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Jokhang Temple, Lhasa, Tibet

Photo: Peter Gold

THE LUMINOUS NATURE OF THE MIND

by His Holiness the Dalai Lama

It is necessary for us to familiarize with and get used to good attitudes, but our habituation to bad emotions such as hatred makes a huge obstacle. Thus, we need to identify the various forms of bad afflictive emotions and combat them right on the spot. If you gradually become accustomed to controlling bad attitudes, over a period of years it is possible even for someone who often used to get very angry to become calm.

Some people might feel that you lose your independence if you do not let your mind just wander where it wants to, if you try to control it. This is not so; if your mind is proceeding in a correct way, you already have independence, but if it is proceeding in an incorrect way, it is necessary to exercise control.

Is it possible to get rid of the afflictive emotions completely or is it possible only to suppress them? From the Buddhist point of view, the conventional nature of the mind is clear light, and thus defilements do not reside in the very nature of the mind; defilements are adventitious, temporary, and can be removed. From the ultimate point of view the nature of the mind is its emptiness of inherent existence.

If afflictive emotions, such as hatred, were in the very nature of

the mind, then from its inception the mind would always have to be hateful, for instance, since that would be its nature. However, that this is not so is obvious; it is only under certain circumstances that we become angry, and when those circumstances are not present, anger is not generated. This indicates that the nature of hatred and the nature of mind are different even if in a deeper sense they both are consciousnesses thus having a nature of luminosity and knowing.

What are the circumstances that serve as a basis for generating hatred? It is generated because we superimpose upon phenomena an unattractiveness or badness that exceeds what is actually there. With this as a basis we get angry at what prevents our desires. Hence, the foundation of a mind of hatred is not valid. However, a mind of love does have valid foundation. When, over a long period of time, an attitude that has a valid foundation competes with an attitude that does not, the one with the valid foundation will win.

Therefore, if you familiarize steadily over a long period of time with good attitudes that have a valid foundation, bad attitudes that do not will gradually diminish. When training physically in broad-jumping, for instance, the basis of the process is the gross physical

body, and thus there is a limit to how much you can jump. However, since the mind is an entity of mere luminosity and knowing, when the basis of training is the mind, it is possible through gradual familiarization to develop salutary attitudes limitlessly.

We ourselves know that the mind can remember many things; putting one thing in mind and then another, it is possible to keep a great amount in memory. Nowadays we cannot retain an extraordinary amount, but we are using only grosser levels of consciousness; if we utilize more subtle levels, we can retain even more.

Qualities that depend on the mind can be increased limitlessly. As much as you implement and increase the antidotal attitudes that counter afflictive emotions, so much do those unfavorable attitudes decrease, finally being extinguished altogether. Hence, it is said that since we have a mind that has a nature of mere luminosity and knowing, all of us have the fundamental substances necessary

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Sogyal Rinpoche

Fluent in English and well-known in the West because of his frequent appearances in the media and at international conferences, Sogyal Rinpoche is a Buddhist master who was born in Tibet and trained by some of the greatest teachers of this century. He is acknowledged as a pioneer in drawing out the common insights of the ancient Buddhist wisdom of Tibet and blending them with modern experience and research. Study-

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Luminous Nature

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for the attainment of Buddhahood.

A basic Buddhist point is that in dependence upon the mind's being essentially an entity of mere luminosity and knowing, it can be shown that the mind can eventually know everything. This, from a philosophical viewpoint, supports the position that good attitudes can be increased limitlessly.

In terms of daily practice it is very helpful to identify the conventional nature of the mind and concentrate on it. The reason why it is hard to identify the nature of the mind is that it is as if covered over by our own conceptions. Therefore, first, stop remembering what happened in the past and stop thinking about what might happen in the future; let the mind flow of its own accord without conceptual overlay. Let the mind rest in its natural state, and observe it. In the beginning, when you are not used to this practice, it is quite difficult, but in time the mind appears like clear water. Then, stay with this unfabricated mind without allowing conceptions to be generated.

For this meditation early morn-

ing, when your mind has awakened and is clear but your senses are not yet fully operating, is better. It helps not to have eaten too much the night before nor to sleep too much; this makes the mind lighter and sharper the next morning. Gradually the mind will become more and more stable; mindfulness and memory will become clearer.

See if this practice makes your mind more alert throughout the day. As a temporary benefit your thoughts will be tranquil. As your memory improves, gradually you can develop clairvoyance, which is due to an increase of mindfulness. As a long term benefit, because your mind has become more alert and sharp, you can utilize it in whatever field you want.

If you are able to do a little meditation daily, withdrawing this scattered mind on one object inside, it is very helpful. The conceptuality that runs on thinking of good things, bad things, and so forth and so on will get a rest. It provides a little vacation just to set a bit in non-conceptuality and have a rest. ■

This is a chapter from *Kindness, Clarity and Insight*.

PILGRIMAGE FOR ACTIVE PEACE

Tai Situ Rinpoche, one of Tibet's most revered lamas, is bringing his Pilgrimage for Active Peace—a four-month-long trek for justice, harmony and peace—to the Bay Area, the only North American stop on a remarkable six-stop journey around the world.

The Pilgrimage's San Francisco visit, scheduled for October 10-15, will be enhanced by the presence of His Holiness the Dalai Lama, who has accepted the Tai Situpa's invitation to join the Pilgrimage in Bodhi Gaya, San Francisco and New Delhi.

Activities planned for this unprecedented Bay Area "day of peace" include a Commonwealth luncheon speech by the Dalai Lama entitled "Peace through Economic Progress" (which will be broadcast live on KQED radio at 1 PM); an interfaith prayer service with the Bay Area's leading religious figures at San Francisco's Grace Cathedral; and an inspirational weekend atop Mount Shasta to include a traditional Tibetan environmental peace ceremony.

The Pilgrimage for Active Peace began on Sept. 3, 1989, when the Dalai Lama, the Tai Situpa and his disciples gathered at Bodhi Gaya, India, site of the Buddha's enlightenment. Before arriving in San Francisco, they will travel to the historic Camaldoli Monastery in the mountains of Italy to meet with Christian monks and examine the relationship between internal peace and the pursuit of active peace. They will continue on to Dumfriesshire, Scotland, where Nobel Laureates will join the Pilgrimage at the largest Buddhist temple in Europe to discuss how current technology can be applied to peace efforts.

The Pilgrimage's San Francisco stay will be followed by a stop in New Delhi, India, where the Tai Situpa, accompanied by the Dalai Lama, Mother Teresa and the heads of the 10 major religions of India, will lead a public "padyatra," or walk for peace culminating in prayers at Raj Ghat, sacred site of Gandhi's cremation. They then will travel to Taiwan

where tens of thousands of people will join the heads of the four sects of Tibetan Buddhism and an entourage of Mahayana monks to dedicate themselves in prayers for peace; and, on the final leg of this maiden peace mission, to Kathmandu, where the people of Nepal will join the Pilgrimage in carrying a torch from Lumbini, birthplace of Buddha, to a high spot at the northern end of the Kathmandu valley where an eternal flame for peace will be lit in full sight of the Himalayan range and Mount Everest.

For more information on the San Francisco events planned for the visit of the Pilgrimage for Active Peace, the public is invited to contact Maitreya Institute at 415-781-5590 or 392-4080. ■



"Mahamudra is beyond all words and symbols, but for you, Naropa, earnest and loyal, must this be said. The Void needs no reliance, Mahamudra rests on nothing. Without making an effort, but remaining loose and natural, one can break the yoke thus gaining liberation.

"If one sees nought when staring into space, if with the mind one then observes the mind, one destroys distinctions and reaches Buddhahood. The clouds that wander through the sky have no roots, no home; nor do the distinctive thoughts floating through the mind. Once the Self-mind is seen, discrimination stops."—excerpt from *The Six Yogas of Naropa*, poem by Tilopa.

Sogyal Rinpoche

(continued from page 1)

with him at Dzongsar, where he brought me up like his only son. So I grew up spending more time with him and my aunt Khandro Tsering Chodron, his spiritual wife, than with my own parents.

My first recollection, in fact my entire childhood memory, is of this incredible being. He created the atmosphere of wisdom and compassion in which I grew up, for what he provided me with in the beginning was not the teaching but an environment. It was extremely cozy, and for me it was the ultimate security. I was very happy with him, and preferred staying with him rather than with my family. I would sleep next to him and eat from his bowl.

As I grew older, he would let me watch when he taught. He understood that children learn more through watching than through direct teaching, and as it all just went on around me, I became very interested and very enthusiastic. For example, I would watch the teachings with my master in the morning and in the evening when I was playing with my friends, I would put on a performance of what he had done, like a little theater. He just had me be with him all the time, which I really enjoyed. I would constantly ask him questions, and he was always very patient.

More than intellectual knowledge, through him I picked up the feeling, an intuitive understanding of the tradition. He really was the living example of the teaching. He was truly Buddha in the flesh, of that there is no doubt. At that time in Tibet, he was considered the master of masters. He had received teachings for about thirty years from more than eighty great masters from every tradition, so held all the lineages. He was the teacher of so many of the present living masters of all schools.

Coincidentally, Khyentse Rinpoche had already given me the name Sonam Gyaltzen, "Banner of Merit," which abbreviates to Sogyal, before he recognized me as the incarnation of several masters, the two most prominent being Tertön Sogyal and Lingsang Gyalpo—the King of Ling, who was a direct descendant of Gesar of Ling, a great yogin and Tertön, and a disciple of the first Jamyang Khyentse Wangpo. H.H. Karma-pa told me twice in Sikkim in 1959 that he believed that I was the incarnation of the Dzogchen master Do Khyentse.

The great mystic Tertön Sogyal (1856-1926) was quite an unusual kind of master. In fact, he was already grown-up before he encountered the Dharma, which in itself was exceptional enough in Tibet. At first he was sent out by his family to hunt animals, yet whenever he went out with the others on these hunting expeditions, a very curious thing happened. On account of his past karma, as he looked down the sights of the gun, the symbolic script of the Dakinis would appear in front of his eye. He would see it, miss his aim and be unable to hit his quarry. Since he was very young, he did not know that this was actually Dakini writing, which, for a Tertön, of course, is the source of the Terma teachings.

Frustrated by his failure as a hunter, next his parents sent him to join a gang of bandits, where some initial successes were followed by a series of incidents which led him to become more and more disenchanted with his way of life. One day, he and his band went out to rustle horses,

when the owners began to give chase. They had to move quickly, and amongst the horses was a pregnant mare which was about to give birth. Trying to stop her as she fled in the stampede, one of the robbers slashed at her with his sword, tearing a huge gash in her stomach, through which her foal was born. The mare immediately stopped in her tracks and began licking and caring for her young. When Tertön Sogyal saw that this mare, her stomach ripped open and her intestines spilling out, still had such love for her foal; a tremendous feeling of compassion surged up in him, awakening the compassion of his previous lives. With it came the conviction that the one and only point of this human life was to help beings and show them compassion and love.

From that point onwards, he abandoned everything, gave away all that he owned and went to study under the great Dzogchen master Nyoshul Lungtok Tenpe Nyima, who was one of the closest disciples, or 'heart sons' of the great Patrul Rinpoche. From him he received Patrul Rinpoche's 'Nyongtri Chenpo' or 'experiential instruction' on the whole teaching of Dzogchen.

Tertön Sogyal became quite a close friend of a great Geshe called Tsultrim Namgyal, who had spent fifty or sixty years studying the scriptures, until his hair had turned white. When they used to talk and share their knowledge, it seemed that, although the Geshe had spent longer studying, yet when it came down to the real, essential meaning of the teaching, Tertön Sogyal knew more. Tsultrim Namgyal was astounded and asked him: "How and where did you acquire all this tremendous knowledge and wisdom?" Whereupon he explained about Patrul Rinpoche and his amazing method of Dzogpachenpo, which is such that once a person has really completed and realized it, they become a master of all teachings, without even having to study them. Through this training, Tertön Sogyal gained more understanding than someone who would have spent ten or fifteen years or more studying in a conventional sense. His wisdom or prajna was awakened, so much so that he realized the heart of hearts of all the teachings.

Tertön Sogyal went on to study under the great Jamyang Khyentse Wangpo, Patrul Rinpoche himself, Jamgon Kongtrul, Mipham and Nyala Pema Dudul, a master who attained the rainbow body. He discovered a large number of treasures (ter) concealed by Padmasambhava, which were assembled into the twenty volumes of his Collected Works, and he became the personal Lama and friend of the XIIIth Dalai Lama. Towards the end of his life, Trime Ape, one of his two principal disciples, asked him where his future incarnation would be born. He replied: "My incarnation will not come for a while. My role in Tibet has actually finished. In the future my teaching will be in western lands, and for the western world."

These details of Tertön Sogyal and his life come from the contemporary Dzogchen master Nyoshul Khenpo Jamyang Dorje, who was a direct disciple of Trime Ape.

When I was older I had a tutor, and began to study about twelve hours a day. First we studied reading and writing, poetry and drama, then logic and metaphysics. My master would check to see that there was not a minute wasted. It was very strict. They are more strict with incarnations because more is expected from them. At

the same time you are taught from a very young age not to let it go to your head, and your tutor treats you as somebody very ordinary. The training was very tough with a great deal of memorization of scriptures, and if you did not work diligently enough you were made to feel your tutor's displeasure.

In the early fifties, the situation in East Tibet deteriorated rapidly. In fact my master was one of the first to leave Kham for Central Tibet, and many Lamas took his lead and were able to escape because he had moved so early. For a long time he had wanted to go to India on pilgrimage, to fulfil a wish of his own master to visit the holy places of Buddha. Also he had been officially invited to Sikkim by the King, as he was the incarnation of Lhatsun Namkha Jikme, one of the great saints of Sikkim. So we left for Central Tibet in 1954-5, after which it was decided to continue to Sikkim. Then as conditions in Tibet worsened we chose to wait instead of returning, and during this time we continued our pilgrimage. My master passed away in Sikkim in 1959. After this many people around me, including my mother, felt that I should learn English and the ways of the outside world. I began my western studies while at the same time continuing my own training with my other masters, especially H.H. Dudjom Rinpoche and H.H. Dilgo Khyentse Rinpoche, one of the oldest disciples of my master and the greatest living exponent of Dzogchen.

It is interesting that there is no time limit for transmission, indeed it is happening all the time. Even though my Master is not with me physically, since he passed away when I was rather young, I realize the influence that he has had throughout my life. It was through him, for example, that I met Dudjom Rinpoche, who was the head of the Nyingma School, whom I later served as translator for about six or seven years. Through Dudjom Rinpoche's guidance and kindness, my understanding of Dzogchen blossomed, and it was he who inspired and encouraged me to teach.

I attended a Catholic School in India, and then studied Indian philosophy at a university in Delhi, after which I received a visiting scholarship to Trinity College, Cambridge, where I studied comparative religions. When the Dalai Lama came to Europe for the first time in 1973, I served as his assistant and helped to arrange his visit to Cambridge, and then my own teachers, like Dudjom Rinpoche, began to come to the West and I travelled with them in Europe and America for several years.

I only mention all these details in order to express my gratitude for the blessing I have received, as I try in my own small way to transmit the work of my masters.

From the beginning when I first started learning English I felt that my work was in the West rather than in India. I did not really see myself as a traditional Lama. Even as a child I intuitively felt that I needed to make some kind of contribution, and my master made a point of prophesying that I would play a part in continuing his work in the future. It is only now that I realize what my master did. More and more I understand how he prepared me and created the potential. He saw that Buddhism would change a great deal and that maybe I would be one of those who might be able to create the bridge between the traditions of Tibet and the West and bring out that wisdom. I really feel his blessing, and I try to continue. ■

NEWS & PROFILES



OPEN LETTER TO DISCIPLES AND FRIENDS OF KHYAB JE KALU RINPOCHE

Sonada Monastery May 15, 1989

At 3 PM, Wednesday, May 10, 1989, our precious Lama, Khyab Je Kalu Rinpoche, passed from this world into the pure realms. In the interest of bringing Rinpoche's presence closer to each of his disciples at this time of our shared loss and grief, we would like to present an account of the events of the last few months, as well as the events that will now unfold.

In late November, Rinpoche travelled with the lamas and monks of his monastery as well as the members of his translation committee, a total of about a hundred persons, to Beru Khyentse Rinpoche's monastery in Bodhgaya. Rinpoche made it clear that he wanted everyone to travel together with him, and so the monastery drove in a caravan of two buses and two cars—Rinpoche surrounded by his monks and disciples—from Sonada to Bodhgaya. Having established the activities of the lamas, monks and the translators, Rinpoche travelled to Los Angeles for a visit of a few weeks, during which he gave a number of empowerments and teachings. Rinpoche was invited to stay in America to build up his strength, but was determined to return to India to support the translation work that has been his principal concern for the last two years.

Upon returning to India, Rinpoche visited Bodhgaya briefly, encouraging his monks and translators in their activities and meeting with Dilgo Khyentse Rinpoche who was completing a Drupchen at the Kagyu monastery; then he travelled to Sherab Ling, the monastery of Tai Situ Rinpoche. Kalu Rinpoche had been invited on many occasions to visit Sherab Ling and had been unable to go there previously. He felt this

would allow him to both participate in the Losar (Tibetan New Year) festivities with Situ Rinpoche and also to visit His Holiness the Dalai Lama who was in residence in Dharamsala at that time. He stayed about one week at Sherab Ling.

While there, Rinpoche was in fact able to visit His Holiness in Dharamsala. They had a long visit, took a meal together, and discussed a number of subjects. His Holiness expressed his pleasure with Rinpoche's activities, promised to do whatever he could to further the work of Rinpoche's translation project, and showed his concern for Rinpoche's health by having his personal physician give Rinpoche a check-up. His Holiness commented that of all the lamas working to spread the Dharma throughout the world, there was none whose activity and kindness were greater than those of Rinpoche.

Rinpoche returned to Bodhgaya and stayed for another two weeks before moving his lamas, monks, and translators, travelling together as before, back to the Darjeeling district on Feb. 22. Since Rinpoche had embarked on the construction of a major stupa in Salugara, near Siliguri, he remained there with all of his monastery for a period of three weeks, during which time the lamas and monks worked on the painting of the relief sculpture adorning the enclosing wall and the making of 100,000 tsa-tsas for the stupa's eventual consecration; the translators continued their work on the translation of Jamgon Kongtrul Lodro Thaye's *Encyclopedia of Knowledge*. During this time, Rinpoche spent several hours each day at the stupa site, personally supervising the various projects. Throughout this period Rin-

poche's health remained good, his activity undiminished.

On March 21, Rinpoche moved his monastery back up to Sonada. Over several weeks Rinpoche seemed to become weaker, although medical opinion was that he had no specific illness. Lama Gyaltsen, I myself, and others in Rinpoche's entourage encouraged Rinpoche to travel to Singapore or France in order to take advantage of the better conditions there, but Rinpoche steadfastly refused to travel at that time. It was difficult for Rinpoche to eat, and the weakening of his body continued. On April 15, Dr. Wangdi of Darjeeling insisted that Rinpoche enter a hospital in Siliguri. Rinpoche was visited in hospital by many Rinpoches including Chadrul Rinpoche, a great Nyingma lama and a close friend, Jamgon Kongtrul Rinpoche, Gyaltsap Rinpoche and others. Rinpoche's health improved slightly while he was in the hospital, but he continued to refuse suggestions that he seek medical help elsewhere. After two weeks, Rinpoche was determined to return to his monastery in Sonada. The doctor felt strongly that he should remain in the hospital another three weeks. Finally, at the encouragement of myself and Kenpo Donyo, he agreed to remain one more week before returning to Sonada.

Rinpoche arrived home late afternoon on Friday, May 5. He was obviously happy to be home as he was carried up to his house, seated in a sedan-chair carried on the shoulders of several of his lamas, smiling and waving to different individuals. Rinpoche remained in strict retreat except for a short period the morning following his arrival, when he received the traditional welcoming scarves from all the members of the monastery. He remained alert and engaged throughout, occasionally addressing individuals and showing concern for their well-being.

During these few days, Rinpoche was in good spirits and his health seemed stable. Lama Gyaltsen has always found that when asking after Rinpoche's health he would respond that he was well. Even when there would seem to be some external sign of physical difficulty, Rinpoche would apparently be feeling no suffering. So it was during these days. When asked how he was, Rinpoche responded: "Day-time is the cultivation of the experience of illusion. Night-time is the cultivation of the experience of dream."

Lama Gyaltsen and I both felt that this was a statement of Rinpoche's own state of mind at this time.

On one occasion, Rinpoche expressed the sentiment to me that having lived 85 years, he felt his life had been full and complete. While an ordinary person is never satisfied with his or her life, or craves to live on indefinitely, Rinpoche had no regrets. One concern he did express was the fact that the translation of the *Encyclopedia of Knowledge* had not been completed, that perhaps his efforts to establish the translation committee had begun to late. Kenpo Donyo and I assured him that the committee was well established, the work well underway. We both promised to see the project through to completion; even if Rinpoche were not to see its realization, the work would be finished and would bear Rinpoche's name.

At 2 AM on the morning of May 10, Rinpoche's condition deteriorated dramatically. Only later did we discover he had suffered a heart attack. When he left the hospital, the doctor had said that his lungs

were only working at 40% capacity and that this placed additional strain on his heart. Kenpo Donyo was sent immediately to Siliguri, three hours away, to call the doctor from the hospital. Another car was sent to Darjeeling to call Dr. Wangdi. Chadrul Rinpoche was called from his nearby monastery, and Jamgon Kongtrul Rinpoche was called from Rumtek. Chadrul Rinpoche and the doctors were able to arrive quickly. Rinpoche was encouraged to return to the hospital in Siliguri, but refused; he said doctors could be called, but he was not leaving the monastery. Later in the morning, all of us having insisted that he return to the hospital, he finally said we could do what we liked. All was prepared for the move, the luggage was in the cars, when Rinpoche indicated he wanted to rest a few moments in his inner room. As he moved into the inner room, he still had full mastery of his body.

In the inner room he was put on oxygen and given glucose intravenously. His bed was pulled out from the wall, and to Rinpoche's right were Lama Gyaltsen and Kenpo Donyo, to Rinpoche's left were myself and Chadrul Rinpoche. At one point Rinpoche asked to sit upright. The doctor and nurse forbade him to do so. A short time later he again indicated he wanted to sit up, and again the doctor and nurse adamantly refused to allow this. Lama Gyaltsen felt terrible, but powerless to contradict the doctor. Then Rinpoche himself tried to sit up, and had difficulty doing so. Lama Gyaltsen, feeling that perhaps this was the time, and that to not sit up could create an obstacle for Rinpoche, supported Rinpoche's back as he sat up. Rinpoche extended his hand to me, and I also helped him sit up. Rinpoche wanted to sit absolutely straight, both saying this and indicating with a gesture of his hand. The doctor and nurse were upset by this, and so Rinpoche relaxed his posture slightly. He, nevertheless, assumed meditation posture. Tears were flowing down our faces uncontrollably and our hearts were filled with anguish. Rinpoche placed his hands in meditation posture, his open eyes gazed outwards in meditation gaze, and his lips moved softly. A profound feeling of peace and happiness settled on us all and spread through our minds. All of us present felt that the indescribable happiness that was filling us was the faintest reflection of what was pervading Rinpoche's mind. Lama Gyaltsen also felt a passing experience of the profound sorrow characteristic of the suffering pervading cyclic existence. This also was felt to be a gift of Rinpoche's awareness. Slowly Rinpoche's gaze and his eyelids lowered and the breath stopped.

The doctor and nurse wanted to try some extraordinary means to revive the breath, but Chadrul Rinpoche indicated that Rinpoche should be left resting peacefully.

I have been witness to a number of people passing from this world. Occasionally there is a short rasping breath, occasionally a long inhalation or exhalation. With Rinpoche, there was none of these: a most extraordinary passing into profound meditation.

The doctor performed his examination and then Chadrul Rinpoche and I arranged his clothing and left him in his Tuk Dam, the Lama's final meditation. The environment was to be kept quiet, and Rinpoche not disturbed as long as the Tuk Dam lasted. An hour or two later, Jamgon Kongtrul Rinpoche arrived and spent a

short time with Rinpoche. Later in the evening, Shamar Rinpoche arrived and also sat with Rinpoche. Both remarked how vital Rinpoche's form was, as though any moment he might begin to speak.

By the morning of the third day, Saturday, May 13, all the signs indicating that the Tuk Dam was complete had appeared. As we washed Rinpoche's body and changed his clothes, there were none of the usual traces of body waste or impurity. Also, the body remained soft and flexible, without any stiffness whatsoever. Rinpoche's body, now called Ku Dung, was then placed in a prepared case covered in brocade and set in Rinpoche's audience room.

In consultation with Jamgon Kongtrul Rinpoche and Chadrul Rinpoche, the decision was made not to cremate the Ku Dung, but to prepare it as a Mar Dung, so that it would always be with us. This was a practiced tradition in Tibet. In this way, the physical aspect of the Lama's form remains as a relic, a basis for religious inspiration. The Lama's activity continues as beings are liberated through seeing, hearing, considering, touching, or praising the relic of his Mar Dung. It is said that any connection whatsoever becomes beneficial, whether the mind of the being is positively inclined or not. In this way, the Mar Dung becomes the basis for the spreading and longevity of the Doctrine, the basis for both temporal and ultimate benefit of beings.

The departure of Khyab Je Kalu Rinpoche from this world is a moment of extraordinary sadness for all sentient beings. The world has become a darker, a poorer place for his absence. The gentleness of his being, the pervasiveness of his kindness, the brilliance of his wisdom, and the irresistibility of his sense of humor touched hearts in every part of the world. The subtlety of his insight and his total mastery of mind and phenomena is beyond the grasp of our ordinary understanding. It is difficult to fathom our extraordinary good fortune to have met and established a Dharma connection with such an enlightened being. And now there is no avoiding a feeling of profound personal sorrow at our loss.

Through Rinpoche's teaching, however, and our understanding of the Dharma, we know that all composite phenomena are impermanent, and that where we truly meet our Lama is in the ultimate openness of mind. The Lama has never been separate from us, and never will be separate from us. What remains for us to do is to be true to Rinpoche's vision, his example, his teaching, and advice. This we can do through shedding our sorrow and celebrating the gifts of immeasurable kindness he has given us, through maintaining the purity of our commitments and our vajra bonds, through cultivating the qualities of enlightened being that Rinpoche so clearly demonstrated to us. And to do all this with the deepest prayers to Rinpoche that he quickly take human form, and return again to be with us.

With sincere best wishes to you all,

Bokar Tulku Rinpoche Lama Gyaltsen Kenpo Lodro Donyo ■



NEWS & PROFILES



Ven. Tara Tulku teaching at Gaden Tenzin Ling.

GADEN TENZIN LING

Gaden Tenzin Ling is a Tibetan Buddhist study and practice center located in the beautiful Finger Lakes region of upstate New York. The center is about ten miles outside of Ithaca. Ongoing classes are held in Ithaca on Wednesday evenings at the offices of Snow Lion Publications, 120 West State St. and meditations are held on Sunday mornings at the center. In addition, Gaden Tenzin Ling frequently sponsors special events.

Gaden Tenzin Ling has hosted many well-known Tibetan Buddhist meditation teachers and scholars at the center including: H.H. Ganden Tri Rinpoche, head of the Gelugpa sect; Ven. Tara Tulku; Rato Khyongla Rinpoche; H.H. the Drikung Kyabgon, Chetsang Rinpoche, head of the Drikung Kagyu sect; Khenpo Konchog Gyaltsen; Ven. Gungbar Rinpoche, Abbot of Drepung Loseling; Ven. Denma Locho Rinpoche, Abbot of Namgyal Monastery; Doboam Tulku; Geshe Tsultim Gyeltsen; Geshe Thupten Jinpa; Gelek Rinpoche; Geshe Sangye Samdup; Ven. Losang Chogyen; Ven. Thupten Pende; Dr. Lobsang Rappagay; Prof. Jeffrey Hopkins; Dr. Alex Berzin;

monks of the Drepung Loseling Monastery; monks of the Gyuto Tantric College; monks of the Gyume Tantric College; monks of Namgyal Monastery, the personal monastery of H.H. the Dalai Lama; and of course many visits by the center's director, Ven. Zasep Tulku. Prior to the official founding of Gaden Tenzin Ling, H.H. the Dalai Lama and Serkong Rinpoche visited and taught in the Ithaca area.

Events for the coming year include: A visit by Geshe Kelsang Gyatso, author of *Meaningful to Behold* and other titles, who will teach on the graded path and give the Tara and Medicine Buddha initiations with commentary on each; Ven. Tara Tulku will lead a full Yamantaka retreat; Lati Rinpoche will give teachings on the Kalachakra Tantra; several visits and teachings by Zasep Tulku; and return visits by Ven. Thupten Pende and Dr. Alex Berzin have been planned.

For further information about the center and its activities call (607) 273-8508 days or 564-9005 evenings or you can write to Gaden Tenzin Ling, P.O. Box 6761, Ithaca, NY 14851. ■

GESHE KELSANG GYATSO TO VISIT USA AND CANADA

Geshe Kelsang Gyatso Rinpoche was born in Tibet and is a highly respected meditation master and scholar. He is the author of numerous excellent books on Tibetan Buddhism such as *Clear Light of Bliss*, *Meaningful to Behold*, *Heart of Wisdom*, *Universal Compassion* and *Joyful Path of Good Fortune*, and he has founded several Buddhist centers in the United Kingdom and Spain.

Following an invitation from Mr. Leland C. Miller, Pres. of the Kilner Foundation, Palm Springs, Geshe Kelsang Gyatso Rinpoche has accepted to visit the United States and Canada in July and August 1990. He will first spend two days giving basic Buddhist teachings in New York City. Then he will travel to Gaden Tenzin Ling Center, Ithaca, NY, where he will teach for seven days. In the first four days he will give teachings on the *Stages to the Path to Enlightenment* followed by three days of the Initiation of Tara and a commentary to the practice of Tara. The teachings on the *Stages* are the essence of Buddha's instruction and the supreme method for solving all the daily problems of human life and for maintaining an everlasting peace of mind. In the following three days he will give the Initiation of the Healing Buddha and a commentary to the practice of the Healing Buddha.

From Ithaca he will travel to Toronto, Montreal, Los Angeles, and San Francisco where he will teach for five days at each location. In Toronto and San Francisco he will probably give teachings on *Training the Mind in seven Points*, the Initiation of the Healing Buddha and a commentary to its practice. In Montreal and Los Angeles he will give basic Buddhist teach-

ings, the Initiation of Tara and a commentary on its practice.

The provisional teaching dates are as follows:

New York City: July 2-3; Ithaca, NY: July 6-9 & 10-13; Toronto: July 17-21; Montreal: July

25-29; Los Angeles: August 2-6; San Francisco: August 10-14.

In the Spring edition of the Snow Lion Newsletter we shall be able to give precise details of the dates and times of the teachings together with the venues. For further information: New York City and Ithaca, NY: Mr. Sidney Piburn 607-273-8506; Los Angeles and San Francisco: Mr. Leland C. Miller 619-325-5423; Toronto and Montreal: Dr. Frances Scully 514-342-6443. Or write to the Kilner Foundation, PO Box 2302, Palm Springs, CA 92263. ■



BUDDHA MIND Dzogpa Chenpo Writings of Longchen Rabjam

By Tulku Thondup
Rinpoche
Ed. by Harold
Talbot

Buddha Mind is a milestone in the transmission of Tibetan Buddhism to the West. It is the first systematic effort to expound the Dzogpa Chenpo philosophical standpoint and meditative practice. It presents the whole range of vision of Kunkhyen Longchen Rabjam, the most respected enlightened adept and scholar in the history of the Nyingma school, from his teachings on the origin of delusion in beings to the attainment of the Buddha Essence.

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THE NYINGMA SCHOOL OF TIBETAN BUDDHISM Its Fundamentals and History Dudjom Rinpoche, Jigdrel Yeshe Dorje

SPECIAL INVITATION

The *Nyingma School of Tibetan Buddhism* is the first English translation of this master work by His Holiness Dudjom Rinpoche, the late supreme head of the Nyingma Tradition.

The *Nyingma School of Tibetan Buddhism* will be published in two volumes. The first contains the translations of the *Fundamentals and History of the Nyingma School*.

The *Fundamentals* are explained in four parts:

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- Buddha nature according to the buddha-bodies
- The causal vehicle of dialectics
- The resultant vehicles of secret mantra—culminating in the Great Perfection (Dzogpachenpo, Atiyoga).

The *History* is explained in eight sections:

- The origins of Buddhism and the life of Shakyamuni Buddha
- The Indian traditions of secret mantra
- The introduction of secret mantra to Tibet
- The lives of the Great Perfection lineage holders up to Longchen Rabjampa
- The unbroken distant lineages of Mahayoga, Anuyoga, and Atiyoga up to the present author
- The lives of the major revealers of hidden treasures (tertons)
- A refutation of past misconceptions about the Nyingma school
- A chronology of Indian and Tibetan Buddhism including predictions for the future based on the Tibetan literary tradition

The second volume is an extensive reference work compiled by the translators, Dr. Gyurme Dorje and Dr. Matthew Kapstein, containing detailed notes, trilingual glossaries of terms and enumerations, a trilingual bibliography of texts, sectional maps of Tibet illustrating the text, and extensive indexes.

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All you have to do to enter is to return the Snow Lion Newsletter order form with your name, address, and telephone number (no purchase necessary to receive the first chance to win). Each time you order from Snow Lion you will receive another chance to win for each \$25 you spend. For example, if you order \$50 worth of books, cards and practice materials you will receive two additional chances to win. You have until the drawing on the summer solstice, June 21, 1990 to increase your number of chances to win.

Here's a taste of these great Power Places Tours:

EXPERIENCE TIBET: THE MYSTIC LAND ON THE ROOF OF THE WORLD

Fly to the exotic city of Kathmandu and spend three days in Nepal. Then drive over the Himalayas, through spectacular mountain passes, past the awe-inspiring north side of Mt. Everest, and onto the plateau of Tibet. Visit out-of-the-way monasteries and towns, where foreigners are still a curiosity. See the "real" Tibet on a four-day drive through the countryside—using modern vans or buses—to Lhasa, with overnights in hotels in Zhangmu, New Tingri, Shigatse and Gyantse. You will also see the out-of-the-way monasteries of Sakya and Shalu en route. Spend eight days in Lhasa to see the Potala, Jokhang temple, Norbulingka, Sera and Drepung Monasteries, a newly re-activated Buddhist nunnery, and much more. The tour includes an in-depth visit to the

Traditional Tibetan Medicine Hospital. Optional tours are available to Ganden Monastery, to Samye Monastery, and the Yarlung Valley. The tour guide is Gary Wintz, one of the foremost experts on travel to Tibet. (See article elsewhere in this Snow Lion issue). This trip lasts for twenty days and normally costs \$4,444. Snow Lion can offer it at half-price. Departure from Los Angeles or San Francisco.

THE FOLLOWING TRIPS ARE FREE

INSIDE SECRET EGYPT

Egypt has been Power Places Tours' most popular destination. You will step into Egypt's past—pyramids, sphinxes, temples and tombs—and into its present—deluxe hotels, shops and bazaars. You will spend six days in Luxor and six days in Cairo and visit the temples of Luxor and Karnak, the Valley of the Kings, the Temple of Queen Hatshepsut, Abydos and Denderah, Memphis and Sakkara, the Egyptian Museum and, of course, the Great Pyramid and the Sphinx. Power Places opens doors that other tours cannot. This trip leaves from New York City.

AMAZON EXPLORATION

Here is a chance to explore possibly the last intact frontier of the Amazon Rain Forest. This tour is special and not for everyone. It emphasizes first-hand contact with the jungle and its inhabitants. A spirit of adventure as well as a deep concern for the protection of the forest and the rights of the Indian people is a must. This is not your typical Amazon tour along the main river—which has been deforested, polluted and void of intact tribes for years. This is real adventure instead of a "Westernized" stage show for tourists. Tour leader Michael Stuart has spent years in the Amazon exploring and making personal contacts with the tribes in the remote areas of the jungle. Traveling with him is the only way this trip is possible. This trip leaves from Miami.

PERU: THE SOLSTICE AT MACHU PICCHU & MYSTERIES OF THE ANCIENT INCAS

The holiest time of the year for the Incas was the June solstice, since it represented the "birth of the sun;" this tour spends three days at Machu Picchu during this time. On June 24th you will be in Cuzco for the Inti Raymi Festival (Festival of the Sun). This most important festival of the Incan year has been celebrated since ancient times. This tour also travels in the Urubamba river valley, sacred to the Incas, and explores Incan towns and temples. There will be meetings with several native healers and shamans of the ancient Incan tradition. This trip lasts two weeks and leaves from Miami.

BALI: EARTH'S ULTIMATE PARADISE

Bali has long been a synonym for the ultimate in tropical beauty and a way of life harmonious with nature. The people of Bali are in balance with both the natural and supernatural forces, and they have not lost their inherent friendliness and openness. The itinerary will include whatever Balinese festivities may be taking place at the time so that you can experience the fascinating, colorful displays of the Balinese love and reverence for the island gods, and for joy and beauty. You will stay at a gorgeous beach-front hotel in the Nusa Dua area. Sightseeing includes visits to palaces, temples, and spectacular vistas, as well as lovely quiet spots. You will also meet with Balinese healers, magicians, and storytellers. This trip lasts 9 days and leaves from Los Angeles or San Francisco.

These tours are offered in cooperation with Power Places Tours and subject to their normal terms and conditions. For further information on the tours write or call Power Places for either their complete catalog of all their great trips or a descriptive brochure of any specific tour. Please say that you read about it in the Snow Lion Newsletter:

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Nomads

Photo: Carole Elchert

TRIP TO EASTERN TIBET

Carole Elchert

On May 5, 1989, ten strangers stood together, steadfastly ignoring the final boarding call for their flight to Hong Kong, the starting point of a newly organized Power Places tour through eastern Tibet. All ten were eager to begin their first trip to Tibet, but not one was willing to board until Gary Wintz, the tour leader, arrived.

We knew Gary had an assigned seat; we hoped that he was somewhere in the vicinity of the San Francisco airport. A few minutes before take-off, the group finally boarded in a gesture of confidence. Only seconds later, Gary strolled on the plane last, smiling and unruffled; anyway, as a veteran tour leader, he had the good sense to be the least surprised of us all. Our suspicions had been correct though: He had been in the vicinity. Trouble was that the vicinity was somewhere between Los Angeles and San Francisco where he had to fast track onto an alternate flight after two surprise cancellations.

A frequent traveler myself, I'd long ago learned that journeys of consequence, those worthy of recall, begin and end with surprises. If Power Place's name was any indication of what we could expect, then this wasn't going to be our last surprise.

Between snatches of sleep, Gary told each of us about the special itinerary that had been planned as an alternate route to Central Tibet itself, which was again festering under martial law and closed to tourism after demonstrations in Lhasa.

For nature enthusiasts, a few days at Jiuzhaigou had been arranged where a shallow turquoise river fanned out in a bamboo and hardwood forest. Even though the preserve's major appeal was stunning waterfalls along most of the river's course through 14,000-foot mountains, there was also a possibility of seeing panda in the wild.

But it was the glint in Gary's eyes that revealed his excitement over Power Place's new overland route through the remote northeastern region of Kham, where a recently-built road assured landslides and crowds of curious on-lookers along the way. They had even secured permission to spend several evenings in the town of Rorgai, situated on grasslands at 16,000 feet, where hundreds of nomad families pastured their animals and migrated with the seasons. Until recently, this area, known for its uprisings, had been off limits to tourists whose cameras

annoy the Chinese military during such incidents.

The itinerary also included two of the most famous surviving monasteries in Amdo—Labrang and the Kumbum—two- and three-hundred-year-old examples of the architecture that once dominated the landscape of old Tibet like the Himalaya themselves. Labrang, still active with 600 resident monks, was reputed to be one of the most photogenic monasteries, so I joined the group, hoping to get more images for the Cultural Arts PBS video "Padma Karpo," about Tibetan culture (to be aired in 1990). And then we'd circle back to Hong Kong via Xian to see the thousands of terra cotta warriors being pieced together by anthropologists.

The tour company's actual plans for the group, like the Tibetan plateau, were capacious: to travel freely in a broad sweep through Sichuan, Qinghai, and Gansu provinces despite the sovereignty of a Chinese driver; to spend days in remote and sacred places, and in the evenings, to challenge a local villager to a game of pool; to provide a leader who hadn't just read the guide book ten minutes ahead of the tour, but who had actually lived and traveled extensively in the country; to arrange a full repast of experiences, including city and village life, spectacular landscapes along misty river gorges and the innercapes of ancient monasteries and temples; and finally, to portion three weeks into times to be solitary and times to dance with whole villages.

What actually happened, though, was even more delightful than the surprises planned by Power Places Tours.

In Hong Kong, we met a dollmaker who had the same broad smile as his dolls and spent an evening with his philosophies and stories. In a typically boisterous tenement apartment, this man talked of his long devotion to a 'bible' we all thought never left the US in the '60s, *Dharma Bums*. At the Gangzhou airport lounge, the manager of China Merchants personally hosted a special banquet for our group, an unheard-of event on a Sunday afternoon when most workers spend their day with family, and thus a tribute to Power Places's friendly terms with their host country. In Chengdu, we were escorted through the traditional Chinese Medical College and hospital, where resident doc-

Continued on page 6

NEWS & PROFILES

Eastern Tibet

(Continued from page 5)

tors explained the massage or acupuncture treatments being given while we watched. In villages and on the roadside, we were invited into homes, allowed to photograph inside nomads' tents and sod homes, offered butter tea and ritual crackers inside ceremonial tents and, along with the dozens of nomad families that had gathered for the occasion, were blessed by attending lamas.

There were moments that even the most awkward among us—most likely me—will never forget. One nomad family in transit to summer pasture walked toward us with tongues stuck out in the traditional manner. We aimed our cameras in the conventional tourist way and spent the entire morning photographing them. Not one word was spoken, but theirs was the company we wanted most to keep on the entire trip. In a Rorgai disco, its mirror ball lighting up the desolate hillsides, group members not only danced with young Chinese who giggled after each tentative English phrase, but with husky nomads in sheepskin chubas, fresh from winter pastures—the freshness not quite up to 'Downy' standards.

One of the high lamas of Labrang offered the group a bag of tsampa as a sample of the Tibetan diet, but no group member will ever forget the man who milled the barley into flour. For the twenty minutes while the group packed the van, the man and his wife—as poor as most Tibetans still are in their Chinese-occupied homeland and therefore, overwhelmed even with gifts of used clothing—waved good-bye to the entire group who had often visited their home as welcomed guests. Members followed pilgrims as they circumambulated temple complexes, and they witnessed the epochal marches in many cities by students and workers calling for democratic reforms; events, I'm sure, for which Power Places Tours was not completely responsible, despite the portent suggested by their name.

An even greater surprise was the good fortune of having an agreeable Chinese driver, who, as Gary says, "is a minor deity in a country where only one person in 1,374 possesses a driver's license." The Chinese Merchant staff who accompanied us as guides—Dr. Wu, a doctor of traditional medicine, and Ou Yang, a young college student—endeared themselves quickly to tour members with their humor and helpfulness. After three weeks, the entire staff of China Merchants managed to nurture more friendly foreign relations with songs from the '50s (which they sang with complete sincerity) than the Beijing government accomplishes deliberately. And Gary Wintz was an exemplary guide, offering evening lectures and entertainment when you least expected it, like the pig snout face-off when crowds gathered.

The final surprise was the group itself. When Evelyn fell asleep for the first time ever on a plane because she was comfortable between Jim and me, when members spoke openly about their reasons for joining the group and discovered remarkable affinities, when Tom sang the names of places we'd visited to "Around the World in 80 Days," and everyone sang along with shower-room force, then we knew our tour had achieved a rarity in haphazardly-formed groups—a friendship that lacquers the memories.

This was my first trip with a tour group, and, as an indepen-

dent traveler, I was reluctant to join such a potentially disastrous situation. Three weeks with total strangers for their breakfast to dinner company? Even a war zone was more tempting. Having given

Power Places Tours one chance to prove me wrong in communal travel, I confess that I would give them another, and chances are the journey would be one with surprises I wouldn't forget. ■

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Buddhist Retreat Center for Women

Taraloka is a beautiful Buddhist women's community and retreat center, situated peacefully in the secluded plains of the Welsh borderlands. It offers a range of events suitable for beginners as well as those already committed to Buddhist principles. Retreats are given to create a space in our lives where we can concentrate on just discovering ourselves away from the everyday responsibilities and ties that form the boundaries of our lives. Retreat enables us to re-

turn to those responsibilities refreshed and with a new perspective on them. Retreats include meditation, discussion, yoga, massage, painting and dance. There are 10 members of the community who are very involved in the running of the retreat program. For brochures and more information: Taraloka, Cornhill Farm, Bettisfield, Nr. Whitchurch, N. Shropshire SY13 2LV, Wales, U.K., tele: 094875-646. ■



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NALANDAKIRTI

H.E. Goshir Gyalsap Rinpoche, a director of Karma Shri Nalanda Institute, chose the name Nalandakirti (meaning the renown of Nalanda) for a new journal that will provide a forum where Buddhist scholars present their research, where new translations of significant texts appear and where the dialogue of East and West continues by examining the similari-

ties and differences of their scholarly pursuits in philosophy, psychology, history, and science. For more information about the Nalandakirti Journal write to Karma Sri Nalanda Institute, Dharma Chakra Center, PO Rumtek 737 135, Sikkim, India or Karma Triyana Dharmachakra, 352 Meads Mountain Road, Woodstock, NY 12498. ■



NEW BUDDHIST CENTER TO EMPHASIZE SERVICE

Thekchen Choling Mahayana Learning Center is under the directorship of the Venerable Gomang Khensur Rinpoche, former Abbot of Drepung Gomang College and Monastery, Tibet.

In 1987 while visiting and teaching in rural southern Michigan, Rinpoche took special interest in the spiritual qualities of Jones, Michigan, not unlike his Native American predecessors, who referred to the area as a "magical place."

Thekchen Choling's 2 1/2 acres of woods, buildings and land were a bequest of Robert and Hazel Crosbie. The center is unique in

that its sangha and board members have elected to establish a center which emphasizes service. Although the center will host various Buddhist teachers and intercultural events as well as build a shrine room, library and stupa, its main focus is the establishing of a Buddhist-owned and operated cottage industry that will support its projects of assisting Tibetan refugee youths and young adults in obtaining vocational and educational skills.

Persons interested in assisting the center may contact: Thekchen Choling, 60933 Main St., Jones, Michigan 49061, 616-244-8484. ■

Jamyang Singe, a world renowned Tibetan Artist, together with David Less Tours offers a unique travel experience of Asia.

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Because of his unique background, certain temples, monasteries, and archives that are not normally accessible to westerners become available and through Singe's eyes one is able to see them from many perspectives.

During the course of his trips there is the opportunity to visit Tibetan homes, partake in religious ceremonies, study Tibetan Art, learn recipes, sightsee, shop, trek, and ask a million questions.

The Path of the Buddha - February 1990. We will pilgrimage to sacred places in **India** and **Nepal** significant to the life of the Buddha.

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NEWS & PROFILES

SNOW LION GOES OVERLAND TO TIBET

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 Our special three week tour traverses 17,000' passes right over the Himalayas by jeep and bus from Kathmandu, and provides views of the north face of Everest, as well as many sacred sights and monasteries that are not on the main tourist trail. These include Sakya and Shalu, Tashilhunpo in Shigatse, Kumbum in Gyantse, and of course Sera, Drepung, Norbulingka, and the Potala in Lhasa. Optional visits to Ganden Lamasery and Samye in the historical Yarlung Valley round out this broad itinerary.

Focusing on the Tibetan people, we go out of our way to share and be sensitive to their cultural experience and religious practices. Departing from California, the tour lays over two nights in Bangkok, offering ample time to visit the Emerald Buddha Temple and the Royal Palace, before flying on to Kathmandu for two nights. The tour is designed to maximize its time in Tibet and does not linger in China. At the end of the tour there is a one day and two nights layover in Chengdu, before flying out nonstop to Hong Kong.

This tour is led by Gary Wintz, who along with his wife Molly McGinn, were the first Westerners to reside in Tibet since the Communist takeover. Since teaching there in 1982, Gary and Molly have worked in Tibet as consultants on Western media projects and continue to lecture on Tibet at many universities around the world as well as to lead tours for many universities around the world as well as for spiritually-oriented tour groups.
 Tour price is \$4444 from California and \$4689 from New York. For information contact: Power Places Tours, 28802 Alta Laguna Bl., Laguna Beach, CA 92651, 714-497-5138.

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WHO ARE WE?

Announcing the publication of the first issue of the North American Sakyadita (Daughters of Buddha) newsletter *Who are We!* On July 14th a group of Buddhist women met in Los Angeles to open a new chapter of the international women's organization *Sakyadita* for women in North America. The group is soliciting articles, teachings, news, etc. for this quarterly publication. Write for more information: Who are We?, 928 South New Hampshire Avenue, Los Angeles, CA 90006.

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ROOMS FOR RENT
 Padma Amrita: Two rooms are available now at Padma Amrita, Tibetan Buddhist Practice and Meditation Center in Spokane, Wa. Nyingma practitioners preferred. Cost per room, with full house sharing privileges, all utilities paid is \$175. Please call 509-747-1559 or write to: Padma Amrita, W. 1019 6th St., Spokane, WA 99204.



PADMA SAMBHAVA SOCIETY

A new center has formed in Tennessee. It is under the direction of Khenpo Palden Sherab Rinpoche and his younger brother Khenpo Tsewang Dongyal Rinpoche. They

publish a newsletter of their activities: Dharma Light, Bob Walker, PO Box 66, Rickman, TN 38580, 615-445-3386.

H.H. DUDJOM RINPOCHE THE LAMP OF LIBERATION

Edited by TERRY CLIFFORD

HIS HOLINESS DUDJOM RINPOCHE, Jigdral Yeshe Dorje (1904-1987) was an extraordinary scholar and exceptionally realized holder of the teachings. It is said in *Crystal Pearls* that at the end of this auspicious aeon, he will become the last Buddha, whose name is Mopa Thaye, and manifesting the four immeasurable qualities, will liberate all sentient beings.

The Lamp of Liberation contains several of his important prayers and aspirations never before published, and the famous *Heart Nectar of the Saints*, which has long been out of print. There is a short biography of His Holiness by Nyoshul Khenpo and prayers for his swift rebirth by H. H. Dalai Lama, H. H. Dilgo Khyentse, and Chatral Rinpoche.

*This entourage, like a flock of birds in a tree,
 If it's assembled that's all right, if it's scattered
 that's all right.
 Without letting others lead me by the nose,
 May I constantly practice the Supreme Teaching.*

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Opening the Heart, Clearing the Mind: The Experience of Sacred Emptiness

November 17-19, 1989
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NEWS & PROFILES



HIS HOLINESS THE DALAI LAMA INAUGURATES CASA TIBET MEXICO

Mexico City, July 2, 1989. During a very successful first trip to Latin America His Holiness the Dalai Lama of Tibet opened Casa Tibet Mexico, a center dedicated to the study of Tibetan culture—the first of its kind in Latin America.

After visiting Costa Rica, His Holiness arrived in Mexico City where he attended a series of events which were very successful. His Holiness captivated the Mexican nation and the press in a way few could foresee: His Holiness was on the first page of all the Mexican newspapers for five consecutive days, and the extent of radio and television coverage was without precedent.

While in Mexico His Holiness attended an interfaith prayer for peace at the National Cathedral, and an International Conference on Global Priorities, and gave a public speech to over three thousand people. The public lecture was organized by Casa Tibet Mexico and sponsored by the Mexican Association of Physicians for the Prevention of Nuclear War. His Holiness' speech was translated by Jose Ignacio Cabezon and Marco Antonio Karam. Much of the audience was visibly moved—and many could be seen in tears. At the end of the lecture the whole crowd spontaneously stood up and sang His Holiness an old traditional Mexican song ("Las Mananitas") wishing him peace and happiness for his coming Birthday. His Holiness was invited by the Mexican President Carlos Salinas de Gortari to meet with him at the Official Residence of Los Pinos as a gesture of goodwill. Here they discussed matters of global interest and concern. His Holiness also visited the pyramids of Teotihuacan and the Basilica de Guadalupe, where the Virgin of Guadalupe, the patron saint of Mexico, is revered.

On Sunday July 2nd, His Holiness inaugurated Casa Tibet Mexico during a very moving ceremony. The center is located in a beautiful 19th-century historical landmark in downtown Mexico City that was generously donated by Mr. Mauricio Karam and family. Behind the main house are several buildings, one of which has already been renovated and in which Casa Tibet Mexico now has its offices, a meditation hall, lecture halls and a library/bookstore. Renovation of the main building has already begun. It will house a large bookstore, a coffee shop, conference rooms, exhibition space, and offices and apartments for resident lamas and scholars as well as for visiting guests.

Casa Tibet Mexico is the first center dedicated to Tibet and its culture, and to a serious study of Tibetan Buddhism; not only in Mexico but in the whole of Latin America. The object is to create an outpost in Latin America for the preservation of Tibetan culture as well as to give people the opportunity to study and learn about this culture and the Dharma in Spanish. One of the major goals is the publication of books in Spanish, and several of the translation projects involve direct translations from Tibetan to Spanish.

The main forces behind the formation of Casa Tibet Mexico have been Geshe Lhundup Sopa from Madison, Wisconsin, who has been coming to Mexico City to give teachings for over ten years, and Robert Thurman, of the Board of Directors of Tibet House, New York, and Professor of Buddhist Studies at Columbia University.

A series of programs has been set up for this fall (general introductory courses on Buddhism and Tibetan culture). His Holiness has asked the center to invite his

personal physician Tenzin Choedrak, whose visit we are tentatively planning for this November. Geshe Sopa will be spending part of the winter in Mexico City, and Lati Rinpoche and the Ganden Shartze Choir have been invited to come to Mexico as the last stop on their American Tour (Feb. 8 to 15, 1990). Also being organized is the Tibet-Latin America Network, designed to keep all Latinos in touch and informed about political/human rights developments.

If anyone would like to contact Casa Tibet with ideas and suggestions or for more information, please write to: Marco Antonio Karam or Mary Sloane, Casa Tibet Mexico, Orizaba 93 A, Colonia Roma, C.P. 00670, Mexico D.F., 905-514-4290. ■

APPEALS

SAKYA ARCHIVES

The documentation of the oral transmissions of Tibetan masters goes back over 1000 years as disciples would take notes in groups and then work on them with their Guru to create the many well known commentaries and texts we now have. Today the archival preservation of oral Tibetan teachings on video tape can establish permanent living documents of the important lineage holders. With every great master's death an important part of the oral teaching is lost hence the urgency of preserving the Tibetan Buddhist oral traditions. His Holiness Sakya Trizin, head of the Sakya Order, has encouraged this documentation by establishing the "Sakya Archives." The Sakya Archives has the goal of furnishing all Sakya centers with a comprehensive set of video teachings and transcriptions on the basics of Buddhism including the whole Mahayana, taught by His Holiness Sakya Trizin. A number of videos have been produced to date but your support is needed if this project is to continue. Such an archive would be instrumental in facilitating the training tomorrow's Geshes and Lamas, our future Gurus. Such a work is of a cultural nature, not commercial, and therefore requires your generous support to continue. For more information, please contact: Sakya Archives, Paty and Mark Rose, Quartier de la Haute Galine, 13210 St. Remy de Provence, France.

BOOKS NEEDED FOR SCHOOL

The President of the Parent-Teacher's Association in Orissa, India is appealing to individuals



New York City & Ithaca
Mr. Sidney Piburn
607-273-8506

Or write to: Mr. Leland C. Miller, President, The Kilner Foundation, Inc., PO Drawer Z, Palm Springs, CA 92263.

THE MERIDIAN TRUST

The Buddhist Film and Video Archive



THE MERIDIAN TRUST is a charity, founded in 1985, to provide both the Buddhist and general audience with a wider access to teachings from all traditions of Buddhism. To further this aim:

- ★ archival documentation of Buddhist philosophy. Tibet and its related culture is on-going
- ★ video programmes of teachings by Buddhist masters from many traditions and documentaries of Buddhist cultures, principally of Tibet, are available on both PAL and NTSC - VHS systems

THE LAMA PROJECT

Initiated by His Holiness the Dalai Lama in 1986, The Meridian Trust co-ordinates this project, carried out in India by the Tibetans themselves, to video document the teachings of the ageing Lamas of all traditions including Bon. The purpose of the project is to preserve this unique tradition for future generations.

The Lama Project in India is directed by Ven Thubten P Wangchen, a monk from the Namgyal Monastery in Dharamsala, who has wide experience of living in the West. He is assisted by three monks who co-ordinate and carry out the video documentation in specific areas. The Lama Project has the full support and co-operation of His Holiness the Dalai Lama's Private Office and The Council for Religious & Cultural Affairs.

Video equipment, tapes and on-going training for those who are responsible for the project are provided by The Meridian Trust. Donations are urgently needed to up-grade the video equipment being used to record this precious spiritual heritage.

Why not find out more about our activities or how you can help.

Please fill in this form and send it to:

THE MERIDIAN TRUST NAME: _____
330 Harrow Road ADDRESS: _____
London W9 2HP
Great Britain
Tel: 01-289 5443

- I would like to be: put on the mailing list
 sent a free complete catalogue
 sent details of The Lama Project

THE MERIDIAN TRUST is a registered charity in the UK. No 326903

and organizations to donate books, either in Tibetan or in English, on Tibetan culture, religion, history, medicine, etc., to their school which is badly in need of educational materials. Contact: President (PTA), Tibetan Settlement Chandragiri, PO Mahendragada 761034, (Gm) Orissa, India

MANALI SCHOOL APPEAL

In Manali there are many poor people. These people work long hours breaking stones to build roads. For this they receive 15 rupees per day (1 US dollar). With this they survive, but they cannot afford to send their children to school, especially if the child is strong enough to work also. They worry that without education their children will grow up knowing

nothing of their Tibetan and Buddhist culture. With your help a school can be built for these children. By giving them an education we can ensure they receive a more hopeful start in life. So please, if you could make a donation towards this project you can help make it a reality. Contact: Lama Gondup, c/o Lama Wangdor, PO Rewalsar 175023, Dist. Mandi, HP, India.



GESHE KELSANG GYATSO RINPOCHE

Author of *Clear Light of Bliss* and *Meaningful to Behold* will visit the United States and Canada in July and August 1990

Following an invitation from Mr. Leland C. Miller, President of The Kilner Foundation, Palm Springs, GESHE KELSANG GYATSO RINPOCHE will visit New York City, Ithaca, Toronto, Montreal, Los Angeles and San Francisco in the summer of 1990.

He will give basic Buddhist teachings, teachings on the *Stages of the Path to Enlightenment* and *Training the Mind in Seven Points*, Initiations of *Tara* and commentaries to the practice of *Tara*, and Initiations of the *Healing Buddha* and commentaries to the practice of the *Healing Buddha*.

The provisional teaching dates are as follows:

July 2nd & 3rd—New York City July 6th-9th/11-13—Ithaca, NY
July 17th-21st—Toronto July 25th-29th—Montreal
August 2nd-6th—Los Angeles August 10th-14—San Francisco

For further information and registration for courses please contact:

Toronto & Montreal Los Angeles & San Francisco
Dr. Frances Scully Mr. Leland C. Miller
514-342-6643 619-325-5423

NEWS & PROFILES

TOFU PROJECT

The Institute of Buddhist Dialectics was established in 1973 by H.H. the Dalai Lama to teach not only traditional Tibetan Monastic education, but also modern academic subjects, with the intention of training students to become able to benefit Tibetan society upon graduation. In the 15 years since its establishment, both the academic results of the Institute and the Institute's benefit to Tibetans have been very impressive, the Institute has produced religious teachers, research scholars, translators, school teachers and officials of the Tibetan Government in exile, most of whom are bi or trilingual. At this time, there are many more students at the Institute with similar potential.

To achieve self-sufficiency, they have started some projects one of which is a "Tofu Project." They are to producing much needed health food products on a small scale to improve the diet of the students and to provide people of the surrounding community with a source of high quality vegetable protein. This undertaking is successful and they would like to expand it by acquiring modern equipment to increase production. To achieve this goal, they have applied for funds from International Development Exchange. The Exchange has kindly approved a grant for \$5000 to cover material and equipment costs only. The students are very happy to take part in the unskilled labor needed, but still the Institute must raise about \$1500 to hire electricians and plumbers. This worthy organization would greatly appreciate your monetary assistance whether large or small. Tax deductible donations may be forwarded via: Tibet Fund, 107 E. 31st. 4th Floor, NY, NY 10016 (212-213-5011).

GOVERNMENT RESOLUTIONS & INTERNATIONAL DOCUMENTS TIBET

This volume contains the most important political documents on Tibet since the Chinese invasion. The book is essential background for all those working to promote justice in Tibet. Included are: The Dalai Lama's Peace Proposals; Government resolutions condemning China (USA, Italy, W. Germany); UN resolutions (1959, 61 & 65); International commissions of Jurists reports (59 & 60); Parliamentary Resolutions; and more. Send \$5 (includes shipping) to International Campaign for Tibet, 1511 K St. NW, Wash., D.C., 20005.

WISDOM DAKINI YESHE TSOGYAL

A four-foot high statue of Yeshe Tsogyal has been sculpted at the Padma Amrita center in Spokane. Making the statue was a unique group process which evolved out of an initiation, teachings and retreat of the Yeshe Tsogyal practice. Visitors are welcome to the center to see the statue and to participate in the ongoing activities and classes. The center has retreat facilities available where practitioners can do solitary retreat in the mountains near Spokane. Lama Chagdud Tulku Rinpoche, the founder of the center, is now building a major retreat and study center near Weaverville, California. For more information contact: Padma Amrita, 1019 6th Ave., Spokane, WA 99204, 509-747-1559.



PANCHEN LAMA PASSES AWAY IN TIBET

The Tenth Panchen Lama, Tenzin Tinlay Jigme Choekyi Wangchuk, suddenly passed away on the evening of 28th January 1989, at Tashi Lhunpo, his traditional seat in Tibet. Fifty years old, he is reported to have died of a heart attack.

The Panchen Lamas are widely regarded as human emanations of Buddha Amitabha, the Buddha of Limitless Light, just as the Dalai Lamas are regarded as emanations of Avalokiteshvara. The Panchen Lamas have a long-standing, close relationship with the Dalai Lamas in working for the welfare of all living beings in general, and the people of Tibet in particular. The fact that the Tenth Panchen Lama stayed behind to suffer and struggle for the well-being of the people and culture of Tibet, while the Dalai Lama exerted his efforts from the outside is a contemporary example of their common purpose.

The Panchen Lama's faith in His Holiness the Dalai Lama remained unflinching

throughout his life. For instance, during a large organized public gathering before the Jokhang Temple at which, in 1964, he was supposed to denounce the Dalai Lama, the Panchen Lama is known to have said: "I must pronounce my firm belief that Tibet will soon regain her independence and that His Holiness the Dalai Lama will return to the Golden Throne. Long live His Holiness the Dalai Lama."

He was soon denounced and spent fourteen years in prison in China, where he was tortured like an ordinary Tibetan and even reported dead in 1969. It was not until 1978 that he re-emerged and resumed an active role in Tibetan affairs. In his last speech at a high-level meeting in Shigatse, while criticising some of the high Chinese officials in Tibet, the Panchen Lama is reported to have said that what Tibet had lost far outweighed what it had gained so far in its recent relations with China.

LIFE IN A TIBETAN PRISON

This is a testimony as described to Asia Watch and reprinted from Human Rights in Tibet: A Preliminary Report of the Asia Watch Committee, Feb. 1988.

We are required to work eight hours a day; we are given only enough food to keep us from dying. There is very little to eat in our meals. We get momo (dumplings) in the morning, at noon, and in the evening. We work breaking rocks, making paper packing for cement. There are quotas, and we have to make three or four thousands sheets a day. We have to fold the paper by hand and the hands get badly bruised. There is a fixed size for the rocks after they are broken and 60 to 80 pieces have to be made a day. We eat in the morning at 7:30 and work starts at 8:00. We have momo and plain tea in the morning. The momo are plain bread rolls, not the stuffed dumplings usually associated with the term momo. At work we do our tasks separately and without talking. We are not allowed to speak to one another. If we do, they use cattle prods on us and yell at us. We work as if we were mute. Work continues up to 12:30. At the noon meal there are 10 people per room

in the prison and boards on either side for five people. Someone pours plain tea and we each take momo from the center of the room. We eat our own food and remain quiet. We're not allowed to talk even if not eating. There is a group leader who is placed among us and he watches us to see what this one or that one says.

After lunch we resume work at 3:00. We work from 3:00 until 7:00. Illness is no excuse for not working. You have to work. You're not allowed to be sick. At 7:00 work is finished and we return to eat. After eating a meeting is called. We are asked: "Today, how much work did you do?" Each room in the prison has 10 people, 12 at most. They constitute a group unit. The questions of how much work one has done are asked within the group. We are given political instructions about following the example of what Chairman Mao, China and the people have done, about how good the Chinese Communist Party is, how well the people are doing, that this is our tomorrow, that our old thoughts will be destroyed and we will be new people. There is always a meeting after eating in the evening. Every month there is an ex-

MARCO PALLIS
June 19, 1895-June 5, 1989

Although Marco Pallis was born in Liverpool of Greek parents, it was perhaps Indian influences that first shaped his imagination. For his father Alexander combined business life in the largely eastern trading firm of Ralli Brothers with scholarship and poetry and the family home contained a variety of oriental artifacts.

Marco survived Harrow with musical and botanical interests intact and, accompanied by his brother and sister, did ambulance work in the Balkan War of 1912-13. In the First World War he joined the Grenadier Guards and after he was wounded in France, good use was found in censorship for his unusual command of languages.

It was after a period at Liverpool University that the three major strands of his life started to reveal themselves—music, mountaineering and metaphysics. Pre-war visits to Vevey and admiration for the work of Wagner had kindled his interest in music. This was now to develop into active enthusiasm for Bach which in turn led to participation in the revival of early music. He became a pupil of Arnold Dolmetsch in 1925 and met Richard Nicholson, thereafter his devoted and life-long friend, when the latter was still at Oxford University. Together they studied the viola da gamba and harpsichord and collected a group of players around them—it was the brother of one of these musicians who introduced Marco to mountaineering which was to result in contact with Tibetans and with Buddhism.

Musical and mountaineering projects became more adventurous as time passed and in the 1930s the English Consort of Viols was formed in Liverpool.

There were visits to the Alps and in 1933 and 1936 Marco organized two expeditions to the Himalayas. During this period he fell under the spell of Gandhi and also absorbed the teachings of Rene Guenon; these helped to prepare his mind for his first-hand meeting with Tibetan Buddhism, which he adopted in 1936.

Experiences and thought on these travels are recorded in *Peaks and Lamas* (1939), a travel book which combines a lucid exposition of leading aspects of Tibetan Buddhism with graphic descriptions of the mountaineering expeditions themselves. It is not too fanciful to suggest that it was at this time in his life that the impulse to climb started to focus at a higher and more spiritual level. But mysticism (a word that he seldom used and perhaps disliked), as with Meister

Eckhart, was always tempered with realism and practicality so that, for example, in the 1939-45 war he devoted himself to social work in Liverpool and to study of the Tibetan language.

By the end of the war he was fully prepared for the return to Sikkim in 1947, with permission to visit Gyantse and Shigatse in Tibet. This trip was undertaken with Richard Nicholson alone and was followed by a prolonged stay in India during which Marco continued to make contact with Tibetans and even wrote a book in the Tibetan tongue describing the danger soon to beset their culture and their religion.

After the invasion of Tibet by China he returned to England. The English Consort of Viols was reconstituted in London and continued to rediscover and perform relatively unknown sixteenth- and seventeenth-century English chamber music.

Musical composition and performance now went hand in hand with essays on metaphysics and with practical assistance to Tibetan refugees in Great Britain. That Marco became not only their friend but also advisor is acknowledged today by Lamas both here and along the length of the Himalayas.

Music from this period included a set of part songs, pieces for viola da gamba, a cantata-like work for solo baritone and orchestra, a string quartet and many essays published in the form of books—*The Way and the Mountain* and *A Buddhist Spectrum*—as well as in collections of essays such as *Studies in Comparative Religion* and *The Sword of Gnosis*, the latter edited by Jacob Needleman. His last years were devoted to writing a full-length opera about the Tibetan sage Milarepa.

It remains to risk a brief comment: that he was and remains a great teacher—one might also say a prophet—who made sense of life and of the life to come; in whose presence insuperable difficulties became less daunting; who took endless trouble to help those who brought their problems to him; someone to whom the spiritual quest in prayer was the one thing needful, who by his own life demonstrated the validity and truth of traditional teachings; and that, however emasculated by modernism, these remain the only valid criteria for those who, as he would put it, have ears to hear. His life was a celebration of "The Marriage of Wisdom and Method," and which is the title of one of his essays.

Peter Talbot Willcox ■

ecution meeting at which all the prisoners are gathered together to watch. Guns are loaded and the condemned person is brought in. All the prisoners are gathered together and are told: "You had better be good. You had better love the Communist Party. This person's life is forfeit." We draw a political lesson from this.

Struggle sessions are held in prison and people are beaten fiercely. People in the group unit are told: "You speak! You speak!" The person to be "struggled" against is placed in the middle and is told that he has not done well, that he has said such and such. If he argues and fights back he is shackled, hands and feet, and placed in a dark room, still shackled. Two prisoners are placed in an outer room to watch him. Outside

PSB people are stationed. The prisoner can be in that room for one, five or six months. Thieves and murderers are in the prison too, but political prisoners are treated worst of all. They don't want to kill them outright, as that would be scandalous in much of the world, so they treat them very badly. There are also some Chinese in the prison, mostly thieves, but some are murderers. Actually, we can't have contact with each other, so there is no way to really know how many are political prisoners. The entire process of imprisonment is carried on secretly.

After the execution meeting is over, we return to our rooms for discussion. We're told about what

Continued on page 10

Tibetan Prison

(Continued from page 9)

will happen if we don't follow the Communist Party, that the person executed reaped the fruits of not following the Communist Party. After this everyone has to write down his opinion about what has just happened. All have to say that they will be good. There is no liberty to speak freely.

The day is over at 8:30-9:00, when the doors are locked. Talking is not allowed. The group leader watches us to see who speaks. At midnight, 1:00 or 2:00, people come to check on whether anyone is talking or not.

Political prisoners are not placed together in living quarters. Common criminals are placed in their rooms with them. The political prisoners are not permitted to make contact with each other. Trouble does break out between the political prisoners and the thieves and murderers in the evenings. There is fierce fighting. If one is not a political prisoner one isn't immediately placed in the dark room. For something very grave one's feet and hands are shackled. The common criminals don't know who is a political prisoner. All of those in charge ask questions of the others. "What has he done? What has he been looking at? What has he said?" They thus use the other nine or 10 people in the room. At meetings the group leaders don't use political reasons to provoke beatings of political prisoners. There are many people at meetings and they don't know that one is a political prisoner; they use other reasons to provoke them into beating political prisoners. All those in charge know who the political prisoners are.

One has no religious rights in prison. Recitation of the mani is not allowed. A small number of people have minor visitation privileges. They can have a visitor on one day of each month. Political prisoners, because they are such trash are denied this. Now they can have visitations once every three or four months for only two minutes. There is a PSB worker nearby to listen to all that is said. We have no idea about what is happening outside. Only family members can visit. Visitors have to make themselves clearly known to the authorities.

There is torture in prison. When one is questioned, if good answers are not given cattle prods are used. One is severely beaten. In the winter one is forced to kneel on ice. The pants are rolled up, one is bound tightly and one's bare knees are on the ice for an hour. In prisons in sparsely populated areas one is beaten very often. One is beaten with rifle butts. ■



Entering the Mandala by Phil Sugden

TIBETAN TRAVEL UPDATE

On June 15, 1989 the Chinese Communist martial law authorities in the "Tibetan Autonomous Region" finally lifted their ban against tourist travel to Tibet. The ban had been hurriedly enforced following the ruthless and bloody crackdown of yet another popular uprising on March 5, 1989 by Tibetans who were commemorating the 30th anniversary of the exile of His Holiness, the Dalai Lama.

By kicking out all tourists, the Chinese hoped to cover their brutal martial law repression in a cloak of secrecy. But before they could get all the foreigners out, some tourists managed to actually shoot home video footage of the crackdown. One shocking bit of tourist video, which aired on all three major U.S. networks, CNN, and MacNeil/Lehrer News Hour on the same evening on March 10, depicted Peoples' Armed Police mercilessly beating up unarmed demonstrators and showed monks bound and gagged.

By mid-April, with the regular tourist season about to begin in Tibet, money-minded government tourism officials argued for a speedy return to controlled group tourism. They had even told the General Manager of Holiday Inn's Lhasa Hotel, Mr. Hubert Liner, that Tibet would open "by May 1st." But the hardline martial law authorities were clearly calling the shots in Tibet, and they were not budging to any wishful thinking by either the civil authorities in Lhasa or to U.S. Congressional calls to lift martial law and to "admit foreign journalists and human rights monitors." Even Ernst Zimmerman, head of all Asian hotel enterprises for Holiday Inn, flew to Tibet from Hong Kong in late May and threatened to pull out of their managing contract, but to no avail. By early June, when the Holiday Inn would already normally be running its 700 rooms at well over 50% capacity, not a single tourist was in town.

By the time the military authorities finally agreed to allow only tourist groups of ten or more after June 15, all American groups and many other travel companies around the world had already cancelled their summer programs out of frustration. Some European companies did run several summer tours and these were considered successful by participants.

One European company in particular, Indoculture Tours of Zurich, with cordial connections to Tibetan travel authorities in Lhasa, was alerted early to the lifting of the travel ban. Their tour

departed Europe June 9 and was the first tourist group to arrive after the opening. Martial law was still in effect—as it is even now—but tourism authorities seemed to bend over backwards to make sure that groups would have their usual access to all monasteries, even the temples which were hotbeds of dissent.

With many of the monks now dead, or imprisoned, and with plain clothes Chinese policemen keeping a close watch on all the remaining lamas from inside the monastery walls, the martial law authorities now feel that it is safe for tourists to come to Tibet.

In fact, in mid-August tourism restrictions were further relaxed to allow tourist groups as small as three persons to enter Tibet. This was seen as a further concession by the military to the desperate attempts of worried civil officials to revive commerce. A depressing economic climate caused by the harsh repression has yet to lift.

These tourist groups of three are having to pay higher prices as guides and drivers must be assigned to them too. Individual backpacking-type travelers are still forbidden. It may be many months or even years before individual visitors will once again be free to travel on their own in Tibet. To the consternation of the Chinese, these budget travelers mingled freely with Tibetans and were much more conservative in their spending of foreign currencies compared to the generally more elderly and affluent tour groups, and thus came to be viewed as much less desirable as tourists.

Still, there is nothing to indicate that the tourist groups, even though they are constantly bombarded with the 'Big Lie' by government spokespersons, are leaving Tibet without the overwhelming conviction that Tibet is an occupied country. In fact, now more than ever, roadblocks and broad military presence are obvious to every visitor. The Dalai Lama has consistently said that it is good for foreigners to visit Tibet because "it helps them to see the real situation."

It must be a tremendous relief to Tibetans to once again see Western visitors, whom they know from past exchanges are sympathetic to their democratic dreams. Unlike the Chinese, who consider Tibet a backward wasteland, the vast majority of tourists are deeply appreciative of Tibet's ancient cultural and religious heritage. Tibetans feel a common bond of mutual respect. They are certainly breathing just a little

more easily now, knowing that a door to the outside world is once more beginning to open, if only just a crack. It may be a while before the situation relaxes enough for tourists to be able to hand out photos of His Holiness. Or before Tibetans dare to once again clandestinely pass off into tourists' hands pleas to the UN to consider human rights abuses in Tibet.

Tourist groups should exercise caution during this extremely sensitive time while Tibet is under martial law. In order to protect Tibetans, common sense dictates a sophisticated level of political "diplomacy" and restraint since Chinese authorities still patrol streets and temples. If the practices of Chinese Communist oppression are following the patterns of previous crackdowns, we can assume the midnight house raids, torture of prisoners, and shameless executions are still going on. But with tourists once more on Lhasa's back streets monitoring whatever activities they can, the Chinese must once again consider moderating their own behavior. The home videos are rolling once again. ■



PEOPLE TO PEOPLE PROJECT

Dharma World Travel will pilot its People to People Monastery Project with a mid-February visit to Gomang Monastery in S. India. The Project is open to people who wish to share their knowledge and

skills and participate in the daily schedule of monastic life. Contact: Dharma World Travel, Thekchen Choling Buddhist Center, 60933 Main St., Jones, Michigan 49061, 616-244-8484. ■

A Letter

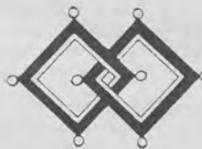
There is an important human rights issue which confronts us now. We all know about the shocking events in China recently, thanks to good media coverage of the brave students and townspeople of Beijing who were killed by the Chinese military. Their only crime seems to have been the desire for basic freedoms.

I am calling for a boycott of Chinese-made goods because of China's brutal occupation of Tibet, but the events of the last few weeks seem to now make a boycott morally imperative.

Our family will certainly not buy Chinese-made goods—from sneakers to sparklers for the Fourth of July. How very ironic that the Chinese government stands to profit from fireworks sold to us for our Independence Day celebration when they have so little understanding of freedom themselves!

I stand with the brave Chinese students. My family and I will not buy Chinese goods. Can one family make a difference? Maybe not, but if we all boycott these goods, we might send a signal to Beijing that could be heard.

Barbara Theisen,
Dubuque, Iowa



NEWS

Sunday Camera

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An Editorially Independent Newspaper

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GUEST OPINION

Boulder is still too cozy with the oppressors of Tibetan people

By JEFF LONG

For well over a year now Boulder has been getting handed a real education by the Chinese regime.

We have seen hundreds of Tibetans in our sister city of Lhasa machine gunned in the streets and beaten with iron bars and clubs studded with nails. Thousands have been arrested. Buddhist nuns are raped — literally — with electric cattle prods.

While hiding behind highly publicized lenient sentences for a handful of Tibetan demonstrators, the Chinese regime has executed large numbers of political prisoners (some sources say 800). Those fleeing the atrocities into India are shot by Chinese border guards. Long before the slaughter in Tiananmen Square Boulderites learned firsthand how calls for independence are greeted by Chinese authorities.

When the Boulder City Council expressed concern about human rights abuses the Chinese regime turned a cold shoulder. The lesson we have been handed: bring our business to Tibet... but Tibet is none of our business. So long as we pay lip service to Chinese repression in Tibet and spend our tourist dollars, we are welcome. Speak out, though, and we are told to butt out. Genocide and the destruction of Tibet are "internal affairs." We have been lied to, smiled at and used for propaganda.

It is time to leave our "friendship" with the Chinese regime in Lhasa. It is time for Boulder to sever our sister city link with a government that has orchestrated the worst bloodshed in Lhasa in decades.

The fact is that the Boulder-Lhasa Sister City Project (BLSCP) was never a very good deal. The Tibetan people were getting stiffed and Boulderites are getting used. Only the Chinese regime benefited. In its three years of existence, BLSCP never repaired a temple nor opened a clinic — and even if they had, the renovated temple would have served the Chinese tourist industry (a source of invaluable foreign cash) and the clinic would almost exclusively have treated tourists, not Tibetans.

The May issue of OUTSIDE magazine (the same edition which touted Boulder as the number one sports town), talks about the "Disneyfication" of Tibet. "By any calculation, the Chinese

are turning a nice profit off the Tibetans." The notion advanced by BLSCP — that tourists are also watchdogs on Chinese abuse — is sadly of little use. BLSCP members who have witnessed atrocities were the last to speak out about them. And when objections were finally raised the Chinese regime only shrugged.

If there is any remaining doubt that Boulder's official link with Lhasa contributes to Disneyfying the Tibetan people, take a look at the film of the BLSCP's inaugural visit to Lhasa (in the Boulder Public Library). Underneath a worthwhile English overdub, one can hear the narrative in Chinese for its intended audience. Filmed and edited by Chinese crews for domestic use, the "documentary" features party figures ushering Mayor Jourgensen and other city representatives through one staged event after another. The culmination of this Tibetan experience: an evening of Chinese opera. The ugly truth is that we were duped. In exchange for a relationship with the Chinese overlords in Lhasa, Boulder unwittingly legitimized their control over Tibetans.

Back in January and February City Council members stated that there should be a limit to the atrocities we would put up with. In fact, BLSCP representatives (Jack Ives and Dan McGraw) themselves declared that if things got worse in Lhasa, the Boulder link would be inappropriate and should be severed.

Things got worse. Since the bloody March uprising in Lhasa, not only Tibetans but Han Chinese in Beijing have been butchered by the Chinese army. Martial law has been declared in two cities: Beijing and our sister city.

In these dark days of repression it is obscene to be appeasing the Chinese government. Yet that is precisely what BLSCP has done throughout two years of Tibetan demonstrations for independence. BLSCP did everything in its power to block City Council from sending a simple letter of concern.

BLSCP members continue to state that things really aren't so bad in Tibet. Just to give us perspective, a BLSCP member recently delivered a helpful lecture on the context of martial law. In September, BLSCP is cosponsoring a conference entitled TIBET: TRADITIONS AND SACRED MYTHS (with a grant obtained by the strongly pro-Chinese City Council).

The conference brochure opens with this Dis-

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neyesque blurb: "One of the inspiring events of this decade is the opening of Tibet, the land of snows, the sky kingdom. Hardy travelers can now climb the north face of Everest, enter the sacred Jokhang Temple or share a meal with a nomad family. Tibetan lamas, traditional doctors, dancers and lay folk are now found throughout the world, sharing their thousand-year-old culture with us."

Let's get the record straight. Tibet was opened but is now closed to all but state controlled tourist groups. The pre-monsoon expeditions to Everest were canceled (ask Boulder climber Annie Whitehouse). Any visits to the Jokhang Temple — where 44 monks were beaten to death by security forces a year ago — are severely restricted. And the reason Tibetan lamas, et al., are now found throughout the world is because they are refugees who fled Chinese occupation.

Boulder has suffered enough Chinese propaganda. It is time to cut ties with the Chinese regime. China is playing a waiting game with world outrage about her treatment of students in Beijing and Tibetans in Lhasa. BLSCP is also playing a waiting game. BLSCP's strategy is to walk softly and wait for the Chinese government to behave itself. Forget it.

It is time — past time — for Boulder to assert its conscience.

City Council should:

1. Sever our BLSCP link. This will be appropriate and in keeping with other expressions of concern around the U.S. (The House of Representatives recently voted unanimously to impose economic sanctions on China for human rights abuses. The city of Wilmington, North Carolina, cut ties on August 1 with their sister city in China because of the human rights situation.)

2. Pronounce Boulder's firm belief in international ties with other cities. Our relationship with Jalapa, Nicaragua, for instance, is a model of the humanitarian spirit.

3. Declare its solidarity with the Chinese students and others seeking greater freedom in China. On or around Sept. 12, Chinese people around the world will be holding demonstrations to protest the repression in China. A number of Chinese students attending the University of Colorado have already protested their government's repression and an official declaration from Boulder will strengthen their voice.

4. Consider building links with Dharamsala, India, where the soul of Tibet has not been crushed beneath Chinese tank treads. Dharamsala serves as a "capitol" to Tibetan refugees and is the home of the Dalai Lama, a towering advocate of nonviolence.

Through such an official relationship with Dharamsala, Boulder would gain real cultural exchange with the Tibetan people. We could host Tibetan artists, dancers, thinkers and religious figures, instead of Chinese politicians spouting party line. We could send real help that would reach real Tibetans. Again, the example comes to mind of Jalapa, to which we sent food and provided a preschool. Furthermore, travel to Dharamsala would be roughly half as expensive as paying outrageous sums to the Chinese government for a Lhasa trip. Finally, a Dharamsala link would receive the blessing of the Dalai Lama, who recently terminated his own attempts to negotiate with the Chinese.

Let's start dealing with Tibetans, instead of their butchers.

It is time to close down the Boulder-Lhasa Sister City Project.

(Jeff Long of Boulder is regional director of the U.S.-Tibet Committee, a group monitoring human rights in Tibet.)

AI Report Vividly Depicts China's Abuses of Tibetans

By Ursula Bernis

AMNESTY INTERNATIONAL in its February 1989 report of TORTURE AND ILL-TREATMENT IN DETENTION OF TIBETANS BY THE PEOPLE'S REPUBLIC OF CHINA gives a detailed account of the kinds of torture practiced on Tibetan prisoners detained often without being charged and for participating in peaceful demonstrations. The allegations of torture and ill-treatment began to reach AMNESTY INTERNATIONAL only after pro-independence demonstrations by monks in Lhasa September 1987, even though these practices have been wide-spread in Tibet for the past 30 years. AMNESTY investigated mainly ex-prisoners since, until their release, prisoners are held in incommunicado detention. It found consistent reports of prisoners being beaten, often hung upside down, with nail studded clubs and electric cattle prods. The method of "hanging airplane," a prolonged suspension by the arms and wrists, is a common practice of intimidation and punishment. Prisoners were frequently stripped naked during interrogation, exposed to severe cold, submerged in ice cold water, shackled for months at a time, and made to stand for longer than 24 hours. Food is reported to be grossly insufficient in prisons and medical treatment lacking in all but the most severe cases of physical abuse; torturing to death was also reported.

It is clear from the report that torture and ill-treatment are not isolated or random instances but a consistent practice, with police or prison guards often drunk while abusing prisoners. Another point made is that Buddhist monks and nuns, who have taken a particularly courageous role in the pro-independence demonstrations, are singled out for especially brutal punishment. Nuns are

sexually abused with electric batons, for example.

AMNESTY mentions that China ratified the United Nations Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment in October 1988 and quotes the Chinese delegation at the United Nation as saying that "China will implement in good faith its obligations undertaken in the Convention." (page 2) Even though China has admitted, and brought to trial, cases of police brutality in central China, for example, it has consistently denied any occurrence of torture in Tibet. Although since October 1987 AMNESTY INTERNATIONAL has appealed to the Chinese Government on several occasions to investigate reports about human rights violations in the TAR, there has been no response.

Since the February 1989 report, AMNESTY has issued two URGENT ACTION APPEALS, on March 8 and 16, 1989, concerning its fear of mass arrests, torture and summary executions with the imposition of martial law on March 7th, when about 2000 soldiers with automatic weapons were moved into the center of Lhasa. It reports that in the climate of extreme tension and violence, tourists were expelled from Lhasa. They described the police as savagely beating Tibetans and "putting out a stream of (gun) fire very indiscriminately" the first day of the demonstrations. They saw Tibetans, including children being rounded up and driven away in trucks. The official Chinese death toll was 16 people. An estimated 1000 had been rounded up and detained. The appeals stress that, according to these witnesses, none of the Tibetans had guns and that the demonstrations had started in a peaceful manner by unarmed Buddhist monks and nuns. This contradicts the Chinese press, eager to convince the world that the Tibetans had started the violence by shooting at police. ■



H.H. the Dalai Lama with President Oscar Arias, right, and Costa Rican Archbishop Ramon Arrieta, left, and Foreign Minister Rodrigo Madrigal Nieto.

The Dalai Lama's Historic Central America Visit

By Tinley Nyandak

Costa Rica: In a front-page article on June 23, 1989 *The Tico Times*, Central America's leading English-language newspaper, said in its lead: "What can bring together Costa Rican President Oscar Arias, Tenzin Gyatso, the XIV Dalai Lama of Tibet, Costa Rican Archbishop Ramon Arrieta, a Cherokee chieftain, various musicians and some 500 visitors from all over the world?"

"Answer: Peace—specifically, 'Seeking the True Meaning of Peace,' an international conference sponsored by the Costa Rican government and its Ministry of Natural Resources, the Catholic Church and the University of Peace, being held in San Jose June 25-30."

A weeklong conference was also called "the meeting of the World Family for Peace and Sustainable Development." These events were, according to *Tico Times*, the brainchild of Dr. Abelardo Brenes, a psychologist who teaches at the University of Costa Rica and the University for Peace.

The conference was inaugurated by His Holiness the Dalai Lama, Archbishop Arrieta, 1987 Nobel-Peace Prize winner President Oscar Arias on June 26. President Arias and the Dalai Lama, nominated for the third year in a row for the Nobel Peace Prize, were also the keynote speakers at the conference.

In his opening address, His Holiness the Dalai Lama stressed the importance of developing a sense of universal responsibility in efforts to create a lasting peace and protect the natural environment.

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Historic Visit

Continued from page 1

"Costa Rica's contribution to the world is exceptional because it has shown that a small country can successfully pursue its own independent policy of peace," the Dalai Lama said. Costa Rica abolished its army in 1948. The Tibetan leader pointed out that, "others could learn from this example," and he made a reference to his own Five-Point Peace Plan for the future of Tibet.

"We hope and dream," he said, "that Tibet will someday be transformed into a true peace sanctuary, an entirely demilitarized area, and the world's largest natural park or biosphere."

The Dalai Lama, the world's foremost Buddhist leader, and Archbishop Arrieta joined by local Indian religious leaders and leaders from three other religions, including Baha'i, Judaism and Islam held their first ever interfaith service in Latin America on June 27 in Cartago's Basilica de Los Angeles.

The religious leaders, reciting or chanting in their native language, in the presence of thousands of followers of different creeds, called for brotherhood among religions and the strengthening of understanding between peoples as the foundation of peace and the sharing responsibility for a common destiny.

"While the conference has a decidedly spiritual focus," said Dr. Brenes, "it is a spirituality rooted in day-to-day life and sustainable development. Sustainable development is a type of living which responds to our present necessities without compromising the capacity of future generations to satisfy their necessities. Costa Rica is a world leader in the sustainable-development model because of this nation's policy of preserving its natural wealth in parks."

Other noted speakers during the five-day conference include: "Eco-theologist" Father Thomas Berry; Lord David Ennals, a member of British House of Lords, and the co-director of the United Nations-backed World Cooperation for a Better World and a Cherokee spiritual leader Dhyani Ywahoo.

The conference concluded on June 30 with the reading of the "Declaration of Human Responsibility for Peace and Sustainable Development," by President Arias. The President has agreed to present the document to the U.N. General Assembly this fall where organizers hope it will be adopted as a Universal Charter touching all nations.

Impressions of His Holiness's visit to Costa Rica

"Historic" was the description most often used in Costa Rica, and most applicable to this visit, from the Tibetan perspective and from that of the hosts.

Costa Rica, a small country, but with a well-earned reputation as a nation committed to peace and protection of nature, officially welcomed and received His Holiness the Dalai Lama. On his arrival on June 25, His Holiness was met at the airport by Minister for Energy and Environment, Mr. Umena;



His Holiness the Dalai Lama meeting with Mexico's President Carlos Salinas de Gortari on July 3, 1989 at the Presidential Palace.

Presidential Protocol Officer Anna Ross and other government officials.

On June 27 at the Presidential Palace His Holiness the Dalai Lama and President Arias met privately to discuss threats to world peace, protection of natural environment and potential solutions. Following the meeting, President Arias and the First Lady hosted a luncheon in his honor at the Presidential Palace, attended by Costa Rican Minister of Foreign Affairs Rodrigo Madrigal Nieto, members of the Cabinet and other government officials.

The visit, described as "auspicious" by the Tibetan leader because of increasing world attention on human rights and protection of the earth's resources, also paid tribute to Costa Rica's growing leadership in these fields.

"It is not enough to speak of peace and protection," said the Dalai Lama, adding that the intentions must be put into action in the way Costa Rica has done.

In Costa Rica, people from all walks of life—President Arias and the first lady, former President Dr. Carazo and the Foreign Minister Rodrigo Madrigal Nieto and academics, church officials, students and ordinary citizens, young and old—expressed the thought that the presence of His Holiness the Dalai Lama in Costa Rica was a "wonderful event for the country." Some even called His Holiness the Dalai Lama "Il Papa," the term of endearment and affection for His Holiness the Pope.

Both electronic and print media coverage of His Holiness's visit were thorough and extensive.

The Costa Rican government provided security to His Holiness befitting to his stature and position. The motorcade was led by four police motor cycles, police patrol cars and an ambulance. All the intersections were manned by police for the motorcade to pass through.

His Holiness's Visit to Mexico

Mexico City—After an emotional farewell given by President and Mrs. Oscar Arias, Archbishop Ramon Arrieta and hundreds of well-wishers, His Holiness the Dalai Lama arrived in Mexico City, Mexico, on June 30. At the airport His Holiness was received by the officials of Mexican government and the Autonomous Metropolitan University which invited the Tibetan leader to address and participate in an academic international conference on Global Priorities.

Despite protests and threats from the Chinese ambassador in Mexico City, Mexico's President Carlos Salinas de Gortari invited His Holiness the Dalai Lama to the Presidential Palace and met with him. The meeting lasted over 30 minutes.

Shortly after his arrival His Holiness joined the Archbishop of Mexico, Ernesto Corripio Ahumada, with 11 other leaders of different religious faiths for the country's first interfaith service for peace at the city's main Cathedral. Religious leaders in their formal robes proceeded to the stage in a procession led by His Holiness the Dalai Lama and the Archbishop and each leader recited or chanted prayers for world peace. More than 2,000 people attended the service and the event was widely covered by the Mexican media.

Gathered at the International Conference on Global Priorities organized by the Autonomous Metropolitan University, His Holiness the Dalai Lama and prominent speakers from Brazil, Argentina, Mexico, Japan and Costa Rica addressed a captive audience of about 500 people.

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stores into many small shops that are being rented to civilian Chinese. Similar shops also have been opened up in Shekar.

The sources say that all Chinese officials in Shekar have been issued guns because of the prevalent of strong nationalistic feeling among the Tibetans in the area.

Announcement on Birth Control

The Chinese authorities announced last April that Tibetan women are not allowed to have more than two children. If anyone violates this law, one's ration card will be revoked. As such, many Tibetan women from Shekar district have gone to Shigatse hospital for abortion or sterilization. A third child is not entitled to get a ration card.

Shekar Choedhe Monks Arrested

On February 10, 1989 some district and senior officials visited the Shekar Choedhe Monastery to give 1,000 Yuans to every monk at the monastery. The officials said, "monks of Shekar Choedhe Monastery are good monks. Thus far, you have never created any problems. You should not do what the monks in Lhasa did. Lhasa events have been created by a few separatists. You shouldn't do that. Since you have not created any problems, we would like to praise your monastery." After the admonition the monks were given the said amount. On February 14, 1989 three monks from the monastery went to the house of sub-district official and put up wall posters stating, "You are to come and lead a demonstration calling for Tibetan independence on February 20, 1989." Another poster was put up by the same people in front of the district officer's house which read, "Chinese Quit Tibet." "Foolish officials should not collaborate with the Chinese like donkeys."

"You are to come and lead a demonstration calling for Tibetan independence on February 20, 1989."

A few days later, when the same monks were putting up posters at various places in Shekar, a Tibetan police officer, Dorje, caught them. Firing warning shots, he had the three monks arrested on February 16, 1989. For three nights and days that followed the three monks were severely tortured and interrogated without food and bedding.

To the local Tibetans the Chinese authorities first never admitted that the three monks were arrested. But after persistent demands the authorities had to acknowledge the arrest.

Moreover, many Tibetans had witnessed the arrest. Furthermore, the prison authorities at Shekar district charged 150 Yuans each to the family members of the three monks "for rent and food" during their imprisonment. The monks are still in prison: two in Shigatse prison and one in Shekar.

After the arrest and imprisonment of the monks, all the monks at Shekar Choedhe Monastery were interrogated one by one and were asked to give "confessions." Moreover, when the police discovered one (in Tibetan) copy of My Land and My People, an autobiography of His Holiness the Dalai Lama, the monks were again interrogated but no one claimed the ownership of the book. All the monks were then forced to put their thumb impression 23 times on a statement which said that in future they will not go in the "separatists" way.

Reports reaching here said that a new prison has been established at Dechen Dzong in Toelung, to the west of Drepung Monastery, about 20kms from Lhasa city. Many of the Tibetans arrested recently are reported to be imprisoned here. No further details are available.

New law on Birth Control

A Tibetan who arrived in Dharamsala recently says that the Chinese authorities have now introduced new birth control policy for the smaller towns, villages and nomadic areas. A Tibetan girl from Amdo confirmed the report. The earlier policy of allowing Tibetans living in such areas with three children, one more than city-residents, has now been changed. This would mean that Tibetans all over occupied Tibet are being allowed to have only two children.

In a speech at a meeting in Peking last March, Mr. Lhoga, the Mayor of Lhasa, said, "In Tibet, for example, the population is extremely small because of which Tibet is facing difficulties in man-power. Therefore, we shouldn't pursue the birth-control policy on population in Tibet." ■

Tibet Under Martial Law: Prison and Torture Way of Life

The following report was compiled from many sources since China declared martial law in Tibet on March 7, 1989.

Tibetan Nuns Being Tortured

Many of the arrested nuns from Shugsib Nunnery, west of Lhasa, have been imprisoned at the military prison below Chakpori in Lhasa. The nuns have been brutally tortured in prisons, according to informed sources. They have been subjected to the following methods:

- after stripping them naked on a site the Chinese security forces order their dogs to bite or chase the nuns
- cattle-prods (always used during interrogation and torture sessions) are being inserted into the nuns' private parts (motsen in Tibetan)

- at times the nuns are being tied upside-down for long durations and
- there are even unconfirmed reports of their breasts being cut off.

Lhasa Under Martial Law

Lhasa city and its districts are under tight military and security control. Check-posts, for example, (seven between the Holiday Inn and Jokhang) have been manned by armed Chinese troops. At one time a Tibetan reportedly had to show his identity card to even use the toilet. Whenever there were reports of some foreign visitors arriving in Lhasa, the Chinese authorities immediately evacuate the check-posts from the road and move them in houses. Military tents (housing 40 to 100 soldiers) have been set up in front of the Jokhang. There also eyewitness accounts of five SURFACE TO AIR ROCKET LAUNCH tanks patrolling around the Jokhang. When these types of tanks patrol Lhasa city there are always more than ten.

There are also reports of military tanks (three) being stationed below the Mensikhang (Medical College) near Jokhang. Eyewitnesses say that many of the smaller roads leading to the Jokhang are being closed or blocked for the public.

According to some sources, the Chinese authorities have been arresting more Tibetans after identifying the photographs taken by their photographers during the March 1989 demonstrations in Lhasa. A few Tibetans have already fled Lhasa fearing arrests.

The Chinese authorities in Lhasa have been scrutinizing Lhasa residents and the local

officers whether they have been hiding or protecting non ration-card holders. Non-Lhasa residents do not have ration cards. Tibetans have been warned of severe consequences if they protect non ration-card holders. Furthermore, the Chinese authorities have stated that a Tibetan from outside married to a ration-card holder in Lhasa will not be permitted to settle in Lhasa. The couple will have to settle at their native place. If they are found to be settled in Lhasa, the authorities will arrest and deport them.

Because of these strict measures, hundreds of Tibetans are said to be living outside Lhasa with a hope that they will be able to return to Lhasa.

Tension in Shekar and Dingri

During March-April 1989, a Tibetan working at the SHEKAR WEATHER OFFICE was arrested after a fight with a Chinese staff. The Tibetan (from Lhasa) reportedly told the Chinese, "You Chinese should leave Tibet and return to your own country." The Chinese authorities, labelling him as a "separatist," had the Tibetan handcuffed in front of his colleagues and arrested him. He is now imprisoned at Shigatse prison.

The Chinese authorities in the region are ordering tons of tsampa (Tibetan staple food) at the flour mills these days in SHEKAR and DINGRI. Though the authorities claim that the tsampa is for distribution in the schools, but local Tibetans believe that food supplies are for military. Moreover, such distribution in schools is unheard of in the region.

There are also reports of Chinese immigrants setting up many shops in Dingri, converting the district houses and the district

NEWS

W YORK TIMES METROPOLITAN TUESDAY, SEPTEMBER 26, 1989



The Dalai Lama examining a Torah yesterday as he met with Jewish scholars at the Tibetan Learning Center in Washington, N.J.

Dalai Lama Meets Jews From 4 Major Branches

By ARI L. GOLDMAN

Special to The New York Times

WASHINGTON, N.J., Sept. 25 — An unusual Buddhist-Jewish dialogue took place here today between the Dalai Lama, a major spiritual leader of Tibetan Buddhism, and a group of six Jewish scholars.

The 54-year-old Buddhist leader, in the United States for a three-week visit, said that although he had many theological exchanges with Christians, he had never before had a formal dialogue with Jews. He went about it with great zest and humor, reaching to touch a Torah and smiling at the sound of the shofar, the ram's horn that Jews blow to mark Rosh ha-Shanah, the Jewish New Year, which begins Friday night.

When he was given the shofar and a tallit, a woolen prayer shawl, as gifts, the Dalai Lama tucked the horn into his belt and put the tallit over his red and gold robe. He wore the tallit as he walked with his guests across the grounds of the Tibetan Learning Center here.

The encounter was arranged by a group of American Buddhists who say that their Jewish heritage remains central to their self-identity. They said the Dalai Lama had asked for the meeting, in part because many of his new followers were born Jewish.

Views of the Diasporas

The session lasted three hours, one hour longer than scheduled. Many issues were covered, including the nature of God, revelation, reincarnation and charity in the two traditions. But the question that seemed uppermost in the Buddhist leader's mind was survival.

Survival seems uppermost in the Buddhist leader's mind.

"We always talk of the Jewish people scattered in so many countries, speaking so many languages," the Dalai Lama said in English, sometimes seeking the right word from a Tibetan translator. "Yet the Jews keep their traditions. It is something very admirable."

The Dalai Lama said he wanted to learn the Jewish "secret technique" of survival. He said his question was not academic, but highly practical. The Buddhist leader, once the religious and political leader of Tibet, went into exile in 1959 in the face of the Communist takeover. He now lives in Dharamasala, India, one of the many places of Tibetan "diaspora."

'We Have to Learn'

He compared the Tibetan diaspora to that of the Jews. Jews use the term to refer to their dispersal after the destruction of the Second Temple in Jerusalem in the year 70.

"We have to learn from the experiences of our Jewish brothers and sisters," the Dalai Lama said.

The Jewish scholars were from the four major branches of Judaism, Orthodox, Reform, Conservative and Reconstructionist. They often disagreed vigorously among themselves, for example, about modern Jewish beliefs about life

after death, reincarnation and resurrection in a Messianic age.

"You've just learned one of the keys to Jewish survival," said a participant, Rabbi Irving Greenberg, an Orthodox scholar. "We disagree with each other all the time."

"No we don't," said Rabbi Lawrence Kushner of Sudbury, Mass., a Reform Jew and writer of theological works. The Dalai Lama rocked with laughter.

The other participants were Dr. Arthur Green, president of the Reconstructionist Rabbinical College; Dr. Judith Hauptman, associate professor of Talmud at the Jewish Theological Seminary of America (Conservative); Rabbi Joseph Glaser, executive director of the Central Conference of American Rabbis (Reform); and Dr. Blu Greenberg, who, with her husband, Rabbi Irving Greenberg represented the National Jewish Center for Learning and Leadership, a group that tries to foster better ties among the branches of American Judaism.

Dr. Greenberg addressed the question about survival when she spoke about the traditions of the Jewish family. "In times of great danger, Jews responded by having children," she said. The period immediately after the Holocaust, she added, represented the greatest numerical growth of the Jews in history.

"The Jewish family kept the Covenant and the Torah alive," Dr. Greenberg said. The major celebrations in Jewish life, including the Sabbath and sitting shiva, the seven-day mourning period, are observed in the home, she said, rather than the synagogue.

"That, no doubt," she said, "is one of our secrets."

have been seen encamped around Drepung in the hills outside Lhasa. Visitors to what was long ago the world's biggest Buddhist monastery said they saw few of the 400 or so monks supposed to be living there.

One Tibetan source, usually well-informed, said some monks from Ganden, another major Lhasa monastery, had been transported north to labour camps in Qinghai province.

Religion has enjoyed a widespread but controlled revival in Tibet since the early 1980s. Monks have used their relative freedom — after fierce repression of the Cultural Revolution in the 1960s — to launch their peaceful anti-Beijing protests.

Foreign reporters are barred from Tibet and the few official reports issued on arrests have not been consistent.

In March the mayor of Lhasa said police arrested 300 people after martial law was imposed. Three months later an official at Lhasa prison said only about 20 of the 355 criminals there were "counter-revolutionaries" who had taken part in rioting.

Last month the official New China News Agency gave its first report on trials of Tibetans who were involved in the March unrest. Ten were jailed, it said, for up to three years.

For China such sentences are lenient but visiting Westerners heard unconfirmed accounts from Lhasa residents that 300 people had been executed or killed in prison during martial law.

"People showed me marks on their wrists left by handcuffs. They said they were beaten a lot and deprived of food and water," the Western academic said.

Western sources quoted a Lhasa government leader as saying some Tibetan officials in the city had been replaced by ethnic Chinese since March.

The sources did not know if this was a consistent policy or just isolated cases. Despite the severity of

the repression, foreigners recently in Lhasa saw little feeling of militancy among Tibetans and no signs of armed resistance being prepared.

"People go out dancing and listen to music in bars. Let's have a good time, they say. They are resilient but there's no talk of an armed uprising tomorrow," the academic said.

Surprisingly, pictures of the Dalai Lama, Tibet's spiritual leader who is revered as a god by his people but harshly criticised by Beijing, are still on sale in Lhasa's

main market outside the Jokhang Temple.

Thirty years ago, then a young man, he fled across the border to India during a failed uprising against Chinese rule.

The rebellion cost thousands of lives and was the beginning for many monks of up to 20 years in prisons and labour camps.

Contacts between the Chinese Government and the Dalai Lama, who heads a government-in-exile not recognised by any country, have not led so far to a face-to-face meeting.

Many Tibetans say short of independence only a rapprochement between the Dalai Lama and China can bring peace to the region's two million people. Another two million or so Tibetans live in neighbouring provinces.

Diplomats in Beijing — itself under martial law since May 20 because of mass anti-government protests — say military control over Lhasa could prevail for a long time, perhaps years.

There are a few signs that Beijing could be relaxing its grip.

United Nations-sponsored development projects in the region are continuing with official blessing.

The authorities also announced recently that foreigners would be allowed to visit Lhasa in supervised groups of three, instead of tours of 10.

Reuter.

Beijing keeps Tibet under tight control

SIX months after martial law was imposed in Lhasa, GUY DINMORE is told Beijing is keeping a firm grip on Tibet.

SIX months after China imposed martial law on Lhasa to crush Tibetan nationalist unrest, residents say the military crackdown is as severe as ever with no let-up in sight.

Troops man checkpoints every 100 metres or so, the temples seem empty of monks and the hotels of tourists.

"Martial law in Beijing is a Sunday picnic compared with Lhasa," said a Western academic just back from the remote Himalayan region ruled by China.

Every major intersection is guarded by armed troops, many apparently teenagers from neighbouring Sichuan province. Soldiers are stationed regularly along main roads, checking identity papers and stopping traffic at night.



Chinese soldiers are given tea in Lhasa after martial law was imposed. Life is not so sweet for Tibetans.

All people entering Lhasa are required to have special papers. Armoured personnel carriers and military helicopters guard the outskirts of the regional capital.

One recent visitor was greeted by fierce shouts of "foreign devil" from a passing truck full of young ethnic Chinese soldiers.

In the heart of the ancient city, traders and pilgrims still mill about alleys surrounding the Jokhang

Temple, Tibet's most sacred Buddhist shrine, but they are watched by troops standing at corners in groups of four.

The temple complex has been the focus of demonstrations by monks, nuns and civilians against rule by distant Beijing.

Protests erupted in September 1987, and came to a head six months ago. China responded by moving in thousands of troops and im-

posing martial law on March 8.

Sixteen people were killed during the March protests, according to official figures. Tibetans say many more died.

China dates its rule over Tibet back to the 13th century and says it will never give up sovereignty. Communist rule was enforced in the early 50s by the People's Liberation Army.

Since martial law, troops

Tibetans Crossing into India Shot Dead

Leh, Ladakh, June 26—Seven Tibetans, including a woman and a child, were shot dead by Chinese security forces while they were trying to cross over into Indian territory last night, Indian newspaper *Statesman* reported. The incident occurred at the Indo-west Tibetan line-of-actual control, adjacent to the Cheshul area, 150 km southwest of Leh. The seven were shot dead by Chinese forces guarding the border.

The bullet-ridden bodies of the Tibetans were found by shepherds of Cheshul village who had taken their sheep for grazing in the area. The shepherds informed Indian security forces posted at Cheshul who helped them to drag out the bodies from the thorny bushes where they had been dumped by the Chinese security forces.

Officials said many of the bodies had been partly devoured by wild wolves. The villagers of Cheshul later performed the last rites according to Buddhist traditions.

Speaking to reporters, Lama Rupchung, a lama at the monastery adjacent to Cheshul village, said that "a grave situation is prevailing in the Chinese occupied Tibet." He said that Chinese authorities in Tibet had executed at least 13 Buddhist after branding them as traitors because they had led people against the occupying Army. He added that hundreds of Tibetans were languishing in interrogation centers. Among those arrested were a hundred women who were being treated as "animals," he said.

3

SPECIAL ITEMS

DHARMA ITEMS

AMBROSIA YIN: Amber Resin Essences #AMBER \$16

Amber is 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 inside a beautiful silk brocade pouch.

**AUTHENTIC MINIATURES,**
(tsa-tsa sculptures)

The following ceramic images are available in small (average 2") for \$7 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 \$14 ea.:
Avalokita #TSA:AVALO-L
Green Tara #TSA:TARA-L



BELL & DORJE The supreme symbols of the Vajrayana path are the bell and dorje (diamond scepter) used by tantric practitioners. They are held in the left and right hand respectively and convey the mystical union of wisdom and compassion. The dorje 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
9-Prong Regular Grade

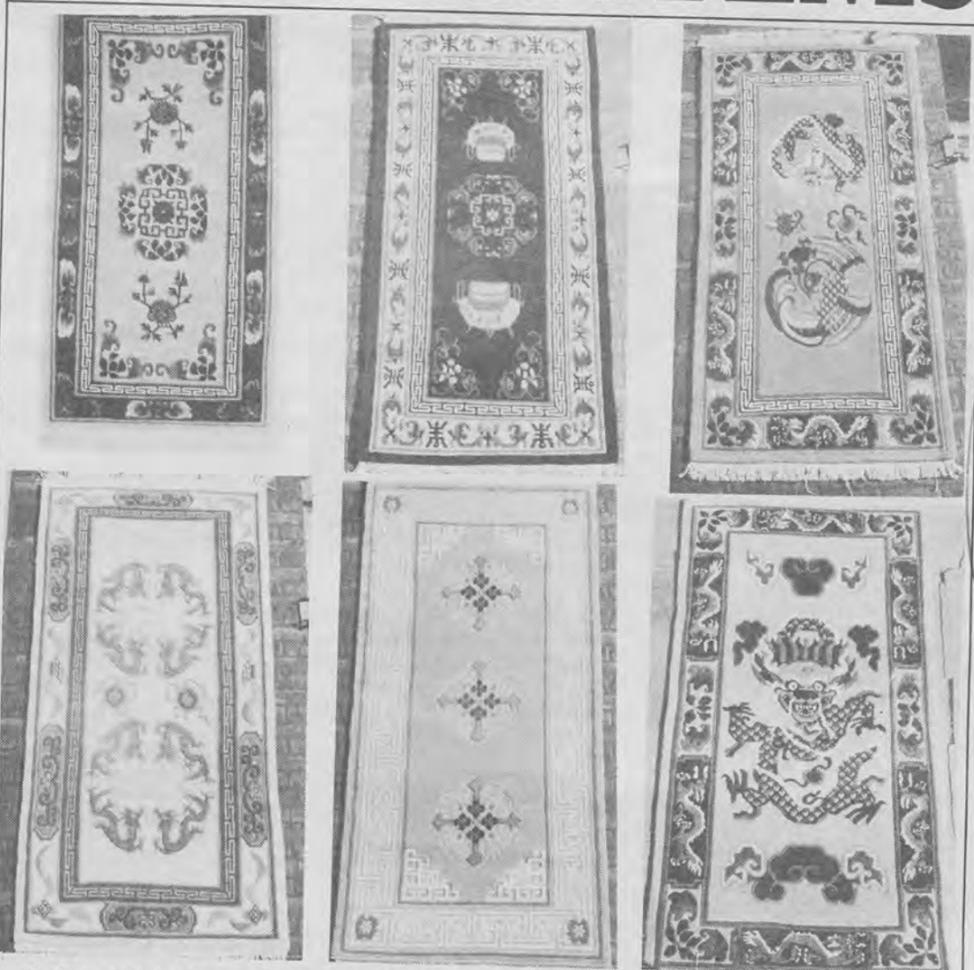
#GRBD4 \$60

Superior Grade #NEBD1 \$200
Superior Grade 5" variety

#NEBD2 \$190

NEW!**CHOD DRUM, #DWDRUM \$180**

This is the authentic chod drum with all the extra touches made by a Tibetan yogi living in Nepal. It comes with silk tail, brocade carrying case with yantra emblem and strap, skull bone piece on handle, sea shell adornments and traditional mantras inscribed on the inside on the wood.

**NEW SHIPMENT OF BEAUTIFUL HAND-WOVEN
100% WOOL TIBETAN RUGS**

Handwoven by Tibetan monks over a decade ago, these hard-to-find carpets feature complex traditional motifs and rich colors. Because the intricate designs are so difficult to weave, these types of rugs are no longer produced. Snow Lion was fortunate to locate one hundred of these rugs and we are pleased to be able to offer them to you. They make a beautiful addition to any meditation area or living space.

Woven with Tibetan wool and using brilliant quality dyes, each rug requires three weeks of intense labor for weavers to produce. These long-lasting and easy-to-care-for rugs are hand-sculpted and have a thick pile. They are 3 x 6' and sell for \$450.

If you would like to order one of these beautiful rugs, call or write to us and we will send you photographs from which to choose your carpet. As they are hand-woven, each carpet is unique.

CRYSTALS FROM TIBET

Tibetan Snow-Capped Smokey Quartz: We have a very limited number of quartz crystals from Amdo. They vary in size from 1 1/2 to 6 inches and are double and single terminated. The price on these is from \$20 to \$90 each. Some of these are scepters and recorders. At the time of this publication, we may still have some larger clusters. We have been told by several customers that the quartz is very pure and their energy is exceptional. Call us at 607-273-8506 about the crystals.

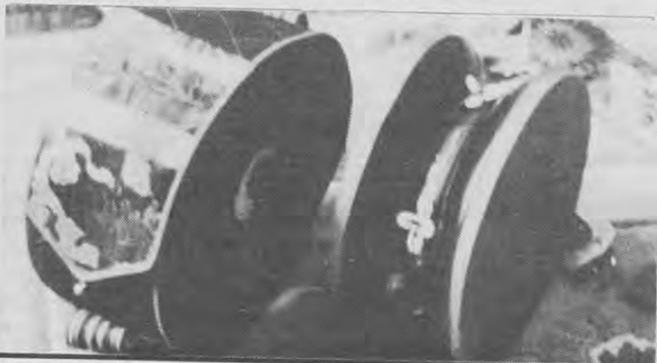
DAMARUS (wood), #DAMARU \$40

DAMARU BANNERS #DAMARUB \$20

Beautiful brocade banners in 5 traditional colors.

**DINGSHA BELLS** (cymbals)
#DINGSHA \$30

The sound of these bells is psychically cleansing.

**DHARMA DECALS**

The following decals are \$2 ea.:
Double Dorje (5") #DECAL1
Eternal Knot (5") #DECAL2
Wheel of the Dharma (5") #DECAL10

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

NEW!**DOOR CURTAINS #MUDC \$50**

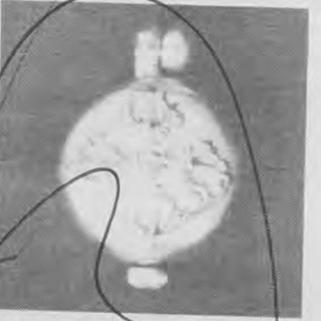
Brightly colored curtains that have adorned the entrances to homes and monasteries in Tibet for centuries are now available from Snow Lion. The main body of each curtain is made of cotton canvas, with colorful pieces of lighter cotton cloth used for the trim. Curtains are 80 inches tall by 36 inches wide and have loops at the top for hanging.

DOOR MANTRA #HCDM \$2.50

This mantra in Tibetan and Sanskrit purifies negativity. It is printed on card stock.

NEW!**DOOR TOP CLOTH #MUDTC \$7.50**

This is a good quality three foot long traditional Tibetan doorway trim that has horizontal bands of blue, yellow, and red with green pleated cloth hanging from the red band. Has loops for hanging.

**NEW!**

GAU, #GAU \$36
Made from white metal with kalachakra symbol on one side and double dorje on the reverse.

HATCHETS, #HATCHET \$36.50

We have a few 11" chachu ritual hatchets.

INCENSE

CEDAR/SANDALWOOD
8" box (50 sticks) #OSCS \$5

CHOD INCENSE 10 1/2" bundle #DWCHODI \$10

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

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

**JEWELRY**

We have a selection of necklaces, pendants, rings, bracelets with coral and turquoise. We have deity and dragon rings and pendants.

KAPALAS (skull cup)
Medium brass #KAPALAB \$30
Silver #KAPALAC \$134

NEW!**KATAS**

A standard silk offering scarf.
White silk #KATA2 \$8
Raw Silk (banana color) #KATA3 \$8

Long white scarves with auspicious symbols embroidered into them. #KATA \$36

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



SPECIAL ITEMS

**NEW!**

"FREE TIBET" Bumper Stickers #SLTBS \$1.50
Help keep Tibet in the public awareness by displaying this "Free Tibet" sticker on your bumper or any prominent place. One size fits all!

NEW!

"FREE TIBET" Buttons 2 1/2" Diameter. #SLFTB-W (white), #SLFTB-G (blue-green) \$1 White on Blue Green or vice versa.

NEW!

SNOW LION Button 2" Diameter. #SLSLB \$.60 Red drawing on yellow.



Vajrasattva, 14" x 22", \$475



Green Tara, 20" x 26", \$475



Bernochen (two-armed Mahakala of the Karma Kagyu lineage), 14" x 20", \$475

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

MALAS (prayer beads)

We have a wide variety to choose from:

Wood \$12

Bodhiseed—Two types: whole seed \$46; sanded showing patterns \$30
Lotus Seed—small \$44, large \$46
Glass, rock crystal, coral and other semi-precious stones—with and without counters. Contact us for a list of our stock. Prices range from \$80 to \$150. #XMALAS

NEW!**MALA COUNTERS**

These pairs of counters have a bell and a dorje, multicolored tassels and attach to any mala.

White Metal Counters

#COUNTERS-W \$14

Silver Counters

#COUNTERS-S \$40

BONE MALAS, \$22, please allow \$1.50 for shipping.

We have small bone malas with counters and head bead. They are light beige and strung on a black cord. #MALA

NEW!

MEDITATION BELTS, 8' x 4" cotton #DWBELT \$36 Hand-woven in Tibet, the belt is used to keep the back upright for long, comfortable sittings.

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. Call us for availability.

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.

**MEDITATION GONG** #SAG

\$110 This is a large meditation gong 5 inches in diameter. It has an exquisite brocade cushion and lacquered striker. It produces a beautiful rich sound that slowly fades—meditation practice will be enhanced by its use. Please allow \$3 for shipping and handling.

OFFERING BOWLS (set of 7)

Copper (medium-size)

#BOWL C \$38

White Metal (medium-size)

#BOWL W \$30

**PINS**, \$5.00

Double Dorje (5 colors) #PIND

Stupa (white) #PINS

Eternal Knot #PINEK

Wheel of Dharma #PINW

PURBAS Tantric daggers make of

iron. 9" PURBALG \$30 5"

PURBASM \$12

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

SINGING BOWLS

These are hand-hammered and come with a wooden striker. Produces a beautiful extended ring.

5" diameter #DWSB5 \$60

6" diameter #DWSB6 \$80

NEW!**KALACHAKRA & DZOGCHEN DESIGN TEESHIRTS.**

\$18 Available after November 18.

We will soon have 2 great shirts—four colors on white in S, M, L, XL. Choose either the Kalachakra symbol or Dzogchen design.

TEESHIRTS & SWEATSHIRTS

Snow Lion now has 50-50 cotton tee shirts and sweat shirts for men and women. Choose one of two teeshirts designs—Double Dorje or a Tibetan Flag. We also have a third sweatshirt design with Om Mani Padme Hum encircling a Hri. They come in white, yellow, red, and blue. They are high-quality shirts and are sized small, medium, large and extra-large, and run one size small. Please indicate a second color choice. The Flag design is a 5-color and so

more costly. Please give full description (color, size, design) on your order form and a second choice in case we are out of your first selection. Call us for availability of sizes and colors of double dorjes.

Teeshirts:

Double Dorje #PHSHIRT \$12

Tibetan Flag #PHSHIRTF \$14

Sweatshirts:

Om Mani Padme Hum

#PHSHIRT2 \$24

Double Dorje #PHSHIRT2 \$24

Tibetan Flag #PHSHIRTF2 \$28

**TIBETAN SHIRTS**

SNOW LION TEESHIRT \$14, #SLTSHIRT

These are 100% cotton, hand-dyed and hand-screened for unsurpassed richness and subtlety of color. Lion is maroon, and shirt is cantelope. Very beautiful! Sized M, L, XL.

**WINDSOCKS AND FLAG**

These items are made of durable flag nylon with fade resistant coatings.

Tibetan National Flag Windsock #CWWS, \$26.50

This 60" long windsock is great! It features the Tibetan Flag with tails in the five Buddhist colors. Buddhist Flag #CWBF, \$22
Display the five colors of Buddhism with this 30" x 45" flag.

OTHER DHARMA ITEMS AVAILABLE ON REQUEST

Call or write to us for information about:

Butter lamps, damaru covers, door top cloth, curved ritual knives, wrathful masks, peca book covers, lockets.

TRANSFER DECALS (Scratch-on) Ideal for stationery or cards. There are approximately 14 of each of 4 full-color symbols: Knot of Infinity, Wheel of the Good Law, Flower, Umbrella #TDECAL \$11.50

\$.60

SPECIAL ITEMS

SNOW LION TIBET CARDS



SLSTC54



SLSTC66



SLSTC46



SLSTC57



SLSTC57

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.

- 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



SLSTC5



SLSTC44



SLSTC4



SLSTC60



SLSTC19



SLSTC59



SLSTC27

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.

- 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

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.

IMAGES OF LOST TIBET

- SLSC1# Tibetan from Chamdo
- SLSC2# Monks Sounding Trumpets
- SLSC3# Tibetan Nomad Tent
- SLSC4# Norbu Linga & 13th Dalai Lama
- SLSC5# Officials During Losar
- SLSC6# Portrait of 13th Dalai Lama
- SLSC7# Potala During Losar
- SLSC8# Tantric Meditator
- SLSC9# Tibetan Men & Horses
- SLSC10# Mani Stones—Tibet-China border
- SLSC11# Wife of Tibetan Governor
- SLSC51# Nomad Yogi
- SLSC52# Yogi of Milarepa Tradition
- SLSC53# Woman with Prayer Beads
- SLSC54# Young Tibetan Girl
- SLSC55# Yeshe Dorje, Weather Controller



SLSC11



SLSC51



SLSC7



SLSC54



SLCDL3

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



SLCDL2



SLCDL1

H.H. THE FOURTEENTH DALAI LAMA CARDS

Because of the great demand for photos of the Dalai Lama, we have produced two portraits—they are 4 1/4 x 6" and are suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities. They are 50 cents each.

- SLCDL1 The Dalai Lama Leading the Great Prayer Festival \$.50
- SLCDL2 Portrait of His Holiness \$.50

NEW!

We now have 5 x 7" close-up photo of His Holiness taken in London this past spring. It is ideal for framing and devotional use. The photo sells for \$1.50 and on orders of 10 or more we give a 50% discount.

- SLCDL3 H.H. the Dalai Lama 5 x 7" \$1.50

SPECIAL ITEMS

CARDS & 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.

The fine art prints have been beautifully reproduced in full color using long-lasting colorfast inks and fine matt art paper. 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 \$19.95 ea.

The fine art cards measure 4 x 6" and sell for \$.75 ea. They have been beautifully reproduced in full color and high gloss finish.

THARPA DEITY CARDS \$.75 ea.

THC1	Shakyamuni Buddha
THC2	Avalokiteshvara
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

NEW!

Available early 1990

THC17	Guyhasamaja
THC18	Vajradharma
THC19	Maitreya
THC20	Vaishravana
THC21	Vajrasattva
THC22	Prajnaparamita
THC23	Wheel of Life
THC24	Stupa of Enlightenment

THARPA FINE ART PRINTS \$19.95 ea.

THPR1	Shakyamuni Buddha
THPR3	Manjushri
THPR5	Green Tara
THPR7	Amitabha
THPR9	Medicine Buddha
THPR10	Je Tsongkhapa
THPR11	Vajradhara w/Consort
THPR15	Vajrayogini

NEW!

Available early 1990

THARPA GREETING CARDS \$1.50 ea.

w/envelope Painted by Robert Beer, 5 x 7"

THGC1	Wish-fulfilling Tree
THGC2	Lotus
THGC3	Eight Auspicious Symbols
THGC4	Dragon & Tiger
THGC5	Offering Goddess

NEW!

Available early 1990

THARPA BODHISATTVA CARDS

#THBC \$5.95 for set Painted by Lama Jamyang

Atisha, Shantideva, Nagarjuna, Chandrakirti, Asanga, Geshe Chekhawa, Geshe Langri Tangpa, Je Tsongkhapa.

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
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!

KALACHAKRA SAND MANDALA POSTCARD, #SYKC \$.75

Full color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

POMEGRANATE NOTECARDS \$1 ea.

with envelopes Three striking Buddhist images have been selected for you.

PMBE	Buddha Eyes
PMPB	Prayer Beads
PMPF	Prayer Flags

NOTECARDS 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

8 AUSPICIOUS SYMBOLS NOTECARDS \$5 for 8 cards plus envelopes.

#HCNC3

DHARMA ART PRINTS

Fine set of 12 line drawings of Buddhas, Bodhisattvas and enlightened masters: Chenrezik, Vajradhara, Vajrasattva, Amitabha, Green Tara, White Tara, Padmasambhava, Marpa, Milarepa, Jambhala, Karma Pakshi, and the stupa.

#HCAP5 5 x 7" \$10

#HCAP8 8 x 10" \$15

WISDOM NOTECARDS \$1.50 ea.

Four paintings by Robert Beer are now available as notecards with envelopes. They are beautiful.

WINC6	Naropa
WINC8	Tilopa
WINC9	Heruka & Vajravarahi
WINC10	Vajrasattva

POSTERS

The following two Snow Lion Posters are high-quality, full-color reproductions - which measure 20 x 25 1/2" (including border):

POTALA PALACE, #SLPOPP \$8

One of the most outstanding pictures of the Potala Palace we've seen.

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.

NEW!

BUDDHA EYES, 24 x 36"

#PMBEP \$5
Mind-stopping close-up of the eyes of a Tibetan Buddhist statue.

NEW!

KALACHAKRA SAND MANDALA POSTER, 24 x 35"

#SYKP \$15

Large full color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

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.

BONPO LAMA NAMGYAL

ANGDU 17 x 26" #DLBL \$10

A meditating Bonpo Lama in traditional religious dress photographed at Samung Monastery, Dolpo, Nepal. B & W. Very powerful and atmospheric.

HAYAGRIVA POSTER 19 x 25"

#JMH \$8

Stunning photo of one of the best statues from the Jacques Marchais Museum of Tibetan Art.

GARUDA POSTERS \$7 ea.

Fine quality posters of three important images.

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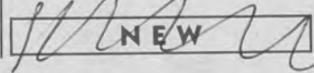
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LORD OF THE DANCE/ DESTROYER OF ILLUSION, dir. by Richard Kohn, 113 minutes, #FRLD \$59

The Lord of the Dance is Garwang Tojay Chenpo, a form of Chenrezi, and the Mani Rimdu is the major religious festival of the Everest region. 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, 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.

NEPAL, LAND OF THE GODS, 62 minutes, #MFNLG \$49.95 Nepal's unique mixture of Buddhism and Hinduism is the focus of this film.

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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. Houston 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.

THE SOUND OF WISDOM, directed by Robyn Brentano, 1 hour, #HFSW Was \$89 now \$49!

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.

TANTRA OF GYUTO: Sacred Rituals of Tibet, 52 minutes, #MFTG \$49.95

Presents secret Tibetan Buddhist ceremonies by monks of the Gyuto Tantric College.

TIBET: A Prayer for the Future, 60 minutes, #MMT \$29.95
This documentary traces Tibet's history from its origins to the current struggle under Chinese occupation. It contains rare historical footage and recently compiled material shot in Tibet during the summer of 1987, just prior to the recent series of demonstrations.

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HIS HOLINESS THE DALAI LAMA

A BUDDHIST MONK: The Dalai Lama of Tibet, 11 Days in England, 40 min., \$36

In April, 1988, His Holiness gave teachings in London, addressed the global conference on Human Survival in Oxford and met extensively with the media. A BUDDHIST MONK is a personal profile of His Holiness and presents him in his various roles as teacher, exiled leader and international spokesman for peace.

GREEN TARA INITIATION, 2 hrs., 45 min., \$60

His Holiness performed the common initiation of the Green Tara which grants the four empowerments in the form of a blessing. This was preceded by a lucid explanation of the initiation.

AN OVERVIEW OF TIBETAN BUDDHISM WITH A COMMENTARY ON BODHICHARYAVATARA, 11 hrs., \$180

This is an excellent overview of Tibetan Buddhism with the main emphasis on the four tantras, Dzogchen, and the chapters on patience and meditation from the Bodhicharyavatara. His Holiness went into great detail on many tantric topics. There was a question and answer session each day. Teaching given in London, April 1988.

UNIVERSAL RESPONSIBILITY IN A NUCLEAR AGE, 30 min., \$30

His Holiness delivered an impassioned speech in April, 1988 on

the necessity of developing universal responsibility—"the universal religion"—in order for humanity to survive in the nuclear age.

HIS HOLINESS THE DALAI LAMA: An Interview by Jonathan Landaw, 30 min., \$30

In a remarkably frank interview, His Holiness speaks about his role and responsibility as a Dalai Lama and gives advice on how to conduct oneself in the world.

THE FUTURE OF RELIGION, 1 hr., \$50

In a very direct and uncomplicated way, His Holiness teaches that negative mental attitudes give rise to suffering and that the antidote is provided by a variety of spiritual techniques. His Holiness concludes that the future of the various religions lies in the practice of their adherents.

Other Films by His Holiness the Dalai Lama:

PEACE: A Goal of All Religions, 1 hr., \$50

THE EXPERIENCE OF TRANSITION, 1 hr., \$50

INDIVIDUAL RESPONSIBILITY TOWARDS WORLD PEACE, 90 min., \$62

THE 37 PRACTICES OF A BODHISATTVA, Kalachakra, Rikon, July 1985, 5 hrs., \$124

THE SONG OF ULTIMATE REALITY, 1 hr. 30 min., \$62

HHDL VISITS CHRISTIAN AND BUDDHIST COMMUNITIES, 1 hr., \$50

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THE GIFT OF PEACE: A Message for All Faiths, 1 hr., \$50

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THICH NHAT HANH

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A PRAYER FOR THE FUTURE

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- Ancient Buddhist monasteries and Tibetan communities
- Tibetan resistance to Chinese occupation

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DR. LOBSANG RAPGAY, PH.D.

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MONKS AND LAYMEN IN BUDDHIST TIBET (2) #ALTPS58 \$9 How orthodox is the Tibetan monastic tradition? This lecture explains the grades of seniority among Tibetan monks, their day-to-day life, and their interaction with the laity.

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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.

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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 Manjughosha, 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.



AUDIO LITERATURE PRESENTS:

Shunryu Suzuki-roshi's



Zen Mind, Beginner's Mind

read by Peter Coyote

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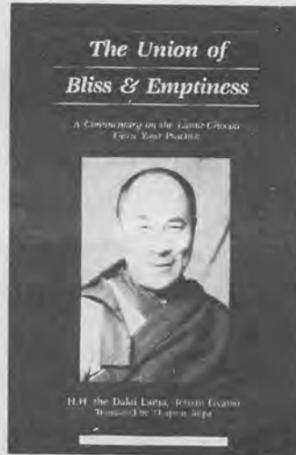
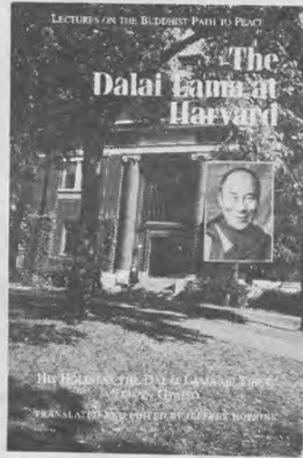
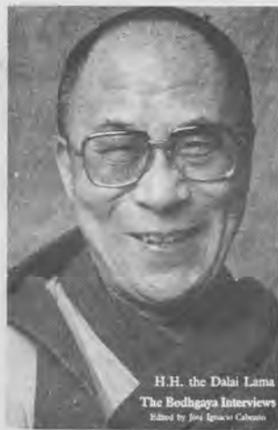
BOOKS ON TAPE

ZEN MIND, BEGINNERS'S MIND, Shunryu Suzuki-roshi, read by Peter Coyote (2) #AUTPZM \$15.95

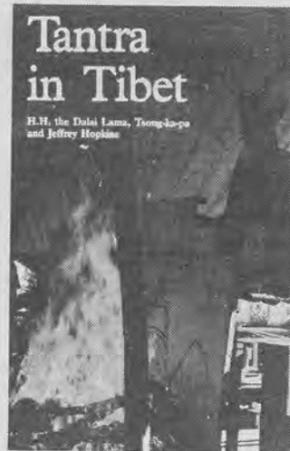
This program is about how to practice Zen as a workable discipline and religion. Here one begins to understand what Zen is really about. Every word breathes with the joy and simplicity that make a liberated life possible.

THE TAO TE CHING, trans. Tolbert McCarroll, read by Jacob Needleman. (1) #AUTPTTC \$9.95 "For those who do not know *The Tao Te Ching*, this reading will be a revelation. For those who do know *The Tao Te Ching*, this reading will be a revelation."

BOOKS BY THE DALAI LAMA



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



TRANSCENDENT WISDOM
A Commentary on the Ninth Chapter of
Shantideva's Guide to the Bodhisattva Way of Life
H.H. the Dalai Lama
Trans., Ed. & Annotated by B. Alan Wallace

THE THIRD DALAI LAMA
Essence of Refined Gold
Commentary by H.H. the present Dalai Lama
Glenn H. Mullin
Foreword by Robert Thurman
Dharma by Sangharaja, the 14th Gendun Chopel

THE BODHGAYA INTERVIEWS 1981-85, by His Holiness the Dalai Lama, Ed. by Jose Ignacio Cabezon. 104pp., photos, #SLBKBI \$8.95

"In these spontaneous interviews he reveals his inimitable wit and gently exemplifies the true nature of a Bodhisattva."—*East West Journal*

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 stimulating manner. Psychology, tantra, politics, emptiness, Christianity, reincarnation, liberation, meditation, 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.

BUDDHISM OF TIBET, by His Holiness the Dalai Lama Trans. & Ed. by Jeffrey Hopkins. 219pp. #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 of the true meaning of emptiness. With acute precision, he presents many insights into the nature of emptiness.

The Precious Garland by Nagarjuna. A description of the Bodhisattva path of compassion and a 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.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255pp. #SLBKDLHP \$12.95 paper, #SLBKDLHC \$22.95 cloth

"...The best teachings from the East are the ones given by the Dalai Lama"—Joseph Campbell in *An Open Life*

In 1981, His Holiness the Dalai Lama gave a series of lectures at Harvard University which fulfilled magnificently his intention of providing an in-depth introduction to Buddhist theory and practice. The combination of powerful intellect, expository skill, and practical, compassionate application which characterize the Dalai Lama himself also highlight these lectures. He covers a spectrum of issues important to anyone concerned about individual and world peace and answers questions that those interested in Buddhism have long hoped to see addressed.

"Presents a richer picture of the Dalai Lama... as a deeply accomplished scholar of Buddhist theory and practice. He displays a sensitivity to human concerns and an openness to the discoveries of science. His excellent sense of humor is also very much in evidence."—*Parabola*

Tenzin Gyatso was born in Amdo, Tibet in 1935 and was recognized as the fourteenth incarnation in the line of Dalai Lamas. Today he is known the world over as a great spiritual teacher, a tireless worker for peace, and a man with a gift for conveying great truths in a manner accessible to all. Since the Chinese takeover of Tibet in 1959, he has headed the Tibetan government-in-exile from Dharamsala, India.

Jeffrey Hopkins is a Professor of Indo-Tibetan Buddhist Studies and Director of the Center for South Asian Studies at the University of Virginia. Professor Hopkins is a well-known author and translator of over a dozen books on Tibetan Buddhism.

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

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

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

The Great Exposition of Secret Mantra—parts 2 & 3, by Tsong-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. Formerly titled: *Yoga of Tibet*.

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

Not limited to Buddhist or religious believers, his message speaks to all humanity of the importance to the very fabric of society of kindness, love, and compassion. It is a message of hope, both in terms of the potential for individual and social transformation, and in terms of the indomitable human spirit.

"Hopkins has done an excellent translating and editing job, mak-

ing the often-difficult terms and doctrines very accessible... gives the reader an insight into contemporary Tibetan Buddhism as presented by the gentle, intelligent exiled leader of the Tibetan people. This is an excellent book."—*Choice*

"Though [the Dalai Lama] is one of the most erudite scholars... he has a gift for reducing his doctrine to a core of lucid practicality, crystallized in the title of his 1984 book, *Kindness, Clarity and Insight*."—*Time Magazine*

A LONG LOOK HOMEWARD: An Interview with the Dalai Lama of Tibet, by Glenn H. Mullin. 29 pages, #SLBKLLH \$2 In this interview, His Holiness openly expresses his views on many timely political issues, on himself as a spiritual and secular leader, on the Thirteenth Dalai Lama, and on the likelihood of himself traveling to Tibet.

NEW!

OCEAN OF WISDOM: Guidelines for Living, by the Dalai Lama of Tibet, ed. and photos by Marcia Keegan. 96pp. 19 color photos, #CLOW \$13.95 cloth

Published for his 1989 visit to the USA, this lovely book contains photos of His Holiness and is accompanied by his thoughts on compassionate action and practical guidelines for living a more meaningful life. It features a foreword by Richard Gere, founder of Tibet House, photographs by Marcia Keegan and an introduction by Rinchen Dharlo, the representative of the Dalai Lama to North America.

TANTRA IN TIBET, H.H. the Dalai Lama, Tsong-ka-pa and Jeffrey Hopkins (also Trans. & Ed.). 252pp #SLBKTT \$12.95 "This is a most valuable book for the serious seeker."—*The Tibet Journal*

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.

FORTHCOMING!

TO THE LION THRONE, by Whitney Stewart. 55pp. #SLBKTLT \$10.95 December

This is an exciting and engaging biography of the Dalai Lama for children. The day the Dalai Lama was born, a rainbow touched his house, two crows rested on his roof top and kept guard and his father jumped from his sick bed and declared himself cured by his son's birth. This biography follows the life of the young, spirited boy who became a monk at age three, moved to the Potala Palace in Lhasa and became the spiritual and political leader of his people by age fifteen. To her careful research into the early years of the Dalai Lama, Whitney Stewart adds many touching stories from the Dalai Lama himself, as well as spirited illustrations to produce a book that will leave a lasting impression on young readers.

Whitney Stewart writes fiction and non-fiction for children. She has been a children's librarian and a tutor of English, French, creative writing, and children's theater. Her experience as a puppeteer and actor has been a base for writing for and working with children in elementary and high school.

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. 146pp., #SLBKTW \$9.95

"A clear exposition..."—*Vajradhatu Sun*

"*The Guide to the Bodhisattva Way of Life*" is one of the most highly recommended texts for Mahayana practice. The ninth

THE DALAI LAMA & KALACHAKRA TEACHINGS



OCEAN OF WISDOM
by the Dalai Lama



The Dalai Lama
of Tibet

Foreword by the Dalai Lama
Photographs by Martin Scorsese



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. This book forms the most accessible introduction to Tibetan Buddhism available.

"... presented in a practical and understandable form... delightfully illustrated, well-printed and highly recommendable as a practical guide to Tibetan Buddhism"—Soami Sariputra, *The Theosophist*

Glenn H. Mullin is a former member of the LTWA's Research and Translation Bureau and has published numerous books and monographs. He currently resides in Canada.

Other Titles:

BRIDGING THE SUTRAS AND TANTRAS, by the First Dalai Lama & Glenn H. Mullin. 288pp. #SLBKSW1 \$12.95 (See Religion Section)

KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95 (see Kalachakra)

MY LAND AND MY PEOPLE, by the Dalai Lama. 271pp. #POMLMP \$6.95

Famous autobiography by His Holiness.

OPENING THE EYE OF NEW AWARENESS, by the Dalai Lama. #WIBKOE \$10.95

TO THE LION THRONE
Whitney Stewart

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 this work we have the Dalai Lama at full strength... a profound work."—*Parabola*

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.

THE UNION OF BLISS AND EMPTINESS, H.H. the Dalai Lama. 191pp. #SLBKUBE \$10.95

The origins of the instructions on this Lama Choepa (guru yoga) practice are traced back to the explanatory tantra called Vajramala, in which the visualization of the body mandala deities on the guru's body is explained according to Guhyasamaja. Since the integral practice of Yamantaka, Guhyasamaja and Heruka has great merit and advantages, Lama Choepa explains how to do it on the basis of this guru yoga practice. The actual practice is explained on the basis of Guhyasamaja, the preliminaries such as the self-generation are explained on the basis of Yamantaka, and performing offerings and so forth is explained according to

Heruka. This guru yoga is widespread within the Gelug system and most followers know it by heart. This volume presents useful tantric material unavailable elsewhere.

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

"For its down-to-earth style indicating a rich spiritual path, this must rank as one of the finest Buddhist books in English to date"—*The Middle Way*

Continuing the living Tibetan tradition to the present day the present Dalai Lama, provides an extensive commentary to the Third Dalai Lama's "Essence of Refined Gold" drawn from his own penetrating experience. His discourse comprises the main body of

KALACHAKRA TEACHINGS



BRIDGING THE SUTRAS AND TANTRAS, by the First Dalai Lama & Glenn H. Mullin. 288pp. #SLBKSW1 \$12.95 (see books by the Dalai Lama)

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, is translated here by permission of His Holiness, the present Dalai Lama.

CHO-YANG, by the 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 1985 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.

HIGHEST YOGA TANTRA, by Daniel Cozart 192pp. #SLBKHYT \$10.95 (See Religion Section)

For anyone interested in practicing Kalachakra, this book is a really great general presentation of tantra and in addition has a special section comparing the completion stages of the Guhyasamaja and Kalachakra systems.



KALACHAKRA: RITE OF INITIATION, by Dalai Lama and Hopkins. 511pp. #WIBKKRI \$22.95

For the first time, a tantric initiation ritual is presented in detail in English.

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

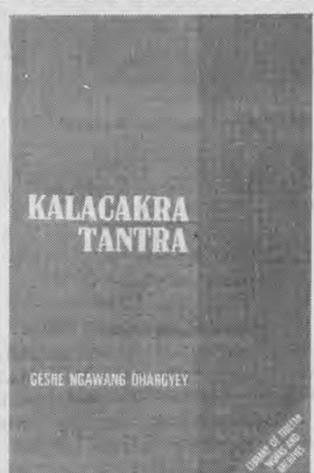
This book provides a sound explanation of the practice of Kalachakra. It contains tantric information pertinent to practitioners of any highest yoga tantra. Topics include: the initiations, vows and pledges, cultivating the generation and completion stages, energy centers, winds, drops, taking the three bodies as the path, and day and night yogas.

TIBETAN PILGRIMAGE, by Peter Gold. 175pp., color photos, #SLBKPTI \$14.95 (see Travel)

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, we accompany Peter into the heart of the Kalachakra mandala and into the calm center of Buddhism. Evocative, amusing, and informative.

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.

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.

GARUDA POSTERS \$7 ea. Very fine quality posters.
GAPO2 Kalachakra Deity
GAPO3 Kalachakra Mandala

IMAGES OF TIBETAN CULTURE
These full-color Tibet Cards measure 4 1/4" x 6" and are only 50 cents each. They capture some of the most moving images of the 1985 Kalachakra in Bodhgaya, India.

SLSTC 9 Long-life Offering
SLSTC10 Dalai Lama at Kalachakra
SLSTC14 Tibetan Monk in Prayer
SLSTC20 Tibetan Lamas
SLSTC22 Dalai Lama & Dingo Khyentse R.
SLSTC31 High Lamas at Kalachakra



NEW!
KALACHAKRA SAND MANDALA POSTER, 24 x 35" #SYKP \$15 Large full color photo reproduction of sand mandala constructed in the American Museum of Natural History, New York City.

NEW!
KALACHAKRA SAND MANDALA POSTCARD, #SYKC \$0.75 Same image as poster only in postcard size.

GARUDA POSTCARDS \$0.75 ea. Traditional thangka images.
GAC3 Kalachakra Deity

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

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



PATH OF THE BODHISATTVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin. 387pp. #SLBKPBW \$14.95 (See Religion Section)

SONGS OF SPIRITUAL CHANGE, by the Seventh Dalai Lama & Glenn H. Mullin. 205pp. #SLBKSW7 \$10.95 (See Religion Section)

TANTRIC YOGAS OF SISTER NIGUMA, by the Second Dalai Lama & Glenn H. Mullin. 240pp. #SLBKSW2 \$10.95 (See Religion Section)

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."

H.H. THE FOURTEENTH DALAI LAMA CARDS

Because of the great demand for photos of the Dalai Lama, we have produced two portraits—they are 4 1/4 x 6" and are suitable for gifts or devotional use. Photos like these of the Dalai Lama are precious gifts for Tibetans in Tibet or Tibetan communities. They are 50 cents each.

SLCDL1 The Dalai Lama Leading the Great Prayer Festival \$0.50

SLCDL2 Portrait of His Holiness \$0.50

We now have 5 x 7" close-up photo of His Holiness taken in London this past spring. It is ideal for framing and devotional use. The photo sells for \$1.50 and on orders of 10 or more we give a 50% discount.

SLCDL3 H.H. the Dalai Lama 5" x 7" \$1.50

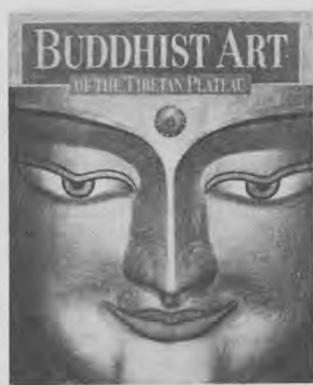
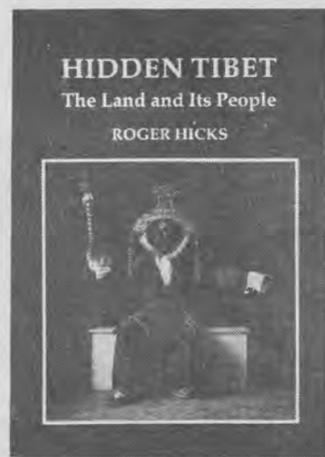


NEW VIDEO FROM MERIDIAN TRUST

THE WHEEL OF TIME: Kalachakra Initiation, Switz. 1985, 45 min., \$38 (for ordering info, see video section)

In the summer of 1985, H.H. the Dalai Lama gave a series of introductory teachings and the empowerment into the highest yoga tantra practice of Kalachakra. This complex and profound practice attracted an attendance of over 5,000 Westerners and Tibetans to the small Swiss village of Rikon. This program documents the event using interviews with various participants and excerpts from some of the teachings given over the course of the 10-day event. It also includes some exclusive footage of the rituals involved in the preparation of the mandala and the dances of the tantric monks.

ART & PHOTOGRAPHY



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

A Portrait of Lost Tibet is alive with fascinating details painted by two obviously curious, scientifically-minded, observant explorers... the pictures here are grand."—*The Fessenden Review*

Tibetan culture, just before its extensive destruction during the Chinese occupation, is here poignantly evoked 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 Tibetan civilization in existence.

"...the houses, nomads, monks and monasteries, religious ceremonies and mountains of the high plateau offer a poignant glimpse of what once was."—*The Washington Times*

"This may be the finest pictorial representation to date of Tibetan culture and customs."—*Religious Humanism*

BUDDHIST ART OF THE TIBETAN PLATEAU, ed. by Liu Lishong. 358pp., 13" x 10 1/2", 665 color photos, #CBBA \$100 cloth

Published by China Books, this collection captures some of the most beautiful art to be found at the Buddhist Monasteries in Tibet. Divided into sections covering architecture, sculpture, painting, relics and monastic activities. The text is written from the Chinese viewpoint of Tibet.

DOLPO: Hidden Land of the Himalayas, by Diane Summers & Eric Valli. 108pp. #APD \$39.95 Dolpo is one of the last enclaves of traditional 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.

THE HIDDEN HIMALAYAS, by Tom Kelly & Carroll Dunham. 200pp., color photo book, #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 take you to remote Humla, one of the most unusual places in the world. Beautiful, bitter, joyous, and holy, it is an ancient territory bordering Tibet, hidden in the Himalayas.

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

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.

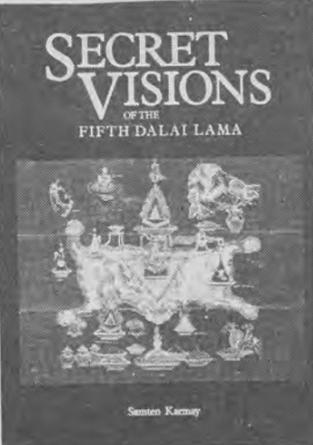
NEW!

IMAGES OF ENLIGHTENMENT, by Jonathan Landau. 160pp., 24 full-color plates, 6 line drawings, #THBKIE, \$15.95, available in 1990.

This is a clear introduction to the inner world of Tibetan Buddhist sacred art. Some of the most important images are represented here (painted by Andy Weber) and the text explains how each figure plays its part in the tradition of spiritual self-transformation to which it belongs.

LHASA: Tibet's Forbidden City, by Christine & Frank Brignoli. 107pp., 11 x 11 1/2", 79 color illustrations #SLBK L \$29.95 cloth

The colorful imagery of Central Tibet's largest monasteries and temples is stunningly preserved in this coffee-table book of photos.



Documented well is the daily life of the Tibetans in and about Lhasa with special emphasis on the majestic Potala Palace, the lively Barkhor area, the sacred Jokhang temple, Norbulingka Summer Palace of the Dalai Lama, and the massive Drepung and Sera Monasteries.

Christine & Frank Brignoli are photojournalists who have lived many years in the Middle East and traveled extensively in Asia and Europe. They currently reside in Saudi Arabia.

MANDALA COLORING PAD, Janet Izard, 23 mandalas measuring 11 x 11", #DDMCP1 \$5.95

This is a fun book for anyone who likes to color mandala patterns. It also makes a good gift to children or quoter friends. The pages are detachable so that you can decorate your house with your art work.

MOUNTAINS OF THE MIDDLE KINGDOM, by Galen Rowell. 192pp. color photos, #SIMMK \$19.95

An extraordinary photo-exploration of the scenery and peoples of Tibet and Western China. Rowell recreates the journeys of past explorers in the mountainous areas of vanished Turkistan and Tibet—a photographic portrait illuminated by stunning color photos and extensive descriptions of his experiences in these regions.

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

This profusely-illustrated, classic presentation of Tibetan art reveals a new sphere of ancient art and conveys its spiritual meaning. The 142 color and 372 b&w illustrations include painted scrolls, gilded bronzes, sculptures in wood and stone, and Tibetan icons of the saints and gurus of Tibetan Buddhism.

THE RELIGION OF ART, by Sangharakshita. 170pp., #SBRA, \$11.50

THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas, by Russell Johnson & Kerry Moran. 128pp., 116 color plates, 8 3/4 x 10 1/2", #ITSMT, \$24.95 cloth



Spectacular photography and vivid narrative provide a journey through the stunning Himalayan scenery to the majesty of Kailas, Asia's most sacred mountain. This sublime, snow-clad pyramid of rock has been visited by pilgrims for more than a thousand years. Johnson's magnificent photographs depict an awe-inspiring landscape and reveal the vitality and determination of the pilgrims. Moran describes their path in which every feature of the landscape has its own divinity.

SECRET VISIONS OF THE FIFTH DALAI LAMA: The Gold Manuscript in the Fournier Collection, by Samten Gyaltzen Karmay. Measures 10 x 14 1/2", 260pp. (104pp. color illus.) #SPSV \$190

This beautifully painted tantric manuscript recounts the visionary experiences of the Great Fifth Dalai Lama, Ngawang Lobzang Gyatso (1617-1682). A new discovery, it was hitherto totally concealed from Tibetans and others alike. Recently acquired for the Fournier Collection, it is only now that this extraordinary document comes to light and is available for study.

The Fifth Dalai Lama was a skillful politician and outstanding statesman. 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.

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

"Mr. Mele deserves to be congratulated for bringing out this album. I am impressed with his book and feel confident that it will give a glimpse of Tibet to those who have not visited our country."—His Holiness the Dalai Lama

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.

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.

NEW!

TIBET: A Lost Civilization, by Simon Normanton. 192pp., b&w photos throughout, 8 1/4 x 11". #VPTLC \$17.95.

Simon Normanton has skillfully woven together the firsthand accounts of the early expeditions (from Younghusband's to Lhasa in

1904 through Heinrich Harrer's in 1952), adding remarkable early photographs—few of which have ever before been seen—to bring to life the discovery of Lhasa and the various ancient religious ceremonies, festivals, and customs of a unique civilization.

TIBETAN BUDDHIST ART, Hiroki Fujita. 203pp. 8 1/2 x 11 3/4", 104 large color photos, #POTBA \$80

This massive work contains many outstanding photos of art and life and landscape. After a foreword by H.H. the Dalai Lama, there are chapters on Tibet, the Himalayas and the monasteries, followed by thangka representing the life of the Buddha, eight great scholars, four great founders of schools, the Kings of Shambala, Panchen Lamas, Ling Rinpoche, the Dalai Lamas.

TIBETAN COLLECTION: Sculpture and Painting, by Valrae Reynolds, Amy Heller, Janet Gyatso. 208pp. #NM-3 \$20

Contains photos of sculpture, including metal, wood, ivory, lacquer, stone and clay; thangkas, including painted, applied and embroidered examples; wall paintings; and iconography, including body positions, gestures, and symbols associated with deities.

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

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

This extraordinary handbook for artists and art historians has been newly updated with a unique section, unavailable elsewhere, of valuable guidelines for thangka painting using modern techniques and materials. The highly respected thangka painter, Robert Beer, has also added many line drawings of the primary deities to show the geometrical proportions.

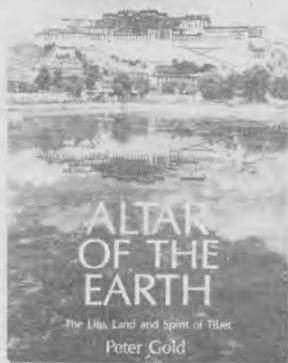
Tibetan Thangka Painting is the first detailed description of the techniques and principles of the sacred art of Tibetan scroll painting. This book presents, step-by-step, the techniques by which a thangka is made, from the preparation of the canvas to the final application of the sacred syllables behind 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 drawings and photographs illustrates each step, and the many line drawings of symbols and motifs will greatly aid artists, and serve as a unique sourcebook for designers.

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

ADVENTURE/TRAVEL



ALTAR OF THE EARTH, by Peter Gold. 222pp., 22 color photos #SLBKAE \$14.95

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

Engagingly written essays and stunning color photographs capture the beauty and magnificence of Central Tibet's most important sacred and natural places, events and ways of life.

With his captivating style and artistic vision Peter Gold leads us across rivers and mountain passes, towns and villages and into temples, monasteries, shrines and homes for an intimate glimpse of the essence of Tibet.

Altar of the Earth goes beyond guidebooks in providing, with wit and insight, an intimate and deep understanding of this exotic culture, fascinating to adventurers and arm-chair travelers alike.

Peter Gold holds degrees in psychology and anthropology, has been a research assistant to Dr. Margaret Mead, and has served as a Curator of Collections at Indiana University's Mathers Museum.

BUDDHIST AMERICA: Centers, Retreats, Practices, Don Morreale, ed., 360pp., 48 photos, #JMBA \$12.95

Over 500 centers in N. America are described in this "must have" directory of Buddhist centers. Contains all pertinent details down to diet and the experiences of participants. An introduction by Jack Kornfield is followed by many other essays and then pages and pages describing Theravadin, Mahayana, Vajrayana and other Buddhist centers.

CYCLING TO XIAN and Other Excursions: Travels by Bicycle Through China & Tibet, Michael Buckley. 256pp., 74 color photos. #CHCTX \$11.95

A simple jaunt to Shanghai sent Michael Buckley off on a lengthy detour: a 4000-mile journey overland to Kathmandu—half of it by bicycle. This travel story takes you through the bustling rural areas of China and the bleak desert of central Tibet. If you're partial to dirt, bumps, dust, awful food, crazed dogs, high passes and high adventure, this book supplies them all!

INDIA: A Travel Survival Kit, by Crouther, Raj and Wheeler. 792pp. #LPITSK \$17.95

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? The facts are all in this definitive guide.

NEW!

INDIAN AMERICA: A Traveler's Companion, by Eagle Walking Turtle. 336pp. #JMIA \$14.95. (see Native America)

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

A JOURNEY IN LADAKH, by Andrew Harvey. 236pp. #HMJIL \$7.95

An exceptional and very well-written book, one whose magic is



compounded by a singular blending of the wondrous and the commonplace, the sacred and the humorous.

KASHMIR, LADAKH AND ZANSKAR: A Travel Survival Kit, by the Schettlers. 203pp. #LPKLZ \$10.95

KATHMANDU AND THE KINGDOM OF NEPAL: A Travel Survival Kit, by Raj. 144pp. #LPKKN \$7.95

MIPAM: A Tibetan Love Story, by Lama Yongden. 360pp., #SGM \$9.95

NEPAL: Spirit of the Mountain Winds, #EVNC. \$9.95. Nepal's Himalayan peaks, Buddhist & Hindu shrines and the exotic and warm-hearted people of Nepal. 24 photos.

THE POWER PLACES OF CENTRAL TIBET: A Pilgrim's Guide, Keith Dowman. 320pp., maps & photos #RKPP \$10.95

THE SACRED MOUNTAIN OF TIBET: On Pilgrimage to Mount Kailas, by Russell Johnson & Kerry Moran. 128pp., 116 color plates, 8 3/4 x 10 1/2", #ITSM, \$24.95 cloth (see Art & Photography)

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

TIBET, by Elisabeth Booz. 208pp. #PATIB \$9.95

Tibet provides essential practical information about Lhasa—the principal city of business and devotion—and places far beyond. Contains many beautiful color photographs!

TIBET: A Travel Survival Kit, by Buckley and Strauss. #LPTSK \$7.95

Contains many color photos and useful descriptions of the region.

THE TIBET GUIDE, by Stephen Batchelor. 500pp. #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 sites of interest in Lhasa, central Tibet and en route from Lhasa to Nepal, Mt. Kailas and western Tibet, an iconographical guide, and many maps and photographs. Winner of the Thomas Cook award.

TIBETAN PILGRIMAGE, by Peter Gold. 175pp., color photos, #SLBKTIPI \$14.95

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 art, spiritual practices, sacred places, arts, and way of life. Through his engaging and creative style and superb color photos, Peter brings us face-to-face with the heart of Tibetan life—its rugged practicality and spiritual mysteries.



We share 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

"Peter brings an immediacy of feeling and details of information which are both fascinating and revealing."—*Middle Way*

TO LHASA AND BEYOND, by Giuseppe Tucci, Foreword by His Holiness the Dalai Lama 193pp. 24 photos #SLBKTLB \$14.95

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

"A classic valued for its lucid descriptions of Tibetan religious culture before the Chinese take-over. Every religious studies library should own a copy."—*Religious Studies Review*



Prof. Giuseppe Tucci was both a renowned orientalist and an 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.

TREKKING IN NEPAL, WEST TIBET AND BHUTAN, by Hugh Swift. 420pp., 14 maps, photos, #SCNTB, \$14.95

This Sierra Club Adventure Travel Guide is essential for the novice or veteran visitor. It provides a history of Himalayan trekking and covers natural history, scenic attractions, and cultural sites, peoples, and events. There is lots of info on preparing for travel and other practical guidance. It covers Tibet's 'Wide Open West' (including Mt. Kailas, the headwaters of the Indus river, and the lost cities of Tsaparang and Toling).

LIMITED SUPPLY, ON SALE FOR 30% OFF!

TREKKING IN THE HIMALAYAS, by Tomoya Iozawa. 208pp., many color and b&w photos and other illustrations. #HITIH \$24.95, Now \$17.45! Covering the entire range of 3500 kilometers, this is the most complete guidebook on trekking in the Himalayas.

LIMITED SUPPLY, ON SALE FOR 30% OFF!

TREKKING IN NEPAL, by Toru Nakano. Many color and b&w photos and other illustrations. #HITIN \$24.95, Now \$17.45!

One of the very best guidebooks to Nepal—and also a lavish photo book of the Himalayas.

THE WAY OF THE WHITE CLOUDS: A Buddhist Pilgrim in Tibet, by Lama Anagarika Govinda. 305pp. #SHWVC \$15.95

An account by Lama Govinda of his mystical pilgrimage through Tibet.

WIND BETWEEN THE WORLDS by Robert Ford. 338pp. #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, he returned to England where he wrote his unique and intriguing story. Reads like a well-written adventure novel.

MAPS



NEW

NEPAL HIKING MAPS

Helambu, Langtang: 1:100,000 #MLHL \$9.95

Kathmandu Valley: 1:50,000 #MLKV \$9.95

Khumbu Himal: 1:50,000 #MLKH \$9.95

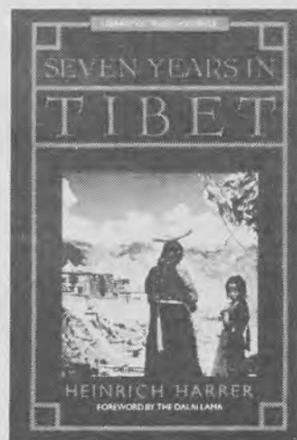
OTHER MAPS

Kathmandu City: 1:10,000 #MLKC \$5.95

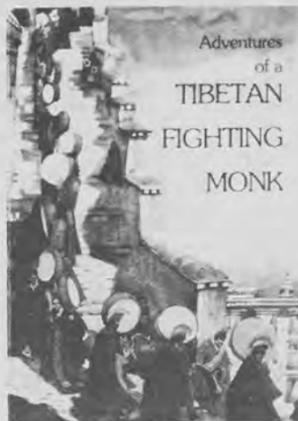
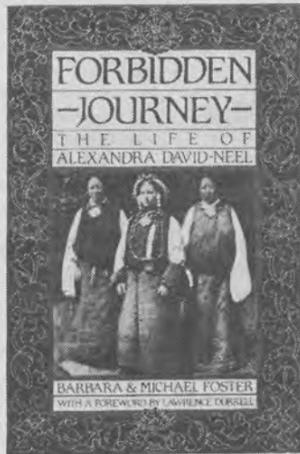
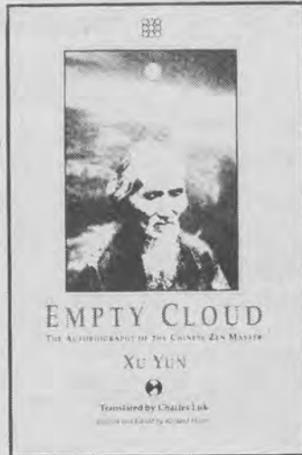
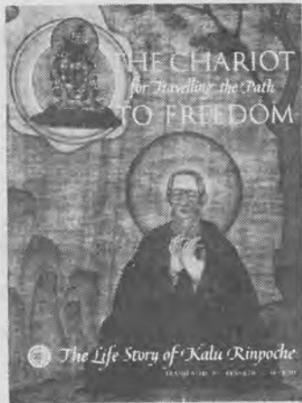
India (North): 1:1.5 mil #MLIN \$6.95

Nepal: 1:1.5 mil & 1:1.5 mil #MLN \$6.95

South-Central Tibet: 1:1 mil #MLT \$7.95



BIOGRAPHY



Featured:

FORTHCOMING!

HOUSE OF THE TURQUOISE ROOF, by Dorje Yutok, 300pp., photos #SLBKHTR \$14.95 Winter 1989

This frank and revealing autobiography of a Tibetan noblewoman recalls life in Lhasa before the Chinese occupation—its human concerns of marriage, divorce, housekeeping, as well as its spiritual and ceremonial dimensions. Her eyewitness account of the arrival of the Chinese and the abrupt transition to modern life is vividly and movingly presented.

The author possesses a rare insider's view of the highest government circles—both her father and her husband were cabinet ministers, and her brother served as prime minister. Yet her outlook on life was based on her Buddhist practices as taught by lamas and spiritual teachers.

A unique and unusual account of the fascinating life of upper-class Lhasa.

FORTHCOMING!

TO THE LION THRONE, by Whitney Stewart, 55pp. #SLBKTLT \$10.95 October (see Dalai Lama section)

NEW!

SIDDHARTHA, by Hermann Hesse, 122pp. #NDS \$3.95

This best-selling novel is the story of a soul's long quest in search of the meaning of life. As a youth, the young Indian Siddhartha meets the Buddha but must work out his destiny on his own. "It should be read slowly and with savor, preferably during the lonely hours of the night."—*The Nation*

Other Titles:

ADVENTURES OF A TIBETAN FIGHTING MONK, compiled by Hugh Richardson, 135pp., #POAFM \$8.95

This engaging story tells the life of Tashi Khedrup prior to 1959: born into a rural Tibetan village isolated from the modern world; ordained as a young boy into one of the great monasteries; maturing in a special realm of this powerful religious cosmos—the world of the Dob-dob, the 'fighting monks' of Tibet. He experiences the futility of the monks' final struggle against Chinese domination, then flees into India, the new world of Tibetan exile.

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

THE CHARIOT FOR TRAVELLING THE PATH TO FREEDOM: The Life Story of Kalu Rinpoche, by McLeod, 91 photos & illustrations. #KDCTP \$18.75

This exquisite book contains the autobiography and writings of one of the most outstanding lamas of this century.

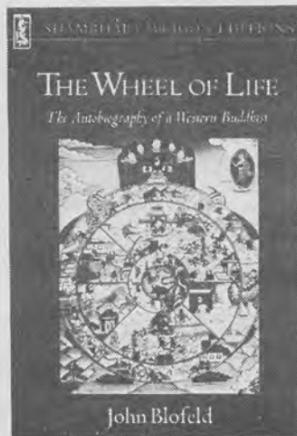
DALAI LAMAS OF TIBET, by Inder Malik, 188pp. #INDLT \$10.95 cloth.

DAUGHTER OF TIBET, by Rinchen Dolma Taring, 300pp., #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.

EMPTY CLOUD: Autobiography of the Chinese Zen Master Xu Yun, trans. by Charles Luk, 244pp. #ELEC \$14.95

When Master Xu Yun died at the remarkable age of 120, he was justifiably recognised as the most eminent Han Chinese Buddhist in the Middle Kingdom. He succeeded in retrieving Chinese Buddhism from abysmal decline and injected fresh vigor into it.



TO THE LION THRONE
Whitney Stewart

FORBIDDEN JOURNEY: The Life of Alexandra David-Neel, by Barbara & Michael Foster, 320pp. #HRFJ \$21.95 cloth

This is the first full-length English biography of the remarkable Alexandra David-Neel, one of the great women of modern times.

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

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

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

THE LIFE & TEACHINGS OF CHOKGYUR LINGPA, Orgyen Tobegyal Rinpoche, 70pp. #LITCL \$7.95

A biography of the great tertön of the 19th century as well as descriptions of his revealed treasures, following incarnations and family lineage. One-third of the Rinchen Terzog as practiced in the Karma Kagyu and Nyingma lineages was revealed by him.

THE LIFE OF MARPA THE TRANSLATOR, Nalanda Translation Committee, 320pp. #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.

THE LIFE OF MILAREPA, by Lobsang P. Lhalungpa, 220pp. #SHLM \$13.95

This biography of Tibet's most renowned saint, poet and mystic, traces the path of a great sinner who becomes a great saint.

MASTERS OF ENCHANTMENT, by Keith Dowman, 30 illustrations by Robert Beer, #ITME, \$24.95 oversized cloth

Here presented in a beautifully illustrated format are the stories and practices of the great Siddhas—the magicians and saints who founded the lineages of the Tantric tradition. The lives of the mahasiddhas demonstrate that enlightenment is to be found in the most unexpected of circumstances and places, independent of any preconceived notions about behavior or the ultimate nature of reality.

MY LAND AND MY PEOPLE, by the Dalai Lama, 271pp. #POMLMP \$6.95

Famous autobiography by His Holiness.

PASSIONATE JOURNEY: The Spiritual Autobiography of Satori Myodo, Trans. & Annotated by Sallie King, 232pp. #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.

PORTRAIT OF A DALAI LAMA: The Life and Times of the Great Thirteenth, Sir Charles Bell, 450pp. #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 is an immensely readable personal account of the life of this great Tibetan leader and the events that helped shape modern Tibet.

PRINCE SIDDHARTHA, by Landaw & Brooke, Color drawings #WIBKPS \$15.95

A delightful children's book on the life of Gautama Buddha.

THE SUPERHUMAN LIFE OF GESAR OF LING, Trans. by Alexandra David-Neel & Lama Yongden, Foreword by Chogyam Trungpa Rinpoche, 271pp. #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.

TIBET IS MY COUNTRY: An Autobiography of Thubten Jigme Norbu, brother of the Dalai Lama, as told to Heinrich Harrer, by Norbu, 300pp. #WIBKTM \$16.95

For many years Heinrich Harrer kept a close friendship with Thubten Norbu and together they wrote this book of Norbu's own life and the last decades of free Tibet's history.

WE TIBETANS, by Rinchen Lhamo, 228pp. #POWT \$8.95

The author was the first Tibetan woman in history to marry a European, leave her homeland and settle in the West.

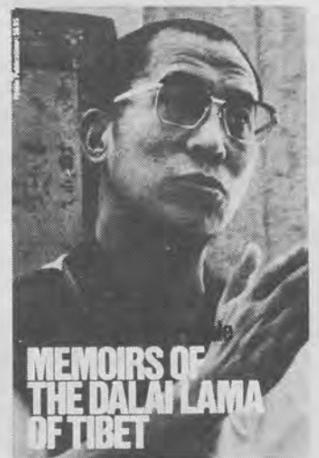
THE WHEEL OF LIFE: The Autobiography of a Western Buddhist, John Blofeld, 305pp. #SHWOL \$12.95

This spiritual autobiography of a noted scholar of Buddhism and Taoism ranges from humorous anecdotes to profound philosophical observations, from informative descriptions to magical tales of wisdom. John Blofeld (1913–1987) describes his early life in England, his years in prerevolutionary China, and his travels through Tibet, India, Burma, and Mongolia. With honesty and humility he portrays both the joys and the disappointments of the spiritual quest.

The Superhuman Life of Gesar of Ling



Alexandra David-Neel & Lama Yongden



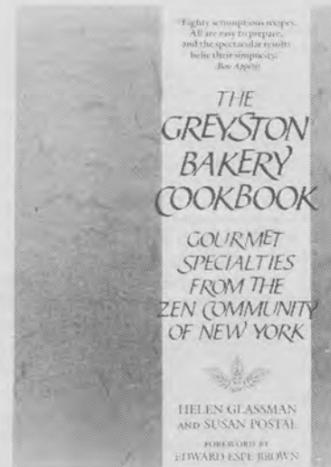
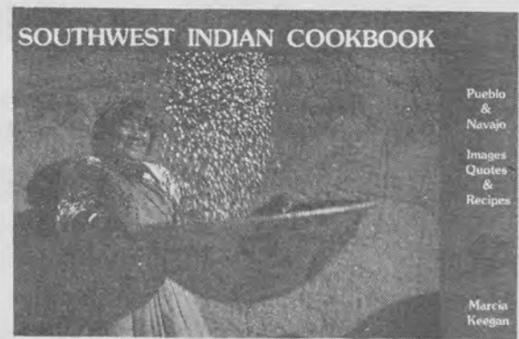
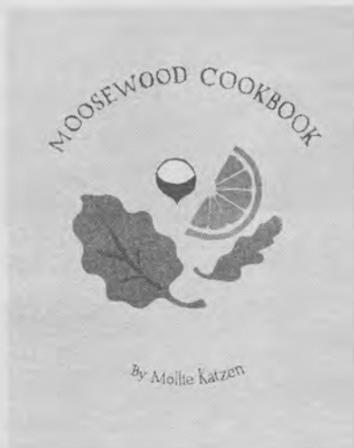
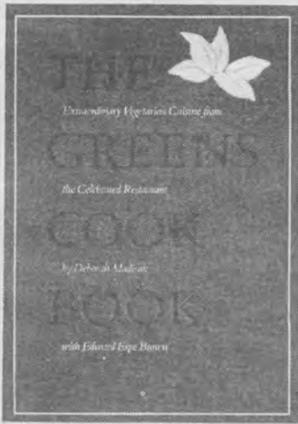
LIFE & TEACHINGS OF TSONG KHAPA



edited by Prof. R. Thurman



COOKBOOKS



NEW!

THE GREENS COOKBOOK: Extrordinary Vegetarian Cuisine from the Celebrated Restaurant. 396pp., #DDGC \$21.95 cloth. A rare book that truly represents a revolution in cooking. Here are the recipes that created the boldly original and highly successful restaurant on San Francisco Bay. This book caters to everyone who seeks delight in cooking and eating. Using an extraordinary range of fresh ingredients in imaginative and delicious ways, it shows how to present a feast for the eyes as well as for the palate.

NEW!

THE GREYSTON BAKERY COOKBOOK: Gourmet Specialties from the Zen Community of New York, by Helen Glassman & Susan Postal. 148pp., illus. #SHGBC \$9.95. "Eighty scrumptious recipes. All are easy to prepare, and the spectacular results belie their simplicity."—*Bon Appetit*

The superb cakes, cookies, pastries, pies, and breads in this book—made with mindfulness and care by the Zen monks who run the Greyston Bakery—contain rich natural ingredients that will satisfy the most demanding gourmet tastes.

NEW!

MOOSEWOOD COOKBOOK, by Mollie Katzen. 228pp. #TSMC \$11.95. From the internationally famous vegetarian restaurant in Ithaca, New York. Splendid vegetarian cookbook that offers 198 recipes that are as appealing as they are healthful. Relying on such high-protein ingredients as cheese, eggs, nuts, grains, and legumes, plus fresh produce, the dishes here will put meat out of your mind with no feeling of deprivation.

NEW!

NEW RECIPES FROM MOOSEWOOD RESTAURANT, by the Moosewood Collective. 320pp., color photos. #TSNRM \$12.95. 200 recipes celebrating the varieties of new vegetarian cooking offer an endless array of creative combinations. "Superior, innovative vegetarian cuisine."—*Publisher's Weekly*

NEW!

SOUTHWEST INDIAN COOKBOOK: Pueblo & Navajo, by Marcia Keegan. 120pp., 43 color photos. #CLSIC \$9.95. Former food editor of *Albuquerque Journal* and long time friend of the Pueblos and Navajos, Marcia has learned much about their traditional beliefs, and has become adept at authentic Navajo and Pueblo cookery. Winner of the R.T. French Tastemaker Award. "This book contains striking color photographs and an informative and beguiling text and recipes on the food and food lore of these two Indian cultures. Marcia Keegan is a native of the Southwest and an accomplished photojournalist, and she has produced a loving and poetic presentation of both the cuisines and the people behind them."—*New York Times*

NEW!

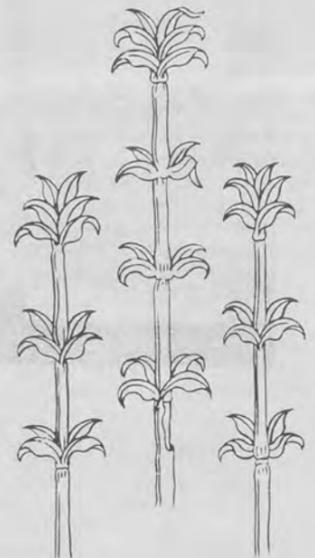
THE TASSAJARA BREAD BOOK, by Edward Brown. 146pp., illus. #SHTBB \$8.95. This is the revised and updated edition of the baking best-seller. It is "the bible for bread baking"—*Washington Post*. In this edition Brown offers thirty new recipes for croissants, Italian bread and desserts, plus revised sections on yeasted and unyeasted breads, sourdough breads, pancakes, muffins, quick breads, and pastries.

NEW!

TASSAJARA COOKING, by Edward Brown. 255pp., illus. #SHTCD \$9.95. Discusses methods for working with vegetables, grains, beans, dairy products, and fruits; cooking techniques; and suggestions for planning good tasting, nutritious meals from soups and salads to desserts. "Rarely has a book of such simplicity underscored so well the joy of culinary discovery."—*Bon Appetit*

NEW!

THE VEGETARIAN EPI- CURE, by Anna Thomas. 315pp. #RHVE \$12.95. 262 recipes that bring vegetarian cooking to new gastronomic heights with talk about good food, the art of making fine breads, and menus designed to make every meal a delight and a celebration of life.



THIS MAY BE YOUR LAST ISSUE OF THIS NEWSLETTER!

If you want to continue to receive *The Snow Lion Newsletter and Catalog*, please let us know!

We are updating our mail list! We've recently received so many names from a wide variety of sources and we know there are duplicates and also some people who are not really interested in receiving this publication. In our effort to keep costs down and at the same time provide a service to as many people as possible, it is important that we minimize needless printing and mailing.

If you want to continue to receive *The Snow Lion Newsletter and Catalog*, there are two ways to be included in our mailings. The first is to be a customer, by ordering any of the over 500 items that we offer, you are automatically placed on our priority list—also, by ordering direct from us you are contributing to the publication of the newsletter. The second is to send us a card or letter with your address. Please do this soon—everyone should receive *The Snow Lion* newsletter who wants it!

ADVERTISE IN SNOW LION'S NEWSLETTER

Snow Lion is now offering space to organizations wishing to announce their products, services and special events to the Tibetan Buddhist world. If you would like to reach 25,000 people contact us for ad rates and sizes. ■

HEALTH & FITNESS

Featured:

NEW!

BACK TROUBLE: A New Approach to Prevention and Recovery, by Deborah Calplan 170pp., illus. #BPBT \$9.95

The techniques described in this book are remarkably effective in the treatment and prevention of back and neck disorders. Written by a well-known Alexander Technique professional of 22 years.

NEW!

THE BOOK OF MASSAGE, by Lucinda Lidell. 210pp., color illus. #BPBM \$11.95

The classic guide to the relaxing and healing skills of the hands from massage to shiatsu and reflexology. Beautifully illustrated with clear step-by-step instructions and authoritative advice on all aspects of massage.

NEW!

HAND AND FOOT REFLEXOLOGY: A Self-Help Guide, by Kevin & Barbara Kunz. 250pp., illus. #BPHFR \$9.95

A feet- and hands-on encyclopedia of personal reflexology information. With more than 500 detailed instructions, this self-help guide tells you what you need to know about the simple but potent experience of reflexology.

NEW!

NINJA REALMS OF POWER: Spiritual Roots and Traditions of the Shadow Warrior, by Stephen Hayes. 104pp., illus., #HANRP \$7.95

America's master ninja, Stephen K. Hayes, has written his most fascinating book yet on the ninja mystique. Recalling his own experiences with Japanese teachers of the warrior enlightenment traditions, Hayes probes the teachings of shugendō, mikkyō, shinto, and mountain taism and describes the roles these mystic disciplines have played in forming the spiritual roots and traditions of the shadow warrior.

NEW!

STAYING HEALTHY WITH THE SEASONS, by Elson Haas, M.D. 252pp., illustrated, 8 x 10" #TSSH \$9.95

This is one of the most popular of the new health books. It contains a balanced blend of Western and Eastern medicines, nutrition, herbology, exercise, and a wealth of other health topics. An excellent textbook on preventative medicine that has been used in many courses.

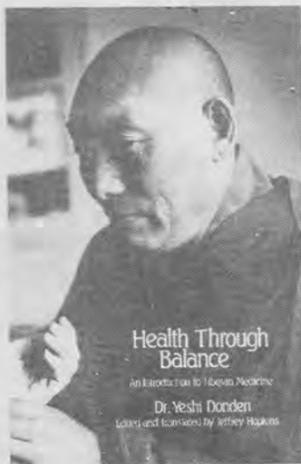
HEALTH THROUGH BALANCE: An Introduction to Tibetan Medicine, by Dr. Yeshe Donden, Ed. & Trans. by Jeffrey Hopkins. 252pp. #SLBKHTB \$10.95

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

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

"Donden intriguingly fits together parts of the complex puzzle called health."—*Publishers Weekly*

The fascinating Tibetan medical system is over one thousand years old. It has never been so clearly explained as in this collection of outstanding lectures presented at the University of Virginia in 1980. Tibetan medicine holistically restores and maintains balance of the body's various systems through a variety of treatments which includes diet and behavior modification as well as the use of medicine and accessory therapy. The great strength of Tibetan



medicine is that it is delicately responsive to patients' complete symptom patterns—no complaint being disregarded. It's wide variety of curative techniques are described in this book.

Dr. Yeshe Donden received the traditional Tibetan medical training in Lhasa, Tibet, and served for over two decades as the personal physician to H.H. the Dalai Lama in Dharamsala, India. There he re-established the Tibetan Medical Center and achieved fame by his successful treatment of many renowned people.

"Dr. Donden is totally attuned to everything that is going on. He uses all his senses as his medical instrument. Our patients have been very impressed."—Dr. Gerald Goldstein, Univ. of Virginia Medical Center

"*Health Through Balance* offers a fresh and insightful perspective on American eating habits as seen from the viewpoint of a Tibetan physician... is a theoretical and inspirational book that offers a grand overview and some practical information."—*The Journal of Traditional Acupuncture*

STUDIES IN TIBETAN MEDICINE, by Elisabeth Finckh. 90pp. #SLBKSTM \$9.95

This scholarly collection of papers on specialized topics in Tibetan medicine deals with various aspects of the medical system, including comparisons with the Chinese system.

Contents:

Tibetan Medicine: Theory and Practice
The System of Tibetan Medicine
Notes on Pulsology
Characteristics of Pharmacology
Constitutional Types

"I congratulate the author for her most diligent and laudable efforts to propagate Tibetan medicine."—H.H. the Dalai Lama

Dr. Elisabeth Finckh is perhaps the first Western doctor to translate and interpret the main texts of Tibetan medicine for use in the West.

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. Rappagay, well-known Tibetan physician.

Other titles:

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

FORMULARY OF TIBETAN MEDICINE, Vaidya Bhagwan Dash. 453pp., 23 illus., #CIFTM \$35 cloth

164 popularly used and therapeutically effective recipes from the treasure of Tibetan medicine are described in this work. The ingredients, their weight, methods of preparation, therapeutic indications and dosage are given.

Studies in Tibetan Medicine

Dr. Elisabeth Finckh

FOUNDATIONS OF TIBETAN MEDICINE, by E. Finckh. Vol. 1, 104pp. #ELFTM1 \$17; Vol. 2, 126pp. #ELFTM2 \$17

Vol. 1: Study and System of Tibetan Medicine, Healthy and Diseased Organisms

Vol. 2: System and Nine Disciplines of Tibetan Medicine, Diagnosis, Therapy, Constitutional Types

HANDBOOK OF TRADITIONAL TIBETAN DRUGS: Their Nomenclature, Composition, Use, and Dosage, by T.J. Tsarong. 101pp. #TMHTD \$5

Gives the composition of 175 popular Tibetan natural drugs.

LEAH: A Story of Meditation and Healing, Stuart Perrin, Foreword by Richard Gere. 110pp. #WIBKL \$7.95

Leah is the story of a thirteen-year-old girl with cancer—and three weeks to live. The story unfolds more in the mind of the child's friend and meditation teacher, David, than in the actual events. David attempts to stabilize and reduce the size of Leah's tumor by leading the girl into deep meditation. During the healing we discover how the chakras can be used to dispel disease.

THE MARATHON MONKS OF MOUNT HIEI, by John Stevens. 158pp. illus. oversize, #SHMMO, \$12.95

This book is about amazing athletic monks, the magic mountain on which they train, and the philosophy of Tendai Buddhism, which inspires them in their quest for the supreme. The reader will learn about the monks' death-defying fasts, their vegetarian training diet, their handmade straw running shoes, and feats of endurance such as their ceremonial leap into a waterfall. Illustrated with superb photographs.

MIND AND MENTAL HEALTH IN TIBETAN MEDICINE, 61pp. #POMMH \$5.95

Three excellent essays are contained here: *Mind and Mental Disorders in Tibetan Medicine* by Sonam Topgay and Mark Epstein, *Sleep and the Inner Landscape* by Dr. Dhonden, *Mind-Made Health: a Tibetan Perspective* by Dr. Lobsang Rappagay.

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



AQUILARIA-R #AQ \$5.00

A unique, entirely natural herbal preparation for the relief of stress and tension. Prepared by Dr. Lobsang Rappagay and the Tibetan Holistic Medical Centre of India. Aquilaria-R herbal formula is one of the most popular and well-known stress formulas prepared from therapeutic and non-toxic herbal ingredients handrolled into sticks.

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HISTORY & POLITICS



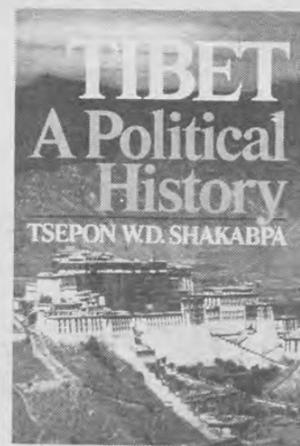
The Status of Tibet

History, Rights, and Prospects in International Law

Michael C. van Walt van Praag



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



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

A CULTURAL HISTORY OF TIBET, by David Snellgrove & Hugh Richardson. 291pp. #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 onward. Contains many photos.

A HISTORY OF TIBET, BOOK 1 & BOOK 2, published by the Tibetan Children's Village for young readers:

BOOK 1: THE LAND OF SNOWS, by Christopher Gibb. 93pp., many illustrations and photos, #POLOS, \$6.95

This history of Tibet, written for children up to 15 years old, is a concise, colorful and lively introduction to the history and daily life of the Tibetan people.

BOOK 2: INDEPENDENCE TO EXILE, by Christopher Gibb. 94pp., many illustrations and photos, #POIE, \$6.95

Well-illustrated presentation of Tibetan political history and events leading up to and beyond the Chinese invasion.

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

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.

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

In this interview, His Holiness openly expresses his views on many timely political issues, on himself as a spiritual and secular leader, on the Thirteenth Dalai Lama, and on the likelihood of himself traveling to Tibet.

NEW!

SETTLEMENTS OF HOPE: An Account of Tibetan Refugees in Nepal, by Ann Armbricht Forbes. 184pp., photos. #CSSH \$10.00.

This is the story of the Tibetan refugees who resettled in Nepal. Because of the circumstances unique to Nepal, the refugees there are forced to make choices that less successful, more isolated

refugees have yet to encounter. Their efforts to balance the age-old traditions of Tibetan culture with the pressures and opportunities of an increasingly mechanized world are thus a harbinger of future cultural challenges to be faced by all Tibetans. In turn, the Tibetans' attempts to enter the twentieth century as Tibetans embodies the struggle of all cultures to retain their identities in the modern world.

NEW!

SOCIAL FACE OF BUDDHISM: Action and Analysis, by Ken Jones. 328pp. #WIBKSF \$18.95 October

Spiritual practice is too often seen as separate, even contrary, to social and political action. In this book, Ken Jones, a Zen Buddhist and activist, shows convincingly that in fact a combination of both is vital.

He speaks both to those who are already committed to social activism but are turning away from conventional solutions out of disillusionment and to those who are working spiritually within themselves and feel compelled to act in the world as well. This book is full of ideas, quotes, examples and

alternative approaches—above all, it is a book to inspire action.

THE STATUS OF TIBET: History, Rights, and Prospects in International Law, by Michael C. van Walt van Praag. 450pp. cloth, #WVST \$35

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.

TIBET: A Political History, by Tsepon W. D. Shakabpa. 369pp. #POTPH \$15.00

Essential reading for anyone interested in Asian affairs.

TIBET AND ITS HISTORY, by Hugh Richardson. 344pp. #SHTH \$10.95

Richardson writes from firsthand knowledge of Tibet and its people. He 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.

TIBET TODAY: Current Conditions and Prospects, John Avedon. 32pp. #WIBKTT \$3.95 John Avedon assesses the legacy of nearly forty years of Chinese rule in Tibet, and looks at the future prospects of survival for Tibet as a nation with its own unique cultural identity.

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.

WARRIORS OF TIBET: The Story of Aten and the Khampas' Fight for the Freedom of their Country, by Jamyang Norbu. 160pp. #WIBKWT \$12.95

This is a poignant story of a Tibetan Khampa warrior, Aten, and his people of Nyarong.

New Releases from Quest Books



The Roar of Silence

Don G. Campbell, author of *Introduction to the Musical Brain* and composer of *Crystal Meditations*, offers helpful exercises to understand secrets extracted from mystery schools of sound. Illus. 0-8356-0645-7 (174 pgs.) Sept. \$7.95



Beyond the Post-Modern Mind

Newtonian science and rationalism have lured us into dark woods, argues best-selling author Huston Smith, but a new metaphysics can rescue us. Revised edition! "Recommended," says *Books/100 Reviews*. 0-8356-0647-3 (218 pgs.) Oct. \$9.95



Mystery of Mandalas

This all-color, clothbound book by noted European painter Heita Copony examines 25 beautiful, original mandalas and describes how to create your own mandala. Self-realization and color therapy. Illus. 0-8356-0649-X (104 pgs.) Nov. \$18.95

Dreamscape

Cowboy poet Bruce A. Vance takes you on a voyage into alternate reality. He acquaints you with your dreaming self and teaches you the tools, language and dimensions of the dreamscape. 0-8356-0648-1 (225 pgs.) Nov. \$8.95



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LANGUAGE/WOMEN'S STUDIES/ZEN

LANGUAGE



ENGLISH-TIBETAN DICTIONARY OF MODERN TIBETAN, by Melvyn Goldstein. 486pp., #UCETD \$52.50 cloth. The first scholarly dictionary of its kind by the world's leading lexicographer of modern Tibetan. It is essential for everyone who wants to write or speak modern Tibetan. With its 16,000 main entries and 29,000 subentries, ranging from the technical and scholarly to the idiomatic and colloquial, this is the best dictionary available for modern Tibetan.

NEW FROM LHASA!

ENGLISH-TIBETAN-CHINESE DICTIONARY, Tashi Tshering. 1233pp., #ETCD \$45 cloth.

Snow Lion just received some copies of the first dictionary to include these three languages. The first listing is in English, so it is very easy to find the Tibetan and Chinese equivalents. It consists of about 50,000 lexical items, including derivatives and compounds, with about 15,000 headwords. The author, Tashi Tshering, is a lecturer at the University of Tibet and lives in Lhasa.

TIBETAN-ENGLISH DICTIONARY OF BUDDHIST TERMINOLOGY, Tsepak Rigzin. 479pp., #LTED \$35 cloth. This is the first such dictionary in English and is based on *The Great Volume of Precise Understanding (Mahavyutpatti)*—the first Sanskrit-Tibetan dictionary commissioned by King Tri Ralpachen in the 9th century, supplemented from the works of various Tibetan lamas. The work contains 4,000 main entries and over 6,000 subentries, providing Sanskrit equivalents where possible.

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

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

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

Whether you are looking for a room, visiting a monastery, or speaking with a lama, the *Tibetan Phrasebook* and accompanying tapes 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 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 yet able to fit in a pocket, and the two 90-minute tapes make it possible to hear how the lan-

གི་ཐུན་མོང་མ་ཡིན་པ་
ལྷན་ཐོན་ཆེན་གྱི་དེ་མ
པ་རྒྱལ་མཁུ་གྱི་སྤྱི་ཚུལ་
ན་དང་མངོན་འདོད་

guage 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.

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, the tapes complement the book so that you can actually hear and practice how the words and phrases are spoken by a native. Unlike the sometimes difficult-to-understand male voices used in many courses, Yanki's clear pronunciation has been enthusiastically praised by students of Tibetan.

STILL FORTHCOMING!

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, #SLBKTTB \$45, forthcoming.

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 believe it will be well worth the wait.

NEW!

THE SPIRAL PATH: Essays and Interviews on women's Spirituality, by Theresa King O'Brien. 465pp., 22 photos. #YESP \$15.95.

Twenty-two writers including Irina Tweedie, Tessa Bielecki, Brooke Medicine Eagle, Swami Radha, Rabbi Gottlieb, Abbess Hoshino, Mary Giles, and Tenzin Dechin. *The Spiral Path* discusses women's spirituality in all its aspects and applications by those who really live it. "...Original perceptions of the feminine spiritual quest. Empowers, encourages, enlightens."—*Creation*

WOMEN'S STUDIES

DAUGHTERS OF THE BUDDHA



NEW!

Sakyadhita: DAUGHTERS OF THE BUDDHA, ed. Bhikshuni Karma Lekshe Tsomo. 300pp. approx., #SLBKSDDB \$14.95.

Sakyadhita: Daughters of the Buddha is the fruit of the first International Conference on Buddhist Nuns. At this gathering women Buddhist renunciates from East and West talked candidly about their lives—their joys, their problems and their future as Buddhist nuns in the modern world.

This book aims at linking and encouraging women on the spiritual path through the ideas and experience of Buddhist women practitioners from various countries and traditions. It investigates how women can avoid personal exploitation and maximize their potentialities for enlightenment, as well as how to effectively help institute full bhiksuni ordination worldwide and contribute to redressing the gender imbalance as a major step toward planetary well-being.

Out of this historic meeting has grown an international organization called Sakyadhita: International Association of Buddhist Women.

Karma Lekshe Tsomo received a Master's Degree in Asian Studies from the University of Hawaii in 1971 and studied for five years at the Library of Tibetan Works and Archives, Dharamsala. She received bhiksuni ordination in 1982, and is currently studying at the Institute of Buddhist Dialectics in Dharamsala.

Other Titles:

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

Here is the authentic voice of a new spiritual culture growing in America: women practicing and teaching Buddhism.

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

Lenore Friedman presents 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.

NOT MIXING UP BUDDHISM: Essays on Women and Buddhist Practice, by Kahawai Collective. 117pp. #WPNM \$10. Collection of essays on Zen practice and its relation to personal, social and political questions integral to the lives of contemporary women and men.

SKY DANCER: The Secret Life and Songs of the Lady Yeshe Tsogyel, by Dowman. 350pp. #RKPSD \$17.95.

The spiritual practices and evolution of the famous woman saint Yeshe Tsogyel.

FEMININE GROUND
Essays on Women and Tibet

Edited by Janice Willis



NEW!

FEMININE GROUND: Essays on Women and Tibet, Ed. by Janice Willis. 200pp. approx. #SLBKFG \$10.95.

In this volume six western women scholars and practitioners of Tibetan Buddhism come together to explore the issues of "women" and of "the feminine" in Tibet. In a group of critical and provocative essays, they discuss female role models, the nun's life, and gender and role identity as these have manifested in the context of Tibet. By doing so, these essays help to fill a gap in this important area of study; and the volume makes a valuable contribution to several disciplines, including Buddhist studies, comparative studies and women's studies.

Contents: Jan Willis writes on "Dakini: Some Comments on its Nature and Meaning" and on "Tibetan Anis: The Nun's Life in Tibet;" Rita Gross on "Yeshe Tsogyel: Enlightened Consort, Great Teacher, Female Role Model;" Janet Gyatso on "Down with the Demones: Reflections on a Feminine Ground in Tibet;" Miranda Shaw on "An Ecstatic Song by Laksminkara;" Barbara Aziz on "Moving Towards a Sociology of Tibet;" and Karma Lekshe Tsomo on "Tibetan Nuns and Nunneries."

TURNING THE WHEEL, Sandy Boucher. 401pp. #HRTW \$22.95 cloth.

Turning the Wheel presents the combined insights and experiences of more than 85 women representing the entire spectrum of Buddhist practice. It deals frankly with controversial issues and provides a fascinating firsthand perspective on the many ways that women teach and practice Buddhism.

WOMEN & BUDDHISM, Spring Wind-Buddhist Cultural Forum. 400pp. #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 \$11.95.

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.

WOMEN OF WISDOM, Tsultrim Allione. 224pp. #ARWW \$8.95.

The Tibetan women in this collection of biographies will serve as life-models and inspiration to others on the spiritual path.

THE LIFE AND LETTERS OF TOFU ROSHI, by Susan Ichi Su Moon. 157pp., illustrations, #SHLLTR, \$7.95.

This book is not only very funny, full of great knee slappers, it is also very instructive and conveys a lot of Zen through tongue-in-cheek methods. This book is that unnameable something you wish you were reading, and, like tofu, it's cheap.

MOUNTAIN RECORD OF ZEN TALKS, by John Daido Looi. 144pp., #SHMRZT, \$10.95 (see Zen section).

Daido Sensei gives special attention to unraveling the enigma of the koan through discussion of several classical Zen texts. He also covers such topics as meditation, martial arts, illness and healing, art practice, work, and study with the teacher.

RETURNING TO SILENCE: Zen Practice in Daily Life, by Dainin Katagiri. 208pp., #SHRS, \$12.95.

Based on the author's talks to his American students, "Returning to Silence" contains the basic teachings of the Buddha, with special emphasis on the meaning of faith and on meditation. Throughout these pages, Katagiri Roshi energetically brings to life the message that "Buddha is your daily life."

THE SWORD OF NO-SWORD: Life of the Master Warrior Teshu, by John Stevens. 184pp., 60 illus., #SHSNS, \$14.95.

A master of swordsmanship, calligraphy, and Zen, Yamaoka Teshu embodied the samurai ideal of the peaceful warrior during the turbulent era that marked the birth of modern Japan.

THE THREE PILLARS OF ZEN, by Roshi Philip Kapleau. 400pp., illustrations, #DDTPZ, \$10.95.

"An excellent book—one of the best yet written and certainly one to become both basic and indispensable to anyone interested in Zen Buddhism. So simple, so basic, so right, it is a necessary, a needed book. It is authoritative, human, simple, wise, it is one of the very few to echo the profundities of Zen Buddhism itself."—*Japan Times*

ZEN AND JAPANESE CULTURE, by D. T. Suzuki. 478pp., illustrations, #PRZJC, \$10.95.

After briefly explaining what Zen is, Dr. Suzuki considers in detail various aspects of Japanese art and life that this Buddhist discipline has influenced: the cult of swordsmanship, the tea ceremony, the haiku form of poetry, and the Japanese love of nature. A classic.

ZEN: DAWN IN THE WEST, by Roshi Philip Kapleau. 311pp., illus., #DDZDW, \$7.95.

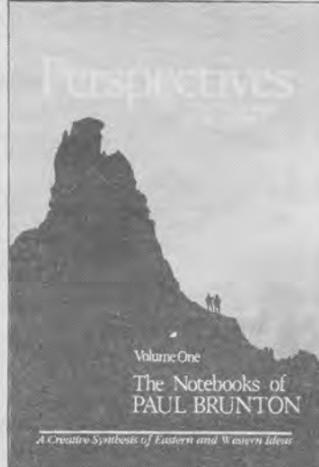
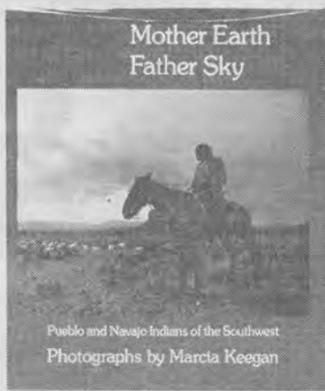
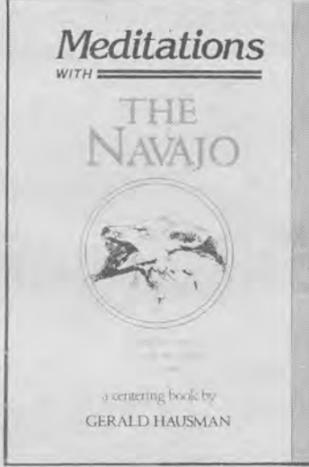
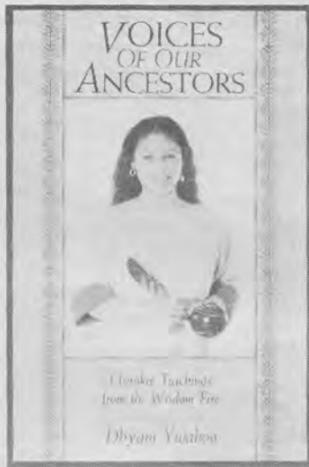
"This companion volume to THE THREE PILLARS OF ZEN, while every bit as intriguing, strikes new ground by presenting Zen practice in a thoroughly Western milieu. Weighty matters are dealt with so entertainingly that it is hard to put the book down."—John Blofeld

THE ZEN DOCTRINE OF NO MIND, by D.T. Suzuki. 160pp., #WEZDN, \$9.95.

One of the most famous Zen masters was Hui-neng and this work is largely concerned with his teaching. But it covers the whole purpose and technique of Zen training, and in the view of many goes further into the depths of Zen than any other work of modern times.

THE ZEN OF SAMUEL BECKETT: A Study of Dilemma in his Novels, Paul Foster. 200pp. approx. #WIBKZSB \$14.95. October

NATIVE AMERICA AND OTHER TRADITIONS



NEW!

SHAMAN'S PATH: Healing, Personal Growth and Empowerment, by Gary Doore. 236pp. #SHSP \$10.95

The ancient path of shamanism offers many effective tools for healing and self-transformation. Leading figures of the neo-shamanism movement explore the origins and practices of shamanism and its relevance to the modern world.



NATIVE AMERICA

NEW!

CRYING FOR A DREAM: The World Through Native American Eyes, by Richard Erdoes. 128pp., 70 color photos, 8 1/2 x 11". #BCCD \$24.95.

In this stunning collection of photographs and quotations, Richard Erdoes focuses on the mystical world of America's indigenous peoples. The ceremonial cycle of Sacred Pipe, Vision Quest, Yuwipi and Sun Dance are described in the words of Native Americans—a moving commentary on their spirituality and life today.

NEW!

INDIAN AMERICA: A Traveler's Companion, by Eagle Walking Turtle. 336pp. #JMIA \$14.95. This journey through Indian America tells the reader how and where to find over 300 Indian tribes in the United States. Details on visitor information, public ceremonies and proper etiquette, traditional artwork, and a historical overview of Indian America.

NEW!

KEEPERS OF THE FIRE: Journey to the Tree of Life Based on Black Elk's Vision, by Eagle Walking Turtle. 128pp., many color illus., 11 8 1/2". #BCKF \$16.95.

This is the story of how the medicine man, Blue Spotted Horse, travels to the far ends of the world to spread the message of peace and harmony and the cleansing of ourselves and the Earth. It was inspired by the vision of Black Elk.

NEW!

MEDITATIONS WITH ANIMALS, by Gerald Hausman. 144pp. #BCMA \$7.95.

Shows the helping and healing roles animals play through rites and rituals that depict a world unified by the belief that the animal spirit dwells within us all.

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MEDITATIONS WITH THE NAVAJO: Navajo Stories of the Earth, by Gerald Hausman. 144pp., illus. #BCMN \$7.95.

With poetry, stories and drawings we are brought into communion with the Navajo and their society—their creation myths, their ceremonies and their myth of

the wandering wolf, the creature who always reappears. Beginning with Changing Woman and her eternal centering of the world, and ending with Stargazer and his secret sight from the sky, we see the Navajo method of centering around the maintenance of harmony and balance.

NEW!

MEDITATIONS WITH THE HOPI, by Robert Boissiere. 144pp. #BCMH \$7.95.

Meditations with the Hopi is a heartfelt and reverential view of the Hopi way of spiritual cultivation.

NEW!

MOTHER EARTH FATHER SKY: Pueblo and Navajo Indians of the Southwest, by Marcia Keegan. 112pp., 75 color photos, 10 1/2 x 12 1/2". #CLME \$24.95.

These photographs of the Pueblo and Navajo Indians—their land, their days, and their lives—are awesome testimony to the richness of a way of being; they are images that open a window onto a breathtaking and singular world—images of enduring power. This book is born of the long and intimate relationship the photographer has shared with these people.

NEW!

SOUTHWEST INDIAN COOKBOOK: Pueblo & Navajo, by Marcia Keegan. 120pp. #CLSIC \$9.95. (See Cookbooks)

NEW!

VOICES OF OUR ANCESTORS: Cherokee Teachings from the Wisdom Fire, by Dhyani Ywahoo. 294pp. #SHVA \$12.95

Teaches practical ways of transforming obstacles to happiness and good relationships, fulfilling one's life purpose, manifesting peace and abundance, and renewing the planet. It includes meditations for clarifying body, mind and emotions; healing rituals; instructions for working with crystals; teachings on how to practice generosity in one's life; and guidance on cultivating harmony in the family and community. Dhyani Ywahoo calls on us to become "Peacekeepers" in our hearts and in the world, so as to manifest good for the benefit of all beings.

BOOKS FROM OTHER TRADITIONS

NEW!

ADVANCED CONTEMPLATION, by Paul Brunton. 353pp. #LAAC \$14.95.

Takes the high road, a direct route to the deepest mystical states—yielding permanent results of a transpersonal nature. Explains how and in what spirit to use short path methods effectively. Paul Brunton directs you to "the peace which passeth understanding" at the core of every human being, showing how its rich serenity can be integrated into daily living.

NEW!

THE ASIAN JOURNAL OF THOMAS MERTON. 445pp., many photos. #NDAJ \$11.95

Merton's trip to Asia in 1968 is a remarkable account by a Christian contemplative of spiritual life in the East. He met many prominent people during his visit—The Dalai Lama, Kalu Rinpoche, Nyanaponika Thera, Trungpa Rinpoche, Lobsang Lhalungpa—and writes candidly of them and of his adventures in India, Ceylon and Bangkok. "The book itself is a kind of mandala, drawing the reader deep into a philosophical analysis, then abruptly forcing him out into the physical world."—*Time*

NEW!

GANDHI ON NON-VIOLENCE, Ed. by Thomas Merton. 82pp. #NDG \$4.95

This selection from the writings of Mahatma Gandhi presents his philosophy of non-violence and non-violent action in peace and war. In his introduction, Father Thomas Merton shows how Gandhi linked the thought of East and West in his search for universal truth, and how, for him, non-violence sprang from realization of spiritual unity in the individual.

NEW!

J. KRISHNAMURTI: Talks with American Students. 182pp. #SHK \$8.95

Krishnamurti gave a series of talks to students in the USA and Puerto Rico 1968 which explored the true meaning of freedom and rebellion at a time of great social unrest. On every page of this book you will find valuable psychological insights that free you from habitual ways of thinking.

NEW!

LOVE'S FIRE: Recreations of Rumi, by Andrew Harvey. 118pp. #MLF \$8.95

The incandescence and penetration of the poems of Rumi, greatest of the Sufi poet-mystics, are well-known to the enthusiastic and rapidly growing ranks of his readers. These superb translations, or "recreations," most in English for the first time deal with universal issues of love, despair, and ultimate union with the Divine—the entire cycle common

to all the world's mystical traditions. From the author of *A Journey in Ladakh*.

NEW!

ON THE PRAYER OF JESUS, by Ignatius Brianchaninov. 114pp. #ELOPJ \$10.95

The Jesus Prayer, repeated unceasingly in silence and solitude until it enters the heart, is used in a powerful system of self-training which can lead to a spiritual transformation. This tradition of inner prayer has been revitalized by monks of the Russian Orthodox Church.

NEW!

NEW SEEDS OF CONTEMPLATION, by Thomas Merton. 297pp. #NDNSC \$7.95

Seeks to awaken the dormant inner depths of the spirit so long neglected and to nurture a deeply contemplative and mystical dimension in our spiritual lives. Christians and non-Christians alike have praised this book and compared it to those of St. John of the Cross and the medieval mystics, while others have compared Merton's reflections with those of Thoreau.

NEW!

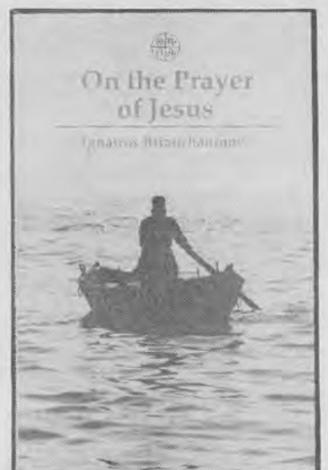
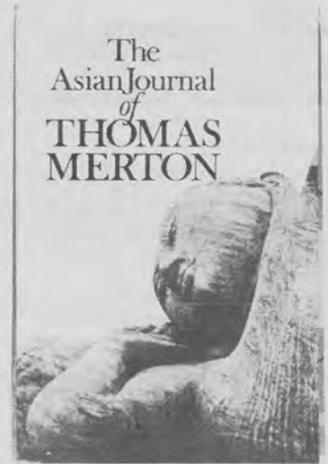
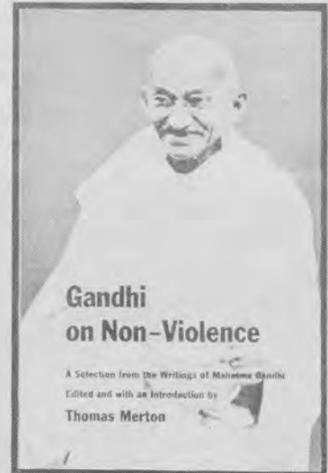
PERSPECTIVES: The Timeless Way of Wisdom, by Paul Brunton. 408pp. #LAP \$14.95.

Perspectives is an inspiring insight into the essence of East-West spiritual philosophy. It goes to the heart of virtually every aspect of the spiritual quest—meditation, the body, emotions and ethics, the intellect, the ego, crisis in the world, the arts, psychic experience, the mind and the Divine Mind. "...a veritable treasure trove of philosophic-spiritual wisdom."—Elisabeth Kubler-Ross.

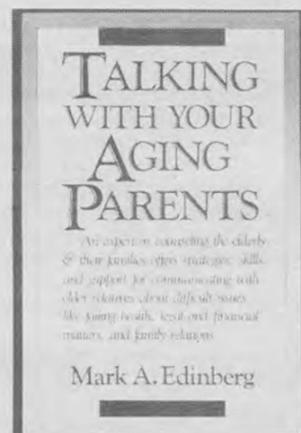
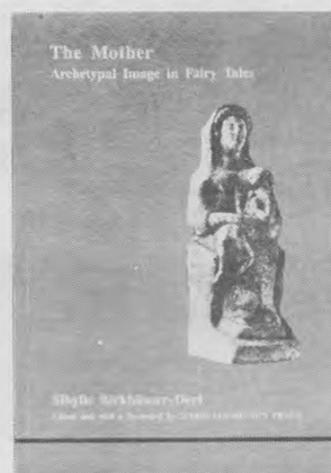
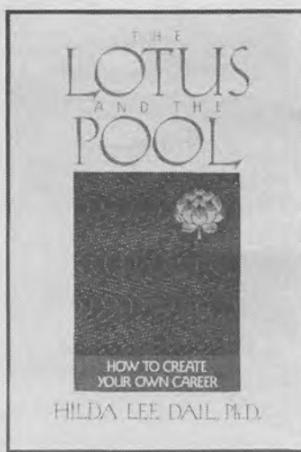
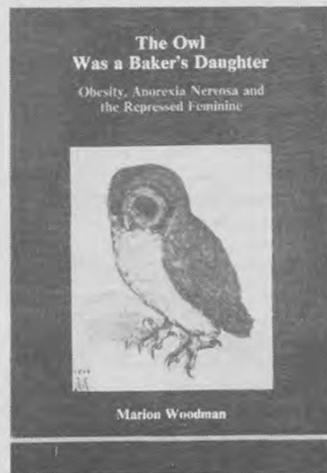
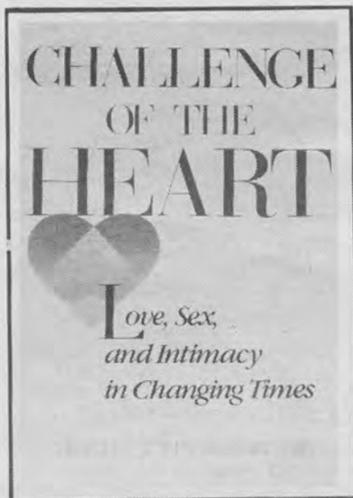
NEW!

THE SHAMAN'S DOORWAY: Opening Imagination to Power and Myth, by Stephen Larsen. 260pp., 25 photos. #STSD \$10.95.

Mythology, philosophy, psychology and religion illuminate how the Shaman's vision can open our own awareness. This book interprets the ancient practice of the Shaman from a distinctly psychological perspective and lends new understanding to the inner journey of our own time. Described are the stages of mythic engagement—the encounter with spiritual power, death and rebirth, and the gaining of mystical vision—leading to the highest level of dialogue with the imagination: the way of the creative artist, the visionary warrior, and the modern shaman. "An excellent analytical and harmonizing survey. . . He writes well, with a certain personal quality that gives life to the work. . ."—Joseph Campbell



PSYCHOLOGY & SELF-HELP

**NEW!**

CATHOLICISM AND JUNGIAN PSYCHOLOGY, by J. Marvin Spiegelman. 270pp. #GTCJP \$9.95

A scholarly work, with the captivating presentation of a fine novel, *Catholicism and Jungian Psychology* is packed with thought-provoking material that addresses the interplay of psychotherapy and religion.

NEW!

CHALLENGE OF THE HEART: Love, Sex and Intimacy in Changing Times, by John Welwood. 283pp. #SHCH \$12.95
This powerful collection of essays by such notables as D.H. Lawrence, Robert Bly, Anne Morrow Lindbergh, and Rainer Maria Rilke focusses on the challenges of love between men and women, addressing the questions and difficulties arising for people in relationships today.

NEW!

FINDING EACH OTHER: A Practical Guide to Achieving Successful Relationships, by John Selby. 131pp. #GTFEO \$12.95
John Selby, a psychologist specializing in interpersonal relations, explores the hidden factors which lead to success or failure in finding each other and building successful relationships.

NEW!

THE LOTUS AND THE POOL: How to Create Your Own Career, by Hilda Lee Dail. 297pp. #SHLP \$12.95

Here is a new, holistic approach to career development, involving the wisdom of the unconscious—expressed in dreams, symbols, personal myths, intuitions, and memories—as well as the analytical skills needed to set goals and plan strategies. It will help you choose a field, change career or to just get more satisfaction out of work.

NEW!

THE MOTHER: Archetypal Image in Fairy Tales, by Sibylle Birkhauser-Oeri. 172pp. #GTM \$15.95

This extraordinary book illuminates the pervasive influence of the mother complex, with particular reference to positive and negative mother figures in many well-known fairy tales, including Snow White, Sleeping Beauty, Rapunzel and Hansel and Gretel.

NEW!

ON DREAMS & DEATH, by Marie Louise von Franz. 193pp. #SHODD \$12.95

"A true master piece of research and interpretations of dreams by patients prior to a sudden or anticipated death. Although there exists ever-increasing literature on the topic of death, very little has been studied and published on the content and meaning of unconscious material of these individuals."—Elisabeth Kubler-Ross

NEW!

THE OWL WAS A BAKER'S DAUGHTER: Obesity, Anorexia Nervosa and the Repressed Feminine, by Marion Woodman. 139pp. #GTOBD \$14

This book offers eye-opening insights into the relationship between the individuation process of a woman and the state of her body. Weight disturbances and eating disorders often have a meaning. Specifically directed toward practical procedures which can enable a woman to hear her bodily symptoms as symbolic representations worth exploring because they lead to an understanding of her instinctive femininity and the wounds this has suffered.

NEW!

SPINNING INWARD: Using Guided Imagery with Children for Learning, Creativity & Relaxation, by Maureen Murdock. 158pp., 7 1/2 x 11". #SHSI \$15.95
"Spinning Inward can be the critical event in children's lives as it gives them ways to open to potentials of mind and body that will greatly enhance their capacities for learning and discovery."—Jean Houston

NEW!

THE SURVIVAL PAPERS: Anatomy of a Midlife Crisis, by Daryl Sharp. 157pp. #GTSP \$14

A cornerstone of Jung's approach to psychotherapy is his view that neurotic symptoms are often an attempt by the psyche to restore itself to balance. Daryl Sharp shows how the Jungian approach to neurosis was used in a midlife crisis case study.

NEW!

TALKING WITH YOUR AGING PARENTS, by Dr. Mark A. Edinberg. 220pp. #SHTAP \$9.95

With compassion and common sense Dr. Edinberg presents positive ways of communicating with the elderly about their changing needs. He teaches communication skills and provides guidelines for breaking out of guilt and unproductive habits in family relationships.

NEW!

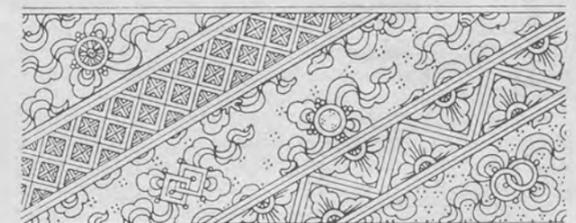
THE THIRD EAR: On Listening to the World, by Joachim-Ernst Berendt. 234pp. #GTTE \$11.95

We understand only half of the world if we want to comprehend it only by seeing. People today rely too much on their eyes. The ear, which civilizations of the past regarded as the noblest of the human senses, has been relegated to second place. In order to redress this situation, internationally famous musicologist, Joachim-Ernst Berendt, author of *Nada Brahma—The World is Sound*, takes us on an expedition into the world of hearing.

NEW!

WRITING DOWN THE BONES, by Natalie Goldberg. 171pp. #SHWDB \$8.95

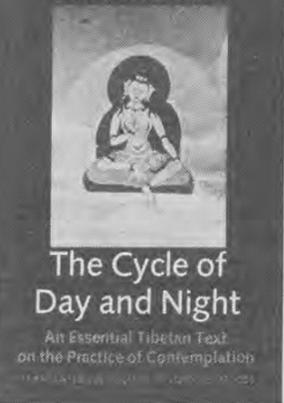
Here is a book that tells how to create good writing. The secret of creativity is a process of uneducation rather than education. A fine poet and prose writer, Natalie's Zen background speaks to us through the many practical suggestions in this book.



RELIGION & PHILOSOPHY

Bardo Teachings
The Way of Death and RebirthMeditations of a Tantric Abbot
Khenar Lobsan
Way of Compassion
Tung-tai paTHE CRYSTAL
AND THE WAY OF LIGHT
SUTRA, TANTRA AND DZOGCHEN
The Teachings of
NAMKHAJ NORBU

Namkhai Norbu

The Cycle of
Day and NightAn Essential Tibetan Text
on the Practice of Contemplation

Translated and Edited by Jeffrey Hopkins

LECTURES ON THE BUDDHIST PATH TO PEACE

ADVICE FROM A SPIRITUAL
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Geshe Dhargyey. #WIBKASF
\$8.95ANALYSIS OF GOING AND
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Jeffrey Hopkins. #LTAGC \$2.95
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gyey. 441pp. #LTWSA \$14.95THE ART OF HAPPINESS:
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ogy, by Mirko Fryba. 368pp. illus.,
#SHAH, \$15.95Based on the earliest works of
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offers advice and 30 practical tech-
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capacity for happiness. True hap-
piness, the author states, cannot be
manufactured or conjured up but
arises spontaneously when one is
freed from external conditioning.ARYASURA'S ASPIRATION
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COMPASSION, by H.H. the
Dalai Lama, trans. Brian Beresford.
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in seventy stanzas by Aryasura is
supplemented by a rare commen-
tary. It also contains a sadhana on
the inseparability of the spiritual
master and Avalokitesvara, and a
discourse by the Dalai Lama on
the activation of compassion and
bodhicitta (includes Tibetan text).AWAKENING THE MIND OF
ENLIGHTENMENT, by Geshe
Wangchen. 192pp. #WIBKAME
\$12.95A simple, clear presentation of
meditations that take the beginner
towards enlightenment.BARDO TEACHINGS: The
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by Ven. Lama Lodo. 73pp.
#SLBKBT \$5.95Little is known in the West about
the experiences that occur during
and after death. Some of the great
Tibetan lamas have experientially
delved into these processes and
have unravelled many of their
mysteries. *Bardo Teachings*
presents much of this fascinating
material and clears up many mis-
conceptions that students have
about the death process."*Bardo Teachings* is remarkable
because it reveals a significant por-
tion 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 teach-
ing 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*Lama Lodo was born in Sikkim
in 1939. In 1974, H.H. Karmapa
and Kalu Rinpoche sent Lama
Lodo to the West to teach and
since 1976 he has been the Senior
Spiritual Teacher at the Kagyu
Droden Kunchab Center in San
Francisco.

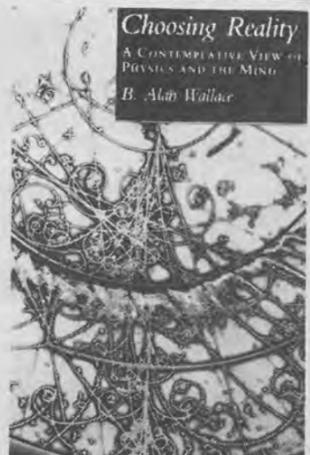
BUDDHA MIND

BEING NOBODY, GOING
NOWHERE, Ayya Khema.
192pp. #WIBKBN \$12.95Based on a ten-day meditation
course in Sri Lanka by a Western
Buddhist nun, *Being Nobody, Go-
ing Nowhere* is full of clear, help-
ful instructions on meditation and
mindfulness, and all the essential
points of the Theravadin Buddhist
path.

BEING PEACE, Thich Nhat

Hanh. 115pp. #PABP \$8.50
Thich Nhat Hanh, poet and Zen
master, was nominated by Dr.
Martin Luther King, Jr. for the
Nobel Peace Prize. Emphasizes
the importance of being peace in
order to make peace.BEYOND THERAPY: The Im-
pact of Eastern Religions on Psy-
chological Theory, ed. Guy
Claxton. 352pp. #WIBKBT/
\$18.95The impact of Buddhism on psy-
chological thought was the topic of
a recent British Psychological So-
ciety conference. How Buddhist
ideas about self, identity and per-
sonality go beyond or can be in-
terpreted in terms of current
psychological concepts is
presented. Also considered is the
research on meditation, the value
of contemporary therapeutic tech-
niques and the question of
spiritual and personal develop-
ment.THE BODHGAYA INTER-
VIEWS 1981-85, by His Holiness
the Dalai Lama, Ed. by Jose Igna-
cio Cabezon. 104pp. photos,
#SLBKBI \$8.95 (see Dalai Lama
section).BRIDGING THE SUTRAS
AND TANTRAS, by the First
Dalai Lama & Glenn H. Mullin.
288pp. #SLBKSW1 \$12.95In sixteen works ranging from
mind-training to Highest Yoga
Tantra, the emphasis is on practice
in this collection of Buddhist texts
by the first Dalai Lama, one of
Tsong-kha-pa's brightest disciples.
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
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highest and most powerful teach-
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Tibet, are translated here by per-
mission of His Holiness, the pres-
ent Dalai Lama.*Arya Tara*: probably the most
widely practiced devotion among
both Tibetan and Western Bud-
dhists. 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 Ma-
hayana teachings. A detailed com-
mentary on the seven aspects of
Atisha's method of training the
mind to develop the Bodhisattva
spirit, through transforming every
activity into a spiritually signifi-
cant event.In addition to two texts on emp-
tiness, and a beautiful biography
of the Buddha entitled "Crushing
the forces of Evil to Dust," a tradi-
tional biography of the First DalaiThe Buddhism
of TibetLama as well as biographical
sketches on all fourteen Dalai
Lamas are included."There is no other book on the
market that offers the same selec-
tion of information in such a con-
cise form."—Prof. Roger Jackson"...a genuine and valuable con-
tribution 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 prac-
tice."—Mark Tatz, *Tibetan Review*

NEW!

BUDDHA MIND: An Anthol-
ogy of Longchen Rabjam's Writ-
ings on Dzogpa Chenpo, Tulku
Thondup Rinpoche, Ed. by Harold
Talbot, 482pp. #SLBKBM \$18.95
paper, #SLBKBM \$28.95
cloth"Tulku Thondup Rinpoche has
performed a service of inestimable
value for all serious students of
Buddhist thought. One of Tibet's
greatest philosopher-sages, Kun-
mkhyen Klong-chen-pa is here
made accessible to the specialist
and interested non-specialist in a
manner that is authoritative, com-
prehensive and clear. This book
fills a major gap."—Matthew Kap-
stein, *The University of Chicago**Buddha Mind* is an anthology of
writings on Dzogpa Chenpo
(Dzogchen) by Longchen Rabjam
(1308-1363), the most celebrated
writer and adept of the Nying-
mapa School of Tibetan Bud-
dhism. Dzogpa Chenpo is the
innermost esoteric philosophy and
meditation training, which until
recent decades was only whispered
into the ears of heart-disciples by
the learned masters. Dzogpa
Chenpo employs a meditative tech-
nique which effortlessly uncovers
the emotional and intellectual
layers of the mind and instantly
awakens its essential nature, which
is Buddha Mind or Buddhahood
itself.*Buddha Mind* has two parts.
The first half of the book is an
introduction which summarizes
Buddhist teachings characterizing
the common exoteric view through
to the resultant perspective and
practice of the Dzogpa Chenpo
proficient. Every point is exten-
sively illustrated with quotations
from the scriptures and early
writings.The second part is an anthology
in thirteen sections. It addresses
topics beginning with the basis of
delusion up to the attainment of
Buddhahood. It also includes a
detailed biography of Longchen
Rabjam.Tulku Thondup Rinpoche was
born in 1939 in Eastern Tibet. At
age four he was identified as the
rebirth of a great Lama named
Konme Khenpo. At six he began
his training at Dodrup Chen Mon-
astery, and after years of study at-
tained the degree of Dorje Lopon
(Vajracarya). He has taught in In-
dian universities and from 1980-83
was a visiting scholar at Harvard.
Presently, he is writing on Tibet-
an Buddhism and translating
Nyingmapa scriptures under the
auspices of the Buddhayana
Foundation.BUDDHA NATURE: The Seed
of Happiness, Ven. Thrangu Rin-
poche. 180pp. #ESBN \$13.95*Buddha Nature* expounds in a sim-
ple way the profound points of the
Uttara Tantra which forms a vital
link to vajrayana practice.BUDDHISM IN THE TIBE-
TAN TRADITION: A Guide,
Geshe Kelsang Gyatso. 132pp.
#RKBT \$12.95BUDDHISM OF TIBET, by His
Holiness the Dalai Lama, Trans. &
Ed. by Jeffrey Hopkins. 219pp.
#SLBKBT \$12.95 (see Dalai
Lama section)THE BUDDHIST I CHING,
Trans. by Thomas Cleary. 290pp.
#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.THE BUDDHIST TANTRAS:
Light on Indo-Tibetan Esoteri-
cism, by Alex Wayman. 247pp.
#WEBT \$12.50 cloth.CHANDRAKIRTI'S SEVEN-
FOLD REASONING, by Wilson.
69pp. #LTCR \$4.95An astute discussion on emptiness
and selflessness.CHOOSING REALITY: A Con-
templative View of Physics and
the Mind, by B. Alan Wallace.
216pp. #SHCR, \$15.95How shall we understand the rela-
tionship between reality as we ex-
perience it and reality as science
describes it? In examining this
question, Alan Wallace discusses
two opposing views: the 'realist'
view, which argues that scientific
theories represent objective reality,
and the 'instrumentalist' view,
which states that our human con-
cepts cannot presume to describe
what exists independently of
them. Finding both inadequate,
the author goes on to explore a
middle way between the two and
shows the relevance for modern
physics of Buddhist contemplative
methods of investigating reality.CHO-YANG, by the Council for
Religious and Cultural Affairs of
H.H. the Dalai Lama #CTC-Y
\$12.95 (see Kalachakra section).THE CHRIST AND THE
BODHISATTVA, Donald S. Lo-
pez, Jr. & S. C. Rockefeller, Edi-
tors. 274pp. #SUCB \$16.95The contemporary significance of
the Christ and the Bodhisattva is
explored in essays by theologians
and Buddhist scholars. Langdon
Gilkey, Brother David Steindl-
Rast, and Ann Belford Ulanov ex-
amine the significance of the
Christ from the Catholic contem-
plative tradition, depth psychol-
ogy, and liberal Protestantism.
H.H. the Dalai Lama, Robert
Thurman, and Luis Gomez inves-
tigate the significance of the Bod-
hisattva.A COMMENTARY ON GURU
YOGA & OFFERING OF THE
MANDALA, by Geshe Lobsang
Tharchin. 80pp. #SLBKCGY
\$6.95Guru yoga is one of the most ac-
cessible and profound practices for
spiritual development. By his

RELIGION & PHILOSOPHY



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 IN TIBETAN BUDDHISM *Trans. & Ed. by Jeffrey Hopkins Co-ed. by Anne Klein.* 263pp. #SLBKCTB \$10.95 Practical methods for generating compassion according to oral and written traditions of Tibetan Buddhism are clearly presented in this compelling work.

Part One: "Meditations of a Tantric Abbot" by Kensur Lekden (1900-71), former abbot of the Tantric College of Lower Lhasa, Tibet. Intimate in style, these meditations take one through the steps of cultivating altruism and describe in lively detail how to reflect on personal relationships so that heartfelt love and compassion are generated.

Part Two: "Way of Compassion" is a work by Tibet's great 14th century yogi/scholar Tsongka-pa entitled "Illumination of the Thought". In a philosophic as well as practical context the importance of compassion at all levels is surveyed, detailing its types, and describing the deeds motivated by it.

"... the Madhyamikas have, in the last two thousand years, created an impressive body of literature, an example of which has now been translated by Jeffrey Hopkins and Kensur Lekden."—Prof. David Komito, *Journal of the American Academy of Religion*

A COMPENDIUM OF WAYS OF KNOWING, A-kyā Yong-dzin Yangchen Gawai Lodro. 67pp. #LTCWK \$2.95

A CONTINUOUS RAIN TO BENEFIT BEINGS, by 15th Karmapa. 33pp. #KKCR \$5.00 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.



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

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.

THE CRYSTAL AND THE WAY OF LIGHT: Sutra, Tantra and Dzogchen, by Namkhai Norbu, Compiled and Ed. by John Shane. 176pp. #RKCWL \$14.95 This popular book examines the various levels of the spiritual path from the point of view of the highest teaching.

CULT OF TARA: Magic and Ritual in Tibet, by Beyer. 542pp. #UCCT \$14.95

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

FORTHCOMING!

CUTTING THROUGH APPEARANCES: Practice and Theory of Tibetan Buddhism, by Geshe Sopa & Jeffrey Hopkins. 376pp. #SLBKCTAP \$15.95 paper, #SLBKCTAC \$25.95 cloth Here is an authentic presentation of the fundamental aspects of the practice and theory of Tibetan Buddhism, set down in a beautiful text especially useful to those interested in the study and practice of this tradition. The first part of the book, a meditation manual written by the Fourth Pan-chen Lama (1781-1852), covers much of the daily practice of Tibetan monks and yogis. It details how to prepare for and how to conduct a meditation session that contains within it the important essentials of the entire scope of the Buddhist path.

The second part presents a solid introduction to the theory behind the practice. Written by Gon-chok-jik-may-wang-bo in the eighteenth century, it covers the entire spectrum of the Indian schools of tenets as they were viewed in Tibet. The topics include the two truths, consciousness, the hindrances to enlightenment, the paths to freedom, and the fruits of practice.

Geshe Lhundup Sopa is a top-rank recipient of the highest degree of traditional Tibetan studies from Se-ra Monastic University in Lhasa. He is now professor of South Asian Studies at the University of Wisconsin—Madison, near which he founded the Evam Monastery and the Deer Park Center for the study of Indo-Tibetan Buddhism.

Jeffrey Hopkins is professor of Indo-Tibetan Buddhist Studies at the Univ. of Virginia, where he is also Director of the Center for South Asian Studies. He has authored and translated over a dozen books on Tibetan Buddhism.



CUTTING THROUGH SPIRITUAL MATERIALISM, by Ven. Chogyam Trungpa. #SHCSM \$12.95

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

An excellent presentation of the Dzogchen practice of being in contemplation 24 hours a day. Contemplation goes beyond meditation by integrating "intrinsic awareness" with the current of life itself. Original Tibetan text and full commentary on the methods of practice, suitable for new and experienced practitioners.

DAILY RECITATIONS OF PRELIMINARIES, by Library of Tibetan Works and Archives. #LTDPR \$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.

THE DALAI LAMA AT HARVARD: Lectures on the Buddhist Path to Peace, H.H. the Dalai Lama, trans. & ed. by Jeffrey Hopkins. 255pp. #SLBKDLHP \$12.95 paper, #SLBKDLHC \$22.95 cloth (see Dalai Lama section).

DEATH AND DYING: The Tibetan Tradition, by Glenn F. Mullin #ARDD \$9.95

This authoritative book 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 & Jeffrey Hopkins 86pp. #SLBKD \$6.95

Anyone interested in the process of dying will find this book fascinating. 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.

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

"Hopkins has given us numerous translations of important Tibetan Buddhist texts. All of his works bear the stamp of authority. The present volume is a fine example. The work forms an excellent companion volume not only to the Buddhist texts known as the "Tibetan Books of the Dead," but also to contemporary Western works on death and dying. . . handsomely arranged with



numerous charts and an excellent bibliography."—Prof. Janice Willis, *Religious Studies Review*

FORTHCOMING!

DEBATE IN TIBETAN BUDDHISM, by Dan Perdue. 1025pp., Bibliography, Notes, Index, #SLBKDTBP #SLBKDTBC \$55.00 cloth Winter 1989

The practice and theory of introductory Buddhist logic and epistemology, as found in Tibetan Buddhism, is the focus of this clear and thorough exposition. A cornerstone of Tibetan philosophical studies is debate, which is the investigative technique used throughout Tibetan education to teach students Buddhist philosophy by sharpening their analytical capacities. Also, since a significant part of the Tibetan commentary tradition employs the debate style as the principal means of conveying philosophical concepts, in order to understand the various philosophical stances in Tibetan religious studies it is essential to master the procedure of debate.

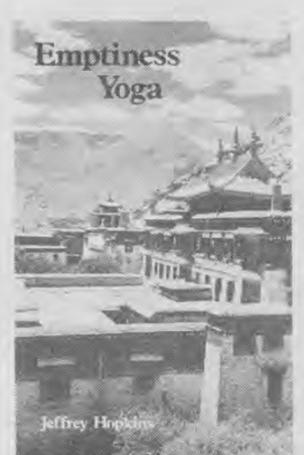
This volume takes as its basis a translation of *The Introductory Path of Reasoning (Rigs lam chung ngu)* in *The Presentation of Collected Topics Revealing the Meaning of the Texts on Valid Cognition, the Magical Key to the Path of Reasoning (Tshad ma'i gzhung don 'byed pa'i bsduv gra'i nram bhag rigs lam 'phrul gyi lde mig)*, composed by Pur-bu-jok Jam-ba-gya-tso (Phur-bu-jok Byams-pa-rgya-mtsho, 1825-1901). Using this debate manual as its basis, Dan Perdue's foundational book covers the form and substance of elementary debate and demonstrates the application of this form to a variety of secular and religious educational contexts. The translation is supplied with annotations on procedure and content drawn from the oral explanations by Tibetan teachers expert in debate. In addition to comparative studies of debate in the several Tibetan traditions, the final section of the work relates the Tibetan system to the categorical logic of Aristotle, explicates the logic through the use of Euler diagrams, and describes the predication theory implied in the Tibetan debate manuals by reference to John Stuart Mill's theory of naming.

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

FORTHCOMING!

DEPENDENT-ARISING AND EMPTINESS, by Elizabeth Napper. 720pp. #WIBKDAE, \$70 forthcoming

This is a Tibetan Buddhist interpretation of Madhyamika philosophy which emphasizes the compatibility of emptiness and conventional phenomena. An understanding of their integral relationship shows how the highest school of Buddhist philosophy, Madhyamika, completely denies any concrete, solid status to the



world around us and yet still maintains a valid presentation of that world based on principles of ethics.

THE DHARMA that Benefits All Beings Impartially Like the Light of the Sun and Moon, by Kalu Rinpoche. 222pp. #SUD \$10.95

A major collection of teachings by the Venerable Kalu Rinpoche. Covered are: Mahamudra, women, siddhi, vows, mandala, bardo, the four dharmas of Gampopa, the four noble truths, etc.

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

DZOG CHEN AND ZEN, by Namkhai Norbu. #ZZDCZ \$5.00 Presents the principle of Dzog Chen teaching, which, like that of Zen, is self-perfectedness, the already-being-perfect of every individual.

DZOGCHEN: INNERMOST ESSENCE, by Tulku Thondup. #LTDIE \$6.95

ECHOES OF VOIDNESS, by Geshe Rabten. #WIBKEOV \$8.95

EMPTINESS YOGA, by Jeffrey Hopkins. 504pp. #SLBKEYP \$19.95; cloth #SLBKEYC \$35

"... Hopkins succeeds in infusing forbiddingly abstract considerations with a breath of practical relevance. The generous layout of the book makes it much easier to follow the argument and sophisticated technical terminology."

—Spectrum Review

Emptiness Yoga 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 of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika).

His personal and accessible presentation is based on a famous work by Jang-gya which was used as a primary text in Tibet's largest monasteries. A translation of this text is included.

The many reasonings used to analyze persons and phenomena and to establish their true mode of existence are presented in the context of meditative practice.

This exposition includes a masterful treatment of the compatibility in thought and experience of emptiness and dependent-arising. *Emptiness Yoga* will be greatly appreciated by both beginners and advanced students for its immediacy, profundity, and precision.

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

Teachings by outstanding Tibetan masters of the four Tibetan Buddhist traditions: Kyabgon Sakya Trizin Rinpoche, Kyabje Yongzin Ling Rinpoche, Kyabje Dilgo Khyentze Rinpoche, and Venerable Lama Kalu Rinpoche.

RELIGION & PHILOSOPHY



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

THE ETERNAL LEGACY, by Sangharakshita. #THBKEL \$15.95

A clear and scholarly introduction to all the major sacred texts of Buddhism. The author summarizes the essential teachings of each text and places them in both a doctrinal and historical context. A valuable reference book.

THE EXCELLENT PATH OF ENLIGHTENMENT, H.H. Dilgo Khyentse Rinpoche. 120pp. #ESEPE \$9.95

Teachings on the tantric preliminary practices of the Nyingma School of Buddhism including liturgy, calligraphy and line drawings by one of the greatest living masters. Based on a text by Jamyang Khyentse Wangpo, the former incarnation of His Holiness, these teachings cover ngondro for all Nyingma lineages.

EXPERIENCE OF INSIGHT: A Simple and Direct Guide to Buddhist Meditation, by Goldstein. 169pp. #SHEI \$10.95

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

FABLES OF WISDOM, Malik. 153pp. #INFW \$11.95 cloth

Each and every tale of *Fables of Wisdom* has some basic moral teaching for the reader. These stories, drawn from different scriptures—Hindu, Buddhist, Sikh and Muslim—not only entertain but also spiritually uplift the reader.

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

This is a very practical book, written in workbook style. It is full of clear, easy-to-follow instructions. 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.

NEW!

FOUNDATIONS OF TIBETAN MYSTICISM, by Lama Anagarika Govinda. 331pp., many illus. #WEFTM \$12.95

A thorough presentation of Tibetan esoteric principles written by a Western Kargyu monk of over 20 years. The inner meaning of mantra is explained with special reference to the Dhyani Buddhas.

FOUR ESSENTIAL BUDDHIST TEXTS, 117pp. #LTFBT \$6.50

Writings of H.H. the Dalai Lama, Jamyang Khyentse Rinpoche, Ven. Kalu Rinpoche and First Panchen Lama on mahamudra, Madhyamika, and meditation.



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

Dzog-chen is the realization of the 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.

A GARLAND OF IMMORTAL WISH-FULFILLING TREES, by The Venerable Tsering Lama Jampal Zangpo, Trans. by Sanghe Khandro. 187pp. 23 plates, 14 in color, #SLBKGT \$15.95

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 Chokgyal Gyaltzen, Co-trans. & Ed. by Katherine Rogers, Intro. by H.H. the Drikung Kyabgon Chetsang Rinpoche. 140pp. #SLBKGM \$9.95

"An important work... a clear and concise summary of the Vajrayana path."—*Religious Studies Review*

Mahamudra or the "Great Seal" refers to a direct path to enlightenment taught by the Buddha and transmitted through the spiritual lineage of Tilopa, Naropa, Marpa and Milarepa. Gampopa, a disciple of Milarepa who lived in the 11th century, brought together these teachings of the Buddha into one five-fold path.

The Kunga Rinchen text is a manual of practical instructions for serious students who are practicing or would like to practice the path of Mahamudra in meditation. Khenpo Konchog Gyaltzen has provided an extensive introduction to the text which explains the essential points of this direct path.

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

This great introductory volume of talks includes, in a very accessible manner, all of the quintessential points for the practice of Tibetan Buddhism.

Kalu Rinpoche was born in 1905 in eastern Tibet. From the age of eighteen, Rinpoche studied with several eminent teachers in Tibet and then went on a twelve year mountain retreat. Afterwards, Rinpoche spent many years teaching and directing retreats in Tibet. In 1962 he established a monastery in Sonada, India for exiled Tibetans. Since 1971, Rinpoche made six



trips to the West, during which he founded numerous dharma and retreat centers. He passed away in 1989.

NEW!

THE GREAT GATE, by Chokgyur Lingpa. #ESGG \$12.95

Lucidly explains the preliminary practices and the application as well as a daily meditation on Padmakara, with commentaries. This is a terma text by the 19th century master Chokgyur Lingpa.

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

Written by the prolific nineteenth-century scholar Jamgon Kongtrul, the book provides clear instructions for the realization of bodhicitta, or "awakened heart." Specific guidelines are given for everyday practice.

A GUIDE TO THE BODHISATVA'S WAY OF LIFE, Shantideva, trans. Stephen Batchelor. 199pp. #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.

THE GURU PUJA, 67pp. #LTGP \$3.95

This presentation of the offering to the spiritual masters includes the tsog offering and song of the Spring Queen and is accompanied by The Hundred Deities of the Land of Joy, the lam-rim dedication prayer and so forth. In Tibetan phonetics and in English.

THE HEART OF UNDERSTANDING: Commentaries on the Prajnaparamita Heart Sutra, by Thich Nhat Hanh. 72pp. #PAHU \$6.00

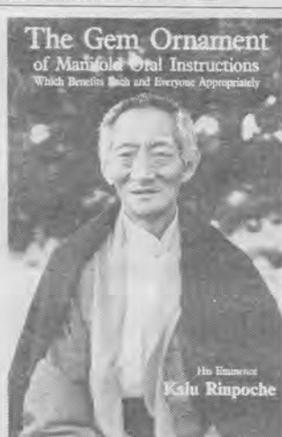
This is a charming and straightforward commentary on the Heart Sutra which explains the nature of emptiness and dependent arising. This translation and commentary are the fruit of the author's more than 40 years of monastic practice. "We cannot just be by ourselves alone; we have to inter-be with every other thing."

HEART OF WISDOM, by Geshe Kelsang Gyatso. 150pp. #THBKHOW \$15.95

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

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

The Heart Sutra Explained offers new insights on emptiness and form, on the mantra "gate gate parasangate bodhi svaha," and on the synthesis of Madhyamika, Yogacara, and tantric thought that characterized the final



period of Buddhism in India. It also includes two nineteenth-century Tibetan commentaries.

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

Dharma Treasures, *Terma*, have been concealed and later discovered at appropriate times by realized masters. The tradition of passing on teachings of the great ninth century saint, Guru Padmasambhava, is elaborated here by Tulku Thondup. He outlines the Nyingma teachings on terma and then translates and gives commentary on *Wonder Ocean*, by the third *Dodrup Chen Rinpoche*, a text that clearly explains the entire Terma tradition.

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

"This book can be recommended as an extremely lucid overview of both the stages of generation and completion in Highest Yoga Tantra."—*The Middle Way*

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-belden 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; and 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.

Daniel Cozort teaches Buddhist studies at Dickenson College.

HOW TO MEDITATE, by MacDonald. 216pp. #WIBKHTM \$10.95 Sept. reprint

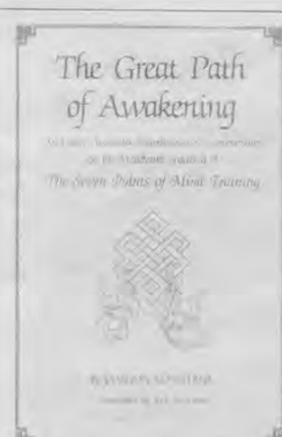
Contains a wealth of practical advice on a variety of authentic and proven techniques: from simple breathing and mindfulness exercises to deity visualizations—a whole spectrum of useful exercises in this one book!

I WONDER WHY, Thubten Chodron. 80pp. #ICIWW \$2

An American Buddhist nun living in Singapore has produced this little gem of a book which skilfully answers basic but intelligent questions on Buddhism. Her answers are thoughtful, and we recommend this book to anyone who is new to the subject or who instructs others.

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

This translation of Sakya Pandita's basic manual for Buddhist practice presents a complete guide to the path. 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.

IN PRAISE OF TARA: Songs to the Saviouress, Trans. & Ed. by Martin Willson. 480pp. #WIBKIPT \$26.95

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.

IN SEARCH OF THE STAINLESS AMBROSIA, by Khenpo Konchog Gyaltsen, ed. by Victoria Huckenpahl. 150pp. #SLBKSSA \$12.95

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.

INTRODUCTION TO THE BUDDHIST TANTRIC SYSTEMS, by Wayman. 382pp. #WEIBTS \$8.95

THE JEWEL IN THE LOTUS: A Guide to the Buddhist Traditions of Tibet, Stephen Batchelor, Ed. & Intro., 288pp. #WIBKJIL \$18.95

This is a down-to-earth introduction with selections of teachings from the four major traditions that have flourished in Tibet. Included are teachings of the present Dalai Lama, Longchen Rabjampa, Ngorchen Kunga Zangpo, Je Tsong Khapa and songs and stories of Jetsun Milarepa.

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

A comprehensive and authoritative exposition of the stages on the Buddhist path.

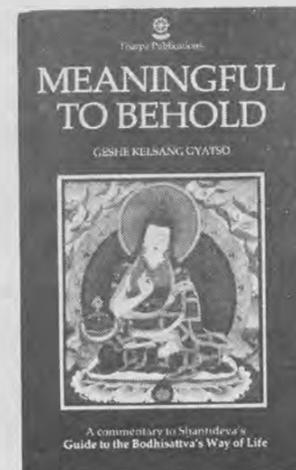
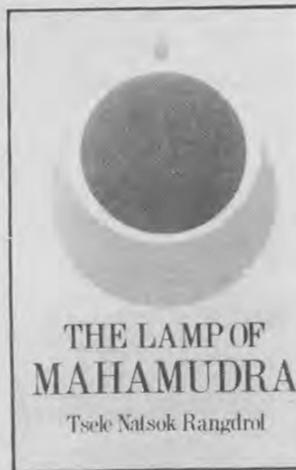
THE JEWELLED STAIRCASE, by Geshe Wangyal. 176pp. #SLBKJS \$10.95

"...explores the more subtle points of Buddhist philosophy with a rare lightness and agility... what we are presented with are a series of living insights... an inspiration which seems to give breadth to one's normal vision."—*The Middle Way*

The Jewelled Staircase is a delightful volume... it is a quintessential map to the overall structure of Buddhist meditation; its publication makes a fitting tribute to its late author."—*Vajradhatu Sun*

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

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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 nature of the Buddha, refuge, karma, desire for liberation, bodhicitta and emptiness.

JOURNEY INTO VASTNESS: A Handbook of Tibetan Meditation Techniques, by *Ngakpa Chogyam*. 288pp. #ELJV \$13.95 Ngakpa Chogyam offers here a previously unpublished collection of practical Tibetan meditation techniques.

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

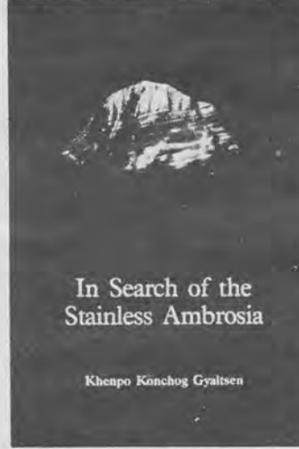
JUNG'S PSYCHOLOGY AND TIBETAN BUDDHISM: Western and Eastern Paths to the Heart, by *Radmila Moacanin*. 192pp. #WIBKJP \$12.95
The approaches of Jung and the teachings of Tibetan Buddhism have often been compared. Here, Radmila Moacanin, a student of Buddhism and a Jungian therapist, explores the similarities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

KALACHAKRA: RITE OF INITIATION, by *Dalai Lama and Hopkins*. 511pp. #WIBKKRI \$22.95 (see Kalachakra section).

KALACHAKRA TANTRA, *Geshe Ngawang Dhargyey*. 180pp. #LTKT \$12.00 (See Kalachakra Section)

KEYS TO GREAT ENLIGHTENMENT, by *Geshe Tsulim Gyelten*, 176pp., #TDKGE \$12.95

KINDNESS, CLARITY, AND INSIGHT, by *H.H. the Fourteenth Dalai Lama* Trans. & Ed. by *Jeffrey Hopkins, Co-Ed. by Elizabeth Napper* 239pp.



#SLBKKCI \$10.95 (see Dalai Lama section).

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

In this book, texts on the Wheel, its origin and meaning are presented by Geshe Tharchin (with accompanying Tibetan text) from traditional sources.

NEW!

KNOWING, NAMING, AND NEGATION: A Sourcebook of Tibetan Texts and Oral Commentary on Buddhist Epistemology, by *Anne Klein*. 220pp. approx. #SLBKKNP \$16.95 paper, #SLBKKNNC \$27.50 cloth, Winter
Several years in the Tibetan monastic curriculum are devoted to study of the Sautrantika tenet 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. This is a challenging book that presents the nitty-gritty issues of Sautrantika philosophy.

Knowing, Naming and Negation has been approved for the "Translations in Indo-Tibetan Buddhism" series by the Snow Lion Editorial Board of Advisors.

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

LAMP OF MAHAMUDRA, by *Tsele Natsok Rangdrol*. 140pp. #SHLMA, \$9.95

This simple and insightful guide takes the reader through the stages of Mahamudra practice: from the cultivation of clarity and one-pointedness of mind to a mode of experiencing beyond duality.

FORTHCOMING!

LIBERATION IN THE PALM OF YOUR HAND: A Concise Discourse on the Stages of the Path to Enlightenment, by *Pabongka Rinpoche*. 1000pp. approx. #WIBKLP, \$80
Based on a 24-day teaching in Tibet in 1921, given to a group of some 700 people. Pabongka Rinpoche, a lama famous for his direct, no-nonsense but nonetheless compassionate approach, gave a clear and elaborate explanation of the path to enlightenment based on the outline of Je Tzong Khapa. Throughout, he tells marvellous stories to bring his teachings alive.

The teaching was originally edited and published in Tibetan by Trijang Rinpoche, the late junior tutor to the Dalai Lama, and is used widely by lamas.

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

MAGIC DANCE: The Display of the Self-Nature of the Five Wisdom Dakinis, by *Thinley Norbu*. 167pp. #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.

MAHAMUDRA: Eliminating the Darkness of Ignorance, by *the 9th Karmapa, trans. Alex Berzin*. 194pp. #LTMMAH \$9.95

Covers the preliminary practices and the actual Mahamudra meditations of mental quiescence and penetrative insight. Beru Khyentse Rinpoche's commentary illumines the text.

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

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.

MAHAYANA BUDDHISM: The Doctrinal Foundations, by *Paul Williams*. 272pp. #MEMB, \$17.95

This book is divided into two parts. The section on wisdom explores different Mahayana accounts of the way things really are, the ultimate nature of all things and man's place within it. The part on compassion explores the path to perfect Buddhahood



and the manifold ways in which those who tread this path, and the many Buddhas of the Mahayana, act for the benefit of suffering sentient beings. This volume provides an account of the principles of Mahayana Buddhism as found in both its Indo-Tibetan and East Asian forms.

MAHAYANA PURIFICATION, trans. & ed. by *Brian Beresford*. 124pp. #LTMP \$6.95

A commentary to the main practices of mental purification in Tibetan Buddhism.

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

MASTERS OF MAHAMUDRA: Songs and Histories of the Eighty-Four Buddhist Siddhas, by *Keith Dowman*. 454pp. #SUMM \$14.95
These eighty-four masters who led unconventional lives include some of the greatest Buddhist teachers: Tilopa, Naropa, and Marpa among them. Keith Dowman translated their songs of realization and the legends about them and gives a commentary on each of the Great Adepts.

MATRIX OF MYSTERY: Scientific and Humanistic Aspects of Dzogs-Chen Thought, by *Herbert V. Guenther*. 317pp. #SHMM \$22.50 cloth.

MEANINGFUL TO BEHOLD, by *Geshe Kelsang Gyatso*. #THBKMTB \$19.95

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.

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.

MIND IN TIBETAN BUDDHISM by *Lati Rinbochay, Trans. Ed. & Intro. by Elizabeth Napper* 181pp., Tibetan Text, #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*, the text which forms the core of this key work.

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

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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*

"... Highly recommended for those wishing a greater understanding of the mind."—*The Middle Way*

Lati Rinbochay, a Tibetan master of the highest rank, entered Gan-den Monastery in Lhasa at an early age and later received his Geshey degree, after which he attended the Tantric College of Upper Lhasa.

MIRACULOUS JOURNEY, by Milarepa, trans. by Lama Kunga Rinpoche & Brian Cutillo. 232pp. #LOMJ \$12.95

A rare collection of previously untranslated narratives and songs by the famous Tibetan poet-yogi Milarepa.

THE MIRROR OF MINDFULNESS: The Cycle of the Four Bardos, Tsele Natsok Rangdrol. 140pp. #SHMMI \$9.95

This concise handbook of teachings on the cycle of life, death, afterlife, and rebirth is aimed at helping the practitioner achieve liberation from the cycle of rebirths for the welfare of others.

FORTHCOMING!

MO: The Tibetan Divination System, by Jay Goldberg. Illus. by Doya Nardin. 70pp. book, 36 color cards, dice, \$29.95 December
The MO is to Tibet what the I-Ching is to China. This authentic Tibetan divination system comes elegantly packaged with 36 full-color cards, a die inscribed with the six syllables of the Manjushri mantra, and a book that extensively describes the meaning and application of each of the 36 possible predictive answers. The volume begins with an introduction by H.H. Sakya Trizin, one of the most highly esteemed Tibetan lamas who is also proficient in this system. This is a unique item, never before made available to Westerners.

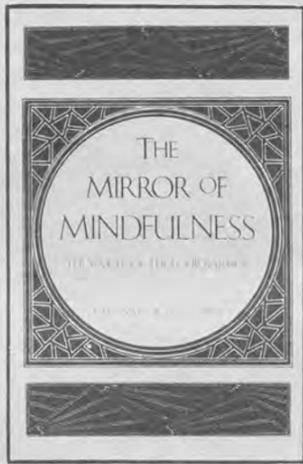
NEW!

THE MOON BAMBOO, by Thich Nhat Hanh. 179pp., illus. #PAMB \$12.

These stories emerge from the experience of war, exodus, and living in exile, and offer us a glimpse into the spirit of the Vietnamese people and the unbearable suffering of their recent history, much of which continues today. Imaginary characters weave through the lives of actual persons and events, blending fiction and non-fiction, magic and fantasy into the profound realization of the interconnectedness of all beings.

MOUNTAIN RECORD OF ZEN TALKS, by John Daido Loori. 144pp. #SHMRZT, \$10.95 (see Zen section)

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



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. 240pp. #SLBKNSS \$14.95

For almost two thousand years Nagarjuna's teachings have occupied a central position in Mahayana Buddhism. This volume contains a translation of a fundamental work of Nagarjuna, along with a new commentary on it by Geshe Sonam Rinchen which, while based on traditional sources, was created expressly for the contemporary English reader.

In addition, David Komito summarizes those basic Buddhist doctrines on perception and the creation of concepts which have traditionally served as the backdrop for Nagarjuna's teachings about how people consistently misperceive and misunderstand the nature of the reality in which they live and the means through which they experience it.

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

David Komito has published numerous articles on Buddhism and on the relationship of Buddhism and psychotherapy. He is currently a Dean and Associate Professor at JFK University.

NIRVANA IN TIBETAN BUDDHISM, E. Obermiller. 76pp. #CINTB \$5

This book is based on two commentaries to the Abhisamayalankara of Maitreya Asanga, one by Tson-kha-pa and the other by Jam-yan-shad-pa. It analyses the concept of Nirvana according to the Tibetan tradition.

THE OPENING OF THE LOTUS: Developing Clarity and Kindness, By Lama Sherab Gyaltzen Amipa. 128pp. #WIBKOL \$12.95



PATH OF COMPASSION, ed. Fred Eppsteiner. 240pp. #PAPC \$14

Essays by the Dalai Lama, Joanna Macy, Robert Aitken, Thich Nhat Hanh, Gary Snyder, Charlene Spretnak, Chagdud Tulku, Robert Thurman and many others on the engagement of Buddhism and Buddhists in the social, political and economic affairs of society.

"Food for thought for helpers and social activists. A handbook of advice for developing our compassion."—*Yoga Journal*

PATH OF THE BODHISATVA WARRIOR, by The Thirteenth Dalai Lama & Glenn H. Mullin. 387pp. #SLBKPBW \$14.95

"A well-written and well-illustrated book... gives many valuable insights into the Tibetan culture and religion."—*Theosophy*

The Thirteenth Dalai Lama (1876-1933) 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, and thus 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 astounding leader—precise details are given concerning how to begin and conduct an effective meditation practice; an overview is given of the Buddhist tantras as well as his writings on the Hayagriva Tantra and various meditational practices.

The dynamic life of this Dalai Lama is presented in an intriguing and comprehensive biography, researched using 18 primary sources, Tibetan and Western. Mr. Mullin has produced the most impressive biography available on the life of the Thirteenth.

PRAJNAPARAMITA IN TIBETAN BUDDHISM, E. Obermiller. #CIPTB \$15

Based on the Abhisamayalankara of Maitreya, this book summarizes the Prajnaramita-sutras.

PRAYER FLAGS: The Spiritual Life and Songs of Jigten Sumgon, by Khenpo Konchog Gyaltsen. 96pp. #SLBKPF \$6.95

"Followers of the Kagyu tradition will obviously revere this book and others whose dispositions incline them towards the kind of approach Mahamudra offers will likewise be inspired."—*Buddhist Studies Review*

The great Jigten Sumgon, fountainhead of the Drikung Kagyu School, was widely lauded as a bodhisattva and extraordinary master. Hundreds of thousands of students gathered to hear his teachings. These teachings, in their written form, appeal for their depth and simplicity of expression.

Prayer Flags includes a succinct and clear discussion of the tantric path of Mahamudra, as well as 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.



Ven. Khenpo Konchog Gyaltsen was born in Tsari, Tibet. After escaping the Chinese takeover, he received his Acharya degree and then studied for years with highly realized masters of the different lineages.

PRAYERS FOR GENERATING GURU DEVOTION, by Shamar Rinpoche, Ken Trashi Ozer & Kalu Rinpoche. #KDPGD \$3.00

THE PRELIMINARY PRACTICES, Geshe Rabten. 70pp. #LTPP \$4.95

PRIMORDIAL EXPERIENCE: An Introduction to Dzog-chen Meditation, by Manjusrimitra, Trans. by Namkhai Norbu & Kennard Lipman. 140pp. #SHPE \$14.95

This thought-provoking volume discusses the relation of Dzog-chen to other systems of Indian thought, Buddhist and Hindu, through an examination of the key concept of bodhicitta or enlightened mind.

THE PRINCE WHO BECAME A CUCKOO: A Tale of Liberation, by Geshe Wangyal. 200pp. #MEPBC, \$10.95

For almost a hundred and fifty years, *The Prince Who Became a Cuckoo* has been among the most popular books in Tibet. The great scholar Edward Conze has described this tale as "one of the most charming that has ever come out of the inexhaustible fund of Indian legends."

NEW!

THE PRINCIPAL TEACHINGS OF BUDDHISM, by Tsongkapa & Pabongka Rinpoche. 209pp. #MSPTB \$4.95.

Tsongkapa's renowned fourteen-verse poem on the Buddhist path is the root text for this masterful commentary by Pabongka Rinpoche, one of the foremost modern teachers in Tibet. A great introduction to Buddhism.

THE PROPITIUS SPEECH FROM THE BEGINNING, MIDDLE AND END, by Thinley Norbu. 46pp. #JEPS \$8.00

Translation of Patrul Rinpoche's sublime teaching 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.

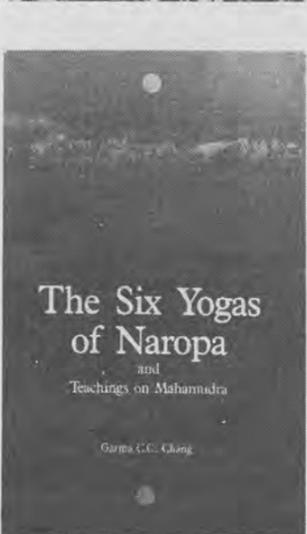
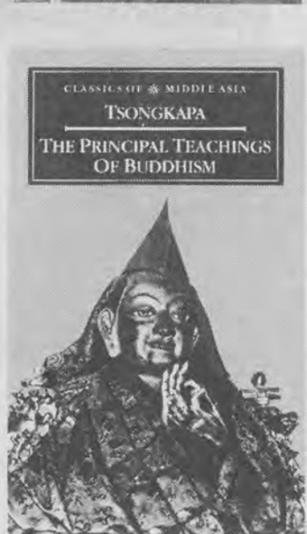
RAINBOW OF LIBERATED ENERGY: Working with Emotions through the Colour and Element Symbolism of Tibetan Tantra, by Ngakpa Chogyam. 185pp. #ELRL \$9.95

Ngakpa Chogyam presents a unique view of the color and element symbolism of Tibetan Tantra. The author explores the nature and pattern of our emotions and how they relate to the five elemental energies of Tantra.

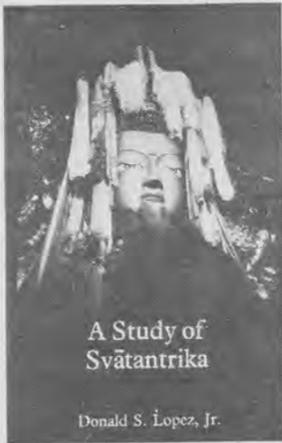
A Buddhist Psychology of Emptiness



Commentary on Nagarjuna's *Shunyata-Samukhaya*
Translation of *Shunyata-Samukhaya* by David Komito
and David Ross Komito



RELIGION & PHILOSOPHY



REBIRTH AND THE WESTERN BUDDHIST, by Martin Willson. 96pp. #WIBKRWB \$6.95

In this essay Martin Willson presents one hundred references—devotional, scriptural, observational, logical and scientific—for and against rebirth.

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

"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*.

RETURNING TO SILENCE: Zen Practice in Daily Life, by Dainin Katagiri. 208pp. #SHRS, \$12.95 (see Zen section)

SEEKING THE HEART OF WISDOM: The Path of Insight Meditation, Goldstein & Kornfield. 176pp. #SHSHW \$10.95

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.

SELF-LIBERATION: Through Seeing Everything With Naked Awareness, Trans. & Ed. by John M. Reynolds, Foreword by Namkhai Norbu. 240pp. #STSL \$14.95

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. Reynolds' commentary is based on the teachings of Namkhai Norbu Rinpoche.

SHAMBALA: Sacred Path of the Warrior, by Ven. Chogyam Trungpa. 209pp. #SHSH \$9.95

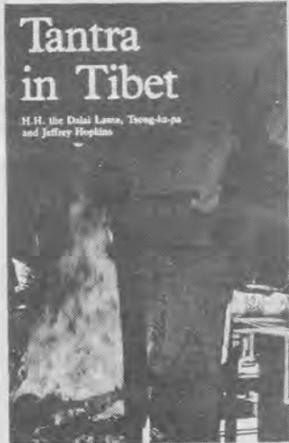
THE SIX YOGAS OF NAROPA & TEACHINGS ON MAHAMUDRA, by Garma C.C. Chang, 128pp. #SLBKSYN \$9.95

The Six Yogas of Naropa are among the most highly regarded practices of the highest yoga tantra class. By engaging in these six yogas, after the necessary preparation, the yogi's body, speech and mind are transformed into those of a Buddha and all the mundane and supermundane powers of an enlightened one are attained. The main practices of the six yogas are as follows:

- Mystic Heat Yoga • Illusory Body Yoga • Dream Yoga • Clear Light Yoga • Bardo Yoga • Consciousness Transference Yoga

Mahamudra is a direct path to insight into the luminous nature of the mind—a total naturalness of mind comprised of relaxed equilibrium. "Teachings on Mahamudra" is composed of the following three illuminating texts:

- Tilopa—The Song of Mahamudra • The Third Karma-pa, Rangjang Dorje—The Vow of



Mahamudra • Ven. Lama Kong Ka—Essentials of Mahamudra Practice

THE SMALL GOLDEN KEY, by Thinley Norbu. 111pp. #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 Nyingmapa Lineage.

NEW!

SONG OF THE PROFOUND VIEW, by Geshe Rabten, trans. by Stephen Batchelor. 90pp. #WIBKSPV, \$12.95 October

Twelve short verses and commentary by Geshe Rabten describing the process of his intensive retreat in Dharamsala, India in the late 1960's. Written as a direct result of his own deep meditation experience. The *SONG* has been described as one of his most essential literary works.

SONGS OF SPIRITUAL CHANGE, by the Seventh Dalai Lama & Glenn H. Mullin. 205pp. #SLBKSW7 \$10.95 (See Religion Section)

"...a sound and mellifluous translation, as good a rendition of Tibetan poetry as has appeared in English, and Mr. Mullin is to be commended for it."—*Journal of the International Association of Buddhist Studies*

"...inspiring...of immense importance to all the major Tibetan sects..."—*Religious Studies Review*

"Reading these poems impresses the mind with the beautiful simplicity of Buddha's teachings..."—*The Middle Way*

This highly valuable collection of tantric songs and poems of spiritual instruction for taming and developing the mind was written by one of the greatest of the early Dalai Lamas.

Included is a biography of the Seventh Dalai Lama as well as biographical sketches of all fourteen Dalai Lamas.

"The publications of these songs, reminiscent in many ways of those of Milarepa, provide a useful view...of Tibetan Buddhism. They reveal a side of Gelug-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 scholasticism."—*Parabola*

SPEAKING OF SILENCE: Christians and Buddhists on the Contemplative Way, ed. Susan Walker. 327pp. #PPSS, \$12.95

Since 1981 Christians and Buddhists have been meeting informally at Naropa Institute to share their experiences of the spiritual way. Several dozen spiritual teachers, such as David Steindl-Rast, Thomas Keating, Joseph Goldstein, Tai Situpa, Judith Lief, and Jack Engler, representing many varieties of Buddhism and Christianity, have explored together the value of prayer and contemplation, attitudes toward God and emptiness, and practical topics such as silence, virtue, compassion, sin, suffering, the self and the ego.



A STUDY OF SVATANTRIKA, by Donald S. Lopez, Jr. 450pp. #SLBKSO SP \$19.95, #SLBKSO SC \$35 cloth

"Lopez's book is a very welcome addition to the more advanced material available on Madhyamaka in general, and the Tibetan treatment and exposition of Madhyamaka in particular."—Paul Williams, *"The Middle Way"*

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.

"Lopez explains and translates difficult material with considerable lucidity...it provides a crucial perspective on an important Buddhist philosophical school."—*Choice*

"Lopez's excellent introduction and commentary set Jang-gya's work within its larger Indian and Tibetan context and place Lopez' own study within the tradition of Western Buddhism. This work has been produced with care and integrity and makes an important contribution to our knowledge of Svatantrika."—*Religious Studies Review*

THE SUN MY HEART, Thich Nhat Hanh. 139pp. #PASM \$9.50

Uses Buddhist psychology, epistemology, and contemporary physics as well as many anecdotes to accompany the reader on this compassionate journey from mindfulness to insight.

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

THE SUTRA ON THE FULL AWARENESS OF BREATHING, by Thich Nhat Hanh. 72pp. #PASAB, \$6.00

This is one of the main meditation texts of early Buddhism in a new translation and commentary: "I am breathing in and making my whole body calm and at peace. It is like drinking a cool glass of lemonade on a hot day and feeling your body become cool inside. When you breathe in, the air enters your body and calms all the cells of your body. At the same time, each 'cell' of your breathing becomes more peaceful and each 'cell' of your mind also



becomes more peaceful. The three are one. This is the key to meditation. Breathing brings the sweet joy of meditation to you."

THE SYMBOLISM OF THE STUPA, Adrian Snodgrass. 469pp. #CUSOS \$22.95

The stupa is a symbolic form used throughout South, Southeast, and East Asia. This scholarly 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.). 252pp. #SLBKTT \$12.95 (see Dalai Lama section).

THE TANTRIC DISTINCTION, by Jeffrey Hopkins. 184pp. #WIBKTD \$8.95

A clear & rational exposition of topics from sutra and tantra. We recommend this book as one of the better overviews of Mahayana Buddhism.

THE TANTRIC MYSTICISM OF TIBET, John Blofeld. 257pp. illustrated, #SHTMT \$13.95

What makes tantra special is that it offers a wealth of practical techniques for utilizing all of life's circumstances in pursuit of the highest wisdom. 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 Khetson Sangpo, Rinbochay, Trans. & Ed. by Jeffrey Hopkins, Co-edited by Anne Klein. 239pp. #SLBKTP \$12.50

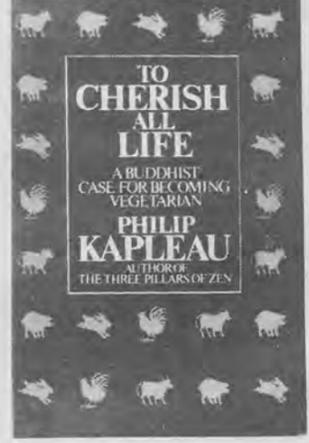
"This book presents one of those rare introductions to Tibetan Buddhism, which really can be recommended because of the splendid combination of authenticity and clarity."—*Tibet Forum*

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.

Topics include external & internal preparatory practices, and a valuable explication of the direct breakthrough and leap-over paths to realization of the Buddha-mind. The book concludes with a useful section on daily 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."—*Vajradhatu Sun*

Khetson Sangpo Rinbochay, a lay priest and renowned yogi/scholar, was trained in all four lineages of Tibetan Buddhism and taught in Japan for ten years.



TANTRIC YOGAS OF SISTER NIGUMA, by the Second Dalai Lama & Glenn H. Mullin. 240pp. #SLBKSW2 \$10.95

"This has been the most enjoyable book on Buddhism I've read in many years...one of the best survey books about Tibetan Buddhism on the market today."—Bruce Wilson, *The Tibet Bulletin*

In this collection of important texts, Glenn Mullin has chosen works that vividly convey the Second Dalai Lama's scriptural mastery and breadth of tantric experience. Among the texts translated are:

Tantric Yogas of Sister Niguma: these explicit, extraordinary yogas are a special lineage of the six yogas of Naropa transmitted by his consort, the dakini Niguma, which forms the basis of the Shang-pa Ka-gyu Sect.

Vajrabhairava Tantra (Yamantaka): teachings on the generation and completion stages.

Four tenet systems: an excellent survey of the structure and historical development of Indian Buddhism's principal schools, outlining their definitive doctrinal distinctions.

Flower essence pills: detailed instruction in the practice of making and empowering flower essence pills that free the practitioner from the need for ordinary foods.

"the great cover is an indication of the great book that follows. Even for the beginner there is a huge amount of information..."—*Gaden Choling Newsletter*

"This is a wonderful book for spiritual practitioners, especially for those engaging in the various methods of Mahayana Buddhism. The book contains lots of practical advice..."—*The Middle Way*

THE THREE PILLARS OF ZEN, by Roshi Philip Kapleau. 400pp. illustrations. #DDTPZ \$10.95 (see Zen section).

THIRTY-SEVEN PRACTICES OF ALL BUDDHA'S SONS, by Geshe Dhargyey et al. #LT37P \$2.50

THUS HAVE I HEARD, by Maurice Walshe. 672pp. #WIBKTHIH \$34.95

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

This classic Buddhist scripture is read aloud to the dying to help them attain liberation. Trungpa's commentary explains in straightforward language what the text teaches us about human psychology.

THE TIBETAN BOOK OF THE DEAD, by Evans-Wentz. 249pp. #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.

RELIGION & PHILOSOPHY



TRANSCENDENT WISDOM
A Commentary on the Ninth Chapter of
Shantideva's Guide to the Bodhisattva Way of Life
H.H. the Dalai Lama
Trans. by B. Alan Wallace

TIBETAN TRADITION OF MENTAL DEVELOPMENT, by Geshe Dhargyey. 255 pp. #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.

TO CHERISH ALL LIFE: A Buddhist Case for Becoming Vegetarian, by Philip Kapleau. 104 pp. #DDCAL, \$7.95

Clear, direct, and concise, *TO CHERISH ALL LIFE* marshals the basic religious, humanitarian, and scientific reasons for becoming vegetarian. Expanding on the Buddhist principle of cherishing all life, Kapleau's compelling discussion examines crucial Buddhist texts, thoughtfully considers the spiritual-ethical dimensions of the issue, and speaks cogently to those with a religious or humanitarian respect for all life.

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 (see Dalai Lama section).

NEW!

TRANSFORMING PROBLEMS: Utilizing Happiness and Suffering in the Spiritual Path, by Lama Zopa Rinpoche. 34 pp. #WIT23 \$3.95

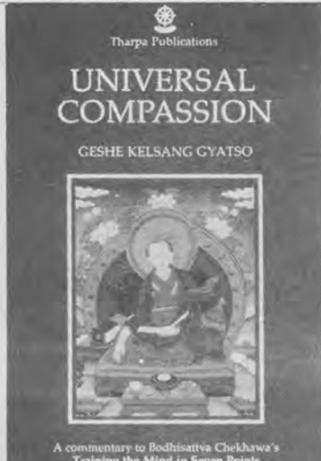
TREASURY OF DHARMA: A Tibetan Buddhist Meditation Course, by Geshe Rabten. 224 pp. #THBKTD \$14.95

Geshe Rabten describes 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. 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.

TRANSFORMATIONS OF CONSCIOUSNESS, by Ken Wilber, Jack Engler & Daniel Brown. 356 pp. #SHTC, \$22.95

Drawing on modern psychology and psychiatry as well as the world's great meditative traditions, this innovative book presents a full-spectrum model of human development, one that includes both the conventional stages of psychological growth and the higher levels of spiritual development. Highly recommended for meditators in any tradition who are interested in how mystical experience fits with normal and abnormal psychological development.

TSONG KHAPA'S SPEECH OF GOLD IN THE ESSENCE OF TRUE ELOQUENCE, by Robert A. F. Thurman. 442 pp. #PRSO \$55.50 cloth
This is the first full study, trans-



UNIVERSAL COMPASSION
A Commentary to Bodhisattva Chekhawa's
Training the Mind in Seven Points
Geshe Kelsang Gyatso

lation, and critical annotation of the *Essence of True Eloquence*, by Tsong Khapa. The work is a study of Vijñānavāda and Madhyamika, and an explanation of the Prasāngika 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 Prasāngika to our own time. This text shows that critical reason and contemplative realization are mutually indispensable for the attainment of enlightenment.

FORTHCOMING!

THE TWO TRUTHS, by Guy Newland. 700 pp., Bibliography, Notes, Index #SLBKTTTRP \$29.95 paper, #SLBKTTTRC \$39.95 cloth Winter 1989

When Buddha combined the ethical bedrock of karma and rebirth with the view of impermanence and no-self, root contradiction was an insipient danger. If, in reality, there is no self, then who is the agent of good and evil? What moves from life to life and experiences karmic effects? If bodhisattvas see no real sentient beings, no real suffering, how is it that they are moved by great compassion? The persistent problem of Buddhist philosophy has been to find the middle way: an ontology sturdy enough to support a coherent ethical system that does not betray Buddha's original vision of no-self or emptiness (sunyata).

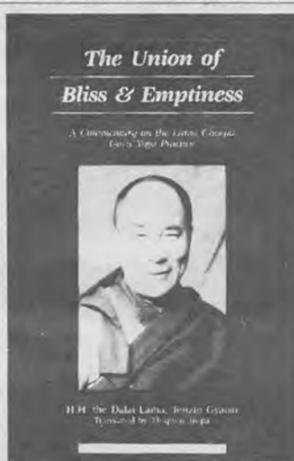
Buddhist perspectives on ethics and emptiness center on the distinction between two truths—the conventional and the ultimate. Newland's work lays out the Madhyamika philosophy of two truths as seen through the eyes of Tibetan scholar-yogis of the Gelugpa order. Linking the classical Buddhist philosophy of Nagarjuna with the living tradition of monastic courtyard debate, the authors explain the two truths without resort to mysterious trans-rational paradoxes. Newland exposes their extraordinary efforts to clear away the sense of contradiction between emptiness and conventional reality, and thus builds a Madhyamika system that is both ethically salutary and rationally coherent.

THE UNION OF BLISS AND EMPTINESS, H.H. the Dalai Lama. 191 pp. #SLBKUBE \$10.95 (see Dalai Lama section).

NEW!

UNION OF MAHAMUDRA & DZOGCHEN, by Tulku Chokyi Nyima Rinpoche. 267 pp. #ESUMD \$15.95

A commentary on two great vajrayana teachings by one of the foremost teachers. This book is based on eight spontaneous songs by Karma Chagme, a renowned 17th century master, and concisely puts forth the oral instructions of a contemporary master. Tulku Chokyi Nyima focuses on the essential teachings of Buddhism while covering all the stages of the path.



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

Universal Compassion is an excellent introduction to the mind-training and transformation teachings of present-day Mahayana Buddhism. Geshe Kelsang sets out the actual methods for developing the mind of universal compassion and explains in detail how all life situations can be used to transform our habitual self-centered behavior into authentic loving kindness and concern for others.

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 (see Kalachakra section).

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

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

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.

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

Rinpoche discusses the four thoughts which motivate religious practice; the qualities of the Three Jewels and the Practice of the Six Perfections are explained. Includes a short story entitled *The Prince and the Stallion* which illustrates the magic-show nature of reality.

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 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.

ZEN: DAWN IN THE WEST, by Roshi Philip Kapleau. 311 pp. illus., #DDZDW, \$7.95 (see Zen section).

THE ZEN DOCTRINE OF NO MIND, by D.T. Suzuki. 160 pp. #WEZDN, \$9.95 (see Zen section).

THE ZEN OF SAMUEL BECKETT: A Study of Dilemma in his Novels, Paul Foster. 200 pp. approx. #WIBKZSB \$14.95 (see Zen section).



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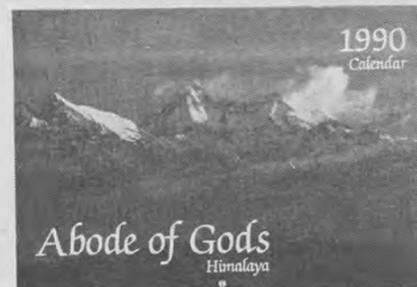
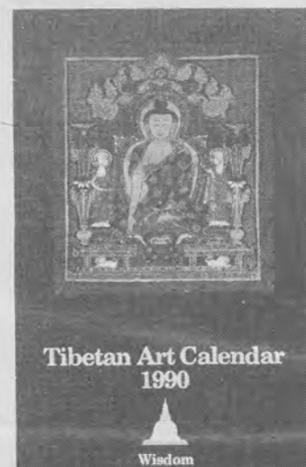
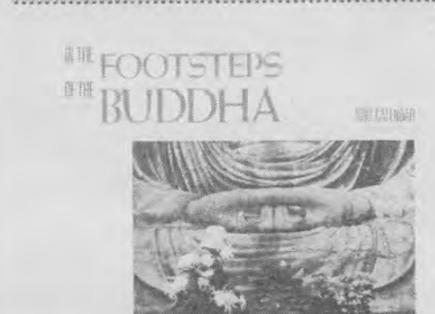
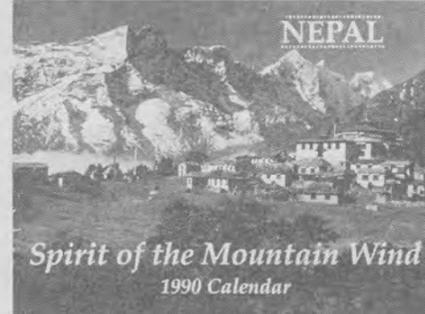
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