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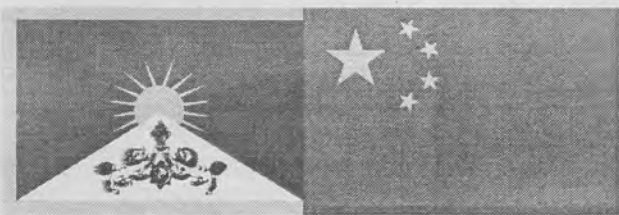
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FALL 2002  
NEWSLETTER & CATALOG



## Statement by Special Envoy Lodi Gyari, Head of the Delegation which Visited China and Tibet



On September 27, 2002, we returned to Dharamsala, India, from our visit to Beijing, Chengdu, Shanghai as well as the Tibetan capital Lhasa, and areas in Nyingtri and Shigatse.

The task that my colleague Envoy Kelsang Gyaltsen and I had on this trip was twofold. First, to re-establish direct contact with the leadership in Beijing and to create a conducive atmosphere enabling direct face-to-face meetings on a regular basis in the future. Secondly, to explain His Holiness the Dalai Lama's Middle Way Approach towards resolving the issue of Tibet. Throughout the trip we were guided by this objective. Consequently, we focused our effort towards building confidence by dispelling distrust and misconception.

We have reported to His Holiness the Dalai Lama about our visit. Over the years, His Holiness has made consistent efforts to re-establish con-

tact with the Chinese leadership. His Holiness welcomed the positive gesture of the leadership in Beijing in receiving our delegation and was very pleased that a renewed contact had been established. He instructed us to make full use of the opportunity created and continue our efforts to advance this process vigorously, which will lead to a mutually acceptable solution.

Envoy Kelsang Gyaltsen and I, accompanied by two assistants, began our visit on September 9, 2002. During our visit we met officials in Beijing, Lhasa as well as in other areas. We learned from them about the progress made in the Tibetan areas as well as about the developmental projects undertaken. We have been impressed by the dedication and competency displayed by many of the Tibetan officials. While encouraging and admiring their efforts to

develop Tibet economically, we drew their attention to the importance of paying equal attention to preserving Tibet's distinct cultural, religious and linguistic heritage. The officials also informed us about the importance they attached to protecting Tibet's delicate environment. We took the opportunity to share our thoughts on this issue.

Among the Tibetan officials we met were Mr. Ngapo Ngawang Jigme, Vice Chair of the Chinese People's Political Consultative Conference (CPPCC); Mr. Ragdi, the Chairman of the Tibet Autonomous Region People's Congress and Deputy Party Secretary; Mr. Legchok, Chairman of the Tibet Autonomous Region Government and Deputy Party Secretary; Mr. Samdup, Head of the Tibet Autonomous Region United Front Work Department; and Mr. Atrin, Vice Chair of the Sichuan Province Chinese People's Political Consultative Conference.

In addition to meeting officials we had the moving experience of being able to offer our prayers in the Jokhang and the Potala. We were also able to visit Norbu Lingka, Gaden, Tashi Lhunpo, and Palkhor

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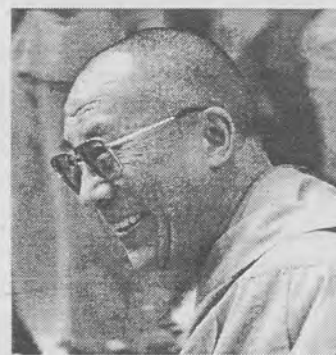
## Message from H.H. THE DALAI LAMA

The September 11<sup>th</sup>, 2001 terrorist attacks on the World Trade Center and the Pentagon were deeply shocking and very sad. I regard such terrible destructive actions as acts of hatred, for violence is the result of destructive emotions. Events of this kind make clear that if we allow our human intelligence to be guided and controlled by negative emotions like hatred, the consequences are disastrous.

How to respond to such an attack is a very difficult question to answer. Of course, those who are dealing with the problem may know better, but I feel that careful consideration is necessary and that it is appropriate to respond to an act of violence by employing the principles of non-violence. This is of great importance. The attacks on the United States were shocking, but retaliation that involves the use of further violence may not be the best solution in the long run.

We must continue to develop a wider perspective, to think rationally and work to avert future disasters in a non-violent way. These issues concern the whole of humanity, not just one country. We should explore the use of non-violence as a long-term measure to control terrorism of every kind. We need a well-thought-out, coordinated long-term strategy. I believe there will always be conflicts and clash of ideas as long as human beings exist. This is natural. Therefore, we need an active method or approach to overcome such contradictions.

Above photo of H.H. the Dalai Lama from *The Spirit of Tibet* by Alison Wright.



In today's reality the only way of resolving differences is through dialogue and compromise, through human understanding and humility. We need to appreciate that genuine peace comes about through mutual understanding, respect and trust. Problems within human society should be solved in a humanitarian way, for which non-violence provides the proper approach.

Terrorism cannot be overcome by the use of force because it does not address the complex underlying problems. In fact the use of force may not only fail to solve the problems, it may exacerbate them and frequently leaves destruction and suffering in its wake. Likewise, acts of terrorism, especially involving violence, only make matters worse. We must condemn terrorism not only because it involves violence but also because innocent people fall victims to senseless acts of terrorism such as what the world witnessed on September 11<sup>th</sup>.

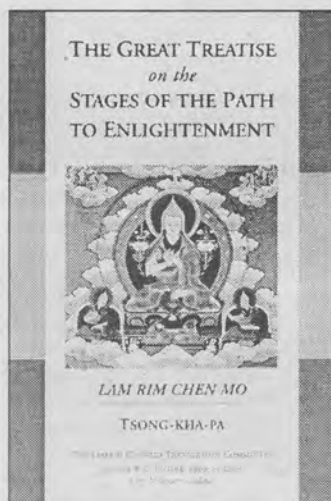
Human conflicts do not arise out of the blue. They occur as a result

(Continued on page 4)

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The following is an excerpt from the recently released third volume of *The Great Treatise*.

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(Continued on page 8)



# Ngawang Sangdrol Released

17 October 2002

Reprinted From Tibet Information Network (www.TibetInfo.net)

Ngawang Sangdrol was released today from Drapchi Prison in Lhasa (Tibet Autonomous Region Prison Number One) nine years before the completion of her sentence. The young nun was serving the longest sentence of any female political prisoner in Tibet before being released on good behaviour parole. Ngawang Sangdrol, who was detained at the age of 13 and then again at the age of 15, has now been reunited with her family. She is one of the Tibetan political prisoners whose release has most frequently been requested by Western governments and human rights organizations. Since the beginning of this year, China has released seven prominent Tibetan political prisoners before the end of their sentences.

Ngawang Sangdrol (lay name: Rigchog), born in Lhasa in 1977 and a nun of Garu nunnery, first became involved in political activities when she was only 11 years old, participating in pro-independence demonstrations in Lhasa in 1987-88. When she was 13 years old, Ngawang Sangdrol again took part in political protests with other nuns and was detained in Gutsa detention center. During this time she was reportedly beaten so badly that she sustained permanent damage to both hands. She was released after nine months, by which time her mother had died, her father, Namgyal Tashi, and her brother Tenzin Sherab, had been

arrested for political activities, and several members of her family had escaped into exile. As a former political prisoner, she was not allowed to rejoin her nunnery.

Following her arrest in June 1992 at age 15, for attempting to demonstrate, Ngawang Sangdrol was sentenced to three years imprisonment in the autumn of the same year. In 1993, she and 13 other nuns tape recorded songs about their love for their families and for their home-

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• the timing of Ngawang  
• Sangdrol's release  
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• this year of a prom-  
• inent Tibetan political  
• prisoner.

land and the cassette was smuggled out of Drapchi prison. As a result, Ngawang Sangdrol had her sentence extended by six years and together with the other nuns she was severely beaten.

Ngawang Sangdrol received a second sentence extension in 1996 following her participation in several incidents at Drapchi. She was reportedly among a number of female political prisoners who protested about the official Panchen Lama candidate

during meetings initiated by the Drapchi authorities in spring 1996. Ngawang Sangdrol also refused to stand up when a prison officer entered her cell, and shouted "Free Tibet" when she and other women were made to stand in the rain as a punishment for refusing to keep their cells clean.

Ngawang Sangdrol's third sentence extension was handed down by the Lhasa Municipal Intermediate People's Court in October 1998. Its exact length was not clear, but her new release date was said to be 2013 (her total sentence then being 21 years). This extension appeared to be a result of her involvement in protests at Drapchi prison in May 1998 linked to the visit of a European Union ambassadorial delegation and individual protests later in the same year. In September 2001 her father, Namgyal Tashi, died at his home in Lhasa (see TIN News Update 25 September 2001).

In October 2001 Ngawang Sangdrol's sentence was reduced by 18 months, according to the Chinese authorities, for "showing genuine repentance and willingness to reform". It was also reported that she had been exempted from hard labor, and was given "light work suitable for female inmates, e.g. knitting and weaving." Ngawang Sangdrol's health has reportedly been poor in recent years. However, according to John Kamm, director of the Dui Hua Foundation, who played an important part in bringing about Ngawang Sangdrol's release, she was not released on medical parole but due



to a regulation that makes prisoners who enter prison as juveniles eligible for early release. The same statement by the Dui Hua Foundation specifies that the parole decision could therefore not be made

by the Lhasa Intermediate People's Court alone but had to be ratified by the Tibet Autonomous Region Higher People's Court as well as the Supreme People's Court of the People's Republic of China.

It is conspicuous that the timing of Ngawang Sangdrol's release coincides with President Jiang Zemin's pending visit to the US. Nonetheless, this release is the seventh this year of a prominent Tibetan political prisoner. This emerging pattern may indicate that the Chinese authorities are developing a new approach towards political imprisonment in Tibet. According to TIN's research the number of political prisoners in Tibet has been in sustained decline in recent years (see TIN's publication "In the Interests of the State"). However, as of February 2002 the number of current political prisoners known to TIN remained at 188, 100 of them being believed to be at Drapchi prison. ■

## The Snow Lion

The snow lion is the national symbol of Tibet. Two lively snow lions appear on the Tibetan National Flag. They are fearless and valiant and indicate the complete victory over all obstacles. They represent the strong vitality of the Tibetan people who revere the Three Precious Gems—the Buddha, Dharma and Sangha. Elsewhere the lions appear supporting the thrones of various deities and symbolize the strength and fearlessness of those who have perfect wisdom and compassion. As the logo for Snow Lion Publications, the snow lion represents our dedication to supporting Tibetan Buddhism and culture as it moves to the West—the lion's roar proclaims the dharma. ■

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APRIL 2002

by Jhampa Shaneman | jhampa@buddhistconsulting.com

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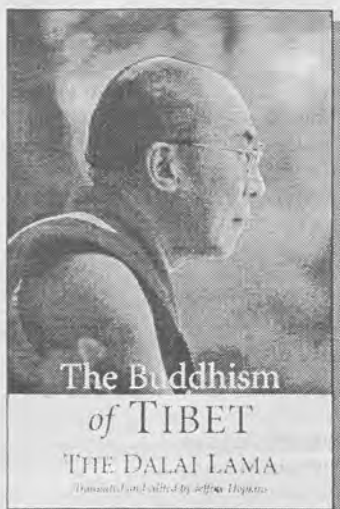
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Unlike most books by the Dalai Lama which are edited compilations of talks that he has given, this book consists of two texts that he himself wrote and two that he chose—all especially aimed at helping Western readers become better grounded in Buddhism. He wrote *The Buddhism of Tibet* and *The Key to the Middle Way* sections to explain the principle topics and central practices of Buddhism. He chose *The Precious Garland* by Nagarjuna and *The Song of the Four Mindfulnesses* by the Seventh Dalai Lama for their treatment of the bodhisattva path, the necessity of developing positive karma, and for their explanation of emptiness and tantra.

An excerpt from *The Buddhism of Tibet* follows.

## Training in Higher Meditative Stabilisation

Then, how does one progress in the training of meditative stabilisation, which is the mind's abiding one-pointedly on its object?

There are many types of meditative stabilisation, but let us explain calm abiding (samatha) here. The nature of calm abiding is the one-pointed abiding on any object without distraction of a mind conjoined with a bliss of physical and mental pliancy. If it is supplemented with taking refuge, it is a Buddhist practice, and if it is supplemented with an aspiration to highest enlightenment for the sake of all sentient beings, it is a Mahayana practice. Its merits are that, if one has achieved calm abiding, one's mind and body are pervaded by joy and bliss; one can—through the power of its mental and physical pliancy—set the mind on any virtuous object one chooses; and many special qualities such as clairvoyance and emanations are attained.

The main purpose and advantage of calm abiding are that through it one can achieve special insight (vipasyana), which realises emptiness, and can thereby be liberated from cyclic existence. Also, most of the secondary beneficial attributes of the three vehicles (Hinayana, Mahayana and Tantrayana) arise in dependence on calm abiding. The benefits are many.

One should have all the following causal collections for the achievement of calm abiding. The place where one practices should be free of noise, since noise is a thorn to concentration; the area and water should be congenial. The meditator himself should have few wants, know sat-

isfaction, be free from the din and bustle of the world, and should avoid non-virtuous physical and verbal deeds. Through hearing and thinking he should have eliminated misconceptions about the subjects of meditation, he should know how to reflect on the faults of desire, on the meaning of impermanence and so on.

With regard to the actual practice of calm abiding, Maitreya says in his *Discrimination of the Middle Way and the Extremes (Madhyantavibhanga)*:

The cause of its arising is to observe the relinquishing of the five faults and the application of the eight antidotes.

The five faults to be relinquished are:

- 1 Laziness: not wishing to cultivate meditative stabilisation.
- 2 Forgetfulness: not remembering the object of meditation.
- 3 Lethargy and excitement: interruptions of meditative stabilisation.
- 4 Non-application of the antidotes: occurring when lethargy and excitement arise.
- 5 Over-application: continuing to apply the antidotes even though lethargy and excitement have been extinguished.

The eight antidotes are the means for relinquishing these faults. The antidotes to laziness are:

- 1 Faith: seeing the good qualities of meditative stabilisation.
- 2 Aspiration: seeking to attain those good qualities.
- 3 Effort: delighting in engaging in meditative stabilisation.
- 4 Physical and mental pliancy: an effect [of effort].

The antidote to forgetfulness is:

- 5 Mindfulness: maintaining concentration on an object continuously.

The antidote to lethargy and excitement is:

- 6 Awareness: knowing that lethargy or excitement has arisen or is arising.

The antidote to non-application is:

- 7 Application: engaging in the antidotes to lethargy or excitement.

The antidote to over-application is:

- 8 Desisting from application: relaxing one's effort.

• **Having attained calm abiding, the mind is serviceable, and no matter on what type of virtuous object or meaning it is set, the mind remains there one-pointedly.**

Through applying the eight antidotes the five faults are gradually eliminated, and one passes through nine states of concentration.

- 1 Setting the mind: collecting the mind and aiming it at an internal object [such as the visualised form of Buddha].
- 2 Continually setting: prolonging concentration on the object more than in the previous state.
- 3 Re-setting: immediately recognising distraction and returning to the object.
- 4 Increased setting: collecting the mind from concentrating on the gross [aspects of the visualised object of meditation] and setting it more and more steadily on the subtle [details of the object].
- 5 Disciplining: knowing the good qualities of meditative stabilisation and taking joy in them.
- 6 Pacifying: ceasing dislike for meditative stabilisation.
- 7 Thorough pacifying: through effort relinquishing even subtle lethargy and excitement just after they arise.
- 8 Making one-pointed: generating meditative stabilisation continuously within the context of its being impossible for the non-conductive to interrupt the process.
- 9 Putting in equipoise: spontaneously fixing on the object of meditation without requiring the effort of relying on mindfulness and awareness.

The above nine states of concentration are accomplished by means of the six powers. The first state is accomplished through the power of hearing, the second through the power of think-

ing, and the third and fourth through the power of mindfulness. The fifth and sixth are accomplished through the power of awareness, the seventh and eighth through the power of effort, and the ninth through the power of familiarity. The periods of the four mental activities [which are ways in which the mind engages its object] occur during the nine states of concentration:

- 1 Forcibly fixing: during the first and second states the mind is strenuously fixed on its object of concentration.
- 2 Interruptedly fixing: from the third to the seventh state concentration occurs intermittently.
- 3 Non-interruptedly fixing: during the eighth state the mind is capable of staying on its object without interruption.
- 4 Effortlessly fixing: during the ninth state the mind spontaneously remains on its object.

If one knows the nature, order and distinctions of the levels explained above without error and cultivates calm abiding, one can easily generate faultless meditative stabilisation in about a year.

This has been a treatment of the topic of calm abiding that applies to objects in general. In particular, if one cultivates calm abiding taking the mind itself as the object, additional advantages are found. One identifies one's own mind. The mind is as vacuous as space, not having any physical qualities such as form or shape. It is something that merely perceives whatever aspects of an object appear to it with vivid clarity. Once the mind has been identified to be like this, one then engages in the nine states, the relinquishing of the five faults, the application of the eight antidotes and so forth, as has been explained above in the discussion of objects in general. One thus cultivates calm abiding.

This has been a mere enumeration of the elements of calm abiding in the sense of my having made an extreme abbreviation of Maitreya's and Asanga's instructions. The measure of having achieved calm abiding is that once physical and then mental pliancy have been achieved, one attains a pliancy of immovability, which is the mind's abiding one-pointedly on its object. At that time one achieves an actual calm abiding which is included in the preparation stage for the first concentration. Of the three realms, this concentration belongs to the form realm. Having attained calm abiding, the mind is serviceable, and no matter on what type of virtuous object or meaning it is set, the mind remains there one-pointedly.

Through the force of this, the ability of the mind to comprehend a meaning is very great. ■

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# A Talk on OM MANI PADME HUM by H.H. the Dalai Lama

Kalmuck Mongolian Buddhist  
Centers, New Jersey

It is very good to recite the mantra *Om mani padme hum*, but while you are doing it, you should be thinking on its meaning, for the meaning of the six syllables is great and vast. The first, *Om* is composed of three letters, A, U, and M. These symbolize the practitioner's impure body, speech, and mind; they also symbolize the pure exalted body, speech, and mind of a Buddha.

Can impure body, speech, and mind be transformed into pure body, speech, and mind, or are they entirely separate? All Buddhas are cases of beings who were like ourselves and then in dependence on the path became enlightened; Buddhism does not assert that there is anyone who from the beginning is free from faults and possesses all good qualities. The development of pure body, speech, and mind comes from gradually leaving the impure states and their being transformed into the pure.

How is this done? The path is indicated by the next four syllables. *Mani*, meaning jewel, symbolizes the factors of method—the altruistic intention to become enlightened, compassion, and love. Just as a jewel is capable of removing poverty, so the altruistic mind of enlightenment is capable of removing the poverty, or difficulties, of cyclic existence and of solitary peace. Similarly, just

as a jewel fulfills the wishes of sentient beings, so the altruistic intention to become enlightened fulfills the wishes of sentient beings.

The two syllables, *padme*, meaning lotus, symbolize wisdom. Just as a lotus grows forth from mud but is not sullied by the faults of mud, so wisdom is capable of putting you in a situation of non-contradiction whereas there would be contradiction if you did not have wisdom. There is wisdom realizing impermanence, wisdom realizing that persons are empty of being self-sufficient or substantially existent, wisdom that realizes the emptiness of duality—that is to say, of difference of entity between subject and object—and wisdom that realizes the emptiness of inherent existence. Though there are many different types of wisdom, the main of all these is the wisdom realizing emptiness.

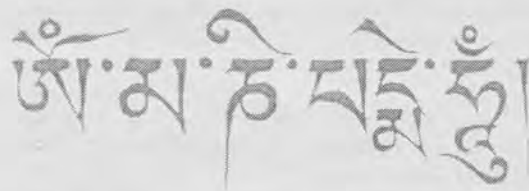
Purity must be achieved by an indivisible unity of method and wisdom, symbolized by the final syllable *hum*, which indicates indivisibility. According to the sutra system, this indivisibility of method and wisdom refers to wisdom affected by method and method affected by wisdom. In the mantra, or tantric, vehicle, it refers to one consciousness in which there is the full form of both wisdom and method as one undifferentiable entity. In terms of the seed syllables of the five Con-

queror Buddhas, *hum* is the seed syllable of Akshobhya—the immovable, the unfluctuating, that which cannot be disturbed by anything.

Thus the six syllables, *om mani padme hum*, mean that in dependence on the practice of a path which is an indivisible union of method and wisdom, you can transform your impure body, speech, and mind into the pure exalted body, speech, and mind of a Buddha. It is said that you should not seek for Buddhahood outside of yourself; the substances for the achievement of Buddhahood are within. As Maitreya says in his

*Sublime Continuum of the Great Vehicle (Uttaratantra)*, all beings naturally have the Buddha nature in their own continuum. We have within us the seed of purity, the essence of a One Gone Thus (*Tathagatagarbha*), that is to be transformed and fully developed into Buddhahood.

[Taken from *Kindness, Clarity, and Insight*, by The Fourteenth Dalai Lama His Holiness Tenzin Gyatso, translated and edited by Jeffrey Hopkins, co-edited by Elizabeth Napper. Snow Lion Publications, 1984.] ■



## MESSAGE FROM H.H. THE DALAI LAMA

Continued from page 1

of causes and conditions, many of which are within the protagonists' control. This is where leadership is important. It is the responsibility of leaders to decide when to act and when to practice restraint. In the case of a conflict it is important to take necessary preventative measures before the situation gets out of hand. Once the causes and conditions that lead to violent clashes have fully ripened and erupted, it is very difficult to control them and restore peace. Violence undoubtedly breeds more violence. If we instinctively retaliate when violence is done to us, what can we expect other than that our opponent to also feel justified retaliating. This is how violence escalates. Preventative measures and restraint must be observed at an earlier stage. Clearly leaders need to be alert, far-sighted and decisive.

In today's world expectations of war have changed. It is no longer realistic to expect that our enemy will be completely destroyed, or that victory will be total for us. Or, for that matter, can an enemy be considered absolute. We have seen many times that today's enemies are often tomorrow's allies, a clear indication that things are relative and very inter-related and inter-dependent. Our survival, our success, our progress, are very much related

• Our survival, our  
• success, our progress, are very much  
• related to others'  
• well-being. Therefore,  
• we as well as our  
• enemies are still very  
• much interdependent.

to others' well-being. Therefore, we as well as our enemies are still very much interdependent. Whether we regard them as economic, ideological, or political enemies makes no difference to this. Their destruction has a destructive effect upon us. Thus, the very concept of war, which is not only a painful experience, but also contains the seeds of self-destruction, is no longer relevant.

Similarly, as the global economy evolves, every nation becomes to a greater or lesser extent dependent on every other nation. The modern economy, like the environment, knows no boundaries. Even those countries openly hostile to one another must cooperate in their use of the world's resources. Often, for example, they will be dependent on the same rivers or other natural resources. And the more interdependent our economic relationships, the more interdependent must our political relationships become.

What we need today is education among individuals and nations, from small children up to political leaders to inculcate the idea that violence is counterproductive, that it is not a realistic way to solve problems, and that dialogue and understanding are the only realistic ways to resolve our difficulties.

The anniversary of the tragic events of September 11, 2001 provides us with a very good opportunity. There is a worldwide will to oppose terrorism. We can use this consensus to implement long-term preventative measures. This will ultimately be much more effective than taking dramatic and violent steps based on anger and other destructive emotions. The temptation to respond with violence is understandable but a more cautious approach will be more fruitful.

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Jan. 10-12, 2003, Houston, Tx.  
Jan. 17-19, 2003, Los Angeles, Ca.  
March 26-27, San Francisco, Ca.  
March 28-30, 2003, Berkeley, Ca.  
May 2-4, 2003, Mexico, Mexico

May 6-11, 2003 Valle de Bravo Mexico  
May 29-June 1, 2003, Amsterdam, Holland  
June 7-8, 2003, Zurich, Switzerland  
June 20-22, 2003, Amherst, Ma.  
June 30-July 20, 2003, Charlottesville, Va.

Tenzin Rinpoche is the author of *Healing with Form, Energy, and Light*, *Wonders of the Natural Mind*, and *The Tibetan Yogas of Dream and Sleep*, all from Snow Lion Publications.



For more information or to register for retreats in the Bön Buddhist tradition of Tibet, please contact:

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# REALIZING EMPTINESS

## REALIZING EMPTINESS

MADHYAMAKA INSIGHT MEDITATION



GEN LAMRIMPA

TRANSLATED BY B. ALAN WALLACE

by Gen Lamrimpa  
trans. by B. Alan Wallace  
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This book offers experiential and analytical approaches to this most important and difficult topic in Buddhism.

During a long retreat on the west coast, Gen Lamrimpa drew on his theoretical training as well as his years of solitary meditative experience to show students how they can gain realization of ultimate reality. He explains in a practical and down-to-earth fashion how to analyze experience to fathom how it has been misperceived and misunderstood because of our many delusions, and how to use Madhyamaka reasoning to experience how all things only exist as dependently related events rather than in themselves.

"Not quite 'emptiness made easy' (an impossibility) but it is at least 'emptiness made comprehensible'."  
—Dharma Life

"Written by an genuine Buddhist master, *Realizing Emptiness* gives us accurate directions to explore the nature of reality. By refuting inherent existence and establishing illusion-like conventionalities, we can come to the correct view of the Middle Way."—Thubten Chodron

Gen Lamrimpa was born in Tibet in 1934 and lives in Dharamsala, India. He has also authored *Calming the Mind*. B. Alan Wallace lives in Santa Barbara, CA and is the author of many books.

Below is an excerpt from *Realizing Emptiness*.

### Valid and Invalid Ways of Postulating the Self

I would now like to review a major point, namely that the truly existent "I" is grasped on the basis of the conventional "I." The conventional "I" is apprehended on the basis of the aggregates and therefore, if we assume that the truly existent "I" does in fact exist, we can posit that it is in fact the aggregates. Having adopted that hypothesis, we can examine the consequences of that position and see how those consequences undermine the initial premise. Alternatively, if there is a truly existent "I" and it is not identical with the aggregates, it must be distinct from the aggregates. When we again examine the consequences from this premise, we identify all the aggregates, set them aside analytically, and then seek out the "I" but no such "I" is to be found. Here is the essential point: Conventionally speaking, the "I" is distinct from the aggregates, but no truly existent "I" can be established as distinct from the aggregates.

Let's now consider the notion of the self as a stream of consciousness by first investigating whether or not a stream of consciousness truly exists. In this regard, we may posit "true existence" in two ways: true existence in dependence upon other phenomena, and true existence that is independent of other phenomena. Ignorance apprehends the self as being truly existent, as something that is independent of anything else. This is how ignorance apprehends true existence. But there is another way of speaking of true existence, and that is by determining whether or not something is *conventionally* true. Speaking in this fashion does not imply that the object under investigation exists independently of anything else. For example, we may ask whether a person who appears on the television screen is a true person. The answer is no; it is not a true person. Next we can go on to ask whether this appearance of a person is truly an appearance of a person on the television screen. And here the answer is yes; the appearance is true. There truly is an appearance of a person on the television. Similarly, while looking in a mirror, I may look at the reflection of my face in the mirror and ask, "Is that my face?" The answer is "No, this is not my face." If this were truly my face, then it would have to have flesh and bones and so forth, but the image of the face in the mirror does not have those components. The reflection in the mirror is false in terms of being a face; even though it appears to be a face, in fact it is not one. But it truly is a reflection of a face. Just as the face in the mirror is not truly a face, so also is the true existence that is apprehended by ignorance untrue.

Now we may ask, "Are there then no true phenomena?" The answer is, of course, that there are many true phenomena. There is the true Buddha, the true Dharma, the true Sangha, and many other things that are true also. So now let's examine the suggestion that the continuum of consciousness is truly existent. What is meant by "continuum"? The term "continuum" is designated upon many sequential components. It has components and attributes, and they are all subject to change. But apart from those changing components and events, one cannot posit the existence of a continuum. So we must ask if this stream of consciousness is truly existent in the manner in which ignorance apprehends phenomena as being truly existent. The answer is no, it is not. Once again, consider what is meant by a continuum: it is something designated upon many components. Apart from the many components that make up the continuum, there is no way to judge that something is a continuum. Since by definition a continuum is something designated upon many parts, for that very reason the

continuum must be deemed false in the sense of not being truly existent.

To illustrate the fact that consciousness is dependent upon the body, we can use the very fact that the variations of clarity of consciousness are dependent on such influences as our diet, our health, and so forth. As one fluctuates, so does the other fluctuate. There are certain physical causes for the degree of clarity of consciousness, so this already suggests that consciousness is not truly existent in the manner described previously. Furthermore, the very fact that one's consciousness yesterday may have been unclear whereas today it may be clear also

- Just as the face in
- the mirror is not truly
- a face, so also is
- the true existence that
- is apprehended by
- ignorance untrue.

suggests that consciousness is not truly existent. Unclear consciousness is surely influenced by other causal factors. Moreover, as unclear consciousness comes under the influence of other causal factors, it may transform into clear consciousness. Therefore, the hypothesis that this continuum of consciousness is truly existent in the sense that it is immutable is refuted.

Even the *buddha-nature* is something that is conceptually designated. Emptiness, too, is something that is conceptually designated. The mutual dependence between awareness and the object of awareness relates to the *buddha-nature* as well. If there

is mutual interdependence in general between the object of awareness and the awareness, then more specifically the awareness that establishes *buddha-nature* and the *buddha-nature* which is the object of that awareness must also be mutually interdependent. In the absence of one, the other cannot be present. So anything that comes into existence through the power of being conceptually designated does not inherently exist; it does not truly exist. If there were something that did exist but was not conceptually designated, that would be truly existent. The process of conceptual designation is something quite forceful; there is nothing there from the object's own side, but things are forcefully imputed upon it conceptually. Thus, since the object is dependent on that designation, it does not truly exist.

In the Dzogchen, or Great Perfection, tradition, there are statements suggesting that what is called innate mind (Tib. *nyug sems*), or awareness (Tib. *rig pa*), is truly existent. Here the innate mind is said to be truly existent in the sense that it does not undergo fluctuations or changes, as do thoughts and conceptual states of mind. But the very term "awareness" is something that can be designated in relationship to its opposite: nonawareness (Tib. *ma rig pa*), or ignorance. Because awareness is established in relationship to its opposite, it cannot therefore be truly existent in the Madhyamaka sense of the term. Moreover, the innate mind is posited in contrast to fluctuating states of mind, so this term is also designated in relationship to something else. Therefore, it too cannot be truly existent. ■



འཇམ་དཔལ་འཕྱིན་པའི་སྐུ་

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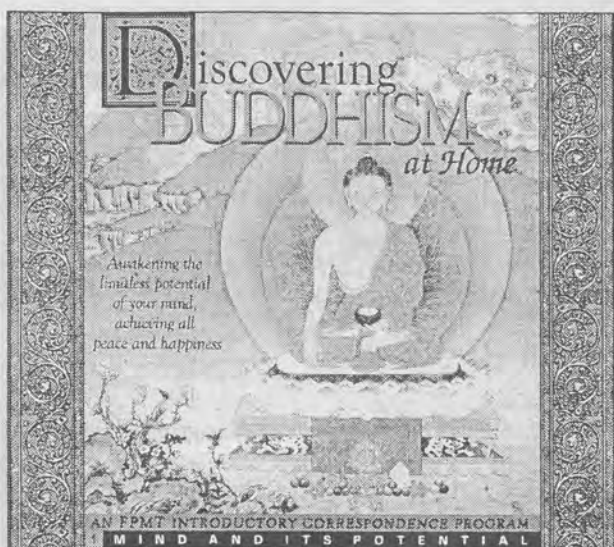
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Top photo: Lama Zopa Rinpoche (Photo by Roger Kansang). Bottom: FPMT Education Conference participants who helped to develop the program (Italy, April 2001) (Photo by Merry Colony)

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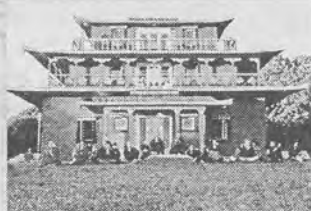
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## THE GREAT TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT

Continued from page 1

to be listed as a separate item. Delight and bliss which impart a sense of well-being do occur as results of the concentration that you will accomplish here, but they are not concomitant with all of the concentrations which are included in the access to the first meditative stabilization. Also, the concentration of the fourth meditative stabilization—which is said to be the best basis for achieving the good qualities of all three vehicles—is not associated with any physical or mental bliss. Thus, delight and bliss are not counted as features here. While some of the concentrations on the formless levels lack highly vivid intensity, there is nothing wrong with presenting vividness as one of these features. For, Maitreya's *Ornament for the Mahayana Sutra* refers to "meditative stabilization other than the formless realm." This means that bodhisattvas—except for some power bodhisattvas—achieve good qualities by relying on concentrations within the levels of meditative stabilization.

Since the development of this sort of vivid intensity is blocked as long as there is laxity, while one-pointed non-discursiveness is blocked as long as there is excitement, laxity and excitement are the chief obstacles to achieving genuine concentration. So if you do not understand how to identify accurately the subtle and coarse forms of laxity and excitement, or if you do not know how

to correctly sustain a concentration which stops these once you have identified them, then it will be impossible for you to develop serenity, not to mention insight. Hence, those who diligently seek concentration should master these techniques.

Laxity and excitement are conditions unfavorable for achieving serenity. Later, I will discuss how to identify these unfavorable conditions and how to actually stop them. Now I shall explain how to develop concentration in a manner conducive to achieving serenity.

Here, concentration refers to your attention remaining one-pointedly on an object of meditation; in addition it must stay with the object continuously. Two things are needed for this: (1) a technique in which your attention is not distracted from whatever it had as its original object of meditation, and (2) an accurate awareness of whether you are distracted and whether you are becoming distracted. The former is mindfulness; the latter is vigilance. Vasubandhu's *Commentary on the Ornament for the Mahayana Sutra* (*Mahayana-sutralamkara-bhasya*) states:

Mindfulness and vigilance bring about close mental focus because the former prevents your attention from wandering from the object of meditation and the latter clearly recognizes that your attention is wandering.

If a lapse in mindfulness leads to forgetting the object of meditation you will be distracted and will immediately lose the object upon which

you are meditating. Therefore, the foundation of cultivating concentration is mindfulness which does not forget the object.

How does such mindfulness focus your mind right on the object of meditation?

- Mindfulness directly
- and continually fastens
- your attention to the
- object of meditation.
- However, indirectly
- vigilance also focuses
- your attention on the
- object of meditation, for
- you depend on noticing
- actual or incipient laxity
- and excitement with
- vigilance, and then
- stabilize your attention
- on the primary object
- without falling under
- their influence.

Once you have at least visualized the object of meditation in the minimal manner as explained above, generate a powerful apprehension of the object that tightly holds it with your attention. After you have set your attention at a high level, stabilize it on the object without newly analyzing anything.

With regard to mindfulness, Asanga's *Compendium of Knowledge* says:

What is mindfulness? In regard to a familiar object, your mind is not forgetful and operates without distraction.

This indicates that mindfulness has three features. (1) Its observed object is "a familiar object," since mindfulness does not occur with regard to a previously unfamiliar object. In this case, the image of a previously ascertained object of meditation appears. (2) Its subjective aspect or manner of apprehension is your mind's not forgetting the object, as indicated by the phrase "your mind is not forgetful." In this case, it is your mind's non-forgetfulness of the object of meditation.

What does non-forgetfulness mean? It is not mentioned in reference to merely being able to remember what your guru taught you about the object of meditation, thinking or saying, "The object of meditation is like this" when you cast your mind to it or when someone asks you about

it. Rather, it refers to how your attention is fixed on the object of meditation and brings it to mind clearly without even the slightest distraction. If you are distracted, you lose your mindfulness to the extent that you are distracted. Therefore, after you have set your attention on the object of meditation in the manner explained above, you think, "In this way, I have fixed my attention on the object of meditation." Then, without new examination, you sustain the force of that awareness in unbroken continuity. This is the most critical point in the technique of maintaining mindfulness. (3) Its function is to keep your attention from wandering from the object of meditation.

Fixing your attention on an object of meditation in this way and controlling it is said to be like taming an elephant. An elephant trainer ties a wild elephant to a tree or sturdy post with many thick ropes. If it does as the trainer teaches it, then fine; if not, it is subdued and controlled,

struck repeatedly with a sharp iron hook. Your mind is like the untamed elephant; you bind it with the rope of mindfulness to the sturdy pillar of an object of meditation such as I explained above. If you cannot keep it there, you must gradually bring it under control by goading it with the iron hook of vigilance. Bhavaviveka's *Heart of the Middle Way* states:

The erring elephant of your mind  
Is securely bound by the rope of  
mindfulness  
To the sturdy pillar of the object of  
meditation  
And is gradually controlled with  
the iron hook of intelligence.

Also, Kamalasila's second *Stages of Meditation* states:

With the ropes of mindfulness and  
vigilance, tie the elephant of your  
mind to the tree trunk, the object of  
meditation.

It is not contradictory that the former text likens vigilance to an iron

(Continued on page 9)

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# THE GREAT TREATISE ON THE STAGES OF THE PATH TO ENLIGHTENMENT

Continued from page 8

hook while the latter text compares it to a rope. Mindfulness directly and continually fastens your attention to the object of meditation. However, indirectly vigilance also focuses your attention on the object of meditation, for you depend on noticing actual or incipient laxity and excitement with vigilance, and then stabilize your attention on the primary object without falling under their influence. Also, as cited above, the

master Vasubandhu says that both mindfulness and vigilance focus your mind on the object of meditation.

It is said that you achieve concentration on the basis of mindfulness and that mindfulness is like a rope that actually fastens your attention to the object of meditation continuously, so mindfulness is the main technique to sustain in achieving concentration.

Also, mindfulness has a way of apprehending its object that carries a sense of certitude. If, while maintaining concentration, you stabilize your mind casually without a solid sense of certainty about the object,

then your mind may take on a limp clarity, but it will not have the vivid intensity of certain knowledge, so you will not develop powerful mindfulness. Therefore, as subtle laxity will be unchecked, only flawed concentration will ensue.

Those who cultivate just non-discursive attention without stabilizing their attention on other objects of meditation, such as divine body, bring to mind the personal instruction, "Stabilize your mind without thinking of any object at all." Then they must keep their attention from being distracted and wandering. This non-distraction is synonymous with mindfulness that does not forget the object of meditation. Thus, since this meditation is simply the technique of maintaining mindfulness, those who meditate in this way must also rely on a mindfulness that carries the force of certain knowledge. ■

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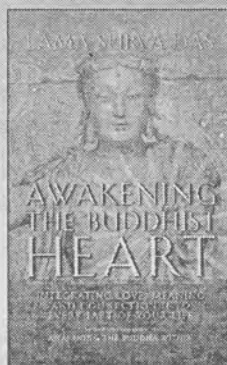
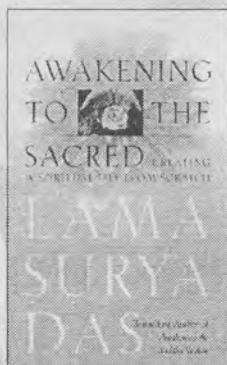
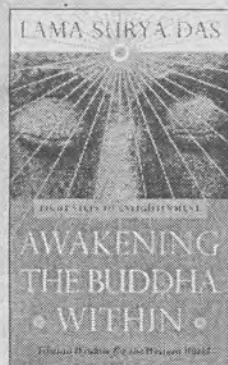
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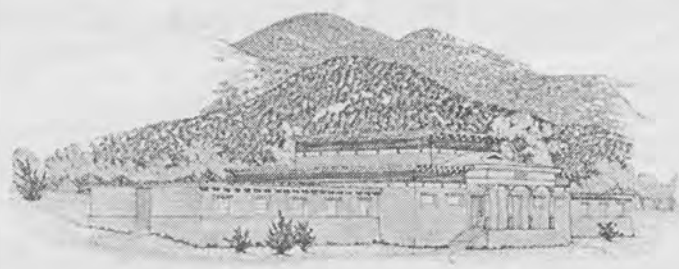
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for morning and evening prayers and meals.

A second goal of the Vajra Vidya Retreat Center is to collect the ancient spiritual teachings and make them widely available. Collecting and purchasing these manuscripts in the traditional way is very expensive. Thus housing them in Crestone in digitized form will make the Library of Ancient Wisdom accessible to the world through the use of the Internet. This is being done in only a few places so it adds the extraordinary dimension of ancient teachings being available to the world. There will be a need for people with knowledge and experience in modern computer technology.

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Continued from page 1

Choeten in Gyantse. Our stay in Tibet had been short. Consequently, there was little opportunity to interact with ordinary Tibetans.

We had the opportunity to visit some areas of Chengdu, Shanghai and Beijing and were greatly impressed with the progress and development that have taken place. We also visited some of the sacred Buddhist sites in these areas.

In Beijing we met with Mr. Wang Zhaoguo, Vice Chair of the CPPCC

**The Chinese leaders listened to our explanation with keen interest and engaged in free and spontaneous exchanges. We appreciated this greatly.**

and the Head of the Central United Front Work Department and Mr. Li De Zhu, Minister for Nationalities Affairs and Deputy Head of the United Front Work Department. We had frank exchanges of views with them in a cordial atmosphere. They reiterated the known position of the Chinese government on dialogue with His Holiness the Dalai Lama. We took the opportunity to explain His Holiness the Dalai Lama's thoughts on resolving the issue of Tibet through negotiations in the spirit of reconciliation and dialogue. The Chinese leaders listened to our explanation with keen interest and engaged in free and spontaneous exchanges. We appreciated this greatly. Since I had the opportunity to meet Chinese leaders in Beijing in the early 1980s, what impressed us

more this time was the much greater flexibility displayed by the current leaders in their mental attitude.

Our host on this visit was the United Front Work Department of the Chinese Communist Party (CCP). Many other authorities, including the

Tibet Autonomous Region Government, governments of Sichuan and Shanghai, have been involved in organizing our visit. We wish to express our sincere appreciation to all of them for their hospitality and assistance.

We have made every effort to

create the basis for opening a new chapter in our relationship. We are fully aware that this task cannot be completed during a single visit. It will also need continued persistent effort and support from many sides. Mr. Kelsang Gyaltsen and I deeply appreciate the firm support and full cooperation that we have been receiving from the Kalon Tripa, Prof. Samdhong Rinpoche, and the Kashag, whom we have thoroughly briefed about our trip.

Dharamsala, September 28, 2002 ■

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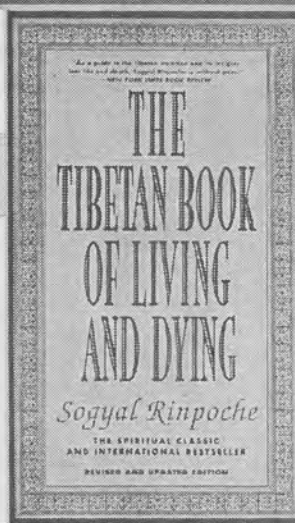
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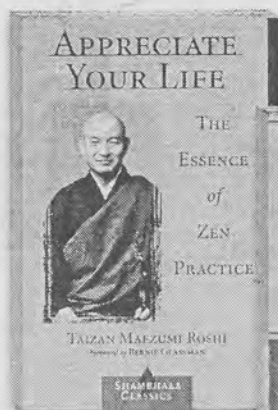
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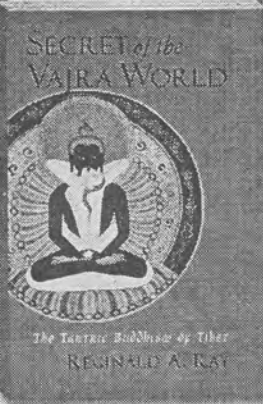
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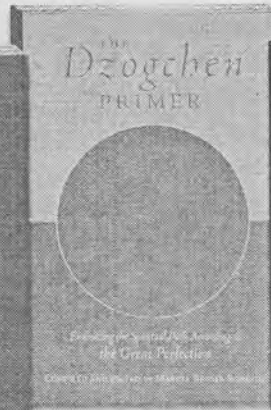
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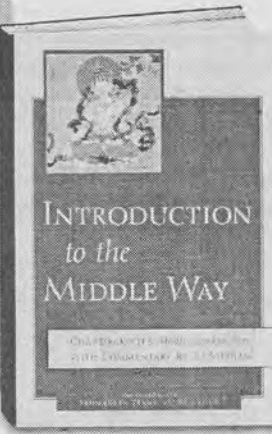
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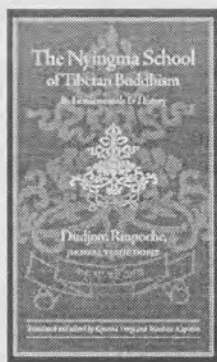
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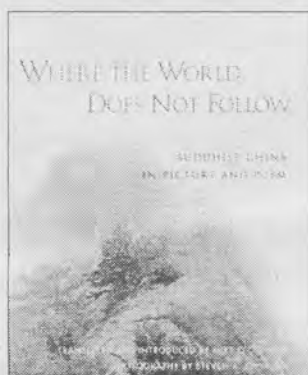
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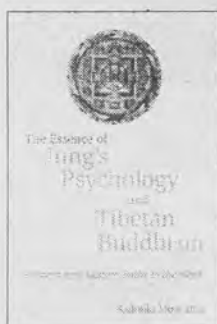
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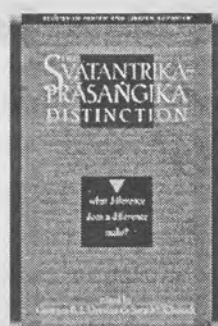
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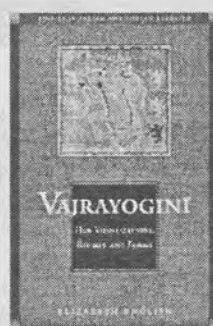
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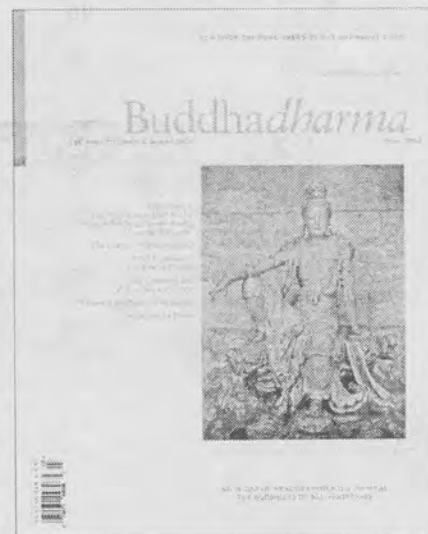
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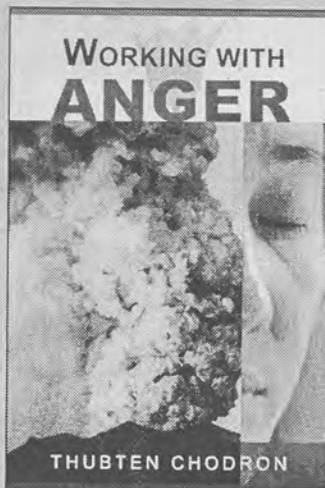
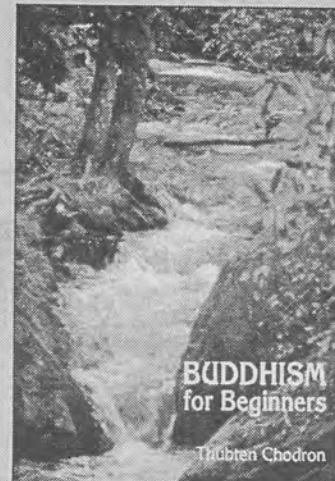
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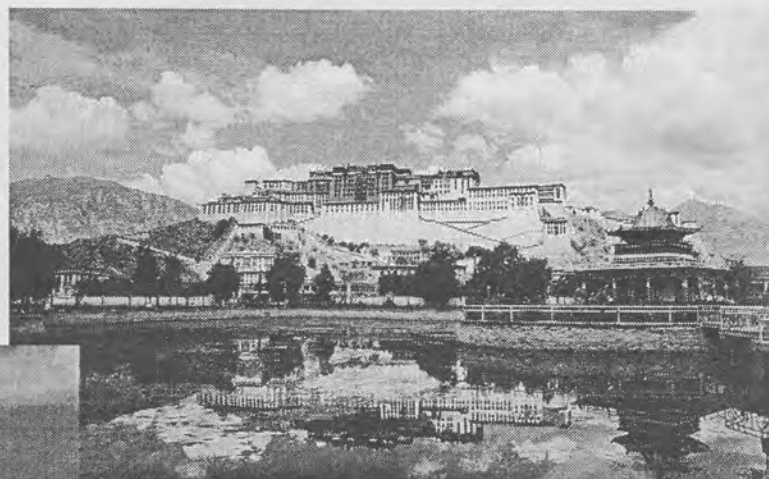


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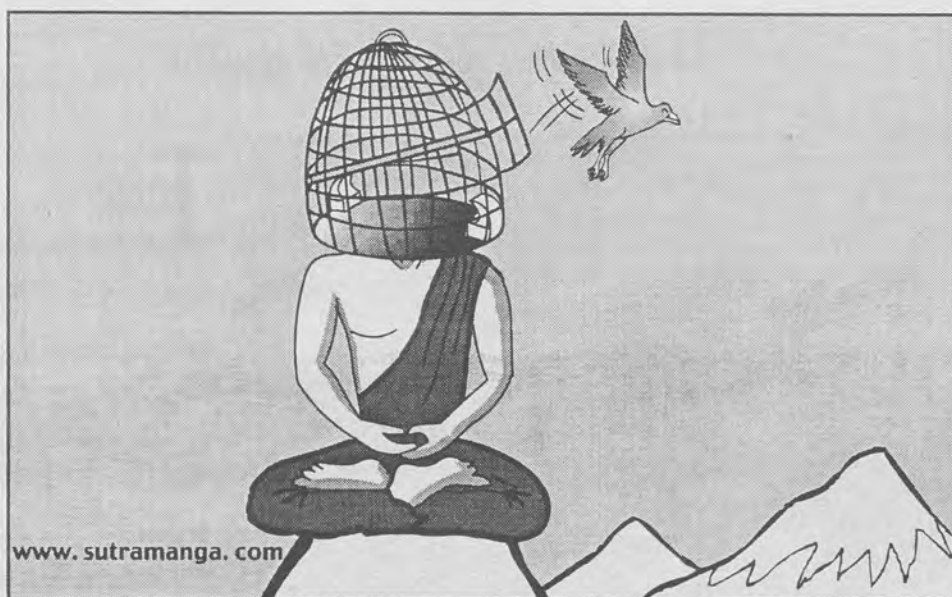
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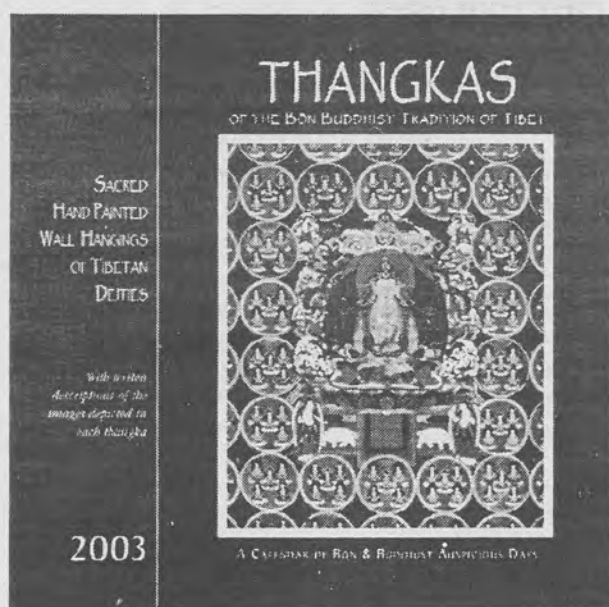
"We are all prisoners of our self-cherishing egos."

This edition's *Dharmatoon* is from [www.sutramanga.com](http://www.sutramanga.com), a new Buddhist Manga website launched in September with the aim of popularizing Buddhist principles and philosophy through the use of humor and cartoons. Visitors may go to DAILY MANGA for a new cartoon every-day. Also at the site is an Activism and Dharma section that advocates activism with mindfulness as a skillful form of Engaged Humanistic Buddhism.

The site's creator is skillful in generating Buddhist manga ideas and he is seeking to work in a Buddhist organisation as part of a team anywhere in the world. Please contact him at [sutramanga@sutramanga.com](mailto:sutramanga@sutramanga.com).

You could have your cartoons printed in *The Snow Lion*. Mail your work to: Editorial and Production, Snow Lion Publications, P.O. Box 6483, Ithaca, NY 14851; or email to: [Editors@SnowLionPub.com](mailto:Editors@SnowLionPub.com) ■

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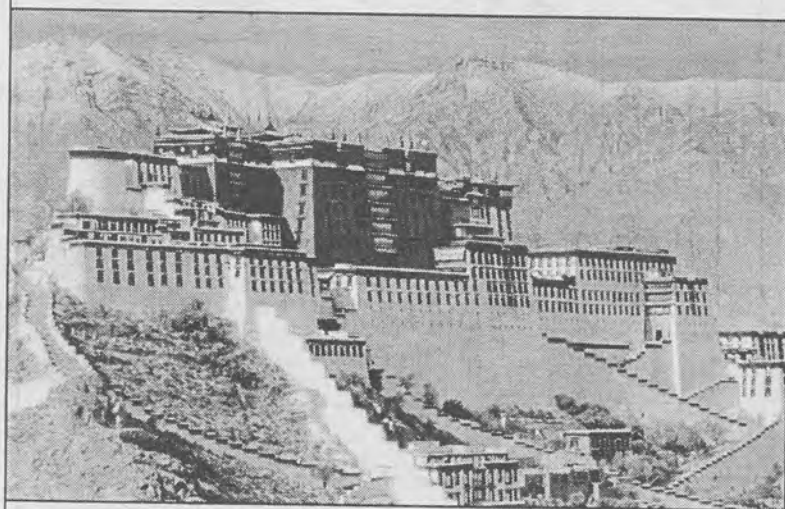
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# TIBET ADVENTURES 2002-2004

With Glenn H. Mullin



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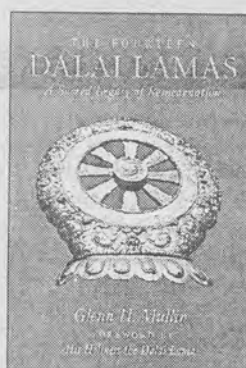
Join me on one of two adventures to Tibet this year (2002): (1) a trip to the sacred Mt. Kailash in Western Tibet, approx. 30 days in length, 20 of these involving tenting and walking (June 10-July 10th); and (2) for the more comfort-oriented adventurer, two weeks in China and Central Tibet (last half of Oct.), with NO tenting or difficult walks.

Otherwise, join me in June of 2003 on a vision quest to Central Tibet and the Sacred Oracle Lake. This will include several days of tenting by the Lake. I will also take my standard Central Tibet trip in late October, as above.

**TRIP LEADER:** Glenn H. Mullin studied in the Himalayas for twelve years under many of the greatest living Tibetan masters. He has written some twenty books on Tibetan Buddhism, specializing on the lives and works of the early Dalai Lamas. He divides his time between writing, undertaking teaching tours, and leading pilgrimages to the power places of Central Asia.

**COSTS:** Both the Mt. Kailash and Oracle Lake trips cost \$4,200. plus US/Asia flights (usually an additional \$1,350-\$1,500). The standard Central Tibet costs \$2,900 plus US/Asia flights. On previous trips we entered Tibet via Kathmandu, but due to political unrest in Nepal we will enter via Beijing, China, on our 2002-2004 schedules. To book or get more info, phone Dharma Passages, 770-907-3729. You can also visit either of my web sites ([dharmastravel.com](http://dharmastravel.com) or [dharma passages.com](http://dharma passages.com)).

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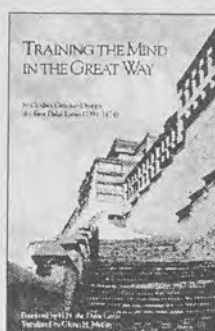
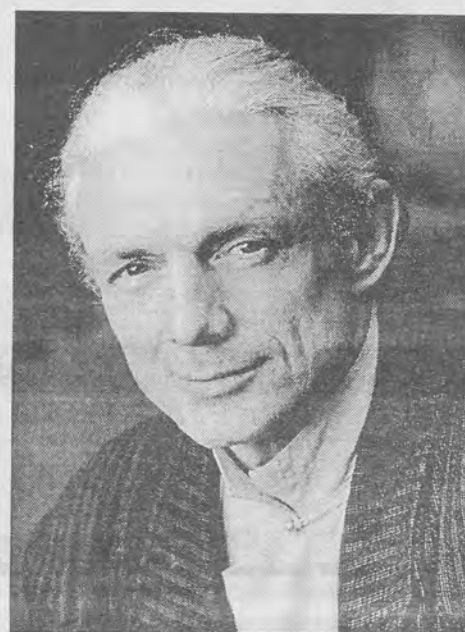
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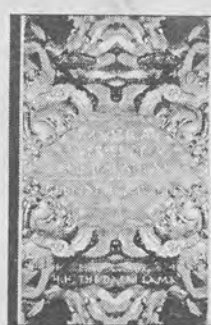


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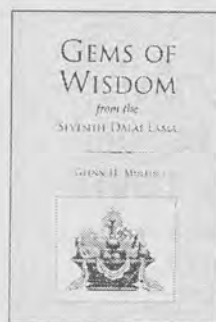
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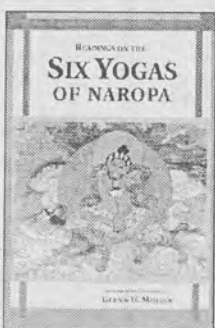
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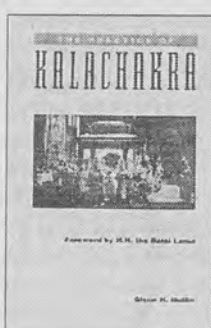
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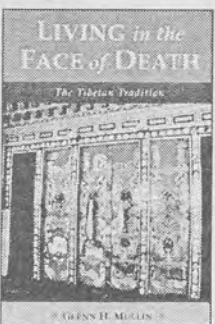
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Founding director of the Tibetan Language Institute, David Curtis has an academic background in Classical languages and has taught Tibetan extensively to Western students for nine years. He trained for five years at Kagyu Ling Monastic College in France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



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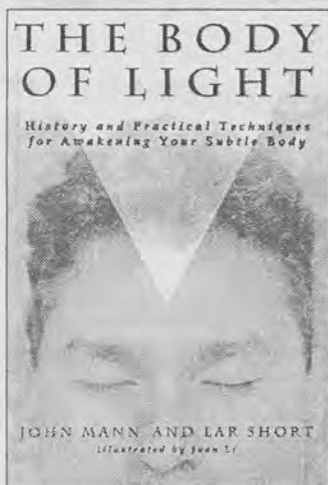
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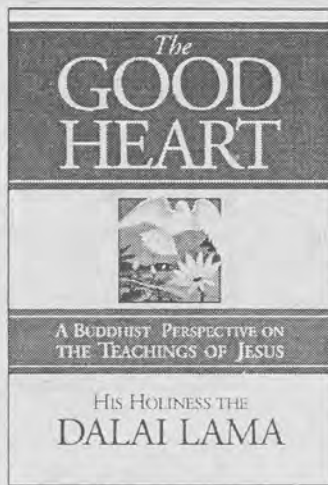
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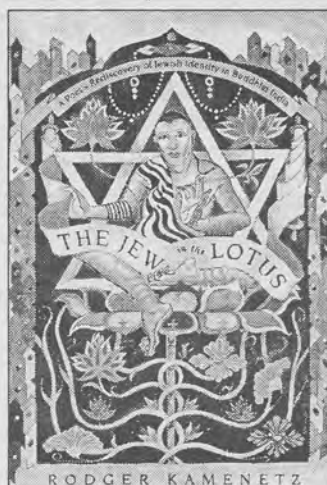
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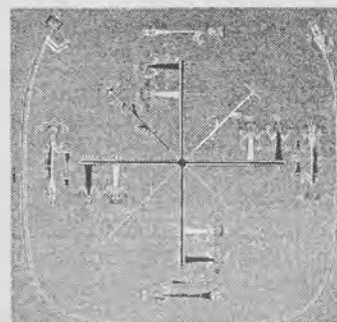
**THE GOOD HEART: A Buddhist Perspective on the Teachings of Jesus**  
 by the Dalai Lama. 224 pp., 2 photos, 4 illus. #GOHE \$15.95

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 Resurrection, etc. Throughout his commentary, the Dalai Lama opens windows of understanding and transformation for seekers of any faith.



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**NAVAJO AND TIBETAN SACRED WISDOM: The Circle of the Spirit**  
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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.

**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.

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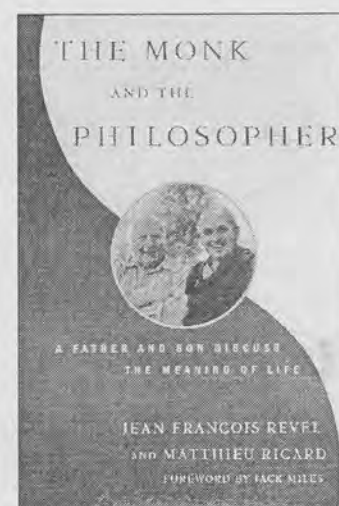
**THE GETHSEMANI ENCOUNTER: A Dialogue on the Spiritual Life by Buddhist and Christian Monastics**  
 ed. by Donald W. Mitchell & James Wiseman, O.S.B. 306 pp., cloth. #GEEN \$29.95

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.

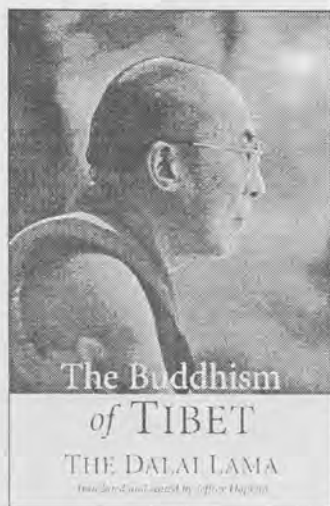
**THE MONK AND THE PHILOSOPHER:  
 A Father and Son Discuss the Meaning of Life.**

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.







## THE BUDDHISM OF TIBET

by H.H. the Dalai Lama  
trans. & ed. by Jeffrey Hopkins  
219 pp. #BUTIN \$15.95

Unlike most books by the Dalai Lama which are edited compilations of talks that he has given, this book consists of two texts that he himself wrote and two that he chose—all especially aimed at helping Western readers become better grounded in Buddhism. He wrote *The Buddhism of Tibet* and *The Key to the Middle Way* sections to explain the principle topics and central practices of Buddhism. He chose *The Precious Garland* by Nagarjuna and *The Song of the Four Mindfulnesses* by the Seventh Dalai Lama for their treatment of the bodhisattva path, the necessity of developing positive karma, and for their explanation of emptiness and tantra.

"The perfect book for someone seeking a first book on Tibetan Buddhism."—*QUEST MAGAZINE*

His Holiness lives in India and Jeffrey Hopkins lives in Charlottesville, VA. They have each authored numerous books.

"Thrangu Rinpoche distills the wisdom of India in an intimate, personal instruction, as true for the contemporary western practitioner as it was in eighth century Tibet. This text is a must for every serious Buddhist meditator."

—JUDITH SIMMER-BROWN, Professor of Buddhist Studies, Naropa University

## ESSENTIAL PRACTICE

by Khenchen Thrangu Rinpoche  
trans. & intro. by Jules Levinson  
216 pp. #ESPR \$15.95

"The great Indian master Kamalashila's *Stages of Meditation in the Middle Way School* opens the door of philosophy and practice to meditators at all levels. With brevity and clarity, it covers all the main topics one needs to know from developing compassion, through numerous methods of meditation, to the ultimate realization of full awakening. Khenchen Thrangu Rinpoche has an unique ability to bring forth the central issues of a text and make them available to a contemporary audience. This text will certainly bring great benefit to all those who encounter it."

—THE SEVENTEENTH GYALWANG KARMAPA OGYEN TRINLE DORJE

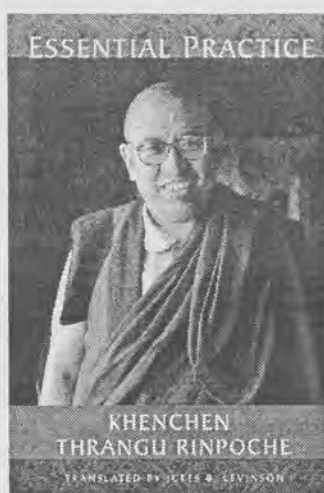
"Khenchen Thrangu Rinpoche makes these profound teachings readily accessible to Western students. I encourage all those interested in beginning or deepening their practice to read this book."—KHENPO TSULTRIM GYAMTSON RINPOCHE

*Essential Practice* is an accessible and authoritative portrait of a bodhisattva's view, meditation, and conduct by one of the foremost masters of the Kagyu lineage of Tibetan Buddhism and the tutor of H.H. the Seventeenth Karmapa.

Teaching on Kamalashila's treatises outlining the stages of meditation, Thrangu Rinpoche explains the need for compassion and the way to develop it, the necessity for a bodhisattva's vast and durable altruism, as well as the means to generate, stabilize, and fortify it, and the elements key to the meditative practices of calm abiding and insight.

An engaging element of *Essential Practice* is the lively interaction of Thrangu Rinpoche with students and members of the faculty of Naropa University as he unfolds the text for them. With exceptional generosity, Thrangu Rinpoche took delight in fielding basic and knotty questions that were put to him by relative newcomers and relatively seasoned practitioner/scholars.

This record of a masterful teacher's instructions will help students old and new to determine what is essential to the practice of Buddhism and thereby bring the Buddha's teachings into their own experience.



"With humor, warmth, and wisdom, Gyatrul Rinpoche opens these vital and much revered texts to a new generation of Buddhist practitioners."

—SAKYONG MIPHAM RINPOCHE, head of Shambhala International

## MEDITATION, TRANSFORMATION, AND DREAM YOGA

by Ven. Gyatrul Rinpoche, trans. by B. Alan Wallace & Sangye Khadro. 174 pp. #METRDR \$15.95

This teaching was given to the Shambhala community in Boulder in the fall of 1991.

"Exercises are given which can be practiced by anyone in any circumstance."—*THE TIBET JOURNAL*

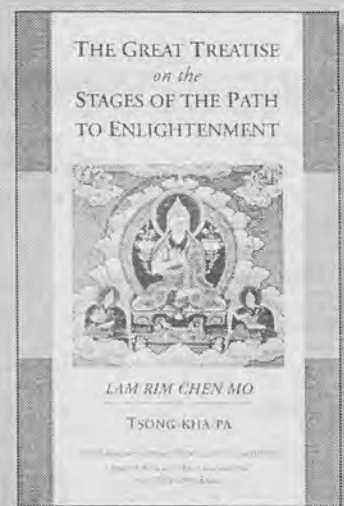
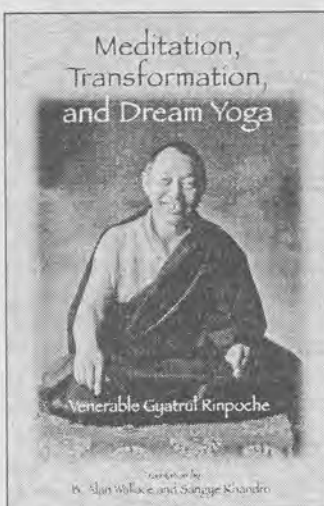
"Gyatrul Rinpoche's dynamic teachings are tailored to the needs of Western lifestyle."—*TRANSPERSONAL REVIEW*

"When the Venerable Gyatrul Rinpoche arrived in the West many decades ago he was already a receptacle for an abundance of transmissions received from many of the foremost and authentic masters of our times. Since then, his noble disposition and advanced level of meditation practice has assisted innumerable people and he has established many Dharma centers. I feel confident that the readers who take this book to heart and apply its meaning will benefit greatly."—CHOKYI NYIMA RINPOCHE, author of *Present Fresh Wakefulness*

Three traditional Nyingma teachings were selected for contemporary Buddhists who want to improve the quality of their practice during the three periods of their day—during meditation, in their active life, and during sleep. Gyatrul Rinpoche, a respected teacher in the USA, expands and explains these texts.

Guidelines for calm abiding and insight meditation are presented from the Dzogchen perspective. Practices for bringing the daily experiences of pleasure and pain into the spiritual path are presented in the section on transformation. Finally, the teachings on dream yoga guide the practitioner in the conscious control of the dream state, as well as after death.

This book was previously published as *Ancient Wisdom*.



## 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. 435 pp.

Volume 3, #GRTR3 \$39.95 cloth New and available

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This much anticipated third volume (the full set is three vol.) contains a presentation of the two most important topics to be found in the *Great Treatise*: meditative serenity (*shamatha*) and supramundane insight into the nature of reality (*vipasyana*).

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

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

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

"The Great Treatise is one of the world's great monuments of philosophy and spirituality as well as one of the most renowned works of Buddhist thought and practice to have been composed in Tibet."—PROF. D.S. RUEGG

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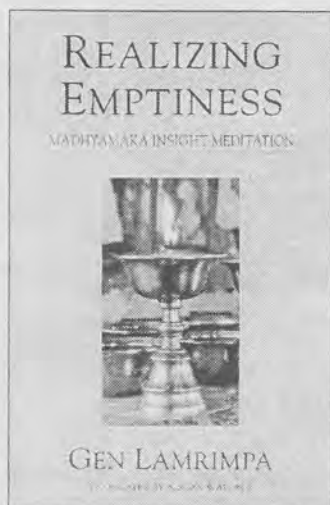
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During a long retreat on the West Coast, Gen Lamrimpa drew on his theoretical training as well as his years of solitary meditative experience to show students how they can gain realization of ultimate reality. He explains in a practical and down-to-earth fashion how to analyze experience to fathom how it has been misperceived and misunderstood because of our many delusions, and how to use Madhyamaka reasoning to experience how all things only exist as dependently related events rather than in themselves.

Gen Lamrimpa was born in Tibet in 1934 and lives in Dharamsala, India. He has also authored *Calming the Mind*. B. Alan Wallace lives in Santa Barbara, CA and is the author of many books.

# THE PRACTICE OF DZOGCHEN

by Longchen Rabjam  
intro. & trans. by Tulku Thondup  
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"This is one of the most significant works on Tibetan Buddhism to be published in recent years, treating with grace, beauty and depth a most important subject. This is undoubtedly one of the most comprehensive works on the Nyingma to appear in English."—*GLENN H. MULLIN*, *Tibetan Review*

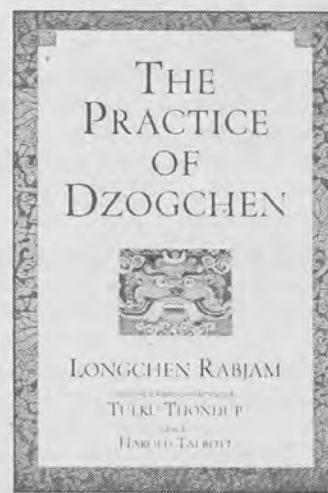
"An invaluable guide for those who seriously wish to experience the true nature of the mind."—*PARABOLA MAGAZINE*

"Authoritative, comprehensive and clear. This book fills a major gap."—*MATTHEW KAPSTEIN*, University of Chicago

Longchen Rabjam (1308-1363) is the most celebrated writer and adept of the Nyingma School of Tibetan Buddhism. His excellent writings on the view, meditation and the result in Dzogchen, and in the sutras and tantras make up the core of this book.

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Tulku Thondup Rinpoche is the author of *The Healing Power of Mind* (with Daniel Goleman) and *Boundless Healing*, and lives in Cambridge, MA.



# RECENTLY RELEASED BOOKS FROM SNOW LION

## New enlarged and revised edition!

**DREAM YOGA AND THE PRACTICE OF NATURAL LIGHT**  
by Chögyal Namkhai Norbu, ed. & intro. by Michael Katz. 168 pp.  
#DRYO \$14.95

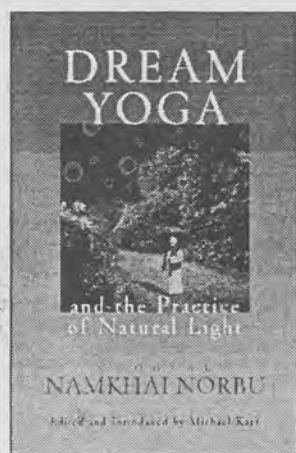
This revised and enlarged edition includes additional material from a profound and personal Dzogchen book which Chögyal Namkhai Norbu has been writing for many years. This material expands and deepens the first edition's emphasis on specific exercises to develop awareness within the dream and sleep states.

Rinpoche gives instructions for developing clarity within the sleep and dream states. He goes beyond the practices of lucid dreaming that have been popularized in the West, by presenting methods for guiding dream states that are part of a broader system for enhancing self-awareness called Dzogchen. In this tradition, the development of lucidity in the dream state is understood in the context of generating greater awareness for the ultimate purpose of attaining liberation.

Also included in this book is a text written by Mipham, the nineteenth-century master of Dzogchen, which offers additional insights into this extraordinary form of meditation and awareness.

"Chögyal Namkhai Norbu Rinpoche is one of the greatest Tibetan meditation masters and scholars teaching in the West today. His luminous Dream Yoga teachings are invaluable. I myself read this book with great interest, and recommend it to my own students."—*LAMA SURYA DAS*, author of *Awakening the Buddha Within*

"The new edition is sufficiently different from the already pivotal previous version to warrant purchasing it and working seriously with its contents. In the current edition, Rinpoche, who has had clear abilities in dream practices since his youth, expands his initial commentary on the 'practice of the night' with more specific explanations drawn from an intimate and detailed Dzogchen manuscript he has been writing for many years."—*THE MIRROR*



**GURU RINPOCHE: His Life and Times**

by Ngawang Zangpo. 216 pp., 6 x 9", cloth, A Tsadra Foundation Series Book. #GURIHI \$29.95

To Tibetan Buddhists, Guru Rinpoche is a Buddha. This book recounts Guru Rinpoche's historic visit to Tibet and explains his continuing significance to Buddhists. In doing so, it illustrates how a country whose powerful armies overran the capital of China and installed a puppet emperor came to abandon its aggressive military campaigns: this transformation was due to Guru Rinpoche, who tamed and converted Tibet to Buddhism and thereby changed the course of Asian history.

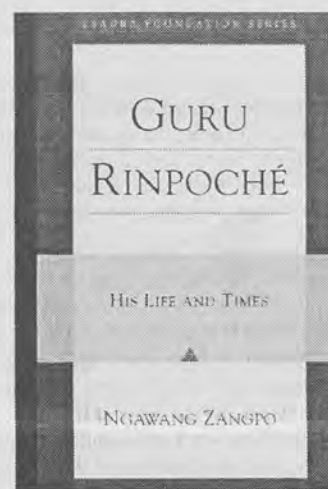
This book recounts Guru Rinpoche's historical visit to Tibet and explains his continuing significance to Buddhists. Four very different Tibetan accounts of his story are presented:

- A Biography of Guru Rinpoche by JAMGON KONGTRUL;
- One according to the pre-Buddhist Tibetan religion, Bon:
- The Bon Version of the Life of Guru Rinpoche by JAMYANG KYENTSE WONGPO;
- One based on Indian and early Tibetan historical documents:
- The Indian Version of the Life of Guru Rinpoche by TARANATA;
- One by DORJE TSO.

In addition, there are supplications by Guru Rinpoche and visualizations to accompany them by Jamgon Kongtrul.

"The presence of Guru Rinpoche, a figure so important to Tibetan Buddhists he is called simply 'The Precious Master', can be felt still in each of these liberating stories translated here. Read side-by-side, they reveal an even wider picture, deftly highlighted by Ngawang Zangpo's introduction, of how history and culture interact with the inner spirituality that is beyond time and place."—*SARAH HARDING*, author of *Creation and Completion*

"With a thought-provoking introduction and stimulating cultural, religious, and literary insights, Ngawang Zangpo offers welcome translations of four biographies of Guru Rinpoche and a set of famous supplications. This new work will certainly be enjoyed by everyone interested in the vast spiritual legacy of the 'Second Buddha' in Tibet."—*CYRUS STEARNS*, author

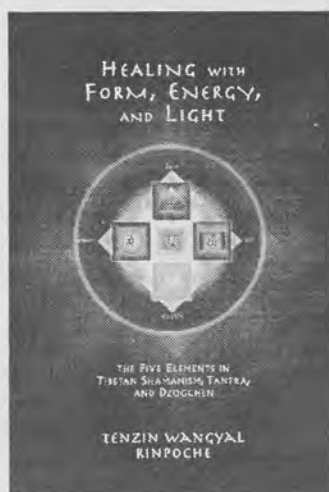


**EVERYDAY CONSCIOUSNESS AND BUDDHA-AWAKENING**

by Khenchen Thrangu Rinpoche, translated and edited by Susanne Schefczyk. 112 pp., 5 1/2 x 8 1/2", glossary. #EVCO \$14.95

This introduction to Buddhist psychology supplies essential instructions for successful meditation practice. Rinpoche presents meditation practices that can powerfully influence and ultimately transform the mind into the purified mind of a Buddha. Rinpoche clearly describes how consciousnesses operate in everyday perception and how at the time of Buddhahood, these same consciousnesses express the five primordial wisdoms of the five Buddha families.

"Khenchen Thrangu Rinpoche is among the wisest and most compassionate Buddhist masters alive today. I have no doubt that this book will be a great inspiration and support for all serious Dharma students who read it and put it into practice."—*PEMA CHODRON*, author of *Places that Scare You*, and *When Things Fall Apart*



**HEALING WITH FORM, ENERGY AND LIGHT:  
The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen**

by Tenzin Wangyal Rinpoche. 176 pp., 5 photos, 30 line drawings, glossary, bibliography. #HEWFO \$16.95

In the shamanic world-view of Tibetan Bon presented here, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. In the Tibetan tantric view, the elements are recognized as five kinds of energy in the body and are balanced with a program of yogic movements, breathing exercises, and visualizations. In these Dzogchen teachings, the elements are understood to be the radiance of being and are accessed through pure awareness. *Healing with Form, Energy, and Light* offers the reader healing meditations and yogic practices on each of these levels.

Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains

why certain practices are necessary and in what situations practices are effective or a hindrance. This is a manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings.

"There is more detailed and at the same time easily understood and useful information about the body and meditative practice than any other book I have seen. Spoken with an elegance that melts into your mind."—*ANNE C. KLEIN*, Professor, Dept of Religious Studies, Founding Director, Dawn Mountain Tibetan Temple, Houston, author of *Knowledge and Liberation*, *Meeting the Great Bliss Queen*, *Path to the Middle*





## REFLECTIONS ON A MOUNTAIN LAKE:

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This sparkling collection of Dharma teachings by Tenzin Palmo addresses issues of common concern to Buddhist practitioners from all traditions.

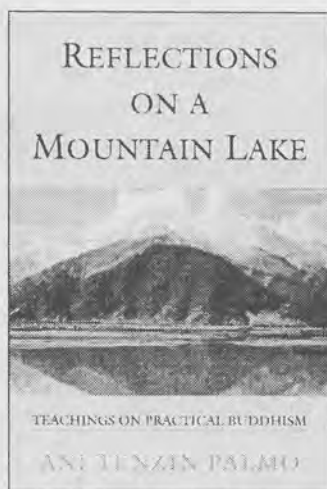
"Tenzin Palmo is one of the most genuine and accomplished of western practitioners. Her voice is simple and pure, wise and true."—**JACK KORNFIELD**, author of *Path with a Heart*

"Tenzin Palmo's wonderful teachings are pristine and practical—the natural outpouring of her years of intensive meditation and insight. They are her gift to the world"—**VICKI MACKENZIE**, author of *Cave in the Snow*, the biography of Ven. Tenzin Palmo

"In this book Ani Tenzin Palmo presents the most timely, profound and lucid advice for all Buddhist practitioners. She has torn away the thousand veils that shroud our self-deceptions. She speaks with the humility of experience rather than charisma, her words resonating with the naked simplicity of clarity and wisdom. Her voice constantly reminds me of everything I have ever loved and perceived as truthful in this life."—**ROBERT BEER**, author of *The Encyclopedia of Tibetan Symbols & Motifs*

"One of the true yoginis of our time, a woman who has dedicated her life to Buddhism, Tenzin Palmo, brings her years of experience in a cave to offer us a down-to-earth inspiring approach to the spiritual path. Tenzin Palmo is a voice we need to hear, a woman who has fully experienced what she speaks about with absolute honesty, delightful humor, and real insight."—**TSULTRIM ALLIONE**, MA, author of *Women of Wisdom*

Venerable Tenzin Palmo was born in London in 1943. She traveled to India when she was 20, met her teacher, H.E. the 8th Khamtrul Rinpoche, and in 1964 was one of the first western women to be ordained as a Tibetan Buddhist nun. After six years of study with her teacher, he sent her to the Himalayan valley of Lahoul to undertake more intensive practice. She lived with a small group of nuns in a monastery there for another six years, doing frequent retreats in the long winter months. Seeking more seclusion and better conditions for practice, Tenzin Palmo found a nearby cave where she stayed and practiced for another twelve years, the last three years in strict retreat. The story of her life and experiences in her remote Himalayan cave is described in the book *Cave in the Snow* by Vicki Mackenzie. Today Tenzin Palmo lives in Tashi Jong, Himachal Pradesh in northern India, where she has established Dongyu Gatsal Ling Nunnery for young women from Tibet and the Himalayan border regions. She frequently teaches around the world.



## THE THREE VISIONS:

### Fundamental Teachings of the Sakya Lineage of Tibetan Buddhism

by Ngorchen Konchog Lhundrub, fore. by H.H. Sakya Trizin, trans. by Lobsang Dargpa and Jay Goldberg. 256 pp. #THVI \$15.95

The most profound and fundamental teaching of the Sakya tradition of Tibetan Buddhism is that of the "Path Including Its Result." This unique teaching of Virupa, one of India's extraordinary Mahasiddhas, covers the entire Buddhist path from the time of entering the spiritual discipline up to the attainment of full and perfect enlightenment. Though it comprehensively explains the tenets of the Buddha, its main function is to serve as a manual for contemplating and meditating upon the various stages leading to the final result of ultimate happiness and liberation.

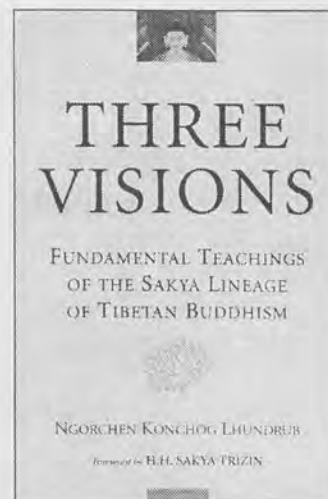
*The Three Visions* examines the state of those experiencing suffering, those engaged in the methods leading towards freedom from unhappiness and misery, and those fully enlightened ones who have attained the highest goal of omniscient awakening. In a very direct and simple manner, the text leads the reader step by step over the vast path culminating in ultimate peace.

"*The Three Visions* is important to more than just the Sakya tradition, as the teachings within are relevant to Buddhists of all traditions and lineages. A comprehensive synthesis of the views and practices of the Bodhisattva path, it is a definitive handbook that guides a practitioner on the path in a manner that is systematic, succinct and easy to understand."—**SAKYA JETSUN CHIMEY LUDING**

"I am delighted to see this republished translation of *The Three Visions*; an important teaching of benefit to all sentient beings."—**HIS HOLINESS JIGDAL DAGCHEN SAKYA**

"The higher levels of spiritual development depend upon transforming one's level of perception of reality. When in time the deeper realities present themselves as perceptions or visions, spiritual growth is experienced and is as subjective, personal, and flexible as the perceptions themselves, not as insurmountable as once thought."—**LAMA PEMA WANGDAK, PALDEN SAKYA NEW JERSEY**

Originally published as *The Beautiful Ornament of the Three Visions*.

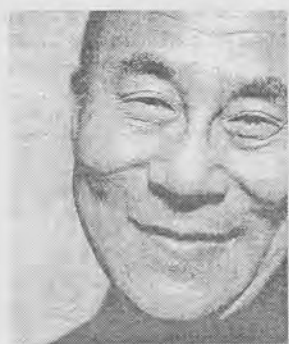


## NEW BOOKS FROM OTHER PUBLISHERS

### ABHIDHARMASAMUCCAYA

by Asanga, trans. By Walpola Rahula & Sara-Boin Webb. 360 pp., notes, glossary, index. #AB \$75.00 Cloth

There are two systems of Abhidharma, according to the Tibetan tradition, the lower and the higher. The lower system is taught in the Abhidharmakosa, while the higher system is taught in this book—the two books form a complementary pair. Asanga is the founder of the Yogacara school of Mahayana Buddhism. His younger brother Vasubandhu wrote the Abhidharmakosa before Asanga converted him to Mahayana Buddhism. The Samuccaya follows the traditional prose question-and-answer style of the older Pali Abhidharma texts. Rahula's excellent translation was based on Sanskrit, Chinese, and Tibetan.



### AN OPEN HEART: Practicing Compassion in Everyday Life

by the Dalai Lama, ed. by Nicholas Vreeland. 208 pp. b&w illustrations, now in paper. #OPHEP \$12.95

How does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? Here is a series of meditations used for this purpose—taken from three sacred texts: Kamalashila's *Middle-Length Stages of Meditation*, Togmay Sangpo's *The Thirty-Seven Practices of Bodhisattvas*, and Langri Tangpa's *Eight Verses on Training the Mind*. These practices can be undertaken at odd moments of the day as well as formal practice periods to transform the mind into a disciplined and open mind.



### THE BABY HORSE, A SMART RABBIT, AND AN ANGRY GRAY WOLF

by Batsaihan Purveegiin. 7.5 x 8", 24 pp., full color illustrations. #BAHO \$12.95

This delightful Mongolian folk tale tells the story of a horse, tricky rabbit and angry wolf. It teaches how to be resourceful in the face of a tough situation. Good for children 4 to 10. The artist was born in Ulan Bator, Mongolia.

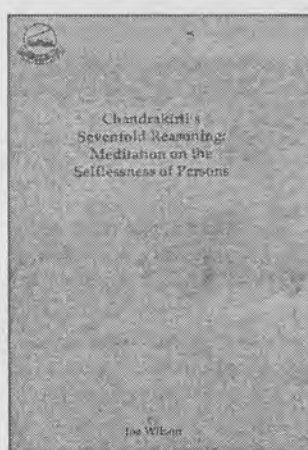
The sale of this book helps to support homeless children in Mongolia.



### CALLING TO THE LAMA FROM AFAR

by Khenchen Konchog Gyaltsen Rinpoche. 125 pp., color plate, available in November. #CALAAF \$14.95

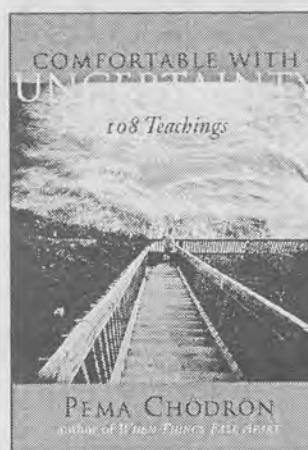
The theme of these prayers is devotion. One's lama is venerated as the holder of the teachings and, because of his or her accomplishments in meditation practice, is recognized as the embodiment of their truth. The lama's affection and skill in guiding students then joins with the student's own growing admiration and trust. This response can be cultivated through recollection, but it can never be contrived. Genuineness provides the atmosphere in which the lama's and the student's minds can truly meet.



### CHANDRAKIRTI'S SEVENFOLD REASONING: Meditation on the Selflessness of Persons

by Joe Wilson. 55 pp. #CHSRE \$8.95

This is a short but powerful presentation of the selflessness of persons—an analytical meditation according to Prasangka-Madhyamika philosophy.



### COMFORTABLE WITH UNCERTAINTY: 108 Teachings

by Pema Chodron. 176 pp. #COUN \$19.95 Cloth

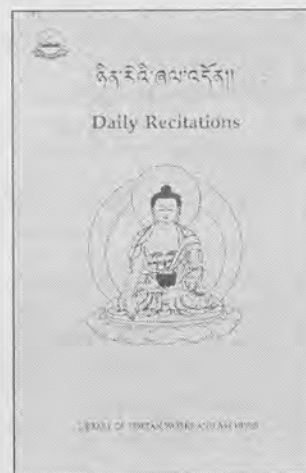
Chodron offers short teachings to help cultivate compassion and awareness amid the challenges of daily living. They are arranged as a progressive program of study—108 teachings that compose a bodhisattva training.



### CONFESSION OF DOWNFALLS: The Confession Sutra and Vajrasattva Practice

trans. & ed. by Brian Beresford. 92 pp., 3 line drawings. #CODO \$9.95

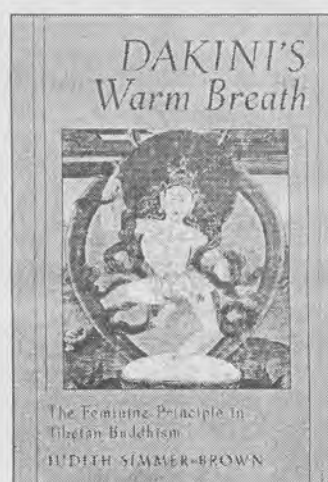
Contains two fundamental purification methods in Tibetan Buddhism: the *Sutra of the Three Heaps* and the visualizations and mantra recitation of Vajrasattva. Nagarjuna gives a commentary to the Sutra, and both practices are supplemented by commentaries from Geshe Ngawang Dhargyey, Geshe Rabten, Tubten Zopa Rinpoche, and Gegen Kyentse.



### DAILY RECITATIONS

prepared by Trans. Bureau of LTWA. 38 pp. #DARE \$7.95

Tibetan, phonetic and English translations of common practices: Seven-branch Prayer, Mandala Offering, Dedication of Merit, praises and supplications.



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

by Judith Simmer-Brown. 432 pp., line art, halftones, now in paperback. —Available in December #DAWABP \$18.95

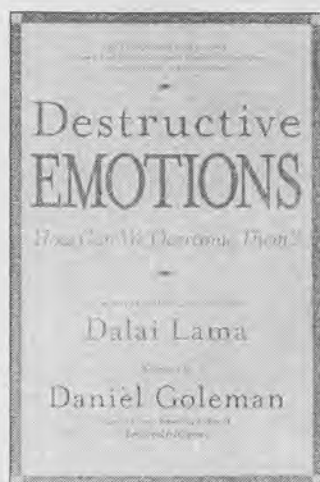
This is a comprehensive inquiry into the symbolism of the dakini, a semi-wrathful feminine spirit who manifests in visions, dreams, and meditation. When the meditator encounters the dakini, living spiritual experience is activated in a non-conceptual manner by her direct gaze, her radiant body, and her 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.

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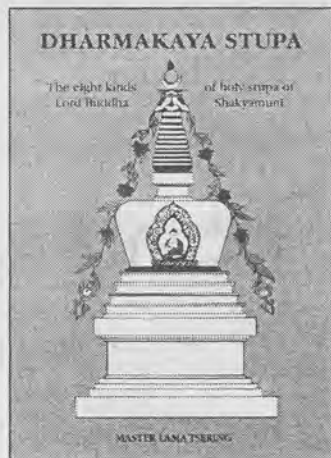


**DESTRUCTIVE EMOTIONS:**  
How Can We Overcome Them?

narrated by Daniel Goleman,  
fore. by the Dalai Lama.  
384 pp. #DEEM \$26.95 cloth  
—Available in January

Imagine sitting with the Dalai Lama in his private meeting room with a small group of world-class scientists and Buddhists who are grappling with age-old questions of compelling contemporary urgency: Why do seemingly rational people commit acts of cruelty and violence? What are the root causes of destructive behavior? Can we learn to control the emotions that drive these impulses?

Organized by the Mind and Life Institute, this encounter brought together cutting-edge research in neuroscience, education, and psychology with the most sophisticated Buddhist practices for transforming negative emotions.



**DHARMAKAYA STUPA:**  
The Eight Kinds of Holy Stupa of Lord Buddha Shakyamuni

Master Lama Tsering. 230 pp.,  
color plates, line drawings.  
#DHSTMA \$20.00

A wonderfully detailed description of the various types of Dharmakaya stupas, which contain relics of the Buddha, this book also helps readers to understand the purpose and benefits of stupas. A great handbook that includes instructions for the repair of stupas.



**THE FEMININE FACE OF**  
**BUDDHISM**

by Gill Farver-Halls. 144 pp.,  
8 x 10", 110 color illustrations.  
#FEFABU \$24.95

—Available in November

Gill presents the essence of female Buddhist wisdom in the Tibetan, Zen and Theravada Buddhist traditions. She features powerful writings by Buddhist women on female Buddhas and Bodhisattvas, women as Buddhist teachers, male and female symbolism.

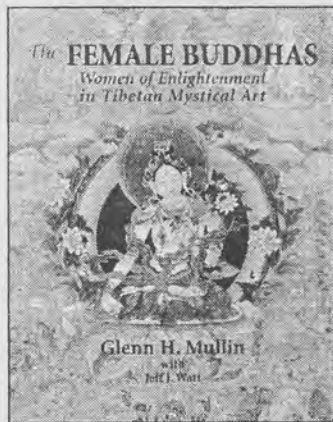


**THE DRAGON IN THE LAND**  
**OF SNOWS: A History of**  
**Modern Tibet since 1947**

by Tsering Shakya. 616 pp.,  
12 b&w photos, now in paper!  
#DRLASN \$16.00

"Will undoubtedly take its place as the indispensable account of modern Tibetan history." —  
*Literary Review*

This definitive history of Tibet is based entirely on unpublished primary sources and written by a Western-educated Tibetan author. It shatters the popular perception of Tibet as an isolated Shangri-la unaffected by broader international developments and rises above the simplistic dualism so often encountered in accounts of Tibet's contested recent history. Charting a clear course through the intricacies of the historical record, Tsering Shakya gives a balanced account of Tibet's desperate attempts to maintain her independence and safeguard her cultural identity. "At last, the history of Tibet we have been waiting for. It will irritate both Chinese and Tibetan chauvinists as it explodes their myths, misunderstandings, and propaganda." —Jonathan Mirsky



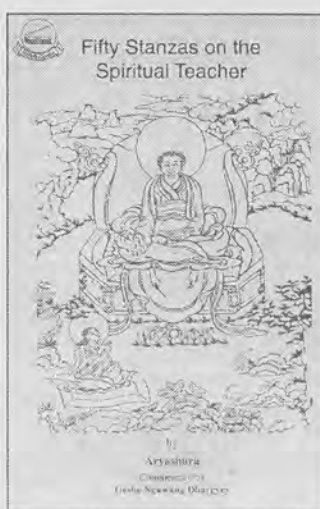
**THE FEMALE BUDDHAS:**  
Women of Enlightenment in  
Tibetan Mystical Art

by Glenn H. Mullin. 232 pp.,  
112 color photos, 8.5 x 11".  
#FEBUWO \$29.95

—Available in November

The Tibetan thangka masterpieces from the Shelley and Donald Rubin Collections stand as testimony to the exhilarating beauty, amazing skill, and transformative vision of traditional master artists, as well as to Shelley Rubin's profound fascination with and devotion to the concept of "The Female Buddhas."

The work includes an appraisal of the feminine in Tibetan Buddhism and an overview of Tibetan art by co-authors/editors Glenn H. Mullin and Jeff Watt, as well as thought-provoking essays from a half dozen of the West's foremost authorities on Tibetan culture. The book is published in conjunction with the world premiere of the art exhibit, "Women of Enlightenment: The Female Buddhas in Tibetan Mystical Art," to be held at Oglethorpe University Museum.



**FIFTY STANZAS ON THE**  
**SPIRITUAL TEACHER**

by Aryashura, comm. by Geshe  
Ngawang Dhargyey. 38 pp.  
#FISTSP \$8.95

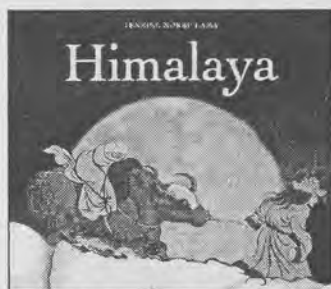
Tells how to cultivate the proper relationship between a student and his or her teacher.

**FOUR ILLUSIONS:**  
Candrakirti's Advice to  
Travelers on the  
Bodhisattva Path

by Karen Lang. 288 pp.  
#FOIL \$19.95

—Available in December

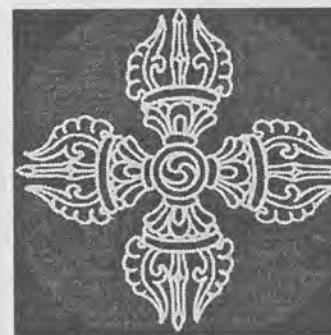
This is the first translation of Chandrakirti's commentary on four illusions that prevent people from becoming Buddhas. Lang's translation captures the clarity of Candrakirti's arguments and the lively humor of the stories and examples he uses.



**HIMALAYA**  
by Tenzing Norbu Lama. 36 pp.,  
11 x 9.5", color plates throughout.  
#HIBO \$16.96

Illustrated by paintings made by Lama Tenzing Norbu for the Oscar-nominated film Himalaya, this is the story of the elder Tintle who battles age and the elements to keep the traditions of his people alive.

\*\*\*\*\*



**INDESTRUCTIBLE TRUTH:**  
The Living Spirituality of  
Tibetan Buddhism

by Reginald Ray. 512 pp., 18  
halftones, line art & diagrams.  
#INTRP \$17.95 Now in paperback.

This is a thorough introduction to Tibetan Buddhism that emphasizes the Kagyu and Nyingma points of view. Ray presents complex and sophisticated teachings and practices in non-technical language. He covers: the sacred environment; the religious history of Tibet; the core teachings of Hinayana and Mahayana; and the three turnings of the wheel of dharma. Ray is a Professor of Buddhist Studies at Naropa University in Boulder.

**THE PASSIONATE BUDDHA**

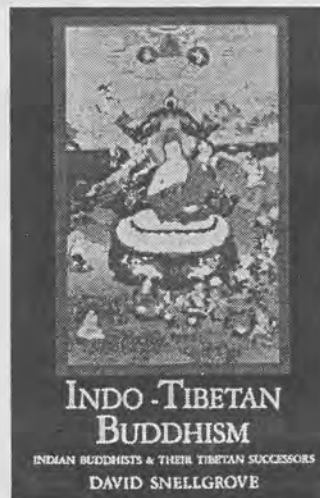
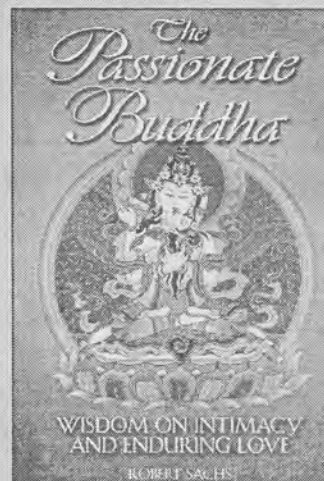
"A wonderful book  
on the proper handling  
of the magnetics  
of the heart."  
—STEPHEN LEVINE

by Robert Sachs  
216 pp. #PABUWI \$14.95

Interweaving Buddhist thought with the concerns of the modern couple, Sachs discusses the meaning of true love—from physical pleasure to emotional connection to spiritual transformation.

"A must for anyone seeking to practice the profound path of intimate relationship, as it contains meditations and practical tools for joining deep awareness with passionate intensity." —  
Tsultrim Allione

Robert Sachs is a Clinical Social Worker and author of *Tibetan Ayurveda*.



**INDO-TIBETAN BUDDHISM:**  
Indian Buddhist and Their  
Tibetan Successors

by David Snellgrove. 656 pp.,  
125 b&w images.  
#INDOBU \$45.00 cloth

The most comprehensive survey available on Indian Buddhism and its development in Tibet—now back in print in a single volume. Concentrates on Buddhism from the eighth to thirteenth century when the Tibetans were actively engaged in absorbing Buddhist culture from India.

**INTRODUCTION TO THE**  
**MIDDLE WAY: Chandrakirti's**  
**Madhyamakavatara with**  
**Commentary by Ju Mipham**

by Padmakara Translation  
Group. 400 pp.  
#INMIWA \$29.95 cloth

According to the Madhyamaka school, all beliefs in the objective reality of the self and the world are rejected and emptiness is recognized as the ultimate truth about all things and events. Chandrakirti's verses contain profound and subtle teachings and Ju Mipham's insightful commentary offers a point-by-point explanation of the root text. This is a challenging and rewarding study.

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**THE JEWEL LADDER:**  
A Preliminary Nyingma  
Lamrim

comm. by Garje Khamtrul  
Rinpoche, trans. & ed. by Tsepak  
Rigzin. 236 pp. #JELA \$14.95

This is a short yet comprehensive Nyingma Lamrim for beginners by Minling Terchen Gyurme Dorjee, commonly known as Terdak Lingpa, who was both teacher and disciple of the Fifth Dalai Lama. The text presents the preliminaries of Buddhist practice required for higher spiritual development such as the four basic ways of concentrating one's mind on the Dharma, the Four Noble Truths, the Six Perfections, and bodhicitta.

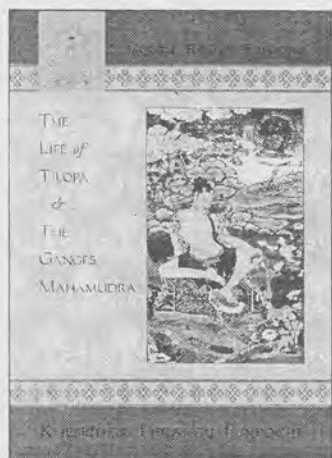


**JORCHO: The Six**  
**Preparatory Practices**

trans. by Lobsang Ganchenpa &  
Ani Karma Lekshe Tsomo. 48 pp.,  
line drawings. #JOSIPR \$8.95

Here are the practices of preparing your altar, posture, motivation, visualizing the merit field, offering the seven-limb puja, etc. important for conducting a meditation session. It is appropriate to students of all schools and at all levels of practice.





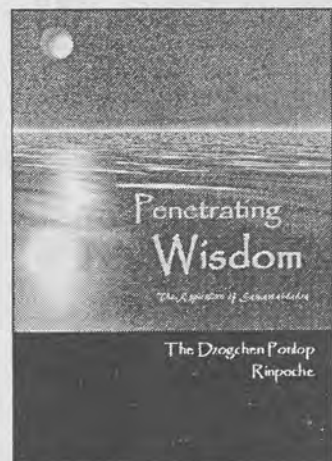
**THE LIFE OF TILOPA & THE GANGES MAHAMUDRA**  
by Khenchen Thrangu Rinpoche. 195 pp. #LITIGA \$14.95

Inspirational spiritual biography of Tilopa, the founder of the Kagyu tradition, describing his practice and methods. Part 2 contains the root text and commentary on The Ganges Mahamudra, Tilopa's oral instructions for achieving enlightenment. These 11th century teachings were given near the Ganges River to his student Naropa.



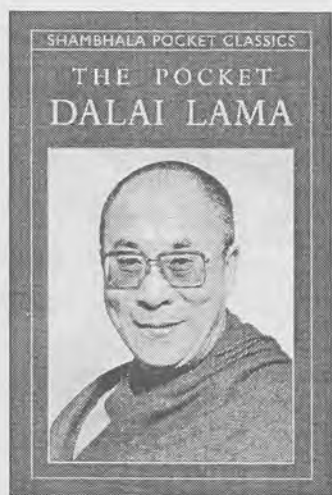
**LOVE DHARMA: Relationship Wisdom from Enlightened Buddhist Women**  
by Geri Larkin. 256 pp. #LODH \$12.95  
—Available December

Combines the advice and humor of a great relationship book with the wisdom and compassion of a book on Buddhism. Geri Larkin is an ordained Zen Buddhist teacher who teaches in Detroit. This is her fifth book.



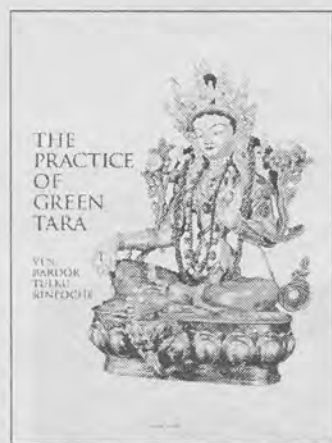
**PENETRATING WISDOM: The Aspiration Prayer of Samantabhadra**  
by The Dzogchen Ponlop Rinpoche, co-translated by Lama Yeshe Gyamtso. 180 pp., Tibetan text, glossary. #PEWIAS \$20.00

In addition to being the prayer of a primordial buddha, this is a prayer of the path to complete awakening according to the Dzogchen tradition as well as a prayer of instructions that make our path more genuine and correct. It is a prayer that expresses the different manifestations of rigpa, which is our basic awareness, in ordinary life. Further, it is a prayer and aspiration for realization of rigpa, realization of the genuine path, and realization of the genuine teacher.



**THE POCKET DALAI LAMA**  
comp. & ed. by Mary Craig. 176 pp., 3 x 4.5". #PODA \$6.95

Contains many stand-alone teachings drawn from various sources—an excellent companion for inspiration in one's daily life.



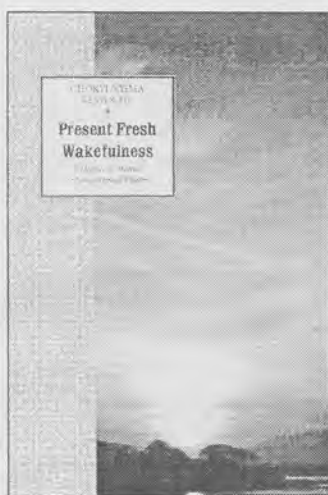
**THE PRACTICE OF GREEN TARA**  
by Ven. Bardor Tulku Rinpoche. 63 pp., 8.5 x 11", photos of mudras, 21 Taras line drawing. #PRGRTA \$14.95

A complete teaching on the Green Tara practice as performed daily at KTD Monastery. Includes an explanation of the 21 Praises of Tara, photos of the mudras associated with the practice, and a large folding line drawing of the 21 Taras. There is a special section at the end of this text on the previous lives of Ven. Bardor Tulku Rinpoche.



**RAINBOWS APPEAR: Tibetan Poems of Shabkar**  
ed. by Matthieu Ricard, calligraphy by Jigme Dunshe. 64 pp., 5 x 8.75". #RAAP \$12.95

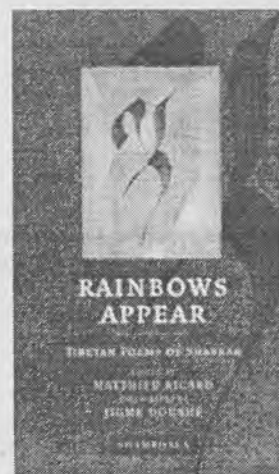
Contains songs of enlightenment taken from the autobiography of Shabkar, with calligraphy in Tibetan.



**PRESENT FRESH WAKEFULNESS**  
by Chökyi Nyima Rinpoche. 192 pp. #PRFRWA \$20.00

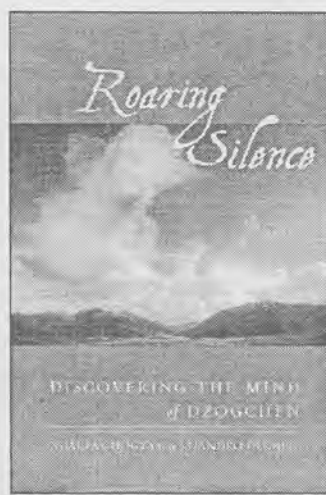
More than a set of general instructions on how to practice, this contains the quintessential advice of an experienced, living master on what he considers to be the absolute necessities for today's yogis to arrive at liberation and complete enlightenment.

"We should know how to make the distinction between self-existing wakefulness and dualistic mind. Believing that we are sustaining the natural state of mind while we are caught up with ordinary thinking is not much use. We need to identify the genuine, the authentic—this is important. We need to identify that which is utterly empty, utterly naked, not confined to anything, totally clear and cognizant yet not fixated on anything."—Chökyi Nyima Rinpoche



**RAINBOWS APPEAR: Tibetan Poems of Shabkar**  
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Contains songs of enlightenment taken from the autobiography of Shabkar, with calligraphy in Tibetan.



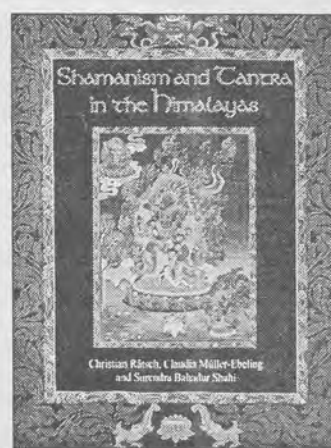
**ROARING SILENCE: Discovering the Mind of Dzogchen**  
by Ngakpa Chogyam and Khandro Dechen. 288 pp. #ROSIDI \$16.95

A pragmatic, down-to-earth presentation of Dzogchen that begins with the preparations for the journey (a lama and a sense of humor are essential!) and continues through the steps of this path. Includes helpful exercises, simple visualizations and guidance on how to view your experiences.



**SECRET OF THE VAJRA WORLD: The Tantric Buddhism of Tibet**  
by Reginald Ray. 544 pp., 40 halftones and line art. #SEVAWP \$17.95  
—Now in paperback

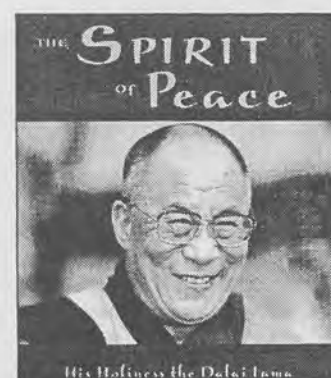
A comprehensive introduction to the Tantric practices and traditions of Tibetan Buddhism. Ray demonstrates how the practice of Tantra fosters an appreciation for ordinary life—the world of sensory experience, of happiness and sorrow—as the place where ultimate revelation occurs. He discusses the visualizations,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



**SHAMANISM AND TANTRA IN THE HIMALAYAS**

by Christian Ratsch, Claudia Muller-Ebeling, Surendra Shahi. 320 pp., 605 color and b&w illustrations including 135 color thangkas, 8.5 x 11". #SHTAHI \$49.95

The result of 18 years of field research, this text presents a comprehensive overview of shamanism of Nepal. Lavishly illustrated with numerous photos of different shamanic healing ceremonies, ritual objects and culturally significant plants. There are recipes, smoking mixtures, tables, charts, and descriptions of more than 20 plants whose psychoactive properties have never before been documented.



**THE SPIRIT OF PEACE**  
by His Holiness the Dalai Lama. 176 pp., 80 color photos, 9 x 10". #SPPE \$24.95 cloth

A great gift book—the teachings of the Dalai Lama for beginners with rich color photos of Tibetan culture.



## VISIONS OF BUDDHIST LIFE

photos by Don Farber, fore. by Huston Smith  
240 pp., 10 x 10", 116 color illus., 36 b&w. #VIBULI \$39.95

"Farber brings us into the temple, monastery, and the mountain village with these striking photographs of both ordinary practitioners and many of the great masters. The simple elegance of these images offers a wonderful window into the Buddhist world."—Sharon Salzberg, author

A study in the human face, in the art of spiritual devotion, in the evocative power of landscape, this collection of images provides an essential context for understanding Buddhism. *Visions* is also a visual and spiritual journey into a realm where the doctrine of nonviolence is paramount and where peace begins with the thoughts and actions of the individual.

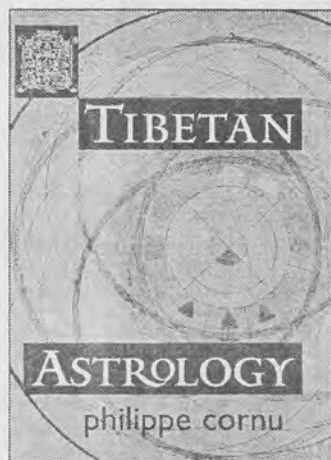




## THE SVATANTRIKA-PRA-SANGIKA DISTINCTION: What Difference Does a Difference Make?

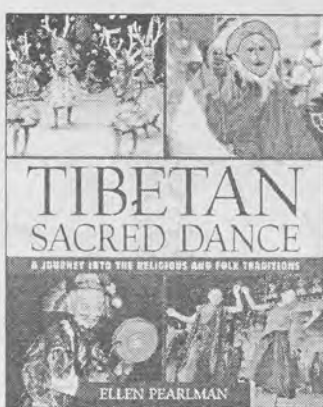
ed. By Sara McClintock & Georges Dreyfus. 384 pp. #SVPRDI \$34.95

Madhyamaka, or "Middle Way," philosophy came to Tibet from India and became the basis of all of Tibetan Buddhism. The Tibetans, however, differentiated two streams of Madhyamaka philosophy — Svatantrika and Prasangika. In this collection, leading scholars in the field address this Tibetan distinction on various levels, including the philosophical import for both Indian and Tibetan Madhyamaka and the historical development of the distinction.



**TIBETAN ASTROLOGY**  
by Philippe Cornu. 320 pp., 80 charts and tables. #TIASP \$16.95  
—December in Paperback

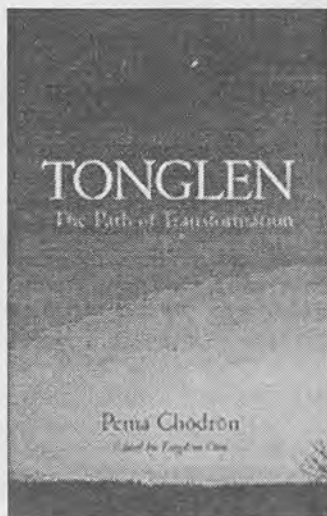
This comprehensive introduction includes: the historical roots; the two main branches derived from China and India; the twelve- and sixty-year cycles, animals and elements; auspicious days and years; the auspicious timing; and how to cast and interpret a Tibetan horoscope.



**TIBETAN SACRED DANCE: A Journey into the Religious and Folk Traditions**

by Ellen Pearlman. 240 pp., 8 x 10", 30 color photos, 70 b&w photos. #TISADA \$29.95

Pearlman examines the four lineages that developed sacred *cham*—the secret ritual dances of Tibet's Buddhist monks—and *achi lhamo* storytelling folk dance and opera. She describes the mental and physical process of preparing for these dances, the meaning of the iconography of the costumes and masks, the spectrum of accompanying music, and the actual dance steps as recorded in a choreography book dating back to the Fifth Dalai Lama in 1647. Beautiful color photographs from the Tibetan Institute of Performing Arts and Pearlman's own images of touring monastic troupes complement the rare historic black-and-white photos from the collections of Sir Charles Bell, chief of the British Mission in Tibet during the life of the Thirteenth Dalai Lama.



**TONGLEN: The Path of Transformation**

by Pema Chodron, ed. by Tingdzin Ötro. 149 pp., 4 x 6". #TOPATR \$15

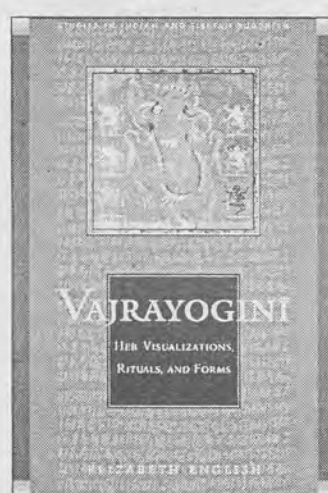
A practical guide to deepening our practice and understanding of taking and sending—an invaluable reference for practitioners of all levels. In a new user-friendly "small book" format, *Tonglen* makes a great traveling companion.

## VAJRAYOGINI

by Elizabeth English. 480 pp., 16 pages of color plates. #VA \$34.95

Vajrayogini is a tantric goddess from the highest class of Buddhist tantras who manifests the ultimate development of wisdom and compassion. Her practice is prevalent today among practitioners of Tibetan Buddhism. This ground-breaking book delves into the origins of Vajrayogini, charting her evolution in India and examining her roots in the Cakrasamvara tantra and in Indian tradition relating to Shiva.

The focus of this work is the Guhyasamayasadhanamala, a collection of forty-six sadhanas, or practice texts. Written on palm leaves in Sanskrit and preserved since the twelfth century, this diverse collection, composed by various authors, reveals a multitude of forms of the goddess, each of which is described and illustrated here. One of the sadhanas, the Vajravahni Sadhana by Umapatideva, depicts Vajrayogini at the center of a mandala of thirty-seven different goddesses, and is here presented in full translation alongside a Sanskrit edition. Elizabeth English provides extensive explanation and annotation of this representative text. Sixteen pages of stunning color plates not only enhance the study but bring the goddess to life.

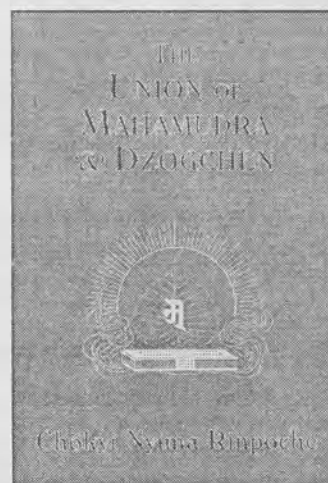


## THE UNION OF MAHAMUDRA & DZOGCHEN

by Chokyi Nyima Rinpoche. 240 pp. #UNMADZ \$18.00

Teachings on the complete path to enlightenment in 8 songs by the 17th century yogi/poet Karma Chagmey explicated with Rinpoche's trademark brilliance and humor.

"This advice spoken through personal experience embodies the quintessence of the Dharma." —Dilgo Khyentse Rinpoche



Search your favorite Dharma topic using our website catalog search.

# NEW DHARMA ITEMS

## NEW SMALL 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.

### CHENREZIG STATUES

4" high. #CHST4 \$30.00  
2" high. #CHST2 \$15.00

This is a four-armed Chenrezig.

### JAMBHALA STATUES

4" high. #JAST4 \$30.00  
2" high. #JAST2 \$15.00

Jambhala is the protector of wealth.

### MAITREYA BUDDHA STATUES

2" high. #MAIST2 \$15.00  
4" high. #MAIST4 \$30.00

Maitreya is the Buddha of the future.

### MANJUSHRI STATUES

2" high. #MAST2 \$15.00  
4" high. #MAST4 \$30.00

Manjushri is the Buddha of Wisdom.

### MEDICINE BUDDHA STATUES

4" high. #MEBU4 \$30.00  
2" high. #MEBU2 \$15.00

### SARASVATI STATUES

2.5" high. #SAST2 \$15.00  
5" high. #SAST4 \$30.00

Sarasvati is the goddess of learning and creativity.

## STUPA

4" high. #STUPA4 \$45.00

This stupa has a base with the Buddhas of the Four Directions.

## WHITE TARA

4" high. #WHST4 \$30.00  
2" high. #WHST2 \$15.00

White Tara is the Buddha of Long Life.



## WHITE TARA

4" high. #WHST4 \$30.00



**MANJUSHRI STATUE**  
4" high. #MAST4 \$30.00



**JAMBHALA STATUES**  
4" high. #JAST4 \$30.00



**MAITREYA BUDDHA STATUES**  
4" high. #MAIST4 \$30.00



**MEDICINE BUDDHA STATUES**  
4" high. #MEBU4 \$30.00



**SARASVATI STATUE**  
5" high. #SAST4 \$30.00



**CHENREZIG STATUE**  
4" high. #CHST4 \$30.00



**STUPA**  
4" high. #STUPA4 \$45.00



## NEW BANNERS & PRAYER FLAGS



### 25 PRAYER FLAGS

\$25 each set

25 prayer flags on a single cord that stretches over 25 feet! Each flag measures 13" square and features the standard windhorse or special deity design with appropriate prayers.

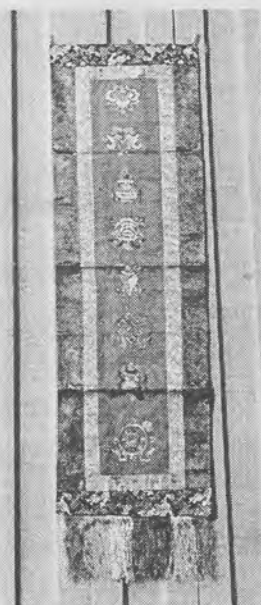
Sampa Lhundup (Padmasambhava's Prayer: "Spontaneous Accomplishment of All Wishes") Prayer Flags. #25SALH

Long Life (Amitayus) Prayer Flags. #25LOLI

Green Tara Prayer Flags. #25GRTA

Chenrezig Prayer Flags. #25CHPR

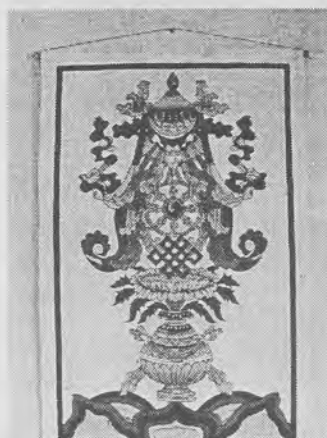
Vajrasattva Prayer Flags.



### EIGHT AUSPICIOUS SYMBOL BANNER

12" wide x 38" long. #LAAUBA \$30.00

This banner features embroidered eight auspicious symbols framed in lovely brocade.



### EIGHT AUSPICIOUS SYMBOLS WALL HANGING

24 wide x 38" high, heavy white cotton. #NAAUHA \$25.00

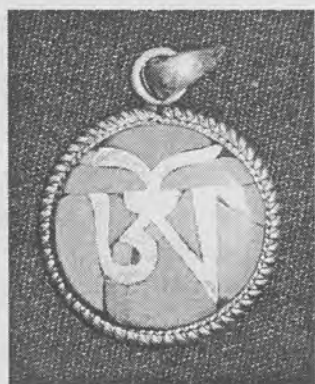
The eight auspicious symbols bring good fortune. They are artistically combined on this cotton wall hanging.



### BELL w/DORJEE PENDANT

1" tall. #BEDOPE \$10.00

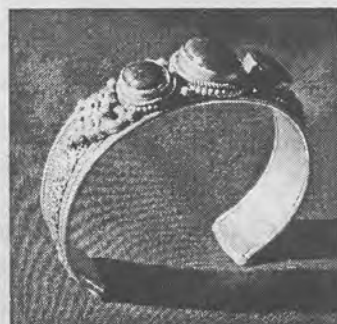
A small silver bell with clapper and dorjee top (like traditional Tibetan bell). A symbol of the union of wisdom and compassion.



### OM SILVER TURQUOISE PENDANT

1" long approx. #OMTUPE \$30.00

A silver Tibetan Om is inlaid in turquoise to make this an attractive pendant.



### LAPIS SILVER BRACELET

3 Lapis stones set in silver filigree band-with dragons. #BRLASI \$50.00

This lapis bracelet is 5/8" wide and features 3 stones of differing sizes.



### "PRECIOUS HUMAN LIFE" T-SHIRT

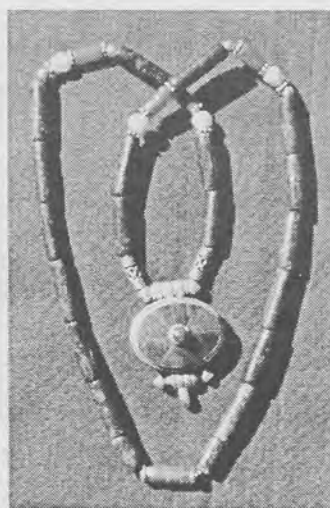
quotation by the Dalai Lama. Fits medium size person. #TSPRMM \$15.00

Energetic red t-shirt with quotation from the Dalai Lama on reverse reminding us of the great value of having a human life and that we should use it wisely and practice.

### "NEVER GIVE UP" T-SHIRT

quotation by the Dalai Lama. Fits medium-sized person. #TSGRMM \$15.00

Energetic red t-shirt with quotation from the Dalai Lama on reverse encouraging us to keep up our dharma efforts.



### LAPIS NECKLACE w/Pendant

17" long; contains lapis, red coral, silver and pearl beads. #NELAPE \$80.00

This lovely necklace is made of many special beads and has a lapis pendant hanging from it. The backing comes off to hold small sacred objects.



### MAHAKALA SILVER PENDANT

1 3/8" long. #MASIPE \$15.00

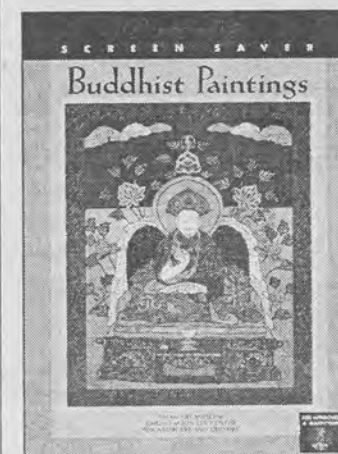
This silver pendant is also a gau that holds small sacred objects. It features the wrathful face of the protector Mahakala.



### TURQUOISE SILVER BRACELET

3/4" wide band #BRTUSM \$40

One turquoise stone sets off this elegant silver bracelet.



### BUDDHIST PAINTINGS SCREEN SAVER

from the Asian Art Museum. CD-ROM. #BUPASC \$15.00

Here are 27 high-resolution thangka paintings packaged as a continuously cycling screen saver!

System requirements—16 MB RAM, 11 MB hard drive space, 256 color display. Windows 95, 98, ME, NT; 486 or higher; Macintosh Power PC or 68030 processor or higher; system 7.6 to 9.1.

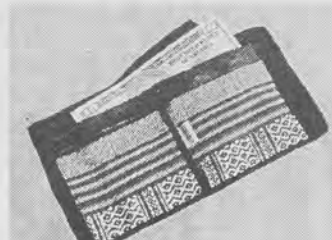
## Store your money Tibetan style



### COTTON CHANGE POUCH

4.5" wide x 3.5" high. #CHPO \$3.00

Change pouch with multi-colored cotton pattern with pull ties for opening and closing.



### TIBETAN WALLET

9" wide x 4.5" high when opened. #TIWA \$9.00

Tibetan-made wallet with multi-colored cotton pattern with four pockets—two zippered.



### BRONZE STUPA (Small)

3.5" tall. #STBRSM \$30.00

The stupa represents the mind of the Buddha. Every Tibetan altar has one. It has been difficult to find a small bronze stupa that wouldn't cost more than \$50. This one is as good as it gets! The bottom can be opened to hold small sacred objects and prayers.

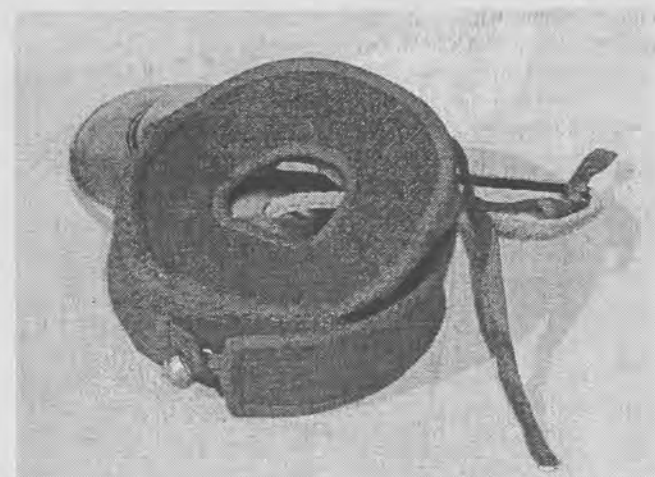


### DRUM BANNERS

Chod Drum Banner. #CHDRBA \$20.00

Damaru Banner. #DABA \$15.00

Search for your favorite author using our website's catalog search at: [www.SnowLionpub.com](http://www.SnowLionpub.com)



### DINGSHA CASE 3 3/4" in diameter. #DICA \$10.00

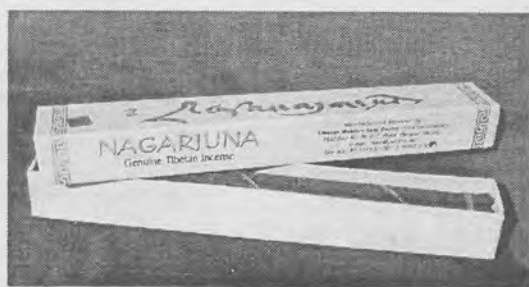
This red wool case holds a pair of dingsha with diameter of 3 inches or less.



### TIBETAN CYMBALS 11" approx. in diameter. #TICY \$80.00

Traditional ritual cymbals.





## NAGARJUNA'S HIGH GRADE TIBETAN INCENSE

10" sticks packaged in a box. #NAHIGR \$10.00

Superior quality Tibetan incense hand prepared from highly flavored medicinal herbs and other precious substances.



## ZAMBALA INCENSE

Box of 10" sticks. #ZAINME \$6.00

This is a good quality medium grade incense made with a special blend of pure natural herbs and aromatic ingredients gathered from the Himalayas.



## SNOW LION CHAIR CARPET

18" square, 60 knot/inch carpet.

#CHCASN \$49.95

This is a traditionally constructed Tibetan wool carpet. It features a white Snow Lion (the national symbol of Tibet) on a neutral olive green background. Perfect for keeping you warm on a car seat or on a chair.

## GOLD STUPA

by Andy Weber. 2.5 inches high, gold plated. #GOST \$55.00

This enlightenment stupa looks great in gold. If you would like to put precious objects or prayers inside, it has a wooden seal for the bottom (to glue).



## TARA TRAVEL ALTAR

made by Tibetans for Dzi. 3.5" x 6". #TATRAL \$20.00

This travel-size altar contains a Green Tara statue, kata offering scarf, candle, incense and burner. An excellent way to take your Tara altar with you.



## PRAYER WHEEL (Table top)

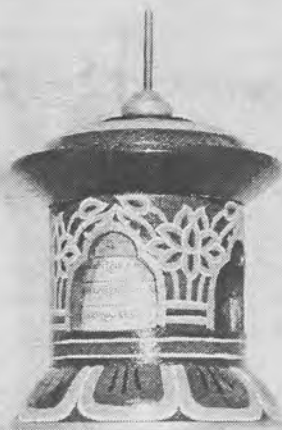
11" top to bottom. #PRWH \$30.00

Traditional prayer wheel with copper drum with mantras, leather strap holding weight, and wooden stick.

## PRAYER WHEEL (Wood)

5" high, 4" wide, cylinder with mantras. #PRWHWO \$40.00

This prayer wheel is constructed from wood and hand-painted. It has a cylinder that spins and is covered with Om Mani Padme Hum mantras—hundreds are activated with each spin of the wheel. It sits on any surface and acts as a reminder to practice.



## SINGING BOWL

5" bowl with striker. #SIBOST \$50.00

These are excellently made, good sounding bowls that were hand-picked by one of our Snow Lions during a trip to Nepal. They are not the hammered out variety—these were machined. Their surfaces are smooth and their sound very resonant.

## THANGKA ALTAR CARDS

by Naljar Creations. \$7.95 each

Sacred thangka images are presented on beautiful laminated cards for the altar, desk, or wall. Each thangka altar card in this collection is a high-quality lithographic reproduction of an original hand-painted thangka. This art is preserved in thick optical-quality lamination for long life. On the back of each card is the name, mantra of the deity, and description. There are eight 6.5 x 8.5" images available.



Avalokiteshvara. #TACAV



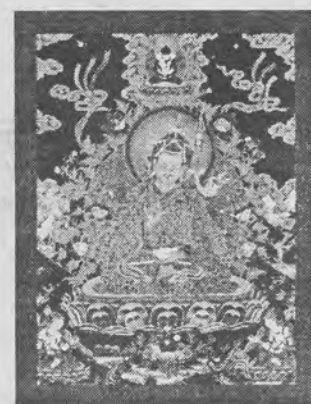
Green Tara. #TACGR



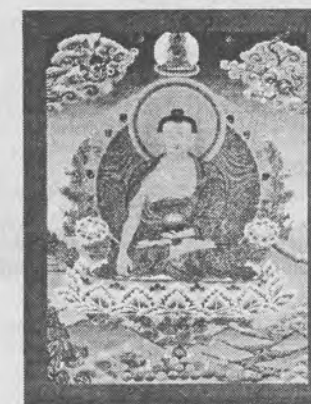
Manjushri. #TACMA



Medicine Buddha. #TACME



Padmasambhava. #TACPA



Shakyamuni Buddha. #TACSH



Vajrasattva with Consort. #TACVA



White Tara. #TACWH



# NEW SACRED CHANTS & MUSIC

## DANCE MEDITATION OF MEDICINE BUDDHA

by Anahata Iradah & Prema Dasara. 23 min. CD, 4 selections. #DAMECD \$10.00

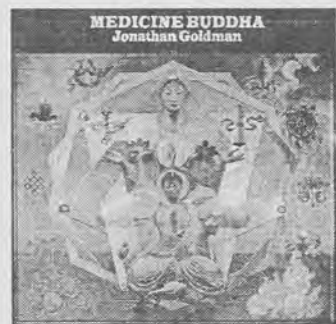
This sacred dance music is the sound track for Medicine Buddha Movement Meditation. It invokes the power of the Medicine Buddha to heal body, speech and mind—and is presented as a complete practice. Beginning with a prayer of Shantideva, it has songs of the offering goddesses, Medicine Buddha mantra and praise, and ends with a dedication of merit.



## KARMAPA'S MELODIOUS SONGS OF TRUTH

Tibetan Institute of the Performing Arts. 23 min. CD. #KAMECD \$15.95

These prayers (songs) were composed by H.H. the 17th Gyalwa Karmapa, Orgyen Trinley Dorje and performed by members of the Tibetan Institute of the Performing Arts in Dharamsala.



## MEDICINE BUDDHA: Medicine Buddha Mantra & Heart of Wisdom Sutra

by Jonathan Goldman. 62 min. music CD. #MECD \$15.95

Jonathan is an award-winning musician and pioneer of healing sounds and transformation with many recordings.

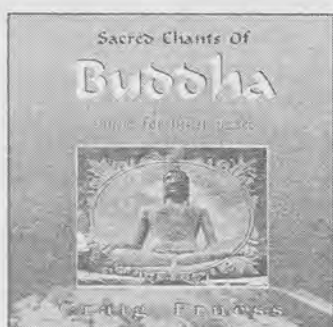
The recordings on this album, a suite of the Medicine Buddha and the Heart of Wisdom Sutra Mantra are powerful chants from the Tibetan Buddhist tradition. Featured are Tibetan overtone chanting by a Drepung Loseling chant master, vocal harmonies, choral voices, Tibetan singing bowls and bells, native flute, guitars, drums, tuning forks and whale sounds.



## TIBETAN INCANTATIONS: The Meditative Sound of Buddhist Chants

74 min. music CD. #NATCD \$18.00

If you like the chant *Om Mani Padme Hum*, this CD has it. There are three 25 min. chants of this mantra—it is fabulously popular in Dharamsala and Kathmandu. You can hear it playing everywhere.



## SACRED CHANTS OF BUDDHA: Music for Inner Peace

by Craig Pruess. 64 min. music CD. #SACHCD \$15.95

Craig performs four sacred chants with sitar and other instruments. Chants include: Vajra Guru mantra, a refuge prayer, *Om Mani Padme Hum*, Tara mantra. Each is approx. 16 minutes long and they are composed beautifully and peacefully for meditation practice.

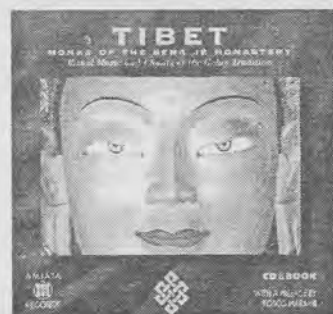


## SONGS OF THE LOTUS: Nyingma Sadhanas

by Khenchen Palden Sherab Rinpoche, Khenpo Tsewang Dongyal Rinpoche, Lama Chimed Namgyal. 67 min. CD. #SOLOCD \$18.00

Clear-voiced chanting, each by one of these highly respected Nyingma Rinpoches. This is an opportunity to really hear and practice these chants.

Guru Yoga; Calling the Lama from Afar; Buddha Sadhana (Mipham text); Prajnaparamita; Dudjom Tersar Ngondro (H.H. Dudjom Rinpoche text); 21 Praises to Tara; Dedication of Merit.



## TIBET: Ritual Music and Chants of the Gelug Tradition

by Monks of the Sera Je Monastery. Includes a 96 page book with music CD. #TIRIMU \$15.95

Tibetan monks of Sera Je in a colorful pageant of ritual music invoking a pantheon of wrathful and peaceful deities, guardians, spirits, and the realized masters of their lineage. Featuring chanting, horns, drums and cymbals. A profound meditative experience. Includes chants of Hayagriva, Tonglen prayer, praises to Tara.



## A SIMPLE MONK / 2003

featuring text by His Holiness the Dalai Lama & photography by Alison Wright. 13 images of the Dalai Lama & Tibetan culture, 11.5" wide and 24" high (when open). #SIMO03 \$12.95

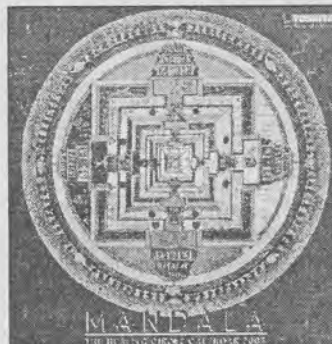
This 2003 calendar features the Dalai Lama with inspiring teachings of His Holiness for each month. Photos by award-winning photographer Alison Wright, author of *Spirit of Tibet*. Your purchase supports Tibet House (US) and the Tibetan Children's Village.



## DALAI LAMA QUOTATION CALENDAR 2003

Quotations by the Dalai Lama, photos from the Tushita image bank. 12 images, 11.5" wide by 24" high (when open). #DLQU03 \$12.95

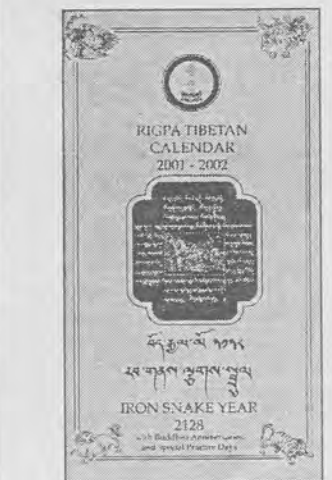
Twelve remarkable images mostly of the Dalai Lama and other famous teachers (Sakya Trizen, 16th Karmapa). Each month offers His Holiness' wise words to live by.



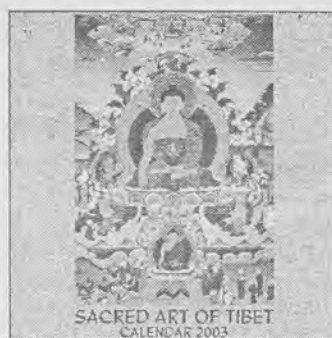
## MANDALA: THE HEALING CIRCLE 16-MONTH CALENDAR 2003

from Tushita. 12 images of mandalas, 11.5" wide by 24" high (when open). #MAHE03 \$12.95

Mandalas are exquisitely beautiful symbols of the Buddha's pure realms. Here are 12 striking images to decorate your wall all year. This is a 16-month calendar.



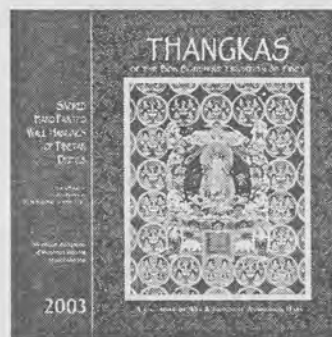
# NEW CALENDARS



## SACRED ART OF TIBET CALENDAR 2003

Images from Tushita. 12 images, 11.5 wide by 24" high (when open). #SAAR03 \$12.95

Twelve peaceful and wrathful deities—White Tara, Vajrayogini, Mahakala, Akshobya, Amitayus, Amitabha, Sakyamuni Buddha, etc. This is a 16-month calendar.



## THANGKAS OF THE BON BUDDHIST TRADITION OF TIBET 2003

by Ligmincha Institute. 11" x 22" when opened. #LI03 \$16.95

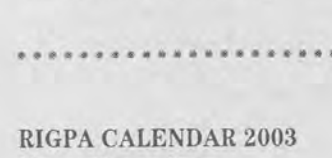
This specialized calendar has images of thangka of Bon deities with written descriptions about each one. Included are Bon, Buddhist auspicious days and U.S. major holidays.



## TIBETAN ART CALENDAR 2003

16 wide x 24" high. #TIAR03 \$24.95

The 2003 edition of this award-winning calendar contains thirteen full-color reproductions of some of the world's finest Indo-Tibetan thangka paintings from museums and private collections around the world. It also includes detailed descriptions of the images and their cultural, religious, and philosophical significance and are suitable for framing.

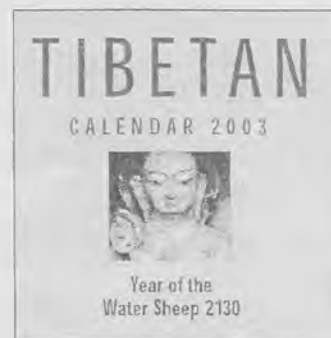


## RIGPA CALENDAR 2003 Water Sheep Year

#RIGPA3 \$10.00. (beginning of Tibetan year)

—Arrives in February

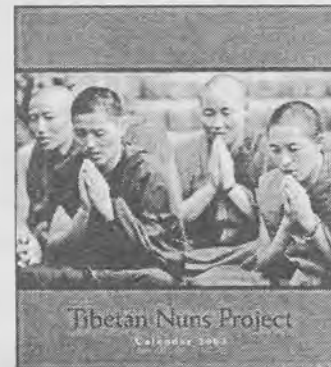
This is the indispensable, non-sectarian annual pocket calendar from Rigpa with Buddhist holidays, special practice days, and anniversaries as well as information on Tibetan Buddhism and photos of prominent lamas. It also has days not to hang prayer flags.



## TIBETAN CALENDAR 2003 Water Sheep Year

by Liberation Prison Project. Opens to 6 x 12.5". #MACA03 \$9.00

Elegant, small, and full-color wall calendar featuring Tibetan Buddhist images and including: lunar days, Tsog days, Sojong, Mahayana precept days, birthdays and anniversaries of holy beings, Shakyamuni Buddha special days. This is a fund-raiser for the Liberation Prison Project which sends Buddhist books to prisoners who want them.



## TIBETAN NUNS PROJECT 2003 CALENDAR

by the Tibetan Nuns Project. 6.5" x 14" when open. #TINU03 \$10.00

This small wall calendar includes: Western & Tibetan dates and holidays, photos from Tibet and the Tibetan Nuns Project nunneries, and inspirational quotes for each month. Purchase of this calendar benefits the nuns.



## TIBETAN VOICES

photos by Brian Harris. 13" wide x 24" high when open. #TIV003 \$13.95

This is our general Tibetan culture calendar for the year. Featured are 12 images of Tibetan monastics and lay people in their varied landscapes. Purchase of this calendar helps fund Seva Sight Programs in Tibet—especially cataract operations. Quotations from Harris' book accompany the images.



## WHEEL OF LIFE POSTER w/explanation

by Andy Weber. 18" wide x 25" high. #WHLI \$20.00

This Wheel of Life poster has an explanation of its various elements that make up samsaric existence. It is painted by Andy Weber, a contemporary and well-known Buddhist artist.

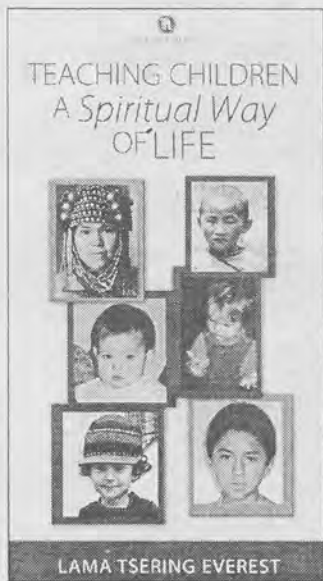


## NEW AUDIO TEACHING

### TEACHING CHILDREN A SPIRITUAL WAY OF LIFE

by Lama Tsering Everest. 2 cassettes, 2 hours. #TECHSP \$16.95

In this candid and humorous teaching, Lama Tsering Everest addresses issues relevant to both parents and non-parents alike. The talk includes questions and responses, with advice on how to deal with such issues as selfishness, materialism, discipline, TV, and death. From her perspective as mother and lama, she tells her own inspiring story.



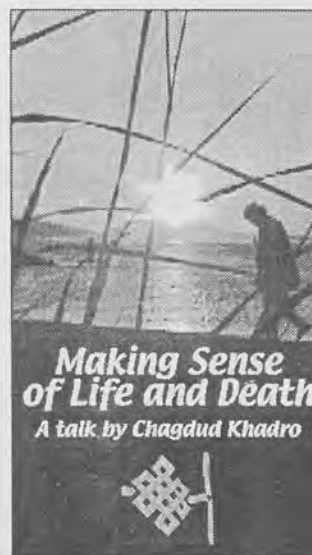
## NEW VIDEO TEACHING

### MAKING SENSE OF LIFE AND DEATH

by Chagdud Khadro. 60 min. video. #MASELI \$21.95

Chagdud Khadro teaches that living with the awareness of our inevitable death is a powerful tool for discovering our true nature. It can motivate us to live lives of virtue and meditation, creating the conditions conducive to spiritual development both in this life as well as in future lives. Accomplished practitioners, in preparing for the transformation at death, can achieve enlightened realization.

She also guides the viewer through practical considerations of dying and gives indispensable advice for dealing with grief, and the importance of allowing a dying person the psychological space to die.



### EIGHT MEDICINE BUDDHAS

by Andy Weber. 4 x 6" card. #WDC63 \$1.00

Explains the iconography of the Eight Medicine Buddhas who personify the ultimate source of healing. They prayed strongly for the temporal and ultimate happiness of all beings and vowed to actualize their prayers in degenerate times.

## CARDS

### DEITY CARDS FROM ROBERT BEER!

4 x 6" \$1 ea.

- BDC1 White Syllable AH
- BDC2 Shakyamuni Buddha
- BDC3 Manjushri
- BDC4 Four-Armed Avalokitesvara
- BDC5 1000-Armed Avalokitesvara
- BDC6 Standing Avalokitesvara
- BDC7 Green Tara
- BDC8 White Tara
- BDC9 Face of White Tara
- BDC10 Vajrasattva
- BDC11 Padmasambhava
- BDC12 Vajra Varahi
- BDC13 Simhamukha
- BDC14 6-Arm Mahakala
- BDC15 Rahula
- BDC16 Vajrakila
- BDC17 Shakyamuni w/peaceful & wrathful deities
- BDC18 Vajradhara
- BDC19 Face of Avalokitesvara
- 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 Gyantso)
- BDC57 Face of Heruka Chakrasamvara
- BDC58 Ganapati (Buddhist Ganesha, 6 x 7") \$2
- BDC63 Offering Goddess
- BDC64 Citipati
- BDC65 Padmasambhava w/8 Manifestations
- BDC66 Green Tara
- BDC67 Paldan Lhamo Tab-Yum
- BDC68 Kurukulla
- BDC69 Khroma Nagmo
- BDC70 Hevajra
- BDC71 Vasudhara
- BDC72 Machig Labdron
- BDC73 Mahasiddha Ghantapa
- BDC74 Mahasiddha Udhilpa
- BDC75 Mahasiddha Carbaripa
- BDC76 Long Life Trinity
- BDC77 White Lokeshvara
- BDC78 Milarepa
- BDC79 Nyingma Assembly Tree
- BDC80 White Khecari
- BDC81 Vajrasattva
- BDC82 Yamantaka
- BDC83 Paldan Lhamo
- BDC84 Maitreya Buddha
- BDC85 Syllables of the Kalachakra Mantra

### 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  
#BESAGR Samantabhadra

### 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.

### 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

### 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

#BETSKH Tsongkhapa  
#BEVANO Vajradhara  
#BEYETS Yeshe Tsogy

### 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.

- WDC31 Buddha Shakyamuni
- WDC32 Vajrasattva
- WDC33 Avalokitesvara (Four Arm)
- WDC34 Amitabha
- WDC35 Vaishnavana
- WDC36 Vajrapani
- WDC37 Kinkara Skeleton Couple
- WDC38 Tara Mantra
- WDC39 Mandala of Guhasamaja
- WDC40 Heruka Chakrasamvara
- WDC41 Mount Kailash
- WDC42 1000-Armed Avalokitesvara
- WDC43 Vajradhara with Consort
- WDC44 Stupa of Enlightenment
- WDC45 Kalarupa
- WDC46 Heruka Vajrasattva
- WDC47 Mahakala
- WDC48 Amitayus
- WDC49 Guhyasamaja
- WDC57 Je Tsongkhapa
- WDC58 Maitreya
- WDC59 Ushnisha Vijaya
- WDC60 Vajradharma
- WDC61 Wheel of Life
- WDC62 Yamantaka

### 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. Description on back.

### GARUDA POSTCARDS

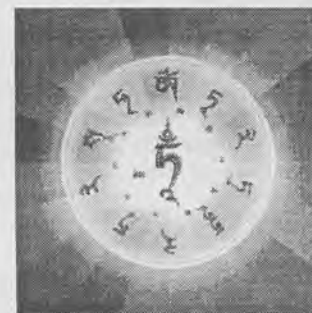
\$1 ea.

Traditional thangka images.

- GAC101 Buddha Shakyamuni w/ 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 Tsongkhapa 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
- GAC158 Vajrakilaya Mandala
- GAC159 Eleven-headed Avalokitesvara
- GAC161 Kunsang Gyalwa Dupa
- GAC162 Tsewang Gyagarna
- GAC163 Padmasambhava as Medicine Buddha



### 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 Shakyamuni

### 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.

### TUSHITA POSTCARDS

\$1 ea.

TU30 HHDL w/Ling & Trijang Rinpoche  
TU42 Tanks in Lhasa

### 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 Avalokiteshvar (Chenrezig)
- DC3 Manjushri (Jampal-yang)
- DC4 Green Tara (Drol-jang)
- DC5 White Tara (Drol-kar)
- DC6 Vajrasattva (Dorje-sempa)
- 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 Longlife Offering  
CUCA11 Tibetan Pilgrim  
CUCA12 Masked Dancer  
CUCA13 Tibetan Man & Child  
CUCA16 Potl Palace  
CUCA17 Young Tibetan Monk  
CUCA18 Potl Palace 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 Potl Palace  
CUCA40 Tashilunpo Monastery  
CUCA41 Rebuilding of Ganden  
CUCA42 Monks of Nechung  
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  
CUCA62 Ceremonial Tent  
CUCA63 Monks Debating  
CUCA64 Potl Palace  
CUCA65 View from Jokhang Roof

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

### IMAGES OF LOST TIBET & FACES OF TIBET

Tibet, as it was prior to the Chinese invasion, is no more. Most of the religious culture as it appeared prior to the 1950's was destroyed leaving only hints of what was once one of the most spiritual societies on Earth. Tibet is now open to tourists but what visitors will not find is the thousands of beautiful monasteries which flourished on the mountain sides, filled with several hundred thousand monks and nuns—a rugged and happy culture of a people who lived their lives in a free and religious atmosphere.

Fourteen very high-quality black and white postcard images—5 revealing the Tibetan character and 10 of the best pictures from the Newark Museum's collection of rare photographs of old Tibet—are available in this series of cards.

Cards measure 4-1/4" x 6" and are normally .75 cents each. Our special price is .25 each

### IMAGES OF LOST TIBET

IMT12 Monks Sounding Trumpets  
IMT13 Tibetan Nomad Tent  
IMT14 Norbu Linga & 13th Dalai Lama  
IMT15 Officials During Losar  
IMT17 Potl Palace During Losar  
IMT18 Tantric Meditator  
IMT19 Tibetan Men & Horses  
IMT11 Wife of Tibetan Governor

### FACES OF TIBET

FAT151 Nomad Yogi  
FAT152 Yogi of Milarepa Tradition  
FAT153 Woman with Prayer Beads  
FAT154 Young Tibetan Girl  
FAT155 Yeshe Dorje, Weather Controller

### Deity Notecards from KTD, 5 x 7", \$2.75 each



NOCH Chenrezig  
NOBUSH Buddha Shakyamuni  
NOMEBU Medicine Buddha  
NOGRTA Green Tara

### PAINTINGS OF DHAWA DHONDUP NGOCHETSANG 6 x 8 1/2", color, \$3 ea.

DDC1 Buddha Shakyamuni  
DDC2 Green Tara with Manjushri,  
Chenrezig, Vajrapani  
DDC3 Machig Labdron  
DDC4 Green Tara above the water  
DDC5 Thousand-armed  
Avalokitesvara is surrounded  
by Tsongkhapa, Vajrasattva,  
Manjushri, Vajrapani, Six-armed  
Mahakala and others.  
DDC6 Green Tara with Manjushri  
Chenrezig, Vajrapani Card (8 x 11")

### 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 Chojor 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



**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.

**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.

**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 Labdron, and Vajrasattva yab/yum. They are lovely to look at.

**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.

**TRANSFORMATIVE ART  
NOTECARD SET II**  
by Marianna Rydvald.  
6 notecards, 5.25 x 7.25".  
#TRARN2 \$12.00

These thangkas, murals and adventure/fantasy paintings of Marianna Rydvald are a wonder to see.

They are full of myth, fun and spirituality. In this set of six are: Padmasambhava with Healing Chalice, Milarepa, Green Tara in Sandalwood Grove, Golden Tara, Dorje Drakpo, austerity of the Buddha mural.



**LOSAR GREETING CARD**  
set of 10 w/envelopes, #LOGRCA  
\$12.50

This full-color Tibetan new year's card has Tibetan offerings on the front and Tibetan and English inside.

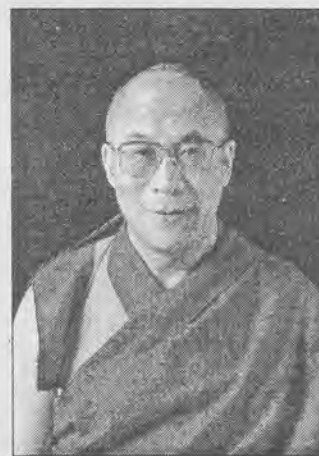
**TIBETAN GREETING CARD**  
set of 10 w/envelopes, #TIGRCA  
\$12.50

The same card as above but blank inside to receive your personal message.

## 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.



**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!

**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.

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

**TIBETAN ASTROLOGICAL  
TALISMAN CARD**

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

This card displays two talismans found on the bottom of all classical Tibetan astrological calendars. Their purpose is to invoke the protection of Enlightened and worldly beings for those who see or possess it. It comes with a description that explains them.

**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".

**H.H. PENOR RINPOCHE**  
#HHPR \$1.50

Head of the Nyingma order, informal photo at a teaching.

## H.H. THE 17TH KARMAPA

**H.H. the 17th KARMAPA**  
5 x 7" color photo. #KADLPH  
\$6.00

Photo of H.H. Karmapa and H.H. the Dalai Lama shortly after the Karmapa's escape.

**H.H. the 17th KARMAPA**  
5 x 7" color photo. #KAPH2 \$6.00

A recent photo of His Holiness with a warm smile.



**H.H. the 17th KARMAPA**  
4 x 6" color photo. #KAPH3 \$4.00

His Holiness is seated in front of a thangka. His head is freshly shaved and he looks directly into the camera with his clear, strong eyes.

**H.H. the 17th KARMAPA**  
5 x 7" color photo. #KADLPH  
\$6.00

Photo of H.H. Karmapa and H.H. the Dalai Lama shortly after the Karmapa's escape.

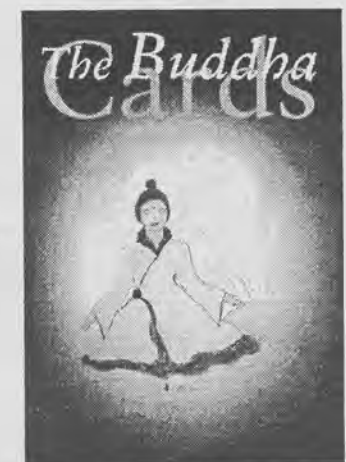
**BUDDHA EYES BOOKMARK**  
#BUEYBO \$2

**BUDDHA EYES NOTECARD**  
#BUEYNO \$2

The "Buddha Eyes" is one of our favorite images.

**GURU RINPOCHE #GURI \$1.50**

Thangka image of Padmasambhava. On the back is the Seven Line Prayer to Guru Rinpoche in Tibetan and English.



### 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.

**WHITE TARA LONG LIFE  
CARD #WHTACA \$1**

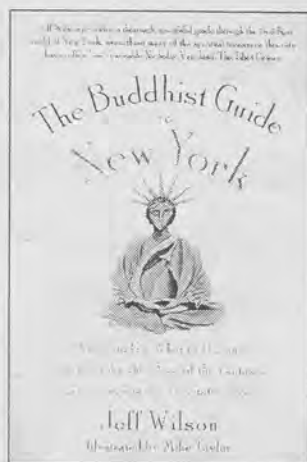
A lovely White Tara graces this card, surrounded by Amitayus, Namgyalma, Buddha, Padmasambhava, Tsongkhapa.



# THE ASIAN JOURNAL OF THOMAS MERTON

445 pp., many photos.  
#ASJOTH \$15.95

Merton's 1968 trip to Asia is a remarkable account of spiritual life in the East. He met many prominent people—The Dalai Lama, Kalu Rinpoche, Nyanaponika Thera, Trungpa Rinpoche, Lobsang Lhalungpa—and writes candidly of them and of his adventures in India, Ceylon and Bangkok.



# THE BUDDHIST GUIDE TO NEW YORK

by Jeff Wilson. 261 pp., line drawings. #BUGUNY \$16.95

"Provides a thorough, insightful guide through the Buddhist world of New York, unearthing many of its spiritual treasures." —Ven. Nicholas Vreeland, The Tibet Center

Contains practice centers in all five boroughs, NY state, NJ, and CT. Tibetan stores and restaurants, Buddhist health practitioners, museums and bookstores.

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

by Alec Le Sueur. 335 pp., 15 color photos. #RUHORO \$12.99

"Fawly Towers goes to Tibet." —The Guardian

Highly amusing and politically enlightening account of the author's 5 years as sales and marketing manager for the Holiday Inn in Lhasa. The only foreigner since the days of Heinrich Harrer to spend so long in Tibet, he offers fascinating and humorous insights that only an insider can provide.

# A JOURNEY IN LADAKH: Encounters with Buddhism

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

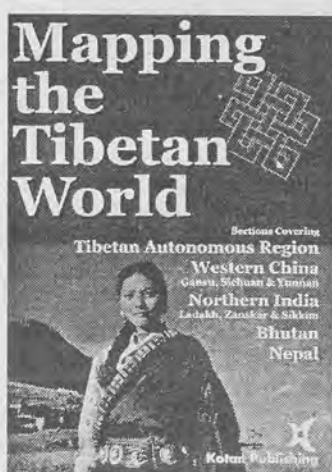
Harvey's spiritual pilgrimage and arduous journey to Ladakh, one of the most remote places in the world. Buddhists have meditated in the mountains of Ladakh since the third century BC.

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

# MAGIC AND MYSTERY IN TIBET

by Alexandra David-Neel. 321 pp., 32 illus. #MAMYTI \$9.95

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



# MAPPING THE TIBETAN WORLD

by Kotan Publishing. 416 pp., 21 color photos, many b&w photos. #MATIWO \$27.95

With over 280 highly detailed maps, an excellent source of travel information on the Himalayas and Tibet.

"Tibet-bound travelers will find no better guidebook and introduction to the Tibetan culture. Packed with useful maps and aimed specifically to the budget traveler, this is a must-have if you're seeing Tibet." —Big World Magazine



# MONGOLIA: Empire of the Steppes

by Claire Sermier, translated by Helen Loveday. 320 pp., 60 color photos, 7 maps. #MOEMST \$22.95

Insightful analysis of Mongolia's different ethnic groups, cultures and traditions. Devotes special sections to traditional crafts, music, seasonal celebrations, customs and etiquette of living in a yurt. Essential and fascinating reading about the old and new Mongolia.

# MONGOLIA: Travel Survival Kit

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

Comprehensive, reliable travel guide to Mongolia: how to get there, where to stay and eat, and what to do. For Ulan Bator, the arid Gobi desert, and many other places.



# NEPAL

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

One of the most knowledgeable travel writers and trekking guides for Nepal, Moran offers essential information on travel, visas, accommodation, health, food and bargaining as well as cultural and outdoor adventure opportunities.

# NEPAL HANDBOOK

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

A trekking guide covering major routes, trips off the beaten path, tips on culturally sensitive travel, elephant safaris, mountain biking, rafting, day trips and 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. Includes: in-depth coverage of the sights; comprehensive restaurant and accommodation listing for all price brackets; practical information on trekking, rafting, mountain biking and getting off the beaten track. Also tea gardens, Tibetan refugee villages, monasteries, wildlife parks and hilltop forts.

# SACRED GROUND: Jamgon Kongtrul on Pilgrimage and Sacred Geography

by Ngawang Zangpo for The Tsadra Foundation. 256 pp., 14 b&w photos, cloth. #SAGR \$24.95

(See "General Tibetan Buddhism" section.)

# SEVEN YEARS IN TIBET

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

During WWII, Heinrich Harrer, a youthful Austrian adventurer, escaped from an Indian internment camp into Tibet to become a confidant to the young Dalai Lama.

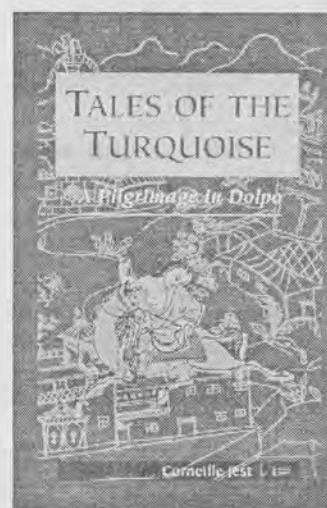
"It tells one of the grandest and most incredible adventure stories I have ever read." —New York Times Book Review

# 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*

"The story is told uncommonly well by Kerr—a well-crafted text by a writer sure of his talents." —Tibet Journal



# TALES OF THE TURQUOISE:

## A Pilgrimage in Dolpo

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

Dr. Jest undertook a three-week circumambulation of the valley in the company of Karma, an elderly nomad from Western Tibet and a gifted story-teller.

"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



# TALES OF TIBET:

## Sky Burials, Prayer Wheels, & Wind Horses

ed. & trans. by Hebert Batt, fore. by Tsering Shakya. 269 pp., b&w photos. #TATIB \$24.95

This landmark book is the first to offer a selection of fiction by Tibetan men and women.

Narratives of Tibetan hunters, Buddhist rituals, and burial ceremonies lure us into haunting and unfamiliar settings where life, death, love—the universal themes of literature—assume a magical aura. Depicts the struggles of contemporary Tibet through the eyes of traditional Buddhist culture.

# 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

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

# TIBET: Travel Survival Kit

351 pp., 108 illus., 42 maps and many color photos. #TITRSU \$17.95

This larger edition (4th) of the excellent guide to Tibet has new maps, firsthand recommendations for places to stay and eat, detailed trekking information, overland routes from China and Nepal, Tibetan and Mandarin language sections, background notes on history, culture and Buddhism, and hundreds of invaluable tips and reliable advice for every budget.

# TIBET: Travel Adventure Guide

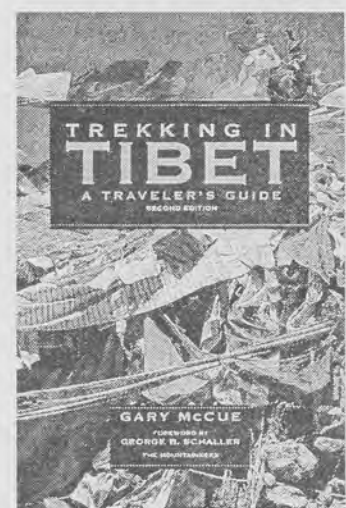
by Michael Buckley. 272 pp., 22 maps, 22 color photos, 10 b&w photos. #TITRAD \$17.95

Access to any kind of information—particularly maps—is severely restricted by a watchful Chinese regime. This guide concentrates on highly-detailed current maps, practical information, and details about temples and major sites. Has a large section on adventurous treks and high-altitude forays to Everest, Kailash, etc.

# 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.



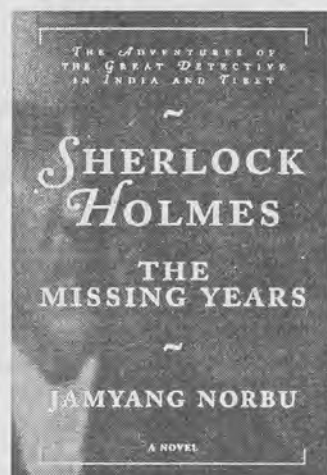
# TREKKING IN TIBET: A Traveler's Guide

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

# SHERLOCK HOLMES: The Missing Years



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

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."

"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



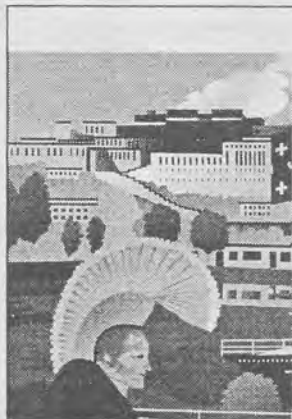
"If you have time, head for your favorite chair and curl up with *Sherlock Holmes: The Missing Years*.... if you don't have time, make time for this book. You won't regret it." —The Telegraph



## 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.



## MAPS

### TIBET: Road Map

19 x 26" #TIROMA \$9.95

This laminated road map of Tibet artistically shows the topography and includes much of old Tibet, not just central Tibet. Good detail of Lhasa and places of interest to Tibetan Buddhists.

### THE EASTERN REGIONS OF TIBET

by Academia 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.

### ON THIS SPOT LHASA: Map & Guide

by the International Campaign for Tibet. #SP \$5.95

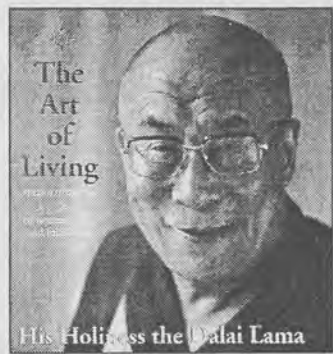
Describes the heart of Lhasa and shows the history. A highly sensitive map that the Chinese government will not appreciate seeing. The best map to Lhasa, with photos and explanation of changes occurring since the Chinese takeover.

# 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

A painting club at the Tibetan Homes Foundation in Mussoorie, India, provides refugee children a creative way to share their stories of leaving Tibet, their remembrances of home, and their lives as exiles. A moving collection of interviews, photographs, and paintings from these children.



## THE ART OF LIVING: A Guide to Contentment, Joy and Fulfillment

by the Dalai Lama, photos by Ian Cumming. 176 pp., 150 color photos, 9 1/4 x 10 1/4". #ARLI \$22.95

Teachings on living a joyful life along with extraordinary images that show the rich cultural heritage of Tibetan Buddhism. His Holiness tells how we can live peacefully with each other and the planet. He provides ways to deal with anger and negative emotions and techniques to cultivate open-heartedness and compassion.

## THE BON RELIGION OF TIBET



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

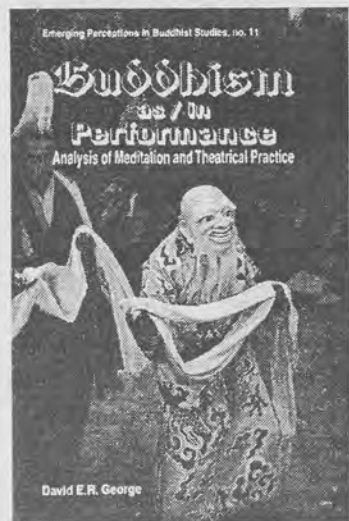
by Per Kvaerne. 155 pp., 8.5 x 12", 79 color illustrations, line drawings. #BORETI \$65.00

This pioneering study introduces the main characteristics, doctrines, and pantheon of deities of Bon, as well as its monastic life and meditational and ritual practices. Many fascinating thangka images.

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

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

Opens out a vast panorama of Buddhist theatrical practices in Tibet, Nepal, Japan, China, and Sri Lanka. Demonstrates 3 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 color, tables, biblio., index, notes. #BUFLIC \$24.95

With over 3,000 divinities in its pantheon, Buddhist iconography is challenging. With abundant illustrations, this guide provides clear explanations of the differing names and attributes by which the deities are known in India, Nepal, Tibet, China, Japan and Southeast Asia.

## BUDDHISM: The Illustrated Guide

Kevin Trainor, general ed. 256 pp., 9 x 11", over 150 color photos. #BUILGU \$39.95 cloth

Brilliantly clear and superbly illustrated encyclopedia of Buddhism describing its origins, historical development and current trends, from the esoteric rituals of Tantra to the refinement of Zen. Major section on the most important sacred writings. Magnificent illustrations of the art, architecture and people. Fun book to look at and read.

## BUDDHIST ART AND ARCHITECTURE

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

Buddhism is the common thread uniting the Asian world. This phenomenally diverse tradition includes frescoes, carvings, colossal statues, silk embroideries, bronze ritual objects, rock-cut shrines, glorious stupas of Southeast Asia, pagodas of the Far East, the massive stone mandala of Borobudur and temple complexes in Cambodia. Fisher describes all Buddhist schools and cultures and explains their imagery—a great book for the price!



## BUDDHIST STUPAS IN ASIA: The Shape of Perfection

photos by Bill Wassman, text by Joe Cummings, fore. by Robert Thurman. 176 pp., 11 x 11", more than 250 color photos, 10 pages of architectural overlays. #BUSTAS \$34.99 cloth

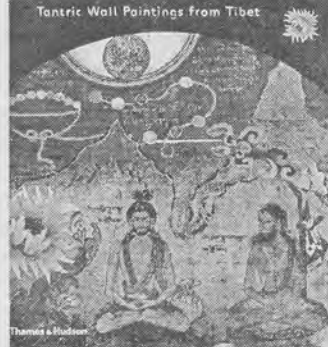
For Buddhists the simple contemplation of a stupa's divine form draws the observer closer to enlightenment. Cummings immerses us in the history, myth and ritual surrounding stupas. A comprehensive study of stupas in 12 Asian countries.

## BUDDHIST SYMBOLISM IN TIBETAN THANGKAS

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

Sumptuously illustrated guide to the meaning of Buddhist thangka painting. Explains the symbolism, ritual and philosophic concepts represented by thangkas of the Buddha, peaceful and wrathful deities, mahasiddhas, and mandalas.

## The Dalai Lama's Secret Temple



## 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. #DALATE \$65 cloth

On an island in a pond behind the Potala palace is the Lukhang Temple used by the Dalai Lamas as a place of meditation and retreat. During the time of the 6th Dalai Lama, artists painted murals there depicting the path to liberation in Dzogchen—replete with Deities, yogis, nagas, cosmology—many amazing scenes of mystical life.

## DEITIES OF TIBETAN BUDDHISM: The Zurich Paintings

ed. by Martin Brauen, trans by Martin Willson. 696 pp., 11 3/4 x 10", 170 color illus. #DETIBU \$240.00 cloth

The most encyclopedic reference book of Tibetan images of enlightenment ever presented. Full color illustrations are reproduced from hand-painted woodblock prints created in 1810. Includes extensive explanations of the meditative visualizations, mantras, and symbolism of each figure.

## DHARAMSALA: Tibetan Refuge

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

Dharamsala is home to the Dalai Lama and his Government-in-Exile. A 20-year resident, Russell's explorations bring Buddhist culture alive. Replete with photos.



## DHARMA ART

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

Teachings about the power of art to awaken and liberate. How calligraphy, poetry, and photography spring from the meditative state.

## DISCIPLES OF THE BUDDHA: Living Images of Meditation

by Robert Newman, intro. by Chogyam Trungpa. 137 pp., 6 x 7.25", 25 color, 26 b&w photos, 11 line drawings. #DIBULI \$16.95

"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

"I think that these statues are expressions of nonverbal experience that the artist had in the state of arhathood."—Chogyam Trungpa

## EARTH DOOR SKY DOOR: Paintings of Mustang

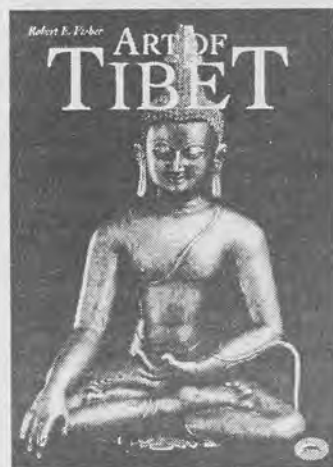
by Robert Powell. 112 pp., 43 color paintings, 2 gatefolds, over-size. #EADOSK \$29.95

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

## THE ENCYCLOPEDIA OF TIBETAN SYMBOLS AND MOTIFS

by Robert Beer. 400 pp., line art throughout, 9 x 12". #SYMOTI \$65 cloth

For artists, designers, or anyone interested in Tibetan art, an exhaustive reference to the symbols found throughout Tibetan art—in drawings, paintings, thangkas, and ritual objects. Hundreds of drawings depict animals, plants, teachers, mudras, dragons, offerings, borders, etc.



## ART OF TIBET

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

Great book for the price, covering the entire history of Tibetan art, focusing on the relationship between 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.

## THE FACE OF TIBET

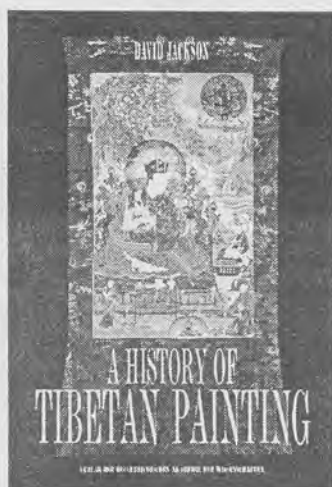


## THE FACE OF TIBET

photos and text by William Chapman, fore. by the Dalai Lama. 152 pp., 122 color photos, 9 x 11". #FATI \$45.00 cloth

For over 5 years the author lived in monasteries, camped with nomads, and trekked great mountain ranges, becoming intimately acquainted with the people and culture of the mountains and plateau of Tibet. A stunningly beautiful book.





### A HISTORY OF TIBETAN PAINTING

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

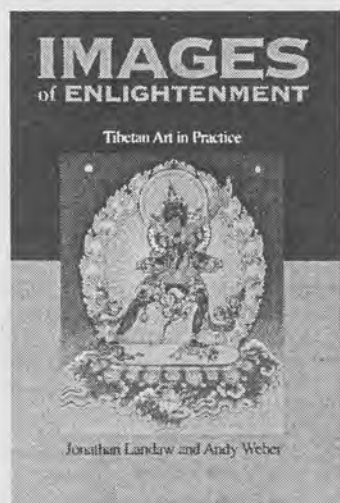
Richly illustrated work explores sacred painting traditions of Tibet from the mid-15th through 20th centuries on the basis of the surviving masterpieces and Tibetan written sources. Presents the founders of the painting schools, the main Tibetan sources, and a detailed summary of previous Western research. An indispensable reference by the author of *Tibetan Thangka Painting*.

### ILLUSTRATED ENCYCLOPEDIA OF BUDDHIST WISDOM:

A Complete Introduction to the Principles and Practices of Buddhism

by Gill Farrer-Halls. 192 pp., 8.5 x 11", color photos on nearly every page. #ILENBU \$29.95

An outstanding introduction to Buddhism. Focuses on the principles common to all traditions and on the impact of Theravada, Zen, and Tibetan Buddhism on Western culture. Explains what to expect when visiting a Buddhist center and teaches how to meditate. A gorgeous, accessible, practical guide for how to live in harmony with ourselves, our communities, and our world.



### 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 Cozort, Dickinson College

[www.snowlionpub.com](http://www.snowlionpub.com)

### 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 NE Tibet at the strategic intersection of 4 Asian civilizations—Tibetan, Mongolian, Chinese, and Muslim—was one of the largest Buddhist monastic universities. In the early 20th century it housed several thousand monks. It was also a gathering point for numerous religious festivals, supporting an active regional marketplace where Chinese artisans rubbed shoulders with Hui merchants and nomadic Tibetan highlanders.

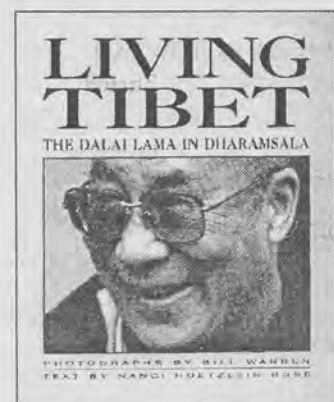
"Nietupski's publication of the Griebenow photographs, together with his excellent documentation of them, provides a wonderful introduction to this exquisite monastery, as well as to its people and environs."—Glenn H. Mullin for *The Quest*



### THE LHASA ATLAS: Traditional Tibetan Architecture and Townscape

by Kund Larsen and Amund Sinding-Larsen. 176 pp., 165 illus., 11 x 11". #LHAT \$75.00

A landmark collection of images of the historical development, architecture, townscape, and topography of Tibet's capital city, including the Potala Palace and Jokhang Temple.



### LIVING TIBET

photographs by Bill Warren, text by Nanci Rose. 138 pp., 160 color photos, 8 x 10.5". #LITI \$26.95

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

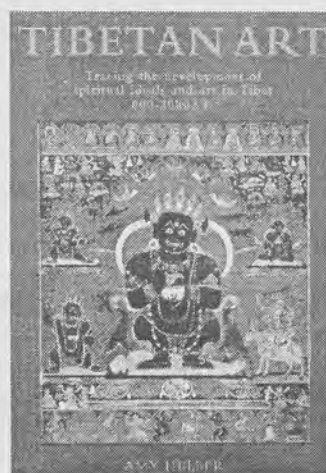
An engaging and dramatic exploration of Tibet's rich artistic and cultural heritage as preserved in one of the most successful refugee communities in history. Photojournalist Bill Warren and writer Nanci Rose take us on a colorful and informative journey through the winding streets and behind the scenes of this unusual place—revealing the rich tapestry of life in Dharamsala.

Included is very helpful travel information for Dharamsala and McLeod Ganj.

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

This book has been discounted because the cover is slightly shop worn—but the contents are great. We only have a few copies left, so order it while you can.

### TIBETAN ART: Tracing the Development of Spiritual Ideals and Art in Tibet 600-2000 A.D.



by Amy Heller. 240 pp., 9 x 12", 120 color and 147 b&w photographs and drawings. #TIATR \$75.00

Tibetan Buddhism seen through its art history. Places Tibetan artwork within its historic, social and religious context. Incorporates the latest research material and works of international renown as well as those that have never been published. Full of information for the scholar and lover of Tibet.



### MANDALA: The Architecture of Enlightenment

by Denise Patry Leidy and Robert A.F. Thurman. 175 pp., 85 color plates, 50 b&w photos and line drawings. #MAAREN \$25.00

Explores multiple manifestations of mandalas—Buddhist graphic symbols of the universe—throughout Asia, tracing their development under the influence of religious and aesthetic traditions. Scholarly essays, 135 stunning illustrations, and a selection of excerpts designed to introduce the reader to the body of literature inspired by this art form.

### MY TIBET

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

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

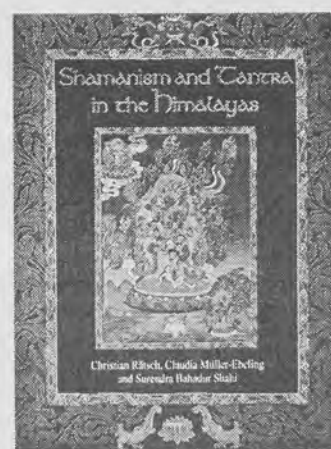
by Trinley Chodrak and Kesang Tashi. 160 pp., 9 x 11", 155 color photos. #OFWOL \$40

The first overview of the Tibetan rug-making tradition written by Tibetan authorities. Includes a history of Tibetan carpet and textile weaving, an insider's account of the arduous process required to learn the craft from apprentice to master weaver, and illustrations of the many uses of Tibetan rugs—a rug feast!

### THE SAND MANDALA OF VAJRABHAIKAVA

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

Mandalas symbolize the ideal worlds of Buddhas and the many facets of Buddhist teachings. 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.



### SHAMANISM AND TANTRA IN THE HIMALAYAS

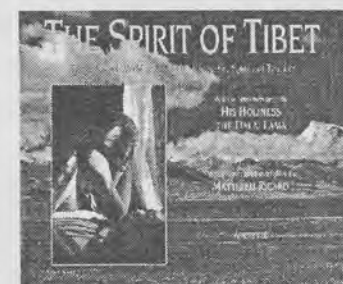
by Christian Ratsch, Claudia Muller-Ebeling, Surendra Shahi. 320 pp., 605 color and b&w illustrations including 135 color thangkas, 8.5 x 11". #SHTAH \$49.95

The result of 18 years of field research, this text presents a comprehensive overview of shamanism of Nepal. Lavishly illustrated with numerous photos of different shamanic healing ceremonies, ritual objects and significant plants. Recipes, smoking mixtures, tables, and descriptions of more than 20 plants whose psychoactive properties have never before been documented.

### A SIMPLE MONK: Writings on His Holiness the Dalai Lama

ed. by Tom Morgan, photos by Alison Wright, intro. by Robert Thurman. 144 pp., 150 color photos, 10 x 10. #SIMO \$35.00

This photographic survey of the Dalai Lama includes essays about him by his mother, Orville Schell and Pico Iyer. Also an interview with His Holiness by Spalding Gray. A portion of the proceeds will benefit Tibet House in New York.



### 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

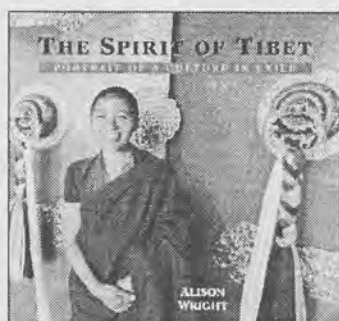
*The Journey to Enlightenment* in paperback with this new title. Matthieu's photographs, text, and extensive passages from H.H. Dilgo Khyentse Rinpoche's writings comprise this personal study of a grand teacher of Tibetan Buddhism, his world and its spirit.



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### THE SPIRIT OF TIBET:

**Portrait of a Culture in Exile**  
photographs and text by Alison Wright, foreword by H.H. the Dalai Lama. 200 pp., 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

### THE STUPA: Sacred Symbol of Enlightenment

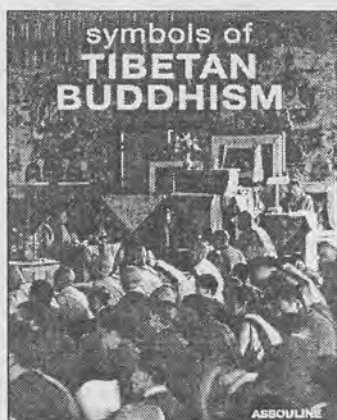
*Crystal Mirror Series Vol. 12, ed. by Elizabeth Cook. 437 pp., 218 photos, 140 in color, 7 x 10". #STSASY \$35*

The book on stupas! Traditional texts and prayers, historical anecdotes, architectural sketches, and an in-depth exploration of the 8 stupa forms with over 200 photos of stupas from around the world.

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

by Pema Dorjee. 189 pp., 60 b&w photos and line drawings. #STTE \$26.00 cloth

In-depth study of the Tibetan stupa focusing on stupa architecture. Ritual activities associated with stupa construction are described along with the 8 fundamental types of Tibeto-Buddhist stupas and their main structural components.



### 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

"This beautifully presented book, displays the wealth of symbolism of Tibetan Buddhism."—the Dalai Lama.

Many symbolic ritual items are presented, 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.

[www.snovlionpub.com](http://www.snovlionpub.com)



### TARA'S COLORING BOOK

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

### TIBET: Buddhas-Gods-Saints

ed. by Clara B. Wilpert, fore. by Dalai Lama. 160 pp., 160 color and 20 b/w illus., hardcover. 9.4 x 11.8". #TIBUGO \$65.00

The Tibet collection in the Museum der Kulturen in Basel is the most important of its kind in Europe. It includes thangkas, sculptures, ritual and everyday items of monastic life, temple furniture and textiles, dance costumes, masks, books and musical instruments. This volume illustrates and explains a selection of the museum's finest objects, representing virtually every aspect of the Tibetan pantheon and liturgy from the 10th century to the Chinese invasion. The text puts them into their cultural context.

Referring to this collection, the Dalai Lama remarked, "A precious treasure house of goodness and benefits."

### 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". #TJJOFO \$40

These photographers traveled to places in Tibet visited by Alexandra David-Neel 70-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 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.

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

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

With many double-page color images, this stunning photographic study of Tibet includes visits to monasteries, hikes with nomads in the highlands, and Lhasa life. An excellent 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**

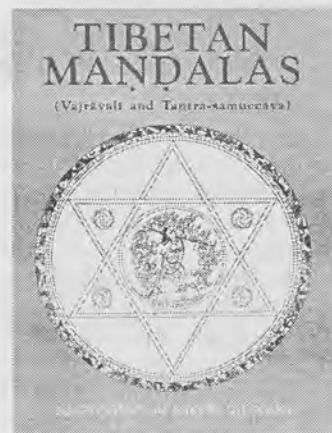
art by J. Jamyang Singe. 16 pp., 9 x 12". #TIARCO \$14.95

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

Records the construction, decoration and consecration (by the Dalai Lama) of the Tibetan Altar at the Newark Museum. The traditionally constructed contents of this elaborate shrine are extensively described.



### 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 including Manjuvakra, Akshobhya, Vajrasattva, Heruka, Hevajra and others divided into the four tantras and other classes with special emphasis on the Anuttara Yogini Tantras.

### TIBETAN RELIGIOUS DANCES: Tibetan Text and Annotated Translation of the Chams Yig

by Rene de Nebesky-Wojkowitz. Cloth. #TIREDA \$30.00

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.

### 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.

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### TIBETAN TANTRIC CHARMS & AMULETS

by Nik Douglas. 232 pp., 230 b&w illus., 9x12". #TTTACH \$24.95

Seldom seen information and illustrations of secret protective formulae: healing amulets, charms for wealth etc.

### TIBETAN THANGKA PAINTING: Methods & Materials

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

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

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

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

### TIBETAN 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". #TITHPO \$55 cloth

This magnificent contemporary Tibetan artist has created this masterwork of thanka painting in 5 parts: the development of the art in Tibet; the philosophy of the artist; the various types of figures represented; the process of thanka painting; many figures are explained. Anyone who reads this book will become knowledgeable of not only the art but Tibetan Buddhism itself.



### TIBETAN VOICES: A Traditional Memoir

photos by Brian Harris, written & ed. by Heather Wardle, Elizabeth Cass, Jain Marrs, George Koller. 150 pp., 8 3/4 x 11" wide, 50 photos. #TIVO \$31.95

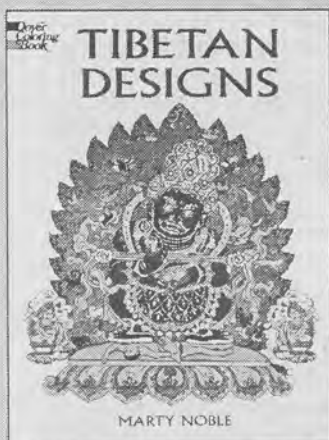
Combines images of Himalayan Buddhist culture with memoir-style accounts of Tibetan elders in India and the West—the photos and text are rich and moving. Royalties are being donated to Seva Service Society, The Tibetan Health Education Organisation, The Nuns Project and Delek Hospital Aid Foundation.

### TIBETAN DESIGNS

by Marty Noble

8.5 x 11", 30 designs. #TIDE \$3.95

This coloring book has 30 line drawings adapted by Marty Noble from Tibetan images with captions explaining them. Fun!





**THE TIBETANS**

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

"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

**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, 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. Spectacular color photography, vivid travel writing, a stunning account of this celebrated landscape and of the variety and determination of the pilgrims who venture there.

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

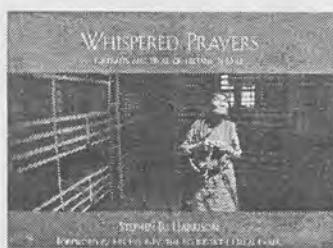
by Barbara Lipton & Nima Dorjee Ragnubs. 295 pp., 81 color photos, 109 b&w photos, 8.5 x 11". #TRTIAR \$32.50

The most important works from the renowned collection are beautifully illustrated and described in this volume of Tibetan art from Tibet, China, Mongolia and Nepal. Essays contribute new information on Tibetan culture, iconography, history, and folklore.

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

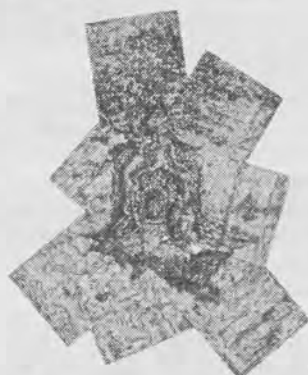
by Philip Sugden. Signed edition with 65 locations and studio drawings. #VIFIME \$30

"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

Photographed with a large format camera. From interviews with 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 Rhie & Robert Thurman, photos by John Taylor. 488 pp., 353 illus., 338 in full color, 9 x 12". #WICO \$34.95 cloth

This landmark volume illustrates, explains, and celebrates hundreds of the finest and most beautiful examples of Tibetan sacred art spanning 1,000 years and drawn from museums and private collections around the world. The text offers insights into the significance, iconography, and aesthetics of the thangka paintings, sculptures, and mandalas pictured. This expanded cloth edition contains 81 new color plates of statues and thangkas, making this book even more remarkable.

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

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

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 \$20.95

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

**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. #BOTIEL \$14.00

Powerful stories of Tibetan elders from many walks of life—told in their own voices—famous lamas, oracles, doctors, nuns, a tailor, nobleman, etc. Engaging.

**BORN IN LHASA**

by Namgyal Lhamo Taklha. 201 pp., 36 b&w photos. #BOLH \$14.95

"Mrs. Taklha's incredible life story is very gripping and emotional. Her writing style swept me into the story—I enjoyed this book from cover to cover."—Rinchen Dharlo, President of the Conservancy for Tibetan Arts and Culture

"*Born in Lhasa* gives voice to an enduring human spirit. In fascinating detail, one woman's story documents a nation's history."—Whitney Stewart, author of *The 14th Dalai Lama*

Mrs. Taklha married an older brother of H.H. the 14th 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.

**THE AUTOBIOGRAPHY OF A TIBETAN MONK**

by Palden Gyatso with Tsering Shakya, fore. by the Dalai Lama. 272 pp., 11 b&w illus., #AUTIMO \$14

Born in 1933, Palden Gyatso became a Buddhist monk and won a place as a student at Drepung Monastery. In 1959 he was forced into labor camps and prisons where he spent 33 years being tortured, interrogated, and persecuted. After his release he escaped across the Himalayas to India, smuggling with him the instruments of his torture.

**BORN IN TIBET**

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

Autobiography of the legendary teacher and meditation master offering 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 monastery and his intimate and moving relationships with his teachers. It concludes with his escape and life in the West.

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

by Cyrus Steins. 288 pp., #BUDO \$22.95

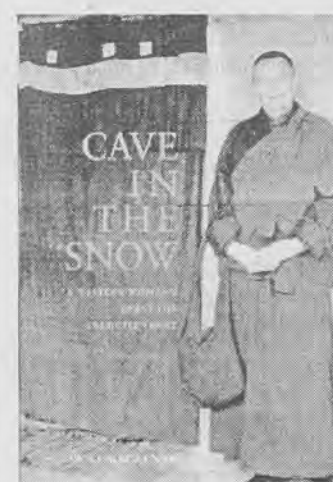
Dolpopa Sherab Gyaltzen (1292-1361) was an important figure in Tibetan history and perhaps the greatest expert on the tantric teachings of Kalachakra. Based largely upon esoteric Buddhist knowledge believed to be preserved in Shambhala, Dolpopa's theories continue to excite controversy in Tibetan Buddhism.

**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.

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**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 rock-falls. She emerged with a determination to build a convent in India to revive the Togdenma lineage, a long-forgotten female spiritual elite.

**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) was 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**

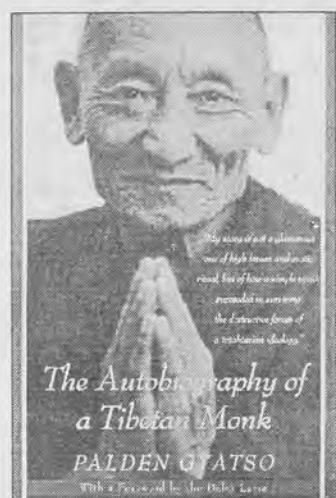
by Editions Padmakara. 16 pp., 8 color and b&w photos, #DIKHRI \$9.95

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.

**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.





## 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

Critically acclaimed prison stories from Jarvis Jay Masters, an inmate who became a Buddhist on San Quentin's death row. His stories are poignant, sometimes hilarious, sometimes frightening, but always expose the vicissitudes of despair and hope with the precision of an experienced and wise observer.

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

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

by Glenn H. Mullin, fore. by H.H.  
the Dalai Lama. 535 pp., 15 illus.  
#SALERE \$29.95 cloth

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

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 river of practice. H.H. Penor Rinpoche is the present head of the Nyingma lineage and the Palyul tradition.

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

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

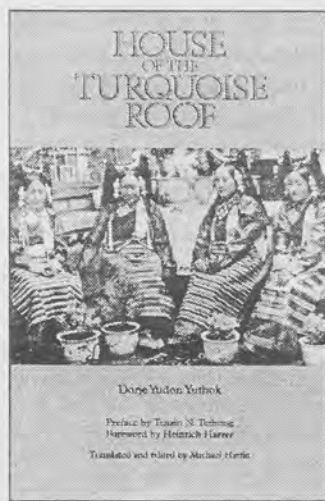
Twenty-four of the Buddha's most distinguished disciples are richly described. Drawn from a wide range of Pali sources, the material in these stories has never before been assembled in a single volume. These stories sharpen our understanding of the Buddhist path through the people who fulfilled the early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

## 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.

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## HOUSE OF THE TURQUOISE ROOF

by Dorje Yuthok, trans. & ed.  
by Michael Hartin, fore. by  
Heinrich Harrer. 330 pp., photos.  
#HOTURO \$16.95

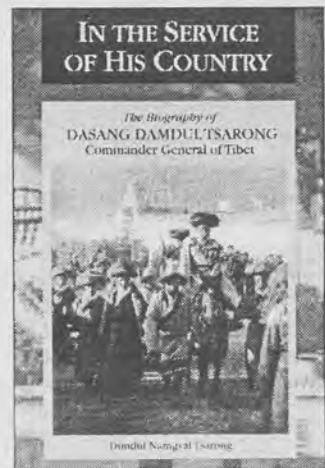
"...a superior book."—The Tibet  
Journal

Mrs. Dorje Yuthok's frank and fascinating account of life in upper-class Lhasa before the Chinese occupation is also a quiet, dignified description of a noblewoman's status in the family and the community. She moved in the highest government circles—yet her outlook on life is grounded in the Buddhist practice she learned as a close disciple of well-known lamas and spiritual teachers.

## 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. #IGIYO \$15.95

Ayya Khema (1923-1997) was the first Western woman to become a Theravadan 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.



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

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

"This is possibly one of the best books among the host of Tibetan memoirs now available...for introducing students and general readers to modern Tibetan history before the cultural revolution."—The Journal of Asian Studies

Dasang Dandul Tsarong (1888-1959), noted as a child for his unusual intelligence and capability, entered the personal service of the 13th Dalai Lama at the age of twelve. After distinguishing himself in military service, he 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.



## THE KAGYU LINEAGE & The Activity of the Karmapas

by Bardor Tulku Rinpoche. 34 pp.  
#KALIAC \$6.95

Concise teaching on the Kagyu Lineage presenting the story of the great figures of this tradition along with the nature and place of the lineage in Buddhist history. Also teaches about the 17th Karmapa.

## 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.  
#KASAPU \$60.00 cloth

The prophecy of Chogyur Lingpa is cherished by the Kagyu lineage as a sacred document describing the qualities and activities of the future Karmapas. Photos of the 19th 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.



## KUNDUN: A Biography of the Family of the Dalai Lama

by Mary Craig. 392 pp., 19 b&w  
photos. #KUN \$20

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).

## LADY OF THE LOTUS-BORN: The Life and Enlightenment of Yeshe Tsogyal

by Gyalwa Changchub and Nam-  
khai Nyingpo, trans. by Padma-  
kara. 176 pp. #LALOBO \$17.95

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

## LIFE AND TEACHINGS OF TSONGKHAPA

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

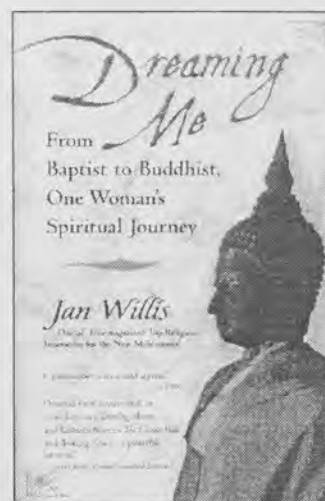
Je Tsong Khapa is known as the great reformer of Tibetan Buddhism. His eclectic studies and meditations in the different lineages gave birth to the Gelugpa lineage. In addition to his biography and mystic conversations with great bodhisattvas, there are teachings on the sutras and tantras, stages of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

One of Time magazine's  
"Top Religious Innovators  
for the New Millennium"

## DREAMING ME From Buddhist to Baptist, One Woman's Spiritual Journey

by Jan Willis. 336 pp.  
#DRME \$23.95 cloth  
#DRMEP \$14 paper

Dreaming Me is one woman's story of overcoming the wounds of racism to bring a message of hope to anyone facing insurmountable odds. She tells her story of growing up in the segregated South to becoming a professor—from being involved with the Black Panthers to cultivating a relationship with Lama Yeshe. Jan Willis is the author of *Feminine Ground: Essays on Women and Tibet* and *Enlightened Beings*.



## THE LIFE OF A TIBETAN MONK

by Geshe Rabten. 320 pp., many  
color and b&w photos, plus  
line drawings, glossary, index.  
#LITIMO \$17.95 cloth

Autobiography of Geshe Rabten, the celebrated teacher and scholar from Tibet's Sera Monastery. His story is not only portrays the lifestyle of a Tibetan-Buddhist master, it is also a guide for the practice of dharma. Many photos from Geshe Rabten's life are included, especially from his later years in the West, as well as some very fine line illustrations by Eva van Dam.

## LIFE OF THE MAHASIDDHA TILOPA

86 pp. #LIMATI \$9.95

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

## 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. A powerful and graphic tale, full of magic, disaster, feuds, and humor.

## THE LIFE OF SHABKAR: The Autobiography of a Tibetan Yogin

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

"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

## LIKE AN ILLUSION: Lives of the Shangpa Kagyu Masters

by Nicole Riggs, fore. by Bokar  
Rinpoche. 336 pp. #LIL \$26.95

The first translation of the biographies of the masters of the Shangpa Kagyu lineage. First recorded by the masters themselves between 500 and 1000 years ago in Tibet, these colorful and poignant tales have retained their power to inspire and even emancipate.

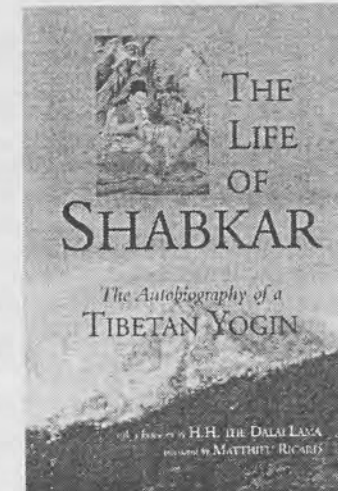
"Simply hearing the life stories of such genuine beings blesses our mindstream."—Bokar Rinpoche



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

trans. by Lama Chonam &  
Sangye Khandro. 224 pp.  
#LILIPR \$16.95

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





## LORD OF THE DANCE, The Autobiography of Chagdud Tulku

246 pp. #LODAB \$16.95

Chagdud Tulku is a great teacher of the Vajrayana tradition, an accomplished yogi and a man of compassion. His mother was one of Tibet's five supreme female realization holders. His life is a rich weaving of spiritual insight, high adventure and Tibetan culture. He is presently the head of a major center in California.

**LUMINOUS LIVES: The Story of the Early Masters of the Lam 'bras Tradition in Tibet**  
*trans. and ed. by Cyrus Stearns.* 261 pp., 10 b&w, 1 bllb., Tibetan text, index, notes. #LULI \$34.95

The tantric Buddhist tradition of the Lam 'bras, the "Path with the Result", has been practiced in Tibet for almost a 1000 years, most prominently within the Sa skya lineage. This is the first in-depth study of the literature and history of the Lam 'bras, focusing on a rare Tibetan history that brings alive the story of its earliest men and women practitioners. This text records the words of the great Sa skya Pandita (1182-1251).

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

by Keith Dowman. 454 pp.  
#MAMA \$24.95

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.  
#MAMEI \$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.

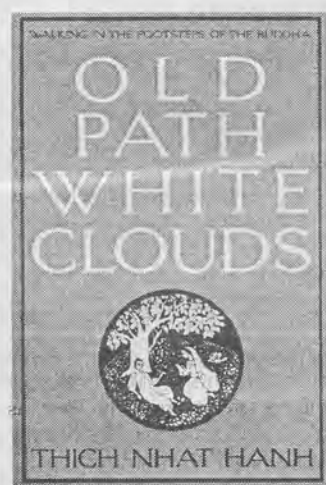


## MEMOIRS OF A TIBETAN LAMA

by Lobsang Gyatso, translated  
and edited by Ven. Dr. Gareth Sparham.

328 pp. #METILA \$16.95

A Tibetan patriot and unswerving follower of the Dalai Lama, Lobsang Gyatso emerges from these memoirs as a master storyteller, a fearless social critic, and a devoted Buddhist monk. With unusual wit and realism he provides a picture of his country from the perspective of a common Tibetan, recounting his early life in Kham as a herder and rambunctious young monk, his travels to Lhasa, his life in one of Tibet's most famous monasteries, and his flight into exile. Lobsang Gyatso's story is about the aspirations of a man trying to live up to higher ideals while dealing 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. 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 \$26

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. An immensely readable personal account of the life of this great Tibetan leader and the events that helped shape modern Tibet.

## REBORN IN THE WEST: The Reincarnation Masters

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

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



## RECHUNGPA: A Biography of Milarepa's Disciple

by Thrangu Rinpoche, fore. by  
H.H. the 17th Gyalse Karmapa.  
116 pp., notes, glossary, index.  
#REBI \$12.95

Milarepa had two major disciples, Rechungpa and Gampopa. Rechungpa's biography tells about his unorthodox development and realization. His pride and arrogance caused him to go against Milarepa's advice 3 times, but his devotion served as the cause for enlightenment as evidenced by Rechungpa's achievement of the rainbow body at his death.

## 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—destined to become one of the most important and unusual spiritual leaders of our time. A riveting account of reincarnation and Tibetan Buddhism.

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

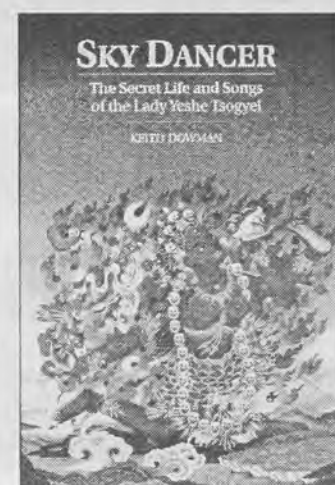
by Barbara and Michael Foster.  
329 pp., 26 b&w photos, 2 maps.  
#SELLAL \$32.50 cloth

In Tibet and Sikkim, David-Neel lived among hermits, shamans, bandits and pilgrims, had a torrid love affair with the handsome Maharajah of Sikkim and studied with a genuine master in the Himalayas. She knew about the secret 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 \$6.95

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 Trin-  
ley 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. Except for *Sky Dancer* there are few writings that present the spiritual practices and evolution of female aspirants. Here 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.

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

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

—See Art and Photography—

## 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 his life, including his compassionate and miraculous deeds and death.



## THE WARRIOR SONG OF KING GESAR

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

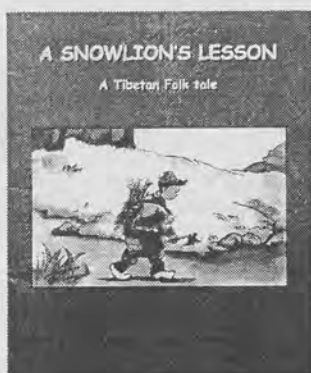
An epic tale in verse and prose of the legendary Tibetan warrior king, Gesar of Ling. Born into harsh circumstances at a time of decline, Gesar succeeded in becoming ruler of Ling. Embodying the Buddhist teachings, he subdued demonic lords who sought to undermine and enslave people's minds.

## WOMEN OF WISDOM

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

(See Women in Buddhism  
Section)

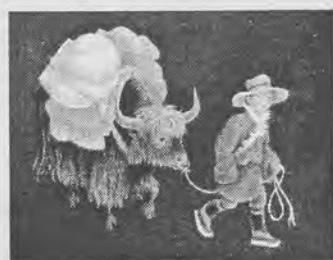
# C CHILDREN'S CORNER



## A SNOW LION'S LESSON: A Tibetan Folk Tale

by Norbu Kharitsang. 16 pp., 7  
x 9", full color illustrations, chil-  
dren 4-9, English and Tibetan text.  
#SNLILE \$4.95

A poor relative's kindness to a snow lion is repaid generously, while the rich relative is punished for his greed.



## ALL THE WAY TO LHASA: A Tale from Tibet

by Barbara Helen Berger. 32 pp.,  
fully illustrated with vivid water-  
colors. #ALWALH \$15.99

In an old story related by a Tibetan lama, a boy and his yak persevere along the difficult way to the holy city of Lhasa and succeed where others fail—a metaphorical tale of the quest beautifully presented and illustrated by Barbara Berger.

For ages 4 to 10.

## 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)

www.snowlionpub.com

## THE BRAVE LITTLE PARROT

by Rafe Martin, illus. by Susan  
Gaber. 8.5 x 11".  
#BRLIPA \$15.95 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 illustra-  
tions, 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 BOOK of Daily Meditations: A Year of Wisdom, Compassion, and Happiness

ed. by Christopher Titmuss. 414  
pp., glossary, sources. #BUBODA  
\$14.00

Reflect each day on one short teaching of the Buddha to open to fresh insight and freedom from the deep conditioning of our minds. Each page has room to write your thoughts. This book can be used over and over since it lists dates but not days of the week.





## THE BUDDHA'S QUESTION

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

The Buddha recounts his previous life experience as the spirit of 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. 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.



## A DOG'S TOOTH

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

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

## EXPLORE TIBET

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

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

## THE FOURTEENTH DALAI LAMA: Spiritual Leader of Tibet

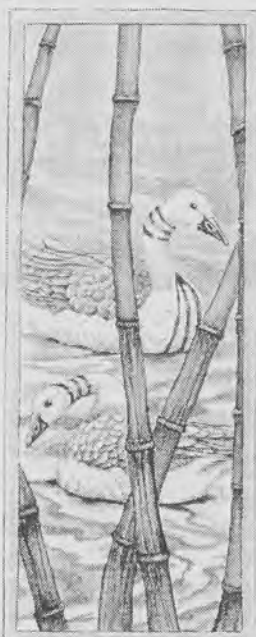
by Whitney Stewart. 128 pp., 53 b&w and color photos and line drawings, ages 10 to 17. #FODALA \$25 cloth (see Dalai Lama section)

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

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

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

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



## THE GOLDEN GOOSE KING: A Tale Told by the Buddha

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

The virtues of loyalty, courage and friendship are set forth in this story of a wise golden goose who was the Buddha in a past life. Excellent illustrations. For ages 6-12 and their parents. Winner of the 1996 Skipping Stones Book Award.

## HER FATHER'S GARDEN

by Janet Brooke. 40 pp., 8.5 x 11", 20 color illus. #HEFAGA \$12.95

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

## I AM A YAK

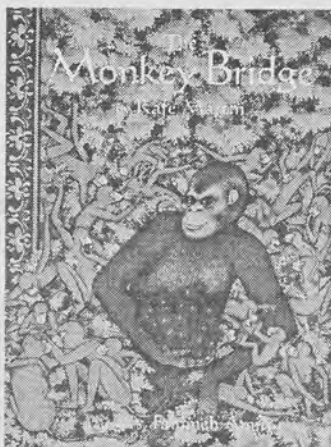
by Norbu Kharitsang. 12 pp., 9 x 7", full color illustrations, children 4-9. #IAMYA \$4.95

All you wanted to know about Tibet's most beloved animal in a beautifully illustrated Tibetan children's book.

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

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

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



## 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

## THE MOUNTAINS OF TIBET

by Mordicai Gerstein. 32 pp., 8 x 9", color illus. throughout. #MOTI \$6.95

In a tiny village, high in Tibet, lives a woodcutter. All his life he longs to travel but he grows old without ever leaving the mountains. When he dies, he is offered the chance to live anywhere in the universe—he chooses a place he never would have imagined.

## PIGS OVER SHAMBHALA: An ABC for Young Warriors of All Ages

by Kerry MacLean. 32 pp., 9 x 11", color illus. throughout. #PIOVSH \$15.95 cloth

"Pigs Over Shambhala is a sensation! It's funny and sweet alphabet rhymes touch the heart of Shambhala Buddhism, nonconceptually evoking compassion, pride in culture, and the joy of everyday warriorship for children and adults alike."—Acarya Judith Simmer-Brown

## PRINCE SIDDHARTHA COLORING BOOK

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

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



## PRINCESS METOK LHAZEY: A Tibetan Folk Tale

by Paljor Publications. 20 pp., 19 line drawings. #PRMECH \$4

The story of Princess Metok Lhazey teaches the truth of impermanence, integrity, and the power of love and faith. It is a children's book for ages 4 and up. The Tibetan text is printed and the book is illustrated in a form that is suitable to be colored with pencils.

## THE RABBIT & THE TIGERDILE

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

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

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



## 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.



## 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+.

## TIBETAN DESIGNS

by Marty Noble. 8.5 x 11", 30 designs. #TIDE \$3.95

This coloring book has 30 line drawings adapted by Marty Noble from Tibetan images with captions explaining them. Fun!

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## KINDNESS: A Treasury of Buddhist Wisdom for Children and Parents

collected & adapted by Sarah Conover, illus. by Valerie Wahl. 164 pp., 13 illus., 7.5 x 9". #KITRBU \$19.95

Thirty-two wonderful stories, nine of which are Jataka tales (previous life stories of the Buddha) teach through often humorous narrative journeys. They open the ancient masters' profound and gentle teachings to persons of all ages—"let go of anger, fear and greedy desire, embrace gladness, follow the path."





## TWENTY JATAKA TALES

retold by Noor Inayat Khan,  
illus. by H. Willebeek 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+.



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at: [www.SnowLionpub.com](http://www.SnowLionpub.com)

## WHERE IS TIBET?

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

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

## WONDER TALK: A Tibetan Folktale

by Rima Fujita, fore. by H.H. the Dalai Lama. 36 pp., 9 x 8", fully illustrated with oil pastels, cloth binding. #WOTA \$19.95

This children's book is written in Tibetan, English and Japanese. It was produced for the Tibetan orphans in exile and the author donated 2000 copies to 81 Tibetan schools in India, Nepal and Bhutan.

This is a Tibetan story about two brothers who compete for the most outlandish story telling—and learn an important lesson in the process! Dramatic illustrations—the bright colors and stylized Tibetan images are fun to see.



# COOKBOOKS

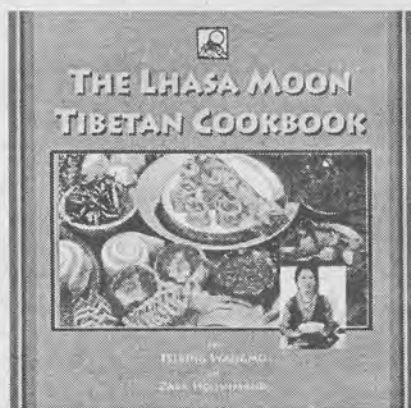
## THE LHASA MOON TIBETAN COOKBOOK

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

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

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

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



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

## THE NEPAL COOKBOOK

by the Association of Nepalis in the Americas.

132 pp. #NECO \$10.95

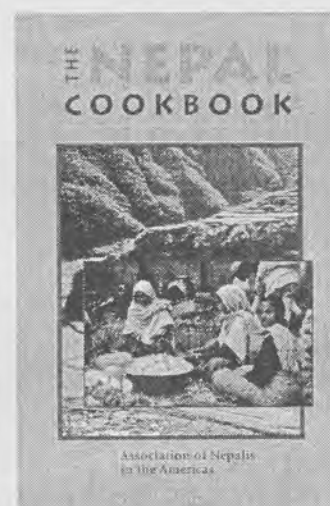
"The Nepal Cookbook is an ideal reference for gourmet clubs—a terrific addition to any kitchen bookshelf!"—Midwest Book Review

This treasury of recipes from the members of the Association of Nepalis in the Americas represents the best of authentic Nepali cuisine. From festival dishes to simple everyday favorites, these recipes reflect many facets of Nepal's colorful and diverse cultures. Nepali food is influenced by the cuisines of both India and Tibet. Here are recipes for all the elements of a full-course Nepali meal. Special cooking methods and ingredients are fully explained.

"A unique compendium of family recipes"—Library Journal

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

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



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# HEALTH & FITNESS

## 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

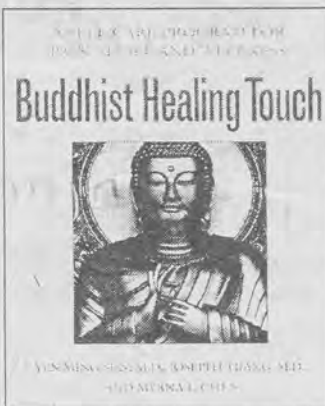
Essays by John Avedon, Tamdin Bradley, Fernand Meyer, N.D. Bolsokhova, and K.M. Gerasimova, fore. by H.H. the Dalai Lama. 208 pp., 10" x 12", 140 illus., 120 in color. #BUARHE \$35

A rich introduction to Tibetan medicine. Illustrated with intricate and vivid scroll paintings based on *The Atlas of Tibetan Medicine*, a 17th-century masterpiece that is the foundation of Tibetan medical education. Essays elucidate the conceptual 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 illus., 9 x 12". #CLMITI \$85 cloth

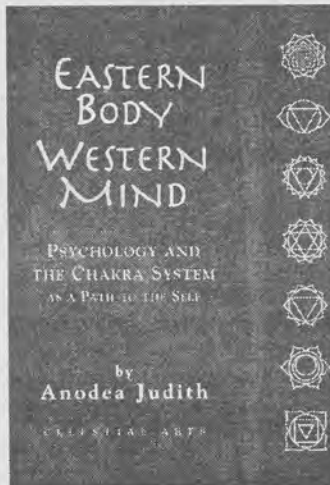
Based on Dri-Med Shel-Phreng, a renowned work on Tibetan medicinal herbs in which the tastes, inherent qualities and digestive principles are described. Provides beautiful, accurate color representations of 150 plants, keys to identification, the time for picking, places where they're found, the process of drying, cleansing and techniques of preparation of medicines. An indispensable manual for students of Tibetan medicine and lovers of botanical art.



## 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

The first English translation of the most widely used book on self-massage in China and Taiwan. Dr. Yen was sentenced to manual labor during China's Cultural Revolution near an ancient Buddhist temple. 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.



## 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.

[www.snowlionpub.com](http://www.snowlionpub.com)

## THE FIVE TIBETANS: Five Dynamic Exercises for Health, Energy, and Personal Power

by Christopher Kilham. 84 pp., 15  
photos. #FITTI \$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 FROM THE SOURCE: The Science and Lore of Tibetan Medicine

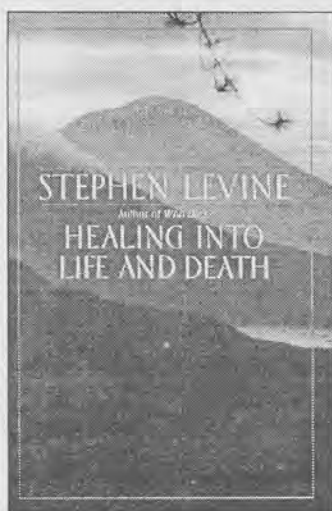
by Dr. Yeshe Dhonden, trans.  
& ed. by B. Alan Wallace.  
214 pp. #HEFRSO \$16.95

"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.





## 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.

## HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine

by Dr. Yeshi 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.

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

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

## 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. Doboorn 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

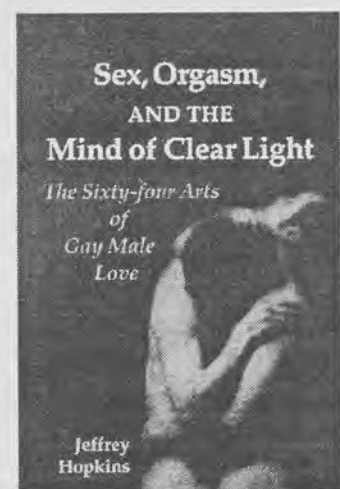
Outlines the history, the techniques, and the simple and safe herbal treatments and exercises that prevent illness and create energy. There is an international resource directory and information on how to find a qualified practitioner. Dr. Tamdin Bradley studied under the senior personal physician of 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, foreword by H.H. the Dalai Lama. 250 pp. #QUTATI \$27.95

Dr. Barry Clark presents clear and accurate translations of the Root and Explanatory Tantras, two works of such fundamental importance in the Tibetan medical system that they are commonly memorised by medical students."—The Dalai Lama

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.

Looking for a Dharma center? Check "Dharma Resources" at: [www.SnowLionpub.com](http://www.SnowLionpub.com)



## 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.

## THE TIBETAN BOOK OF HEALING

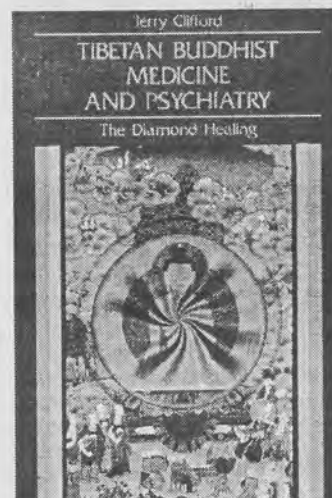
by Dr. Lobsang Rappagay. 203 pp., 11 line drawings. #TIBOHE \$12.95

A comprehensive look at the healing modalities offered in Tibetan medicine. Dr. Rappagay 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 AYURVEDA: Health Secrets from the Roof of the World

by Robert Sachs, fore. by Dr. Lobsang Rappagay. 255 pp., many line drawings, tables, notes, glossary, biblio., resources, index.  
#TIAY \$14.95

A comprehensive guide to the 4 levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Goes beyond traditional herbal approaches to focus on powerful regenerative therapies, and explains their principles and methods—guidelines on nutrition, exercise, as well as meditation. A self-profile test allows you to determine your own health needs.



## 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.

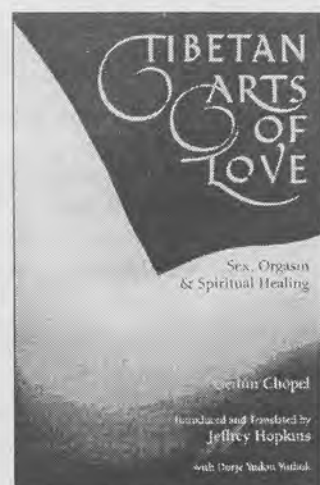
"A well organized and exceptionally clear introduction."—Yoga Journal

## TIBETAN 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 work is extremely relevant for the modern Western reader. Hopkins' sensitivity to women's issues is both praise-worthy and insightful."—JOSÉ CABEZÓN



## 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 and interviewed lamas, Tantric healers, and Tibetan doctors. With fascinating stories, photos, and botanical drawings, he explains the Tibetan use of medicinal herbs and the living spiritual principles that give this medical practice its power.

## TIBETAN MEDICINE: East Meets West/ West Meets East

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

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

## TIBETAN MEDICINE and Other Holistic Health-Care Systems

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

Explains the tantric cosmology and symbolism relevant to Tibetan medicine including the chakras, psychic channels and energies; the causes of disease, types of illnesses and diagnosis; mind and mental disorders; diet and treatments. 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 Buddhahdharma 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.

## TIBETAN MEDICINE: A Practical and Inspirational Guide to Diagnosing, Treating, & Healing the Buddhist Way

by Gerti Samel. 160 pp., 83 color photos, 7.5 x 10". #TIMEPH \$19.95

A lot of practical information and beautiful to read. After a basic introduction to the principles of Tibetan medicine and diagnostic methods, there is a discussion of the types of herbal pills, useful plants for treatment, personality types and diets that help to balance these. Tibetan Kung Nye Yoga and healing meditations, Tibetan massage and acupressure.

## TIBETAN PRECIOUS PILLS: A Tantric Healing System

by Jurgen Aschoff & T.Y. Tashi-gang. 139 pp. #TIPRPI \$18.95

The Precious Pills used in Tibetan Medicine are associated with mysticism and magic. They are the most potent of all administrable pharmaceuticals in Tibetan Medicine and have remarkable therapeutic effects based on unusual ingredients and on the spiritual power of the preparing physician.



## ULTIMATE HEALING: The Power of Compassion

by Lama Thubten Zopa. 288 pp.  
#ULHE \$16.95

Shows how, by transforming our minds through the development of compassion, we can eliminate the ultimate cause of all disease. Lama Zopa presents stories of people who have recovered from disease through healing meditations, and the meditation techniques to achieve this—white-light healing, compassion meditation, taking and giving, and techniques to cure depression. By opening to the truths of impermanence, interdependence and suffering, we can heal our bodies, our lives and the world around us.



**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. #BUTRPR \$25 cloth

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.

## LANGUAGE SOFTWARE FROM PADMA KARPO TRANSLATION COMMITTEE

Technical support is provided by Tony Duff: [www.tibet.dk/pktc](http://www.tibet.dk/pktc)

**ILLUMINATOR DICTIONARY**  
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A modern Tibetan-English dictionary done using proper scholarly methods from Lotsawa Tony Duff. It comes with special software designed specifically for the purpose and a complete Tibetan typeface. The dictionary is quite extensive (larger than Sarat Chandra Das). It has many special features and includes a range of terms not to be found in other dictionaries. It contains the complete verb listing from the Great Tibetan-Chinese Dictionary; the ancient glossary on old and new terms, The House of Claves; a very wide selection of grammar terms; extensive definitions of Mahamudra and Dzogchen terms; etc. A complete listing of features and native sources included in the dictionary can be viewed at the Padma Karpo Translation Committee web site. Free updates are provided at regular intervals to registered users, making it good value for the money. Windows only, sorry no Macintosh support.

**THE MAHAVYUTPATTI SANSKRIT-TIBETAN ENGLISH GLOSSARY**  
#MAGL \$45

Electronic edition of the official glossary of Sanskrit and Tibetan equivalents that was established in the ninth century AD. It is the standard glossary made by the great Tibetan translators responsible for the final translations of Buddhist texts into the Tibetan language. A standard reference every scholar should have. Contains about five hundred pages of listings of terms in transliterated Sanskrit, Tibetan text, and English translation for each term. Comes with Tibetan typeface, installation software, special reader software, complete on-line help, and more. Windows only, sorry no Macintosh support.

**TREASURY WHICH IS AN ENCYCLOPEDIA OF KNOWLEDGE**  
#TRKN \$125

The encyclopaedic 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.

**TIBETAN TEXT COLLECTION NO. 1**  
#TITEL \$65

A collection of texts in electronic editions. The texts have been selected as a useful for both scholars and students alike. Each text has been carefully input and edited and complete notes on the sources and editorial process are included. The editions of the Bodhisatvacaryavata and Madhyamakavata are derived from the Derge Tangyur and other editions that have been made into a single, annotated, critical edition. Each text comes as an electronic book which can be read, printed, and/or searched with ease. The books are read with special software designed for archiving and viewing Tibetan texts and a complete, high-quality Tibetan typeface which is included. The software can be used in conjunction with the Illuminator and Sarat Chandra Das dictionaries and the Treasury which is an Encyclopaedia of Knowledge for immediate look-ups of terms as you read (those are also available from Snow Lion Publications). Windows only, sorry no Macintosh support.

**SARAT CHANDRA DAS DICTIONARY**  
#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 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. Windows only, sorry no Macintosh support.

**GESHE CHODRAK'S TIBETAN-TIBETAN DICTIONARY**  
#TITIDI \$150

The last major Tibetan-Tibetan dictionary produced in Tibet (1940's) before the communist Chinese takeover. This dictionary has extensive listings of terms. This is a true Tibetan dictionary in Tibetan text; useful for Tibetans themselves and students of the Tibetan language who want a native Tibetan dictionary uncluttered by English or Chinese definitions. The definitions given are short but clear. This dictionary has been overshadowed by the *Great Tibetan-Chinese Dictionary*; we think this new edition will bring it back and give it the place it deserves. A must for serious students and scholars of the language. Comes with Tibetan typeface, installation software, special reader software, complete on-line help, and more. Windows only, sorry no Macintosh support.

**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.

**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.

**THE TIBETAN COMPLETE WORD-PROCESSING PACKAGE**  
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Contains all three Tibetan word-processing packages from Tibetan Computer Company for Windows (sorry no Macintosh support): TibetDoc; Tibetan! 5 for Word; and 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. Tibetan! 5 for Word and WordPerfect programs have less features but do work directly in Word and WordPerfect for Windows. Support for Windows and Macintosh (Word only)

**Better Quality Fonts for all Padma Karpo Translation Committee software, dictionaries, and texts**

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The highest quality typeface available for the very best in Tibetan publishing. This typeface accurately captures the original style of calligraphy that was used in Tibet for many centuries.

**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 \$50.00 cloth

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.

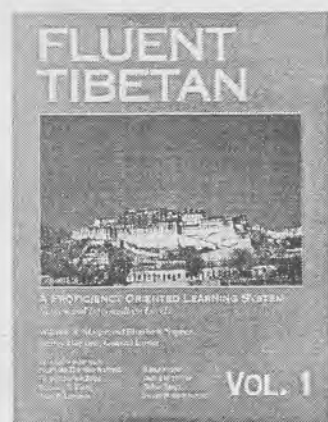
**THE NEW TIBETAN-ENGLISH DICTIONARY OF MODERN TIBETAN**

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

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.

Search your favorite Dharma topic at [www.SnowLionPub.com](http://www.SnowLionPub.com)

"Since August I've been working with the Fluent Tibetan tape series. In November I began a Tibetan language class at the Dharma Center here on Maui. Because Fluent Tibetan had given me an edge, I offered to help a few students. I'm now teaching beginning Tibetan, which is inestimably useful for learning it! Then the Fluent Tibetan CD ROM arrived. It is a phenomenal tool: beautifully conceived and FUN! I spend hours playing with it! Thank you so much for opening up this new world for me."—Charlotte Thomson, Maui, Hawaii



**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*

*This great language system is now half-price!*

**FLUENT TIBETAN CD-ROM: A Proficiency-Oriented Learning System**

by William A. Magee and Elizabeth S. Napper, Alex Chapin, Multimedia Design, Jeffrey Hopkins, General Editor and Co-Author. Novice and Intermediate Levels. A multimedia supplement with additional dialogues.  
#FLTICD was \$45.00, now \$22.50

This CD-ROM is an introduction to Tibetan language as well as a supplement to *Fluent Tibetan*—the four volume textbook arranged in fifteen units with 26 hours of tape recordings. This CD contains all of the vocabulary lists and dialogues used in the four volume textbook as well as an additional seventeen intermediate-level dialogues. A large number of vocabulary items are accompanied by context sentences which demonstrate their usage. All are presented in a variety of ways for drilling purposes including a random sort with sound at varying rates, much like talking flash cards. Dialogues can be presented automatically with sound at varying rates in Tibetan with English translation below or in English with Tibetan translation. This CD attempts to bring the language to life by challenging the student to pick out familiar words in new contexts and to discover new words in familiar contexts.

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

System requirements:

—Macintosh: 68030/25 MHz or higher (native Power Macintosh) system 7.5 or later, 5 Mb free RAM, Sound Manager 3.0 or later, 256 color monitor, speakers or headphones.

—Windows: 80386/25 MHz or higher Windows 3.1 or later, 5 Mb free hard drive space, 8-bit sound card, 256 color monitor, speakers or headphones. 32-bit windows NT should use the Win95 installer.

—It is not compatible with Windows 2000 and we are not sure it works with Windows Me or XP. It is compatible with the following versions of Windows operating systems: 3.1/95/98/NT.



## EXCELLENT PLACES TO START

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

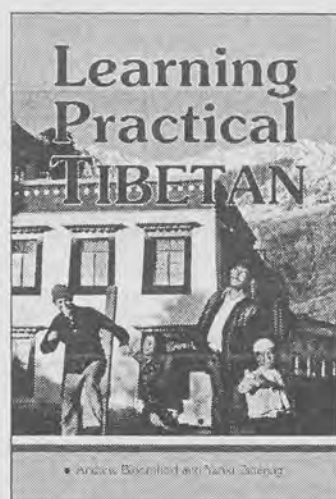
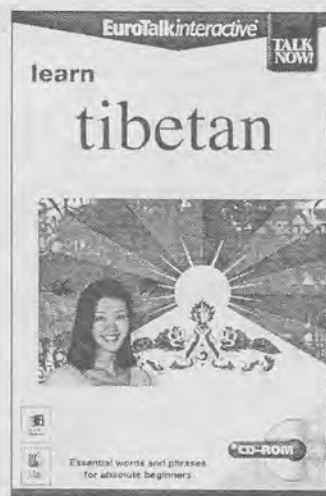
A lively and entertaining introduction to Tibetan language. This well-designed package makes learning Tibetan feel like a game. It offers a large vocabulary. You can record your voice and compare your pronunciation with native speakers. There are quizzes and a challenging memory game.

**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.



**TIBETAN QUADRISYLLABICS, PHRASES & IDIOMS**

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

**A SANSKRIT-ENGLISH DICTIONARY**

by M. Monier-Williams. 1369 pp. #SAENDI \$40 cloth

The classic Sanskrit dictionary. An excellent resource for Buddhist studies. Contains 180,000 words arranged etymologically and philologically. This book is printed in India.

**TIBETAN UP-TO-DATE:**  
Learn to Write Tibetan with Ease

by Gonsar Tulku Rinpoche & Helmut Gassner. 104 pp., book & CD. #TIUPDA \$44.00

The manual explains Tibetan letters in all their complexity. There is multimedia software for precise pronunciation and word processing software for typing Tibetan. Windows only, 16MB RAM and sound card.

**TIBETAN-CHINESE DICTIONARY**

by Merig Petuen Khang. 3294 pp., 2 volumes. #TICHDI \$70

We have a few copies of this dictionary printed in Lhasa. Formerly a 3-volume set and now printed in 2. 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**

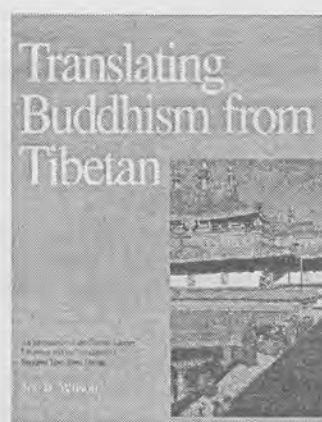
by Rangjung Yeshe. CD ROM version 2.0. #TIENDB \$50

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. Has an extensive glossary, a list of usage of Buddhist terms in present day translations, 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. Published as an electronic version on CD ROM for PC and Mac.

**A TIBETAN-ENGLISH DICTIONARY** (compact edition)

Sarat Chandra Das. 1353 pp. #COTIEL \$45

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. #TRBUT1 \$65 cloth

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

**A LARGE TIBETAN-ENGLISH DICTIONARY**

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

A new, physically bigger edition of the famous Das dictionary. Now very readable! Compiled from a large number of Tibetan and Sanskrit works, it 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.)

**TRANSLATING BUDDHISM FROM TIBETAN TAPE**

by Joe Wilson. 90 min. #TRBUTT \$10

This language tape was designed to assist with pronunciation, vocabulary, drills and exercises found in our book *Translating Buddhism From Tibetan*.

## SOCIAL ACTION, HISTORY, ENVIRONMENT & POLITICS



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

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

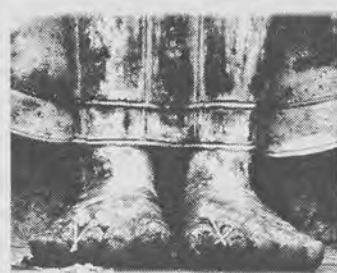
"One of the most wonderful aspects of this remarkable book is the interaction between the laureates..."—*Today's Librarian*

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.

"This is education at its best and highest...inspiring and uplifting."—Julian Bond

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



**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.

Would you like to receive a quotation from the Dalai Lama or other remarkable teachers? See "Join our mailing lists" at [www.SnowLionPub.com](http://www.SnowLionPub.com).



**THE CIA'S SECRET WAR IN TIBET**

by Kenneth Conboy & James Morrison. 320 pp., 24 photos, 9 maps. #CIA \$34.95

Reveals how America's CIA encouraged Tibet's revolt against China—and eventually came to control its fledgling resistance movement. Provides the first comprehensive, as well as most compelling account of this little known agency enterprise.

Takes readers from training camps in the Colorado Rockies to clandestine operations in the Himalayas, chronicling the agency's help in securing the Dalai Lama's safe passage to India. Provides previously unreported details about secret missions undertaken in extraordinarily harsh conditions. Calls as witnesses the people who managed and fought in the program—including Tibetan and Nepalese agents, Indian intelligence officers, aircrews, and former Tibetan guerrillas, many of whom have gone on record here for the first time.

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



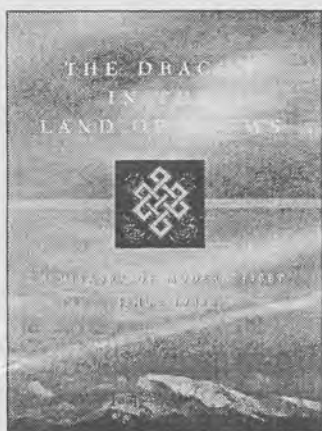
**DHARMA RAIN: Sources of Buddhist Environmentalism**  
ed. by Stephanie Kaza & Kenneth Kraft. 312 pp. #DHRA \$24.95

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.  
#DICU \$21.95 cloth

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.



## ECHOES FROM DHARAMSALA: Music in the Life of a Tibetan Refugee Community

by Keila Diehl. 337 pages, 26 b/w photographs, 1 map. #ECDH \$19.95

Diehl joined the Tibetan rock group The Yak Band as its keyboard player, and from that perspective gives us a fresh and charmingly written look at the Tibetan refugee experience through its soundscapes.

Diehl's ethnography explores the contradictory realities of cultural homogenization, hybridity, and concern about ethnic purity as they are negotiated in the everyday lives of individuals.



**ENGAGED BUDDHISM IN THE WEST**

ed. by Christopher Queen. 512 pp.  
#ENBUWE \$24.95

Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society. Queen illuminates the evolution of Buddhist activism—including its history, leadership, organizations and teachings—and addresses such issues as violence and peace, race and gender, homelessness and AIDS.

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

**ENGAGED BUDDHIST READER**

ed. by Arnold Kotler. 264 pp.  
#ENBURE \$18

Represents the "cream" of sixty works, offering a comprehensive range of perspectives and insights on socially engaged Buddhism. Contributors include the Dalai Lama, Thich Nhat Hanh, Shunryu Suzuki, Maha Ghosananda, Joanna Macy, Jack Kornfield, Robert Aitken, Peter Matthiessen, Stephen Batchelor, Robert Thurman, and many others.

**ENLIGHTENED MANAGEMENT: Bringing Buddhist Principles to Work**

by Dona Witten with Akong Tulku Rinpoche. 168 pp.  
#ENMA \$14.95

Packed with exercises and techniques tailored for the workplace and shows how to draw the best out of ourselves and our colleagues to create the productive, balanced, and happy office environment in which everyone dreams of working. Dona Witten is a management consultant for Ernst and Young. Akong Tulku Rinpoche is the director of Samye Ling in Scotland.



Eurasian Mythology  
in the Tibetan Epic of Gesar

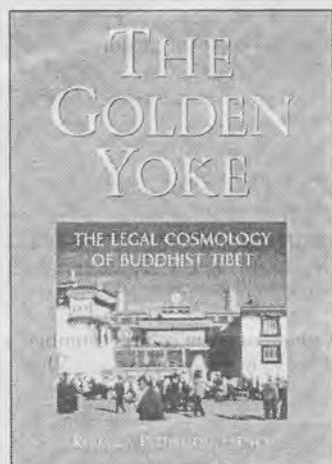


Siegbert Hummel

**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 Redwood French. 424 pp., 7 x 10", 81 b&w illustrations.  
#GOYOK \$21.95

"To read the *Golden Yoke* is to walk into the daily life of Tibet last century and centuries before, go with a monk official to consult a tome of land titles kept in a monastic cellar, and then to the fields to find buried boundary markers of white and black stones, in order to settle a dispute among neighbors...."

It is a work of the highest caliber, a must-read for anyone who is not satisfied with either romanticism or negative propaganda and wants a realistic picture of life in old Tibet."—Robert A.F. Thurman

"Rebecca French has written one of the two best books of the last twenty years on the legal cultures and legal history of Asia."—Andrew Huxley, *The Yale Law Journal*

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

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

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

**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—culminating in the loss of Tibet in the 1950s."—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 when the Fifth Dalai Lama established his rule throughout Tibet. The text was compiled in 1732 by Ngag dbang skal ldan rgya mtsho of Shel dkar monastery in southern La Stod. The author outlined the history of southern La stod, its lords, and the monastery, whose early abbots adhered to the Sakya tradition.

**IMAGINING TIBET: Perceptions, Projections, and Fantasies**

ed. by Heinz Rather and Thierry Dodin. 512 pp.  
#IMTIPE \$28.95

*Imagining Tibet* is a collection of essays that examine Western conceptions of Tibet. Providing an historical background to the West's ever-changing relationship with Tibet, Donald Lopez, Jeffrey Hopkins, Jamyang Norbu, and other noted scholars explore a variety of topics—from Western perceptions of Tibetan approaches to violence, monastic life, and life as a nation in exile, to representations of Tibet in Western literature, art, environmentalism, and the New Age movement.

**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

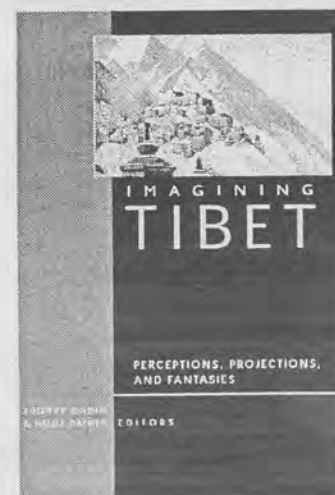
"No cultural and political saga of our time is more terrible, compelling and inspiring. Avedon has thoroughly searched it out and presented it colorfully and with moral force."—Boston Globe

**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.

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**IN THE SERVICE OF HIS COUNTRY: The Biography of Dasang Dandul Tsarong, Commander General of Tibet** by D.N. Tsarong. 164 pp., 43 b&w photos. #SEHICO \$14.95 (See "Biography" section.)



**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. 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.

**JAMPA: The Story of Racism in Tibet** by the International Campaign for Tibet. 110 pp., photos. #JASTRA \$6.00

The portrayal of Jampa, an uneducated, dirty Tibetan in the 1963 Chinese propaganda film *The Serf*, exemplifies the longstanding ethnocentric Chinese perception of Tibetans as backward and in need of Chinese assistance. The Chinese government enforces these racial perceptions in supporting the claim that Tibetans are part of a common "Chinese" ancestry while simultaneously propagating the implementing China's "civilizing mission" in Tibet. Using this film story as its basis, Jampa analyzes the widespread racism in Tibet.

**THE LHASA ATLAS: Traditional Tibetan Architecture and Townscape** by Kund Larsen and Amund Sinding-Larsen. 176 pp., 165 illus., 11 x 11". #LHAT \$75.00 (Please see Art & Photography)



**MEMOIRS OF KEUTSANG LAMA: Life in Tibet after the Chinese 'Liberation'** by Keutsang Trulku Jampel Yeshe. 260 pp., 11 b&w photos. #MEKELA \$15.00

Born a peasant in 1944, Jampel Yeshe was recognized as the reincarnation of Keutsang Rinpoche. After the Chinese invasion, he was branded as class enemy, arrested and imprisoned for twenty years. Now living in Dharamsala, he has written his memoir as much as a tribute to the courage and sacrifices of many who gave their lives for the cause of freedom as a testimony to the unspeakable bestiality the still characterizes many aspects of the Chinese rule today.

**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.

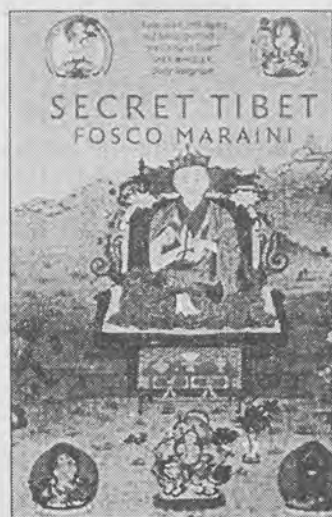
**REINVENTING THE WHEEL: A Buddhist Response to the Information Age** by Peter Herschok. 320 pp. #REWH \$16.95

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., now in paperback! #SEPALA \$14.95

"Lively and vastly entertaining, Hilton has seen and participated in one of the final moments of a lost Tibet."—*Boston Sunday Globe*

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. 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.



**SECRET TIBET** by Fosco Maraini. 448 pp., 66 pages of b&w photos & maps. #SETI \$16.00

This is one of the few detailed, intelligent and lyrical portraits of pre-Chinese Tibet. It contains many pages of photographs of a Tibet now lost to view. This Italian author's encounter with the people, from princesses to peasants, was aided by a good knowledge of the language and is a true meeting of minds.

**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 (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.

**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 7th century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet; provides the basis for understanding the Sino-Tibetan conflict and its importance among the broader issues of Asian politics.

**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, b&w photos, a description of Tibetan print seals, and a comprehensive bibliography.



**TIBET SINCE 1950: Silence, Prison or Exile** in collaboration with Human Rights Watch. 200 pp., 9 x 12", 80 color, 60 duotone photos. #TISI50 \$40 cloth

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 NATION: A History of Tibetan Nationalism and Sino-Tibetan Relations** by Warren W. Smith, Jr. 733 pp. #TINA \$39

"A monumental political history of Tibet, which 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. 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.

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

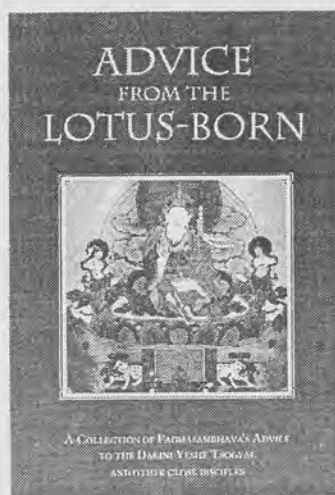
TRIGG in Tibet is a series of topical cartoons from The Hongkong Standard, a daily newspaper. The creator of the series uses satire, barbed humor, symbolism—any device at hand to express the concern about Chinese oppression in Tibet. The result is a cartoon book with a social conscience.

**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 and author of *The Year of the Gorilla*, *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 in the vast and remote Tibetan steppe. This is the first detailed look at its natural history.

## GENERAL TIBETAN BUDDHISM



**ADVICE FROM THE LOTUS-BORN: A Collection of Padmasambhava's Advice to the Dakini Yeshe Tsogyal and Other Close Disciples** intro. by H.E. Tulku Urgyen Rinpoche. 184 pp. #ADLOBO \$18.00

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, Rigzin Godem, and Chokgyur Lingpa. This advice is meant to be practiced in all circumstances.

**THE ALCHEMICAL BUDDHA: Introducing the Psychology of Buddhist Tantra** by Rob Preece, fore. by Stephen Batchelor. 265 pp., line drawings. #ALBU \$19.95

A meditation teacher, thangka painter, and instructor at Sharpham College for Buddhist Studies, Preece offers insight into the nature of Buddhist Tantra, exploring a psychological perspective that draws on Jung's knowledge of alchemy to clarify the meaning behind what can often be obscure within the Tantric tradition.

"The Alchemical Buddha succeeds in clarifying the nature of tantric practice."—Stephen Batchelor

**ALTRUISM AND REALITY** by Paul Williams. 288 pp., cloth. #ALRE \$55.00

Interprets the 8th and 9th 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.

**AMONG TIBETAN TEXTS: History and Literature of the Himalayan Plateau**

by E. Gene Smith. 352 pp. #AMTITE \$39.95 cloth

"Smith opened more doors to Tibetan Buddhism than any scholar of the 20th century. These essays are the keys."—Prof. Donald Lopez

"So valuable as to be priceless."—Prof. Jeffrey Hopkins, author of *Cultivating Compassion*

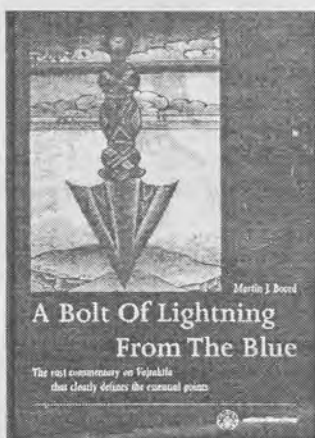
"Astonishingly encyclopedic knowledge.... a pleasure to read."—Stephan V. Beyer, author of *The Cult of Tara*





## A BOLT OF LIGHTNING FROM THE BLUE: The Vast Commentary on Vajrakila

Beginning with Sanskrit sources that explain the development of kila lore on the southern side of the Himalayan divide, the discussion then presents Tibetan texts that show how this lore was assimilated in the north. Included are two short tantras of Vajrakila and a full translation of the most important commentary on kila rites and their practice for enlightenment. Composed by Padmasambhava, Vimalamitra and Shilamanju, this remarkable text marks the very origin of the tantric cult of the wrathful deity Vajrakila.



### 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."—Tulku Urgyen

### AS IT IS: Volume 2

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

"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

### ASCERTAINING CERTAINTY ABOUT THE VIEW

by Khenpo Tsultrim Gyamtso Rinpoche, fore. by Khenchen Thrangu Rinpoche. 272 pp. #ASCEVI \$15.95

Detailed line by line commentary on the 7th chapter of the 3rd section of Jamgon Kongtrul Lodro Thaye's *Treasury of Knowledge* which covers 7 points on gaining certainty of the correct view, explained from the perspective of the different Buddhist schools. Included are Jamgon Kongtrul's root verses and his commentary along with several songs by Khenpo Tsultrim and Milarepa on the views of the different schools.

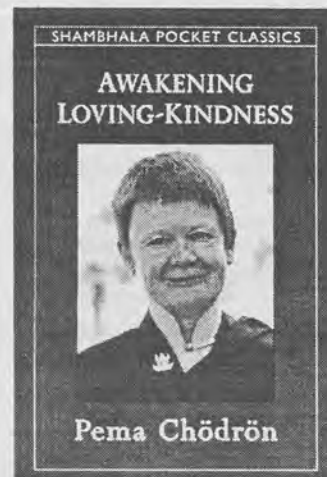


### ATISHA'S LAMP FOR THE PATH TO ENLIGHTENMENT

by Geshe Sonam Rinchen, translated and edited by Ruth Sonam. 217 pp., includes Tibetan text. #ATLA \$12.95

Atisha's coming to Tibet initiated the period of the "second transmission" of Buddhism, formative for the Sakya, Kagyu and Gelug traditions. Atisha's most celebrated text sets forth the entire Buddhist path within the framework of 3 levels of motivation on the part of the practitioner. Atisha's text thus became the source of the lamrim, or graduated path to enlightenment. Draws out Atisha's meaning with warmth and wit.

"...well-written and edited"—*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 \$15.95

An accessible interpretation of basic Buddhist teachings and an unassuming introduction to Dzogchen. Surya Das begins with the claim that "we are all Buddhas" and outlines the path to "awaken the Buddha within." Peppered with stories from the author's experience, this enjoyable book is 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 in Lhasa, taught in London for 7 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.



### BEAUTIFUL SONG OF MARPA THE TRANSLATOR

by Khenpo Tsultrim Gyamtso Rinpoche. 125 pp., glossary, bibliography, index. #BESOMA \$13.95

Gives a lucid explanation of the clear light nature of mind and how to meditate on it, how to develop compassion, and the practice of tonglen. He explains Milarepa's expression of the view, meditation, conduct and



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

by Lama Thubten Yeshe. 224 pp. #BLNFI \$16.95

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 yogas and the foundation 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.

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

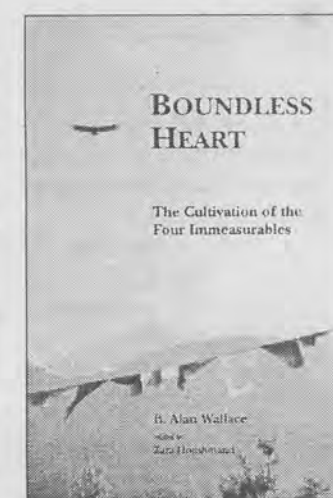
by Per Kvaerne. 155 pp., 8.5 x 12", 79 color illustrations, line drawings. #BORETI \$65.00

(See "Art & Photography.")

### BOUNDLESS HEALING: Meditation Exercises to Enlighten the Mind and Heal the Body

by Tulku Thondup, fore. by Daniel Goleman. 224 pp., 10 line drawings. #BOHEA \$14.95 cloth

Offers simple meditation techniques that will awaken healing energies in the body and mind. Offers ways to employ the healing powers of positive images, words, feelings and belief; detailed instruction for healing meditations that can be done as part of a 12-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 the 4 qualities of loving kindness, compassion, empathetic joy, and equanimity is the indispensable foundation for realizing bodhicitta, the spirit of awakening that inspires Vajrayana practice. Draws on early Buddhist sources and contemporary oral tradition to present accessible meditations on the 4 immeasurables, with instructions on meditative quiescence. These teachings were originally offered during a group retreat and include lively discussions with the participants.

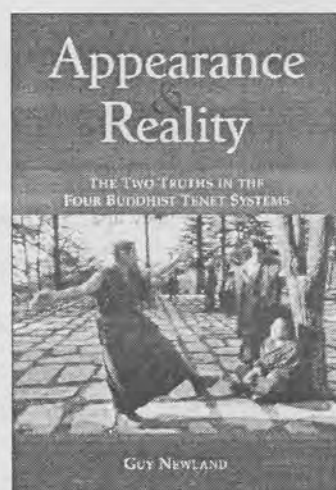
"Inspiring."—John Tighe, Ph.D., for *Explorations*



### ANGER: Wisdom for Cooling the Flames

by Thich Nhat Hanh, read by Ken McLeod. 227 pp. #ANGER \$23.95 cloth

Offers a fresh perspective on anger, suggesting techniques and practical advice to transform anger and bring healing to all areas and relationships in our lives.



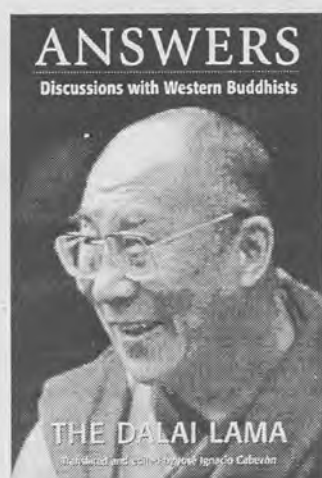
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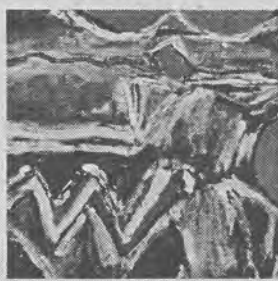
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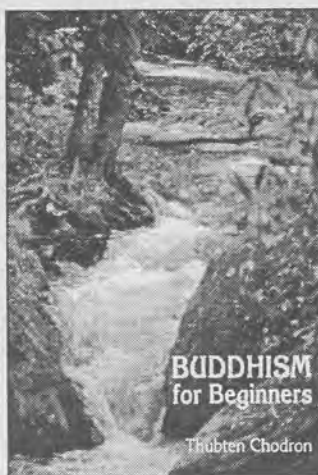
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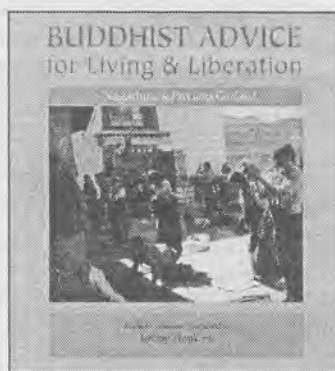
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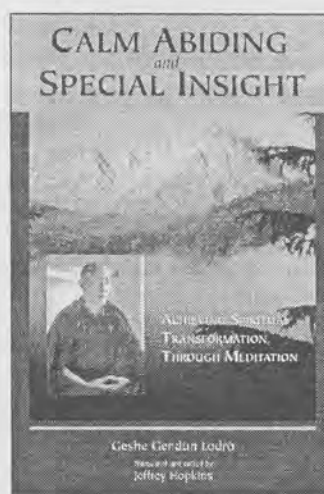
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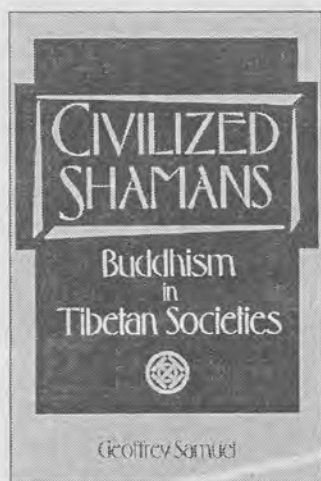
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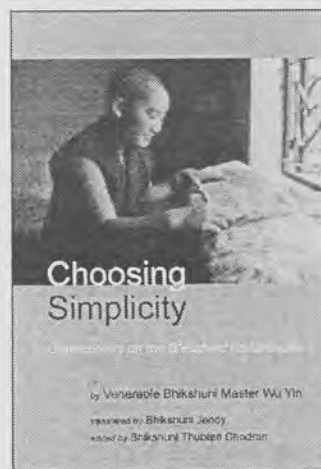


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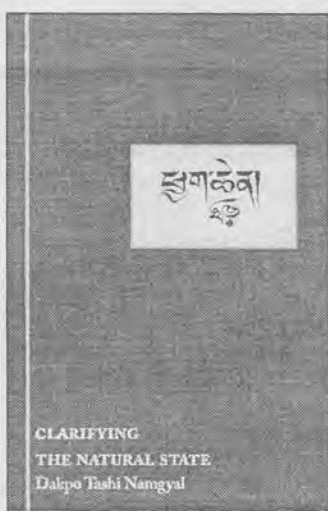
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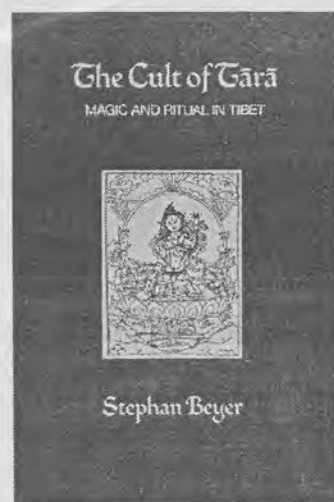
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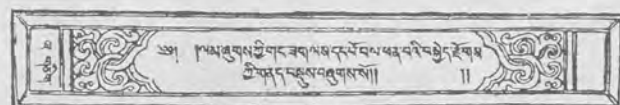
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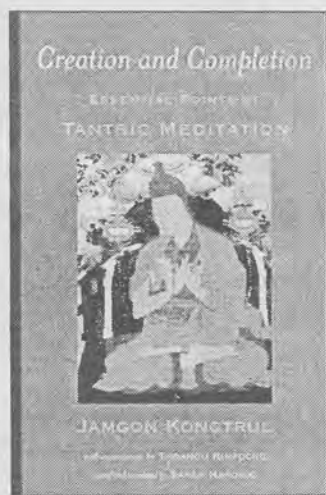


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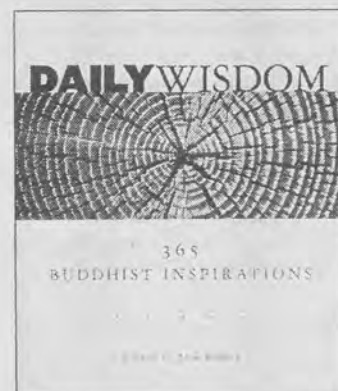
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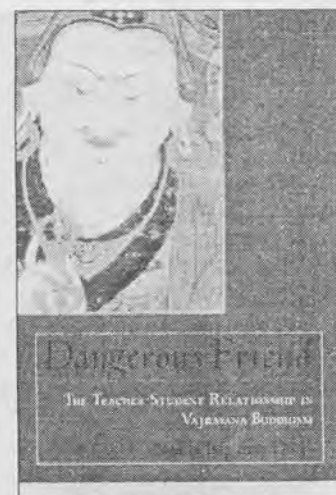
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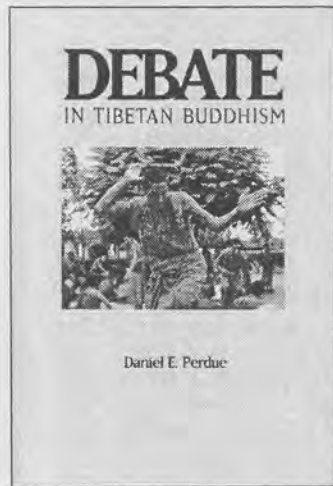




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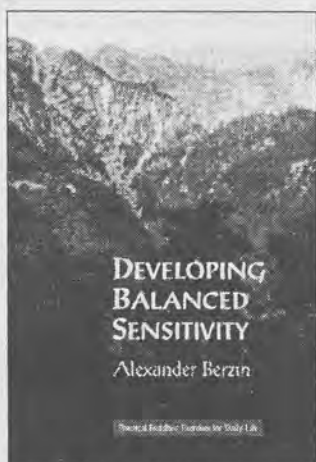
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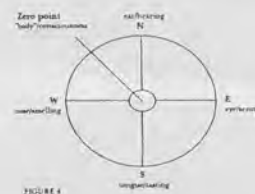
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After an account of Saraha's life and a discussion of the trilogy of songs that make up his writings, Guenther explains wholeness, body and complexity—concepts essential to understanding the songs. The Indian source material is supplemented with references to the Dzogchen Nyingthig teaching. Includes an annotated translation of Saraha's *Three Cycles of Doha*.

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## EMPTINESS YOGA: The Tibetan Middle Way

by Jeffrey Hopkins. 504 pp.  
#EMYOP \$22.95 paper  
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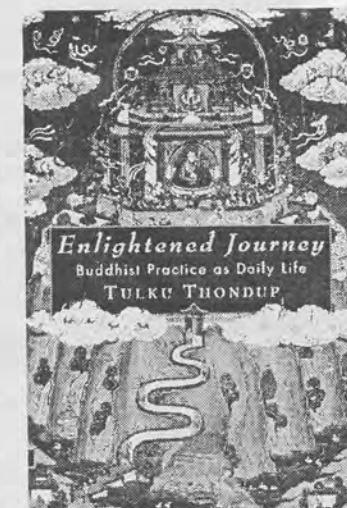
An absorbing exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Prof. Hopkins—considered by many as the foremost Western authority on Tibetan Buddhism. His presentation is based on Jang-gya's famous work—the original and translation are included. The reasonings used to analyze persons and phenomena to establish their true mode of existence are discussed in the context of meditative practice. Includes a masterful treatment of the compatibility of emptiness and dependent-arising. Will be greatly appreciated by both beginners and advanced students for its immediacy and precision.

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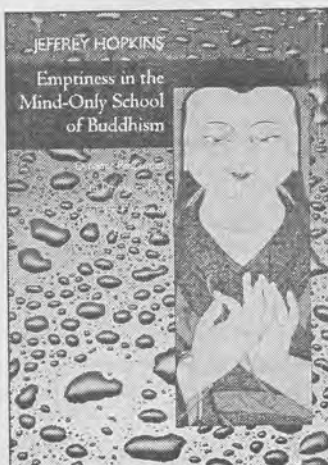
A short anthology of translated writings that offers advice on applying Buddhist teachings to daily life. It includes works from Patrul Rinpoche, Jigme Lingpa and others.

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## ENTHRONEMENT

*The Recognition of the Reincarnate Masters of Tibet and the Himalayas*



JAMGON KONGTRUL LODRÖ TAYÉ  
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Khenchen Thrangu is currently tutor to H.H. the 17th Gyalwa Karmapa, and he teaches extensively in Asia, Europe, and North America.

## EVERYDAY CONSCIOUSNESS AND BUDDHA-AWAKENING



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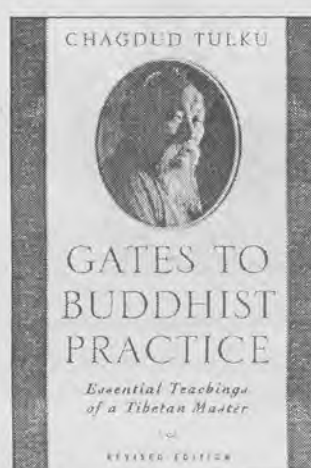
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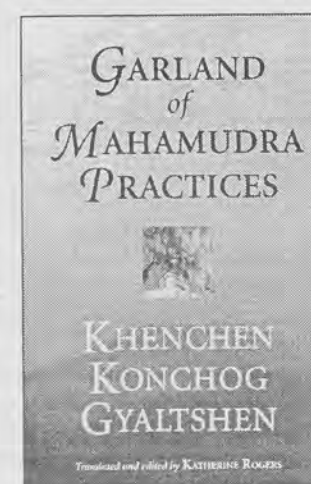
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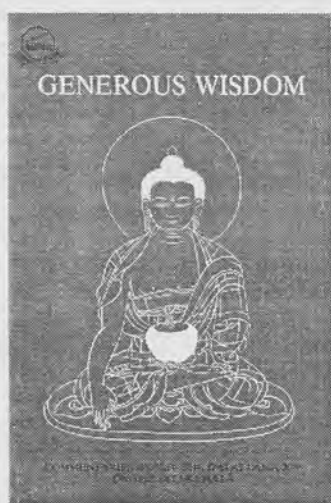
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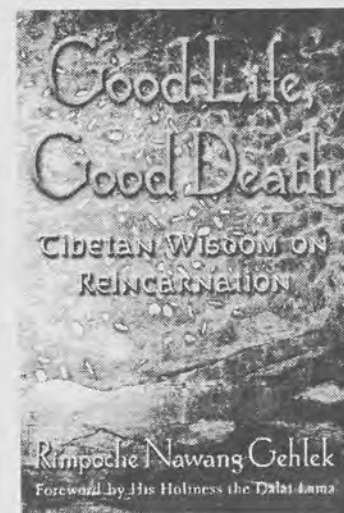
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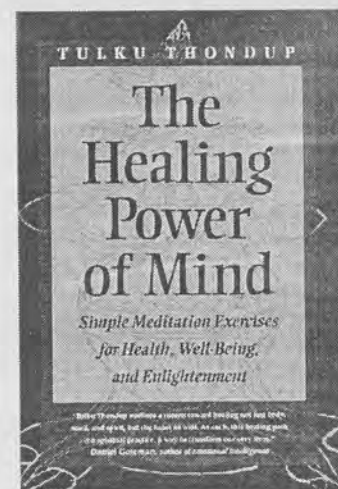
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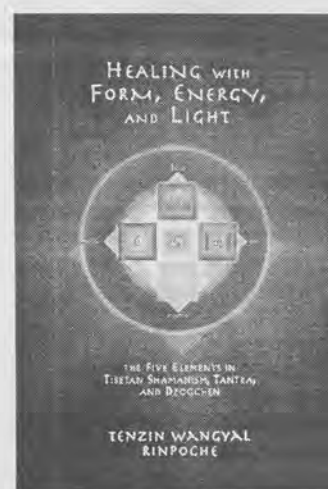
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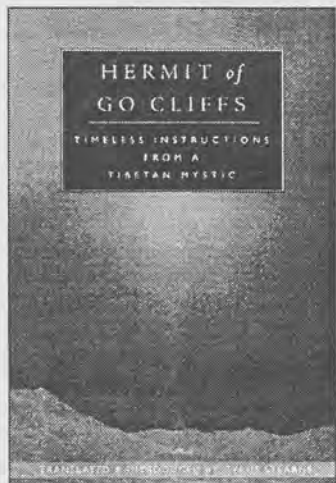


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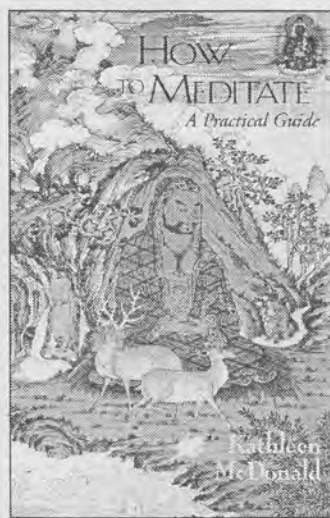
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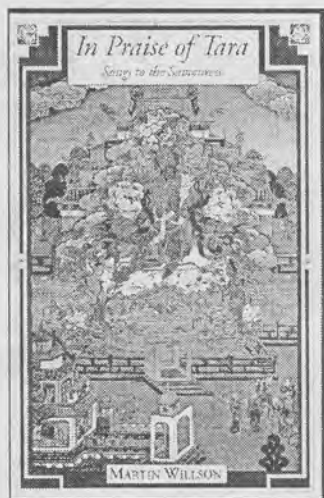
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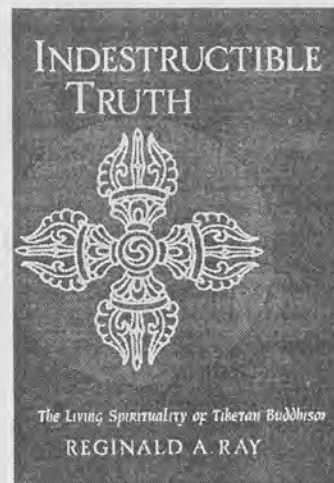


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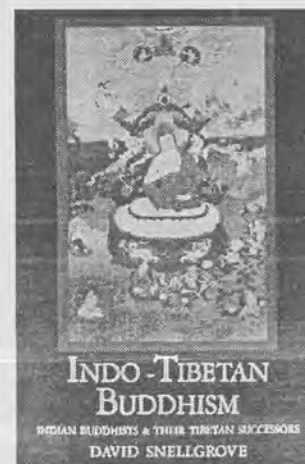
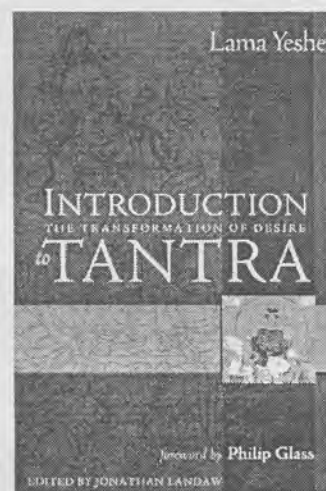
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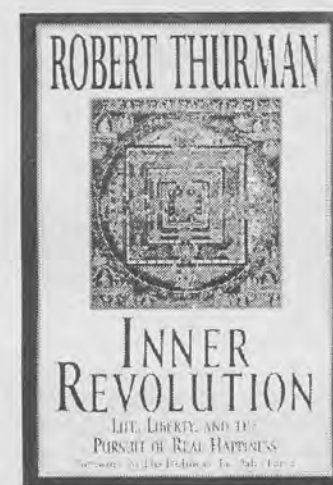
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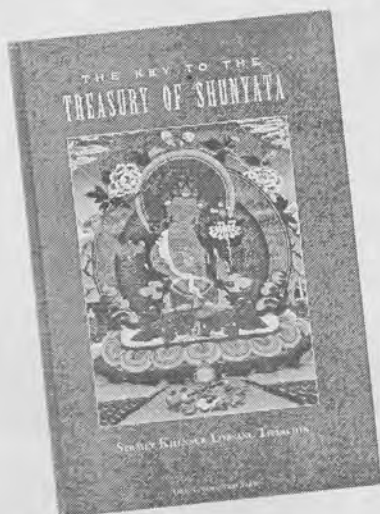
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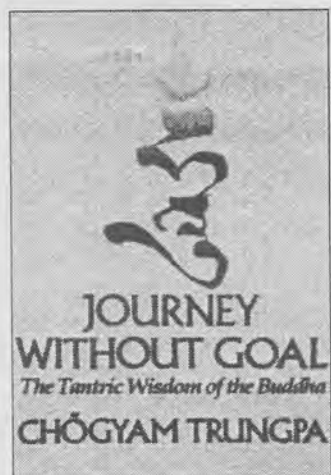
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