Matthew Kapstein, The University of Chicago

"It is alive, a tale with compelling magical adventures, the force of narrative, and great variety."—Steven D. Goodman, Institute of Buddhist Studies, Graduate Theological Union, Berkeley



## THE LIVES AND LIBERATION OF PRINCESS MANDARAVA: The Indian Consort of Padmasambhava

trans. by Lama Chonam & Sangye Khadro. 224 pp., #LILPR \$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

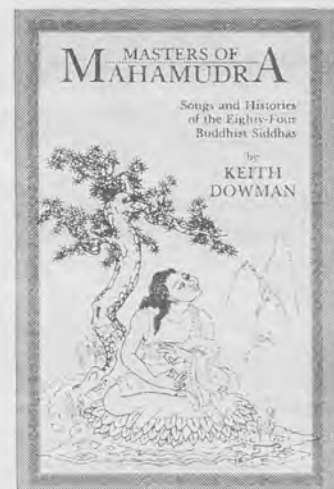
246 pp. #LODAB \$16.95

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.

## 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.



## MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas

by Keith Dowman. 454 pp. #MAMA \$23.95

These eighty-four masters who led unconventional lives include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman translated their songs of realization and the legends about them and gives a commentary on each of the Great Adepts.

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

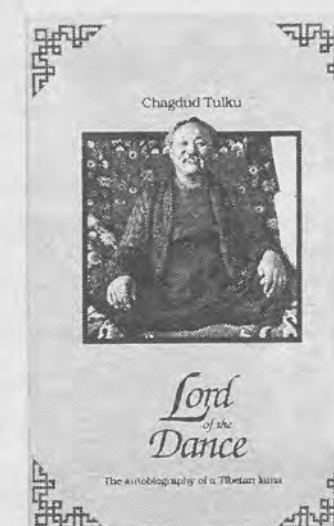
by Tulku Thondup. 478 pp. #MAMEMI \$25

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

## MY LIFE AND LIVES: The Story of a Tibetan Incarnation

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

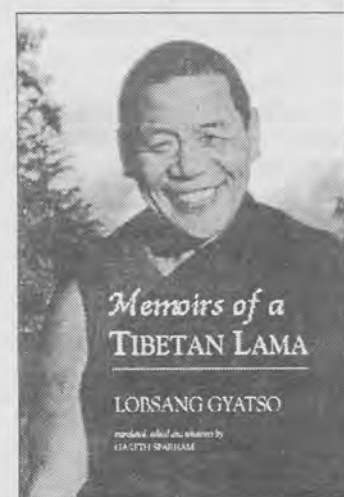
Describes with care the monastic life and disciplines, the great Buddhist monasteries, temples, hermitages and mountain retreats. In 1928, Khyongla Rato was recognized as the reincarnation of the ninth Khyongla of Tibet. For over three decades, he lived as a monk, studying at the most famous monasteries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



## 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 unsuering 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.



## 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.

## 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.





**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.

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

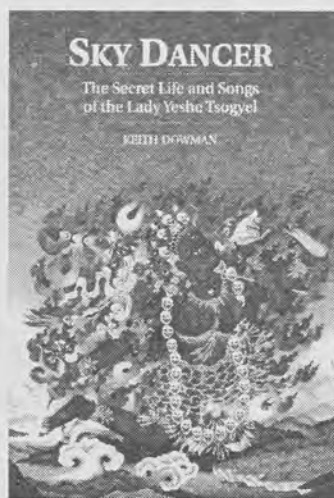
by Barbara and Michael Foster. 329 pp., 26 b&w photos, 2 maps, #SELI \$32.50 cloth

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 Sherab Chodzin Kohn. 144 pp.  
#SIDD \$5.95

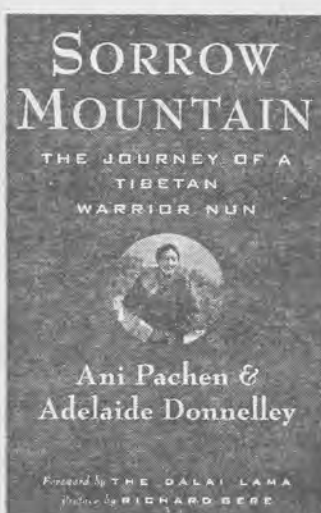
This is a new translation of the classic tale of spiritual awakening—from a longtime student of Buddhism. Filled with timeless truths, Siddhartha chronicles the spiritual evolution of a man living in India at the time of the Buddha.



**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.



**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.

**WOMEN OF WISDOM**

by Tsultrim Allione. 340 pp., new edition, 24 pp. of photos. #WOWI \$16.95

See Women and Buddhism section.

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 \$21.95 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 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

**BUDDHA STORIES**

by Demi. 28 pp., gold line drawings and text on cobalt blue paper, 10 1/4" square, #BUST \$20

Eleven Jataka tales, each illuminated with golden illustrations make this an excellent book for kids and adults.

**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.

**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.

www.snowlionpub.com



**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 deceivingly 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.

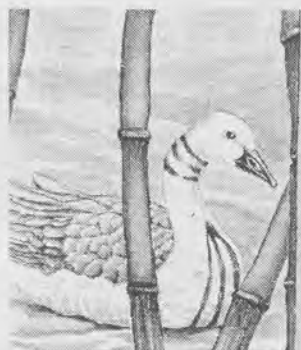


**THE GIFT: A Magical Story about Caring for the Earth**

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.

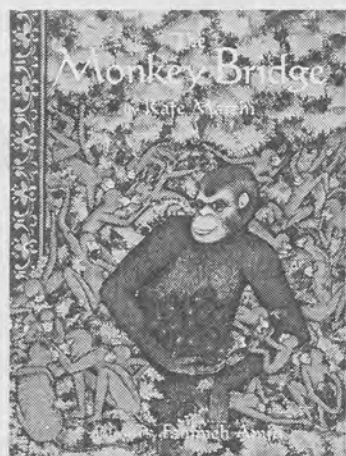
**THE LIFE OF BUDDHA:**  
From Prince Siddhartha to  
Buddha

by George Hulskrumer, illus.  
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 children to develop  
concentration and imagination in  
their children, including lesson plans  
for children through 8th grade.



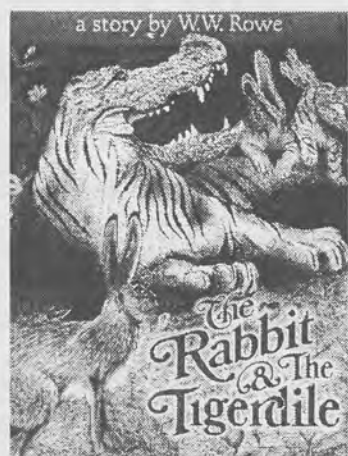
**THE MONKEY BRIDGE**  
by Rafe Martin, illus. by  
Fahimeh Amiri. 9 x 11" #MOBR  
\$17 cloth

"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 draw-  
ings by Janet and Lara Brooke.  
48 pp., 8 x 11", 62 images,  
#PRSICO \$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 gener-  
osity. Magical color illustrations  
bring the story to life. It's delightful  
to read aloud.

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



**TARA'S COLORING BOOK**  
by Andy Weber & Nigel Wellings.  
12 line drawings, 10 x 13",  
#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.



**HER FATHER'S GARDEN**

by James Vollbracht, illustrated 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.

**TWENTY JATAKA TALES**

retold by Noor Inayat Khan, illus. by H. Willebeck Le Mair. 154 pp.,  
21 illus. #TWJATA \$12.95

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+.

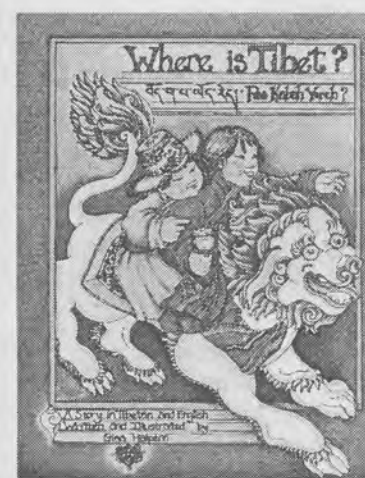


**THE THREE SILVER COINS**  
A Story from Tibet

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+.



**WHERE IS TIBET?**

by Gina Halpern. 48 pp., 43 color  
illus., 9 x 12", For ages 3-10,  
#WHTI \$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 delight-  
ful spirit and sends a message of  
hope and empowerment.

## COOKBOOKS

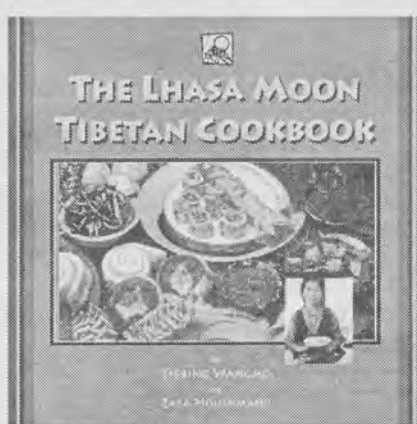
### THE LHASA MOON TIBETAN COOKBOOK

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

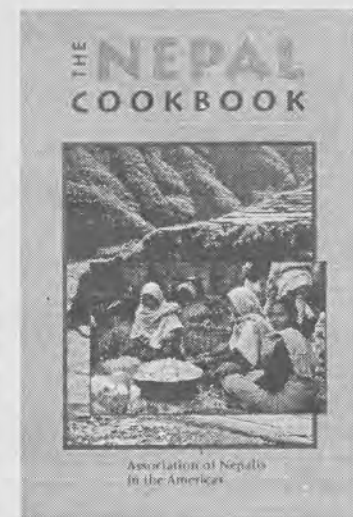
"The Nepal Cookbook is an ideal reference for  
gourmet clubs—a terrific addition to any kitchen  
bookshelf!"—*Midwest Book Review*

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 ele-  
ments 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."—*The Asian Foodbookery*

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





"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*

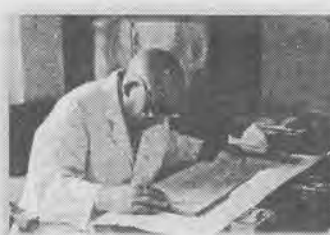
## HEALING FROM THE SOURCE The Science and Lore of Tibetan Medicine

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



## 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.

## PRINCIPLES OF TIBETAN MEDICINE

by Dr. Tamdin Sither Bradley.  
160 pp., diagrams. #PRTIME \$11

Outlines the history, the techniques, and the simple and safe herbal treatments and exercises that prevent illness and create energy. There is an international resource directory and information on how to find a qualified practitioner. Dr. Tamdin Bradley studied under the senior personal physician of the Dalai Lama and is the first Tibetan doctor resident in the UK where she runs a medical clinic.

## THE QUINTESSENCE TANTRAS OF TIBETAN MEDICINE

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

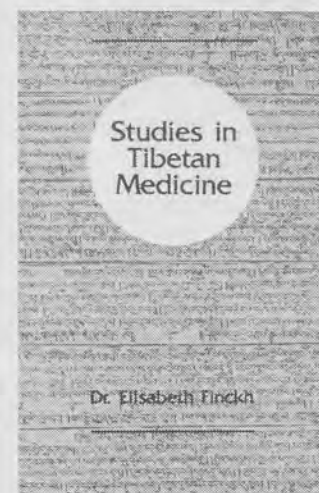
"After more than ten years studying Tibetan medicine, both in theory and practice under the tutelage of a number of Tibetan physicians, Dr. Barry Clark has compiled *The Quintessence Tantras of Tibetan Medicine*. In it he presents clear and accurate translations of two works of such fundamental importance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

## 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.

## 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.

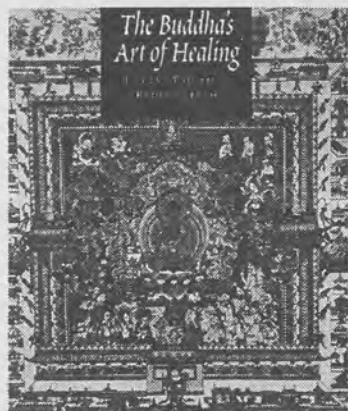
Win a FREE TRIP  
to Tibet and Nepal.

See page 20 for details.

## 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

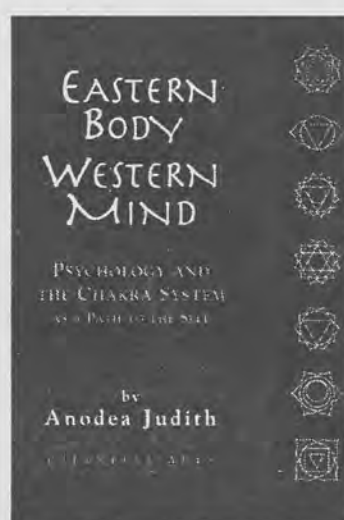
Essays by John Avedon, Tamdin  
Bradley, Fernand Meyer, N.D.  
Bolsokhoeva, and K.M. Gerasimova,  
fore. by H.H. the Dalai  
Lama. 208 pp., 10" x 12", 140 illus.,  
120 in color, #BUARHE \$35

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 \$15.95

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 merciful awareness.

"An exciting and absorbing description—must reading."—John Tighe, *Explorations*

## HEALTH THROUGH BALANCE An Introduction to Tibetan Medicine

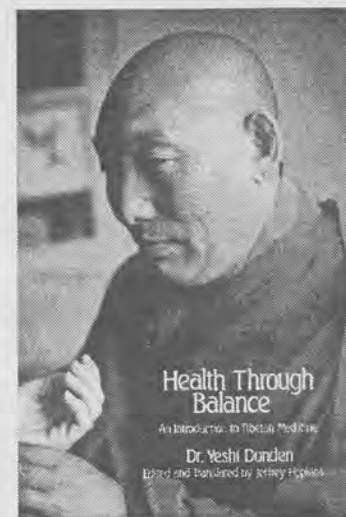
by Dr. Yeshe Donden, ed. & trans. by Jeffrey Hopkins. 252 pp.,  
line drawings, b&w photos. #HETHBA \$14.95

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

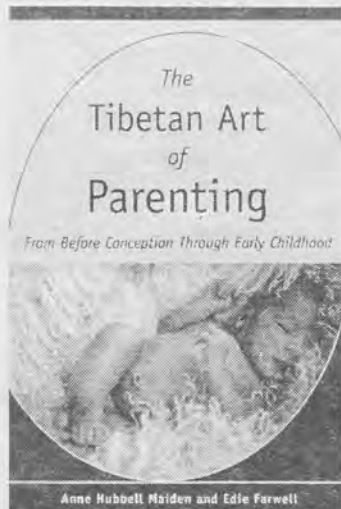
"*Health Through Balance* represents Dr. Donden's masterful distillation of the thousand-year-old Tibetan medical tradition."—*East-West Journal*

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

Dr. Donden's book was seen on Dateline NBC during a feature on Tibetan medicine and breast cancer.







## 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 \$16.95

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 TIBETAN BOOK OF HEALING

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

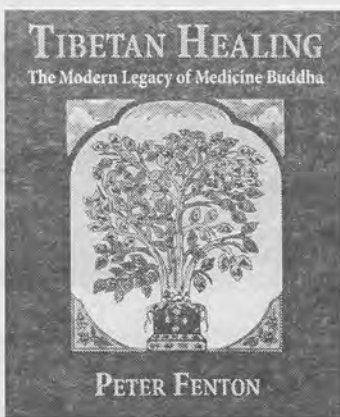
A comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rapa has presented the preventative health care aspects—diet, exercise, relaxation, detoxification, rejuvenation, meditation—of the Tibetan medical tantras. He explains how to develop a well-grounded spiritual practice that 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 MASSAGE CHART

by Dr. Rapa. 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: East Meets West/West Meets East

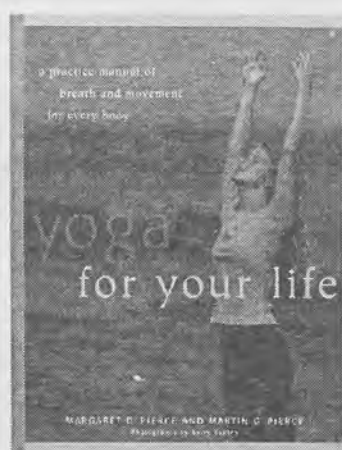
edited by Jurgen Aschoff and Ina Rosing. 130pp. #TIMEEA \$20

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 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 Buddhadharma as a basis for counseling therapy.



## 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.



# LANGUAGE

## 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.

## BUDDHIST TRANSLATIONS: Problems and Perspectives

ed. by Lama Doboom Tulku. 249 pp., cloth. #BUTRPR \$25

Discussed are: the theory and principles of translation, the problems in translating Buddhist philosophic texts, lexicography and terminology, problems in translating from Tibetan to English. Contributions are by scholars both from India and abroad working on translations of Buddhist texts.

## 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.

## 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.

## 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.

## 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.

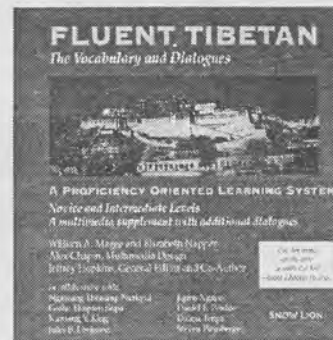
"*Fluent Tibetan* is a significant and unmatched achievement in the field of teaching colloquial Tibetan."—*The Tibet Journal*

## 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

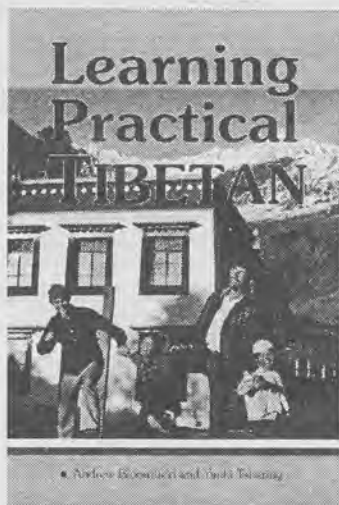
This CD-ROM is an excellent introduction to Tibetan language as well as a supplement to *Fluent Tibetan*—the four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four volume textbook as well as an additional 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. 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.

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.



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# 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.

# 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.

# TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS

by Acharya Sangye T. Naga & Tsepak Rigzin. 264 pp. #TIQUPH \$18

This compilation of idioms and phrases bridges the gap between Tibetan literary and colloquial forms. Each phrase has an English equivalent and is also used in a complete sentence. A must for Tibetan language students.

# TIBETAN-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 Large TIBETAN-ENGLISH DICTIONARY

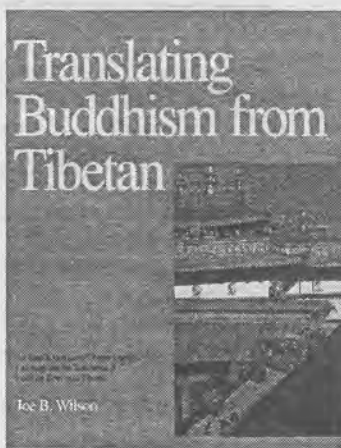
Sarat Chandra Das. 1353 pp., 6.5 x 10", cloth #COTIEL \$45

A new enlarged 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.)

# A TIBETAN-ENGLISH DICTIONARY (compact edition)

Sarat Chandra Das. 1353, #COTIEN \$25

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with Sanskrit equivalents and English meaning. Technical terms are illustrated with extracts from Sanskrit and Tibetan works.



# 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*.

# Gansu TIBETAN-ENGLISH DICTIONARY

ed. by Paldan Tashi and Gansu Nationalities Press. 667 pp. #GATIEN \$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.

# THE ILLUMINATOR TIBETAN-ENGLISH ELECTRONIC DICTIONARY

CD-Rom. #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 Cloves; 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 DICTIONARY

CD-Rom. #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 TREASURY WHICH IS AN ENCYCLOPEDIA OF KNOWLEDGE

CD-Rom. #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 Palpung 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.

# THE TIBETAN COMPLETE WORD-PROCESSING PACKAGE

by Tony Duff. CD-Rom. #TIDO \$90.00

Contains all three Tibetan word-processing packages from Tibetan Computer Company for Windows (sorry, no Macintosh support): TibetDoc, Tibetan! 5 for Word, Tibetan! 5 for WordPerfect.

TibetDoc is the first, standalone program made specifically for inputting, storing, and viewing Tibetan text. Its ease of use is much higher than any other Tibetan program. It has many specialized features not contained in the Tibetan! 5 programs. Types Tibetan / English / and Sanskrit diacriticals with ease. Tibetan spelling checker included. Export to RTF, Word, and WordPerfect. Complete on-line documentation, keyboard maps, etc. Works seamlessly with the PKTC dictionaries and electronic texts (also available from Snow Lion) allowing cut-and-paste as you use them. Allows access to the hundreds of volumes of texts available in monasteries in Asia that have been typed in the Tibetan! 4 for DOS format (these texts are available from the various monasteries e.g., such as Shechen Monastery in Kathmandu, on request).

Tibetan! 5 for Word and WordPerfect programs have less features than TibetDoc but are now freely available and can be downloaded separately for those who prefer. We recommend the purchase of the CD with all programs including TibetDoc for the best in Tibetan word-processing.

For more information about the software see: <http://www.tibet.dk/tcc>. For an overview of all word-processors see: <http://www.tibet.dk/tcc/wprocessa.htm>. For free downloads of Tibetan! 5 see: <http://www.tibet.dk/tcc/download.htm>. Programs come with the standard Tibetan typeface called Tibetan Machine.

# SOCIAL ACTION, HISTORY, ENVIRONMENT & POLITICS

"This is education at its best and highest... inspiring and uplifting."—JULIAN BOND

# THE ART OF PEACE: Nobel Peace Laureates Discuss Human Rights, Conflict and Reconciliation

ed. by Jeffrey Hopkin. 184 pp., cloth. #ARPE \$22.95

"One of the most wonderful aspects of this remarkable book is the interaction between the laureates...[Those] concerned about morality's role in the global scheme of things will feast on the banquet of views and ideas."—*Today's Librarian*

While many people who strive to bring the world into peaceful balance work in relative anonymity, only a few have received international recognition for their efforts. Nine of these outstanding individuals convened recently at the University of Virginia to discuss the topics of human rights, conflict, and reconciliation.

At the core of their agenda is the conviction that ethical concern for the welfare of others is essential for personal, political, social, and economic balance. The Laureates: Jose Ramos-Horta, Betty Williams, Dr. Rigoberta Menchu Tum, Archbishop Desmond Tutu, President Oscar Arias Sanchez, Harn Yawnghe, for Aung San Suu Kyi, Bobby Muller, Jody Williams, His Holiness the Dalai Lama.

"Readers with an interest in world affairs and human freedom will enjoy this."—*Library Journal*

"The road to world peace will be long and difficult, but Hopkins helps lead the way with this landmark book."—*Kirkus Reviews*

# 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.

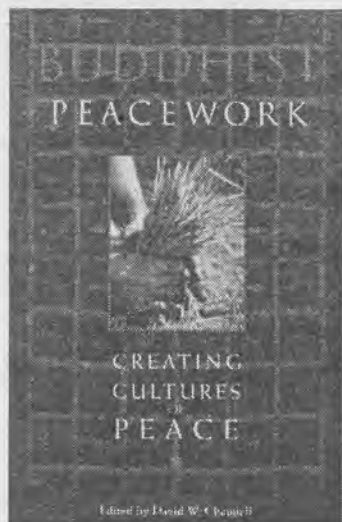


**BUDDHIST ECONOMICS:**

**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.

**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 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.

**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 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.

**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*

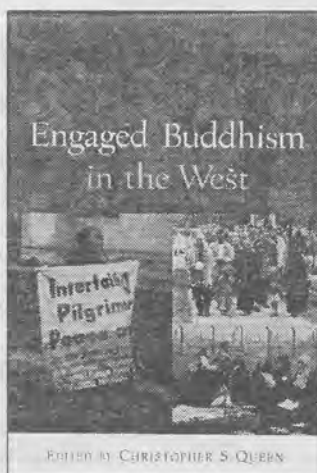
This definitive history of Tibet is based entirely on unpublished primary sources and written by a Western-educated Tibetan author. It shatters the popular perception of Tibet as an isolated Shangri-la unaffected by broader international developments and rises above the simplistic dualism so often encountered in accounts of Tibet's contested recent history. 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 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.

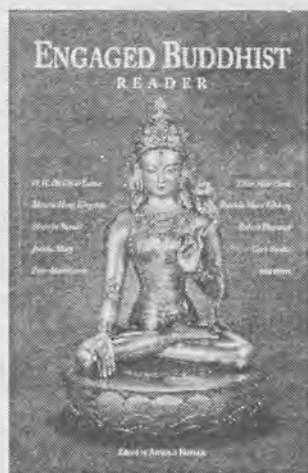
"A fine map of the activist path."—Alan Senauke, Buddhist Peace Fellowship



**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.



**ENGAGED BUDDHIST READER**

ed. by Arnold Koller. 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 Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

**EURASIAN MYTHOLOGY IN THE TIBETAN EPIC OF GESAR**

by Siegfbert Hummel. 117 pp. #EUMYTI \$12

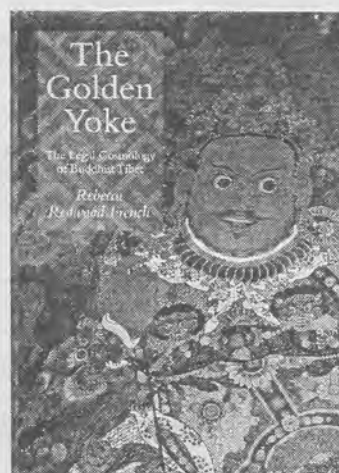
Gesar is the most extraordinary Tibetan legendary figure. Professor Hummel provides a wealth of mythological, legendary and folkloric motifs which over the course of centuries formed around the initial kernel and he brings to life a fascinating story.



**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**

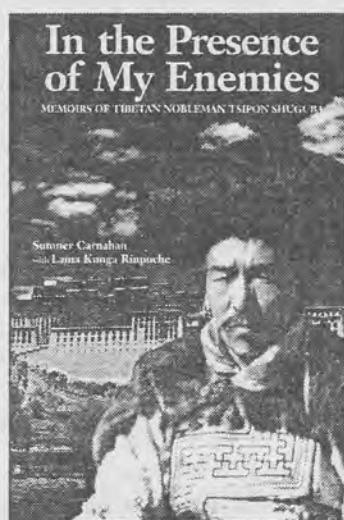
by Rebecca French. 528 pp., 64 b&w photos, 16 drawings, 3 maps, 7 x 10", #GOYO \$39.95 cloth

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 Precious, a previously classified publication summarizing British relations with Tibet; the author's testimonies and recollections of life in traditional Tibet.

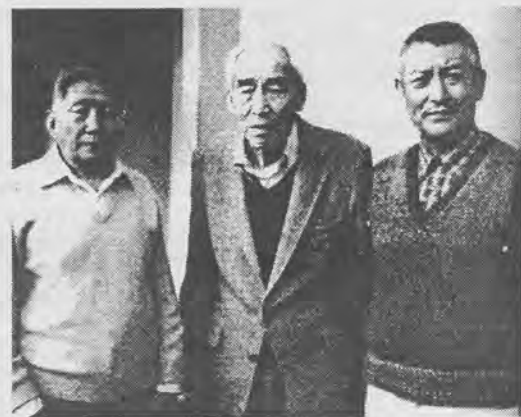


**IN THE PRESENCE OF MY ENEMIES**

**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.



**Win a FREE TRIP to Tibet and Nepal.**

You can enter everytime you place an order with us.

See page 20 for details.



**A HISTORY OF MODERN TIBET, 1913-1951: The Demise of the Lamaist State**  
by Melvyn Goldstein. 898 pp.  
#HIMOTI \$34.95

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."—Glenn H. Mullin

**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 of the Fifth Dalai Lama. 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.

**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*

www.snowlionpub.com



**IN THE SERVICE OF HIS COUNTRY: The Biography of Dasang Damdul Tsarong, Commander General of Tibet**

by D.N. Tsarong. 164 pp., 43 b&w photos, #SEHICO \$14.95

*In the Service of His Country* tells the story of a remarkable individual who rose from humble origins as the son of a farmer to become one of the outstanding figures in the social and political life of Tibet prior to the Chinese takeover in the 1950s.

Dasang Damdul Tsarong (1888-1959), noted as a child for his unusual intelligence and capability, entered the personal service of the Thirteenth Dalai Lama at the age of twelve. After distinguishing himself in military service he was promoted to a high rank in the Tibetan government, married into an aristocratic family, and soon became commander-in-chief of the Tibetan army and one of Lhasa's leading citizens. Tsarong was a dynamic and sometimes controversial figure, a voice for modernization of Tibet's government especially in its relationship to the international community.

This book provides insight into the history and causes of the tragic loss of Tibet's power of self-government. Included are forty photographs taken in Tibet at this critical time, many by D.D. Tsarong himself.

**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.

**THE INTERNATIONAL TIBET RESOURCE DIRECTORY 1995**

by the International Campaign for Tibet. #INTIRE \$7

A pocket-sized directory containing over 500 addresses, telephone/fax/e-mail and contacts for the Tibetan government in exile, Tibet support groups, International NGO's, etc.

**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 Cabezon, fore. by H.H. the Dalai Lama, preface by Marco Pallis, trans. by Jane Casewit, 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 Cabezon 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.

**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.

**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 Reconstruction 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.

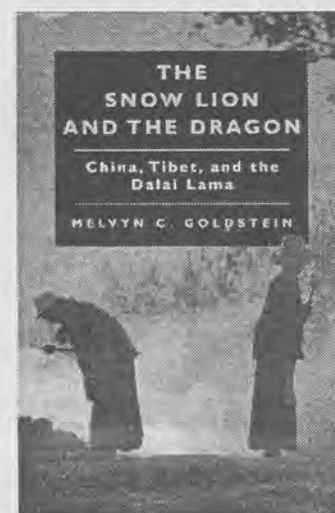
**A SEASON TO PURGE: Religious Repression in Tibet**

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.

**SKY BURIAL**

by Blake Kerr, photos by John Ackery, 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.  
#SNLIDR \$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.

**SONG OF THE SNOW LION: New Writing from Tibet**

ed. by Frank Stewart. 189 pp., 13 b&w photos. #SOSNLI \$16

Since the Chinese invasion of Tibet, Tibetans have struggled to preserve their ancient culture and identity while also changing and modernizing. Despite Chinese censorship, Tibetan authors who have remained within their country have developed a vibrant literature that explores the difficult questions facing Tibet today. Authors featured here except a few are living in Tibet and include Tashi Dawa, Sebo, Geyang, Dhondup Gyal, and Tsering Shakya, who contributes an illuminating overview of modern Tibetan literature. About half of these prose and poetry pieces were originally written in Tibetan, most of the others first appeared in Chinese-language publications.

**Three books on the environment of Tibet**



**TIBET: Enduring Spirit, Exploited Land**

by Robert Apte & Andres Edwards. 192 pp., 48 color photos, 8.5 x 8.5", #TIENSP \$29.95

Shows how the environment 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

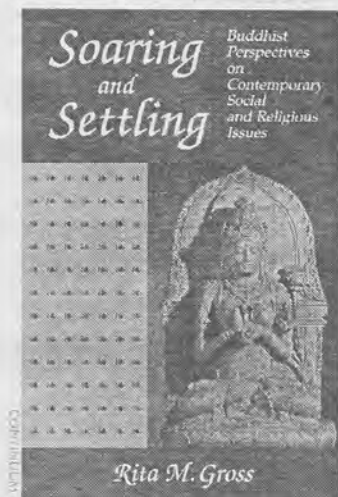
The Nepal Himalaya is home to many thousands of plant varieties. This comprehensive guide to the trees and shrubs of this region will be of interest to anyone that enjoys knowing about plant life. Many species are described, classified, positioned in the vertical stratification of plants and their uses 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.





**SOARING AND SETTLING:**  
Buddhist Perspectives on  
Contemporary Social and  
Religious Issues

by Rita M. 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.

**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.

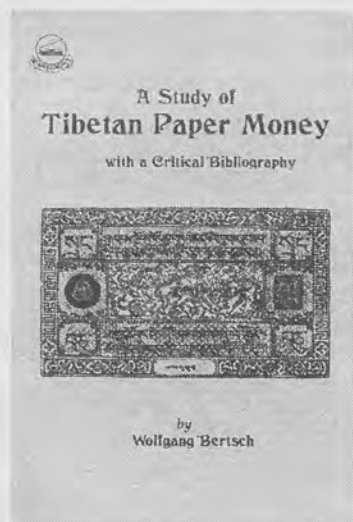
**A STRANGE LIBERATION:**  
Tibetan Lives in Chinese  
Hands

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.



**A STUDY OF TIBETAN  
PAPER MONEY (With a  
Critical Bibliography)**

by Wolfgang Bertsch. 93pp. Color  
plates/b&w photos #STIPA  
\$10.95

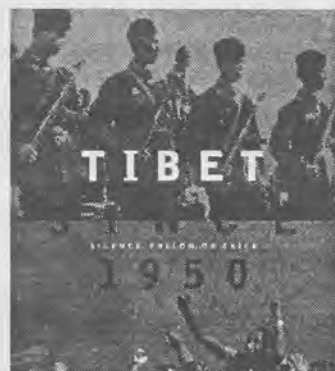
Paper money was introduced into Tibet in the early 20th century and comprises some of the most attractive banknotes among world currencies past and present. This book serves as a catalog of all major types of Tibetan paper money, and includes color plates, black-and-white photos, a description of Tibetan print seals, and a critical and comprehensive bibliography.

**TIBET OUTSIDE THE TAR**

by Steven D. Marshall and  
Susette Ternent Cooke (*The Alliance for Research in Tibet*)  
CD-ROM **SOLD OUT**

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



**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.

**TIBETAN HISTORIES:**  
A Bibliography of  
Tibetan-Language Historical  
Works

by Dan Martin. 295 pp., cloth.  
#TIHI \$45.00

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.

**TIBETAN  
NATION**

A History of Tibetan Nationalism  
and Sino-Tibetan Relations



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

by Warren W. Smith, Jr. 733 pp.  
#TINA \$34

"A monumental one-volume political history of 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.

**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.

**TRIGG IN TIBET**

64 pp. #TRTIB \$6.95.

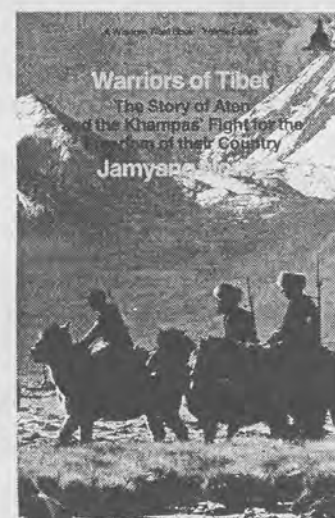
TRIGG in Tibet is a series of topical cartoons from The Hongkong Standard, a daily newspaper. The creator of the series uses satire, barbed humor, symbolism—any device at hand to express the concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.



**WAR AT THE TOP OF THE  
WORLD: The Struggle for  
Afghanistan, Kashmir, and  
Tibet**

by Eric Margolis. 256 pp.  
#WATOW \$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.

GENERAL TIBETAN BUDDHISM

**ADVICE FROM THE  
LOTUS-BORN:**  
A Collection of  
Padmasambhava's Advice to  
the Dakini Yeshe Tsogyal and  
Other Close Disciples

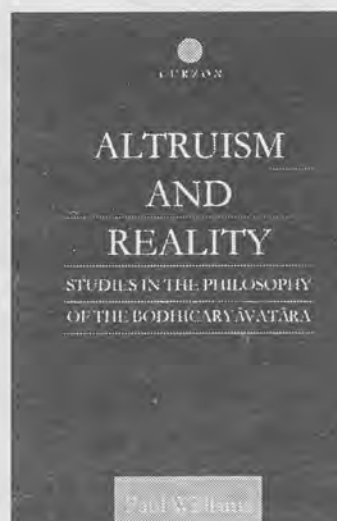
intro. by H.E. Tulku Urgyen  
Rinpoche. 184 pp. #ADLOBO \$18.

Padmasambhava's penetrating instructions to the dakini Yeshe Tsogyal and other close disciples from the terma treasure revelations of Nyang Ral Nyima Ozer, Guru Chowang, Pema Ledrel Tsal, Sangye Lingpa, Rigdzin Godem, and Chokgyur Lingpa. 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.



**APPEARANCE & REALITY:**  
The Two Truths in the Four  
Buddhist Tenet Systems

by Guy Newland. 107 pp., notes,  
biblio., #APRE \$14.95

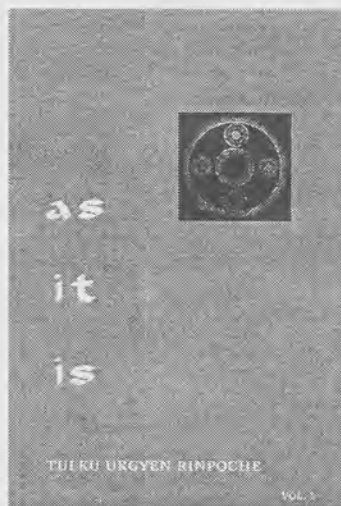
When seeking to understand Buddhism, where should one start? When the Dalai Lama was asked, he suggested that for many Westerners, the two truths, conventional truth and ultimate truth, is the best place to start. When the Buddha awoke, he saw the ultimate reality of things just as they are. There are 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 Urgyen Rinpoche. 224 pp. #ASITV1 \$20

These teachings on the development stage and practices are selected from talks given by Kyabje Tulku Urgyen 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 Urgyen

## AS IT IS: Volume 2

by Tulku Urgyen Rinpoche. 224 pp. #ASIT2 \$20

Contains talks in 1994-5 which emphasize non-conceptual meditation practice.

"Tulku Urgyen 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

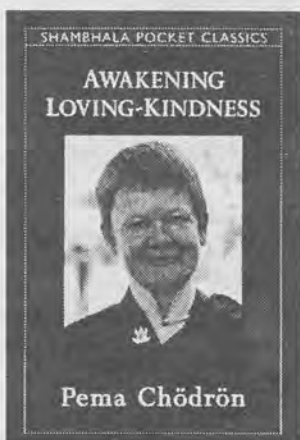


## ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

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

This is a pocket-sized edition of *The Wisdom of No Escape*.

## AWAKENING THE BUDDHA WITHIN: Tibetan Wisdom for the Western World

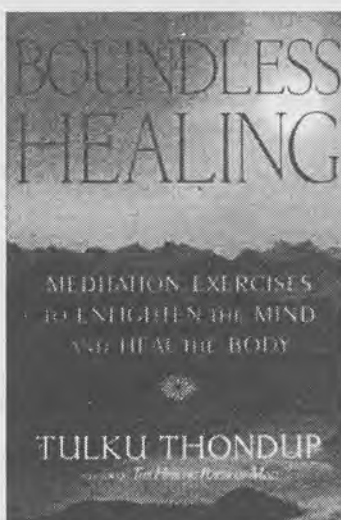
by Lama Surya Das. 414 pp. #AWBUP \$15

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). Peppercorn 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

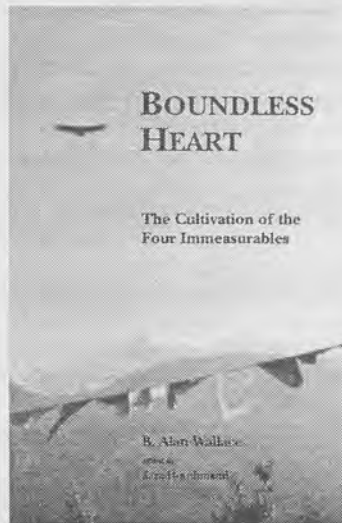
Geshe Wangchen was born in Tibet in 1934, educated at Drepung Monastic University in Lhasa, taught in London for seven years, and now lives at Drepung Monastery in South India. He introduces meditation methods for overcoming problems of life—depression, anxiety, loneliness, inadequacy, and other forms of mental pain to show how to develop ourselves.



## 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

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.

www.snowlionpub.com



## 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

"The most exciting Buddhist publication of the season is actually one of Snow Lion's more esoteric offerings, Rosemarie Fuchs's translation of commentaries on the *Uttaratantra Shastra* by Jamgon Kongtrul and Khenpo Tsultrim Gyamtso. The exciting thing about this translation is that it has succeeded where five previous efforts failed: it finally makes it possible for non-Tibetan speakers to study in traditional contemplative fashion one of Buddhism's principal philosophical works. In previous editions, the words were translated, but not in a form we could actually practice. Now thanks to Rosemarie Fuchs and the other learned students of Khenpo Tsultrim Gyamtso, an important mahayana meditation practice is ours to use on the cushion in order to directly realize the teachings on the essence and source of buddhahood."—Robin Kornman, *Shambhala Sun*

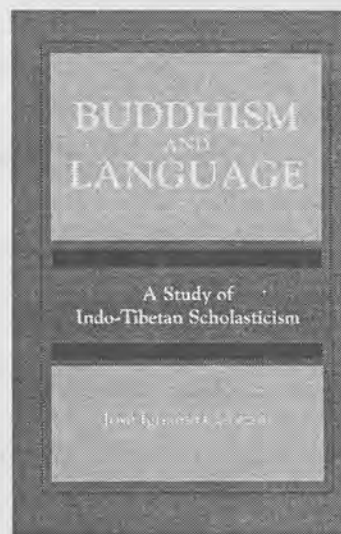
All sentient beings, without exception have buddha nature, the inherent purity and perfection of the mind, untouched by changing mental states. This nature is obscured by veils which are removable and do not touch the inherent purity and perfection of the nature of the mind as such.

The Mahayana Uttaratantra Shastra, 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.

## 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.



## The Bliss of Inner Fire

Heart Practice of the Six Yogas of Naropa



## THE BLISS OF INNER FIRE: Heart Practice of the Six Yogas of Naropa

by Lama Thubten Yeshe. 224 pp. #BLINFI \$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.



## CALMING THE MIND

### Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

by Gen Lamrimpa  
translated by B. Alan Wallace  
edited by Hart Sprager

148 pp. #CAMI \$12.95

A Namgyal Institute Textbook

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—Ani Jutima, *Tibetan Review*

To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa is a meditation master who lives in a meditation hut in Dharamsala and who has been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers. This book was previously 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*

#### CALMING THE MIND

Tibetan Buddhist Teachings on Cultivating Meditative Quiescence



#### 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

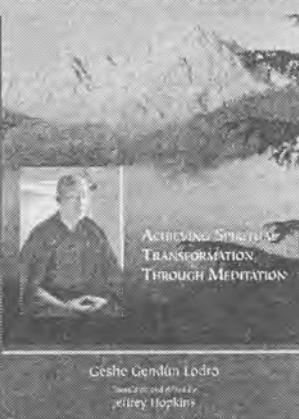
In the *Precious Garland*, Nagarjuna offers intimate counsel on how to conduct one's life and construct social policy that reflects Buddhist ideals. The advice for personal happiness is concerned first with improving one's condition over the course of lifetimes and then with release from all types of 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



**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*.

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#### 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.

#### CEASELESS ECHOES OF THE GREAT SILENCE: A Commentary on the Heart Sutra

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 102 pp., #CEECGR \$20

The Heart Sutra presents the path to the perfect view. It is the *Prajnaparamita* in its most abbreviated and memorable form. This detailed commentary gives line-by-line explanation, Tibetan text, phonetics, translation, and discusses the six perfections.

#### 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 *Prasangika Madhyamika*. This translation and introduction show Buddhism as a contemplative and mystical religion and reveal *Prasangika* as a rigorous, critical philosophy relevant to our own time.

#### CHANTING THE NAMES OF MANJUSHRI

by Alex Wayman. 123 pp. #CHNAMA \$17

A revered tantric text, the *Manjushri-nama-sangiti* consists of 160 verses and mantra sentences and condenses an enormous tantric lore. Includes the Sanskrit and Tibetan texts along with Wayman's translation and commentary.

#### CHENREZIG, LORD OF LOVE

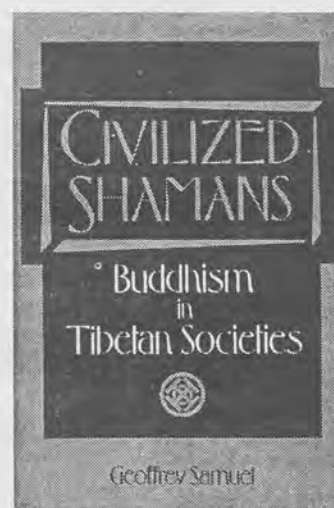
by Bokar Rinpoche. 110 pp. #CHLOLO \$12.95

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

#### THE CLEAR MIRROR: A Traditional Account of Tibet's Golden Age

by Sakya Sonam Gyaltzen, translated by McComas Taylor and Lama Choedak Yuthok. 315 pp., 16 line drawings, 2 maps, #CLMI \$16.95

A rich blend of history, legend, poetry, adventure and romance, *The Clear Mirror* is a treasure-trove of traditional Tibetan narrative and folk wisdom. It presents in full the often-cited but elusive accounts of the origins of the Tibetan people, the coming of the Dharma to Tibet, and the appearance of Avalokiteshvara as the patron deity of Tibet. The text treats the era during which Buddhism 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.



#### CIVILIZED SHAMANS: Buddhism in Tibetan Societies

by Geoffrey Samuel. 640 pp., 7 maps, #CISHP \$27.50

"*Civilized Shamans* is an astonishing 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 (associated with tantric yoga). Tibetan Buddhism is rooted in the pursuit of enlightenment by a minority—lamas, monks, and yogins—and the desire for shamanic services (in quest of health, long life, and prosperity) by the majority. Shamanic traditions were incorporated into tantric Buddhism, which aims to communicate with tantric deities and forms the basis of Tibetan lamas' societal role. Samuel employs anthropological research, historical inquiry, rich interview material, and a deep understanding of religious texts.

#### 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 *Yogaratanmala*, a famous commentary by Mahasiddha Krishnacarya. This root tantra translation and commentary offers insight into the mantrayana yogic traditions and highlights the sophisticated and controversial Buddhist tantric methods. These translations provide an authoritative record of the 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 Buddhist meditation practice leading the way along a clear path of meditative self-transformation, from visualizing oneself in an enlightened form (creation stage) to the direct realization of the ultimate nature of reality (completion stage).

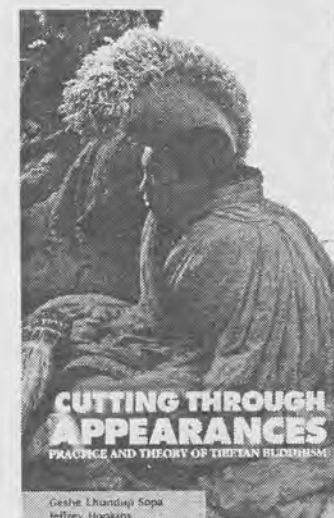
"...very beneficial...will resolve all doubts about tantric practice."—Thrangun Rinpoche



#### THE CULT OF TARA: Magic and Ritual in Tibet

by Stephan Beyer. 542 pp., 16 photos, 45 illus. #CUTA \$25.00

Features the practices and philosophic basis of tantra and especially the Tara Tantra: initiation and ritual service, offerings, praises and prayer. Also described is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.



#### CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism

by Geshe Sopa & Jeffrey Hopkins. 376 pp. #CUTHAP \$18.95 paper A Namgyal Institute Textbook

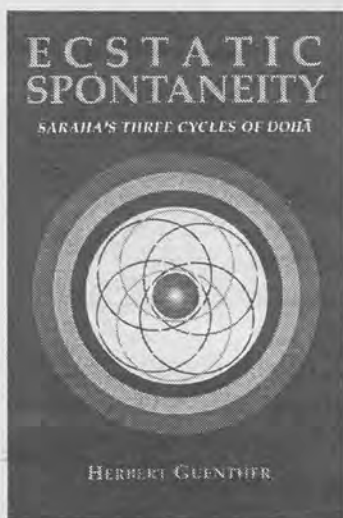
Presents the practice and theory of Tibetan Buddhism. First is a meditation manual written by the Fourth Pan-chen Lama (1781-1852) based on Tsongkhapa's *Three Principal Aspects of the Path* and covers the daily practice of Tibetan monks and yogis. It details how to properly conduct a meditation session that contains the entire scope of the Buddhist path. Next is the "Presentation of Tenets," written by Gon-chok-jik-may-wang-bo. It covers Indian Buddhist schools as viewed in Tibet and provides a solid introduction to the Buddhist theory animating the practice. Topics include the two truths, consciousness, hindrances to enlightenment, paths to freedom, and fruits of practice.

#### THE COMPLETE WORKS OF ATISHA

trans. & anno. by Richard Sherburne, SJ, fore. by H.H. the Dalai Lama. 600 pp., cloth. #COWOAT \$35

Contains the *Lamp for the Path* and its *Commentary*, translated in 1983 by Richard Sherburne, plus his translations of the *Twenty-five Key Texts* by Atisha. These Texts are found in the Tibetan *Tengyur* in a collection called *The Hundred Root Texts* which were preserved by Atisha's followers as fundamental for a proper study of Buddhist theory and practice. The texts are translated and accompanied by the Wylie.

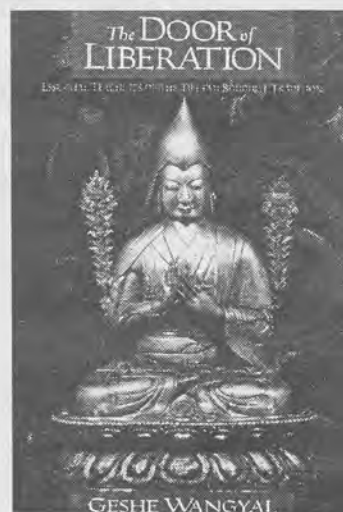
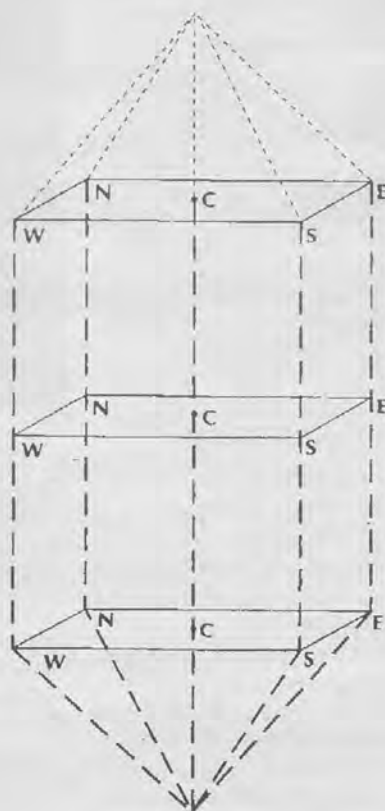




## ECSTATIC SPONTANEITY: Saraha's Three Cycles of Doha

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*.



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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

## 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 \$48.00 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.

## CUTTING THROUGH SPIRITUAL MATERIALISM

by Chogyam Trungpa. 250 pp. #CUTHSP \$14

Walking the spiritual path properly is a subtle process. We can deceive ourselves into thinking we are developing spiritually when instead we are strengthening our egocentricity through spiritual techniques. This is an enlightening tour of common spiritual self-deceptions.

## 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 investigative technique used throughout Tibetan education to sharpen analytical capacities and convey philosophical 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 elementary debate and demonstrates its application to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from Tibetan teachers expert in debate.

## 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*

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by Kalu Rinpoche. 222 pp. #DHILAL \$19.95

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## 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.

## 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.

## 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.

## ELABORATIONS ON EMPTINESS: Uses of the Heart Sutra

by Donald S. Lopez, Jr. 320 pp. #ELEMP \$17.95

The *Heart Sutra* is the most famous Buddhist text—a potent expression of emptiness and the Buddha's perfect wisdom. Lopez explores its elaborate philosophical and ritual use in India, Tibet, and the West.

## 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.

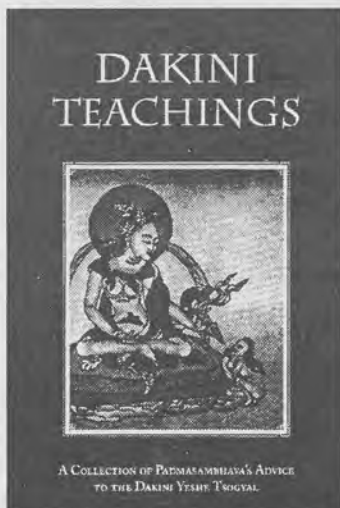
"Hopkins deserves congratulations for making this difficult material as transparent as possible."—E.K. Dargay, *Religious Studies Review*

## EMPTY BLUE PLANET

by Charlie Singer. 39 pp. #EMBL \$6

This brief distillation of basic doctrines of Tibetan Buddhism includes a presentation of the Noble Truths, 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.

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## 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.



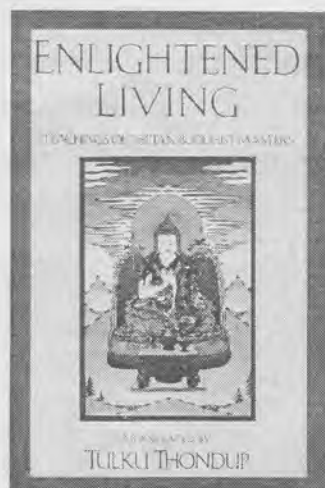
## THE DAY OF A BUDDHIST PRACTITIONER

by Bokar Rinpoche. 95pp. #DABUPR \$8.95

For those who must juggle work, family, friends, and the corresponding emotional mayhem, Bokar Rinpoche provides practical guidance and advice for developing mindfulness and grounding one's spiritual practice in the ordinary routines of every day life.

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## 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.

## ENTHRONEMENT: The Recognition of the Reincarnate Masters of Tibet and the Himalayas

by Jamgon Kongtrul Lodrö Tayé  
translated and introduced by  
Ngawang Zangpo  
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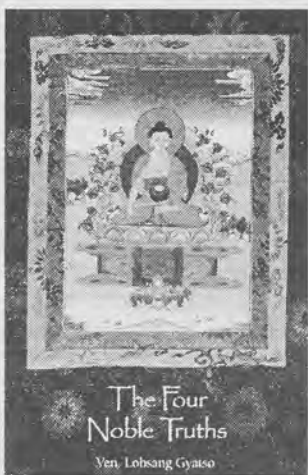
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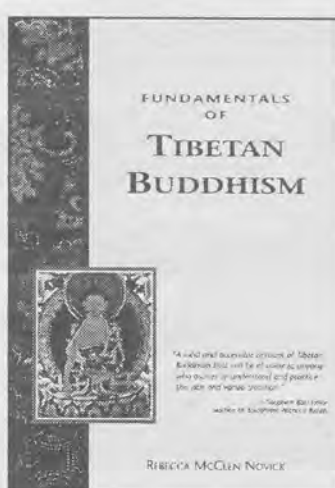
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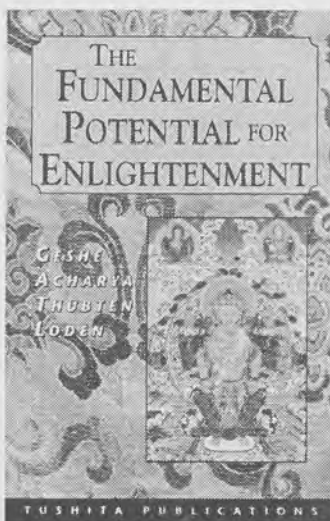
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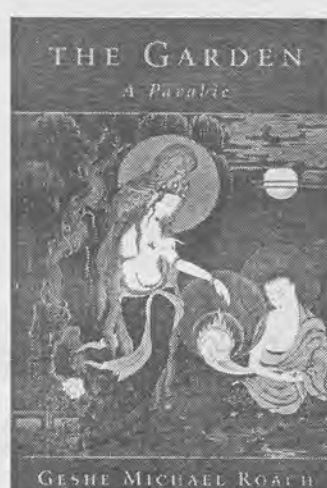
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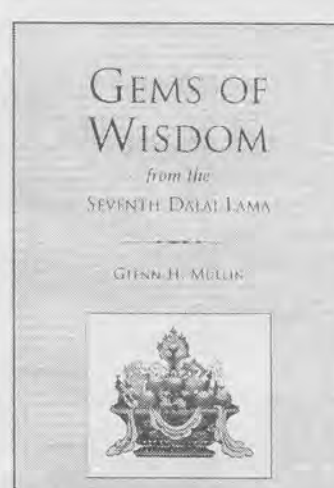
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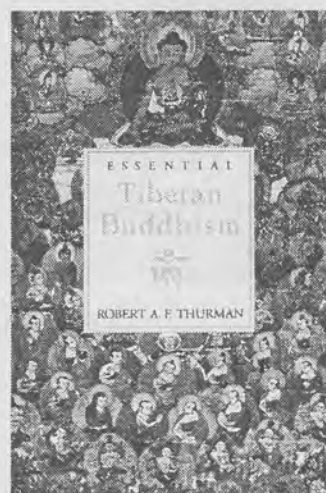
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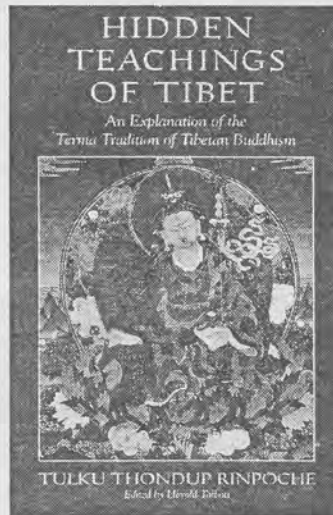
Offers new insights on this sutra and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India—it includes complete translations of two nineteenth-century Tibetan commentaries: Stan dar lha ram pa's Commentary on the Heart Sutra, Jewel Light Illuminating the Meaning, and Gung thang dKon mchog Stan pa'i sgron me's An Explanation of the Heart Sutra Mantra, Illuminating the Hidden Meaning.

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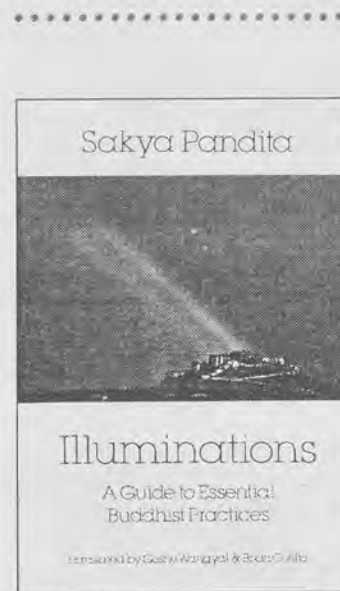
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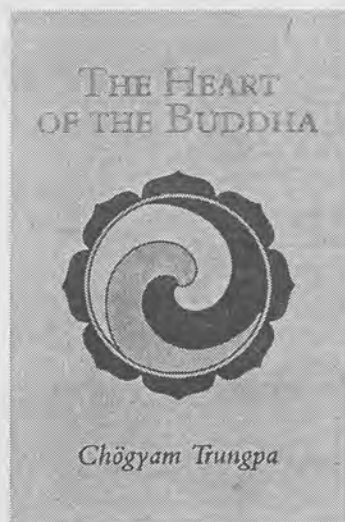
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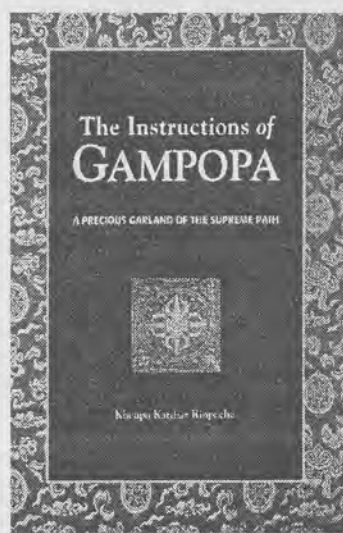
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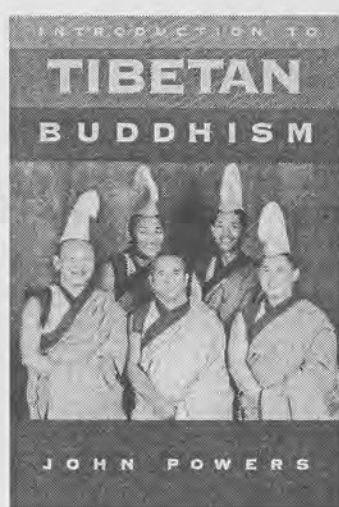
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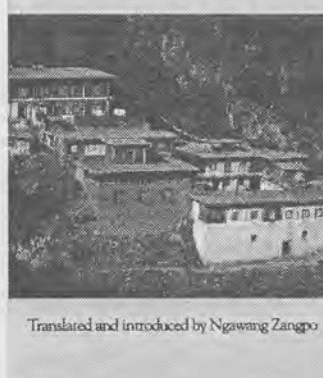
by John Powers. 520 pp. #INTIBC \$34.95 cloth, #INTIBU \$18.95 paper

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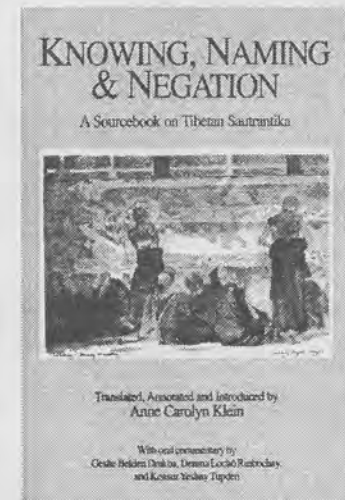
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by Anne Klein. 330 pp. #KNNANP \$19.95 paper, #KNNANC \$35 cloth, A Namgyal Institute Textbook

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

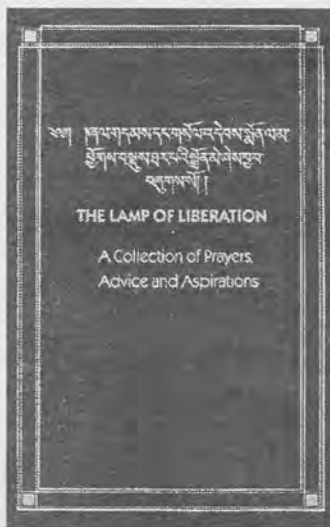
by Anne Klein. 283 pp. #KNLIP \$19.95, A Namgyal Institute Textbook

"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

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



## 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

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## LIFE AND TEACHINGS OF TSONGKHAPA

ed. by Prof. Robert Thurman. 258  
pp. #LITETS \$14.95

Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of the path, madyamika and insight meditation.

## 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 Tsoygal. *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 Vajrayana 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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by Padmasambhava & Jamgon  
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by the 9th Karmapa, trans. Alex  
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## MAHAMUDRA TEACHINGS OF THE SUPREME SIDDHAS

by the Eighth Situpa Tenpa'i  
Nyinchay, H.H. the Third Gyalwa  
Karmapa Rangjung Dorje, intro.  
by Trangu Rinpoche, trans. & ed.  
by Lama Sherab Dorje. 201 pp.  
#MATESU \$15.95

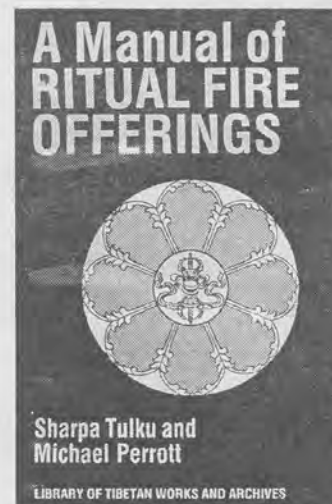
Reveals powerful mahamudra practices for realizing the mind's fundamental nature. The advice and instructions on the ground, path, fruition, view, meditation and action of mahamudra are both complete and beautiful.

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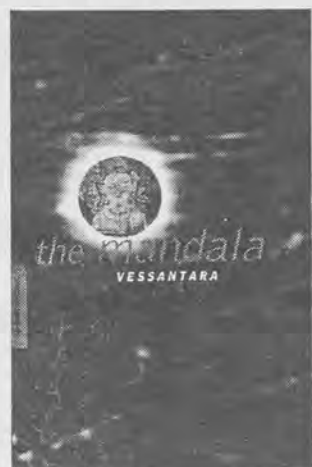
Rinpoche shows that meditation extends beyond the formal practice of sitting to build the foundation for compassion, awareness, and creativity in all aspects of life. He explores the six perfections as associated with meditation in action.



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# MIND IN TIBETAN BUDDHISM

by Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper. 181 pp., Tibetan Text, #MITIBU \$16.95 A Nangyal Institute Textbook

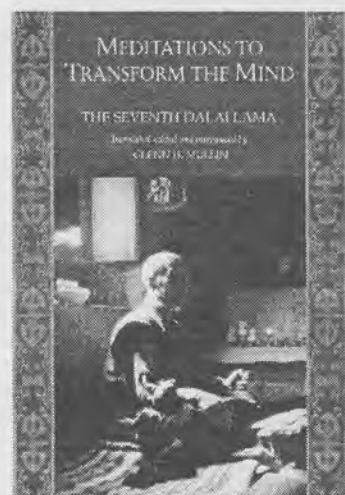
In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*. This text plus Lati Rinbochay's rich and extensive commentary give a comprehensive explanation of the nature and function of the mind, the different types of mind and mental factors, and how we develop knowledge and understanding. In her introduction, Elizabeth Napper gives an overview of the principal divisions of consciousness and mind.

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by Jamgon Mipham, fore. by His Holiness Sakya Trizin, trans. & ed. by Jay Goldberg. 168 pp., 4" x 6", #MO \$11

In Tibet, the use of the MO predictive technique has been heavily relied upon throughout the centuries to forecast the outcome of events, undertakings and relationships. This clear and simple method uses a 6-sided dice which is rolled two times to determine thirty-six possible answers. These are extensively described in the accompanying text. This MO, which obtains its power from Manjushri, was developed by the great master Jamgon Mipham from sacred texts expounded by the Buddha.

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This definitive study of Tibetan protector deities reveals much about the early shamanistic base from which the Bon religion developed. The author was able to penetrate the secrecy with which Tibetans surround the cult of the protective deities, especially the ceremonies involving ritual dances, divinations, black magic and weathermaking, and he received instruction on these topics. He classifies the protective deities, details their appearance and attributes, and describes sacrificial objects, offerings, ceremonies, and oracles—their trances, ceremonies and attire.



# Oracles and Demons of Tibet

THE CULT AND ICONOGRAPHY OF  
THE TIBETAN PROTECTIVE DEITIES



RÉNE DE NEBESKY - WOJKOWITZ

# Myriad Worlds

Translation of Cosmology in Abhidharma,  
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Jamgon Kongtrul Lodro Taye's monumental *Encyclopedia of Buddhism* contains a complete account of the major lines of thought and practice that comprise Tibetan Buddhism. *Myriad Worlds* is the first part of that work and it describes four major cosmological systems which are matched to the spiritual capacities of different grades of beings: the numerically definite cosmology of the Hinayana; the cosmology of infinite buddha-fields of the Mahayana; the special cosmological system of the Kalachakra Tantra; and the dazzling non-cosmology of the Dzogchen system, which dispenses with the dualistic perspective, revealing the creative principle to be awareness alone.

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# NAGARJUNA'S SEVENTY STANZAS: A Buddhist Psychology of Emptiness

by David Ross Komito, comm. on Nagarjuna's text by Geshe Sonam Rinchen, trans. by Tenzin Dorjee & David Ross Komito. 226 pp., notes, bibliography, index, #NASEST \$16.95

This volume contains a translation of Seventy Stanzas, a fundamental work of Nagarjuna on the Madhyamika system of Buddhist philosophy, along with a commentary on it from the Prasangka viewpoint by Geshe Sonam Rinchen. David Komito summarizes basic Buddhist doctrines on perception and the creation of concepts which have traditionally served as the backdrop for Nagarjuna's teachings about how people consistently misperceive and misunderstand the nature of the reality in which they live and the means through which they experience it. This book will interest Buddhist practitioners and scholars and psychologists who seek a deeper understanding of Buddhist psychology and epistemology.

# THE NO-SELF NATURE

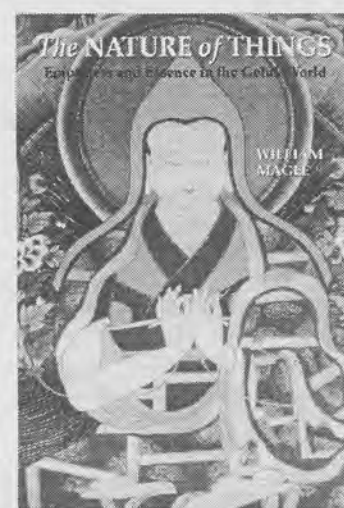
by Charlie Singer, foreword by Ven. Lama Pema Wangdak. 24 pp. #NOSE \$5

The doctrine of no-self is difficult to perceive in its effect when properly understood. Through study, reflection, and meditation on the no-self or empty nature of beings and things we attain the transcendent wisdom of the Prajanaparamita, and come to an understanding of things as they are.

# NOTES ON THE THEORY AND PRACTICE OF SAMATHA MEDITATION

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Calm abiding or samatha meditation suits people of all walks of life. We all want calmness and stability, qualities which will serve as our best friends throughout life. This is a manual developed by Lama Choedak for teaching meditation. It includes prayers, posture, motivational meditations, obstacles and antidotes to calm abiding, stages of achievement.



# THE NATURE OF THINGS: Emptiness and Essence in the Geluk World

by William Magee. 257 pp. #NATH \$22.95

The discussion of nature pursued in this book begins with Nagarjuna (first century), founder of the Middle Way School, who refuted a fabricated nature in his *Treatise on the Middle*. In that seminal text he puts forth the three basic criteria for nature: it must be something that is non-fabricated, independent, and immutable. Candrakirti (sixth century), considered by many to be the founder of the Consequence School, explicitly identifies the triply-qualified nature as emptiness, the reality nature.

Dzong-ka-ba (1359-1417) and later Ge-luk Consequentialists translated in Part Two of this book agree with Candrakirti. Dzong-ka-ba mentions a heterodox Tibetan sect's interpretation of Nagarjuna's verses who took the triply qualified nature to be the object-to-be-negated nature, a non-existent, falsely imputed nature that things are only ignorantly imagined to have. However, Dzong-ka-ba explains how the object-of-negation nature cannot be the triply-qualified nature and relates that discussion to Nagarjuna's verses in *Treatise on the Middle*. Thus the Middle Way practitioner is brought to a precise identification of the non-existent object-of-negation nature as being a thing's "establishment by way of its own entity".

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by Khenchen Thrangu, Rinpoche, trans. by Shaky Dorje, ed. by Michael Lewis & Clark Johnson. 126 pp. #OPDOEM \$12.95

Rinpoche talks on the nature of emptiness of self and external phenomena by means of logical arguments using ordinary life experiences and bases his teaching on Mipham Rinpoche's great treatise, *The Gateway to Knowledge*.

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"...presents a clear and complete survey of the teachings of the Buddha that will help many on the open path of meditation to deal with the challenges of everyday life."—Ven. Thich Nhat Hanh

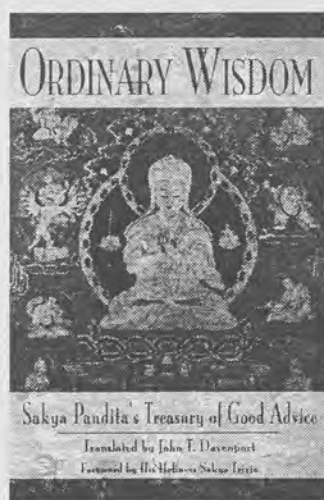
This introduction to Buddhism by an American Tibetan Buddhist nun focuses on practical applications of Buddhist psychology to modern life. In a straightforward style and with warmth and humor, Chodron sets forth the fundamental points of the Buddha's teaching on transforming habitual attitudes and realizing our full human potential.

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

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



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# THE PRACTICE OF TRANQUILLITY AND INSIGHT A Guide to Tibetan Buddhist Meditation

by Khenchen Thrangu Rinpoche. 170 pp., b&w photo, 3 line drawings 3 tables, #PRTRIN \$14.95

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# THE PRACTICE OF TRANQUILLITY AND INSIGHT

A Guide to Tibetan Buddhist Meditation



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# ORIGIN OF THE TARA TANTRA

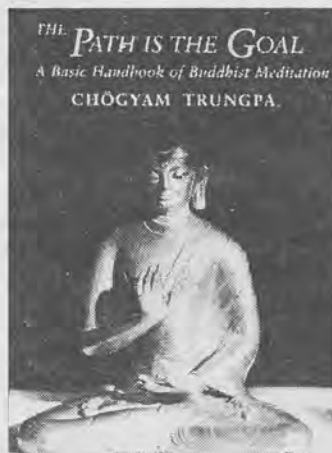
by Jonang Taranatha, trans. & ed. By David Templeman. 104 pp., extensive bibliography #ORTATA \$8.95

Provides an important and accurate account of the powers of Tara and the lineages of the Siddhas who worshiped her and passed on her teachings, revelations and tantra.

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by Yangchen Gawai Lodoe, comm. by Geshe Losang Tsepel. 184 pp. #PAGRGU \$15.95

This significant 18th-century text maps the paths and the grounds of the Guhyasamaja Tantra. It is an indispensable guide for initiated Buddhist tantric practitioners. The Guhyasamaja Tantra provides the basic structure for other highest yoga tantras—by understanding it, other tantras are more easily understood.

# THE PRACTICE OF MAHAMUDRA

by H. H. Chetsang Rinpoche, trans. by Dr. Robert Clark, ed. by Ani Trinley Chodron. 120 pp. #PRMA \$12.95

Mahamudra is known as the highest level of teaching within Tibetan Buddhism. Its study and practice lead to the realization of the very nature of reality itself—there is not a single phenomenon which is not subsumed within the realizations of Mahamudra. H.H. Chetsang Rinpoche gives detailed instructions on the Mahamudra methods. Each of the five stages of Mahamudra is carefully explained, many meditation practices are given including precise instructions on posture and breathing. Teachings of Tilopa and Gampopa are used to illustrate various points and different levels of practitioners and their corresponding attainments are outlined.

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by Khenpo Namdrol Rinpoche. 87 pp., 5 photos, 2 line drawings #PRVA \$12.95

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Khenpo Namdrol presents a lucid and detailed explanation of the history and practice of Vajrakilaya.

# PRACTICING THE GOOD HEART

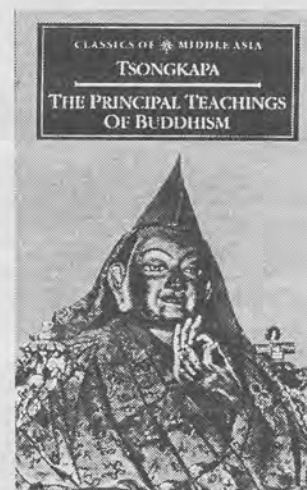
by Lama Zopa Rinpoche. 70 pp. #PRGOHE \$5

Practicing the Good Heart: The Nature of Compassion, Tantra and Compassion.

# PREPARING FOR TANTRA

by Je Tsongkapa, comm. by Pabongka Rinpoche, trans. by Khen Rinpoche Geshe Lobsang Tharchin with Michael Roach. 172 pp. #PRTA \$6.95

In 1402, Je Tsongkapa made direct visionary contact with the Lamas of the lineage by using the text of the "Mountain of Blessings," a work which has been utilized by teachers ever since to prepare students for tantric initiation. Included is a rare commentary by Pabongka Rinpoche and an introduction by Geshe Tharchin, former abbot of Sera Mey Monastery.



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Tsongkapa's renowned poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche—a great introduction.

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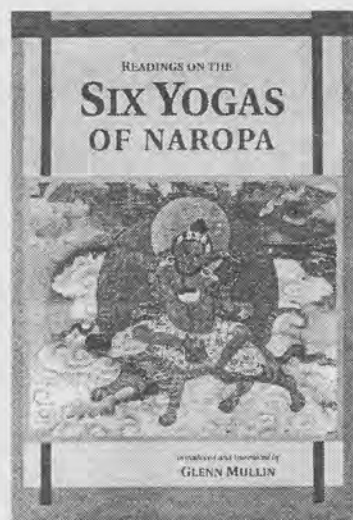
by Venerable Lama Lodru, foreword by H.E. Kalu Rinpoche. 239 pp. #QUANIN \$12

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## READINGS ON THE SIX YOGAS OF NAROPA

Translated, edited and introduced by Glenn H. Mullin. 200 pp. #RESIYO \$16.95

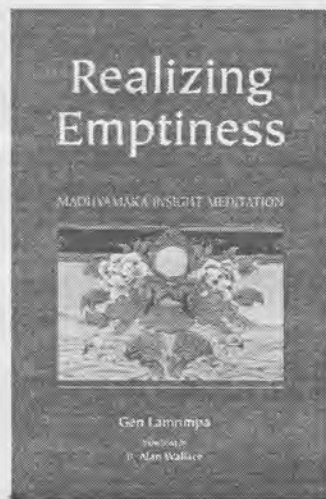
The Six Yogas of Naropa is one of the most popular tantric systems with all schools of Tibetan Buddhism. This collection of readings contains original Indian works by Tilopa and Naropa, and Tibetan writings by Tsongkhapa, Gyalwa Wensapa, the First Panchen Lama and Lama Jey Sherab Gyatso. Readings discuss the practices, their context and the historical continuity of this most important tradition, which is said to bring full enlightenment in one lifetime. (This book of teachings on the Six Yogas complements Tsongkhapa's *Six Yogas of Naropa*.)

"...a veritable feast, containing teachings that...give one a clear sense of the enormous possibilities on the spiritual path."—Georg Feuerstein, *The Quest*

"...presents highly arcane subject matter in as accessible a way as possible for works that were never intended for the general reader."—*The Middle Way*

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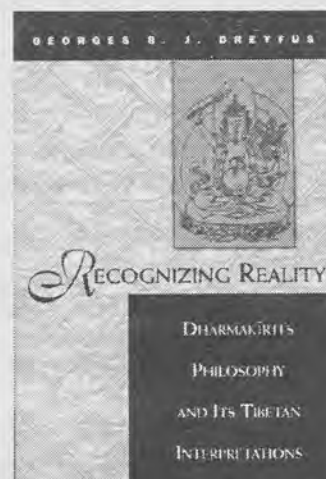
Trained in Buddhist philosophy and meditation by some of the greatest Gelugpa masters of the twentieth century, the Tibetan contemplative Gen Lamrimpa went on to spend some twenty years in solitary retreat. Then His Holiness the Dalai Lama requested that he teach others. *Realizing Emptiness* contains practical instructions on gaining realization of ultimate reality. Gen Lamrimpa shows how to use Madhyamaka reasoning to experience the way in which all things exist as dependently related events. Contains appendices on Dzogchen and Madhyamaka.

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A sophisticated, interdisciplinary study exploring the interface between Buddhist Madhyamika thought and psychology, cognitive science, and systems theory. This study develops a systems and psychological explanation of Madhyamika insight meditation practice. It is a truly scientific account of meditation practices and their efficacy.



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

## REFLECTIONS OF THE MOUNTAIN: Essays on the History and Social Meaning of the Mountain Cult in Tibet and the Himalaya

edited by Anne-Marie Blondeau & Ernst Steinkellner. 262 pp., 8.5 by 12", b&w photos, maps, #REMO \$58

These articles are the results of a collaboration between Austrian and French anthropologists and Tibetologists. Incorporating systematic and historic studies and new field data from different Tibetan and Tibeto-Burmese populations in discussing the theme of sacred mountains and their cults. The mountain cults prove to be a phenomenon of extraordinary continuity, rooted in prehistory, which nevertheless have preserved their identity throughout the various processes of Buddhification.

## THE REFLEXIVE NATURE OF AWARENESS (Rang Rig): A Tibetan Madhyamaka Defense

by Paul Williams. 288 pp. #RENAAW \$55 cloth

According to Tsongkhapa, one of the difficult points in Madhyamaka philosophy is the way in which Prasangka Madhyamaka does not accept even conventionally that reflexivity is an essential quality of awareness—that in being aware there is also an awareness of awareness. One of the most systematic refutations of Tsongkhapa's approach to this issue can be found in the commentary to the ninth chapter of the *Bodhicaryavatara* by the Nyingma lama Mipham, together with Mipham's own replies to his subsequent critics. Paul Williams examines these conflicting views in their Indian and Tibetan context.

## RELIGIONS OF TIBET IN PRACTICE

ed. by Donald S. Lopez, Jr. 560 pp. #RETIPR \$21.95

These thirty-six chapters display the vast scope of religious practice in the Tibetan world. They are organized under five headings: Accounts of Time and Place, Remarkable Lives, Rites and Techniques, Prayers and Sermons, and Dealing with Death and Other Demons. This is the largest sourcebook on Tibetan religions ever assembled—hagiographies, pilgrimage guides, prayers, accounts of visits to hell, epics, consecration manuals, sermons, and exorcism texts.

## RELATING TO A SPIRITUAL TEACHER Building a Healthy Relationship

by Alexander Berzin. 267 pp. #RESPTE \$15.95

"This is the most thoughtful and comprehensive book yet written on the teacher-student relationship. Alex Berzin provides readers with both clear-eyed wisdom and extraordinary knowledge of the Tibetan Buddhist tradition."—Jack Kornfield, author of *A Path with Heart*

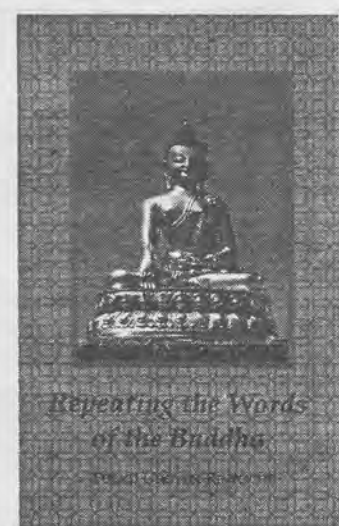
The relationship with a spiritual teacher can be the most rewarding and life-enhancing experience in one's life. However, it also may be fraught with problems. Student reactions to their spiritual teachers may range from extreme deification to deep mistrust, and these responses prevent the benefits of a healthy relationship. This book explores the sources of these misunderstandings and re-examines traditional Tibetan Buddhist teachings to reveal methods to heal wounds and develop healthy relationships that can be applied to benefit students in any spiritual tradition.

"Alex Berzin has taken head-on one of the hottest issues of Buddhism in the West—teacher-student and guru-disciple relationship—and brought us all up to date through his wide and deep research plus a great deal of personal thought on the matter. I consider this a seminal work for spiritual practitioners and teachers alike, and heartily recommend it to anyone interested in the transmission of Dharma today."—LAMA SURYA DAS, author of *Awakening the Buddha Within*

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This is a thorough introduction to Mongolian/Siberian shamanic beliefs and practices written by a shaman trained in this tradition. It includes the basic rituals and various healing and divination techniques. Odigan is the foreign outreach representative of the Golomt Center for Shamanist Studies and the Mongolian Shamans' Assoc. Born in the USA, she returned to her family's homeland after the Communist collapse and now lives in Ulaanbaatar and Ulan-Ude.



## REPEATING THE WORDS OF THE BUDDHA

by Tulku Urgyen Rinpoche. 112 pp. #REWOBU \$13

Tulku Urgyen unfolds the path to enlightenment with the benevolence and brilliance of a realized being. He illustrates essential points of practice, inseparable from everyday life. Tulku Urgyen was regarded by the late Karmapa as his last living teacher.

## THE RISE OF ESOTERIC BUDDHISM IN TIBET

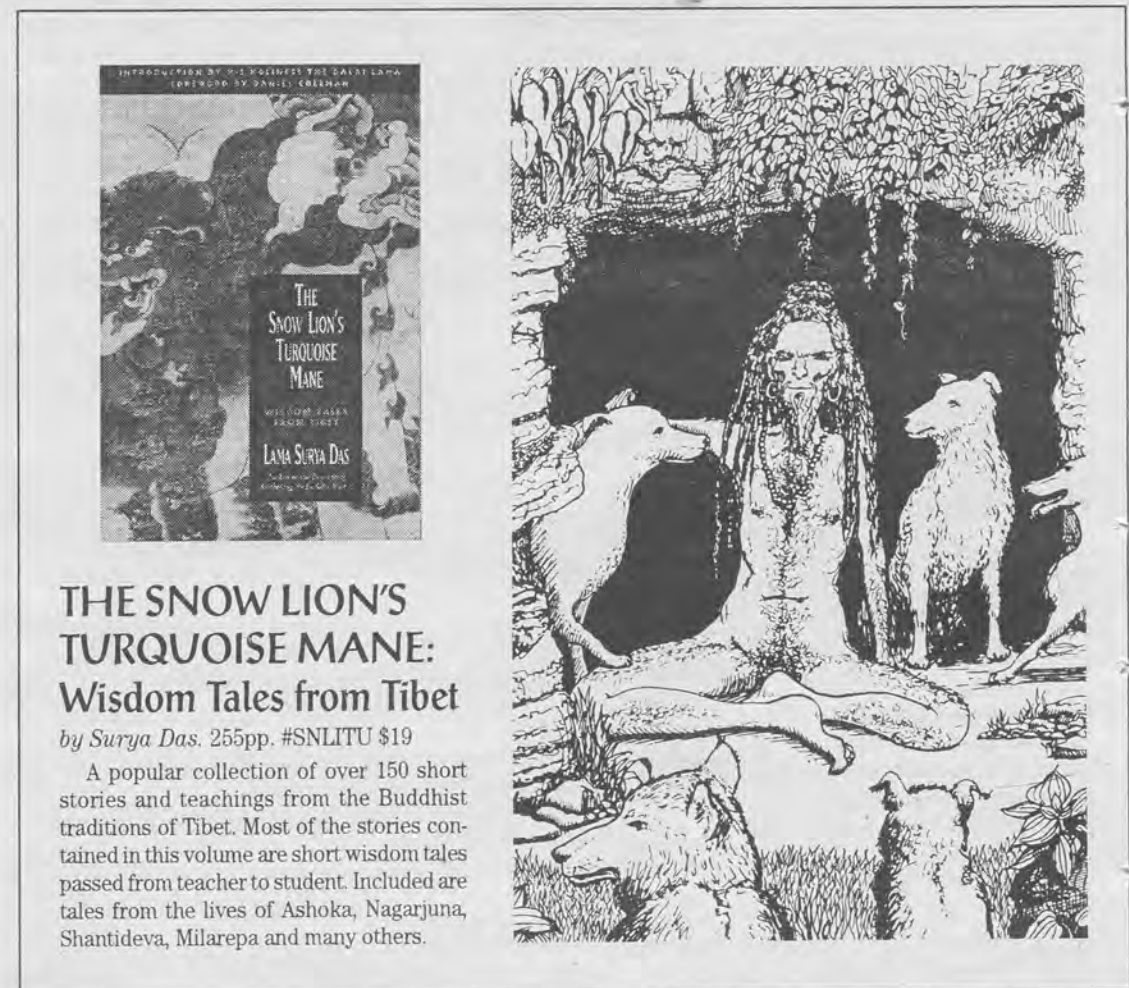
by Eva M. Dargyay. 272 pp., appendix, biblio., index, #RIESBU \$20 cloth

The history of the Nyingmapa School of Tibetan Buddhism goes far beyond the eminent tantric master Padmasambhava: some sources hint at a non-Indian origin of some tantric cycles. The tradition of the Nyingma School is divided into two lineages: one of the Pronouncements and the other of the Concealed Treasures. Each lineage is discussed in detail—more than twenty biographies of the famous masters of the Old School are rendered. The author's commentary aims at giving an impression of the spiritual life within the Old School and links the results of this study with the existing knowledge of esoteric Buddhism.

## THE SACRED LIFE OF TIBET

by Keith Dowman. #SALITI \$21

Tibet is a country steeped in spirituality. This book offers both visionary and historical perspectives on the sacred realm, and includes the highlights of a tour of Tibet, with detailed informed descriptions of the power places, mountains and lakes, caves, monasteries and temples.



## THE SNOW LION'S TURQUOISE MANE: Wisdom Tales from Tibet

by Surya Das. 255pp. #SNLITU \$19

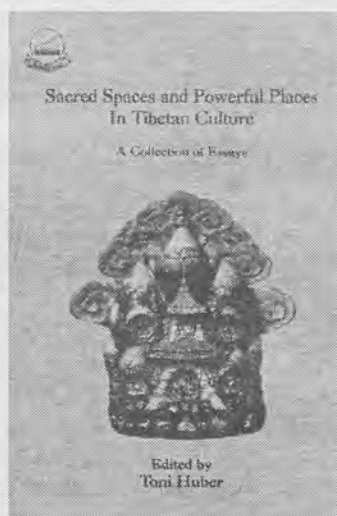
A popular collection of over 150 short stories and teachings from the Buddhist traditions of Tibet. Most of the stories contained in this volume are short wisdom tales passed from teacher to student. Included are tales from the lives of Ashoka, Nagarjuna, Shantideva, Milarepa and many others.



## SACRED SPACES AND POWERFUL PLACES IN TIBETAN CULTURE

ed. by Toni Huber. 403 pp.  
#SASPP \$29

These essays document and interpret ways in which Tibetan peoples have distinguished and related to certain places as having higher value than others. The focus is broad, reflecting the multitude of traditions of thought about spiritual places in both external and internal geography. The authors present data from the Tibetan plateau and from sites in Bhutan, Nepal, Sichuan, Qinghai, North India and other culturally Tibetan areas.



## THE SHAMBHALA DICTIONARY OF BUDDHISM AND ZEN

by Ingrid Fischer-Schreiber (Buddhism), Franz-Karl Ehrhard (Tibetan Buddhism), Michael Diener (Zen), trans. by Michael Kohn. 280 pp. #SHDI \$20

Over 1500 entries in this compact reference to Buddhist terms and concepts. The lives and teachings of important philosophers and meditation masters, the variety of practices, the basic texts and scriptures, and the range of sects and schools of thought are covered.

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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.



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## A STUDY OF SVATANTRIKA

by Donald S. Lopez, Jr. 450 pp. #STSVP \$19.95, #STSVC \$35 cloth, A Namgyal Institute Textbook.

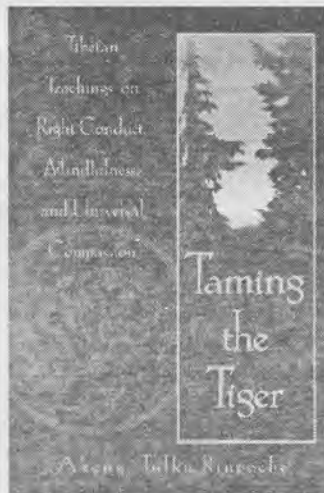
"A very welcome addition to the more advanced material available on Madhyamika in general, and the Tibetan treatment and exposition of Madhyamika in particular.—Paul Williams, *The Middle Way*

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

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by Jeffrey Hopkins. 192 pp. #TADI \$14.95

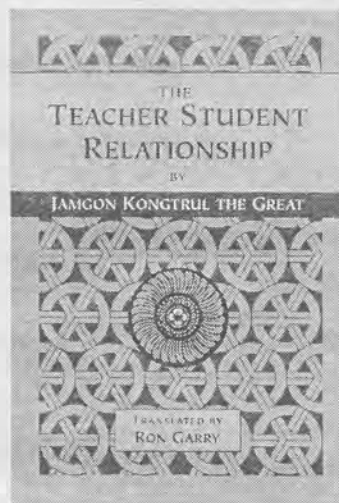
Hopkins explains emptiness, the functions of the guru, meditation, the cherishing of others, and the Bodhisattva ideal. He unravels the differences between Hinayana and Mahayana, and the various schools of Mahayana. He reconciles conventional and ultimate reality, and describes the process of cutting through this craziness of cyclic existence—the final path being the tantric. Enlightenment is demystified and shown to be a possibility for all.



## THE TANTRIC PATH OF PURIFICATION: The Yoga Method of Heruka Vajrasattva

by Lama Yeshe, compiled & ed. by Nicholas Ribush. 280 pp. #TAPAPU \$18.95

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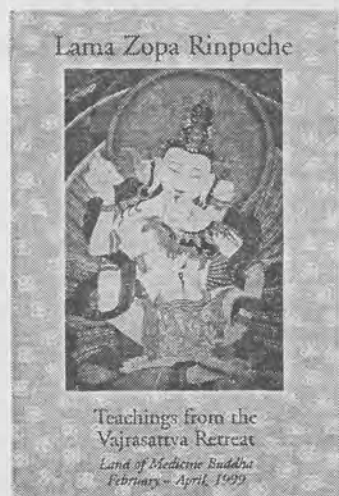


## THE TEACHER-STUDENT RELATIONSHIP

by Jamgon Kongtrul Lodu Thaye, translation and commentary by Dr. Ron Garry, foreword by Lama Tharchin Rinpoche, introduction by Gyatrul Rinpoche. 263 pp. #TESTRE \$14.95

It is crucial for students of Vajrayana Buddhism to find an authentic wisdom teacher, and know how to properly rely upon that teacher in order to awaken to their buddha nature and thereby attain full enlightenment. Fortunately, the topic has been thoroughly explored by Jamgon Kongtrul in the tenth chapter of the *The Treasury of Knowledge*. This essential text clearly lays out what credentials and qualities one should look for in a wisdom teacher, why a wisdom teacher is necessary, and how the relationship between this teacher and disciple best develops once it is established.

"This is a critical teaching especially suited for our confusing times, as students in the West continue to adapt to the Buddhist conceptions of devotion, submission, trust, and acceptance."—*Shambhala Sun*



## TEACHINGS AT THE VAJRASATTVA RETREAT

by Lama Zopa Rinpoche, ed. by Ailsa Cameron & Nicholas Ribush. 700 pp., 7 appendices, #TEVARE \$20

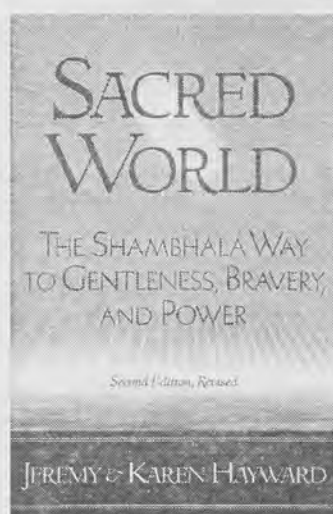
An edited transcript of teachings during a three-month Vajrasattva retreat that Lama Zopa Rinpoche directed in 1999. He explains Vajrasattva practice and other practices done during the retreat such as light offerings, prostrations to the 35 Buddhas, long-life pujas, animal liberation, Medicine Buddha puja for the dead and so forth. The appendices include a short Vajrasattva practice and methods for making light offerings, liberating animals and offering water to Dzambhala and the pretas.

## TEACHINGS OF LAMA THUBTEN YESHE

by Lama Thubten Yeshe. 168 pp. #TELATH \$9.95

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TARA  
The Feminine Divine

Bokar Rinpoche



# THE THREE PRINCIPAL ASPECTS OF THE PATH



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

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The wish for freedom, altruistic intention, and the wisdom of emptiness constitute the three principal aspects of the path to enlightenment. The essential prerequisite is a strong wish for freedom. But to know how to attain freedom and cut the root of cyclic existence, it is necessary to have the correct understanding of reality. Even with a feeling of antipathy to this cycle of involuntary birth and death and an undistorted understanding of reality, supreme enlightenment will remain out of reach without the altruistic intention to act selflessly for the good and happiness of all living beings. These three are the key—everything that the Buddha thought necessary to attain enlightenment is contained in these teachings.

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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 interrelationship 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.

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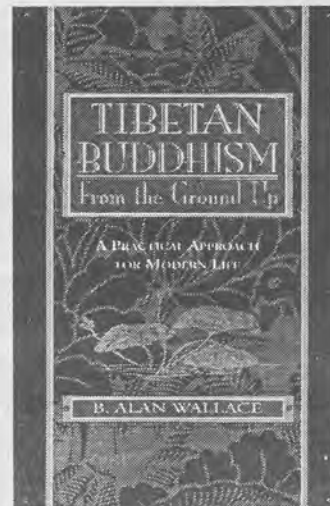
by the Astro. Dept. of the Tibetan Medical and Astro. Institute. 65 pp. #TIASAS \$6.95

Discusses the importance of astrology in medical science and the traditional role of the astrologer in Tibetan society. The structure of the Tibetan horoscope and cosmological symbols are presented and commonly asked questions are answered.

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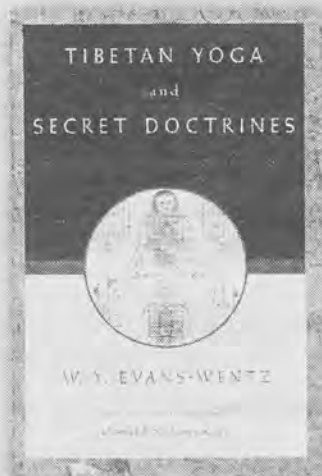


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by B. Alan Wallace. 214 pp. #TIBUGR \$15.95

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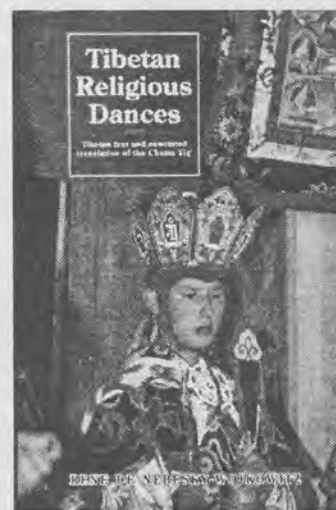


## TIBETAN LITERATURE: Studies in Genre

ed. by José Cabezon and Roger R. Jackson. 530 pp. #TILI \$29.95, #TILIC \$45 cloth

"An outstanding introduction to the panorama of literary arts in Tibet. Everyone with interest in this civilization should study these essays in which the true wealth of Tibetan intellectual life becomes clear—an excellent contribution to the field."—Dr. Ronald Davidson, Director of Asian Studies, Department of Religion, Fairfield University

Tibetan Literature addresses the immense variety of Tibet's literary heritage. An introductory essay by the editors attempts to assess the overall nature of "literature" in Tibet and to understand some of the ways in which it may be analyzed into "genres." The remainder of the book contains articles by nearly thirty scholars from America, Europe and Asia, each of whom addresses an important genre of Tibetan literature. These articles are divided among eight major themes: two on history and biography, six on canonical and quasi-canonical texts, four on philosophical literature, four on literature on the paths, four on ritual, four on literary arts, four on non-literary arts and sciences, and two on guidebooks and reference works.



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by Rene de Nebesky-Wojkowitz. #TIREDAS \$30

The author, an expert on Tibetan iconography and ritual, discusses Tibetan sacred dances with particular focus on the texts containing detailed instructions for the performances of the dances. The existence of such choreographical manuals explains the uniformity in the performance of temple dances and the persistence of an unchanging tradition over long periods.

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by Joseph Arpaia, M.D., and Lobsang Rapgay, Ph.D. 258 pp. #TIWIWE \$14.95

Positive mental and physical results can be produced by practicing four Tibetan exercises of centering, attending, concentrating, and opening. The authors describe these simple meditation techniques (which require fifteen minutes per day) to improve one's health, performance, relationships, and spirituality. Includes the experiences and explorations of two students as they apply the techniques.

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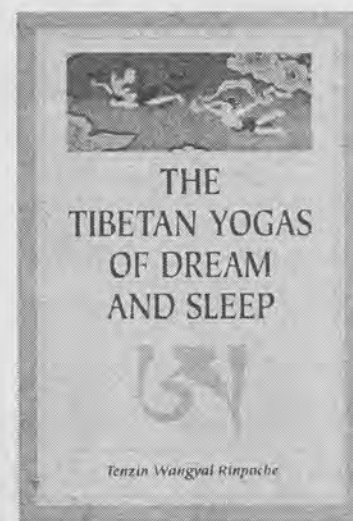
ed. by David Rome, fore. by Allen Ginsberg. 144 pp. #TIRA \$15

This is the definitive edition of poems and sacred songs. They combine Trungpa Rinpoche's background in classical Tibetan poetry with his intuitive insight into the spirit of America.

## THE TRIPLE TANTRA

by Panchen Ngawang Choedak, trans. by Lama Choedak T. Yuthok. 460 pp. #TRTA \$25

The Triple Tantra contains the most esoteric oral teachings of Mahasiddha Virupa according to the Hevajra Tantra. This text is the backbone of the Lamdre teachings and refers to the ground, path, and result of this practice. Lamdre is different from other Vajrayana teachings in its comprehensive, graduated methodology.



## THE TIBETAN YOGAS OF DREAM AND SLEEP

by Tenzin Wangyal Rinpoche. 220 pp., 8 b&w photos, #TIYODR \$16.95

"If we cannot carry our practice into sleep," Tenzin Wangyal Rinpoche writes, "if we lose ourselves every night, what chance do we have to be aware when death comes? Look to your experience in dreams to know how you will fare in death. Look to your experience of sleep to discover whether or not you are truly awake."

The yogas of dream and sleep are used in the Bon and Buddhist traditions of Tibet to attain liberation.

Included are detailed instructions for the dream yoga including foundational practices done during the day. Dream practices are followed by sleep yoga, also known as the yoga of clear light. It is considered a more advanced practice to stay aware during deep sleep. Most Westerners do not even entertain this as a possibility.

"...extremely clear and detailed"—Shambhala Sun

"A detailed guide to using our night-lives for awakening: thought-provoking, inspiring, and lucid."—Stephen LaBerge



## TSONGKHAPA'S SIX YOGAS OF NAROPA

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

These six yogas represent one of the most popular Tibetan Buddhist presentations of yogic technology. Given by the Indian sage Naropa to Marpa, these teachings gradually pervaded thousands of monasteries and hermitages throughout Central Asia regardless of sect. Tsongkhapa's discussion of the Six Yogas is regarded as one of the finest and has served as the fundamental guide in the more than three thousand Gelukpa monasteries across Tibet.

"A masterful translation of Je Tsongkhapa's work. Glenn Mullin's comprehensible rendering makes this text accessible."—Georg Feuerstein, *The Quest*

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Guy Newland

### THE TWO TRUTHS

by Guy Newland. 312 pp., Bibliography, Notes, Index #TWTRC \$39.95 cloth.  
A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series

"...a challenging, and worthwhile exploration of an important perspective on one of the most crucial topics in Buddhist philosophy."—Roger Jackson, Carleton College

The persistent problem of Buddhist philosophy has been to find the middle way, an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (sunyata). Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality and thus to build a Madhyamika system that is both ethically salutary and rationally coherent.

## UNIQUE TENETS OF THE MIDDLE WAY CONSEQUENCE SCHOOL

by Daniel Cozart, Ph.D. 632 pp., Tibetan text, glossaries, bibliography, index, 6 x 9" #UNTEMI \$29.95 paper, #UNTEC \$45 cloth

According to Tibetan traditions, the Indian Buddhist Prasangka-Madhyamika school is the one that represents the final, literally true thought of the Buddha. *Unique Tenets of the Middle Way Consequence School* presents and analyzes the issues that separate that school from the other principal schools of Buddhism—issues such as the existence (or non-existence) of an external world, the way in which karma and reincarnation operate, the nature of consciousness, the nature of time, and the status of Arhats (enlightened, but not omniscient, beings). Parts Two and Three of the book are annotated translations of Tibetan texts that are used as source books in monastic education.

## THE UTTARA TANTRA: A Treatise on Buddha Nature

Commentary by Ven. Khenchen Thrangu Rinpoche. 200 pp., #UTT \$20 cloth

One of the most studied texts on the Buddha nature. It answers many questions such as how one can tell if someone is enlightened. This is a line by line commentary on the Uttara Tantra by Thrangu Rinpoche, one of the foremost scholars in the Kagyu lineage.



### VISIONS: Vol. 1

compiled & ed. by Acharya Mignar Tseten. 125 pp. #VI \$14.95

This is the first in a series of publications, contains *The Buddhist Essence Teaching*, an interview with H.H. Sakya Trizin; *The Perfection of Meditation*, by Khenpo Appey Rinpoche; *The Great Song of Experience*, by Jetsun Rinpoche Dragpa Gyaltsen. There is an overview of Tibetan Buddhism, a teaching on overcoming obstacles to meditation, and a presentation of the view, meditation, conduct and the result which is Buddhahood.

### VISIONS: Vol. 2

compiled & ed. by Acharya Mignar Tseten. 140 pp. #VI2 \$14.95

This is volume 2 of teachings and contains: The Four Noble Truths, The Preliminary Practices, the enlightenment thought, the nature of mind, the Buddhist essence teaching. Contributors include H.H. Sakya Trizin, Khenpo Appey Rinpoche, Sakya Pandita, Peter Dell Santina, Jetsun Rinpoche Dragpa Gyaltsen.

## WALKING THROUGH WALLS: Buddhist Meditation in the Tibetan Tradition

by Geshe Gendun Lodro, trans. & ed. by Jeffrey Hopkins, co-edited by Leah Zahler & Anne C. Klein. 400 pp. #WAWAC \$35 cloth  
A Namgyal Institute Textbook & Studies in Indo-Tibetan Buddhism Series

An intimate and detailed picture of the intricacies of meditation. Geshe Gendun presents the landscape of mental development, revealing a living world of mental therapy replete with resources for describing, facing, and counteracting both superficial and systemic disorders. *Walking Through Walls* is a metaphor for the walls of distracting afflictive states, doubts, and distortions that must be melted in order for the mind to become stable, calm, and alertly clear.

## THE 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, cloth. #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.

## THE WHEEL OF LIFE

by Kulananda. 76 pp., line drawings. #WHLIKU \$11.95

The Wheel of Life is a graphic representation of the Buddhist understanding of life's processes, a mirror held up to us to help us fathom the depths of our suffering and predicament. Within it we see the forces that bind us and the ephemeral happiness and suffering that we create. We see how the forces interdependently act to drive the karmic process.

## WHEN THINGS FALL APART: Heart Advice for Difficult Times

by Pema Chodron. 148 pp. #WHTFA \$12.95

Pema Chodron offers radical advice on what to do when things fall apart goes against the grain of our usual habits but throws us into the center of Buddhist wisdom. It is in the midst of chaos that we can discover the truth and love that are indestructible. This is a good read and a great practice.



## THE WISDOM OF THE TIBETAN LAMAS

by Timothy Freke. 61 pp, 27 color images with color throughout, #WITILA \$6.95

Tibetan Buddhism has been inspired and shaped by a succession of living buddhas. Their wisdom, contained in this remarkable little book, nurtures the potential within all of us to experience enlightenment. Good quotes and lovely illustrations.

## WISDOM: TWO BUDDHIST COMMENTARIES

trans. by Assoc. Padmakara. 300 pp. #WITWBU \$24

These two commentaries on the wisdom section of Shantideva's *Guide to the Bodhisattva's Way of Life* are written by great teachers—Khenchen Kunzang Palden & Minyak Kunzang Sonam. The topic is emptiness and these commentaries provide a rare depth of perspective.

## WRITINGS OF KALU RINPOCHE

by Kenneth McLeod. 71 pp. #WRKARI \$9.95

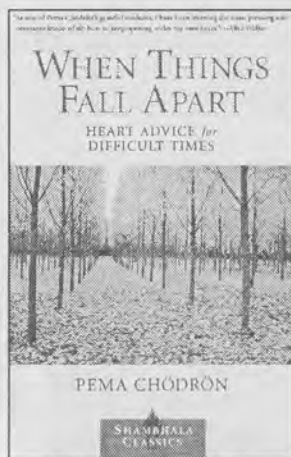
Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the practice of the Six Perfections are explained. Includes a short story entitled "The Prince and the Stallion" which illustrates the magic-show nature of reality.

## YOGIC DEEDS OF BODHISATTVAS:

### Gyeltsap on Aryadeva's Four Hundred

by Geshe Sonam Rinchen, ed. & trans. by Ruth Sonam. 450 pp., #YODEBO \$24.95, #YODEBC \$40.

Aryadeva's *Four Hundred Stanzas* was written to explain how the practice of the stages of yogic deeds enables those with a Mahayana motivation to attain Buddhahood. Both Nagarjuna and Aryadeva urge those who want to understand reality to induce direct experience of ultimate truth through philosophic enquiry and reasoning. Aryadeva's text is more than commentary on Nagarjuna's *Treatise on the Middle Way*, for it explains the extensive paths associated with conventional truths. The first half of the text focuses on the development of merit by showing how to transform disturbing attitudes and master the practices of bodhisattvas. The second half explains the nature of emptiness. Gyeltsap's commentary on Aryadeva's text takes the form of a lively dialogue. In addition, Geshe Sonam Rinchen, instructor for the Library of Tibetan Works and Archives, has provided a commentary to the section on bodhisattva paths elucidating their relevance for contemporary life.



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# BODHISATTVA MIND TRAINING/LOJONG

This section contains teachings traditionally used to train the mind to awaken bodhicitta or the bodhisattva aspiration to achieve enlightenment for the sake of all beings.

## ACHIEVING BODHICHITTA

by Sermey Khensur Lobsang Tharchin. 304 pp. #ACBO \$10.50

Two main methods of achieving bodhicitta are the Sevenfold Instruction on Cause and Effect and Equality and Exchange between Self and Others. Je Tsongkapa combined them into an eleven-step method of practice explained here along with meditation instruction.



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

by H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr. 176 pp., #AWMILI \$21.00 cloth (see Dalai Lama section)

## BECOMING A CHILD OF THE BUDDHAS: A Simple Clarification of the Root Verses of Seven Point Mind Training

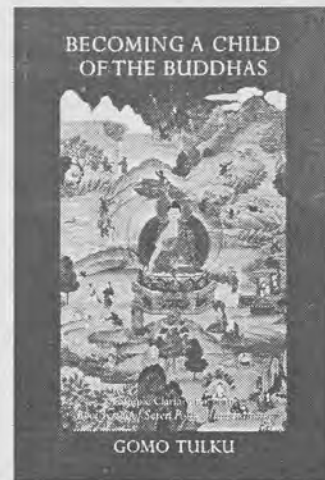
by Gomo Tulku. 112 pp. #BECHBU \$12.95

A fresh translation of Seven Point Mind Training with commentary. Mind training can bring peace of mind in any circumstance.

## THE BODHICARYAVATARA

by Shantideva, trans. by Kate Crosby & Andrew Skilton. 191 pp. #BO \$10.95

Shantideva's classic work on the bodhisattva path of awakening, setting out what the bodhisattva must do and become, and the intense feelings of aspiration which underlie the altruistic commitment. Contains detailed annotations and an introduction putting the work in context and explaining its structure.





## BODHICITTA: Cultivating the Compassionate Mind of Enlightenment

by Ven. Lobsang Gyatso, trans. by Sherab Gyatso. 146 pp. #BOCUCO \$12.95

One is unlikely ever to receive a Tibetan Buddhist teaching on either sutra or tantra in which Bodhicitta does not have a central role. Bodhicitta, the compassionate mind which aspires to attain full enlightenment in order to benefit beings, is the very quintessence of the Mahayana path of Buddhist practice. In this practical handbook, Ven. Lobsang Gyatso describes the classical methods for developing the mind of enlightenment and, based on his experience as a meditator and a teacher, examines a wide range of obstacles to its development.

## THE BODHISATTVA VOW

by Geshe Sonam Rinchen, trans. and ed. by Ruth Sonam. 237 pp. #BOVOW \$14.95

Implementing the resolve to gain enlightenment for the sake of all living creatures involves engaging in the marvelous activities of Bodhisattvas. In order to engage in these activities and live the life of an authentic Bodhisattva, one takes the Bodhisattva vow.

Before His Holiness the Dalai Lama bestows the Bodhisattva vow, he often teaches the short text known as the *Twenty Verses on the Bodhisattva Vow* by the Indian master Chandragomin. Chandragomin's text discusses some of the most important features regarding the vow, such as from whom it should be taken, how one should prepare for receiving it, what constitutes transgressions of the vow, and how they should be purified. In clear and accessible terms, Geshe Sonam Rinchen explains how to take and then safeguard the Bodhisattva vow. The *Twenty Verses* are in English and Tibetan and a biography of Chandragomin is included.

## COMPASSION: THE KEY TO GREAT AWAKENING (Thought Training and the Bodhisattva Practices)

by Geshe Tsaltrim Gyeltsen. 160 pp. #COKEGR \$14.95

Arguing that one cannot attain awakening without compassion, Geshe Gyeltsen provides practical advice on how to combat negative mental states and conditioning. Through rigorously applying "thought training" and cultivating the bodhisattva's altruistic attitude, we can transform both ourselves and the environment around us.

## THE CONCEPT OF BODHICITTA IN SHANTIDEVA'S BODHICARYAVATARA

by Francis Brassard. 193 pp. #COBOSH \$18.95

"This is a thorough and careful exploration of the psychology and soteriology of Shantideva's *Bodhicaryavatara*, with occasional reference to its only surviving Indian commentary (by Prajñakaramati)." —Paul Griffiths

Brassard surveys the various interpretations of bodhicitta, analyzes its possible functions in the context of the spiritual path of the aspirant to enlightenment, and discusses an understanding of bodhicitta in the context of the Bodhicaryavatara.

## DOOR TO INCONCEIVABLE WISDOM AND COMPASSION

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 176 pp. #DOINWI \$20.00

Bodhicitta refers to the union of loving-kindness, compassion, and wisdom of ultimate reality. Khenpo skillfully presents a full spectrum of teachings and everyday applications regarding this powerful means of spiritual transformation and realization.



## ENLIGHTENED COURAGE

by H.H. Dilgo Khyentse Rinpoche. 120 pp. #ENCO \$12.95

"This is a book to keep and reread, a book to jolt one out of oneself and back to one's senses." —*Tricycle: The Buddhist Review*

Rinpoche presents the Seven Point Mind Training—the very core of the entire Tibetan Buddhist practice. It condenses the compassionate path to Buddhahood into practical instructions which use the circumstances of everyday life.

## THE ESSENCE OF MAHAYANA LOJONG PRACTICE

by Sermey Khensur Lobsang Tharchin. 113 pp. #ESMALO \$6.95

Mind training develops and strengthens Bodhicitta, (altruistic aspiration). Geshe Langri Tangpa Dorje Seng-ge (1054-1123), an early teacher in the Kadampa tradition established by Atisha's Tibetan followers, devised the eight-part method of teaching mind training explained here.

## GOOD MEDICINE: Heart Practices for Difficult Times

by Pema Chodron. 160 pp. #GOME \$19.95 cloth

Chodron shows how at the core of the most painful experiences lie the seeds of spiritual awakening. She presents key teachings on recognizing and cultivating the "soft spot" that is the gateway to compassion and open-heartedness.

This book has been delayed until the fall of 2001 by the publisher.

## THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training

by Jamgon Kongtrul, trans. by Ken McLeod. 112 pp. #GRPAAW \$12

A classic text for developing compassion and awareness, Kongtrul provides instructions for working with 59 traditional Buddhist maxims for mind training.

## A GUIDE TO THE BODHISATTVA WAY OF LIFE

by Vesna A. Wallace & B. Alan Wallace. 175 pages, #GUBOSL \$12.95

"...will stand for many years as the standard English translation of this key Tibetan Buddhist text." —*Publishers Weekly*

In the whole of the Tibetan Buddhist tradition there is no single treatise more deeply revered or widely practiced than *A Guide to the Bodhisattva Way of Life*. Composed in the eighth century by the Indian Bodhisattva Santideva, it became an instant classic in the curricula of the Buddhist monastic universities of India, and its renown has grown ever since. Santideva's presents methods to harmonize one's life with the Bodhisattva ideal and inspires the reader to cultivate the perfections of the Bodhisattva—generosity, ethics, patience, zeal, meditative concentration and wisdom.

"The Wallaces have produced a concise, literal, and elegant translation. The extant Sanskrit edition frequently differs from the one used in Tibet a millennium ago, and the Wallaces have noted these differences in copious footnotes. These features make their translation both highly readable and an excellent source for scholars of the original languages." —*Tricycle: The Buddhist Review*

"Wallace and Wallace succeed with admirable eloquence where some earlier translations (such as S. Batchelor's) founder under the weight of the scholarly apparatus used to represent the voices in the text." —Liz Wilson, *Religious Studies Review*

## A GUIDE TO THE BODHISATTVA WAY OF LIFE

by Shantideva, trans. Stephen Batchelor. 199 pp. #GUBOWA \$12.95

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

## MIND TRAINING LIKE THE RAYS OF THE SUN

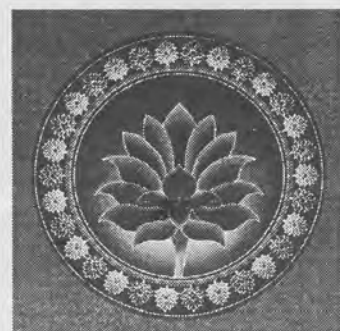
by Nam-kha Pel, trans. by Brian Beresford, ed. by Jeremy Russell. 170 pp. #MITR \$10.95

The mind training teachings develop the altruistic mind of enlightenment, are directed towards the practitioner of great capacity, and concern the transformation of mental attitudes to turn adversity into advantage.

## THE PERFECTION OF WISDOM: The Career of the Predestined Buddhas, A Selection of Mahayana Scriptures

trans. by E.J. Thomas. 90 pp. #PEWI \$12.95 cloth

This is a bodhisattva manual that contains selections of the Prajnaparamita sutras pertaining to the life, training and purpose of a bodhisattva—the bodhisattva's initiation, confession, duties, worship, etc.—as explained by the Buddha.



## PRAJNAPARAMITA: The Six Perfections

by Khenpo Palden Sherab Rinpoche, trans. by Khenpo Tsewang Dongyal Rinpoche. 103 pp. #PR \$15

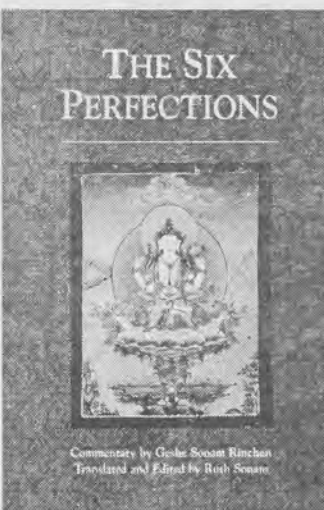
Khenpo presents the six perfections necessary in training the mind of enlightenment.

## PROFOUND VIEW, FEARLESS PATH:

The Bodhisattva Vow by The Dzogchen Ponlop Rinpoche, trans. by Lama Yeshe Gyamtso. 66 pp. #BOVO \$12

Presented are the two lineages of the Bodhisattva vow, aspiration and implementation bodhicitta, the commitments, the downfalls, the ceremony, and how to restore bodhicitta.

"It speaks to the heart and connects with the mind." —*Explorations*



## THE SIX PERFECTIONS

by Geshe Sonam Rinchen, trans. and ed. by Ruth Sonam. 158 pp. #SIPE \$14.95

The Six Perfections of generosity, ethical discipline, patience, enthusiastic effort, concentration, and wisdom are practiced by Bodhisattvas who have the supreme intention of attaining enlightenment for the sake of others. These six are perfections because they give rise to complete enlightenment. Practice of them also insures the attainment of an excellent body and mind in the future and even more favorable conditions for effective practice than those we enjoy at present. For example, generosity leads to the enjoyment of ample resources, ethical discipline gives a good rebirth, patience leads to an attractive appearance and supportive companions.

## START WHERE YOU ARE: A Guide to Compassionate Living

by Pema Chodron. 208 pp. #STWHAR \$12

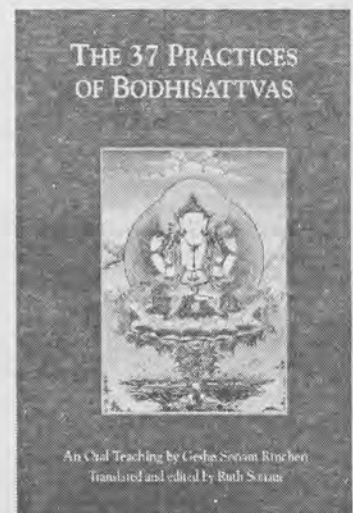
A handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chodron has us make friends with ourselves by "starting where we are"—by embracing the painful aspects of our lives. Then she guides us through self-reflection and meditations that develop the courage to work with our pain and experience joy.

## TAKING THE BODHISATTVA VOW

by Bokar Rinpoche. 127pp. #TABOVO \$9.95

Rinpoche presents and explains the Bodhisattva vow, its nature, the distinction between aspiring and realizing Bodhicitta, and he elucidates the various stages of the Bodhisattvas and their activity. He tells how to take the vow, the commitments, the precepts, and how to purify oneself if a vow is broken.

"Rinchen makes the meaning and the demanding character of the Bodhisattva ideal realistic for the contemporary reader. Offers insight upon insight as to the way a life should be led." —*Library Journal*



## THE 37 PRACTICES OF BODHISATTVAS

by Geshe Sonam Rinchen, trans. & ed. by Ruth Sonam. 112 pp. #THSEPR \$12.95

The Thirty-seven Practices of Bodhisattvas summarize the Mahayana path to perfection. Recognizing their true potential and letting go of everything which could hinder them on their spiritual journey, Bodhisattvas entrust themselves to the path taught by the Buddha. Resisting disturbing emotions, they learn to respond to difficult situations in a constructive way. Fully understanding the nature of reality and the illusion-like nature of pleasure and pain, they overcome clinging attachment and aversion. Bodhisattvas come to cherish living beings as the source of all happiness and are ultimately able to work solely for the good of all.

## TRAINING THE MIND and Cultivating Loving-Kindness

by Chogyam Trungpa Rinpoche. 168 pp., 4 x 6", #TRMI \$9.95

This is a guide to traditional Buddhist affirmations used as tools for students of meditation. Each saying has a commentary and aims at training the mind and awakening the heart.

## TRAINING THE MIND IN THE GREAT WAY

by the First Dalai Lama, trans. by Glenn H. Mullin, intro. by the Dalai Lama. 174 pp. #TRMIGR \$12.95

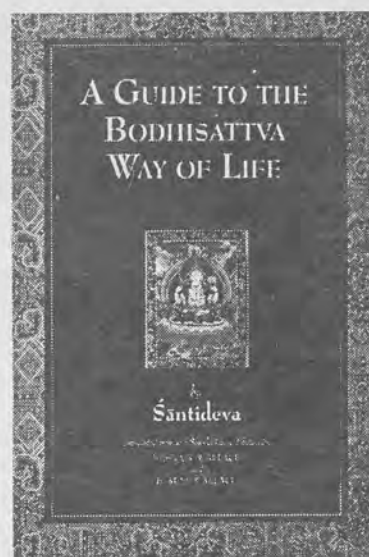
The attitude of self-cherishing and the habit of ego-grasping are considered by Buddhist teachers as the two greatest enemies to happiness and peace of mind. By practicing the mind training (lojong) methods for developing great compassion and the blissful wisdom of emptiness presented in this famous teaching by the First Dalai Lama, these two syndromes can be transformed and eventually overcome.

"For me, the lojong tradition stands as the heart of the Buddha's message of peace. It teaches us how to regard others with the dignity and care, and how to transcend the limitations of conventional ego-grasping." —The Dalai Lama

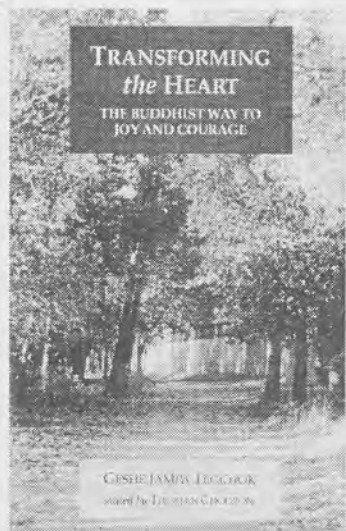
## TRANSFORMING PROBLEMS: How To Be Happy When You're Not

by Lama Thubten Zopa Rinpoche. 110 pp., #TRPR \$11.95

We experience a flux of happiness and suffering. The hope and fear that ensue from both, agitate our minds and cause suffering. Lama Zopa presents the steps that enable spiritual growth which go beyond the blind aversion to obstacles as well as clinging to happiness.







## TRANSFORMING THE HEART: The Buddhist Way to Joy and Courage: A Commentary to the Bodhisattva Togme Sangpo's The Thirty-seven Practices of Bodhisattvas

by Geshe Jampa Tegchok, edited by Thubten Chodron. 228 pp., 6 x 9", #TRHE \$14.95

Geshe Jampa Tegchok gave this extraordinary explanation of the exchanging oneself with others meditation for developing love and compassion for all living beings. He lays open the methods for doing glance, stabilizing, and analytical meditations and offers an in-depth discussion of the nature of emptiness—all the essentials are here for transforming our attitudes and developing courage and joy.

## VAST AS THE HEAVENS, DEEP AS THE SEA:

### Verses in Praise of Bodhicitta

by Khunu Rinpoche, fore. by H.H. the Dalai Lama. 208 pp. #VAHE \$16.95

In this modern classic, Khunu Rinpoche's heartfelt verse bestows his unparalleled vision of the incomparable power of bodhicitta. This late Tibetan master was revered by the Dalai Lama as the very embodiment of this ultimate form of altruism. Text presented in English and Tibetan.

## THE WAY OF THE BODHISATTVA:

### A Translation of the Bodhicharyavatara

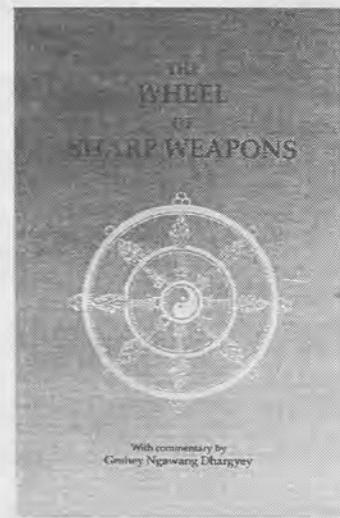
by the Padmakara Translation Group. 240 pp. #WABO \$14

Bodhisattvas renounce nirvana and vow to work for the welfare of all beings. This pivotal work outlines the path that bodhisattvas should follow as they seek to teach others the path to nirvana. It contains moral instruction and meditation exercises for bodhisattvas to practice as they engage in their work.

## THE WHEEL OF SHARP WEAPONS

by Geshe Dhargyey. #WHSWE \$7.95

An inspiring text for the Bodhisattva warrior who intends to see through the tricks of the ego. Contains verses to be memorized and repeated.



# B UDDHIST ETHICS

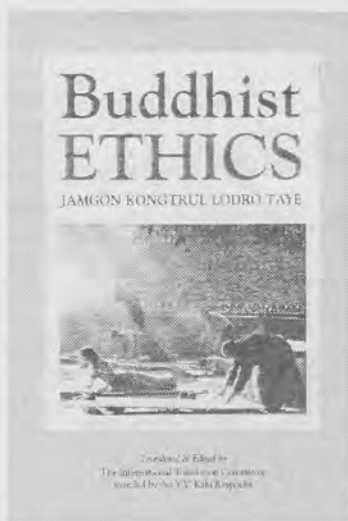
## B UDDHIST ETHICS

by Jamgon Kongtrul Lodro Taye  
trans. and ed. by the International Translation Committee  
founded by the V.V. Kalu Rinpoche  
564 pp. #BUETSL \$22.95

Buddhist Ethics is the fifth part of Jamgon Kongtrul's monumental Encyclopedia of Buddhism and considered by many scholars to be its heart. Buddhist ethics are not regarded as prohibitory rules, but rather the source of freedom. The three major systems of ethics found in the Tibetan tradition are known simply as the "three vows,"—the vows of personal liberation (pratinoksa), universal liberation (bodhisattva), and secret mantra (tantra). Jamgon Kongtrul explains the need for an authentic teacher-student relationship as the support for one's training. He then provides the complete code of personal liberation as it applies to both monastic and lay persons, the precepts for those aspiring to the life of a bodhisattva, and the exceptional pledges for practitioners on the tantric path of pure perception.

"...a clearly structured and lucid exposition of the qualities of spiritual teachers and their students, as well as of the ethical systems of Hinayana, Mahayana, and Vajrayana Buddhism."—Choice

"It represents a substantial contribution to the study of ethics from the standpoint of Tibetan Buddhism."—AAR Religious Studies Review



## B UDDHIST ETHICS

by Hammalawa Saddhatissa. 224 pp. #BUET \$14.95

Beginning with an examination of Western notions of ethics, Saddhatissa goes on to show us how the study of morality is crucial to a clear understanding of the Buddhist tradition. He explains the development and position of Buddhist precepts from a traditional perspective and how to live the moral life of a lay Buddhist practitioner.

## LAMA MIPAM'S COMMENTARY TO NAGARJUNA'S STANZAS FOR A NOVICE MONK (With Tsong Khapa's Essence of the Ocean of Vinaya)

translated by Glenn Mullin and Lobsang Rabgay. 67pp. #LAMICO \$8.95

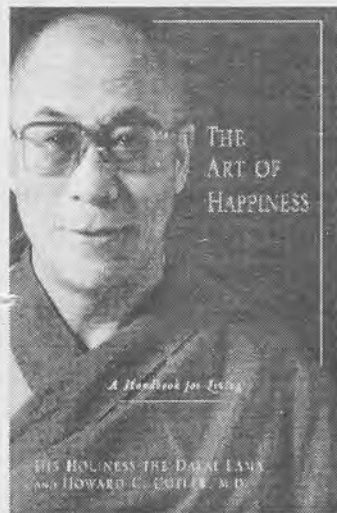
Contains two works on the Vinaya, or system of self-discipline as it is taught to young monks. The first is Nagarjuna's *Stanzas for a Novice Monk* with a commentary by Jamyang Mipam Rinpoche. The second is the *Essence of the Ocean of Vinaya*, by Je Tsong Khapa, which addresses the eight fundamental categories of the pratimoksha vows.

## THE TIBETAN VINAYA: Guide to Buddhist Conduct

by Ven. Khenchen Thrangu Rinpoche, trans. by Sonam Palden & Chojor Radha. 132 pp. #TIVI \$15 cloth

The Buddha taught the Vinaya to monks and nuns so that they had a set of rules allowing them to devote their complete energy to reaching enlightenment. The Buddha did not simply give these rules all at once—he gave them in response to particular situations. In his discussion of vows, Thrangu Rinpoche explains how and why vows have changed over time in different Buddhist cultures.

# B OOKS BY THE DALAI LAMA



## THE ART OF HAPPINESS: A Handbook for Living

by His Holiness the Dalai Lama and Howard C. Cutler, M.D. 322 pp. #ARHA \$23.95 cloth

If you ask him if he is happy, the Dalai Lama will give you an unconditional yes. He will tell you that happiness is the purpose of life. Through conversations, stories, and meditations, the Dalai Lama shows how to defeat anxiety, insecurity, anger, and discouragement as they occur in everyday life situations.

## THE ART OF PEACE: Nobel Peace Laureates Discuss Human Rights, Conflict and Reconciliation

ed. by Jeffrey Hopkins. 184 pp., cloth. #ARPE \$22.95

"One of the most wonderful aspects of this remarkable book is the interaction between the laureates...[Those] concerned about morality's role in the global scheme of things will feast on the banquet of views and ideas."—Today's Librarian

While many people who strive to bring the world into peaceful balance work in relative anonymity, only a few have received international recognition for their efforts. Nine of these outstanding individuals convened recently at the University of Virginia to discuss the topics of human rights, conflict, and reconciliation.

At the core of their agenda is the conviction that ethical concern for the welfare of others is essential for personal, political, social, and economic balance. The Laureates: Jose Ramos-Horta, Betty Williams, Dr. Rigoberta Menchu Tum, Archbishop Desmond Tutu, President Oscar Arias Sanchez, Harn Yawngwe, for Aung San Suu Kyi, Bobby Muller, Jody Williams, His Holiness the Dalai Lama.

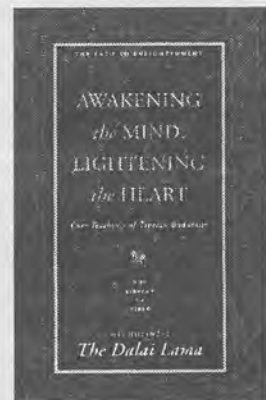
"Readers with an interest in world affairs and human freedom will enjoy this."—Library Journal

"The road to world peace will be long and difficult, but Hopkins helps lead the way with this landmark book."—Kirkus Reviews

## ARYASURA'S ASPIRATION & A MEDITATION ON COMPASSION

by H.H. the Dalai Lama. 148 pp., Tibetan text, #ARAS \$10.95

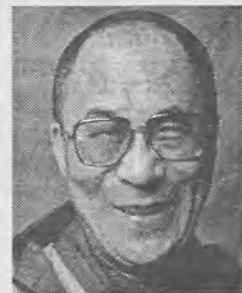
Aryasura's famous aspirational prayer in 70 stanzas was composed at the time of giving his body to a hungry tigress. The commentary is by the 2nd Dalai Lama. The Chenrezig sadhana text *A Meditation on Compassion* was composed by the present Dalai Lama.



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

by H.H. the Dalai Lama, ed. by Donald S. Lopez, Jr. 176 pp., #AWMILI \$21.00 cloth

His Holiness shows how the feeling and activity of compassion can be developed through simple practices that incorporate past and present relationships.



## THE BODHGAYA INTERVIEWS 1981-85

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

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

In these sparkling interviews, His Holiness covers a spectrum of religious and secular concerns in a most candid and stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, meditation, mantra, gurus, protector deities, and particle physics are some of the topics.

## BUDDHA HEART, BUDDHA MIND: Living the Four Noble Truths

by H.H. the Dalai Lama. 177 pp., cloth. #BUHEBU \$19.95

For eight days, the Dalai Lama taught Buddhism on the basis of the Four Noble Truths at Institut Karma Ling in Savoie, France. He addresses: refutation of the self, karma, suffering, bodies of the Buddha, the path to omniscience, and more.



## THE BUDDHISM OF TIBET

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

"Gives the beginner an excellent foundation in Tibetan Buddhism."—The Tibet Journal

A concise introduction to principal Buddhist topics and practices. Included are: *The Key to the Middle Way* by the Dalai Lama—an insightful presentation on emptiness. *The Precious Garland* by Nagarjuna—describes the Bodhisattva path of compassion. *The Song of the Four Mindfulnesses* contains all the essentials of sutra and tantra. It is for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

## COMMENTARY ON THE THIRTY SEVEN PRACTICES OF A BODHISATTVA

by H.H. the Dalai Lama, trans. by Acharya Nyima Tsering, ed. by Vjyvan Cayley & Mike Gilmore. 106 pp. #COTHESE \$9.95

One of Tibetan Buddhism's most popular texts, incorporating mind training and Lam-rim teachings. His Holiness elucidates each stanza and gives introductory talks on living one's Buddhism.

The Snow Lion  
Internet Shop  
www.snowlionpub.com



**CONSCIOUSNESS AT THE CROSSROADS:**  
Conversations with the Dalai Lama on Brain Science and Buddhism

by The Dalai Lama et al., ed. by Zara Houshmand, Robert B. Livingston and B. Alan Wallace, trans. by Thubten Jinpa and B. Alan Wallace, afterword by B. Alan Wallace. 185 pages #COCR \$15.95

Addresses some of the most troublesome questions that have driven a wedge between Western science and religion. *Consciousness at the Crossroads* resulted from meetings of the Dalai Lama and a group of eminent neuroscientists and psychiatrists.

Is the mind an ephemeral side-effect of the brain's physical processes? Are there forms of consciousness so subtle that science has not yet identified them? How does consciousness happen? The Dalai Lama's incisive, clear approach and open-minded pursuit of knowledge both challenges and offers inspiration to Western scientists.

The panel of scientists in *Consciousness at the Crossroads* includes: Allan Hobson, M.D., Professor of Psychiatry at Harvard; Lewis L. Judd, M.D. then Director of the National Institute of Mental Health; and Dr. Robert Livingston, M.D., Professor Emeritus of Neurosciences at University of California, San Diego.

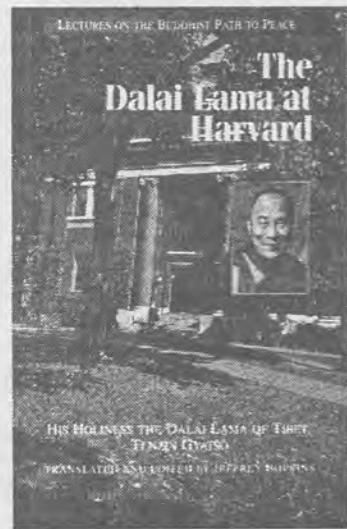
"How about getting a plain English rendition of the latest in brain research and psychology from the leading lights in the field? Step up to the roundtable and set your mind spinning."—Amazon.com



**CULTIVATING A DAILY MEDITATION**

by the Dalai Lama. 137 pp., #CUDAME \$10.95

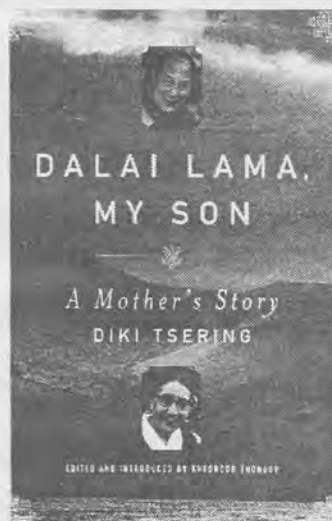
The Dalai Lama explains how to cultivate a daily meditational practice. He also presents tantric meditations on Buddha, Avalokiteshvara, Manjushri, Vajrapani and Arya Tara, and discusses how they transform the mind.



**THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace**

by H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255 pp. #DALAHA \$14.95

His Holiness gave this in-depth introduction to Buddhist theory and practice in a Harvard lecture series. He covers a spectrum of topics: The Psychology of Cyclic Existence; Consciousness and Karma; Cessation and Buddha Nature; Paths and the Utilization of Bliss; Techniques for Meditation; Altruism; Valuing Enemies; Wisdom.



**DALAI LAMA, MY SON: A Mother's Story**

by Diki Tsering, ed by Khedroob Thondup. 176 pp. 8 pp. of photos, cloth #DALAMY \$23.95

Known now as the Grandmother of Tibet, Diki Tsering was born to a peasant family in 1901. Here she tells her own story and that of her son in his formative years. She recalls His Holiness' unfolding personality and Buddhist upbringing; the visitors who came to her town seeking the new Dalai Lama; and life in Lhasa until their escape and exile in India. "He was different from my other children right from the start. He was a somber child who liked to stay indoors by himself. He was always packing his clothes and his little belongings. When I would ask what he was doing, he would reply that he was packing to go to Lhasa, and that he would take all of us with him."

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

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

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

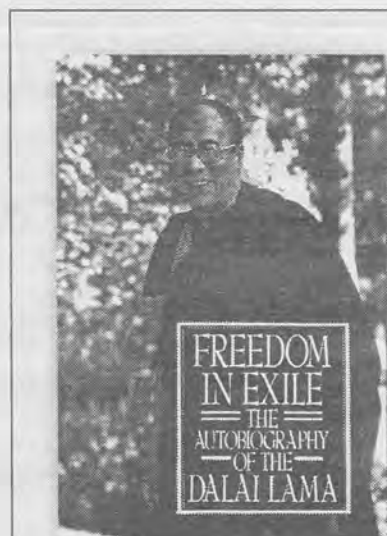
"The style with which the editor captured the essence of this remarkable individual prevails in the excellent choice of material. A Policy of Kindness is ideal...the selections have substance, are beautifully written, and cultivate a rich sense of depth and versatility on themes that range from an intimate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

BOOK-OF-THE-MONTH CLUB SELECTION

**THE DALAI LAMAS OF TIBET**

by Thubten Samphel and Tendar, fore. by H.H. the Dalai Lama. 128 pp., color photos throughout, 9.5 x 11.5", cloth. #DALATI \$24.95

Traversing the road backwards to the fifteenth century when Gendun Drub became the First Dalai Lama, over the centuries, the role of the Dalai Lama only grew in stature—with the Great Fifth and the Great Thirteenth, in particular, each proving to be an 'ocean of wisdom', a living testimony to the title conferred upon them. This book journeys through the lives of the 14 Dalai Lamas, Tibet's history, the exile and rebuilding of Tibetan culture outside of Tibet. The photos are remarkable—many are rare. Thubten Samphel works in the Department of Information and International Relations of the Central Tibetan Administration, in Dharamsala. Tendar is a translation in the same department—both are journalists.



**FREEDOM IN EXILE**  
The Autobiography of the Dalai Lama

by The Dalai Lama. 256 pp., 16 black & white photos, #FREX \$14

In this landmark book the Dalai Lama tells his story—from his remarkable childhood as the leader of 6 million Tibetans through the crisis of the Chinese invasion to the present life in exile and re-establishment of his culture in India.



**THE DALAI LAMA'S BOOK OF WISDOM**

by the Dalai Lama. 128 pp., 5 x 4.5", #DALABO \$8.95

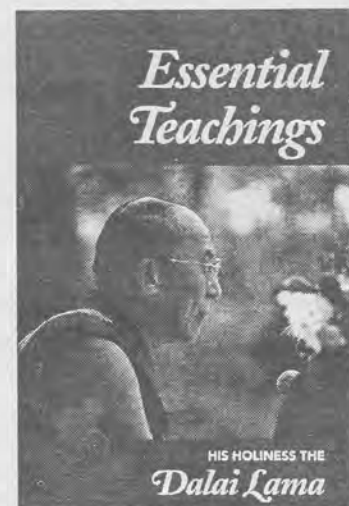
The Dalai Lama offers wisdom to calm and inspire—advice on the importance of compassion and forgiveness, how to deal with difficult emotions. Its small size makes it an ideal travel companion.

**DEITY YOGA in Action and Performance Tantras**

H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also trans. & ed.). 274 pp., many photos of mudras, #DEYO \$19.95

Describes the profound process of meditation in Action and Performance Tantras—the basis of higher tantric practices. It explains the meditative rites of deity yoga—visualizing oneself as a Buddha's divine body manifesting compassionate wisdom. Parts 2 & 3 of the *Great Exposition of Secret Mantra* by Tsong-ka-pa, details special deity yoga techniques for developing the heart, mind and physical form of a Buddha. The mudras (hand gestures) that accompany the meditations are clearly illustrated. The sequel to Tantra in Tibet.

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**ESSENTIAL TEACHINGS**

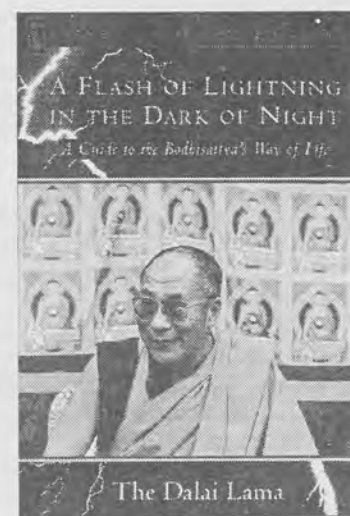
by the Dalai Lama. 127 pp. #ESTE \$14.95

The Dalai Lama offers guidelines for compassionate living based on the 37 practices for the cultivation of bodhicitta, the bodhisattva's mind of awakening.

**ETHICS FOR THE NEW MILLENNIUM**

by the Dalai Lama and Alexander Norman. 250 pp. approx. #ETNEMI \$24.95

The Dalai Lama shares his vision for overcoming suffering and bringing about individual and world peace. He contends that what we perceive as a drift into ethical chaos is not caused by a loosening of moral standards, but rather by an inherent flaw in the way our morals have been structured. He argues that humans are originally pure, not sinful.



**A FLASH OF LIGHTNING IN THE DARK OF NIGHT**

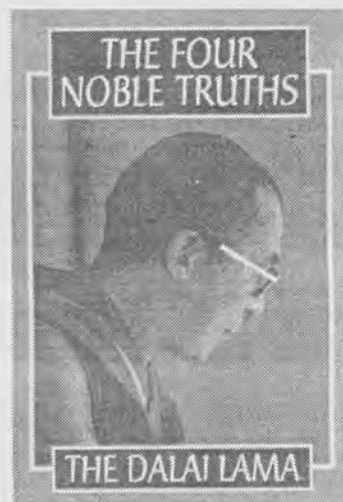
by Dalai Lama. 141 pp. #FLLIDA \$13.95

This commentary on the Guide to the Bodhisattva's Way of Life shows how to make the bodhisattva ideal a living experience. The bodhisattvas' enemies are the ego, passion, and hatred; their weapons are generosity, patience, perseverance, and wisdom.

**FOUR ESSENTIAL BUDDHIST COMMENTARIES**

by The Dalai Lama. 154 pp. #FOESBC \$9.95

The Dalai Lama explains four central Tibetan Buddhist practice texts: *Thirty Seven Practices of Bodhisattvas*, the *Three Principle Aspects of the Path*, the *Eight Verses on Mind Training*, and the *Song of Four Mindfulnesses*.



**THE FOUR NOBLE TRUTHS**  
by the Dalai Lama. 166 pp., 4 x 6" #FONOSM \$11

Examines the Four Noble Truths in the light of Nagarjuna's classic explanation of emptiness and the interdependent nature of reality. He focusses on suffering and karma, refuge, compassion, right action, true happiness, reducing negative emotion.

"...if you don't understand and experience the truth of this teaching personally, it is impossible to practice Buddha Dharma."—the Dalai Lama

**THE FOURTEEN DALAI LAMAS: A Sacred Legacy of Reincarnation**

by Glenn H. Mullin, fore. by H.H. the Dalai Lama. 416 pp., 15 illus., cloth. #SALERE \$24.95

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.

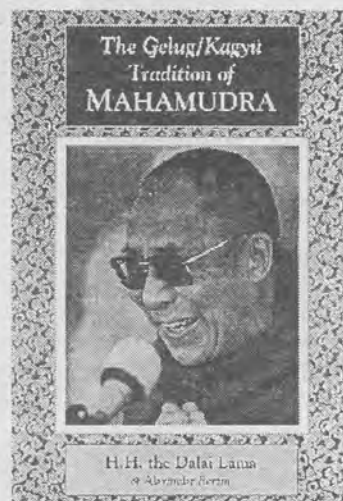
This book blends history, spiritual teachings, and the personal experience and accomplishments of the Dalai Lamas of Tibet. Here are the life stories of all 14 Dalai Lamas including excerpts from their teachings, poetry, and other writings. For almost six centuries, the Dalai Lamas have served as the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



**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 \$25.00 cloth

The Dalai Lama's fascinating life story. For his tireless efforts in promoting non-violence and human rights, he was awarded the Nobel Prize for peace in 1989.



**THE GELUG/KAGYÜ TRADITION OF MAHAMUDRA**

by H. H. the Dalai Lama and Alexander Berzin. 400 pp. #GEKATR \$22.95

Within the Gelug tradition, mahamudra teachings are exemplified in the First Panchen Lama's *Root Text for the Precious Gelug/Kagyü Tradition of Mahamudra*. The work presented here contains two brilliant commentaries by the Dalai Lama. Berzin's overview of mahamudra discusses the relation of mind, appearances and reality and offers practical techniques for overcoming problems due to excessive worry, anxiety and disturbing thought. This treasury of practical instruction contains extensive teachings on the nature of mind, the development of shamata, sutra and tantra levels of mahamudra, and the compatibility of Dzogchen and anuttarayoga tantra.

"An important addition to the body of works on advanced practices of Tibetan Buddhism."—*The Tibet Journal*

**HEALING ANGER: The Power of Patience from a Buddhist Perspective**

by the Dalai Lama, trans. by Thupten Jinpa. 176 pp. #HEAN \$12.95

Buddhist traditions unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. The Dalai Lama shows how patience and tolerance overcome the obstacles of anger and hatred. His Holiness presents the practice of the Six Perfections, the central role of bodhicitta, the twelve links of dependent origination and offers a clear roadmap for the practitioner to achieve the goal of liberation. The techniques and methods are relevant for everyone—the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world.

"The Dalai Lama teaches with clear and forceful language."—*Publishers Weekly*

"The theme of healing anger has great relevance to our lives. It is what we all seek."—*Values & Visions Magazine*

"Healing Anger shows that Shantideva's teaching many centuries ago can still speak to this generation and be a source of strength to change our society."—*Asian Thought & Society*

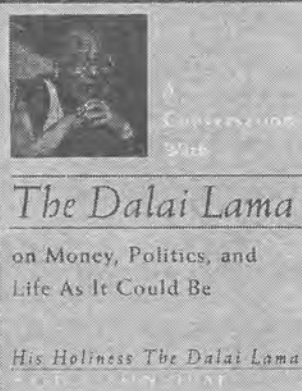
**THE JOY OF LIVING AND DYING IN PEACE: Core Teachings of Tibetan Buddhism**

by His Holiness the Dalai Lama, ed. by Donald Lopez, Jr. 176 pp., #JOLIDY \$17

The Dalai Lama offers teachings on death, dying and living a meaningful life. He combines lessons on living well through compassion, patience, wisdom and effort with teachings on impermanence, the acceptance of death, and the achievement of joy, peace, and spiritual wisdom.

[www.snowlionpub.com](http://www.snowlionpub.com)

**Imagine All the People**



**IMAGINE ALL THE PEOPLE: A conversation with The Dalai Lama on Money, Politics, and Life as It Could Be**

by H.H. the Dalai Lama & Fabien Ouaki. 192 pp. #IMALPE \$14.95

The Dalai Lama offers his unique perspective on the issues of today: media, money and the economy, abortion, prozac, ethics, enemies and compassion.

**KINDNESS, CLARITY, AND INSIGHT**

by H.H. the Fourteenth Dalai Lama, Trans. & Ed. by Jeffrey Hopkins, Co-Ed. by Elizabeth Napper. 239 pp. #KICLIN \$12.95

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

This best-selling book contains teachings for Western audiences during His Holiness' tours of North America. He covers a wide variety of spiritual and human concerns in a practical and direct manner with his characteristic warmth, wit and perception. The teachings move ever deeper: Religious Values and Human Society, The Luminous Nature of the Mind, Altruism and the Six Perfections; Deities; Transforming the Mind Through Meditation; Eight Verses of Training the Mind; Om Mani Padme Hum; The Path to Enlightenment; Tibetan Views on Dying; Self and Selflessness; The Two Truths.

"This is an excellent book."—*Choice*

**LIVE IN A BETTER WAY: Reflections on Truth, Love and Happiness**

by the Dalai Lama. 240 pp. cloth. #LIBEWA \$23.95

Contains a decade's worth of public lectures given in India—each is followed by a question and answer section.

"Pay attention not only to the cultivation of knowledge but to the cultivation of qualities of the heart, so that at the end of education, not only will you be knowledgeable, but also you will be a warmhearted and compassionate person."—the Dalai Lama

**LOVE, KINDNESS AND UNIVERSAL RESPONSIBILITY**

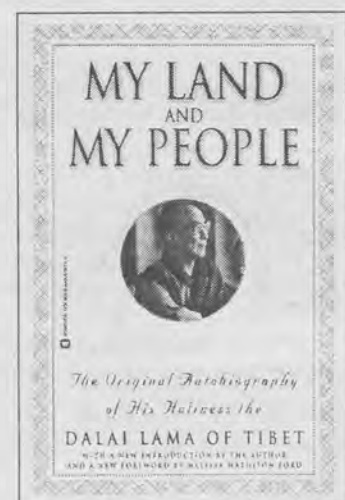
by the Dalai Lama. 79pp. #LOKUN \$7.95

Essays by H.H. the Dalai Lama: A Human Approach to World Peace, presents ways to embody mutual understanding and compassion; Compassion and the Individual, addresses the role of compassion in individual development and the role that the responsible individual assumes in the evolution of one's social environment; The Global Community and the Need for Universal Responsibility, argues for a greater sense of universal responsibility among all nations.

**THE MEANING OF LIFE**

by the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 164 pp., 7 color illus., #MELI \$15.95

Presents the basic world view of Buddhism as depicted in the twelve links of dependent-arising of the Wheel of Life.



**MY LAND AND MY PEOPLE**

by the Dalai Lama. 271 pp. #LAPE \$12.99

As a young man in exile, the Dalai Lama wrote this testament which recreates the miraculous search that identified him as the reincarnated leader of Tibet. It paints a rare, intimate portrait of Tibetan Buddhism—a way of life that would end with a terrifying foreign invasion surpassing sanity and reason. It reveals his evolution from a gentle monk to a world leader who still struggles to free his country—and in the process has touched many hearts with the goodness that makes him one of the most beloved men.

**MY TIBET**

by the Dalai Lama & Galen Rowell. 168 pp., oversize, 108 color photos. #MYTI \$29.95 paper (see Art & Photography).

**OCEAN OF WISDOM: Guidelines for Living**

by the Dalai Lama, photos by Marcia Keegan, fore. by Richard Gere. 86 pp, 19 color photos, 5 x 7.5", #OCWI \$14.95 cloth

The words of His Holiness inspire hope and love—his message of universal kindness provides a real perspective on world peace. The photos are inspiring, lively and intimate.

**OPENING THE EYE OF NEW AWARENESS**

by H.H. the Dalai Lama, ed. by Don Lopez. 160 pp. #OPEYNE \$14.95

A succinct, thorough overview of the doctrines of Tibetan Buddhism. Written by the young Dalai Lama in his first years of exile, his erudition is brilliantly displayed as he discusses the need for religious practice and the importance of kindness and compassion. This was the Dalai Lama's first book on Buddhist philosophy to appear in English.

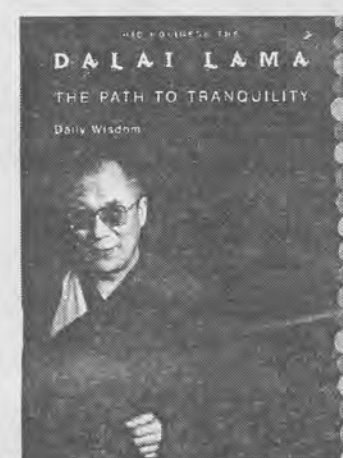


**PATH TO BLISS**

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

Presents a systematic approach to personal development through visualization, reason and contemplation. Clear and eloquent, it provides rich material for beginner and more advanced students. Beginning with practices that develop an effective mental outlook in one's life, it guides the student to more advanced techniques for developing the mind's deepest potentials.

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



**THE PATH TO TRANQUILITY: Daily Wisdom**

by the Dalai Lama, compiled and ed. by Renuka Singh. 427 pp. #PATR \$24.95 cloth

Inspiration and wisdom for every day of the year from His Holiness the Dalai Lama. Here is a selection of quotations from his writings that guide and give insight.

**THE POWER OF COMPASSION**

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

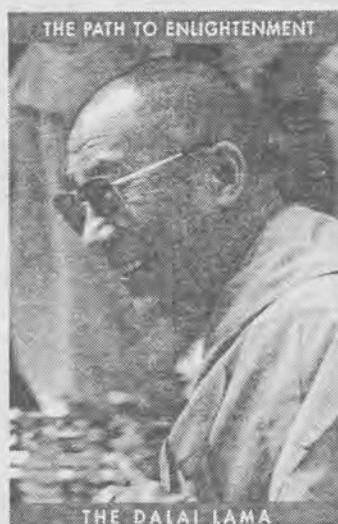
Drawing upon contemporary themes, the Dalai Lama offers timeless knowledge to give readers courage to face confusion and suffering with wisdom and compassion. His Holiness emphasizes the vital need for peace and tolerance as they apply to modern issues—the strife in Bosnia, racial hatred, abortion, the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

**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.

**THE PATH TO ENLIGHTENMENT**

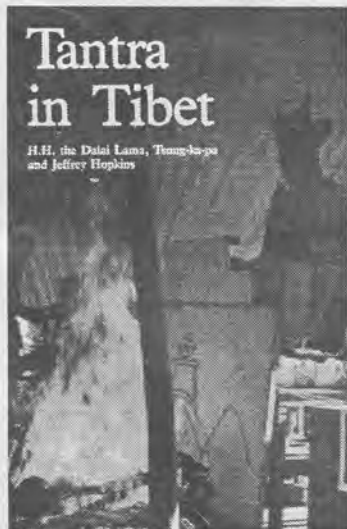


by The Dalai Lama  
trans. & ed. by Glenn H. Mullin  
271 pp. #PAEN \$14.95

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

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





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

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

Tantra in Tibet is composed of three parts. *Essence of Tantra* by His Holiness the Dalai Lama explains the central issues related to initiation and Tantric practice. *The Great Exposition of Secret Mantra* (Part 1) by Tsong-ka-pa distinguishes the Sutra and Tantra vehicles. The third part, *Supplement* by Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras.

**TRANSFORMING THE MIND**  
Teachings on Generating  
Compassion

by His Holiness the Dalai Lama.  
168 pp. #TRMITE \$20

Written by the 11th century meditator Langi Thangpa, the *Eight Verses for Training the Mind* are a source of inspiration for the Dalai Lama and a popular topic for discussion. In this commentary, His Holiness shows how to increase compassion and wisdom in our lives. He explains ways to transform adverse situations into opportunities for spiritual growth and effect changes in the lives of others.

**THE UNION OF BLISS AND EMPTINESS**

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

Guru yoga is an important aspect of tantric practice and the foundation for the whole tantric structure; it is the force that gives vitality to a serious practitioner's meditation. Unlike other systems, tantric meditation depends upon inspiration transmitted in an unbroken lineage through a living guru. This book lays the framework for the entire Buddhist path and sets down guidelines for a complete form of daily practice that is both inspiring and compelling.

**THE WAY TO FREEDOM:**  
Core Teachings of Tibetan  
Buddhism

by H.H. the Dalai Lama, ed. by  
Don Lopez. 144 pp. #WAFR \$19

Contains teachings on the precious opportunity of human birth, importance of hearing and practicing the dharma, karma, the bodhisattva, etc. Presented in easy-to-understand steps, this is an essential primer on Tibetan Buddhism.

**THE WORLD OF THE DALAI LAMA:**

An Inside Look at His Life,  
His People, and His Vision  
by Gill Farrer-Halls. 160 pp., 158  
color, 27 b&w photographs, 9 1/2"  
square, #WODALA  
\$29.95 cloth

This great photo book has an overview of Tibetan history, the life and role of the Dalai Lama, a survey of Tibetan Buddhism and the four schools of practice as well as an exclusive interview with the Dalai Lama. There is a wonderful mix of old and new photos that gives a sense of the history of Tibet and Tibetan Buddhism as well as the current situation of both.



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

by The Dalai Lama, trans.,  
ed., annotated by Geshe Thupten  
Jinpa. 240 pp. #WOTIBU \$15.95

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

## TRANSCENDENT WISDOM

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

"The Guide to the Bodhisattva Way of Life" is a book highly recommended by the Dalai Lama for Mahayana practice. The ninth chapter on Transcendent Wisdom is known as a challenging and profound exposition of Madhyamika philosophy. This clear exposition by the Dalai Lama elucidates core issues of Tibetan Buddhism.

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

## DEATH & DYING

### THE BARDO GUIDEBOOK

by Chokyi Nyima Rinpoche. 187  
pp. #BAGU \$14.95

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



**BARDO TEACHINGS: The Way of Death and Rebirth**  
by Ven. Lama Lodo. 73 pp., illustrations  
#BATE \$8.95

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra, a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—San Francisco Chronicle



**DEATH AND THE ART OF DYING in Tibetan Buddhism**

by Bokar Rinpoche. 100 pp.  
#DEAF **SOLD OUT**

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



**DEATH, INTERMEDIATE STATE AND REBIRTH**

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

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

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

**DELOG: Journey to Realms Beyond Death**

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

"Delog" is a person who intentionally crossed the threshold of death and returned to tell about it. Delog Dawa Drolma, a great realization holder of Vajrayana and mother of Chagdud Tulku Rinpoche, laid in a death trance without any vital sign of breath, pulse, or warmth for five days. She journeyed to other realms where she experienced the almost unimaginable contrast between existence within the pure display of enlightened mind and existence within samsaric delusion.

**FACING DEATH AND FINDING HOPE: A Guide to the Emotional and Spiritual Care of the Dying**

by Christine Longaker. 262 pp.  
#FADEFP \$13.95

The unique wisdom on dying and death as expressed in Tibetan Buddhist teaching is made accessible in this practical, warm, and moving guide—valuable for caregivers, loved ones, and those facing death.

"Unquestionably, this book will be of vital interest for anyone concerned with a dying person. And who of us, sooner or later, is not?"—Sogyal Rinpoche

**GRACEFUL EXITS: How Great Beings Die**

by Sushila Blackman. 160 pp., 20  
photos, #GREX \$12.95

Here are 108 stories recounting the ways in which Tibetan, Hindu, and Zen Buddhist masters, both ancient and modern, have confronted their own deaths. It recounts the grace, clarity, and even humor with which these teachers have met the end of their days. Kalu Rinpoche, Ling Rinpoche, Jamyang Khyentse Rinpoche, Dilgo Khyentse Rinpoche, Trijang Rinpoche, H.H. Gyalwa Karmapa, and Lama Yeshe are among those whose stories are recounted.

**ILLUSTRATED TIBETAN BOOK OF THE DEAD**

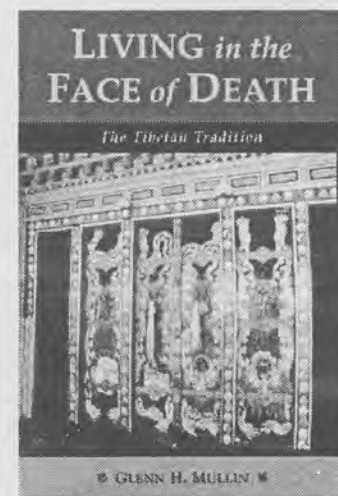
by Stephen Hodge. 128 pp., 8 x 10"  
#ILTIBO \$24.95 cloth

A gorgeously illustrated translation of the Tibetan masterpiece by the scholar Stephen Hodge. It is not only about death, the knowledge it imparts should guide us through life's constant changes and crises. The goal is to master these endless shifts, to recognize and take advantage of the opportunities that transitions offer.

**LIFE IN RELATION TO DEATH**

by Chagdud Tulku. 86 pp., 2nd  
edition, #LIREDE \$7.95

Describes the dying process and offers practical methods for bringing one's spiritual practice to the experience.



**LIVING IN THE FACE OF DEATH: The Tibetan Tradition**

by Glenn H. Mullin, fore. by Elizabeth Kubler-Ross. 300 pp., 6 x 9",  
#LIFADE \$16.95

Whereas Western society views death as the last taboo, the Tibetan tradition incorporates meditation on death into everyday life—a conscious awareness of impermanence allows a person to live a happy, fulfilled life. Tibetans developed a wide-ranging literature on death, including inspirational poetry and prose, prayers, and practical works on care for the dying. Mullin presents nine Tibetan texts covering topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, explanation of karma and reincarnation, and methods to facilitate the transition to new modes of consciousness.

"Short of this study there has been no one volume that presents the Tibetan understanding of death as a whole."—Professor Huston Smith

"Mullin renders various aspects of the Tibetan culture accessible with good humor and a keen familiarity with his subject matter."—Parabola Magazine

**NATURAL LIBERATION: Padmasambhava's Teachings on the Six Bardos**

commentary by Gyatrul  
Rinpoche, translated by B. Alan  
Wallace. 272 pp. #NALI \$16.95

Padmasambhava explains how to turn ordinary circumstances into opportunities for enlightenment. He describes six life processes or bardos and teaches how to transform them (includes meditation instructions).

**PERFECT ENDINGS: A Conscious Approach to Dying and Death**

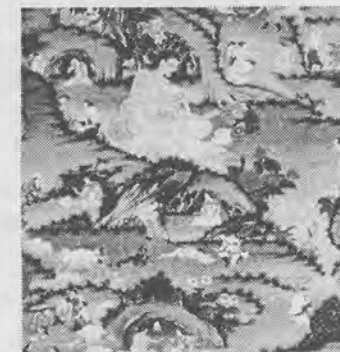
by Robert Sachs. 164 pp. #PEEN  
\$12.95

The author is a member of Sogyal Rinpoche's Spiritual Dying Network, a Social Worker and hospice counselor. His stories open the inner transformative workings of the dying process, and Sachs presents different solutions to the task of letting go of life and provides valuable guidance for care givers. He explains phowa, or conscious dying.

**P'HOWA COMMENTARY: Instructions for the Practice of Consciousness Transference as Revealed by Rigdzin Longsal Nyingpo**

by Chagdud Khadro (Jane Tromge). 90 pp. #PHCO \$7

P'howa is a Vajrayana Buddhist method by which one's consciousness is intentionally transferred to a pure realm at the moment of death. P'howa training enables one to approach death as an opportunity for liberation from cyclic existence, rather than an experience of fear and uncertainty. Chagdud Khadro explains the process of dying and the steps involved in p'howa training based on the hidden treasure text of the Buddhist meditation master Rigdzin Longsal Nyingpo. Restricted to students who have received p'howa teachings.



**THE TIBETAN BOOK OF THE DEAD**

by Robert Thurman. 278 pp., 8  
color photos., #TIBO \$14.95

The introduction to Buddhism, meditation instruction, illuminating commentary, and guidance in the practical use of Tibetan prayers make it one of the most accessible and informative editions available.



## DEATH & DYING

### THE TIBETAN BOOK OF THE DEAD FOR READING ALOUD

adapted by Jean-Claude van Itallie. 80 pp., color art and photos, 9x9", #TIBORE \$20

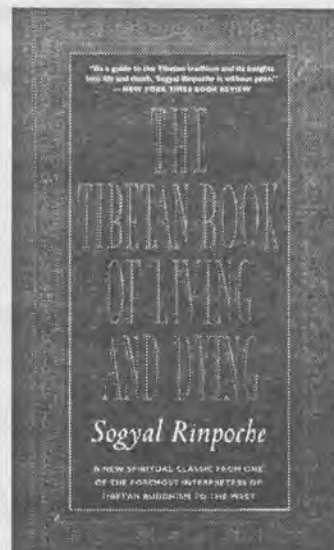
"Jean-Claude, one of our most original playwrights and a longtime practitioner of Tibetan Buddhism, has taken Guru Padmasambhava's masterpiece and rendered its essential brilliance into deeply moving and inspiring poems meant to be read aloud. Its sole intent is to pilot us wandering voyagers through the illusory realms we call life and death."—Richard Gere



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

trans. by Francesca Fremantle and Chogyam Trungpa. 119 pp. #TIBODD \$12.95

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



### THE TIBETAN BOOK OF LIVING AND DYING

by Sogyal Rinpoche. 356 pp., photos, #TIBOLP \$17 paper

Examines the dramatic healing that is released when we view death as the beginning of another chapter of life. Teaches how to transform the experience of death through contemplation and mindfulness. He discusses rebirth, near-death experience, and caring for the dying. (Also available on tape.)

### TRANSITION & LIBERATION: Explanations of Meditation in the Bardo

by Tenga Rinpoche. 114 pp., 14 color plates, 1 b&w photo, #TRLI \$20

Introduces the six kinds of bardo and gives instructions on how consciousness can be guided through each of these phases and liberated. This teaching was taken from Karma Lingpa's The Peaceful and Wrathful Deities.

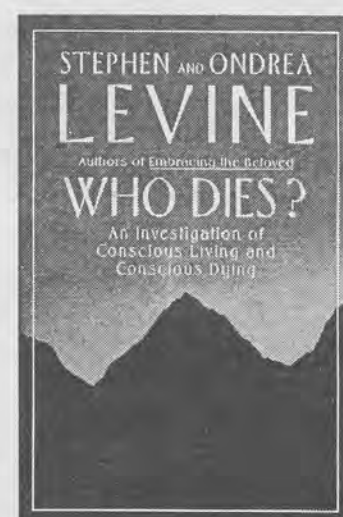
### WHO DIES? An Investigation of Conscious Living and Conscious Dying

by Stephen and Ondrea Levine. 317 pp., #WHDI? \$12.95

"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."—Elizabeth Kubler-Ross

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

"The bible of the conscious dying movement."—Harper's



## DZOGCHEN

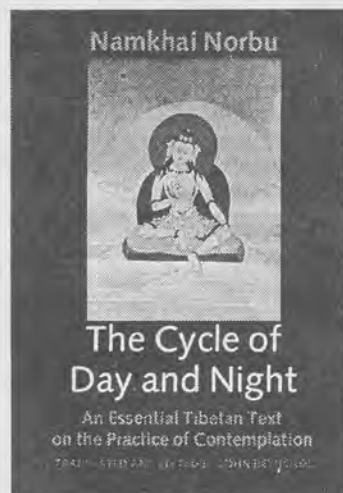
### THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen

by Chogyal Namkhai Norbu compiled and ed. by John Shane 176 pp., 23 line drawings, 30 b&w photos, #CRWALI \$16.95

Chogyal Namkhai Norbu examines the spiritual path from the viewpoint of Dzogchen. He interweaves his life story with Dzogchen teachings, making them accessible through his living example. He discusses his education and how he met his principal master who showed him the real meaning of "direct introduction to Dzogchen."

"One of the most significant contributions to the understanding of Tibetan Buddhism to have appeared in recent years."—The Middle Way, Journal of the Buddhist Society

Namkhai Norbu was born in eastern Tibet in 1938, and at the age of three was recognized as the incarnation of a great Dzogchen master. He received the full traditional education of a "tulku" or reincarnate lama, and went on to study and practice with several great masters in Tibet.



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

by Namkhai Norbu. 128 pp. #CYDANI \$14.95

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

### DZOGCHEN: INNERMOST ESSENCE

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

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

### DZOGCHEN MEDITATION

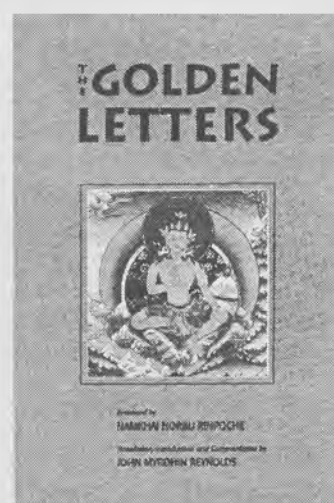
by Khamtrul Rinpoche, annotated by Gareth Sparham. 117 pp. #DZME \$15

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

### FOUR-THEMED PRECIOUS GARLAND

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

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



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

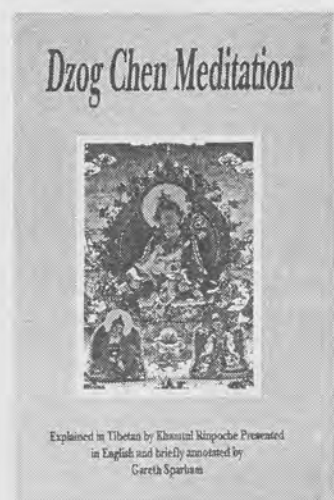
trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 389 pp. #GOLE \$18.95

The teachings of Dzogchen which directly introduces the practitioner to the Nature of Mind were first expounded by Garab Dorje in the country of Uddiyana and later went to India and Tibet. The essence of Garab Dorje's message is "The Three Statements that Strike the Essential Points." Patrul Rinpoche wrote a brilliant commentary together with practices entitled "The Special Teaching of the Wise and Glorious King"—here translated with notes, commentaries, and glossary of terms.

"In many ways the best guide to the Dzogchen teachings. Includes explanations of texts that were previously thought too secret to publish."—Tricycle: The Buddhist Review

"Contains clear translations and detailed commentaries. Careful study and practice of the knowledge revealed in *The Golden Letters* is indispensable."—The Mirror

"Many of the meditative practices this book introduces are among the most profound ever to appear in published form."—Shambhala Sun



### ANCIENT WISDOM: Nyingma Teachings of Dream Yoga, Meditation and Transformation

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

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

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

### BUDDHAHOOD WITHOUT MEDITATION

by Dudjom Lingpa, Tibetan text edited by H.H. Dudjom Rinpoche, trans. by Richard Barron. 254 pp., glossary, #BUWIME \$21.95

*Buddhahood Without Meditation*, widely known by its subtitle, *Nang-jang (Refining Apparent Phenomena)*, presents the view of the Great Perfection through the approach known as t'hreg-chhod (cutting through solidity). From the lineage of Dudjom Lingpa, it is a direct transmission of Dzogchen so powerful that hearing it read aloud ensures that the listener will escape the suffering of cyclic existence.

### CAREFREE DIGNITY

by Tsoknyi Rinpoche. #CADI \$18

Using the Dzogchen perspective, Rinpoche unfolds a vivid play through guided meditations and delightful examples.

"Carefree means being wide open from within, not constricted. Care-free is having compassion, being really simple, from the inside. Dignity is not conceit but rather what shines forth from this carefree confidence."—the Author



### DZOGCHEN: The Self-Perfected State

by Chogyal Namkhai Norbu ed. by Adriano Clemente trans. by John Shane

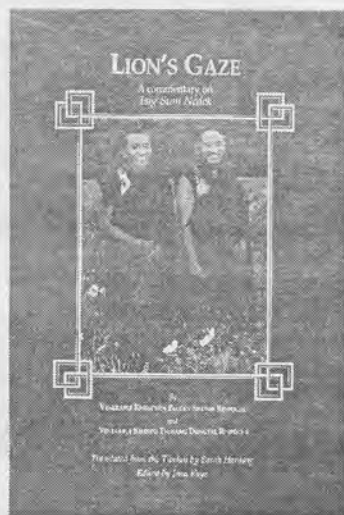
150 pp., 5 line drawings, #DZSEPE \$12.95

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

"Rinpoche's explanations and analogies simply and convincingly map a path to the self-perfected."—John Tighe, Daemen College

"A fine introduction to Dzogchen for the Western reader."—The Tibet Journal





## LION'S GAZE

by Ven. Khenpo Palden Sherab Rinpoche and the Ven. Khenpo Tsewang Dongyal Rinpoche, trans. by Sarah Harding, ed. by Joan Kaye. 210 pp. #LIGAZ \$20

This is commentary on Patrul Rinpoche's *The Special Teaching of the Wise and Glorious Sovereign* and Vidyadhara Garab Dorje's *The Three Words that Strike the Crucial Point*.

## MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis

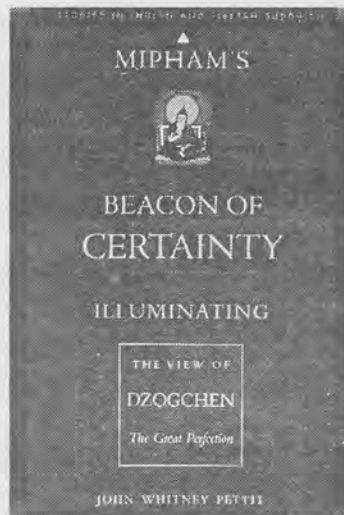
by Thinley Norbu. 176 pp. #MADA \$14

In their gross and subtle forms, the five elements of earth, water, air, fire, and space combine to make up the infinite illusory displays of phenomenal existence. Thinley Norbu relates how the energies of the elements manifest within our everyday world, in individual behavior and group traditions, relationships and solitude, medicine and art. He explains their links to the five Buddha families and their respective Wisdom Dakinis and shows how each element relates to our senses, temperament, passions, and karmic potentials—and how to transform them with a calm, vast and playful state of consciousness.

## MEDITATION DIFFERENTLY

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

Contrasts Dzogchen and Mahamudra. Padmakarpo's definitive work on four tuning-in phases introduces the Mahamudra approach to meditation. Dzogchen is presented plus a discussion of empowerments which serve as stepping stones to realization.



## MIPHAM'S BEACON OF CERTAINTY: Illuminating the View of Dzogchen, the Great Perfection

by John W. Pettit. 576 pp. #MIBECE \$28.95

Dzogchen may seem to be a purely mystical and anti-rational system to achieve enlightenment. In the grand spirit of Buddhist debate, 19th-century Buddhist philosopher Mipham wrote *Beacon of Certainty*, a compelling, systematic defense of Dzogchen that employs the very logic it has been criticized as lacking.

## MYRIAD WORLDS: Buddhist Cosmology in Abhidharma, Kalachakra and Dzogchen

by Jamgon Kongtrul Lodro Taye, trans. & ed. by the International Sonada Translation Committee. 365 pp., #MYWO \$22.95 (see General Tibetan Buddhism section)

## NAKED AWARENESS: Practical Instructions on the Union of Mahamudra and Dzogchen

by Karma Chagme, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace, ed. by Lindy Steele & B. Alan Wallace. 321 pp. #NAAW \$19.95

"The Union of Mahamudra and Dzogchen is widely regarded as an unusually elegant synthesis of the leading Tibetan approaches to Buddhist meditation. Students and practitioners of meditation will be especially grateful to the Venerable Gyatrul Rinpoche and his translator B. Alan Wallace for these ample and lucid elaborations of these instructions as they are traditionally taught." —Matthew Kapstein, author

Karma Chagmé, one of the great teachers of both these lineages of Tibetan Buddhism, begins with a discussion of the proper motivation for spiritual practice and the nature of karma. Next he gives exceptionally lucid instructions on the two phases of Dzogchen practice—the "Breakthrough" and the "Leap-over"—followed by an accessible introduction to the practice of the transference of consciousness at the time of death.

The concluding chapters of this treatise present a detailed analysis of Mahamudra meditation in relation to Dzogchen practice. This tour de force of scholarly erudition and contemplative insight is made all the more accessible by the lively commentary of the contemporary Nyingma Lama, Gyatrul Rinpoche. Although this book stands alone, it is the concluding section of a single body of teachings by Karma Chagmé, the earlier section published under the title *A Spacious Path to Freedom*.

## NATURAL GREAT PERFECTION: Dzogchen Teachings and Vajra Songs

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

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

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

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

"...a testament to the vibrancy of Dzogchen lineages, proof that the natural Great Perfection is alive and well."—*The Mirror*

## THE PHILOSOPHICAL VIEW OF THE GREAT PERFECTION IN THE TIBETAN BON RELIGION

by Donatella Rossi. 315 pp., biblio., Tibetan-English glossary, index, #PHVIGR \$21.95

Dzogchen is presented by way of two Bonpo texts belonging to the revered terma and oral traditions, here translated and critically edited for the first time in their entirety. Donatella Rossi has a Ph.D. in History of Religions and Tibetology from the University of Oslo, Norway.

## THE PRACTICE OF DZOGCHEN

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

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

This book contains the writings on Dzogchen by Longchen Rabjam (1308-1363), a celebrated adept of the Nyingma School. Dzogchen is the innermost esoteric philosophy and meditation training, which until recent decades was only whispered into the ears of heart-disciples by the learned masters. It employs a meditative technique which effortlessly uncovers the emotional and intellectual layers of the mind and instantly awakens its essential nature, which is Buddhahood itself. (This book was originally published as *Buddha Mind*.)

## THE PRECIOUS TREASURY OF THE WAY OF ABIDING

by Longchen Rabjam. 318 pp. #PRTR \$29 cloth

This is one of *The Seven Treasures* and is a treatise on the four great samayas of Dzogchen—ineffability, openness, spontaneous presence, and oneness. Longchen Rabjam quotes extensively from the Dzogchen tantras, as well as from Garab Dorje, Nagarjuna, Shri Singha, Padmasambhava and others.



## RAINBOW PAINTING

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

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

## SELF-LIBERATION THROUGH SEEING WITH NAKED AWARENESS

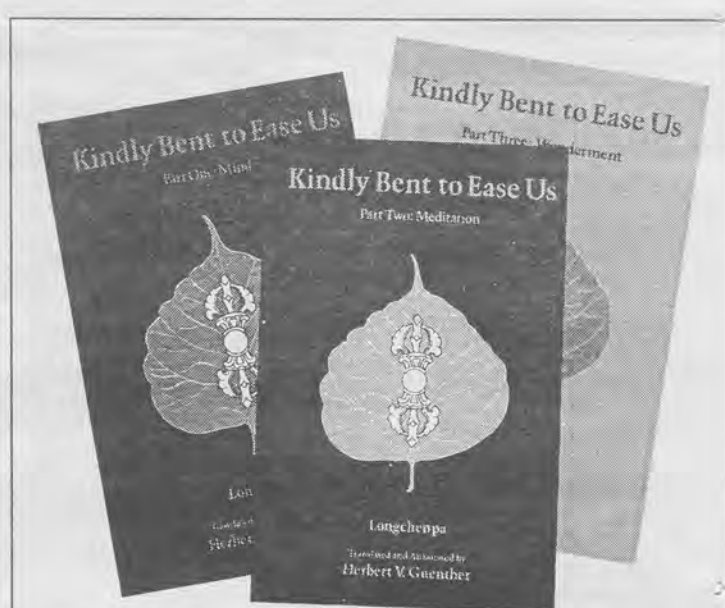
trans. & comm. by John Myrdhin Reynolds, fore. by Namkhai Norbu. 172 pp., 4 line drawings, glossary, biblio., index. #SELI \$14.95

A text belonging to the same cycle of teachings as *The Tibetan Book of the Dead*, this instruction on the method of "self-liberation" presents the essence of Dzogchen, "the Great Perfection."

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 commentary 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."

"This important work should be of interest to most Buddhist readers."—*Library Journal*



## KINDLY BENT TO EASE US I

by Longchenpa, trans. by H. Guenther. 312 pp. #KIBEE1 \$16.95

These three volumes are an inspiring introduction to Dzogchen by a leading master. The first section sets forth the preparations, view, essential concepts, ethical basis, and stages of the bodhisattva path, leading to contemplations on mind, reality, creative imagination, and meaningful existence.

## KINDLY BENT TO EASE US II

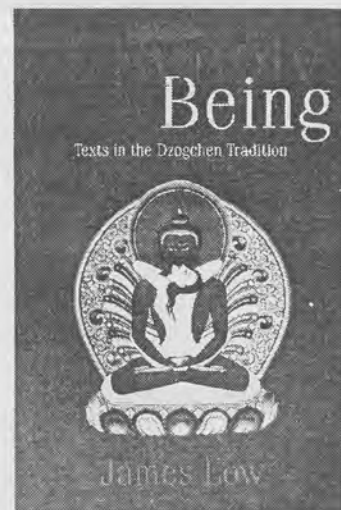
by Longchenpa, trans. by H. Guenther. 126 pp. #KIBEE2 \$14.95

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

## KINDLY BENT TO EASE US III

by Longchenpa, trans. by H. Guenther. 171 pp. #KIBEE3 \$14.95

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



## SIMPLY BEING: Texts in the Dzogchen Tradition

by James Low. 175 pp. #SIBE \$17.99

Twelve teachings by Patrul Rinpoche, Garab Dorje, Chetsangpa, and others on how to recognize one's own enlightened being as infinite awareness free of all effort and artifice. Freed from limiting false assumptions, human nature is revealed as a joyful process of open responsiveness.

"A treasure of the most profound Tibetan Buddhist teachings."—Tulku Thondup

## THE SIX VAJRA VERSES (Rigba Kujyug)

by Garab Dorje, comm. by Namkhai Norbu Rinpoche. 136 pp. #SIVAVE \$10

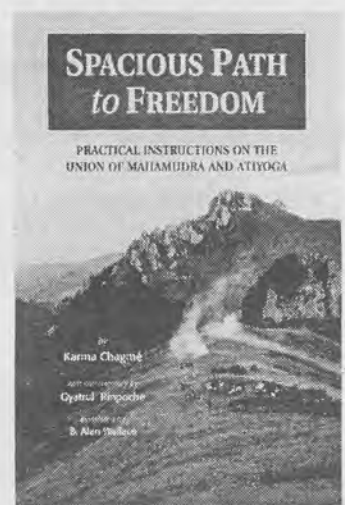
"The Dzogchen teaching is a living knowledge which is transmitted and applied. To find real tranquility, you must have experience of the state of knowledge and know how to relax. That is why the learning, application and practice of Dzogchen is indispensable for every individual."—Namkhai Norbu

www.snowlionpub.com

## SOME ESSENTIAL ADVICE ON THE PRACTICE OF MEDITATION

by Sogyal Rinpoche. 25 pp., #SOESAD \$4.50

Four talks by one of the leading Dzogchen masters on the practice of meditation. This small book is full of practical advice and is highly recommended.



## A SPACIOUS PATH TO FREEDOM: Practical Instructions on the Union of Mahamudra and Atiyoga

by Karma Chagme, comm. by Gyatrul Rinpoche, trans. by B. Alan Wallace. 250 pp. #SPPAFR \$18.95

Karma Chagmé sets forth the stages of meditation practice including the cultivation of meditative quiescence and insight, the experiential identification of awareness, and the highest steps of Mahamudra and Atiyoga leading to perfect enlightenment. Drawing from his enormous textual erudition and mastery of Tibetan oral traditions, he shows how these two meditative systems can be unified into a single, integrated approach to realizing the ultimate nature of consciousness. Karma Chagmé was a major lineage holder of the Karma Kagyu tradition of Tibetan Buddhism, and his writings are central to the Payül Nyingma order.



## THE SUPREME SOURCE The Fundamental Tantra of Dzogchen Semde

by Chogyal Namkhai Norbu &  
Adriano Clemente  
325 pp. #SUSO \$19.95

The aim of Dzogchen is the reawakening of the individual to the primordial state of enlightenment which is naturally found in all beings. The master introduces the student to his or her real nature, but it is only by recognizing this nature and remaining in this state of recognition in all daily activities that the student becomes a real Dzogchen practitioner of the direct path of self-liberation.

In this book, the Dzogchen teaching is presented through the tantra *Kunjed Gyalpo* or "The King who Creates Everything"—a personification of the primordial state of enlightenment. This tantra is the fundamental scripture of the Semde or "Nature of Mind" tradition of Dzogchen and is the most authoritative source for understanding the Dzogchen view. The commentary by Chogyal Namkhai Norbu gives easier insight into the depths of these teachings. Adriano Clemente translated the main selections of the original tantra.

"An exceptionally well written text, which could become the 'bible' of the Dzogchen teachings." —*Explorations*



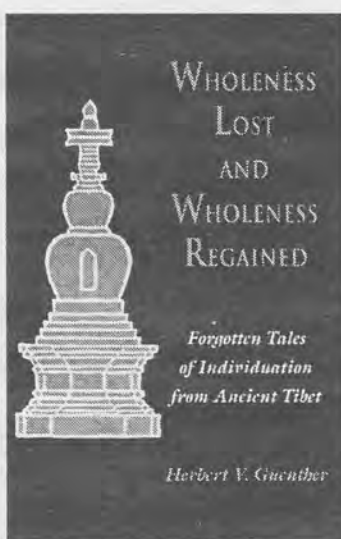
## TANTRIC PRACTICE IN NYING-MA

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

## UNION OF MAHAMUDRA & DZOGCHEN

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

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



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

by Herbert Guenther. 128 pp.  
#WHLOWH \$14.95

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

## WONDERS OF THE

## NATURAL MIND: The Essence of Dzogchen in the Native Bon Tradition of Tibet

by Tenzin Wangyal Rinpoche, fore. by H.H. the Dalai Lama. 224 pp.  
#WONAMI \$18.95

*Wonders of the Natural Mind* presents Dzogchen as taught in the *Zhang Zhung Nyan Gyud*, the fundamental Bon text. The book summarizes the main points of Dzogchen and its relation to the various systems of Bon teaching. Tenzin Wangyal Rinpoche provides the reader with a vivid and engaging portrait of Bon culture as he interweaves the teachings with his personal story and reflections on the practice of Dzogchen in the West.

"This book will be of great help to readers wishing to find a clear explanation of the Bon tradition, especially with regard to its presentation of the teachings of Dzogchen." —H.H. the Dalai Lama

## YOU ARE THE EYES OF THE WORLD

by Longchenpa, trans. by Kennard Lipman & Merrill Peterson, intro.  
by Namkhai Norbu, a Copper Mountain Series book. 114 pp. #YOAREY  
\$18.95

Just as the images projected on television are nothing more than light, so are our experiences merely the dance of awareness. Often we form attachments to, or feel enslaved by, these experiences. But they are only reflections. Their power fades as easily as the pictures vanish when the channel is changed, if we penetrate to the heart of reality—the light of the natural mind within everyone.

*You Are the Eyes of the World* presents a method for discovering awareness everywhere, all the time. This book does not discuss how to turn ordinary life off, it does not describe how to create beautiful spiritual experiences; it shows how to live within the source of all life, the unified field where experience takes place. A breakthrough translation by Kennard Lipman and Merrill Peterson, introduced by Namkhai Norbu, author of many books on Tibetan Buddhism.



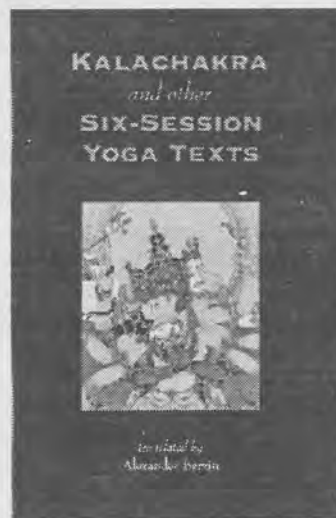
# KALACHAKRA



## KALACHAKRA

by Monks of Namgyal Monastery,  
ed. by Laura Harrington. 310 pp.,  
9.5 x 12.5", 293 color plates, fold-  
outs, #KAMONA \$85

A complete guide to the world of Kalachakra—hundreds of deities, Shambhala, the history and transmission of the Tantra, the mandala, Kalachakra yoga, lineage masters and the initiation. Images from the Kalachakra Temple in Dharamsala, India, next to Namgyal Monastery. The murals contain complete and detailed depictions of the Kalachakra deities and lineage gurus and the main deities and lineage gurus of the Guhyasamaja, Chakrasamvara, Thirteen-Deity Yamantaka, and Vajra Kilaya Tantras.

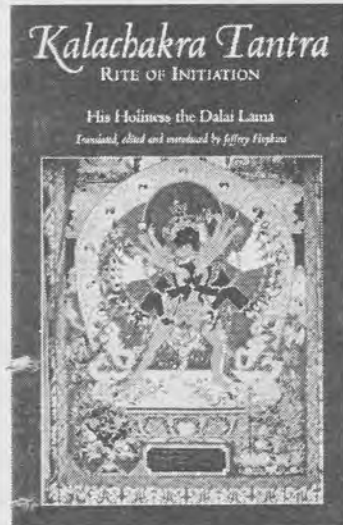


## KALACHAKRA AND OTHER SIX-SESSION YOGA TEXTS

by Alexander Berzin. 52 pp.  
#KASISE \$8.95

Six-session yoga practices are a common commitment of highest yoga tantra initiations. The Dalai Lama endorsed these four six-session yoga practices given with the Kalachakra Initiation. They are: *An Extremely Abbreviated Six-Session Yoga*, *An Abbreviated Six-Session Yoga*, *An Extensive Six-Session Yoga*, and *the Kalachakra Guru-yoga in Conjunction with Six-session Practice*.

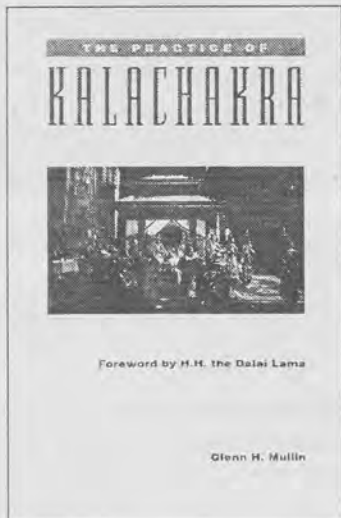
"...masterfully rendered into English—combining the beauty of poetic expression and faithfulness to the original works." —*The Tibet Journal*



## KALACHAKRA TANTRA: RITE OF INITIATION

by H.H. the Dalai Lama and Jeffrey Hopkins. 511 pp. #KARIIN  
\$22.95

Details the entire rite of initiation which usually lasts three days. The book is introduced by Jeffrey Hopkins and many key ideas are explained.



## KALACHAKRA TANTRA

by Geshe Ngawang Dhargyey.  
180 pp., #KATA \$12.00

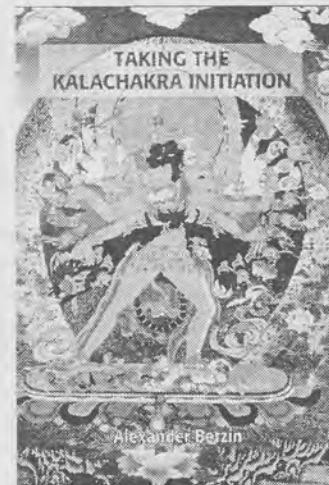
Provides a sound explanation of Kalachakra practice containing tantric information applicable to any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.

This book is only available to people who have received the Kalachakra Initiation.

## THE PRACTICE OF KALACHAKRA

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

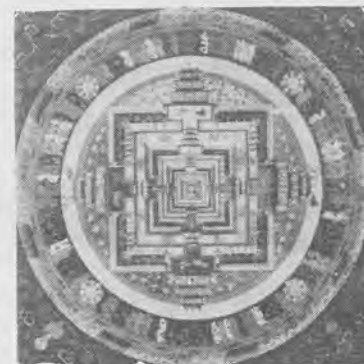
This detailed study of the Kalachakra Tantra discusses the tantric path to enlightenment. Mullin outlines the four classes of tantra, compares the Kalachakra generation and completion stage yogas to mainstream tantras and details the unique Kalachakra methods for enlightenment in this lifetime. Translations of seven essential texts on the practice of Kalachakra, including a sadhana selected by the Dalai Lama round out this excellent book.



## TAKING THE KALACHAKRA INITIATION

by Alexander Berzin. 199 pp.,  
#TAKAIN \$12.95

Kalachakra tantra practice overcomes the limitations of historical, astrological and biological cycles, to achieve Buddhahood. Since 1970, many great Tibetan masters have given the initiation to large numbers of people. *Taking the Kalachakra Initiation* expands oral teachings Alex Berzin gave during several Kalachakra initiations to deepen participants' experience before and after the initiation. He explains the tantric theory, vows, commitments, how to visualize, and the thoughts and feelings participants need to generate at each step of the empowerment. It presents the variations in the Kalachakra initiation for the four lineages of Tibetan Buddhism, and relates Kalachakra teachings to karma, astrology, Tibetan medicine, the fabled land of Shambhala, and world peace.

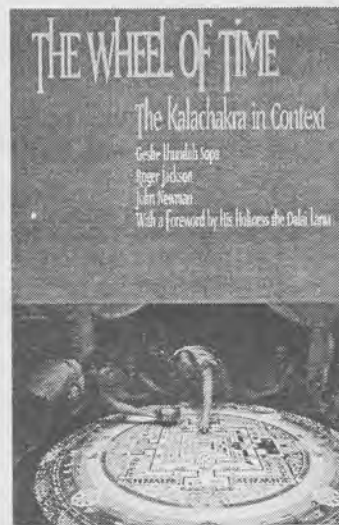


## TRANSCENDING TIME: An Explanation of the Kalachakra Six-Session Guru Yoga

by Gen Lamrimpa, trans. by B.  
Alan Wallace, ed. by Pauly Fitze.  
317 pp., gloss., notes, biblio.,  
index, #TRTI \$21.95

Offers an overview of Kalachakra practice: the preliminaries, initiation, generation and completion stages—he especially makes the Six-Session Guru Yoga practice understandable by explaining its parts and how it is to be practiced six times every 24 hours.

"To the best of my knowledge, no such detailed account of these secret practices has previously appeared in English"—B. Alan Wallace



## THE WHEEL OF TIME: The Kalachakra in Context

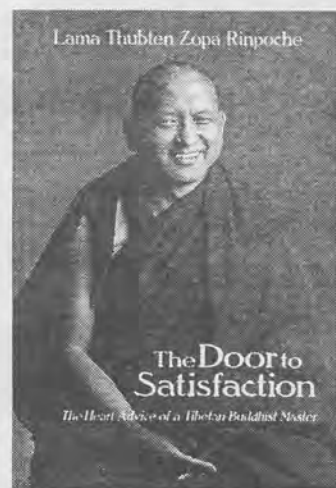
by Geshe Lhundub Sopa, Roger  
Jackson, John Newman, fore-  
word by H.H. the Dalai Lama.  
158 pp., #WHTI \$12.95

The Kalachakra interweaves yoga, astrology, physiology, and mythology into a meditational system embracing the entire universe. Information on Kalachakra has been sparse—The Wheel of Time discusses the Buddhist background, history, initiation rites, generation stage sadhana and completion stage practices.



The following books are part of the lam rim or "stages of the path to enlightenment" tradition of Tibetan Buddhism.

**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 (see Tibetan Buddhism section)



**THE DOOR TO SATISFACTION:**  
**The Heart Advice of a Tibetan Buddhist Master**  
by Lama Thubten Zopa Rinpoche, ed. by Ailsa Cameron & Robina Courtin. 152 pp., #DOSA \$12.50

A teaching based on Opening the Door of Dharma: The Initial Stage of Training the Mind in the Graduated Path to Enlightenment, compiled by Lodro Gyaltsen, a fifteenth-century Tibetan yogi. Lama Zopa reveals the essential meaning of this text which he discovered in his Himalayan retreat cave. After reading this text he understood the meaning of Buddhist practice.

**ESSENCE OF NECTAR**  
by Yeshe Tsöndu. 110 pp., notes, glossary, #ESNEC \$8.95

An extensive commentary/prayer on the Buddhist path presented in the Great Exposition of the Graded Path (Lam-rim chenmo) by Tsongkhapa.

**ESSENCE OF THE PATH TO ENLIGHTENMENT**  
by Geshe Acharya Thubten Loden. 346 pp., 16 line drawings, 4 color plates, #ESPAEN \$25

A clear presentation of the Lam Rim teachings—discusses the stages of spiritual development, leading progressively through deeper levels.

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

Stages of the path teachings are presented here as meditations—they are methods for investigating and transforming one's attitudes and behavior and eradicate negative mental states and develop qualities of the enlightened mind.

**THE GREAT TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT: The Lamrim Chenmo**  
by Tsong-kha-pa, translated by the Lamrim Chenmo Translation Committee. Volume 1, 434 pp., cloth. #GRTR \$29.95

The Great Treatise on the Stages of the Path to Enlightenment (Lam rim chen mo) 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.

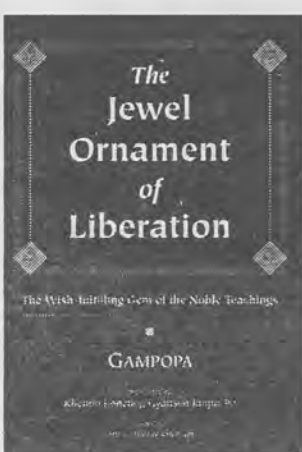
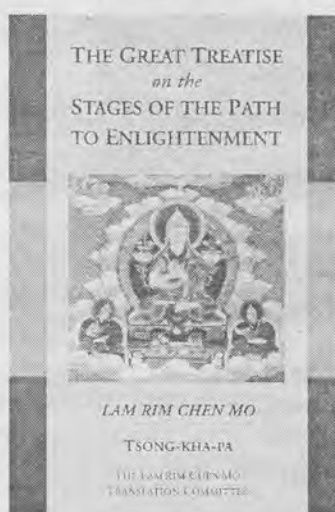
Tsong-kha-pa's text has continued to be essential for any student of Buddhist thought who wants to put the teachings into practice. Because it condenses all the esoteric sutra scriptures into a meditation manual that is easy to understand, scholars and practitioners have for centuries relied on its authoritative 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 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 (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

"...one of the greatest religious or secular works in the library of our human heritage." —Prof. Robert A.F. Thurman



**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 \$22.95

A master work of Tibetan Buddhism—providing the complete foundation for study and practice—from beginning to Buddhahood. Includes teachings on Buddha-nature, finding the spiritual master, impermanence, karma, cultivation of bodhicitta, development of the six perfections, the ten bodhisattva bhūmis, Buddhahood, and the activities of the Buddha.

"Anyone who knows the Jewel Ornament well can say that they really understand Buddhism." —Khenpo Konchog Gyaltsen  
"...clear and readable." —Bodhi Tree Bookstore

www.snowlionpub.com

**LIBERATION IN OUR HANDS: Part 1, The Preliminaries**

by Pabongka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 300 pp. #LIHA \$12.50

Pabongka Rinpoche, a lama famous for his direct, no-nonsense approach, gave a clear and elaborate explanation of the path to enlightenment based on Je Tsong Khapa. Throughout, he tells marvellous stories to bring his teachings alive. First of three volumes.

**LIBERATION IN OUR HANDS: Part 2: The Fundamentals**

by Pabongka Rinpoche; ed. by Yongzin Trijang Rinpoche; trans. by Geshe Lobsang Tharchin & Art Engle. 404 pp. #LIHA2 \$12.50

Covers the initial Lamrim meditation topics: refuge, karma, serving a spiritual teacher, the leisure and fortune of human rebirth, impermanence, and the suffering of lower realms. The focus is overcoming attachment for this life and pursuing the causes of a favorable rebirth in future lives. Included is Pabongka's How to Meditate on the Stages of the Path to Enlightenment—analytic meditations on each topic and what to look for when one has generated the appropriate realizations.

**LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Path to Enlightenment**

by Pabongka Rinpoche, edited by Trijang Rinpoche, and translated by Michael Richards. 980 pp. #LIPAHA \$24.95

This guide for the study, practice, and realization of Buddhist teachings is perhaps the most popular Lam rim, or "stages of the path" teaching available. Pabongka Rinpoche, a legendary teacher who died in 1941, gave this twenty-four-day Lam rim teaching to a mass gathering in 1921.

**MEDITATIONS ON THE PATH TO ENLIGHTENMENT**  
by Geshe Acharya Thubten Loden. 604 pp., 26 line drawings, #MEPAEN \$35

A condensed version of Geshe's massive Path to Enlightenment. Structured as a meditation guidebook, the subject matter is presented with instructions on generating enlightened qualities through analytical and single-pointed meditation techniques—the best way to ground the teachings and effect the desired transformation.

**THE PATH TO ENLIGHTENMENT**

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

**OPENING OF THE LOTUS: Developing Clarity and Kindness**

by Lama Sherab Gyaltzen Amipa. 175 pp., 2 line drawings, #OPLO \$12.95

The development of the stages of enlightenment involve building the correct foundation practices, meditation on bodhicitta, mind training, parting from the four attachments, meditation on the precious human body, karma and rebirth, the development of concentration and the perfections. Ngondro practices are also described—refuge, prostration, mandala offering, Vajrasattva meditation, guru yoga.

**PATH TO ENLIGHTENMENT IN TIBETAN BUDDHISM**

by Geshe Acharya Thubten Loden. 1100 pp., color plates, line drawings, #PAENTI \$80 cloth

This clear and massive presentation of the progressive stages of spiritual development is richly endowed with translations from the original sutras of the Buddha. The essential points of the vast range of Buddhist philosophy are presented with practical advice on how to transform your life with a range of extraordinary meditation methods. Also contains a detailed explanation of the lojong mind training techniques and an extensive glossary, index and subject outline, and translation of the root and branch bodhicitta vows.

Geshe Acharya Thubten Loden is the spiritual leader of the Tibetan Buddhist Society in Australia.

**TIBETAN TRADITION OF MENTAL DEVELOPMENT**

by Geshe Dhargye. 255 pp. #TITRME \$10.95

A comprehensive presentation of the graded path to enlightenment based on teachings at the Library of Tibetan Works and Archives.

**THE TRANSFORMATION OF SUFFERING: A Handbook for Practitioners**

by Khenpo Konchog Gyaltshe Rinpoche. #TRSU \$15.95

Teachings on the nature of samsara and nirvana. Included are details on suffering in the six realms, karma, refuge and bodhicitta—including the four immeasurables, relative and absolute bodhicitta, and the six perfections—as well as effective methods of purification, Chenrezig and Green Tara practice, and an explanation of Om Mani Padme Hung.

**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.

## NGONDRO TEACHINGS/TANTRIC FOUNDATIONS

**ENTERING THE PATH: Outer and Inner Refuge**  
by The Dzogchen Ponlop Rinpoche. 43 pp. #REVO \$10

Described are the two forms of refuge: going for refuge to the Buddha, Dharma, and Sangha in their external forms as separate from oneself; we go for inner refuge to the fundamental nature of our own mind, which is indivisible from the jewel of the Buddha. Our fundamental state of mind is totally awake, totally in the state of fully awakened heart. That is what Buddha is.

**THE EXCELLENT PATH TO ENLIGHTENMENT**

by H.H. Dilgo Khyentse Rinpoche. 140 pp. #EXPAEN \$12.95

"Excellent!"—Reader's Review

"To accomplish the good of others, we must first perfect ourselves, by purifying and transforming our minds. This is the aim of what we call the preliminary practices, which establish the foundations of all spiritual progress."

Dilgo Khyentse Rinpoche explains Jamyang Khyentse Wangpo's (1820-1892) text on taking refuge, generating altruistic motivation, performing Vajrasattva practice to remove hindrances on, offering the mandala to accumulate merit and wisdom, and developing proper reliance on a spiritual teacher. Included are the Tibetan text and mantras and prayers commonly recited in conjunction with these practices.

"A straightforward, heartfelt guide to being a bodhisattva."—Tricycle: The Buddhist Review

"An essential and utterly clear insight of Tibetan Buddhist practice."—The Tibet Journal

**FOUNDATIONS OF TIBETAN BUDDHISM: The Gem Ornament of Manifold Oral Instructions which Benefits Each and Everyone Appropriately**

by His Eminence Kalu Rinpoche. 205 pp. #FOTIBU \$16.95

Contains the fundamental practices of Tibetan Buddhism. After explaining the major Buddhist paths, Kalu Rinpoche explains taking refuge, prostrations, Dorje Sempa purification meditation, mandala practice, guru yoga and the guru-disciple relationship. He discusses the vows of the lay person, the bodhisattva and the tantric practitioner, ending by explaining meditation with and without object and the key points of mahamudra meditation. Originally published as *The Gem Ornament*.







## CHOOSING REALITY: A Buddhist View of Physics and the Mind

by B. Alan Wallace. 227 pp.  
#CHRE \$15.95

"Choosing Reality shares the podium with *The Tao of Physics* and *The Dancing Wu Li Masters* and wears the gold medal. It is a triumphant commentary on the relationship between physics and mind, science and religion."—John Tighe, Dept. of Philosophy, Religion, Humanities, Daemen College

*Choosing Reality* shows how Buddhist contemplative methods of investigating reality are relevant for modern physics and psychology. How shall we understand the relationship between the way we experience reality and the way science describes it? In examining this question, Alan Wallace discusses two opposing views: the realist view, which argues that scientific theories represent objective reality, and the instrumentalist view, which states that concepts cannot describe what exists independently of them. Finding both of these philosophies of science inadequate, the author explores the Buddhist middle way view and the relevance for modern physics of Buddhist contemplative methods of investigating reality. He also examines the ideas of body, mind, and reincarnation from the viewpoint of Tibetan Buddhism.

"Choosing Reality is one of the best books I have read."—Mathieu Ricard

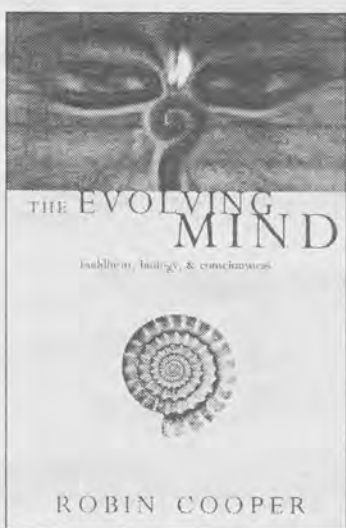
## CONSCIOUSNESS AT THE CROSSROADS: Conversations with the Dalai Lama on Brain Science and Buddhism

by The Dalai Lama, et al., ed.  
by Zara Houshmand, Robert B. Livingston and B. Alan Wallace,  
trans. by Thubten Jinpa and B. Alan Wallace, afterword by B. Alan Wallace. 185 pages #COCR \$15.95 (see Dalai Lama)

## THE EMBODIED MIND: Cognitive Science and Human Experience

by Francisco J. Varela, Evan Thompson and Eleanor Rosch. 308 pp. #EMMI \$21.50

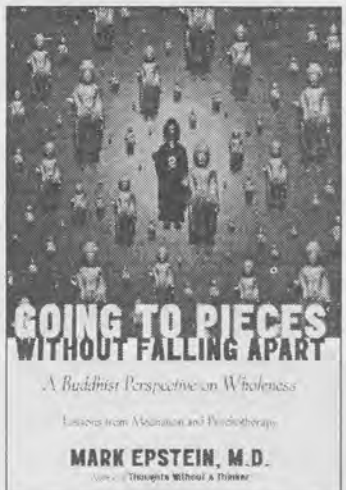
A sophisticated treatment of the spontaneous and reflective dimension of human experience. The authors argue that only by having a sense of common ground between mind in science and mind in experience can our understanding of cognition be complete. They develop a dialogue between cognitive science and Buddhist meditative psychology and relate it to phenomenology and psychoanalysis. One of the very best treatments of Buddhism and cognitive science.



## THE EVOLVING MIND: Buddhism, Biology, & Consciousness

by Robin Cooper. 266 pp. #EVMI \$21.95

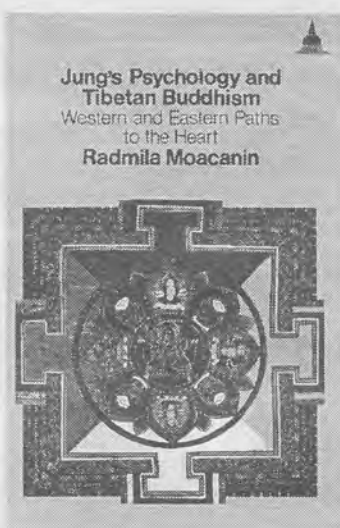
Discusses the distinctions and continuities between "lower evolution," culminating in self-reflective beings, and "higher evolution," which can include an effective "spiritual dimension," or program for raising one's consciousness beyond the average human level. A good introduction to general Darwinian and post-Darwinian evolutionary theory, and places such theories in a conversation with Buddhism.



## GOING TO PIECES WITHOUT FALLING APART: A Buddhist Perspective on Wholeness

by Mark Epstein, M.D. 200 pp.  
#GOPIFA \$23 cloth

Western psychology has promised fulfillment through building and strengthening the ego—a strong, individuated self, constructed and reinforced over a lifetime. Based on the premise that the Western notion of self is flawed, Mark Epstein shows that happiness comes from letting go and from balancing our need to do with our inherent capacity to be. He explores key experiences such as emptiness, connection, passion and relief in an engaging manner.



## JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM

by Radmila Moacanin. 144 pp.  
#JUPSTI \$12.95

Discusses the ideas and methods of Tibetan Buddhism and Jungian psychology. Although there are fundamental differences, both are vitally concerned with what Jung called "the tremendous experiment of becoming conscious," successfully bridging the gap between our deep yearnings for spiritual fulfillment and the demands of mundane life.

## THE HAPPINESS PROJECT: Transforming the Three Poisons that Cause the Suffering We Inflict on Ourselves and Others

by Ron Leifer, M.D. 313 pp.  
#HAPR \$14.95

Ron Leifer, M.D. is a psychiatrist who studied with various Buddhist teachers and is very cognizant of the interplay between Buddhism and psychotherapy. He addresses the way we undermine our effort to achieve happiness by striving for the fulfillment of our desires, through trying to avoid pain, and through our effort to create a self-identity. These three components of the "Happiness Project" are the same as the Buddhist "Three Poisons," the causes of our suffering. Dr. Leifer presents a view of the three poisons compatible with Western science. He then explores suffering, desire and self-identity through Western religion, mythology, history, philosophy, law and psychology and offers a meditation on the problems and prospects of seeking and finding lasting happiness.

"...an intriguing and cogent examination of suffering through the perspectives of psychoanalysis and Buddhism...a substantial contribution to the understanding of psychopathology as well as therapeutic solutions to the problems of human misery."—Jerry Piven, The New School

## THE RESONANCE OF EMPTINESS: A Buddhist Inspiration for a Contemporary Psychotherapy

by Gay Watson. 317 pp., cloth  
#REEMBU \$55

Explores Buddhist philosophy and practice as an approach to psychotherapy which is responsive to the needs of its time and context, and opens up a three-way dialogue between Buddhism, psychotherapy and contemporary discourse to compose a Buddhist and transpersonal theory and practice for a contemporary psychotherapy.

## SLEEPING, DREAMING, AND DYING: An Exploration of Consciousness with The Dalai Lama

ed. and narrated by Francisco J. Varela, Ph.D. 224 pp. #SLDRDY \$16.95

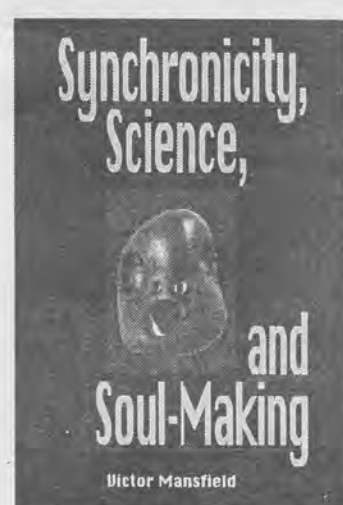
Whether to topic is lucid dreaming, near death experiences, or the very structure of consciousness itself, the participants in this unique dialogue continually surprise us with their discoveries. The discussion revolves around the three key moments of consciousness of sleep, dreams, and death—what neuroscientist Francisco Varela calls the ego's shadow zones. The Dalai Lama and leading western scientists discuss the significance that these transitional states offer to our understanding of the nature of mind.

## THE TABOO OF SUBJECTIVITY: Toward a New Science of Consciousness

by B. Alan Wallace. 218 pp., cloth.  
#TASU \$29.95

This book takes a bold new look at ways of exploring the nature, origins, and potentials of consciousness within the context of science and religion. Alan Wallace draws careful distinctions between four elements of the scientific tradition: science itself, scientific realism, scientific materialism, and scientism. Arguing that the metaphysical doctrine of scientific materialism has taken on the role of ersatz-religion for its adherents, he traces its development from its Greek and Judeo-Christian origins, focusing on the interrelation between the Protestant Reformation and the Scientific Revolution.

Wallace argues that the metaphysical principles of scientific materialism have long impeded scientific research into subjective states of awareness, including the nature of consciousness itself. Drawing on the writings of William James, Hilary Putnam, Augustine, and Indian Buddhist contemplatives such as Buddhaghosa, Asanga, and Padmasambhava, he presents a theoretical framework and mode of inquiry into human consciousness that combines both extraspective and introspective methods of research.

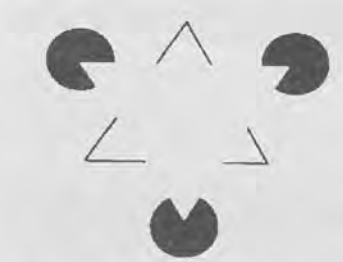


## SYNCHRONICITY, SCIENCE, AND SOUL-MAKING

by Victor Mansfield. 328 pp.  
#SYSCSO \$18.95

"A masterful treatment...I liked the powerful synchronicity stories—they bring the reader to the mysterious and marvelous domain of synchronicity."—Dennis Merritt, Jungian analyst

"A brilliant book, engaging in style and sophisticated in argument...synthesizes material from quantum physics, Jungian psychology and Buddhist philosophy—it is an accomplishment of altogether a new order."—Prof. John McRae, Indiana University



## TWO VIEWS OF MIND: Abhidharma and Brain Science

by Christopher deCharms. 250 pp. #TWVIMI \$14.95

A clear overview of perception, thought, and awareness in Tibetan Buddhist psychology and in Western neuroscience. DeCharms lays out the Buddhist theory of perception side-by-side with the scientific view of Western neuroscience on the brain activity of human cognition. He discovers insights from each system that suggest exciting new approaches to perennial problems that the other has not been able to resolve. Directed to non-specialists, he focuses on the differences between the two traditions in methodology, assumptions, and purpose.

"DeCharms provides illuminating comparisons between the two systems of knowledge and proposes ways that further discussion could be of mutual benefit."—Choice

"Easily the best attempt to compare these very different disciplines."—Dharma Life

# OTHER BUDDHIST STUDIES

These books present material from Buddhist traditions other than Tibetan.

## ABHIDHAMMA STUDIES: Buddhist Explorations of Consciousness and Time

by Nyanaponika Thera. 176 pp.  
#ABST \$16.95

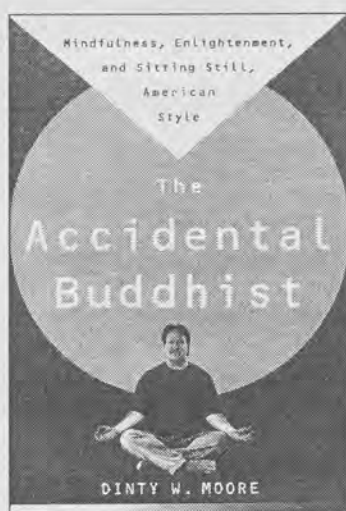
The Abhidhamma maps out with remarkable rigor and precision the inner landscape of the mind to be crossed through the practical work of Buddhist meditation. The author penetrates the formidable face of Abhidhamma study by making its principles intelligible.

## THE ACCIDENTAL BUDDHIST

by Dinty Moore. 208 pp.  
#ACBU \$12

"Moore's witty and candid 'regular guy' approach to these experiences is entertaining and comforting, and his conclusions are right on target."—Booklist, American Library Association

Cutting through religious jargon and abstract concepts, Moore explains why Buddhism is becoming part of popular culture. He is both sincere about religion and good-humored about the human condition—a fun read.



## THE AWAKENED ONE A Life of the Buddha

by Sherab Chodzin Kohn. 176 pp.  
#AWON \$14.95

"Kohn's masterful blend of the life and teachings of the Buddha renders this book a valuable guide for those who would follow the path of the Awakened One."—Publishers Weekly

"A splendid combination of biography and instruction. Highly recommended."—Library Journal



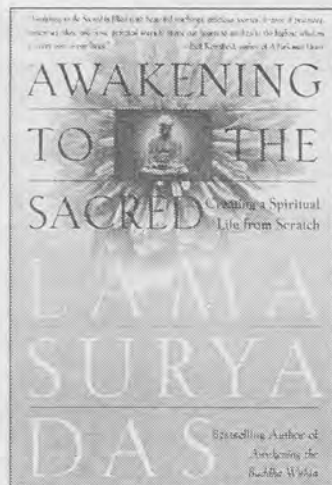
## AWAKENING THE BUDDHIST HEART

by Lama Surya Das. 256 pp., cloth. #AWBUHE \$25

Lama Surya Das shows how to integrate all the experiences of our lives, both positive and negative, into our spiritual search. Our connection with others is essential to our spiritual awakening, and ultimately our happiness. He gives: five steps to dealing with anger, tools for reconnecting to your authentic self, steps to simplify your life, a text to discover your spiritual IQ, ways of practicing compassion and passion, and methods to "lighten up".

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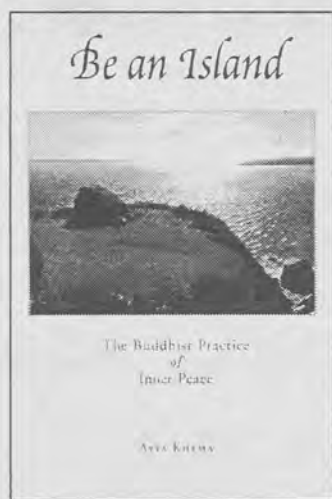


**AWAKENING TO THE SACRED: Creating a Spiritual Life from Scratch**

by Lama Surya Das. 383 pp. #AWSAP \$15 paper

"Filled with beautiful teachings, gracious stories, dozens of practices, humorous takes, and wise, practical ways to invite our hearts to awaken to the highest wisdom in every part of our lives."—Jack Kornfield

Create a personalized, daily spiritual practice based on your beliefs and needs. Surya Das illuminates the natural meditations already present in daily life. His chants, prayers, affirmations, rituals, guided meditations, and breathing exercises help incorporate the notion of a continuous sacred presence into any routine.



**BE AN ISLAND: The Buddhist Practice of Inner Peace**

by Ayya Khema. 160 pp. #BEIS \$14.95

An introduction to the teachings of Buddhism and a rich continuation of Ayya Khema's personal vision of Buddhist practice.

**BEING GOOD: Buddhist Ethics for Everyday Life**  
Master Hsing Yun, trans. by Tom Graham. 165 pp. #BEGO \$14.95

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.

**BEING NOBODY, GOING NOWHERE: Meditations on the Buddhist Path**

by Ayya Khema. 192 pp. #BENO \$12.95

Gives meditations and techniques for overcoming conditioned mental habits, ideas, beliefs, and limiting thinking patterns. Through these simple practices you will develop deep insight, a sense of calm well-being, and a greater capacity to love and feel loved.

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**BEING PEACE**

by Thich Nhat Hanh. 115 pp. #BEPE \$10

Meditation—finding peace in the moment-to-moment events in one's life. Thich Nhat Hanh discusses the importance of being peace in order to make peace.

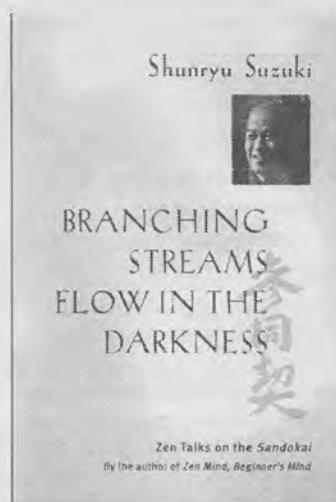
"If we are aware of our life-style, our way of consuming, our way of looking at things, we will know how to make peace right in the moment."

**THE BODHISATTVA WARRIORS**

The Origin, Inner Philosophy, History and Symbolism of the Buddhist Martial Art within India and China

by Shifu Nagaboshi Tomio. 530 pp., 128 illus., 9 tables. #BOWA \$19.95

This study of Buddhist self-defense practiced by Chuan Fa monks and mystics presents their philosophical and physical basis. The practices of the North Chinese Chuan movement meditation traditions and the South Chinese Esoteric School explained here are both secret traditions. These martial arts are a meditation mandala in action and complement other Buddhist practices.



**BRANCHING STREAMS FLOW IN THE DARKNESS: Zen Talks on the Sandokai**

by Shunryu Suzuki, ed. by Mel Weitsman & Michael Wenger. 197 pp., cloth #BRSTFL \$22.50

The Sandokai addresses the question of how the oneness and the multiplicity of things coexist. Through the poetry of knowing and doing, Shunryu Suzuki points out a path of practical wisdom in a voice so close it awakens the inner experience of the interdependence of existence, open the ears to hear its harmony of difference and sameness, and awaken a willingness to be true to its mystery. Suzuki Roshi is well known for his *Zen Mind, Beginner's Mind*.

**BREATH SWEEPS MIND: A First Guide to Meditation Practice**

ed. by Jean Smith. 289 pp. #BRSWMI \$14

These insightful teachings include the timeless philosophies of Buddha to the Zen simplicity of Thich Nhat Hanh. Contains a gazillion meditation pointers, exercises and helpful aides from some of the leading masters of the Buddhist tradition. How to meditate, posture, breathing, walking, driving, eating, using mantras, listening, visualization, feeling and metta, dealing with problems.

**BUDDHA LAUGHING: A Tricycle Book of Cartoons**

96 pp., small & cute. #BULACA \$4.95

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

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**THE BUDDHA SPEAKS**

compiled & ed. by Anne Bancroft. 112 pp. #BUSD \$14.95

Here is the core of the Buddha's teaching in his own words, as it was memorized and written down 200 years after his death. The Buddha conveys the reality of our bondage to suffering, and that liberation is possible.

**BUDDHISM FOR BEARS**

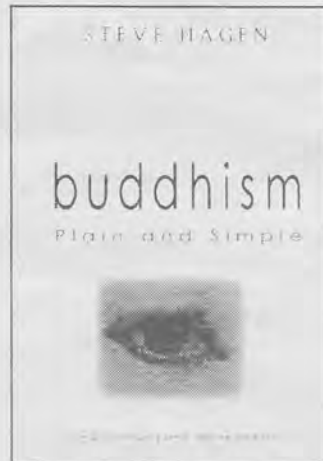
illus. by Chris Riddell, text by Claire Neilson. 80 pp., cloth. #BUBECA \$12.95

A cartoon book with humor, light touch, and a generous spirit, *Buddhism for Bears* helps readers of every species come out of hibernation and scoop a humble paw into the honey pot of enlightened living.



**BUDDHISM IN AMERICA**  
compiled by Al Rapoport. 568 pp., b&w photos, #BUAM \$29.95

800 people and 32 prominent Buddhist teachers met in Boston to address issues of Buddhist meditation as practiced in America. It was an unusual opportunity to learn from monastic and lay teachers who covered many interesting, provocative, and engaging topics. Some of the teachers: Tsultrim Allione, Robert Thurman, Tulku Thondup Rinpoche, Wes Nisker, Joan Halifax, Bernard Glassman, Peter Matthiessen, Sama Surya Das, Miranda Shaw, Jon Kabat-Zinn.



**BUDDHISM PLAIN AND SIMPLE: The Practice of Being Aware, Right Now, Every Day**

by Steve Hagen. 163 pp. #BUPLSI \$14.95 cloth

When the Buddha was asked to sum up his teaching in a single word, he said, "Awareness." He taught how to see directly into the nature of experience, to be in touch with what is actually happening. It is not about belief, doctrine, formula or tradition. It is about freedom of mind. This book offers a straightforward look at Buddhism.

**BUDDHISM WITHOUT BELIEFS: A Contemporary Guide to Awakening**

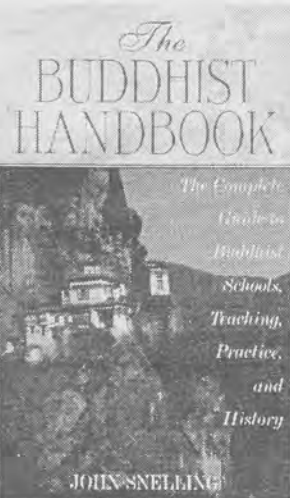
by Stephen Batchelor. 129 pp. #BUWIBE \$12.00

The Buddha taught not to believe but rather to do. He challenged people to understand the nature of suffering and to realize its cessation through a way of life that is available to all of us by working toward awakening realistically—understanding that being on this path does not mean never deviating from it.

**BUDDHISM, SEXUALITY, AND GENDER**

ed. by José Cabezon. 241 pp. #BUSEGE \$21.95

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by John Snelling. 384 pp. #BUHA \$16.95

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**BUDDHIST ACTS OF COMPASSION**

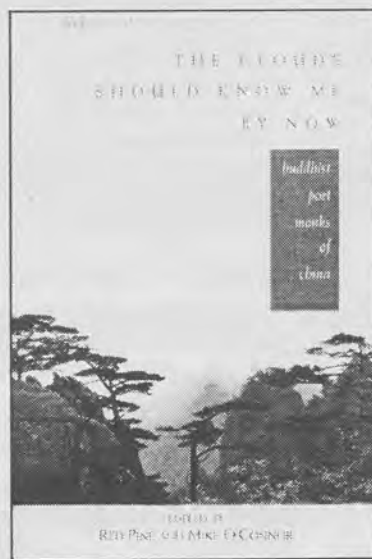
compiled & ed. by Pamela Bloom, fore. by Joan Halifax Roshi, calligraphy by Sogyal Rinpoche. 194 pp. #BUACCO \$11.95

This is a collection of stories about the profound, tender, and often incredible acts of compassion practiced by Buddhists in all cultures throughout the world. "Beautiful!...illustrates how to heal the heart with peace and joy and open the mind with true understanding."—Tulku Thondup Rinpoche.

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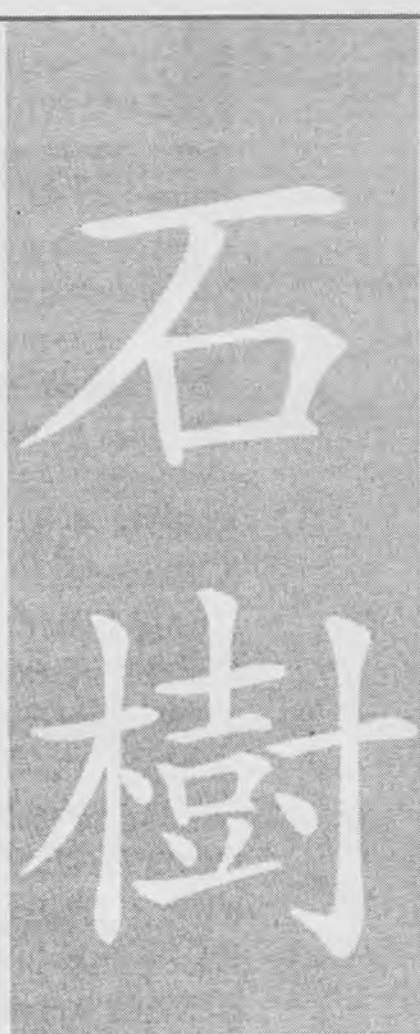
See page 20 for details.



**THE CLOUDS SHOULD KNOW ME BY NOW: Buddhist Poet Monks of China**

compiled and ed. by Red Pine and Mike O'Connor. 224 pp. #CLSHKN \$15.95

Living so close to mind and to nature—where these are not two—these monk-poets present the eternal stuff of the poem: hills, crags, journeys, the solitary monk or nun, the gentle inexorable pace of the seasons, till the reader, too, begins to glimpse all this as his or her own original face.





**BUDDHIST SAINTS IN INDIA: A Study in Buddhist Values & Orientations**

by Reginald Ray. 508 pp. #BUSAIN \$25

A comprehensive examination of Buddhist saints in Indian Buddhism. Reginald Ray, co-chair of Buddhist Studies at Naropa Institute, identifies the prototypical Buddhist saint as a "renunciant of the forest." This classical type informs the different major Buddhist saintly types—the buddha, pratyeka-buddha, arhant and bodhisattva. He surveys the ascetic codes, conventions, and traditions of saints, and the cults of living saints and of those who have "passed beyond."

**CHANGE YOUR MIND:**

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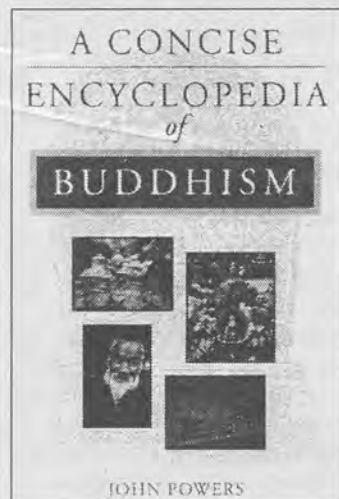
by Paramananda (John Wilson). 184 pp. #CHMI \$16.95

Provides essentials for developing a realistic daily practice—focusing on mindfulness of breathing and loving-kindness, which gradually nurture unshakable confidence and warm concern for others. Colorfully illustrated with stories and tips from the author's experience as a meditator and teacher.

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by John Powers. 288 pp. #COENBU \$17.95

John Powers is the author of the popular in-depth Introduction to Tibetan Buddhism published by Snow Lion. We are pleased to offer his encyclopedia containing over 900 entries covering all the schools of Buddhism with a chronology and substantial bibliography.

**THE CONNECTED DISCOURSES OF THE BUDDHA: A New Translation of the Samyutta Nikaya**

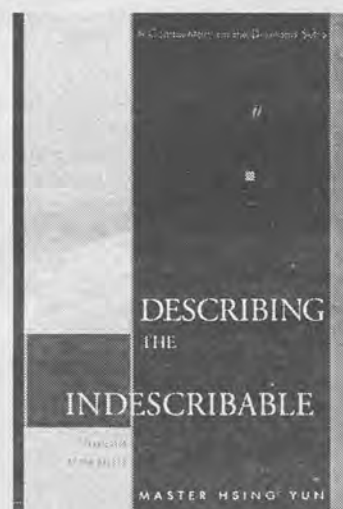
trans. by Bhikkhu Bodhi. 2,080 pp., 2 volumes, cloth. #CODIBU \$120

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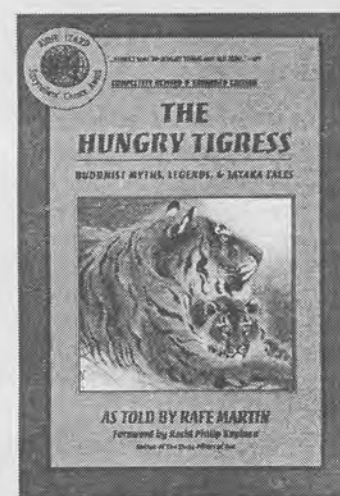
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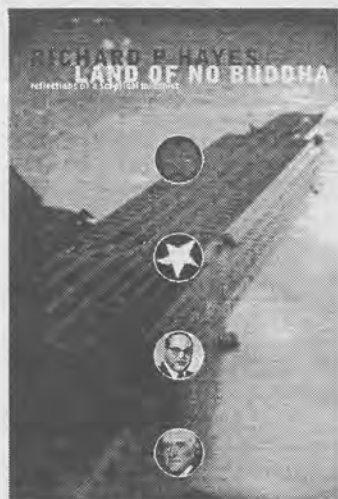
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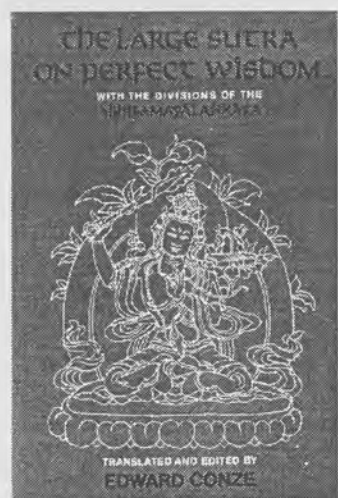


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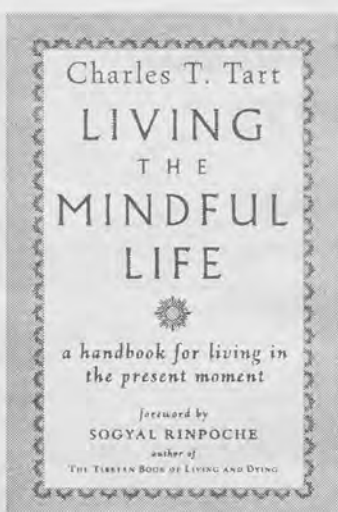
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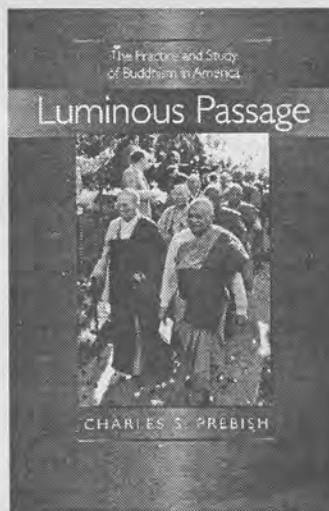


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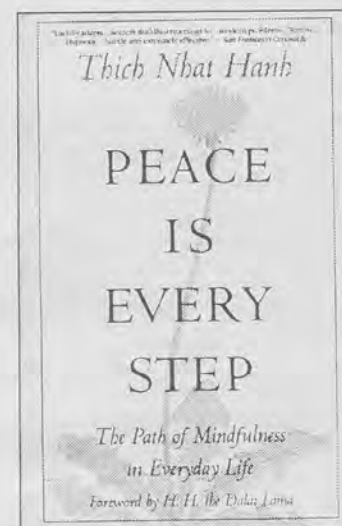
What is nirvana? Collins distinguishes between systematic and narrative thought in the Pali texts of Theravada Buddhism, looking at the place of nirvana in both. He explores other Buddhist utopias and relates Buddhist utopianism to studies of European and American utopian writing and discusses these issues in relation to textuality, world history, and ideology in pre-modern civilizations, aiming to contribute to a new vision of Buddhist history.

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#SCOLA \$32.95

Dharmakirti, a sixth-century logician, was one of Indian Buddhism's most influential thinkers. Tillemans presents twelve articles that analyze such topics as deviant logic, subject failure in the Indo-Tibetan Buddhist logical tradition, and the logical and rational limits for the authority of Buddhist scripture.

**STOPPING AND SEEING: A Comprehensive Course in Buddhist Meditation**

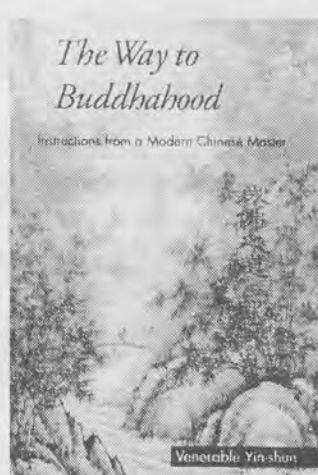
by Chih-i, trans. by Thomas Cleary. 208 pp. #STSE \$12

Stopping (shamatha) and seeing (vipashyana) refer to stopping delusion and seeing truth, the twin processes basic to Buddhist meditation. The Chinese Buddhist master Chih-i covers the principles, dynamics, and methods Buddhist meditation practices.

**STUDIES IN ABHIDHARMA LITERATURE AND THE ORIGINS OF BUDDHIST PHILOSOPHICAL SYSTEMS**

by Erich Frauwallner, trans. by Sophie Francis Kidd. 247 pp. #STABLI \$14.95

Frauwallner analyzes the literary traditions, doctrinal tendencies, and structural methods of the Buddhist Abhidharma canon to expose the beginnings of systematic philosophical thought in Buddhism. He offers insights on the path of meditation, the development of Buddhist psychology, and on causality, the problem of time, and the development of Buddhism from its early doctrinal beginning to some of the most complex philosophical edifices in history.



**TEACHINGS OF THE BUDDHA**

ed. by Jack Kornfield. 160 pp.  
#TEBU \$12

An inspirational treasury of essential teachings from Buddhist literature—selected by one of the best-known American Buddhist teachers. He offers Buddha's instructions on sitting meditation, cultivating calm awareness and living with compassion, freedom and wisdom.

**THE WAY TO BUDDHAHOOD: Instructions from a Modern Chinese Master**

by Venerable Yin-shun. 416 pp., #WABU \$19.95

Drawing especially on the Madhyamaka tradition of Nagarjuna, Candrakirti, and Tsongkhapa, the Ven. Yin-shun presents the essentials of Buddhist thought that also embrace the modern world.

**WHAT WOULD BUDDHA DO?: 101 Answers to Life's Daily Dilemmas**

by Franz Metcalf. 130 pp.  
#WHWOB \$15 cloth

Franz has created a fun book of questions with answers from Buddhist scripture to tell us how the Buddha would have acted in similar circumstances.

What Would Buddha Do? will help you be the Buddha you are.

**WHO IS MY SELF?: A Guide to Buddhist Meditation**

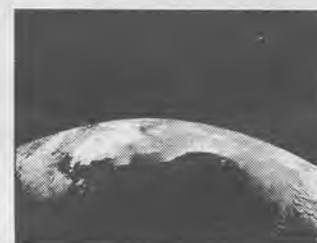
by Ayya Khema. 192 pp.  
#WHMYSE \$14.95

Ayya Khema uses one of the earliest Buddhist sutras to guide us in a popular meditation practice for understanding the nature of "self." Her thoughtful contemplation of the Buddha's radical understanding of "self" and her practical advice for achieving insight offer both beginning and advanced practitioners a warm and down-to-earth approach.

**WISDOM BEYOND WORDS: Sense and Non-Sense in the Buddhist Prajnaparamita Tradition**

by Sangharakshita. 295 pp. #WI \$17.95

The Heart Sutra, The Diamond Sutra, and the Ratnaguna-Samcayagatha Sutra are pivotal texts for understanding reality. Profound and full of paradoxes, they can only be properly understood in the process of living them and thus they serve as devices for the transformation of one's life.



**WORLD AS LOVER, WORLD AS SELF**

by Joanna Macy, foreword by Thich Nhat Hanh. 252 pp.  
#WOLO \$15

Dependent co-arising is a fundamental and complex concept of Buddhism. Joanna Macy provides many insights on applying this ancient philosophy to our own lives by showing us how our world and its creatures are nothing less than an extension of ourselves.

"Here is the manual of human decency for our time—profoundly and broadly thought through, personally tested, and beautifully composed."—Robert Aitken

WOMEN & BUDDHISM

**BLOSSOMS OF THE DHARMA: Living as a Buddhist Nun**

by Thubten Chodron. 204 pp., 14 b&w photos, #BLDH \$16.95

Fourteen American, European and Asian Buddhist nuns talk about the variety of lifestyles a nun can have and the varieties of communities that exist. They discuss the challenge and joy of being a celibate woman in a world where sensuality and sexuality are held up as the ultimate pleasures of life. It draws out the cross-cultural challenges of Western women fitting into male-dominated religious institutions, and shows how they are adapting traditional forms and designing new ones more appropriate for their Western culture.)

**BUDDHISM THROUGH AMERICAN WOMEN'S EYES**

by Karma Lekshe Tsomo. 180 pp.  
#BUAMWO \$12.95

Experienced practitioners share their understanding of Buddhist philosophy, its practical application in everyday life, and the challenges of practicing Buddhism in the Western world.

Thirteen women contributed a wealth of thought-provoking material on topics such as: "Bringing Dharma into Relationships," "Dealing with Stress," "Abortion: A Respectful Meeting Ground," "Buddhism and the Twelve Steps," "Bodhisattva Peace Training," "The Monastic Experience," and "Forging a Kind Heart in an Age of Alienation." Among the voices are: Karuna Dharma, Ayya Khema, Michelle Levey, Yvonne Rand, Tsering Everest, and Eko Susan Noble.

"Bravo! This book is so engaging and so genuinely helpful I read it in one sitting. These are wonderful voices, brimming with life-experience and practical on-the-ground advice."—Janice Willis, Wesleyan University



**BUDDHIST WOMEN ACROSS CULTURES: Realizations**

ed. by Karma Lekshe Tsomo. 326 pp. #BUWOCU \$21.95

Scholars and practitioners from a variety of Buddhist cultures, philosophical traditions, and academic disciplines analyze important dimensions of the new cross-cultural Buddhist women's movement: the status and experiences of women in Buddhist societies, feminist interpretation of Buddhist tenets, and the relationship of women to Buddhist institutions. It documents both women's struggle for religious equality in Asian Buddhist cultures as well as the process of creating Buddhist feminist identity across national and ethnic boundaries as Buddhism gains attention in the West.

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

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

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

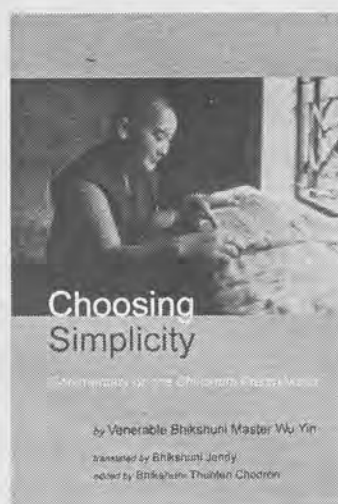
**CAVE IN THE SNOW: A Western Woman's Quest for Enlightenment**

by Vicki Mackenzie. #CASN \$14.95 paper (see Biography)

**CHARMING CADAVERS: Horrific Figurations of the Feminine in Indian Buddhist Hagiographic Literature**

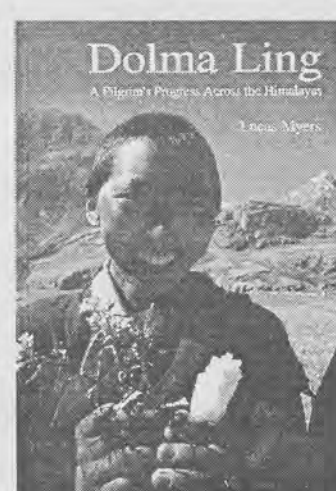
by Liz Wilson. 258 pp. #CHCA \$19.95

In this study of sexuality, desire, the body, and women, Wilson investigates first-millennium Buddhist notions of spirituality. Despite the marginal role women played in monastic life, they occupied a very conspicuous place in Buddhist hagiographic literature. In narratives used for the edification of Buddhist monks, women's bodies in decay served as a central object for meditation, inspiring a salutary sense of revulsion and a deepened commitment to chastity. Taking up universal concerns connected with the representation of women, Wilson displays the pervasiveness of androcentrism in Buddhist literature and practice.



**CHOOSING SIMPLICITY: A Commentary on the Bhikshuni Pratimoksha**

by Venerable Bhikshuni Wu Yin, trans. by Bhikshuni Jendy, ed. by Bhikshuni Thubten Chodron. 330 pp. #CHSI \$15.95 (see "New Items" section)



**DOLMA LING: A Pilgrim's Progress Across the Himalayas**

by Lucas Myers. 202pp. #DOLLI \$8.95

The story of a young girl's pilgrimage to Lhasa, a journey that makes her aware of what actually happened in Tibet prior to her birth, and what it means to live in perpetual fear. It presents a compelling and personal view of the life of Tibetans in occupied Tibet without a heavy political tone. This story was derived from interviews conducted with forty nuns at their nunnery, Dolma Ling, in the Kangra Valley, Himachal Pradesh, India.

**FEMININE GROUND: Essays on Women and Tibet**

ed. by Janice D. Willis. 166 pp. #FEGR \$12.95

"Brings to the fore in one volume the voices of the major Western women scholars of Tibetan Buddhism...an outstanding resource for the student of women and Buddhism."—Pacific World

**HIDDEN SPRING: A Buddhist Woman Confronts Cancer**

by Sandy Boucher. 192 pp. #HISP \$16.95

The first book that demonstrates in detail how Buddhist meditation and practice helps cope with the ordeal of a life-threatening disease. In 1995, the author was diagnosed with stage III colon cancer. She reveals how meditation techniques and understanding of Buddhist principles prepared her to meet the challenges of her illness.

**HOUSE OF THE TURQUOISE ROOF**

by Dorje Yuthok, trans. & ed. by Michael Harlin, foreword by Heinrich Harrer. 300 pp., photos #HOTURO \$16.95 (see Biography)

"...a superior book."—Carebanu Cooper, *The Tibet Journal*

**I GIVE YOU MY LIFE: The Autobiography of a Western Buddhist Nun**

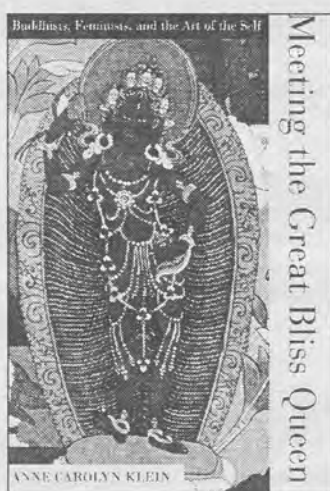
by Ayya Khema, trans. by Sherab Chodzin Kohn. 240 pp., 42 b&w photos, #GIMYLI \$23 cloth (see Biography)



**LADY OF THE LOTUS-BORN:**  
The Life and Enlightenment  
of Yeshe Tsogyal

by Gyakha Changchub and Nam-  
khai Nyingpo, trans. by Padma-  
kara. 176 pp. #LALOB \$29.95  
cloth (see Biography)

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



**MEETING THE GREAT  
BLISS QUEEN: Buddhists,  
Feminists, and the Art of  
the Self**

by Anne C. Klein. 288 pp.  
#MEGRBL \$14

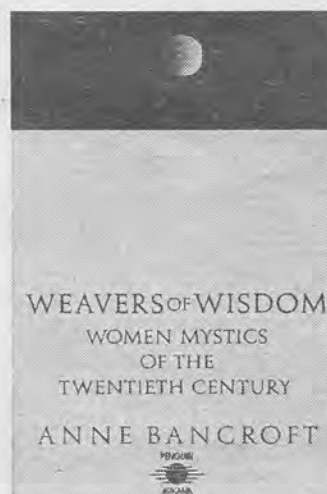
The Great Bliss Queen Yeshe Tsogyel embodies mindfulness, compassion, and wisdom, three areas of Buddhist thought and practice that Klein puts in conversation with contemporary feminist concerns, and especially with women's ongoing reflection on the nature of identity. Such conversation is most meaningful when Asian and Western cultural constructions of selfhood are taken into account. This is the first book to consider the philosophical and cultural dialogues implicit in Western women's participation in Buddhist traditions, and in doing so it draws on Theravada, Geluk, and Nyingma sources and the writings of contemporary Western women.

**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 (see  
Biography)

**SISTERS IN SOLITUDE:**  
Two Traditions of Buddhist  
Monastic Ethics for Women  
by Karma Lekshe Tsomo. 192 pp.  
#SISO \$19.95

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



**WEAVERS OF WISDOM:**  
Women Mystics of the  
Twentieth Century  
by Anne Bancroft. 177 pp. #WEWI  
\$11.95

Explores the feminine approach to mysticism by examining the methods and teachings of fifteen women mystics—each has developed unique insights into the "truth that goes beyond the ordinary," and together they give a rare and cohesive view of women's ways of liberation.

**WOMEN'S BUDDHISM,  
BUDDHISM'S WOMEN:**  
Tradition, Revision, Renewal  
ed. by Ellison Banks Findly. 512  
pp. #WOBUBU \$24.95

In the past, Buddhist women have been hindered in their efforts to actualize their spiritual lives by a dominant male religious society. Focusing on the Buddhist tradition as one that historically responds to new circumstances and challenges, these essays describe how women have significantly shaped Buddhism to meet the needs and demands of contemporary life. This is a call for women to come forward and participate more actively in the transitions that are taking place and reap their benefits.



**WOMEN OF WISDOM**  
by Tsultrim Allione. 340 pp., new  
edition, 24 pp. of photos. #WOWI  
\$16.95

This new edition includes Tsultrim's expanded autobiography covering the last 15 years since the first edition appeared.

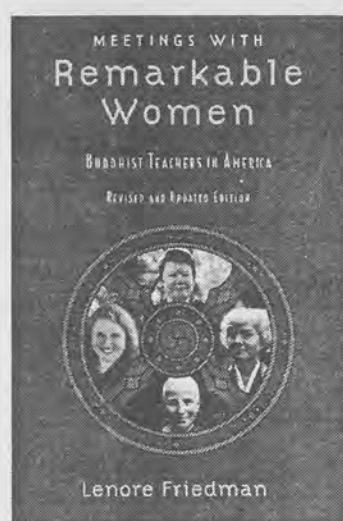
"One best books to bring out the riches of the feminine in Buddhism. Filled with inspired stories, *Women of Wisdom* is truly a classic." — Jack Kornfield

*Women of Wisdom* explores and celebrates the spiritual potential of all women, as exemplified by the lives of six Tibetan female mystics. These stories of great women who have achieved full illumination, overcoming cultural prejudices and a host of other problems which male practitioners do not encounter, offer a wealth of inspiration to everyone on the spiritual path.

In this revised and expanded edition, Tsultrim Allione's extensive autobiographical preface and introduction speak directly to the difficulties and triumphs of women in the West who pursue a spiritual life as she shares her own stories and experiences. *Women of Wisdom* offers valuable insights to all those interested in woman's spirituality regardless of background or tradition.

Tsultrim Allione is one of the most widely known contemporary Western women teachers of Buddhism. She is founder and director of Tara Mandala, a retreat center in Pagosa Springs, Colorado.

"*Women of Wisdom* is both fascinating and inspiring for Buddhists and non-Buddhist, female and male alike." —Victoria Scott, *The San Francisco Chronicle*



**MEETINGS WITH  
REMARKABLE WOMEN:**  
Buddhist Teachers in  
America

by Lenore Friedman. 320 pp.  
#MEREW \$19.95

Revised and updated, this book celebrates the flowering of women in American Buddhism. Seventeen remarkable teachers are profiled interviewed. This new edition describes the developments in these women's lives since 1987.

**SAKYADHITA: DAUGHTERS OF THE BUDDHA**  
ed. by Karma Lekshe Tsomo. 346 pp. #DABU \$18.95 cloth

Links and encourages women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It contains the presentations from the first International Conference on Buddhist Nuns and investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment.

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

by Keith Dowman, fore. by  
Trinley Norbu Rinpoche, illus-  
trations by Eva van Dam. 400  
pp., indexes, #SKDA \$18.95 (see  
Biography)

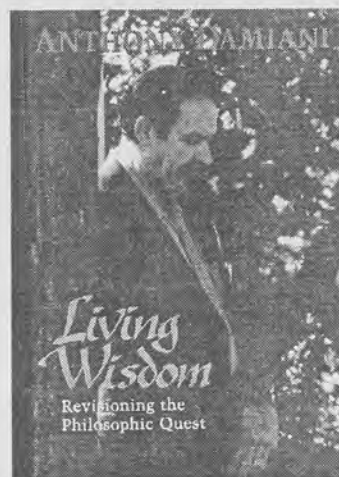
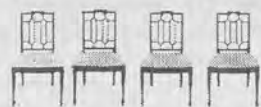
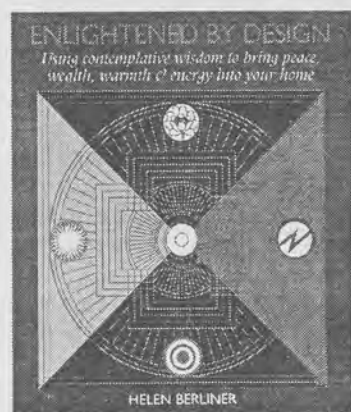
**TIBET: MY STORY**  
by Jetsun Pema. 254pp. #TIMYSP  
\$14.95 (see Biography)

BOOKS FROM OTHER TRADITIONS

**ENLIGHTENED BY DESIGN**  
Using Contemplative Wisdom  
to bring Peace, Wealth,  
Warmth & Energy into Your  
Home

by Helen Berliner. 242 pp., over-  
sized, many b&w illustrations and  
photos, #ENDE \$22.95

Shows how to use your home to realign with the basic forces of nature, heaven and earth, the four directions, and the elemental energies that arise from them. The author draws on traditional geomantic systems from both East and West—Celtic to feng-shui. Her approach is partially based on Tibetan Buddhist teachings on energy mandalas and the practice of space awareness.



**LIVING WISDOM: Revision-  
ing the Philosophic Quest**  
by Anthony Damiani. 269 pp.  
#LIWIS \$15.95

Contains a series of classes given by Anthony Damiani from 1982 until his passing in 1984. In these classes Anthony offered generous commentary on the "What is Philosophy?" section of Paul Brunton's Notebooks. Anthony Damiani develops Paul Brunton's idea of the philosopher as sage, one who not only knows and experiences insight into the ultimate "truth of things," but also expresses this insight in compassionate action amid the buzzing confusion of the everyday world.



**PERSPECTIVES:**  
The Timeless Way of Wisdom  
by Paul Brunton. 406 pp. #PE  
\$16.95

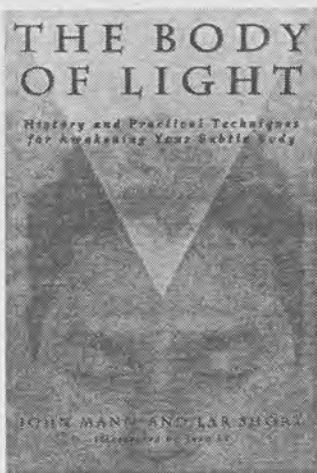
Perspectives offers insight into the essence of the spiritual path. The heart of virtual, every aspect of the spiritual quest, it offers a balanced, grounded approach to life's spiritual truths. Paul Brunton's writings offer a way to bring Eastern teachings (both Buddhist & Hindu) to the West.

INTER-RELIGIOUS DIALOGUE

**BODY OF LIGHT:**  
History and Practical  
Techniques for Awakening  
Your Subtle Body

by John Mann & Lar Short.  
192 pp., 10 diagrams, #BOLI  
\$14.95

"Reveals secret spiritual practices gathered over a lifetime from living Taoist, Buddhist and Hindu masters. It will save seekers years of wandering down blind alleys. I'm recommending that all my students read it." —Mantak Chia, founder, the Healing Tao Center



**THE GETHSEMANI  
ENCOUNTER: A Dialogue  
on the Spiritual Life by  
Buddhist and Christian  
Monastics**

ed. by Donald W. Mitchell &  
James Wiseman, O.S.B. 306 pp.  
#GEEN \$29.95 cloth

In July 1996, at the request of H.H. the Dalai Lama, an historic five-day meeting occurred at the Abbey of Gethsemani, in Trappist, Kentucky of fifty leading Buddhist and Christian monastics and other teachers from many traditions to engage in real dialog on the nature of ultimate reality and prayer, meditation, and spirituality and society. His Holiness spoke four times.

**THE GOOD HEART:**  
A Buddhist Perspective on  
the Teachings of Jesus  
by the Dalai Lama. 224 pp., 2  
photos, 4 illus., #GOHE \$15.95  
paper

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



**THE JEW IN THE LOTUS**  
by Rodger Kamenetz. 225 pp.  
#JELO \$13

"With humor, compassion, and unfailing honesty, Rodger Kamenetz tells of the historic meeting in Dharamsala, India, between the Dalai Lama and eight rabbis and Jewish scholars, and the inner story of how Kamenetz deepens his understanding of Judaism through the pilgrimage and encounters with Jews and Buddhists." —Jane Hirshfield, author

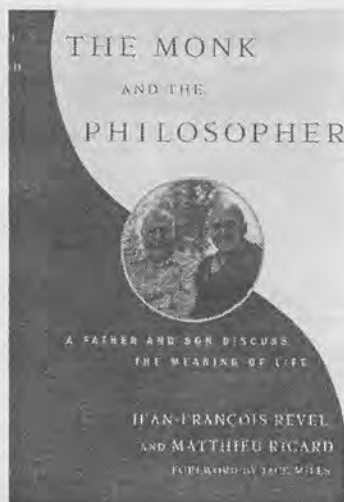
www.snowlionpub.com



## THE MONK AND THE PHILOSOPHER: A Father and Son Discuss the Meaning of Life.

by Jean-Francois Revel & Matthieu Ricard. 336 pp. #MOPH \$14 paper

Jean Francois-Revel, a pillar of French intellectual life in our time, is world famous for challenging both Communism and Christianity. His son Matthieu Ricard, gave up a promising science career to study Tibetan Buddhism and immersed himself in its practice under the guidance of Dilgo Khyentse Rinpoche. Father and son explore questions together: Does life have meaning? What is consciousness? Is man free? Why is there suffering and hatred?—and frankly discuss the differences in the way each has tried to make sense of life.



## NAVAJO AND TIBETAN SACRED WISDOM: The Circle of the Spirit

by Peter Gold. 320 pp., 25 b&w photos, 127 illus. 8 x 10" #NATISA \$29.95

It is remarkable how similar the Navajo and Tibetan philosophies and practices are. Peter Gold draws extensive parallels between their creation myths, cosmology, geomancy, psychology, visionary arts, and healing and initiation rituals. His sensitive comparison shows how to recover a sense of the sacred through our own cultural paradigms. Peter has lived many years in these two cultures and is uniquely prepared to bring this remarkable study to light.

## SPIRITUAL ADVICE FOR BUDDHISTS AND CHRISTIANS

by H.H. the Dalai Lama, ed. by Donald Mitchel. 96 pp. #SPADBU \$10.95

The Dalai Lama shares his understanding of the practice of prayer and meditation in spiritual life, the stages of spiritual development, the role of the teacher and the community, the goals of personal and societal transformation. These teachings occurred at Gethsemani Abbey, Kentucky, at a meeting of Christian and Buddhist monks and nuns who came together to discuss their spiritual life.

## WELCOMING FLOWERS from across the Cleansed Threshold of Hope: An Answer to the Pope's Criticism of Buddhism

by Thinley Norbu. 93 pp. #WEFL \$12

In the Pope's book, Crossing the Threshold of Hope, are serious misrepresentations of Buddhist doctrine which seemed to be based on misunderstandings. Thinley Norbu has corrected these to dispel misconceptions about Buddhism.

# MUSIC & CHANTS

Because of the difficulty of reselling returns, tapes are not returnable unless defective.

## TIBETAN CHANTS

### BIG OM OF TIBET: Om chants, prayers and mantras

recording by Stefan Ackermann. 75 min. CD #BIOM \$18

Recorded in monasteries in the Himalayas, this CD transports the listener to real life ceremonies in the actual monasteries and nunneries—not some studio. Traditional chants of Yamantaka, Mahakala, 1000 Buddhas, Offering the Mandala and others.

### THE BLISS WHIRL OF THE SKY DANCERS: Sacred Music Performed by the Khachoe Ghakyil Nuns

1 hr. CD, #BLWHCD \$20

Four recordings by the Khachoe Ghakyil nuns: Tu Soel, Lam-Rim Dedication, Chod, Prayer to the compassionate Buddha. This CD is a fund raiser for the nunnery.



### CHAKRA CHANTS

by Jonathan Goldman. CD 62 min. #CHCHCD \$17

Jonathan Goldman has been empowered by the Chant Master of the Drepung Loseling Monastery to teach sacred Tibetan overtone chanting. He is the author of Healing Sounds and founder of the Sound Healers Assoc. This release contains rich harmonic sound, deeply resonant overtone chanting that creates a gentle and powerful experience.

### CHANTS BY LAMA SURYA DAS

CD #CHLASU \$16.95

"Om Mani Padme Hung"; "Benzar Guru Mantra: Tara Mantra"; "Heart Sutra"—all chanted by famous Buddhist teacher Lama Surya Das.

### CHENREZIK

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

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

### CHÖ

by Choying Drolma & Steve Tibbetts. Cassette #CHO \$12; CD #CHODCD \$18

Choying Drolma is a member of Nagi Gampa, a nunnery in the foothills of the Himalayas. She chants with the gentle melodic background of Steve Tibbetts' guitar. Proceeds from the sale of Chö go to purchase a solar heating system for Nagi Gampa's water supply.



### CHOD

by Wangdu Lama. 2 CDS #CHODCD \$32

This double CD set gives the entire Chod ritual.

### CHOD: Cutting Through Dualism

by Chogyal Namkhai Norbu Rinpoche. CD #CHCUCD \$16

This is an excellent recording of Chogyal Namkhai Norbu Rinpoche chanting the Chod ritual. Also included is "The Long Life Practice of Mandarava" and "The Song of the Vajra."

### 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.



### THE GYUTO MONKS: Freedom Chants

Cassette #GYMOFR \$12 CD #GYMOCD \$16.98

Grateful Dead percussionist Mickey Hart recorded these Gyuto Monks' sacred chants. The monks perform chants of Yamantaka and Mahakala, accented by cymbals, horns, drums and bells. Also included are musical offerings by Philip Glass, Mickey Hart and Kitaro recorded live at the Cathedral of St. John the Divine in NYC.

### HEALING MEDITATION

(soundtrack of the film: The Knowledge of Healing) CD #HEMECD \$16

These prayers, mantras and ritual music play a very important role in Tibetan medicine. According to the Dalai Lama, these prayers reinforce the effects of medications by promoting self-healing.

### IN SEARCH OF HAPPINESS: Invocations of the Sakya School of Tibetan Buddhism

by the Ngagpas Monks of Sakya Tashi Ling. 55 min. CD #SEHACD \$15.98

Chants by the male and female ngagpa resident monks of Sakya Tashi Ling including lineage prayers, long life prayers to H.H. Sakya Trizen, offering the mandala, parting from the four attachments, and Amitayus-Hayagriva. Composer Abelardo Oquendo created music for each prayer in a way that honors the traditional aspects of the chants yet adds to their beauty.

### LAMA CHOPA: A Buddhist Tantric Celebration

by the monks of Drepung Loseling Monastery. 56 min. CD. #LACOD \$16

Monks of Drepung Loseling Monastery based in Atlanta recorded these sacred chants. These selections are clear and the studio quality is excellent. Although the Lama Chopa is a single piece, it is comprised of 14 sections. It begins with arousing the inner meditative mind of the performer and the invocation of the forces of goodness from the ten directions. It then goes on through the stages of worship and meditation, and eventually concludes with a dedication to world peace. This ritual was written by the First Panchen Lama.

### MAHAKALA CHANTS

by Bardor Tulku Rinpoche, Tenzin Chonyi, and the retreatants and students at Karma Triyana Dharmachakra Monastery. CD, 69 min. #MACH \$18

Recorded in the shrine of Karma Triyana Dharmachakra, the Seat of His Holiness, the Seventeenth Gyalwa Karmapa, Ugyen Trinley Dorje.

### MAHAKALA: Puja with H. H. the 17th Gyalwa Karmapa

by H.H. the 17th Gyalwa Karmapa, music by Sina Vojdani. 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 Vojdani has created a musical environment that enhances the sounds of the chant which took place in Tsurphu Monastery in 1996.



### MANDALA DANCE OF THE TWENTY-ONE PRAISES OF TARA

by Prema Dasara & Anahata Iradah. cassette #MADAT \$12.98, CD #MADACD \$17.98

"I find this Tara recording very powerfully congruent with Tara visualization. I felt it deeply moving and could feel the presence of Tara's feminine Divinity."—Palden Oshoe

This Mandala Dance was created as an offering of devotion and has been taught to groups of women world wide. The text is from a Gom Ter of Orgyen Chokyr Lingpa and shaped into verse for singing and movement. The dance has been performed internationally.

### MEDICINE BUDDHA PUJA

by the Monks of Gaden Jangtse. 60 min. CD. #MEBUPU \$16

This is a fund-raiser for the Gaden Jangtse Monastery. Seven monks chant the prayers of the Medicine Buddha and the various forms of the Medicine Buddha which helps establish a connection with the healing Buddha. On the CD is printed the Medicine Buddha mantra in English and Sanskrit, and as the CD spins, prayers are sent into the universe.



### MUSICAL HIGHLIGHTS FROM KEN LOB CHO SUM (The Story of Buddhist Tibet Through the Lives of Padmasambhava, Shantarakshita and King Trison Detsen)

by Ngagyur Nyingma Institute and Palyul Namdroling Monastery. Cassette #MUHI \$10

This is a wonderful tape with mostly clear solo vocal singing (in Tibetan) the songs of the lives of Padmasambhava, Shantarakshita, and King Trison Detsen.

## DEWA CHE: Universal Healing Power of Tibetan Mantras

by Dechen Shak-Dagsay. 72 min. CD #DECHCD \$17



Dechen is a Tibetan singer of wonderful mantras with music of flutes, sitar, singing bowls, harmoniums and tanpura. The mantras are suitable for listening, meditation and to support healing. Some of the selections: Avalokiteshvara, Medicine Buddha, Vajra Guru, Tara, Amitabha, Vajrasattva. Dechen is the eldest daughter of the Venerable Dagsay Tulku and lives in Switzerland.





**NAMDRUK, 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, Chen-  
rezig prayer, Mani mantra, Praise to  
the Twenty-One Taras, Green Tara  
mantra, Vajra Guru mantra, Vajrasat-  
va mantra, Yellow Jambhala Mantra,  
and much more.



**OM MANI PADME HUM:  
Tibetan Monk Chants**

by the Monks of Maitri Vihar  
Monastery. 70 min. CD #OMCD  
\$18

These chants of Yamantaka con-  
tain the deepest and most resonant  
chanting that we have heard. The  
CD contains a sadhana, not simply  
mantras, and is over an hour long.

**RAIN OF BLESSINGS:  
Sacred Feast Melodies  
Chanted by Monks and Nuns  
of East Tibet**

by monks of Korche Monastery  
and nuns of Kala Rong Convent.  
CD w/ English trans., #RACD  
\$16.98

Recorded live in Nangchen, east  
Tibet these 10 pieces contain beautiful  
chants by monks and nuns. Kagyu  
Thubten Choling produced this CD of  
sacred feast songs which express the  
transcendent joy of the mind soaring  
free from attachment and aversion,  
devotional songs and mantras to sup-  
port humanitarian projects in east  
Tibet. The sound quality and voices  
are excellent.

**RAIN OF BLESSINGS:  
Vajra Chants**

by Lama Gyurme & Jean-  
Philippe Rykiel. 54 min. CD  
#RABLCD \$15.98

A serenely eloquent expression  
of Tibetan Buddhism in delicate  
arrangements of piano, violin and kora  
with deeply resonant chants of Lama  
Gyurme: Offerings, Medicine Buddha,  
Chenrezig, Sangye Menla, Om Mani  
Padme Hum, Refuge, and others.

**SACRED BUDDHA**

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

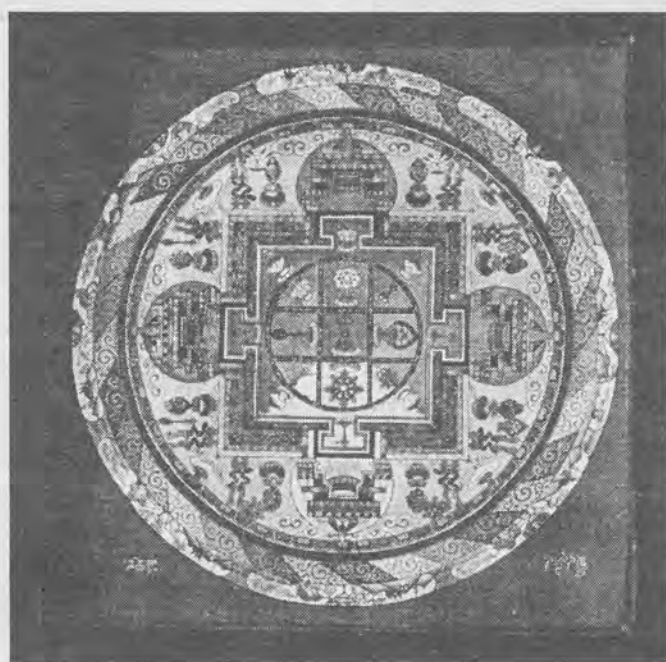
This selection of 11 sacred Tibetan  
prayers, mantras and sacred songs  
are composed by Sina Vojdani and  
includes the voice of H.H. the 17th  
Karmapa and others. There are  
prayers to Karmapa, Milarepa, Dorje  
Chang, Mahakala, mantras of Chen-  
rezig, and Tara, song to the four  
immeasurables.

**SACRED CHANTS FROM A  
TIBETAN CHANT MASTER**

by Segyu Gaden Dhargye Ling. 1  
hr., #SACHTI \$18

Here are fourteen chants that are  
regularly performed by the monks  
of the Tibetan Segyu Monasteries.  
Included are Medicine Buddha chants  
and Yamantaka Self-initiation.

"The two deep, gravelly voices fill  
the room with a sense of well-being,  
rising and falling like swells on a  
tranquil ocean."—*Yoga Journal*



**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.

**SACRED HEALING CHANTS  
OF TIBET**

by the monks of Gaden Shartse  
Monastery. #SASHC \$9.95 Cas-  
sette **SOLD OUT**

"Listening to this musical program  
confers healing benefits. The com-  
positions are sacred, significant  
parts of colorful, elaborate heal-  
ing ceremonies which magically  
open up consciousness."—Lobsang  
Rapgay.

**SACRED MUSIC, SACRED  
DANCE FOR PLANETARY  
HEALING**

Monks from Drepung Loseling.  
Text by Glenn H. Mullin and  
Damdul Namgyal. Cassette  
#SAMUC \$12, CD #SAMUSA \$18

Ten vocal and instrumental pieces  
exemplifying three types of music:  
vocal pieces typical of the chanting  
done in Loseling's assembly hall;  
pieces combining vocal and instru-  
mental elements; sacred dance  
music. Some of the selections: "The  
Black Hat Dance," "Offering of the  
Universe," "A Propitiatory Prayer to  
Palden Lhamo," and "A Call to the  
Spirits of Tibet."

**SACRED TIBETAN CHANTS  
FROM THE GREAT PRAYER  
FESTIVAL**

Monks from Drepung Loseling.  
Text by Glenn H. Mullin and  
Damdul Namgyal. Cassette  
#SATIC \$12, CD #SATICD \$18

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

**SHOWER OF BLESSINGS:  
Mantras, Chants, and Music  
from Some of the Great  
Contemporary masters of  
Tibetan Buddhism**

by ZAM on behalf of Rigpa.  
65 min., cassette #SHBLT 10.95  
CD, 26 pp. booklet, #SHBL \$15.98

Content **SOLD OUT** of sacred  
Tibetan music gathered over  
a 20 year period. These prayers and  
mantras are sung in the traditional way,  
and the booklet (CD only) contains  
both the Tibetan text and an English  
translations for each of the practices.  
Some of the best known mantras and  
practices are here, as are the voices  
of Sogyal Rinpoche, Chagdud Tulku  
Rinpoche, Nyoshul Khen Rinpoche,  
and Khandro Tsering Chodron. An  
excellent guide for hearing and practic-  
ing these prayers.

**SONGS OF LIBERATION**

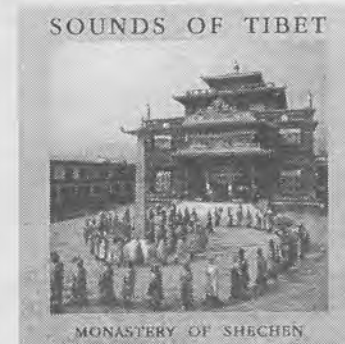
by Ganden Jangtse Monastic  
Choir. cassette, #SOLI \$10

The Ganden Jangtse monks have  
recorded these chants: "Musical Pro-  
cession," "Homage to the Buddha,"  
"Homage to the Song Khapa," "Offering  
to Guayasamaja," "Invocation and Offer-  
ing to 6-Armed Mahakala," "Victory of  
Goodness and the Awakened Mind."  
This is a fund-raiser for Tibetan schools.  
For information regarding this project,  
contact Thupten Dadak, Heart of Tibet,  
612-822-3535.

**THE 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 Mil-  
arepa, lineage lamas, Guru Padma-  
sambhava; mantras of Vajra Guru,  
Amitabha, Chenrezig; also the Heart  
Sutra!



**SOUNDS OF TIBET: Sacred  
Music from Shechen  
Monastery**

by the monks of Shechen Monas-  
tery. CD #SOTICD \$18

Eleven selections from the sacred  
music of Dilgo Khyentse's monastery  
in Nepal.

**TEMPLE MUSIC FROM  
TIBET**

by Deben Bhattacharya. CD  
#TEMUCD \$17

Contains: Drugpa Kagyu from  
Tashijong, Padmasambhava birthday  
ritual; Nyingma prayers praising  
Buddha; Afternoon Prayer at Rumtek;  
Lhabab temple ceremony and fire  
puja of the Gelugpa.

**TIBET: Ritual Music and  
Chants of the Gelug  
Tradition**

by Monks of the Sera Je Mon-  
astery. 48 min. CD plus 96 page  
book, color and b&w photos  
throughout #TIRIMU \$19.95

Selections include: Praise to Tara,  
Prayer to Tsongkhapa, Prayer of Uni-  
versal Love, the Graded Path, Invoca-  
tion, Confession and Purification of  
Secret Hayagriva, Practice of Exchang-  
ing Oneself and Others, Dedication of  
Merits. The book features numerous  
exceptional photos of Tibet and Sera  
Monastery prior to its destruction and  
describes Tibet's history, ritual music,  
and Buddhism. Some of the proceeds  
support Sera Monastery and Tibetan  
Children's Village in India.

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

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

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

**TIBET IS NEAR: Sacred  
Music of Ganden Jangtse,  
Cassette**

#TINE \$10

Selections include: "Homage to  
Tsong Khapa," "Receiving the High  
Teacher," "Purification," "Mandala  
Offering," "Invitation to Palden Lhamo,"  
"Offerings to Palden Lhamo," "Praises  
to White Tara," and "A Prayer for  
Peace."



**TIBET, TIBET**

by Yungchen Lhamo. CD, #TI \$18

Yungchen Lhamo was given her  
name by a Buddhist Lama—it means  
Goddess of Song. Born and raised  
in Tibet, her spirituality and her  
voice were nurtured by her family. At  
25, she walked over the Himalayan  
mountains from Tibet to India to  
receive the blessings of H.H. the  
Dalai Lama. The power and purity of  
Yungchen's voice gives heart to her  
spiritual devotion. This CD contains  
a number of prayers (refuge) and  
chants (such as Om Mani Padme  
Hum) as well as some beautiful folk  
songs from Tibet.

**TIBETAN BUDDHISM:  
Tantras of Gyuto**

recorded by David Lewiston. CD  
#TIBUCD \$18

The tantric chants of the Sangwa  
Dupa (Guhyasamaja) and Mahakala  
are performed in Dalhousie, India by  
the monks of Gyuto Tantric College.  
The sound of the full monastery  
chanting is impressive.

**TIBETAN BUDDHIST  
CHANTS OF NAMGYAL  
MONASTERY**

CD #CHNACD \$16

Monks of Namgyal chant often  
recited prayers: Invocation of Palden  
Lhamo, Beseeching the Lam-rim  
lineage gurus, Visualization of the  
Assembly Field, Seven Limb Puja,  
Lam Rim Prayer, Prayer of the Auspi-  
cious Three Jewels—eleven selec-  
tions in all, this meditative CD is a  
fund-raiser for Namgyal.

**TIBETAN PRAYER:  
The Singing Nuns at  
Chuchikjall**

75 min. CD #TIPRCD \$18

Moving prayers and pujas sung  
in hypnotic voices by the nuns of  
Chuchikjall.

**TIBETAN SACRED TEMPLE  
MUSIC: Eight Lamas from  
Drepung**

Cassette #SATEDR \$10

A powerful collection of Drepung  
Loseling sacred temple music. The  
chants and music are prayers which  
invoke Buddhist deities for healing  
and transformation. In addition to  
overtone chanting, the monks also  
perform beautiful midrange chanting  
and play traditional Tibetan temple  
instruments creating haunting and  
mystical effects.



**Tibetan Songs  
of Gods and Demons**

Produced by Stephan Beyer



Lyricord  
LLCT 7291

**TIBETAN SONGS OF GODS  
AND DEMONS: Ritual and  
Theatrical Music of Tibet**

produced by Steven Beyer.

40 min. cassette #GODE \$12

This recording contains the hymn  
in praise of the Goddess Tara, Chod,  
Milarepa song, songs of guru devo-  
tion, The Tale of Lotus Blazing Light,  
Gesar and His Magic Slingshot.

**THE TWENTY-ONE PRAISES  
OF TARA**

by Prema Dasara & Jeff Monoz.  
#TWPRIT \$12, plus \$8 for book  
containing transcription of text  
#TWPRTP (optional).

Contemplating Tara's qualities  
dispels the mental cloud of afflic-  
tions. Free from fear, one meets  
life with clarity and compassion.  
This music has been enthusiastically  
received by many Tibetan lamas and  
the accompanying dance is being  
transmitted and performed in many  
places. Chanting and booklet are in  
English.

**TWO MANTRAS: The Vajra  
Guru Mantra and the Mantra  
of the Buddha of Compassion**

#TWMA \$8

Produced by Sogyal Rinpoche's  
Rigpa center, these two mantras are  
helpful for meditation.



**THE VAJRA SONGS OF THE GREAT DAGPO KAGYUD LINEAGE**

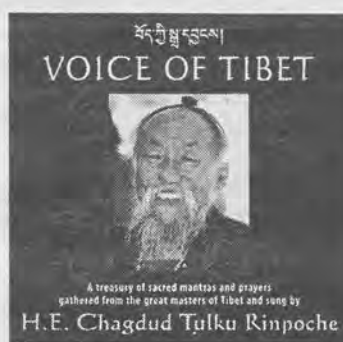
by Ven. Minam Rinpoche. 35 min., CD. #VASOCD \$16

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.

**VOICE OF TIBET**

by Chagdud Tulku Rinpoche. CD #VOTICD \$16

Aspirational songs and mantras chanted and sung by Chagdud Tulku Rinpoche. This recording includes three versions of the Vajra Guru mantra, the Vajrasattva mantra, an Avalokiteshvara prayer, the Prayer to the 21 Taras, the Seven-Limb Prayer, folk songs, and more. It is well recorded, and Chagdud Tulku Rinpoche has an exceptionally clear and strong voice.



**OTHER MUSICAL RECORDINGS**

**CHANGSHAY: Traditional Tibetan Drinking Songs**

by Techung. 17 songs on CD #CHTRDR \$16.50

Contains lyrics in Tibetan with English translation.

**DEWACHEN: Land of Bliss**

by Kirby Shelstad. CD 72 min. #DECD \$16

Kirby Shelstad is a world, jazz and rock musician who has brought his talents to Buddhist themes. Compositions include: "Calling the Lama from Afar"; "Samadhi Pada"; "The Joyful Path"; "Namo Buddhaya"; "Longchenpa Prayer"; "Jang Chub Kyi Sem." Kirby is a student of Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche.

**HIMALAYA ROOTS: Inspiring Music from Nepal**

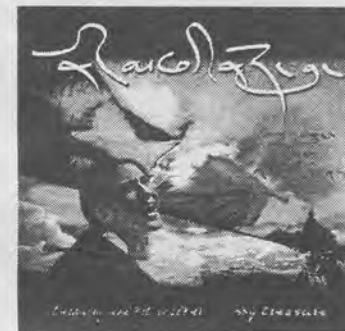
55 min. CD #HIRO \$18

Classical Nepali music featuring flute, sarangi, tabla, cymbal just like you hear in Kathmandu.

**SEEING NOTHING BUT THE SKY: The Songs of Tibetan Nuns Recorded in a Chinese Prison**

by 14 imprisoned Tibetan nuns. 29 songs, approx. 1 hr., #SENOCD \$15 CD

In October 1993, 14 Tibetan nuns held in Dapchi prison recorded songs with a tape recorder that had been smuggled into the prison. They are serving sentences for participation in the 1989 pro-independence rally. Because of this recording, their sentences were doubled. The songs are patriotic and sung in folk style. The sale of this CD supports the Free Tibet Campaign.



**SKY TREASURE**

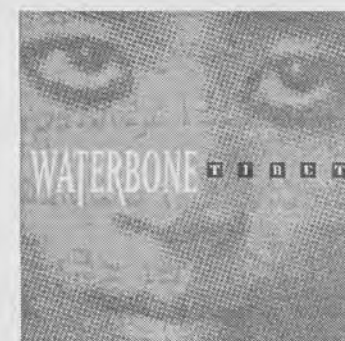
by Techung and Kit Walker. 56 min., CD. #SKTRCD \$16

Techung has a classic Tibetan singing voice. These arrangements with Kit Walker feel traditional and sound beautiful.

**SONGS OF THE JATAKA TALES, by Penny Nichols and members of the Karma Kagyu Institute**

Cassette #SOJATA \$12; #SOJATC \$20 CD

These lively songs for children tell the tales of Lord Buddha's previous lives, lessons learned and compassionate deeds performed.



**TIBET/WATERBONE**

by D. Kendall Jones, Jimmy Waldo, David Evans. 62 min., CD #TIWACD \$16

Tibet began as a basic motif composed by D. Kendall Jones. It slowly found its way through the clouds, lifted its arms to the heavens and became a symphony of beauty and rhythm transfused with crystal chants of monks, the jubilant choruses of Nepali and Tibetan children singing traditional hymns along with horns, drums, and flutes—the harmonic heartbeat of a place of pristine holiness and pleasure. Tibetan electronica.



**TIBET IS CALLING: Authentic Folksongs from Tibet**

55 min. CD #TICA \$18

Wonderful Tibetan folksongs with clear solo vocal and moving melodies—one of the best recordings we have heard. Proceeds aid the Ganden Shartse Monastery.

**THE MUSIC OF NAWANG KHECHOG**

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



**KARUNA**

by Nawang Khechog. CD #KACD \$18

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

This is a wonderful offering from a fine Tibetan flute player. All of the songs are performed on Tibetan and other ancient instruments from Australian, African, Japanese, and Native American culture.

**RHYTHM OF PEACE: Bamboo Flute, Didgeridoo, and Harmonic**

Chanting. CD #RHPECD \$16.98

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

**QUIET MIND: The Musical Journey of a Tibetan Nomad**

by Nawang Khechog. CD #QUMICD \$16.98

Born of Tibetan nomads, Nawang Khechog discovered a deep affinity with the bamboo flute in early childhood. His gentle flute explorations are music as meditation.



**IN A DISTANT PLACE**

by Nakai, Eaton, Clipman, and Nawang Khechog. 69 min., CD. #DIPLCD \$16

The sweet voices of the Native American flutes of Carlos Nakai and the Tibetan flutes of Nawang Khechog blend together with harp and guitar to musically explore the worlds of Native America and Tibet.

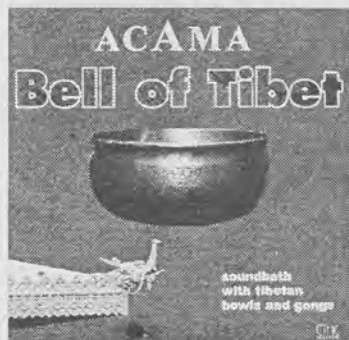
This CD has been nominated for a 2001 Grammy Award.

**SOUNDS OF PEACE: Bamboo Flute & Didgeridoo**

Cassette #SOPE \$10  
CD #SOPECD \$16.98

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

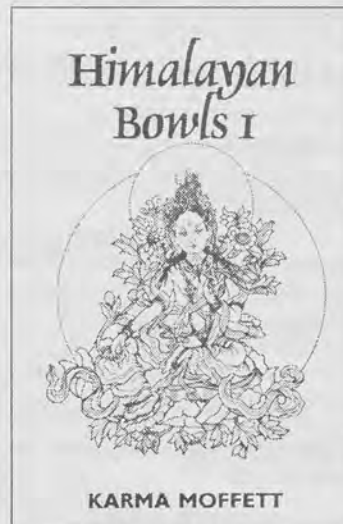
**MEDITATIVE MUSIC OF SINGING BOWLS**



**BELL OF TIBET: Soundbath with Tibetan Bowls and Gongs**

by Acama. 63 min. CD #BETI \$17

Peter Hess has specialized in finding and importing genuine singing bowls. The tradition of making them has nearly been lost and the market has been filled with cheaper versions. The harmonies and rhythms of the bowls on this CD are meant to soothe and bring joy to the listener.



**HIMALAYAN BOWLS I**

by Karma Moffett. CD #HIBI **SOLD OUT**

Twenty-two singing bowls express the mystic feeling of the Himalayas.

**HIMALAYAN BELLS II**

by Karma Moffett. CD #HIBE **SOLD OUT**

This is a harmonic and meditative recording of Himalayan bowls and bells.

**NADA HIMALAYA: Music for Meditation**

by Deuter. 48 min. CD, #NAHI \$15.98

Contains only the natural sounds of Tibetan bells and bowls, chimes and mountain stream. The sounds are gentle but powerful in helping to bring quiet from the inside and raise one's energetic vibration. Deuter is a famous composer of meditation music.



**SEVEN METALS: Singing Bowls of Tibet**

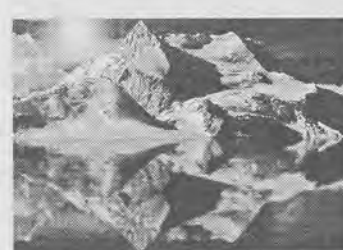
by Benjamin Iobst. 56 min. CD #SEMECD \$15.98

Recorded by a health care professional interested in the therapeutic power of Tibetan singing bowls for use in bodywork and meditation sessions. This recording includes the sounds of 25 bowls, the larger of which sustain audible sounds for up to four minutes.

**SINGING BOWL MEDITATION I**

by Hans de Back. Cassette #SIBOME \$10

Bathe in the pure and calming sounds of singing bowls. Hans de Back has a subtle and powerful touch inviting listeners inward.



**GOLDEN BOWLS OF COMPASSION**

by Karma Moffett. 60 min. CD. #GOBOCO \$16

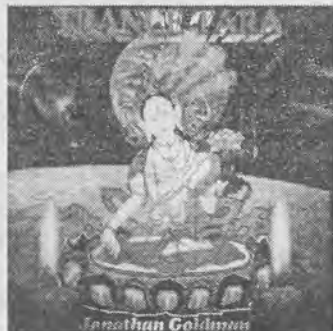
This stereo recording incorporates the sounds of 22 singing bowls.



## TIBETAN HORN

by Phil Thornton & Steven Cragg.  
Cassette #TIHOT \$12, #TIHOC \$16

A kaleidoscope of incredible musical invention that compels the listener along a journey of inner awakening from Himalayan mountain monasteries to the holy lands of India. An authentic, outstanding experience of creative sound and deep harmony.



**TRANCE TARA** by Jonathan Goldman  
CD #TRTA \$18

This is a musical offering to Tara with Tibetan overtone chanting, mantric choral chanting, tribal drumming, Tibetan singing bowls and bells. "Tantric Tara" contains the mantra OM TARA TU TARE TURE SVAHA with male and female voices and instruments. "Dreamtime Tara" is a trance dance mix featuring dominant drumming. All sounds are acoustic and naturally created.



**12 TREASURES: Gesar Songs and Prayers from The Saltmen of Tibet**

by Ulrike Koch. 65 min. CD,  
#12TR \$20

Here are songs from the Gesar epic, prayers and mantras that are sung during the long journey to retrieve salt from the 12 salt lakes in Northern Tibet. The singer of the epic of Gesar is Yumen. Her special skill to recite the epic was transferred to her during a dream when she was 16. The repertoire of Gesar songs fills 37 volumes and she is one of the greatest living interpreters of it and highly venerated.

**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.



**WHITE CRANE: Nangma and Toesche, Light Classics of Tibet**

by Loten. 68 min. CD w/ booklet,  
#WHCRCD \$17.98

These songs express the heart-felt emotions of the Tibetan people. Their elegance and charm evoke the lost world of ancient Lhasa, Tibet. Nangma means "insiders" and these pieces were originally performed by Tibetan aristocrats, exclusively for themselves. Toesche are songs of the upperland. These light classics are her sung by Loten, a Tibetan from Dharamsala, with an ensemble of four instruments: a Dranyen (six-stringed lute), Piwang (two-stringed fiddle), Gyemang (dulcimer), and Threling (transverse flute).

## H.H. THE DALAI LAMA

## THE ART OF HAPPINESS:

## A Handbook for Living

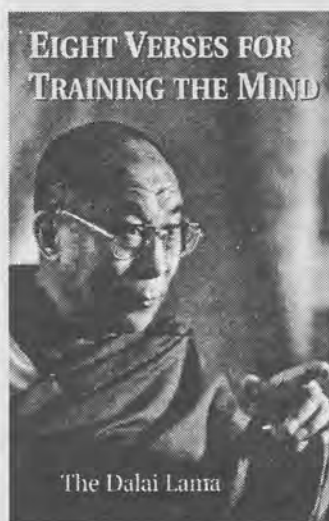
by H.H. the Dalai Lama, read  
by Howard Cutler, M.D. with  
Ernest Abuba. 2 cassettes, 3 hrs.,  
#ARHAT \$18

The Dalai Lama shows how to defeat day-to-day depression, anxiety, anger, jealousy, or just an ordinary bad mood. He discusses relationships, health, family, work, and spirituality to show us how to ride through life's obstacles with inner peace.

**COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF THE BODHISATTVA**

by H.H. the Dalai Lama; translated  
by Thubten Jinpa and  
Jeffrey Hopkins. 8 cassettes,  
#COTHS \$39.95

Based on teachings given prior to a Kalachakra Empowerment, The Thirty-Seven Practices of the Bodhisattva is a popular short text written by the Sakya scholar Togme Zangpo in the fourteenth century. He summarizes the quintessence of the Mahayana path in these teachings including sections on the six perfections and cultivating bodhicitta.



**EIGHT VERSES FOR TRAINING THE MIND**

by the Dalai Lama, produced by  
the Conservancy for Tibetan Art  
and Culture. 4 cassettes in a slip  
box #EIVETR \$24.95

"It could be said that The Eight Verses for Training the Mind contain within them the entire essence of the Buddha's teachings in a distinct form."—H.H. the Dalai Lama

This tape-set contains the complete teaching and commentary by His Holiness on the Eight Verses as well as the conferring the Generation of Bodhicitta Mind. His Holiness received the transmission and explanation of these mind training (Lojong) verses when he was a small boy and has recited them every day since then. The Generation of Bodhicitta Mind transmission strengthens the Lojong teaching by establishing the heart-felt motivation to become enlightened in order to benefit others.

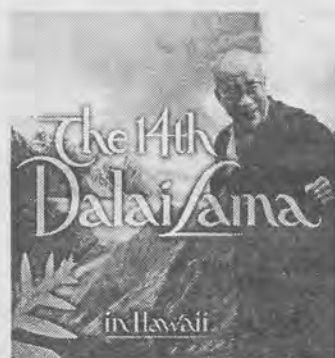
"Characteristically warm and refreshing, the Dalai Lama's candor, humor, and humility shone through."—NAPRA ReView

"Well organized and rewards repeated listenings."—New Age Retailer

**ETHICS FOR THE NEW MILLENNIUM**

by H.H. the Dalai Lama, read  
by B.D. Wong. 2 cassettes, 3 hrs.,  
#ETNETA \$18

The Dalai Lama demonstrates that human beings are better than we think we are, and that a society and a life that cultivate love and compassion are completely within our reach. If enough people operate from the understanding of their original purity, a global revolution of peace will ensue.



**THE 14TH DALAI LAMA IN HAWAII**

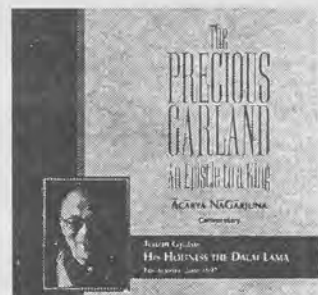
produced by Edgy Lee and  
Karma Lekshe Tsomo. 1 hr.  
#DLHACD \$15

Recorded live during public talks in Honolulu, the narrative by His Holiness covers many practical matters that people face every day. The excerpts from his talks are mingled with exotic chants and music by Tibetan and Hawaiian artists.

## THE FOUR NOBLE TRUTHS

by H.H. the Dalai Lama. 4 cassettes, 6 hours, #FONOC \$35

In 1996, the Dalai Lama gave a wonderful teaching in London on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as being ultimate objects of refuge.



## THE PRECIOUS GARLAND:

## A Commentary by His Holiness the Dalai Lama

by H.H. the Dalai Lama;  
translated by Thubten Jinpa.  
6 cassettes in vinyl case,  
#PRGATA \$49.95

A commentary on Nagarjuna's Precious Garland, An Epistle to a King given in Los Angeles 1997. He focuses on the first chapter but includes overviews of the other four and elaborations on important sections. Also includes a small booklet with translations of a popular praise to Nagarjuna, The Light of Madhyamika and a prayer from the Precious Garland.

## TEACHINGS ON PATIENCE

by the Dalai Lama. 8 tapes  
#TEPA \$100

An outstanding teaching on the practice of patience—it is a detailed commentary on Shantideva's classic A Guide to the Bodhisattva Way of Life. This is an excellent teaching in which to immerse oneself.



## LECTURES BY PEMA CHODRON

## AWAKENING COMPASSION

by Pema Chodron. (6) 7 hrs.  
#AWCO \$39.95

For more than 800 years, Tibetan Buddhists have used the practice of lojong, or mind training, to transform difficulties into insights. Lojong is grounded in a special meditation technique, and is complemented here by a study guide with 59 written maxims. Pema Chodron shows how painful emotions can be used as stepping stones to wisdom, compassion and fearlessness.

**BE GRATEFUL TO EVERYONE**

by Pema Chodron. (1) #BEGREV  
\$10

How to transform difficult people and circumstances into the path of awakening. A good summary of the lojong path, teachings which make every experience useful in the path.

**EMPTINESS AS GOOD NEWS: The Practice of the Heart Sutra**

by Pema Chodron. (1) #EMGOTA  
\$10

## FACING THE MONSTER

by Pema Chodron. (1) #FAMO \$10

Real peace of mind and stability do not come from denying the parts of ourselves that we'd rather not look at—from labeling things good or bad and belittling ourselves for our continuing failures. If we instead learn to be compassionately aware of the many sides of our experience, the poisons we fear will slowly change into the virtues of patience and loving-kindness.

**GOOD MEDICINE: How to Turn Pain into Compassion with Tonglen Meditation**

by Pema Chodron. 3 hrs., study  
guide, #GOMETA \$18.95

Chodron shares the simple and elegant meditation system of tonglen. It allows the practitioner to use the difficulties in life—those that cause the most suffering—as a way to befriend ourselves, accept the past we have rejected, and widen our circle of compassion.

**KNOWING THE NATURE OF FEAR: Teachings on Warriorship**

by Pema Chodron. 6 cassettes  
#KNNAFE \$49.95

In the Shambhala tradition, warriorship is based on cultivating inherent gentleness, fearlessness and intelligence—not on aggression. By opening to your own fear, you can discover fearlessness—it is going beyond it.

**THE LOVE THAT CANNOT DIE**

by Pema Chodron. (6) tapes  
#LOCADI \$49

Chodron expands our capacity for maitri, compassion, joy and equanimity. What blocks joy and true self-love? Holding an ideal that is so high we can't possibly meet it, and then using that to beat ourselves up. She discusses the seven near and far enemies of joy and peace and gives powerful methods for healing the energy drain of false self-concept.

**NOBLE HEART: A Self-Guided Retreat on Befriending Your Obstacles**

by Pema Chodron. (6) 9 hrs., study guide, #NOHE \$59.95

Structured so that you can create your own retreat, this complete curriculum delivers key teachings on how to recognize and cultivate the "soft spot" that is the gateway to your own noble heart. Pema teaches the four great catalysts of awakening: love, compassion, joy, and equanimity and advises how to draw strength from them every day, in any situation. She also guides us to understand the six paramitas and how to connect with your innate "unlimited friendliness" which can grow to contain the whole world.



**PEMA CHODRON AND ALICE WALKER IN CONVERSATION: On the Meaning of Suffering and the Mystery of Joy**

by Pema Chodron. 71 min. cassette with booklet #PECHAL  
\$11.95

This is an intimate sharing on how to celebrate the human condition. With honesty and humor, Walker and Chodron explore the most pressing spiritual riddles of our time. What is the purpose of suffering? Are activism and meditation mutually exclusive? Can sexuality block the path to enlightenment? Comes with an eight-page booklet including Chodron's tonglen instructions and many other helpful resources.

## PURE MEDITATION

by Pema Chodron. 2 cassettes, 3  
hrs., #PUMET \$18.95

Chodron uses her vibrancy and clarity to guide the listener into a proper and profound meditation practice. She covers the preparations of posture and breathing and then explains the methods for transformation and letting go.

## START WHERE YOU ARE

by Pema Chodron. (1) #STWHYO  
\$10

"You cannot walk a mile in someone else's shoes until you have truly walked in your own."

**WHEN THINGS FALL APART: Heart Advice for Difficult Times**

by Pema Chodron. 3 hours, 2 cassettes #WHHTHA \$18.95

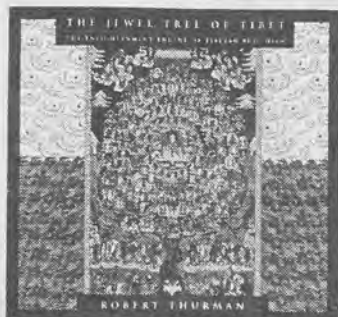
This is an abridgement of her popular book by the same name. Included are ways to use painful emotions to cultivate wisdom, compassion and courage; ways to communicate that lead to openness and true intimacy with others; practices for reversing negative habitual patterns; methods for working with chaotic situations; and ways to cultivate compassionate, energetic social action.

**WORKING WITH PAIN: How to Develop Inner Strength**

by Pema Chodron. (5) tapes  
#WOWIPA \$45

Pema Chodron teaches the methods of lojong and tonglen for transforming suffering.





## THE JEWEL TREE OF TIBET

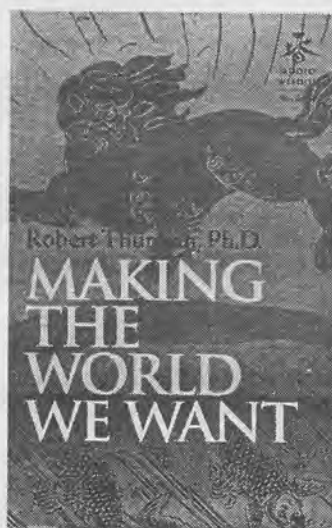
by Robert Thurman. 6 cassettes, 9 hours, study guide, vinyl binder. #JETRTI \$59.95

Tibetan Buddhism is a "Wish-fulfilling gem tree" that offers the gifts of enlightenment and happiness to all who seek it. Now, in twelve detailed sessions, listeners have the opportunity to join acclaimed scholar and practitioner Robert Thurman to learn the core teachings of this vast lineage from sources such as Padmasambhava, Naropa, and Tsong Khapa. Program includes guided meditation instruction to experience the blessings of the wish-fulfilling lineage tree and other traditional practices.

## MAKING THE WORLD WE WANT

by Robert Thurman. 4 cassettes, 5 hours #MAWOWE \$29.95

Thurman speaks openly on this most important issue for our time—how Buddhism is poised to revolutionize the entire course of humanity. In this passionate, incisive and often hilarious joyride of the mind and spirit, Thurman explores mind-ful communities as "enlightenment factories" and how they have sparked inner revolutions through history, the Buddha's philosophy of life, liberty, and the pursuit of real happiness, how compassion and non-duality spur social action.



## THE YOGA OF IDENTITYLESSNESS

by Robert Thurman. (8 tapes) #YOID \$49

Discusses the nature of emptiness and selflessness.

## THE YOGA OF SELF-CREATION

by Robert Thurman. (8 tapes) #YOSECR \$49

Discusses the generation stage of highest yoga tantra.

## LAMA SOGYAL RINPOCHE

### LIVING AND DYING TODAY

by Lama Sogyal Rinpoche. 4 cassettes, 4 1/2 hrs. #LIDYTO \$26

In this series, Rinpoche deepens the main themes of Tibetan Book of Living and Dying—the nature of mind, reflections on impermanence, meditation, compassion, devotion, understanding death and helping the dying. By following these teachings, you will be able to heal wounds and cope with difficulties.

### LIVING WELL, DYING WELL

by Lama Sogyal Rinpoche. 1 1/2 hrs. #LIWE \$10.95

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

### RIGHT VIEW: Living Your Dying

by Lama Sogyal Rinpoche. #RIVI \$9.95

Seeing death as a mirror of life reflective of all the numerous changes which occur during daily living underscores this insightful dialogue. Letting go spontaneously, laughing with life, releasing egoic identity, and living with clarity—these increase as we more deeply understand death and dying.

### TAMING THE MIND

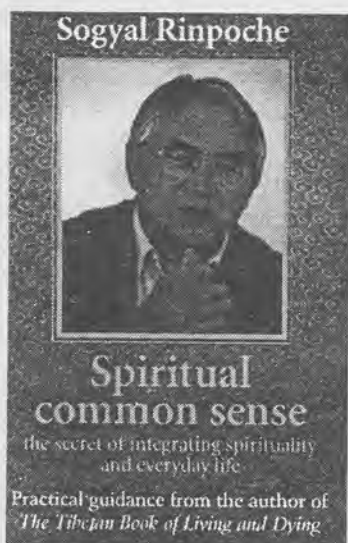
by Lama Sogyal Rinpoche. #TAMI \$9.95

In the midst of a busy life you can remain calm and clear through the practice of mindfulness. Here Rinpoche reveals ways to awaken with meditative methods.

### THE TIBETAN BOOK OF LIVING AND DYING

by Sogyal Rinpoche. (4) 6 hrs. #TIBOLT \$27.95

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



### SPIRITUAL COMMON SENSE: The Secret of Integrating Spirituality and Everyday Life

by Sogyal Rinpoche. 1 cassette #SPCOSE \$10.99

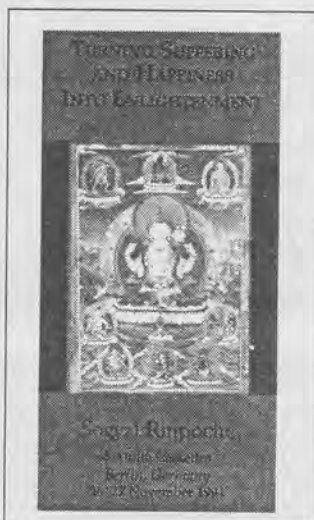
Discusses how to change the fabric of your mind, relates this to the work situation and demonstrates how you can begin to relate to the world around you with more compassion. These are recent teachings by Rinpoche on being mindful at work, committing to yourself, turning your situation around, finding simple solutions.

### TIBETAN WISDOM FOR LIVING AND DYING

by Lama Sogyal Rinpoche. (6) 9 hrs. #TIWIT \$29.95

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

www.snowlionpub.com



### TURNING SUFFERING AND HAPPINESS INTO ENLIGHTENMENT

by Lama Sogyal Rinpoche. (3) #TUSUTA \$26.95

Everything that happens can be taken onto the path, so that it enriches our lives and enhances our spiritual practice—everything can be a source of deep awakening. Rinpoche's teachings are based on a text by the Third Dordrupchen Rinpoche.

### TURNING SUFFERING INTO ENLIGHTENMENT

by Lama Sogyal Rinpoche. #TUSUEN \$9.95

Everyone experiences some form of suffering in varying degrees. Rinpoche shows us how to alleviate pain and actually transform it into a tool to develop clarity of mind.

### UNIFYING MEDITATION AND COMPASSION

by Lama Sogyal Rinpoche. (1) #UNMETA \$9

The three methods of meditation presented in The Tibetan Book of Living and Dying can be brought together and combined with practices of compassion and devotion to form a complete practice.

### UNTANGLING OUR EMOTIONS

by Lama Sogyal Rinpoche. #UNEM \$9.95

So often our emotions seem muddled and problematic, and instead of feeling emotionally fulfilled we feel upset. How to break the cycle of emotional frustration? Rinpoche leads us through our emotional debris, and shows us how to experience love, peace and emotional fulfillment.

## KHENPO KONCHOG GYALTSHEN RINPOCHE

### CHENREZIG Teachings & Practice

by Khenpo Konchog Gyaltsen Rinpoche. 4.5 hrs., (3) cassettes, #CHTEPR \$25

This lecture series is based on the four-armed form of Chenrezig and includes complete instruction for doing the practice. Tape one contains teachings and the next two tapes contain practices chanted in Tibetan plus guided meditation and visualization instructions.



### GREEN TARA: Teachings and Practice

by Khenpo Konchog Gyaltsen Rinpoche. Three 90-min. cassettes #GRTAT \$30

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

### HEART SUTRA & BODHICITTA: Teachings and Practice

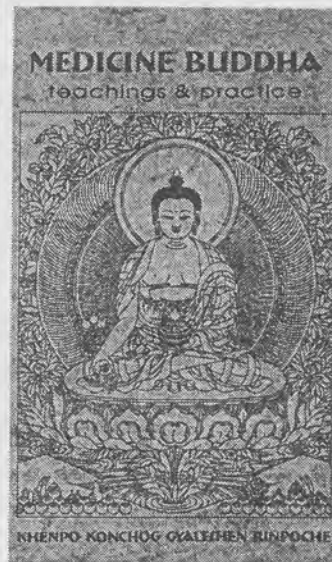
by Khenpo Konchog Gyaltsen Rinpoche. Seven 90-min. cassettes #HEBOT \$65

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

### ILLUSORY BODY TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche. Five 90-min. cassettes #ILBOTE \$50

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



### MEDICINE BUDDHA TEACHINGS

by Khenpo Konchog Gyaltsen Rinpoche. (2) #MEBUTE \$22

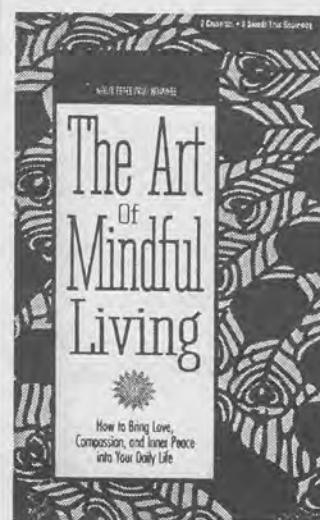
Khenpo gives a teaching, commentary and practice on the Medicine Buddha sadhana.

### TONGLEN: The Practice of Sending and Receiving

by Khenpo Konchog Gyaltsen Rinpoche. Four 90-min. cassettes #TOPRT \$35

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

## TAPE SETS BY THICH NHAT HANH



### THE ART OF MINDFUL LIVING: How to Bring Love, Compassion, and Inner Peace into Your Daily Life

by Thich Nhat Hanh.

Two CDs (PC or MAC), #ARMICD \$24.95. Two Cassettes, 3 hrs. #ARMILI \$18.95

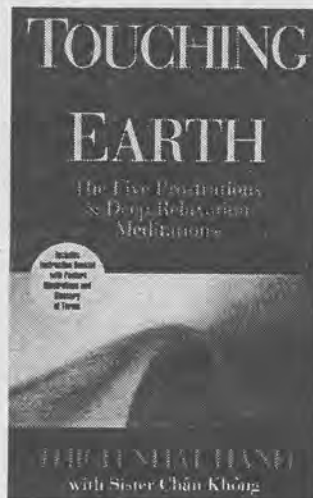
Meditation master Thich Nhat Hanh offers his practical teachings about how to bring love and mindful awareness into our daily experience. Kind, purposeful, and illuminating—here is an abundant treasure of traditional *gathas* (teachings) that unify meditation practice with the challenges we face in today's world. Enhanced CD features include Vietnamese music from Plum Village, video footage of Thich Nhat Hanh on mindfulness, and a text interview with the author, songs, chants, and poetry from Thich Nhat Hanh and Sister Chan Khong.

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

### MINDFULNESS AND PSYCHOTHERAPY: Working with Anger and Nourishing Inner Peace

by Thich Nhat Hanh. two 90-min. cassettes, #MIPST \$18.95

Originally created for those in the helping professions, this tape set has proven profoundly useful to anyone who wants to understand why we are at war with ourselves and one another—and how to mend our conflicts through time tested Buddhist techniques.



### TOUCHING THE EARTH: The Five Prostrations & Deep Relaxation

by Thich Nhat Hanh with Sister Chan Khong. 75 min. #TOEA \$10.95

One of the most powerful acts of devotion is also one of the most simple: bowing down and surrendering to the Earth. This is the basis for the time-honored Buddhist meditation practice that joins the mind and body in graceful prayer to divine creation and is designed to release anger and cultivate compassion.



TEACHINGS BY  
LAMA SURYA DAS

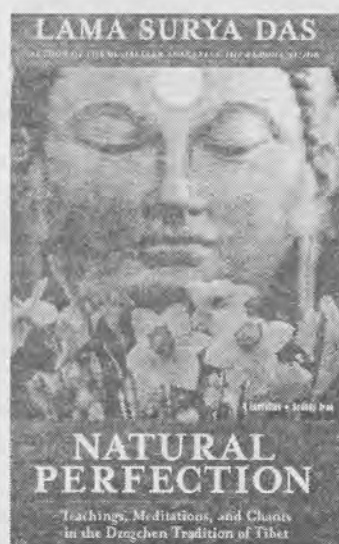
**DZOGCHEN: The Innate Great Perfection**  
by Lama Surya Das. 3 cassettes  
#DZINGR \$28.50

Recorded during a week long retreat in Germany, talks include: Happiness Is the Way, Joy of Meditation; Buddhist Sense of Integrity; Mingling Dharma with Daily Life.

INTRODUCTION TO  
DZOGCHEN

by Lama Surya Das. Cassette  
#INDZ \$12

This is a guided meditation and explanation of Dzogchen practice. Talk given in Barre, MA in 1993.

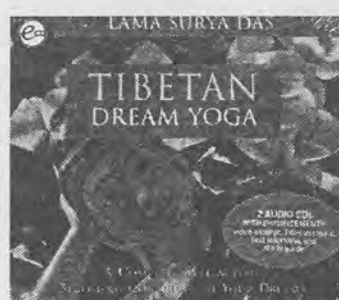


**NATURAL PERFECTION:**  
Teachings, Meditations,  
and Chants in the Dzogchen  
Tradition of Tibet

by Lama Surya Das. 6 hrs., 4 cassettes, study guide #NAPE \$29.95

"Buddhist masters of Tibet believe that dzogchen practice was destined to become the single, most powerful spiritual vehicle in the West, because it takes the struggle out of meditation—it is spacious, natural, and relaxing." —Lama Surya Das

In six sessions, listeners are guided through each step of dzogchen practice, where they will learn sky gazing, natural awareness, prayers and chants to open the heart and mind, etc.



**TIBETAN DREAM YOGA:**  
A Complete System for  
Becoming Conscious in Your  
Dreams

by Lama Surya Das. 3 hrs., 2 CDs, #TIDRCD \$24.95  
2 cassettes, 25 pp. study guide.  
#TIDRYO \$18.95

During his 30 years of study with the lamas of Tibet, Surya Das learned firsthand how anyone can use these exercises and meditations to become conscious within the dream state—and thereby accelerate spiritual development. He also teaches many yogic dream techniques to help enhance problem solving and creativity, overcome our deep-rooted fears and false beliefs, and free ourselves from harmful habits.

NOTE: The CD-ROM format enhanced CDs containing audio, music and video clips are meant to be played on your computer, using an internet connection, speakers and Real Player programs, which are free for downloading.

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TEACHINGS BY JACK  
KORNFIELD

**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.



**THE INNER ART OF  
MEDITATION**

(6) 8 1/2 hrs. #INAR \$49.95

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

**MEDITATION FOR  
BEGINNERS**

by Jack Kornfield. One 90-min. cassette, #MEBET \$10.95

Offers a straightforward, step-by-step method for bringing meditation effortlessly into your life. He teaches how to use your breath, physical sensations—even difficult emotions—to create tranquility and lovingkindness in your everyday life.

**THE ROOTS OF BUDDHIST  
PSYCHOLOGY**

by Jack Kornfield. 6 cassettes in vinyl case, 9 hrs., #ROBUPS \$60

Kornfield offers practical ideas on the interior life and what brings awakening, freedom and happiness. Topics include turning unskillful states into root opposites, meditation, grasping, resisting and delusion, fear and separateness, skillful anger, liberation of the heart, vows of Bodhisattvas, happiness and connection, types of giving, liberation, compassion, the limits of intention, Buddha and the four heavenly messengers.

**YOUR BUDDHA NATURE:**  
Teachings on the Ten  
Perfections

by Jack Kornfield. 6 cassettes (9 hours), #YOBUNA \$29.95

The ten perfections provide the most basic foundation for mindful living. By using them as keys, one can unlock the human gate to supreme wisdom, and fully open to the perfection within each moment.

## OTHER TEACHERS

**BUDDHA DHARMA IN THE  
WEST**

with H.H. Gyalse Karmapa, Leslie Kawamura, Lama Lodo, Sister Palmo, Lama Gomang Khen, Lama Kunga, Brian Cutillo et al. (4) #BUDHWE \$30

These four hours of recordings feature some of the leading Buddhists from around the world—an excellent overview of Tibetan Buddhism as well as other Buddhist approaches.

**DHARMA WISDOM**

interview with Kalu Rinpoche.

(1) #DHWI \$9.95

Rinpoche speaks to the relevance of Buddhism in modern content. His simplicity, clarity and directness provide a thoughtful and enheartening message for the spirit.

**FEEDING THE DEMONS:**  
Relaxing Dualism

by Tsultrim Allione. (1) #FEDE \$10

Ignoring or attacking the demons within us only makes them grow larger. Paradoxically, acknowledging and feeding the parts of ourself that we are most afraid or ashamed of turns out to be the most effective way of disarming their power and reintegrating them back into the original wholeness from which they came. Allione explains the practice of chod and guides us in meditation.

**FOUR YOGAS OF  
MAHAMUDRA**

by H. H. Drikung Kyabgon Chetsang Rinpoche. 2 90-min. cassettes #FOYO \$17

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

**GREAT WOMEN  
PRACTITIONERS**

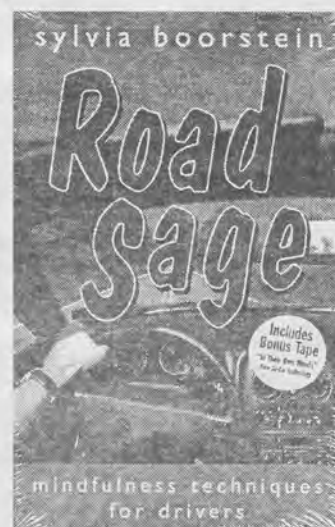
by H.E. Chagdud Tulku Rinpoche. 2 cassettes, 180 min., #GRWOPR \$18

Rinpoche recounts the life histories of several women who have achieved profound spiritual realization: Machig Labdron, Yeshe Tsogyal, mandarava and his mother, Delog Dawa Drolma. These accounts make clear for men and women alike, anyone who exerts enthusiastic and one-pointed effort can attain enlightenment.

**THE POWER OF DREAMS**

by Tenzin Wangyal Rinpoche. 6 cassettes #PDRT \$50

Rinpoche teaches the ancient dream practice of Bon-Tibetan Buddhist traditions. The goal of this practice is to recognize the sacred spiritual dimension of the dream, and by applying it in meditation, to harmonize one's life as well as ultimately to achieve enlightenment. He discusses ancient methods of developing lucid dreams by which one can maximize the potential of mind and body.



**ROAD SAGE: Mindfulness  
Techniques for Drivers**

by Sylvia Boorstein. 2 cassettes, 80 min., #ROSA \$11.95

This is the essential walking meditation of the highway, for anyone who drives a car. With simple exercises, real-life stories, and an occasional pop quiz, Boorstein teaches you how to work with the physical sensations and mind-states that grip every driver: anxiety, impatience, frustration, and anger. Your morning commute will become a looked-for opportunity to practice!

**SHAMBHALA WARRIOR  
TRAINING: How to Manifest  
Courage, Authenticity and  
Gentleness in Every Situation  
of Your Life**

by Cynthia Kneen. 6 cassettes, 8-page booklet, #SHWATR \$59.95

From the discovery of basic goodness—your innate human capacity for direct, personal experience through the rousing of windhorse energy—Kneen offers time-tested methods for meeting your moment-to-moment experience with a brave and open heart. You learn how to balance your physical and mental energies; how to break free of the cocoon that stifles your intrinsic richness; how to move beyond fear into fearlessness, how to overcome the obstacles to meditation, the relationship between fear and courage, why vulnerability makes the warrior strong, etc.

**WHEN BUDDHA MEETS  
THE PSYCHOTHERAPIST:  
Cultural and Psychotherapeutic  
Issues in Buddhist  
Teachings**

by Harvey Aronson, Ph.D., LMSW. 4 tapes, #WHBUME \$34

This series explores how East/West issues of culture, psychology, and values lead to difficulties in Buddhist practice and suggests ways to resolve these. Harvey explains the cultural and spiritual values of Buddhism in juxtaposition to those Westerners unconsciously carry. He considers Buddhist prohibitions against anger and modern values of expression; he clarifies the confusion of Buddhist usage of "ego" and "self" as opposed to psychological use; he helps us to address the way childhood issues may adversely influence altruism. Harvey Aronson received his Ph.D. in Buddhist Studies from the Univ. Of Wisconsin and an Masters in Social Work from Boston University. Since 1984 he has been a psychotherapist with a focus on spirituality and fulfilling relationships.

## BOOKS ON TAPE

**SHAMBHALA: The Sacred  
Path of the Warrior**

by Chogyam Trungpa Rinpoche. 2 hrs., 2 cassettes #SHSAT \$16.95

This guide to enlightened living presents the ancient code of the warrior as a way for modern men and women to meet life's challenges with fearlessness and dignity. Warriorship means confidence in basic human goodness, which uplifts our lives and creates an enlightened society.

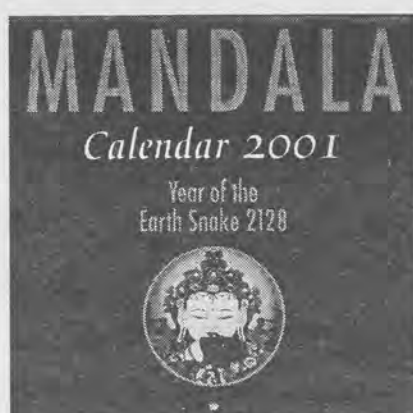


**THE TIBETAN BOOK OF  
THE DEAD: The Great  
Liberation through Hearing  
in the Bardo**

trans. by Francesca Fremantle & Chogyam Trungpa, narrated by Richard Gere. 2 Cassettes, 2 1/2 hrs., Unabridged #TIBODE \$18.95

This classic Buddhist scripture is traditionally read aloud to the dying to help them attain liberation. It emphasizes the application of the experience of death to any situation of transition and impermanence.

## CALENDARS



**MANDALA CALENDAR 2001: Year of the Earth Snake 2128**

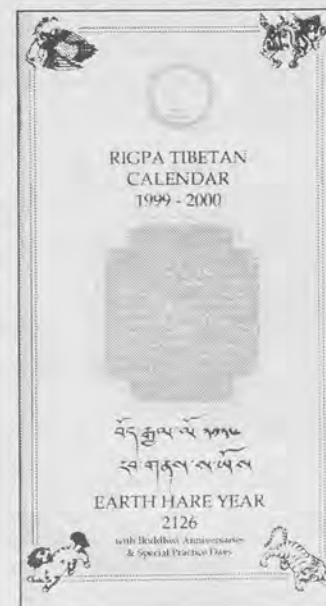
by Mandala Magazine. 6.5 wide x 13" high. #MACA \$9.00 \$4.50

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, and inauspicious days for hanging prayer flags.

**RIGPA CALENDAR  
2001**

by Rigpa. Gold cover, color photos, 104 pp. #RIGPA \$10.00 \$5.00

This is a wonderful non-sectarian pocket calendar with practice days, Buddhist holidays, anniversaries as well as information on Tibetan Buddhism and photos of prominent lamas.



While they last!



**ATTENTION PLEASE!** These films are available in NTSC VHS format only, (i.e. the US standard). If you live in another country (especially in Europe), your video player may be in the PAL format. If so, our videos will not work.



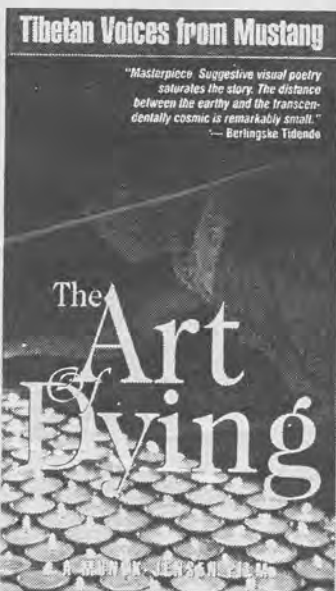
**ANCIENT SECRET OF THE FOUNTAIN OF YOUTH**  
#ANSEV \$19.95

This is the video that can show you how to achieve the benefits of the famous Five Tibetan exercises. Fitness experts show step-by-step how easy and fun it is for anyone of any age to become healthier, younger-looking, more energetic and alive in just minutes a day.

**ARISING FROM FLAMES: Overcoming Anger Through Patience**

by *The Dalai Lama*. 1 hr. video, #ARFL \$29.95

At a large gathering in Arizona, the Dalai Lama spoke of positive and negative desire and how through training, we can reduce anger and hatred and increase love and forgiveness.



**THE ART OF DYING: A Window into the Tibetan Way of Life**

by *J. Casper Jensen & Majbritt Munck*. 63 min. #ARDY \$29.95

This film could have been called the Art of Living—it is a wonderful view into the life of the people of Mustang. It is the story of an ancient culture tucked away in the largest mountains in the world, and of joyful people who sustain themselves under great odds. Slow moving scenes allow time to soak up the images, and the dialogue is by the people themselves: simple villagers, the king of a remote village of Mustang, and Tibetan monks. *The Art of Dying* explores the approach to death as revealed in the ancient Tibetan scriptures and practiced in local customs. There is a graphic sequence of a sky burial—cutting up of a body and offering it to the birds.

**COMMENTARY ON THE THIRTY-SEVEN PRACTICES OF THE BODHISATTVA**

by *H.H. the Dalai Lama*; translated by *Thubten Jinpa and Jeffrey Hopkins*. 6 videos, 12 hours, #COTHSV \$79.95

This video collection is based on teachings given prior to the Kalachakra Empowerment. The Thirty-Seven Practices of the Bodhisattva is a popular short text written by the Sakya scholar Togme Zangpo in the fourteenth century. This teaching summarizes the quintessence of the Mahayana path—including the six perfections and bodhicitta.

**COMPASSION IN EXILE**  
The Story of the 14th Dalai Lama



**COMPASSION IN EXILE: The Story of the 14th Dalai Lama**

by *Mickey Lemle*. 60 min. #COEX \$29.95

An intimate portrait of the Dalai Lama. Behind his story is the plight of the Tibetan people and the brutal genocide they have endured since the Chinese 1950 invasion. Many Tibetans who were imprisoned, tortured, and forced into exile by the Chinese bear witness to their ordeals. Historic and present-day footage open the mystery of Tibet. This is the best film we have seen on the current plight of the Tibetans.

Buddhism is their philosophy. Sorrow is their religion.



**THE CUP**

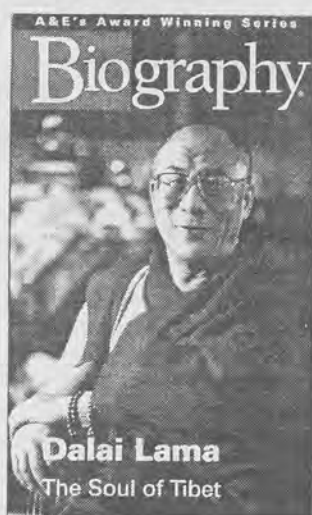
written and directed by *Khyentse Norbu*. 94 min. #CUP \$22.98

Now you can own *The Cup*, an inside look at life in a Tibetan monastery whose youth have soccer fever. Inspired by true events, *The Cup* follows two young Tibetan boys, Palden and Nylma, who escape hardship and danger in Tibet to become monks in Bhutan. The World Cup Final creates a stir in the monastery as the boys sneak out to watch the play. The cast is mainly members of the Chokling Monastery—a true to life adventure, a monastic thriller.

**DAKINI WISDOM**

by *Lama Chagdud Tulku Rinpoche*. 93 min. #DAWIVI \$35

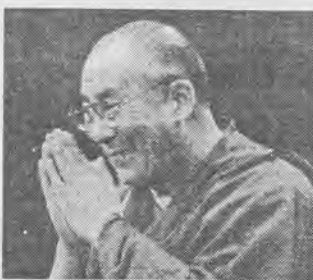
Understanding emptiness and dependent-arising is the key to experiencing the dakini-wisdom and becoming a "sky-goer." Rinpoche's English is respokey by Tsering Everest.



**THE DANCING NUNS OF KOPAN**

Produced and directed by *Anahata Iradah*. 30 min. #DANUKO \$24.95

The nuns of Kopan Monastery, under the direction of their abbot, are receiving the same training that was previously only given to monks. Here they are shown in Nepal and on tour in the USA—chanting, performing sacred dance, making sand mandalas, and debating. Anahata Iradah, Prema Dasara, and the women of Tara Dhatu were invited to teach the nuns the Dance of the 21 Taras and to create other dances for the nuns.



**ETHICS FOR THE NEW MILLENNIUM**

by *H.H. the Dalai Lama*. 81 min. #ETNEV \$29.98

From London's Royal Albert Hall, the Dalai Lama speaks of the need for an inner transformation as a prerequisite to a new and transformed outer world. His Holiness urges us to link individual happiness to an ethical vision of the world in which we care about others.

**EXPLORING THE MANDALA**

by *Pema Losang Chogyen*. 10 min. #EXMA \$19.95

"an extraordinary visual aid."—*TRICYCLE: The Buddhist Review*

This dynamic computer-simulated exploration of a three-dimensional mandala represents a unique collaboration between ancient traditions of Tibetan Buddhist meditation and state-of-the-art computer graphics technology. Pema Losang Chogyen, a monk from Namgyal Monastery, and researchers at Cornell University's Program of Computer Graphics worked for more than two years to produce this unique video. The video demonstrates the relationship between the two-dimensional mandala (here a sand mandala of Yamantaka) and the lesser known three-dimensional form visualized in meditation by Tibetan yogis. The video animation takes viewers through the sequence of visualization, presenting a visual introduction to Tibetan mandalas.

**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.

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**DALAI LAMA: The Soul of Tibet**

by *A&E's Award Winning Series, Biography*. 50 min. video. #DALASO \$16.95

If you want the best biography of the Dalai Lama with amazing film of old Tibet and the 13th and 14th Dalai Lamas (in Tibet), that gives the historical context of his life and covering all the major events since his exile—this is the video for you! We are impressed to see so much rare historical footage. There are excellent interviews with His Holiness, John Avedon, Richard Gere and others.

**THE FOUR NOBLE TRUTHS**

by *the Dalai Lama*. 4 videos, 6 hours, #FONOV \$108

The Dalai Lama gave a wonderful teaching on the Four Noble Truths, on interdependence and non-violence and on the Buddha, Dharma and Sangha as ultimate objects of refuge.



**FREE TIBET: Featuring Live Performances by the Beastie Boys, Rage Against the Machine, Red Hot Chili Peppers, Sonic Youth, Foo Fighters, Bjork, The Fugees, and more**

by *the Milarepa Fund*. 90 min. #FRTIVI \$29.95

This is an excellent documentary of the first Tibetan Freedom Concert, which drew 100,000 people over two days in San Francisco's Golden Gate Park. The video features performances by 20 bands united by a common cause. Includes backstage footage with appearances and commentaries by performers and concert-goers. The film also provides thoughtful background on the history of Tibet, the ideas behind Tibetan Buddhism and the non-violent struggle of the Tibetan people.



**FROM TIBET TO TURTLE ISLAND: A Journey of Spiritual Liberation**

by *the Nuns of Khachoe Ghakyil Ling*. 30 min. video, #FRTUIS \$29.95

Khachoe Ghakyil Ling nunnery in Kathmandu is one of a new generation of Tibetan nunneries established in exile in India and Nepal, where the doors to a classical Buddhist education have been opened to nuns. In several years we will see the first fully qualified nuns receive their Geshe degree. This video shows the nuns at their monastery and in the US on tour, performing their ritual arts, chanting, and sand mandala construction. This video is a fundraiser for the nuns.

**GOOD MEDICINE**

**How to Turn Pain into Compassion with Tonglen Meditation**

by *Pema Chodron*. 3.5 hrs., 2 videos plus study guide, #GOMEV \$49.95

Tonglen is a simple and elegant meditation system for everyone. Through tonglen, the difficulties in life can be used as a way to befriend ourselves, accept the past and widen our circle of compassion—this breathing meditation quickly cuts through suffering.

**THE EIGHT MOVEMENTS OF YANTRA YOGA**  
An Ancient Tibetan Tradition

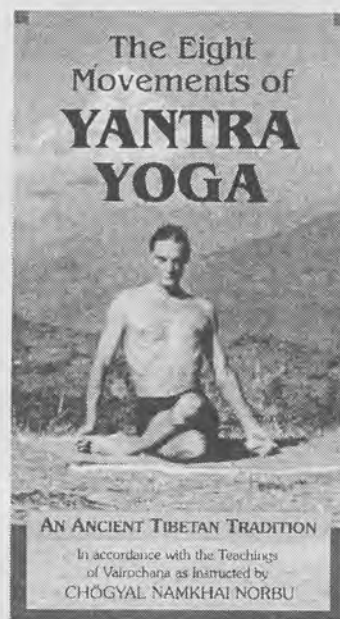
by *Chogyal Namkhai Norbu, instructor Fabio Andrico, produced by Shang Shung Institute and Angelo Fontana*. 75 min., video w/ 32 page booklet #EIMOYA \$29.95, PAL (overseas standard) #EIPOYP \$29.95

"This video and booklet are a practical and simple guide for learning this discipline which is a very important facet of the lineage of the Dzogchen teachings of Chogyal Namkhai Norbu."—*The Mirror*

Yantra Yoga, or Union of the Sun and the Moon, is one of the more ancient Tibetan yogas, taking its origin from the great masters Humkara and Padmasambhava. Chogyal Namkhai Norbu is a living holder of this rare and precious Yoga teaching and is transmitting it for the benefit of others. These eight movements are the preparatory to a more complex system of Yantra Yoga. They harmonize and strengthen our energy through simple and effective methods. They act on the physical level through the body movements, and on the subtle level through the coordination of the breath. Through these eight movements one can achieve a calmer and more harmonious state of mind, for it is a yoga of harmony in movement.

"As a practitioner of Yantra Yoga, I found this video to be very correct and precise, as well as enjoyable to watch. For those interested, it will provide an initial step toward discovering how to begin to coordinate one's three aspects of body, speech, and mind in order to discover the true primordial condition, the nature of mind."—Paula Barry

"This is a compelling introduction to this ancient Tibetan tradition, and I highly recommend it."—Richard Rosen, *Yoga Journal*









**NATURAL MEDITATION: An Ancient Tibetan Practice for Clearing the Mind and Opening to Effortless Being**  
by Lama Surya Das. 34 min., study guide, #NAMEV \$19.95

In four sessions, Surya Das teaches dzogchen. There are skygazing practices, meditations, breathwork, chanting sessions, energy flow exercises.

**NICHOLAS ROERICH: MESSENGER OF BEAUTY**  
43 min. #ROMEVE \$24.95

Introduces the ennobling example of Roerich's life through his Himalayan art and spiritual philosophy. Roerich was born in Russia and painted over 6000 canvases—he was an artist, explorer of Tibet and philosopher who labored in the name of beauty. And this film is just that—beautiful.

**NOT JUST PRO-TIBETAN ...PRO-JUSTICE: The Dalai Lama's Historic Visit to Brandeis University**  
by H.H. the Dalai Lama. 1 hour video, #NOJUPR \$25

In 1998, the Dalai Lama spent two days at Brandeis University. He gave two impressive talks on Buddhism and sustainable development. He draws important parallels between the difficult experiences of the Tibetans and the Jewish people and how they have each managed to survive despite repression. These inspiring talks make plain the goodness and power of the Dalai Lama and his message. One highlight was the Dalai Lama's participation in the dismantling of a sand mandala made by nuns of the Keydong Nunnery in Nepal—this was a first.

#### ON BUDDHISM

by Robert Thurman  
3 video tape boxed set  
4 hours, #ONBUV \$59.95

Thurman shares his insight into Buddhism. Each tape deals in-depth with a major component of the three jewels: the Buddha, the Dharma, the Sangha. The conditions for buddhahood are examined; the Four Noble Truths, the Three Wheels of Dharma, The Three Vehicles, the meaning of turning the wheel; and the Sangha, the alternative social world founded on enlightenment, detachment and love.



#### ON TIBET

by Robert Thurman  
3 video tape boxed set  
4 hours, #ONTIV \$59.95

Robert Thurman shares his passionate insight into Tibetan culture and history from ancient to modern times. In this three-part series, He tells us the stories and legends of the ancient Tibetan kings, heroes, sages, saints and adepts. He shows how the Dharma progressed in Tibet and how a powerful renaissance spirit seized the nation and a life dedicated to evolutionary progress towards buddhahood became the prevalent model for Tibetans.



**OVERCOMING DIFFERENCES: An Historic Public Address by the Dalai Lama**

by Trueheart Productions. 90 min. #OVDIV \$29.95

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

#### 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.

#### THE PRECIOUS GARLAND: A commentary by His Holiness the Dalai Lama

by H.H. the Dalai Lama; translated by Thubten Jinpa. 6 video cassettes, #PRGAV \$90

This is the Dalai Lama's commentary on Nagarjuna's *Precious Garland, An Epistle to a King* given in 1997. Nagarjuna offers intimate counsel on conducting one's life and constructing social policy that reflects Buddhist ideals. The advice for personal happiness is concerned with improving one's condition over the course of lifetimes and with release from all types of suffering, culminating in Buddhahood. He describes a Buddha's qualities and offers encouraging advice on the effectiveness of practices that reveal the vast attributes of Buddhahood.

#### THE QUIET REVOLUTION: Empowering Tibetan Women through Sacred Dance

produced & directed by Anahata Iradah. 40 min. video, #QURE \$25

In 1998, 50 dancers and musicians from 11 countries traveled to India and Nepal to fulfill a request of the now late H.E. Jamgon Kongtrul Rinpoche. The Dance of the 21 Taras was performed in Dharamsala for the Dalai Lama, for the Tibetan Children's Village, at Kopan, at the Central Institute of Higher Tibetan Studies and elsewhere. It is a beautiful and empowering dance to see and the response of the Tibetans was very moving. Many Tibetans are now learning these sacred dances.



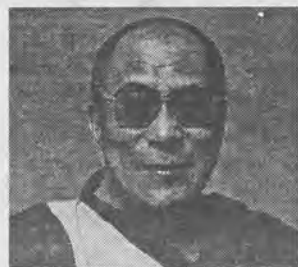
**REINCARNATION OF KHENSUR RINPOCHE**  
62 min. #REKHRI \$29.98

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

#### THE XVII KARMAPA'S RETURN TO TSURPHU

by Tsurphu Foundation. 100 min. #KAREV \$29.98

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



**SECULAR MEDITATION**  
by H.H. the Dalai Lama. 50 minute video, #SEMEV \$19.98

The Dalai Lama addresses the benefits of mental peace. He emphasizes that distinction between religious subjects, such as faith, and what he calls "basic human good qualities," such as compassion, love, forgiveness, harmony and brother-and sister-hood. Likewise, meditation should be approached not as a religious object but, rather, as a training of the mind to achieve a state of mental comfort. By way of example, the Dalai Lama explains the positive conclusions of meditation on compassion, making clear the relevance of meditation for everyone.

#### THE STAGES OF MEDITATION—GOM RIM BAR PA

by H. H. the Dalai Lama.  
7 videos, 11 hrs. #GORIV \$100;  
10 audio tapes #GORIT \$85

The Gom Rim Bar Pa (The Stages of Meditation) was written by Kamalasila to be a meditation handbook for Mahayana Buddhism. The Dalai Lama gives his own commentary. Topics include: the nature of mind and how to train it, the development of compassion and equanimity, the nature of suffering, wisdom and how to unite it with compassion, and the meditations of calm abiding and penetrative insight. (Please note that tape 2, side 2 contains the initiation of Avalokiteshvara. Thubten Norbu, the Dalai Lama's brother requested that the sound be left off this one side, because the initiation was only for those present.)



**TANTRA OF GYUTO: Sacred Rituals of Tibet**

52 min. #TAGY \$29.98

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

#### TANTRIC BUDDHIST DANCE OF NEPAL

by Dance Mandal & Prajwal Ratna Vajracharya. Video.  
#TABUV \$29.95

Tantric Buddhist dances are one of the religious disciplines of the Buddhist priests (Vajracharyas) of the Kathmandu valley. The Vajracharyas of Nepal have performed these dances secretly as part of their meditation, rituals and celebrations for over a thousand years. In each dance, the dancer becomes an embodiment of the particular deity. Here are 18 dances including those of: Manjushri, Five Buddhas, Avalokiteshvara, Vajrayogini, Arya Tara, Simhamukha, Mahakala, Kurukulla. The film quality is not perfect but the content is so unusual that we wanted to offer this to you.



**TIBET: A Moment in Time**  
by William Bacon III. 55 min.  
#TIMOTI \$29.95

From its glacial peak of 25,436 ft. to the turbulent waters of the Yarlung Tsangpo River, the world's deepest canyon is 19,386 ft. deep. It is a sacred land that Tibetans believe to be the body of Vajrayogini, mother of all Buddhas. This is a photographically stunning journey among Tibetans living the life they have for centuries—along the Tsangpo River through majestic forests, remote monasteries, and Tibetan villages where yak-powered ploughs till the rich soil. The latter part of the film contrasts this idyllic lifestyle with the changes brought by the Chinese occupation.

#### TIBET: On the Edge of Change

prod. by William Bacon. 1 hr. video, #TIEDCH \$24.95

Over hundreds of years, Tibet's isolation and mountainous inaccessibility has nurtured a unique society characterized by harmonic interdependence in a place of harsh and indescribable beauty. Most of this video shows life as it was before the Chinese impact—you see the eco-sensitive traditional methods of farming the rugged Himalayan landscape by hand, the festive religious life of the lay people, their prayer wheels and prayer flags that send wind-borne prayers for peace and brotherhood out into the skies of the world. A farming village in East Tibet, nomadic camp and city life are shown in their traditional form. The last ten minutes of the video shows how the Chinese are progressively destroying these people's lives.

#### TIBETAN MEDICINE A Buddhist Approach to Healing

29 min. #TIMEV \$29.98

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





## TIBETAN BOOK OF THE DEAD, Part 1

narrated by Leonard Cohen.  
46 min. #TIBOV1 \$29.95

Filed in Ladakh, this new video explores the Tibetan wisdom of life and death and boldly visualizes the afterlife according to *The Tibetan Book of the Dead*. The film begins in Ladakh and follows the life and death of Tibetans in the high Himalayas—and then moves to San Francisco, where it shows the sacred text's growing acceptance and use in hospices for the dying. The Dalai Lama speaks of his own view of life and death.

## TIBETAN BOOK OF THE DEAD, Part 2

narrated by Leonard Cohen.  
45 min. #TIBOV2 \$29.95

The film portrays an elderly priest and his young student as they guide the soul of a recently deceased man into the afterlife. The progress of the soul is envisioned through the actual sequence of traditional rituals and is interwoven with imaginative animation.

## TIBETAN ENERGY YOGA:

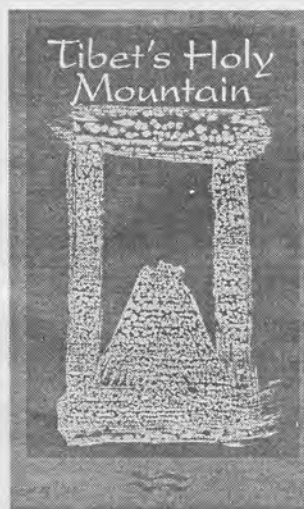
**A Traditional Workout to Liberate and Elevate Your Energy.**  
by Lama Surya Das. 40 min. video, 11 pp. study guide, #TIENYO \$19.95

Join Lama Surya Das to learn eight of Tibet's most effective energy yoga practices—a quick 30 minute workout to boost your body's vital energies and elevate your spirits. They work by balancing the two vital currents of the body that promote well-being. These are various breathing exercises performed in a meditation position.

## TIBET'S HOLY MOUNTAIN

52 min. #TIHOMO \$29.95

Where Tibet, Nepal, and India meet rises a 22,000 foot-high mountain thought by Hindus and Buddhists to hold at its peak the throne of the foremost gods. This program follows the trail to Mt. Kailash with visits to shrines and other sacred sites at Tsaparang, the 11th-century capital of the old Tibetan kingdom of Guge, at Khojarnat, where a stately monastery remained open despite the Chinese Cultural Revolution, and at Lhasa, whose architecture and rich decorative arts illustrate the Buddhist concept of the world.



## WE WILL MEET AGAIN IN THE LAND OF THE DAKINI

30 min. #MEAG \$29.95

Now in her eighties, Doljin Kandro Suren is a Buddhist lama and spiritual guide for thousands who come to her from all over Mongolia and Russia. Through the terrible years of religious persecution in Mongolia, she survived finding the strength to overcome the despair that surrounded her people. After seventy years of Communism, she is the only remaining keeper of the Chod lineage in Mongolia. Tibetan master Namkhai Norbu Rinpoche, invited to give Dzogchen teachings, participates in a Chod ritual with her.



## TIBET'S STOLEN CHILD

by Garthwait & Griffin Films & The International Campaign for Tibet, narrated by Patrick Stewart. 56 min. video, #TISTCH \$29.95

Identified by the Dalai Lama as the reincarnation of Tibet's second highest spiritual leader, the Panchen Lama was kidnapped by the Chinese government just days after the announcement. This is the story of a search for the truth about the Panchen Lama and includes personal accounts by six Nobel Peace Laureates and others. This is the best account of the scope of this tragedy.

# CARDS

## LOSAR GREETING CARD

set of 10 w/envelopes, #LOGRCA \$12.50

This lovely full-color Tibetan new year's card has Tibetan offerings on the front and Tibetan and English inside.

## TIBETAN GREETING CARD

set of 10 w/envelopes, #TIGRCA \$12.50

The same card as above but blank inside to receive your personal message.

## TRANSFORMATIVE ART NOTECARD SET

12 cards w/envelopes, #TRARNO \$24

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

## SPIRIT OF TIBET Notecards

by Alison Wright. Twelve cards, plus envelopes #SPTINO \$23.40

Six exquisite images of Tibetan culture taken from Alison Wright's Spirit of Tibet photobook. There are twelve cards, two of each image.

## THANGKAS: Buddhist Paintings from Tibet

#THBO \$9.95

Thirty classical thangkas from the American Museum of Natural History. Contains images of the Buddha and many peaceful and wrathful deities, protectors, mandalas, lamas, and other subjects.

## GREEN TARA Bookmark

#GRTABO \$2

This is a detail of a 13th century painting of Green Tara that we think is lovely. It is 2.25 x 7".

## BUDDHA EYES BOOKMARK

#BUEYBO \$2

## BUDDHA EYES NOTECARD

#BUEYNO \$2

The "Buddha Eyes" is one of our favorite images.

These items can be seen at the Snow Lion website: [www.snowlionpub.com](http://www.snowlionpub.com)

## H.H. PENOR RINPOCHE

#HHPR \$1.50

Head of the Nyingma order, informal photo at a teaching.

## GURU RINPOCHE

#GURI \$1.50

Thangka image of Padmasambhava. On the back is the Seven Line Prayer to Guru Rinpoche in Tibetan and English.

## WHITE TARA LONG LIFE CARD

#WHTACA \$1

A lovely White Tara graces this card, surrounded by Amitayus, Namyalma, Buddha, Padmasambhava, Tsongkhapa.

## YAMANTAKA SOLITARY HERO

#YASOHE \$35

This 8 x 10" photo print image of Yamantaka has been painted by Kay Komito. It is iconographically accurate and alive with color. Above Yamantaka is represented: the Dalai Lama, Tsongkhapa, and Denma Locho Rinpoche.

## THE DALAI LAMA

### DALAI LAMA IN ARIZONA

by Kathryn Bacher. 5 x 7", full color. #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 FOURTEENTH DALAI LAMA PORTRAITS

Because of the great demand for photos of the Dalai Lama, we offer full-color portraits suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.

## THE DALAI LAMA POCKET PUJA

2 1/4 x 3 1/2", #DALAPP \$2.50

Four-color photo of His Holiness printed in quality vinyl. With long-life prayer and Shantideva's bodhisattvas' aspirational prayer on the reverse side.

## HIS HOLINESS THE DALAI LAMA LAMINATED PHOTO

2 x 3", color, #DLLAPH \$3.00

His Holiness is smiling with joy.

## Four card images of His Holiness!

Due to popular demand, we picked four of our favorite images of His Holiness to offer you. They are high-quality photos, measuring 4 x 6" and are \$1 ea. Quantity discounts are available.

#DL1 H.H. The Dalai Lama (in his garden)

#DL2 H.H. The Dalai Lama (at a teaching)

#DL3 H.H. The Dalai Lama (portrait)

#DL4 H.H. The Dalai Lama (informal address)

## H.H. THE DALAI LAMA, POSTCARD-SIZE IMAGE

Close-up of his face. BDC30 \$1

## While they last!

## PHOTOS OF H.H. the XVIIth KARMAPA

\$15 ea., now \$12 ea

Ward Holmes of Tsurphu Foundation is offering through us a number of photos of the new incarnation of H.H. the Karmapa. These photos are made from a CD and measure approx. 8 x 10". A portion of the proceeds from the sale of these photos goes to benefit Tsurphu Monastery in Tibet.

#HHKA14 Wearing Circular Hat

#HHKA60 With Younger Brother

## SNOW LION DEITY CARDS

Here are fifteen thangka images of popular deities that we selected for the quality of the paintings. These simple, yet very elegant images were painted in the traditional manner and measure 4 x 6". We consider them the best cards available for people wanting clear, iconographic representations of deities. By the way, since these are reproductions of thangkas, we can have any of these images painted for you, should you desire a full sized thangka. These cards are \$1 ea.

DC1 Shakyamuni Buddha

DC2 Avalokiteshvara (Chenrezig)

DC3 Manjushri (Jampal-yang)

DC4 Green Tara (Drol-jang)

DC5 White Tara (Drol-kar)

DC6 Vajrasattva (Dorje-sempa)

DC7 Medicine Buddha (Sangye Men-la)

DC8 Samantabhadra (Kuntuzangpo)

DC9 Padmasambhava (Guru Rinpoche)

DC10 Vajrakilya (Dorje Phurba)

DC11 Vajrayogini (Dorje Phagmo Naro Khachoma)

DC12 Vajrayogini (Dorje Phagmo)

DC13 Vajrakilaya (Black Thangka Dorje Phurba)

DC14 Yamantaka Vajrabhairava (Dorje Jigje)

DC15 Machig Labdron

## SNOW LION TIBET CARDS

### IMAGES OF TIBETAN CULTURE

In these full-color postcard images of Tibetan culture all facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodhi Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and of Tibet itself. Cards measure 4-1/4" x 6" and are normally .75 each. The special sale price is .25 each.

CUCA1 Statue

CUCA6 Monastery Courtyard

CUCA7 Landscape Sunset

CUCA9 Long-life Offering

CUCA11 Tibetan Pilgrim

CUCA12 Masked Dancer

CUCA13 Tibetan Man & Child

CUCA16 Potala Palace

CUCA17 Young Tibetan Monk

CUCA18 Potala from Back Side

CUCA19 White Masked Dancer

CUCA21 Red-Masked Dancer

CUCA26 Tibetan Thangka Painter

CUCA27 Tibetan Mask

CUCA29 Tibetan Ngakpa

CUCA30 Woman with Dog

CUCA31 High Lamas at Kalachakra

CUCA34 Jokhang Temple

CUCA35 Jokhang Rooftop

CUCA37 Young Monk on Roof

CUCA39 Potala Rooftop

CUCA40 Tashilunpo Monastery

CUCA41 Rebuilding of Ganden

CUCA42 Monks of Nechung

CUCA43 Dharmachakra

CUCA44 Mandala Offering

CUCA46 Chorten of Gyantse

CUCA47 Sakya Monastery

CUCA48 Milarepa's Cave

CUCA49 Drepung Monastery

CUCA50 Kumbum Monastery

CUCA51 Sera Monastery

CUCA54 Woman with Headdress

CUCA55 Lamayuru Monastery

CUCA56 Woman Chanting

CUCA59 Horseman

CUCA62 Ceremonial Tent

CUCA63 Monks Debating

CUCA64 Potala Stairs

CUCA65 View from Jokhang Roof

## IMAGES OF LOST TIBET & FACES OF TIBET

Cards measure 4-1/4" x 6" and are normally .75 cents each. Our special price is .25 each.

## IMAGES OF LOST TIBET

IMTI1 Tibetan from Chamdo

IMTI2 Monks Sounding Trumpets

IMTI3 Tibetan Nomad Tent

IMTI4 Norbu Linga & 13th Dalai Lama

IMTI5 Officials During Losar

IMTI7 Potala During Losar

IMTI8 Tantric Meditator

IMTI9 Tibetan Men & Horses

IMTI11 Wife of Tibetan Governor

## FACES OF TIBET

FATI51 Nomad Yogi

FATI52 Yogi of Milarepa Tradition

FATI53 Woman with Prayer Beads

FATI54 Young Tibetan Girl

FATI55 Yeshe Dorje, Weather Controller

## GYUTO HIGHEST YOGA TANTRA DEITY CARDS

\$1.25 ea.

These deities, mandalas and protectors are produced in India and came from the Gyuto Tantric Monastery.

GY1 Chakrasamvara

GY2 Chakrasamvara Mandala

GY3 Sambhogakaya Buddha

GY4 Guhyasamaja

GY5 Guhyasamaja Mandala

GY6 Six-Armed Mahakala

GY7 Yamantaka (Vajrabhairava)

GY9 Kalarupa

## TUSHITA POSTCARDS

\$1 ea.

TU30 HHDL w/Ling & Trijang

Rinpoche

TU42 Tanks in Lhasa

## ROBERT BEER NOTECARD

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

#BEGADO Garab Dorje

#BEMANO Marpa

#BEMINO Milarepa

#BEPANO Padmasambhava

#BESHBU Sakyamuni Buddha

#BESAGR Samantabhadra

#BESHGR Shantideva

#BETSKH Tsongkhapa

#BEVANO Vajradhara

#BEYETS Yeshe Tsogyal

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



### DEITY CARDS FROM ROBERT BEER!

4 x 6" \$1 ea.

BDC1 White Syllable AH  
BDC2 Shakyamuni Buddha  
BDC3 Manjushri  
BDC4 Four-Armed Avalokiteshvara  
BDC5 1000-Armed Avalokiteshvara  
BDC6 Standing Avalokiteshvara  
BDC7 Green Tara  
BDC8 White Tara  
BDC9 Face of White Tara  
BDC10 Vajrasattva w/consort  
BDC11 Padmasambhava  
BDC12 Vajra Varahi  
BDC13 Simhamukha  
BDC14 6-Arm White Mahakala  
BDC15 Rahula  
BDC16 Vajrakila  
BDC17 Shakyamuni w/peaceful & wrathful deities  
BDC18 Vajradhara  
BDC19 Face of Avalokiteshvara  
BDC20 Medicine Buddha  
BDC22 Padmapani  
BDC24 Face of Vajrasattva and consort  
BDC50 Sarasvati  
BDC51 Amitabha Buddha  
BDC52 Amitayus  
BDC53 Red Tara  
BDC54 Samantabhadra  
BDC55 Offering Goddess  
BDC56 Red Chenrezig (Gyalwa Gyamtso)  
BDC57 Face of Heruka Chakrasamvara  
BDC58 Ganapati (Buddhist form of Ganesha—Newari style, 6 x 7") \$2

### LARGE GREEN TARA CARDS

from Robert Beer \$2 ea.

These cards are approx. 5.5 x 7".  
BDC60 Standing Green Tara  
(Newari style) Beautiful in grace and form.

BDC61 Green Tara (Newari style)  
Copy of famous early masterpiece  
BDC62 Khadiravani Tara (Tara of the acacia forest) With bodhisattvas Marici & Ekajata.

### REHO CARDS

from Robert Beer \$1 ea.

Excellent images from thangkas, Dalai Lama, India and photos from Tibet.  
BDC30 H.H. the Dalai Lama  
BDC32 Wheel of Life  
BDC33 Lotus Pool-Bodh Gaya  
BDC34 Rock Paintings-Lhasa  
BDC35 Padmasambhava-in Jokhang  
BDC36 Maitreya-in Potala  
BDC37 Potala Palace  
BDC38 H.H. the Dalai Lama wearing 5 Buddha crown at Kalachakra  
BDC39 Dragon and Tiger  
BDC40 Wishfulfilling Tree  
BDC41 Eight Auspicious Symbols  
BDC42 Lotus

### CARDS FROM ANDY WEBER

4 X 6" \$1 ea.

WDC1 Long Life Thangka  
WDC2 Four Friends  
WDC3 Eyes of the Stupa  
WDC4 Eight Auspicious Symbols  
WDC5 Om Mani Padme Hung  
WDC6 Hri  
WDC7 Om Ah Hung  
WDC8 Double Dorje  
WDC9 Prajnaparamita  
WDC10 Samajavajra  
WDC11 Heruka Chakrasamvara  
WDC12 Mahakala  
WDC13 Mandala of Avalokitesvara  
WDC14 Mandala of the Five Elements  
WDC15 Path of Samatha Meditation  
WDC16 Inner Offering  
WDC17 Eight Precious Offerings  
WDC18 Green Tara  
WDC19 Five Mothers

These are the consorts of the five Dhyani Buddhas. They represent and purify the five elements.

WDC20 Mandala of Heruka Chakrasamvara  
WDC21 Twenty-one Taras  
WDC22 Akshobya  
WDC23 Medicine Buddha

WDC24 Offering of the Five Senses  
WDC25 Seed Syllable and Mantra Garland of Vajrayogini  
WDC26 Mandala of Vajrayogini  
WDC27 Manjushri  
WDC28 Lama Tsong Khapa & Two Disciples  
WDC29 Five Dhyani Buddhas  
WDC30 \$1 Vajrayogini (Naro Khachoma)  
Vajrayogini symbolizes the female tantric aspect of the buddha embodying the union of bliss and emptiness.  
WDC56 Om Ah Hung

### MANTRA CARDS \$1 ea.

Andy Weber has created these cards to aid in mantra visualization.  
WDC50 Avalokitesvara  
WDC51 Amitayus  
WDC52 Green Tara  
WDC53 Manjushri  
WDC54 Medicine Buddha  
WDC55 Sakyamuni

### 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.

### GARUDA POSTCARDS

\$1 ea.

Traditional thangka images.  
GAC101 Buddha Shakyamuni with Shariputra & Maudgalyayana  
GAC102 Gelugpa Guru Tree  
GAC105 Avalokitesvara

GAC106 Amitabha in Dewachen  
GAC107 Padmasambhava  
GAC108 The 35 Buddhas  
GAC109 White Tara  
GAC110 Green Tara  
GAC111 Jambhala  
GAC113 Vairocana  
GAC114 Simhavaktra  
GAC115 White Mahakala  
GAC116 Vajrapani  
GAC117 Machig Labdron  
GAC118 Peaceful Bardo Deities  
GAC119 Wrathful Bardo Deities  
GAC120 Tsong-ka-pa on Lion  
GAC121 Cakrasamvara  
GAC124 Yamantaka  
GAC126 Ushnishavinijaya  
GAC127 White Tara Mandala  
GAC128 Depiction of Universe  
GAC130 Vajrasattva w/Consort  
GAC132 1st Karmapa  
GAC136 Manjushri  
GAC139 Vajrayogini  
GAC142 Green Tara & 21 Taras  
GAC143 Buddha Shakyamuni w/ 16 Arhats  
GAC148 Mandala with Simhanada-Avalokitesvara  
GAC149 Sitatapatra  
GAC150 Amitayus  
GAC151 Domtonpa  
GAC152 Tapiriza  
GAC153 Dorje Legpa  
GAC154 Garuda  
GAC155 Medicine Buddha  
GAC161 Kunsang Gyalwa Dupa  
GAC162 Tsewang Gyagarma  
GAC163 Padmasambhava as Medicine Buddha

### PAINTINGS OF DHAWA DHONDUP NGOCHETSANG

6 x 8 1/2", color, \$3 ea.

BUDDHA SHAKYAMUNI, #DDC1  
GREEN TARA with Manjushri, Chenrezig, Vajrapani, #DDC2  
MACHIG LABDRON, #DDC3  
GREEN TARA above the water, #DDC4

### SAND MANDALA POST and NOTECARDS

Kalachakra Sand Mandala #KASAC \$1

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

Wheel of Time Fire Offering Sand Mandala notecard 5 x 7" #WHTIFI \$2

Wheel of Time Mind Mandala notecard 5 x 7" #WHTIMI \$2

Wheel of Compassion Sand Mandala Notecard #WHCOSA \$2

This is the sand mandala of Chenrezig made by the monks of Namgyal Monastery at the Watts Towers Arts Center in Los Angeles.

Wheel of Time Sand Mandala Notecard #WHTICA \$2

This is the sand mandala of Kalachakra made in the American Museum of Natural History in NYC by Namgyal monks.

Medicine Buddha Mandala: Essence of Healing #MEBUMA \$1

The Ven. Ngawang Choje created this sand mandala of the Medicine Buddha. It is reproduced here as a 4x6" card.

Monks from Namgyal Monastery Creating a Vajrabhairava Sand Mandala 4 x 6" #NACA1 \$1

The monks from Namgyal Monastery, the personal monastery of H.H. the Dalai Lama, create a Vajrabhairava sand mandala in this lovely image.

Monks from Namgyal Monastery Creating a Kalachakra Sand Mandala 4 x 6" #NACA2 \$1

## STATUES, STUPAS, & TSA TSAS

### LARGE STATUES

#### BUDDHA SHAKYAMUNI STATUES

Painted face, 3". #SMST \$60

#### BUDDHA SHAKYAMUNI STATUES

Bronze with painted face, 8". #RUBUSS \$295

Gold with painted face, 8". #RUBUSH \$295.

#### CHENREZIG STATUE

Gold highlights with painted face, 8". #RUCH \$295

#### GREEN TARA STATUE

Painted face with gold highlights, 8". #RUGRTA \$295

#### MANJUSHRI STATUE

Gold highlights with painted face, 8". #RUMA9 \$295

#### MEDICINE BUDDHA STATUES

Bronze with painted face, 8". #RUMEBB \$295

Painted face with gold highlights, 8". #RUMEBU \$295

Gold highlights with painted face, 8". #SMMEBU \$60

Gold highlights with painted face, 5". #RUMEB5 \$150

#### TSONGKHAPA WITH TWO DISCIPLES

#RUTSST \$2000

This set of three statues are made of fine bronze with gold plating and painted faces. The statues have traditional robes. They are sold as a set. Tsongkhapa is 14" high and his two main disciples are 12" each.

### WHITE TARA STATUE

Superior grade with gold highlights and painted face, 8". #RUWHSU \$350

Gold highlights with painted face, 8". #RUWHTA \$295

### TARA STATUE ROBES

These are brocaded 2-piece outfits used to cover 8" statues. They tie on with straps. #ROTAST \$40

### STUPAS

#### BRONZE STUPA

#STEN \$360

8 1/2". This enlightenment stupa is made with the same care and quality materials as our statues. It is a heavy bronze with gold plating, inlaid stones and an opening for a small photo of your lama to be displayed.

#### STUPA

#STBR \$55

This Tibetan Buddhist stupa is 7 1/2" high and has a brass gilt covering. It is the stupa most often seen at centers. It is reasonably good looking for \$55 and is suitable for consecration.

#### STUPA FROM ANDY WEBER

This stupa was designed by Andy Weber, a long-time Tibetan Buddhist and artist. It is plated in gold and measures 2 1/2" high. It's a jewel.

GOLD STUPA #GOST \$45

Win a FREE TRIP to Tibet and Nepal. See page 20 for details.

### TSA-TSAS

by Tsa Tsa Studio/Center for Tibetan Sacred Art

#### 1000-ARM CHENREZIG PLAQUE

#CHPL \$30

7" x 6" gold finish plaque of 1000-Arm Chenrezig surrounded by Buddhas and stupas.

#### 20 BUDDHA TILE

6 1/4 x 5" tile with four rows of five Buddhas each. The Buddha appears in his Dharmakaya form. An ornate stand is included. Two finishes are offered.

Sandstone finish. #20BUSA \$25

Copper finish. #20BUCO \$30

#### GREEN TARA PLAQUE

#GRAPL \$25

7 1/4 x 5" plaque of Green Tara in copper finish with ornate stand.

#### MINI BUDDHA TSA TSAS \$4

These small buddhas are 1 3/8" x 3/4". They come in four finishes: sandstone, copper, bronze, and gold. They depict the Dharmakaya form of Shakyamuni. He holds a vajra in his left hand and right hand touches the ground. They are packaged with mounting pads to stick the back to a surface. These statues will also stand.

Gold. #MIBUGO

Bronze. #MIBUBR

Sandstone. #MIBUSA

Copper. #MIBUCO

These items can be seen at the Snow Lion website: [www.snowlionpub.com](http://www.snowlionpub.com)

### POCKET BUDDHA

#### TSA TSAS \$8

These small buddhas are 1 3/8" x 3/4". They come in four finishes: sandstone, copper, bronze, and gold. They depict the Dharmakaya form of Shakyamuni. He holds a vajra in his left hand and right hand touches the ground. They are mounted on a classy card back and have a folding cardstock package with a button.

Copper. #POBUCO

Bronze. #POBUBR

Gold. #POBUGO

Sandstone. #POBUSA

#### SINGLE STANDING TSA TSAS \$15

These are tsa tsas of varying size that stand on a surface. They differ in finishes and all are beautifully made.

Lama Tsongkapa, bronze finish, 2 3/4 x 2 1/4". #SISTTS

Long Life Deities (White Tara, Amitayus & Namgyalma), gold, 3 1/2 x 3". #SISTLO

Manjushri, bronze finish, 2 3/4 x 2 1/2". #SISTMA

Medicine Buddha, bronze finish, 2 1/2" x 2". #SISTME

Vajrasattva, bronze, 3 1/2" x 3". #SISTVA

#### SINGLE TILE TSA TSAS

These are tsa tsa reliefs on a 4" x 4" tiles that fit in a supplied ornate stand. They differ in finishes and all are beautifully made.

Buddha, rust-brown finish. #SITIBU \$15

Vajrayogini, copper finish. #SITIVA \$20

Hayagriva w/consort, copper finish. #SITHA \$20

### SMALL CERAMIC STATUES

You will be impressed with the detailing of these high quality ceramic miniatures. They are made to look like antiqued ivory and like fine ivory, should be protected from direct heat and sunlight which will eventually yellow them. They are very hard and not easily broken.

#### SHAKYAMUNI BUDDHA STATUES

Buddha Statue, 2" high, #BUST2 \$15

Buddha Statue, 4" high, #BUST4 \$30

#### GREEN TARA STATUES

Green Tara Statue, 2" high, #GRTA2 \$15

Green Tara Statue, 4" high, #GRTA4 \$30

#### VAJRASATTVA STATUES

These high quality ceramic miniatures are finely detailed.

Vajrasattva Statue #VAST2 \$15 2" high

Vajrasattva Statue #VAST4 \$30 4" high

#### JAMBHALA STATUE

#SMJAST \$50

This is a 2.5" bronze with gold highlights, painted face statue of Jambhala, the deity of wealth. It can be used with the Jambhala Offering Set.

#### SMALL STATUES

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

Sarasvati #MESA \$5

Green Tara #MEGRTA \$5

Jambhala #MEJA \$5







## BANNERS

### DEITY BANNERS FROM INDIA!

These vertical banners are approx. 6 ft. x 18" wide with attachments for poles. The deity is printed with the appropriate mantras. If you would like to have 5 banners, one in each color or any combination, the set of 5 is \$70.

**CHENREZIG Banner**  
#CHBA \$16

**KALACHAKRA Banner**  
#KABA \$16

**MAHAKALA Banner**  
#MABAN \$16

**MANJUSHRI Banner**  
#MNBAN \$16

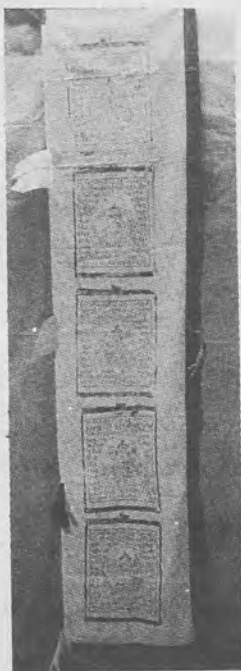
**MILAREPA Banner**  
#MIBA \$16

**PADMASAMBHAVA Banner**  
#PABA \$16

**TARA Banner**  
#TABAN \$16

**VAJRAYOGINI Banner**  
#VABA \$16

**WINDHORSE Banner**  
#WIBA \$16



## OTHER BANNERS



### AUSPICIOUS SYMBOL BANNER

Approx. 28" x 4 1/2" wide #AUBA \$16

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.



### LARGE AUSPICIOUS SYMBOL BANNER

Approx. 44 x 13" wide. #LAAUBA \$30

The eight auspicious symbols are embroidered on this banner which also has a brocade border. The auspicious symbols represent the many wonderful qualities of the Buddha.



### EIGHT AUSPICIOUS SYMBOLS THANGKA

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

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



### KALACHAKRA EMBLEM BANNER

#KABRBA \$25.00

The precious mantra of Kalachakra is embroidered and then mounted in brocade. 24" x 13" wide.



### MANI BANNER

#MABANN \$16

26" x 4 1/2" wide. Embroidered Om Mani Padme Hum mounted in brocade.



### MANI HANGING #MAHA \$40

44" x 18" wide. Om Mani Padme Hum is embroidered and mounted in brocade. The central color is orange and the brocade is yellow and blue. Very striking.

## DEITY MANTRA BANNERS

Vertical banners 3.5 ft. long x 6" wide, brocade with embroidered mantras in Tibetan.

**BUDDHA Mantra Banner,**  
#BUMABA \$22

**KALACHAKRA Mantra Banner,** #KAMABA \$22

**MANJUSHRI Mantra Banner,** #MAMABA \$22

**MEDICINE BUDDHA Mantra Banner,**  
#MEMABA \$22

**PADMASAMBHAVA Mantra Banner,** #PAMABA \$22

**TARA MANTRA Banner,**  
#TAMABA \$22



## KATAS

No Tibetan custom is as well-known as the offering of a kata or white scarf used in greeting. The kata is considered as an auspicious symbol. It lends a positive note to the start of any enterprise or relationship and indicates the good intentions of the person offering it. Katas are offered to religious images, such as statues of the Buddha, and to lamas. There are a number of types of katas, some of the most popular are listed below (white unless otherwise mentioned).

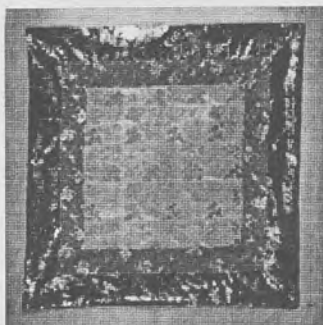
**Plain Offering Scarf,** 4' long x 14" wide, #PLOFSC \$4

**Natural Golden Color Offering Scarf,** 4' long x 14" wide, #GOOFSC \$5

**Brocaded Offering Scarf,** 6' long x 16" wide, with auspicious symbols #BROFSC \$12

**Fancy Brocade Offering Scarf,** #FABROF \$25 8' long with auspicious symbols

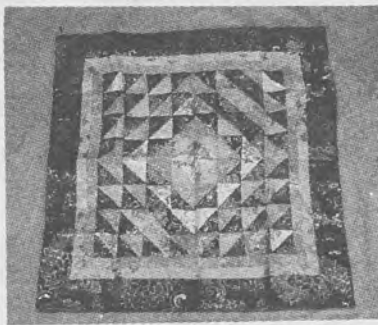
## RITUAL ITEMS



### LARGE DRAGON ALTAR CLOTH

30 x 30" #DRALCL \$60

Quality brocade design with dragons.



### LARGE FANCY ALTAR CLOTH

30 x 30" #ALCL \$45

All brocade piece with triangle pattern in the center.

## BELL & DORJES

### BELL & DORJE

#BEDO \$36

The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje is approx. 4 1/2" long, has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is approx. 6" high and composed of an alloy of several metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.



### BELLS & DORJES

Supreme Grade #DABEDO \$225

Fine-detail five-metal bell and dorje sets



### BELL & DORJE COVERS

#BEDOCO \$16

These are elaborately brocaded covers that are perfect for the standard size bell and dorje.



## RITUAL ITEMS



### BHUMPA FEATHERS

#BHFE \$12

Traditional peacock feather arrangement which is used in bhumpa. Approx. 12" high.



### BHUMPA

#BH \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is 7" high and used for blessed water.

## BUTTER LAMPS



### BUTTER LAMP (white metal)

#BULA \$16

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



### BRASS BUTTER LAMPS

These lamps look great and brass is very durable.

Extra-Large Brass Butter Lamp  
4.50" high, EXBRBU \$13.50

Large Brass Butter Lamp  
4.25" high, #LABRBU \$11

Small Brass Butter Lamp  
3" high, #SMBRBU \$6



### COPPER BUTTER LAMP

#COBULA \$19

4 1/4" high with auspicious symbols in silver-like metal. BHUMPA #BH \$28

Made with copper and brass this is an item that typically appears on Tibetan altars or practice tables. It is 7" high and used for blessed water.

## DHARMAPALA OFFERING SETS (Serkyem)

They are used in protector deity practice and measure 5" high and 5" in diameter.

White Metal Serkyem #SEWH \$28

Brass Serkyem #BRSE \$26

Copper Serkyem #COSE \$16

It has lovely highlights in a second lighter metal.



### DINGSHA BELLS (cymbals)

The sound of these bells is psychically cleansing.

Standard Dingsha Bells

#DI \$20

These are 2.75" in diameter.

Large Dingsha Bells

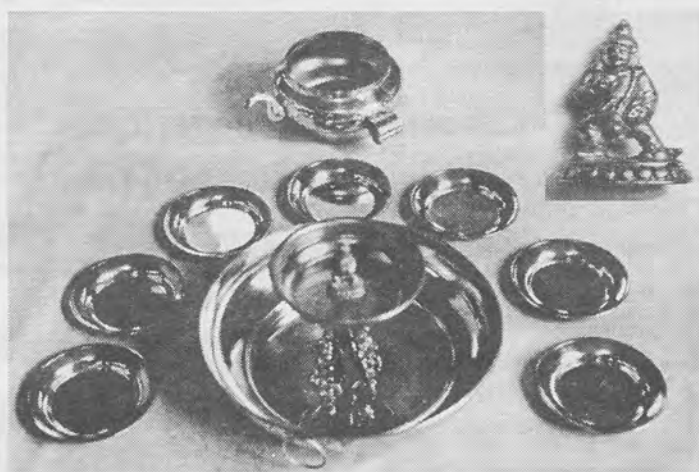
#DIBELA \$26

These are 3.25" in diameter.

## JAMBHALA OFFERING SET

(Torjang) #JAOFSE \$82

This is the offering set used for Jambhala water offerings. It is made of copper (required for the practice) and has several parts: A small copper statue of Jambhala, 7 offering bowl dishes (used under your existing set), a 9" deep dish to catch the water, a stand that goes in this dish to hold a smaller dish with Jambhala in it, and finally, the copper water pitcher.



## KAPALA (skull cup)

It is five inches high with three parts: triangular base, metal skull cup to hold precious liquids, and lid covering.

Medium Brass Kapala #MEBRKA \$20

## MANDALA PLATES



We have available mandala plates for mandala offerings. The sizes are either large (7" approx.) or small (6" approx.) in diameter. We recommend calling us for sizes and prices of available stock. The type of metal(s) in these plates varies considerably. We have set of copper and a set of silvery (an alloy) in large and small for:

Large Silver #MALASI \$80

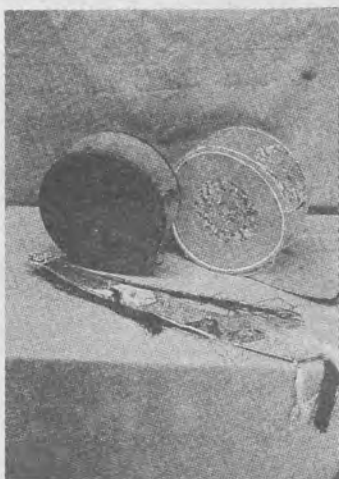
Small Silver #MASMSI \$70

Large Copper #MALACO \$80

Small Copper #MASMCO \$70

Small Gold & Silver (alloys)  
#MASIGO \$150

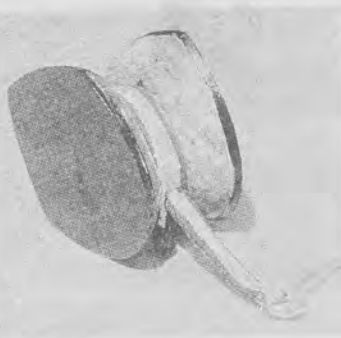
## DRUMS



### CHOD DRUM

#CHDR \$170

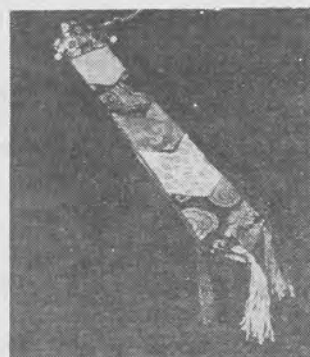
This is the authentic chod drum. It has a diameter of 9 3/4" and is 4 1/2" wide and comes with silk tail, brocade carrying case with strap, and sea shell adornments.



### DAMARUS (wood)

4" in diameter #DA \$20

This is the hand drum used in many tantric practices.



### DAMARU BANNERS

#DABA \$20

Beautiful brocade banners in 5 traditional colors. They are approx 22" long and attach to the Damaru to make a lovely tail.



### DAMARU SET

#DASE \$45

Includes damaru (4 1/2" to 5" at longest dia.), cover, & banner.



## MEDITATION BELL & CUSHION

#MEBECU \$45

This is a finely crafted Japanese meditation bell is nearly 2" high and 3 1/2" in diameter. It produces a long, multi-toned pulsating ring when struck and with the proper striker, can be used as a singing bowl. It sits on a purple and white cushion and comes with a 5 1/4" black striker.



## MEDITATION SHAWLS

Large cotton (summer) and wool (winter—hand loomed and dyed) meditation shawls for men and women imported from India. They are the maroon color that monks and nuns wear. They measure 4' x 8'.

Meditation Shawl -summer

#MESHS \$30

Meditation Shawl—winter

#MESHW \$45

## MELONGS

Brass concave circular ritual mirrors.



## TIBETAN MEDICINE BRACELETS

The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

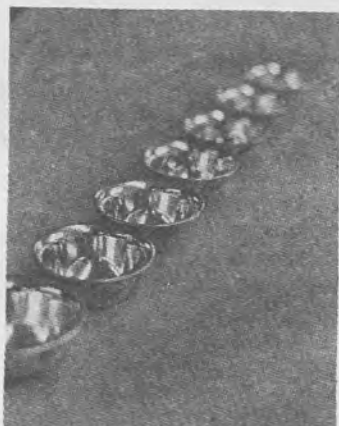
Woven 3-Metal Band #WOTHME \$4

3-Metal Design with Beaded Edge #BEEDBR \$4



## OFFERING BOWLS

Offering bowls are present on every Tibetan altar and often contain water, rice, or other items. These bowls can discolor—to use them properly, the bowls must be filled to the top and the water must be changed every day and the bowls wiped dry with a soft cloth (don't use silver polish) and turned upside down. Water allowed to evaporate will leave mineral deposits which are hard to remove. Another option to protect them from discoloration is to spray the bowls with polyurethane before using them.



**Copper Offering Bowls**  
#COOFBO \$38

Includes set of 7 bowls

### COPPER OFFERING BOWLS w/ AUSPICIOUS SYMBOLS

#COOFAU \$38

These bowls are 3" in diameter, copper, and have 3 auspicious symbols around the side.

### Engraved Silvery Offering Bowls

#SIOFBO \$33

Includes set of 7 bowls. Silvery offering bowls that measure 3 1/4" dia.—lovely engraved pattern.



**Plain Silvery Offering Bowls**  
#PLSIOF \$33

Includes set of 7 bowls. Plain silvery offering bowls that measure 2 1/4" dia.—Elegant and perfect for smaller altars.

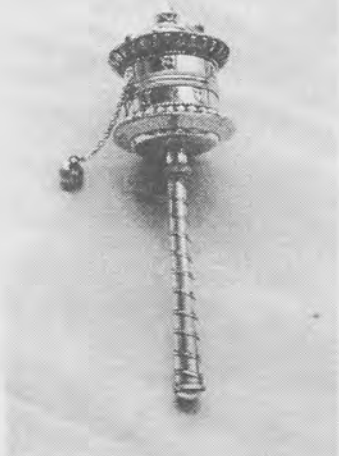
### Large Brass Offering Bowls

2.75" in dia., #LABROF \$32

### Small Brass Offering Bowls

2" in dia., #SMBROF \$19

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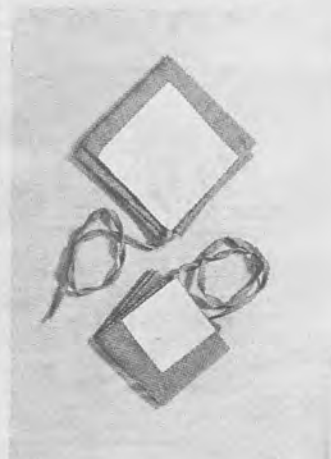


**PRAYER WHEEL**  
#PRWH \$30

Authentic Tibetan prayer wheel consisting of a hollow cylindrical body engraved with the Mani prayer. It is approx. 9" long and is filled with the Om Mani Padme Hum prayer. The cylinder of the wheel is rotated in the same direction as the sun, and each turn is the equivalent of a reading of the prayers enclosed within.

## PECHA HOLDERS & WRAPS

Used to cover sacred texts.

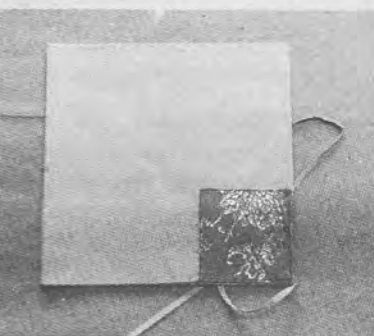


### STANDARD

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

**Standard Pecha Wrap #PEWR \$15**  
Approx. 22" sq.

**Standard Pecha Wrap #PEWRL \$15**  
Approx. 30" sq.

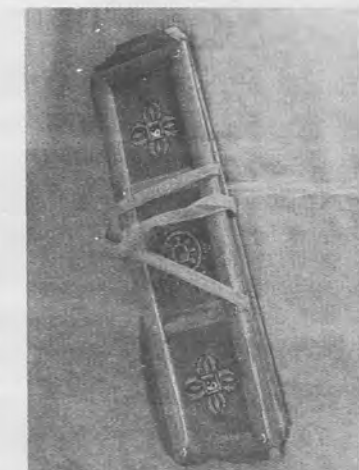


### FANCY

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

**Fancy Pecha Wrap #FAPE \$17**  
Approx. 31" sq.

**Fancy Pecha Wrap #FAPEL \$20**  
Approx. 33" sq.



## WOODEN PECHA HOLDERS

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

4 x 17", extra large. #PEHOL \$35

4 x 15". #WOPEHL \$40

4 x 12". #WOPEHS \$35



### PURBAS

Tantric daggers made of iron used to expel negative forces.

9" Purba #9PU \$30

5" Purba #5PU \$12

## SINGING BOWLS

These singing bowls are made in Nepal from a hand worked alloy, and picked by us for sound quality. We have different sizes listed here and they all come with strikers.

8 3/4" in dia. with thick wall.

#SIBO9 \$120

8" in dia. with thick wall.

#SIBO8 \$100

7" in dia. with thick wall.

#SIBO7 \$80

6 1/2" in dia. #SIBOST \$55

6" in dia. #SIBO6 \$60

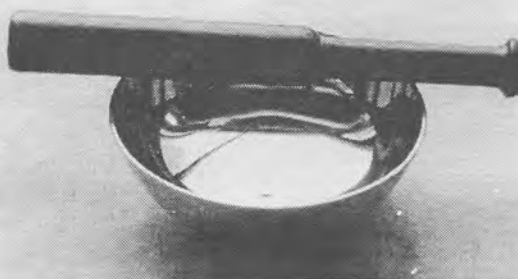


## SINGING BOWLS



#COSIBO \$48.00

Copper singing bowl with eternal knot on bottom and Tibetan design on side. 5 3/4" singing bowls with smooth finish and excellent sound. Comes with striker.



#BRSIBO \$48.00

Shiny brass singing bowl. 5 3/4" singing bowls with smooth finish and excellent sound. Comes with striker.

## SINGING BOWL

#SIBOST \$55

6-7" dia. Hand picked for sound quality this singing bowl comes with striker and explanation on how to use it properly.



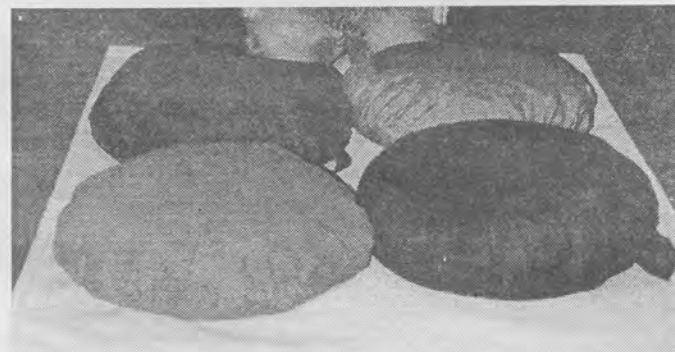
## SNOW LION PRACTICE TABLE

#SNLIPR \$300

Hand carved wooden practice table, hand painted in red, gold and traditional snow lion colors. This table folds down for transport and measures 27" wide by 14" deep and 13" high. A lovely piece of work for sadhana practice.

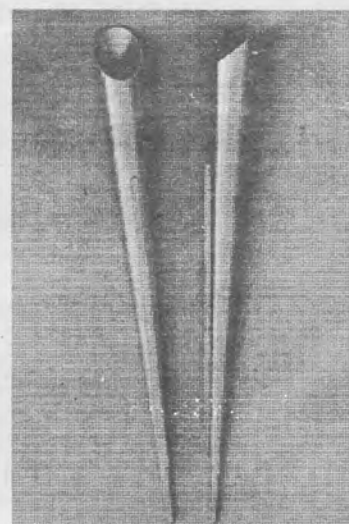
## ZAFU MEDITATION CUSHION

We now have meditation cushion covers with liners that you can fill with your favorite substance. They are available in eight colors: black, burgundy, red, purple, navy, rust, brown, and royal blue. Please tell us your first and second color choice. You can fill the liner with a variety of items: buckwheat hulls, beans, seeds, kapok, pine needles, herbs or whatever—it will even take a beach ball for an inflatable travelling cushion! (Wholesale prices are available to dharma centers retailers for quantity orders.)



Cushion Only—no stuffing #ZAMECU \$25

Buckwheat Hulls Stuffing #ZAST \$12.95



## TIBETAN CHAKPUS

#TICH \$160

A pair of brass chakpus, made in the US for Namgyal Monastery, are now available to everyone who would like to try their hands at the ancient technique of sand painting. They are 10" long and have two sizes of openings for sand dispersal of 1/16th and 1/32nd of an inch. These come in a box with instructions and small starter packs of sand.

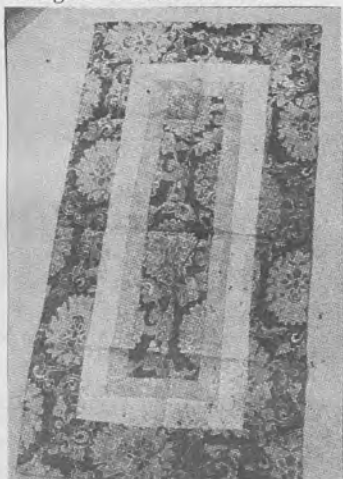
## TIBETAN-STYLE TILDENS



## TIBETAN-STYLE TILDEN

#TITIL \$25

This brocade tilden has pieced triangle design in the middle. The brocade is the kind you find on many thangkas. It measures 16" x 10."



## LARGE TIBETAN-STYLE TILDEN

#LATIL \$40

This tilden is typically used on a lama's throne on the side table. It measures approx. 38" x 20".



## MALAS



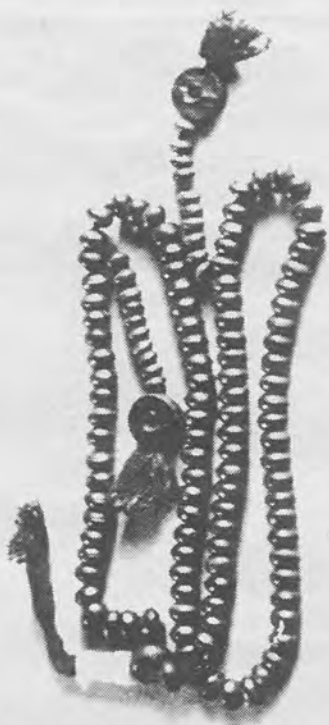
**Bodhiseed #BOSEMA \$40**

### BONE MALAS

Strung on a red cord these malas have bone counters too!



**White Bone Mala #WHBOMA \$20**



**Regular Bone Mala #BOMA \$20**  
Brown bone beads



**Yak Bone Mala #YABOMA \$60**  
Mala is dark brown with inlaid bits of coral and turquoise. Includes fancy guru bead and counters with bell & dorje. Looks old and is remarkable to see. Guru beads can vary in appearance.

## LOTUS SEED MALAS



**Lotus Seed Mala, #LOSEMA \$20**  
Mala has lotus seed guru bead and Tibetan-style tassel.

**Lotus Seed Mala, with semi-precious marker beads #LOMA \$30**



**Lotus Seed Pocket Mala, with 18 large beads and guru bead. #LOHAMA \$15**

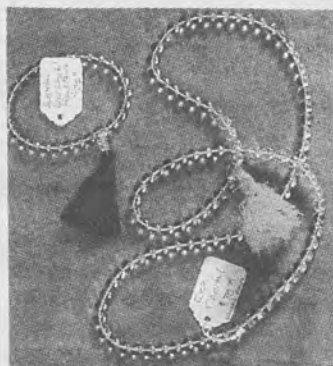


**Linden Nut Disc Mala #LINUDI \$36**  
This beautiful mala has abacus shaped beads that are chocolate color with tiny beige speckles from the Linden tree.

## SEMI-PRECIOUS STONE & CRYSTAL MALAS

**Amber 6mm #AMMA \$130**

**Cobalt Blue Glass Mala #COMA \$30**



**Rock Crystal Mala #CRMA \$70**

**Red Glass Mala #REMA \$30**

## TIBETAN HAND MALAS

These hand-crafted malas contain 27 beads of genuine semi-precious stones that are 8 mm. in diameter. You can also wear the mala on your wrist. The qualities reputed to be associated with the stones are mentioned in the descriptions.

**Amber Hand Mala #AMHAMA \$44**

**Amethyst Hand Mala #AMYHA \$48**

**Aventurine Hand Mala 6mm #AVHAMA \$24**

**Black Onyx Hand Mala #ONHAMA \$28**

**Cobalt Blue Glass Pocket Mala #COHAMA \$15**

**Lapis Lazuli Hand Mala #LAHAMA \$80**

**Malachite Hand Mala #MAHAMA \$48**

**Mother of Pearl Hand Mala #MOHAMA \$24**

**Rock Crystal #CRHAMA \$28**

**Rose Quartz Hand Mala #QUHAMA \$24**

**Tiger Eye Hand Mala #TIHAMA \$35**

**Turquoise Hand Mala #TUHAMA \$45**

**Bodhi Seed Pocket Mala #BOHAMA \$5**  
Twenty-one bodhi seeds on an elastic cord—wear it on your wrist or carry it in your pocket to use whenever you have time. This mala was obtained from the monks of Namgyal to help them fund-raise.

**Regular Sandalwood Hand Mala #RGSAMA \$7.00**  
Aromatic sandalwood on an elastic cord.

The following malas are special order items and are hand-made according to your specifications. The mala beads are 8mm unless otherwise noted. Please allow 4-6 weeks for delivery:

**Hematite 6mm \$50**

**Lapis Lazuli \$270**

These excellent quality lapis malas contain lapis guru bead and blue tassels. Perfect for Medicine Buddha practice.

**Malachite 6mm \$120**

**Mother of Pearl \$50**

**Rhodonite (pink with black) \$120**

**Rose Quartz \$60**

**Tiger Eye \$100**

**Turquoise \$80**

Color will vary from green to blue but each mala has uniform color. Has crystal guru bead and turquoise tassel.

## MALA COUNTERS & BAGS

### Gold Counters

**#GOCO \$22**

High quality gold plated bell & dorje.

### Phurba & Curved Knife Counters

**#PHUCO \$30**

Silver counters on thick red cord with tassels.

### Sandalwood Counters

These have a bell and dorje and are strung on red cord.

**Regular Sandalwood Counters #RGSACO \$8**

**Red Sandalwood Counters #RESACO \$8**



### Silver Counters

**#LASICO \$30**

Beautiful silver counters on thick red cord with tassels with bell & dorje.

### Wheel of Dharma Counters

**#WHDHCO \$28**

Silver Dharmachakras strung on red cord with multicolored tassels.

### White Metal Counters

**#WHMECO \$8**



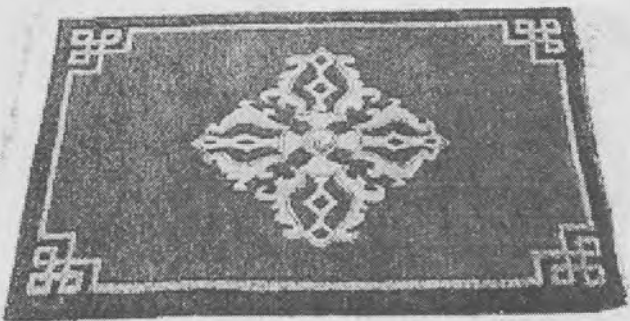
## MALA BAG

**#MABA \$8**

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

[www.snowlionpub.com](http://www.snowlionpub.com)

## MEDITATION CARPETS



**DOUBLE DORJEE CARPET #DODOCA \$175**

This double-dorjee wool carpet is an excellent base for meditation or as a covering. It measures 2 x 3' and has a lovely mix of harmonious colors which you can view on our website.



**TIBETAN PADDED MEDITATION CARPET #TIPAMI \$145**

A traditional Tibetan carpet (28 x 28") with a yellow double dorjee on maroon background. Padded underneath (2 1/5" thick) and covered with Tibetan cotton cover. An excellent meditation seat for you or your lama.

## SANDALWOOD MALAS

Red or natural color sandalwood malas with guru bead and tassels. They smell wonderful!



**Regular Sandalwood #RGSAMA \$14.00**

**Wood #WOMA \$16**



**Red Sandalwood #RESAMA \$14.00**



## TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades depending on the amount of aromatic substances added to the basic mix.

**Ritual Grade Tibetan Incense**  
#CHTIN \$5.00

**Medium Grade #RE** \$6

**Highest Grade #BL** \$8

**Extra-Grade Tibetan Incense**  
#EXGRTI \$10

This incense comes from another source and is a popular high-grade product.

**Pure Sandalwood #SAIN** \$5  
Comes in an 8" bundle.

## THERAPEUTIC INCENSE!



**TARA HEALING CONE INCENSE**  
#TAHECO \$15

Approximately 50 cones of healing incense per jar.

**TARA HEALING INCENSE**  
#TAIN \$5

Tara healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are 19 six inch sticks per box.

**HEALING INCENSE GIFT PACK**  
#TAINGI \$20

Healing incense has been used for centuries for relief from stress, depression and tension. It is prepared according to the Tibetan medical system and is composed of 33 different pure & rare natural herbs. It is non-toxic and non-addictive. There are five boxes of incense in the gift pack. Made by Tibetans in India

**AGAR 31 HERBAL INCENSE**  
#BLAG \$5

Made by Dr. Lobsang Choephel. Contains all the thirty-one herbal & mineral ingredients essential for reducing stress created by the different "winds."

**NIRVANA BRAND**  
#NIBRIN \$6

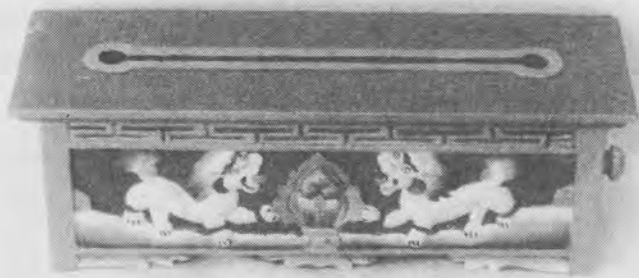
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit-forming aroma-therapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim. Sometimes called relax-ense.



**SNOW LION INCENSE BURNER**

#SNINBU \$7.00

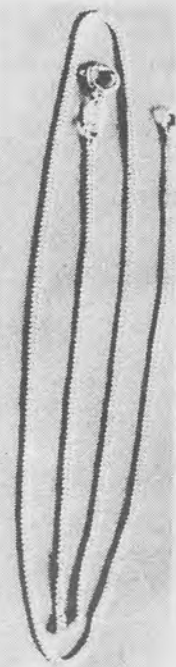
3 inches in diameter and 1 1/2 inches high, this snow lion incense burner holds a standard stick of Tibetan incense. Made in Kathmandu by Tibetans.



**INCENSE BURNER**  
#INBUWO \$70

This is a painted wood incense burner that measures 14" long x 4 1/4" wide and high. It has a carved front with snow lions and the three jewels. A sliding drawer slides out and holds incense. You fill the burner with sand or rice, lay the burning stick down on top of it and the smoke flows out through a slot on the top of the box.

## NECKLACES



**YAK BONE NECKLACE**  
#YABON \$10

This necklace has eight panels and ties with a black cord.

**SILVER NECKLACE CHAIN**  
#SICHNE \$15

This 26" elegant chain is perfect for pendants and gaus.

## BRACELETS

### TIBETAN BRACELETS

#### 3-Metal Designs

The tri-metal formula is thought to have healing properties and the ability to balance energies. These traditional Tibetan bracelets are crafted from interwoven copper, brass, and nickel. They are attractive, adjustable and functional.



1/4" wide, cross-weave bracelet. #CRWEBR \$8



1/2" wide, mostly copper. #COBEBR \$10

### FINELY CRAFTED THREE-METAL MEDICINE BRACELETS

by Sergio Lub

These finely crafted silver, copper and brass Tibetan medicine bracelets were hand-crafted by Sergio Lub, a westerner who learned from the Tibetans how to make these bands and has refined the technique to a high degree. They are gorgeous!



**SHERPA'S ROPE**  
#SHROBR \$25

This is a three-metal weave 3/16" wide



**SEVEN METAL BRACELET #SEMEBR** \$40

This is a seven-metal weave that is 5/16" wide.

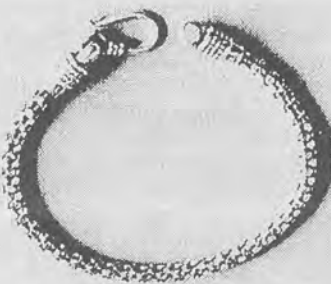


**TIBETAN ROPE #TIRO** \$25

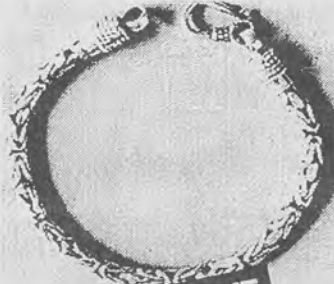
This is a three-metal weave that is 1/4" wide.

### BRACELETS FROM PEMA

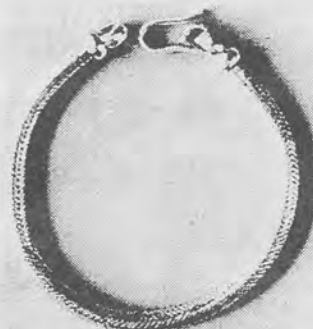
These measure 7 to 7.25" in length.



**Silver Mirror Bracelet #BRSIMI**  
\$22

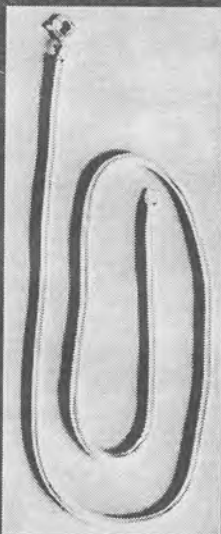


**Silver Twisted Bracelet #BRSITU**  
\$23



**Silver Snake Thick Bracelet #BRSNTH** \$20

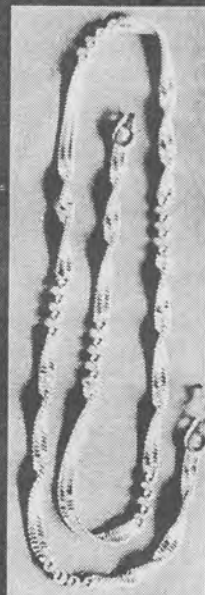
### NECKLACES FROM PEMA



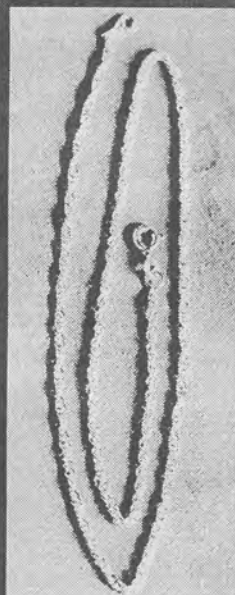
**Silver Snake (thick) Necklace 15.5" in length,**  
#NESNTH \$25



**Silver Snake (thin) Necklace 20" in length,**  
#NESNTN \$20



**Silver Twisted with Bead Necklace 16" in length,**  
#NETWBE \$25



**Silver Coil Chain Neck-lace 16" in length,**  
#NECOCH \$15



## PENDANTS

### DEITY PENDANTS

Fine pendants with real silver finish from Nepal. 1 1/4" high



Buddha #SIBUPE \$12.00



Chenrezig #SMCHSI \$12.00  
Padmasambhava #SMPASI \$12.00  
Tara #SMTASI \$12.00



OM MANI PADME HUNG  
Pendant #OMPE \$9.95

1 3/8" in diameter; this pendant has a circular Om Mani Padme Hung mantra in Tibetan letters circling around the central Hrih. It is a silver alloy and has a ring for a chain or string.

## EARRINGS

### CURVED KNIFE EARRINGS

#CUKNEA \$24

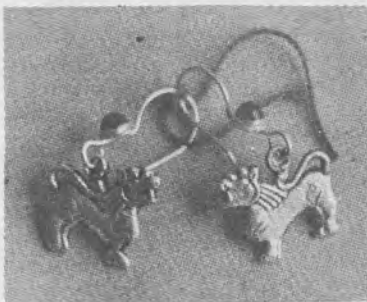
The curved knife of Vajrayogini worn as silver earrings.



### PHURBA EARRINGS

#PUEA \$24

The phurbas are 1 1/2" long.



### SNOW LION EARRINGS

#SNLIEA \$12

Silver snow lions with semi-precious stone.

## DEITIES, LAMAS, and MANTRAS Pendants

We are pleased to be able to offer these colorful pendants. They are 1 1/4" in diameter, hang with a red cord and have images of deities, lamas, and mantras—one on each side in different combinations. The whole piece is covered with a clear resin to protect the images. \$8 each.

16th and 17th Karmapa.  
#PE1617

Amitabha w/ Mantra  
#PEAMMA

Chakrasamvara w/ Four-Armed Mahakala  
#PECHFO

Chenrezig w/ Green Tara  
#PECHTA



Chenrezig w/ Mantra  
#PECHMA



Dalai Lama w/ Chenrezig  
#PEDACH

Dudjom Rinpoche w/ Mantra  
#PEDUMA

Ekajati w/ Mantra  
#PEEKMA

Green Tara w/ Mantra  
#PETAMA

Guru Rinpoche w/ Dorje Phurba #PEGUDO

Guru Rinpoche w/ Mantra.  
#PEGURI \$8

Jambhala w/ Mantra  
#PEJAMA

Karmapa (16) w/ Marpa  
#PEKAMA

Manjushri w/ Mantra  
#PEMAMA

Medicine Buddha w/ Mantra  
#PEMEMA

Palden Lhamo w/ Mantra  
#PEPAMA



Samantabhadra/Consort w/  
Guru Rinpoche/Consort  
#PESAGU

Sitatapatra w/ Mantra  
#PESIMA

Six-Armed Mahakala (blue)  
w/ Mantra #PESIAR

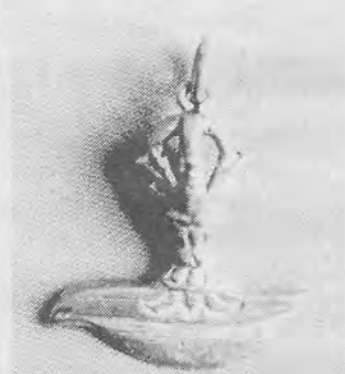


Vajrasattva w/ Mantra  
#PEVAMA

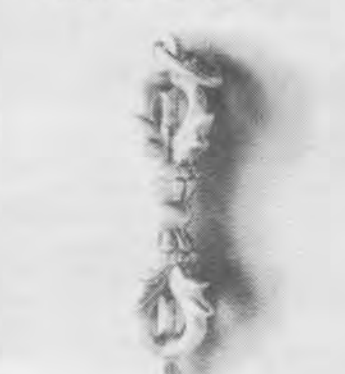
White Mahakala w/ Mantra  
#PEWHMA

White Tara w/ Mantra  
#PEWHTA

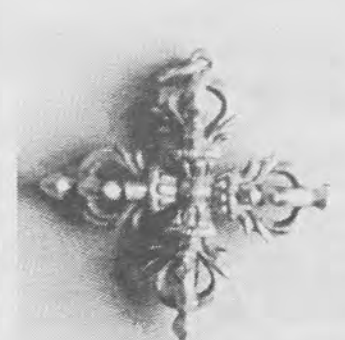
## OTHER SILVER PENDANTS



Curved Knife Pendant #CUKNPE  
\$8  
1" high, 7/8" wide, silver



Dorje Pendant #DOPE \$8  
1 1/4" long, silver

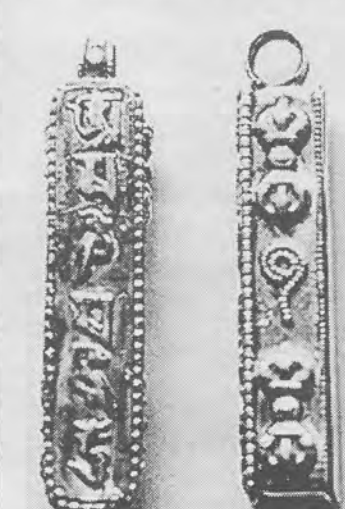


Double Dorje Pendant #DODOPE  
\$16  
1 1/4", silver



Eternal Knot Turtle Pendant  
#ETTUPPE \$25

This is lovely turtle symbolizing patience has the eternal knot on its shell. The shell opens to hold small precious objects.



Mani Gau Pendant #MAGAPE \$25  
2" long rectangular silver gau with the Mani mantra on the front and dorje design on sides. It opens up from behind.



Prayer Wheel (drum) Pendant  
#PRDRPE \$25

1.25" long, This exquisite silver prayer wheel has the Tibetan Om Mani Padme Hum both on the drum and inside too—as a roll of Mani mantras!



Prayer Wheel (hand-held style)  
Pendant #PRHAPE \$25

A small (1.5") version of a real prayer wheel that turns. It is made of silver and has the Om Mani Padme Hum mantra on it.



Precious Stone Mandala  
Pendant #PRSTPE \$30

Turquoise and red coral highlight this silver mandala design pendant with gold plating on the four directions. It is 1" in diameter.

## DOUBLE-DORJE JEWELRY

by Lauren Cottrell Designs

This exquisite double dorje jewelry is made with 24k gold. Most gold jewelry that you see is not pure gold but an alloy. This means that other metals, such as copper or nickel, have been added to the gold to make it harder—for instance 14k gold is only 55% pure gold. Only 24k gold is pure. 24k is generally too soft to be used in lightweight jewelry, but a method has been discovered that makes the gold firm. The pieces being offered bring together the finest and purest with an image that embodies one of the highest spiritual values and it is the hope of the designer that wearing these will bring both beauty and wisdom into one's life. A percentage of the profits goes to the Sera-Je monastery food fund.

\*Available as a special order.

### 24k Gold Double Dorje Earrings

\$260

These measure 1" in diameter. The posts and hooks cannot be obtained in pure gold so are being offered in 18k gold.

—with 18k posts #GODOPO

—with 18k wire hooks #GODOHO

### 24k Gold Double Dorje Lapel Pin

#GODOLA \$150

This also measures 1" in diameter and has a heavier 18k gold post.

## RINGS



### OM MANI PADME HUM RINGS

#OMRI \$17

Women and men's styles; adjustable.

### Silver Non-Pierced Ring

#RINOPI \$3



## PINS



**H.H. the 17th KARMAPA Pin**  
#HHKAPI \$8

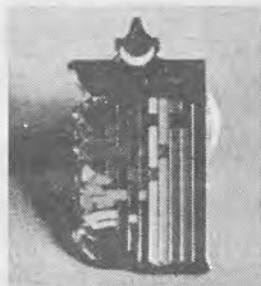
H.H. the Karmapa has now left Tibet and dharma students everywhere are eager to see him. This pin carries his image and measures 1 1/2" in diameter.



**TIBETAN FLAG PIN**  
#TIFLPI \$3

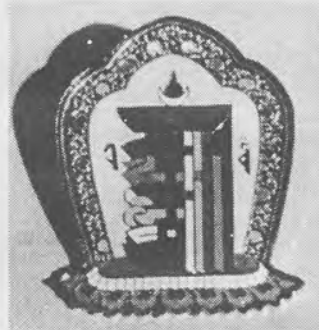
This is a great pin for people who like to show their interest in Tibet. It is 3/4" wide and high, full color with clear finish.

## KALACHAKRA MANTRA PINS: The Power of Ten



**Power of Ten Small Pin**  
#POTESP \$8

1" high, this gold pin with colored enamels looks great. It only shows the mantra with no additional border.



**Power of Ten Large Pin**  
#POTELP \$9

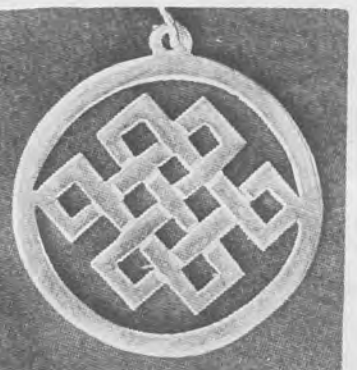
1 3/8" high, this gold pin with colored enamels also looks great. In addition to the Kalachakra mantra, it stands on a lotus, disk and has a golden aura around it.

## ENDLESS KNOT EARRINGS & PENDANT

The Endless Knot is one of the eight auspicious symbols of Tibetan Buddhism. It represents the knot of life, the interconnectedness of all life, and the interconnectedness of wisdom and compassion. Marta Macbeth has designed and produced beautiful sterling jewelry featuring the endless knot symbol. A percentage of each sale goes to the Tibetan Resettlement Project.



**Endless Knot Earrings**  
#ENKNEA \$44  
All silver, 1 1/4" long



**Endless Knot Pendant**  
(w/circle) #ETKN \$28  
Silver w/cord, knot is enclosed by a circle, 1 3/8" dia.

**Endless Knot Pendant (w/o circle)** #SETKNP \$28  
This popular design is now available without the enclosing circle. It is silver.



**ETERNAL KNOT KEY CHAIN**  
#ETKNKE \$28  
Great-looking sterling silver eternal knot is attached to key ring.

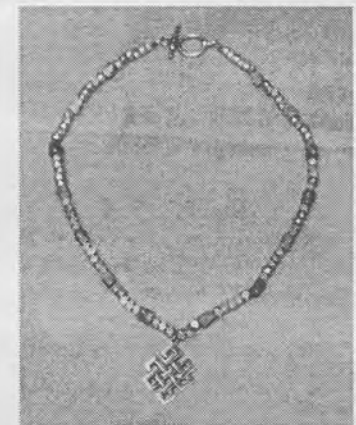


**ETERNAL KNOT PIN**  
by Marta Macbeth. #ETKNPI \$30  
Marta has crafted this silver eternal knot pin with a turquoise bead (1 1/2" long) ideal for clothing, hats or cloth bags.

**FANCY ETERNAL KNOT EARRINGS**  
**Matte Silver Eternal Knot Earrings** #MASIEA \$20  
Comes with a turquoise bead.



**Gold Eternal Knot Earrings**  
#GOEA \$20  
Comes with a read carnelian bead.



**ETERNAL KNOT NECKLACE** by Marta Macbeth  
#ETKNNE \$150

Silver with turquoise beads, this 18" eternal knot necklace was commissioned by Snow Lion from one of Ithaca's finest jewelers. Marta has also been a very active Tibet supporter and gives a portion of the proceeds from her eternal knot jewelry to support the Tibetan freedom struggle. You'll love the weight and feel of the silver and the color of the turquoise beads.

## MANDALA PENDANT AND EARRINGS

These silver earrings and pendant are in the shape of mandalas and have a deep red garnet in the center. The pendant is 1 1/2" in diameter and the earrings are 7/8" in diameter.

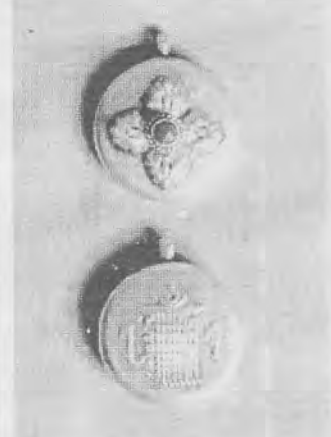


**Mandala Earrings** #MAEA \$26



**Mandala Pendant** #MAPE \$2

## GAUS



**Round Double Dorjee Gau**  
#RODODO \$28  
1 1/8" dia., 3/4" deep, silver, Kalachakra Mantra on reverse



**Small Round Double Dorjee Protection Gau** #PRGACO \$12

5/8" dia., silver. This gau comes with a red cord and inside are blessed protection seeds of the Nechung Oracle while in trance.



**LARGE GAU**  
#LAGA \$18  
Made from copper with brass cover, this 4" gau will hold many precious objects.



**TIBETAN STAMPS**  
#TIST \$5  
60 Tibetan stamps (facsimiles) that are gummed for sticking on letters, packages and other items. A colorful addition to your correspondence that also supports the Tibetan cause.

*The Snow Lion Internet Shop*  
[www.snowlionpub.com](http://www.snowlionpub.com)

## SILVER PENDANTS by Irit

These pendants are finely crafted in silver. The first three are 5/8 to 3/4" high.



**Tibetan Om** #TIOMPE \$10

**Large Tibetan Om** #TIOMPL \$32, 1 1/2" long

**Tibetan Ah** #TIAHPE \$16



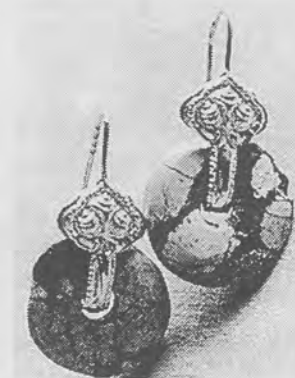
**Mani Mantra Pendant**  
#MAMAPE \$45  
Silver Om Mani Padme Hum mantra in a circle on silver background. Approx. 1" in dia.



**Tibetan Hung** #TIHUPE \$10



**OM with Turquoise Agate Pendant** #OMBLAG \$35  
1.5" long turquoise agate with silver OM on a Moon disk. The agate beautifully sets off the silver Tibetan OM.



**Turquoise with Gold Earrings**  
#TUGOEA \$45  
Disks of turquoise held by 18k gold plated silver hangers. The contrast of the gold and turquoise is striking.







## BUMPER STICKERS AND DECALS

### BOYCOTT CHINESE GOODS

"BOYCOTT CHINESE GOODS" #BOCHGO \$1.50

Yellow letter on strong red background. Show your support for human rights and Tibet and encourage others to do the same.

### COMMIT RANDOM ACTS OF KINDNESS

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

Red letters on yellow background.

### FREE TIBET!

"FREE TIBET" #FRTIBU \$1.50

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

### HONK IF YOU DON'T EXIST

HONK IF YOU DON'T EXIST #HOIFYO \$1.50

Bumper sticker with blue letters on white background.

### I ♥ TIBET

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

Blue letters, red heart and yellow background.

### MY OTHER VEHICLE IS THE MAHAYANA

MY OTHER VEHICLE IS THE MAHAYANA #MYOTVE \$1.50

Bumper sticker with blue letters on a yellow background.



LIBERATION UPON SEEING #LISEBU \$3

Terma revelation by Tertön Migyur Dorje, written in dakini script (yellow letters outlined in orange on blue background). "Those who see this script will not experience the three lower realms and will be liberated from the fear of falling into the lower realms; will be purified of the five poisons and freed from the results of one's karma; will be freed from the fear of remaining in samsara."—terma revelation of Tertön Migyur Dorje.

LIBERATION UPON SEEING Clear Acetate Decal #LISEDE \$3

The same terma as above but with letters on clear acetate decal that clings by static electricity to smooth surfaces such as glass.

### NO OLYMPICS FOR CHINA UNTIL TIBET IS FREE!

NO OLYMPICS IN CHINA UNTIL TIBET IS FREE #NOOLBU \$1.00

White letters on a red background. This is a fundraiser for Tibetans in Ithaca, NY.



Sooner or Later: DHARMA #SOLADH \$1.50

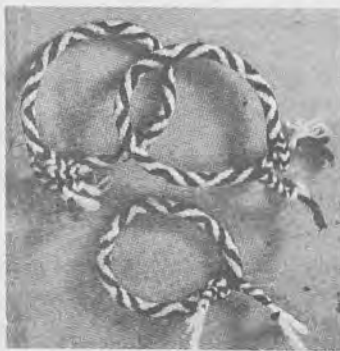
Yellow letters on a maroon background with dharma wheel and deer.



"TIBET FOREVER" #TIFOBV \$1.50

With endless knot design.

*The Snow Lion  
Internet Shop*  
[www.snowlionpub.com](http://www.snowlionpub.com)



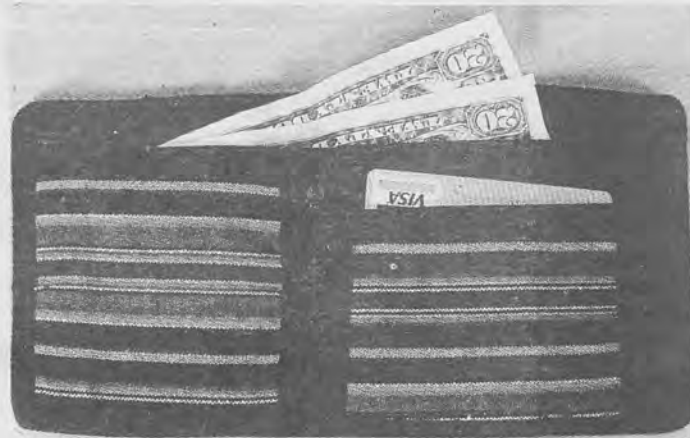
TIBETAN FREEDOM BANDS #BLWHFR \$4

The Rangzen band, now worn by thousands in Tibet and in the Tibetan community-in-exile has become a symbol of the Tibetan struggle. Show your support for Tibetan freedom by wearing a freedom (rangzen) band. They are black & white and are worn like friendship bands.



TIBETAN WINDCHIMES #TIWI \$50

Three wonderfully sonorous bells hand-made from brass with traditional brocade windcatch. Made by Tibetans in India.



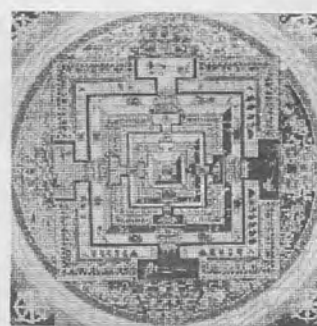
TIBETAN WALLET #TIWA \$8

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

TIBETAN WOOL SCARF

#WOSC \$20

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

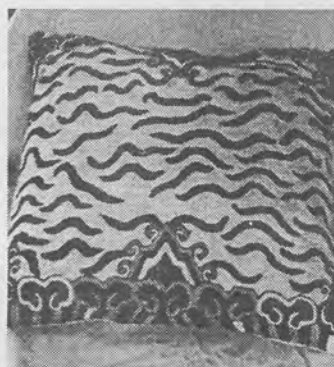


WHEEL OF TIME MIND MANDALA BUTTON #WHTIBU \$3

2 1/4" dia.



WHEEL OF TIME MIND MANDALA MAGNET #WHTIMA \$3



TIBETAN TIGER PILLOW 18" square, stuffed. #PICOTI \$57.00

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.

## THANGKAS

Snow Lion offers authentic thangkas painted for religious practice by Tibetans. They are excellent in quality and are properly mounted and brocaded for hanging. Please be aware that cheaper imitations on the market have not been properly painted (iconographically and ritualistically). Our stock is always changing, what is listed below is our current stock as of November, 1998. We can always commission a special image for you—call us for information as to price and availability. Contact us for photos, which can be sent through the postal system or as an attachment to email.

#### Size Codes:

M (image 14x20, overall 25x36) approx.  
L (image 17x22, overall 30x46) approx.  
XL (image 24x36, overall 34x60) approx.

#### Special Codes:

B = special brocade  
XB = extra special brocade  
K = has bottom rod with metal knobs

### Full listing of thangkas currently available

BUDDHA SHAKYAMUNI THANGKA

L XB K #THSH \$400

CHENREZIG THANGKA

L XB K #THAV \$550

GARAB DORJE

M #THSHGA \$395

GREEN TARA

M #THT30 \$325

M #THT11 \$325

KALACHAKRA

L XB #THKS5 \$950

MACHIG LABDRON THANGKA

L XB K #THMA \$550

Contains many deities associated with her practice.

MAHAKALA

(four-armed) MB #THSHMA \$395

MANJUSHRI

M #THT6 \$495

LB #THSH3 \$550

PADMASAMBHAVA THANGKA

L XB K #THPA \$550

Has the eight manifestations of Padmasambhava

TSONGKAPA LINEAGE TREE

LXBK #THSLT \$1,500

VAJRADHARA

M #TH93 \$495

M #THT9 \$395

VAJRAKILAYA

M #THSP6 \$495

VAJRASATTVA W/CONSORT THANGKA

L XB #THVAY \$550

VAJRAYOGINI

M #THT14 \$495

M #THT22 \$495

M #THSP2 \$495

WHITE TARA THANGKA

L XB #THWHTA \$350

These thangkas can be seen at the Snow Lion website: [www.snowlionpub.com](http://www.snowlionpub.com)

## Regarding Thangkas

Over the years Snow Lion has been assisting Buddhist practitioners in obtaining thangkas and statues for their personal practice and inspiration.

Unfortunately, in the modern world, thangka painting is threatened by an influx of fake and quite often badly finished paintings. In many popular tourist areas such as Kathmandu and Delhi, these pieces are offered to the unsuspecting buyer as being authentic thangkas. The deities and their colors, proportions and symbols have been assembled and incorporated with little or no regard to traditional religious guidelines. His Holiness the Dalai Lama has frequently pointed out when speaking of these cheap, inaccurate and mass-produced thangkas (created in thangka factories by young Nepali boys), that they do not benefit Tibetans, Tibetan art and culture or sincere Western Buddhist practitioners. They have no religious value because of the lack of religious intent of the artist who painted them. Most of these paintings are merely a haphazard mosaic of improperly painted Buddhist symbols and deities.

Obtaining quality thangkas is not easy. You have to know the artists, and to this end, Snow Lion buyers have made numerous trips to Asia to cultivate relationships with various traditional artists. Over the past two years, Snow Lion has located genuine traditional artists whose work is of superior quality and made it a policy not to deal in cheap, factory-produced, tourist thangkas (which can look authentic or even old to the untrained eye). We deal only in thangkas painted by good thangka painters who genuinely care about the quality of their work.

Our thangkas roughly fall into two categories. We carry superior quality well-painted thangkas, properly mounted in nice brocades, which are generally priced from \$395-\$500. We also carry exquisitely painted museum quality thangkas mounted in silk brocades that generally run \$850-\$1500.



