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Photo: C. Landry

Jetsun Kushok

SAKYA JETSUNMA CHIME LUDING

by Katherine Pfaff

She is known by many names: Mrs. Luding, Lama Chime, Jetsun Kushok, Chime Osel Rikdzin Bhutri Thrinley Wangmo, Sakya Jetsunma, Chime Luding, or just plain Chime-La. She is often mentioned in conjunction with her family: the sister of His Holiness Sakya Trizin, the sister-in-law of His Eminence Luding Khen Rinpoche, or the mother of Luding Shabdrung Rinpoche. On other occasions she is invoked as one of the few known high lamas and lineage holders who are also women. She is known as one of the three women in the history of Sakya to have transmitted the Lam Dre teachings. She is spoken of as an emanation of Vajrayogini, the enlightened energy of liberation. But to those who know her well, she is the earth itself, stable, unshakable, free from the eight worldly dharmas, and a pure example of the fruition of practice under difficult circumstances.

In 1938, the year of the earth Tiger, this Sakya Jetsunma was born as the first child of her parents. Three other children were born after her, but only she and the youngest, who became the Sakya Trizin, survived to adulthood. They shared the same teachers, took the same teachings, and made the same retreats. They also shared the loss of their siblings, parents and homeland and were very close. They were raised by Trinley Zangmo, their mother's sister, a remarkable woman who oversaw their education, who supervised the running of the town of Sakya, and who only slept from the hours of nine to eleven in order to practice through the night in her meditation box.

Jetsun Kushok shares this tradition of juggling practice with householder duties. She is the mother of five, although her only daughter died in infancy. She has a full-time job as a weaver for a high fashion designer, Zonda Nellis; she does part-time work cleaning houses; and she runs dharma center activities and sees students in the remaining waking hours. Like her aunt, she practices through the dark hours of the night, often not sleeping at all. She has said that she is rarely tired, and has never been bored or lonely.

Jetsun Kushok-La was born into the Drolma Podrang, or Tara Palace of the Sakya Khon family. She began her dharma studies at the age of five, and His Holiness Sakya Trizin was born when she was six years old. According to the tradition of her family, she took novice ordination when she was

"old enough to scare crows away" at the age of seven.

When she was ten years old, she made her first retreat. She meditated on the form of Vajrapani known as Bhutadamara, and in one month completed one million recitations of the short mantra, HUM VAJRA PHAT, and one hundred thousand recitations of the long mantra.

In her eleventh year, her father, Kunga Rinchen, sent her on her first teaching assignment. She spent the fourth through tenth Tibetan months among the nomads on the northern plains of Tibet, giving transmissions and teachings on Phowa, or transference of consciousness, as well as conducting tormas offerings, performing lhasang, or incense offerings, and giving other teachings and empowerments.

This was 1951, and it was here that she made one of the first of her well-known *mos*, or divinations. There was a large monastery in the area where she was giving the teachings, and this was the time of political troubles surrounding the Radring regent. The abbot of the local monastery, Kardor Rinpoche, had sided with the Radring regent and for this he had been imprisoned by the Tibetan government. An earnest and worried delegation from this monastery requested an audience with the young Sakya Jetsunma and asked her to do a *mo* to determine when their abbot would be released from prison. She made a divination with dice and recommended that the members of the monastery perform the four mandala puja of Green Tara, and recite the Twenty-One Praises to Tara one hundred thousand times.

In 1952, during a visit to Lhasa when the Dalai Lama recognized and confirmed her brother as the Sakya Trizin, a group of monks requested an audience with her. They thanked her sincerely and profusely, and when she inquired the reason for this thanks, having forgotten about the incident and the *mo*, they told her that they had followed her instructions, and that their abbot had been released the day after they had completed the one hundred thousandth recitation of the Twenty-One Praises.

Her younger brother had died when he was four years old. Her mother died in 1948 when Jetsun was nine and His Holiness two. Their younger sister died in 1951 at age eight and their father died less than a month later, during an epidemic in Sakya. This meant

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MAITREYA INSTITUTE

Maitreya Institute is a program without boundaries: an intensive exploration of mind and body through multi-disciplinary workshops, lectures, performances and forums. Benefiting the self and others is both the process and goal of Maitreya Institute. The Institute's programs are designed to challenge us all to entertain fresh ways of perceiving health and healing, psychology, economics, philosophy, geomancy and the arts. By presenting teachers who are on the frontier of their respective fields, we can hope to provide an opportunity for expanded self-discovery and for the awakening of creativity in our heart and mind.

Maitreya Institute was established first in Hawaii, then in San Francisco, and most recently in France. 1987 marks the third year of Maitreya Institute's "Frontiers of the Mind: Human Dimen-

sions". H.E. Tai Situ Rinpoche—eminent scholar, artist, Buddhist philosopher and lecturer—is the inspiration behind and founder of Maitreya Institute. He has described it as a "bridge between culture, religion, education and many different ways of life." Rinpoche believes such "bridges" are essential because "having liberated the distances and the boundaries—the mountains, rivers, oceans, and space—and come to a point where everything is exposed to everything, the only way to preserve good will is to appreciate similarities and find ways to understand and work with the differences."

The word "maitri" itself means "loving-kindness", the qualities benefiting self and others. This is the active principle of Maitreya Institute, which is community-oriented, non-profit and non-denominational. Contact: 3315 Sacramento Street, #622 San Francisco, CA 94118 415-392-4080.

TEACHINGS BY THRANGU RINPOCHE

The Ven. Thrangu Rinpoche will be giving teachings in the US, Canada and Europe between April and August of 1988. Thrangu Rinpoche is the abbot of H.H. Karmapa's monastery in Rumteck and of Gampo Abbey in Canada. In the US contact Dr. Clark Johnson, 1390 Kalmia Avenue, Boulder, CO 80302, 3034496608. In the UK contact Miss Cornelia Hwang, Thrangu House, 76 Bullingdon Road, Oxford, UK, (0865) 241-555.

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SAKYA JETSUNMA
CHIME LUDING

that the teaching that would normally be conferred by their father would have to be offered by another guru. Their aunt took them to Ngor, where they received the Lamdre from the great Kangsar abbot, Ngawang Lodro Shenpen Nyingpo, Dampa Rinpoche.

In 1952, following the Dalai Lama's recognition of her brother as the Sakya Trizin, their original plans to take teaching from the great Jamyang Khyentse Chokyi Lodro in Kham had to be altered since His Holiness could not venture too far away from Sakya and his duties. Instead, they went again to the great abbot of Ngor, Dampa Rinpoche, who lived closer by, for the Lamdre Lobshe (the intimate transmission of the Path and its Fruition), teachings central to the Sakya lineage. Unfortunately, he died before he could complete this transmission, and that task was taken over by the Kangsar Shabdrung, Ngawang Lodro Tenzin Nyingpo.

Jetsun relates that from the time the Dalai Lama conferred recognition on her brother, "His Holiness and I were constantly in each other's company, and wherever he went, I went and I was always with him." From this time on until they fled to India they received the same teachings and made the same retreats.

At the same time that she and His Holiness received the Lamdre Lobshe transmissions from the Kangsar abbots, they also received lung or scriptural transmission for the biography of Ngorchen Kunchok Lhundrup from the Ngor abbot of the Phende house, Phende Khenpo, Ngawang Khedrup Gyatso. This was 1953.

In 1954 they received the transmission of the Druptap Kuntu from the Khangsar Shabdrung, Ngawang Lodro Tenzin Nyingpo. (The Druptap Kuntu is a large collection of empowerments and sadhanas from all four classes of tantra, compiled in the 19th century by Jamyang Khyentse'i Wangpo and his principal student, Jamyang Loter Wangpo.)

When Jetsunma was sixteen, she and His Holiness undertook the full retreat on Hevajra. Their teacher also went into retreat with them. Although they did the retreat in separate rooms, they kept contact through notes passed back and forth, and began on the same day and ended on the same day. They performed all the requisite recitations of the different Hevajra mantras, as well as the mantras of Nairatmya. They remained in this retreat for seven and a half months, and followed it with a one month retreat on Vajra Garuda, during which she recited the mantra one million, five hundred thousand times.

When they had finished this retreat, Jetsun Kushok's aunt requested her to do a seven-day retreat on Ling Gesar in order to develop her powers of divination by foreseeing the future in a mirror, and she completed this also.

Soon after she left this retreat, in 1955, a crowd of monks from Kham arrived in Sakya, and requested the Lamdre teachings from His Holiness, who because of his own schedule, was unable to accommodate them. Their aunt then urged Jetsun Kushok, who was then sixteen, to give the teaching herself. The Lamdre is a complete cycle which encompasses the full range of Buddhist teachings, from Hinayana through Mahayana and up to and including Vajrayana. It revolves around the central man-

dala or the Virupa transmission of Hevajra. Jetsun Kushok bestowed the short version of the Lamdre by Ngawang Chodrak, as well as the lung for all the various practices and ceremonies connected with the Sakya lineage. The whole teaching lasted around three months.

Thus she became the third woman in Sakya history to have transmitted the Lamdre, and in 1956 when she and His Holiness went to Lhasa to receive the middle-length teaching on the Lam Rim from the Dalai Lama, she headed the procession, crowned with the Sakya hat worn by high Sakya lineage holders and preceded by a golden umbrella.

It was also in 1956 that she and His Holiness received the full Nyingma transmissions of Long Chen Nying Tik from Jamyang Khyentse Chokyi Lodro, who was in Lhasa at that time.

Jamyang Khyentse Chokyi Lodro came to Sakya later that year to give them the Chak Mey Nam Zhi, or the Four Uninterrupted Practices, which those who have received the full Lamdre teachings are supposed to practice on a daily basis. They are:

1) the Lam Dus Hevajra sadhana, 2) the Vajrayogini sadhana, 3) the Bir Sung or Virupa Protection meditation, and 4) the Lam Zap or Profound Path Guruyoga meditation.

In early 1957, Jetsun Kushok, her brother, and entourage went to India on a pilgrimage at the same time that the Dalai Lama and Panchen Lama went to India. It was here that she first conceived the idea of learning English in a Western-style school, but her teacher was scandalized and wouldn't hear of it.

In 1958, her brother was enthroned at Sakya as His Holiness the Sakya Trizin. Several months after that, after the obvious loss of Tibet to the Communist Chinese, Jetsun Kushok, His Holiness, their aunt, and a handful of attendants fled to India.

In India, Jetsun Kushok describes herself as being quite a tomboy. She studied the Nang Sum (the three visions) and the Dom Sum Rabye (the vows of Hinayana, Mahayana and Vajrayana) by Sakya Pandita. However, it became increasingly difficult for her to live with the outer discipline of a nun in India without the support of monastic life. She found herself the object of ridicule and scorn because of her shaved head and robes, and after consulting the Dalai Lama and her brother, decided to give back her robes, although she continued in the inner department of a nun.

She began taking English lessons from a Christian missionary, and there met Luding Sey Kusho, who was the brother of Ngor Luding Khen. Since the Luding succession is a blood lineage, and the Luding family was an offshoot of the Sakya Khon family, her aunt and several older family attendants conceived of the plan that she should marry Say Kushok. While she refused at first, she was convinced at last, since a male child of their union was needed to become the Luding Shabdrung. She was married to Rinchen Luding in 1964.

Their third child, a son born in 1967, was different from the others. Jetsun Kushok reports that he didn't cry like the other children and that he would wake up and amuse himself by making mudras with his hands and mum-

bling to himself as though he were reciting texts. When he was three or four, he showed real interest in becoming a monk and took delight in being around ordained people. When there were religious ceremonies he would far prefer attending them than playing with other children. This was the child that became the Luding Shabdrung.

Leaving the four-year-old Shabdrung Rinpoche behind in the care of his uncles, Jetsun Kushok went with her husband and three young sons to Canada and settled on a farm as labourers in Taber, Alberta in 1971. In 1973 they came to Vancouver, British Columbia. They now live in Richmond, a suburb of Vancouver.

At first she did not teach at all, needing to care for her young family and earn a living. However, when His Holiness and Dezhung Rinpoche began teaching in New York, they were repeatedly asked about authentic, living, women lineage-holders. They both requested her to begin teaching again.

Since then she has founded a dharma center in Vancouver, Sakya Thubten Tsechen Ling, and visits the other member centers of Palden Sakya (the association of Sakya Dharma Centers in the United States) in New York, Boston, Los Angeles, Minneapolis and Washington, DC. She has also taught in Hawaii and Singapore.

It has long been Jetsun Kushok's intent to spend the rest of her life in retreat practicing the Vajrayogini meditations. It is also her wish to build a retreat center at the site of her retreat. Between her own practice sessions she will give guidance and instruction to the individuals in residence there. The retreat will be known as Kacho Ling, the name of Vajrayogini's pure field of activity. Practitioners will be able to stay at the facility from one month up to a full lifetime of retreat and seclusion.

The projected plans call for a main shrine room, and rooms for fourteen students around a central courtyard, as well as washing and eating facilities, and a small residence for Jetsun Kushok. The buildings will be as durable, ecologically sensitive and self-sufficient as current technology and funding allow, heated and powered by solar energy, and designed to provide maximum privacy and quiet to each retreatant. The estimated cost of materials for the Vajrayogini retreat center is \$100,000 including \$34,000 in initial start-up costs.

Among the many exiles who fled from the Communist Chinese in Tibet were the heads of the four main schools of Tibetan Buddhism and a significant sampling of highly accomplished teachers from all lineages. In the last few years, some of the most respected teachers have died. For this reason, Sakya Jetsun Kushok wishes to build Stupas of Complete Victory in order to contribute toward the extension and preservation of the lives of those remaining teachers. The stupas will be built from concrete and will stand around fifteen feet high. The central image is Ushnishavijaya (Namgyalma), a diety who represents the energy of long life. Each stupa will cost an estimated \$4,500 and Jetsunma wishes to have the first one completed for the visit of H.H. Sakya Trizin in 1989. An experienced volunteer labor crew has already been assembled for the construction of this stupa.

Contributions can be sent to: Padma Amrita Vajrayogini Fund, c/o Katherine Pfaff, 1433 W. Main, Cottage Grove, OR 97424.

Jetsun Kushok will be giving teachings at Thubten Dhondrup Ling, the Los Angeles Sakya Center, April 15-17. For further information, contact Lama Lob-sang Drakpa, 938 S. Perendo, Los Angeles, CA 90006 (213)388-5992.

GAMPO ABBEY

Since the summer of 1983, Gampo Abbey has been slowly developing as a monastic setting for Western monks and nuns and for candidates for ordination. The Abbey, which is located on Cape Breton Island in Nova Scotia, Canada, sits on 200 acres of land on cliffs above the ocean. It is a place of wild natural beauty and solitude.

The Abbey was founded by Vidyadhara, Venerable Chogyam Trungpa Rinpoche and is now guided by the Abbot of Gampo Abbey, Venerable Thrangu Rinpoche.

At Ven. Thrangu Rinpoche's suggestion, the year is divided into times of intensive practice and study and times of work. At present, the Abbey building is not adequate for its needs and therefore expansion is necessary. To facilitate this, Rinpoche established times when work could be stressed and times when work would cease altogether. From May to mid-August, when construction is in progress, the atmosphere is less monastic in quality. During this time there is an open invitation for people to come and help and the schedule includes 3 hours daily for meditation. Just as during the rest of the year, all people at the Abbey keep the basic 5 precepts, although there is no expectation that the workers are considering monastic ordination.

In mid-August the traditional 45-day Rains Retreat (Yarpe) is observed. This retreat is open only to monks, nuns and candidates, and is a time of practice, study and learning ritual (such as musical instruments, tormas making, etc.).

The winter retreat (December-March) is the other time when work ceases and is perhaps the most ideal time for the monks, nuns and candidates. The wild winter storms go together with the atmosphere of solitude and non-distractedness which is so conducive to meditation and study.

YAMANTAKA INITIATION

Tara Tulku Rinpoche will give the Yamantaka initiation as part of a weeklong visit to Gaden Tenzin Ling (GTL), Tibetan Buddhist Center of Ithaca, New York (also home of Snow Lion Publications). The dates of the initiation, including preliminary teachings, are April 30 to May 2, with other teachings before and after.

A Yamantaka retreat next summer (August 12 to 21), including intensive teachings and practice, will be offered at GTL by its director, Zasep Tulku Rinpoche. Anyone with the initiation, from Tara Rinpoche or others, is welcome to attend.

This retreat is open to all interested in experiencing the monastic lifestyle.

Along with the group practice, the Abbey has 4 private retreat cabins which are available for solitary practice. The cost for non-ordained sangha is \$20 a day. The food is primarily vegetarian and no solid food is taken after the noon meal.

Ven. Thrangu Rinpoche will be at the Abbey in the Spring of 1988 and after that will continue to visit, to send other teaching lamas and to provide ongoing guidance for the development of Gampo Abbey.

NYUNG NE RETREAT

with Sakya Jetsun Kushok

The Nyung Ne Purification Fasting Ritual has long been held in high regard by masters of all lineages of Tibetan Buddhism. It is based on the experience of a princess in India long ago who developed the dreaded disease of leprosy. Reviled, cast out and desperate she became a nun. Fearing for her life which she now vowed to devote to Buddhism, she prayed fervently to the Bodhisattva of Compassion, Avalokiteshvara, who revealed to her a ritual practice of purification of all past sins. She devotedly performed the ritual and in a dream one night saw herself bathed in healing light and entirely whole again. When she awoke, she was indeed completely healed of the leprosy. She became renowned as the nun Palmo who showed others the way of practice for this 11-faced, 1000-armed Chenrezig purification ritual. A Kriya Tantra ritual with the emphasis specifically on purification, one full Nyung Ne takes two and a half days, with a 24 hour period of total fasting from all food and liquid. One is not required to have an empowerment.

The retreat will take place beginning in August 1988 on San Juan Island, Washington. For more information write or call Katherine Pfaff, 1433 W. Main St., Cottage Grove, OR 97424 (503)942-4890 or Jeff or Susan Campbell-Webster, 5050 B Hannah Rd., Friday Harbor, WA 98250 (206)378-3490.

NEWS & PROFILES



Left to right: Jeremy Hayward, Eleanor Rosch, Alan Wallace, Francisco Varela, H.H. the Dalai Lama, Thubten Jinpa, Newcomb Greenleaf, and Robert Livingston.

MIND AND LIFE CONFERENCE

DIALOGUE IN DHARAMSALA

In late October, 1987, five Western scientists met for a week with His Holiness Tenzin Gyatso, the Fourteenth Dalai Lama of Tibet, to discuss Buddhism and cognitive science. The program of the meeting described it as follows: *MIND AND LIFE*—Dialogues between Buddhism and the Cognitive Sciences

*This gathering is inspired by a shared interest in establishing a dialogue between Buddhist thought and cognitive science which can illuminate these rich and distinct modes of exploring mind and life.

*The discussions will take place in the meeting room of His Holiness the Dalai Lama in Dharamsala, India. They are styled not as a conference or a debate, but in an atmosphere of a living room conversation. Some sessions are structured as presentations on specific topics, with questions and answers aimed at clarification. Other sessions are designed as free flowing discussions with designated themes.

*The event will be videotaped in full; copies of the tapes will be made available to the Tibetan Government for use in their schools and monasteries, and to the Western public for use in furthering understanding. Edited versions will be prepared for more abbreviated viewing, for transcription into books or articles and perhaps for broadcast.

The idea of such a conference was born more than three years ago. It was brought to fruition by a committee chaired by Adam Engle of the Vajrapani Institute, Boulder Creek, California, under the scientific coordination of Dr. Francisco Varela of the Ecole Polytechnique in Paris. Michael Sautman of Berkeley, California was the third member of the committee. Earlier plans were more modest, but His Holiness had insisted that the meeting last for a full week and that it take place in Dharamsala, where he would be able to devote himself to it intensively.

The goal of a "living room conversation" was very closely realized. There were virtually no spectators, except for the organizing

committee and the film crew. The six participants sat around a low table, with His Holiness and a scientific presenter at the head, flanked by two translators, a Tibetan and an American, who played a vital role in the proceedings. The Venerable Thubten Jinpa is a young monk and scholar of Buddhist epistemology and logic at Shartse College of Ganden University. He is one of the principal interpreters for His Holiness. The other translator, B. Alan Wallace, has been a student of His Holiness since 1970 and was for many years a monk. Recently he returned to Western academia at Amherst College, where he studied the philosophical foundations of modern physics in light of Buddhist philosophy. He is currently the spiritual director of the Dharma Friendship Foundation in Seattle, Washington.

While His Holiness has a good command of English, a variety of technical terms from Buddhism and science required particular care in translation, and the expertise of the translators proved invaluable. At times they engaged in extended discourse in Tibetan with His Holiness and the two scholars who attended him, Geshe Yeshe Thapkey of the Institute of Tibetan Studies, Sarnath, and Geshe Palden Dakpa of Tibet House, Delhi.

In addition to Dr. Varela, a neurobiologist who spoke on "Perception and the Brain" and on "Life and its Material Basis," the other cognitive scientists represented philosophy, psychology, computer science, and neurobiology and medicine. Dr. Jeremy Hayward of Naropa Institute spoke on "Scientific Method and Validation," Dr. Eleanor Rosch of the University of California, Berkeley, spoke on "Cognitive Science," Dr. Newcomb Greenleaf of Columbia University spoke on "Artificial Intelligence," and Dr. Robert B. Livingston of the University of California, San Diego, spoke on "Development of the Brain."

Before describing some high points of the discussions, let me give a more personal account of our journey and stay in Dharamsala. As the day of departure approached, the news was dominat-

ed by reports from Tibet of the protests against the Chinese occupation. I doubted that His Holiness would be able to take a week for such relatively esoteric matters. These fears proved unfounded, the meetings went on as scheduled, and His Holiness participated intensely in all sessions, five hours a day.

It is not easy to get to Dharamsala, which is located in the foothills of the northern Himalayas. After the flight to Delhi, arriving in the wee hours, there is an overnight train ride to Pathankot and then a terrifying, breakneck, three hour taxi ride up into the hills. We were shepherded throughout the trip by Adam Engle, and in Delhi by the agency Middle Path Travel, who formerly arranged only the passages of the Dalai Lama. What a relief to arrive at Kashmir Cottage, a guest house run by Tenzin Choegyal, the gracious younger brother of the Dalai Lama, and to experience the warmth of Tibetan hospitality. We felt at home from the start, even as we overfilled the accommodations so that the dining room was turned into a bedroom and dining was moved to the patio. Fortunately the weather was perfect, with the sun breaking the night chill just in time for breakfast.

Kashmir Cottage is perched on the side of a very steep hill, with the view from the patio over the

center of Dharamsala and across the plains. There we took all our meals, which were delicious and plentiful, and there we tended to linger over tea. The patio became the locus for an extension of the dialogue between Buddhism and science and for a somewhat separate dialogue between American Kagyupas and American Geluggas. Four of the participants were students of the Vidyadhara, Chogyam Trungpa, Rinpoche. Alan Wallace and Adam Engle were the resident Geluggas. Frequently they were joined by Michael Sautman and by John Avedon, author of *In Exile from the Land of the Snows*, who is currently writing a book about a Nobel Prize neurophysiologist. Several times Thubten Jinpa had lunch with us and then conversation turned to logic and to Oxford, where he plans to study.

The compound of His Holiness was a short but very steep climb above the cottage. Sometimes we would walk down, but we always went up in jeeps that were sent for us. The roads were steep, winding and narrow, often skirting the edge of a large drop off, but the drivers, most of whom were monks, were, unlike our taxi drivers, cautious and skillful. The compound is the seat of the Tibetan Government in exile and is adjacent to a monastery with a large temple under construction. It commands a magnificent view of the snowy peaks above, themselves mere foothills by Himalayan standards. Beyond the compound lies the village of MacLeod Ganj, once the summer residence of the British Governor General, and now a tiny Tibetan enclave. While very poor, the village is full of zest and cheer. Within it, monks and lay people often carried malas and did their practice as they walked about. The sight of this integration of spiritual and secular was very moving. I began to yearn for a more extended visit to a Tibetan community.

Now let me return to the dialogue as it developed in the official sessions. Mornings were devoted to presentations by the cognitive scientists. They were distinguished by the extremely close attention paid by His Holiness and by the acuity of his scientific intuition. Time and again he would anticipate the flow of logic or experiment. The afternoon discussions ranged over many topics, but a common thread was an ongoing presentation by His Holiness of Buddhism as validated knowledge, hence as a form of science.

Rather than attempt to survey the vast array of ideas which were presented, I shall present two small episodes which made big impressions. The first concerns computers and reincarnation, and the second deals with the identity of a person who has received a heart or brain transplant.

During my presentation on artificial intelligence, I recounted the belief of many scientists that, as computers become bigger, faster, and more complex, they will also get "smarter," so that eventually they will be regarded as sentient beings. I then asked His Holiness if he thought it possible that this might occur through beings choosing to reincarnate within suitable computers.

His Holiness discussed this question at some length with Geshe Thapkey and Geshe Dakpa. He finally reported to us that, while many might reject the suggestion as absurd, he did not. Reincarnation can take place whenever the material basis is suitable. We cannot reject the possibility that at some point a computer might be a suitable basis. His Holiness then turned to me and said, "Should this happen, it will probably involve people such as you, who are very close to their machines."

The import of this remark was quite vast. We were presented with a vision of the relationship between evolution and reincarnation. Evolution might proceed mechanically until a suitable material basis for reincarnation is produced, at which point its beings would be enlivened by sentience and the course of evolution profoundly effected.

The discussion of transplants occurred late one afternoon when Dr. Livingston asked His Holiness about the identity of someone who has had a transplant. The first question involved actual operations. Suppose that Alice dies and her heart, in good condition, is transplanted to Bob, who is healthy except for his heart. This combination of Alice's heart with the rest of Bob, is it Alice or Bob? His Holiness replied, to everyone's satisfaction, that it is Bob.

Then Dr. Livingston posed the same question with respect to a hypothetical operation, which might be possible someday, in which Alice's brain is transplanted into Bob. This creature, Alice's brain in Bob's body, is it Bob or Alice? For Western science, the person is centered in the brain, so we were all expecting to hear the



Francisco Varela and H.H. the Dalai Lama.

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ness replied that the individual would again be Bob, we tended to hear him say Alice and it took a moment to realize that he had given the opposite response.

His Holiness went on to explain that Buddhism sees the identity of the individual as centered within the breast, near to but not in the heart. Bob might have some difficulty adjusting to Alice's brain, but would still be Bob. As happened so often during the meetings, we were shown other ways that things might be seen, and provoked to think of an experiment which could confirm or deny.

At the conclusion of the meetings both the Dalai Lama and the scientific participants expressed the hope that further dialogues should take place, both for the benefit of the Tibetan people and of the West.

HIMALAYAN RESEARCH BULLETIN

Professor Theodore Riccardi, Jr. has assumed the editorship of the Himalayan Research Bulletin along with co-editors William Fisher and Bruce Owens. The Himalayan Research Bulletin is the official publication of the Nepal Studies Association, a group which is subsumed under the Association for Asian Studies.

The Bulletin's primary purpose is to facilitate communication and cooperation among scholars working in the Himalayan region. Information concerning research and recent and upcoming publications and papers presented in this area are solicited from members and non-members. Scholarly papers, particularly those which assess the current state of research on the

region, are also solicited for publication.

Membership in the Nepal Studies Association is open to anyone with an interest in the Himalayan region. Members receive the Bulletin three times a year and are entitled to vote in all elections. Annual membership dues are \$10 for students, \$15 for individuals, and \$30 for institutions.

Please direct all correspondence to the following address: Himalayan Research Bulletin, Southern Asian Institute, 1128 International Affairs Building, Columbia University, 420 West 118th Street, New York, N.Y. 10027. ■



Francisco Varela and H.H. the Dalai Lama.

Excerpts From:

A REPORT ON MIND AND LIFE CONFERENCE

by Adam Engle

The first day of the dialogues were opened by Dr. Jeremy Hayward, who introduced the subject of how western science validates and proves itself. He gave an historical perspective of the beginnings of western science and the culture within which it was developed. He spoke about the scientific method and reductionism and scientific empiricism. This provided a framework for the Lamas to understand the way western science thought about itself.

During the afternoon session that day, His Holiness spoke about how Tibetan Buddhist cosmology is investigated and validated. Using the tools of the mind and introspection, Buddhist scholars and yogis have developed an equally intricate understanding of reality.

Day two began by Francisco Varela making a presentation of how the Western neuroscientists view the operation of the brain with focus on the process of vision. Dr. Varela drew a distinction between plant and animal life based on the greater ability of animals to move. He focused attention on the

progression from single cell animals to complex multi-cell animals. Using a series of slides, Dr. Varela described the way the neurons of these organisms of varying degrees of complexity organize themselves to form a brain. He completed his presentation with descriptions of experiments relating to the operation of the eye and visual cortex to create "vision."

Dr. Varela added this observation:

"Much water will flow under the bridges before Buddhadharma becomes an integral part of Western cultures, in an as yet uncertain future. Of one of these changes we can be certain: a mature dialog with science, so that both partners in this dance are modified. When Buddhism arrived in Japan, it found a culture enamored with warriorship, just as much as our culture holds science at its core. Over a few hundred years, a unique breed of Zen was born for benefit and delight of generations to come. What form will the creative embrace of

science and Buddhism take? For the time being we have only a few fragmentary bridges worthy the attention."

It must be noted that during the morning sessions, all the scientists were extremely careful to present their fields of expertise from the standpoint of what is generally accepted by the mainstream thinkers in their field. During the afternoon sessions, however, the scientists took off their purely scientific hats and engaged in discussions from the standpoint of their own personal sensibilities. This provided an environment whereby the current thinking of modern science could be clearly identified and more probing discussions of the relationship between western science and Buddhist contemplative science could be studied.

The next day saw Dr. Eleanor Rosch introduce the subject of cognitive psychology by giving a brief history of modern psychology as it wound its way through various theories to the present day. This provided a format for most interesting discussions on Eastern and Western views on psychological theories and practice.

Professor Newcomb Greenleaf introduced day four with a presentation on computer science with emphasis on artificial intelligence: how humans are trying to build and program machines that think. Among other things, he noted that the study of artificial intelligence has caused scientists to rethink the whole notion of what intelligence really is. In decades past, it was

thought that development and completion of complex mathematical models presented some of the highest forms of intelligence known. Although computers can be easily programmed to perform such functions, it has remained very difficult to teach them how to see, to think or to tie a shoelace. Therefore, scientists are now considering that very simple tasks actually require a high degree of intelligence.

Dr. Greenleaf's presentation touched on various forms of logical systems which greatly interested His Holiness and the Geshe.

Dr. Robert Livingston began day number five by showing a 20 minute film which he produced in the brain science laboratory at the University of California at San Diego. Dr. Livingston's current field of research involves creating a computerized mathematical model of the brain and, in doing such, he has dissected and photographed hundreds of brains to chart their neurological pathways. He noted that while all brains are roughly similar, each has its distinctive patterns, in much the same way no two snowflakes are identical. Dr. Livingston described the development of the brain and nervous system from an embryo to a mature neurological system.

Dr. Luigi Luisi from Zurich began day six with a short introductory presentation on molecular biology and biochemistry, demonstrating the way molecules arranged themselves into patterns and that these patterns to a large extent define life. Dr. Varela then gave a presentation on the Western history of evolutionary thought.

Day number seven was marked with deepfelt expressions of thanks and appreciation by all participants in the conference, the interpreters, the organizers, and invited guests, together with presentations of offerings and gifts.

The translation was handled marvelously by very effective interplay between Alan Wallace and Thubten Jinpa. His Holiness would turn to one or the other of them depending on the nature of the inquiry and with each one checking the other's understanding and interpretation, and with His Holiness checking them both, everyone felt the interpretation's accuracy was virtually perfect.

The conference was recorded in full on both video and audio cassette. The cassettes have been transcribed and the raw transcription runs 440 pages. The coordinating committee is presently deciding the most effective way to make the fruits of this conference available to the public. In addition, follow-up meetings and discussions are planned.

For further information or inquiries, please contact Adam Engle at P.O. Box DD, Boulder Creek, CA 95006.

TIBET FUND

The Tibet Fund was organized in 1981 under the auspices of His Holiness the Dalai Lama to foster, encourage, and promote Tibetan-Buddhist culture, religion, art, and studies. Since its formation, the Fund has engaged in the wide variety of activities that this report describes. They have, for example, provided assistance to the Tibetan Children's Village, the Council for Tibetan Education, the Tibetan Delek Hospital and the Tibetan Institute of Performing Arts in Dharamsala, India and supported Tibetan monks, nuns, and college students around the world.

Their activities have ranged from establishing a special project to study the techniques of Tibetan medicine and perhaps apply them in the modern context, publishing translations of many sacred Tibetan Buddhist texts and teachings, helping to distribute Tibetan handicrafts in the West.

The Tibet Fund serves as a non-profit channel for money directed to various Tibetan projects. They welcome your interest and support. For further information, contact: Tibet Fund, 107 E. 31st St., NY, NY 10016, 212-213-5011.

KARMA RIMAY O SAL LING

This is a delightful Dharma center tucked away in the beautiful island of Maui, Hawaii. Christi and Jeff Cox of Snow Lion visited the center recently and met Lama Tenzin, the resident teacher. The center was founded by the Ven. Kalu Rinpoche who is also the spiritual director. There is a strong core of students at this center. A retreat center is also being built and funds are needed to complete the project. If you are looking for a beautiful location for a retreat, this might be the place. For further information or to get on the list for their newsletter: Karma Rimay O Sal Ling, PO Box 1029, Paia, Maui, HI 96779, 808-579-8076.

Lama Tenzin



NEWS & PROFILES

THE LAMA PROJECT

Documenting the Teachings of the Tibetan Buddhist Masters

Since 1959 Tibetan Buddhist masters have travelled to the West, teaching extensively and establishing Buddhist centers throughout the world. However, in recent years, many of the great teachers have passed away, taking with them their unique understanding of the Dharma. In 1986, His Holiness the Dalai Lama suggested as a matter of urgency that the Meridian Trust document the teachings of many of the remaining older Lamas living both in India and the West as a resource for Buddhist scholars in the future. In the long term, some of these teachings will be translated into English. A project was set up whereby the Meridian Trust would intensify its commitment to preserving the oral teachings of the Tibetan tradition by donating further video equipment and video tapes to the Tibetan communities in India and providing facilities to train Tibetans in all aspects of video production. A London businessman generously agreed to donate a salary for a five-year period so that a Tibetan in India could co-ordinate the project.

In March 1987, Meridian Trust personnel went to India for an audience with His Holiness the Dalai Lama and meetings with members of the Tibetan Government-in-exile. Great priority was given to the project—three areas in India



H.H. Song Rinpoche

were designated to be allocated video equipment, and a Project Co-ordinator selected to research and supervise the video-taping.

The project will cover a 5-year period, and will, in fact, not merely be limited to video-recording the teachings of masters of the four Tibetan Buddhist traditions both in India and the West, but will in-

clude masters of the ancient Bon tradition and significant cultural events as well as teachings by His Holiness the Dalai Lama. Meridian Trust urgently seeks your donations towards this project. Contributions may be sent to The Meridian Trust, 330 Harrow Road, London W9 2HP England.



H.H. Sakya Trizm



Ven. Chhimmed Rigdzin

ZILNON URGYAN LING

This is a Nyingma center in Tallahassee, FL founded by the Ven. Chhimmed Rigdzin Lama, a tulku. They have an active center with regular events including peri-

odic visits from their spiritual director.

The Ven. Chhimmed Rigdzin Lama is a retired professor of Indo-Tibetan studies at the Teger Univ. of Santiniketen, West Bengal, India. He is a practicing Maha Yogi and holds the Kagyu, Sakya and Gelugpa lineages. He holds many positions in scholarly and religious organizations.

Contact: Zilnon Urgyan Ling, PO Box 734, Tallahassee, FL 32302, 904-222-6105.



Namkhai Narbu

STUDIES IN INDO-TIBETAN BUDDHISM

Snow Lion has recently organized a Board of Advisors to evaluate scholarly manuscripts for publication as part of a series titled *Studies in Indo-Tibetan Buddhism*. The Board's recommendation of any title will indicate that this book has fulfilled certain scholarly criteria and is considered suitable for academic study. Texts will first be reviewed by two Buddhist scholars and these reviews will be submitted to this Board for final recommendations.

The members of the Board were

selected from a broad base of Buddhist scholars and are authorities in their respective areas of study:

David Chappell,
Univ. of Hawaii
Roger Jackson,
Fairfield Univ.
Anne C. Klein,
Stanford Univ.
Karen Lang,
Univ. of Virginia
John Strong,
Bates College

SAKYADHITA

Sakyadhita, the International Association of Buddhist Women, continues to welcome members. The aims of the group are to promote peace, to establish communications between Buddhist women, to prepare women as teachers of Dharma, to provide opportunities for monastic training and ordination for those who wish, and to serve as an information network for Buddhist women.

Branches of Sakyadhita are being set up in countries around the world to form communication links between people supportive of Buddhist women and their ideals. Research committees are already

actively at work to investigate ordination procedures for women. Other committees aim at providing information, meditation instruction, monastic training, counselling and social services.

Sakyadhita is open to all, regardless of nationality, gender or creed. Annual membership of \$10 includes a subscription to the Newsletter of International Buddhist Women's Activities (NIBWA). A brochure and membership application may be obtained by writing: Sakyadhita, 928 S. New Hampshire Avenue, Los Angeles, CA 90006.

NORTH LIGHT DHARMA

A newsletter for the Buddhist Community in Alaska and the Northwest is available from North Light Dharma, P.O. Box 202276, Anchorage, AK 99520. A donation of \$1 or \$2 is requested to cover printing and mailing costs. It contains a schedule of events such as retreats, classes and meditations for various Buddhist groups in the area, book reviews, inspirational quotes, and reader contributions.

TIBETAN LANGUAGE

From June 15 through August 12, the University of Virginia Dept. of Religious Studies will offer an intensive introductory course in Literary and Spoken Tibetan. The course will carry eight credits, and will cover the material included in the two-semester sequence of First-year Tibetan offered at the Univ. of Virginia alternate academic years.

Emphasis will be on both literary and colloquial forms. Students learn basic grammar and develop hearing and speaking proficiency through training in a formal debate technique widely used in the Tibetan educational system. The course will be taught by William Magee, an advanced graduate student in the Dept. of Religious Studies. He will be assisted by Geshe Jampel Tando, a Tibetan monk from the Loseling College of Drepung Monastic University in Lhasa.

For further information: Center for S. Asian Studies, 104 Coker Hall, Univ. of Virginia, Charlottesville, VA 22903, 804-924-8815.

THE TIBETAN STUDIES SOCIETY

The Tibetan Studies Society has been quietly promoting Tibetan culture and religion for over 15 years. One of the oldest non-sectarian Tibetan Buddhist organizations, TSS was founded in 1973 by Phil Henley and other students of Professor Alex Wayman in the Buddhist Studies program at Columbia University. From its inception the society adopted an innovative policy of hosting presentations by a wide variety of Lamas, scholars and activists, providing a forum for many of the most important Tibetologists of the day.

The society has given many of today's most prominent Tibetan Buddhists their first exposure in New York, including Kalu Rinpoche, Lama Thupten Yeshe, Prof. Robert Thurman, and the current Ganden Tri Rinpoche (then Gyudme Khensur Jampel Shenphen). The names of other Lamas and scholars presented by the society are too numerous to mention, but include H.H. Dudjom Rinpoche, H.H. Ling Rinpoche, Ven. Geshe Tharchin, and the Ven. Geshe Wangyal of Labsum Shedrup Ling, one of the society's early mentors.

Besides initiating what may have been the first Tibetan Buddhist meditation program on an American campus, the society engaged in major fundraising and political activities. In 1978, the society moved its center to 32 E. 32nd St. Activities there reached a high point when the new temple was consecrated by H.H. the Dalai Lama during his first visit to America.

In the spirit of East-West cultural exchange, the society also gave birth to the world's first "Dharma Rock" band, the Dharma Bums, and has since organized innumerable benefit concerts on behalf of Tibetan causes. In November 1986, the society, organized a benefit concert for Dorje Trak

monastery at the New York Open Center. Performers included the Dharma Bums, Philip Glass, Steve Gorn, Rachel Faro, and Sethar Tsering, Namgyal Khorko and Thupten Phelgye of Tibetan Messenger.

The current program of the Tibetan Studies Society is extremely rich and varied. The society holds a weekly lecture series during the Columbia University calendar year from September through May. For the 1987-1988 school year, programs are held each Tuesday evening at 8 p.m. in the Dodge Room at Earl Hall, Columbia Univ. Special lectures are occasionally held on other days and evenings, and during the summer. The society is dependent entirely upon donations.

For further information, and to place your name on the society mailing list, contact Mary Anne Cartelli, President, Tibetan Studies Society, Earl Hall, Columbia University, New York, NY 10027, 212-966-0935.

SNOW LION TIBET TOUR

Tibet: Lhasa via Hong Kong and Chengdu (China) July 31 August 14, 1988

\$3,445 Includes airfare from California

\$3,691 Includes airfare from New York

(Double occupancy, departures from other locations available)

We fly to Lhasa, capital of Tibet, with stops for two days each in Hong Kong and Chengdu on the way. Eight days in Lhasa to explore this Holy City of Tibet: the exiled Dalai Lama's Potala Palace; Jokhang Temple, the holiest place in Tibet and focal point for pilgrims from throughout the country; the Norbulingka, summer palace of the Dalai Lama; the great monasteries of Serajand Drepung; and much more. Excellent guides. Optional excursions to Ganden Monastery, Shigatse and Tsedang.

For more information contact: Power Places Tours, 28802 Alta Laguna Blvd., Laguna Beach, CA 92651 (714) 497-5138.

PROFOUND PATH OF PEACE

In 1981 the Western monastic sangha of the Kagyu lineage felt the need to found the International Kagyu Sangha Association in order to help each other to establish monasticism in the West and to increase communication and education. The first step towards this was the publication of IKSA's magazine "The Profound Path of Peace." Issue No. 5 recently appeared and it reprints the first four of eight talks of Thrangu Rinpoche's seminar "Monastic Discipline" given at Gampo Abbey in 1985 and two interviews by H.E. Shamar Rinpoche and Ven. Thrangu Rinpoche on how to transmit monasticism to the West. Any questions can be addressed to IKSA's secretary Lodro Zangpo, c/o Gampo Abbey, Pleasant Bay, NS, Canada B0E 2P0.



Pema Wangyal of Dolpo restoring a thangka

JACQUES MARCHAIS CENTER OF TIBETAN ART

The Jacques Marchais Center of Tibetan Art, also known as the Tibetan Museum, sits high atop Lighthouse Hill on Staten Island. Chosen in 1945 by Jacques Marchais, the professional name of Jacqueline Norman Klauber, for its resemblance to the Tibetan countryside, this summit marks the second highest point on the eastern seaboard. In 1947, to house her collection of Tibetan and other oriental art, Jacques Marchais completed construction of two stone buildings designed to resemble a Tibetan mountain temple.

Jacques Marchais grew up during the end of the 19th century in the midwest playing with 13 small bronze figurines brought from India by her greatgrandfather. In time, she developed her interest in oriental art and culture and spent her life building a collection that reflected her all-consuming love for oriental art. The objects in the museum's collection are primarily Tibetan, Sino-Tibetan, Chinese, Mongolian, and Nepalese in origin and most date from the 17th to the early 20th centuries. Rich in brass, bronze, and copper figurines of deities and Buddhas, as well as a large number of thangka paintings, the collection also includes notable examples of jewel-encrusted Nepalese metalwork, a set of silver ceremonial implements belonging to a previous Panchen Lama, Tibetan miniature paintings and jewelry, dance masks, and decorative Chinese cloisonne work.

Among some of the museum programs scheduled for 1988 are: A performance of Korean folk dances; Chinese folktales told by a professional; and an electronic music concert by contemporary composer, Carl Michaelson. The Tibetan Museum also conducts an education and art program for school children.

This spring the museum will present TREASURES OF THE TIBETAN MUSEUM, an exhibition to be held from March 14 - April 15, 1988, at the City Gallery, Department of Cultural Affairs, City of New York, Two Columbus Circle, New York, New York. The

exhibition will feature sculpture and thangka paintings, many not on view at the museum itself. There will also be a special section of thangkas recently restored by Tibetan artist, Pema Wangyal of Dolpo, along with photographs depicting how the paintings looked before restoration. City Gallery hours are Monday through Friday, from 10-5:30. Admission is free.

The Tibetan Museum is also sponsoring a trip to Tibet, departing New York on August 10th for Tibet via Hong Kong and Chengdu and will return on August 30th for those not continuing to East Tibet. The cost will be \$3,895 per person, land costs only, including a \$250 tax deductible contribution to the Tibetan Museum. Round trip air fare from New York will be \$975 per person in addition. For those not leaving from New York we will arrange to meet in Hong Kong and air arrangements can be made privately or possibly with the museum's help. Directly following the trip through Central and South Tibet, we hope to explore Kham Province in East Tibet. A highlight of that journey will be several days' visit to the home village, high in the mountains, of Nima Dorjee, the museum's guide. According to Chinese agents, that part of the trip may cost an additional \$2,500-\$3,000 per person although figures are not yet firm and we might be able to do it for less. Space is limited and is available first to those who have already sent in their reservation deposit. There may still be a few places left, so if you are interested, please call the museum and request full details and itinerary as soon as possible.

The Tibetan Museum, 338 Lighthouse Ave., Staten Island, New York, Tel: (718) 987-3478. The museum is open Friday through Sunday in April, October, and November, from 1:00 to 5:00 p.m. and Wednesday through Sunday, May through September. Admission is \$2.50 for adults and \$1.00 for children. Group tours may be arranged by appointment. Brochures and a Calendar of Events are available for the asking.

Early Notice

Planning is under way for a national conference this Fall which will focus on the Dalai Lama's Five Point Peace Plan for Tibet. The purpose will be to both put a public spot light on this important peace initiative and to help develop ways to move the Plan forward. John Avedon is to be one of the featured speakers. There will be small group workshops in addition to plenary sessions.

The conference is scheduled for the weekend of September 23rd-25th in the San Francisco Bay Area. Initial sponsors include: Humanitas International, Bay Area Friends of Tibet, and the Buddhist Peace Fellowship. The office of Tibet and Amnesty International Group 387 are also giving support. For Further details contact Humanitas, P.O. Box 818, Menlo Park, CA 94206, At: Ed Lazar. Phone 415-324-9074.



HELP WANTED

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.



NEWS & PROFILES



His Holiness the Dalai Lama

BUDDHISM IN PRACTICE

by H. H. the Dalai Lama
at the Tibetan Buddhist Learning Center

I am very happy today to communicate with all of you American Buddhists from this oldest of the Tibetan Buddhist monastic centers in America. It is encouraging to note the present spread of Tibetan Buddhism, some 1000 centers around the world with over 250 in the United States alone. As I often say, Buddhism has a special gift for helping people calm their minds and learn to live more happily. In the midst of what can accurately be called "the Buddhist holocaust" of the 20th century, we Tibetans were forced into exile by the Chinese invasion of our homeland. Since then, we have been privileged to share the gifts of Buddhism with fellow beings of other nations, who all must face the countless difficulties of life in our restless, anxious, modern world. Perhaps the only good thing that has come from our tragedy is the spread of the teaching and practice of Tibetan Buddhism.

Of course, it would have been much better for everyone if it could have happened without such an unspeakable toll of human suffering. Imagine, Tibetan lamas could have come out to teach in different countries, travelling with their visas stamped on Tibetan passports! Western Dharma students could have freely come into Tibet's peaceful mountains to enjoy her fresh air, study at her monastic universities, and meditate in her inspiring solitudes.

I say this not just to complain about our ordeal but because I have noticed that people tend to adopt a sort of fatalism about the history and the problem of Tibet; "Well, it had to happen that way — otherwise Tibetans would not have come out of isolation into the world." Thinking this way can

make them slow to take action to try to improve the real Tibetan situation, to solve the Tibetan problem, the human problem of six million Tibetan human persons.

Now, it is a useful practice to reflect on one's own suffering, to think of it as the "return of one's own karma," and thus get the benefit of cultivating patience with one's difficulties. But it is not useful, nor compassionate, to be patient about the sufferings of others. In fact, as Shantideva says, the bodhisattva should be absolutely intolerant of the sufferings of others, should find them utterly unbearable.

To give a personal example, I have said that I myself have actually benefitted from the hardships of losing my homeland and wandering in exile—and I meant it. Not having a sheltered life and having to suffer and struggle has helped me to grow. Worldly difficulty can lead to faster spiritual growth and greater strength of mind, and I personally am quite content with my lot. I have been given the inspiration to take the Buddha Dharma seriously and the opportunity to work hard to put it into practice. I cannot complain. Yet the plight of my people, the six million Tibetans who look to me to help them, is different—I cannot forget their cries. How can I pray and recite the bodhisattva vow to save all beings from suffering and the cause of suffering, and at the same time leave anything undone that could actually help these suffering people who are my immediate responsibility? So I am always trying to do as much as I can.

Perhaps my example can help other Buddhists who want to maintain their spiritual practice

and also want to work for the good of society. In the past, scholars have said that Buddhism was single-minded in its focus on Nirvana, giving up the mundane world as a hopeless case. With this preconception, they thought that Buddhism made very little contribution to civilization, letting social problems go their own way. Now, it may be true that Buddhist persons and institutions could have done a better job of helping people in different periods and different countries. But I believe that from the time of Buddha until today all forms of Buddhism have been continuously trying to help people, whether in social groups or individually. It has never been the case that Buddhism did not care about the world. The freedom and happiness of all living beings have always been the ultimate ideal and the working goal.

Tibetan civilization is very much a product of the socially transformative power of Buddhism. Brought from India by the great Emperor Songtsen Gampo in the 7th century, Buddhist wisdom began its slow but steady work of making the people more gentle, happy and peaceful. After a few centuries, Tibetans had become so fond of the Buddha Dharma that they made great efforts to make it the center of their lives, even without the support of a royal dynasty. Finally, after one thousand years, Tibetans succeeded in expressing Buddhist ideals in the national government itself, established as the integration of the sacred and the secular by the Fifth Dalai Lama in the 17th century. We believed that the Buddha's teaching was the indispensable key to achieving national as well as individual happiness. So our whole social system—our culture, arts and life style—was centered on people's spiritual development according to the Dharma. Though we never achieved perfection, we did preserve many unique teachings and traditions, some of them long lost to other Buddhist countries. But I don't need to say too much about this, as I know many of you have come to realize the preciousness of Tibetan Buddhism, to cherish it just as we do.

I have been very moved on this trip because so many people have expressed to me in actions as well as words their respect, not only for the teachings of Tibetan Buddhism, but also for their source, namely, Tibetan culture and civilization, which itself is ultimately rooted nowhere else than in the living hearts of the Tibetan people. Tibetan culture belongs to all humanity, and its extinction would not just affect Tibetans, but all humanity. We, therefore, appeal to the members of all other cultures to help the Tibetans preserve our unique and rich cultural heritage.

Our friends in the Congress of the United States have acted powerfully to express their support for our cause, urging China to cease her attempts to eliminate the Tibetan race, write off the Tibetan nation from history, and eradicate the Tibetan culture. These senators and representatives will increasingly need your help and the help of all Buddhists, all religious persons, all humanists, and all friends of Tibet, to make an even stronger push to get China to change her attitude. This push is urgent and essential to save our people and culture before it is too late. For China too, it is an emergency because if her leaders do not change their present course, it will eventually rebound upon themselves in a negative way. But I do

not wish to elaborate on this, as I am basically an optimist and still have great hope that sanity will prevail and that good and truth will triumph.

You might be surprised, but I think such optimism is quite practical. For, you see, everyone just wants happiness. If we investigate the human heart, not just to follow religious teaching, but to analyze carefully what is really there, we find that what everyone wants, what gives satisfaction, is the warm heart, the good heart, compassion and love. These give calmness, tranquillity, and real contentment; and that gives inner strength. On the other hand, hatred, anger, and greed simply produce uneasiness and always more dissatisfaction. Even nations need to control and minimize anger and hatred; it is the only way they can avoid suffering and bring their people happiness. So nations will eventually do the right thing, because it is in the ultimate best interest of their people. Goodness is finally the most practical, the most realistic solution.

Perhaps most of you already know the importance of compassion and love. The practice of compassion is what gives me greatest satisfaction. No matter what the circumstances, no matter what kind of tragedy I am facing, I practice compassion. This gives me inner strength and happiness. This gives me the feeling that my life is useful. So you see, up to now—I am 52 years of age going on 53—I have tried my best to practice these things, and will continue to do so until my last breath, my last day. I myself, you see, am the devoted servant of compassion. That is the way I really feel.

We need public support, the active expression of your goodwill towards us. Please keep this in mind, and whenever the occasion arises express your deep sympathy towards the Tibetan cause. As Buddhist practitioners, you should understand the necessity of preserving Tibetan Buddhism. For this the land, the country of Tibet, is crucial. We have tried our best to preserve the Tibetan traditions outside Tibet for almost thirty years, and we have been comparatively successful. But eventually, after our time, there is a real danger that they will change, that they will not survive away from the protective nurture of our homeland. So, for the sake of preserving Tibetan Buddhism, which can be seen as a complete form of the Buddha Dharma, the sacred land of Tibet is vitally important. It is very unlikely that it can survive as a cultural and spiritual entity if its physical reality is smothered under Chinese occupation. So we cannot avoid taking responsibility in trying to improve its political situation.

Clearly, in this light, active support for the Tibetan cause is not just a matter of politics. It is the work of Dharma. We are not against the Chinese; we, in fact, have deep admiration for the Chinese civilization. We are only trying to gain our rights, to save our people, and to preserve our Buddha Dharma.

I dream of a new Tibet—a free land, a zone of peace—where my six million people can restore our spiritual way of life while becoming attuned to the best aspects of the modern world. I see it as a place where all people—not excluding our eastern neighbor—can visit and enjoy the fresh air and brilliant mountain light, can find inspiration in a peaceful, spiritual

way of life, and, perhaps, can learn to understand their own worlds better by getting away for a little while to meditate at our high altitude. With your help we can return there. Now is the time when action is practice.

Thank you very much.

GADEN MONASTIC UNIVERSITY

When the last surviving members of Gaden Monastic University from Tibet arrived in India as refugees, they felt the preservation of Tibetan culture and religion to be a serious challenge for the Tibetans if they are to retain their cultural identity as a people.

In spite of many harsh realities of life imposed upon them, they re-established Gaden in South India in 1971, and were able to revive the general pattern of studies that once existed in Tibet. To date, there are more than 800 students actively engaged in these studies.

The original prayer hall was constructed on a makeshift basis with the capacity to hold three hundred persons. With sharp increase in the number of students over the years however, the hall is now always packed with more than 500 students cramped together, while the rest of the members participate in the prayers and educational programs by either sitting on the stairs or squatting on verandas adjacent to the hall.

Construction work on a new hall has already been started. Through fund raising efforts in India, we have been able to raise a total amount of approximately \$23,100.00 U.S. This is roughly one fourth of the total amount of the budget necessary to carry it through.

Contributions should be sent to Gaden Monastic University, c/o Tibet Fund, 107 East 31st St., 4th Fl., New York, NY 10016. For bank transfers: Acct. No. 2069, Syndicate Bank (Tattihalli Branch), Tibetan Colony, Mundgod-581-411, N. Kanara, Karnataka, INDIA.

TUPTEN GYATSO LING

During the past year, 25 talks, seminars and workshops dealing with Tibet and Tibetan Buddhism have been presented in the Chicago area by author/translator Glenn H. Mullin, the Ven. Tupten Pende (one of the seniormost Western monks in the Tibetan tradition) and Scott Brusso (former spiritual director of Chenresig Institute in Australia).

His Holiness Gaden Tripa has given the name Tupten Gyatso Ling to the sponsoring organization.

For information about future events, please send a stamped, self-addressed envelope to: Tupten Gyatso Ling, P.O. Box 06141, Chicago, IL 60606-0141.

IN PRAISE OF MAHAMUDRA

Review by the Late John Blofeld

MAHAMUDRA: The Quintessence of Mind and Meditation, by Takpo Tashi Namgyal; translated by Lobsang P. Lhalungpa (Boston, Shambala Publications, 1987; 488 pages, \$25.00 paper).

John Blofeld wrote the following review in May, 1987, shortly before he passed away on June 17 at the age of 75. It first appeared in the *Vajradhatu Sun* and is available from Snow Lion.

"I am now 75, riddled with some four or five maladies, mostly serious and often deadly, but not necessarily prone to finish off one in a very short time. The doctors have said I may leave the world at any moment—or stay on for another year or so. Having lost . . . (illegible) . . . only a little each day; having lost 75 percent of my finger power, I write very slowly and with difficulty. But I am so struck by MAHAMUDRA that I felt impelled, after a mere cursory perusal to write a few humble words of praise and admiration. . ."

The review follows:

Now, from the hands of one of Tibet's most gifted translators, we have a great treasure, a large and profound work of incalculable value. Readers to whom meditation is not very much more than a pleasant, beneficial pastime, might be daunted by its size, depth, and scholarly exposition. Those for whom correct meditation practice is of enormous importance should, at all costs, possess themselves a copy. To them it will prove a life-long and utterly reliable guide. By "them" I mean not only adepts engaged in mahamudra practice, but also those practising almost any of the various "mainline" forms of Buddhist meditation—in particular the whole range of Tibetan and Ch'an (Zen) forms, yet certainly not excluding the widespread Theravadin forms.

However, as the learned translator rightly points out, possession of this great work is in itself not enough. Some means of approaching a lama qualified to expound it must be found, though perhaps not absolutely necessary at the outset. This is utterly essential for those intent on exploring the higher realms of meditation practice through which the book carries us, height beyond height, depth beyond depth.

In each section, the main development of the theme embodies numerous quotations from several learned works, often providing a wide choice of definition. For example, definitions of "mahamudra" include: "the path of direct awakening through open reality;" "the path of knowing the existential foundation;" "the path of intrinsic reality." Essentially the

whole teaching of the Buddha at every level has as its object direct perception of "thatness" ("suchness"), meaning the full awareness of the void nature of reality. Mahamudra is the path to this. The goal is perhaps far but the path is wide; hence the book provides us with a variety of practices at each stage. We learn that the "voidness of reality" is a notion going way beyond "the void of total negation" as determined by "analysis of the phenomenon composed of atomic particles." "As non-dwelling space encompasses everything and defies definition, so it is with ultimate reality." "Therefore mahamudra is non-dual awareness that transcends the intellect. . . it is devoid of self-nature. . . lucid and undefinable. . . unstained, undefiled."

Besides such expositions of mahamudra, which meditators of many schools will recognize as identical with their own perhaps long-determined goal, the book provides a store of information on all aspects of practice, including: conduct, posture, preparatory practices; meditation on tranquil insight; overcoming hindrances (i.e., dullness); stages of practice leading to realization; consolidation of experience in meditation; guidance through tranquility and insight and the combining of these two. The book also covers the distinction between analytical and concentrative meditation; how to determine mind's nature and its characteristics; the sense of certainty that all thoughts and appearances are of mental origin; the importance of mindfulness; how and why to maintain the meditation even after gaining insight; and how to maintain absorption or maintain meditation through post-absorptive mindfulness!

Alas, what I have just said reads like a short list of items somewhat randomly selected from a very lengthy catalogue—and so, in a sense it is. The book gives us the instructions on every possible aspect on the profounder types of meditation. Each page, each item, could be developed into a thesis, which is just the reason why the reader will find it necessary to have some or all of the most vital points expounded by a learned teacher.

In my humble opinion, just as the Avatamsaka Sutra seems to be the very apex of Buddhist teaching in sutra form, so may this book be the very apex of books available to us in the form of guides (though, alas, too profound for use as a mere handbook) to meditation. I am astounded by the learned translator's skill in putting this book before us in words so clear and easy for Buddhists to comprehend that, at first sight, we may be deluded into supposing the whole great matter to be relatively simple!



Enlightenment Stupa at Padma Amrita

PADMA AMRITA

Padma Amrita Tibetan Buddhist Practice Center is a Nyingma center founded in 1984 in Spokane, Washington. The resident Lama is Inge Sandvoss, her predecessor was Ven. Lama Tharchin Rinpoche. The center maintains a schedule that includes daily practice a.m. and p.m., teachings two nights a week and visiting lamas.

Work was begun on an Enlightenment Stupa in August 1987 under the guidance of Lama Tharchin Rinpoche. It is situated on a ridgetop 40 miles from town and there are plans to complete it this spring and summer with snow lion embellishments, a Guru Rinpoche statue and paint.

Visitors to the center are welcome and may call or write for more information at 1019 W. 6th, Spokane, WA 99204, (509) 747-1559.

SACRED MUSIC, SACRED DANCE

A Performing Arts Tour by Drepung Loseling Monks

At its zenith Drepung Monastery housed almost eight thousand monks. Famous for its spiritual and academic intensity, it acted as a training ground for some of the finest traditions of sacred art, music and dance to be found in Central Asia. As such, it attracted students from the dozen kingdoms surrounding Tibet, including Inner and Outer Mongolia, Manchuria, Ladakh, Nepal, Bhutan, and so forth, who after completion of their studies would return to their homelands and act as important teachers of the Tibetan spiritual traditions. In particular, Drepung was famous for its role in leading the Great Prayer Festival of Lhasa, sometimes attended by as many as fifty thousand monks and nuns.

In 1959, several hundred lamas managed to escape the Chinese into India. There they worked diligently to preserve their spiritual, cultural and academic traditions, eventually rebuilding their monastery in Karnataka State on land generously provided by the Indian government.

In Tibet, Drepung had been comprised of two major departments, of which Loseling was the larger. Both departments have been re-established in south India. The present sacred arts tour is being undertaken by eight Loseling monks carefully selected for their mastery of the monastic traditions of music and dance.

Each performance will be conducted in two sessions. The first will consist of monastic chanting with instrumentation. The vocals will demonstrate both the deep tonal chanting, in which the master of ceremonies simultane-

ously intones the three notes of a complete chord, as well as the high tonal chanting characteristic of the Drepung style as used at the Great Prayer Festival. The second session will be comprised of dances—the Dance of Longevity and the Dance of the Cemetery Lords.

The monks will arrive in Canada in early September. After traveling across Canada, they will go to Chicago, Winnipeg, Calgary and Nelson and then on the West Coast. From there they will travel to New Mexico and on to New York City for the Tibetan New Year celebration in February. After this the monks will leave for Europe.

The primary purpose of the tour is to contribute to world peace. Traditionally it is said that to participate as a witness to the performance of such sacred music and dance generates vast waves of creative energy that acts as a factor conducive to harmony and enlightenment. The rites to be performed by the monks will include prayers for world peace, rituals of earth-healing, and other forms of social, political and environmental rejuvenation. All profits from the tour will be dedicated to the construction of facilities in India for the education of Tibetan children.

Anyone interested in inviting the monks to perform in their city or college should contact Loseling Tour, Tibet House, c/o Office of Tibet, 107 East 31st St., NY, NY 10016 (212) 213-5010. In Canada contact the Canada Tibet Friendship Association, P.O. Box 246, Postal Station A, Toronto, Ont. M5W 1X2.

བོད་ཀྱི་སྐད་ཀྱི་ལྷན་སྐྱེད་

Tibetan Fonts for the Macintosh

by Pierre Robillard

Package contains manual, disk, keyboard stickers. #PITF \$49.95

- works on all Apple Macintosh computers
- contains fonts for dot-matrix and laser printing
- works with word processors, desktop publishing programs, databases etc.
- capable of printing Tibetanized Sanskrit for mantras
- requires additional purchase of keyboard customizer called "MacKeymeleon". Order from Avenue Software, 1173 W. Charest Blvd., Suite 250, Québec (Québec) Canada G1N 2C9 (418) 682-3088 \$49.95 U.S.

"This Tibetan font for the Macintosh is, in a word, simply a superlative system for typing and editing Tibetan, and is unquestionably the best available anywhere in the world, including Tibet. It is བོད་ཀྱི་སྐད་ཀྱི་ལྷན་སྐྱེད་. I have been using prototypes of it over the past year and a half for several projects (e.g. to revise my Tibetan-English dictionary and my grammar of literary Tibetan) and have found it flawless. It is easy to use with on-the-screen editing and multiple size fonts, can accommodate both English and Tibetan on the same line, and has the various Sanskrit letters one needs for Buddhist terms. It is a must for anyone seriously interested in reading and writing Tibetan language." Professor Melvyn C. Goldstein, Director, Center for Research on Tibet, Case Western Reserve University.

Order directly from Snow Lion



NEWS & PROFILES



Geshe Lhundup Sopa

DEER
PARK

Deer Park is dedicated to preserving, transmitting, and putting into practice the teaching of Buddhism. To this end, teachers living at Evam Monastery at Deer Park, home of a Madison-based monastic community, and guest teachers offer regular classes on Buddhist philosophical topics, doctrine and specific practices, as well as Tibetan language. Deer Park sponsors intensive programs several times each year, inviting some of the most well-respected Tibetan masters to teach on various Buddhist texts and practices. Deer Park also sponsors numerous group retreats of varying length and has published several books and audio tapes on Buddhism.

The Deer Park monastic community is composed of both Tibetan and Western monks following the traditional moral discipline set out in Buddhist scripture. Geshe Lhundup Sopa is abbot and main teacher at Deer Park. Geshe Sopa was born in 1923 in Tsang province in Western Tibet. He began his monastic training at the age of nine at a small local monastery. At eighteen, he went to Lhasa, where he joined Sera, with which Drepung and Ganden, was one of three great monastic universities near the capital. He not only was an outstanding student, but soon became sought after as a teacher himself. When the young XIVth Dalai Lama took his Geshe exams in 1959, Geshe Sopa was among those chosen to examine him. Like the Dalai Lama and so many other Tibetans, he fled to India in 1959. In 1961 he completed his studies, attaining highest honors in the highest Geshe rank.

In 1963 Geshe Sopa was asked by the Dalai Lama to accompany three young lamas to America. He lived with them at the Lamaist Buddhist Monastery of America in

New Jersey, eventually becoming its president. In 1967 he was invited by Professor Richard Robinson, founder of the Buddhist Studies Program of the University of Wisconsin, to come to the Madison campus to teach. He is currently a full professor in the South Asian Studies department. In 1978 and again in 1987 he was awarded a Fulbright Scholarship to study in India and Tibet. He has several books and articles in print including *The Wheel of Time* and *The Theory and Practice of Tibetan Buddhism*.

At present there are three other resident monks at Deer Park in addition to Geshe Sopa. Also, one of its directors, Gyume Khen Rinpoche, currently Abbott of the Lower Tantric College in Mysore, India, will come to the U.S. in the near future and reside at the monastery.

Deer Park is located amidst the rolling hills and fields of Oregon, Wisconsin, just south of Madison. This site was acquired in anticipation of H.H. the Dalai Lama's arrival for the Kalachakra Initiation in 1981. Teachings and retreats are held in the pavillion built for the Kalachakra. A large house serves as the monastery and includes an office, a library, and a large multipurpose room.

Deer Park offers a number of regular classes on Buddhist doctrine and practice and canonical languages. Weekend teachings are held periodically to accommodate students who must commute from Chicago and other surrounding areas. Pujas and retreats are held throughout the year and, in the summer, Deer Park sponsors an intensive program of classes and retreats.

For further information, please contact Skip Kindy or Elvin Jones, Deer Park, 4548 Sneider Drive, Oregon, WI 53575, 608-835-5572 or 255-5019.

RINCHEN TERZOD
EMPOWERMENTS

His Holiness Palyul Drupwang Penor Rinpoche, head of the Palyul lineage of the Nyingmapa tradition, will arrive in San Francisco on June 15, accompanied by a troupe of musicians and dancers from his monastery in Bylakuppe, India.

His Holiness is well known both as a meditation master and for his tireless efforts to recreate a monastic situation capable of ensuring the continuation of the Nyingmapa lineage. His monastery, Palyul Mandroling, founded in 1962 in southern India, now houses 400 monks.

This is His Holiness' second visit to the United States. During his visit in 1985, His Holiness gave the complete Cho Migyur Dorje empowerments at Tashi Choling in Ashland, Oregon. Tashi Choling, the retreat center of Pacific Yeshe Nyingpo, is a 65-acre site consecrated by H. H. Dudjum Rinpoche in 1980 as an auspicious environment for practice and retreat. The center will again welcome His Holiness, who will offer the complete Kama transmission there during a 3-week period beginning June 5th. A rich aspect of the transmission will be the performance of four lama dances. They will include Blessing of the Earth, Offering Dance, Offering of the Golden Drink, and Dakini Dance for peace.

His Holiness was, until fairly recently, the sole holder of the complete Kama lineage, which represents the direct utterance teachings of the Buddha. Not long ago he transmitted portions of the Kama lineage to H. H. Dilgo Khenste Rinpoche, who now holds the complete lineage. The Palyul lineage, in addition to holding the Nam Cho Great Perfection revelation of Terton Migyur Dorje, also contains the Non-Dual Great Seal Mahamudra-Great Perfection Ati Yoga lineage, which represents the combined lineage transmission of the Kagyu and Nyingma lineages.

In addition to the Kama transmission, His Holiness will also give five days of Nam Cho Lung during his visit to Tashi Choling. His Holiness' visit to Tashi Choling came about through the invitation of Venerable Dhomang Gyatrul Rinpoche. Gyatrul Rinpoche is spiritual representative for H. H. Dudjom Rinpoche's Yeshe Nyingpo centers on the West Coast. In Tibet, Gyatrul Rinpoche's Dhomang Monastery was part of the extensive Palyul monastic system.

On August 8th, His Holiness will arrive in the Washington, D.C. area, under the sponsorship of Kunzang Odsal Palyul Changchub Choeling in Poolesville, Maryland. KOPCC is His Holiness' seat in the West. For over two months, His Holiness will offer the Rinchen Terzod empowerments for the first time in the West. The empowerments will begin August 12 and last until October 23rd. The Rinchen Terzod is an extensive collection of termas of hidden-treasure teachings by Guru Padmasambhava and his consort Yeshe Tsogyal. Several lama dances will be performed as part of the transmission. These include Dance of the Wrathful Deities, The Blessing Dance for Accomplishment, and the Offering of the Golden Drink.

The resident lama at KOPCC is

the American-born Tulku Ahkon Norbu Lhamo (Catherine Burroughs), who was recognized by His Holiness in 1987 as the incarnation of Genyen-ma Ahkon Lhamo, sister of Vidyadhara Kunzang Sherab.

His Holiness' visit will also include Hayagriva, Vajrapani, and Garuda Teachings from the non-dual tradition of Mahamudra and Maha Ati and a performance of the Lama Wrathful Dance in mid-June sponsored by the Bay Area Yeshe Nyingpo, as well as a visit to the Ontario, Canada area. His Holiness Penor Rinpoche and party will travel to Canada to give empowerments and to bless the land and center of the Urygam Osel Cho Zong which is located in a rural wooded area on the Black River. Details of the schedule of the visit, which will last 7 days, can be obtained by writing to Urygam Osel Cho Zong, P.O. Box 68, RR 3, Madok, Ontario, Canada K0K 2K0 or calling Scott Rankin at (613)4782568.

Coinciding with the visit of His Holiness, Snow Lion is publishing *A GARLAND OF IMMORTAL WISHFULFILLING TREES* which presents a comprehensive explanation of the extraordinary Palyul tradition. It contains the lives of the lineage holders and is filled with beautiful color plates. It is available from Snow Lion for \$15.95.

This spring an auspicious building program has been launched at KOPCC. Under the guidance of H.H. Penor Rinpoche, the center has begun a series of nine stupas. A 35 foot enlightenment stupa is now under construction scheduled for completion this August. It will be consecrated by Penor Rinpoche while giving the empowerments of the Rinchen Terzod.

The purpose of this chorten is to subdue and pacify those negative influences and energies which can cause great difficulties. This is especially needed in the Washington D.C. area where so many decisions are made which impact the world. However, this stupa is only the beginning of a larger project. At the same time that this particular stupa is dedicated, land for a series of all eight types of chortens will be consecrated by Penor Rinpoche. This series of stupas along with a meditation shrine room is being dedicated to world peace and the establishment of the dharma.

Each stupa being approximately 40 feet tall will take quite a large effort on the part of many volunteers to complete. Time is essential, especially in completing the initial stupa. Those who would like to contribute to the building of these stupas either through financial contributions, labor, materials, or the offering of articles to be placed inside should contact KOPCC. Items from all countries such as soil, plants, water rocks, fabrics, national costumes, manufactured items, etc. are needed to fill the stupa.

For further information about His Holiness' teachings, fee, accommodations and registration, please contact Terry Lewyn, Tashi Choling, Yeshe Nyingpo, Box 124, Ashland, OR 97520 (503)482-3421; KOPCC, 18400 River Road, Poolesville, MD 20837 (301)428-8116; or Naiyuine Ding at Bay Area Yeshe Nyingpo (415)524-2418.

SUNRAY
MEDITATION
SOCIETY

"Life is precious.
Will you plant
Seeds of good relations?"
—Dhyani Ywahoo

Planting Seeds of Good Relationship is the theme of the 1988 Summer Program of SUNRAY MEDITATION SOCIETY. Distinguished Native American and Buddhist teachers and guests will join the Sunray community at its Vermont Peace Village to study and practice Native American and Buddhist spiritual teachings.

Workshops will include "Korean Zen, Yoga and Traditional Folk Dance" with Ven. Yang Sunim and Sung He Seo; "Dance, Music, and Wisdom Tales of Eastern Native Americans" with Ama Agheya and Mixashawn; "Compassion Mind—Japanese Tantra" with Rev. Jomyo Tanaka; "The Heart of the Warrior" with Kobun Chino Otagawa Roshi; "Self-Healing in the Cherokee Tradition" and "Voices of our Ancestors" with Dhyani Ywahoo. Two special events will be the Fifth Annual Sunray Gathering of Native American Elders and a Star*Child Gathering for children and their parents.

Sunray Meditation Society is an international spiritual society dedicated to planetary peace. Its purpose is to manifest the Native American ideal of Caretaker Mind, that we may create a world of beauty for all beings. Dhyani Ywahoo, Director of Sunray, is a member of the Etowah Band of the Eastern Tsalagi (Cherokee) Nation. Trained by her grandparents, she is the twenty-seventh generation to carry the ancestral wisdom of the Ywahoo Lineage. Since 1983 the Society has been blessed as a Tibetan Buddhist Dharma Center in the Nyingma School through His Holiness Dudjom Rinpoche and Ven. Khenpo Tsewang Dongyal Rinpoche. And in 1987 the meeting of the Ywahoo and Drikung Kagyu Lineages was acknowledged by His Holiness Chetsang Rinpoche as an auspicious fulfillment of ancient Tibetan and Native American prophecies of the Dharma coming to the land of the Red People.

For details about the 1988 Summer Program, The Peacekeeper Mission, and Sunray Tapes & Literature, please write or call: Sunray Meditation Society, P.O. Box 308, Bristol, VT 05443, 802-453-4610.



Gelek Rinpoche

GELEK RINPOCHE AT OMEGA

A seminar on the Tibetan Path of Love and Compassion will be offered at Omega Institute from August 29-September 2.

This retreat will be well disciplined and strict, yet full of joy and freedom; true to the Tibetan traditions, yet requires no previous exposure to Buddhism.

DAY ONE: An introduction to the retreat through purification, creation of an altar and mandala, invocation of one's own Supreme Field of Refuge, guided meditation, offerings, breathing techniques, chanting of the compassion mantra and discussions on "Be Here and Prepare for There". Practices introduced in Day 1 are taught throughout the week.

DAY TWO: Day of Silence and Fasting. Silent Mantra, guided meditation for releasing guilt and other impurities, walking meditation, candlelight procession with

recitation of mantra to fire ceremony, yoga for sleeping and rising.

DAY THREE: Break of fast and silence, guided meditation on longevity and revitalization using the five elements of earth, fire, water, air, and space, chanting of the Tara mantra, focus on the feminine embodiment of enlightenment.

DAY FOUR: Meditation on revitalization of energy, collection of wisdom, protection, power, and luck.

DAY FIVE: Sunrise incense smoke ceremony for rejoicing, good luck prayer flag and wind horse hoisting for peace in the world, releasing of prayer balloons, concluding ceremony.

Lama Gelek Rinpoche was born in Tibet, into the family of the 13th Dalai Lama. From early childhood he studied at the largest monastic university in Tibet, and continued those studies after fleeing Tibet in 1959. Deeply devoted to his culture and to the enlightenment of all people, he shares his knowledge all over the world, speaks perfect English and leaves a powerful impression.

Contact Omega Institute, Lake Drive RD -2, Box 377, Rhinebeck, NY 12572, 914-338-6030 or 914-266-4301.

TIBETAN MONASTIC TOUR, SEPTEMBER 1988

A tour of Tibetan monasteries in Northern India with Kobun Chino Sensei is scheduled for September 1988. This unique tour will include teachings at all the monasteries visited and the opportunity to experience some of their practices. The tour includes round trip fare and a two week tour with most meals at an estimated cost of \$2500 which is not yet finalized.

Interested parties should send a stamped, self-addressed envelope to Pat Mizuhara, P.O. Box 148, Burlingame, California, 94010, and a brochure will be mailed to you when it becomes available. Also, optional tours at a nominal cost will be available for those wishing to extend their stay. Your telephone enquiries will be returned "collect"; 415-579-2520.

TIBETAN NUNS' PROJECT

The Tibetan Nuns' Project is an endeavor to improve living conditions and increase educational opportunities for nuns of the Tibetan tradition currently living in India and Nepal. The project is being run by the American bhikshuni Karma Lekshe Tsomo and Ms. Rinchen Khandro Choegyal, President of the Tibetan Women's Association, working in conjunction with The Tibet Fund in New York and the Council for Religious and Cultural Affairs of His Holiness the Dalai Lama in Dharamsala.

Donations received in 1987 have been distributed equally among the six nunneries that have so far applied to participate. They include Geden Choeling Nunnery (Dharamsala), Mahayana Buddhist Nunnery (Tilokpur), Samten

Choeling Nunnery (Manali), Jangchub Choeling Nunnery (Mundgod), Kedong Thukche Nunnery (Kathmandu), and Khachoe Ghakyil Nunnery (Kopan).

These donations were distributed specifically for urgent needs such as toilets, English and Dharma textbooks, water tanks and pipes, and water filters, in accordance with the priorities specified by each nunnery. There is also an outreach program to provide nutrition and emergency medical care for poor nuns living in isolated areas.

Anyone who wishes may write to: Karma Lekshe Tsomo, Institute of Buddhist Dialectics, MacLeod Ganj, Dharamsala, Dist. Kangra, H.P. 176 219 India. Thank you.

THE ANCIENT ART OF THANGKA PAINTING

with Jamyang Singe

Thangka painting is a sacred art form whose venerable practice brings peace and realization to the artist, viewer and community. Its ancient harmony has been preserved in esoteric graphs called tiksays that have been transmitted from teacher to student for many generations. Employing age-old formulas, the thangka painter grinds and mixes his own paint, using natural ingredients like saffron, and semi-precious stones such as turquoise, lapis, and cinabar to create jewel-like colors.

Jamyang Singe is an English speaking master thangka painter visiting and teaching throughout the USA. He was born in Tibet but in 1959 his family was forced to flee to India where at the age of six he was placed in a monastery to be raised as a monk. As a teenager he received intensive training in Buddhist doctrine, meditation and art. After many years of committed work Jamyang

Singe was recognized as a master thangka painter. He has exhibited and taught world-wide and is co-author of the book, *Principles of Tibetan Art*.

In July and October 1988, Singe and his associate David Less will be leading two tours to India, Nepal, Sikkim, Ladakh, and Bhutan. These tours offer a unique opportunity to delve into the Tibetan culture and share in the multiple perspectives of an artist, spiritual seeker and Tibetan Buddhist. A special highlight of the tours is that Singe will also be offering instruction in Thangka Painting for those who are interested. No previous experience in art is necessary to enjoy this meditative form of drawing and painting.

For more information about tours and workshops with Jamyang Singe please contact: Anna Less, 331 Hugo Street, San Francisco, CA 94122, (415) 564-7394.

The Tibetan Cultural Center LEKHANG WORKSHOP PROJECT

The Tibetan Cultural Center is seeking funding for the development of a Lekhang or Workshop. The Lekhang-Workshop will be a 5000 square foot building containing offices, visitors' accommodations, kitchen facilities and an assembly room, all in the distinctive architectural style of Tibet. The Lekhang-Workshop will enable the Tibetan Cultural Center to provide facilities for conferences, exhibitions, seminars, and a variety of community activities.

To help fund this project, the Board of Directors and Corporate Officers have commissioned the minting of commemorative, one-ounce coins in pure (.999) silver or in 24 karat gold. Individually hand made by American craftsmen, the coins feature a striking front view of a Chorten. The reverse side carries an intricately detailed, high relief engraving of a Himalayan snow lion and the ancient mantra "Om Mani Padme Hum" in Tibetan script.

Offered in an extremely low mintage of only 5,000 pieces to ensure its value as a superb collectible investment or gift, these coins are available in silver for \$50 (subject to change without notice) plus shipping and handling. (Please call for a current gold price quote. Allow four to six weeks for delivery).

The Tibetan Cultural Center is also proud to offer its friends and supporters several other very special items: video (VHS) & audio tapes of His Holiness the Dalai Lama's visit to Bloomington in September, plus color photographs from the Tibet Society Banquet and selected shots of ceremonies held at the Tibetan Cultural Center land.

Please be assured that all profits from the sale of these items will go solely to support TCC's Lekhang-Workshop Project.

Please contact: The Tibetan Cultural Center, PO Box 2581, Bloomington, Indiana 47402, 812-335-8222.

PROJECT TIBET

How to Help:

There are several ways of helping the refugees. One program, under the auspices of PROJECT TIBET, is "pen-friends." Corresponding with a refugee is one of the best ways for Westerners to understand the Tibetan people and learn of their culture. It's possible to write to lamas, monks, students, orphans, children or parents, who are all eager to write back. PROJECT TIBET's hope is that a monthly donation of \$20 to \$30 accompanies each letter, an amount that can help an aged lama continue his religious program, a student to attend school, or a struggling family to provide clothes for the children. Other ways to help include cash donations, which a contributor may earmark for a specific purpose. All donations are tax-deductible.

PROJECT TIBET is a non-profit organization founded by Tibetan refugees in the United States and friends sympathetic to the Tibetans' plight. Its director, Paljor Thondup, fled Eastern Tibet in 1959 at the age of twelve, spent time in India and England before settling in Santa Fe, where on scholarship he attended the College of Santa Fe. His carpet company imports weavings and rugs from the Tibetan refugee handicraft centers, marketing the products throughout the United States, the profits from which are channeled back to the refugees. The main store is located in Santa Fe, at the Project Tibet compound on Canyon Road. The compound also serves as quarters for visiting Tibetans, as well as accommodating lectures, seminars, and social functions.

Contact: Project Tibet, Paljor Thondup, Pres., 403 Canyon Road, Santa Fe, NM 87501, 505-982-3002.

SAKYA: KHON LINEAGES

The Sakya center in Seattle submitted the following clarification to *The Snow Lion*:

Documented history of the Sakya Khon lineage begins about 754 A.D. when a member of the Khon family was a well-known minister to Tibet's King Tri Tsong De Zen. Subsequently, with the construction of a small religious building which has since become the North Monastery of Sakya, Khon Kon Chog Gyalpo established the first seat of the Sakya tradition in 1073. Five generations ago the Sakya Khon lineage diverged into two palaces: Phun Tsok Phodrang and Drolma Phodrang. Since the Tibetans fled their homeland in 1959, H.H. Jigdal Dagchen and H.H. Sakya Trizen of India have both been the leaders of their branches. In India and especially amongst the elders this is well known; however, younger Tibetans and Westerners not having contact with elders may have some misunderstandings.

NEWS & PROFILES

DR. RAPGAY
AT OMEGA

A workshop on Self-Transformation Through the Medicine Buddha Mandala will be offered June 25-26, taught by Dr. Lobsang Rapgay.

This workshop is designed to help the participant design his or her own mandala of healing using the Tibetan medicine Buddha mandala as a prototype. The mandala is a representation of the structures and levels through which one has to pass in order to grow and develop. It represents the archetypes of your potential for transformation. By knowing the type of person you are at a physical, environmental, emotional, psychological, and spiritual level, you are able to design your own path or model.

Participants are given the Tibetan personality test which consists of physical evaluation using the pulse, urine and body examination as well as psychological evaluation in the form of a questionnaire designed as an aid to self-understanding. Through these evaluations participants measure the effect of nutrition, behavior, meditation, psychology, and spirituality on their own health needs.

This is a practical workshop and all participants take part in the evaluations, meditation, and group discussions. It is appropriate for individuals working on their own health as well as for professionals interested in Tibetan medicine.

Contact Omega Institute, Lake Drive RD #2, Box 377, Rhinebeck, NY 12572, 914-338-6030 or 914-266-4301.

FROM
KALU
RINPOCHE

"When I was in San Francisco last year, I was impressed with the number of serious and devoted Dharma students, so I decided at that time that a retreat center for the City Sangha would be most beneficial. My wish was that the center could purchase some land, not too far from the city, and establish a place where students could go on the weekends to relax, take teachings, and engage in the practice of meditation. I stated this many times during my public talks in San Francisco and many people heard and were enthusiastic about the idea.

Lama Lodro is in the process of finding a suitable piece of land for the center. Any assistance, either physical or financial that any of you are able to render will be most beneficial. Since the land will belong to the lineage and not to Lama Lodro or to any particular individual, it will serve all beings equally, and it is said that the merit accrued from making such a contribution will last as long as the land remains in existence, so it will be a timeless contribution.

All My Blessings,
Kalu Rinpoche"

Please make contributions to: KDK, 1892 Fell St., San Francisco, CA 94117, 415-752-5454.



Young monks at Labrang Monastery

APPEALS

SHELKAR CHOSDE
GADEN LING

Lato-Shelkar Chosde monastery, located in Southwest Tibet, was one of the largest monasteries in the area, with a population of 300 monks of all ages. With the exception of a few young novice monks, all were taken away to prison camps during the Chinese invasion, where many died from the hardships. The monastery was completely destroyed. The site of this once magnificent monastery is now a garbage dump. In 1983, two monks, Ngawang Chopell and his brother, Losang Samten, were released from the prison camp where they had spent 22 years doing hard labor. That same year, they escaped to Nepal. They have since written a book on the history of their monastery, and are now undertaking its reconstruction in Nepal.

Their aims and objectives are: 1. To re-establish the lost monastery; 2. To preserve its religious tradition; 3. To use this place as an institute where modern education and Tibetan medicine can be imparted to the young monks.

So far, the following progress has been made. Losang Samten has received the blessings and advice of H.H. the Dalai Lama for this project. A small piece of land has been purchased with money donated by Tibetans in India and Nepal. The reincarnation of Shelkar Linga Tulku, the head lama of the monastery who died in the Chinese prison, was recognized and blessed by H.H. the Dalai Lama in 1985 in Bodhgaya, India.

Young novices have gradually been enrolled. As of today, there are 34 monks. Currently, the monks, young and old, are living in a tin shack, which provides little shelter from the monsoon rains and wind.

In order to construct a modest monastery on the plot of land that has been purchased, funding is needed. We ask that you donate any amount of money that you are able to. All donations will be kept in a special account and used strictly for this purpose.

Contributions can be sent to: Shelkar Chosde Gaden Ling, Phulbari House No. 7, Buadha Nath, Kathmandu, Nepal.

SERA JE
TIBETAN MONASTERY

Unlike the Sera Monastery of old, an institution hidden from the world by the snowy peaks of Tibet and her policy of isolationism, the Sera Je of today has had to learn to cope with the modern world. The original 200 monks who settled in South India were each given three-quarters of an acre of land which was intended to provide them each with enough income for food. Today, the original land must support 600 monks and the amount of food which an elder monk receives as his ration must be shared with his students (unless they have sponsors). Of the over 600 monks who now live at Sera Je, about one third are children under 16. The children are trained in the traditions and scriptures of the Tibetan Buddhist monastic order as well as skills that will prepare them for active and effective participation in the world of tomorrow.

Since the re-founding of Sera in South India, lack of water, poor nutrition, and improper medical facilities have made diseases like tuberculosis a common occurrence among the monks. And, as is always the case in such situations, it has been the children who have been hardest hit. The Abbot is planning to deal with these problems with a three-fold program—the improvement of nutrition through a better basic diet and nutritional supplements; the improvement of hygienic conditions through the construction of proper facilities and education; and the proper administration of medical treatment.

Funds are desperately needed for these endeavors. Sponsors for over 100 young monks are still required. A well and water storage tank are urgently needed and the construction of toilets, bathing facilities, a dining room, and teachers' quarters must follow.

The cost of sponsoring food for an individual child is \$150 a year. Sponsorship is a truly meaningful way of both helping and creating a strong connection with a young monk. The sponsor receives a photo and short biography of the child, regular letters from the child himself, reports of his progress at the school, and the school newsletter.

If you would like to make a general contribution towards the betterment of food, it would help us get off the ground until the full

nutritional program can be implemented. Contributions in any amount towards the water and general building funds are also urgently needed.

Sponsoring a teacher is an excellent way to be of direct help to many children at once. The cost of one teacher is \$216 per quarter. As with sponsorship of a child, it is a very unique opportunity for the sponsor to create a personal relationship with the school.

In addition to monetary support, you can be of help by sending us old or used textbooks. We are also in the process of setting up an internship program whereby volunteers can come to live and teach at Sera Je School for periods of six months to a year, receiving free classes in Tibetan language or philosophy in return. If you are unable to help at the moment, don't worry—keep us in mind. You don't have to be a Buddhist to help. The desire to see healthy children growing up in an open and conducive environment is beyond religion, it is a universal yearning of all mankind.

Contribution can be sent via registered mail to: The Sera Je School P.O. Bylakuppe (Mysore District) Karnataka State 571104 INDIA

REBUILDING TSURPHU

From the inspiration of His Holiness the XVIth Karmapa and his Lineage Holders, Tsurphu Monastery (seat of Karmapas in Tibet) is now being rebuilt. The Chinese government has granted permission for rebuilding the entire monastery, but only a portion of the funds were provided.

If you would like to participate in the rebuilding of Tsurphu, you are invited to send your contributions to KTD/Tsurphu Fund, Karma Triyana Dharmachakra, 352 Meads Mountain Road, Woodstock, NY 12498.

HIS EMINENCE
CHOGYE TRICHEN
RINPOCHE

The Venerable Chogye Trichen Rinpoche is the senior meditation master of the Sakya Order and the Teacher of His Holiness Sakya Trizen. Rinpoche will be giving Dharma talks, seminars, meditation instructions, and consecrations (including the Consecrations of Kalachakra). We look forward with great anticipation to Rinpoche's first visit to America. Sakya Chokhor Yangtse, P.O. Box 606, Cambridge, MA 02140.



KARMA TRIYANA
DHARMACHAKRA
The seat of the Gyalwa Karmapa

MAY

6-8

WOMEN IN THE DHARMA:

Seminar

Ven. Thrangu Rinpoche
Workshop
Gelongma Pema Chodron

7

POETRY READING

Anne Waldman
8:30 p.m.

8

YANGCHENMA
EMPOWERMENT

Ven. Thrangu Rinpoche
7:00 p.m. Mother's Day

9

ON GENEROSITY

Ven. Thrangu Rinpoche

10-12

THE THREE VOWS

Ven. Thrangu Rinpoche

13-15

PERSONALITY ANALYSIS
IN TIBETAN MEDICINE

Dr. Lobsang Rapgay

14

MEDICINE BUDDHA
EMPOWERMENT

Ven. Bardor Tulku Rinpoche
7:00 p.m.

May 28-June 1
ANNUAL ANNIVERSARY
CELEBRATION

JUNE

3-5

INTRODUCTION
TO MEDITATION

Ven. Bardor Tulku Rinpoche

10-12

LITURGICAL MUSIC
AND RITUAL FORMS

Tenzin Chonyi
& Yeshey Namdag

17-19

THE FIVE SKANDHAS

Ven. Bardor Tulku Rinpoche

19

MANJUSHRI
EMPOWERMENT

Ven. Bardor Tulku Rinpoche
7:00 p.m. Father's Day

For further information contact:
Karma Triyana Dharmachakra
352 Meads Mountain Road
Woodstock, New York 12498
(914) 679-5906





Geshe Lobsang Wangchuk

TIBET'S MOST PROMINENT POLITICAL PRISONER DIES

The Venerable Geshe Lobsang Wangchuk, Tibet's most prominent political and religious prisoner, died on Nov. 4, 1987, while in Drapche Prison in Lhasa, capital of Tibet, while serving an 18 year sentence for "anti-state activities." He was 74.

Geshe Wangchuk, a Tibetan prisoner of conscience adopted by Amnesty International, was one of the five political prisoners scheduled for execution on Oct. 1, 1983, during a wave of arrests and executions in Tibet. Because of international protests at the time, his sentence was commuted to 18 years of further imprisonment.

At Drapche Prison, Geshe Wangchuk was kept in chains in solitary confinement, and he was mentally and physically abused. Tibetan sources state that he was often brutally beaten by prison guards with electric prods, rifle butts, and sticks. At one time one of his shoulders was broken as a result of beating.

On Feb. 12, 1987, the Chinese authorities told Geshe Wangchuk that His Holiness the Dalai Lama had agreed to be only a spiritual leader of Tibet, letting China handle all political affairs. Therefore, Geshe Wangchuk must accept and acknowledge Tibet as a part of China and say so on radio and television. He replied that if His Holiness the Dalai Lama had done so, then he must first see the actual document or hear His Holiness the Dalai Lama's voice, speaking to that effect.

That night all prisoners at Drapche were asked to attend a film show, depicting Tibet as a part of China. Geshe Wangchuk refused to attend the show. The next day two prison guards, after

interrogation, accused him of harboring "old decadent thoughts" and beat him severely with rifle butts. Two ribs were broken and another was fractured. His health deteriorated to an extent where he had to be hospitalized for a long time. According to some sources, he died after he was given an injection in the shoulder.

Geshe Wangchuk, doctor of philosophy, an eminent scholar and historian, was first arrested in 1959 after the Tibetan national uprising and held without charge until 1962 when he was sentenced to 10 years at hard labor. He was later transferred to a brick manufacturing plant outside Lhasa. He was rearrested in the early 1980's for writing wall posters, outlining Tibet's historical independence and citing Mao's works on national liberation to justify Tibet's independence under Chinese rationale.

Geshe Wangchuk was regarded as a symbol of the thousands of Tibetan prisoners of conscience held by the Chinese authorities. A memorial service for the Tibetan dissident was held at St. John the Divine Church in New York City on Nov. 10, 1987. This special service, dedicated also to world peace and to all those Tibetans who died under the Chinese occupation, was presided over by Ganden Tri Rinpoche, the head of the Gelugpa School of Tibetan Buddhism. Sixteen Tibetan monks chanted prayers with liturgical music of horns, cymbals, and bells. One thousand Tibetan butterlamps, symbols of inner awareness, were lit to dispel the mental darkness caused by attachment, anger and ignorance and to clear the mind for peace.

This service was organized by Harmon Houghton, director of the Ganden Foundation. After brief introductory remarks, Houghton talked about the inner strength of the Tibetans under Chinese oppression. Other speakers included Rinchen Dharlo, representative of His Holiness the Dalai Lama, Dean Morton of Cathedral of St. John the Divine, and actor Richard Gere who read a poem by Geshe Wangchuk entitled: "A Cry of Anguish From the Son of a Northern Tibetan Herdsman."

This three-page poem, praising the work and wisdom of His Holiness the Dalai Lama concludes: "May the rays of happiness of the Buddha's teachings, right government and the presence of you and your ministers prevail, and may we be able to see you sitting once again on the golden throne of the Potala Palace."

This special service was attended by more than 1,000 Americans and Tibetans.

—Tinley Nyandak,
Office of Tibet

Excerpts From:

A CRY OF ANGUISH FROM THE SON OF A NORTHERN TIBETAN HERDSMAN

By Geshe Lobsang Wangchuk

Waiting to see you, the days and nights have become longer than days and nights. Waiting, with great expectation, for the fortunate time to arrive when I shall see your golden face and have the joy of hearing the nectar of your speech, the days and nights, and months, seasons and years pass more and more slowly. Waiting so long, you, the protector of the land of snow — the all-knowing Tenzin Gyatso — are remembered.

We, your Tibetan people, who have been so kindly cared for by

you, have no one to turn to for hope and guidance except you, the protector. I appeal to you to respond to this cry of anguish; may we see your golden face before us, with its signs and marks of the Buddha.

May this land of religion, which has been turned into a blood-filled cemetery of executions, murders and injuries, and punishment beyond measure, be purified of the sins and contaminations of ignorant and cruel people.



A plainclothes police officer stationed with a video camera last month on the roof of the Jokhang Temple in Lhasa, Tibet. He was assigned to record any disturbances that might occur.

3 Reported Dead in Latest Tibet Riots

By EDWARD A. GARGAN

Special to The New York Times

BEIJING, March 6 — At least three people and perhaps as many as nine were killed in a daylong series of anti-Chinese protests that shook Lhasa on Saturday, according to reports reaching Beijing today. The dead were said to include two policemen and a Buddhist monk.

The demonstration was touched off by the arrest of a Buddhist monk who shouted pro-independence slogans during the closing rites of the Great Prayer Festival inside the Jokhang Temple, the holiest shrine in Tibetan Buddhism, according to these reports.

Thousands of Tibetans stormed through Lhasa's streets setting fires and throwing stones at the police, the reports said. The police tried to control the crowds with tear gas, but the unrest continued throughout the day.

The reports came from a Westerner in Chengdu, the capital of the southwest province of Sichuan, who said he talked by telephone to several foreigners in Lhasa, a city with a population of about 150,000. These foreigners, he said, spoke with many witnesses to the demonstrations.

Sealed Off to Journalists

Because the Chinese authorities have sealed off Tibet to journalists and cut telephone and telex lines from Beijing to the Tibetan capital, it has been impossible to confirm the details of Saturday's protests independently. A dispatch by the official New China News Agency on Saturday reported that a "disturbance" had occurred and that a police station, the office of the Buddhist Association and several policemen had been attacked. It did not report any deaths.

Thousands reportedly take part in the riot.

The protests Saturday came on the eve of the arrival of the Chinese Foreign Minister, Wu Xueqian, in Washington for talks with American officials. Relations between China and the United States have been strained in recent months over several issues, including Congressional charges of Chinese human rights abuses in Tibet.

Before he left for the United States, Mr. Wu said he was willing to meet with members of Congress who were critical of China's actions in Tibet.

The demonstrations on Saturday were the first since three pro-independence protests last October in which more than a dozen Tibetans were killed. More than 80 monks were arrested during those protests, most of whom have since been released.

2,000 Armed Policemen

The Great Prayer Festival, which began Feb. 25, was boycotted by hundreds of monks from surrounding monasteries out of fear and anger at the presence of nearly 2,000 armed Chinese policemen, according to an Associated Press reporter who was touring Lhasa late last month.

The violence on Saturday erupted at about 10 A.M. after the arrest of the monk who stood up during the Great Prayer Festival and began chanting slogans for independence, the Westerner in Chengdu said. After the monk was detained, an angry crowd, estimated at "several thousand," began attacking the police.

The Chinese policemen fired tear gas to disperse the crowd, he said. The crowd of Tibetans then attacked a police station.

The Westerner said between three and nine people were killed, including a monk who was shot at close range and two policemen.

Vehicles Set on Fire

Several police vehicles were also overturned and set afire, he said. The Worker's Daily newspaper today printed a small photograph of a helmeted policeman spraying a rioting crowd with a fire extinguisher.

The foreigners in Lhasa were said to have heard gunshots toward evening but there was no shooting reported during the day.

The New China News Agency reported that Tibetans heaved large stone slabs from the roof of the Jokhang Temple, hitting television trucks operated by China's Central Television Network.

Today, the Westerner said, Lhasa was reported to be quiet although there was said to be a heavy police presence on the streets.

It is thought that there are fewer than two dozen Westerners in Lhasa at the moment. Hotels in downtown Lhasa are reported empty.

China has blamed the Dalai Lama, the spiritual leader of Tibetan Buddhism who fled into exile to India after Chinese troops invaded Tibet in 1959, for the past unrest in Lhasa.

New York Times

NEW YORK, MONDAY, MARCH 7, 1988



Tibetan Capital Shaken by Anti-Chinese Protests

A firefighter hosing down a burning car in Lhasa Saturday during a series of violent clashes. As many as nine people, including two police officers and a

Buddhist monk, were reported killed. The demonstration was touched off by the arrest of a Buddhist monk who shouted independence slogans. Page A3.

Monday, March 28, 1988

JACK ANDERSON

China's brutal reign in Tibet

WASHINGTON — China's plan to turn Tibet into a kind of Disneyland in the Himalayas has fallen on hard times.

Since last October, when Tibetans rioted in the streets against their Chinese overlords, the country has been closed to Western journalists and most foreign travelers. Reports from Tibetan refugees who have managed to slip out tell a grim story of arrests, torture, killing and a frantic propaganda campaign by the Chinese to bring the Tibetans into submission.

It is a far cry from the quaint, picture-postcard Tibet that tourists saw before last fall. Our sources say that picture was carefully crafted by the Chinese, who see Tibet as a valuable tourist attraction, a sort of time capsule of Asian Buddhist theocratic culture.

Except that the Chinese have laid waste to that culture since they occupied Tibet in 1950, destroying 6,000 monasteries, temples and shrines and sending the spiritual leader, the Dalai Lama, into exile. That leaves a facade of old Tibet for the tourists, and since October, the Chinese have made no pretense of keeping up that facade.

The Tibetan plateau, called the Roof of the World, has been closed to outsiders for most of the 38 years of Chinese rule. But in recent years, the Chinese have been allowing more tourists in, and have been cultivating potential trade relationships with the West.

That ended last fall. The Dalai Lama visited the United States to propose a peace plan between his Tibetan supporters and the Chinese. Two days later, on Sept. 24, Chinese troops rounded up 15,000 Tibetans in a stadium and made them witness the execution of two Tibetan nationalists.

That, plus the public beating of monks, touched off anti-Chinese rioting. The Chinese claimed six people died, and that most of the injured were policemen.

But two congressional aides who recently met with the Dalai Lama and interviewed Tibetan refugees in neighboring Nepal say the death toll may have been as high as 40. Paul Berkowitz, a staff assistant for Rep. Benjamin Gilman (R-N.Y.) and Keith Pitts, legislative director for Rep. Charles Rose (D-N.C.), heard stories from refugees about hundreds of arrests since the riots and a massive "re-education" effort by the Chinese.

Pitts said that while they were in Nepal, a refugee confirmed the rumor that the Chinese are paying a \$100 bounty to Nepalese border guards for every fleeing Tibetan that the guards turn in. The Chinese turned to bounties when the effort to close the border failed.

John Avedon, a New York author and expert on Tibet, said the latest twist in Tibet is the intense propaganda campaign inside the country, run by high-level Chinese party officials, not regional underlings, as in the past.

INTERNATIONAL

Bad Faith at the Temple

China puts down a rebellion of the monks in Tibet

It had been five months since the October riots, and the Tibetan capital was calm. Eager to demonstrate good faith, local Chinese officials invited some 20 foreigners to visit the Great Prayer Festival at the Jokhang Temple in Lhasa. They arrived to witness a storm. "Tibet independence!" shouted a monk inside the temple, and hundreds of his brothers picked up the chant. Soon thousands of Tibetans rampaged through the plaza and narrow streets outside the temple, setting fires and stoning police. Working under orders of restraint, the police replied with tear gas, but they quickly lost control. One Japanese tourist saw five policemen pounding a young monk's head with sticks. A Nepali witness saw an undercover cop shoot a knife-wielding civilian at point-blank range in the face. The worst violence occurred at the Jokhang Temple where, according to American tourist Benjamin Watson, up to 16 monks were killed. Some, he said, were shot by police. Others were thrown from the upper stories of the building.

By early last week the Chinese had imposed a sullen calm. While heavily armed men sped around Lhasa in a convoy of more than 100 trucks, Tibetan and Chinese police conducted house-to-house searches for suspected Tibetan separatists. Despite the crackdown there were indications that the rebellion in Lhasa could spread. According to local officials, separatist sentiment had also erupted last December among Tibetans in the Chinese province of Qinghai. Among other things, monks and students there protested forced abortions on Tibetan women and poor conditions in the schools. Meanwhile, rumors flew through Lhasa that a disturbance had erupted in Amdo, an isolated region in northern Tibet. At the weekend the unrest remained impossible to confirm.

Beijing had once again underestimated how deeply Tibetans resent the 37-year-old Chinese occupation. Since 1980 Chinese leaders have attempted to open Tibet to tourism and development through limited political, economic and religious reforms.



Spreading resentment: Tibetan protest in New Delhi

After the rioting last October, pragmatic leaders in Beijing argued that Tibetan anger could be defused only through additional liberalization. Last week Chinese press reports suggested that Beijing had had a change of heart. The official Xinhua news agency quoted unnamed Tibetan religious leaders as saying the government had been "too restrained." Another report claimed that monks inside the Jokhang Temple had served poisoned tea to Chinese officials and police. The Chinese also trotted out the Panchen Lama who, though widely regarded as a turncoat, remains Tibet's second highest theocratic leader after the exiled Dalai Lama. Speaking from his home in Beijing, the Panchen Lama called for "heavy punishment" of the rioters and warned that Tibetans should not misinterpret Chinese "leniency and forbearance as signs of weakness." As Beijing moved to seal off a region more than twice the size of France last week, it seemed more likely that no one would misinterpret Chinese actions as signs of leniency and forbearance.

HARRY ANDERSON with DORINDA ELLIOTT in Chengde

40 NEWSWEEK · MARCH 21, 1988

"The whole government is geared up to intimidate the populace," Avedon said. Neighborhood committees herd Tibetans into regular propaganda sessions, where they are coerced into admitting, and then renouncing, their nationalist sympathies.

But Tibetans pay for these sessions. After one re-education meeting at a school in Lhasa, 60 people were arrested the next day, Avedon said. Some of the prisoners are beaten, and then set free as a warning to others. "One woman had her back broken," he said.

Providing a backdrop to the oppression in Tibet are the persistent rumors the Chinese plan to use the region as a dumping ground for international nuclear waste. Central Intelligence Agency reports have said as much, and the Dalai Lama has claimed that the Chinese use Tibetans to work in

nuclear arms manufacturing plants.

Some prisoners have reported that they were put to work in manufacturing plants, but the uneducated peasants did not know what they were making. They were treated unusually well while they had that duty, but later their hair fell out and they suffered burns. Some sources say the work may have exposed the prisoners to toxic chemicals rather than radioactive materials.

The Chinese have hinted that they want to sell to other countries the dumping rights for nuclear waste in "the less populated western regions." That, say our sources, is simply a euphemism for Tibet.

Anderson is a syndicated columnist.

THE POST-STANDARD/Monday, March 7, 1988/PAGE A-3

Day of Anti-Chinese Rioting Kills at Least Eight in Tibet

News Service Reports

HONG KONG — At least eight people died Saturday in a day of bloody anti-Chinese rioting in the Tibetan capital of Lhasa, according to reports reaching here Sunday.

Witnesses in Lhasa said at least one Buddhist monk, three policemen and four civilians were killed in the rioting, which came on the last day of "The Great Prayer Festival," the most important annual religious celebration in Tibet.

But Western sources said the casualties

were more extensive and included civilian protesters.

A policeman was thrown to his death from a building and two others were stoned and kicked to death by an angry crowd, while the monk and the civilians were shot to death by plainclothes police, the witnesses said.

The official New China News Agency reported late Sunday that order is returning to the city. The agency confirmed the death of one policeman, Yuan Shisheng. It said Yuan and another policeman, Yang

Yuchen, were stabbed and thrown out of a building's second-story window. Yang was hospitalized with serious injuries, according to the report, which made no mention of other casualties.

The incident began Saturday morning when about 300 young monks in the area of the Jokhang Temple, site of the prayer festival, began shouting slogans calling for Tibetan independence, according to Patrick Lescot, a reporter for Agence France Presse, who was in the area when the demonstration began.

Tibet, which over the centuries has sometimes been independent and has sometimes been a part of China, has been firmly controlled by Beijing since 1951. Pro-independent sentiment runs deep among religious Tibetans, who revere the exiled Dalai Lama as their leader, but Beijing views advocacy of Tibetan independence as treason.

The New China News Agency said the riot was "staged by some separatists." Soon after Saturday's demonstration began, some of the protesting monks and

many other Tibetans began throwing stones at police, and at least 3,000 people in the area began chanting Tibetan nationalist slogans, according to witnesses.

"Shouting reactionary slogans," the news agency reported, "rioters attacked a building in the Jokhang Temple, where the Tibetan branch of the Chinese Buddhist Association was directing the (Great Prayer Festival) ceremony. Some set fire to a car belonging to the branch."

ASIA WATCH

Asia Watch, a Washington-based human rights monitoring organization, was established in 1985 and is affiliated with Helsinki Watch and Americas Watch. The three groups have joined to form Human Rights Watch.

The following is part of a press release dated February 11, 1988 containing excerpts from an Asia Watch report. Copies of this report can be obtained by calling (202) 546-9336.

* * *

In a 74-page report released today, the Asia Watch Committee harshly criticizes the Chinese government for systematic abuses of basic human rights in Tibet. Asia Watch also finds fault with the Reagan Administration's response to Chinese suppression of protests in Tibet in September and October 1987. . . .

The report is based almost entirely on information gathered by Asia Watch in 1987. Although Asia Watch asked to send a formal delegation to Tibet to meet with Chinese officials and to obtain their views, our request to the government for such a visit was refused. Accordingly, we relied on interviews with private citizens in Tibet and on our reading of documents published by the government.

The report discusses Chinese government policy and practice in a number of areas:

FREEDOM OF EXPRESSION

The report criticizes strict limits on written and spoken expression in Tibet. It notes that such restrictions are stringently applied to all political utterances and actions, and are enforced by an extensive surveillance network. The report also describes restrictions on leaflets and wall posters expressing dissenting views. It notes that "mere possession of the flag of the traditional Tibetan government is a serious offense; even more serious is the possession of materials originating among the Tibetan exiles in India." Such offenses can result in long prison terms.

CONDITIONS OF ARREST AND IMPRISONMENT OF POLITICAL OFFENDERS

According to the report, authorities frequently arrest political activists in Tibet for public expressions of opposition to the Chinese role or Chinese policies in Tibet, or for political support for the Dalai Lama or Tibetan independence. Arrests usually take place at night, and family members are often not informed. It appears that it is at the interrogation, rather than at any trial, where a decision on guilt is made. The report notes: "It is obvious that there is no place in the prevailing legal system for any sort of outside assistance, representation or other concessions to allow the accused to mount a defense. . . . Moreover, the official secrecy and silence surrounding almost all political cases is in effect from the time of arrest to the time of release."

Torture is commonplace during the interrogation process. According to an informed Tibetan interviewed by Asia Watch: "If one speaks forcefully, if one gives an account of Tibet as being independent, they apply cattle prods. One's feet are shackled, one's

arms are shackled. The whole body trembles and one can't speak."

THE AUTUMN DEMONSTRATIONS

Asia Watch describes reports of the shooting of demonstrators, hundreds of detentions, the torture of detainees and deaths in custody. The report lists the names of dozens of persons believed to have been arrested.

FREEDOM OF RELIGION

The Asia Watch report notes that the Chinese have permitted reconstruction of Buddhist temples and monasteries and have allowed monastic ranks to grow in recent years. However, the report describes a number of continuing restrictions on religious freedom, including the need for official approval—which is often not granted—for the reconstruction of religious buildings; government control of the financial management of monasteries; government regulation of the numbers of monks in various monasteries and exercise of the power to refuse entry into the monastic ranks; an apparent prohibition on teaching and propagation of Buddhism in most of Tibet; and government efforts to take Buddhist education out of the hands of monasteries.

PROBLEMS RELATED TO POPULATION TRANSFER

. . . the report finds that Tibetans are "increasingly being moved by design into disadvantageous economic and social positions vis-à-vis the plateau's growing population in the cities and towns." In this respect, it notes that the PRC government only a few years ago was contending that family size restrictions would not apply to Tibet, so that Tibetans could build up their population and thus develop Tibet's economy. Now, however, restrictions on family size are imposed while Chinese migration is actively encouraged. Moreover, Asia Watch notes credible reports from within Tibet of abortions carried out without the consent of the mother.

The Asia Watch report . . . notes that the Chinese government is a signatory to the International Convention on the Elimination of All Forms of Racial Discrimination, and calls on the authorities to work vigorously to end inequalities in access to housing, education and employment in Tibet.

LETTER FROM DANTE B. FASCELL

Chairman of the Committee on Foreign Affairs
Congress of the United States

Thank you for your recent letter regarding the situation in Tibet. Please be assured that I share your concern about abuses of human rights there and deplore the recent violence. I will continue to express that concern to the U.S. and Chinese authorities.

I had the honor of meeting with the Dalai Lama during his recent visit to Washington and discussed with him his five-point plan for Tibet. Two Subcommittees of the Committee on Foreign Affairs, of which I am Chairman, held public hearings on the Tibetan situation in October. In addition, provisions

CHINESE OPPRESSION IN TIBET CONTINUES

by Tinley Nyandak

New York, Feb. 19—The Chinese authorities in Tibet have subjected the Tibetans to a renewed frantic round of "re-education" sessions aimed at breaking the Tibetan spirit and bringing those fighting for freedom and independence into submission, according to recent arrivals from Tibet. In addition, the Associated Press reported on January 25, 1988 that more than 5,000 Tibetans have been imprisoned since the last October demonstrations, half of them women and children. They are being held in prisons under conditions that are far worse than ever: constant interrogations, torture, and starvation.

Last January, two Congressional aides—Paul H. Berkowitz, a special assistant on international development for Rep. Benjamin Gilman (R-N.Y.) and Keith J. Pitts, legislative director for Rep. Charles Rose (D-N.C.)—had interviewed many Tibetan refugees in Nepal. They heard a grim story of arrests, torture, killing, and a massive "re-education" effort by the Chinese as part of the reprisal measures following the late September and early October pro-independence demonstrations in Lhasa. *The Washington Post* reported on January 29, 1988 that a Tibetan woman "was tortured with an electric cattle prod in her private parts."

"They (the Chinese) just treat the Tibetans like dogs. That's what started the riots. They were beating monks with shovels," Berkowitz told the *Post*.

While they were in Nepal, Pitts said, a refugee confirmed the rumor that the Chinese are paying a \$100 bounty to Nepalese border guards for every fleeing Tibetan that the guards turn in to the Chinese authorities.

Despite China's stringent police and military control, a number of small-scale, pro-independence demonstrations took place recently in Lhasa and other parts of Tibet, according to Tibetan sources. The two demonstrations that received Western media coverage were: in late November the monks at Gan-

den Monastery staged a rally protesting the Chinese military presence at their monastery. A police vehicle was burned and 80 monks were arrested. The second demonstration took place on December 19, 1987 when 20 Tibetan nuns marched around the Jokhang, the site of earlier demonstrations. The nuns shouted slogans for Tibetan independence. Subsequently, all the nuns were arrested.

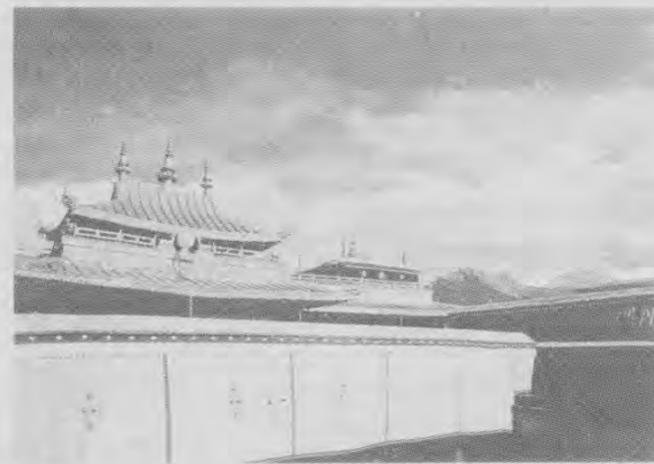
The Chinese authorities in Tibet made every effort to stage a counter demonstration, what the authorities called an "anti-independence" demonstration, in late October in an attempt to prove that the earlier pro-independence demonstrations were the work of a few "splittists" with no popular support. The newly formed propaganda committees were dispatched to the villages and towns to get people to attend counter demonstrations in Lhasa. In some instances Tibetans were offered bribes, between 70 and 200 RMB, Chinese currency for each poten-

tial participant. The authorities did not succeed in getting people, and hence the planned counter demonstration had to be cancelled.

Following the pro-independence demonstrations, the Chinese authorities have formed a number of propaganda committees whose sole task is to organize "re-education" sessions. At such sessions, Tibetans are forced to denounce the recent pro-independence demonstrations, the desire for independence, and His Holiness the Dalai Lama. They are also asked to proclaim a belief in the essential unity of Tibet and China. In addition, the committees badger the Tibetans with the "evils" of old society, i.e. before the Chinese occupation, and the "improvements" that the Chinese have brought about.

On October 16, 1987 at a middle school in Lhasa, a Tibetan student challenged the propaganda committee's assertion on the "evils" of the old society. This led to a war of words between Tibetan and Chinese students, and subsequently about 40 to 60 Tibetan students have disappeared.

As of this writing, foreign journalists and individual tourists are banned from going to Tibet; only "officially registered tour groups are permitted." Travel within Tibet has also been restricted.



CANADA TIBET COMMITTEE

Following the recent troubling events in Tibet, a group of Montrealers has formed the "Canada Tibet Committee," a political action group similar in mandate to the U.S. Tibet Committee headquartered in New York.

The Canada Tibet Committee is totally committed to the ideals of His Holiness the Dalai Lama and his government-in-exile in Dharamsala, India. We are 100% opposed to violence. We wish only to help those who are suffering in

Tibet and to stop the ongoing destruction of Tibetan culture and religion.

If you are interested in serving the aims of our organization and in helping to develop the Canada Tibet Committee, or if you would like to be placed on a mailing list, please write to us at the following address: Canada Tibet Committee, 4675 Coolbrook Avenue, Montreal, Quebec, Canada H3X 2K7, telephone (514) 487-0665.

HUMANITAS INTERNATIONAL

Joan Baez established Humanitas in 1979 to address human rights issues. Since then it has grown into an effective organization of several thousand members. Humanitas has been active on many fronts, one of them being the Tibet issue. Its recent quarterly publication (Number 4, 1987)

has extensive discussions on human rights problems in Tibet. We recommend that you contact Humanitas for a copy of this and to ask for a copy of their brochure if you are interested. Humanitas, PO Box 818, Menlo Park, CA 94026, 415-324-9077.

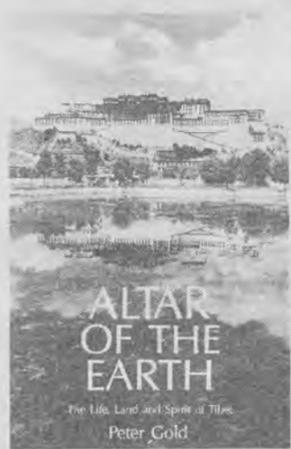
Asia Watch
139 8th St SE
Wash. DC 20003

COMPLETE TITLE LIST

BOOKS

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. 222 pp., 22 color photos #SLBKA \$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 understand from reading ordinary guidebooks.

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, Gyantse'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 greatest mountains on Earth.

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 Tzongkapa'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.

NEW TITLE

APPROACH TO TRANSFORMATION, by Ken McLeod. 20 pp. #KKAT \$2

This catalogue accompanied an exhibition of Tibetan Buddhist art and contains lengthy and informative notes on 30 thangkas together with numerous reproductions. The explanations of the iconographical symbolism are easily worth the price of this booklet.

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 involve 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 text).

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

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

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

This book is a simple, clear presentation of meditations that take the beginner towards enlightenment. Written by a contemporary Tibetan Buddhist master, these teachings have particular value in that they encompass all traditions of Buddhism, showing that they are not contradictory.

Their practical value lies in their simplicity and directness. We are first clearly shown the nature of our own sufferings and how to deal with them. Then we 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 Ven. 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 mys-

Bardo Teachings

The Way of Death and Rebirth



teries 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

NEW TITLE

BEING NOBODY, GOING NOWHERE, Ayya Khema. 192 pp., #WIBKBN \$12.95

Ayya Khema writes in her preface, "the Buddha's path is simple and meant for ordinary people, and anyone with goodwill and determination can follow its steps towards freedom of the heart and mind." Based on a ten-day meditation course in Sri Lanka, *Being Nobody, Going Nowhere* is full of clear, helpful instructions on meditation and mindfulness, and all the essential points of the Theravadin Buddhist path.

BEING PEACE

THICH NHAT HANH

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.

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.

NEW TITLE

BHUTAN, by Pietro Francesco Mele. 60 pp., 9 1/2 x 12", full-color photos, #PMB \$25

This oversized book portrays the religious, royal, and secular life of the people of Bhutan. The photographer is one of the very best and these large color photos are terrific.

NEW TITLE from SNOW LION



* **His Holiness the Dalai Lama—THE BODHGAYA INTERVIEWS: 1981-1985**, Ed. by Jose Ignacio Cabezon. 104 pp., photos, #SLBKBI \$8.95 May

These sparkling interviews with His Holiness the Dalai Lama are sure to interest Buddhists and non-Buddhists alike. His Holiness covers a spectrum of religious and secular concerns in a most candid and very stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, vipasyana, mantra, gurus, protector deities, and particle physics are some of the topics discussed—much of this information is unavailable elsewhere. These interviews were held at the close of annual teachings and initiations in Bodhgaya, India, the place most sacred to Buddhists.



* **BRIDGING THE SUTRAS AND TANTRAS**, by the First Dalai Lama & Glenn H. Mullin. 288 pp. #SLBKSW1 \$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.

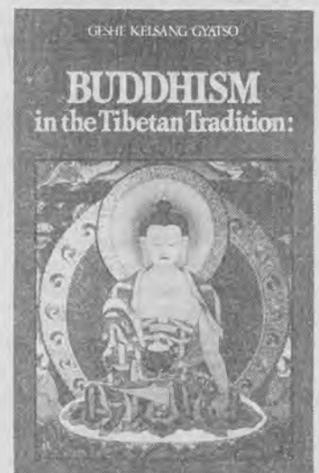
"There is no other book on the market that offers the same selection of information in such a concise form."—Prof. Roger Jackson, Carleton College

"...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*

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

NEW TITLE



BUDDHISM IN THE TIBETAN TRADITION: A GUIDE, Geshe Kelsang Gyatso. 132 pp. #RKB \$12.95

This book presents the basic teachings of the Buddha in a way that is readily comprehended and put into practice. Designed as an introduction, it also offers new insight for the more advanced student of Tibetan Buddhism.

* **BUDDHISM OF TIBET**, by His Holiness the Dalai Lama Trans. & 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 Western readers:

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

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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.

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

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.

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 on the first thirty hexagrams 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 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.

NEW TITLE

A CONTINUOUS RAIN TO BENEFIT BEINGS, by 15th Karmapa. 33 pp. #KKCR \$4.50 This commentary by the 15th Karmapa on Tang Tong Gyalpo's work on the meditation and mantra of Supreme Compassion is a supporting text recommended for students wishing to perfect the practice of Chenrezi.

NEW TITLE

THE CREATIVE VISION



HERBERT GUENTHER

THE CREATIVE VISION: The Developing Phase of Tibetan Tantra, Herbert Guenther. 192 pp. #LOCV \$25

Tibetan Buddhism, like life, is embodied in symbols. At first approach readers of Tibetan Buddhist works are confronted with, and often confused by, a flood of strange ritual symbols. What do these symbols mean? How do they connect with spiritual realization?

In this pioneering work the world-renowned scholar Dr. Herbert Guenther addresses these questions. Along with a brilliant translation of an eighteenth-century work the author presents a thought-provoking bridge to the text, citing both Eastern and Western thinkers. Thus the symbolism of tantrism is made practical, livable.

Life, according to *The Creative Vision*, evolves by recreating and re-envisioning the experienced world. Tibetans developed a complex array of symbols to express their insight into life, symbols of great cultural significance. Herein readers may begin to decode the real-life meaning of these symbols and thus their own experience.



THE CHRIST AND THE BODHISATTVA, 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, which 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.

CLEAR LIGHT OF BLISS, by Geshe Kelsang Gyatso. #WIBKLB \$10.95

One of the best books on the completion stage yogas.

NEW TITLE



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.

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

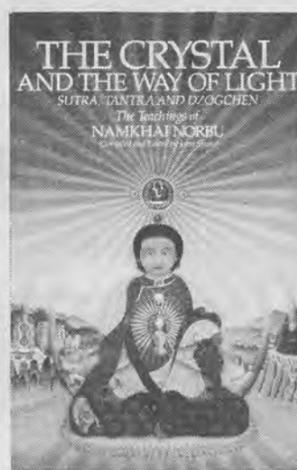
Compassion in Tibetan Buddhism presents methods for generating compassion according to oral and written traditions of Tibetan Buddhism. Its chapters unfold the stages of the bodhisattva's development and provide practical instruction for aspirants to Buddhahood.

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 is the tradition of Tara and its ramifications in monastic ceremony, folklore, literature, magic, art, medicine and divination.

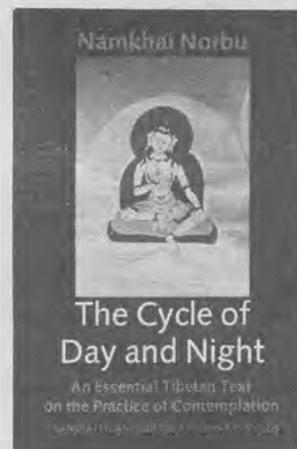
A CULTURAL HISTORY OF TIBET, by David Snellgrove & Hugh Richardson. 291 pp. #SHCHT \$12.95

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 \$12.95

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

COMPLETE TITLE LIST

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.

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

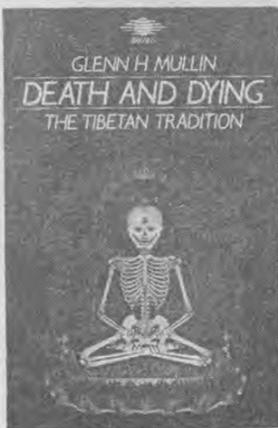
Contained here are the Tibetan, phonetic and translated versions of requisite practices such as the seven-limbed puja, the mandala offering, praise to Manjushri and others.

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 Tserong, 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.



DEATH, INTERMEDIATE STATE AND REBIRTH by *Lati Rinbochay*, Trans., Ed. & Pref. by *Jeffrey Hopkins* 86 pp. #SLBKD \$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*. #LTD TB \$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

Deity Yoga describes the profound process of meditation in Action and Performance Tantras. It is a 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-ka-pa, details the practices of Action and Performance Tantras. Special deity yoga techniques for the development of the heart, mind and physical form of a Buddha are

presented in a coherent series of yogic exercises. The mudras (hand gestures) that accompany the meditations are clearly illustrated.

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, was formerly *Yoga of Tibet*.



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 covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, and a chapter on his teachings in North America.

NEW TITLE

DOLPO: Hidden Land of the Himalayas, by *Diane Summers & Eric Valli*. 108 pp. #APD \$39.95

Dolpo is one of the last enclaves of traditional agrarian Tibetan culture, a land where valleys lie at elevations as high as the tallest peaks of Europe and mountains soar beyond the reach of humans. Dolpo is the setting of Peter Matthiessen's mystic quest in *The Snow Leopard*.

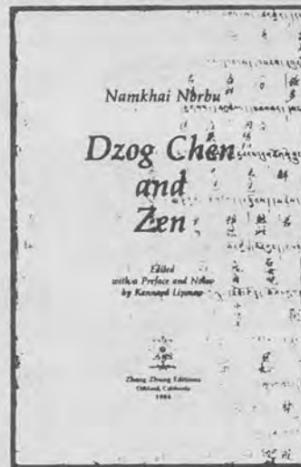
The authors spent a year among the Dolpo villagers and captured in stunning color photographs a Buddhist people whose lives are infused with a profound spiritual harmony. In the accompanying essay, Diane Summers evokes the lively, occasionally ribald, and yet always spiritual nature of the people.

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 & Cutillo*. #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

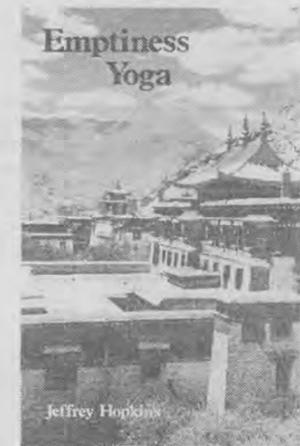
Excellent commentary to this Great Perfection text.

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."



EMPTINESS YOGA, by *Jeffrey Hopkins*. 510 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 Avalokitesvara 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 ETHERAL 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.

COMPLETE TITLE LIST

EXPERIENCE OF INSIGHT: A SIMPLE AND DIRECT GUIDE TO BUDDHIST MEDITATION, by Goldstein. 169 pp. #SHEI \$10.95

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

NEW TITLE

FABLES OF WISDOM, Malik. 153 pp., #INFW \$11.95 cloth. Each and every tale of *Fable of Wisdom* has some basic moral teaching for the reader. These stories, picked up from different scriptures—Hindu, Buddhist, Sikh and Muslim—not only entertain but also spiritually uplift the reader. These fables can be enjoyed by one and all, old and young.

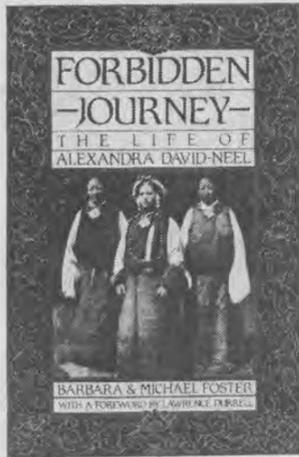
THE FINE ARTS OF CONCENTRATION, RELAXATION AND MEDITATION: Practical Tools and Guidelines for Daily Life, by Joel Levey. 350 pp. #WIBKFA \$14.95

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 \$49.95 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."



NEW TITLE

FORBIDDEN JOURNEY: The Life of Alexandra David-Neel, by Barbara & Michael Foster. 320 pp. #HRFJ \$19.95

This is the uncommon story of the remarkable Alexandra David-Neel, prolific author, inveterate explorer and traveler, pioneer feminist, and world authority on

Tibetan Buddhist tantric rites. This is the first full-length English biography of one of the great women of modern times.

Strong, opinionated, domineering, brilliant, rarely compassionate even with those close to her, Alexandra was born in Paris in 1868 and died at age 101. She led a life filled with adventure, fame, honor and medals. She was sought after by authors, explorers, presidents, and maharajas. But she is especially celebrated for her daring journey, at the age of fifty-four, through bandit-infested forests in the dead of winter to Lhasa, Tibet. Disguised as a beggar, with a revolver concealed beneath her rags, she became the first European woman to enter the forbidden holy city.

FOUR-THEMED PRECIOUS GARLAND, by H.H. Dudjom Rinpoche & Beru Khyentze Rinpoche. 44 pp. #LTPG \$5.95

Dzog-chen is the realization of the beginningless purity and perfection of all reality as an indivisible unity of voidness and appearance. Unfolds the nine vehicles to enlightenment through sutra, tantra and Dzog-chen methods.

NEW TITLE

FOUNDATIONS OF TIBETAN MEDICINE, by E. Finckh. Vol. 1, 104 pp. #ELFTM1 \$17 (available now); Vol. 2, 128 pp. #ELFTM2 \$17 spring

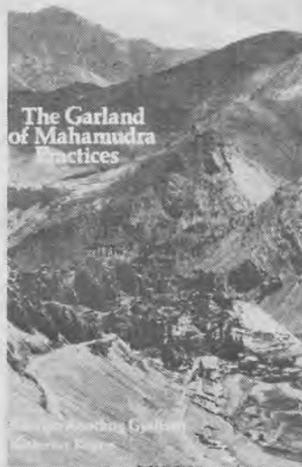
Presents the doctrines of Tibetan medicine. Elisabeth Finckh is a specialist in internal medicine, trained also in neurology, psychiatry and tropical medicine. She worked on these books with the close guidance of the personal physician of H.H. the Dalai Lama.

NEW TITLE from SNOW LION



* **A GARLAND OF IMMORTAL WISH-FULLFILLING TREES**, by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sanghe Khadro. 220 pp. approx., color plates, #SLBKGT \$15.95 May. In the snowy land of Tibet, six great mother monasteries uphold the doctrine of the Great Secret Nyingmapa. In the east, the principal monastery of these six is the glorious and powerful Palyul. This book presents a comprehensive explanation of the extraordinary Palyul tradition. Within this tradition, the Non-dual Great Seal Mahamudra-Great Perfection Ati Yoga and the Kama and Terma lineages are joined together as one great river of practice.

* **THE GARLAND OF MAHAMUDRA PRACTICES**, Trans. by Khenpo Rinpoche Gyaltsen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140 pp. #SLBKGM \$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 Konchong Gyaltsen 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

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. 206 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 Treasures*.

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.

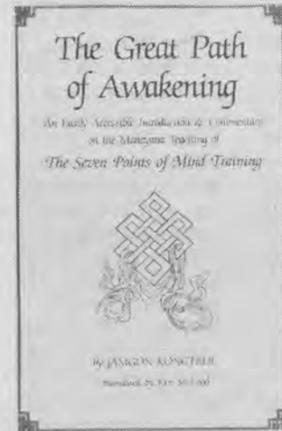
Rinpoche spent many years teaching and directing retreats in Tibet. He had revitalized the Shangpa Kagyu lineage and was a senior lama of the Karma Kagyu

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.

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

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.

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

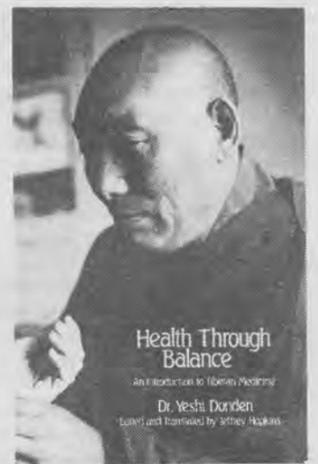
This book is very often recommended to students of Mahayana. It is a practical guide for aspirants and followers of the bodhisattva path. From the development of the bodhimind to the practice of the six perfections, the book is inspired throughout.

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, by T.J. Tsarong. #TMHTD \$5

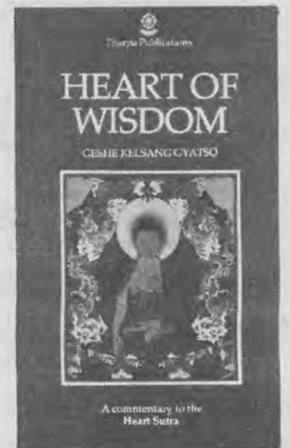
Gives the composition of 175 popular Tibetan natural drugs. This handbook is intended for users of alternative medicines as well as scholars, researchers, and entrepreneurs who are searching for an alternative to the highly toxic and costly modern synthetic drugs.

* **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.



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. 2129 "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.

NEW TITLE

THE HEART SUTRA EXPLAINED

INDIAN AND TIBETAN COMMENTARIES

Donald S. Lopez, Jr.

THE HEART SUTRA EXPLAINED, by Donald S. Lopez, Jr. 227 pp. #SUHS \$10.95

The Heart Sutra Explained offers new insights on emptiness and form, on the mantra "gate gate

COMPLETE TITLE LIST

paragate parasamgate bodhi sva-ha", and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final period of Buddhism in India. It also includes complete translations of two nineteenth-century Tibetan commentaries which illuminate the meaning.

NEW TITLE

THE HIDDEN HIMALAYAS, by Tom Kelly & Carroll Dunham. 200 pp., color photos, #ABHH \$45

This is one of the finest photo books on Himalayan culture we have ever seen! Not only are the pictures great but the book is well-designed and interesting to read. Tom Kelly and Carroll Dunham, two young Americans, a photographer and a writer-anthropologist, take you to one of the most unusual places in the world. Beautiful, bitter, joyous, and holy, it is remote Humla, an ancient territory at the edge of Nepal, bordering Tibet, hidden in the Himalayas. Here is an intimate, moving adventure in one of the last truly exotic places on earth.

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.

NEW TITLE

HIDDEN TIBET

The Land and Its People
ROGER HICKS



HIDDEN TIBET: The Land and Its People, by Roger Hicks. 160 pp., photos #ELHT \$16.95 May

This collection of stunning photographs provides a fascinating insight into the life, culture and religion of Tibet—pre- and post-communist. By combining rare pictures from the Dalai Lama's own collection and other sources with his own exciting and dramatic photographs, Roger Hicks captures the mood and spirit of the Forbidden Kingdom and its remarkable people.

★ **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!

NEW TITLE

ILLUMINATIONS: An Introduction to the Practices of Mahayana Buddhism, by Sakya Pandita. 192 pp. #LOI \$14.00

This translation of Sakya Pandita's basic manual for Buddhist practice presents a complete guide to the path as practiced within Mahayana Buddhism. The master scholar of the Sakya school lays out the reasons for taking up a spiritual approach to life, the method of acting on that inclination, and the specific practices and stages of spiritual development. The author presents numerous practices for actualizing the theories presented, and highlights his discussions with many anecdotes and humorous asides. Anyone who would like to drink deeply the nectar of this high path will find in this book new inspiration. What matters is that you live the teachings. *Illuminations* will show you how. Translated by Geshe Wangyal and Brian Cutillo.

IN EXILE FROM THE LAND OF SNOWS



JOHN E. AVEDON

IN EXILE FROM THE LAND OF SNOWS, by Avedon. 386 pp. #RHLS \$9.95

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 SAVIORESS, 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 significant portion 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



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

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.

INVOCATION OF MAHAKALA. 32 pp. #KDKIM \$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 \$18.95

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.

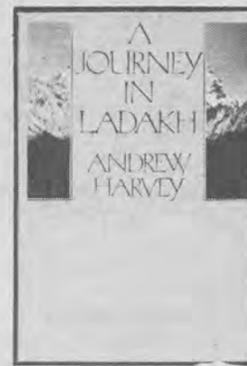
THE JEWEL ORNAMENT OF LIBERATION, by Gampopa, trans. & ed. by Guenther. 353 pp. #SHJOL \$14.95

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 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

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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.

NEW TITLE

JOURNEY INTO VASTNESS: A Handbook of Tibetan Meditation Techniques, by *Ngakpa Chogyam*. 288 pp. #ELJV \$13.95 June

Ngakpa Chogyam offers here a previously unpublished collection of practical Tibetan meditation techniques. Here is a progressive series of exercises that are suitable for both the beginner and the advanced practitioner.

Illustrated with photographs of a wide variety of meditation postures, calligraphy and line drawings, the exercises are interspersed with the author's lucid commentaries and anecdotes of his life with magical masters in the remote Himalayas.

NEW TITLE



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

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.

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 uncon-

Jung and Tibetan Buddhism
Radmila Moacanin

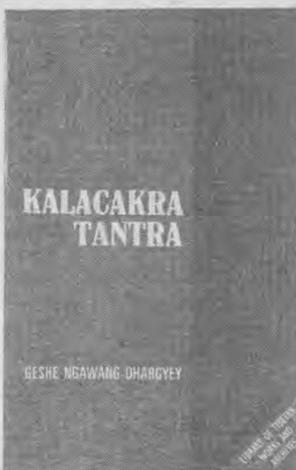


scious, the Self, Jung's famous mandala experiences and the teachings of the Middle Way and Tantra.



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, and 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

Kashmir, Ladakh & Zaskar
a travel survival kit



over the Himalayan range to the stark Tibetan plateau. Great photos 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. Among 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 en-



lightenment 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.

RING 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.

NEW TITLE



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

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 the 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.



KNOWLEDGE & LIBERATION, by *Anne Klein*. 283 pp. #SLBKKL \$15.95, #SLBKLC \$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 current issues 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.



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

COMPLETE TITLE LIST

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 which 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. #SHLMT \$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 \$13.95

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 captivatingly human figure whose story points the way to spiritual liberation and complete self-knowledge.

NEW TITLE

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.

★ **A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet**, by Glenn H. Mullin. 29 pages, #SLBKLLH \$2
In this interview with His Holiness, he 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.

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

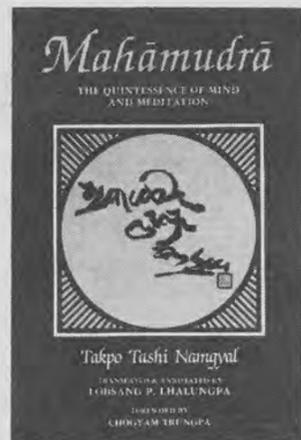
Contains three foundational texts: *Logical Reasoning* sets forth the various elements that constitute classical forms of Buddhist argument; *Mind and Mental Functions* presents the six types of consciousness and 51 mental functions; *Indirect Proofs* discusses the structure of a form of dialectic.

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. #LTMH \$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 Geshey 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 BODHISATTVA VOW AND THE BODHICITTA PRECEPTS. #KDKMB \$5.00

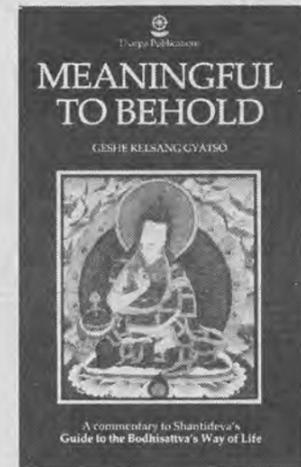
Sadhana for pledging, renewing and maintaining the Bodhisattva Vow. (English & Tibetan)

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 \$17.95

The first complete English commentary to Shantideva's classic work, *A GUIDE TO THE BODHISATTVA'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

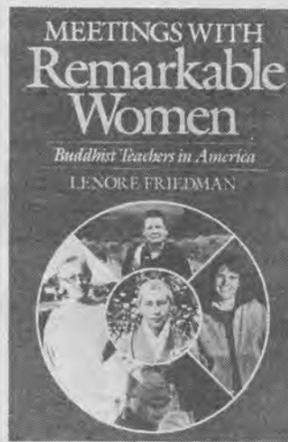
MEDITATIONS ON THE LOWER TANTRAS, by Glenn Mullin. #LTMLT \$7.95

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, Sitapatra, 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 \$12.95



Meetings with Remarkable Women celebrates the flowering of women in American Buddhism, which is without historical precedent.

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.



★ **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 text-book is extensive and sparkling. 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 by 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.



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



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MEMOIRS OF THE DALAI LAMA OF TIBET
MY LAND AND MY PEOPLE, by the Dalai Lama. 271 pp. #POMLMP \$6.95
 Famous autobiography by His Holiness.

MYSTIC ART OF ANCIENT TIBET

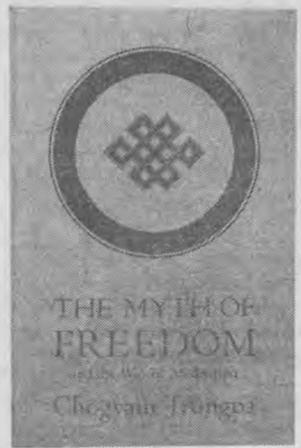


Blanche Christine Olschak in collaboration with Geshe Thupten Wangyal

MYSTIC ART OF ANCIENT TIBET, Blanche c. Olschak & Geshe Thupten Wangyal. 224 pp., 142 color plates, 372 b&w, #SHMAT \$32.50

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.



MYTH OF FREEDOM AND THE WAY OF MEDITATION, by Ven. Chogyam Trungpa. 176 pp. #SHMF \$12.95

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.

NEW TITLE from SNOW LION

A Buddhist Psychology of Emptiness



Commentary on 'Emptiness' by Geshe Sonam Rinchen
 Foundation of the 1st and 2nd Commentaries by Sogyal Rinpoche and David Ross Komito

★ **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

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

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.

NEW TITLE

NOT MIXING UP BUDDHISM: Essays on Women and Buddhist Practice, by Kahawai Collective. 117 pp. #WPNM \$10
 An important collection of essays springing from a revolutionary encounter between Western feminism and Zen Buddhism. This volume, the first of its kind, contains essays on Zen practice and its relation to personal, social and political questions integral to the lives of contemporary women and men. Topics include: Buddhism and Feminism, Sexual Power Abuse, Parentbirth, Woman to Child, On Abortion, and Practicing Intimacy.

NEW TITLE

OPENING THE DHARMA, by Jamyang Khyentse Chokyi Lodro. 58 pp. #DIOD \$6.95

Opening the Dharma gives explanations of the four major sects of Tibetan Buddhism, outlining their lineages and histories, their individual special characteristics, their main practices and goals common to all four Traditions. The author is the founder of the Remay movement which pioneered the spirit of tolerance and eclecticism in Tibet.

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



TRANSLATED AND ANNOTATED BY SALLIE KING

PASSIONATE JOURNEY: The Spiritual Autobiography of Satomi Myodo, Trans. & Annotated by Sallie King. 232 pp. #SHPJ \$12.95
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.

NEW TITLE from SNOW LION

★ **PATH OF THE BODHISATVA WARRIOR**, by The Thirteenth Dalai Lama & Glenn H. Mullin, 350 pp. #SLBKPBW \$14.95
 May 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 teachings on 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
 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.

NEW TITLE from SNOW LION



★ **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!

NEW TITLE

THE POWER PLACES OF CENTRAL TIBET: A PILGRIM'S GUIDE, Keith Dowman. 320 pp., maps & photos #RKPP \$15.95 April

This guide describes the location, site, remaining relics and the religious and historical significance of 170 temples, monasteries, sacred caves, lakes and mountains within this fascinating land. This informative volume describes the power-places in the valleys within a 150 kilometer radius of Lhasa as well as the great temple-museums located on the tourist routes.



★ **PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon**, by Khenpo Konchog Gyaltsen. 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, are appealing 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 into the path of enlightenment; powerful vajra songs; biographies of Gampopa, Phagmo Drupa, Jigten Sumgon and the dharma protector Ach'i 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)

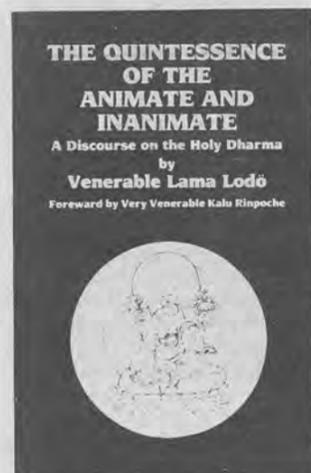
PRIMORDIAL EXPERIENCE: An Introduction to Dzog-chen Meditation, by *Manjusrimitra*, Trans. by *Namkhai Norbu & Kenard Lipman*. 140 pp., #SHPE \$11.95

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 *Landau & Brooke*. Color drawings #WIBKPS \$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, by *Ven. Lama Lodo*. #KDKQ \$7.95

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. #WIBKRWB \$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.

NEW TITLE

THE RELIGIONS OF TIBET, *Giuseppe Tucci*. 352 pp., #UCRT \$11.95 June

"No one is better qualified than Tucci to write a general yet comprehensive work on such a complex subject. His explorations in Tibet, extensive personal experiences, direct observations of ritual, and unmatched textual knowledge are graciously combined in this valuable and highly readable volume."—Barbara Aziz, *Journal of Asian Studies*.

"We have here a synthesis of Tucci's knowledge and insight into one of the most extraordinary of the world's great cultures."—Ninian Smart, *Times Literary Supplement*

NEW TITLE from SNOW LION

* **IN SEARCH OF THE STAINLESS AMBROSIA**, by *Khenpo Konchog Gyaltsen*, ed. by *Victoria Huchenpahler*. 145 pp. #SLBKSSA \$12.95 July

The teachings in this volume constitute a direct path which is easy to practice and quickly leads to liberation. Indeed, this is a remarkable collection of texts. Khenpo Gyaltsen, the abbot for the Drikung in North America, has produced this handbook especially for Western students.

In Search of the Stainless Ambrosia provides the practitioner with the basic tools needed to overcome afflictive attitudes and self-centered feeling. Included also are tantric texts on Bardo, Phowa (transference of consciousness), Guru Yoga, Medicine Buddha and the Chod practice of severing the ego.

NEW TITLE

SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, by *Samten Gyaltsen Karmay*. 260 pp. (104 pp. color illus.) #SISV \$170 September This beautiful manuscript recounts in words and images the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyamtso (1617-1682). A new discovery, it is the sole illustrated secret autobiography known to exist in the world. Hitherto totally concealed both from Tibetans and

others alike, and recently acquired for the Fournier Collection, it is only now that this extraordinary document comes to light and is available for study. It was composed in order to guide the uninitiated and for all those who wish to do drawings and paintings of the heavens.

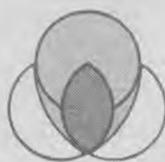
The Fifth Dalai Lama was a skillful politician and outstanding statesman and is celebrated for having built the Potala Palace. He authored 235 books on philosophy, meditation, history and poetry. With the publication of the *Gold Manuscript* another aspect of the life of this great ruler is now unveiled; an inner world of profound mysticism, magical powers and often disturbing theophanic visions.

As a detailed narrative catalog of his visionary experiences from age six to sixty-four, *The Gold Manuscript* serves as a guide not only to the inner mystical life of this extraordinary man but also to the complex interweaving of the various gods, goddesses, protectors, teachers, demons and spirits who populate his consciousness. They provide him with prophetic instructions, warnings and exhortations on his spiritual development, on the conduct and foreign relations of his government, as well as on the welfare of the Tibetans.

The manuscript is thus also a precise manual of ritual practice and ritual paraphernalia as well as a unique artistic masterpiece.

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 \$10.95

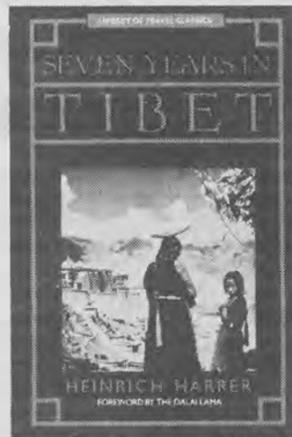
An estimated 250,000 people in the USA alone practice some form of insight meditation, in which increased awareness of body, speech, and mind is cultivated. Based on talks given at several intensive meditation retreats, this companion volume to the popular *The Experience of Insight* focuses on the deepening 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.

NEW TITLE

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

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.



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 \$9.95 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 prepa-

ration, 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*



SKY DANCER: THE SECRET LIFE AND SONGS OF THE LADY YESHE TSOGYEL, by *Dowman*. 350 pp. #RKPSD \$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.



* **SONGS OF SPIRITUAL CHANGE**, by *the Seventh Dalai Lama & Glenn H. Mullin*. 205 pp. #SLBKSW7 \$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, a unique presentation that appeals to the heart as well as head.

COMPLETE TITLE LIST

"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

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

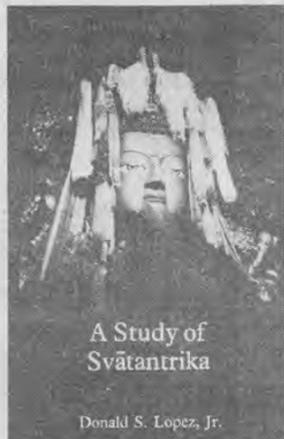
NEW TITLE
from SNOW LION



* **STUDIES IN TIBETAN MEDICINE**, by Elisabeth Finckh.

110 pp. #SLBKSTM \$14.95 Summer

This is a scholarly collection of papers on specialized topics in Tibetan medicine. There are five articles dealing with various aspects of the medical system, including pulsology, pharmacology and comparisons with the Chinese system. Dr. Finckh, a medical doctor in West Germany, was one of the first Western physicians to study (and integrate into practice) the Tibetan medical system with considerable success.



A Study of Svatantrika

Donald S. Lopez, Jr.

* **A STUDY OF SVATANTRIKA**, by Donald S. Lopez, Jr. 450 pp. #SLBKSO \$19.95, #SLBKSO \$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 notable lamas such as Jam-yang-shay-ba and Jang-gya; and third from contemporary oral commentaries by Tibetan scholars in exile.

NEW TITLE

The Superhuman Life of Gesar of Ling

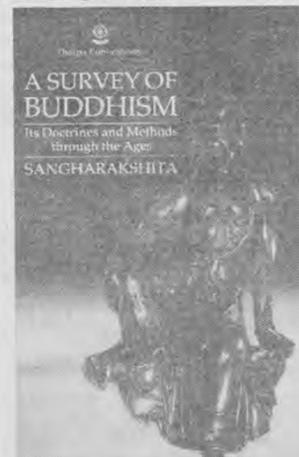


Alexandra David-Neel & Lama Yongden

THE SUPERHUMAN LIFE OF GESAR OF LING, Trans. by Alexandra David-Neel & Lama Yongden, Forward by Chogyam Trungpa Rinpoche. 271 pp. #SHSLG \$14.95

The legendary adventures of a great, fearless warrior-king are recounted in this Tibetan national

epic. With his magic weapons, riding on his winged horse, Gesar of Ling triumphs over the evil forces of the four directions which would turn people's minds from the sacred teachings that point the way to ultimate self-realization. Gesar is the embodiment of the ideals of spiritual warriorship—an individual possessed of the confidence, dignity, and wakefulness that are the birthright of all human beings, who can conquer the evil of the cowardly mind and uncover basic human goodness.



A SURVEY OF BUDDHISM: Its Doctrines and Methods Through the Ages, Maha Sthavira Sangharakshita. 496 pp. #THBKSO \$18.95

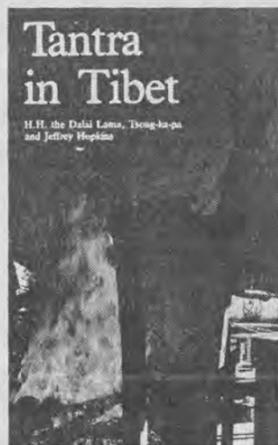
"It would be difficult to find a single book in which the history and development of Buddhist thought has been described as vividly and clearly as in this Survey... for all those who wish to know the heart, the essence of Buddhism as an integrated whole, there can be no better guide than this book."—Lama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

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.

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. 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

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 1 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.

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

THE TANTRIC MYSTICISM OF TIBET



John Blofeld

THE TANTRIC MYSTICISM OF TIBET, John Blofeld. 257 pp., illustrated, #SHTMT \$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.



* **TANTRIC PRACTICE IN NYING-MA**, by Khetsun Sangpo Rinpoche, 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 reli-

ance 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... avoids the pitfalls of being a mere text translation. There is much here for repeated reading, contemplation and absorption."—Prof. Harvey Aronson, Stanford University



* **TANTRIC YOGAS OF SISTER NIGUMA**, by the Second Dalai Lama & Glenn H. Mullin. 240 pp. #SLBKSW2 \$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 form the basis of the Shangpa 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

COMPLETE TITLE LIST

TARA'S COLORING 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

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.

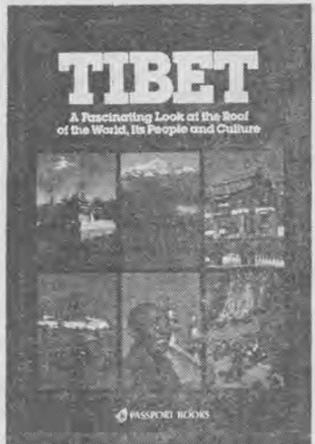
NEW TITLE
from SNOW LION



* **TIBET**, by *Pietro F. Mele*; intro. by *Michael C. van Walt van Praag* 9 1/2 x 9 1/2" #SLBKT \$25

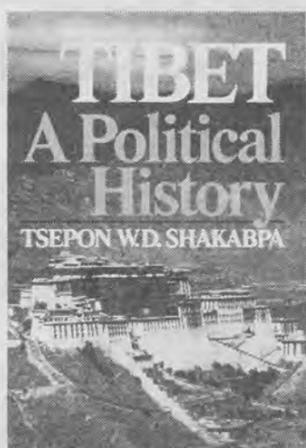
Pietro Francesco Mele is regarded as one of the world's most outstanding photographers. He was the official photographer of an Italian expedition through India to Tibet led by Professor Giuseppe Tucci, one of the greatest authorities on Tibetan history, literature and religion. This opportunity gave Mele a unique opportunity to partake in Tibetan life. This book presents a series of photos that exemplify Tibetan culture. Each page frames a facet of the Tibetan people and Tibetan landscape in a way that delights the eye.

In his introduction, Michael van Walt updates the reader on the major events in Tibet that have occurred since Mele traveled there. Cataclysmic changes have drastically altered the face of Tibet, making this book's record historically valuable as well as artistically beautiful.



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 engrossing and insightful book presents a vivid picture of political personalities and the character of the Tibetan people. It is essential reading for anyone interested in Asian affairs.



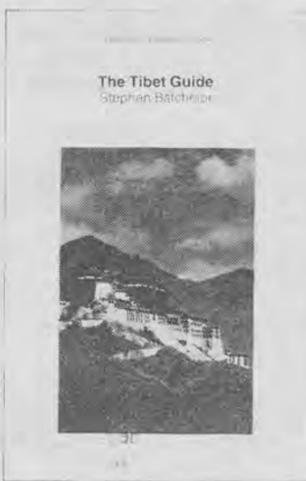
TIBET—A TRAVEL SURVIVAL KIT, by *Buckley and Strauss*. #LPTSK \$7.95

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 descriptions 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.

NEW TITLE



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 en route from Lhasa to Nepal, Mt. Kailas and western Tibet, an iconographical guide, a glossary, a recommended reading list, and many maps and color and black-and-white photographs.

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. #WIBKTMC \$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.

NEW TITLE

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



A new translation with commentary by Francesca Fremantle and Chogyam Trungpa

THE TIBETAN BOOK OF THE DEAD: The Great Liberation through Hearing in the Bardo, Trans. by *Francesca Fremantle and Chogyam Trungpa*. 119 pp. #SHTBD \$9.95

This classic Buddhist scripture is read aloud to the dying to help them attain liberation. This very readable edition received many favorable reviews. Trungpa's commentary explains in straightforward language what the text teaches us about human psychology. It will interest readers who are concerned with death and dying as well as those who seek spiritual understanding in everyday life.

THE TIBETAN BOOK OF THE DEAD, by *Evans-Wentz*. #OXTBD \$7.95.

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, and 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 archives 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; thangkhas, including painted, applied 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

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 MEDICINE: A Wholistic Approach To Better Health, by *Dr. Lobsang Rappay, Ph.D.* 87 pp. #TMTM \$7.00

This book discusses Tibetan medicine—the humanistic approach to health. Contents: the relation of mental disorders to physical illness, 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 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 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

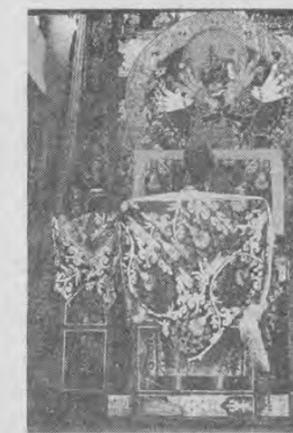


speak with Tibetans in the West will find this book invaluable.

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. Unlike many courses which use sometimes difficult-to-understand male voices, Yanki's clear pronunciation has been enthusiastically praised by students of Tibetan.

NEW TITLE



* **TIBETAN PILGRIMAGE**, by *Peter Gold*. 200 pp. approx. #SLBKPTPI \$14.95 Summer

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.

COMPLETE TITLE LIST



We share the author'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 Sakyamuni 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

TIBETAN REFLECTIONS, by Peter Gold. 112 pp. 22 color photos #WIBKTR \$11.95
Peter's interesting experiences in refugee communities.

NEW TITLE from SNOW LION



David P. & Janice A. Jackson

TIBETAN THANGKA PAINTING: Methods & Materials, by David P. & Janice A. Jackson with appendix by Robert Beer. 216 pp. 8-1/4" x 11-3/4" #SLBKTTTP \$24.95

This is a new up-dated edition with valuable guidelines for thangka painting using modern tech-

niques and commercially available materials by the highly respected thangka painter, Robert Beer. He has also added many line drawings of the primary deities to show the geometrical proportions.

Tibetan Thangka Painting is the first detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. Not only does this book document an ancient and in some ways endangered tradition, but it can also serve as a useful guide for artists. This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind each completed figure.

Included is a description of the pigments, how they are mixed and how applied. The theories underlying the painting method are elaborated, and different chapters introduce the reader to the basic principles of composition, color and figural proportions.

A wealth of line drawings and photographs illustrates the steps and the many line drawings of symbols and motifs will greatly aid the artist.

Robert Beer discusses in great detail how to use modern techniques and materials. This is an outstanding section and makes this book really useful for Western artists.

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 about how to implement the teachings and integrate them with the mind.

NEW TITLE from SNOW LION



★ **TO LHASA AND BEYOND**, by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama 193 pp. 24 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 travelogue 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 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

NEW TITLE from SNOW LION



★ **TRANSCENDENT WISDOM: A Commentary on the Ninth Chapter of Shantideva's Guide to the Bodhisattva Way of Life**, by H.H. the Dalai Lama; Trans., ed. & annotated by B. Alan Wallace. #SLBKTW \$9.95 May

The *Guide to the Bodhisattva Way of Life* is one of the most highly recommended texts for Mahayana practice. The ninth chapter of that book, the chapter on Transcendent Wisdom, is known among Buddhist scholars as a challenging and profound exposition of the Madhyamika View of Buddhist philosophy. It is difficult to understand without a commentary.

In 1979, His Holiness the Dalai Lama delivered an oral teaching on this text before an assembly of over a thousand Tibetans and Westerners. B. Alan Wallace has translated, edited and added explanatory notes to this extraordinarily clear and valuable commentary which clarifies the different points and shows how the Centrist View differs from other Buddhist and non-Buddhist views.

★ **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 89

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 language 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. We apologize for the time it has taken to complete this book. We think it will certainly be worth the wait.

NEW TITLE

TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course, by Geshe Rabten. 224 pp. #THBKTD \$14.95

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 mental 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, #HITIM \$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, as well as through photographs, sketches, maps and charts. It is an exceptionally well-produced, authoritative guide, and a 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.

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.

NEW TITLE

UNIVERSAL COMPASSION: A Commentary to Bodhisattva Chekhawa's Training the Mind in Seven Points, by Geshe Kelsang Gyatso. 160 pp. #THBKUC \$12.95 June

Universal Compassion is an excellent introduction to the mind-training and transformation teachings of present day Mahayana Buddhism. Beginning with the preliminary practices for successfully engaging in the paths leading to full enlightenment, Geshe Kelsang then sets out the actual methods for developing the mind of universal compassion and explains in detail how all life situations—even the most difficult—can be used to transform our habitual self-centered behavior into authentic loving kindness and concern for others.

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.



COMPLETE TITLE LIST

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. In spite of her new life in an alien world, she 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.

NEW TITLE

WIND BETWEEN THE WORLDS, by Robert Ford. 338 pp. #SGWBW \$12.95

Robert Ford, a former British Army radio operator, was employed by the Tibetan government to head their wireless station in Chamdo, Eastern Tibet. When the Chinese forces invaded Eastern Tibet in 1950, Ford was captured. He spent five years in a communist re-education center. Upon his release in 1955, Ford returned to England where he wrote his unique and intriguing story.

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



NEW TITLE



THE WISH-FULLFILLING JEWEL: The Practice of Guru Yoga According to the Longchen Nyingthing Tradition, by Dilgo Khyentse Rinpoche. 108 pp., #SHWJ \$10.95 June

In the Buddhist tradition, devotion to the spiritual teacher and complete confidence in him are considered to be indispensable in the attainment of enlightenment. Based on the teachings of Jigme Lingpa, a great eighteenth-century saint and visionary, the instructions in this book focus on the devotional practice known as Guru Yoga. The author, H.H. Dilgo Khyentse Rinpoche, is a highly revered meditation master and scholar.

WOMEN & BUDDHISM



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.

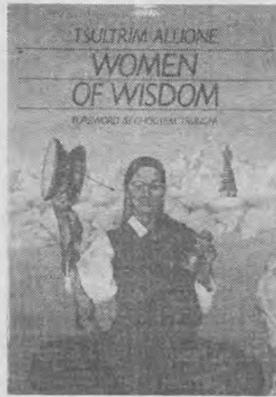
WOMEN IN BUDDHISM: Images of the Feminine in the Mahayana Tradition, by Diana Paul. #UCWB \$10.95

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.

30

177

12



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.



NEW TITLE

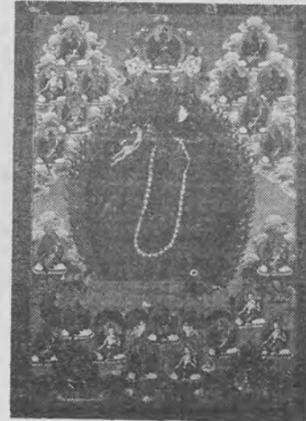
WRITINGS OF KALU RINPOCHE, by Kenneth McLeod. 71 pp. #KKKR \$5.95

Two texts prepared by Rinpoche especially for his Western students on the Foundations of Buddhist Meditation and Mahayana practice. Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic show nature of reality.

NEW TITLE

YOU ARE THE EYES OF THE WORLD, by Longchenpa. 128 pp. #LOY \$16.00

Longchenpa's guide to the *Kunbyed Rgyal-po* presents a method for connecting with intrinsic awareness all the time. This book shows not how to turn life off, or how to create beautiful experiences; it shows how to live within the source of all life, the unified field where all experience takes place. Translated by Kennard Lipman and Merrill Peterson; introduction by Namkhai Norbu.



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: GYU-TO 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*.

EXPLORER SERIES

These four records are well-known for their quality and power. They are \$9.95 ea.:

TANTRAS OF GYUTO: MAHAKALA #NSM Mahakala is the Great Black Lord of Transcending Awareness. He is a manifestation in wrathful form of the Buddha compassion and is a principal protector of the dharma.

TANTRAS OF GYUTO: SANGWA DUPA #NSSD This is the sacred chant of the Guhyasamaja Tantra.

NEW

SHEDUR: A GHOST EXORCISM RITUAL, Ven. *Yeshe Dorje Rinpoche*, Master of the Rite. #NSGER

The Shedur, or "Disposing of the Agents of Death" ritual, is performed here by the Ven. Yeshe Dorje Rinpoche.

TIBETAN BUDDHISM: RITUAL ORCHESTRA & CHANTS #NSRO

Side One: Padma Sambhava Tsechu Sadhana. This invocation to Padma Sambhava is performed on the 10th day of each Tibetan month.

Side Two: Mahakala Sadhana. The external invocation of Mahakala.



GC5 Shakyamuni Buddha
Garuda Verlag Cards

POSTERS

NEW TIBETAN MASSAGE 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 problems with headache, anxiety, insomnia, female difficulties, and many more. Very clear and easy to follow. Written by Dr. Rappay, well-known Tibetan physician.

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."

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.

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.

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.

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.

NEW

VAJRADHARA POSTER 24 x 36" #DRPO1 \$20 This is the finest poster print that we carry. It is truly a beautiful poster with fine gold ink on it.



GC3 Kalachakra Deity



GC9 Labchig Drolma
Garuda Verlag Cards



GC7 Avalokiteshvara
Garuda Verlag Cards

NEW

TIBETAN CALENDAR

RIGPA—Earth Dragon Year 1988-1989, 36 pp. #RIGPA \$6.95 This pocket calendar features the main Buddhist festivals, anniversaries and special practice days of all traditions. Contains photos of lamas and line drawings.



POTALA PALACE, #SLPOPP/\$8 One of the most outstanding pictures of the Potala Palace we've seen.

SPECIAL ITEMS



DHARMA ITEMS

NEW ITEM

AMBROSIA YIN: Amber Resin Essences #AMBER \$16

Amber, the fossilized resin of pine trees. In the Baltic area, hard amber has been worn for centuries as an amulet to protect the wearer from misfortune. Soft amber has an even more ancient tradition. It has been used as a folk medicine in the belief that its smell would strengthen the individual and give him courage from the soul of a tiger. In Europe, it was believed to be a cure-all, protecting health and warding off poisons. The amber resin sold here originates in the Tibetan Himalayas and is packaged in a hand carved rosewood case and a beautiful silk brocade pouch.

AUTHENTIC MINIATURES, (tsa-tsa sculptures)

The following images are available in small (average 2") for \$6 ea.:
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") for \$12 ea.:
Avalokita #TSA:AVALO-L
Green Tara #TSA:TARA-L

BELL & DORJE The supreme symbol of the Vajrayana path are the bell and dorje (*diamond scepter*) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje has five prongs, four at each end curved around the central prong, symbolizing the five Buddha families. Lotus petals decorate the central caps. The handle of the bell is similar to the dorje. The bell is composed of an alloy of several metals and is decorated with Tibetan syllables, lotus petals and dorjes. The bell produces a clear, brilliant tone that symbolizes the open dimension of reality.
 Regular Grade #NEBD3 \$60
 Superior Grade #NEBD1 \$190

NEW ITEM

BUTTER LAMPS #LAMPS \$18
 Beautiful white metal butter lamps over 3" high.

NEW ITEM

DOOR TOP CLOTH #DTOP \$3.50/yd.
 This is cloth purchased in any length which is often hung over an entrance. It has horizontal blue, yellow and red stripes with white pleated cloth hanging from it.

NEW ITEM

NEW HATCHETS #HATCHET \$36.50
 We have a few 11" chachu ritual hatchets.

NEW ITEM



TIBETAN CARPETS 3 x 6' #CARPET \$475

Handwoven, 100% wool, natural vegetable dyes. These carpets were hand-picked for their beauty by our designer, Sidney Piburn. Contact us for more information.

DAMARUS (wood), #DAMARU \$40

DAMARU BANNERS #DAMARUB \$20

DAMARU COVERS #DAMARUC \$12

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

MEDITATION GONG #SAG \$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. Because of the rising value of the yen, we have had to adjust the price.



OFFERING BOWLS (set of 7) Copper (medium-size) #BOWL C \$38
White Metal (medium-size) #BOWL W \$38

NEW

PECA COVERS These are the tradition book covers for Tibetan book leaves. They are also good for wrapping your important bound books.

#PECALG Large cover \$6
#PECASM Small cover \$5
 Peca tongs (labels for book covers) are also available:
#TONGLG Large peca tong \$5.50
#TONGSM Small peca tong \$4.00

INCENSE

AQUILARIA-R #AQ \$5.00 A unique, entirely natural herbal preparation for the relief of stress and tension. Prepared by Dr. Lob-sang 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.

NEW ITEM

CEDAR/ SANDALWOOD 16" bundle (45 sticks) #OSCS \$5

NEW ITEM

EXTRA-GRADE TIBETAN INCENSE 16" bundle (45 sticks) #OSXG \$10

NIRVANA BRAND #TMNIR \$5
 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, #IWTI \$5.00
 Authentic Tibetan incense made by refugees in India. We are offering an excellent brand of Chandan (sandalwood) incense.

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 #JCBLUE \$8
Medium Grade #JCRED \$6
Common Grade #JCYELLOW \$5

PINS, \$5.00
Double Dorje (5 colors) #PIND
Stupa (white) #PINS

PURBAS Tantric daggers made of iron.
#PURBALG 9" \$22
#PURBASM 5" \$11

RUPAS High quality statues of the Buddha and various deities are available on request. We have numerous rupas and our stock is always changing. Materials range from brass to copper with gold and painted faces. Prices vary from \$70 to \$400. #RUPA



THANGKAS We have a number of thangkas of different images. Please call us for information as to availability. Prices range from \$140 to \$650 and the stock changes rapidly. #THANGKAS

NEW

TIBET BAGS #BAGS \$12
 Cloth shoulder bags with TIBET on them. They measure 12 x 13" and can hold a lot.

TIBETAN SHIRTS



NEW ITEM

MALA POUCH #MP \$8
 These are lovely silk brocade pouches with draw strings. They are 6" in diameter.

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. Contact us for a list of our stock. Prices start from \$12.

BONE MALAS, \$22, please allow \$1.50 for shipping. #BONE
 We now have small bone malas with counters and head bead. They are light beige and strung on a red cord. #MALA

NEW ITEM

TIBETAN THERAPEUTIC MASSAGE OIL #RAMO \$8.50
 34 Himalayan Herbs are blended in Olive Oil. Heat before use.

NEW ITEM

WRATHFUL MASKS #MASK \$48
 We have a few hand-carved wooden wrathful masks with the tantric skull crown.

NEW ITEM

MEDITATION CUSHIONS
 Carolina Morning Designs produces high quality cushions at competitive prices and ensures customer satisfaction. These hand-crafted cushions are available in three standard colors: burgundy, royal blue and black. Specify the color of your choice. We plan to fill orders promptly, but it may take up to 4-5 weeks for delivery.

Zafu (round cushion seat) is 12" in diameter, 8" high and is stuffed with kapok. #CMZAFU \$30. Allow \$3.50 for shipping.

Support Cushion is a square cushion which measures 12 x 12 x 3" and is filled with cotton batting. #CMSUPPORT \$10. Allow \$1.50 for shipping.

Zabuton (base cushion) measures 25 x 31 x 3" and is filled with cotton batting. #CMZABUTON \$35. Allow \$4.50 for shipping.

INFLATABLE ZAFU!
#CMINFL \$16. Allow \$2 for shipping.

Just the thing for traveling meditators! A zafu cushion that can be inflated to just the right height and deflated for easy storage. Inside the fine quality zafu cover is a beachball. Inflated it provides dependable support for sitting meditation. Deflated it weighs about 8 ounces and can be folded to fit a small space. The cover is machine washable and dryable. There is an opening from which the beachball can be removed and reinserted. So if later you prefer a more traditional zafu, you can simply remove the beachball and stuff the cushion cover with kapok.

Snow Lion now has 50-50 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.

Teeshirts:
Double Dorje #PHSHIRT \$12
Tibetan Flag #PHSHIRTF \$14
 (Five Colors)
Om Mani Padme Hum Lotus #PHSHIRT \$12

Sweatshirts:
Double Dorje #PHSHIRT2 \$24
Tibetan Flag #PHSHIRTF2 \$28
Om Mani Padme Hum Lotus #PHSHIRT2 \$24

KAPALAS (skull cup)
 Medium brass #KAPALAB \$36
 Medium copper & silver #KAPALAC \$100

KATAS (offering scarves)
#KATAS \$28
 These are extraordinarily fine and beautiful, pure silk white offering scarves that are woven with the 8 auspicious symbols and are very long.

NEW ITEM

CURVED RITUAL KNIVES #KNIFE \$36.50
 The blade is 6" wide. Has dorje on handle.

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.

NEW

TIBETAN MEDICINE BRACELETS & RINGS #3METAL
 The healing tri-metal formula for arm and hand pain. These traditional Tibetan bracelets and rings are crafted from interwoven copper, brass, and iron. They are attractive, adjustable and functional.

Bracelet:
 Woven 3-metal \$17
 Thin 3-metal band \$14
 Medium 3-metal band \$19

Ring:
 3-metal bands \$11.50

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

FILMS

TIBET:

A BUDDHIST TRILOGY

Three award-winning movies from Orient Films of England are available from Snow Lion. *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."—Shella Benson, *Los Angeles Times*.

"Quietly powerful, an astonishing achievement."—Geoff Brown, *The London Times*.

The four hours of 16mm film can be rented for \$200 plus postage via Express Mail. The films can also be rented individually.

RADIATING THE FRUIT OF TRUTH, 125 minutes. \$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 practices related to the Noble Savioress, 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. \$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. \$50 rental, plus shipping. #OFP

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 blue print for a future Tibet.



VIDEO

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 (VHS) 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 (VHS) 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.



VIDEO DHARMA

These films are available in VHS format.

THE BODHISATVA MOTIVATION: THE PERFECTION OF CONCENTRATION, by the Dalai Lama. 80 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.

MEDITATION IN BUDDHISM, 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. 1 hour. #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.

NEW TITLE

LORD OF THE DANCE/ DESTROYER OF ILLUSION, dir. by Richard Kohn, 113 minutes. #FRLD \$59

Lord of the Dance is the god of Mani-Rimdu, the major religious festival of the Everest region. Each autumn, Trulshig Rinpoche, the spiritual leader of the Everest region, goes from his home in Thubten Choling to Chiwong Monastery to preside over the festival.

During three weeks of ancient and secret ceremonies, the monks of Thubten Choling and Chiwong become Lord of the Dance, and with the compassion and the power of gods, undertake heroic tasks. They challenge the most dangerous supernatural forces of the universe, bend them to their will, and then dramatize that conquest in dance. They dissolve the universe into clear and infinite light, and pour that energy into magic pills that they will distribute to the thousand villagers who come to Mani-Rimdu seeking empowerment.

In LORD OF THE DANCE/ DESTROYER OF ILLUSION, we meet the men who undertake these tasks. We see the world through their eyes—a world where the mountains are filled with gods, and a human being's potential is only limited by his imagination and his will.

MAHAMUDRA: AN INTRODUCTION TO THE NATURE OF THE MIND, by Kalu Rinpoche. approx. 1 1/3 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.

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. We only have a few left of this film.

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.

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. #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 infrequent 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.

NEW TITLE

REQUIEM FOR A FAITH, 28 minutes. #HFRF \$89

This award-winning film tells the story of Tibetan Buddhism, alive today in a remote Indian refugee camp. Dr. Huston Smith's poetic narration guides us through a world of ancient rituals, continuous meditation, deep compassion and a profound faith in the divinity of man.

NEW TITLE

THE SOUND OF WISDOM, 1 hour. #HFSW \$89

THE SOUND OF WISDOM is a one-hour documentary about the

One World Music festival of sacred chant held at the Cathedral of St. John the Divine in New York City. In a historic two-day program of concerts and symposia, the festival brought together the Tibetan Buddhist monks of Gyuto Tantric College and Western composers—David Hykes, Pauline Oliveros and Terry Riley—whose work has been inspired by the sacred music traditions of Asia. The monks and musicians were joined in the symposia by composer Philip Glass, Prof. Robert Thurman and Tim Wilson, CBC producer and panel moderator.

The host, Kabir Bedi, focuses on the central themes of the festival: the transformative power of sacred chant, its essential role in human expression, and the underlying unity of the spiritual and secular spheres of human culture. Moving from the ancient Tibetan rituals to the New Music performances, and using the symposia footage and background explanations by Bedi, the video provides a unique opportunity to explore the various ways in which harmonics and mantric sounds clarify perception and bring the performer/listener to a fully integrated state.

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.

SPECIAL ITEMS

CULTURAL/DOCUMENTARY VIDEOS

Avalokiteshvara: The Dalai Lama in Europe 1982, 40 min.,	\$50
HHDL Visits Europe, 1986, 40 min.,	\$50
Remember Tibet, 1 hr.,	\$50
Debate in the Tibetan Tradition, 1 hr.,	\$50
Two Tibetan Nunneries, 30 min.,	\$40
Three Great Monasteries, 1 hr.,	\$50
Kalachakra 1974, 1 hr.,	\$50
Birth of a Buddha, 18 min.,	\$44
Tibet: The Cultural Evolution, 1 hr.,	\$50
Buddhism in Focus: The Life and Teachings of the Buddha, 30 min.,	\$64
Buddhism in Focus: The Buddhist Way of Life, 30 min.,	\$64
Visions of Hope: The Near Death Experience, 1 hr.,	\$50
The Dalai Lama of Tibet: 25 Years in Exile, 52 min.,	\$50
Kalachakra for World Peace, Switzerland, 1985, 1 hr.,	\$50

MERIDIAN TRUST VIDEOS

We are pleased to offer the complete line of Meridian Trust Films for you. In addition to the excellent talks captured on these films, many of these valuable teachings contain some of the last records of great lamas. The price of the video includes shipping, handling and insurance. The videos will be sent from London so please allow 4 weeks for delivery. We will Telex your orders to Meridian from Snow Lion and the orders will be filled as quickly as possible. For a complete descriptive catalog please contact Snow Lion.

HIS HOLINESS THE DALAI LAMA

Peace: A Goal of All Religions, 1 hr.,	\$50
HHDL Visits Christian and Buddhist Communities, 1 hr.,	\$50
Peace Through Human Understanding, 1 hr.,	\$50
The Gift of Peace: A Message for All Faiths, 1 hr.,	\$50
Contribution of the Individual to World Peace, 1 hr 15 min.,	\$50
Peace of Mind: Peace in Action, 1 hr.,	\$50
World Peace, 1 hr.,	\$50
The Experience of Transition, 1 hr.,	\$50
Individual Responsibility Towards World Peace, 90 min.,	\$62
The Future of Religion, 1 hr.,	\$50
The Essence of Buddhist Philosophy, 65 mins.,	\$52
The Essence of Mahayana Buddhism, 1 hr.,	\$50
The 37 Practices of a Bodhisattva, Kalachakra, Rikon, July 1985, 5 hrs.,	\$124
The Song of Ultimate Reality, 1 hr. 30 min.,	\$62

H.H. SAKYA TRIZIN

The Teaching of Buddha in Everyday Life, 1 hr. 30 min.,	\$62
The Triple Vision, 6 hrs.,	\$138
The Nature of Mind, 1 hr. 30 min.,	\$62

VEN. TSENZHAB SERKONG RINPOCHE

A Kind Heart, 1 hr.,	\$50
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VEN. KYABJE ZONG RINPOCHE

The Basis of the Spiritual Path, 2 hrs. 30 min.,	\$80
The Principles of the Spiritual Path, 4 hrs.,	\$110

PROFESSOR NAMKHAI NORBU

Dharma: The Meaning of Existence, 2 hr. 45 min.,	\$85
Dzogchen in Daily Behavior, 1 hr. 30 min.,	\$62
The Three Testaments of Garab Dorje, 1 hr. 15 min.,	\$55
Sem-dzin: 21 Ways of Focussing the Mind, 2 hr.,	\$70
The Dzogchen Rite, 1 hr.,	\$50

VEN. LAMA THUBTEN YESHE

Extracting the Essence, 2 hr. 45 min.,	\$85
The Three Principles of the Path, 1 hr. 45 min.,	\$65
Tantra: The Experience of Transformation, 1 hr.,	\$50

VEN. KALU RINPOCHE

The Nature of Mind, 2 hrs. 30 min.,	\$80
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VEN. SUMEDHO

The Family, 1 hr.,	\$50
Practice in Lay Life, 1 hr.,	\$50
Towards the Future, 1 hr.,	\$50
The Buddhist Idea of a Perfect Society, 1 hr.,	\$50

VEN. GESHE NAMGYAL WANGCHEN

Spiritual Life in a Material World, 1 hr.,	\$50
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DR. LOBSANG RABGAY

Tibetan Medicine: An Introductory Lecture, 2 hr.,	\$70
Introduction to Buddhist Psychotherapy, 4 hrs.,	\$110

VEN. DR. TENZIN CHÖEDAK

The Principles of Tibetan Medicine, 5 hrs.,	\$124
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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. THE DALAI LAMA

COMPASSION (1) #SLTPHHC \$7 This is one of the most moving talks on this topic by His Holiness.

THE FOUR DHARMAS OF GAMPOPA (1) #TBTPTFDG \$7

HARVARD SEMINARS (12) #SLTPHHHS \$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.

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.

VAJRASATTVA (1) #SLTPHHVM \$7 Trans. by Jeffrey Hopkins Visualization & commentary.

WISDOM & COMPASSION IN TANTRA (1) #SLTPHHWC \$7 Trans. Jeffrey Hopkins

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) #SLTPKLIPDA \$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) #SLTPMTMCC \$7 Trans. Robert Thurman

PSYCHOLOGY SEMINAR (7)

#SLTPPTPS \$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

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.

DR. LOBSANG RAPGAY, Ph.D.

DEALING WITH ANGER: A Buddhist Psychotherapeutic Approach (1) #RAWA \$10

MEDICINE BUDDHA HEALING CHANTS (1) #RAMB \$10 This lecture is very good. The sound quality of the chants is not great.



LOBSANG LHALUNGPA

Lobsang Lhalungpa is one of the finest authors and translators of Tibetan Buddhism. These talks were given at the Tibetan Meditation Center in Wash. D.C.

ENLIGHTENMENT—EMPTINESS (1) #TBTPEE \$7

THE MEANING OF DHARMA (1) #TBTPTMD \$7

ZASEP TULKU RINPOCHE

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



SPECIAL ITEMS

TAPES CONTINUED

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

SEMINAR ON GROUNDS AND PATHS (3) #SLTPJHSGP \$21

SEMINAR ON THE TWO TRUTHS IN THE FOUR TENETS (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 \$9 The Wheel of Life, described here in all its wealth of detail, is not only a painting but a mirror, giving one successively more profound insights into oneself, and revealing the steps in escaping the endless round.

THE TANTRIC SYMBOLISM OF THE STUPA (1)

#ALTPS104 \$9 The stupa is explained in terms of the five elements, the Vase of Initiation, and the Flaming Drop.

SYMBOLISM OF THE SACRED THUNDERBOLT OR DIAMOND SCEPTRE OF THE LAMAS (1)

#ALTPS105 \$7 The Vajra symbolizes the union of opposites and the Transcendental power that breaks through all obstacles to Enlightenment. The image of the vajra came to represent reality itself, so that Tantric Buddhism is also known as the Vajrayana.

SYMBOLISM OF THE COSMIC REFUGE TREE AND THE ARCHETYPAL GURU (1)

#ALTPS106 \$9 Reveals the Three Esoteric Refuges of Tantric Buddhism, this lecture goes on to describe the practices of prostration and guru-yoga.

SYMBOLISM OF THE CREMATION GROUND AND THE CELESTIAL MAIDENS (1)

#ALTPS107 \$7 Are we ready to face our own death, and the total transformation it symbolizes? Sangharakshita here describes the practice of the Ten Stages of the Decomposition of the Corpse, the Mandala of the Eight Cremation Grounds, and the Dakinis who dance there.

SYMBOLISM OF OFFERINGS AND SELF-SACRIFICE (1)

#ALTPS108 \$9 In this lecture we are shown how the symbolism of ritual offerings originated in the Hinayana and Mahayana, and flowered with the Tantric offerings, particularly the offering of the Mandala.

SYMBOLISM OF COLORS AND MANTRIC SOUND (1)

#ALTPS109 \$9 Color and sound have rich symbolic significance, and so are crucial agents of transformation. The lecture concludes with a brief introduction to the figure of Manjushri, the Bodhisattva of Wisdom.

SYMBOLISM OF THE FIVE BUDDHAS 'MALE & FEMALE' (1)

#ALTPS110 \$9 8-FOLD PATH: RIGHT AWARENESS (1) #ALTPS53 \$7 Forgetfulness and distraction are the rule in ordinary life, but awareness and a fullness of mind is at the heart of human growth and development. Sangharakshita distinguishes four dimensions of awareness, each with its own qualities: awareness of things, self, others, and of reality.



CARDS/POSTERS/PRINTS



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.

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. #THCSET-F

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.

Traditional thangka images.

- | | |
|------|----------------------|
| GAC1 | Gelupa Guru Tree |
| GAC2 | Amitabha in Dewachen |
| GAC3 | Kalachakra Deity |
| GAC5 | Buddha with Discip. |
| GAC6 | Tsong-ka-pa on Lion |
| GAC7 | Avalokitesvara |
| GAC8 | Vajrayogini |
| GAC9 | Labchig Drolma |

NEW POSTCARDS FROM GARUDA!

These postcards contain exquisite traditional thangka images.

- | | |
|--------|------------------------|
| GAC10 | 4 Sakya Lamas |
| GAC11 | 35 Buddhas |
| GAC12 | Padmasambhava |
| GAC13 | White Tara |
| GAC14 | Cakrasamvara |
| GAC15 | Green Tara |
| GAC111 | Jambhala |
| GAC113 | Vairocana |
| GAC114 | Simhavaktra |
| GAC115 | White Mahakala |
| GAC116 | Vajrapani |
| GAC118 | Peaceful Bardo Deities |
| GAC119 | Wrathful Bardo Deities |
| GAC124 | Yamantaka |



NEW

POMEGRANATE NOTE-CARDS

\$1 ea. with envelopes
Three striking Buddhist images have been selected for you.

- | | |
|------|--------------|
| PMBE | Buddha Eyes |
| PMPB | Prayer Beads |
| PMPF | Prayer Flags |

NEW

NOTE-CARDS OF THE FIVE DHYANI BUDDHAS

\$7 for 10 cards plus envelopes.
There are two cards for each Buddha—they portray the seed syllable in its appropriate color. #HCNC1



NEW

KALACHAKRA EMBLEM NOTECARDS

\$12 for 10 cards plus envelopes.
These are full-color cards of the Kalachakra mantra. Contemplation of this aids in forming a karmic connection with the teachings, and the presence of this image is said to dispel negative influences. #HCNC2

NEW

KALACHAKRA EMBLEM PRINT

8 X 10" full-color #HCPRI \$7



NEW

8 AUSPICIOUS SYMBOLS NOTECARDS

\$5 for 8 cards plus envelopes. #HCNC3

NEW

MAHASIDDA NOTECARDS

\$1.50 ea. Ten paintings by Robert Beer, eight of them of the great Mahasiddhas, are now available as notecards with envelopes. They are beautiful.

- | | |
|--------|----------------------|
| WINC1 | Mahasiddha Aryadeva |
| WINC2 | Mahasiddha Darikapa |
| WINC3 | Mahasiddha Ghantapa |
| WINC4 | Mahasiddha Kukkuripa |
| WINC5 | Mahasiddha Luhipa |
| WINC6 | Mahasiddha Naropa |
| WINC7 | Mahasiddha Tantripa |
| WINC8 | Mahasiddha Tilopa |
| WINC9 | Heruka & Vajrarahi |
| WINC10 | Vajrasattva |

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 |

NEW

VAJRADHARA POSTER \$20

This is the finest deity poster print we have seen. It measures 24 x 36". You can't go wrong. DRPO1 Vajradhara

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 |

SPECIAL ITEMS

SNOW LION TIBET CARDS

IMAGES FROM TIBET

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 brilliant full-color postcards capture some of the best and most beautiful 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) #SLCNEW35.

- SLSTC34# Jokhang Temple
- SLSTC35# Jokhang Rooftop
- SLSTC36# Jo Rinpoche Statue
- SLSTC37# Young Monk on Roof
- SLSTC38# Potala Palace
- SLSTC39# Potala Rooftop
- SLSTC40# Tashilunpo Monastery
- SLSTC41# Rebuilding of Ganden
- SLSTC42# Monks of Nechung
- SLSTC43# Dharmachakra
- SLSTC44# Mandala Offering
- SLSTC46# Chorten of Gyantse
- SLSTC47# Sakya Monastery
- SLSTC48# Milarepa's Cave
- SLSTC49# Drepung Monastery
- SLSTC50# Kumbum Monastery
- SLSTC51# Sera Monastery
- SLSTC52# Tibetan Women
- SLSTC53# Maitreya Statue
- SLSTC54# Woman with Headdress
- SLSTC55# Lamayuru Monastery
- SLSTC56# Woman Chanting
- SLSTC57# Monk in Meditation
- SLSTC58# Pilgrim Prostrating
- SLSTC59# Horseman
- SLSTC60# Yak
- SLSTC61# Nomadic Tent
- SLSTC62# Ceremonial Tent
- SLSTC63# Monks Debating
- SLSTC64# Potala Stairs
- SLSTC65# View from Jokhang Roof
- SLSTC66# Young Monks Studying
- SLSTC67# Carved Buddha
- SLSTC68# Chorten Detail
- SLSTC69# Golden Buddha



SLSTC59 Horseman

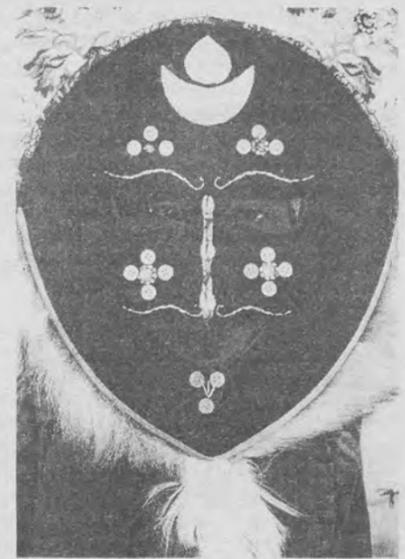
IMAGES OF TIBETAN CULTURE

In these 32 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).

- SLSTC1# Statue
- SLSTC2# Monastery Interior
- SLSTC3# Thikse Monastery
- SLSTC4# Tibetan Rug Weaver
- SLSTC5# Mountain Sunset
- SLSTC6# Monastery Courtyard
- SLSTC7# Landscape Sunset
- SLSTC8# Smiling Lady
- SLSTC9# Long-life Offering
- SLSTC10# Dalai Lama at Kalachakra
- SLSTC11# Tibetan Pilgrim
- SLSTC12# Masked Dancer
- SLSTC13# Tibetan Man & Child
- SLSTC14# Tibetan Monk in Prayer
- SLSTC15# Tibetan Ladies Singing
- SLSTC16# Potala Palace
- SLSTC17# Young Tibetan Monk
- SLSTC18# Potala from Back Side
- SLSTC19# White Masked Dancer
- SLSTC20# Tibetan Lamas
- SLSTC21# Red-Masked Dancer
- SLSTC22# Dalai Lama & Dingo Khyentse R.
- SLSTC23# Tibetan Horseman
- SLSTC24# Elderly Man with Prayer Wheel
- SLSTC25# Bashful Khampa Girl
- SLSTC26# Tibetan Thangka Painter
- SLSTC27# Tibetan Mask
- SLSTC28# Swayambhu Dorje
- SLSTC29# Tibetan Ngakpa
- SLSTC30# Woman with Dog
- SLSTC31# High Lamas at Kalachakra
- SLSTC32# Woman with Prayer Wheels



SLSTC27 Tibetan Mask



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).

IMAGES OF LOST TIBET

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- SC53 Tibetan woman with prayer beads
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Wife of Tibetan Governor



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