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NEWSLETTER & CATALOG

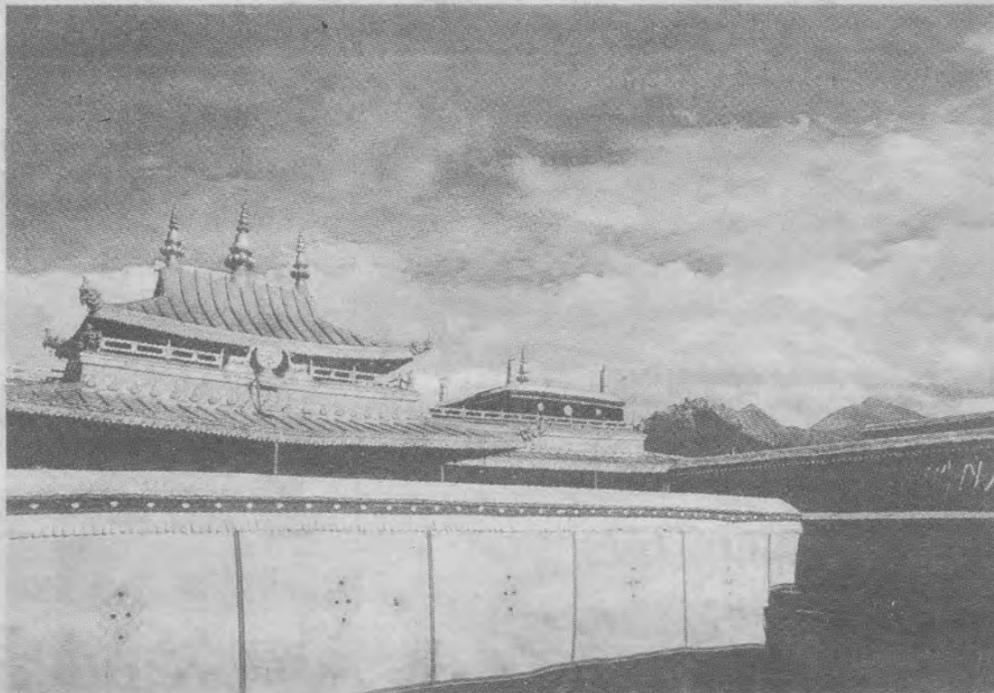
SNOW LION PUBLICATIONS

PO BOX 6483, ITHACA, NY 14851, (607)-273-8506

FALL 87 NEWSLETTER & CATALOG

SNOW LION STORE

Snow Lion is pleased to announce the opening of a bookstore containing Tibetan art and books. We are now offering a number of items that are best displayed in a store environment—thangkas, rugs, statues, and other practice materials such as malas, damarus, skull cups, etc. are now available. We are open to the public weekdays and Saturdays (until the end of the year). We want to give you the opportunity to see the many items that we sell, so please stop by if you are in the area. The store is located at 110 N. Geneva, Ithaca, NY 14850. If you would like to let us know that you are coming you may call us for an appointment at 607-273-8506.



Jokhang Cathedral

TIBETAN CULTURAL CENTER

The Tibetan Cultural Center has been established on a 20-acre site in Bloomington, Indiana. A traditional Tibetan chorten was dedicated in a ceremony at the site on June 6, 1987. It stands as a monument not only to the cause of the Tibetans, but to all people who seek world peace and justice. The Tibetan Cultural Center plans to develop the site to include a library, visitors center, gardens, a museum and an assembly hall.

The Tibet Society, an organization formed to preserve Tibet's cultural heritage, will establish its new home at The Tibetan Cultural Center. The Tibet Society celebrates its 20th anniversary in September, 1987. It sponsors charitable, cultural and educational activities that are intended to aid and preserve Tibet's cultural heritage. Special support is given to the study and publication of works on Tibet and Tibetans.

The visit of His Holiness the Dalai Lama to The Tibetan Cultural Center on September 24 and 25, 1987 commemorated the anniversary. His blessings of international understanding and peace bring promise of fulfillment to both The Tibet Society and The Tibetan Cultural Center in their mission to preserve Tibetan culture. Your participation in achieving this goal is most sincerely appreciated.

One ounce silver coins, with snow lion, mountains and river on one side and a chorten on the reverse side will be available from The Tibetan Cultural Center for \$50 each. Proceeds go toward the development of the Center. All coins are numbered and the first (1) was presented to His Holiness during his visit in September.

For further information please contact: The Tibetan Cultural Center, P.O. Box 2581, Bloomington, IN 47402.

BULLETIN

CHINESE EXECUTE TIBETANS IN RESPONSE TO DALAI LAMAS' PEACE PLAN

Three days after His Holiness the Dalai Lama presented his 5-point plan for peace in Tibet and the region to the Human Rights Caucus on Capitol Hill, Chinese authorities in Lhasa began executions of Tibetan nationalists. Kelsang Tashi was executed on Sept. 24th, Sonam Gyeltsen the next day and another activist, Migmar Tashi, was sentenced to death. Scores of Tibetan monks and laymen have been imprisoned since Sept. 24th during massive demonstrations involving thousands for Tibetan independence, and at least six Tibetans have

been killed in Lhasa.

Tibetan exiles and American friends of Tibet are calling on U.S. leaders to act to halt further executions and arrests, according to the U.S. Tibet Committee, a human rights organization. Directors of the group urge Americans to contact their Senators and Representatives in Congress to help the people of Tibet in their time of crisis, for an update or information on how you can help, please contact the U.S. Tibet Committee, 107 E. 31st St., New York, NY 10016, (212)-213-5010.

Additional stories on pages 8-12

A TIBETAN UNIVERSITY

A New Role for Tibetans

Tibet's literary, religious, philosophical, medical and artistic legacy spans 2,100 years of our recorded history. While efforts to develop her people's rich heritage will continue, the chang-

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ing world now demands a new dimension to their endeavors. They must be more than just a successful refugee group limited to the preservation of its culture.

Tibetans feel the need to be full participants in the global community, at home in the modern world. They wish not only to benefit from developments in economics, science, and politics, but, in their own way, to contribute towards a better world. In this context, they believe that their capabilities must be brought to their fullest potential. Education must play the principal role in their transformation. Thus, they feel the urgency to organize a modern university.

Their network of schools, cultural institutions and religious centers will provide many of the resources required for the development of the new university. Most

important of all, the personal encouragement and leadership given by His Holiness the Dalai Lama will be the greatest asset in ensuring the success of this endeavor.

Since the early 1960's a select number of Tibetan students have entered universities in India, Europe, Japan, and North America. While no Tibetans have been denied entry into institutions of higher education, the prohibitive costs in the West, combined with the lack of resources, have discouraged many others who had wished to pursue higher education. The Tibet Fund in New York has been able to assist four students in the U.S. It urgently needs funds to continue supporting these students.

A Tibetan university will naturally encourage and assist young Tibetans to continue their higher education. It is also likely that this university will cater to the entire Himalayan region, which has much in common with Tibetan culture, and whose students and scholars already attend many of the Tibetan educational, cultural and religious institutions in India.

It is also likely that the university will attract scholars and students from around the world, particularly from "Buddhist" and Central Asian countries that have ancient ties with Tibet.

The University's Features

The Tibetan University will have at least three main aspects to its character:

1. A center for Tibetan studies including language, history, literature, and the Tibetan arts and sciences.

2. A liberal arts institution. Undergraduates will receive a solid foundation in the arts, humanities and basic sciences.

3. Research and scholarship, including inter-religious dialogue and an ongoing exchange between Western cognitive science and the Buddhist sciences of the mind.

Since the basic thrust of this university is to uplift the Tibetan people, there must be a practical dimension to our work. Currently, our most important needs are:

1. Education: Primary and secondary school teachers.

2. Health: Doctors, nurses, and health-workers.

3. Economics: Business graduates, managers.

For further information, contact the Office of Tibet, 107 E. 31st, NY, NY 10016. (212) 213-5010.

A FANTASTIC NIGHT IN OLD LHASA

Among the most popular star-studded events offered by the Newark Museum! Andre Gregory, Susan Sarandon, Brooke Shields, Richard Avedon, Phillip Glass, Princess Yangchen of Sikkim, George Plimpton along with Honorary Chairpersons of the event—Richard Gere, Rinchen Dharlo and Millicent Fenwick—will be mingling with the guests. Come and enjoy the Tibetan

buffet, champagne and deserts, Tibetan folk music and dance, divinations, video presentations and previews of the new installation of the Tibetan collection. Sunday evening, November 1 at The Newark Museum from 5:30 to 9:00. The event benefits both Tibet House in NYC and for the Museum. Fee is \$100 per person. Call 201-596-6550 for details.

KTD NEWS

KTD is sponsoring the following events:

October 30-November 1: Anniversary of H.H. XVIth Karmapa.

November 13-15: Meditation Weekend by Ven. Khenpo Karthar Rinpoche

November 26-29: H.E. Tai Situ Rinpoche visits KTD, Nov 26-White Tara Empowerment

Nov 28: Karma Pakshi Empowerment

Nov 27-29: Four Sessions of Guru Yoga

December 4-6: NYUNG-NE, Full moon fasting ritual

December 26-January 3: H.E. Jamgon Kongtrul Rinpoche visits KTD; Dec 26-Gampopa Empowerment; Dec 26-Jan 3: Showing the Essence.

KARMA TRIYANA DHARMA MACHAKRA is located at 352 Meads Mountain Road, Woodstock, New York 12498, (914) 679-5906. Call or write for further information.



Khenpo Karthar Rinpoche

SOGYAL RINPOCHE

Sogyal Rinpoche, incarnate Lama, scholar and meditation master was born in Tibet and raised by Jamyang Khyentse Chokyi Lodro, one of the greatest Buddhist masters of this century. After the death of his master, he studied extensively with H.H. Dudjom Rinpoche and H.H. Dilgo Khyentse Rinpoche. He also studied English and philosophy in India and came to the West to continue his education at Trinity College, Cambridge University.

In his early childhood, Sogyal Rinpoche was recognized as the incarnation of Tertön Sogyal, a renowned scholar and mystic who had been the personal friend and Lama of the 13th Dalai Lama.

Encouraged by H.H. Dudjom Rinpoche, Sogyal Rinpoche has lived and taught in the West for fifteen years. He has participated in major conferences and projects with scientists, psychologists and healers in England, France and the USA. He has taken a special interest in making the traditional Tibetan Buddhist teachings on death and dying available to the medical professionals and the hospice community. Sogyal Rinpoche also uses more traditional means, formal and informal to transmit the entire practice and teaching of the Buddhadharmas to his Western students. His approach is that of the Dzogchen tradition.

Dzogchen describes the primordial experience. It is the absolute state of reality which is intrinsic to our nature and is perfect. It is neither good nor bad, pure nor impure, wisdom nor confusion. We have lost the knowledge of who we really are. Freedom comes from understanding and knowing who you are, by recognizing our absolute nature.

Just as each variety of flower in a garden has its own unique function and beauty, so do dif-



Sogyal Rinpoche

ferent teachers come to be known for the particular outstanding qualities of their teaching. It is said that Sogyal Rinpoche's special teaching quality is his ability to convey to his students the *feeling* of practice.

Sogyal Rinpoche has founded Dharma centers in Britain, France, Germany and the US. He teaches widely in Europe, America, Australia and New Zealand. Sogyal Rinpoche will be lecturing on "Healing and Transformation" in NYC on Nov. 5th and 6th. Contact: Linda Solomon, 212-595-6543. He will be leading a working retreat in the San Francisco area between

November 7th & 19th, 1987. A full-time retreat is planned for November 20th through 30th. The topic of the SFC retreats is "Finding the Heart's Rest". For further information on the working retreat, contact: Susan Oliver, 415-527-7195. On the full retreat, contact: Rigpa Fellowship, PO Box 7326, Santa Cruz, CA 95061, 408-688-2208.

In Europe, please contact: Rigpa Fellowship, 44 St. Paul's Crescent, London NW1 9TN England, 01-485-4342.



DHARMA FRIENDSHIP FOUNDATION

The Dharma Friendship Foundation is a non-profit educational and religious foundation. Its purpose has been to provide educational opportunities through public lectures, seminars, etc. on Buddhist philosophy, psychology, ethics, logic, and cognitive sciences, and for that purpose to bring highly qualified teachers to Seattle. The religious purpose is the preservation of the written, oral and meditative traditions of Mahayana Buddhism. Membership in D.F.F. is open to anyone

among Tibetans for his deep experience of the "stages of the path" or Lamrim practices, hence his nickname Gen Lamrimpa. A close disciple of H.H., the Dalai Lama, he has also become accomplished in the practice of Samadhi (mental stabilization) and "Tumo" (psychic heat), as well as other tantric meditations. In January 1986, H.H. the Dalai Lama chose Gen Lamrimpa to lead a Kalachakra retreat for Western students; and since then he has begun teaching Westerners



Ven. Gen Lamrimpa and Alan Wallace

who is interested in joining.

Alan Wallace, spiritual director, began his studies of the Tibetan language and Buddhism in 1970 in West Germany. He spent the next ten years studying Buddhist philosophy and meditation with many Tibetan scholars and contemplatives in India and Switzerland. Since 1976, he has served as interpreter for many lamas in Europe, India, and North America and gained much experience in teaching. He was Senior Western monk at Tharpa Choeling Monastery in Switzerland, teaching Tibetan language, philosophy, and meditation to students and monks practicing there. From 1980 to 1984, he devoted himself to a series of extended contemplative retreats in India, Sri Lanka, and North America. He has recently completed his degree in Physics at Amherst College, and his thesis will soon be published in two books.

The Dharma Friendship Foundation is pleased to announce the arrival of the Venerable Gen Lamrimpa. Gen Lamrimpa was born in Tibet in 1934. He was ordained in Tibet and escaped in 1959. During the 1960's he lived in Northern India, training in both Sutras and the Tantras. Since 1971 he has been living in meditative solitude in the mountains high above Dharamsala. There he has gained a reputation

in Dharamsala. These teachings have been exceptionally well received.

The Dharma Friendship Foundation supports a retreat center. Applications are currently being accepted for a year-long retreat to begin in January of 1988, and for a three month retreat to begin at the same time. The major focus of these retreats will be the cultivation of mental stability and lucidity in the practice of Shamata. They will be given under the guidance of Ven. Gen Lamrimpa. There are shorter weekend and week-long retreats also available. For further information, call Anna at (206) 524-2521.

Anyone wishing to contribute to the Dharma Friendship Foundation's fund for Gen Lamrimpa's continued financial support, can mail a donation to: Dharma Friendship Foundation, 4945 145th Ave. SE, Bellevue, WA 98006.



NEWS & PROFILES

KUNSANG ODSAL PALYUL
CHANGCHUB CHOELINGTHE WORLD PRAYER
CENTER

Of the many lineages which have come to the West, the Palyul lineage is one of the most recent and least known. Palyul was one of six major monasteries of the Nyingma and was the practice site of many great bodhisattvas: both the practice cave of Yeshe Tsogyal and the Sangdag Secret Accomplishment cave of Padmasambhava are found there. Many images of Vajrapani and the syllable Hung are found imprinted in the rocks around the monastery.

In 1665 E.E the first dharma king of Dege invited Vidyadhara Kunzang Sherab, (b. 1636 C.E.), the dharma regent of both Karma Chagme Rinpoche and Tertön Migyur Dorje as well as the owner of numerous termas, to head Palyul Namgal Changchub Choeling, a newly constructed monastery. Having received the title of Vajra Acharya from Tertön Migyur Dorje as well as his prophecy that "this monastery... will become an exhaustless source of dharma, propagating the Nyingma doctrine," Kunzang Sherab took charge of the monastery. In this endeavor, he was assisted by his sister, Genyenma Ahkon Lhamo, who was also a direct student of Migyur Dorje.

With the passage of time, the lineage continued to flourish and prosper. The main monastery grew to house over 800 monks while the total number of monks practicing in branch monasteries and retreat centers numbered over 100,000. At the time of the destruction of the monastery and community by the Communist Chinese in 1959, His Holiness Padma Norbu (Penor) Rinpoche, the eleventh throneholder of the Palyul lineage, managed to escape to India with only twelve followers. Here he began the arduous process of building a new monastery.

On the other side of the globe: In Washington, D.C., in the summer of 1982 a group of twelve people began to meet once a week in order to pray for the world. They were not affiliated with any particular religion or tradition but were united only by their desire to be of service and the belief that they could somehow be effective. At their request, Catharine Burroughs began to lead the group and give regular teachings in meditation and contemplative prayer. By the next spring, several more classes had begun.

Through an amazing set of circumstances, the business manager of Palyul Namdroling monastery, Kunzang Lama, visited the Center in the Fall of 1984. As a result scores of young monks and refugee children received sponsorship by Center members and area residents. The Center also began to sell Tibetan carpets made at the monastery. This marked the beginning of their relationship with Palyul Namdroling and H.H. Penor Rinpoche.

The next spring, His Holiness accepted an invitation for his first visit to the West and included a short visit to Washington. During that time Rinpoche talked with the teachers and members of the Center and found that in philosophical outlook and in much of their practice,



H.H. Penor Rinpoche

they already adhered to the essence of the Buddhas' teaching: compassion for all life and meditation on the essential transcendent nature of all phenomena. After that visit, the teachings and practices of the group became totally Buddhist as this system so perfectly fit the goals and aspirations of the Center as well as its members. Shortly thereafter, several other prominent Nyingma lamas came to give further teachings which deepened ties to traditional Dharma and particularly to the Nyingma school. In the meantime the membership and activities continued to grow until a large facility was purchased in 1985.

Located just outside of Washington, D.C. and situated on eight acres surrounded by state parks and forests, the center is a beautiful place for practice and study of Dharma.

In the spring of 1987, Catherine and Michael Burroughs visited H.H. Penor Rinpoche at the monastery in South India. During that visit, he formally accepted the center as a Palyul dharma center and gave it the name Kunzang Odsal Palyul Changchub Choling, the Fully Awakened Glorious Dharma Place of Absolute Clear Light. At that time, His Holiness also recognized Catherine as the incarnation of Gen-yenma Ahkon Lhamo. He stated that during that lifetime, Ahkon Lhamo was recognized as a primordial wisdom dakini who demonstrated many miraculous signs of accomplishment and was still known throughout Kham. Thus, Catherine became the first Western female tulku.

As the first Western Palyul Dharma center, Palyul Changchub Choling is the sight of His Holiness' throne and the seat of the Palyul lineage in the West. While Jetsunma continues to be the main teacher, other lamas

such as the Ven. Gyaltrul Rinpoche and the Ven. Khenpo Rinpoches Palden Sherab and Tsewang Dongyal continue to visit regularly, giving teachings, empowerments, and transmissions.

At the heart of the center's activities is the maintenance of a round-the-clock vigil of prayer and meditation for the earth. The members have been continuously practicing in two-hour shifts since April of 1985. Jetsunma has stated, "Our commitment is to do all that we can for the upliftment of all life and the liberation of minds and hearts from the ravages of anger, greed, and delusion. We believe that this must be the foundation of any real change or lasting peace on this earth. We will continue this vigil until that goal is achieved. The doors to the prayer room will always remain open to anyone who shares in this commitment."

In the summer of 1988, H.H. Penor Rinpoche will return to America for an extended tour. At that time he will visit Ven Gyaltrul Rinpoche's temple, Tashi Choeling, in Ashland, Oregon to give the Nyingma Kama empowerments and transmissions. In the fall, he will visit Palyul Changchub choeling outside of Washington, D.C. to give the empowerments of the *Rinchen Terdzod*, a collection of all the major revelations which the Padmasambhava left in Tibet. This will be first time the *Rinchen Terdzod* has been given in the west and it is also the first time His Holiness has given this teaching in this lifetime. Those interested in attending the Rinchen Terdzod should contact P.C.C.

At the request of H.H. Penor Rinpoche, the history of the Palyul lineage in Tibet and India was written down and translated. Snow Lion will soon publish *A Garland of Immortal Wish-Ful-*



H.H. Gyalwang Drugchen

DRUKPA KARGYU

The Kargyu tradition has a rich heritage with the variety and scope offered by various lineages. The Drukpa Kargyud lineage, like the other Kargyud lineages traces its origins to the great Indian saint Tilopa, and his foremost disciple Naropa. It was in the eleventh century that the renowned Tibetan translator, Marpa undertook three arduous journeys to India. During the years he spent there, studying and meditating under various gurus, notably Naropa and Maitripa, he translated the main corpus of the texts which form the common heritage of the entire Kagyu family.

The name of the Drukpa Kargyud lineage traces its origins to Tsangpa Gyarae Yeshe Dorje (1161-1211 A.D.), the first Gyalwang Drugchen Rinpoche. Tsangpa Gyarae was born covered completely by a membrane and his mother, terrified at seeing this, left him, as he was, a distance from her home. It is said that a vulture, an emanation of a deity, came down and

protected the baby under its widespread wings. Subsequent to his birth, the child was discovered and taken care of by some saints. News of his miraculous birth spread far and wide and people flocked to his abode for his blessing.

While yet very young, Tsangpa Gyarae was in the habit of gathering children around him. He would set himself upon a rock in their midst and teach them the Dharma. Instructed by Dakinis to do so, he traveled to Tsari and made this hidden and exceptionally sacred place in Tibet accessible to all. Ever since, this mountain has become a major converging point for spiritual seekers. It was only in the later part of his life that he established his first monastery. This is called "Namdrug" (Sky dragon) because when Tsangpa Gyarae arrived at the site nine dragons flew up into the sky with a roar. Numerous other auspicious signs manifested, encouraging his guru Ling Gyre Raepato to instruct him to propagate the lineage of the Glorious Drukpa Kargyu.

Many of the Gyalwang Drugchen were famous for their scholarship; notably the 4th, whose collected works comprise 25 volumes and form a main corpus of the entire Kargyud tradition, and the 6th, who was known for his ability to defeat the greatest scholars of his time in philosophical debate at the three great universities of Sera, Drepung and Gaden.

The 11th Gyalwang Drugchen, Tenzin Kyenrab Geleg Wangpo, died at the very early age of 30 in Buxa, in West Bengal, after the hardships encountered on his flight from Tibet. On his deathbed His Holiness agreed to reincarnate soon. Six years later, after an intensive search the 12th Gyalwang Drugchen, Jigme Pema Wangchen, was found.

From the very beginning of his life, the young 12th Gyalwang Drugchen, Jigme Pema Wangchen, evinced loving kindness

filling Trees. This is a complete account of the lives of the eleven throne holders plus other lamas, such as Karma Chegmed and Migyur Dorje who have contributed to the founding and flourishing of the Palyul lineage. The stories of the dedication, perseverance and miraculous accomplishments of great bodhisattvas are very inspiring to those endeavoring to establish Dharma in the East. This long overdue account of one of the major lineages of the Nyingmapa school will be welcomed by practitioner and scholars alike.

Those interested in the activities of Palyul Changchub Choeling or the Rinchen Terdzod should write to the office at 18400 River Road, Poolesville, Maryland 20837 or call (301) 428-8116. Those interested in the Nyingma Kama teachings, should contact Tashi Choeling directly at 1900 Star Route, Hornbrook, California, 96044.

and compassion towards the smallest insect he saw. At the age of three, one day he told his mother to make preparation for some guests he said were coming. Later that day, he recognized his estate manager and attendants who had come looking for him. He was recognized by H.H. the Dalai Lama and was ritually enthroned as the Head of the Drukpa Kargyud School of Mahayana Buddhism.

The Drukpa Kargyud Association hopes that benefactors will help with the many dharma and social welfare projects it has undertaken. Some of these are listed below.

(1) A Destitute Home has been running at the monastic community in Darjeeling for quite a few years. Food, clothing, accommodation and free schooling are provided. Eighty children now attend with the hopes of welcoming many more. Plans to open a school in Ladakh are also underway.

(2) Future plans include an Institute of higher studies on Buddhism. Aspects of modern education will be incorporated within the framework of Buddhist studies. Later, a Tibetan medicine center would be established. Medical facilities would also be provided.

(3) The Community has undertaken the massive task of restoring Buddhist texts and making them available for the benefit of all beings. The hope is to revive interest in Buddhism in countries not familiar with it and also to reinforce and strengthen it in the lives of those who are fortunate enough to follow this faith. The compilation and restoration of these precious texts is painstaking and time-consuming. These are particularly rare manuscripts of the Drukpa Kargyud tradition, preserved with utmost dedication by hand-copying through the centuries. There are many texts awaiting restoration and sponsorship and/or assistance is being solicited.

(4) The Drukpa Kargyud monasteries are presently located in Ladakh, Himachal Pradesh, Nepal, Sikkim and Bhutan, all of which are in great need of repairs, proper maintenance and support for the monks.

The success of the projects depends entirely upon the appreciation, understanding, involvement and generous response of interested individuals. Any contribution, however small, will be gratefully appreciated. Please write to: Drukpa Kargyud Association, Forest View Villa, West Point, Darjeeling, 734 101, West Bengal India.

DAUGHTERS OF THE BUDDHA

The membership in this worldwide association of Buddhist women is open to both ordained and lay people, women and men alike. Among its goals are: to work in harmony with the Buddhist Sanghas of all traditions and promote understanding among them; to improve the education, conduct and meditation practice of Buddhist women and train them as teachers of the Dharma; to research the Vinaya of the various traditions and introduce the *sramaneri*, *siksamani* and *bhikshuni* ordinations where they do not currently exist; to assist and train nuns and those who wish to



THE BUDDHIST PEACE FELLOWSHIP

The Buddhist Peace Fellowship was founded in 1978, as a network of individuals and local chapters, to bring a Buddhist perspective to the peace movement and to bring the peace movement to the Buddhist community. Buddhists of many traditions (as well as interested others) are joining together in the BPF to explore the possibilities of direct response to the suffering in the world caused by political, social, and ecological ignorance.

BPF has been active in alerting people to the genocide of the tribal Buddhists in the Chittagong Hill Tracts, Bangladesh; the unjust imprisonment of prominent monks and writers in Viet-

nam; and has served as a forum for a host of other causes, including protesting nuclear missiles, helping American Indians, and aiding refugees in the U.S. In its excellent quarterly newsletter and in chapter meetings, the Fellowship emphasizes "being peace" as the foundation for making peace. BPF chapter meetings serve as support groups for persons who want to maintain this essential meditative dimension in their work.

To join the Buddhist Peace Fellowship (\$15/year, includes a newsletter subscription) or for more information, please write BPF, PO Box 4650, Berkeley, CA 94704, 415-525-0101.

TIBETAN NUNS PROJECT

Tibetan nuns, though fewer than monks, have always been significant in the religious fabric of Tibetan society. Their serene monastic residences situated throughout Tibet, were the centers of spiritual advancement for Buddhist women for many centuries. These were almost all destroyed during the Chinese invasion. Recently, courageous women have set up new religious communities to maintain and continue their contemplative way of life. Their centers in India and Nepal grow stronger and applicants await the opportunity to join.

The Tibetan Nuns Project was started and is being coordinated by Ani Karma Lekshe Tsomo who is an American-born Buddhist nun who presently studies at the Buddhist School of Dialectics in Dharamsala, India. She created the first International Conference on Buddhist Nuns, held in February 1987 at Bodhgaya, India which was attended by hundreds of nuns.

Participation in the project will provide basic subsistence, education, and the necessary health and housing conditions for the spiritual practice of dedicated Tibetan women. Your support will permit aspirants to join the spiritual community. You

may make a general donation to the *Tibetan Nuns Project* or you may choose a specific nunnery (locations available upon enquiry).

There are two ways to contribute: (1) Send a check to *The Tibet Fund*, 107 East 31st St., New York, NY 10016. SPECIFY *Tibetan Nuns Project*. This is tax-deductible. (2) Send an International Money Order or personal check by registered mail to: Ani Karma Lekshe Tsomo, c/o Buddhist School of Dialectics, Dist. Kangra, H.P. 176 219 INDIA.

BURN VICTIM

The generous support of a benefactor here in the United States has made it possible for a Tibetan burn victim to travel to the United States to receive the special treatment desperately needed. Tsering Lhamo is a Tibetan woman who was severely burned in an electrical accident in a Tibetan refugee camp in India. She survived the ordeal in spite of burns over much of her body, but serious infection necessitated the amputation of both of her arms. Tsering is now being treated in the Shriners Burn Institute in Boston. She is 21 years old, married and has a baby son.

Tsering and her husband who accompanied her are now in Boston, where she will undergo several operations, which will be followed by weeks of therapy to train her in the use of her new artificial limbs. Their stay could be six months or more.

Any help for this burn victim and her husband will greatly be appreciated. Donations can be sent through the Tibet Fund, a tax exempt, non-profit organization.

Tibet Fund
107 East 31 Street
New York, New York 10016
212-213-5010

GAJONG GYALRONG KHANGTSEN

Gajong Gyalrong Khangtsen, the Buddhist Cultural Association, is a department of Gaden Monastic University. Established in 1425 by Tsakho Ngawan Dakpa, a direct disciple of Je Tsongkhapa, its purpose is to educate Buddhist monks in the subjects of Buddhist dialectic, Tantric teachings and also for the preservation of the teachings of Je Tsongkhapa.

During the invasion of the Chinese in 1959, only about ten monks escaped and with the generosity and kindness of many people found living quarters. New monks have been added and plans to ordain more make it imperative that the Association start building new living quarters, Library and Assembly Hall. The expense is enormous and the sangha of Gajong Gyalrong Khangtsen solicit kind and generous donations to help them meet their objectives. Those who find it possible to do so will have their name and donation fixed upon the quarters of the monks and will be sent photographs of the project.

For more information or to send a check, international money order, bank draft or postal order please write: Gajong Gyalrong Khangtsen B.C.A., Gaden Monastic University, P.O. Tibetan Colony, Distt. North Kanara, Karnataka-581411, INDIA.

TIBET HOUSE

Tibet House, the cultural center of H.H. the Dalai Lama in New Delhi, announces the inception of its *Tibet House Bulletin*. This publication will keep interested individuals informed of the many cultural and academic activities engaged in by the center. The Bulletin is available for only the cost of postage which will be US \$2 for each bi-annual issue. Send international money orders, bank drafts or international postal orders to: Tibet House, Cultural Centre of H.H. the Dalai Lama, 1, Institutional Area, Lodi Road, New Delhi-110003 INDIA.

NAMO BUDDHA WINTER SEMINAR IN NEPAL

THRANGU TASHI CHOLING is pleased to announce the second *Namo Buddha Winter Seminar* from December 21 to February 14, 1988. The first seminar was held in December, 1986 at Boudanath, and was attended by a large by a large group of Westerners from Europe, USA and Canada. It proved to be a tremendous success.

This winter, the Venerable Thrangun Rinpoche will be giving two more teachings. The first month will be an in-depth study and commentary on *The Jewel Ornament of Liberation* by Gampopa. The second month will focus on the life and spiritual practice of the great Buddhist Saint Milarepa. In addition to these teachings, Thrangun Rin-



LOSELING DATSANG

Drepung Loseling College was founded in 1416 A.D. by the great Tibetan scholar Acharya Lekden. It became one of the major institutes for Mahayana Buddhist studies in Tibet. Renowned for its high standard of teaching, Drepung Loseling College produced myriad of such erudite scholars.

After being forced to leave Tibet in 1959 and come to India as exiles, its monks re-established the college at Mundgod, in south India.

The students of all ages now include international citizens as well as Tibetan exiles. The institute gives classes from primary school through doctorate degrees. Subjects include Science, Mathematics, English and Tibetan Language and History as well as Buddhist philosophy and comparative religion.

In 1971, they built a temporary assembly hall; since then it has undergone frequent repairs, but is now in danger of collapse. The students and staff have decided to build a new school building and assembly hall. Unfortunately, they do not now have enough capital to complete this project.

The college is requesting your generosity in making donations so they may complete construction of this desperately needed building.

Please send donations to:

Drepung Loseling College P.O.
Tibetan Colony, 581411. Distt.
N. Kanara, Mundgod, Karnataka
State, India.



poche will give instruction on meditation and empowerments for Ngondro, Chenrezig and Sangye Menla (Medicine Buddha). He will also be leading pilgrimages to sacred Buddhist places in Nepal.

The Venerable Thrangun Rinpoche is an incarnate Lama and one of the highest scholars in the Kagyu sect. He holds the teaching degree of 'Geshe Rabjam' and was chosen by H.H. The 16th Karmapa to be the personal tutor of his spiritual heirs—Tai Situpa, Sharmapa, Gyaltsapa and Jamgon Kontrul. He is also Head Abbot of Rumtek Monastery in Sikkim.

For further information contact: Dr. Clark Johnson, 1390 Kalmia Ave., Boulder, CO 80302, 303-449-6608.

NEWS & PROFILES

THE DALAI LAMA
SPEAKS IN D.C.

On Monday, Sept. 21st, His Holiness the Dalai Lama spoke to a couple of hundred Buddhists at the Washington Plaza Hotel. Each major lineage was represented at the meeting which was the first for dharma students during his current visit to the US. His Holiness was here speaking with numerous officials from the US government concerning human rights issues in Tibet. In this talk to Buddhists, he asked for help in supporting the Tibetan cause. His Holiness is concerned

that unless Tibetans be allowed freedom in Tibet, the culture will continue to be threatened with extinction. He emphasized that the survival of Tibetan Buddhism was especially important for the Buddha Dharma because Tibet had preserved and maintained the only complete form of Buddhism.

For more information on what you can do for the Tibetan cause contact: The Office of Tibet, 107 E. 34th St., NY, NY 10016, 212-213-5010.

TIBETAN
YOUTH
CONGRESS

MARTYR'S STUPA AT SARNATH

To honor the memory of the 1.2 million courageous Tibetans who died in the long resistance war against the Chinese, the Tibetan Youth Congress in 1983 resolved to build a stupa as a symbol of the Tibetan people's respect and gratitude to those who laid down their lives in defence of their country.

Land was kindly donated by the Ven. Thupten Jungney within the premises of the Tibetan Monastery in Sarnath. Significantly, this is the holy site where Buddha first turned the wheel of the Dharma. Raising funds, however, has proved most difficult and Nevertheless, the stupa has been built and was completed in June of 1986. Donations will be gratefully accepted to help make up the deficit which is \$2,090.50.

To make donations or for more information contact: Tibetan Youth Congress, Office of the Central Executive Committee, McLeod Ganj-176219, Dharamsala (H.P.) India. Tel:2554 Cable:CENTREX.

ZAMBALA
IMPORTS

Our Canadian customers may now purchase Snow Lion's own publications from Zambala Imports. Bob Kapityan manages this business for the purpose of raising money to help finance a retreat center and city center for Gaden Choling of Toronto. Snow Lion books, cards, and posters are available. Contact: Zambala Imports, PO Box 7010, Vanier Station, Vanier, Ontario, Canada K1L 8E2, 613-991-0074.

CENTRAL
SCHOOL
FOR
TIBETANS

This school is situated 80 km from the nearest city. There are five camps for approximately 4,000 Tibetans with one main school and four branch schools to serve them. Classes start at level one and go to level ten with a total of 560 students. In order to keep up with the fast-changing world, the Central School for Tibetans would be very grateful for any gifts of old magazines such as *Time*, *Newsweek*, *National Geographic*, etc. or second-hand storybooks or textbooks.

Please direct enquiries or gifts to: Mrs. Tsundue Sangmu, Teacher, Central School for Tibetans, P/O Chandragiri (GM), Orissa INDIA 76107.

MEDICAL & BUDDHIST
PSYCHOLOGY

EDUCATIONAL FOUNDATION

The Foundation was founded in 1986 by Dr. Lobsang Rappagay at New Delhi, India in order to preserve and promote the art of Tibetan medicine and Buddhist Psychology. A branch office, located in California, is being started and is currently planning and promoting programs on Tibetan medicine and Buddhist Psychology in the West.

Tibetan medicine is the first integrated system of medicine that combines the best techniques of Indian, Chinese, Persian and Greek medicine. It incorporates naturopathic, herbal and supportive forms of treatment. It also encompasses the practice of Buddhist psychology which includes cognitive, communicative, behavioral and transformational therapies. Programs presented by the Foundation include: Workshops on Tibetan Massage and Moxabustion; Workshops on Buddhist Psychological Counsel-

NEW YORK
OPEN
CENTER

This institute is "a center dedicated to the view that to be fully alive, is to be equally aware of both outer and inner worlds." The New York Open Center offers many stimulating classes, workshops and seminars.

In Honor of His Holiness the Dalai Lama's visit to New York, the Center is offering the following special talks co-sponsored with the Office of Tibet.

November 2—Ancient Tibet and Padmasambhava's Teachings (with Harold Talbot and Tulku Thondup, co-authors of *Hidden Teachings of Tibet*).

November 9—Yogic Tibet—Milarepa and the Siddhas (Drikung Khenpo, author of *Prayer Flags*).

November 16—Monastic Tibet—Teachings of Sakya Pandita (Lama Pema).

November 23—Renaissance Tibet and Tsong Kapa.

December 7—Modern Tibet—The 5th and 13th Dalai Lamas.

December 14—Tibet & His Holiness, the 14th Dalai Lama Today (with John Avedon, author of *In Exile From the Land of Snows*, Tenzin Tethong of Tibet House, Dr. Wangnam-La, Lhasa Academy of Sciences).

December 11-13—What Buddha Taught and Avalokiteshvara Initiation (Ganden Tri Rinpoche holder of the highest position in Tibetan Buddhism conferred by merit rather than reincarnation).

For further information and for times and fees contact: New York Open Center, 83 Spring Street, New York, NY 10012 (212) 219-2527

TIBETAN MEDICAL &
ASTROLOGICAL
INSTITUTE

Started in a couple of huts in 1961, the Tibetan Medical and Astrological Institute has flourished especially with the arrival from Tibet of Dr. Tenzin Choe-dak and Dr. Lobsang Wangyal, personal physicians to H. H. the Dalai Lama. They, along with a few others, brought with them much needed knowledge, including the preparation of "Tsothel", the Precious Nectar Pill, known for its detoxifying and rejuvenatory qualities.

The Institute now has eighteen out-patient clinics in different parts of India and Nepal, a Medical and Astrological College for sixty students, a museum, a research office, a ten bed charity hospital, a pharmacy, an Astrological department and a separate administration office.

The principal objectives of the association are to preserve and promote the study of Tibetan

Medicine and calculations in all their aspects, to organize medical and astrological conferences at regular intervals, and to encourage the exchange of information between scientists and scholars. With these goals in mind, membership in the Institute is encouraged. Members will be entitled to the following privileges: a free annual Tibetan calendar, 25% discount on all publications, 25% discount on a personal horoscope and a free bi-annual newsletter. There are four kinds of membership available: *Life membership*—\$200; *Full membership*—\$15/year; *Student membership*—\$5 along with proof of student status; *Institutional membership*—\$30.

For more information write to: Tibetan Medical and Astrological Institute, Khara Danda Road, Dharamsala-176215, Distt. Kangra, H.P., INDIA.

APPROPRIATE
TECHNOLOGY FOR
TIBETANS

ApTT Trust is an agency developed to help bring appropriate technologies to the Tibetan community in India. Located in London, ApTT is a registered charity in the UK, thus allowing the Trust to better fund itself. The emphasis of ApTT has been to establish an infrastructure in the Tibetan community in India that will be able to take on the responsibility for developing and maintaining pilot projects (some of these projects include: building a simple convection solar water heater at Zong Labrang plus the development of land and subsequent installation of biogas plants and a wind generator for an irrigation system at Lama Camp No.1). ApTT also has seriously researched exactly what is currently available in the sphere of appropriate technology training and hardware in India. This turns out to be significant since the Indian Government already has a remarkably well-developed program of integrated appropriate technology schemes

functioning in many areas of the country and a generous subsidy system operated through the Department of Non-Conventional Energy Sources (DNES).

Current needs of the ApTT are many. *Fees* for training one Tibetan in an Indian establishment offering relevant programs is approximately \$130 for two years. *Sponsor(s)* for ApTT Field Officer Phurba Samdup—approximately \$150 per month for the next 4 years. *Editing and copying* a promotional video featuring H.H. the Dalai Lama—\$400. *Daily running expenses* for ApTT in the UK—approximately \$26 per week. *Financial help* in setting up an ApTT Library at the CTCRC in Dharamsala. *Help* from people able to take heavy books and manuals to India for the library.

For further information or to make tax-deductible donations please contact: ApTT Trust, 6 Rockhall Road, London NW2 6DT ENGLAND. Phone 01-452-2820.



NIBWA

NEWSLETTER IN INTERNATIONAL BUDDHIST WOMEN'S ACTIVITIES

This newsletter was founded to give information on Buddhist women's activities happening worldwide. It hopes to serve as a forum for communication among Buddhist women and those interested in Buddhist women's activities. NIBWA is also interested in helping establish bhikkuni Sangha in various countries. To subscribe to NIBWA send US \$6 for 4 issues sent annually by airmail to: Dr. Chatsumarn Kabilsingh, Faculty of Liberal Arts, Thammasat University, Bangkok 10200, Thailand.

PRIMARY
POINT

Primary Point is the refreshing voice of contemporary Zen teaching. It has been the international newspaper of the Kwan Um Zen School since 1983, and features articles and news on Zen practice & the bodhisattva path as well as book reviews, humor and advertising pertinent to meditators. *Primary Point* appears three times a year and a subscription costs \$10. Forthcoming issues will feature articles on: "Zen and the Arts", "An Examination of Traditional Koan Studies" and "A Contemporary Look at the Sutras". Contact: Primary Point, 528 Pound Road, Cumberland, RI 02864, (401) 769-6476.



ESSENTIAL ADVICE ON MEDITATION PRACTICE

Excerpts from Teachings by
Sogyal Rinpoche

When you read books about meditation, or often when meditation is presented by different groups, much of the emphasis falls on the techniques. In the West, people tend to be very interested in the "technology" of meditation. However, by far the most important feature of meditation is not the technique, but the way of being, the spirit, which is called the "posture", a posture which is not so much physical, but more to do with spirit or attitude.

It is as well to recognize that when you start on meditation practice, you are entering a totally different dimension of reality. Normally in life we put a great deal of effort into achieving things, and there is a lot of struggle involved, whereas meditation is just the opposite, it is a complete break from how we normally operate.

Meditation is simply a question of being, of melting, like a piece of butter left in the sun. It has nothing to do with whether or not you "know" anything about it, in fact, each time you practice meditation it should be fresh, as if it were happening for the very first time. You just quietly sit, your body still, your speech silent, your mind at ease, and allow thoughts to come and go, without letting them play havoc on you. If you do need something to do, then with the breathing. This is a very simple process. When you are breathing out, know that you are breathing out. When you breathe in, know that you are breathing in, without supplying any kind of extra commentary or internalized mental gossip, but just identifying with the breath. That very simple process of mindfulness processes your thoughts and emotions, and then, like an old skin being shed, something is peeled off and freed.

Usually people tend to relax the body by concentrating on different parts. Real relaxation comes when you relax from within, for then everything else will ease itself out quite naturally.

When you begin to practice, you center yourself, in touch with your "soft spot", and just remain there. You need not focus on anything in particular to begin with. Just be spacious, and allow thoughts and emotions to settle. If you do so, then later, when you start to use a method such as watching the breath, your attention will more easily be on your breathing. There is no particular point on the breath on which you need to focus, it is simply the process of breathing. Twenty-five percent of your attention is on the breath, and seventy-five percent is relaxed. Try to actually identify with the breathing, rather than just watching it. You may also choose an object, like a flower, for example, to focus upon. Sometimes you are taught to visualize a light on the forehead, or in the heart. Sometimes a sound or mantra can be used. But at the beginning it is best to simply be spacious, like the sky. Think of yourself as the sky, holding the whole universe.

When you sit, let things settle and allow all your discordant self with its unguineness and unnaturalness to dissolve, out of

that rises your real being. You experience an aspect of yourself which is more genuine and more authentic—the "real" you. As you go deeper, you begin to discover and connect with your fundamental goodness.

The whole point of meditation is to get used to that aspect which you have forgotten. In Tibetan "meditation" means "getting used to". Getting used to what? to your true nature, your Buddha nature. This is why, in the highest teaching of Buddhism, Dzogchen, you are told to "rest in the nature of mind". You just quietly sit and let all thoughts and concepts dissolve. It is like when the clouds dissolve or the mist evaporates, to reveal the clear sky and the sun shining down. When everything dissolves like this, you begin to experience your true nature, to "live". Then you know it, and in that moment, you feel really good. It is unlike any other feeling of well-being you might have experienced. This is a real and genuine goodness, in which you feel a deep sense of peace, contentment and confidence about yourself.

It is good to meditate when you feel inspired. Early mornings can bring that inspiration, as the best moments of the mind are early in the day, when the mind is calmer and fresher (the time traditionally recommended is before dawn). It is more appropriate to sit when you are inspired, for not only is it easier then as you are in a better frame of mind for meditation, but you will also be more encouraged by the very practice that you do. This in turn will bring you more confidence in the practice, and later on you will even be able to practice when you are not so inspired. There is no need to meditate for a long time; just remain quietly until you are a little open and able to connect with your heart essence. That is the main point.

After that, some integration, or meditation in action. Once your mindfulness has been awakened by your meditation, your mind is calm and your perception a little bit more coherent. Then whatever you do, you are present, right there. As in the famous Zen master's saying: "When I eat, I eat; when I sleep, I sleep". Whatever you do, you are fully present in the act. Even washing dishes, if it is done one-pointedly, can be very energizing, freeing, cleansing, you are more peaceful, so you are more "you". You assume the "Universal You".

One of the fundamental points of the spiritual journey is to persevere while on the path. Though one's meditation may be good one day and not so good the next, like changes of scenery, essentially it is not the experiences, good or bad which count so much, but rather that when you persevere, the real practice rubs off on you and comes through both good and bad. Good and bad are simply apparitions, just as there may be good or bad weather, yet the sky is always unchanging. If you persevere and have that sky-like attitude of spaciousness, without being perturbed by emotions and experiences, you will develop stability and the real profoundness of meditation will take effect. You will find that gradu-

ally and almost unnoticed, your attitude begins to change. You do not hold onto things so solidly as before, or grasp at them so strongly, and though crises will still happen, you can handle them a bit better with more humor and ease. You will even be able to laugh at difficulties a little, since there is more space between you and them, and you are freer of yourself. Things become less solid, slightly ridiculous, and you become more light-hearted.

FWBO

The Friends of the Western Buddhist Order, founded in 1967 in England by the Venerable Maha Shavira Sangharakshita has a permanent center and community just north of Boston in Newmarket, NH, and representatives in Cleveland, Seattle, and Vancouver. Aryaloka, in New Hampshire, consists of two large geodesic domes set in 13 acres of woodland.

The community of eight men is self supporting—through its woodshop and a gardening/home maintenance business—and also runs three weekly classes, in meditation and Dharma study, as well as monthly day and weekend retreats; three times a year longer retreats are held. Everyone is welcome to attend the courses and classes and a work-study program is available for men who have a serious interest in practicing the Dharma.

Literature published by the FWBO, including many shorter works by Sangharakshita, and tape recorded lectures covering topics from all schools of the Buddhist tradition are available from Aryaloka. Snow Lion offers tapes on Sangharakshita's tantric teachings. Aryaloka Buddhist Community, Heartwood circle, Newmarket, NH 03857, 603-659-5456.

TIBETAN MEDICINE TREK

This Tibetan Medicine Trek will give you the opportunity to combine a basic course in Tibetan Medicine with the unsurpassable experience of a trek into the Everest region of Nepal. Accompanied by eminent local scholars, trekkers will view many important Buddhist and Hindu shrines and temples. The actual trek will take 14 days, and will combine several hours daily of walking with visits to the many monasteries in the Sherpa villages—an ideal backdrop to the study of Tibetan medicine.

The course will be taught in Kathmandu by Chusang Rinpoche, abbot of the Chusang Monastery, and former resident of Sera Monastery. He will be assisted by a moxa specialist, and by Lobsong Shrestha, the head research assistant and translator for *Le System Medical Tibetan*, the most complete work on Tibetan Medicine yet published in the West. Instruction will include pulse and urine diagnosis, as well as visits to the clinics in Kathmandu and the Tibetan physicians practicing in the monasteries.

Dates: March 3-31, 1988; Price: \$1875 plus airfare; contact: Chipper Roth, 3641 Dimond Ave., Oakland, CA 94602, 415-530-0244.

WHAT'S NEW AT SNOW LION

Since our previous newsletter in March, we have finally had to move to larger quarters. We've added administrative space at 110 N. Geneva in Ithaca. If you can ever come to this beautiful little town, we would like to meet you here. The space at 408 E. State St. is now used strictly for shipping and receiving. Our inventory is constantly growing and we will soon fill 408 with lots of dharma "goodies".

We also have a new **Snow Lion Bookshop with Tibetan books and art** at 110 N. Geneva. We are rapidly stocking the store with high-quality art and ritual objects for you. Please call us if you are interested in any particular statues, thangkas, rugs, malas, bells, skullcups, etc. Some of these items are mentioned in this newsletter.

In the newsletters, which come out twice a year, we like to devote considerable space to news—many of the articles contained here are sent to us unsolicited. **We like to know what centers are doing** and when major teachings are occurring. So let us know what is going on in your area. We hope to help people connect with centers, teachers, and projects that they might not hear about otherwise. Also, the newspaper is the place where we list all the items that are for sale. These come from many sources and we hope to provide you a service by bringing them all together in one catalog for you. The glossy catalog that many of you received this summer contains primarily Snow Lion's own publications and is published for everyone but primarily for bookstores and other professionals in the book trade.

We would like you to know a little more about the people who work for Snow Lion and what their job functions are. We are fortunate to have a solid team of qualified and dedicated people. There have been a few changes in our staff during the last few months.

One of the major changes is that **Patricia and Gabriel Aiello**, original founders of Snow Lion, moved to San Francisco. Pat is in school and will hopefully earn a publishing certificate in 1988. She is now devoting a large amount of time to our sales effort on the West coast. She and Gabriel are also helping us to computerize more of the business.

Gail Birnbaum comes to us with a wide background in sales, office administration and personnel relations. She has been working in sales and customer relations—and will be running our new retail store. Gail is waiting to take your phone orders.

Candy Clayton-Corzilius is our new bookkeeper. She comes to us with ten years experience and an associate degree in accounting. She is happy to speak with you if you are having any billing problems with us.

Christine Cox is our editor. A freelancer for many years, she edited for Cornell University, UNESCO, Larson Publications and several academic journals. She has been working nearly full-time for us due to the increasing number of books that we are publishing and has a special interest in health related books and other items that we are producing.

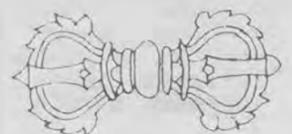
Jeff Cox has been very busy putting this newsletter together. I hope that the work we are doing at Snow Lion serves you in some way. It is a pleasure to meet so many of you on the phone and at dharma events. As general manager, I am always available to hear your suggestions or to help you in any way that I can. We really appreciate your support—it allows us to continue to publish more books. We have quite a number of fantastic manuscripts in the works for 1988.

Sidney Piburn is our foremost Tibetologist as well as senior editor, designer and production manager. He is the one responsible for the beautiful covers that you see on Snow Lion books. Sid is planning a trip to India, Nepal and Tibet—by the time you read this, he will probably be enjoying those Himalayan heights. Sid will be meeting with authors as well as ordering Buddhist practice materials for our store which you can order through this catalog. Please send Sidney any manuscripts which you would like Snow Lion to consider for publication or any beautiful photos you may have of Tibetans or Tibet if you would like us to consider them for cards, posters or bookcovers.

Yvonne Segal-Piburn was one of the first employees of Snow Lion. She has recently become an art instructor at one of the local high schools. Yvonne and Andrew Bloomfield did a great deal of order fulfillment during the last year and we are sad to lose them to other careers. Yvonne will continue to help at Snow Lion—she recently designed our new retail store. Andrew has moved to Seattle to open his own book store there. Andrew is co-author of *Tibetan Phrase-book*.

Calvin Smith is our operations manager. No problem is too tough for Calvin. He sees to it that the warehouse is stocked, invoices are done properly and that customers are satisfied. He manages our shipping and receiving office on the east side of Ithaca and our additional warehouse space.

Sera Smolen is our newest employee. She is our prime shipper and wraps all those lovely packages for you. An expert at playing the cello, we benefit greatly from her dexterity.



SNOW LION GOES TO TIBET

Tibetan New Year's Tour
February 22—March 8, 1988

Snow Lion and Power Places Tours are offering a special tour to Tibet in February 1988 for the Tibetan New Year: *Losar*. *Losar* is the highest festival of the year in Tibet. Tibet is in its best spirits, with religious and traditional secular celebrations that last for a two week period. Portions of the ceremonies were reinstated only in 1985 after over two decades of Communist suppression.

The tour will have a special emphasis on visiting temples, meeting with the monks, and participating in the religious festivals. Tour leader will be Gary Wintz, the first Westerner to live in Tibet since the Chinese takeover in the 50's and one of the foremost authorities on travel in Tibet today. On the tour Gary will give lectures on the historical and contemporary situation. Gary has many old friends in the Lhasa area. "This is an hospitable season" smiles Gary, "I won't be surprised if we get some invitations to party in some Tibetan homes. Spontaneity will rule at *Losar*."

At least one of the persons from Snow Lion Publications is also planning to accompany the tour, bringing his own special knowledge, expertise and Snow Lion spontaneity.

New Year's is a wonderful time to visit Tibet. "It's too cold!" you may be thinking. Actually, it is the dry season and the sun shines every day (bring your sunscreen!). It's not unusual during these winter days for the temperature in Lhasa to warm up into the 60's, and our deluxe rooms at the four-star Lhasa Hotel are heated and very comfortable. Do bring warm clothing, because for those interested, we will have an opportunity to attend some night festivals.

Most people are not aware that winter is an excellent time to visit Tibet. It's not tourist season, and that's a plus in itself, not to have many tourists around. Tibetan nomads are in town, making their pilgrimages from throughout the country. It's also the time of year when the sky is its deepest cobalt blue, and spectacular for photography.

Power Places Tours, the tour operator, arranges its Tibet programs specially for those interested in Tibetan Buddhism. Like the nomads coming in from the plateau, we Westerners will be making our own kind of pilgrimage to Lhasa.

The tour spends a longer time in Tibet than other tours, with many unique features. In addition to tours of the Potala, the Jokhang, Norbulingka, Sera and Drepung monasteries, a newly re-activated Buddhist nunnery, and much more, the tour includes a unique in-depth visit to the Traditional Tibetan Medicine Hospital and an optional tour to Ganden monastery. Other optional trips outside Lhasa will be available. But the real action will be in Lhasa at *Losar*.

Power Places Tours will also be offering overland tours of Tibet and the road through Tibet over the Himalayas to Nepal in October 1987 and April/May 1988. There will be another tour to Lhasa in June 1988.

For more information contact Toby Weiss, Ph.D., Director, Power Places Tours, 28802 Alta Laguna Blvd., Laguna Beach, CA 92651, ph: (714) 497-5138. Say you read about it in The Snow Lion Newsletter.

EARTH DRAGON LOSAR

A TIBETAN NEW YEAR
EXPERIENCE IN NEPAL

February 10-26, 1988

Led by PETER GOLD

Peter Gold (author of two recent books for Snow Lion Publications: *Altar of the Earth* and *Tibetan Pilgrimage*) is an anthropologist, inveterate traveler, accomplished photographer and an authority on *Losar*, the Tibetan New Year's celebration.

Peter Gold will be leading a first-hand experience of observances marking the advent of the Earth Dragon Year during February 1988, in Tibetan monasteries, homes and communities located in the Kathmandu Valley of Nepal (including Kathmandu, Swayambhunath, Bodnath and the Jawalakhel Refugee Center).

By joining this exciting and informative tour you will have a chance to participate in the important aspects of the Earth Dragon *Losar* celebration, including: monastic ceremonies in preparation for the end of the old year (such as casting out of the sacrificial *torma* sculpture, and with it the old year's misfortunes, as well as the compelling and profound Black Hat Dance, done for similar ends); events in Tibetan homes including: partaking of the special New Year's divinatory soup, a traditional feast complete with dances and songs; community events such as offerings at shrines and blessings by lamas. And much more. On-location introductions to Tibetan culture in the area will also be featured in the tour.

This will be a "no frills" tour and, as such, will be quite reasonably priced—yet comfortable—as accommodations, food and transportation in the environs of Kathmandu are excellent and inexpensive. It will be an intimate tour, from six to approximately twelve people only. So we advise you to make your arrangements as soon as possible in order to secure your place.

You will return home from your Earth Dragon *Losar* Experience with wonderful memories and a deep appreciation of the true meaning of the New Year.

For further details, please contact:

Ronni Goldfarb, *Losar* Trip
Coordinator
213 East 26 Street 4C
New York, New York 10009
ph: (212) 696-0880



LOSAR! TIBETANS CELEBRATE THE NEW YEAR

by Peter Gold

The booming drums, sparkling cymbals, throbbing horns and guttural chants have now ceased, and the most climactic event of the Tibetan year is about to begin.

The lamas and monks are poised to carry from the temple a huge *zor torma*, a wood, cloth and butter construction in the form of a fiery pyramid, topped by a skull signifying the impermanence of all phenomena. It bears with it the accumulated misfortunes, misthoughts and misdeeds of the old year as it is carried to a straw pyre on the mountainside and its fiery end.

Today is the last official day of the passing year. Reckoned in the Tibetan manner, it arrives on a new moon in early spring, falling sometime during our months of February and March. And with it begins the five-day core period marking the many week-long observances of *Losar*, the great new year celebration of Tibet.

Residents of the Tibetan refugee community of Dharamsala, situated in the Himalayan foothills of northern India, begin *Losar* preparations weeks in advance of these crucial five days. They clean house, and particularly their kitchens for it is here that the deity of the hearth resides. They feverishly make new clothes or ready old ones for the coming celebrations, and set up elaborate altars to commemorate the advent of the auspicious new year. The altars contain things of goodness and value to Tibetans, such as meats, grains, dairy products, fruits, sweets, silks, incense, flowers and special ritual objects.

With the preparations complete, the evening of the last day of the old year witnesses a divination followed by an exorcism in each Tibetan home. While we in the West make resolutions on New Year's eve, in Tibet they predict their fortunes for the coming year and banish the misfortunes of the passing year.

Tibetans predict their future by eating soup: a special kind of soup in which items prophesying the quality of one's coming year are hidden within the dumplings. One might call them "fortune dumplings." The person who gets the dumpling containing a piece of yellow silk will, like the monk or nun who wears it, lead a virtuous, religious life. The person with the cayenne pepper will be hot-tempered and argumentative. He or she who gets a salt crystal will live a sildid and productive existence, will be the "salt of the earth." A wooden twig is likened to a beggar's staff and signifies poverty, while woe be it to the person drawing a piece of charcoal for it means he or she will have a heart as black as coal. The divination soup provides frowns for some and laughs for all, but behind it lies a firm belief in Buddhist synchronicity.

Having completed the soup, the family places some of the leftovers, along with soot from the hearth, pieces of clothing lint, a lump of dough impressed with their fingerprints and a coin or two, into a large bowl. Seated in the bowl is a grotesque humanoid figure sculpted from dough.

This is a ransom figure, a ritual substitute for the members of the family which, along with remnants from their persons and home, is sent in their stead to the evils, the "obstacles" that might otherwise snatch health and happiness from them. This sculpture, the *lu*, is a lay version of the great temple *zor torma* and likewise places a vivid punctuation mark upon the inexorable cycle of the year. The *lu* is left at a mountain crossroads for the obstacles. The menfolk who bear it there return home without looking back upon it, lest the misfortunes of the old year return with them. This accomplished, the family continues with the preparations which must yet follow. But an hour or two is often set aside that evening for lighting fireworks in celebration of the imminent arrival of the auspicious new year.

Unfortunately, not everyone has managed to complete the sundry preparations necessary for properly bringing in the new year by the last evening of the old one. And, as Tibetans are an exceedingly practical, as well as religious, people they have set aside a kind of "leap day" between the official last day of the old and the first day of the new year. This day-long eve is their last opportunity to ready the altars, finish house cleaning and make other necessary preparations for turning the great wheel of the year.

The family retires early on this night, for sleep will be short. They will be arising well before sunrise to drink a hot alcoholic porridge and draw the year's first water from the well. This "star water," so-called since at the time of the new moon it is only hit by starlight, is said by the elders to have potent medicinal properties.

Meanwhile, as the family wipes the sleep from their eyes, lamas, monks, nuns and Tibetan government officials join His Holiness the Dalai Lama at the temple to ceremonially welcome the rising sun, thereby marking the advent of the first day of the new year. The ceremony completed, the Dalai Lama and his entourage pay a yearly visit to the oracle at the Nechung Monastery for a divination ceremony, one that is much more elaborate than the home ritual and of consequence to the entire Tibetan people. The oracle goes into a deep convulsive trance as the deity, Pehar, temporarily enters his body, to give a prognostication on the future of the Tibetan state and the Dalai Lama during the coming year.

The first day of the new year was originally devoted to a quiet family day at home. Nowadays it begins with visits by neighbors and friends, and the exchange of gifts and greeting cards (a Western innovation). There are also liberal helpings of *chang* (a potent grain beer), singing, dancing, gambling and gossiping throughout this first, and subsequent new year's days. When the guests arrive they greet their hosts with a flick of pinches of barley flour and *chang*, sealed with cries of *tashi deleg*, "good luck!"

And so day flows into night. The second new year's day (there are three; after all why have just one?) begins with the very special

public blessing of each member of the community by the Dalai Lama. Voicing a prayer or greeting, and placing his hands on the temples of bowed heads or on greeting scarves around their necks, His Holiness blesses the people who revere him as an incarnation of the *Bodhisattva Chenrezi*, the actively compassionate aspect of the Buddha's consciousness. Thus spiritually fulfilled, Tibetans continue onto the temple for offerings and prayers and then into town to resume a second day of secular celebration. The dancing, singing, drinking and merriment go on well into the night as the entire town celebrates this most fortunate of times.

By the morning of the third new year's day most bodies yearn for a late awakening. But sleep cannot linger. All dress again in their new or finest older clothes. They don their *chubas*, those age-old dresses and cloaks of Inner Asia, silk blouses and shirts, silk brocade coats and hats on which dangle silver and gold earrings accented with pieces of turquoise or coral. They carry with them special shoulder bags, embroidered with auspicious symbols, most commonly a set of six "wish-fulfilling" gems growing out of a lotus flower and haloed in crimson fire. They make their way along a rocky path used to meditatively circumambulate the temple, its holy relics and the Dalai Lama's residence, situated high above them.

At a certain point around the mountainside they come to a shrine dedicated to Palden Lhamo, the fierce-looking protectress deity of the Tibetan people and the Dalai Lamas. There, a huge fire of pine boughs billows out thick, opalescent smoke. And from their special bags the people pour handfuls of barley flour (barley is to Tibetans what corn is to American Indians)—and specially prepared juniper incense—into the fiery cauldron. With a prayer on their lips they fling a greeting scarf upon the shrine then join the chanting crowd below them. This is the *sangsu*, a ceremony for creating a spiritual message by means of incense. The prayers, hopes and well wishes of the assembled people are metaphysically carried up into the void. They search out the full range of thinking and feeling beings making up our infinitely varied cosmos—the buddhas, gods, ghosts and even demons—on behalf of us all. The people unfurl strings of multicolored prayer flags, cotton patches of red, yellow, green, blue and white, printed with prayers and sacred images. With each flutter in the mountain breeze the prayers are multiplied many times on behalf of those who brought them as well as all other sentient beings.

As the smoke ultimately disperses into the sky amid the rainbow of prayer flags the worshippers continue homeward along the path, stopping from time to time to sing and perform ancient rounddances or leave prayers and offerings at sacred spots.

The *losar* celebration may end that evening or continue on, sometimes for several weeks. But this is merely frosting on the

Six Killed During a Protest in Tibet

cake. For in the span of five intensely wonderful days, Tibetans psychologically and materially throw off the negativity and attachments of the old year, to embark upon a new cycle of happiness, hope and good fortune.

DROUGHT
RELIEF

The peculiar behavior of the monsoon in India this year has caused unprecedented floods in the north-east region and one of the worst droughts in recent years in the rest of the country. Tibetan refugees in the agricultural settlements in South India have been severely hit by the drought. In the three major settlements at Bylakuppe and Hunsur, with a total population of 15,090, the loss is almost 100 percent. The situation in Bhandhara and Orissa is still uncertain. Funds are urgently needed to help the settlers and to revive the cooperatives. All donations received will be used only for drought relief. Send donations to the Tibet Fund, 107 E. 31st St., NY, NY 10016 and mark them for: Drought Relief, The President, Tibetan Youth Congress, McLeod Ganj, Dharamsala, H.P. 176 219 India.

US JEWS
SUPPORT
TIBETAN
REFUGEES

The American Jewish World Service (AJWS) will support an agricultural assistance program in the Tibetan refugee settlement of Hunsur, Karnataka State, India. Program ratification by AJWS Board of Directors is likely to occur October 19 in New York City.

540 Tibetan families live in Hunsur where agriculture is the primary means of support. Hunsur is in a region hard hit by this year's drought. Responding to the crisis, the AJWS program will develop new drinking water supplies, plant 10 acres of fuel, fruit and fodder trees, establish a demonstration farm and purchase tractors and other equipment for use by the Hunsur Cooperative Society.

AJWS will work with the Central Tibetan Relief committee, the development division of H.H. the Dalai Lama Home Affairs Council (Dharamsala, H.P.). "Many similarities exist between the Jewish and the Tibetan people" says David Phillips, Project Manager for AJWS. "Tibetans and Jews have both known oppression, suffering and diaspora. Both are resilient religious societies with long traditions of charity, caring and compassion." As part of the Hunsur program Tibetans will travel to Israel where they will receive training in drought farming techniques. "The transferability of the Israeli Kibbutz experience will be explored with the Tibetans," adds Mr. Phillips.

The American Jewish World Service is a non-sectarian development organization also providing hunger and health assistance in the Philippines, Sri Lanka, Mozambique, Togo and Colombia. For more information contact: David L. Phillips, 10 Grove St., Mill Valley, CA 94941, 415-388-3834.

TIBETAN PROTEST
FOR INDEPENDENCE
BECOMES VIOLENT

SIX ARE KILLED IN A CLASH

China Accuses Exiled Leader,
Who Was on Visit to U.S.,
of Instigating the RiotBy EDWARD A. GARGAN
Special to The New York Times

BEIJING, Oct. 2 — A march for independence by thousands of Tibetans turned violent Thursday, with demonstrators stoning the police and setting a police station afire, witnesses said today. Six people were reported killed.

The official New China News Agency said in addition to the 6 dead, 19 policemen had been seriously hurt. It said rioters snatched guns from policemen and shot at the officers, who "strictly observed the orders of the higher authorities not to open fire."

China accused the Dalai Lama, the Tibetan Buddhist spiritual leader, of instigating the protest.

Second Protest in a Week

"Yesterday's riot is regarded as a direct outcome of Dalai's activities to split the motherland as an exile engaged in political activities," the agency said in a broadcast monitored in Tokyo. The Dalai Lama has been visiting the United States, where he appeared before a Congressional panel and called for negotiations on Tibet's status.

The violence Thursday took place in central Lhasa when the police fired into a crowd in the square leading to Jokhang Temple, the holiest place in Tibetan Buddhism, according to tourists arriving today in Chengdu, in central China.

The protest on Thursday, China's National Day, was the second in a week in Lhasa. A clash Sunday was the first public report of violent protest by Tibetans against Chinese in more than 10 years.

Reports of Detained Americans

CBS News reported from Hong Kong that two Americans were detained during Sunday's demonstration in Lhasa, but it could not be determined whether they were still in custody. They were identified as John Ackerly of Cambridge, Mass., and Blake Kerr of East Hampton, L.I.

[In Washington, a State Department spokeswoman said officials were aware of the reports but had no independent knowledge of whether any Americans had been detained in Tibet. "Our embassy in Beijing and consulate in Chengdu have been notified," said the spokeswoman, Phyllis Oakley. "They're attempting to verify the reports and determine the welfare and whereabouts of the two individuals."]

Reporters from Agence France-Presse and The Associated Press in Chengdu, 750 miles east of Lhasa, interviewed dozens of tourists who left the Tibetan capital today, and their reports

United States
of America

Congressional Record

PROCEEDINGS AND DEBATES OF THE 100th CONGRESS, FIRST SESSION

Vol. 133

WASHINGTON, THURSDAY, JUNE 18, 1987

No. 100

FOREIGN RELATIONS AUTHORIZATION ACT

AMENDMENT

HOUSE RESOLUTION 1777

TITLE VII--HUMAN RIGHTS VIOLATIONS IN
TIBET BY THE PEOPLE'S REPUBLIC OF CHINA

SEC. 701 FINDINGS.

The Congress finds that--

(1) the People's Republic of China imposed its rule over Tibet through military force in 1949, and continues to exercise dominion over the Tibetan people through the presence of a large occupation force;

(2) over one million Tibetans have perished since 1949 as a direct result of political instability, imprisonment, and widescale famine;

(3) after 1949, particularly during the ravages of China's Cultural Revolution, over 6,000 monasteries, the repositories of 1,300 years of Tibet's ancient civilization, were destroyed and their irreplaceable national legacy of art and literature either stolen or removed from Tibet;

(4) the Tibetans' standard of living, health, and human services remain far below those of the People's Republic of China as a whole;

(5) Tibetans and others are concerned about the political, cultural, and economic implications of the policy of the People's Republic of China of encouraging large numbers of Chinese to move to Tibet;

(6) there are credible reports, confirmed by Amnesty International, of Tibetans being incarcerated and killed for the nonviolent expression of their religious and political beliefs;

(7) His Holiness the Dalai Lama, spiritual and temporal leader of the Tibetan people, in conjunction with the 100,000 refugees forced into exile with him, has worked tirelessly for almost thirty years to secure peace and religious freedom in Tibet, as well as the preservation of the Tibetan culture;

(8) in 1959, 1961, and 1965 the United Nations General Assembly called upon the People's Republic of China to end the violations of the Tibetan's human rights;

(9) 91 Members of the Congress signed a letter to President Li Xiannian of the People's Republic of China on July 24, 1985, expressing support for direct talks between Beijing and representatives of His Holiness the Dalai Lama and the Tibetans in exile, and urging the Government of the People's Republic of China "to grant the very reasonable and justified aspirations of His Holiness the Dalai Lama and his people every consideration"; and

(10) there has been no evidence of any such consideration being granted by the Government of the People's Republic of China.

SEC. 702. STATEMENT OF
POLICIES.

It is the sense of the Congress that--

(1) the United States should express sympathy for those Tibetan who have suffered and died as a result of fighting, persecution, or famine over the past four decades;

(2) the Government of the People's Republic of China should respect internationally recognized human rights and end human rights violations against Tibetans;

(3) the United States should urge the Government of the People's Republic of China to actively reciprocate the Dalai Lama's efforts to establish a constructive dialogue;

(4) Tibetan culture and religion should be preserved and the Dalai Lama should be commended for his efforts in this regard;

(5) the President should instruct United States officials, including the United States Ambassadors to the People's Republic of China and India, to pay greater attention to the concerns of the Tibetan people and to work closely with all concerned about human rights violations in Tibet in order to find areas in which the United States Government and people can be helpful; and

(6) the United States should urge the People's Republic of China to release all political prisoners in Tibet, including Geshe Lobsang Wangchuk, Thupten Kalsang, and Lobsang Chodag, who have been adopted by Amnesty International as prisoners of conscience.

SEC. 703. ASSISTANCE FOR
DISPLACED TIBETANS.

Within 60 days after the date of the enactment of this Act, the Secretary of State shall determine whether the needs of displaced Tibetans are similar to those of displaced persons and refugees in other parts of the world and shall report that determination to the Congress. If the Secretary makes a positive determination, of the amounts authorized to be appropriated for the Department of State for "Migration and Refugee Assistance" for each of the fiscal years 1988 and 1989, such sums as are necessary shall be made available for assistance for displaced Tibetans. The Secretary of State shall determine the best means for providing such assistance.

SEC. 704. SCHOLARSHIPS FOR
STUDY IN THE UNITED STATES BY
TIBETAN EXILES.

For each of the fiscal years 1988 and 1989, the Director of the United States Information Agency shall make available to Tibetan students and professionals who are outside Tibet not less than 10 scholarships for study at institutions of higher education in the United States.

THE NEW YORK TIMES, SATURDAY, OCTOBER 3, 1987

Continued From Page 1

were made available here in Beijing. "I saw one man lying on the ground with a piece of his skull blown off and blood pouring out of his head," Lars Pettersson, a Swedish tourist, told reporters in Chengdu, describing the clashes Thursday.

Western diplomats here were caught by surprise over the sudden violence and the scope of the protests. Late today, an official at the United States embassy said that it was clear that "several" people had been killed in the Lhasa demonstrations Thursday, including at least one Chinese.

An Asian diplomat who returned from Tibet a week ago said the protests in Lhasa were likely to strengthen the hands of more doctrinaire Marxists in the Communist Party who have resisted the country's current policy of increased openness to the outside world. The diplomat also said the upheaval would also have a profound effect on an upcoming Communist Party Congress by tempering any impulse within the party to accelerate policies of openness and reform.

Tibetans Attack Police Station

Sunday's protest began early in the day when a group of lamas who appeared to be in their 40's arrived from Ganden, a monastery 40 miles east of



Buddhist monks demonstrating for Tibetan independence Sunday outside Jokhang Temple in Lhasa. In another protest Thursday, 6 people were reported killed and 19 police officers seriously hurt.

New York Times

NEW YORK, SUNDAY, OCTOBER 4, 1987



Women and monks stoning a police station in Lhasa, Tibet, on Thursday in a protest against Chinese rule.

China Denounces Tibetan Leader As Responsible for Violent Protest

By EDWARD A. GARGAN
Special to The New York Times

CHENGDU, China, Oct. 3 — China issued a harsh attack on the Dalai Lama today, two days after a crowd of Tibetans stoned and burned a police station in Lhasa and at least six people were reported killed.

A demonstration by Buddhist monks on Sept. 27 calling for Tibetan independence resulted in the arrest of at least 27 monks, some of whom were beaten with shovels while they were in custody, according to an account from Lhasa tonight.

The Dalai Lama is Tibetan Buddhism's highest religious figure and the political leader of Tibetans in exile. In China's harshest attack on him in more than a decade, the People's Daily, the official paper of the Communist Party, denounced him for stirring up anti-Chinese feeling among Tibetans.

'A Serious Political Incident'

"It is a serious political incident instigated and engineered by the Dalai clique," the newspaper said. "Their purpose is to undermine the unification of the motherland and sabotage the

Two Americans detained by the Chinese in Tibet remain in custody, the State Department said. Page 16.

from the religious leader, who is now in India, saying: "I am deeply shocked and grieved by the loss of life and the persons injured during the recent demonstrations by the Tibetan people against Chinese rule."

"I still believe that violence is not a solution to any problem. I appeal to all human rights groups and supporters of freedom and justice to prevail upon the Chinese Government to stop the executions of innocent Tibetans and to release those in prison."

Two weeks ago while on a visit to the United States, the Dalai Lama met members of the House Human Rights Subcommittee in Washington and criticized China's occupation of Tibet and treatment of Tibetans and Tibetan religious figures.

There were conflicting reports about the night over how many were killed.

arrests in front of the Jokhang Temple. The crowd of Tibetans swelled rapidly and then attacked a police station just paces from the square, setting it afire. When fire trucks arrived and firefighters tried to extinguish the blaze, they were stoned by the crowd.

'A Great Number of Rifle Shots'

The Tibetans chanted slogans in Tibetan, according to the tourists who were there, including, "Free Tibet!" "Chinese Out of Tibet!" and "Dalai Lama, Come Back to Tibet!"

The red and blue flag of Tibet, emblazoned with two facing lions, a banner that the Chinese have decreed illegal, was unfurled during the protest, some tourists said.

"We heard a great number of rifle shots in the crowd," a tourist told Agence France-Presse.

Another tourist said he was told by a Tibetan, "We are fighting the Chinese."

The police barricaded the area, according to tourists, but the Tibetan protesters responded with stones they broke from the flagstones on the square.

There were conflicting reports among tourists over the number of foreigners detained during both Sunday's demonstration and Thursday's more violent protest. According to a hand-delivered message received by the Hong Kong bureau of CBS News from Lhasa, two Americans were taken into custody Sunday.



Reports of anti-Chinese protests in Lhasa were relayed by travelers arriving in Chengdu.

Lhasa that was dynamited by the Chinese during the Cultural Revolution of the 1960's. They began parading through the square outside the Jokhang Temple, tourists on the scene reported.

The lamas were told by the police that they would be arrested if they continued their demonstration, the tourists said. Altogether, 27 lamas were eventually arrested, the foreigners said.

On Thursday morning, according to the tourists, who included Americans, Germans, Swedes and Australians, eight lamas began protesting Sunday's

NATION and WORLD

Tibetan monks appeal to United Nations to support their cause

LHASA, Tibet (AP) — Buddhist monks at Tibet's three leading monasteries issued a statement today asking the United Nations to support their call for independence, and the death toll from a pro-independence demonstration rose to 12.

"We Tibetans have asked the Chinese who have occupied our country to leave," said the statement issued by religious leaders at the Sera, Ganden and Drepung monasteries.

Madlen Huber, a Swiss tourist who arrived today in Chengdu, Si-

chuan province, which borders Tibet, said she saw two jets arrive at the Lhasa airport Sunday night and a third this morning. Each carried at least 100 Chinese security troops, she said.

Another tourist, Virginia Burkhead of Charlotte, N.C., also reported seeing a planeload of troops arrive in Lhasa today.

El Salvador extends peace talks, 13A

Soviets call for ban on chemical weapons, 13A

Chinese Police Take Over Section Of Holiest Buddhist Site in Tibet

By EDWARD A. GARGAN
Special to The New York Times

LHASA, Tibet, Oct. 5 — Chinese policemen occupied the third floor of Tibetan Buddhism's holiest place Sunday night after two pro-independence protests, one of which is reported to have left at least nine Tibetans dead.

Late in the evening, said a monk at the Jokhang Cathedral, the center of Buddhist religious life in Tibet, 35 armed Chinese policemen took over the one floor of the sprawling, white-washed, rock-and-brick structure in the center of Lhasa, capital of Tibet.

Another monk said the abbot of the Jokhang Monastery, outside Lhasa,

had been interrogated by Chinese security officials, some in plain clothes.

Days after the demonstrations, posters and loudspeakers warned Lhasa residents against further protests, an Tibetan monks, saying "we are suffering," issued an appeal for world support for Tibetan independence.

In the last few days Chinese policemen have swept through Lhasa an several monasteries, arresting monk and other Tibetans.

At the Sera Monastery outside Lhasa, five people were arrested on Saturday. Since Thursday at least 27 Tibetans have been arrested, Lhasa residents said.

Tibetans Circle Cathedral

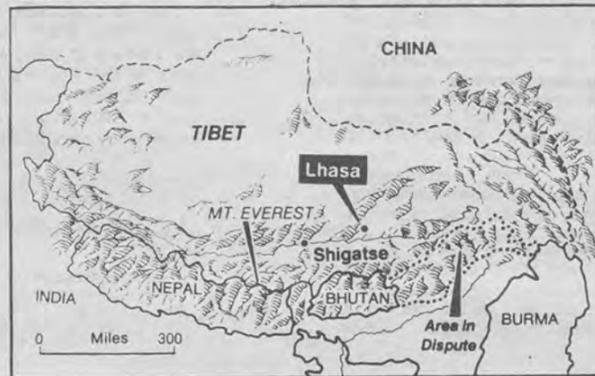
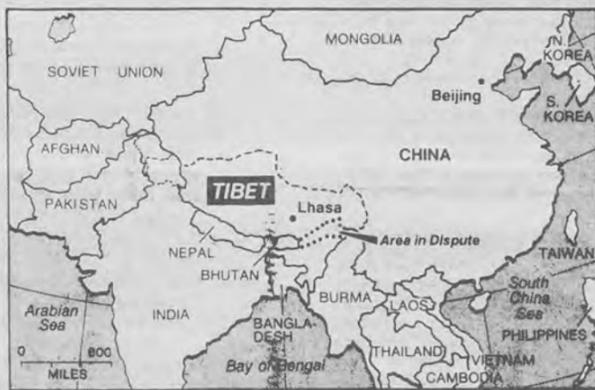
Chinese officials have said six police men were killed in the demonstration Thursday, the second of two protests last week against the Chinese, who took over Tibet in 1950. Other accounts said nine Tibetans, including three monks were shot and killed by the Chinese police in the clash Thursday. The first, smaller demonstration was on Sept. 27.

Today, the Barkhor market that surrounds the Jokhang Cathedral bustled with activity. Merchants in alleyways set up tables crammed with religious scriptures, prayer flags, plastic cups, shoes, hats, brass lamps, incense and butter churns.

But throughout the day, hundreds of Tibetans circled the cathedral, some fingering prayer beads, others slowly spinning hand-held prayer wheels. Young monks spread scripture sheets on the ground and chanted Buddhist sutras. Some twirled hand drums and

Continued on Page A12, Column 3

THE NEW YORK TIMES, TUESDAY, OCTOBER 6, 1987



The authorities are warning against further demonstrations in Lhasa, where Tibetans have protested in favor of independence from China.

Chinese Police Take Over Section Of Holiest Buddhist Site in Tibet

Continued From Page A1

others rang small bells or clanked hand cymbals.

At the Sera Monastery a young monk said his 23-year-old brother and an 18-year-old monk had been killed in the protests.

At dawn today the bodies of two monks were taken from the monastery and brought to a place for traditional sky burials, a Tibetan ritual in which the corpse is placed on a rock for vultures to feed on it.

New Police Station Set Up

This afternoon heavily armed policemen moved into the square in front of the Jokhang Cathedral and set up another police station to replace one that was set ablaze during the demonstration last Thursday.

Brandishing AK-47 assault rifles and small machine pistols, 30 uniformed and 30 plainclothes policemen protected a flatbed truck that carried desks, file drawers and mattresses for the new station house.

A crowd grew, encircling the police, watching silently as the supplies were trundled into the heavy stone building. From time to time the police shoved the bystanders back.

Throughout the city the police posted signs warning against further disturbances. In addition, four loudspeakers were erected atop a four-story building across the square from the Jokhang Cathedral. The warnings against demonstrations were repeatedly aired.

The speakers also broadcast an ultimatum that ordered anyone who took part in the demonstrations to turn themselves in by Oct. 15 to insure that

they would be treated leniently. If they did not, the broadcasts said, they "would be treated seriously."

But one Tibetan said: "No one will go into the police station. They will be put in prison if they go in."

From the Sera Monastery, word emerged today of a letter sent by senior monks to the United Nations calling for an independent Tibet and denouncing the Chinese treatment of Tibetans.

"The Chinese have ruled violently in our country and we want them to leave Tibet," the statement is reported to have read. "We ask the U.N. and all the countries of the world to please support our true cause. We are suffering. The Chinese have taken away Tibetan human rights for the last 30 years."

Protests in Other Areas

News reached Lhasa today of another demonstration on Sept. 27, in Shigatse, Tibet's second-largest city, 135 miles southwest of the capital, as well as a third protest by Tibetan exiles on the Nepal-Tibet border.

The Chinese police have also put up placards warning foreigners not to become involved in protests.

A poster in English read, "Foreigners are not allowed to crowd around watching and photographing the disturbances manipulated by a few splitters, and they should not do any distorted propaganda concerning disturbances that is not in accordance with the fact."

Congress of the United States
Washington, DC 20515

September 22, 1987

His Excellency Zhao Ziyang
The Prime Minister of the People's Republic of China

Your Excellency:

Members of the United States Congress were honored yesterday with a visit from His Holiness the Dalai Lama of Tibet, who addressed various meetings on Capitol Hill at our invitation.

As you are no doubt aware, the people of the United States and their representatives in the United States Congress take a keen interest in the welfare of the Tibetan people, whose great spiritual tradition and rich culture is a source of inspiration to people around the world. Our grave concern with the present situation in Tibet and the policies of your government towards its people was recently expressed in an amendment unanimously adopted by the House of Representatives on June 18, 1987.

We take note of a number of encouraging changes in your government's overall policies, but wish to express our dismay at the population transfer and other initiatives which threaten the survival of the culture and distinct identity of the Tibetan people.

His Holiness the Dalai Lama, whose wisdom and leadership we greatly admire, has now proposed a five-point plan to restore peace and respect for human rights in Tibet and to ensure the preservation of Tibet's identity, and the survival of its culture and spiritual tradition.

This plan can be summarized as follows:

1. Transformation of the whole of Tibet into a peace zone. This would be in keeping with Tibet's historical role as a peaceful Buddhist nation and a buffer state separating the continent's great powers. It would also be in keeping with Nepal's proposal to declare Nepal a peace zone, a proposal supported by your government.
2. Abandonment of China's population transfer policy. The population transfer of Chinese to Tibet, which will reduce the Tibetan population to an insignificant and disenfranchised minority in Tibet itself, threatens the very existence of the Tibetan people.
3. Respect for human rights and democratic freedoms. The fundamental human rights and democratic freedoms of the Tibetan people should be recognized and respected not only in theory but in practice. Thousands of political and religious prisoners should be released, freedom of religion implemented, culture and education promoted, and Tibetans should be free to determine their own destiny in an atmosphere free of oppression and intimidation and in a spirit of openness and reconciliation.
4. Restoration and protection of Tibet's natural environment and the abandonment of China's use of Tibet for the production of nuclear weapons and for dumping nuclear waste.

1ST STORY of Level 1 printed in FULL format.

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The Reuter Library Report

September 30, 1987, Wednesday, AM cycle

LENGTH: 264 words

HEADLINE: U.S. CONGRESSMEN SAY TIBET EXECUTIONS AIMED AT U.S.

DATELINE: WASHINGTON, Sept 30

KEYWORD: CHINA-CONGRESS

BODY:

Three members of Congress accused China on Wednesday of executing two prisoners in Tibet to retaliate for a visit to Washington by the Dalai Lama.

The Dalai Lama, spiritual and political leader of six million Tibetan Buddhists, met members of the Congressional Human Rights Caucus on September 21 and publicly called for the withdrawal of Chinese troops from Tibet.

Three days later two Tibetans, described by a local government official as criminals, were executed. Associates of the Dalai Lama say the men were political prisoners.

"We are convinced that the executions were in direct response to the events here," said Congressman Tom Lantos, co-chairman of the Congressional Human Rights Caucus. "This is a major political slap, both at the holiness, the Dalai Lama, and at the Congress of the United States. The timing is not accidental."

Lantos was joined at a press conference by Senator Claiborne Pell, chairman of the Senate Foreign Relations Committee, and Congressman Benjamin Gilman.

Gilman, noting that the Dalai Lama had been invited to speak with members of the House of Representatives and Senate during his 10-day visit to the United States, said China's "response is certainly repugnant and unacceptable and we hope there will be other governments who will express their distain."

In Peking, Chinese Justice Minister Zao Yu dismissed as "sinister slander" accusations by the Dalai Lama and some U.S. congressmen that human rights were being violated in Tibet.

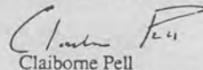
China invaded Tibet in 1949 and has remained there ever since, putting down a rebellion in 1959.

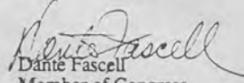
SUBJECT: DIPLOMATIC; POLITICS

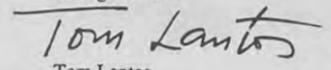
5. Conduct earnest negotiations on the future status of Tibet and relations between the Tibetan and Chinese peoples. His Holiness the Dalai Lama and the Tibetan government in exile wish to approach this subject in a reasonable and realistic way, in a spirit of frankness and conciliation and with a view to finding a solution that is in the long term interest of all: the Tibetans, the Chinese, and all other peoples concerned.

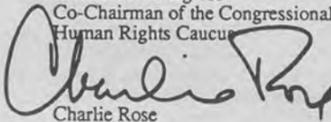
We welcome His Holiness the Dalai Lama's proposal as a historic step towards resolving the important question of Tibet and alleviating the suffering of the Tibetan people. We also believe that it is a significant contribution to relieving regional tensions and promoting world peace. His Holiness the Dalai Lama has addressed these issues in a most reasonable and statesmanlike manner, and we wish to express our full support for his proposal. We write to you in the hope that your government's response will be equally constructive.

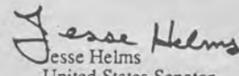
Yours sincerely,

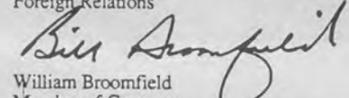

Claiborne Pell
United States Senator
Chairman of Senate Committee on Foreign Relations

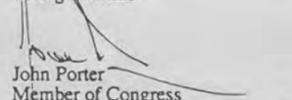

Dante Fascell
Member of Congress
Chairman of House Committee on Foreign Affairs

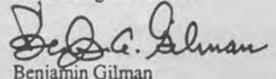

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In a Silent Monastery, Gods, Tears and Fears

By EDWARD A. GARGAN
Special to The New York Times

LHASA, Tibet, Oct. 5 — "The name of this room is 'Where the Dalai Lama Stayed,'" the old monk said, glancing over his shoulder to make sure he was not overheard. Then he sat on a small platform covered with a matted rug.

"We made flags secretly here," he said. "We painted big pieces of cloth."

The flag was that of Tibet, two facing lions before a snowcapped mountain with a sun behind radiating rays of red and blue. Display of the Tibetan flag is prohibited by the Chinese, who annexed Tibet in 1950.

The monk bent forward and slowly brought his hands to his

Small flames seemed to whisper in the gloom. Photographs of the Dalai Lama, the Tibetans' exiled spiritual and civil leader, hung on scarves of white draped over statues of gods.

The monk said that 21 of his monastery's youngest monks traveled with a Tibetan flag to the Jokhang Cathedral in central Lhasa on Sept. 27. With that flag, they walked around the cathedral, Tibet's most sacred place, until they and five other monks were arrested.

'A Sort of Independence'

Four days later, a crowd of Tibetans, again led by monks, circled the cathedral. There was a confrontation with the police, cars were burned, a police station was gutted by fire. At least nine Tibetans were reported shot to death by the police in the largest protest against Chinese rule since 1959.

For the old monk, Sept. 27 was a turning point. "This is a sort of independence for us," he said.

"All the new students are in prison. We counted the people who didn't come back. We tried to send blankets to the monks in prison but the Chinese wouldn't let us. The monks don't have enough clothes to keep warm."

The old monk talked on, jumping from one thought to another, nervousness softening his words but fueling his emotion. He was frightened, yet confident in the justice of his cause.

'Everyone Is Scared'

"The demonstrations are good," he said. "When the people protested we thought we would have no problem because we had the blessing of the Dalai Lama."

After the demonstration, the police came. "They came to question the abbot," the old man said. "Nobody said anything. Now there is a Chinese man with one of the senior monks, to see what he does."

"Every night the Chinese come, with guns. Mostly they come at night, but they watch in the day. Everyone is scared, so the pilgrims don't come."

The monk who talked of how events led up to the first demonstration said:

"On Sept. 25 there was a round rainbow over Drepung. Then on the 26th there were three earthquakes in the morning. The earthquake was a bad sign. It was decided that the demonstration would begin on the 27th."

The monk, his ash-gray hair clipped close to his skull, said he was not afraid. "I spent 21 years in prison," he said. "Nine years in the black. I know what electric shocks are like."

"There is unity in prison," he added, his voice little more than a whisper. "We say, if you kill us, the Dalai Lama is still alive."

**'Every night the
Chinese come.
Everyone is
scared.'**

face. He wept slow, choking sobs, trembling, his thin body wrapped in a coarse maroon robe.

'I Am Very Sad'

"One of my students is in prison," he said. "I am very sad." "There are 21 monks from Drepung in prison," the monk said, referring to Drepung Monastery, founded in 1416 and once the largest and richest Tibetan Buddhist monastery.

An eerie quiet engulfed Drepung today, five days after several people were killed in this capital during a protest for Tibetan independence.

Another elderly monk talked of how the demonstrations came about. "We've been planning something like this since 1959," he said.

Courtyards and prayer halls, normally filled with pilgrims, were empty and silent today. Occasionally a solitary monk would hasten up a rough flagstone passageway.

Gods Amid the Gloom

Where normally a prayer drum would thump leadenly from a high open window, or a bell would ring rhythmically in the hand of a chanting monk, the monastery was still. Inside the halls, monks scooped liquid yak butter from a brass bucket to fuel lamps.

The monk who spoke of his imprisoned students walked clockwise around the Ganden Phodang prayer hall and stood before an eight-foot-tall brass image of the god of wisdom. He bowed slightly, cupping his hands together.

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The New York Times

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Stand Up for Decency in Tibet

Don't be too supportive of the uprising in Tibet, the State Department insists, for it comes just as China has been easing a tradition of repression. Reacting to Congressional condemnation of Beijing, the Reagan Administration points out that too much empathy for the Tibetans and too little for China's policy will undercut that moderation. But if China's Tibet policy offends somewhat less, it continues to offend. Washington's failure to say so will surely not improve the situation.

China declares that when it invaded the isolated kingdom of Tibet in 1950, it brought modernity and respected at least the nominal autonomy of a 2,000-year-old feudal theocracy at the "roof of the world." Within the decade that proved to be a cruel fiction, Tibet's temporal and spiritual leader, the Dalai Lama, fled to Indian sanctuary.

Tibet suffered disastrously from extremism in Chinese politics in the 1960's. Yak herders were driven into collectives, and barley farmers forced to plant wheat, unsuited to the high Tibetan plateau. Starvation ensued. More than a million people died in work camps and more than 6,000 monasteries were destroyed, their icons and paintings looted and sold.

Then in the late 1970's, Hu Yaobang, the party leader purged earlier this year, made a public apology and launched a new strategy, including negotiations with the Dalai Lama. Talks broke down over a plebiscite. Cynics said it had all been a sham to make China look conciliatory during negotiations over Hong Kong.

A policy of settlement followed, in which Chinese were lured to Tibet by triple the normal pay, settlement grants and new apartment blocks. The Chinese influx was accompanied by an easing of religious repression and the reconstruction of some ruined monasteries. Yet with Chinese in the historic territory of Tibet now outnumbering Tibetans by 7.5 million to 6 million, Tibetans today are an underclass in their own homeland. Their life expectancy is more than 20 years below the Chinese average, 70 percent are illiterate, the annual per capita income is \$110. Their resentment and fear of cultural destruction motivate their protests even in the face of predictable reactionary crackdown.

The Tibetans have every right to aspire to the

independence of their earlier history. But Beijing's interests are not easily ignored. The Tibetan plateau constitutes fully one fourth of China's land mass, rich with unexploited resources, strategically set on the tense border with India. And giving in to the nationalism of one minority must be a fearful prospect in the face of similar stirrings in Manchuria, Mongolia and elsewhere.

There is, however, space between status quo and independence. A Tibet policy Washington could support in good conscience would ease off the resettlement program and end the remaining religious repression. Then it would devise a way to give Ti-



betans a voice without sacrificing vital Chinese interests. Perhaps a model could be found in India's arrangements with adjoining entities such as Nepal, Sikkim and Bhutan. Bhutan, for example, controls its domestic affairs while ceding foreign relations to India.

Yet the U.S. State Department hesitates, shortsightedly, to speak up for decency. True, there are Chinese officials who, believing that a little bit of freedom is costly, now feel vindicated by Tibet's protests. But they could be reminded that less freedom would be even costlier. A China that wants the world to believe that Hong Kong or even Taiwan could thrive under the Chinese flag must first prove it in Tibet.

tionary acts". Under Chinese law, such acts are punishable by execution.

SEPT. 28: The PRC Foreign Ministry condemns the US government for its refusal to silence His Holiness the Dalai Lama during his US visit. A letter to Chinese Premier Zhao Ziyang from Claiborne Pell and others, in support of the Dalai Lama's peace proposal is delivered to the Chinese Embassy in Washington, D.C. (see letter).

OCT. 1: Thousands of Tibetans demonstrate for Tibetan independence. Eight Tibetans, including a 7 year-old child, are killed when Chinese soldiers open fire. Some 120 others are injured. Several western tourists, including two Americans John Ackerly and Dr. Blake Kerr are arrested.

OCT. 3: H.H. the Dalai Lama expresses shock and grief at the killings, and states his continuing faith in a non-violent solution and calls on supporters of free-

EXTENSIONS OF REMARKS

PROPOSAL FOR PEACE AND ACCOMMODATION IN TIBET—STATEMENT OF THE DALAI LAMA

HON. TOM LANTOS

OF CALIFORNIA
IN THE HOUSE OF REPRESENTATIVES
Tuesday, September 22, 1987

Mr. LANTOS. Mr. Speaker, yesterday the Congressional Human Rights Caucus met with His Holiness the Dalai Lama, the spiritual and political leader of the Tibetan people. During our meeting, the Dalai Lama made a major political statement regarding a negotiated settlement with the People's Republic of China on the Tibetan issue. This was the first political statement he has made outside India since he fled to that country from Tibet in 1959.

The Dalai Lama was forced to flee from his mountainous homeland when military forces of China brutally occupied Tibet almost three decades ago. Since that time, the Dalai Lama has lived in exile in India, where he has worked to secure peace and religious freedom for his people and to preserve Tibetan culture. Since the military occupation of Tibet, over 1 million Tibetans have died as a result of political instability, imprisonment, and widespread famine. Reports, confirmed by Amnesty International, indicate that Tibetans are being imprisoned and killed for the nonviolent expression of their religious and political beliefs. Over 6,000 monasteries, the repositories of 13 centuries of Tibet's ancient culture, have been destroyed. An irreplaceable national legacy of art and literature has been lost or removed from Tibet by the People's Republic of China.

China has encouraged a massive migration into Tibet of literally millions of ethnic Chinese. Today, there are more Chinese than Tibetans in Tibet, and the Government of China continues to encourage this migration. The people of Tibet are being overwhelmed and overrun in their own land, and the ancient and unique Tibetan culture and civilization are being destroyed in the drive to Sinitize Tibet.

Today in his statement to the Human Rights Caucus, the Dalai Lama proposed a five point program that can restore peace and cooperation between the Chinese and Tibetan

dom to prevail on China to stop the executions and to release those imprisoned.

Tibet was a fully independent state when China invaded it in 1949. China's violation of Tibet's territorial integrity was denounced as aggression by virtually all countries of the free world, including the United States. The International Commission of Jurists found China guilty of committing genocide against the Tibetan people, and the UN has adopted three separate resolutions calling on China to respect the rights of the Tibetan people. Despite such repeated calls, China continues to violate human rights in Tibet, as documented by Amnesty International and other human rights groups. China's invasion and military occupation of Tibet is a clear violation of international law, which regards Tibet as an independent State under continued illegal occupation by the People's Republic of China.

We friends of Tibet, request the US Government, United Nations and leaders of the free world to:

1. Condemn China's brutal actions in Tibet, and to support the just cause of Tibetan independence.
2. Stop China's execution and imprisonment of Tibetan nationalists.
3. Demand the release of Tibetan political and religious prisoners.
4. Halt the massive Chinese population transfer into Tibet.

5. Act to restore the fundamental human rights of Tibetan people. In this time of crisis, we urge you to write to your elected representatives in Congress to urge US intervention on behalf of the people of Tibet.

(Sponsored by the Tibetan Association, US Tibet Committee, Dharmapala, Tibetan Freedom Committee, Tibetan Youth Congress, Friends of Tibet Society, Tibetan Studies Society, and Project Tibet).

people—First transformation of Tibet into a zone of peace, second, an end to the massive migration of ethnic Chinese into Tibet, third, respect for the fundamental human rights and democratic freedoms of the Tibetan people, fourth, restoration and protection of Tibet's natural environment, including an end to the production of nuclear weapons and dumping of nuclear waste in Tibet, and fifth, the beginning of serious negotiations on the future status of Tibet and relations between the Chinese and Tibetan people.

Mr. Speaker, the Dalai Lama's proposal is a serious, well-considered proposal that deserves the serious attention of all those involved. I urge the Government of the People's Republic of China to give it serious and thoughtful consideration. I urge our own Government to support the proposals of the Dalai Lama as a key to the resolution of this problem.

I also urge my colleagues here in the Congress to give it thoughtful attention. I ask that the statement of the Dalai Lama be placed in the RECORD for my colleagues' consideration.

STATEMENT OF HIS HOLINESS THE DALAI LAMA

The world is increasingly interdependent, so that lasting peace—national, regional, and global—can only be achieved if we think in terms of broader interests rather than parochial needs. At this time, it is crucial that all of us, the strong and the weak, contribute in our own way. I speak to you today as the leader of the Tibetan people and as a Buddhist monk devoted to the principles of a religion based on love and compassion. Above all, I am here as a human being who is destined to share this planet with you and all others as brothers and sisters. As the world grows smaller, we need each other more than in the past. This is true in all parts of the world, including the continent I come from.

At present in Asia, as elsewhere, tensions are high. There are open conflicts in the Middle East, Southeast Asia, and in my own country, Tibet. To a large extent, these problems are symptoms of the underlying tensions that exist among the area's great powers. In order to resolve regional conflicts, an approach is required that takes into account the interests of all relevant countries and peoples, large and small. Unless comprehensive solutions are formulated, that take into account the aspirations of the people most directly concerned, piecemeal or merely expedient measures will only create new problems.

The Tibetan people are eager to contribute to regional and world peace, and I believe they are in a unique position to do so. Traditionally, Tibetans are a peace loving and non-violent people. Since Buddhism was introduced to Tibet over one thousand years ago, Tibetans have practiced non-violence with respect to all forms of life. This attitude has also been extended to our country's international relations. Tibet's highly strategic position in the heart of Asia, separating the continent's great powers—India, China and the USSR—has throughout history endowed it with an essential role in the maintenance of peace and stability. This is precisely why, in the past, Asia's empires went to great lengths to keep one another out of Tibet. Tibet's value as an independent buffer state was integral to the region's stability.

When the newly formed People's Republic of China invaded Tibet in 1949/50, it created a new source of conflict. This was highlighted when, following the Tibetan national uprising against the Chinese and my flight to India in 1959, tensions between China and India escalated into the border war in 1962. Today large numbers of troops are again massed on both sides of the Himalayan border and tension is once more dangerously high.

The real issue, of course, is not the Indo-Tibetan border demarcation. It is China's illegal occupation of Tibet, which has given it direct access to the Indian sub-continent. The Chinese authorities have attempted to confuse the issue by claiming that Tibet has always been a part of China. This is untrue. Tibet was a fully independent state when the People's Liberation Army invaded the country in 1949/50.

Since Tibetan emperors unified Tibet, over a thousand years ago, our country was able to maintain its independence until the middle of this century. At times Tibet extended its influence over neighboring countries and peoples and, in other periods, came itself under the influence of powerful foreign rulers—the Mongol Khans, the Gorkhas of Nepal, the Manchu Emperors and the British in India.

It is, of course, not uncommon for states to be subjected to foreign influence or interference. Although so-called satellite relationships are perhaps the clearest examples of this, most major powers exert influence over less powerful allies or neighbors. As the most authoritative legal studies have shown, in Tibet's case, the country's occasional subjection to foreign influence never entailed a loss of independence. And there can be no doubt that when Peking's communist armies entered Tibet, Tibet was in all respects an independent state.

China's aggression, condemned by virtually all nations of the free world, was a flagrant violation of international law. As China's military occupation of Tibet continues, the world should remember that though Tibetans have lost their freedom, under international law Tibet today is still an independent state under illegal occupation.

It is not my purpose to enter into a political/legal discussion here concerning Tibet's status. I just wish to emphasize the obvious and undisputed fact that we Tibetans are a distinct people with our own culture, language, religion and history. But for China's occupation, Tibet would still, today, fulfill its natural role as a buffer state maintaining and promoting peace in Asia.

It is my sincere desire, as well as that of the Tibetan people, to restore to Tibet her invaluable role, by converting the entire country—comprising the three provinces of U-Tsang, Kham and Amdo—once more into a place of stability, peace, and harmony. In the best of Buddhist tradition, Tibet would extend its services and hospitality to all who further the cause of world peace and the well-being of mankind and the natural environment we share.

Despite the holocaust inflicted upon our people in the past decades of occupation, I have always strived to find a solution through direct and honest discussions with the Chinese. In 1982, following the change of leadership in China and the establishment of direct contacts with the govern-

CHRONOLOGY OF EVENTS

JUNE 18: The US House of Representatives unanimously adopts legislation condemning the People's Republic of China for its violations of human rights in Tibet and for its military occupation of the country. The legislation acknowledges the holocaust wrought by China during its 30 years of illegal rule.

SEPT. 18: The Chinese Embassy demands that the State Department not allow the Dalai Lama to make political statements during his US tour.

SEPT. 21: His Holiness the Dalai Lama outlines a five-point peace plan for Tibet in an address to the Congressional Human Rights Caucus on Capitol Hill (see peace plan).

SEPT. 22: The US Congress passes a resolution welcoming

H.H. the Dalai Lama as spiritual leader of the world's Buddhists, and as a world leader advancing the cause of regional and world peace.

SEPT. 24: The Chinese stage a massive rally in Lhasa of 15,000 people to denounce the Dalai Lama's political activity in the US. Kelsang Tashi, a Tibetan nationalist, is executed at the rally; two other Tibetan nationalists, Sonam Gyeltsen and Migmar Tashi are sentenced to death, and eight others are imprisoned.

SEPT. 27: Twenty-one Tibetan monks and five laymen demonstrate at the Jokhang Temple, the most sacred shrine of Tibetan Buddhism, carrying Tibetan national flags and demanding independence for Tibet. The demonstrators are arrested and charged with "counter-revolu-

SATURDAY, OCTOBER 10, 1987

Foreign Reporters Expelled From Tibet



Police officers arriving by truck in the center of Lhasa, Tibet, on Wednesday, the 37th anniversary of the Chinese occupation of Tibet. The police were brought in to prevent a pro-independence demonstration.

By EDWARD A. GARGAN

Special to The New York Times

BEIJING, Oct. 9 — Fourteen foreign journalists from six countries left Tibet today after being ordered out of the region by the Chinese authorities.

The expulsions came after 20 days of protests, led by monks and other Tibetans, against Chinese rule. Another journalist covered by the expulsion order left Lhasa, the capital, on Thursday.

A Chinese official declared that the journalists, including this correspondent, were in Tibet illegally and that any effort to report anti-Chinese protests was prohibited.

Lhasa and at least one other Tibetan city have been the sites of marches led by monks to demand that the Chinese leave Tibet, which was invaded by Chinese troops and finally annexed in 1951. In one demonstration on Oct. 1, it now appears that at least 9 Tibetans and 4 policemen were killed.

Reporting Severely Limited

After permitting sporadic reports of the protests from Tibet for several days, the Chinese authorities here severed contact with Lhasa, preventing foreign journalists there from reporting directly on events. Some accounts were carried to Chengdu, a city 750 miles east of Lhasa, but most reporting has been severely limited.

According to a foreign manager of Lhasa's main tourist hotel, Chinese officials have ordered all foreigners to leave Tibet unless they are on official business or on official tours. The Chinese have denied issuing such an order.

On Tuesday, an anti-Chinese march by as many as 100 monks from Drepung Monastery, just outside Lhasa, turned violent when heavily armed

Chinese policemen attacked the protesters, beating them with clubs, rifle butts and belts. Ninety monks were arrested as they tried to march on the provincial government offices.

Since Tuesday, Lhasa has been very tense. Although most shops and market stalls had reopened by Thursday, they closed much earlier than usual, and streets were empty by early evening.

A Chinese restaurant owner in Lhasa said many of the Chinese who had been sent there as government officials had gone home early because they feared being attacked by Tibetans.

Monasteries Sealed Off

On Wednesday, all of Lhasa's monasteries, the religious heart of Tibetan Buddhism, were sealed off by blockades of policemen brandishing automatic weapons and pistols. All local cars and trucks were stopped and their drivers questioned.

The Chinese police have plastered the walls of monasteries with posters denouncing the Dalai Lama, the leader of Tibetan Buddhism, whom they accused of encouraging separatist activity from his exile in Dharamsala, India.

Other Chinese officials have been seen lecturing young monks on China's version of Tibetan history and have interrogated all senior abbots at the monasteries. At the Jokhang Cathedral, the most sacred of Buddhism's shrines in Tibet, the Chinese police have occupied the upper floors, using the temple as an observation post.

At least 600 heavily armed policemen arrived in Lhasa during the week. On Wednesday, the 37th anniversary of China's invasion, they staged a major show of force by driving a convoy of 20 trucks, including 13 packed with policemen armed with AK-47 assault rifles, through the old Tibetan quarter.

The police have patrolled rooftops of the Tibetan quarter and have set up roadblocks in various parts of Lhasa.

A Meeting in Lhasa

Efforts by journalists in Tibet to send out reports on the events of the last few days proved almost impossible and were in fact ruled illegal at a meeting in Lhasa shortly after midnight Thursday between a senior Chinese official and 15 foreign reporters.

Yu Wuzhen, the director of Tibet's foreign affairs office, read a statement ordering the 15 foreign reporters out of Tibet. Mr. Yu charged the journalists with failing to provide the provincial authorities with what he said was a required 10-day advance notification of their intention to work in Tibet.

The meeting was also attended by two American diplomats who were in Lhasa, Raymond F. Burghardt, the political counselor at the United States Embassy in Beijing, and Scott D. Ballard, a consular officer from Chengdu.

THE NEW YORK TIMES, SATURDAY, OCTOBER 10, 1987

The U. S. Must Speak Up for Tibet

By John F. Avedon

The demonstrations in Tibet have not only reminded the world of that remote nation's deeply troubled existence but also underscored embarrassing deficiencies in the United States's policies toward China.

These deficiencies are threefold. First, the United States has been so eager to develop strategic and economic ties with China that for more than two decades it has ignored extraordinary human rights abuses in Tibet. Second, by accepting China's version of Tibetan reality, we are squandering an opportunity to help broker a solution. Third, by allowing the Tibetan tragedy to fester, we may be giving radical elements in Beijing the ammunition they need to bring down the existing Chinese regime, with whom we would obviously prefer to deal.

Fortunately, Congress seems more alert to the situation than the State Department. On Oct. 6, the Senate unanimously passed legislation, previously adopted in the House, con-

demning China's sorry record on the roof of the world: 1.2 million Tibetans killed, 6,250 monasteries destroyed, billions of dollars worth of natural resources and religious artifacts extracted and the internment of thousands of political prisoners.

Two weeks ago, the Congressional Human Rights Caucus gave the Dalai Lama a forum in which to announce a five-point peace plan for resolving Tibet's future status. Meanwhile, the House passed a resolution supporting him, and a letter, signed by Claiborne Pell, chairman of the Senate Foreign Relations Committee, and ranking minority member Jesse Helms, as well as by Dante Fascell and William Broomfield of the House Foreign Affairs Committee, was sent to China's Premier, Zhao Ziyang, urging him to use the plan as a framework for negotiation.

Beijing's response was to assemble 15,000 Tibetans in Lhasa's Triyue Trang stadium. Eight Tibetan nationalists were sentenced to prison terms; two to death. One man, Kel-sang Tashi, was executed immediately; a second, Sonam Gyeltsen, was executed two days later. The Dalai Lama's call for dialogue was conciliatory and statesman-like; China's reply-by-execution was not only a shocking rebuke to the Tibetan leader and the United States Congress alike

but also directly triggered the riots that followed.

Throughout the current turmoil, the State Department has denied the existence of Beijing's "final solution" for Tibet: a program encouraging large numbers of Chinese to move to Tibet.

This policy has increased Tibet's Chinese population to 7.5 million, compared to six million Tibetans, and

Why cater to China?

has had devastating effects on every aspect of Tibetan life.

In today's Tibet, for example, Chinese settlers live in modern new towns, earn two-thirds more than Tibetans and receive preferential medical care and education for their children. Tibetans live in decaying slums, have a per capita income of \$110 and a life expectancy of 40 years — 25 years less than that of the Chinese. Only one in five Tibetan children complete primary school. Seventy

percent of the Tibetan population remains illiterate.

America's foreign policy establishment does not want to acknowledge this. Through the State Department, it maintains that Beijing is doing its best to upgrade the region. It glosses over the fact that none of China's investment in Tibet benefits Tibetans. Instead, funds for "Tibet" are used exclusively to build an infrastructure for future waves of Chinese immigrants.

Why won't the United States Government speak out? Is our China policy so inviolable, and its benefits so great, that we must pay for it by burying our conscience? There have already been reports of four Tibetan monks beaten to death in Chinese prisons. The Chinese authorities in Lhasa have publically warned that after Oct. 15 "serious reprisals" will occur against all those who took part in the demonstrations.

The Dalai Lama has repeatedly stated that he is open to discussion and compromise. If we are genuinely to have the mature relationship with China we seek, we must cease abusing our principles to sustain our interests. Before the onset of yet another cycle of repression, our Government must stop dissembling and stand up to protect Tibet.

ment in Peking, I sent my representative to Peking to open talks concerning the future of my country and people.

We entered the dialogue with a sincere and positive attitude and with a willingness to take into account the legitimate needs of the People's Republic of China. I hoped this attitude would be reciprocated and that a solution could eventually be found which would satisfy and safeguard the aspirations and interests of both parties. Unfortunately, China has consistently responded to our efforts in a defensive manner, as though our detailing of Tibet's very real difficulties was criticism for its own sake.

To our even greater dismay, the Chinese government misused the opportunity for a genuine dialogue. Instead of addressing the real issues facing the six million Tibetan people, China has attempted to reduce the question of Tibet to a discussion of my own personal status.

It is against this background and in response to the tremendous support and encouragement I have been given by you and other persons I have met during this trip, that I wish today to clarify the principal issues and to propose, in a spirit of openness and conciliation, a first step towards a lasting solution. I hope this may contribute to a future of friendship and cooperation with all of our neighbors, including the Chinese people.

This peace plan contains five basic components: 1. Transformation of the whole of Tibet into a zone of peace; 2. Abandonment of China's population transfer policy which threatens the very existence of the Tibetans as a people; 3. Respect for the Tibetan people's fundamental human rights and democratic freedoms; 4. Restoration and protection of Tibet's natural environment and the abandonment of China's use of Tibet for the production of nuclear weapons and dumping of nuclear waste; 5. Commencement of earnest negotiations on the future status of Tibet and of relations between the Tibetan and Chinese peoples.

Let me explain these five components.

I propose that the whole of Tibet, including the eastern provinces of Kham and Amdo, be transformed into a zone of "Ahimsa," a Hindi term used to mean a state of peace and non-violence.

The establishment of such a peace zone would be in keeping with Tibet's historical role as a peaceful and neutral Buddhist nation and buffer state separating the continent's great powers. It would also be in keeping with Nepal's proposal to proclaim Nepal a peace zone and with China's declared support for such a proclamation. The peace zone proposed by Nepal would have a much greater impact if it were to include Tibet and neighboring areas.

The establishment of such a peace zone in Tibet would require withdrawal of Chinese troops and military installations from the country, which would enable India also to withdraw troops and military installations from the Himalayan regions bordering Tibet. This would be achieved under an international agreement which would satisfy China's legitimate security needs and build trust among the Tibetan, Indian, Chinese and other peoples of the region. This is in everyone's best interest, particularly that of China and India, as it would enhance their security, while reducing the economic burden of maintaining high troop concentrations on the disputed Himalayan border. Historically, relations between China and India were never strained. It was only when Chinese armies marched into Tibet, creating for the first time a common border, that tensions arose between these two powers, ultimately leading to the 1962 war. Since then numerous dangerous incidents have continued to occur. A restoration of good relations between the world's two most populous countries would be greatly facilitated if they were separated—as they were throughout history—by a large and friendly buffer region.

To improve relations between the Tibetan people and the Chinese, the first requirement is the creation of trust. After the holo-

caust of the last decades in which over one million Tibetans—one sixth of the population—lost their lives and at least as many lingered in prison camps because of their religious beliefs and love of freedom, only a withdrawal of Chinese troops could start a genuine process of reconciliation. The vast occupation force in Tibet is a daily reminder to the Tibetans of the oppression and suffering they have all experienced. A troop withdrawal would be an essential signal that in future a meaningful relationship might be established with the Chinese, based on friendship and trust.

The population transfer of Chinese into Tibet, which the government in Peking pursues in order to force a "final solution" to the Tibetan problem by reducing the Tibetan population to an insignificant and disenfranchised minority in Tibet itself, must be stopped.

The massive transfer of Chinese civilians into Tibet in violation of the Fourth Geneva Convention (1949), threatens the very existence of the Tibetans as a distinct people. In the eastern parts of our country, the Chinese now greatly outnumber Tibetans. In the Amdo province, for example, where I was born, there are, according to Chinese statistics, 2.5 million Chinese and only 750,000 Tibetans. Even in the so-called Tibet Autonomous Region (i.e., central and western Tibet), Chinese government sources now confirm that Chinese outnumber Tibetans.

The Chinese population transfer policy is not new. It has been systematically applied to other areas before. Earlier in this century, the Manchus were a distinct race with their own culture and traditions. Today only two to three million Manchurians are left in Manchuria, where 75 million Chinese have settled. In Eastern Turkestan, which the Chinese now call Sinkiang, the Chinese population has grown from 200,000 in 1949 to 7 million, more than half of the total population of 13 million. In the wake of the Chinese colonization of Inner Mongolia, Chinese number 8.5 million, Mongols 2.5 million.

Serious efforts must be made to restore the natural environment in Tibet. Tibet should not be used for the production of nuclear weapons and the dumping of nuclear waste.

Tibetans have a great respect for all forms of life. This inherent feeling is enhanced by the Buddhist faith, which prohibits the harming of all sentient beings, whether human or animal. Prior to the Chinese invasion, Tibet was an unspoiled wilderness sanctuary in a unique natural environment. Sadly, in the past decades the wildlife and the forests of Tibet have been almost totally destroyed by the Chinese. The effects on Tibet's delicate environment have been devastating. What little is left in Tibet must be protected and efforts must be made to restore the environment to its balanced state.

China uses Tibet for the production of nuclear weapons and may also have started dumping nuclear waste in Tibet. Not only does China plan to dispose of its own nuclear waste but also that of other countries, who have already agreed to pay Peking to dispose of their toxic materials.

The dangers this presents are obvious. Not only living generations, but future generations are threatened by China's lack of concern for Tibet's unique and delicate environment.

Negotiations on the future status of Tibet and the relationship between the Tibetan and Chinese peoples should be started in earnest.

We wish to approach this subject in a reasonable and realistic way, in a spirit of frankness and conciliation and with a view to finding a solution that is in the long term interest of all the Tibetans, the Chinese, and all other peoples concerned. Tibetans and Chinese are distinct peoples, each with their own country, culture, language and way of life. Differences among peoples must be recognized and respected. They need not, however, form obstacles to genuine cooperation where this is in the mutual benefit of both peoples. It is my sincere belief that if the concerned parties were to meet and discuss their future with an open mind and a sincere desire to find a satisfactory and just solution, a breakthrough could be achieved. We must all exert ourselves to be reasonable and wise, and to meet in a spirit of frankness and understanding.

Let me end on a personal note. I wish to thank you for the concern and support which you and so many of your colleagues and fellow citizens have expressed for the plight of oppressed people everywhere. The fact that you have publicly shown your sympathy for us Tibetans, has already had a positive impact on the lives of our people inside Tibet. I ask for your continued support in this critical time in our country's history. Thank you.

NEWS & PROFILES

TIBET HOUSE & YEAR OF TIBET

Tibet House, a not-for-profit corporation, has been founded in New York City under the patronage of His Holiness the Dalai Lama to present to the West the full spectrum of Tibet's cultural and religious heritage in one location. It is the goal of Tibet House to preserve and to share as a living tradition the resources of Tibet's knowledge and practice in philosophy, art, and science with the world community as a contribution to human understanding and growth. Through its educational programs and lectures, exhibitions, research facilities and special religious and secular events, Tibet House will stir the heart of the visitor who will encounter there the mystery

power and beauty of Tibet.

The first major programs of Tibet House will be co-produced with leading museums, performing art centers, public television stations and book publishers. This series of special events will be coordinated by Tibet House and will be under the umbrella of an overall program called "Year of Tibet" presented 1990 to 1991 throughout the United States.

Highlighting the series will be "Treasures of Tibet", the largest and most prestigious art exhibition ever mounted of Tibetan paintings and sculpture and "Milarepa", a commissioned contemporary opera based on one of Tibet's great saints. "Year of Tibet" will also present a performing arts festival highlighting the finest of traditional

Tibetan arts, and several filmed documentaries. Other projects include an international conference on current Tibetan cultural issues and the publication of several new books.

"Year of Tibet" will be inaugurated by His Holiness the Dalai Lama, whose personal participation will call attention to the importance and uniqueness of Tibetan culture while focusing on the urgent need for preventing its imminent loss.

Richard Gere, Chairman of the Board of Tibet House, is leading the fund-raising effort. Contributions to Tibet House are tax-deductible and may be made payable to the Tibet Fund, c/o the Office of Tibet, 107 E. 31st St., NY, NY, 10016. Please note that the donation is for "Tibet House".

PETER GOLD'S SLIDE AND SOUND LECTURES OF TIBET

Peter Gold has been giving presentations, for the past ten years, introducing the fascinating culture of Tibet: its religion, arts, history and current events.

In his exciting slide talks, augmented by on-location sound recordings, he draws upon his huge audio-visual archives gathered during years of living with Tibetans inside Tibet and in India and Nepal.

Peter Gold will be giving presentations on Tibet and related topics during the month of October. These include:

October 21: *Timeless Tibet: The Spiritual Dimension in Tibetan Daily Life*, at the Center for Religion, Ethics and Social Policy, Cornell University, Ithaca NY, ph: (607) 255-2000

October 27: *Altar of the Earth: The Life, Land and Spirit of Tibet*, Tibetan Studies Society, Earl Hall, Columbia University, NYC, ph: (212) 966-0935

October 30: *Timeless Tibet: The Spiritual Dimension in Tibetan Daily Life* and:

October 31: *A Global Spiritual*

Journey (slides, songs and stories from the world's spiritual cultures, with strong emphasis on Tibet), both at the New York Open Center, 83 Spring St., New York NY, ph: (212) 219-2527.

We highly recommend his presentations to you and your organization.

For further information, please contact:

Peter Gold
c/o Snow Lion Publications
P.O. Box 6483
Ithaca, NY 14851

NEPAL TIBETAN BUDDHIST CULTURAL CENTER

Two wonderful programs are being offered to all interested individuals by the Nepal/Tibetan Buddhist Cultural Center (NTBCC).

Living Tibetan Culture is a three month cultural study program offering an in-depth study of the many facets of Tibetan culture. Classes will be offered in the traditional arts, medicine (including diagnosis), a survey of Tibetan religion (including meditation instruction) and an intensive course in the Tibetan language. Students have the option of staying with a Tibetan family for part of the program. They will also spend one week in Dharamsala, India to study the workings of the government of H.H. the Dalai Lama in exile.

Students may participate in a 2-week guided trek to Tibet at the end of the program, if they wish.

Tibetan Medicine: The Holistic Approach is an on-site program looking at the ancient beliefs and methods still being taught and practiced by the Lama priests of old Tibet and contrasts them with present-day methods of diagnosis and treatment in Tibetan medical clinics in Nepal. Students will see what is being done to preserve the old traditions of medicine which treat both body and mind and to integrate them into the new world of holistic medicine. There will be time to investigate special topics of interest to Westerners such as Tibetan medicine's treatment of cancer and AIDS.

Classes will be held at the headquarters of the Office of H.H. the Dalai Lama in Kathmandu. Classrooms are in a restored 19th-century palace, which holds a library as well as a museum of Tibetan artifacts. Accommodations will be in a Western-style guest house and Western meals will be provided. Students will receive a complete orientation to Kathmandu and guided tours to the sacred power places. Free time will be provided for trekking in the Himalayas, or students may participate in a guided trek to Tibet.

For more information write: NTBCC, P.O. Box 8101, Berkeley, CA 94707. Phone: (415) 527-7005.

GADEN TENZIN LING TO HOST H.H. GANDEN TRI RINPOCHE AND THE VEN. TARA TULKU

CHENREZIG AND YAMANTAKA INITIATIONS

Gaden Tenzin Ling Tibetan Buddhist Meditation Center, located in Ithaca, NY will be hosting His Holiness Gaden Tri Rinpoche from Dec. 17-20 and the Venerable Tara Tulku for a week in April.

H.H. Gaden Tri Rinpoche will give the Chenrezi Initiation and *Lo-jong* teachings during his visit to Ithaca. The center has

requested the Yamantaka Initiation and teachings on stabilizing the mind from the Venerable Tara Tulku. These teachings and initiations will be held in the new Gaden Tenzin Ling retreat center built just south of Ithaca through the generosity of Terry and Jerry Jay. There is a large room that will hold up to 60 people and inexpensive accommodations near-

by. If you are interested in either of these initiations and teachings please contact Sidney Piburn at 607-564-9005 (eve.) or 607-273-8506 (days).



OUR PURPOSE



HELP WANTED

Snow Lion Publications has been established to help further and protect Tibet's great religious and philosophic traditions. While this rich cultural heritage is threatened within Tibet itself, its importance is being recognized with increasing enthusiasm in the West.

Our goals are to provide handsome, relevant and informative books for the general reader, as well as authoritative, scholarly presentations and translations of seminal texts within the complete Tibetan meditation and scholastic tradition. All Snow Lion Publications are translated with thoroughness and precision by highly qualified scholar-translators working in conjunction with lamas recognized for their special understanding of each text. The English renderings are true to the originals in letter and spirit.

In addition to publishing and distributing philosophic and religious works, we offer books on Tibetan medicine, art, history, biography and language, and reproductions of authentic and inspirational art work such as cards, posters and calendars.

To ensure a representative selection of books for practitioners and scholars from all four sects of Tibetan Buddhism, and provide the most comprehensive resource for those interested in Tibetan culture, we appreciate working with and receiving manuscripts from lamas and teachers of all sects and from Western scholars and practitioners. As you will see from our catalogue, we distribute a great number of excellent and hard-to-find texts from many different sources. We are also looking for other books, pamphlets, sadhanas, visual dharma, etc.—so if you can recommend items for us to offer to our international audience of Dharma practitioners and scholars, we would appreciate hearing from you.

Snow Lion is hiring people interested in representing our line of books, postcards and other items to bookstores. If you have a few hours a week, would like to earn some extra money and at the same time help make dharma literature available to a wider public, this could be just the right job for you. Representatives must have a professional appearance and be capable of traveling to stores in their area to make presentations to book buyers. The amount of time required will depend on the number of stores you call upon, but your schedule is flexible and it is a lucrative way of increasing your earnings. If you are interested, please send us a letter of your qualifications, a photo, and a phone number where we can reach you during EST business hours.

PHOTOS NEEDED

Snow Lion is searching for high-quality photos of Tibet and Tibetan culture for use on book covers, postcards, posters, etc. Professional and amateur photographers have been supplying us with photos but we need many more. Snow Lion pays standard fees and royalties for use of the photos. If possible, send us duplicates of your best slides or prints for our files. When a possible application arises, we will contact you to work out the details. We greatly appreciate the photos that are sent to us—some of them are now on Snow Lion books and postcards.

PROJECTS FOR YOUR CONSIDERATION

Dharma students in the West have had the great blessing of the highest fruit of Tibetan culture—the lamas who have generously come here bringing the Buddha Dharma. But we do not see and often are unaware of the plight of the Tibetan civilization and the refugees, many of whom suffer great hardships. It is with this in mind that we present you with a few projects that need your support.

1. **DELEK HOSPITAL**, Gangchen Kyishong, Dharamsala, H.P., 176215 India. This is the main medical center for refugees in Dharamsala. They are constantly in need of medicines and other supplies as well as funds to support their outreach programs for neighboring villages. Medical conditions are poor at best and refugees continue to suffer due to the lack of

medicines and supplies. Your money will go a long way to improving their situation. Please write to the administrator at Delek Hospital for more information.

2. **TIBETAN FRIENDSHIP GROUP**, 901 Cuyama Road, Ojai, CA 93023. This is a long-standing, well-informed organization founded for the purpose of helping Tibetan refugees through various relief projects. Write to Diana Peron for further information.

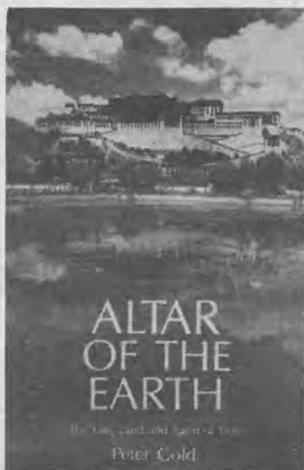
3. **THE OFFICE OF TIBET**, 107 E. 31st St., 4th Floor, NY, NY 10016, (212) 213-5010. This is the US representative of the Tibetan government-in-exile. They have many projects that require funding and/or volunteer effort. Please contact the office for more details.

SWAYAMBHU STUPA

A pictorial history of the Swayambhu Stupa is available for \$5 plus \$1.50 for shipping from Richard Josephson, PO Box 3843, Kathmandu, Nepal. Pro-

ceeds from the sale of the book go to help maintain the stupa which is in need of repair. Personal checks are acceptable.

NEW TITLES



ALTAR OF THE EARTH, by Peter Gold. 200 pp., 22 color photos #SLBKAE/\$14.95

Altar of the Earth takes us on a vivid journey into the majestic environment of today's Tibet—its people, places and matters of the spirit.

Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places—those things which travelers will very likely see but not fully appreciate from reading ordinary guide-books.

Altar of the Earth contains a panorama of places that attract travelers to this ancient land:

Yarlung Valley: the Tibetans' mythic origins, ancient kings, shrines and monasteries including Yumbu Lhakhang and Samye, and local village life.

Lhasa and Environs: the great Jokhang temple, people and pilgrims, famous monasteries, the Dalai Lamas and their dwellings—the Potala and Norbu Lingka.

Tibet's Heartland: Yamdrok Tso—the Turquoise Lake, Gyangtse's monastery, Kumbum Chorten and fortress—the tumultuous history of this region and life in its valley, Shigatse, Tashilungpo—seat of the Panchen Lama, and Sakya Monastery—ancient seat of the Sakya Order of Tibetan Buddhism.

Highlands of Southern Tibet: nomadic life and the psychospiritual significance of the great mountains on Earth.



become aware of other beings' sufferings and develop compassion. Finally we are inspired to attain enlightenment to remove our and others' suffering.



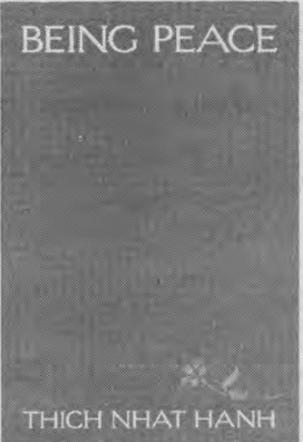
BARDO TEACHINGS: The Way of Death and Rebirth, by Venerable Lama Lodo. 73 pp. #SLBKBTE/\$5.95

Little is known in the West about the experiences that occur during and after death. In the tradition of Tibetan Buddhism, some of the great lamas, through direct experience, have delved into the processes of dying and rebirth and have unravelled many of the mysteries for us. In *Bardo Teachings*, Lama Lodo presents much of this material, and through a series of questions and answers clears up many misconceptions that students have about the death process.

"*Bardo Teachings* is remarkable because it reveals a significant portion of the secret tantric path. This is genuine tantra—not a potpourri of Western self-help instructions and fragments of Eastern thought.

"*Bardo Teachings* is...a teaching on how to traverse the stages of death without fear. It is as true a guide to tantric Buddhism's view of life and death as can be found in print."—San Francisco Chronicle

Bardo Teachings is now published by Snow Lion.



BEING PEACE, Thich Nhat Hanh. 115 pp. #PABP/\$8.50.

Thich Nhat Hanh, poet, Zen master, and chairman of the Vietnamese Buddhist Peace Delegation during the war, was nominated by Dr. Martin Luther King, Jr. for the Nobel Peace Prize. Author of *Vietnam: Lotus in a Sea of Fire*, *The Miracle of Mindfulness!*, *A Guide to Walking Meditation* and many other works, he lives in exile in France. In this book of talks, he emphasizes the importance of *being peace* in order to make peace.



THE BUDDHISM OF TIBET, by His Holiness the Dalai Lama. Trans. and Ed. by Jeffrey Hopkins. 219 pp. #SLBKBT/\$12.95

The Buddhism of Tibet consists of four texts that the Dalai Lama specially wrote or chose for the *Buddhism of Tibet* by the Dalai Lama. In this excellent essay, the Dalai Lama explains the principle topics and central practices of Buddhism.

The Key to the Middle Way by the Dalai Lama. The Dalai Lama leads the student to the discovery of the true meaning of emptiness. With acute precision, he presents many insights into the nature of emptiness.

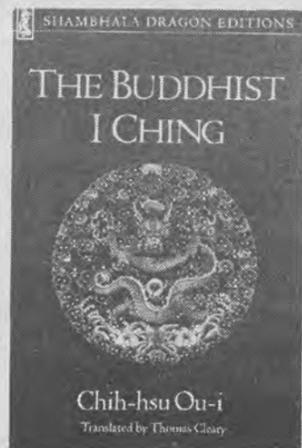
The Precious Garland by Nagarjuna. Originally written for a king, this text is famous for its description of the Bodhisattva path of compassion and for its clear, concise analysis of the Buddha's teaching on emptiness. It describes how to find happiness by cultivating virtues of body, speech and mind and how to amass the stores of merit and wisdom required for enlightenment.

The Song of the Four Mindfulnesses by the 7th Dalai Lama. This short poem, accompanied by a commentary by the present Dalai Lama, contains all the essentials of sutra and tantra. It is to be used as a basis for meditations on mindfulness of the guru, altruism, deity yoga and emptiness.

Buddhism of Tibet is now published by Snow Lion.

BUDDHIST ETHICS: The Path to Nirvana, Ven. Dr. H. Saddhatissa. 216 pp. #WIBKBE/\$12.95 Fall.

A Theravadin scholar and monk of over fifty years lucidly examines Buddhist doctrines, the Three Jewels, Buddhist Scriptures, the position of the laity in Buddhism and the importance of taking responsibility for our actions toward others. This thorough assessment clearly reveals the relationship between Buddhist ethics and the ultimate goal of Nirvana.



THE BUDDHIST I CHING, Trans. by Thomas Cleary. 290 pp. #SHBIC/\$13.95

The Buddhist I Ching is the only full-length interpretation of the I Ching by a Chinese Buddhist meditation master. Chih-hsu Ou-i (1599–1655) offers three levels of interpretation: social, Buddhist, and meditational. His comments deal with awakening to one's true qualities through Buddhist enlightenment. In the next thirty-four hexagrams, he deals with cultivating human qualities by understanding the relationships inherent in situations and acting or desisting appropriately. Ou-i intended his explanations to lead from understanding of society to understanding of spiritual practices, and vice versa.



THE CHRIST AND THE BODHISATVA, Donald S. Lopez, Jr. & S. C. Rockefeller, Editors. 274 pp. #SUCB/\$14.95

In this book, the authors explore and reconsider the contemporary significance of the Christ and the Bodhisattva. The volume includes essays by three eminent Christian theologians, Langdon Gilkey, Brother David Steindl-Rast, and Ann Belford Ulanov, that explore the significance of the Christ from the perspectives of the Roman Catholic contemplative tradition, modern depth psychology, and liberal Protestantism. Drawing on information previously unavailable in English, three distinguished scholars of Buddhism, His Holiness the Dalai Lama, Robert Thurman, and Luis Gomez, investigate the significance of the Bodhisattva in Tibet, India, and East Asia.

A substantial introduction sets the historical background for the Christ in Christianity and the Bodhisattva in Buddhism. Contributors' essays enhance our understanding of current presuppositions, problems, and prospects for the Buddhist-Christian dialogue.



A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA, by Geshe Lobsang Tharchin. 80 pp. #SLBKCGY/\$6.95 Fall

Guru yoga is one of the most accessible and profound practices for spiritual development. By his words and living example, the teacher serves as the representative of the Buddha's doctrines. The guru, as a spiritual friend, helps students to discover their own Buddha-nature; by their practice of guru yoga meditation the enlightened qualities of the Buddha become their own.

The guru yoga text used here consists of 12 short verses which guide the practitioner through the stages of guru yoga meditation. Geshe Lobsang Tharchin unfolds the meaning of the verses in his commentary and gives precise instructions for their practice.

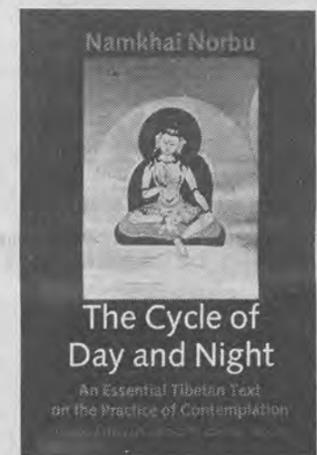
No matter what path one follows, the only way that one can actually achieve Buddhahood is through accumulating enlightening power, and mandala offering is a most effective practice for this purpose.

Here, for the first time in English, are presented the three forms of mandala offering:

* *outer mandala*—the symbolic world

* *inner mandala*—one's own body

* *secret mandala*—the offering of the two minds, that of the altruistic aspiration to enlightenment and the wisdom that perceives emptiness. This last offering is reserved for tantric practitioners.



THE CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation, by Namkhai Norbu. 128 pp. #STCDN/\$10.95

A clear presentation of the Dzogchen practice of being in contemplation 24 hours a day, "Where One Proceeds Along the Path of the Primordial Yoga," transmitted in the Buddhist tradition by Namkhai Norbu Rinpoche. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.



NEW TITLES

DEITY YOGA in Action and Performance Tantras, H.H. the Dalai Lama, Tsong-kapa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp. #SLBKDY/\$14.95

Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is an invaluable book for anyone who is practicing or interested in Buddhist tantra. It is comprised of three parts:

Heart of Mantra by the Dalai Lama is a lucid exposition of the meditative rites of deity yoga—the distinctly tantric process in which yogis visualize themselves in the form of a Buddha's divine body as a manifestation of compassionate wisdom.

The Great Exposition of Secret Mantra—parts 2 & 3, by Tsong-kapa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are presented in a coherent series of yogic exercises. The mudras (hand gestures) that accompany the meditations are clearly illustrated.

Supplement by Jeffrey Hopkins outlines in detail the structure of Action Tantra practices as well as the need for the development of special yogic powers. *Deity Yoga*, formerly *Yoga of Tibet*, is now published by Snow Lion.

THE FLOWER ORNAMENT SCRIPTURE: A Translation of the Avatamsaka Sutra, Volume Three, Trans. by Thomas Cleary, 200 pp. #SHFOS3/\$45 cloth

Venerated by Buddhists of all traditions, *The Flower Ornament Scripture* is a treasury of sensual imagery that conveys a vast range of teachings. This third and final volume contains the last of the thirty-nine books of the sutra—"Entry into the Realm of Reality."

Buddhist scholar D.T. Suzuki described this sutra as follows: "It is really the consummation of Buddhist thought, Buddhist sentiment, and Buddhist experience... No religious literature in the world can ever approach the grandeur of conception, the depths of feeling, and gigantic scale of composition, as attained in this sutra."

A Gathering of Spirit



A GATHERING OF SPIRIT: Women Teaching in American Buddhism, Ed. by Ellen Sidor, 81 pp. #PPGS/\$6.95

Here is the authentic voice of a new spiritual culture growing in America: women practicing and teaching Buddhism. In this book are the words of women vibrantly connected with daily life and rooted in daily spiritual practice. Here are nine remarkable yet ordinary women whose teachings illumine the heart of our everyday life.



THE GEM ORNAMENT OF Manifold Oral Instructions Which Benefits Each and Everyone Appropriately, by His Eminence Kalu Rinpoche. 205 pp. #SLBKGO/\$12.95

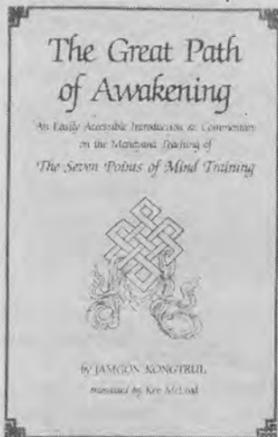
His Eminence Kalu Rinpoche was born in 1905 in eastern Tibet and was recognized as the activity emanation of the great Jamgon Kongtrul, author of *The Five Great Treasuries*.

From the age of eighteen, Rinpoche studied with several eminent teachers in Tibet and then began a period of mountain retreat. After twelve years, H.E. Tai-Situ Padma Wangchuk requested that Rinpoche leave his ascetic study and practice to become the director of a prominent retreat center.

Rinpoche spent many years teaching and directing retreats in Tibet. He had revitalized the Shangpa Kagyu lineage and was a senior lama of the Karma Kagyu lineage by 1955, when the sixteenth Gyalwa Karmapa sent him to India and Bhutan to prepare for the anticipated exodus of Buddhists from Chinese-occupied Tibet. Rinpoche was given a site for a monastery, retreat center, and residence in Sonada, India in 1962.

In 1971, H.E. Kalu Rinpoche was sent on a teaching journey to the West by His Holiness Karmapa. Since that time, Rinpoche has made six trips to the West, during which he has founded numerous dharma centers.

Gem Ornament is now published by Snow Lion.



THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training, Jamgon Kongtrul, Trans. Ken McLeod. 100 pp., #SHGPA/\$9.95

Written by the versatile and prolific nineteenth-century Tibetan scholar Jamgon Kongtrul, the book provides clear and concise instructions for the realization of bodhicitta, or "awakened heart." Specific guidelines are given for following the instructions in everyday life.

INTRODUCTION TO TANTRA: A Vision of Totality, by Lama Yeshe. 152 pp. #WIBKIT/\$12.95 Fall

In this book, Lama Yeshe—a Tibetan master known for his heartfelt and uncomplicated way of teaching—successfully demystifies a very mystified subject without compromising any of its profundity and purity. He shows how we are stuck in the misery of our guilty ego's view of itself and of the world, and that Buddhist tantric methods are powerful and effective ways of cutting through this view and transforming ourselves into the satisfied and happy human beings that we constantly yearn to be.



JOYFUL PATH OF GOOD FORTUNE: The Stages of the Path to Enlightenment, by Geshe Kelsang Gyatso. 448 pp. #THBKJP/\$18.95 Winter

Joyful Path of Good Fortune is one of the clearest and most extensive commentaries on the stages of the path to enlightenment to be made available in English. In accordance with the pure unbroken oral tradition passed down from Atisha to living masters such as Geshe Kelsang, it preserves the complete authenticity of the original teachings whilst being ideally suited to modern day practitioners, revealing practical methods for training the mind and gaining peace and happiness for oneself and others.

Included are detailed explanations of how to prepare the mind for meditation, and a guide for the practitioner through each successive meditation, showing its purpose and demonstrating how each one brings about a new stage of mental development. In this way Geshe Kelsang offers a thorough and practical approach to the entire Buddhist path to enlightenment, enabling the reader to fully appreciate the essential meaning of Buddha's teachings and apply them in his or her own daily life.



KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology, by Anne Klein. 220 pp. approx. #SLBKKN/\$16.95 Winter

The Sautrantika tenet system is studied intensively in Tibetan monastic colleges. Several years in the monastic curriculum are devoted to study of this system for it is here that the basis for Madhyamika epistemology is found.

The systemization of Sautrantika assertions has held the interest of many generations of Tibetan scholars, down to the modern period. Three major types of scholastic literature have developed in this regard: presentations of a tenet system as a whole; syllogistic debate texts on problematic topics in the system; and expository treatment of a single important issue.

Translations of outstanding texts in each of these categories are found here in the English language for the first time, annotated by the translator and supplemented with interspersed commentary from leading modern Tibetan yogi/scholars.

A Long Look Homeward
An Interview with the Dalai Lama of Tibet



A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet, by Glenn H. Mullin. 40 pages, #SLBKLLH/\$2 In this interview His Holiness openly expresses his views on many timely political issues, on himself as a spiritual and secular leader, on the Thirteenth Dalai Lama, and on the likelihood of himself traveling to Tibet.

MEETINGS WITH Remarkable Women



MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America, Lenore Friedman. 250 pp., illustrated, #SHMRW/\$12.95

Meetings with Remarkable Women celebrates the flowering of women in American Buddhism, which is wholly unprecedented and particular to this historical moment.

Lenore Friedman documents this phenomenon by presenting interviews with seventeen women teaching Buddhism in America. The women included in the book are of various backgrounds, with a wide range of personalities and forms of teaching. Together they represent the forefront of American Buddhism today and will surely affect the development of Buddhist practice in the West for years to come.



MEMOIRS OF A POLITICAL OFFICER'S WIFE IN TIBET, SIKKIM AND BHUTAN, by Margret Williamson. 240 pp. #WIBKPOW/\$16.95 Fall

In the 1930's, Margaret Williamson spent several years traveling in Sikkim, Bhutan and Tibet at the side of her husband, a political officer for the British Imperial Government. These memoirs taken from her diary recount her life and journeys up until the untimely death of her husband in Lhasa.

MYSTIC ART OF ANCIENT TIBET



MYSTIC ART OF ANCIENT TIBET, Blanche C. Olschak & Geshe Thupten Wangyal. 224 pp., 142 color plates, 372 b&w, #SHMAT/\$25

This profusely illustrated, classic presentation of Tibetan art reveals works that are mostly unknown to the public, especially in the West. To the Western reader they not only reveal a new sphere of ancient art, but also convey its spiritual meaning.

The 142 color illustrations include painted scrolls, gilded bronzes, and sculptures in wood and stone. Among the 372 black-and-white illustrations is a series of 300 Tibetan icons, a chronological presentation of the saints and gurus of Tibetan Buddhism. The art gives a clear survey of Buddhist culture in a region now threatened with extinction.



NAGARJUNA'S SEVENTY STANZAS: A BUDDHIST PSYCHOLOGY OF EMPTINESS, by David Ross Komito, Trans. and Commentary by Geshe Sonam Rinchen, Tenzin Dorjee, and David Ross Komito. 240 pp., #SLBKNS/\$14.95 Fall

For almost two thousand years Nagarjuna's teachings have occupied a central position in Mahayana Buddhism. An essential part of the study and practice

NEW TITLES

in the great Indian Buddhist monastic universities, these teachings were later incorporated into the Tibetan monastic program which modeled their curricula on their Indian predecessors.

This volume contains a translation of a fundamental work of Nagarjuna, along with a new commentary on it by Geshe Sonam Rinchen which, while based on traditional sources, was created expressly for the contemporary English reader. In addition, David Komito summarizes those basic Buddhist doctrines on perception and the creation of concepts which have traditionally served as the backdrop for Nagarjuna's teachings about how people consistently misperceive and misunderstand the nature of the reality in which they live and the means through which they experience it.

This book will be of interest to practitioners and scholars of Buddhism as well as psychologists who seek a deeper understanding of Buddhist psychology and epistemology.



PASSIONATE JOURNEY: The Spiritual Autobiography of Satomi Myodo, Trans. & Annotated by Sallie King. 232 pp. #SHPJ/\$13.95

Passionate Journey is the story of a rebellious Japanese woman whose spiritual search takes her from motherhood and madness to a career as a Shinto shamaness and finally to enlightenment as a Buddhist nun. Rejecting the traditional feminine roles of her culture, Satomi Myodo (1896-1978) breaks from an unhappy past and follows her star with spirit and determination.

Her story conveys the richness of a woman's emotional and spiritual experience as well as an inside view of Japanese religious life. In the accompanying commentary, translator Sallie King sets the story in historical context, revealing Japan as a culture in crisis as it enters the modern age.



PATH OF THE BODHISATVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin, 350 pp. #SLBKPBW/\$14.95 Fall

Throughout his life the Thirteenth Dalai Lama (1876-1933) stressed the importance of combining spirituality with an aggressive approach to worldly affairs. He is known to the Tibetans as simply the "Great" Thirteenth for he provided a successful political as well as spiritual leadership in difficult and turbulent times—he perfectly exemplified the Mahayana ideal of the bodhisattva warrior.

Path of the Bodhisattva Warrior brings into English for the first time many of the most important writings of this remarkable statesman and spiritual leader. Included are his "Heart of the Enlightenment Teachings", "Sermons at the Great Prayer Festival", "Guide to the Buddhist Tantras" as well as his writings on the Hayagriva Tantra and various meditational practices. Glenn Mullin unfolds the dynamic life of this Dalai Lama in a fascinating, highly readable and comprehensive biography which he researched using 18 primary sources, Tibetan and Western. Glenn has produced the most impressive biography available on the life of the Thirteenth.

One of the most important ongoing themes in "Sermons at the Great Prayer Festival" was his detailed coverage of the six preliminary practices to be performed at the beginning of each meditation sitting—he gives precise details on how to begin and conduct an effective meditation practice.

PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth, Sir Charles Bell, 450 pp. #WIBKPD/\$22.95 Fall

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

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

Here is a photographic evocation of Tibetan culture just before its massive destruction during the Chinese occupation. In these 131 rare and handsome photographs, *A Portrait of Lost Tibet* gives an unforgettable glimpse into this exotic land, as recorded by Brooke Dolan and Ilya Tolstoy (grandson of the writer), as they traveled through the country in 1942 on a diplomatic mission for the Allies. Their ten-month trek

produced thousands of photographs that represent the best pictorial study of original Tibetan civilization in existence.

Tibet is shown here at a time when nomads roamed the vast central plateau, when religious



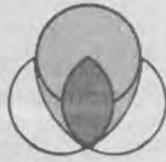
festivals punctuated the year, and when yaks and ponies provided the only transportation. In these pages all levels of Tibetan society come to life, from lavishly dressed nobility to sheepskin-clad nomads, from monks performing ritual dances to peasants plowing with yaks.

Accompanying the photographs is a text by Rosemary Tung which describes Tibetan society in its time of splendor—a fascinating look at a people once totally removed from the modern world. This book will make a great gift!

SHAMBHALA DRAGON EDITIONS

SEEKING THE HEART OF WISDOM

The Path of Insight Meditation



Joseph Goldstein & Jack Kornfield

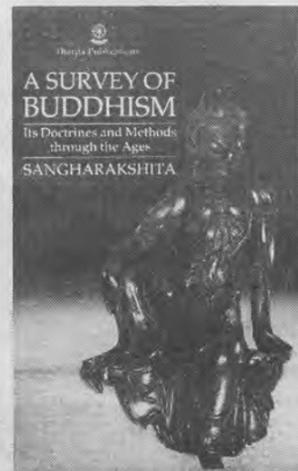
SEEKING THE HEART OF WISDOM: The Path of Insight Meditation, Goldstein & Kornfield, 176 pp., #SHSHW/\$9.95

An estimated 250,000 people in the USA alone practice some form of insight meditation, in which increased awareness of body, speech, and mind is cultivated. Based on talks given at several intensive meditation retreats, this companion volume to the popular *The Experience of Insight* focuses on the deepening of insight meditation practice, the hindrances that the practitioner encounters, skillful means of overcoming them, and ways to integrate into everyday life the wisdom that arises in meditation. Included are chapters on suffering as the gateway to compassion, service, and karma. Each chapter concludes with suggested exercises to help readers enhance their understanding of the subjects discussed.

SELF-LIBERATION THROUGH SEEING EVERYTHING IN ITS NAKEDNESS, Trans. & Ed. by John M. Reynolds, Foreword by Namkhai Norbu, 240 pp. #STSL/\$14.95 Winter

The famous classic known in the West as *The Tibetan Book of the Great Liberation* has been available only in rough translation by Evans-Wentz. Now a celebrated Tibetologist reveals clearly what is said in the original, the essence of Buddhist Dzogchen teaching. (This material forms the "root

text" of *The Tibetan Book of the Dead*.) Reynolds' commentary is based on the teachings of Namkhai Norbu Rinpoche and ends with a discussion of misconceptions about Buddhism and the "Eastern mind" in the writing of C.G. Jung as based on the errors of Evans-Wentz, long the only Western source of Tibetan texts.

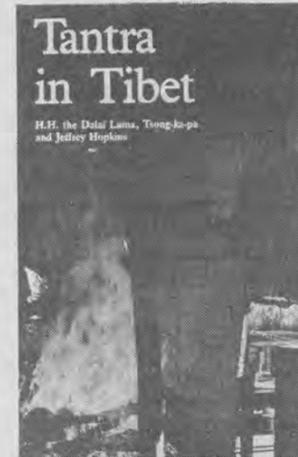


A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, Maha Shavira Sangharakshita, 496 pp. #THBKSOB/\$16.95 Fall

"It would be difficult to find a single book in which the history and development of Buddhist thought has been described as vividly and clearly as in this *Survey*...for all those who wish to know the heart, the essence of Buddhism as an integrated whole, there can be no better guide than this book."—Lama Anagarika Govinda.

Now in its sixth edition, it continues to provide an indispensable and scholarly study of the entire field of Buddhist thought and practice. Covers all the major doctrines and traditions of Buddhism.

"I recommend Sangharakshita's book as the best survey of Buddhism"—Dr. Edward Conze.



TANTRA IN TIBET, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.), 252 pp. #SLBKTT/\$12.95

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

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

in the four tantras.

Supplement by Jeffrey Hopkins discusses the meaning of emptiness, transformation, and the purpose of the four tantras. This book is now published by Snow Lion.

SHAMBHALA DRAGON EDITIONS

THE TANTRIC MYSTICISM OF TIBET



John Blofeld

THE TANTRIC MYSTICISM OF TIBET, John Blofeld, 257 pp., Illustrated, #SLTMT/\$13.95

This book demystifies the practical techniques of tantric mysticism. Like other forms of Buddhism, tantric mysticism aims at the attainment of the highest wisdom. What makes tantra special is that it offers a wealth of practical techniques for utilizing all of life's circumstances toward this end. Among the topics Blofeld covers are tantric morality and conduct, meditation and visualization, the symbolic meaning of gods and demons, the significance of rituals and shrines, and the relationship with the guru.

A TIBETAN-ENGLISH DICTIONARY, Sarat Chandra Das, #MBTED/\$19.95

Compiled from a large number of Tibetan and Sanskrit works, this dictionary contains Tibetan words with their accepted Sanskrit equivalents, followed by the English meaning. All the technical terms are illustrated with extracts from Sanskrit and Tibetan works.



TIBETAN PHRASEBOOK, Andrew Bloomfield and Yanki Tshering, Includes two-90 min. cassettes, 4 1/4 x 7" #SLBKTPH/\$19.95

Tibetan Phrasebook by Andrew Bloomfield & Yanki Tshering is the first extensive Tibetan phrasebook. It is suitable for both travelers and beginners in Tibetan language. The book is 145 pages—longer than most phrasebooks, and the two 90 minute tapes make it possible to hear how the language should sound. Yanki's clear, female voice is easy to understand and accelerates the learning process. People tell us that *Tibetan Phrasebook* is superbly written and a pleasure to use.

Whether you are looking for a

NEW TITLES

room, visiting a monastery, or speaking with a lama, the *Tibetan Phrasebook* and accompanying tape make immediate communication with Tibetans easy and fun. Travelers to Tibet, Nepal, and India as well as persons desiring to speak with Tibetans in the West will find this book invaluable.

Tibetan Phrasebook begins by introducing you to both a phonetic system and a simple yet complete grammar. In addition to containing phrases and dialogues, each chapter is preceded by useful information, vocabulary, and some pointers about Tibetan customs and etiquette. The appendices include these helpful sections: Numbers, Dates, Days and Time, Dates of Festivals, Religious and Monastic Vocabulary and a General Vocabulary.

Though the clear and simple form of romanization ensures that you will be understood, two 90-minute cassette tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native.

Yanki's clear pronunciation has been enthusiastically praised by students of Tibetan.



TIBETAN PILGRIMAGE, by Peter Gold. 200 pp. approx. #SLBKTP1/\$14.95 Fall

Travel not only stirs the blood, it also gives birth to the spirit.

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

We share Peter Gold's experiences in Dharamsala, India, headquarters of His Holiness the Dalai Lama and the Tibetan government-in-exile. Peter discovers the world's most unusual museum at the Tibetan Library and the curative power of Tibetan medicine. The president of the Tibetan Women's Organization speaks frankly on the position of women in Tibetan society. An oracle goes into trance as the voice of a goddess speaks through her body. Peter relates his dramatic encounter with the preserved body of Ling Rinpoche.

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

"You have captured the spirit of Tibetan Buddhism by your capacity of sharing the life and the convictions of the people who preserved their culture even in exile, and thus saved it for the rest of humanity.

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



TO LHASA AND BEYOND, by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama 193 pp. 95 illustrations #SLBKTLB/\$14.95

Prof. Giuseppe Tucci was both a renowned orientalist and adventurer. He has received many awards and honors for his scholarship, and his publications on history, art, archaeology and ethnology have been translated into many languages.

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

Intimate in style, this travelog vividly captures for the reader Prof. Tucci's experiences in Tibet. Not only is this book entertaining, it is also enriched by his vast knowledge of Tibetan art and culture. Replete with nearly one hundred photos and illustrations, this book is both a literary and a visual splendor.

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

TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan by Joe Wilson, Jr., textbook & cassettes, #SLBK TBT/\$45 cloth, Winter

Based on the system developed by Jeffrey Hopkins at the University of Virginia, this book presents in lesson form, with drills and reading exercises, a practical introduction to the grammar, syntax and conceptual vocabulary of the Tibetan lan-

གླིང་མཚོ་མ་ཡིན་པ་
ལྷོ་ཐུག་ཆེན་གྱི་དེ་ལ
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ལྷོ་ཐུག་ཆེན་གྱི་དེ་ལ

guage used in Buddhist works on philosophy and meditation. The book, which is accompanied by cassettes in Tibetan for use with the drills and exercises, serves as an introduction both to the reading and translating of Tibetan and to the central ideas of Buddhist philosophy and meditation.

TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course, by Geshe Rabten. 224 pp. #THBKTD/\$14.95 Winter
In the summer of 1974, Geshe Rabten gave a month-long series of lectures and meditations to a group of Western students. He wanted to cover the entire Buddhist path to enlightenment as thoroughly as possible, though in a way accessible enough for most of his audience who were still relatively unfamiliar with Buddhism. *Treasury of Dharma* is an edited transcript of those seminars and reveals more than any of Geshe Rabten's other writings both the breadth of his understanding and the originality of his presentation.

In the course of the book he gives considerable attention to the psychological aspects of the spiritual path, describing the roots of happiness and suffering, the wholesome and unwholesome tendencies of the mind, and introduces different meditative techniques for effectively counteracting our misconceptions and negative emotions. He emphasizes the responsibility we have to the world and the necessity of adopting the altruistic values of the bodhisattva—one totally dedicated to the welfare of others. The book concludes with a detailed analysis of emptiness, the ultimate nature of reality, an understanding of which lies at the very heart of Buddhist practice.

TREKKING IN THE HIMALAYAS, by Tomoya Iozawa. 208 pp., Many color and b&w photos and other illustrations!, #HITI/\$24.95

Covering the entire range of 3500 kilometers, this is the most complete guidebook on trekking in the Himalayas. It contains a wealth of information on trekking in the Himalayan range; descriptions of people, places, customs and manners are presented in the text, and through photographs, sketches, maps and charts. It is an exceptionally well-produced, authoritative guide and very useful travelling aid.



TREKKING IN NEPAL, by Toru Nakano. many color and b&w photos and other illustrations, #HITIN/\$24.95

One of the very best guidebooks to Nepal—and also a lavish photo book of the Himalayas. A must for anyone planning to travel in the mountain regions of Nepal.

WOMEN & BUDDHISM

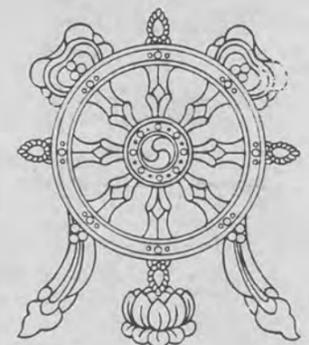


A special issue of Spring Wind-Buddhist Cultural Forum No. 6, 1985, 100p.

WOMEN & BUDDHISM, Spring Wind-Buddhist Cultural Forum. 400 pp. #SWWB/\$17
An interesting collection of articles primarily concerning women's issues in the context of Buddhism. The writers relate their personal experiences and informed views on many topics ranging from feminist ideas about compassion, Buddhist views on abortion, women and monastic life, a history of women in Buddhism, etc.

WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition, by Diana Paul. #UCWB/\$8.95

The various roles and sexual stereotypes played by women within the Buddhist tradition are brilliantly discussed: the temptress, mother, nun, friend, bodhisattvas with and without sexual transformation, Kuan Yin and the female Buddha. Paul examines the images of women that arise in Mahayana Buddhist texts, and supplements this by an analysis and commentary on the positions taken by different groups of Buddhists toward the positive and negative attributes of women.



COMPLETE TITLE LIST

★ Indicates titles found in the new books section

ADVICE FROM A SPIRITUAL FRIEND, by *Geshe Rabten and Geshe Dhargyey*. #WIBKASF/\$8.95

An excellent manual of Mahayana teachings and practices.

★**ALTAR OF THE EARTH**, by *Peter Gold*. 200 pp., 22 color photos #SLBKAE/\$14.95

ANALYSIS OF GOING AND COMING, by *Chandrakirti*. Trans. *Jeffrey Hopkins*. #LTAGC/\$2.50

This booklet contains the second chapter of Chandrakirti's commentary to Nagarjuna's treatise on the middle way. Through a masterful analysis of going and coming he shows how the Madhyamika handles the problem of existents.

AN ANTHOLOGY OF WELL-SPOKEN ADVICE ON THE GRADED PATHS OF THE MIND, by *Geshe Ngawang Dhargyey*. 441 pp. #LTWSA/\$14.95.

Compendium of oral teachings based primarily on Kyabje Pabongka's *A Personal Gift for Being Utterly Freed* and Tzong-kapa's *A Grand Presentation of the Graded Paths of the Mind*. It includes many anecdotes and instructions from Kyabje Trijang Dorjechang, the late tutor to the Dalai Lama. This excellent book covers in depth the foundations of spiritual practice.

THE ART OF TIBETAN MEDICAL URINALYSIS: A Do-It-Yourself Technique, Dr. *Lobsang Rapgay, Ph.D.*. 76 pp. #TMATU/\$7.00.

Urinalysis is used by the Tibetan physician for detecting a state of health as well as illness. It is routinely used with other diagnostic procedures to determine the nature of and prognosis for a disorder through techniques entirely different from modern urine examination. By following the instructions in this book, which involves close observation and repeated experimentation with urine samples, it will be possible for a beginner to understand the mechanics of Tibetan urinalysis.

ARYASURA'S ASPIRATION AND A MEDITATION ON COMPASSION, by *H.H. the Dalai Lama*, trans. *Brian Beresford*. #LTAA/\$6.95

A bodhisattva's aspirational prayer in seventy stanzas by Aryasura is supplemented by a rare commentary based on that of the second Dalai Lama. This is followed by a reprint of a sadhana on the inseparability of the spiritual master and Avalokiteshvara with a discourse by the present Dalai Lama on the activation of compassion and bodhicitta. (includes Tibetan)

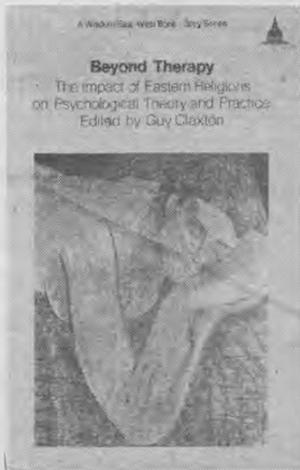
ATISHA, by *Thubten Kalsang Rinpoche*. #WIBKAT/\$3.50

ATISHA AND THE BUDDHISM OF TIBET, by *Doboom Tulku & Glenn H. Mullin*. #TIABT/\$4.95

★**AWAKENING THE MIND OF ENLIGHTENMENT**, by *Geshe Wangchen*. 192 pp. #WIBKAME/\$12.95 Fall

★**BARDO TEACHINGS: THE WAY OF DEATH AND REBIRTH**, by *Ven. Lama Lodo*. 73 pp. #SLBKBBTE/\$5.95

★**BEING PEACE**, *Thich Nhat Hanh*. 115 pp. #PABP/\$8.50.



BEYOND THERAPY: The Impact of Eastern Religions on Psychological Theory, ed. *Guy Claxton*. 352 pp. #WIBKBT/\$18.95

The impact of psychological thought on Buddhism was the topic of a recent British Psychological Society conference. Two areas are covered in *Beyond Therapy*. First the theoretical is examined: Buddhist ideas about self, identity and personality and how these go beyond or can be interpreted in terms of current psychological concepts. Secondly, the contributors discuss the research on meditation, the value of contemporary therapeutic techniques and the question of spiritual development and personal development.

A BRIEF ACCOUNT OF 1500 YEARS OF TIBETAN HISTORY, *Louis Magrath King*. 51 pp. #POBA/\$3.00.

This book covers the salient points of Tibetan history from the first monarchy in the 5th century B.C. through the life of the 13th Dalai Lama. Louis King was the British Consul at Thartse Do, on the Tibetan-Chinese frontier.

★**BUDDHISM OF TIBET**, by *His Holiness the Dalai Lama* Trans. & Ed. by *Jeffrey Hopkins*. 219 pp. #SLBKBT/\$12.95

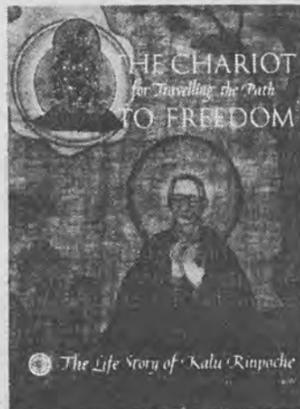
★**BUDDHIST ETHICS: The Path to Nirvana**, Ven. *Dr. H. Saddhatissa*. 216 pp. #WIBKBE/\$12.95 Fall.

★**THE BUDDHIST I CHING**, Trans. by *Thomas Cleary*. 290 pp. #SHBIC/\$13.95

THE BUDDHIST TANTRAS: LIGHT ON INDO-TIBETAN ESOTERICISM, by *Alex Wayman*. #WEBT/\$12.50 cloth. Presents a broad range of selected topics from within the Buddhist tantric tradition.

CHANDRAKIRTI'S SEVEN-FOLD REASONING, by *Wilson*. #LTCR/\$4.95

An astute discussion on emptiness and selflessness.



THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: THE LIFE STORY OF KALU RINPOCHE, by *McLeod*. 91 photos & illustrations. #KDCTP/\$16.75

This exquisite book contains the autobiography and writings of one of the most outstanding lamas alive today, the Venerable Kalu Rinpoche. Written at the request of his students and with the intention of helping the Doctrine of the Victorious One, this book is a literary and pictorial gem that communicates the depth of this lama and inspires us to ever greater realizations. Also discussed are the lineages of the Shangpa Kagyu Tradition and of the Karma Kagyu Tradition, and the life of Jamgon Kongtrul Lodru Taye (1818-1899).

CHO-YANG Council for Religious and Cultural Affairs of H.H. the Dalai Lama #CTC-Y/\$12.95

This is a great publication—full of information and many photos on the rich heritage of Tibet. Essays include: Kalachakra and the initiation in Switzerland; life and training of monks in exile; an oral teaching by H.H. the Dalai Lama on training the mind; Buddhist nuns; folk-opera of Tibet; Bonpo religion; history of the Taglung Kagyu tradition.

★**THE CHRIST AND THE BODHISATTVA**, *Donald S. Lopez, Jr. & S. C. Rockefeller, Editors*. 274 pp. #SUCB/\$14.95

CLEAR LIGHT OF BLISS, by *Geshe Kelsang Gyatso*. #WIBKCLB/\$10.95

One of the best books on the completion stage yogas.

★**A COMMENTARY ON GURU YOGA & OFFERING OF THE MANDALA**, by *Geshe Lobsang Tharchin*. 80 pp. #SLBKCGY/\$6.95 Fall

COMPASSION: A TIBETAN ANALYSIS, by *Guy Newland*. #WIBKCTA/\$12.95



COMPASSION IN TIBETAN BUDDHISM Trans. & Ed. by *Jeffrey Hopkins Co-ed. by Anne Klein*. 263 pp. #SLBKCTB/\$10.95

Compassion in Tibetan Buddhism presents methods for generating compassion according to oral and written traditions of Tibetan Buddhism. Its chapters unfold the stages of the bodhisattva's development and provide practical instruction for aspirants to Buddhahood.

Part One: *Meditations of a Tantric Abbot* by Kensur Lekden. Intimate in style, these meditations take one through the steps of cultivating heartfelt love and compassion. These "meditations" were given in America in 1970.

Part Two: *Way of Compassion* by Tsong-ka-pa discusses the importance of compassion at all levels of the path, detailing its types, and describing the deeds motivated by it.

The combination of Kensur Lekden's meditations and Tsong-ka-pa's detailed explanation affords a unique blend of the oral and written traditions of Tibetan Buddhism on the principal motivation for enlightenment, compassion.



THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen, by *Namkhai Norbu*, Compiled and Ed. by *John Shane*. 176 pp. #RKCWL/\$14.95

This is the first full account of the tradition known as *Dzogchen*, or the *Great Perfection*, by a Tibetan Lama in a Western language. It examines the various levels of the spiritual path from the point of view of the highest teaching, which in *Dzogchen* is introduced directly by the master to the disciple from the very beginning of their relationship.

CULT OF TARA: MAGIC AND RITUAL IN TIBET, by *Beyer*. 542 pp. #UCCT/\$14.95

Beyer details the processes and presuppositions of Tibetan ritual tantric meditation. The practices and philosophic basis of tantra and in particular of the Tara Tantra are featured: initiation and ritual service; offerings, praises and prayer; protection and attack. Also described are the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.

A CULTURAL HISTORY OF TIBET, by *David Snellgrove & Hugh Richardson*. 291 pp. #SHCHT/\$12.95

This is a comprehensive survey of a rapidly vanishing civilization, in which the authors trace the evolution of Tibetan culture from its sixth-century pre-Buddhist origins through the introduction of Buddhism, the rise of the great monasteries, the rise of the "Yellow Hats," and the establishment of the Dalai Lama, to Tibet's fall to the communists in 1959. Contains many photos.



CUTTING THROUGH SPIRITUAL MATERIALISM, by *Ven. Chogyam Trungpa*. #SHCSM/\$8.95

The problems of egocentricity strengthened by spiritual practices are discussed and the true spiritual path presented.

★**THE CYCLE OF DAY AND NIGHT: An Essential Tibetan Text on the Practice of Contemplation**, by *Namkhai Norbu*. 128 pp. #STCDN/\$10.95

DAILY RECITATIONS OF PRELIMINARIES, by *Library of Tibetan Works and Archives*. #LTDRP/\$2.50

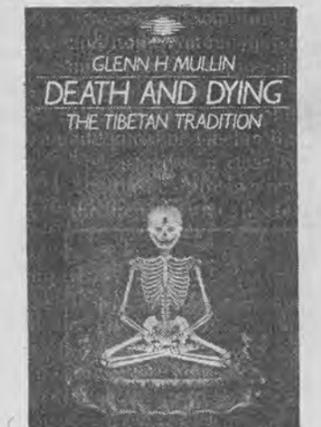
Contained here are the Tibetan, phonetic and translated versions of requisite practices such as the seven-limbed puja, the mandala offering, praise to Manjushri and others.

DALAI LAMAS OF TIBET, by *Inder Malik* 188 pp. #INDLT/\$10.95 cloth.

This book describes the lives of each of the Dalai Lamas and devotes many pages to the present Dalai Lama. Inder Malik has been associated with the Dalai Lama for two decades. Having known him closely and having exchanged views with him on matters both mundane and philosophical, the author is able to write about him and the previous Dalai Lamas with authority. There are also chapters on the Panchen Lamas and on Buddhist philosophy.

DAUGHTER OF TIBET, by *Rinchen Dolma Taring*. 300 pp., #WIBKDOT/\$18.95

Mary Taring was born in 1910 into one of the oldest families in Tibet and grew up in the closely-knit world of Tibetan nobility—a Buddhist society almost untouched by Western influence. She first married Dasang Dadul Tsarong, one time Commander-in-Chief of the Tibetan army, and later Jigme Taring, a prince of Sikkim. Since its first appearance in 1970, a new chapter has been added to her story, telling of her work among Tibetan refugees in India.



DEATH AND DYING: The Tibetan Tradition, by *Glenn H. Mullin* #ARDD/\$12.95

This fascinating survey draws on nine Tibetan texts written by Tibet's foremost spiritual authorities. It covers topics such as meditation techniques to prepare for death, inspirational accounts of the deaths of saints and yogis, and methods to facilitate the transition to new modes of consciousness at death.



COMPLETE TITLE LIST



DEATH, INTERMEDIATE STATE AND REBIRTH by Lati Rinpoche, Trans., Ed. & Pref. by Jeffrey Hopkins 86 pp. #SKBKD/\$6.95

Anyone interested in the stages and process of death and dying will find this book indispensable. The Highest Yogas Tantras are based on simulating the processes of death, intermediate states and rebirth, so it is important for the practitioner to know how humans die—the stages of death and the physiological reasons behind them. This text unfolds in minute detail the complex Tibetan Buddhist system of subtle physiology—providing complete exposition of the channels, drops and winds which serve as foundations for consciousness.

The foreword by H.H. the present Dalai Lama offers practical, mature advice on how, through correctly approaching the death experience, its spiritual potential can be enhanced for everyone involved.

DEBATE IN TIBETAN BUDDHIST EDUCATION, by Dan Perdue. #LTDTB/\$5.95

An introduction to Tibetan debate, as well as Buddhist logic and epistemology.

★**DEITY YOGA in Action and Performance Tantras**, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 274 pp. #SLBKDY/\$14.95



THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon, by Kalu Rinpoche. 222 pp. #SUD/\$9.95

A major collection of teachings by the Venerable Kalu Rinpoche. These talks were given to Western audiences in the United States. The subjects cover: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, and a chapter on his teachings in North America.

DOOR OF LIBERATION, by Geshe Wangyal. #LODOL/\$7.95 Contains texts that the Venerable Geshe Wangyal used to train his students.

DRINKING THE MOUNTAIN STREAM, by Lama Kunga Rinpoche & Cuttillo. #LODMS/\$7.95

Eighteen previously unpublished stories and songs of Milarepa plus details on the Kagyupa lineage of practice.



DZOG CHEN AND ZEN, by Namkhai Norbu. #ZZDCZ/\$5.00 This little book presents the principle of Dzog chen teaching, which, like that of Zen, is self-perfectedness, the already-being-perfect of every individual. Self-perfectedness means that the so-called objective is nothing else than the manifestation of the energy of the primordial state of the individual himself. An individual who practices Dzog chen must possess clear knowledge of the principle of energy and what it means.



DZOGCHEN: INNERMOST ESSENCE, by Tulku Thondup. #LTDIE/\$6.95 Excellent commentary to this Great Perfection text.

ECHOES OF VOIDNESS, by Geshe Rabten. #WIBKEOV/\$8.95 Emptiness is examined from three points of view.

THE EIGHT PLACES OF BUDDHIST PILGRIMAGE, by Jeremy Russell. #WIBKBPB/\$3.50

The Buddha said, "After my passing away, the new monks who come and ask of the doctrine should be told of these places and advised that a pilgrimage to them will help purify the previously accumulated negative karma, even the five heinous actions."



actual size: 1.5/16"
MAHAKALA



EMPTINESS YOGA, by Jeffrey Hopkins. 480 pp. #SLBKEYP/\$19.95; cloth #SLBKEYC/\$35

This is an absorbing and highly readable presentation of the highest development in Buddhist insight. Professor Jeffrey Hopkins—considered by many to be the foremost contemporary Western authority on Tibetan Buddhism—presents an in-depth, lively exposition on the compatibility of emptiness and dependent-arising as found in the Prasangika Madhyamika (Middle Way Consequence School).

The many reasonings used by Prasangika Madhyamika to analyze persons and phenomena and to establish their true mode of existence as empty are presented in the context of the practice of meditation. This useful book helps the practitioner to avoid the pitfalls that attend the misapprehension of the meaning of emptiness by demonstrating its compatibility with nominal existence.

ESSENCE OF BUDDHISM: Teachings at Tibet House, 212 pp. #TIEB/\$9.95

Since 1982 Tibet House has annually hosted teachings by outstanding Tibetan masters of the four Tibetan Buddhist traditions. These talks have been preserved in this volume.

1. *Partings from the Four Clings* by Kyabgon Sakya Trizin Rinpoche, head of the Sakya Tradition.

2. *Four Mindfulnesses* by Kyabje Yongzin Ling Rinpoche, senior tutor to His Holiness the Dalai Lama and 97th Throneholder of Ganden.

3. *Heart Treasure of the Enlightened Ones* by Kyabje Dilgo Khyentze Rinpoche, a leading master of the Nyingma Tradition.

4. *Mental Peace and Enlightenment through Meditation* by the Venerable Lama Kalu Rinpoche, a great meditation master of the Kagyu Traditions of Tibetan Buddhism.



ESSENCE OF REFINED GOLD, by the Third Dalai Lama & Glenn H. Mullin, Commentary by H.H. the present Dalai Lama. 271 pp. #SLBKERG/\$10.95

The Third Dalai Lama's famous work *Essence of Refined Gold* is a powerful exposition on Atisha's *A Lamp for the Path to Enlightenment*, the basis of Lam-rim (teaching on the stages of the path).

Continuing this living tradition to the present day, Tenzin Gyatso, the present Dalai Lama, provides an extensive commentary to *Essence of Refined Gold* drawn from his own penetrating experience. His discourse comprises the main body of this text and alternates between personal reflections, direct spiritual advice and scriptural quotations. He elucidates in practical terms what the student must do to attain enlightenment.

Also included in this volume are the *Lam-rim Preliminary Rite*, a beautiful guide to the Avalokiteshvara tantric methods entitled *The Tantric Yogas of the Bodhisattva of Compassion*, and a traditional biography of the Third Dalai Lama.

"...highly recommendable as a practical guide to Tibetan Buddhism"—Soami Sariputra, *The Theosophist*

ESSENTIAL NECTAR, by Geshe Rabten. 308 pp. #WIBKEN/\$11.95

Contains excellent meditations on the stages of the path.

THE ETERNAL LEGACY, by Sangharakshita. #THBKEL/\$15.95 A clear and scholarly introduction to all the major sacred texts of Buddhism. The author brilliantly and concisely summarizes the essential teachings of each text and places it in both a doctrinal and historical context. A valuable reference book.

EXPERIENCE OF INSIGHT: A SIMPLE AND DIRECT GUIDE TO BUDDHIST MEDITATION, by Goldstein. 169 pp. #SHEI/\$7.95

A classic of clear, practical instruction on meditation and themes that support its proper practice.

THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life, by Joel Levey. 350 pp. #WIBKFAC/\$14.95

For the last fifteen years Joel Levey, a practicing Buddhist and stress management consultant, has taught thousands of people the fine art of relaxation, concentration, and stress reduction. His skills and experience have been drawn from Zen and Tibetan Buddhism, as well as biofeedback and humanistic psychotherapies.

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions, and clarifies, demystifies, and informs us about such areas as: relaxation, concentration, pain control, biofeedback, and meditation.

★**THE FLOWER ORNAMENT SCRIPTURE: A Translation of the Avatamsaka Sutra, Volume Three**, Trans. by Thomas Cleary, 200 pp. #SHFOS3/\$45 cloth

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche. 44 pp. #LTPPG/\$5.95 Dzog-chen is the realization of the beginningless purity and perfection of all reality as an indi-

visible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzog-chen methods.

FUNDAMENTALS OF TIBETAN MEDICINE, by T.J. Tsarong. 124 pp. #TMFTM/\$8.00 Covers the causes of disease, their diagnosis and therapy—covers the entire Tibetan Medicine Tree. Illustrated with diagrams, tables, photos.



THE GARLAND OF MAHAMUDRA PRACTICES Trans. by Khenpo Rinpoche Konchog Gyaltzen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140 pp. #SLBKGMPP/\$9.95

Gampopa, a disciple of Milarepa who lived in the 11th century, brought together the Mahamudra teachings of the Buddha into one five-fold path, to which his main disciple, Pakmo Druba gave the name "The Profound Five-Fold Path of Mahamudra".

Jigten Sumgon, the successor of Pakmo Druba, founded the Drikung Kagyu order and taught Mahamudra extensively. The fifteenth successor of Jigten Sumgon, Kunga Rinchen, composed a manual of practical instructions for the practice of Mahamudra in meditation. Khenpo Konchog Gyaltzen has provided an introduction to the text which explains many essential points of the five-fold path of Mahamudra practice.

★**A GATHERING OF SPIRIT: Women Teaching in American Buddhism**, Ed. by Ellen Sidor, 81 pp. #PPGS/\$6.95

★**THE GEM ORNAMENT of Manifold Oral Instructions Which Benefits Each and Everyone Appropriately**, by His Eminence Kalu Rinpoche. 206 pp. #SLBKGO/\$12.95

GRADUATED PATH TO LIBERATION, by Geshe Rabten. #WIBKGPL/\$3.95

GREAT OCEAN, by Hicks & Tobden. 207 pp. #ELGO/\$10.95 Biography of H.H. the Dalai Lama.

★**THE GREAT PATH OF AWAKENING: A Commentary on the Mahayana Teaching of the Seven Points of Mind Training**, Jamgon Kongtrul, Trans. Ken McLeod. 100 pp., #SHGPA/\$9.95

A GUIDE TO THE BODHISATTVA'S WAY OF LIFE, Shantideva, trans. Stephen Batchelor. 199 pp. #LTGBW/\$11.95.

This book is very often recommended to students of Mahayana. It is a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

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HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, T.J. Tsarong #TMHTD/\$5.00

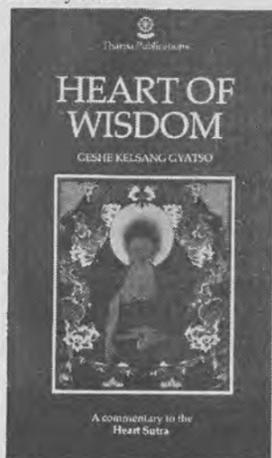
Gives the composition of 175 popular Tibetan natural drugs. This handbook is intended for users of alternative medicines as well as scholars, researchers, and entrepreneurs who are searching for an alternative to the highly toxic and costly modern synthetic drugs.



HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine, by Dr. Yeshi Donden, Ed. & Trans. by Jeffrey Hopkins. 252 pp. #SLBKHTB/\$10.95

The fascinating Tibetan medical system has never been so clearly explained as in this collection of outstanding lectures presented at the University of Virginia in 1980. Tibetan medicine restores and maintains balance of the body's various systems through a variety of treatments which include diet and behavior modification as well as the use of medicine and accessory therapy.

In addressing the means for restoring health, Dr. Donden holistically considers factors of personality, age, climatic condition, diet, behavior, and physical surroundings. The great strength of Tibetan medicine is that it is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. Its wide variety of curative techniques are described in this book. "I think this book is going to be the best work on Tibetan medicine ever to appear in English."—Dr. Barry Clark



HEART OF WISDOM, by Geshe Kelsang Gyatso. 150 pp. #THBKHOW/\$12.95

Because of its condensed form and the profundity of its subject, the Heart Sutra is difficult to understand correctly without a clear commentary by a qualified master. *Heart of Wisdom* provides both explicit and implicit meanings of the sutra, and relates them to the five Mahayana paths to enlightenment. An invaluable guide for practitioners and students.

HIDDEN TEACHINGS OF TIBET: An Explanation of the Terma Tradition of the Nyingma School of Buddhism, by Tulku Thondup. 240 pp. #WIBKHTT/\$18.95

Dharma Treasures, Terma, have been concealed and later discovered at appropriate times by realized masters. These Discoverers of Dharma Treasures, *Tertons*, have over the centuries found thousands of volumes of scriptures and sacred objects hidden in earth, water, sky, mountains, rocks and mind.

This tradition of passing on teachings of the great ninth century saint, Guru Padmasambhava, is elaborated here by a Nyingma lama, Tulku Thondup.



HIGHEST YOGA TANTRA, Daniel Cozort 192 pp. #SLBKHYT/\$10.95

Highest Yoga Tantra is supreme among yogas. This presentation of the stages of Highest Yoga Tantra is based on a famous Tibetan text by the yogi/scholar Nga-wang-bel-den entitled *Presentation of the Grounds and Paths of the Four Great Secret Tantra Sets*, and draws heavily on oral commentary by the present Ganden Tri Rinbochay, H.H. Jambel Shenpen.

Part One discusses the practices common to sutra and tantra. **Part Two** presents the *generation stage* of highest yoga tantra. **Part Three** covers the entirety of the *completion stage yogas*:

- * physical isolation
- * verbal isolation
- * mental isolation
- * illusory body
- * clear light
- * union

Part Four compares the Kalachakra and Guhyasamaja stages of completion.

Remarkable for its definitive clarity, this exposition of the stages of highest yoga tantra is the first of its kind in the English language and a must for anyone interested in these highest tantras.

HISTORY OF THE SAKYA TRADITION, by Trichen. 64 pp. #GNHST/\$8.00

A powerful and evocative account of the history of the Sakyapa lineage of Tibetan Buddhism. Presented are the lives of the tradition's forefathers in India, magnificent yogins such as Virupa and Krishnacharya; the five great masters of the early years in Tibet; and other masters who have adorned the tradition.

HOW TO MEDITATE, by MacDonald. 216 pp. #WIBKHTM/\$9.95

Contains a wealth of practical advice on a variety of authentic and proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in this one book!



INDO-TIBETAN BUDDHISM: Indian Buddhists and Their Tibetan Successors, by David Snellgrove. 2 volumes, 328 pp. & 344 pp. #SHITB1, #SHITB2/\$18.95 per volume

This is a masterful survey of Tibetan Buddhism, from its origins in India to its philosophical and practical development in Tibet, Nepal, and Central Asia, by a renowned Buddhist scholar. The author presents the life and teachings of the Buddha and the development of the Buddhist paths, emphasizing the tantric teachings of Tibet. He covers the Tibetan political schools, ending with the establishment of the four main sects of Tibetan Buddhism. 96 illustrations include photographs of iconographic art as well as points of historical interest.

IN EXILE FROM THE LAND OF SNOWS

JOHN E. WEDON



IN EXILE FROM THE LAND OF SNOWS, by Avedon. 386 pp. #RHELS/\$7.95

Now in paperback! This is the first full account of the Dalai Lama and Tibet since the Chinese conquest. It is a stunning and well-written record of the destruction of an ancient civilization, and of the reconstruction abroad of Tibetan culture.

In Praise of Tara
Songs to the Saviouress
Martin Willson



IN PRAISE OF TARA: SONGS TO THE SAVIOURESS, Trans. & Ed. by Martin Willson. 480 pp. #WIBKIPT/\$26.95

Tara has inspired some of the most marvellous Buddhist literature throughout the centuries, and collected here is a good proportion of it. Included are a

history of the origin of the Tantra of Tara, canonical texts, sadhanas for practice, and the lyrical praises to Tara of both Indian and Tibetan devotees. It is thorough and scholarly, but at the same time inspirational and an expression of devotion to Tara, one of the most popular of all Buddhist deities.

India
a travel survival kit



INDIA—A TRAVEL SURVIVAL KIT, by Crowther, Raj and Wheeler. 792 pp. #LPITSK/\$14.95

The best and most popular guide to India, winner of the Thomas Cook Guidebook of the Year award. Want to find a houseboat in Kashmir or a palace in Rajasthan—or your way around Dharamsala? Searching for faded touches of the British raj? Trying to get a seat on a crowded train or post a parcel? The facts are all in this definitive guide—it even tells you where to find the gurus.

INTERNATIONAL BUDDHIST DIRECTORY. 150 pp. #WIBKIBD/\$8.95

INTERVIEW WITH THE DALAI LAMA, by Avedon. 83 pp. #LBIDL/\$6.95

Into every life a little Zen must fall
A Christian philosopher looks to Alan Watts and the East
Alan Keightley



INTO EVERY LIFE A LITTLE ZEN MUST FALL: A Christian Philosopher looks to Alan Watts and the East, by Alan Keightley. 192 pp. #WIBKIEL/\$12.95

A committed and open-hearted Christian, Alan Keightley became inspired by the works of Watts, Krishnamurti and the ideas of the East, as well as the approaches of thinkers such as Ludwig Wittgenstein, during his theological and philosophical studies in the early seventies.

From the standpoint of a Western Christian he eloquently shows the need for each one of us to break through the institutionalized, frozen idea of religion and god-out-there, and to awaken to the very real God within.

INTRODUCTION TO THE BUDDHIST TANTRIC SYSTEMS, by Wayman. #WEIBTS/\$8.95

INTRODUCTION TO TANTRA: A Vision of Totality, by Lama Yeshe. 152 pp. #WIBKIT/\$12.95 Fall

INVOCATION OF MAHAKALA. 32 pp. #KDKM/\$3.00

Contains descriptions of Mahakala, the act of taking refuge, the importance of the guru in Tantric Buddhism, as well as biographies of the Very Venerable Kalu Rinpoche and the Venerable Lama Lodo.

The Jewel in the Lotus
A Guide to the Buddhist Traditions of Tibet
Stephen Batchelor



THE JEWEL IN THE LOTUS: A Guide to the Buddhist Traditions of Tibet, Stephen Batchelor, Ed. & Intro. 288 pp. #WIBKJIL/\$16.95

This is the first book to bring together a clear and down-to-earth introduction to Tibetan Buddhism with selections of teachings from the four major traditions that have flourished in Tibet. The extracts illustrate the diversity and different emphasis of each as well as the undeniable unity of all the traditions. Included are teachings of the present Dalai Lama, Longchen Rabjampa, Ngorchen Kunga Zangpo, Je Tzong Khapa and songs and stories of Jetsun Milarepa.

THE JEWEL ORNAMENT OF LIBERATION, by Gampopa, trans. & ed. by Guenther. 353 pp. #SHJOL/\$14.95

A comprehensive and authoritative exposition of the stages on the Buddhist path. Describes the special training necessary to attain enlightenment. It explains how an enlightened attitude is strengthened by practicing the six perfections and offers a concise presentation of Buddhism as a living experience.



THE JEWELLED STAIRCASE, by Geshe Wangyal. 176 pp. #SLBKJS/\$10.95

In 1955, a geshe from Drepung Monastery in Lhasa, Tibet arrived in the United States. He founded the first Tibetan Buddhist monastery in North America and was to become one of the main forces in the newly developing awareness of Tibetan Buddhism in America. Geshe Wangyal's early students have in turn become leading Buddhist scholars and practitioners. During the 28 years that the late Geshe Wangyal taught in the United States he emphasized the need for a firm basis in the fundamentals of

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Buddhist doctrine. During the last several years of Geshe-la's life he worked tirelessly on this, his final book, which reflects his main goal of presenting in a clear and precise way the essential topics for new Buddhists of Western countries. *The Jewelled Staircase* is his legacy to us—the culmination of his life's work.



A JOURNEY IN LADAKH, by Harvey. 236 pp. #HMJIL/\$7.95
An exceptional and very well-written book, one whose magic is compounded by a singular blending of the wondrous and the commonplace, the sacred and the hilarious. It is a remarkable and inspiring pilgrimage of the spirit and an arduous physical journey to a remote part of the world.



☆**JOYFUL PATH OF GOOD FORTUNE: The Stages of the Path to Enlightenment**, by Geshe Kelsang Gyatso. 448 pp. #THBKJP/\$15.95 Winter

Jung and Tibetan Buddhism
Radmila Moacanin

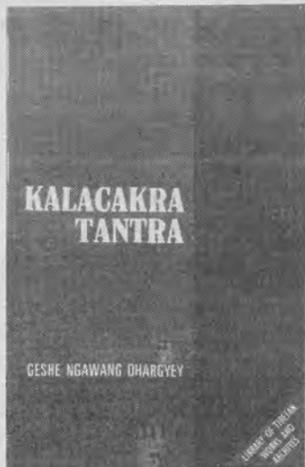


JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM: Western and Eastern Paths to the Heart, by Radmila Moacanin. 192 pp. #WIBKJP/\$12.95
The approaches of Jung and the teachings of Tibetan Buddhism have often been compared. Here, Radmila Moacanin, a student of Buddhism and a Jungian therapist, explores the similarities and differences with simplicity and straightforwardness. She examines archetypes, collective unconscious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.



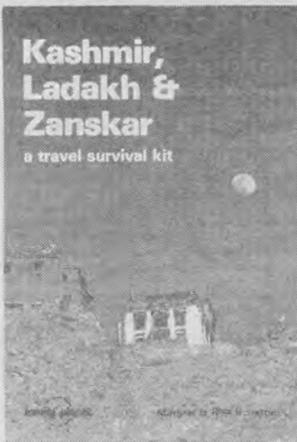
KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511 pp. #WIBKKRI/\$17.95

For the first time, a tantric initiation ritual is presented in detail in English. The techniques for transforming body, speech and mind are presented for the benefit of those who want to learn about this remarkable practice.



KALACHAKRA TANTRA, Geshe Ngawang Dhargyey. 180 pp. #LTKT/\$12.00

Originally an oral teaching, this book provides a sound explanation for those interested in engaging in the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, day and night Yogas.



KASHMIR, LADAKH AND ZANSKAR—A TRAVEL SURVIVAL KIT, by the Schettlers. 203 pp. #LPKLZ/\$7.95

Three contrasting Himalayan regions—the narrow Himalayan valley of Zaskar; reclusive Ladakh, only opened since the mid-70's; and the beautiful Vale of Kashmir. Information ranges from finding the best houseboat on Dal Lake in Srinagar to making treks over the Himalayan range to the stark Tibetan plateau. Great shots of Tibetan Buddhist culture.



KATHMANDU AND THE KINGDOM OF NEPAL—A TRAVEL SURVIVAL KIT, by Raj. 144 pp. #LPKKN/\$6.95

This guidebook describes the amazing mixture of ethnic and racial groups in Nepal, a country where Hinduism and Buddhism have coexisted for centuries. Amongst many other topics, the book gives useful details about temples and shrines in Kathmandu, the soaring peak of Mt. Everest, and trekking trips through the Himalayas.



KINDNESS, CLARITY, AND INSIGHT by H.H. the Fourteenth Dalai Lama Trans. & Ed. by Jeffrey Hopkins. Co-Ed. by Elizabeth Napper. 239 pp. #SLBKCCI/\$10.95

This best-selling book contains a collection of talks given by the Dalai Lama to Western audiences during his tours of North America. His Holiness covers a wide variety of spiritual and human concerns in a practical and direct manner with his characteristic warmth, wit and perception.

Topics include: compassion, training the mind, deities in Tibetan Buddhism, the mind of clear light, religious values and human society, Om Mani Padme Hum, Tibetan views on dying, karma, altruism and the six perfections, the two truths, meditation, self and selflessness, the path to enlightenment and emptiness. A concluding discourse explains the basic meeting points of thought between the old and new schools in Tibet to show their common aim, despite their use of different techniques, to manifest the innate mind of clear light.

KING UDRAYANA AND THE WHEEL OF LIFE



KING UDRAYANA AND THE WHEEL OF LIFE, by Sermey Geshe Lobsang Tharchin. 248 pp. #MSKU/\$9.50.

The Wheel of Life, with its depiction of the beings of the world caught in the grasp of Death, is a traditional painting familiar to every student of Tibetan Buddhist art. In this book, texts on the Wheel, its origin and meaning are presented by Geshe Tharchin (with accompanying Tibetan text) from traditional sources. He concludes with a discourse given at the Tibetan Buddhist Learning Center on the symbolism of the Wheel.

☆**KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology**, by Anne Klein. 220 pp. approx. #SLBKKN/\$16.95 Winter



KNOWLEDGE & LIBERATION, by Anne Klein. 283 pp. #SLBKLP/\$15.95, #SLBKCLC/\$27.50 cloth

From its inception, Buddhist philosophy has been concerned with defining and overcoming the limitations and errors of ordinary perception. This was essential to Buddhism's central purpose of establishing a path and method for attaining liberation. Conceptual thought, in this view, is capable of leading to a liberating understanding, a transformative religious experience.

The author discusses the workings of both direct and conceptual cognition, drawing on a variety of newly translated Tibetan and Indian texts. This book is indispensable for anyone desiring a deeper understanding of the fundamental issues in Buddhist philosophy. It is also highly relevant to issues current in modern Western philosophy.

"Anne Klein's book presents vividly and intimately many concepts essential to a deeper understanding of Buddhist philosophy and in particular for realizing emptiness—the process of naming, positive and negative phenomena, direct perception, and more. I highly recommend this book!"—Prof. Jeffrey Hopkins, author.

A LAMP FOR THE PATH AND COMMENTARY, Atisha. 226 pp. #AULP/\$12.50.

Atisha's classic work which discusses the three trainings—higher conduct, higher meditation, and higher insight. These include the triple refuge, bodhicitta, monastic life, bodhisattva vows, the superknowledges, and insight. The tantrayana section discusses rites, powers, and initiations.



THE LIFE AND TEACHING OF NAROPA, by Herbert Guenther. 292 pp. #SHLTN/\$9.95

Naropa's biography, translated by world-renowned Buddhist scholar Herbert V. Guenther, describes with great psychological insight the spiritual development of this scholar-saint of the Orient. It is unique in that it also contains a detailed analysis of his teaching that has been authoritative for the whole of Tantric Buddhism.



LIFE AND TEACHING OF TSONG KHAPA, by Thurman. 258 pp. #LTLTT/\$11.95

Biography plus important writings on the Sutra and Tantra.

THE LIFE OF MARPA THE TRANSLATOR, Nalanda Translation Committee. 320 pp. #SHMT/\$12.95

This lively and engrossing biography paints a vivid picture of an eleventh-century scholar and teacher who was one of the most renowned masters in Tibetan Buddhist history. Marpa, who, unlike many other Tibetan lamas, was a layman—a farmer and businessman who raised a family while training his disciples—was instrumental in establishing Buddhist traditions in Tibet.

THE LIFE OF MILAREPA, by Lobsang P. Lhalungpa. 220 pp. #SHLM/\$8.95

This illustrated biography of Tibet's most renowned saint, poet and mystic, traces the path of a great sinner who becomes a great saint. It is also a powerful and graphic story, full of magic, disaster, feuds, deceptions, and humor. Milarepa is a holy but captivately human figure whose story points the way to spiritual liberation and complete self-knowledge.

☆**A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet**, by Glenn H. Mullin. 29 pages, #SLBKLLH/\$2



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LOGIC AND DEBATE TRADITION OF INDIA, TIBET AND MONGOLIA, by *Sermey Geshe Lobsang Tharchin*. #MSLDT/\$11.50

Contains three foundational texts: *Logical Reasoning* sets forth the various elements that constitute classical forms of Buddhist argument; *Mind and Mental Functions* presents the six types of consciousness and 51 mental functions; *Indirect Proofs* discusses the structure of a form of dialectic.

MAGIC DANCE: THE DISPLAY OF THE SELF-NATURE OF THE FIVE WISDOM DAKINIS, by *Thinley Norbu*. 167 pp., #JEMD/\$12.00

Explains how all personal and general phenomena, including all spiritual traditions, depend on the outer, inner and secret manifestations of the five wisdom dakinis. It considers such subjects as meditation practice, lineage, isolation, energy, healing, magic, art, habit, respect and tradition.

MAHAMUDRA: ELIMINATING THE DARKNESS OF IGNORANCE, by the *9th Karmapa, trans. Alex Berzin*. #LIMAH/\$9.95

This is one of the most famous expositions of the Mahamudra system of meditation on the nature of the mind. It covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text. Also included is the renowned *Fifty Stanzas of Guru Devotion* with an oral commentary by Geshe Dhargye.



MAHAMUDRA: The Quintessence of Mind and Meditation, by *Takpo Tashi Namgyal*, Trans. by *Lobsang P. Lhalungpa*. 550 pp., #SHMAH/\$25

Mahamudra is the first English translation of a major Tibetan Buddhist presentation of the theory and practice of meditation as composed by Takpo Tashi Namgyal, a great lama and a scholar of the Kagyu sect of Tibetan Buddhism.

This text is still the primary source used by living Tibetan meditation masters in instructing their disciples in this practice. The levels of meditation covered are as follows: the differentiation between stages of tranquillity and insight meditation; meditation on two kinds of selflessness; preparation for mahamudra meditation; the various methods of mahamudra; how one achieves realization; and the four yogas of mahamudra.

MAINTAINING THE BODHISATVA VOW AND THE BODHISATVA PRECEPTS, #KDKMB/\$5.00

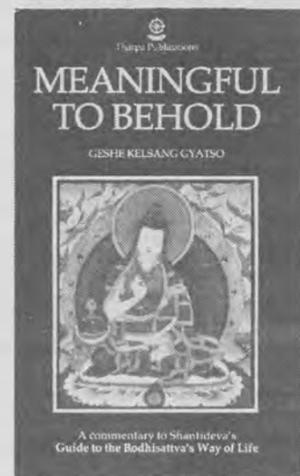
Sadhana for pledging, renewing and maintaining the Bodhisattva Vow. (English & Tibetan)

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by *Keith Dowman*. #SUMM/\$10.95

Mahamudra represents the inseparable union of wisdom and compassion, of emptiness and skillful means. These eighty-four masters accomplished this practice in India where they lived between the eighth and twelfth centuries. These siddhas, who led unconventional lives, include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman has collected and translated their songs of realization and the legends about them. In consultation with teachers, he gives a commentary on each of the Great Adepts. His extensive introduction traces the development of tantra and discusses the key concepts of Mahamudra.

MATRIX OF MYSTERY: SCIENTIFIC AND HUMANISTIC ASPECTS OF DZOGS-CHEN THOUGHT, by *Herbert V. Guenther*. #SHMM/\$22.50 cloth.

World-renowned scholar Herbert V. Guenther presents the highest (Ati) teachings of the Nyingma school. By relating these teachings to modern scientific and humanistic perspectives, he demonstrates many cases where traditional religious and modern secular viewpoints interact.



MEANINGFUL TO BEHOLD, by *Geshe Kelsang Gyatso*. #THBKMTB/\$16.95

The first complete English commentary to Shantideva's classic work, *A GUIDE TO THE BODHISATVA'S WAY OF LIFE*. It provides a clear verse-by-verse exposition of the full root text in accordance with the oral tradition transmitted to the author. A great book!

MEDITATION ON EMPTINESS, by *Jeffrey Hopkins*, 1017 pages. #WIBKME/\$35.00 cloth

MEDITATIONS ON THE LOWER TANTRAS, by *Glenn Mullin*. #LIMLT/\$7.95

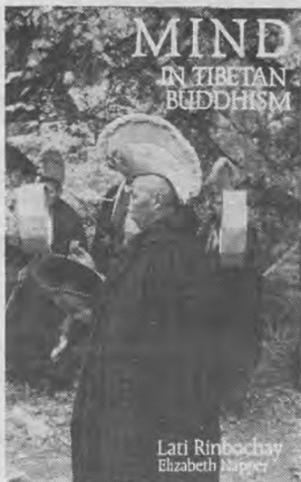
A collection of texts and sadhanas by previous Dalai Lamas including the preliminary teachings for tantric initiation and texts for the practice of a dozen major deities such as Avalokiteshvara, Manjushri, Tara, Maitreya, Sarasvati, Sitatapatra, Vajra Vidarana, Vajrasattva Guru-Yoga.

MEDITATIVE STATES IN TIBETAN BUDDHISM, by *Jeffrey Hopkins et al.* 181 pp., #WIBKMS/\$10.95

Discusses the four concentrations with form and four formless concentrations.

★MEETINGS WITH REMARKABLE WOMEN: Buddhist Teachers in America, *Lenore Friedman*. 250 pp., illustrated, #SHMRW/\$10.95

★MEMOIRS OF A POLITICAL OFFICER'S WIFE IN TIBET, SIKKIM AND BHUTAN, by *Margret Williamson*. 240 pp., #WIBKPOW/\$16.95 Fall



MIND IN TIBETAN BUDDHISM, by *Lati Rinbochay*, Trans., Ed. & Intro. by *Elizabeth Napper*. #SLBKMTB/\$10.95

Buddhist practitioners in the great Tibetan monasteries of Lhasa, seeking to purify their minds and develop the correct understanding necessary for final enlightenment, began their formal inquiry into mind and consciousness by studying *The Presentation of Awareness and Knowledge*.

This important text identifies the different types of minds and consciousnesses, their divisions and definitions. It presents the vocabulary connected with the mind and is a means of training the student in the process of reasoning—an endeavor integrally linked with all steps of ge-shay training.

Lati Rinbochay provides rich and extensive commentary and elucidates the penetrating instructional methods Tibetans use in their quest for higher knowledge.

In her introduction, Elizabeth Napper explains the context of this work within the Indian and Tibetan traditions and outlines the principal divisions of consciousness and mind.

"...a valuable work written in concise form...clearly translated...oral commentary on the textbook is extensive and sparking. A valuable contribution."—Prof. Janice Willis, *Religious Studies Review*

MIPAM: A Tibetan Love Story, by *Lama Yongden*. 360 pp., #SGM/\$9.95

This is the first novel ever written by a Tibetan lama especially for Western readers. The characters are clearly types and composites, yet they are drawn with such affection and attention to human detail that they remain thoroughly engaging. We are introduced to a refreshing saint who sings well, has a weakness for sweets and drives a hard bargain.

MIRACULOUS JOURNEY, by *Milarepa*, trans. by *Lama Kunga Rinpoche & Brian Cutillo*. 232 pp., #LOMJ/\$12.95

A rare collection of previously untranslated narratives and songs of the famous Tibetan poet-yogi Milarepa. This work is a compilation of Milarepa's songs as preserved and sung by wandering yogis of the Kagyu sect. The pieces differ from those in the two popular volumes on Milarepa (the *Autobiography* and the *Hundred-Thousand Songs*) in their range of material and directness of style, while continuing a high level of poetic expression. Thus they give a more candid glimpse of this famous yogi's

personality than the more official versions.

MOUNTAINS OF THE MIDDLE KINGDOM, by *Rowell*. #SIMMK/\$19.95 cloth (regular price \$40)

An extraordinary photo exploration of the scenery and peoples of Tibet and Western China. Rowell, one of the most highly respected of the new generation of photographers, recreates the journeys of past explorers in the mountainous areas of vanished Turkestan and Tibet—a photographic portrait illuminated by stunning color photos and extensive descriptions of his experiences in these regions.



MY LAND AND MY PEOPLE, by the *Dalai Lama*. 271 pp., #POMLMP/\$6.95

Famous autobiography by His Holiness.

★MYSTIC ART OF ANCIENT TIBET, *Blanche e. Olschak & Geshe Thupten Wangyal*. 224 pp., 142 color plates, 372 b&w, #SHMAT/\$25



MYTH OF FREEDOM AND THE WAY OF MEDITATION, by *Ven. Chogyam Trungpa*. 176 pp., #SHMF/\$7.95

In his distinctive style, fine-honed as to the ins and outs of Western student psychology, Trungpa shows how our attitudes, preconceptions, and even our spiritual practices can become chains that bind us to repetitive patterns of frustration and despair. He explains the significant role that meditation plays in bringing into focus the causes of frustration and in allowing these negative forces to become aids in advancing toward true freedom.

★NAGARJUNA'S SEVENTY STANZAS: A BUDDHIST PSYCHOLOGY OF EMPTINESS, by *David Ross Komito*, Trans. and Commentary by *Geshe Sonam Rinchen, Tenzin Dorjee, and David Ross Komito*. 240 pp., #SLBKNS/\$14.95 Fall

NEPAL PHRASEBOOK, by *Meinhold and Raj*. #LPNP/\$2.95 All the usual information sections for travelers, with additional phrases and questions likely to

be needed by trekkers and travelers in the Himalayas.

OPENING THE EYE OF NEW AWARENESS, by the *Dalai Lama*. #WIBKOE/\$10.95

THE OPENING OF THE LOTUS: Developing Clarity and Kindness, by *Lama Sherab Gyaltzen Amipa*. 128 pp., #WIBKOL/\$12.95

This book is concerned with the development of the stages of enlightenment. It is simple and clear, and continually brings down to earth the powerful and practical methods of Buddhism for human development. Included also are translations of short practices of Guru devotion and Refuge, as well as an autobiography of the author, who is a Sakya lama.

★PASSIONATE JOURNEY: The Spiritual Autobiography of Satomi Myodo, Trans. & Annotated by *Sallie King*. 232 pp., #SHPJ/\$12.95

★PATH OF THE BODHISATVA WARRIOR, by *The Thirteenth Dalai Lama & Glenn H. Mullin*. 350 pp., #SLBKPBW/\$14.95 Fall

★PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth, *Sir Charles Bell*. 450 pp., #WIBKPD/\$22.95 Fall

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



PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon, by *Khenpo Konchog Gyaltzen* 96 pp., #SLBKPF/\$6.95

The great Jigten Sumgon, fountainhead of the Drikung Kagyu school, was widely lauded as a bodhisattva and extraordinary master. Hundreds of thousands of students gathered to hear his teachings. These teachings, in their written form, appeal for their depth and simplicity of expression.

Prayer Flags contains many instructions for spiritual practice. Noteworthy is a succinct and clear discussion of the tantric path of Mahamudra. Also included are: texts on transforming conflicting emotions, sickness and death onto the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach' Chokyi Drolma.

The great Jomgon Kongtrul in describing the influence of Jigten Sumgon wrote:

"The mountains are filled with Drikungpa practitioners And the plains are filled with Drikungpa patrons."

COMPLETE TITLE LIST

PRAYERS FOR GENERATING GURU DEVOTION, by *Shamar Rinpoche, Ken Trashi Ozer & Kalu Rinpoche*. #KDPGD/\$3.00 Four prayers invaluable for the development of Bodhicitta, subduing the ego and increasing understanding. (English & Tibetan)

PRIMORDIAL EXPERIENCE: An Introduction to Dzog-chen Meditation, by *Manjusrimitra*. Trans. by *Namkhai Norbu & Kennard Lipman*. 140 pp., #SHPE/\$11.95. April A part of the Dzog-chen or Ati tradition, *Primordial Experience* was written by Manjusrimitra, an Indian disciple of the first teacher of Ati. It discusses the relation of Ati to other systems of Indian thought, Buddhist and Hindu, through an examination of the key concept of bodhicitta or enlightened mind. Included is a preface by Namkhai Norbu which places this text in the Ati tradition, as well as a history of the text and its author, philosophical questions about the relation of Ati to Buddhist Idealism, and the meditation practice linked with this text.

PRINCE SIDDHARTHA, by *Landaw & Brooke*. Color drawings #WBKPS/\$15.95 A delightful children's book on the Life of Gautama Buddha.

THE PROPITIOUS SPEECH FROM THE BEGINNING, MIDDLE AND END, by *Thinley Norbu*. 46 pp., #JEPS/\$8.00 Translation of Patrul Rinpoche's sublime teaching known as *The Practice of the Essence of the Sublime Heart Jewel, View, Meditation and Action* which explains how to practice with the six syllables which are the essence of all syllables: *OM MA NI PAD ME HUM*. Tibetan text included.

THE QUINTESSENCE OF THE ANIMATE AND INANIMATE
A Discourse on the Holy Dharma
by
Venerable Lama Lodo
Foreword by Very Venerable Kalu Rinpoche



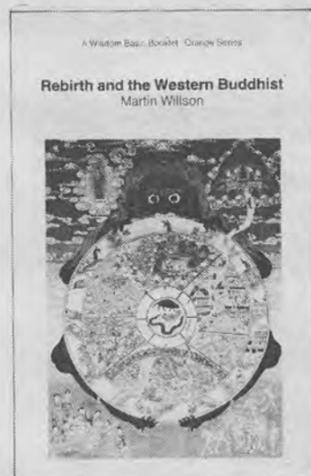
THE QUINTESSENCE OF THE ANIMATE AND INANIMATE, by *Ven. Lama Lodo*. #KDKQ/\$11.95

Presents an integrated approach to the three yantras. Features the four foundations, development of the aspirational and operational bodhicitta, and tantric topics. An excellent book.

RAINBOW OF LIBERATED ENERGY: Working with Emotions through the Colour and Element Symbolism of Tibetan Tantra, by *Ngakpa Chogyam*. #ELRLE/\$9.95

Ngakpa Chogyam presents a unique view of the color and element symbolism of Tibetan Tantra. This rich and vibrant system of experiential psychology is expressed in lively, direct language. Aimed at integration with life in the West, its powerful imagery and colorful analogies make otherwise difficult Tantric concepts immediately applicable. The author explores the nature and pattern of our emotions and

how they relate to the elemental energies of Tantra—Earth, Water, Fire, Air and Space.



REBIRTH AND THE WESTERN BUDDHIST, by *Martin Willson*. 96 pp., #WBKRWB/\$6.95

In this essay Martin Willson presents arguments—devotional, scriptural, observational, logical and scientific—for and against rebirth. This absorbing book is an excellent starting point, with its more than one hundred references, for Westerners interested in delving into this controversial subject.

★ **SEEKING THE HEART OF WISDOM: The Path of Insight Meditation**, *Goldstein & Kornfield*. 176 pp., #SHSHW/\$9.95

★ **SELF-LIBERATION THROUGH SEEING EVERYTHING IN ITS NAKEDNESS**, Trans. & Ed. by *John M. Reynolds*, Foreword by *Namkhai Norbu*. 240 pp., #STSL/\$14.95 Winter



Selected Works of the Dalai Lama I: BRIDGING THE SUTRAS AND TANTRAS, by *Glenn H. Mullin*. 288 pp., #SLBKS1/\$12.95

In these sixteen works by the First Dalai Lama, ranging from mind training to Highest Yoga Tantra, the emphasis is on practice. Major topics include: **Kalachakra Tantra**: initiation into and practice of the most sophisticated Highest Yoga Tantra. A summary of the structure and methodology of the six completion stage yogas, representing the highest and most powerful teachings of the Buddha brought to Tibet, is translated here by permission of His Holiness, the present Dalai Lama.

Arya Tara: probably the most widely practiced devotions among both Tibetan and Western Buddhists. Included with the Twenty-one Verses in Praise of Arya Tara—a basis for numerous Tara practices—are the complete texts for three popular sadhanas of Green and White Tara practice.

Lo-jong: the heart of all Mahayana teachings. A detailed commentary on the seven aspects of

Atisha's method of training the mind to develop the Bodhisattva spirit, through transforming every activity into a spiritually significant event.

In addition to two texts on emptiness, and a beautiful biography of the Buddha entitled *Crushing the Forces of Evil to Dust*, a traditional biography of the First Dalai Lama as well as biographical sketches on all fourteen Dalai Lamas are included.

"There is no other book on the market that offers the same selection of information in such a concise form."—Prof. Roger Jackson, Carleton College

"...a genuine and valuable contribution to the growing library of works which illumine Tibetan Buddhism."—Janice D. Willis, *Religious Studies Review*

"...recommended as the real nuts and bolts of Kadampa practice."—Mark Tatz, *Tibetan Review*



Selected Works of the Dalai Lama II: TANTRIC YOGAS OF SISTER NIGUMA, by *Glenn H. Mullin*. 240 pp., #SLBKS2/\$10.95

The Second Dalai Lama elucidated important teachings from the lesser-known sects and lineages of Tibetan Buddhism. Their special treatment of popular tantric traditions, such as Yamantaka and the yogas of Naropa, are presented here in English for the first time.

In this collection of sixteen texts, Glenn Mullin has chosen works that vividly convey the Second's scriptural mastery and his breadth of tantric experience. The four main texts translated here include:

Tantric Yogas of Sister Niguma: these explicit, extraordinary yogas are a special lineage of the six yogas of Naropa transmitted by his consort, the dakini Niguma, which forms the basis of the Shang-pa Ka-gyu Sect.

Vajrabhairava Tantra (Yamantaka): teachings on the generation and completion stages.

Four tenet systems: an excellent survey of the structure and historical development of Indian Buddhism's principal schools, outlining their definitive doctrinal distinctions.

Flower essence pills: detailed instruction in the practice of making and empowering flower essence pills that free the practitioner from the need for ordinary foods.

In addition to texts on selflessness, guru yoga and emptiness, a traditional biography of the Second Dalai Lama, and brief biographical sketches of all fourteen Dalai Lamas are included.

"The great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—Sonny Cook, *Gaden Choling*



Selected Works of the Dalai Lama VII: SONGS OF SPIRITUAL CHANGE, by *Glenn H. Mullin*. 205 pp., #SLBKS7/\$10.95

The Seventh Dalai Lama is often considered the greatest of the early Dalai Lamas. He wrote extensive commentaries on the Tantras, and over a thousand mystical poems and prayers. *Songs of Spiritual Change* is a highly valued collection of tantric songs and poems of spiritual instruction for taming and developing the mind. His inspired verse is an outpouring of Himalayan spirituality, an unique presentation that appeals to the heart as well as head.

"Vital energies generated by inner or outer means
Are drawn into one's own central channel,
Causing the mystic fires to blaze.
Inspire us thus to gain great insight
Into the innately produced great bliss
Generated by the touch of the secret drop."—page 162

Included is a biography of the Seventh Dalai Lama as well as biographical sketches of all fourteen Dalai Lamas.

"Mullin's translations read well...these songs, reminiscent in many ways of those of Milarepa... reveal a side of dGe-lugs-pa that so far has been little known in the West, perhaps helping to put an end to the stereotype of that order of Tibetan Buddhism as one merely concerned with pedantry and scholasticism."—Parabola



SEVEN YEARS IN TIBET, by *Harrer*. #SMSYT/\$8.95

This exciting and enjoyable classic work of travel and brilliant observation is now reissued with 15 photographs. Heinrich Harrer, a youthful Austrian adventurer, escaped from an internment camp into Tibet to become a confidant to the young Dalai Lama.



SHAMBHALA
The Sacred Path of the Warrior

CHÖGYAM TRUNGPA

SHAMBHALA: SACRED PATH OF THE WARRIOR, by *Ven. Chogyam Trungpa*. #SHSH/\$6.95

Chogyam Trungpa speaks directly to the experience and challenge of being human. He presents the path of warriorship found in traditional Eastern cultures—Tibet in particular—to demonstrate how an individual can lead a more sacred, dignified and fearless existence.



THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA, by *Garma C.C. Chang*. 128 pp., #SLBKSYN/\$9.95

The Six Yogas of Naropa are among the most highly regarded practices of the highest yoga tantra class. By engaging in these six yogas, after the necessary preparation, the yogi's body, speech and mind are transformed into those of a Buddha and all the mundane and supermundane powers of an enlightened one are attained. The main practices of the six yogas are as follows:

- *Mystic Heat Yoga
- *Illusory Body Yoga
- *Dream Yoga
- *Clear Light Yoga
- *Bardo Yoga
- *Consciousness Transference Yoga

Mahamudra is a direct path to insight into the luminous nature of the mind - a total naturalness of mind comprised of relaxed equilibrium. *Teachings on Mahamudra* is composed of the following three texts:

- *Tilopa - *The Song of Mahamudra*
- *The Third Karmapa, Rangjung Dorje - *The Vow of Mahamudra*
- *Ven. Lama Kong Ka - *Essentials of Mahamudra Practice*



COMPLETE TITLE LIST



SKY DANCER: THE SECRET LIFE AND SONGS OF THE LADY YESHE TSOGYEL, by *Keith Dowman*. 350 pp. #RKPSK/\$17.95

The spiritual practices and evolution of the famous woman saint Yeshe Tsogyel. This inspirational guide is a revealed text admired for its beauty and profound message.

THE SMALL GOLDEN KEY, by *Thinley Norbu*. 111 pp. #JESGK/\$12.00.

This book covers many interesting topics: empowerment, three kayas, Sambhogakaya Deities, Mani, Ngondro meditation, stages of dissolving, refuge, three yantras, two truths, emptiness, history of the Buddha Dharma in India and the development of the Nyingmapa Lineage.

★**A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, Maha Sthavira Sangharakshita**. 496 pp. #THBKSOB/\$16.95 Fall

The Status of Tibet

History, Rights, and Prospects in International Law

Michael C. van Walt van Praag



Westview Press

THE STATUS OF TIBET: History, Rights, and Prospects in International Law, by *Michael C. van Walt van Praag*. 450 pp. cloth, #WVST/\$32.50

This study reviews the history of the Tibetan state from its unification in the seventh century to its present disputed incorporation into the People's Republic of China. A definitive record of the legal status of Tibet, the book provides a much-needed basis for understanding the unresolved Sino-Tibetan conflict and its importance among the broader issues of Asian politics.

"An excellent resume of the thirteen centuries of Tibetan history, amply documented from numerous sources....In a very full but well-organized and lucid study, van Walt cites the views of a wide range of authorities on international law with regard to every point relevant to the Tibetan case....His conclusions should stir the conscience of interested governments that have paid too little attention to the justice of the Tibetan claim to

independence."—H.E. Richardson, former head of the British Mission to Tibet at Lhasa



A STUDY OF SVATANTRIKA, by *Donald S. Lopez, Jr.*. 450 pp. #SLBKSOB/\$19.95, #SLBKSOB/\$35 cloth

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

Studies of the Svatantrika school have been limited in the past by the fact that most of the important Sanskrit texts were lost. These texts were fortunately preserved in Tibetan translations. The Svatantrika school is approached on three levels: first, from the writings of its founders and their followers in India; second, from expositions by lamas such as Jam-yang-shay-ba and Jang-gya; and third from contemporary oral commentaries by Tibetan scholars in exile.

★**A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, Maha Sthavira Sangharakshita**. 496 pp. #THBKSOB/\$16.95 Fall

THE SYMBOLISM OF THE STUPA, *Adrian Snodgrass*. 407 pp. #CUSOS/\$19.95

The stupa is a symbolic form used throughout South, Southeast, and East Asia. In its Indian manifestations it has no usable interior space and its construction has a basic simplicity. This study explores the symbolism and principles of the stupa in a thought-provoking manner and will be of great value in understanding the cultural context of Buddhism. The book is replete with diagrams, photos and illustrations.

★**TANTRA IN TIBET**, *H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.)*. 252 pp. #SLBKTT/\$12.95

THE TANTRIC DISTINCTION, by *Jeffrey Hopkins*. 184 pp. #WIBKTD/\$8.95

A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

★**THE TANTRIC MYSTICISM OF TIBET**, *John Blofeld*. 257 pp., illustrated, #SHTMT/\$10.95

TANTRIC PRACTICE IN NYING-MA, by *Khetsun Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein*. 239 pp. #SLBKTP/\$12.50

Rinbochay's commentary on the *Instructions on the Preliminaries to the Great Perfection Teaching* contains the classical Nying-ma presentation of the Tantric practices which lead to the realization of Buddhahood.

Part One: External Preparatory Practices—setting the proper motivation, meditation on impermanence and the faults of cyclic existence, suffering, karma, and reliance on a spiritual guide.

Part Two: Internal Preparatory Practices—refuge in the triple gem, generating the mind of enlightenment, Vajrasattva purification meditation, offering mandala, Chod practice of cutting attachment, and guru yoga.

Part Three: The Great Perfection—the direct path of breakthrough and leap-over to realize the Buddha-mind of essential purity and spontaneity.

Part Four: Daily Recitations and Meditations—practices to actualize the teachings of the previous sections.

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



TARA'S COLOURING BOOK, by *Weber and Wellings*. #WIBKTCB/\$5.95

Contains 12 exquisite line drawing of famous figures from Tibet with explanations of their meaning and suggestions as to their color. Fun for adults and children.

THIRTY-SEVEN PRACTICES OF ALL BUDDHA'S SONS, by *Geshe Dhargyey et al.* #LT37P/\$2.50

The path of the Bodhisattva told like it is.

THUS HAVE I HEARD, by *Maurice Walshe*. 672 pp. #WIBKTHIH/\$34.95

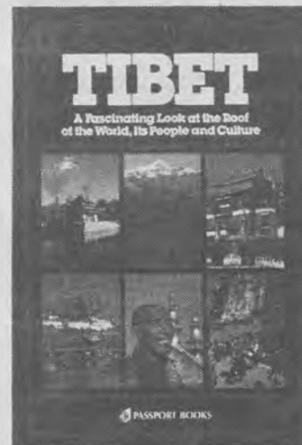
This is a new translation of the *Digha Nikaya*, some of the most famous scriptures in the Pali Canon, translated by the well-known Buddhist scholar, Maurice Walshe. These thirty-four suttas reveal the gentleness, compassion, power and penetrating wisdom of Gotama Buddha, not only in the words he speaks, but in his very bearing and the skill with which he deals with people. Maurice Walshe gives a vivid account of the life and times of Gotama Buddha

and a short survey of his teachings in the introduction. Line drawings are by the Thai artist Pang Chinasai.



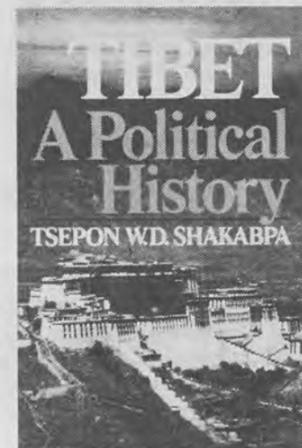
TIBET, by *Jigmei et al.* #WHTIB/\$25 cloth

This lavishly illustrated volume appears in the format of a "coffee-table book" but is far more interesting and surprising than such books usually are. Originally \$60, this is one of the very finest collections of color photographs taken of Tibet.



TIBET, by *Elisabeth Booz*. 208 pp. #PATIB/\$9.95

Tibet provides essential practical information about Lhasa—the principal city of business and devotion—and many places far beyond. 14 maps and diagrams provide excellent details unavailable anywhere else, while special sections on history, culture, and geography offer a superb overview of this vast and complex region. Contains many beautiful color photographs!



TIBET: A POLITICAL HISTORY, by *Tsepon W. D. Shakabpa*. #POTPH/\$15.00

This engaging and insightful book presents a vivid picture of political personalities and the character of the Tibetan people, and is essential reading for anyone interested in Asian affairs.

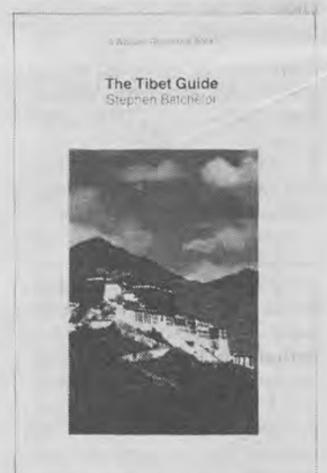


TIBET—A TRAVEL SURVIVAL KIT, by *Buckley and Strauss*. #LPTSK/\$7.95

The fabled mountain land of Tibet is now opening up to travelers. This premier guide has full details on this remote and fascinating region, including crossing the border to Nepal for a new Asian overland route. Contains many color photos and useful description of the region, as well as its history and culture.

TIBET AND ITS HISTORY, by *Hugh Richardson*. 344 pp. #SHTH/\$10.95

As the official representative of the British and Indian governments at Lhasa for long periods between 1936 and 1950, Richardson writes from firsthand knowledge of Tibet and its people. His lucid and straightforward presentation, illustrated by thirty photographs, opens with a brief but thorough description of Tibet's geography, economy, language, government, people, and culture. He traces the evolution of rule from the early religious kings to the Dalai Lamas and interprets the events that led to the Chinese Communist invasion in 1959.



THE TIBET GUIDE, by *Stephen Batchelor*. 500 pp. #WIBKTG/\$26.95

The Tibet Guide contains a history of Tibet, a simple description of Tibetan Buddhism, details of travel to Tibet, detailed explanations of the 44 main sites of interest in Lhasa, and important sites in the rest of central Tibet and on route from Lhasa to Nepal, Mt. Kailas and western Tibet, an iconographical guide, a phrasebook, a glossary, a recommended reading list, and many maps and color and black-and-white photographs.



COMPLETE TITLE LIST

Tibet is my Country
The Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama as told to Heinrich Harrer



TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama, as told to Heinrich Harrer. by Norbu. 300 pp. #WIBKTM/ \$16.95

Heinrich Harrer has told in *Seven Years in Tibet* how he accompanied the Dalai Lama and his family on their flight from the Chinese Communists in 1951. For many years he kept a close friendship with Thubten Norbu, the Dalai Lama's elder brother, and together they wrote this book. Besides being the story of Norbu's own life, it is a uniquely authentic document about the last decades of free Tibet's history.

THE TIBETAN BOOK OF THE DEAD, by Evans-Wentz. #OXTBD/\$6.95.

This is a classic Tibetan Buddhist scripture focusing on the nature of the mind and its projections—wrathful and peaceful—which seem to be objective. This book describes what happens after you die and the psychic experiences in the intermediate state before rebirth.

TIBETAN BUDDHIST MEDICINE AND PSYCHIATRY, by Terry Clifford. #WETBM/\$15.95 cloth

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

TIBETAN COLLECTION: GEOGRAPHY, HISTORY, RELIGION, ARCHITECTURE AND SOCIETY, by Valrae Reynolds & Amy Heller. #NM-1/\$12.50. The Newark Museum's Tibetan collection is one of the finest in the world. This book covers many topics and is illustrated with 52 photographs of traditional life (pre-1959) drawn from the extensive archive of the Museum. Also, there is a special section on the symbols used in Tibetan art and their meanings.

TIBETAN COLLECTION: SCULPTURE AND PAINTING, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208 pp. #NM-3/\$20

The Newark Museum's Tibetan collection has one of the largest holdings of Tibetan artifacts in the world. In this volume of the *Tibetan Collection*, we see some of the finest painting and sculpture from Tibet. Included are pictures and discussions of: sculpture, including metal, wood, ivory, lacquer, stone and clay;

thangkas, including painted, appliqued and embroidered examples; wall paintings; and iconography, including body positions, gestures, and symbols associated with deities. Janet Gyatso has written an excellent chapter on "Image as Presence: The Place of Art in Tibetan Religious Thinking".



TIBETAN DHAMMAPADA, by Gareth Sparham. #WIBKTDH/\$14.95

★ **A TIBETAN—ENGLISH DICTIONARY**, Sarat Chandra Das. #MBTED/\$19.95

TIBETAN MEDICINE: A Wholistic Approach To Better Health, by Dr. Lobsang Rapgay, Ph.D. 87 pp. #TMTM/\$7.00

This book discusses Tibetan medicine—the humanistic approach to health. Contents: the relation mental disorders to physical illness, of proach systems of psychology, wind in death meditation, wind diseases, madness, treatment of cancer, relaxation yoga.

★ **TIBETAN PHRASEBOOK**, Andrew Bloomfield and Yanki Tshering. Includes two-90 min. cassettes, 4 1/4 x 7" #SLBKTPH/\$19.95

★ **TIBETAN PILGRIMAGE**, by Peter Gold. 200 pp. approx. #SLBKTPH/\$14.95 Fall

TIBETAN REFLECTIONS, by Peter Gold. 112 pp. 22 color photos #WIBKTR/\$11.95 Peter's interesting experiences in refugee communities.

TIBETAN THERAPEUTIC MASSAGE, by Dr. Lobsang Rapgay, Ph.D. 58 pp. #TMTM/\$7.00

Tibetan massage is one of the many forms of treatment included in the wholistic system of Tibetan medicine. It further exemplifies the combination of Indian and Chinese massage techniques to create a unique Tibetan massage system. Though the information provided here on massage is based on medical Tantra texts, some additional information has also been included from other sections of the texts, as well as discussions with other Tibetan physicians and individuals who use massage.

TIBETAN TRADITION OF MENTAL DEVELOPMENT, by Geshe Dhargyey. #LTTT/\$9.95

A comprehensive presentation of the graded path to enlightenment based on a series of teachings given in the philosophy class of the Library of Tibetan Works and Archives. A thorough and accessible introduction to Tibetan Buddhism. Geshe Dhargyey speaks from his own experience as to how to imple-

ment the teachings and integrate them with the mind.

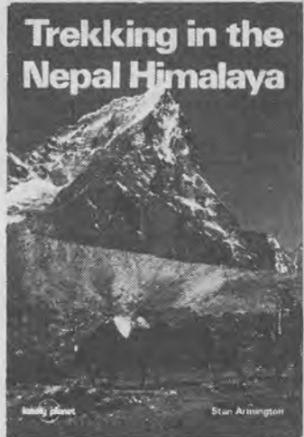
★ **TO LHASA AND BEYOND**, by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama 193 pp. 95 illustrations #SLBKTLB/\$14.95

★ **TRANSLATING BUDDHISM FROM TIBETAN: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan**, by Joe Wilson, Jr., textbook & cassettes, #SLBKTB/\$45 cloth, Winter

★ **TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course**, by Geshe Rabten. 224 pp. #THBKTD/\$14.95 Winter

★ **TREKKING IN THE HIMALAYAS**, by Tomoya Iozawa. 208 pp., many color and b&w photos and other illustrations, #HITIH/\$24.95

★ **TREKKING IN NEPAL**, by Toru Nakano. many color and b&w photos and other illustrations, #HITIN/\$24.95



TREKKING IN THE NEPAL HIMALAYA, by Armington. #LPTNH/\$7.95

This backpacking guide offers day-by-day route descriptions through the trekking regions of Nepal. Detailed maps illustrate the routes described. Preface by Lord Hunt, leader of the first expedition to scale Mt. Everest.

TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE, by Robert A. F. Thurman. 442 pp. #PRSOG/\$50 cloth

This is the first full study, translation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa. The work is a study of the major schools of Mahayana Buddhism, known as Vijnanavada and Madhyamika, and an explanation of the Prasangika interpretation of Madhyamika. The translation and introduction enhance our view of Buddhism as a contemplative and mystical religion and reveal a rigorous, critical philosophy. Robert Thurman emphasizes the relevance of Prasangika to our own time.

This invaluable text shows that critical reason and contemplative realization are mutually indispensable for the attainment of enlightenment.

WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of their Country, by Jamyang Norbu. 160 pp. #WIBKWT/\$12.95

This is a poignant story of a Tibetan Khampa warrior, Aten, and his people of Nyarong. Aten recalls his life as a child, the simple style of the Khampas, and the beauty of the land. He tells us the history of his people and the fighting spirit of the Khampas, all illustrated by his

own stories and stories of the past.

Their peaceful lifestyle was shattered by the invasion and final domination of the Chinese Communists in the 1950s. He tells of the bloody battles and the terrible suffering of his people, and finally of the murder of his family and his escape across the Himalayas to Dharamsala.

THE WAY OF THE WHITE CLOUDS: A BUDDHIST PILGRIM IN TIBET, by Lama Anagarika Govinda. #SHWWC/\$10.95

An account by Lama Govinda of his mystical pilgrimage through Tibet—a rich mixture of prose, drawings, and photography. A classic.



WE TIBETANS, by Rinchen Lhamo. 228 pp. #POWT/\$8.95

Sixty years after its first publication, Rinchen Lhamo's *We Tibetans* remains one of the most engaging and comprehensive accounts of Tibet and her people ever to appear. Born and raised in Kham, Tibet's easternmost province, the author was the first Tibetan woman in history to marry a European, leave her homeland and settle in the West. Throttled by her new life in an alien world, she nevertheless kept the traditional Tibetan composure, humor and keenness of observation, out of which she has forged her book.

Augmented by an excellent historical introduction and a plethora of details from folk tales to children's games, *We Tibetans* is a genuine classic; simple, harmonious and totally captivating.

WHEEL OF SHARP WEAPONS, by Geshe Dhargyey. #LTWSW/\$4.95

An inspiring Yamantaka text for the Bodhisattva warrior.

WHEEL OF TIME, by Geshe Sopa, Jackson & Newman. #DPWT/\$10.95

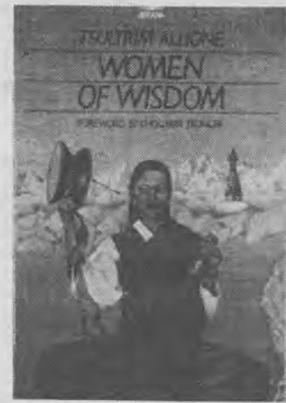
Contains five sections: Buddhist background, history of the Kalachakra tantra, Kalachakra initiation, generation and completion stage practices of this tantra. A must for persons interested in Kalachakra.

WISDOM ENERGY, by Lamas Yeshe and Zopa. 152 pp. #WIBKWE1/\$7.95

WISDOM ENERGY 2, by Lamas Yeshe and Zopa. 92 pp. #WIBKWE2/\$4.95

★ **WOMEN & BUDDHISM**, Spring Wind-Buddhist Cultural Forum. 400 pp. #SWWB/\$17

★ **WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition**, by Diana Paul. #UCWB/\$10.95



WOMEN OF WISDOM, Tsultrim Allione. 224 pp. #ARWW/\$9.95

Women of Wisdom is an exploration and celebration of the spiritual potential of all women, as exemplified by the lives of great Tibetan women. The Tibetan women in this collection of biographies will serve as life models and inspiration to others on the spiritual path.



SPECIAL ITEMS



TIBETAN CHANTS

CHO-GA: Tantric and Ritual Music of Tibet Cassette #DLC-G/\$8.95

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

THE GYUTO MONKS: GYUTO TANTRIC CHOIR. Cassette #WHGM/\$10.95

The Gyuto Monks have refined a chanting technique that enables each member of the choir to sing a three-note chord. This music, which invokes Tibetan Buddhist deities, produces an astoundingly rich and atmospheric tonal texture. The recording for this project occurred during the first series of appearances by the Gyuto Tantric Choir in the United States. Mickey Hart, drummer with the Grateful Dead, produced these rare recordings in digital format. Proceeds from this recording directly benefit the Gyuto Monks at their monastery in India.

TANTRIC HARMONICS by monks of the *Gyume Tantric College*. Cassette #SPTH/\$10.00 The Venerable Abbot Lobsang Tenzin, the Chanting Master Ghen Lobsang Gyatso and six other monks from the Gyume monastery participated in this first studio recording of their ritual chants. The tape recording was produced during the 1985 visit of the monks to the US. Each monk chants three notes simultaneously, employing the technique of *one-voice chording*. The sound evokes awe and reverence and transfixes the mind of the listener as well as the chanter. Side 1: *Guhyasamaja Tantra: Rite of Self-Initiation*; Side 2: *Invocation of the Dharma Protector Kalarupa*.

SNOW LION FALL 87 NEWSLETTER & CATALOG

**HEREIN LIES A BEAUTIFUL ORNAMENT: A Tibetan Buddhist Ritual of Protection**, from the film *Tibet: A Buddhist Trilogy*. Record #TARALP/\$9.95.

A Beautiful Ornament is a Tibetan Buddhist ritual of protection composed in the second century AD by the great Indian meditator and scholar Nagarjuna. This text is chanted to pacify the gross emanations of the forces of delusion—wars, natural disasters, diseases, social injustice, mental illness, obstructions to practice and the causes of untimely death. Its secret method is to utterly satisfy the forces of disturbance in the blissful heart of their own true nature and its essence is the generation in the minds of the practitioners of the qualities manifested by the Holy Savioress Tara, the embodiment of active compassion conjoined to the wisdom of the ultimate nature of all that is perceived.

EXPLORER SERIES

These four records are well-known for their quality and power. They are \$9.95 ea.:

TANTRAS OF GYUTO: MAHAKALA #NSM**TANTRAS OF GYUTO: SANGWA DUPA** #NSSD**TIBETAN BUDDHISM: RITUAL ORCHESTRA & CHANTS** #NSRO

POSTERS

The following two Snow Lion Posters are high-quality, full-color reproductions which measure 20 x 25 1/2" (including border):

**POTALA PALACE**, #SLPOPP/\$8

One of the most outstanding pictures of the Potala Palace we've seen.

KALACHAKRA DEITY POSTER 11 x 17 1/2" #TBPOKD/\$2.00

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



GC3 Kalachakra Deity

**JOWO SHAKYAMUNI BUDDHA STATUE**, #SLPOBS/\$8

Stunning view of this sacred statue located in the Jokhang Temple in Lhasa. It is the focal point of Tibetan prayers and pilgrimages.

TARA POSTER 11 x 17 1/2" #KDPOTA/\$3.00

This is a lovely lithographic drawing of Tara with her mantra OM TARE TUTTARE TURE SVAHA.



GC9 Labchig Drolma Garuda Verlag Cards



GC5 Shakyamuni Buddha Garuda Verlag Cards



GC7 Avalokiteshvara Garuda Verlag Cards

**POSTER OF H.H. THE DALAI LAMA**, 12 x 19" #SLPODL/\$3.75

A beautiful full-color portrait of His Holiness taken from the cover of *Kindness, Clarity, and Insight*, on an aquamarine background with the following quotation that captures the essence of his teaching: "Out of my experience, I tell my friends wherever I go about the importance of love and compassion. Deep down we must have real affection for each other, a clear realization or recognition of our shared human status."

SPECIAL ITEMS



DHARMA ITEMS

photo
→ **AUTHENTIC MINIATURES**, (tsa-tsa sculptures) \$6.00 ea.; \$12 ea. for large. See description in special items section.

The following images are available in small (average 2"): **Avalokita #TSA: AVALO-S**

Sakyamuni #TSA: BUDDHA-S
Mahakala #TSA: MAHAK-S
Green Tara #TSA: TARA-S
Akshobhya #TSA: AKSHO-S

The following images are available in large (average 4"): **Avalokita #TSA: AVALO-L**

Green Tara #TSA: TARA-L

BELL & DORJE

The supreme symbol of the path are the bell and dorje (*diamond scepter*) used by tantric practitioners.

The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.

Regular Grade #NEBD3/\$58.60
Excellent Grade #NEBD2/\$75
Superior Grade #NEBD1/\$190

Small \$52
DAMARUS (wood), #DAMARU/\$45.40

DAMARU BANNERS
#DAMARUB/\$30.20

DINGSHA (cymbals)
#DINGSHA/\$28

DHARMA DECALS

The following decals are \$2 ea.:

Double Dorje (5") #DECAL1
Eternal Knot (5") #DECAL2
Om Mani Padme Hum (Tibetan script) (2 1/2 x 10") #DECAL3
Door Mantra (Blessing for house) (2 1/2 x 10") #DECAL4

The following decals are 7" in diameter and are \$3.00 ea.:

Sakyamuni Buddha #DECAL5
Amitabha Buddha #DECAL6
Chenrezi #DECAL7
Green Tara #DECAL8
Dorje Chang #DECAL9

KAPALAS (skull cup)

Medium brass #KAPALAB/\$36
Medium copper #KAPALAC/
\$95.100\$ *silver*

KATAS (offering scarves)

These are extraordinarily fine beautiful, pure silk white offering scarves that are woven with the 8 auspicious symbols and are very long. #KATAS/\$28

MALAS (prayer beads)

We have a wide variety to choose from: wood, bodhiseed, lotus seed, glass, rock crystal, coral and other semi-precious stones—with and without counters. Prices start from \$12. #MALAS

ask for list
BONE MALAS, \$22, please allow \$1.50 for shipping. We now have small bone malas with counters and head bead. They are light beige and strung on a red cord. #MALA

MEDITATION GONG #SAG/

\$68.100
This is a large meditation gong 5 inches in diameter. It has an exquisite brocade cushion and lacquered striker. It produces a beautiful rich sound that slowly fades—meditation practice will be enhanced by its use. Please allow \$3 for shipping and handling.

OFFERING BOWLS (set of 7)

Copper (medium-size) #BOWL C/\$30.38
White Metal (medium-size) #BOWL W/\$25.38

PINS, \$5.00

Double Dorje (5 colors) #PIND
Stupa (white) #PINS

PURBAS, #PURBA/\$50
Eight-inch tantric daggers made of copper & brass.

RUPAS

blurb
High quality statues of the Buddha and various deities are available on request. #RUPA

THANGKAS

prayer
We have a number of thangkas of different images. Please call us for information as to availability. #THANGKAS

TIBETAN LOCKETS

#LOCKET/\$52
Pure silver lockets to hold prayers or small items that you treasure. Has a double dorje on one side and the Kalachakra emblem on the reverse. 1 1/4" high by 1" wide.

TIBETAN MASSAGE AND ACUPRESSURE CHART, 18" x 24" #SLTAC/\$6.95

Illustrated wall-chart of Tibetan massage and acupressure, describing traditional Tibetan lotions and methods for helping to remedy headaches, anxiety,

insomnia, female difficulties, and more. Very clear and easy to follow. Written by Dr. Rappagay, well-known Tibetan physician.

TRANSFER DECALS (Scratch-on) Ideal for stationary or cards. There are approximately 14 of each full-color symbol.

Four Symbols—Knot of Infinity, Wheel of the Good Law, Flower, Umbrella #TDECAL/\$7.50

INCENSE

AQUILARIA-R #AQ/\$5.00

A unique, entirely natural herbal preparation for the relief of stress and tension. Prepared by Dr. Lobsang Rappagay and the Tibetan Holistic Medical Centre of India. Aquilaria-R herbal formula is one of the most popular and well-known stress formulas prepared from therapeutic and non-toxic herbal ingredients handrolled into sticks. This item is difficult to keep in stock. It is made in India and we often have to backorder it.

NIRVANA BRAND #TMNIR/

\$5.00
For relief of stress and tension. A totally natural, safe, non-toxic and non-habit forming aromatherapeutic incense. Prepared by T.J. Tsarong and Himalayan Herbal Co. of Gangtok, Sikkim.

TIBETAN INCENSE 16" bundle, #IWT1/\$5.00 (includes shipping)
Authentic Tibetan incense made by refugees in India. We are offering an excellent brand of Chandan (sandalwood) incense.



TIBETAN SHIRTS

Snow Lion now has cotton tee shirts and sweat shirts for men and women. Choose one of three designs—Double Dorje, Tibetan Flag, or a lotus with *Om Mani Padme Hum* on the petals and a *Hri* in the center. They come in white, yellow, red, and blue. They are high-quality shirts and

are sized small, medium, large and extra-large.

w/ **Double Dorje** #PHSHIRT1 \$12
w/ **Tibetan Flag** #PHSHIRT2 \$14 (Five Colors)
w/ **Om Mani Padme Hum Lotus** #PHSHIRT3 \$12



TRADITIONAL TIBETAN INCENSE

Traditional Tibetan incense prepared from medicinal herbs—musk, saffron, nagi, and sandalwood—is available in three grades. Each box contains approximately 50 eleven-inch sticks:

Highest Grade (Blue Box) #JCBLUE/\$8
Medium Grade (Red Box) #JCRED/\$6
Common Grade (Yellow Box) #JCYELLOW/\$5



CALENDARS

ART OF TIBET 14" x 10" #GTAT/\$8.95.

This collection of Tibetan Art was photographed on site in remote and little-traveled regions of Tibet; most of it has never before been seen by the outside world.

BUDDHA NATURE CALENDAR #WLBNC/\$8.95.

James McCrear has traveled throughout the world photographing statues of the Buddha that are exceptional representations of the "Buddha nature". Each photo presents the cultural and artistic uniqueness of a particular country. This calendar is sure to be prized by anyone who appreciates Buddhist art or religious art in general.

BUDDHA NATURE NOTE-CARDS Set of 13 for #WLBNN/\$22.50.

Full-color images of the Buddha as a boxed set of 13 notecards with envelopes. An ideal gift.

HIMALAYAN CALENDAR 14" x 10" #GTHM/\$8.95.

Travel through this awe-inspiring region; witness landscapes of uncanny beauty and vistas of mesmerizing grandeur.

SACRED SPACES 14" x 10" #GTSS/\$8.95.

Sacred spaces have been established by every people on earth. Natural or built, they are set apart from the everyday and profane, and imbued with a sense of mystical wonder and holy tradition. Here are thirteen of these powerful sites, portraying the richness and diversity of man's religious and spiritual heritage.

1988 THANGKA CALENDAR #WICATC/\$14.95

High-quality reproductions of thangkas accompanied by descriptions of the paintings. Please add \$1.50 for shipping. 16 1/2" x 23 1/2".

VIDEOS TIBET: A BUDDHIST TRILOGY

Snow Lion is pleased to announce the availability of three award-winning videos from Orient Films of England. *Tibet: A Buddhist Trilogy* has played in cinemas worldwide and has received critical acclaim as a masterpiece. The *Trilogy* remains the definitive film on Tibetan Buddhist culture:

"An extraordinary testament, simple and very compelling."—Sheila Benson, Los Angeles Times.

"Quietly powerful, an astonishing achievement."—Geoff Brown, The London Times.

The three films are available as a set in VHS format for \$790 plus shipping. The four hours of film can be rented for \$200 plus postage via Express Mail. The films can also be purchased and rented individually.

RADIATING THE FRUIT OF TRUTH, 125 minutes. \$500 or \$100 rental, plus shipping. #OFRFT

With an extraordinary authenticity this film generates a vision of Tibetan society previously unseen on film. *Radiating the Fruit of Truth* is the only complete exposition of Tibetan Buddhist Tantra in which the entire ritual process is filmed, the complete text translated in collaboration with the lineage holders, and the visualization reproduced in photo-animation. Photographed with startling intimacy at a monastery in Nepal, the film follows the lamas through the preparation for and practice of the ritual known as "A Beautiful Ornament". The poetry of the text and the musical score conjoin to create a powerful cinematic and spiritual effect. This is unique material for anyone offering a class in Tibetan Buddhism or ritual or art and will be of particular interest to those who are engaged in prac-

tices related to the Noble Savioreess, Tara. Purchase and rental of this film is limited to university departments and Buddhist centers or to individuals who have received a kriya tantra Tara initiation.

THE FIELDS OF THE SENSES, 52 minutes. \$250 or \$50 rental, plus shipping. #OFFOS

Set in the majestic landscape of Ladakh, this film is a study on the divine nature of mind, body and place. The film follows monks and farmers through a day, ending with the advent of dusk and the detailed portrayal of the monastery's moving ritual response to a death in the community. As in the *Tibetan Book of the Dead*, the departed is guided through the appearances that accompany the dissolution of consciousness at the moment of death. *The Fields of the Senses* presents the Tibetan Buddhist understanding of and reaction to impermanence and death—it should be of particular interest to those working in the field of death and dying.

A PROPHECY, 54 minutes. \$250 or \$50 rental, plus shipping. #OFFP

A graceful documentary on H.H. the Dalai Lama and on the changing structure of his theocracy as established outside Tibet. Through a portrait of the daily activities of the Dalai Lama, of a lay Tibetan family and of monks of Sera Monastery, it builds a picture of how the traditional Tibetan social structure has been developed to include Gandhian and democratic social and political policies. The film therefore draws a picture of the new Tibetan society and political system established by His Holiness in exile—a possible blueprint for a future Tibet.

TIBET: The Lost Mystery & The Bamboo Curtain Falls

"Not only is this the finest film about Tibetan culture I have ever seen, but it is a moving documentary of the highest cinematographic standards. I highly recommend this film series for educational use."—Nathan Katz, Univ. of S. Florida

Originally aired in England, as part of the BBC's, "The World About Us", series, these two riveting and highly acclaimed films were produced in 1981 by Simon Normanton. They were compiled after extensive research from several hundred hours of powerfully evocative archival film material—nearly all in color—which was photographed in Tibet between 1929 and 1980.

THE LOST MYSTERY, 50 minutes, \$345 or \$50 rental, plus shipping. #BBCLM

Documentary on the history of Tibet from 1904 to 1949 by means of archival footage, originally photographed by a succession of British diplomatic missions to Lhasa. They have vividly recorded on some of the earliest color film ever shot the street life in Lhasa, the garden parties, the monastic debates, the religious festivals, as well as rare footage of the 14th Dalai Lama's arrival in Lhasa in 1939.

THE BAMBOO CURTAIN FALLS, 50 minutes, \$345 or \$50 rental, plus shipping. #BBCBCF

Compiled principally from Chinese and Tibetan sources, it reviews the history of Tibet from the Chinese invasion in the 1950's to the present. This film includes rare footage of the Dalai Lama's visit to Peking in 1954, the Chinese newsreel coverage of the invasion, Tibetan and Chinese footage of the 1959 uprising, and a film record of the Dalai Lama's flight to India. Also included are extracts from the harrowing eleven hours of footage photographed by the first delegation of the Tibetan government in exile, during a three month tour of Tibet in autumn of 1979.

MYSTIC FIRE VIDEO

These award-winning films are available in VHS format.

TANTRA OF GYUTO: SACRED RITUALS OF TIBET, 52 minutes. #MFTG/\$69.95

Presents secret Tibetan Buddhist ceremonies by monks of the Gyuto Tantric College.

TIBETAN MEDICINE: A BUDDHIST APPROACH TO HEALING, 29 minutes. #MFTM/\$59.95

Filmed at the Tibetan Medical

Center in Dharamsala, India. Ama Lopsang Dolma, Tibet's first woman doctor, shows the making of medicines and how acupuncture and moxibustion are used.

NEPAL, LAND OF THE GODS, 62 minutes. #MFNLG/\$69.95

Nepal's unique mixture of Buddhism and Hinduism is the focus of this film.



OCEAN OF WISDOM

Video Presentation of the Life and Teachings of H.H. the Fourteenth Dalai Lama. 35 minutes, VHS only. #POOW/\$49.95

Ocean of Wisdom offers an intimate profile of His Holiness as a monk and as a spiritual leader, as a statesman for our troubled times and as a crusader for world peace. In rare footage, the Dalai Lama is seen during his private religious practices, his daily routine and his infre-

quent recreation: personal moments that contrast with his public role as the world's foremost Buddhist leader. In consecrating a temple, giving initiation, being interviewed for television, officiating at a fire ritual, giving talks and blessings—the Dalai Lama's message is being heard and profoundly valued throughout the world. The director, Rajiv Mehrotra, is regarded as a major media talent in India and has worked on several award-winning documentary films.



WISDOM FILMS

EXCERPT ON MEDITATION, by the Dalai Lama. 1.5 hours. #WIFEOM/\$59.95.

This talk on meditation was given at Harvard University and translated by Jeffrey Hopkins. It covers meditative stabilization and wisdom, cultivating calm abiding and special insight, meditation instruction (including posture), and overcoming obstacles.

THE FOUNDATIONS OF BUDDHIST PHILOSOPHY, by the Dalai Lama. 50 minutes. #WIFFBP/\$49.95.

In this talk on Buddhist philosophy, His Holiness discusses the two truths—conventional and ultimate; what a Buddha is; the nature of mind; lack of inherent existence of phenomena; the path as union of the wisdom of emptiness and compassionate methods; special practices of tantra; question and answer session.



MAHAMUDRA: AN INTRODUCTION TO THE NATURE OF THE MIND, by Kalu Rinpoche. approx. 1 hour. #WIFM/\$49.95.

As the highest goal and practice of the Kagyud sect, Mahamudra is a teaching on Sunyata (voidness) which leads to the realization of the Dharmakaya or primordial mind. Kalu Rinpoche describes the nature of mind and teaches a clear and direct meditation to introduce us to Mahamudra, the non-separateness of awareness and emptiness.

THE NATURE OF THE SELF, by the Dalai Lama. 57 minutes. #WIFNS/\$49.95.

The root of all suffering is the ignorance that conceives persons and phenomena to have true existence. The only means for eliminating that ignorance is to attain special insight, the exalted wisdom realizing selflessness. In this teaching, His Holiness presents the view of the Madhyamika Prasangika School with an analysis of the nature of the self.

MEDITATION: A MATTER OF LIFE AND DEATH, by Ven. Sogyal Rinpoche. 90 minutes. #WIFMLD/\$48.95.

Sogyal Rinpoche, incarnate Lama, scholar and meditation master from Tibet, has placed particular emphasis on exploring healing and the related area of death and dying. This educational video which discusses personal preparation for death and working with the dying was produced during a series of seminars for hospice workers, medical professionals, and interested laypersons.

Sogyal Rinpoche instructs us on the nature of mind, and how we can prepare ourselves for death by becoming sensitive to our perceptions, feelings and thoughts in their changeableness. These small "deaths" reveal the possibility of seeing, through meditative penetration, the empty and open nature of the mind.



These videos are available in VHS format only.

THE BODHISATTVA MOTIVATION: THE PERFECTION OF CONCENTRATION, by the Dalai Lama. 59 minutes. #WIFBM/\$49.95.

His Holiness teaches on the six perfections, including the methods for developing a mind of equanimity and meditative stabilization leading to the perfection of concentration; and the perfection of wisdom realizing selflessness.

DEITY YOGA, by the Dalai Lama. 30 minutes. #WIFDY/\$29.95.

Tibetan Buddhist culture is distinguished by its beautiful and elaborate religious images and statues, but as His Holiness points out, real culture is inside a person and is a matter of inner attitude. In this address, His Holiness discusses deity yoga based on wisdom and the bodhisattva ideal of loving kindness and compassion, which are the necessary prerequisites for the higher practices of the tantric vehicle.

SPECIAL ITEMS

SNOW LION TAPES

Lectures by prominent Tibetan lamas and several of the foremost Western scholar/practitioners are now available from Snow Lion. These tapes will provide you with the opportunity to listen to Dharma topics as they were spoken by these teachers. A wide variety of subjects are available; many contain information not in print. The following selection is only the beginning. We plan to offer many more in the future from all four lineages. The number of tapes in each series is indicated in parentheses.

H.H. DALAI LAMA

HARVARD SEMINARS (12) #SLTPHHS/\$84 Trans. by Jeffrey Hopkins—AIBS Program For five days in 1981, the Dalai Lama gave a synthesis of the entire Buddhist path. Topics include: refuge, logic, death, karma, three trainings, meditation instruction, compassion, selflessness, suffering, five paths and the factors of enlightenment.

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

COMPASSION (1) #SLTPHHC/\$7 This is one of the most moving talks on this topic by His Holiness.

WISDOM & COMPASSION IN TANTRA (1) #SLTPHHWC/\$7 Trans. Jeffrey Hopkins

37 PRACTICES OF ALL BUDDHA'S SONS—A COMMENTARY (4) #SLTPHH37/\$28 Trans. by Jeffrey Hopkins. These are the preliminary teachings on the path of the Bodhisattva given by His Holiness prior to the Kalachakra initiation in Madison.

GANDEN

TRI RINPOCHE

These talks were made possible by the American Institute of Buddhist Studies.

THREE PRINCIPLE ASPECTS OF THE PATH (6) #SLTPGT3/\$42 Trans. Sharpa Tulku. The generation of renunciation, compassion and wisdom—the essential development for progress on the path—is discussed in this excellent set of tapes.

BODHISATTVA VOWS (2) #SLTPGTRBV/\$14 Trans. Sharpa Tulku

KYABJE LING RINPOCHE

IN PRAISE OF DEPENDENT ARISING (5) #SLTPKLPDA/\$35 This is a commentary on a classic Tsong-kha-pa text.

TARA TULKU

These talks were made possible by the AIBS.

MINDFULNESS & CLEAR COMPASSION (1) #SLTPMTCC/\$7 Trans. Robert Thurman

PSYCHOLOGY SEMINAR (7) #SLTPPTS/\$49 Trans. Robert Thurman In this seminar, the Venerable Tara Tulku gives us an overview

of the Abidharma, Pramana, Madhyamika and Tantrika psychologies developed in India and Tibet during 25 centuries of investigation and experimental practice. Topics include: normal and altered functions and states of mind; valid and distorted cognitions; issues of objectivity, reality, illusory projections; subtle minds and energies in waking, sleep, dream, trance, death and bardo states.

FOUNDATION OF EXCELLENCE (5) #SLTPPTFE/\$35 Trans. Robert Thurman Tara Tulku discusses the stages of the path to enlightenment which consist of practical instructions for any person to progress toward his or her own highest fulfillment.

H.H. DRIKUNG KYABGON

DEATH WITHOUT FEAR (1) #SLTPCRDWF/\$7

NATURE OF MIND (1) #SLTPCRNM/\$7

ZASEP TULKU

SIX SESSION GURU YOGA (5) #SLTPZT6/\$35 This is a helpful commentary on the practice of six session yoga by Zasep Tulku Rinpoche of Toronto, Canada.

ROBERT THURMAN CULTURE AS MANDALA (3) #SLTPRTCM/\$17 Discusses the triple mandala of the Dalai Lama.

FIERCE DEITIES (2) #SLTPRTFRD/\$14 This unusual talk is followed by an interesting commentary on a slide show of Tibetan thangkhas.

FEMALE DEITIES (3) #SLTPRTFMD/\$21

ALAN WALLACE

THEORY & EXPLORATION OF CONSCIOUSNESS (6) #SLTPAWTE/\$42 Examines the nature of consciousness in a straightforward manner.

MAHAMUDRA (2) #SLTPAWM/\$14 Discusses shamatha meditation on the nature of the mind. The voice on the first five minutes of tape 1 speeds up slightly.

STABILIZING THE MIND (14) #SLTPAWSM/\$98 AIBS Program Excellent in-depth discussion on how to train the mind in the cultivation and simultaneous integration of clarity and stability. Alan Wallace presents a practical course of mental discipline designed to heighten one's awareness both during active daily life and in the quiet of solitude.

STUDENT-TEACHER RELATIONSHIP (2) #SLTPAWST/\$14 Includes many questions & answers.

GEORGE DREYFUSS (Geshe Sangye Samdrup)

DEBATE IN TIBETAN BUDDHISM (5) #SLTPGDD/\$35 George Dreyfuss is the first Westerner to receive his Geshe degree. He spent many years at

the Tibetan School of Dialectics where he studied and practiced Tibetan Buddhism through rigorous training in debate. He presents the fundamentals of debate and its importance for spiritual development.

JEFFREY HOPKINS

APPROACHING THE TANTRAS (3) #SLTPJHAT/\$21 In three outstanding lectures, Jeffrey unfolds, with warmth and penetrating wit, the meaning of compassion, emptiness and deity yoga.

DEATH & DYING (4) #SLTPJHDD/\$28 Discussion of the stages of death, intermediate state and rebirth.

SEMINAR ON COMPASSION (5) #SLTPJHSOC/\$35

SEMINAR ON DEATH AND IMPERMANENCE (3) #SLTPJHSDI/\$21

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SEMINAR ON THE TWO TRUTHS IN THE FOUR TENET SYSTEMS (4) #SLTPJHSTT/\$28

DHARMA SEED

TAPE LIBRARY

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

Joseph Goldstein

COMPLETE MEDITATION INSTRUCTIONS (1) #SLTPJGCM/\$7 Detailed instructions in mindfulness of breath, touch points, sensations, thoughts, feelings, intentions; also walking meditation.

BARE ATTENTION & THE FIVE HINDRANCES (1) #SLTPJGBA/\$7

Learning to see what is happening in the present moment with simplicity and directness. Learning to recognize and work with desire, aversion, sluggishness, restlessness and doubt.

CONCEPTS AND REALITY (1) #SLTPJGCR/\$7 Experiencing the reality of the moment instead of our concepts about things.

Jack Kornfield

DEEPENING PRACTICE & PRACTICING A BALANCE: COMPASSION AND SOCIAL RESPONSIBILITY (1) #SLTPJKDP/\$7 Getting quiet, observing, opening, letting be. Balancing the inner work of meditation with the outer work of social action.

COURAGE AND SIMPLICITY & WISDOM, POWER, KNOWLEDGE (1) #SLTPJKCS/\$7 Courage of going into the unknown, being simple. A discussion of the many kinds of knowledge and power and of the wisdom of being present.

LECTURES BY VEN. SANGHARAKSHITA

This is a series of talks he gave on tantric symbolism.

THE SYMBOLISM OF THE TIBETAN WHEEL OF LIFE (1) #ALTPS103/\$7

THE TANTRIC SYMBOLISM OF THE STUPA (1) #ALTPS104/\$7

SYMBOLISM OF THE SACRED THUNDERBOLT OR DIAMOND SCEPTRE OF THE LAMAS (1) #ALTPS105/\$7 Discusses the symbolism of the vajra in tantric Buddhism.

SYMBOLISM OF THE COSMIC REFUGE TREE AND THE ARCHETYPAL GURU (1) #ALTPS106/\$7

SYMBOLISM OF THE CREATION GROUND AND THE CELESTIAL MAIDENS (1) #ALTPS107/\$7

WISDOM TRANSCRIPTS

Wisdom transcripts are prepared from lectures by Lama Yeshe and/or Lama Zopa, except where indicated. They are lightly edited and bound in pamphlet form. While the material is interesting, the printing is photocopy quality, i.e., less than that of a trade text.

WIT1	Avalokiteshvara	\$10.50
WIT2	Chenrezig	12.00
WIT3	Cittamani Tara	14.25
WIT5	Gyalwa Gyatso	6.50
WIT7	Heruka Vajrasattva Commentary	8.50
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WIT14	Maitreya	5.50
WIT15	Manjushri	12.50
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WIT19	Vajra Yogini	8.25
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WISDOM PRAYERS & SADHANAS

Tantric teachings are intended only for those with an initiation at the appropriate level of practice.

WIS1	Chod	\$5.25
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WIS12	Rites and Prayers	23.25

KDK SADHANAS & PRAYERS

Written in Tibetan, transliterated Tibetan, and English translation. Printed in traditional unbound format by Kagyu Dronchen Kunchab. Purchase restricted to those who have had the appropriate initiation.

KDKS1	Amitabha	\$4.00
KDKS2	Amitayus	4.00
KDKS3	Chenrezig	6.00
KDKS4	Green Tara	8.50
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KDKS7	Milarepa	8.50
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ANNOUNCING KTD SADHANAS

AMITABHA SADHANA, Produced by Heart Center KTC. #HCS1/\$10.

This is one of the finest sadhana productions we have seen. More sadhanas will be published in the near future.

DRIKUNG KAGYU PRAYERS & SADHANAS

Written in Tibetan, transliterated Tibetan, and English translation. Printed in traditional unbound format. Purchase restricted to those who have had the appropriate initiation.

DK1	Buddha Amitayus Practice	\$8
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DK8	Heart Sutra	4
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DK10	Long Life Prayer for H.H. Drikung Kyabgon Chetsang Rin.	2
DK11	Mahakala Practice	4
DK12	Manjushri (short)	4
DK13	Medicine Buddha	2
DK14	Ngongro Practice	14
DK15	Nyingmapa Phowa Practice	6
DK16	Prayer for the Five Profound Paths of Mahamudra	4
DK17	Prayer to Previous Kagyu Lamas	3
DK18	Profound Prayer to the 7 Taras	2
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DK20	Tummo Sum Tseg Protection Practice	2
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DK22	White Tara (short)	3



SNOW LION TIBET CARDS

Full Color Postcards

IMAGES FROM TIBET **NEW**

Tibet's borders have recently opened and people from all over the world now have the opportunity to see some of the wonders of this remarkable land and culture. These 35 postcards capture some of the best images of monasteries, statues, pilgrims, landscapes and monks as they exist today in Tibet.

Cards measure 4 1/4" x 6" and are only 50 cents each.

SPECIAL OFFER: Buy the entire set of 35 cards for \$15 (save \$2.50) #SLCNEW36.

IMAGES FROM TIBET

- STC34 Jokhang, Lhasa, Tibet
- STC35 Jokhang Rooftop, Lhasa, Tibet
- STC36 Jo Rinpoche Statue in the Jokhang
- STC37 Young Monk on Temple Roof, Lhasa
- STC38 Potala Palace, Lhasa, Tibet
- STC39 Potala Rooftop
- STC40 Tashilunpo Monastery, Shigatse, Tibet
- STC41 The Rebuilding of Ganden Monastery, Near Lhasa, Tibet
- STC42 Monks of Nechung Monastery, Near Lhasa, Tibet
- STC43 Dharmachakra, Wheel of Law, Lhasa, Tibet
- STC44 Tibetan Monks Offering Mandala
- STC46 Chorten, Palkhor Choide, Gyantse, Tibet
- STC47 Sakya Monastery, Sakya, Tibet
- STC48 Milarepa's Cave and Temple, Near Nyelam, Tibet
- STC49 Drepung Monastery, Near Lhasa, Tibet
- STC50 Kumbum Monastery, Amdo, Tibet
- STC51 Sera Monastery, Near Lhasa, Tibet
- STC52 Group of Tibetan Women, Dharamsala, India
- STC53 Maitreya Statue in Sera Monastery, Near Lhasa, Tibet
- STC54 Woman with Headdress, Gyantse, Tibet
- STC55 Lamayuru Monastery, Ladakh, India
- STC56 Woman Chanting Prayers, Lhasa, Tibet
- STC57 Tibetan Monk in Meditation, Tibet
- STC58 Pilgrim on His Way to Mt. Kailas, Tibet
- STC59 Horseman, Tibetan Plateau
- STC60 Yak, Central Tibet
- STC61 Nomadic Tent, Southern Tibet
- STC62 Ceremonial Tent, Near Lhasa, Tibet
- STC63 Monks Debating, Sera Monastery Courtyard, Near Lhasa, Tibet
- STC64 Potala Stairs, Lhasa, Tibet
- STC65 View from Roof of the Jokhang, Lhasa, Tibet
- STC66 Young Tibetan Monks Studying
- STC67 Carved Buddha, Central Tibet
- STC68 Chorten Detail, Palkhor Choide, Gyantse, Tibet
- STC69 Golden Buddha Image, Gyantse, Tibet



SLSTC59 Horseman

IMAGES OF TIBETAN CULTURE

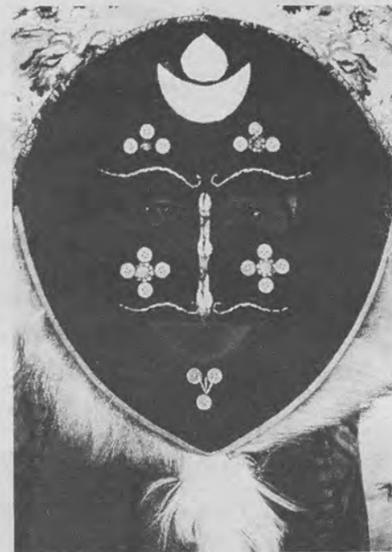
You may now obtain 32 brilliant full-color postcard images of Tibetan culture. All facets of Tibetan life are represented: painters, rug weavers, singers, masked dancers, lamas and monasteries, religious ceremonies, nomads, yogis, the Kalachakra Initiation in Bodh Gaya, pilgrims, children, statues, landscapes and more! These beautiful photos are of Tibetans in exile and a few of Tibet itself.

Cards measure 4 1/4" x 6" and are only 50 cents each.

SPECIAL OFFER: Buy the entire set of 32 cards for \$14 (save \$2).

IMAGES OF TIBETAN CULTURE

- STC1 Statue, Ladakh, India
- STC2 Monastery interior, Ladakh, India
- STC3 Thikse Monastery, Ladakh, India
- STC4 Tibetan rug weaver
- STC5 Mountain sunset, Ladakh, India
- STC6 Monastery courtyard, Ladakh, India
- STC7 Landscape sunset, Ladakh, India
- STC8 Smiling lady, Ladakh, India
- STC9 Long-life offering at Kalachakra initiation
- STC10 Dalai Lama at Kalachakra in Bodh Gaya
- STC11 Tibetan pilgrim at Kalachakra in Bodh Gaya
- STC12 Masked Tibetan dancer
- STC13 Tibetan man and child with mask
- STC14 Tibetan monk in prayer
- STC15 Tibetan ladies singing
- STC16 Potala palace, Lhasa, Tibet
- STC17 Young Tibetan monk
- STC18 Potala from the back side, Lhasa, Tibet
- STC19 Tibetan white masked dancer
- STC20 Tibetan lamas at Kalachakra initiation
- STC21 Tibetan red-masked dancer
- STC22 H.H. Dalai Lama & Ven. Dingo Khyentse Rinpoche
- STC23 Tibetan horseman, Southern Tibet
- STC24 Elderly Tibetan man with prayer wheel
- STC25 Bashful Khampa girl, Lhasa, Tibet
- STC26 Tibetan thangka painter
- STC27 Tibetan mask
- STC28 Swayambhu dorje
- STC29 Tibetan ngakpa
- STC30 Tibetan woman with dog
- STC31 Buddhist teachings before Kalachakra initiation
- STC32 Tibetan woman turning prayer wheels



SLSTC27 Tibetan Mask

Black & White Postcards

IMAGES OF LOST TIBET & FACES OF TIBET

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

Sixteen very high-quality black and white postcard images—5 revealing the Tibetan character and 11 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 only 50 cents each.

SPECIAL OFFER: Buy the entire set of 16 cards for \$7 (save \$1).

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 every Tibet Card that you purchase to the Tibet Fund to help support the Tibetan refugees.



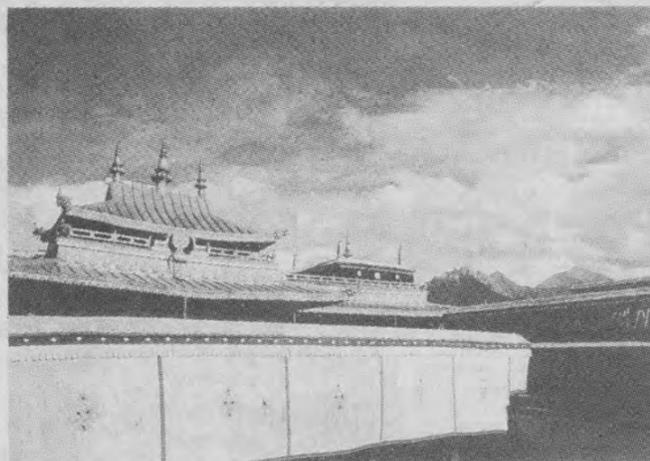
Wife of Tibetan Governor

IMAGES OF LOST TIBET

- SC1 Tibetan from Chamdo, Eastern Tibet
- SC2 Tibetan monks sounding trumpets
- SC3 Tibetan nomad tent, Southern Tibet
- SC4 Norbu Linga - 13th Dalai Lama on balcony
- SC5 Tibetan officials during Losar festival
- SC6 Portrait of the 13th Dalai Lama of Tibet
- SC7 Potala during Losar festival
- SC8 Tantric meditator with mala & skull cup
- SC9 Tibetan men with their horses
- SC10 Mani stones marking Tibet-China border
- SC11 Wife of Tibetan governor in Lhasa dress

FACES OF TIBET

- SC51 Nomad yogi
- SC52 Tibetan yogi of the Milarepa tradition
- SC53 Tibetan woman with prayer beads
- SC54 Young Tibetan Girl
- SC55 Yeshe Dorje, Tibetan weather controller



SLSTC35 Jokhang Rooftop



SLSTC57 Monk in Meditation

SPECIAL ITEMS

THARPA FINE ART DEITY PRINTS AND CARDS

These superb fine art prints and cards depict some of the most important figures of Tibetan Buddhist iconographic art. They are reproduced from original paintings especially commissioned for this series by renowned artist Andy Weber. Many of the images are available for the first time in these formats, especially the wrathful deities. All sixteen cards and six fine art prints can be purchased now; the remaining prints will be available in the future. These art prints and cards are particularly suitable for practitioners of the respective deities because of the clarity and beauty of the images.

The fine art prints have been beautifully reproduced in full color using up to 8-color lithography. Long-lasting colorfast inks have been used to insure permanent color fidelity. Fine matt art paper (acid-free, 100% rag) has been specially manufactured for the prints. Each print carries the customary auspicious symbols of blessing on the reverse and is accompanied by an explanatory leaflet. The prints measure 16 1/2 x 22 1/2" and are \$25 ea.

Special Price on Fine Art Prints!
Until Jan. 1, 1988, they are only \$19.95 each.

The fine art cards measure 4 x 6" and sell for \$.75 ea. They have been beautifully reproduced in full 4-color offset lithography using colorfast inks and laminated to provide a high gloss finish. Buy the full set for \$10.50! #THCSET

THARPA DEITY CARDS \$.75 ea.

THC1 Shakyamuni Buddha
THC2 Avalokitesvara
THC3 Manjushri
THC4 Vajrapani
THC5 Green Tara
THC6 White Tara
THC7 Amitabha
THC8 Amitayus
THC9 Medicine Buddha
THC10 Je Tsongkhapa
THC11 Vajradhara w/ Consort
THC12 Vajrasattva w/ Consort
THC13 Yamantaka
THC14 Heruka
THC15 Vajrayogini
THC16 Mahakala

THARPA FINE ART PRINTS \$25.00 ea.

THPR1 Shakyamuni Buddha
THPR3 Manjushri
THPR5 Green Tara
THPR7 Amitabha
THPR10 Je Tsongkhapa
THPR11 Vajradhara w/ Consort

WISDOM DEITY CARDS \$.75 ea.

WIC1 Je Tsong Khapa
WIC2 Shakyamuni Buddha
WIC3 1000-Armed Chenrezig
WIC4 Tara
WIC5 Manjushri
WIC6 4-Armed Chenrezig
WIC7 Heruka Vajrasattva
WIC8 Prajnaparamita
WIC9 Saravati

GARUDA POSTCARDS \$.75 ea.

GAC1 Gelupa Guru Tree
GAC2 Amitabha in Dewachen
GAC3 Kalachakra Deity
GAC4 Dalai Lama—Kalach.
GAC5 Buddha with Discip.
GAC6 Tsong-ka-pa on Lion
GAC7 Avalokitesvara
GAC8 Vajrayogini
GAC9 Labchig Drolma

WISDOM POSTERS

WIPO1 Buddha 16 Arhats \$5.00
WIPO2 1000-Armed Avalo. 5.00
WIPO3 Tara 21 Taras 5.00
WIPO4 Manjushri 5.00
WIPO5 4-Armed Avalo. 5.00
WIPO6 Guru Tree 7.00
WIPO7 Padmapani 6.00
WIPO8 4-Armed Chenrezig 6.00

GARUDA POSTERS \$7 ea.

GAP01 Amitabha in Dewachen
GAP02 Kalachakra Deity
GAP03 Kalachakra Mandala

WISDOM PRINTS \$13.95

8 1/2 x 12" Available only as a set which includes the following eight images:

Green Tara
4-Armed Chenrezig
Manjushri
1000-Armed Chenrezig
White Tara
Maitreya
Wheel of Life
Guru Tree



Tibetan from Chamdo



SLCDL1 The Dalai Lama

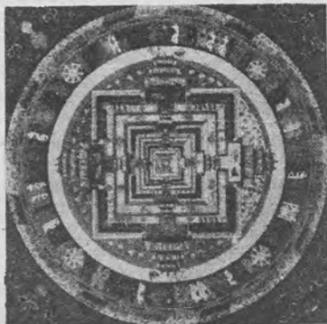


SLCDL2 Portrait of His Holiness

H. H. THE DALAI LAMA CARDS

Because of the great demand for photos of the Dalai Lama, Snow Lion has produced two portraits—they are 4 1/4 x 6" and are suitable for gifts or devotional use. Photos like these as well as other pictures of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities.

50 cents each



SLSTC42 Monks of Nechung



Tibetan Yogi



SLSTC40 Tashilunpo Monastery

